

**Contra Costa County Advisory Council on Aging  
Health Work Group Minutes  
Thursday, September 12, 2019**

**Call to Order:** Susan Frederick called the meeting to order at 9:31 am.

**Present:** Susan Frederick, Jennifer Doran, Terri Tobey, Fred Adams, Brian O'Toole, Nancy Leasure

**Absent:** Joanna Kim-Selby, Dennis Yee Nuru Neemuchwalla

**Staff:** Glenda Pacha

**Approval of Agenda/Minutes**

- Approval of September Agenda – Nancy Leasure moved to approve agenda, Terri Tobey motioned 2<sup>nd</sup>, motioned carried.
- Approve August Minutes –Fred Adam moved to approve minutes as amended, Terri Tobey motioned 2<sup>nd</sup>, motioned carried.

**Announcements and Correspondence: Susan Frederick, Chair**

- There will be a Fall Prevention Day event at Rossmoor on Monday, 9/23 from 10:30-3 (Diablo Room at Hillside). 8 presenters on topics such as: Parkinson's Disease, Neuropathy, Bone Health, co-sponsored by Rossmoor Counseling – Sept 23 10:30-3 pm

**Public Comment:** None

**Presentation:** Public Health Nurse – Dainella Poy Wing, Adult Pool, County Public Health

- Stories about two 77 yr old ladies.
  - 1<sup>st</sup> 77yo patient
    - The Referred by her provider, has Medi Cal
    - She is high fall risk
    - 2 months to let Dainella in
    - Blind macular degeneration, fell from closing blinds, climbed on sofa
    - Meals on Wheels Diablo Region was able to offer “Fall prevention” services (bars, clear the floor, other safety issues) but it took months and it depends on Fall Prevention funding.
    - She declined some services (took some DME)
    - Just got IHSS caregiver (didn't want one at first)
    - Took two months for IHSS process
    - No family to help
    - On 1 yr waiting list of low income senior housing
  - 2<sup>nd</sup> 77yo patient
    - lives in low income senior housing complex

- Referral from PCP for hypertension
- Building trust has been long and difficult
- Dainella brings in-person interpreter
- Won't let Daniella in the door
- Needs IHSS caregiver but doesn't want one
- Dainella wants to find her at McDonalds where the client likes to eat
- Issues that need to be addressed: medication management, fall prevention, transportation to medical appts, possible cognitive impairment

What Public Health Nurses (PHN) do:

- Physical assessment
- Medical/pharm
- In-person as opposed to phone
- Bill MediCal for service (carve out) Targeted Case Management (TCM)
- Can't bill for teaching/education – meds, safety, etc.
- Separate from Community Connect, cannot both be on the same case (double billing)
- Goal is 520 encounters (15-20 week)
- “Home” visits (in reality, visits occur wherever they can - clinics, parking lots, shelters, libraries, homes, etc.). Most clients are homeless.
- 4187 encounters 2018-2019, 5251 in 2017-2018
- Takes 3 mos to hire a nurse
- 30 on caseload, 1 year to train
- Encounters can be 30 minutes or longer
- Can;t transport patients
- 40 on current waitlist for Services
- PHN services are designed to be temporary. To link to services and move on
- Many patients need housing, paratransit but they have great difficulty handling the logistics and requirements to get the services, even if they exist.
- If the patients are not on Medi-Cal, not a lot of options.

Presentation #2: Medi-Cal Information from a Legal Perspective: Brian O'Toole

For Broad swath of middle class, MediCal works fine

Why/when do seniors use Medi-Cal? Doesn't Medicare cover everything?

- If a “critical event” happens (fall, pneumonia, getting lost, etc.)
  - Spouse
  - Family
  - neighbor
- Up to 100 days of rehab from MediCare (then what happens?),

- Self pay \$12,000 per month or
- Apply for MediCal to see if eligible

#### Medi-Cal eligibility for long-term care benefits

- If single, you are allowed \$2,000 in countable assets (non IRA, bonds, cash, etc.)
- If married, you are allowed \$2,000 in countable assets for sick spouse and \$126,420 in countable assets for well spouse.
- If married, Spousal Impoverishment, exception to MediCal eligibility (allows the healthy spouse to have more, the unhealthy spouse to be at \$2,000 level)
- Residence, retirements accounts are exempt
- While you are in a SNF, As long as the MediCal application is pending, patient can pay “estimated” share of costs

#### Gifting can be used to “get poor quickly”

- Gifting of \$9,336/per person/per day is permissible without triggering any ineligibility penalty.
- The federal government asked thee states to end this loophole in 2006. Some states have enacted this request but CA is still working on it.

#### Trial Programs:

- Assisted Living Waiver Program – allows for Medi-Cal to provide benefits for non-skilled nursing facility residents.
  - Limitation: must have no Share of Cost (eliminates most people who have Social Security)
- Broaden eligibility for In-Home Supportive Services
  - Primary change: allows a couple to qualify for IHSS based on the \$126,420 asset allowance for the well spouse
  - Doctor must sign off that the “person would likely require nursing facility level of care for 30 consecutive days.”

#### **Meals on Discharge:**

Susan reported she went to the Master Plan for Aging event last month. She sat with Bob Sessler, former Director of Aging and Adult Services in Contra Costa, who is consultant to Contra Costa Health Plan. He will come to meet with Health WG to discuss Meals on Discharge on Thurs Nov 14

#### Member Reports :

##### **AARP Updates**

Nuru Neemuchwalla Absent

##### **Legislative Report**

Nancy Leasure reported

- SB 280 – Fall Prevention /Dignity in the Home. Passed Senate, 3<sup>rd</sup> reading in the Assembly. Tomorrow is deadline for it to pass to go forward. We do not know what will happen if it doesn't go forward.

**Dementia/Alzheimer's:**

Jennifer Doran reported

- Sept 21<sup>st</sup> is World Alzheimers' Day

**Nursing Homes:**

Fred reported on

- Seema Verna, head of CMS, said the rationale for cutting Nursing Home regulations is, "Regulations are taking doctors away from what matters most – the patients". The administration to ease punitive actions (discourage fines) on Nursing Home industry. Submit Comments on Proposed Revisions to the Federal Nursing Home Regulations by September 16, 2019 by 5:00 pm ET.

**Caregiver Resources:**

Terri Tobey reported

- Distributed the Home Care Collective brochure – note the non-licensed "domestic referral agencies"

**Public Comment** – None

**Action Items for Executive Committee:** None

**Future Meetings:** October 10, 2019

Adjourn 11:32 am