

## 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 can access 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 support and guidance.

## 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)	29	89
Seniors (60+)	63	188
We do not collect this data (indicate with 100%)*	8	20

## Target Population not collected - Age

Sometimes individuals call for a quick resource or referral and choose not to share this information.

## Target Population - Gender

	Percent of program participants
Female	61
Male	37
Non-binary	
Unknown*	2

## \*Target Population - Gender

NA

## Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	56
Very Low (50%) Income Limits, ceiling of \$53,500	33
Low (80%) Income Limits, ceiling of \$85,600	9
Higher Than Listed Limits	2
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.

297

### 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 age-related in-place services are supported through hands-on assistance, or through referrals to trusted, vetted resources so that they may live independently and safely 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 well-being.

Obj 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.

Obj 2: Visit with at least 300 seniors or disabled clients at home or healthcare facilities, assess their unmet needs, evaluate health and home safety, and take action steps to address those needs during the FRHD fiscal year.

Obj 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, intending to stabilize their situations with a positive outcome.

Obj 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**

During this quarter, our Senior Care Advocates made significant strides in achieving our program goals and objectives, positively impacting the lives of individuals in our community:

### **Objective 1: Supporting Seniors and Disabled Adults**

- Outcome: 297 individuals received support, gaining access to local resources and national entitlements through our Care Advocate services.

- Progress: Achieved 30% of our annual goal, with a cumulative achievement of 95% for the fiscal year.

### **Objective 2: Ensuring Health and Safety**

- Outcome: 90 clients were visited at home or healthcare facilities to assess needs, evaluate health, and enhance home safety.

- Progress: Achieved 118% of our target, reflecting a growing need for our Advocate services.

### **Objective 3: Case Management for Complex Needs**

- Outcome: 59 clients received comprehensive case management, including action plans and regular follow-ups to stabilize their health and living situations.

- Progress: Exceeded our annual goal of 70 clients supported, reaching 217% of our target.

### **Objective 4: Promoting Mental Health Wellbeing**

- Outcome: Engaged in mental health discussions with 11 individuals, of which eight were referred to mental health providers.

- Progress: Making strides toward our annual goal of reaching 100 individuals. The current 83% referral rate exceeds the 50% target.

Our program's impact underscores our commitment to addressing the diverse needs of seniors and disabled adults in our community. By exceeding targets in home visits, case management, and mental health referrals, we are making tangible strides toward enhancing well-being and independence.

## **Anticipated Acknowledgment**

Social Media Postings

Print Materials to Service Recipients

Website Display

Other

## **Terms and Conditions**

Accepted

**Authorized Signature**

A handwritten signature in black ink, consisting of a stylized initial 'P' followed by a horizontal line.

## Contact Information

### Contact Name

Perla Hurtado

### Title

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 Grant 23-24 Q3\_ Adv... .docx

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FRHD Grant 23-24 Q3\_ Adv... .docx

## Impact Story



FRHD 23-24 Q3\_Advocate\_I... .docx

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FRHD 23-24 Q3\_Advocate\_I... .docx

## Program Budget



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

## FRHD 23-24 Q3\_Advocates

### Impact Story

Maria, a vibrant 72-year-old woman living independently in our community, was facing multiple health challenges, including managing diabetes and coping with mobility limitations that made it difficult for her to access essential resources and services.

When Maria connected with our Senior Care Advocacy program, she found a supportive ally in her journey toward improved health and well-being. Our dedicated Care Advocate visited Maria at home to assess her needs comprehensively. During their initial meeting, the Care Advocate noticed that Maria was struggling to maintain her medication regimen due to transportation barriers.

With personalized support from the Care Advocate, Maria received assistance in coordinating transportation to her medical appointments and accessing nutritious food through community resources. Sarah also facilitated connections with local support groups to combat isolation and improve Maria's social well-being.

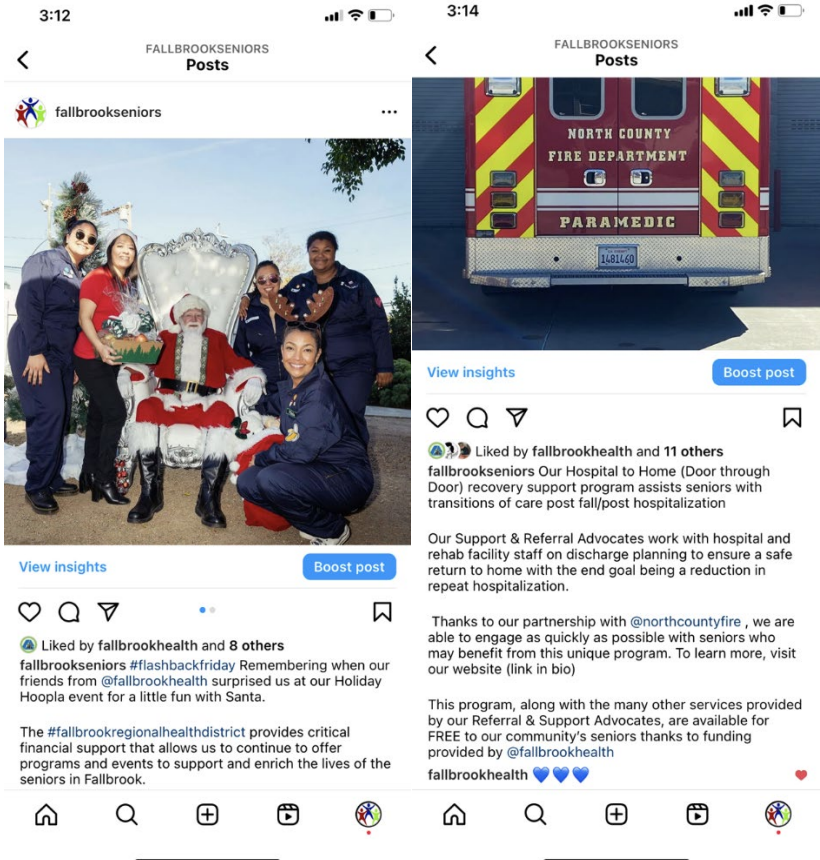
Through ongoing case management and advocacy, Maria's health outcomes improved significantly. She gained confidence in managing her diabetes, received timely medical care, and enjoyed better mobility with regular transportation support.

Maria's success story is a testament to the positive impact of our program, demonstrating how personalized care and advocacy can make a profound difference in the lives of seniors in our community. Funding from the Fallbrook Regional Health District plays a crucial role in making these services possible, ensuring that seniors like Maria receive the support they need to lead healthier, more fulfilling lives.

FRHD Grant 23-24 Q3\_Advocate

Acknowledgements

Social Media



Email Signature

**Elisha Wright** • Referral and Support Advocate  
 Office: 760-723-7570 • Fax: 760-723-0358  
 Email: ewright@foundationforseniorcare.org

**FOUNDATION FOR SENIOR CARE** • *Committed to the wellbeing of older adults*  
 135 S. Mission Rd., Fallbrook, CA 92028 • www.foundationforseniorcare.org

Programming supported by **Fallbrook Regional**  
 HEALTH DISTRICT



## Monthly Impact Email

### NONPROFIT VOLUNTEER FAIR

Come visit us on Tuesday, April 16, from 10:30am to 12:30pm at the Fallbrook Community Center for the [Nonprofit Volunteer Fair](#) – an inspirational event hosted by the Fallbrook Chamber of Commerce.

If you are someone who has a special place in your heart for seniors – definitely stop by our table! Whether you're looking to share your time, skills, or experience, we have volunteer opportunities of every kind to match your interest and help you make a meaningful [impact](#). Check out the different [volunteer possibilities](#) on our website.

### THANK YOU TO OUR GRANTORS, FOUNDATIONS AND ENDOWMENTS

We are so very grateful for the unwavering support we continue to receive from our grantor, foundation, and endowment organizations. The ongoing commitment is deeply appreciated and plays a pivotal role in the success of Foundation for Senior Care and our efforts on behalf of older adults.

