



CAREGIVERS 2015-2016 Annual Report

The Year in Review...

From our archive of *Senior Letters*

I can't thank you enough for all the rides to medical appointments. I don't have to worry if I'll get there in time or if I'll get home. [My volunteer] Don is a blessing, such a sweet gentleman! —*Love, Paula*

I'm so sorry it took me so long to thank you and Caregivers for all you did for me... I really don't know what I would have done without you. —*P.J.*

Thank you so much for the beautiful fresh, red rose. It was Valentine's Day, and I did not expect any flowers at all, and when I came home and saw that stuck in my door, I was very surprised and my heart beat fast. I had a smile on my face the rest of the day and the day after. —*Sincerely, Liv*

Thank you so much for your kindness and generosity and to all the volunteers also. We are very grateful for all your help. —*Sincerely, Delilah and Tom*

Thank you Caregivers for all you do. I was able to make it on time to my medical appointments. I thank God every morning when I pray for all of you. —*Kate*

I have no family here in California. Everyone is in different states...Thank you so very much. —*Mary*

On behalf of our Board of Directors and Honorary Board Members, thank you so much for your continuing support of volunteer caregiving.

Our mission is not always black-and-white when it comes to problem-solving. CAREGIVERS addresses quality of life in our later and final years. Those are the true “gray” years of being a senior. You no longer have the mobility you used to, and a helping hand is one of the key ingredients that stands between you living at home or relocating to an assisted living environment.

What a difference a helping hand makes for people during that leg of the journey. First and foremost, it's the difference between living independently, or uprooting your very identity at the expense of someone else. In the good ol' days, families lived near each other and stepped in to help. Today, not only are families disconnected, many of our seniors are totally alone, with no support system, and surviving on social security only.

The Golden Years are inevitable, or at least we hope they are! Seniors are the fastest growing population in our country and social services for this group tops only about 1.1 percent of California's total philanthropic support. That's why the support you offer—through word-of-mouth, through your donations or through your volunteerism—is not just about Paying It Forward, it's about defining who we are.

Gail Field

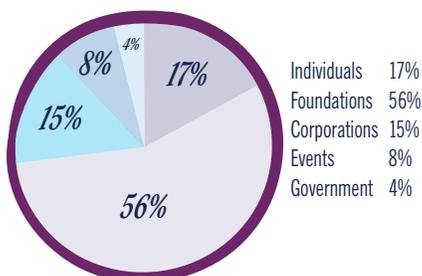
Gail Field
Chair, Board of Directors
2015-2016

Volunteers are priceless.

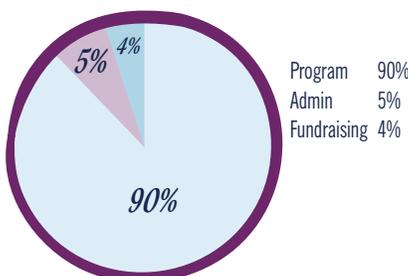
Donations ensure that CAREGIVERS seniors and volunteers never have to pay to provide or receive services.



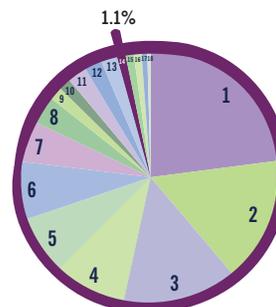
Revenue



Expenses



\$8.2B California Philanthropy*



*Foundation Center, total giving, 2014 (subject to updates)

2015-2016 Data Points *Putting a Face on a Statistic*

Metrics help us analyze our strengths and weaknesses. In our quest to justify outcomes, however, we sometimes lose sight of the real beneficiaries. Following are a few key stories that give rise to the statistics.



Disabled seniors make up at least **75** percent of the people served by CAREGIVERS.

Lenore has been in the Oxnard Plains since the middle of the last century! At 88, she's no longer driving due to two mini-strokes and not long ago suffered a fall that might have come about due to vertigo. Her family is just far enough away and busy at work that a little companionship from one of our volunteers helped fill the gap for awhile. Now that she's part of the CAREGIVERS family, she takes great comfort in playing piano for our volunteers when they visit and she knows we're only a phone call away.

Debra has gradually been losing her vision over the last 30 years. She now is totally blind due to deterioration of the retina. With no family remaining and limited income, she relied heavily on her aging guide dog until CAREGIVERS volunteers came along. Today, she has help and a friend on her arm to take her shopping, on trips to the pet store, and for other errands. She also takes advantage of partner programs that work with CAREGIVERS, like Braille's Talking Books.

Violet - More and more folks are living well beyond the age of 85. In fact, this segment of our U.S. population will triple from the year 2013 to 2040. At 89, Violet is leading the way and it's not an easy journey. She fell out of her scooter this last year and broke her leg. That was the beginning of a visit to a rehabilitation center where she was desperate to return home, only to realize that she didn't have adequate help to toilet and bathe. CAREGIVERS saved the day by offering appropriate referrals.

Margaret is only 70, but her body is riddled with arthritis. The prescribed drugs she takes to combat the arthritis triggered kidney failure—all of which ultimately have confined her to a wheelchair. By enrolling at CAREGIVERS, she is overcoming limits every week. Student volunteers make all the difference when they're able to visit, change the bed linens and maintain the path, not just to the trash area, but to a happier place in her mind and heart.

Larry is a local sailor and a big fan of CAREGIVERS fall fundraiser, the SAILATHON. About a year ago, he stepped up to volunteer as a driver, offering rides to seniors in need. It didn't take long for Larry to dive all the way into volunteering. Over the summer, he was matched with an Oxnard senior in need, Kenney. This is one of those situations where health often trumps age. Kenney is about 10 years younger than Larry, but he's suffering from MS which now has him using a wheelchair more and more everyday. It's nice to have a buddy to hang out with. Both are avid sports fans and Larry is able to provide respite for Kenney's lifelong girlfriend who also serves as a full-time caregiver.

Sue has two major tools to get through the day—a wheelchair, and a phone! She also has trained for hours with one of CAREGIVERS partner programs, NAMI (National Alliance on Mental Illness). This toolbox makes her an extraordinary Phone Friend to some of our most needy seniors. More than once, the Office Team has watched Sue take an isolated senior and help redirect their energies to healthier, more productive endeavors. She's one of 456 volunteers who help CAREGIVERS serve the community every day.



79 percent of seniors served last year, are considered "Low Income," often surviving on social security only.



Building Bridges Senior Visits **(131)**



The Office Team supported **456** volunteers while also fielding calls from regularly enrolled seniors with additional inquiries logged from **298** callers.



41 percent of the seniors served are over the age of **85**



Phone Friends Callers **(8)**
Compassionate Phone Calls **(965)**
One-on-One Matches **(116)**