

**RYAN OLSON**

*Supportive Groups for Isolated Home Care Workers: A Successful State-University  
Dissemination Effort*

Home care workers perform physically and emotionally demanding tasks in isolation. Independent contractors in state-funded home care programs do not have a traditional supervisor or co-workers, and lack some protections afforded by more traditional employer-based safety and health programs. The COMMunity of Practice And Safety Support (COMPASS) program was developed to address some of these support gaps. COMPASS is a peer-led and scripted program that provides workers with a socially supportive format for learning, goal setting, and problem solving together. The program was designed to prevent injuries and promote health among home care workers, and in a randomized controlled trial, created a number of significant changes to safety and health outcomes including increased strength of workers' professional network, use of ergonomic tools, and fruit and vegetable consumption. The Service Employees International Union Local 503 and the Oregon Home Care Commission were key partners in the initial development and research evaluation of COMPASS. Following the trial, researchers partnered further with the Commission to adapt the program for statewide dissemination as a course in their training system. The current presentation will report the story of this successful research-to-practice effort, including tips for others seeking to take new research-based interventions and get them into practice.