



# 2020-2021 COMMUNITY HEALTH CONTRACT (CHC) GRANT IMPACT REPORT

**Organization Name** Hospice of the Valleys SC

**Program Name** Fallbrook Community Support

**Person submitting the impact report** Melanie House

**Ages: List the percentages of your program participants' ages who received services during this reporting time frame.**

	Percentage served
Children (infants to 12)	
Young Adults (13-18)	
Adults (18-60)	
Seniors (60+)	100
Unknown	

**Gender: List the percentages of your program participants' gender identification who received services during this reporting time frame.**

	Percentage served
Female	50
Male	50
Non-binary	
Unknown	

**Income: List the percentages of your program participants' income limit category of those who received services during this reporting timeframe (2019 HUD – AMI Income limits: 4 person family).**

	Percentage served
Extremely Low-Income (ceiling of \$32,100)	
Very Low (50% Income (ceiling of \$53,500)	100
Low (80%) Income (ceiling of \$85,600)	
Higher than listed limits	

	<b>Percentage served</b>
<b>Unknown</b>	

**How many District residents directly benefited (participant/client) from this program:** 10

**Approximately how many residents received an indirectly benefit (# of those benefiting from the participant receiving the service) from this program:** 20

## **GOALS & OBJECTIVES**

**Goal 1 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.**

Our Objective #1 was to conduct both caregiver and bereavement support groups for Fallbrook area residents. Our goal was to conduct 40 weeks of support groups in sessions of 8 weeks on and 2 weeks off, ideally for 10-12 participants each session (helping 60 area residents each year), however, the pandemic has made this goal quite of a challenge. We are unable to hold in person support groups and virtual group have unfortunately not had the response for participants that we had hoped for, despite extensive efforts. Instead, with approval from the District, we are working toward an education series for the residents of Fallbrook. This education series will include caregiver and grief/loss components. Our spiritual care team is creating the video series as follows:

Introduction: Caregiver Support

Caregiving 101: Am I a Family Caregiver? (Include link to Am I a Caregiver? Quiz)

Caregiver Presentations:

Caring For Yourself While Caring For Others

- Managing Stress as a Caregiver
- Using Music as a Healing Tool in Your Caregiving
- Simple Breathing for Relaxation
- Chair Yoga for Caregivers

Introduction: Grief and Loss

What Does Grief Feel Like? Is This Normal?

Bereavement Presentations:

Understanding and Surviving Grief

- Manifestations of Grief: Body and Mind
- Cycles of Grieving and Healing
- Building Enduring Memories
- Coping Skills for Thriving During

GOALS:

- Provide an on-line series of instructive video presentations on Caregiving and Grief and Loss for the greater Fallbrook communities, with the goal of creating interest in group support options for each.
- Introductory videos offered first, monitored to chart interest in/participation in viewing videos.
- Release of presentation videos in each area to be presented after initial monitoring of participation

**Goal 2 & Objectives: From your application, please provide your measurable outcomes for each of your stated objectives.**

Our Objective #2 was to pay for the direct cost of hospice care to approximately 25 seniors/severely

disabled adults. In Quarter 3 of the fiscal year, we served 1 Fallbrook area residents on our service. Those 10 patients were on our service for a total of 670 combined days. In those 670 days, we provided many provisions to keep our patients comfortable as well as ease the burden of care to their caregivers, and take care of medication delivery co-pays. The breakdown for non-Medicare covered provisions is as follows:

Incontinence Pads at \$0.71 per day \* 670 days= \$475.70

Overbed Tables at \$0.86 per day \* 670 days= \$576.20

Full Electric Beds at \$0.90 per day \* 670 days= \$603.00

135 medications (for the 10 patients) at \$5.00 per medication copay= \$675.00

## **PARTICIPANT SUCCESS STORY**

### **Participant Success Story:**

Unfortunately, we do not have a success story for this quarter.

## **ACKNOWLEDGEMENT**

**Please describe how the Fallbrook Regional Health District's investment in this program was acknowledged during this reporting timeframe.**

Once our education series is complete and ready for viewing, all flyers and information will have the FRHD logo on it. Additionally, the links for our series will be on our website with FRHD logo, as well.

**Acknowledgment example: please upload an example of one method in which the District was acknowledged.**



## **BUDGET**

**Please upload a copy of the program budget you submitted with the application, with an additional column demonstrating the current utilization of grant funds.**



**Please explain any significant differences in budget or services during this quarter. What if any changes were made to address programming challenges.**

We are reporting spending of \$14,119.07 to date.

**Please sign your form:**

A handwritten signature in black ink that reads 'Melanie Housh'.



## Hospice of the Valleys

### **INTRODUCTION: CAREGIVING SUPPORT**

Caregiving 101: Am I a Family Caregiver?  
Include link to Am I a Caregiver? Quiz

### **INTRODUCTION: GRIEF AND LOSS**

What Does Grief Feel Like? Is This Normal?

### **CAREGIVER PRESENTATIONS:**

#### ***CARING FOR YOURSELF WHILE CARING FOR OTHERS***

Managing Stress as a Caregiver  
Using Music as a Healing Tool in Your Caregiving  
Simple Breathing for Relaxation  
Chair Yoga for Caregivers

### **BEREAVEMENT PRESENTATIONS:**

#### ***UNDERSTANDING AND SURVIVING GRIEF***

Manifestations of Grief: Body and Mind  
Cycles of Grieving and Healing  
Building Enduring Memories  
Coping Skills for Thriving During

### **GOALS:**

- *Provide an on-line series of instructive video presentations on Caregiving and Grief and Loss for the greater Fallbrook communities, with the goal of creating interest in group support options for each.*
- *Introductory videos offered first, monitored to chart interest in/participation in viewing videos.*
- *Release of presentation videos in each area to be presented after initial monitoring of participation*

Caregiver/Grief Series Sponsored by:

