

Senior Corps Work Plan SAMPLE¹

Work Plan Name: Respite – Sample 1 (RSVP)	Work Plan ID: STF07060
Issue Area: Human Needs	Total # Stations: 2
Service Category: Respite	Total # Volunteers: 10
<p>Community Need:</p> <p>Plum County is ranked highest in North Dakota for the number of elderly people that are living in institutional settings (Task Force on Long-Term Care Planning, 2000). Families in the state rely heavily on institutional care as a means for providing services to the elderly and persons with disabilities. According to the North Dakota Long Term Care Association, the main reason for nursing home admissions is caregiver “burn out” (e.g. depression, anxiety, and lack of personal time).</p> <p>The elderly and persons with disabilities who are able to live at home enjoy the psychological benefits of a familiar, caring environment. There are also economic benefits; nursing home placements are expensive to both the individuals placed and the state, averaging \$3,345 per month for a nursing home in Plum County (North Dakota Long Term Care Association Data Book, 2001). To remain living at home, however, most of these elderly and persons with disabilities depend on care provided by family members, usually an adult child. These “primary caregivers” play a key role in maintaining the ability of these individuals to live at home independently. However, providing this kind of care can be stressful and exhausting. According to the National Family Caregivers Association, 61% of family caregivers who provide at least 21 hours of care weekly have suffered from depression (“Caregiving Across the Life Cycle,” National Family Caregivers Association/Fortis Long Term Care, 1998). There is also evidence that caregiver stress slows the body’s healing process (“Slowing of Wound Healing by Psychological Stress,” Lancet 1995;346).² Thus it is critical to provide these people respite. For this reason, Plum County has requested the assistance of RSVP volunteers to provide respite services to these primary caregivers. RSVP volunteers have experience working with seniors in need, and are peers to many caregivers and care receivers.</p>	
<p>Service Activity:</p> <p>RSVP volunteers will provide non-professional services to help primary approximately 40 caregivers take care of older adults who are living in their home. Respite services will consist of weekly visits approximately 4-6 hours long. RSVP volunteers may help with light household chores and preparation of light meals, but the main focus will be on providing oversight and companionship to the homebound elder.</p>	

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

² For more information and additional resources, see the National Family Caregivers Association’s website: www.nfcares.org.

Anticipated Input:

Ten RSVP volunteers will serve 15-20 hours each week to provide a combined 7,800 hours of service on an annual basis.

All RSVP volunteers will receive pre-service orientation (8 hours) and monthly in-service training (4-8 hours per month). In addition, each of the stations will provide additional training as needed for the unique needs of the clients. RSVP will also reimburse volunteers' transportation costs and provide a stipend.

Anticipated Accomplishments/Outputs: Caregivers receive weekly assistance (respite) with care of at-home elders.

Indicator: Number of caregivers who receive at least four hours of support services per week for their at-home elders for a minimum of 16 weeks.

Target: Thirty-two caregiver households will receive support services (four hours per week) for a minimum of 16 weeks.

How Measured? *Caregiver Assistance Log*

Anticipated Intermediate Impact/Outcome: Caregivers will maintain or improve their emotional and physical health.

Indicator: Percentage of caregivers who report maintained or improved emotional and physical health in at least four areas (e.g. levels of frustration, worry, fatigue; ability to eat well, exercise, and rest).

Target: Sixty percent of caregivers will report they have been able to maintain or improve emotional and physical health since respite services began in at least four areas.

How Measured? *Caregiver Health Maintenance Survey* (to be completed six months after services begin)

Anticipated End Impact/Outcome: Caregivers will be willing and able to continue providing care to homebound elders.

Indicator: Percentage of caregivers who report they are willing and able to continue as caregivers for the next six months.

Target: Sixty percent of caregivers will report they are willing and able to continue to provide care to homebound elders for at least the next six months.

How Measured? *Caregiver Health Maintenance Survey* (to be completed six months after services begin)