

CITY OF DAVIS
2008-2009 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: Yolo Adult Day Health Center

Street Address: 20 N Cottonwood Street
Mailing Address: Same
E-mail Address: YADHC@dcn.org
Phone Number: 530.666.8828
Fax Number: 530.666.8826

Contact: Dawn Myers Purkey **Address:** Same **Phone:** Same
(Be sure to list the **best contact** to get information to the organization as quickly as possible.)

Total Proposal Request: \$ 6000

(Check one) XX 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) **Health Care:** Transportation to improve access to basic health care for frail elders and persons with disabilities
- 2) **Support Independent Living:** Respite, meals, transportation to adult day care
- 3) **Health Care:** Health screening, education and outreach services.

XX PUBLIC SERVICE _____ NON-PUBLIC SERVICE

Beneficiary Information:

- 105 Total number of beneficiaries in program
18 Number of beneficiaries in program to be served with **CDBG** funds
55% Percentage of the **CDBG** beneficiaries with low/moderate income
\$333 Cost (\$) per **CDBG** beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. Need

Need: It is estimated that 1 out of every 4 households is involved in caregiving to persons aged 50 and over . 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 also commonly accepted that caregivers who seek support and respite via programs such as adult day services experience less stress than those who do not . 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, avoid premature nursing home placement and benefit from ongoing medical monitoring.

The Center provides a variety of medical and support services such as nursing, physical/occupational/speech therapy, social work, podiatry, psychiatric care, a meal and valuable socialization for dependent and frail adults. These services are designed to maximize independence, optimize self-care and support caregivers.

The services provided at YADHC would be inaccessible for most without the provision of the specialize accessible transportation component. Due to ambulation devices such as wheelchairs and walkers, lift busses are usually the only means available to travel. Also, in many cases, caregivers are no longer driving or are employed. Where frail adults live alone, there is rarely an alternative to specialized door-to-door assistance. Other community options are unable to accommodate this frail client population. Consequently, transportation service is an essential element in assuring equitable access to adult day services.

YADHC is quite experienced in providing transportation. In FY 07, the Center coordinated over 23,600 one way rides a year to an unduplicated count of 102 residents of Yolo County. As a result of careful attention to safety, there have been no incidences of accidents or compromised patient safety.

b. Benefit

Documented program impact/benefit includes reduction in hospitalizations, decrease use of emergency rooms, improved home safety, reduced risk of falls, reduced incidents of depression, prevention of medical crises, reduced caregiver stress, increased access to medical care, improved medication management, improved nutritional intake and increased physical endurance. In addition program participants experience increased endurance, improved nutritional intake and opportunities to interact in an intergenerational environment.

The Center ensures that all income levels are able to benefit from the program. This year the Center raised \$9400 to offset costs for families whose income is marginal yet they are ineligible for Medi-Cal . Davis residents primarily fall into this category and are the most frequent benefactors of these efforts.

By providing health care, support services and addressing the needs of the caregivers, critical needs, as set forth by the City Council, are well addressed by YADHC. The Center clearly targets adults at risk of institutionalization and loss of independence. The typical participant enrolled at the Center has a minimum of two chronic medical diagnoses, needs assistance with toileting and utilizes a device to assist with ambulation. All participants require assistance for instrumental activities such as shopping, bill paying, transportation cooking or cleaning. In addition 53% of current Davis clients are low income and 73% are homebound.

c. Other Resources and Collaboration

Other potential or actual sources of funds: Identifying other sources of funding support is a key activity at YADHC. The budget requires that an additional 20% of funds be raised to augment revenues.

Transportation is the number two cost item for the Center (staff being first). Financial assistance is sought through a variety of sources including Area 4 Agency on Aging, City of Woodland, City of Davis, City of West Sacramento and Friends of Adult Day Health Care. At the requested amount, Davis CDBG funds would only account for 10% of total cost for Davis residents. **Fundraising:** Fundraising efforts consist of grant writing, annual music event, mail solicitation and craft/bake sales. In addition we go to area service groups to purchase specific equipment items. **Role of volunteers:** Volunteers play a vital role on our day-to-day operations. Contributions include assisting participants on and off the vans/buses, providing activities and entertainment, assisting with serving snack and lunch, writing letters for participants, teaching computer, assisting with outreach efforts, writing newsletter articles, and decorating Center. In 2007, YADHC benefited from the direct services of over 45 volunteers who contributed 2554 hours. In addition to the volunteers above, the Center is supported by 10 members of Friends of Adult Day Health Care and five Utilization Review members who cumulatively provide 200 additional hours a year. The volunteer program greatly benefits participants and staff but also it greatly enhances the volunteers' lives. The Center also hosts up to 10 student interns from each year from UDC and Sacramento State University.

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 and senior center based programs. Adult day health has a unique role in this continuum of care by directly addressing the medical, therapy and social needs of the individual on a regular basis.

YADHC coordinates 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.

YADHC also has a special agreement with Home Instead and Comfort Keepers who provide reduced rates for in-home caregivers for families attending YADHC workshops.

d. Organizational Capacity

YADHC first began providing service in 1984 and has always included transportation. To ensure quality transportation staff devotes significant time to planning, coordinating and training to guarantee passenger safety. Despite the many challenges of increased costs for fuel, insurance and staffing, the Center remains strong in its commitment to meet regulatory and community needs. In April 2007, during California Department on Aging's onsite inspection, no deficiencies were found for any component of the program.

During FY 07, YADHC provided 1528 one way trips to Davis residents.

SCOPE OF SERVICES

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

Yolo Adult Day Health Center will ensure the community is served 250 days per year. Vehicles will accommodate special needs of disabled adults. All scheduling and phone contact will be handled by the YADHC Transportation Coordinator. Each day, participants will be picked up at their home and escorted to the bus from their door to the vehicle. All manifests contain individualized instructions to ensure the driver is aware

of special circumstances such as dementia or risk for falls. All drivers are equipped with a cellular phone and an emergency roadside kit to facilitate timely and effective response to any emergency. Detailed documentation includes all pick up and drop off times, daily vehicle inspections and all vehicle maintenance.

The Drivers are well trained to communicate directly with other staff regarding any unusual incidences or observations. The Drivers adhere to a rigorous initial and ongoing training schedule.

With the requested amount of CDBG funds the cost per beneficiary is \$250. If transportation were provided directly by the County's paratransit service at \$3.00 per one-way trip, a round trip to the Center 5 days/week would be \$1500.00/year for any one family. If a caregiver were to drive their private vehicle 20 miles per day with fuel at \$3.15/gallon the cost would be close to \$800/year. A cost many families can ill-afford.

b. Target Group

The Center targets at-risk adults. Common diagnoses include Alzheimer Disease or related dementias, post-stroke, Parkinson's Disease, diabetes, osteoporosis, degenerative joint disease, psychiatric disorders and acute hypertension just to name a few. In addition we target families who are at high risk of burnout due the caregiving responsibilities. Many clients live with an elderly spouse, or a working caregiver. Regarding mobility, most YADHC including Davis clients utilize either a walker or wheelchair for safer ambulation.

Once participants enroll in the program, the average length of stay is four years. Consequently, we do not experience large numbers in terms of unduplicated counts. We propose to serve 18 unduplicated older adults. Of these, 55% will be very low to low-moderate income. The number of proposed one-way trips for the year 2300. Therefore, the CDBG cost of a one-way trip is \$2.61.

c. Outreach

To address outreach in the community, the Center benefits by networking with social and medically based services such as hospitals, County mental health, home health, senior centers and hospital discharge planners. The Program's focus on activities outside the Center such as community education/caregiver workshops, support service consultations, support groups, professional trainings, Medicare Part D Assistance Program, social work forums and information fairs greatly increases the community's awareness of service capabilities especially to individuals within the target groups. YADHC clients are generally homebound therefore outreach must be through this carefully nurtured network system that also includes presentations to churches and service organizations. We also make a strong effort to provide translation in Spanish at most events due to the number of Spanish-speaking families in Yolo County. With 25% of YADHC staff bilingual Spanish; the needs of monolingual participants are met.

Our most successful outreach has been our strong working relationship with other providers within the aging network and includes hospital discharge planners, skilled nursing facilities, Yolo County Department of Mental Health (which encompasses the Older Adult Program), Yolo County Department of Public Health, Public Guardian's Office, Citizen's Who Care, People's Resources, Inc. (Elderly Nutrition Program), Yolo Hospice, the three senior centers, all local home health agencies, UCD Alzheimer Diagnostic Treatment Center, multiple residential care facilities for the elderly, physicians, and Ombudsman Services of Northern California (in conjunction with Legal Services

PERFORMANCE SCHEDULE

Work Plan (Identify activities and completion dates)

List Activity

Completion Date

Work Plan (Identify activities and completion dates)

- | | |
|---|---------------|
| 1. Activity 1: Start new fiscal year service. | July 1, 2008 |
| 2. Activity 2: Provide minimum 6 Davis-based caregiver educational events. | June 20, 2009 |
| 3. Activity 3: Conduct client satisfaction survey. | May 30, 2009 |
| 4. Activity 4: Completion of driver and staff competency for all new employees regarding passenger safety including current CPR certification and annual DMV driving record check. | July 1, 2008 |

PERFORMANCE MEASUREMENTS

ACTIVITY (What the program does to fulfill its mission)	INDICATOR (The direct products of program activities) Service #s	OUTCOME (Benefits that result from the program)
Provide accessible transportation to Davis residents to Yolo Adult Day Health Center	Provide a minimum of 190 one way rides per month.	<ol style="list-style-type: none"> 1. Program participants will benefit from medical, rehabilitative and social services. 2. Caregivers will have needed respite to help reduce stress and maintain stamina.
Serve program participants and caregivers.	Provide service to a minimum of 18 participants and caregivers.	<ol style="list-style-type: none"> 1. Participants will have vitals monitored on a regular basis, consistent exercise and opportunities to explore new areas of interest. 2. Caregivers will be provided extensive educational and emotional support.
Safety training and monitoring will ensure maximum safety at all times during transport.	No incidences of injuries during transport.	<ol style="list-style-type: none"> 1. Participants will not suffer from injuries as a result of poor safety measures.

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

*BUDGET SUMMARY FOR PROPOSED PROJECT**

Budget Category	Proposed Project "CDBG Portion"	Other Sources	Total
A. Salaries and Wages	0	\$2,549	\$2549
B. Fringe Benefits	0	\$ 586	\$ 586
C. Consultant/Contract Services	0		
<i>TOTAL PERSONNEL BUDGET</i>	0	\$3,135	\$3,135
D. Office Rent	0	0	0
E. Utilities	0	0	0
F. Telephone	0	0	0
G. Office Supplies	0	0	0
H. Equipment	0	0	0
I. Printing/Duplication	0	0	0
J. Travel/Conferences	0	0	0
K. Other (Specify)	\$6,000	\$57,000	\$63,000
<i>TOTAL NON-PERSONNEL BUDGET</i>	\$6,000	\$57,000	\$63,000
TOTAL PROJECT BUDGET	\$6,000	\$60,135	\$66,135

*** Please revise this form and annotate budget items as needed**

NEW REQUIREMENTS: All applicants are requested to submit a copy of their organization's Operating Budget.