



UCP



WE'RE MORE
THAN OUR NAME



of Sacramento and Northern California

**2020
2021**
ANNUAL REPORT



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MESSAGE FROM THE PRESIDENT/CEO

Meeting Challenges with Unwavering Spirit

It has been two years since our last annual report: a time filled with periods of uncertainty due to the pandemic, yet a daily reminder about our clients and our team's extraordinary resilience and unwavering spirit.

While maneuvering around the dangers posed by COVID-19 wasn't easy, our staff met the challenge head-on. We made numerous changes to existing programs, found new ways to serve our clients when old ways no longer worked, and through it all, kept our clients' interests and mental health as our top priority. While all our programs had slight adjustments, our main changes were to:

TRANSPORTATION: When restrictions limited transporting clients, we pivoted and began delivering essential items to them upon request, making over 105,000 deliveries and ensuring they still felt connected to the community.

RESPITE: Families facing more time at home meant an increased need for respite care. We continued to be on hand to give caregivers much-needed rest during a stressful time.

ADULT DAY PROGRAMS: Unable to hold in-person programming, alternative services were launched, including daily Zoom activities along with community-based trips that involved working one-on-one with clients in nearby parks, assisting them with art projects, and helping them feel connected while staff kept their spirits up with regular calls to check-in and visit.

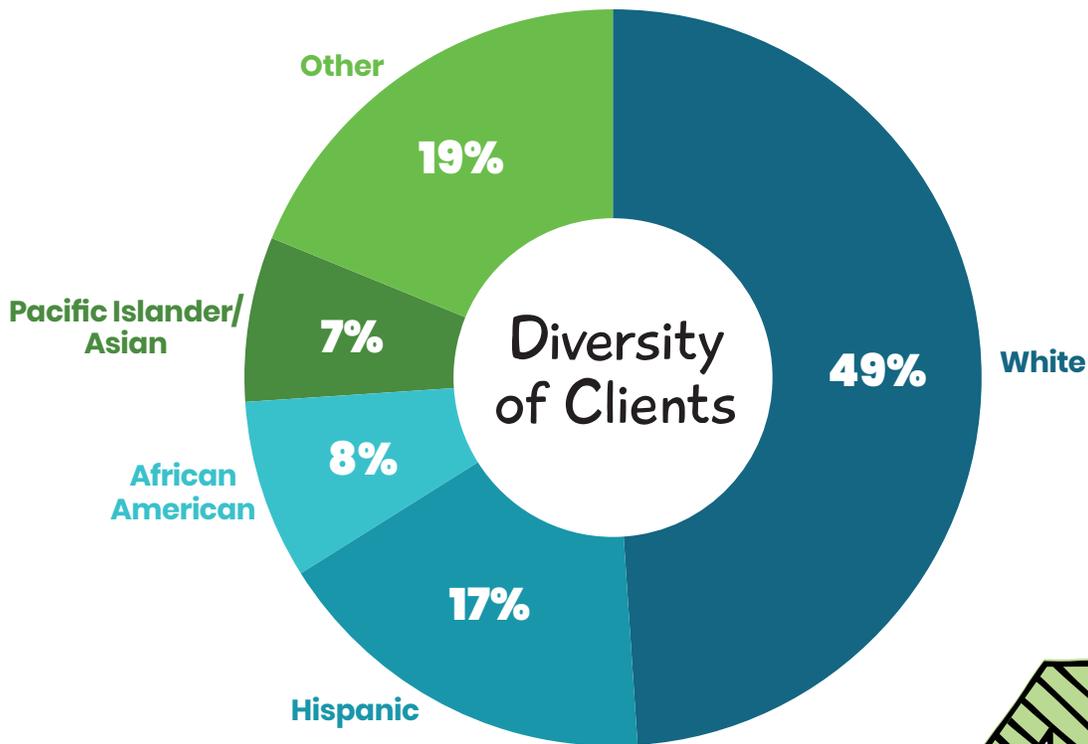
Throughout all the changes, one thing has remained constant, your support of UCP. You make it possible for UCP to make quick adjustments to our programming, ensuring our clients' can continue to live a life without limits.

I am excited to see what the future holds, knowing that the UCP team is ready to take on any challenge with the same spirit and ingenuity as we have shown over the past two years. For now, with your ongoing support, we will continue to grow, focus on safety for both clients and staff, and tackle new challenges as they arise.

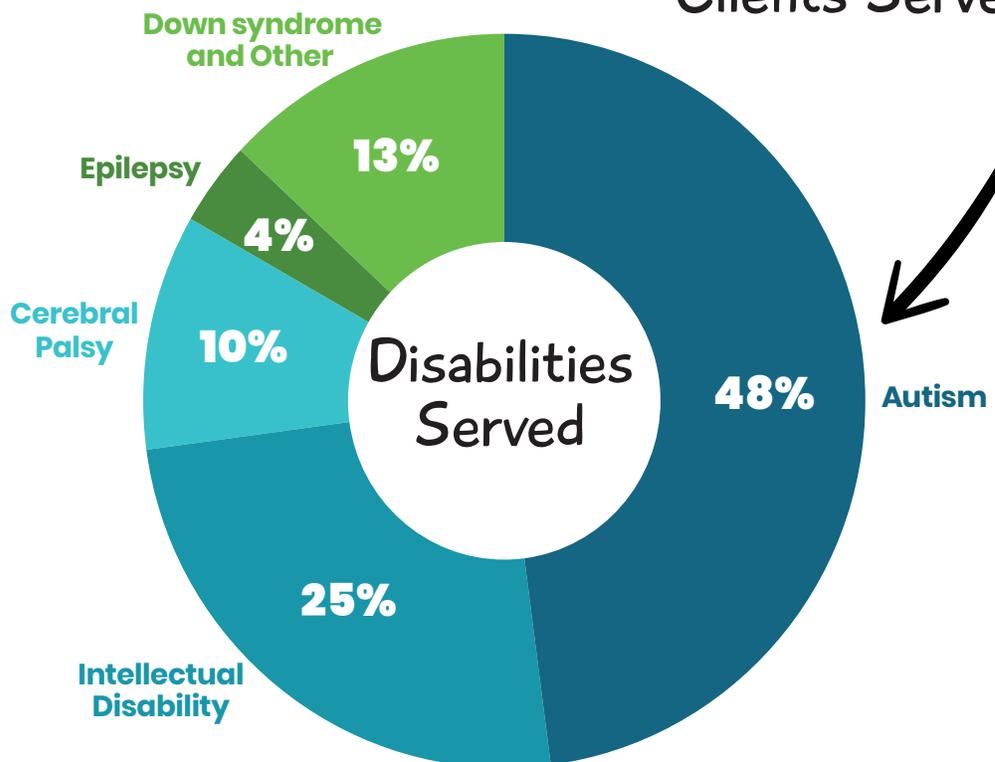
Thank you,

Doug Bergman
PRESIDENT/CEO

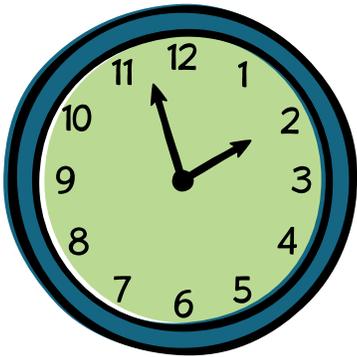
UCP At a Glance



4110
Clients Served



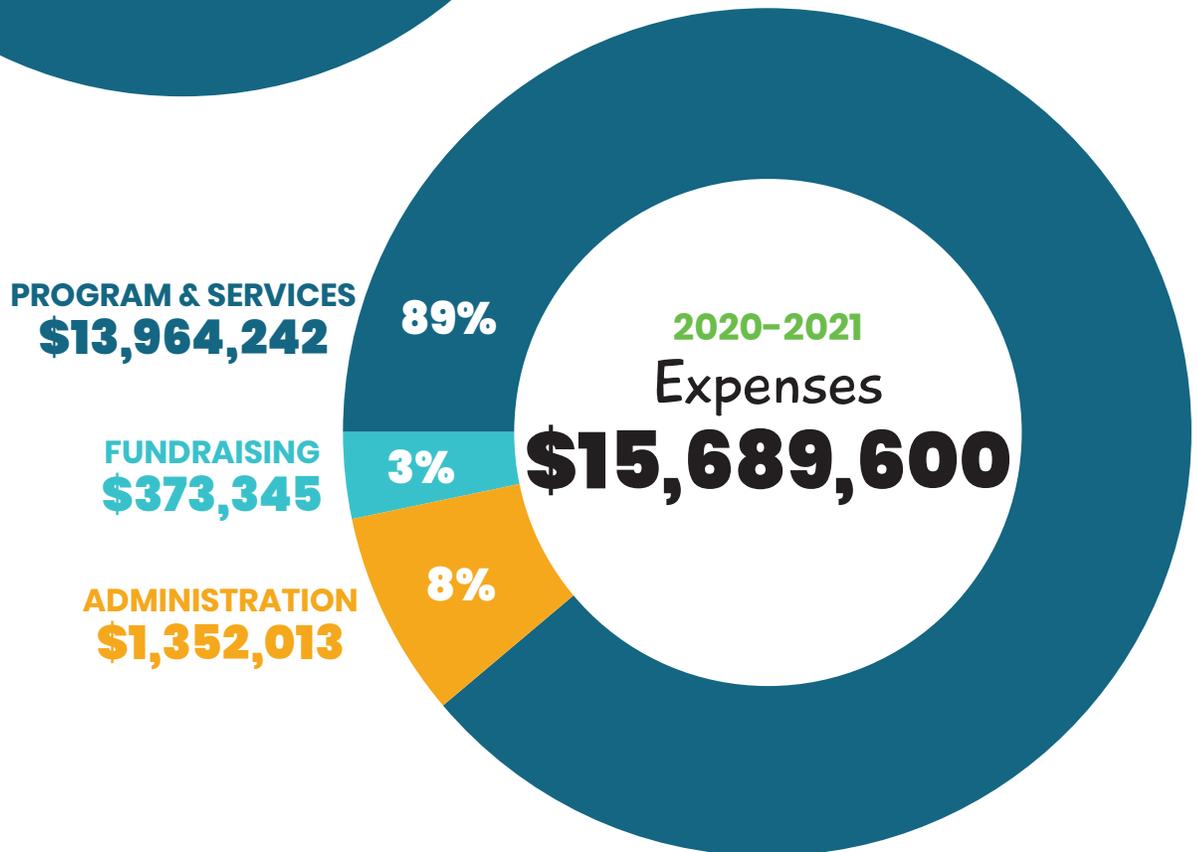
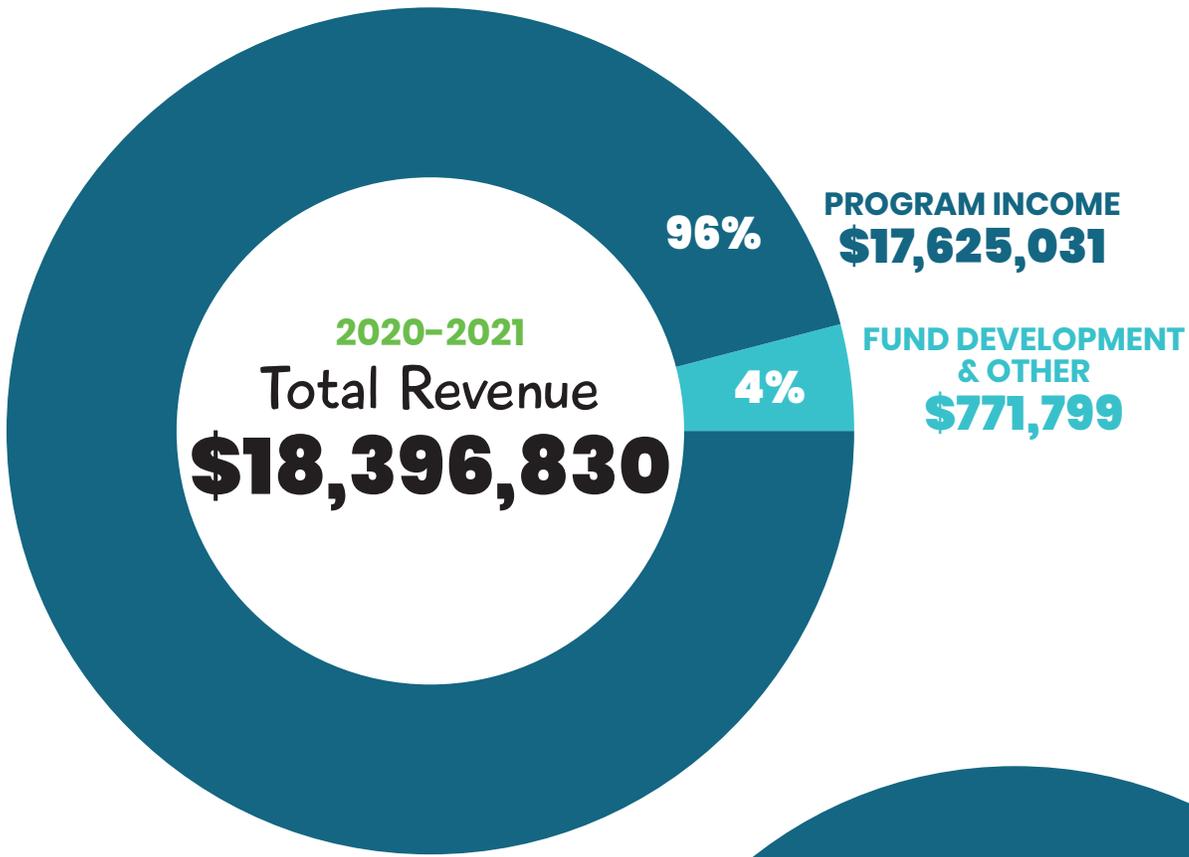
294,261
Respite Hours
Provided



473,957
Team Hours Logged*
*not including 20 admin staff



Financials





SUCCESS STORIES

Over the Years

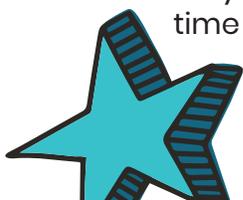
Taking the Worry Away

Having four children of varying ages has its obvious challenges. And Harold and Mari, parents of Julian, age 10, who was born with Down syndrome, and Jacob, age 6, who is on the autism spectrum, are here to tell you that life as you imagined it might not be the same, but it is still rich with love, compassion, and a plethora of rewards. But unfortunately, having two children with developmental disabilities means the challenges become a little more significant, the hurdles a little higher, and the need for a positive outlook a little more important.

Together, they've learned to rely on each other and their community for support, and through UCP's Family Respite, they now have time to replenish, rejuvenate and spend time with each other.

“There's a great level of comfort knowing we can leave the house with a qualified respite worker looking after our children. Handling kids with special needs is challenging, but UCP's respite workers take that worry away.”

Harold
RESPITE PARENT



A Light at the End of the Tunnel

“Because of respite care, the family, with the support they need, can now focus on the bright things in life.”

Jessica
RESPITE PARENT

With three kids, one with special needs, life at times can be overwhelming. Before discovering UCP’s Family Respite Program, Jessica felt stressed, frustrated, and often alone. Her husband’s busy work schedule meant she was the sole caretaker during the day and often struggled to be there for her kids. But, after discovering UCP’s Family Respite Program, the family finally saw the light at the end of the tunnel.

Today, UCP’s Family Respite Program has given them a new lease on life. Leaving home is no longer a concern because they know their kids are happy with the respite caregivers. In addition, relying on UCP’s Respite program has reduced stress in the household.



Discovering New Interests

When Greg first started attending UCP’s Adult Day Program, he showed little interest in anything but spending time on the computer. But, after participating in the program and being encouraged to try new things, his confidence flourished, and his involvement in other activities grew. Greg began painting, creating colorful and inspiring works to brighten the classroom. He discovered a love for music and singing, joining UCP’s Players Group band. And along the way, his list of new friends has continued to grow.

“We encourage our clients to choose what they want to do. At UCP, we now say, ‘Treat people the way they want to be treated.’ If Greg is an example of this, then we’re confident it works.”

Lori Jean
UCP PROGRAM MANAGER
SAN JUAN ADULT DAY PROGRAM



“I appreciate the help of UCP Community Living and Support Team. They help me get the services I need. I would not be as good as I am today without their help.”

Shawn
CLIENT SINCE 2006

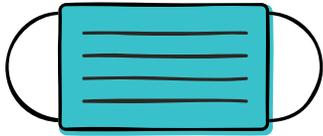


Gaining Independence

UCP’s Community Living and Support Program has helped ensure that Shawn has the tools she needs to maintain her independence. With the help of UCP staff, she has learned skills to interview and select workers from other agencies who can assist her. After learning she loved to bake, UCP helped her in the kitchen, finding the best adaptive kitchen tools that fit her hands and new recipes for her to try out. With the help of the UCP team, she’s learned how to grocery shop and purchase healthy foods at reasonable prices and continues to gain confidence and independence with new skills every day.



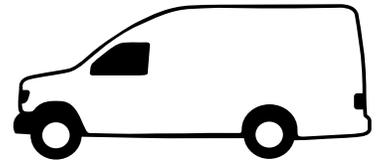
COVID-19's Impact



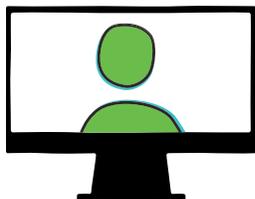
New Safety
Protocols
Established



In-Person Wellness
Checks and Weekly Calls
to Clients Established



Meal & Special
Needs Delivery
Launched



Virtual Services
replace In-person
Adult Day Programs



Shuttle Services
Suspended



UCP Safe Trip &
Delivery Service
Launched

6

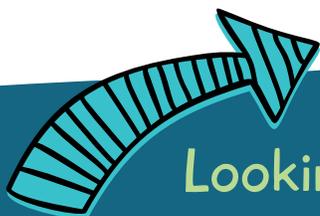
Vaccination
Clinics Held

1900

Vaccinations
Administered

7

New Services Offered
During COVID



Looking Ahead

Over the next year, we'll continue to adjust when and where we need to when unexpected issues arise. In addition, we'll focus on finding new ways to connect our clients with the community and support them as they learn new skills while removing barriers to opportunities and helping them open doors to living a life without limits.

We invite you to join us as we move forward, discovering new ways to change lives for the better!



UCP Board Members

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Larry Chillemi
Rick S. Ferguson
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Christopher Lerma
Kimberly Pruett
Leonard Simpson



The Foundation for UCP
of Sacramento and Northern California
The Road For Our Children's Future

UCP 
**WE'RE MORE
THAN OUR NAME**

Help Us Do Something Amazing!

It doesn't take much to make a difference in someone's life.



VOLUNTEER



**JOIN OUR UCP
GOLF CLASSIC**



SEPTEMBER
Move together for cerebral palsy

**PARTICIPATE IN
SEPTEMBER**



**SUPPORT UCP'S
HUMANITARIAN
EVENT**



DONATE



MAKE A GIFT TO OUR FOUNDATION

Take time to learn about the ways you can make a lasting impact on UCP for years to come.

Contact **Megan Laurie**, UCP's Director of Development & Marketing at **(916) 283-8312**.

VISIT OUR WEBSITE FOR MORE WAYS TO HELP.

ucpsacto.org

ucpsacto.org

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