### Senior Corps Work Plan SAMPLE

<table>
<thead>
<tr>
<th>Work Plan Name: Senior Citizens Assistance – Sample 1 (SCP)</th>
<th>Work Plan ID: CAF09004</th>
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</thead>
<tbody>
<tr>
<td>Issue Area: Human Needs</td>
<td>Total # Stations: 3</td>
</tr>
<tr>
<td>Service Category: Senior Citizens Assistance</td>
<td>Total # Volunteers: 20</td>
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</tbody>
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#### Community Need:
Hallowell County case managers have a six-month waiting list of more than one hundred clients requesting in-home assistance. In the absence of Senior Companions, these frail elderly and disabled adults would not have access to in-home support that can prevent early institutionalization. Senior Companions can also detect early warning signs and alert case managers to changes in a client’s health and living situation, thereby improving the chances for appropriate case management intervention.

#### Service Activity:
Twenty Senior Companions matched with case managers will provide in-home assistance to frail elderly or disabled adults. Senior Companions will visit clients for four to eight hours each week throughout the year. In the first three months, Senior Companions will complete a safety assessment of the clients’ home, help them to prepare for emergencies, and assist them to develop an evacuation plan. Throughout the year, Senior Companions will help clients prepare light meals; accompany clients to medical appointments, assist in organizing mail and bills, and provide general companionship. Senior Companions will also provide feedback to case managers regarding any changes in the client’s condition.

#### Anticipated Input:
- Twenty Senior Companions will each serve 3 to 5 clients throughout the year. Each Senior Companion will serve for approximately 30 hours each week, a total of 30,000 service hours annually.
- Orientation, initial training, and quarterly in-service training will be provided by Hallowell County SCP. Training topics will include Helpful Resources for clients and family members, Empowering Clients to Help Themselves; Diversity and Cultural Sensitivity; How to Complete a Safety Assessment; Assisting Clients with Emergency and Evacuation Planning.
- Volunteer supervision, and on-going support and coordination will be provided SCP project director and case managers.
- Mileage reimbursements and volunteer recognition provided by Hallowell County SCP.

#### Anticipated Accomplishments/Outputs:
Frail elderly and disabled adults will receive Senior Companion support services.

**Indicator:** Number of frail elderly and disabled adults receiving Senior Companion services

**Target:** At least sixty frail elderly and disabled adults will receive Senior Companion services.

**How Measured?** *Active Client Roster*, completed by Senior Companion
**Anticipated Intermediate Impact/Outcome:** Clients served by Senior Companions will express increased confidence in their ability to manage affairs of daily living, including responding to a home emergency.

**Indicator:** Percent of clients served by Senior Companions who report increased confidence in their ability to manage affairs of daily living, including responding to a home emergency.

**Target:** By the end of the program year sixty percent of clients served by Senior Companions will report increased confidence in their ability to manage affairs, including responding to a home emergency, as indicated by positive responses to six interview questions.

**How Measured?** *Client Semi-Annual Telephone Interview*, conducted by SCP project director.

**Anticipated End Impact/Outcome:** Clients served by Senior Companions will continue to live at home.

**Indicator:** Percent of clients living at home by end of program year.

**Target:** By the end of the program year, 60 percent of clients served by the Senior Companions will still be living at home.

**How Measured?** *Year-End Client Roster Review*, completed by SCP project director and case managers.