



Senior Companion Program

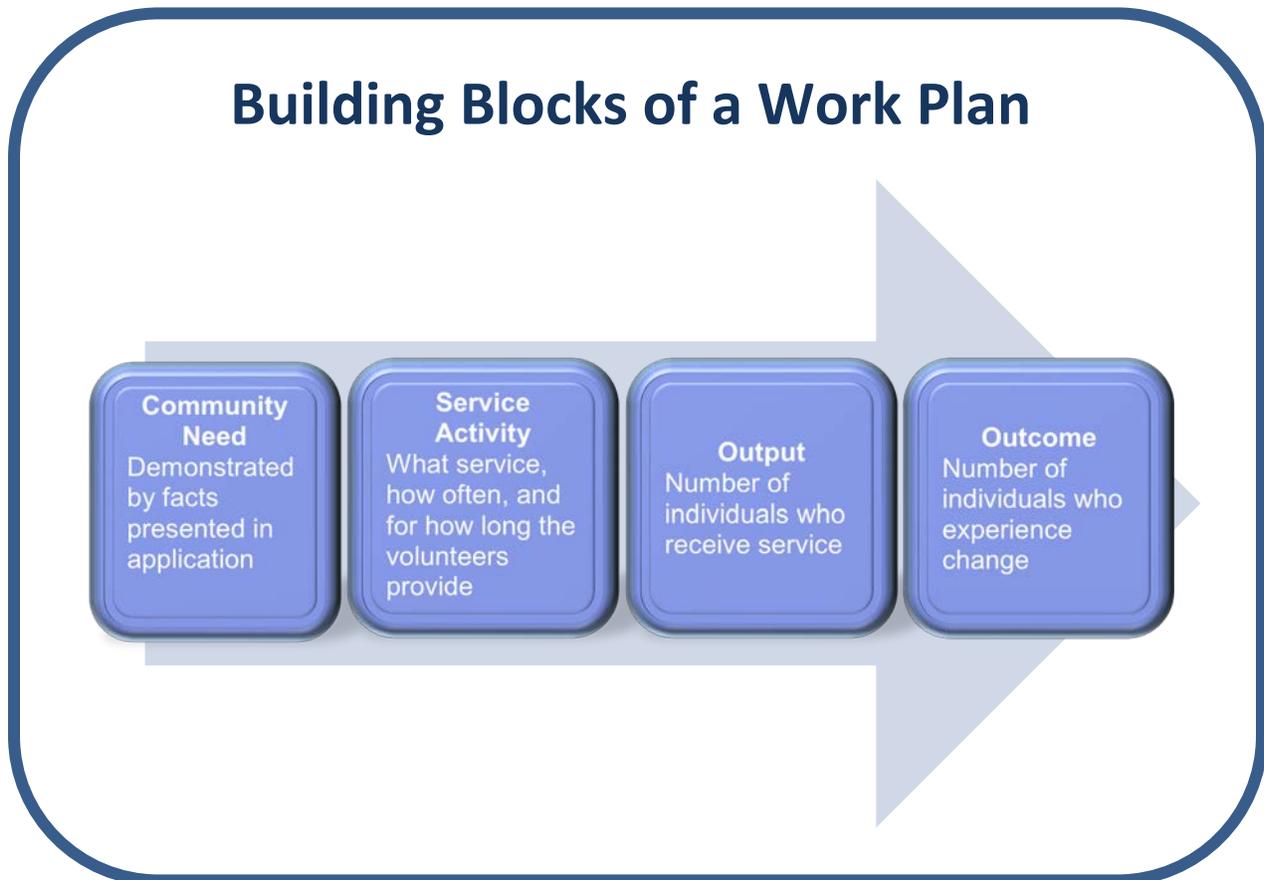
Work Plan Scenario

Many elders in Jane's community do not have family members nearby to visit and care for them as they age. The traditional family structure is not being maintained because sons and daughters relocate for employment or must work when elders need support. As a result, elders are more isolated and must carry out activities of daily living on their own, which can lead to stress and injury.

A recent article released by the Department of Aging (Sept, 2014) has shown that increased interaction among older individuals who are socially isolated can help them be more responsive to their own needs as a result of the increase in their social support system. They are also able to live independently in their own homes longer, thereby reducing costly placements in a long-term care facilities. As the 2010 Census shows, about 1/6 of our current residents are over 60, and as tribal members return home as they grow older, we expect to continue to see a large number of elders in our community in the coming years.

Senior Companion volunteers will visit every week with elders and perform activities like reading or sharing stories, driving elders to necessary appointments or to social activities, or preparing and sharing light meals.

How might Jane turn this into a work plan? What is missing?





Community Need

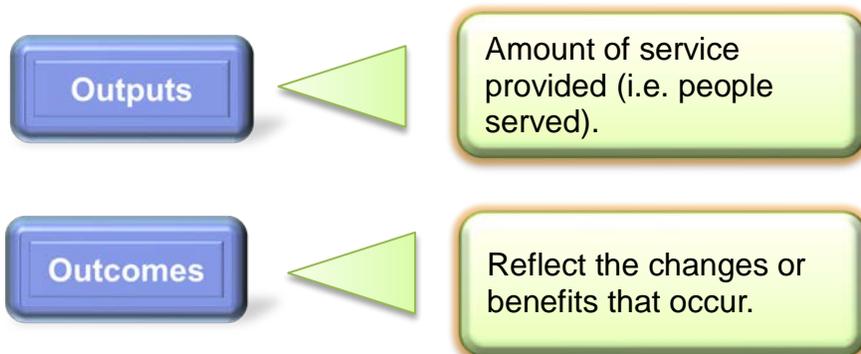
This is the priority community issue or problem that the Senior Corps volunteers' service activities will address. The need should be measurable and include a reliable source to establish the compelling nature of the need. Use detail and evidence to support the need identified and do not assume the reader knows your community.

Complete the table below on behalf of Jane:

What is the problem you want to address?	
What will happen if the problem is not addressed?	
How can Senior Companion volunteers help?	
What is the desired result?	

A desired result, or what you hope to achieve with the project, is the outcome you expect. CNCS asks that all projects select from a menu of outcomes to allow us to tell the story of National Service nationally while still providing flexibility locally. Project requirements vary.

Outputs and outcomes are paired because the output tells us how much service is required to reach the outcome.





Complete List of Senior Companion Program Measures

Place from 90% - 100% of your unduplicated volunteers in one or more of these measures

Objective	Output	Outcome
Aging in Place	H8. Number of homebound OR older adults and individuals with disabilities receiving food, transportation, or other services that allow them to live independently.	H9. Number of homebound OR older adults and individuals with disabilities who reported having increased social ties/perceived social support.
Aging in Place	H13. Number of caregivers of homebound OR older adults and individuals with disabilities receiving respite services.	H14. Number of caregivers of homebound OR older adults and individuals with disabilities who reported having increased social ties/perceived social support.

Existing grantees can place from 0% - 10% of unduplicated volunteers in this measure:

Objective	Output	Outcome
Other Healthy Futures	Number of other older adults and individuals with disabilities served.	N/A

Which measures fit Jane's community best? Which output/outcome pair would she select? Why?



Ideas for YOUR application
What is the problem you want to address?
What will happen if the problem is not addressed?
How can Senior Companion volunteers help?
What is the desired result?
Which output(s) and outcome(s) might you select? Why?



Scenario Continued

Working with 3 senior centers and 3 community centers, Jane has identified 30 frail elders that can benefit from the companionship of another elder. She has conducted similar outreach and has found 18 elders that would like to serve in the Senior Companion Program (SCP), visiting elders in their homes. Jane’s station supervisors have spoken to the elders and their families that will receive a Senior Companion Volunteer to determine when visits could take place and what types of activities the pair might engage in. Jane has reviewed possible SCP work plan outputs and outcomes and has selected output H8 – independent living and outcome H9 – increased social ties/support.

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.nationalservicesresources.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							
		Companionship— Dept. of Veterans Affairs							
		Financial Literacy or Housing Services							
		Preventing Elder Abuse							
Total number of unduplicated volunteers in Output/Outcome: _____ Percentage of total unduplicated volunteers in Output/Outcome: _____									

SCP Performance Measures Work Plan Worksheet

- Number of Unduplicated Volunteers:** This is the proposed number of volunteers who will be performing each service activity. Each volunteer can only be counted once when assigned to a service activity. The volunteer should be counted in the area where he/she will make the most impact- in terms of the type of service or in terms of the scope of service, such as the most number of hours served.



- **Total Number of Volunteers:** The total number of volunteers engaged in the activities, if you were to assign all of them according to each activity, will be entered in this section. In this way, volunteers **can** be counted more than once- for example, if the same volunteer does two different types of activities such as companionship AND transportation, you can account for all assignments in this field.



Scenario Continued

In the September 2014 Department of Aging study, Jane read that elders received 2-hour visits at least 4 times a week for at least 6 months. As the participants in the study reported increased feelings of social support when receiving that level of support from visitors, Jane decides to use these guidelines to define the amount of service needed to reach the Senior Companions. Based on earlier conversations, Jane knows that an SCP volunteer and a client may read or share stories, drive to necessary appointments or to social activities, or prepare and share light meals

Which service activity might Jane select?

Service Activity Description

The Service Activity Description should explain what the Senior Corps volunteers are doing in a way that shows how they will achieve an output and outcome.

Complete the table below on behalf of Jane:

Service Activity Description	
<ul style="list-style-type: none"> Pick from the service activity list, then write the description 	
Who are the beneficiaries or who receives the service?	
What will the volunteers do with the beneficiaries?	
How often will the volunteers provide the service?	
For how long will the volunteers provide the service?	
Where will the service take place?	



Scenario Continued

When selecting the output/outcome pair, Jane reads the full description of each measure in the SCP Performance Measures Instructions and finds corresponding descriptions on how to collect data. She sees that the Senior Companion Program has a required data collection tool and many resources available to help her develop a data collection process. However, Jane notices that there are a number of decisions she will still need to make regarding data collection. She knows that she will set up assignment plans for each volunteer and elder at the beginning of the program year. She also knows that the elders will be surveyed at the end of the program year.

What instrument might Jane use to collect output data? What will she use to collect outcome data? What else may she need to consider?

Instrument Description – Output	
<ul style="list-style-type: none"> Pick from the list, then write the Description 	
What is the name of the instrument?	
Who will collect the data?	
From whom will it be collected?	
When will it be collected?	

Instrument Description - Outcome	
<ul style="list-style-type: none"> Pick from the list, then write the Description 	
What is the name of the instrument?	
Who will collect the data?	
From whom will it be collected?	
When will it be collected?	



Ideas for YOUR application

Do you have potential volunteer stations in mind? Can you estimate how many stations and clients you might serve?

Do you have an idea about where you might recruit potential volunteers? Can you estimate how many volunteers you may want to support?

Which output(s) and outcome(s) are you thinking of selecting for your work plans?

What service activities do you have in mind? Do they correspond to the outcome(s) you might select?



Ideas for YOUR Application

Community Need to be Addressed	
What is the problem you want to address?	
What will happen if the problem is not addressed?	
How can Senior Companion volunteers help?	
What is the desired result?	

Service Activity Description	
<ul style="list-style-type: none"> Pick from the service activity list, then write the description 	
Who are the beneficiaries or who receives the service?	
What will the volunteers do with the beneficiaries?	
How often will the volunteers provide the service?	
For how long will the volunteers provide the service?	
Where will the service take place?	



Instrument Description – Output	
<ul style="list-style-type: none"> Pick from the list, then write the Description 	
What is the name of the instrument?	
Who will collect the data?	
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When will it be collected?	

Instrument Description - Outcome	
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