



May 8, 2023

Aging with a Disability: Embracing Life's Expected Transitions



A big BIG thank you!

Chrysalis Spectrum LLC is thankful to the community, families, businesses, and experts who supported our mission to inform and educate those who are aging with a disability. A big thank you to the Texas Council for Developmental Disabilities for awarding us with a grant for speakers and consumer & events stipend. The funding allowed us to reach nearly 200 families from Northwest Houston to Northeast Texas.

Our first workshop was November 4, 2022 at The WorkLodge where attendees joined in-person and virtually. Attendees received invaluable information about executive functioning, advocacy, housing options, medicare, therapies, understanding Texas waivers, and working remotely with a disability.



Our speakers included Eneatra Anderson mother of an adult with a developmental disability and professional in the healthcare sector, Astou Mbacke medicare professional, Andrew Hoang a self advocate, Summer Mbacke professional stylist, Jacky Sylvie housing expert, David Edwards housing expert, Brittane Brown therapist, Kelsey Tomiello undergraduate specializing in Autism, and Dr. Alisa Elliot a professional in aging and disability care services. Community partners include *Therapies and Therapies*, *Community for Permanent Supported Housing*, *Chrysalis Spectrum Foundation*, and *Were Property Service*.

"I am the caregiver for my son. The workshop was very informative which helped me to understand Medicare and Texas waivers as well as the housing options. This information helps me to have better planning for my adult autistic son."

- Diep Hoang

The second workshop was held in Longview, TX at *Family Fun Day for Autism Awareness* on April 8, 2023, where several families enjoyed a nice day at the park while receiving information about Texas waivers, advocacy, therapies, and special health resources. Thank you *Longview Therapy Center*, *Special Health Resources for Texas, Inc.*, *Longview Police & Fire Department*, and *Healthcare Express*.



Longview Therapy Center (left), Special Health Resources for Texas, Inc (center), and Alex & Kevin (attendees)

"I was recently at the Family Fun Day for Autism Awareness and enjoyed the Aging with a Disability Workshop. I met with vendors and speakers who gave information about options for my boys (Alex & Kevin) who are in their early twenties. There was even a representative from our local police department which I love. I really enjoyed seeing the different aspects of the event from Special Health Resources to even motorcycle clubs. I look forward to this event every year." - Shannon Chatham



Our workshop in Longview, TX was a huge success with attendees of all ages who came from various cities to attend. We had attendees from group homes and those who traveled from out-of-state to learn about resources in the area and to meet other families for support. Eneatra Anderson and Dr. Elliot presented information about aging and developmental disability community resources available for attendees. Guests also received hardcopies and a direct link to previous workshop topics including contact information of experts.

The third workshop was held at Holiday Inn NW Willowbrook where families received information about Texas waivers, medicare, therapies, disability rights, special family transitions, and how to recruit, select, and hire in-home help from caregivers long term. Speakers for this workshop included Edwin Costillo self advocate, Shawn Collins ABA, Mary Ann Hughes parent advocate, Eneatra Anderson, Astou Mbacke, and Dr. Alisa Elliot.



We're thankful for the participation from local businesses that contributed to the success of the event *ABA Connect*, *Special Family Transition*, *Center of Autism and Related Disorders*, *Disability Rights Texas*, *Polkadot Phantom*, and *SignatureCare Emergency Center*. We also like to thank Holiday Inn NW staff for setting up the meeting room and working with us to bring our vision together.



Data Set

Chrysalis Spectrum gave attendees with a disability, a caretaker of a person with a disability, a family member, or a professional in the disability community a stipend to attend Aging with a Disability Workshop. Initially when starting this project the goal was to capture attendee data using the ticket hosting site Eventbrite and Allevvents, word of mouth, and community message boards to inform the

general public about the workshop. Marketing efforts for the second workshop included combining the Aging with a Disability workshop with the annual Family Fun Day for Autism Awareness, Facebook advertising, GoFundMe campaign, community message boards, inviting vendors, and event hosting sites Eventbrite and Allevants. The final Aging with a Disability workshop followed the same marketing techniques that were combined with an Autism resource fair. In total, Chrysalis Spectrum had 178 reservations.

Data Analysis

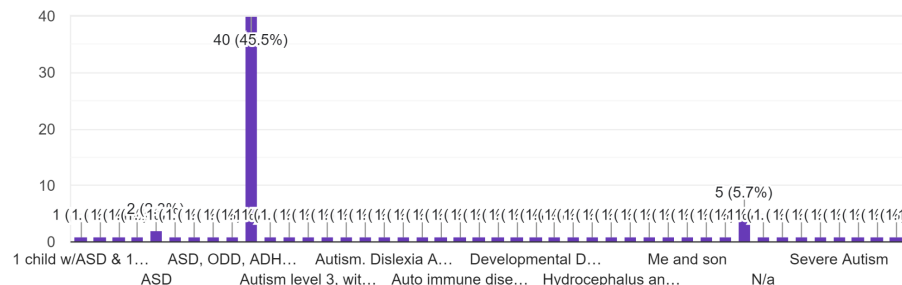
The collected data from family members were summarized and the most vital questions to receiving a stipend are mentioned below using a pie chart for illustrative purposes. Many of the attendees did not complete the stipend application and only gave their contact information. This is a possible result of using different ticket hosting platforms and some confusion about the event because of a change in location. Additionally some respondents may not have been able to complete the questionnaire because it wasn't available in their primary language and they may have been unable to comprehend some of the questions. The primary family member who requested a stipend did give their contact information (phone number or email address). The following is a list of the stipend questions.

1. What is your zip code
2. How many tickets will you need
3. First name
4. Last name
5. Phone number
6. Are you a person with a disability
7. If you answered yes, why are you interested in attending the workshop?
8. If you answered no, why are you interested in attending the workshop?
9. What is the person's disability
10. What is the age range of the person with a disability?
11. Are you attending the workshop in person or virtually?
12. What are you most concerned about when it comes to the future options?
13. Do you need assistance with personal care or respite care? (Dressing, grooming, meal prep, light housekeeping, transportation, toileting, showers)

The average family household consists of 3.5 people and every person that requested a stipend either had a disability or had a family member with a disability. The majority of the people who had a disability were categorized into the autism spectrum disorder. The pie chart below shows the respondents' answers to the type of disability question. Several respondents used different phrases to indicate the autism spectrum. The person who completed the stipend form was typically not the person with a disability.

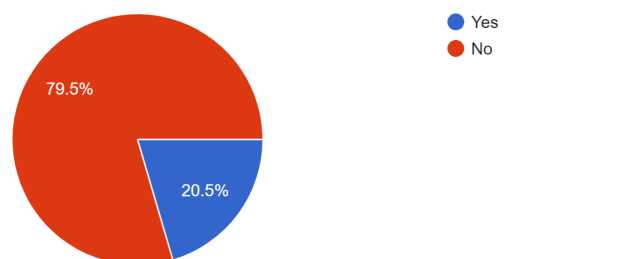
What is the person's disability? Write N/A if not applicable.

88 responses



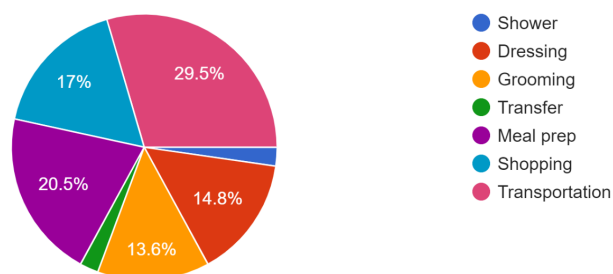
Are you a person with a disability?

88 responses



Do you need assistance with personal care or respite care? (Dressing, grooming, meal prep, light housekeeping, transportation, toileting, showers)

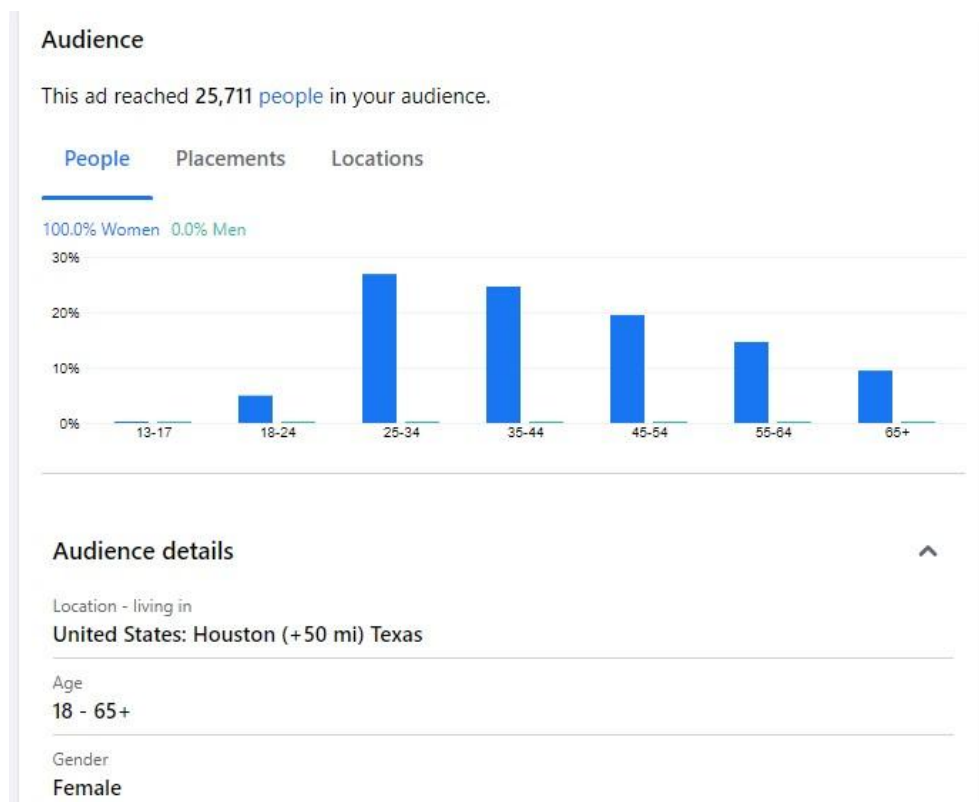
88 responses



It was evident from the attendance at our first workshop that attendee engagement is significant when giving respondents an educational workshop in combination of participatory activities. We allowed attendees the opportunity to speak directly to speakers, vendors, and gave individuals with developmental disabilities access to arts & crafts, snacks, music, and bubbles. In addition we had personal assistants on standby to help with attendees' needs.

Reliability & Validity

The quality and the validity of the data is authentic and represents household information from family members, persons with a disability, or a professional in the disability community from February 15, 2023 until April 16, 2023. All family members reside in Texas. There is some missing data from the initial workshop because of technical difficulties in collecting information using the event hosting site Eventbrite. Many of the respondents found out about the workshops through Facebook advertising where the event was shared with those who have an interest in the disability community.



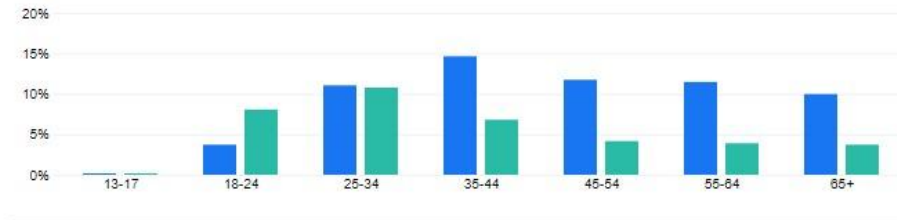
Engagement 11.04.22

Audience

This ad reached 26,840 people in your audience.

People Placements Locations

62.6% Women 37.4% Men



Audience details

Location - living in

United States: Houston (+ 50 mi) Texas

Age

18 - 65+

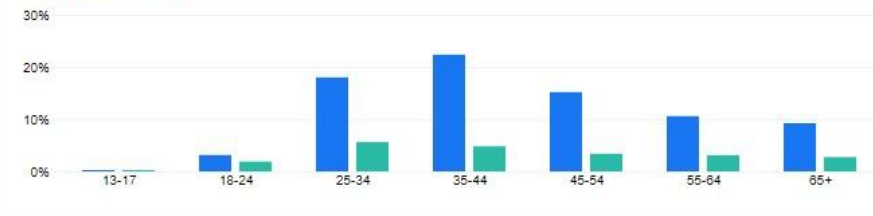
Engagement 04.08.23

Audience

This ad reached 38,000 people in your audience.

People Placements Locations

78.5% Women 21.5% Men



Audience details

Location - living in

United States: 118 Vintage Park Blvd, Houston (+ 30 mi) Texas

Age

18 - 65+

Engagement 04.22.23

Facebook advertising was the biggest influence in engagement strategy to find families in Northeast Texas and Northwest Houston. We were able to capture 178 individuals' data, 88 families' responses, and 112 views on our Youtube channel for the workshop. We sent participants surveys to get their feedback about the event however only 1 person responded. We will attempt to collect feedback from attendees 45 days after the event and will follow up with TCDD.

Future Recommendations

The Aging with a Disability Workshop was a great event to give families, individuals, businesses, and professionals invaluable insight into the disability community. The data collected over the 5 months suggest that families are interested in their loved ones future social life and transportation needs. It is my suggestion that this project is replicated in other communities in Texas as there is a significant need. Organizations, businesses, and individuals who decide to replicate the event will benefit from including community partners and experts in the field. The outcome will provide insight to local advocates and representatives of their community needs and will help funding sources with allocating money to educate in a participatory environment. It is also recommended to create different stipend forms when combining events and to include questions about ethnicity.

Conclusion

Chrysalis Spectrum is thankful for the opportunity to create invaluable workshops with local experts, businesses, families, and individuals who are disabled. It is our hope that TCDD continues to support our mission and find the following information useful.

Dr. Alisa Elliot

Agency Administrator