

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Wednesday December 28, 2022
Time: 10:00 am - Noon
Location: **DSS Building, 3433 South Higuera Street, Room #101, SLO**

- ✓ Call to Order
- ✓ Flag Salute (please stand if able)
- ✓ Check/announce meeting being recorded
- ✓ Public Comment and Member/Agency Updates – *burning desires from members or guests about current concerns, issues, scams - 2 min. max*

Introductions: Members, and Guests (please provide your name and brief agency description)

Member rollcall: (Chair to establish Quorum)

Approve Minutes: October 26, 2022

Presentation: **A Passion for Independence!
Aging with the Right Support and Resources**

Presenters: **Jerry Mihaic, Community Info Coordinator
Independent Living Resource Center, Inc.**

Break 10 minutes

Reports:

ASPC (5 min) – Jerry Mihaic
Latest Top Legislation Regarding Seniors? – Anyone?

Unfinished Business:

Update on filling the member slate – Maryanne & Anita
Looking for Legislation Liaison, District 2 and 5? Rep, AAA,
District Attorney's Office (DA Economic Crime Unit??)
Applications available here or online!

New Business:

Introduce New Member Applicant Sue Gibson for Alternate Member at Large
and **Vote** – Anita
Presentations for 2023 and date for Brainstorming Meeting - Maryanne

Next Meeting: January 25, 2023 – *Bring a Senior!*

DSS Building, 3433 South Higuera Street, Room #101, SLO

***Please submit agenda and program items, ideas, and feedback to
slocommissionaging@gmail.com***

SAN LUIS OBISPO COUNTY COMMISSION ON AGING
Department of Social Services 3433 South Higuera St Room #101
San Luis Obispo
12/28/2022 Minutes

In Attendance: Anita Shower (co-chair), Maryanne Zarycka (co-chair), Wendy Fertschneider, Louise Justice, Jerry Mihaic, Paulina Flores Jimenez, Thomas Clough, Robert Diaz, Danielle Raiss

Guests: Michael Bossenberry, Tim Moore, Kris Allen, Linda Quesenberry, Elizabeth Potter, Paige Masson, Sue Gibson, Ron Torres, Laura DeLoye

Absent: District 2, 4 & 5 Representatives, AAA, District Attorney's Office, Mara Whitten, Bill Degnan, Karen Jones, Savannah Gil

Call to Order: 10:00am

Flag Salute

"Meeting is Being Recorded" Announcement

Public Comment:

Kris Allen, *Guest, Mobile Notary* – hopes to increase awareness / senior coaching regarding scams. Recently had a family member scammed out of \$100k. (Maryanne suggested reaching out to victim witness to report scams.)

Wendy Fertschneider, *Meals that Connect* – Executive Director of Meals that Connect, Elias Nimeh will be retiring next year.

Introductions: Members and Guests each introduced their role in the community and with the Commission. Quorum established.

Approve Minutes: No additions or corrections suggested. Approval of October minutes (*no meeting in November*). A motion by was made by Jerry Mihaic to accept the minutes. Anita Shower seconded the motion. Minutes approved unanimously.

Presentation: A Passion for Independence! Aging with the Right Support and Resources

Presenter: Jerry Mihaic, Community Information Coordinator, Independent Living Resource Center (ILRC) | Paige Masson, Independent Living Advocate (ILRC)

* See attached PDF for presentation slides and specifics

About ILRC:

- The mission of the Independent Living Resource Center, Inc. (ILRC) is to promote independent living and full access for individuals with disabilities through advocacy, education, and action in our communities.
- Independent Living vs Case Management - "Do it with you, not for you." Client is in the driver's seat.
- All ILRC services are provided at no-cost!
- Having a self-declared disability (or be age 60+) is the only eligibility criterion. No documentation needed.

- “No Wrong Door” policy – everyone will receive support in some capacity even if it’s a warm handoff to another community partner.

Topics Covered:

- History of Independent Living (IL) Movement, started in the 1960’s
- What is Independent Living? Self-determination is key!
- ILRC now has Aging and Disability Resource Center (ADRC) status (*services now open to people age 60+ with / without disabilities*)
- Information and Referrals / Becoming a Consumer
- Services Available: Peer Support, Advocacy, Vocational Services, Personal Assistant Registry (*lack of resources in SLO County*), Housing Navigation, Assistive Technology, IL Skills Training, Benefits Counseling, Transition Services, Transportation, Food Access, Older Individuals who are Blind (OIB), Emergency Preparedness / Disaster Response Planning, ASL Interpreting

Questions & Answers:

- **Q: Do you have a list of disabilities?**
A: No proof of disability is needed for services at ILRC – only self-declaration. There are a lot of silent disabilities. Check Social Security and Dept of Rehabilitation for their comprehensive lists, if needed.
- **Q: Seniors are now eligible for services at ILRC?**
A: ADRC designation now opens ILRC services to seniors age 60+ with or without a disability.
- **Q: Why have there been challenges for the Personal Assistance Registry here in SLO County?**
A: ILRC helps make a quick match but is not the employer. SLO County has a lack of providers due to a variety of factors (low pay, awareness, etc.)
- **Q: What is the main intake/referral line?**
A: (805) 462-1162 goes to Jerry Mihaic directly. Can be connected to other counties or states if needed (Affiliates of CFILC and NCIL). Encourage callers to leave a message, if no answer.
- **Q: How can someone with early-stage dementia make their own decisions with regards to independent living?**
A: ILRC will assess fit of consumer. If there are red flags for early-stage dementia or other disability that limits consumer’s ability to advocate safely for themselves, ILRC will adjust goals/plan as necessary.
- **Q: How does ILRC assist technologically challenged senior population?**
A: Peer support services have been helpful in teaching people how to use technology. ILRC will consider small group classes in the future.
- **Q: Do you have services specific for Veterans?**
A: ILRC can connect Veterans to other community programs & partners (i.e. CAPSLO) for their Veteran-specific programs.
- **Q: Do you contract with other companies such as Uber, Lyft for transportation services?**
A: ILRC must get creative to find funding for non-restrictive forms of transportation (especially for out-of-town transportation). Examples include bus passes, gas cards, etc.

- **Q: Is there a Homeless Transition program at ILRC?**

A: No, not specifically – however ILRC can help provide resources to anyone in need of transition assistance. Contact Paige Masson to discuss (805) 462-1162 ext. 416

- Break 10 minutes -

Reports: ASPC (5 min)

Jerry Mihaic

- Council meets 1st Friday of every month 9am - 11am via Zoom
- Dec 2022 Presenter: Jack Lahey, Director of Homeless Services @ 40 Prado
 - Programs: SLO Hub, SAFE Parking, 6-bed Recuperative Care Program
 - Average age of Prado resident is 49 years old (and rising)
 - Next meeting is Jan 6, 2023 – ILRC to present

Unfinished Business:

- Still looking for representatives from:
 - District 2 & 5 (*new member Sue Gibson could potentially fill District 2 representation*)
 - AAA
 - DA office (*confirmed coming back*)
 - District 4 (*Anne McCracken w / f official appointment*)
- Looking for Legislation Liaison (*previously held by Paul Garth*) – 5 min presentation each COA meeting to present top 3 senior-related matters up for legislation
- New member applications are coming in!

New Business:

- Introduce new Member at Large applicant, Sue Gibson (*owns private placement agency; is passionate about helping seniors; background in pharmaceutical marketing and healthcare education*)
 - VOTE: Sue Gibson, new Member at Large. Motions made, all in favor, accepted unanimously
- 2023 Presentation Schedule:
 - Jan – Vacant
 - Feb – Thomas Clough, Paso Robles Senior Center
 - March – Bill Degnan, Wilshire Home Health / Hospice
 - April – Fall Prevention
 - May – Alzheimer's Association
 - June – Revisit 2020 Vision Brainstorming Session

Next Meeting: January 25, 2023 – Bring a Senior!

Adjourn: 11:53 am

Minutes submitted by Danielle Raiss. Reviewed by Co-Chairs.



Independent Living Resource Center, Inc.

Mission

The mission of the Independent Living Resource Center, Inc. (ILRC) is to promote independent living and full access for individuals with disabilities through advocacy, education, and action in our communities.



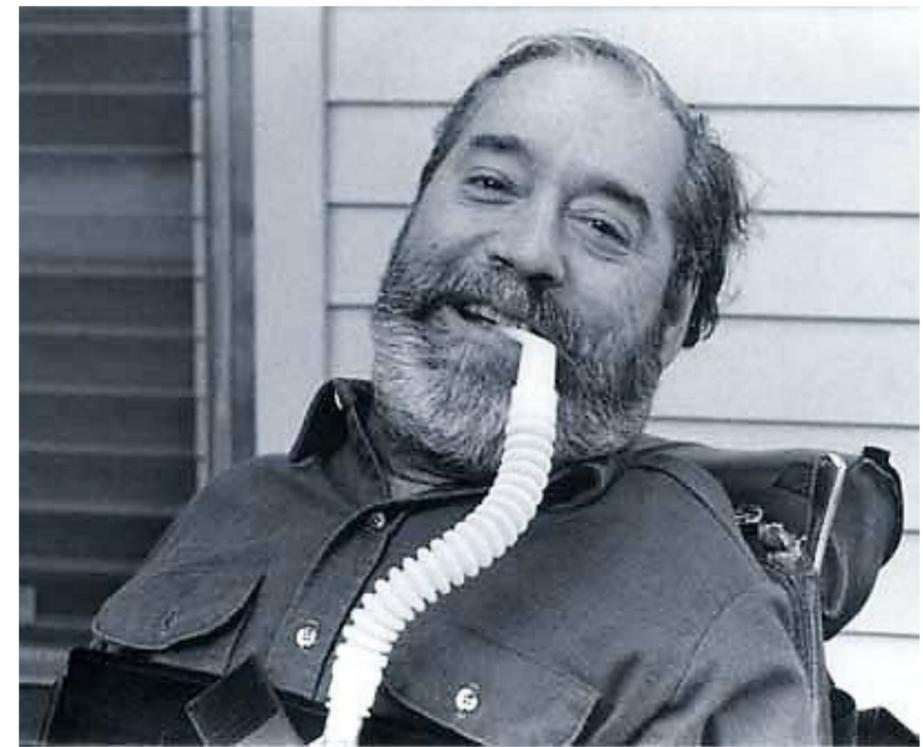
Image from <http://www.clcmn.edu/accessibility-services/>

History of the IL Movement

The desire for empowerment and self-determination for people with disabilities gave rise to the Independent Living (IL) Movement.

The IL Movement began in the early 1960s in Berkeley, California, and other places in the United States.

Groups of individuals who had disabilities began working together to eliminate barriers in their communities and attain access to programs and services.



Ed Roberts: the father of the IL Movement

Image from <https://news.berkeley.edu/2010/07/27/roberts/>



Heumann protests in 1977

Image from <https://time.com/5870468/americans-with-disabilities-act-coronavirus/>

History of the Independent Living Movement

Civil Rights Act of 1964

This act prohibits discrimination on the basis of race, color, religion, sex, or national origin.

Section 504 of the Rehabilitation Act of 1973

This act prohibits discrimination on the basis of disability in programs conducted by Federal agencies, in programs receiving Federal financial assistance, in Federal employment, and in the employment practices of Federal contractors.

Americans with Disabilities Act (ADA) in 1990

This act prohibits discrimination against people with disabilities in areas including, but not limited to, transportation, employment, and public accommodations.

Information from <https://www.eeoc.gov> & <https://www.dol.gov>



What is Independent Living?

- Empowerment
- Making your own choices
- Taking responsibility
- Knowing your options
- Opportunity to pursue a chosen direction

Self-determination is key!

Aging and Disability Resource Center (ADRC)

The Ventura County ADRC is a partnership between ILRC and the Ventura County Area Agency on Aging (VCAAA). The ADRC provides long-term services and supports to both older adults and people with disabilities who want to live independently in their community.

- Services include:
 - Enhanced information and referrals
 - Options counseling
 - Short-term service coordination
 - Transition services
- We are an emerging ADRC in Santa Barbara and San Luis Obispo Counties and designated in Ventura County

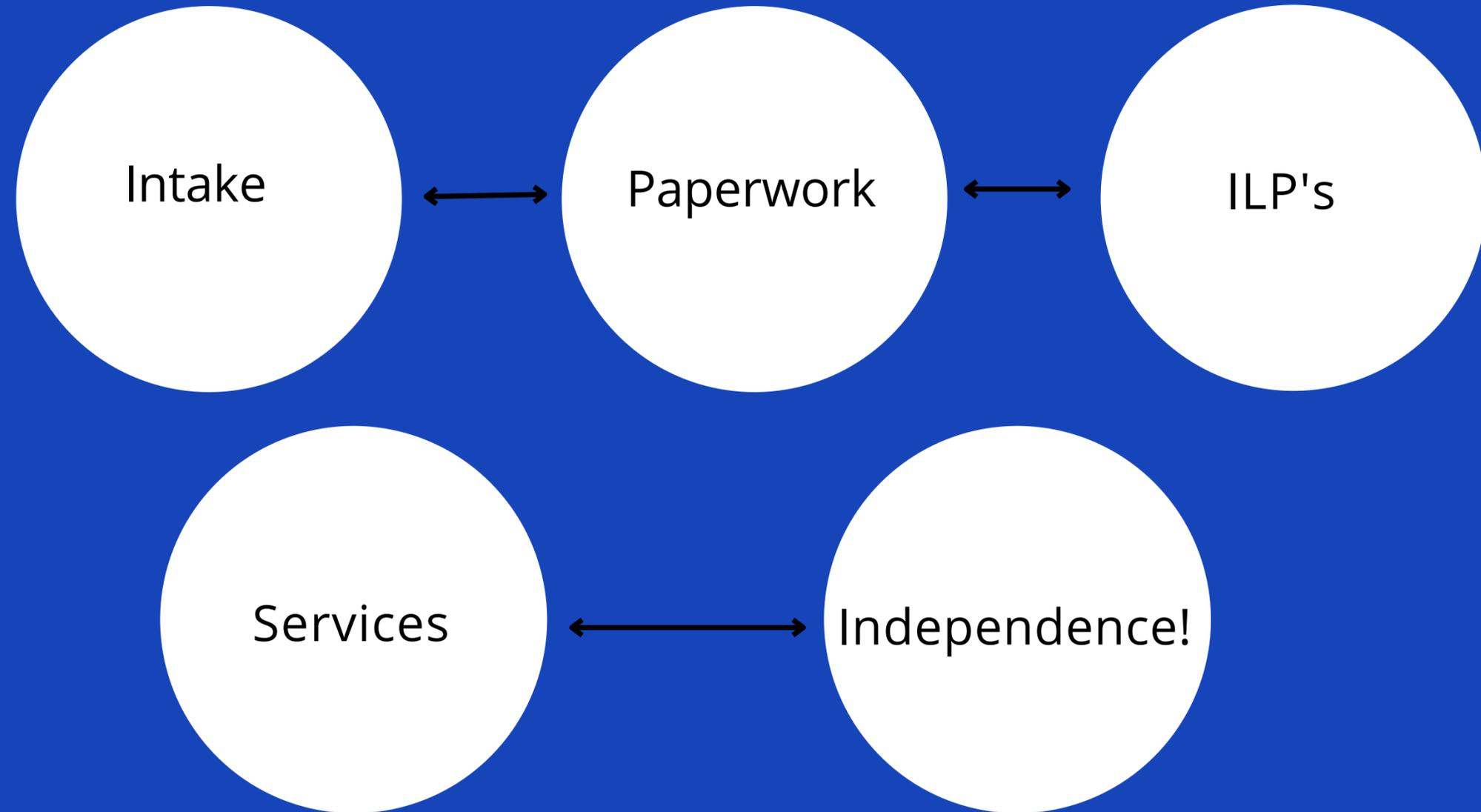


Information and Referrals



- Initial point of contact with consumers and their families
- Connects people with appropriate ILRC staff and community options with a "warm handoff"
- Staff person is bilingual

Becoming a Consumer



**Services
Available at
ILRC**



Peer Support

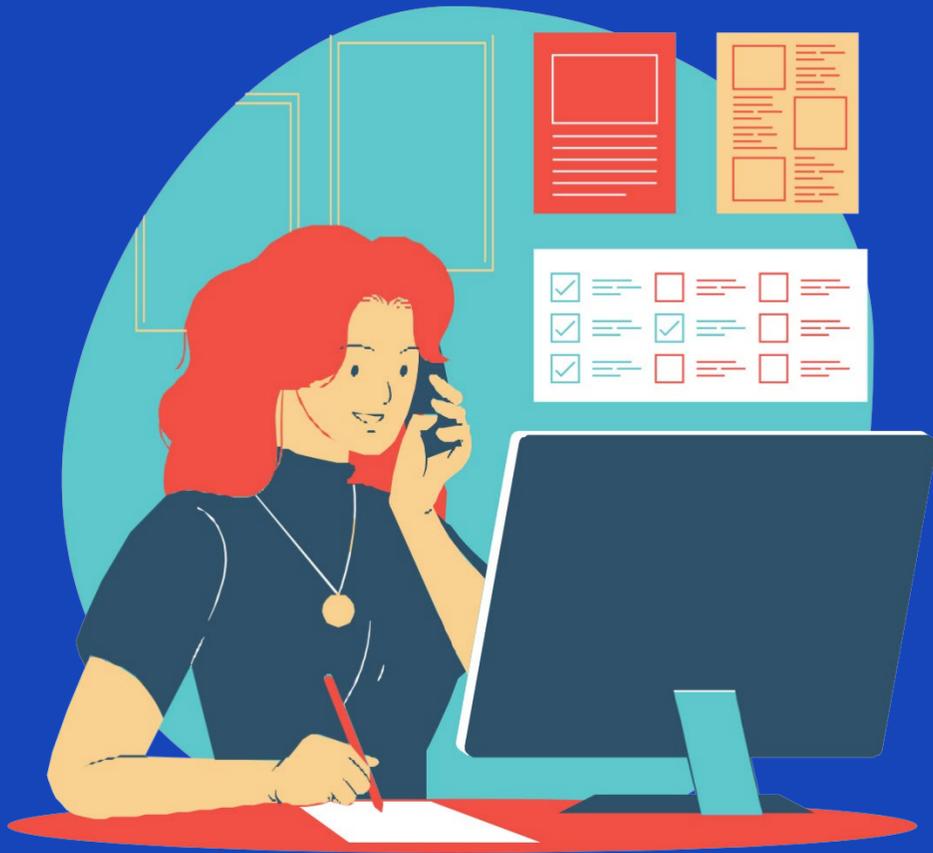


- ILRC is a peer-run organization; 51% of staff and 51% of the board have to identify as having a significant disability
- Consumers meet with staff that have personal experience with disabilities
- People with disabilities educate and guide each other, drawing on shared lived experience.
- Virtual Peer Support Group (currently runs every Friday)

Advocacy



- Advocating for equal access for people with disabilities in areas such as housing, IHSS, employment, and public benefits
- Educate individuals on policy and legislation to further the equal rights and access of persons with disabilities through systems change advocacy



Vocational Services

- Assistance with locating and applying for jobs (interview prep, creating a resume, etc)
- Referrals to the Department of Rehabilitation (DOR)

Personal Assistant Registry



- Quickmatch Registry: referral and screening
 - It is important to note that ILRC is not the employer, simply the connecting piece
- Assistance in navigating In-Home Support Services (IHSS) and providers

Housing Navigation



- Housing search skills: leveraging the Internet and providing support in the housing search
- Information on housing services, homeless shelters, transitional centers, etc.
- Application Assistance

Assistive Technology

- Provides information on assistive devices like mobility devices, text-to-speech programs, and digital recorders
- Assists in locating funding for needed equipment



Image from <https://www.northbellmoreschools.org/Page/1850>

Independent Living Skills Training



- Provide skills training to consumers who are learning how to live independently in the community
- Setting tangible goals and working to achieve them alongside ILRC staff
- Referrals to other agencies as needed

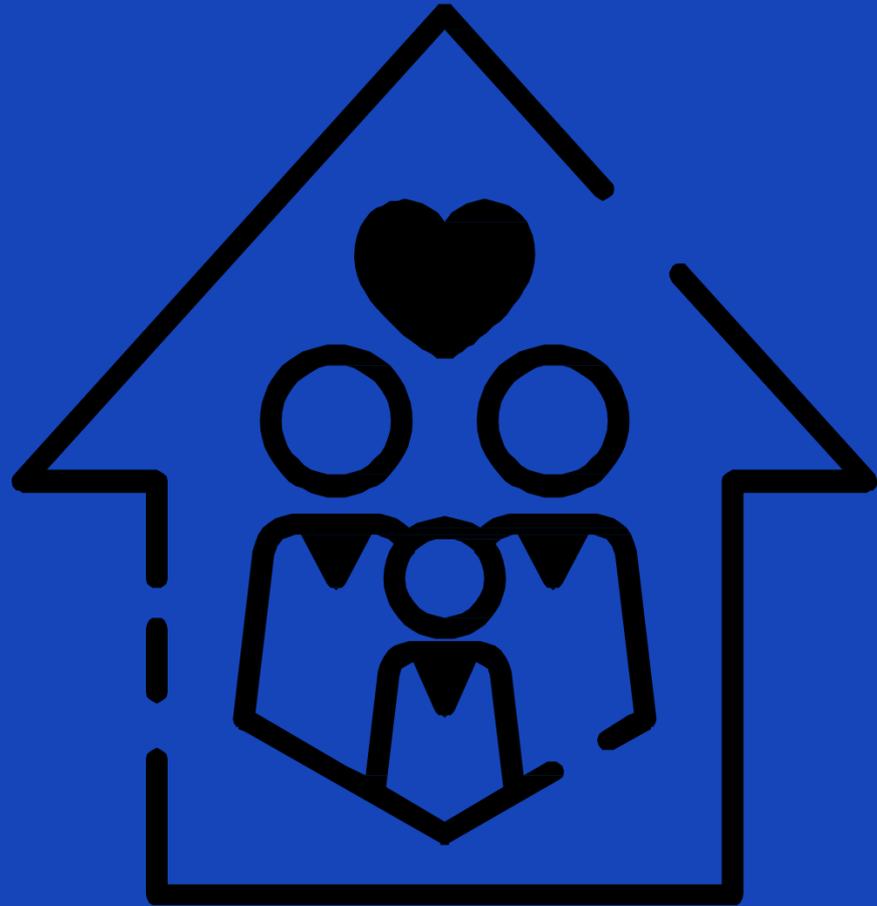
Benefits Counseling



Image from <https://www.nlsa.us/legal-resources/public-benefits/>

- Information about public benefits such as SSI, SSDI, etc.
- Information about Medicare, Medical and other types of health coverage
- Advocacy in disputes with public benefits providers

Transition Services



- Provides assistance to consumers who are transitioning out of institutional settings (nursing homes, skilled nursing facilities, hospitals, etc.)
- Services include, but are not limited to:
 - support locating housing
 - obtaining durable medical equipment
 - locating personal assistant services
 - making the home accessible



Transportation

- Assistance in obtaining transportation in the community
- Travel and vacation planning: ensuring planes, trains, and other types of transportation are ADA-accessible
- Vehicle modifications



Food Access

- Providing resources to consumers who do not have access to healthy foods
- Referrals to food programs throughout the community



Older Individuals who are Blind (OIB)

Services and supports for people over the age of 55 who are blind or severely visually impaired

May Include:

- Orientation and Mobility Training
- Independent Living Skills Training
- Blind/Low Vision Technology
- Peer Mentoring

Emergency Preparedness and Disaster Response Planning



- Creating an emergency evacuation plan
- Obtaining backup power devices, where appropriate and eligible
- Assistance in applying for the Medical Baseline Program (advance notification of power shutoffs and discounts on their electricity bill)
- Public Safety Power Shutoff (PSPS) Preparedness



Interpreting

ILRC can be contacted by consumers, businesses, medical offices, community organizations, etc. to request an ASL Interpreter to ensure individuals who are Deaf can have full access to communication.

Accessing Services

- ALL ILRC services are provided at no cost!
- Having a disability is the only eligibility criterion. No documentation is needed.
- "No Wrong Door" Policy



Santa Barbara Office

(Headquarters)

423 W. Victoria Street

Santa Barbara, CA 93101

(805) 963-0595 Voice/Text (TTY)

(805) 963-1350 Fax

(805) 284-9051 Video Phone

San Luis Obispo Office

51 Zaca Lane #140

San Luis Obispo, CA 93401

(805) 462-1162 Voice/Text (TTY)

(805) 752-1261 Fax

(805) 464-3203 Video Phone



Ventura Office

702 County Square Drive #105

Ventura, CA 93003

(805) 650-5993 Voice/Text (TTY)

(805) 650-9278 Fax

(805) 256-1036 Video Phone



Santa Maria Office

218 W Carmen Lane #109, Santa

Maria, CA 93458

(805) 925-0015 Voice/Text (TTY)

(805) 332-3213 Fax

(805) 354-5948 Video Phone

