

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

JULY 10, 2009

MEMBERS PRESENT

City of Seattle	King County	United Way
<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Katty Chow
<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Diane Snell	<input type="checkbox"/> Julie Peterson	<input checked="" type="checkbox"/> Thelma Pegues
<input checked="" type="checkbox"/> Dr. Pierre Loebel	<input checked="" type="checkbox"/> Silversity Madrazo, Secretary	<input checked="" type="checkbox"/> Timmie Faghin
<input type="checkbox"/> Tim Burgess, elected official	<input checked="" type="checkbox"/> Kaylene Moon	<input checked="" type="checkbox"/> Don Moreland
<input checked="" type="checkbox"/> Barbara Hurst	<input checked="" type="checkbox"/> Rose Finnegan	<input type="checkbox"/> Phil Pitruzzello
<input checked="" type="checkbox"/> Houston Brown,	<input checked="" type="checkbox"/> Art Mussman	<input type="checkbox"/> Michael Miller, Member at Large
<input checked="" type="checkbox"/> Dr. Robert Gross	<input type="checkbox"/> Kate Slaminko	<input checked="" type="checkbox"/> Midge Levy
<input type="checkbox"/> Jacqueline Deerr-Lord	<input checked="" type="checkbox"/> Cathy VonWald, AC Chair	<input type="checkbox"/> Amy Astle-Raaen

Excused Absence	Tim Burgess, Julie Peterson, Jacqueline Deerr-Lord, Kate Slaminko, Michael Miller, Phil Pitruzzello, Amy Astle-Raaen
Guests:	Dr. Elizabeth Phelan (speaker), Ilene Silver (speaker), Karen Lewis (moderator), George Dicks Chair MCAA, Doung Nguyen, Amber Wade, Andrea Meewes
ADS Staff	Karen Winston, Doug Ricker, Gigi Meinig, Maria Langlais, Rosemary Cunningham
United Way Staff	Linda Woodall
King County Staff	Linda Wells
City of Seattle	Pamela Piering

Welcome and introductions:

Silversity Madrazo, Acting Chair, welcomed Advisory Council members and ADS staff to the meeting. She asked those present to introduce themselves.

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

Co-sponsored by:



Program
Falls Prevention:
A major factor in maintaining long term independence

Moderator Karen Lewis is the Program Director, of Health Equity Partners at the Comprehensive Health Education Foundation (CHEF) and provides leadership to CHEF's philanthropic efforts. She has an extensive background in health education and a deep understanding of equity issues, health trends, and concerns related to the aging population. She serves on the steering committees of the Healthy Aging Partnership and the Washington Alliance for Healthy Aging and enjoys working collaboratively with colleagues to bring health education and health promotion to communities. She introduced Dr. Elizabeth Phelan and Ilene Silver.

Dr. Elizabeth Phelan

Dr. Elizabeth A. Phelan received her undergraduate degree from Wellesley College in 1986, her medical degree from Tufts University School of Medicine in 1992, and Master's in Health Services from the University of Washington in 1998. After her residency, she served as chief resident in internal medicine at the University of North Carolina, Chapel Hill.

Since 2000 Elizabeth served on the faculty of the University of Washington as associate professor in the Division of Gerontology and Geriatric Medicine, adjunct associate professor in the Department of Health Services, associate director of the UW Health Promotion Research Center, and co-director the UW Center for Interdisciplinary Geriatric Research. She is the founder and director of the Fall Prevention Clinic at Harborview Medical Center, and affiliate investigator with Group Health's Center for Health Studies. In her capacity as board-certified geriatrician, Dr. Phelan maintains direct outpatient and inpatient patient care responsibilities, plus teaches and mentors medical students, house-staff, and fellows.

Her clinical research fellowship training was completed with the Robert Wood Johnson Clinical Scholars Program. Dr. Phelan's research focuses on promoting health, preventing functional decline, identifying ways health care systems and communities support preservation of function for older adults living in the community.

Ilene Silver

Ilene F. Silver holds a BA from Brooklyn College, and a Masters in Public Health from the University of Hawaii. In 1989 she established the Washington State Injury Prevention Program through a grant from the Centers for Disease Control. As the program director, she identified falls as the leading cause of injury-related hospitalizations in the state among people 65 and older. To further identify the scope of the issue, Ilene received a grant from the Centers for Disease Control (CDC) to write an in-depth report, titled "Falls Among Older Adults: Strategies for Prevention".

In 2002, Ms. Silver used the information from the falls report to apply for a four year CDC grant to develop a community-based fall prevention program. As a result of that grant, she launched the Washington State Senior Fall Prevention Program.

Elizabeth Phelan's Presentation

Dr. Elizabeth Phelan gave the Advisory Council the clinical perspective on falls. She stressed falls are not a normal part of aging, yet they are the fifth leading cause of death in people 65 and older and produce the highest incidence in death in the 80 plus population. If people survive a fall, serious injuries may result in head trauma and broken bones, with hip fracture being the most life changing injury. As the population grows older the number of falls is expected to increase.

The widely accepted definition of a fall is “*coming to rest on the ground or lower level*”. Examples include: slips, trips, stumbles, or loss of balance. This definition does not include falls related to acute events such as seizure, or stroke.

Today, the direct cost of falls to the health care system is \$19 billion; this is expected to increase to \$43.8 billion by 2020 and \$240 billion by 2040. The personal cost includes loss of independence, diminished quality of life, functional decline and psychological issues related to fear of falling. People who fall suffer from a downward spiral of restrictive activity culminating in weakness, loss of balance and the inability to complete normal activities of daily living and placement in a facility.

Why do falls occur?

Intrinsic – factors within an individual

Age related changes
Chronic conditions
Weakness
Balance problems

Extrinsic – Factors outside an individual

Medications
Footwear
Alcohol
Environmental factors
Assistive devices

While aging does not necessarily result in falls, there are intrinsic age related changes in gait, balance, vision which make people prone to falls. Some factors such as chronic conditions or arthritis are fixed and cannot be changed, while others are modifiable through strength, balance and gait training.

One of the best strategies for fall prevention begins with a primary care physician assessment of fall potential, along with education, recommendations, and follow-up. The single most effective fall prevention tool is regular physical exercise, strength and balance training. Other strategies include: regular vision exams, elimination of medications that increase fall risk, changes in the environment, appropriate footwear, and effective use of assistive devices.

Research indicates fall prevention programs are cost effective. A recent study found the mean cost of fall prevention intervention was \$905 per person which was \$2000 lower than the mean cost for normal care. Plus, the interventions prevent \$7727 - \$11,834 in medical costs related to falls. See the full presentation at: http://www.agingkingcounty.org/advisory-council/docs/Presentation_FallPrevention_July2009.pdf

Ilene Silver Presentation

Ilene Silver described the impact of falls on society, comparing falls with motor vehicle accidents. In 2007 Washington State motor vehicle accidents resulted in 2,356 hospitalizations while falls among the 65+ population accounted for 12,462 hospitalizations. Injuries from falls are not minor, out of 12,462 hospitalizations, 5,000 were hip fractures and 1,100 were head injuries. Additionally, more deaths are attributed to falls than motor vehicle accidents. Falls are the greatest predictor of the need for skilled long term care.

The good news is hospital trend data showed a 3% decrease in the 2007 hospitalization rate. Ilene's office is in the process of examining the data to determine whether it is an anomaly or a result of the state's strategy to reduce falls.

Ilene explained Washington State's strategy to reduce falls includes:

- Applying for a series of CDC prevention grants,
- Implementing a statewide senior fall prevention program,
- Developing community coalitions & partnerships,
- Integrating fall prevention into the Department of Health strategic plan
- Building infrastructure.

The focus of these prevention strategies include education, assessment, training, best practice and evaluation with an ER and primary care physician training component. See the full presentation at: http://www.agingkingcounty.org/advisory-council/docs/Presentation_FallPreventionII_July2009.pdf

Summary:

- Falls are common, usually result from multiple causes, multiple disease factors or previous injuries in the same individual
- Falls are often preventable
- Fall prevention programs are cost-effective and improve quality of life
- Healthy older persons should do strength and balance exercises routinely primarily for prevention of falls

Question: Are patients routinely screened for calcium and vitamin D levels?

Answer: Yes, they are also screened for bone mass and prescribed recommended doses of calcium, vitamin D and other medications to increase bone density. Dr. Phelan stressed patients should be given the lowest most effective dose of medications needed and medication should be re-evaluated frequently.

Question: How can families play a role in prevention?

Answer: Falls are not inevitable. Although difficult, family members should not wait on elderly family members if the older adult is able to perform the tasks on his or her own.

Question: How should family members help the older adult begin a prevention program?

Answer: The exercise, strength and balance training should be completed in small steps to avoid injury. Use a knowledgeable competent trainer to yield better results. As an example, Ilene suggested beginning with small weights and increasing repetitions rather than the weight.

Comment: One Advisory Council member found adapting land exercise to water helped build strength and balance.

Question: Is there a difference in ethnicity related to fall injury?

Answer: The data on deaths per 100,000 people show the following:

Ethnicity	Death Per 100,000
White	41
Native American	26
Asian	25
African American	18

Research indicates frailer people spend most of their time indoors and the more robust spend more time outdoors.

Final Tips:

Be mindful and aware of the body in space. Attend to the moment when doing activities such as carrying groceries up stairs. Consider purchasing a pair of glasses just for distance and walking. Bifocals or trifocals skew the field of vision.

Business Meeting

Minutes

It was moved, seconded and passed to approve the minutes from the June 2009 meeting

City Council Report

Pamela Piering reported on two items of interest:

1. Tom Rasmussen offered to assist the Advisory Council to advocate for senior issues which could include meeting with state legislators.
2. Pam suggested we contact Tim Burgess' office to ask him to speak on a topic of interest and/or schedule a program around his area interest.

Sponsors

Pamela Piering reported T-Care and evidence based approaches to care were the main agenda topics at the Sponsors meeting.

Planning and Allocations Committee

Area Plan Report Card: Revised Objectives for 2010-11 Area Plan Update

Rose Finnegan reported on the Area Plan Report Card. Out of twenty eight objectives, 18 were completed, four were revised, three were deleted, and three will be carried over into 2010-11.

New Objectives

1. Participate in the King County Emergency Management Coalition to stay informed about potential disaster threats to case management clients who live in South King County.
2. Explore ways to work with utilities to identify clients at high risk during natural and man-made disasters which result in electrical outages.
3. Coordinate marketing of programs and services that help people earn and/or save money, use financial resources more wisely, and plan more effectively.
 - Promote educational programs on financial planning (including long-term care) targeting boomers and women at all income levels.
 - Promote presentations at libraries, community centers, local chambers of commerce, work sites, and churches.
4. Collaborate with Arts & Cultural Affairs, Seattle Public Library, and Seattle Parks to develop a series of arts/cultural and lifelong learning events targeting boomers.
5. Create Seattle Channel PSAs promoting financial planning for retirement, lifelong learning, lifelong recreation, and successful aging.

Revised Objectives

1. Work with other AAAs and DSHS Aging and Disabilities Services Administration to define scope of essential service components. (December ~~2009~~ 2011) (Revised)
2. Convene a planning group to develop a white paper that evaluates the role of ADRCs including Special I&As; and evaluates funding needs for increased staff, training, and start-up operations. (December ~~2009~~ 2011)

3. Partner with W4A to develop and distribute elder-readiness printed materials to raise awareness, engage local governments and business community in discussion of elder-readiness in King County, and assist other partners in planning. (December 2011)
4. Promote Seniors Digest and Encore (the City of Seattle's Web portal for people age 50+) as on-line resources for older adults, their families, and caregivers. (December 2011)
5. Increase the “hit count” annually ~~of each monthly~~ issue by 10%.

Delete

1. Support efforts to establish an Experience Corps project in King County. Experience Corps offers stipend volunteer positions to older adults who work in teams in public schools. (December 2009)
2. Develop a financial literacy workshop series targeting baby boomers. The workshops will promote debt reduction and asset management and will be designed to appeal to all income levels. (December 2008) (Revised – Refer to Basic Needs #18)
3. Facilitate access to an online or paper personal health record for 200 high risk KCCP patients who enroll in care management. (December 2009)
4. Help 100 caregivers sign up for an online personal health record. (December 2009) (Baseline: 0)

Public Comment Period

Following the Advisory Council recommendations, the Sponsors will review and approve the documents for public comment. The public comment period will begin July 27 and end on August 14. Two public hearings are scheduled:

Public Hearing #1

Tuesday, August 11, 2009

11:00 a.m.

Times Square Plaza

600 39th St.

In the 660 Bldg Conference Room

Public Hearing #2

Friday, August 14, 2009 (following the AC meeting)

2:15 p.m.

Seattle Municipal Tower

700 – 5th Ave.

40th Floor Conference Room

2010 Discretionary Allocations Recommendations

ADS Discretionary funds primarily include federal Older Americans Act (OAA) and state Senior Citizens Services Act (SCSA) funds. The 2010 discretionary allocations are projected to total approximately \$7,767,812. The Planning and Allocation Committee recommends the following:

1. Carry forward the 2009 final allocations for most services into 2010
2. Include the mid-year 2009 additions in three service areas:
 - Volunteer Transportation
 - Special Information and Assistance (I/A)
 - Health Promotion

3. Maintain the 2009 original base allocation in Adult Day Health (the one-time 2009 addition will not be retained). Should any additional new Discretionary funds be available, ADH will be the top priority for consideration for receiving additional funds.
4. Increase 2009 Nutrition Service allocation by \$23,000.

Questions? Please contact Selina Chow at (206) 684-0646 or Karen Winston at (206) 684-0706.

Outreach and Advocacy Committee

1. Don Moreland, Chair of the Outreach and Advocacy Committee welcomed anyone interested to join the Outreach and Advocacy Committee. The committee meets the second Friday at 10:15 AM before the Advisory Council meeting.
2. Don asked AC members to call or email their senators to advocate for the passage of S1257, Project 2020. He stressed that callers use the exact **Senate Bill # S-1257** when calling Patty Murray's office at **206-553-5545** or staff may not recognize the bill. There are three components to the Project 2020 bill:
 - Creation of a national system of Aging and Disability Resource Centers. These centers will be implemented through the current Senior I&A system.
 - Development of a Nursing Home Diversion program to divert individuals from nursing home care to community services such as in-home, adult family homes and boarding homes.
 - Focus on evidenced-based disease prevention services.
3. Barbara Hurst successfully set up a meeting between several Advisory Council Members and a key McDermott staff person, David Loud. Mr. Loud was optimistic about the House passage of the health care reform budget.
4. The Outreach and Advocacy Committee expressed concerns about Initiative 1033 sponsored by Tim Eyman. This initiative will hold tax increases to inflationary levels.
5. The Outreach and Advocacy Committee also had concerns about the domestic partner Referendum 71. The committee brought forth a motion to oppose Initiative 1033 and support Referendum 71. It was moved, seconded and passed to approve.

Pam Piering noted that city ethics and elections policies are clear that no public funding may be spent to support or oppose a ballot measure.

6. The Outreach and Advocacy Committee also heard reports on:
 - The City of Seattle Backyard cottage proposal
 - Public guardianship which was cut severely in the recent state budget cuts
 - Transportation budget cuts

In summary, Don stressed the importance of talking with legislators face-to-face over coffee or lunch, using their phone hotlines or email. Kaylene recently had lunch with her legislators and emphasized the importance of having enough talking points or material to discuss with them.

NW Universal Design Forum on Design and Technology for Healthy Aging

No report.

State Council on Aging – Don Moreland reported that the SCOA recapped the legislative session in particular focused on Project 2020.

Communications Committee

No report

Director's Report

1. Pam commented on recent Temporary Restraining Orders implemented in response to the following service cuts:
 - The across the board cut for in-home service hours by 4% is being challenged on behalf of service recipients 20 years of age and younger.
 - The relative provider switch from agency to individual provider (IP) is challenged based on compliance with federal statutes.
 - The Adult Day Health (ADH) funding reduction is being challenged by recipients in Adult Family Homes (AFHs) who are still eligible to receive skilled OT and PT. Negotiations continue between the DSHS and each AFH recipient on how to best meet recipient's needs.
2. An Eastside forum on housing will be held July 16th at the Crossroads Community Center to plan for future housing needs with a focus on the Eastside.
3. The Northeast Seattle Together (NEST) received \$5000 after the presentation at the March Advisory Council meeting. The organization is incorporating and taking membership applications. They can be contacted at www.nestseattle.org or call 206-525-6378 (NEST). The Phinney Neighborhood in collaboration with the Greenwood Senior Center is also exploring options for a virtual village.
4. The CDC from Atlanta contacted Pam to discuss the possibility of creating focus groups in the Puget Sound area on end of life issues and education.
5. The housing report not only created a partnership for housing issues but a joint grant application process between the two housing authorities, ADS, and Senior Services to develop an enhanced fitness and wellness program to be placed in a number of housing authority buildings. The grant is due in August.

Announcements:

1. Three events are scheduled for October:
 - October 9 – Joint meeting King and Snohomish Advisory Councils - Bellevue City Hall
 - October 29 Statewide Advisory Council meeting

- October 30 Senior Lobby Conference

2. George Dicks, Chair of the Mayor's Council for African American Elders, reported on an opportunity for people to meet elected officials at a Healthy Aging Southern Style breakfast. Everyone is invited to the event hosted at the Central Area Senior Center on Saturday, August 8, 9 AM. The cost is \$5 and participants are encouraged to bring food donations for seniors frequenting food banks.

Next Meeting:

August 14 – Mike Vowels and Emory Baldwin will give a presentation on Universal Design options for aging in place.

NEXT REGULAR MEETING:

Friday August 14 2009

Noon – 2:00 PM

**4060 Conference Room, Seattle Municipal Tower, 700 Fifth Ave
Seattle, WA 98124**



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