



Oak Park Climate Action Network Climate Coaches



OAK PARK
CLIMATE
ACTION
NETWORK

A volunteer group of Oak Park residents working to reduce and **eliminate** Oak Park's contribution to the global climate emergency through:

- Advocacy
- Education
- Neighbor-to-neighbor assistance

Climate Coaching

Climate Coaches is a program run by Oak Park Climate Action Network (OPCAN) to provide technical assistance neighbor-to-neighbor advisory services on pathways to emissions reductions. This idea came out of the Climate Ready Oak Park Plan, specifically:

BD03. Implement an outreach and education program to raise awareness and connect residents, businesses, institutions, and property owners with technical and financial services for energy and climate resiliency upgrades, including federal, State, and utility programs.

- *Timeline: Medium-Term*
- *Cost Range: Low*
- *Lead Implementor: Community Group*

Climate Coaching

- Focuses on short-term engagements and referrals to professional resources (30 min phone call, emails, etc)
- Not a substitute for full -time paid labor or contractor
- Not affiliated with any of the vendors we recommend and we receive no money for referrals
- Respect the confidentiality of residents



Topics we cover

- Getting started reducing my emissions
 - Insulating drafty homes
 - Installing rooftop solar panels
 - Signing up for community solar
 - Switching from gas heating to electric heat pumps
 - Switching to an induction stove
- Upgrading electrical panels
 - Preparing for and purchasing an Electric Vehicle (EV)
 - Native gardening for your lawn or parkway
 - Reducing basement flooding
 - Recycling and composting
 - Available grants, federal and state rebates and tax credits

Request a Climate Coach

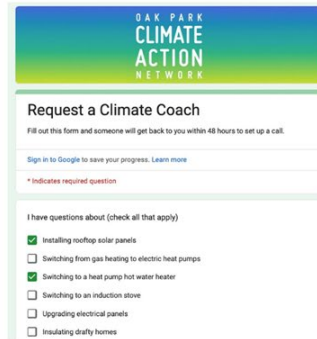
Oak Park Climate Action Network (OPCAN) is partnering with the Village of Oak Park to offer **free coaching** on the following topics to all Oak Park residents, on request:

Our Climate Coaches offer their own personal experience and advice on:

- Getting started reducing my emissions
- Insulating drafty homes
- Installing rooftop solar panels
- Signing up for community solar
- Switching from gas heating to electric heat pumps
- Switching to a heat pump hot water heater
- Switching to an induction stove
- Upgrading electrical panels
- Preparing for and purchasing an Electric Vehicle (EV)
- Native gardening for your lawn or parkway
- Reducing basement flooding
- Recycling and composting
- Available grants and rebates

To request a Climate Coach session, fill out this form:

[Request a Climate Coach](#)



The screenshot shows a web form titled "Request a Climate Coach" with the OPCAN logo at the top. The form includes a header with the logo, a sub-header "Request a Climate Coach", and a brief instruction: "Fill out this form and someone will get back to you within 48 hours to set up a call." Below this is a link to "Sign in to Google to save your progress. Learn more". A red asterisk indicates a required question: "I have questions about (check all that apply)". The form contains a list of six topics with checkboxes: "Installing rooftop solar panels" (checked), "Switching from gas heating to electric heat pumps" (unchecked), "Switching to a heat pump hot water heater" (checked), "Switching to an induction stove" (unchecked), "Upgrading electrical panels" (unchecked), and "Insulating drafty homes" (unchecked).



<https://opcan.org/climate-coaches>

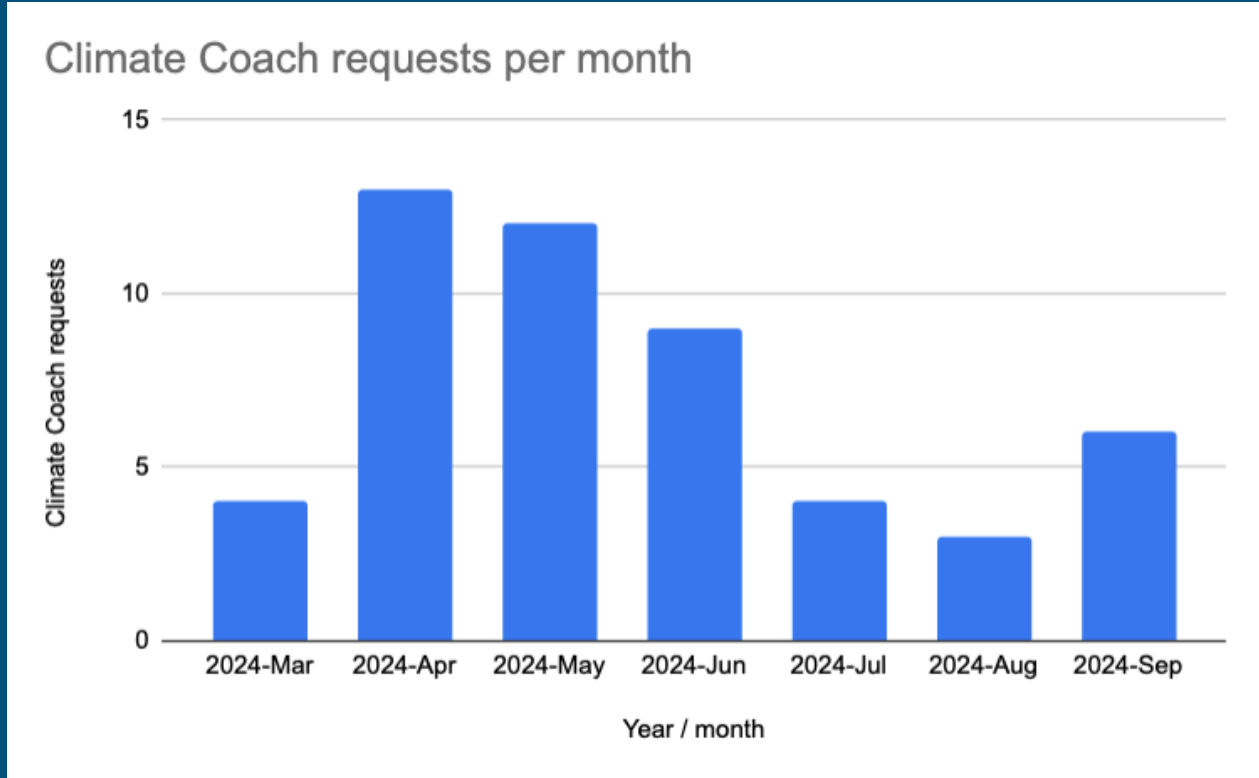
Results since launching in Mar 2024

Launched on March 11, 2024. Since then:

50 Climate Coach Requests received, averaging about 2 requests per week

17 Climate Coach volunteers (launched with 13 and have since added 4 more)

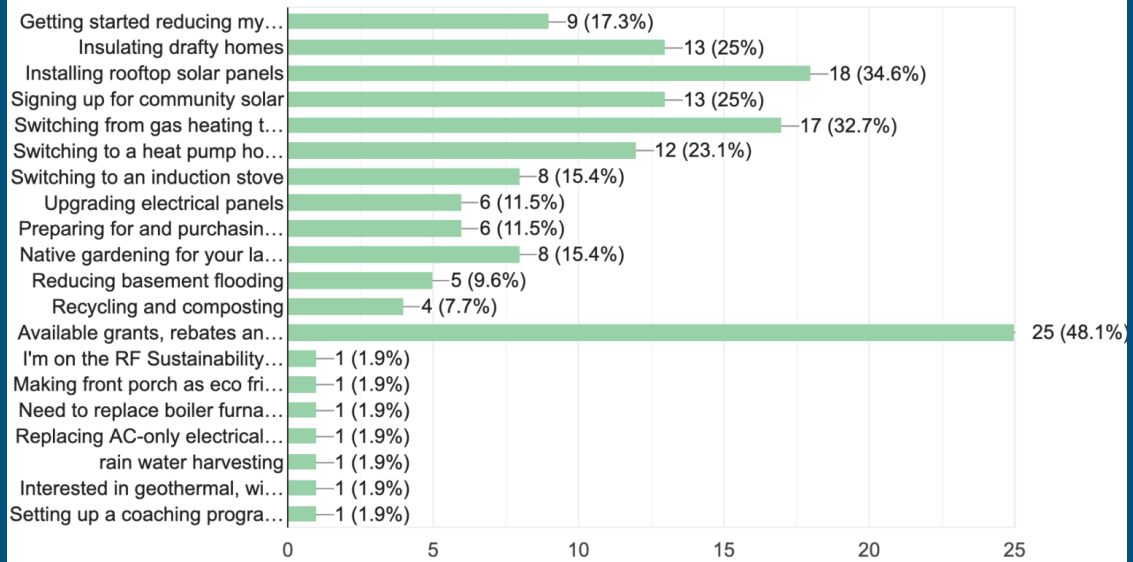
Results since launching in Mar 2024



Results since launching in Mar 2024

I have questions about (check up to 3)

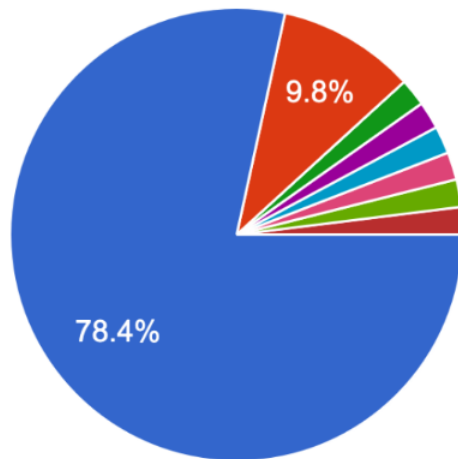
52 responses



Results since launching in Mar 2024

What kind of home do you have?

51 responses

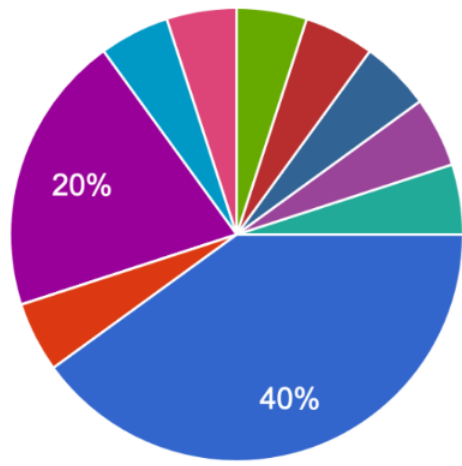


- Single family home
- Condo
- Apartment
- I own a multi-family building (4 units, two structures, same pin lot)
- 2-flat
- Townhouse
- Multifamily x 4 and commercial
- We own our own home as well as a co...
- Our house is actually a flat roof comm...

Results since launching in Mar 2024

How did you hear about Climate Coaches?

20 responses



- Village of Oak Park newsletter / website
- OPCAN table at an event
- A flyer posted somewhere
- Yard sign
- Word of mouth
- I'm on the OP-CAN list-serv.
- First United Church of OP
- email

What did you do as a result of your Climate Coaching session?

“Energy efficiency testing and insulation. Next step is getting a heat pump installed.”

“Started the process of researching green HVAC options for when our HVAC system needs to be replaced, and took steps to participate in the group buy for Solar panels.”

“I’m scheduling a home energy audit to improve efficiency, I suspect that insulation improvements will be one of my first steps.”

What did you do as a result of your Climate Coaching session?

“As much as we think we know this provided more options and education.”

“There were a lot of questions we had about how to take the first steps with some of these initiatives, the Climate Coach helped us sort out all of the options available to us much quicker than we would’ve been able to ourselves.”

“Very practical insights about how we can do better for the environment”

Recommended next steps

1. Ramp up marketing efforts for the Climate Coach program through all Village communications, especially:
 - By bringing mention of Climate Coaches forward on the website (too buried now)
 - Repeating the OP/FYI notice in the fall/winter, and
 - Reminding audiences of the program through flyers, announcements, and tabling at relevant Village events
 - Feature article in Wednesday Journal
1. Fund OPCAN's recommendations for education and outreach in 2025 (included in our August email and discussed with the Village on September 12, 2024).