Helping Hands & Access to Healthcare

NVCN
National Volunteer Caregiving Network
Did you know?

If you want to feel love, give love.
Caring takes no time – it’s an attitude!
Caring is shown in the smallest acts that take just a moment...
Volunteer Caregiving
IMPROVING ACCESS TO HEALTHCARE SINCE 1984

TAMMY I. GLENN
EXECUTIVE DIRECTOR, CAREGIVERS: VOLUNTEERS ASSISTING THE ELDERLY
VICE PRESIDENT/ACTING EXECUTIVE DIRECTOR, NATIONAL VOLUNTEER CAREGIVING NETWORK
Founded in 1984

More than 650 active programs across the nation

Transportation is one of the biggest requests

Forward-Thinking, Ready to Respond
Shared Values
You are not alone!

To promote the health, well-being, dignity, and independence of frail, homebound elders and people with disabilities through one-on-one relationships with trusted volunteers.
About 10,000 per day are retiring from active work.

70+: Population in 2015 was 31.6 Million in the US.

70+: Population in 2025 forecasted: 45.0 Million

70+: Population in 2030 forecasted: 52.6 Million

A GROWING NEED
About 45% of those retiring have less than $100,000 in savings.

Social Security benefits only provide about 1/3 of income needs.
150,141 HELPING HANDS

TECHNICALLY, 300,282 ASSUMING TWO HANDS PER PERSON
NATIONAL ESTIMATES

- 366,383 senior clients
- 150,141 volunteers
- 9,321,181 hours of service
- 1,785,390 trips
- $632 per client
AVERAGE PROGRAM METRICS

- Clients per program: 564
- Average Age Volunteer: 60
- Full-Time Equivalent Staff: 4
- Average Budget: $356,419
- Trips per program: 2,747
- Miles per trip: 18
This is what Volunteer Caregivers do!

- Transportation to medical appointments
- Help shopping for groceries
- Picking up pharmaceuticals
- Changing a lightbulb
- Prepping a meal
- Friendly visiting and a phone call to say, “Hello! Can I lend a hand?”
- Phone Friends
- And we combat social isolation!
Move Over…
Compassion sometimes means sitting alongside people in their darkest places
# Social Determinants of Health

![Social Determinants of Health Table](image)

*note: Transportation, Social Integration*
Social Determinants of Health

Ventura County CAREGIVERS works with more than 150 select resources to provide services in addition to our own.
TRUSTED VOLUNTEERS WHO DON’T WORK ALONE

BACKGROUND CHECKS
PERSONAL INTERVIEWS
REFERENCES
CLEAN DRIVING RECORDS
CURRENT CAR INSURANCE
MONTHLY REPORTS
Qualitative vs. Quantitative

**Economic Stability**
- Volunteers are priceless!
- **Services offered at no cost to the senior**
- Asset Map of more than 150 community resources
- Cost savings to the community! Volunteer Caregiving delivers at 20 percent of average retail costs

**Neighborhood & Physical Environment**
- Neighbor Helping Neighbor across the USA
- **Volunteer Matches last a lifetime**

**Education**
- Empowering seniors to continue to live independently, in their own homes through end of life
- **80% Success Rate!**
**Qualitative vs. Quantitative**

**Food**
- Volunteers assist with grocery shopping
- Volunteers help prep meals—and cut pineapple!
- Volunteer Caregiving assists with emergency food when needed
- **Great partner programs**, like Shop Ahoy!

**Community & Social Context**
- Combatting Social Isolation
- Volunteers accompany seniors to doctor appointments, church socials, movies and even play a mean game of Mahjongg

**Healthcare System**
- Access to medical appointments
- Transportation
- Ensure follow-up visits
- Pick up prescriptions
- Work with visiting nurses and hospice as needed
- Hospital discharge & Homecoming Program
Great Partner Programs...Our Top Four!

- Area Agencies on Aging
- Meals on Wheels or the local equivalent
- Hospital Associations
- 2-11
- And more!
Make room for Human Services & Public Services...
UNDERSTANDING HOW THE PIECES CAN WORK TOGETHER
Vision: Healthcare 2018
Social Services wasn’t even on The Map!
MOTIVATION: CHANGE YOUR PARADIGM

We can open doors to new ideas when we work together!
MOTIVATION: Expand Our Vocabulary

Physiological studies have found that speaking two or more languages is a great asset to the cognitive process.
SOMETHING HAS TO CHANGE
MOTIVATION: Metrics

Metrics play an important role since they transform both the customer requirements as well as operational performance into numbers that can be compared.
VOLUNTEER CAREGIVERS
We’re All That!
Volunteer Caregivers compliment communities across the United States—out of the goodness of the hearts!

❤️ kindess
❤️ appreciation
❤️ gratitude
❤️ mindfulness
❤️ self-compassion
❤️ choosing to give their Time and Talent
Just getting started.

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