

## Senior Corps Work Plan SAMPLE

<b>Work Plan Name:</b> Delivery of Health Services – Sample 2 (RSVP)	<b>Work Plan ID:</b> VTE04027
<b>Issue Area:</b> Health/ Nutrition	<b>Total # Stations:</b> 8
<b>Service Category:</b> Delivery of Health Services	<b>Total # Volunteers:</b> 115
<p><b>Community Need:</b>            In a 2002 report, the National Osteoporosis Foundation (NOF) reported that 28 million Americans suffer from osteoporosis; 80 percent of these are women. In the state of Vermont, 21,500 seniors age 50 and older suffer from osteoporosis, or 21% of Vermont women and 6% of Vermont men. Lack of muscle tone as well as the decline in bone density as one ages are contributing factors on osteoporosis. In addition, 90 percent of hip fractures, often the result of falls due to poor balance, can be attributed to osteoporosis. Strength training and balance exercises can often decrease the incidence and severity of osteoporosis. The Vermont Agency on Aging (AAA), which offers such exercise classes to the community, does not have enough trained people to accommodate the demand for these classes. They have asked for RSVP volunteers to help lead these classes.</p>	
<p><b>Service Activity:</b>            115 RSVP volunteers will serve as Bone Builder Exercise Trainers, providing free 60-minute to 90-minute strength training and balance classes two times a week to seniors in the Cabot area through the RSVP Bone Builders program. Classes will include upper and lower body strengthening, balance exercises, and educational discussions about fitness and osteoporosis.</p>	
<p><b>Anticipated Input:</b>            115 RSVP volunteers will serve as Bone Builder Exercise Trainers, providing free 60-minute to 90-minute strength training and balance classes two times a week throughout the year, for a total of 17,000 hours of service. Training for RSVP volunteers will be provided by the Vermont Area Agency on Aging (AAA) and the Cabot Area United Way. AAA will supervise the volunteers; local churches, libraries, senior centers, and county recreation centers will donate space; and the United Way, the AAA, and the City of Cabot will provide exercise equipment.</p>	
<p><b>Anticipated Accomplishments/Outputs:</b> Seniors will receive exercise classes.</p>	
<p><b>Indicator:</b> Number of participants, number of exercise classes held.</p>	
<p><b>Target:</b> At least 700 seniors will participate in exercise classes, and at least 4,000 classes will be held during the program year.</p>	
<p><b>How Measured?</b> <i>Bone Builder Class Roster</i></p>	

**Anticipated Intermediate Impact/Outcome:** Class participants will get stronger.

**Indicator:** Percentage of class participants who will increase their strength.

**Target:** At least 60 percent of participants who attend a minimum of 20 class sessions will increase the amount of weight they can lift by 25 percent or more on a pre/post weight lifting assessment.

**How Measured?** *Pre/post Bone Builder Weight Lifting Log*

**Anticipated End Impact/Outcome:** Class participants will increase their bone density.

**Indicator:** Percent increase in bone density among exercise class participants.

**Target:** At least 75 percent of participants who attend a minimum of 40 class sessions will demonstrate an increase of at least 2 percent in bone density on a pre/post bone density exam.

**How Measured?** *DXA Bone Density Test*, given at the start of the program and again after 40 sessions.