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Improving the Health and Wellness of Caregivers and Older Adults Through Volunteering

Wednesday, May 1, 2019

CNCS: Who we are

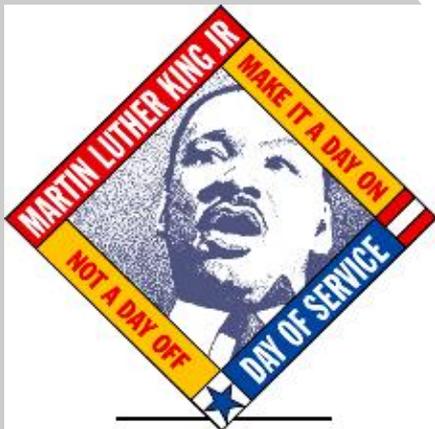
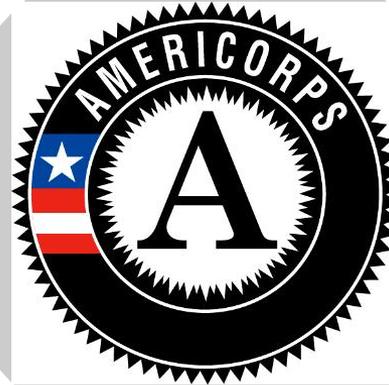
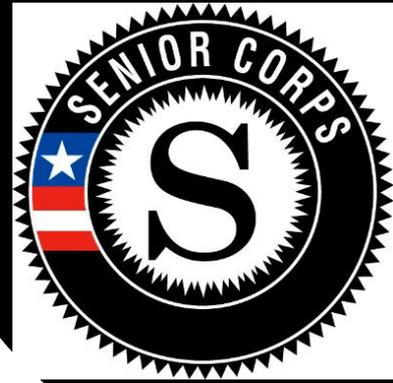
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- Federal agency that leverages service and volunteerism as a local, bipartisan solution
- Supports **80,000 AmeriCorps** members and over **360,000 Senior Corps** volunteers at **60,000 locations** across the country and engaged **5 million volunteers** last year
- Deliver results-driven service where it's needed most



SEPTEMBER 11TH
NATIONAL DAY OF SERVICE
AND REMEMBRANCE

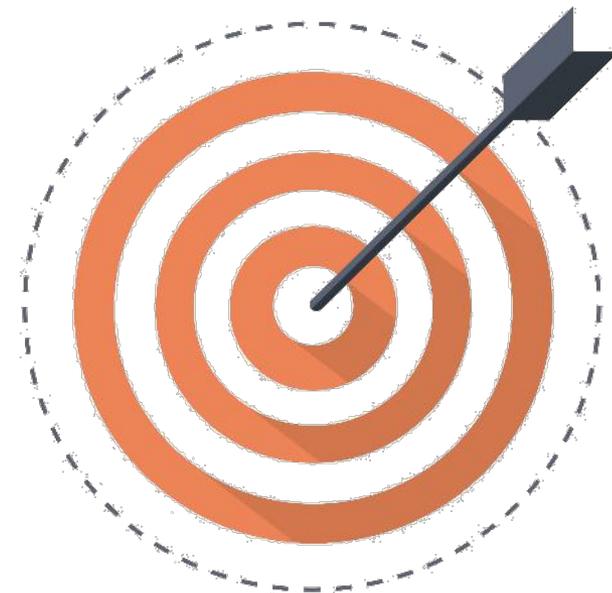


Programs and Initiatives



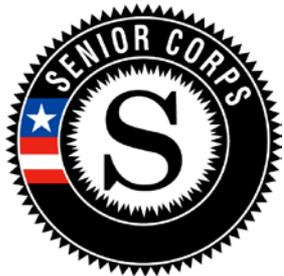
Objectives

- Highlight the most significant results of two longitudinal studies
- Discuss the health benefits of volunteering
- Discuss the health benefits to caregivers receiving respite support
- Learn how you can access these volunteers across the country



Our Programs- Senior Corps

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RSVP

Diverse activities-from connecting Veterans experiencing homelessness to resources, serving in food banks and homeless shelters, and helping to build affordable housing



Foster Grandparents

Mentor, support, and help some of the most vulnerable children and young people in the United States



Senior Companions

Helps adults in their community who have difficulty with the simple tasks of day-to-day living maintain their independence in their own homes

Senior Corps

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Tampa Seniors See Improved Health When Volunteering, New Study Suggests

By TYLER MCCONNELL • FEB 8, 2019

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ALBUQUERQUE JOURNAL



Benefits of Volunteering

By RICK NATHANSON / JOURNAL STAFF WRITER
Tuesday, February 12th, 2019 at 12:05am



Teresa Fisher, Barbara du Lin and Kate Page, from left, assemble emergency preparedness kits for home-bound seniors as part of an MLK Day of Service project adopted by Senior Corps volunteers and AmeriCorps VISTA members. (Greg Sorber/Albuquerque Journal)

SHARE

TWEET

ALBUQUERQUE, N.M. — Have some free time on your hands? Think about volunteering in your community. It will do you good.

What did we learn?

Senior Corps volunteers lead **happier, healthier lives**
and **enhance the communities they serve**



Sustained improvements

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After **two years** of service,



84% report **stable** or **improving health**



78%
with previous symptoms
of depression...report
fewer symptoms



88%

who felt a lack of companionship



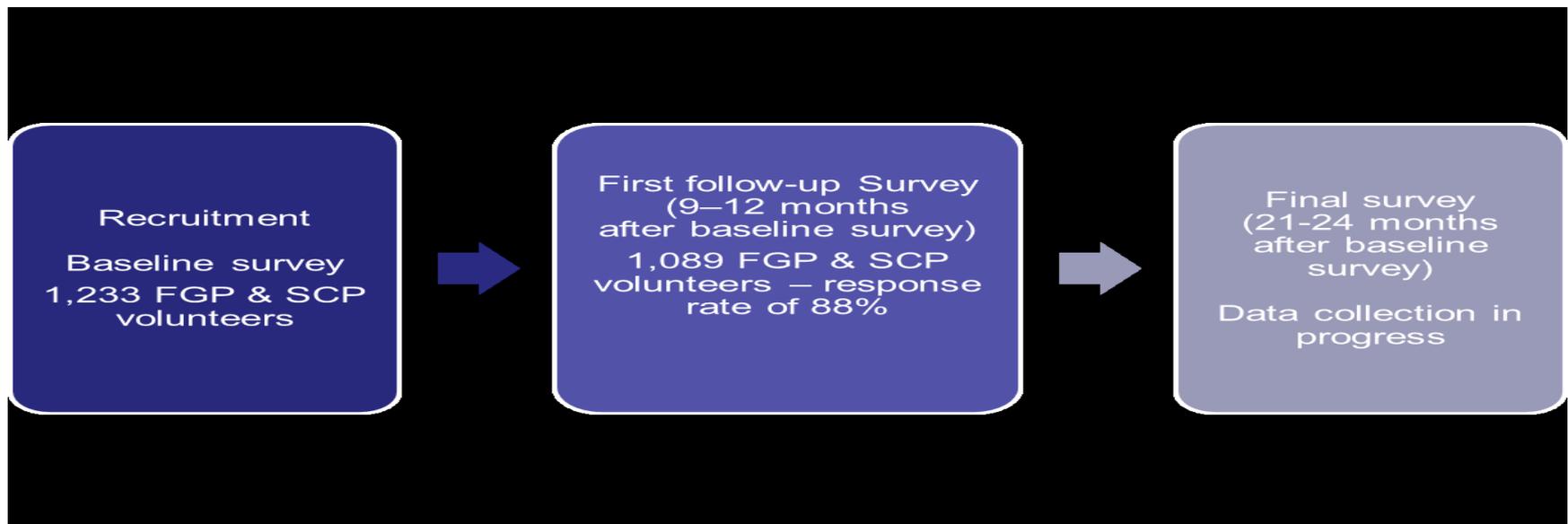
report fewer feelings of isolation



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

Volunteer Study

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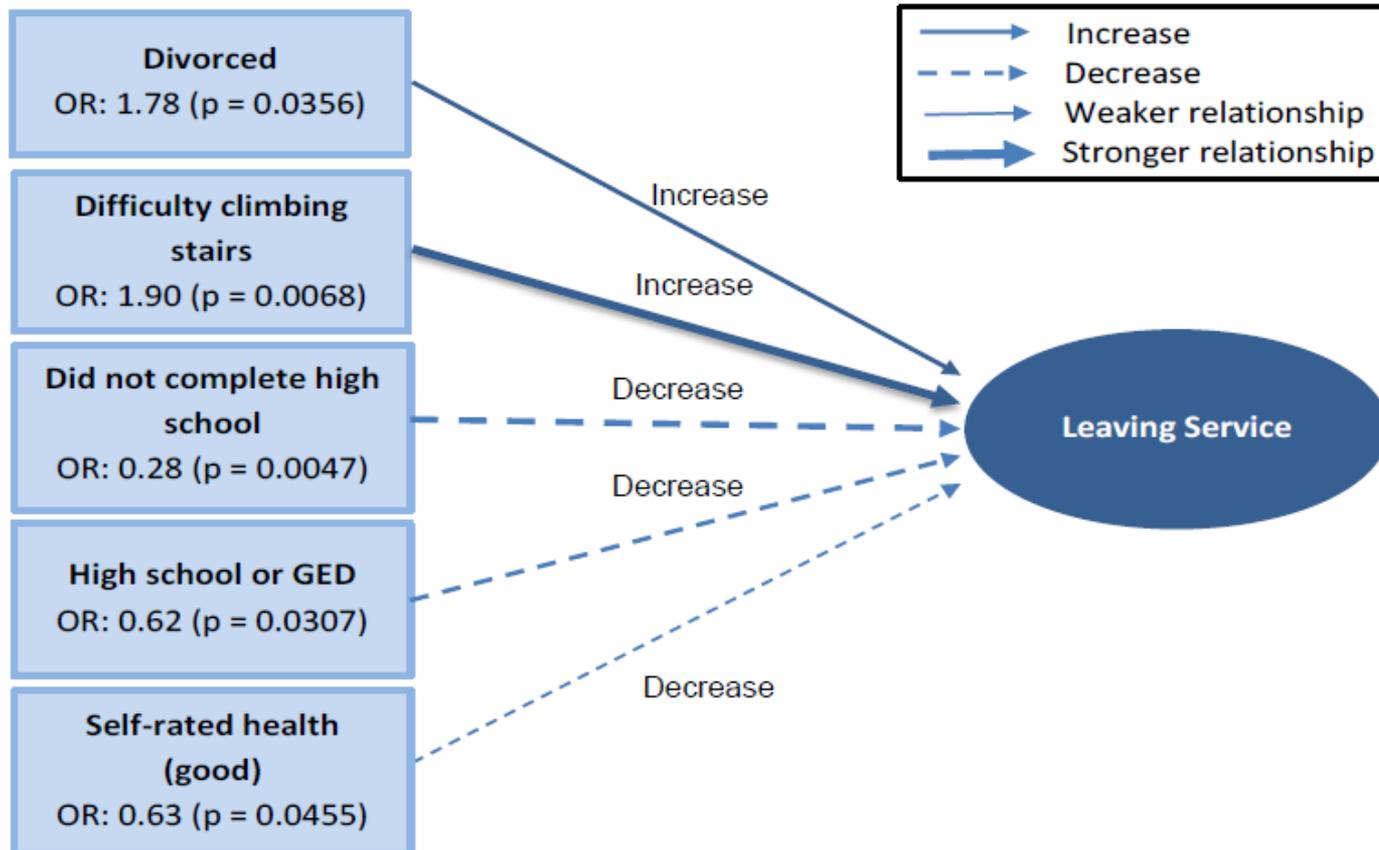
Do the volunteers stay with the program?

- 22 percent of first-time volunteers leave within the first 5 to 6 months



Volunteer Study

Who is most likely to stay with the program?

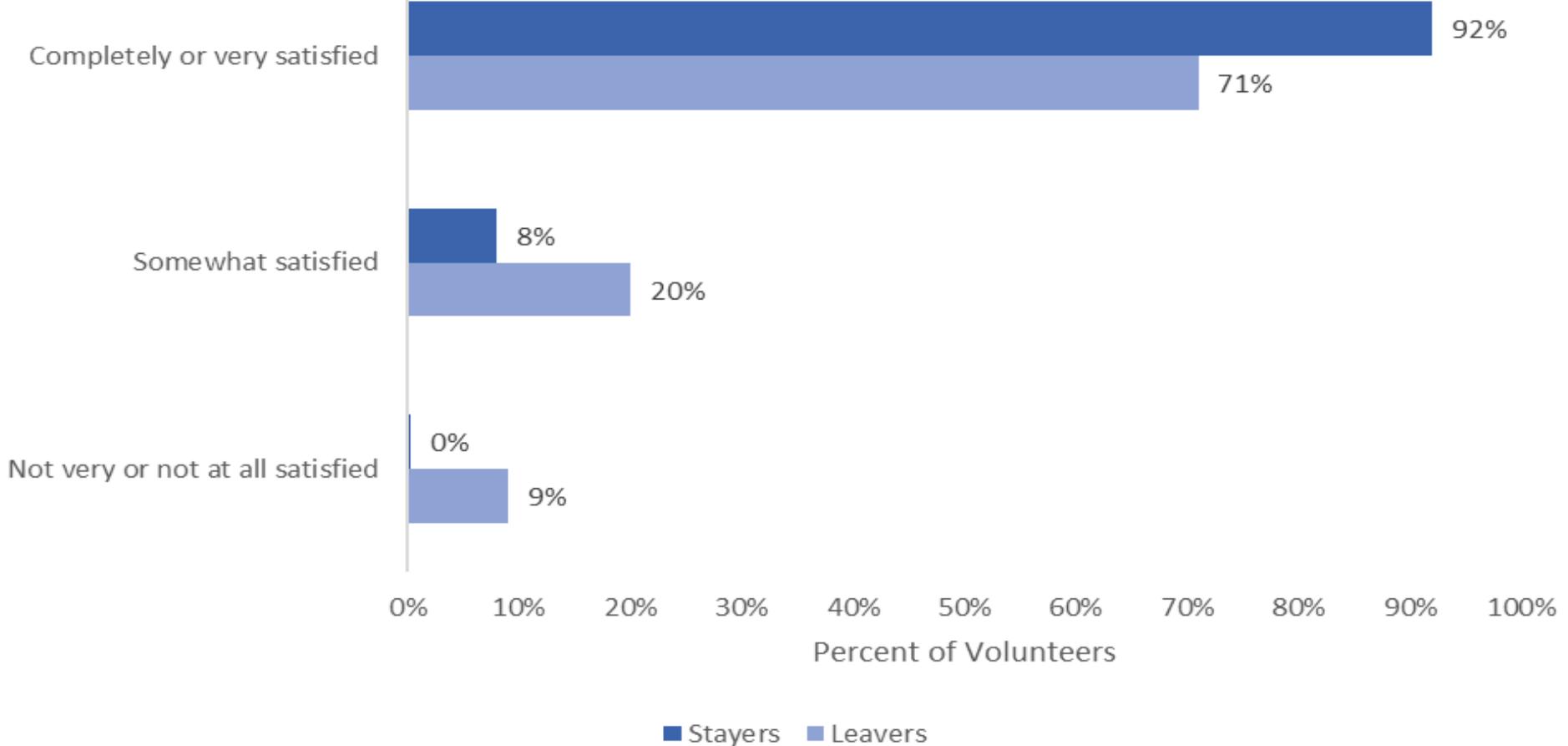


Volunteer Study

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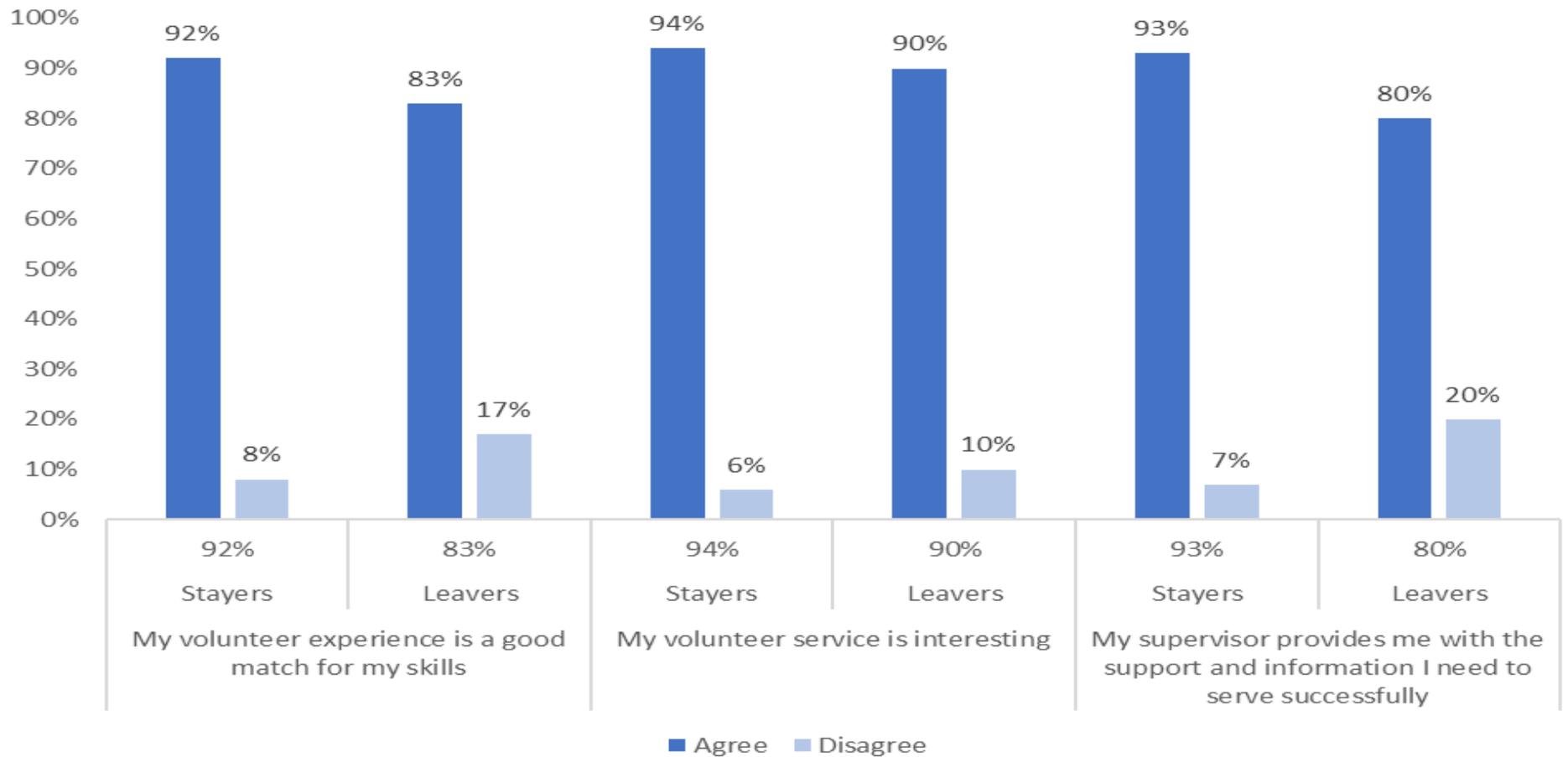


What are the volunteers' experience with training and support?



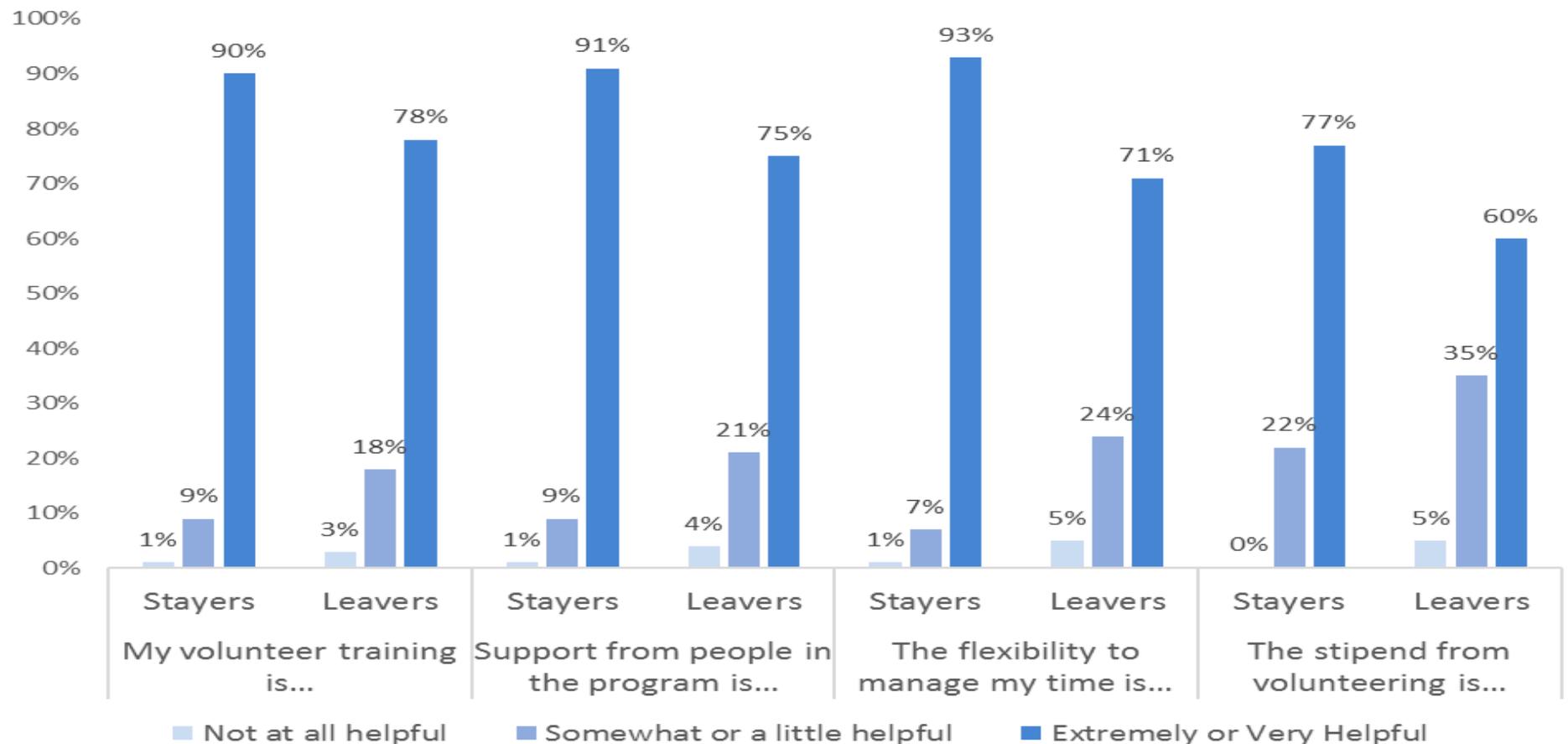
Volunteer Study

What are the volunteers' experience with training and support?



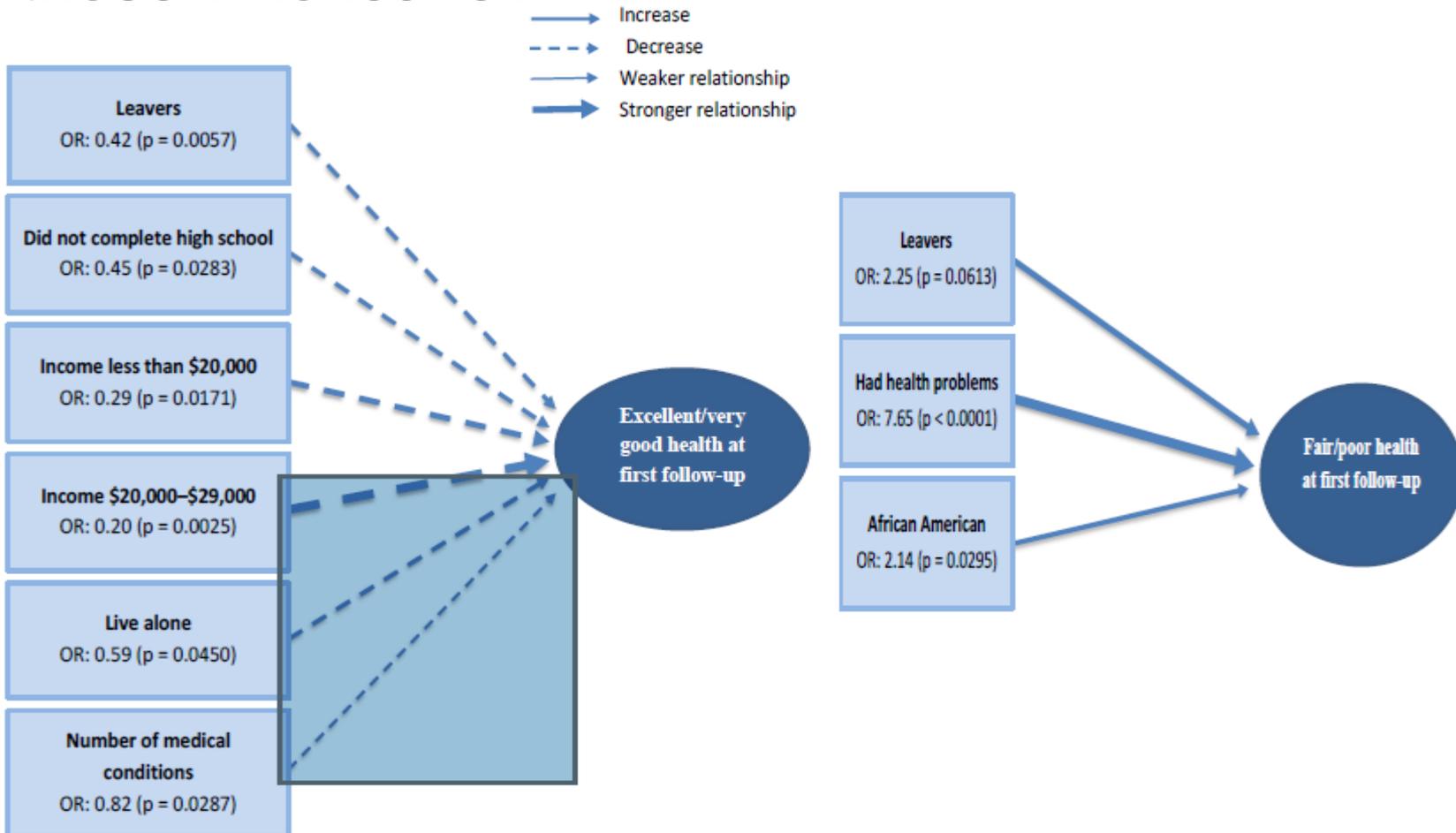
Volunteer Study

What are the volunteers' experience with training and support?



Volunteer Study

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





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



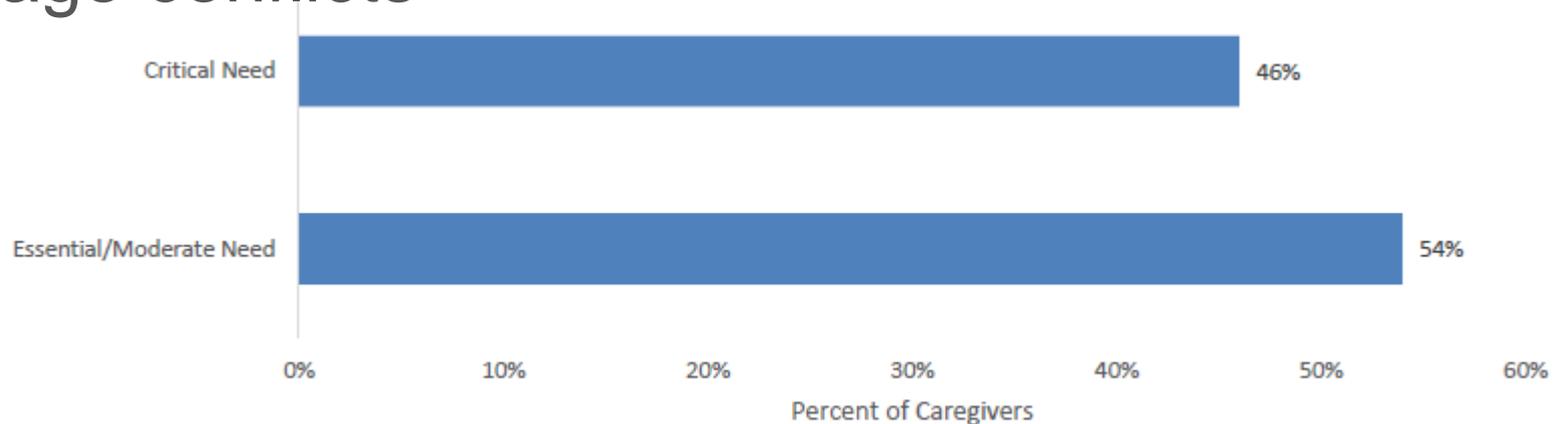
Final Survey
(9–12 months
after baseline survey)

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? Female of moderate income

- 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?

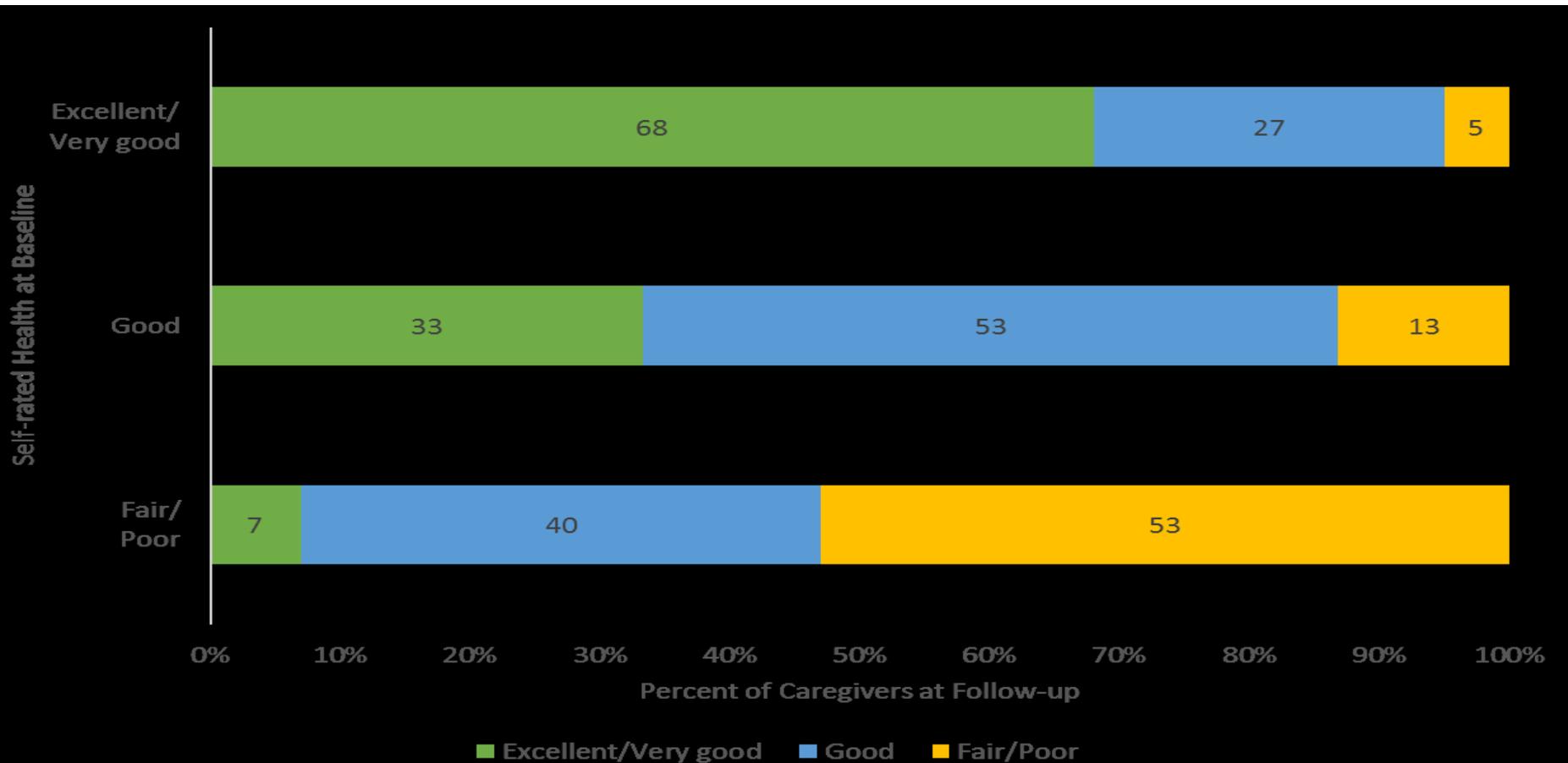
- Senior Companion respite had the most impact on caregivers with critical need
- More benefits reported with personal time and household management
- Not much benefits reported with managing household conflict

Caregiver Study

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

We learned much more!

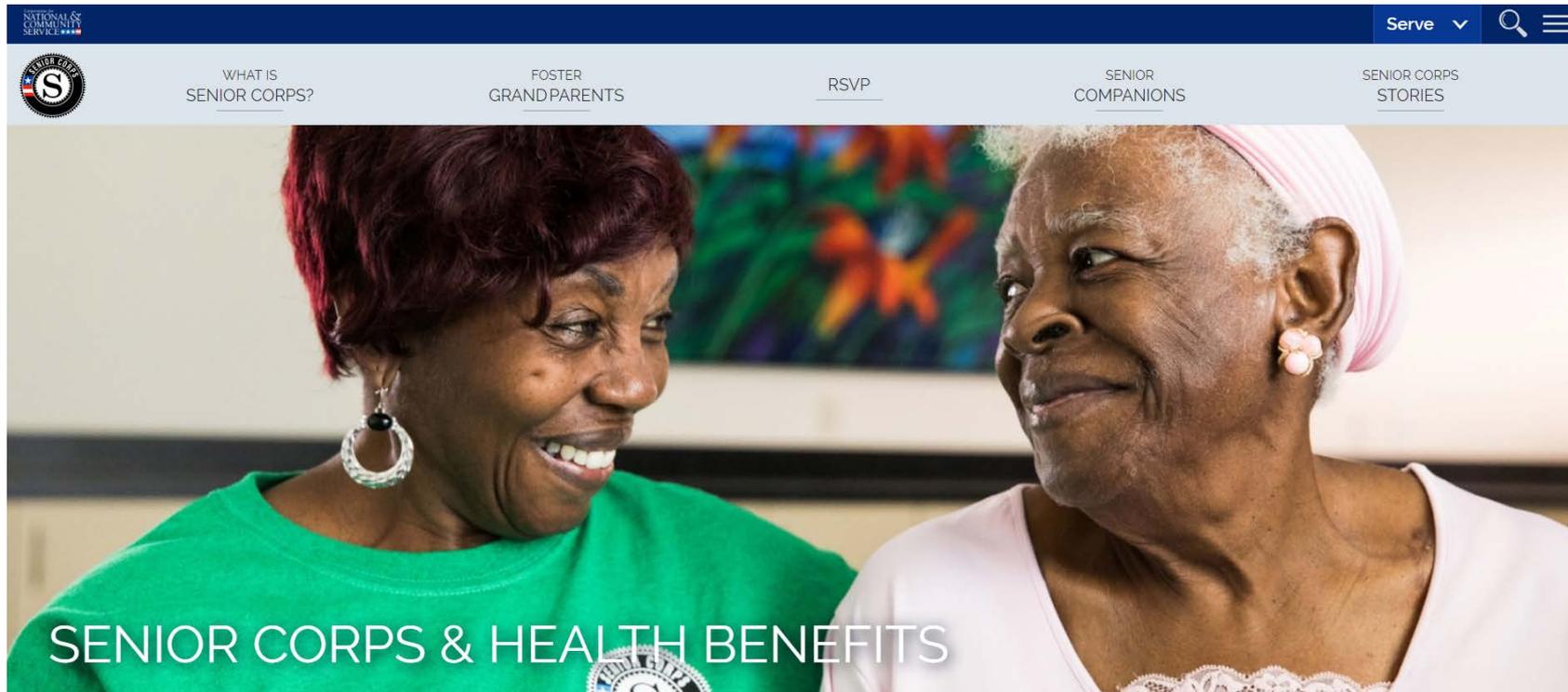


Policy and practice: Beyond health and well-being, report looks at recruitment, motivation, satisfaction, retention, and more

- Who are the volunteers?
- How did individuals learn about FGP/SCP service?
- What motivated them to volunteer?
- Are there differences between those who stayed and those who left?
- Why do volunteers leave service?
- How do volunteers rate their experience with Senior Corps?
 - Stayers - 93% 'completely/very satisfied'
 - Leavers - 74% 'completely/very satisfied'

Connect with Senior Corps

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SeniorCorps.gov/HealthyVolunteers

<https://www.nationalservice.gov/stateoffices>



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Thank You!

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