

**Advisory Council on Aging Planning Committee**  
**August 3, 2021, Minutes of the Meeting**

**Call to Order:** Kevin Donovan called the meeting to order at 9:30 a.m.

**Present:** Kevin Donovan, Debbie Card, Jim Donnelly, Dennis Yee, Arthur Kee

**Absent:** Jill Kleiner

**Guest:** Michelle Berman, ACOA Member/Clayton; Grace Liu, Alzheimer's Association;  
Christina Irving, Family Caregiver Alliance

**Staff Present:** Ana Bagtas, Glenda Pacha, Anthony Macias

**Approval of Today's Agenda:** Approval of agenda motioned by Jim; Dennis motioned second; agenda approved by all.

**Approval of June Minutes:** Approval of minutes motioned by Debbie; Jim motioned second, minutes approved as written by all.

**AAA Report – AAA Staff**

- AAA has limited resources and we are mindful of capacity of staff and resources.
- Planning Committee can be a big influence in production of Area Plan and moving along the objectives of the plan.
- Outcome of Master Plan for Aging (MPA) June 24 meeting: 16 priority areas, with 5 bold goals.
- Ana reviewed AAA Area Plan to look for current objectives that have affinity to the MPA priorities.
- What can we do, realistically, so that resources and volunteers' commitment are aligned to these goals and what is already being done.
- Jim to discuss this more at Ex Meeting.
- ADRC- Aging and Disability Resource Connection
- Working on this with John Muir Fund to hire consultant to help plan and strategize creating ADRC in CCC- 2 core partners: Independent Living Resources (ILR) and AAA.
- Emerging ADRC- processes and symptoms for a central hub for services and supports (information). Hub and spoke? Or regional?
- **Jim:** any Public Service Area (PSA)/counties to review their ADRC? Marin, where Ana worked on the ADRC project; 6 months of planning.
- AAA is preparing for monitoring of contractors and ACOA members can assist with this. Dennis asked for training.
- AAA is also preparing for State monitoring visit next year.

**Contractor Presentation:** Alzheimer's Association, Grace Liu, Site Director

- Provide a phone-based 24/7 Helpline for information, referral, and emotional support for dementia-related issues.

- Provide in-person and virtual support groups for caregivers and people in the early stages of dementia.
- Provide community and caregiver education classes online and in-person.
- In-person programming has been placed on hold and will continue with virtual programming.
- Public Information, expanded to Spanish language email blast and expanded outreach to African American populations (higher rates of Alz in these pops)
- Studies show that Blacks/African Americans are twice as likely as Whites to develop Alzheimer's and half as likely to receive a diagnosis. Latinxs are 1.5 times more likely than non-Hispanic Whites to develop Alzheimer's. The difference in risk for Alzheimer's and other dementias is explained by disparities in health conditions, socioeconomics, and life experiences for older Black and Hispanic populations compared with older White populations.
- Community education core programs are now offered in Spanish and Chinese languages and virtual communication and on-line classes. This has worked out very well.
- Caregiver Outreach: moved many efforts on line and Facebook live events and were able to cover a wider area and received much more participation.
- East Bay office provides outreach to health care providers, senior service agencies, community organizations, senior centers, and civic groups. Before the COVID pandemic, our volunteer Community Representatives participated in senior and employee health fairs providing one-on-one outreach and a sign-up form for attendees who wished to receive more information about our services.
- Caregiver counseling by phone; assessments were more difficult to complete.
- Caregiver Training: Living with Alzheimer's series and Savvy Caregiver Training were offered virtually this past fiscal year.
- Before the COVID pandemic, monthly and weekly support groups in Richmond, Pleasant Hill, Martinez, Antioch, Brentwood, San Ramon, Walnut Creek, and Lafayette.
- Information and assistance by phone and website; free online classes for caregivers that are accessible through our website.
- Latinx Outreach Specialist and African American Outreach Specialist offer culturally-specific support.
- Monthly Spanish telephone caregiver support group, a monthly virtual "Lunch & Learn" caregiver support group for African American caregivers, and two monthly virtual caregiver support groups in Mandarin can be accessed by anyone in Northern California, including Contra Costa residents.
- Initial boom to attendance and then as time went on, Zoom fatigue and attendance dropped in 2021.
- Will continue to offer a hybrid model for meetings and trainings.

- **Contractor Presentation:** Family Caregiver Alliance, Christina Irving, Clinical Services Director
- FCA provides direct services described below to family caregivers both individually and in groups, participates in community events, and engages in local and national advocacy around issues impacting family caregivers.
- Cover 6 Bay area counties and are physically located in SF;
- FCA provides services to family caregivers who are caring for those who are age 60 and over or who have dementia. The average age of our caregivers is 62 years old and the average age of the care recipients is 80 years old. Broader range in caregiver ages.
- FCA completes a comprehensive caregiver Assessment with clients using evidence-based measures to evaluate the needs of both the caregiver and the care-recipient.
- Support groups are held either monthly or weekly to allow caregivers to receive peer support.
- Existing clients called much more frequently; reduction in new referrals during pandemic.
- A lot more challenges with communication with health care, especially monolingual clients, who experienced poor discharge planning. Helped those who felt discrimination by providing support and advocacy.
- FCA receives referrals from other community services providers like adult day programs, senior centers, hospice, and Meals on Wheels.
- FCA has bilingual/bicultural staff who speak Spanish, Tagalog, Cantonese, and Mandarin. We have a contract with Language Line when clients speak other languages
- Increase in support group attendance and added more program; 5 support groups; six week series; young caregivers; Hispanic support group but had a large digital divide.
- Respite was an issue last year.
- Particularly over this last year of the pandemic we have seen an increase in financial stress among family caregivers, sometimes resulting in food insecurity.
- FCA was able to get some funding from a foundation to purchase grocery gift cards for clients and utilized other funding sources to assist with cost of medical supplies and assistive devices.
- Difficulty with access to digital/virtual services, particularly with Spanish-speaking clients. Moved support group to telephone rather than Zoom.
- Piloting a Spanish-language technology class and purchase of devices and broadband for caregivers lacking access.
- Dennis: how long is duration of respite for? Varies quite a bit person to person, based on a comprehensive assessment;
- Patient with medical needs? Trained with this particular need. Will need to find a licensed home health agency; cost can be prohibitive.
- Jim: underserved Latino community; population is hard to reach. Reaching out with Spanish newsletter and bulk of referrals come from word of mouth.

## Discussion

- Jim, both were good and informative; both face challenges with COVID; FCA will be a good partner for ADRC; may be able to provide best practices;
- Kevin- Latinx community are a challenge to reach and to offer services;

- Jim- Lantinx are 25% of county per census
- Glenda- in past we were critical of the two, as they do not have a physical presence in CCC; Zoom has opened up their services in the county and changed how their services were looked at.
- Kevin- FCA is also working with UC Davis to do a more formal evaluation of services, risk indicators of caregivers, and outcomes. Glenda will see if she can get this for committee.
- Dennis- Christina comment of caregiver age getting younger; monitoring and data driven needs standards. Concern as not knowing what data means.
- Debbie- FCA brought up concerns extending services to all county communities. Also, continue after things are no longer virtual.

**Community Connect and ACOA** – Debbie Card

- Overview of CTCT program given by Debbie for new members and refresher for others.
- Hoping to get presentation from program managers later in the year for Planning Committee and /or the general ACOA meeting.
- Not sure if this will happen as staff is being utilized by CCHS to work on COVID issues and contract is ending 12/31/2021 if not renewed.

**Items for Executive Committee:**

- None.

**Next Meeting:**

- Next Meeting: Tuesday, September 7, 2021 9:30-11:30, location: Zoom
- Contractor Presentation TBD
- Role of ACOA re: MPA Planning

**Public Comment:**

- None

**Adjourn** 11:35 a.m.