

County of San Diego

HEALTH AND HUMAN SERVICES AGENCY

Aging & Independence Services Advisory Council 2019 Annual Report

Lorelei Taylor, Council Chair

October 14, 2019



**LIVE WELL
SAN DIEGO**

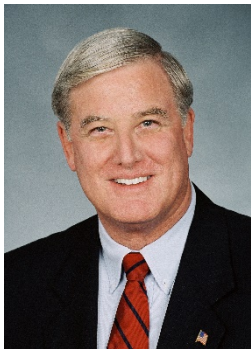
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San Diego County Board of Supervisors



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District 2



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Nathan Fletcher
District 4



Jim Desmond
District 5



Helen Robbins-Meyer
Chief Administrative Officer
County of San Diego



Nick Macchione
Agency Director
Health and Human Services Agency



Kimberly Gallo
Director
Aging and Adult Services

A Message from the Director

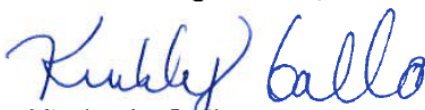
Thank you for submitting this report detailing the work of the Aging & Independence Services (AIS) Advisory Council in fiscal year 2019-20.

The Council has continued its role defined by the Older Americans Act of advising on all matters relating to the development, administration, and implementation of the Area Plan, of advising on strengthening the aging network and AIS operations, and of providing expertise on the strengths and needs of older adults. The Council provides the voice of consumers and community experts to maximize the delivery of AIS services as the County advances the *Live Well San Diego* vision to ensure all San Diegans are healthy, safe, and thriving.

The Council's vision to advocate for healthcare, support for persons with dementia and their caregivers, and healthy lifestyles will build better health throughout our region. Your work to shed light upon the need to prevent abuse, to increase affordable resources throughout all stages of care needs, and to increase caregiver support will help older adults and persons with disabilities to live safely throughout a lifetime. Your focus on affordable, intergenerational housing, accessible transportation, financial security, and opportunities for social engagement will help ensure older adults and persons with disabilities are thriving. Your efforts to recommend legislation, promote the development of and access to technology, and provide input into program effectiveness will help ensure a framework that supports older adults and persons with disabilities to Live Well.

We rely on the Council's expertise and insight to strengthen and coordinate the system of care for older adults and persons with disabilities in San Diego County. I am looking forward to the work of the Council in the coming year!

With much gratitude,



Kimberly Gallo

Director Aging & Independence Services



The Aging & Independence Services Advisory Council

The Council's Role

The Advisory Council for Aging & Independence Services (Council) operates in accordance with the duties and responsibilities defined in the provisions of Title III of the Older Americans Act of 1965, the Mello-Granlund Older Californians Act Section 9402, and the San Diego County Code of Administrative Ordinances Article IIIa. The Council's primary responsibility is to:

“advise continuously the area agency on aging on all matters relating to the development of the area plan, the administration of the plan and operations conducted under the plan;”

The Council's Operational Activities

The Council holds regular public meetings on the second Monday of each month from 12 p.m. to 2 p.m. at the County Operations Center. The Council has 30 seats, ten of which are appointed by members of the San Diego County Board of Supervisors. As of the Annual Meeting on September 9, 2019, 29 seats were filled, with 2 applications pending.

In Fiscal Year 2018-19, members reviewed and evaluated the needs to ensure a strong and vital aging system. Monthly Council meetings featured 17 experts from the aging network, State legislative offices, and a Senior Deputy County Counsel. The committees heard from an additional 25 speakers, including State officials, who provided insight into issues impacting the region. The Council held its annual offsite meeting at Glenner Town Square and toured this adult day care program, which uses Reminiscence Therapy for persons with dementia. The Long Term Care Ombudsman & Facilities Committee coordinated a tour for all Council members of Sysco, a local food service company. These speakers and tours helped Council members remain informed of current needs, resources, and trends as they provided guidance on eight items related to the local aging system prior to these items going before the San Diego County Board of Supervisors.

Council members provided strong support to the Age Well San Diego initiative with representation on all five theme teams. Members also participated on eleven community committees and the California Senior Legislature.

Additionally, the Council Chair provided two training sessions for Ombudsman volunteers on the topic of Aging in Place Design so that the volunteers can help to integrate home safety into the facility discharge discussions.

A Year of Growth:

Fiscal Year 2018-19 Accomplishments

In Fiscal Year 2018-19, much was accomplished toward strengthening the aging network in our region. The Council conducts a considerable amount of work through committees and this year streamlined operations by converting five standing committees to ad hoc and merging the Executive and Membership committees.

Standing Committee

Executive & Membership

The newly merged Executive & Membership Committee continued to perform internal organizational functions including recruiting and recommending new members and reviewing and maintaining Council records. The committee also set Council meeting agendas, strengthened the focus on strategic planning and goals, encouraged committee development of position papers, and secured speakers for Council meetings to support Council goals.

Ancillary Committees

Adult Services Connection

The Adult Services Connection Committee began a new area of focus, reviewing challenges to the provision of contracted services and recommending enhancements to the County. The committee also fulfilled the State requirement for an advisory body for the designated Aging and Disabilities Resource Connection (ADRC).

Health & Nutrition

The Health & Nutrition Committee ensured that the Council was informed in delivery of AIS nutrition services contracts and other aging network components that promote a healthy lifestyle for older adults.

Housing & Transportation

The Housing & Transportation Committee continued to research current housing and mobility issues and trends as they relate to older adults. Select members participated on the Age Well San Diego Housing and Transportation Theme Teams.

Long Term Care Ombudsman & Facilities

The Long Term Care Ombudsman & Facilities Committee continued to evaluate common residential care facilities for the elderly (RCFE) site dysfunctions and state monitoring deficiencies.

Ad Hoc Committees

Area Plan

The ad hoc Area Plan Committee advised on the update of the Fiscal Year 2019-20 Area Plan.

Budget

The ad hoc Budget Committee reviewed the Fiscal Year 2019-20 proposed budget and provided input into the presentation of the proposed budget to the Council.

By-laws

The ad hoc By-laws Committee proposed updates to the by-laws to reflect changes to Council operations including changing some committees from standing to ad hoc and merging the Executive and Membership committees.

Legislative

The ad hoc Legislative Committee advised on the County of San Diego's 2020 Legislative Program as it relates to older adults.

Nominating

The ad hoc Nominating Committee recommended a slate of officers for the Fiscal Year 2019-20 officer elections.

The Year Ahead:

Fiscal Year 2019-20 Council Priorities

On July 8, 2019 the AIS Advisory Council dedicated its regular meeting to strategic planning. Members suggested priority issues for consideration, and the Council voted to establish the following priorities for Fiscal Year 2019-20:

- Abuse
- Caregiver Support
- Continuum of Care
- Data & Technology
- Dementia
- Financial Security
- Healthcare
- Healthy Lifestyle
- Housing
- Legislation
- Program Effectiveness
- Social Engagement
- Transportation

On July 29, 2019, the Council's Executive & Membership Committee drafted recommendations for annual goals and proposed committees to meet these goals. The Council approved the committees at the regular meeting on September 9, 2019. The committees finalized their annual goals at their respective meetings in September and October 2019, and the Council adopted all committee goals at its regular meeting on October 14, 2019. The complete list of goals is included in Attachment A –AIS Advisory Council Goals Fiscal Year 2019-20.

For questions about the Aging & Independence Services Advisory Council, please contact Renée Sherrill at renee.sherrill@sdcounty.ca.gov or call 858-495-5858.

All meetings are open to the public, and interested parties are encouraged to attend and participate in the public comment period. Past meeting materials and other information may be found at www.sandiegocounty.gov/AISAdvisoryCouncil.

ADVISORY COUNCIL FOR AGING & INDEPENDENCE SERVICES

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.

#	Goal	Timeline	Alignment: <u>Live Well San Diego</u> Area of Influence <u>Aging Roadmap</u> Focus Area
AREA PLAN FOR PSA 23			
A1	Advise on the process for developing the FY 2020-2024 Area Plan.	Sep 2019 – May 2020	N/A - all encompassing
A2	Advise on content in the FY 2020-2024 Area Plan.	Sep 2019 – May 2020	N/A - all encompassing
A3	Advise on updates of the FY 2019-2020, FY 2021-2022 and FY 2022-2023 Area Plan updates.	Mar – May annually	N/A - all encompassing
HEALTHCARE & BEHAVIORAL HEALTH			
HB1	Research and prepare a position paper ¹ for two priority areas of healthcare.	May 31, 2020	<i>Health</i> Medical & Social Services
HB2	Participate on the Age Well San Diego Health & Community Support Committee.	Ongoing	<i>Health</i> Health & Community Support
HB3	Research where the older adult population meets and its relationship to communities, nutrition, socialization, and geography, and prepare report on findings and recommendations.	December 2019	<i>Social</i> Social Participation
HB4	Develop recommendations to increase the number of older adults attending the dining sites focusing on older adults who have the greatest economic or social need.	December 2019	<i>Social (includes food insecurity)</i> Medical & Social Needs
HB5	Develop recommendations to decrease hunger and food insecurity and adverse health conditions resulting from poor nutritional health.	December 2019	<i>Social (includes food insecurity)</i> Medical & Social Needs
HB6	Develop recommendations to enhance nutritional quality through increasing fruit and vegetable consumption.	July 2020	<i>Health</i> Medical & Social Services
HB7	Monitor and advise on AIS programs:	Ongoing	N/A - all encompassing
HB7a	Congregate Meals (Title III C1)	Ongoing	<i>Social (includes food insecurity)</i> Medical & Social Needs
HB7b	Home-Delivered Meals (Title III C2)	Ongoing	<i>Health</i> Medical & Social Services

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

#	Goal	Timeline	Alignment: <i>Live Well San Diego</i> Area of Influence <u>Aging Roadmap</u> Focus Area
HB7c	SNAP-Ed	Ongoing	<i>Social (includes food insecurity)</i> Medical & Social Needs
HB7d	Transportation to Dining Sites (Title III B)	Ongoing	<i>Social (includes food insecurity)</i> Medical & Social Needs
HB7e	Senior Fitness (Feeling Fit, Fall Prevention, etc.)	July 2020	<i>Health</i> Medical & Social Needs
HOUSING & TRANSPORTATION			
H1	Study housing for older Americans and prepare a position paper ¹ . Consider options such as home sharing and other models.	May 31, 2020	<i>Standard of Living</i> Housing
H2	Participate on the Age Well San Diego Housing and Transportation Committees.	Ongoing	<i>Standard of Living; Community</i> Housing; Transportation
H3	Identify the connections between transit, smart housing placement, and aging in place, and develop an action plan and policy recommendations for AIS approval.	September 30, 2020	<i>Standard of Living; Community</i> Housing; Transportation; Medical & Social Services
H4	Monitor and advise on AIS programs:	Ongoing	N/A - all encompassing
H4a	AIS Housing & Transportation committee review access to services at AIS dining sites and within SOAR.	September 30, 2020	<i>Standard of Living; Community</i> Housing
H4b	AIS interface with County housing and homelessness initiatives.	Ongoing	<i>Standard of Living</i> Housing
H5	Monitor progress and participate in creating and evaluating solutions that align with the Thriving component of the <i>Live Well San Diego</i> vision, particularly related to: a. Support availability and affordability of housing for all community members. b. Create more accessible housing for seniors and people with disabilities to live independently. c. Expand crime-free multi-family projects linked to economic opportunities for residents.	Ongoing	<i>Standard of Living</i> Housing
H6	Support goals to make our roads, highways and streets safer and friendlier for bicyclists, walkers, including older adults & people with disabilities, and public transit riders.	Ongoing	<i>Community</i> Transportation
LEGISLATION			
L1	Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.	May 31 annually	N/A - all encompassing
LONG TERM CARE/RESPITE/IN-HOME CARE			
LT1	LTC Ombudsman Committee: Monitor Choose Well and make recommendations for enhancements or changes.	Ongoing	<i>Health</i> Health & Community Support

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

* Goal added in FY 19/20

#	Goal	Timeline	Alignment: <u>Live Well San Diego</u> Area of Influence <u>Aging Roadmap</u> Focus Area
LT2	ASC Committee: Study and promote expansion of respite/adult day care programs, in-home services, and affordable facility care as alternatives to nursing home care.	May 2022	Health Health & Community Support
LT3	ASC Committee: For each core focus area listed below, identify key areas of concern and the network relationship between them, seek input from stakeholders or program managers with subject matter expertise, provide input on action plans, and participate in recommendation of policy for AIS Council consideration.	May 2022	Health Medical & Social Services
LT3a	AIS Call Center	May 2022	Health Medical & Social Services
LT3b	Care Coordination programs	May 2022	Health Medical & Social Services
LT3c	AIS Case Management programs	May 2022	Health Medical & Social Services
LT3d	Person-centered care management	May 2022	Health Medical & Social Services
LT3e	ADRC destination status	May 2022	Health Medical & Social Services
LT4	LTC Ombudsman Committee: Monitor legislation proposals and changes related to SNFs and RCFEs and advise AIS.	Ongoing	Community Safety
LT5	LTC Ombudsman Committee: Monitor Ombudsman program standard of operations, goals, and performance and advise AIS.	Ongoing	Community Safety
LT6*	LTC Ombudsman Committee: Explore ways the subcommittee can influence the quality of care delivered in San Diego County's Long Term Care Facilities.	2019-2020	Community Safety
LT7*	ASC Committee: Evaluation of AIS programs and AIS-funded programs:	May 2021	N/A - all encompassing
LT7a*	Measure effectiveness of current AIS programs in offering alternatives to nursing home placement.	May 2021	Health Medical & Social Services
LT7b*	Identify gaps in services and ideas for programs that would benefit more San Diego older adults and family caregivers	May 2021	N/A - all encompassing
LT7c*	Produce a position paper ¹ for presentation to AIS leadership	May 2021	N/A - all encompassing
TECHNOLOGY			
T1	Each committee identify ways that advanced technology can assist older adults and recommend: 1) application of the technology to one or more AIS programs, and/or 2) a media campaign to educate older adults.	See below	N/A - all encompassing

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

* Goal added in FY 19/20

#	Goal	Timeline	Alignment: <i>Live Well San Diego</i> Area of Influence <u>Aging Roadmap</u> Focus Area
T1a	Adult Services Connection	May 2022	N/A - all encompassing
T1b	Area Plan	January 2020	N/A - all encompassing
T1c	Health & Nutrition	December 2020	N/A - all encompassing
T1d	Housing & Transportation	September 30, 2020	N/A - all encompassing
T1e	Long Term Care Facilities & Ombudsman Subcommittee will explore and report on the use of voice recognition technology (“Alexa”) in the RCFE setting. Topics to focus on: Benefits to residents, challenges, cost, and privacy concerns.	December 2020	N/A - all encompassing

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

* Goal added in FY 19/20