

Advisory Council on Aging and Disability Services

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

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MONTHLY MEETING

FEBRUARY 12, 2016

MEMBERS PRESENT

City of Seattle	King County	United Way
<input 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"/> Bev Heyden	<input checked="" type="checkbox"/> Marsha Andrews
<input type="checkbox"/> Debra Juarez, Seattle City Council	<input type="checkbox"/> Carolyn Heersema, pending	<input type="checkbox"/> Katty Chow
<input checked="" type="checkbox"/> Tony Provine	<input type="checkbox"/> Kate Miller	<input type="checkbox"/> Eric Martenson
<input checked="" type="checkbox"/> Kathe Matrone	<input type="checkbox"/>	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Mac McIntosh	<input type="checkbox"/>	<input checked="" type="checkbox"/> Sue Weston, pending
<input checked="" type="checkbox"/> Sue Shaw	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Kathleen Wilcox	<input type="checkbox"/> Ava Frisinger, SCOA Rep	<input type="checkbox"/>

Excused Absence	Kate Miller, Claire Brannan, Katty Chow, Eric Martenson
Guests:	Diana Thompson, Frances Biderman, Krista Sneller, Jiro Remji, Jeff Howard, Chiyo King, Gemma Borg, David Pelton, Lyle Evans, Cheryl Brown
Staff	Gigi Meinig, Andrea Yip, Lori Sanford, Allison Boll, Jon Morrison Winters, Mercedes Elizalde
Speakers	Dr. Fredriksen-Goldsen, Kathleen Sullivan, Dennis Mahar
United Way Staff	
King County Staff	Linda Wells
City of Seattle	Maureen Linehan

Welcome and Introductions:

Molly Holmes, Chair, welcomed Advisory Council members and ADS staff to the meeting. She asked those present to introduce themselves.

Program: Responding to the Needs of LGBTQ Elders
Dr. Fredriksen-Goldsen and Kathleen Sullivan

Dr. Fredriksen-Goldsen has dedicated most of her career to marginalized communities. Much of her focus has been with tribes and people with HIV. Recently, she has seen an increase in gender inequality. Thirty states lack non-discrimination policies. It is estimated 2.7 million people fifty years of age and older self-identify as Lesbian, Gay, Bi-sexual, Transgender or Queer (LGBTQ). The number continues to grow as the population ages. Plus family units no longer resemble the “Ozzie and Harriet” nuclear family.

A “National Institute of Medicine Report” highlighted health disparities and lack of support in the LGBTQ Community. People identifying as LGBTQ elders face a number of health disparities. Lesbian, gay and transsexual adults face higher mental distress and disability, and at earlier ages. Disparities among older lesbian women include a higher rate incidence of cardio disease than the general population while gay men experience higher rates of cancer, poor general health, and behavioral health issues and are more likely to live in isolation.

Dr. Fredriksen-Goldsen recently received a grant to complete a National Health Aging and Sexuality study. Participants included 2040 people, with ages 50-100 years old found through the social networks. The research methods encompassed surveys and interviews. Participants were from New York, Los Angeles, Seattle, Chicago and other cities.

In Seattle Dr. Fredriksen-Goldsen developed partnerships and collaborations with Senior Services and ADS. The study captured the intersectionality between discrimination, government policies, psycho-social behavior, alcohol, smoking, diet, biological stress, chronic health issues, exercise, and mental health affecting health.

She found baby boomers and the silent generation faced different social contexts. While both faced health disparities, the silent generation, due to less disclosure (but higher shame) were less victimized. Yet, as the silent generation aged they felt more victimization. On the other hand, baby boomers felt less shame but were victimized more frequently. Older LGBTQ individuals expressed concern about receiving emergency services and long term care from individuals not trained to be sensitive to the needs of LGBTQ patients.

Interestingly, the Seattle portion of the study revealed:

- 45% lived alone and faced social isolation.
- 25% had HIV.
- 1 in 4 lived below the poverty line.
- 68% were victimized 3 or more times, 40% were victims of physical violence and had health issues related to victimization.
- 21% were discriminated against during hiring.
- High suicide rate
- Veterans were not receiving benefits which could lift them out of poverty.

The study points to a number of distinct care needs:

- Reliance on friends and partners for caregiving tasks who are themselves aging.
- Death of a partner resulting in no transfer of assets – if there was no will.
- Lack of access to mainstream services, senior housing, respite and long term care.

- Lack of annual checkups.
- Failure to take advantage of early diagnosis and treatment options.

Most recently an advisory group called Generations with Pride was formed. The City of Seattle agreed to provide funding for evaluation of training programs targeting caregivers, doctors, nurses and other health care providers. Additionally, the funding will provide seed money to develop a peer-to-peer intergenerational program and development of a one-stop resource and referral network with a veterans initiative to help veterans sign up for benefits.

Questions & Answers

Question: Have you studied assisted living programs in which LGBTQ seniors were forced back into the closet?

Answer: Some organizations are more accepting to receive sensitivity training which should be mandated for professionals caring for LGBTQ seniors.

Question: Is there a correlation between LGBTQ individuals and homelessness?

Answer: Yes, homelessness is on the rise. It became clear during early studies about the increase. While most of the conversation regarding homelessness has centered on youth, older adults are at risk due to health disparities, unsafe housing and lack of knowledge about services.

Question: How can the Advisory Council help?

Answer: Educate policy makers about the issue of homelessness in the LBGT population.

Question: What does the Q stand for in LGBQ?

Answer: Q stands for Queer an umbrella term meaning not in a “category”.

Question: What is the response to LGBTQ senior centers in other cities?

Answer: Many LGBTQ seniors don't consider themselves as aging. Kathleen Sullivan explained they will come if it is a safe space. Often the initial contact with a senior center is when a person is in a crisis situation e.g., a partner died or eviction. The Los Angeles Department of Aging reported 4% of seniors used city funded services while 50% attending did not use services. They found 6% of clients attending the LA LGBTQ senior center were straight.

More Discussion:

Question: Robin O'Leary, City of Seattle's Park Department is interested in developing a center with the focus on the LGBTQ community.

Answer: According to Kathleen Sullivan they will begin outreach after meeting the deliverables for this grant and then begin an expansion into other communities.

Question: On Vashon Island the LGBTQ Community is integrated into the Vashon Senior Center activities. They also have an active chicken soup brigade. There appears to be little concern about the us-vs-them mentality.

Answer: Trying to integrate LGBTQ seniors into the community can be difficult unless there is a champion. It's better to partner rather than create silos.

Advisory Council Business Meeting

Minutes approved with the addition of Kathleen Wilcox as present at the previous meeting.

Legislative Phone Call from Dennis Mahar, Executive Director, Lewis Mason Thurston Area Agency on Aging.

Dennis Mahar is an Area Agency Director who has played a key role in advocating and tracking bills for seniors during the legislative session. Today, the Advisory Council had the opportunity to hear from him via a conference call. His main points included:

- Initiative 1366 - Last November, Washington voters approved a tax-limiting initiative 1366 that cuts the sales tax unless the legislature sends a two-thirds constitutional amendment to voters. Initiative 1366 is now the subject of a state Supreme Court challenge. Oral arguments are scheduled for March.
- Bill HB 2424 – The “Care Act” provides family caregivers with information and training to help their loved ones transition from hospital to home, preventing re-admissions. The bill is now in rules.
- Bill HB1499 – Strengthens criminal statutes for abuse of vulnerable adults to include financial exploitation.
- Bill HB1725 – Gives DSHS the authority to write rules related to overtime pay for Individual Providers. Behind the scenes a debate is ongoing about the number of hours permitted, the tracking mechanisms and the case management workload related to paperwork.
- Bill SB 6555 – Increases the personal needs allowance for Medicaid recipients in facilities.
- Budget Proviso to restore coverage for hearing aids for Medicaid recipients. The cost to the state is \$600,000 and the federal match is \$2 million.
- Budget Proviso to restore thirteen cents to the Medicaid home care agency rate, and allocate money to allow for the \$15 minimum wage to be paid to home care workers in King County.

According to Dennis bills must be out of their house of origin by February 22nd in order to proceed. Finally, Maureen Linehan was recognized today as a member of the State Alzheimer Plan workgroup.

Sponsor’s Liaison Reports

King County, Linda Wells reported

1. The Best Start for Kids Levy passed in the recent election. The focus of the levy will be on prevention measures for children from birth to 24 years of age. A number of community conversations will be held to identify what should be funded – including prevention measures. Linda will send the dates to the Advisory Council.

2. The Mental Illness and Drug Dependency (MIDD) plan is expected to move to the King County Council for a vote. If passed, many of the programs will begin in 2017.
3. The next veterans and human service levy may be expanded to include new program areas and populations including older adults. This is the third levy of its kind. Next meeting a representative from the King County Community and Human Service department will present an update.

United Way, Yuri Kim - no report

Planning and Allocations Committee

Kathe Matrone reported ADS staff member Amy Holland reviewed the *Inner Workings of the ADS Budget* materials. The slides included information regarding ADS revenue sources and levels of discretion. They found the orientation very helpful. The next meeting is March 7.

Advocacy

David Baker reported the Committee laid the ground work for Senior Lobby Day. David mentioned that he met with King County Executive Dow Constantine and began a conversation about the importance of senior issues.

State Council on Aging

Ava Frisinger reported the focus was on

1. Input from all over state on issues affecting seniors.
2. National reauthorization of the Older Americans Act.
3. Medicare act.
4. Implementation of State Alzheimer's plan.

NW Universal Design no report

Director's Report, Maureen Linehan

1. Maureen recently gave a presentation to the Bellevue Network on Aging. Today she stressed the importance of staying connected with advocacy groups throughout King County and the importance of coordinating with the Bellevue Network on Aging and other organizations on Senior Lobby Day.
2. Maureen distributed the Alzheimer's State Plan Executive Summary created by the task force. The Governor adopted the plan and presented it to the legislature.

She reported a survey of health care professionals found many are uncomfortable making a diagnosis and instead monitor patients. Surprisingly, 70% of people with dementia are not diagnosed or treated. Better protocols are needed for diagnosis and treatment. It's important for loved ones to advocate with their physician, as many issues may be ruled out especially during the early stages of the disease. Early diagnosis gives patients the opportunity to get their affairs in order and live their life at the fullest.

3. Aging and Disability Services received an increased allocation from the Federal Older American's Act. Most of the increase was for nutrition and congregate meals.

Announcements

Jon Morrison Winters, new ADS planner, assigned to housing encouraged Advisory Council members to attend the Seattle Housing Levy meetings. Click the link for more information and the dates and times of the neighborhood meetings. <http://www.seattle.gov/housing/levy/>

Allison Boll a new ADS planner reported ADS has become a partner on the NW Geriatric Workforce Enhancement Grant which provides training and enhanced capacity to the primary care workforce. ADS has been given the role as a primary care liaison to provide the medical providers understanding of community based programs making it easier for them to have conversations about local resources with patients.

**NEXT REGULAR MEETING:
March 11, 2016 Noon – 2:00 PM
700 5th Ave, Room 4060
Seattle, WA**

<http://www.agingkingcounty.org/advisory-council/>