

**Cumberland County Community Development Program
2013 CDBG General Program Application
Regional Cover Page**

Project Title

SPECIAL NEEDS: THERAPEUTIC RECREATION FOR
COUNTY RESIDENTS WITH SEVERE DISABILITIES

Regional Applicant

Cumberland County Commissioners

Non-Profit Entity

THE CENTER FOR THERAPEUTIC RECREATION,
EASTER SEALS, MAINE, INC.

Contact Information

Name KAREN B. MCPHEE, PhD, DIRECTOR

Address 125 PRESUMPSCOT STREET, PORTLAND, ME. 04103

Email KMCPHEE@easterseals.org Tel 772.0504

Program Category

Public Infrastructure/Facility N/A Downtown Revitalization N/A

Public Service Housing Economic Development N/A

CDBG "National Objective"

Low/Moderate Income: Area-Wide Limited Clientele

Direct Benefit: Presumed Group ADULTS WITH SEVERE
DISABILITIES (Identify Group)

Slum/Blight: Area-Wide N/A Spot Basis N/A

Amount of CDBG Funds Requested \$5000

Total Estimated Project Cost \$5000

Name of Authorized Official

Signature of Authorized Official



Cumberland County Community Development Block Grant Proposal

General Grant Program Application – 2013

**Submitted by
The Center for Therapeutic Recreation
Easter Seals Maine, Inc.**

Summary of Proposal Project (10 points)

The purpose of this grant application is to request an appropriation through the Cumberland County Community Development Block Grant process in the amount of \$5000. CDBG funds will provide partial support for the participation of Cumberland County adult residents with severe disabilities who would like to participate in the center's programs and do not have other funding streams, including municipal support, to do so.

The Center for Therapeutic Recreation has a long history of providing therapeutic recreation and aquatics services to children and adults with disabilities who reside in Southern Maine since 1974. Under a newer partnership with Easter Seals Maine, Inc. the center is continuing its mission of providing quality professional community-based programs to enhance the quality of life experiences of individuals with disabilities at a reasonable cost. Therapeutic Recreation is the use of a recreation modality (e.g. swimming, art, social activities) to help individuals with disabilities improve, maintain and expand their physical, mental and emotional well-being.

Participation in a structured recreation environment provided by trained professionals encourages skill attainment with the ultimate goal of full inclusion in the participant's community recreation programs. By eliminating barriers to community involvement and maximizing active participation, adults with severe disabilities are empowered to lead fuller lives and to contribute to their communities.

Need for the Activity (20 points)

The magnitude and severity of the issue of providing services to this population is witnessed by the loss of state and local services due to the state's present economic condition and the heavy demand for services by special populations (Portland Press Herald, January 30, 2013). Individuals with severe disabilities are often excluded in the work place or lack skills to be potentially employed (Maine Developmental Disabilities Council, 2010). Social and physical isolation and the lack of available day programs place great burdens on families and the social system network. Thus, many adults with severe disabilities are faced with long periods of unconstructive use of time, are at risk for developing poor self-esteem and increased behavior problems, and experience little physical activity – factors that decrease opportunities for enhanced quality of life.

The number of people with disabilities over the age of five who reside in Cumberland County is 42,102 (<http://quickfacts.census.gov/qfd/states/23/23005.html>). It is estimated that 13,154 adults with disabilities are over the age of 65 living in Cumberland County (31%). Of this number, 2499 live below the poverty level (U.S. Census Data, 2000). No information is available

on the number of adults who have severe disabilities and residents in Cumberland County or at what income levels.

The *Maine Physical Activity and Nutrition Plan, 2005-2010* (n.d.) describes the serious nature of Maine citizens relating to the lack of their physical activity and the growing problems associated with poverty and poor nutrition. To address these issues for all Maine citizens, the plan suggest that Maine citizens address changing their lifestyle by implementing a healthy diet and engaging in regular physical activity as outline by current research that recommends that “encouraging individuals to become involved in physical activity (that) can influence other health behaviors” (The Maine Physical Activity Plan, n.d.). At greater risk are those individuals with disabilities who have less frequent opportunities to engage in healthy behaviors that include regular exercise and physical activity. To address this concern, the Center for Therapeutic Recreation offers a therapeutic and adapted swimming program for children and adults with disabilities, and a long history of providing a wide range of active and passive recreation activities when resources are available.

The Healthy People 2020 paradigm “focuses on promoting the health and well-being of people with disabilities” (2013) and suggest that area for improvement and opportunities for engagement for improving their health status can be accomplished by (being included in public health activities, receiving well-timed interventions and services, interacting with their environment without barriers, and participating in everyday life activities (<http://www.healthypeople.gov/2020/topicsobjectives2020/overview>).

In keeping with the suggestions promoted by the Maine Physical Activity Plan and research conducted by the Healthy People 2020 program, the center recognizes the valuable guidance each has to offer. Opportunities to engage in physical activity will benefit those county residents with disabilities who need and want to participate in a structured, healthy physical activity that will contribute to their overall well-being. The rationale for participation is also tied to proactive social and physical health economics.

It is apparent that social and economic environments affect individual choices related to physical health, nutrition and physical activity. Therefore, appropriate interventions must address environmental factors as well as behavioral issues in the state’s effort to prevent and treat concerns related to weight, obesity and disease prevention (U.S. Department of Health and Human Services, Surgeon General, 2012). Maine can answer the Surgeon General’s challenge to improve the health and wellness of persons with disabilities; “Good health is necessary for persons with disabilities to secure the freedom to work, learn and engage in their families and communities” (<http://www.surgeongeneral.gov/library/calls/disabilities>).

Management of the Proposed Activity (10 points)

a. Define who and how the grant funded project will be managed:

The grant, if awarded to the center, will provide funding that pays for the agency’s hourly rate of \$40 per hour. The county resident would be asked to pay a registration fee of for his or her participation. The program’s director will oversee the administration of the grant and will be responsible for record keeping, filing reports and submitting reimbursement forms. All records including a participant intake file, income verification (for children) and records

pertaining to the administration of the grant will be maintained for county audits. It is anticipated that the grant award of \$5000 will provide 125 hours of service to residents. County residents may select to participate in a program consisting of 30-to-90 minutes per week. The center has the capacity to serve between 12 and 16 residents with severe disabilities that have no other possible funding source to support their participation. Funding will be spread out over the funding period as determined by the county to accommodate as many residents as possible. Recent changes at the state level regarding service systems infers that those individuals with significant disabilities will lose or have the potential to lose funding for a variety of community services (Portland Press Herald, January 30, 2013).

b. Demonstration that an ongoing commitment exists to continue the maintenance and operation of the activity or facility:

The center's director has oversight experience with community development funding when the center was affiliated with the City of Portland and in recent funding cycles with the City of South Portland. The center is committed to its mission of providing quality professional service to individuals with disabilities in Southern Maine and continues to search for various funding streams that will enhance service delivery at a reasonable cost.

Professional therapeutic recreation services are provided to those individuals whose conditions may prevent them from fully participating in the mainstream community recreation programs. These individuals may require considerable support in order to participate in the center's program including dressing and undressing, self-care, one-to-one instruction, and specialized equipment.

Activities are designed to facilitate the development, maintenance and expression of an appropriate lifestyle of these residents while using community facilities with professional support. Recreation offers benefits and values within the human experience that enhances one's quality of life, recognizes diverse needs and learning styles, diversity and the personal interests of the individual. Recreation offers new and/or expanded opportunities for community inclusion and participation. The center's longevity as a municipal and nonprofit service provider attests to its commitment to service the recreation needs of individuals with disabilities in Southern Maine.

Ready to proceed (10 points)

The steps to complete for the project include the development of a press release alerting residents with severe disabilities that the grant has been received from the Cumberland County CDBG providing funding. The press release will provide contact information and a description of the program's purpose and eligibility.

Distribution of program flyers in community spaces and on bulletin boards advertising the program will be placed in municipalities and in center mailings to town funders. In addition, letters will be sent to all town managers asking that they share the information with their residents. Interested county residents who contact the center will receive application materials and a program schedule. Once enrolled, participants will receive frequent mailings of schedules, program notices and newsletters (when available).

Potential impediments to initiation and continuation of the project could include securing additional trained staff experience in working with special populations to accommodate the increased service need should the nature and needs of the participants seeking service require significant physical assistance. A waiting list could be established as demand increases. Waiting participants will be placed on a waitlist and will be accommodated in a timely manner.

Implementation schedule for the project (10 points) (See attached)

Budget for project (10 points) (See attached)

Need for CDBG Program Funds (15 points)

The consequence of not receiving CDBG funds means that residents of Cumberland County who qualify for the center's program would have a more difficult time receiving the services that the center provides. It would require potential participants to pay total out-of-pocket costs for program fees. This would create a hardship for many individuals with disabilities who may already have limited financial means. Decreasing funding streams at the local, state and federal levels are creating difficult situations for many Maine residents. Tighter eligibility requirements are eliminating individuals who, in the past, would have been able to participate in many programs but cannot at this time due to limited means.

The opportunity to utilize CDBG funding provides the county and the center the ability to reach out to an underserved population; and to provide opportunities to establish and maintain healthier lifestyle, learn new skills that enhance greater avenues to join community programs, and to encourage social interaction with others, especially for residents who live in more rural towns in the county.

Partial funding will be used to help as many residents as possible based on the center's hourly rate and dependent on the grant award. Additional grant writing will be sought to help offset program costs. The center, prior to joining Easter Seals Maine, had a sliding fee scale available for eligible participants but that has been placed on hold. A timeline for reinstatement has not been determined. The center's director continues to write grants and host fundraising events for program operating costs to keep activities affordable for current and potential participants.

CDBG funds are critical for the center because it lost past county funding due to a restructuring of county priorities related to the Cumberland County Jail as well as economic conditions facing all levels of municipal government. In addition, few towns provide appropriations for social services. The present status of MaineCare cuts facing the disabled and elders will have greater impact on the most basic of health care and related services for those populations. The loss of these funds hurt the program's ability to offer funding support for county residents whose town does not appropriate funds for the center. Fewer county residents would be able to pay for these services. Thus, the center must look at every potential funding opportunity to help its participants and to promote its mission.

References

- Bouchard, R. (2013). *Suit fails to care for 115 in need, suit claims*. Portland Press Herald, January 30, 2013.
- Maine Disabilities Council,, 2010. *Realities of living in Maine with a disability*. Augusta: Maine Developmental Disabilities Council.
- Maine Department of Health and Human Services, Public Health (n.d.). *The Maine physical activity and nutrition plan, 2005-2010*. Augusta: Maine Department of Health and Human Services, Public Health.
- U.S. Census Bureau, 2000. (<http://quickfacts.census.gov/qfd/states/23/23005.html>).
- U.S. Department Health and Human Services. *Disability and health – Healthy People*. Retrieved January 30, 2013 from, www.healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicid=9.
- U.S Department of Health and Human Services, Surgeon General (2012). *The surgeon general's call to action to improve the health and wellness of persons with disabilities: Vision for the future*. Retrieved January 30, 2013 from, <http://www.surgeongeneral.gov/library/calls/disability>.

Project Implementation Schedule for 2013 Grant Cycle
The Center for Therapeutic Recreation, Easter Seals Maine, Inc.

Activity	Q1 J-S 2013	Q2 O-D 2013	Q3 J-M 2014	Q4 A-J 2014
Develop flyers, complete mailings	X			
Distribute flyers in community spaces/bulletin boards	X	X	X	X
Press Releases for area papers	X			
Mail information to interested county residents	X	X	X	X
Reports completed as outlined in contract	X	X	X	X
Project completed by end of Quarter 4				X

Budget – Public Service Program

Cost Category	CDBG Funds	Municipal Funds	Other Funds	Total
Equipment				
Materials/supplies			1500	1500
Operations				
Salaries (a)	4750 (a)	48,675	71,440	124,865
Fringe			26,623	26,623
Transportation			2100	2100
Consultants (b)			1400(b)	1400
Space/rent			13,133	13,133
Project management (c)	250 (c)			250
Other – 1 Depreciation			1300	1300
Other – 2 Advertisements			221	221
Total costs	5000	48,675	117,717	171,392

(a) Salaries reflect direct service time with participants (\$4750)

(b) Consultants including training, interpretative services (\$1400)

(c) Project management reflects 5% of director's time (\$250)