

CITY OF DAVIS
2002-2003 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: CITIZENS WHO CARE, INC. / TIME-OFF FOR CAREGIVERS _____

Street Address: 416 F Street, Davis, CA 95616 _____

Mailing Address: P.O. Box 1843, Davis, CA 95617

E-mail Address: care@dcn.org

Phone Number: (530) 758-3704 _____

Fax Number: (530) 750-5344

Contact: Mark Henderson Address: 416 F Street, Davis, CA 95616 Phone: 758-3704

Total Proposal Request: \$7715 _____

X On-going Support New Project

CDBG Eligible Category: Public Service
(See List A)

National Objective Compliance/Low and Mod Benefit: Limited Clientele
(See List B)

City Council Identified Critical Needs: (See List C)

- 1) Elderly Services
- 2) _____
- 3) _____

PUBLIC SERVICE X NON-PUBLIC SERVICE

Beneficiary Information:

- 50 Total number of beneficiaries in program
- 50 Total number of beneficiaries in program served with CDBG funds
- 45 Percentage of the CDBG beneficiaries with low/moderate income

\$154 Cost per CDBG beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. Need. The Time-Off for Caregivers Program, operated by Citizens Who Care and conducted every other Saturday at the Davis Senior Center, is the only weekend respite program available in Yolo County. The frail elderly and their family caregivers are in critical need of support. The *Journal of the American Medical Association* (JAMA) reports:

“One of society’s great assets is the many family members who provide care to ill or disabled relatives. By some estimates, more than 15 million adults currently provide care to relatives, saving the formal health care system billions of dollars annually. The majority of caregivers are middle-aged adult children and older spouses who care for a parent or spouse with functional limitations. Although family caregivers perform an important service for society and their relatives, they do so at considerable cost to themselves. There is strong consensus that caring for an elderly individual with disability is burdensome and stressful to many family members, and contributes to psychiatric morbidity in the form of increased depression.”

According to a recent study by the Bay Area Caregiver Resource Center, at least 55% of caregivers for the frail elderly suffer from clinically significant depression.

Beyond the mental health problem of depression, the study “*Caregiving as a Risk Factor for Mortality*” JAMA, December 5, 1999 concludes that **elderly persons who are caregivers themselves are 63% more likely to die within 4 years than elderly persons who are not caregivers.**

b. Benefit. The beneficial results of the social support, respite care and health education provided to family caregivers through the In-Home Respite Program:

- Prevent premature institutionalization
- Counter clinical depression and loneliness
- Strengthen families
- Reduce risks of caregiver burnout, elder abuse and elder neglect
- Maintain quality of life and personal dignity
- Save substantial private and public expense of premature convalescent care (more than \$3,500 per month per client)
- Increase access to preventative health care and social resources in the community.

c. Other Resources and Collaboration

Funding Sources & Fundraising. The In-Home Respite Program enjoys broad-based support in the Davis community. The program is funded in part by private donations, individual employee designation of United Way campaign funds, Friends of Area Nonprofits (R& R Consignment and Thrift) and Citizens Who Care’s community

fundraisers. These fundraisers include our annual Winter Benefit Concert at the Varsity Theatre (this year entitled *Sentimental Journey: Songs of the 1940s*), sales of our cookbook entitled *Savor the Flavor – of the Greater Yolo Region*, annual travel tours and others. Local churches providing support include Davis Community Church, St. James Catholic Church and St. Martin’s Episcopal Church. Local service groups including Soroptomists International of Davis and Greater Davis, Rebekkah Lodge and others also provide support. Senior Citizens of Davis, Inc., is a major supporter.

Client families participating in the Time-Off Program pay fees representing one-third (1/3) of the program’s required revenue. Low-income families are charged on a sliding scale.

Role of Volunteers. Community volunteers play a principal role in our Time-Off Program. Volunteers are matched one-to-one with participants. Special guest volunteers, including musician Dick Brunelle and the UCD Parrot Therapy group, come every month. Time-Off volunteer are coordinated by Louise DeMasi, recognized as Davis’s *Senior Citizen of the Year* (2000) by the Senior Citizens of Davis, Inc.

Collaborations. Citizens Who Care currently collaborates with the Davis Senior Center, Yolo Adult Day Health Center, the senior centers of Woodland and West Sacramento and the Winters Health Foundation to increase caregiver support throughout Yolo County. Citizens Who Care is also the fiscal sponsor of *Resources for Spanish-Speaking Seniors – a Yolo County Coalition*, a collaborative coalition of 25 local agencies, public and private, funded under a grant from The California Endowment. Referrals for the In-Home Respite Program come readily from Sutter-Davis Hospital, Woodland Memorial Hospital and Kaiser-Permanente, as well as the Davis Senior Center, Yolo Adult Day Health Center, Yolo County Mental Health Department, Yolo County Public Guardian and the Alzheimer’s Society of Northern California.

Complementing Services. Our program is unique in its focus by providing caregiver support *during the weekend*. As such we complement other services in the community that taken together provide a long-term *continuum of care* for the elderly. Other providers include Yolo Adult Day Health Center (providing site-based respite M-Fri in Woodland), Elderly Nutrition Program (meals on wheels) and Yolo Hospice (end of life and grief support). In 2002, seven (7) Time-Off for Caregivers (“TOC”) participants were joint clients with Yolo Adult Day Health Center, two (2) TOC participants received home delivered meals from the Elderly Nutrition Program and one (1) TOC participant received services from Yolo Hospice. In all cases, at our joint agency meeting we were of the single opinion that each client required the full support of our respective programs and that convalescent placement would likely result in the absence of our support.

d. Organizational Capacity. In 1988 Citizens Who Care incorporated as a nonprofit organization and received tax-exempt status. For the past thirteen consecutive years, the United Way has certified Citizens Who Care’s eligibility for participation in the Sacramento Capital Region and Woodland campaigns. Richard Frost, our Treasurer, is the former *Vice-Chancellor for Finance* of the University of California at Davis. David L. Johnson, CPA, of Davis, California, annually performs an audit of our financial

records. Monthly fiscal reports are computer-generated and reviewed each month by our Finance Committee and Board of Directors.

Citizens Who Care has successfully administered grants from The California Endowment, the Sierra Health Foundation, Sacramento Regional Foundation, Catholic Healthcare West and others. In December 2002, our Executive Director, Mark Henderson, J.D. LL.M., successfully completed the one-year intensive *Nonprofit Leadership: Raising the Standard* course sponsored by the Sacramento Regional Foundation and the Sacramento Nonprofit Resource Center.

SCOPE OF SERVICES

a. Project Description. The Time-Off for Caregivers Program is a respite service providing family caregivers with an interval of rest or relief on the weekend. Time-Off meets at the Davis Senior Center on the second and fourth Saturday of each month from 10:00 a.m. to 3:00 p.m. Many participants arrive at the program utilizing Davis Community Transit's van service. The day begins with informal conversation and refreshments and then moves into organized activities such as group singing, gentle exercise, arts and crafts projects, bingo games, walks and short trips (e.g., Davis Farmer's Market, UCD Arboretum). A nutritious lunch and snacks are provided. Enrollment is open for dependent seniors, age 55 or older, residing in Davis or neighboring communities. Intergenerational volunteer opportunities are made for high school and university students.

The principal activity of the attached budget is to fund the professional staff required to ensure program continuity and successful results. The Program Director plans and implements the activities for the day, assembles the food and materials required and communicates regularly with the family caregivers. Our Time-Off Volunteer Coordinator recruits, trains and matches volunteers – and participates in the program day. A Certified Nursing Assistant attends to the personal care (toileting) needs of the participants and assists with transfers (assisting elder clients in/out of seats and vehicles).

CDBG funds are needed to make the program affordable. Financial considerations weigh heavily on the minds of elder families. All of our clients live on fixed incomes and many of those incomes are quite low or moderate. Prospective clients frequently are anxious about future medical and convalescent expense.

b. Target Group. Due to physical or mental impairments, In-Home Respite clients require assistance in their activities of daily living (e.g., eating, dressing). Most clients have one or more chronic medical conditions (e.g., Alzheimer's or Parkinson's disease). In 2002-2003, we expect to serve 40 respite families in Davis. More than 65% of those families will be low or low/moderate income households per HUD guidelines.

c. Outreach. Program information is provided to the community through the annual distribution of over 500 agency brochures to focal points for seniors, distribution of over 500 collaborative brochures entitled "*Yolo County Senior Respite Services*" describing respite services available in Yolo County, public speaking engagements of the Executive Director, Volunteer Connection listing in *The Davis Enterprise*, listing in the Parks &

Community Services annual brochure and newsletters mailed to 3600 local residents.

TIMELINE

Work Plan (Identify activities and completion dates)

<u>List Activity</u>	<u>Completion Date</u>
Conduct ongoing family interviews and patient assessments.	July 2002 – June 03
Survey participant families; provide referral information about other respite and caregiver services, transportation and finances; update participant profiles. Field trip to Crocker Art Museum.	August 2002
Outreach to home health agencies, clinics and hospitals. Field trip to UCD Arboretum.	September 2002
Outreach to service organizations and individuals at UCD Volunteer Fair. Field trip to local Pumpkin Patch.	October 2002
Holiday activities for participants and their families. Evening Bus tour of holiday lights in Davis and Woodland.	Nov-Dec 2002
Train staff and volunteers in techniques to encourage participants Express themselves in art and music. (Current Time-Off Director holds graduate degree in Art Therapy). Trips to UCD for assisted bowling, Sacramento Zoo, Sacramento Railroad Museum.	Jan-Mar 2003
Conduct training for handling participants with special needs. Country drive and picnic.	April 2003
Conduct program evaluation survey. Trip to Jamba Juice.	May 2003
Using program evaluation results, develop program and activity Schedule for next fiscal year. Field trip to Davis Farmer's Market and barbecue in Central Park.	June 2003
Serve a cumulative total of 25 families.	June 31, 2003

**CITY OF DAVIS
COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM**

BUDGET SUMMARY

Budget Category	Proposed Project	Other Sources	Total
A. Salaries and Wages			
Exec. Director & Admin Asst.	0	2733	2733
Time-Off Program Director	3430	0	3430
Volunteer Coordinator	1932	0	1932
Certified Nursing Assistant	1068	0	1068
B. Fringe Benefits	0		
C. Consultant/Contract Services	0	0	0
TOTAL PERSONNEL BUDGET	6430	2733	9163
D. Office Rent	0	450	450
E. Utilities (included in our office rent)	0	0	0
F. Telephone	0	125	125
G. Office Supplies	0		
H. Equipment	0	100	100
I. Printing/Duplication	0	200	
J. Travel/Conferences	0	150	200
K. Other (Specify)	0	0	150
Liability Insurance			0
Food (lunches & snacks)	835		
Art/craft supplies & admission fees	0	0	
Davis Community Transit	0	700	835
	450	500	700
		0	500
			450
TOTAL NON-PERSONNEL BUDGET	1285	2225	3510
TOTAL PROJECT BUDGET	7715	4958	12673

