



Deliver Hope

Bay Area Community Services



Keeping Adults Connected
to Their Communities.

Since 1953.

Bay Area Community Services is the most effective way to deliver hope to the elderly and adults living with mental illness in Alameda County.





Meet the People You Help

Before BACS came into his life, Everett was slowly starving to death in his own home.

For Everett, an 81-year-old resident of East Oakland, a little helping hand from BACS has gone a long way. After the death of his wife, Everett's condition began to deteriorate. He had relied on her to take care of him, and his daughter lives hundreds of miles away. Severe arthritis makes it difficult to cook even the most basic of meals, and it is impossible for him to stand long enough to cook a meal.

In addition, it is not uncommon for the people BACS helps to also face the financial challenges of living on a fixed income. There are many who, before receiving help from BACS, have had to choose between paying for medicine, housing or food.

Everett turned to BACS for help. BACS Meals on Wheels delivered hope to Everett in the form of nutritious food and a friendly smile. At first, he found it difficult to accept the meals. Now he anticipates them and the personal delivery from his driver, John.

Michael has had a very different experience, but thanks to BACS he's on the road to recovery.

Although he had graduated from college with a B.S. in Engineering in 1996, a severe mental illness had kept him out of the job market. As months of unemployment turned into years, Michael could feel the barriers to employment mounting. "I spent years being afraid. What could I say in an interview? How could I explain ten years without a job?" he said.

For Michael, BACS' support was critical. Staff encouraged him to talk about his illness, not hide it. They worked with him to break his job search into manageable steps. And all along the way, BACS was there to answer questions, role-play interviews, provide referrals to employers and encourage Michael to keep going. After six months of training in BACS' Employment Program, Michael landed a part time data entry job. He continues to receive job coaching and turns to BACS when he needs someone to talk to.

The two kinds of people you help through BACS—elderly people in need and adults living with mental illness—have a lot in common, despite the vast differences in what causes their problems. They recognize they can't manage by themselves, but don't always know how to ask for the help they need. The kind of help BACS provides greatly improves their quality of life.

When you support BACS, you provide access to the basic necessities that most of us take for granted like a warm meal, transportation or a roof over our heads. These services help people live more self-sufficiently and experience real, measurable and positive changes in their lives.



Responding to a Community Problem

Hunger isn't only a problem that exists in far-away places. There are elderly citizens who will go to bed hungry tonight and every night, right here in Alameda County. One in eight elderly people in Alameda County must regularly choose between paying the rent, buying medicine and purchasing groceries. What would you choose?

Half of all hospitalized seniors are suffering from severe malnutrition that either causes their illness or prevents them from getting better.

With over 50 years of experience, BACS knows the best way to help many elderly citizens and those living with mental illness in our community is to keep them living in their homes and in our neighborhoods.

One-third of the homeless individuals living on Oakland's streets are living with mental illness. If BACS could double the number of people we help who live with mental illness, another 900 people who currently live on the streets of Oakland, Alameda, Hayward, Fremont and Pleasanton would instead be living in safe, stable and healthy programs. Imagine how this could improve your neighborhood.

What may seem to be an obvious solution for these problems—institutionalized care—oftentimes is not the best solution. There are not enough nursing homes to care for the elderly in our community, nor enough psychiatric facilities to house those living with mental illness. More importantly, there is no indication that institutionalized care is better at caring for people who can still care for themselves. The only certainty is that it's more expensive.

BACS offers alternatives to maximize independence, keeping our clients in their homes for as long as is safe and beneficial. And when conditions change, we promote choices for quality residential care.

The fear of being placed in institutionalized care can often keep an elderly senior or someone living with mental illness from asking for help. By offering a solution that enables people to remain in their own communities, people who need help are more likely to seek support or are more likely to accept care once they understand that this means they can remain living in their homes. By providing this solution for as long as it is the safe and effective alternative, we gain our clients' trust to help them access the quality of care when their condition changes resulting in a need for residential care.

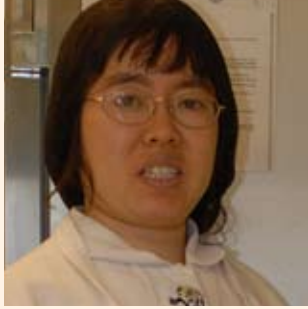
Someone who struggles with mental illness faces a very difficult and very long journey of recovery. It is a difficult journey, but not impossible. Those who receive the type of comprehensive community mental health treatment offered by BACS tend to stay in treatment, remain safely housed, and have an incarceration or homeless rate of less than 2%. This is a remarkable achievement—for BACS and those we serve.

People live healthier and happier lives when they receive the support they need to remain in their communities and have control over their care. When you support BACS, people live longer. They are happier. They maintain their self-respect. They gain hope. And it is, by far, the most cost-effective way for you to help people in need.



“BACS really changed my life. They had such faith in me. I was in a dark hole, but through everyone’s help I began to see the light at the end of the tunnel.”

TANYA AVILES



Program Overview

BACS was founded in 1953 in response to our community's responsibility to take care of the most vulnerable members of our society. Over the last 50 years, BACS has emerged as the most effective, caring, innovative and comprehensive provider of services to the elderly and those living with mental illness in Alameda County.

Senior assisted living costs \$2,000–4,000 per month. BACS helps seniors live independently in their homes for less than \$100 per month.

For the elderly and those who live with mental illness, BACS delivers help and hope—24 hours a day, 7 days a week, 365 days a year. Your support of BACS serves 4,000 people through 12 programs located at 40 sites in Alameda County neighborhoods. Big numbers and big results.

Our program serves two important at-risk communities.

"I wish to express my thanks for this service (BACS). This is a Godsend for the elderly trying to escape a nursing home of poor quality or being isolated in their homes alone—and with little or no food."

BACS MEALS ON WHEELS CLIENT

PEOPLE LIVING WITH MENTAL ILLNESS

Creative Living Centers

For people living with mental illness, Creative Living Centers give people a sense of responsibility and a reason to get up each day—and prevent people from feeling lost, isolated or in danger. Serving more than 500 adults, the clubhouse model day program provides structure and normalcy, which fosters empowerment, recovery and mutual support for our clients and offers a positive alternative to more costly, long-term institutional care.

Employment Program

For individuals living with mental illness, finding paid work can become an almost insurmountable hurdle. BACS' caring staff coaches individuals to help them learn the skills they need to interview well, find jobs, and succeed at work. Our placement services help people living with mental illness find appropriate work, a critical step on their road to recovery.

Case Management/Supported Independent Living

For those individuals living with mental illness that have reached a moderate level of independence, BACS helps them sustain that autonomy. Our Supported Independent Living program places people in shared houses and apartments, teaches people living skills and provides links to numerous community resources.



Crisis Residential Program

By the time a person suffering from severe symptoms of mental illness reaches the Crisis Residential Program, she may have lost her job, her apartment, cut ties with her family and have no place to go. BACS' Crisis Residential Program offers a safe, community-based safety net. The average length of stay is 2 weeks before clients are moved into case management to receive on-going therapy and help finding housing, employment and support. Coordinated services under one roof, means that the transition to other support is seamless and clients' long-term recovery is more successful at BACS.

These programs work. They change lives, and you make it possible.



Program Overview continued

ELDERLY ADULTS

Meals on Wheels & Senior Nutrition

Every day, BACS serves meals that literally save lives. BACS serves warm, nutritious meals at senior centers and delivers food to homebound frail elderly who are unable to cook or shop for themselves, which keeps them healthy, happy and independent.

Care Management

BACS provides help for low and moderate income elders who, due to lack of family or other support, are unable to access necessary health and social services. Our caring staff conducts in-home assessments, arranges needed services and monitors ongoing changes in health. When changes in health require more intensive care, our staff can help clients access high quality residential care and help relieve the stress that comes with transition.

Affordable Home Care Services

Lower income seniors are at a greater risk of elder abuse and theft because they lack the financial resources to find and screen care providers. BACS works quickly to help match seniors and adults with disabilities with pre-screened, reputable home care workers, giving people who need it access to quality care and an extra layer of support and security.

Adult Day Care Services

BACS' day programs provide support for adults experiencing chronic health care problems, including Alzheimer's Disease. The program also offers a respite for family members and caregivers, providing the assurance that their loved ones are receiving reliable and compassionate care while they attend to their affairs. If the time comes that a more intensive level of care is required, our caring and knowledgeable staff help our clients and their families navigate the options to find the highest quality of residential care to meet their needs.

Money Management Assistance Program

Without BACS, an elderly person risks being swindled out of her home and savings quite possibly forcing her into homelessness and poverty. BACS helps protect seniors from exploitation and assists in budgeting, check writing and record keeping.

Oakland Senior Shuttle

For seniors who no longer drive, BACS' free, reliable shuttle provides critically needed transportation to grocery stores, senior centers, medical appointments and other destinations for health and business needs.

BACS relieves the loneliness and fear that can result from aging. Help us ensure that our services will be there when you or a loved one needs a helping hand.

"I can't stand long enough to cook a meal anymore. I couldn't live without BACS Meals on Wheels."

BACS MEALS ON WHEELS CLIENT





BACS Needs Your Help

Ninety cents from every dollar given to BACS goes directly to services for the mentally ill and homebound elderly, providing sustenance, support and hope. The other 10% covers the cost for BACS to reach out to people like you, salaries and administration of programs. Because over 90% of funds go directly to services, you can be confident money given to BACS is well spent, directly helping those in need.

If BACS didn't exist 3,100 elderly people in Alameda County would be suffering from hunger—alone, isolated and in danger.

Without your support, BACS cannot provide services to everyone who needs help in our community.

Unfortunately, there are even more people who need our help than we are able to provide for. Over the next ten years, the elderly population that needs to be served by Meals on Wheels will double.

"I wish to express my thanks for [BACS'] Meals On Wheels. They have been very helpful as my mobility is decreasing. It makes it possible for me to stay in my home, which holds many memories."

BACS MEALS ON WHEELS CLIENT

Our community critically needs BACS to continue to provide services to the people that we currently help and to expand services as the elderly population gets larger. Senior assisted living costs \$2,000–4,000 per month—a cost many seniors can't afford and the government cannot support. BACS offers a better alternative to this cost, helping seniors live independently in their homes for less than \$100 per month.

Without BACS, the mentally ill end up in institutions that cost taxpayers up to \$8,500 a month. BACS serves these same individuals for less than \$250 per month by providing coordinated, individualized treatment instead of institutionalized care—and with much better results. Enabling people to remain in their homes and connected to their community is the most effective way to care for mentally ill and elderly citizens that need a little helping hand caring for themselves.

BACS' experienced, caring staff has the vision, experience and established programs to improve the lives of the elderly and mentally ill in Alameda County. We simply need your donations to deliver hope to everyone who needs help.

Please make a life-saving gift to BACS today.



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