

2010-2011 CDBG APPLICATION WORKSHEETS AND INSTRUCTIONS

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) 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)

- 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.

XX PUBLIC SERVICE NON-PUBLIC SERVICE

Beneficiary Information:

120 Total number of beneficiaries in program
22 Number of beneficiaries in program to be served with **CDBG** funds
83% Percentage of the **CDBG** beneficiaries with low/moderate income
\$272 Cost (\$) per **CDBG** beneficiary (CDBG Request/CDBG Beneficiaries)

PROJECT NARRATIVE

a. Need

Like the rest of California, Yolo County will see a doubling of the 85+ population in the next 25 years. This defines a growing pocket of people who are need of additional support to remain in their homes, avoid preventable crises and minimize unnecessary placement in skilled nursing. It is well established that YADHC is an effective service provider as the day health model incorporates medical care while simultaneously coordinating additional in-home support services to ensure individuals' and their caregivers' needs are met.

Regarding the need for adult day health services specifically, the demand for day health services continues to increase. The Center currently is full with 20 Yolo County residents on the waiting list. 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 minimal thus creating the need to provide direct assistance.

The transportation options available for attending the Center are limited thus creating the need to provide direct assistance (Davis Community Transit Services are within Davis only); Yolobus Special is unable to accommodate the large 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 FY 2008-2009 YADHC coordinated 22,288 one way trips to over 100 residents of Yolo County. Of those totals, 3026 were for 19 Davis residents this exceeded proposed units of service by 746 trips. These numbers have been consistent until this year. Since July 2009, the current fiscal year, in the first six months, we have already provided 2162 rides to 18 Davis residents; a 40% increase compared to the first six months of last fiscal year. This is quite indicative of the growing need.

b. Benefit

The Center's current client population is 70% Medi-Cal and therefore very low income. For current Davis clients: 30% very low; 11% low and 30% moderate. The Center, however, ensures that all income levels are able to benefit from the program. Our scholarship program is designed to supplement program costs for families whose incomes are marginal yet they are ineligible for Medi-Cal. Last year the Center raised \$11,000 for scholarships. Davis residents primarily fall into this category and are the most frequent benefactors of these efforts.

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, specialized dementia and respite services to maximize independent living. To demonstrate the level of frailty, 100% YADHC participants are certifiable for skilled nursing care. By providing comprehensive medical and support services to individuals and caregivers, critical needs, as set forth by the City Council, are well addressed by YADHC. Specifically, YADHC **transports clients to basic healthcare**. Adult day health addresses multiple critical needs such as **respite**, access to medical care, **coordination of care**, caregiver support and counseling. With addition, grant support, the Center to purchases **in-home respite for caregivers**.

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.

c. **Other Resources and Collaboration** .

Identify other potential or actual sources of funds. Keeping operating costs as contained as feasibly possible, it costs the Center \$101 per day per client. Currently, Medi-Cal reimburses at \$76 per day. As 70% of the adhc population are Medi-Cal we are challenged to fundraise for 30% of program costs. Financial assistance has been through a variety of sources including Area 4 Agency on Aging, City of Woodland, City of Davis and Friends of Adult Day Health Care. This year during State budget cuts, the Alzheimer Day Care Resource Center funds from the State Department of Aging (\$75,000/year) were completely eliminated. This has been a significant financial hurdle to overcome. Identifying other sources of funding support is a key activity at YADHC. At the requested amount, Davis CDBG funds would only account for 11% of total cost for Davis residents. We are seeking additional grants and have, unfortunately, raised our rates for private pay this year to help meet costs.

What fund raising has the organization done to support the proposed project? Community 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 item. We just received notification that we are a successful applicant for the Cal Trans 5310 Elderly and Disabled Transit Program. This grant will allow us to replace an older bus with expensive repair bills.

What role do volunteers play in this project? Volunteers in general made an enormous contribution to the Center. Currently the Center is hosting 21 volunteers and interns who in total contribute 63 hours per week. This is not including the uncalculated hours of the Friends Board or the Utilization Review Committee who contribute greatly to the health and well-being of the program. The Center is proud of the robust internship program for UCD interns. During the past 6 months, we have provided 18 third and fourth year students with 3 month internships working with a registered nurse, physical therapist, occupational therapist, social worker or recreational therapists. This valuable experience significantly impacts their understanding and compassion for frail adults.

Has your organization developed this project in collaboration with other groups offering services? The adult day health is continually involved in collaborations. Joint efforts optimize resources. Examples include health fairs, caregiver trainings and respite services. YADHC continues to have a special agreement with Home Instead and Comfort Keepers who provide reduced rates for in-home caregivers for families attending YADHC workshops. For transportation specifically, we have generally had to operate independently. Reasons for this include: local transit such as Davis Community Transit does not serve Woodland and few service providers offer transportation. For those that do have bus service, United Cerebral Palsy for example, they are operating full busses at the same time as YADHC thus limiting options for finding efficiencies. This year we have increased the use of Yolobus Special to augment our growing transportation needs.

What services offered by other community groups complement the proposed project? 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, weekend 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.

Are the proposed activities duplicative of projects operated by other local public or non-profit organizations? YADHC offers morning and afternoon door to door transportation 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**

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, State budget stress and staffing, the Center remains strong in its commitment to meet regulatory and community needs. We are monitored by the State Department of Aging, Department of Health Care Services, Department of Education, Area 4 Agency on Aging, Yolo County Health Department. State and local inspections have consistently been exemplary. As stated above, YADHC fills a unique niche of comprehensive day health services, community-wide caregiver support and specialized dementia services. Our ability to provide support services to medically frail adults as well those with traumatic brain injury and chronic mentally ill truly makes us unique.

SCOPE OF SERVICES

a. **Project Description**

CDBG funds are being requested to fund this ongoing project due to the critical need and lack of other transportation alternatives. Transportation alone accounts for 19% of program expenses; second only to staffing. CDBG significant help bridge the gap between what the Center is reimbursed for services and what the services cost. With the requested amount of ongoing CDBG funds the cost per beneficiary is \$272 per year. Knowing that a Davis participant averages 120 one way trips per year, the cost per trip is \$2.26. This is compared to Yolobus Special which would cost \$4.00 per trip.

Yolo Adult Day Health Center is proposing to ensure the transportation of frail adults from the Davis to Woodland. The Center will ensure 250 days per year of specialized lift bus service. The vehicle will accommodate special needs of disabled adult and offer door-to-door transportation services. All scheduling and phone contact will be handled at YADHC by the Transportation Coordinator. Every morning and afternoon, the Coordinator confirms the daily rides and reports any special circumstances important for the driver to know. If needed AM reminder calls are provided. Upon arrival at the Center, each driver reports to the Coordinator unusual incidences or observations they may have noticed. All rides are carefully logged documenting pick-up and drop-off times. For three of our five routes, the Center contracts with Veolia, Inc who is the provider of paratransit services for Yolo County

Each participant will be picked up at their home and escorted to the bus from their door to the vehicle. All schedules 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.

In general we have not served the homeless population. On occasion local homeless adults in the Woodland area do join us for lunch or participate in our group exercise program. This however is quite rare.

b. **Target Group**

YADHC targets a diverse group of at risk adults. The typical participant enrolled at the Center has a minimum of four chronic medical diagnoses with 60% needing assistance with toileting, and 54% with walking. 100% of participants also require assistance for instrumental activities such as shopping, bill paying, transportation, cooking or cleaning. In addition 75% of clients are very low and low-moderate income and 75% are homebound. 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.

To describe our current Davis client population: 75% suffer from dementia related to either Alzheimer's Disease, post-stroke or Parkinson's Disease (compared to 42% for the total Center clientele). As we work closely with the entire family, we know that 63% of the caregivers receiving services at the Center are at very high risk of burn out. With respect to living situation: 25% live alone; and 50% live with working caregivers

We propose to serve 22 unduplicated frail adults. Of these, 83% will be very low to low-moderate income. The number of proposed one-way trips for the year is 3300.

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

Outreach is critical to ensure awareness of adult day health services. It is guided by the Center's close networking with community-based programs, home health 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, 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.

Outreach is also addressed via our direct and ongoing collaborations with other providers with the aging network. Joint events, shared space and inter-referrals are common. We are very fortunate in Yolo County to have a network of providers who are closely linked and able to effective work together with relative ease. Examples include hospital discharge planners, Public Guardian's Office, Citizen's Who Care, Elderly Nutrition Program, the three senior centers, local home health agencies, subsidized senior housing managers, UCD Alzheimer Diagnostic Treatment Center, multiple residential care facilities for the elderly and even physicians. Unfortunately this list is dwindling as this year the Older Adult Program, Del Oro Caregiver Resource Center and Linkages have been all been eliminated.

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, 2010 |
| 2. Activity 2: Provide minimum 6 Davis-based caregiver educational events. | June 20, 2010 |
| 3. Activity 3: Conduct client satisfaction survey. | May 30, 2011 |
| 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, 2010 |

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 275 one way rides per month.	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 22 participants and caregivers.	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.	1. Participants will not suffer from injuries as a result of poor safety measures.

PROJECT BUDGET

COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM

BUDGET SUMMARY FOR PROPOSED PROJECT*

Budget Category	Proposed Project "CDBG Portion"	Other Sources	Total
A. Salaries and Wages	0	\$2,732	\$2,732
B. Fringe Benefits	0	\$ 628	\$ 628
C. Consultant/Contract Services	0		
<i>TOTAL PERSONNEL BUDGET</i>	0	\$3,360	\$3,360
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	\$45,000	\$51,000
<i>TOTAL NON-PERSONNEL BUDGET</i>	\$6,000	\$45,000	\$51,000
TOTAL PROJECT BUDGET	\$6,000	\$48,360	\$54,360

*** 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.