

# 2019 OICF GRANT APPLICATION

## ORCAS SENIOR CENTER (OSC)

### FOOT CARE GRANT: KEEP US ON OUR FEET!

#### PROJECT/PROGRAM DESCRIPTION

By age 50, most Americans have walked an average of 75,000 miles! Regular, ongoing foot care is critical for good health and wellbeing as we age. In 2018, OSC provided over 576 foot care appointments. By 2020, half of Orcas residents will be over 50, and this need will only increase. This OICF grant will enhance foot care services provided by OSC and expand this service to the larger community.

This goal will be accomplished by addressing the following issues;

- 1) **Income/Mobility Barriers:** Residents unable to afford services, homebound residents  
**Solution:** Identify potential recipients from outside organizations, provide mobile care kits and transportation to OSC
- 2) **Inefficient Space/Environment to Safely Serve:** Inadequately ventilated room with noisy ceiling fan (difficult for hard of hearing)  
**Solution:** New vent, exhaust fans, vented entry, or install window in room
- 3) **Equipment Barriers:** Limited ability to provide care, outdated equipment  
**Solution:** New foot care chair, portable basin, tools

#### NEED/PROBLEM STATEMENT

Many elders suffer foot care disorders that lead to pain and reduced mobility, independence and quality of life. They are often not mobile or flexible enough to address their own foot care and require professional nurses to manage foot problems.

The current OSC program is overseen by the OSC Services Director and a volunteer Nurse. Foot care services are performed by a highly qualified team of nurses in a small, poorly ventilated room of the OSC.

Foot care is imperative for homebound residents with limited ambulation and diseases for which foot care is crucial to maintaining wellness and overall health. The OSC nurses currently visit disabled residents in their homes with limited mobile equipment. This grant will support the nurses to provide in-home foot care (mobile kits) and afford mileage reimbursement. Outreach will provide the opportunity to offer these residents additional at home services enabling greater independence stay at home, much like Meals on Wheels or Hearts and Hands.

#### PROJECT OUTCOMES

- Increase number of referrals from outside organizations (Orcas Community Resource Center, Medical and Physical Therapy Centers).

*\*Please refer to attached articles and studies for additional information.*

- Provide 50 coupons to be used by low income residents. Track coupons provided to self-identified low income residents, at home appointments, and number of homebound recipients connected to additional services. Low income will be defined to be consistent with Federal benchmarks.
- Collect feedback from foot care recipients and nurses for new program planning and development.

## **COST/BUDGET (TOTAL REQUEST \$9,500)**

*At least 50% of funding received will be applied to service oriented needs.*

**\$2000** will grant us the ability to:

- Provide 50 FREE coupons to low income Seniors (\$27 per appt = \$1,350)
- Provide 40 50% Discount Coupons to First Time Recipients (\$540)
- Coupon and Referral form materials/printing (\$110)

**\$5000** will grant us the ability to:

- *Provide \$2000 worth of coupons (above)*
- Improve ventilation by replacing vent/exhaust and/or install window in foot care room (\$2,250)
- Purchase mobile foot care kits to supply nursing team with for homebound recipients (\$500)
- Provide mileage reimbursement to foot care nurse team (\$250)

**\$9,500** will grant us the ability to:

- *Provide coupons, improve room ventilation, support mobile foot care (above \$5000)*
- Replace foot care chair with multiuse chair (that can be used for additional wellness offerings) and installation (\$3,000)
- Purchase portable wet foot care basin to provide Wet/Dry care (\$500)
- Upgrade nurse foot care tools to provide optimal care (\$1,000)

Is your request for operating expenses? Yes/**No**

Has this organization's governing board approved this project? Check one: **Yes**/No

Name and email of OSC Operations Committee Chair:

**Bonnie Burg, LCSW**

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*\*Please refer to attached articles and studies for additional information.*