



## BLAST feedback and planning survey

Please select all that apply. Poll answers are anonymous. Surveys are good for stats and quick input. BLAST is "Building Life After Stroke Together". It is preferred to have detailed personal input. We have a Facebook page for discussion and dinner on the 15th at Tom and Jerry's. Checkout [TurtleTalk.ca/news](http://TurtleTalk.ca/news)

### BLAST 2013 impression

- It was better than I expected
- Had a BLAST and was impressed
- I will come back to BLAST 2013
- I will come back and look for more events like this
- Good - I would consider doing it again
- Ok but I probably wouldn't do it again
- I will try another camp instead
- Poor - it wasn't what I expected
- Terrible - I will never go again
- I have talked about BLAST with other survivors
- I know of people wanting to go in 2013
- I have kept on touch with a BLAST Turtle
- I know of first time campers interested in coming

### Meals and accommodation

- The food was good
- The food was OK
- The food was terrible
- I had enough to eat at each meal
- I was hungry after meals
- My food was hot
- My food was cold
- I liked the bag lunch Monday so I could eat at my leisure
- I liked hot sit down lunch Monday I didn't rushed to pack
- I liked getting my own food with volunteer help if needed
- I liked having food platters brought to the table.
- I would like to have table numbers called
- I don't care if everyone at the table is eating at the same time
- I was cold at night
- The facility was kept clean

## Schedule and information

- I felt comfortable with the information I received before camp
- Information was ok I was able to figure it out
- The information I received was confusing
- I've been before so I didn't pay attention
- There were enough signs to show me where to go
- It was easy to find rooms using photos
- The map of the grounds was useful
- The schedule was easy to read.
- The schedule gave me a headache
- It was easy to follow the schedule to make my choices
- I couldn't follow the schedule it didn't make sense
- I looked at the schedule online first
- The website [turtletalk.ca](http://turtletalk.ca) gave me a lot of information
- I could find the information I was looking for on [TurtleTalk.ca](http://TurtleTalk.ca)
- What website?

## Activities I'd like repeated

- Chartered Bus
- Easter Bonnets
- Sunday celebration
- Mini Rail Tour
- Heritage Park Railway Tea
- Crafts
- Games
- Massage
- Pool - open group - aqua size
- Pool - Aqua rehab - more one on one
- Educational Speaker (ie: Dr Yao)
- Dizzy Feet Balance (Judy Bjornson)
- Afternoon Sock Hop
- Sing a long
- Exercise

## Activities I can do without

- Chartered Coach
- Easter Bonnets
- Sunday celebration
- Mini Rail Tour
- Heritage Park Railway Tea
- Crafts
- Games
- Massage
- Pool - open group - aqua size
- Pool - Aqua rehab - more one on one
- Educational Speaker (ie: Dr Justin Davis)
- Dizzy Feet Balance (Judy Bjornson)
- Afternoon sock hop
- Sing a long
- Exercise

## Choices

- There was not enough to do
- I would like more to choose from
- Keep it similar to last year
- There were too many things to do
- There should be free blocks in the schedule
- I would like more crafts
- I would like more games
- I would like peer support discussions
- I would like more like CE, yoga, dizzy feet
- I would like more Aroma therapy
- I would like more educational talks on stroke
- More Alternative therapy
- More pool time
- I will contact you with a suggestion

## Duration and Frequency

- Activities were too long
- Activity duration was good
- Activities were too short
- I felt rushed to get to the next thing
- I felt I was waiting for things to start
- Short breaks and empty blocks
- I would like 30 min breaks
- No free time scheduled, I'll decide
- Keep it the same
- I don't care
- I like having the crafts room open
- I would like more one on one pool time

## Volunteers

- When I arrived the Volunteers made me feel welcome
- The Volunteers were well informed and knew what they were doing
- The Volunteers seemed confused
- I was comfortable that someone would help me if needed
- Volunteers were too busy to notice me
- All the Volunteers were friendly and courteous
- Most of the Volunteers were friendly and courteous
- Not all the Volunteers were friendly and courteous
- The Volunteers were well organized
- The Volunteers were scattered but got the job done
- I didn't know who were Volunteers. Everyone was helpful
- I would like the Volunteers to be distinguished
- The Volunteers seemed to work hard and had fun
- Signs, photos, etc. allowed fewer questions for Volunteers
- BLAST Volunteers Rock!

## Affordability

- I would pay more for Easter BLAST (glad I don't have to)
- Very reasonable. Worth saving money for
- Reasonable Good bang for your buck
- BLAST should seek more support to lower fees
- BLAST should create fundraising events
- BLAST campers should help fundraise
- I would pay double to have my own room at another location
- Dorms are a suitable solution to keep cost low
- I liked the dorms. It's part of camp
- I can only afford 1 camp and it would be BLAST
- I really can't afford to go to camp
- Cost doesn't matter one camp a year is enough
- Cost doesn't matter I would not do this every year
- I think one camp per survivor should be subsidized as part of rehab.

## Benefit

- Very beneficial
- Feels like "therapy under the guise of fun "
- Beneficial due to program
- Beneficial due to peer support
- Who cares? I just had fun
- There is no therapeutic value
- I go to learn more about stroke recovery
- I go to meet other stroke survivors
- I go because I feel accepted
- No pressure - I know I can lie down anytime
- I was able to do more than I thought
- I was in a better mood after BLAST
- BLAST gave me the feeling of well being
- I like the feeling of independence and the ability to be proactive
- I feel proud to be part of Building Life After Stroke Together