

FAQ for CHANGE DAY

For more information, contact us
at changedayab@gmail.com.



CAMPAIGN RELATED

What is Change Day?

Change Day is a social movement encouraging people to commit to making a change that will improve their own health and wellness and the health and wellness of others. The Change Day movement is all about people coming together to make a change for the better. *Just one change can have a huge impact!*

When someone makes a pledge for change, they are encouraged to register their pledge at ChangeDayAB.ca and share their change to inspire friends, family and co-workers to get involved. There is also the opportunity to register a team to pledge under; the teams with the most pledges in Alberta will be recognized, rewarded and celebrated on November 17th, 2017.

Change Day is a movement; it's not a business, nor owned by one group, and it's not just for healthcare providers. Anyone can participate and make a change for the better. *One thing. Anything. It begins with you!*

When is Change Day?

Change Day Alberta will be celebrated this year on November 17th. Pledges can be made anytime between now and November 17th when we will celebrate as a province. You can make as many pledges as you want. This year, the provinces of Ontario and British Columbia are also celebrating Change Day on November 17th, so we've started a friendly competition to see which Canadian province can get the most registered pledges. Go Alberta!

How did Change Day start?

In the summer of 2012, a group of improvement leaders engaged in a Twitter discussion about how they could improve the health care services in the UK. The idea spread throughout National Health Services (NHS), and a shared vision and purpose was created—*to organize a grassroots movement to encourage and support people to make a positive change that would impact the care of others.*

The first NHS Change Day was March 13, 2013. Their initial goal was to engage 65,000 people, but the movement generated over 189,000 online pledges—a resounding success! The idea spread and Change Day is now happening around the globe in locations like Northern Ireland, Canada, the Netherlands, Sweden, Finland, USA, New Zealand and Australia.

Each campaign is different (which is one of the great things about social movements) but there's always the central theme of creating better health and healthcare for all.



PLEDGE RELATED

How do I participate?

It's simple! Think of a change you could make that would have a positive impact—and commit to doing it by making a pledge! Register your pledge at [ChangeDayAB.ca](https://www.ChangeDayAB.ca) and share share share! Make as few or as many pledges as you want. Be creative and have fun!

Do I have to wait for Change Day to make a pledge?

You can make a pledge anytime between September 7th and November 17th. To make sure your pledge counts in our friendly competition with Ontario and BC, make sure you register your pledge at [ChangeDayAB.ca](https://www.ChangeDayAB.ca) before November 17th.

How do I make a pledge?

Everything you need to make a pledge is available at [ChangeDayAB.ca](https://www.ChangeDayAB.ca), including inspirations, how to share on social media and even free swag!

How big does the pledge have to be?

Your pledge can be as big or as small as you want. There are no restrictions on what you can pledge, or how many times you can pledge. If you want to start with something small, that's great. If you want to go big right off the bat—do it! If you want to make a few pledges, perfect! The idea is to get involved, and make it work for you. And remember....One thing. Anything. It's up to you!

What are some examples of pledges?

It is totally up to you, but here are a few ideas to consider:

Keep it simple—ask your neighbor to go for a walk, be free with random compliments, or take your lunch breaks outside

Focus on others—Create a feedback bulletin board for your team, become a mentor for a new co-worker, or volunteer for a cause that is close to your heart

Make it personal—Take the stairs, sign up for a new class, or take on a monthly challenge

Can I invite my friends and family to participate?

Please do! The more people involved, the greater the impact! Tell your friends & family! Tell your co-workers! Tell the person sitting next to you on the train and the people at the dog park!

Start a pledge-a-thon at work, or challenge another team to a pledge-off. Use whatever creative avenues you have to inspire people around you. It feels great to do something for others—it feels even better to do something for others with the people you care about.

Who can register as a team?

Anyone can register a team, and then every person that pledges to that team counts both as a provincial pledge as well as a pledge for your team. Your team can be any identified group—whether it's work-related, social groups, location based or any other idea you can come up with!

If I register a team, do we all have to make the same pledge?

Not at all. Your team can make as many different pledges as they like; the only thing your team members have to do is register a pledge at ChangeDayAB.ca, and assign their pledge to your team.



OTHER RELATED FAQ

Oooooo, I heard about free swag. How do I sign up for that?

Once you've registered a pledge, you can order free swag from ChangeDayAB.ca to spread the movement at your workplace, your school or your neighbourhood. We've got posters, pledge cards of all sizes, lanyards and buttons all free for the taking (while supplies last). If you register a team, you'll also get a Change Day t-shirt and can order more for your team.

I'm just one person...will my change make a difference?

Change can be scary and feel overwhelming, but the smallest of changes can have a huge impact in your life and in the lives of others. By contributing your pledge to this movement, you can be an inspiration to those around you.

Last year, Alberta registered over 6000 pledges. This year we're aiming for 10,000, but the sky is the limit! Change starts with one thing. Anything. It begins with YOU!