

**El Dorado Community Foundation
Funding Application**

2008 PROPOSAL

Organization Name: El Dorado County Department of Human Services

Contact Person: Wanda Demarest Phone: 530-621-6180

Address: 935A Spring Street, Placerville, CA 95667

Proposal: Expanding Access to Senior Day Care Services

El Dorado Community Foundation Request for Proposals

Date Issued: February 25, 2008

Total Funds Available: \$92,000.00

Grant Period: July 1, 2008 – June 30, 2009

Focus of Funding: The El Dorado Community Foundation seeks proposals for projects that will enhance the lives of Older Adult residents of El Dorado County. Before writing a proposal, applicants should refer to the report titled “A Focus on the Older Adults in El Dorado County: A Community Gathers and Sets a Course for Change,” which can be found on the Foundation’s website (www.eldoradocf.org). Proposed projects must relate to this document. The Foundation asks our local agencies to determine the most appropriate project they can propose that will address a “need identified” or “opportunities” discussed in this document. Collaborative proposals are encouraged.

Background of Funding Focus: The El Dorado Community Foundation recognizes the value of and need for partnerships in the community to learn about needs and to find resources to meet these needs. This local knowledge guides the Foundation’s grant making process. This last year the Foundation distributed surveys to 10,000 Older Adults in El Dorado County compiling over 2,400 survey results, and convened a daylong community forum to discuss issues raised through the research process. At this forum, many ideas and “opportunities” were suggested. The proceedings document (“A Focus on the Older Adult . . .”) is a document that summarizes the discussions at the forum and is available at www.eldoradocf.org.

Eligibility: Non-profit service, religious, or other organizations conducting charitable work to benefit the people of El Dorado County. Please also see the enclosed grant guidelines.

Application Due Date: Completed proposals must be received in the EDCF Office by **March 24, 2008, 5:00 pm.** (please note that postmarks are not acceptable)

Key dates regarding the application process:

March 24, 2008

April 30, 2008

By June 30, 2008

July 1, 2008– June 30, 2009

Proposals due in EDCF Office

Applicants will be notified of decision

Grant checks will be mailed

Grant period

1) Organization

As public servants advocating for all El Dorado County older adults, the El Dorado County Department of Human Services makes a conscientious effort to effectively and respectfully help all individuals seeking assistance, counsel or education. Every effort is made to provide, explain, or connect individuals to the service(s) that will be most beneficial - whether those services be provided by private, public or charitable organizations. Our mission is to provide and/or assist in the creation of quality accessible programs designed to meet basic needs and to improve the quality of life for residents of El Dorado County.

As the primary provider of services to El Dorado County's older adult population for over two decades, our range of services is comprehensive and includes Senior Day Care Services/Alzheimer's Day Care Resource Center, Senior Nutrition (Congregate and Home Delivered Meals), Senior Health Education Program (SHEP), Senior Activities, Senior Legal Program, C.A.P.E. (Citizens Advocating for the Protection of Elders), Family Caregiver Support Program, Senior Peer Counseling, , Long Term Care Ombudsman, Adult Protective Services, In-Home Support Services, Multipurpose Senior Service Program (MSSP), Linkages and the Senior Hot Line (Senior Information and Assistance).

2) Need:

Under the Health and Wellness section of the report "A Focus on the Older Adults in El Dorado County: A Community Gathers and Sets a Course for Change," the last opportunity states: ***"Solutions should begin by looking for models that work and then leveraging them, rather than re-inventing the wheel."***

One of our programs, the Senior Day Care Center, is a proven and well-respected social adult day care model that has been in operation since 1989 in Placerville. The Center has proven its ability to develop, implement and maintain a financially solvent program without sacrificing quality of care and services. It is recognized as a distinguished provider of adult day services both locally and throughout California.

Research indicates that adult day care programs tend to prevent hospitalization, premature institutionalization and personal deterioration; help to maintain functioning; improve sense of well-being and self-esteem; decrease anxiety and increase participation within the family structure. By participating in an adult day care program, the elderly are more apt to be active, need less assistance at home and experience less confusion. With the explosion in numbers of the population group who live into their 80s and 90s, adult day care is becoming a necessity.

In El Dorado County (EDC), there are numerous elderly individuals who cannot live completely independent lives. They can no longer manage such everyday chores as preparing meals or taking medications yet they do not need 24-hour nursing care. Studies suggest that up to on-third of the elderly population in nursing homes are unnecessarily confined.

With our "elderly" population (80 and over) in EDC aging at 3-4 times the national average, we will see far more cases of Alzheimer's disease and related dementia. The risk of developing this devastating disease doubles every 5 years over age 65. It is estimated that up to half the people over 85 have Alzheimer's disease. This is a population whose needs are not well understood, has been "carved out" of our mental health system and is not dealt with effectively by our medical health system. The State of California has recognized the Senior Day Care Center as the approved Alzheimer's Day Care and Resource Center for our County and , as such, El Dorado County's expert on Alzheimer's disease and related dementias.

In the Older Adult Survey, 17.3 percent of respondents identified themselves as caregivers. Of those, 59 percent said they "frequently" or "sometimes" felt burdened by their caregiving duties. Forty (40) percent said they wished they had more support or assistance with caregiving responsibilities. While family has historically provided primary care for the elderly family structure is changing, and this will influence caregiving in the future. Some examples of these changes are the increasing divorce rate (83% in EDC), which would decrease the availability of a spouse as caregiver; the decreasing size of the American family, which leaves fewer children available to support parents and the increased participation by women in the labor force, which decreases the amount of informal care available in the home. Also, the children of today's elderly are approaching their retirement years and may be less able physically and financially to assist their older parents.

The challenge is to meet the needs of adults who require care in a supervised setting without uprooting them from the familiarity and comfort of a home setting. Home-Delivered Meals, Homemaker Services and Home Health Services offer a certain level of needed care to the homebound. Congregate meal sites and senior centers provide for the nutritional and social needs of older adults who are mobile and well enough to take advantage of these opportunities. Many families, however, are still seeking companions, nursing help and/or facilities where

the more disabled elderly person can spend the day in safety and pleasurable activity with others, then return home at night. To fill this remaining gap in needed services, adult day care programs have come to be viewed as vital.

Given that over 80% of the care received by the elderly is paid for and provided by the family caregiver, creating vast savings for our health care system, we must find ways to support them. If families are to continue providing effective care, government and communities must continue to search for ways to recognize and supplement programs such as adult day care. This has become a societal issue, for as the U. S. population shifts, more and more Americans will find themselves confronted with an aging parent who requires care. Help will come not from bigger and better nursing homes, but from developing ways to support a family caring system which is currently struggling to survive. Our Senior Day Care Center understands the special challenges faced by our County's family caregivers.

Senior Day Care, with assistance from the many other programs provided by the Department of Human Services, IS *"a clearinghouse where people can go to get a variety of information and be referred to help."* We HAVE *"material that covers the basics in simple language about what people can expect when they are providing care to someone with a progressive disease like Alzheimer's."* We DO *"connect caregivers and families with counselors."* We DO *"provide information on how to hire and screen respite caregivers – and we DO provide a list of caregivers who have been carefully screened."* We make a continuous and ongoing effort to inform EDC citizens about available older adult services and opportunities. On any given day, an article appears in the Mountain Democrat or information flashes on our local TV cable channel. Unfortunately, not too many people pay attention - until their circumstances change. Most seek our services because they are in the mist of a crisis. Mom or Dad has just had a stroke, fallen down or been hospitalized, or the policeman who picked Dad up wandering down Highway 50 has just told them Dad should no longer live alone. They arrive clueless and desperate. We offer information, options, referrals, guidance and, most of all, understanding – all without charge. That's one of the most enjoyable aspects of our job because we know we can help. We are proud to tell them all about our Center offering available transportation, free physical therapy, free nursing consultations, activities, fun and reasonable rates. The most disappointing part of our job is when we have to tell them there is not an opening.

Therefore, in order to meet the growing need of El Dorado County's "oldest old" population and those who will care for them, there is a need to expand access to Senior Day Care Services in El Dorado County.

3) Measurable objectives:

A) In order to meet the growing demand in El Dorado County, we intend to expand access to the Senior Day Care Program by opening a satellite site in El Dorado Hills. By opening the new site, we expect to: 1) reduce overcrowding at the Placerville site by 20%; 2) increase the number of older adults served from 36 per day to 60 per day by the end of the third year of operation; 3) reduce the average travel time to and from the Centers when provided by El Dorado Transit by 15 minutes or more; 4) reduce the risk of institutionalization of more of EDC's older adults with physical and/or mental impairments; 5) reduce the perceived burden of caregivers by 50% or more; 6) increase the quality of life of participants by 50% or more; 7) reduce number of emergency room visits and/or hospitalizations of its participants by 20%; 8) reduce the number of falls of its participants by 20%.

B) An additional objective is to provide evidence (through documentation of the above objectives) of the effectiveness of senior day care program intervention to the community, legislature, funding organizations and, most importantly, to the family caregivers who need to know they are making the right choice for their loved one.

4) Methods/Activities:

a) Using existing resources, renovation of a 2300 square foot portion of the former El Dorado Hills fire station will be completed by mid-summer 2008. Facility design will meet the special needs of Senior Day Care participants, including those with dementia, and will include a special, protected outdoor "memory garden" area. b) With start up funding secured, the new satellite site will be sufficiently staffed, licensed and operating by the end of Summer 2008. c) The Center will open with at least 20 participants (11 per day) growing to 40 participants (22 per day) by the end of its first year of operation. d) The site will be financially stable and self-supporting through fees-for-service and donations and without relying on outside funding by the end of its third year. e) Participants will receive a comprehensive assessment of their physical, cognitive, social, functional and emotional impairments, needs and concerns within one week of enrollment in the program and every six months, or as warranted, thereafter. The assessment will result in a goal-oriented plan of care with on-going assessment of progress toward goals. The ongoing assessment process will include measuring and documenting of our participants' quality of life (as measured using the QOL-AD Scale, participant version, copyright 1996 R.G. Logsdon, University of Washington, Seattle, Washington), number of falls and number of emergency room

visits/hospitalizations that occurred in the six months prior to enrollment and in six-month increments thereafter for each participant. f) Along with individual counseling, information and referral, caregivers will receive a comprehensive assessment of their needs and concerns at the time of enrollment and at six month intervals or more often as warranted. Perceived burden will be measured by using the "Caregiver Burden Scale," a self-administered 22 item questionnaire assessing the "experience of burden." g) The data we gather will be shared with the Alzheimer's Foundation of America, Alzheimer's Society of Northern California, our local Area Agency on Aging and the California Association for Adult Day Services to provide evidence of best practices and to advocate for the expansion of senior day care services in California.

5) Project as it Relates to Organization Mission:

The project supports the mission of the Department of Human Services to provide, assist in providing and/or facilitate quality accessible programs designed to meet basic needs and to improve the quality of life for residents of El Dorado County. Recognizing the immense need, the Department, collaborating diligently with a group of concerned citizens, opened the Senior Day Care Center in Placerville on August 28, 1989. The program has assisted well over a thousand older adults and their families through its comprehensive array of support services. With the community's financial and "hands-on" support, the Department has renovated the Placerville site numerous times to create room for more participants. With the Placerville site becoming overcrowded, the opening of a satellite site became a part of our development plan in late 1990s.

6) Community Support:

Knowing the Placerville site was overcrowded and inadequate to meet the growing need for senior day care services in the County, a community partnership was established that resulted in the acquisition of the former El Dorado Hills (EDH) fire station facility for the purpose of providing a Senior Center in which Senior Nutrition and other senior programs, as well as a Senior Day Care Center would be housed. The partnership included the EDH Fire District and their advisory council, the EDH Community Service District, senior services advocates (local citizens), the EDC Board of Supervisors and staff and volunteers of the Department of Human Services. With funding at last secured, the renovation of the Senior Day Care section of the facility commenced in late January and is scheduled for completion in July 2008.

Assistance with start up costs has/will come from the Cameron Park Soroptimists, EDC Employees Cares and Shares Campaign, Wal-Mart, K-Mart, and many individual donations made directly to the Senior Day Care Center and through the El Dorado Community Foundation "Adult Day Care" fund. Examples of individual support include a high school senior who earned her "Girl Scout Gold Award" by organizing a community campaign to equip and supply the entire craft program for the new El Dorado Hills satellite site. A retired engineer volunteered his time with the plan development for the "Memory Garden," an outdoor recreation area that will include an eight foot sound wall, water feature, raised garden beds and continuous walking path (for participants who need to pace), as well as places to sit and rest while enjoying the sweet smells of the garden. This gentleman will be joined by many other volunteers for the actual construction of the Memory Garden.

7) Similar Services:

There is a small "for-profit" day program offered at the New West Haven Residential Care Home in Cameron Park, to which we have made referrals. However, it appears to operate more as a respite center and does not seem to offer the same comprehensive array of services as that of the Senior Day Care Center in Placerville.

8) Collaboration:

We will continue to collaborate with related and support services as we have done so successfully for nearly 20 years.

9) Sustainability:

The El Dorado Hills site will be modeled after the Placerville site, which has been self-supporting since its 6th month of operation through fees-for-service, donations and an on-going Alzheimer's Day Care Resource grant from the California Department of Aging.

DESCRIPTION	Funds	Funds From	TOTAL
Personnel Expenses: (Show % of time spent on project) List Title/Function	Requested from EDCF	Other Sources	BUDGET
First year			
Program Manager .75FTE - Overall management		\$47,403	\$47,403
Activity Director 1FTE - Create/Maintain activity program		\$39,951	\$39,951
Program Aides 2.83FTE - Lead activities/provide direct care		\$68,781	\$68,781
Nurse .025FTE - Oversee pt care/provide consultations		\$2,441	\$2,441
Benefits			
0.467%		\$71,253	\$71,253
<i>Sub-total personnel & benefits</i>		\$229,829	\$229,829
Non-personnel Expenses: (Itemize)			
Rent		\$0	\$0
Office Supplies		\$975	\$975
Travel		\$845	\$845
Conference/Meetings		\$0	\$0
Training (transferring existing staff to EDH)		\$0	\$0
Food		\$14,529	\$14,529
Household Expenses		\$3,205	\$3,205
Memberships (License fee)		\$250	\$250
Software		\$452	\$452
Consultant (Physical Therapist)		\$3,238	\$3,238
Capital		\$0	\$0
Equipment purchases	\$9,380	\$16,258	\$25,638
Various Physical Therapy Equipment	\$2,630		
(5) tables	750		
(30) chairs	3,000		
(1) washer/dryer set	3,000		
<i>Sub-total non-personnel</i>	\$9,380	\$39,752	\$49,132
TOTAL BUDGET	\$9,380	\$269,581	\$278,961

Senior Day Care Services
Funding Sources for the Last Two Years

Fees-for-Service

California Department of Aging Alzheimer's Day Care and Resource Center (ADCRC) Grant Allocation

Donations

El Dorado County General Fund Contribution

Interest Income

Medi-Cal Administrative Administrative Activities Revenues (Medi-Cal Outreach Program)

El Dorado County Board of Supervisors
Board of Directors/Governing Board

District 1

Rusty Dupray

District 2

Helen Baumann

District 3

James R. (Jack) Sweeney

District 4

Ron Briggs

District 5

Norma Santiago



EL DORADO COUNTY
DEPARTMENT OF HUMAN SERVICES
Doug Nowka
Director

March 11, 2008

El Dorado Community Foundation
3097 Cedar Ravine Road
Placerville, CA 95667

RE: El Dorado County Funding Application – Classification Certification

Dear Foundation Staff:

The County of El Dorado is a political subdivision of the State of California and is therefore classified as a public governmental agency. This classification renders the County, and accordingly its Department of Human Services, eligible to apply for funding from the El Dorado Community Foundation.

Please contact me at (530) 642-7272 should you have any questions.

Sincerely,

A handwritten signature in cursive script that reads "Janet Walker-Conroy".

Janet Walker-Conroy
Assistant Director

Senior Day Care - FY 2006/07 Financial Statement

Acc#	Line Item Description Index Code 531160/531422	Percent		Amount
		Budgeted	Realized/Expended	Realized/Expended
Revenues:				
0001	Fund Balance	38,971		13,421.21
0400	Interest Income	3,000	243%	7,285.97
0880	Other State Revenue	111,605	100%	111,605.00
1100	Federal (TCM)	26,000	153%	39,718.00
1740	Chgs for Svcs (incl. refund)	409,662	93%	381,755.60
	-Refund / Returned checks	-		(2,815.15)
1800	Interfund Revenue	-	0%	-
1943	Miscellaneous Donations	17,750	72%	12,865.15
2020	GF Contribution	11,706	100%	11,706.00
	Total Cash Revenues	618,694	93%	578,356.93
Expenditures:				
3000	Permanent Employees	335,962	90%	301,903.16
3001	Temporary Employees	4,853	483%	23,424.20
3004	Other Compensation	-	0%	-
3020	Employer Share - Retirement	63,386	91%	57,391.12
3022	Employer Share - Medicare	4,870	91%	4,447.11
3040	Employer Share - Health Ins	94,463	78%	73,472.40
3041	Federal Unemployment	2,520	84%	2,125.72
3042	Employer Share - Disability Ins	1,209	100%	1,209.36
3043	Deferred Compensation	-	0%	-
3046	Retiree Helath	14,940	100%	14,940.00
3060	Employer Share - W/C Ins	8,543	100%	8,543.00
	Total Personnel	530,747	92%	487,455.07
4041	Co Telephone Chg to Depts	206	115%	237.25
4060	Food	27,000	101%	27,395.62
4080-4	Household Expenses	4,300	66%	2,832.42
4085	Household Expense- Refuse Disposal	900	97%	872.33
4100	Insurance - Premium	474	100%	474.00
4140-3	Maintenance - Equipment	100	578%	578.00
4180	Maintenance - Bldgs/Grounds	792	136%	1,074.60
4200	Medical, Dental & Lab Supplies	100	0%	-
4220	Memberships	2,826	101%	2,855.00
4260	Office Expenses	1,789	176%	3,147.13
4261	Postage	800	203%	1,626.39
4262	Software	2,746	24%	646.00
4263	Subscription/Newspaper/Journals	-	0%	-
4264	Books/Manuals	300	21%	64.45
4266	Printing/Duplicating Service	-	No Budget	276.16
4300	Professional Services	5,000	173%	8,670.50
4324	Medical, Dental & Lab Svcs	-	No Budget	202.75
4400	Publication & Legal Notices	-	0%	-
4420	Rents & Leases - Equipment	-	0%	-
4461/2	Minor Equipment/Computer Equip	2,000	18%	361.78
4501/32	Special Projects/Client Orogram Svcs	500	289%	1,447.03
4503	Staff Development	1,200	81%	974.00
4506	Film Development	-	0%	-
4600	Transportation/Travel	1,065	27%	288.85
4602	Staff Mileage	535	238%	1,272.37
4620	Utilities	2,500	150%	3,756.89
		55,133	107%	59,053.52
5300	Interfund (Fingerprinting/Occ Health)	-	No Budget	104.00
5301	Telephone Equip/Support	1,039	133%	1,383.32
5304	Mail Services	492	100%	492.00
5305	Store Support	49	100%	48.96
5306	Central Duplicating	500	118%	590.00
5307	Lease Admin Fee	658	100%	657.96
5308	Mainframe Support	8,815	100%	8,815.00
5314	PC Support	865	120%	1,035.00
5318	Buillidng Maintenance	264	195%	515.23
5320	Network Support	7,071	100%	7,071.00
	Total Operating Expenditures	19,753	105%	20,712.47
6040	Fixed Assets - Equipment	2,418	100%	2,417.85
6042	Fixed Assets - Computer	168	100%	168.41
7235	Privacy/Compliance Program	646	0%	-
9007	Allocated Administration	9,829	81%	7,967.11
9008/9108	Allocated Salaries and Benefits	-		-
9009	Allocated Service and Supplies	-	No Budget	581.50
	Fixed Assets & Allocated Chgs	13,061	85%	11,134.87
	Total Expenditures	618,694	93%	578,356.93