

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.

Chair: Linda Loebis

(805) 369-6212

linda@srvolunteer.org

Immediate Past Chair: Laura DeLoye

(805) 342-0956

ladeloye@alz.org

First Vice Chair:

Second Vice Chair:

AGENDA

Friday, May 5th, 2023

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

INTRODUCTIONS and ANNOUNCEMENTS: (30 Minutes)

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

PUBLIC COMMENT: (5 Minutes or less)

MEMBER COMMENT/SPOTLIGHT: (10 Minutes or less)

GUEST SPEAKERS: (45 Minutes)

- **Alexandra Morris: Trends in Senior Care from a Geriatric Care Manager's Perspective**

CORRECTIONS / ADDITIONS TO THE SYNOPSIS:

ACTION ITEMS: (10 Mins)

- **Approve Synopsis**
- **Vote for 1st Vice Chair and 2nd Vice Chair**
- **Nomination for Chair**

COMMITTEE UPDATES AS NEEDED (10 minutes or less)

- **Health Decision Making and Care**
- **Strategic Planning Ad Hoc Group**

MEETING LOCATION:

This month's meeting will be available via Zoom

The Zoom link:

Zoom link:

<https://us02web.zoom.us/j/83066035927?pwd=YTFmM2NoL1hGUkIBOG15UGhtMUxTUT09>

Dial In: 669 900 9128

Meeting ID: 830 6603 5927

Passcode: 267822

NEXT MEETING:

June 2nd, 2023

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
Wilshire Hospice

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

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: Linda Loeb

Meeting Called By: Linda Loeb

Facilitator: Linda Loeb

Time: From: 9:00 AM To: 11:00 AM

Recorder: Gabriela Garcia / Sam Graves

Date: May 5, 2023

Location: Via Zoom

Members Present:

Kim Chartrand – Hospice of SLO County	Paulina Flores Jimenez – Public Health Department
Laura DeLoye – Alzheimers Association	Linda Beck – Ad Hoc Committee Member
Linda Loeb – Senior Volunteer Services	Francine Levin – Public Health Department
Shellie Schaffer – Hospice of SLO County	Tauria Linala – SLO Village and Gala Pride & Diversity Center
Jessica Devereaux – Wilshire Community Services	Benjamin Bustamante – Alzheimer Association Intern
Jerry Mihaic – ILRC	Kellie Eaton – PathPoint
Sue Gibson – SLG Senior Care	Alexandra Morris – Geriatric Care Management
Mark Shaffer – Ride On / Cerebral Palsy	Julianne McAdam – Meals that Connect
Bev Shannon – Ombudsman Board Member	Jimmy Paulding – BOS South Co. District 4
Mike Bossenberry - THMA	Kevin Green – SLOLAF
Laura DeHaven – Wilshire Hospice	Ilene Brill – Jewish Family Services
Roderick Brown – Affiliated with Alexandra Morris	Nell Bennett – CCRC
Michelle Zulim-Clark – Public Health Dept.	Gabriela Garcia – DSS
Andres Pille – LMFT with CenCal Health	Paul Garth – HUD/VASH
Danielle Raiss – DSS APS	Robert Diaz - DSS
Jamie Moothart - ILRC	

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
Introductions and Announcements	<ul style="list-style-type: none"> • FRANCINE LEVIN: PUBLIC HEALTH DID RECEIVE THE GRANT FUNDING FROM CALIFORNIA DEPARTMENT OF PUBLIC HEALTH TO UTILIZE THE HEALTHY BRAIN INITIATIVE TO PREVENT ALZHEIMER'S. ASPC WILL BE ADVISORY GROUP. PUBLIC HEALTH INJURY PREVENTION WAS AWARDED \$708,000.00 OVER SPAN OF TWO YEARS AND WILL PARTNERING WITH ALZHEIMER'S ASSOCIATION AND CENTER OF FAMILY STRENGTHENING. GRANT WILL START JULY 1ST. • KIM CHARTRAND: WALK FOR HEALING EVENT IS ONGOING. HOSPICE SLO HAS A NEW VOLUNTEER MANAGER, SHELLIE SCHAFFER. • LAURA DELOYE: IN-PERSON SUPPORT GROUP WILL BE FACILITATED ON SECOND MONDAYS MONTHLY AT 3:30 IN CAMBRIA CONNECTION BUILDING. EARLY STAGE SOCIAL SUPPORT GROUP IS HELD ON 2ND AND 4TH THURSDAYS IN SLO. SUPPORT GROUPS AND DEMENTIA CAREGIVER INFORMATION IS AVAILABLE ON WEBSITE: ALZ.ORG/CACENTRALCAOST. ANNUAL ELDER ABUSE PREVENTION CONFERENCE WILL BE HELD ON MAY 18TH VIA ZOOM • BENJAMIN BUSTAMANTE: ALZHEIMER ASSOCIATION HAS PARTNERED WITH HOSPICE OF SLO COUNTY TO HOST TWO-PART EVENT FOSTERING COMMUNITY RESOURCES FOR ANTICIPATORY GRIEF. FIRST EVENT IS ON MAY 31ST, SECOND EVENT IS JUNE 28TH. • TAURIA LINALA: GALA PRIDE AND DIVERSITY CENTER WILL HAVE PRIDE CELEBRATIONS BEGINNING JUNE 2ND, 3RD, AND 4TH. • JERRY MIHAIC: EMERGENCY PREPAREDNESS PROGRAM IS ONGOING IN MAY • MARK SHAFFER: RIDE-ON WILL BE SENDING AN AGENCY SURVEY IN JUNE • JIMMY PAULDING: IT WOULD BE GREAT TO SEE A CONSOLIDATED INFORMATION RESOURCE OF ALL THESE AGENCIES AND SOURCES • ROBERT DIAZ: APS HAD APPLIED FOR A GRANT FOR LOCAL LEVEL MASTER PLAN ON AGING AND THE APPLICATION WAS APPROVED • NELL BENNETT – CCRC HOSTS A VIRTUAL LGBTQ CAREGIVER GROUP WHICH IS OPEN TO ANYONE IN SLO, VENTURA OR SANTA BARBARA COUNTY
Public Comment	<ul style="list-style-type: none"> • NONE
Member Comment/Spotlight	<ul style="list-style-type: none"> • NONE
Guest Speakers	<p>ALEXANDRA MORRIS – TRENDS IN SENIOR CARE FROM A GERIATRIC CARE MANAGER'S PERSPECTIVE: 2023</p> <ul style="list-style-type: none"> • MANY GERIATRIC CARE MANAGERS HAVE EXTENSIVE PROFESSIONAL HISTORIES THAT HELP INFORM THEIR GCM WORK • A LARGE PART OF THE GENERAL PUBLIC DOES NOT KNOW WHAT A GCM DOES AND HEALTHCARE PROFESSIONALS TEND TO BE UNCLEAR • IN SLO COUNTY THERE ARE ONLY THREE GCM WHO ARE ACTIVELY TAKING CLIENTS • A GCM (OR AGING LIFE CARE PROFESSIONAL) IS TYPICALLY SOCIAL WORKERS, NURSES, GERONTOLOGISTS, OR OTHER HEALTH/MENTAL HEALTH PROFESSIONALS WHO ARE KNOWLEDGEABLE IN SPECIALIZED FIELDS AND ARE FAMILIAR WITH COMMUNITY RESOURCES. THEY FOLLOW A STRICT CODE OF ETHICS AND STANDARDS • A GCM PROVIDES: <ul style="list-style-type: none"> ○ PROFESSIONAL SUPPORT, SUCH AS: ASSESSING NEEDS, DEVELOPING A CARE PLAN,

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
	<p>PROVIDING LINK TO SERVICES, MEDIATING FAMILY CONFLICTS, AND PROVIDING CRISIS INTERVENTION</p> <ul style="list-style-type: none"> ○ ENSURE CLIENT NEEDS ARE MET, IDENTIFY CHANGES AND MAKE ADJUSTMENTS, KEEP THE FAMILY INFORMED, PROVIDE PEACE OF MIND, AND PROVIDE ONGOING EVALUATION AND ADJUSTMENT OF THE PLAN ○ COORDINATES CARE TO FIND THE BEST OPTIONS FOR THE CLIENT’S SITUATION, ACTS AS A COMMUNICATION HUB, PROVIDES ADVOCACY, ENSURES QUALITY AND EFFECTIVE CARE, AND HELPS IF NEW PROBLEMS ARISE <ul style="list-style-type: none"> ● A TYPICAL CASE WHERE A GCM WOULD BE INVOLVED MAY INVOLVE AN INDIVIDUAL REFUSING TO QUIT DRIVING DESPITE GETTING LOST, REFUSING TO SEE A DOCTOR, OR FALLING BEHIND ON TAXES/BILLS ETC. A GCM CAN HELP BY FIRST MEET WITH THE FAMILY, THEN MEET WITH THE INDIVIDUAL IN QUESTION. THEY THEN WORK WITH THE CLIENT AND FAMILY TO AGREE UPON CHANGES, PROVIDE RECOMMENDATIONS FOR DOCTORS AND CPA, AND HELP IN THE TRANSITION TO ASSISTED LIVING. ● IN A POST-COVID WORLD THERE IS A LACK OF MEDICAL PROFESSIONALS. IT IS DIFFICULT TO FIND A PRIMARY CARE PHYSICIAN OR GET A PHYSICIAN’S REPORT FOR MOVING TO ASSISTED LIVING. THIS ALSO AFFECTS THE ABILITY TO SUBMIT CAPACITY DECLARATIONS. PART-TIME CAREGIVERS ARE MUCH HARDER TO PROCURE. ● THE NEED FOR TECHNOLOGICAL SOLUTIONS IS GROWING AND THESE SOLUTIONS WILL HAVE TO FILL IN THE GAP CREATED BY A SHARP RISE IN THE DEMAND FOR CARE AND THE CAREGIVER LABOR SHORTAGE ● THERE IS AN ISSUE ABOUT WHAT GCM’S CALL “SOLO AGERS”, WHEREIN AS GEN X AND BOOMERS AGE THEY CONFRONT LIVING ALONE AND HAVE TO CARE FOR THEMSELVES BECAUSE THEY HAVE NO PARTNER OR CHILDREN ● IN 2018 THE ALZHEIMER’S ASSOCIATION RELEASED UPDATED DEMENTIA CARE GUIDELINES. GCMs ADOPTED THOSE GUIDELINES TO CREATE A CURRICULUM FOR FACILITIES, PROGRAMS AND AGENCIES. ● THE FOUR “M”S OF AGE FRIENDLY HEALTHCARE PRACTICES: MEDICATION, MENTATION, MOBILITY, AND WHAT MATTERS ● “BLUE ZONES” ARE AREAS WHERE PEOPLE ROUTINELY LIVE LONG & HEALTHY LIVES. SUCH ZONES INCLUDE ITALY, JAPAN, CALIFORNIA, COSTA RICA, AND GREECE. HABITS OF PEOPLE IN THESE BLUE ZONES INCLUDE NATURAL MOVEMENT, A SENSE OF PURPOSE, STRESS MANAGEMENT, EATING ONLY TO 80% FULLNESS, MODERATE AND REGULAR ALCOHOL CONSUMPTION, A SENSE OF BELONGING, PUTTING LOVED ONES FIRST, AND FAVORABLE SOCIAL NETWORKS.
<p>Corrections/Additions to the Synopsis</p>	<p>APRIL SYNOPSIS ACCEPTED WITH NOTED CORRECTIONS OR ADDITIONS</p>

AGENDA ITEMS	COMMENTS/CONCLUSIONS/ACTIONS (IF ANY)
Action Items	<p>NOMINATIONS FOR FIRST VICE CHAIR POSITION:</p> <ul style="list-style-type: none"> • TAURA LINALA MAKES THE MOTION TO APPROVE PAULINA FLORES JIMENEZ AS FIRST VICE CHAIR • ROBERT DIAZ SECONDS THE MOTION • MOTION APPROVED <p>NOMINATIONS FOR SECOND VICE CHAIR:</p> <ul style="list-style-type: none"> • JERRY MIHAIC MAKES THE MOTION TO APPROVE TAURIA LINALA AS SECOND VICE CHAIR • ROBERT DIAZ SECONDS • MOTION APPROVED <p>NOMINATIONS FOR FIRST CHAIR POSITION:</p> <ul style="list-style-type: none"> • LINDA LOEBS MAKES THE MOTION APPROVE KAREN JONES AS FIRST CHAIR FOR NEXT YEAR • TAURIA LINALA SECONDS THE MOTION • MOTION APPROVED
Committee Updates as Needed	<p>HEALTH DECISION MAKING & CARE:</p> <ul style="list-style-type: none"> • KIM CHARTRAND REPORTS THAT HOSPICE SLO IS OFFERING ASSISTANCE WITH ADVANCED HEALTH DIRECTIVES <p>THE STRATEGIC PLANNING AD HOC GROUP :</p> <ul style="list-style-type: none"> • LINDA BECK: AD HOC GROUP HAS A COUPLE SHORT TERM PROJECTS IN THE WORKS, SUCH AS UPDATING THE "CONTINUUM OF CARE" DOCUMENT • TAURIA LINALA: THE GRANT PROPOSAL FOR THE LOCAL AREA PLAN ON AGING REQUIRES AN ADVISORY COMMITTEE AND THE AD HOC COMMITTEE HAS AGREED TO CONTINUE ON AS AN ADVISORY COMMITTEE FOR THAT GRANT <p>IF YOU HAVE QUESTIONS, PLEASE CONTACT LINDA BECK (LBECK805@GMAIL.COM), ANNE WYATT (ANNE@SMARTSHAREHOUSINGSOLUTIONS.ORG) OR TAURIA LINALA (TLINALA@PACBELL.NET)</p>

The next meeting is: Friday June 2nd, 2023
Location: Via Zoom

Time: 9:00 AM