A Blueprint for Change
Since our founding in 2002, we have worked closely together with our partners to spark real, lasting change in the health and health care of vulnerable older adults and young children across the communities we serve.

As an independent, private foundation, we have awarded grants totaling more than $30 million to develop and support programs in 16 counties in western and central New York.

We are actively working toward a future where all vulnerable older adults lead a dignified, independent, high quality life in their community; all young children impacted by poverty are physically, socially and emotionally healthy as they enter kindergarten; and our communities are able to plan for and meet the needs of the most vulnerable.
# Sparking Lasting Change

We spark lasting change in health and health care across western and central New York with a special focus on older adults, young children and the systems serving them.

## Our Vision

- Vulnerable older adults lead a dignified, independent, high-quality life
- Children ages birth to 5 are physically, socially and emotionally healthy
- Communities meet the health needs of the most vulnerable

## Strategies

- Prevent Falls
- Support Caregivers
- Promote Maternal and Child Health
- Prevent Chronic Conditions: Oral Health
- Support Social-Emotional Health
- Develop Strong Leaders
- Build Organizational Capacity

## Outcomes

- Fewer avoidable hospitalizations
- Caregivers take care of themselves and those they care for
- Babies with healthy birth weights
- Better oral health
- Children that are socially and emotionally healthy
- Strong network of health leaders in the region
- Sustainable mission critical organizations that provide quality services and support

## Impact

Collaborative leaders, collaborative projects

<table>
<thead>
<tr>
<th>Year</th>
<th>Collaborative Projects</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>200</td>
</tr>
<tr>
<td>2013</td>
<td>250</td>
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Fewer trips to the hospital

In counties that participated in Step Up to Stop Falls, the rate of hospitalizations from unintentional falls went from an average of 2.328 per 100,000 residents in 2000 to 2001 to 1,792 from 2005 to 2012. The rise across New York State for the same time period stayed roughly the same.

57% improvement

Stronger social and emotional skills

Kathy Free Kids has reached more than 10,000 children and Portland Dental Care has served nearly 10,000 kids, between 30 and 40% of whom had never seen a dentist.

10,000+
Our Current Work

Here are a few of the programs we’re working on to improve the physical, mental and social well-being of the people and communities we serve:

Aging by Design
We want to find out what is possible when we create solutions with vulnerable older adults and caregivers, rather than for them. So we’re using an approach called Design Thinking to spur innovation and support organizations who serve older adults in designing, testing and implementing new or improved approaches to Triggers of Decline such as falls, medication errors and lack of caregiver support.

Supporting Caregivers
Providing support to caregivers is critical, so we’re committed to finding the most effective ways to help caregivers take care of themselves and those they care for. This includes being one of the sponsors of an NIA Institute of Medicine Study on Family Caregiving, helping caregivers in our communities of origin to groups and bringing providers together to start a conversation on how we can provide much-needed support to families caring for older adults.

Falls Prevention
Since 2007, we have invested nearly $3 million to prevent falls, and we’re currently developing new ways that we can help address one of the most critical, and most preventable, triggers of decline for older adults.

CHOMPERS! Bringing Dental Care to Kids
CHOMPERS! is our comprehensive approach to improving dental health that uses two proven programs, Cavity Free Kids and Portable Dental Care, to bring dental education, prevention and treatment to young children across the city, including Head Start classrooms, Universal Pre-K programs and daycares.

PEDALS: Positive Emotional Development and Learning Skills
We’ve partnered with the Peter and Elizabeth C. Thomas Foundation to work with early childhood educators on how to use evidence-based social-emotional curricula to build children’s social-emotional skills.

Health Leadership Fellows
Through this initiative, 28 new leaders will join our board and our board will join a network of skilled leaders that will form to lead our organization to improve health care for vulnerable older adults and children impacted by poverty.

Organizational Capacity Building
Since 2011, we’ve provided more than 20 organizations with the financial and expert assistance they need to strengthen their internal infrastructure so they can respond more effectively to the changing economic, policy and regulatory environments and position their organizations for success.

From cavity prevention to caregiver support, our programs strengthen the health care system in western and central New York, bolster community supports, promote education and encourage behavior change.

But we could not meet our goals without our partners—the people and organizations that we work with to tackle the complex problems affecting our communities. We’re all in this together.

While the environment we live in continues to change around us, we will continue to focus on what we can do with our partners to make a difference in the health of young children and older adults across our regions.

For important information about funding opportunities, RFPs, grants, projects, news and events, sign up for our email list at HFCNY.org.