



MEMORANDUM
HEALTH & HUMAN SERVICES
ADULT SYSTEM OF CARE
County of Placer

TO: Board of Supervisors

DATE: September 8, 2020

FROM: Jeffrey S. Brown, M.P.H., M.S.W., Director of Health and Human Services

SUBJECT: OAAC Annual Report and Placer County Five-Year Plan to Address a Growing Senior Population Fourth Annual Update

ACTION REQUESTED

1. Accept the FY 2019-20 Placer County Older Adult Advisory Commission (OAAC) Annual Report.
2. Accept the Five-Year Plan for Meeting the Needs of a Growing Senior Population in Placer County - Recommendations and Implementation Fourth Annual Update.

BACKGROUND

Approximately 19 percent of Placer County residents are age 65 and older and that number is expected to rise to 27 percent by 2040. This demographic change presents challenges relative to the dignity, independence, health, safety, and overall quality of life for our older adults and for our Placer County Community. This change requires governmental, private, and nonprofit entities to reassess what is currently being done to address the challenges and to reconsider how together we can participate in a cooperative collaboration that is able to meet the needs of our older adults and our community.

The OAAC was established by the Board of Supervisors in 2004 to provide a voice for older adults in county government and to advise the Board of Supervisors and the Department of Health and Human Services on matters relating to the creation and delivery of services promoting well-being and quality of life for older adults. Commission responsibilities include submitting an Annual Report to the Board of Supervisors.

The OAAC has been actively involved in various organizational, advocacy, legislative, educational and needs assessment activities. Commission members continued to be engaged in the development and implementation of an Aging Disability Resource Connection (ADRC) as a mechanism to meet the needs of older adults. They have increased their knowledge and understanding of older adult services and resources throughout the county by hosting several guest speakers at the regular meetings. Through its participation in several local organizations, committees, and workgroups, the OAAC has continued to advocate for older adults.

To respond to the growing older adult population, the Health and Human Services (HHS) Adult System of Care developed a Five-Year Plan for Meeting the Needs of a Growing Senior Population in Placer County. The OAAC participated in the creation of the Plan and the initial emphasis was to address the needs of older adults in Placer County by researching and promoting a method to consolidate services and establish a single point of entry for long term services and supports. In developing the plan, the World Health Organization's (WHO) eight domains were used as the framework to assess age-friendliness and inform how Placer County can best address the growing senior population. The plan was further developed through outreach to local communities and groups, participation in various needs assessments, and research into strategies and best practices. Included in the Five-Year Plan are recommendations and implementation strategies that are intended to be dynamic and informed by ongoing community participation.

In year two the OAAC took a lead role in developing and supporting the implementation of the Five-Year Plan. The OAAC has engaged in discussions to clarify what is possible in our communities and determine action steps. The OAAC goals continued to be focused on four of the eight WHO domains selected as priority based on critical needs in Placer County; 1) housing, 2) transportation, 3) communication and

information, and, 4) community and health information. OAAC Commissioners have focused their efforts on updating and accomplishing the goals set forth in the Five-Year Plan for older adults in Placer County.

HHS has continued to support the OAAC and take steps to implement the Plan through the course of its work in the prioritized domains. HHS is a member of the OAAC Executive Committee and actively participates in monthly OAAC meetings and events. In addition, HHS is a member of the Placer County Aging and Disability Resource Connections (ADRC) Steering and Advisory Committees. Further, HHS is a member of Placer PROTECT (Providing Resources & Outreach to Elderly Citizens Together) and participates in monthly PROTECT meetings and events. These integral connections support a coordinated, collaborative effort to identify and address the needs of the older adult population in Placer County.

The HHS Adult System of Care respectfully requests that your Board review and accept the Five-Year Plan for Meeting the Needs of a Growing Senior Population in Placer County - Recommendations and Implementation Fourth Annual Update, and we ask for your continued support in implementing the strategies.

FISCAL IMPACT

There is no fiscal impact as a result of this action.

The Older Adult Advisory Commission FY 2019-20 Annual Report and the Five-Year Plan for Meeting the Needs of a Growing Senior Population - Recommendations and Implementation Fourth Annual Update are on file with Clerk of the Board for Review.



**PLACER COUNTY
OLDER ADULT ADVISORY COMMISSION**

Annual Report

July 1, 2019 – June 30, 2020

Older Adult Advisory Commission (OAAC)
2019- 2020 Annual Report

Table of Contents

Acknowledgements.....	2
Chairperson’s Letter to the Board.....	3
Executive Summary.....	4
Introduction.....	5
Overview of the OAAC.....	5
Activities and Accomplishments 2018/19.....	6
Report on 2019/20 OAAC Goals.....	7
2020/21 OAAC Goals.....	9
Conclusion.....	10
Appendices	
Appendix A: OAAC Bylaws.....	11
Appendix B: OAAC Member Roster.....	17

Acknowledgements

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

Michelle Nevins	Chairperson
Eldon Luce	First Vice-Chairperson
William Reed	Second Vice-Chairperson
Stephanie Vierstra	Executive Secretary

and County staff:

Colby Hytoff	Manager, Adult System of Care (ASOC)
Kristina Meadows	Senior Administrative Clerk (ASOC)

Honorable Members of the Board of Supervisors:

This report marks the 16-year anniversary of the Placer County Older Adult Advisory Commission (OAAC). It is an honor to be involved with this Commission, a dedicated and passionate group of volunteers who come together with the goal of advising both the Placer County Board of Supervisors and the Department of Health and Human Services on matters we feel would improve the quality of life for older adults in our County.

There are many highlights from Fiscal Year 2019/20, including the launch of 211 Placer County, the new information and referral system. Members were also educated on the Census and Placer Counts and worked to raise awareness and encourage participation in the community. In conjunction with Agency on Aging, Area 4, a Town Hall Meeting was held to introduce the notion of shared housing in our community. The year was fruitful and information about our activities are detailed in this report.

Challenges were also prevalent with the global health pandemic, COVID-19, the viral infection caused by SARS-CoV-2. The first case was identified in Placer County on March 1, 2020 and an elderly adult with underlying health conditions was the first individual to die from the illness in California. Older adults over 65 and individuals with underlying medical conditions were deemed to be particularly vulnerable and encouraged to shelter in place. There was a growing concern in our County for the ability of older adults to obtain basic necessities like groceries and meals.

Some challenges are a test of leadership, others a test of resolve and purpose; the COVID experience is all of these. Placer County and the dedicated community based staff provided much needed services and support for the older adults in our region. Essential service providers such as Seniors First Meals on Wheels, funded through the Agency on Aging, Area 4 and the Older Americans Act, stepped up to deliver services every day in uncertain circumstances. Additionally, there are countless stories of communities coming together to check on their vulnerable neighbors, while socially distanced. The impact of COVID is yet to be fully realized; however, the OAAC is proud of how our County and service providers have responded to adapt services during this time.

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 our 17th year with hope and resolve to enhance the lives of our growing older adult community.

Sincerely,
Michelle Nevins, Chairperson
Older Adult Advisory Commission

**Older Adult Advisory Commission
2019 - 2020 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 fourteenth OAAC Annual Report.

As will be illustrated in this report, the OAAC participated in organizational, advocacy, legislative, educational and needs assessment activities; as well as making significant progress toward successful accomplishment of its goals for the year.

During 2020/21 the OAAC will continue with what have become standard practice, i.e., assessing the needs of Placer's older adult residents, and, expanding the visibility of the OAAC, outreaching to older adults, and, enhancing communication with the Board of Supervisors and other County departments.

In addition, the Commission will explore, and if indicated, recommend modification of the Commission's currently defined role, structure, membership categories and relationships with other county entities and departments, relative to the development and implementation of the County Plan for older adults by becoming a more age-friendly county.

As can be seen by the goals set by the Commission; the OAAC plans on another busy and productive year in 2020/21.

Commission members are honored to serve and to present and invite you to read this, the Older Adult Advisory Commission Annual 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 activities of the OAAC. The Commissioners are pleased to submit this, the sixteenth OAAC annual report.

Overview of the OAAC

As per Commission Bylaws¹:

- **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 that improve the quality of life for Placer County's older adults.
- **Goals**: It is the overall goal of the Commission to promote the well-being of life for older adults of Placer County by advising the Placer County Board of Supervisors on issues affecting the lives of older adults.
- **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 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.
- **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 12.
- **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

¹ Appendix A - OAAC Bylaws

² Appendix B - OAAC Member Roster

governmental and not-for-profit organizations providing services to Placer County older adults.

Activities and Accomplishments 2019/20: During its sixteenth year, the OAAC has continued to be actively involved in various organizational, advocacy, legislative, educational and needs assessment activities.

Advocacy Activities: OAAC members have continued to be involved in the development and implementation of a Placer County Aging and Disability Resource Connection (ADRC). Although the OAAC reported in the 2018-19 Annual Report that the California Department of Aging (CDA) deemed Placer County a designated ADRC, this changed when \$5 Million in State funding was awarded to the ADRC. As a result of the funding, the California Department of Aging redefined the process to become an ADRC and now Placer County is an “Emerging ADRC,” working towards designation once again.

The vision to create the Placer County ADRC began In November of 2013 when the Placer County Older Adult Advisory Commission (Commission on Aging) began discussing the Aging and Disability Resource Connection (ADRC) Model and the potential of implementing the model in Placer County. Seeing the advantages of an ADRC, on September 15, 2015, the Older Adult Advisory Commission (OAAC) hosted a Community Forum on the ADRC Model. It was decided that the next step would be to establish an ADRC Advisory Committee. A broad-based Advisory Committee was recruited and began meeting in March of 2016, including representation from local providers of long-term services and supports (LTSS), the County of Placer, Veterans services, hospitals, managed care providers and consumers.

The Placer County Aging and Disability Resource Connection will provide access to a coordinated network of services and supports using a “person-centered no wrong door” system, promoting and enhancing independent, safe and healthy living for our aging and disabled populations and their circles of support.

Services in Placer County include:

- Enhanced Information, Referral, and Awareness
- Options Counseling and Assistance
- Short Term Service Coordination
- Person-Centered Transition Support

The fifth annual Placer PROTECT – Placer County Elder Abuse Awareness Event, “Preparing is Caring” was planned for June, however subsequently postponed amidst COVID concerns.

OAAC members have continued to advocate for older adults through participation with a vast number of local organizations and committees, e.g., Best

Step, transportation committees (PCTPA/CTSA), Social Services Transportation Advisory Committee, Placer County Municipal Advisory Committees (MACs), Sierra Senior Services, Sun City Communities, Senior Peer Counseling, Agency on Aging /Area 4 (AAA4), California Senior Legislature, California Alliance for Retired Americans (CARA), Older Adult Collaborative, California Association of Caregiver Resource Centers, Alzheimer's Association Program Advisory Committee, Roseville Senior Commission, Sacramento County Adult and Aging Commission, Triple A Council of California, Placer Independent Resource Services, Seniors First, IHSS Advisory Committee, Adult Disability Resource Connection (ADRC) Advisory Committee, Placer County Campaign for Community Wellness, Dewitt Master Plan Group, Homeless Resource Council of the Sierras, Placer Consortium on Homelessness and Committee for a Permanent Homelessness Shelter, Auburn Senior Center, Lincoln Senior Center, Del Oro Caregiver Resource Center, California Bar Association, Placer Protect, State Council for Developmental Disabilities, IHSS Consumer Alliance, UDW Union, Placer County Senior Peer Counseling Program, California Lawyers Association, Trusts and Estates Section, Placer County Bar Association, Probate and Estate Planning Section, Voluntary Legal Services of Northern California, Community Educator (Legal/Financial) with the Alzheimer's Association, American River College, Legal Studies Advisory Committee, Auburn Interfaith Food Closet Homebound Senior Grocery Delivery Program; Placer County Mental Health Alcohol & Drug Advisory Board, Placer County Campaign for Community Wellness, Placer County Culture & Linguistic Competency Council, Placer County Workforce Education & Training Committee, Placer County PFLAG Board of Directors, and the Placer Collaborative Network.

Legislative Activities: Through the Commission's association with the California Senior Legislature, Agency on Aging, Area 4 Advisory Council's Legislation Committee, California Alliance for Retired Americans, and AARP's legislative activities, the OAAC has continued to be involved in reviewing legislation impacting older adults. Additionally, the OAAC reviewed the Placer County Legislative Platform and made recommendations to the BOS.

Educational Activities: Commission members have increased their knowledge and understanding of older adult services and resources throughout the county. This was accomplished through hosting six guest speakers at our regular meetings; presentation topics included:

- Placer Protect
- Disaster Response for Older Adults and People with Disabilities
- Update on Placer County Aging and Disability Resource Connection
- 2020 Census and Placer Counts
- Placer County's Full Service Partnership
- The Challenges of Alzheimer's Disease and Related Dementia's

Needs Assessment Activities: Commission members participated in Area Agency on Aging / Area 4 Community-Centered Approach Workgroups in assessing older adult needs and determined that a priority of focus for Placer County during the 2020-21 year will be improving delivery of communication and information. This focus was determined based on the priorities addressed in the Placer County Health and Human Services Department's formulation of a five-year plan for older adults in Placer County and findings from needs assessments completed in 2019-20.

Findings from these activities indicate needs for older adults continue to be in the areas of affordable accessible housing, transportation, and for better coordination of communication and information about, and easier access to, programs and services for older adults and persons with disabilities; and for a higher degree of collaboration between agencies serving the older adult and disability populations.

To that end, OAAC members continued to be involved in the development, implementation and re-designation of Placer County's Aging Disability Resource Connection (ADRC) as a mechanism for addressing these identified needs.

Report on 2019/20 OAAC Goals: In 2019/20 OAAC goals were focused on four of the eight domains selected as priority, based on critical needs in Placer County; 1) housing, 2) transportation, 3) communication and information, and, 4) community and health information. Each commissioner selected a domain and these groups have focused their efforts on updating and accomplishing the goals set forth in the five-year plan for older adults in Placer County.

Goal: The OAAC will explore, research, and evaluate the needs of older adults in the areas of; communication and information, transportation, housing, and community and health services.

Report:

Communication and Information

- OAAC members participated in the launch of senior411.org, an awareness campaign to help increase awareness of existing programs and services available to older adults and the disabled population in Placer County. The campaign included extensive outreach through print, radio, social media ads, bus panels, community access television, digital billboards, health fairs and townhall meetings held throughout the County. The campaign was made possible by funding available from the Agency on Aging/Area 4.

- Pursued speaking opportunities and provided speakers, upon request, to older adult groups and other relevant groups to educate on the OAAC and older adult issues and to encourage and receive public input.
- Attended community events, e.g. senior health fairs, community forums and presentations, including: Advisory Council meeting held in July 2019 in Auburn;
- Town Hall Meetings occurred in conjunction with AAA4 and were held in Lincoln and Roseville.
- Worked to assure OAAC members that are representatives to the AAA4 participate fully in assigned AAA4 activities sharing Placer County concerns/issues and bring all relevant information from these activities back to the OAAC.
- Continued to support the re-designation of and implementation of the Placer County Aging and Disability Resource Connection (ADRC) model of service delivery and coordination.
- Members continued to promote Placer Alert.org to get updated information in case of an emergency using social media outlets and other means to encourage participation.
- The OAAC approved Auburn Senior Center and Lincoln Senior Center as Focal Points through Agency on Aging, Area 4. Focal points are the hubs of activity for older adults in the community.

Transportation

- Attended community events, e.g. senior health fairs, community forums and presentations regarding transportation in Placer County.
- Commission members participated in the unmet needs study/process conducted by Placer County Transportation Planning Agency.
- Continued to support the development and implementation of the Placer County Aging and Disability Resource Connection (ADRC) model of service delivery and coordination.

Housing

- Commission members continued to serve on many housing and homelessness related committees and consortiums. OAAC Members noted there was an increased number of older adults in homeless shelters. Historically, numbers have hovered between 11-15% and were reported to be 17.3% in July 2019.
- Commission continued to hear reports on needs of older adults, including affordable housing.
- Town Hall in January discussed shared housing.
- Fire safety concerns lead to Public Safety Power Shutoffs (PSPS) from PG&E, leaving older adults and persons with disabilities vulnerable. Members

attended forums on fire safety held throughout the County to understand evacuation routes and other pertinent information.

Community and Health Services

- Due to COVID-19, the State Budget was in a \$54 billion dollar deficit and many programs were slated for substantial cuts or elimination, including the ADRCs, MSSP, CBAs, IHSS, the California Caregiver Resource Centers and Commission members made their voices heard, rejecting these cuts. As such, funding was spared with no trigger cuts in 2020-21 Fiscal Year.
- Commission members increased awareness and capacity of coordinated in-home programs including; **Friendly Visitors** and Senior Peer Counselors, by disbursing information through programs serving older adults such as Meals on Wheels Placer County, Caregiver Support Groups and through non-profit social media accounts.
- Continued to support the development and implementation of the Placer County Aging and Disability Resource Connection (ADRC) model of service delivery and coordination.

2020/21 OAAC Goals

During 2020/21 the OAAC will continue with what have become standard practice, i.e., assessing the needs of Placer's older adult residents, and, expanding the visibility of the OAAC, outreaching to older adult, and, enhancing communication with the Board of Supervisors and other County departments.

The reportable goals for 2020/21, will be:

To continue to work toward the goals relative to the development and implementation of the five-year County plan for older adults by becoming a more age-friendly county; and re-designation of the Placer County Aging and Disability Resource Connection (ADRC) model of service delivery and coordination.

Conclusion

In summary, Fiscal Year 2019-20 was a productive year for the OAAC, despite the trials of COVID-19 for the older adults in our County. Our Members are dedicated and passionate about older adult issues and work tirelessly to ensure the Commission continues to fulfill its mission to provide voice and advocacy for Placer County's senior residents. The OAAC has also developed a strong, collaborative relationship with Placer County Health and Human Services, Adult System of Care to cooperatively meet the needs of a growing senior population.

Commission members all agree that service on the OAAC has been an honor. We 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 2020/21.

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 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. HHS 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. Each Commissioner shall be qualified, by experience, profession, and/or training, so as to be able to apply his or her knowledge, understanding and background with integrity and in keeping with the needs and resources of older adults in Placer County. To the best of our ability, Commissioners shall be a representation of the population and geography of the County. 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 a minimum of one representative from each Supervisorial District (5 members). All applicants are required to attend two (2) meetings prior to formal consideration by the Commission and subsequent approval by the Board of Supervisors.

E. Commission appointments are intended to provide the County with knowledgeable, dedicated advisors. If a Commissioner is absent, they must communicate this in advance of the meeting, or it is not excused. If a Commissioner missed more than three meetings annually, 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.

F. All Commission business must be heard and acted upon by a quorum of 50%, plus one of the elected Commissioners.

G. 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 Agency on Aging, Area 4

H. In Accordance with the Brown Act, 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 such as Municipal Advisory Committees (MACs) 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

Commissioners are limited to three (3), two-year terms, for a total of six (6) years of service. Thereafter, Commissioners are expected to reapply and be reconsidered with pool of applicants.

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 agendas are adhered to, ensure that all participants have equal opportunity to be heard, and encourage civility throughout.

B. The Executive Committee is the only standing committee and will follow all Brown Act procedures for convening. The Executive Committee may convene as necessary, so long as Brown Act rules and procedures are followed. The Executive Committee plans general meeting agendas, discusses matters of chronic Commissioner absenteeism, reviews new Commissioner Applications, and other 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 (Ad Hoc 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 Officers 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 ballot.

C. In the event of an election tie, a tiebreaker vote shall immediately be held by ballot. If another tie occurs, the runners up shall be given five (5) minutes each to present their respective positions, and then another 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 and the Health and Human Services Director and/or designated staff.

B. **Ad Hoc Committees:** Other committees may be established, as needed, by a vote of the Commission membership. The membership shall elect a Chairperson 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 Placer County Board of Supervisors shall approve any changes to the bylaws before they take effect.

These Bylaws were previously adopted by the Older Adult Advisory Commission on February 17, 2005. These Bylaws were then amended by the Older Adult Advisory Commission on May 15, 2018 and approved by the Board of Supervisors on July 10, 2018.

Placer County
Older Adult Advisory Commission

Member Roster

(As of June 2020)

Voting Members

<u>Seat #</u>	<u>Name</u>	<u>Representing</u>
1	Murial Moore	District 1
2	Michelle Nevins	District 2
3	Russell Loop	District 3
4	VACANT	District 4
5	Leslie Brewer	District 5
6	Jim Williams	
7	William Reed	
8	Claire Buckley	
9	Jacalyn Smith	
10	Benjamin Eagleton	
11	Robin Jordan	
12	VACANT	
13	Gloria Plasencia	
14	Stephanie Vierstra	
15	Kristina Blocker	
16	VACANT	
17	Eldon Luce	
18	Barbara Knapp	
19	VACANT	

Non-Voting Members

20	Jim Holmes	Board of Supervisors
21	Colby Hytoff	Manager, ASOC
22	Linda Berry	Area 4 Agency on Aging
	Beverly Roberts	Aide, Board of Supervisors
	Kristina Meadows	Sr Administrative Clerk, ASOC

A Five-Year Plan for Meeting the Needs of a Growing Senior Population in Placer County – Fourth Annual Update

Submitted by Placer County Health and Human Services September 2020

Background

The Five-Year Plan for Meeting the Needs of a Growing Senior Population in Placer County was received by the Placer County Board of Supervisors on January 10, 2017. The initial emphasis of the Plan was to address the needs of older adults in Placer County by researching and promoting a method to consolidate services and establish a single point of entry for long term services and supports. The Recommendations and Implementation Plan followed the World Health Organization's eight domains of livability that influence the quality of life of older adults and was used as a framework in developing an age-friendly community. It was intended to be a dynamic document that would be updated as actions are completed and/or more information comes forward. Many of the recommendations to move Placer towards an age-friendly county require collaboration and efforts on the part of business and civic groups, community agencies, and city and county government beyond Health and Human Services (HHS).

As stated in the Plan, it is useful to have a committee or commission to oversee the implementation processes. The Older Adult Advisory Commission (OAAC) is the voice of Placer County older adults and took a lead role in developing and supporting the implementation of the County Plan. The OAAC continues to discuss and clarify what is possible in our communities and determine action steps. The OAAC has determined that four of the eight domains are areas of focus in Placer County. These domains were prioritized and assigned to Commission members for further needs assessment and advocacy and will be a focus of the OAAC's Annual Report.

HHS has continued to support the OAAC and took steps to implement the Plan through the course of its work in the prioritized domains. HHS is a member of the OAAC Executive Committee and actively participates in monthly OAAC meetings and events. In addition, HHS is a member of the Placer County Aging and Disability Resource Connections (ADRC) Steering and Advisory Committees. Further, HHS is a member of Placer PROTECT (Providing Resources & Outreach to Elderly Citizens Together) and participates in monthly PROTECT meetings and events. These integral connections support a coordinated, collaborative effort to identify and address the needs of the older adult population in Placer County.

**Placer County 5-Year Plan for Meeting the Needs of a Growing Senior Population
Recommendations and Implementation Plan – Annual Update**

1 Communication and Information

As stated in previous reports, there was a need to raise awareness of, and participation in, the many resources, programs, and services available to Placer County older adults. A centralized, sustainable model for information and assistance was needed as a conduit for older adults and people with disabilities to become aware of and access available resources.

On July 1, 2020 Placer County launched the new 211 information and referral system. The 211 system provides a free, confidential, multilingual information line and website that connects people with services and resources in their area. Additionally, 211 provides a sustainable, centralized point of entry for older adults and people with disabilities in need of long-term services and supports in Placer County. As the 211 system was developed, there was partnership with established older adult information and assistance providers in the County to incorporate the comprehensive knowledge of local resources they possess. The new 211 service will raise awareness of, and participation in, the many resources, programs, and services available to Placer County older adults and people with disabilities.

In addition to the new 211 system, an emerging source of information and assistance for older adults is the Aging and Disability Resource Connection (ADRC) of Placer County. The ADRC is a collaboration of partner organizations designed to streamline access to services for people with disabilities, older adults, family members and caregivers. HHS has participated on the ADRC Advisory Committee and supported the designation of an ADRC in Placer County since its inception in 2015. The ADRC has created an Enhanced Information and Assistance (I&A) Protocol, which establishes a systematic process for information sharing, referral, and assistance, to meet the needs of individuals looking for Long-Term Services and Supports (LTSS) options. This system will serve people of all ages, disabilities, and income levels with objective and unbiased information on the full range of LTSS options and when needed, assistance with referral and service connections, coordination, and service delivery. The Enhanced I&A will be provided by four Core Service Providers: Placer Independent Resource Services, Seniors First, Del Oro Caregiver Resource Center, and Agency on Aging-Area 4. The Core Service Providers I & A staff will be trained and certified by the Alliance of Information and Referrals Systems (AIRS) and will utilize a “warm-handoff” technique when referring to extended partners. The ADRC Advisory Committee’s application for designation with the California Department on Aging is currently pending. HHS will continue to support the ADRC as it moves from development to implementation.

2 Transportation

Residents of Placer County over the age of 65 years make up 18 percent of the total population, compared to a 13 percent average across California. This large cohort of residents will continue to have specialized transportation needs as they age, particularly for public transportation options. Fortunately, several public transportation options exist for older adults in Placer County with new options being explored.

Residents who are not able to use conventional public transit services within western Placer County can utilize the specialized transportation programs provided by the Western Placer Consolidated Transportation Services Agency (WPCTSA). Each program responds to a unique transportation need not otherwise currently met or met well within a prescribed service area. The WPCTSA designated the City of Roseville to establish and operate the regional Transit Ambassador Program. The program educates new passengers in becoming familiar with western Placer County transit services and aid passengers at transit transfer points. It also operates the Retired Dial-a-Ride Vehicle Program, which purchases retired (surplus) dial-a-ride vehicles from Placer transit operators and sells the vehicles to local social service non-profit organizations for a nominal amount for use to transport elderly and/or disabled clients.

Two additional programs are offered by the WPCTSA in collaboration with the local non-profit organization Seniors First: Health Express Non-Emergency Medical Transportation and the My Rides Program. The My Rides Program is a volunteer countywide transportation service that includes a mileage reimbursement program for individuals who are unable to use conventional public transit services. Transportation is provided to and from medical-related appointments, public services, and other vital services including grocery shopping, banking, dentist appointments, lab and pharmacy visits, and hair appointments. The My Rides Program also provides a voucher for individuals who cannot otherwise afford the costs associated with an occasional and necessary trip to medical-related appointments. The My Rides Program currently services all communities in Placer County based on volunteer availability. The Health Express program provides non-emergency medical transportation outside the service areas of the public dial-a-rides and to Sacramento area hospitals on an advance-reservation, shared-ride basis. Health Express serves Placer County residents over the age of 60 years or disabled residing just east of Colfax to the Sacramento County line and includes the cities of Colfax, Sheridan, Forest Hill, Auburn, Lincoln, Loomis, Rocklin, and Roseville.

For Fiscal Year 2019/20, one unmet transit need was identified by the Placer County Transportation Planning Agency (PCTPA) that would be to the benefit of older adults and people with disabilities. It was determined that there is a need for service between Lincoln and Rocklin for someone who is physically unable to use the Placer County Transit Lincoln/Sierra College fixed route. Placer County, Lincoln, and Rocklin will work together to ensure that individuals who meet this criterion can be served by Dial-A-Ride services between Lincoln and Rocklin. Data will be collected for 24 months for this modified service and analyzed to determine the feasibility of this modified service, the number of the requests for service by jurisdiction and location, and the best operational methods for implementation.

To improve mobility for the elderly, low income, disabled and otherwise transportation disadvantaged Placer County residents who are unable to use the traditional fixed route services, the WPCTSA Short Range Transit Plan for 2018-2025 identified several strategies for consideration/further study. One notable strategy is to contract with Transportation Network Companies (TNCs) such as Lyft or Uber. Another strategy is to partner with a microtransit company that offers flexible scheduling of minibus vehicles. TNCs may supplement Dial-A-Rides when there is a lack of volunteer drivers or for trips to/from rural areas not serviced by fixed routes. TNCs could also offer medical transportation outside

hours of operation of the public transit service. It was noted in the Placer County 2040 Regional Transportation Plan that the cities of West Sacramento and Citrus Heights have completed successful pilot projects of on-demand microtransit services and the PCTPA is monitoring these pilot programs for lessons learned.

For those living in the South Lake Tahoe region, the Tahoe Transportation District offers a complementary South Shore Area ADA Paratransit Service for persons 65 years of age and older and individuals with disabilities who meet eligibility criteria. Paratransit service hours are the same as the local fixed operating hours and the service area extends to origins and destinations one mile on each side of the fixed routes.

For those living in the Truckee-North Lake Tahoe region, the Tahoe Truckee Area Regional Transit (TART) provides public transportation and offers a complimentary ADA taxi service called Placer TART Paratransit Service. This service is comparable to the level of fixed route bus service, operating 6:00 am to 6:00 pm 7 days per week within $\frac{3}{4}$ mile of the TART fixed route buses. TART also offers a Dial-A-Ride service year-round with priority service for seniors and people with disabilities. Trips are available within the town limits 7 days per week. Additionally, the City of South Lake Tahoe Senior Center offers free transportation on Thursdays and Fridays within South Lake Tahoe for seniors on a reservation basis only.

3 Housing

Senior Homeless is projected to nearly triple nationally by 2030. Rising housing costs compounded by insufficient retirement income, illness, or job loss can quickly result in homelessness for low income seniors. The Placer County 2020 Homelessness Point-in-Time Count found that 17 percent of those counted were adults aged 60 years and older, a 1% increase from 2019.

In 2019, 44 seniors aged 65 years and older were housed through the Placer County's Continuum of Care (CoC) program. Currently, there are 99 seniors who are experiencing homelessness and awaiting more permanent housing through the CoC. The COVID-19 pandemic has heightened concerns for homeless seniors. It is estimated that they will be up to three times more likely to die if infected, because they have higher rates of chronic illnesses and their bodies age faster living on the street. HHS is making great efforts to address senior homelessness in Placer County and quickly move high-risk seniors into non-congregate shelter to protect against COVID-19.

The Whole Person Care (WPC) program coordinates physical health, behavioral health, and social services for at-risk individuals, including older adults, who are high users of multiple services, including hospital emergency departments, probation, mental health and substance use programs, and social services. The WPC team actively engages individuals to build trust and motivate their enrollment into the program. A comprehensive health assessment is used to identify participants with the most critical need to expedite services. WPC offers medical respite beds to individuals who are homeless, in an unstable living situation, and/or too ill or frail to recover from physical illness/injury in their usual living environment (but not in need of treatment from a hospital or skilled nursing facility). Additionally, WPC offers comprehensive housing services to participants who are homeless or at-risk of homelessness. Housing transition services assist the individual to obtain

housing and develop daily living skills to support them to remain stable in their new living situation. A review of WPC data from 2019 revealed that 40 participants were aged 65 years and older and 13 were aged 70 years and older.

Full Service Partnership (FSP) provides intensive services to individuals with a serious mental illness, including older adults, by employing a “whatever it takes” approach to help them on their path to wellness, recovery and resilience. Services include crisis residential, rent subsidies, and supporting new services and funding to augment the CoC for individuals at risk of, or experiencing, homelessness. For instance, HHS is working with Turning Point Community Programs on an FSP to reduce the need for hospitalization, interactions with the criminal justice system, and to reduce homelessness. Specific activities include a 24-hour phone response to crisis issues that arise in the home related to our consumers’ mental health needs. Assistance is also available to coordinate access to any community-based services that are not otherwise provided by the County and which are essential for achieving and maintaining independent living. A review of FSP data from 2019 revealed that 26 FSP participants were aged 65 years or older, one of whom was homeless but sheltered.

Placer County was among 15 counties selected to implement the State’s homelessness prevention and rapid re-housing demonstration grant program titled Home Safe. The California Department of Social Services awarded HHS \$469,000 to implement Home Safe from July 1, 2019 through June 30, 2021. In 2019 the HHS Adult Protective Services (APS) program received an average of 180 new cases each month, many of which involved an older adult who is at risk of losing their housing or has recently become homeless as a result of financial exploitation, physical abuse, or caregiver neglect. The Home Safe program enables trained APS staff to provide short-term housing crisis intervention to help clients stabilize and recover while maintaining or securing housing. Staff work with landlords, utility companies, legal services, and other community resources to develop solutions. Home Safe interventions can include short-term rental and utility assistance, hoarding interventions/cleaning services, mental health treatment, intensive case management, and more. The Home Safe program enhances Placer County’s CoC through homeless prevention and early intervention for vulnerable older adults and people with disabilities. The program has prevented homelessness for 62 clients since its implementation and will continue this valuable work through June of 2021.

Project Roomkey is a coordinated effort to secure hotel and motel rooms in Placer County to be used as temporary residences for quarantining and treating individuals experiencing homelessness who have tested positive for or have a high-risk exposure to COVID-19. High-risk includes seniors aged 65 years and older and/or those suffering from chronic illness. The county has two hotel/motel shelter sites with approximately 84 beds available, as well as 12 travel trailers provided by the state. Each shelter site provides supportive services, on-site supervision and three meals per-day to residents. Project Roomkey has completed 360 unique assessments and served 152 homeless individuals in Placer County. HHS will continue to seek ways to expand its services and mitigate the spread of COVID-19 among the most vulnerable in the community.

4 Community and Health Services

Placer County continues to offer numerous community and health services through nonprofit organizations and local government programs that support and enrich the lives of older adults. Services range from caregiving, food and nutrition, mental health, caregiver support, abuse protection, and more. With the PG&E Public Safety Power Shutoff (PSPS) events and the COVID-19

pandemic, several of the HHS Older Adult Services programs shifted efforts to ensure the health and wellbeing of their clients.

The HHS In-Home Supportive Services (IHSS) program helps pay for care services provided to older adults and people with disabilities, so that they can remain safely in their own home. IHSS is considered an alternative to out-of-home care, such as nursing homes or board and care facilities. The types of services which can be authorized through IHSS are housecleaning, meal preparation, laundry, grocery shopping, personal care services (such as bowel and bladder care, bathing, grooming, and paramedical services), accompaniment to medical appointments, and protective supervision for the mentally impaired. IHSS currently serves approximately 3,780 consumers residing in Placer County. HHS is a member of the IHSS Advisory Commission, which serves as a bridge to improve the IHSS system for consumers and providers. The Advisory Committee is also a channel of information and advocacy to the Board of Supervisors and for the entire community.

The IHSS Public Authority (PA) program acts as the employer of record for approximately 3,600 IHSS home care providers in Placer County and aids IHSS consumers in finding and hiring a provider. The PA maintains a care provider Registry and matches consumers to providers who meet the consumers' service needs. The PA supports a positive, productive relationship between consumers and providers. While the great majority of IHSS consumers have family members providing for their care, there are approximately 846 consumers on the PA Registry without a provider. There are only 348 Registry providers available for matching to a consumer, thus there continues to be a shortage of providers. The PA is working in a proactive, innovative manner to identify and recruit new providers. This year the PA has focused on collaboration with the California Employment Development Dept. (EDD) for recruitment of providers. The Registry was able to create a unique satellite account with EDD to utilize CalJOBS, an online employment tool for job seekers. Several Public Authorities across the state to do the same and increase provider recruitment.

The Senior Peer Counseling (SPC) program is a community service offered by HHS to improve the mental health of older adults through prevention and early intervention. This program is a free, short-term, peer support, goal-oriented program for Placer County residents who are 55 years and older. SPC trains older adult volunteers to become Peer Counselors and matches them with older adults in the community for short-term support with issues such as family conflict, adjustment to health or living situation, loss of independence (e.g., loss of driver's license), caregiver stress, loneliness, depression, and other age-related transitional concerns. The Peer Counselors are in a unique position to help because they bring their own life experience and are trained to listen, support, and gently coach the client towards their stated goals. New clients start by setting small goals that they work towards, leading to a sense of autonomy, purpose and improved mental health. In 2019 there was a monthly average of 15 active Peer Counselors and 11 clients. The Peer Counselors spent an average of 191 voluntary hours with the clients each month offering their support and assistance, primarily through phone conversation in light of the COVID-19 pandemic.

During the PSPS events in 2019 and 2020 the APS and IHSS programs took a proactive approach to ensure the welfare and safety of their clients, who are primarily older adults and people with disabilities. Both programs contacted the most vulnerable clients, particularly those with durable medical equipment that required power, to assess their level of risk and develop a safety plan. The great majority of clients had an appropriate support structure and plans to address needs that might arise during a power shutoff. The few clients who were found to have unmet needs, such as food and

medications, were connected to appropriate resources and a plan was developed to ensure their welfare. Additionally, program clients were provided information regarding PG&E's Medical Baseline Program, power banking program, and the new partnership with the FREED Center for Independent Living that provides support to older adults and people with disabilities during the activation of a PSPS event.

With the outbreak of COVID-19 the APS and IHSS programs again took a proactive approach to ensure the health and safety of their clients. Both programs conducted wellness checks by calling the most vulnerable clients, particularly those over the age of 80 years, living alone, or without a care provider, to assess their need for additional support. 1,396 clients were contacted, and the majority had adequate care in place with no need for additional support. Other measures taken by APS and IHSS to minimize the risk of COVID-19 transmission to older adult clients included conducting virtual provider orientations, annual reassessments and generally minimizing in-person contact to the greatest extent possible. Anticipating a critical need for emergency care providers, the PA Registry created an Emergency Back-Up System. The back-up system enables care providers to be quickly assigned to recipients when their care provider could no longer work due to COVID-19. The Back-Up System has allowed several recipients to receive the care necessary to remain safely in their homes through the pandemic.