

Appendix 8.1

Physician Letter of Invitation to Information Session

Dear Volunteer Peer Health Educator:

An important part of CHAP involves evaluating whether CHAP works and is enjoyable to all people involved. Now that you have had the opportunity to volunteer at the CHAP sessions, we would appreciate it if you would take a few minutes to complete the attached questionnaire. This questionnaire includes questions on the following topics:

- Your overall experience as a Volunteer Peer Health Educator,
- Your feedback regarding CHAP,
- Your impressions about how the CHAP sessions were run,
- Your opinion about how the CHAP sessions could be run in the future.

You will help us to improve the delivery of CHAP in our community and other communities by completing this questionnaire.

Your answers to the questions are confidential. Your name will not appear anywhere on the questionnaire. All of the questions are optional. You may choose to not respond to any or all questions.

Thank you for your help and for your participation as a CHAP Volunteer Peer Health Educator. Should you have any questions about this questionnaire, or CHAP, please feel free to call me at any time.

Sincerely,

Signature

Name, Local CHAP Coordinator

Tel: (XXX) XXX-XXXX

Email: xxx@xxxxxxxxxxxx.xxx

CHAP

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1. Date: _____
2. Please circle the item that best describes how you came to be a Volunteer Peer Health Educator for the CHAP?
 - a. Through a friend/word of mouth
 - b. Notice Board at a Community Center
 - c. Notice posted in the newspaper
 - d. Announcement on the radio
 - e. Notice on the Internet
 - f. Other (please specify): _____
3. Please circle the number that best indicates your reasons for becoming a Volunteer Peer Health Educator. Rate your agreement with each statement on a scale of 1 to 5, where "1" is "Strongly Disagree" and "5" is "Strongly Agree".

I became a peer health educator for CHAP because . . .

Strongly **Disagree**

Strongly **Agree**

- | | | | | | |
|---|---|---|---|---|---|
| a. I enjoy meeting with people. | 1 | 2 | 3 | 4 | 5 |
| b. I was looking for a way to keep busy. | 1 | 2 | 3 | 4 | 5 |
| c. I wanted to contribute to the community. | 1 | 2 | 3 | 4 | 5 |
| d. CHAP has personal relevance. | 1 | 2 | 3 | 4 | 5 |
| e. I wanted to provide my peer group with health education. | 1 | 2 | 3 | 4 | 5 |
| f. Older adults do not receive enough health education | 1 | 2 | 3 | 4 | 5 |
| g. I wanted to meet new people. | 1 | 2 | 3 | 4 | 5 |
| h. I wanted to become more informed about heart health. | 1 | 2 | 3 | 4 | 5 |

4. Now we would like to ask for your feedback regarding the running of the CHAP sessions. Please circle the number that best indicates how much you agree or disagree with each of the following statements on a scale of 1 to 5, with "1" being "Strongly Disagree" and "5" being "Strongly Agree".

Strongly **Disagree**

Strongly **Agree**

- | | | | | | |
|---|---|---|---|---|---|
| a. The procedures at the CHAP sessions were easy to follow. | 1 | 2 | 3 | 4 | 5 |
| b. I was confident in my role as a volunteer peer health educator. | 1 | 2 | 3 | 4 | 5 |
| c. I was able to give people attending the CHAP sessions useful advice. | 1 | 2 | 3 | 4 | 5 |
| e. I sometimes felt overwhelmed by my responsibilities as a peer health educator. | 1 | 2 | 3 | 4 | 5 |
| f. I knew who to contact if I had a question at a CHAP session. | 1 | 2 | 3 | 4 | 5 |
| g. My questions were always answered. | 1 | 2 | 3 | 4 | 5 |



Cardiovascular Health Awareness Program
Programme de sensibilisation à la santé cardiovasculaire

5. Our ability to recruit and retain volunteers is a key part of CHAP. What do you think would convince other people to become volunteer peer health educators?

6. Now we would like to ask for your feedback regarding CHAP. Please indicate how much you agree or disagree with each of the following statements on a scale of 1 to 5, with "1" being "Strongly Disagree" and "5" being "Strongly Agree".

	Strongly Disagree			Strongly Agree	
	1	2	3	4	5
a. I understood the purpose of the CHAP program.	1	2	3	4	5
b. CHAP is a worthwhile program.	1	2	3	4	5
c. Volunteering for the CHAP program is rewarding.	1	2	3	4	5
d. In my opinion, older adults benefit from attending CHAP sessions.	1	2	3	4	5
e. In my opinion, older adults appreciate having their peers assist them at CHAP sessions.	1	2	3	4	5

7. If there are other comments or recommendations you would like to make about CHAP, please use the space below. We are very interested in knowing about what we should keep the same and what we should try to improve or change.

Thank You for Your Participation!