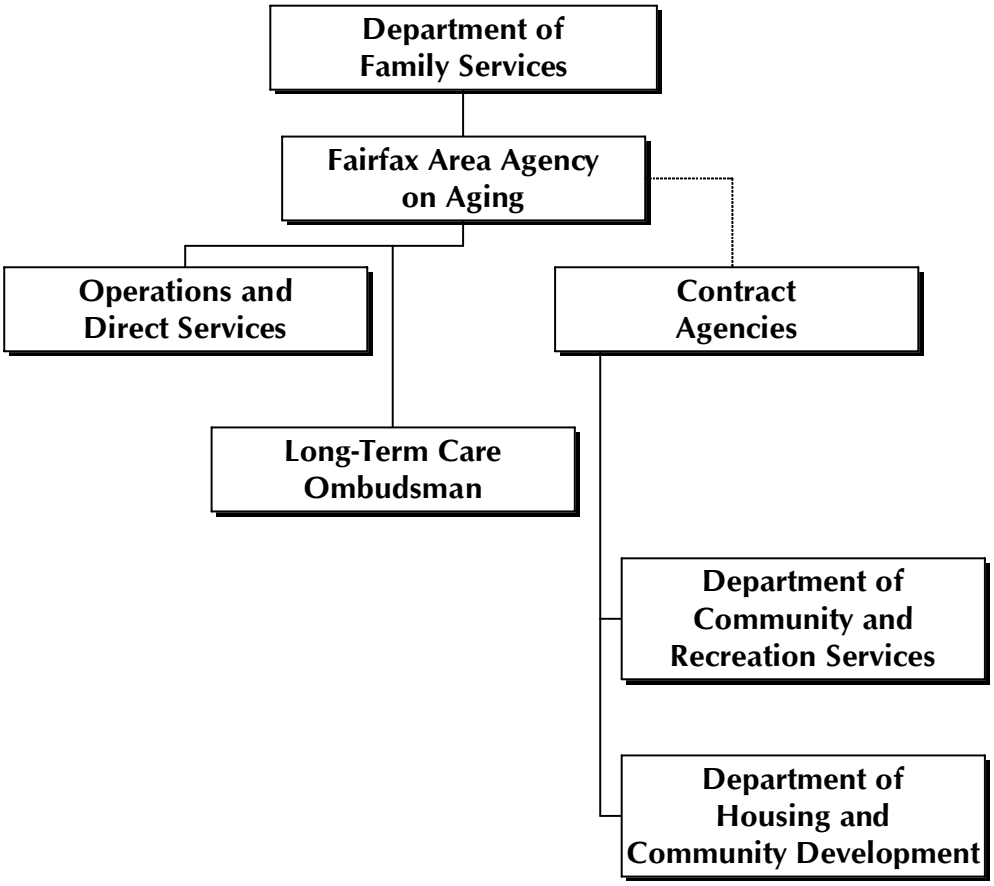
Fund 103
Aging Grants and Programs



To promote and sustain a high quality of life for older persons residing in Fairfax County by offering a mixture of services, provided through the public and private sectors, that maximize personal choice, dignity and independence.

Focus

Fund 103, Aging Grants and Programs, serves as the fiscal entity for federal and state grants awarded to the County primarily through the Virginia Department for the Aging. Grant funds are received and administered by the Fairfax Area Agency on Aging (FAAA), part of the Adult and Aging Division within the Department of Family Services. Deriving its purpose and structure from the Federal Older Americans Act, which established local area agencies on aging, FAAA exists to provide community leadership on aging issues and to promote community-based programs and activities that enhance the quality of life for the elderly and their caregivers. In addition to playing a key role linking practice and policy, FAAA serves as the focal point for the network of county and private sector agencies serving the elderly. FAAA helps seniors remain in the community through the administration and coordination of social service programs for older persons whose needs are varied and may require intervention by one or more agency programs.

The Virginia Department for the Aging serves as the oversight agency for the FAAA as well as a pass-through entity for state general funds, federal Older Americans Act and United States Department of Agriculture funds. In addition, the FAAA receives funding from Fairfax County as well as the cities of Fairfax and Falls Church. It should be noted that one of FAAA's programs, the Northern Virginia Long-Term Care Ombudsman Program, is a regional program that also serves the City of Alexandria, Loudoun County, Arlington County and Prince William County. As such, these member jurisdictions also provide funding to support the Long-Term Care Ombudsman Program. FAAA program revenue is also generated from payments made for some grant

program services such as Congregate Meals and Home-Delivered Meals, and from private corporate donations.

The Fairfax Area Commission on Aging (COA), appointed by the Board of Supervisors and the cities of Fairfax and Falls Church, serves as the official advisory body to the FAAA, the Board of Supervisors and the City Councils of Fairfax and Falls Church regarding local long-term care issues, legislative concerns, fiscal requirements, and program and policy issues. COA members are also involved in the Long-Term Care Coordinating Council charged with implementing the strategic plan of the Citizen's Task Force for Long-Term Care. In a study of long-term care issues, the Citizen's Task Force found that the greatest barrier to services is lack of information on existing services and how to access them. The Task Force strongly recommended in 2002 strategies to maximize service resources through information and communication. Improved awareness, information and communication are among FAAA's primary goals and the FAAA has been working closely with the Long Term Care Coordinating Council, the group implementing the Citizen Task Force's recommendations, on these issues.

THINKING STRATEGICALLY

Strategic issues for the department include:

- Increasing public awareness;
- Connecting people to services;
- Promoting independent and supportive living;
- Improving an expanding long-term care workforce; and
- Creating a long-term care delivery system.

Given that the vast majority of seniors would prefer to remain in their own homes, as well as the high cost and limited supply of nursing homes and assisted living facilities, FAAA provides a continuum of free and affordable services so that individuals can remain living independently as long as possible. To this end, FAAA provides community-based services such as case management/consultation services; legal assistance; insurance counseling; transportation; information and referral; fan care and cooling assistance; volunteer home services; home-delivered meals; nutritional supplements; and congregate meals. For those seniors who cannot live independently in the community, staff and volunteers with FAAA's Long-Term Care Ombudsman Program work with residents, families, and area nursing and assisted living facilities to provide information, assistance and mediation to ensure that residents' rights are being upheld.

Key environmental components driving the FAAA's future direction and strategic planning are the rapidly increasing numbers of older adults in the Fairfax area; the changing needs and definition of the older adult population; the growing diversity of ethnicity, culture and language of older adults; emerging local and national initiatives to support the family caregiver; the shortage of long-term care providers; and the increasing demand for services to older adults given local, state and national budget constraints.

- *Rapidly increasing numbers of older adults as a portion of the Fairfax County overall population.* Fairfax County will experience a steady increase in the number and percentage of persons age 65 and older through 2010 due to longer life spans and the number of persons currently between 60 and 65 years old who are expected to remain County residents. Persons 65 years and older are projected to increase in number and as a proportion of Fairfax County's total population. By 2010, this age group will be 9.2 percent of the County's total population, increasing to 104,400. The number of older adults will expand more rapidly in the County after 2010 because the oldest baby boomers will reach age 65 in 2011, increasing the rate of growth of this age group. By 2020, it is projected that there will be 138,600 persons age 65 and older living in Fairfax County and they will be 11.6 percent of the total population.

- *Strong growth in the target population as well as a changing definitions and needs of Fairfax County's older adults.* The proportion of seniors with disabilities increases dramatically with age. In 2000, while only 7.1 percent of persons 5 to 20 years have one or more disabilities, over 22 percent of non-institutionalized persons age 65 to 74 have one or more disabilities; 41.4 percent of those ages 75 to 84 have one or more disabilities, and nearly three quarters of those age 85 and older have at least one disability. Of those age 85 years and older, one-third have a self-care disability and more than half have

a disability that limits their ability to go outside their home. Society's definition of "senior" may evolve according to the changing expectations of different age groups and their ability to maintain their independence. This is seen in the changing age eligibility criteria to access "senior programs." Because the oldest baby boomers will turn 75 in 2021, the need for assistive services and programs will accelerate sometime after 2020. The most rapid growth of the 85 years and older population will occur between 2030 and 2050. It is this age group that needs the most assistance with daily living.

- *Growing diversity of ethnicity, culture, and language of persons age 65 and older in the Fairfax area.* Although the senior population is not as diverse as the general population in the County, it is becoming more so. In 2000, 18 percent of residents age 65 and older were racial and/or Hispanic minorities. However, among persons age 65 and older speaking a language other than English at home, more than a quarter lived in households that were linguistically isolated in 2000. Outreach to the County's diverse older adults is difficult, especially for those without identified leaders and those relatively small in number. Programs such as home-based and congregate meals have already undergone changes to reflect the diversity of nutritional needs, comfort foods, and health conditions and will continue to change to meet a growing need.

- *Supporting changing needs and population characteristics among family caregivers.* Recognizing the importance of the family caregiver in caring for a rapidly growing senior population, the federal government has provided funds enabling localities to provide enhanced services for family caregivers such as public information, support groups, adult day care, emergency services, respite care, and assisted transportation. With increasing life expectancies, more of the working-age population may find themselves a part of the "sandwich" generation, those caring for both children and elders. These caregivers may care for their elders for a longer period of time. Also, it is increasingly prevalent in the County that more grandparents are caring for a minor child. Services and support to meet the needs of these caregivers are different than those who are caregivers of older adult spouses and family members.

- *The shortage of long-term care providers requires new strategies for recruitment and retention of workers and a greater awareness and accessibility of assistive devices.* Low pay and lack of health insurance and available/affordable transportation as well as absence of a clear career ladder result in fewer service providers. Thus, new strategies are needed to recruit and retain home care workers/providers. Assistive technology is an increasing trend in meeting some of the needs of persons who could remain at home with the help of low-tech and high-tech solutions for reducing falls and injury in the home, improving safety for those living alone, monitoring health and assisting with daily living activities.

- *Budgetary constraints at the local, state and federal levels have resulted in flat or reduced funding levels at the same time demand for service is rising.* With the current and projected growth in the senior adult population, requests for adult day care services, congregate meals, home-delivered meals and home-based assistance with daily living activities are increasing at a faster rate than the funding available to provide these services. In addition, outreach to the underserved populations of elders, including minorities, increases the demand for services. In an effort to address the increased demand, in FY 2007 the Congregate Meals program began at the new Braddock Glen Assisted Living Facility and the new Braddock Glen Adult Day Health Care Center; two additional home-delivered meals routes were added; and an additional 1/1.0 SYE grant position was created focusing on expanding untapped volunteer opportunities. In FY 2008 two home-delivered ethnic meals routes will be added due to savings from the implementation of the cluster care model of service delivery. While FAAA will continue to maximize and diversify resources, such as recruiting more volunteers, applying for grant and corporate funding, accepting private donations, and charging fees on a sliding-scale basis for some services, additional demand for services may result in service caps and/or institution of waiting lists for services.

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New Initiatives and Recent Accomplishments in Support of the Fairfax County Vision

Maintaining Safe and Caring Communities	Recent Success	FY 2008 Initiative
Continue to provide support for the new Committee on Aging of the Board of Supervisors by Area Agency on Aging staff, which focuses on creating and maintaining livable, aging-friendly communities.	☑	☑
Continue partnering with the Office of the Sheriff on the Project Lifesaver program to track (using wrist transmitters) and quickly locate at-risk consumers who persistently wander from their homes. Project Lifesaver, which was successful in its initial pilot phase, has become a public service to frequent wanderers, saving lives and alleviating caregiver distress.	☑	☑
Conducted training sessions to 2,221 individuals on the federal government's new Medicare Part D through the Virginia Insurance Counseling and Assistance Program (VICAP) within the Area Agency on Aging. Counseled 1,193 individuals on their specific insurance and prescription benefit options in FY 2006 and trained Human Services staff about the impact and opportunities through Medicare Part D.	☑	
Received the 2006 National Association of Counties' (NACo) Acts of Caring Award for the Northern Virginia Long Term Care Ombudsman Program for recruiting and supporting volunteers who assist persons in nursing and assisted living facilities.	☑	
Received a national achievement award for Ombudsmen On-Line, administered by the Northern Virginia Long-Term Care Ombudsman Program, enabling seniors and their caregivers 24/7 access to information on issues in specific nursing homes in the area.	☑	
Received an award from the National Association of Area Agencies on Aging as one of six of the most innovative programs in the country through the implementation of the cluster care volunteer model of service delivery.	☑	
Initiate a program for Adult and Aging Services staff to accompany Emergency Medical Services workers as responders to calls from long-term care facilities.		☑
Pilot a community outreach program to increase awareness of County services among seniors. The project will involve providing free in-home assessments to identify an individual's needs and provide initial referrals to maintain independence.		☑

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Connecting People and Places	Recent Success	FY 2008 Initiative
Updated and expanded a directory of the County's services. The directory is available in six languages and will help community organizations that assist culturally diverse older adult populations to refer them to County services.	☑	
Developed a Family Caregiver program including support groups, respite care, assisted transportation services, and an Internet-based listserve for caregivers. Developing a caregiver seminar in Vietnamese. Will continue to partner with the Fairfax Caregiver Seminar Consortium to conduct a series of family caregiver seminars. Twelve seminars were held in spring 2006 and twelve in fall 2006.	☑	☑
Identify the impact on the senior and disabled populations of several recently completed transportation studies. Initiate next steps as part of a high level multi-agency transportation planning committee.		☑
Continue to promote extensive information online about available resources and services through the SeniorNavigator Web site. The Fairfax Area Agency on Aging is the lead for this collaborative project, which is an initiative of the Long-Tem Care Coordinating Council.	☑	☑
Maintaining Healthy Economies	**Recent Success**	**FY 2008 Initiative**
Develop an informational presentation with accompanying materials to County employees about volunteering during retirement. The presentation will be part of the retirement planning seminar.		☑
Creating a Culture of Engagement	**Recent Success**	**FY 2008 Initiative**
Implemented a Vietnamese Meals on Wheels program to improve the nutrition of homebound elderly. Received a national achievement award for the collaborative Korean Meals on Wheels program. Developing a Middle Eastern Meals On Wheels program.	☑	☑
Adding two new home-delivered ethnic meals routes to reflect the diversity of nutritional needs among seniors in the County.		☑
Partnered with Korean Central Presbyterian Church to train volunteers to use SeniorNavigator and to identify and refer seniors who need County services.	☑	
Developed support groups for grandparents raising minor children through a partnership of the Department of Family Services' Area Agency on Aging and Children, Youth, and Families divisions and Fairfax County Public Schools. The kinship care partnership is developing a new Kinship Care Guide, newsletter, and respite care program for grandparents raising minor children.	☑	☑

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Creating a Culture of Engagement	Recent Success	FY 2008 Initiative
Received a national achievement award for Annual Legislative Breakfast Forums as part of the Northern Virginia Aging Network (NVAN) that encourages senior advocates to work with lawmakers on senior issues.	☑	
Plan to offer a Respite Day to grandparents and other relatives caring for children to offer safe and fun child care so they are able to enjoy some free time. Community and Recreation Services is coordinating a full day of activities for the children.		☑
Exercising Corporate Stewardship	**Recent Success**	**FY 2008 Initiative**
Continue to provide volunteer opportunities, recruitment, screening, training and support for over 2,500 volunteers to meet the needs of older adults. The NACo Acts of Caring Award-winning volunteers provided 90,954 hours of service in FY 2006 valued at nearly $2 million.	☑	☑
Due to recent success, continue the implementation of the cluster care model of service delivery that incorporates task-based home care, greater emphasis on home-delivered meals, and volunteer services. As a result, DFS has realized significant savings that have been reinvested in other programs serving seniors and adults with disabilities.	☑	☑

Budget and Staff Resources

Agency Summary				
Category	FY 2006 Actual	FY 2007 Adopted Budget Plan	FY 2007 Revised Budget Plan	FY 2008 Advertised Budget Plan
Authorized Positions/Staff Years				
Grant	42/ 41	43/ 42	49/ 48	49/ 48
Expenditures:				
Personnel Services	$2,539,677	$2,948,883	$4,388,969	$3,501,107
Operating Expenses	2,654,424	3,297,039	4,142,283	3,412,973
Capital Equipment	0	0	0	0
Total Expenditures	**$5,194,101**	**$6,245,922**	**$8,531,252**	**$6,914,080**
Revenue:				
Federal	$1,342,701	$1,341,189	$1,945,891	$1,569,013
State	799,026	790,478	1,232,530	988,872
Project Income	468,356	381,233	439,693	381,233
Other Jurisdictions' Share of the Ombudsman Program	120,203	120,203	120,203	120,203
City of Fairfax	33,013	33,013	33,013	33,013
City of Falls Church	36,306	36,306	36,306	36,306
Private Corporations	18,775	6,337	6,262	2,000
Total Revenue	**$2,818,380**	**$2,708,759**	**$3,813,898**	**$3,130,640**
Net Cost to the County	**$2,375,721**	**$3,537,163**	**$4,717,354**	**$3,783,440**

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Position Summary

OPERATIONS AND DIRECT SERVICES

Community-Based Social Services

2 Social Work Supervisors
1 Social Worker III
8 Social Workers II, 1 PT
1 Management Analyst II
1 Administrative Assistant II, PT
1 Paralegal

Congregate Meals

1 Management Analyst I

Home-Delivered Meals

1 Social Work Supervisor
1 Management Analyst II
1 Social Worker III
5 Social Workers II

Care Coordination for the Elderly Virginian

1 Social Work Supervisor
1 Social Worker III
2 Social Workers II
1 Mental Health Therapist
2 Public Health Nurses II
1 Management Analyst II
1 Administrative Assistant II

Family Caregiver Support

1 Management Analyst III
1 Management Analyst II

LONG-TERM CARE OMBUDSMAN

1 Social Work Supervisor
5 Social Workers III

DEPARTMENT OF COMMUNITY AND RECREATION SERVICES

Congregate Meals

4 Park/Rec Specialists II
5 Park/Rec Assistants

TOTAL POSITIONS
49 Grant Positions / 48.0 Grant Staff Years **PT Denotes Part-Time Positions**

FY 2008 Funding Adjustments

The following funding adjustments from the FY 2007 Revised Budget Plan are necessary to support the FY 2008 program:

- **Employee Compensation** **$186,277**
  An increase of $186,277 in salary adjustments is necessary to support the County's compensation program.

- **Federal and State Award Adjustments** **$421,881**
  A net increase of $421,881 is due to changes from federal and state sources and other funding adjustments. There was a net increase of $365,947 in Personnel Services due to new awards in Community-Based Social Services, Care Coordination for the Elderly Virginian, and Family Caregiver Support and a net decrease in Long-Term Care Ombudsman. There was a net increase of $55,934 in Operating Expenses due to new awards for Community-Based Social Services, Homemaker Services, and Family Caregiver Support and award reductions in Congregate Meals and Home-Delivered Meals.

- **Program Enhancements due to Home Based Care Program Savings** **$60,000**
  General Fund savings in the Home Based Care Program due to the implementation of the cluster care model permits program enhancements in Fund 103, Aging Grants and Programs. As a result of these savings, $60,000 has been transferred from the Department of Family Services General Fund to Fund 103 to support two new home-delivered ethnic meals routes.

- **Carryover Adjustment** **($2,285,330)**
  A decrease of $2,285,330 is attributable to the carryover of unexpended FY 2006 grant funds in Congregate Meals, Home-Delivered Meals and Community-Based Social Services to provide funding through Program Year 2006 which ended on September 30, 2006.

Changes to FY 2007 Adopted Budget Plan

The following funding adjustments reflect all approved changes in the FY 2007 Revised Budget Plan since passage of the FY 2007 Adopted Budget Plan. Included are all adjustments made as part of the FY 2006 Carryover Review and all other approved changes through December 31, 2006:

- **Carryover Adjustments** **$2,285,330**
  As part of the *FY 2006 Carryover Review*, the Board of Supervisors approved carryover funding of $2,285,330, of which $1,696,666 is unexpended grants for Program Year 2006 and a net increase of $588,664 primarily due to additional federal and state funding received as the result of incorporating numbers from the 2000 Census into the distribution formula for all state and federal funds. This additional funding supports an additional 6/6.0 SYE merit grant positions approved at carryover.

Key Performance Measures

Goal

To promote and sustain a high quality of life for older persons by offering a mixture of services, provided through the public and private sectors, which maximize personal choice, dignity and independence.

Objectives

- To maintain at 80 percent the percentage of elderly persons and adults with disabilities receiving case management services who continue to reside in their homes one year after receiving services.

- To maintain at 95 percent the percentage of seniors receiving community-based services who remain living in their homes rather than entering a long term care facility after one year of service or information.

- To maximize personal health by serving nutritious meals so that 40 percent of clients receiving home-delivered meals and 80 percent of clients receiving congregate meals score at or below a moderate risk category on the Nutritional Screening Initiative, a risk tool.

- To meet the state standard by maintaining the percent of Adult Protective Services (APS) completed within 45 days at 90 percent or more.

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Indicator	Prior Year Actuals FY 2004 Actual	FY 2005 Actual	FY 2006 Estimate/Actual	Current Estimate FY 2007	Future Estimate FY 2008
Output:					
Adult and Aging/Long-Term Care clients served	2,057	2,231	2,231 / 2,187	2,187	2,187
Clients served with community-based services (CBS)	7,631	5,726	6,200 / 7,712	6,608	6,608
Meals provided	456,735	462,049	481,052 / 505,520	525,142	525,142
APS and Ombudsman Investigations conducted (1)	729	610	600 / 632	600	600
Efficiency:					
Cost per Adult and Aging/ Long-Term Care client	$4,697	$4,200	$4,832 / $3,400	$4,994	$4,983
Cost per CBS client	$113	$152	$146 / $152	$159	$161
Cost per meal	$11	$12	$12 / $12	$14	$14
Cost per investigation (1)	$2,139	$2,066	$2,367 / $2,180	$2,451	$2,565
Service Quality:					
Percent of Adult and Aging/Long-Term Care clients satisfied with services	91%	93%	90% / 85%	90%	90%
Percent of CBS clients satisfied with the information and services	96%	100%	95% / 93%	95%	95%
Percent of clients satisfied with home-delivered meal quality and quantity (2)	96%	NA	90% / NA	NA	90%
Percent of clients satisfied with congregate meal quality and quantity	95%	96%	90% / 92%	90%	90%
Investigations completed within the State standard of 45 days (1)	663	581	540 / 620	540	540
Outcome:					
Percent of clients who remain in their homes after one year of services	84%	82%	80% / 85%	80%	80%
Percent of CBS clients who remain in their homes after one year of service or information	99%	100%	95% / 97%	95%	95%
Percent of clients served home-delivered meals who score at or below a moderate nutritional risk category	66%	46%	40% / 47%	40%	40%
Percent of clients served congregate meals who score at or below a moderate nutritional risk category	89%	83%	80% / 87%	80%	80%
Percent of investigations completed within 45 days (1)	91%	93%	90% / 98%	90%	90%

(1) Ombudsman investigations are no longer included as of FY 2005.
(2) The home-delivered meal client satisfaction survey is administered every other year.

Performance Measurement Results

In FY 2006, the Adult and Aging Services Division surpassed its goals related to helping seniors continue to reside in their own homes. The percent of elderly and disabled clients who continued to reside in their homes after one year of receiving case management services was 85 percent, which is five percentage points higher than the target. The percent of clients who remained in their homes rather than entering a long term care facility after one year of receiving community-based services or information was 97 percent, which is two percentage points higher than the target. The Adult and Aging Services Division met these goals primarily by coordinating services across the organization and with community partners, including volunteers, and by improving access to services. The cost per long term care client decreased by 19.1 percentage points in FY 2006 to $3,400 due to the full implementation of cluster care task-based services, a new and more efficient model of service delivery that provides home-based care services based on the task to be performed rather than an hourly rate.

The number of clients served in community-based services in FY 2006 was 7,712, exceeding the estimate of 6,200 due to two factors: (1) the successful implementation of a new automated tracking and reporting system that more accurately captures the number of client contacts and the demand for education and assistance, and (2) an increase in calls concerning new enrollment into Medicare's new Part D coverage for prescription drugs directed to the Virginia Insurance Counseling and Assistance Program (VICAP). As a result, nearly 2,000 more clients were served in FY 2006 than in the previous year. Fewer clients will be served in the VICAP program in FY 2007 and FY 2008 since the initial enrollment date for Medicare Part D has passed.

The Adult and Aging Services Division also surpassed its goal for improving the nutritional health of persons receiving nutrition services, as 47 percent of clients who received home-delivered meals and 87 percent of clients who received congregate meals scored at or below moderate risk on the Nutritional Screening Initiative. In addition, the number of meals provided in the senior nutrition programs exceeded the estimate due to a more precise automated tracking system of meals in the Congregate Meals Program. Client satisfaction with the congregate meals program surpassed the goal for service quality, with 92 percent of clients reporting satisfaction. The satisfaction rating of clients in the home-delivered meals program is not available in FY 2006 because a random sampling could not be obtained. Staff is working on a reliable means of administering a survey to clients for the next interval for measuring client satisfaction, scheduled for FY 2008.

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FUND STATEMENT

Fund Type G10, Special Revenue Funds **Fund 103, Aging Grants and Programs**

	FY 2006 Actual	FY 2007 Adopted Budget Plan	FY 2007 Revised Budget Plan	FY 2008 Advertised Budget Plan
Beginning Balance	**$863,498**	**$0**	**$1,180,191**	**$0**
Revenue:				
Federal Funds	$1,342,701	$1,341,189	$1,945,891	$1,569,013
State Funds	799,026	790,478	1,232,530	988,872
Project Income	468,356	381,233	439,693	381,233
Other Jurisdictions' Share of Ombudsman Program	120,203	120,203	120,203	120,203
City of Fairfax	33,013	33,013	33,013	33,013
City of Falls Church	36,306	36,306	36,306	36,306
Private Corporations	18,775	6,337	6,262	2,000
Total Revenue	$2,818,380	$2,708,759	$3,813,898	$3,130,640
Transfer In:				
General Fund (001)	$2,692,414	$3,537,163	$3,537,163	$3,783,440
Total Transfer In	$2,692,414	$3,537,163	$3,537,163	$3,783,440
Total Available	**$6,374,292**	**$6,245,922**	**$8,531,252**	**$6,914,080**
Grant Expenditures:				
67450G, Title III B, Community-Based Social Services	$745,266	$816,168	$1,455,696	$1,215,782
67451G, Title VII Ombudsman	369,302	441,531	553,484	464,161
67452G, Fee for Services/Homemaker	199,030	226,931	411,627	270,190
67453G, Title III C(1) Congregate Meals	1,788,808	2,452,837	3,005,018	2,373,941
67454G, Title III C(2) Home-Delivered Meals	1,295,539	1,388,389	1,700,637	1,464,780
67455G, Care Coordination for the Elderly Virginian	595,124	710,582	962,917	755,929
67456G, Caregiver Support	201,032	209,484	441,873	369,297
Total Grant Expenditures	$5,194,101	$6,245,922	$8,531,252	$6,914,080
Total Disbursements	**$5,194,101**	**$6,245,922**	**$8,531,252**	**$6,914,080**
Ending Balance[1]	**$1,180,191**	**$0**	**$0**	**$0**

[1] The *FY 2007 Revised Budget Plan* ending fund balance is $0 and reflects the utilization of the FY 2006 ending fund balance of $1,180,191 to partially offset grant expenditures in FY 2007 based on program year requirements.