Ideation Session Opportunity
January 26, 2022
What is an Exhale Ideation Session?

A facilitated Brainstorming opportunity for Exhale participants to generate ideas together with family caregivers of older adults.

Any/all caregivers of older adults welcome:
- Existing/future clients
- Community members

Goal: Help workshop participants engage with family caregivers early in the Exhale planning & exploration process

Uncover what matters most to caregivers – How do they define respite?

Brainstorm new respite ideas or improvements

Explore partnership opportunities for Exhale project teams

Sessions facilitated by Teresa Lawrence – in person or by Zoom during February & March
Sample Ideation Session Questions for Caregivers

- WMBAT respite experiences or opportunities you would enjoy?
- WMBAT barriers in your life or community that inhibit your ability to take a break from caregiving?
- How to eliminate barriers?
- What characteristics a respite opportunity would need to have or address for you to want to participate?
- Where places or resources in your community that you’d turn to for respite?
  - What organizations/community resources should be involved in creating community-based respite opportunities?
- WMBAT ways to improve existing respite programs/experiences?
# Why do an Ideation Session?

Ideation Sessions will help Exhale organizations achieve these goals:

<table>
<thead>
<tr>
<th>Practice</th>
<th>Practice ideating and applying divergent thinking early in the Exhale planning and exploration process</th>
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<tbody>
<tr>
<td>Listen &amp; Learn</td>
<td>Listen &amp; learn from caregivers about their ideas and preferences related to respite to help inform Exhale project planning and proposal development</td>
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<tr>
<td>Identify Exhale partners</td>
<td>Caregiver feedback may shed light on partnership strategies for your Exhale project. Ideas may also emerge from potential partner organizations or other community stakeholders.</td>
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<tr>
<td>Converge on Key Ideas</td>
<td>Ideas gathered will help teams converge on respite themes, categories &amp; key characteristics for new/improved respite services in their communities</td>
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What do we do with all this input?

After your Ideation Session – Time to converge!

• Independently, your team can cluster ideas and restate the ideas into themes
• Or - Teresa can facilitate idea clustering and restating immediately after your ideation activity or at a near future time
• A summary from across the sessions will be shared
March 8 (Workshop #4)

Organizations that host Ideation Sessions will be asked to:

- Share a few highlights of what they learned regarding caregivers’ interests related to respite
- Share their thoughts on how they might use the input to shape their Exhale project plan or organizational work with caregivers
- Share some reflections on the Ideation Session
What do we do with all this input?

In person session:
- Ideate
- Converge on themes
- One to two hours
What do we do with all this input?

Virtual session:
- Ideate
- Converge on themes
- Two and a half hours OR two sessions
How do I participate?

- Sign up today! See link in Chat
- Decide: Will your session be in-person or by Zoom?
- Decide: Will your organization/team cluster ideas generated on your own or would like Teresa to facilitate that activity?
- Recruit session participants (family caregivers of older adults, potential partner organizations) – you must include at least 3 caregivers (no group size limit)
- Schedule session date with your group & with Teresa
- Sample discussion questions will be shared & new questions encouraged!
- Participation is voluntary - highly encouraged!

Next steps!

Not sure yet?

- Sign up at next Exhale Workshop or email Teresa@internationaldeliverables.com