

A Letter from HOME

Outcomes Surveys Highlight Our Success

This fall and winter board members and volunteers with HomeShare Vermont surveyed our program participants to find out if our services were helpful and if so in what ways. We had an 83% response rate from people matched, which is the highest ever!

Customer Satisfaction Extremely High

In our Homesharing Program, 95% of those in a match reported being "very satisfied" with our services. In our Caregiving Program, 94% of people receiving care from hourly caregivers reported being "very satisfied," with 100% of those receiving live-in care being "very satisfied." This is due to the dedication and hard work of our staff and volunteers who provide such personalized matching services.

Percentage Who Report Receiving/Providing Each Type of Service		
Service	Homesharing Program	Caregiving Program
Cooking	48%	94%
Housekeeping	68%	83%
Companionship	62%	94%
Household Maintenance	43%	54%
Driving	38%	74%
Errands	52%	67%
Personal Care	17%	89%
Nighttime Help/Protective Presence	48%	69%
Medication Reminders/Assistance	27%	83%
Rent Only	20%	N/A

Getting the Help Needed to Stay At Home

A testament to our unique screening and matching process can be found in the varied services that different people reported receiving (see above). Each person describes what they are looking for in a match and we work hard to meet those needs. Similarly, each home-

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Some of Our Amazing Caregivers

Many people don't know about the wonderful people who are part of our Caregiving Program led by MaryLou Thorpe. Unlike many agencies and businesses we do not have a shortage of people wanting to do this work. If you know someone who is looking for a caregiver, please have them call us and we will assist in matching them with an amazing caregiver like the ones listed below.



Sister Agatha

Sister Agatha has been a loyal caregiver with us for the past 8 years. A nun for over 50 years, she is currently at the Sacred Heart where her ministry is working with elderly. Previously she taught school in Massachusetts, New Hampshire, New York & Vermont with children in daycare up to students in junior high school. During her summers off Sr. Agatha would volunteer in nursing homes, and that's where her fondness of the elderly began. She decided to leave the school system to let "the younger folks teach." Sr. Agatha and her HomeShare match love to go on walks, do indoor exercises, and play cards or board games.



Kim

Kim relocated to Vermont from North Carolina in early 2008 to help her 85 year old grandmother to live more comfortably in her home. In North Carolina Kim worked as a Code Enforcement Inspector and as a Hospice care worker. At Hospice, Kim was able to bring along her dog, Abby, who is a certified pet therapy dog. Therapy dogs are shown to reduce stress and provide affection and comfort to people. Kim feels very fortunate that all of her clients through HomeShare welcome Abby with open arms. "HomeShare is a great partnership, I feel so supported."

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Inns Raffle A Huge Success!

Thanks to the hard work of dozens of volunteers, and the generosity of hundreds of people who purchased tickets, our 17th Annual Country Inns Raffle exceeded our goal and raised over \$9,700 for our Homesharing and Caregiving programs. On January 28, board member Dan Stanyon hosted a lovely party and board members and volunteers did the honors of drawing the winning tickets. Congratulations to the winners listed below and a big thank you to everyone who bought tickets. Please think of these inns for your Vermont vacations or when you have friends visiting.

Inn	Town	Winner
Blueberry Hill Inn	Goshen	Dan O'Brien
Brandon Inn	Brandon	Linda Berlin
The Charleston House	Woodstock	Harry Bennett
The Charleston House	Woodstock	Betsy Howland
Couture's Maple Shop and B&B	Westfield	Kerri Garbis
Craftsbury Inn	Craftsbury	Jill Chapman
Echo Lake Inn	Ludlow	Rick Whittlesey
Elliot House	Shelburne	Shawn Murphy
Firefly B&B	Lincoln	Laura Irenze
Hartwell House	Burlington	Alan Hunt
Inn Edelweiss at Snow Mt. Farms	W. Wardsboro	James Wolvington
Inn On the Green	Middlebury	Eileen Togher
Sleepy Hollow B&B	Huntington	Art Kilmer
Snowed Inn	Killington	Ann Owen
Stowe Mountain Resort	Stowe	DeWitt Mallary
The Arlington Inn	Arlington	Jim & Liz Foster
The Essex	Essex	Madeline Johnson
The Lang House	Burlington	Sandra Michaud
The Wildflower Inn	Lyndonville	Leisa Pollander
Thomas Mott B&B	Alburl	Elaine Dickhaut
Top Notch Resort and Spa	Stowe	Leo O'Brien
The Vermont Inn	Killington	Johanna Ruess
Willard Street Inn	Burlington	Josh Shaw

Restaurants Help HomeShare

A special thanks to the waitstaff at Leunig's Bistro in Burlington and the Lake-View House in South Burlington who had a competition to sell Inns raffle tickets. They sold nearly 125 tickets for us! Congratulations to Leunig's waitress Shannon Stern for selling the most tickets. She will enjoy a show at the Flynn courtesy of the Vermont Stage Company.



Save the Date!

Our wonderful spring party, "A Taste of Home," is in the planning stages and will be held **Friday, May 14th** from 5:30-8:30 PM at Union Station in Burlington. Tickets will be \$35 and we will have great food, live music and silent and live auctions. Last year, it was a fabulous party and this year will be even better. Mark it on your calendar! We will be selling only 200 tickets and one lucky ticket holder will win box seats to a Red Sox game!

A Light in Our Lives

Meet Deb—a bright-eyed woman in her 40s who loves fashion, films, TaeKwon-Do and has a real zest for life. Deb also has a traumatic brain injury as a result of brain cancer when she was in high school. Combined with a recent fall that resulted in a broken hip, Deb's parents thought that she would flourish with the presence of a homesharer. She already had support from a life-skills aide during the day, but additional companionship and an overnight presence sounded good. Deb was willing to meet potential roommates, even though having an apartment to herself was fun. The first two introductions made by HomeShare Vermont weren't the right fit, and then came Colleen.

When Colleen saw a flyer for HomeShare Vermont, she thought it was just the thing for her. Being an energetic and community-minded young woman, she was intrigued. Newly graduated with a degree in nursing from UVM, she was staying with her family in Boston and trying to return to Burlington. She didn't have a car, and there weren't many homesharing opportunities on the bus line, so she didn't know if the right situation would come along. After a few months passed, Colleen was offered an interview at Fletcher Allen and ended

up meeting Deb the same day. The homeshare and the nursing position fell right into place.

In September Colleen moved into Deb's apartment and started her new job at the hospital. Their schedules soon became busy—Colleen constantly searches the



Homesharers Deb and Colleen

Seven Days for fun activities like shows at the Flynn, bingo, pumpkin-carving, and line-dancing. They have a surplus from their Lewis Creek farm-share right now, so are experimenting with root vegetable recipes. Since neither has a car, they enjoy a lot of walking and are anxious to get snowshoes.

Deb's mom, Sandy, rests well at night knowing that Colleen is there, and the fact that she is a nurse is an added plus. "Since Deb's cancer, we've had a lot of sadness in our lives, but having Colleen—it's happiness, all the way around. She is a light in our lives."

Six months into their match, Deb and Colleen are great friends which makes living in close quarters much more doable. Colleen offers words of wisdom about homesharing, "We all have reservations about trying something new. But be patient and flexible with each other. It could work out and be the best thing that ever happened to you." 🏠

Amazing Caregivers *continued from page 1*

Tom



Tom has led a full life in the human services field, and began caregiving about a year ago. After Tom graduated with his BA in Psychology he went into the Army as a Behavioral Sciences Specialist doing outpatient psychiatry for mental health patients. Tom spent several years in Germany and some time in Georgia before coming to Vermont. Once in Vermont, Tom continued in the mental health field working at the Howard Center for many years and then ventured into resident services with affordable housing agencies. "I really enjoy this work and learn so much from elders and other caregivers."

Catherine



Catherine has been a caregiver with HomeShare since 2003 after moving to Vermont from Maryland to be with her husband. Catherine is originally from Togo where she worked as a midwife for 4 years. When she came to the United States she wanted to continue in the healthcare field and received her nursing assistant certificate while in Maryland. Catherine, who is fluent in French, is thrilled to be matched with a man who enjoys speaking French. "I love seniors, they're my people, and they make me laugh." 🏠

DID YOU KNOW?

78% of caregivers came to HomeShare Vermont with a background and experience with Caregiving.

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sharer or caregiver tells us what tasks they are willing to do and their desired location of residence and we match them with people needing what they have to offer. Our process of Interview, Background and Reference Checking, Introductions, Trial Matches, and written Match Agreements are all crucial pieces for matching the right person.

All home providers and care receivers were asked if they would be able to live at home safely and comfortably without a homesharer or caregiver. Here we see the difference between the two programs and the increased needs of the people who receive care versus those who are homesharing.

Able to Live at Home Safely and Comfortable Without Match?			
	Yes, could meet needs by self	Yes, with help already received from family & other groups/agencies	No, not without additional help
Home Providers	26%	19%	55%
Hourly Care Receivers	6%	19%	75%
Live-in Care Receivers	0%	0%	100%

Improved Quality of Life Indicators

People in our programs noted how much their lives had improved due to the help of a homesharer or caregiver. All home providers and care receivers were asked whether they agreed with the following statements, shown below in the chart. The percentage represents how many people either “agreed” or “strongly agreed.”

You Feel:	Homesharing	Caregiving
Safer in your home	77%	76%
Less lonely	71%	68%
Happier	77%	76%
Sleep better	63%	48%
Eat better than before	57%	48%
Call family less often for help	43%	52%
Household chores are completed more regularly	76%	72%
Healthier	57%	60%

People are feeling safer, less lonely, happier and healthier because of our services. Also, people are eating better than before, calling their family less often for help and having household chores completed more regularly. These are truly wonderful outcomes. 🏠

View our website at www.HomeShareVermont.org

HomeShare Vermont: bettering the lives of elders and people with disabilities by helping them remain in their homes. We match them with people who are looking for affordable housing and/or caregiving opportunities.



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United Way of Chittenden County

