

# Promoting the Physical and Psychological Wellbeing of AgrAbility Clients



ENGAGEMENT  
AND EXTENSION  
COLORADO STATE UNIVERSITY



**WRASAP**

Western Regional Agricultural  
Stress Assistance Program

# 2024 AgrAbility NTW Quality of Life Update



## 2024 AgrAbility NTW Quality of Life Update 2

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NAP QOL Evaluation Committee Leader  
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AANTW QOL 3.2724 CReznicek (Rev. 2.0924)

## 2024 AgrAbility NTW Quality of Life Update 3

### Our AgrAbility Vision

“The vision of AgrAbility is to enhance the quality of life for farmers, ranchers, and other agricultural workers with disabilities, so that they, their families, and their communities continue to succeed in rural America.”

Source: Retrieved from [www.agrability.org/about/program/#mission](http://www.agrability.org/about/program/#mission)

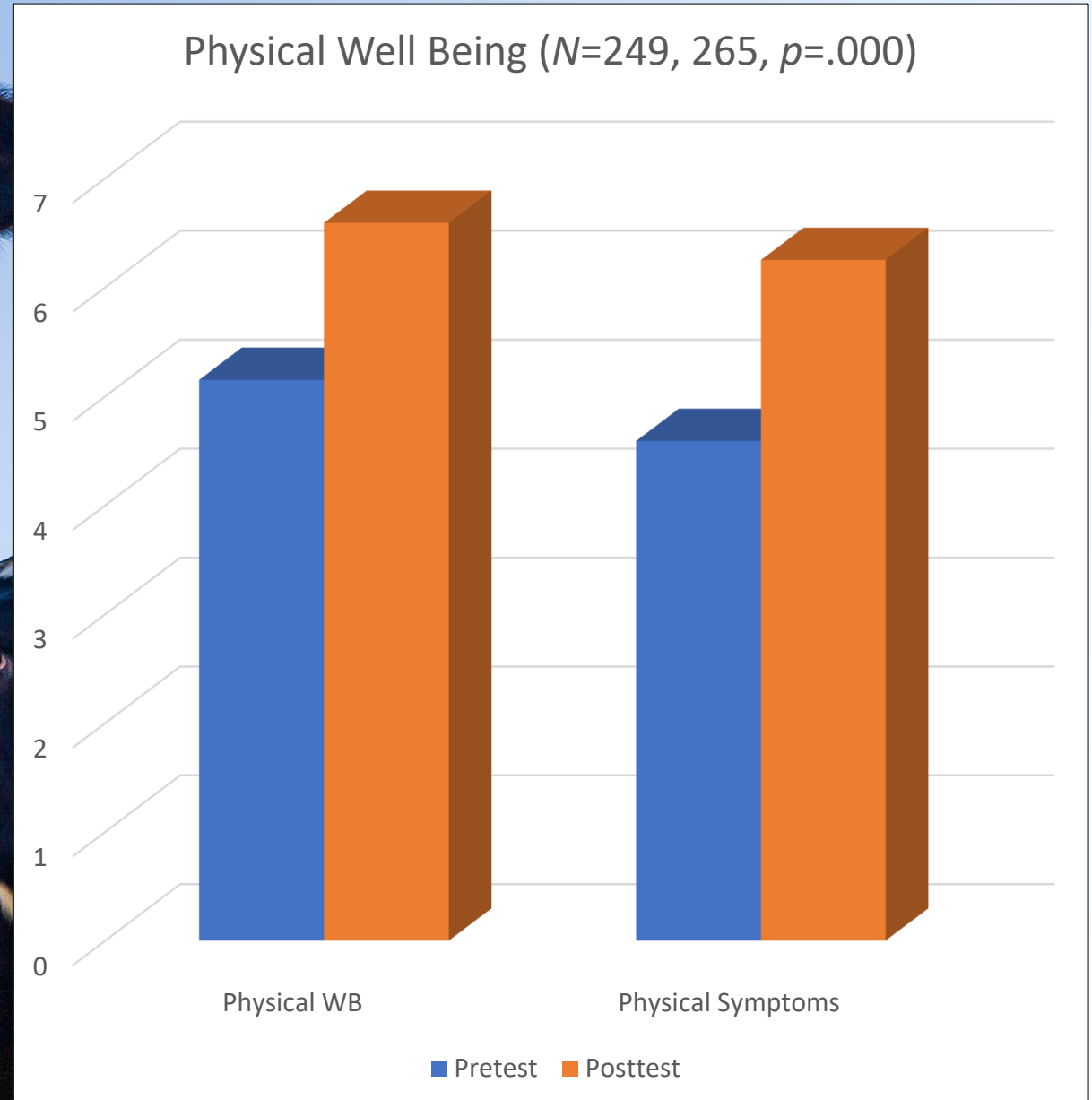
# Physical Wellbeing



# Physical Wellbeing 2

Over the past two (2) days I have felt:  
physically terrible (0)...  
physically well (10).

Over the past (2) days,  
three troublesome  
symptoms have been  
(reverse-scored):



# What Have We Learned So Far?



# What Have We Learned So Far? 2



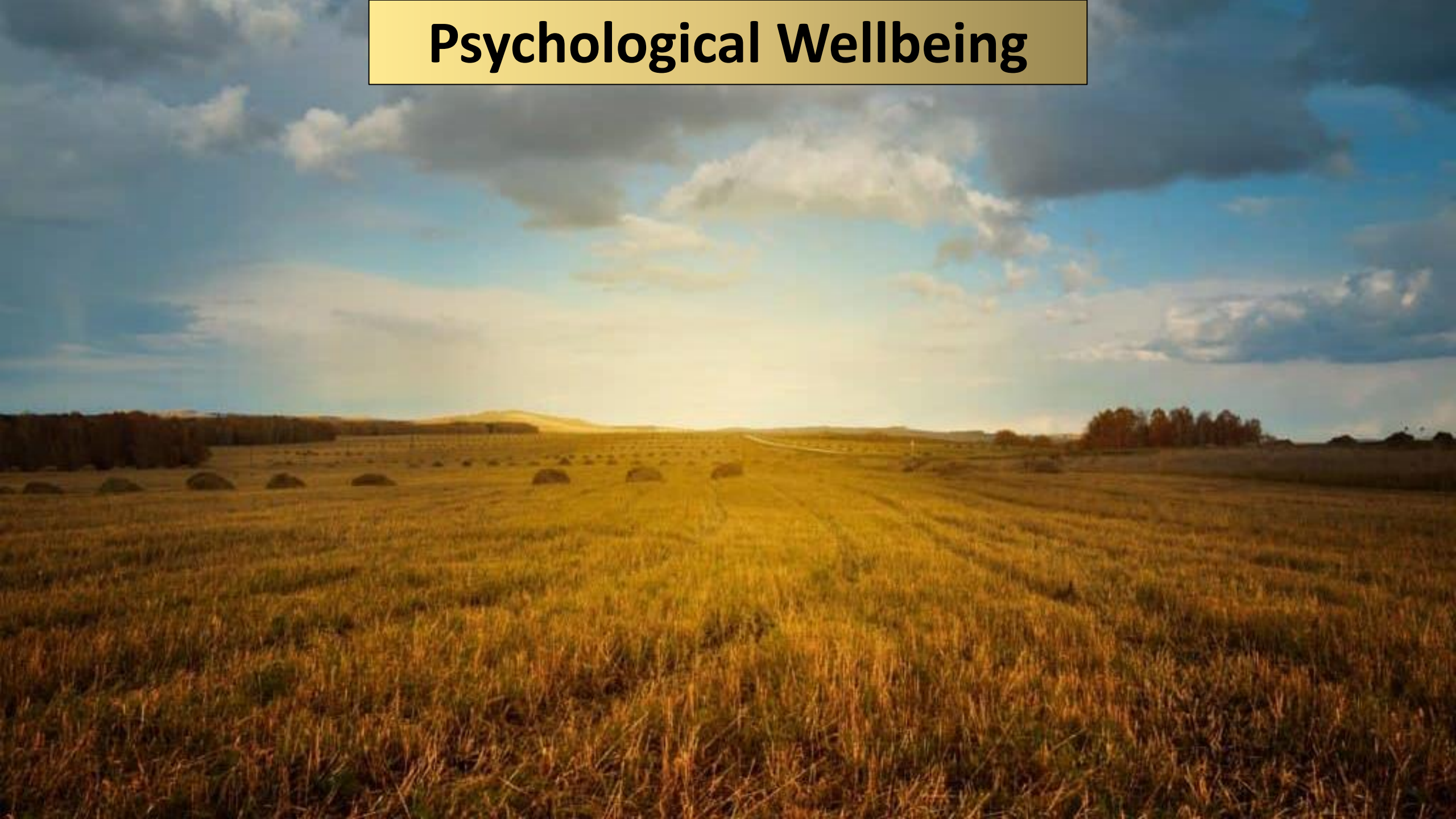
- **64% improved their physical well being levels ( $N = 160/249$ ).**
- **73% decreased their physical symptoms levels ( $N = 193/265$ ).**

Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives*, 6(2), 1-

16. <http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762>



# Psychological Wellbeing

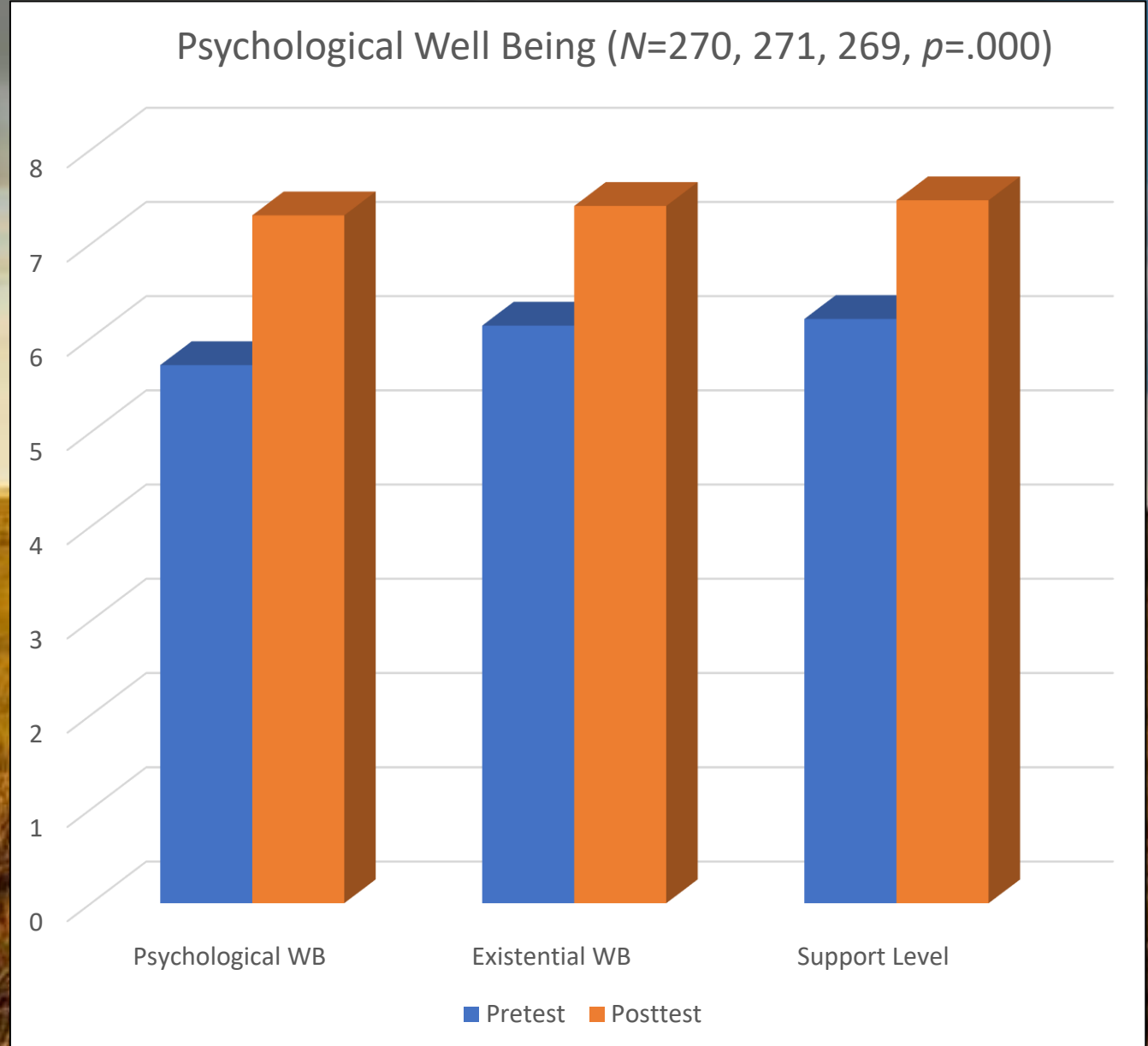


# Psychological Wellbeing 2

Over the past two (2) days I have been depressed, nervous or worried, felt sad, thought about the future (reverse-scored).

Over the past (2) days, my life has been meaningless...purposeful, life-goal oriented, worthless...worthwhile, uncontrolled...controlled, felt good about myself as a person, life is a burden...a gift.

Over the past two (2) days, the world has been impersonal...caring, I have felt supported.



# What Have We Learned So Far?



# What Have We Learned So Far? 2

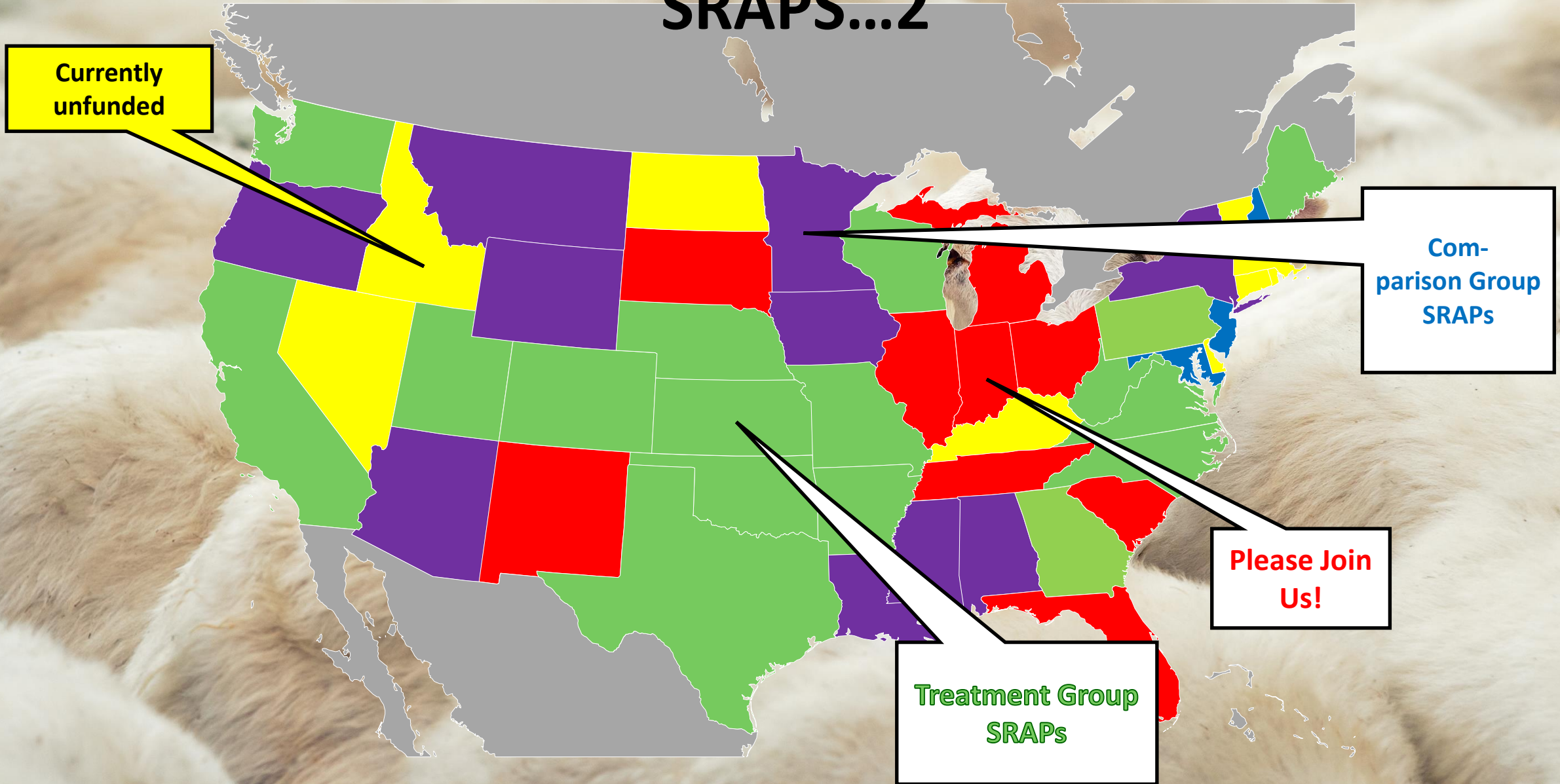
- **68% improved their psychological well-being levels ( $N = 183/270$ ).**
- **75% improved their existential well-being levels ( $N = 203/271$ ).**
- **68% improved their support levels ( $N = 184/269$ ).**
- **69% improved all parts of their life—physical, emotional, social, spiritual, and financial between when they began and completed their work with AgrAbility in 17 states ( $N = 205/299$ ).**
- Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives*, 6(2), 1-16. <http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762>

**Of the Currently Funded 21 SRAPS...**



# Of the Currently Funded 21

## SRAPs...2





**Of the Currently Funded 21  
SRAPS...3**

**Won't You Join Us? Here's How:**

Send me an email at  
[robert.fetsch@colostate.edu](mailto:robert.fetsch@colostate.edu).

# Questions on the Data or QOL Survey?





# Practical Applications



# Practical Applications 2

## Getting to Know the McGill QOL



### Colorado AgrAbility Pre-Service Questionnaire

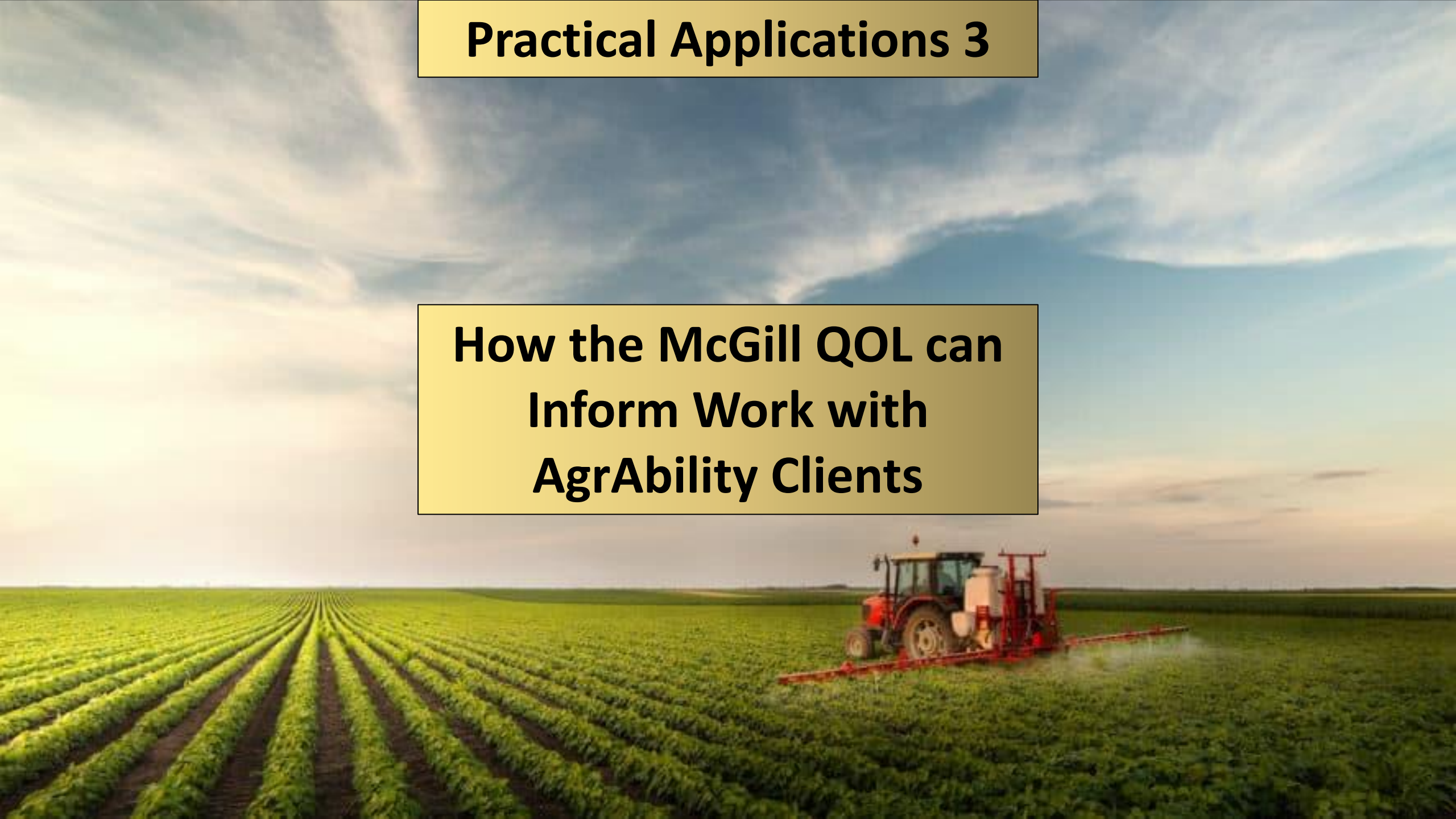
#### Instructions for use:

Before conducting our site visit, we want to give you an opportunity to describe your present situation by filling out this brief questionnaire. Keep in mind there are no right or wrong answers. Please answer every question as honestly as you can and try not to spend too much time on any one item. Your answers will really help us to help you.



# Practical Applications 3

## How the McGill QOL can Inform Work with AgrAbility Clients



## Practical Applications 4

### A Few Final Thoughts

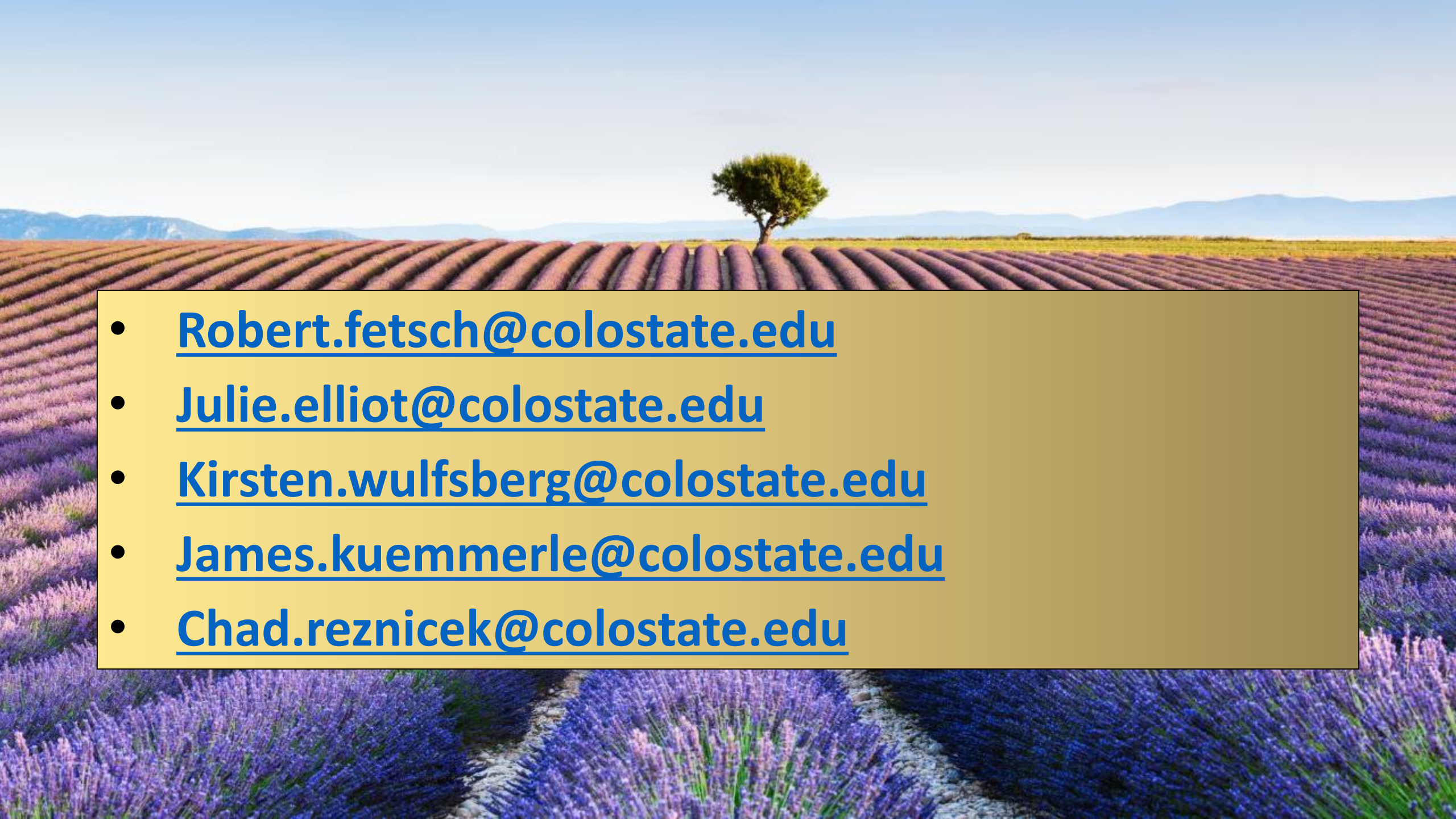
- Ahead of time we prepare an AgrAbility Resources handout that our AgrAbility Team hands them as we begin our first on-site visit.
- Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals. See last four links.

## Practical Applications 5

### A Few Final Thoughts Continued

- Know your state and organizational policies on abuse reporting
- Let's connect well 1:1 with our clients with concern and empathy.
- Let's listen very well, problem solve, and empower them to succeed.
- Let's use some of the MQOL questions.
- Let's encourage them to reach out to agri-culturally sensitive Behavioral Health providers when needed.





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