

# ADULT SERVICES POLICY COUNCIL

Working together to meet the health and human service needs of adults and seniors. Our vision is safe and supported adults & seniors with access to a full continuum of resources & independence wherever they reside.

Chair: Karen Jones

**Immediate Past Chair: Laura DeLoye**

First Vice Chair: Paulina Flores Jimenez

**Second Vice Chair: April Lewallen**

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## Boards, Commissions and Community Representatives/Volunteers

Adult Abuse Prevention Council

Behavioral Health Board

Commission on Aging

County Board of Supervisors

Health Commission

SLO Supportive Housing Consortium

## Elected Officials

CA Senator John Laird, 17<sup>th</sup> District

U.S. Congressman Salud Carbajal, 24<sup>th</sup> District

## Non-Profit Agencies

Access Support Network

Alzheimer's Association

Area Agency on Aging

CenCal Health

Central Coast Hospice

Coast Caregiver Resource Center

Community Action Partnership of SLO (CAPSLO)

Community Health Centers (CHC)

Dignity Health-French Hospital Medical Center

Gala Pride and Diversity Center Senior Advocacy

Hospice of SLO County

Independent Living Resource Center

Lifesteps Foundation

Los Osos Cares

LTC Ombudsman Services of SLO County

North County Connection

PathPoint

Peoples' Self Help Housing

Ride-On Transportation

San Luis Obispo Legal Assistance Foundation

Senior Nutrition Program

Senior Volunteer Services (RSVP/3CV/PLS)

SLO Hep C Project

SLO Hotline

San Luis Obispo Legal Assistance Foundation

SLO Village

Transitions-Mental Health Association

Tri-Counties Regional Center

United Cerebral Palsy

United Way of SLO County

Wilshire Community Services

## Private Organizations

Amdal In-Home Care

Bella Vista Transitional Care

Home Instead Senior Care

Mariposa Music Therapy/Arts for Living

Maxim Healthcare Services

Ridership Development Consultants

Senior Living Consultants

## Public Agencies

San Luis Coastal Adult School

San Luis Obispo Council of Governments

## San Luis Obispo County Departments of:

Behavioral Health /Mental Health Services

District Attorney / Victim Witness Assistance

Public Health

Probation Department

Sheriff Department

Social Services/Adult Services

## AGENDA

**Friday, April 5<sup>th</sup>, 2024**

**9:00 a.m. - 11:00 a.m.**

### INTRODUCTIONS (15 Minutes or less)

Name and position within respective organization.

### PUBLIC COMMENT / ANNOUNCEMENTS: (5 Minutes or less)

### MEMBER COMMENT/SPOTLIGHT: (15 Minutes or less)

- **Blanca Zuniga – Updates from CenCal Health**

### GUEST SPEAKERS: (45 Minutes)

- **Nell Bennett & Karen Florian – Central Coast Caregiver Resource Center**

### CORRECTIONS / ADDITIONS TO THE SYNOPSIS

### ACTION ITEMS: (10 Mins)

- **Approve Synopsis**

### COMMITTEE UPDATES AS NEEDED (10 minutes or less)

- **MPA Advisory Committee**
- **Healthy Brain Initiative**

### MEETING LOCATION:

**DSS Higuera Conference Room #101  
3433 S. Higuera St, San Luis Obispo**

### NEXT MEETING:

**May 3<sup>rd</sup>, 2024**



AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
Introductions	
Public Comment	<p>LAURA DELOYE</p> <ul style="list-style-type: none"> <li>• SUPPORT GROUPS THROUGHOUT COUNTY, BOTH IN PERSON AND ONLINE. CAREGIVER RETREAT IN PASO WAS RESCHEDULED ON MAY 11<sup>TH</sup>.</li> </ul>
Member Spotlight	<p><b>LAURA DELOYE</b></p> <ul style="list-style-type: none"> <li>• PROGRAM EDUCATION MANAGER FOR ALZHEIMER’S ASSOCIATION</li> <li>• THE POSITION REQUIRES A LOT OF COMMUNITY OUTREACH, A TRAIT ATTRIBUTED TO BEING LEARNED FROM FAMILY GROWING UP IN OHIO</li> <li>• BACKGROUND AS A MUSIC THERAPIST WORKING WITH OLDER ADULTS WITH DEMENTIA AND WORKED WITH “ARTS FOR LIVING” UPON MOVING TO CALIFORNIA</li> <li>• DID PRIVATE CONTRACTING AND WORKED FOR THE VETERANS’ HOSPITAL IN NORTH CAROLINA</li> <li>• PLAYS PIANO, FLUTE, BAGPIPES AND OTHER INSTRUMENTS</li> <li>• BREAST CANCER SURVIVOR</li> <li>• IN THE MIDST OF COVID, DEVELOPED “DANCEGRAMS” FUNDRAISING USING UNICORN COSTUME</li> </ul>
Guest Speakers	<p><b>NELL BENNETT &amp; KAREN FLORIAN – CENTRAL COAST CAREGIVER RESOURCE CENTER</b></p> <ul style="list-style-type: none"> <li>○ WHAT IS COAST CAREGIVER RESOURCE CENTER? <ul style="list-style-type: none"> <li>▪ THE ASSOCIATION OF CALIFORNIA CAREGIVER RESOURCE CENTER NETWORK (ACCRC) ESTABLISHED 11 REGIONAL SITES IN 1984 AS A STATEWIDE EFFORT TO PROVIDE OUTPATIENT SUPPORT TO NONPAID FAMILY MEMBERS CARING FOR PERSONS WITH ADULT-ONSET BRAIN IMPAIRMENTS AND OTHER DISABLING CONDITIONS.</li> <li>▪ <a href="https://www.caregivercalifornia.org">HTTPS://WWW.CAREGIVERCALIFORNIA.ORG</a></li> <li>▪ CCRC WAS ESTABLISHED TO SERVE THE TRI-COUNTY CENTRAL COAST AREAS OF SLO, VENTURA, AND SANTA BARBARA COUNTIES.</li> <li>▪ CCRC CAME TO WORK UNDER THE UMBRELLA OF COTTAGE REHABILITATION HOSPITAL 10+ YEARS AGO.</li> </ul> </li> <li>○ PROGRAM FUNDING <ul style="list-style-type: none"> <li>▪ CCRC IS A GRANT FUNDED PROGRAM AND RENEWS EVERY JULY</li> <li>▪ FUNDING IS PROVIDED BY: <ul style="list-style-type: none"> <li>▪ CALIFORNIA DEPARTMENT OF AGING</li> <li>▪ CENTRAL COAST AREA AGENCY ON AGING</li> <li>▪ COUNTY OF SAN LUIS OBISPO</li> <li>▪ COMMUNITY AND CLIENT DONATIONS</li> <li>▪ COAST CAREGIVER RESOURCE CENTER WEBSITE <a href="http://COTTAGEHEALTH.ORG/CCRC">COTTAGEHEALTH.ORG/CCRC</a></li> </ul> </li> </ul> </li> <li>○ COAST CAREGIVER RESOURCE CENTER (CCRC) <ul style="list-style-type: none"> <li>▪ SUPPORTING THE PRIMARY FAMILY CAREGIVER CARING FOR AN OLDER ADULT</li> <li>▪ OFFER A RANGE OF SERVICES INCLUDING: <ul style="list-style-type: none"> <li>▪ CONSULTATION</li> <li>▪ CAREGIVER EDUCATION</li> <li>▪ SUPPORT GROUPS</li> </ul> </li> </ul> </li> </ul>

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
	<ul style="list-style-type: none"> <li>▪ SHORT-TERM RESPITE CARE</li> <li>▪ SHORT-TERM MENTAL HEALTH COUNSELING</li> <li>○ FAMILY CONSULTATION <ul style="list-style-type: none"> <li>▪ COMPREHENSIVE ASSESSMENT: REGARDING DEMOGRAPHICS, ADLs/IADLs, ABILITY TO CARE FOR THEIR CARE RECEIVER, SOCIAL SUPPORTS, AND MENTAL HEALTH STATUS (ZARIT BURDEN SCALE, THE PHQ-9 DEPRESSION SCALE, AND THE UCLA LONELINESS SCALE). (ZOOM OR PHONE)</li> <li>▪ EDUCATION: POWERFUL TOOLS FOR CAREGIVERS 6-WEEK CLASS, STATEWIDE CRC ONLINE CLASSES/WEBINARS</li> <li>▪ CAREGIVER SUPPORT PLANS AND REFERRALS: PRIMARILY REGARDING SELF-CARE, HEALTH-SYSTEM NAVIGATION, FINANCIAL, LEGAL, MENTAL HEALTH, AND COMMUNITY RESOURCES</li> <li>▪ CAREGIVER SUPPORT GROUPS AND 1:1 SUPPORT</li> </ul> </li> <li>○ RESPITE CARE <ul style="list-style-type: none"> <li>▪ CCRC CONTRACTS WITH LOCAL HOME-CARE AGENCIES TO PROVIDE SHORT-TERM RESPITE BREAKS.</li> <li>▪ RESPITE GRANTS ARE SHORT-TERM, PRIORITY TO NEW CLIENTS, DETERMINED BY INDIVIDUAL ASSESSMENTS AND AVAILABLE CLIENT RESOURCES.</li> <li>▪ RESPITE IS GENERALLY OFFERED IN 4+HOUR INCREMENTS.</li> <li>▪ RESPITE GRANTS CAN ALSO BE USED FOR ADULT DAY CENTER ATTENDANCE (CAPSLO &amp; WISDOM CENTER).</li> </ul> </li> <li>○ MENTAL HEALTH COUNSELING <ul style="list-style-type: none"> <li>▪ CCRC CAREGIVER COUNSELING PROGRAM <ul style="list-style-type: none"> <li>• 6 INDIVIDUAL SESSIONS</li> <li>• PRIMARY FAMILY CAREGIVER</li> <li>• SUPPORTS CAREGIVERS IN ADDRESSING</li> <li>• UNRESOLVED FAMILY DYNAMICS</li> <li>• AMBIGUOUS LOSS</li> <li>• FINANCIAL STRESS</li> <li>• INTIMACY CHANGES</li> <li>• SANDWICH GENERATION STRESSORS</li> <li>• CAREGIVER AGING AND HEALTH ISSUES</li> </ul> </li> <li>▪ PEARLS <ul style="list-style-type: none"> <li>• EVIDENCE-BASED 1:1 COACHING PROGRAM</li> <li>• 4-5 MONTHS</li> <li>• AGE 60+</li> <li>• HELPS CLIENT BECOME MORE RESILIENT TO DEPRESSION, REDUCE LONELINESS AND IMPROVE QUALITY OF LIFE.</li> <li>• OPEN TO COMMUNITY, NOT JUST CAREGIVERS</li> <li>• 6-8 INDIVIDUAL, HOUR LONG COACHING SESSIONS, IN-PERSON OR VIA TELEHEALTH</li> <li>• BEHAVIORAL ACTIVITY PLANNING (PHYSICAL, PLEASANT, SOCIAL)</li> <li>• SESSION WORKSHEETS AND HOMEWORK</li> </ul> </li> </ul> </li> </ul>

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
	<ul style="list-style-type: none"> <li>○ CCRC GENERAL SERVICES SELF-REFERRAL DIRECTIONS <ul style="list-style-type: none"> <li>▪ CONTACT CCRC @ 805-569-8950 OR EMAIL <a href="mailto:CCRC@SBCH.ORG">CCRC@SBCH.ORG</a></li> <li>▪ INQUIRE THROUGH “CARENOW” AT COAST.CACRC.ORG</li> </ul> </li> </ul>
Corrections/Additions to the Synopsis	<ul style="list-style-type: none"> <li>• SYNOPSIS ACCEPTED WITH NOTED CORRECTIONS.</li> </ul>
Action Items	<ul style="list-style-type: none"> <li>• ROBERT DIAZ MOTIONS TO UPDATE THE ASPC COUNTY WEBSITE PAGE TO MAKE IT MORE USER FRIENDLY AND INCLUDE HBI INFO AND LADAP INFO. ALL IN FAVOR.</li> </ul>
Committee Updates as Needed	<p>LOCAL MPA ADVISORY COMMITTEE</p> <ul style="list-style-type: none"> <li>• Health Management Associates has been brought onboard as consultants. There has been an initial meeting and will be further meetings. Robert Diaz of APS has funding to purchase an independent website but it is up to the committee to decide how to allocate the funds.</li> </ul>
	<p>HEALTHY BRAIN INITIATIVE</p> <ul style="list-style-type: none"> <li>• HEALTHY AGING WEBPAGE HAS BEEN REDESIGNED. ONLINE FITNESS CLASSES AND HOME SAFETY ASSESSMENTS CAN BE ACCESSED FROM THIS PAGE. EVALUATION CONSULTANT WILL PROVIDE RESULTS OF NEEDS ASSESSMENT.</li> </ul>

**The next meeting is: May 3rd, 2024**

**Time: 9:00 AM**

**Location: 3433 South Higuera St, San Luis Obispo, CA 93401 Conference Room #101**