

# 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

**APRIL 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 type="checkbox"/> Kris Fredrickson	<input type="checkbox"/> Marsha Andrews
<input checked="" type="checkbox"/> Sally Clark, 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"/> Dave Rogers, Senior Lobby Rep	<input type="checkbox"/> George Dicks
<input type="checkbox"/> Kathe Matrone	<input type="checkbox"/> Berta Seltzer	<input type="checkbox"/> Tom Minty
<input checked="" type="checkbox"/> Mac McIntosh	<input checked="" type="checkbox"/> Suzanne Pak	<input type="checkbox"/> Dr. Elizabeth Phelan
<input checked="" type="checkbox"/> Sue Shaw	<input type="checkbox"/> Bev Heyden	<input checked="" type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Diane Snell, SCOA, Past Chair	<input type="checkbox"/>	<input type="checkbox"/>

<b>Excused Absence</b>	Dr. Elizabeth Phelan, , George Dicks, Kathe Matrone, Tony Provine, Kris Fredrickson, Kathe Matrone, Berta Seltzer, Bev Heyden, Marsha Andrews, George Dicks, Tom Minty
<b>Guests:</b>	LaTonya Brown, Paula Houston, Tim Pretare
<b>Staff</b>	Gigi Meinig, Karen Winston, Andrea Yip, Angela Rowena Rye, Maria Langlais, Lori Sandford
<b>Speaker</b>	Holly Woo, Claire Brannan, Rose Finnegan
<b>United Way Staff</b>	
<b>King County Staff</b>	Linda Wells
<b>City of Seattle</b>	Maureen Linehan

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

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

## **Program**

### **The Developmental Disabilities System and Similarities to the Aging System**

Holly Woo, Assistant Division Director at King County Developmental Disabilities Division spoke about the range of services available for people with intellectual and developmental disabilities (I/DD). King County contracts with a network of partners to provide services to people with I/DD and their families including:

- Early intervention supports for families with children birth – 3 years old.
- Housing supports.
- In-home behavior support services for families.
- Employment services.
- Community information and education.
- Services to promote independent living.

In King County approximately 68% of the 5,350 adult clients with I/DD receive Community Access Services. Almost 20% are over 55 years of age. Currently there are no specialized services for seniors with I/DD. As they age they develop chronic health conditions and dementia at an earlier age than the general population and are more likely to need caregivers with skills to handle behavioral and mental health issues. Training is needed for professionals caring for people with I/DD in adult family homes, adult day health, and the medical and mental health systems.

In the future the gap between the I/DD and aging service systems must be bridged. The King County Developmental Disabilities Division has made it a priority to collaborate with aging service organizations.

Claire Brannon, owner Mobile Classes and Consulting described the similarities between the Aging and I/DD populations which are expected to double by 2030. Individuals with I/DD live on average 55-60 years and 75% of them will likely develop early onset Alzheimer's disease. Autopsy studies show that by age 40 the brains of almost all individuals with I/DD have significant levels of plaques and tangles characteristic of Alzheimer's disease. Due to communication issues, and cognitive deficits it may be difficult to identify dementia or mental illness. Treatment is hampered by cognitive and physical limitations, caregiver stress, caregivers with little education, few local resources and lack of knowledge about those resources. Most medical schools do not include training about I/DD or dual diagnosis in their curriculum. Health Care systems have similar challenges with both the I/DD and people with dementia including:

- Resistance to care.
- Poor social and communication skills.
- Behavioral issues (e.g. angry outbursts).
- Inability to identify pain and other health issues.
- Physical and environmental issues (e.g. light, sound, smells) that interfere with the patient's ability to participate in treatment.
- Shortage of time during health care appointments.

Claire suggested a number of important advocacy issues.

- Increased research into Alzheimer's and other dementias including individuals with I/DD.
- Increased education and resources for caregivers especially information about the needs of older individuals with I/DD.
- Increased education about caring for people with behavioral challenges and mental illness

Rose Finnegan spoke from a parent's perspective about life with a Developmentally Disabled (DD) child which becomes more difficult as they enter high school and beyond. She stressed parents must assess and plan for the future. Some parents become Section-8 landlords and hire a caregiver.

Twenty years ago, Rose collaborated with a group of parents to develop Leo House a non-profit Adult Family Home <http://lifeenrichmentoptions.org/>. Since then the organization has developed five homes in Issaquah. Each home cares for up to five individuals. Residents are assigned their own bedroom, shares meals and chores. The homes are located near schools, services, and bus transportation. Residents pay a monthly fee to cover the cost of food, laundry and other services and the nonprofit raises additional money to help support residents. The state contracts with LEO House to pay for the caregivers. The nonprofit expects to add five more homes over the next 10 years. This model supports parents when they are no longer to care for their children giving residents the opportunity to age in place. Check out the video link at <http://lifeenrichmentoptions.org/in-the-news/>. Scroll to the bottom of the page to "20 years of Caring" which shows LEO House residents during a typical day.

### Questions & Answers

Question: What other resources does the community offer?

Answer: Tim Pretare from the Seattle Parks Department gave examples of several programs which I/DD folks participate including: Seattle Lifelong Recreation Programs. Once a needs assessment is complete, additional dollars from the metropolitan park district will expand dementia friendly programs. Seattle Parks looks forward to creating partnerships between senior centers and parks to supplement.

## Business Meeting

**Minutes:** Approved as written.

### Sponsor's Liaisons reports

Linda Well's King County sponsor liaison reported

1. King County's four priority areas, older adult programs, sexual assault, domestic violence, civil and legal will receive a needs analysis before the bid process begins.
2. "Best Start for Kids" initiative brings in new revenue. The funding will be woven into the MID and not duplicate programs already in place.
3. Kate Miller was confirmed by the King County Council

### Planning and Allocations Committee

#### Budget Updates

1. State – The House Senate and Governor's budgets all included a 9% increase for the Medicaid Case Management Program. Ava reported the letter, written by the [Sound Cities Association](#) and signed by 20 regional mayors, was sent March 10 to State legislators asking them to support of a \$28 million increase for the case management program. Neither the House nor Senate budgets included funding for pre-Medicaid assistance.
2. Federal - Older American's Act funding is expected to arrive in April.
3. Representatives from the Senate Appropriations Committee and Senator Murray's office visited several ADS OAA programs during the week of April 6. Site visits included: Chicken Soup Brigade's Senior Home Delivered Meal Program at Lifelong AIDS

Alliance; Senior Congregate Meal Program at the Bush Asia Center, Seattle Chinatown International District PDA; and Senior Services' Information & Assistance Program.

Draft 2015 Discretionary Allocations Recommendations

Approximately \$400,000 in underspent 2014 dollars is available as one-time-only discretionary funding from OAA and SCSA. This does not include Medicaid funds or other non-discretionary fund targeted funds. Committee members made the following recommendations:

Health Promotion-Senior Wellness	\$100,000	Chronic Pain Management Program with Harborview; pilot programs with specific populations
Congregate Nutrition	\$70,000	Equipment/supplies including incentives for local bulk food purchasing for congregate nutrition sites
Home Delivered Nutrition	\$100,000	Summer produce bags for home bound seniors; Additional meals
Volunteer Transportation	\$80,000	Increased outreach, mileage reimbursement for volunteer transportation
Technology Fund	\$50,000	Technology fund for Community Living Connections organizations and senior centers
<b>TOTAL</b>	<b>\$400,000</b>	

A motion was made to approve the P&A allocation recommendations. Motion passed. The public hearing on the recommendations will be held on May 4.

**Communication Committee**

Suzanne Pak thanked today's presenters for an excellent overview of the Developmental Disabilities system.

1. She met with Peggy McNamara Director, Sno-Valley Senior Center to discuss the next forum to be held on May 8. They agreed to develop a program about local Snoqualmie Valley resources, and safety net health care programs such as Medicaid long term care.
2. The Committee scheduled Patricia Hunter Washington State Director of the Long Term Care Ombudsman program for June.
3. Maureen mentioned The Hyde Shuttle report is out and could be a topic worth pursuing since funding was recently cut back. The Committee could contact Paula Houston for more information.

**Advocacy Committee:**

Mac reported

1. Most of the Advocacy committee members had the opportunity to attend the White House Conference. Several highlights included:
  - Senator Murray – Women and economic security
  - Tom Perez, Secretary of labor – Stressed the economy should work for everyone. He advocated for new standards for financial planners.
  - Doug Shadel, State Director, AARP - Discussed the impact of cognitive capacity in exploitation. Scammers target seniors using tactics to raise their emotional state (e.g., fear, scarcity) which makes it difficult for the person to resist.
  - Representative McDermott discussed the importance of advance directives.

2. State Budget - The Advocacy Committee had the opportunity to view the house, senate and governor's budgets. They found
  - a. The Pre-Medicaid services request for \$19 million was included in only the Governor's budget.
  - b. The AAA Case Management Program received a 9% increase from the House, Senate and Governor's budgets.
  - c. Mac to ask the Advisory Council to pass a motion in support of sending a thank you letter to legislators for what they were able to do to fund the AAA CM budgets. Motion passed. A letter will be written on behalf of the Advisory Council to King County Legislators signed by Ava.
  - d. The Seattle Times op-ed written by David Baker and Ava Frisinger was pulled after the both houses voted for an increase to the AAA Case Management Program.
  - e. The Senate proposed shifting marijuana revenue from funding substance abuse treatment to other programs.
  - f. The Senate made it clear they do not wish to fund the public employee wage increase negotiated by the union. Note: State employees have not seen an increase in 7 years.
  - g. The House recommended raising revenue through a capital gains tax on the wealthiest 4%.
  
3. Advocacy and Legislation:
  - a. Observation Status bill 1186 is stuck in rules.
  - b. The Advocacy committee will develop their priorities for summer meetings with legislators next month.
  
4. Regionalism:
  - a. Ava and Maureen met with the SeaTac City Council to give them an overview of Countywide Area Agency Services. SeaTac Council members showed lots of interest especially with regard to Alzheimer's disease.
  - b. Berta met with Jane Hague to discuss giving a similar presentation to the King County Council.
  
5. Seattle Commission for People with Disabilities Sue Shaw reported.
  - a. A representative from Metro discussed several options for the Capital Hill light rail expansion. Advocates urged Metro to include enough feeder lines to the station. Metro responded by saying there are two options given the funding situations:
    - Create a system with less geographic coverage, but more service; or
    - More geographic coverage and less frequent service.
  - b. ADA Celebration Dates
    - Seattle Public Library Films  
Saturday, July 11, 2-5 PM  
Tuesday, July 21, 5-8 PM
    - Rally at Westlake  
Wednesday, July 22, 4-6 PM  
Possible speakers include Governor Inslee, Mayor Murray, State Senator Cyrus Habib
    - Lunch time "Teach-In" - Seattle City Hall  
Thursday, July 23.

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

- Prepared for the White House Conference
- Reviewed the status of bills that remained in the legislature. Concern was expressed about transportation and the status of the guardianship and elder justice bills
- Received an update on the Alzheimer Work Group
- Received an update from Aging and Long Term Care Administration (ALTSA) about Community First Choice and quality assurance efforts.

## **NW Universal Design Council**

No report

## **Director's Report**

Maureen Linehan reported

1. Today is Sally Clark's last day as Seattle City Councilmember. She was thanked for her work as Councilmember.
2. Legislature Budget Update: The good news is that the House, Senate and Governors budgets funded the AAA Case Management Program at 9%. The new funding will allow the AAA case management programs to maintain current caseloads. Groundwork for the next legislative session will begin soon. Fully funding the AAA Case Management Programs and pre-Medicaid services are a priority.
3. ADS Budget Update: The City of Seattle's Human Service Department financial analysis is complete. The department has found enough funding to continue the case management program until the end of 2015.
4. Maureen encouraged Advisory Council members make reservations for the Alzheimer's listening session webinar on Tuesday April 21 from 6-8 pm. The listening session, is an opportunity for the State Alzheimer's Planning Group to hear what's needed to help people with dementia and their caregivers and shape the state's strategic plan. For more information and reservations go to: [ADWG@dshs.wa.gov](mailto:ADWG@dshs.wa.gov).

## **NEXT REGULAR MEETING:**

**May 8, 2015, Noon**

**Sno-Valley Senior Center**

**4610 Stephens Ave**

**Carnation WA**

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