

CITY OF DAVIS
2005-2006 COMMUNITY DEVELOPMENT BLOCK GRANT APPLICATION

Organization Name: Yolo Adult Day Health Center

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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: \$5000.00

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) Programs to Support Independent Living
- 2) Mental Health
- 3) _____

PUBLIC SERVICE

NON-PUBLIC SERVICE

Beneficiary Information:

35 Total number of beneficiaries in proposed project

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

56 Percentage of the CDBG beneficiaries with low, low/moderate income

\$143 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 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 that 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 around the clock care.

The Center is dedicated to ensuring that all participants are assured formal transportation to program services. Each year, YADHC coordinates over 22,500 one way rides a year to an unduplicated count of approximately 125 low-income residents and their caregivers in Yolo County. The service is expensive with this year's anticipated costs reaching \$223,359; a 9% increase above FY 2004-2005. The funds provided through this proposal will be used for direct service only and ensure a minimum of 35 unduplicated clients will be provided a minimum of 1800 one-way trips each year.

One of the primary reasons for the Center's success is the availability of transportation. Due to the level of frailty, few Davis residents would be able to access the Center's unique services without specialized transportation. Lift busses that provide door to door service with driver assistance ensures equitable access to adult day services regardless of mobility and/or cognitive limitations.

The cost of transportation is an enormous expense to the Center with the current cost at \$20.01 per client per day. Transportation expenses alone account for 42% of the daily rate charged for respite services and 29% of the Medi-Cal reimbursement rate. It leaves too few dollars to cover the multiple other expenses associated with adult day care such as nursing care, therapy, support staff, food and supplies. The current financial performance report that summarizes the first six months of this fiscal year shows a net loss of \$2097.

a. Benefit

The benefits of adult day programs are numerous. Adult day services are able to prevent hospitalization, premature nursing home placement, reduce risk of depression, maximize independence, reduce use of emergency room visits, 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.

While the Center serves all individuals, 75% are low income. All clients have chronic health care needs and are unable to perform at least two activities of daily living such as bathing, dressing, walking, eating and dressing. Guaranteeing transportation to and from the Center significantly impacts an individual's ability to attend the Center. In addition, the California

Association of Adult Day Services reports evidence that program participants experience 75% reduction in average hospital visits, 33% less emergency room visits and 45% less falls.

With the assistance of the 2004-2005 CDGB dollars, YADHC, between July and December 2004, provided 920 one-way rides between Davis and Woodland. This is an average of 154 rides per month.

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, City of Woodland and 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 was the recipient of the Soroptomist International annual fundraiser "Monte Carlo Night" and was able to purchase a new van. **Fundraising:** Fundraising efforts consist of grant writing, annual music event, mail solicitation, craft/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. This year the Center has received support for a music therapy program through Bet Haverim Congregation, Yolo County Realtors Association and Kaiser Permanente. **Role of volunteers:** YADHC 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 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 2004, YADHC benefited from the direct services of over 50 volunteers who contributed 1504 hours. YADHC takes the volunteer program very seriously because not only does it benefit participants and 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 continuously 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. In addition, the Center works directly with Del Oro Caregiver Resource Center, Alzheimer Association, Neighborhood Partners, IHSS, Home Instead, Yolo Hospice, Yolo County Older Adult Program, Sutter Community Benefit Committee and numerous other social service and healthcare providers serving frail and disabled adults in Yolo County. **Complementary services offered by other programs:** While adult day health is unique, it is greatly complimented by other programs such as those mentioned above. 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 Yolo County. Our respite, medical and other support services are not duplicated by other programs for the same clientele. On February 10, 2005 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 or receiving the same service. Collectively, these three services provide is a safety net for families struggling to maintain a loved one in their home.

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 RN's) 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, 2005 is at 76 participants with 42% having a diagnosis of Alzheimer's Disease or related dementia. The average daily attendance as of this date is 45 clients per day. As an adult day health care provider we target low income. Currently 53% 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 First Transit, 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 First Transit, 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.

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 \$143. 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 \$2.00/gallon the cost would be close to \$500/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 35 unduplicated older adults. Of these, 56% will be very low and low-moderate income. The number of proposed one-way trips for the year is 1800. Therefore, the CDBG cost of a one-way trip is \$2.78.

To describe our current Davis client population: 79% suffer from dementia related to either Alzheimer's Disease, post-stroke or Parkinson's Disease (compared to 42% for the total Center clientele). With respect to living situation: 57% live alone or with an elderly spouse; and 64% live with working caregivers. As we work closely with the entire family, we know

that 79% of the caregivers receiving services at the Center are at very high risk of burn out. Ambulation devices are commonly utilized; 43% require a walker, wheelchair or quad-cane.

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.

Performance Measurements

| ACTIVITY | INDICATOR | OUTCOME |
|--|---|---|
| Provide accessible transportation to Davis residents to Yolo Adult Day Health Center | Provide a minimum of 150 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 35 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

| Budget Category | TOTAL Transportation for YADHC Clients | Proposed Davis Project CDBG Funds | Davis Route Other Sources* | Winters Woodland **West Sacramento Routes |
|---|---|--|---|--|
| A. Salaries and Wages | \$ 22,568 | 0 | \$1,323 | \$ 21,245 |
| B. Fringe Benefits | \$ 5,191 | 0 | \$ 304 | \$ 4,887 |
| C. 3 Contract Lift Vans @ 5 days/week | \$ 192,000 | \$5,000 | \$ 65,000 | \$122,000 |
| TOTAL PERSONNEL/CONTRACT BUDGET | \$ 219,759 | \$5,000 | \$ 66, 627 | \$148,132 |
| D. Office Rent | | | | |
| E. Utilities | | | | |
| F. Telephone | | | | |
| G. Office Supplies | | | | |
| H. Equipment | | | | |
| I. Printing/Duplication | | | | |
| J. Travel/Conferences | | | | |
| K. Other : Minivan (fuel, maintenance, registration) | \$ 3,600 | 0 | 0 | \$ 3,600 |
| TOTAL NON-PERSONNEL BUDGET | \$ 3,600 | | 0 | \$ 3,600 |
| TOTAL PROJECT BUDGET | \$223,359 | \$5,000 | \$ 66, 627 | \$151,732 |

* Sources include Area 4 Agency on Aging \$41,251

** West Sacramento support \$25,000