

## Home and Community-Based Services (HCBS) Rules Reference Information

Vendor name	Generations Day Care
Vendor number(s)	HQ1383
Contact Name	Marcie Laws
Contact Email Address	marciek25@gmail.com
Primary regional center	San Diego
Service type(s)	Day Program
Service code(s)	510
Number of consumers typically and currently served	38
Typical and current staff-to-consumer ratio	1:3
<p>1. Please provide a brief description of the service/setting. Include what a typical day consists of during regular program as well as how services are currently being provided. This response must include the baseline/current levels for any aspects of the program for which the concept proposes funding. If you have previously identified your program as compliant with the HCBS Final Rule through the Self-Assessment, what changes have occurred that has changed your level of compliance?</p>	
<p>Generations Day Care is the only Regional Center vendored day program in Ramona, a rural, unincorporated area of San Diego. We provide services to clients who live in Ramona, and the 'back country' of San Diego County, including Julian and Santa Ysabel. Our facility is licensed for up to 50 clients. Our current clientele is diverse in background, diagnosis, capabilities, and ages span between 18 and 80 years old. Our clients participate in activities such as cooking, gardening, animal care, practical life skills such as: laundry, cleaning, budgeting, personal safety, self-advocacy, as well as STEM-based activities: Science, Technology, Engineering and Math. We engage our consumers in meaningful activities that promote independence, self-care, and skills that can be used at home or in a workplace setting. Prior to COVID, our program engaged in some of these activities with local school children and the children of staff members. Additionally, 90% of our staff is bilingual in Spanish, which allows us to serve the Hispanic population in our community, as well as teach Spanish lessons to English-speakers. Due to the rural setting, we lack natural opportunities for community outings and engagement. There are no movie theaters, museums, bowling alleys, hospitals, community centers, community pool, or other 'entertainment' venues in Ramona. The bus that provides public transportation only comes through town twice daily. Both I/DD and neurotypical children and adults lack enrichment opportunities in the community. While there is a community library, its hours and activities have been severely impacted by COVID. Generations Day Program was only 8 months old when the COVID pandemic occurred, so we barely had time to open and establish our services, let alone meet all HCBS Final Rule guidelines and compliance before the pandemic caused a temporary shutdown of services. Happily, we have re-opened to serve clients 5 days per week and look forward to returning to many of our original activities. COVID caused the closure of other Regional Center vendors in Ramona, leaving Generations as the only day program service provider in the area, so our responsibility to provide quality services and opportunities is greater than ever. Additionally, our enrollment has surged due to these circumstances.</p>	
<p><b>Project Narrative Description: While filling out this section, reflect on how services are typically provided and how that might have changed in the past year. Think about what</b></p>	

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**has been learned in the past year and how that might shape services going forward. Funding awarded through this concept can span the course of up to two years which would allow time to shape services to be more person-centered and align with the HCBS federal requirements.**

2. Please provide a brief summary narrative of the concept for which you are requesting funding, including justification for the funding.

Our program is requesting funding to fulfill Community Integration guidelines. Our main goal is it to reengage and reintegrate children into our facility and daily activities, as well as broaden the swath of community members with whom we interact. We strive to create a truly intergenerational experience, by bringing children, adults and seniors to our facility to engage in educational, enrichment and recreational activities. There are four main initiatives that the funding would be put towards to achieve this goal.

First, we would like to formally reintegrate children into our program’s daily activities by offering a series of classes, called “Explore with Me” which will provide an inclusive experience to work on STEM and art-based activities together. A staff member will be hired to plan, implement and supervise this series of classes, which will be open to the community, free of charge or for a nominal fee. The immediate benefit to participants of our day program is that they will be able to engage in activities that provide practical life skills, as well as hobbies and personal fulfillment. The larger benefit to the community is that the program will fulfill a critical need for afterschool enrichment activities for children of all ages and introduce them to the I/DD community. The manager of these activities would be a newly created position, thereby requiring funding from this grant to support a salary and benefits.

The second initiative from this grant will be to implement on-site childcare for staff. Funds would be used to hire an employee that is responsible for supervision of staff member’s children, and this would also be a newly created position. This will allow the children of staff members to attend our program during school breaks such as Summer Break other school holidays and closures. This also provides an intergenerational experience. Additionally, serves as a strong employee-retention tool, as lack of dependable childcare is one of the biggest factors causing women to leave or not re-enter the workforce. The result of decreased employee turnover is better continuity in care for our clients. Children who attend the program will have to meet specific criteria and follow guidelines, including: being up to date on immunizations, in good health, have their parent onsite while attending (thereby foregoing the need to be a licensed childcare), sign a behavior agreement, and other criterion. This position would also support the “Explore with Me” program, thereby requiring full time hours.

The third goal is to be able to take outings to areas of personal and professional interest, including: museums, shopping, sporting events, and internship and employment opportunities. We are able to partner with two local school districts to train our clients to work as Food Service Workers at local school sites. Having vans will allow us to transport clients to their jobs, providing meaningful community engagement, gainful employment and continued job training/skills enhancement. As previously mentioned, our rural area severely limits the opportunities for our clients to participate in activities of their choosing. Being able to provide transportation opens up a huge array of new options and choices for our clients. The closest beaches, movie theaters, museums, hospitals and zoo are all more than 20 miles away from our facility. We can also continue our involvement at local elementary schools by transporting clients to volunteer to read to students, help with administrative/prep work and participate in special events. We estimate that 60% of our clients do not leave Ramona more than once per month.

Last, but certainly not least, we are asking for funding for a Splash Pad at our facility. We believe this will provide a literal splash of excitement to our community, while providing much needed relief from the soaring summer heat. By having a splash pad onsite, clients are able to

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enjoy a recreational activity during and after program hours. Splash pads are wheelchair and handicapped accessible, are a no-slip surface, and are a safe way for all ages and abilities to enjoy water play. It is worth noting that temperatures in Ramona can top 100 degrees or more during the summer months, and well into the Fall (May through November). Ramona does not have a community pool, and the library is the only designated “cool zone” for the entire town. To sustain the maintenance of the Splash Pad, Generations can sell passes to access the Splash Pad. A splash pad is a guaranteed way to attract community members to visit our program and engage. Additionally, splash pads have a self-contained water filtration system, thereby creating minimal cost related to water usage.

3. Identify which category/ categories this concept addresses.

- Community Integration  
 Individual Rights  
 Choice  
 Collaboration

4. Please list the proposed objectives and outcomes of the concept, as well as the methods of achieving and tracking them. How will this concept assist you in reaching goals within the category that you are requesting funds?

The objective of our concept is to bring children, parents and seniors from the community to our location as well as being able to go places outside of Ramona. We also anticipate being able to support employment opportunities for our clients at local school sites and at the Splash Pad. Due to the general lack of community-based recreational and enrichment activities in our rural location, we believe the best methodology is to create activities that do not currently exist within the community. By offering new opportunities in Ramona, we will naturally be attracting community involvement. We agree with this article from Presbyterian Senior Living [<https://www.presbyterianseniorliving.org/blog/the-importance-of-intergenerational-programming-for-youth-older-adults-and-community>] which states that intergenerational activities promote companionship, breakdown stereotypes, provide community awareness and have positive health benefits for participants. These outcomes/goals complement our fundamental objective of community engagement with all ages and capabilities.

Tracking outcomes will consist of quarterly surveys of clients and community participants will measure interest, engagement, and satisfaction. We will also track daily attendance at the Splash Pad, and the locations we visit by utilizing the vans. The Splash Pad and Explore With Me classes will have expanded hours, providing greater flexibility in client schedules. We will also be able to track how many clients are provided training and ultimately employed at the Splash Pad and school sites, which are a fully integrated job opportunity.

5. Please describe how and/or what was done to ensure that individuals served by the program led the development of this concept? Discuss not only the development of the concept, but also what steps were taken to identify the interests and desires of the individuals and who was involved in that process.

Generations polled clients in person and in writing, who overwhelmingly had positive feedback about the idea of children participating in activities. 90% of our clients stated that they felt happy and had more fun when children visited. Notably, more than half of our clientele state that they do not have regular interaction with children and/or do not have children present in their household or extended family. All clients agreed that program “feels like a happier place” when children are present.

As part of the polling process, we asked clients direct, focused questions that included: what they liked the most about program, what they missed the most since COVID restrictions were implemented, and what they would like to do in the future while at program. Overwhelming, clients spoke about when children came to program, pre-COVID. Our program has previously

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engaged with a neighboring school, Ramona Elementary. Clients' express excitement about activities they shared with the students, and take pleasure in interacting with, and helping with prep work for, these young learners.

Our clients participate in Spanish lessons multiple times per week and have taken pride in being able to communicate in basic ways with Spanish-speaking staff and students from Ramona Elementary. Studies show that studying and using a foreign language have positive cognitive benefits for all ages and abilities. According to an article posted by NPR, bilingual education can have a protective effect against dementia. Dementia is prevalent amongst people diagnosed with Down's Syndrome.

(<https://www.npr.org/sections/ed/2016/11/29/497943749/6-potential-brain-benefits-of-bilingual-education>).

6. Please describe how the concept you propose will enable you to provide more person-centered services to the individuals you serve.

Clients who choose to attend our day program will be able to engage in a variety of life skills and personal curiosity activities that promote overall well-being. Clients can expect to have the opportunity to determine the type of activity, the people with whom they work with, and the duration of their involvement. Clients will have greater community involvement, both onsite and by being able to leave our facility and choose their destination and activities, which is something we are not able to provide currently due to lack of transportation. We will be able to expand options to include employment/training, volunteering, recreational and enrichment activities.

7. What percentage of individuals served by your program will directly benefit from implementation of this concept?

100% of clients served by our program will benefit from some or all aspects of our concept. Whether the client chooses to expand their knowledge base and pursue hobbies and interests by participating in Explore with Me classes with their peers or with children and seniors or cool off at the splash pad during the heat of summer, or to go on outings or to job sites, there are multiple ways to benefit from the proposed program concepts. Based on our polling, we believe that over 90% of our consumers will participate in activities that include children, which is our main goal. Additionally, for clients who wish to seek gainful employment, there will be employment opportunities related to the operations of the Splash Pad as well as school sites as Food Service Workers. In addition, all clients will benefit from anticipated higher employee retention rates due to onsite childcare. Retention will lead to better continuity in care, which is beneficial to both mind and body.

8. Please address your plan for maintaining the benefits, value, and success of your project at the conclusion of 2021-22 HCBS Funding.

Generations Day Program will maintain the benefits, value and success of the project at the conclusion of funding by continuing to allow the general public to utilize the Splash Pad and attend Explore With Me classes, thereby continuing to bring the community to us. As we market these programs, we anticipate continued growth and participation well after the conclusion of HCBS funding. We will also be able to provide new experiences by utilizing the vans to transport clients to a variety of locations. The value in being able to leave our facility site regularly is immeasurable in providing choice and community integration.

9. Write a brief narrative below explaining each major cost category and timeline. Complete the budget template at the end of the concept sheet. An Excel version with formulas is available. When applicable, budgets should include personnel/benefits, operating costs such as consultants or training, administrative expenses/indirect costs, and capital costs (assets lasting more than 2 years). If project spans 2 years or occurs in phases, budget should be separated by phase/year.



HCBS CONCEPT BUDGET							\$360,200
Vendor Name	Generations Day Care						
Vendor Number(s)	HQ1383						
	Wage and Benefits	Year 1 Budget		Year 2 Budget		Total	
		FTE	Annual Cost	FTE	Annual Cost	Cost	
<b>Personnel (wage + benefits)</b>							
Explore With Me Employee	47000	1.00	\$ 47,000	1.00	\$ 47,000	\$ 94,000	
Staff Childcare Employee	47000	1.00	\$ 47,000	1.00	\$ 47,000	\$ 94,000	
Position Description			\$ -		\$ -	\$ -	
Position Description			\$ -		\$ -	\$ -	
Position Description			\$ -		\$ -	\$ -	
Position Description			\$ -		\$ -	\$ -	
Position Description			\$ -		\$ -	\$ -	
Position Description			\$ -		\$ -	\$ -	
Position Description			\$ -		\$ -	\$ -	
<b>Personnel Subtotal</b>			<b>\$ 94,000</b>		<b>\$ 94,000</b>	<b>\$ 188,000</b>	
<b>Operating expenses</b>							
Advertising (newspaper and billboard)			\$ 2,000		\$ 1,000	\$ 3,000	
Office Supplies			\$ 1,000		\$ 1,000	\$ 2,000	
Class Materials			\$ 5,000		\$ 3,000	\$ 8,000	
						\$ -	
						\$ -	
						\$ -	
						\$ -	
						\$ -	
						\$ -	
<b>Operating Subtotal</b>			<b>\$ 8,000</b>		<b>\$ 5,000</b>	<b>\$ 13,000</b>	
<b>Administrative Expenses</b>							
general management/Administration			\$ 14,100		\$ 14,100	\$ 28,200	
						\$ -	
						\$ -	
						\$ -	
						\$ -	
						\$ -	
						\$ -	
<b>Administrative Subtotal</b>			<b>\$ 14,100</b>		<b>\$ 14,100</b>	<b>\$ 28,200</b>	
<b>Capital expenses</b>							
Splash Pad Installation			\$ 60,000			\$ 60,000	
Wheel Chair Accessible Van			\$ 60,000			\$ 60,000	
Transport Van			\$ 55,000			\$ 55,000	
						\$ -	
						\$ -	
						\$ -	
						\$ -	
						\$ -	
<b>Capital Subtotal</b>			<b>\$ 175,000</b>		<b>\$ -</b>	<b>\$ 175,000</b>	
<b>Total Concept Cost</b>			<b>\$ 291,100</b>		<b>\$ 113,100</b>	<b>\$ 404,200</b>	

See Attachment F for budget details and restrictions