

# SAMPLE--Senior Companion Program

**This is provided as a sample only; grantees should develop work plans that fit their project**

Performance Measure: 1.1 Companionship			
Community Need to be Addressed:			
<p>According to the U.S. Census Bureau, 16% of grandparents over the age of 60 are responsible for their own grandchildren. This includes three-generation households (where the children's parent(s) are present) and split-generation households where the children's parent(s) are not present). In Washington County, we estimate there are 250 grandparents over the age of 60 who are responsible for their grandchildren in a split-generation household. Of these, 170 have transportation challenges that further isolate them from their community. These challenges include not having access to a vehicle or public transportation, not having a driver's license, living too far away from senior centers or other activities, and more.</p> <p>While there are positive effects for grandparents and grandchildren living together, there are negative impacts, as well. Grandparents in split-generation households are older, less likely to be working, and more likely to have health or disability problems, which can lead to isolation and loneliness. These grandparents also have higher stress levels than other grandparents, which cause physical and emotional health issues. Transportation challenges compound these negative effects. Senior Companions can provide companionship to grandparents raising grandchildren at home to reduce isolation and loneliness and increase social supports.</p>			
Focus Area:	Healthy Futures	Objective:	Aging in Place
			Number of Volunteer Stations: 4
Anticipated Unduplicated	51		
Anticipated Volunteer	60		
Service Activity:	Companionship		
Service Activity Description:	Volunteers will visit with grandparents for 2 hours a day, 2- 3 days a week in the grandparents' homes. Volunteers will engage in conversation, play games, take walks, and do other activities with the grandparents to provide support and social connections.		
Anticipated Target:	170	How Measured:	Tracking System
			Instrument Description: Volunteers will report on their time sheets the individual clients served and dates and hours of service. Volunteers submit these weekly and the Volunteer Coordinator will compile the results.
Anticipated Target:	150	How Measured:	Tracking System
			Instrument Description: Project director will send clients the Independent Living Performance Measure Survey every April, with responses due in mid- May. The project director will compile the results.