

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Wednesday March 22, 2023
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, Commission position, and brief agency description)

Member rollcall: (Chair to establish Quorum)

Approve Minutes: February 22, 2023

Presentation: **Senior Housing Options - Navigating the Choices Independent? Assisted? Memory Care? Board & Care?**

Presenter: **Sue Gibson, MBA CSA
Certified Senior Advisor**

Break 10 minutes

Reports:

- Co-Chair Updates (5 min) – Anita
- ASPC (5 min) – Jerry Mihaic
- Latest Top Legislation Regarding Seniors (5-10 min) – Ann McCracken

Unfinished Business:

- Update on filling the member slate – Almost there!! –Anita
 - Looking for AAA and District Attorney's Office (DA Econ Crime Unit??)
 - Applications available online or email COA!
- Suggestions for COA webpage – please review and we'll discuss in April

New Business:

- Introduce New Member Applicant **Kristin Allen** for Alternate Member at Large and **Vote** – Anita and Tom

Next Meeting: April, 26, 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
March 22nd, 2023 Minutes

In attendance: Sue Gibson, Anita Shower, Jerry Mihaic, Wendy Fertschneider, Louise Justice, Paulina Flores Jimenez, Danielle Raiss, Mike Bossenberry, Kristin Allen, Dianna Votaw, Sam Graves, Jamie Moothart

Guests: Laura DeLoye, Jessica Ledezma, Ron Torres

Absent: Maryanne Zarycka, Anne McCracken, Shirley Summers, Mara Whitten, Dill Degnan, Tom Clough

Call to Order: 10:00 am

Flag Salute.

"Meeting is Being Recorded" Announcement

Public Comment:

- Jerry Mihaic: ILRC has a new hire, Jamie Moothart is the new Transitions Advocate.
- Danielle Raiss: DSS APS is submitting a grant application to CDA for Master Plan on Aging
- Paulina Jimenez Flores: Public Health Department submitted a grant proposal for California Department of Public Health - Healthy Brain Initiative. Partnering with Alzheimer's Association to increase outreach.
- Laura DeLoye: Alzheimer's Association (AA) will be co-presenting on "Dementia Conversations" at Morro Bay Library on Friday March 24th. Caregiver Conference will take place on April 5th in webinar format. AA is also working with Hospice of SLO County and offering a support group for anticipatory grief on the second Tuesday of the month. Three-course series is occurring at St. Barnabus Episcopal Church on the third Wednesday of the month. At St. Stephens Episcopal Church, AA is offering an early-stage social club on the second and fourth Thursday of the month

Introductions: Guests & Members

Members went around introducing their role in the community as well as with the commission.

Approve 02/23/23 Minutes: Motion by Sue Gibson was made to accept minutes as written. Louise Justice seconded the motion. All in favor – passed unanimously.

Presentation: Sue Gibson – Senior Housing Options

- Housing options include independent living, assisted living, memory care, and board & care

- A recent study indicates that individuals are highly averse to discussing senior care with their parents
- Reasons to consult SLG Senior Care
 - Monitors care and violation history to assure safe options
 - Provides in-depth assessment to find best match
 - Provides fact sheets on each home to find best match
 - Tours home with the family
 - Follows up after move in with personal visits
 - Helps secure MD paperwork
 - Provides resources such as move managers, real estate agents, etc.
 - Service is free
- In SLO County there are 110 senior communities and homes
- Pricing averages:
 - Small 6 beds: \$3500 - \$9000/month
 - Medium 12-32 beds: \$4800 - \$10,000/month
 - Large 50-150 beds: \$3500 - \$8000 + Care Costs
 - Respite costs: \$250 - \$350/day
- Independent Living (IL) options provide 2-3 meals/day, weekly housekeeping, laundry facilities, hair salon, activities room, month-to-month room leases, and transportation
 - Las Brisas, The Villages, The Wyndham, Case de Flores, The Avila, The Oaks, and Creston Village are all IL
- Assisted Living (AL) is similar to IL but includes care and hospice waiver
 - The Villages at Garden Creek, Alder House and Annette Lodge are AL
- Memory Care (MC) is similar to AL but clients must have a MCI, dementia or Alzheimer's diagnosis prior to admission, meals are provided without menus, pricing is usually all-inclusive, shared rooms may be offered, and facilities may be locked
- Board and Care / Residential Care is usually a home converted to a facility with licensed, bonded and trained staff. Meals are often communal, and activities are limited. Terms are month-to-month.
- There are many things to consider when considering a facility: visiting hours, attractive grounds, meal options, furniture, restrooms, pet restrictions, activity calendars, religious services, staff trained and certified, emergency response, care costs, transportation, etc.

Reports:

ASPC – Jerry Mihaic

- 32 attendees in last meeting
- Sue Gibson gave presentation on Senior Housing Options
- Barry Johnson from THMA announced “Journey of Hope” on May 1st
- CentralCoastSeniors.org is a new online database for senior resources
- Next meeting on April 7th, 2023

Unfinished Business:

- Update on filling the member slate:
 - Looking for Legislation Liaison for Area Agency on Aging
- Recommend reviewing COA Website for any recommended changes

New Business:

- Motion made by Sue Gibson to vote on Kristin Allen’s application to become an alternate member at large. Louise Justice seconded motion.
 - All in favor – passed unanimously.

Next Meeting: April 26th, 2023 – Bring a Senior!

Minutes submitted by Sam Graves. Reviewed by Co-Chairs

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SLO Senior Housing Options (IL/AL/MC/B&C)

Presented by Sue Gibson MBA, CSA

1 415 656 6869

sue@slgseniorcare.com

March 22, 2023



Today's Presentation

- Why Work With Someone Like Me
- Understanding the Options in SLO county
- What to Look For When Touring
- Case Study

We Really Don't Like Discussing Senior Care

54%

of people surveyed would rather have

The sex
talk
with their kids

than

The senior
care talk
with their parents



Source: How Senior Care Impacts Families Financially, Emotionally and in the Workplace, Care.com, 2016. Most recent data available used.

Why Might Someone Consult Me for Help

- Overwhelming to sift through 110 senior housing options
- I check the care and violation history for safe options
- I do an indepth assessment to help find the perfect match
- I provide fact sheets on each home to narrow down choices
- I tour with the family to be there to ask and answer questions
- I follow up 2, 7 and 30 days after move in
- Help secure MD paperwork
- Provide other resources e.g. move manager, real estate agent
- I am a Certified Senior Advisor CSA – 300+ of us across the USA
- **FREE** service, compensated by the care homes/communities

Senior Housing Options in SLO County

- What is independent living/assisted living/memory care/B&C?
- What senior housing options are there in SLO county?
 - 110 communities & homes:
 - 10 large (50-150 beds); 14 medium (12-32 beds); 86 small (6 beds) homes
- Pricing
 - Small 6 beds - \$3,500-\$9,000/month
 - Medium 12-32 beds - \$4,800- \$10,000/month
 - Large 50-150 beds - \$3,500- \$8,000/month*
 - Respite costs \$250-\$350/day
- *+care costs \$500-3000/month



Independent Living – Las Brisas, The Villages, The Wyndham, Casa de Flores, The Avila, The Oaks (PR & Nipomo), Creston Village

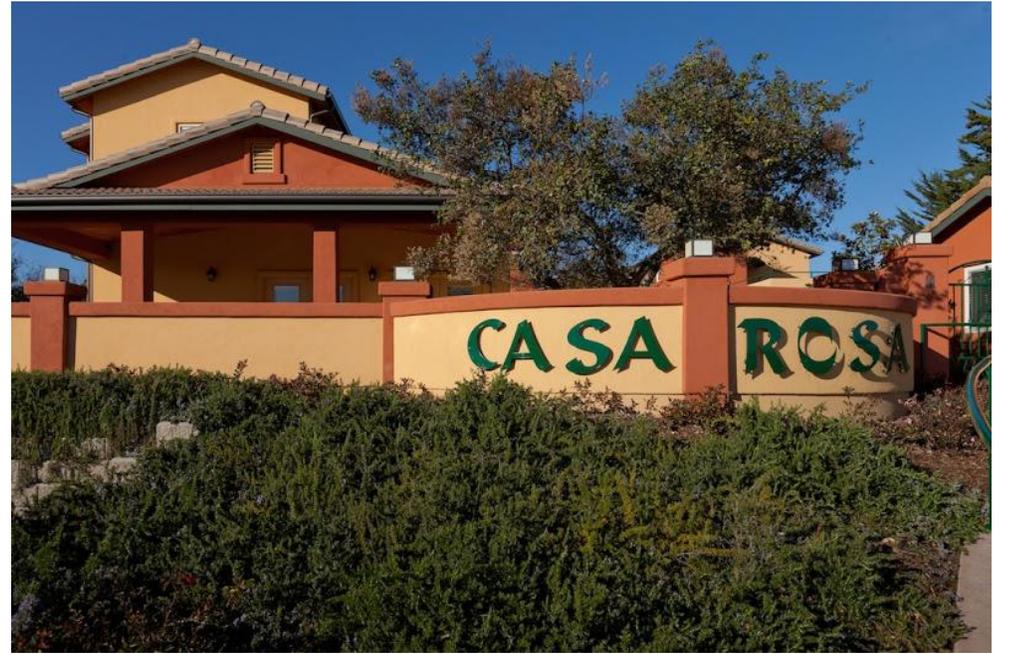
- 50-150 rooms – studios, 1 bedrooms and 2 bedrooms
- 2-3 meals a day and snacks
- Weekly housekeeping
- Laundry facilities
- Hair salon
- Activities room with 5-7 activities a day – gym, pool, pool table
- Month to month with 30 days notice
- Annual increase of 5-8%
- One time community fee
- Transportation – dr appts, outings, sight seeing
- Note: care can be brought in if needed

Other Options

- Assisted Living – The Oaks, Creston Village, The Villages at Garden Creek, Casa De Flores, The Wyndham, The Avila, Alder House, Annette Lodge
 - Like IL except
 - Includes care
 - Hospice waiver
- Memory Care – The Villages at Sydney Creek, RCG Properties, 6 bed B&Cs, The Oaks, Creston Village, Paradise Valley, Park Place, Oak Park Manor, 12-15 bed B&Cs like Ingleside & Garden View, Ada's Lodges, Garden House, A Heavenly Home
 - Like AL except
 - Locked facility due to wandering **
 - Must have MCI, dementia or Alzheimer's diagnosis to be admitted to some facilities
 - Food served on colorful plates/no menus
 - Pricing usually all inclusive
 - Often offer shared rooms

B&C or Residential Care Homes

- 6 bed home converted to a licensed facility (12-32 beds)
- Licensed, bonded and trained staff 2-3 by day and 1 awake at night
- Quiet and home like; good for dementia patients
- Meals together in dining room
- Limited activities e.g. exercise on TV, coloring, puzzles, bingo gardening
- Month to month – often no annual increase



Sunrise Terrace LLC RCFE II

1338 Royal Way

San Luis Obispo, CA, 93401

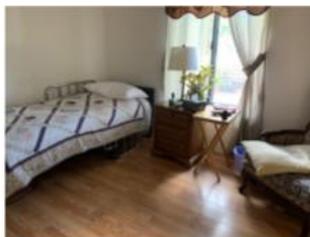
Contact

Edwin Ingan (Manager)

805 459 2275

edwin.ingan@gmail.com

Pictures



Irene's Board and Care

220 Via Promesa

Paso Robles, CA, 93446

Contact

Angelita Maravillas (Owner)

805 712 0945

angelita.maravilla@sbcglobal.net

Pictures



What Do You Look For When Touring – Top Questions

- Visiting Hours
- Grounds attractive? Home odor free
- Menu? 3 meals a day? Snacks? Special diets? Pureed?
- Can we bring our own furniture?
- TV? cable? Wifi?
- Where do residents shower?
- Are pets allowed?
- Daily activities? Calendar?
- Religious services? Communion?
- Administrator available full time?
- How many care staff by day? By night?
- Emergency response system? Call bell? Pendant?
- What is the wait time if someone rings for help?

What Do You Look For When Touring – cont.

- Do staff assist with ADLs?
- Is the ombudsman poster available to residents?
- Do residents appear well groomed and cared for?
- Is staff certified to administer medications? How is it handled?
- What is the base rate? Care costs? Is there a community fee?
- Cost for incontinence care? Supplies?
- Do you have a hospice waiver? Is there a cost for Hospice?
- Do room rate increase annually? How much?
- Is there an admissions package?
- How do we pay? Check? Bank transfer?
- If moving before month end are fees pro rated?
- Can you do 2 person transfers? Offer hooyer or Sara lift?
- Do you offer Transportation? Free? At a cost?

Case Study – Ruth & Tom

- Ruth & Tom in 80s – living in a home in Paso Robles
- Tom in SNF for second time due to a fall – cannot take him home
- First time placed too close to home & didn't do well – was at a large facility
- Decided on Atascadero but could not find a home there
- Settled on 30 day respite in B&C in Paso while waited for home in Paso
- Moved to permanent home in upscale B&C in Paso on Feb 18 – worried too close to home but will not disclose location to Tom & visits 2-3 times/week
- Paying more than would have liked but so little inventory available
- Meeting with financial planner to assess finances – may consider reverse mortgage to stretch out funds

Questions & Thank You!

Sue Gibson
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