

YouQuest Young Onset Dementia

Community Outreach Project Feedback

Survey to Care Partners

Survey Closed May 5, 2021, sent to 15 people; 7 responses

This survey was implemented after operating and running the Community Outreach Project during a time where restrictions for gatherings was significantly limited. This survey only went to YouQuest's current care partners as our focus and concern was providing them respite, and to hear if these urban hikes were making a noticeable difference for them.

Question 1: Have you experienced any benefits as a care partner as a result of the community walks? Can you share any examples?

- Yes, I have benefited. It's given me the time to do errands, shop or walk with my own friends. Also, and most importantly, it takes a load off my mind knowing that Bob is doing something on his own (without me) that he has something to look forward at least once a week with people he enjoys being with.
- Clyde loves the walks and he always sleeps well on the day he goes, in turn it means that I sleep well.
- I have enjoyed 2 hours to myself, guilt-free. Randy can be left on his own, but I always feel guilty if I go out and leave him home, just watching tv. So this two hours is a guilt-free time for me.
- Oh yes Rod and I love to join in the Tuesday NW walks very much. We love the exercise and the sense of community we have.
- Knowing that Rick is getting some much needed physical exercise and social time is a relief for me. I have an extremely demanding schedule with work and have felt guilty that I can't be doing more for him. I have also really appreciated the short conversations with Melissa and the volunteers before or after Rick's Thursday walks when I am able to touch base. It helps me to feel connected to a larger community, even though I am not able to participate in activities.
- I have been working during this time and for him to get out with all of you has been great for both of us. I was feeling guilty not spending time during the day. And then when he comes home, we have something to talk about.
- It is great to have time to myself to get some things done, when I am not working that day. I work full time so that only happens when I'm not working.

