

Senior Corps Work Plan SAMPLE¹

Work Plan Name: Food Distribution – Sample 6 (RSVP)	Work Plan ID: STE05063
Issue Area: Health/Nutrition	Total # Stations: 10
Service Category: Food Distribution/Collection	Total # Volunteers: 300
<p>Community Need:</p> <p>The 2000 Census showed that Greenfield County has the second fastest growing population of people aged 65+ in the state of Indiana. Currently at 16% (2003), the population of people age 65 and over is expected to grow to 19.5% by 2006. In addition, the Greenfield 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 (2001).</p> <p>As people age, the chances of developing chronic illnesses and conditions that limit their ability to perform routine tasks, including purchasing and preparing nutritious meals regularly, increase considerably. The Meals on Wheels Association of America reports that “41% of congregate and 59% of home-delivered meal participants reported having three or more diagnosed, chronic illnesses or conditions” (2001).² 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 60 and over, Greenfield County’s Council on Aging and Nutrition Office provides a meal delivery program. Currently, the program serves approximately 2,000 of the estimated 3,500 homebound elderly living in Greenfield County. Dedicated volunteers have helped keep operating costs at a minimum, allowing the program to serve thousands of seniors throughout the county over the eight years it has been in operation.</p>	
<p>Service Activity:</p> <p>300 RSVP volunteers will each serve 15-20 hours a week for 50 weeks of the year. Volunteers will assist collecting food, preparing, packaging, and delivering nutritious hot meals to at least 500 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>Anticipated Input:</p> <p>The 300 RSVP volunteers will serve a total of approximately 225,000 volunteer hours per year. The Greenfield County Council on Aging Nutrition Offices will provide delivery vehicles, six hours of food preparation and delivery training, and ongoing supervision of volunteers. RSVP will provide mileage reimbursement and meals to volunteers three times a week during the program year.</p>	

¹ This plan was taken from a comprehensive packet developed by Project STAR that includes instruments and data analysis instructions. The Senior Corps Food Distribution Instrument Packet is available at Project STAR’s website (www.projectstar.org).

² For more information, see the Meals on Wheels Association of America website at www.mowaa.org.

<p>Anticipated Accomplishments/Outputs: Homebound seniors will receive hot meals.</p> <p>Indicator: Number of seniors receiving meals; number of meals received.</p> <p>Target: 500 seniors will receive five meals a week for a year (at least 240 meals per person).</p> <p>How Measured? <i>Meal Delivery Log</i>, to be completed daily by delivery volunteers.</p>
<p>Anticipated Intermediate Impact/Outcome: Homebound seniors will eat most of the meals provided by volunteers.</p> <p>Indicator: Percentage of clients who consume most of the meals.</p> <p>Target: Sixty-five percent of clients will consume most or all of the meals delivered to them each week.</p> <p>How Measured? <i>Meal Quality Client Interview</i>, to be completed quarterly by delivery volunteers.</p>
<p>Anticipated End Impact/Outcome: Clients will maintain a good diet or improve their nutritional intake (diet).</p> <p>Indicator: Percentage of clients who maintain good nutrition in at least five nutritional areas or improve in at least three nutritional areas (e.g., increased intake of fruits, vegetables, milk products).</p> <p>Target: Sixty percent of clients receiving meals for at least 6 months will maintain good nutritional habits in at least five areas or improve in at least three of seven nutritional areas.</p> <p>How Measured? <i>Pre-Post Nutritional Intake Survey</i> (pre-assessment is completed as part of the intake interview, and then completed again six months later).</p>