

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

MARCH 9, 2007

MEMBERS PRESENT

CITY OF SEATTLE	KING COUNTY	UNITED WAY
<input type="checkbox"/> Vacancy	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Midge Levy, Secretary
<input type="checkbox"/> Vacancy	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Lorna Stone
<input type="checkbox"/> Vacancy	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Thelma Pegues, Member-At-Large
<input type="checkbox"/> Vacancy	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Dr. Jonathan Wanagat
<input checked="" type="checkbox"/> Tom Rasmussen	<input checked="" type="checkbox"/> Ann Dennis	<input checked="" type="checkbox"/> Don Moreland, Chair
<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Rose Finnegan	<input checked="" type="checkbox"/> Phil Pitruzzello
<input checked="" type="checkbox"/> Houston Brown, V- Chair	<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 checked="" type="checkbox"/> Ann Ballard
<input type="checkbox"/> Candace Inagi	<input type="checkbox"/> Cathy	<input checked="" type="checkbox"/> Amy Astle-Raen

Excused Absence Candace Inagi, Dr. Robert Gross, Cathy VonWald

Guests Dr. Sally Fitts, Silversity Madrazo, Diane Snell, Herbert Camet, Jr., Sven Peterson, Kia Kham-Lee

ADS Staff Rosemary Cunningham, Marcy Kubbs, Karen Winston, Margaret Casey, Maria Langlais

United Way Staff Linda Woodall

King County Staff Linda Wells

MINUTES

Don Moreland, Chair, welcomed Advisory Council members, guests and ADS staff to the meeting. He asked those present to introduce themselves.

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



PROGRAM : FALL PREVENTION & PROJECT HOMESTRETCH

Don introduced the speaker, Dr. Anne Shumway-Cook, a professor of physical therapy (PT) at the University of Washington's (UW) Department of Rehabilitative Medicine. Dr. Shumway-Cook presented information about fall prevention and Project HomeStretch, a program targeting services to Aging and Disability Services (ADS) case managed clients.

Dr. Shumway-Cook shared general information about falls including:

- Falls are a major problem among older adults
- Falls are not an inevitable part of aging
- Falls are predictable and often preventable

Regarding the prevalence of falls, Dr. Shumway-Cook shared the following:

- Over 1/3 of community-living adults over 65 years fall each year
- Prevalence of falls is higher in older adults with chronic health conditions, such as diabetes
- Falls are the leading cause of injury deaths and the most common cause of injuries and hospital admissions for trauma
- Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes

Statistics relating to the consequences of falls included:

- Of those who fall, 20 to 30 percent suffer moderate to severe injuries that reduce mobility and independence, and increase the risk of premature death.
- Only 22% of people who are hospitalized in Washington for falls are able to return home
- By 2020, the estimated cost for fall injuries for people age 65 and older is expected to reach \$43.8 billion

Individual psycho-social consequences of falls include:

- 20% of fallers express fear of falling
- Fear lowers self-efficacy for safe walking, and thus increases fall risk
- Vicious cycle is established that significantly affects quality of life

Modifiable risk factors include the following:

- Muscle Weakness
- Balance Problems
- Walking Problems
- Improper use of cane/walker
- Depression
- Visual problems
- Multiple medications
- Home safety factors

The American Geriatric Society recommends the following assessment guidelines:

1. All older adults (65 years and older) should be asked about falls at least once a year
2. All older adults who report a single fall should be observed for increased fall risk using “Timed Up and Go” test
3. Persons with unsteadiness on test require further assessment

The Centers for Disease Control recommends the following 4 steps to reduce risk for falls.

- Exercise
- Home safety
- Vision check
- Medications review with your doctor

In addition, it is important to wear good footwear.

Dr. Shumway-Cook shared the following three publications available through the Washington State Department of Health at 1-800-525-0127:

- *What You Can Do to Prevent Falls* (DOH Pub 341-006)
- *Check for Safety: Home Fall Prevention Checklist for Older Adults* (DOH Pub 341-006)
- *State Active & Independent for Life: An Information Guide for Adults 65+* (DOH Pub. 341-013)

The *Stay Active & Independent* guide has at the back a “My Falls-Free Plan” checklist to assist individuals in assessing their fall risk and determining appropriate steps to reduce their risk. Dr. Shumway-Cook recommends this checklist for any older adult.

Exercise is important for a variety of reasons including:

- Preventing falls
- Maintaining function and preventing disability
- Preventing and managing chronic diseases

Top risk factors for falls, all of which are modifiable through exercise, include:

- Muscle Weakness
- Gait Deficits
- Balance Deficits
- Use of Assistive Devices for Gait

Project HomeStretch

Project HomeStretch helps ADS case managed clients diagnosed with diabetes or other chronic medical conditions become more active. This will help clients:

- Better control their medical conditions
- Improve strength, flexibility, balance, mobility, and cardio-vascular fitness
- Improve functional independence and reduce disability
- Improve self-efficacy related to improving health through exercise

Project HomeStretch is a collaborative UW/ADS effort that began in 2001. Dr. Shumway-Cook's second year graduate students enrolled in her Geriatric Physical Therapy course are matched with ADS clients with diabetes or other chronic conditions. Once clients agree to participate in the program and their physician has given consent for them to participate, the students begin their work. The students provide the following services for their clients:

- Comprehensive Evaluation
- Individualized Intervention Program with a notebook for the client
 - Exercises: progressive program of home-based exercises including strength, flexibility, cardio-vascular fitness, balance and mobility training
 - Education: exercise and health, motivation, lifetime perspective on activity
- Home visit by PT students, once a week for 6 weeks
- Documentation (initial & discharge evaluation, progress notes) sent to the client's physician and ADS

Students in the course work with healthy older adults (HOA) in addition to case-managed ADS clients. ADS clients are less healthy and experience more Adult Daily Living (ADL) disabilities than the HOA. For example, results since 2001 document ADS clients took on average 10 prescription drugs compared to 3 in the HOA group, and experienced an average of 9 ADLs disabilities compared to none in the HOA group. ADS clients were also less ready to exercise and less hopeful the exercise program would positively affect their functional abilities.

However, at the end of the 6 weeks of student visits, the majority of ADS clients improved in all the tests as described below.

Test	Pre	Post	# Improved
Biceps Curl	7 ± 5	11 ± 6	12/15
Chair Stand	2 ± 2	5 ± 3	12/15
Up and Go	21 ± 10	16 ± 22	11/15
Self Efficacy	15 ± 3	20 ± 8	12/15
Outcomes Expectation	8 ± 2	9 ± 3	12/15

Responding to a question about how to get an exercise program started Dr. Shumway-Cook recommended the book and DVD, *Fitness After 50*. She also recommended a National Institute on Aging booklet, *Exercise: A Guide from the National Institute on Aging*. This is available through the National Institute on Health (NIH) at 800-222-2224 or www.nih.gov/nia. Request publication #01-4258.

Dr. Shumway-Cook summarized her presentation by stating exercise is a key to improved balance and mobility function and an essential element of falls prevention. She urged ADS to take a lead role in falls prevention work in King County.

BUSINESS MEETING

Minutes

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

COMMITTEE AND TASK FORCE REPORTS

Sponsor's Meeting

Planning & Allocations Committee

Lorna Stone reported that this month's meeting was a continuation of the orientation begun last month.

Outreach and Advocacy / Health Care Task Force

Midge Levy reported the committees are particularly concerned about the King County Human Services Recommendations Report, April, 2007 which establishes priorities for human services supported with county general funds. They are concerned, in particular, about the exclusion of language regarding services for older adults and adults with disabilities. Since this Recommendations Report will guide King County activities as they relate to supporting human services for years to come, it is important that services to older adults and adults with disabilities be included.

Action Taken: It was moved/seconded and passed that the Advisory Council members contact the King County Council members and the King County Executive to object to the omission of funding for older adults and adults with disabilities in the April, 2007 King County Human Services Recommendations Report.

Action Taken: It was moved/seconded and passed that the Advisory Council send a letter to members of the King County Council with a copy to Executive Ron Sims objecting to the omission of funding for older adults and adults with disabilities in the April, 2007 King County Human Services Recommendations Report.

The joint committees also heard a presentation by Marc Brenman, Executive Director of the Washington State Human Rights Commission. He spoke on efforts to pass legislation returning the state's definition of disability to that prior to the state Supreme Court's decision of last summer. This action made Washington's definition of disability more restrictive and excluded a number of individuals from protection from discrimination.

Action Taken: It was moved/seconded and passed that the Advisory Council send a letter to the King County Legislators asking they support passage of HB 1322.

Midge also reported that the Public Guardianship bill which requests \$2 million for a pilot project is expected to pass.

Seattle City Council

Councilmember Tom Rasmussen reported on the following items.

1) Universal Design – Councilmember Rasmussen met with Wendy Kenzell, an occupational therapist who spoke to him about the effects the design of our built environment can have on the quality of our lives. He contacted the head of the Seattle Housing Authority regarding renovations at Yesler Terrace and urged that Universal Design elements be incorporated.

2) Condo Conversions – In the last two years in Seattle 4,000 apartments have been converted to condominiums. The loss of affordable apartments particularly affects people on limited incomes. The City Council is working with the state legislature to increase to 90 the number of days residents have to buy a condominium and to increase the amount of compensation for those displaced by a conversion to three month's rent. This would provide first and last month's rent plus a damage deposit for another, similarly priced apartment. The legislation is SH 5031 and HB 2014. Councilmember Rasmussen requested Advisory Council members call key legislators to ask their support to move the bills to the floor for further action.

3) Parks Levy – The Parks Levy is expiring and with it, \$170,000 in funding, putting the Park's Department's Senior Programs at risk. Councilmember Rasmussen urged Advisory Council members to contact the Mayor and request he add funding for Parks Senior Programs.

Communications Committee

Maria Langlais used the overhead projector to walk the Advisory Council through the new Area Agency on Aging (AAA) Aging and Disability Services website. The address is:
www.agingkingcounty.org.

Universal Design Coalition

Art Mussman reported the Kirkland Senior Council has completed a 40 minute video, *Aging in Place in Kirkland*, providing information on Universal Design elements for your home. It can be found on the City of Kirkland website at <http://www.ci.kirkland.wa.us/home.htm> .

Art also indicated the Coalition is exploring the possibility of pre-fabricated housing developers incorporating Universal Design elements in their housing. This approach may make it easier to increase the amount of Universally Designed housing on the market.

On March 22, 2007, the Builders Association will hold a conference in Tacoma. Members of the Coalition will be presenting.

NEW BUSINESS

Ann Ballard reported Social Security Supplemental Income (SSI) regulations provide benefits to the aged, blind or disabled, but limits benefits for immigrants to seven years unless they obtain citizenship.

Director's Report

Rosemary Cunningham reported on behalf of Pamela Piering who is presenting at an out-of-town conference. Her report included the following:

1) Focus on the Future Forums – Members were reminded of the series of forums offered as part of the Area Plan planning process providing education on issues relevant to older adults and adults with disabilities. The remaining forums are:

There's No Place Like Home: Long-Term Care

March 15, 2007

1:00 to 3:00 p.m.

Tukwila Community Center

12424 – 42nd Ave. S., Tukwila

There's No Place Like Home: Housing

April 5, 2007

10:00 a.m. to noon

Bellevue City Hall, Room 108

450 – 110th NE, Room, 108, Bellevue

Working to Build a Disaster-Resilient Community

April 19, 2007

2:00 to 4:00 p.m.

Times Square Conference Center

660 – 39th St. SW, Renton (Across from Ikea)

2) Pam asked Rosemary to extend her appreciation to Advisory Council members who traveled to Olympia during one of the two recent lobby days to advocate on behalf of increased funding for older adults and adults with disabilities.

3) Local Care Management Grant – Discussions are taking place with mental health agencies, homeless agencies and Health Care for the Homeless to strategize how to incorporate their services.

The meeting was adjourned at 2:00 pm.

NEXT REGULAR MEETING

Friday, April 13, 2006

Noon – 2:00 p.m.

6070 Conference Room

Seattle Municipal Tower

700 – 5th Avenue

Seattle, WA 98124

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