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The Resident & Family Council Toolkit: Creating Effective Councils in Continuing Care

The goal of this toolkit is to help care centre residents and their family members make positive change in residents’ lives. Two important things about this toolkit are:

• It was built based on an opportunity highlighted in an Alberta Health Services (AHS) 2014 report on improving continuing care in Alberta. The report captured feedback from more than a thousand stakeholders. Click here for the full report.

• A nine-month-long pilot of this toolkit at nine care centres brought suggestions to make it better, and shaped this final version.

Covenant’s Network of Excellence in Seniors’ Health and Wellness (the Network) took on this project because we believe it can help us innovate and continue to improve how we care for seniors. This helps support our ultimate goal of “enabling seniors to live to the fullness of their capacity as active and connected members of communities.”

Part one of the toolkit explains what Resident and Family Councils are and their benefits.

Part two gives information and supporting documents to establish and maintain a council.

Appendix 1 Lists the templates in order of their appearance in the toolkit.

There are hyperlinks to tools and templates throughout the toolkit:

• Click on the link to open the document

• Change the “View” to “Edit Document” (if it opens and looks funny)

• Save it to your computer

• Change it to suit your council’s needs:
  ▪ Replace the header with your care centre’s logo
  ▪ Customize the content to work for your council

Developed by: Covenant’s Network of Excellence in Seniors’ Health and Wellness

Oversight Provided by: Establishing Resident and Family Councils in Alberta Continuing Care Centres Project Advisory and Planning Committee

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Additional copies of this Toolkit may be made for non-commercial purposes, provided this copyright notice is included in all subsequent copies. Printed versions are not available.

This document contains many hyperlinked templates and is best accessed and used electronically. When opened through the hyperlinks the templates can be edited to suit your council, saved to your computer, and printed.

If there are issues with hyperlinks, please email us at: ShapeSeniorsCare@CovenantHealth.ca

**IF YOUR DEFAULT SEARCH ENGINE IS:**

• **Explorer** you may get a warning that there isn’t enough memory to open documents created in PowerPoint. Just click “OK” and they should still open after a slight delay. There are also documents in the Resources section that won’t open in Explorer. For these and the PowerPoint documents you can right click on the link, copy the link address and paste it into Google Chrome, Safari or Firefox.

• **Google Chrome, Safari or Firefox**, the documents should open without problems.
Part 1: An Introduction to Resident and Family Councils

What is a Resident and Family Council?
A Resident and Family Council is a group of people who collaborate to improve residents’ lives. Moving to a care centre is a major change, accompanied by a loss of what is familiar and comfortable, both for residents and their families, friends or other caregivers. Participating on a council is a way for both residents and family members to make living in a care centre a happier and more successful experience. Council meetings are a place to raise concerns, have a voice in shaping policy and to hear and understand what each council member has to offer.

Members may be residents, family, care centre staff, leadership or volunteers. Council structure is flexible. A council may be run by volunteers or the care centre—it may be large and formal or small and informal, depending on what works best in each case. Each member can contribute to the level that is best for them.

Note: For this toolkit, family refers to anyone who is supporting, caring or advocating for a resident.

What are the benefits of being part of a council?
Councils give residents and their families opportunities to:
• work together, support one another and share experiences
• look for solutions to common concerns
• communicate concerns to the care centre, follow up on solutions, have a voice in decisions, and hear staff and administration’s views
• generate ideas to improve quality of care and create a vital community
• increase participants’ understanding and awareness of what’s possible through guest presentations and knowledge sharing

What impact can a Resident and Family Council have?
These are successes some Resident and Family Councils in Alberta have had. They have:
• created ways to welcome and support new residents and their families
• developed strong relationships between residents, families and caregivers
• helped families understand long-term care environments
• raised funds for activities such as a “Wishing Well” program that grants residents’ wishes. Each month, one modest “wish” is drawn from the well and granted, for example, a pizza lunch from a local restaurant or visit from a local celebrity
• worked with the care centre to develop vegetable gardens, flower gardens, and inside or outside sitting areas for residents to have beautiful places to go
• planned and supported special events including dances, special dinners and seasonal activities
• advocated for improvements to the care centre, such as building a wheelchair ramp or having a security review by local police and corporate security

Resident and Family councils give families a way to connect with each other and to build a community of hope together.
Response from Covenant’s “Shape Seniors Care” campaign
Part 2: Establishing and Maintaining an Effective Resident and Family Council

Resident and Family Councils are a mechanism for residents and their families to partner with the care centre to improve the quality of life for all residents. Setting up a council takes time and requires participation from all parties.

Who can set up a council?
Residents and their families can set up a council on their own initiative, or care centre staff and leadership can create a council when they see a need or are asked to.

If you’re interested in setting up a council, you may want to ask the care centre leadership about the Resident and Family Councils Act (RFC Act) that every care centre, both publicly and privately funded, must meet.

What does the Resident and Family Councils Act include?
The Alberta Government wrote the Resident and Family Councils Act which came into effect on April 1, 2018. A toolkit, based off of this one, was developed to accompany the Act, and can be downloaded from the Resident and Family Councils Act website.

Importantly, the Act does not make a council mandatory if residents and families do not want one, but it does set rules to help people form a council and requires the care centre to help them.

Many of the rules are linked to the information in this toolkit; the green “Helpful Information” boxes show how the sections of the Act reflect the toolkit details.

Are you interested in setting up a council?
This toolkit is a practical, step-by-step process to follow for setting up and managing a Resident and Family Council.

We have designed it to be used electronically. Each section describes the step and includes hyperlinks to the supporting tools and documents you will need to use. You can click on the hyperlinks in the text or in Appendix 1: Downloadable Tool Templates to download, edit, save or print each tool. You can customize the content and documents to fit your council’s needs.

HELPFUL INFORMATION
If a council does not exist or does not meet for 6 months the care centre must let the residents and family know of their right to start a council in posters and information sessions at least once every 6 months (RFC Act 3a-e, 4a-c, 5k).

Who is a resident?
A resident is anyone who lives in a care centre.

Who is family?
Family is any person who is important to the resident such as relatives, friends and guardians.

Who is the care centre leadership?
The care centre leadership is the person or team in charge of running the centre.
ASK IF YOU ARE READY TO SET UP A COUNCIL

To make sure the council is effective, you will need to consider a few questions.

Are residents and their families interested?
Use the Resident and Family Interest Survey template to create a survey. (You can conduct this on paper or electronically.) Then, use an online tool to enter and keep track of the results (like SelectSurvey, Survey Monkey, Fluid Surveys, or another).

How prepared is your care centre?
Use the Care Centre Readiness Self-Assessment Tool template to help you review care centre policies and procedures and identify any gaps.

DECIDE THE STRUCTURE THAT WILL WORK BEST FOR YOUR COUNCIL

Each council is unique and its structure will vary based on:
- residents’ needs
- how much support is available from care centre staff and volunteers
- the mix of residents and family members and their levels of experience

We have provided documents to support two different structures. (See the Council Governing Principles section on page 12 for forms.)

Will you use the executive structure?
This style has elected, formal positions (chair, vice chair, and secretary) and defined and assigned responsibilities. Its benefits include:

- clearly defined roles—for some people, it is more comfortable to know exactly what their responsibility is. This structure also requires fewer people to fill the formal roles
- familiarity—most people recognize the formal structure from other contexts

The disadvantages are that it can be intimidating to people who don’t have a lot of experience so fewer people may be willing to nominate themselves for the positions.

Or will you use the leadership team structure?
This style has elected, informal positions. A group (the leadership team) leads and shares responsibilities. Its benefits include:

- shared responsibilities—duties do not fall on any one person
- collaboration and learning—people feel inspired by working together
- playing on the strengths of the team—each person can do what they enjoy most and are most skilled at
- better representation—this structure tends to have a larger, more diverse group of council members
- easier to recruit participants—because the structure is more fluid and less formal, it’s easier to encourage people to step in. Participants may also find joining less intimidating

The disadvantages are that it takes more time to rebuild after the leadership team changes, and because it’s collaborative, it may take longer to make decisions which causes some people anxiety. You can find more information on this model in a webinar from the Ontario Association of Residents’ Councils: https://youtu.be/weG_zlt6hTo
Other considerations for deciding your council’s structure

Ideally, residents and family members lead the council, but care centre staff and leadership must collaborate, document and respond to council items. (See the site representative description on page 13).

You may want to start with an informal council. However, best practices say maintaining your council over the long term may require:

- a written Council Governing Principles (see page 12)
- an elected structure with defined roles and responsibilities. These could include:
  - an elected chair, vice chair, and secretary

The care centre will provide a space for meetings and will make sure a staff member attends when invited (RFC Act 5a, b, i).

Care centre staff may fill the chair, vice chair and secretary positions when you first set up your council.

Evidence shows it may be beneficial to switch these positions over to resident or family members once your council matures. The most effective councils include a balance of residents, family members and care centre staff on their executive.
**STEP 3 ELECT OFFICIALS AND RECRUIT AND FAMILIARIZE NEW MEMBERS**

**How do you elect members to council positions?**

People indicate they are interested in filling a position: first they become a “nominee,” then council members review nominees. Once the council chooses the nominees, all residents and family members can vote in the election. Care centre staff cannot vote, but they may help residents vote if they can’t vote themselves.

For the **executive structure**, nominees complete an application form and submit references. See the Council Executive Nominee Application Form Template. We recommend a small working group pre-approve applications to nominate those best suited to the positions. This working group should include residents or family members, care centre leadership and a council liaison (see page 13).

For the **leadership team structure**, nominees complete and submit the Council Leadership Team Nominee Application Form Template. You can begin with care centre staff or volunteers on the council, but it’s better to elect members.

**How do you recruit, engage and integrate new council members?**

Here are some ideas on how to recruit and familiarize new council members:

- **Create a brochure**—Give all new residents and their families a brochure with information about the council. The Council Information Brochure Template helps get you started.

- **Have a welcome package**—Have the council create and hand out welcome packages to new residents and family members. You can include information about the council and its purpose. Find suggestions on what you may want to include in the Welcome Package (Suggested Content).

**Connect with residents and families**—Discuss the council and its purpose at meetings with residents and their families. Ask residents and their families for input on key questions and issues.

- Ask regular council attendees if they know anyone who might like to get involved. Consider phoning families every week to let them know about upcoming meetings and key agenda items.

- Post information, meeting notices, and meeting minutes on the care centre’s website and bulletin boards.

- Include council information on billing notices sent to family members.

**Hold an orientation session**—Invite new residents, new council members and their families to a Resident and Family Council Orientation. Covenant centres can use the personalized Orientation Presentation Template. Other care centres can import the slides into their own template or use the Orientation Presentation Outline to create their own.

**Engage care centre staff**—Ask for suggestions for recruiting new members.

To familiarize people with your council and help with advertising and recruitment, play the orientation presentation on televisions in common areas.
How do you advertise and prepare for council meetings?

Use the following tools to help you advertise your meetings and message:

• Council Information Poster Template
• Meeting Notice Template
• A council newsletter (see the Newsletter Template) which also lets you highlight all the good work your council does

Arranging for alternate ways to attend meetings can make it possible for more people to participate.

To get as many interested people as possible, consider ways to involve family members or residents who may have difficulty attending. Some ideas include:

• holding teleconference or web-conference meetings (such as Skype for Business)
• considering different meeting times, such as evenings or weekends
• choosing a time of day, week or month when more family are already at the facility
• tying a meeting to an event that gets large attendance such as a party or barbeque

Some residents may find it difficult to participate in large meetings. To encourage their involvement, you can:

• host a short pre-council meeting to hear their concerns.
• have a council member follow up after the meeting to update the resident on what was discussed and if there were any outcomes to their issues.

What meeting materials will you require?

Adapt these basic meeting material templates to your council’s needs:

Attendance Sheet

An Attendance Sheet (executive structure or leadership structure) lets you track changes in attendance over time and alerts you if interest is decreasing or if meeting times or dates are not working.

Agenda

The Agenda Template (executive structure or leadership team structure) helps you stick to your topics and stay on time.

Minutes

The Minutes Template (executive structure or leadership team structure) lets you document your discussions and capture items that require action.

HELPFUL INFORMATION

The care centre will give the council administrative help if they are asked to, including help with sharing the minutes and printing agendas (RFC Act 5j).
DECIDE WHAT INFORMATION YOUR COUNCIL WILL TRACK

Whether small or large, an executive or leadership team style, your council needs clear processes for residents and family members to register, track and follow up on concerns (see page 12 for tools to help you do this). These practices develop good communication and transparency, which builds a constructive and effective council. They also help with evaluating how well the council functions.

It is important to track the positive things your council accomplishes, such as:

- educational opportunities
- initiatives as they are happening
- projects you complete successfully and their results
- donations and income from fundraisers

HOLD EFFECTIVE AND PRODUCTIVE MEETINGS

How do you encourage input from council members at meetings?

To help people feel comfortable participating, consider:

- brainstorming and prioritizing solutions as a group (the nominal group technique or dotmocracy work well, but may require some preparing ahead of time) and select ideas to consider
- dividing your members into small groups, each with a concern to address. After discussing it, each group brings their solutions back to the larger group
- asking members to identify their top idea to improve all residents’ quality of life and decide on one or two achievable items to discuss
- setting up informal or ongoing committees to look at specific issues

How do you ensure confidentiality at meetings?

To ensure confidentiality, the names of individuals discussed at meetings must not become part of the minutes, newsletters, etc. You may also want to have your council executive sign a Code of Conduct & Confidentiality Agreement that outlines expected behaviours of council members and representatives.

How do you handle difficult situations during your meetings?

Inevitably, situations will arise that are outside the council chair or meeting leader’s comfort zone or knowledge base. While they may be uncomfortable, the situations need to be dealt with right away or they can disrupt meetings and the council’s effectiveness.

This Handling Common Meeting Problems and Difficult Behaviours document suggests ways to resolve difficult situations.
How do you document and follow up on issues?

It’s important to track issues so you can follow up later and have a way to evaluate your council’s progress.

• Implement a process to track and follow up on issues raised at meetings.
• Report on progress at every meeting. This fosters transparency and reinforces that the council is making a difference.
• Document items that cannot be resolved and arrange for appropriate follow-up.

Find an example of a formal follow-up and tracking process on page 12.

HELPFUL INFORMATION

The care centre must record any requests, concerns, issues and proposed solutions in writing (RFC Act 5c).

Evaluate your council

To ensure your council is meeting its members’ needs, evaluate its effectiveness and member satisfaction at least annually. This will identify potential issues before they interfere with your council’s effectiveness.

How do you evaluate the council?

Use the council evaluation survey templates (executive structure or leadership team structure) to help you create a survey. (You can add or remove questions to suit your needs.) Give the survey to everyone who attends your meetings.

Analyzing the results should tell you if you need to improve your council or if you have any communication or knowledge gaps among members. It can also reveal issues such as:

• lack of strong or consistent leadership
• lack of effective collaboration between the council and care centre leadership
• lack of participation from residents and family members
• little evidence of the council making a difference
• the council depends too much on care centre staff to lead, and residents and family are not leading enough

If you make large changes to your council, evaluate the changes to see if they met your members’ needs.
Evaluation does not need to be complex or formal. You can:

- add a question or two about the council in any centre-wide satisfaction surveys you are already doing
- ask how satisfied people are at council meetings
- ask one or two questions about council participation, effectiveness and satisfaction at regularly scheduled family meetings

**What do you do with your evaluation results?**

Share the results with the council by highlighting strong areas and noting areas that need to improve. Discuss the areas to improve at a council meeting.

**SUPPORT YOUR COUNCIL’S SUCCESS OVER TIME**

As your Resident and Family Council grows and matures, you may want to make your structure more formalized with Council Governing Principles, a formal follow-up and tracking process, a site representative, and a council liaison.

**What is a Council Governing Principles document?**

A Council Governing Principles document sets out:

- how the council operates
- roles of the council executives
- meeting styles
- accountability
- how much care centre leadership is involved

A good Council Governing Principles document means each council member knows their responsibility, which helps meetings run more smoothly.

These two templates are a starting point to help you develop your own:

- The [Council Governing Principles Template (executive)](#) has a formal structure that you can edit to fit your council.
- The [Council Governing Principles Template (leadership team)](#) has an informal structure and is designed for roles to be shared among individuals.

Plan to revisit your Governing Principles annually with your executive or with a small working group to ensure it fits your council’s needs.

**How do we follow up and track council activities?**

Below are two forms and an Excel tracking sheet that facilitate the follow-up and tracking process. Modify the forms and the tracking sheet to best suit your council’s needs.

**Outstanding Item Submission Form**

First, use the [Outstanding Item Submission Form](#) to document meeting issues that require follow-up. To use it, the council chair or leadership team member:

- fills out the form after each meeting and lists all items that require follow-up
- assigns an item code (the meeting year-month-item#) and describes each issue
- signs off on the form
- submits to the care centre leadership

The care centre leadership signs off after they have read it.

**HELPFUL INFORMATION**

The care centre must develop a written process to handle the concerns of residents and their families and what they do to address them. This process must be given to residents, families and the councils (RFC Act 5f, g).
Outstanding Item Feedback Report

Second, complete the Outstanding Item Feedback Report. To use it, the care centre leadership or site representative:

• completes the form to report on activities to improve, with a new form for every council meeting that has information on unresolved items
• identifies each item with the item code and a brief summary
• designates the report as an update or final report

Outstanding Item Tracking Sheet

The information from the follow-up forms and feedback reports goes into the Outstanding Item Tracking Sheet for long-term documenting, tracking, reporting and storage. To complete this document:

• the care centre leadership or site representative enters all updates before each meeting
• every quarter or twice a year, the leadership uses this tracking sheet to report on:
  ▪ new items in progress
  ▪ items from previous reporting periods still in progress
  ▪ items completed in the last reporting period
  ▪ final resolution of completed items

What is a site representative?

Ideally, a site representative is the care centre leadership (or their designate) who attends all meetings. Councils work better if the care centre leadership is actively involved and partners with residents and their families.

The site representative:

• supports the council chair or meeting leader as the care centre representative
• collaborates closely with the council chair or meeting leader to ensure business progresses

HELPFUL INFORMATION

The Resident and Family Council Act (RFC Act) requires the care centre to provide a staff member to participate in meetings, when invited, and act as a liaison to help the council (5a, b).

• reviews and approves minutes to distribute
• helps advertise upcoming meetings with the secretary or leadership team
• ensures all items for follow-up are properly tracked and reported on
• helps those following up on items collect the most up-to-date information

What is a council liaison and how do you recruit them?

The council liaison is a volunteer trained to support the council who:

• communicates to the care centre leadership on council needs and progress
• is a link between care centre staff and leadership and the residents and their families
• supports administrative tasks and assumes the duties of the council secretary or recorder when necessary

Identify a volunteer who is interested. Because the position can be time-consuming, especially in the beginning, ensure volunteers are aware of the time commitment.

Council Liaison training is available to interested volunteers:

• **Covenant care centre**—Contact Patient Relations at 780-735-7494 or 1-877-295-6344 (toll free) with your volunteer’s name and contact information and they will arrange training

• **Other organizations**—Contact Engagement and Patient Experience at patient.engagement@ahs.ca for information
How can you enrich your council and care centre?

Provide education sessions for your council members—councils bringing in outside speakers can be a highly valuable contribution. You can identify topics of interest at meetings or use the results of the Resident and Family Interest Survey.

You can invite guest speakers from inside your organization to talk about internal topics or invite speakers from outside your organization. The Inventory of Resources and Supports for Caregivers in Alberta identifies many support organizations for caregivers whose representatives can talk at your meetings.

Find other resources or sources of education in our References and Resources section below.
References and Resources

Where can I get additional information?
This toolkit offers basic information to help you set up your own Resident and Family Council. The many other resources available include:

Other Resident and Family Council Guides and Toolkits
- Ontario Family Council’s Program - Your Guide to Starting and Maintaining a Family Council
  - Downloading is free once you enter your contact information.
- Ontario Association of Residents’ Councils - Supporting Your Home’s Residents’ Council
- Advocates for Care Reform - Family Council Handbook: Tools and Resources for Starting and Maintaining an Effective Family Council
- Missouri’s Long Term Care Ombudsman - How to Organize and Direct an Effective Resident Council
- Children’s Hospital of Wisconsin’s - How to Jump Start a New Family Council or Breathe Life into a Struggling One: A Toolkit for Success
- Vancouver Coastal Health’s - Guide for Vancouver Coastal Health and Providence Health Care Owned and Contracted Residential Care Facilities: Tools for Enhancing Resident and Family Involvement in Residential Care Facilities

Covenant Resources
- Resident and Family Handbook
- Community Engagement Framework
- Inventory of Resources and Supports for Caregivers in Alberta

Alberta Health Services Resources

Continuing Care Quality Management Framework
- A Resource Toolkit for Engaging Patient and Families at the Planning Table

Storytelling Resources:
Available on the AHS intranet site (insite). If the links below don’t work, please request a copy from patient.engagement@ahs.ca
- A Storytelling Resource Kit for Patient and Family Advisors
- Patient and Family Storytelling in Healthcare: a Resource Kit for Health Care Providers
- Storytelling Guidebook: Integrated Quality Management

Other Resources
- The Change Foundation: Long-Term Care Resident Councils and Family Councils Project with information on the project, including two reports, on the website.
- Institute for Patient- and Family-Centred Care: PFCC Best Practices
- Saint Elizabeth Person and Family Centered Care Institute
- The Canadian Foundation for Healthcare Improvement Patient Engagement Resource Hub has over 200 resources on engagement, priority setting and other useful topics.
Appendix 1: Downloadable Tool Templates

Instructions
Click on the hyperlink to bring up the tool you wish to edit. The tools are organized in the order they appear in the toolkit.
Please remember to edit the:
• header to include your care centre’s logo
• content to fit your council

Tool Templates

1. Step one: ask if you are ready to set up a council

Resident and Family Interest Survey Template

Options to submit the survey:
Online—Use an online survey tool (such as SelectSurvey, Survey Monkey, Fluid Surveys) to analyze and manage the data more easily.
In print—Provide a printed survey for those not comfortable with or able to complete it online.
• Remember to include extra space below questions that ask for open-ended answers.
• We recommend assigning someone to enter the printed survey forms into the online database for complete data analysis.

Care Centre Readiness Self-Assessment Tool Template

3. Step three: elect officials and recruit and familiarize new members

Council Executive Nominee Application Form Template OR
Council Leadership Team Nominee Application Form Template

How to handle these documents:
These documents are set up as electronic forms so you can complete them in Microsoft Word.
To make this form active and allow people to click on check boxes and enter text:
• Select the Developer tab and click on “Restrict Editing” in the “Protect” group.
• Under #2 in the far right frame, click the “Allow only this type of editing” box and choose “Filling in forms” from the drop down box.
• Click on the “Yes, start enforcing protection” box and set a password.
  ▪ NOTE: If you forget your password you WILL NOT be able to make changes to the form in the future.
If you do not wish to create an electronic form, replace all the grey boxes and entry areas with regular boxes and leave space for people to type or write answers.

Council Information Brochure Template
Welcome Package (Suggested Content)
Orientation Presentation Template, which also includes:
• “Getting to Know You” Games: BINGO
• “Getting to Know You” Games: What do we have in common?
• Tips for Being an Engaged Council Member
• Orientation Presentation Outline
4 Step four: plan and book your meetings
- Council Information Poster Template
- Meeting Notice Template
- Newsletter Template
- Practical Meeting Considerations Checklist
- Attendance Sheet (executive) OR Attendance Sheet (leadership team)
- Agenda Template (executive) OR Agenda Template (leadership team)
- Minutes Template (executive) OR Minutes Template (leadership team)

6 Step six: hold effective and productive meetings
- Code of Conduct & Confidentiality Agreement
- Handling Common Meeting Problems and Difficult Behaviours

7 Step seven: evaluate your council
- Council Evaluation Survey Template (executive) OR Council Evaluation Survey Template (leadership team)

Options to submit the survey:
- **Online**—Use an online survey tool (such as SelectSurvey, Survey Monkey, Fluid Surveys) to analyze and manage the data more easily.
- **In print**—Provide a printed survey for those not comfortable with or able to complete it online.
  - Remember to include extra space below questions that ask for open-ended answers.
  - We recommend assigning someone to enter the printed survey forms into the online database for complete data analysis.

8 Step eight: support your council’s success over time
- Council Governing Principles Template (executive) OR Council Governing Principles Template (leadership team)
- Outstanding Item Submission Form Template
- Outstanding Item Feedback Report Template
- Outstanding Item Tracking Sheet Template