

Effort & Choice: Home Project

A research project of the Research & Training Center on Disability in Rural Communities, part of the Rural Institute for Inclusive Communities at the University of Montana

What is it?

The Effort & Choice Project is a research project at the University of Montana by the Research and Training Center on Disability in Rural Communities (RTC:Rural). The purpose is to see if making bathing easier for you affects other activities you do throughout your day.

By making it easier to bathe, you may have more energy to do other activities during the day. By sharing information about your activities and how you use this equipment, you can help us create programs that promote the use and supply of adaptive equipment through policies and programs that support people to live independently.

First Home Visit

Researchers will visit you at your home. This visit will be about 45 minutes.

You will be given:

- Samsung touch-screen device
- Garmin VivoFit activity bracelet
- Packet of info (informed consent)

Researchers will teach you how to use a Samsung touch-screen device (which they'll supply). You will use the Samsung touch-screen device to answer daily mini-survey questions about your activities during the day. Each day, you'll be asked to complete 8 of these mini-surveys, each one lasting 1-2 minutes.

They will also give you a Garmin VivoFit activity bracelet to wear.

Researchers, with your permission, will also take pictures of your bathroom to ensure the right size equipment for your bathroom.

Week 1 of daily mini-surveys begins the following morning after this first home visit. Surveys will randomly "pop-up" from anytime between 7 a.m. and 11 p.m.

What you need to do during Week 1:

- Answer daily mini-surveys on the Samsung touch-screen device (it will prompt you)
- Wear the Garmin Vivo Fit activity bracelet
- Charge the Samsung touch-screen device every night so it's ready to go the next day

Remember to take the Samsung touch-screen device with you every time you leave your house!

Second Home Visit

One week after the first home visit, researchers and a licensed physical therapist will come for a second home visit.

- The licensed physical therapist will evaluate your accessibility in your home and bathroom.
- The team will install bathroom equipment and teach you how to use it safely.

After the second home visit, you'll have one week to get familiar with using your new equipment before you need to take the 2nd round of mini-surveys. If you have any questions about how to use the equipment, don't hesitate to contact us.

Researchers will collect the Samsung touch-screen device and the Garmin VivoFit activity bracelet– you do not need them for Week 2 of the research project. You will also be given your first \$25 money order.

You get a week off from the mini-surveys!

What you need to do during Week 2:

- No mini-surveys this week!
- Get familiar with your new bathing equipment
- Call or email Andrew Myers if you have any issues or questions

Completing the final surveys

Researchers will mail you a packet with the Samsung touch-screen device and Garmin VivoFit activity bracelet. This will arrive a couple days before the surveys are supposed to start. You will not need to do anything different from the first week of surveys!

The packet will include a cover letter that will tell you what day the final round of surveys will start. There will also be a pre-paid return envelope to send the equipment back at the end of the project.

For more details, see the cover letter in the packet.

What you need to do during Week 3:

- Continue using the bathing equipment
- Answer daily mini-surveys on the Samsung touch-screen device (it will prompt you)
- Wear the Garmin VivoFit activity bracelet
- Charge the Samsung touch-screen device every night so it's ready to go the next day

Remember to take the Samsung touch-screen device with you every time you leave your house!

At the end of the week, you're done!

Mail the Samsung touch-screen device, Garmin VivoFit activity bracelet, and the charger and cords back to us in the postage-paid envelope. (See "Returning Your Device & Compensation" in the Information Packet for more details).

After we receive the devices, we'll mail you the second \$25 money order.

Thank you for participating in our study!