

**ADULT AND AGING COMMISSION**  
**Wednesday, April 27, 2022**  
**2:00 – 4:00 PM**  
**Video Conference Meeting**

**MINUTES**

Item	Notes
<b>Welcome &amp; Introductions</b>	
<b>Roll Call</b>	<p>Members Present:, Patty Wait, Catheryn Koss, Rachael Hoskins, Eduardo Rubalcava, Debra Bonner, April Carni, Stephanie Wilson (ex officio)</p> <p>Members Absent: Theresa Abah (excused), Gaby Hernandez (excused)</p> <p>Guests: Ruth MacKenzie, Heidi Richardson, Clayton Wyatt, Justin Ellerby, Anson Houghton, Dawn Angelo, Rebecca Hensley, Jacy Miller, Johnny Xiong</p>
<b>Public Comment</b>	no public comment
<b>Presentation by AAA4 on Sacramento ADRC</b>	Presentation by Anson Houghton and Rebecca Hensley, Area 4 Agency on Aging, regarding the emerging Aging and Disability Resource Connection in Sacramento County (see attached PowerPoint slides)
<b>Approval of April 27 Agenda</b>	R. Hoskins moved to approve, Eduardo Rubalcava second the motion for approval of April 27, 2022, agenda. Motion was passed with no objections or abstentions.
<b>AAC Business &amp; Initiatives</b>	
Reappointment of C. Koss to AAA4 Advisory Council	C. Koss motioned that she will required to be reappointed to council by vote, or are there others interested in this appointment? No other names were offered. A. Carni moved to approve, D. Bonner second. The motion passed with no objections and C. Koss abstained.
Partnership with Sacramento State Gerontology Department to maintain and promote Aging Resources website	C. Koss inquired if there were any comments or concerns in supporting partnership. There was no opposition for commission to continue to collaborate and maintain website.
Nominations for 2022-2023 Executive Committee positions (election at May 2022 meeting)	C. Koss discussed upcoming nominations/elections for Chair, Vice Chair, Secretary and Recruitment and Orientation Chair, and mentioned individuals currently holding positions. C. Koss explained roles of positions. C. Koss asked for new nominations from commissioners; there were none. C. Koss

	asked R. Hoskins and D. Bonner if they will accept being nominated. Commissioners will vote in May.
Approval of 2021 Annual Report (see draft attached)	C. Koss shared via Zoom draft copy of annual report for all to view. Commissioners and guests provided positive feedback on report. C. Koss requests a vote to make this a final. A. Carni moved to approve, R. Hoskins second the motion. The motion passed with no objections or abstentions for approval of 2021 annual report.
Board of Supervisors Resolution declaring May 2022 as Older Americans Month (to be presented at May 10 BoS meeting)	C. Koss discussed BoS would like members from AAC in attendance to represent and highlight AAC role and impact in community. Several ideas were mentioned from commissioners and guests to share at this meeting. C. Koss inquired who can attend and further details will be provided on presentation.
Liaison assignments	C. Koss discussed the purpose and role of Liaison assignments. However, this will be reviewed to see if mandatory or volunteer, and open for suggestions. C. Koss inquired are there current commissioners assigned. D. Bonner state she is on the Human Services Coordinating Council (HSCC) and provided an overview. P. Wait is on the Age Friendly CORE Team and would like to remain; H. Richardson is the contact person. E. Rubalcava expressed interest for IHSS; C. Koss will connect.
Commissioner recruitment	C. Koss discussed recruiting for new commissioners is ongoing and continues to reach out and inquired how others were doing with this. D. Angelo expressed that she is interested and recently completed application. J. Miller mentioned concerns that the financial form is intimidating. There were comments made from commissioners in explaining on how to complete with ease. H. Richardson provided positive feedback on the ethics training and benefits.
New Business	R. Hoskins inquired about the Senior Companion Program. H. Richardson informed commissioners and guests that this program has ended; however, the Foster Grandparents program will continue.  H. Richardson provided an update on the Age Friendly Listening Sessions. Completed four (4) one was in-person with SeniorLink participants; three (3) scheduled for in-person and one (1) on Zoom.

# Sacramento ADRC



# Agency On Aging Area 4

- ▶ Funds and monitors programs for older adults in a seven-county planning and service area.
- ▶ Receives funding under the Older Americans Act and grants from other sources related to aging and disabilities.
- ▶ The Agency on Aging promotes the dignity of older adults by providing services and supports that enable them to remain independent and engaged in their communities.

AGENCY  
ON AGING  
AREA 4

Nevada | Placer | Sacramento | Sierra | Sutter | Yolo | Yuba Counties

# Aging and Disability Resource Connections (ADRC) Explained

- ▶ An ADRC is a partnership between the Independent Living Center, Area Agency on Aging, and community partner organizations who work with people with disabilities and older adults.





# Core Partnerships

## ▶ Sacramento Core Partners

- ▶ Agency on Aging Area 4
- ▶ Resources for Independent Living
- ▶ ACC Senior Services



# Steering Committee

## ▶ Members

- ▶ Agency on Aging Area 4
- ▶ Resources for Independent Living
- ▶ ACC Senior Services
- ▶ 2-1-1 Sacramento

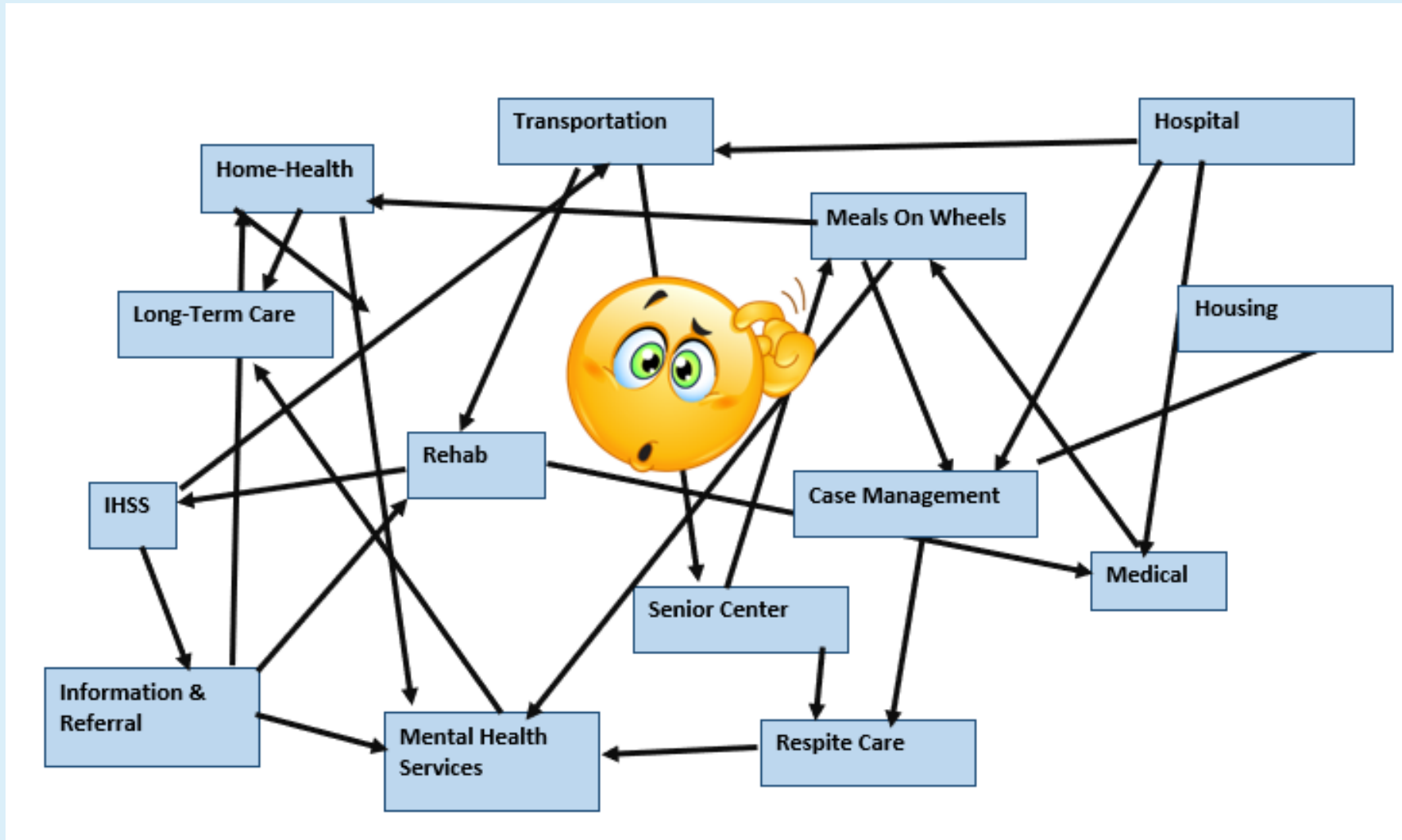


# ADRC Goals

- ▶ Increase collaboration among Long-Term Services and Supports (LTSS) organizations.
- ▶ Raise visibility about the full range of public and private LTSS programs available.
- ▶ Expand person-centered services.
- ▶ Implement the No Wrong Door System.



# How Consumers Navigate Current System



# No Wrong Door System

## ▶ What It Is

- ▶ No matter which extended partner is contacted, the person will receive efficient access to a wide array of information about LTSS.

## ▶ Why It Is Important

- ▶ Empowers individuals to make informed decisions, to exercise control over their long-term care needs, and to achieve their personal goals and preferences
- ▶ Serves anyone seeking long term services and support, regardless of age, income or disability

# The 4 Core Services



## Enhanced Information & Assistance (E I&A)

- ▶ Provides access to E I&A through multiple points of entry and a warm hand off.
- ▶ Alliance of Information and Referrals Systems (AIRS) certified staff.
- ▶ Provides comprehensive and trusted information to people of any age, disability type and income level/source.
- ▶ Includes follow-up to ensure quality referrals.

# Person-Centered Options Counseling

- ▶ Counseling provided by trained staff using person-centered practices that provide consumers guidance and assistance in their deliberations to make informed choices about LTSS.



# Short-Term Service Coordination

- ▶ Personalized service coordination for the purpose of stabilizing a situation for individuals whose health, safety and welfare are at risk.
- ▶ Assistance to prevent unnecessary admittance to emergency department or institutional placement.
- ▶ Usually lasts 90 days or less.
- ▶ After stabilization of consumer's emergency, referral to options counseling for LTSS planning is available.

# Person-Centered Transition Support

- ▶ Supports a person with information, decision support and coordination of multiple services in order to successfully move from a health care facility back to a community home.
- ▶ Includes both hospital/acute care to home, as well as nursing facility to home.

# Extended Partners

## ▶ Who They are

- ▶ local health care systems, veterans' organizations, independent living organizations, and aging service organizations

## ▶ What They Do

- ▶ Provide at least one core service of the ADRC
- ▶ Provide person-centered services
- ▶ Participate as Advisory Committee member

## ▶ Why They Are Important

- ▶ Enhance awareness of and access to public and private programs/services for Sacramento County consumers.
- ▶ Streamline consumers' access to services through shared program intake, application assistance, service provider information, and staffing and funding resources.
- ▶ Expand Resources for each partner organization.



# Sacramento County Adult and Aging Commission 2021 Achievements and Activities

## Supporting City & County Age-Friendly Initiatives

The Commission served as a resource for local officials seeking input and advice on how to make our community more age-friendly.

Staff from the City of Sacramento Youth, Parks, and Community Enrichment Department attended the February Commission meeting to get input on the city's Parks Master Plan.

Several Commissioners served on the City of Sacramento's Age-Friendly Stakeholders Group to help the city develop its Age-Friendly Action Plan as part of the process of joining the AARP Age-Friendly Network.

Towards the end of 2021, the Commission began working with county staff on organizing listening sessions to inform the county's Age-Friendly Action Plan. Thanks to Patty Wait for serving as the liaison between the Commission and county staff.

## New Sacramento County Online Aging Resources Directory

In partnership with the Sacramento State University Gerontology Department, the Commission launched a new online directory of local, state, and federal resources for older adults and caregivers. Gerontology students and faculty developed over 50 pages on topics ranging from affordable housing to veteran programs. The website includes listings for hundreds of non-profit and government agencies. The directory is located at: <https://www.sacagingresources.org/resources-directory>.

To fulfill its role of raising public awareness of available programs and services, the Commission will continue to work with the CSUS Gerontology Department to maintain and grow this resource directory.

## Virtual Aging Resources Exchange

The Commission hosted monthly virtual meetings for professionals working with older adults and others interested in learning about aging issues and local programs. The 2021 topics and presenting organizations were:

- Programs of All Inclusive Care for the Elderly - Sutter PACE
- Serving Older Adults Remotely - ACC Senior Services & El Hogar Community Services
- Preventing Falls & Making Home Safe For Older Adults – Dignity Health Mercy San Juan Medical Center/StopFalls Sacramento & Rebuilding Together
- Connecting Older Adults To Programs & Services - Unite Us & Agency on Aging Area 4
- Resources for People with Hearing or Vision Loss - California Telephone Access Program & Society for the Blind
- Resources for LGBT Older Adults - Sacramento LGBT Community Center & AARP California
- Affordable Housing Options for Older Adults - HomeShare American River & Mercy Housing
- The New Normal for Aging Services - Triple-R Adult Day Program, Ethel MacLeod Hart Senior Center, & Meals on Wheels by ACC
- Domestic Violence & Crisis Support – WEAVE & Sacramento County Behavioral Health Services
- Healthy Aging - Sacramento State Cardiovascular Wellness Program & UC Davis Healthy Aging Clinic
- Crimes Against Older Adults - California Department of Financial Protection & Innovation & Sacramento County District Attorney's Office

Thanks to Debra Bonner, Rachael Hoskins, and Catheryn Koss for co-chairing. Recordings of past presentations and information about future Aging Resource Exchange meetings are available at: <https://www.sacagingresources.org/aging-resources-exchange>.

## Commission Priorities for 2022-2023 County Budget

The Commission appreciated the opportunity to share its priorities for the 2022-2023 budget. The Commission identified the following priorities:

- Flexible funding for older adults facing financial crises that are likely to lead to homelessness without immediate assistance (e.g., to pay for utility bill, rent, home repair, etc.)
- Creative solutions to provide affordable housing alternatives for older adults (e.g., rent not more than 30% of income) that are readily available in the near future (e.g., home share programs, rent assistance, ADU incentives)
- Increase support to informal caregivers by improving 211 referrals for older adults, strengthening recruitment and training (e.g., caregiving skills, language skills, or other needs) of IHSS workers, providing a living wage for IHSS workers to ensure a sufficient pool of providers, and other supportive programs for caregivers who do not qualify for MediCal

- Support through adequate staffing and funding the implementation of the county's age-friendly initiative
- Improve accessibility for alternatives to driving by removing financial, physical, environmental, and other barriers to using alternative transportation options (e.g., vouchers for Lyft or Uber, free or reduced fares on public transportation, expanding support for the Senior Companion program or similar volunteer programs to increase volunteer pool of senior companions/escorts)

## Action Priorities for 2022

In 2022, the Commission will:

- Continue to support the county's Age-Friendly Initiative as it conducts community listening sessions and develops an action plan
- Raise awareness of local programs through the online resource directory and monthly Aging Resources Exchange meetings
- Work with the county to address the long-term impacts of the COVID pandemic
- Recruit and orient new commissioners

### About the Commission

The Sacramento County Adult and Aging Commission is comprised of volunteers who track aging trends, monitor services, and listen to input from service providers and the public. The Commission was created to report to the County Board of Supervisors about resources and needs concerning older and dependent adults, their families, and their support networks.

The Commission meets on the fourth Wednesday of each month from 2-4pm. Members of the public are welcome to attend. The Commission is actively recruiting new members. For more information, go to <https://dcfas.saccounty.net/SAS/Pages/Adult-and-Aging-Commission.aspx>.

### 2021 Commissioners

Theresa Abah	Catheryn Koss*
Debra Bonner	Megan Masten*
April Carni*	Teresa Ogan
Gaby Hernandez	Preston Romero*
Rachael Hoskins*	Robert Van Cleef
Thomas Johnson	Patricia Wait

\*served on the Executive Committee during 2021