

CDBG AND DISCRETIONARY GRANTS

**YOLO ADULT DAY HEALTH CENTER  
TRANSPORTATION**



**PROJECT NARRATIVE (You may adjust the spacing as necessary, however the body of the application may not exceed four (4) pages, excluding the performance schedule and budget.)**

- a. **Need** Document the need for the project/program. If the project has been funded before, what have been the primary accomplishments?

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 2005 YADHC coordinated over 23, 000 one way rides a year to an unduplicated count of approximately 100 low-income residents of Yolo County. There have been no incidences of accidents or compromised patient safety.

- b. **Benefit** Discuss how the project/program provides benefit to low-income persons. How does the proposed project respond to the critical needs listed in Section 7?

The Center provides comprehensive long-term services to families who are both able and unable to afford the program. The Center raises \$4000 per year to offset costs for families who are low income yet unable to access Medi-Cal services.

With respect to responding to critical needs, YADHC targets a diverse group of adults all of whom are at risk of institutionalization and loss of independence. The typical participant enrolled at the Center has a minimum of two chronic medical diagnoses with 62% needing assistance with toileting, and 56% with walking. 100% of participants also require assistance for instrumental activities such as shopping, bill paying, transportation cooking or cleaning. In addition 56% of clients are very low and low-moderate income, 37% are rural and 75% are homebound.

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 48% for the total Center clientele); and 12% are current mental health clients. As we work closely with the entire family, we know that 89% of the caregivers receiving services at the Center are at very high risk of burn out. With respect to living situation: 15% live alone; 40% live with an elderly spouse; and 45% live with working caregivers. Ambulation devices are commonly utilized; 65% require a walker, wheelchair or quad-cane of which 18% use a wheelchair exclusively.

- c. **Other Resources and Collaboration** Identify other potential or actual sources of funds. What fund raising has the organization done to support the proposed project? What role do volunteers play in this project? Has your organization developed this project in collaboration with other groups offering services? What services offered by other community groups complement the proposed project? Are the proposed activities duplicative of projects operated by other local public or non-profit organizations?

**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 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. **Fundraising:** Fundraising efforts consist of grant writing, annual music event, mail solicitation and craft/bake sales. The Center collaborates with Leave a Legacy, National Association of Retired Federal Employees and annually participates in the local Human Race to raise funds for the Center and the community alike. **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, assisting with outreach efforts, writing newsletter articles, and decorating Center. In 2005, YADHC benefited from the direct services of over 36 volunteers who contributed 1250 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. 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 is subcontracting with Citizen's Who Care for respite services on Saturday. In addition, the Center is partnering with the Knights Landing Health Clinic to assist with patient transportation for medical appointments. YADHC 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 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 Yolo County. Our respite, medical and other support services are not duplicated by other programs for the same clientele.

- d. **Organizational Capacity** Summarize the organization's background/programmatic capacity. Does your organization or proposed service fill a unique niche among clients who are not currently served, or are under-served? Attach a list of the Board of Directors.

For 22 years, Yolo Adult Day Health Center has been providing transportation services for program participants. Over the years we have implemented a variety of collaborative arrangements with other Yolo County providers to assure program participants safe and timely door-to-door transportation service. Currently, YADHC coordinates over 22,500 one way rides a year to an unduplicated count of approximately 100 low-income residents of Yolo County.

### **SCOPE OF SERVICES**

- a. **Project Description** Describe the proposed service/activity/project to be carried out with the funds requested. If the proposed project is ongoing, specify why the funds are needed to serve low and moderate-income persons. Discuss the cost-per-beneficiary in relation to private and other organizations delivering similar services. Please note what proportion of the proposed budget will support direct services to homeless people. CDBG funds can only be used for expenditures which directly benefit CDBG-eligible clients.

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.

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 a 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 \$40.00. 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 30 unduplicated older adults. Of these, 36% will be very low to low-moderate income. The number of proposed one-way trips for the year is 2000. Therefore, the CDBG cost of a one-way trip is \$2.25.

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

Outreach is ongoing and guided by the Center's close networking with home health and hospital discharge planners. In addition the Center receives a minimum of one referral a week from Adult Protective Services. 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 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, 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), 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)

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|--|---------------|
| 1. <b>Activity 1:</b> Start new fiscal year service.   | July 1, 2006. |
| 2. <b>Activity 2:</b> Provide minimum 4 Davis-based caregiver educational events, 12 newspaper press releases, monthly visit to Davis Senior Center to maximize program visibility.                | June 20, 2006 |
| 3. <b>Activity 3:</b> Conduct client satisfaction survey.  | May 30, 2006  |
| 4. <b>Activity 4:</b> Completion of driver and staff competency for and ongoing. All new staff regarding passenger safety including current CPR certification and annual DMV driving record check. | July 1, 2006  |

### 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"> <li>1. Program participants will benefit from medical, rehabilitative and social services.</li> <li>2. Caregivers will have needed respite to help reduce stress and maintain stamina.</li> </ol>
Serve program participants and caregivers.	Provide service to a minimum of 35 participants and caregivers.	<ol style="list-style-type: none"> <li>1. Participants will have vitals monitored on a regular basis, consistent exercise and opportunities to explore new areas of interest.</li> <li>2. Caregivers will be provided extensive educational and emotional support.</li> </ol>
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"> <li>1. Participants will not suffer from injuries as a result of poor safety measures.</li> </ol>

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

***BUDGET SUMMARY FOR PROPOSED PROJECT\****

<b>Budget Category</b>	<b>Proposed Project “CDBG Portion”</b>	<b>Other Sources</b>	<b>Total</b>
A. Salaries and Wages	0	\$11,220	\$11,220
B. Fringe Benefits	0	\$2,581	\$2,581
C. Consultant/Contract Services	0	0	0
<b>TOTAL PERSONNEL BUDGET</b>	0	\$12,903	\$12,903
D. Office Rent			
E. Utilities			
F. Telephone			
G. Office Supplies			
H. Equipment			
I. Printing/Duplication			
J. Travel/Conferences			
K. Other (Specify): Bus service (maintenance, fuel, ect)	\$4,500	\$62,000	\$66,500
<b>TOTAL NON-PERSONNEL BUDGET</b>	\$ 4,500	\$62,000	\$66,500
<b>TOTAL PROJECT BUDGET</b>			