



# REPORT TO COUNCIL

## City of Sacramento

915 I Street, Sacramento, CA 95814-2604  
www.CityofSacramento.org

**CONSENT**  
**April 1, 2010**

**Honorable Mayor and  
Members of the City Council**

**Title: Grants: Area 4 Agency on Aging Grant Proposals to Subsidize the Triple-R Adult Day Program Budget and 50+ Wellness Stand Up to Falls Project**

**Location/Council District:** Triple-R: Midtown - Hart Senior Center – Council District 3; Greenhaven - Asian Community Center – Council District 7; North Sacramento - Woodlake Elementary School – Council District 2  
**Fall Prevention:** Citywide

**Recommendation:** Adopt a **Resolution:** 1) authorizing the City Manager or his designee to submit two grant applications for a total amount not to exceed \$248,103 to the Area 4 Agency on Aging for the Triple-R Adult Day Program and 50+ Wellness Program's Stand Up to Falls project; 2) authorizing the City Manager or his designee to execute all agreements necessary to accept the grant funds, establish related revenue and expenditure budgets for the grant funds, and appropriate the grant funds contingent on receipt of grant awards; and 3) directing staff to return to Council if there is any significant change in requested dollar amounts, either in the grant or in the match requirements.

**Contact:** Sylvia Fort, Parks and Recreation Program Manager, 808-8381; Rosanne Bernardy, Parks and Recreation Superintendent, 566-1590

**Presenters:** Not applicable

**Department:** Parks and Recreation

**Division:** Teens and Community Recreation

**Organization No:** 19001711

### **Description/Analysis**

**Issue:** This report provides information on applications to Area 4 Agency on Aging (A4AA) for renewable federal funding to support the Triple-R Adult Day Program and the 50+ Wellness Program's Stand Up to Falls project. The new funding for Triple-R will partially offset the recent loss of state funding that supported this program for the past 11 years. The three-year annual grants will subsidize Triple-R's fee-based program operations and extend the Stand Up to Falls project to additional seniors.

**Policy Considerations:** This report is consistent with the City's strategic plan to achieve sustainability and enhance livability.

**Environmental Considerations:** There are no environmental considerations with this report.

**California Environmental Quality Act (CEQA):** This report concerns administrative activities that will not have any significant effect on the environment and that do not constitute a "project", as defined by the following sections of the California Environmental Quality Act Guidelines (Title 14 Cal. Code Reg. § 15000 et seq.): Sections 15061 (b)(3); 15378(b)(2).

**Sustainability Considerations:** The agreement between Area 4 Agency on Aging and the City of Sacramento has been reviewed for consistency with the goals, policies and target's of the Sustainability Master Plan and the 2030 General Plan.

Staff's recommendations allow for the provision of recreation activities and human services to the community.

**Other:** Not applicable.

**Commission/Committee Action:** None with this item.

**Rationale for Recommendation:** Applying for this funding allows the City of Sacramento to continue to run Older Adult programs and services through grants and fee revenue from participants and caregiver agencies.

**Financial Considerations:** If these grants are awarded, the Department of Parks and Recreation will receive a total of \$248,103 over three years. \$167,103 (\$55,701 annually) will support Triple-R Program operations and \$81,000 (\$27,000 annually) will support the Stand Up to Falls project. All additional Triple-R operating expenses are covered by program fees, donations, and scholarships from cooperating agencies. A4AA requires a 33 percent match for the Triple-R grant and a 25 percent match for the Stand Up to Falls grant. These match requirements are met by providing in-kind resources such as building space, utilization of community volunteers, and liability insurance coverage.

Staff recommends that the City Council authorize the City Manager to establish related revenue and expenditure budgets for the grant funds and appropriate the grant funds contingent on receipt of award. Staff will return to Council if there is any significant change in the requested dollar amount, either in the grant, or in the match requirements.

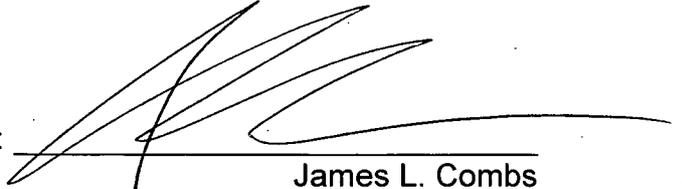
**Emerging Small Business Development (ESBD):** There are no ESBD considerations with this report.

Respectfully Submitted by:



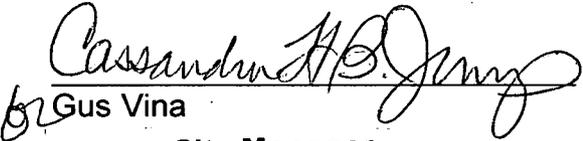
Dave Mitchell  
Operations Manager

Approved by:



James L. Combs  
Director, Parks and Recreation

Recommendation Approved:



Gus Vina  
Interim City Manager

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## Attachment A

### Background

The federal Older Americans Act established funding in several service categories to support the independence and well-being of citizens ages 60+. These funds are distributed locally by Area 4 Agency on Aging. The service category "Caregiver Respite" provides funding to entities such as the Department of Parks and Recreation to provide family members with a break from their duties caring for older relatives in need of supervised care. The "Disease Prevention" service category supports programs such as the Parks and Recreation Department's 50+ Wellness Program to conduct activities in the area of fall prevention and other health promotion programs for older adults.

The Triple-R Adult Day Program provides respite, recreation and resources for families and older adults with Alzheimer's Disease or other forms of dementia. The program provides respite for families taking care of an older adult experiencing memory loss or frailty, recreation and socialization for older adults in a group setting, and resources for families and communities, including free support groups and a multimedia library.

Triple-R Adult Day Program has been a part of the Department of Parks and Recreation since 1992. This fee-based service started at Hart Senior Center and has expanded to sites in Greenhaven at the Asian Community Center and North Sacramento at the Woodlake Elementary School. Families from throughout Sacramento send elderly participants to the Triple R program from one to five days each week. Door-to-door transportation is arranged to and from the program for families who need it. The program participants, who have Alzheimer's Disease or some other form of dementia, are engaged in a stimulating recreation and socialization program offered ten hours each weekday. Family caregivers benefit from participating in support groups and receive individual counseling to help them with the demands of caring for a spouse or parent with dementia. Some caregivers simply take a break while their loved one attends the program, while others are able to continue with a job, which they may otherwise have not been able to maintain in order to care for their family member.

Funding that Triple-R receives from A4AA covers a portion of its operating costs, thereby lowering the fees charged to program participants. Fees for participants that are at an economic disadvantage are covered by Del Oro Caregiver Resource Center, the Multi-service Senior Program at University of California at Davis Medical Center (UCDMC) and the Hart Trust Fund for Senior Citizens.

The 50+ Wellness Program provides fitness opportunities - such as citywide exercise classes, Adventure Camp for seniors at Camp Sacramento and the Sports for Life tournament series - as well as health education programs and written materials. Fall prevention - a major public and personal health concern for older adults - has been a programmatic emphasis for nearly two years.

**RESOLUTION NO. 2010-**

Adopted by the Sacramento City Council

March 23, 2010

**AREA 4 AGENCY ON AGING GRANT PROPOSALS TO SUBSIDIZE THE TRIPLE-R ADULT DAY PROGRAM BUDGET AND 50+ WELLNESS STAND UP TO FALLS PROJECT**

**BACKGROUND**

- A. The federal Older Americans Act (OAA) established funding in several service categories to support the independence and well-being of citizens ages 60+. These federal funds are distributed locally by Area 4 Agency on Aging.
- B. OAA Caregiver Respite grants provide funding for programs such as the Department of Parks and Recreation's Triple-R to give family members a break from their duties caring for older relatives in need of supervised care. OAA Disease Prevention grants support programs such as the Parks and Recreation Department's 50+ Wellness Program to conduct activities in the area of fall prevention and other aspects of health promotion for older adults.
- C. The grants, totaling \$248,103, will be distributed to the City in three annual amounts of \$82,701 for the contract period July 1, 2010, through June 30, 2013.

**BASED ON THE FACTS SET FORTH IN THE BACKGROUND, THE CITY COUNCIL RESOLVES AS FOLLOWS:**

- Section 1. The City Manager or his designee is authorized to submit two grant applications for a total amount not to exceed \$248,103 to the Area 4 Agency on Aging for the Triple-R Adult Day Program and 50+ Wellness Program's Stand Up to Falls project.
- Section 2. The City Manager or his designee is authorized to execute all agreements necessary to accept the grant funds, establish related revenue and expenditure budgets for the grant funds, and appropriate the grant funds contingent on receipt of grant awards.
- Section 3. Staff is directed to return to Council if there is any significant change in requested dollar amounts, either in the grant or in the match requirements.