

## **ABSTRACT**

### **An Investigation Into How Completion of the ALTA Program Has Impacted the Lives of Two Adults Residing in Central Trinidad**

*Candy Sahadeo*

This qualitative study investigated how the completion of the Adult Literacy Tutors Association (ALTA) programme impacted the lives of two adults (one male and one female) residing in Central Trinidad. Data were collected through interviews. Five overlapping themes emerged from the study. These were identified as: 1) literacy practices; 2) job opportunities; 3) improvement in family life; 4) internal changes (self-esteem, motivation, and independence); and 5) health benefits. It was found that the following changes had positive effects on the participants' health practices: 1) the ability to complete medical forms, 2) attending informational lectures at the health centre, 3) the ability to read informational literature, and 4) increased awareness of health practices that would benefit the entire family.

**Keywords:** Case studies; Adult Literacy Tutors Association; Adult literacy; Literacy programmes; Impact assessment; Trinidad and Tobago