

Diego RSVP Work Plan

Diego RSVP Work Plan Food Distribution (Current and Revised)

Focus Area: Healthy Futures	Total # Stations: 10
Objective: Aging in Place	Total # Unduplicated Volunteers: 100

Current work plan	Revised work plan
<p>Community Need:</p> <p>Population and the need. The growth of the population, the Diego County Council on Aging reported that seniors who maintain acceptable nutritional health standards are more likely to remain independent than those seniors who are not getting proper nutrition (2010).</p> <p>As people age, the chances of developing chronic illnesses and conditions that limit their ability to perform routine tasks that allow them to remain independent, including purchasing and preparing nutritious meals regularly, increase considerably. The Meals on Wheels Association of America reports that fifty-nine percent (59%) of home-delivered meal participants reported having three or more diagnosed, chronic illnesses or conditions” (2001).</p> <p>For some homebound seniors, the daily home-delivered meals may be the only hot, nutritious meal they eat in a day. To address the nutritional health needs of homebound people age 65 and over, Diego County’s Council on Aging and Nutrition Office provides a meal delivery program.</p>	<p>Community Need</p> <p>Population and the need. The 2010 Census showed that Diego County has the second fastest growing population of people aged 65+ in the state of Indiana. Currently at 16% (2012), the population of people age 65 and over is expected to grow to 19.5% by 2015. In addition, over 20% of seniors (65+) in Diego County fall below the poverty line and are at risk of being malnourished. This poverty rate is twice as high as the state average (10%) (Kaiser Commission estimates based on the Census Bureau's March 2012). Finally, as people age, the chances of developing chronic illnesses and conditions that limit their ability to perform routine tasks that allow them to remain independent, including purchasing and preparing nutritious meals regularly, increase considerably. The Meals on Wheels Association of America reports that fifty-nine percent (59%) of home-delivered meal participants reported having three or more diagnosed, chronic illnesses or conditions” (2001).</p> <p>Program model and evidence that it works In the face of the growth of the population and the challenges faced (malnourished, physically limited), the Diego County Council on Aging reported that seniors who maintain acceptable nutritional health standards are more likely to remain independent than those seniors who are not getting proper nutrition (2010). 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</p>

Current work plan	Revised work plan
	<p>Relationships and Mortality Risk: A Meta-analytic Review). The contact with RSVP volunteers providing meal services can address both the nutritional and social connections needed for good health. The healthier people are, the more likely they are to remain living in their own homes.</p> <p>For some homebound seniors, the daily home-delivered meals may be the only contact with others and the only hot, nutritious meal they eat in a day. To address the nutritional health needs of homebound people age 65 and over, Diego County's Council on Aging and Nutrition Office provides a meal delivery program.</p>
<p>Service Activity: 100 RSVP volunteers will each serve 15-20 hours a week for 50 weeks of the year. Volunteers will assist, preparing, packaging, and delivering nutritious hot meals to at least 300 homebound seniors, five days a week. RSVP volunteers will serve at seven warehouse locations under the supervision of the Greenfield County Council on Aging and Nutrition Office. Volunteers who deliver meals will be assigned to regular routes (i.e. deliver meals to the same seniors) in an effort to get to know the clients and create a sense of consistency and trust.</p>	<p>Service Activity 100 RSVP volunteers will each serve 15-20 hours a week for 50 weeks of the year. Volunteers will assist, preparing, packaging, and delivering nutritious hot meals to at least 300 homebound seniors, five days a week. RSVP volunteers will serve at seven warehouse locations under the supervision of the Greenfield County Council on Aging and Nutrition Office. Volunteers who deliver meals will be assigned to regular routes (i.e. deliver meals to the same seniors) in an effort to get to know the clients and create a sense of consistency and trust.</p>
<p>Performance Measures</p> <p>Current Output: Homebound seniors will receive hot meals</p> <p>Indicator: Number of homebound seniors receiving meals for at least 6 months.</p> <p>Target: 300 seniors will receive five meals a week for a year</p> <p>How Measured? <i>Meal Delivery Log</i>, to be completed daily by delivery volunteer</p>	<p>Performance Measures (H8-H9)</p> <p>National Performance Measure Output: (H8) Number of homebound OR older adults and individuals with disabilities receiving food, transportation, or other services that allow them to live independently.</p> <p>Target: 300</p> <p>Instrument: Database</p> <p>Instrument Description: The <i>Meal Delivery log</i> is completed daily by delivery volunteers and entered into the Meal Delivery Database on a monthly basis by the Project Director.</p>

Current work plan (continued)	Revised work plan (continued)
<p>Current Outcome: Clients will remain in their independent living arrangements six months after regular participation in the program.</p> <p>Indicator: Percentage of clients who remain living independently six months after enrolling in the meal delivery program.</p> <p>Target: Sixty percent of clients who respond to the survey will report they remain in their present living arrangements.</p> <p>How Measured? <i>Meal Delivery Log</i> tracked by volunteers will indicate who remains in their homes.</p>	<p>National Performance Measure Outcome: (H9) Number of homebound OR older adults and individuals with disabilities who reported having increased social ties/perceived social support.</p> <p>Target: 170¹</p> <p>Instrument: Survey</p> <p>Instrument Description: <i>Home Meal Delivery Survey</i> will be administered once a year to clients who have received meals for at least 6 months.</p>

¹ **How did Diego RSVP get this number?** They know that all 300 clients are eligible to be surveyed (all have at least 6 months of service). They hope to get back at least 225 completed surveys. Of the 225 anticipated returned surveys, they hope to see seventy-five percent (75% or around 170) meet the outcome.