

**SAMPLE GRANT PROPOSAL 1**

**GRANT SEEKER:**

**THE VILLAGE MALL**

**DEDEDO, GUAM, U.S.A.**

**DISCLAIMER:**

Names and addresses in this grant proposal sample have been changed.  
Similarities to actual programs, people or organizations are coincidental and not intentional.

**Village Community CPR Training  
Let's Help Save Lives!**

**Submitted to: The Health Institute**

**Submitted by: The Village Mall**

## **EXECUTIVE SUMMARY**

The Village Mall requests support from The Health Institute in the amount of \$13,000 for our community CPR program.

Heart disease and stroke are the first and third leading causes of death in the U.S. This was based on The Center for Disease Control (CDC) analyzed self-reported recent data which included 256,000 participants from D.C., Guam, Puerto Rico and the U.S. Virgin Islands.

Cardiac arrest strikes people of all ages, usually without warning. Many of these lives can be saved by training people in CPR (cardiopulmonary resuscitation). And this is what we hope to achieve at the Village Mall. With your support, we hope to organize three **Village Mall CPR Training** days for our 250 store employees and security personnel. Through this program, we hope to make a difference and help save lives by teaching mall personnel the life-saving skills of CPR.

The Village Mall is located in Dededo, the largest city and most populous village in Guam. We are committed to continuously promote programs for the well-being of our employees, guests and neighboring communities. We are one with The Health Institute's Mission of educating people with health related issues as healthy bodies promote better minds and better people.

## **THE PROBLEM**

Cardiovascular disease (CVD) is the single greatest cause of death in the United States and its territories. Based on records, more than 550,000 adult Americans die of cardiovascular disease every year. About 330,000 of these deaths result from sudden cardiac arrest. Cardiac arrest usually strikes without warning. When it hits, no matter how young or old, the victim loses consciousness and stops breathing. Most of these occur in the home, in the office and many other places. Nearly all these cases result to death. But it does not have to be that way. According to [www.americanheart.org](http://www.americanheart.org) death from sudden cardiac arrest is not inevitable. If more people knew CPR more lives could be saved. Effective bystander CPR provided immediately after cardiac arrest can double a victim's chance of survival.

However, there are barriers in training a community for a CPR program. Many people are embarrassed to practice CPR skills in public. They are also afraid of failure and assume that they are physically and psychologically unable to perform the skills. But we are optimistic that The Village Mall community will actively participate in the CPR program knowing that this can help them and their families.

Other barriers include the availability of qualified instructors and the cost of the training equipment.

## **VILLAGE CPR PROGRAM DESCRIPTION**

Since cardiac arrests may occur anytime and at any place, it is beneficial that we give our employees and personnel an advantage of learning CPR skills.

The American Health and Safety Institute has come up with CPR training kits that are cost-effective and designed for use during training and in the privacy of one's home. This has also been proven to be educationally effective. With its self-paced learning program, it will be possible to train a large number of people even without the presence of an instructor.

It is also important that participants of this program will be able to teach their family members of the CPR skills as well.

Each CPR kit includes a personal CPR mannequin, a CPR Kit Practice DVD, American Health and Safety Institute's CPR booklet, accessories for the program, and Directions for use. The program takes less than 30 minutes which is very manageable.

We hope to achieve the following goals and objectives with your support:

### **Goal**

The goal of **Village Mall CPR Training** is to give CPR training to 250 mall employees and security personnel. These participants, in turn, will transfer their knowledge to the more than 500 members of their families.

### **Objectives**

- Increase the number of knowledgeable people in providing CPR that will benefit employees, tenants and mall guests in cases of emergency.
- Train family members of each participant with CPR through the CPR Kit that participants will get from the training.
- Decrease the disability and death toll brought about by cardiac arrest. Through the training, participants will be able to distinguish the signs of cardiac arrest, give CPR as first aid, and call 911 for help.

### **Event Details**

The Village CPR Training Day will be held for three consecutive days beginning March 5, 2007 at The Village Mall's covered parking lot.

Training sessions will start by 7:00 am until 9:00 am before the mall opening. Participants will be divided into three groups with two instructors per group. The groups will make use of the Village Mall's wide parking lot for simultaneous training sessions. Participants will be asked to register to receive their personal CPR training kit. At the end of the training all participants will be given a CPR Training Certificate.

Audio-visual facilities will be set up a day before the event. Facilitators will come in an hour early to help with the set-up. All training participants will be served breakfast during a 20 minute break at 8:00 am.

### **Evaluation**

Our aim is to increase the survival rate of sudden cardiac arrests from just 5% to at least 20%. A week after the event, a report will be sent to The Health Institute on how many employees and security personnel were trained. This would be followed up by a survey after a month on the number of family members and friends trained by the participants using their CPR kits. After having completed this data, a final training report will then be sent to The Health Institute.

### **Budget**

#### **Training Goal**

Number of Participants	250
Estimated number of family and friends trained post-event	<u>500</u>
<b>Total of Persons Trained in CPR</b>	<b>750</b>

**250 CPR Kits (1 per participant)** **\$8,750.00**  
Cost per kit \$35.00

**Facilitators** **\$900.00**

- 6 facilitators plus registration assistants
- To reduce cost ask facilitators to volunteer their time

#### **Audio/Visual Equipment Rental**

**\$300.00**

- LCD Projector (\$100-\$300)
- Screen (\$150-\$200)

**Breakfast for Facilitators and Participants**  
**\$2,250.00**

**Miscellaneous expenses** **700.00**

**Total Estimated Budget** **\$13,000**

**Cost per person is approximately \$48.80**

## **CONCLUSION**

Sudden cardiac arrest usually strikes people of all ages without a warning. Thousands, even millions, of Americans have died from cardiovascular disease and sudden cardiac arrest even before they reach the hospital. This is primarily because only few know the importance of CPR as first aid. Not too many are trained to perform it as well.

With The Health Institute's financial support, the **Village Mall CPR Training** will be able to train at least 750 individuals on the lifesaving skills of CPR. This will help increase a victim's chance of survival from sudden cardiac arrest.

The Village Mall looks forward to having The Health Institute as its most important partner in its efforts to save lives through the Village Mall CPR Training project.