

PROJECT NARRATIVE

a. Need

Yolo Adult Day Health Center (YADHC) offers families an alternative to nursing home care. 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, support caregivers and address the individual goals of each participant serviced.

After 23 years this community-based approach to long-term care services is still innovative! The multidisciplinary team approach to planning and service delivery is comprised of nurses, physical/occupational/speech/recreational therapists, social workers, dieticians, personal care assistants, MD's, activities coordinators, drivers, cooks, student interns and volunteers. Additionally, the Center provides ongoing workshops and consultations for family caregivers to ensure the availability of the educational and emotional support needed to maintain around the clock care. Referrals come from diverse sources such as home health agencies, hospital discharge planners, physicians, senior centers, adult protective services, social services, public guardian and family members themselves.

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

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.

YADHC is quite experienced in providing transportation. In FY 06, the Center coordinated over 23,370 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

The benefits of adult day programs are well documented. Services prevent hospitalization, reduce falls, prevent premature nursing home placement, reduce risk of depression, maximize independence, improve daily endurance, prevent medical crises, 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.

The Center provides comprehensive long-term services to families who are both able and unable to afford the program. This year the Center raised \$9500 per year to offset costs for families who are middle to low income yet ineligible for Medi-Cal services. Davis residents primarily fall into this category and there 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 79% of clients are very low income and 90% are homebound.

c. **Other Resources and Collaboration**

Other potential or actual sources of funds: Aside from staff, transportation is the number one cost item for the Center. Financial assistance is sought through a variety of sources including Area 4 Agency on Aging, City of Woodland, City of Davis and Friends of Adult Day Health Care. Davis CDBG funds only account for 8% of total cost. In addition, the Center continually seeks to purchase new vehicles to minimize leasing and maintenance costs and provides 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:** 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 2006, YADHC benefited from the direct services of over 38 volunteers who contributed 1432 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.

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 of directly addressing the medical, therapy and social needs of the individual on a regular basis.

YADHC coordinates and interacts 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.

The Center has formal partnerships (contract or MOU in place) with Yolo County Health Department/Knight's Landing Clinic (YADHC loans van for patient appointment transport). Neighborhood Partners (YADHC providing social work consultation to case management staff for at risk low income disabled housing tenants). Home Instead (Home Instead provides reduced rate caregivers for families attending YADHC workshops)

d. **Organizational Capacity**

Yolo Adult Day Health Center has been providing transportation services for program participants since 1984. Despite the challenges presenting by decreasing reimbursement, increased cost of supplies and a growing need for the program, YADHC remains strong and capable to provide adult day care services as set forth by regulations and community need. Transportation is essential to program access and staff devotes significant time to planning, coordinating and ensuring passenger safety each day. As previously stated, YADHC has 23 years of experience of coordinating over 23,000 one way rides per year.

In FY 0506 YADHC proposed to provide 1800 one way rides serving 35 Davis residents. We came within 95% of our scope by providing 1710 rides to 32 participants. All six outcomes were met.

SCOPE OF SERVICES

a. **Project Description**

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 Scheduler 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 Scheduler 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.

With the requested amount of CDBG funds the cost per beneficiary is \$167. 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 \$2.70/gallon the cost would be close to \$675/year.

b. **Target Group**

The Center targets at-risk adults. Common diagnoses include Alzheimer Disease or related dementias, post-stroke, Parkinson's Disease, diabetes, 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 30 unduplicated older adults. Of these, 25% will be very low to low-moderate income. The number of proposed one-way trips for the year is 1500. Therefore, the CDBG cost of a one-way trip is \$3.33.

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)

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| 1. Activity 1: Begin new fiscal year. Prepare initial roster of Davis residents | July 1, 2007 |
| 2. Activity 2: Provide minimum 4 Davis-based caregiver educational events and 10 press releases to maximize program visibility. | June 20, 2008 |
| 3. Activity 3: Conduct client satisfaction survey. | May 30, 2008 |
| 4. Activity 4: Ensure all drivers have 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 125 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 30 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.

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

BUDGET SUMMARY FOR PROPOSED PROJECT

DAVIS YADHC TRANSPORTATION BUDGET

Budget Category	Proposed Project Davis CDBG Portion	Other Sources	Total
A. Salaries and Wages	0	\$ 1,664	\$ 1,664
B. Fringe Benefits	0	\$ 383	\$ 383
C. Consultant/Contract Services	0	0	0
TOTAL PERSONNEL BUDGET	0	\$2,047	\$2,047
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)	\$5000	\$55, 420	\$60,420
TOTAL NON-PERSONNEL BUDGET	\$ 5000	\$55,420	\$60,420
TOTAL PROJECT BUDGET	\$ 5000	\$55,420	\$62,467

FRIENDS OF ADULT DAY HEALTH CARE: BOARD ROSTER 2006-2007

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