



**PLACER COUNTY
OLDER ADULT ADVISORY COMMISSION**

Annual Report

July 1, 2013 – June 30, 2014

**Older Adult Advisory Commission (OAAC)
2013- 2014 Annual Report**

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Acknowledgements

This report would not have been possible without the support and help of all of the Placer County Older Adult Advisory Commission (OAAC) members. (Listed in Appendix B: OAAC Member Roster); the OAAC Executive Committee:

- Eldon Luce Chairperson
- David Wiltsee First Chairperson
- Karla Gustafson Second Chairperson
- William Reed Secretary

and County staff:

- Cheryl Trenwith Manager, Adult System of Care
- Pauline Moreno Secretary, IHSS Public Authority

Honorable Members of the Board of Supervisors:

This report marks the 10-year anniversary of the Placer County Older Adult Advisory Commission (OAAC). It has been a privilege to have been involved with the Commission since its inception; first as County staff and now as a volunteer.

Looking back over the past 10 years, it is hard to imagine how we could have anticipated the significant events affecting our nation, and our senior population.

The relatively favorable economic conditions of 2004 gave way to the harsh reality of what has been labeled the “Great Recession” and now we are experiencing a welcome, if gradual recovery. These times have had a dramatic effect on many in our older adult community; in many cases requiring revisions in plans for their senior years to accommodate new social and economic circumstances. In addition, passage and implementation of the Affordable Care Act is re-shaping approaches to health care as never before; including health care for our older adults.

And finally, we are experiencing a dramatic shift in population demographics. The first wave of the eighteen-year Baby Boom generation hit traditional retirement age in 2011, and (as stated in this report) will continue to flood the ranks of our older adult population for decades to come.

These social, economic and demographic changes present significant challenges relative to the dignity, independence, health and social support for older adults.

It is in this challenging and ever-changing environment that the OAAC and its members will continue to work at understanding and advising on the needs of older adults. We look forward to the next 10 years with hope and a renewed dedication to enhancing the lives of our growing older adult community.

Sincerely,

Eldon Luce, Chairperson
Older Adult Advisory Commission

Older Adult Advisory Commission 2013- 2014 Annual Report

Executive Summary

On May 25, 2004, the Placer County Board of Supervisors passed Resolution Number 2004-121 establishing the Older Adult Advisory Commission (OAAC) to serve as Placer County's Commission on Aging.

One of the duties of the Commission is to submit, to the Board of Supervisors, an Annual Report on OAAC activities during the report year. Consistent with that responsibility, the Commissioners are pleased to submit this, the tenth OAAC Annual Report.

As will be seen in the following report, during the **2013/14** year the OAAC participated in organizational, advocacy, legislative and educational activities; as well as significant progress toward successful accomplishment of its 2013/14 goals.

In **2014/15** OAAC goals will continue to be focused in three general areas:

- 1) Exploring, researching and evaluating the unique needs of Placer County's older adult residents for housing resources, as well as for other resources related to long-term supports and services; and,
- 2) Expanding the visibility of the OAAC throughout Placer County, outreaching to older adults providing education and encouraging public input; and,
- 3) Enhancing and expanding meaningful communication with the Board of Supervisors.

In the Annual Report are a number of potential activities under each of these three general goal areas. With the significant increases in our older adult population now and into the future (see Appendix D - Older Adults in Placer County) the commission members will be:

- Speaking at Municipal Advisory Councils and other relevant groups to educate on older adult issues, including the dramatic increase in the older adult population in Placer County; to provide information on the OAAC; and to encourage and receive public input relative to older adult needs.
- Exploring the impacts of the increasing older adult population on Placer County systems of older adult services and supports; getting input from the community relative to the current older adult service delivery systems and the changes that may be required to meet the expected increases in need for older adult supports and services; and as appropriate, visiting with, and getting input from, providers of older adult services in Placer County.
- Pursuing ways to improve older adult access to resource information, services and supports, including continued exploration of the Aging and Disability Resource Connection (ADRC) model of service delivery and coordination.

As can be seen by the goals set by the Commission; the OAAC plans on another busy and productive year in 2014/15.

Commission members are honored to serve and to present and invite you to read this, the tenth Annual Older Adult Advisory Commission Report.

Introduction

Due to the increasing population of older adults (60+ years of age) residing in Placer County, it was in the interest of both the County and the older adult community to designate a commission to be responsible for advising the Board of Supervisors on issues affecting the lives of older adults. Therefore, on May 25, 2004, the Placer County Board of Supervisors passed Resolution Number 2004-121 establishing the Older Adult Advisory Commission (OAAC) to serve as Placer County's Commission on Aging.

Duties of the Commission include submitting to the Board of Supervisors an Annual Report on the status of services for older adults. The Commissioners are pleased to submit this, the tenth OAAC annual report.

Overview of the OAAC

As per Commission Bylaws¹:

- **Mission**: The Placer County OAAC provides a voice for older adults in county government and advises the Placer County Board of Supervisors and the Department of Health and Human Services on matters relating to the creation and delivery of services that improve the quality of life for Placer County's older adults.
- **Goal**: It is the overall goal of the Commission to promote the well-being of and enhance the quality of life for older adults of Placer County.
- **Responsibilities**: The Commission serves in an advisory capacity to the County Board of Supervisors and the Department of Health and Human Services (HHS). The Commission reports through HHS. HHS provides staff support to the Commission; and provides relevant information (e.g., County budgets, plans for services for older adults, policies and programs, funding applications) required to fulfill the Commission's responsibilities and duties.
- **Duties**: Commission duties fall into the general categories of advising, assisting, advocating, and making recommendations relative to the needs of Placer County's older adults. See Appendix A - Article VII, Duties, page 9
- **Membership**²: The Board of Supervisors appoints OAAC members that reside or work in Placer County; have an interest in issues affecting older adults; and, have the time and willingness to serve. Commission membership is diverse and representative of the Supervisorial Districts, the public at large, and governmental and not-for-profit organizations providing services to Placer County older adults.

Activities and Accomplishments 2013/14: During its tenth year, the OAAC has continued to be actively involved in various organizational, advocacy, legislative, educational and needs assessment activities.

¹ Appendix A - OAAC Bylaws

² Appendix B - OAAC Member Roster

Organizational Activities: The Commission's primary 2013/14 organizational goal was to maintain full membership. This goal was not fully accomplished. However, OAAC membership (while not full) was sufficient to carry forward the business of the commission; and the membership continued to include a diverse, experienced and committed group of Placer residents.

Advocacy Activities: OAAC members have continued to advocate for older adults through participation with a number of local organizations and committees, e.g., Best Step, transportation committees (PCPTA/CTSA) and Social Services Transportation Advisory Committee, Weimar-Applegate-Colfax Municipal Advisory Council (MAC), North Auburn MAC, Granit Bay MAC, Senior Living Group of the Sierra Foothills, Roseville Senior Commission, Eskaton and Sun City Communities, Senior Peer Counseling, Area 4 Agency on Aging, AARP, California Senior Legislature, Older Adult Collaborative, Placer Independent Resource Services, Seniors First, IHSS Advisory Committee and Placer County Library/Friends of the Library.

Legislative Activities: The Commission's liaison to the California Senior Legislature has continued to be involved in reviewing legislation impacting older adults and providing reports and recommendations to the full OAAC.

Educational Activities: Commission members have increased their knowledge and understanding of older adult services and resources throughout the county. This was accomplished through hosting nine guest speakers³ at our regular monthly meetings; and by publishing 12 monthly articles⁴ in the Sun City News (Roseville and Lincoln), the Foresthill Messenger and Placer Sentinel.

Report on 2013/14 OAAC Goals: The 2013/14 goals were focused in three general areas, 1) exploring, researching and evaluating the unique needs of Placer's older adult residents for housing resources; and, 2) expanding the visibility of the OAAC throughout Placer County, continuing outreach to older adults and encouraging public input; and, 3) enhancing and expanding meaningful communication with the Board of Supervisors.

Exploring Needs, Availability and Housing Options for Older Adults

Goal: The OAAC Housing Committee will arrange for speakers to educate the committee and Commission on the needs of Placer County's older adults for housing; research various older adult housing options and models; and, provide information and advocacy to groups that evaluate the housing needs of Placer County's older adults.

Report: The OAAC Housing Committee was established on March 19, 2013. Since that time the committee has met regularly; defining its role and looking at issues, legislation and housing models relative to housing for older adults.

Specific activities included:

- **Role Definition:** The Committee's core mission is to develop a comprehensive understanding of older adult housing models, options and needs in order to better inform and serve the citizens of Placer County and to advise Placer Health and Human Services and the Board of Supervisors and other relevant county departments on matters of older adult housing policy.

³ Appendix C - Presentations: Topics and Speakers

⁴ Appendix D - List of Newspaper Articles

- For research and evaluation defined the “universe” of older adult housing as a mix of:
 - 1) Private residences - over 90% of older adults desire to continue living independently in their own homes.
 - 2) Assistive residences - for older adults requiring assistance in daily living
 - 3) Special case housing - including housing options and arrangements other than private residences and assistive residences
- Prepared materials defining and describing the scope of older adult housing.
- Identified primary focus for each of the three senior housing categories.
- Developed a (grid) common format template for consistent evaluation and reporting across the many different housing options.
- Proposed to full OAAC recommending to the Board of Supervisors evaluation of the implementation of a Placer County Smart 911 system. (The OAAC supported this proposal.)
- Participated in California Senior Legislature relative to older adult housing issues.
- Tracked older adult housing related legislation, including legislative package for residential care facilities for the elderly (RCFE) reform.
- The OAAC has had three presentations that included information relative to housing. These included:
 - 1) A presentation on Section 8 housing for older adults and included the OAAC endorsing a proposal to prioritize some Section 8 Vouchers for older adults.
 - 2) A presentation including information on housing needs of veterans.
 - 3) A presentation by Adult Protective Services on the dramatic increase in calls regarding homeless older adults and the lack of resources to adequately address these needs.
- As a result of information gained from these presentations and discussions at the OAAC and the Housing Committee, the committee has begun to review housing options, e.g. a senior safe-house, contracting for board and care beds for temporary emergency shelter, adult day care and adult day health care centers, shared housing, and the foster grandparent program.

Expanding OAAC Visibility and Encouraging Public Input

Goal: The OAAC will employ methods to expand OAAC visibility and to encourage public input.

Report: During 2013/14 the OAAC:

- Provided press releases and newspaper articles/stories, including a monthly article written by Commissioners for several local publications, including the Sun City News, Foresthill Messenger, Placer Sentinel, and Auburn Journal.
- Pursued ways to improve older adult access to resource information in Placer County, including distribution of the Senior Resource Guide to commissioners, distribution of OAAC brochures and the Senior Resource Guide at senior health fairs and at (some) Municipal Advisory Committee meetings, and three presentations to the full OAAC:
 - 1) Warm Line and Senior Services by Maureen Bauman.
 - 2) Seniors First Program Updates by Seniors First staff.
 - 3) Aging and Disability Resource Connection by State, Area 4 Agency on Aging and Nevada County representatives.

- Continued to provide a warm and welcoming environment at all OAAC meetings and encouraged all visitors/guests to speak during the ‘Public Comment’ period; and/or as specific agenda items were addressed.

Communication with the Board of Supervisors

Goal: The OAAC will enhance/expand communication with the Board of Supervisors.

Report: During 2013/14 the OAAC:

- Sent the Board of Supervisors copies of monthly articles written by commissioners and published locally; and sent the Board of Supervisors agendas, minutes and materials for OAAC monthly meetings.
- Assured time on the monthly OAAC agenda for Board of Supervisors member(s), or designated representative to address the commission.

(The designated representative reviewed Board Agendas for items of interest to OAAC; and brought appropriate items to the attention of the OAAC; and the designated representative provided regular updates on relevant county news at the monthly OAAC meetings.)

- Began refining the process/procedure for making recommendations to the Board of Supervisors.
- Forwarded a recommendation (through the Department of Health and Human Services) to the Board of Supervisors regarding implementation of a Placer County Smart 911 system.

2014/15 OAAC Goals

In 2014/15 OAAC goals will be focused in three general areas, 1) exploring, researching and evaluating the unique needs of Placer’s older adult residents for housing and other resources; and, 2) expanding the visibility of the OAAC throughout Placer County, outreaching to older adults, providing education and encouraging public input; and, 3) enhancing and expanding meaningful communication with the Board of Supervisors.

In addition, the OAAC will engage in two organizational activities; 1) to maintain a full, diverse, experienced and committed OAAC membership; and, 2) reviewing current OAAC bylaws for compliance with county policy relative to boards and commissions; forming an ad hoc bylaws committee for this purpose; and (if appropriate) recommending changes to the bylaws.

Exploring Needs, Availability and Housing Options for Older Adults

Goal: The OAAC Housing Committee will explore, review and report on issues, legislation, needs and housing models relative to housing for older adults.

Including activities such as:

- Arranging for speakers on the needs of Placer County’s older adults for housing.
- Researching housing options/models within each category of older adult housing.
- Researching and reporting on important developments in older adult housing elsewhere.

- Reviewing specific housing options, e.g. a senior safe-house, contracting for board and care beds for temporary emergency shelter, adult day care and adult day health care centers, shared housing, and the foster grandparent program.
- Identifying opportunities for, and constraints to, older adult housing in Placer County.
- Providing information and advocacy to groups that evaluate the housing needs of Placer County's older adults.
- Outreaching to Municipal Advisory Councils to encourage local area input relative to older adult housing issues.
- Participating in California Senior Legislature relative to older adult housing.
- Tracking older adult housing-related legislation.
- As appropriate (with Board of Supervisors approval) involving relevant County departments in older adult housing issues.
- Advising the Board of Supervisors and Health and Human Services on older adult housing-related policies, programs, and possibilities.

Expanding OAAC Visibility and Encouraging Public Input

Goal: To engage in activities to expand OAAC visibility and to encourage public input.

Including activities such as:

- Providing press releases and newspaper articles/stories, including a monthly article written by Commissioners for several local publications.
- As appropriate, providing interviews and PSAs on local radio and television stations.
- As appropriate, visiting providers of older adult services in Placer County.
- Speaking at Municipal Advisory Councils and other relevant groups to educate on the OAAC and older adult issues, including the dramatic increase in the older adult population in Placer County⁵; and to encourage and receive public input.
- Convening a meeting of all A4AA Placer County Governing Board and Advisory Council members for a discussion of joint issues and enhancing communication between these groups, the OAAC and Placer County older adult service providers.
- Pursuing ways to improve older adult access to resource information in Placer County, including continued exploration of the Aging and Disability Resource Connection (ADRC)⁶ model of service delivery and coordination.

Enhancing and Expanding Communication with the Board of Supervisors

Goal: To engage in activities to enhance/expand communication with the Board of Supervisors.

Including activities such as:

- Sending the Board of Supervisors (BoS) copies of monthly articles written by commissioners and published locally.
- Sending the BoS agendas, minutes and materials for OAAC monthly meetings.
- As appropriate, inviting BoS member(s) to address the commission.
- Asking that the BoS liaison review all Board Agendas for items of interest to OAAC/older adults, and to include these items in her monthly OAAC report.
- Hearing regular (monthly) updates on county news from the Board of Supervisors' liaison to the OAAC.

⁵ Appendix E - Older Adults in Placer County

⁶ Appendix F - Aging and Disability Resource Connection Overview

- Continue to review (for possible improvement) the process/procedure for making recommendations to the BoS.

Conclusion

Fiscal Year 2013/14 was a very good year for the OAAC. New members and returning members have brought renewed energy and commitment to ensure that the Commission continues to fulfill its mission to provide voice and advocacy for Placer County's senior residents. As can be seen by the goals set by the Commission; the OAAC plans on another busy and productive year in 2014/15.

Commission members are a diverse group, but all agree that service on the OAAC has been an honor; and, the members look forward to continuing to advise the Board of Supervisors and the Department of Health and Human Services and to serving Placer County's older adults in fiscal year 2014/15.

Placer County Older Adult Advisory Commission

Bylaws

Preamble: The population of older adults residing in Placer County is increasing. It is in the interests of both the County and the older adult community to designate a commission to be responsible for advising the Board of Supervisors on issues affecting the lives of older adults.

Article I, Organization Name: The name of this commission shall be the Placer County Older Adult Advisory Commission, hereinafter referred to as the "Commission."

Article II, Geographic Boundaries: The Boundaries and jurisdiction of the Commission shall be the same geographical boundaries of Placer County, California, including all incorporated cities within the county.

Article III, Mission: The Placer County Older Adult Advisory Commission provides a voice for older adults in county government and advises the Placer County Board of Supervisors and the Department of Health and Human Services on matters relating to the creation and delivery of services that improve the quality of life for Placer County's older adults.

Article IV, Goals: It is the overall goal of the Commission to promote the well-being and to enhance the quality of life for older adults of Placer County by advising the Placer County Board of Supervisors on issues affecting the lives of older adults.

Article V, Responsibilities: The Commission serves in an advisory capacity to the County Board of Supervisors and the Department of Health and Human Services (HHS). The Commission reports through HHS. DHHS will provide staff support to the Commission; and will provide relevant information (e.g., County budgets, plans for services for older adults, policies and programs, funding applications) required to fulfill the Commission's responsibilities and duties.

Article VI, Membership

- A. The County Board of Supervisors shall appoint all voting members.
- B. All members shall reside or work in Placer County and have an interest in issues affecting older adults and have the time and willingness to serve regardless of age.
- C. Any and all appointments shall not be based upon any age restrictions or criteria.
- D. Nineteen (19) total voting Commissioners shall be appointed to include the following community representation:
 - (5 members) One representative from each Supervisorial District
 - (3 members) Three from the public at Large
 - (1 member) One representative from the Older Adult Collaborative
 - (2 members) Two from the A4AA Governing Board or A4AA Advisory Committee
 - (1 member) One who is a member of the California Senior Legislature
 - (1 member) One resident Minority Representative
 - (6 members) Six members selected from Senior Service Organizations including, but not limited to, the following:

- Housing *
 - HealthCare *
 - Transportation *
 - Senior Centers *
 - Legal Community *
 - Placer Citizens for Senior Advocacy and Action Member *
 - Sierra Emeritus College
 - Roseville Commission on Aging
 - Disabled Community/Services
 - AARP
- E. Commissioner appointments selected from Senior Service Organizations shall be made with priority given to organizations notated with an asterisk (*).
- F. Commission appointments are intended to provide the county with knowledgeable, dedicated advisors. If a Commissioner misses more than three meetings annually (25% of the meetings), the Executive Board may review the circumstances of the absences and if they deem it necessary, recommend to the Board of Supervisors that the chronically absent commissioner be replaced.
- G. All commission business must be heard and acted upon by a quorum of at least ten (10) voting members and must be passed by a simple majority.
- H. In addition to the voting members, the Commission shall include non-voting members from the following organizations:
- Board of Supervisors member, or member's designee
 - Department of Health and Human Services liaison
 - Representative from the Area 4 Agency on Aging
- I. All commission meetings are for the public good and shall be open to the public. Any non-commissioner may request an opportunity to speak during the public comment portion of the general commission meeting.

Article VII, Duties of Commissioners

Representative duties may include, but not necessarily be limited to:

- A. Holding scheduled monthly meetings and abiding by all requirements of the Brown Act;
- B. Advising the Department of Health and Human Services and the Board of Supervisors on the needs of Placer County's older adults, and advocating for services that meet the needs of older adults in Placer County;
- C. Providing assistance and advice regarding the development of a comprehensive, planned network of services for Placer County older adults;
- D. Seeking input from key community groups in reviewing and advising on County programs and actions affecting Placer County older adults;

- E. Providing assistance and advice regarding the development of policy concerning services needed by older adults and for the stimulation and coordination of the development of such services;
- F. Reviewing and making recommendations regarding action upon applications for state and federal aid, and on other applications for funding of service programs for older adults in Placer County; and
- G. Submitting to the Board of Supervisors an Annual Report on the status of services for older adults and making such interim reports and advisory presentations as it and/or the Department of Health and Human Services and the Board of Supervisors may deem necessary.

Article VIII, Compensation of Commissioners: Commission members are appointed by, and serve at the pleasure of, the County Board of Supervisors; and (unless a dedicated non-county source of funding is available) Commission members shall serve without compensation. However, appointed Commission members shall be reimbursed (excluding costs of attending general Commission and committee meetings) for actual and necessary expenses incurred while performing official duties.

Article IX, Member Term of Office: *Initial membership:* 1/3 of the members, one-year terms; 1/3 of the members, two-year terms; and 1/3 of the members, three-year terms. *Thereafter:* A three-year term with a maximum of two consecutive terms representing an appointed seat or until a successor is appointed.

Article X, Commission Officers

- A. The Commission shall elect officers to form an Executive Committee.
- B. Only appointed (Voting) Commission members shall serve as officers.
- C. The Executive Committee shall include the following officers who shall conduct all meetings and be chaired according to the following hierarchy. In the event of an absence the next officer in line shall conduct the current meeting.
 - Chairperson
 - 1st Vice-Chairperson
 - 2nd Vice-Chairperson
 - Executive Secretary

Article XI, Duties of Officers: Representative duties may include, but not necessarily be limited to:

- A. The Chairperson shall preside and conduct all meetings of the commission in a manner consistent with these bylaws, see that the published agenda's are adhered to, ensure that all participants have equal opportunity to be heard, and encourage civility throughout.
- B. The Executive Committee shall convene as necessary to plan general meeting agendas, hear matters of chronic commissioner absenteeism, and to further commission affairs as needed.

Article XII, Executive Committee Term of Office

- A. Officers shall serve two-year terms.
- B. Officers can be elected to serve no more than two consecutive terms in any officer position.
- C. Executive Committee members may be elected to differing offices every two years without restriction.

Article XIII, Nominations and Election of Officers

- A. A slate of nominations shall be prepared by a Nominating Committee elected by the membership, and submitted to the Commission membership at the May general meeting of each election year. Any member may make additional nominations from the floor of the general meeting, provided prior consent has been obtained from the nominee and shall have a place on the ballot.
- B. The election of the Commission shall be held at the end of the June general meeting of the Commission. In case of more than one nominee for an office, the method of voting shall be by secret ballot.
- C. In the event of an election tie, a tiebreaker vote shall immediately be held by secret ballot. If another tie occurs, the runners up shall be given five (5) minutes each to present their respective positions, and then another secret ballot shall be held until a winner is reached.

Article XIV, Installation of Officers: The newly elected officers shall be installed at the end of the June meeting of the Commission each election year, and shall hold office for the following two (2) years.

Article XV, Replacement of Officers

- A. In the event of death, resignation or failure to perform the duties of their office on the part of any elected Officer of the Commission, the Executive Committee shall have the authority to make interim appointments to fill the vacancy, subject to the approval of the Commission membership at the next regularly scheduled meeting.
- B. At the next regularly scheduled meeting, the Chairperson shall declare the office vacant. The Commission shall then, by a simple majority vote, either elect a member to fill the office so vacated, or approve or disapprove an interim appointment made by virtue of Section A of this Article.

Article XVI, Committees: Only appointed Commission members shall serve as committee chairs. However, except on the Executive Committee, other interested parties (non-Commission members) may serve on committees. The Commission shall have but not be limited to the following committees:

- A. **Executive Committee** - The Commission Chairperson shall serve as Executive Committee Chair. The membership shall include elected Commission officers.
- B. **Other Committees:** Other committees may be established, as needed, by a vote of the Commission membership. The membership shall elect the Chairpersons for each of these committees.

Article XVII, Rules of Conduct: All meetings shall follow the regularly published agendas in a manner conducive to civil discussion and inclusive participation of all commissioners, guests and the public. In the event of undue discord, the Chairperson shall have the power to excuse the offending parties. All matters of conduct not specifically addressed in these bylaws shall be governed by Robert's Rules of Order (latest edition).

Article XVIII, Amendments: These bylaws may be amended by a two-thirds (2/3) vote of a Commission Quorum at any regular meeting, provided a copy of the proposed amendments shall have been given to each voting member prior to the meeting. Proposed amendments shall be submitted in writing to the Executive Committee, which may edit the proposal in cooperation with the member submitting it. Arrangements may then be made to prepare and distribute the required copies to its membership.

The Older Adult Advisory Commission adopted these Bylaws on February 17, 2005.

Appendix B

**Placer County
Older Adult Advisory Commission**

Member Roster

(June 2014)

Voting Members

Seat #	Name	Representing
1	Irwin A. Herman, MD	District 1
2	<i>Vacant - Recruiting</i>	District 2
3	Al Gonzalez	District 3
4	Suzanne Jones	District 4
5	David Wiltsee	District 5
6	<i>Vacant - Recruiting</i>	At Large
7	William Reed	At Large
8	Antoinette Fabela	At Large
9	<i>Vacant - Recruiting</i>	Older Adult Collaborative
10	<i>Vacant - Recruiting</i>	Area 4 Agency on Aging
11	Sue Dings	Area 4 Agency on Aging
12	<i>Vacant - Recruiting</i>	CA Senior Legislature
13	Gloria Plasencia	Minority Representative
14	Ignacio Cespedes	Senior Services
15	Candace Roeder	Senior Services
16	Karla Gustafson	Senior Services
17	Eldon Luce	Senior Services
18	Alicia Murray	Senior Services
19	Margaret Reilly	Senior Services

Non-Voting Members

20	Jim Holmes	Board of Supervisors
21	Cheryl Trenwith	IHSS Public Authority
22	Nancy Vasquez	Area 4 Agency on Aging

Leah Rosasco
Pauline Moreno

Board of Supervisors, Aide
IHSS Public Authority, Secretary

Appendix C

Placer County Older Adult Advisory Commission 2013/14 Presentations

Topics and Speakers

Month	Topic	Speaker
July	Overview of Veteran Services	John Melrose, Veteran Service Officer
September	Innovative Tech Solutions for Senior Living	Fred Stapleton, West Coast Regional Sales, RM Medical Sales
October	Seniors First Services Update	Shea Cullen and Kari Walker, Seniors First staff
November	Aging and Disability Resource Connection (ADRC)	Representatives from the State, Area 4 Agency on Aging and Nevada County ADRC
January	Warm Line/Senior Services	Maureen Bauman, Placer County Adult System of Care (ASOC) Director
February	Adult Protective Services	Cheryl Wiker, ASOC Supervisor
March	Area 4 Agency on Aging (A4AA)	Pam Miller, A4AA Executive Director
April	Emergency Preparedness	Rui Cunha, Placer County Office of Emergency Services
May	Long-Term Care Ombudsman Program	Joe Rodriguez, State Long-Term Care Ombudsman

Appendix D

Placer County Older Adult Advisory Commission 2013/14 Newspaper Articles

Published in the Roseville and Lincoln Sun City News
Foresthill Messenger and Placer Sentinel

Month	Title	Author
July	Healthy Life Style Stats	Irwin A. Herman, MD
August	Calcium Risk	Irwin A. Herman, MD
September	IT and Medicines' Future	Irwin A. Herman, MD
October	Prevention and Seniors	Karyn Engbrecht-Maynard MSNH
November	How Can I Age at Home Safely	Susan Feldman, Community Relations Representative at BrightStar Care
December	Falls Prevention, Part 1	National Council on Aging
January	Falls Prevention, Part 2	National Council on Aging
February	Aging and Disability Resource Connection	Eldon Luce
March	Medicare and Affordable Care Act Plans	Medicare Rights Center
April	Medicare Reality	Margaret Riley
May	Helping Our Aging Parents	Susan Feldman, Community Relations Representative at BrightStar Care
June	Senior Living Options	Candace Roeder

Appendix E

Older Adults in Placer County

The population of older Americans is growing at an unprecedented rate and the potential implications for the Placer County community as a whole will be profound. The rapid growth of the older adult population is primarily due to natural aging among members of the Baby Boomer generation. Another important contributing factor to the overall growth of the population is an increase in natural aging and longevity.

The following Placer County demographics⁷ clearly demonstrate the significant growth of the older adult population:

- The 60 and older population will nearly triple between 2000 and 2040.
- There will be a five-fold increase in the 85+ populations between 2000 and 2040.
- The number of people 100 and older will increase by a factor of fifteen by 2040.
- Most Baby Boomers (over 54%) will live to age 85, and about 21% will live to age 95.
- From 2013 to 2021 the population of 60 to 64 year olds will grow 24%. During that same time the growth of our older adults between the ages of 70 to 74 will grow 44%. In the group between 75 and 90 years of age there will be a growth increase of 41%; and from 90 to 95 years of age over a 56% growth increase.
- The growth in the older adult population is being accompanied by a proportional growth in the number of persons with disabilities. When the eldest Baby Boomers reach age 80 in 2025, the disability rate is expected to accelerate. Again, natural aging and longevity are the principal causes. Some key facts about this phenomenon include:
 - In the year 2000, roughly, 90,000 people 65 and older in Placer County had some type of disability. Some 40,000 had a “going outside the home” disability, suggesting they rely on others for transportation. Nearly 20,000 had a “self-care” disability, which likely means they require help with daily activities.
 - The near tripling of the older adult population will translate into a near tripling of the number of older persons with functional limitations between 2000 and 2040.
 - In Placer County, as many as 25,000 people may have Alzheimer’s disease.
 - Based on current rates of obesity and diabetes, it is projected that by 2030, one-third of all Baby Boomers in the nation are projected to be obese and 25% of Boomers are expected to be living with diabetes.

⁷ Data sources include: The Dual Challenge Area 4 Agency on Aging Report 2008 and Placer Economic Demographic Profile Report 2009.

Appendix F

Aging and Disability Resource Connection (ADRC)⁸

The ADRC is a collaboration of agencies serving older adults and persons with disabilities, i.e., agencies providing long-term services and supports (LTSS).

Purposes:

- To provide for the consumer of services an easily accessible, consistent, adequate and consumer friendly system of LTSS;
- To maximize the efficient use of limited resources, including, where possible, a reduction in duplication; and
- To enhance cooperation and coordination between LTSS providers

Background - Current Model:

In spite of laudable efforts at cooperation and collaboration between agencies serving older adults and persons with disabilities, the system of long-term services and supports (LTSS) has remained fragmented and, for individuals in need of LTSS, a sometimes perplexing and difficult, to access, array of community LTSS options. This current system has evolved over many years and while sufficient at one time, with changes in the communities of older adults and persons with disabilities and the current environment of service provision, the current model is no longer the most effective or efficient model of LTSS delivery.

Relatively Recent Changes Include:

- A significant increases in both the population of older adults and persons with disabilities; and a change in preferences toward aging in place, living safely and independently in the least restrictive environment with an emphasis on a consumer's (or consumer's designated representative) right to make their own LTSS decisions;
- A significant blending (consistency) of older adults and persons with disabilities desired life styles, preferences and LTSS needs; and,

⁸ An ADRC embraces the needs of the wider community. This strategy emphasizes meaningful day-to-day collaboration among organizations that coordinate or provide community LTSS to different populations on parallel tracks. California's ADRC model emphasizes the need to help consumers navigate a fragmented and sometimes perplexing array of community LTSS options.

Beginning in 2003, the Federal Administration on Aging, now the Administration for Community Living (ACL) joined with the Centers for Medicare and Medicaid Services (CMS) to promote and fund Aging and Disability Resource Centers (ADRCs), which are designed to help individuals learn more about their community LTSS options and get the services they need. Implementing the ADRC model of streamlining community service delivery puts into practice a system that informs consumers of a broad array of LTSS options and supports their decision-making processes.

California has opted to use the modified title of Aging and Disability Resource *Connections* to reflect the principle of "no wrong door" as opposed to "single entry point" concept that works for smaller states, but not as well in California.

- A significant reduction in funding for LTSS providers, with a corresponding push toward reducing duplication in the LTSS delivery system

ADRC - Potential Purpose and Scope:

- Serving as a consumer directed resource for long-term supports and services (LTSS) for people of all ages, disabilities, and income levels.
- Using a “no wrong door” approach, making access to information and LTSS as seamless and easy as possible for consumers.
- Bringing existing resources together to provide objective information about the full range of options that are available and to empower consumers to make informed decisions about their LTSS.
- Assuring provision of ADRC Core Services:
 - Enhanced Information, Referral and Awareness
 - Options Counseling and Assistance
 - Short Term Service Coordination
 - Person-Centered Transition Support
 - Hospital to home transition services.
 - Nursing facility to home transition support.

ADRC - Potential Benefits and Shared Values:

The potential benefits include, but are not limited to:

- Enhancing consumer services.
- Providing enhanced potential of future funding opportunities.
- Providing a vehicle for new funding from sources, e.g., hospitals, managed care providers and Veterans Administration.
- Providing a vehicle for greater collaboration between LTSS providers (enhanced referral and follow-up processes, staff and management training, etc).
- Providing enhanced potential of shared infrastructure.
- Strengthening of common values and principles among LTSS providers.

The potential beliefs and values include, but are not limited to:

- An individual’s right to receive their services in the most integrated setting.
- Prevention of unnecessary institutionalization.
- Honoring of individual / consumer rights.
- Using a person-centered and consumer-directed approach.
- Working with formal / informal support systems, e.g., conservator, spouse/child, designated representative.