

## Better Times RSVP Work Plan

### Better Times RSVP Companionship-Transportation Work Plan (Current and Revised)

<b>Focus Area: Healthy Futures</b>	<b>Total # Stations: 10</b>
<b>Objective: Aging in Place</b>	<b>Total # Unduplicated Volunteers: 300</b>
<b>CURRENT work plan</b>	<b>REVISED work plan</b>
<p><b>Community Need:</b></p> <p>According to the U.S. Census (2010), at least 1,300 seniors living alone in Trimen have incomes at or below the poverty level. A 2009 study commissioned by the Amber County Agency on Aging found that one out of every four seniors in the region has experienced anxiety or depression in the last year and one in five has some long-term physical limitation that hinders their ability to care for themselves.</p> <p>For seniors isolated in their homes, the lack of companionship can contribute to a wide variety of problems that can hasten dependency and lead to institutionalization. Regular supportive visits from caring peers can help decrease feelings of isolation.</p> <p>In addition, many elderly are no longer able to drive and limited public transportation services further isolate seniors. By providing regular transportation services, the elderly can get to medical appointments and other events and have the peace of mind to know support is available to them.</p> <p>Better Times RSVP will work with ten area nonprofit agencies and social service agencies, (e.g., home health care) and match volunteers to low income elderly renters. RSVP volunteers will visit these seniors regularly, assist with transportation needs and help them to remain in their homes.</p>	<p><b>Community Need</b></p> <p>According to the U.S. Census (2010), at least 1,300 seniors living alone in Trimen have incomes at or below the poverty level. A 2009 study commissioned by the Amber County Agency on Aging found that one out of every four seniors in the region has experienced anxiety or depression in the last year and one in five has some long-term physical limitation that hinders their ability to care for themselves.</p> <p>For seniors isolated in their homes, the lack of companionship can contribute to a wide variety of problems that can hasten dependency and lead to institutionalization. Regular supportive visits from caring peers can help decrease feelings of isolation.</p> <p>In addition, many elderly are no longer able to drive and limited public transportation services further isolate seniors. By providing regular transportation services, the elderly can get to medical appointments and other events and have the peace of mind to know support is available to them.</p> <p>Medical research also indicates that positive social ties and feeling that support is available can help individuals stay and continue to remain physically and mentally healthy (Holt-Lunstad J, Smith TB, Layton JB (2010) Social Relationships and Mortality Risk: A Meta-analytic Review).</p> <p>The healthier people are, the more likely they are to remain living in their own homes.</p>
<p><b>Service Activity:</b></p> <p>300 Better Times RSVP volunteers will provide 750 low income elderly individuals living alone with companionship and transportation services. RSVP volunteers will meet with each client at least once a week during the year. RSVP will provide clients with companionship including conversation/checking in, simple meal preparation, grooming, light housekeeping and pet care. RSVP volunteers will also transport these same clients to medical appointments, to obtain prescription medication and/or other errands.</p>	<p><b>Service Activity</b></p> <p>300 Better Times RSVP volunteers will provide 750 low income elderly individuals living alone with companionship and transportation services. RSVP volunteers will meet with each client at least once a week during the year. RSVP will provide clients with companionship including conversation/checking in, simple meal preparation, grooming, light housekeeping and pet care. RSVP volunteers will also transport these same clients to medical appointments, to obtain prescription medication and/or other errands.</p>

CURRENT work plan (continued)	REVISED work plan (continued)
<p><b>Performance Measures</b></p> <p><b>Current Output:</b> Low income elderly will receive regular visits and transportation assistance (e.g., medical appointments) from RSVP volunteers.</p> <p><b>Indicator:</b> Number of clients who receive 2-5 hours of visits weekly, for at least 16 weeks</p> <p><b>Target:</b> At least 750 clients will receive weekly visits (2-5 hours per week) from RSVP volunteers for a minimum of 16 weeks.</p> <p><b>How Measured?</b> <i>Client Home Visit and Transportation Log</i> to be completed daily by RSVP volunteer</p>	<p><b>Performance Measures (H8-H9)</b></p> <p><b>National Performance Measure Output: (H8)</b> Number of homebound OR older adults and individuals with disabilities receiving food, transportation, or other services that allow them to live independently.</p> <p><b>Target:</b> 750</p> <p><b>Instrument: Database</b></p> <p><b>Instrument Description:</b> The <i>Client Home Visit and Transportation Log</i> is completed daily by RSVP volunteers and entered into the database on a monthly basis by the Project Director.</p>
<p><b>Current Intermediate Outcome:</b> Low income elderly will feel less isolated and lonely because of the regular visits by Senior Companions.</p> <p><b>Indicator:</b> Percent of low income elderly who report that they feel less isolated, less lonely, and have a friend in the RSVP volunteer.</p> <p><b>Target:</b> Eighty percent of the homebound seniors receiving at least 16 weeks of service will report that they feel less isolated, less lonely, and that they have a friend in the RSVP.</p> <p><b>How Measured?</b> <i>Companionship-Transportation Client Interview</i>, conducted by case manager after sixteen weeks of service.</p> <p><b>Current End Outcome:</b> Low income elderly will remain living independently in their homes.</p>	<p><b>National Performance Measure Outcome: (H9)</b> Number of homebound OR older adults and individuals with disabilities who reported having increased social ties/perceived social support.</p> <p><b>Target:</b> 315<sup>1</sup></p> <p><b>Instrument: Survey</b></p> <p><b>Instrument Description:</b> <i>Companionship-Transportation Survey</i> will be administered once a year to clients who have received companionship-transportation services once a week for at least 16 weeks.</p>

<sup>1</sup> **How did Better Times RSVP get this number?** They know that all 750 clients are eligible to be surveyed (have at least 16 weeks of service). They hope to get back at least 60% of the surveys or 450 completed surveys. Of the 450 anticipated returned surveys, they hope to see seventy percent (70%) or around 315 meet the outcome.