



The Center for Volunteer Caregiving 2008-2009 Year in review

The mission of The Center for Volunteer Caregiving is to provide volunteer services to help Wake County seniors, family caregivers, and adults with disabilities maintain independence, dignity and quality of life.

From the Executive Director—The “So What” Factor

My United Way training taught me to ask the “So What” question after every number we reported. It is not always easy to demonstrate the result or outcome of volunteer service on a senior’s life or how performing that service changed the life of the volunteer. It is not like measuring a decrease in blood pressure as a result of daily exercise. It is

not so tangible. Some results are just too priceless, too intangible to measure.

Did that one ride a week to the doctor improve their health or wellbeing? Did two hours of respite for the caregiver actually reduce their stress? Did that \$50 you donated to The Center make the difference you intended?

When you review Program Services, you will see the actual numbers reported by volunteers on timesheets. We only report what we can document. In 2008-2009 43% of volunteers turned in their timesheets. You see some volunteers really don’t want to get into the numbers -they know firsthand the “So What” Factor.

Program Services

In Fiscal Year 2008-2009, The Center provided the following services:

Transportation Program: Volunteers drove more than 21,794 miles for more than 2,134 one-way trips. An additional 768 one-way trips were provided via EDTAP (taxis or WCTS tickets) for a total of 2,902 one-way trips.

So What Factor: 83% of Care Receivers surveyed reported they are able to live more independently and have a better sense of well being because of receiving rides from The Center.

Caregiver Support Program: Volunteers made more than 732 respite care visits for a total of 1,683 hours.

So What Factor: Caregivers who received respite services for at least 3 months reported feeling stressed less often than before having respite services. 50% reported that having volunteer respite services has decreased the burden they feel as a caregiver.

In-Home Connections Program:

Chore Services: Volunteers spent more than 1,842 hours cleaning houses, working in yards and shopping for and doing other chores for Care Receivers.

So What Factor: “Bob has been helping mow our lawn. My mother is elderly and I have MS. The lawn has been a constant source of stress due to pressures from the homeowners association. Bob has been reliable and kind to help us with this. Please know how grateful we are for his kindness and time. I don’t really think words can express how much he has helped.” *Laurinne Brickman, Care Receiver*

Friendly Visiting and Telecare: Volunteers visited or talked on the phone with Care Receivers for 2,779.5 hours.

So What Factor: “One visit a week from a (volunteer caregiver) can prevent an elderly person from having to move out of his or her home.” *Claudia Buerger, Social Worker, Rex Home Health Services and CVC Volunteer*

Education: 19 volunteer orientations were held, training 152 potential volunteers. 132 became active volunteers. (228 hours) 6 Caregiver trainings were held, training 102 professional and family caregivers. (147 hours)

So What Factor: “Volunteering has changed my life and my values. Serving through The Center for Volunteer Caregiving has been a far bigger blessing to me than I could ever repay. It’s fun, it feels good and it’s taught me a lot about life.” *Anonymous CVC Volunteer*

Number of Volunteers providing services: 616

So What Factor: “There is a significant relationship between volunteering and good health; when individuals volunteer, they not only help their community but also experience better health in later years, whether in terms of greater longevity, higher functional ability, or lower rates of depression.” (Corporation for National and Community Service, Office of Research and Policy Development. *The Health Benefits of Volunteering: A Review of Recent Research*, Washington, DC 2007.)

Number of Care Receivers receiving services: 592

So What Factor: “Research has shown that every person who is able to maintain independence for an additional year of his or her life will result in a savings to the taxpayer of over \$45,000.” (Wake County 2006 Community Assessment)

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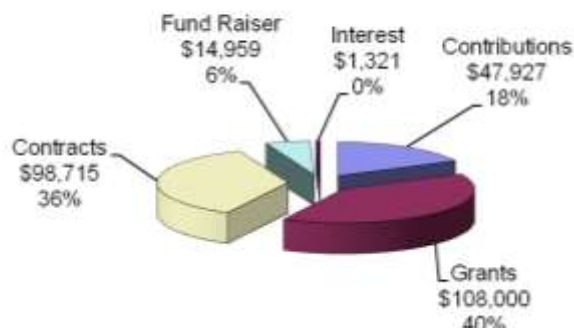
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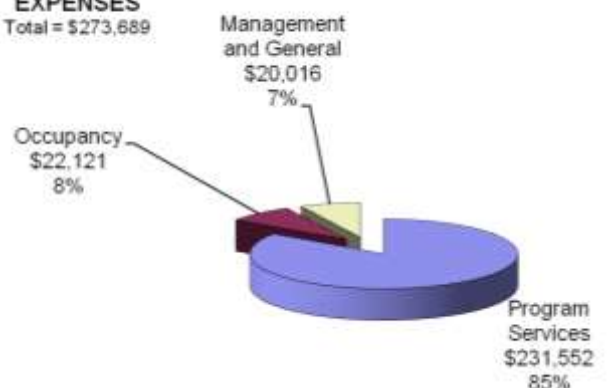
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Revenues and Expenses

REVENUE Total = \$270,922



EXPENSES Total = \$273,689



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If a contributor was omitted or incorrectly noted, please accept our apology and notify us of the correction by calling (919) 460-0567 or emailing caregiving@ctrvolcare.org.

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