

APPENDIX A - City Inventory of Programs and Services of Older Adults - July 2018

DEPARTMENT OF AGING (LADOA) - EVIDENCE-BASED PROGRAMS

LADOA administers **Evidence-Based Programs**, which are the result of a growing body of research in the social and behavioral sciences demonstrating that certain approaches and strategies for working with youth, older adults, and families can positively impact important problems such as energy, motivation, depression, falls, and management of chronic health conditions. LADOA has prioritized implementing programs that focus on: (1) healthier living; (2) physical activity and fall prevention; and (3) caregiving and memory. Some of these programs are offered in partnership with RAP at Senior Citizen Centers.

Service providers must reach a minimum number of unduplicated clients and meet "completer" goals. A completer is a participant who has completed a minimum of 75% of the number of sessions provided for each class and is either: (1) 62 years of age or older; (2) an informal caregiver who is 18 years of age and older; or (3) a grandparent or older individual 55 years of age and older that is a relative caregiver for a child by blood, marriage, or adoption.

Program / Service	Service Location(s)	Contractual Requirements / Performance Metrics (FY2018)	Estimated Cost (FY2018)	Funding Source	Service Delivery Model	Contractor Name / Contract #
Healthier Living/Chronic Disease Self-Management or Tomando Control de su Salud (Healthier Living, Spanish version) Caregiver support or memory enhancement programs such as Savvy Caregiver (support for caregivers of people with dementia) or UCLA Memory Training Physical activity programs such as A Matter of Balance (fall prevention), Arthritis Foundation Exercise Program, or Healthy Moves (in-home physical activities for frail seniors)	West Wilshire ASA	At least 3 types of programs annually and each program must be offered at least 4 times annually. 60 unduplicated clients served 224 completers	\$75,000	Grant funds City General Fund (\$56,250)	Contracted	Jewish Family Service of Los Angeles C-129257

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<p>Healthier Living/Chronic Disease Self-Management or Tomando Control de su Salud (Healthier Living, Spanish version)</p> <p>Caregiver support or memory enhancement programs such as Savvy Caregiver (support for caregivers of people with dementia) or UCLA Memory Training</p> <p>Physical activity programs such as A Matter of Balance (fall prevention), Arthritis Foundation Exercise Program, or Healthy Moves (in-home physical activities for frail seniors)</p>	<p align="center">Southwest Valley ASA</p>	<p>60 unduplicated clients served 224 Completers</p>	<p align="center">\$75,000</p>	<p>Grant funds City General Fund (\$56,250)</p>	<p align="center">Contracted</p>	<p>ONEgeneration C-129256</p>

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<p>Healthier Living/Chronic Disease Self-Management or Tomando Control de su Salud (Healthier Living, Spanish version)</p> <p>Caregiver support or memory enhancement programs such as Savvy Caregiver (support for caregivers of people with dementia) or UCLA Memory Training</p> <p>Physical activity programs such as A Matter of Balance (fall prevention), Arthritis Foundation Exercise Program, or Healthy Moves (in-home physical activities for frail seniors)</p>	<p align="center">West Adams ASA</p>	<p>At least 3 types of programs annually and each program must be offered at least 4 times annually.</p> <p>60 unduplicated clients served 224 completers</p>	<p align="center">\$75,000</p>	<p>Grant funds City General Fund (\$56,250)</p>	<p align="center">Contracted</p>	<p>Partners in Care Foundation C-129426</p>
<p>Evidence-based programs - Citywide Technical Assistance</p>	<p align="center">Citywide</p>	<p align="center">NA</p>	<p align="center">\$21,445</p>	<p>Grant funds City General Fund (\$4,248)</p>	<p align="center">Contracted</p>	<p>Partners in Care Foundation C-129426</p>

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Evidence-based programs - Disease Prevention and Health Promotion	Citywide	Evidence Based 80 contacts: Healthier Living/Chronic Disease Self-Management Program (CDSMP) 36 contacts: Tomando Control de su Salud 345 Arthritis Foundation Exercise Program 84 A Matter of Balance 20 Arthritis Foundation Walk with Ease 27 contacts: Diabetes Self-Management Program (DSMP) 45 contacts: Chronic Pain Self-Management Program (CPSMP) 10 UCLA Memory Testing 145 Home Meds 792 Completers per	\$236,266	Grant Funds City General Fund (\$15,720)	Contracted	Partners in Care Foundation C-130404

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<p>Healthier Living/Chronic Disease Self-Management or Tomando Control de su Salud (Healthier Living, Spanish version)</p> <p>Caregiver support or memory enhancement programs such as Savvy Caregiver (support for caregivers of people with dementia) or UCLA Memory Training</p> <p>Physical activity programs such as A Matter of Balance (fall prevention), Arthritis Foundation Exercise Program, or Healthy Moves (in-home physical activities for frail seniors)</p>	<p align="center">Northside ASA</p>	<p>At least 3 types of programs annually and each program must be offered at least 4 times annually.</p> <p>60 unduplicated clients served 224 completers</p>	<p align="center">\$75,000</p>	<p>Grant funds City General Fund (\$56,250)</p>	<p align="center">Contracted</p>	<p>St. Barnabas Senior Services C-129233</p>

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<p>Healthier Living/Chronic Disease Self-Management or Tomando Control de su Salud (Healthier Living, Spanish version)</p> <p>Caregiver support or memory enhancement programs such as Savvy Caregiver (support for caregivers of people with dementia) or UCLA Memory Training</p> <p>Physical activity programs such as A Matter of Balance (fall prevention), Arthritis Foundation Exercise Program, or Healthy Moves (in-home physical activities for frail seniors)</p>	<p align="center">Mid Valley ASA</p>	<p>At least 3 types of programs annually and each program must be offered at least 4 times annually.</p> <p>60 unduplicated clients served 224 completers</p>	<p align="center">\$75,000</p>	<p>Grant funds City General Fund (\$56,250)</p>	<p align="center">Contracted</p>	<p>San Fernando Valley Interfaith Council, Inc. C-129310</p>

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<p>Healthier Living/Chronic Disease Self-Management or Tomando Control de su Salud (Healthier Living, Spanish version)</p> <p>Caregiver support or memory enhancement programs such as Savvy Caregiver (support for caregivers of people with dementia) or UCLA Memory Training</p> <p>Physical activity programs such as A Matter of Balance (fall prevention), Arthritis Foundation Exercise Program, or Healthy Moves (in-home physical activities for frail seniors)</p>	<p align="center">Northwest Valley ASA</p>	<p>At least 3 types of programs annually and each program must be offered at least 4 times annually.</p> <p>60 unduplicated clients served 224 completers</p>	<p align="center">\$75,000</p>	<p align="center">Grant funds City General Fund (\$56,250)</p>	<p align="center">Contracted</p>	<p>San Fernando Valley Interfaith Council, Inc. C-129310</p>

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<p>Healthier Living/Chronic Disease Self-Management or Tomando Control de su Salud (Healthier Living, Spanish version)</p> <p>Caregiver support or memory enhancement programs such as Savvy Caregiver (support for caregivers of people with dementia) or UCLA Memory Training</p> <p>Physical activity programs such as A Matter of Balance (fall prevention), Arthritis Foundation Exercise Program, or Healthy Moves (in-home physical activities for frail seniors)</p>	<p align="center">S. Los Angeles ASA</p>	<p>At least 3 types of programs annually and each program must be offered at least 4 times annually.</p> <p>60 unduplicated clients served 224 completers</p>	<p align="center">\$75,000</p>	<p>Grant funds City General Fund (\$56,250)</p>	<p align="center">Contracted</p>	<p>Watts Labor Community Action Committee C-129257</p>

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<p>Healthier Living/Chronic Disease Self-Management or Tomando Control de su Salud (Healthier Living, Spanish version)</p> <p>Caregiver support or memory enhancement programs such as Savvy Caregiver (support for caregivers of people with dementia) or UCLA Memory Training</p> <p>Physical activity programs such as A Matter of Balance (fall prevention), Arthritis Foundation Exercise Program, or Healthy Moves (in-home physical activities for frail seniors)</p>	<p align="center">Westside ASA</p>	<p>At least 3 types of programs annually and each program must be offered at least 4 times annually.</p> <p>60 unduplicated clients served 224 completers</p>	<p align="center">\$75,000</p>	<p>Grant funds City General Fund (\$56,250)</p>	<p align="center">Contracted</p>	<p>WISE & Healthy Aging C-129387</p>