

Health and Well-being of Senior Corps National Service Programs Participants and Beneficiaries

Annie Georges, Ph.D.
Wenson Fung, Ph.D.

This research is funded by the Corporation for National and Community Service under contract number CNSHQ14F0111 to JBS International, Inc.





What this webinar is about?

- National evaluation of Senior Corps consisting of two studies
 - Foster Grandparent and Senior Companion volunteers
 - Caregivers receiving respite support
- Questions and discussion



Senior Corps National Service Programs

- Three national service programs:
 - Foster Grandparent Program, Senior Companion Program and RSVP
- Foster Grandparent and Senior Companion volunteers
 - Income at or below 200 percent of the poverty level
 - Requires 15 to 40 hours a week of service
 - Provides small stipend of service to defray costs
- Senior Companion Program provides respite services to caregivers caring for family or friends experiencing difficulty with daily living and provides direct services to homebound clients to support independent living.



Background

- Second national evaluation of Senior Corps
- What is the level of evidence of the effectiveness of Senior Corps programs?
- How can the National Service program be strengthened for both participants (the volunteers) and the beneficiaries?



Background

- Volunteer Study:
 - How can we strengthen Senior Corps programs by understanding satisfaction, experience and retention?
 - What is the impact of national service participation on volunteers' health and well-being?



Background

- Caregiver Study:
 - How does Senior Corps serve community needs by examining caregivers receiving respite services?
 - What is the effects of respite support on caregivers' health and well-being?



VOLUNTEER STUDY



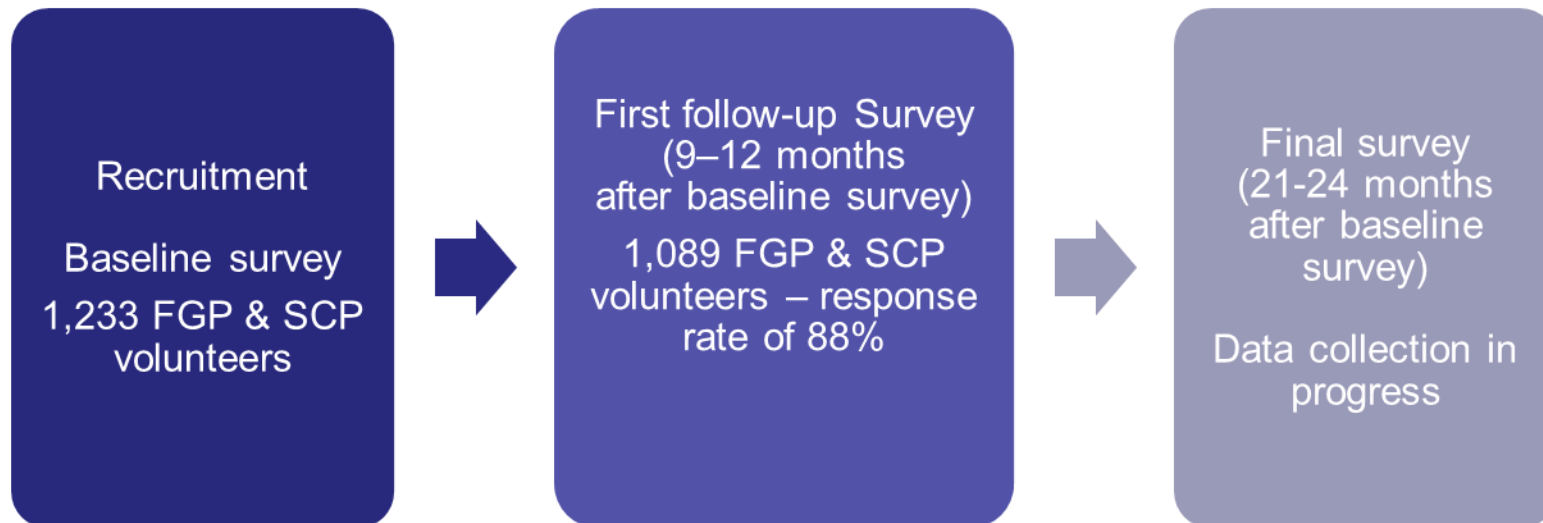
The issue: Questions addressed about Senior Corps volunteers

- Do the volunteers stay with the program?
- Who is most likely to stay with the program?
- What are the volunteers' experience with training and support to perform their duties?
- How does health differ between those who stay and those who leave?



Study Design: How the questions are answered

- Developing and testing questionnaires
- Recruitment of first-time Foster Grandparents and Senior Companions from July – November 2015





Who is a Senior Corps volunteer?

- Not married
- Racially diverse female
- Some college or associate's degree
- Group of adults with fewer volunteer opportunities
- At greater risk of health disparity

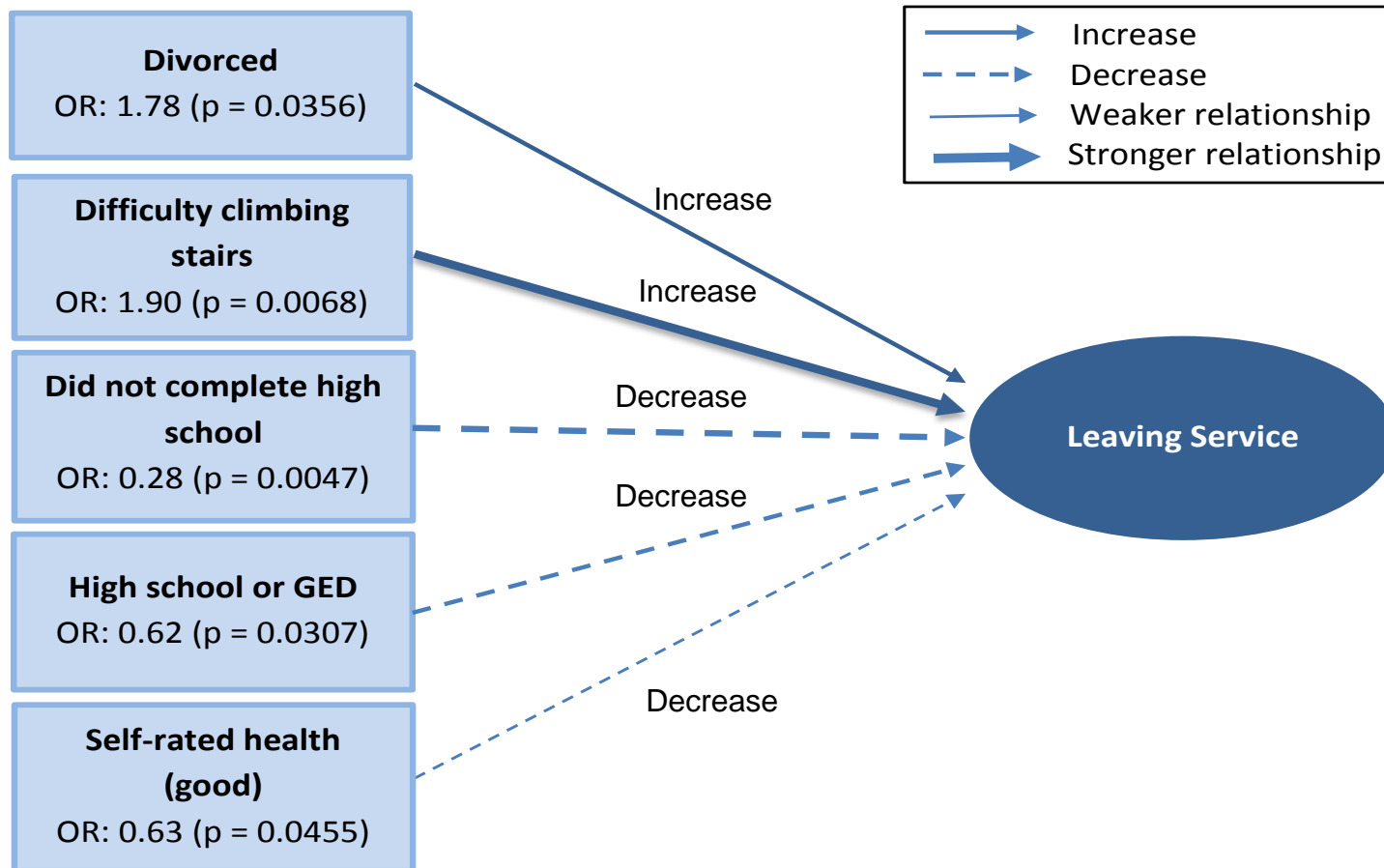


Do the volunteers stay with the program?

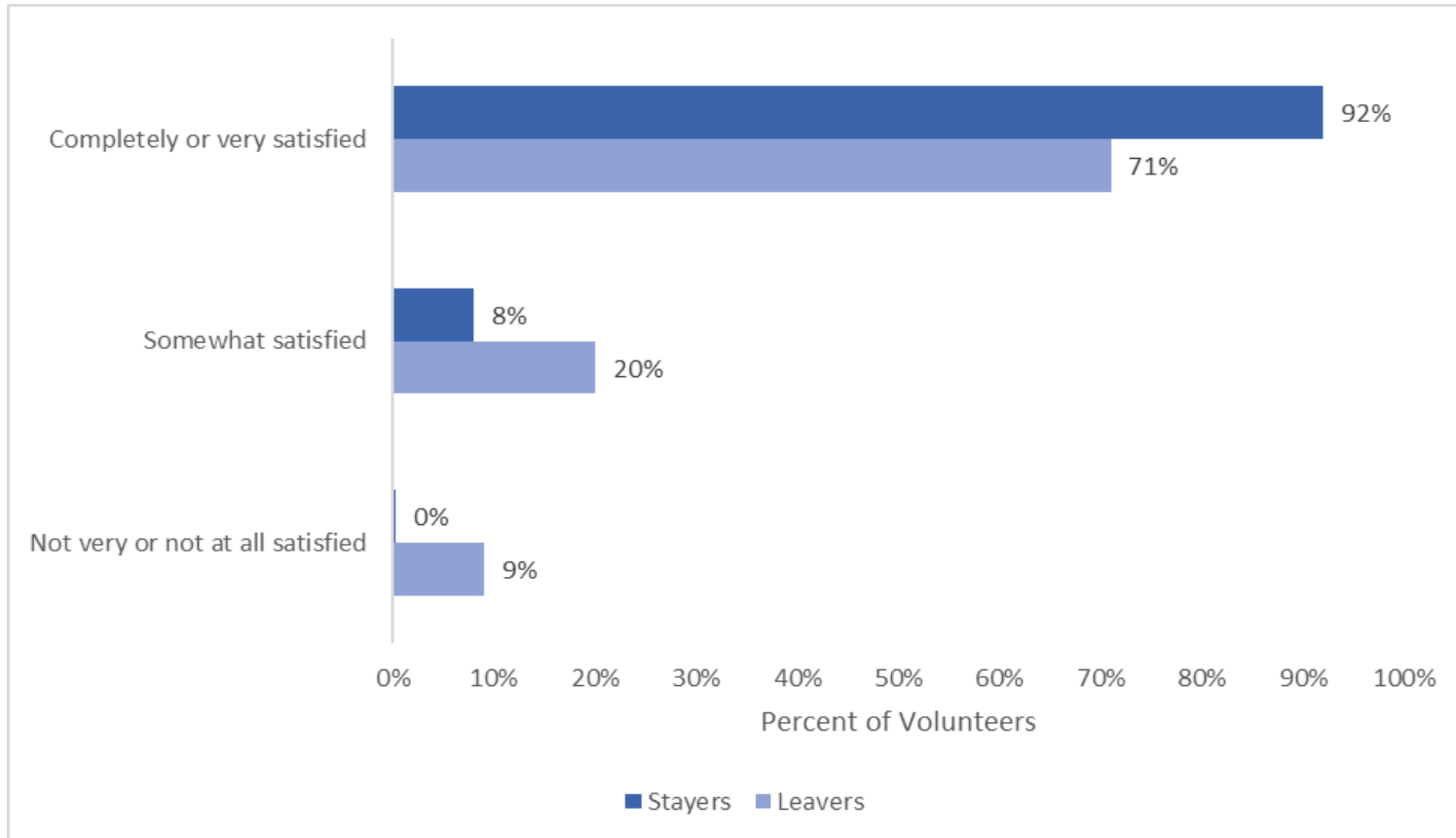
- 22 percent of first-time volunteers leave



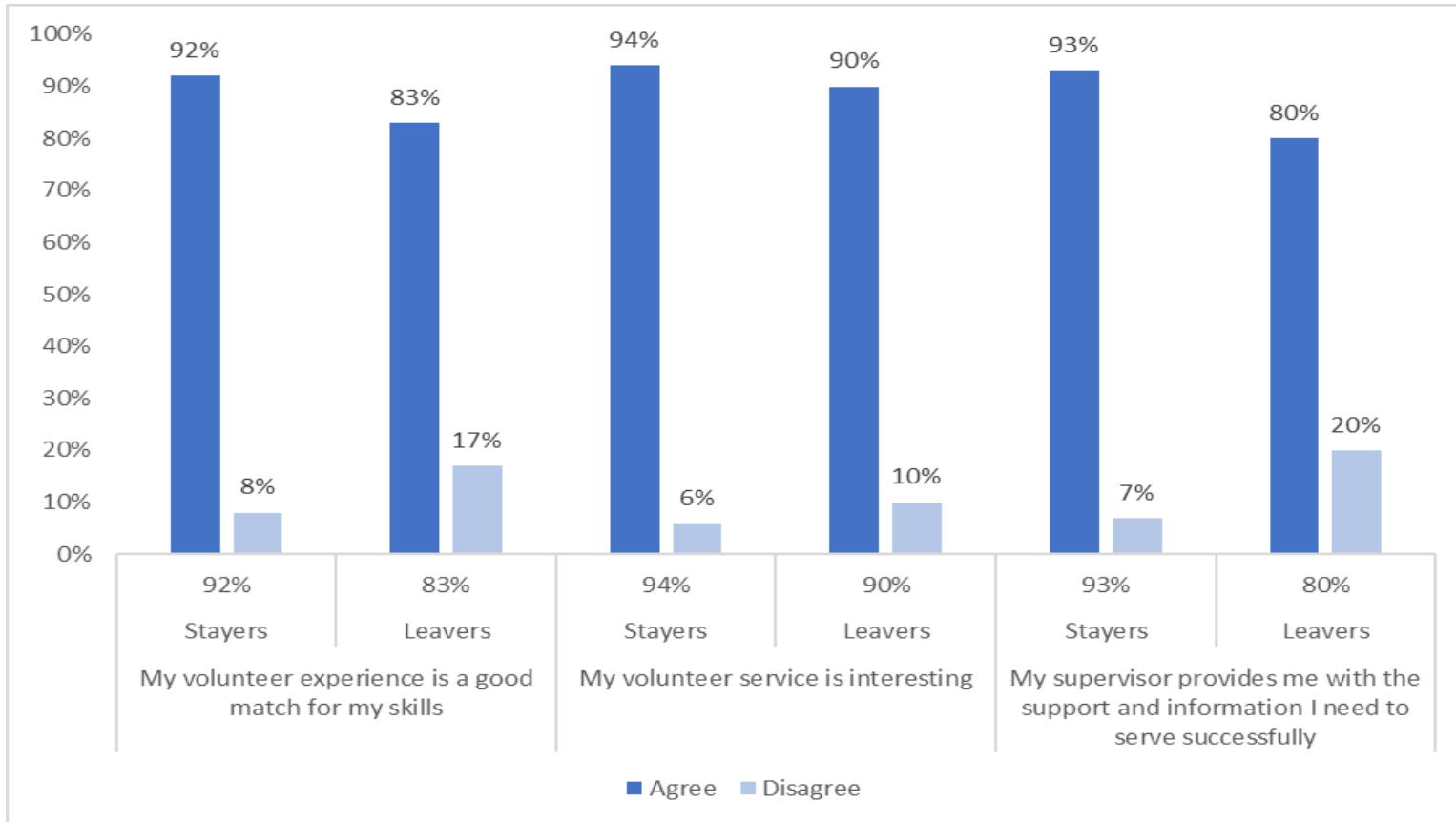
Who is most likely to stay with the program?



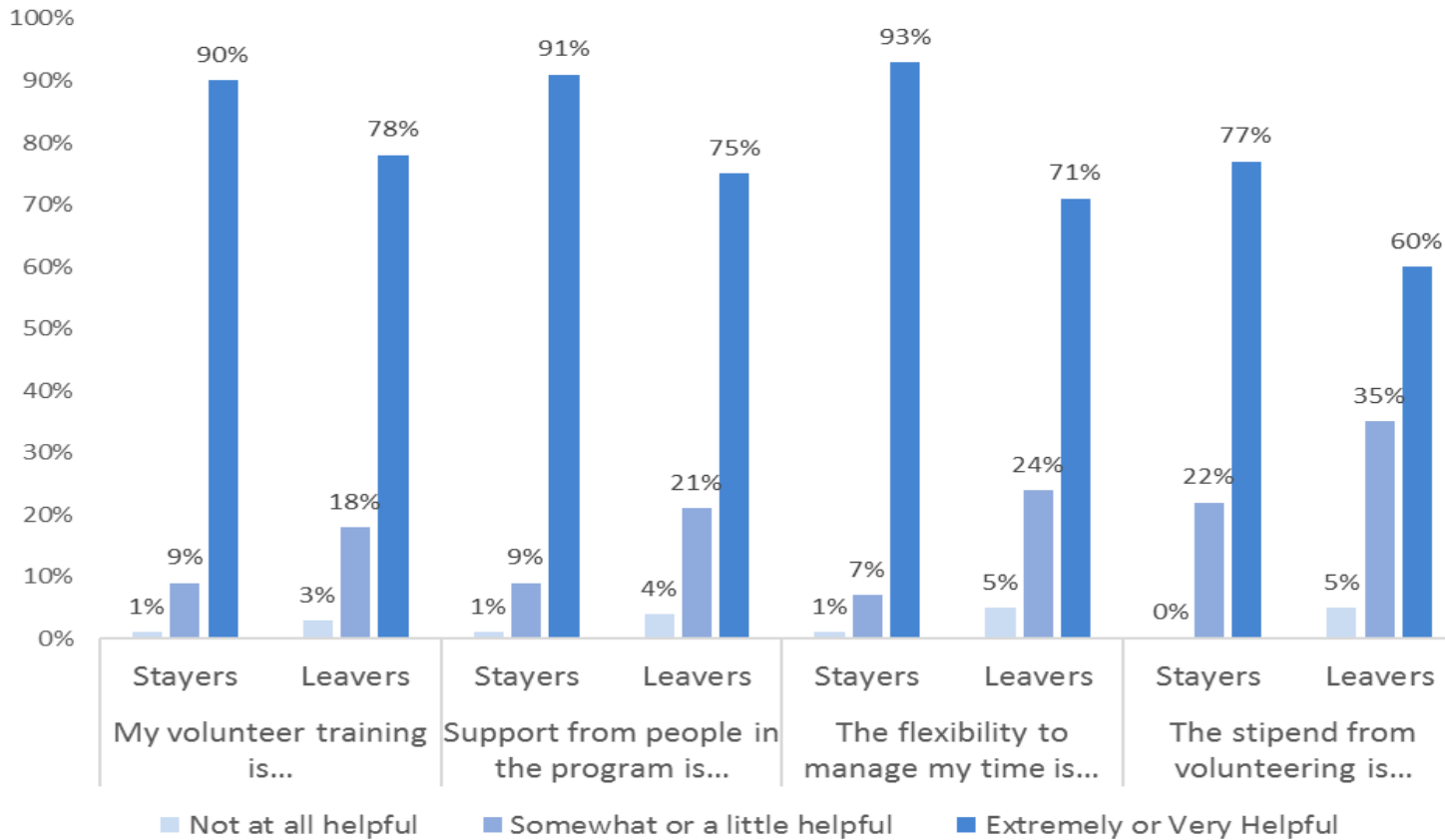
What are the volunteers' experience with training and support?



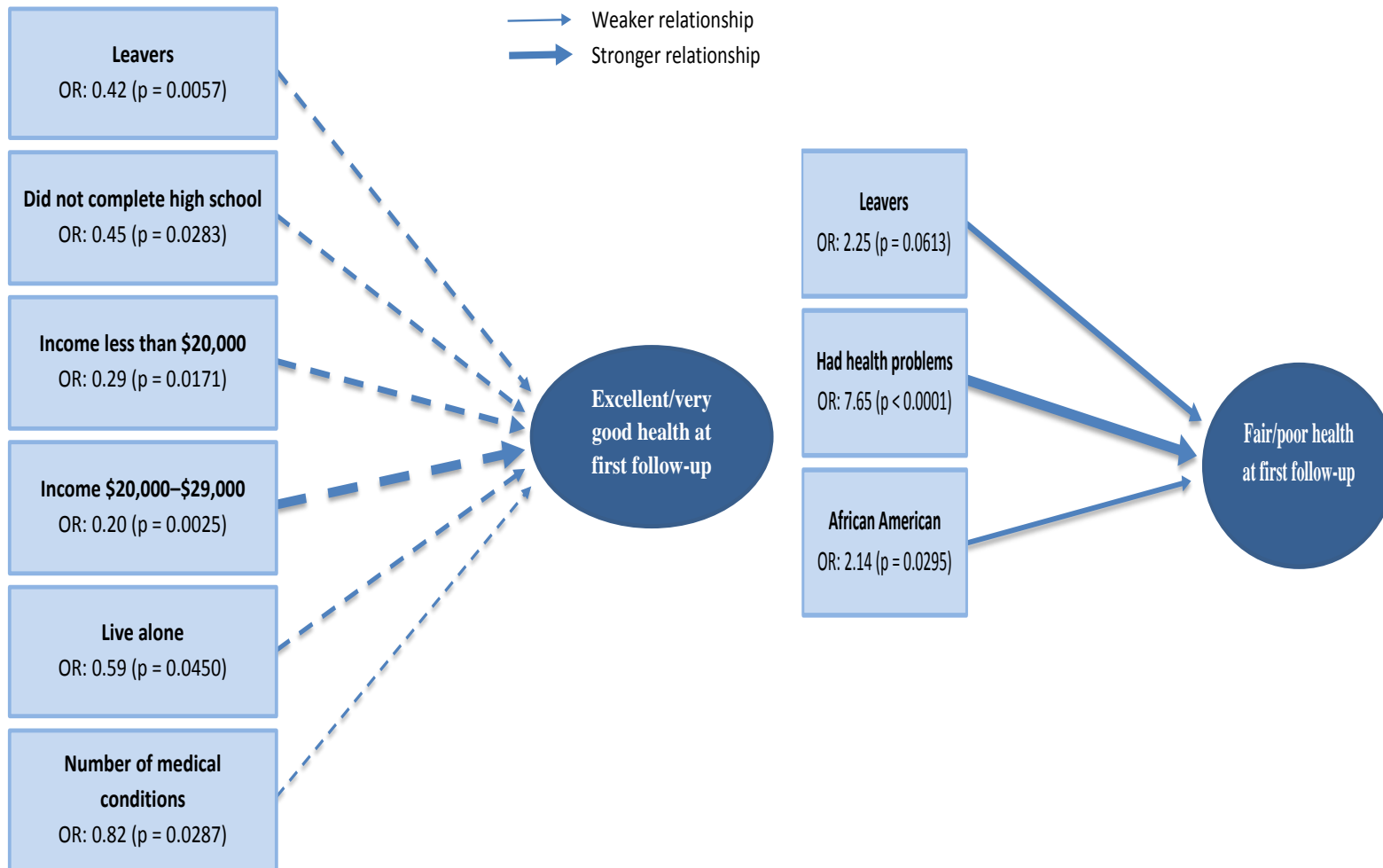
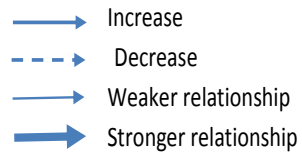
What are the volunteers' experience with training and support?



What are the volunteers' experience with training and support?



How does health differ between those who stay and those who leave?





CAREGIVER STUDY

An elderly woman with short grey hair, wearing glasses and a light-colored patterned jacket, is smiling and holding a cane. She is standing next to a man with a mustache, wearing a blue and white checkered shirt and a dark vest with a circular logo. They are outdoors, with green foliage and purple flowers in the background.

The Issue: Questions answered about caregivers receiving respite

- How do caregivers' need for seeking respite services align with the type of respite services received?
- What is the extent to which caregivers' health and well-being change following the start of respite services?



Study Design: How the questions are answered

- Developing and testing questionnaires
- Recruitment of first-time caregivers seeking respite support from July – November 2015

Recruitment

Baseline survey
77 out of 102 eligible
caregivers



Final Survey
(9–12 months
after baseline survey)

82% response rate



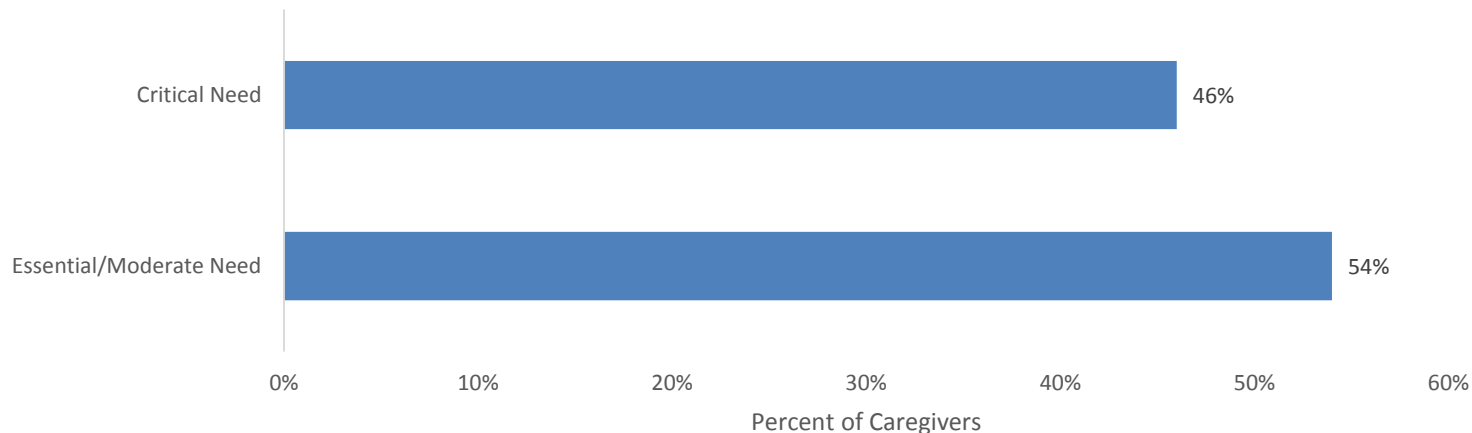
Who are the caregivers seeking respite support?

- Female of moderate income
- Married
- Some college or an associate's degree
- Family member was a veteran or were on active duty themselves
- Caring for a spouse or a parent
- Duration of caregiving relationship ranged from less than six months to more than five years
- Other support services were recent, typically less than six months



How do caregivers' need align with the type of respite services received?

- Reasons that a caregiver might seek respite
 - Personal time
 - Household management
 - Manage conflicts

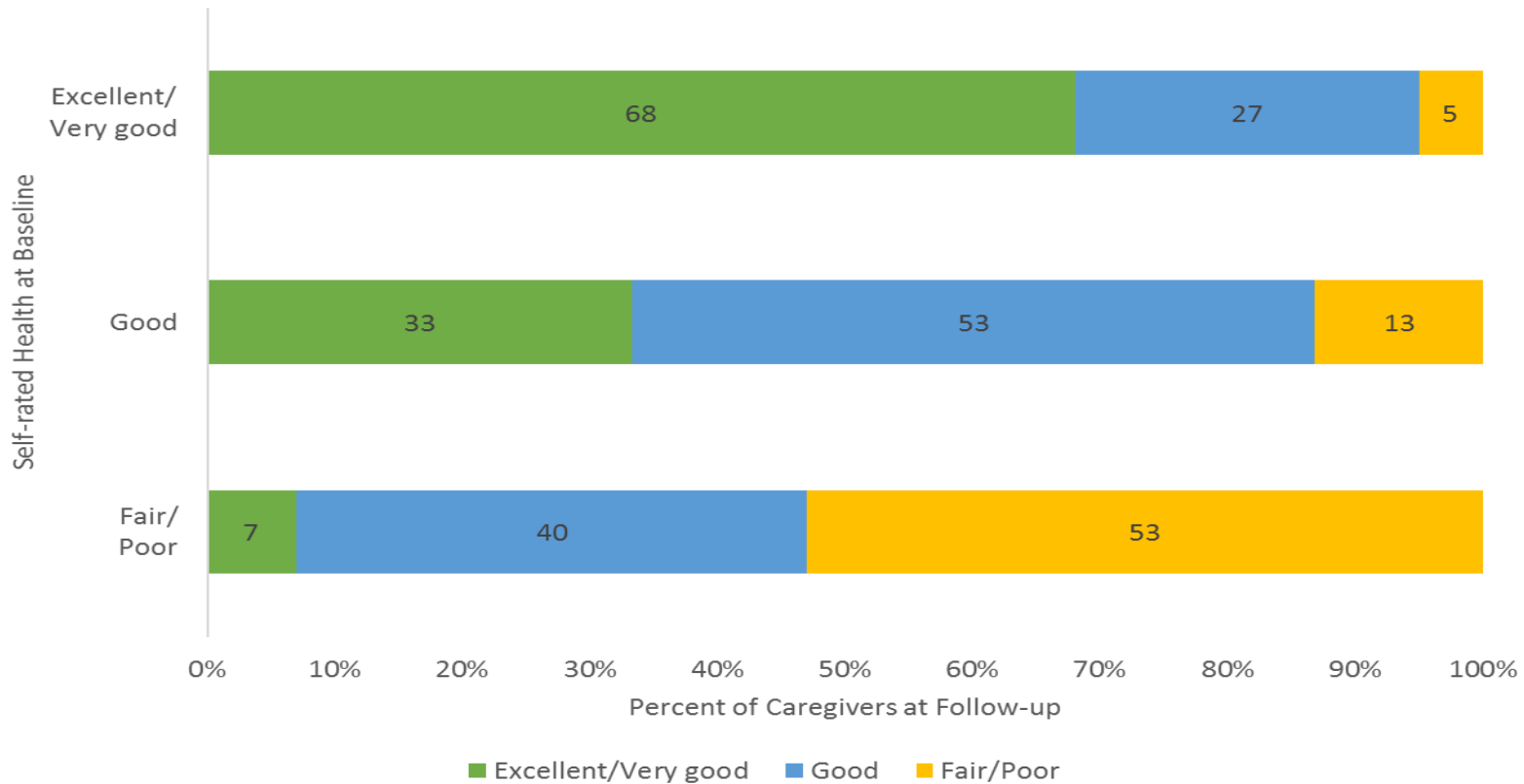




How do caregivers' need align with the type of respite services received?

- Senior Companion respite had the most impact on caregivers with critical need
 - More benefits reported with personal time and household management
 - Not much benefits reported with managing household conflict

Caregivers' health and well-being change after respite services





Caregivers' health and well-being change after respite services

- Improvement in social and emotional connectedness
- Percent of caregivers who reported feeling alone declined
- Percent of caregivers who reported they have people they feel close increased.



Caregivers' health and well-being change after respite services

- Reduction in number of depressive symptoms
- More caregivers reported fewer depressive symptoms at follow-up



Questions and Discussion

- What surprised you about the findings?
- For the Senior Corps grantees or volunteers, do these results differ from your experience in the field?
- What are your recommendations to CNCS for further analysis with the data?
- What additional questions do these results raise that you would like to see CNCS address?



**For more information about Senior Corps and its programs etc., visit:
www.SeniorCorps.gov/HealthyVolunteers**

**For more information about the study contact:
SeniorCorpsEval@jbsinternational.com**

