

Meeting Notes

Tuesday, March 21, 2017

4:30 p.m. – 5:30 p.m.

Members Present: Marjorie Ledell, Herb Maxey, Marian Anderson, Linda O’Leary, Bill Ritchie, Chuck Frayer, Pat Janik, Donna Roberge

Members Absent: Ali Caley

1. Welcome and Call to Order:

Marjorie Ledell opened the meeting. The agenda was unanimously approved by the commission. The February 21st meeting minutes were unanimously approved.

2. Public Health Advisory Committee Update: No update

3. Area Agency on Aging & Disabilities update: Pat provided the highlights of the meeting and gave everyone a copy of the update. She informed the COA that senior lobby day was a big success.

4. Presentation: Caregiver Resources

Lexie Bartunek, Community Services Program Coordinator with the Area Agency on Aging and Disabilities of Southwest Washington (AAADSW) spoke about the programs and services available in our area. AAADSW’s Information and Assistance program have experienced staff that speaks with callers to fully understand their needs so that they can connect people to the most appropriate and helpful community resources, including but not limited to caregiver resources.

- AAADSW provides services and resources to seniors, adults with disabilities and caregivers
- They are one of thirteen Area Agencies of Aging in the state of Washington. There is a AAA in virtually every community in every state.
- Bartunek’s presentation focused on caregiver resources provided by AAADSW and other agencies/organizations in the community
- 2 types of caregivers: Paid vs. unpaid
- AAADSW focuses on unpaid caregivers, which is anyone providing any kind of care to a loved one and that are not paid. Not age specific, anyone over 18.
- DATA/STATS/NUMBERS:
 - According to AARP a few years ago, there were 40 million caregivers in the U.S., providing 37 billion hours of care. If they were paid, it would equate to \$470 billion.
 - In Washington State there are approximately 828,000 unpaid family caregivers which equates to \$10.7 billion in care
 - **A 2014 study stated that nonpaid caregivers saved the state of Washington, an estimated \$10 million in care where otherwise people would be placed in a facility or accessing Medicaid services**
 - **Only a little over 3,000 of 828,000 access caregiver services in the state – mainly because people don’t identify as caregiver or have a stigma for accessing services (assume it is financial program)**

- AAADSW serves 277 caregivers in the program, 165 in Clark County
 - 3rd highest county in number of caregivers in state behind King and Pierce County
- AAADSW Family Caregiver Support Program provides services to family and friends to provide at-home care of a loved one
 - First step is Information and Assistance program. Staff is trained to ask the right question and guide people to correct services.
 - Biggest program is case management. They use TCASE, an assessment tool
- Types of services:
 - One on one counseling
 - Support groups
 - Education and training (classes-yoga, art therapy, etc.)
 - Supplies and equipment (grab bars, walkers, emergency response system, incontinence supplies)
 - Respite care: to give caregivers a break (can't use it to go to work)
- Connect people with what else is in the community:
 - Support Groups: One is the successful Hope support group, which dementia specific. It is a weekly support group with an education component. Others include Alzheimer groups (split up between memory loss and their caregivers); General support groups (CDM for general caregiver support); Parkinsons; other disease support groups.
 - Education resources: Clark College Continuing Education; VA Savvy Caregiver Series; Library; Online Options-Alzheimer's Association; Family Caregiver Alliance; Oregon Care Partners
 - Respite options: Many options include private care and home care agencies. Some people prefer to hire an individual for care and want to know how to do it safely, i.e. background checks. There used to be a list of private caregivers that have had background checks, however it is no longer available. There are also adult day care options and short-term facility care options. People may not know that most long term facilities can do short term options (hourly, day, overnight).
 - Outside the box for caregiver resources: meals on wheels, grocery delivery, gym memberships, walking groups
 - Other services: Care Management Services; Mediation Services; **Veteran's Administration – financial assistance for veterans that served in war- to pay for long term care, a fact not well known**; Faith or other community organizations
- **Caregiver resources are available to all residents of Clark County 18+, regardless of income.** Medicaid programs are income based but not community based resources
- No printed directory of all resources/programs in community - Community Living Connection website: AAADSW resource database – ALL community resource, not just caregiver resources. <https://washingtoncommunitylivingconnections.org/consumer/index.php>. AAADSW's website is <https://www.helpingelders.org/> and their Information and Assistance phone number is 360-694-8144 or 888-637-6060.

5. **New Business:**

Bylaw Amendments- Motion to accept amendments were unanimously approved by the commission.

Selection Committee will be formed shortly after the deadline happens for applications for the vacancies on the committee for aging. The deadline is April 14th, and in May new members will be announced.

6. **Announcements:**

April 18 – Presentation from Shanti Potts – Normal Aging

Meeting adjourned at 5:40pm

The Clark County Commission on Aging provides leadership and creates community engagement in addressing the needs and opportunities of aging.