MEETING NOTES

Wednesday, October 19, 2022
4:30 p.m. – 6:00 p.m.

Members Present: Cass Freedland, (Chair), Franklin Johnson (Vice Chair), Chuck Green, Amy Gross, Meghan McCarthy, Mel Sanchez, Larry Smith, and Tanya Stewart

Absent: Sue Cameron

Note: <mark>highlighted text</mark> indicates ideas to consider for the commission's annual major findings and recommendations.

1. **Welcome and call to order**
   Chair Cass Freedland opened the meeting and completed a roll call of the Commission members.

   Approval of agenda
   The agenda was unanimously approved.

   Approval of September 21, 2022 work session and regular meeting notes
   The notes were unanimously approved.

2. **Approval of Community in Motion grant application request**
   Based on the work session discussion, Chuck Green outlined that the request from Community in Motion was sent to Chuck as a member of the Accessible Transportation Community Initiative (ATCI), and Chuck elevated the request to the COA. He suggested that as a member of the ATCI and a liaison to the COA, he could submit a personal letter of recommendation. Chuck could also let Community in Motion know of the formal procedures if they wanted to submit a request in the future. He suggested forming a subcommittee to review and possibly amend the existing policy regarding letters of support. A motion for this plan as suggested was made and seconded. The motion passed unanimously. Cass Freedland, Amy Gross and Tanya Stewart volunteered to be on the subcommittee.

2. **Moderated Discussion "Fireside Chat": Innovation Through Connection with Support Technology/Innovative Communication Providers**
   Tanya Stewart introduced the discussion and the guests, Ali Ahmadi and Linda Miller with TCARE and Stephen Farber with HealthHive.

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Discussion highlights

Briefly describe the inspiration behind your company's origin, what problem were you trying to solve and what, if any, personal experiences led to the build of your organization?
- Stephen Farber had personal experience with family members and the care process and started a company to begin to solve some of the problems he experienced.
- Stephen's company is in year four since it was established.
- Ali outlined his background including becoming a caregiver for a family member which introduced him to the need to transition from being a family member to a caregiver. A clinical model at the University of Wisconsin Milwaukee helped him through the process and sparked his interest in the field. Linda joined TCARE because of her work with trying to professionally support caregivers and her own family experience.

Can you describe how TCARE is working with counties/ municipalities across the country?
- Ali outlined that typically caregivers request assistance with in-home care. When Ali went through the process, he also learned that he needed counseling due to the risk of burnout and the toll on his family.
- The ability and willingness to continue care both need to be considered when choosing if someone can provide caregiving. If someone does not have the willingness to provide it, there is a high risk for burnout.

HealthHive is currently launching patient/family health information access in nursing homes - what is your long term vision of patient/community connectivity?
- Stephen outlined that HealthHive started with the question of how everyone involved with the care of a person could be able to see the same information. This requires accessing health information from various sources. This can also help to reduce healthcare costs and give better quality of life. They started with the transition from a skilled nursing facility to home care. They wanted to help people understand what they were supposed to be doing to give care and keep people out of the hospital. There are many impediments in the market to achieving this coordination, but they had to start somewhere.
- Tanya outlined her personal experience in keeping up with her own family's needs for information. She coordinated many health records herself and disseminated them to her family.

  Can you share some of the TCARE data about what the organization is doing to help older adults and caregivers in Washington?
- Ali reviewed some data from TCARE and reviewed the purpose of their company. Essentially, their goal is to enable aging in place in the home and avoiding institutionalizing of our elders in care homes. They also assist caregivers for intellectually developmentally disabled patients and military veterans.
- Their outcomes helped delay nursing home placement by 21 months and helped TCARE Assist become legislatively mandated within Washington State.
- They engage caregivers through a mobile app, while in-house social workers assist with care management. They also have a database that connects family members to local social determents of health resources and a tool that helps predict those family members that are at the highest risk for burnout.
- Their data helps them understand which families are at the highest risk for facility placement and the issues they are experiencing. They strive to reduce distress and depression levels by connecting families to the right resources at the right time.

Stephen, you are a TechStars Longevity Startup Incubator graduate, can you describe the focus on this incubator and the innovations you are most excited about coming out of this program or other senior-focused incubators?

- Stephen outlined that the TechStars is one of the top two business incubators in the world and is sponsored by the Melinda Gates Foundation. This incubator has a somewhat different membership than many others. It includes some older adults and people who were not already in industry and saw a problem that needed a solution. It has enabled them to have discussions with people they never would have had access to otherwise. They are working with nine other start-ups that also provide support to each other.

Questions/comments from COA members.

- Larry outlined his own personal family experience and the difficulty it created within his family. It is extremely difficult to be a caregiver and a family member at the same time. It can create conflicts. He praised the guests for the work they are doing.
- Linda and Ali thanked Larry for his comments and relayed that his experience is seen often and one of the things that their software is trying to predict and assist with.
- Amy Gross asked if TechStars also provided funding outside the three month program. Stephen outlined that as a small company, their impetus was not to raise capital, but to build and focus on the business on their own.
- Franklin Johnson asked if TCARE was looking at developing a decision matrix to help families decide who would be the best caregiver in a given situation. Ali outlined that TCARE is focused on providing the right resources at the right time and a place for each caregiver regardless of who is providing the care giving. They have certified social workers who help counsel the family through the challenges of caregiving. They also help family members understand if they are comfortable with a particular role and potentially transition a role to someone else if needed.
- Stephen explained his own experience and the roles in his family and the financial role that was given to him rather than some other family members.
- Cass Freedland asked if younger people are trying to tune into these issues so a family isn't in crisis later in life when a situation arises.
- Stephen explained that COVID helped change some of these discussions and some conversations are happening with younger adults.
- Franklin explained some of his own personal issues and which family members would take on different responsibilities before there is an immediate need.

Public comments

There were no public comments.

What is the biggest policy barrier you have faced in successfully achieving your organization's mission and what policy changes might overcome said barrier?

- Ali outlined that the healthcare system is good at taking care of the patients needs, but not the needs of caregivers.
- All of the guests expressed support for some sort of payment mechanisms for family caregiving. Tanya Stewart outlined that there are some value based care approaches that Medicare is taking that are still in an experimental phase.
- Stephen also expressed the need for a universal healthcare code/number/identifier for each patient. This type of singular code would help to alleviate many technical and processing issues.

3. **General Public Comment**
   There were no public comments.

4. **Communications and Announcements**
   - Larry Smith gave kudos to Meals on Wheels People for their program to teach older adults computer skills. Learn more about this program here: https://www.mowp.org/events/senior-planet-chromebook-essentials/.
   - Chuck Green outlined that as a member of the Rotary Club, he will be taking a tour of Tenney Creek Assisted Living and invited any commission members interested to join him. Contact him if you are interested.
   - Chuck also outlined that if anyone was interested in discussing a possible session for the Institute of Transportation Engineers conference in August 2023 on the transportation portion of the ARP Update project, please contact him. The abstract is due right before the next COA meeting.
   - Larry Smith also announced that the community Veterans Day parade will be on November 5, 2022 at 11 am. Following the parade, there is an open house at the artillery barracks. Additional information is available at these two sites:
     - https://www.thehistorictrust.org/lough-legacy-veterans-parade/
     - https://www.cityofvancouver.us/community/34th-annual-lough-legacy-veterans-parade

5. **Adjournment:** The meeting adjourned at 5:51 p.m.

The Clark County Commission on Aging provides leadership and creates community engagement in addressing the needs and opportunities of aging.