

### V(A). Planned Program (Summary)

#### Program # 4

##### 1. Name of the Planned Program

Sustainable Energy - Family Issues, Resources and Environments

Reporting on this Program

##### V(B). Program Knowledge Area(s)

###### 1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
801	Individual and Family Resource Management	45%			
802	Human Development and Family Well-Being	45%			
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures	10%			
	<b>Total</b>	100%			

### V(C). Planned Program (Inputs)

##### 1. Actual amount of FTE/SYs expended this Program

Year: 2012	Extension		Research	
	1862	1890	1862	1890
Plan	2.8	0.0	0.0	0.0
Actual Paid Professional	1.9	0.0	0.0	0.0
Actual Volunteer	0.0	0.0	0.0	0.0

##### 2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
6613	0	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
130670	0	0	0

**V(D). Planned Program (Activity)**

**1. Brief description of the Activity**

Conduct workshops in all areas  
 Develop support groups where and when necessary  
 Partner with agencies, associations, organizations, real estate personnel, county health officials, Montana Building Industry Association.  
 Conduct Seminars on Estate Planning Healthy Indoor Environments  
 Revise MontGuides (fact sheets) to reflect the changes in state and federal laws related to estate planning.  
 Develop publications on asthma awareness, lead-based paint and other home environment issues.  
 Conduct webinars when appropriate, develop/maintain current web sites, use other electronic opportunities when appropriate (Face Book, etc.)

**2. Brief description of the target audience**

Care givers of people with chronic illness  
 Home health care providers  
 Certified nursing assistants  
 Tribal members  
 Farmers/Ranchers  
 Montana Financial Educational Coalition Partners  
 4-H Leaders  
 State Agency Employees  
 Home Builders, housing authorities, real estate professionals  
 Remodeling Contractors  
 Weatherization Contractors  
 Homeowners  
 Senior Citizens  
 Parents/Grandparents  
 Montana Department of Family Services

**3. How was eXtension used?**

Extension professionals and clientele are encouraged to use the eXtension system as a resource for locating information and educational materials related to specific questions and interests.

**V(E). Planned Program (Outputs)**

**1. Standard output measures**

2012	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	2735	49508	0	444

**2. Number of Patent Applications Submitted (Standard Research Output)**

**Patent Applications Submitted**

Year: 2012

Actual: 0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2012	Extension	Research	Total
Actual	16	0	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- Estate Planning An estimated 1000 people will attend an in-depth seminar on estate planning and promotion and will begin to make plans for distribution of their estates. Distribute MontGuides on state and federal law changes to 1400 people who have purchased Estate Planning: The Basics Packet Train/distribute the curriculum: Track'n Your Saving Goals Register and associated MontGuides Distribute materials/fact sheets on AIPRA on reservations - estimated 100.

Year	Actual
2012	700

**Output #2**

**Output Measure**

- Grandparents Raising Grandchildren: Produce and distribute a bimonthly newsletter to all Extension Offices, grandparents, and others on the mailing list; currently 150 names. Provide support and assistance to start educational/support groups in local communities for grandparents who are parenting children. Currently, there are 15 in the state.

Year	Actual
2012	888

**Output #3**

**Output Measure**

- Housing and Environmental Quality Number of publications/fact sheets distributed. Number of participants attending home environmental workshops/programs. Number of people testing their wells, doing radon tests.

Year	Actual
2012	1491

**Output #4**

**Output Measure**

- Parenting Piece by Piece Train 3 county Extension agents in a train-the-trainer model for delivering a 6 week workshop to parents. Conduct 3 six week workshops in the state for parents who have limited parenting skills, are at risk for child abuse and neglect or are mandated by the Montana Department of Family Services.  
Not reporting on this Output for this Annual Report

**Output #5**

**Output Measure**

- Powerful Tools for Care Givers: An estimated 100 people responsible for giving care to someone with chronic illness will learn steps in planning to provide adequate support and care. Caregivers will have tools to assist them in self-care as they provide or manage care for a friend or loved one.

<b>Year</b>	<b>Actual</b>
2012	100

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	Powerful Tools for Care Givers: An estimated 100 people responsible for giving care to someone with chronic illness will learn steps in planning to provide adequate support and care. Caregivers will have tools to assist them in self-care as they provide or manage care for a friend or loved one.
2	Grandparents Raising Grandchildren: Grandparents will become aware of services available to support them as they raise their grandchildren. Grandparents will use current parenting strategies, prepare nutritious meals for themselves and their grandchildren, seek information to assist with their financial and legal issues related to parenting their grandchildren. Grandparents and their families will experience reduced stress and grandchildren will have a safe and nurturing environment to which to grow.
3	Housing and Environmental Quality: Participants will learn about an environmental health concerns common to new and existing homes e.g., molds, water quality, lead-based paint, radon, etc. Homes will routinely be tested/assessed and mitigated for environmental health issues such as molds, radon, asbestos, drinking water, carbon monoxide
4	Parenting Piece by Piece: Parents, especially those who have limited parenting skills, are at risk for child abuse and neglect or are mandated by the Montana Department of Family Services, will show evidence of improved parenting practices.
5	Estate Planning: An estimated 1000 people will make plans for the distribution of their property through estate planning.

## **Outcome #1**

### **1. Outcome Measures**

Powerful Tools for Care Givers: An estimated 100 people responsible for giving care to someone with chronic illness will learn steps in planning to provide adequate support and care. Caregivers will have tools to assist them in self-care as they provide or manage care for a friend or loved one.

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Action Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	1400

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

The population of the state is aging with the fastest growing age group being those individuals over 85. Along with extended life expectancy comes a variety of chronic illnesses. One of these is Alzheimers with over 16,800 individuals diagnosed with the disease to date. Most older Montanans live on their own or with a spouse, yet they often require a certain level of care-giving. The people in the care giving roles can benefit from learning strategies that will make their efforts efficient and effective while maintaining their own health and well-being. This is an incredibly simple program that allows family caregivers to find the tools they need to manage their lives and care for those they love. With the increase of baby boomers in our society, Powerful Tools class will increase in value.

#### **What has been done**

At least two Train the Trainer classes were offered; these are two day training programs for social workers, Extension agents and other interested people to learn to teach the class. 19 new leaders were certified. Three 6-week Powerful Tools for Caregivers classes were held in the state. Class participants receive a copy of The Caregiver Help book, developed specifically for the class. This self-guided handbook contains vital information concerning the location of personal information such as insurance numbers, contact resources, medial history and family contacts. The support group meets once a month for lunch.

#### **Results**

In 2012, there continued to be statistically significant increases in understanding from pre to post-test by participants of caregiving stress and the need for self-care. After taking the class and joining the monthly support group, caregivers realize that they have a common bond and are dealing with some of the same issues. The support group allows members to share their stories, review tools and learn ways to cope. They learn that is it very important to take care of

themselves. Participants value the reference materials and resources that they have available to them after taking the class. The evaluation given at the end of the class indicates that caregivers improve in their ability to ask for help and care for themselves by an increase of 28 points. Once trainers have this training they teach the class outside of Extension. Support groups continue after the classes are complete so the full quantitative impact is not known.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

### Outcome #2

#### 1. Outcome Measures

Grandparents Raising Grandchildren: Grandparents will become aware of services available to support them as they raise their grandchildren. Grandparents will use current parenting strategies, prepare nutritious meals for themselves and their grandchildren, seek information to assist with their financial and legal issues related to parenting their grandchildren. Grandparents and their families will experience reduced stress and grandchildren will have a safe and nurturing environment to which to grow.

#### 2. Associated Institution Types

- 1862 Extension

#### 3a. Outcome Type:

Change in Action Outcome Measure

#### 3b. Quantitative Outcome

Year	Actual
2012	2029

#### 3c. Qualitative Outcome or Impact Statement

##### **Issue (Who cares and Why)**

In Montana, there are more than 6,600 grandparents with sole responsibility for rearing their grandchildren; most often as a result of a crisis including the death of the parent, involvement of social services, and military deployment. The emotional toll on grandparents can be extensive. MSU Extension has taken a leadership role to provide services and support to these grandparents. The Grandparents Raising Grandchildren Project is celebrating its 10th year of providing education, support, resources, and research to help grandparents parent a second time.

##### **What has been done**

In 2012 Extension specialists met individually with members of the Grandparents Raising Grandparents Task Force to strategize for the future. A bimonthly newsletter is available to all

Extension Offices, grandparents and others who request it. The current mailing list has 325 individuals and 16 electronic subscriptions. MSU Extension provides support to start education/support groups in local communities. Currently there are 13 such groups known. During 2012 more than 444 contacts were made across the state with grandparents raising grandchildren. Approximately 150 attended support group meetings.

### **Results**

Families report the support provided to them from each other, helps tremendously. They report that it is nice to know they are not alone. Grandparents in the program are informed of the need to understand how transfer of wealth occurs in Montana. As a result, many take an Extension class titled Think You Know Who Gets Your Property When You Die? Think Again, and in 2012, as many as fifty percent who reported indicated they followed up by creating a will. Only about three percent of grandparents raising grandchildren are licensed foster care parents, thus saving an estimated \$202,000 per day for the state of Montana.

## **4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

## **Outcome #3**

### **1. Outcome Measures**

Housing and Environmental Quality: Participants will learn about an environmental health concerns common to new and existing homes e.g., molds, water quality, lead-based paint, radon, etc. Homes will routinely be tested/assessed and mitigated for environmental health issues such as molds, radon, asbestos, drinking water, carbon monoxide

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Action Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	1491

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Throughout Montana, consumers, real estate professionals, county health officers and others are reporting alarming incidences and health effects related to home environmental issues. Extension outreach programs confirms the reality of these issues, radon levels in MT rank 3rd highest in the

U.S., asthma has increased due to poor home environment, molds have forced homeowners out of their homes and other homes to be destroyed. Other home environmental issues common to Montana include asbestos in vermiculate insulation, drinking water contamination, improperly installed and maintained septic systems, carbon monoxide from faulty heating systems, and lead-based paint.

**What has been done**

The Extension Housing and Environmental Health program offers practical information, workshops and training courses across the state and at the Weatherization Center in Bozeman on topics such as weatherization, indoor air quality, pollution prevention, new construction, home safety, water quality, recycling and waste reduction and many other topics that are useful to Montana consumers. In 2012 the Center taught 51 classes for weatherization professionals from a five state region with a total of 393 attendees. These professionals are on the ground weatherizing and making homes safe every day. The Extension Pollution Program administers the EcoStar Pollution Prevention Award Program.

**Results**

The Department of Energy claims a 35% reduction in energy use in homes that have been weatherized. By training and providing resources Extension helps low-income families save an average of \$437/year on an ongoing basis by weatherizing their homes. In 2012, 19 businesses and organizations, representing 15 communities received EcoStar Awards recognizing their successful efforts to reduce solid and hazardous waste and to conserve valuable resources such as water, energy and clean air. Combined these winners saved nearly 7 million gallons of water, conserved over 2.6 British Thermal Units (BTUs), reduced 41,493 pounds of hazardous waste and saved \$427,735 due to their pollution prevention efforts.

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
801	Individual and Family Resource Management
804	Human Environmental Issues Concerning Apparel, Textiles, and Residential and Commercial Structures

**Outcome #4**

**1. Outcome Measures**

Parenting Piece by Piece: Parents, especially those who have limited parenting skills, are at risk for child abuse and neglect or are mandated by the Montana Department of Family Services, will show evidence of improved parenting practices.

Not Reporting on this Outcome Measure

## **Outcome #5**

### **1. Outcome Measures**

Estate Planning: An estimated 1000 people will make plans for the distribution of their property through estate planning.

### **2. Associated Institution Types**

- 1862 Extension

### **3a. Outcome Type:**

Change in Action Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2012	13067

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Montanans are interested in the wise use and handling of their financial resources, especially as it relates to passing property of all types from one generation to another. Being informed on estate planning is the only way individuals/families can be sure their final wishes are realized. Statistics reveal that 70% of Montanans die without a will. The state legislature continues to change the intestate succession (dying without a will law) and contract laws that impact beneficiaries of real and personal property. In addition, Congress has made changes in the federal estate and gift tax laws that are termed permanent from 2013 on. Education is needed to provide Montana families with information about the impact of state and federal laws on their situations.

#### **What has been done**

Over 700 Montanans attended estate planning webinars during 2012. Over 1,700 Montanans have purchased the MSU Extension Estate Planning: the Basics, packets that contain a variety of estate planning MontGuides. Many have expressed appreciation that they have received and will continue to receive revised MontGuides automatically when state and federal laws change. The estate planning Web site that provides links to 35 estate planning MontGuides had over 6,600 hits during 2011/2012. The interactive website and CD that illustrates how property passes under Montana law when a person dies without a written will had over 3,726 hits during 2011/2012. Over 341 CDs were mailed out during the past two years bringing the total requests fulfilled to 1,385.

#### **Results**

Evaluations reveal that after learning about Montana laws: 38% discussed a will with their family, 37% drafted a will for the first time, 22% revised their current will, 25% contacted an attorney for assistance in executing a will. Participants indicated they appreciated being able to attend a session without having to use family financial resources to drive to a meeting and risk winter weather roads. Families opened lines of communication in terms of estate planning.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
801	Individual and Family Resource Management
802	Human Development and Family Well-Being

#### V(H). Planned Program (External Factors)

##### External factors which affected outcomes

- Natural Disasters (drought, weather extremes, etc.)
- Economy
- Appropriations changes
- Public Policy changes
- Government Regulations

##### Brief Explanation

#### V(I). Planned Program (Evaluation Studies)

##### Evaluation Results

Montana citizens are concerned about the quality of life of their families and often look to Extension for help. Extension specialists in this program fill a variety of needs resulting from sparse populations, an aging demographic and a struggling national economy. The major goals of assisting caregivers, helping citizens understand transfer of wealth and increasing the number of energy efficient homes were met.

Data collection and evaluation in this area is complicated due to the use of networking and train-the-trainer programs designed to expand coverage with limited resources. For instance, in the Powerful Tools for Caregivers class, participants form ongoing support groups outside of the immediate supervision of Extension. Because of the training they receive, participants become leaders in their community and offer services beyond what the individual agents can regularly offer. The agents continue to provide resources, research-based knowledge and other guidance, but impact data becomes more difficult to track as community leaders take over. It could be argued that the best impact is that the people are empowered and continue the programming because of its value and need.

Programs to assist families with parenting skills are popular and provide a clear service to Montana. The Grandparents Raising Grandparents class offers direct support to grandparents who take on childcare, often in crisis. Participants then continue receiving a newsletter and often continue support groups. Many take other Extension classes related to creating a will or estate planning. Many report that the availability of the classes online is a major factor in their participation. This exemplifies how MSU Extension reaches people where they are.

The Extension Housing and Environmental Quality program helped low-income families save an average of \$437/year while reducing energy consumption by an average of 35%.

## Key Items of Evaluation

### POWERFUL TOOLS FOR CAREGIVERS

Pre to post test results indicate significant increase in understanding how to reduce caregiving stress and the need for self-care

Caregivers improved in their ability to ask for help and care for themselves by an increase of 28 points on a 100 point scale.

### GRANDPARENTS RAISING GRANDCHILDREN

Only about three percent of grandparents raising grandchildren are licensed foster care parents, thus saving an estimated \$202,000 per day for the state of Montana.

**HOUSING AND ENVIRONMENTAL QUALITY** The Department of Energy claims a 35% reduction in energy use in homes that have been weatherized. By training and providing resources Extension helps low-income families save an average of \$437/year on an ongoing basis by weatherizing their homes.

In 2012, 19 businesses and organizations, representing 15 communities received EcoStar Awards recognizing their successful efforts to reduce solid and hazardous waste and to conserve valuable resources such as water, energy and clean air.

### ESTATE PLANNING

Evaluations reveal that after learning about Montana laws: 38% of participants discussed a will with their family, 37% drafted a will for the first time, 22% revised their current will, 25% contacted an attorney for assistance in executing a will.