



TulalipCares.org

Tulalip Charitable Contributions Funds Distribution Report

NAME OF AGENCY: Full Life Care

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GENERAL GOALS: Full Life is dedicated to enhancing the quality of life for frail elders and people with chronic or terminal illnesses and disabilities. We respect the dignity of our participants and provide for them with care and compassion.

SPECIFIC USE FOR THIS AWARD:

Tulalip Tribes Charitable Contributions' support of our work in the past has made an important contribution to the well-being of our participants. Likewise, your continued partnership will be tremendously beneficial for our participants who are able to age in place with skilled nursing and rehabilitative support.

For more information please see the attached report from Full Life Care.



Report to the Tulalip Tribes Charitable Contributions
Report Code: Q4 2015 14.2
August 2016

Introduction

Full Life Care (www.fulllifecare.org) is grateful to the Tulalip Tribes Charitable Contributions and its [REDACTED] grant in 2015. Through your generous support, Full Life was able to support more than 200 chronically ill, terminally ill, or disabled individuals in Snohomish Counties.

Full Life Care's Report on Activities

Our **Adult Day Health** program helped individuals increase their ability to live independently or age in place. Participants in the Adult Day Health program on average attended activities two to three times weekly. They received one-on-one skilled nursing services and participate in rehabilitative, occupational therapies. We also offered an array of group activities to promote cognitive and physical health. Full Life arranges transportation to and from the center and provide nutritious meals to the attendees. Furthermore, we provide specialized programs for individuals with Alzheimer's, brain injuries, developmental disabilities or multiple sclerosis.

We are pleased to provide the following success story of a participant from our Snohomish Adult Day Health Program.

In 2008, Darlene suffered a heart attack that left her unconscious, unresponsive and pulseless. The heart attack also left her with anoxic brain damage. When she woke up in a post-acute rehab facility to begin her recovery, many recent events had been wiped clean from her memory banks. She learned that she had been in the process of a divorce, and that she could not return home.

The rehab facility discharged Darlene to an adult family home, but the other residents were decades older than her, and the experience disoriented her further. With support from her state case manager, Darlene was referred to Full Life Care's Snohomish County Adult Day Health Center, where she enrolled in the Heads Up Program, specially designed for adults with an acquired brain injury. With a new purpose and schedule to her life, Darlene was also able to leave the adult family home and move in with her mother.

In Heads Up, Darlene found her peers: adults living with brain injuries who form a network of psychosocial support while engaged in rehabilitative therapies. Beginning in 2010, Darlene attended two days per week, where she worked intensively to regain her balance, recall and memory. She especially benefited from the 'art expressions' curriculum, which encourages members to make art and reflect on the significance of the pieces they create.

Darlene had been a homemaker while she raised her daughter, and desired a career outside the home after her heart attack. With improved memory and increased confidence, Darlene began volunteering at a food bank and a day care program on days that she didn't attend Heads Up. Her Full Life case manager

referred her to the Division of Vocational Rehabilitation, where Darlene learned how to secure compensated employment. In February 2016, Darlene “graduated” from the Heads Up program to begin work for a major retailer. A few months later she stopped by Full Life to report that her hours had been steadily increasing, and she was now working 35 hours weekly.

Overall, Full Life Care provided the following services in 2015, agency-wide:

- 735 participants received 58,231 days of service in Adult Day Health programs in King and Snohomish Counties
- 70 families were supported through Care Consultation services on issues related to eldercare and multiple sclerosis
- 32 persons living with Alzheimer’s disease or other dementia resided at our assisted living homes in King County
- 400 clients received mental health services through our Solstice Behavioral Health program
- 550 clients received Home Care services
- 400 low-income older adults transitioned from institutional settings into safe and stable housing
- 450 residents at Seattle Housing Authority residences received Service Coordination and case management services

Conclusion

Tulalip Tribes Charitable Contributions’ support of our work in the past has made an important contribution to the well-being of our participants. Likewise, your continued partnership will be tremendously beneficial for our participants who are able to age in place with skilled nursing and rehabilitative support.

Thank you for your commitment to our mission, and to the individuals we serve.