

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

www.slocounty.ca.gov/coa.htm

Meeting Date: Wednesday December 27, 2023

Time: 10:00 am - Noon

Location: **Empleo Building, 3563 Empleo Street, Conference Room 1, SLO**

- ✓ Call to Order
- ✓ Flag Salute (please stand if able)
- ✓ Check/announce meeting being recorded.
- ✓ Public Comment and Member/Agency Updates – *burning desires from members or guests about current concerns, issues, scams - 2 min. max*

Introductions: Members and Guests (please provide your name, Commission position, and brief agency description)

Member rollcall: Chair establish Quorum.

Approve Minutes: October 25, 2023

Presentation: ILRC: the Path to Independence – Panel led by Jerry Mihaic

Presenters: Jamie Moothart, Transition Advocate. Focus: Program which helps people in licensed institutions back into a community setting.

Teonna Brown, Housing and Supports Specialist. Focus: Housing options for Seniors and people with disabilities.

Kelly Kivlahan, Assistive Technology Coordinator. Focus: How devices like computers, grab bars, ramps, phones, etc., help people be more independent.

Mary Moore, Manager of Collaborative Programs. Focus: How ILRC programs tie in with the state's Master Plan for Aging. ILRC Contracted Programs; CenCal's, CalAIM, CCADRC (Central Coast Disability Resource Center).

Break 10 minutes

Special End-of-the-Year Group Activity – Maryanne and Anita

Reports:

ASPC (5 min) – Jerry Mihaic

AAA (5 min) – Ron Torres

New Business:

Upcoming presenters - Maryanne

Next Meeting: January 24, 2024 (Back to our regular meeting room)

[DSS Building, 3433 South Higuera Street, Room #101, SLO](#)

Please submit agenda and program items, ideas, and feedback to slocommissiononaging@gmail.com

SAN LUIS OBISPO COUNTY COMMISSION ON AGING
Department of Social Services Building, Empleo Building Conference Room 1
3563 Empleo Street, San Luis Obispo
December 27th, 2023 Minutes

Members Present: Maryanne Zarycka, Anita Shower, Mike Bossenberry, Paul Worsham, Louise Justice, Danielle Raiss, Sue Gibson, Kristin Allen, Ron Torres, Jerry Mihaic, Tristan O'neil

Members Absent: Frank Triggs, Mara Whitten, Bill Degnan, Nancy Puder, Anne McCracken, Paulina Flores Jimenez, Charmaine Petersen, Alexis Okumura, Dianna Votaw, Paige Anderson

Call to Order: 10:00 am

Flag Salute.

"Meeting is Being Recorded" Announcement

Public Comment:

Paul Worsham:

- Suggests to possibly be the person designated (with help), to provide an overview, handout of materials, contact information etc... from the agencies that attend the COA meetings so that information can be shared. Maryanne suggested visiting webpage as all this information can be found there. Both will discuss internally.

Mike Bossenberry:

- Recently attended an all-day webinar given by San Luis Obispo and Santa Barbara County Behavioral Health on November 17th topic was *Older Adult Suicide*. One item that was reported was the increasing rate suicide in the age group of 75-84 and 85+. Some factors of this occurring are: life being intolerable, prolonged stress, physical and mental issues, social isolation, and decreased functional cognitive capacity. It has been identified that an aggressive intervention is needed.

Louise Justice:

- Experienced a scam phone call of a company identifying themselves as "Spectrum" portrayed a "really good deal". Louis was able to confirm with the actual "Spectrum" company that they did not make this phone call or had this "really good deal" and reported this scam.

Introductions: Guests & Members

Members and guests introduced their role in the community and with the Commission.

Approval of October Minutes: Motion was made to accept minutes as written. All in favor passed unanimously.

Presentation: ILRC Independent Living Resource Center

Mission

The mission of ILRC is to promote independent living and full access for individuals with disabilities through advocacy, education and actin in our community.

History

The desire for empowerment and self-determination for people with disabilities gave rise to the Independent Living (IL) movement. The IL Movement began in the early 1960s in Berkley, California and other places of the United States. Groups of individuals who had disabilities began working together to eliminate barriers in their communities and attain access to program and services.

- Civil Rights Act of 1964
- Section 504 of the Rehabilitation Act of 1973
- Americans with Disabilities Act (ADA) in 1990

What is Independent Living

- Empowerment
- Making own decisions
- Taking responsibility
- Knowing your options
- Opportunity to pursue a chosen direction

Services

- Aging and Disability Resource Center (ADRC)
 - Enhanced information and referrals
 - Options for counseling
 - Short-term services coordination
 - Transition services
- Information and Referrals
 - Initial point of contact with consumers and their families
 - Connects people with appropriate ILRC staff and community options with a "warm handoff"
 - Staff is bilingual
- Peer Support
 - ILRC is a peer-run organization; 51% of staff and 51% of the board have to identify as having a significant disability
 - Consumers meet with staff that guide each other, drawing on shared lived experience
 - Virtual Peer Support Group (currently every Friday)
- Advocacy
 - Advocating for equal access for people with disabilities in areas such as housing, IHSS, employment, and public benefits

- Educate individuals on policy and legislation to further the equal rights and access of persons with disabilities through systems change and advocacy
- Vocational Services
 - Assistance with locating and applying for jobs (interview prep, creating resume, etc...)
 - Referrals to the Department of Rehabilitation (DOR)
- Personal Assistant Registry
 - Quickmatch Registry: Referral and screening
 - It is important to note that ILRC is not the employer, simply the connecting piece
 - Assistance in navigating In-Home Support Services (IHSS) and providers
- Housing Navigation
 - Housing search skills: leveraging the Internet and providing support in the housing search
 - Information on housing services, homeless shelters, transitional centers, etc...
 - Application Assistance
- Assistive Technology
 - Provides information on the assistance devices like mobility devices, text-to-speech programs, and digital recorders
 - Assist in locating funding for needing equipment
- Skills Training
 - Provides skills training to consumers who are learning how to live independently in the community
 - Setting tangible goals and working to achieve them alongside ILRC staff
 - Referrals to other agencies as needed
- Benefits Counseling
 - Information about public benefits such as SSI, SSDI, etc...
 - Information about Medicare, Medical, and other types of health coverage
 - Advocacy in disputes with public benefits and providers
- Transition Services
 - Provides assistance to consumers who are transitioning out of institutional settings (nursing homes, skilled nursing facilities, hospitals, etc...)
 - Services include but are not limited to:
 - Support locating housing
 - Obtaining durable medical equipment
 - Locating personal assistant services
 - Making the home accessible
- Transportation
 - Assistance in obtaining transportation in the community
 - Travel and vacation planning: ensuring planes, trains, and other types of transportation are ADA accessible

- Vehicle modifications
- Food Access
 - Providing resources to consumers who do not have access to healthy foods
 - Referrals to food programs throughout the community
- Older individuals who are blind (OIB)
 - Services and supports for people over the age of 55 who are blind or severely visually impaired
- Emergency Preparedness and Disaster Response Planning
 - Creating an emergency evacuation plan
 - Obtaining backup power devices
 - Assistance in applying for the Medical Baseline Program
 - Public Safety Power Shutoff Preparedness
- Interpreting
 - IRLC can be contacted by consumers, business, medical offices, community organizations, etc... to request an ASL Interpreter to ensure individuals who are deaf can have full access to communication

Accessing Services

- All IRLC services are provided at no cost!
- Having a disability is the only eligibility criterion. No documentation is needed.
- “No wrong door” policy

Offices

Santa Barbara Office (Headquarters)

423 W Victoria St, Santa Barbara, CA 93101

Phone: (805) 963-0595

Ventura Office

702 County Square Dr Suite 105, Ventura, CA 93003

Phone: (805) 650-5993

San Luis Obispo Office

51 Zaca Ln #140, San Luis Obispo, CA 93401

Phone: (805) 462-1162

Santa Maria Office

222 W Carmen Ln, Santa Maria, CA 93458

Phone: (805) 925-0015

Special 2023 End-of the-Year Group Activity: Saran Wrap Game Roll Doubles!

Next Meeting: January 24th 2024 - Bring a Senior!

Location: Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401

Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs



Independent Living Resource Center, Inc.



Image from <http://www.cicmn.edu/accessibility-services/>

Mission

The mission of the Independent Living Resource Center, Inc. (ILRC) is to promote independent living and full access for individuals with disabilities through advocacy, education, and action in our communities.

History of the IL Movement

The desire for empowerment and self-determination for people with disabilities gave rise to the Independent Living (IL) Movement.

The IL Movement began in the early 1960s in Berkeley, California, and other places in the United States.

Groups of individuals who had disabilities began working together to eliminate barriers in their communities and attain access to programs and services.



Ed Roberts: the father of the IL Movement
Image from <https://news.berkeley.edu/2010/07/27/roberts/>



Heumann protests in 1977

Image from <https://time.com/5870468/americans-with-disabilities-act-coronavirus/>

History of the Independent Living Movement

Civil Rights Act of 1964

This act prohibits discrimination on the basis of race, color, religion, sex, or national origin.

Section 504 of the Rehabilitation Act of 1973

This act prohibits discrimination on the basis of disability in programs conducted by Federal agencies, in programs receiving Federal financial assistance, in Federal employment, and in the employment practices of Federal contractors.

Americans with Disabilities Act (ADA) in 1990

This act prohibits discrimination against people with disabilities in areas including, but not limited to, transportation, employment, and public accommodations.

Information from <https://www.eeoc.gov> & <https://www.dol.gov>



What is Independent Living?

- Empowerment
- Making your own choices
- Taking responsibility
- Knowing your options
- Opportunity to pursue a chosen direction

Self-determination is key!

**Services
Available at
ILRC**



Aging and Disability Resource Center (ADRC)

The Ventura County ADRC is a partnership between ILRC and the Ventura County Area Agency on Aging (VCAAA). The ADRC provides long-term services and supports to both older adults and people with disabilities who want to live independently in their community.

- Services include:
 - Enhanced information and referrals
 - Options counseling
 - Short-term service coordination
 - Transition services
- We are an emerging ADRC in Santa Barbara and San Luis Obispo Counties and designated in Ventura County



Information and Referrals



- Initial point of contact with consumers and their families
- Connects people with appropriate ILRC staff and community options with a "warm handoff"
- Staff person is bilingual

Peer Support

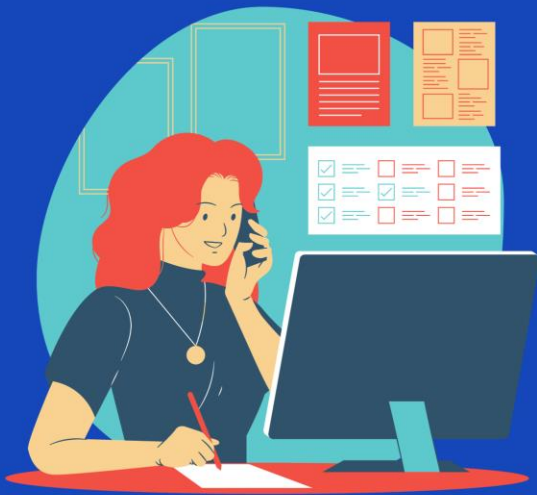


- ILRC is a peer-run organization; 51% of staff and 51% of the board have to identify as having a significant disability
- Consumers meet with staff that have personal experience with disabilities
- People with disabilities educate and guide each other, drawing on shared lived experience.
- Virtual Peer Support Group (currently runs every Friday)

Advocacy



- Advocating for equal access for people with disabilities in areas such as housing, IHSS, employment, and public benefits
- Educate individuals on policy and legislation to further the equal rights and access of persons with disabilities through systems change advocacy



Vocational Services

- Assistance with locating and applying for jobs (interview prep, creating a resume, etc)
- Referrals to the Department of Rehabilitation (DOR)



Personal Assistant Registry

- Quickmatch Registry: referral and screening
 - It is important to note that ILRC is not the employer, simply the connecting piece
- Assistance in navigating In-Home Support Services (IHSS) and providers



Housing Navigation

- Housing search skills: leveraging the Internet and providing support in the housing search
- Information on housing services, homeless shelters, transitional centers, etc.
- Application Assistance

Assistive Technology

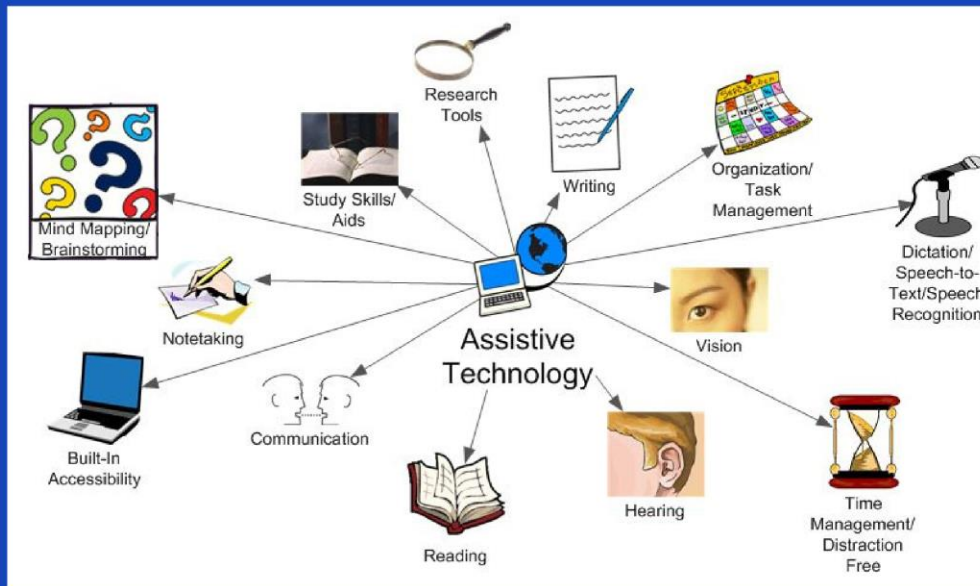


Image from <https://www.northbellmoreschools.org/Page/1850>

- Provides information on assistive devices like mobility devices, text-to-speech programs, and digital recorders
- Assists in locating funding for needed equipment



Independent Living Skills Training

- Provide skills training to consumers who are learning how to live independently in the community
- Setting tangible goals and working to achieve them alongside ILRC staff
- Referrals to other agencies as needed

Benefits Counseling



Image from <https://www.nlsa.us/legal-resources/public-benefits/>

- Information about public benefits such as SSI, SSDI, etc.
- Information about Medicare, Medical and other types of health coverage
- Advocacy in disputes with public benefits providers

Transition Services



- Provides assistance to consumers who are transitioning out of institutional settings (nursing homes, skilled nursing facilities, hospitals, etc.)
- Services include, but are not limited to:
 - support locating housing
 - obtaining durable medical equipment
 - locating personal assistant services
 - making the home accessible



Transportation

- Assistance in obtaining transportation in the community
- Travel and vacation planning: ensuring planes, trains, and other types of transportation are ADA-accessible
- Vehicle modifications



Food Access

- Providing resources to consumers who do not have access to healthy foods
- Referrals to food programs throughout the community



Older Individuals who are Blind (OIB)

Services and supports for people over the age of 55 who are blind or severely visually impaired

May Include:

- Orientation and Mobility Training
- Independent Living Skills Training
- Blind/Low Vision Technology
- Peer Mentoring

Emergency Preparedness and Disaster Response Planning



- Creating an emergency evacuation plan
- Obtaining backup power devices, where appropriate and eligible
- Assistance in applying for the Medical Baseline Program (advance notification of power shutoffs and discounts on their electricity bill)
- Public Safety Power Shutoff (PSPS) Preparedness



Interpreting

ILRC can be contacted by consumers, businesses, medical offices, community organizations, etc. to request an ASL Interpreter to ensure individuals who are Deaf can have full access to communication.

Accessing Services

- ALL ILRC services are provided at no cost!
- Having a disability is the only eligibility criterion. No documentation is needed.
- "No Wrong Door" Policy



**Santa Barbara Office
(Headquarters)**

423 W. Victoria Street
Santa Barbara, CA 93101

(805) 963-0595 Voice/Text (TTY)
(805) 963-1350 Fax
(805) 284-9051 Video Phone

San Luis Obispo Office

51 Zaca Lane #140
San Luis Obispo, CA 93401

(805) 462-1162 Voice/Text (TTY)
(805) 752-1261 Fax
(805) 464-3203 Video Phone



Ventura Office

702 County Square Drive #105
Ventura, CA 93003

(805) 650-5993 Voice/Text (TTY)
(805) 650-9278 Fax
(805) 256-1036 Video Phone

Santa Maria Office

218 W Carmen Lane #109, Santa
Maria, CA 93458

(805) 925-0015 Voice/Text (TTY)
(805) 332-3213 Fax
(805) 354-5948 Video Phone

