

Oxnard Family Circle Adult Day Healthcare is a medical model day program that provides care for Veterans in our community. The Veterans who receive care are at risk of skilled nursing placement if they do not receive services at the center. They are frail, elderly individuals who require intervention from registered nurses, rehabilitative services, and assistance with personal care needs including toileting, feeding, and bathing. We provide transportation for Veterans from their homes to the center, meals, stimulating daily activities, social work case management services and psychological counseling, massage services, and podiatry care. The center also has a specialized memory care unit that we developed in conjunction with the Alzheimer's Association.

Many of the spouses or other family members of our Veterans are overwhelmed with the day-to-day responsibility of caring for the Veteran. We find that the caregivers are at risk of experiencing a decline in their physical and mental health conditions. Our program is the resource for vital respite care for many families as it offers day-long extended services for 5 days per week.

Oxnard Family Circle provides care to Veterans who have served in World War II, Korea, Vietnam, and Iraq war periods. Essential benefits for veterans in our program are comradeship, the sense of social belonging, and connection to a group that is unique to their shared military experiences. We develop an individualized treatment plan for each Veteran that focuses on the specific medical, dietary and psychiatric needs of that person. Specialized programming that is provided includes an Equine Therapy program, outings that facilitate integration into the community, psychological groups, 1:1 counseling services, Music and Memory activities, Art therapy, support groups for family members, educational events in conjunction with the Disabled American Veterans, Alzheimer's Association, Public Health and Ventura County Area Agency on Aging.

Our setting allows the Veterans to function with a sense of dignity. In the home setting, they often feel diminished as their loved ones assist them with basic activities of daily living including toileting, bathing, having assistance with transfers and walking. Many of our Veterans are uncomfortable and resistant to family members providing this level of assistance. Veterans and their families benefit from the personal care assistance that is provided by Oxnard Family Circle's professional staff.

Oxnard Family Circle works closely with the Department of Veteran's Affairs to coordinate the care needs of Veterans. Referrals for Adult Day Healthcare services may be received from the local VA Outpatient Clinic. Many Veterans reside in our community who may not be connected with the VA Healthcare System. Our staff educates Veterans as to the types of benefits that they may receive and assists them with enrolling in the healthcare system.

We also refer Veterans and families to the Ventura County Veterans Services Office for assistance with financial benefits. We maintain close communication with the Veteran's physician and VA Social Workers during the time that the Veteran is enrolled in our program. When a Veteran's care needs increase so that Adult Day Healthcare Services are no longer appropriate, Veterans may be referred to the VA Community Nursing Home Program or VA Hospice services. Aid and Attendance may be applied for to pay for care in the Veteran's home setting or an assisted living facility.

All Veterans who are VA Healthcare Eligible may be appropriate for Adult Day Healthcare Services, as long as the Veteran has been determined to have the following clinical conditions:

1. Three or more Activities of Daily Living Dependencies (ADL), or
2. Significant Cognitive Impairment, or
3. Require CADHC services as adjunct care to community hospice services, or
4. Two Activities of Daily Living Dependencies and two or more of the following conditions:
 - a) Has dependency in three or more Instrumental Activities of Daily Living (IADL);
 - b) Has been recently discharged from a nursing facility, or upcoming nursing home discharge plan contingent of home & community-based care services;
 - c) Is seventy-five years old, or older;
 - d) Has had high use of medical services defined as three or more hospitalizations in the past year and/or utilization of outpatient clinics/emergency evaluation units twelve or more times in the past year;
 - e) Has been diagnosed with clinical depression;
 - f) Lives alone in the community.

We are particularly appreciative of the support and advocacy that has been provided to us by Congresswoman's Julia Brownley's office.

Thank you for allowing me this time to talk about the services that are provided by Oxnard Family Circle Adult Day Healthcare.

On behalf of Oxanrd Family Circle ADHC:

Katy Krul,
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Program Director

