



Mar Vista Community Council



AGING IN PLACE

Mar Vista Community Council

Thursday, December 15th, 2016
6:00 PM – 7:30 PM

Windward School Boardroom 1030, Building C (by baseball diamond)

11350 Palms Blvd, Los Angeles, CA 90066

[See campus map for room location and parking here](#)

Co-Chairs – Sherri Akers, Tatjana Luethi, Birgitta Kastenbaum

Co-Founders – Sherri Akers, Tatjana Luethi

Draft Minutes

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Attendees – Sherri Akers, Tatjana Luethi, Mandi Carpenter, Robin Dennis, Ann Boehmer, Ed Gray, Mildred Simpson, Carol Hahn, Miriam Caiden, W. Gilbert Clark, Eva Clark, Allison Beale, Mohamed Hassan, Nate Horowitz, Bonnie David, Debra Hochman, Jeff Marder

- **Called to order** – 6pm
- **Brief Introductions**
- **Motion to approve November minutes** - Tatjana, 2nd by Carol, unanimously approved
- **Public comments and announcements:**
 - Handout on Alzheimer's Awareness Day free resource fair and speaker event – info at <http://www.lapl.org/whats-on/events/alzheimers-disease-awareness-day>
 - Handout on Powerful Tools for Caregivers 6 week free course through Wise & Healthy Aging starting 1/12 - <http://wiseandhealthyaging.org/training-education> for info on how to register.
 - Notes on Senior Talk with Mike Bonin available at <http://www.marvista.org/files/Mike%20Talk%20with%20Seniors%20summary.pdf>
 - During our meeting with Mike Bonin, Windward School is interested in offering a Senior Tech Support Lab for our local seniors, once a week. They are currently exploring what this program could look like. For example, how to use your smart devices to order an Uber, how to use Skype, how to set up an email, how to use google.
- **Purposeful Aging LA Working Group first steps.** Survey for needs assessment mid to late January. Will launch outreach at the MVCC Farmers Market tent Jan 22nd and would like volunteers. Need 200,000 completed surveys - will need to distribute surveys to 2 million people throughout LA City and County. Inclusive of older adults, adult children of older adults and those who will be our future seniors. We need to include minorities, low income, those experiencing homelessness, the disabled – the full community. Quick math tells me that with 26 on the working group, our share to reach will be 77,000.
 - NC's > NA's > Houses of Worship & Schools
 - Pop Up office hours with Mike Bonin

- Senior organizations – ALA, WPC, SSSAP, JFC, Senior Centers and clubs etc
- Facilities – outreach to families – assisted living, nursing homes, senior day care
- Companies with many employees
- Local organizations – public/private assistance
- Festivals and community events
- We will also be organizing listening groups and we have it for our Feb meeting.
- There will be an Older Adults Summit for Spring of 2017.

- **New business – Mandi Carpenter presents on long term living options.** Mandi was a Director of Sales at a local Assisted Living and is now Manager of Education, Health, Wellness and Engagement Programming for JFS.

What is independent living?

- ▶ Any housing arrangement designed exclusively for seniors, generally those aged 55 and over.
- ▶ Housing varies widely, from apartment-style living to freestanding homes.
- ▶ Housing is friendlier to older adults, often being more compact, with easier navigation and no maintenance or yard work to worry about.
- ▶ Most communities offer amenities, activities, and services.
- ▶ Aimed at older adults who need little or no assistance with activities of daily living

Discussion - important to understand that this will not provide any skilled nursing care

What is a Skilled Nursing Facility (SNF)?

- ▶ Most common after hospital stay
- ▶ Nursing care provided by registered professional nurses
- ▶ Bed and board
- ▶ Physical therapy
- ▶ Occupational therapy, speech therapy
- ▶ Social services
- ▶ Medications, supplies, equipment
- ▶ Other services necessary to the health of the patient.

Discussion - also referred to as nursing home, rehab center. Medicare covers if they meet conditions. You first need to have a 3-day hospital stay before you qualify for a skilled nursing home. You need a doctor's note to authorize the transfer to a skilled nursing home. The cost through Medicare if you meet your requirements: 0 – 21 days: no payment. After 21 – 99 days, \$161 co-insurance per day of each benefit period. After 100 days Medicare will no longer pay. Remember, skilled nursing home is for short-term stay only. If you go to Medicare.gov and put in the zip code of a facility you can get the most recent rating report. You can also ask the facility for their latest inspection report. However, we heard that there is a 3 year back log in updating these reports. Skilled nursing homes get inspected once a year.

Question: will my long term care insurance help pay for this?

Answer: It varies. You have to call your insurance to find out.

Assisted Living:

- ▶ Recommended when the senior does not require much medical care but they do need more assistance than can be provided in their home.

- ▶ Allow residents to live independently in their own “apartment”.
- ▶ Provide meals, housekeeping and transportation services whether it be to the store, hairdresser/barber or a medical appointment.
- ▶ Have a scheduled calendar of events for residents and their families that includes arts and crafts, current events and field trips.
- ▶ Assist with dressing, personal hygiene and medications
- ▶ May have a registered nurse / LVN/ Med Tec on staff

Discussion - They all are priced differently. Some have a whole package, other have a basic room and board with 3 extra tiers depending on how much help you need. Some have a point system, where a nurse will assess the potential resident with a check list, all points will all added up and that’s how much you spend extra on top of board on care. You have to be very involved in every step and really make sure you understand what is going on so you are not overcharged. Bring a loved one to help you with all of this. It’s important to be involved.

Board and Care (6 Pack)

- ▶ Intimate and homelike environment.
- ▶ Have less residents, which allows for more interaction and attention from staff.
- ▶ Can be significantly less expensive than Assisted Living Facilities.
- ▶ Help with daily activities but do not provide skilled nursing assistance.
- ▶ The limited number of residents at board and cares may not be ideal for more social seniors.

Discussion - Also known as 6 Pack, it’s a minimum of 6 beds in smaller homes. It’s more of a home / house environment, intimate and homelike. Because it’s smaller with less residents, it allows for more interaction and attention with staff, help with daily activities, and custodial care, but does not provide skilled nursing assistance / medical care. Tends to be appropriate for people who need much more care who need more attention, smaller staff. May not be appropriate for social seniors. Anyone can do training and qualify to open a Board and Care home within 4 days. It’s so important that you do your research, have an advocate and make sure that you really check out the home, the staff, and trust your gut feeling. Nextdoor.com is a good neighborhood community network, post your questions for facilities or post questions. You might find that people you know have experience and feedback. There are laws that Board and Care will have to follow. Is mostly private pay, not covered by Medicare or insurance.

Placement / Referral Agencies or consultants:

- ▶ Free service
- ▶ Provides information regarding placement for older adults

Discussion - Marketing tool for the thousands of senior housing communities to which it refers. Usually a free service to the client looking for housing. They help provide you with places to move. They are paid by contracts with the assisted living or board and care facilities. If a contract is signed, then the placement agency gets a percentage of the first month (80%). The negative is they will only refer you to facilities that they have a contract with. The sales representative of the facility does also receive a percentage for bringing in a new resident. Sometimes some facilities have special offers to

direct customers/resident, but if you as the new resident are coming through a placement agency you will not get the special offer. They are definitely helpful for Board and Cares, as they have a big database and may be more familiar with the current conditions in individual facilities. Make sure they are more than just an on-line data base – you want to work with someone who actually visits the facilities. Recommend using a firm that you have been personally referred to by someone else who has used them. **Beware** – once you fill out their form they may broadcast your info to potential facilities and ‘claim’ you, requiring them to pay their fee if you move there – even if they did not facilitate the choice. Don’t complete any forms on line until you have decided you want to use them.

When to move into an assisted living;

- ▶ Don’t wait until the need is so strong you HAVE to move
- ▶ You want to be able to grow into a new community
- ▶ If you move early, you can move on your own terms and be a part of the process.
- ▶ You want to try and stay as independent as possible for as long as possible.
- ▶ You can have independence at an Assited Living.

Discussion - Start **touring** and visiting facilities early, don’t wait to long to the point where you have to move out of necessity. You want to be in a situation where you are still fit to try places and make changes if needed. You can have independence at an Assisted Living – like a hybrid of an apartment and a boutique hotel with added care levels as you need them.

First Steps:

- ▶ Start your search early.
- ▶ Find out what Facilities are available in your community.
- ▶ Tour, Tour, Tour and Tour some more.
- ▶ Get clear on the distance - how easy will it be for family and friends to visit?
- ▶ Get a referral from someone you know personally

Discussion – location is extremely important. You want family and friends to be able to visit easily and become part of the community.

What to look for when touring?

- ▶ Does the facility have high employee turnover?
- ▶ Do the staff/residents look happy?
- ▶ What does the staff schedule look like during the day and night shifts?
- ▶ Are they friendly and do they spend time with you answering questions?
- ▶ Can they manage the health condition?
- ▶ Cleanliness - is the facility neat and clean?
- ▶ How do know when you need more than Assisted Living.
- ▶ What are your choices?
- ▶ Residents either make do with less care than they need or hire private caregiver on top of paying for Assisted Living.

Discussion – Can use Linked In to check how long exec team has been there. What does the staff schedule look like during the day and night shifts, ask for this. Also, tour at night, see how much staff is

there. Is the staff friendly? Do they know the residents by name? Sit in the lobby – do the people who visit seem to know the staff and other residents? Ask to have a lunch or dinner tour to see what the food is like and get a feel for the community. Can they manage any health conditions that you have? Is the executive director approachable and available?

How do you know when you need more than Assisted Living? Often, we wait until it is unavoidable and we are less equipped to engage in a new community. Sometimes it's hard for loved ones to admit that we need more care – sometimes people will stay in assisted living when they really need more individual care. They may compensate with private caregivers and end up paying so much extra fees versus moving into memory care where they may get more individual care.

Your most valuable asset is a personal referral from someone with family there – network within the community.

How to help a resident acclimate?

- ▶ Volunteer
- ▶ Get to know the staff (all staff) (be nice)
- ▶ Spend time at the community
- ▶ Attend a social events
- ▶ Get to know the other residents

Discussion – Families and friends play a huge role in helping us acclimate by volunteering and engaging with staff, residents and families. When visiting, spend time in common areas together to meet others. Make sure the staff knows what is important to your loved one and that you are paying attention. When moving, take time to make the new home as personal and familiar as possible.

What to watch out for:

- ▶ Move in deals
- ▶ Energy of the community
- ▶ Trust your gut
- ▶ Empty rooms
- ▶ Unhappy employees or residents
- ▶ Pushy sales people

Discussion - Watch out for move-in deals. If there are a lot of available units, you want to know why. Don't be afraid to negotiate.

Old Business

- **Future guest presentations – room 1030 in Building C (by the baseball diamond) will be our ongoing location.**
 - a. **January** - Emilia Crotty with LA Walks - Safe Routes for Seniors program and campaign, part of the Vision Zero Alliance ([Facebook](#) and [website](#)).
 - b. **February** – Adriana Mendoza – AARP Livable Cities and Purposeful Aging LA
 - c. **March - Birgitta Kastensbaum** – the psycho-emotional effects of aging and the awareness of impermanence.

- d. **April** – Bonnie Davis – Senior living advisor. Transitioning to care and changes in homecare. Who pays for what? What funds are available? Why a skilled nursing facility vs. assisted living? How to negotiate for best pricing.

- **Public comments -**

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