

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