

Organization Information

Legal Name

Fallbrook Healthcare Foundation Inc

DBA (if Applicable)

Foundation for Senior Care

Program Name/Title

Senior Care Services

Brief Program Description

Our programs provide vital, wraparound support to seniors and individuals with disabilities in Fallbrook and neighboring communities. Through Senior Care Advocacy, Adult Day Care, Transportation, and Door-Through-Door services, we empower seniors to maintain independence, access critical resources, and enrich their lives—ensuring they can age with dignity, purpose, and connection.

Service Area

Bonsall

De Luz

Fallbrook

Rainbow

Number of residents that directly benefit (participant/client) from this program.

497

What language(s) does this program accommodate:

English

Spanish

Target Population - Age

	Percent of program participants	Number of participants
Children (infants to 12)		
Young Adults (13-17)		
Adults (18-60)	6	32

	Percent of program participants	Number of participants
Seniors (60+)	94	465
We do not collect this data (indicate with 100%)*		

Target Population not collected - Age

NA

Target Population - Gender

	Percent of program participants
Female	58
Male	36
Non-binary/other	
Unknown*	6

*Target Population - Gender

NA

Target Population - Income Level

	Percent of program participants
Extremely Low-Income Limits, ceiling of \$32,100	1
Very Low (50%) Income Limits, ceiling of \$53,500	48
Low (80%) Income Limits, ceiling of \$85,600	50
Higher Than Listed Limits	1
We do not collect this data (indicate with 100%)*	

*Target Population - Income Level

NA

What demographic group does this program predominately serve:

Older Adults

Program/Services Description - Social Determinants of Health

Economic Stability (Employment, Food Insecurity, Housing Instability, Poverty)

Social & Community Context (Civic Participation, Discrimination, Incarceration, Social Cohesion)

Healthcare Access & Quality (Access to Health Care, Access to Primary Care, Health Literacy)

Neighborhood & Built Environment (Access to Foods that Support Healthy Eating Patterns, Crime and

Program Objectives & Measurable Outcomes

The goal of the Senior Care Services program is to empower older adults and individuals with disabilities in Fallbrook, Bonsall, Rainbow, and De Luz to live independently, safely, and with dignity. As outlined in the original application, the program addresses key Social Determinants of Health through integrated Senior Care Advocacy, Adult Day Care, Transportation, and Door-Through-Door services. During this reporting period, the program continued to work toward this goal through the objectives and measurable outcomes outlined below.

Objective 1: Increase Access to Essential Services

Goal:

Expand access to advocacy, adult day care, and transportation services to enhance health, independence, and overall well-being.

Measured Outcomes:

During this reporting period, the program served 497 individuals across all Senior Care Services programs. This included the delivery of 1,542 transportation rides, 3,303 advocacy interactions, and 856 days of adult day care, ensuring consistent access to healthcare, nutrition, and social engagement.

Impact:

Continued outreach through healthcare providers, senior living communities, and community partners increased referrals and service participation. Seniors accessed consistent healthcare, nutrition, and social engagement supports, helping them maintain independence and overall well-being.

Objective 2: Reduce Hospital Readmissions and Improve Health Outcomes

Goal:

Support post-discharge stability and prevent hospital readmissions through case management, advocacy, and transportation.

Measured Outcomes:

Through the Door-Through-Door program, 29 seniors were assisted following hospital discharge. The program successfully prevented 18 hospital readmissions, conducted 19 post-discharge wellness checks, and coordinated follow-up care with healthcare providers.

Impact

The program supported safe transitions home for seniors following hospital discharge, reducing the risk of complications and readmissions. Seniors remained connected to medical and social resources necessary for a healthy recovery.

Objective 3: Enhance Social Engagement and Reduce Isolation

Goal:

Improve quality of life by providing social connection, mental stimulation, and caregiver relief.

Measured Outcomes:

During the reporting period, Adult Day Care services delivered 856 days of care to 33 participants, including 32 scholarship days for low-income families. In addition, 3 caregiver support sessions were hosted to address caregiver well-being and dementia-related needs.

Explanation of Success and Challenges:

Participants and caregivers reported improvements in emotional health, cognitive engagement, and overall quality of life. Adult day care and senior center programming provided routine, social connection, and caregiver relief, supporting seniors' ability to remain engaged and supported.

Objective 4: Address Housing Instability and Mental Health Needs

Goal:

Provide comprehensive advocacy and referrals to stabilize housing and improve mental health for vulnerable seniors.

Measured Outcomes:

Advocacy staff assisted 190 seniors with housing navigation and 167 seniors with mental health referrals during the reporting period. As a result of these efforts, 19 high-risk seniors secured stable housing.

Impact:

Ongoing collaboration with the Office of Homeless Solutions, Adult Protective Services, healthcare providers, and local landlords resulted in timely interventions. Seniors received consistent follow-up and resource support, improving housing stability and mental health outcomes.

Summary

The Senior Care Services program continues to function as a vital safety net for older adults and individuals with disabilities in the community. By meeting established objectives and delivering measurable outcomes across advocacy, transportation, adult day care, and transition support services, the program continues to strengthen health, independence, and quality of life for those served.

Please upload an Impact Story (Word doc or pdf preferred).



2025-2026Q3_Impact Story.pdf

FRHD Acknowledgment

Social Media Postings

Website Display

Other

FRHD Acknowledgment



Acknowledgements2526Q3.pdf

Program Budget



25_26 FRHD CHC Program Budget F... .xlsx

Please type the name of the person submitting this report.

Perla Hurtado

2025-2026 Q3 Impact Story

John is 68 and was on the verge of losing his housing while also struggling with anxiety. He didn't know where to start or who to ask for help.

After getting connected to our team, one of our advocates worked closely with him to navigate housing options, connect him to mental health support, and check in regularly along the way.

Today, John is in stable housing and doing better. What made the difference wasn't just the resources, it was having someone consistently show up and help him take the next step forward.

His story is one of many that shows how the right support, at the right time, can completely change someone's path.

2025-2026 Q3 FRHD Grant

Acknowledgements

Email Signature



Melanie Bonenfant • Referral and Support Advocate

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Center for Senior Wellbeing • services • activities • connections

CSW-W: 135 S. Mission Rd., Fallbrook, CA 92028 • CSW-E: 399 Heald Ln., Fallbrook, CA 92028

www.centerforseniorwellbeing.org

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Grantors and Foundations



FRHD CHC GRANT BUDGET REPORTING FORM

Agency Name:

Foundation for Senior Care

PROGRAM NAME:

Senior Care Services

The main categories align with the budget submitted with your application. Aggregate totals are all that should be reported under each heading.

1)	A	INDIRECT EXPENSES:	PROGRAM COST	REQUESTED FROM FRHD	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
		TOTAL INDIRECT EXPENSE	\$137,683.00	\$0.00				
	B	PERSONNEL EXPENSES - PROGRAM SPECIFIC	PROGRAM COST	REQUESTED FROM FRHD	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
		TOTAL PERSONNEL EXPENSE	\$474,333.00	\$93,000.00	\$23,250.00	\$23,250.00	\$23,250.00	
	C	DIRECT PROGRAM EXPENSES	PROGRAM COST	REQUESTED FROM FRHD	<i>AMOUNT USED Q1</i>	<i>AMOUNT USED Q2</i>	<i>AMOUNT USED Q3</i>	<i>AMOUNT USED Q4</i>
		TOTAL OTHER EXPENSES	\$107,595.00	\$2,000.00	\$500.00	\$500.00	\$500.00	
	D	TOTALS	PROGRAM COST	FRHD Funds Awarded	Total Amount Q1	Total Amount Q2	Total Amount Q3	Total Amount Q4
			\$719,611.00	\$0.13	\$23,750.00	\$23,750.00	\$23,750.00	\$0.00

 Total funds expended to date: **\$71,250.00**