



Organization Information

Legal Name

Fallbrook Healthcare Foundation Inc

DBA (if Applicable)

Foundation for Senior Care

Program Name/Title

Senior Care Services

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from approved application.

To date, our programs have had a strong and sustained impact on seniors and disabled adults across the Fallbrook Regional Health District. By the end of Q4, our Transportation Program provided 5,811 local rides, 303 out-of-town medical trips, and 147 wheelchair-accessible rides—exceeding annual goals. We also enrolled 40 low-income seniors in the Traveler’s Aid program, helping reduce transportation-related barriers to care.

Our Adult Day Care Program delivered 2,647 days of care and 204 scholarship days, supporting seniors with cognitive or physical challenges while offering respite to 73 caregivers. We also hosted eight caregiver support sessions to address their ongoing needs.

The Senior Care Advocacy Program, including Door-Through-Door services, assisted 1,229 clients through 628 home or healthcare visits and 98 intensive case management services. Mental health concerns were addressed for 238 individuals, 96% of whom were referred for further support—surpassing all annual targets.

Our Door-Through-Door Program played a critical role in post-hospital care, supporting 111 recently discharged seniors. Only three were readmitted within 30 days, and our team intervened in 97% of identified unsafe discharges.

Altogether, 1,353 unique residents directly benefited from our services in 2024, with many more supported through caregiver relief and resource navigation. These outcomes reflect the essential and growing role our programs play in improving access to care, promoting independence, and enhancing quality of life for vulnerable older adults in our region.

Number of residents that directly benefitted (participant/client) from this program. 1353

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	9	122
Seniors (60+)	91	1231
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	63
Male	36
Non-binary	
Unknown*	1

***Target Population - Gender**

Individuals may decline to provide this information.

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	35
Very Low (50%) Income Limits, ceiling of \$53,500	43
Low (80%) Income Limits, ceiling of \$85,600	17
Higher Than Listed Limits	5

	Percent of program participants
We do not collect this data (indicate with 100%)*	

***Target Population - Income Level**

NA

What language(s) does this program accommodate:

- English
- Spanish

What demographic group does this program predominately serve:

- Older Adults

Social Determinants of Health (SDOH)

The Fallbrook Regional Health District has identified several Social Determinants of Health that demonstrate a significant impact on the long term health and well being of our community. The following questions address how your program and/or services address these concerns.

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

Our programs support seniors and disabled adults in the greater Fallbrook area, enabling them to lead fulfilling lives. **Transportation Program:** We offer affordable, accessible, and wheelchair-friendly transportation, breaking down barriers to vital services, medical appointments, and community activities. By alleviating transportation stress, we empower individuals to stay connected and maintain their independence. **Senior Care Advocacy Program:** We provide essential assistance through information, referrals, case management, and hands-on support, advocating for the needs of seniors and adults with disabilities to achieve positive outcomes. **Adult Day Care Program:** Our welcoming environment is a safe space for individuals facing cognitive challenges. We focus on socialization, physical and cognitive activities, and compassionate care while providing respite for caregivers, ensuring they have peace of mind.

Collectively, these programs create a robust support network that addresses the diverse needs of our community, promoting independence and enhancing the quality of life for seniors and adults with disabilities.

Program Objectives & Measurable Outcomes

The overarching goal of our programs is to enhance the quality of life for seniors and adults with disabilities by providing accessible and impactful services that promote independence, health, and well-being. Each program's objectives are designed to achieve this goal through specific, measurable activities, with outcomes assessed based on both quantitative and qualitative data.

The Transportation Program aims to provide affordable and accessible transportation to ensure clients

can access essential services, medical appointments, and social activities. The program's goals for the year include providing 4,800 local rides, 300 out-of-town medical trips, and 250 wheelchair-accessible rides, as well as enrolling 40 low-income seniors into the Travelers Aid program. The success of this program will be measured by tracking ride utilization, program enrollment, and client feedback regarding service satisfaction. The outcomes will help assess the program's effectiveness in reducing isolation and improving healthcare access for seniors and adults with disabilities.

The Adult Day Care Program offers a safe and stimulating environment for seniors with cognitive and physical challenges, providing respite for caregivers. The program aims to deliver 2,100 days of care, offer 300 scholarship days, support 45 informal caregivers, and increase caregiver support sessions by 50%. Success will be measured through attendance records, scholarship utilization, caregiver participation in support groups, and feedback from both clients and caregivers. These metrics will provide insights into the program's effectiveness in enhancing participants' well-being and reducing caregiver burden.

The Senior Care Advocacy Program is designed to help seniors navigate complex healthcare, housing, and mental health resources. The program aims to assist 1,000 clients, conduct 300 home or healthcare visits, manage 70 complex cases, and address mental health concerns for 100 clients, referring 60% for further support. Success will be tracked using case files, referral outcomes, and client satisfaction surveys, allowing us to evaluate the program's impact on improving access to essential services for seniors and adults with disabilities.

Finally, the Door-Through-Door Program aims to prevent hospital readmissions and ensure safe transitions to post-discharge care. The program's objectives include engaging 115 seniors annually, providing interventions for 70% of them, and preventing readmissions in 90% of the cases. Success will be measured by tracking client engagement, intervention effectiveness, and readmission rates. These outcomes will provide a clear picture of the program's success in improving post-discharge health outcomes and supporting seniors in their transition from hospital to home.

Each program is monitored quarterly to ensure that objectives align with community needs, and cumulative metrics will be reported to assess long-term impact. Feedback from clients and caregivers will be used to refine services and ensure our interventions remain effective and responsive to the challenges faced by our community.

Anticipated Acknowledgment

Please describe how the Fallbrook Regional Health District's investment in this program will be acknowledged. This includes all print and electronic materials, press releases, website references, and any other form of written and verbal publicity that relates to the funded program.

District Support Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Other

Contact Information

Contact Name

Perla Hurtado

Title

Executive Director

Primary Contact Phone

760-723-7570

Email Address

phurtado@foundationforseniorcare.org

Organization Physical Address

135 S Mission Rd
Fallbrook, CA, 92028

District Support Acknowledgment



FRHD 24-25 Q4 Acknowledgements.pdf

Program Budget



24_25 FRHD CHC Program Budget Fo... .xlsx

Confirmation

YES - this information is accurate

FRHD 24-25 Q4 Acknowledgement

Social Media



Email Signatures



Melanie Bonenfant • Referral and Support Advocate

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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



LEGACY CIRCLE
Secure your lasting legacy and support older adults for generations to come
LEARN MORE ABOUT WAYS TO GIVE AND OUR PLANNED GIVING PROGRAM

PARTNERS

We are fortunate to have generous and invaluable community partners, collaborators, and grantors who work alongside us to create a strong network for older adults in our community. Their dedication, service and contributions help us ensure that seniors receive the resources and connections they need.

Care Excellence Team • Christ the King Lutheran Church • Fallbrook Chamber of Commerce • D'Vine Path • Do Gooders Thrift Store • Fallbrook Food Pantry • Fallbrook Regional Health District • Fallbrook Senior Center • Fallbrook Trail Life • Fallbrook Trails • Gary and Mary West PACE • Golden Care • North Coast Church • North County Fire • North County Parkinson's Support Group • Regency Fallbrook • REINS • San Diego Gas and Electric • SD Sheriff's Department • Silvergate • St. Peter Thrift Store



FRHD CHC GRANT BUDGET REPORTING FORM

Agency Name:

Foundation for Senior Care

PROGRAM NAME:

Senior Care Advocacy, Adult Day Care, Senior Transportation & Door Through Door

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	\$164,484.46	\$0.00				
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	\$484,061.44	\$92,650.00	\$23,163.00	\$23,163.00	\$23,163.00	\$23,163.00
C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
	TOTAL OTHER EXPENSES	\$109,872.43	\$6,800.00	\$1,700.00	\$1,700.00	\$1,700.00	\$1,700.00
D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
		\$758,418.33	\$0.13	\$24,863.00	\$24,863.00	\$24,863.00	\$24,861.00

 Total funds expended to date: **\$99,450.00**