

# 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.

## Members

### **Boards, Commissions and Community Groups**

Adult Abuse Prevention Council  
Commission on Aging  
County Board of Supervisors  
Drug and Alcohol Advisory Board  
Health Commission  
Mental Health Advisory Board  
SLO Supportive Housing Consortium

### **Non-Profit Agencies**

211 SLO Hotline  
AIDS Support Network & SLO Hep C Project  
Alzheimer's Association  
Area Agency on Aging  
CenCal Health  
Coast Caregiver Resource Center  
Community Action Partnership of SLO County  
Community Health Centers / Services of the Central Coast  
Hospice of San Luis Obispo County  
Independent Living Resource Center  
Linkages Care Management  
LTC Ombudsman Services of SLO County  
North County Connection  
Peoples' Self Help Housing  
Retired Senior Volunteer Program  
Ride-On Transportation  
Senior Legal Services Project  
Senior Nutrition Program  
Transitions/Mental Health Association  
Tri-Counties Regional Center  
United Cerebral Palsy  
United Way of San Luis Obispo County  
Wilshire Community Services / Caring Callers / Creative Mediation / Senior Peer Counseling

### **Private Organizations**

Bates Care Management  
Client Care Consultants  
Family Home Care  
Morris & Garritano Insurance  
Sierra Vista Medical Center  
Trio

### **Public Agencies**

San Luis Costal Adult School  
San Luis Obispo County Departments of:  
District Attorney / Victim Witness Assistance  
Health Agency: Public Health / Public Guardian / Medical Services/ Behavioral Health  
Probation Department  
Sheriff  
Department of Social Services / Adult Services  
Veteran's Services

[www.slocounty.ca.gov/ASPC](http://www.slocounty.ca.gov/ASPC)

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Co-Chair: Janet Amanzio, [jamanzio@co.slo.ca.us](mailto:jamanzio@co.slo.ca.us), (805) 781-4732  
Co-Chair Kathleen Karle, [kkarle@co.slo.ca.us](mailto:kkarle@co.slo.ca.us), (805) 781-4929  
Vice Chair: Marie Brinkmeyer, (805) 544-8740, [rsvpslo@srvolunteer.org](mailto:rsvpslo@srvolunteer.org)

## **AGENDA**

**1/6/2012**

**9.00 – 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)**

### **DISCUSSION / INFORMATION ITEMS:**

- Expanding Transportation Options In SLO – Fred Munroe, Ridership Development Consultants
- Housing Update –
  - Rick Gulino, People's Self Help Housing
  - Morgan Torell, County Planning

### **CORRECTIONS / ADDITIONS TO THE SYNOPSIS**

- December 2011 synopsis

### **ACTION ITEMS:**

None

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

- IHSS Update
- Good Neighbor
- POLST Follow up

### **MEETING LOCATION:**

Department of Social Services  
2975 McMillan Road, San Luis Obispo  
Suite 164 (Big Conference Room)

### **NEXT MEETING:**

**2/3/2012**

**ASPC Meeting January 6 , 2012**  
**Chaired by Janet Amanzio**

**Attendees:**

Edie Kahn, ASN/SLO HepC  
Janet Amanzio,  
    Behavioral Health/Mental Health  
Kathleen Bellefontaine,  
    Commission on Aging  
Sandra Pendell, DSS Adult Services  
Cindy Marie Absey, DA/Victim Witness  
Jean Raymond,  
    French Hospital & Health Commission  
Jerry Mihaic,  
    Independent Living Resource Center  
Kelly Hannula,  
    Independent Living Resource Center  
Karen Jones,  
    LTC Ombudsman Services  
Marie Brinkmeyer, RSVP  
Mark Shaffer, Ride-On and UCP  
Jessica Devereaux,  
    Wilshire Community Services  
Hans Poschman,  
    Field Rep - Senator Blakeslee

Kevin Drabinski,  
    Field Rep - Assemblyman Achadjian  
Rich Smucker, Mariposa Music Therapy  
Laura DeLoye, Mariposa Music Therapy  
Kathryn Aceto, LifeSteps Foundation  
Michelle Cole, Sheriff's Office  
joyce ellen lippman, Area Agency on Aging  
Krista Vega, CenCal Health  
Gail Tutino, Community Health Centers  
Kat Lauterback, DSS Adult Services  
Jason Reed,  
    Drug & Alcohol/Women's Shelter  
Rick Gulino, Peoples Self Help Housing  
Greg Halfman,  
    San Luis Coastal Adult School  
Barry Johnson,  
    Transitions – Mental Health Assoc  
Kathryn Aceto, LifeSteps  
Betsy Whitaker, Wisdom Center/LifeSteps  
Heidi McNichols, SLO County Probation  
Fred Munroe, SLO Transit  
Madeline Arel-Davis, VTC Enterprises

**Introductions and Announcements**

Mark Shaffer, reminded the group that the Senior Shuttle information can be found at Ride-On.org. Krista Vega (previously Morely), CenCal, announced a change in her last name. joyce ellen lippman announced that the Area Agency on Aging would be holding "Listening Sessions" in San Luis Obispo on January 20 and in Paso Robles on January 23 . The public is invited to share their concerns about senior needs. Heidi McNichols introduced herself as the representative for SLO County Probation. Jean Raymond announced that a HICAP program would be held on January 19 at French Hospital's Hearst Cancer Resource Center. Jason Reed announced that Women's Shelter of SLO County has recruited attorneys and legal assistants and is now able to help with free restraining order assistance starting on Monday, January 9 the clinics will be held on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month at the Women's Shelter Program. Madeleine Arel-Davis introduced herself as representative for VTC Enterprises. Gail Tutino requested that agencies provide a support letter for CHC as they are working on their next 5-year grant. Additional information and sample letters will be forwarded to the group. Cindy Marie Absey, Victim Witness, reminded the group that an elder abuse advocacy program is available; info can be found on the District Attorney's website. Barry Johnson announced that on February 1 a presentation entitled "Journey of Hope 2012: BringChange2Mind" would held at the New Life Church in Pismo Beach. Additional information can be found at bringchange2mind.org. In addition to the presentation, a health fair and CEUs are available. Greg Halfman, San Luis Coastal Adult School, reported that the adults with disability education programs ended 12/31 due to budget issues. Kathleen Bellefontaine, Commission on Aging, reported that members are

being recruited to serve on the Commission on Aging. Appointments will be made in March. Marie Brinkmeyer announced that RSVP's name had been changed to Remarkable Senior Volunteer Services. Betsy Whitaker of the Wisdom Center reported that as a result of a legal effort by a disability advocacy group the center will remain open and they are currently taking referrals. The eligibility requirements have been modified somewhat. Karen Jones, Long Term Care Ombudsman, reported that a new Ombudsmen volunteer training would be held at end of January. She reported that efforts to move LTCO out of state agencies must be modified due to state constitution. Efforts are being made now to modify the effort to meet legal requirements. Hearings will begin next week. A focus will be made on accountability and advocacy. A letter of support may be requested of ASPC in the future. Michelle Cole reported that AB109 has resulted in a very over crowded County jail. The increase in jail population is creating many challenges locally such as increased contraband, need for more staff, and an overall drain on resources. She noted that in the previous week SLO County received an inmate who will be housed in the County jail an 8 year sentence.

**Public Comment:**

None.

**Discussion/Information Items**

**Expanding Transportations Options in SLO – Fred Munroe, Ridership Development Consultants.**

Mr. Munroe works under contract with the City of SLO and provides a training program that teaches people how to use public transportation effectively. Most people do not know how to use buses efficiently, especially seniors. He reported that some disabled people avoid using buses due to concerns about unfamiliar barriers. Mr. Munroe gave an example of a person who was unable to use the bus because of a lack of understanding of how the bus system works. He noted that baby boomers will need to learn how to use public transport as financial and physical challenges will eventually make solo driving impractical. The training program has funding through January of 2014. Presentations are made to targeted groups and groups are taken out on guided public transportation excursions. With basic tools and understanding, most people can effectively use public transport. Mr. Munroe presented a brochure that provides practical tips for people who are just beginning to use public transport such as carrying extra medication because they may be out later than they expect. Madeleine Arel-Davis noted that VTC Enterprises has program to help low vision clients use public transportation. Mr. Munroe noted that there was an unexpectedly large turnout for a class offered at a local assisted living center which provides transportation to residents. The ability to independently use public transportation offers seniors freedom and improves the quality of their lives. Mr. Munroe hopes that the program will continue in SLO City-on a permanent basis. Volunteers are needed. In the City of Torrance, volunteer "Transit Ambassadors" ride on the buses to offer assistance to new riders. His goal is to find 15 to 20 volunteers in San Luis Obispo to train senior and disabled riders with a goal of having a local "Transit Ambassadors" program here in the future. As the baby boomer population ages the need to understand how to use public transportation will become more critical. Concern was voiced about the accessibility of certain bus stops, especially in trailer parks. Concern was also voiced about linguistic challenges faced by non-English speaking people who attempt to use public transportation. Mr. Munroe said that a translator is available to create Spanish language brochures. Mark Shaffer noted that Ride-On has bilingual staff who can assist Spanish speaking people. A suggestion was

made to provide free transportation for a month to encourage use of public transport as most seniors are motivated by financial savings. Mr. Munroe noted that a one-month bus pass costs the same as a tank of gas and allows the user to travel throughout the County. People over the age of 80 can purchase a special discounted VIP bus pass. The program has trained 300+ people in the City of SLO and about a quarter of the trainees obtained a senior or disabled bus pass. Buses are all equipped with ramps so step climbing is not needed to get on the bus. However challenges are still faced by people who have difficulty in getting to the bus stop. Buses are equipped to handle wheel chairs, motorized scooters and walkers.

#### Housing Update – Rick Gulino, People’s Self-Help Housing and Morgan Torell, County Planning.

Rick Gulino, People’s Self Help Housing, provided updated information on a wide variety of affordable housing projects in SLO, Santa Barbara and Ventura Counties. PSHH provides homelessness prevention services and works with property owners to maintain housing. PSHH also helps find housing for people who are currently homeless. To get assistance from PSHH, people should first contact the property manager and complete a copy of their application. Usually that can be done by telephone. Mr. Gulino hopes to have the various applications available on-line from the PSHH website in the future. Unfortunately there are wait lists for all SLO County properties; however the waiting list is shorter in certain properties. Some units are fully accessible for people with disabilities. Some units are subsidized; that is, the rent is based on resident’s income (usually no more than 40% of their income). Some housing projects are geared toward seniors, disabled, families, farm workers and fishermen. Seniors can apply at any of the properties. There is a background check required to get referrals through PSHH at a one-time \$25 cost. It’s difficult to get accepted if there is an eviction in the applicant’s history. Poor credit history is acceptable if the applicant can show that steps are being taken to resolve the situation. Certain criminal history will prevent a person from being housed through PSHH. Rent and wait times vary depending on the property. General information and questions were addressed regarding specific locations. Additional information can be found at the PSHH website: <http://www.pshhc.org/>

Morgan Torell, Planner with SLO County Planning and Building, gave a report on housing options for seniors and disabled adults in SLO County. She stated that the percentage of county residents 65+ years of age will rise from 15% in the year 2010 to 21% in the year 2020. It is expected that many aging homeowners will consider selling to save on living expenses, and so they can spend less time on home maintenance. Aging homeowners will need to live near certain amenities and may want to stay in town. Should many aging homeowners begin to sell their home, County Planning and Building expects that housing prices will decrease. There will be limited local housing options for those who are selling, and an increased demand for apartments, planned developments, smaller homes, and mobile homes. In 2011, less than 10% of new housing built in SLO County would fit the needs of an aging population. She noted that SLO County is the 10<sup>th</sup> least affordable housing market out of 223 markets in the United States. SLO County Planning and Building The County’s Housing Element has three basic objectives: (1) Development of 2,200 new housing units; conservation, maintenance, and improvement of 2,420 existing affordable housing units; and to reduce the number of homeless people. The Housing Element has a program calling for designation of

more residential land, with the need primarily for Residential Multi-Family zoning. The Housing Element also has programs for maintaining existing affordable housing. These concern condominium conversion ordinance, mobile home park closure and subdivision ordinances, and funding for home repairs. In addition, the Housing Element has a program to create standards for designating "senior-friendly" communities. Characteristics of senior-friendly communities might include well designed/maintained walkways, nearby medical services, transportation and shopping, accessible and adaptable housing, and traffic and other signs in large print. SLO County Planning and Building want input from the public. Ms. Torell can be reached at 781-5113 or [mtorell@co.slo.ca.us](mailto:mtorell@co.slo.ca.us).

### **Corrections/Additions to the Synopsis**

It was noted that corrections need to correct name of Life Steps agency. The December synopsis was approved as corrected.

### **Action Items:**

None.

### **Committee Updates:**

**Continuum of Care** – Sandra Pendell was instructed to send out the existing Continuum of Care to the ASPC membership again with a request for updated information on new or existing resources. Updated info will then be forwarded to the Continuum of Care committee which consists of Kevin Drabinski, Edie Kahn, Kena Burke and Marie Brinkmeyer.

**IHSS Update** – A court hearing on the proposed 20% cuts will be held on January 19. Hans Poschman noted that additional cuts are being projected on a variety of social service programs, with greatest cuts being made to CalWORKs.

**Good Neighbors** – Jessica Devereaux reported that 41 referrals were received in December. Three more volunteers, including one in North County, have been enrolled. The next volunteer training will be held in San Luis Obispo on Jan 28. It was noted that Traci Mello will be going on leave until sometime in April. To make a referral to the Good Neighbor program, call anyone at Wilshire Community Services. A home visit is usually made within 10 days, but can be done sooner if there is an emergency situation. There are not yet enough volunteers ready to serve the number of people requesting help, especially in North County.

**POLST Update** – Meeting on Jan 18 to plan this year's activities. Coalition of Compassionate Care website has info about a nationwide initiative promoting POLST. The program will be held in San Diego.

**The next meeting is February 3, 2011  
9:00-11:00 a.m.  
Department of Social Services  
2975 McMillan Rd  
San Luis Obispo**