

FY11 United Way Final Report

Program: Adult Day Support

Agency: The Arc of the Piedmont

Date: July 29 2011

- 1. For the current funding period, please highlight your program's goals, activities and results, noting any changes to your original plan/proposal. Include any relevant budget and/or financial information. Limit your response to no more than one page.**

The Adult Activity Centers at the Arc of the Piedmont share the vision of the Arc of Virginia by embracing the concept that our overall goal and vision is to provide, for all people we support, a "Life Like Yours." The goals of the Adult Activity Centers reflect this vision.

Our Goals:

- Participants maintain or improve their physical wellbeing and management of their disabilities and chronic disease.
- Family Caregivers maintain or improve their psychosocial well-being, which will enhance their ability to maintain the family home and employment.
- Participants live in the community residence of their choice and engage in inclusive community activities.

The focus has been to improve community relationships by devoting more efforts in making contacts with community members, providing improved supports and assistance to individuals wishing to attend community events. This effort was strengthened with the recruitment of more volunteers to assist with this effort.

Participation from family and guardians is achieved through regularly scheduled quarterly meetings with the persons we support and annual planning meetings where family and friends are invited to participate. The people we support have the same freedoms to have friends, visitors and maintain relationships with family as we all do, and these relationships are encouraged. Provisions for special transportation needs and opportunities to maintain family contacts are often written into the individualized plans.

Participants who attend the Adult Day Support Center have increased opportunities to interact with the community through a wide variety of community events and attend recreational facilities on a weekly basis.

Budgetary needs for this year include the cost of transportation including the purchase and maintenance of vehicles, operational costs of the Activity Centers including supplies required to keep individuals actively engaged in meaningful activities, the cost of providing an appealing environment and the cost of providing a 1:4 staff to client ratio. The current Medicaid reimbursement rate is not adequate to fully cover the costs of providing these services.

- 2) Success Story: Please share a success story from your program. We are especially interested in stories that show a long-term impact on a person or family, and stories that show collaborations or referrals with other community programs in meeting a client's multiple needs.**

The Charlottesville Parks and Recreation Department provides Therapeutic Recreation Classes for community members. Participants at the Arc have attended the Yoga, Sign Language, Therapeutic Swimming and other classes at the recreation center. Free gym time is also provided a few hours each week. In previous years, staff had difficulty encouraging "Evert" to do the exercises required to maintain enough muscle strength to walk, and were often unable to convince "Evert" to participate at the center or to leave the center and go out into the community. Staff was slowly able to entice "Evert" to participate, and in part, this was facilitated by having some of the instructors visit our Day Support Site to provide therapeutic opportunities at the site. Through this co-operative effort, "Evert" now loves to go swimming, participates in yoga and has opportunities to renew old friendships with people he has met in the past. He is regularly participating in community events. "Evert" is once again able to assist with his own transfers from his wheelchair to other seating. We can report with great pleasure, that through this collaborative effort, "Evert" is now walking again.

<p>Family caregivers maintain or improve their psychosocial well-being, which will enhance their ability to maintain the family home and employment.</p>	<p>The services provided by the adult activity centers allow family members of participants who live at home to engage in volunteer activities as measured by a family survey. (This was a survey of families where the person receiving supports live at home)</p> <p>Target: 87% >4:5</p>	<p>Actual: 80% 4:5</p>
	<p>Ability of caregivers to have more time to pursue leisure and recreational activities.</p> <p>Target: 75% 4 (3.75):5</p>	<p>Actual: 80% 4:5</p>
	<p>At least one caregiver from participant's family or guardian participates in the Essential Life Planning Process.</p> <p>Target: 100% 5:5 persons living at home or 100% for all persons attending day support</p>	<p>Actual: 100% 9:9 [Persons living at home] Additional data for all Activity Centers Actual: 80% 40:47 [Includes all Day Support Participants]</p>
<p>Participants live in the community residence of their choice and engage in inclusive community activities.</p>	<p>The individual or a trusted representative has expressed that he or she is living where he or she wants to live.</p> <p>Target: 92% 41:45</p>	<p>Actual: 96% 45:47</p>
	<p>The people we support chose to participate in community events from a wider variety of choices. Our target is to increase the offerings from 42 to 48</p> <p>Target: 115% 42:48</p>	<p>Actual: 140% 42:59</p>

4. **Impact Report.** We are looking for issues and statistics specific to our local area; you are also welcome to include some general issues that set the framework for the local statistics. Under the Actual Results heading, we are looking for impact, especially long-term results, not just numbers served. For the Financial Impact section, have each example highlight a different thing.

Community Needs or Issues Your Program Addresses -- please include at least 3 local issues/statistics and cite your source

- Poor health has always been a community problem, and individuals who have disabilities have additional barriers to overcome to maintain their health. It has been reported that a sedentary lifestyle and the death rate are related. Poor fitness, high blood pressure, diabetes and certain cancers are only a few of the health conditions that have been linked to lack of exercise. (*Healthy Heart and Mind*, July 4 2008). In the United States, the most common causes of death and disability are the result of lifestyle-related illnesses that are preventable. It is estimated that 25% of the US population is considered overweight. This does not include the obese population. More alarming is that up to 10% of children and 20% of adolescents are considered obese. The good news is that these conditions can be improved by our collective efforts to live better and to teach the next generation better habits.
- The city of Charlottesville, Virginia, provides wheelchair accessible transportation for individuals with physical disabilities through the Charlottesville Transit Service (CTS). Nonetheless, many people in the community are not able to access CTS due to an inability to independently push their wheelchairs to a CTS bus-stop, or because they are not able to navigate the CTS system without assistance. This therefore limits their ability to access community resources.
- The Virginia Department of Mental Health, Mental Retardation and Substance Abuse has been involved in a longitudinal study on the status of support services for the MR Waiver program since 2001. According to the most recent publication, (March 2007) Region Ten, which services the Charlottesville Area, serves about 267 individuals who have intellectual disabilities, 96% of whom are adults. This represents only a small proportion of adults with intellectual disabilities who need support services. The persons receiving services in the Charlottesville area are generally those who qualify for Medicaid, ICFMR Services. These individuals must qualify for MR Waiver Services and they must also satisfy certain low income requirements. The Director of MR Services at the Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services reported that as of March 2006 there were 3156 individuals on Virginia's Medicaid Mental Retardation Waiver waiting list. This puts these individuals at risk of not having a place they can call home, or not having a place to go to during the daytime hours. Without the basic supports for health and safety, persons with disabilities have little chance to develop the skills they need to improve their situation.

Your Program's Solutions that United Way Community Impact Funds Support

- Our staff at the Arc of the Piedmont recognizes that physical health and mental health are strongly connected. Good mental and physical health is best achieved when we can help the people we support to break the barriers of isolation and loneliness. The tasks of everyday living are often more enjoyable when individuals can recreate and exercise with friends. Loneliness can be combated by making meaningful relationships within the community. Professionals working for the Arc utilize their resources and connections in helping the people we support become vital, active members of their community. Individuals are not left on their own to maintain relationships. Building connections helps to reduce the amount of time spent alone, and helps to build self esteem while breaking down the barriers of loneliness. Participation is measured by maintaining daily records in our Therap data tracking system. We record all outings and monitor progress on individual goals on a daily basis.
- The Arc of the Piedmont provides solutions to the dilemma of transportation. Adult Activity Center staff and volunteers provide assistance to support individuals who cannot fully participate within the community without assistance. Other alternatives involve supports to ride Jaunt or the city transportation system. Staff may lend full assistance on a public transport vehicle, or may provide assistance on and off of the vehicle. When appropriate, staff can teach individuals a) how to use the

bus, b).how to call for a cab, or c) how to ask for a ride. Currently, 100% of the people we support revive some type of transportation assistance on a daily basis.

- People are now realizing a “home of their own” as the Arc strives to find personal apartments for the people we support. We now have five groups of people who are renting their house or apartment.

Actual Results - based on your stated outcomes; please use percentages and numbers served to help show outcomes

Participants maintain or improve their physical wellbeing and management of their disabilities and chronic disease:

Our Target was that at least 80% of individuals would have no significant health related events as measured by the number of significant illnesses or injuries as reported in our general event report. Current results indicate an increase over our projection. 94% 44:47.

Another indicator of health is that participants are able to participate in exercise, a critical element of health and wellbeing. We have been measuring the increase in the kinds of opportunities that would provide the variety of exercise necessary to maintain good health. Our aim was to have an increase in the types of opportunities by 15% each year. We met our goal this year with a 25% increase in the types of opportunities that offer some form of physical exercise (28:36).

Family caregivers maintain or improve their psychosocial well-being, which will enhance their ability to maintain the family home and employment.

The Arc is able to address concerns of its participants, families and guardians through continued contact by staff with families and guardians and also by conducting an annual satisfaction survey. The survey is helpful in that it provides a way to provide anonymous feedback. Eighty percent of responders showed satisfaction, and reported that services provided through the Arc allowed more time to pursue leisure interests or employment. All of the families who have adult children attending the Adult Activity Centers who live at home with their families (9) are involved in the person centered planning process (100%). The involvement of families for all persons attending the day support centers is 85% (40:47).

Participants live in the community residence of their choice and engage in inclusive community activities.

Residents are more self-directed as they are able to choose from a wider selection of living arrangements both within and outside of the Arc. Some have moved into apartments and are choosing room-mates. Satisfaction with living arrangements, as indicated by satisfaction at the planning meetings, was 96% (45:47). The Arc is assisting Activity Center participants who are currently dissatisfied to find more satisfactory arrangements.

Financial Impact of Donations

Under current Medicaid MR Waiver and DD Waiver reimbursement rates, \$26.45 provides 1 unit (up to 3.99 hours) of day support services for an individual with regular intensity support needs. These services may include training in functional skills such as self awareness, sensory stimulation, gross/fine motor development, communication, personal care, use of community resources, safety, learning and problem solving, and adapting behavior to social and community settings. These services may also include assistance and supervision with personal care, ensuring the individual’s health and safety, opportunities to use functional skills in community settings, and travel from the Adult Activity Center to activities and events within the community.

Some individuals attend a part of a day, and others attend full time. Individuals receive either “regular” intensity supports or “high intensity” supports. High intensity supports are provided to those individuals who require additional ongoing supports to fully participate in activities or to meet personal care needs. Most participants at the Adult Activity Centers require “High Intensity” supports. This often means that some aspects of care require two staff for one individual. The cost for providing this service far exceeds the tuition, therefore the Arc relies on funds from other sources. The impact of financial help from the United Way is that these monies allow the Arc to provide additional supports to persons who need them. Historically, these monies have been used to provide scholarships to participants who do not qualify for Waiver Funding, but who are in need of services.

