



Advisory Council for Aging & Independence Services
HEALTHY AGING SUBCOMMITTEE

May 5, 2022 | 10:30 A.M.

Virtual Meeting

Call in: (669) 900-9128

Meeting ID: 953 5104 0565

Passcode: 069340

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Members of the public who wish to speak to an agenda item may call 858-495-5566 before the meeting and provide the last four digits of their phone number and the agenda item they wish to speak to.

AGENDA

*Attachment

1. **Call to Order:** Wanda Smith, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 4)
2. **Continuance of Teleconferencing Meeting Option Pursuant to Government Code Section 54953 (e)** (Action)
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of April 7, 2022 Meeting Minutes (Action)*
4. **Discussion:**
 - a. Seniors Who Live Alone – White Paper*
 - b. Healthy Aging Goals – Review and Update*
5. **Next Meeting:** June 2, 2022 at 10:30am
6. **Adjournment**

This meeting is public, and the location is ADA accessible. If you are planning to attend and need special accommodations, please call (858) 495-5885 at least three days in advance of the meeting.

Supporting documentation and attachments for items listed on this agenda may be viewed at Aging & Independence Services, 5560 Overland Avenue, Suite 310, San Diego, CA 92123, or received by calling (858) 495-5885.

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

April 7, 2022 | 10:30 AM

Call in: (669) 900-9128

Meeting ID: 941 8291 9528

Passcode: 196936

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MINUTES

Members		Absent Members	Guests
Attendance:	Wanda Smith Paul Ling Susan Mallett Bradlyn Mulvey Lorelei Taylor	LaRue Fields Eugenia Welch, community member	Catherine Ayers, Ph.D. Connie German- Marquez, MFT, Behavioral Health Coord.
Staff			
Item	Outcome		
1. Call to Order	Wanda Smith, Chair, 10:33 AM a. Welcome & Guest/Member Introductions b. Confirmation of quorum: (4 required for quorum): 5 present		
2. Authorization of Teleconferencing Meeting Option Pursuant to Government Code 54953(e)	a. Approval of teleconference meeting (Action) (M/S: Mallett/Mulvey) 5 ayes		
3. Standard Business	a. Public Comments/Announcements: Members or non-members: none b. Approval of February 3, 2022, Meeting Minutes (Action) (M/S Mulvey/Smith) passed 4 ayes, 1 abstain		
4. Guest Speaker Catherine Ayers, Ph.D., ABPP, Section Chief at the VA San Diego Healthcare System University of California San Diego, Professor, Dept. of Psychiatry	<p>Dr. Ayers said she was the former chair of the County's Older Adult Council Workgroup and Roundtable and she is encouraged that the California Master Plan for Aging addresses loneliness and isolation as areas of concern for older adults. She described her research into the negative consequences of social isolation and whether current interventions, such as positive social activities, increase social connection. She added while the County provides a guide on resources to address isolation there is no proof that activities alone combat loneliness.</p> <p>Pre pandemic, one in six older adults reported experiencing intense feelings of loneliness and social isolation. This matters because such feelings are detrimental to health, quality of life and lead to increased use of healthcare. Loneliness and social isolation are linked to physical and mental health problems, such as, anxiety, high blood pressure, depression, heart disease and weight gain due to overeating. Additionally, a lonely older adult is twice as likely to develop cognitive impairment and 15-65% more likely to develop Alzheimer's Disease or dementia. Dr. Ayers noted there is a lack of good research into whether current treatments are successful interventions for social disconnection in older adults.</p> <p>A Social Isolation and Loneliness Workgroup, comprised of local clinicians, met for a year through September 2021. They identified goals such as, survey existing resources and programs, identified unmet needs, share information with stakeholders, apply for funding, advocate for the needs and survey national programs. They identified three main themes 1) Technology, access, lack of training, trust, lack of security online. 2) Information, where are available services, lack of organized access to resources (work with 211 system) and 3) Treatment Efficacy, lack of measurable-based care, proof of effectiveness of social activities and lack of targeted behavioral interventions. The workgroup plans to develop recommendations for 211 information and for treatment in San Diego and will bring in experts on the topic/areas of loneliness and social isolation.</p>		

	<p>Dr. Ayers added she has secured a grant to study hoarding in adults aged 50 and older, noting this is related to loneliness and social isolation as well.</p> <p>Wanda expressed concern about the assessment for self-neglect with older adults with dementia that often don't lead to any assistance for the person. Adult Protective Services don't seem to have resources and lack targeted behavior interventions.</p>
5. Next Meeting	May 5, 2022 10:30 AM Virtual
6. Adjournment	Meeting adjourned 11:20 AM

Respectfully submitted by Susan Mallett

Seniors Who Live Alone In San Diego County - *Draft*

Seniors living alone in San Diego County are a vulnerable population. Those with mental health issues and dementia experience some of the greatest challenges to maintain their independence. Prevention, disaster preparedness and healthy living are key areas of interest of the healthy aging committee. In the event of a disaster or pandemic San Diego County Seniors living alone need to be identified before a crisis and strategic plan on how they can be helped during a crisis.

This draft begins to identify issues to be included in a prevention community wide effort targeted to San Diego Seniors living alone with diversity, equity, and inclusion.

Administration on Aging in 2016 statistics around 20% of men and 36% of women over the age of 65 live alone in the United States. The most common reasons for living alone may be divorce from or death of a spouse or partner or the individual has lived alone most of their life and it is their preference.

Living alone later in life may present possible risks for San Diego seniors. Evaluating the risks and developing a prevention plan to modify their life or lifestyle to minimize their risk will help to maximize their independence. Some risks factors are listed below:

1. Increased Risk of Medical Emergencies
2. More Likely to experience social isolation
3. Increased risk of depression and anxiety
4. Less access to nutrition foods
5. House chores prove more challenging

San Diego County has a rich landscape of programs and services for seniors. How do the current AIS programs fit within the 5 risk categories? Are there additional risks factors?

- What are Facts? How many San Diego Seniors are living Alone? Where are they located?
- Senior Living Alone Self- Safety Checklist- Is there one available?
- How many have caregivers or neighbors who check-in on them. Diversity is also a factor where there are invisible individuals LGBT, Black for example who may not have caring neighbors or the supportive services needed when living alone.
- Are there education and information materials, programs to help seniors living alone
 1. Vile of life- seniors living alone need this? Is it sufficient? Does it need more info on form?
 2. Next of Kin – Is there a registry for seniors living alone? Do senior mobile home parks and over 55 communities have next of kin information on seniors living alone?
 3. Aging life specialist? Help for seniors who live alone in assessing and determining a care plan for next steps before a crisis occurs.

Alzheimer's San Diego has provided some statistics-

San Diego County- Individuals with Dementia who live alone

- People 55+ living with Alzheimer's 58,616
- People 55+ with Alzheimer's disease by Race

- White/Caucasian American, non Latino/a/x 38,862
- Latino/a/x American 10,042
- Black/African American 1,928
- Asian American/Pacific Islander 6,973
- Native American ~ less than 221
- Multi race 590
- People 65+ with Alzheimer's in San Diego 55,280
- People 65+ with Alzheimer's in San Diego
 - White/Caucasian American, non Latino/a/x 36,967
 - Latino/a/x American 9,217
 - Black/African American 1,766
 - Asian American/Pacific Islander 6,591
 - Native American ~ less than 205
 - Multi race 534

Source: California Alzheimer's Disease and Related Dementias Data Report 2021 the statistics are from 2019.

Advisory Council for Aging & Independence Services

HEALTHY AGING SUBCOMMITTEE

Goals 2019 – 2022

Updated October 2019

COUNCIL FOCUS: Use or gain expertise to identify, project, and anticipate needs and trends, and advise on legislative and AIS operational actions to address the needs of older adults and persons with disabilities.

CURRENT GOALS

Directions: Do not delete any rows or goals. **Goal** or **Timeline** columns: Update text if desired. **Progress Made** column: Briefly state progress to date. **Status for Next Year** column: Enter one of the options listed.

If Retiring Goal column: briefly document your logic for retiring the goal – We were required to report these goals to the County Board of Supervisors annually. **Unanticipated Accomplishments** section: Add any!

#	Goal	Timeline	Live Well San Diego / Age Well San Diego Alignment	Progress Made (if no progress, state "none")	Status for Next Year (Completed, Continue, Change, or Retire)	If Retiring Goal, document reasons.
[INSERT]						
H1	Research and prepare a position paper ¹ for two priority areas of healthcare. Advocate for program development on the priority areas	Ongoing	Health Health & Community Support	Defined priority Areas: 1) Physical Wellbeing- Power of Walking 2.) Mental Health	Continue	
H2	Awareness and Monitor the Age Well San Diego Health & Community and Advisory Council	Ongoing	Health Health & Community Support	Members made aware of expectation to become involved with AWSD & CSC	Continue	
H3	Monitor and advise on AIS programs:	See below	Health Health & Community Support	All members continue to explore new opportunities and oversight	Continue	
H4	Senior Fitness (Feeling Fit, Fall Prevention, etc.)	Ongoing	Health Health & Community Support	Members continue to explore and promote data based findings with SDC	Continue	
TECHNOLOGY						
T1	Identify ways that advanced technology can assist older adults and recommend: 1) application of the technology to one or more AIS programs, Walking program pedometer, new health apps and/or 2) a media campaign to educate older adults. 2) Zoom implementation in various programs during Covid pandemic	Dec 2021	Health Health	Members continue to do research on these exciting new communication/educational tools	Continue	
T2	Technology media campaigns- using social media, AIS newsletters and CVT, and emails	Dec 2021	Health	Member to collaborate with Christine Smith and AIS on media campaigns related to healthy aging topics.	Continue	

¹ Position papers should include legislative recommendations for County support and application to AIS programs, if advisable.

#	Goal	Timeline	Live Well San Diego / Age Well San Diego Alignment	Progress Made (if no progress, state "none")	Status for Next Year (Completed, Continue, Change, or Retire)	If Retiring Goal, document reasons.
UNANTICIPATED GOALS & ACCOMPLISHMENTS						
U1	Covid and the impact on Senior well-being					
U2	Advocate for preparedness for public health emergencies in the health and well-being of older adults.	Ongoing	Health and Emergency preparedness		Continue	
U3						

NEW GOALS

Directions: *Goal Category* column: Add a high-level category under which to place your goals. *Goal:* Briefly state your goal. *Timeline:* Add your target completion date. *Alignment:* Add the related [Live Well San Diego indicator](#) that this goal supports (Community, Health, Knowledge, Standard of Living, Social) and/or [Age Well San Diego](#) (Dementia Friendly, Health & Community Support, Housing, Social Participation, Transportation).

#	Goal Category	Goal	Timeline	Live Well San Diego / Age Well San Diego Alignment
1	Encourage a SD County sponsored Hospital Summit specifically focusing on geriatric physical & mental health and wellbeing (preventative & otherwise) to partner and collaborate	To bring attention to the specific health needs of the growing aging population by facilitating the sharing of best practices and a cross-pollination of ideas by all of San Diego's hospitals and healthcare providers. Further, to allow for the County's senior population to have to direct input the above-mentioned process.	Hosted yearly. First Hospital Summit to take place early 2022	Dementia Friendly, Health & Community Support, Social Participation
2	Encourage a review of pertinent federal, state and local legislation and issues	To keep abreast of those laws/issues affecting the physical and mental health of seniors, most importantly budgetary/funding issues and sources.	Ongoing	Knowledge
3				
4				
5				
6				
7				
8				
9				

#	Goal Category	Goal	Timeline	<i>Live Well San Diego / Age Well San Diego</i> Alignment
10				

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

COUNCIL FOCUS: Use or gain expertise to identify, project, and anticipate needs and trends, and advise on legislative and AIS operational actions to address the needs of older adults and persons with disabilities.

AGING ROADMAP: San Diego County’s [regional plan](#) that is implemented and organized by 10 focus areas that collectively represent the county’s comprehensive system of care. Roadmap focus areas are as follows and identified throughout the Council’s Goals:



GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
PSA 23 AREA PLAN						
A3a	Advise on updates for FY 2021-2022. 	Mar – May 2021	<ul style="list-style-type: none"> Ad Hoc Area Plan Subcommittee 	<ul style="list-style-type: none"> Meeting date(s) Discussion Vote and authorization of Council Chair to sign letter of transmittal 	<ul style="list-style-type: none"> Ad Hoc Area Plan Subcommittee met on 3/17/21. Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 4/12/21. Discussion included: Updates of Area Plan 2020-2024 Update FY 21-22; process and content of Area Plan fair and equitable; Subcommittee recommends continued consultation, input, and monitoring of progress from Advisory Council; clarification of relationship between Public Authority, IHSS, and AIS; collaboration with LGBT Older Adults; and more emphasis/commitment to nutrition funding and homelessness. Authorization passed with 19 votes on 4/12/21. 	Completed
A3b	Advise on updates for FY 2022-2023. 	Mar – May 2022	<ul style="list-style-type: none"> Ad Hoc Area Plan Subcommittee 	<ul style="list-style-type: none"> Meeting date(s) Discussion Vote and authorization of Council Chair to sign letter of transmittal 	<ul style="list-style-type: none"> Ad Hoc Area Plan Subcommittee met on: Discussion included: Authorization passed: 	Not yet started

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
HEALTHCARE AND BEHAVIORAL HEALTH						
HB1	Research and prepare a position paper on a healthcare priority area. 	July 2022	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Finding(s) Number and topic of position paper 	<ul style="list-style-type: none"> Topics may include but are not limited to where the older adult population meets, nutrition, socialization, geography/communities, disabilities, mental health, dementia, Alzheimer’s disease, ways to increase awareness and education in hospitals re: geriatric issues. “The Power of Walking” position paper finalized on [date] and presented to [audience]. 	In progress
HB2	Explore and participate in appropriate Auxiliary subcommittees, including but not limited to, the Age Well San Diego Health & Community Support Theme Team. 	Ongoing	<ul style="list-style-type: none"> Healthy Aging Subcommittee 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego Health & Community Support meetings: [date], [date], [date]. 	In progress
HB3	Develop recommendation(s) to ensure older adults who have the greatest economic or social need are aware of and utilize senior dining and other meals resources. 	July 2022	<ul style="list-style-type: none"> Nutrition Subcommittee 	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> [Recommendations] shared with [audience/modality] on [date]. 	In progress
HB4	Develop recommendations to decrease hunger, food insecurity, and adverse health conditions resulting from poor nutritional health. 	July 2022	<ul style="list-style-type: none"> Nutrition Subcommittee 	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include but is not limited to enhancing nutritional quality through increased fruit and vegetable consumption. [Recommendations] shared with [audience/modality] on [date]. 	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
HB5	Monitor and advise on AIS programs: 					
HB5a	Congregate Meals (Title III C1)	Ongoing	• Nutrition Subcommittee	• Meeting(s) and date(s) attended	• [Discussion]	In progress
HB5b	Home-Delivered Meals (Title III C2)	Ongoing	• Nutrition Subcommittee	• Meeting(s) and date(s) attended	• [Discussion]	In progress
HB5c	SNAP-Ed	Ongoing	• Nutrition Subcommittee	• Meeting(s) and date(s) attended	• [Discussion]	In progress
HB5d	Transportation to Dining Sites (Title III B)	Ongoing	• Nutrition Subcommittee	• Meeting(s) and date(s) attended	• [Discussion]	In progress
HB5e	Senior Fitness (Feeling Fit, Fall Prevention, etc.)	Ongoing	• Healthy Aging Subcommittee	• Meeting(s) and date(s) attended	• [Discussion]	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
HOUSING						
H1	Research and prepare a position paper on housing for older adults, such as home sharing and other models. 	July 2022	<ul style="list-style-type: none"> Housing Subcommittee 	<ul style="list-style-type: none"> Finding(s) Number and topic of position paper 	<ul style="list-style-type: none"> [Topic/title] position paper finalized on [date] and presented to [audience]. 	In progress
H2	Explore and participate in appropriate Auxiliary subcommittees, including but not limited, to the Age Well San Diego Housing Theme Team and County housing and homelessness initiatives. 	Ongoing	<ul style="list-style-type: none"> Housing Subcommittee 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego Housing: [date], [date], [date]. 	In progress
H3	Monitor and advise on the Thriving component of the <i>Live Well San Diego</i> vision, particularly related to: <ol style="list-style-type: none"> Supporting availability and affordability of housing for all community members. Creating more accessible housing for older adults and people with disabilities to live independently. Expanding crime-free multi-family projects linked to economic opportunities for residents. 	Ongoing	<ul style="list-style-type: none"> Housing Subcommittee 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
LEGISLATION						
L1	<p>Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.</p> 	Ongoing	<ul style="list-style-type: none"> Advisory Council Ad Hoc Legislative Subcommittee 	<ul style="list-style-type: none"> Legislation monitored 	<ul style="list-style-type: none"> [Discussion] 	In progress
LONG TERM CARE/RESPIRE/IN-HOME CARE						
LT1	<p>Monitor and make recommendations for enhancements or change to Choose Well.</p> 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Date(s) of Choose Well meeting(s) attended 	<ul style="list-style-type: none"> [Recommendations] 	Not yet started
LT2	<p>Promote awareness of respite/adult day care programs, in-home supportive services, and/or affordable facility care as alternatives to nursing home care.</p> 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Promotion methods 	<ul style="list-style-type: none"> [Result] 	In progress
LT3	<p>Participate and represent the Advisory Council in appropriate Auxiliary subcommittee(s).</p> 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego: [date], [date], [date]. 	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
LT4	Monitor and advise (including but not limited to areas of concern, seeking input from stakeholders or subject matter experts, input on action plans, and participation in recommendation of policy: 	Ongoing				
LT4a	Call Center	Ongoing	• Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• [Discussion]	In progress
LT4b	Care Coordination programs	Ongoing	• Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• [Discussion]	In progress
LT4c	Case Management programs	Ongoing	• Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• [Discussion]	In progress
LT4d	Person-centered care management	Ongoing	• Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• [Discussion]	In progress
LT4e	Aging and Disability Resource Center (ADRC) designation status	Ongoing	• Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• [Discussion]	In progress
LT5	Monitor and advise AIS on legislation proposals and changes related to Skilled Nursing Facilities and Residential Care Facilities for the Elderly. 	Ongoing	• Long Term Care & Ombudsman Facilities	• Legislation monitored	• [Discussion]	In progress

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
LT6	Monitor and advise AIS on the Ombudsman program standard of operations, goals, and performance. 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress
LT7	Develop recommendations ensure high quality of care delivered in San Diego County's Long Term Care Facilities. 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Number of recommendations 	<ul style="list-style-type: none"> [Discussion] 	In progress
LT8	Review data and reports on long term care, respite, and in-home care AIS programs and AIS-funded programs to assess effectiveness and identify gaps in service(s). 	Ongoing	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Data and reports reviewed 	<ul style="list-style-type: none"> [Findings/gaps in service] 	In progress
LT9	Research and prepare a position paper. 	July 2022	<ul style="list-style-type: none"> Long Term Care & Ombudsman Facilities 	<ul style="list-style-type: none"> Finding(s) Number and topic of position paper 	<ul style="list-style-type: none"> [Topic/title] position paper finalized on [date] and presented to [audience]. 	In progress
TECHNOLOGY						
T1	Identify technology that can assist older adults and recommend application to AIS program(s). 	Ongoing	<ul style="list-style-type: none"> Advisory Council ALL Subcommittees 	<ul style="list-style-type: none"> Findings 	<ul style="list-style-type: none"> [Recommendations] 	In progress
T2	Develop a media campaign that informs older adults about access to and utilization of technology. 	July 2022	<ul style="list-style-type: none"> Advisory Council ALL Subcommittees 	<ul style="list-style-type: none"> Finding(s) Number and topic of media campaign 	<ul style="list-style-type: none"> Details of media campaign 	Not yet started

AGING AND INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2019 – 2022

#	Goal	Timeline	Lead	Measure	Outcome	Status
TRANSPORTATION						
TR1	Explore and participate in appropriate Auxiliary subcommittees, including but not limited to the Age Well San Diego Transportation Theme Team.	Ongoing	<ul style="list-style-type: none"> Advisory Council Transportation Liaison 	<ul style="list-style-type: none"> Name and dates of Auxiliary subcommittee meetings attended 	<ul style="list-style-type: none"> Age Well San Diego Transportation: [date], [date], [date]. Topics of interest may include, but not be limited to, recommendations to make local roads, highways, and streets safer and friendlier for bicyclists, walkers, including older adults & people with disabilities, and public transit riders. 	In progress
TR2	Monitor and advise on AIS access to services at AIS dining sites and within Senior Options, Advocacy, and Referrals (SOAR).	Ongoing	<ul style="list-style-type: none"> Advisory Council 	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> [Discussion] 	In progress