

Texas Council for Developmental Disabilities
Executive Committee – Review of Proposed Activities & Budget
ITEM: B

Date: 02/03/2016

Grantee: Texas Statewide Independent Living Council (TX SILC)

Year: 5 of 5

Project Title: Health & Fitness (Getting Fit to Live, Work, and Play!)

Project Location: Brazos Valley; Lubbock; El Paso

Website: txsilc.org/healthandfitness

TCDD RFP Intent:

The project intent is to demonstrate how appropriate supports may help people with developmental disabilities to participate in exercise and nutrition programs.

Authorized Funding: TCDD has approved up to \$250,000 for up to five years

Expected Results: Grantees are expected to demonstrate how to:

- 1) Provide *individualized*, inclusive recreational fitness programs to people with developmental disabilities to assist them to reach their goals in fitness, recreation, and overall wellness and
- 2) Provide training and/or technical assistance to enable service clubs and volunteer organizations to, if necessary, alter their culture and activities to support full and equal participation by people with developmental disabilities in a way that will promote participation in recreational programs based on interest and wellness goals.

Project Goals and Accomplishments for Years 1-4:

Goal 1: Improve the overall health and fitness of people with developmental disabilities by providing access to appropriate programs for at least 150 individuals (50 for each of 3 sites)

Goal 2: Provide evidence-based, data-supported report to demonstrate project efficacy.

Accomplishments per goal:

The project has a three-tiered approach to developing programs that improve health:

- 1) Increasing the availability of and access to fitness programs for individuals with disabilities;
- 2) Connecting consumers to established health programs in pilot areas; and
- 3) Increasing awareness of the importance of health and fitness programs for people with disabilities. Centers use Independent Living Plans to determine and track consumer goals and progress. To date, the project has served 163 individuals: 37 at Brazos Valley Center for Independent Living (BVCIL), 92 at LIFE/ RUN, and 34 at Volar Center for Independent Living. Collectively, the programs exceed the targeted 150 individuals served.

Proposed Goals and Objectives for Year 5:

Goals: Same as above.

Objectives:

- 1) Continue in-house and community-based health and fitness programs at LIFE/RUN, BVCIL and Mounting Horizons Center for Independent Living (MHCIL);
- 2) Produce *Getting Fit to Live, Work & Play: Best Practices and Training Manual*;
- 3) Provide data collection and reporting system to demonstrate project efficacy; and
- 4) Produce *Getting Fit to Live, Work, and Play: A Study on Wellness and Developmental Disabilities* report.

Council Considerations:

Public Policy Considerations: There are no activities, outcomes, or discuss r.e. public policy goals to achieve lasting change via policy. PP Staff continue to recommend that the grantee work with Managed Care Organization to include their health and fitness activities as “value added service” for persons enrolled in Medicaid.

Grant Management Considerations: No compliance issues; no concerns.

Staff Recommendation: TCDD staff recommends continued funding for this project.

Continuation Budget Detail Summary for Texas SILC Health and Fitness Project

Expended Amounts Years 1 through 4	Federal	Match	Totals
Year 1 (Consultant \$133,876)	\$219,472 / \$219,472	\$55,741 / \$54,868	\$275,213 / \$274,340
Year 2 (Consultant \$133,876)	\$250,000 / \$250,000	\$64,957 / \$53,583	\$314,957 / \$303,583
Year 3 (Consultant \$133,876)	\$245,000 / \$245,000	\$64,646 / \$51,980	\$309,646 / \$296,980
Year 4 (5 months)(Consultant \$126,500)	\$123,079 / \$238,000	\$33,467 / \$51,600	\$156,546 / \$289,600

Year 5 Texas SILC Health and Fitness Project Continuation Budget Request Summary

Amount Requested by Item for Year 5 budget:	Federal	Match	Totals
1. Personnel services	121,364	0	121,364
2. Travel	3,267	0	3,267
3. Purchased services (\$68,000 consultants)	86,172	61,560	147,732
4. Property/Materials	850	0	850
5. Rental/Leasing	12,325	0	12,325
6. Utilities	6,022	0	6,022
Budget period totals	\$230,000	\$61,560	\$291,560