

Home and Community-Based Services (HCBS) Rules CONCEPT FORM

Vendor name	Apollo ARC I, Apollo ARC II, & Apollo ARC III Group home
Vendor number(s)	H75250, H95893, HS0189
Primary regional center	San Andreas Regional Center
Service type(s)	2 ARF–Level 4I age 22-65, Group home – Level 4I age 6-20
Service code(s)	915, 920
Number of consumers currently serving and current staff to consumer ratio.	H75250: 6 consumers, 1:2 ratio, H95893: 6 consumers, 1:2 ratio, and HS0189: 6 consumers, 1:2 ratio
Have you or the organization you work with been a past recipient of HCBS Funding?	Yes, for Apollo Adult Day Program for the 2017-2018 grant.
Please provide a brief description of the service/ setting that includes what a typical day consists of and how services are currently provided; include barriers to compliance with the HCBS rules.	<p>Apollo 1 consumers are mostly senior adults and have been with us for over 20 years. At Apollo II, we mostly have younger adults and are wheelchair bound. On weekdays, our residents wake up between 6:00AM-6:30AM and begin getting ready for Day Program/School. On weekends, our staff assist our consumers in planning a community outing/activity of their choice. BARRIERS:</p> <ol style="list-style-type: none"> 1. Inadequate Staffing when they go out in the community especially on weekends. Also, lack of funding for staff training coupled with the challenges of caregiving level 4I clients result in a high staff turnover. 2. Majority of our residents are not able to communicate their wants/needs due to profound intellectual challenges, for those able to, communication is very limited. 3. Currently, all 3 carehomes share 2 regular vans that seats 10 per van, and a lifter van that accommodates 4 wheelchairs and 2 staff. Apollo ARC is unable to simultaneously offer individualized outing and group outings to accommodate all residents and staff. 4. The current care home setting is physically inaccessible to some of our wheelchair / non-ambulatory residents at the home. i.e: bathrooms and laundry room. 5. Inability to offer more comprehensive trips especially for the kids that we serve at our group home. Most of the kids and some of our adult residents would like to go to Disneyland or Universal Studios but cannot afford to.
Identify which HCBS federal requirements this concept addresses that are currently out of compliance.	#1, #2, #4, #5, #7, #8

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<p>Narrative/description of the concept; include justification for the funding request and explain how the concept would achieve proposed outcomes.</p>	<p>1. Apollo ARC Inc. homes have high staff turnover rate over the years due to low wages for caregiving level 4I clients, split schedules, strenuous and physical burden on staff's body. Our ultimate goal is to provide extensive training and staff development so that the turnover rate will be reduced. We require at least 1 Administrator to be certified for Person Centered Training. We also plan to hire one Program Coordinator for all 3 facilities and 2 additional support staff per facility. These positions are only part time and are only scheduled to work on weekends. Our goal is to increase the number of individuals to bring to the community. The Program Coordinator will provide the support necessary for our residents to achieve their desired lifestyles and increased level of independence, productivity, and community integration.</p> <p>2. We request additional funding for consultation hours from a behaviorist/therapist. These hours focus solely on our residents care plan for a more person centered approach to provide enhanced services and more opportunities in the community unique to each individuals' needs and capabilities.</p> <p>3. We need to purchase a minivan equipped with a retractable ramp for our residents whom require being in a wheelchair and an eco-friendly SUV. We currently have 6 nonambulatory. By having a minivan and an eco-friendly SUV for our residents at the group home, we will be able to provide more opportunities for them to go out in the community in smaller groups, or even as an individual request while cutting gas consumption.</p> <p>4. At our 2 Adult Homes, our goal is to create independence without sacrificing safety. We plan to modify the bathrooms to make it accessible to our wheelchair clients & decrease the risk of injury. Caregiving to level 4I residents who are utilizing wheelchairs can potentially become a risk to both the caregiver & resident. First, we plan to purchase 2 rolling shower chairs (1/ARF). Second, we will modify our bathrooms with Roll-in showers which are easier to get in and out of. The shower flooring will be leveled with the bathroom floor eliminating the step that is often difficult to navigate or the strenuous lifting which can only be done by our male staff. Third, we will install a hand-held shower with a shut off valve allowing our residents to give them a private shower. Our wheelchair clients can roll in and out easily with their rolling shower chairs.</p> <p>5. Disneyland is one the most requested trips that none of our Adult residents have ever been to yet.</p>
<p>Please describe your person-centered approach¹</p>	<p>This year, we started developing a one-page profile for our clients. In this process, we discuss what is important to and important for</p>

¹ A person-centered approach emphasizes what is important to the individual who receives services and focuses on personal preferences, satisfaction, and choice of supports in accessing the full benefits of community living. For

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<p>in the concept development process; how did you involve the individuals for whom you provide services?</p>	<p>the client. We engage with the consumer and their support team to make sure that everyone understands the needs, preferences, likes and abilities of individuals we serve. We listened and noted all their feedbacks and comments to all changes in activities, food menu, house rules and visitation policies presented to them. From this knowledge, we discover a lot more information about our clients and how we can better improve their quality of life.</p>
<p>Does the concept address unmet service needs or service disparities? If so, how?</p>	<p>HCBS focuses on individualized care for residents. Our proposal focuses on how our staff can provide the needed time, training, and resources to focus on our residents, their development, and their ability to choose their activities, meals, environment, etc. We know that with the appropriate resources, Apollo ARC Inc. will invest in our residents to get the same opportunities as those without disabilities.</p>
<p>Estimated budget and timeline; identify all major costs and benchmarks — attachments are acceptable.</p>	<p>Program Coordinator (12 mos): Annual wage = \$31,200 (\$25.00/hr x 48hrs) biweekly pay = \$1,200 26 pay period x \$1,200</p> <p>6 Part time Support Staff: Annual wage: = \$112,320 2 Support staff x 3 carehomes = 6 staff @ \$15/hr (\$15.00/hr x 48 hrs biweekly) x 6 = \$4,320 26 pay period x \$4,320</p> <p>Person Centered Training (Trainer Certification) = \$6,000 Staff training hours, expenses for (30 staff) = \$23,400 Professional fees (Behaviorist/Recreational Therapist) 18 residents x 5 hours @ \$100/hr rate = \$9,000 Mini lifter van: Sienna(/Adaptive equipment) = \$52,000 Eco-friendly SUV for the kids at Group home = \$48,000 Bathroom renovation (2 ARF) = \$21,000 \$10,000 x 2 facilities = \$20,000 2 shower chairs at \$500 each = \$1,000 Vacation trip to Disneyland/Universal Studios = \$10,125 18 residents = 18 1:1 staffing for 36 hrs 36hrs x 18 staff @ \$15/hr rate = \$9,720 1 awake staff @ \$15/hr rate x 27 hours = \$405</p>
<p>Total requested amount.</p>	<p>\$ 313,045</p>
<p>What is your plan for sustaining the benefits, value, and success of your project at the conclusion of 2018-19 HCBS Funding?</p>	<p>We, at Apollo ARC want to invest in enhancing the quality of services we provide, maximize opportunities & choices for our consumers. We believe that if we are given adequate funding, we can fulfill HCBS' ideals and values in our 3 homes.</p>

more information regarding person-centered practices, please visit www.nasdds.org/resource-library/person-centered-practices.