State of Delaware Grant in Aid Fiscal Year 2021 Senior Center Application Guide



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Grant in Aid Overview

Overview

1. Before you Begin

Please read all materials carefully.

2. Qualifications for Applying

For an agency to be considered for Grant in Aid for Fiscal Year 2021, the agency must:

- Be an incorporated non-profit organization or under the umbrella of an incorporated non-profit parent organization;
- Be incorporated and in operation for at least two years before applying;
- Have bylaws that clearly state the purpose of the Corporation and include the definition of duties of the Board of Directors;
- Have an active, community-represented, volunteer Board of Directors that set policies, goals, and objectives, and maintain minutes of regularly scheduled meetings and any special meetings;
- Have programs that are unduplicated and which satisfy the unmet human needs of the community;
- Have personnel policies, including job descriptions and classifications;
- Not use Grant in Aid funding to pay any part of an elected official's salary;
- Have competent executives, competent staffing, and reasonable facilities;
- Practice non-discrimination;
- Have accounting (budget) procedures and have an audit completed within the past three years by a certified public accountant;
- Use funds in accordance with the application;
- Demonstrate community support;
- Request funds only for a program which does not receive full funding from other sources of revenue; and
- Provide at least the following services (per approval by Controller General's Office):
 - > Transportation;
 - Social Programs; and
 - Congregate Meals.

2. Important Things to Remember

- Applications are due on March 6, 2020, and only through the online application system.
- The entire application must be completed.
- The person responsible for meeting with the Institute for Public Administration (IPA) staff (on-site center director) should be involved in completing or confirming this application.
- Remember to complete and include audit information.
- Use Addendum A: Program Area Criteria & Descriptions and Addendum B: Frequency Codes & Categories, to help complete the Narrative Section of the application. The accuracy of Frequency Codes & Categories is very important.
- When attaching the required supporting documents to your application, make sure to clearly label them with the name of the program area to which they refer.

Grant in Aid Overview

3. Contact Information

For system assistance:

Jason Smith

GIA Coordinator, Office of the Controller General

phone: 302-744-4200 E-mail: <u>Jason.R.Smith@Delaware.gov</u>

For assistance with content:

Eric Jacobson

University of Delaware

phone: 302-831-1711 E-mail: ericj@udel.edu

4. Technical Assistance

Legislative Information Services Helpline, 302-744-4260, or by email at <u>LIS.Helpdesk@delaware.gov</u>.

5. Online Application Tips

- The system works best in Internet Explorer version 11.0 and is compatible with other IE versions.
- Save your work frequently. At the bottom of each page is a GREEN button labeled SAVE. It is important to click this before going to the next page to protect from a loss of information.
- Save your work before walking away from your computer. The system will automatically log you off after 10 minutes of inactivity. If this happens, anything unsaved will be lost.
- All items marked with an asterisk (*) are mandatory fields. The application cannot be submitted unless all asterisk items have been completed.
- An exclamation point (!) will indicate a field or form that is incomplete.
- Once the application has been submitted, changes can only be made by contacting the appropriate Controller General Analyst.
- To upload .pdf or Word documents to the application, see the Uploading Documents Section.

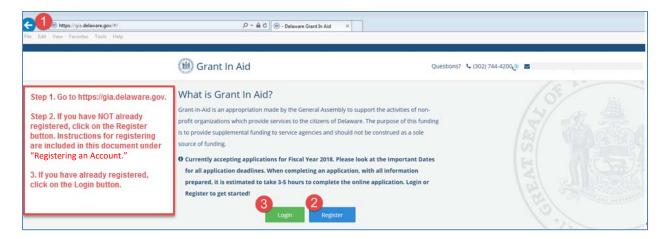
6. Site Visits

- Please remember that interviewers from the University of Delaware's (UDEL) IPA will be visiting each center every other year. These interviewers are professionals and faculty from the UDEL/IPA. For more information about IPA, please visit the website at www.ipa.udel.edu.
- The purpose of this visit will be to verify the information reported on the questionnaire as well as to gain additional insight into the types of activities and services offered. The interviewers will carefully review the information contained in your application, including any supporting documentation, and will evaluate the services offered by your center.

Online Application Instructions

Step 1. Log in to the Website

(To register a new account, please see <u>Dashboard Functionality: Registering an Account.</u>)



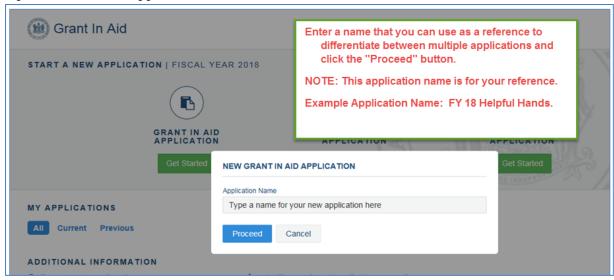


Step 2. Start a New Application

To start a new application, click on the "Get Started" button under the appropriate category.



Step 3. Enter an Application Name



New Feature: Copy Application IN ORDER TO COPY A PREVIOUS YEAR APPLICATION <u>YOU MUST USE THE SAME</u> <u>LOGIN</u> INFORMATION AS IN PRIOR YEAR(S).

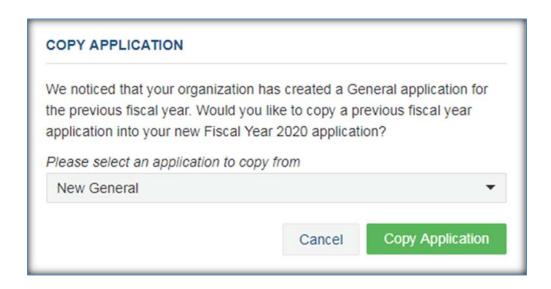
Summary:

If you have applied for Grant-in-aid a previous year, this new feature will allow you to copy the data from a previous Fiscal Year application, into their new, current Fiscal Year application. This will save time, effort, and reduce the amount of data entry errors.

The Online portal will determine that your login account was used to create an application of the same type for the previous Fiscal Year. The prompt will ask if you want to copy the data from that previous Fiscal Year application into the new, current Fiscal Year application. Click the blue "Yes" button to copy the application. (* if you wish to not copy a previous Fiscal Year application, simply click the gray "No" button. This will take you to a blank, current Fiscal Year application).



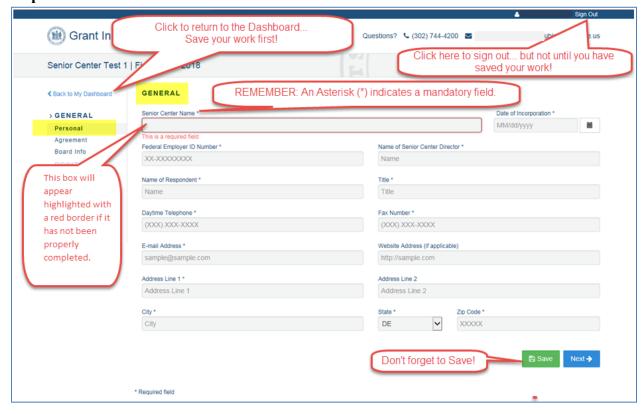
If you <u>only</u> have 1 (one) previous Fiscal Year application of the same type you want to copy into, it will simply direct you to the application detail page of the current Fiscal Year application, with all of the data copied from the previous Fiscal Year application. If you have <u>more</u> than 1 (one) previous Fiscal Year application of the same type you want to copy into, a dropdown will appear in the same pop-up asking you to choose the previous Fiscal Year application you want to copy. Click in the dropdown to see the previous Fiscal Year applications of the same type, and select the one you want to copy.



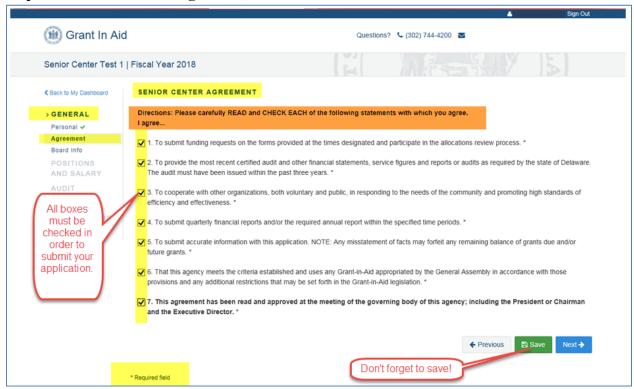
Click the green "Copy Application" button. You will be directed to current Fiscal Year application detail page, with the data copied into it from the previous Fiscal Year application. NOW YOU MAY UPDATE THE DATA TO MAKE IT REVEVANT FOR THE NEXT YEAR.

If you are a new applicant, do not have the prior year's login information, or do not wish to copy a prior year's application, please continue Step 4 through Step 10.

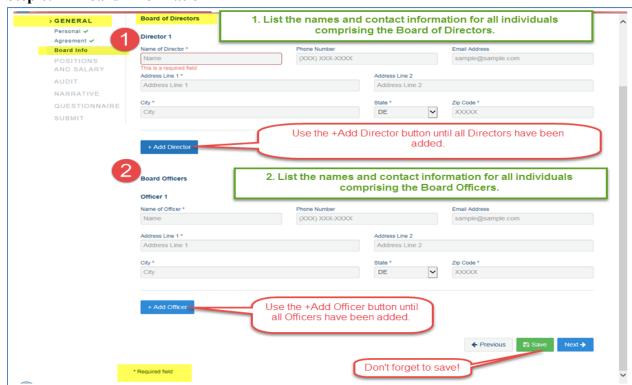
Step 4. General: Personal



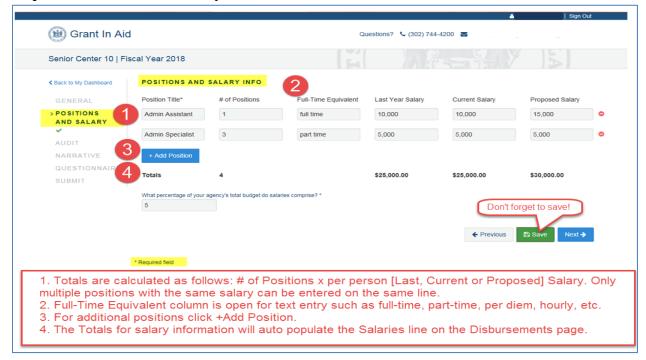
Step 5. Senior Center Agreement



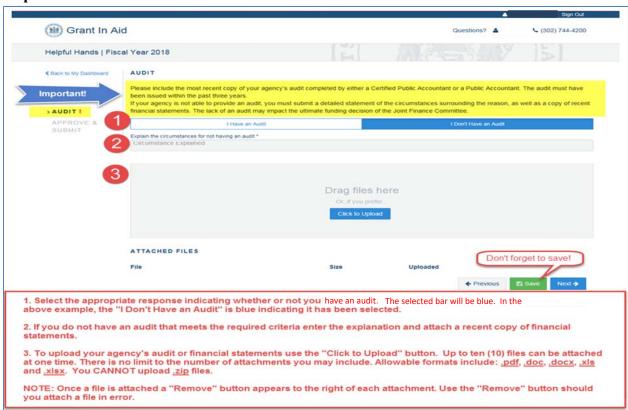
Step 6. Board Information



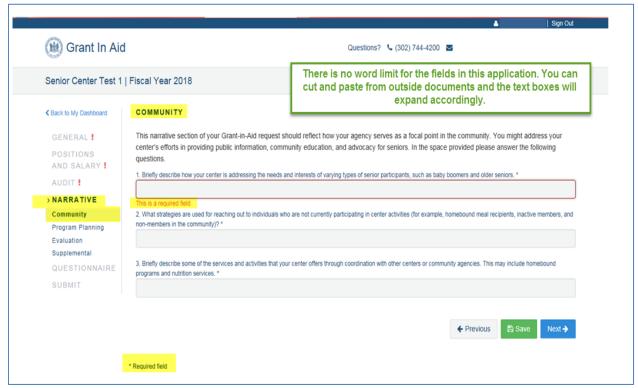
Step 7. Positions and Salary Information



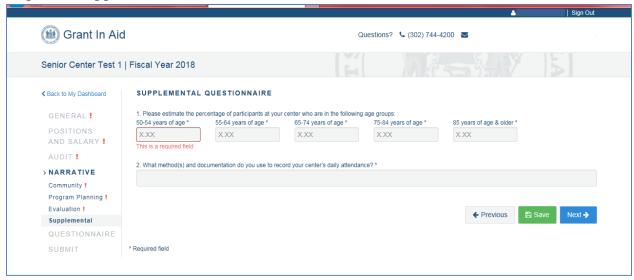
Step 8. Audit



Step 9. Narrative - Community, Program Planning, and Evaluation



Step 10. Supplemental Questionnaire



Step 11. Program Area Questionnaire

Questionnaire Overview

It is very important to keep the following points in mind as you complete the program questionnaire:

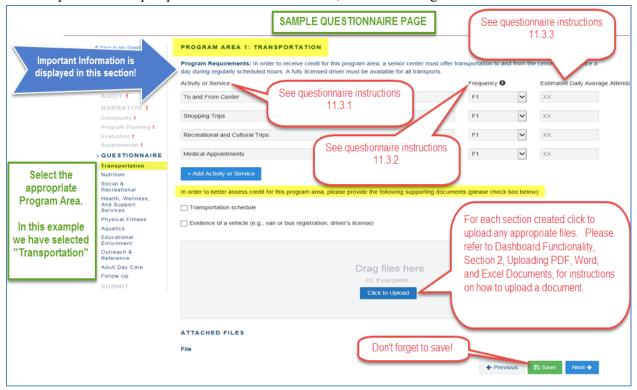
- Include any available supporting documentation as indicated under each service or program area.
- When attaching required supporting documents to your application, make sure to clearly label them with the name of the program area to which they refer. This information will help the IPA staff to better understand the programs offered at each center.
- Refer to the Instructions provided on the following pages, as well as to those under each service or program heading, to assist in the completion of the questionnaire.
- Review <u>Addendum A: Program Area Criteria & Descriptions</u> and <u>Addendum B: Frequency Codes & Categories</u>, which are included in your application instruction packet.
- List activities and services in **one** Program Area (e.g., physical fitness classes should only be listed under the Physical Fitness section).

Sample Questionnaire Page

There are 9 Program Areas, and each Program Area will require relevant information. Program areas include:

1) Transportation	4) Health, Wellness, and Support Services	7) Educational Enrichment
2) Nutrition	5) Physical Fitness	8) Outreach & Reference
3) Social & Recreational	6) Aquatics	9) Adult Day Care

An example of the sample questionnaire is shown below; instructions begin in section 11.3.



Questionnaire Instructions

To complete the Questionnaire portion of the application, please refer to <u>Addendum A:</u> <u>Program Area Criteria & Descriptions</u>. Also, please carefully review the following information for entering Activity or Service Frequency Codes.

Activities or Services: List of activities or services the senior center currently offers.

Activity or Service Frequency: Indicate the Frequency Code (F1, F2, F3, F4, F5 or F6) that represents the Frequency Category of each service offered (see Examples A–F).

Example A: Service A is offered Monday through Friday daily (5 times per week, 30+ weeks per year). Therefore, the Frequency Code is **F6**.

Activity or Service Frequency Category and Code				
Frequency Category 1 or 2 times per week 3 or more times per we		3 or more times per week		
Less than 12 weeks per year	F1	2		
12–29 weeks per year	F3	•		
30 or more weeks per year		F6		

Example B: Activity B is offered twice a week for ten months (1–2 times per week, 30+ weeks per year). Therefore, the Frequency Code is F5.

Activity or Service Frequency Category and Code				
Frequency Category	1 or 2 times per week		per week	3 or more times per week
Less than 12 weeks per year				F2
12–29 weeks per year	\ \	V		F4
30 or more weeks per year		F5		F6

Example C: Activity C is offered three times a week from November to March (3 times per week, 12–29 weeks per year). Therefore, the Frequency Code is F4.

Activity or Service Frequency Category and Code				
Frequency Category 1 or 2 times per week 3 or more times per w				
Less than 12 weeks per year	F1			
12–29 weeks per year		F4		
30 or more weeks per year	F 5	F 6		

Example D: Program D is offered twice a week for six weeks starting in February. The six-week program is offered a second time each year starting in September. The program, consequently, is offered a total of 12 weeks each year (1–2 times per week, 12–29 weeks per year). Therefore, the Frequency Code is F3.

Activity or Service Frequency Category and Code			
Frequency Category	1 or 2 times per week	3 or more times per week	
Less than 12 weeks per year		F2	
12–29 weeks per year	F3	F4	
30 or more weeks per year	F5	F 6	

Example E: Service E is offered Mondays, Tuesdays, and Fridays during July and August (3 times per week, less than 12 weeks per year). Therefore, the Frequency Code is F2.

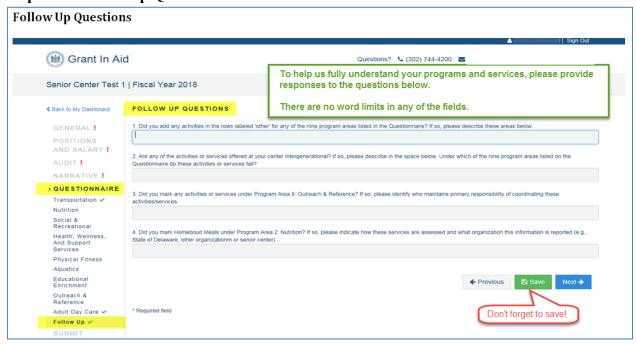
Activity or Service Frequency Category and Code				
Frequency Category	1 or 2 times per week	3 or more times per week		
Less than 12 weeks per year		F2		
12–29 weeks per year	F3	F4		
30 or more weeks per year	F 5	F6		

Example F: Service F is offered for two days in November (1–2 times per week for less than 12 weeks per year). Therefore, the Frequency Code is F1.

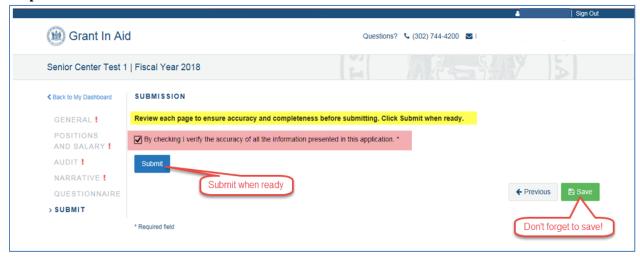
Activity or Service Frequency Category and Code				
Frequency Category	1 or 2 times per week	3 or more times per week		
Less than 12 weeks per year	F1	F2		
12–29 weeks per year	F3	F 4		
30 or more weeks per year	F 5	F6		

Estimated Daily Average Attendance. Estimate the daily average number of program participants for the Activity or Service entry.

Step 12. Follow Up Questions



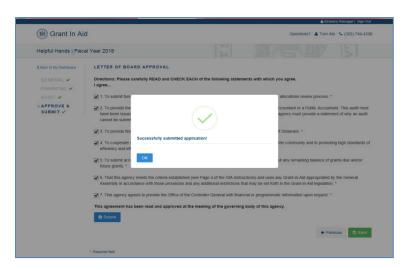
Step 13. Submission



Upon selecting the BLUE Submit button, the following screen will appear:

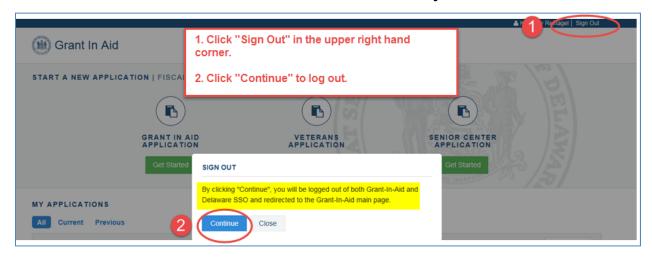


Once the application has been successfully submitted, the following screen will appear:



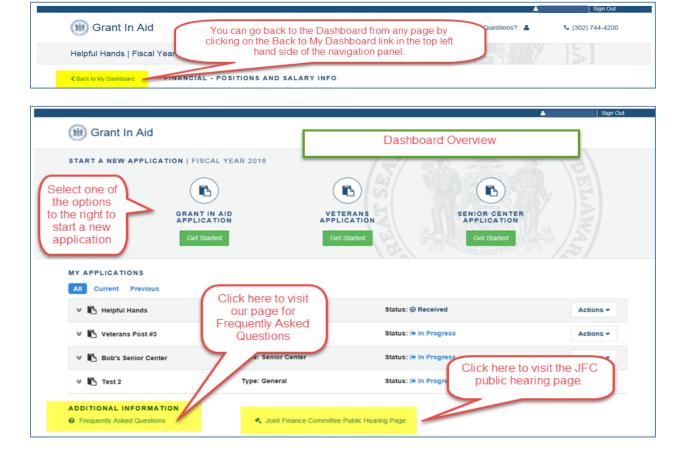
Step 14. Sign Out

To sign out of the system, click the Sign Out on the top right-hand corner at any time.

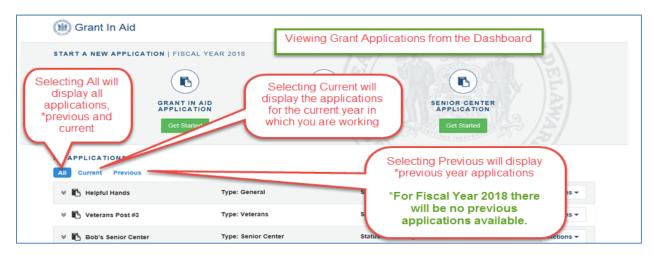


Dashboard Functionality

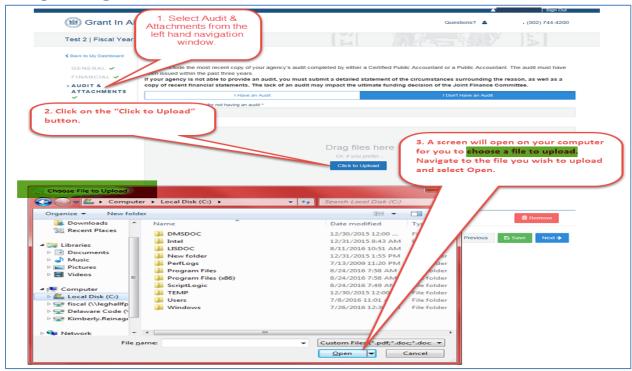
1. Dashboard Overview



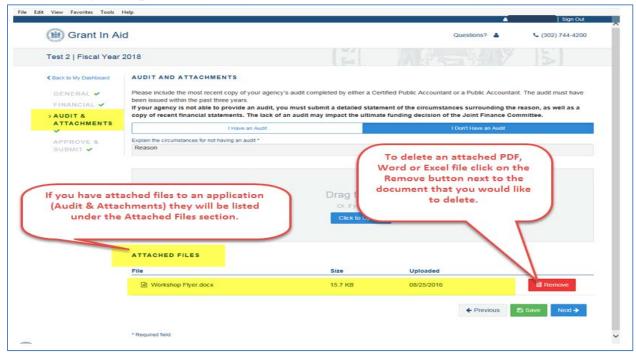
Viewing Grant Applications



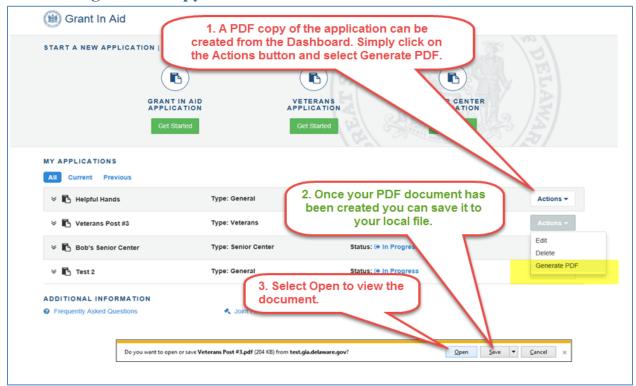
2. Uploading PDF, Word and Excel Documents



3. Deleting an Uploaded PDF, Word or Excel Document



4. Creating a PDF Copy



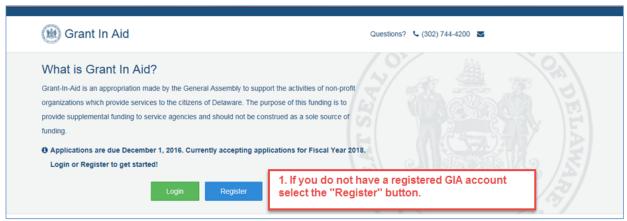
5. Editing or Deleting an Application



6. Registering an Account

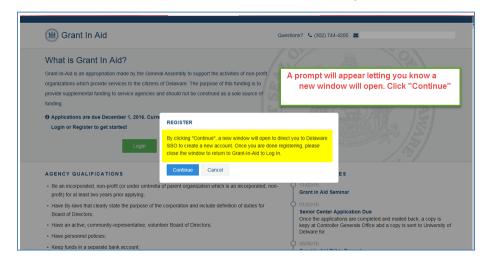
Follow the steps to register for a Grant in Aid account.

Step 1: Click on the Register Button.



Step 2: Click on Continue Button in the New Window

A prompt will appear indicating a new window will open. Please click the blue "Continue" button to begin the registration process.

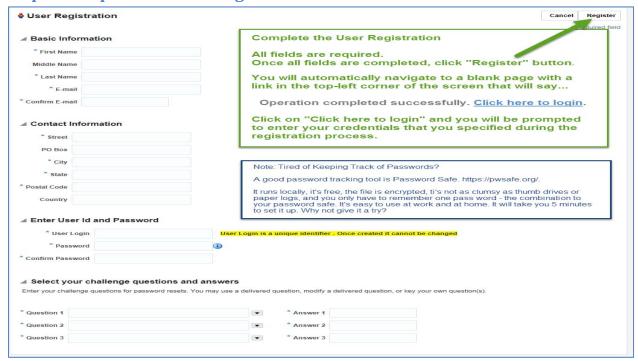


Step 3: Register with Delaware Single-Sign-On (SSO)

You will be directed to the Delaware Single-Sign-On (SSO) page of Delaware.gov. Click the "Public Services Click Here" link.



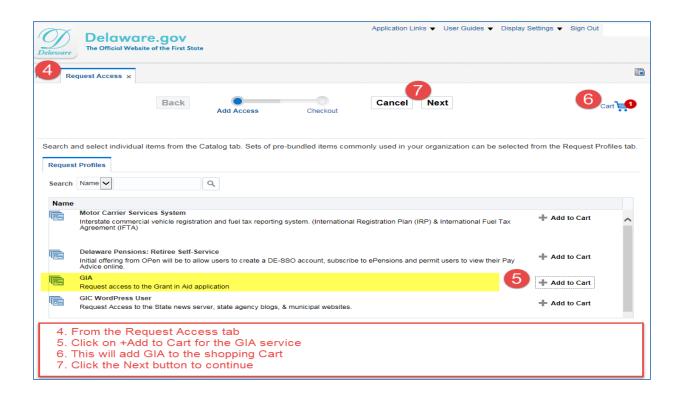
Step 4: Complete the User Registration

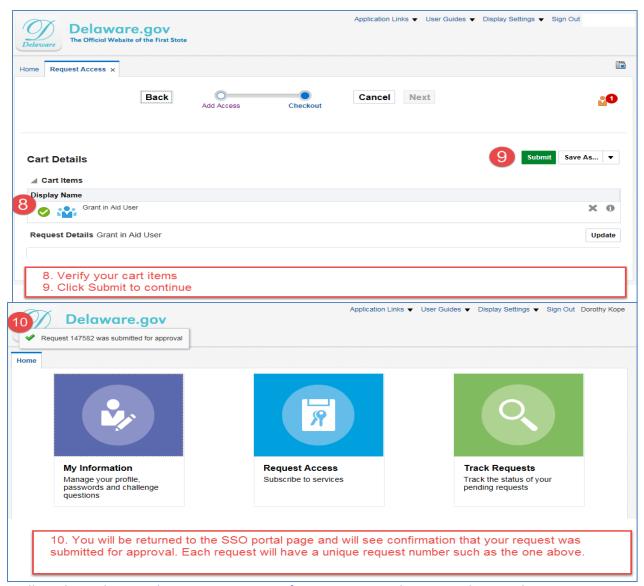


Step 5: Use your Delaware SSO Information to Request Access to GIA.









Follow the <u>Online Application Instructions for Logging into the GIA Website</u> to begin creating your GIA applications.

Addendum A: Program Area Criteria & Descriptions

Please use this addendum to complete the **Narrative Section** of the **Grant-in-Aid Application**. The following nine program areas are detailed:

- Transportation
- Nutrition
- Social & Recreational
- Health, Wellness, and Support Services
- Physical Fitness
- Aquatics
- Educational Enrichment
- Outreach & Reference
- Adult Day Care

Below is a brief description, list of staffing and frequency requirements, and activity or service examples for each of the nine program areas included in the **Narrative Section** of the Grant-in-Aid application. Please use the program area criteria and descriptions to assist you in completing the **Narrative Section** Program Area Questionnaire.

Program Area 1. Transportation

Criteria	Requirements
DESCRIPTION OF CRITERIA	Providing transportation to and from a senior center allows those seniors who prefer not to drive or who are unable to drive to remain active participants; prevents and counteracts isolation and immobility.
PREFERABLE REQUISITES √ = Senior Center must provide with Grant-in- Aid Application or during site visit	√ Transportation schedule √ Evidence of vehicle (e.g., van or bus registration, driver's license)
FREQUENCY	Transportation to and from a center should be available at least twice a day during regularly scheduled senior center hours.
STAFFING AND	Fully licensed driver must be available for all transports. Can be paid or
CERTIFICATION	volunteer.
EXAMPLES	Other forms of transportation besides to and from the center may include shopping trips, recreational and cultural outings, and medical appointments.

Program Area 2. Nutrition

Criteria	Requirements
DESCRIPTION OF CRITERIA	A congregate meal program is offered to ensure that seniors are receiving the nutrition essential for proper health and functionality. Food provided should comply with the <i>Dietary Guidelines for Americans</i> .
PREFERABLE REQUISITES	√ Menu schedule

$\sqrt{=}$ Senior Center	
must provide with Grant-in-Aid	
Application or during	
site visit	
FREQUENCY	Congregate meals should be offered at least once daily during regularly
	scheduled senior center hours.
STAFFING AND	Pre-prepared meals delivered by an outside agency are acceptable; upon
CERTIFICATION	delivery, meals may be prepared for consumption by volunteer or paid
CERTIFICATION	staff.
	City Fare Program
EXAMPLES	Congregate breakfast, lunch, dinner, weekend
	Meals on Wheels

Program Area 3. Social and Recreational

Criteria	Requirements	
DESCRIPTION OF CRITERIA	Social and recreational activities are offered to stimulate participants' basic processes such as working memory, speed of processing, and verbal knowledge. Such programs should be easily differentiated from programs aimed at physical fitness and educational enrichment.	
PREFERABLE REQUISITES √ = Senior Center must provide with Grant-in- Aid Application or during site visit	$\sqrt{\text{Social}}$ and recreational program descriptions $\sqrt{\text{Schedule of programs offered}}$	
FREQUENCY	Social and recreational activities should be offered daily during regularly scheduled senior center hours.	
STAFFING AND CERTIFICATION	Maybe facilitated by paid staff or volunteers.	
EXAMPLES	Bingo, card games, arts and crafts, informal walking.	

Program Area 4. Health, Wellness, and Support Services

Criteria	Requirements		
DESCRIPTION OF CRITERIA	Health, wellness, and support programs are those that are designed to promote the mental, spiritual, and emotional health of senior center participants. Support groups may include diabetes, Alzheimer's, and other programs aimed at counseling and nurturing specific groups of participants. Centers should demonstrate efforts to be creative in involving and supporting the elderly community.		
PREFERABLE REQUISITES √ = Senior Center must provide with Grant-in- Aid Application or during site visit	√ Schedule of health and wellness programs and support groups √ Staff résumés that reflect related experience to the programs offered		
FREQUENCY	Minimum of two health, wellness, or support programs or services per month.		

STAFFING AND	Paid staff or volunteer with the educational or job experience needed to		
CERTIFICATION	support the emotional health of individuals.		
	Health and Wellness Programs: nutrition counseling, medication management, and health talks/lectures.		
EXAMPLES	Support Groups: family, reminiscence, alcohol and drug abuse, caregiver support.		

Program Area 5. Physical Fitness

Criteria	Requirements	
DESCRIPTION OF CRITERIA	A fitness center provides exercise equipment, space for fitness classes, and the support staff needed to assist participants with the safe use of equipment and development of a safe fitness program. The fitness center should be located in a separate and designated area.	
PREFERABLE REQUISITES	√ Sample fitness plans	
√ = Senior Center must provide with Grant-in- Aid Application or during site visit	√ Written safety rules of fitness center √ Schedule of fitness classes or training sessions √ Documents that reflect staff certification requirements (e.g., résumés)	
FREQUENCY	A senior center must provide access to physical fitness services and a fitness center during the hours of operation of the center.	
STAFFING AND CERTIFICATION	Certified fitness instructor on staff, or sufficient access to a certified instructor (at least five hours per week); can be paid or volunteer.	
EXAMPLES	Fitness center with <u>staff present for at least five hours per week</u> , modified strength training and cardiovascular exercises, walking, line dancing.	

Program Area 6. Aquatics

Criteria	Requirements		
DESCRIPTION OF CRITERIA	Providing access to a pool offers several benefits to senior participants, including physical fitness activity, relaxation activities, and rehabilitation for certain physical ailments associated with aging.		
PREFERABLE REQUISITES √ = Senior Center must provide with Grant-in- Aid Application or during site visit	√ Schedule of aquatics classes √ Schedule of pool hours √ Proof of transportation to and from pool, if off-site √ Contract or method of cooperation with local pool, if off-site √ Documents that reflect staff certification requirements (e.g., résumés)		
FREQUENCY	An on-site pool should be open at least one day per week <i>or</i> transportation to an off-site pool should be provided at least one day per week.		
STAFFING AND CERTIFICATION	Certified lifeguard must be present during hours of operation. Certified fitness instructor on staff or access to one for classes; can be paid or volunteer.		
EXAMPLES	Pool activities may include aquatic arthritis program, deep-water exercise class, and free swim time.		

Program Area 7. Educational Enrichment

Criteria	Requirements		
DESCRIPTION OF CRITERIA	Educational enrichment programs are offered to provide senior center participants with an increased knowledge of specific topics of interest to seniors. Such programs should be easily differentiated from social and recreational activities. Senior centers must offer at least one type of class to receive credit for this criterion.		
PREFERABLE REQUISITES √ = Senior Center must provide with Grant-in- Aid Application or during site visit	√ Schedule of enrichment activities or services offered √ Descriptive program or education plans √ Documents that reflect staff certification requirements (e.g., résumés)		
FREQUENCY	Educational enrichment classes should be available at least one to two times per week for 30 weeks or more per year.		
STAFFING AND CERTIFICATION	Paid staff or volunteer with educational background and life experience in relevant educational enrichment offering.		
EXAMPLES	Computer classes, foreign language classes, nutrition education, or consumer information classes.		

Program Area 8. Outreach and Reference

Criteria	Requirements
DESCRIPTION OF CRITERIA	Outreach and reference services are those that either encourage senior center participants to become more self-sufficient or that assist participants by enhancing their quality of living.
PREFERABLE REQUISITES √ = Senior Center must provide with Grant-in-Aid Application or during site visit	√ Schedule of services offered √ Pamphlets or descriptive brochures
FREQUENCY	Service should be available to participants at least one to two times per week for 30 weeks or more per year. Services can be provided by phone, appointment, or dropin.
STAFFING AND CERTIFICATION	Paid staff member(s) or volunteer with defined responsibility for coordinating the center's outreach services.
EXAMPLES	Outreach: Providing information on housing, transportation, medical insurance, or medical needs. Reference: Efforts that may include referrals to home repair programs for low-income elderly, for legal services, employment, or other programs/services.

Program Area 9. Adult Day Care

Criteria	Requirements	
DESCRIPTION OF CRITERIA	An adult day care center provides health, social and appropriate support services for functionally impaired adults. Such a center should be a stand-alone facility, meaning that there is a separate room or space designated to this purpose, which could stand alone if required.	
PREFERABLE REQUISITES √ = Senior Center must provide with Grant-in-Aid Application or during site visit	$\sqrt{\text{License from the Delaware Department of Health and Social Services (DHSS)}}$	
FREQUENCY	Should adhere to requirements specified by the State of Delaware Regulations for Adult Day Care Facilities.	
STAFFING AND	Should adhere to requirements specified by the State of Delaware Regulations for	
CERTIFICATION	Adult Day Care Facilities.	
EXAMPLES	Monitored activities services, such as a nutrition program and social (e.g., arts and crafts, reminiscing) or outreach services.	

Addendum B: Frequency Codes & Categories

Please use this addendum to complete the Narrative Section of the Grant-in-Aid application.

Activities or Services: Include the list of activities or services the senior center currently offers related to the nine program areas shown below.

1) Transportation	4) Health, Wellness, and Support Services	7) Educational Enrichment
2) Nutrition	5) Physical Fitness	8) Outreach & Reference
3) Social & Recreational	6) Aquatics	9) Adult Day Care

Activity or Service Frequency: Indicate the Frequency Code (F1, F2, F3, F4, F5 or F6) that represents the Frequency Category of each activity or service offered (see Examples A–F).

Example A: Service A is offered Monday through Friday daily (5 times per week, 30+ weeks per year). Therefore, the Frequency Code is **F6**.

Activity or Service Frequency Category and Code				
Frequency Category 1 or 2 times per week 3 or more times per week				
Less than 12 weeks per year	F1		2	
12–29 weeks per year	F3	_	7	
30 or more weeks per year				

Example B: Activity B is offered twice a week for 10 months (1–2 times per week, 30+ weeks per year). Therefore, the Frequency Code is F5.

Activity or Service Frequency Category and Code			
Frequency Category	1 or 2 times per week 3 o		3 or more times per week
Less than 12 weeks per year	1		F2
12–29 weeks per year	\		F 4
30 or more weeks per year	F	5	F6

Example C: Activity C is offered three times a week from November to March (3 times per week, 12–29 weeks per year). Therefore, the Frequency Code is F4.

Activity or Service Frequency Category and Code				
Frequency Category 1 or 2 times per week 3 or more times per week				
Less than 12 weeks per year	F1			
12–29 weeks per year		F4		
30 or more weeks per year	F5	F6		

Example D: Program D is offered twice a week for six weeks starting in February. The six-week program is offered a second time each year starting in September. The program, consequently, is offered a total of 12 weeks each year (1–2 times per week, 12–29 weeks per year). Therefore, the Frequency Code is F3.

Activity or Service Frequency Category and Code			
Frequency Category	1 or 2 times per week	3 or more times per week	
Less than 12 weeks per year		F2	
12–29 weeks per year	F3	F4	
30 or more weeks per year	F 5	F6	

Example E: Service E is offered Mondays, Tuesdays, and Fridays during July and August (3 times per week, less than 12 weeks per year). Therefore, the Frequency Code is F2.

Activity or Service Frequency Category and Code			
Frequency Category	1 or 2 times per week	3 or more times per week	
Less than 12 weeks per year		F2	
12–29 weeks per year	F3	F 4	
30 or more weeks per year	F 5	F6	

Example F: Service F is offered for two days in November (1–2 times per week for less than 12 weeks per year). Therefore, the Frequency Code is F1.

Activity or Service Frequency Category and Code			
Frequency Category	1 or 2 times per week	3 or more times per week	
Less than 12 weeks per year	F1	F2	
12–29 weeks per year	F3	F 4	
30 or more weeks per year	F 5	F 6	