



**County of Marin
Community Service Fund Program
Application Form**

Application Date September 30, 2016

Fiscal Year July 1, 2016 - June 30, 2017

Organization Information

Full Legal Name: LifeLong Medical Care

Organization URL:

Mission/purpose of your organization:

LifeLong Medical Care provides high-quality health and social services to underserved people of all ages, creates models of care for the elderly, people with disabilities, and families; and advocates for continuous improvements in the health of our communities.

Grant Request Information

Program/Project Name: Enhanced Music Enrichment Project for Marin Seniors

Amount Requested Dollar: \$10,000.00

Total Project Cost: \$30,000.00

Description of the proposed project/program, including the proposed project's goal(s), and the nature of the costs in specific terms, i.e. materials, labor costs, etc. Specifics of how the requested County funds will be used.

LifeLong Medical Care's Marin Adult Day Health Center (ADHC) is the only program of its kind in Marin, providing a safe, therapeutic and enriching setting to support aging in place for Marin's most frail and disabled seniors. Our goal is to improve the quality of life for Marin ADHC participants by implementing an evidence-based method of enhancing cognition and controlling pain, anxiety, and depression. The Enhanced Music Enrichment Project for Marin Seniors is a one-time project building on the center's current music program (which includes bi-weekly guest musicians) to establish a daily opportunity for older adults to enjoy music and other cognitive stimulation. The proposed project will benefit older adults by using elder-friendly technology to provide greater autonomy to ADHC participants, and individual choice of music and cognitive stimulation using interactive applications. Proven benefits of this stimulation include increased self-esteem and life satisfaction (Chan, 2014). Research also suggests that use of tablet computers by seniors (many who have no computer experience or access) can enhance cognitive function and decrease feelings of loneliness and depression (Choi, 2012). The proposed project includes purchase of tablets with wireless headsets that can be readily used by seniors with functional limitations (no keyboard or mouse needed) and poor vision (easily magnifiable screen). A \$10,000 grant will pay for equipment including 20 tablets and chargers, as well as training of staff on best use of the equipment with seniors.

List of all community interests that will be affected by the proposed project/program and the public benefit to be derived from it:

The Marin ADHC has a long-standing history of serving the older adult population, focusing on underserved senior communities including low-income individuals and veterans. We recognize the urgency to develop high quality and accessible programs that support aging in place for this rapidly growing population: • Seniors and their caregivers benefit from programs that support aging and place and improve quality of life. • Seniors represent a larger percent of the population in Marin County than in any other county in California • By 2030, 1 in 4 Marin residents will be aged 60 years or older. • The program is accessible to low-income seniors, veterans and other Marin seniors, many without access to enriching activities or cognitive stimulation outside of the Marin ADHC. • A successful program will serve as a model that can be tailored for other organizations and programs in Marin serving older adults.

This organization has never received Community Service funds.

No County funding was received for this project or others.

Project/program can be completed if amount received is less than requested amount of Community Service funds.

Applicants are encouraged to leverage funding from other non-County sources, and priority will be given to requests that represent no more than 50% of total project cost. To demonstrate all sources of project funding, including other County sources, please provide a project/program budget below. Please fill in as applicable, and round to the nearest dollar.

Project Funding Sources	Funding Agency	Funding Requested	Received	Notes
County CSF	County of Marin	\$10,000	\$0	<i>*one-time request for equipment and training costs</i>
Federal Grant				
State Grant				
Individual Contributions		\$0		
Other Local Agencies				
In kind services				
Other	LifeLong Medical Care	\$20,000	\$20,000	<i>Patient Revenue will cover all other expenses.</i>
Total Sources		\$30,000	\$20,000	
Project Expenses		Budgeted	Spent to Date	Notes
Personnel Costs		\$25,400	\$0	<i>*\$5,400 requested for training</i>
Services and Supplies		\$4,600	\$0	<i>*Tablets, chargers, wireless headphone sets</i>
Capital				
Other				
Total Expenses		\$30,000	\$0	