

Senior Corps Work Plan SAMPLE

Work Plan Name: Companionship – Sample 1 (SCP)	Work Plan ID: STF03003
Issue Area: Human Needs	Total # Stations: 1
Service Category: Companionship/Outreach	Total # Volunteers: 8
<p>Community Need: The 2003 Senior Needs Survey conducted by the State Agency on Aging found that 27 percent of respondents in Halifax County rank loneliness among their top five concerns. The report notes that for seniors isolated in their homes, the lack of companionship can contribute to a wide variety of problems (deterioration in mental well-being, increased susceptibility to con artists who prey on the elderly, etc.) that in turn can hasten dependency and lead to institutionalization. Regular supportive visits from caring peers can help decrease feelings of isolation.</p>	
<p>Service Activity: Senior Companions will visit 16 homebound seniors at least twice a week over the year to provide companionship, conversation, and possibly go on short outings or share a meal. Senior Companions may also help with grooming, light housekeeping, food preparation, and correspondence during their visits.</p>	
<p>Anticipated Input: One case manager at Halifax Agency on Aging will supervise eight Senior Companions:</p> <ul style="list-style-type: none"> • Facilitate a one-day orientation and training for Senior Companions at the beginning of the year, • Match each trained Senior Companion with two homebound seniors, • Provide on-going case management of homebound seniors and supervision of Senior Companions through twice monthly meetings. <p>Eight Senior Companion volunteers will visit 16 homebound seniors:</p> <ul style="list-style-type: none"> • Two visits per week for 48 weeks, two hours per visit, • Per elderly client: 192 hours of service per year, • Total service hours: 3,072 per year. 	
<p>Anticipated Accomplishments/Outputs: Sixteen homebound seniors will receive twice-weekly visits.</p>	
<p>Indicator: Number of homebound seniors who receive at least 16 weeks of service per year</p>	
<p>Target: Each year, 16 homebound seniors will each receive at least 16 weeks of service.</p>	
<p>How Measured? <i>SCP Volunteer Log</i></p>	

Anticipated Intermediate Impact/Outcome: Homebound seniors will feel less isolated and lonely because of the regular visits by Senior Companions.

Indicator: Percent of homebound seniors who report that they feel less isolated, less lonely, and have a friend in the Senior Companion

Target: Eighty percent of the homebound seniors receiving at least 16 weeks of service will report that they feel less isolated, less lonely, and that they have a friend in the Senior Companion.

How Measured? *Companionship Client Interview*, conducted by case manager after sixteen weeks of service

Anticipated End Impact/Outcome: Homebound frail elders will maintain their independence because they have companionship and a weekly check on their well-being by an SCP volunteer.

Indicator: Percent of seniors receiving a weekly visit who report maintaining their independence is possible because of SCP volunteers' weekly visits.

Target: Eighty percent of seniors will report that having a weekly visit by the SCP volunteer enhances their independence and ability to remain at home.

How Measured? *Companionship Client Interview*, conducted by case manager after sixteen weeks of service