

The Utah Commission on Aging

AUGUST 2014 MEETING MINUTES

Date: Wednesday, August 6, 2014

Time: 12:00-1:30 PM

Location: Utah State Capitol, East Senate Building, Spruce Room 350 N. State Street, SLC, UT 84114

Luncheon Served

INVITED ATTENDEES		
Members		
Excused	Karla Aguirre (proxy for Jon Pierpont)	Utah Department of Workforce Services
x	Representative Stewart Barlow	Utah House of Representatives
Excused	Mayor Ron Bigelow – West Valley City	Utah League of Cities and Towns
x	Barry Burton	UT Association of Counties
x	Patty Conner (proxy for Val Hale)	Governor’s Office of Economic Development
Excused	Michael S. Cupello	Public Safety Sector
Excused	David C. Gessel	Health Care Provider Industry
x	Danny Harris (proxy for Alan Ormsby)	Aging Advocacy Organizations
x	Nels Holmgren (proxy for Ann Silverberg Williamson)	Department of Human Services
x	Becky Kapp (Chair)	UT Area Agencies on Aging
x	Gary Kelso	Long-Term Care
Excused	William (Bill) Knowles	UT Transportation
Excused	Tracey Larson	Financial Institutions
x	Alan K. Ormsby, JD	AARP, Aging Advocacy Organizations
Absent	O. Fahina Tavake Pasi	Ethnic Minorities
Excused	David Patton	Utah Department of Health
x	Anne Palmer (Executive Director)	Utah Commission on Aging
Absent	Senator Brian Shiozawa, M.D.	Utah Senate
x	Angie Stefaniak	Utah Department of Health
Excused	Mary Street	Business Community
Excused	Mark Supiano, M.D.	Higher Education
x	Frances (Fran) Wilby	Charitable Organizations
x	Nate Talley	Governor’s Office of Management and Budget
Excused	Ann Silverberg Williamson	Department of Human Services
Absent	Troy Wilson, JD	Legal Profession
x	Bette Vierra	General Public
Guests		
x	Amy Diana for Deb Burcombe	Utah Health Care Association
x	Representative Rebecca Chavez-Houck	Utah House of Representatives
x	Marion Davis	Dept. of Workforce Services
x	Cole Hansen	Governor’s Office of Economic Development
x	Nancy Madsen	Utah Division of Aging & Adult Services
x	Shawn McDonough	SLC Mayor’s Office
x	Nan Mendenhall	DAAS - APS
x	Jennifer Morgan, Director	Aging & Disability Resource Center (ADRC)
x	Ellen Silver, Executive Director	Jewish Family Services
x	Rachael Stewart (proxy for Karla Aguire)	Utah Department of Workforce Services
Staff		
x	Holly Abel	Program Coordinator, UCOA

1. Luncheon, Introductions, Minutes Approval - Becky Kapp
The June meeting minutes were approved.

12:00-12:05 PM

2. Welcome New Members & Guests

12:05-12:10 PM

Angie Stefaniak, UDOH, Representative Rebecca Chavez-Houck, Nancy Madsen

3. Member Presentations Legislative Issues

12:10 – 12:50 PM

- **Adult Protective Services – Nels Holmgren**

This is the only program still operating at a 2009 level of funding, with caseloads climbing. The fastest growing area of crime against seniors is financial exploitation. Investigating this type of crime involves a lot of legwork, and they have an urgent need for extra staff. All referrals for potential crime go through a vetting system. An extra person for vetting calls is needed. A forensic accountant is a key person to hire. There is also great strain on all employees. In August there were over 150 referrals. The numbers have doubled each month. At the same time their department is losing more experienced workers, they have a greater need for additional staff so that they can thoroughly look at the cases. The request is for 3 regular FTE including 1 individual with forensic accounting experience.

- **Retirement Income Tax Credit - Danny Harris**

Taxation of Social Security 50-state survey handout; once you are age 65 the tax credit will phase out. The tax credit phase out bill is being presented by Senator Weiller to the tax committee. Sen. Weiller would like to remove the tax credit, but is agreed to extend the phase out. AARP Utah would like to eliminate the phase out.

- **Aging Waiver Waiting List – Nels Holmgren**

This is a program designed to keep people Medicaid eligible & nursing home level of care (frail, sick individuals). The program is to help individuals be safely kept in their homes rather than in a nursing home. The cost is only a 5th of a Medicaid nursing home. There is large taxpayer savings to keep people out of those facilities. For many years they could accommodate everyone, but now there is a waiting list of 400-600 people who meets the criteria, with no funding. There are federal tax dollars available but the matching state money is missing. They will be doing more presentations to the committee to explain the benefit and cost savings. Each client works with Workforce Services, and also meets with a registered nurse to assess their needs. They look at home, ADLs, in-home and external care options, etc. = “Risk Score” assigned. Person with the highest risk score gets the next option, based on availability of the Waiver program. It is harder to provide for rural people, and there is a higher cost for those people. The more expensive people at the top get siphoned off.

Nels will provide numbers for all levels of people who want to be served. Some are less expensive and more expensive. There is a 50-50% state/federal match

- **Nutrition Building Block – Becky Kapp – [See Colored Info-grams handout]**

Each year they receive one-time money, but the budget has been decreased each year, and there is more and more demand. She met with Steve Jardine and Craig Peterson to talk about how to ask the legislative body for more support and funding. They would like to see a base increase of \$300,000 to help grow the programs. They have been advised to ask for a base budget. There were 90 requests for meals on wheels just last week in SL County. 3500 meals per day are served to Salt Lake County alone. There is not a waiting list yet, but it is a concern. Steve Christensen over 6-County in rural Utah does have a difficulty serving everyone due to having to cook in senior centers and then drive the meals to a wide area. Their solution was to contract with “Moms Meals”; frozen meals delivered 2 weeks at a time. The meals only cost \$1.75 which is a huge savings, but the tradeoff concern is that recipients are not getting regular in-home visits. Volunteers call and check on them in-

between a lot of money. Funding for these meals falls under the Older American's Act – “providing care for the frail and elderly”. Steve and Craig are working on the presentation.

Rep. Chavez-Houck: Representatives will want to hear from their constituents and have conversations with their individual legislators to tell about their communities and types of services and needs. Put the total ask at the top of any informational sheet. Make a case statement. Each county will be deciding on how they are dividing the money depending on their needs. Give specific info for each legislator's district and the demands for their OWN district. Get local media to do feature stories, local hometown papers to talk about it, but also getting the general public talking about it. Have ride-alongs, etc.

Rep. Barlow: The lobbyists will give you access. They will want you there. Becky needs to be there.

Alan Ormsby: Idea to show a graphic on where the money comes from and how the partnerships work to fund.

- **Caregiver Support - Alan Ormsby**

AARP is very supportive of caregivers, and to provide help to them. The state of Utah ranks 50th in the amount of support available for caregivers, according to one recent study, and 300-400 billion dollars per year in service is being provided in support by caregivers across the nation. Danny: Supporting a caregiver is an important way to save money – more cost effective to take care of a person than provide a government program. The Caregiver support is an easy way to lessen the stress and burden before they have to start relying on government services. Utah needs more authorization given to caregivers to perform more services legally. The “Care Act” notifies the caregiver of hospital releases and educating what is involved in caring for the individual to prevent a readmission to the hospital.

Becky Kapp: AAA wants to partner with the AARP Caregiver's program and be at the table for the discussions. The AAA volunteers know the caregivers personally. Becky shared a story about how they helped a 62 yr old woman who was caring for her disabled brother and her elderly mother. The county allocated funds to build a wheelchair ramp so that the brother could leave the home and it has eased the burden on the sister-caregiver and made all the difference for the family.

- **Action Items**

Anne will create and send a survey to send out to the commission to rank the issues.

Nels Holmgren, Danny Harris, Alan Ormsby, Becky Kapp: Each will provide the fiscal data for their firm funding requests to Anne.

All Commission Members were encouraged to attend these meetings:

1. Health and Human Services Interim Meeting – Wed. Sept 17th 2:30-5:00 p.m.
2. Leg. Working Group at Rocky Mountain Geriatrics Conference, Sept 15th, Snowbird – Mayor Bigelow is the chair of this work group.

For legislative follow up, Anne opened it up to comments and questions:

Rep Chavez-Houck: One way to successfully pare down the ask is by focusing the appropriation requests. Talk about policy directives. What does the environment need to look like and policies to be changed moving forward. Demographic changes in the state, Social Security changes, and Long-term planning for the state. What support systems are there? What do we need to have in place for policies to prevent crises situations? It is good to show comparisons of other successful states, and other successful counties.

4. Music and Memory Update – Anne Palmer

12:50 - 1:05 PM

- The documentary “Alive Inside” will be presented in September at an in-service for Salt Lake County Aging and Adult Services.
- Utah Health Care Association, Jewish Family Service, Utah Film Commission and Utah Commission on Aging are partnering to provide iPods and music for people with dementia. Sept. 8th is the next meeting for the *Music & Memory* workgroup.
- Anne has been writing grants to apply for monies to help. She is working on a budget with Deb Burcombe to prepare costs involved to increase availability. Program for *Music & Memory* will be presented at many upcoming meetings.
- “What can you do to be involved?” – Currently need help recruiting volunteers, and running drives for iPods and iTunes gift cards.
- The film “Alive Inside” is Coming to Netflix in September
- A Hearing Loss with Dementia study was just published – the *Music & Memory* program can alleviate some harm that stems from hearing loss.
- Utah Health Care Association is implementing the *Music & Memory* program in all 100 facilities across the states. Its evaluation protocol includes:

Two surveys must be filled by care facilities:

1. Determine if program is successful for patients with dementia
2. Caregiver job satisfaction improvement after the program implemented.
 - After the surveys are completed, the sites receive their equipment.
 - Jewish Family Services is providing *Music & Memory* also as a home-based program. They are doing volunteer trainings every 6 weeks, help to choose and load playlists, etc. This is a program to all keep in our minds. It provides respite but also has created a level of intimacy that had not existed before. The music can be listened by a couple together and is a happy “side effect”. Meets emotional needs of the caregiver as well as the respite.
 - Studies will be done on audiology and memory and brain at the UU.
 - Ellen Silver (JFS) is looking for patient referrals, and for volunteer referrals.
 - Ellen Silver (JFS) will come to the AAA meeting to talk about their program. **Becky** will coordinate.
 - Headphones are available to anyone who go through the trainings and are available to other services. So, anyone interested can call them. It’s been one of the most rewarding programs for JSS to be involved in. Area of service: Summit, Wasatch, Utah, Davis and SLC counties. Limited staff is their biggest challenge.

There’s a great interest for youth to be involved helping with the technology. Youth volunteers are encouraged, such as Merit badges for scouts, Young Women & Girl Scouts programs, etc.

Filming is needed to document the implementation of the program with the Media.

All members were encouraged to send referrals for patients or volunteers, and to use their connections with the Media to help do a story on the Music & Memory program.

5. Senior Housing Workgroup Update – Anne Palmer & Alan Ormsby

1:05 - 1:15 PM

Bountiful City has put a moratorium on the building of Senior Housing. We are still looking for opportunities to share the housing guide. Anne encouraged everyone to go to the [UCOA website](#) to download the Housing Guide. Anne will be presenting to the AARP at the GSA conference in Washington DC in November. AARP is providing support for the commission to present at the conference.

Anyone who hears about Senior Housing issues should please let Anne & the Commission know.

6. POLST Update – Anne Palmer

1:15 - 1:20 PM

- Utah’s Physician guidelines and Orders for Life Sustaining Treatment (POLST) form is being updated to meet national standards.
- A POLST form is recommended for someone who may die within the next 6 months.
- Utah still needs to create an electronic version that EMS can access and hospitals.
- UHCA is bringing together providers for training on the POLST.
- A \$230,000 application for funding was recently submitted.

7. Other Business Items 1:20 - 1:30 PM

8. Meeting Adjourned 1:30 PM

Meetings of Interest

- Fri. Sept 5: 6:00-7:30 PM – Health and Big Data Conversation with Dr. Chris Murray – Commission members are invited.
- Wed. Sept. 17, 2:30-5 PM – Health and Human Services Interim Committee
- Tues-Thurs Sept 23-25 – Utah Health Care Association Fall Meeting, South Towne Expo Center

Upcoming Meetings: 2014 Utah Commission on Aging

Bi-monthly meetings are held on Wednesdays from 12-1:30 PM. Upcoming dates:

- **Wed. Oct. 15th, 2014** 12:00 - 1:30 PM - West Valley City Office - 3600 S Constitution Blvd (2700 W) just off I-215 (3500 S exit) and across the street from the Valley Fair Mall
- **Wed. Dec. 10th, 2014** 12:00 - 1:30 PM University of Utah Union Building, Parlor A, 200 S Central Campus Drive, Salt Lake City, Utah 84105

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