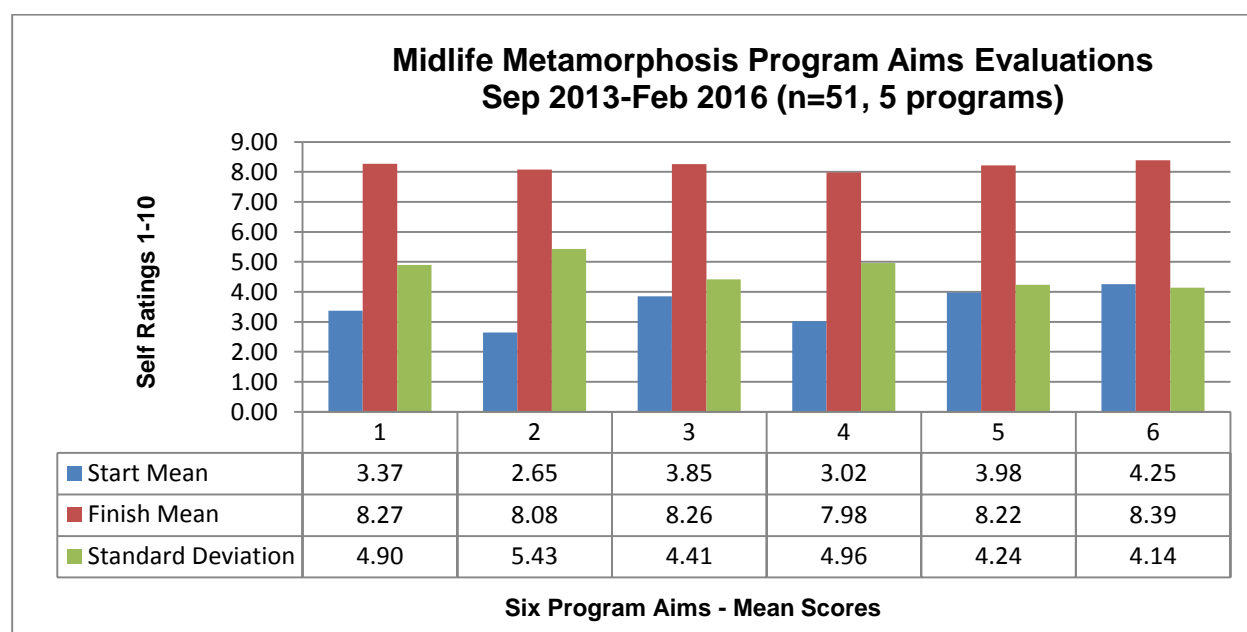


# PROGRAM EVALUATION MIDLIFE METAMORPHOSIS (Menopause, Mood & More)



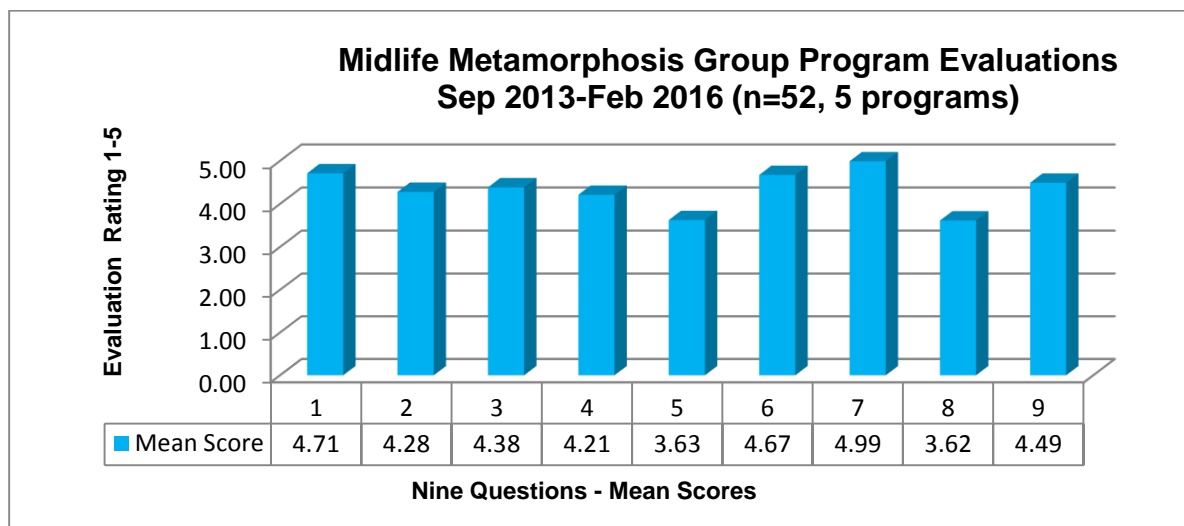
This was originally a three-week program (two hours per week), changed to a four-week program from May 2015, for women approaching midlife. Topics covered include important and practical menopause management advice, looking after your mood, emotional wellbeing and mental health, tips for maintaining your sexuality, desire and intimate relationships as you get older, how to look after your health and wellbeing with food nutrition and natural therapies.

The program is delivered in partnership with Bathurst Community Health Centre, a local GP or Nurse, the Centre's Health Promotion Worker and Generalist Counsellor, a local Naturopath and a Clinical Psychologist/Sex Therapist via Skype.



Quest #	Program Aims
1	Understanding physiological effects of hormone changes on body/brain
2	Understanding advantages & disadvantages of HRT
3	Understanding the benefits of mindfulness
4	Understanding natural alternatives for symptom management
5	Understanding how to maintain good bladder & bowel function
6	Ability to implement strategies to maintain good emotional health

Clearly the program aims were met. Participant's ratings at the start of the program ranged from 2.65 to 4.25 with the final ratings ranging from 7.98 up to 8.39 (out of 10). The greatest area of reported change (5.43) was in participant's understanding of the advantages & disadvantages of HRT.



Quest #	Question
1	Appropriateness of group program content
2	Degree of comfort discussing feelings & experiences
3	Level of coping with situation/issue
4	Ability to make positive changes in life
5	Degree to which life has improved
6	Overall satisfaction with group experience
7	Likelihood to recommend group to others
8	Degree of connection with others in community
9	Ability to access support in future

The evaluation of the program was very positive with scores ranging from 3.63 up to 4.99 (out of 5). Degree to which life has improved was the lowest rating (3.63). Likelihood to recommend group to others rated the highest (4.99).

<b>MIDLIFE METAMORPHOSIS EVALUATIONS (Summary Examples)</b>	
<i><b>How have you benefited from your group experience?</b></i>	
<b>Category</b>	<b>Examples</b>
<b>Increased knowledge &amp; skills</b>	<ul style="list-style-type: none"> <li>• Enjoyable &amp; informative.</li> <li>• Learnt about menopause in a friendly group.</li> <li>• Feel more empowered/accepting of menopause as a natural healthy part of a woman's life.</li> </ul>
<b>Peer Support</b>	<ul style="list-style-type: none"> <li>• I feel better knowing that I am 'normal'.</li> <li>• Knowing that I am not alone. Most people have same issues.</li> <li>• I feel much less alone and more normal.</li> <li>• Realising your [sic] not the only one experiencing these changes.</li> <li>• Sharing/learning about others going through same things as me.</li> </ul>
<i><b>What were the most important things you learnt from your group participation?</b></i>	
<b>Category</b>	<b>Examples</b>
<b>Sharing</b>	<ul style="list-style-type: none"> <li>• Sharing &amp; talking about life changes.</li> <li>• The group gave lots of experiences, ideas, topics to discuss and spoke of truths which I probably would not have mentioned.</li> </ul>
<b>Increased knowledge &amp; skills</b>	<ul style="list-style-type: none"> <li>• Natural health both physical &amp; mental.</li> <li>• A better understanding of menopause and when/what is happening.</li> <li>• Diet control.</li> <li>• I got something out of every session but I really appreciated the continence, mindfulness, nutrition and opportunities for reflection.</li> </ul>

<b>Increased awareness</b>	<ul style="list-style-type: none"> <li>• <i>That talking about issues can bring positiveness.</i></li> <li>• <i>How I was feeling.</i></li> <li>• <i>That there is a lot I can do to help me through.</i></li> <li>• <i>Menopause is something to be EMBRACED.</i></li> </ul>
<b>What was the most difficult part of the group for you?</b>	
<b>Category</b>	<b>Examples</b>
<b>Participation</b>	<ul style="list-style-type: none"> <li>• <i>Sometimes not being heard; I can be a bit shy.</i></li> <li>• <i>Opening up in front of others.</i></li> <li>• <i>Being comfortable to talk about myself in front of others which improved greatly over the four sessions.</i></li> <li>• <i>Getting started &amp; involved in conversation, in the first session.</i></li> </ul>
<b>Sexuality</b>	<ul style="list-style-type: none"> <li>• <i>The sex.</i></li> <li>• <i>Thinking of a question for the sex therapist.</i></li> <li>• <i>Skype with sex therapist – no one was comfortable to say anything – better at end of course.</i></li> </ul>
<b>Was there something else that would have been beneficial for you?</b>	
<b>Category</b>	<b>Examples</b>
<b>Participation</b>	<ul style="list-style-type: none"> <li>• <i>Having partner/husband attend so he knows what &amp; why/how I am feeling.</i></li> </ul>
<b>Additional sessions</b>	<ul style="list-style-type: none"> <li>• <i>More sessions.</i></li> </ul>
<b>Physical options</b>	<ul style="list-style-type: none"> <li>• <i>Exercising – ie. best forms etc. in menopause.</i></li> </ul>
<b>Additional comments</b>	
<ul style="list-style-type: none"> <li>• <i>The course content was really well paced.</i></li> <li>• <i>It was great!</i></li> </ul>	