

Citation (APA style)	Abstract/Summary	RSVP	SCP	FGP	Type of Evaluation (Select all: Impact, implementation, outcomes)	Study Design (RCT, QED, etc.)	Included in Systematic Review?
Greenleigh Associates. (1966). <i>An evaluation of the Foster Grandparent Program</i> . Report prepared for the Administration on Aging, Department of Health, Education, and Welfare. New York, NY: Greenleigh Associates.	This is the final report of the Evaluation of the Foster Grandparent Program based on a field survey conducted from April 1966 to October 31, 1966. The evaluation was conducted under contract with the Office of Economic Opportunity and in cooperation with the Administration on Aging of the Department of Health, Education, and Welfare. The evaluation showed that the Foster Grandparent Program has demonstrated great value and should be expanded on a large scale, but requires improvements in administration and operations. The program has a positive economic and human impact. Economically it has raised those older people who are foster grandparents to a level of income above the poverty line. It is almost impossible to reduce the real human impact of the Foster Grandparent Program to the written word. To see the program in operation, to observe the hunger of the deprived, handicapped and sick children for love, warmth and attention, to learn of the reborn feelings of usefulness on the part of the older people who had been cast aside by society-- these are the essential human aspects of the program. The evaluation included studies of ten of the twenty-two foster grandparent projects that were funded at the time the study was approved. The ten projects included 33 child-serving host agencies consisting of 10 general and special hospitals, 7 institutions for the retarded, 15 institutions or agencies for dependent or neglected children, and one specialized institution for emotionally disturbed children. The study included 478 older persons who were employed as fosterparents and had worked two months or more. In addition, it included 907 children who received fostergrandparent care for two weeks or more.			X	Implementation/ Outcome	Non-experimental: Unmatched Comparison group	N - Prior to 1980
Saltz, R. (1967). <i>Evaluation of a foster-grandparent program findings of the foster-grandparent research project</i> . Report prepared for the U.S Office of Economic Opportunity.	Study conducted under U.S. Office of Economic Opportunity, community action research grant CG 9394. The major effects on the children in the Foster-Grandparent Program in the Sara Fisher Home can be summarized as follows: 1. Foster-grandparent care appears to have positive effects on the social behaviour and alertness of infants as young as one to seven weeks of age manifested by: (a) decreased fretfulness; (b) increased alertness to their environment; and (c) earlier evidence of vocalizing attempts. 2. There were indication that foster-grandparent care had beneficial effects from 4 months to 2.5 years of age. 3. The addition of foster-grandparents, even to an already "good" institutional environment, appears to help create favorable climate for certain aspects of institutionalized children's language, skills and intellectual development. (a) There is some evidence to suggest foster-grandparents can contribute to the maintenance of a "normal" rate of intellectual development in the institutionalized children. (b) there are indications that foster-grandparents can have a favorable effect on the language and skills development of institutionalized children. 4. In their cottage unit settings, the children manifested improvement overall social and emotional adjustment after foster-grandparent care. The most striking beneficial effects appear to be: (a) Improvement in the children's social behavior. Children were seen as more outgoing and as having improved relationships with both peers and authority figures. (b) Evidence of the children's increased self-confidence, with a decrease in instances of fearful, insecure behavior. 5. In the pre-school setting, the children showed the same types of improvement as in the cottage units. In addition, foster-grandparent care appeared to have a "settling" effect on the behavior of the children in the pre-school. The children were better able to function and appropriately and to make constructive use of the materials and training offered by the pre-school. Comparing the children before and after time in the foster grandparent they evidenced: (a) less hyperactive and/or destructive and aggressive behavior; (b) an increase in cheerful and even-tempered behavior and a decrease in fretful, sullen behavior; (c) improved social skills; better relationships with peers and acceptance of teach direction; (d) improved language readiness skills, such as recognition of colors and letters, etc.			X	Impact	Non-experimental: Unmatched comparison group	N - Prior to 1980
Saltz, R. (1968). <i>Foster-grandparents and institutionalized young children: two years of a foster-grandparent program</i> . Report prepared for the Administration on Aging, Department of Health, Education, and Welfare. Detroit, Michigan: Merrill Palmer Institute.	This report is based upon the findings of an intensive two-year research study, undertaken by the Merrill-Palmer Foster-Grandparent Research Project, of the operation and effects of one Foster-Grandparent Program (FGP; specifically-- the FGP administered by the Catholic Social Services Agency of Wayne County at the Sarah Fisher Home in Farmington, MD). By studying in depth the operation of this program, it was hoped that better understanding could be gained of the possible impact of such a program on: (1) the social, emotional and intellectual functioning of institutionalized infants and young children who receive FGP care; and (2) the emotional and physical well-being of the older people serving as the foster grandparents. Perhaps the most important finding is that the foster-grandparents have indeed proven able to fulfill the personalized quasi-family function for the infants and young children in their care that was the most innovative feature of the Foster-Grandparent program. The emotional needs and potential satisfactions of the foster-grandparents as employees and those of the infants and young children in their care seem to be, in a very unique way, mutual and complementary. This mutuality of benefit was summed up quite simply by one of the foster-grandparents, after two years of employment at the Sarah Fisher Home, who said in reference to her foster-grandchild, "I love him and he loves me. We help each other."			X	Implementation/ Outcome	Non-experimental: Unmatched comparison group	N - Prior to 1980
Nash, B. (1968). <i>Foster Grandparents in Child-care settings</i> . Report prepared for the Administration on Aging, Department of Health, Education, and Welfare.	Validates the concept that the helpers and those who are helped both gain from the experience based on the first 3 years of the FGP.			X			N - Prior to 1980
Gray, R., & Kasteler, J.R. (1970). An evaluation of the effectiveness of a Foster Grandparent Project. <i>Sociology &amp; Social Research</i> , 54, pp. 181-189.	This paper presents the results of an evaluation of a project which employed elderly people to act as foster grandparents to mentally retarded children. In addition to the benefits accruing to the children from such individual care and training, the foster grandparents were found to have shown increments in life satisfaction and personal and social adjustment when compared with a similar group of elderly persons who were not employed on the project. This paper focuses on findings relating to the effects of the program on the elderly participants and supports the notion that meaningful, purposeful activity in addition to some financial remuneration are basic ingredients of good personal and social adjustment and increased life satisfaction in old age.			X	Impact	Non-experimental-Comparison group	N - Prior to 1980

Takacs, K.B. (1970). <i>Foster grandparents: A unique contribution to the mentally retarded</i> (MS). University of Wisconsin, Madison, Wisconsin.	This thesis considers a Foster Grandparent program in Wisconsin that serves institutionalized mentally retarded individuals at three facilities. Foster Grandparents were asked to complete a six-page "Questionnaire on Self" concerning general health, personal and social characteristics; six months later, the questionnaire was administered in shorter form, followed by interviews. Responses indicate that Wisconsin Foster Grandparents view participation in the program as having a positive impact on their lives. For example, 35.9-41.3% felt their is better; nearly 80% rated themselves as "very satisfied" on "life satisfaction"; and 83.7-92.4% reported an increased "feeling of usefulness" following participation in the program. Foster Grandparents (n=136) were also evaluated at three separate time periods by the program using the Cottage or Ward Personnel Evaluation form. Results showed that 77.2% of evaluators thought the Foster Grandparent had a favorable or very favorable influence on their assigned child.		X	Outcome	Non-experimental-Single group - outcome (pre-test/post-test)	N - Prior to 1980
Saltz, R. (1971). Aging Persons as Child-care Workers in a Foster-Grandparent Program: Psychosocial effects and work performance. <i>The International Journal of Aging and Human Development</i> , 2(4), pp. 314-340.	This paper reports partial findings of a longitudinal study intended to evaluate the effectiveness of a foster-grandparent program. The project was part of the nationwide Foster-Grandparent program which employs indigent elders (minimum age: 60) in a variety of children's institutions. Workers are employed for twenty hours per week and receive the U.S. minimum hourly wage. Their services consist of providing personal attention and affection to infants and children who reside in institutions. The Foster Grandparent program has two major objectives. The first is to alleviate some of the financial and psychological problems which often face impoverished elderly persons by providing them with interesting, paid employment. The present paper is concerned with findings relevant to this first objective. The second goal of the program is to provide institutionalized young children with the kind of individualized care widely held to be crucial for normal early psychosocial development. Findings of the evaluation study as they relate to effects on the children have been reported elsewhere (Saltz, 1968; Saltz, 1970). Findings with regard to the impact on elderly persons found that FGP participation was associated with improved life-satisfaction and was also conducive to maintenance of health and vigor in many participants (relative to a matched comparison group of program applicants and demographically similar adults who were judged to be eligible for program participation). Results also indicated that the FGP were effective child-care workers and had a beneficial impact on children. Additionally, they demonstrated good job stability, met adequate attendance standards, and were rated favorably by their supervisors.		X	Impact	QED - groups formed by matching - non-PSM	N - Prior to 1980
Saltz, R. (1973). <i>Effects of Part-time "Mothering" on IQ and SQ of Young Institutionalized Children</i> . Report prepared for U.S Office of Economic Opportunity.	Studied the effects of institutionalization on the development of 81 children aged 16 mo. to 6 yr. A foster-grandparent program (FGP) group received part-time "mothering" by elderly institutional aides for a period of up to more than 4 yr. A control group resided in a similar institution which did not provide supplementary "foster grandparent" care. Periodically during the 4-yr program, Ss were given a battery of tests (e.g., the Cattell Infant Intelligence Scale). There was a significant difference in IQ in favor of the FGP group. The FGP group made average progress over long periods of institutionalization in IQ-test scores and in the development of social competence, as measured by Vineland Social Maturity Scale. Draw-a-Man IQ scores were significantly lower than Stanford-Binet IQ scores for both experimental and control groups. (PsycINFO Database Record (c) 2016 APA, all rights reserved)		X	Impact	Non-experimental-Comparison group	N - Prior to 1980
Kornblum, S.F. (1981). <i>Impact of a Volunteer Service Role Upon Aged People</i> (PhD). Bryan Mawr College, Bryan Mawr, Pennsylvania.	The impact of new role, a volunteer service role, upon the health, morale, social participation, level of activity, and self-perception of aged participants in the Retired Senior Volunteer Program (RSVP) was examined. Data were obtained from 198 aged people who responded to the search for RSVP volunteers. They were interviewed twice using a structured interview schedule, at the time they first indicated an interest in serving as RSVP volunteers, and again six months later. The 198 aged people were divided into three groups, for purposes of comparison, consisting of an experimental group of program participants, a comparison group of non-participants, and a "dropout" group consisting of participants who resigned before completing six months of volunteer work. Participation in a volunteer role had no clear measurable impact upon participants except for a significant improvement in self-perception and three of the seven indicators of self-assessed health...	X		Impact	Non-experimental-Comparison group	Y
Ziegler, S., & King, J. (1982). Evaluating the Observable Effects of Foster Grandparents on Hospitalized Children. <i>Public Health Reports</i> , 97(6), pp. 550-557.	Because Foster Grandparent Programs have been widely implemented in acute care settings but not systematically evaluated, a study was done of the effects that the visiting of parent surrogates had on young children in acute care settings. Three groups of children in such settings were compared: those with foster grandparents, those without visitors, and those visited by their parents. Intergroup differences in the children's hospital behavior reached statistical significance in respect to only one of five behavioral domains investigated. The results of the foster grandparent intervention were found to be relatively weak compared with the results reported in earlier studies. However, it was believed that the discrepancy could be accounted for by the presence or absence of the visitor at the time of observation of the child's behavior. Implications drawn from the study were that greater benefits might be derived from the Foster Grandparent Program at little additional cost if the foster grandparent began visiting immediately upon the child's admission to the hospital, if this visiting extended beyond the current standard 2-hour period, and if the visitor was present at all traumatic medical procedures.		X	Impact	Non-experimental-Comparison group	Y
Trammel-Seck, E. (1983). <i>National Intergenerational Research and Dissemination Project: Final Report on Opportunities for Older Workers in the Children's Preschool Network</i> . Report prepared for the Administration on Aging and Administration for Children, Youth, and Families.	The purpose of this Project was to collect and disseminate information on the utilization of older persons in the children's preschool network nationwide. To achieve this purpose, a series of case studies on a national sample of ten preschool education/development programs (including three Foster Grandparent Program sites and four RSVP sites) was conducted to determine how seniors were utilized in the programs, the advantages and disadvantages of the collaborative effort, and the reasons for success or failure of the intergenerational programs. Survey data was collected from 359 persons attending the National Head Conference network on the nature and extent of intergenerational programming so that we could judge whether the findings of the case studies were representative of other Head Start programs which provide opportunities for older persons. Data reveal that intergenerational Head Start programs have been in existence for some time and are distributed all over the United States. The overwhelming majority of staff, senior program personnel, and other experts were "very satisfied" with their experience with older elders. Seniors interviewed in the preschool settings were "very satisfied" with their present position.	X	X	Implementation	Implementation: Case studies, surveys, interviews	N - Implementation only

Fengler, A.P. (1984). <i>Life Satisfaction of Subpopulation of Elderly: The Comparative Effects of Volunteerism, Employment, and Meal Site Participation</i> . Report prepared for AARP Andrus Foundation. Thousand Oaks, California: Sage Publications, Inc.	Although research generally indicates a positive relationship between activity and well-being, the strength of the relationship depends upon the presence or absence of personal and social resources such as health, solvency, residence, and surviving spouse as well as the nature of the activity itself. When such resources diminish, remaining activities take on added significance for maintaining morale. The present study investigates the relationship between elders who are volunteers, employed, or participating in meal site programs, and life satisfaction. The responses of 1400 systematically selected elders to a needs assessment survey in a four-county area in northwestern New England suggest that those individuals experiencing the greatest number of resource deficits, such as living alone, residing in a city, and being in poor health, benefitted the most from participating in these formal activities. An unanticipated finding was that the strongest and most consistent predictor of life satisfaction for disadvantaged elders was participation as a volunteer for the Retired Senior Volunteer program.	X				Impact	Non-experimental-Comparison group	Y
Litigation Support Services. (1984). <i>Impact evaluation of the foster grandparent program on the foster grandparents: Final report</i> . Report prepared for ACTION. Evaluation Division. Washington, DC: ACTION.	A three-year impact evaluation of the Foster Grandparent Program (FGP), conducted through ACTION resources in 1984, compared FGP volunteers with potential volunteers (i.e.- those on a waiting list to participate in the program). A stratified random sample of 14 FGP projects was selected from over 200 projects nationwide. Respondents were interviewed at three phases of the study in 1980 (N=370), 1981 (N=341), and 1983 (N=351), using the Older American Resources and Services/Multi-dimensional Functional Assessment (OARS) questionnaire. The study found that FGP has beneficial effects on the social, mental, physical, and economic functioning of participants. Specifically, participation was associated with better overall functioning, improvements in mental health and social resources over time, and lessened the decline in the level of physical health over time.			X		Impact	Non-experimental-Comparison group	Y
Arella, L.R. (1984). <i>The Green County RSVP: A case study</i> . Report prepared for ACTION.	This paper is a case study and evaluation report of the Retired Senior Volunteer Project (RSVP) of Greene County in upstate New York. At this site, three staff administrators coordinate the services of 120-130 retired citizens. The research addressed three general questions: (1) Does RSVP attract a type of volunteer who is not likely to benefit from volunteer service with other organizations? (2) How important is funding for the services provided by RSVP? (3) What do RSVP volunteers get from their membership and what would make their volunteer activities more satisfying? Questionnaire responses were solicited from active members, inactive members, and seniors who had never been RSVP members. The study concluded that volunteerism remains a key opportunity for the aging to feel connected to the larger social structure, but cannot fulfill this possibility without a deliberate commitment to addressing the existing problems faced by the volunteers, aging or otherwise, in relation to the larger socio-economic system.	X				Implementation	Implementation: case study, Impact: Non-matched comparison group	N - Implementation only
ACTION. (1984). <i>The Effect of Foster Grandparents on Juvenile Offenders in Georgia Youth Development Centers</i> . Washington, DC: ACTION.	This report examines the effects of Foster Grandparents at Georgia Youth Development Centers (YDC) on the juvenile offenders with whom they worked. It studies the youths' self-esteem, their attitudes toward themselves, their institutions, and the Foster Grandparents; and the attitudes of staff regarding the Foster Grandparent Program (FGP). Information was collected between August 1982 and December 1983 from 106 youth at three YDCs (62 with Foster Grandparents and 44 without Foster Grandparents), 9 YDC staff, and 17 Foster Grandparents. Pre-test and post-test interview results of youth with a Foster Grandparent (experimental group) were compared to the interview results of youth without a Foster Grandparent (control group). The youth outcome measures used in this study were a shortened version of the Coopersmith self-esteem scale and the self-anchoring scale measuring attitudes toward the YDC and him or herself. The study found that the Foster Grandparents positively affected the youths' attitudes toward themselves and the YDC and to a lesser degree their self-esteem. The youth with a Foster Grandparent generally had higher post-test scores (after accounting for pre-test differences) on the outcome measures than those without a Foster Grandparent. Youth with a Foster Grandparent rated themselves 6% higher on the 10 point "self-anchoring scale" than youth without a Foster Grandparent, a statistically significant difference (mean scores of 8.8 compared to 8.2.)			X		Impact	Non-experimental-Comparison group	Y
Brummel, S. W. (1984). <i>Senior Companions: An unrecognized resource for long term care</i> . Report prepared for . New York: Pride Institute.	The article provides background on the Senior Companion program – the rationale behind seeing older adults as an untapped resource - and makes the argument that seniors can be a link between the professional care industry and the frail elderly, allowing the elderly to remain in their homes longer. The article describes the Elvirita Lewis Foundation's Senior Companion program in Soquel, California, including how Companions are trained and the case management approach used. Using "informal records" (Companions' notes), the article quotes Senior Companions about the ways they work with clients and how the clients benefit.			X		Implementation		N - Implementation only
Booz, Allen, & Hamilton Inc. (1985). <i>National Retired Senior Volunteer Program Participant Impact Evaluation: Final report</i> . Report prepared for ACTION. Office of Compliance/Evaluation Division. Washington, DC: ACTION.	A study examined the long-term effects of participation in the Retired Senior Volunteer Program (RSVP) on participants from 20 RSVP projects nationwide. Three rounds of interviews were conducted. In Round 1, 750 volunteers were interviewed: 595 veteran volunteers and 155 new volunteers. In Round 2, 792 volunteers were interviewed: 175 new volunteers and 617 volunteers from the earlier round. In Round 3, 677 volunteers were reinterviewed. Data from these interviews were then compared to data collected from the General Accounting Office's longitudinal study entitled "The Well-Being of Older People in Cleveland, Ohio." The RSVP was found to appeal to a broad spectrum of the American public. Compared with the Cleveland cohort, RSVP attracts a healthier group of senior citizens, and continued involvement in RSVP is associated with improved or stable levels of functioning. Continued program participation is associated with participants' enhanced sense of well-being and outlook on life and may stave off the effects of aging. RSVP volunteers also provide meaningful services and contribute indirectly to the national work force. Program effectiveness may be increased by lowering first-year attrition rates. (Appendixes to this report include a glossary, a detailed description of the study design and methodology, sample attrition data, panel composition data tabulations, information on the reliability and validity of the study scales, levels-of-functioning data tabulations, and psychological/sociological scale results.) (MN)  <a href="https://www.worldcat.org/title/national-retired-senior-volunteer-program-participant-impact-evaluation-final-report/oclc/966972779&amp;referer=brief_results">https://www.worldcat.org/title/national-retired-senior-volunteer-program-participant-impact-evaluation-final-report/oclc/966972779&amp;referer=brief_results</a>	X				Impact	QED: Groups formed by matching - non-PSM (longitudinal)	Y
SRA Technologies. (1985). <i>Senior Companion Program impact evaluation: Final report</i> . Report prepared for ACTION. Evaluation Division. Washington, DC: ACTION.	In 1979, ACTION initiated a Five-Year evaluation of the SCP. This evaluation is based on data collected through interviews with four types of respondents: (1) active Senior Companions, (2) persons on the Waiting list to become Senior Companions, (3) clients currently receiving the services of a Senior Companion, and (4) persons on the Waiting list to be come clients. Three rounds of data collection were conducted at Senior Companion projects located in six sites. SC volunteers showed improvements in economic circumstances and mental health functioning and were more able to adjust to health limitations than those on the waiting list. Furthermore, clients who received SCP services had more stable social resources, increased adjustment to health limitations, and slower increases in areas of serious impairment than those on the waiting list.			X		Impact	Non-experimental: comparison group- Impact	Y

<p>Keller, K.L., Flattend, E.K., &amp; Wilhite, B.C. (1988). <i>Friendly Visiting as a Means of Informing Homebound Senior Citizens of Health-Related Community Services</i>. Report prepared for the Administration on Aging and Office of Human Development Services, Department of Health, Education, and Welfare. New York, New York: Human Sciences Press.</p>	<p>Health-related community services designed for the senior population include delivered and congregate meals, visiting health-aides and nurses, adult day care and telephone and postal checks. Friendly visiting programs may prove helpful in informing homebound senior citizens of these health-related community services. The purpose of this study was to investigate the effectiveness of friendly visiting as a means of informing homebound senior citizens of health-related community services.</p> <p>Visited homebound seniors were contrasted with homebound controls. Visiting occurred in two forms. One group received visitors from an ongoing friendly visiting program (VISITING AS IS) in their community and a second group received visitors who were specifically trained to convey community referral information (REACH). A control group received no visiting of any kind. All three groups were administered pre- and post-interviews asking their knowledge of eight community services. At the end of the twelve week program, the post-interview means of the two homebound visited groups did differ significantly from the mean of the unvisited controls when contrasts were made using pre-interview scores as the covariate, <math>F(2,78) = 8.19</math> (<math>p &lt; .05</math>). The homebound senior citizens visited by the REACH visitors increased their knowledge of services significantly more than the homebound seniors contacted by VISITING AS IS visitors <math>F(1,53) = 7.20</math> (<math>p &lt; .01</math>). While the simple act of being visited did lead to increased knowledge at the .05 level, trained visitors were able to convey such information to a greater degree (<math>p &lt; .01</math>). Awareness of community services can be effectively transmitted by friendly visitors and improved when a program is implemented to train the visitors to meet this goal.</p>	X			Impact	RCT	Y
<p>Saltz, R. (1989). <i>Research Evaluation of Foster Grandparent Program</i>. Philadelphia, Pennsylvania: The Haworth Press, Inc.</p>	<p>This paper describes the results of a longitudinal research paper evaluating the effect of a Foster Grandparent Program (FGP) on the personal development of its participants. It focuses on the hypotheses, methodology and outcome of a series of studies conducted at the Detroit Foster Grandparent Program, particularly as they relate to effects on the older participants. Study participants included 37 foster grandparents (aged 60–75 yrs) and 22 controls. Assessment measures included an interview schedule, a standard IQ test, observations, health, attendance, longevity records, and supervisor ratings. Markedly positive effects on life-satisfaction and adjustment were found for the participants after 1 and 2 yrs of participation in the program and again after 7 yrs.</p>		X		Impact	Pre-test/multiple post-tests (longitudinal) [Comparison group but need article to see if groups were matched]	Y
<p>ACTION Office of Policy and Planning: Evaluation Division. (1990). <i>Volunteers as Care Givers: ACTION's National Long-term Care Demonstration Research Project - Volume III Final Impact Evaluation Report</i>. Washington, DC: ACTION.</p>	<p>This report is the third and final of three reports on ACTION's National Long-Term Care Demonstration Research Project. The aim of this project was to determine the effects of using older volunteers as service providers for elderly persons needing long-term care. This volume, the Final Impact Evaluation Report, presents final evaluation data comparing the effect on volunteers and clients before and after participation in the project (relative to comparison groups of volunteers and clients). The demonstration project had a significant positive impact for the volunteers in terms of economic resources, but there is no conclusive evidence of an impact in the areas of social resources, mental health, or physical health. The project also had a significant positive impact for the clients in terms of social resources. There were no measurable effects in terms of economic resources or physical health, and the effect of the program could not be definitively determined in terms of mental health or activities of daily living.</p>	X			Impact	Non-experimental-Comparison group	Y
<p>Cook, A.F. (1991). <i>The Foster Grandparent Program: An analysis of changing trends</i>. Report prepared for</p>	<p>The Foster Grandparent Program was a federal initiative, established in 1965. Intended as a response to the poverty and isolation prevalent among the elderly, the program enrolled low income senior citizens and provided an hourly tax free stipend in exchange for the daily support they provided to targeted children. Throughout the years of program operation, there has been no systematic study of the entry level characteristics of newly enrolled Foster Grandparents. This would seem to be important information because the age, health and education status of the enrolled individuals could have some bearing on the selection of appropriate child directed activities. This paper will examine some of the entry level characteristics of newly enrolled Foster Grandparents and discuss the relevance of those trends to specific program management issues. A ten year span of time will provide the basis for the study. Results suggest that from 1980-1990 the corp of newly enrolled volunteers has become older, more handicapped and increasingly feminized.</p>		X		Implementation	Implementation: Cross-sectional design looking at program participant characteristics over time, longitudinal	N - Implementation only
<p>The Alzheimer's Association Patient and Family Services. (1991) <i>Senior Companion Program Alzheimer's Association In-home Respite Care Demonstration</i>. Report prepared for ACTION. Chicago, Illinois: Alzheimer's Disease and Related Disorders Association, Inc.</p>	<p>The purpose of this report is to summarize a demonstration project conducted by the Alzheimer's Association and the Senior Companion Program (SCP). This demonstration project, funded by two grants from ACTION to the national Alzheimer's Association, was to determine the feasibility and benefits of the public/private partnership between Alzheimer Association Chapters and SCPs in the delivery of in-home respite care to clients with Alzheimer's Disease (AD) and their families. This report shows that Alzheimer care needs were dramatic, service delivery to Alzheimer clients in need of companion services was complex and multifaceted, and services provided by Senior Companion/Alzheimer Volunteers (SC/AV) were dependable and appreciated by families. The evaluation included family surveys (for those receiving respite services), SCP volunteer surveys, and surveys of SCP administrators/directors.</p>	X			Implementation/Outcome	Non-experimental: Single group - post-test (outcome)	Y
<p>Lee, C.F., &amp; Gray, L.C.(1992). <i>Respite service to family caregivers by the senior companion program: an urban-rural comparison</i>. Report prepared for ACTION.</p>	<p>The Senior Companion Program (SCP), a federally sponsored program, aims to enlist older volunteers to provide in-home services to the homebound elderly. A survey of 48 sample SCP projects providing family caregiver services reveals a distinctly different trajectory of urban and rural project development. In both environments, the longer a project has been in existence, the greater the number of volunteers in service. However, the number of clients served increases for urban projects, but not for rural projects. Relatedly, the unmet need for family caregiver services, the number of referrals unserved by the project, is considerably greater in rural areas. These results suggest that because of factors unique to rural areas, the expansion of clientele may be more restricted in rural settings compared to that in urban settings, thereby implying that rural-urban differences should be reflected in project planning and implementation.</p>	X			Implementation	Implementation: Surveys	N - Implementation only
<p>Research Triangle Institute [RTI]. (1992). <i>Retired Senior Volunteer Program activities in alcohol and drug abuse prevention and education</i>. Report prepared for ACTION.</p>	<p>This report describes the contribution that RSVP Volunteers are making to reduce alcohol and drug abuse and the steps for starting up and managing a successful alcohol or drug abuse activity for RSVP Volunteers. The study used mail and telephone surveys to collect data on activities in RSVP Projects and Volunteer Stations. Researchers then chose three sites and activities for more intensive on-site data collection: (1) Bellingham, Washington, a school-based activity targeted on at-risk youth; (2) Bucks County, Pennsylvania, a prevention of prescription drug misuse by older adults; and (3) Elkhart, Indiana, use of Volunteers in probation services. The report concludes that RSVP Project Directors who are successful in other areas of programming already possess the tools for success in alcohol and drug abuse programming.</p>	X			Implementation	Implementation: Surveys, site visits	N - Implementation only

Freedman, M. (1994). <i>Seniors in National and Community Service: A Report prepared for the Commonwealth Fund's Americans over 55 at Work Program</i> .	National service offers an appealing vehicle for engaging senior citizens to respond to unmet needs in education, health care, public safety, the environment, and other essential areas. Involving seniors in national service will help alleviate the country's pressing domestic problems, enhancing participants' personal development, and bolstering the nation's flagging sense of community. A partial system of national service for seniors that began during the Kennedy administration demonstrated that seniors can provide essential community service, benefit through serving, and play an important role in service. Programs such as the Foster Grandparent Program and Senior Companions Program have also made it clear that senior service is not cheap and that obstacles and questions regarding key issues related to senior service persist. Despite the strides that have been made during the past 30 years regarding involving seniors in national and community service, the gap between promise and practice remains substantial. Achieving a vision of senior service that is substantially, but not exclusively, intergenerational requires action on the following fronts: strengthen the three programs currently providing the vast majority of senior service opportunities, embark on a period of innovation and experimentation, and build infrastructure at the national and local levels.	X	X	X		Review/theory paper/implementation		N - Implementation only (TP)
Griffith, J.D., Powers, L.L., Rist, L.M., & Matheson, J.L. (1994). <i>Evaluation of the SCP/AoA Joint Initiative for the Vulnerable Elderly Program</i> . Report prepared for the Corporation for National and Community Service. Office of Evaluation and Policy Coordination. Washington, DC: Corporation for National and Community Service.	In 1990, ACTION and the Administration on Aging (AoA) began the Joint Initiative for the Vulnerable Elderly. This program provides support to eleven states to provide expanded services for frail elderly in the community, with an emphasis on those aged 80 and older. The objectives of this three-year evaluation are to describe the program implementation, assess the ability of the grantees and sponsors to develop non-Federal support to continue the Joint Initiative services at the end of the three-year funding period, examine program outcomes and impacts, identify successful models for replication, and recommend changes to increase the impact and efficiency of the program. The evaluation uses a combination of telephone interviews, site visits, and analyses of data on Senior Companions and clients. The final evaluation focused on four aspects of the Joint Initiative: Joint Initiative projects and activities, partnerships with other agencies, development of non-Federal support, and alternative approaches to services and support. The findings, conclusions and recommendations are organized under these four areas. Volunteer station supervisors and companions reported positive impacts of SCP on clients (e.g.- help with household activities and psychological benefits) and companions (stipends, physical examinations, in-service training and enhanced purpose and self-esteem).		X			Implementation/Outcome	Non-experimental: outcome only	Y
ACTION. (1994). <i>An evaluation report on the Foster Grandparent Program</i> . Report prepared for the Corporation for National and Community Service. Washington, DC: ACTION.	A comprehensive review of the Foster Grandparent Program (FGP) was undertaken in order to determine its effectiveness, compliance with legislation, and the adequacy of oversight by the sponsoring organization. The evaluation is based on more than 40 research questions designed to describe program activities, determine degrees of community support, ascertain program impact, and assess factors pertinent to program effectiveness. Data was collected via mail and telephone surveys and through site visits. Primary data were collected from a survey of the principal components of each FGP project: all Project Directors, and a sample of the Advisory Council members, Institutional Representatives, Station Supervisors, and Volunteers. Separate survey questionnaires were designed for members of each group. The following conclusions were made: (1) the Foster Grandparent Program is meeting its intended purposes; (2) Foster Grandparent Volunteers are primarily female from diverse racial and ethnic backgrounds; (3) FGP projects have varying characteristics with most operating in public and private schools, serving children between three and eleven years old; and (4) training and technical assistance to the FGP need to be strengthened. Seventeen tables present data.			X		Implementation/Outcome	Non-experimental: Single Group-outcome (post test)	Y
Carrocco, J., Marks, L.N., Nippes, J.K., Pryor, J. (1996). <i>A senior volunteer/home care agency national collaboration: assessment of the partnership</i> . Report prepared for	This research has focused on a partnership between a private sector home health care entity, the Visiting Nurse Associations of America (VNAA) and the public sector Senior Companion Program (SCP) of the domestic volunteer agency now a part of the Corporation for National and Community Service. This research examined the partnerships between the two agencies in 18 local demonstration sites in order to assess how a home health agency worked. Specific areas reviewed were administration of the partnership, communication patterns between the agencies, areas of conflict, the future of the liaison, and how effectively volunteer performance matched original expectations.		X			Implementation	Implementation: case studies	N - Implementation only
Strang, W., Von Glatz, A., & Stolzberg, S. (1997). <i>Retired and Senior Volunteer Program, Summer Evaluation Report</i> . Report prepared for the Corporation for National Service.	This summary report highlights findings of a study of RSVP conducted in late 1995 and early 1996. The study had three objectives. CNS is required to evaluate all its programs regularly. This report highlights findings of a study of RSVP conducted in late 1995 and early 1996. The report (1) Collects descriptive information on current practices from RSVP projects, stations, and volunteers. (2) Assesses the satisfaction of RSVP program stakeholders, including project directors, station supervisors, and volunteers. (3) Assess the direct accomplishments of RSVP volunteers in their communities and at their stations. The primary source of data for the study was a nationally representative sample of 200 RSVP projects. The 200 project directors were surveyed by mail, as was a nationally representative subsample of 637 volunteer station supervisors from the sampled projects. A further nationally representative subsample of 1,055 RSVP volunteers from the sampled stations was surveyed by telephone.	X				Implementation	Implementation: Surveys	N - Implementation only
Achatz, M. (1998). <i>Effective practices of foster grandparents in Head Start Centers: Benefits for children, classrooms, and centers</i> . Report prepared for the Corporation for National and Community Service. Washington, DC: Corporation for National and Community Service.	Describes results from an in-depth qualitative evaluation (from the 1999-1997 school year) done to lay a foundation for future quantitative studies of FGP outcomes and impacts for children in Head Start. Six FGP projects were selected for their use of effective practices of productive roles for FGs. Results suggested that FGP volunteers support children's emotional well-being, self-esteem and self-efficacy, language development, cognitive development. Results also suggested that FGP volunteers contribute positively to the classroom and the center and the report identified 5 effective practices of teachers and centers that contribute to the success of FGP volunteers.			X		Implementation/Outcome	Implementation: case studies, Non-experimental: outcome only	N - Implementation only
Aguirre International. (1999). <i>Retired and Senior Volunteer Program Accomplishment Report</i> . Report prepared for the Corporation for National Service.	The accomplishments described in this report were derived from the survey form entitled, "Meeting Community Needs: A Survey of the Retired and Senior Volunteer Program's (RSVP) Activities, Inputs and Accomplishments." First, a process was undertaken to identify the universe of volunteer stations belonging to all 752 projects. The goal of the sample was to randomly and efficiently select a portion of the population or universe under study in such a manner that the characteristics of the sample had a very high probability of accurately reflecting the characteristics of the population or universe. Utilizing a random sampling procedure with probabilities proportional to the volunteer station size, 1,381 RSVP stations were selected for the study.	X				Other: Outputs	Other: Outputs - Surveys	N - Implementation only

Aguirre International. (1999). <i>Senior Companion Program Accomplishment Report</i> . Report prepared for the Corporation for National Service.	This report presents the findings from the first survey on the accomplishments of the Senior Companion Program (SCP). This report summarizes the community service accomplishments from all Senior Companion Projects for the period between July 1, 1997, and June 30, 1998. The information reported here was collected by Aguirre International on the Senior Companion Program accomplishment survey. The survey sample consisted of a random selection of 1,282 community organizations serving as volunteer stations and representing all 190 SCP projects. The accomplishments are grouped within four of the Corporation for National Service's program emphasis areas: Health and Nutrition, Human Needs Services, Community and Economic Development, and Public Safety. The list, while both long and diverse, is not exhaustive, not every accomplishment has been captured. Nevertheless, the list summarizes the major accomplishments for the Senior Companion Program.		X		Other: Outputs	Other: Outputs - Surveys	N - Implementation only
Aguirre International. (1999). <i>Foster Grandparent Program Accomplishment Report</i> . Report prepared for the Corporation for National Service.	The accomplishments described in this report were derived from the survey form entitled, "Meeting Community Needs: A Survey of the Foster Grandparent Program's (FGP) Activities, Inputs and Accomplishments." First, a process was undertaken to identify the universe of stations belonging to all 306 projects. 7,851 community organizations serving as volunteer stations were identified. The goal of the sample was to randomly and efficiently select a portion of the population or universe under study in such a manner that the characteristics of the sample had a very high probability of accurately reflecting the characteristics of the population or universe. Utilizing a random sampling procedure with probabilities proportional to the number of volunteers serving at each station, 1,378 Foster Grandparent volunteer stations were selected for the study.			X	Other: Outputs	Other: Outputs - Surveys	N - Implementation only
Thomas, C., & Silva, P. (2002). <i>Senior Corps Futures Study Final Report</i> . Report prepared for the Corporation For National and Community Service.	This study was conducted between July 2000 and July 2001, through literature reviews, through telephone interviews with national experts, program directors and state directors and through focus group discussions at three regional conferences of program. There was substantial agreement among those consulted on the major recommendations of the study including: (1) increase project budgets to hire more staff, pay for travel, (2) allow programs more flexibility in spending their grants, (3) raise the income guidelines for volunteer eligibility, (4) increase the stipends for volunteers, (5) reimburse volunteers for the expenses they incur, (6) allow volunteers more flexibility in time commitments, (6) create new working arrangements for volunteers, (7) eliminate age-biased terminology, (8) re-emphasize traditional concerns for the welfare of volunteers, (9) design more in-depth training for volunteers, (10) encourage project directors to voice their opinions, (11) publicize the programs, nation-wide, (12) increase the pay of project directors.	X	X	X	Implementation	Implementation: Interviews, focus groups	N - Implementation only
McGowan, T. G. (2002). <i>The National Study of Foster Grandparent Program Directors: Identifying Effective Practices, Project Barriers and Needs</i> . Report prepared for the National Association of Foster Grandparent Program Directors.	This study was commissioned by the National Association of Foster Grandparent Program Directors (NAFGPD) in order to "check the pulse" of project directors and provide insight regarding project barriers and needs. The study was designed as a triangulated research project consisting of (1) a self-administered, survey questionnaire that was mailed to FGP project directors nationwide, (2) a key informant discussion of survey findings with members of the NAFGPD Board of Directors, and (3) five focus group discussions with project directors selected from sub-groups formed on the basis of the survey and key informant discussion findings.			X	Implementation	Implementation: Survey, interviews, focus groups	N - Implementation only
Dulin, P.L., & Hill, R.D. (2003). <i>Relationships between Altruistic Activity and Positive and Negative Affect among Low-Income Older Adult Service Providers</i> . Report prepared for . Alabama: EBSCO Publishing.	Self-reported altruistic activity was examined as a predictor of positive and negative affective states among a sample of 115 low-income older adults who were actively providing services to others within a federally subsidized service delivery program (Foster Grandparents and Senior Companions). Results indicated that altruistic activity was predictive of positive, but not negative affect. It was found that altruistic activity was a significant predictor of positive affect after controlling for relevant demographic variables including social support and income. The theoretical and clinical implications of this research are discussed.		X	X	Outcome	Non-experimental: Single group - post-test (outcome)	N - Not evaluation
Rook, K.S., & Sorkin, D.H. (2003). <i>Fostering social ties through a volunteer role Implications for older-adults' psychological health</i> . Report prepared for the National Institute on Aging. Amityville, New York: Baywood Publishing Co., Inc.	This study examined the effects on older adults' psychological health of participation in a volunteer role that afforded opportunities to form friendships with age peers and to express nurturance toward another person. Access to these important social provisions was expected, in turn, to contribute to greater self-esteem, less loneliness, and less depression. The study hypotheses were tested by comparing older adults who served as foster grandparents to a developmentally disabled child (N = 52) with older adults in two comparison groups (Ns = 69, 59). Three assessments were conducted over a two-year period. The analyses revealed that the foster grandparents exhibited a significant increase in the number of new ties formed, but participation in the Foster Grandparent Program was not associated with the expected gains in emotional health. Explanations for the limited findings and implications for future research are discussed.			X	Impact	Experimental (RCT)	Y
RTI International. (2003). <i>Final Report of Senior Companion Quality of Care Evaluation</i> . Report prepared for the Corporation for National and Community Service. Washington, DC: Corporation for National and Community Service.	This report is the final product of the Senior Companion Program Quality of Care Evaluation, prepared by RTI International for the Corporation for National and Community Service's Office of Evaluation. The report presents the study's findings about the role and value of senior companions at volunteer stations and in their communities. The report includes results from a survey of volunteer station supervisors (administered in 2000) designed to examine the role and value of the SCP. The report also includes quasi-experimental study (conducted at 3 time points from 1999-2002) with one treatment group and at least one comparison group for clients and family/caregiver. The client comparison groups included (a) those newly placed on the waiting list for Senior Companion Program services and (b) those newly receiving other volunteer station services (but not Senior Companion Program services) at a volunteer station. The family comparison group included family members/caregivers of those newly placed on the waiting list for Senior Companion Program services. Finally, the study also included results from a client survey comparing SCP clients to those on the waiting list and/or those receiving other agency services. SCP clients reported improvements in health status, functional status, life satisfaction, decreasing depressive symptoms, needs met for special transportation and personal care, and satisfaction with time spent with the SC vs other health/social service in-home providers at the three-month follow-up relative to those on the waiting list and/or those receiving other agency services.	Y			Implementation/ Outcome (station study); Impact (client and family member studies)	Non-experimental: Single group-post-test (outcome) (station study); QED: Groups formed by matching - non-PSM (client and family member studies)	Y

ETR Associates. (2003). <i>Profile of Senior Corps Faith-Based Partnerships</i> . Report prepared for Corporation for National and Community Service.	In response to President George W. Bush's 2001 executive order acknowledging the value of faith-based organizations, the Corporation for National and Community Service launched an assessment of the extent and nature of volunteer activities at faith-based organizations serving as Senior Corps volunteer stations. The Senior Corps faith-based assessment had two components. The first component was a mailed self-administered assessment to gather data on the number and type of faith-based organizations collaborating with Senior Corps projects and the services that Senior Corps volunteers offer at those organizations. The second component of the assessment was a phone interview of a small sample of project Directors to gather information on the histories, challenges and benefits, and differences and similarities of working with faith-based organizations. The Senior Corps faith-based assessment documented that the majority of Senior Corps projects had longstanding agreements with faith-based organizations serving as volunteer stations. By and large, Senior Corps project Directors described few to no differences between working with faith-based organizations and non faith-based organizations and viewed such collaborations as beneficial in accomplishing project goals.	X	X	X	Descriptive or Implementation	Implementation: survey, interviews	N - Implementation only
Westat. (2005). <i>Technical Report of the Foster Grandparent Mentoring Service Recipient Study</i> . Report prepared for the Corporate for National and Community Service. Washington, DC: Corporation for National and Community Service.	For the current study described in this report, we collected data on outputs, immediate outcomes, and end outcomes of mentoring activities of the Foster Grandparent Program from a representative sample of the organizations in which the FGs serve. This report describes the findings from the Foster Grandparent Mentoring Service Recipient survey which used a stratified systematic sample of service stations that included mentoring as a service category. The survey included questions on the activities performed by FGs and the impact they have on the children they served, the project director's ratings of the effectiveness of FGP volunteers in comparison with non-FGP volunteers, and overall ratings of the capabilities and reliability of FGs. FGP participants were listed as either more effective or as effective as other volunteers and a majority of stations said that young and elementary school children showed a fair amount or a lot of improvement in their academic performance after working with a volunteer.			X	Implementation/ Outcome	Implementation: Interviews. Outcome: Non-experimental: Single group - post-test (outcome)	Y
Westat. (2005). <i>DRAFT: Public Report on the Results of the 2005 Independent Living Survey of the Senior Companion Program</i> . Report prepared for the Corporate for National and Community Service. Washington, DC: Corporation for National and Community Service.	This report summarizes the findings of the 2005 Independent Living Survey, a service recipient survey of the Senior Companion Program (SCP). Data used in this report were gathered by talking with service recipients in a national telephone survey. The survey explored the types of services performed by SCs, what effect these services have on the recipients, and the clients' satisfaction with their individual SCs and the program generally. It also asked respondents to describe their health, where and how they lived, and collected demographic information. Results indicated that clients viewed SCP services as very important and overall were very satisfied with the program.		X		Outcome	Non-experimental: Single group - post-test (outcome)	Y
Pigatti, L.A. (2005). Retired Senior Volunteers AARP Tax Aide Program evaluation, <i>Activities, Adaptation &amp; Aging</i> , 29:3, 21-31, DOI: 10.1300/J016v29n03_02.	The purpose of this article is to assess the success of the AARP Tax Aide program as it relates to training older volunteers to complete income tax returns and develop technology skills that will enable them to use the Tax Wise software and e-file returns. In the past few years, the program has grown in visibility in our rural communities, leading to successful results in terms of completing and submitting tax returns. An area of needed growth for the Tax Aide program has been implementation and greater utilization of electronic completion of tax returns and the e-filing system. Our agency implemented a training program to provide older volunteers with skills necessary to develop technological expertise. This article explains the training provided and successful outcomes achieved. (PsycINFO Database Record (c) 2018 APA, all rights reserved)	X			Implementation	Implementation: interviews	N - Implementation only
Peacock, J.R., & O'Quin, J. (2006). Higher Education and Foster Grandparent Programs: Exploring Mutual Benefits.	The purpose of this article is to highlight ways in which programs within institutions of higher education and Foster Grandparent Programs can interact to their mutual benefit. Given federal and state initiatives to develop linkages between institutions of higher education and community service sites, mutual benefits exist at the program level for both institutions of higher education and Foster Grandparent Programs. At the individual level, mutual benefits exist for both students in academic programs and senior volunteers. We propose that universities and colleges, including community colleges, and various programs within these institutions of higher education can beneficially interface with Foster Grandparent Programs through intergenerational service-learning programming. As such, we suggest ideas for intergenerational service-learning projects across a wide array of disciplines. Personal communication with Foster Grandparent Program directors across the nation is used to provide information and unique case examples in developing linkages between Foster Grandparent Programs and institutions of higher education.			X	Other: theory		N - Implementation only (TP)
Peacock, J.R., & Flythe, M.K., & Jones, K. (2006) A Service-learning collaboration: A graduate gerontology program and a foster grandparent program, <i>Educational Gerontology</i> , 32: 335-349, DOI: 10.1080/03601270600564096.	Historically, American institutions of higher learning have embraced community service as a necessary component of students' learning experiences. Recent initiatives through the Corporation for National and Community Service emphasize the idea that civic responsibility is an important element of an adequate education at all levels of learning. In this article we discuss the feasibility of integrating a graduate gerontology program and a Foster Grandparent Program. The integration is designed in such a way that, beyond sustaining the Foster Grandparent Program and introducing students to practical field experiences, greater community needs can be met. Ideally, positive outcomes will be achieved through such a collaborative effort, and will affect change at the individual, community, policy, and social structural levels.			X	Other: theory		N - Implementation only (TP)
Butler, S. S. (2006). Evaluating the Senior Companion Program: A Mixed-Method Approach. <i>Journal of Gerontological Social Work</i> , 47:1-2, 45-70, doi: 10.1300/J083v47n01_05.	This article reports on a mixed-method assessment of the Senior Companion Program (SCP), a federal program which provides volunteer opportunities with small stipends to low-income older adults, 60 years of age and older, who provide companionship and offer assistance to frail community elders. Through four standardized scales and open-ended questions regarding the impact of the SCP in their lives, 34 Senior Companion volunteers and 32 of their clients were interviewed. Informants reported relatively large social networks and low levels of depression and loneliness. Thematic analysis of the qualitative data revealed the benefits of the program for both volunteers and their clients. Themes emerging from the rich narratives included: companionship, independence, reduced anxiety, giving, and rewards. The article concludes with a suggested brief evaluation instrument that directors of SCP programs, and other similar programs, can use to collect data on the impact of their program-something that is required, but often difficult to do. (PsycINFO Database Record (c) 2016 APA, all rights reserved)		X		Outcome	Non-experimental: Single group - post-test (outcome)	Y

Butler, S. S., MSW, & Eckart, D. (2007). Civic Engagement Among Older Adults in a Rural Community. <i>Journal of Community Practice</i> , 15:3, 77-98, DOI: 10.1300/J125v15n03_05.	This article presents a case study of how an elder-helping-elder volunteer program—the Senior Companion Program promotes civic engagement among older adults in a rural community. In-depth interviews were conducted with 30 individuals in the community to assess the impact of the program for individual elders and the community at large. Three overarching themes emerged from the narrative data: Maintaining Community, Filling Gaps in the Service System, and Government Should Do More for Elders. These themes are described using research participant quotes. The article concludes with study implications for community practitioners including advocacy for program expansion.		X			Implementation	Implementation: case studies	N - Implementation only
Shelton, L., Dietz, N., Nicholas, B., & Jennings, S. (2008). <i>Senior Corps Reports</i> . Report prepared for the Corporation for National and Community Services. Washington, DC: Corporation for National and Community Services.	In order to assess the outcomes of both the Senior Companion and Foster Grandparent Programs, and to determine the opportunities for expanding the number of Baby Boomers who participate in RSVP, the Corporation for National and Community Service conducted a series of surveys between 2004 and 2006. First, the Senior Companion Program surveys were conducted among the clients who receive services from the Senior Companions. From these surveys researchers determined how Senior Companions contribute to the web of resources that help clients live independently. Second, the Foster Grandparent Program survey was conducted with station supervisors, mostly school principals or administrators of school-based programs, to gauge the impact that Foster Grandparents have on the young people they serve. And finally, the RSVP surveys were conducted to assess the landscape of Baby Boomers who participate in the program and to provide a possible roadmap for recruitment. Researchers investigated the demographics, volunteer history, and volunteer interest of Baby Boomers in RSVP, in hopes of determining any key differences between the RSVP Baby Boomers and other Baby Boomers who volunteer. A large majority of SC clients report that visits with their SC are "very" important to the, and that Companions help them to maintain or improve their quality of life. Also, SC clients are mostly satisfied with the services that are provided through the program.	X	X	X		Implementation/ Outcome	Outcome: Non-experimental - single group - outcome (post-test). Implementation: Surveys	Y
Evans, G., & Carnagie, L. (2009). <i>New York City's Foster Grandparent Program: A Model of Older Volunteer Management</i> . Report prepared for . New York:Springer Publishing Company.	It is generally acknowledged that older persons represent a vast- and largely untapped-volunteer resource for America's communities (Reinventing Aging, 2003). It is also now axiomatic that older people need to feel socially useful and productive in order to age well. Developing opportunities for seniors to serve their communities is, therefore, clearly in the interest of everyone concerned. This article will discuss the National Foster Grandparent Program (FGP) to draw some lessons about win-win older volunteer program design. It will also review New York City's Foster Grandparent Program, administered by the New York City Department for the Aging (DFTA), as a model of effective implementation.			X		Implementation	Implementation: case study or descriptive	N - Implementation only
Tan, E., Harding, V., Spera, C., & DeGraff, K.M. (2012). Senior Corps -- RSVP: Disaster Services and Community Resilience During 2012 Colorado Wildfires. <i>Public Policy &amp; Aging Report</i> , 2016, Vol. 00, No. 00, 1–4 doi:10.1093/ppar/prw011.	This study looked at how Americans age 55 and older can also be part of community solutions to disasters through National Service programs such as RSVP. It focuses specifically on how Senior Corps volunteers were engaged in responding to the 2012 wildfires in Jefferson, El Paso, and Larimer Counties in Colorado.  The study found that: (1) RSVP grantees can effectively recruit, train, and deploy volunteers in disaster service-specific roles and in dual benefit roles in support of community resilience (CR). (2) The vast majority of volunteers who served during the wildfires served at their routine volunteer stations in a dual benefit role in support of CR. (3) The majority of hours served by RSVP volunteers during the wildfires were served by a relatively small group of volunteers with disaster-specific skills; this example reinforces how traditional disaster preparedness complements CR. (4) Experience with traditional disaster service activity, volunteer coordination capacity, and established service placement relationships may also have been important in the Denver and Larimer County RSVP Projects capacity to redeploy volunteers in support of CR.  It should be noted, however, that RSVP grantees had difficulty collecting data on the number of unduplicated people who served in the midst of a disaster. RSVP grantees will likely need continued technical assistance to collect impact and other data in future disaster response settings.	X				Implementation	Implementation: case study or descriptive	N - Implementation only
Van Orden, K.A., Stone, D.M., Rowe, J., McIntosh, W.L., Podgorski, C., & Conwell, Y. (2013). The Senior Connection: Design and rationale of a randomized trial of peer companionship to reduce suicide risk in later life. <i>Contemporary Clinical Trials</i> , 117-126, DOI: 10.1016/j.cct.2013.03.003.	There is a pressing public health need to find interventions that reduce suicide risk in later life. Psychiatric and physical illness, functional decline, and social factors place seniors at risk for suicide. Reflecting this body of evidence, the Centers for Disease Control and Prevention (CDC) has identified the promotion and strengthening of social connectedness, between and within the individual, family, community, and broader societal levels, as a key strategy for suicide prevention. The Senior Connection, a randomized trial of peer companionship for older adults, is described here, with an emphasis on the most novel features of the study design—grounding in a psychological theory of suicide and intervening at an early stage in the suicide risk trajectory by linking primary care patients with the Aging Services Provider Network.	X				Impact	RCT	N - Design Report
Nerino, A. (2013). <i>Senior Corps RSVP 2013 GARP: Exploring Why Some Organizations Did Not Apply</i> . Report prepared for the Corporation for National and Community Service.	Following the most recent release of its Notice of Funding Opportunity (NOFO), the number of applications to the 2013 RSVP grant competition was lower than Senior Corps program staff anticipated. Of the 292 individual funding opportunities in the NOFO, 62 had no applicants, and 215 had only 1 applicant. Although 512 potential applicants submitted letters of intent, only 230 completed the application process.	X				Implementation	Implementation: survey	N - Implementation only
McDonald, T.W., Chown, E.L., Tabb, J.E., Schaeffer, A.K., & Howard, E.K.M. (2013). The Impact of Volunteering on Seniors' Health and Quality of Life: An Assessment of the Retired and Senior Volunteer Program. <i>Psychology</i> , 4, 283-290. doi: 10.4236/psych.2013.43A042.	Past research suggests that senior citizens often face challenges related to deteriorating physical and mental health, and the quality of their lives may suffer as a result. Past research also suggests that volunteering can improve the health and quality of life for seniors. In the present study, 451 volunteers enrolled in the Retired and Senior Volunteer Program (RSVP) completed surveys including questions regarding their volunteer experiences and how these experiences have affected their health and quality of life. The results suggest that volunteering through RSVP is associated with improvements in health and quality of life across a variety of dimensions. Furthermore, these improvements may be particularly greater for women, current volunteers, and older seniors. These findings may help guide interventions designed to enhance the health and well-being of senior citizens in a variety of settings.	X				Outcome	Non-experimental: Single group - post-test (outcome)	Y



<p>Pratt, D., Lovegrove, P., Birmingham, C., Lombas, L., Vicinanza, N., Georges, A., &amp; Gabbard, S. (2014). <i>SCP Independent Living Performance Measurement Survey: Process, Rationale, Results, and Recommendations</i>. Report prepared for the Corporation for National and Community Service. North Bethesda, MD: JBS International, Inc.</p>	<p>The Senior Companion Program (SCP) Independent Living Study is an important initiative undertaken by the Corporation for National and Community Service (CNCS) to assess the effectiveness of Senior Corps Programs and to build grantee capacity to contribute to the evidence base for informed decision-making and allocation of resources. CNCS's goal is to increase the impact of national service in communities served by CNCS-supported programs. The data gathered through this study will assist CNCS to begin assessing the performance of SCP at the national level using output and outcome measures. The specific outputs of interest under Goal 1 are the amount of SCP -supported independent living and respite services received, and the percent of homebound or older adults and individuals with disabilities and their caregivers that received CNCS-supported services who report having increased social ties and perceived social support.</p> <p>This report presents the results and findings from the client and caregiver surveys to assess clients' and caregivers' experiences and perceptions of program benefits. The report also discusses grantees' experience in administering the survey, including their use of technical assistance. The data presented include the survey response rate and an analysis using several statistical techniques to assess the reliability and validity of the survey data. Clients and caregivers expressed satisfaction with the SCP, and program participants reported high rates of social support and self-efficacy.</p>	<p>X</p>		<p>Outcome</p>	<p>Non-experimental: Single group - post-test (outcome)</p>	<p>Y</p>
<p>Allen, R. S., (2014). Can Senior Volunteers Deliver Reminiscence and Creative Activity Interventions? Results of the Legacy Intervention Family Enactment Randomized Controlled Trial. <i>Journal of Pain and Symptom Management</i>, 48, 590-601. <a href="https://doi.org/10.1016/j.jpainsymman.2013.11.012">https://doi.org/10.1016/j.jpainsymman.2013.11.012</a>.</p>	<p>Context. Palliative care patients and their family caregivers may have a foreshortened perspective of the time left to live, or the expectation of the patient's death in the near future. Patients and caregivers may report distress in physical, psychological, or existential/spiritual realms. Objectives. To conduct a randomized controlled trial examining the effectiveness of retired senior volunteers (RSVs) in delivering a reminiscence and creative activity intervention aimed at alleviating palliative care patient and caregiver distress. Methods. Of the 45 dyads that completed baseline assessments, 28 completed postintervention and 24 completed follow-up assessments. The intervention group received three home visits by RSVs; control group families received three supportive telephone calls by the research staff. Measures included symptom assessment and associated burden, depression, religiousness/spirituality, and meaning in life. Results. Patients in the intervention group reported a significantly greater reduction in frequency of emotional symptoms (P ¼ 0.02) and emotional symptom bother (P ¼ 0.04) than the control group, as well as improved spiritual functioning. Family caregivers in the intervention group were more likely than control caregivers to endorse items on the Meaning of Life Scale (P ¼ 0.02). Only improvement in intervention patients' emotional symptom bother maintained at follow-up after discontinuing RSV contact (P ¼ 0.024). Conclusion. Delivery of the intervention by RSVs had a positive impact on palliative care patients' emotional symptoms and burden and caregivers' meaning in life. Meaningful prolonged engagement with palliative care patients and caregivers, possibly through alternative modes of treatment delivery such as continued RSV contact, may be necessary for maintenance of therapeutic effects.</p>	<p>X</p>		<p>Impact</p>	<p>RCT</p>	<p>Y</p>
<p>Georges, A., Gabbard, S., &amp; Kranjac, A.W. (2015). <i>First Report of the National Evaluation of RSVP</i>. Report prepared for the Corporation for National and Community Service. North Bethesda, MD: JBS International, Inc.</p>	<p>The current report describes the characteristics of RSVP volunteers, including how volunteers are distributed across CNCS's performance measure categories, and how volunteers allocated their time to the service activities across the performance measure categories. Specifically, this report addresses the following questions: (1) What are the demographic and background characteristics of RSVP volunteers? (2) What types of service activities do RSVP volunteers engaged in? (3) How much time do RSVP volunteers dedicate to their primary service activity? (4) Are there differences in volunteers' engagement in service activities by gender, age, and length of service in the RSVP program? The sample of 1,499 volunteers was drawn from 33 RSVP grantees that reported Periodic Progress Report (PPR) data in April 2013. JBS selected the sample of volunteers using a two-stage stratified probability proportionate to size (PPS) method. The size measure was based on the number of unduplicated RSVP volunteers. The first stage of sampling sampled the 33 grantees using PPS within each of three strata, which was based on the number of unduplicated volunteers in that stratum. All 33 RSVP grantees participated in the study. The second stage sampled the 1,499 volunteers drawn from the lists of volunteers provided by the 33 grantees. There were 849 volunteers that completed the survey, yielding an overall response rate of 57 percent. Data collection began in December 2014 and ended in July 2015.</p>	<p>X</p>		<p>Outcome</p>	<p>Non-experimental: Single group - post-test (outcome)</p>	<p>N - Implementation only</p>
<p>Ulsperger, J. S., McElroy, J., Robertson, H., &amp; Ulsperger, K. (2015). Senior Companion Program Volunteers: Exploring Experiences, Transformative Rituals, and Recruitment/Retention Issues. <i>The Qualitative Report</i>, 20(9), 1458-1475. Retrieved from <a href="https://nsuworks.nova.edu/tqr/vol20/iss9/9">https://nsuworks.nova.edu/tqr/vol20/iss9/9</a></p>	<p>Senior Companion Programs (SCPs) help the homebound elderly. They operate through local Area Agencies on Aging, but any nonprofit institution can apply for funding and operate a SCP. Program volunteers are 55 and older. They visit qualified elderly clients, which includes people who do not have the ability to fully care for themselves. Volunteers provide social interaction to clients, but they also provide a minimal level of services, such as grocery shopping, light housekeeping, and respite for caregivers. Examining the experiences of volunteers in these programs can help us better understand why actively engaging with others is important as we age. It can also help us establish a knowledge base that aids in our understanding of how to recruit and retain senior volunteers. This article uses data gathered from phenomenologically based, qualitative in-depth interviews of 10 SCP volunteers. Focusing on volunteer experiences, it uses structural ritualization theory to analyze various volunteer activities, which the research considers ritualized symbolic practices. It also considers how transformative rituals within a SCP impact volunteerism, and it provides recommendations on how to increase SCP volunteer recruitment and retain volunteers. The article concludes with suggestions for future research.</p>	<p>X</p>		<p>Implementation</p>	<p>Other: interviews</p>	<p>N - Implementation only</p>
<p>JBS International. (2015). <i>Type of Service Activity and Perceived Health Benefits from Volunteering: Preliminary Evidence from the National Evaluation of RSVP Volunteers</i>. Report prepared for the Corporation for National and Community Service. North Bethesda, MD: JBS International, Inc.</p>	<p>The 2014 RSVP Volunteer Survey is a cross-sectional representative survey of volunteers aged 55 and older. There were 849 volunteers that completed the survey. The survey measures demographic characteristics, type of service activities, and health. Volunteers' health was measured using self-assessment questions related to self-efficacy, social and emotional loneliness. The volunteers that completed the survey engaged in one or more of the eight possible service activities: Disaster Services, Education, Environment Stewardship, Economic Opportunity, Healthy Futures, Veterans and Military Families, Capacity Building, and Community Priorities. CNCS categorizes the eight service activities into three categories: Primary Focus Area, Capacity Building, and Community Priorities. CNCS classifies activities under Primary Focus Area and Capacity Building as national priority for the purpose of performance measurement activities to meet the goals set in CNCS's 2011-2015 Strategic Plan. The results presented in this report support the findings of previous research that there is a significant relationship between health and type of volunteer service activity. For future research of RSVP volunteers, the report presents calculation from a statistical power analysis that informs the sample size required to explore how health outcomes might differ based on the volunteer's participation in specific service activity.</p>	<p>X</p>		<p>Implementation/o utcome</p>		<p>Y</p>

<p>Azuero, C.B., Durkin, D.W., Kvale, E., Csikai, E.L., Shin, H.J., Burgio, L.D., Parmelee, P.A., &amp; Allen, R.S. (2016). "It Was Very Rewarding for Me...": Senior Volunteers' Experiences With Implementing a Reminiscence and Creative Activity Intervention. <i>Gerontologist</i>, 2016, Vol. 56, No. 2, 357-367, DOI: 10.1093/geront/gnu167</p>	<p>Purpose of the Study: To describe the experience of recruiting, training, and retaining retired senior volunteers (RSVs) as interventionists delivering a successful reminiscence and creative activity intervention to community-dwelling palliative care patients and their caregivers. Design and Methods: A community-based participatory research framework involved Senior Corps RSV programs. Recruitment meetings and feedback groups yielded interested volunteers, who were trained in a 4-hr session using role plays and real-time feedback. Qualitative descriptive analysis identified themes arising from: (a) recruitment/feedback groups with potential RSV interventionists; and (b) individual interviews with RSVs who delivered the intervention. Results: Themes identified within recruitment/feedback groups include questions about intervention process, concerns about patient health, positive perceptions of the intervention, and potential characteristics of successful interventionists. Twelve RSVs achieved 89.8% performance criterion in treatment delivery. Six volunteers worked with at least one family and 100% chose to work with additional families. Salient themes identified from exit interviews included positive and negative aspects of the experience, process recommendations, reactions to the Interventionist Manual, feelings arising during work with patient/caregiver participants, and personal reflections. Volunteers reported a strong desire to recommend the intervention to others as a meaningful volunteer opportunity. Implications: RSVs reported having a positive impact on palliative care dyads and experiencing personal benefit via increased meaning in life. Two issues require further research attention: (a) further translation of this cost-effective mode of treatment delivery for palliative dyads and (b) further characterization of successful RSVs and the long-term impact on their own physical, cognitive, and emotional functioning.</p>	<p>X</p>			<p>Implementation</p>	<p>Implementation: Descriptive, participatory research</p>	<p>N - Implementation only</p>
<p>Tan, E.J., Georges, A., Gabbard, S.M., Pratt, D.J., Nerino, A., Roberts, A.S., Wrightsman, S.M., &amp; Hyde, M. (2016). The 2013-2014 Senior Corps Study: Foster Grandparents and Senior Companions. <i>Public Policy &amp; Aging Report</i>, 2016, Vol. 26, No. 3, 88-95, doi: 10.1093/ppar/prw016.</p>	<p>The 2013-2014 Senior Corps Study (Senior Corps Study) provides, for the first time ever, a census of Foster Grandparents and Senior Companions. First, the paper examines the income, race, and ethnic composition of Foster Grandparents and Senior Companions to test whether both FGP and SCP have successfully recruited and retained a diverse group of low-income volunteers. Second, the paper compares the demographic and socioeconomic characteristics of volunteers in FGP and SCP. Third, the instrument used in the Senior Corps Study replicated survey questions from the Health and Retirement Study (HRS) making it possible to compare the self-reported health, functional status, and life satisfaction of Foster Grandparents and Senior Companions to similar adult volunteers and nonvolunteers in the general population. A representative sample of 8,000 Foster Grandparents and Senior Companions was drawn from 30,860 respondents, and compared to a matched sample of volunteers and nonvolunteers from the Health and Retirement Study (HRS). The paper used descriptive and propensity score matching analyses to answer the research questions. The comparative analysis (using PSM) of Senior Corps and HRS respondents consisted of three outcome variables: self-rated health, mobility-associated disability, and life satisfaction. Compared to a matched sample of HRS participants, SC volunteers had a significantly lower prevalence of self-rated fair/poor health (<math>p &lt; .00001</math>) but there were no statistical differences in the prevalence of excellent/very good health. The prevalence of mobility associated disability among Foster Grandparents and Senior Companions (which is higher than the prevalence among volunteers and lower than the prevalence in nonvolunteers in the comparison group) may provide initial evidence that the FGP and SCP are able to accommodate participants with mobility-associated disability. Additionally, a higher proportion of Foster Grandparent and the Senior Companion reported higher levels of life satisfaction compared with a similar population of volunteers and nonvolunteers in the HRS comparison group.</p>		<p>X</p>	<p>X</p>	<p>Impact</p>	<p>QED: Groups formed by matching - PSM</p>	<p>Y</p>
<p>Georges, A., Fung, W., Liang, J., Smith, J., Pratt, D., Sum, C., Birmingham, C., &amp; Gabbard, S. (2017). <i>Does the Senior Companion Respite Service Matter for the Health and Well-being of Caregivers?</i> Report prepared for the Corporation for National and Community Service. North Bethesda, MD: JBS International, Inc.</p>	<p>The final analysis sample consisted of 56 caregivers who completed both the baseline and follow-up surveys. The report used descriptive analysis to examine the type of services caregivers received, the number of hours the Senior Companion provided respite support, the alignment between expectations of respite services and the services received, and satisfaction with respite services. In addition, the analysis compared change in caregivers' self-rated health and well-being, and also compared Senior Corps caregivers to caregivers in the general population to help ascertain how change in health and well-being after receiving a year of respite support compared to other group of adult caregivers in the general population. Both groups of caregivers were equally satisfied with their SC. A higher percentage of those in the high level need group reported SCP exceeded their expectations, whereas a higher percentage of those in the moderate need group reported SCP met their expectations. Caregivers' perception of their health and well-being improved, and almost half of caregivers showed improvement in health at follow-up. Many caregivers also showed improvements in being socially connected, and reported fewer number of depressive symptoms.</p>	<p>X</p>			<p>Impact</p>	<p>QED: Difference in Differences</p>	<p>Y</p>
<p>Guardians of Honor, LLC. (2017). <i>Senior Corps Focus Groups Thematic Analysis Report</i>. Report prepared for the Corporation for National and Community Service.</p>	<p>The focus groups engaged 57 staff members from Foster Grandparent Program (FGP) projects, Retired and Senior Volunteer Program (RSVP) projects, and Senior Companion Program (SCP) projects... The purpose of the Senior Corps Focus Groups was to gather feedback and inform planning on specific topics of interest as Senior Corps moves into the next administration. CNCS plans to use information and opinions of focus group participants to develop recommendations and strategies to address issues discussed... Each focus group participated in a total of five sessions, one session dedicated to each of the following topics: (1) Performance measurement: what may increase projects' abilities to reach outcomes? (2) Recruitment: what barriers keep projects from recruiting diverse participants? (3) Innovation: what may increase innovative project design? (4) Incentives: what strategies may help FGP/SCP sponsoring orgs contribute up to \$0.35 to reach \$3.00 in stipends in absence of federal appropriation increase? Or, what strategies may help RSVP sponsoring organizations increase contributions to cost reimbursements? (5) Expanding Partnerships: what strategies may promote increased interconnection with natural or innovative partners?</p>	<p>X</p>	<p>X</p>	<p>X</p>	<p>Implementation</p>	<p>Implementation: Focus groups</p>	<p>N - Implementation only</p>

<p>Hood, S., Lu, Y.Y., Jenkins K., Brown, E.R., Beaven, J., Brown, S.A., Hendrie, H.C., &amp; Austrom, M.G. (2018). Exploration of Perceived Psychosocial Benefits of Senior Companion Program Participation Among Urban-Dwelling, Low-Income Older Adult Women Volunteers. <i>Innovation in Aging</i>, 2(2). <a href="https://doi.org/10.1093/geron/igy018">https://doi.org/10.1093/geron/igy018</a>.</p>	<p>Background: As the older adult population increases, it is imperative to increase older adults' opportunities for social involvement, thus maintaining their important roles and contributions to society. While there are known health-related benefits of volunteerism among older adults, a dearth of information exists on the perceived benefits of volunteerism among low-income and ethnic minority older adults.</p> <p>Purpose: To understand the perceived psychosocial benefits of volunteering in the Senior Companion Program and to present findings of focus groups conducted with urban-dwelling, low-income older adult women volunteers.</p> <p>Design and Methods: Inductive content analysis and the Dedoose qualitative data analysis software were used for analyzing data obtained from 59 older adult women Senior Companions who participated in nine focus groups.</p> <p>Results: Content analyses of the focus group transcripts identified four major themes: (1) Reducing social isolation; (2) Improving quality of life; (3) Finding purpose and meaning; and (4) Increasing understanding of aging. The majority of our participants (81%) were African American women, with a mean age of 70 years. Approximately 83.1% had completed high school and 62.7% lived below the poverty line.</p> <p>Discussion and Implications: Findings provided data rich in descriptions of positive psychosocial outcomes, finding meaning and purpose, and a better understanding of aging in urban-dwelling, low-income older women volunteers. The findings also provide support for the need for policies and programs that promote civic engagement in this population.</p>	<p>X</p>	<p></p>	<p>Outcome</p>	<p>Non-experimental: Single group - outcome (post-test)</p>	<p>Y</p>
<p>ICF. (2018). <i>Comparative Analysis and Case Studies of RSVP and SCP Grantees Implementing Evidence Based Programs Task 10</i>. Report prepared for the Corporation for National and Community Service.</p>	<p>In 2017, CNCS engaged ICF to write case studies about five Senior Corps grantees (4 RSVP and 1 SCP) that received augmentation grant funding in 2016 to implement evidence-based programs (a set of activities and practices supported by a theory of change, tested through rigorous impact evaluation). The study looks at what motivated the projects, how they identified the EBP program, interaction with owners of EBPs, staffing, implementation with fidelity, how grantees use the funds, challenges, and whether they plan to continue after funding.</p>	<p>X</p>	<p>X</p>	<p>Implementation</p>	<p>Implementation: Case studies</p>	<p>N - Implementation only</p>
<p>ICF. (2018). <i>Comparative Analysis and Case Studies of RSVP and SCP Grantees Implementing Evidence Based Programs Task 3</i>. Report prepared for the Corporation for National and Community Service.</p>	<p>In 2017, CNCS engaged ICF to write case studies about RSVP grantees implementing signature programs. This study looks at five signature RSVP programs (...in the "signature" model, the sponsor directly administers the program where RSVP members serve. When a sponsor implements a signature program, it takes on responsibilities usually left to volunteer stations, such as training RSVP volunteers, recruiting beneficiaries, and maintaining space for the intervention...). The purpose was to help CNCS understand why sponsors develop these programs, how they are implemented, to what extent they partner with stations, how they perceive differences between these and other programs, how they perceive effects, and common characteristics.</p>	<p>X</p>	<p></p>	<p>Implementation</p>	<p>Implementation: Case studies</p>	<p>N - Implementation only</p>
<p>Georges, A., Fung, W., Liang, J., Sum, C., &amp; Gabbard, S. (2018). <i>Longitudinal Study of Foster Grandparent and Senior Companion Programs: Service Delivery Implication and Health Benefits to the Volunteers</i>. Report prepared for the Corporation for National and Community Service. North Bethesda, MD: JBS International, Inc.</p>	<p>CNCS conducted a longitudinal evaluation of two of the Senior Corps programs, Foster Grandparent Program (FGP) and Senior Companion Program (SCP), to build the evidence base of these programs' effectiveness. The evaluation was designed to assess how to strengthen and expand national service programs to support overall adult health and well-being. The study, launched in 2014, collected data from more than 1,200 first-time Foster Grandparent and Senior Companion volunteers on their social, demographic, and economic backgrounds; their interest in and motivation for volunteering; their experience with the program's training and support; and health and well-being outcomes. The final report used data from three time points of data collection (baseline and two follow-ups) to achieve three objectives:</p> <p>(1) Describe the demographic profile, knowledge of national service, and motivation for volunteering among first-time FGP and SCP volunteers. (2) Assess retention, satisfaction, and engagement with FGP and SCP. (3) Examine how participation in national service contributed to changes in self-rated health and well-being. First-time Foster Grandparents and Senior Companions were primarily female and racially and ethnically diverse; most were retired but remained active in the labor force. Volunteers were overall satisfied with their experience and reported they had flexibility to manage time. Volunteers' perceptions of their health improved among those that stayed, but those that left perceived a decrease in their health.</p>	<p>X</p>	<p>X</p>	<p>Impact</p>	<p>QED: Groups formed by matching - PSM, longitudinal</p>	<p>Y</p>
<p>Crittenden, J.A. (2019). <i>Juggling Multiple Roles: An examination of role conflict and its relationship to older adult volunteer satisfaction and retention (PhD)</i>. The University of Maine.</p>	<p>Volunteering among older adults has been associated with numerous benefits for older adults and their communities. As the U.S. population continues to age, new and continued opportunities for engagement emerge not just within the formal volunteering arena but also within paid employment, caregiving, and informal volunteering. Grounded in role theory, this study examined the extent to which current volunteers experience role conflict and role enhancement between their volunteer role and other social roles that they occupy. Specifically, this study examined the following research questions: 1) Does role conflict predict satisfaction with, participation in, and/or intention to remain in the volunteer role? and 2) What are the compensatory strategies used by older adults to navigate role conflict and what benefits do older adults accrue in their volunteer roles that could effectively counterbalance role conflict? A mixed methods survey was distributed to 6,796 older adult Retired and Senior Volunteer Program (RSVP) volunteers nationally via mail and e-mail, with a total of 1,697 responding.</p> <p>Results support both role strain and role enhancement perspectives. Role conflict, measured with a modified Work Family Conflict Scale (WAFCS), was found to be a predictor of volunteer satisfaction and associated with role load (# of roles held) and total role hours. While conflict was correlated with intent to remain in the volunteer role, it was not found to be a significant predictor of this outcome. Qualitative themes documented support for the benefits of volunteering both to volunteers personally as well as benefits that directly benefited paid employment, caregiving, and informal volunteer roles. Role-related benefits identified included new skills and knowledge, new networks/connections, new social role opportunities, and respite. Indirect personal benefits of volunteering included socialization, personal growth, new perspective/awareness, positive emotional benefits, and physical and cognitive health improvements. Sources of conflict noted by volunteers included health and time-related barriers to volunteering. Strategies for reducing role conflict included seeking similarities or differences across roles and time management strategies. Limitations of the study included a relative lack of variation in role conflict within the sample. Funding for this study was provided by the Corporation for National and Community Service.</p>	<p>X</p>	<p></p>	<p>Implementation</p>	<p>Implementation only</p>	<p>N - Implementation only</p>

Report/Chapter Title	Study Authors	Link	Abstract/Summary	Pdf saved? Y/N	Notes:	RSVP	SCP	FGP	EC	
1966	An evaluation of the Foster Grandparent Program	Greenleigh associates		This is the final report of the Evaluation of the Foster Grandparent Program based on a field survey conducted from April 1966 to October 31, 1966. The evaluation was conducted under contract with the Office of Economic Opportunity and in cooperation with the Administration on Aging of the Department of Health, Education, and Welfare. The evaluation showed that the Foster Grandparent Program has demonstrated great value and should be expanded on a large scale, but requires improvements in administration and operations. The program has a positive economic and human impact. Economically it has raised those older people who are foster grandparents to a level of income above the poverty line. It is almost impossible to reduce the real human impact of the Foster Grandparent Program to the written word. To see the program in operation, to observe the hunger of the deprived, handicapped and sick children for love, warmth and attention, to learn of the reborn feelings of usefulness on the part of the older people who had been cast aside by society-- these are the essential human aspects of the program. <i>The evaluation included studies of ten of the twenty-two foster grandparent projects that were funded at the time the study was approved. The ten projects included 33 child-serving host agencies consisting of 10 general and special hospitals, 7 institutions for the retarded, 15 institutions or agencies for dependent or neglected children, and one specialized institution for emotionally disturbed children. The study included 478 older persons who were employed as fosterparents and had worked two months or more. In addition, it included 907 children who received fostergrandparent care for two weeks or more.</i>	Y	Becca received book through ILL and scanned			X	
1967	<sup>2</sup> Evaluation of a foster-grandparent program findings of the foster-grandparent research project.	Saltz, R.	<a href="https://www.worldcat.org/title/evaluation-of-a-foster-grandparent-program-findings-of-the-foster-grandparent-research-project/oclc/23345214">https://www.worldcat.org/title/evaluation-of-a-foster-grandparent-program-findings-of-the-foster-grandparent-research-project/oclc/23345214</a>		Unable to locate. Study conducted under U.S. Office of Economic Opportuni	N	There is a WorldCat reference for this, but we were unable to obtain copy of the report			X

1968	Foster-grandparents and institutionalized young children : two years of a foster-grandparent program	Saltz, R.		<p>This report is based upon the findings of an intensive two-year research study, undertaken by the Merrill-Palmer Foster-Grandparent Research Project, of the operation and effects of one Foster-Grandparent Program (FGP; specifically-- the FGP administered by the Catholic Social Services Agency of Wayne County at the Sarah Fisher Home in Farmington, MI). By studying in depth the operation of this program, it was hoped that better understanding could be gained of the possible impact of such a program on: (1) the social, emotional and intellectual functioning of institutionalized infants and young children who receive FGP care; and (2) the emotional and physical well-being of the older people serving as the foster grandparents. Perhaps the most important finding is that the foster-grandparents have indeed proven able to fulfill the personalized quasi-family function for the infants and young children in their care that was the most innovative feature of the Foster-Grandparent program. The emotional needs and potential satisfactions of the foster-grandparents as employees and those of the infants and young children in their care seem to be, in a very unique way, mutual and complementary. This mutuality of benefit was summed up quite simply by one of the foster-grandparents, after two years of employment at the Sarah Fisher Home, who said in reference to her foster-grandchild, "I love him and he loves me. We help each other."</p>	Y	Becca received book through ILL and scanned			X	
1968	Further Analysis of Data Gathered 1966-1968 by Merrill-Palmer Foster Grandparent Research Project	Merrill-Palmer Institute (Saltz, R.) (for ACTION)		Unable to locate	N	Referenced in Freedman's book Primetime and also referenced in the 1968 Saltz report.			X	
1968	Foster Grandparents in Child-care settings	Bernard Nash		Validates the concept that the helpers and those who are helped both gain f	Y	Not really an evaluation report			X	
1970	An evaluation of the effectiveness of a Foster Grandparent Project	Gray, Robert and Kasteler, Josephine M.		This paper presents the results of an evaluation of a project which employed elderly people to act as foster grandparents to mentally retarded children. In addition to the benefits accruing to the children from such individual care and training, the foster grandparents were found to have shown increments in life satisfaction and personal and social adjustment when compared with a similar group of elderly persons who were not employed on the project. This paper focuses on findings relating to the effects of the program on the elderly participants and supports the notion that meaningful, purposeful activity in addition to some financial remuneration are basic ingredients of good personal and social adjustment and increased life satisfaction in old age.	Y				X	

1970	Foster grandparents: A unique contribution to the mentally retarded	Takacs, Kathleen Buresh		This thesis considers a Foster Granparent program in Wisconsin that serves institutionalized mentally retarded individuals at three facilities. Foster Granparents were asked to complete a six-page "Questionare on Self" concerning general health, personal and social characteristics; six months later, the questionnaire was administered in shorter form, followed by interviews. Responses indicate that Wisconsin Foster Grandparents view participation in the program as having a positive impact on their lives. For example, 35.9-41.3% felt their is better; nearly 80% rated themselves as "very satisfied" on "life satisfaction"; and 83.7-92.4% reported an increased "feeling of usefulness" following participation in the program. Foster Granparents (n=136) were also evaluated at three separate time periods by the program using the Cottage or Ward Personnel Evaluation form. Results showed that 77.2% of evaluators thought the Foster Grandparent had a favorable or very favorable influence on their assigned child.	Y	Obtained through ILL			X	
1971	Aging Persons as Child-care Workers in a Foster-Grandparent Program: Psychosocial effects and work performance	Saltz, R.	<a href="https://www.worldcat.org/doi/abs/10.2190/AG.2.4.i">https://www.worldcat.org/doi/abs/10.2190/AG.2.4.i</a>	This paper reports partial findings of a longitudinal study intended to evaluate the effectiveness of a foster-grandparent program. The project was part of the nationwide Foster-Grandparent program which employs indigent elders (minimum age: 60) in a variety of children's institutions. Workers are employed for twenty hours per week and receive the U.S. minimum hourly wage. Their services consist of providing personal attention and affection to infants and children who reside in institutions. The Foster Grandparent program has two major objectives. The first is to alleviate some of the financial and psychological problems which often face impoverished elderly persons by providing them with interesting, paid employment. The present paper is concerned with findings relevant to this first objective. The second goal of the program is to provide institutionalized young children with the kind of individualized care widely held to be crucial for normal early psychosocial development. Findings of the evaluation study as they relate to effects on the children have been reported elsewhere (Saltz, 1968; Saltz, 1970). Briefly it was found that the addition of foster-grandparent care to the institutional environment was associated with strikingly positive effects on the children's social and intellectual development.	Y	Obtained through ILL			X	

1972	Cost Benefit Profile of the Foster Grandparents Program (alternatively: Cost-Benefit Study of the Foster Grandparent Program)	Booz Allen Administration Services (for ACTION)		No abstract. A cost-benefit study that found that FGP volunteers received substantial non-economic benefits. Of the nearly 900 individuals interviewed, most reported improvements in various life attributes (e.g. 94% improved feelings of usefulness to others, 95% improved life satisfaction, 92% happiness, 92% decreased financial worry, 88% lessened feelings of isolation). The study also found that the professional staff of the institutions felt that foster grandparents had impacts on the children themselves with 75% reporting improvements in children's sense of security, 60% improvements in children's general disposition, 53% communication skills and physical health.	N	I have no idea how we would go about finding this, but I'm including it since it is relevant... This was referenced in Rich's 1984 book "The Aging: A Guide to Public Policy" and I think I saw it in Primetime as well... but I can't locate any records of it			X	
1973	Effects of Part-time "Mothering" on IQ and SQ of Young Institutionalized Children	Saltz, R.		Studied the effects of institutionalization on the development of 81 children aged 16 mo. to 6 yr. A foster-grandparent program (FGP) group received part-time "mothering" by elderly institutional aides for a period of up to more than 4 yr. A control group resided in a similar institution which did not provide supplementary "foster grandparent" care. Periodically during the 4-yr program, Ss were given a battery of tests (e.g., the Cattell Infant Intelligence Scale). There was a significant difference in IQ in favor of the FGP group. The FGP group made average progress over long periods of institutionalization in IQ-test scores and in the development of social competence, as measured by Vineland Social Maturity Scale. Draw-a-Man IQ scores were significantly lower than Stanford-Binet IQ scores for both experimental and control groups. (PsycINFO Database Record (c) 2016 APA, all rights reserved)	Y				X	
1975	Senior Companion Program Study	Booz, Allen, & Hamilton Inc. (for ACTION)		Unable to locate	N	Referenced in Freedman's Primetime		X		
1976	Volunteers in Criminal Justice	ACTION		Unable to locate	N	Referenced in Freedman's Primetime - not sure what program this is referring to				
1976	RSVP project evaluation summary	ACTION (Smith, S, Garrison, W.L., Schwartz, C., Ferguson, B.)		<a href="https://www.worldcat.org/title/rsvp-project-evaluation-summary/oclc/3916">https://www.worldcat.org/title/rsvp-project-evaluation-summary/oclc/3916</a>	N	Requested through ILL, but the library cancelled the request because no copies of the report were able to be located	X			
1979	??	Amherst H. Wilder Foundation (for ACTION)		Unable to locate. According to the CNCS RSVP history document this includes a "random survey" of 1288 senior citizens as comparison group, 44 RSVP participants from same county. Descriptive of who RSVP vols. are. [DEEP]	N	This is referenced in the RSVP evaluation history document we got from CNCS, but I have no idea how we could find it	X			

1981	An evaluation of the senior companion programs in California : report of ARMAC Management Systems, Inc. to the California Department of Aging and the California State Legislature.	ARMAC Management Systems	<a href="https://www.worldcat.org/title/evaluation-of-the-senior-companion-programs-in-california-report-of-armac-management-systems-inc-to-the-california-department-of-aging-and-the-california-state-legislature/oclc/58663463">https://www.worldcat.org/title/evaluation-of-the-senior-companion-programs-in-california-report-of-armac-management-systems-inc-to-the-california-department-of-aging-and-the-california-state-legislature/oclc/58663463</a>	Unable to locate	N	Could potentially be retrieved through ILL since it's on WorldCat, but it is only available in print (listed on the Hathi digital trust catalog) and it's specific to California		X		
1981	Impact of a Volunteer Service Role Upon Aged People	Kornblum, S.F.	<a href="https://www.worldcat.org/title/impact-of-a-volunteer-service-role-upon-aged-people/oclc/10954292&amp;referer=brief_results">https://www.worldcat.org/title/impact-of-a-volunteer-service-role-upon-aged-people/oclc/10954292&amp;referer=brief_results</a>	The impact of new role, a volunteer service role, upon the health, morale, social participation, level of activity, and self-perception of aged participants in the Retired Senior Volunteer Program (RSVP) was examined. Data were obtained from 198 aged people who responded to the search for RSVP volunteers. They were interviewed twice using a structured interview schedule, at the time they first indicated an interest in serving as RSVP volunteers, and again six months later. The 198 aged people were divided into three groups, for purposes of comparison, consisting of an experimental group of program participants, a comparison group of non-participants, and a "dropout" group consisting of participants who resigned before completing six months of volunteer work. Participation in a volunteer role had no clear measurable impact upon participants except for a significant improvement in self-perception and three of the seven indicators of self-assessed health...	Y	Retrieved through ILL	X			



1982	Evaluating the Observable Effects of Foster Grandparents on Hospitalized Children	Ziegler, S., & King, J.		Because Foster Grandparent Programs have been widely implemented in acute care settings but not systematically evaluated, a study was done of the effects that the visiting of parent surrogates had on young children in acute care settings. Three groups of children in such settings were compared: those with foster grandparents, those without visitors, and those visited by their parents. Intergroup differences in the children's hospital behavior reached statistical significance in respect to only one of five behavioral domains investigated. The results of the foster grandparent intervention were found to be relatively weak compared with the results reported in earlier studies. However, it was believed that the discrepancy could be accounted for by the presence or absence of the visitor at the time of observation of the child's behavior. Implications drawn from the study were that greater benefits might be derived from the Foster Grandparent Program at little additional cost if the foster grandparent began visiting immediately upon the child's admission to the hospital, if this visiting extended beyond the current standard 2-hour period, and if the visitor was present at all traumatic medical procedures.	Y	Retrieved through ILL			X	
1983	National Intergenerational Research and Dissemination Project: Final Report on Opportunities for Older Workers in the Children's Preschool Network	Trammel-Seck, Essie	<a href="https://www.worldcat.org/title/national-intergenerational-research-and-dissemination-project-final-report-on-opportunities-for-older-workers-in-the-childrens-preschool-network/oclc/10811986">https://www.worldcat.org/title/national-intergenerational-research-and-dissemination-project-final-report-on-opportunities-for-older-workers-in-the-childrens-preschool-network/oclc/10811986</a>	The purpose of this Project was to collect and disseminate information on the utilization of older persons in the children's preschool network nationwide. To achieve this purpose, a series of case studies on a national sample of ten preschool education/development programs (including three Foster Grandparent Program sites and four RSVP sites) was conducted to determine how seniors were utilized in the programs, the advantages and disadvantages of the collaborative effort, and the reasons for success or failure of the intergenerational programs. Survey data was collected from 359 persons attending the National Head Conference network on the nature and extent of intergenerational programming so that we could judge whether the findings of the case studies were representative of other Head Start programs which provide opportunities for older persons. Data reveal that intergenerational Head Start programs have been in existence for some time and are distributed all over the United States. The overwhelming majority of staff, senior program personnel, and other experts were "very satisfied" with their experience with older elders. Seniors interviewed in the preschool settings were "very satisfied" with their present position.	Y	Retrieved through ILL			X	

1984	Life Satisfaction of Subpopulations of Elderly: The Comparative Effects of Volunteerism, Employment, and Meal Site Participation	Fengler, A.P.		Although research generally indicates a positive relationship between activity and well-being, the strength of the relationship depends upon the presence or absence of personal and social resources such as health, solvency, residence, and surviving spouse as well as the nature of the activity itself. When such resources diminish, remaining activities take on added significance for maintaining morale. The present study investigates the relationship between elders who are volunteers, employed, or participating in meal site programs, and life satisfaction. The responses of 1400 systematically selected elders to a needs assessment survey in a four-county area in northwestern New England suggest that those individuals experiencing the greatest number of resource deficits, such as living alone, residing in a city, and being in poor health, benefitted the most from participating in these formal activities. An unanticipated finding was that the strongest and most consistent predictor of life satisfaction for disadvantaged elders was participation as a volunteer for the Retired Senior Volunteer program.	Y		X				
1984	Impact evaluation of the foster grandparent program on the foster grandparents: Final report	Litigation support services (published by ACTION)	<a href="https://www.worldcat.org/title/impact-evaluation-of-the-foster-grandparent-program-on-the-foster-grandparents/oclc/66783140">https://www.worldcat.org/title/impact-evaluation-of-the-foster-grandparent-program-on-the-foster-grandparents/oclc/66783140</a>	A three-year impact evaluation of the Foster Grandparent Program (FGP), conducted through ACTION resources in 1984, compared FGP volunteers with potential volunteers (i.e.- those on a waiting list to participate in the program). A stratified random sample of 14 FGP projects was selected from over 200 projects nationwide. Respondents were interviewed at three phases of the study in 1980 (N=370), 1981 (N=341), and 1983 (N=351), using the Older American Resources and Services/Multi-dimensional Functional Assessment (OARS) questionnaire. The study found that FGP has beneficial effects on the social, mental, physical, and economic functioning of participants. Specifically, participation was associated with better overall functioning, improvements in mental health and social resources over time, and lessened the decline in the level of physical health over time.	Y	Retrieved through ILL			X		

1984	The Green County RSVP: A case study	Arella, L.R.		This paper is a case study and evaluation report of the Retired Senior Volunteer Project (RSVP) of Greene County in upstate New York. At this site, three staff administrators coordinate the services of 120-130 retired citizens. The research addressed three general questions: (1) Does RSVP attract a type of volunteer who is not likely to benefit from volunteer service with other organizations? (2) How important is funding for the services provided by RSVP? (3) What do RSVP volunteers get from their membership and what would make their volunteer activities more satisfying? Questionnaire responses were solicited from active members, inactive members, and seniors who had had never been RSVP members. The study concluded that volunteerism remains a key opportunity for the aging to feel connected to the larger social structure, but cannot fulfill this possibility without a deliberate commitment to addressing the existing problems faced by the volunteers, aging or otherwise, in relation to the larger socio-economic system.	Y	Retrieved through ILL	X			
1984	The Effect of Foster Grandparents on Juvenile Offenders in Georgia Youth Development Centers	ACTION		This report examines the effects of Foster Grandparents at Georgia Youth Development Centers (YDC) on the juvenile offenders with whom they worked. It studies the youths' self-esteem, their attitudes toward themselves, their institutions, and the Foster Grandparents; and the attitudes of staff regarding the Foster Grandparent Program (FGP). Information was collected between August 1982 and December 1983 from 106 youth at three YDCs (62 with Foster Grandparents and 44 without Foster Grandparents), 9 YDC staff, and 17 Foster Grandparents. Pre-test and post-test interview results of youth with a Foster Grandparent (experimental group) were compared to the interview results of youth without a Foster Grandparent (control group). The youth outcome measures used in this study were a shortened version of the Coopersmith self-esteem scale and the self-anchoring scale measuring attitudes toward the YDC and him or herself. The study found that the Foster Grandparents positively affected the youths' attitudes toward themselves and the YDC and to a lesser degree their self-esteem. The youth with a Foster Grandparent generally had higher post- test scores (after accounting for pre-test differences) on the outcome measures than those without a Foster Grandparent. Youth with a Foster Grandparent rated themselves 6% higher on the 10 point "self-anchoring scale" than youth without a Foster Grandparent, a statistically significant difference (mean scores of 8.8 compared to 8.2.)	Y	Retrieved through ILL			X	
1984	Descriptive Evaluation of RSVP and FGP Volunteers Working with Head Start: Final Report	ACTION			N	Referenced in the citations for Freedman's book "Prime Time"	X		X	

1984	Senior Companions: An unrecognized resource for long term care.	Brummel, S.W.		The article provides background on the Senior Companion program – the rationale behind seeing older adults as an untapped resource - and makes the argument that seniors can be a link between the professional care industry and the frail elderly, allowing the elderly to remain in their homes longer. The article describes the Elvirita Lewis Foundation’s Senior Companion program in Soquel, California, including how Companions are trained and the case management approach used. Using “informal records” (Companions’ notes), the article quotes Senior Companions about the ways they work with clients and how the clients benefit.	Y	Retrieved through ILL		X		
1985	National Retired Senior Volunteer Program Participant Impact Evaluation: Final report	Booz, Allen, & Hamilton Inc.	<a href="https://eric.ed.gov/?id=ED265388">https://eric.ed.gov/?id=ED265388</a>	A study examined the long-term effects of participation in the Retired Senior Volunteer Program (RSVP) on participants from 20 RSVP projects nationwide. Three rounds of interviews were conducted. In Round 1, 750 volunteers were interviewed: 595 veteran volunteers and 155 new volunteers. In Round 2, 792 volunteers were interviewed: 175 new volunteers and 617 volunteers from the earlier round. In Round 3, 677 volunteers were reinterviewed. Data from these interviews were then compared to data collected from the General Accounting Office’s longitudinal study entitled "The Well-Being of Older People in Cleveland, Ohio." The RSVP was found to appeal to a broad spectrum of the American public. Compared with the Cleveland cohort, RSVP attracts a healthier group of senior citizens, and continued involvement in RSVP is associated with improved or stable levels of functioning. Continued program participation is associated with participants’ enhanced sense of well-being and outlook on life and may stave off the effects of aging. RSVP volunteers also provide meaningful services and contribute indirectly to the national work force. Program effectiveness may be increased by lowering first-year attrition rates. (Appendixes to this report include a glossary, a detailed description of the study design and methodology, sample attrition data, panel composition data tabulations, information on the reliability and validity of the study scales, levels-of-functioning data tabulations, and psychological/sociological scale results.) (MN)  <a href="https://www.worldcat.org/title/national-retired-senior-volunteer-program-participant-impact-evaluation-final-report/oclc/966972779&amp;referer=brief_results">https://www.worldcat.org/title/national-retired-senior-volunteer-program-participant-impact-evaluation-final-report/oclc/966972779&amp;referer=brief_results</a>	Y	Retrieved through ILL	X			

1985	National Retired Senior Volunteer Program Participant Impact Evaluation: Round Two Report	Booz, Allen, & Hamilton Inc. (for ACTION)		<p>The purpose of the National RSVP Participant Impact Evaluation is to provide the first assessment of the longitudinal effects of program participation on the physical health, social resources, mental outlook and economic resources of the individual volunteers in RSVP. There are two key research questions: Who are RSVP volunteers and how do they compare with the general population of older Americans? In what functional areas, if any, are the impacts of RSVP participation registered, and what is the nature of these impacts?</p> <p>This report presents findings at the end of the second round of data collection, prior to the third and final round of this longitudinal assessment. Project sites were randomly selected. The report focuses on preliminary assessments of program impact on the functional status of new volunteers, continuing volunteers with different lengths of service, and program dropouts between Rounds 1 and 2; data were collected between 1982-1984. In addition to comparisons among the RSVP samples, the study plan calls for demographic comparisons to be made among RSVP volunteers, the general U.S. population 60 years of age or older and the GAO sample drawn from the general elderly population in Cleveland.</p> <p>The Round 2 results point to dramatic differences in functional and psychological status between volunteers who continue to remain active in RSVP compared to those who become inactive. Continued program involvement becomes an important factor in predicting functional status for more experienced volunteers, where continued RSVP activity is associated with better physical health, mental outlook and overall functioning, but does little to explain the functioning levels of less experienced volunteers.</p>	Y	This is the interim version of the report above.	X			
1985	Senior Companion Program impact evaluation: Final report	SRA Technologies (for ACTION)		<p>In 1979, ACTION initiated a Five-Year evaluation of the SCP. This evaluation is based on data collected through interviews with four types of respondents: (1) active Senior Companions, (2) persons on the Waiting list to become Senior Companions, (3) clients currently receiving the services of a Senior Companion, and (4) persons on the Waiting list to become clients. Three rounds of data collection were conducted at Senior Companion projects located in six sites. SC volunteers showed improvements in economic circumstances and mental health functioning and were more able to adjust to health limitations than those on the waiting list. Furthermore, clients who received SCP services had more stable social resources, increased adjustment to health limitations, and slower increases in areas of serious impairment than those on the waiting list.</p>	Y			X		

1987	An evaluation of the state funded senior companion program in response to section 2, chapter 1458, Statutes of 1982 (Mello, SB 1324) : report to the California Legislature / State of California, Health and Welfare Agency, California Department of Aging	California Department of Aging	<a href="https://www.worldcat.org/title/evaluation-of-the-state-funded-senior-companion-program-in-response-to-section-2-chapter-1458-statutes-of-1982-mello-sb-1324-report-to-the-california-legislature/oclc/18006104">https://www.worldcat.org/title/evaluation-of-the-state-funded-senior-companion-program-in-response-to-section-2-chapter-1458-statutes-of-1982-mello-sb-1324-report-to-the-california-legislature/oclc/18006104</a>	Unable to locate	N	Could probably be retrieved through ILL but is only available in print and is an evaluation in CA only		X		
1988	Senior Companion Program: Homebound Elderly Demonstration Projects	Research Triangle Institute (for ACTION)		Unable to locate	N	Requested through RTI, but no reply		X		
1988	An Evaluation of Family Caregiver Services: Final report	Sociometrics, Inc. (for ACTION)		Unable to locate	N	Cited in Freedman 1994 article and also in 1992 Lee and Gray article				
1988	Friendly Visiting as a Means of Informing Homebound Senior Citizens of Health-Related Community Services	Keller, K.L., Flattend, E.K., & Wilhite, B.C.		Health-related community services designed for the senior population include delivered and congregate meals, visiting health-aides and nurses, adult day care and telephone and postal checks. Friendly visiting programs may prove helpful in informing homebound senior citizens of these health-related community services. The purpose of this study was to investigate the effectiveness of friendly visiting as a means of informing homebound senior citizens of health-related community services. Visited homebound seniors were contrasted with homebound controls. Visiting occurred in two forms. One group received visitors from an ongoing friendly visiting program (VISITING AS IS) in their community and a second group received visitors who were specifically trained to convey community referral information (REACH). A control group received no visiting of any kind. All three groups were administered pre- and post-interviews asking their knowledge of eight community services. At the end of the twelve week program, the post-interview means of the two homebound visited groups did differ significantly from the mean of the unvisited controls when contrasts were made using pre-interview scores as the covariate, $F(2,78) = 8.19$ ( $p < .05$ ). The homebound senior citizens visited by the REACH visitors increased their knowledge of services significantly more than the homebound seniors contacted by VISITING AS IS visitors $F(1,53) = 7.20$ ( $p < .01$ ). While the simple act of being visited did lead to increased knowledge at the .05 level, trained visitors were able to convey such information to a greater degree ( $p < .01$ ). Awareness of community services can be effectively transmitted by friendly visitors and improved when a program is implemented to train the visitors to meet this goal.	Y		X			

1989	Research Evaluation of a Foster Grandparent Program	Saltz, R.	<a href="https://psycnet.apa.org/record/1989-40923-001">https://psycnet.apa.org/record/1989-40923-001</a>	This paper describes the results of a longitudinal research paper evaluating the effect of a Foster Grandparent Program (FGP) on the personal development of its participants. It focuses on the hypotheses, methodology and outcome of a series of studies conducted at the Detroit Foster Grandparent Program, particularly as they relate to effects on the older participants. Study participants included 37 foster grandparents (aged 60-75 yrs) and 22 controls. Assessment measures included an interview schedule, a standard IQ test, observations, health, attendance, longevity records, and supervisor ratings. Markedly positive effects on life-satisfaction and adjustment were found for the participants after 1 and 2 yrs of participation in the program and again after 7 yrs.	Y	Obtained through ILL			X		
1990	Volunteers as Care Givers: ACTION's National Long-term Care Demonstration Research Project - Volume III Final Impact Evaluation Report	ACTION Office of Policy and Planning: Evaluation Division		This report is the third and final of three reports on ACTION's National Long-Term Care Demonstration Research Project. The aim of this project was to determine the effects of using older volunteers as service providers for elderly persons needing long-term care. This volume, the Final Impact Evaluation Report, presents final evaluation data comparing the effect on volunteers and clients before and after participation in the project (relative to comparison groups of volunteers and clients). The demonstration project had a significant positive impact for the volunteers in terms of economic resources, but there is no conclusive evidence of an impact in the areas of social resources, mental health, or physical health. The project also had a significant positive impact for the clients in terms of social resources. There were no measurable effects in terms of economic resources or physical health, and the effect of the program could not be definitively determined in terms of mental health or activities of daily living.	Y	No abstract available.		X			
1990	Foster Grandparents Providing Care for New Populations of High-Risk Children: A Research Study	Sherwin, Henrietta and Whang, Judith		Unable to locate	N	Cited in Freedman's 1994 article, Primetime, and Civi Service book by Perry and Thomson. Published by the NYC Department for the Aging			X		
1991	Fostering preschoolers' prosocial behaviors toward the elderly: The effect of an intergenerational program	Dellman-Jenkins, M., Lambert, D., & Fruit, D.		Unable to locate. The findings of this study provide valuable information to gerontology professionals interested in fostering caring connections between the young and the old. Contact with elderly in a variety of roles and settings as well as exposure to media presenting nonstereotypic information about older adults and the aging process were found to enhance young children's prosocial behaviors toward the elderly. Pretest and posttest analyses indicated that 3- and 4-year-olds who participated in a nine-month intergenerational program were more willing to share, help, and cooperate with elderly persons than those without the experience.	N	Unable to locate	X				

1991	The Foster Grandparent Program: An analysis of changing trends	Cook, A.F.		The Foster Grandparent Program was a federal initiative, established in 1965. Intended as a response to the poverty and isolation prevalent among the elderly, the program enrolled low income senior citizens and provided an hourly tax free stipend in exchange for the daily support they provided to targeted children. Throughout the years of program operation, there has been no systematic study of the entry level characteristics of newly enrolled Foster Grandparents. This would seem to be important information because the age, health and education status of the enrolled individuals could have some bearing on the selection of appropriate child directed activities. This paper will examine some of the entry level characteristics of newly enrolled Foster Grandparents and discuss the relevance of those trends to specific program management issues. A ten year span of time will provide the basis for the study. Results suggest that from 1980-1990 the corp of newly enrolled volunteers has become older, more handicapped and increasingly feminized.	Y	Unpublished dissertation, University of Montana; may also have been published by Missoula, MT: Missoula Aging Services-- includes a nice historical overview of the program and shifts in the program demographics from 1980, 1984, 1988, and 1990			X	
1991	The effects of intervention on psychobiological decline in aging (Final report of Program Project #PO1AG03975, National Institute of Aging)	Tobis, J.S., Crinella, F.M., Ashurst, J.T., Rook, K.S., Sandman, C.A., Wilson, A.F., Mosko, S.S., Swanson, J.M., and Reisch, S.		Unable to locate. According to Fischer and Schaffer's book on Older Volunteers: "A carefully designed longitudinal study of Foster Grandparent program volunteers compared with control groups found no correlation between better health and volunteer activity."	N	This is a final report for a 3.2 million National Institute of Aging grant so I have no idea where/if we can find this but have a look and let me know what you find!  I have searched the NIA's publications site for this and been unable to locate it. I've emailed the NIA to request a copy			X	
1991	Senior Companion Program Alzheimer's Association In-home Respite Care Demonstration	The Alzheimer's Association Patient and Family Services (and ACTION)		The purpose of this report is to summarize a demonstration project conducted by the Alzheimer's Association and the Senior Companion Program (SCP). This demonstration project, funded by two grants from ACTION to the national Alzheimer's Association, was to determine the feasibility and benefits of the public/private partnership between Alzheimer Association Chapters and SCPs in the delivery of in-home respite care to clients with Alzheimer's Disease (AD) and their families. This report shows that Alzheimer care needs were dramatic, service delivery to Alzheimer clients in need of companion services was complex and multifaceted, and services provided by Senior Companion/Alzheimer Volunteers (SC/AV) were dependable and appreciated by families. The evaluation included family surveys (for those receiving respite services), SCP volunteer surveys, and surveys of SCP administrators/directors.	Y	No abstract included, drafted one		X		



1992	Respite service to family caregivers by the senior companion program: an urban-rural comparison.	Lee CF. Gray LC.		The Senior Companion Program (SCP), a federally sponsored program, aims to enlist older volunteers to provide in-home services to the homebound elderly. A survey of 48 sample SCP projects providing family caregiver services reveals a distinctly different trajectory of urban and rural project development. In both environments, the longer a project has been in existence, the greater the number of volunteers in service. However, the number of clients served increases for urban projects, but not for rural projects. Relatedly, the unmet need for family caregiver services, the number of referrals unserved by the project, is considerably greater in rural areas. These results suggest that because of factors unique to rural areas, the expansion of clientele may be more restricted in rural settings compared to that in urban settings, thereby implying that rural-urban differences should be reflected in project planning and implementation.	Y			X		
1992	Retired Senior Volunteer Program activities in alcohol and drug abuse prevention and education	Research Triangle Institute [RTI] (for ACTION)		This report describes the contribution that RSVP Volunteers are making to reduce alcohol and drug abuse and the steps for starting up and managing a successful alcohol or drug abuse activity for RSVP Volunteers. The study used mail and telephone surveys to collect data on activities in RSVP Projects and Volunteer Stations. Researchers then chose three sites and activities for more intensive on-site data collection: (1) Bellingham, Washington, a school-based activity targeted on at-risk youth; (2) Bucks County, Pennsylvania, a prevention of prescription drug misuse by older adults; and (3) Elkhart, Indiana, use of Volunteers in probation services. The report concludes that RSVP Project Directors who are successful in other areas of programming already possess the tools for success in alcohol and drug abuse programming.	Y		X			
1993	Creating more dynamic senior companion programs.	Bruce, Juliet		Unable to locate. Looks at the Senior Companions Program, which is based on the concept of using the well elderly to help the frail elderly in home-based services. Funding of the program; The program in rural areas; Number of persons being served by the program in 1993; The program's partnership with the Visiting Nurses Association of America (VNAA); Project involving the Alzheimer's Association; More. INSET: A partnership model..	N	Not an evaluation; no full-text found		X		

1993	1992-1993 Foster Grandparent Program Evaluation: Final report on research findings	Development Associates (submitted to ACTION)		The primary data were collected from a survey of all Project Directors, a sample of Advisory Council members, and a sample of station staff: Institutional representatives, station supervisors, and volunteers. Visits to ten sites provided additional data and data from the FY1992 annual ACTION survey, Project Profile and Volunteer Activity, as well as data from the US Census Bureau were also used. The program results in increases in quality of life for all concerned: the children receive better quality service and experience improvements in self esteem and self confidence while the Volunteers feel more usedul, and better physically as well as enjoying the children, making new friends, having a new purpose in life, and appreciating the increased income.	Y				X	
1993	EVALUATION OF THE SCP/AoA JOINT INITIATIVE FOR THE VULNERABLE ELDERLY PROGRAM  SECOND YEAR EVALUATION RESULTS	RTI		In 1990, ACTION and the Administration on Aging (AoA) began the Joint Initiative for the Vulnerable Elderly. This program provides support to eleven states to provide expanded services for frail elderly in the community, with an emphasis on those aged 80 and older. The objectives of this three-year evaluation are to describe the program implementation, assess the ability of the grantees and sponsors to develop non-Federal support to continue the Joint Initiative services at the end of the three-year funding period, examine program outcomes and impacts, identify successful models for replication, and recommend changes to increase the impact and efficiency of the program. The evaluation uses a combination of telephone interviews, site visits, and analyses of data on Senior Companions and clients. ACTION receives a report on the evaluation findings each year. The second year evaluation focused on four aspects of the Joint Initiative: activities and services, management, development of non-Federal support, and alternative approaches to services and support. The findings, conclusions and recommendations are organized under these four areas.	Y	Might be superceded by subsequent report...		X		

1994	Seniors in National and Community Service: A Report Prepared for the Commonwealth Fund's Americans over 55 at Work Program.	Freedman, Mark	<a href="https://files.eric.ed.gov/fulltext/ED373178.pdf">https://files.eric.ed.gov/fulltext/ED373178.pdf</a>	National service offers an appealing vehicle for engaging senior citizens to respond to unmet needs in education, health care, public safety, the environment, and other essential areas. Involving seniors in national service will help alleviate the country's pressing domestic problems, enhancing participants' personal development, and bolstering the nation's flagging sense of community. A partial system of national service for seniors that began during the Kennedy administration demonstrated that seniors can provide essential community service, benefit through serving, and play an important role in service. Programs such as the Foster Grandparent Program and Senior Companions Program have also made it clear that senior service is not cheap and that obstacles and questions regarding key issues related to senior service persist. Despite the strides that have been made during the past 30 years regarding involving seniors in national and community service, the gap between promise and practice remains substantial. Achieving a vision of senior service that is substantially, but not exclusively, intergenerational requires action on the following fronts: strengthen the three programs currently providing the vast majority of senior service opportunities, embark on a period of innovation and experimentation, and build infrastructure at the national and local levels.	Y	Provides a nice history of the SeniorCorps program and also the demographic characteristics of volunteers in 1994 (25 years ago!). Not technically an evaluation.	X	X	X	
1994	Evaluation of the SCP/AoA Joint Initiative for the Vulnerable Elderly Program	RTI - Griffith, J.D., Powers, L.L., Rist, L.M., Matheson, J.L.		In 1990, ACTION and the Administration on Aging (AoA) began the Joint Initiative for the Vulnerable Elderly. This program provides support to eleven states to provide expanded services for frail elderly in the community, with an emphasis on those aged 80 and older. The objectives of this three-year evaluation are to describe the program implementation, assess the ability of the grantees and sponsors to develop non-Federal support to continue the Joint Initiative services at the end of the three-year funding period, examine program outcomes and impacts, identify successful models for replication, and recommend changes to increase the impact and efficiency of the program. The evaluation uses a combination of telephone interviews, site visits, and analyses of data on Senior Companions and clients. The final evaluation focused on four aspects of the Joint Initiative: Joint Initiative projects and activities, partnerships with other agencies, development of non-Federal support, and alternative approaches to services and support. The findings, conclusions and recommendations are organized under these four areas. Volunteer station supervisors and companions reported positive impacts of SCP on clients (e.g.- help with household activities and psychological benefits) and companions (stipends, physical examinations, in-service training and enhanced purpose and self-esteem).	Y	I think this is the final version of the report above		X		

1994	The VNA (visiting nurse association) and SCP (senior companion program) program: a natural partnership.	Levin R. Briggs L. Carrocio J. Hamilton P.		Unable to locate. Senior companions can be the eyes and ears of a visiting nurse association, with companions turning into friends and offering the nurturing and emotional support that VNAs may not have time to provide with the ever-increasing demand for home care.	N	Have not been able to find full-time access; I'm also not sure this is an evaluation. There's another report below from 1996 that might supercede this.		X		
1994	The Senior Companion Program and Visiting Nurse Associations of American Public Private Partnership Program: An Evaluation Report	Wilson, Laura (University of Maryland, Center on Aging)		Unable to locate.	N	Referenced in Freedman's Primetime. May be the same as the article on the prior line but the author is different.		X		
1994	An evaluation report on the Foster Grandparent Program	Corporation for National and Community Service ACTION - Office of Policy Research and Evaluation		A comprehensive review of the Foster Grandparent Program (FGP) was undertaken in order to determine its effectiveness, compliance with legislation, and the adequacy of oversight by the sponsoring organization. The evaluation is based on more than 40 research questions designed to describe program activities, determine degrees of community support, ascertain program impact, and assess factors pertinent to program effectiveness. Data was collected via mail and telephone surveys and through site visits. Primary data were collected from a survey of the principal components of each FGP project: all Project Directors, and a sample of the Advisory Council members, Institutional Representatives, Station Supervisors, and Volunteers. Separate survey questionnaires were designed for members of each group. The following conclusions were made: (1) the Foster Grandparent Program is meeting its intended purposes; (2) Foster Grandparent Volunteers are primarily female from diverse racial and ethnic backgrounds; (3) FGP projects have varying characteristics with most operating in public and private schools, serving children between three and eleven years old; and (4) training and technical assistance to the FGP need to be strengthened. Seventeen tables present data.	Y				X	
1995	RSVP: A catalyst for intergenerational partnerships	Roberts, Angela (Generations United)		Unable to locate. A report that describes how 13 RSVP projects developed in	N	Unable to locate.	X			
1996	A senior volunteer/home care agency national collaboration: assessment of the partnership.	Carrocio J. Wilson L. Pryor J. Marks LN. Nippes JK.		This research has focused on a partnership between a private sector home health care entity, the Visiting Nurse Associations of America (VNAA) and the public sector Senior Companion Program (SCP) of the domestic volunteer agency now a part of the Corporation for National and Community Service. This research examined the partnerships between the two agencies in 18 local demonstration sites in order to assess how a home health agency worked. Specific areas reviewed were administration of the partnership, communication patterns between the agencies, areas of conflict, the future of the liaison, and how effectively volunteer performance matched original expectations.	Y	Retrieved through ILL (4/25)		X		

1997	(1997) Retired and Senior Volunteer Program, Summary Evaluation Report.	Westat: William Strang Adrienne von Glatz Simeon Stolzberg		This summary report highlights findings of a study of RSVP conducted in late 1995 and early 1996. The study had three objectives. CNS is required to evaluate all its programs regularly. This report highlights findings of a study of RSVP conducted in late 1995 and early 1996. The report (1) Collects descriptive information on current practices from RSVP projects, stations, and volunteers. (2) Assesses the satisfaction of RSVP program stakeholders, including project directors, station supervisors, and volunteers. (3) Assess the direct accomplishments of RSVP volunteers in their communities and at their stations. The primary source of data for the study was a nationally representative sample of 200 RSVP projects. The 200 project directors were surveyed by mail, as was a nationally representative subsample of 637 volunteer station supervisors from the sampled projects. A further nationally representative subsample of 1,055 RSVP volunteers from the sampled stations was surveyed by telephone.	Y		X			
1998	Effective practices of foster grandparents in Head Start Centers: Benefits for children, classrooms, and centers	Achatz, Mary. Westat (for CNCS)	<a href="https://babel.hathitrust.org/cgi/pt?id=pur1.32754068873169;view=1up;seq=3">https://babel.hathitrust.org/cgi/pt?id=pur1.32754068873169;view=1up;seq=3</a>	Describes results from an in-depth qualitative evaluation (from the 1999-1997 school year) done to lay a foundation for future quantitative studies of FGP outcomes and impacts for children in Head Start. Six FGP projects were selected for their use of effective practices of productive roles for FGs. Results suggested that FGP volunteers support children's emotional well-being, self-esteem and self-efficacy, language development, cognitive development. Results also suggested that FGP volunteers contribute positively to the classroom and the center and the report identified 5 effective practices of teachers and centers that contribute to the success of FGP volunteers.	Y	No abstract included			X	
1998	Launching Experience Corps: Findings from a Two-Year Pilot Project Mobilizing Older Americans to Help Inner-City Elementary Schools	Civic Ventures (Freedman, Marc and Fried, L.)		This report describes the results of an 18-month pilot study of the Experience Corps program in 12 schools and 5 cities. The program is a collaboration of Public/Private Ventures (a non-profit), Johns Hopkins University (specifically the School of Medicine and the Center for the Social Organization of Schools) and the Corporation for National Service (CNS). All five local Experience Corps projects were run by the Foster Grandparent Program or RSVP in the participating cities, or by a collaboration between these projects. Funding for the Experience Corps pilot and accompanying research was provided by the Retirement Research Foundation, the Pinkerton foundation, and CNS. The evaluation included 30 site visits to four of the five projects (which included interviews, focus groups, and observations) and a questionnaire that was administered to volunteers at all five sites (assessing basic characteristics, attitudes, health, and functioning)	Y		X		X	X

1999	Retired and Senior Volunteer Program Accomplishment Report	Aguirre International		The accomplishments described in this report were derived from the survey form entitled, "Meeting Community Needs: A Survey of the Retired and Senior Volunteer Program's (RSVP) Activities, Inputs and Accomplishments." First, a process was undertaken to identify the universe of volunteer stations belonging to all 752 projects. The goal of the sample was to randomly and efficiently select a portion of the population or universe under study in such a manner that the characteristics of the sample had a very high probability of accurately reflecting the characteristics of the population or universe. Utilizing a random sampling procedure with probabilities proportional to the volunteer station size, 1,381 RSVP stations were selected for the study.	Y	No abstract included.	X			
1999	Senior Companion Program Accomplishment Report.	Aguirre International		This report presents the findings from the first survey on the accomplishments of the Senior Companion Program (SCP). This report summarizes the community service accomplishments from all Senior Companion Projects for the period between July 1, 1997, and June 30, 1998. The information reported here was collected by Aguirre International on the Senior Companion Program accomplishment survey. The survey sample consisted of a random selection of 1,282 community organizations serving as volunteer stations and representing all 190 SCP projects. The accomplishments are grouped within four of the Corporation for National Service's program emphasis areas: Health and Nutrition, Human Needs Services, Community and Economic Development, and Public Safety. The list, while both long and diverse, is not exhaustive, not every accomplishment has been captured. Nevertheless, the list summarizes the major accomplishments for the Senior Companion Program.	Y			X		
1999	Foster Grandparent Program Accomplishment Report.	Aguirre International		The accomplishments described in this report were derived from the survey form entitled, "Meeting Community Needs: A Survey of the Foster Grandparent Program's (FGP) Activities, Inputs and Accomplishments." First, a process was undertaken to identify the universe of stations belonging to all 306 projects. 7,851 community organizations serving as volunteer stations were identified. The goal of the sample was to randomly and efficiently select a portion of the population or universe under study in such a manner that the characteristics of the sample had a very high probability of accurately reflecting the characteristics of the population or universe. Utilizing a random sampling procedure with probabilities proportional to the number of volunteers serving at each station, 1,378 Foster Grandparent volunteer stations were selected for the study.	Y				X	

2000	The Experience Corps for Independent Living Initiative: Volunteers for the New Century	Rabiner, D.J., and Helfer, C.R. (RTI)		The Corporation for National Service (the Corporation) has developed and funded a variety of volunteer service programs to help meet some of the nation's critical social needs. One of these needs is the increasing demand for home- and community-based care for frail older persons and their family members/caregivers. In 1998, the Corporation launched the Experience Corps for Independent Living (ECIL) initiative to test innovative ways to use the experience, time, and resources of older volunteers to expand the number of independent living services available to frail elders and their families/caregivers. Although this demonstration shares some similar features with other senior programs funded by the Corporation, it has several elements that make it appealing to a broader range of volunteers. This article provides a summary of the early experience of starting up and implementing this initiative. The core elements of the initiative and key evaluation components are presented. The characteristics of the volunteers and clients served, as well as the type of services performed, are reported across all projects. Summary comments and recommendations are provided.	Y	This is an evaluation for a demonstration project on the Experience Corps independent living initiative. We decided to exclude all EC studies so this isn't in the annotated bibliography or systematic review.				X
2001	The Role and Value of Senior Companions in Their Communities.	RTI		This report is the first product of the Senior Companion Program Quality of Care Evaluation. Research Triangle Institute (RTI) conducted a telephone survey of volunteer station supervisors between March-May 2000. The volunteer station survey was part of a larger evaluation effort to examine the impact of the Senior Companion Program on agencies, clients and families/caregivers served. The purpose of the volunteer station survey was to assess the extent to which the Senior Companion Program was valued by service providers, and examine how it affected the quality of services delivered to frail older adults in the community. In particular, this survey sought to determine what roles the Senior Companions played at the volunteer stations and whether they enabled their volunteer stations to expand the services provided to senior citizens.	Y	No abstract included. May be superceded by the 2003 final report.		X		

2002	Senior Corps Futures Study Final Report	Cynthia Thomas, Priyanthi Silva (Westat)		This study was conducted between July 2000 and July 2001, through literature reviews, through telephone interviews with national experts, program directors and state directors and through focus group discussions at three regional conferences of program. There was substantial agreement among those consulted on the major recommendations of the study including: (1) increase project budgets to hire more staff, pay for travel, (2) allow programs more flexibility in spending their grants, (3) raise the income guidelines for volunteer eligibility, (4) increase the stipends for volunteers, (5) reimburse volunteers for the expenses they incur, (6) allow volunteers more flexibility in time commitments, (6) create new working arrangements for volunteers, (7) eliminate age-biased terminology, (8) re-emphasize traditional concerns for the welfare of volunteers, (9) design more in-depth training for volunteers, (10) encourage project directors to voice their opinions, (11) publicize the programs, nation-wide, (12) increase the pay of project directors.	Y	No abstract included. Includes a nice overview of the history of each of the programs and a literature review on volunteering in older adults. Good background info! There is an abbreviated version of this published in a book chapter below.	X	X	X	
2002	The National Study of Foster Grandparent Program Directors: Identifying Effective Practices, Project Barriers and Needs	McGowan, T.G.		This study was commissioned by the National Association of Foster Grandparent Program Directors (NAFGPD) in order to "check the pulse" of project directors and provide insight regarding project barriers and needs. The study was designed as a triangulated research project consisting of (1) a self-administered, survey questionnaire that was mailed to FGP project directors nationwide, (2) a key informant discussion of survey findings with members of the NAFGPD Board of Directors, and (3) five focus group discussions with project directors selected from sub-groups formed on the basis of the survey and key informant discussion findings.	Y	No abstract			X	
2003	Relationships between Altruistic Activity and Positive and Negative Affect among Low-Income Older Adult Service Providers	Dulin, P.L., & Hill, R.D.		Self-reported altruistic activity was examined as a predictor of positive and negative affective states among a sample of 115 low-income older adults who were actively providing services to others within a federally subsidized service delivery program (Foster Grandparents and Senior Companions). Results indicated that altruistic activity was predictive of positive, but not negative affect. It was found that altruistic activity was a significant predictor of positive affect after controlling for relevant demographic variables including social support and income. The theoretical and clinical implications of this research are discussed.	Y			X	X	



2003	Fostering social ties through a volunteer role Implications for older-adults' psychological health	Rook, K.S., & Sorkin, D.H.		This study examined the effects on older adults' psychological health of participation in a volunteer role that afforded opportunities to form friendships with age peers and to express nurturance toward another person. Access to these important social provisions was expected, in turn, to contribute to greater self-esteem, less loneliness, and less depression. The study hypotheses were tested by comparing older adults who served as foster grandparents to a developmentally disabled child (N = 52) with older adults in two comparison groups (Ns = 69, 59). Three assessments were conducted over a two-year period. The analyses revealed that the foster grandparents exhibited a significant increase in the number of new ties formed, but participation in the Foster Grandparent Program was not associated with the expected gains in emotional health. Explanations for the limited findings and implications for future research are discussed.	Y				X	
2003	Final Report of Senior Companion Quality of Care Evaluation	RTI (prepared for CNCS)		This report is the final product of the Senior Companion Program Quality of Care Evaluation, prepared by RTI International for the Corporation for National and Community Service's Office of Evaluation. The report presents the study's findings about the role and value of senior companions at volunteer stations and in their communities. The report includes results from a survey of volunteer station supervisors (administered in 2000) designed to examine the role and value of the SCP. The report also includes quasi-experimental study (conducted at 3 time points from 1999-2002) with one treatment group and at least one comparison group for clients and family/caregiver. The client comparison groups included (a) those newly placed on the waiting list for Senior Companion Program services and (b) those newly receiving other volunteer station services (but not Senior Companion Program services) at a volunteer station. The family comparison group included family members/caregivers of those newly placed on the waiting list for Senior Companion Program services. Finally, the study also included results from a client survey comparing SCP clients to those on the waiting list and/or those receiving other agency services.	Y	No abstract included.		Y		

2003	The Impact of the Senior Companion Program on Quality of Life Outcomes for Frail Older Adults and Their Families.	Rabiner, Donna J. Scheffler, Scott. Koetse, Elizabeth. Palermo, Jennifer. Ponzi, Elizabeth. Burt, Sandra. Hampton, Lynelle.	<a href="https://www.tandfonline.com/doi/abs/10.1300/J027v22n04_01">https://www.tandfonline.com/doi/abs/10.1300/J027v22n04_01</a>	The Senior Companion Quality of Care Evaluation assessed the impact of a federally funded senior volunteer program on quality of life outcomes for frail clients and their families. Telephone interviews were conducted with national samples of frail Senior Companion Program (SCP) clients, family members, and comparison group participants. Multivariate procedures were used to examine study outcomes. SCP clients benefited significantly from the program at 3 months, though fewer positive effects were reported at 9 months. SCP family members benefited only modestly from the program. The SCP has been considered a low-cost way of matching the needs of community-based frail older adults with the skills of senior volunteers. Now, it has been shown to have some favorable effects on client well-being. These findings may take on greater significance given the desire to expand the SCP through the USA Freedom Corps Initiative. [ABSTRACT FROM AUTHOR]	Y	Located through KM database - This is the same study referenced in the report above but with findings pulled out for a 14-page peer-reviewed journal article instead of the 500+ page internal report above		X		
2003	DRAFT Senior Corps Faith-based Assessment: Final Report	ETR Associates		In response to President George W. Bush's 2001 executive order acknowledging the value of faith-based organizations, the Corporation for National and Community Service launched an assessment of the extent and nature of volunteer activities at faith-based organizations serving as Senior Corps volunteer stations. The Senior Corps faith-based assessment had two components. The first component was a mailed self-administered assessment to gather data on the number and type of faith-based organizations collaborating with Senior Corps projects and the services that Senior Corps volunteers offer at those organizations. The second component of the assessment was a phone interview of a small sample of project Directors to gather information on the histories, challenges and benefits, and differences and similarities of working with faith-based organizations. The Senior Corps faith-based assessment documented that the majority of Senior Corps projects had longstanding agreements with faith-based organizations serving as volunteer stations. By and large, Senior Corps project Directors described few to no differences between working with faith-based organizations and non faith-based organizations and viewed such collaborations as beneficial in accomplishing project goals.	Y	This is the draft	X	X	X	

2003	Profile of Senior Corps Faith-Based Partnerships	ETR Associates		<p>In response to President George W. Bush's 2001 executive order acknowledging the value of faith-based organizations, the Corporation for National and Community Service launched an assessment of the extent and nature of volunteer activities at faith-based organizations serving as Senior Corps volunteer stations. The Senior Corps faith-based assessment had two components. The first component was a mailed self-administered assessment to gather data on the number and type of faith-based organizations collaborating with Senior Corps projects and the services that Senior Corps volunteers offer at those organizations. The second component of the assessment was a phone interview of a small sample of project Directors to gather information on the histories, challenges and benefits, and differences and similarities of working with faith-based organizations. The Senior Corps faith-based assessment documented that the majority of Senior Corps projects had longstanding agreements with faith-based organizations serving as volunteer stations. By and large, Senior Corps project Directors described few to no differences between working with faith-based organizations and non faith-based organizations and viewed such collaborations as beneficial in accomplishing project goals.</p>	Y		X	X	X	
2003	An overview and critique of the experience corps for independent living initiative.	Rabiner, D., Koetse, E., Nemo, B., & Helfer, CR. (RTI)	<p><a href="https://www.ncbi.nlm.nih.gov/pubmed/12822694">https://www.ncbi.nlm.nih.gov/pubmed/12822694</a></p>	<p>This article presents findings of the evaluation of the Experience Corps for Independent Living (ECIL) initiative. The ECIL initiative was a two-year demonstration program designed to test innovative ways to use the experience, time, and resources of volunteers over 55 to expand significantly the size and scope of volunteer efforts on behalf of independent living services for frail older people and their caregivers in specific communities. Six demonstration projects were selected to participate in this initiative. The intensive volunteers, the critical component of the program, were more highly skilled than typical volunteers from existing senior volunteer programs. ECIL volunteers collaborated with agency partners to develop new programs, supervise direct service activities, and enhance the performance of the agencies being served. Although the projects addressed many of the goals of the initiative, they did not fully accomplish all of their objectives. The ECIL initiative was particularly successful in providing independent living services to frail elders and their families in the communities served. It was less successful in developing and maintaining the team and corps concept, in attracting and retaining the anticipated numbers of volunteers during the study period, and in becoming self-sufficient by the end of Year Three.</p>	Y	This is an evaluation of an EC demonstration project but it's not technically SCP so it's not included in the annotated bibliography or systematic review.				X

2004	Experience Corps in Urban Elementary Schools: A Survey of Principals	Turnbull, B.J., & Smith, D.L.		Principals, coping with the press of ever-rising academic expectations and constant administrative challenges, have no time for programs that do not serve their purposes. Experience Corps – which places teams of older adults as tutors and mentors in urban elementary schools – has won their allegiance and respect. A survey of principals in whose schools the program operated in 2002-2003 shows that: <ul style="list-style-type: none"> <li>• Principals believe it has contributed to their students’ academic performance.</li> <li>• Principals cite the personal relationships between Experience Corps members and students, and between members and teachers, as contributing to a positive school atmosphere.</li> <li>• In comparison with other programs, principals cite not only Experience Corps’ advantage of intergenerational benefits, but also the advantages of the reliability of members and the coordination provided by the local office</li> </ul>	Y					X
2004	Short-Term Impact of Experience Corps Participation on Children and Schools: Results from a Pilot Randomized Trial	Rebok, G.W., Carlson, M.C., Glass, T.A., McGill, S., Hill, J., Wasik, B.A., Ialongo, N., Frick, K.D., Fried, L.P., & Rasmussen, M.D.		This article reports on the short-term impact of a school-based program using older adult volunteers and aimed at improved academic achievement and reduced disruptive classroom behavior in urban elementary school students. The Experience Corps® Baltimore (Maryland) program places a critical mass of older adult volunteers, serving 15 hours or more per week, in public schools to perform meaningful and important roles to improve the educational outcomes of children and the health and well-being of the volunteers. This article reports on the preliminary impact of the program on children in grades K–3. A total of 1,194 children in grades K–3 from six urban elementary schools participated in this pilot trial. At follow-up, third grade children whose schools were randomly selected for the program had significantly higher scores on a standardized reading test than children in the control schools, and there was a nonsignificant trend for improvement in alphabet recognition and vocabulary ability among kindergarten children in the program. Office referrals for classroom misbehavior decreased by about half in the Experience Corps schools, but remained the same in the control schools. Teachers had somewhat more favorable attitudes toward senior volunteers as a result of having older volunteers in the classroom, although the difference between the intervention and control schools was not statistically significant. In this pilot trial, the Experience Corps program led to selective improvements in student reading/academic achievement and classroom behavior while not burdening the school staff.	Y	Experience Corps pilot study -- EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC				X

2005	Technical Report of the Foster Grandparent Mentoring Service Recipient Study	Westat (for CNCS)		For the current study described in this report, we collected data on outputs, immediate outcomes, and end outcomes of mentoring activities of the Foster Grandparent Program from a representative sample of the organizations or statistics in which the FGs serve. This report describes the findings from the Foster Grandparent Mentoring Service Recipient survey which used a stratified systematic sample of service stations that included mentoring as a service category. The survey included questions on the activities performed by FGs and the impact they have on the children they served, the project director's ratings of the effectiveness of FGP volunteers in comparison with non-FGP volunteers, and overall ratings of the capabilities and reliability of FGs. FGP participants were listed as either more effective or as effective as other volunteers and a majority of stations said that young and elementary school children showed a fair amount or a lot of improvement in their academic performance after working with a volunteer.	Y	No abstract			X		
2005	DRAFT: Public Report on the Results of the 2005 Independent Living Survey of the Senior Companion Program	Westat (for CNCS)		This report summarizes the findings of the 2005 Independent Living Survey, a service recipient survey of the Senior Companion Program (SCP). Data used in this report were gathered by talking with service recipients in a national telephone survey. The survey explored the types of services performed by SCs, what effect these services have on the recipients, and the clients' satisfaction with their individual SCs and the program generally. It also asked respondents to describe their health, where and how they lived, and collected demographic information. Results indicated that clients viewed SCP services as very important and overall were very satisfied with the program.	Y			X			
2006	Retired Senior Volunteers AARP Tax Aide Program evaluation.	Pigatti, Leah A.		The purpose of this article is to assess the success of the AARP Tax Aide program as it relates to training older volunteers to complete income tax returns and develop technology skills that will enable them to use the Tax Wise software and e-file returns. In the past few years, the program has grown in visibility in our rural communities, leading to successful results in terms of completing and submitting tax returns. An area of needed growth for the Tax Aide program has been implementation and greater utilization of electronic completion of tax returns and the e-filing system. Our agency implemented a training program to provide older volunteers with skills necessary to develop technological expertise. This article explains the training provided and successful outcomes achieved. (PsyclINFO Database Record (c) 2018 APA, all rights reserved)	Y		X				

2006	Civic Engagement and National Service: Results from Senior Corps Evaluations.	Silva, Priyanthi & Thomas, Cynthia (Westat)	<a href="http://search.ebscohost.com/login.aspx?direct=true&amp;db=psyh&amp;AN=2006-03525-003&amp;site=ehost-live">http://search.ebscohost.com/login.aspx?direct=true&amp;db=psyh&amp;AN=2006-03525-003&amp;site=ehost-live</a>	<p>Discusses a study undertaken in 2000-2001 to determine the status of Senior Corps programs, the Foster Grandparent Program (FGP), the Senior Companion Program (SCP), and the Retired and Senior Volunteer Program (currently known as RSVP). The study methodology included several steps. We conducted a literature review to understand the demographic patterns projected for the future. After reviewing reports and publications, we spoke with people directly involved in the work of the Senior Corps programs and with others active in research or practice in the field of volunteering to determine current strengths and limitations of the programs and prospects for the future. Telephone interviews were conducted with national experts, directors of national voluntary organizations, project directors of Foster Grandparent Programs, Senior Companion Programs and RSVP, and with Corporation State Directors. We held several focus group discussions with project directors in the Southwest cluster, North Central cluster, and the Atlantic cluster of the United States during their 2001 conferences. The chapter discusses the Senior Corps programs in the context of volunteering. Specifically, strengths of the programs are summarized and limitations to National Senior Corps growth are examined. The chapter concludes with a discussion of the National Senior Service. (PsycINFO Database Record (c) 2016 APA, all rights reserved)</p>	Y	There are multiple reports on this topic	X	X	X	
2006	Volunteering: A Physical Activity Intervention for Older Adults—The Experience Corps Program in Baltimore	Tan, E.J., Qian-Le, X., Li, T., Carlson, M.C., and Fried, L.P.		<p>There is compelling evidence supporting the benefits of increased regular physical activity in older adults. The Experience Corps program in Baltimore MD was designed in part as a community based approach to increasing physical activity that would also appeal to older adults who have historically not utilized health promotion programs. The Baltimore Experience Corps program places older volunteers in public elementary schools for 15 hrs a week in roles designed to improve the academic outcomes of children and, simultaneously, increase the physical, cognitive and social activity of volunteers. This paper reports on the change in physical activity levels among older adults associated with participation in the Baltimore Experience Corps. In a pilot randomized controlled evaluation, older adults were randomly assigned to Experience Corps (EC participants) or a waiting list control group. Ages ranged from 59–86 years, 96% were African American, 94% were women, and 84% had annual incomes less than \$15,000. EC participants were required to serve at least 15 h a week. At follow-up after 4–8 months, an analysis of 113 randomized volunteers revealed 53% of the EC participants were more active than the previous year by self-report, as compared to 23% of the controls (p &lt; 0.01). When adjusted for age, gender and education, there was a trend toward increased physical activity in the EC participants as calculated by a kilocalorie per week increase of 40%, versus a 16% decrease in the controls (p = 0.49). EC participants who reported "low activity" at baseline experienced an average 110% increase in their physical activity at follow-up. Among the controls who were in the "low activity" group at baseline, there was, on average, only a 12% increase in physical activity (p = 0.03). Among those who were previously active, there was no significant difference (p = 0.30). The pilot results suggest that a high</p>	Y	EC pilot study - EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC			X	

2006	Engaging Older Adults in High Impact Volunteering that Enhances Health: Recruitment and Retention in the Experience Corps Baltimore	Martinez, I.L., Frick, K.D., Glass, T.A., Carlson, M., Tanner, E., Ricks, M., & Fried, L.P.		<p>Engagement in social and generative activities has benefits for the well-being of older adults; hence, methods for broadly engaging them in such activities are desired. Experience Corps Baltimore, a social model for health promotion for older adult volunteers in public schools, offers insight to such successful recruitment and retention. We report on data over a 4-year period in Baltimore City, Maryland, and describe a five-stage screening process implemented to recruit a diverse group of senior volunteers who would remain in the program for at least 1 year. The sample consisted of 443 older adults expressing an interest in and screened for volunteering. Comparisons were made with Chi-square and Fisher's t-test between those who entered the program and those who did not and those who were retained in the program. Gender, race, age group, and prior volunteering were significant in ultimate volunteer service in the schools. Overall, 38% of 443 persons recruited entered the schools; 94% of participants were over 60 years (<math>p = 0.05</math>) with a mean age of 69 years; 90% were women (<math>p = 0.03</math>), and 93% African-American (<math>p = 0.005</math>); 57% had not volunteered in the past year (<math>p = 0.004</math>). Ninety-two percent were retained in the first year; 80% returned a second year. Among the latter, 83% had G12 years of education (<math>p = 0.001</math>). Participants remained in the program for a second year of volunteering regardless of baseline MMSE score, self-reported health, and motivation for volunteering. In conclusion, it is possible to recruit and retain a diverse pool of older adults to participate in a high-intensity volunteer program, including nontraditional volunteers. Of special note is the success in recruiting African-American women and those with lower education, who may particularly benefit from health promotion.</p>	Y	<p>EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Seems to be about strategies for program recruitment and retention. Comparison groups: those screened who participated, those screened who did not participate, those who participated for more than one year, etc.</p>				X
2006	Higher Education and Foster Grandparent Programs: Exploring Mutual Benefits	Peacock, J.R., & O'Quin, J.		<p>The purpose of this article is to highlight ways in which programs within institutions of higher education and Foster Grandparent Programs can interact to their mutual benefit. Given federal and state initiatives to develop linkages between institutions of higher education and community service sites, mutual benefits exist at the program level for both institutions of higher education and Foster Grandparent Programs. At the individual level, mutual benefits exist for both students in academic programs and senior volunteers. We propose that universities and colleges, including community colleges, and various programs within these institutions of higher education can beneficially interface with Foster Grandparent Programs through intergenerational service-learning programming. As such, we suggest ideas for intergenerational service-learning projects across a wide array of disciplines. Personal communication with Foster Grandparent Program directors across the nation is used to provide information and unique case examples in developing linkages between Foster Grandparent Programs and institutions of higher education.</p>	Y	Theory paper			X	

2006	A Service-learning collaboration: A graduate gerontology program and a foster grandparent program	Peacock, J.M, Flythe, M.K., and Jones, K.		Historically, American institutions of higher learning have embraced community service as a necessary component of students' learning experiences. Recent initiatives through the Corporation for National and Community Service emphasize the idea that civic responsibility is an important element of an adequate education at all levels of learning. In this article we discuss the feasibility of integrating a graduate gerontology program and a Foster Grandparent Program. The integration is designed in such a way that, beyond sustaining the Foster Grandparent Program and introducing students to practical field experiences, greater community needs can be met. Ideally, positive outcomes will be achieved through such a collaborative effort, and will affect change at the individual, community, policy, and social structural levels.	Y	Not really an evaluation of FGP, but of a service learning program for sociology grad students to work with FGP-- same content as above but seems to be a different source. This is the published version.			X	
2006	Evaluating the Senior Companion Program: A Mixed-Method Approach.	Butler, Sandra S.		This article reports on a mixed-method assessment of the Senior Companion Program (SCP), a federal program which provides volunteer opportunities with small stipends to low-income older adults, 60 years of age and older, who provide companionship and offer assistance to frail community elders. Through four standardized scales and open-ended questions regarding the impact of the SCP in their lives, 34 Senior Companion volunteers and 32 of their clients were interviewed. Informants reported relatively large social networks and low levels of depression and loneliness. Thematic analysis of the qualitative data revealed the benefits of the program for both volunteers and their clients. Themes emerging from the rich narratives included: companionship, independence, reduced anxiety, giving, and rewards. The article concludes with a suggested brief evaluation instrument that directors of SCP programs, and other similar programs, can use to collect data on the impact of their program-- something that is required, but often difficult to do. (PsycINFO Database Record (c) 2016 APA, all rights reserved)	Y	Surveys of program participants and Senior Companions		X		
2007	Civic Engagement Among Older Adults in a Rural Community: A Case Study of the Senior Companion Program	Sandra S. Butler PhD, MSW & Debra Eckart MA	<a href="https://www.tandfonline.com/doi/abs/10.1300/J125v15n03_05">https://www.tandfonline.com/doi/abs/10.1300/J125v15n03_05</a>	This article presents a case study of how an elder-helping-elder volunteer program--the Senior Companion Program promotes civic engagement among older adults in a rural community. In-depth interviews were conducted with 30 individuals in the community to assess the impact of the program for individual elders and the community at large. Three overarching themes emerged from the narrative data: Maintaining Community, Filling Gaps in the Service System, and Government Should Do More for Elders. These themes are described using research participant quotes. The article concludes with study implications for community practitioners including advocacy for program expansion.	Y	This is a case study, report above is more rigorous		X		



2008	Senior Corps Reports	CNCS - Shelton, LaMonica, Dietz, Nathan, Nicholas, Brooke, and Jennings, Shelby		<p>In order to assess the outcomes of both the Senior Companion and Foster Grandparent Programs, and to determine the opportunities for expanding the number of Baby Boomers who participate in RSVP, the Corporation for National and Community Service conducted a series of surveys between 2004 and 2006. First, the Senior Companion Program surveys were conducted among the clients who receive services from the Senior Companions. From these surveys researchers determined how Senior Companions contribute to the web of resources that help clients live independently. Second, the Foster Grandparent Program survey was conducted with station supervisors, mostly school principals or administrators of school-based programs, to gauge the impact that Foster Grandparents have on the young people they serve. And finally, the RSVP surveys were conducted to assess the landscape of Baby Boomers who participate in the program and to provide a possible roadmap for recruitment. Researchers investigated the demographics, volunteer history, and volunteer interest of Baby Boomers in RSVP, in hopes of determining any key differences between the RSVP Baby Boomers and other Baby Boomers who volunteer.</p>	Y	No abstract provided	X	X	X	
2008	Gerotranscendence and perceptions of health and aging in older adults participating in a senior companion program.	Clarke, Virginia		<p>Unable to locate. This correlational, nonexperimental study examined the relationships among gerotranscendence, gender, age, status as a senior companion volunteer or agency client, presence of social support in the home, perceptions toward aging, and perception of health in older adults participating in a senior companion program. The sample included 68 senior companion volunteers and 48 agency clients. Results indicated that the progression of gerotranscendence was not related to gender (<math>t(114) = -.321, p = .749</math>), age (<math>F(3,115) = .009, p = .99</math>), status as volunteer or client (<math>t(114) = -.297, p = .749</math>) or presence of social support in the home (<math>t(114) = -.163, p = .104</math>). There was a positive correlation between progression of gerotranscendence scores and perceptions of aging scores (<math>r = .435, p = .01</math>) and perception of health status scores (<math>r = .381, p = .01</math>). Perceptions of aging scores were positively correlated with perception of health scores (<math>r = .644, p = .01</math>). A stepwise multiple regression revealed that a positive perception of aging was the best predictor of gerotranscendence progression scores (<math>R^2 = .189, p &lt; .001</math>). The theory of gerotranscendence is a developmental theory which describes how individuals progress into old age and can provide a blueprint for the changes that may occur with aging. Findings of this study support Tornstam's claim that the developmental progression of aging described by the theory of gerotranscendence is healthy and positive. (PsycINFO Database Record (c) 2016 APA, all rights reserved)</p>	N	This is a dissertation and I have not been able to find full-text access		X		

2008	Exploring the Effects of an "Everyday" Activity Program on Executive Function and Memory in Older Adults: Experience Corps®	Michelle C. Carlson, PhD, Jane S. Saczynski, PhD, George W. Rebok, PhD, Teresa Seeman, PhD, Thomas A. Glass, PhD, Sylvia McGill, BA, James Tielsch, PhD, Kevin D. Frick, PhD, Joel Hill, MS, and Linda P. Fried, MD, MPH		<p>Purpose: There is little empirical translation of multimodal cognitive activity programs in "real-world" community-based settings. This study sought to demonstrate in a short-term pilot randomized trial that such an activity program improves components of cognition critical to independent function among sedentary older adults at greatest risk. Design and Methods: We randomized 149 older adults to Experience Corps (EC) or a wait-list control arm. Participants randomized to EC trained in teams to help elementary school children with reading achievement, library support, and classroom behavior for 15 hr/week during an academic year. We compared baseline and follow-up assessments of memory, executive function (EF), and psychomotor speed at 4 to 8 months by intervention arm, adjusting for exposure duration. We observed a range of EF abilities at baseline and stratified analyses according to the presence of baseline impairment using established norms. Results: Overall, EC participants tended to show improvements in EF and memory relative to matched controls (ps , .10). EC participants with impaired baseline EF showed the greatest improvements, between 44% and 51% in EF and memory at follow-up, compared to declines among impaired-EF controls (ps , .05). Implications: Short-term participation in this community-based program designed to increase cognitive and physical activity in a social, real-world setting may train memory and, particularly, executive functions important to functional independence. This communitybased program represents one potentially effective model to bring high doses of sustainable cognitive exercise to the greatest proportion of older adults, particularly those sedentary individuals at elevated risk for health disparities.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC				X
2009	The Long-Term Relationship Between High-Intensity Volunteering and Physical Activity in Older African American Women	Erwin J. Tan , George W. Rebok , Qilu Yu , Constantine E. Frangakis , Michelle C. Carlson , Tao Wang, Michelle Ricks , Elizabeth K. Tanner , Sylvia McGill, and Linda P. Fried		<p>Objectives. Experience Corps (EC) places older volunteers in public elementary schools in 20 cities across the country. The EC program in Baltimore is a health promotion intervention designed to improve the academic outcomes of children and increase older adult volunteer physical activity. We sought to determine if there were sustained increases in physical activity with participation in EC. Methods. Seventy-one African American women volunteers in the Baltimore EC were compared with 150 African American women in the Women's Health and Aging Studies (WHAS) I and II; all were aged 65 – 86 years with comparable Social Economic Status , frailty, and self-reported health status. Using a regression model, we evaluated physical activity adjusting for a propensity score and time of follow-up over 3 years. Results. EC volunteers reported a sustained increase in physical activity as compared with the comparison cohort. Baseline physical activity for individuals with a median propensity score was 420 kcal/wk for both groups. At 36 months, EC volunteers reported 670 kcal/week compared with 410 kcal/week in WHAS ( p = .04). Discussion. These findings suggest that high-intensity senior service programs that are designed as health promotion interventions could lead to sustained improvements in physical activity in high-risk older adults, while simultaneously addressing important community needs.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Referenced in CNCS brief on aging-- study on Experience Corps where volunteers reported increased physical activity				X

2009	Evidence for neurocognitive plasticity in at-risk older adults: the experience corps program.	Carlson MC, Erickson KI, Kramer AF, Voss MW, Bolea N, Mielke M, McGill S, Rebok GW, Seeman T, Fried LP.		<p>OBJECTIVE: To determine whether Experience Corps (EC), a social service program, would improve age-vulnerable executive functions and increase activity in brain regions in a high-risk group through increased cognitive and physical activity. METHODS: Eight community-dwelling, older female volunteers and nine matched wait-list controls were recruited to serve in the ongoing EC: Baltimore program in three elementary schools. We employed functional magnetic resonance imaging (fMRI) preintervention and postintervention to examine whether EC volunteers improved executive function and showed increased activity in the prefrontal cortex relative to controls. fMRI volunteers were trained and placed with other volunteers 15 h/wk for 6 months during the academic year to assist teachers in kindergarten through third grade to promote children's literacy and academic achievement. RESULTS: Participants were African American and had low education, low income, and low Mini-Mental State Examination scores (M = 24), indicative of elevated risk for cognitive impairment. Volunteers exhibited intervention-specific increases in brain activity in the left prefrontal cortex and anterior cingulate cortex over the 6-month interval relative to matched controls. Neural gains were matched by behavioral improvements in executive inhibitory ability. CONCLUSIONS: Using fMRI, we demonstrated intervention-specific short-term gains in executive function and in the activity of prefrontal cortical regions in older adults at elevated risk for cognitive impairment. These pilot results provide proof of concept for use-dependent brain plasticity in later life, and, that interventions designed to promote health and function through everyday activity may enhance plasticity in key regions that support executive function.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Pre-post relative to controls-- participants showed increases in executive functioning and results supported the positive impact of volunteering for cognitive functioning. Small sample. Unclear how matching was done.				X
2009	New York City's Foster Grandparent Program: A Model of Older Volunteer Management	Evans, G., & Carnegie, L.	<p><a href="https://www.ncbi.nlm.nih.gov/pubmed/19772209">https://www.ncbi.nlm.nih.gov/pubmed/19772209</a></p>	<p>It is generally acknowledged that older persons represent a vast- and largely untapped-volunteer resource for America's communities (Reinventing Aging, 2003). It is also now axiomatic that older people need to feel socially useful and productive in order to age well. Developing opportunities for seniors to serve their communities is, therefore, clearly in the interest of everyone concerned. This article will discuss the National Foster Grandparent Program (FGP) to draw some lessons about win-win older volunteer program design. It will also review New York City's Foster Grandparent Program, administered by the New York City Department for the Aging (DFTA), as a model of effective implementation.</p>	Y	Retrieved through ILL (4/25)			X	

2009	Potential for Intensive Volunteering to Promote the Health of Older Adults in Fair Health	Barron, J.S., Tan, E.J., Yi, Q., Song, M., McGill, S., & Fried, L.P.		<p>Volunteer service opportunities for older adults may soon be expanded. Although volunteering is thought to provide health benefits for healthier older adults, it is not known whether older adults in less than very good health are suitable candidates for high-intensity volunteering and can derive health benefits. This manuscript presents a prospective analysis of 174 older adult volunteers serving in Experience Corps Baltimore®, a high-intensity senior volunteer program in Baltimore, Maryland. Volunteers served ≥15 h per week, for a full school year, in elementary schools helping children with reading and other skills between 1999 and 2002. Volunteers were assessed with standardized questionnaires and performance-based testing including grip strength, walking speed, chair stand speed, and stair-climbing speed prior to school volunteering and at the end of the school year. Results were stratified by health status. Among 174 volunteers, 55% initially reported “good” and 12% “fair” or “poor” health status. At baseline, those in fair health reported higher frequencies of disease and disability than volunteers in excellent or very good health. After volunteering, a majority of volunteers in every baseline health status category described increased strength and energy. Those in fair health were significantly more likely to display improved stair-climbing speed than those in good or excellent/very good health (100.0% vs. 53.4% vs. 37.5%, p=0.05), and many showed clinically significant increases in walking speed of 90.5 m/s. Satisfaction and retention rates were high for all health status groups. Clinicians should consider whether their patients in fair or good health, as well as those in better health, might benefit from high-intensity volunteer programs. Productive activity such as volunteering may be an effective community-based approach to health promotion for older adults.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Found that volunteers reported increases in strength and energy and that those in fair health were more likely to show improvements in stair-climbing speed (i.e.- non-self-reported health outcomes over time)				X
2009	Evidence for Neurocognitive Plasticity in At-Risk Older Adults: The Experience Corps Program	Carlson, M.C., Erickson, K.I., Kramer, A.F., Voss, M.W., Bolea, N., Mielke, M., McGill, S., Rebok, G.W., Seeman, T., & Fried, L.P.		<p>Objective. To determine whether Experience Corps (EC), a social service program, would improve age-vulnerable executive functions and increase activity in brain regions in a high-risk group through increased cognitive and physical activity. Methods. Eight community-dwelling, older female volunteers and nine matched wait-list controls were recruited to serve in the ongoing EC: Baltimore program in three elementary schools. We employed functional magnetic resonance imaging (fMRI) preintervention and postintervention to examine whether EC volunteers improved executive function and showed increased activity in the prefrontal cortex relative to controls. fMRI volunteers were trained and placed with other volunteers 15 h/wk for 6 months during the academic year to assist teachers in kindergarten through third grade to promote children’s literacy and academic achievement. Results. Participants were African American and had low education, low income, and low Mini-Mental State Examination scores ( M = 24), indicative of elevated risk for cognitive impairment. Volunteers exhibited intervention-specific increases in brain activity in the left prefrontal cortex and anterior cingulate cortex over the 6-month interval relative to matched controls. Neural gains were matched by behavioral improvements in executive inhibitory ability. Conclusions. Using fMRI, we demonstrated intervention-specific short-term gains in executive function and in the activity of prefrontal cortical regions in older adults at elevated risk for cognitive impairment. These pilot results provide proof of concept for use-dependent brain plasticity in later life, and, that interventions designed to promote health and function through everyday activity may enhance plasticity in key regions that support executive function.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. May be a duplicate of #68 above				X

2009	Evaluation of Experience Corps: Student Reading Outcomes	Morrow-Howell, N., Jonson-Reid, M., McCrary, S., Lee, Y.S., Spitznagel, E.		<p>In 2006, researchers at the Center for Social Development at Washington University's Brown School of Social Work were awarded a grant from The Atlantic Philanthropies to evaluate the effects of the Experience Corps program on student reading outcomes. Mathematica Policy Research, Inc. (MPR) provided data collection services. Twenty-three schools in Boston, New York City, and Port Arthur, Texas, participated in the study. A two group, pre-post test design with random assignment was used to assess the effects of the EC program. At the beginning of the school year, teachers referred all students who needed assistance with reading. Students were randomly assigned to the EC program, as there were not enough tutors to serve all of the referred students. Over 1,000 students were referred. Parental consent was obtained on 81% of the referred students, and 883 students were pretested. At posttest, 825 students were reassessed. The EC program tutored 430 of these students, and 451 were in the control group. There were 332 1st, 304 2nd, and 186 3rd graders; 420 males and 402 females in the final dataset.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC				X
2010	Health outcomes of Experience Corps: a high-commitment volunteer program.	Hong, S.I. & Morrow-Howell, N.		<p>Experience Corps (EC) is a high-commitment US volunteer program that brings older adults into public elementary schools to improve academic achievement of students. It is viewed as a health promotion program for the older volunteers. We evaluated the effects of the EC program on older adults' health, using a quasi-experimental design. We included volunteers from 17 EC sites across the US. They were pre-tested before beginning their volunteer work and post-tested after two years of service. We compared changes over time between the EC participants (n = 167) and a matched comparison group of people from the US Health and Retirement Study (2004, 2006). We developed the comparison group by using the nearest available Mahalanobis metric matching within calipers combined with the boosted propensity scores of those participating in the EC. We corrected for clustering effects via survey regression analyses with robust standard errors and calculated adjusted post-test means of health outcomes, controlling for all covariates and the boosted propensity score of EC participants. We found that compared to the comparison group, the EC group reported fewer depressive symptoms and functional limitations after two years of participation in the program, and there was a statistical trend toward the EC group reporting less decline in self-rated health. Results of this study add to the evidence supporting high-intensity volunteering as a social model of health promotion for older adults.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC				X

2010	Marketing Public Health Through Older Adult Volunteering: Experience Corps as a Social Marketing Intervention	Tan et al.		<p><i>Objectives.</i> We present a social marketing conceptual framework for Experience Corps Baltimore City (EC) in which the desired health outcome is not the promoted product or behavior. We also demonstrate the feasibility of a social marketing–based recruitment campaign for the first year of the Baltimore Experience Corps Trial (BECT), a randomized, controlled trial of the health benefits of EC participation for older adults. <i>Methods.</i> We recruited older adults from the Baltimore, MD, area. Participants randomized to the intervention were placed in public schools in volunteer roles designed to increase healthy behaviors. We examined the effectiveness of a recruitment message that appealed to generativity (i.e., to make a difference for the next generation), rather than potential health benefits. <i>Results.</i> Among the 155 participants recruited in the first year of the BECT, the average age was 69 years; 87% were women and 85% were African American. Participants reported primarily generative motives as their reason for interest in the BECT. <i>Conclusions.</i> Public health interventions embedded in civic engagement have the potential to engage older adults who might not respond to a direct appeal to improve their health.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Doesn't seem to include results-- referenced in CNCS fact sheet on the health benefits of volunteering, but the actual study with the results of the Experience Corps RCT may be a different report. (This may be an interim early report. The focus is on EC recruitment strategies.)				X
2010	Older Adults and Retired Teachers Address Teacher Retention in Urban Schools	Martinez, I.L., Frick, K.D., Kim, K.S., & Fried, L.P.		<p>Teacher attrition is a costly and persistent problem in urban schools. The objective of this study was to evaluate senior volunteers' potential impact for improving teacher retention. We conducted interviews with six principals, 20 teachers, and six retired educators participating in the Experience Corps Baltimore program. Findings indicate that older adult volunteers may enhance teacher retention by improving classroom environments and by positively influencing some factors related to teacher attrition, including effort and satisfaction, as well as reducing absenteeism. While all senior volunteers can provide benefits with adequate training, retired teachers may provide greater benefits in teacher retention.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC				X
2010	Examining The Effects of New York Experience Corps Program on Young Readers	Gattis, M.N., Morrow-Howell, N., McCrary, S., Lee, M., Jonson-Reid, M., McCoy, H., Tamar, K., Molina, A., & Invernizzi, M.		<p>There are hundreds of tutoring programs that utilize community volunteers being implemented across the country; however, there are few rigorous efforts to evaluate their effectiveness. This article presents findings on reading achievement from an evaluation of the New York City Experience Corps®, a program that uses older volunteers to work with students in public elementary schools. Two hundred and eighty-eight first- and second-grade students participated in a pre-test/post-test two group design with randomization to assess the impact of the program on their reading abilities. Reading was assessed using the Phonological Awareness Literacy Screening (PALS) and Early Childhood Literacy Assessment System (ECLAS). Results indicate that Experience Corps is effective at improving reading scores. This study provides evidence that older volunteers can be successfully utilized to tutor young readers.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Improvements in child reading scores				X

2010	Marketing Public Health through Older Adult Volunteering: Experience Corps as a Social Marketing Intervention	Tan, E.J., Tanner, E.K., Seeman, T.E., Xue, Q.L., Rebok, G.W., Frick, K.D., Carlson, M.C., Wang, T., Piferi, R.L., McGill, S., Whitfield, K.E., & Fried, L.P.		Objectives. We present a social marketing conceptual framework for Experience Corps Baltimore City (EC) in which the desired health outcome is not the promoted product or behavior. We also demonstrate the feasibility of a social marketing-based recruitment campaign for the first year of the Baltimore Experience Corps Trial (BECT), a randomized, controlled trial of the health benefits of EC participation for older adults. Methods. We recruited older adults from the Baltimore, MD, area. Participants randomized to the intervention were placed in public schools in volunteer roles designed to increase healthy behaviors. We examined the effectiveness of a recruitment message that appealed to generativity (i.e., to make a difference for the next generation), rather than potential health benefits. Results. Among the 155 participants recruited in the first year of the BECT, the average age was 69 years; 87% were women and 85% were African American. Participants reported primarily generative motives as their reason for interest in the BECT. Conclusions. Public health interventions embedded in civic engagement have the potential to engage older adults who might not respond to a direct appeal to improve their health.	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Focused on the feasibility of a marketing campaign, not examining impacts/outcomes.				X
2010	Health Outcomes of Experience Corps: A High-Commitment Volunteer Program	Hong, S.I., & Morrow-Howell, N.		ExperienceCorps(EC) is a high-commitment US volunteer program that brings older adults into public elementary schools to improve academic achievement of students. It is viewed as a health promotion program for the older volunteers. We evaluated the effects of the EC program on older adults' health, using a quasi-experimental design. We included volunteers from 17 EC sites across the US. They were pre-tested before beginning their volunteer work and post-tested after two years of service. We compared changes over time between the EC participants (n = 167) and a matched comparison group of people from the US Health and Retirement Study (2004,2006). We developed the comparison group by using the nearest available Mahalanobis metric matching within calipers combined with the boosted propensity scores of those participating in the EC. We corrected for clustering effects via survey regression analyses with robust standard errors and calculated adjusted post-test means of health outcomes, controlling for all covariates and the boosted propensity score of EC participants. We found that compared to the comparison group, the EC group reported fewer depressive symptoms and functional limitations after two years of participation in the program, and there was a statistical trend toward the EC group reporting less decline in self-rated health. Results of this study add to the evidence supporting high-intensity volunteering as a social model of health promotion for older adults.	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC				X

2010	The Effect of the Experience Corps Program on Student Reading Outcomes	Lee, Y.S., Morrow-Howell, N., Jonson-Reid, M., & McCrary, S.		A randomized field trial involving 883 students at 23 schools in three urban cities assessed the effectiveness of Experience Corps® (EC), a program that places older adult volunteers in elementary schools to tutor students who are poor readers. Students were assessed at the beginning and end of the academic year with standardized reading measures. Program effects were analyzed using Generalized Estimating Equations (GEE) to adjust for clustering effects. Findings demonstrated that EC students made statistically greater gains over the academic year on passage comprehension and grade-specific reading skills. The gains were stronger for students who received at least 35 tutoring sessions. These findings indicate that older community volunteers can be effectively deployed to improve reading achievement in low income, ethnic minority children who are at risk of reading failure.	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Improvements in child reading scores				X
2012	Senior Corps--RSVP: Disaster Services and Community Resilience During 2012 Colorado Wildfires.	Erwin Tan, MD, Ventana Harding, MPA, Christopher Spera, PhD, and Kelly Menzie DeGraff, Bs	<a href="http://web.a.ebscohost.com/ehost/viewarticle/render?data=dGJyMPPp44rp2%2fdV0%2bnjiskf5Je45PFJt6uyTLGk63nn5Kx95uXxl6orUmn3pbBlr6%2beSrt1KvrJ5oy5zyit%2fk8Xnh6ueH7N%2fiVauntkyzrLFRr6%2b1PurX7H%2b72%2bw%2b4ti7gOPoplz3btZzJfhrunr0%2b2qrNPsKakfu3o63nys%2b585LzzhOrK45Dy&amp;vid=2&amp;sid=a6248a58-5e98-4708-b80b-276171bf4fd2@sdcv-sessmgr05">http://web.a.ebscohost.com/ehost/viewarticle/render?data=dGJyMPPp44rp2%2fdV0%2bnjiskf5Je45PFJt6uyTLGk63nn5Kx95uXxl6orUmn3pbBlr6%2beSrt1KvrJ5oy5zyit%2fk8Xnh6ueH7N%2fiVauntkyzrLFRr6%2b1PurX7H%2b72%2bw%2b4ti7gOPoplz3btZzJfhrunr0%2b2qrNPsKakfu3o63nys%2b585LzzhOrK45Dy&amp;vid=2&amp;sid=a6248a58-5e98-4708-b80b-276171bf4fd2@sdcv-sessmgr05</a>	This study looked at how Americans age 55 and older can also be part of community solutions to disasters through National Service programs such as RSVP. IT focuses specifically on how Senior Corps volunteers were engaged in responding to the 2012 wildfires in Jefferson, El Paso, and Larimer Counties in Colorado.  The study found that: (1) RSVP grantees can effectively recruit, train, and deploy volunteers in disaster service-specific roles and in dual benefit roles in support of community resilience (CR). (2) The vast majority of volunteers who served during the wildfires served at their routine volunteer stations in a dual benefit role in support of CR. (3) The majority of hours served by RSVP volunteers during the wildfires were served by a relatively small group of volunteers with disaster-specific skills; this example reinforces how traditional disaster preparedness complements CR. (4) Experience with traditional disaster service activity, volunteer coordination capacity, and established service placement relationships may also have been important in the Denver and Larimer County RSVP Projects capacity to redeploy volunteers in support of CR.  It should be noted, however, that RSVP grantees had difficulty collecting data on the number of unduplicated people who served in the midst of a disaster. RSVP grantees will likely need continued technical assistance to collect impact and other data in future disaster response settings.	Y		X			



2012	The Costs of Experience Corps in Public Schools	Frick, K.D., McGill, S., Tan, E.J., Rebok, G.W., Carson, M.C., Tanner, E.K., & Fried, L.P.		Objective: To describe the annual operational costs of a mature Experience Corps program in elementary schools in the Baltimore City Public School System. Methods: Systematic records of expenditures kept by the community partner, Greater Homewood Community Corporation, to be reported to funders were made available for analysis. Expenditures were aggregated to the level of fiscal year and grouped in categories in consultation with the community partner. Results: Expenditures to provide reimbursement to volunteers and to administer this complex volunteer program in an environment in which the school district needed additional management resources for such a program dominate the total expenditures. In the 2008 fiscal year, the program provided 158,305 hours of older adult volunteer service to public elementary schools in Baltimore City and the cost per volunteer hour was \$9.79; in the 2009 fiscal year the program provided 157,238 hours of older adult volunteer service and the cost per volunteer hour was \$9.60. This suggests consistency and may also suggest that the program is becoming more efficient over time. Conclusion: The costs presented represent the costs of running a mature program after an initial investment has been made. These costs would need to be compared with the short-term and long-term benefits to the older adult volunteers, the school children, other school personnel, and the schools' and volunteers' communities to perform a comprehensive benefit-cost analysis to inform public policy.	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Expenditure results.				X
2013	The Senior Connection: Design and rationale of a randomized trial of peer companionship to reduce suicide risk in later life	Kimberly A., Van Orden., Deborah M. Stone., Jody Rowe., Wndy L., McIntosh Carol Podgorski, Yeates Conwell.		There is a pressing public health need to find interventions that reduce suicide risk in later life. Psychiatric and physical illness, functional decline, and social factors place seniors at risk for suicide. Reflecting this body of evidence, the Centers for Disease Control and Prevention (CDC) has identified the promotion and strengthening of social connectedness, between and within the individual, family, community, and broader societal levels, as a key strategy for suicide prevention. The Senior Connection, a randomized trial of peer companionship for older adults, is described here, with an emphasis on the most novel features of the study design—grounding in a psychological theory of suicide and intervening at an early stage in the suicide risk trajectory by linking primary care patients with the Aging Services Provider Network.	Y	Describes the design of an RCT study linking socially disconnected seniors with peer supports through the RSVP designed to look at impacts on suicide risk, doesn't contain results	X			
2013	Senior Corps RSVP 2013 GARP: Exploring Why Some Organizations Did Not Apply			Following the most recent release of its Notice of Funding Opportunity (NOFO), the number of applications to the 2013 RSVP grant competition was lower than Senior Corps program staff anticipated. Of the 292 individual funding opportunities in the NOFO, 62 had no applicants, and 215 had only 1 applicant. Although 512 potential applicants submitted letters of intent, only 230 completed the application process.	Y		X			

2013	Experience Corps: a dual trial to promote the health of older adults and children's academic success.	Fried LP, Carlson MC, McGill S, et al.		<p>Background: As the population ages, older adults are seeking meaningful, and impactful, post-retirement roles. As a society, improving the health of people throughout longer lives is a major public health goal. This paper presents the design and rationale for an effectiveness trial of Experience Corps™, an intervention created to address both these needs. This trial evaluates (1) whether senior volunteer roles within Experience Corps™ beneficially impact children's academic achievement and classroom behavior in public elementary schools and (2) impact on the health of volunteers.</p> <p>Methods: Dual evaluations of (1) an intention-to-treat trial randomizing eligible adults 60 and older to volunteer service in Experience Corps™, or to a control arm of usual volunteering opportunities, and (2) a comparison of eligible public elementary schools receiving Experience Corps™ to matched, eligible control schools in a 1:1 control:intervention school ratio.</p> <p>Outcomes: For older adults, the primary outcome is decreased disability in mobility and Instrumental Activities of Daily Living (IADL). Secondary outcomes are decreased frailty, falls, and memory loss; slowed loss of strength, balance, walking speed, cortical plasticity, and executive function; objective performance of IADLs; and increased social and psychological engagement. For children, primary outcomes are improved reading achievement and classroom behavior in Kindergarten through the 3rd grade; secondary outcomes are improvements in school climate, teacher morale and retention, and teacher perceptions of older adults.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. This report does not contain the results of the RCT-- just an overview of the design				X
2013	The impact of volunteering on seniors' health and quality of life: An assessment of the Retired and Senior Volunteer Program	McDonald, T.W., Chown, E.L., Tabb, J.E., Schaeffer, A.K., & Howard, E.K.M.		<p>Past research suggests that senior citizens often face challenges related to deteriorating physical and mental health, and the quality of their lives may suffer as a result. Past research also suggests that volunteering can improve the health and quality of life for seniors. In the present study, 451 volunteers enrolled in the Retired and Senior Volunteer Program (RSVP) completed surveys including questions regarding their volunteer experiences and how these experiences have affected their health and quality of life. The results suggest that volunteering through RSVP is associated with improvements in health and quality of life across a variety of dimensions. Furthermore, these improvements may be particularly greater for women, current volunteers, and older seniors. These findings may help guide interventions designed to enhance the health and well-being of senior citizens in a variety of settings.</p>	Y		X			
2014	Corporation for National and Community Service (2014). Volunteer Study Pennsylvania.	Anthony Nerino		<p>The Foster Grandparent Program (FGP) and Senior Companion Program (SCP) Volunteer Study surveyed a census of the FGP and SCP volunteers during Fiscal Year 2013. The survey results describe member characteristics of the Foster Grand Parent and Senior Companion programs and report on the volunteers' psychosocial health and self-efficacy, perceived social ties and social support.</p>	Y	This is a results report for one state and not applicable to our national review		X	X	

2014	Descriptive Report for the Senior Companion Program Independent Living Pilot/Feasibility Survey.	Annie Georges, Susan Gabbard, Carmen Sum, Peter Lovegrove, Sara Macdonald.		This descriptive report, funded by the Corporation for National and Community Service (CNCS), describes the findings from both surveys. The report describes the background characteristics of SCP clients, their self-efficacy, medical conditions and social and emotional outcomes. The sections of this report are as follows. Since this was a pilot study, the first half of the report describes the methodology. The report describes the development and pre-testing of the questionnaire, followed by the data collection procedures including the procedures for communicating with SCP grantees as well as the training provided to conduct surveys with elderly clients. The report then describes the sampling approach, followed by a discussion on data processing and nonresponse bias analysis. The second half of the report presents findings from the cross-sectional survey of 557 established SCP clients, followed by a discussion of the longitudinal pilot pre/post survey of 20 newly enrolled SCP clients. The report concludes with a discussion of recommendations for future research.	Y	If we have more rigorous studies we may not include this one. Outcomes (n=557) and pre-post (n=20).		X		
2014	SCP Independent Living Performance Measurement Survey: Process, Rationale, Results, and Recommendations	Donald Pratt, Peter Lovegrove, Claudia Birmingham, Leith Lombas, Nicole Vicinanza, Annie Georges, Susan Gabbard.		The Senior Companion Program (SCP) Independent Living Study is an important initiative undertaken by the Corporation for National and Community Service (CNCS) to assess the effectiveness of Senior Corps Programs and to build grantee capacity to contribute to the evidence base for informed decision-making and allocation of resources. CNCS's goal is to increase the impact of national service in communities served by CNCS-supported programs. The data gathered through this study will assist CNCS to begin assessing the performance of SCP at the national level using output and outcome measures. The specific outputs of interest under Goal 1 are the amount of SCP -supported independent living and respite services received, and the percent of homebound or older adults and individuals with disabilities and their caregivers that received CNCS-supported services who report having increased social ties and perceived social support. This report presents the results and findings from the client and caregiver surveys to assess clients' and caregivers' experiences and perceptions of program benefits. The report also discusses grantees' experience in administering the survey, including their use of technical assistance. The data presented include the survey response rate and an analysis using several statistical techniques to assess the reliability and validity of the survey data.	Y	Same study as referenced above, but this actually includes results		X		

2014	Can Senior Volunteers Deliver Reminiscence and Creative Activity Interventions? Results of the Legacy Intervention Family Enactment Randomized Controlled Trial	Allen, R.S. et al.		Context. Palliative care patients and their family caregivers may have a foreshortened perspective of the time left to live, or the expectation of the patient's death in the near future. Patients and caregivers may report distress in physical, psychological, or existential/spiritual realms. Objectives. To conduct a randomized controlled trial examining the effectiveness of retired senior volunteers (RSVs) in delivering a reminiscence and creative activity intervention aimed at alleviating palliative care patient and caregiver distress. Methods. Of the 45 dyads that completed baseline assessments, 28 completed postintervention and 24 completed follow-up assessments. The intervention group received three home visits by RSVs; control group families received three supportive telephone calls by the research staff. Measures included symptom assessment and associated burden, depression, religiousness/spirituality, and meaning in life. Results. Patients in the intervention group reported a significantly greater reduction in frequency of emotional symptoms (P ¼ 0.02) and emotional symptom bother (P ¼ 0.04) than the control group, as well as improved spiritual functioning. Family caregivers in the intervention group were more likely than control caregivers to endorse items on the Meaning of Life Scale (P ¼ 0.02). Only improvement in intervention patients' emotional symptom bother maintained at follow-up after discontinuing RSV contact (P ¼ 0.024). Conclusion. Delivery of the intervention by RSVs had a positive impact on palliative care patients' emotional symptoms and burden and caregivers' meaning in life. Meaningful prolonged engagement with palliative care patients and caregivers, possibly through alternative modes of treatment delivery such as continued RSV contact, may be necessary for maintenance of therapeutic effects.	Y	Is this really RSVP? Yes	X			
2015	First Report of the National Evaluation of RSVP	Annie Georges, Susan Gabbard, Ashley Wendell Kranjac.		The current report focuses on the first objective which is to describe the characteristics of RSVP volunteers, including how volunteers are distributed across CNCs's performance measure categories, and how volunteers allocated their time to the service activities across the performance measure categories. Specifically, this report addresses the following questions: (1) What are the demographic and background characteristics of RSVP volunteers? (2) What types of service activities do RSVP volunteers engaged in? (3) How much time do RSVP volunteers dedicate to their primary service activity? (4) Are there differences in volunteers' engagement in service activities by gender, age, and length of service in the RSVP program? The sample of 1,499 volunteers was drawn from 33 RSVP grantees that reported Periodic Progress Report (PPR) data in April 2013. JBS selected the sample of volunteers using a two-stage stratified probability proportionate to size (PPS) method. The size measure was based on the number of unduplicated RSVP volunteers. The first stage of sampling sampled the 33 grantees using PPS within each of three strata, which was based on the number of unduplicated volunteers in that stratum. All 33 RSVP grantees participated in the study. The second stage sampled the 1,499 volunteers drawn from the lists of volunteers provided by the 33 grantees. There were 849 volunteers that completed the survey, yielding an overall response rate of 57 percent. Data collection began in December 2014 and ended in July 2015.	Y		X			

2015	Impact of Experience Corps® Participation on School Climate	Jeanine M. Parisi & Christine M. Ramsey & Michelle C. Carlson & Qian-Li Xue & Jin Huang & William A. Romani & Sylvia McGill & Teresa E. Seeman & Elizabeth K. Tanner & Jeremy Barron & Erwin J. Tan & Tara L. Gruenewald & Ike Diibor & Linda P. Fried & George W. Rebok		We examined the impact of the Experience Corps® (EC) program on school climate within Baltimore City public elementary schools. In this program, teams of older adult volunteers were placed in high intensity (>15 h per week), meaningful roles in public elementary schools, to improve the educational outcomes of children as well as the health and wellbeing of volunteers. During the first year of EC participation, school climate was perceived more favorably among staff and students in EC schools as compared to those in comparison schools. However, with a few notable exceptions, perceived school climate did not differ for staff or students in intervention and comparison schools during the second year of exposure to the EC program. These findings suggest that perceptions of school climate may be altered by introducing a new program into elementary schools; however, research examining how perceptions of school climate are impacted over a longer period is warranted.	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Changes in school climate.					X
2015	Increases in Lifestyle Activities as a Result of Experience Corps (R) Participation	Jeanine M. Parisi, Julie Kuo, George W. Rebok, Qian-Li Xue, Linda P. Fried, Tara L. Gruenewald, Jin Huang, Teresa E. Seeman, David L. Roth, Elizabeth K. Tanner, and Michelle C. Carlson		Experience Corps® (EC) was designed to simultaneously increase cognitive, social, and physical activity through high-intensity volunteerism in elementary school classrooms. It is, therefore, highly likely that EC participation may alter pre-existing patterns of lifestyle activity. This study examined the impact of “real-world” volunteer engagement on the frequency of participation in various lifestyle activities over a 2-year period. Specifically, we examined intervention-related changes on reported activity levels at 12 and 24 months post-baseline using Intention-to-Treat (ITT) and Complier Average Causal Effect (CACE) analyses, which account for the amount of program exposure. ITT analyses indicated that, compared to the control group, EC participants reported modest increases (approximately half a day/month) in overall activity level, especially in intellectual and physical activities 12 months post-baseline. Increases in activity were not found at the 24-month assessment. CACE models revealed similar findings for overall activity as well as for intellectual and physical activities at 12 months. Additionally, CACE findings suggested modest increases in social activity at 12 months and in intellectual and passive activities at 24 months post-baseline. This community-based, health promotion intervention has the potential to impact lifestyle activity, which may lead to long-term increases in activity and to other positive cognitive, physical, and psychosocial health outcomes.	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Increases in activity level at 12-months but not 24					X

2015	Impact of the Baltimore Experience Corps Trial on cortical and hippocampal volumes	Michelle C. Carlson, Julie H. Kuoc, Yi-Fang Chuanga,d, Vijay R. Varmaa,b, Greg Harrisb, Marilyn S. Alberte, Kirk I. Ericksonf, Arthur F. Kramerg, Jeanine M. Parisia, Qian-Li Xueb,h, Eriwn J. Tani, Elizabeth K. Tannerb,j, Alden L. Grossb,c, Teresa E. Seemank, Tara L. Gruenewaldl, Sylvia McGillm, George W. Reboka, Linda P. Fried	<a href="https://www.alzheimersanddementia.com/article/S1552-5260(15)00061-8/pdf">https://www.alzheimersanddementia.com/article/S1552-5260(15)00061-8/pdf</a>	Introduction: There is a substantial interest in identifying interventions that can protect and buffer older adults from atrophy in the cortex and particularly, the hippocampus, a region important to memory. We report the 2-year effects of a randomized controlled trial of an intergenerational social health promotion program on older men's and women's brain volumes. Methods: The Brain Health Study simultaneously enrolled, evaluated, and randomized 111 men and women (58 interventions; 53 controls) within the Baltimore Experience Corps Trial to evaluate the intervention impact on biomarkers of brain health at baseline and annual follow-ups during the 2-year trial exposure. Results: Intention-to-treat analyses on cortical and hippocampal volumes for full and sex-stratified samples revealed program-specific increases in volumes that reached significance in men only ( $P's \leq .04$ ). Although men in the control arm exhibited age-related declines for 2 years, men in the Experience Corps arm showed a 0.7% to 1.6% increase in brain volumes. Women also exhibited modest intervention-specific gains of 0.3% to 0.54% by the second year of exposure that contrasted with declines of about 1% among women in the control group. Discussion: These findings showed that purposeful activity embedded within a social health promotion program halted and, in men, reversed declines in brain volume in regions vulnerable to dementia	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC. Increases in cortical volume				X
2015	Senior Companion Program Volunteers: Exploring Experiences, Transformative Rituals, and Recruitment/Retention Issues	Ulsperger, J.S., McElroy, J., Robertson, H., & Ulsperger, K.		Senior Companion Programs (SCPs) help the homebound elderly. They operate through local Area Agencies on Aging, but any nonprofit institution can apply for funding and operate a SCP. Program volunteers are 55 and older. They visit qualified elderly clients, which includes people who do not have the ability to fully care for themselves. Volunteers provide social interaction to clients, but they also provide a minimal level of services, such as grocery shopping, light housekeeping, and respite for caregivers. Examining the experiences of volunteers in these programs can help us better understand why actively engaging with others is important as we age. It can also help us establish a knowledge base that aids in our understanding of how to recruit and retain senior volunteers. This article uses data gathered from phenomenologically based, qualitative in-depth interviews of 10 SCP volunteers. Focusing on volunteer experiences, it uses structural ritualization theory to analyze various volunteer activities, which the research considers ritualized symbolic practices. It also considers how transformative rituals within a SCP impact volunteerism, and it provides recommendations on how to increase SCP volunteer recruitment and retain volunteers. The article concludes with suggestions for future research.	Y			X		

2015	The Baltimore Experience Corps Trial: Enhancing Generativity Via Intergenerational Activity Engagement in Later Life	Tara L. Gruenewald, Elizabeth K. Tanner, Linda P. Fried, Michelle C. Carlson, Qian-Li Xue, Jeanine M. Parisi, George W. Rebok, Lisa M. Yarnell, and Teresa E. Seeman		<p>Objectives: Being and feeling generative, defined as exhibiting concern and behavior to benefit others, is an important developmental goal of midlife and beyond. Although a growing body of evidence suggests mental and physical health benefits of feeling generative in later life, little information exists as to the modifiability of generativity perceptions. The present study examines whether participation in the intergenerational civic engagement program, Experience Corps (EC), benefits older adults' self-perceptions of generativity. Method: Levels of generativity were compared in older adults randomized to serve as EC volunteers or controls (usual volunteer opportunities) in the Baltimore Experience Corps Trial at 4-, 12-, and 24-month evaluation points over the 2-year trial. Analyses utilized intention-to-treat and complier average causal effects (CACE) analyses which incorporate degree of intervention exposure in analytic models.</p> <p>Results: Participants randomized to the EC group had significantly higher levels of generative desire and perceptions of generative achievement than controls at each follow-up point; CACE analyses indicate a dose-response effect with a greater magnitude of intervention effect with greater exposure to the EC program. Discussion: Results provide the first-ever, large-scale experimental demonstration that participation in an intergenerational civic engagement program can positively alter self-perceptions of generativity in older adulthood.</p>	Y	EC studies were not ultimately included in the annotated bibliography or systematic review since they are not technically SC.				X
2016	"It Was Very Rewarding for Me ...": Senior Volunteers' Experiences With Implementing a Reminiscence and Creative Activity Intervention.	Allen, Rebecca S. Azuero, Casey B. Csikai, Ellen L. Parmelee, Patricia A. Hae Jung Shin Kvale, Elizabeth Durkin, Daniel W. Burgio, Louis D.		<p>Purpose of the Study: To describe the experience of recruiting, training, and retaining retired senior volunteers (RSVs) as interventionists delivering a successful reminiscence and creative activity intervention to community-dwelling palliative care patients and their caregivers. Design and Methods: A community-based participatory research framework involved Senior Corps RSV programs. Recruitment meetings and feedback groups yielded interested volunteers, who were trained in a 4-hr session using role plays and real-time feedback. Qualitative descriptive analysis identified themes arising from: (a) recruitment/feedback groups with potential RSV interventionists; and (b) individual interviews with RSVs who delivered the intervention. Results: Themes identified within recruitment/feedback groups include questions about intervention process, concerns about patient health, positive perceptions of the intervention, and potential characteristics of successful interventionists. Twelve RSVs achieved 89.8% performance criterion in treatment delivery. Six volunteers worked with at least one family and 100% chose to work with additional families. Salient themes identified from exit interviews included positive and negative aspects of the experience, process recommendations, reactions to the Interventionist Manual, feelings arising during work with patient/caregiver participants, and personal reflections. Volunteers reported a strong desire to recommend the intervention to others as a meaningful volunteer opportunity. Implications: RSVs reported having a positive impact on palliative care dyads and experiencing personal benefit via increased meaning in life. Two issues require further research attention: (a) further translation of this cost-effective mode of treatment delivery for palliative dyads and (b) further characterization of successful RSVs and the long-term impact on their own physical, cognitive, and emotional functioning.</p>	Y		X			

2016	2013-2014 Senior Corps Study: Foster Grandparents and Senior Companions	Erwin J. Tan, MD Annie Georges, PhD Susan M. Gabbard, PhD Donald J. Pratt, PhD Anthony Nerino, MA Angela S. Roberts, MSW Stephanie M. Wrightsman, MPH Mary Hyde, PhD	<a href="https://academic.oup.com/ppar/article/26/3/88/2460933">https://academic.oup.com/ppar/article/26/3/88/2460933</a>	No abstract available. The Foster Grandparent and Senior Companion Programs engage low-income adults age 55 and older in high intensity volunteer service. The 2013–2014 Senior Corps Study (Senior Corps Study) provides, for the first time ever, a census of Foster Grandparents and Senior Companions. First, the paper examines the income, race, and ethnic composition of Foster Grandparents and Senior Companions to test whether both FGP and SCP have successfully recruited and retained a diverse group of low-income volunteers. Second, the paper compares the demographic and socioeconomic characteristics between volunteers in FGP and SCP. Third, the instrument used in the Senior Corps Study replicated survey questions from the Health and Retirement Study (HRS) making it possible to compare the self-reported health, functional status, and life satisfaction of Foster Grandparents and Senior Companions to similar adult volunteers and nonvolunteers in the general population. A representative sample of 8,000 Foster Grandparents and Senior Companions was drawn from 30,860 respondents, and compared to a matched sample of volunteers and non-volunteers from the Health and Retirement Study (HRS). The paper used descriptive and propensity score matching analyses to answer the research questions. The comparative analysis (using PSM) of Senior Corps and HRS respondents consisted of three outcome variables: self-rated health, mobility-associated disability, and life satisfaction.	Y	KEEP. According to the Bibliography this is in the files from CNCS but we couldn't find it there so we downloaded the pdf from Google Scholar		X	X	
2017	The Senior Companion Program Plus: A culturally tailored psychoeducational training program (innovative practice).	Fields NL, Xu L. Richardson VE. Parekhh R. Ivey D. Feinhals G. Calhoun M.		A purposive sample of African American Senior Companions ( N = 23) participated in a 5-day, 20-hour psychoeducational training designed to address the unique cultural needs of African American dementia caregivers. Previous studies have not utilized lay caregiver volunteers such as Senior Companions in dementia research in the United States. Pre- and post-tests were administered to determine whether African American Senior Companions increased their knowledge of Alzheimer's disease after participating in the Senior Companion Program Plus. Results from both the quantitative and qualitative data suggest that participants improved their understanding of Alzheimer's disease. Findings from the Senior Companion Program Plus pilot warrant further study for its potential as cost effective, culturally tailored training for Senior Companions who serve persons with dementia and their family caregivers	Y	Pre-post training survey		X		



2017	Does the Senior Companion Respite Service Matter for the Health and Well-being of Caregivers?	Georges, A., Fung, W., Liang, J., Smith, J., Pratt, D., Sum, C., Birmingham, C., & Gabbard, S.		The final analysis sample consisted of 56 caregivers who completed both the baseline and follow-up surveys. The report used descriptive analysis to examine the type of services caregivers received, the number of hours the Senior Companion provided respite support, the alignment between expectations of respite services and the services received, and satisfaction with respite services. In addition, the analysis compared change in caregivers' self-rated health and well-being, and also compared Senior Corps caregivers to caregivers in the general population to help ascertain how change in health and well-being after receiving a year of respite support compared to other group of adult caregivers in the general population.	Y	Look at article - may have a comparison group. (HRS data was the comparison.)		X		
2017	Senior Corps Focus Groups Thematic Analysis Report	Guardians of Honor, LLC		The focus groups engaged 57 staff members from Foster Grandparent Program (FGP) projects, Retired and Senior Volunteer Program (RSVP) projects, and Senior Companion Program (SCP) projects... The purpose of the Senior Corps Focus Groups was to gather feedback and inform planning on specific topics of interest as Senior Corps moves into the next administration. CNCS plans to use information and opinions of focus group participants to develop recommendations and strategies to address issues discussed... Each focus group participated in a total of five sessions, one session dedicated to each of the following topics: (1) Performance measurement: what may increase projects' abilities to reach outcomes? (2) Recruitment: what barriers keep projects from recruiting diverse participants? (3) Innovation: what may increase innovative project design? (4) Incentives: what strategies may help FGP/SCP sponsoring orgs contribute up to \$0.35 to reach \$3.00 in stipends in absence of federal appropriation increase? Or, what strategies may help RSVP sponsoring organizations increase contributions to cost reimbursements? (5) Expanding Partnerships: what strategies may promote increased interconnection with natural or innovative partners?	Y	Not sure this counts as an evaluation	X	X	X	

2018	Exploration of Perceived Psychosocial Benefits of Senior Companion Program Participation Among Urban-Dwelling, Low-Income Older Adult Women Volunteers.	Hood S., Lu YY., Jenkins K., Brown ER., Beaven J., Brown SA., Hendrie HC., Austrom MG.		<p>Background: As the older adult population increases, it is imperative to increase older adults' opportunities for social involvement, thus maintaining their important roles and contributions to society. While there are known health-related benefits of volunteerism among older adults, a dearth of information exists on the perceived benefits of volunteerism among low-income and ethnic minority older adults.</p> <p>Purpose: To understand the perceived psychosocial benefits of volunteering in the Senior Companion Program and to present findings of focus groups conducted with urban-dwelling, low-income older adult women volunteers.</p> <p>Design and Methods: Inductive content analysis and the Dedoose qualitative data analysis software were used for analyzing data obtained from 59 older adult women Senior Companions who participated in nine focus groups.</p> <p>Results: Content analyses of the focus group transcripts identified four major themes: (1) Reducing social isolation; (2) Improving quality of life; (3) Finding purpose and meaning; and (4) Increasing understanding of aging. The majority of our participants (81%) were African American women, with a mean age of 70 years. Approximately 83.1% had completed high school and 62.7% lived below the poverty line.</p> <p>Discussion and Implications: Findings provided data rich in descriptions of positive psychosocial outcomes, finding meaning and purpose, and a better understanding of aging in urban-dwelling, low-income older women volunteers. The findings also provide support for the need for policies and programs that promote civic engagement in this population.</p>	Y			X		
2018	Comparative Analysis and Case Studies of RSVP and SCP Grantees Implementing Evidence-Based Programs Task 10	ICF		In 2017, CNCS engaged ICF to write case studies about five Senior Corps grantees (4 RSVP and 1 SCP) that received augmentation grant funding in 2016 to implement evidence-based programs (a set of activities and practices supported by a theory of change, tested through rigorous impact evaluation). The study looks at what motivated the projects, how they identified the EBP program, interaction with owners of EBPs, staffing, implementation with fidelity, how grantees use the funds, challenges, and whether they plan to continue after funding.	Y	No abstract included.	X	X		
2018	Comparative Analysis and Case Studies of RSVP Grantees Implementing Signature Programs Task 3	ICF		In 2017, CNCS engaged ICF to write case studies about RSVP grantees implementing signature programs. This study looks at five signature RSVP programs ( ...in the "signature" model, the sponsor directly administers the program where RSVP members serve. When a sponsor implements a signature program, it takes on responsibilities usually left to volunteer stations, such as training RSVP volunteers, recruiting beneficiaries, and maintaining space for the intervention...). The purpose was to help CNCS understand why sponsors develop these programs, how they are implemented, to what extent they partner with stations, how they perceive differences between these and other programs, how they perceive effects, and common characteristics.	Y	No abstract included.	X			

2018	Longitudinal Study of Foster Grandparent and Senior Companion Programs: Service Delivery Implications and Health Benefits to the Volunteers	Georges, A., Fung, W., Smith, J., Liang, J., Sum, C., & Gabbard, S.		<p>CNCS conducted a longitudinal evaluation of two of the Senior Corps programs, Foster Grandparent Program (FGP) and Senior Companion Program (SCP), to build the evidence base of these programs' effectiveness. The evaluation was designed to assess how to strengthen and expand national service programs to support overall adult health and well-being. The study, launched in 2014, collected data from more than 1,200 first-time Foster Grandparent and Senior Companion volunteers on their social, demographic, and economic backgrounds; their interest in and motivation for volunteering; their experience with the program's training and support; and health and well-being outcomes. The final report used data from three time points of data collection (baseline and two follow-ups) to achieve three objectives:</p> <p>(1) Describe the demographic profile, knowledge of national service, and motivation for volunteering among first-time FGP and SCP volunteers. (2) Assess retention, satisfaction, and engagement with FGP and SCP. (3) Examine how participation in national service contributed to changes in self-rated health and well-being.</p>	Y		X	X		
2019	Juggling Multiple Roles: An examination of role conflict and its relationship to older adult volunteer satisfaction and retention	Crittenden, Jennifer A. (Dissertation)		<p>Volunteering among older adults has been associated with numerous benefits for older adults and their communities. As the U.S. population continues to age, new and continued opportunities for engagement emerge not just within the formal volunteering arena but also within paid employment, caregiving, and informal volunteering. Grounded in role theory, this study examined the extent to which current volunteers experience role conflict and role enhancement between their volunteer role and other social roles that they occupy. Specifically, this study examined the following research questions: 1) Does role conflict predict satisfaction with, participation in, and/or intention to remain in the volunteer role? and 2) What are the compensatory strategies used by older adults to navigate role conflict and what benefits do older adults accrue in their volunteer roles that could effectively counterbalance role conflict? A mixed methods survey was distributed to 6,796 older adult Retired and Senior Volunteer Program (RSVP) volunteers nationally via mail and e-mail, with a total of 1,697 responding.</p> <p>Results support both role strain and role enhancement perspectives. Role conflict, measured with a modified Work Family Conflict Scale (WAFCS), was found to be a predictor of volunteer satisfaction and associated with role load (# of roles held) and total role hours. While conflict was correlated with intent to remain in the volunteer role, it was not found to be a significant predictor of this outcome. Qualitative themes documented support for the benefits of volunteering both to volunteers personally as well as benefits that directly benefited paid employment, caregiving, and informal volunteer roles. Role-related benefits identified included new skills and knowledge, new networks/connections, new social role opportunities, and respite. Indirect personal benefits of volunteering</p>	Y		X			

Year study published / written	Report/Chapter Title	Study Authors	Link	Abstract/Summary	Notes	Included in 12 final?
1999	Type of Volunteer Experience and Health Among Older Volunteers	Jirovec, R.L., & Hyduk, C.A.		The purpose of this investigation was to ascertain if the type of volunteer experience was related to the physical health or psychological well-being of older adult volunteers. A central pattern emerged from the data: the type of, as well as the number of, hours donated to a volunteer activity were associated with psychological well-being. Implications for social workers involved with volunteer programs and services are discussed in terms of volunteer recruitment and retention, and the need to develop more significant volunteer roles, especially for low-income older adults.		N
2002	Intergenerational connections enhance the personal/social development of young children	Rosebrook, V.		Intergenerational programs unite people of different age groups in on-going, beneficial experiences that foster the development of relationships, while enhancing the quality of life for those involved. In this nation, intergenerational programs have existed since the 1960's, but have recently emerged as an answer to a plethora of social problems. While a review of the shifting demographic data foretells of the impending societal care crisis for young children and senior adults, the amount and variety of intergenerational research has been limited. This cause and effect research study examined the personal/social development of preschool children. Comparative group analysis revealed that children in intergenerational group care settings have significantly higher personal/social developmental scores than children in non-intergenerational settings.		N
2002	The New Face of Retirement	Peter Hart Research Associates (for Civic Ventures)		From July 22 to 31, 2002, Peter D. Hart Research Associates conducted a national survey for Civic Ventures among 600 Americans age 50 to 75, including 300 regular volunteers and 300 non-volunteers. Volunteers were weighted to their proper proportion (25%) within the sample to calculate older American totals. For the purpose of this research, older American volunteers are defined as individuals who commit at least five hours each week to an organized community activity. The margin of error is ±4% for the overall sample of older adults and higher for specific subgroups. In addition, Hart Research conducted a focus group among opinion leaders in the Washington, D.C., area in July 2002, on the role of volunteerism in retirement.		N
2004	Reinventing Aging: Baby Boomers and Civic Engagement	Harvard School of Public Health–MetLife Foundation Initiative on Retirement and Civic Engagement		The main message of this Report is that there is an opportunity to help boomers create a social legacy of profound importance. Their added years of life give them the chance, their experiences in life give them the capability, and the need to come to terms with the world in a way that brings integrity to their life gives them the psychological incentive. Much may depend on the actions of the first wave of boomers, many of whom, while inspired in their formative years by President Kennedy's call-to-service, have been notably less involved in civic life than their parents. This first wave may serve as role models for younger boomers, and for future generations as well. All of society will have a stake in the outcome.	Key results contextualize recommendations.	N
2006	Volunteering in Middle and Later Life: Is Health a Benefit, Barrier, or Both?	Yunqing Li and Kenneth F. Ferraro		The positive association between volunteering and health has been widely interpreted as evidence of the salutary effect of volunteering during adulthood. Using three waves of data from a national survey, this study uses structural equation models to examine the relationships among volunteering, functional limitations, and depressive symptoms during middle and later adulthood. The findings reveal a salutary effect of volunteering in later life as well as a compensatory mechanism. By contrast, only a barrier mechanism was uncovered in middle age: Depressive symptoms decreased volunteer participation over time. The results demonstrate life course variation in the relationship between volunteering and health and suggest greater attention to selection processes in the study of social engagement and health.		N
2006	Baby Boomer Volunteering Research and Analysis Report	RTI - Jordan, B.K., Weitzenhamp, D., Gazley, B., Iriondo-Perez, J., Meier, H., Reingold, D., Green, A., Rabiner, D., and Jones, S.		This report is an undertaking of the Corporation for National and Community Service to increase understanding of how to capture the experience and energy of Baby Boomers and engage them to help solve critical social issues through community service. This report extends knowledge about Baby Boomers and volunteering, including the characteristics of volunteers, the types of organizations for which they volunteer, the types of activities they were most likely to engage in, how they came to volunteer, and why they stopped volunteering. It describes literature on what is known about Baby Boomer's volunteering and contains findings from new analyses conducted by RTI using the Current Population Survey (CPS) and the 2004 CPS Volunteer Supplement in particular. The report also compares data on boomers ages 45-54 in 2004 to data on Americans who were 45-54 in 1989 using CPS volunteer data from that time.		N

2006	Great Expectations: Boomers and the Future of Volunteering	MetLife Foundation		<p>Peter D. Hart Research Associates, Inc., conducted a five-part study on behalf of Volunteer Match from April to August, 2006.</p> <p>Literature and Data Review: Quantitative and qualitative assessments of two recent national surveys, both produced in partnership with The Corporation for National &amp; Community Service: 1) The Volunteer Supplement to the 2003 Current Population Survey (CPS), conducted by the Bureau of Labor Statistics, which examines volunteer behavior as well as reasons why people decide not to volunteer; and 2) The 2004 Urban Institute's Volunteer Management Capacity in America's Charities and Congregations: A Briefing Report, a survey of more than 3,000 nonprofits on issues such as how they used volunteers, their volunteer management infrastructure, and their recruitment challenges.</p> <p>Survey of Older Non-Volunteers: Telephone survey among 507 55- to 75-year-olds who are not currently volunteering. Approximately two hundred and fifty interviews each were conducted among 55- to 65-year-old and 66- to 75-year-old non-volunteers. These two samples were then weighted to their proper proportions within the older adult population. Interviews were conducted June 12 to 16, 2006. The overall margin of error is <math>\pm 4.4</math> percentage points and is larger among subgroups.</p> <p>Survey of Volunteer Match Volunteer Users: On-line survey among 2,316 volunteers who are registered with Volunteer Match, conducted June 12 to July 6, 2006. The overall margin of error is <math>\pm 2.0</math> percentage points and is larger among subgroups. Sampled from a registered volunteer user base of 621,025 as of June 2006.</p> <p>Survey Staff Of Volunteer Match Nonprofit Users: On-line survey among 1,024 staff of nonprofit organizations that use Volunteer Match, conducted June 9 to 27, 2006. The overall margin of error is <math>\pm 3.1</math> percentage points and is larger among subgroups. Sampled from a registered nonprofit user base of 41,016 as of June 2006.</p> <p>In-Depth User Interviews: Twenty in-depth telephone interviews with volunteer coordinators at nonprofits that use Volunteer Match. Ten interviews were conducted among coordinators at nonprofits using volunteers age 55 and over and 10 interviews were conducted among coordinators at nonprofits that do not use volunteers in that age group. The interviews were conducted from August 7 to 16, 2006.</p>		N
2008	Volunteerism, Health, and Civic Engagement among Older Adults	Benjamin H. Gottlieb and Alayna A. Gillespie	<p><a href="https://www.cambridge.org/core/journals/canadian-journal-on-aging-la-revue-canadienne-du-vieillessement/article/volunteerism-health-and-civic-engagement-among-older-adults/18C146A139044C1D578B3757530210B7">https://www.cambridge.org/core/journals/canadian-journal-on-aging-la-revue-canadienne-du-vieillessement/article/volunteerism-health-and-civic-engagement-among-older-adults/18C146A139044C1D578B3757530210B7</a></p>	<p>In North America, 40–50 per cent of older adults are actively involved as formal volunteers in providing diverse health and human services. We review empirical studies concerning older adults' motivations for volunteering, as well as the health and morale benefits they derive from this expression of altruism. Knowledge of the exact nature and amount of volunteer activity necessary to produce these effects is limited, and studies have yet to identify the behavioral and psychological mechanisms that are implicated. We propose that older adult volunteers may enjoy good health and longevity because being useful to others instills a sense of being needed and valued. We present several theoretical perspectives on the developmental significance of volunteering, discuss the challenges to volunteerism imposed by the baby boom cohort, and identify future research priorities.</p>	Review	N
2009	Volunteer dynamics among older Americans	Barbara A. Butrica, Richard W. Johnson, and Sheila R. Zedlewski,		<p>Objectives: The impending retirement of boomers has spurred interest in tapping their productive energies to benefit society. This study examined volunteer transitions among older adults to understand the factors that affect volunteer dynamics. Methods: Using data from the Health and Retirement Study, the analysis examined entries into and exits from formal volunteer activities between 1996 and 2004 by adults aged 55 – 65 at study baseline. The study showed the duration of volunteer activities, the probability that older adults start and stop volunteering, and the factors that significantly predict volunteer transitions. Results: The findings reveal considerable stability among both volunteers and nonvolunteers; however, older adults are more likely to stop volunteering than to start. Volunteers who contribute intensely and for many years and who are married to volunteers are the least likely to quit. And nonvolunteers are more likely to start volunteering if they have been uninvolved for few years and their spouses volunteer. Conclusions: The results point to the need to focus efforts on retaining older volunteers to maximize volunteer engagement during later years. Recruiting older adults in volunteer activities early on, ideally before they retire, could also help meet volunteer needs.</p>		N

2009	Institutional Facilitation in Sustained Volunteering among Older Adult Volunteers	Tang, F., Morrow-Howell, N., & Hong, S.		As more nonprofit organizations rely on older adult volunteers to provide services, it is important to retain volunteers for an extended period of time to ensure service quality and the beneficial outcomes of volunteering. Nonprofit organizations are positioned to facilitate older adult volunteers' role performance. Based on an institutional perspective on volunteering, this study explored what institutional facilitations are needed for sustained volunteering. The sample included 401 older adult volunteers from 13 programs across the nation. Data were collected by means of self-administrated questionnaires. Institutional facilitation was captured by volunteer role flexibility, incentive, role recognition, and training. With volunteers' age controlled for, two-level hierarchical linear models were used to assess the relationship between volunteer duration (level 1 variables) and institutional facilitation (level 2 variables) in the volunteer program. Results demonstrated that a higher level of volunteering duration was associated with institutional facilitation factors of more role recognition and more training hours. Duration was also associated with less incentive. These findings suggest that certain facilitators from organizations contribute to an extended period of commitment among older adult volunteers.		N
2009	Volunteering and it's Relationship with Personal and Neighborhood Well-Being	Mellor, D., Hayashi, Y., Stokes, M., Firth, L., Lake, L., Staples, M., Chambers, S., and Cummins, R.	<a href="https://journals.sagepub.com/doi/10.1177/0899764008317971">https://journals.sagepub.com/doi/10.1177/0899764008317971</a>	Although a relationship between volunteering and well-being has been demonstrated in numerous studies, well-being has generally been poorly operationalized and often defined by the relative absence of pathology. In this study, the authors take a positive approach to defining well-being and investigate the relationship between volunteering and personal and neighborhood well-being. The theoretical approach incorporates elements of the homeostatic model of well-being. A sample of 1,289 adults across Australia completed a questionnaire that assessed personal and neighborhood wellbeing, personality factors, and the psychosocial resources implicated in the homeostatic model of well-being. Analyses reveal that volunteers had higher personal and neighborhood well-being than nonvolunteers and that volunteering contributed additional variance in well-being even after psychosocial and personality factors were accounted for. The findings are discussed in terms of previous research and the homeostatic model of well-being, and it is argued that the relationship between volunteering and well-being is robust.		N
2009	Engaging Older Adults in Volunteering	Song-lee Hong, Nancy Morrow-Howell, Fengyan Tang, James Hinterlong		Concern exists that organizations are not ready to take advantage of the growing number of older volunteers. This study offers a conceptualization and preliminary measurement strategy to enhance knowledge on the institutional capacity of volunteer programs to engage older adults. Data were collected from 51 program directors to assess 10 dimensions of institutional capacity: specification of role, dissemination of information, role availability, compensation of expenses, in-kind incentive, skill development, role flexibility, role recognition, accommodation, and integration. Eight factors were identified. The subscales were moderately reliable, and dimensions were independent. Programs rated highest on the capacity to recognize volunteers and disseminate information and lowest on their ability to provide cash compensation. Subsequent research on institutional capacity depends on its strong measurement. Future works will assess the extent to which these institutional capacity factors affect the recruitment, retention, and effective utilization of older volunteers.	Contextualizes recommendations.	N
2010	Volunteering, Driving Status and Mortality in US Retirees	Sei J. Lee, MD, Michael A. Steinman, MD, and Erwin J. Tan, MD		OBJECTIVES: Volunteering is associated with lower mortality in the elderly. Driving is associated with health and well-being and driving cessation has been associated with decreased out-of-home activity levels including volunteering. We evaluated how accounting for driving status altered the relationship between volunteering and mortality in US retirees. DESIGN: Observational prospective cohort SETTING and PARTICIPANTS: Nationally representative sample of retirees over age 65 from the Health and Retirement Study in 2000 and 2002, followed to 2006 (n=6408). MEASUREMENTS: Participants self-reported their volunteering, driving status, age, gender and race/ethnicity, presence of chronic conditions, geriatrics syndromes, socioeconomic factors, functional limitations and psychosocial factors. Death by December 31, 2006 was the outcome. RESULTS: For drivers, the mortality rates between volunteers (9%) and non-volunteers (12%) were similar; for limited or non-drivers, the mortality rate for volunteers (15%) was markedly lower compared to non-volunteers (32%). Our adjusted results showed that for drivers, the volunteering-mortality Odds Ratio (OR) was 0.90 (95%CI: 0.66-1.22), whereas for limited or non-drivers, the OR was 0.62 (95%CI: 0.49-0.78), (interaction p=0.05). The impact of driving status was greater for rural participants, with greater differences between rural drivers versus rural limited or non-drivers (interaction p=0.02) compared to urban drivers versus urban limited or nondrivers (interaction p=0.81). CONCLUSION: The influence of volunteering in decreasing mortality seems to be stronger among rural retirees who are limited or non-drivers. This may be because rural or non-driving retirees are more likely to be socially isolated and thus receive more benefit from the increased social integration from volunteering	Shows that volunteering has especially positive impacts on those with limited mobility (i.e.- those in rural areas and non-drivers),	N

2011	Volunteering and Hypertension Risk in Later Life	Burr, J.A., Tavares, J, and Mutchler, J.E.		<p><b>Objective:</b> This study examined the relationship between volunteer activity and hypertension, a risk factor for cardiovascular disease, renal failure, and cognitive impairment. <b>Method:</b> Employing data from the Health and Retirement Study, we estimated regression models of hypertension status that include volunteer activity and psychosocial and health behavior risk factors for middle-aged and older persons. <b>Results:</b> Multivariate analyses showed volunteers had lower hypertension risk and lower systolic and diastolic blood pressure than nonvolunteers and that a threshold effect was present, whereby a modest amount of volunteer time commitment (but not a high amount) was associated with lower risk of hypertension. We did neither find support that psychosocial and health behaviors mediated this relationship nor find support for a moderating effect of volunteering for the relationships among health behaviors and hypertension. <b>Discussion:</b> The results of this study indicate that research is needed to determine what mediates the relationship between volunteering and hypertension.</p>	Shows that volunteering is associated with lower hypertension risk.	N
2012	Brief: The Health Benefits of Volunteering for Older Americans: A Review of Recent Research	CNCS		<p>In addition to providing valuable services to individuals and communities, older volunteers are also living active lives through volunteering. A growing body of research shows an association between volunteering and mental and physical health benefits. In particular, older volunteers report lower mortality rates, lower rates of depression, fewer physical limitations, and higher levels of well-being. This issue brief summarizes recent research and suggest implications of the findings</p>	Data brief - overview of recent research.	N
2017	Impacts of Intergenerational Programs on Older Adults' Psychological Well-Being: A Meta-Analysis	Su, Y.		<p>A comprehensive evaluation of intergenerational programming (IGP) is needed to identify best practices. In this study, I conducted an IGP evaluation whose first purpose was to explore the effectiveness of IGPs through a meta-analysis of programs reported in the literature between 2000 and 2016. I first examined the effect of IGPs on older adults' depressive symptoms, self-esteem, and life satisfaction separately, and then combined them into a single indicator of psychological well-being. The second aim of the study was to identify possible moderators that might affect the success of IGPs with older adults, including IGP characteristics such as activity type (social activity or personal-related activity), serving type or intended purpose (who is serving whom—older adults' participation benefitting younger participants or vice versa), ratio of older to younger participants, IGP duration (i.e., program length, intervention time per session, number of sessions, and interval between two consecutive sessions), program support (who is facilitating the interaction between younger and older adults), and participant characteristics (i.e., younger and older participants' age). Fifteen studies with 625 older adults were included in the study, and the Hunter and Schmidt (2004) meta-analytic approach was employed to perform the analyses. The results indicated that IGP participation was related to enhanced life satisfaction and self-esteem and reduced depressive symptoms among older adults. Pooling these effects into one construct representing psychological well-being (<math>d = 0.37</math>, 80% credibility interval = <math>[-0.27; 1.00]</math>), I found that IGP was indeed effective for older adults' psychological well-being but not significant. Overall, the effect of IGP was positive; however, the effectiveness was variable, implying the possibility of moderating factors that indeed produce the effectiveness. Due to the limited number of studies, moderator analysis was not conducted; however, the relationships among IGP characteristics, participant characteristics, and IGP effect size were explored through scatterplots, correlations, analysis of variance (ANOVA), independent samples t-test, and sample-weighted regression analyses. Of note, younger participants' age (<math>r = 0.64</math>, <math>p &lt; .05</math>) was significantly related to the higher IGP effectiveness. Additionally, I tried to investigate the effect of IGP on younger participants; however, due to the variety of IGP outcomes I was only able to present the effect sizes of younger participants for individual studies. For future researchers, more investigation regarding IGP effects on younger individuals and more quantitative and comprehensive research utilizing consistent reporting and coding procedures is needed to better understand the overall IGP effectiveness and identify the best practices.</p>	Master's thesis, unpublished meta-analysis.	Y

2018	Examining Approaches to Address Loneliness and Social Isolation Among Older Adults	MacLeod, S., Musich, S., Parikh, R.B., Hawkins, K., Keown, K., & Yeh, C.S.		<b>Background:</b> Loneliness and social isolation are important determinants of health with impacts comparable to those of other health risk factors. Older adults are especially at risk, when late-life transitions impact social connectedness and social networks, with subsequent effects on quality of life and physical and mental health. <b>Purpose:</b> Our primary purpose is to summarize a streamlined yet thorough literature review to support our discussion and perspective on the growing need for expanded intervention options targeting loneliness and social isolation among older adults. In doing so, we will describe existing and emerging intervention approaches, utilizing specified strategies, designed for this need. <b>Methods:</b> A specifically targeted review of literature, rather than a broad systematic review, was conducted to meet our purpose and tailor results to our primary areas of interest. This review was targeted and tailored as such because we were primarily interested in several specific categories of approaches to address loneliness and social isolation, as described in the results. An online search was utilized to identify publications describing existing and emerging intervention solutions, utilizing specified approaches and targeting older adults. <b>Results:</b> An initial search returned over 5,000 publications; thus, additional criteria were used to narrow these results and identify the most relevant publications for our purpose. The majority of interventions included take one of several approaches identified as an area of interest for this review: telephone-based, community involvement/volunteering, online/digital solutions, or resilience training. Our review and discussion focuses on these specified categories of existing interventions and considers emerging approaches with potential promise. The results and summary provided demonstrate a need for further widespread application and development of these intervention options. <b>Conclusions:</b> Loneliness and social isolation are common among older adults, impacting their overall health and quality of life. These issues have become important determinants of health; thus further work is warranted in order to further develop and deliver emerging intervention approaches holding promise for older populations.	Not specific to volunteering but makes the point that older adults commonly struggle with loneliness and social isolation and thus volunteering could help.	N
1999	The Perceived Benefits of Participating in Volunteer and Educational Activities	Morrow-Howell, N., Kinnevy, S., & Mann, M.		A program evaluation of OASIS, a national non-profit organization which provides educational and volunteer opportunities to people over the age of 55, focused on the benefits of participating in educational and volunteer activities. A total of 289 older adults provided their perspectives on the extent to which participation in these activities benefited them in four domains: socialization (social interaction), generativity (productivity), well-being (life satisfaction), and opportunity (chance for new endeavors). The survey results indicate that, in general, older adults perceive that they benefit from participation in these activities. Participants perceived the most benefit in the domain of opportunity, followed by well-being, and then, at the same level, socialization and generativity. Volunteers reported more benefit overall than class takers. When asked what was most beneficial about participation, most respondents mentioned interacting with new people.	Outcome. Small sample, no comparison group, specific to a single program.	N
1997	Receptivity to Volunteering in the Immediate Postretirement Period	Caro, F.G. & Bass, S.A.		Higher rates of volunteering might be expected of elders in the period immediately after retirement because they tend to be in relatively good health and have fewer competing obligations. Data from the Commonwealth Productive Aging Survey, a telephone survey of a representative national sample of 2,999 people 55 years of age and older, confirmed findings of previous research that retirement is not associated with higher rates of volunteering. However, in the first and second years following termination of employment, nonvolunteers show a heightened receptivity to volunteering; that is, they indicate more willingness to take on volunteer assignments and an ability to do so than do elders who are employed or who have been out of the workforce for longer periods. The findings suggest that volunteer coordinators should focus volunteer recruiting efforts on elders who are about to leave jobs or who have recently left jobs.	Outcome	N
1989	Intergenerational programs - Impact on attitudes	Seefeldt, C.	<a href="https://www.tandfonline.com/doi/pdf/10.1300/J274v20n03_19?needAccess=true">https://www.tandfonline.com/doi/pdf/10.1300/J274v20n03_19?needAccess=true</a>	This paper reports on the impact on attitudes of younger and older participants in intergenerational programs. The elderly surveyed in several programs reported increased feelings of well-being and life-satisfaction as a result of their involvement with children. The results from children, however, are mixed with both positive and negative attitudinal outcomes attributed to their intergenerational experiences. The author suggests that measuring attitude change might be more conclusive if the research considered the longitudinal growth and development associated with attitude learning and change.		N
1984	Is Volunteering a Substitute for Role Loss in Old Age? An Empirical Test of Activity Theory	Maizel-Chambre, S.		In view of the current interest in and the policy significance of senior volunteering, it is curious that relatively little empirical research has been conducted in this area and no direct empirical test has been made of the central question of whether volunteering is in fact used as a substitute for role loss in old age. This article considers this question by examining whether individuals who lack ties to work and to family tend to volunteer more frequently and devote more time to volunteering than do those maintaining such involvement. These findings suggest that an understanding of the level of volunteer activity among the elderly cannot be explained by activity theory. Rather than responding to role loss, a significant number of elderly volunteers may be volunteers who became elderly; that is, their involvement is a continuation of behavior patterns established earlier in life. This would mean that an alternative perspective, continuity theory (Atchley, 1972), is appropriate for understanding this area of behavior. This study is a secondary analysis of data from the Americans Volunteer — 1974 survey (ACTION, 1975). Sponsored by ACTION, the data were gathered as part of the April 1974 Current Population Survey. The total sample included 23,830 persons. The 4,339 individuals used in this study include all those aged 60 and over who were not disabled or students.	No abstract available. Non-experimental. Older research - not a summary or seminal paper	N



1991	Toward Satisfaction and Retention of Senior Volunteers	Stevens, E.S.		Older people are living longer and retiring earlier, creating a greater period of leisure time in later life. A substantial number of older adults who choose to volunteer discontinue their volunteer service. This turnover creates problems for volunteer organizations, placement sites and clients, and the senior volunteers who serve them. This study presents research findings related to volunteer satisfaction and retention for 151 volunteers ages 60 through 93. Personal and role characteristics associated with satisfaction and retention are presented and applied to the recruitment, placement, and supervision of senior volunteers. Findings indicate that background characteristics of the senior volunteers, as well as the social environment of the volunteer setting, are associated with role satisfaction and retention for older adults who choose a volunteer career.	Outcome. Too specific, not an overview.	N
2005	Benefits and Risks of Intergenerational Program Participation by Senior Citizens	Herrmann, D.S., Sipsas-Herrmann, A., Stafford, M., & Herrman, N.C.		This study investigated changes in senior citizens who participated in a school-based intergenerational program with students. Over 8 weeks, 71 seniors taught 1 of 2 life-skills training programs. Participating seniors had significantly higher levels of positive psychosocial change at posttest time compared to nontrainers. Further analyses revealed sharply different outcomes based upon which life-skills training program the seniors taught. These results underscore the importance of not assuming positive outcomes for all seniors who participate in national programming. Suggestions are made regarding ways to maximize positive outcomes while avoiding unintended negative effects in seniors who participate in such programs.	Impact. Too specific, not an overview.	N
2016	Building a Third Demographic Dividend: Strengthening Intergenerational Well-Being in Ways That Deeply Matter	Linda Fried		The evidence suggests that the second demographic dividend does not capture all of the potential of this demographic shift. Sustainable benefits beyond this could be experienced if we designed and built roles both meaningful to older adults and of high benefit to society. If we also invest in health through longer lives, then people will be better able to engage in these roles that matter and we can unleash the opportunities and benefits of older age. By investing in these opportunities, we could build a new stage of human development, a "third demographic dividend"; one in which the roles and responsibilities of older adults in the last third of life bring new kinds of sustained social capital to solve major unmet societal needs and create increased societal well-being beyond that of the second demographic dividend (Fried, 2016).	Policy report. Background and recommendations for ways to bring new social capital to solve major unmet societal needs.	N
1989	Intergenerational Programming for an Increasingly Age-Segregated Society	Haber, E.A., & Short-DeGraff, M.A.		The process of aging is increasingly becoming a topic of interest among people of all ages. As life expectancy and technology increase, along with opportunities for early retirement, people are becoming concerned about the physical and mental changes that accompany aging and the services and programs addressing these needs. Based on activity theory, intergenerational programs serve to bridge the gap between the young and the old by incorporating activities specifically designed to encourage interactions between the two age groups. Although research in this area is not abundant, evidence indicates the benefits of intergenerational programs seem to outweigh any disadvantages, suggesting that intergenerational programming is becoming a trend in our society. This paper provides a general overview of the nature, characteristics of, and resources regarding intergenerational programs.	Review of intergenerational programs.	Y
1998	The Beneficial Effects of Volunteering for Older Volunteers and the People they Serve: A Meta-Analysis	Wheeler, J.A., Gorey, K.M., & Greenblatt, B.		The current political-economic climate, which is generally supportive of both private and public sector down-sizing, increasingly demands that human service workers assess, engage, and creatively use consumer strengths and resources. This meta-analysis of thirty-seven independent studies provided the means of inferring not only that elder volunteers' sense of well-being seemed to be significantly bolstered through volunteering, but also that such relatively healthy older people represent a significant adjunct resource for meeting some of the service needs of more vulnerable elders, as well as those of other similarly vulnerable groups such as disabled children. Averaging across studies, 85 percent of the "clients" who received service from an older volunteer (e.g., peer-counseling of nursing home residents) scored better on dependent measures (E.g., diminished depression) than the average person in comparison conditions did ( $U3 = .847$ [Cohen, 1988], combine $p < .001$ ). The policy implications of such beneficial effects among both older volunteers and the people they serve are discussed.	Meta-analysis on benefits of volunteering in older adults.	Y

1999	Population-Based Study of Social and Productive Activities as Predictors of Survival among Elderly Americans.	Glass, Thomas, Carlos Mendes de Leon, Richard A. Marottoli, and Lisa F. Berkman.		<b>OBJECTIVES:</b> To examine any association between social, productive, and physical activity and 13 year survival in older people. <b>DESIGN:</b> Prospective cohort study with annual mortality follow up. Activity and other measures were assessed by structured interviews at baseline in the participants' homes. Proportional hazards models were used to model survival from time of initial interview. <b>SETTING:</b> City of New Haven, Connecticut, United States. <b>PARTICIPANTS:</b> 2761 men and women from a random population sample of 2812 people aged 65 and older. <b>MAIN OUTCOME MEASURE:</b> Mortality from all causes during 13 years of follow up. <b>RESULTS:</b> All three types of activity were independently associated with survival after age, sex, race/ethnicity, marital status, income, body mass index, smoking, functional disability, and history of cancer, diabetes, stroke, and myocardial infarction were controlled for. <b>CONCLUSIONS:</b> Social and productive activities that involve little or no enhancement of fitness lower the risk of all cause mortality as much as fitness activities do. This suggests that in addition to increased cardiopulmonary fitness, activity may confer survival benefits through psychosocial pathways. Social and productive activities that require less physical exertion may complement exercise programs and may constitute alternative interventions for frail elderly people.	Large cohort study - volunteering impacts on mortality.	N
2002	Individual consequences of volunteer and paid work in old age: health and mortality	Luoh, M.C. and Herzog, A.R.		The impacts of the productive social activities of volunteer and paid work on health have rarely been investigated among the oldest Americans despite a recent claim for their beneficial effect (Rowe and Kahn 1998). This paper used data from Waves 3 and 4 of the Asset and Health Dynamics among the Oldest Old (AHEAD) Study to (1) investigate the impact of these activities on health measured as self-reported health and activities of daily living (ADL) functioning limitations and to (2) explore possible causal mechanisms. Using multinomial logistic regression analysis, amounts of volunteer and paid work over a minimum of 100 annual hours self-reported at Wave 3 were related to poor health and death as competing risks measured at Wave 4, controlling for health measured at Wave 2 and for other predictors of poor health and death. Findings suggest that performing more than 100 annual hours of volunteer work and of paid work have independent and significant protective effects against subsequent poor health and death. Additional analyses suggest that the quantity of volunteer and paid work beyond 100 annual hours is not related to health outcomes and that physical exercise and mental health measured as cognitive functioning and depressive symptoms explain not entirely overlapping parts of the relationship between productive activities and health.	Shows positive impacts of volunteering in a national sample.	N
2003	Effects of Volunteering on the Well-Being of Older Adults	Morrow-Howell, Nancy, Jim Hinterlong, Philip A. Rozario, and Fengyan Tang		<b>Objectives.</b> This study tests the effects of volunteering on the well-being of older adults, including the effect of level of engagement, the moderating effects of demographic and social factors, and the effects of the nature of the volunteer experience. <b>Methods.</b> This is a secondary data analysis of three waves of data from the Americans' Changing Lives Study. Self-rated health, functional dependency, and depression are regressed on the well-being measures from the previous waves, other control variables and volunteer status, volunteer hours, type and number of volunteer organizations, and the perceived benefit to others of the volunteer work. <b>Results.</b> Older adults who volunteer and who engage in more hours of volunteering report higher levels of well-being. This positive effect was not moderated by social integration, race, or gender. There was no effect of the number of organizations for which the older adult volunteered, the type of organization, or the perceived benefit of the work to others. <b>Discussion.</b> This work contributes to a knowledge base that points to the development of social programs and policies that maximize the engagement of older adults in volunteer roles. The findings suggest that targeting efforts may not be warranted, in that there are not differential benefits according to personal characteristics of the volunteer. Future studies have to address the nature of the social institutions that will maximize the number of elders in these roles and the benefits that they accrue.	Referenced in CNCS health benefits fact sheet (secondary data analysis).	N
2003	Volunteering and Health Among Older People: A Review	Onyx, J., & Warburton, J.		This paper presents a review of the available literature on the relationship between volunteering and health among older people. There is consistent evidence that morbidity rates, functional health indices, self reported health and life satisfaction are affected by formal and informal volunteering. Some studies suggest that the benefits of volunteering are reciprocal, in that both those who give and those who receive assistance benefit. The evidence is consistent with the proposal that social capital is generated through volunteering. It is likely that the presence of high levels of social capital supports and maintains the health of older persons, provides informal support in times of sickness and stress and thus enhances quality of life as well as reducing or delaying the onset of illness and death.	Review on impacts of volunteering in older adults.	Y
2005	"The Effects of Volunteering on the Physical and Mental Health of Older People.	Lum, Terry Y., and Elizabeth Lightfoot		The purpose of this study is to build on the growing body of literature examining the correlations between volunteering and health among older persons. Longitudinal data from the 1993 and 2000 panels of the Asset and Health Dynamics Among the Oldest Old Study (AHEAD) were used to measure health and mental health outcomes of people over age 70 who volunteered at least 100 hours in 1993. The findings provide empirical support to earlier claims that volunteering slows the decline in self-reported health and functioning levels, slows the increase in depression levels, and improves mortality rates for those who volunteer. However, volunteering had no effect on the number of physician-diagnosed health conditions or nursing home residence rates. The findings provide support for the concept of role enhancement.	Longitudinal data from a national sample.	N

2005	Volunteering is associated with delayed mortality in older people: analysis of the longitudinal study of aging.	Harris AH, Thoresen CE.		The Longitudinal Study of Aging (LSOA) assessed the health and social functioning of a representative sample of 7,527 American community-dwelling older people (>70 years). We tested the hypothesis that frequent volunteering is associated with less mortality risk when the effects of socio-demographics, medical status, physical activity and social integration are controlled. We used Cox proportional hazards analyses to assess the unadjusted and adjusted associations between frequency of volunteering and time-to-death (96-month follow-up). Death occurred in 38.3 percent of the sample. After adjusting for covariates, frequent volunteers had significantly reduced mortality compared to non-volunteers. This association was greatest for those who frequently visited with friends or attended religious services.	Nationally representative sample showing association of frequent volunteering with delayed mortality.	N
2007	Health Benefits of Volunteering: A Review of Recent Research	CNCS: Grimm, R.; Spring, K, and Dietz, N.		Over the past two decades we have seen a growing body of research that indicates volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a "considerable" amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.	Review	Y
2010	Volunteering in Later Life: Research Frontiers	Murrow-Howell, Nancy		<b>Objectives.</b> This review summarizes the current knowledge about volunteering in later life and suggests 5 research questions at the forefront of knowledge development. <b>Results.</b> Rates of volunteering do not decline significantly until the middle of the 7th decade, and older volunteers commit more hours than younger volunteers. Older adults with more human and social capital tend to volunteer, and there is good evidence of a reciprocal relationship between volunteering and well-being. Program and policy developments in the field are outstripping production of knowledge to support evidence-based practices. <b>Discussion.</b> Research on the dynamics of volunteering over the life course as well as the patterns of activities that co-occur with volunteering is needed to guide program development. Research methods and findings from transdisciplinary work on the mechanisms through which psychosocial conditions affect health must be extended to the study of the effects of volunteering on older adults. Finally, we need to engage in more applied social science aimed at improving volunteer management, especially recruitment and retention of older volunteers.	Systematic review of research on volunteering in older adults.	Y
2011	Benefits of formal voluntary work among older people. A review.	Mikaela B. von Bonsdorff, Taina Rantanen		A narrative review of quantitative population-based longitudinal studies was conducted to examine the association of formal voluntary work and personal well-being among older people doing the voluntary work and those being served. To be included the study had to be published in a peer-reviewed journal, written in English and conducted in the Western countries, participants had to be at least 60 years of age, the study employed a longitudinal or experimental design, the methodology and outcomes explicitly described and voluntary work quantified as visits or hours within a certain timeframe. Sixteen studies out of 2897 met the inclusion criteria for the review reporting on benefits of volunteering for those doing the voluntary work. Outcomes were collapsed into three categories of personal well-being: physical health, mental health, and psychosocial resources. All included studies came from the United States and showed that volunteering in old age predicted better self-rated health, functioning, physical activity and life satisfaction as well as decreased depression and mortality. However, volunteering did not decrease the risk of chronic diseases or nursing home admission in old age. Only one study that met the inclusion criteria on the benefits of volunteering for the older recipients was identified. Studies predominantly utilized data from large datasets with only limited information about volunteering which limits more detailed analyses. Randomized controlled trials are needed for studying the effect of voluntary work for those being served as well as to unmask the health participant-effect among the volunteers.	Review	Y
2011	Volunteering and Health for Aging Populations	Population Reference Bureau	<a href="https://www.prb.org/wp-content/uploads/2011/08/TodaysResearchAging21.pdf">https://www.prb.org/wp-content/uploads/2011/08/TodaysResearchAging21.pdf</a>	A growing body of research suggests that older adults who are engaged in social and community activities maintain mental and physical health longer than other older adults (Musick and Wilson 2008). Volunteer activities are one way of remaining socially active after retirement (Luoh and Herzog 2002). Beyond potential health benefits for the volunteers, nonprofit organizations, governments, and community groups see boosting volunteering among the increasing older population as furthering several complementary goals, including: (1) Providing services to those in need in a time of diminishing government resources. (2) Helping run nonprofit organizations including churches, community groups, and political parties, and nurturing a new generation of leaders. (3) Strengthening civil society by engaging more people in the community (Morrow-Howell 2010). Many local and national government officials believe that increased volunteerism among older people would be a "win win" situation, with multiple beneficiaries.	Review paper in a special report of the Population Reference Bureau.	Y

2013	Is Volunteering a Public Health Intervention? A Systematic Review and Meta-Analysis of the Health and Survival of Volunteers	Jenkinson, C.E., Dickens, A.P., Jones, K., Thompson-Coon, J., Taylor, R.S., Rogers, M., Bamba, C.L., Lang, I., & Richards, S.H.		<b>Background:</b> Volunteering has been advocated by the United Nations, and American and European governments as a way to engage people in their local communities and improve social capital, with the potential for public health benefits such as improving wellbeing and decreasing health inequalities. Furthermore, the US Corporation for National and Community Service Strategic Plan for 2011–2015 focused on increasing the impact of national service on community needs, supporting volunteers' well-being, and prioritizing recruitment and engagement of underrepresented populations. The aims of this review were to examine the effect of formal volunteering on volunteers' physical and mental health and survival, and to explore the influence of volunteering type and intensity on health outcomes. <b>Methods:</b> Experimental and cohort studies comparing the physical and mental health outcomes and mortality of a volunteering group to a non-volunteering group were identified from twelve electronic databases (Cochrane Library, Medline, Embase, PsychINFO, CINAHL, ERIC, HMIC, SSCI, ASSIA, Social Care Online, Social Policy and Practice) and citation tracking in January 2013. No language, country or date restrictions were applied. Data synthesis was based on vote counting and random effects meta-analysis of mortality risk ratios. <b>Results:</b> Forty papers were selected: five randomized controlled trials (RCTs, seven papers); four non-RCTs; and 17 cohort studies (29 papers). Cohort studies showed volunteering had favorable effects on depression, life satisfaction, wellbeing but not on physical health. These findings were not confirmed by experimental studies. Meta-analysis of five cohort studies found volunteers to be at lower risk of mortality (risk ratio: 0.78; 95% CI: 0.66, 0.90). There was insufficient evidence to demonstrate a consistent influence of volunteering type or intensity on outcomes. <b>Conclusion:</b> Observational evidence suggested that volunteering may benefit mental health and survival although the causal mechanisms remain unclear. Consequently, there was limited robustly designed research to guide the development of volunteering as a public health promotion intervention. Future studies should explicitly map intervention design to clear health outcomes as well as use pragmatic RCT methodology to test effects.	Meta-analysis looks at volunteering link to lower risk of mortality and benefits for mental health.	Y
2013	Volunteering by Older Adults and Risk of Mortality: A Meta-Analysis	Okun, M.A., Yeung, E.W.H., & Brown, S.		Organizational volunteering has been touted as an effective strategy for older adults to help themselves while helping others. Extending previous reviews, we carried out a meta-analysis of the relation between organizational volunteering by late-middle-aged and older adults (minimum age 55 years old) and risk of mortality. We focused on unadjusted effect sizes (i.e., bivariate relations), adjusted effect sizes (i.e., controlling for other variables such as health), and interaction effect sizes (e.g., the joint effect of volunteering and religiosity). For unadjusted effect sizes, on average, volunteering reduced mortality risk by 47%, with a 95% confidence interval ranging from 38% to 55%. For adjusted effect sizes, on average, volunteering reduced mortality risk by 24%, with a 95% confidence interval ranging from 16% to 31%. For interaction effect sizes, we found preliminary support that as public religiosity increases, the inverse relation between volunteering and mortality risk becomes stronger. The discussion identifies several unresolved issues and directions for future research.	Meta-analysis shows decreased risk of mortality among older adults who volunteer.	Y
2014	The Benefits Associated With Volunteering Among Seniors: A Critical Review and Recommendations for Future Research.	Nicole D. Anderson, Thecla Damianakis, Edeltraut Kröger, Laura M. Wagner, Deirdre R. Dawson, Malcolm A. Binns, Syrelle Bernstein, Eilon Caspi, Suzanne L. Cook.		There is an urgent need to identify lifestyle activities that reduce functional decline and dementia associated with population aging. The goals of this article are to review critically the evidence on the benefits associated with formal volunteering among older adults, propose a theoretical model of how volunteering may reduce functional limitations and dementia risk, and offer recommendations for future research. Database searches identified 113 papers on volunteering benefits in older adults, of which 73 were included. Data from descriptive, cross-sectional, and prospective cohort studies, along with 1 randomized controlled trial, most consistently reveal that volunteering is associated with reduced symptoms of depression, better self-reported health, fewer functional limitations, and lower mortality. The extant evidence provides the basis for a model proposing that volunteering increases social, physical, and cognitive activity (to varying degrees depending on characteristics of the volunteer placement) which, through biological and psychological mechanisms, leads to improved functioning; we further propose that these volunteering-related functional improvements should be associated with reduced dementia risk. Recommendations for future research are that studies (a) include more objective measures of psychosocial, physical, and cognitive functioning; (b) integrate qualitative and quantitative methods in prospective study designs; (c) explore further individual differences in the benefits associated with volunteering; (d) include occupational analyses of volunteers' specific jobs in order to identify their social, physical, and cognitive complexity; (e) investigate the independent versus interactive health benefits associated with volunteering relative to engagement in other forms of activity; and (f) examine the relationship between volunteering and dementia risk.	Review summarizing the evidence on volunteering in older adults.	Y
2017	Effectiveness of befriending interventions: A systematic review and meta-analysis	Siette, J., Cassidy, M., & Priebe, S.		<b>Objective:</b> Befriending is an emotional supportive relationship in which one-to-one companionship is provided on a regular basis by a volunteer. It is commonly and increasingly offered by the voluntary sector for individuals with distressing physical and mental conditions. However, the effectiveness of this intervention on health outcomes is largely unknown. We aim to conduct a systematic review of the benefits of befriending. <b>Systematic Review Methods:</b> A systematic search of electronic databases was conducted to identify randomized controlled trials and quasi-experimental trials of befriending for a range of physical and mental health indications including depression, anxiety, mental illness, cancer, physical illness and dementia. Main outcomes included patient-relevant and disease-specific outcomes, such as depression, loneliness, quality of life, self-esteem, social support and well-being. <b>Results:</b> A total of 14 trials (2411 participants) were included; 7 were judged at low risk of bias. Most trials showed improvement in symptoms associated with befriending but these associations did not reach statistical significance in all trials. Befriending was significantly associated with better patient-reported outcomes across primary measures (standardized mean difference 0.18 (95% CI, -0.002 to 0.36, I <sup>2</sup> =26%, seven trials)). However, there was no significant benefit on single outcomes, including depression, quality of life, loneliness ratings, self-esteem measures, social support structures and wellbeing. <b>Conclusions:</b> There was moderate quality evidence to support the use of befriending for the treatment of individuals with different physical and mental health conditions. This evidence refers to an overall improvement benefit in patient-reported primary outcomes, although with a rather small effect size. The current evidence base does not allow for firm conclusions on more specific outcomes. Future trials should hypothesize a model for the precise effects of befriending and use specified inclusion and outcome criteria.	Systematic review and meta-analysis, though not specific to older adults.	Y