

## **2020-2021 GRANTS PROGRAM GUIDELINES**

Keiro is a mission-driven organization engaged in improving the quality of life for older adults and their caregivers in the Japanese American and Japanese communities of Los Angeles, Orange, and Ventura counties. The Grants Program is one component of Keiro's strategy to support the evolving needs of older adults and their caregivers wherever they call home. We recognize there are many organizations and agencies that are providing services for older adults in the Japanese American and Japanese communities as well as their families and caregivers. We hope to achieve the greatest impact as quickly as possible and to share vital resources to support the efforts of others working in alignment with our mission and goals within our service area.

COVID-19 has increased the risk of social isolation among the older adults and caregivers in Our Community. This year, greater emphasis will be placed on programs that provide outreach to and inclusion of older adults and caregivers in the community that are at risk of social isolation. Outreach can include seeking new participants in activities or reengaging with past participants in programs. Both forms of outreach will be prioritized. Keiro will continue its focus on reducing social isolation among older adults and their caregivers in the Japanese American and Japanese communities through the Grants Program.

Social isolation is a growing health epidemic and is defined as the state of complete or near-complete lack of contact between an individual and society. A new report from the National Academies of Sciences, Engineering, and Medicine (NASEM) shows that nearly one-fourth of adults age 65 and older are considered socially isolated. As our community is forced to stay at home and distant from personal interactions, the risk for isolation and loneliness increases. Risk factors leading to social isolation include living alone, transportation challenges, poor or diminished health, life transitions, societal barriers, and lack of access/inequality (AARP Foundation). Social isolation differs from loneliness, which reflects the subjective feeling of isolation, not belonging, or lacking companionship. The recent NASEM study reveals that social isolation significantly increased a person's risk of premature death from all causes and is associated with higher risk of dementia, heart disease, and stroke.

The following guidelines are designed to provide an overview of Keiro's Grants Program for the 2020-2021 Grant Cycle. 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. Keiro staff may be contacted to ask questions about the application process. Please check Keiro's website for additional workshop dates and times.

### **GOALS**

- Enhance the quality of life of older adults and their caregivers in the Japanese American and Japanese communities
- Reduce social isolation among Japanese American and Japanese older adults and their caregivers
- Reach out to those at-risk for isolation and provide 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 the three counties.

## PROGRAM AREAS

Up to \$250,000 in grants will be distributed during the 2020-2021 cycle. We recognize that the program areas below often intersect, and we encourage applications that have alignment with one or both of these areas.

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

- **Services to Older Adults**

One quarter of all Japanese American adults are 65+. This is twice the number of adults aged 65+ in the general population. The proportion of older adults in Our Community is increasing at an accelerated pace and Japanese American and Japanese older adults in the region are living longer.

Keiro seeks to support Japanese American and Japanese older adults to age 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 reduce social isolation and improve the health and 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 reduce isolation
- Supporting older adults who desire to live independently as long as they are able to do so safely
- Improving access to vital community programs and services
- Educating older adults and their families to make informed decisions and thoughtful plans including regarding end of life issues

- **Support of Caregivers**

Caregiver demands and burdens are increasing as people are living longer and are choosing to live at home, rather than in institutional settings. Caregivers often face tremendous and unrelenting stress and burdens associated with their roles as caregivers, and for many, the demands increase over time and there is little respite. Keiro seeks to support caregivers in the community to help older adults in need.

Today, almost one in three Japanese Americans is a caregiver. There are close to 57,000 Japanese American and Japanese caregivers in Los Angeles, Orange, and Ventura Counties. Two-thirds are women and most are family members.

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):

- Enhancement of support systems for caregivers to ease the physical, psychological, and financial burdens of caregiving
- Development of 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
- Empowerment of caregivers to confidently make decisions for themselves and their families

## FUNDING AMOUNT & CRITERIA

This year, Keiro will have one funding level of up to \$15,000. Grants will be awarded to provide program development, core operating support, capacity building support, or capital support. Although organizations may apply for more than one grant, funding will be limited to a maximum of \$15,000 per organization.

**In an effort to extend support towards grassroots efforts, priority will be given to applicant organizations with annual operating budgets of less than \$1 million.**

If awarded, throughout this 12-month grant period, grant recipients will be required to submit both mid-year and final reports. Reports should include quantitative measurements and qualitative information detailing the impact of programs on reducing social isolation and loneliness.

Funding priority will be given to programs or organizations that:

- Align with all of the Keiro Grants Program goals
- Reduce social isolation among Japanese American and Japanese older adults and their caregivers
- Outreach to older adults and caregivers at risk for isolation to include or involve them in programs
- Address a pressing need or opportunity to serve older adults and their caregivers in Our Community
- Are culturally-sensitive to Japanese American and Japanese culture
- Demonstrate compelling outcomes and impact on the quality of life of older adults in Our Community
- Have a realistic program budget and ability to carry out the project effectively

## TYPES OF SUPPORT

All grant-funded programs shall be delivered safely per recommendations by health officials.

Grant funds can be used for such things as:

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

## 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 visiting and dropping off applications in-person. Mailed in applications will be accepted.**

Hard copies may be submitted, but are not required and can be mailed to the address below:

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

### **Application submission deadline**

Applications will be accepted through **5:00 p.m. PDT on Friday, October 30, 2020**. We encourage early submissions. Grant awards will be announced by March, 2021.

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