

**Advisory Council on Aging Planning Committee  
October 1, 2019, Minutes of the Meeting**

**Call to Order:** Ron Tervelt called the meeting to order at 9:30 a.m.

**Present:** Arthur Kee, Dennis Yee, Debbie Card, Ron Tervelt, Susan Frederick, Nina Clark, Kevin Donovan

**Absent:** None

**Staff Present:** Laura Cepoi, Anthony Macias

**Public Comment:** None

**Approval of September Agenda**

Arthur Kee moved to approve today's agenda, Susan Frederick motioned second, unanimous approval.

**Approval of August Minutes**

Arthur moved to approve September minutes, Dennis Yee motioned second, unanimous approval.

**Contractor's Presentations:**

**Alzheimer's Association- Grace Liu**

- When last presented (January) talked of volunteer education programs, now 10 months later it is has come to fruition.
- Community outreach is led by volunteers; trained volunteers to give community education programs; model exists already with Spanish speaking educators, now with English speaking; helps engage residents, many are former caregivers; also have cantonese/mandarin volunteers; 50 presentations were held this year.
- Services which require more attention: one on one care consultation (caregiver counseling); volume is with help-line.
- Alzheimer's Dx from Dr. often reluctant: ½ are undiagnosed; those who have diagnosed, half of these are not told.
- Annual health wellness visit for MediCare; but lasts on 15 minutes. Cognitive screening often not given.
- 10% of dementia causes can be treated- depression, bipolar, UTI, infection
- Definitve Dx not until after death; Dr. can now dx with 95% certainty based on brain scan and reported behavior.
- Full cognitive testing lasts 3-4 hour with neurologist.
- County funds about 10% of the Alzheimer's Association budget.
- Trends with contributions- engage larger cooperations; cooperate giving.
- Majority of caregivers are unpaid 83%
- East/West county trainings: Richmond and El cerrito, outreach specialist very active there; East county has a person who is very new to position; in talks with Antioch and Pittsburg senior centers for an education forum;

### **Family Caregiver Alliance- Christina Irving**

- Focus is on family caregivers;
- has been a contractor with aaa for many years;
- comprehensive assessments of the caregivers; depression and social isolation scale screenings; a care plan is created; respite care; legal planning;
- caregivers on program from 2003 and a few have been client for 20 years;
- common dx is dementia 60-70% of clients; strokes; Parkinsons' disease; younger with brain injuries and Huntington's disease;
- Education programs for caregivers, not just care for person but also care for themselves; Assessment is 1-1.5 hours; caregives across various ages;
- increase inrespite funding from county/AAA; this has made a difference in just the 3 months they have had this funding;
- provide mental health services for short term counseling (8 sessions) from State funds; related to caregiving and not for long standing issues.
- Caregiver stats: younger caregivers are very suspetible to depreciation? Kevin/ website
- How to identify what/who a caregiver is?
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**Community Connect** – Debbie Card There are still collaborative with EHSD and HSD; grant of 40M a year to end in Dec. 2020; unsure if this will continue after grant ends; article on line that Debbie shared excerpts-

### **AAA Report** – Laura Cepoi (absent)

- AAA Report – Laura Cepoi
- Laura shared a brochure from NASUAD on Caregiving In America; [www.nasuad.org](http://www.nasuad.org) [www.hcbs.org](http://www.hcbs.org) [www.caregiving.org](http://www.caregiving.org)
- Disaster Preparedness month October; final stats when people lose their home after 65 or older; FEMA is not ideal in dealing with these people; Secondary trauma in disaster recovery; Independent Living centers are receiving funding for other modalities like Siri/Alexa devices; Information is most important that blankets; propose at a national level FEMA pay for counseling and how to use; Letter for support of OA has been drafted; decline in congregate meals; increase in all of the other services; reframe congregate meals as Social Cafes to attract more people; make it a social model; 33k for Tai Chi, Bingo, ect. Received 100K but unable to use all of it and will now get reduction up to 40K ; 35mil returned to Fed because emoney not used by education and child services; more \$\$ for senior nutrition programs; How to bring services to seniors in shelters; to seniors who are home bound (?);
- Ombudsman program expanding to include Alameda; monitoring visits in June was excellent; Lisa Ho performed monitoring visit recently of the Ombudsman program.
- IHSS issues.

### **Planning Committee 2019 Goals and Achievements**

- For annual ACOA report to BOS
- Funding paticularly on tangible/direct services
- Mental Health question
- Program review that is provided with agenda given prior to meeting, has been a benefit

**County Senior Coalitions**

- Status of these: Joan Carpenter retiring of west county; Center for Elders Independence (CEI) will be fiscal entity for west county coalition; susan showed draft of process/procedure for funding for the coalitions. East county coalitions will be presenting at December meeting.

**Budget Issues Affecting Seniors and AAA: Susan Frederick**

- Nutrition augmentation funding suspended until 2021; 12K more people; 2 million more meals; adjusts for inflation; parameters need to be set for this funding; Fall prevention funding of 5M, to provide injury prevention and support independent living; AAA will need to apply for frthese grants; CalFresh funding fromCDA; ILC additional funding as well;

**Items for Executive Committee?**

- None

**Public Comment**

- None

**Next Meeting:** Tuesday, December 3, 9:30-11:30, Presentation: East County Senior Coalition representative.

**Adjourn:** 11:30 a.m.