

ADULT SERVICES POLICY COUNCIL

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, 17th District
U.S. Congressman Salud Carbajal, 24th 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

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

karenjones@ombudsmanslo.org
ladeloye@alz.org
pfloresjimenez@co.slo.ca.us
april.lewallen@pathpoint.org

AGENDA

Friday, April 5th, 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 3rd, 2024

MEETING MINUTES

COMMITTEE NAME: ADULT SERVICES POLICY COUNCIL

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

Leader: Paulina Flores Jimenez
Facilitator: Paulina Flores Jimenez
Recorder: Danielle Raiss

Meeting Called By: Karen Jones
Time: From: 9:00 AM To: 11:00 AM
Date: April 5th, 2024

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

Members Present:

Juliane McAdam – Meals that Connect

Sally Kruger – SLO Village

Nicki Edwards – SLO Village

Karen Florian – CCRC

Fanny Arenas – Meals that Connect

Celeste Diaz – Home Instead

Matt Galbraith – Home Instead

Paul Garth – VASH

Laura DeLoye – Alzheimer’s Association

Angie Enriquez – Alzheimer’s Association

Aaron Pankratz – CCCSC

Sanra Hunter – Ride On Transportation

Robert Diaz – DSS

Kim Chartrand – Hospice SLO

Nell Bennett – CCRC

Jean Raymond – SLO Health Counts

Hannah Mills Fragione – Tri-Counties Regional Center

Francine Levin – SLO Public Health

Linda Beck – LADAP Advisory Committee

Clint Weirick – Office of State Senator John Laird

Sue Gibson – SLG Senior Care

Paulina Flores Jimenez – SLO Public Health

Danielle Raiss - DSS

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
Introductions	
Public Comment	LAURA DELOYE SUPPORT GROUPS THROUGHOUT COUNTY, BOTH IN PERSON AND ONLINE. CAREGIVER RETREAT IN PASO WAS RESCHEDULED ON MAY 11TH.
Member Spotlight	LAURA DELOYE - PROGRAM EDUCATION MANAGER FOR ALZHEIMER'S ASSOCIATION - THE POSITION REQUIRES A LOT OF COMMUNITY OUTREACH, A TRAIT ATTRIBUTED TO BEING LEARNED FROM FAMILY GROWING UP IN OHIO - BACKGROUND AS A MUSIC THERAPIST WORKING WITH OLDER ADULTS WITH DEMENTIA AND WORKED WITH "ARTS FOR LIVING" UPON MOVING TO CALIFORNIA - DID PRIVATE CONTRACTING AND WORKED FOR THE VETERANS' HOSPITAL IN NORTH CAROLINA - PLAYS PIANO, FLUTE, BAGPIPES AND OTHER INSTRUMENTS - BREAST CANCER SURVIVOR - IN THE MIDST OF COVID, DEVELOPED "DANCEGRAMS" FUNDRAISING USING UNICORN COSTUME
Guest Speakers	NELL BENNETT & KAREN FLORIAN – CENTRAL COAST CAREGIVER RESOURCE CENTER - WHAT IS COAST CAREGIVER RESOURCE CENTER? - 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. HTTPS://WWW.CAREGIVERCALIFORNIA.ORG - CCRC WAS ESTABLISHED TO SERVE THE TRI-COUNTY CENTRAL COAST AREAS OF SLO, VENTURA, AND SANTA BARBARA COUNTIES. - CCRC CAME TO WORK UNDER THE UMBRELLA OF COTTAGE REHABILITATION HOSPITAL 10+ YEARS AGO. - PROGRAM FUNDING - CCRC IS A GRANT FUNDED PROGRAM AND RENEWS EVERY JULY - FUNDING IS PROVIDED BY: - CALIFORNIA DEPARTMENT OF AGING - CENTRAL COAST AREA AGENCY ON AGING - COUNTY OF SAN LUIS OBISPO - COMMUNITY AND CLIENT DONATIONS - COAST CAREGIVER RESOURCE CENTER WEBSITE COTTAGEHEALTH.ORG/CCRC - COAST CAREGIVER RESOURCE CENTER (CCRC) - SUPPORTING THE PRIMARY FAMILY CAREGIVER CARING FOR AN OLDER ADULT - OFFER A RANGE OF SERVICES INCLUDING: - CONSULTATION - CAREGIVER EDUCATION - SUPPORT GROUPS

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
	▪ SHORT-TERM RESPITE CARE ▪ SHORT-TERM MENTAL HEALTH COUNSELING ○ FAMILY CONSULTATION ▪ 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) ▪ EDUCATION: POWERFUL TOOLS FOR CAREGIVERS 6-WEEK CLASS, STATEWIDE CRC ONLINE CLASSES/WEBINARS ▪ CAREGIVER SUPPORT PLANS AND REFERRALS: PRIMARILY REGARDING SELF-CARE, HEALTH-SYSTEM NAVIGATION, FINANCIAL, LEGAL, MENTAL HEALTH, AND COMMUNITY RESOURCES ▪ CAREGIVER SUPPORT GROUPS AND 1:1 SUPPORT ○ RESPITE CARE ▪ CCRC CONTRACTS WITH LOCAL HOME-CARE AGENCIES TO PROVIDE SHORT-TERM RESPITE BREAKS. ▪ RESPITE GRANTS ARE SHORT-TERM, PRIORITY TO NEW CLIENTS, DETERMINED BY INDIVIDUAL ASSESSMENTS AND AVAILABLE CLIENT RESOURCES. ▪ RESPITE IS GENERALLY OFFERED IN 4+HOUR INCREMENTS. ▪ RESPITE GRANTS CAN ALSO BE USED FOR ADULT DAY CENTER ATTENDANCE (CAPSLO & WISDOM CENTER). ○ MENTAL HEALTH COUNSELING ▪ CCRC CAREGIVER COUNSELING PROGRAM • 6 INDIVIDUAL SESSIONS • PRIMARY FAMILY CAREGIVER • SUPPORTS <i>CAREGIVERS</i> IN ADDRESSING • UNRESOLVED FAMILY DYNAMICS • AMBIGUOUS LOSS • FINANCIAL STRESS • INTIMACY CHANGES • SANDWICH GENERATION STRESSORS • CAREGIVER AGING AND HEALTH ISSUES ▪ PEARLS • EVIDENCE-BASED 1:1 COACHING PROGRAM • 4-5 MONTHS • AGE 60+ • HELPS CLIENT BECOME MORE RESILIENT TO DEPRESSION, REDUCE LONELINESS AND IMPROVE QUALITY OF LIFE. • OPEN TO COMMUNITY, NOT JUST CAREGIVERS • 6-8 INDIVIDUAL, HOUR LONG COACHING SESSIONS, IN-PERSON OR VIA TELEHEALTH • BEHAVIORAL ACTIVITY PLANNING (PHYSICAL, PLEASANT, SOCIAL) • SESSION WORKSHEETS AND HOMEWORK

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (If Any)
	○ CCRC GENERAL SERVICES SELF-REFERRAL DIRECTIONS ▪ CONTACT CCRC @ 805-569-8950 OR EMAIL CCRC@SBCH.ORG ▪ INQUIRE THROUGH “CARENow” AT COAST.CACRC.ORG
Corrections/Additions to the Synopsis	• SYNOPSIS ACCEPTED WITH NOTED CORRECTIONS.
Action Items	• 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.
Committee Updates as Needed	LOCAL MPA ADVISORY COMMITTEE • 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.
	HEALTHY BRAIN INITIATIVE • 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.

The next meeting is: May 3rd, 2024

Time: 9:00 AM

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