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Q1 Name of your organization.

Acacia Adult Day Services (now formally merged with Alzheimer's Orange County)

Q2 Grant #

20170988

Q3 Grant Period

December 1, 2017-November 30, 2018

Q4 Location of your organization

City	Garden Grove
State	California

Q5 Name and Title of person completing evaluation.

Mallory Vega, Vice President, Direct Care Services

Q6 Phone Number:

714-530-1566

Q7 Email address.

mallory.vega@alzoc.org

Page 2: Key Outcomes and Results

Q8 Total number of clients served through this grant funding:

206

Q9 Describe the project's key outcomes and results based on the goals and objectives. Use the following format: State the Goal: State Objective 1: Describe the Activities, Results and Outcomes for Objective 1: State Objective 2 (if applicable): Describe the Activities, Results and Outcomes for Objective 2: State Objective 3 (if applicable): Describe the Activities, Results and Outcomes for Objective 3:

Goal: To provide a secure, safe and supportive environment for adults in Orange County who need supervision and/or medical assistance during the day.

Objective 1: An increase in Acacia's census to 200 unduplicated seniors and other adults with disabilities served and their caregivers reached through outreach and education, as well as the number of caregivers accessing support services.

Outcome 1: 206 unduplicated individuals and their caregivers were served, a 9.6% over the number served last year, and 3.0% over Acacia's objective.

Objective 2: 164 unduplicated participants will maintain or improve two or more of their functional Activities of Daily Living (ADLs) or Instrumental Activities of Daily Living (IADLs).

Outcome 2: 142 unduplicated participants maintained or improved two or more of their functional ADLs or IADLs. This represents 86.6% of Acacia's objective. The challenges in meeting this objective are discussed in Question 10 below.

Objective 3: 160 unduplicated participants will be engaged in at least six therapeutic activities to increase their social interaction and reduce isolation.

Outcome 3: 162 unduplicated participants engaged in at least six therapeutic activities. Acacia met its goal by 1.2%.

Objective 4: 160 unduplicated participants will maintain or improve their overall health status and remain in the community.

Outcome 4: 137 unduplicated participants maintained or improved their overall health status. This represents 85.6% of Acacia's objective. The challenges in meeting this objective are discussed in Question 10 below.

Q10 Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

As noted in Question 9 above, Acacia had challenges meeting two of its objectives for this grant period – the number of unduplicated participants who maintained or improved two or more of their functional ADLs or IADLs, and the number of unduplicated participants who maintained or improved their overall health status. This is due in large part to the health complexities of the target population. In Orange County, seniors over the age of 65 represent close to 14% of the population (Orange County Older Adult Profile, 2016), with estimates of disabled seniors ranging from 30% to 40% of this population (Office on Aging, 2010; Orange County Older Adult Profile, 2016). Many seniors require daily assistance to remain independent. The majority of Acacia’s participants have a medically complex profile, with more than 50% having six diagnoses. The top five diagnoses include: Cardiovascular Accidents, Alzheimer’s Disease, Hypertension, and Depression or other Mental Health Diagnosis. In addition, 72% also require medication management, 100% need assistance with one or more ADLs, more than 50% suffer from dementia or other cognitive limitations, more than 45% require skilled nursing services, 68% use an assistive device, and 40% are functionally dependent.

These complexities often lead to difficulties in maintaining continuity of care. Participants may have worsening chronic conditions, or an extended hospital stay, which may lead to long absences or dis-enrollment from Acacia for a period of time or even permanently. As a result, a participant may not receive regular occupational therapy, for example, which otherwise would facilitate maintenance or improvement in ADLs or IADLs. As another example, a participant may miss a six-month follow-up reassessment due to a prolonged absence or dis-enrollment, in which case changes in health status cannot be assessed. In the case of a permanent dis-enrollment, it may become impossible to record or track any outcome at all, depending on how long the participant was in attendance at Acacia. In short, the tracking of outcomes becomes very challenging because these outcomes are measured by tools such as daily nursing flow sheets and regular follow-up assessments, which are in turn reliant on the capacity of the participant to be in regular attendance at Acacia.

Q11 How did you overcome and/or address the challenges and obstacles?

To address the complex health needs of participants, Acacia offers graduated programs that provide increasing levels of care. For instance, Adult Day Services provide supervision and social engagement, while Adult Day Health care and Community Based Adult Services provide a variety of therapies and nursing support. Acacia’s regular six-month assessments ensures that participants are enrolled in the correct program and are receiving the appropriate level of supervision and care. Nevertheless, the reality is that attrition does occur due to the complex health conditions of participants as previously noted.

To address the difficulty in tracking outcomes, Acacia’s staff frequently reach out to caregivers and family members to obtain information, even if anecdotal, to assess the health status of participants who may be absent for a significant period. This also allows Acacia staff to identify any potential other health issues so that they can be immediately addressed and mitigated before they become an emergency or reach a crisis status.

Q12 Describe any unintended positive outcomes as a result of the efforts supported by this grant.

Acacia was able to enhance its caregiver support services over this past year. These included additional caregiver support groups, family care consultations, and “The Savvy Caregiver.”

Caregiver Support Groups: Caregiver Support Groups serve to increase caregiver knowledge about Alzheimer's disease and related dementias as well as other health concerns of the elderly, enhance caregiving practices, create linkages to community resources, and decrease caregiver isolation. Caregiver Support Groups conducted in English were added to Acacia's existing support groups conducted in Vietnamese and Spanish. Sixteen (16) caregivers participated in the new English-language group. One hundred twenty-two (122) caregivers participated in the Vietnamese support group, while 25 participated in the Spanish language group. Clearly, the support group conducted in Vietnamese represents the greatest need; Acacia will continue to assess whether additional Vietnamese-language groups are needed in the coming year. Additionally, a Korean Caregiver Support Group was added in November 2018 to meet another emerging need.

Family Care Consultations: These consultations provide personalized, in-depth guidance to individuals with dementia and their caregivers. Conducted by social workers in languages that support the needs of SCADS' families, consultations assist with planning, problem solving, referrals to community resources, and emotional support. The end result of these consultations is a tailored, family-directed plan for caregivers to guide the care of their loved one. Consultations will also include a six-month follow-up to allow for reassessment of needs, timely monitoring of any health changes, updating the plan of care, and verifying quality of service and outcomes. Eight family care consultations were completed this past year.

“The Savvy Caregiver:” “The Savvy Caregiver” is an evidence-based six-week series of workshops that assist family caregivers with developing knowledge about Alzheimer's and related dementias, building coping skills for the challenges of family caregiving, and understanding and learning dementia management and communications techniques. One six-week session was conducted, serving seven caregivers.

Q13 Briefly describe the impact this grant has had on the organization and community served.

With S.L. Gimbel Foundation support, Acacia has been able to provide a variety of supportive services to older adults who require assistance or supervision during the day in order to maintain their ability to remain independent and prevent or delay their institutionalization in an assisted living facility or board and care home. Services included restorative therapy, transportation to and from Acacia, and geriatric case management. Acacia also provided assistance to caregivers and families, critical in helping them overcome the overwhelming challenges of providing daily care for their aging loved one.

In Acacia's most recent family satisfaction survey, respondents indicated the following:

- *78% reported that Acacia provides their family member with care they need and all needs are met
- *75% stated their family member's health status had improved
- *81% said their family member's mood had improved
- *81% of caregivers said their own stress level had decreased
- *97% rated overall satisfaction with Acacia as very satisfied or satisfied

Significantly, 97% stated that they would refer Acacia to others. Reasons for this included:

- *My mother feels safe and happy
- *For the attention they offer
- *You're all angels to our family
- *I know my Mom is safe, active and cared for all day.
- *It gives caregivers much need time to be away from caring for family member
- *It helps improve their quality of life
- *We want everyone to receive all this good help like us

Acacia's impact is profound. Families have peace of mind knowing that their loved ones are well-cared for, safe, and secure, and are receiving the help, stimulation, therapies and health assistance that they need for greater independence.

Page 3: Budget

Q14 Please provide a budget expenditure report. Also, provide a budget narrative that explains how the funds were utilized, what was purchased, what were the expensed items based upon the budget that was submitted.

Acacia is grateful for the \$20,000 grant provided by the S. L. Gimbel Foundation. Grant funds were allocated to partially support the cost of Acacia's four social workers, totaling approximately 10% of the social workers' total salaries and benefits. Social workers are essential to the provision of services, including being part of the multi-disciplinary teams that conduct initial and follow-up assessments, facilitating family care consultations, and leading the Caregiver Support Groups. The credentials of Acacia's team of social work professionals includes one Master of Social Work (MSW) Supervisor, one MSW, one Master of Science in Gerontology, and a Bachelor of Arts in Social Work. The team is culturally competent, and includes bilingual Spanish/English and Vietnamese/English speakers.

Page 4: Success Stories

Q15 Please relate a success story:

Ms. U, a 68 year old female, started in Acacia's Adult Day Program last year due to her dementia diagnosis. She previously had a career as a professional singer but due to alcohol abuse, lost her career and independence as symptoms of dementia progressed. Her son lost his employment due to the demands of becoming her primary caregiver and assisting her full-time with activities of daily living. Funding from the Older Americans Act for the Adult Day Program had enabled Acacia to provide subsidized services, including services for Ms. U, but when these funds were no longer available, one of Acacia's social workers worked closely with Ms. U's son to provide assistance in obtaining the needed funding for her to remain in the program through caregiver grants and ultimately Medi-Cal. Due to Ms. U's declining cognitive abilities and her need for more intensive assistance and supervision, she met the criteria for the Adult Day Health Care Program/Community Based Adult Services (CBAS) and was transferred from the Day Program without having a lapse in service. She made a seamless transition to the Health Care Program and continued attending five times a week. This transition provided access to a broader range of services for Ms. U, including nursing care and supervision to monitor her high blood pressure, along with personal care assistance to help with grooming needs. Being at Acacia has helped Ms. U cope with changes in her living situation and personal challenges with her diagnosis, and has given her son the support and respite he needs. Ms. U shares her passion for music by singing (starting the day for all with her rendition of God Bless America), playing the piano, and helping others at Acacia. She has regained confidence in herself, enjoys interacting with others at Acacia, and is maintaining her health while remaining in the community.

Q16 Please relate a success story here:

K is a 57 year single Vietnamese gentleman who currently lives with his sister and her husband. He was a successful real estate agent until he suffered a debilitating stroke caused by an aneurysm in 2012. After the stroke and subsequent surgery, K was left with paralysis on his right side, seizure disorder, and a very limited ability to communicate his needs due to aphasia. He became depressed after the loss of his independence and ability to care for himself. After having a fall at home, his sister realized he was not safe to be alone during the day. He began attending Acacia's CBAS program in January 2015 to participate in the therapies and services at the center. Attending five days a week, K receives nursing care to monitor his blood pressure, physical and occupational therapy, speech therapy services, counseling from the center LCSW and social worker, assistance with personal care needs, and has the opportunity to interact with others and engage in activities at the center. One of his favorite activities is Acacia's popular twice weekly Balance and Mobility class led by Acacia's very energetic Fitness instructor. K is always the first person in the class, encouraging others with his winning smile and willingness to try new exercises. There are always things to laugh and smile about in the class along with the therapeutic benefit of balance exercises. K also enjoys participating in or sometimes just watching all the participation in Acacia's "Hot Hula" Fitness class. K still expresses frustration and sadness over his health condition and dependence on others, but his depressive feelings have improved in the past six months. He has made many friends at Acacia and engaging in Acacia's person-centered activities has made a positive impact on his outlook on life.

Q17 Please relate a success story here:

Respondent skipped this question

Page 5: Organizational Information

Q18 Which category best describes the organization.
Please choose only one.

**Senior Citizen
Support**

Q19 What is the organization's primary program area of interest?

Elder Care

S.L. Gimbel Foundation Fund

Q20 Percentage of clients served through grant in each ethnic group category. Total must equal 100%	Asian/Pacific Islander	68
	Caucasian	12
	Hispanic Latino	20

Q21 Approximate percentage of clients served from grant funds in each age category.	Adults	9
	Senior Citizens	91

Q22 Approximate percentage of clients served with disabilities from grant funds.	Other Disability	100
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Q23 Approximate percentage of clients served in each economic group.	At/Below Poverty Level	85
	Other	15

Q24 Approximate percentage of clients served from grant funds in each population category.	Disabled	100
	Ethnic Minority	88
	Elderly	91
