

**Friends Foundation for the Aging**

**New Grant Proposal Form**

**Limit 4 pages**

Date:

Organization: Family and Children's Service of Monmouth

TIN & Formal organization name: 21-0650674 Family and Children's Service Inc of Monmouth County

Contact name, phone, email: Louis Schwarcz, 732-222-9111, lschwarcz@fcsmonmouth.org

Amount requested: \$20,000

Project title: In Home Recreation Program

Summary Description (maximum 25 words):

The In Home Recreation Program provides social and recreational opportunities for home-bound seniors.

Please answer the following questions clearly and concisely.

**1. What is the problem you have identified?**

More than 19.8% of Monmouth County's residents are age 65 and older. The older adult population is growing and 27% of them live alone. Loneliness and isolation plague many older adults and may be experienced even by those living with family members. The Monmouth County Aging Population Study notes that 66% of County older adults live in areas where they are at high or moderate risk of isolation due to lack of transportation. The Administration on Aging notes that almost half of women over 75 live alone. A study from the University of California, San Francisco notes that over 40% of seniors regularly experience loneliness. Lack of social connections damages physical health at the same rate as smoking 15 cigarettes per day, with a 29% increased risk of heart disease and 32% increased risk of stroke. Lonely individuals have a 50% greater risk for developing dementia. The original public health response to the COVID-19 Pandemic exacerbated social isolation and loneliness among many older adults. Today, as COVID-19 continues to impact our communities, social isolation also continues.

FCS maintains contact with hundreds of vulnerable older adults through our Home Care, Community Supports and Adult Protective Services programs. Our trained staff noted a significant increase in loneliness over the last several years among our own clients, leading to unnecessary and unwelcome declines in both physical and mental health. We know that is just the tip of the iceberg for loneliness among older adults. In response, FCS launched the In Home Recreation Program for Seniors to directly address loneliness and isolation while improving quality of life for the 35 low- and moderate-income older adults our program is able to serve per year.

**2. What is the solution you propose to address the problem?**

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**3. What actions will you take?**

The In Home Recreation Program builds on existing FCS in home programs, including Home Care Services which provides nurses and home health aides. The In Home Recreation Program addresses the unmet need for isolated and lonely seniors to engage in social activities that are so vital to continued health. Clients are referred to the program through other FCS programs, the Monmouth County Aging Office and

other community organizations providing services to older adults.

Upon referral, the Program Case Manager conducts an intake interview using a Leisure Interest Assessment tool to gain an understanding of the person's current mobility and interests and the UCLA Loneliness Scale, an evidence-based assessment of loneliness among older adults.

In-home visits are conducted by a combination of volunteers and Home Care staff. Volunteers are recruited both from the FCS AmeriCorps Seniors RSVP program and more generally in the community and will be subject to background checks and training prior to working with clients. Training for both volunteers and Home Care Staff includes: home safety; use of Personal Protective Equipment if needed; documentation procedures and scheduling; emergency procedures; and motivational interviewing techniques to establish connections with clients.

The Case Manager matches the volunteers with the clients referred by outside agencies based on the information gathered during the initial intake interview, to meet the specific needs of the older adult. Clients already served by FCS who are interested in joining the Program will receive an extra visit from their home health aide specifically focused on reducing loneliness.

Volunteers and staff make weekly visits to engage clients in activities such as board games, poetry, singing, playing piano or guitar, knitting, sewing, playing cards, discussing books or current events, or other recreational interests. Each visit will be documented to track frequency and duration as well as feedback on additional needs of the client uncovered during the visits. Information is documented in the HIPPA-compliant FCS tracking software. The logs provide data to measure referrals or provision of services to address social needs and the capacity for clients to self-manage their health care and social needs.

The program provides a social outlet so many isolated seniors lack yet is known to lead to better health. In Home Recreation aids older adults in remaining independent in the community instead of in costly and intrusive institutions.

4. Describe the population to be served.

The program serves low and moderate income isolated older adults.

5. Are there partners/collaborators for implementation or funding-who? Has the solution been tried by other organizations?

Other funders include the Plangere Foundation, Wallerstein Foundation, Geraldine Hirsch Foundation, and the Mary Owen Bordon Foundation.

6. How will you know your actions are having an impact? How will you measure outputs and outcomes?

Through regular one-on-one visits, the program will alleviate loneliness, create new social connections, increase activity and mobility and more. We anticipate that:

- 85% of participants will report decreased loneliness through quarterly UCLA Loneliness Scales
- 85% of participants will report improved quality of life through annual surveys
- 50% of participants will report increased social and community connections and additional access to needed resources through the annual survey

Include a simple **program budget** in the same pdf with expected income and expenses (eg. staff, program supplies, travel, etc)

Attach a copy of your **IRS determination letter**. We may also look at your website, your Guidestar (Candid) profile and your IRS Pub 78 non-profit status or plan a site visit. Please make sure these are up-to-date.