



**Advisory Council for Aging & Independence Services
LTC Ombudsman and Facilities Subcommittee**

May 12, 2025 | 10:30 a.m.

5560 Overland Ave, MSSP Conference Room, 3rd Floor

Virtual Participation

Call in: 619-343-2539

Phone conference ID: 766 089 682#

Meeting ID: 269 978 879 218

Passcode: LF7dq7c3

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AGENDA

*Attachment

1. **Call to Order:** Elaine Lewis, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 2)
2. **Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.** (Possible Action)
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or Non-members
 - b. Approval of February 24, 2025, and April 14, 2025, Meeting Minutes (Action)*
4. **General Discussion:**
 - a. Review Draft Letter with Recommendation*
 - b. Review LTC Ombudsman and Facilities Subcommittee Goals*
 - c. Review Strategies for Increasing LTC Ombudsman and Facilities Subcommittee
 - d. Explore Recommendations for Improving LTC Ombudsman and Facilities Services
5. **Next Meeting:** June 9, 2025, 10:30 a.m.
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
Long Term Care Ombudsman and Facilities Subcommittee

February 24, 2025, 11:30 a.m.
 5560 Overland Ave, 3rd Floor, MSSP Conference Room
 San Diego, CA 92123

MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:	Dan McNamara, Chair Elaine Lewis Bradlyn Mulvey Faye Detsky-Weil (virtual)		
	Staff		
	Sunita Upchurch, Brittney Willis,		
Item	Outcome		
1. Call to Order	Dan McNamara called the meeting to order at: 11:35 a.m. a. Welcome & Guest/Member Introductions b. Confirmation of Quorum (three present)		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member	Faye Detsky-Weil participated remotely		
3. Standard Business Names are noted when vote is not unanimous	a. Public Comments/Announcements: Members or non-members: none b. Approval of January 27, 2025 Meeting Minutes (Action) Motion: First: Elaine Lewis Second: Bradlyn Mulvey Abstain: 0 Passed unanimously.		
4. Review Discussion from Committee members	<ul style="list-style-type: none"> Effective today, the chairman, Dan McNamara, will be stepping down as chairman and member of the Long-Term Care Ombudsman and Facilities subcommittee due to his present workload. Elaine Lewis will be the committee's new chairperson. We discussed the possibility of recruiting volunteers from the Ombudsman Program to come to the subcommittee meetings to share their experiences and expertise. We discussed whether or not they had to be members of the AIS General Council. We thought they need not be General Council members. We reviewed three major focus points for the paper we will be writing: 1) the medical screening and the elimination of the FITT testing for the volunteer application, 2) the need for advertising to get the attention of more volunteers, and 3) the investigate any areas where the application process could be faster. The rough draft of the paper will be written by Elaine, and our next meeting will be a discussion of the draft in preparation for the final paper. 		
5. Next Meeting	Monday, March 10, 2025, at 10:30 am at 5560 Overland Avenue, 3 rd Floor, MSSP Conference Room		
6. Adjournment	Meeting adjourned at 12:30pm		

Respectfully submitted by Bradlyn Mulvey

Advisory Council for Aging & Independence Services
Long Term Ombudsman and Facilities Subcommittee
 April 14, 2025 10:30 am
 5560 Overland Ave, 3rd Floor, San Diego, CA 92123

MINUTES - DRAFT

Members		Absent Members	Guests
Attendance:	Faye Detsky-Weil Elaine Lewis, Chair Bradlyn Mulvey, Secretary	Dan McNamara	Rhys Jones
	Staff		
	Sunita Upchurch, Brittney Willis		
Item	Outcome		
1. Call to Order	Elaine Lewis (Chair) called meeting to order at: 10:36 am Welcome & Guest/Member Introductions a. Confirmation of Quorum – three members present		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member	Not applicable.		
3. Standard Business Names are noted when vote is not unanimous	a. Public Comments/Announcements: Members or non-members: Elaine talked about the recent Live Well meetings she attended. She discussed the one-stop shop and the ALS and 211 systems b. Approval of (insert date) Meeting Minutes (Action) Motion: Elaine Lewis / Second Faye Detsky-Weil Passed unanimously		
4. Review Discussion from Committee members	Elaine Lewis presented a draft of the Recommendations that will be submitted to the general AIS Council. The committee examined the document and began revision. Missing information was suggested. Elaine and Bradlyn will bring their research for incorporation into the document. In addition to the paper, the committee discussed some ways to possibly help recruit more volunteers. Suggestions included advertising on social media platforms, KPBS, and the development of an interview and a podcast.		
5. Other Announcements	None.		
6. Next Meeting	May 12, 2025 at 10:30 am at 5560 Overland Avenue, 3 rd Floor		
7. Adjournment	Meeting adjourned at 11:42 pm		

Respectfully submitted by Bradlyn Mulvey, Ph.D., Secretary

Long Term Care Ombudsman and Facilities Subcommittee

Memo: Recommendation to the Aging and Independence Services General Advisory Council Date: April 2025

Introduction

In partial fulfillment of the LTCOF subcommittee's goals; the committee is to Monitor and Advise AIS on the Long-Term Care Ombudsman program standard of operations, goals, performance, and increasing the number of volunteers as well as advise on areas of concern related to long term care. To that end and after an exhaustive investigation and research, we make the following recommendations.

- **First the Long-Term Care Ombudsman and Facilities Committee (LTCOC) commends the Office of the State Long Term Care Ombudsman Program (OSLTCOP) for managing and recovering from the Covid Pandemic. Volunteer numbers are growing again and the LTCOF has been able to decrease the time it takes to have a volunteer ready to start supporting people in long-term care facilities.**

The LTCOC

- **Research**
Over the course of 2024, the LTCOF subcommittee has dedicated significant time to research LTCOF's policies and procedures at a state level and local level. Additionally, during our monthly meetings in an effort to understanding the challenges of the LTCOF program, we have invited LTCOF staff and other county members to join our meetings.
- **Discovery/Findings**
One of the key findings is that the LTCOF program has experienced a drastic reduction in volunteers since the implementation of fit testing for respiratory masks at initial/annual physicals. The respirator fit testing is required for all LTCOF staff/volunteers entering facilities in San Diego County. We have not found a similar requirement in any other OLTO programs in California. The physical, which takes place at Concentra, requires a basic document to be signed, indicating that a volunteer may have to undergo invasive testing because of the findings during the initial physical. This additional testing may include a pelvic examination.

These two findings have been identified as key barriers for LTCOF volunteers to remain in the program and for potential volunteers to proceed, resulting in insufficient volunteers to meet the program's needs.

- **Recommendations**

1. The LTCOF subcommittee recommends that the AIS General Council formally recommend to the AIS leadership team to remove the fit testing requirements for LTCOF program volunteers and revise the physical testing documentation to remove probing language. Fit testing should no longer be required as respirators are no longer required for all visitors and staff of Skilled Nursing Facility/Residential Care Facility for the Elderly (SNF/RCFE).
2. The San Diego County team should revise and create its own volunteer physical form in collaboration with Concentra to remove any language that is not pertinent to county volunteer work to avoid confusion for potential/current volunteers.

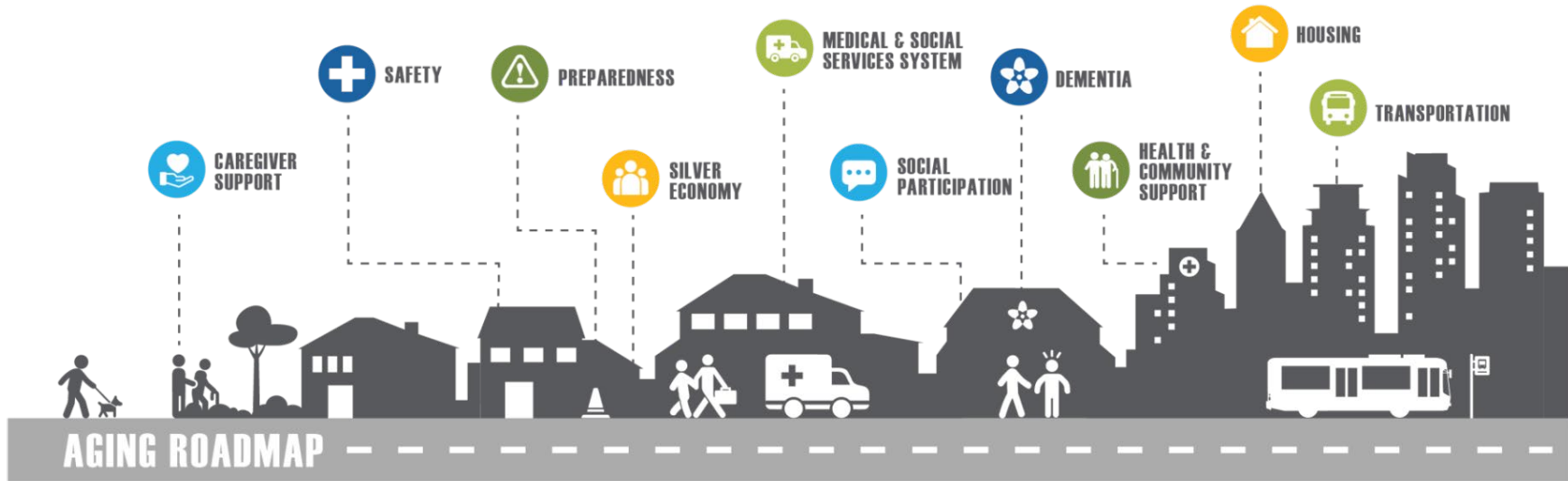
Next Steps

1. Discuss the recommendation at the AIS General Advisory Council meeting.
2. Outline recommended changes.
3. Formally submit the recommendation to AIS leadership.

APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

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







AGING ROADMAP: County of San Diego's [regional plan](#) that is implemented and organized by 10 focus areas that collectively represent the County's comprehensive system of care, including both person-centered and community-wide efforts. Roadmap focus areas are as follows and identified throughout the Council's Goals:








GOALS 2024 – 2027

#	Goal	Timeline	Lead	Measure	Outcome	Status
1	Advise on the 4-year Area Plan for FY 2024-2028. 	Feb – May 2024	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 2/12/24 and 3/8/24. Area Plan public hearing comment and consideration of acceptance during Advisory Council meeting on 3/11/24. Discussion included: Area Plan 2024-2028 updates and process and content of the Area Plan. The Ad Hoc Subcommittee recommends continued consultation, input, and monitoring of progress from Advisory Council. Authorization passed with 18 votes on 3/11/24. 	Completed























APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

1a	Advise on Area Plan updates for FY 2024-2025. 	Feb – May 2025	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"> Discussion included: 	Not yet started
2	Monitor and plan for the expansion of services for older adults to meet the needs of the growing population. 	Ongoing	Ad Hoc Area Plan Subcommittee and Advisory Council	<ul style="list-style-type: none"> Discussion 	<ul style="list-style-type: none"> Discussion included: 	In progress
3	Find engaging speakers for the AIS Advisory Council general meetings. 	Ongoing	Advisory Council	<ul style="list-style-type: none"> Speakers 	<ul style="list-style-type: none"> Speakers' topics included: 	In progress
4	Expand participation in appropriate Auxiliary Subcommittees. 	Ongoing	Advisory Council	<ul style="list-style-type: none"> Meeting date(s) Discussion 	<ul style="list-style-type: none"> Auxiliary Subcommittee met on: Discussion included: Authorization passed: 	In progress
5	Participate in appropriate Ancillary Subcommittees. 	Ongoing	Advisory Council	<ul style="list-style-type: none"> Meeting date(s) Discussion 	<ul style="list-style-type: none"> Ancillary Subcommittee met on: Discussion included: Authorization passed: 	In progress
6	Research and make recommendations for priority areas to support economic security amongst older adults in San Diego. 	2024-25 Council Year	Affordability in Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics included: Recommendations: 	Not yet started






APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

7	Research and make recommendations for priority areas of healthcare programs and groups for older adults. 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<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, neurodegenerative diseases of AD, PD, FTD, Dementia, ways to increase awareness and education in hospitals re: geriatric issues. 	In progress
7a	Research the impacts of isolation and explore the “Seniors Who Live Alone” topic. 	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Discussion included: 	In progress
8	Review how older adults who have the greatest economic or social need are made aware of and utilize nutrition services including CalFresh benefits. 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include review of nutrition resources and education through the AIS website, printed materials. Examine the barriers to CalFresh benefit enrollment and how enrollment assistance is promoted. 	In progress
9	Review the research and implementation efforts of local and national ‘food as medicine’ initiatives that focus on the integration of food for disease prevention and management. 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include, but not limited to enhancing nutritional quality through increased fruit and vegetable consumption and the importance of good nutrition for older adults living with chronic health conditions. 	In progress
10	Increase awareness about good oral health and dental treatment options through public insurance benefits. 	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Discussion included: 	In progress
11	Identify disease risk reduction strategies and educational opportunities	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Finding(s) 	<ul style="list-style-type: none"> Topics may include cardiac health, diabetes, oral health care and nutrition, dementia and neuro-degenerative disorders and Parkinson’s disease. 	In progress

APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

	for diseases and disorders affecting older adults. 					
12	Monitor and advise on AIS programs through presentations and site visits.  	Ongoing	Nutrition Subcommittee Healthy Aging Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12a	Congregate Meals (Title III C1) and Transportation to Dining Sites (Title III B). Review nutrition education and in-service requirements for congregate sites.   	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12b	Home-Delivered Meals (Title III C2)  	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12c	SNAP-Ed (Cal Fresh)  	Ongoing	Nutrition Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Discussion included: 	In progress
12d	Older Adult Health Promotion (Feeling Fit, Fall Prevention, etc.) and Healthy Aging in life-long learning.  	Ongoing	Healthy Aging Subcommittee	<ul style="list-style-type: none"> Meeting(s) and date(s) attended 	<ul style="list-style-type: none"> Awareness and Promotion of local programs in lifelong learning to support Healthy Aging. 	In progress
13	Monitor pending legislation in all goal areas and participate with respective committees and AIS staff in analysis of legislation.          	Ongoing	Advisory Council and Ad Hoc Legislative Subcommittee	<ul style="list-style-type: none"> Legislation monitored 	<ul style="list-style-type: none"> Discussion included: Recommendations: 	In progress
14	Monitor and make	Ongoing	Long Term Care	<ul style="list-style-type: none"> Date(s) of Choose Well 	<ul style="list-style-type: none"> Recommendations for improvement, including assessment 	In progress

APPENDIX: AGING & INDEPENDENCE SERVICES (AIS) ADVISORY COUNCIL | GOALS 2024 – 2027

	recommendations for enhancements to Choose Well. 		& Ombudsman Facilities	meeting(s) attended • Quarterly meetings.	of effectiveness or additional resources needed. • Discussion included:	
15	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	• Raise and maintain awareness for the AIS Advisory council surrounding legislation related to skilled nursing facilities and residential care facilities for the elderly. • Discussion included:	In progress
16	Monitor and advise AIS on the Ombudsman program standard of operations, goals, performance, and increasing the number of volunteers as well as advise on areas of concern related to long term care. 	Ongoing	Long Term Care & Ombudsman Facilities	• Meeting(s) and date(s) attended	• Recommendations for improvement, including assessment of effectiveness or additional resources needed. • Discussion included:	In progress
17	Monitor and advise on success of existing technology programs and promote access to and utilization of technology.  	Ongoing	Advisory Council and All Subcommittees	• Finding(s) • Number and topic of media campaign	• Recommendations may include a media campaign to promote existing programs or identify opportunities for new programs.	Not yet started