



**SOUTH
WHIDBEY
C·A·R·E·S**

Engaging Diverse Sectors

Relative/Non Relative
Caregivers

Community Advancing Resilience Education & Support

What we will cover:

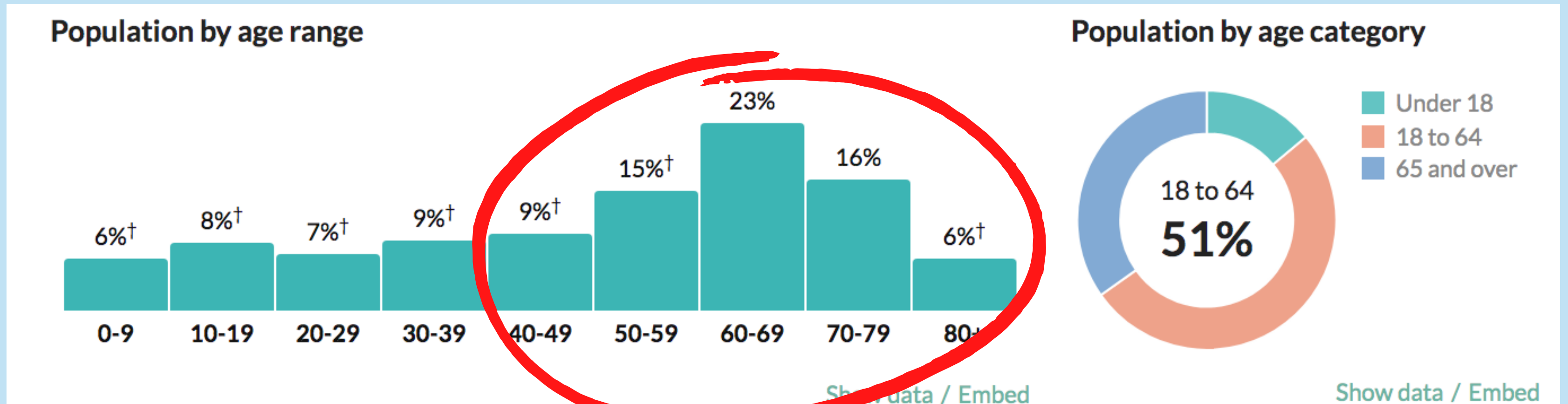
- **Who** is South Whidbey
 - **Why** relative and non relative caregivers
 - **Where** did we find them
 - **How** did we reach them where they were at
-
- **Assessment** of *strengths and barriers*
 - **Planning-** including in the process
 - **Implementation-** how did we prepare, and what did we have to do pivot
 - **Cultural Competency-** What was it going to take for each family to be successful?
Each families idea of success participating was different.
 - **Fidelity-** Including the developer in our planning, and did the best we could without compromising the success of each family.

South Whidbey



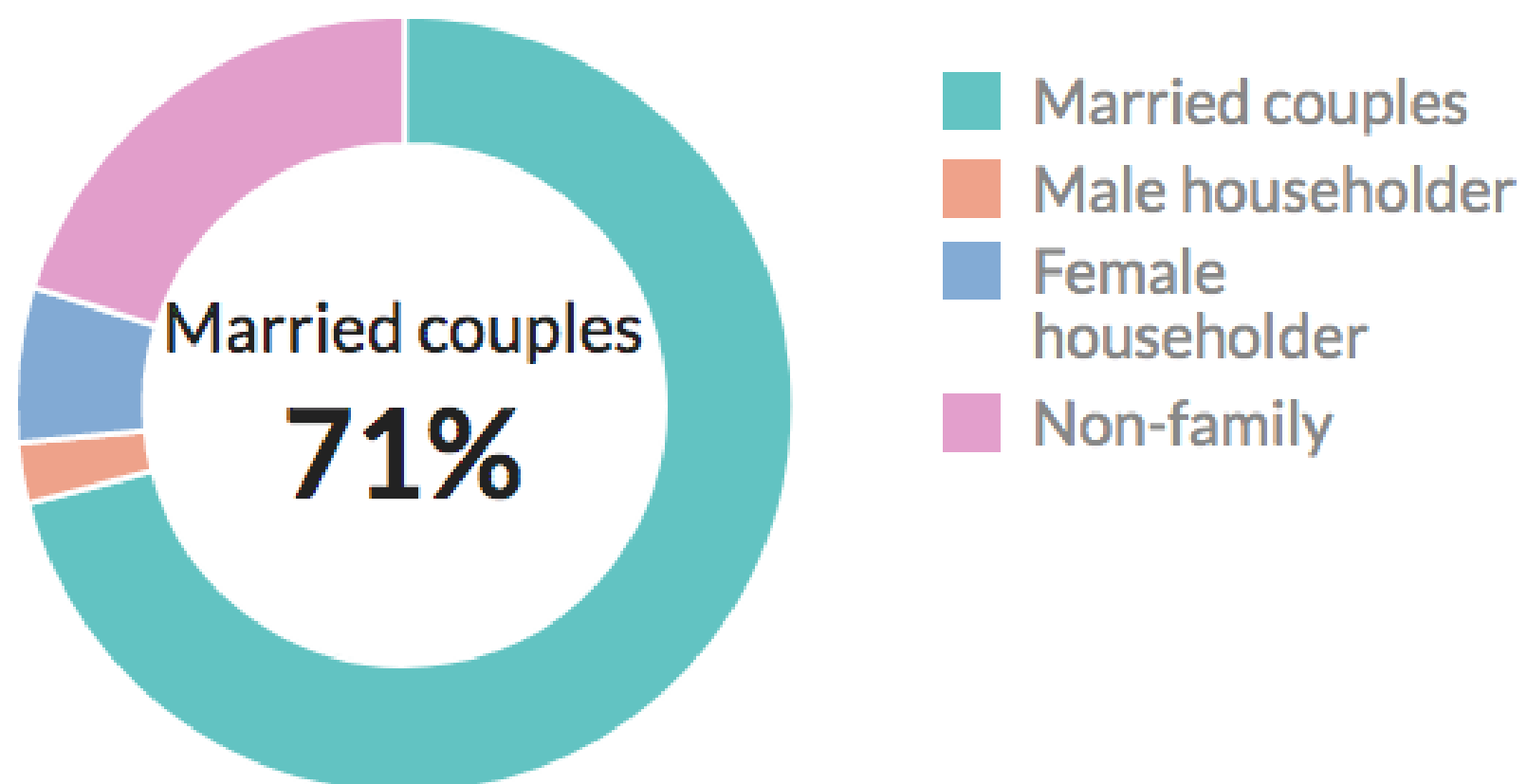
Who lives in South Whidbey?

60% are over the age of 50 and 35% of overall population are eligible for medicare



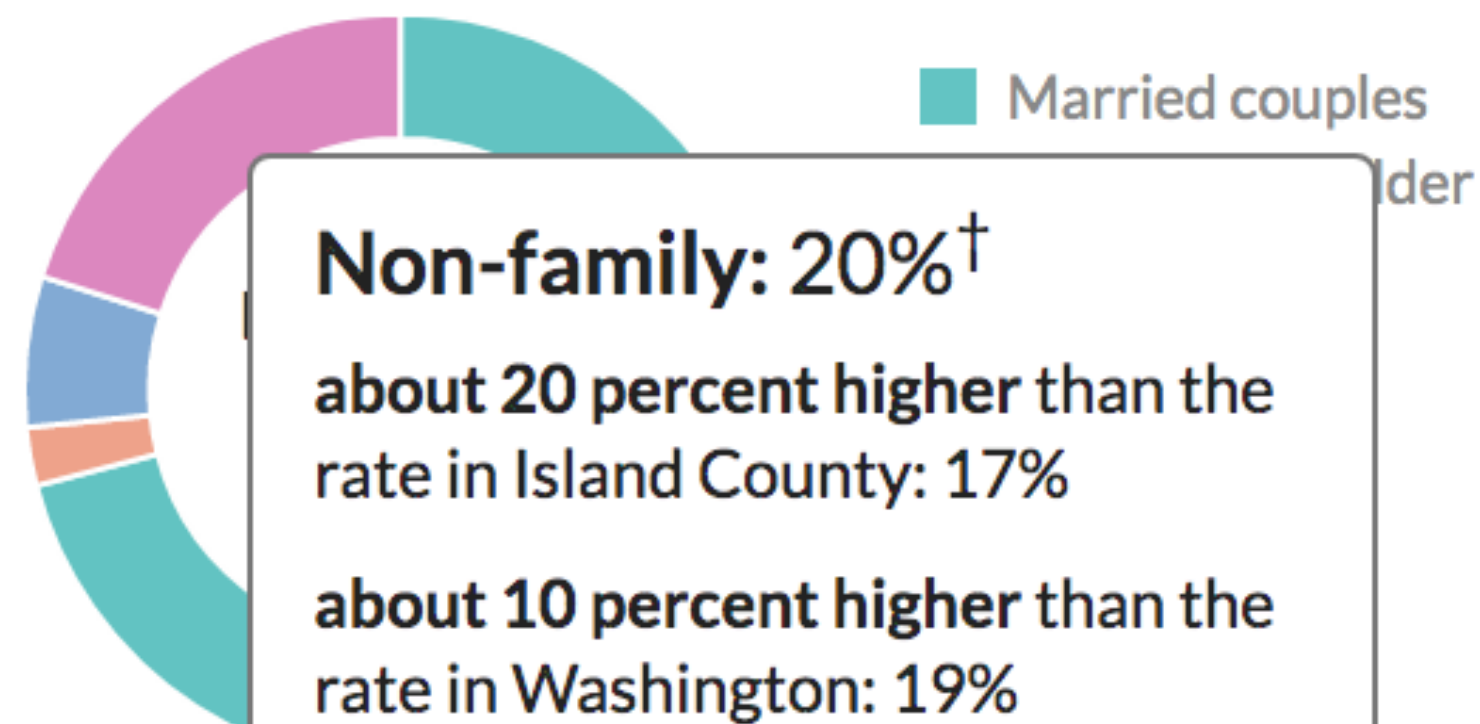
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Population by household type



Show data / Embed

Population by household type



Non-family: 20%[†]
about 20 percent higher than the rate in Island County: 17%
about 10 percent higher than the rate in Washington: 19%

[†] Margin of error at least 10 percent of total value

censusreporter.org/profiles/06000US5302993168-south-whidbey-island-ccd-island-county-wa/

South Whidbey

McKinny-Vento

supports individuals who lack a fixed and adequate nighttime residence. 92 youth, 117 including toddlers and babies, 20 are youth living with friends. **49 are living with extended family members.**





**Fear.
Instability
For EVERYONE.**



**Who is falling through the cracks?
Friends of the family.**



How did we find these brave people?

Partner organizations

For more than 20 years, Readiness To Learn has alleviated poverty and closed the gap for youth and families by:

Assisting with resources to basic needs
Providing programming and support from skilled adult mentors

Teaching ways for all to experience and enjoy mental, physical and emotional growth



Sharing information and support in the Relatives as Parents Program



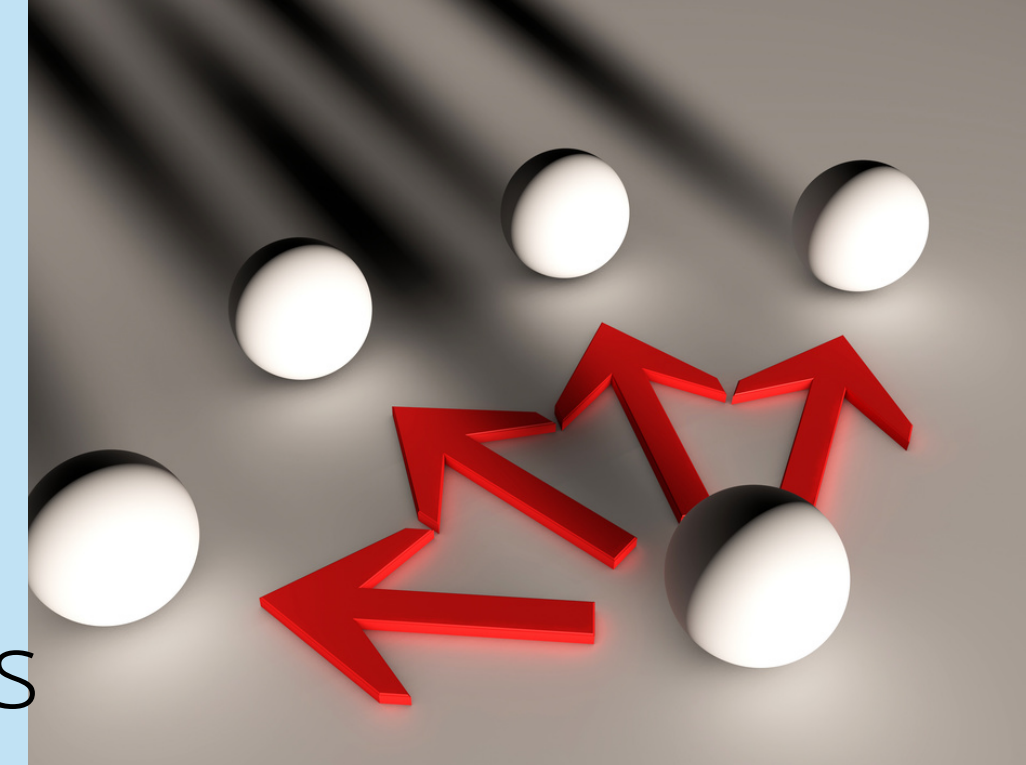
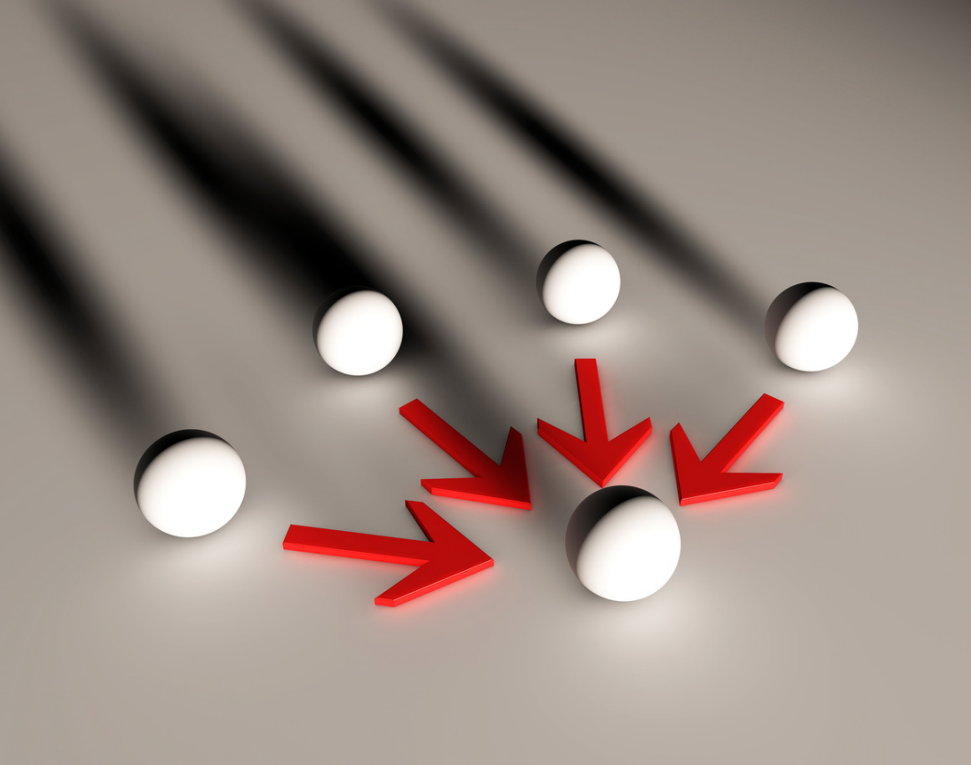
Assessment: Barriers

- Mourning retirement, gaining a second career or
- Relearning to parent at a slower age
- Significant age gap
- Lack of experience with current technology
- Physically slower and less shared interests
- Transportation in the evening time
- Navigate school systems with children who qualify for special services
- Depression and anxiety, personal health challenges



Assessment Strengths

- Resource to themselves and others
- Inviting others into a network of support
- Resource sharing
- Empathy and compassion for others
- Become their child's best advocate



Planning

Support group became our focus group for 15-30 min



Youth

Implementation

Pre Covid-19

First time youth have had a voice and they took the opportunity

Parents

Based off the need of the youth and the severity of their exposure to trauma.

10-12

12-14

We called each family during before class and reminded them, let them know we looked forward to seeing them. We arranged for transportation for a family via ride share.

Implementation

Mid Covid Pandemic

Adapted Strengthening Families
"Summer Fun Box of Delight"



- First box was a jumpstart on supplies
- An introduction to the program
- Specific instructions and a weekly video in case reading wasn't the ideal learning tool.

Fidelity

In 2021 we involved the developer and the WSU extension liaisons. We decided "adapted from" Strengthening Families was the most appropriate.

Cultural Competency

- All english speaking participants,
- we adjusted the amount of content for folks who would get behind and overwhelmed.
- One family had many barriers-physical impairments, post surgery, loss of a loved one, identity theft, displaced child during physical recovery, parent remained committed to finishing and we just took it one day, one activity at a time.
- Youth also experienced debilitating social anxiety. I used my bulldog Remington as a reward because he was my only collateral. He really loves Remington, he broke the discomfort.



Everyone needs a little support sometimes. We all have a job to do and it starts with kindness.

We can't understand each other until we start listening



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