

CITY OF DAVIS
2009-2010 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: **Yolo Adult Day Health Center**

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Contact: Dawn Myers Purkey, Program Manager **Address:** Same **Phone:** (530) 666-8828
(Be sure to list the **best contact** to get information to the organization as quickly as possible.)

Total Proposal Request: \$ 6000

(Check one) 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) Transportation to improve access to basic health care for frail elder adults.
- 2) In-home care, respite, meals, hospice, transportation, and adult day care.
- 3) Elder care coordination collaboration to place elder adults in the appropriate living environment; case worker/ social worker services to support transitional and supportive housing needs.

PUBLIC SERVICE NON-PUBLIC SERVICE

Beneficiary Information:

116 Total number of beneficiaries in program
21 Number of beneficiaries in program to be served with **CDBG** funds
70% Percentage of the **CDBG** beneficiaries with low/moderate income
\$286 Cost (\$) per **CDBG** beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. Need

The purpose Yolo Adult Day Health Center (YADHC) is to assist at risk adults in maintaining a meaningful life-style by providing medical, social, rehabilitative and respite services to maximize independent living. To demonstrate the level of frailty, 100% YADHC participants are certifiable for skilled nursing care. 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 support needed to maintain around the clock care.

The demand for adult day health services continues to increase. The Center currently is full with 35 Yolo County residents on the waiting list, five of which are low income Davis residents. Referrals come from diverse sources such as home health agencies, hospital discharge planners, adult protective services, social services, public guardian and family members themselves. The need for affordable, community-based and comprehensive care like adult day health is represented in the growing waiting list.

The transportation options available for attending the Center are limited thus creating the need to provide direct assistance (Davis Senior Transit Services does not serve Woodland; Yolo Bus is unable to handle YADHC service levels). Center clients no longer drive and physical/cognitive problems make it difficult or impossible to use public transportation. In addition, if a caregiver is present, the caregivers are often quite elderly themselves or possibly represent the sandwich generation and are working full-time supporting the family.

Primary accomplishments: In 2008 YADHC coordinated over 24,000 one way trips a year to an unduplicated count of approximately 116 residents of Yolo County. There have been no incidences of accidents or compromised patient safety.

b. Benefit

The Center provides comprehensive long-term services to families who are both able and unable to afford the program. The Center continually seeks additional funding to provide scholarships. Davis residents often are unable to purchase all the support services they need to keep their loved at home yet are not so low income that they qualify for services supported by Medi-Cal. Adult day health is a multidisciplinary service provided and therefore can address multiple critical needs such as respite, access to medical care, coordination of care, caregiver support and counseling. In addition, support this year allows the Center to purchase in-home respite for caregivers as well.

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. Currently 80% of current Davis clients are low to moderate income and over half would be completely homebound were in not for specialized transportation vehicles.

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, City of Woodland, City of Davis and Friends of Adult Day Health Care. In addition, the Center continually seeks to purchase new vehicles via

CalTrans grants and local community fundraising. **Fundraising:** Fundraising efforts consist of grant writing, annual music event (Blues Harvest), mail solicitation and craft/bake sales. **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 2008, YADHC benefited from the direct services of over 37 volunteers who contributed 2159 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. **Collaboration efforts with other programs:** While YADHC makes and receives referrals from a diverse array of social service providers. Specific collaborations include working to develop a local Caregiver Registry with a group of community advocates (June 2007 to present). Teaming with Eleanor Roosevelt Senior Housing to provide an Early Memory Loss Support Group (Sept-Nov 2008); YADHC also negotiates special rates with Home Instead, Support from Home and Comfort Keepers to provide respite for in-home caregivers. (July 2007 – present) **Complementary services offered by other programs:** While adult day health is unique, it is greatly complimented by other adult services such as Elderly Nutrition Program, Hospice, Citizen's Who Care and Yolo County services, to mention a few. This network of providers not only collaborates on behalf of client care but also addresses problems from a systems level via the Commission on Aging. **Duplicative services:** YADHC is currently the only weekday program targeting older adults in the Davis/Woodland/Winter communities. Our respite, medical and other support services are not duplicated by other programs for the same clientele.

d. Organizational Capacity

This year marks the Center's 25th Anniversary. Yolo Adult Day Health Center has always included transportation as a vital service. Adult day programs in general are a key component of long term care services. Yolo County and Davis specifically are fortunate to have this community-based service option for frail adults as not all communities in California do. In light of demographic changes indicating that the population is living longer with more care needs, adult day health care will continue to thrive.

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 ensures specialized door-to-door transportation services to frail adults who live in the Davis area 250 days/year. For three of our five routes, the Center contracts with Veolia, Inc who is the provider of paratransit services for Yolo County. A YADHC Transportation Coordinator is responsible for handling all transportation logistics that include daily schedules, setting routes and manager the maintenance of the vehicles. Every morning and afternoon, the Coordinator contacts the transportation provider to confirm the daily rides and reports any special circumstances to the driver. If needed, the Center will provide AM reminder calls. 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. All rides are carefully logged, documenting all pick-up and drop-off times.

Each morning, all 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. The afternoon runs are the morning routes in reverse. All drivers are equipped with a cellular phone and an emergency roadside kit to facilitate timely and effective

response to any emergency. The key staff involved will include the Transportation Coordinator who has the daily responsibility of scheduling and confirming rides; the Drivers who have the responsibility of providing safe and timely passage. Program Manager who has all oversight responsibilities

CDBG funds are being requested as current ongoing funding sources do not adequately cover the Center's actual cost. Transportation alone accounts for 21% of program expenses; second only to staffing. With the requested amount of CDBG funds the cost per beneficiary is \$286.00. If transportation was 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/year. If a caregiver were to drive their private vehicle 20 miles per day with fuel at \$2.50/gallon the cost would be close to \$625/year.

Serving homeless adults has been rare for the Center.

- b. **Target Group** Quantify the number of low- and moderate-income persons/households to be assisted per service/activity/project.

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 21 unduplicated older adults. Of these, 70% will be very low to low-moderate income. The number of proposed one-way trips for the year is 2450. Therefore, the CDBG cost of a one-way trip is \$2.45.

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.

- c. **Outreach** Discuss outreach efforts for the proposed service/activity/project.

Outreach is ongoing focuses on activities outside the Center such as community education/caregiver workshops, support service consultations, support groups, professional trainings, 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 which 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 and skilled nursing facilities, Yolo County Department of Mental Health (which encompasses the Older Adult Program), Public Guardian's Office, Citizen's Who Care, People's Resources, Inc. (Elderly Nutrition Program), the three senior centers, all local home health agencies, UCD Alzheimer Diagnostic Treatment Center, multiple residential care facilities for the elderly and physicians

PERFORMANCE SCHEDULE

Work Plan

<u>Activity</u>	<u>Completion Date</u>
1. Activity 1: Start new fiscal year service.	July 1, 2009
2. Activity 2: Provide minimum 4 Davis-based caregiver educational events, 8 newspaper press releases,	June 30, 2009
3. Activity 3: Conduct client satisfaction survey.	May 30, 2010
4. Activity 4: All new staff regarding passenger safety including current CPR certification and annual DMV driving record check.	Ongoing

Performance Measurements

ACTIVITY	INDICATOR	OUTCOME
Provide accessible transportation to Davis residents to Yolo Adult Day Health Center	Provide a minimum of 204 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 21 participants.	<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	\$11,116	\$11,116
B. Fringe Benefits	0	\$ 2,557	\$ 2,557
C. Consultant/Contract Services	0	0	0
<i>TOTAL PERSONNEL BUDGET</i>	0	\$13,673	\$13,673
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	\$46,000	\$51,000
<i>TOTAL NON-PERSONNEL BUDGET</i>	\$6,000	\$46,000	\$51,000
TOTAL PROJECT BUDGET	\$6,000	\$59,673	\$65,673

*** 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.