

# 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 MAY 11, 2007

### MEMBERS PRESENT

<u>CITY OF SEATTLE</u>	KING COUNTY	UNITED WAY
<input type="checkbox"/> Vacancy	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Midge Levy, Secretary
<input type="checkbox"/> Barbara Hurst	<input type="checkbox"/> Vacancy	<input type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Diane Snell	<input type="checkbox"/> Vacancy	<input type="checkbox"/> Thelma Pegues, Member-At-Large
<input type="checkbox"/> Dr. Pierre Loebel	<input type="checkbox"/> Vacancy	<input checked="" type="checkbox"/> Dr. Jonathan Wanagat
<input type="checkbox"/> Tom Rasmussen	<input 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 type="checkbox"/> Art Mussman	<input type="checkbox"/> Michael Miller
<input checked="" type="checkbox"/> Dr. Robert Gross	<input type="checkbox"/> Kate Slaminko	<input type="checkbox"/> Ann Ballard
<input type="checkbox"/> Candace Inagi	<input type="checkbox"/> Cathy	<input checked="" type="checkbox"/> Amy Astle-Raen

### Excused Absence

Barbara Hurst, Dr. Pierre Loebel, Tom Rasmussen, Candace Inagi, Ann Dennis, Art Mussman, Kate Slaminko, Cathy VonWald, Lorna Stone, Thelma Pegues, Michael Miller, Ann Ballard

### Guests

### ADS Staff

Pamela Piering, Rosemary Cunningham, Marcy Kubbs, Karen Winston, Doug Ricker

### United Way Staff

Linda Woodall

### King County Staff

Linda Wells

## MINUTES

**Don Moreland, Chair**, welcomed Advisory Council members 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 : SUPPORTIVE TECHNOLOGY AND DESIGN FOR HEALTHY AGING CONFERENCE**

Several members of the Advisory Council and Aging and Disability Services (ADS) staff attended the morning sessions of the University of Washington Institute on Aging conference, “Supportive Technology and Design for Health Aging”. Some highlights of the conference included the following:

### Changing Demographics

- In 1990 13% of the population was over 65 years of age. By 2025 the rate will be 20%.
- From 1990 -2000 there was a 39% increase in those over 85 years of age.
- While today 1 billion worldwide are over the age of 60, by 2050 the number will be 2 billion and 22% of the population will be over 85.
- Currently, those over 85 years of age have a total life expectancy of 7.5 additional years, but an “active life” expectancy of 2.8 years.
- While the number of chronic diseases is up, they are being better managed so actual disability rates are falling or are being compressed into a shorter period of time.

### Technology for Long Term Care (LTC) for the “Next Billion”

- Currently LTC requires high touch and a high presence from caregivers which means high cost.
- One in three provide informal caregiving, the value of which is estimated at \$125 billion.
- One strategy for the future would be to: a) reduce care needs, b) support informal care, and c) reduce care cost.
- Technology may assist, particularly with easier tasks such as logging care, trouble shooting, notification and prompting. Other tasks such as assisting with prosthetics would be extremely difficult for technology to provide.
- “Context Aware Medication Prompting” (CAMP) technology has been demonstrated to increase medication compliance
- Ultra Dense Sensing technology can reduce the burden of care by actively monitoring medication use, nutrition, hydration and ambulation.

### Elder Friendly Technology in LTC Settings

Computers with touch screens can be set up in assisted living and other LTC settings, and customized to the experiences of individual residents. They can provide among other things:

- Life stories of residents and hints on how they like to be cared for. High school students can assist in the developing these as an intergenerational project.
- Images or videos of physical therapy exercises
- Games that include simulations of such things as driving, flying, bicycling
- Music popular with individual residents
- Touch screen finger drawings made by dementia clients that can be e-mailed to family members

### Using Home Telehealth to Manage Health Care

- Puget Sound Veterans Administration (VA) uses two types of equipment in the homes of discharged clients: a) phone with text messaging capability, and b) computers with touch screens and video capability for video interviews by nurses.
- Improvement in health status has been demonstrated by: a) reduced hospital admissions and emergency room visits, and b) improved symptoms and maintenance of baseline health.
- Other benefits include: a) patients feeling more secure knowing nurses were monitoring their status, and b) caregivers feeling supported.
- Clinical benefits include such things as: a) improved outcomes, b) reduced RN visits, and c) ability to treat more patients.
- The Puget Sound VA currently has almost 500 patients using telehealth technology.

During the first half of the meeting, Advisory Council members who attended the conference reported on the presentations that were most meaningful for them. All were favorably impressed with the conference presentations, and enjoyed learning in particular about intergenerational technology projects, the VA's telehealth program and use of elder-friendly technology in facilities. Some noted however it may be challenging to bring this technology to low-income households due to the high cost.

# BUSINESS MEETING

## Minutes

**Action Taken:** It was moved/seconded and passed that the April 13, 2006 minutes be approved as written.

## COMMITTEE AND TASK FORCE REPORTS

### Seattle City Council

There was no report.

### Planning & Allocations Committee

**Rose Finnegan** reported that the committee reviewed several program areas including Adult Day Health, Client Specific (also known as Amy Wong Fund), Technology and Health Promotion. Details were provided about the **Client Specific** service area including the following:

- Services are individually tailored to meet client's specific needs.
- Services are authorized by case managers and provided by ADS service providers and outside vendors.
- Services provided by category include:
  - Basic necessities – rent, utilities, food, clothing, moving expenses
  - In-Home Personal Care – chore, housekeeping, cleaning services
  - Medical/Dental – medication, medical supplies, lifts, mattresses
  - Home Maintenance – home repair, plumbing, environmental modification
  - Financial Management Services
  - Adult Day Health services

Members received an update on the anticipated revenue which will include:

- Vendor rate increase of 2% in 2008 and again in 2009
- Expansion of the Long Term Care Ombudsman program
- \$2.4 million statewide increase for Family Caregiver Support & Respite
- \$800,000 statewide biennial increase for Kinship Navigators
- \$250,000 statewide biennial increase for Farmer's Market Nutrition

The committee also received an update on the 2007 discretionary revenue which included the following:

- The 2007 OAA allocation received by the state was \$200,000 higher than anticipated. Most of these funds are targeted for congregate nutrition and home-delivered nutrition.
- A 2% inflationary adjustment in State Senior Citizens Services Act (SCSA) funding was received.
- "Unfunded" priorities identified for 2007 have been funded including an inflationary adjustment, increase in Long Term Care Ombudsman and Nutrition Transportation
- A reduction was made in the Discretionary Case Management Program as a Discretionary Match is no longer needed.

### **Outreach and Advocacy / Health Care Task Force**

**Midge Levy** reported the committee meeting has been scheduled for Thursday, May 24<sup>th</sup>. In the meantime, Don Moreland requested that members send a message to their legislators requesting adequate funding for the Older Americans Act reauthorization changes.

### **Communications Committee**

**Don Moreland** reported that the committee will be meeting next week on May 15<sup>th</sup> from 1:00-2:00 pm.

### **State Council on Aging**

There was no report.

## **NEW BUSINESS**

1) **Rose Finnegan** reported the King County Executive issued a proclamation in honor of May being Older American's Month. A copy of the proclamation was shared.

2) **Don Moreland** reported that volunteers are needed to assist in developing a response to King County regarding their request for input on their Charter Review process. Houston Brown volunteered. Anyone else interested should contact Don Moreland as soon as possible as responses are requested by May 29<sup>th</sup>.

### **Director's Report**

**Pamela Piering** reported on a number of items including the following:

1) **New Member** – Pam reported that on Tuesday, May 15<sup>th</sup>, Marie Cook will appear before the City Council's Housing, Human Services and Health Committee for her confirmation hearing. Don Moreland who knows Marie indicates she has a union background and is a good advocate.

2) **Legislation** – Pam reviewed the recently passed State budget and included items that will be supportive of older adults.

3) **Fundamentals of Caregiving Training** – There was much debate this legislative session about the proposed increase in required Caregiver Training from 28 to 85 hours and inclusion of continuing education requirements. The Governor signed the legislation but also created a committee of fifteen people to sort through some of the remaining issues related to the number of hours of required training.. The committee may propose development of two training tracts, one for family members and the other for individuals for whom this is a career. They will also need to develop a system to track training hours.

4) **Human Services Department Open House** – Pam thanked everyone who assisted at the May 9<sup>th</sup> Human Services Department Open House and helped make it a great success.

**5) Older Americans Act (OAA)** – Pam indicated additional resources are needed for AAA’s to respond to the new requirements in the Reauthorized OAA. The National Association of Area Agencies on Aging (n4a) recently released an Advocacy Alert requesting individuals contact their legislators to request increased funding for the OAA.

The meeting was adjourned at 2:00 pm.

**NEXT REGULAR MEETING**

**Friday, June 8, 2007**

**Noon – 2:00 p.m.**

**6070 Conference Room**

**Seattle Municipal Tower**

**700 5<sup>th</sup> Avenue**

**Seattle, WA 98104**

**(206) 684-0660**

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