

Senior Corps Work Plan SAMPLE

Work Plan Name: Food Distribution – Sample 1 (RSVP)	Work Plan ID: OHE05023
Issue Area: Health/Nutrition	Total # Stations: 10
Service Category: Food Distribution/Collection	Total # Volunteers: 152
<p>Community Need: People are living longer and independent living among seniors is a very important issue, mentally, physically, and economically. The 2000 Census showed that Dunsmuir County has the second fastest growing population of people aged 85+ in the state. The Dunsmuir County Council on Aging has also found that it is more cost effective to enable seniors to remain living in their home rather than in a nursing facility. County Council on Aging has also reported that homebound seniors need to maintain acceptable nutritional health in order to maintain general well-being and independence. For homebound seniors, the daily home-delivered meals may be the only hot, nutritious meal they eat in a day. The County provides a Meals-on-Wheels program to address the nutritional health needs of homebound people 60 and over.</p>	
<p>Service Activity: 152 volunteers will work several hours a week, Monday-Friday between 8AM to 4PM. Volunteers will assist with preparing, packing, and delivering food to 340 homebound adults daily. Volunteers will perform food prep, packaging, pick-up, and delivery of food for one of the seven Dunsmuir County Council on Aging Nutrition Offices.</p>	
<p>Anticipated Input: -152 RSVP volunteers working a total of 18,000 volunteer hours per year. -20 delivery vehicles. -6 hours of Food Prep and Delivery training. -4 trainers from the County Council on Aging Nutrition Offices. -Mileage reimbursement \$5000 per year.</p>	
<p>Anticipated Accomplishments/Outputs: Volunteers will deliver food to homebound seniors weekly.</p> <p>Indicator: Number of meals delivered, number of seniors receiving meals.</p> <p>Target: 89,000 meals will be delivered by volunteers to 340 seniors in a year.</p> <p>How Measured? Meal Distribution Log</p>	
<p>Anticipated Intermediate Impact/Outcome: Homebound seniors will eat the nutritious meals provided by volunteers.</p> <p>Indicator: Percent of clients who eat at least four of the five MOW meals delivered to them.</p> <p>Target: 65% of clients will eat at least four of the five nutritious meals a week.</p>	

How Measured? *Client Nutritional Risk Assessment* (pre-assessment is completed as part of referral, and then completed again after six months).

Anticipated End Impact/Outcome:

Nutritious meals, provided consistently, will maintain/improve health and well-being of homebound seniors.

Indicator: Percent of clients who maintain/improve *Nutritional Risk* score.

Target: 40% of clients receiving meals for at least 6 months will improve *Nutritional Risk* score by 8%. Those clients who improve will then maintain “healthy” score.

How Measured? *Client Nutritional Risk Assessment* (pre-assessment is completed as part of the referral, and then completed again every six months).