

## 2024 KT Online Conference

### From Theory to Practice: Strategies for Sustaining and Expanding Research Impact

#### *Presenters:*

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<https://youtu.be/hDjNRh189cY>

Kelsey Goddard: I'm Kelsey Goddard. I'm an assistant research professor at the University of Kansas. My pronouns are she/her. I'm a wheelchair user, a white woman in my thirties, and today I am wearing a brown sweater and have long brown hair and all. Yeah. I'll let my colleague co-presenter, Lillie, introduce herself.

Lillie Greiman: Hi all. Thanks Kelsey. My name is Lillie Greiman, she/her. I'm a white woman in my thirties and a project director at the Research and Training Center on Disability and Rural Communities, and a collaborator with Kelsey and others at the University of Kansas for this project. I'm excited to share, but I'll send it back to Kelsey to get us started.

Kelsey Goddard: Great. So really this presentation is going to focus on a journey, and it's a journey of where we started with a research idea and testing the home usability program, and how that's now a program that's being rolled out throughout the nation. And so we want to talk to you all about how we got from that point A to that end point in getting that national rollout. So I'll start with just describing the home usability program, but we were funded by NIDILRR, which is the National Institute for Disability Independent Living and Rehabilitation Research. And we were funded by them, and starting in 2016, so a while back now, and it was through a partnership with the University of Kansas where I am and Lillie's at the University of Montana. But really it was a program to evaluate the effects of home modifications. And we were looking specifically as researchers how that affects people's exertion, safety and community participation.

The program itself as an intervention was implemented from October 2019 to June 2022. And we involved four Centers for Independent Living throughout the nation, which were located in Georgia, Indiana, Ohio, and Pennsylvania. And we subcontracted with those centers for independent living. We paid them, we paid their staff as researchers, and we trained their staff as researchers to collect data for this project. So it was a really cool approach, I think, in that way, where we could have the CIL staff work with the people on their home modifications, but also, yeah, be the ones kind of collecting the data. So they collected pre-post tests, they implemented the home usability program, and then through that they conducted home assessments and implemented home modifications. And I'm keeping it a little high level for the purpose

of this presentation, because I really want to focus on the journey of knowledge translation. And yeah, next slide.

So as is common with other research projects, we held a summit to basically summarize all the findings from our research. So it was called a Community living summit, and that was hosted on August 17th, 2022. It was a webinar that we held in collaboration with the National Council on Independent Living or NCIL, and they really help us to advertise the webinar, brought CILs together throughout the country, and CILs to kind of attend the webinar. We highlighted basically all the things that we had done throughout the course of our research to that date. So from 2016 to 2022, everything that we had done under this project. And so we had developed some key resources including the National Community Living Resource Center, which is a website. All those are linked in the notes page, I believe, if you download the presentation slides. And then the Home Usability Program has a website. We've developed a home modifications fact sheet, and then we've also done some publications. Lillie's done a publication talking about the effects of home modifications on community participation. And then I've done a publication that's focused on the effects of home modification on safety and exertion ratings. So anyway, we were able to highlight all of those, and next slide please.

But our project officer really kind of challenged us and was like, well, is that going to be enough for CILs to really adopt the information? Just kind of a one and done type summit. And I appreciated that she had a really strong knowledge translation background. And so through that, she really pushed us to do some follow-up webinar series, where we worked with CILs more closely to really make sure that they were understanding the information and adopting it for their specific purposes at their CIL. So we invited attendees to participate in a series of sessions to provide intensive hands-on technical assistance and support for CILs starting the Home Usability Program. Because of the really hands-on nature of support, we only worked with five CILs at a time, and that was conducted in October and November of '22, the first one was, and focused on three key sessions.

Session one was focused on training around the Home Usability Program and what that was. Session two kind of provided more strategies for implementing the Home Usability Program at their CIL. And then session three is where we offered to meet one-on-one with these CILs to kind of address any follow-up questions to talk through any concerns, to talk through how they could adopt materials at their CIL and really support the initiation of the program at their CIL. And then due to the high level of interest of CILs, we did offer additional sessions in January of 2023. Next slide please.

So yeah, as I was describing, we offered that individualized technical assistance to any CIL who was interested in participating in that session three with us. And we established these personal connections with 10 Centers for Infinite Living who participated in these webinar series with us. And those connections were really crucial in understanding the specific needs and challenges faced by each center. We had done our research project in four different CILs, but this was really great in understanding how these programs could be rolled out after the program had been developed and tested. And so we engaged with those centers throughout the year. We offered guidance in conducting home assessments, implementing usability solutions, and then identifying funding sources for

home modifications. And then we didn't want to stop there, so we kept going, Lillie's going to talk about next how we basically engaged a Home Usability Peer Network so that these skills could start connecting and talking with each other to really roll this out nationally. So yeah. Lillie.

Lillie Greiman: Thank you, Kelsey. And yeah, thanks for switching to the next slide. This slide was good. Stay here though. Oh my gosh. Hi everyone. I'm going to talk a little bit more about the Home Usability Peer Network. And as Kelsey mentioned, what we really heard, and we heard this and saw this really throughout the research as well, while we were working with our research partners in the four states to implement and collect data. What we saw from them and then what we learned from that individual technical assistance was really people loved being in community with each other. CILs really learned a lot from each other and bringing people together to share what their experiences were, how they were implementing and doing the Home Usability Program and other home modification work in their communities and sharing with each other. So it really came from them, this interest in continuing the conversation, continuing to gather and share resources with each other.

And so from that and with our partnership with the National Council on Independent Living, we developed a home usability peer network, and we had our first kickoff in December of 2023. And really the goal of that network was to support and connect CILs to support each other, connect them to each other, and then also connect them to resources and information about what centers, what they were doing, what the research. This includes all of the research finding from our project as well, but really wanting to grow that information and connect folks with everything that was out there. So folks role to come together to share best practices, lessons learned, and then really importantly, provide some peer support. Next slide, please.

We were able to host a monthly meeting. We kicked off in December, but then early in 2024, we hosted a monthly call from January through June. The calls were about an hour long. We started each call with a 10-to-15-minute presentation for many of these first calls. Those were Kelsey and I sharing about some of the home usability program, the resources that were there. But we also had the opportunity to bring on other centers and other presenters from across the country to just give a quick 10-to-15-minute presentation. And we recorded that 10-to-15-minute presentation, and then we turned off the recording and just had conversation and just opened it up for folks to ask questions, share their experiences in that kind of remaining 45 minutes. And then we posted, we're able to share that recording, but really keep the space free and gather some of the resources and information shared by folks.

So I think I'll actually go on to next slide because I'll talk about that a little bit. So next slide please. So what we would do is while we would have these conversations, we would work really hard to gather. People are so - it was amazing. We had pretty consistently 40 people on the call that would pretty consistently show up. And perhaps, as you can imagine, it's a little bit of an unwieldy conversation with 40 people on a Zoom call. But we really made it work, and we're exploring strategies to improve that. But what we would do is we would collect all of the resources. People would just send us everything in the chat, and we would get updates and notice of funding announcements

would get shared, and we would collect all of those. And I say we, but I really mean Mary Kate at NCIL would collect all of that information and then post it on NCIL's website as a shared resource for anyone who was interested to access.

And so we ended up gathering a lot of different, we have a link here to the current resource page, but I believe NCIL is updating it. They're going through some big website changes, and it's going to become a Home Usability Resource Hub. And that will contain resources around housing advocacy, different strategies for home assessments, community partnerships, and funding, which is always emerging as the most difficult component of doing this work is funding - the funding to do it - identifying and providing resources for centers to identify home usability solutions and home modification solutions. And then also how do you implement and then evaluate a Home Usability Program of your own. And part of this, again, is kind of continuing to share the research that we've found and taking the tools and the knowledge that we learned from years of doing this research study, and how can we then put that information in the hands of CILs that is accessible and usable so that they can then use it to further their goals of independent living for their consumers.

And I'm super happy to say that the peer network will be continuing. We are going to be doing our next call starting in November, and with the goal of sustaining it into the future as a program that NCIL can support. So I think that's something that's really exciting is hopefully our ability to take what we heard and what we learned from the community and keep it out there in a way that's not us as the researchers. Oh, and thank you for whoever in the chat for Kathleen NCIL and the National Council on Independent Living, and it's an acronym, and I keep saying NCIL, that's what it's for. Apologies for that. So yeah, that's very exciting. So let's go to the next slid. And also, sales Centers for Independent Living, CILs. Appreciate that. So that's an acronym that you get so used to using all the time that I sometimes forget to define. So thank you so much, Kathleen.

So I wanted to just share some key lessons learned, and I think that's something from this project, really thinking about how we can strategically plan our KT activities and build upon. And I think that this project is a great example of that. We didn't really, there was ideas around knowledge translation, but we were really able to listen to our participants and react and respond to that in order to provide KT in the way that they wanted and in a way that was useful for them. The Peer Network is really, it organically evolved out of this. When we did those individualized TA sessions, what we heard was like, "Hey, these conversations are great. We don't want to stop." And so that showed us, well, let's find a way to keep them going. I think that that was something that, well, we have here really empowering our CIL staff as researchers, bringing them on. They were part of our IRB. This really leveraged their experiences and we valued, we highly, highly valued their time and their experience.

And I think what we've learned is we've developed these really strong relationships both with our centers, but then also with the National Council and Independent Living, who recognizes that this is valuable. Housing and home modifications are not one of the core funded services that centers are explicitly funded to provide. And yet it is one of the top barriers and challenges and issues that are identified by consumers of those services,

people with disabilities in the community. So many, many, many CILs provide these services but do not always have access or information to resources about it or to each other to support each other in that work. So really, this peer network is a way to continue this project into the future beyond our funding. The next slide, please.

And as Kelsey I don't know if you said this in the beginning, but I really think of this, this is really a statement, and I feel like you should say it. We don't want this as a document collecting dust. We want to see our work actually impacting the community. And by including our partners as researchers and now as peers, we really are hoping that we can live the Nothing About Us Without Us motto and really, really make some changes out there. And I guess I can turn it over, Kelsey. I don't know if you have any other concluding things that I didn't manage to say.

Kelsey Goddard: Yeah, no, I think it was covered well. Yeah, really excited about the outcomes of this project. Again, something that started with just as an idea and as a research project to grow, as Lillie said so organically. But still, I think there's lessons to be learned in how we attain that growth, which we hope. Yeah, we wanted to share and hope you all can learn from today.

Lillie Greiman: And here, please reach out to us with any questions that you may have about the whole usability program or our process.