

CITY OF DAVIS
2002-2003 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: Yolo Adult Day Health Center

Street Address: 20 N Cottonwood Street, Woodland, CA 95695

Mailing Address: Same

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(Be sure to list the best contact to get information to the organization as quickly as possible.)

Total Proposal Request: \$6000.00

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
- 2) Mental Health
- 3) _____

PUBLIC SERVICE

NON-PUBLIC SERVICE

Beneficiary Information:

50 Total number of beneficiaries in proposed project

50 Total number of beneficiaries in proposed project served with CDBG funds

50% Percentage of the CDBG beneficiaries with low, low/moderate income

\$120 Cost per CDBG beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. Need

It is estimated that 1 out of every 4 households is involved in caregiving to persons aged 50 and over (National Alliance for Caregiving and AARP, June 1997). Many studies have been conducted indicating that most caregivers are stressed and often to the point of being clinically depressed. Also it is known that the lower the family income the higher the stress. It has been found that caregivers who use adult day services experience less stress than those who do not (Zarit, S.H. et al, Stress Reduction for Family Caregivers: Effects of Adult Day Care Use, Journal of Gerontology. 1998). Since 1984, Yolo Adult Day Health Center (YADHC) has worked to assist caregivers by providing medical, social, rehabilitative and respite services. By accessing a comprehensive package of services, participants are able to remain in their homes and avoid premature nursing home placement. Additionally, caregivers are able to access the educational and emotional support needed to maintain their around the clock care.

The services provided at YADHC would be inaccessible for most without the transportation component. Most individuals attending the Center require specialized transportation. Due to ambulation devices such as wheelchairs and walkers, lift vans are quite often the only means available for an individual to travel. Also, in many cases, caregivers are no longer driving or fearful of highway driving. Where frail adults live alone, there is rarely an alternative to specialized door-to-door assistance. Consequently, transportation service is an essential element in assuring equitable access to adult day services.

There are however, limited dollars to assist with transportation. This year in particular has been extremely challenging as the Center experienced a 17% increase in transportation costs due to rising fuel costs and new service vendor. We rely on grantwriting to ensure each Yolo County community has five-day a week access to YADHC services. Last year's CDBG funding was crucial in ensuring that needs of Davis were met. With the assistance of the 2001-2002 CDGB dollars, YADHC, between July and January, provided 1962 one-way rides between Davis and Woodland. This is an average of 280 rides per month or 14 rides per day.

b. Benefit

The benefits of adult day programs are well documented. Services prevent hospitalization, prevent premature nursing home placement, reduce risk of depression, maximize independence, improve daily endurance, provide caregiver respite, increase access to medical treatment, monitor medication side effects, assist with medication management, slow dementia progression, improve nutritional intake, link homebound individuals with their community, provide diverse volunteer opportunities and, along with many other benefits, ensure intergenerational interaction.

Guaranteeing transportation to and from the Center significantly impacts an individual's ability to attend the Center as often other options do not exist.

c. Other Resources and Collaboration

Other potential or actual sources of funds: In order to cover transportation costs for the entire County, YADHC relies on the ongoing support of Area 4 Agency on Aging, the City of West Sacramento and the City of Davis. In addition, the Center continually seeks to purchase new vehicles to minimize leasing and maintenance costs and provide service in safe and comfortable vehicles. Last year the Center successfully applied for CalTrans Section 5310 grant funding to purchase a new van.

Fundraising: Fundraising efforts primarily consist of grant writing and working closely with the Friends of Yolo Adult Day Health Care, a volunteer fundraising organization which has supported the Center for 18 years. Efforts include mail solicitation, craft and bake sales and direct requests. The Center collaborates with Leave a Legacy, National Association of Retired Federal Employees and annually participates in the local Human Race Coordinating Committee to raise funds for the Center and the community alike.

Role of volunteers: A very important group of individuals who are a part of our program are the volunteers. Yolo Adult Day Health Center has many volunteer opportunities for people interested in working with the frail elderly. Volunteer activities include assisting participants on and off the vans/buses, providing numerous activities and entertainment, assisting with serving snack and lunch, writing letters for participants, teaching computer, providing Spanish-only education sessions, assisting with outreach efforts, writing newsletter articles, and decorating Center. In 2001, YADHC benefited from the direct services of over 50 volunteers who contributed over 2538 hours. YADHC takes the volunteer program very seriously because not only does it benefit the participants of the program and assist staff but also it greatly enhances the volunteers' lives. Volunteers are often newly retired individuals, college and high school interns exploring career opportunities, mental health patients in final preparation for return to community and welfare recipients attempting to gain marketable skills.

Collaboration efforts with other programs: YADHC often collaborates with other organizations. This year YADHC, in collaboration with the three County senior centers and Citizen's Who Care, will be providing specialized caregiver support counseling off site. The Center also works jointly with the newly formed Spanish Coalition for Spanish Speaking Elders. We also continue to assist the Yolo County Older Adult Program by transporting the Senior Companions in order that they can continue their volunteer efforts. In addition, the Center works closely with the network of social service providers, healthcare providers and City/County entities to develop a cohesive system of services to frail and disable adults in Yolo County.

Complementary services offered by other programs: There are a vast number of services that compliment adult day health. Each program shares a similar mission of optimizing one's ability to stay in the home. This network of older adult services is a well-groomed network where providers work with each other on a continual basis. Each program provides a different specialized service such as meals, in-home respite, mental health services, shopping/cleaning support, hospice, home health and senior center based programs. This network of providers not only collaborates on behalf of client care but also addresses problems from a systems level via the Commissions on Aging and the Older Adult Long Term Care Task Force.

YADHC coordinates and interacts with the following providers: hospital discharge planners, skilled nursing facilities, Yolo County Department of Alcohol, Drug and Mental Health (which

encompasses the Older Adult Program), MSSP/Linkages, Yolo County Health Department, Public Guardian's Office, Citizens Who Care, People's Resources, Inc. (Elderly Nutrition Program), the three senior centers in Yolo County, all local home health agencies, University of California, Davis Alzheimer Diagnostic Treatment Center, Alzheimer's Association, multiple residential care facilities for the elderly, churches, physicians, Ombudsman Services of Northern California (in conjunction with Legal Services) and area support groups. Utilizing this network and given the size of the County, the Center has been very successful in coordinating activities and service needs for our clientele.

Duplicative services: YADHC is currently the only weekday program targeting older adults in Yolo County. Our respite, medical and other support services are not duplicated by other programs for the same clientele. On February 4, 2002 YADHC, Citizen's Who Care, Elderly Nutrition Program and Hospice met to compare client lists. This exercise confirmed that while we occasionally serve the same clients, rarely are they being assisted simultaneously. This illustrates that together we represent a continuum of care that is accessed during different periods of time as an individual's health needs change.

d. Organizational Capacity :

YADHC provides a diverse array of services in order to meet the complex needs of participants. Services include: Skilled nursing (provided by an RN and LVN) program aides assisting with personal care needs such as bathing, toileting and grooming, social work, physical therapy, occupational therapy, speech therapy, dietary, specialized dementia services, community education, caregiver support group, resource library, transportation and counseling. Total enrollment for YADHC, as of February 6, 2002 is at 74 participants with 39% having a diagnosis of Alzheimer's Disease or related dementia. The average daily attendance as of this date is 42.

YADHC fills a unique niche in the County, as we are the only out-of-home respite program for caregivers during the week. We are also the only licensed adult day health care center in the County. As an adult day health care provider we target low income. Currently 37% of the Center's Davis clientele is at or below poverty income level.

SCOPE OF SERVICES

a. Project Description (Activity Summary: Describe the activities of the proposed budget)

Yolo Adult Day Health Center is seeking support to assist with the transportation of frail adults from the City of Davis to the City of Woodland. Yolo Adult Day Health Center contracts with Coach, Inc. to provide 250 days/year of specialized door to door transportation services to older adults who live in the Davis area. All scheduling and phone contact is handled at YADHC by the Transportation Scheduler. Every morning and afternoon, the Scheduler contacts the transportation provider to confirm the daily rides and reports any special circumstances to the driver. If needed, AM reminder calls are provided for passengers or families requesting this assistance. Upon arrival at the Center, drivers report any unusual incidences or observations. The Drivers adhere to a rigorous training schedule provided by Coach, Inc. They also receive an on-site orientation to YADHC where they are provided with pertinent information regarding frail adults. All rides are carefully logged, documenting all pick-up and drop-off times.

This request is being submitted as current ongoing funding sources do not adequately cover the Center's actual cost. Transportation alone accounts for 24% of program expenses; second only to staffing. With the requested amount of CDBG funds the cost per beneficiary is \$120. If transportation was provided directly by the County's paratransit service at \$2.00 per one way trip, a round trip to the Center 5 days/week would be \$1000.00/year. If a caregiver were to drive their private vehicle 20 miles per day with fuel at \$1.70/gallon the cost would be close to \$450/year.

b. Target Group

As most individuals who utilize our services stay with the program for an average of four years, we do not experience large numbers in terms of unduplicated counts. We propose to serve 50 unduplicated older adults. Of these, 50% will be very low and low-moderate income. The number of proposed one-way trips for the year is 3300. Therefore, the CDBG cost of a one-way trip is \$1.82.

To describe our current Davis client population: 84% suffer from dementia related to either Alzheimer's Disease, post-stroke or Parkinson's Disease (compared to 39% for the total Center clientele); and 11% are current mental health clients. With respect to living situation: 11% live alone; 26% live with an elderly spouse; 21% are SSI level residents in board and care facilities where limited activities and no medical services are offered; and 63% live with working caregivers. As we work closely with the entire family, we know that 89% of the caregivers receiving services at the Center are at very high risk of burn out. Ambulation devices are commonly utilized; 63% require a walker, wheelchair or quad-cane of which 21% use a wheelchair exclusively.

c. Outreach

Posters and flyers are continually distributed to local community centers, churches, senior centers and other sites where seniors frequent. Additionally, the availability of service notifications will be provided to local community access programming on local television and cable stations. The YADHC caregiver support group continues to assist with ensuring caregivers are aware of the program. Also, we will continue to offer education sessions this year addressing caregiver needs.

Our most successful outreach has been effective and strong working relationship with other providers within the aging network.

TIMELINE

Work Plan (Identify activities and completion dates)

Service is ongoing and therefore implementation is in place. Services will be provided throughout the fiscal year. Outreach and publicity materials are currently available.

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

BUDGET SUMMARY*

Budget Category	Proposed Project	Other Sources	Total
A. Salaries and Wages	0	\$3830	\$3830
B. Fringe Benefits	0	\$881	\$881
C. Consultant/Contract Services (Transportation Services)	\$6000	\$41,441	\$47,441
TOTAL PERSONNEL/CONTRACT BUDGET	\$6000	\$46,152	\$52,152
D. Office Rent			
E. Utilities			
F. Telephone			
G. Office Supplies			
H. Equipment			
I. Printing/Duplication			
J. Travel/Conferences			
K. Other (Specify)			
TOTAL NON-PERSONNEL BUDGET			
TOTAL PROJECT BUDGET	\$6000	\$46,152	\$52,152

* Please revise this form and annotate budget items as needed