

## 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 the Q1 and Q2 Impact reports.

To date, our programs have had a significant impact on seniors and disabled adults in the Fallbrook Regional Health District. In the first quarter, our Transportation Program provided 1,429 local rides and grocery deliveries, 82 out-of-town medical appointments, and 42 wheelchair-accessible rides, ensuring seniors access vital services while maintaining their independence. We also enrolled five new participants in the Traveler's Aid program to support low-income seniors.

Our Adult Day Care Program delivered 701 days of care, surpassing participation goals, and provided 45 scholarship days to low-income families. We offered respite to 49 caregivers and conducted three caregiver support sessions.

In the Senior Care Advocacy Program, we supported 323 clients, conducting 73 home or healthcare visits and delivering intensive case management to 23 individuals with complex needs. We addressed mental health with 19 clients, referring 89% to mental health providers.

Through our Door Through Door Program, we engaged with 31 recently hospitalized clients, improving their safety and preventing unnecessary hospital readmissions. All engaged clients avoided readmission within 30 days, and we intervened successfully in 100% of identified unsafe discharge cases.

These outcomes demonstrate our programs' success in enhancing access to essential services, improving quality of life, and providing critical support to seniors and their caregivers.

## Target Population - Age

	Percent of program participants	Estimated number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	8	34
Seniors (60+)	92	371
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	34
Non-binary	
Unknown*	3

### \*Target Population - Gender

Individual may decline to provide this information.

## Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	29
Very Low (50%) Income Limits, ceiling of \$53,500	42
Low (80%) Income Limits, ceiling of \$85,600	19
Higher Than Listed Limits	10
We do not collect this data (indicate with 100%)*	

### \*Target Population - Income Level

NA

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

405

## Social Determinants of Health (SDOH)

### 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 are dedicated to supporting 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.

## **Anticipated Acknowledgment**

### **Anticipated Acknowledgment**

Social Media Postings

Website Display

# Eligibility Check

**You are ineligible to apply per the District's Grant Policy & Procedures, please contact District staff to if you have questions.**

## Organization Information

### 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

## Writing Instructions:

## Program Information

**What language(s) can this program accommodate:**

English

Spanish

**What demographic group does this program predominately serve:**

Older Adults

### Program Objectives & Measurable Outcomes

Transportation Program

The Transportation Program continues to serve as a vital resource for seniors and adults with disabilities in the greater Fallbrook area, providing affordable and accessible rides to ensure they can access essential services, medical appointments, and social activities. Our program goals for the year

include providing a minimum of 4,800 local rides, 300 out-of-town medical trips, 250 wheelchair-accessible rides, and enrolling 40 low-income seniors into the Travelers Aid program, which offers free rides for qualifying individuals.

During this quarter, we exceeded many of our targets, demonstrating the program's critical role in the community. We provided 1,429 local rides, surpassing the quarterly target of 1,200. Additionally, we delivered 82 out-of-town medical trips, reflecting strong demand for these services. We provided 42 wheelchair-accessible rides, just short quarterly goal of 63. Finally, we enrolled 5 low-income seniors into the Travelers Aid program out of a target of 10 for this period. While we met half of this goal, we are increasing outreach efforts to ensure more seniors in need are aware of this service.

The ongoing success of the Transportation Program highlights our ability to provide essential services that alleviate the stress of transportation logistics for seniors and disabled adults, helping them maintain independence and improve their overall quality of life.

#### Adult Day Care Program

Our Adult Day Care Program continues to provide a safe and stimulating environment for seniors dealing with cognitive and physical challenges, such as dementia. This program not only enriches the lives of participants through social interaction and physical activities, but it also provides much-needed respite to caregivers, helping to alleviate the pressures they face daily.

Our goals for the year include delivering 2,100 days of care, offering 300 scholarship days to low-income families, providing respite for a minimum of 45 informal caregivers, and increasing caregiver support group sessions by 50%. This quarter, we exceeded our targets by delivering 701 days of care, surpassing the quarterly target of 525 days. Additionally, we provided respite for 49 informal caregivers, exceeding the quarterly goal of 11 caregivers.

We offered 45 scholarship days out of a quarterly target of 75, which reflects our commitment to increasing accessibility to those in financial need. Our focus on reaching more low-income families will continue to be a priority in the coming months. Furthermore, we facilitated three out of the six anticipated caregiver support sessions this quarter, working toward our annual goal of increasing support by 50%.

These results underscore the impact of our Adult Day Care Program in not only enhancing the well-being of seniors but also providing critical support to their families and caregivers.

### Senior Care Advocacy Program

The Senior Care Advocacy Program remains a cornerstone of our organization's mission to support older adults and individuals with disabilities in navigating the complex web of services and resources available to them. Our advocacy work involves providing hands-on support, referrals, case management, and interventions to ensure our clients can address challenges related to healthcare, housing, mental health, and more.

This year, our program aims to assist 1,000 clients, conduct at least 300 visits with individuals at home or in healthcare facilities, serve as case managers for 70 clients with complex health or living needs, and discuss mental health with at least 100 clients, with a goal of referring 60% of them for further support.

During the first quarter, we made significant progress toward these goals. We assisted 323 clients with various advocacy services, exceeding our quarterly target of 250. We also conducted 73 home or healthcare facility visits out of a target of 75, demonstrating our strong efforts and commitment to addressing needs in the client's environment.

In terms of case management, we worked with 23 clients who required ongoing support for complex needs, making substantial headway toward our goal of serving 70 such clients by year's end. Mental health remains a critical area of focus for us, and this quarter, we discussed mental health concerns with 19 clients, referring 89% of them for further support and services.

Overall, the Senior Care Advocacy Program continues to provide essential services to the most vulnerable members of our community, helping them navigate challenges and improve their quality of life.

### Door-Through-Door Program

Our Door-Through-Door Program is designed to provide timely and appropriate support to seniors recently discharged from hospitals, with the goal of reducing readmissions, improving safety, and ensuring access to quality post-discharge care. This program plays a crucial role in bridging the gap between hospital discharge and home care, particularly for seniors who may lack a strong

support network.

Our program goals include reaching 115 seniors during the year, providing interventions or referrals for at least 70% of them, preventing hospital readmissions for 90% of those we engage, and preventing unsafe discharges in at least 40% of cases.

During this reporting period, we successfully connected with 31 seniors who were either recently discharged or in the process of being discharged from the hospital. We provided intervention or referrals to all 31 individuals, achieving a 100% intervention rate. Additionally, we prevented hospital readmissions and unsafe discharges for all of the seniors we supported during this quarter, exceeding our quarterly target and underscoring the program's effectiveness in promoting positive health outcomes for vulnerable seniors.

The Door-Through-Door Program continues to demonstrate its value in improving post-discharge outcomes, reducing hospital readmissions, and ensuring that seniors receive the care and support they need to remain safe in their homes.

## Financial Reporting & Budget


### Program Budget




24\_25 FRHD CHC Program B...xlsx

# FRHD Acknowledgements\_24-25Q1

FALLBROOKSENIORS  
Posts

 fallbrookseniors



[View insights](#) [Boost post](#)


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Liked by fallbrookhealth and others

fallbrookseniors Are you a senior living in the Fallbrook, Bonsall, Rainbow or De Luz areas who no longer drives? Make sure to contact us about our CareVan transportation program for rides around town. We also have an expanded program that provides rides out of town for medical appointments.

Our transportation program is just one of the programs we are able to offer thanks to funding provided by @fallbrookhealth

July 9

 fallbrookseniors



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Liked by fallbrookhealth and others

fallbrookseniors Our Door through Door program works closely with organizations such as @northcountyfire and local area hospitals to ensure safe hospital discharges and reduce the rate of readmission.

The Door through Door program is made possible thanks to grant funding received from @fallbrookhealth

July 9







**FRHD CHC GRANT BUDGET FORM**

 Agency Name: **Foundation for Senior Care** PROGRAM NAME: **Senior Care Advocacy, Adult Day Care, Senior Transportation & Door Through Door**

Not all line items will correspond with your program budget. If the item does not fully align either leave it blank or group it in the best category possible. However, be sure your program budget is fully itemized.

1)	<b>A</b>	<b>INDIRECT EXPENSES:</b>	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
	A1	Administrative Support	99,720.38			
	A2	General Insurance (not program specific)	7,302.42			
	A3	Accounting & audit expenses	12,133.35			
	A4	Consultant/Contractor Fees	5,286.05			
	A5	Physical Assets (Rent, Facility Costs)	4,440.24			
	A6	Utilities	6,842.10			
	A7	IT & Internet	4,463.32			
	A8	Marketing & Communications	21,662.50			
	A9	Office Supplies	1,673.30			
	A10	Training & Education	316.80			
	A11	Credit Card Fees for Client Payments	644.00			
		<b>TOTAL INDIRECT EXPENSE</b>	<b>164,484.46</b>	-	-	-
	<b>B</b>	<b>PERSONNEL EXPENSES - PROGRAM SPECIFIC</b>	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
	B1	ADC Staff	142,508.01			19,100.00
	B2	Advocates	120,548.25			39,500.00
	B3	Transportation Staff	105,898.20			24,050.00
	B4	DTD Staff	24,250.25			10,000.00
	B5	Program Supervisor (.05 FTE)	17,200.00			
	B6	Payroll Expenses (WC, taxes)	63,239.55			
	B7	Benefits	10,417.18			
		<b>TOTAL PERSONNEL EXPENSE</b>	<b>484,061.44</b>	-	-	<b>92,650.00</b>
	<b>C</b>	<b>DIRECT PROGRAM EXPENSES</b>	PROGRAM COST	APPLYING ORGANIZATION	OTHER FUNDERS	REQUESTED FROM FRHD
	C1	Equipment	27,021.25			6,500.00
	C2	Program/Project Supplies	8,936.50			100.00
	C3	Printing/Duplicating	7,048.48			100.00
	C4	Travel/Mileage	5,450.00			
	C5	Program Specific Insurance	32,181.00			
	C6	Program-Specific Telephone/Software	4,823.85			100.00
	C7	Program-Specific Training	1,020.00			
	C8	Program Outreach/Promotions	19,588.35			
	C9	Volunteer Clearances	603.00			
	C10	Agency Caregivers (for staff absences)	3,200.00			
	C11					
	C12					
	C13					
	C14					
	C15					
		<b>TOTAL OTHER EXPENSES</b>	<b>109,872.43</b>	-	-	<b>6,800.00</b>

	W	X	Y	Z
<b>D TOTAL ALL EXPENSES</b>	PROGRAM COST	% REQUESTED FROM FRHD		
	\$ 758,418.33	13%		

**2) FUNDING SOURCES**

<b>E FUNDS FOR PROGRAM</b>		
E1	APPLYING ORGANIZATION	X -
E2	OTHER FUNDERS	Y -
E3	REQUESTED FROM FRHD	Z 99,450.00
<b>TOTAL FUNDING SOURCES</b>		\$ 99,450.00

NOTE: THIS AMOUNT SHOULD BE EQUAL TO YOUR PROJECT COST.

**3) % OF AGENCY BUDGET**

<b>F</b>	\$ 874,098.00	\$ 758,418.33	87%
<b>CALCULATE % of Total Agency budget that this Program represents.</b>	AGENCY BUDGET**	PROGRAM COST	% of AGENCY BUDGET

\*\* Agency budget is your agency's entire budget for the year. Fill in the amount.