

Senior Corps Work Plan SAMPLE

Work Plan Name: Independent Living – Seniors – Sample 3 (SCP)	Work Plan ID: MOG06079
Issue Area: Housing	Total # Stations: 1
Service Category: Independent Living - Seniors	Total # Volunteers: 30
<p>Community Need: According to the U.S. Census (2000), 13% (6,500) of the population of Emerald City is over the age of 65. Of these seniors, 12% are renters with incomes at or below the poverty level who live alone. Seniors who do not own their own homes and do not have family nearby to help them may feel especially vulnerable to early institutionalization or homelessness. A survey conducted in 2003 by the nonprofit Tenants Union found that 84% of renters in Emerald City on fixed incomes were “very concerned” about eviction.</p> <p>A 2004 study commissioned by the Emerald County Agency on Aging found that one out of every four seniors in the Emerald City region has experienced anxiety or depression in the last year. One in five has some long-term physical limitation that hinders their ability to care for themselves. The study also found that many seniors were unaware of free and low cost city services and activities available for elderly and disabled residents, such as: transportation, health screenings, mental health counseling, hot meals, and senior social, recreational, and educational clubs.</p> <p>Without intervention, many Emerald City seniors will not be able to remain living independently. To assist these residents, Good Samaritan nonprofit agency and the Senior Companion Program will match volunteers to elderly, low income renters referred by social service agencies, home health care agencies, and family members. Senior Companions will visit these seniors regularly and assist them to remain in their homes.</p>	
<p>Service Activity: Thirty Senior Companions will provide weekly companionship to 30 elderly clients living alone in Emerald City. In addition to general socializing, Senior Companions may help with some or all of the following tasks: meal preparation, grocery shopping, laundry and other housework, pet care, and escort to the senior center or doctor appointments. In addition, Senior Companions will make clients aware of local resources for which they are eligible (e.g. transportation services, tenants’ advocacy services), help orient them to services they wish to access, make inquiries, and help fill out paperwork. Senior Companions will meet with a Good Samaritan agency caseworker at least twice monthly to discuss any changes in the client’s living situation and strategies for assistance.</p>	

<p>Anticipated Input:</p> <ul style="list-style-type: none"> • 30 Senior Companions will serve 12-20 hours each week for a total of approximately 23,000 volunteer hours per year. • Senior Companions will each receive 40 hours of pre-service training and four hours of monthly in-service training. Topics will include: ethical issues, social services and other resources for seniors (eligibility requirements, waiting lists, etc), nutrition, warning signs for depression, anxiety, and dementia. • Good Samaritan agency will identify the clients and match them with Senior Companions, provide training, supervision, and regular consultation meetings with caseworkers.
<p>Anticipated Accomplishments/Outputs: Elderly clients will receive regular visits from Senior Companions.</p> <p>Indicator: Number of clients who receive 12-20 hours of visits weekly, for at least 16 weeks</p> <p>Target: At least 30 clients will receive ongoing visits from Senior Companions (12-20 hours per week) for a minimum of 16 weeks.</p> <p>How Measured: <i>Good Samaritan Client Home Visit Log</i></p>
<p>Anticipated Intermediate Impact/Outcome: Clients receiving visits will feel less anxiety about their independent living/housing situation.</p> <p>Indicator: Percent of clients reporting decreased anxiety about their living situation because of assistance from a Senior Companion</p> <p>Target: Sixty-five (65) percent of clients served will report decreased anxiety about their independent living/housing situation by providing affirmative responses to at least four of six survey questions.</p> <p>How Measured: <i>Good Samaritan Client Pre-Post Survey</i>, to be conducted by caseworker at intake session and 16 weeks after the match</p>
<p>Anticipated End Impact/Outcome: Clients will remain living independently.</p> <p>Indicator: Percent of clients still living independently one year after services began</p> <p>Target: Fifty-five (55) percent of clients served will continue to live independently one year after first receiving Senior Companion visits.</p> <p>How Measured: <i>Good Samaritan Client Follow-up Call</i>, to be conducted by caseworker one year after match</p>