

## **RSVP National Performance Measures and Congregate Nutrition Volunteer Stations**

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Historically, many RSVP programs have placed RSVP volunteers at Administration on Aging (AOA) congregate nutrition sites, where volunteers have performed a variety of activities. “Congregate meals” is not a service activity option in the National Performance Measures and the eGrants performance measures module. Senior Corps expects that a number of RSVP programs will want to continue their existing relationships with congregate nutrition sites as volunteer stations. The following document describes service activities that 1) could occur at a congregate nutrition volunteer station and 2) would meet the requirements of the National Performance Measures in the Healthy Futures or Capacity Building Focus Areas.

**Please note:** Service activities that primarily involve setting up, serving or cleaning up at congregate meal sites will only contribute to the Other Community Priorities portion of the work plan. Setting up, serving or cleaning up at congregate meal sites service activities does not fall under Healthy Futures: Food and Obesity – services provided.

All service activities must align with all National Performance Measure requirements as described in Appendix B: RSVP National Performance Measure Instructions. For example, as described on page 41 of Appendix B:

Capacity building activities cannot be solely intended to support the administration or operations of the organization. Capacity building activities must:

- 1) Be intended to support or enhance the program delivery model.
- 2) Respond to the organization’s goal of increasing, expanding or enhancing services in order to address the most pressing needs identified in the community, and
- 3) Enable the organization to provide a sustained level of more or better direct services after the national service participant’s term of service has ended.

Please see Table 1 on page 2 of this document for some examples of RSVP volunteer service activities. These service activities align with the RSVP National Performance Measures and may support AOA congregate nutrition sites as volunteer stations.

**Table 1. Service Activities & Performance Measures at Congregate Nutrition Volunteer Stations**

<b>Focus Area and service activity</b>	<b>Relevant Performance Measures</b>	<b>RSVP Volunteer Activity Description</b>
<u>Healthy Futures</u> Access to Care: Developing materials or Distributing information;	<b>H2:</b> Number of clients to whom information on health insurance, health care access, and health benefits programs is delivered.	RSVP volunteers delivering information on health insurance, health care access, and health benefits programs in conjunction with a congregate nutrition site
<u>Healthy Futures</u> Leading or Assisting Bone Builders, Health Education : Training or Coaching;	<b>H4:</b> Number of clients participating in health education programs	RSVP volunteers providing health education programming to participants at a congregate nutrition site (for example, Chronic Disease Self-Management Program, Bone-Builders, and/or Diabetes Screening and Prevention)
<u>Healthy Futures</u> Independent Living: Transportation	<b>H8:</b> Number of homebound OR older adults and individuals with disabilities receiving food, transportation, or other services that allow them to live independently. <b>H9:</b> Number of homebound OR older adults and individuals with disabilities who reported having increased social ties/perceived social support.	RSVP volunteers providing transportation assistance to enable participants to get to a congregate nutrition site
<u>Healthy Futures</u> Obesity and Food: education or providing services	<b>H11:</b> Number of individuals receiving support, services, education and/or referrals to alleviate long-term hunger. <b>H12:</b> Number of individuals that reported increased food security of themselves and their children (household food security) as a result of CNCS-supported services.	RSVP volunteers conducting outreach and assisting with enrollment of <u>new</u> participants in the congregate nutrition program
<u>Capacity Building</u> Recruiting Volunteers	<b>G3-3.1:</b> Number of community volunteers recruited by CNCS-supported organizations or national service participants. <b>G3-3.3:</b> Number of organizations implementing three or more effective volunteer management practices as a result of capacity building services provided by CNCS-supported organizations or national service participants.	RSVP volunteers recruiting other community volunteers to serve at a congregate nutrition site
<u>Capacity Building</u> Managing Volunteers; Training Volunteers	<b>G3-3.2:</b> Number of community volunteers managed by CNCS-supported organizations or national service participants. <b>G3-3.3:</b> Number of organizations implementing three or more effective volunteer management practices as a result of capacity building services provided by CNCS-supported organizations or national service participants.	RSVP volunteers managing other community volunteers at a congregate nutrition site