

## 2022-2023 KEIRO GRANTS PROGRAM GUIDELINES

### Focus on enhancing “Quality of Life”

For over 60 years, Keiro has focused on improving the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. For the past six years, Keiro has utilized the grants program as one of many key strategies to support the evolving needs of older adults and their caregivers aging in the community. Keiro supports the efforts of other organizations and agencies working in alignment with our mission and goals within our service area to advance Keiro’s mission to enhance the quality of senior life in Our Community.

The 2022-2023 Keiro Grants Program will focus on supporting programs that enhance the quality of life for older adults and caregivers in the Japanese American community. In fulfilling our mission, Keiro engages in programs, services, and collaboration to advance the wellbeing of older adults, their caregivers, and all who support them in Our Community. We do this through a culturally-sensitive and person-centered approach that incorporates key elements contributing to a high quality of life for older adults and their caregivers, listed below.

**Health/Wellness:** A person’s health/wellness is defined by their physical, mental, and emotional state of being. Health/wellness includes both the presences, absence and/or risk of disease and symptoms, and the individual’s perception of their health status.

**Purpose:** An older adult should have at least one self-defined purpose – something that brings meaning and joy to their life. Purpose can include family and friends, community engagement, hobbies, and spirituality. While it is often revisited throughout one’s lifetime, a lack of purpose can contribute to a decline in wellbeing.

**Connectedness:** Humans are inherently social and need engagement through social networks to thrive. Connectedness – whether at an individual family, or community level – is vital to physical, mental, and emotional wellbeing. Lack of social connection, including in-person and virtually, has been shown to have significant negative impact on overall health/wellness.

**Security:** A sense of security is necessary for older adults to live a health and fulfilling life. Security includes financial stability; consistent housing; a reliable social network; and access to high quality, affordable services. A lack of security is even one of the previously listed areas can impede an older adult’s quality of life.

**Autonomy:** As older adults age, autonomy, and the ability to choose how to live life the way they want should be maintained as much as possible. Although physical and/or cognitive limitations may make this difficult, lacking even a feeling of autonomy can lead to a decline in quality of life.

With the 2022-2023 Grants Program, organizations must align their program with at least one of the above elements of Keiro’s definition of quality of life and demonstrate the benefit towards older adults and/or caregivers.

The following guidelines are designed to provide an overview of Keiro’s Grants Program for the 2022-2023 grant cycle. Keiro staff may be contacted to ask questions about the application process. We will be hosting a series of informational virtual workshops discussing how to apply for funding and what updates to consider during the application process as we encourage organizations to apply. Please check Keiro’s website for workshop dates and times.

## GOALS

- Enhance the quality of life of older adults and their caregivers in the Japanese American and Japanese communities
  - Specifically, focus on at least one element of Keiro's Quality of Life definition while supporting and reaching out to older adults and caregivers in the community
- Reach out to new older adults and caregivers or reestablish existing connections while providing support through community programs, events, and increasing capacity to provide these services
- Promote culturally-sensitive programs and services accessible to Our Community

## CONSTITUENCIES TO BE SERVED

- Keiro grant support is dedicated to programs serving older adults and/or their caregivers in Our Community. In order to receive funding, a program must primarily serve Japanese American or Japanese older adults in Los Angeles, Orange, and/or Ventura counties.

## PROGRAM AREAS

We recognize that the program areas below often intersect, and we encourage applications that have alignment with one or both of these areas.

- **Services to Older Adults**

One fifth of all Japanese American adults are age 65 and older. This is much higher than the percentage of adults aged 65 and older in the general population. Keiro seeks to support individual Japanese American and Japanese older adults and their ability to enhance their quality of life with confidence by equipping them with knowledge, resources, and assistance, so they can effectively manage their lives and wellbeing wherever they call home.

Grants will be awarded to provide services that enhance the quality of life of older adults most in-need.

Examples of services can include (but are not limited to):

- Fostering a sense of community among Japanese American and Japanese older adults to help reduce isolation and loneliness
- Supporting older adults who desire to live independently in a safe environment
- Improving access to vital community programs and services
- Educating older adults and their families to make informed decisions and thoughtful plans, including end of life decisions

- **Support of Caregivers**

Caregiver demands and burdens are increasing as people are living longer and are choosing to live at home, instead of residential care facilities. Keiro seeks to support caregivers in the community to assist older adults in need.

Grants for program development will be awarded to organizations that provide support to caregivers or that provide caregiving services to older adults. Examples include (but are not limited to):

- Enhancing support systems for caregivers to ease the physical, psychological, and financial burdens of caregiving
- Developing a sufficient pipeline of well-trained caregivers, both professional and informal, who are able to provide in-home, culturally sensitive, and appropriate care along a continuum of needs
- Addressing the needs of the most vulnerable older adults who lack access to adequate, culturally sensitive caregiving
- Empowering caregivers to confidently make decisions for themselves and their families

## FUNDING AMOUNT & CRITERIA

This year, Keiro will have one funding level of up to \$20,000. Grants will be awarded to provide program development, core operating support, capacity building support, or capital needs support. Although organizations may apply for more than one grant, funding will be limited to a maximum of \$20,000 per organization.

**The grant period is up to one year. Multi-year requests are not considered.**

If awarded, throughout this 12-month grant period, grant recipients will be required to submit both mid-year and final report. Reports should include quantitative measurements and qualitative information detailing the impact of programs on improving quality of life of the program participants.

## FUNDING PRIORITIES

Keiro will prioritize:

- Applicant organizations with annual operating budgets of less than \$1 million to support grassroots organizations
- Funding for recurring or periodic programs over funding for one-time events to provide sustained support for quality of life

Funding priority will also be given to programs or organizations that:

- Align with all Keiro Grants Program goals
- Clearly define how the program enhances quality of life among older adults and/or their caregivers
- Demonstrate measurable and compelling outcomes that connect to the elements of quality of life (from page 1)
- Establish clear effort toward creating or building in sustainability in programs beyond the 12-month grant cycle
- Address a pressing need or opportunity to serve older adults and their caregivers in Our Community
- Have a realistic program budget and ability to carry out the project effectively
- Are culturally-sensitive to Japanese American and Japanese culture

## TYPES OF SUPPORT

All grant-funded programs shall be delivered safely per recommendations by health officials amid COVID restrictions. Grant funds can be used for such things as:

- **Program development** to design new programs or enhance existing programs and services. Funding may be used for translation of materials, outreach efforts, transportation services, culturally sensitive activities, case management, etc.
- **Capacity building** to help organizations plan, effectively manage, retool systems or methods, or build sustainability
- **Core operations** to maintain provision of high quality, high demand services with demonstrated outcomes and strong participation
- **Capital investments** such as purchasing equipment or funding renovation projects

## QUALITY OF LIFE ELEMENT

Applications must clearly define which element of quality of life will be supported. At least one element of quality of life must be specifically outlined and addressed of the following (more detail on page 1):

- **Health/Wellness**
- **Connectedness**
- **Purpose**
- **Autonomy**

- **Security**

## GENERAL ELIGIBILITY

Eligible proposals must be for programs and services that:

- Primarily serve older adults and/or caregivers in the Japanese American and Japanese communities
- Serve Los Angeles, Orange, and/or Ventura counties

Organizations eligible for a grant must meet one of the following criteria:

- Nonprofit organizations that are tax exempt under IRS Section 501(c)(3)
- Community groups that have a 501(c)(3) organization serving as their fiscal agent
- Faith-based nonprofit organizations are eligible for funding if they welcome and serve all members of the community

## INELIGIBLE SUBMISSION TYPES

Funds will not be granted to the following:

- Service programs that are focused outside of the three identified communities (Los Angeles County, Orange County, and Ventura County)
- Government agencies and institutions
- Medical research
- Individuals
- Fundraising events
- Endowments
- Political campaigns or lobbying
- Grantmaking institutions or pass-through grants

## APPLICATION SUBMISSION GUIDELINES

This year, please submit all application materials electronically to [grants@keiro.org](mailto:grants@keiro.org). **We ask that all submitting organizations refrain from dropping off applications in-person at the Keiro office.** Mailed in applications will be accepted, but please notify by emailing [grants@keiro.org](mailto:grants@keiro.org).

If mailing hard copies, please notify the staff and can be mailed to the address below:

Keiro  
ATTN: Grants Program  
420 East Third Street, Suite 1000  
Los Angeles, CA 90013

If faxing an application, please fax to 213.873.5799 and provide notice by emailing [grants@keiro.org](mailto:grants@keiro.org).

### **Application submission deadline**

Applications will be accepted through **5:00 p.m. PDT on Friday, October 14, 2022**. We encourage early submissions. Exceptions will not be made. Grant awards will be announced by March 2023.

For more information, please contact Makoto Kotani, Director of Programs, at 213.873.5703 or [grants@keiro.org](mailto:grants@keiro.org).

Copyright © 2006-2022 by Keiro Services. All rights reserved. Keiro is registered trademark of Keiro Services. All other trademarks, service marks, and logos are trademarks of Keiro Services. Use of the names and/or the logos without written permission is prohibited.