



RSVP Focus Area Healthy Futures





Healthy Futures Focus Area

Grants will meet health needs within communities including access to care, aging in place, and addressing childhood obesity. Grant activities will:

- increase seniors' ability to remain in their own homes with the same or improved quality of life for as long as possible;
- increase physical activity and improve nutrition in youth with the purpose of reducing childhood obesity and increasing access to nutritious food, and
- improve access to primary and preventive health care for communities served by CNCS-supported programs (access to health care).





Exercise

An RSVP project has identified Healthy Futures as their primary focus area. They have a total of 800 unduplicated volunteers.

Next we will review three current work plans and identify how the program can adapt.

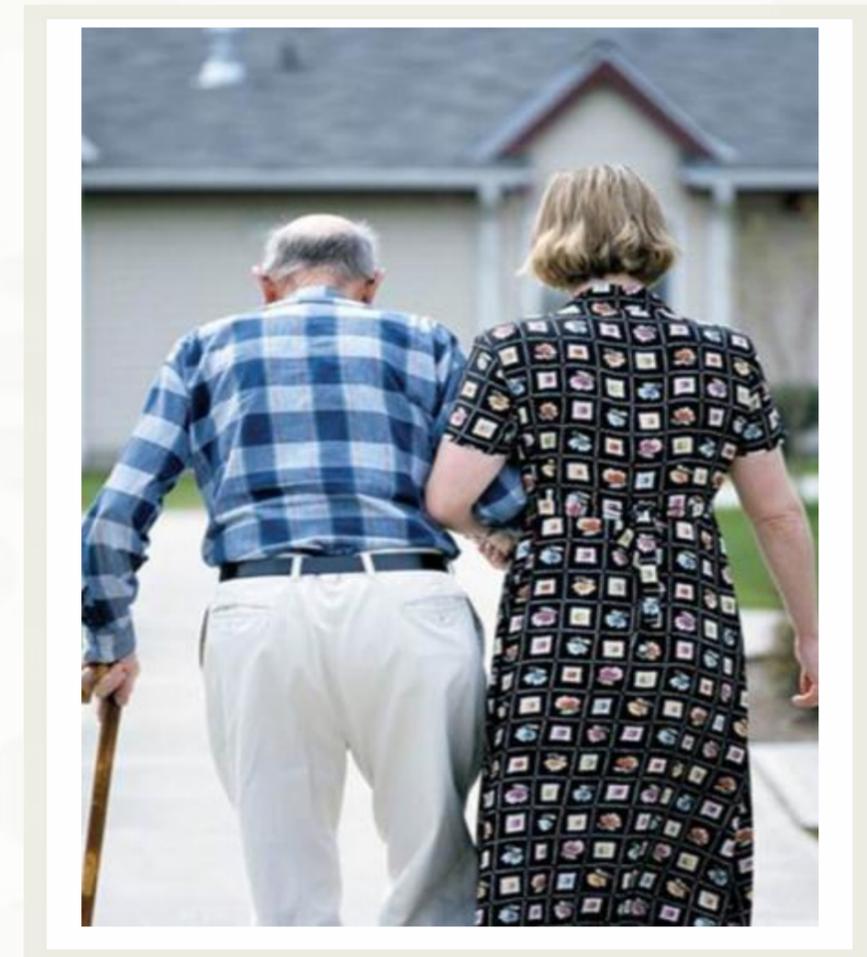




Strategic Plan Objective 1

Healthy Futures: Aging in Place

Output	Outcome
H8. Number of homebound OR older adults and individuals with disabilities receiving food, transportation, or other services that allow them to live independently.	H9. Number of homebound OR older adults and individuals with disabilities who reported having increased social ties/perceived social support.
H13. Number of caregivers of homebound OR older adults and individuals with disabilities receiving respite services.	H14. Number of caregivers of homebound OR older adults and individuals with disabilities who reported having increased social ties/perceived social support.





Activity - Does it Align?

Current Work Plan

Service Category: Companionship **Stations:** 1 **Volunteers:** 75 **Clients:**150

Community Need: Older veterans 55 and up often feel alone and isolated leading to depression.

Service Activity: RSVP volunteers support older veterans in hospice care and those living in four wards of the George Washington VA Medical Center where they most likely will remain until death.

Output: 150 veterans, age 55 and over, will receive daily visits and support from RSVP volunteers

Outcome: 75% of participating veterans will report they feel less depression





Does it fit?

Current Output: 150 veterans, age 55 and over, will receive daily visits and support from RSVP volunteers

Output Measure H8: Number of homebound OR older adults and individuals with disabilities receiving food, transportation or other services that allow them to live independently.





Poll - Does it fit?

Current Output: 150 veterans, age 55 and over, will receive daily visits and support from RSVP volunteers

Output Measure H8: Number of homebound OR older adults and individuals with disabilities receiving food, transportation or other services that allow them to live independently.





Definitions

Measure H8	Number of homebound OR older adults and individuals with disabilities receiving food, transportation, or other services that allow them to live independently.
Definition of Key Terms	<p>Homebound: Individuals unable to leave their personal residence due to disability, injury, or age; may be a short term or long term need; for example, an individual may have a broken hip that prevents them from driving for a few months but after the injury has healed they no longer require help to live independently.</p> <p>Individual with a Disability: An individual who has a physical or mental impairment that substantially limits one or more major life activities; has a record of such an impairment; or is regarded as having such an impairment.</p> <p>Receiving food, transportation, or other services: Individual should receive the supports needed to maintain independent living; not all individuals will require the same supports; may include food deliveries, legal and medical services, nutrition information, transportation, etc.</p> <p>Live independently: Individuals live in a private residence (house, apartment, mobile home, etc.) rather than in an assisted living facility, nursing home, or group home.</p>





Poll Answer: No

This work plan does NOT fit Aging in Place.

Why?

Definitions that do not fit:

- Homebound
- Receiving food, transportation, or other services
- Live independently





Does it Fit?

This activity does not align with Healthy Futures.

The work plan should be included in “Other Community Priorities.”





Strategic Plan Objective 2

Healthy Futures: Food Security

Output	Outcome
H10. Number of individuals receiving emergency food from food banks, food pantries, or other nonprofit organizations.	H12. Number of individuals that reported increased food security of themselves and their children (household food security) as a result of CNCS-supported services.
H11. Number of individuals receiving support, services, education and/or referrals to alleviate long-term hunger.	





Does it Fit Food Security?

Current Work Plan

Service Category: Food Security **Stations:** 3 **Volunteers:** 65 **Clients:** 390

Community Need: Emergency food providers in our three county area are reporting an increase in returning and longer term clients.

Service Activity: RSVP volunteers serve at three community garden locations registering, training and supporting clients/participants in the garden.

Output: 390 participants are educated on sustaining and growing healthy organic vegetables.

Outcome: 60% of participants report that the vegetables grown helped them meet their basic food needs.





Poll

Does the community garden work plan align with Healthy Futures measure H11?

Current Output: 390 participants are educated on sustaining and growing healthy organic vegetables.

Output Measure H11: Number of individuals receiving support, services, education and/or referrals to alleviate long-term hunger.

YES/NO





Definition: Food Security

Long Term Hunger: refers to the USDA's definition of "low food security" or "very low food security."

Low Food Security: Households reduced the quality, variety, and desirability of their diets, but the quantity of food intake and normal eating patterns were not substantially disrupted.

Very Low Food Security: At times during the year, eating patterns of one or more household members were disrupted and food intake reduced because the household lacked money and other resources for food.

Source: <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/measurement.aspx>

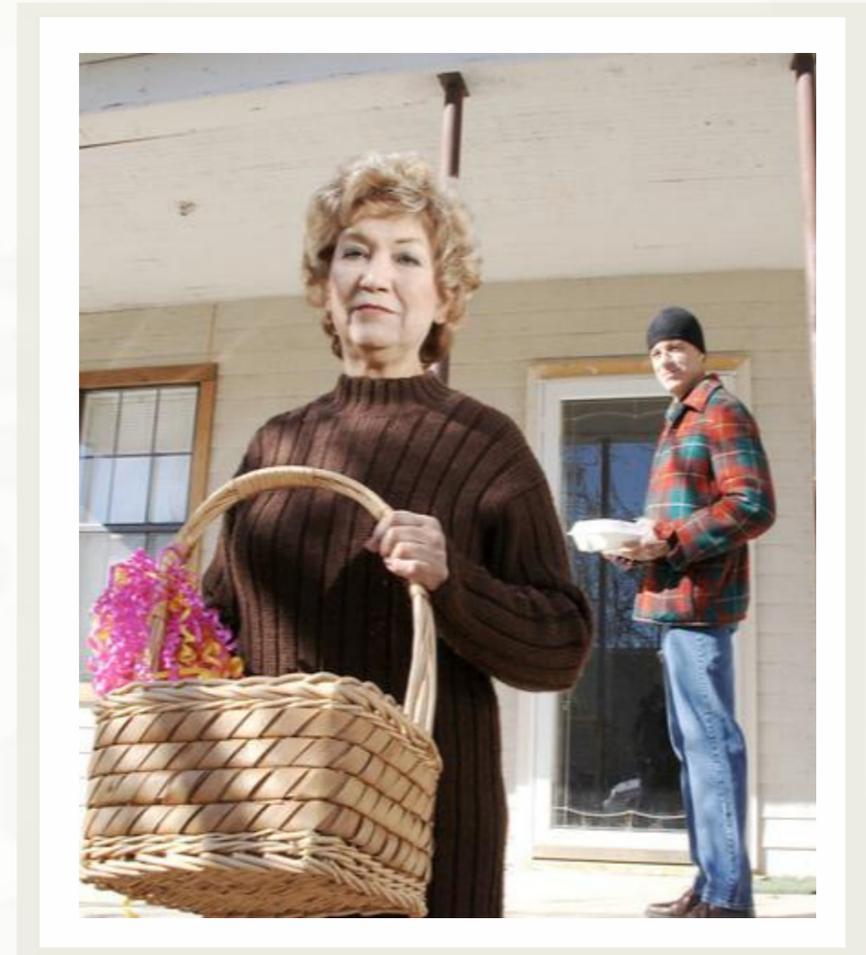




Does it Align?

POLL ANSWER: YES

If the data collection tools demonstrate the population being served is experiencing low or very low food security, then this work plan can be adapted to align with this measure.





Does the Outcome Fit?

Current Outcome: 60% of participants report that the vegetables grown helped them meet their basic food needs.

Outcome Measure H12: Number of individuals that reported increased food security of themselves and their children (household food security) as a result of CNCS-supported services.





New Healthy Futures Work Plan

Service Activity: RSVP volunteers serve at three community garden locations registering, training and supporting clients/participants in the garden.

Output: 390 individuals receive services to alleviate long-term hunger.

Outcome: 234 individuals report increased food security as a result of CNCS-supported services





Strategic Plan Objective 3

Healthy Futures: Access to Care

Output	Outcome
H2. Number of clients to whom information on health insurance, health care access and health benefits programs is delivered.	None
H4. Number of clients participating in health education programs.	None
H7. Number of clients receiving language translation services at clinics and in emergency room.	None





●●● Does it Align with Access to Care?

Current Work Plan

Service Category: Hospital and Clinical Support Services

Stations: 50 **Volunteers:** 200 **Clients:** 800

Community Need: 28 million Americans suffer from osteoporosis. RSVP Bone Builders Exercise Trainers will provide strength training and balance classes.

Service Activity: RSVP Bone Builders Exercise trainers will provide twice weekly one hour strength training and balance classes free of charge to participants in the 2 county area.

Output: 800 participants will attend Bone Builders classes weekly for the 12 month grant period.

Outcome: 75% of participants will demonstrate improvement in strength, flexibility, balance, socialization, and well-being.





Poll

Does the bone builders work plan align with Healthy Futures measure H4?

Current Output: 800 participants will attend Bone Builders classes weekly for the 12 month grant period.

Output Measure H4: Number of clients participating in health education programs.

YES/NO





Definition: Health Education Program

Measure H4	Number of clients participating in health education programs.
Definition of Key Terms	<p>Health education program: “Any planned combination of learning experiences designed to predispose, enable, and reinforce voluntary behavior conducive to health in individuals, groups or communities.” (Green, LW and Kreuter, MW. Health Promotion Planning: An Educational and Ecological Approach, 3rd ed. Mountain View, CA: Mayfield Publishing Company; 1999.) “An educational process by which the public health system conveys information to the community regarding community health status, health care needs, positive health behaviors and health care policy issues.” (National Public Health Performance Standards Project.)</p>





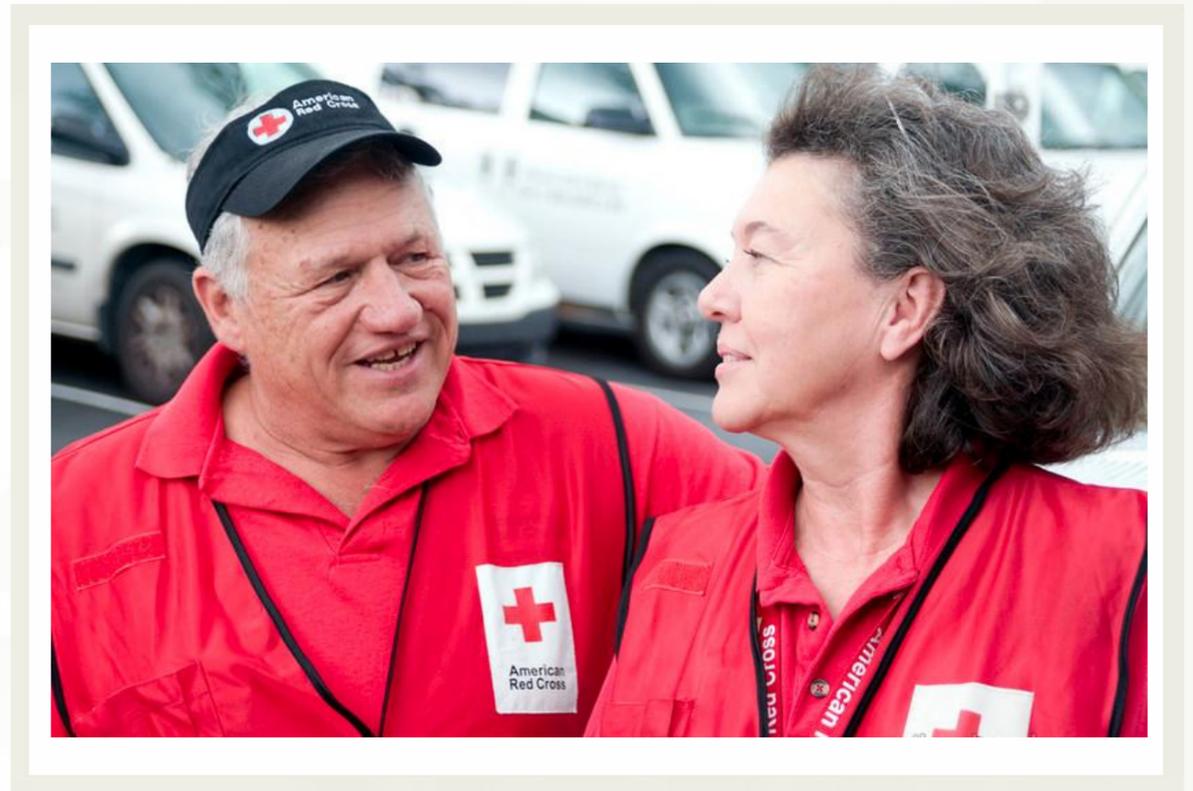
Does It Align?

POLL ANSWER: YES

This Bone Builders program meets the definition of a health education program.

Current Output: 800 participants will attend Bone Builders classes weekly for the 12 month grant period.

Output Measure H4: 800 clients will participate in health education programs.





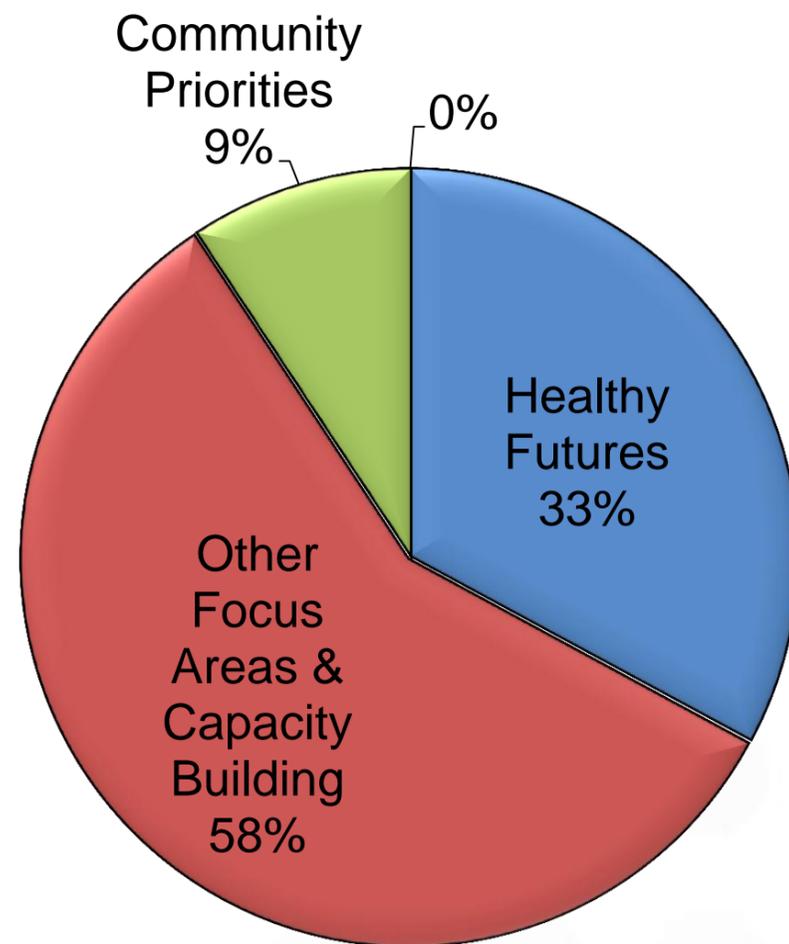
Project Plan Review

- The first work plan at the VA Medical Center is not Healthy Futures and will be included in “Community Priorities” (75 unduplicated volunteers).
- The Community Garden work plan aligns with Healthy Futures and can also be used as an Outcome work plan. (65 unduplicated volunteers)
- The Bone Builders work plan aligns with Healthy Futures. (200 unduplicated volunteers)





Project Plan Review





Question and Answer





Senior Corps 2.0
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RSVP Focus Area Education



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Education Focus Area

Grants will provide support and/or facilitate access to services and resources that contribute to improved educational outcomes for economically disadvantaged people, especially children. Grant activities will improve:

- school readiness for economically disadvantaged young children,
- educational and behavioral outcomes of elementary, middle, and high school students with special and exceptional needs, and
- the preparation for and prospects of success in post-secondary education institutions for economically disadvantaged students or students with special or exceptional needs.





Exercise

An RSVP project has identified Education as their primary focus area. They have a total of 185 unduplicated volunteers.

Next we will review two current work plans and determine how it can be adapted.





Strategic Plan Objective 2

Education: K-12 Success

Output	Outcomes
ED2. Number of students that completed participation in CNCS-supported K-12 education programs	ED5. Number of students with improved academic performance in literacy and/or math.
ED4A. Number of disadvantaged youth/mentor matches that were sustained by the CNCS-supported program for at least the required time period	ED27. Number of students in grades K-12 that participated in the mentoring or tutoring or other education program, including CNCS-supported service learning, who demonstrated improved academic engagement. ED6. Number of students that improved their school attendance over the course of the CNCS-supported program's involvement with the student. ED26: Number of students acquiring a GED.





Activity - Does it Align?

Current Work Plan

Service Category: Afterschool Programs **Stations:** 6 **Volunteers:** 55 **Clients:** 65

Community Need: Afterschool programs are greatly under-resourced so many older elementary students receive no afternoon supervision and very little help with homework.

Service Activity: RSVP volunteers will serve at afterschool programs as mentors and tutors for at-risk children.

Output: 65 at risk students will be mentored and tutored by RSVP volunteers after school.

Outcome: 60 students will be promoted to the next grade in school.





Does it fit K-12 Success

Output Measure ED4A: Number of disadvantaged youth/mentor matches that were sustained by the CNCS-supported program for at least the required time period.





Definition: Mentors

Measure ED4A	Number of disadvantaged youth/mentor matches that were sustained by the CNCS-supported program for at least the required time period.
Definition of Key Terms	Mentors are adults who provide CNCS-sustained support to children or youth through either community based programs or school based programs. Programs that involve peer to peer support should not be included in this measure- for those programs use Tutoring measures. For school-based mentorships , count mentees in those matches that are intended to be continuous, with the same mentor for one hour per week (or as age-appropriate for older mentees), for at least 6 months of one school year. For community-based mentorships , count mentees in those matches that are intended to be continuous, with the same mentor for two to three hours per week, for at least 12 months and up to 24 months. Mentoring relationships are ideally one mentor per child, but could be small group with a ratio of no more than 1:3.





Definition: Disadvantaged Youth

Measure ED4A	Number of disadvantaged youth/mentor matches that were sustained by the CNCS-supported program for at least the required time period.
Definition of Key Terms	<p>Disadvantaged youth: “includes those youth who are economically disadvantaged and 1 or more of the following: (A) Who are out-of-school youth, including out-of-school youth who are unemployed. (B) Who are in or aging out of foster care. (C) Who have limited English proficiency. (D) Who are homeless or who have run away from home. (E) Who are at-risk to leave secondary school without a diploma. (F) Who are former juvenile offenders or at risk of delinquency. (G) Who are individuals with disabilities.” (from SAA)</p> <p>It is the grantee’s responsibility to ensure the beneficiaries of service meet the eligibility requirements provided in the definition.</p> <p>Economically disadvantaged: eligible for free (at or below 130% of poverty) or reduced (between 130% to 185% of poverty) lunch; may or may not actually be accessing free/reduced lunch. See: http://www.ers.usda.gov/Briefing/ChildNutrition/lunch.htm</p>





Making it Work

Using the performance measures instructions, what changes can the program make to adapt this work plan?

- Specify the mentor time commitment: At least 12-24 months
- Specify the number of children per mentor: No higher than 3:1
- Define “at risk children.” Do they qualify as “disadvantaged” or “economically disadvantaged.”





Does the Outcome Fit?

The Outcome options for the selected Output are:

- ED5:** Number of students with improved academic performance in literacy and/or math.
- ED27:** Number of students in grades K-12 that participated in the mentoring or tutoring or other education program, including CNCS-supported service learning, who demonstrated improved academic engagement.
- ED6:** Number of youth that have improved their school attendance over the course of the CNCS-supported program's involvement with the student.
- ED26:** Number of students acquiring a GED.





Making the Outcome Fit

Current Outcome: 60 students will be promoted to the next grade in school.

The project has chosen to change their data collection to accommodate the new outcome of:

Outcome Measure ED27: *Number of students in grades K-12 that participated in the mentoring or tutoring or other education program, including CNCS-supported service learning, who demonstrated improved academic engagement.*





Revised Work Plan

The RSVP Program decided this work plan can be changed to align with Measure ED4A. The new work plan is:

Service Activity: RSVP volunteers will serve in afterschool programs mentoring one to two children for no less than one year for at least 2 hours a week.

Output: 65 disadvantaged youth/mentor matches are sustained by the CNCS program for at least the required time period.

Outcome: 60 students in grades K-12 that participated in the mentoring or tutoring or other education program, including CNCS-supported service learning, who demonstrated improved academic engagement.





Strategic Plan Objective 1

Education: School Readiness

Output	Outcomes
ED21. Number of children that completed participation in CNCS-supported early childhood education programs.	ED23. Number of children demonstrating gains in school readiness in terms of social and/or emotional development. ED24. Number of children demonstrating gains in school readiness in terms of literacy skills. ED25. Number of children demonstrating gains in school readiness in terms of numeracy (math) skills.
ED29. Number of children served in child safety, welfare, and health programs.	None





Does it Align with School Readiness?

Current Work Plan

Service Category: School Readiness **Stations:** 3 **Volunteers:** 20 **Clients:** 40

Community Need: Studies show that children who attend preschool perform at higher-levels in elementary school. Many parents cannot afford private preschool programs and rely on the three Smart Start locations in the county offering programs for low-income families.

Service Activity: RSVP volunteers serve at Smart Start locations and work with children to support reading, language development, and socialization.

Output: 40 children will be served by RSVP volunteers in Smart Start locations.

Outcome: 70% of the children involved will be developmentally and academically prepared for kindergarten.



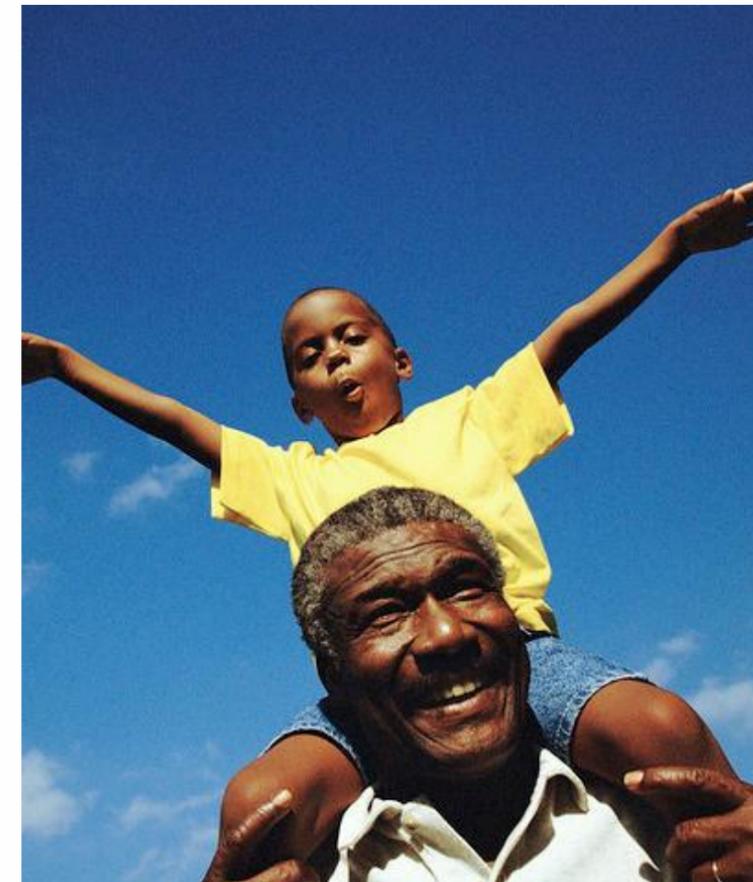


Poll

Does the School Readiness plan align with Education Measure ED21?

Number of children that completed participation in CNCS-supported early childhood education programs.

YES/NO





Definitions

- **Children:** Children up through the age of kindergarten enrollment who are enrolled in early childhood education programs and who are economically disadvantaged children and/or have special or exceptional needs or are in circumstances that limit their academic, social, or emotional development
- **Economically disadvantaged:** Eligible for free (at or below 130% of poverty) or reduced (between 130% to 185% of poverty) lunch; may or may not actually be accessing free/reduced lunch. See:
<http://www.ers.usda.gov/Briefing/ChildNutrition/lunch.htm>





Definitions: Special Needs

- **Special or exceptional needs:** Children who are developmentally disabled, such as those who are autistic, have cerebral palsy or epilepsy, are visually impaired, speech impaired, hearing impaired, orthopedically impaired, are emotionally disturbed or have a language disorder, specific learning disability, have multiple disabilities, other significant health impairment or have literacy needs. Children who are abused or neglected; in need of foster care; adjudicated youth; homeless youth; teenage parents; and children in need of protective intervention in their homes.





More Definitions

- **Completed participation:** At the outset of the activity, the program should indicate how much time (i.e. how many days or hours) is required in order to complete the activity. Then they will only count the number of students who meet that threshold by the end of the program or activity. This number will be used as the denominator for selected measures and therefore the amount of participation should be enough to influence the results.
- **Early childhood education program:** A program in which CNCS-supported activities help pre-K students maintain enrollment in and succeed in early childhood education programs. The ‘help’ that grantees provide does not need to be in direct service to the students. However, the CNCS-supported activities must provide direct support that makes the program possible.





Does it Align?

If the data collection tools demonstrate the children served meet the requirements of economically disadvantaged or special or exceptional needs, then this work plan can be adapted to align with this measure.





Making the Outcome Fit

Current Outcome: 70% of the children involved will be developmentally and academically prepared for kindergarten.

The project has chosen to change their data collection to accommodate the new outcome:

Outcome Measure ED23: Number of children demonstrating gains in school readiness in terms of social and/or emotional development.





Revised Work Plan

The RSVP Program decided the school readiness work plan can be aligned to fit measure ED21. The new work plan is:

Service Activity: RSVP volunteers serve at Smart Start locations and work with children to support reading, language development, and socialization.

Output: 40 children complete participation in CNCS-supported early childhood education programs.

Outcome: 34 children demonstrate gains in school readiness in terms of social and/or emotional development.



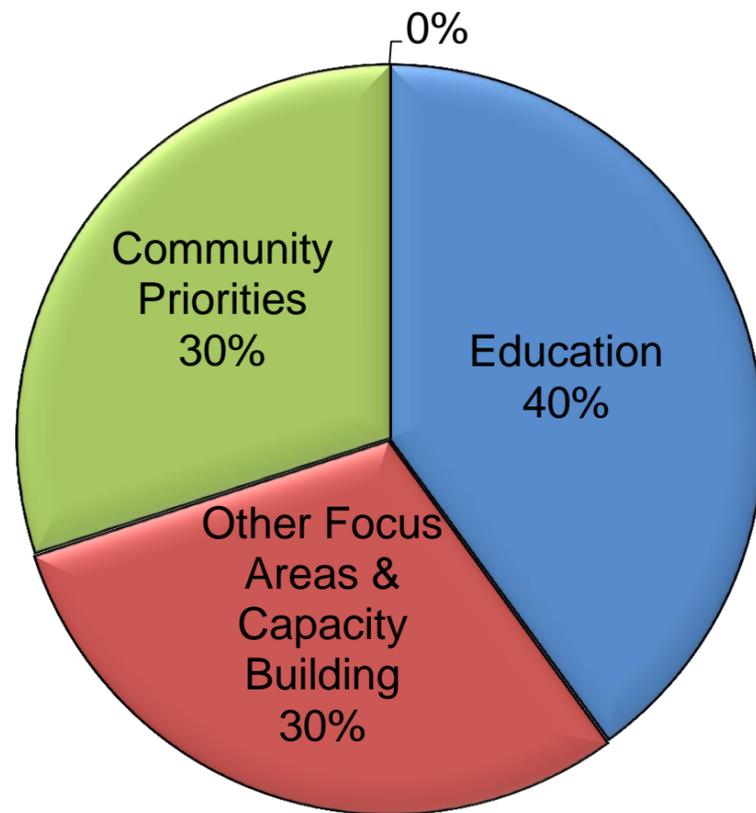
Work Plan Review

- We learned that the first work plan in afterschool mentoring can fit into K-12 education with some adaptations. (55 unduplicated volunteers)
- The Smart Start work plan was also adapted to fit within early childhood education. (20 unduplicated volunteers)





Project Plan Review





Question & Answer

Please submit questions through the chat function.

RSVP Competition NOFO Appendix B

