



Washington State Council on Aging

Meeting Title: January Washington State Council on Aging Meeting
 Location: SeaTac, WA

Date: 01/22/19

ATTENDEES

| √ | Members Present | Appointment | √ | | Appointment |
|---|------------------------|--|---|-----------------------|---|
| √ | Barry Lamont | At-Large East | | Patricia McIntyre | Pierce County Connections Advisory Council |
| √ | Cheryl Townsend Winter | At-Large West | | Peggi Moxley | Aging & Adult Care of Central WA |
| √ | Beth Anderson | AAAD Southwest WA Advisory Council | | Vacant | Yakama AAA Golden Eagles Advisory Council TA representative |
| | Rep. Nicole Macri | WA House of Reps | | Art Swannack | Association of Counties |
| | Sharon Curley | At-Large West | | Joe Sharkey | O3A Advisory Council |
| √ | Georgiann Dustin | NWRC Advisory Council | | Ron Vivion | Snohomish County AAA |
| √ | Aruna Bhuta | At-Large East | √ | Karol Stevens | Kitsap AAA Advisory Council |
| √ | Lynn Ford | Lewis Mason Thurston AAA Advisory Council | | Sue Cameron | At-Large West |
| √ | Ava Frisinger | ADS King County Advisory Council | | | |
| | Marty Johnston | Aging and Long Term Care Eastern Washington Advisory Council | | Guests Present | |
| | Sen Karen Keiser | WA State Senate | | Walt Bowen | Senior Lobby |
| √ | Phillip Lemley | Association of Cities | √ | Cathy Mccaal | AARP |
| √ | Kathy Medford | Southeast WA Aging and Long Term Care | √ | Jon Rudicil | w4a |
| | Rep. Andrew Barkis | WA House of Reps | | | |



Washington State Council on Aging

AGENDA

Minutes

| Topic | Key Points and/or Decisions Made |
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| <ul style="list-style-type: none"> • Welcome • Review/approve agenda • Review/approve minutes • Review of current action items • Member updates • Other business | <p>Member Introductions</p> <p>Agenda reviewed and approved (adjusted for Kinship Caregiver Program presentation)</p> <p>November meeting minutes reviewed and approved</p> <p>Actions items reviewed-no outstanding items</p> <p><u>Member/Organization updates</u></p> <p>Aruna Bhuta shared information about a dementia friendly summit held in October. Subsequent to summit working to build connections with interested parties. She also shared information about an elder abuse services grant.</p> <p>Beth Anderson shared information about Aging and Disabilities of Southwest WA participating at health clinic level to expand outreach at local level about aging and disability services.</p> <p>Lynn Ford shared information about a Lewis County Senior Services luncheon hosted by the Cowlitz Tribe-they also provide a painting class at the site and also have an apartment building where fifteen elders live and a nutrition program is co-located. Lynn reported that the thrift store affiliated with Lewis County Senior Nutrition program raised \$87,000 in 2018.</p> |



Washington State Council on Aging

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| | <p>Kathy Medford provided an update on Consumer Directed Employment- the application date for RFP has been extended through January.</p> |
| <p>Kinship Caregiver Presentation</p> <p>Hillarie Hauptman Cynthia Green Rosaly Albers</p> | <p>Provided an overview of the Kinship Caregiver Program:</p> <p>In Washington State, 51,000 children live with grandparents or other relatives. For every child being raised by a relative and involved with the child welfare system, an eleven children are being raised “informally”.</p> <p>Children placed with relatives do as well or better (behavioral development, mental health functioning, and placement stability) than children placed with foster parents.</p> <p>The greatest unmet needs relatives face in our state include receiving financial support, navigating a complex service system, and accessing legal support and support services like respite and child care.</p> <p>Governor’s Budget: Two items are in the biennial budget:</p> <ul style="list-style-type: none"> ○ Kinship Care Support Program: Assist low-income caregivers with short-term financial supports to meet children’s urgent needs and provide them greater stability. Program funds can be used to purchase goods such as beds, clothing, safety items or supplies, and services when no other resources are available to meet a child’s particular needs. (\$500,000/Biennium 25% Budget Increase) (ALISA) ○ Kinship Legal Services: Funding is provided for the agency to underwrite statewide civil legal training, technical assistance, and support for volunteer attorneys providing civil legal assistance to kinship care providers. The work will be guided by |



Washington State Council on Aging

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| | <p>an interdisciplinary kinship care legal services advisory committee. (\$200,000) (Office of Civil Legal Aid)</p> <p>Family First Prevention Services Act: Sweeping federal legislation was enacted in 2018 to transform child welfare. Includes support for evidence based Kinship Navigator Program models. Once proven, states can draw down 50% of IV-E funding to further support programs. AL TSA in partnership with Department of Children Youth and Families and an evaluation team from the University of Washington's Partners for Our Children were awarded first of two year federal evaluation grant. Kinship Navigator pilot sites are in Thurston and Yakima Counties. Both AAAs and their kinship community partners are involved in this process which includes a new Kinship Caregiver assessment.</p> <p>Key Resources for Grandfamilies Served by Aging and Long-Term Support Administration/Area Agencies on Aging and Kinship Community Partners</p> <ul style="list-style-type: none"> ○ Kinship Caregivers Support Program (KCSP), authorized by Legislature in 2004. Every county has a point of contact for this urgent need program. AL TSA contracts with the Area Agencies on Aging who work with local kinship service providers to support these families. ○ Kinship Navigator Program, authorized by the Legislature in 2005. Kinship Navigators are available in 30 counties. A Tribal Kinship Navigator Program began in 2016 and operates in seven Tribal communities. Kinship Navigators serve as a one-stop shop; providing resources, assistance, problem solving and emotional support for often overwhelmed relatives who need help applying for benefits or services related to financial, health, counseling, education, legal, children with |



Washington State Council on Aging

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| | <p>special needs and much more. The Navigators help the relatives sustain a stable, safe home where children can have a deep sense of connection and belonging.</p> <ul style="list-style-type: none"> ○ Kinship Care Oversight Committee (KCOC), authorized by the Legislature in 2003. The KCOC includes kinship advocates, kinship caregivers, kinship service providers, DSHS and DCYF staff who meet quarterly to recommend policies and provide feedback on current and future services. ○ Washington State Kinship Care website, www.dshs.wa.gov/kinshipcare includes support services, benefits, legal information, resource lists, and much more. <p>National Resources:</p> <p>Bridging the Generations: 2019 Global Intergenerational Conference, Generations United Conference: Portland, Oregon, June 12-14, 2019, https://guconference.org/</p> <p>Generations United Annual State of Grandfamilies Reports are located at https://www.gu.org/:</p> <ul style="list-style-type: none"> ○ Love without Borders: Grandfamilies and Immigration ○ Raising the Children of the Opioid Epidemic: Solutions and Supports for Grandfamilies ○ In Loving Arms: The Protective Role of Grandparents and Other Relatives in Raising Children Exposed to Trauma ○ Fact Sheet: American Indian and Alaska Native Grandfamilies: Helping Children Thrive Through Connection to Family and Cultural Identity |



Washington State Council on Aging

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| | <p>Grandfamilies.org www.grandfamilies.org is a national legal resource in support of grandfamilies</p> <p>Discussed the increase in media coverage about grandparents other relatives raising children that has increased over time, including the correlation with the opioid epidemic.</p> <p>Estimates are that 4 billion dollars are saved by not having these children entering the foster care system.</p> <p>Presented a short film “It Takes a Village” by Monica Olson. The film presents realities of kinship caregiving and the experience of children. “</p> <p>Hilarie shared experience of taking Monica to a Lifespan Respite conference Monica is now an Access Manager at Tacoma Community College.</p> <p>Reviewed the history of funding for the state kinship care program</p> <p>Discussed the use of Kinship Navigators. They are not located statewide, for example, Snohomish and Kinship AAA have never had a Kinship Navigator.</p> <p>Historically, Tribes have not had access to Navigators. Recently completed a Request for proposal process and there are now seven tribes participating in a Kinship Navigator program. In 2016 the legislature fully funded, and last year half of the original amount was allocated.</p> |



Washington State Council on Aging

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| | <p>Discussed the tribal respite program.</p> <p>Rosalyn Albers shared some experiences from her 11 years of kinship navigator work.</p> <p>So many stories over the years- one size doesn't fit all. Relatives raising children support needs include several different pieces.</p> <p>Shared information about the organization HopeSparks and the array of supports provided- for example trauma level supports, teaching parenting techniques, learning how to walk through the supports available, early childhood intervention programs, grandparent supports and resources and nutrition programs (including focus on eating disorders)</p> <p>The organization also has 'Hopes Closet' with basic supplies, school supplies, clothes, etc., to relieve financial pressure' and to address whole household.</p> <p>They also provide a third partly custody class to assist relatives in understanding how to navigate the legal system.</p> <p>Shared examples of people becoming kinship caregivers, e.g. a grandmother who traveled from out of state to assist her grandchildren. Local schools becoming familiar with kinship supports and contacting the organization to help caregivers obtain needed supports.</p> <p>HopeSparks just celebrated its 20 year Anniversary.</p> <p>Members and presenters discussed how funding is distributed.</p> |



Washington State Council on Aging

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| | <p>Cynthia Greene</p> <p>Cynthia is a Kinship caregiver and Kinship support group coordinator</p> <p>Cynthia shared her personal testimony about how she and her husband came to be Kinship caregivers.</p> <p>Her sister brought two children ages 2 & 4 over to her mom's home and left without notice. Her mom called Child Protective Services. Her husband and she took the children in.</p> <p>The 4 year old had anger issues and the 2 year old had speech delays (now in twenties - 23 and 25 years old)</p> <p>Explored options- i.e. adoption was not the option that worked best. They became guardians</p> <p>Described being back in PTA, and other similar experiences where they didn't have peers raising young children.</p> <p>Stressed the importance of taking parenting class-helpful in individualizing with each child and finding activities to promote success, e.g. one child played basketball elementary school through college. (And is now assistant coach at an area college and head coach of an elementary school team)</p> |



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| | <p>Overall experience presents very hard challenges but is also very fulfilling</p> <p>Shared information about a group focused on kinship collaboration- she joined this, met others that had kinship groups and worked with others to start a kinship support group in the Skyway/Renton area. She described network building, with schools and other community entities. The schools started to refer people and they ended up with 32 members.</p> <p>They conducted a survey about kinship caregiver needs and found out top concerns were breaking isolation, addressing shame (adult child issues), being able to be with other adults, having childcare during support group to provide respite and providing opportunity for children to socialize and being able to have safe space to share and maintain confidentiality.</p> <p>Shared that it's not just about being a support group leader, it's also being part of others walking their journey.</p> <p>The group is still on going and Helen Sawyer is now the group leader</p> <p>Cynthia shared that she came out of retirement in September to work with the Kinship Caregiver Program. She does intake to connect people with supports and to assign them a Kinship navigator. She shared that she usually finds 3 main areas of need:</p> <ul style="list-style-type: none">• rental costs• utilities, light and water• bedroom furniture, bedding etc. |



Washington State Council on Aging

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| | <p>It can take 10 to 14 days for funds to become available.</p> <p>She also encourages people to contact other resources for assistance, to be proactive for self because Kinship funds are not enough to cover the costs.</p> <p>Caregivers say just having the supplemental funds helps relieve some of the stress.</p> <p>Cynthia shared that she learned from her husband that parenting second time around was God's plan.</p> <p>People on the outside may think a caregiver doesn't want to work, but they don't have a full understanding of all the challenges and stresses involved.</p> <p>Hilarie shared a handout and some quotes from children raised by grandparents/relatives.</p> <p>Kathy Medford asked if the program partners with Headstart</p> <p>Rosalyn shared that Kinship navigators develop knowledge about resources in their area and working with Headstart can be part of that</p> <p>Council members and presenters engaged in discussion about how funding works, how funding has been flat but does tremendous work with limited resources, examples of different entities who contract, kinship navigator caseload, potential for expanding supports through telehealth networks.</p> |



Washington State Council on Aging

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| <p>Partner Updates-</p> <p>AARP-Cathy Maccaul</p> | <p>AARP- Long Term Care Trust Act</p> <p>Discussed components and ways to use the benefit</p> <p>AARP conducted a survey of broader population to ask them what they have saved, and what their plans are to address long term support needs.</p> <p>Beth Anderson shared that Aging and Disability Southwest Advisory Council is currently not in support and has concerns about the portability of the benefit and how it's currently designed to be administered and would prefer it be a federal program.</p> <p>Georgiann Dustin working with Cathy on Senior property tax exemption legislation.</p> <p>There is a 22 million price tag. Some want to index to county cost of living</p> <p>Discussed issues concerning consumer protections. The state attorney general office is working on data protections and focused on increasing responsibilities of companies who data systems are breached.</p> <p>Discussed importance of getting credit freeze and learning about spoofing operations</p> <p>AARP is hosting forums, check out the AARP website for more information. https://states.aarp.org/region/washington/</p> <p>At Council request Cathy provided a more detailed overview of the current legislation for the Long Term Care Trust Act.</p> |



Washington State Council on Aging

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| | <p>Context for legislation is to address challenges presented by the reality that the majority of people are not prepared to address the financial costs of long term care support. For example, residential placement in a memory care unit can cost \$100,000 a year.</p> <p>The LTC Trust act is not intended to be the 'be all end all' solution-it's a component of attempting to address the gap.</p> <p>Cathy shared personal experience with her mom and supporting her to enable her to have an in home person coming in one time a week to assess safety, do a medication check, and review status of food and grocery needs. She also shared that while she has the resources to help, many families do not. She also understands there are people who feel they shouldn't have to contribute because they have taken care of things.</p> <p>Cathy described her past work at YWCA and shared her experience with an older woman who for economic reasons ended up living in a homeless shelter.</p> <p>We need to look at policy and funding approaches creatively to address the sheer number of people who are going to be in need of LTSS and address the demands being placed on current/future services.</p> <p>The total benefit that will be available is not a lot but it can be used for a variety of purposes and provides a meaningful benefit. For example for a time limited amount of time it could be used to provide 25 hours a week of paid in home supports or about five to six months in a nursing facility.</p> |



Washington State Council on Aging

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| w4a - Jon Rudicil | <p>Will slow down people going on Medicaid and associated impoverishment.</p> <p>Karol Stevens provided a personal example of support needs for her 98 year old mother. Her mom was able to live in her in home until last spring because they were able to get a ramp built. Karol shared that from family caregiver perspective the benefit will be positive because of the flexibility of how you can use it and also reduce stress on caregiver and informal support network, e.g. neighbors who help. She also shared that because of increasing support needs her mom is now in assisted living</p> <p>Barry Lamont commented that most people wait until there in need or in crisis to find out about resources. The need is infinite the resource are finite.</p> <p>Cathy shared there is also the possibility insurance companies may be incentivized to provide supplemental long term care policies</p> <p>Members engaged in additional discussion about how the benefit would work including having need in three activities of daily living for all ages, the pay-in rate for eligibility and the use of the existing payroll system to contribute to the fund.</p> <p>w4a Update</p> <p>w4a lobby day is scheduled for January 30th</p> |



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| | <p>They are working on increasing funding for case management by trying to get a small increase for cost of living.</p> <p>w4a also supports increasing the Personal Needs Allowance (PNA) to \$1200 per month. Representative Tharinger to sponsor-no bill number yet.</p> |
| Council Focus Areas | <p>Federal- No further discussion at this time. The federal government was shut down from December 22 and reported to be ending on January 25th.</p> <p>Dementia Action Collaborative- There is an art exhibit scheduled at the Capitol on February 20th. The focus is using art to communicate about dementia.</p> <p>Elder Justice-Ava discussed S5338. The legislation has to do with changes to the registry, changes to definition of abuse, adjusts fatality reviews.</p> <p>Kathy Medford volunteered to cover the elder justice focus area and Georgiann Dustin volunteered to cover Senior Housing & Homelessness- Rosemary will contact them to discuss parameters.</p> |
| Legislative Committee Update | <p>Ava Frisinger reviewed bills being tracked and referred to handout.</p> <p>Bills being tracked include, but are not limited to the elder justice bill-protection of vulnerable adults (includes the registry) S5338 The House bill number is 1422</p> <p>A bill allowing certain adult family homes to increase capacity to eight beds -S5396 and companion bill H1023</p> |



Washington State Council on Aging

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| | <p>HB 1087 H 1087 - House Bill Report and companion bill S5331</p> <p>Establishes the Long-Term Services and Supports Trust Program (Trust Program) to provide benefits for long-term services and supports to qualified individuals who need assistance with at least three activities of daily living.</p> <p>Ava also shared information about Senate bill 5032 concerning Medicare supplemental insurance policies and discussed h 1078 concerning hearing instruments and technology- this legislation is supported by the Hearing Loss Association and is focused on notifying purchasers of hearing instruments about uses and benefits of telecoil and bluetooth technology</p> |
| New Business | <p>Council members discussed sending an advisement letter about DAC funding to legislators. Subsequent to obtaining needed additional information a draft letter will be developed for Council Executive Committee review.</p> |
| ALTSA Update-Bea Rector | <p>ALTSA Update</p> <p>Topics</p> <p>Home and Community Services division restructuring (HCS)</p> <p>Update on bills and legislative session</p> <p>Consumer Directed Employment (CDE) procurement</p> |



Washington State Council on Aging

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| | <p>Shared information about the recent decision to restructure HCS. Reviewed decision making process. Adult Protective Services (APS) will become a separate division. This will extend from regional level to ALTSA headquarters. There will be APS Regional Managers. We are working on regional level to ensure there continues to be close collaboration with HCS.</p> <p>Discussed addition of HCS Deputy Director positions</p> <p>Discussed issue of self-neglect and developed specialization in investigation of self-neglect-has more of a case management approach.</p> <p>The Council can consider requesting APS Division updates.</p> <p>CDE- there is a February deadline for proposal submission. To date seven entities have expressed some interest, guessing there will be around 4 or 5 submissions. Discussed the process for reviewing proposals.</p> <p>Legislation</p> <p>Discussed bill and proposed changes to RCW 74.34.</p> <p>Changes to definition of abuse- working on resolution of language that addresses interest in protecting vulnerable adults and other interest concerned with best ways to address substantiation and accidental harm without unintentionally creating a loophole.</p> <p>Discussed the registry component of the bill.</p> <p>Discussed bill addressing egress requirements in Adult Family Homes.</p> |



Washington State Council on Aging

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| | <p>Discussed nursing home bill- Colville tribe wants to be exempt from rate methodology- be eligible for tribal encounter rate-brings 100% federal funding.</p> <p>Discussed bill related to straws- concern with people with disabilities that legislation provides enough flexibility in policy to accommodate support needs of people using straws for nutrition and related needs.</p> |
| <ul style="list-style-type: none">• Other updates and member comments• New business• Public comments | <p>No additional updates or comment.</p> <p>No public comment</p> <p>The meeting was adjourned at 2:05 PM</p> |



Washington State Council on Aging

Action ITEMS

| ACTIONS | Assignee | Due Date |
|--|------------------|---------------------------------|
| DAC funding draft letter | TBD | Pending additional developments |
| New legislature member welcome letters | Rosemary Biggins | ASAP |
| Focus group follow up | Rosemary Biggins | TBD |