



NOTES FROM MIDDLE INCOME SENIOR OPPORTUNITIES (MISO) COMMITTEE MEETING

Date: January 30, 2023

Time: 8:30 AM

Commissioners Present: Christina Dimas-Kahn, Maria Barr, Kathy Uhl, Irene Liana

Excused:

Staff Present: Anna Sawamura

Board of Supervisors Liaison: None

Public: Sandra Lang

1. Call to Order	Chair Dimas-Kahn called the meeting to order at 8:30 AM
2. Public Comments	Public comment from Sandra Lang - The November committee notes were fantastic because they captured all of the topics discussed during our meeting. Including the informed collaborations within the committee and people working in the county. Ms. Lang expressed monetary concerns for the middle-income seniors and stated it needs to be the primary focus of our committee. Along with the lack of skilled nursing homes in San Mateo County (SMC)...“We need to focus on the considerable solutions mentioned in the November MISO meeting notes”.
3. Note Taker	Chair Dimas-Kahn
4. Approve Agenda	Kathy Uhl and Irene Liana
5. Approve Notes	Irene Liana and Katy Uhl
6. Work Plan Activities	<p>Chair Dimas-Kahn asked the committee members to let her know if they are official members of the MISO Committee and the following members said “yes”: Commissioner Barr, Commission Uhl and Commissioner Liana and one public member - Sandra Lang.</p> <p>Chair Dimas-Kahn asked Commissioner Barr to share with the committee her personal experience with skilled nursing facilities (SNF’s). Maria said that it's important for family members to research the quality of SNF’s before allowing their parents or loved ones to be admitted to one because it determines what type of care they will receive - excellent or terrible care. It’s also important for older adults to have a plan for long-term care. She overheard facility staff having conversations with patients and their families about how to pay for long-term care in SNF because they couldn’t afford it.</p> <p>Commissioner Uhl stated that her mother is residing in an assisted living facility and they do not have enough staff to provide the type of care needed. The staffing levels started to decrease during the COVID shelter in place mandate and has continued since then. Her mother’s assisted living is using temporary</p>



	<p>healthcare workers to fill in for the staffing shortage. Most older adults cannot afford this type of care because it's expensive.</p> <p>Possible solutions:</p> <ul style="list-style-type: none"> ● Receiving long-term care at home ● The State of CA develops some type of incentive for family members to take care of their family at home. <p>The asset limit to qualify for Medi-Cal coverage increased last year. Most Medi-Cal recipients do not know about Medi-Cal estate recovery. If a Medi-Cal recipient owns a home and receives long-term care from SNF, the state will recover the funds spent to pay for the recipient care after the sale of their home.</p> <p>Commissioner Barr - What resources are available for older adults to learn about their long-term care options in San Mateo County? The Help @ Home Booklet is invaluable to older adults and their families. We need to distribute the CoA booklet to all of the residents and hospitals in SMC.</p> <p>AAA Health Services Manager, Anna Sawamura, said there are a total of 5,000 copies distributed throughout SMC. Most hospitals and service providers refer their patients or clients to view the booklet online.</p> <p>Chair Dimas-Kahn reviewed the long-term care solutions brought up during the November 2022 meeting. See below:</p>
<p>MISO Suggestion for SMC - Notes from the November 2022 meeting</p>	<p><u>Ideas/Possible Solutions:</u></p> <ul style="list-style-type: none"> ● There needs to be some type of prevention. A step is needed before older adults or people with disabilities go into a SNF or any long-term care facility. Such as: Case Management Program that does an assessment, provides application assistance for programs and refers them to appropriate agencies. Currently, SMC Aging & Adult Services does not fund any case management services. They fund four agencies (Self-Help for the Elderly, Daly City Partnership, Senior Coastside and Family Service Agency) to provide Information & Assistance for older adults and/or representatives. Is it possible The Villages can help with this project by taking on the role of Case Managers? There is a fee to receive assistance from The Villages \$600/year. This solution could possibly work if they received county funding to waive the yearly fee for low-income individuals and provide case management assistance. Is there a Village movement in every city? ● Basic Income to pay for Long-Term Care Services. When they apply for



<p>Advocacy Requested by Committee Member</p>	<p>Basic Income, applicants are required to apply for other social services programs that will provide assistance in their homes. Such as: Rebuilding Together for home modifications</p> <ul style="list-style-type: none"> • County wide incentive for family owned businesses or companies to open facilities in the county because there is a shortage of SNF's • Increase the number of caregivers in SMC. This goal aligns with the Master Plan on Aging • Use federal and state funding to reduce the cost of buying or renting properties for family businesses or companies interested in opening SNF's in SMC. This will increase the number of SNF's in SMC to meet the needs of older adults by 2030 <p>Commissioner Uhl suggested presenting to the SMC Board of Supervisors about the SNF shortage in SMC. They need a clear understanding of the problems and its urgency. Problems facing SMC:</p> <ol style="list-style-type: none"> 1. There's not enough SNF's to meet the needs of older adults in SMC. They are being transferred outside of the county to receive care 2. There is a shortage of healthcare workers at long-term care facilities in SMC <p>Committee questions about presenting to the Board of Supervisors:</p> <ul style="list-style-type: none"> • What are we going to say to them? • Individual meeting vs. Board of Supervisor meeting? • Extend invitation to SMC LTC Ombudsman Director? <p>Commissioner Barr reminded the committee to align our goals with the CA Master Plan on Aging (MPA). Chair Dimas-Kahn mentioned the goals in the MISO workplan are aligned with the MPA.</p> <p>AAA Health Services Manager, Anna Sawamura went to the MPA website and shared her screen with the MISO committee members. Committee members reviewed the goals to make sure they aligned with committee goals.</p> <p>Committee question "How much does it cost to live at home with different types of support systems in place?" and "How much does it cost for the average person to live at home?" Chair Dimas-Kahn referred back to the Elder Index to answer the first question.</p>
<p>7. MISO Action Items:</p>	<p>Committee members decided to conduct research before our next meeting in February. In hopes of presenting to the Board of Supervisors about the SNF</p>



	<p>shortage in March 2023.</p> <p>Notify the Board of Supervisors that there is a huge need to increase the number of long-term care facilities in the county and make it possible for older adults to age safely at home because of the following reasons:</p> <ol style="list-style-type: none"> 1) By 2030 1 out 4 people in SMC will be older than 65-years old 2) The cost of LTC is more than what the Baby Boomers can afford 3) There is a huge shortage of caregivers in the State of CA. Including in the IHSS program 4) SMC does not have enough skilled nursing facilities (SNF) to meet the needs of their aging population <p>During the meeting the following MISO members committed to the following tasks:</p> <ul style="list-style-type: none"> ● Commissioner Barr will contact Christina Irving with the Family Caregiver Alliance to collect more information about the caregiver shortage around the state. Are there any new state initiatives to increase the number of caregivers? ● Public Member - Sandra Lang will email us the 2030 SMC Study ● AAA Staff - Anna Sawamura will ask the epidemiology department to research the number of older adults, over the age of 65, in SMC. Including their annual income <p>Pending Action Items:</p> <p>Commissioner Uhl agreed to update the CoA Emergency Preparedness List to disseminate in January. Commissioner Liana mentioned San Mateo Villages has an Emergency Preparedness Manual that MISO can review.</p> <p>Commissioner Uhl suggested looking into investigating Veterans Affairs for long term support services.</p>
<p>8. Report from Aging and Adult Services</p>	<p>The next MISO meeting will be held in-person on Monday, March 20, 2023.</p> <p>2/23/2023 Chair Dimas-Kahn sent an email to the MISO committee members asking them for their input on what meeting venue and time works best for them.</p> <ol style="list-style-type: none"> 1. 9:15AM @ San Mateo Senior Center, 2645 Alameda De Las Pulgas, San Mateo, CA



SAN MATEO COUNTY HEALTH
AGING & ADULT SERVICES

Lisa Mancini
 Director

Aging & Adult Services
 225 37th Avenue
 San Mateo, CA 94403
www.smchealth.org
www.facebook.com/smchealth

	<p>2. 8:30AM @ San Mateo County Building, 2000 Alameda De Las Pulgas, San Mateo, CA</p> <p>The MISO meetings are held on the 4th Monday of each month. However, I'm wondering if everyone is available to meet on the 3rd Monday in March instead of the 4th Monday because there is conflict in my schedule (Chair Dimas Kahn).</p>
<p>9. Action Items for January Meeting</p>	<ol style="list-style-type: none"> 1. Continue completing work plan objectives 2. Update CoA ER Preparedness List for dissemination in March/April 2023 3. Continue researching Long-Term Care issues in SMC 4. Brainstorm recommendations for the Executive Committee on how SMC can improve communications with the general public about older adult services and issues.
<p>10. Adjournment</p>	<p>Meeting adjourned at 9:58AM</p>