

Senior Corps Work Plan SAMPLE

Work Plan Name: Food Distribution – Sample 5 (RSVP)	Work Plan ID: PAE05054
Issue Area: Health/Nutrition	Total # Stations: 1
Service Category: Food Distribution/Collection	Total # Volunteers: 20
<p>Community Need: The Middletown County Agency on Aging (MCAA) reports that over 37,000 home delivered meals are required to provide daily meals to identified homebound older persons in the regional area. It is well documented that well nourished independent seniors have healthier, longer lives and lower health care costs. The report also states that these services provide an additional opportunity to check on the welfare of the homebound elderly and thus report any health or other problems that are observed during the visit. The MCAA stated in the report that in order to provide these necessary services, more volunteers from the community were needed.</p>	
<p>Service Activity: Twenty RSVP volunteers will deliver hot or frozen meals to MCAA-identified homebound individuals residing in the regional area from the Middletown County Senior Center. RSVP volunteers will visit each individual at least twice a week, delivering three meals to each individual per visit, providing six meals per week. Each RSVP volunteer will conduct approximately six visits per day, three days a week. During the visit, RSVP volunteers will also provide a safety check for the individuals (e.g., scanning the home for potential accident hazards and signs of mental or physical health emergencies). When signs of distress are apparent in the client’s home, RSVP volunteers will contact the Senior Center’s Geriatric Health Specialist or another supervisor who will decide on appropriate action (e.g., contacting the client’s relative, doctor, social services).</p>	
<p>Anticipated Input: Twenty RSVP volunteers will serve an average of one hundred hours per month, for fifty-two weeks per year, transporting and delivering meals to homebound individuals. These volunteers will each contribute an average of 1000 volunteer hours per year. The MCAA will provide initial orientation and training (including safety checks procedures), route information, and client listings for each volunteer. RSVP program will provide additional insurance coverage (automobile, medical, and liability). Both the RSVP program and the Middletown County Senior Center will provide on-going supervision of volunteers.</p>	
<p>Anticipated Accomplishments/Outputs: Meals will be delivered to the homebound participants of the program. Indicator: Number of participants receiving at least six home-delivered meals per week. Target: One hundred twenty (120) homebound seniors will receive at least six home-delivered meals per week. How Measured? <i>Meal Delivery Log Sheet</i></p>	

Anticipated Intermediate Impact/Outcome: Clients that have been identified by RSVP volunteers as needing follow-up assistance will have their health/safety needs addressed in a timely manner.

Indicator: Percent of health/safety check warnings addressed and/or resolved within two days.

Target: Seventy-five percent of health/safety check warnings identified by RSVP volunteers are addressed and/or resolved within two days.

How Measured? *RSVP-Senior Center Safety Check Log*

Anticipated End Impact/Outcome: Participants will remain in their independent living arrangements six months after regular participation in the program begins.

Indicator: Percent of elderly participants who remain living independently six months after enrolling in the meal delivery program.

Target: Sixty percent of those participating who complete the participants' survey will remain in their present living arrangements.

How Measured? *Meal Delivery Log Sheet*