



**ADULT DAY CENTER**  
ADULT DAY PROGRAM PROPOSAL

**HEART OF THE CITY DEVELOPMENT CENTER**

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**Proposal Title:** Funding request for establishing an Adult Day Support Center with a community focus to empower individuals with Intellectual and Developmental Disabilities.

**Introduction:**

Heart of the City Development Center is dedicated to providing a supportive environment for individuals with Intellectual and Developmental Disabilities (IDD) beyond the age of 26 in Saginaw County and its surrounding areas. Our proposed Adult Day Support Center aims to address the critical needs of this demographic by offering tailored programs such as life-long learning, individualized growth, and community engagement. To date, since our inception in 2022, we have been able to host and welcome over 2,000 participants and their families. The primary objective of our center is to enhance the overall well-being of participants by offering vocational training, fostering the development of life skills, providing opportunities for social engagement, and establishing peer support networks. In addition, we provide support groups to families and caregivers to offer support.

**Target Population:**

Our target population includes individuals with IDD aged 26 and above, residing in Saginaw County and within a 30-mile radius. According to the 2022 US Census, of the 43,477 residents in the city of Saginaw, 20.4% (aged 65 and under) are disabled, 34.5% are at or below the poverty line, and 8.2% are without insurance coverage. The numbers are considerably lower within Saginaw County as a whole, as well as on the state level, which speaks to the need for our program in the city, indicating a pressing need for specialized services beyond traditional schooling. Our center aims to fill this gap by providing a safe and inclusive space for continued learning and social engagement.

**Program Offerings:**

Heart of the City Development Center will offer a range of differentiated programs tailored to the diverse needs of our participants:

1. Vocational Training and Job Readiness: We will provide job training programs to enhance employability and foster independence.
2. Cognitive Rehabilitation: Our programs will focus on improving cognitive functions through stimulating activities and exercises.
3. Adaptive Physical Education: Participants will engage in tailored exercise routines to promote physical health and well-being.
4. Social and Recreational Activities: Age-appropriate group activities will foster social integration and interpersonal skills development.
5. Family and Caregiver Support: Our initiative aims to provide assistance and guidance to families and caregivers, with the goal of increasing their access to essential resources by fostering stronger relationships with community partners.

**Community Impact:**

Establishing the Adult Day Support Center will have a positive impact on the community in several ways:

1. **Job Creation:** The establishment aims to generate employment prospects for caregivers, young individuals, and administrative personnel, thereby making a significant contribution to the economic development of the local community. Many with IDD are unable to maintain employment and contribute to housing, healthcare, and other living costs. A high number, easily over 50% of those with IDD and/or their caregivers are unable to maintain adequate employment due to either having a disability or having to care for a loved one with high needs.
2. **Supporting Families:** By offering a supportive environment for individuals with IDD, we alleviate the burden on families and enable caregivers to continue working and contributing to the community.
3. **Promoting Inclusion:** Our center will promote inclusion by providing individuals with IDD safe and supportive access to the community, enhancing their quality of life, and fostering a sense of belonging.
4. **Provide a safe space to learn and grow:** Our center will also provide sexual assault education and awareness training for our staff, participants, and caregivers. Adults with IDD can be seen as easy targets for sexual assault and victimization within various settings, including but not limited to residential, educational, and medical settings, as well as in the home environment. According to a study conducted by the University of Michigan, more than 90% of all people with IDD will experience sexual assault within their lifetime.

**Financial Support:**

The Heart of the City Development Center relies on community support and funding initiatives to fulfill its mission. To secure funding for the Adult Day Support Center, we will engage in community outreach, advocate for legislative support, develop grant proposals, form fundraising committees, and cultivate donor relations. We are committed to transparency and accountability in financial matters and program outcomes, ensuring that funds are utilized efficiently to benefit our participants and the community at large.

**Conclusion:**

The establishment of the Adult Day Support Center represents a significant step towards empowering individuals with IDD and promoting inclusion in Saginaw County. Through our comprehensive programs and services, we aim to enhance the lives of participants while positively impacting the community. We look forward to the possibility of collaborating with the Michigan Department of Health and Human Services to secure funding and bring this vital initiative to fruition. Together, we can make a meaningful difference in the lives of individuals with IDD and their families.