

About the Curriculum and Training Plan Process

The Curriculum

In 2008, the Corporation for National and Community Service (CNCS) Senior Corps office and JBS International, Inc. (JBS), developed a train-the-trainer curriculum, “Providing Independent Living Support: Training for Senior Corps Volunteers” and Facilitator’s Guide, for Senior Corps projects to assist project directors and/or designees to train Senior Corps volunteers who provide independent living services to seniors and people with disabilities.

“Providing Independent Living Support: Training for Senior Corps Volunteers” (curriculum) is an adaptable, easy-to-use training curriculum for projects that wish to enhance the services delivered by volunteers. The curriculum meets the need for creative and practical strategies that volunteers delivering independent living services can adapt when serving their own clients. The curriculum consists of eight workshop modules:

1. Types of Independent Living Services Delivered by Volunteers
2. Becoming an Effective Care Partner: Helping Volunteers Recognize Benefits to Themselves
3. Understanding the Physical, Emotional, and Social Challenges Experienced by Clients
4. Effective and Respectful Communication
5. Understanding Dementia
6. Paying Attention to Body Language
7. Home Safety
8. Beyond Companionship Services: Helping Clients Improve Quality of Life

Each module is organized as a 60-75 minute session and includes: an agenda with estimated times, facilitator notes and instructions, optional PowerPoint slides with abbreviated facilitator instructions, worksheets for activities and exercises, informational handouts for participants, and a feedback survey.

The Training Plan Process

In 2009, CNCS Senior Corps office contracted with JBS to form a Working Group of 25 Senior Companion and RSVP project directors interested in sharing their experiences developing volunteer training strategies using the information and methods from “Providing Independent Living Support: Training for Senior Corps Volunteers.” The goal of the Working Group was to work collaboratively with JBS to develop tools to assist Senior Corps projects to train volunteers providing independent living services. The Working Group developed, and is currently piloting, this volunteer training plan process. The Working Group is also developing innovative “promising practice” documents for their colleagues around developing a training plan, using the curriculum and Facilitator’s Guide, and tips and strategies on working with volunteers and volunteer stations. The Working Group will continue to meet through September 2010.

Working Group Members

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