



Senior Companion Program – Answer Guide

Work Plan Scenario

How might Jane turn this into a work plan?

A problem has been identified – elders need support to remain living in their own homes and traditional family care is not as prevalent because families relocate and/or have other responsibilities. Elders become socially isolated and prone to stress and injury. Senior Companions may contribute to solving this problem by developing person-to-person supportive relationships. They may visit with elders, take them to social activities or to medical appointments. They may share a meal.

The scenario includes a citation from a recent article and it includes statistical data from the Census to support the stated need. This information can be expanded upon and used to answer the questions posed below that are taken from the application instructions.

What is missing?

The application response would be strengthened by including details about the community to add context.

Community Need

Community Need to be Addressed	
What is the problem you want to address?	Elders are more isolated and must carry out activities of daily living on their own, which can lead to stress and injury. A survey by Indian Health Services found that 60% of elders living alone in our community are unable to regularly get to doctors' appointments. 50% of those elders report feeling unsupported.
What will happen if the problem is not addressed?	Stress and injury may result in elders moving to institutional care facilities
How can Senior Companion volunteers help?	Senior Companions may contribute to solving this problem by developing person-to-person supportive relationships. They may perform activities like visiting, taking elders to social activities or medical appointments, and more.
What is the desired result?	Elders are able to live independently and report having increased social ties/perceived social support.



Performance Measures

Which measures fit Jane's community best?

The scenario discusses independent living and social isolation; therefore, measures H8 and H9 best fit. Applicants should review the Performance Measures Instructions for CNCS guidance on each measure. When selecting an output/outcome pair, applicants should consider the desired result in their community and their ability to collect the data required.

Which output/outcome pair would she select?

Output H8. Number of homebound OR older adults and individuals with disabilities receiving food, transportation, or other services that allow them to live independently.

Outcome H9. Number of homebound OR older adults and individuals with disabilities who reported having increased social ties/perceived social support.

Why?

Answers may vary. As the scenario specifically refers to independent living and increasing social ties, measures H8 and H9 fit best. If the community need is stated differently, other output/outcome pairs may be appropriate.



Community Need:									
Output	Output Instrument	Service Activity (each will generate a separate work plan)	# of Unduplicated Volunteers	# of Total Volunteers	# of Volunteer Stations	Output Target	Outcome	Outcome Instrument	Outcome Target
H8. Number of homebound OR older adults and individuals with disabilities receiving food, transportation, or other services that allow them to live independently http://www.nationalservicesources.org/npm/h8	Activity Logs; Client Tracking Database; Survey; Other	Transportation					H9. Number of homebound OR older adults and individuals with disabilities who reported having increased social ties/perceived social support	Survey	
		Companionship	18	18	6	30			24
		Companionship— Dept. of Veterans Affairs							
		Financial Literacy or Housing Services							
		Preventing Elder Abuse							
Total number of unduplicated volunteers in Output/Outcome: <u> 18 </u> Percentage of total unduplicated volunteers in Output/Outcome: <u> 100 </u>									

SCP Performance Measures Work Plan Worksheet

Jane should double-check her work plan and ensure that she has logically connected the four main elements (community need, service activity, output, and outcome) to each other and that output and outcome target numbers are appropriate for the total number of volunteers assigned to each work plan.



Scenario Continued

Which service activity might Jane select?

Companionship

Service Activity Description

- Pick from the service activity list, then write the description

Service Activity Description



<p>Who are the beneficiaries or who receives the service?</p>	<p>Elders who can benefit from companionship (65+), can also include homebound or individuals with disabilities.</p>
<p>What will the volunteers do with the beneficiaries?</p>	<p>Activities may include visiting with elders, driving them to social activities or to medical appointments or sharing light meals.</p>
<p>How often will the volunteers provide the service?</p>	<p>Each elder will receive a 2 hour visit at least 4 times a week</p>
<p>For how long will the volunteers provide the service?</p>	<p>for at least 6 months</p>
<p>Where will the service take place?</p>	<p>In the home of the client</p>



Scenario Continued

What instrument might Jane use to collect output data?

Answers may vary. Jane may choose to use activity logs because they can be collected with timesheet information.

What will she use to collect outcome data?

Jane must use the Independent Living Survey.

What else may she need to consider?

Answers will vary. Jane may want to modify the survey to include questions that are relevant to other stakeholders. She may need to report different information to those providing the grant's matching funding.

Instrument Description – Output	
<ul style="list-style-type: none"> Pick from the list, then write the Description 	
What is the name of the instrument?	Activity Logs – if they have a more specific name, it should be identified
Who will collect the data?	Jane, the project director
From whom will it be collected?	From station supervisors, who will collect it from Senior Companion volunteers
When will it be collected?	Weekly, when station supervisors collect timesheets

Instrument Description - Outcome	
<ul style="list-style-type: none"> Pick from the list, then write the Description 	
What is the name of the instrument?	Independent Living Survey
Who will collect the data?	Jane, the project director
From whom will it be collected?	From station supervisors, who will collect it from clients
When will it be collected?	Annually