

# Advisory Council on Aging and Disability Services

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

Mailing Address: PO Box 34215, Seattle, WA 98124-4215

Office Address: Seattle Municipal Tower, 700 5<sup>th</sup> Ave, 51<sup>st</sup> Floor

Tel: 206-684-0660 TTY: 206-684-0702 FAX: 206-684-0689

www.adsadvisorycouncil.org

## MONTHLY MEETING

**JULY 10, 2015**

### MEMBERS PRESENT

City of Seattle	King County	United Way
<input checked="" type="checkbox"/> Claire Brannan	<input checked="" type="checkbox"/> Mayor David Baker	<input checked="" type="checkbox"/> Mary Anderson
<input checked="" type="checkbox"/> Molly Holmes	<input checked="" type="checkbox"/> Kris Fredrickson	<input checked="" type="checkbox"/> Marsha Andrews
<input type="checkbox"/> John Okimoto, Sea City Council	<input checked="" type="checkbox"/> Ava Frisinger, Former Mayor, Issaquah	<input checked="" type="checkbox"/> Katty Chow
<input type="checkbox"/> Tony Provine, Chair	<input checked="" type="checkbox"/> Bev Heyden	<input checked="" type="checkbox"/> George Dicks
<input type="checkbox"/> Kathe Matrone	<input checked="" type="checkbox"/> Kate Miller	<input checked="" type="checkbox"/> Tom Minty
<input checked="" type="checkbox"/> Mac McIntosh	<input checked="" type="checkbox"/> Dave Rogers, Senior Lobby Rep	<input type="checkbox"/> Dr. Elizabeth Phelan
<input checked="" type="checkbox"/> Sue Shaw	<input checked="" type="checkbox"/> Berta Seltzer	<input type="checkbox"/> Lorna Stone
<input type="checkbox"/> Diane Snell, SCOA, Past Chair	<input type="checkbox"/>	<input checked="" type="checkbox"/> Eric Martinson

<b>Excused Absence</b>	Dr. Elizabeth Phelan, Kathe Matrone, Tony Provine, Lorna Stone
<b>Guests:</b>	Auburn Senior Center Participants, and staff, Susan Kingsbury, Wendy Pender, Kristine Brown, Frank Gep, Dave Heutchy,
<b>Staff</b>	Gigi Meinig, Karen Winston, Andrea Yip, Maria Langlais, Mary Pat O'Leary
<b>Speakers</b>	George Dicks
<b>United Way Staff</b>	Linda Woodall
<b>Resource Table Hosts</b>	<ul style="list-style-type: none"> <li>• Judy Strong, Clinical Supervisor, Evergreen Health Behavioral Health</li> <li>• Jordan Lachapelle, Case Manager, Evergreen Health Behavioral Health</li> <li>• Mary Pat O'Leary, RN and planner, Aging and Disability Services</li> <li>• Mattie Talpin, Outreach Coordinator, Senior Services</li> <li>• Queenie Fitzgerald, Coordinator, Older Adult Srvs Sound Mental Health</li> <li>• Debra Mulein, Older Adult Program, Valley Cities</li> </ul>
<b>King County Staff</b>	Linda Wells
<b>City of Seattle</b>	Andrea Yip

#### **Welcome and Introductions:**

**Ava Frisinger, chair,** welcomed Advisory Council members and ADS staff to the meeting. She asked those present to introduce themselves.

## **Program**

### **Debunking the Myths of Mental Illness**

**Resource Table** hosts introduced themselves and described their services

- Judy Strong, Clinical Supervisor, Evergreen Health Behavioral Health
- Jordan Lachapelle, Case Manager, Evergreen Health Behavioral Health
- Mary Pat O’Leary, RN and planner, Aging and Disability Services
- Mattie Talpin, Outreach Coordinator, Senior Services
- Queenie Fitzgerald, Coordinator, Older Adult Srvs Sound Mental Health
- Debra Mulein, Older Adult Program, Valley Cities

#### **Speaker: George Dicks**

George Dicks serves as the lead mental health practitioner at Harborview’s Mental Health and Addiction Services, Geriatric Psychiatry Clinic. He has worked with the severely and persistently mentally ill for over thirty years. As a faculty member at Edmonds Community College he teaches classes for the Social and Health Sciences Dept. on aging and mental health counseling. He also serves as a trainer for UW School of Social Work’s School of Continuing Education.

The good news is the majority of older adults *do not* suffer from mental illness. In fact 1% have Schizophrenia and 1% mood disorders such as bi-polar. What causes mental illness? Researchers do not know. There is no known genetic link, and family influence may not cause mental illness. Yet, there is a higher risk of the disease among family groups. Most people develop mental illness in their teens or early 20s during a time when they physically begin to change and they are searching for their identity - creating stress for their bodies.

In the 1950s and 1960s Washington State began deinstitutionalizing people in state mental hospitals. The theory was with better medications to stabilize patients they will no longer need institutionalization saving tax dollars. Instead, what they found was patients had difficulty with interpersonal relationships and internal conflicts dominated their lives. Many ended up in jail or homeless. Although current services for mental illness are not adequate, it’s now a priority in the Affordable Care Act.

For families who struggle with their loved one’s behavioral issues, George stressed the importance of seeking professional help from a specialist who can diagnose and treat their family member. For behavioral issues, families should focus on the patient’s strengths, use empathy not sympathy, and ask questions to help their family get in touch with their feelings. Saying “you can’t do that” does not work, nor does acting judgmental, reinforcing dependency or focusing on the dysfunction. One of the best resources for families in the nonprofit group National Alliance on Mental Illness - NAMI <http://www.nami.org/> which offers classes, information and support groups.

Currently, treatment options include a “recovery model” which emphasizes the patient’s personal responsibility to focus on their successes. Given the right environment, people with mental illness are able to realize their potential and lead stable lives.

George showed a video illustrating some behaviors typical of severely mental ill patients struggling with reality. People with mental illness may continually respond to delusions, false

beliefs, distress, anxiety and self-inflicted health problems including substance abuse and are unable to find meaning in their lives. Up to 50% attempt suicide, 10-15% succeed.

The film showed people presenting with flat affect, disorganized speech and thinking, social dysfunctions, hallucinations, lack of focus and the side effects of medications (which can include weight gain and repetitive mannerisms). According to George, being mentally ill is like wandering in a bad dream seven days a week. They are more afraid of you than you are of them. Mental illness is not the fault of the individual, it's an accident of birth.

*Question:* Where can family and friends get help for their loved ones and what is the cost?

*Answer:* NAMI is a great resource. There are a number of mental health providers in the area taking referrals. Medicare, Medicaid and King County mental health will pay for the cost of services for individuals.

*Question:* Do mentally ill people end up in jail?

*Answer:* A large number of mentally ill individuals are in jail. Preventative services are needed *before* they become part of the criminal justice system.

*Question:* Are Families able to request involuntary treatment for their family member?

*Answer:* Families may petition the court for involuntary treatment of their family member. Seventy two hour involuntary treatment is available for people who are a

- Danger to themselves,
- Danger to others, or
- Are unable to survive on their own.

### **Business Meeting**

**Minutes:** The June 12 minutes were approved with the following addition:

*“Mac made a motion which the Advisory Council seconded and passed, to write a letter to King County Executive, County Council, Mayor Murray and the Seattle City Council about the urgent need for funding to continue the Hyde Shuttle.”*

### **Sponsor's Liaisons**

**King County:** Linda Wells reported King County, and metro officials received the letter about the Hyde Shuttle funding. They are in the process of researching options to continue the program.

**United Way:** Linda Woodall reported United Way's strategic plan is finalized. The goals include:

- Giving kids an equal chance
- Ending homelessness
- Keeping families stable - Linda reported the older adult programs will fall in line with the family stability program goal.

### **P&A Committee**

Berta Seltzer reported discretionary funding for 2016 is status quo. Committee members unanimously voted to forward the proposed budget “as is” to the Advisory Council and to ADS Sponsors for approval (after the public comment period - scheduled for July 20 to August 14). The Planning and Allocations Committee considered the following when developing recommendations for 2016:

- 2014 Revised ADS Sponsors Allocation Guidelines

- ADS Priority Service Areas (Information & Assistance, Discretionary Case Management, Elder Abuse Prevention, Nutrition (Home Delivered & Congregate) and Volunteer Transportation).

Advisory Council Action Requested

Berta made a motion which was seconded and passed by the Advisory Council to approve and forward the draft 2016 Discretionary allocations and the draft 2016-2019 Area Plan on Aging to the sponsors for their approval once the public comment period is complete on August 14.

Budget Overview

1. State – The 2015-2017 final state budget was adopted at the end of June and included an increase of \$10 million statewide for the Medicaid Case Management program. This represents about a 9% increase in the case management rate that will support continued operation of the program in King County.
2. City of Seattle General Fund (GF) – Final City allocations will not be made public until late September after the Mayor submits his budget for review and approval by the City Council. The Council’s final vote on the budget will take place by the end of November.
3. Federal Older Americans Act (OAA) – No new budget increases are anticipated for the next three years.

Draft 2016-2019 Area Plan on Aging for King County Public Hearings

Berta encouraged Advisory Council members to attend one of the public hearings. For questions or comments please contact Karen Winston, at 206-684-0706, email [karen.winston@seattle.gov](mailto:karen.winston@seattle.gov), or mail at Aging and Disability Services, ATTN: Karen Winston, Planner, PO Box 34215, Seattle, WA 98124

AREA PLAN PUBLIC HEARINGS

<p><b>Tuesday, July 28</b> 10 a.m. Bellevue Public Library 1111 – 110<sup>th</sup> Ave. NE, Room 3</p>	<p><b>Wednesday, July 29</b> 1:00 p.m. Kent Public Library 212 – 2<sup>nd</sup> Ave. No. Small Meeting Room</p>	<p><b>Monday, August 3</b> 11:30 a.m. Seattle Municipal Tower 700 – 5<sup>th</sup> Ave., Room 4096 (40<sup>th</sup> Floor)</p>
--	---	--

**Advocacy Committee**

Mac McIntosh reported.

Budget Increases

1. The McLeary mandate to fully fund education was passed by the legislature. However, Initiative 1341 passed by the voters to lower class size for K-12 will cost the legislature an additional \$2 billion dollars. The legislature made a decision to put off funding for 4 years as part of the compromise they waived the testing requirement for high school seniors who failed the biology examine.
2. Area Agencies on Aging Case Management received a 9% rate increase. Note: the W4As are in negotiations with the State regarding the body of work.
3. In-home care provider agreement and agency parity was fully funded.
4. Assisted Living Facilities received an increase of 2.5%.
5. Adult Family Homes received an increase of 5% in first year and 10% in second year.
6. Nursing home increase appears to be about 2%.
7. Adult Family Home licensure fee increased from \$225 per bed to \$325 per bed with a rate offset for Medicaid beds.

8. Funding was provided for the Long Term Care Services and Supports Financing study.
9. Authorization was provided for continuing the Joint Legislative Executive Committee on Aging and Disability.
10. Long Term Care Ombudsman Program was increased by \$350,000 to expand coverage.
11. Housing Trust Fund received a \$75 million allocation
12. The State transportation budget approved Sound Transit's full request for \$15 billion in taxing authority to expand light rail.

#### Budget omissions

1. Funding for AAA case management services closer to the Department's original request of \$28 million.
2. No mention of the Family Caregiver Support and Pre-Medicaid services recommended by the Governor.
3. Home care agencies did not get the 13 cents per hour in their care management fee.
4. Health Home funding is only available through December 2015.

Note: DSHS is exploring the possibility of allowing spouses to provide paid care now that there are a number of safeguards in place to protect patients from abuse and neglect.

Hyde Shuttle funding cuts prompted the Advisory Council to send a letter about the impact of the cuts on seniors to the following:

- Dow Constantine, King County Executive
- King County Council members
- Ed Murray, Mayor, City of Seattle
- Seattle City Council Members
- Matt Larson, Board President Sound Cities Association
- Sound Cities Board

The Advisory Council will sent a similar letter about the funding cuts to the Kinship Program.

#### Federal Updates

1. An all-day session of the White House Conference begins Monday, July 13 at 7 AM Pacific time
2. The Older Americans funding is flat except for small increases to Nutrition, tribal programs, and family caregiver.
3. A federal Medicare Observation bill requiring notification after 36 hours, and sign-off by the patient or patient representative could move forward. Diana Thompson, Advocacy Chair, Bellevue Network on Aging (BNOA) understands that the agency responsible for determining the appropriateness of a hospital stay receives payment on a contingency basis. In other words, the more hospital billings overturned the more money they receive. The BNOA will write a letter to Patty Murray asking her to support the Federal Observation Bill.

#### Advisory Council Action Requested

The Advisory Council seconded and passed a motion to sign onto the letter written by the BNOA to Patty Murray about supporting the federal Medicare Observation Bill.

Note: The Washington State Observation bill requiring 24 hour notification did not pass.

## Regionalism

Ava and Maureen plan to meet with the Seattle Planning Commission on July 22. Then meet with the King County Council in August or September. They are coordinating with Sound Cities to brief them on the Area Plan.

## Best Start for Kids (BSFK)

Sound Cities endorsed the “Best Start for Kids” six year levy as a fall ballot measure. BSFK is focused on prevention. Research has shown by using prevention strategies with children, negative, more costly outcomes may be avoided later in life (such as entry into the criminal justice system, health related issues). The cost is 7 cents per \$1000 in property evaluation an additional \$54 per year for the average homeowner.

## Advisory Council Action Requested

The Advisory Council seconded and passed a motion to support the Sound Cities endorsement of the BSFK fall initiative.

## **State Council on Aging (SCOA)**

Gigi gave Diane Snell’s report

1. Diane was impressed with the Alzheimer’s Workgroup comprehensive plan. Once the plan is finalized in the fall, the work group will prioritize the recommendations. Items not needing funding or legislation will receive quick approval. Other items will be sorted into short, medium and long term goals. There is the potential for private/public partnerships.
2. SCOA is taking a close look at guardianship and informed decision making.
3. Cathy Knight announced the W4A was awarded a three year grant for a Healthy Aging Program focusing on 13 rural areas. Problems such as transportation are exacerbated in rural areas where public transit is almost nonexistent and even hospital access is difficult.
4. Secretary Kevin Quigley attended the meeting to discuss budget issues – for the most part it appears to be over now.
5. The October meeting will focus on Senior Lobby priorities, and WHCOA priorities.

## **Communication Committee**

Claire Brannan reported today’s presentation by George Dicks, “Debunking the Myths of Mental Health” was well received by the audience. In August the Advisory Council will be back in the Seattle Municipal Tower for a presentation by Michael Richardson, Director Northwest ADA Center. The Committee hopes to have a program later in the year about the progress of the new Community Living Connections.

## **NW Universal Design**

Tom Minty reported NW Universal Design Council met yesterday on Thursday, July 9, 2015. Architect Emory Baldwin and project manager Bruce Walter presented best practices as well as challenges they face integrating Universal Design into their projects. They will focus on lessons learned when designing and constructing a home. For more information, visit [www.environmentsforall.org](http://www.environmentsforall.org). Next meeting will be held in October at City Hall.

## **City of Seattle Report**

La Tonya Brown reported John Okamoto will visit the SE senior Center on July 16 at 11:45 AM.

## **ADS Director's Report**

Andrea Yip reported on behalf of Maureen Linehan

### Case Management

1. The 2015-2016 State budget adopted on June 30 included a 9% increase in funding for the ADS Medicaid Case Management Program. This is a significant accomplishment made possible by Advisory Council members, advocacy committee members and ADS case management staff who advocated with State legislators.
2. DSHS/Aging and Long Term Care (AL TSA) initiated a workgroup with members of the W4A aimed at reducing administrative burdens and case manager staff time. The group will make recommendations about the body of work based on the 9% funding increase, program changes and other cost savings.
3. Other program innovations have been initiated by ADS. One such activity is a team approach to case management. Staff is testing how efficiencies can be created by organizing work by function rather than by client.
4. ADS also negotiated more favorable contract terms with DSHS allowing for better use of Medicaid match funds.
5. The W4A is already working with AL TSA on a strategy for next legislative session. AL TSA is concerned the legislature will not be receptive to another funding increase, instead they may focus on nursing service funding, then advocate for additional case management funds during the next legislative session.
6. Community First Choice program launches on July 1.

### Senior Center Funding

ADS received a Statement of Legislative Intent from the Seattle City Council to fund services for older adults in NE Seattle and the Lake City area. As of July 1, ADS allocated funds to Senior Services to provide services directly and through partnerships with providers who will expand programs and outreach efforts to reach underserved communities.

### Mayor's Council on African American Elders

The MCAAE met with Mayor Murray on July 1 to discuss the disproportionate rise of older African American elders experiencing homelessness. During the meeting, the Mayor spoke about his commitment to reduce homelessness. The MCAAE also touched on the Kinship Center's funding loss and the additional funding needed for the African American Elders program. The MCAAE will meet with HSD director Catherine Lester sometime in the future.

## **Announcements**

Reminder upcoming events:

### Film: *Unlisted Story of Schizophrenia*

Examines society's responsibility toward people afflicted with severe mental illness.

2-5 p.m. Saturday, July 11

Central Library, Microsoft Auditorium

### Film: *FIXED: the Science/Fiction of Human Enhancement*

Takes a close look at the drive to be "better than human" and the radical technological innovations that may take us there.

5-8 p.m. Tuesday, July 21

Central Library, Microsoft Auditorium

Rally at Westlake: Wednesday, July 22, 4-6 PM

Possible speakers include Governor Inslee, Mayor Murray, and State Senator Cyrus Habib

Lunch time "Teach-In" at Seattle City Hall: Thursday, July 23.

The anniversary of Medicaid and Medicare: For more information check out the link:

<http://www.lbjlibrary.org/press/the-1965-medicare-amendment-to-the-social-security-act>

Housing Affordability and Living Agenda (HALA) Recommendations Link:

[http://murray.seattle.gov/wp-content/uploads/2015/07/HALA\\_Report\\_2015.pdf](http://murray.seattle.gov/wp-content/uploads/2015/07/HALA_Report_2015.pdf)

**NEXT REGULAR MEETING:**

**August 14, 2015, Noon**

**Seattle Municipal Tower**

**700 5<sup>th</sup> Ave, Room 4060**

**Seattle, WA.**

**[www.adsadvisorycouncil.org](http://www.adsadvisorycouncil.org)**