

Senior Corps Work Plan SAMPLE¹

Work Plan Name: Independent Living – Sample 1 (SCP)	Work Plan ID: STG06061
Issue Area: Housing	Total # Stations: 1
Service Category: Independent Living - Seniors	Total # Volunteers: 20
<p>Community Need: The city of Alejandro has experienced a 3% population increase of its 60 and over members from 2000 to 2002. As outlined in the Alejandro Area Agency of Aging Report (2003), this population is expected to grow another 7% by 2006 as baby boomers reach 60+ and the rural residents of the surrounding counties continue their steady migration to the city. Additionally, the governor's office is projecting that homemaker programs for low-income seniors will incur a 15% reduction in state funding for fiscal year 2004. To absorb this cut, the medical criteria for individual eligibility for homemaker program services may be changed so that only the most severe cases will receive services. Some of the seniors who qualified for homemaker services in 2003 will not qualify in 2004.</p> <p>This increase in the elder population, combined with the expected budget cuts, will greatly impact the need for sustainable elder care programs. Senior Companion (SCP) volunteers can help to address this need by providing assistance and companionship through home visits to homebound seniors.</p>	
<p>Service Activity: Twenty SCP volunteers will provide weekly services to 50 homebound clients for 44 weeks. Volunteers will visit clients and provide basic companionship and emotional support; light housekeeping to include meal preparation, cleaning, and laundry; assistance with reading and preparing correspondence and bills; assistance accessing information regarding needed services and/or public assistance programs; assist with shopping errands; escort to appointments and social activities when possible; and monitor clients' home safety.</p>	
<p>Anticipated Input: Twenty SCP volunteers provide 15 hours of service for 44 weeks (13,200 hours total). The Alejandro Senior Center will provide the list of clients, 16 hours of pre-service training, bi-monthly 4-hour trainings, training materials, and ongoing consultation. SCP will provide meals to volunteers and reimburse travel expenses.</p>	

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

Anticipated Accomplishments/Outputs: Clients will receive weekly home visits.

Indicator: Number of clients receiving weekly visits, number of visiting hours.

Target: Forty clients will receive home visits on a weekly basis, totaling at least 200 hours per client for the year.

How Measured? *Home Visit Log* (includes time spent and tasks performed)

Anticipated Intermediate Impact/Outcome: Clients living at home will receive assistance in most “instrumental areas of daily living” for which they need help.

Indicator: Percentage of clients reporting they received assistance in identified needs (e.g., help with shopping, correspondence, housework).

Target: Sixty percent of the clients will receive assistance with at least 70% of the areas of identified need.

How Measured? *Client Needs Interview* (to be conducted in person or over the phone by a supervisor four months after entry into the program)

Anticipated End Impact/Outcome: Clients will remain living at home.

Indicator: Percentage of clients still living at home eight months beginning service.

Target: Fifty-five percent of the clients will be living at home eight months after entry into the program.

How Measured? *Client Eight Month Log*