

# **Prinse***nstichting*



# How to measure Gentleness?



## An effect study on Gentle Teaching



ne Schipper



# Beware.....



Rewards can be earned (unconditionally)!!!

# If you would want to measure the effect of GT?



- outcome for
  - people we support
  - caregivers
  - organization
  
- Wat kind of outcome would you search for?
- Discuss in pairs and write down.

# Why an effect study?



- Prinsenchting
  - Enthusiasm after GTI18
  - 2019 adjustment of GT training (GT mentor)
  - effective?
- National/International (GTI)
  - insufficient scientific research is done
  - evidenced based is needed

# Effect study set up



- Research team:
  - Nanda de Knegt, Simone Schipper (support from administration and students)
- effect interventiongroup (Gentle Teaching mentors) compared to controlgroup (care as usual)
- longitudinal, controlled intervention study with repeated measurements during 1.5 years for 2 x 80 clients with an intellectual disability

# Effect study set up



- variables received from the caregivers, clients and their legal representatives
- three measurements
  - baseline before the intervention (September 2019, T0)
  - after the implementation phase (September 2020, T1)
  - sustainment phase after 1,5 year (March 2021, T2)

# Effect study set up



Main question of research

- What is the effect of our Gentle Teaching intervention on the quality of care, experienced companionship and quality of life for people with an intellectual disability?
- interventiongroup (Gentle Teaching mentors) compared to controlgroup (care as usual)



# Hypotheses



For the intervention group we expect the following effects:

- A significant improvement in
  - style of caregiving,
    - checklist “Culture of Gentleness” (caregivers)
  - caregiver competencies,
    - checklist “Journey towards Gentle Teaching” (caregivers)
  - experiencing companionship (quality of relationships)
    - checklist “Journey towards Gentle Teaching” (people we support / family / caregivers)

# Hypotheses



For the intervention group we expect the following effects:

- A significant improvement in quality of life
  - Checklist Quality of life (client/family/caregiver)
- Significant decrease of daily shown tension/sadness/anger (F3/4) and increase of relaxation/happiness (F0/1) (measured with the personal observation plan)

# Intervention period 1



- March – August 2019
- preparing and planning for intervention /baseline measurements aug 2019
- start mentor training
  - based on model M. Vincent (Michigan)
  - 4 days mentoring GT
  - international conference day
  - masterclass
  - mentor plan

# Intervention period 2



- sept 19 (T0) - sept 20 (T1)
- start mentor plan
- start GT training team with own mentors
- monthly gathering of mentors with master mentors
- GTI2019/2020
- November 2019 mentor certification / presenting of mentor plans
- Dutch GT conference day 2020
- set up sustainment plan

# Mentor plan



- customized training
- Karel de Corte
- VIB
- Non Violent Resistance
- focus on individual/culture/team
- support plan
- management/psychologists

# Intervention period 3



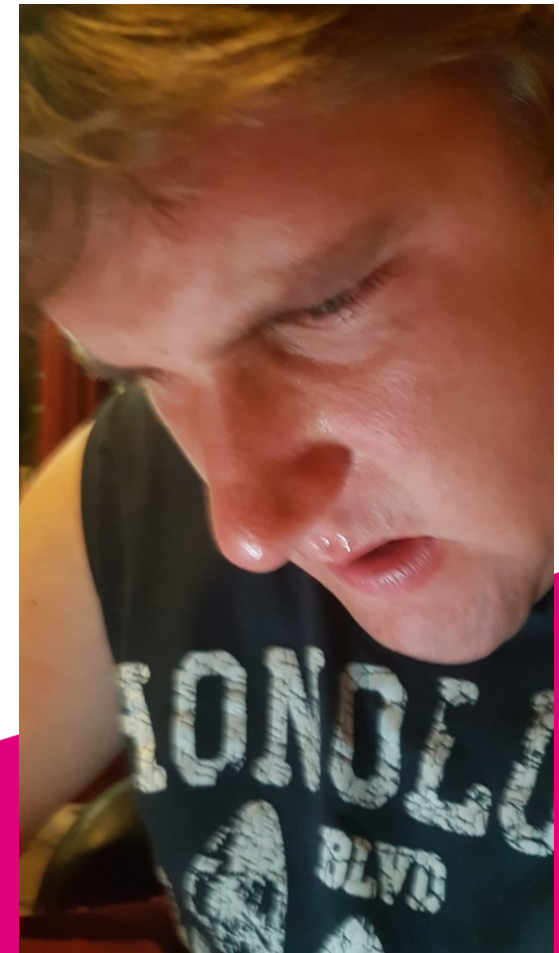
- start sustainment plan
- 3 monthly gathering of mentors
- march 2021 T2

# The rocky road



- problem getting participants intervention/control group (IG 99/CG 67, needed 52-81 in each group )
- delay of start intervention (September instead of April)
- no validated checklists
- technical problem
- delay in completing checklists (IG 98/CG 46)
- training period longer

# The rocky road





# Now it's your turn!

Think about the reward!



- 4 groups
- 1 checklist
  - Journey towards companionship
  - Journey towards Gentle Teaching
  - Culture of Gentleness
  - Quality of life
- Look at the checklist together and discuss:
  - Is it a good indicator for our desired outcome?
  - overall score
  - improvements /suggestions

# Now it's your turn!



- What are your ideas on a GT mentorplan / sustainment plan?
- discuss in pairs and write down
- COLLECT YOUR REWARD!!!!

# Questions?



Join us!!!

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