

Organization Information

Legal Name

Fallbrook Healthcare Foundation Inc

DBA (if Applicable)

Foundation for Senior Care

Program Name/Title

Senior Care Services

Brief Program Description

Our programs provide vital, wraparound support to seniors and individuals with disabilities in Fallbrook and neighboring communities. Through Senior Care Advocacy, Adult Day Care, Transportation, and Door-Through-Door services, we empower seniors to maintain independence, access critical resources, and enrich their lives—ensuring they can age with dignity, purpose, and connection.

Service Area

Bonsall

De Luz

Fallbrook

Rainbow

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

443

What language(s) does this program accommodate:

English

Spanish

Target Population - Age

	Percent of program participants	Number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	4	18
Seniors (60+)	96	424

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

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	62
Male	34
Non-binary/other	
Unknown*	4

***Target Population - Gender**

sometimes the client does not provide this information.

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	14
Very Low (50%) Income Limits, ceiling of \$53,500	39
Low (80%) Income Limits, ceiling of \$85,600	43
Higher Than Listed Limits	4
We do not collect this data (indicate with 100%)*	

***Target Population - Income Level**

NA

What demographic group does this program predominately serve:

Older Adults

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 Objectives & Measurable Outcomes

The Foundation for Senior Care continues to advance its mission of empowering seniors and disabled adults in Fallbrook, Bonsall, Rainbow, and De Luz to live independently, safely, and with dignity. Through our Senior Care Advocacy, Adult Day Care, Transportation, and Door-Through-Door programs, we address key Social Determinants of Health—improving healthcare access, housing stability, social connection, and caregiver support across the community.

Objective 1: Increase Access to Essential Services

Goal: Expand access to advocacy, adult day care, and transportation services to enhance health, independence, and overall well-being.

Measured Outcomes:

Served 443 individuals across all programs.

Provided 1,800 rides, 4,120 advocacy interactions, and 809 days of care, ensuring consistent access to healthcare, nutrition, and social engagement.

Impact: Continued outreach through healthcare providers, senior living communities, and local partners significantly increased referrals and service participation, ensuring that more residents received vital support to maintain independence and well-being.

Objective 2: Reduce Hospital Readmissions and Improve Health Outcomes

Goal: Support post-discharge stability and prevent hospital readmissions through case management, advocacy, and transportation.

Measured Outcomes:

Assisted 37 seniors through the Door-Through-Door program, successfully preventing 13 hospital readmissions.

Conducted 29 post-discharge wellness checks and coordinated follow-up care with healthcare providers.

Impact: The Foundation maintained a 100% prevention rate of unsafe hospital discharges, ensuring that seniors returned home safely and remained connected to the medical and social resources necessary for a healthy recovery.

Objective 3: Enhance Social Engagement and Reduce Isolation

Goal: Improve quality of life by providing social connection, mental stimulation, and caregiver relief.
Measured Outcomes:

Delivered 809 days of care to 35 participants, including 49 scholarship days for low-income families.

Hosted three caregiver support sessions focused on dementia care and family well-being.

Impact: Participant and caregiver feedback reflect measurable improvements in emotional health, cognitive engagement, and overall quality of life. Families continue to express deep appreciation for the compassionate environment and professional care provided through "The Club."

Objective 4: Address Housing Instability and Mental Health Needs

Goal: Provide comprehensive advocacy and referrals to stabilize housing and improve mental health for vulnerable seniors.
Measured Outcomes:

Assisted 168 seniors with housing navigation and 114 with mental health referrals.

Secured stable housing for 13 high-risk seniors this quarter.

Impact: Ongoing collaboration with the Office of Homeless Solutions, APS, and local landlords resulted in timely housing placements and improved mental health outcomes. Clients received consistent follow-up and resource support, ensuring long-term stability.

Summary

The Foundation for Senior Care remains a vital safety net for older adults in our region, consistently meeting or exceeding quarterly benchmarks. Through compassionate service delivery, strong community partnerships, and a holistic approach to care, we continue to strengthen the health, independence, and quality of life of the seniors and disabled adults we serve.

Please upload an Impact Story (Word doc or pdf preferred).

FRHD 25-26 Q1_Impact Story.pdf

FRHD Acknowledgment

Social Media Postings

Signage at Service Sites

Website Display

Other

FRHD Acknowledgment

25-26Q1 Acknowledgement.docx

Program Budget

25_26 FRHD CHC Program Budget F... .xlsx

Please type the name of the person submitting this report.

Perla Hurtado

FRHD Q125-26 Grant Report

Impact Story

One of our recent participants, whom we'll refer to as Mr. L., came to The Club after experiencing increased isolation and early-stage memory loss following the passing of his spouse. Once an active member of the community, he had begun spending most of his days at home with minimal social interaction. His adult daughter, acting as his caregiver, was struggling to balance full-time work with ensuring her father's safety and emotional well-being.

After enrolling at The Club, Mr. L. began attending two days a week. The structured routine, social connection, and supportive environment made an immediate difference. He quickly found comfort in the daily activities—especially morning exercise and trivia sessions—and began engaging in conversations and group games with other participants. Within a few weeks, staff noticed that his mood had improved significantly, and his confidence returned.

For his daughter, The Club provided much-needed respite and peace of mind. She shared that her father now looks forward to his days there, often dressing early and waiting by the door, excited to see his friends and caregivers. The family reports fewer signs of confusion and anxiety at home, noting that The Club has helped stabilize his cognitive and emotional well-being.

Through programs like The Club, the Foundation for Senior Care not only supports the physical and mental health of older adults but also strengthens families. Seniors rediscover purpose and companionship, while caregivers receive the assurance that their loved ones are safe, active, and cared for with dignity and compassion.



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FOUNDATION FOR SENIOR CARE • *Committed to the wellbeing of older adults*

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Programming supported by **Fallbrook Regional**
HEALTH DISTRICT



FRHD CHC GRANT BUDGET REPORTING FORM

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

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	\$137,683.00	\$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	\$474,333.00	\$93,000.00	\$23,250.00			
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	AMOUNT USED Q1	AMOUNT USED Q2	AMOUNT USED Q3	AMOUNT USED Q4
		TOTAL OTHER EXPENSES	\$107,595.00	\$2,000.00	\$500.00			
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$719,611.00	\$0.13	\$23,750.00	\$0.00	\$0.00	\$0.00

 Total funds expended to date: **\$23,750.00**