

Perla Hurtado

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Tax Exempt Status **YES**

Service Area **Bonsall De Luz Fallbrook Rainbow**

Will no less than 80% of the program recipients live within the communities of Fallbrook, Rainbow, Bonsall or De Luz? **YES**


Collaborative/Joint Application **NO**

Organization Information	Legal Name	DBA (if Applicable)
	Fallbrook Healthcare Foundation Inc	Foundation for Senior Care

Contact Information	Contact Name	Title
	Perla Hurtado	Executive Director
	Primary Contact Phone	Email Address
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Organization Physical Address
135 S Mission Rd
Fallbrook, CA, 92028


Board of Directors



FSC Board of Directors.docx

35.49 KB

Financial Documents - Audit



Audited Financials 2021.pdf


2.79 MB

Financial Documents - P&L and Balance Sheet

 **Balance Sheet 2023.pdf**
36.23 KB

 **P&L2023.pdf**
36.91 KB

Financial Documents - 990

 **FSC 990.pdf**
393.73 KB

Organization’s Mission Statement

Enhancing the wellbeing of older adults throughout the aging experience.

The Foundation for Senior Care is committed to providing services and resources to older adults (65+) and disabled adults (18+) in the Fallbrook, Bonsall, Rainbow and De Luz communities. We currently offer the following services: transportation and grocery delivery; adult daytime care and caregiver respite; technology classes and senior-centric workshops; referrals, hands-on guidance and support advocacy for a wide variety of senior concerns and needs including healthcare, food and nutrition resources, housing, state and national entitlements, senior living facilities, hospital recovery support, legal and financial assistance, mental health resources, abuse and neglect interventions, safety issues, and more.

In partnership with the Fallbrook Regional Health District, our goal is to remove obstacles, promote resources, and facilitate access to services that enable older adults to live safely, maintain physical and mental wellness, and age gracefully with respect and dignity.

Organization’s Vision Statement

To be recognized at the community, state and national levels as the primary resource and standard of excellence for programs, services and collaborations focused on adults 65 and older.

We strive to be recognized as a leader in senior services and stewardship – earning acclaim as a trusted ally and a steadfast advocate for the health and wellbeing of older adults and individuals with disabilities.

Organization History & Accomplishments

Our 501(c)(3) agency was established in 1979, and the four key programs we operate today have been effectively serving seniors in our community since 2000.

The Adult Day Care Program started in 2000 in response to a community survey that discovered that caregiving for those with dementia was a high community need – and still is. Our Adult Day Center is still operating today, and is a safe, trusted and reliable place for older adults and individuals with disabilities who are facing dementia and memory challenges to spend their day. It also offers much needed respite to family members and other caregivers who can have peace-of-mind knowing that their loved ones are being well taken care of.

Our Adult Day Center, affectionately known as “The Club”, serves a vital and unique purpose. It is not only for seniors. It is not only for those with dementia and memory challenges. We are proud of our caregivers and the diversity of programming we offer, attracting those with disabilities of various ages. Our

team provides caregiving for people with dementia and Alzheimer's, Parkinson's, stroke, traumatic brain injuries, and other diagnoses. Whether the participant is ambulatory or not, verbal or not, in need of physical support or not, our staff cares for their needs.

Over this past year, our program has made great strides in creating daily programming that is of interest to our clients. Every month, clients receive a calendar of daily activities and monthly special events. Participants help prepare for the events by making decorations, helping prepare food, or planning portions of a program. We engage each client in those parts of the program that most appeal to their interests and strengths. And we always treat each person as an individual with a unique history and abilities.


Program Name/Title **Adult Day Care Program**

Brief Program Description **Our Adult Day Care Program offers comprehensive support, compassionate caregiving, and vibrant socialization opportunities for individuals living with moderate to profound cognitive and medical impairments. Additionally, we provide invaluable assistance and respite for dedicated caregivers who tirelessly tend to their loved ones' needs.**

Is this a new initiative/service or established program within your organization? **Established Program**

Did this program receive FRHD CHC - Grant funding last funding cycle (FY 23.24). **YES**

Describe the impact of the program to date. Briefly explain how the service/intervention has worked - include cumulative metrics from the Q1 and Q2 Impact reports. **During the first two quarters of the 2023-2024 fiscal year for FRHD, we have achieved significant milestones. We provided 391 days of adult day care service, with 23 of these days offered through scholarships to ensure accessibility. Additionally, 26 caregivers benefited from our respite support services, allowing them much-needed relief, while our Caregiver Wellness Support group facilitated 6 sessions, offering valuable tips, education, and support to caregivers in our community.**

If this program was previously funded, please provide an example of how the District's funding of this program was acknowledged.  **FRHD Acknowledgements_23-24.pdf**
252.92 KB

Funding Amount Being Requested **30000**

Program Information - Type **Ongoing**

Projected number of residents that will directly benefit (participant/client) from this program. **30**

Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	7	3
Seniors (60+)	93	27
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	45
Male	55
Non-binary	
Unknown*	

*Target Population - Gender

NA

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	10
Very Low (50%) Income Limits, ceiling of \$53,500	15
Low (80%) Income Limits, ceiling of \$85,600	50
Higher Than Listed Limits	25
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

NA

What language(s) can this program accommodate:

English

Spanish

Chinese (Mandarin/Cantonese)

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)

Social Determinants of Health -
Economic Stability

Our Adult Day Care Program plays a crucial role in addressing the Social Determinant of Health related to economic stability by providing much-needed relief and support to caregivers, which can directly impact their economic stability. By offering a safe and nurturing environment for individuals with cognitive and medical impairments during the day, we enable caregivers to pursue employment, education, or other economic activities that contribute to their financial well-being. Moreover, by lessening the burden of constant caregiving responsibilities, our program helps caregivers maintain their own physical and mental health, reducing the likelihood of financial strain due to medical expenses or lost wages from caregiver burnout. Additionally, with the support of the Fallbrook Regional Health District scholarships are available, ensuring access to quality care regardless of financial circumstances, further promoting economic stability within the community.

Social Determinants of Health -
Social and Community Context

Our Adult Day Care Program addresses the social determinant of health (SDOH) of Social and Community Context by creating a supportive environment for individuals with cognitive and medical impairments to engage in social interactions and activities, reducing social isolation and loneliness. Through group activities, outings, and volunteer opportunities, we foster community engagement and connections. Additionally, our program provides a network of support for caregivers, offering emotional support, educational workshops, and counseling services tailored to their needs. By promoting social connections and community involvement, our program enhances overall well-being and resilience among both clients and caregivers, contributing to a healthier and more connected community.

Social Determinants of Health -
Healthcare Access and Quality

Our Adult Day Care Program plays a pivotal role in addressing the Social Determinant of Health related to Healthcare Access & Quality by offering tailored support and caregiving for individuals with cognitive and medical impairments. Within a supervised environment, we provide essential services such as assistance with daily activities, ensuring access to high-quality care. Additionally, we facilitate connections to healthcare resources as needed.

By granting caregivers respite, our program empowers them to prioritize their own healthcare needs, leading to improved health outcomes for both caregivers and clients. This respite allows caregivers to attend medical appointments, seek preventive care, or address personal health concerns, thereby enhancing overall healthcare access and quality.

Through a person-centered approach, our program ensures that each individual receives specialized attention tailored to their unique needs. By promoting access to healthcare resources and supporting caregivers, our program contributes significantly to better health outcomes and overall well-being for clients and caregivers alike.

Social Determinants of Health -
Neighborhood and Built Environment

Our Adult Day Care Program addresses the social determinant of health (SDOH) of Neighborhood & Built Environment by providing a safe, accessible,

and inclusive space for individuals with cognitive and medical impairments. Located within the community, our facility fosters a sense of belonging and connection through engaging activities and interactions with other community organizations such as NCL, Regency staff, and other community volunteers.

Statement of Need/Problem

With nearly 14,000 adults aged 60 and above residing in the Fallbrook area, there's a pressing demand for daytime caregiving services. According to the 2021 ACS 5-Year Community Survey, about 10% of Fallbrook's general population lives with a disability. Among older adults, over 18% of 65- to 74-year-olds and nearly 48% of those 75 and older have at least one disability, with cognitive difficulties affecting over 470 individuals aged 65 and above.

Adults with disabilities often rely on caregivers for assistance with daily tasks, which can be overwhelming for family members juggling caregiving with their own jobs or health issues. The emotional toll is exacerbated when caring for loved ones with dementia, with caregivers experiencing heightened rates of depression compared to non-caregivers.

Adult Day Care facilities like ours were established to combat social isolation, depression, and physical and cognitive decline in participants, while also providing crucial respite for caregivers. Staffed with skilled caregivers, our program offers support with daily activities and mental and physical exercises. Moreover, we prioritize the well-being of caregivers by offering resources and support groups to alleviate stress and provide encouragement.

Transportation can be a significant obstacle for caregivers, particularly for those uncomfortable driving or with work commitments. Our program addresses this challenge by providing transportation to and from our facility each morning and afternoon, ensuring accessibility for all participants.

How are other organizations addressing this need in the community?

In the Fallbrook area and beyond, there are limited options for adult programs or equivalent services offering daytime caregiving and socialization. While facilities like the Fallbrook Senior Center, D'Vine Path, Stepping Stone Resources, and REINS provide opportunities for socialization, therapy, and life skills training for individuals with disabilities, they do not offer caregiving support.

Home health or hospice services serve as an alternative to our Adult Day Care Program. However, the typical cost for a non-medical Home Health Aide in San Diego County is approximately \$30 per hour. In contrast, our program fee is \$100 for a 7-hour day, inclusive of caregiving, socialization, and engaging activities fostering mental and physical well-being.

Program/Services Description - Program Entry & Follow Up

Our Adult Day Care Program receives referrals from doctor's offices, senior centers, and community agencies, and we have a partnership with Gary and Mary West PACE for Fallbrook residents enrolled in PACE. We also conduct regular marketing and advertising efforts. Typically, family members inquire about our program when they're exhausted and need a mental and physical break from caregiving.

During our intake process, we conduct a written assessment of the client and their caregivers(s) to ensure compatibility with our program. A physician's report is required, and the first day allows us to assess the client's needs while allowing clients and caregivers to gauge if we meet their requirements. Low-income prospective clients may apply for scholarships, and transportation to/from home can be arranged.

Our staff meticulously record daily logs regarding each client's participation and any challenges or changes in behavior or physical abilities. Quarterly reviews track progress against goals, and annual state-mandated Appraisal Needs and Services Plans reassess caregiving needs and health changes. Our

Day Care Administrator and staff keep caregivers informed daily, providing updates on engagement, nutrition, movement, toileting, and other factors. Regular meetings with family members ensure ongoing communication and support.

We operate as a cohesive team, with our Administrator and staff working together to care for our clients. Bi-annual surveys assess the impact of our program on clients and their caregivers, ensuring continuous improvement and responsiveness to their needs.

Adult Day Program clients also receive information about our other senior services to ensure they are aware of all available resources.

Program/Services Description - Program Activities

Our Adult Day Care Program offers a supportive, professionally staffed environment that addresses the nutritional, daily living, and social needs of our clients within a group setting during the day. This enables them to remain at home rather than being institutionalized or relying on high-cost home care services. Social engagement is a key aspect that draws families to our program, as we've consistently observed how the social interactions at The Club positively impact dementia clients. Through tailored activities such as music, games, physical exercise, and arts and crafts, we nourish and engage both the minds and bodies of our participants.

For clients with complex health issues, including dementia or cognitive disabilities, our program promotes overall health and wellness by providing a safe and caring environment. Our staff are trained to effectively handle their needs, offering assistance with daily tasks, medication distribution, and encouraging physical movement through various exercises. More than half of caregivers report stabilization or improvement in their loved ones' lives since joining our program.

Equally important is the respite our program provides for caregivers, significantly impacting their health and wellness. Many express exhaustion and the need for support, finding relief through our program. Our recent survey revealed that a majority of caregivers experience reduced stress when their loved ones attend our program. We support caregivers by offering tips to manage challenging behaviors, providing information on relevant local resources and classes, and facilitating a Caregiver Wellness Community group for ongoing support and education.

Program Goal

During the 2024-2025 FRHD fiscal year, Our Adult Day Care Program aims to provide 2100 days of service to address the specific physical and mental needs of cognitively or physically impaired seniors and adults through socialization, physical and mental enrichment activities, and movement exercise. Additionally, we will allocate 300 days for scholarships to ensure accessibility. Concurrently, we aim to enhance caregiver support by increasing the number of support sessions by 50%. This goal will be measured through regular tracking of service days provided, scholarship allocations, and the number of caregiver support sessions conducted, ensuring our program effectively meets the needs of both clients and caregivers while promoting holistic well-being.

Program Objectives & Measurable Outcomes

Objective 1

Enhance client engagement by achieving a 5% increase in participation and delivering 2100 days of day care services for seniors and disabled individuals residing in the FRHD, encompassing those diagnosed with Alzheimer's, dementia, Parkinson's, stroke, or other cognitive or physical impairments.

This will be measured by tracking days of attendance.

Objective 2

Enhance accessibility by providing 300 days for scholarship to ensure

affordability and inclusivity and ensuring access to financially disadvantaged individuals.

This will be measured by tracking the number of scholarship days allocated to qualifying individuals.

Objective 3

Offer respite for a minimum of 45 informal caregivers, enabling them to pursue employment, attend to personal health needs, and alleviate stress and anxiety associated with full-time caregiving responsibilities.

Progress will be assessed by tracking the number of informal caregivers utilizing our program for respite and conducting surveys to gauge the impact on their overall well-being.

Objective 4

Strengthen caregiver support by increasing the number of caregiver support sessions by 50% to provide additional assistance and resources.

This will be measured by the total number of educational and support services we make available and tracking attendance.

We take great pride in our role within the community and remain dedicated to providing services that support older adults and individuals with disabilities in maintaining their physical and mental wellbeing throughout the aging experience. We consider it a privilege to serve our older adults and people with disabilities, helping them to receive the services, compassion, and respect they rightfully deserve.

Organization Collaborations

One of our ongoing goals is to consistently establish new collaborations within and outside the community. Through joint efforts with like-minded organizations, we can expand our collective reach and leverage synergies across our programs and services. This collaborative approach ensures that services for older adults and individuals with disabilities are more accessible, robust, and varied.

Care Excellence Team: We collaborate with them to lead a free monthly caregiver support group, known as the Caregiver Wellness Community. This vital support group offers tips, education, and support to caregivers in our community, addressing a significant need. Neither party receives compensation for this valuable service.

Gary and Mary West PACE: Through PACE, our facility serves as an Alternate Care Site, providing essential services to PACE clients in our area. This partnership ensures accessibility and support for individuals in need.

North County Parkinson's Support Group: We partner with them to offer scholarships to individuals diagnosed with Parkinson's disease, covering their Day Care fees for up to 5 days. Our program provides the necessary caregiving and respite, supporting individuals and their caregivers.

Age Well San Diego: We actively participate in the Age Well 2.0 Dementia-Friendly Communities Planning group, contributing to the development of the Age Well Roadmap for the next 3 years. This collaboration aims to create more supportive and inclusive communities for individuals living with dementia.

Aetna and Health Net: Starting in January 2022, we became Community Support Partners for Medi-Cal members, offering respite services for caregivers. This partnership allows us to extend our support to a broader range of individuals in need.

Regency Fallbrook: We collaborate with Regency to facilitate activities with our participants. These partnerships enrich our program by providing engaging activities tailored to the interests and needs of our participants, enhancing their overall experience and well-being.

Anticipated Acknowledgment

Social Media Postings

Signage at Service Sites

Print Materials to Service Recipients

Website Display

Other

Anticipated Acknowledgment

Fallbrook Regional Health District's support is consistently acknowledged as a grantor/supporter with logo (and map when appropriate) on our website, social media (Instagram, Facebook, LinkedIn), Care Vans, FSC impact reports, and other promotional and educational communication materials.

Funding History

NO

Program Budget



24_25 FRHD CHC Program Budget Form_... .xlsx
56.08 KB

Terms and Conditions

Accepted

Authorized Signature