

Organization Information

Legal Name

Fallbrook Healthcare Foundation Inc

DBA (if Applicable)

Foundation for Senior Care

Program Name/Title

Senior Care Advocacy

Brief Program Description

Our Senior Care Advocacy program ensures that seniors and disabled adults have access to local resources and national entitlements to manage their healthcare safely, maximize their independence, and enjoy an enriched quality of life. We seek to remove obstacles, educate, connect to needed resources, and provide hands-on guidance and support.

Funding Amount Awarded

47000

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	6	20
Seniors (60+)	94	307
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

We receive calls requesting referrals and/or resources and sometimes clients decline to provide this information.

Target Population - Gender

	Percent of program participants
Female	196
Male	119
Non-binary	
Unknown*	12

*Target Population - Gender

We receive calls requesting referrals and/resources and sometimes clients decline to provide this

information.

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	60
Very Low (50%) Income Limits, ceiling of \$53,500	38
Low (80%) Income Limits, ceiling of \$85,600	2
Higher Than Listed Limits	
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

NA

Actual number of residents that directly benefited (participant/client) from this program during this quarter.

327

Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and Violence, Environmental Conditions, Quality of Housing)

Program Goal & Objectives

Ensure that seniors and disabled adults in need of caregiving, resource provision, nutrition, transportation, housing intervention, mental health support, or other related age-in-place services are supported through hands-on assistance, or through referrals to trusted, vetted resources so that they may live independently and safely for as long as possible. When necessary, act as a Case Manager to coordinate care for those with complex health or living conditions, setting goals to stabilize their situation for optimal mental, physical, and social wellbeing. Objective 1: Support 1,000 seniors and/or disabled adults with our Care Advocate services to address needs and overcome obstacles during the FRHD fiscal year. Objective 2: Visit with at least 300 senior or disabled clients at home or at healthcare facilities, assessing their unmet needs, evaluating health and home safety, and taking action steps to address those needs, during the FRHD fiscal year. Objective 3: Act as a Case Manager for 70 clients with complex health or living needs, creating a plan of action and regular visits and follow-ups during the FRHD fiscal year, with the intent to stabilize their situation with a positive outcome. Objective 4: Discuss mental health wellbeing with at least 100 individuals, referring at least 50% to mental health providers, during the FRHD fiscal year.

Program Outcomes & Measurables

In this quarter, our Senior Care Advocate team provided support to 327 unique clients by referring them to necessary resources to overcome various obstacles. This makes up 33% of our overall target for the grant year. Additionally, the Care Advocates assisted 45 clients in stabilizing their health and housing situation,

which is a part of our goal of 70 for the FRHD fiscal year. Furthermore, we discussed mental health and well-being with 13 out of the 100 individuals projected for the FRHD fiscal year and referred eight out of the 13 individuals to mental health providers.

Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Other

Terms and Conditions

Accepted

Authorized Signature

A handwritten signature in black ink, appearing to be the initials 'A.H.' followed by a flourish.

Contact Information

Contact Name

Perla Hurtado

Title

Interim Executive Director

Primary Contact Phone

760-723-7570

Email Address

phurtado@foundationforseniorcare.org

Writing Instructions:

What language(s) does this program accommodate:

English

Spanish

Acknowledgment of District Support



FRHD Acknowledgementsdocx

Impact Story



Advocacy Impact Story.docx

Program Budget



23_24 FRHD CHC Grant - FF... .xlsx

Advocacy Impact Story

An advocate received a call from the 85-year-old sister of a client who needed higher-level care due to her increased needs. The senior was already receiving care twice weekly, but it was no longer sufficient.

Upon hearing this, the advocate recommended several options, such as board and care facilities and senior living facilities. However, the senior was hesitant to move out of her familiar surroundings. Considering this, the advocate suggested that a physician evaluate the senior's mental capacity. This evaluation could allow the senior to activate the Power of Attorney (POA), which had already been assigned in advance of her decline. The advocate helped guide the sister through this process for several months.

After several months of discussions and evaluations, the senior was finally placed in a local senior living community with many excellent features. The sister was very impressed by the care and professionalism provided by the staff at the facility. When she went back to visit, she observed how well the senior was thriving. The senior was enjoying the activities and had made friends with other residents.

The sister was overjoyed to see that her sister was no longer a source of stress or burden for her. Instead, she was able to see her as her sibling again, and the two could enjoy each other's company without the added stress of caring for the senior's needs. The sister was tremendously grateful for the care and support provided throughout the process by the advocate and the staff at the senior living facility.

Android Smartphone and Tablet

Class

A Foundation for Senior Care Technology Class

Class description: These are 4 progressive Android Smartphone and tablet classes that cover the basic features of your phone. You will learn about email, texting, photos, videos, and Zoom. The course will also covers apps, browsing the internet, and backing up data.

Instructors: Ivy Rudderow and Elaine Pedigo

What to bring to class: Your Android smartphone and/or tablet for hands-on instruction. Also bring your charging cord and plug.

Note: This class is NOT for iPhones or iPads.

Special thanks to the Fallbrook Regional Health District Community Health & Wellness Center for the use of their facility and their ongoing support.



Here is a map to safely enter the event location.



iPhone and iPad (4 Sessions)

Course description: This workshop consists of 4 loosely-structured workshops covering the basic functions of the iPad and iPhone. The workshop will provide hands-on training and support for students with differing experience levels.

- Workshop I: How to communicate with family and friends through the phone, email, Contacts, and messaging
- Workshop II: Using the Safari web browser, Maps, Calendar and managing applications
- Workshop III: Taking, editing, and sharing photos and videos
- Workshop IV: Using the built-in functionality of iCloud, Control Center, Notifications, Find my Friends, Find my iPhone, Emergency SOS. Part IV will also explore other applications based on student interest

This workshop will be a 4-part series over 4 weeks.

Note: This class is NOT for Samsung, Huawei, Google, Nokia, or any Android phone.

What to bring to class: The device you will be using, your iPhone or iPad charger, and your APPLE ID and APPLE PASSWORD.

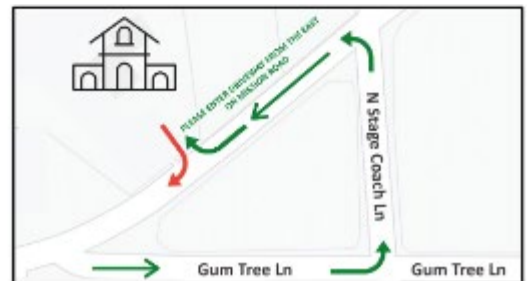
Instructors: Bob Cabuak, Len Tevebaugh and Dan Wite

This 4-part workshop will be taking place over 4 weeks on Wednesdays – July 26, August 2, August 9, and August 16 from 9:00 AM to 11:00 AM

Special thanks to the Fallbrook Regional Health District Community Health & Wellness Center for the use of their facility and their ongoing support.



Here is a map to safely enter the event location.



Internet Banking and Online Bill Payment

Classic

A Foundation for Senior Care Technology Class

Class Description: This 2-hour workshop will introduce online banking and online bill paying. Due to the variety of bank user interfaces, this session will be generic in nature and will not address specific banking user accounts. It will talk about general processes and capabilities and acquaint the student with the common capabilities that all banks provide.

What to Bring to Class: Your desire to learn about internet banking and online bill paying.

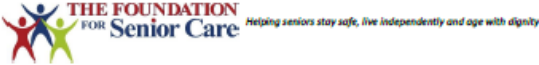
Instructor: Len Tevebaugh

Class date(s): Tuesday, July 25, 2023 from 9:30am - 11:30am.

Classes are held at:




1636 E. Mission Road, Fallbrook, CA 92028



TECHNOLOGY CLASSES FOR SENIORS

Stay in touch with friends and family! Manage everyday technical tasks like online banking and paying bills! Senior volunteers teach you how to easily and quickly operate your computer, smartphone or tablet.

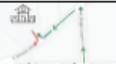
CLASS SCHEDULE FOR MAY THROUGH AUGUST 2023				
WEEKDAY	DATE	TIME	CLASS	COST
Monday	Jul 24, 31, Aug 7, 14	9:30am – 11:30am	Android Smartphones and Tablets (4-week class)	\$40
Tuesday	Jul 25	9:30am – 11:30am	Online Banking and Bill Payment	\$10
Wednesday	Jul 26, Aug 2, 9, 16	9:30am – 11:30am	iPhone and iPads (4-week class)	\$40
Thursday	NO CLASSES			
Friday	Every Friday	1:00pm – 3:00pm	Fix-It Friday	FREE




IS YOUR COMPUTER GIVING YOU A HEADACHE? DOES YOUR PHONE REFUSE TO DO WHAT YOU ASK?

We can help! . . . Every Friday from 1:00 pm to 3:00 pm we offer free help with your desktop, laptop, phone or tablet. We have one-on-one volunteers available to help you solve all those pesky technical problems . . . visit **COMPUTER CLASSES** on our website at www.foundationforseniorcare.org to learn more. **PRE-REGISTRATION IS ENCOURAGED**

For complete class descriptions, costs and registration information, visit our **SENIOR EDUCATION** page at www.foundationforseniorcare.org or call 760-723-7570




All classes are held at the
Fallbrook Regional Health District
Community Health & Wellness Center
1636 E. Mission Road, Fallbrook, CA 92028



Fallbrook Regional
HEALTH DISTRICT
Community Health & Wellness Center






Caregiver Wellness Community

A support system for family caregivers

HOSTED BY CARE EXCELLENCE TEAM



We focus on the three S's
SUPPORT • SELF-CARE • SAFETY



We provide education, resources, home-care tips and planning tactics for the future, as well as coping and preventative strategies for respite and self-care.

Everyone is welcome!

Come join us to get ideas, ask questions, and learn from each other.

WHEN AND WHERE
The first Thursday of every month
9:30 am to 11:30 am

Fallbrook Regional Health District
Community Health & Wellness Center
1636 E. Mission Rd., Fallbrook, CA 92028 • Room 4 in the Education Building

Contact the Foundation for Senior Care to reserve a spot at
760-723-7570 or dbadgley@foundationforseniorcare.org

The Foundation for Senior Care is a 501(c)(3) nonprofit organization that provides vital services to older adults in the Fallbrook, Brawley, Rancho and Del Mar areas. Services include transportation, referral and support advocacy, hospital-to-home recovery support, senior education, and adult daytime camping.

1636 E. Mission Road, Fallbrook, CA 92028 • 619-760-723-7570 • www.foundationforseniorcare.org

SOCIAL MEDIA



Agency Name: **Foundation for Senior Care** PROGRAM NAME: **Senior Care Advocacy**

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL INDIRECT EXPENSE	\$47,665.78	\$0.00	\$2,308.00			
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL PERSONNEL EXPENSE	\$150,452.71	\$42,100.00	\$18,597.00			
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	\$18,200.00	\$4,900.00	\$2,246.00			
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$216,318.50	\$0.22	\$23,151.00	\$0.00	\$0.00	\$0.00

Total funds expended to date: **\$23,151.00**