



Senior Corps Programs are the Cost-Effective Answer to Community Needs!

Prepared by

The National Senior Corps Association

Based on FY 2011 Congressional Budget Justification and Corporation for National and Community Service data

The 2010 national value of one hour of volunteer service is \$20.25.

Senior Corps volunteers' 98.2 million service hours in 2010 = \$1.99 billion savings.

SENIOR CORPS is a federally authorized and funded network of national service programs that provide older Americans with the opportunity to apply their life experiences to volunteer service. Senior Corps is comprised of the **Foster Grandparent Program, RSVP, and the Senior Companion Program**, through which Americans age 55 and older provide essential services to cost-effectively address critical community needs.

Foster Grandparent Program: 29,100 Foster Grandparents in 325 projects provide a cost-effective means to reach and support more than 137,000 at-risk children with special or exceptional needs annually who otherwise may not have the opportunity to receive individual assistance and attention from a caring adult. In 2010, Foster Grandparents volunteered 24 million hours.

- 84% of children served demonstrated improvements in academic performance. Mentored children have reduced truancy resulting in reduced school costs and, ultimately, reduced high school dropout rates and increased lifetime earnings.
- 90% demonstrated increased self-image. This includes improved health outcomes such as reductions in teen pregnancy and reduced or delayed use of tobacco, alcohol, or illicit drugs.
- 58% reported improved school attendance leading to increased graduation rates, increased post-secondary education, and higher lifetime earnings.
- 59% reported reduction in risky behavior, including reduced juvenile violence and property crimes, saving victim and court expenses, costly treatment of juvenile offenders, costs of adult crime, crime losses of victims and the societal costs of prosecuting and incarcerating adult offenders.
- In 2010, FGP volunteers mentored 7,000 children of prisoners considered living in the shadows and at high risk of repeating their parent's path.
- FGP intervention reduced need for social services, both short-term costs of counseling and long-term costs of public assistance.
- Based on conservative assumptions about outcomes and valuations, studies indicate a return benefit of \$2.72 for every dollar of resources used for mentoring programs. (*Analyzing the Social Return on Investment in Youth Mentoring Programs*, prepared by: Paul A. Anton, Wilder Research; and Prof. Judy Temple, University of Minnesota).

RSVP: 400,475 RSVP volunteers contributed 62 million hours of service in 2010 through 744 projects nationwide working with more than 65,000 community organizations. With the average cost to support one RSVP volunteer at approximately \$134 a year - compared to the average hourly value of a volunteer at \$20.25 - RSVP volunteers saved local communities nearly \$1.25 billion in 2010.

- RSVP is continually strengthening its leadership role in engaging volunteers 55+ by providing nonprofit agencies with volunteers trained to recruit and coordinate other community members in support of the nonprofits mission and goals. In 2010, RSVP volunteers recruited nearly 38,000 additional community volunteers.
- 24,370 RSVP volunteers increased the capacity of the organizations where they serve by enhancing both the quality and quantity of services.
- RSVP projects demonstrate that their volunteer services increase literacy scores for the 74,326 children they mentor – the National Education Association states the lowest hourly rate for teacher aide is \$10.31 reflecting a

savings of \$16,858,623 in remedial reading assistance.

- In 2009, RSVP volunteers mentored 6,400 children of prisoners considered living in the shadows and at high risk of repeating their parent's path.
- RSVP volunteers provided 23,300 caregivers with respite services. A recent AARP survey of working caregivers reports that 30% of family caregivers either quit their jobs or reduce their work hours to take on more care giving responsibilities.
- RSVP volunteers supported 676,000 with Independent Living Services.
- 30% of RSVP volunteers provided at least one service in the area of Health/Nutrition which includes in-home and congregate meals, food distribution/collection, immunization, etc. valued at more than \$27 million.

Senior Companion Program: 14,450 Senior Companions serving in 187 projects provided 12.2 million hours of service helping 66,304 frail, homebound clients in need of assistance in order to remain living independently. Senior Companion Program services prevented premature and costly institutionalization at an annual savings well over \$200 million. The national average cost for one year in a nursing home is \$72,270; the assisted living facility yearly average cost is \$37,572. One Senior Companion volunteer assists 2-6 homebound clients for the annual investment of \$4,800.

- Senior Companions offered essential respite to nearly 9,300 primary caregivers who struggle to remain in the regular workforce while caring for their loved one.
- The Family Caregiver Alliance reports that families with long-term care responsibilities miss an average of 7.5 workdays each year.
- The MetLife Caregiving Cost Study of July 2006 reports the estimated cost to employers of full-time employed intense caregivers at a total of \$17.1 billion in lost productivity annually as well as absenteeism, workday interruptions, costs due to crisis in care, supervision costs associated with caregiver employees, costs with unpaid leave and reducing hours from full-time to part-time.
- Clients have significant, long-term mental health benefits and reduced rates of depression saving \$50 - \$75 a month in medication.
- Cost of stress management therapy for one caregiver (\$125 per session) vs. respite provided by volunteer (4 hours of respite care = \$10.60 plus mileage average cost of \$3.00).
- Cost for a home health aide after a client's release from the hospital is \$12.00 per hour as compared to \$2.65 per hour for a Senior Companion volunteer (at no cost to clients).

According to the most recent US Census and Centers for Medicare and Medicaid Services:

- In the U.S. alone, the number of seniors over 65 years of age will nearly doubled to more than 71 million by 2030.
- The number of seniors age 85 and older needing assistance will more than double to 9.6 million by 2030.
- In 2005, 10.4% of older Americans were living at the poverty level and another 6.4% were near-poor.
- 2/3 of nursing home residents rely on Medicaid funding for part of all of their long-term care expenses.
- Medicaid is now considered a safety net for the middle class as well as the poor.
- 6 million people in the US over the age of 65 need long-term care.
- Healthy, active seniors are less of a strain on medical and social services. FGP, RSVP and SCP offer physical and psychological health benefits to their 444,025 volunteers, lowering their rates of depression and other diseases, in turn saving billions of dollars in healthcare expenses and costs of long-term care.

For small federal investment of \$221.1 million, leveraging additional local funding of over \$130 million, Senior Corps volunteers provided the most cost-effective answers to community needs and long-term care.

For more information, please contact:

Fred Lugo, President, National Senior Corps Association.

512-854-4105

www.NSCAtogether.org

Last updated 2/28/2011