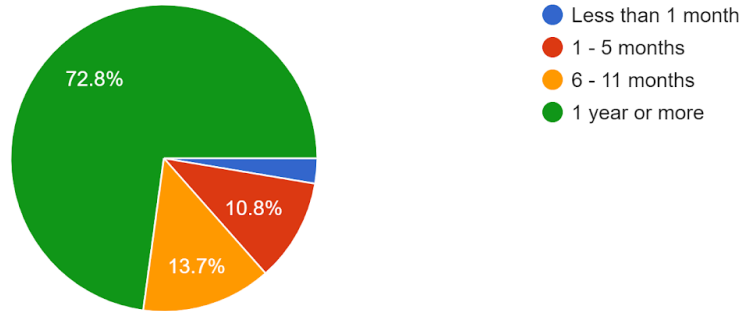


# Ellie's Way Group Annual Survey

January 31, 2020

How long ago did you join the Ellie's Way Group?

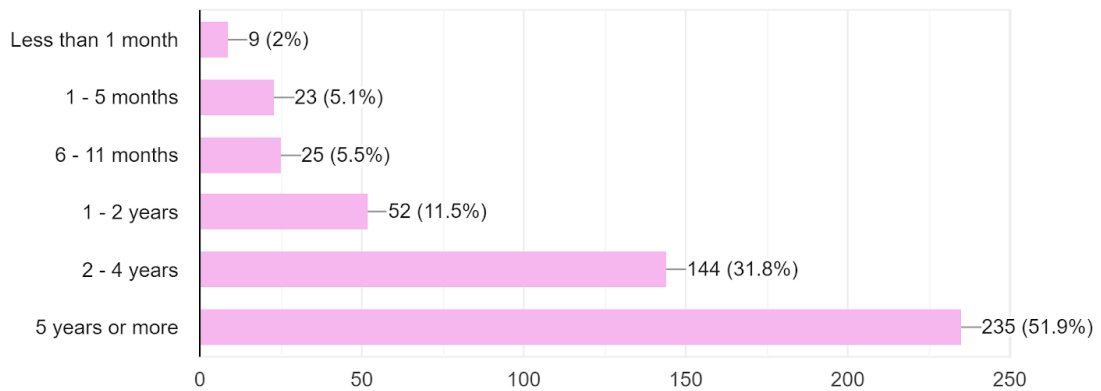
453 responses



73% have been members for more than one year!

How long ago was your loss?

453 responses



84% - More than two years ago

13% - Less than one year ago

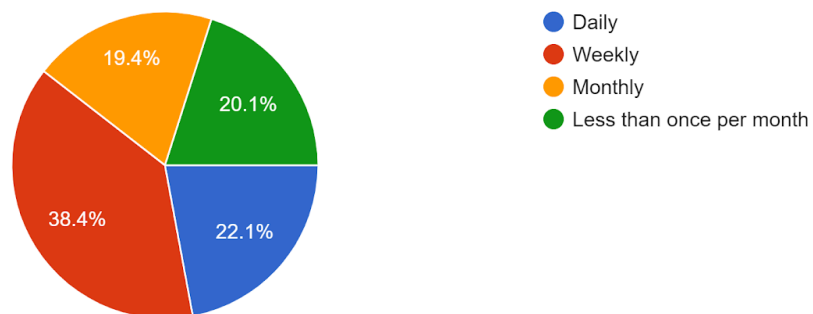
I lost my \_\_\_\_\_. (Multiple answers allowed)  
453 responses

- 56% - Child (18 years or older)
- 31% - Parent
- 14% - Spouse or significant other
- 13% - Child (10 to 18 years old)
- 13% - Grandparent
- 13% - Sibling
- 12% - Friend
- 10% - Child (less than 2 years old)
- 7% - Grandchild
- 5% - Child (2 to 10 years old)

Which of the following do you do in the group? (Multiple answers allowed)  
453 responses

- 91% - Read the posts
- 90% - Comment on the posts
- 88% - React to posts (like, sad, etc.)
- 58% - Post in the group
- 18% - Direct message other members
- 8% - Volunteer with Ellie's Way
- 5% - Meet up with other members in person
- 5% - Attend group events

About how often have you commented or posted something in the group over the last six months?  
453 responses

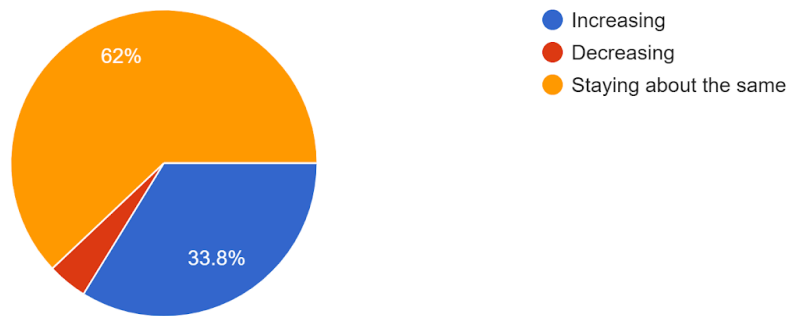


How did you first learn about the Ellie's Way Group? 453 responses

- 44% - Facebook post
- 23% - Someone I know recommended it
- 23% - I don't remember
- 5% - Ellie's Way website
- 3% - Google search

How would you describe your involvement in the group?

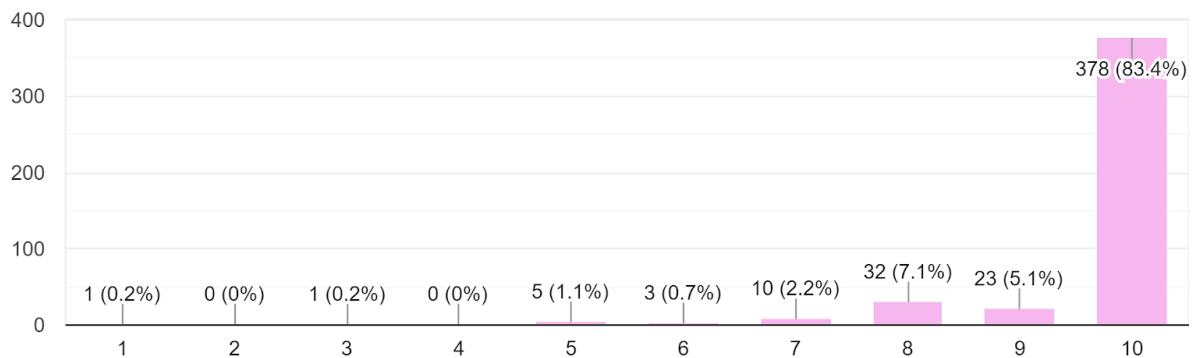
453 responses



96% - Increasing or staying the same!

How likely would you be to recommend the Ellie's Way Group to someone else who has lost a loved one?

453 responses



How has your participation in the Ellie's Way Group helped you on your grief journey? (Multiple answers allowed)

453 responses

- 84% - Helped me feel less alone and isolated
- 57% - Led me to support others
- 52% - Helped me find hope
- 44% - Connected me with others who provide support
- 39% - Strengthened my faith
- 27% - Increased my resilience
- 19% - Helped me find resources and other support organizations

Which of the following would be most helpful to you in our group? (Multiple answers allowed)

453 responses

- 48% - People sharing more about their loved ones
- 27% - More resources shared within the group
- 27% - Meeting others in person
- 26% - More discussion topics
- 15% - Smaller groups within the group
- 14% - Volunteering to serve others in the group
- 14% - More questions
- 11% - Facebook LIVE videos

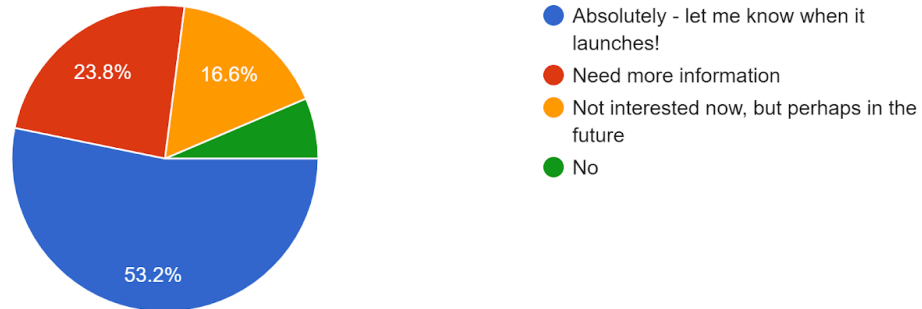
Are you interested in volunteering with the Ellie's Way Group?

453 responses

- 51% - Not ready, but perhaps in the future
- 23% - Need more information
- 9% - Already a volunteer
- 8% - No
- 6% - Absolutely, how do I sign up?

Would you be interested in using an Ellie's Way App on your phone? We're developing the App and hope to provide encouragement and support in more ways through this App.

453 responses



### **What is your favorite thing about the Ellie's Way Group?**

(sample of responses)

The love and empathy.

The supportive atmosphere and people

The friends I've made.

It has helped me to see that so many others have experienced the same type of loss. I am not alone.

The freedom to post feelings and thoughts in a totally non-judgmental environment.

Connecting with others who are grieving.

Daily questions of involvement.

The relatability of the posts.

The support we all give each other no matter who, or how we lost them.

It seems to be more positive than most grief groups.

There are people going through the same loss

It helps to see I'm not the only one that has the same struggles. I like reading the different advice from different people. I like to offer encouraging words to others.

Feeling like someone else understands the deep sadness.

Sending people encouragement and answering the questions. I also like reading other people's answers because it makes me think about other ways to move forward!

Warmth and understanding is what I see and feel in this group.

Being able to pray for others.

The honesty and faith displayed, my faith is wounded.

Everyone is so open and genuine. This is really a place you can feel safe to be vulnerable.

There is a gentleness and respect that surrounds the group, and I feel that God is honored and worshipped.

Remembering birthday and anniversary dates.

There is 24/7/365 support for my grieving needs.

Helping others deal with grief.

The questions and the freedom to express this horrific pain

Community. Having others with shared experience.

The words of hope and no drama on the page.

People pray for you and encourage you to keep on keeping on.

Reading faith based posts that fill me with hope.

Very good information and uplifting.

So much compassion for others

Having a place to turn to when I don't want to bother friends and family but I just need to let something out.

Members respect each other.

Faith filled posts!

Love reading others stories. Makes me feel very blessed. Thank you for helping us to see life is a beautiful thing. It's our season to be here and live.

I can speak of faith and I can read of faith.

It has provided 24/7 support for me in a way that no counselor or in-person group could ever do. With Ellie's Way, all I have to do is pick up my phone, day or night, and I am never alone in my time of need. Someone is there to listen and it is always someone who truly understands.

### **What changes would you like to see in the group?**

(sample of responses)

More topics.

Smaller groups.

More local resources to consider.

More about losing parents.

More Q/A. Mentorships. 1 in 1 support by members.

Be able to meet others that live near me.

Maybe a separate group for a loss of a spouse would encourage those with those losses to reach out. Sometimes just having someone listen to your story that has suffered the same loss helps.

Matching up members that live close to start groups where they could meet. I don't know if this is even possible. Just a thought.

Maybe small groups that deal with different losses.

I wish that I could meet up with people in my area to just talk, maybe have lunch, etc..

More questions and resources.

I would like to be able to meet the others that have lost their spouses to cancer! We have so much in common with this grief and I think we could help each other through it!

Maybe subgroups specific to the type of loss.

More encouragement that grief doesn't have to be all defeating. That we can grow from it & actually become better people for it. That it doesn't have to be a life sentence of only wanting to join them. We can still live out our lives, accepting that we are still alive.

More people joining.

Wish we could develop a local group.

I would like to see the new members give introductory posts so that we can get to know their story.

How can I get contact with people in my area?

I don't see much about losing a spouse information/support.

Questions regarding guilt, unforgiveness, and anger following the death of a loved one.

Small group discussions who have experienced the same situations.

More meetups.

Presentations, like YouTube on grief subjects.

More videos.

More resources for those struggling with their faith.

### **Can you share how the Ellie's Way Group has influenced your journey?**

(sample of responses)

I have been able to share my faith and hope. Hopefully, that has helped others.

It has influenced my grief journey

Given me solace and peace.

I have gained a much better understanding of people's individual journeys and how to be more supportive!



I stopped feeling alone. I received comfort and strength and support. I felt I had connections with others. I even felt I could help others suffering.

The group helps me to see how far I've come, to offer my help and encouragement to others who are just beginning this journey and given me strength when my own wasn't enough.

It got me back out in public. I was so tired of the head tilt, pitying looks and unwanted attention. Here I am equal. Here I am acceptable. Here I am not contagious.

Helped me connect with someone close to me and we have become good friends.

Kept me focused.

Gave me hope and direction.

Increased my empathy even more for others.

They've helped by giving me the opportunity to share my love.

Offering some comfort in the solitude of grief.

Makes me want to get my faith back again.

I wanted to give back and this is allowing me to do this.

Ellie's Way was here in the beginning of my grief journey and continues to give me hope and strength for my healing. The group has made me feel like there is a light at the end of the tunnel to get me through this long hard road we are one.

More support than I get anywhere else so I don't think I'd still be on earth if not for the sympathy/empathy this group provides daily!

Gave me a safe place to talk about my loss.

I was so angry at God for not answering my prayers and through Ellie's Way I have found my relationship with God and my need for Him growing day by day.

There's a kinship here that I haven't found anywhere else.

Ellie's way has provided an outlet for me to express my grief, learn how to live through grief, and help others through their grief. I love this group because it provides support around the clock.

When I feel like I just can't do this anymore, I read about others who have been there and it helps so much.

Ellie's Way has helped me to process my losses and look forward to the future and provided me a way to give support to others.

This is the one place I feel safe. I know I will be encouraged, comforted, and supported.

It has helped, to find out I am not alone.

It has given me hope, and brought me closer in my walk with God

I get more support from Ellie's Way than I do with my own family. Hoping to get my faith back to.

Provides strength and reassurance.

Ellie's Way has brought me out of the dark place I was in.

To hear about this little girl who shared so much love helps me want to share such a remarkable love.

The messages of faith and hope have strengthened my faith and given me hope when I was totally broken.

I read daily as a place of support but also to support others. Ellie's Way gives me a place of belonging whereas I don't fit socially now due to my son's death. Others don't know how to respond and avoid me. Very thankful and pray for those who are on this journey.