

2002-2003 CDBG-HOME Application Q&A

Name of Organization: **CITIZENS WHO CARE**
Project Title: **TIME OFF FOR CAREGIVERS**

1. Please answer Questions 1, 2 and 3 from the In-Home Respite Program, emphasizing unique needs met by the Saturday Respite Program.

a. Are there studies or other information that link the provision of respite care to the prevention of premature institutionalization?

Yes. Support services for caregivers, including counseling, information and ongoing support, have been shown to defer institutionalization of care recipients with moderate dementia by nearly a year. (Mittelman, M. et.al. (1996). A Family Intervention to Delay Nursing Home Placement of Patients with Alzheimer's Disease. *Journal of the American Medical Association*, vol. 276, No. 21, pp. 1725-1731. Further academic research is required to continue to prove what is relatively obvious to those with the lived experience of caregiving.

What is unique about the Time Off Program is that it is the only adult day care respite option for caregivers *on the weekends* in Yolo County.

b. Does CWC evaluate its respite services in terms of reduced/deferred institutionalization? Are the respite services evaluated on other factors? What are the findings of these evaluations?

We assess Time Off families and clients in terms of observable symptoms of depression and stress, rather than attempting to measure or trace a family's convoluted and complex deliberations about placing an elder in an institution. We find that our respite services, counseling and referrals significantly reduce caregiver depression and stress. Anecdotally, we know that families generally cry for help when they are at their wit's end (i.e., on the brink of institutionalizing the frail elder) and that with support, the family can continue caring for the elder at home for extended periods, even as long as 12 years.

c. If CWC does not receive the full funding requested in the proposal, what impact will this have on the provision of services?

Reductions in historically "solid" sources of funding such as Davis CDBG funds would require adjustments throughout the range of programs offered by Citizens Who Care. Worst case, tough choices would have to be made; best case we would patch something together and continue as we have for more many years.

2. Does the out-of-home respite program meet the needs of different clients than those in the In-Home Respite Program?

Yes. Both client groups involve dependent frail elderly. However, in general, the In-Home Respite Program is more suitable for clients who find it too stressful to arrange transportation, dress and get out the door, and/or the clients believe they lack the ability to socialize successfully in a group setting such as the Time Off Program

3. Is CWC participating in or benefiting from the proposed expansion of the Senior Center?

Citizens Who Care is supportive of the Senior Center expansion, however, the expansion is not specifically essential to the success of the Saturday Time Off Program. I believe the additional space is needed more for the periods of peak utilization during the weekdays (M-F), when the Center is used by other programs

4. You indicate in your CDBG application that Citizens Who Care is funded in part through the Sacramento Area United Way Campaign. Yet according to the Budget Summary for your Time Off for Caregivers Program, you are requesting CDBG funding for approximately 61% of the operating budget. What other measures of funding have you applied for and/or secured in case this CDBG request for funding is either reduced or denied?

The Time Off Program receives specific funding through participant fees (\$35 per session) and from the Senior Citizens of Davis, Inc. (\$1,000 annually).

5. According to established CDBG evaluation criteria, there are a few items which tend to disqualify your funding request. In particular are your ratios regarding low/moderate income beneficiaries (less than the required 70% minimum percentage) and funding leverage (38% of total operating budget). How could you adjust your program to increase the ratios of low/moderate income beneficiaries served and funding leverage?

Programs benefiting limited clientele, specifically including “elderly persons”, are presumptively eligible to receive HUD funds. (CDBG Program Guidelines, page 98.) City Staff can authoritatively resolve any remaining questions or concerns related to the HUD tests for eligibility.

A possible adjustment to the program to increase utilization by low-income persons might be community outreach specifically targeting relatively low- income neighborhoods within the City of Davis (e.g., Rancho Yolo).

Funding for the Davis In-Home Respite Program historically has come from Davis CDBG funds and Citizens Who Care’s general fund.

- 6. According to the Scope of Services in your CDBG application, your target group consists of clients who suffer from physical or mental impairments. I know of an elderly gentleman who suffered a stroke almost two years ago. Two women, unrelated to him, have since undertaken the responsibility of going to his house daily to check on his well-being, preparing dinner for him, (as well as preparing lunch on Saturdays and Sundays) and visiting with him. They stay with him for at least an hour each visit. They have tried unsuccessfully to obtain services similar to what you offer. What disqualifications, income or otherwise, would prevent needy clients and/or caregivers from obtaining your services; and how would these CDBG funds help to provide the support they seek?**

I have personal knowledge of the situation you have described. In the interests of preserving confidentiality we might talk directly about these concerns. My office number is 758-3704 (Mark Henderson, Executive Director).

The Monday-Friday programs of the Senior Center largely serve “active” seniors. Utilization of the Saturday Time Off Program sometimes requires a personal recognition by the prospective participant that he/she is no longer an “active” senior, but instead has become a “dependent frail” elder. That can be a very difficult and painful realization to make, particularly for independent men.

There are no disqualifications, income or otherwise, that prevent a needy client or caregiver from utilizing our services. We have a sliding scale and sponsorships available for low-income participants.

In operational terms, the only person who has ever been “disqualified” from the Time Off Program was a single elderly participant who engaged in physically violent behavior that could not be controlled, thereby putting our staff and community volunteers unfairly at risk.

- 7. The Council’s priority concerning “Elderly” is services that prevent institutionalization. Apparently this program also serves some people who are already institutionalized. What percentage are in convalescent homes, etc.? Given who is served, how is the critical need (preventing institutionalization met? To what extent?**

We had one participant who attended Time Off with her similarly aged sister for many months. When the sister died, the caregiving family determined that it was necessary to place the surviving participant (who was not the closer relative) in a convalescent facility.

Because a significant relationship had been formed between our staff and the participant, we were able to have her continue with the Time Off program, much to her personal delight. In fact she cried at the end of each program day, knowing that she would have to return to the convalescent facility. This continued for 9 months until her death.

It was a single, isolated - but poignantly beautiful – case. Our program is not a single-storyline; it is not just about preventing institutionalization, although it does. It is also about individual people, alleviating stress and depression, keeping families together, relieving loneliness. More broadly, it is about mitigating the personal human suffering of advanced old age.

Citizens Who Care also operates a Convalescent Hospital Visiting & Pet Visiting Program that utilizes over 100 community volunteers who visit severely isolated residents in local convalescent facilities. However, that program is not before you for funding -- precisely because in the City of Davis's CDBG scheme of Elderly Services it may not be considered a "priority".