



CHIP Workgroup – Senior

June 11, 2021, 2-3pm

Meeting via Zoom Link

The CHIP partnership is an innovative collaboration between Jefferson Healthcare (JCH), Jefferson County, the City of Port Townsend, and Jefferson County Public Health (JCPH), devoted to identifying the most pressing health priorities for Jefferson County and activate efforts that will lead to improvements



Agenda

- Introductions & Any Relevant Roundtable Updates since 5/12 meeting - 5 minutes
- Foundation Setting - Susie Brandelius, O3A and SHIBA Advisor, Laura Cepoi/O3A Exec Dir
 - What resources are available for caregiver respite?
 - CHIP framework content at the intersection of ARA Funding/O3A Priorities?
- Review and Refine Framework Draft - 40 minutes
 - What to incorporate from O3A's presentation into Strategic Framework?
 - Metric source for progress on addressing social isolation - Laura Cepoi, O3A
 - [Review Senior Strategic Framework draft updated 6/10](#)
- Timeline for Completion of Strategic Framework - 5 minutes
- Next Steps- 5 Minutes

Note: CHIP's Senior Age-Band Workgroup-related meeting materials are posted at:

<https://www.behealthyjefferson.com/seniorworkgroup>



Welcome & Introductions



Foundation Setting

Insight from O3A



Jefferson County Caregiver Resources

Caregiving is a challenge. Many caregivers aren't aware help is available, how to find it and why it's so important.

Getting information, support, and services today is the best way to make sure you are there for your loved ones in the future.

Caregiving can be rewarding, but it also takes it's toll. Stress is the number one challenge facing many family caregivers caring for loved ones.

Help is available. Contact us. You are not alone.

Choose to take charge of your life.

Love, honor, and value yourself.

Seek, accept, and – at times – demand help.


Stand up and be counted.

Information & Assistance
Family Caregiver Support Services
P.O. Box 1644
Forks, WA 98331

915 Sheridan St. #202
Port Townsend, WA 98368

411 W. Washington
Sequim, WA 98382

5192016



Family Caregiver Support Program

Helping Family Caregivers

Information and Assistance
and
Olympic Area Agency on Aging

FAMILY CAREGIVERS

Many people caring for a loved one, friend, or neighbor don't think of themselves as caregivers. If you're helping an adult with tasks, such as preparing meals, personal care, errands, phone check-ins or doctor appointments, you are a caregiver.

The Family Caregiver Support Program* helps support unpaid caregivers of adults 18 and older. Staff can help you:

- Find local resources/services
- Find caregiver support groups and counseling
- Get training on specific caregiving topics or caregiver supplies and equipment
- Get respite care if you need a break
- Talk through specific issues you are having and offer practical information and caregiving suggestions

* Certain eligibility requirements may apply and services may vary from community to community.

HELP IS ON THE WAY!

Information & Assistance and the Olympic Area Agency on Aging recognize the crucial role unpaid caregivers play in helping older adults and adults with disabilities remain in their homes.

Family Caregiver Support Services can be reached by calling:

EAST CLALLAM COUNTY
Nancy McCarty
360-417-8559
800-801-0070

WEST CLALLAM & WEST JEFFERSON COUNTIES
Susie Brandelius
360-374-9496
1-888-571-6559

EAST JEFFERSON COUNTY
Jan Svien
360-344-3013
1-800-801-0050

Additional information and services can be located at:
www.o3a.org

The Olympic Area Agency on Aging (O3A) serves Clallam, Grays Harbor, Jefferson, and Pacific Counties through local Information & Assistance offices. O3A is an active part of a nationwide Aging Network, Area Agencies on Aging, which was created through the Older Americans Act to help local communities meet the needs of elders and adults with disabilities.

In the summer of 2009, Washington State's Family Caregiver Support Program introduced a new screening and assessment process to better tailor support and services to a family caregiver's unique needs.

The Tailored Caregiver Assessment and Referral (TCARE[®]) process was developed by nationally respected caregiving expert Rhonda Montgomery, Ph.D., and her colleagues at the University of Wisconsin.

The survey is designed as a screening tool to quickly provide you and the caregiver specialist with a better understanding of your current situation and the sources and level of your stress.

You can take the survey over the phone with a caregiver specialist recording your answers or download it off the internet and fill it in at home. Using the results of your survey, a caregiver specialist can then offer you tailored one-on-one consultation and support.

Find Information on the Internet
Helpful information and resources are available at:
www.altsa.dshs.wa.gov/caregiving

Find articles, booklets, tips, shortcuts, and information about services that can address your needs, questions, and challenges.



Jefferson County Caregiver Resources

- Family Caregiver Support Program
 - a Federal and State funded program
 - Covers those over 55 raising grandkids, relatives as parents, kinship and caregiver support
 - Capped at 32 hours a month, or 8 hours a week (not enough)
 - Income limits decides if/what is paid for the support (\$25-30/hr)
- Currently O3A's Port Townsend office has 18 people receiving respite care services for 32 hours/month, and 10 on the waiting list (for months)
- Not enough Workforce for the level of need. Paid \$13.69 minimum wage - some get up to \$17-18/hour

▪ **Action:** Add a strategy to address empathy exhaustion/lack of a respite system for caregivers. Pull in Laura/O3A for better understanding of resources available, where gaps are, how to better raise the profile, etc. Add content to framework that addresses outcome of that conversation.



Foundation Setting

How can CHIP support Caregiver Respite Solutions?

- What is at the intersection of
CHIP/ARA Funding/03A Priorities?



Strategic Framework

Review and Refine



Today's Framework Review Goals

- Whittle our Framework so noted actions toward established priorities are paired with realistic bandwidth expectations and spread between immediate-, mid-, and long-term timeframes.
- Get to 90% on the proper wording for the goal and objective; establish metric source/metrics; Assign ownership/leadership/accountability.

*It is all worthy
of time and resources.*

*Who or what
organization has the
bandwidth to move it
all forward?*



Strategic Results Framework – Draft page 1 of 4

Senior Age Band Workgroup - Strategic Framework Development - As of 6/10/2021

Goals:	Objectives:	Strategy:	Activities	Inputs
<i>What are the objectives, if completed, going to lead to? What measurable goals has the workgroup decided on to make sure that it meets the purpose of the group? These should be SMART goals.</i>	<i>How are we going to implement our workgroup goals? How are the deliverables from the strategy going to be maintained?</i>	<i>What types of things do we need to develop to help meet our objectives? What deliverables will we have after we perform the activities?</i>	<i>What steps need to happen to make sure that we can complete the strategy?</i>	<i>What do we need to make the activities happen?</i>
Goal 1:	Objective 1:	Strategy 1A	Activities	Inputs
Determine and address gaps in current system to support county seniors aging well. Develop and implement a plan that supports county seniors to maintain the highest functional level possible by 2023	Understand current environment for available services for Seniors	Strategy 1A: Create a resource map and make it available to Seniors Metric: Milestone goal completed by 6/2022	1A.1 Engage O3A, SHIBA, etc. to assess existing resource listings for county resources. Identify what can be leveraged and integrated with additional information into a more comprehensive listing. Coalesce information; create digital/web and print resources; distribute; determine who is responsible for resource maintenance and the update/redistribution schedule.	Identify individual to act as point of contact and coordination. Metrics: ?
	Objective 2:	Strategy 2A	Activities	Inputs
	Support existing plans that strengthen senior services	Strategy 2A: Improve access to social services through coalition building Metric: Decreased % of Elderly experiencing social isolation Data Source: BRFSS? Uof W? O3A?	2A.1 Who collaborates to define the steps/actions for this strategy? Can this group serve as a basis for on-going collaboration on Senior issues in our community? Assess gaps in social service connection and address. Support Elders maintaining engagement by retention of gate, strength, balance, and general mobility.	Identify individual to act as point of contact and coordination. Metrics: ??

[Link to 6/10 draft of Senior Strategic Framework](#)



Strategic Results Framework – Draft page 2 of 4

Senior Age Band Workgroup - Strategic Framework Development - As of 6/10/2021

Goals:	Objectives:	Strategy:	Activities	Inputs
<i>What are the objectives, if completed, going to lead to? What measurable goals has the workgroup decided on to make sure that it meets the purpose of the group? These should be SMART goals.</i>	<i>How are we going to implement our workgroup goals? How are the deliverables from the strategy going to be maintained?</i>	<i>What types of things do we need to develop to help met our objectives? What deliverables will we have after we perform the activities?</i>	<i>What steps need to happen to make sure that we can complete the strategy?</i>	<i>What do we need to make the activities happen?</i>
Goal 1 - Cont'd:	Objective 2 - Cont'd:	Strategy 2B	Activities	Inputs
<p>Determine and address gaps in current system to support county seniors aging well</p> <p>Develop and implement a plan that supports county seniors to maintain the highest functional level possible by 2023</p>	<p>Support existing plans that strengthen senior services</p>	<p>Strategy 2B: Ensure Senior Housing is addressed in county housing planning process and action plan</p> <p>Metric: Homeless rate among seniors</p> <p>Data Source: OAAA survey?</p>	<p>2B.1 Partner with existing agencies like the Affordable Housing committee to make sure the needs of Seniors are well represented.</p>	<p>Identify individual to act as point of contact and coordination.</p> <p>Metrics: ??</p>
		Strategy 2C	Activities	Inputs
		<p>Strategy 2C: Work with Jefferson Transit to improve Senior Transportation access where gaps exist.</p> <p>Metric: Senior ridership in JT</p> <p>Data Source: JT stats?</p> <p>Current State: ?</p>	<p>2C.1 Create Survey for Elders to define their transportation needs</p> <p>2C.2 Ensure Seniors are represented on Jefferson Transit Advisory Board.</p>	<p>Identify individual to act as point of contact and coordination.</p> <p>Metrics: ??</p>

[Link to 6/10 draft of Senior Strategic Framework](#)



Strategic Results Framework – Draft page 3 of 4

Senior Age Band Workgroup - Strategic Framework Development - As of 6/10/2021

Goals:	Objectives:	Strategy:	Activities	Inputs
<p><i>What are the objectives, if completed, going to lead to? What measurable goals has the workgroup decided on to make sure that it meets the purpose of the group? These should be SMART goals.</i></p>	<p><i>How are we going to implement our workgroup goals? How are the deliverables from the strategy going to be maintained?</i></p>	<p><i>What types of things do we need to develop to help meet our objectives? What deliverables will we have after we perform the activities?</i></p>	<p><i>What steps need to happen to make sure that we can complete the strategy?</i></p>	<p><i>What do we need to make the activities happen?</i></p>
Goal 1 - Cont'd:	Objective 2 - Cont'd:	Strategy 2D	Activities	Inputs
<p>Determine and address gaps in current system to support county seniors aging well Develop and implement a plan that supports county seniors to maintain the highest functional level possible by 2023</p>	<p>Support existing plans that strengthen senior services</p>	<p>Strategy 2D: Support WA state's Roadmap (name other plans?) to address dementia in Jefferson County</p> <p>Metric: 25 residents of Jefferson County have dementia care plan by 2023.</p> <p>Data Source: ?</p>	<p>2D.1 Review the WA state Dementia Roadmap to evaluate if the tools can be used in Jefferson County</p> <p>2D.2 Work with local agencies like OAAA and local dementia care facilities to implement Roadmap.</p>	<p>Identify individual to act as point of contact and coordination.</p> <p>Metrics: ??</p>
	Objective 3	Strategy 3A	Activities	Inputs
	<p>Develop new programs that strengthen senior services</p>	<p>Strategy 3A: Work with local care agencies like Jefferson Healthcare to develop Palliative Care Program</p> <p>Metric: Milestone Goal Program is in place by 2023</p> <p>Data Source: ?</p>	<p>3A.1 Members of this team to meet with Jefferson Healthcare Home Health Department to understand plan for Palliative Care model and provide support and integration with other agencies in the community.</p>	<p>Identify individual to act as point of contact and coordination.</p> <p>Metrics: ??</p>

[Link to 6/10 draft of Senior Strategic Framework](#)



Strategic Results Framework – Draft page 4 of 4

Senior Age Band Workgroup - Strategic Framework Development - As of 6/10/2021

Goals:	Objectives:	Strategy:	Activities	Inputs
<i>What are the objectives, if completed, going to lead to? What measurable goals has the workgroup decided on to make sure that it meets the purpose of the group? These should be SMART goals.</i>	<i>How are we going to implement our workgroup goals? How are the deliverables from the strategy going to be maintained?</i>	<i>What types of things do we need to develop to help met our objectives? What deliverables will we have after we perform the activities?</i>	<i>What steps need to happen to make sure that we can complete the strategy?</i>	<i>What do we need to make the activities happen?</i>
Goal 1 - Cont'd:	Objective 3 - Cont'd:	Strategy 3B	Activities	Inputs
Determine and address gaps in current system to support county seniors aging well Develop and implement a plan that supports county seniors to maintain the highest functional level possible by 2023	Develop new programs that strengthen senior services	<p>Strategy 3B: Work with SHIBA and local Law Enforcement to develop a Anti-Fraud Campaign for Seniors in this community.</p> <p>Metric: Milestone goal, campaign in place by 2023.</p> <p>Data Source: ?</p> <p>Current State: ?</p>	<p>3B.1 This team to work with SHIBA and local Law Enforcement to develop a campaign to raise awareness about fraud perpetrated on seniors over the internet and phone.</p> <p>3B.2 Provide printed materials in places that seniors frequent to help them avoid fraud.</p>	<p>Identify individual to act as point of contact and coordination.</p> <p>Metrics: ??</p>
		Strategy 3C	Activities	Inputs
		<p>Strategy 3C: Implement community risk reduction programs. <i>Can we get a better definition of what would be involved in this program</i></p> <p>Metric: Increased % of caregivers who are given respite</p> <p>Data Source: ?</p>	<p>3C.1 Who collaborates to define the steps/actions for this strategy? (03A...)</p>	<p>Identify individual to act as point of contact and coordination.</p> <p>Metrics: ??</p>

[Link to 6/10 draft of Senior Strategic Framework](#)



Discussion: Framework Completion Timeline

- Assure development and documentation of Senior Age-Band Strategic Framework action plan is completed by August for inclusion in the 2021 CHIP Update.
- Activity ownership assigned before August
- 2021 CHIP Update Presented to Joint Board for Approval
- Address any Joint Board Feedback and seek Final Approval
- Upon approval, CHIP begins to facilitate Age-Band Workgroups to execute Strategic Plan



Next Steps & Meeting



Next Steps? Next Meeting

- Next Steps/Agenda Items for Next Meeting?
- **Next Meeting: Wednesday, July 14, 1-2pm**



Thank You for all your hard work