FY2023 Buncombe County Tipping Point Grant Report

Organization Name:	Bloom Fitness
Project Name:	Bloom Reaches More Adults with Intellectual Disabilities Through Capacity Building and Innovation

Activities Accomplished	**Annual Goal**	**Amount Completed**
Number of adults served at Irene Wortham Center	20	20+
Percent of employees and volunteers surveyed who feel more equipped to support wellness education for adults with more severe intellectual and developmental disabilities	90%	100%
Number of resources and/or activities created for the multi-sensory library	10	43
Number of in-person or virtual support meetings	3	5

Expenses (please list all grant related expenses)	**Amount Spent**
curriculum development	$ 2,500.00
training, techinical assistance, program implemenation	$ 1,000.00
supplies	$ 500.00
Admin cost	$ 750.00
technology fees	$ 250.00
TOTAL:	$ 5,000

Narrative summary of grant related activities

Program Coordinator Beryl Bailey completed the first draft of our new curriculum. During the process, she researched best practices and collected data to support using exercise to build self-determination and wellness skills in people with IDD. Executive Director Kim Torres then edited the document and is currently combining it with our instructor success guide - to be published in print and electronically soon. The curriculum combined with the instructor guide (a post-grant submission idea) contains 43 new resources. These resources provide step-by-step guides on how to engage any athlete, regardless of level within fitness. To meet this need, we pulled extra funds into the project to facilitate approximately 175 of work into the project.

Administration costs were applied to this project to uncorrupt the file after a glitch removed all its verbiage.

After submitting this grant, Beryl moved close to Irene Wortham. She has thus far surpassed the three grant-required meetings. We are tracking five meetings here as official discussions about building content for their population.

Supplies were purchased to improve athlete engagement.