

# 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.

## 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  
Martin L. Meltz, PhD

## Elected Officials

CA Assemblyman Katcho Achadjian, 35<sup>th</sup> District  
CA Senator Bill Monning, 17th District

## Non-Profit Agencies

211 Hotline  
AIDS Support Network  
Alzheimer's Association  
Area Agency on Aging  
CenCal Health  
Central Coast Hospice  
Community Action Partnership of SLO (CAPSLO)  
Community Health Centers (CHC)  
Dignity Health-French Hospital Medical Center  
Hospice of SLO County  
Independent Living Resource Center  
Lifesteps Foundation  
LTC Ombudsman Services of SLO County  
North County Connection  
Peoples' Self Help Housing  
Retired Senior Volunteer Program (RSVP)  
Ride-On Transportation  
Senior Legal Services Project  
Senior Nutrition Program  
SLO Hep C Project  
SLO Regional Rideshare  
Transitions-Mental Health Association  
Tri-Counties Regional Center  
United Cerebral Palsy  
United Way of SLO County  
Wilshire Community Services

## Private Organizations

Bates Care Management  
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 Costal Adult School

## 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

**Chair:** Laura DeLoye (805) 225-6101 [mariposamusictherapy@gmail.com](mailto:mariposamusictherapy@gmail.com)  
**Immediate Past Chair:** Marie Brinkmeyer (805) 544-8740 [rsvpslo@srvolunteer.org](mailto:rsvpslo@srvolunteer.org)  
**First Vice Chair:** Kathleen Bellefontaine (805) 235-5779 [kbellefont@charter.net](mailto:kbellefont@charter.net)

## AGENDA

04/03/2015

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

### INTRODUCTIONS and ANNOUNCEMENTS:

(New developments for the population, agency or program changes that affect other agencies or programs)

### PUBLIC COMMENT: (5 minutes or less)

### GUEST SPEAKER:

- **Grace McIntosh - CAPSLO**

### MEMBER COMMENT:

### CORRECTIONS / ADDITIONS TO THE SYNOPSIS:

### ACTION ITEMS:

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

- **IHSS**
- **POLST**
- **Transportation**

### MEETING LOCATION:

**CAPSLO**

**1030 Southwood Drive, San Luis Obispo**

### NEXT MEETING:

**05/01/2015**

# Adult Services Policy Council

04/03/15

9:00 a.m. – 11:00 a.m.

## ATTENDEES:

Sonya Laputz, Alzheimer's Association  
Shelley Jackson, Bates Care Management  
Mara Whitten, CAPSLO  
Yudilia Tomsen, Independent Living Resource Center  
Grace McIntosh, CAPSLO  
Stuart MacDonald, Sheriff's Department  
Sara Sanders, SLO Regional Rideshare  
Jean Raymond, French Hospital/Health Commission  
Morgan Johnson, DSS Intern  
Brittany Carraway, Peoples' Self Help Housing  
Stephanie Barclay, Senior Legal Services Project

joyce ellen lippman, Area Agency on Aging  
Kathleen Bellefontaine, Commission on Aging  
Kat Lauterback, DSS  
Laura DeLoye, Mariposa Music Therapy/Arts for Living  
Jay Wells, Sheriff's Department  
Marie Brinkmeyer, RSVP-Senior Volunteer Services  
Martin Meltz, Community Representative  
Nora Kelly, SLO Public Health  
Andrew Jackson, Amdal In Home Care  
Raye Fleming, CAPSLO Health

## INTRODUCTIONS AND ANNOUNCEMENTS:

Chairwoman Laura DeLoye welcomed group

Sonya Laputz-Alzheimer's Association(see handouts) Dementia Conference CEUs signups, caregiver resource fair, Tailgate tasting, blondes v brunettes flag football, June 6, 2015.

Martin Meltz-Updated Community Service Cards are available. They were provided by Burdine Printers. Job center in South County is about to close and will be an impact to the community. Current discussion with elected officials. Looking for new ideas. Please get in touch with Marty. Especially with seniors, veterans, and disabled.

Kathleen Bellefontaine – New chapter for Hearing Loss for SLO includes Santa Maria. This is for people with severe hearing loss.

Elder Abuse Prevention Seminar, Friday, May 8, 2015 at the Paso Robles Culinary Institute from 8:30 am to 4:00 pm. Current Trends in Elder Abuse and Self-Neglect. Topics Include: Hoarders, Legal Issues of Capacity, Music Therapy and Older Adults, Cultural Awareness of LGBT. Course Registration, \$40.00. Forward to send out to the email list

joyce ellen May is Older Americans month. A Celebration tea is taking place at the Embassy Suites. Taking nominations for various categories May 20, 2015 at 2 pm, Embassy Suites. San Luis Obispo Proclamation of Older Americans Month in May 2015. Send to Emma

Sheriff's department – funding grants for senior safety

Marty request that we invite Lynn Compton

Andrew from Amdal In Home Care – As of beginning of the year they have started non-ER transportation for long-distance needs. Wheel Chair access out of area also \$65 in county (SLO) as of now

**PUBLIC COMMENT:**

**GUEST SPEAKER:**

Grace Macintosh from CAPSLO facilitated a group discussion regarding the Needs Assessment that is conducted every two years. It captures the economic and social factors impacting the well-being of low-income community members. She asked for members input as what they are seeing and hearing, and also what services are being provided, and where gaps in services exist. Members were able to share data, views, perspectives, ideas, and any relevant concerns.

**What services are available in the county for low-income seniors?**

If you have income, there are plenty of services, if you don't then services are not available or have waiting lists. "If you're eligible for Medi-Cal, it's good. Otherwise, there are payments and deductibles, co-pays".

**Not enough:** food service delivery; congregate care; affordable assisted living; housing; day centers (only one for Alzheimer clients); affordable in-home services. Respite is a huge need; Coast Caregiver Resource Center, for example, can only assist caregivers with 48 hours per year of respite. The Alzheimer's Association provides up to \$900 per year is assistance (once a year only) but the family has to be MediCal eligible and a dementia diagnosis is required.

"DSS is overloaded and sometimes unable to provide helpful, caring service".

Volunteers are desperately needed.

**What are the gaps in services?**

Some senior centers are better attended than others. Paso Robles, SLO and Oceano centers are well attended. Atascadero has fewer services and tends to "operate as a private club – can be cliquy". If it is a multi-generational center, seniors tend to feel left out. The different programs tend to separate the age groups even more. Programs that enable inter-mingling would be better attended.

Gap between mobile home park centers and general community center programs. Service providers need to better communicate to seniors what activities are available in mobile home parks, which are open to the public.

Financial management services, especially for those at-risk due to fragility (increasing costs to stay at home). "I know there are many Seniors who are experiencing the kind of challenges my wife and I have faced in the last three or four months. We have both talked about how great it would be and what a benefit to low-income seniors if there were resources for emergencies that may arise that you are unprepared for in your day to day living. Many seniors are not prepared for everyday emergencies that in earlier periods of their life would be dealt with as a matter of course. Due to economic downturns or poor financial planning you can find yourself in situations, regardless of how well you may have planned, leaving you unable to take care of emergencies that may arise".

"No one helps with pet needs (food, vet), though it has been documented that a pet can help with depression, and assist in recovery from illness".

Legal services

Employment/computer training

Medication is too expensive.

No targeted support groups for people with disabilities, such as blindness.

**"Crisis points" of need:**

In-home support services – especially once cognitive impairment increases. Mental health services very limited. Low pay for workers means limited services.

Geriatric medical service and dental services (CHC states "call back at the end of 2015")

Geriatric psychiatric services ("not in my back yard" mentality) need to allow LCSWs to provide services.

Caregiver respite

**What type of issues do low-income seniors/disabled face?**

"Mild cognitive impairment" will allow a senior to remain in an assisted living facility, but as soon as a senior reaches "cognitive impairment" (diagnosed by an MD) then the options are few. Family members are often resistant to getting their loved ones re-evaluated because they want to keep them in assisted living for as long as possible – there are just no options once they get to the next level of need.

Clarify what "senior centers" are and provide services to meet the needs of the younger "baby boomers". Community centers should be more accessible – perhaps connected to multi-family housing complexes.

Transportation – especially out of county. "Bus services appear to have been cut back (i.e., no services at LOVR and South Bay!!!)"

**What negative/positive changes are expected in the months/years to come?**

Housing – seniors cannot afford to stay in SLO. Need to change building codes to allow for smaller homes that are affordable.

The Older Americans Act – which provides funding for basic services to seniors/disabled is up for re-authorization. It is "struggling to survive".

Navigating the healthcare system. HICAP can help, but many seniors don't know who to call and/or are hesitant to ask for help.

The ACA made service more available to all Medicare beneficiaries.

Impacts in emergency rooms are still big. Lack of understanding, convenience are reasons why people are still going to the ER, and this is costly to the community.

Lack of guidance in filing for SSI and SSDI which results in either no filing for benefit, or denials of benefits when they should be approvals of benefits.

Primary care physician (PCP) access – for both MediCal and Medicare. Wait times are long. Front desk at many PCPs is unfriendly.

Home maintenance needs will increase as baby boomers age and want to stay at home.

“Will Social Security be around”?

**MEMBER COMMENT:**

Sara, SLO Regional Rideshare–Looking for information sources about older adult smart phone usage.

Kathleen Bellefontaine, Commission on Aging–The February white house seminar has taken place. How about the ASPC membership put something together for the June seminar on aging?

joyce ellen, Area Agency on Aging-Shared that a February draft should be available on website, and will bring to the next meeting.

Marty created a website: New USA issue forum- *Google it to find link address* - free use access put a link in the minutes website to gather issues volunteers to moderate to come up with solutions bring a flier next time

- Suggestion from Marty Submit issues to the ASPC with proposed solutions
- Keep in the forefront wait to see what Grace creates ask her to bring back to us.

**CORRECTIONS / ADDITIONS TO THE SYNOPSIS:**

Kathleen Bellefontaine reported corrections via email. The Synopsis was accepted and approved by all.

**ACTION ITEMS:**

None

**COMMITTEE UPDATES AS NEEDED:**

**IHSS**, Kat Lauterback - 7% reduction, FLSA appeals in May

**POLST**, Dr Forman (ER Dr) joined group. Going to state meeting once he has attended the state meeting. Interested in palliative care

**Transportation**, Sara SLO Regional Rideshare-Know How to Go! Program is offering free personalized trip training opportunities on how to get around SLO County safely and independently using public transportation. Trainings are geared towards both providers and clients. Van pool subsidy program. Bike month is May Sara will be at COA.