

DRAFT

Work Plan/Performance Measures Total Number of Unduplicated Volunteers: 0

Service Category: Delivery of Health Services

Total # Stations: 8

Total # Volunteers: 115

Total # Clients: 700

Community Need

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 percent 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.

Part 2: Action Plan

Service Activities

RSVP volunteers will serve as Bone Builder Exercise Trainers, providing free 60-minute to 90-minute strength training and balance classes 2 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.

Anticipated Input

RSVP volunteers will serve as Bone Builder Exercise Trainers, providing free 60-minute to 90-minute strength training and balance classes 2 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.

Anticipated Accomplishments/Outputs

Period of June 2007
Accomplishment:

Performance Measure:

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Work Plan/Performance Measures

Summary

700 seniors will participate in exercise classes led by RSVP volunteers.

Indicator:

beneficiaries

Target: 700#

How Measured: Sign-in sheet

Description:

Participants will check off their names on the sign-in sheet as they enter the classroom. Participants who attend at least 6 class session will be counted towards output target.

Anticipated Intermediate Impact/Outcome	Period of Accomplishment: June 2007	Performance Measure: <input checked="" type="checkbox"/>
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Summary

Class participants will gain strength.

TARGET: 75 percent of class participants who attend at least 20 sessions will increase arm and/or leg strength by 20 percent.

Indicator:

Percent of participants who increase arm and/or leg strength.

Target: 75 %

How Measured: Pre/Post test

Description:

RSVP volunteers will administer the Bone Builder Weight Lifting Pre/post Assessment during the first session and after the 20th session.

Anticipated End Impact/Outcome	Period of Accomplishment: June 2007	Performance Measure: <input checked="" type="checkbox"/>
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Summary

Class participants will increase their bone density.

TARGET: 67 percent of participants who attend at least 30 sessions will increase bone density at least 3 percent from pre-to-post.

Indicator:

Percent of participants who increase bone density

Target: 67 %

How Measured: Pre/Post test

Description:

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Work Plan/Performance Measures

RSVP volunteers will administer the DXA Bone Density Pre/post Assessment during the first session and after the 30th session.