

## Senior Corps Work Plan SAMPLE

<b>Work Plan Name:</b> Respite – Sample 3 (SCP)	<b>Work Plan ID:</b> STF07012
<b>Issue Area:</b> Human Needs	<b>Total # Stations:</b> 2
<b>Service Category:</b> Respite	<b>Total # Volunteers:</b> 12
<p><b>Community Need:</b>  North Dakota is recognized as relying heavily on institutional care as a means for providing services to the elderly and disabled. The State is ranked number one in the Union for the number of elderly people that are institutionalized (Task Force on Long-Term Planning, 2000). As a result, the Department of Human Services sees a need to develop more home and community based services in an effort to assist the elderly and disabled maintain their independence in their homes and communities. According to the North Dakota Long Term Care Association, the main reason for nursing home admissions is due to a loss of primary caregivers because of caregiver burnout and their inability to continue. Nursing home placements are very expensive, averaging \$3,345 per month for a nursing home in North Dakota (North Dakota Long Term Care Association Data Book, 2001). If nursing home placements can be delayed by supporting primary caregivers who provide respite care to their elderly, this would not only provide a better quality of life for care recipients, but also tremendous savings to individuals and taxpayers.</p>	
<p><b>Service Activity:</b>  Senior Companions will provide non-professional services to assist the primary caregiver take care of older adults who are living in their home. Station supervisors will assign Senior Companions with specific duties based on the individual needs of the caregiver. Such services will include: weekly visits, help with light household chores, preparation of light meals, escort to medical and other appointments, and escort to social and recreational activities when possible.</p>	
<p><b>Anticipated Input:</b>  Twelve Senior Companions will work 15-20 hours each week to provide 9,000 hours on an annual basis. All Senior Companions will receive pre-service orientation and monthly in-service training. In addition, SCP will provide additional training as they see necessary for the unique needs of the clients, reimbursement for mileage, and recognition of volunteers.</p>	
<p><b>Anticipated Accomplishments/Outputs:</b> Caregivers receive respite care service.</p>	
<p><b>Indicator:</b> Number of caregivers who receive respite care service.</p>	
<p><b>Target:</b> Forty caregivers will receive respite care service for a minimum of 9 weeks.</p>	
<p><b>How Measured?</b> Caregiver Assistance Log.</p>	

**Anticipated Intermediate Impact/Outcome:** Caregivers report that the support from the SCP volunteer has helped relieve stress and/or allowed them to take care of other household or personal needs.

**Indicator:** Percent of caregivers who report relieved stress and/or ability to take care of other needs

**Target:** Fifty-five percent of caregivers report that the support from the SCP volunteer has helped relieve stress and/or allowed them to take care of other household or personal needs.

**How Measured?** Caregiver Survey\*

**Anticipated End Impact/Outcome:** Caregivers feel they have the support they need to continue as caregivers.

**Indicator:** Percent of caregivers who report they have much of the support they need to continue as caregivers

**Target:** Fifty-five percent of the caregivers receiving regular SCP visits feel they have much of the support they need to continue as caregivers.

**How Measured?** Caregiver Survey\*

\*A *Caregiver Survey* that measures these outcome indicators is located in Project STAR's Senior Corps Instrument Mini-Packet: *Respite Programs Caregiver Survey*, available at [www.projectstar.org](http://www.projectstar.org), or call 1-800-548-3656.