

# COMPASS: COMMUNITY of Practice And Safety Support

Home care workers often lack access to training, ergonomic tools, and peer support, which puts them at greater risk for injuries and mental and physical illnesses. COMPASS is an evidence-based toolkit geared toward creating a supportive community of professionals to help produce changes in safety and health outcomes.

## What does the COMPASS toolkit offer?



Peer-led social support group meetings



Team lessons and activities covering safety and health topics relevant to home care



Group problem solving strategies



Individual goal setting with behavior tracking

## Why adopt COMPASS?

The Oregon Home Care Commission has integrated the COMPASS program into their training system. This partnership will make the toolkit available to 60% of home care workers throughout Oregon.

### COMPASS study outcomes:

- 76%** improved safety behaviors
- 63%** reported eating more fruits and vegetables
- 62%** reported enhanced professional social support community
- 50%** corrected slip, trip, fall safety hazards in consumer-employers' homes



### Testimonial:

"...I've made several changes [because of] the COMPASS program. Awareness was definitely one of those. I think of myself personally as a caregiver. I may focus on my consumer employer's needs more than my own needs, and so it really did bring an awareness that if my needs, you know my health...my mental health and everything, if I'm balanced, then I feel that I'm a better caregiver"

## More about COMPASS

COMPASS is a self-paced and ready-to-use toolkit that requires 3 to 4 months of time commitment depending on the pace.

The cost of implementing COMPASS depends on the number participants in training groups. The only cost is printing workbooks and purchasing ergonomic tools.

## Ready to get started or have questions?

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COMPASS is a NIOSH-funded Total Worker Health® project in collaboration with the Oregon Home Care Commission and SEIU Local 503. The Total Worker Health® approach is one that jointly addresses workplace safety and health hazards with illness prevention to reduce injury, improve safety, and enhance worker well-being.