

## Improving Service to Vulnerable Adults & Seniors

### Overview

Lutheran Social Services of North Dakota (LSSND) is seeking funding to become the sponsoring organization to replicate programs like the HEART Program (Enderlin, N.D.) in other rural communities in North Dakota.

Replicating a program requires local commitment and efforts to sustain the programs. LSSND has 95 years of experience serving North Dakotans and a statewide service footprint with regional program centers and housing projects across the state. In addition to helping provide some in-kind office space, LSSND can provide assistance with grant management and administrative services, and many of the agency's existing programs provide complementary services, and new program sites would benefit from connection to faith-based partners through LSSND.

LSSND is also well equipped to assist with the offering of home repair services as well, utilizing the agency's tool trailers, volunteer pool, and church partners. By providing home repair services to senior citizens in the rural communities of the state, these programs will help the clients remain in their homes and hometowns longer.

LSSND proposes to contract with established program directors, knowledgeable on the HEART model, as well as to utilize several staff members with gerontology educations to mentor/coach new programs as they develop.

LSSND would manage the allocation of \$350,225 per biennium. Six new program sites are proposed. The local programs would establish non-profit governing boards and match the available funds on an increasing rate as programs develop. Sites would report services provided on standardized forms and track numbers of persons assisted, volunteers, volunteer hours and miles driven to required appointments, as well as local match raised.

### How will this enhance community-based service?

These program sites will be community-driven and community-based. They will engage volunteers, as well as local governing boards. Fundraising will be a requirement in order to access the appropriated funds on an eventual 1:1 basis, allowing for some in-kind match.

Direct mentoring will be provided by trained mentor/coaches with operational experience and gerontology training, both in-person and by phone. Technical assistance and training will provide information exchange, forms/materials and fiscal expertise, so that the new programs benefit from established models, sound advice and cost savings methods of delivering programs.

The vulnerable adults and seniors in the local program areas will benefit from having credible and sustainable programs and trusted staff working to help them remain in their community. Services will help clients maintain independence and find support to overcome obstacles like transportation and

physical limitations by providing help with ride sharing, grocery shopping, chore services and light housework.

One coordinator would be hired at 40 hours per week to implement the program, managing the site mentors, developing the six programs and managing all reporting to funders. A Home Repair Coordinator would be seasonally employed at 20 hours per week.

The Home Repair Coordinator would work with local program sites to manage the use of tool trailers and the work of trained volunteers, and coordinate with local community boards on home repair work for referred clients. The focus would be repairing homes and making them accessible to vulnerable seniors. These seniors would pay for as much of the needed materials as they are able and donations would be secured to make the repairs possible.

Amount of funding request: \$350,225

Budget

Personnel cost for program and home repair coordinators.....	\$115,902
\$93,568/biennium \$46,784/year at 40 hours/week \$ 17.50/hr	
\$22,334/biennium \$11,167yr at 20 hours/wk \$16.00/hr	
CAP indirect.....	\$10,323
Travel.....	\$5,000
Per Diem.....	\$2,000
Coach/Mentor cost.....	\$12,000
6 start up grants@\$5,000 each.....	\$30,000
Matching grants.....	\$175,000
<b>Total.....</b>	<b>.\$350,225</b>

Sustainability

Each of the six program sites will benefit from start-up grant funding as well as the technical expertise of LSSND as a sponsor agency. The community-based model provides that local staffing and governing board members will work closely with local leadership to develop a program site that best addresses their needs. Building community buy-in will be critical in developing the local support and volunteer pool necessary to build the capacity of each site.