

Kitsap County Division of Aging & Long Term Care Advisory Council

614 Division Street, MS-5, Port Orchard, WA 98366

Phone: (360) 337-5700 ♦ 1-800-562-6418 ♦ Fax: (360) 337-5746

Advisory Council Meeting

Date: August 18, 2021

Time: 11:30am- 1:30pm **(11:15am for pre-meeting technical assistance)**

Virtual Meeting Link: Please click the link below to join the webinar:

<https://us02web.zoom.us/j/3603375624?pwd=OTdqN01vVXNnK1creTVDeK1oRWZCUT09>

Meeting ID: 360 337 5624

Passcode: 98366

Phone Dial-in: 1 (253) 215-8782

Meeting ID: 360 337 5624

Password: 98366

A G E N D A

- 11:30am 1. Call To Order
- 11:45am 2. Introduction of Council members and public members
- 3. Meeting Agenda Approval
- 4. June meeting notes (Attachment 1) - Approval
- 11:50pm 5. 2020-2023 Area Plan Update presentation – Tawnya Weintraub
 - a. Overview of public comments and updates (Attachment 2)
 - b. For link to Area Plan Update: visit Aging website main page after 8.16.2021
 - c. Next Steps
- 12:45pm 7. Council Member Report of Activities- Outreach form (Attachment 3)
 - a. 1/10th Citizens Advisory Council- Charmaine Scott
 - b. 2020-2021 SCOA Meetings- Karol Stevens
 - c. Council Member Report of Community Outreach Advocacy (3 minutes)- reminder complete tracking form
 - What did you do since the last meeting?
 - How many people were involved?
 - Brief Overview
 - Are there any items requiring action from the Council?
- 1:25pm 8. Aging Services
 - a. August 2021 Dashboard Report (Attachment 4)
 - b. New Staff: MDT CM, I&A Supervisor, Extra Help
 - c. New Service planning
 - d. 2022 1/10th grant(s) submitted
 - e. Advisory Council Legislative meetings – September (Attachment 5- 2022 Investments in Home & Community-based Services)
 - f. 2021 Advisory Council Calendar of Events (Attachment 6)
 - September 15th AC meeting: PSRC Transportation -survey results presentation
 - Tentative Retreat Planning
- 1:30pm ADJOURN

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June 16, 2021 Aging Advisory Council Meeting Minutes

Zoom

1. **Convened at 11:30 a.m.**
2. **Members Present:** Steve McMurdo, Shawn Gibbs, Al Pinkham, Barbara Paul, Linette Zimmerman, Charmaine Scott, Karol Stevens, Elizabeth Safsten, Susan Kerr.

Members Excused: Barbara Paul.

Members Unexcused: Michaelene Manion.

Guests Present: Hannah Shockley, Human Services Supervisor

Staff Present: Stacey Smith, Cristiana Fillion, Tawnya Weintraub.

Public Address: The Council made introductions.

3. **Approval of Agenda:** The meeting agenda was reviewed.
 - Karol made a motion to approve the agenda. Charmaine seconded and the agenda was approved.
4. **Approval of Minutes:**
 - Charmaine made a motion to approve the May meeting minutes. The motion was seconded by Karol. The minutes were approved.
5. **Heritage Park Presentation**
 - Hannah Shockley, staff to the Kitsap County Accessible Communities Advisory Committee, gave an overview of the vision and goals for the Port Gamble Forest Heritage Park. Hannah explained that community input is very important and that they would like to gain as much insight as possible for our Council. Some suggestions included ample seating, creating accessible paths with signage that states the level of mobility, and providing access to equipment like Duet Bikes or Action Trackchairs. Another idea was to create wildlife observation stations and bird programs. Hannah went over the questionnaire included in the Meeting Packet

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and asked the Council for ideas on how to reach those who don't use the internet. Shawn suggested they reach out to local churches and provide materials that can be shared with congregations. Clubs and senior centers were also suggested. Steve suggested veterans' groups and tribal organizations. Barbara suggested the bulletin board at the YMCA. Karol suggested involving Kitsap Transit or perhaps working with teacher/parent groups of those with special needs.

6. Area Plan Update Presentation

- Tawnya Weintraub, Planner for the Division of Aging and Long Term Care, explained that every Area Agency on Aging (AAA) is required to submit a four-year plan to the state's Aging and Long Term Support Administration (AL TSA) in accordance with the Older Americans Act (OAA). This plan provides an opportunity to identify local needs and structure services to meet those needs. Tawnya explained that we would appreciate help spreading the word that the Area Plan Update draft available for review on the website or a paper copy can be mailed. We are open to ideas and suggestions. Tawnya gave a PowerPoint presentation on the current updates to the Area Plan. First, she gave an overview of the history behind the OAA and how AAAs came to be. Next, Tawnya explained that AAAs are required to create a 4-year comprehensive plan with 2-year updates. The Area Plan lists Major Goals (from a 2019 community survey), Focus Areas, and Issue Areas. Topics include aging and dementia friendly communities, options to support older adults and family caregivers, home and community-based services, tribal partnerships, and now COVID-19 response services and supports. Tawnya showed an overview of services for Kitsap County. Stacey explained the 2021 budget and expressed how important the continued advocacy from Council Members has been and thanked them. Stacey then gave a budget overview of the last 10 years. Tawnya shared a snapshot of key accomplishments and the Area Plan Update project timeline. Tawnya described the work that has been completed so far and explained that the Area Plan Updates will be shared with the Council, then it will be posted to the website and open to public review. The draft will be

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posted for 30 days, after which there will be a final review. The Plan will then need Advisory Council's approval with Steve's signature. It will then go to the Board of County Commissioners for a signature, before finally being turned in to ALTSA. Tawnya encouraged the Council to ask questions and provide feedback through email or phone. Karol suggested setting time aside to read the whole Area Plan Update. Tawnya will share the PowerPoint presentation and Stacey will send a link to the website where the Update Draft is available. Staff will provide an overview of the public comments at a future Aging Advisory Council meeting.

7. Council Member Report of Activities

a. 1/10th Citizens Advisory Council Representative – Charmaine Scott

- Charmaine explained that the 1/10th Citizens Advisory Council was having a mandatory meeting for those applying for grant funding. New grant applications are due on August 5th, and their Council then has one month to review the applications. In September they will be making questionnaires and will begin meeting applicants in October. The Council is working with schools and the Olympic Educational Service District to get extra funding for mental and behavioral health specifically for students.

b. 2020-2021 State Council On Aging (SCOA) Meetings – Karol Stevens

- At the most recent SCOA meeting they had the same transportation presentation from the Puget Sound Regional Council that this Council received in May. They also have a three-page summary from the Social Isolation Committee that could be implemented as public policy. When the summary is completed, it will be brought to the Advisory Council and State Council. There may be a setting to share the summary with representatives to encourage our legislators to support aging groups and those with dementia. The summary will also go to the Governor's office. Karol also noted that DSHS has been looking into robotic/animatronic pets for dementia patients.

c. Council Member Report of Community Outreach Advocacy

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- Shawn explained that Village Green has had challenges with COVID-19. There has been a fair amount of pushback from seniors that don't like the check-in process now required due to COVID-19. The director was happy to inform Shawn that exercise classes have resumed and that they were 17 people participated in line dancing. Shawn has been working on vaccine outreach and has found that there is still a large amount of people in her area who are anti-mask and anti-vaccine. Shawn has also done senior living placement work, spreading the word about services. She shared the preparedness webinar information and the Improving Equitable Access information. She has also shared the Caregiver Support newsletter.
- Linette reached out to her Soroptimists club. She shared information for emergency preparedness webinar and attended a Zoom meeting hosted by Emily Randall. She also reached out to two soroptimist clubs in Pierce County to suggest they contact their Advisory Councils.
- Al has been doing work on the Peninsula Community Health Services (PCHS) Board of Trustees. There will be a strategic planning session in July and Al asked that Council Members send him any input they may have for him to take to the meeting. Al informed the Council that PCHS has been doing outreach to increase vaccination rates and so far, they have administered 45,000 vaccinations. Al shared his concerns about what will happen when in-person school resumes and pointed out that many seniors raise grandchildren.
- Barbara went to seven churches and a few schools this past month. She created a flyer describing how to get free masks. She plans to spend time reading the Area Plan Update.
- Susan has spoken to five people that are older and/or disabled in her area. She created a survey with the Council's elevator speech at the top. The survey asks the participant what services they are using, what services they are planning to

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use, what issues they may be having with services, and what services do they wish were provided.

- Charmaine has been busy working on the 1/10 Citizens Advisory Council.

8. Council Business

a. Dashboard Report

- The Council reviewed the dashboard report.

b. The 2021 Advisory Council Calendar of Events

- The Council agreed to cancel the July meeting and discussed whether to cancel August's meeting as well. Barbara suggested meeting to review the Area Plan. Steve agreed it will be necessary to meet to discuss the Area Plan and review the final draft, and suggested meeting on or around the normal meeting date.

ADJOURNMENT

The meeting was adjourned at 1:31 p.m.

Steve McMurdo, Chair



Kitsap County Aging and Long-Term Care

2020-2023 Area Plan



2021 UPDATE

Area Agency on Aging (AAA)

The Division of Aging and Long-Term Care is Kitsap County's Area Agency on Aging (AAA), one of 13 AAA's in Washington and 628 nationally.

- The Older Americans Act requires four-year comprehensive Area Plans with annual budget updates and biennial program updates.

The planning process and updates involve community and staff input with recommendations from the Area Agency on Aging Advisory Council.



*Washington Association of Area Agencies on Aging
Advocacy. Action. Answers on Aging.*

<http://www.agingwashington.org/>

AAA Planning-Major Goals

The major goals established by the Area Plan are to:

- ✓ Increase independence for older adults and individuals with disabilities
- ✓ Offer choices and service options that support Older Adults and Family Caregivers
- ✓ Promote healthy aging, brain health and aging readiness
- ✓ Support home and community-based care alternatives
- ✓ Promote civic and social engagement

The 2020-2023 Area Plan focus is on promoting healthy, positive Aging and support of caregivers in an age and dementia friendly community.

This 2021 update also focuses on supports and paths to recovery from the COVID pandemic for those we serve, our staff, and local community providers.

Issue Areas

Area Plan focus areas are required of AAA's by Department of Social and Health Services Aging & Long-Term Support Administration. The 2020-2023 issues areas for Kitsap AAA include:

Healthy Aging in an Age-Friendly, Dementia Friendly Community

- Healthy Aging in an Age-Friendly Community
- Alzheimer's, Dementia and Brain Health

Service Options that Support Older Adults and Family Caregivers

- Community Living connections, Family Caregiver Support Program, Medicaid Transformation Demonstration

Home and community-based services

- Case Management and Systems Coordination
- Tribal Partnerships: Coordination with Tribes through 7.01 plans
- COVID-19 Response Services and Supports

2020-2023 Area Plan Years

Key Accomplishments 2020-2021

Key Accomplishments are reported for each Issue Area:

- Healthy Aging in an Age-Friendly Community
- Alzheimer's, Dementia and Brain Health
- Community Living Connections/Information & Assistance Services and
- Family Caregiver Support Program
- Medicaid Transformation Demonstration
- Home and Community Based Services: Case Management and Systems Coordination
- Tribal Partnerships

The full report on accomplishments is Appendix F in the 2021 Draft Update to the 2020-2023 Area Plan, available to the public at:

www.agingkitsap.com

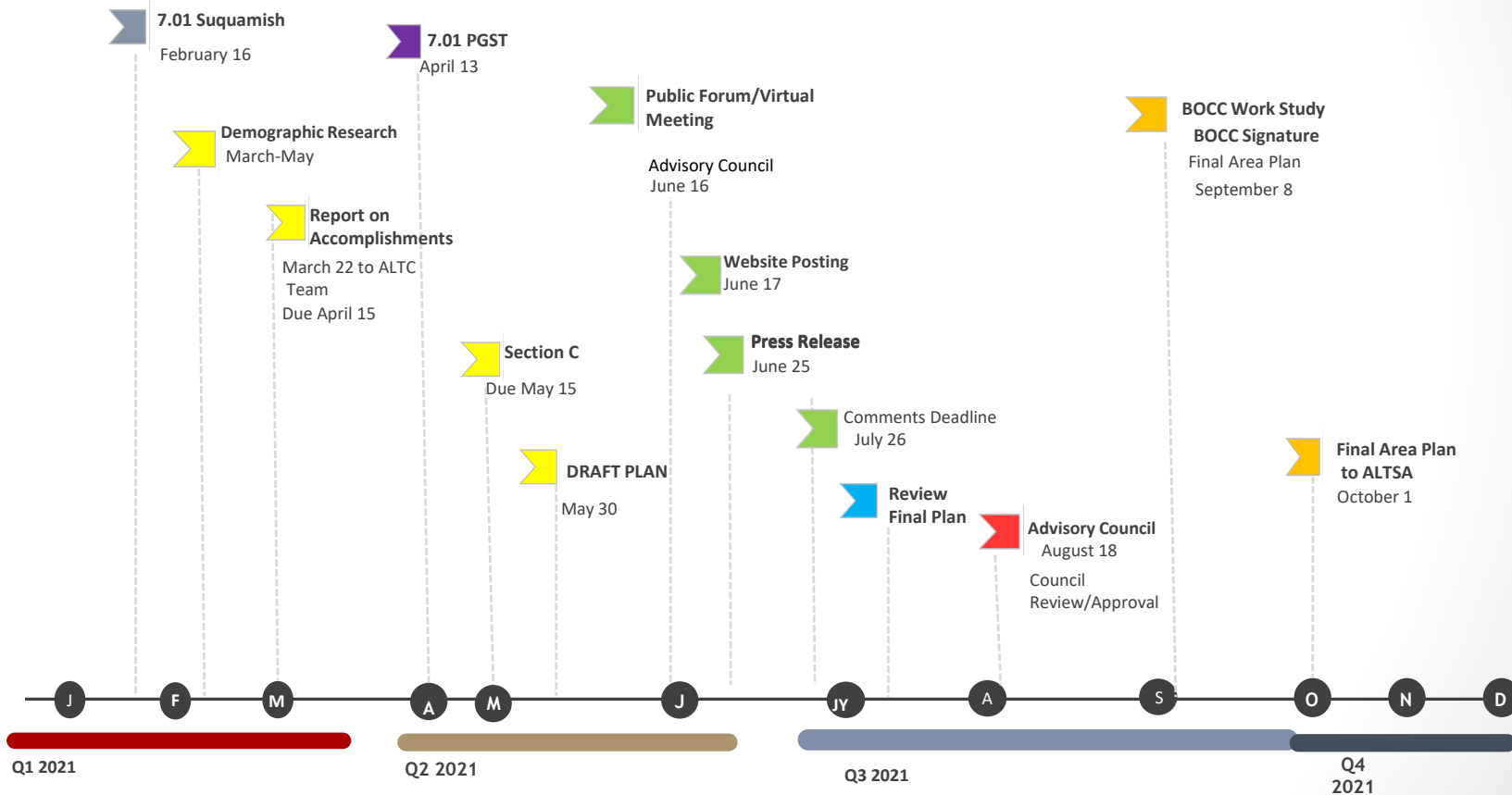
2021 Draft Process Updates

- Posting to Aging and Long-Term Care website
- Public announcement, email distribution
- Article with Sound Publishing in Port Orchard Independent on June 29, 2021

Community Input

- EMS/EMT/First Responder Collaborations and referral coordination, MCO partnerships, fall prevention, hoarding, overwhelmed caregiver issues.
- Nurse and caregiver shortages, advocacy during COVID-19 recovery for facility residents.
- Community-based needs:
 - Housing expenses, tenant rights, tax exemption, shortage of senior housing options in Kitsap County, nutrition, recycling options, volunteer opportunities.
- Individual and Family situations seeking support. Alzheimer's partner caregiver, transition for placement, help with parents.
- Requests for copies of the full plan for review and feedback
- Program pinch points: high caseload ratios, growing dementia services, access to aging in place choices.

Timeline 2021 Update to Area Plan 2020-2023



Our Request

Area Plan Draft-Review Feedback

Approval from ALTC Advisory Council

Local, State and Federal Advocacy

Support of local initiatives

Support for local programs

Contact information:

Kitsap County Aging and Long-Term Care agingkitsap.com

Stacey Smith, Administrator

337-5624 sasmith@co.kitsap.wa.us

Tawnya Weintraub, Human Services Planner

337-5690 tweintra@co.kitsap.wa.us

Advisory Council Community Outreach Tracking Form

1. Type of Outreach:

☐ Community Outreach Event
 ☐ Group Education
 ☐ Media/Internet
 ☐ One on One
 ☐ Material Dissemination
 ☐ Advocacy Action Alert

2. Outreach Details:

Date of Activity:	Event Location:	
Time Spent on Event (Minutes)	Preparation Time: (Minutes)	Travel Time: (Minutes)
Name of Advisory Council Member(s):		
Number of People Reached:	Name of Event <i>(if applicable)</i> :	

3. Advocacy Action Alert Details:

Name of Elected Official(s):	Method of Contact: <input type="checkbox"/> Phone <input type="checkbox"/> Email <input type="checkbox"/> Mail <input type="checkbox"/> Other _____
Notes:	

3. Topic(s) Discussed:

<input type="checkbox"/> Alzheimer's & Dementia	<input type="checkbox"/> Family Caregiver Support	<input type="checkbox"/> MAC/TSOA	<input type="checkbox"/> SHIBA/Medicare
<input type="checkbox"/> Americans w/Disabilities	<input type="checkbox"/> Kinship Caregiver	<input type="checkbox"/> Medicaid	<input type="checkbox"/> Systems Advocacy
<input type="checkbox"/> Disaster Preparedness	<input type="checkbox"/> Legal Services	<input type="checkbox"/> Nutrition	<input type="checkbox"/> Volunteer Recruitment
<input type="checkbox"/> Elder Abuse	<input type="checkbox"/> Legislative Town Hall	<input type="checkbox"/> Senior Drug Info	<input type="checkbox"/> Other
<input type="checkbox"/> End of Life Planning	<input type="checkbox"/> Long Term Care Planning	<input type="checkbox"/> Senior I&A	

4. Estimated Age Range of Attendees:

<input type="checkbox"/> 18-24	<input type="checkbox"/> 35-44	<input type="checkbox"/> 55-64
<input type="checkbox"/> 25-34	<input type="checkbox"/> 45-54	<input type="checkbox"/> 65+

5. Groups- Targeted or in Attendance:

<input type="checkbox"/> Dual-Eligible (Medicaid & Medicare)	<input type="checkbox"/> Unpaid Caregivers	<input type="checkbox"/> Mental Health Professionals	<input type="checkbox"/> Medicare Beneficiaries
<input type="checkbox"/> Speakers of Languages other than English	<input type="checkbox"/> Kinship Caregivers	<input type="checkbox"/> Low Income	<input type="checkbox"/> Other
<input type="checkbox"/> Individuals w/ Disabilities	<input type="checkbox"/> Social Workers	<input type="checkbox"/> Pre-retirees	
<input type="checkbox"/> Person w/ dementia	<input type="checkbox"/> Health Care Workers	<input type="checkbox"/> Retirees	

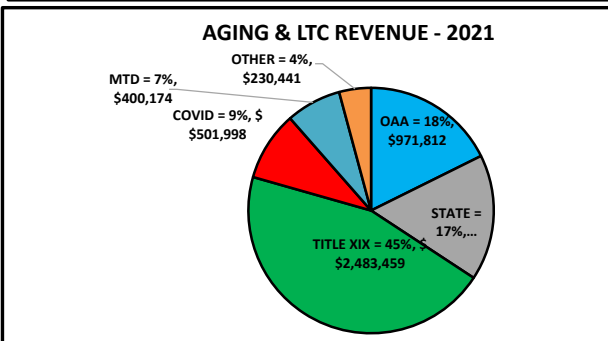
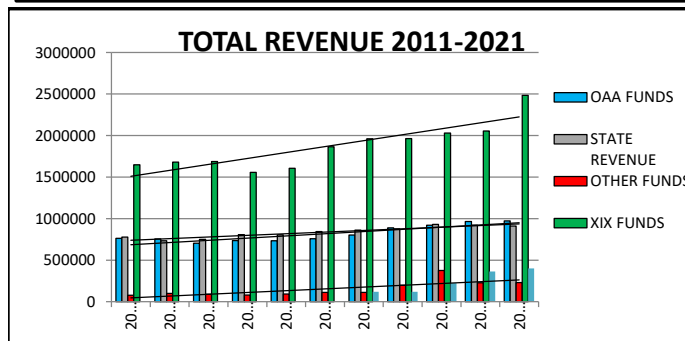
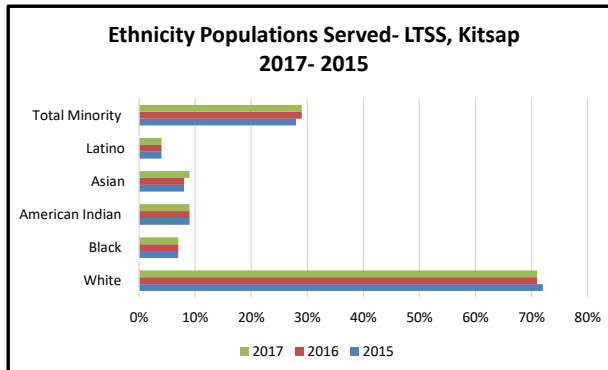
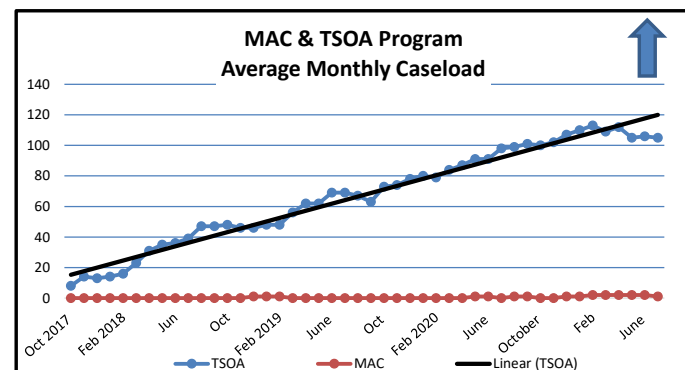
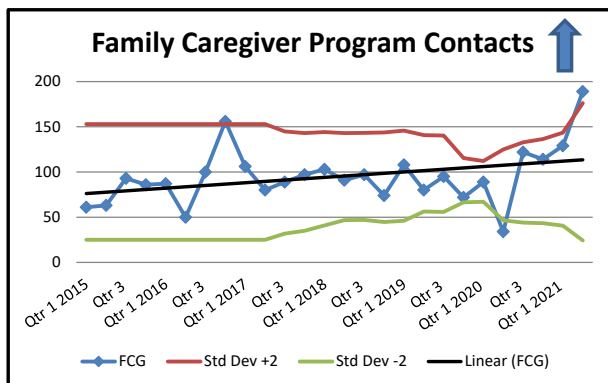
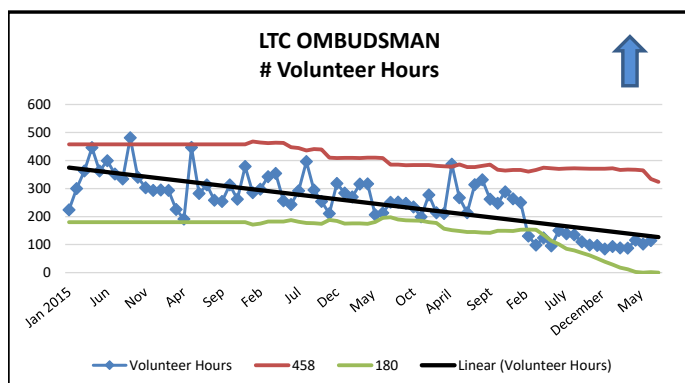
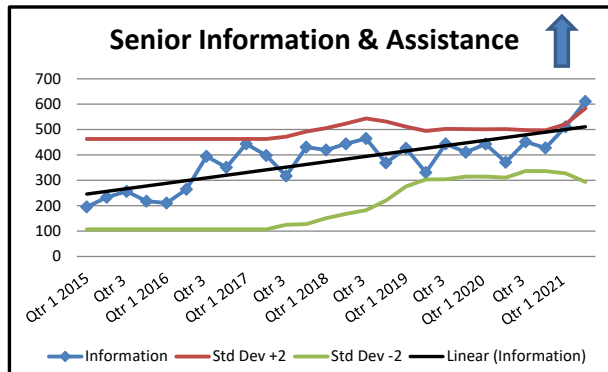
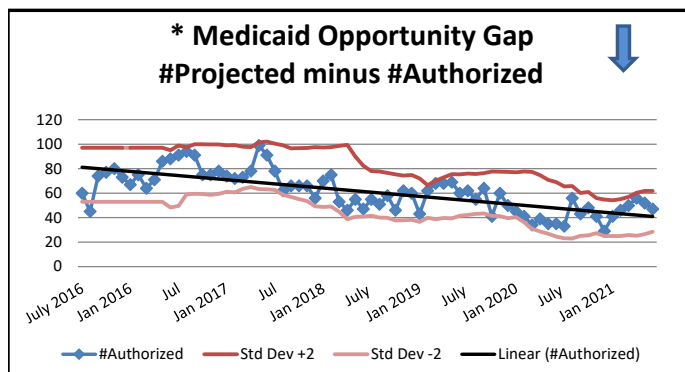
6. Race/Ethnicity- Targeted or in Attendance:

<input type="checkbox"/> American Indian	<input type="checkbox"/> Samoan	<input type="checkbox"/> Asian Indian	<input type="checkbox"/> Other Pacific Islander
<input type="checkbox"/> Alaska Native	<input type="checkbox"/> Filipino	<input type="checkbox"/> Black, African Am	<input type="checkbox"/> Other Race-Ethnicity
<input type="checkbox"/> Chinese	<input type="checkbox"/> Japanese	<input type="checkbox"/> Korean	
<input type="checkbox"/> Hispanic, Latino, Spanish	<input type="checkbox"/> Other Asian	<input type="checkbox"/> Guamanian or Chamorro	
<input type="checkbox"/> Native Hawaiian	<input type="checkbox"/> White, Non-Hispanic	<input type="checkbox"/> Vietnamese	

7. Materials Handed Out- Type & Quantity:

___ ALTC Rack Cards	___ Senior I&A Brochure	___ Other
___ Family Caregiver Support Brochure	___ MAC/TSOA	___ Advisory Council Bus. Card

Aging & Long Term Care Advisory Council Dashboard- August 2021



* Medicaid Opportunity Gap: July 2021- Increased allocation to 1017

COVID Timeline:

March- May 2020: COVID-19 Stay At Home order in effect

June 2020: COVID-19 phased reopening began

July 2020: COVID-19 July 2020 reopening paused

November 2020 - February 2021: Statewide restricted opening due to Winter spikes

March 2021- Increased vaccine events

April 15, 2021- Vaccine eligibility opens to all (over age 16 years)

July 12, 2021- Staff return to the office one day a week (using hybrid remote model)

August 9, 2021: 5th wave proclaimed with Delta variant, spiked numbers in Kitsap.

Trends:

Following legislative advocacy for biennial budget

Kitsap Aging staff working remotely, virtual workshops

Special Outreach Activities- cancelled due to COVID-19

August 25-29: Kitsap Fair Vendor Table and Senior Lounge (tentative)

Routine Community Outreach Activities- cancelled due to COVID-19 (since March 2020)



Home and Community Based Services

Investment Recommendations

The number of Washingtonians who will need assistance with long-term services and supports is expected to double by 2040.

Background

Washington has one of the nation's best Long-Term Services and Supports (LTSS) systems. However, the state continues to see a rise in the number of people needing various levels and types of care, a severe shortage of direct care workers, and an aging provider infrastructure. Critical investments are necessary to avoid long waits for services and provide the quality supports that allow individuals to live in their own homes and communities with dignity and choice.

An ongoing 10% increase in the FMAP for home and community based services, with similar requirements as those in the American Rescue Plan, would increase funding in Washington by approximately \$900 million per year.

Additional federal investments are needed to continue providing access, choice, quality, and safety for older adults and individuals with disabilities.

Invest in Direct Care Workers

Direct care workers are essential to the safety and well-being of individuals with disabilities and older adults who rely on them for daily supports. The work they provide is critical and demanding, yet their salary and benefits have historically not reflected this.

The workforce is disproportionately women, women of color and immigrant populations.

The direct care worker is one of the fastest-growing occupations in the nation and caregivers need a competitive salary and benefits package or individuals risk going without the services they need.

Cost: 1 billion a year to increase average wages by \$5/hr

Direct care workers are the foundation of a robust LTSS system, and without a stable and sufficient workforce to deliver services, no other systemic improvements to LTSS are genuinely feasible.

Increase the Personal Needs Allowance

Individuals with incomes over the federal poverty level must spend those funds and contribute toward the cost of Medicaid-funded long-term services and supports. Frequently, this leaves them to choose between basic needs, such as housing, food, and other essentials, and necessary long-term care services and supports.

Allowing older adults to keep more of their income will help them address the rising costs of necessities needed to live independently in their homes.

Cost: 19.1 million a year so low income individuals can remain in their homes

Increasing the Personal Needs Allowance will help prevent people from being forced out of their homes because they are not able to afford the cost of home maintenance and other necessary purchases.

Invest in Case Management

Case managers ensure individuals receive timely needs assessments and access to long-term care services. They work with community providers and individuals to address chronic conditions, health, wellness, safety and reduce unnecessary ER, hospitals, and nursing homes.

The physical and behavioral acuity of individuals served in community settings has significantly increased as the proportion of individuals served in nursing facilities dropped to only 10% in WA. Reducing case management ratios is critical to supporting individuals in their setting of choice.

Cost: \$423 million a year

Washington offers person-centered case management that works with individuals to build a care plan that reflects an individual's choices and preferences.

Eliminate Waitlists and Reduce Service Deserts

Ensure service equity by eliminating waitlists for services and ensure choice and access to providers in underserved geographic areas and populations.

Having more qualified providers including crisis respite beds and those specializing in dementia, traumatic brain injury and behavioral health will keep many older adults and individuals with disabilities from having to move away from their homes and loved ones.

The provider network must address the preferences and choices of individuals served and support individuals to maintain connection with their local community.

2021 Advisory Council Meetings & Activities

January 11	WA Legislature Begins (no events)
January 20	*Advisory Council from 11:30am- 1:30pm
January 25	W4A Pre-Lobby Day Webinar (zoom)
January 26- 28	*W4A Senior Lobby Days- All Day
February 17	*Advisory Council from 11:30am- 1:30pm
February 18	* Spring Senior Lobby Conference
March 17	* Advisory Council Retreat (10:00am- 1:30pm)
April 21	Advisory Council from 11:30am- 1:30pm
May 19	* Advisory Council from 11:30am- 1:30pm
May	* May Older Adults Virtual Events
June 16	* Advisory Council from 11:30am- 1:30pm
July 21	* Advisory Council from 11:30am- 1:30pm
August 18	* Advisory Council from 11:30am- 1:30pm
September 15	* Advisory Council from 11:30am- 1:30pm
October 20	* 2021 AAA & State Council on Aging (SCOA) Conference
October 21	* 2021 Fall Senior Lobby Conference
November TBD	* Kitsap Caregiver Fall Caregiver Conference
November 17	* Advisory Council from 11:30am-1:30pm
December 15	* Advisory Council from 11:30am- 1:30pm

*indicates zoom meeting

Alternative in person meetings: (South Kitsap) Cascade Room, Givens Community Center