

PROJECT NARRATIVE

a. Need

Since 1984, Yolo Adult Day Health Center (YADHC) has worked to assist frail adults and family 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. With a mission of maximizing independence, the Center must focus on timely medical care, physical activity to maintain strength and socialization to ensure a connection with community. These goals are achieved via the teamwork of a professional staff comprised of nurses, physical/occupational/speech/recreational therapists, social workers, dieticians, and personal care staff. Additionally, the Center recognizes the importance of family caregivers and provides ongoing workshops and consultation sessions to ensure availability of the educational and emotional support needed to maintain their around the clock care. YADHC is the only adult day health program in Yolo County. As the population ages, the Center has experienced a steady growth over the last six years. Currently the Center is serving at capacity and struggles to work a waiting list of over 31 families (7 of these are Davis residents).

Adult day health, being community-based, is without a doubt an innovative approach to long term care that is clearly a desirable alternative. One reason the Center is so successful at achieving its goals is the availability of transportation. Few Davis residents would be able to access the Center's unique services without the transportation component. Most clients depend on 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.

Unfortunately, the cost of transportation is becoming unbearable to the Center. Currently, it costs \$19.50 per client per day. Transportation expenses alone account for 56% of the daily rate charged for respite services and 28% of the MediCal reimbursement rate. It leaves too few dollars to cover the multiple other expenses associated with adult day care such as staff, food and supplies. Last year's CDBG funding was crucial in ensuring that needs of Davis were met. Reviewing FY 2001-2002 year end budget, one can see the Center finished with a deficit. The current fiscal year, at the end of the second quarter, we find ourselves \$3525 to the good with six months to go. Hopefully what is demonstrated is the fine financial line the Center operates under. Like all non-profits, the vulnerability to economic swings is severe and this next year with a 10% Medi-Cal cut being proposed, the Center is facing the most challenging financial crisis in its history.

With the assistance of the 2002-2003 CDGB dollars, YADHC, between July and December 2002, provided 3948 one-way rides between Davis and Woodland. This is an average of 608 rides per month or 30 rides per day. This number constitutes 27% of the entire clientele served.

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. In addition, 10% of YADHC clients are diagnosed with a chronic mental health problem which can be carefully monitored by staff avoiding crises and greatly reducing need for hospitalizations.

While the Center serves all individuals, 74.6% are low income. Guaranteeing transportation to and from the Center significantly impacts an individual's ability to attend the Center.

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. This year, additional proposals are submitted to the City of Woodland, Starbucks and Area 4 Agency on Aging requesting assistance with the purchase of minivan to utilize for more ambulatory clients. **Role of volunteers:** A very important group of individuals who are a part of our program are the volunteers. 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 2002, YADHC benefited from the direct services of over 53 volunteers who contributed over 2651 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 provides support by transporting Senior Companions in order that they can continue their volunteer efforts. Also, the Center is providing grant dollars to Citizen's Who Care to assist with mileage for Senior Companions and respite dollars for the Saturday Time Off Program. The Center is also facilitating the continuation of the Spanish Speaking Elders Coalition which is comprised of over 23 organizations. **Complementary services offered by other programs:** While adult day health is unique it is greatly complimented by other programs such as Yolo Hospice, In-Home Support Services, Citizen's Who Care, Davis Senior Center, Del Oro Caregiver Resource Center and the Older Adult Program. 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. **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 19, 2003 YADHC, Citizen's Who Care, Elderly Nutrition Program met to compare client lists. This exercise confirmed that while we occasionally serve the same clients, rarely are they being assisted simultaneously. We discovered only three mutual clients with the Elderly Nutrition Program which illustrates that together we represent a continuum of care that is accessed during different periods of time as an individual's health needs change. YADHC and the Time Off Program do not

offer respite at the same time therefore it always expected that we share clients. During 2002 five clients were utilizing both services.

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 19, 2003 is at 70 participants with 34% having a diagnosis of Alzheimer's Disease or related dementia. The average daily attendance as of this date is 44.5.

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 18% 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 \$133/year. 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/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 45

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 6900. Therefore, the CDBG cost of a one-way trip is \$0.87.

To describe our current Davis client population: 77% suffer from dementia related to either Alzheimer's Disease, post-stroke or Parkinson's Disease (compared to 34% for the total Center clientele). With respect to living situation: 38% live with an elderly spouse and 46% live with working caregivers. As we work closely with the entire family, we know that 84% of the caregivers receiving services at the Center are at very high risk of burn out. Ambulation devices are commonly utilized; 62% require a walker, wheelchair or quad-cane.

c. Outreach

Our most successful outreach has been effective and strong working relationship with other providers within the aging network. In addition the community support and workshops provided do much to help community members learn about adult day health and caregiver respite. The support groups will continue to be offered to assist with ensuring caregivers are aware of the program. Also, we are expanding education sessions this year addressing caregiver needs.

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	TOTAL Transportation for YADHC Clients	Proposed Davis Project CDBG Funds	Davis Route Other Sources*	Winters **West Sacramento Knight'sLanding Woodland	
A. Salaries and Wages	\$7,150	0	\$520	\$6,630	
B. Fringe Benefits	\$1,644	0	\$120	\$1,524	
C. 4 Contract Lift Vans @ 5 days/week	\$222,000	\$6000	\$49,500	\$166,500	
TOTAL PERSONNEL/CONTRACT BUDGET	\$230,784	\$6000	\$50,140	\$174,654	
D. Office Rent					
E. Utilities					
F. Telephone					
G. Office Supplies					
H. Equipment					
I. Printing/Duplication					
J. Travel/Conferences					
K. Other : Minivan (fuel, maintenance, registration)				\$3300	
TOTAL NON-PERSONNEL BUDGET				\$3,300	
TOTAL PROJECT BUDGET	\$234,094	\$6000	\$50,140	\$177,954	
		<table border="1"> <tr> <td><i>Total Davis Cost = \$56,140</i></td> </tr> </table>		<i>Total Davis Cost = \$56,140</i>	
<i>Total Davis Cost = \$56,140</i>					

* Sources include Area 4 Agency on Aging \$38,645

** West Sacramento support \$25,000