

Quadrant 4: Maximizes In/dependence and Supports Caregivers
Meeting Minutes – April 11, 2007

The meeting was held at 9:30 a.m., at Radio Reading Service, in Boulder. The committee divided into Transportation and Caregiving sub-committees for the first 1 ½ hours.

Caregiving:

The Caregiving sub-committee was facilitated by Kathy Phinney and Emily Cooper. The group worked on Point 3 of the process outline: Assessing what's being done and by whom:

Boulder County Aging Services Division (Caregiver Initiative, other programs)

- Care Connections – bi-monthly newsletter for caregivers of older adults, annual issue in Spanish
- Events: Caregiving Symposium (June 21), Caregiver Wellness Days (2 in Nov), Mountain Caregiver Appreciation Lunch (June 29)
- Respite Assistance Program – financial assistance for substitute care
- Respite Care Volunteer Program – substitute care provided by volunteers
- Caregiver Library – lending library of books/videos
- Publicity – including monthly column in *50+ Marketplace News*
- Planned 2007 projects: *Caregiver Directory*, caregiving website, monthly education programs, caregiver training
- Grandparents-Raising-Grandchildren Support Groups – financial support
- Information and referral, informal counseling
- Written materials including *BC Housing Guide*, *Home Health Care Guide*
- Long-Term Care Ombudsman Program – advocates for persons in LTC facilities and their families
- Medicare Ombudsman Program – advocates for Medicare recipients
- LGBT programs: Project Visibility (awareness raising for agencies), *Silver Lining* (guide to LGBT-friendly services), support group and activities
- Nutrition and wellness programs: congregate and delivered meals, *Let's Eat* (nutrition services directory), *Wellness Matters* (wellness classes listing), dieticians' services, diabetes support groups, education classes
- Care Coordinators – resource info and care coordination for seniors/families in rural communities
- Short-Term Assistance Program – funding for emergency material needs
- Legislative Advocacy for funding, elder/caregiver-friendly legislation
- Aging Services Foundation of Boulder County – BCASD's non-profit foundation, fundraising, education (monthly Friday info sessions)

City of Boulder Senior Services

- Resource Specialists (2.25) – family meetings, individual guidance, work with long-distance caregivers
- Written materials on tips, self-care, websites, elderlaw attorneys, dementia services, support groups, facility respite care, etc.
- Website with caregiver/elder resources
- Home visits and completion of application for BCASD's Respite Care Volunteer Program
- Completion of application for BCASD's Respite Assistance Program
- Volunteer Peer Counseling Program – counseling by volunteers trained by Mental Health Center of Bldr Co
- Caregiver support group (facilitated by peer counselors)
- Host other support groups (i.e., grandparents, women's)
- Caregiver library
- Medical equipment loan closet
- Volunteer Money Management Program – volunteer help with bill-paying, balancing checkbook, etc.
- Publicity – articles in local publications
- Emergency funding for residents' needs
- Host caregiver classes (i.e., Anne Togher's "Care with Dignity," Alzheimer's Association's "Savvy Caregiver")
- Host BCASD's Caregiver Wellness Days, other events
- Information and referral

Other City Senior Services (incomplete)

- Longmont – Caregiver advocate volunteers

Alzheimer's Association of Colorado

- Helpline
- Safe Return – identification program for persons with dementia
- Materials
- "Savvy Caregiver" – 12-hour training program for caregivers
- Other classes
- Website
- Annual symposium

Long-Term Care Facilities

- Short-term respite stays – based on availability
- Education programs (i.e., Balfour's Caregiver Series)
- Support groups

- Family councils
- Social services
- Discharge planning
- Sponsorship of BCASD programs

Home Care Agencies

- Respite services
- Home Care Allowance / Title III
- Home and Community Based Services (HCBS)

Hospitals

- Memory evaluation clinic
- Classes (i.e., PrestigePLUS, Senior Focus)
- Discharge planners

Faith Communities

- Elder/homebound outreach
- Stephen's ministries
- Parish nurses
- Caregiver classes (i.e., St. Aidan's/Louise Alderson)
- Volunteer recruitment for BCASD Respite Care Volunteer Program, advertisement of BCASD events
- Counseling

Hospices

- HospiceCare of Boulder and Broomfield Counties: in-home and Care Center hospice services, Grief and Education Center, support groups, classes, speakers, respite volunteers, therapy volunteers, sponsorship of BCASD
- Other hospices: Family Hospice, Heartland Hospice, Anam Chara

Workforce Boulder County

- Home care services (Yolanda Bigay)

Care Management Agencies

- Compassionate Care, Take Care, Action Health Care, Jennifer Long, Geri Spencer

Others to explore: Guardianship Alliance, Adult Protective Services, Mental Health Center of Bldr Co Gero Team, Centennial Peaks, Elderlaw Attorneys, Benefits Check-up, Anne Togher's caregiver coaching (Toghers.com)

Transportation:

The Transportation sub-committee was facilitated by Brandon Fields and Sarah Rebman. The group continued to work on Strategy 16.2: *Provide a seamless, countywide system of transportation services that includes: network of public fixed-route services..., paratransit services..., incentives to private transportation services..., and incentives to groups and organizations...*

Three different areas were explored:

Older Driver Resources:

1. Circle of Care (Volunteer travel companions)
2. RSVP (Volunteer Driver)
3. Larger signage for readability
4. Behind The Wheel / Wheel and Deal seminars
5. Volunteer Cab drivers
6. Create a resource guide

Fixed Route Resources:

1. The Easy Rider Program - How to market this program better and get more seniors involved?

Specialized Transportation Resources:

1. Access-A-Ride (must be evaluated to use program)
2. Special Transit (No restrictions as to who rides), \$2. each way- call up to 2 weeks prior.
3. RSVP (Volunteer Rider Program)
4. Circle of Care

The one-page flyer *Transportation Options for Older Adults* was distributed. It is available in the community.

Points 5 and 6 under the Process Outline were also discussed: *What is our ideal and what are “best practices, model programs and good ideas?”*

Gaps in services: Services should be flexible and on demand service with a companion if needed. 24/7 services should be available. The group looked at the ITN America model - Independent Transportation Network which is a national non-profit organization that promotes civic engagement for the seniors who receive rides and also the volunteers who provide the rides.

How to market: The committee discussed creating a Transportation Resource Guide - perhaps there would be a series of guides that would be “branded” and

have a similar look that would be created by the CLC. We discussed marketing to the local newspapers with a regular feature section that would include information from the four quadrants.

The suggestion was made to include staff from GO Boulder on the Transportation sub-committee.

At 11:00, the sub-committees came together and summarized their work.

Before the next meeting on **Wednesday, June 13, 9:30 – 11:30 a.m., at Radio Reading Service**, members are asked to review the minutes of this meeting.

The meeting adjourned at 11:30.

Submitted by Emily Cooper and Sarah Rebman