

Advisory Council on Aging and Disability Services

Creating choices for elders and adults with disabilities in Seattle-King County

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www.adsadvisorycouncil.org

MONTHLY MEETING NOVEMBER 3, 2006

MEMBERS PRESENT

CITY OF SEATTLE	KING COUNTY	UNITED WAY
<input checked="" type="checkbox"/> Thelma Coney	<input type="checkbox"/> Lisa Yeager	<input checked="" type="checkbox"/> Midge Levy, Secretary
<input checked="" type="checkbox"/> Joanne Brekke-Selk	<input checked="" type="checkbox"/> Larry Verhei	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Adam John	<input type="checkbox"/> John Holecek	<input checked="" type="checkbox"/> Thelma Pegues, Member-At-Large
<input type="checkbox"/> Alexandra Tu	<input checked="" type="checkbox"/> John Barnett	<input checked="" type="checkbox"/> Timmie Faghin
<input type="checkbox"/> Tom Rasmussen	<input type="checkbox"/> Ann Dennis	<input checked="" type="checkbox"/> Don Moreland, Chair
<input checked="" type="checkbox"/> Larry Low	<input type="checkbox"/> Rose Finnegan	<input type="checkbox"/> Phil Pitruzzello
<input checked="" type="checkbox"/> Houston Brown, Vice-	<input checked="" type="checkbox"/> Art Mussman	<input checked="" type="checkbox"/> Michael Miller
<input type="checkbox"/> Dr. Robert Gross	<input checked="" type="checkbox"/> Kate Slaminko	<input type="checkbox"/> Vacancy
<input type="checkbox"/> Candace Inagi	<input type="checkbox"/> Cathy	<input checked="" type="checkbox"/> Amy Astle-Raen

Excused Absence Alexandra Tu, Tom Rasmussen, Dr. Robert Gross, Candace Inagi, Lisa Yeager, John Holecek, Ann Dennis, Rose Finnegan, Cathy VonWald, Phil Pitruzzello

Guests Jean Amos, Marta Vega, Kia Kham-Lee

ADS Staff Pamela Piering, Selina Chow, Rosemary Cunningham, Karen Winston, Marcy Kubbs, Margaret Casey

United Way Staff Linda Woodall

King County Staff Linda Wells

MINUTES

Don Moreland, Chair convened the Advisory Council (AC) meeting at 12:00 p.m. and invited those attending to introduce themselves.

In association with the Area Agency on Aging for Seattle-King County and sponsored by:



PROGRAM : CHRONIC CARE MANAGEMENT

Pamela Piering, Director and **Rosemary Cunningham**, Planning Manager of Aging and Disability Services (ADS) provided a presentation on Chronic Care Management. Their presentation consisted of a video workshop by Edward Wagner, MD, MPH, Director of the MacColl Institute of Health Care Innovations, and a PowerPoint overview of the King County Local Care Management Grant ADS was recently awarded.

Dr. Edward Wagner Video

Dr. Wagner provided an overview of the challenges involved in providing care to those suffering from chronic diseases. These include:

- \$1 trillion is spent on 100 million Medicare beneficiaries who have one or more chronic illnesses
- 50% of these don't receive appropriate care
- 25% of these have 4 or more chronic illnesses
- 95% of medical costs are associated with those having 4 or more chronic illnesses

Research on the care provided in our country has revealed that less than 50% receive modern evidence-based treatment. In addition, analysis of our current care system has revealed:

- The current medical care system can't work
- Trying harder won't make it work
- Changing the care system will work

Six desired qualities for high quality care include making it:

- Safe, avoiding injury to patients
- Effective – science based
- Patient-centered
- Timely
- Efficient
- Equitable

The Cochrane Collaborative Review & JAMA Review of 40 studies related to diabetes found:

- In 19 of 20 studies that included a self-care management component, patients improved
- In 5 studies where treatment included interventions in each of the following 4 categories, clients improved:
 - Efforts directed at providers
 - Efforts directed at increasing patient's knowledge and skills
 - Efforts directed at practice design (i.e. adding nurse practitioners, group visits, follow-up etc.)
 - Using enhanced technology
- As the number of categories of interventions increased across studies, there were better treatment effects
- The one necessary intervention was self-management.

King County Local Care Management Grant

Pamela Piering & Rosemary Cunningham described the grant ADS recently received. Details include the following:

- \$5 million will be available over 2 years
- 20,000 Medicaid clients will be identified to receive care
- 2,000 of these will be high risk clients
- Those identified will not include long-term care clients

Grant Goals include:

- Improve health outcomes using evidence-based medicine
- Reduce medical costs by:
 - Improving self-management skills
 - Offering high risk clients RN care management
- Support “medical homes” in community health centers

Partners in the project include the following:

- State Department of Social and Health Services (DSHS) – has client data
- Americhoice Corporation – gets client data from DSHS & provides client names to ADS
- ADS – connects clients to care manager that could be ADS case manager or community care manager
- Senior Information and Assistance
- Country Doctor clinics
- Harborview (4-6 clinics)
- SeaMar Health Clinic
- Community Health Centers of King County (CHCKC)
- Puget Sound Neighborhood Health Clinics (PSNHC) – 7 health centers

The grant’s Chronic Care Model includes the following elements:

- Organization of Health Care components such as:
 - Patient Self-Management
 - Delivery System Design
 - Provider Decision Support
 - Clinical Information Systems
- Community
- Informed, activated Patient
- Prepared, proactive practice team

Self-Management includes the following components:

- Advocacy – Patient is prepared for visit and the RN models advocacy at patient visits with the doctor
- Knowledge & Resources – Information & Assistance calls and mails information
- Skills Training – RN or Support groups provide
- Reminders – Phone, on-line, access to patient record

Important elements of the delivery system are:

- Clinical Management Committee
- Payments to Health Centers
- Planned or group visits
- RN Care Managers
- Electronic communication across providers
- Follow-up

Support in making clinical decisions will include the following:

- Provider education
- Specialty support
- Timely access to claims data

Clinical Information Systems will include:

- Registries
- Automated reminders to providers and patients
- Performance measurement
- Performance feedback

Next steps for the project include:

- November, 2007 – March, 2007
 - Develop information systems
 - Create contract
 - Write policies & procedures
 - Hire staff
- January, 2008 – April, 2008
 - Contact high risk clients
 - Begin RN Care Management
- 2008-2009
 - Ongoing RN Care Management
 - Send educational materials to low risk clients

BUSINESS MEETING

Minutes

Action Taken: It was moved/seconded and passed that the September 9, 2006 minutes be approved as written.

COMMITTEE AND TASK FORCE REPORTS

Seattle City Council

There was no report.

Planning & Allocations Committee

Joanne Brekke reported the committee discussed the City Council's recent study on Senior Centers that evaluated the number of participants, funding, and a variety of other conditions. The committee proposed motions related to the study.

Action Taken: It was moved/seconded and passed that the Advisory Council support the City Council Phase I Report, *Senior Centers in the City of Seattle* as well as further analysis in Phase II, scheduled for 2007.

Action Taken: It was moved/seconded and passed that the Advisory Council advocate for at least one Advisory Council member, who is a Seattle resident, to be involved in the City Council Phase II analysis.

Action Taken: It was moved/seconded and passed that the Advisory Council send a letter to all members of the Seattle City Council supporting the allocation of \$100,000 in 2007 for the funding short fall for Senior Services affiliated Senior Centers.

Health Care Task Force

Larry Verhei reported that the Accessible Voting Law provides adults with disabilities large print ballots or an audio cassette of the ballot, among other things, to make it possible for them to vote in elections. King County received an award for bringing the ability to vote to the disabled community.

Outreach & Advocacy

Timmie Faghin reported that on October 26th there was a successful meeting of Advisory Council and State Council on Aging members. The following day, many Advisory Council members attended the Senior Lobby Conference. The next meeting of the committee will take place on November 17th.

Will Parry suggested another item the Committee may want to consider is the recent change in state disability law which more narrowly defines disability as "substantially limiting life activities" aligning it more closely to the American's with Disabilities Act (ADA) definition.

Communications Committee

Timmie Faghin reported that Seniors Digest is now getting 2200 hits per month and has a new subscriber, Liz Taylor, the columnist. She indicated that the committee is recruiting new members as she will be going off the Council at the end of December.

State Council on Aging

Joanne Brekke-Selk reported that the Department of Social and Health Services is requesting \$7 million for two budget items:

- Family Caregiver Initiative
- Chronic Care Case Management Initiative

The State Council on Aging has written a letter supporting this request.

Universal Design (UD)

Art Mussman reported that at the October 20th UD Coalition meeting, Scott Starr, an architect at Stickney Murphy Romaine Architects, presented on the differences between American's with Disabilities Act (ADA) regulations and UD. He explained that ADA is a set of required standards for public spaces and housing. An example is a required number of accessible units in new apartment building or condos. UD pertains to both private housing and public housing, focusing on designing the built environment in a way that makes it accessible for all people, not just those labeled as "disabled". Since accessible units in public housing are larger to accommodate wheel chairs than regular units, they are highly desirable and often rented by those without disabilities.

Art reported that there was a UD booth at the recent Kirkland Baby Boomers event. The next special event for the UD Coalition will be the Bellevue Home Show in January, 2007.

Retreat Committee

Lorna Stone reported the annual Advisory Council retreat will be held on Friday, January 12, 2007 at the Talaris Conference Center in the University District. The focus will be on orienting new members, getting to know one another, advocacy skill building, and connecting with the Council's committees.

NEW BUSINESS

Election

Action Taken: It was moved/seconded and passed that the Advisory Council cast a unanimous ballot for Don Moreland, Chair; Lorna Stone, Vice-Chair; Midge Levy, Secretary; and Houston Brown, Member-at-Large.

New Business from the Floor

John Barnett indicated he attended a rally in September protesting the planned closure of some of King County's public health clinics. These clinics served 80,000 per year, many of them

older adults. While King County Executive Ron Sims provided emergency funding to keep them open, their fate is still uncertain.

Action Taken: It was moved/seconded and passed that the Advisory Council send a letter to the King County Council, the Executive, and the Governor, requesting funding for all of the King County public health clinics through 2007.

John also reported that he recently accompanied an ADS Case Manager on a home visit. He found it rewarding and indicated he is pleased ADS has such skilled case managers on staff.

Director's Report

Pamela Piering, reported on the following items.

1) On November 2nd the Seattle Times reported on the positive effects of an In-Home Program in the state of Vermont. She suggested the Advisory Council may want to write a letter to the editor to share information on the in-home services available in our community.

2) On the national level, a "Dear Colleague" letter signed by Washington's Representative Rick Larsen is circulating around Congress requesting \$43 million, one dollar for every Medicare recipient, to support AAA Information and Assistance programs and SHIP, which is similar to the SHIBA health insurance assistance program. Don Moreland indicated he can share copies of the letter with the Outreach & Advocacy Committee.

3) Pam is working with Philanthropy Northwest to increase the visibility of aging issues and increase funding for aging programs which currently stands at 2%.

4) Pam noted that Advisory Council member, Thelma Pegues, who starred in the emergency preparedness video, *Just in Case*, will have a role in another video targeting older adults.

The meeting was adjourned at 2:00 pm.

Note: We are back to the regular 6070 Conference Room for this Meeting!

NEXT REGULAR MEETING

Friday, December 8, 2006

Noon – 2:00 p.m.

6070 Conference Room

Seattle Municipal Tower

700 – 5th Avenue

Seattle, WA 98124

www.adsadvisorycouncil.org

Midge Levy, Secretary _____