December 9, 2020 Kansas State Plan on Aging Listening Session Transcript

1
00:00:16.349 --> 00:00:23.039
Good morning everyone and welcome to the state plan on aging, virtual listening tour.

2
00:00:23.039 --> 00:00:31.530
Before we start, I would like to go over some housekeeping notes. All participants are currently muted. If you are joining by phone.

3
00:00:31.530 --> 00:00:38.399
Only, and wish to follow along there is a PowerPoint presentation located on the website.

4
00:00:38.399 --> 00:00:44.880
kdads.ks.gov/2020-listening-tour

6
00:00:50.460 --> 00:00:56.460
Jeffrey Dunlop is our interpreter for today's session so if you need.

7
00:00:56.460 --> 00:01:00.479
His assistance please make sure to follow along with him.

8
00:01:01.649 --> 00:01:06.180
My name is Christina orton and I'm the aging services director for KDADS.

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00:01:06.180 --> 00:01:09.599
I would like to take a minute introduce Gabrielle Risley

10
00:01:09.599 --> 00:01:12.750
Who is our older Americans act Nutritionist

11
00:01:12.750 --> 00:01:18.719
And Cinthia Harris, who is the older Americans act and senior care act program manager.

12
00:01:18.719 --> 00:01:26.939
The listening session for the state plan on aging is conducted to gather your thoughts on services provided by KDADS.

13
00:01:26.939 --> 00:01:31.920
Older Americans Act, program referred to as OAA.

This event means a great deal for the state of Kansas, because it allows seniors to voice their needs and allow us in the aging network.

To develop goals to better serve older Kansans.

At KDADS, our mission here at is to protect Kansas.

Promote recovery and support self sufficiency.

We achieve our mission through major program areas, such as home and community based services.

Long term care behavioral health service.

Services state hospitals and.

Nutrition services, these programs provide a wide range of services, including, but not limited to aging services such as.

Aging and disability resource center so.

Older Americans Act, which is a senior care act.

Which is Medicare programs.

Which include a senior health insurance counseling for Kansas SHICK.
Senior Medicare patrol SMP.

Medicare improvements for patients and providers.

The client assessment referral.

And evaluation, which is the care and programs for all inclusive care for elderly known as PACE.

A little background on OAA, it was originally signed into law in 1965.

And established the aging network, which provides community social and nutrition services.

For older persons, and their caregivers since 1965, there have been many reauthorization of the acts.

Including the recent 2020 reauthorization, which is valid through 2024.

The Older Americans Act funds services that keep older adults, healthy and independent in their homes.

In accordance with the Older Americans act of 1965.

As amended KDADS as the designated state unit on aging.

Submits a state plan on aging, so the U. S. administration on aging every 4 years.
This plan describes the agency's vision and purpose, including the goals and strategies to achieve this vision.

Development of the plan is accomplished through interaction with, say Kansas, aging network.

The older Americans act, is the most comprehensive legislation composed of 7 titles.

By 7 titles, KDADS administers the grants for a title 3 and a title 7.

These grants are for state and community programs, such as supportive services.

Which include homemaker, attended care, transportation case, management and legal assistance.

Nutrition includes congregate and home delivered meals.

Nutrition education, disease, prevention and health promotion.

Includes evidence based health promotion and disease prevention programs.

And the family caregiver support includes respite counseling information.

Support groups and homemaker services.

Title 7 are grants for elder rights protections, such as long term care ombudsman program.
Prevention of elder abuse and neglect and exploitation.

51 00:05:36.809 --> 00:05:40.949 And state legal assistance, a development program.

52 00:05:46.319 --> 00:05:51.269 The purpose of our state plan on aging is to outline the primarily.

53 00:05:51.269 --> 00:05:56.639 Primary responsibilities of planning policy development administration.

54 00:05:56.639 --> 00:06:03.269 Coordination priority setting an evaluation of all state activities related to the.

55 00:06:03.269 --> 00:06:11.908 Objectives of the a Kansas aging network shall serve as an effective and visible.

56 00:06:11.908 --> 00:06:15.059 Advocate for older and individuals.

57 00:06:15.059 --> 00:06:18.718 By reviewing and commenting upon all state plans.

58 00:06:18.718 --> 00:06:22.858 Budgets and policies, which affect older individuals.

59 00:06:22.858 --> 00:06:29.249 And providing technical assistance to any agency organization Association.

60 00:06:29.249 --> 00:06:32.939 Or individual representing the needs of older, Kansans.

61 00:06:34.499 --> 00:06:42.689 The Kansas aging network shall also assure that preference will be given to providing services to older individuals.

62 00:06:42.689 --> 00:06:49.949 With the greatest economic need and older individuals with greatest social need.
With particular attention to low income.

Older individuals, including low income, minority, older individuals, older individuals with limited English proficiency.

And older individuals residing in rural areas.

To meet the needs of older Kansans KDADS administers programs throughout the state primarily through the local area agencies on aging.

Also known as Triple A’s, Kansas association of area agencies on Aging and disabilities.

Known as K4AD represents all 11 area agencies on aging.

That coordinate services, assess provide information.

Case management and numerous other services for seniors.

And all of the 105 counties in Kansas.

To learn more about services offered in your area, you can dial the aging and disability resource center at 1-855-200-2372.

The Older Americans Act plays an important role in the lives of older Kansans with services and programs provided through the 11 AAAs.

3 tribal organizations, 165 title 3 service providers.
And hundreds of invaluable volunteers.

In 2019, nearly 33,000 older were served through AAAs.

Through a Title 3 registered.

Services such as congregate meals, case management, personal care.

Home delivered meals and homemaker providers in Kansas provided more than 3.1 million meals.

40,000 rides and 100,000 hours of personal care to older Kansans.

The National family caregiver support program hosted more than 1,000 counseling and training events and served more than 13,000 family caregivers.

With more than 35,000 hours of respite care to provide much needed and relief.

Lastly, the Kansas long-term care ombudsman office provided more than 1,000 consultations to help.

Resolve complaints and issues on behalf of individuals residing in long-term care settings throughout.

Aging services has developed a survey to gather your feedback.
For our 2022 state plan on aging.

We encourage our partners and customers to share the flyer.

And survey linked with older, Kansas, and caregivers.

The survey will be open until the end of March 2021.

And your appreciate participation is greatly appreciated.

while this is the last listening session for 2020.

We are still welcoming written comments until April thirtieth of 2021.

These can be sent to KDADSOAASCA@ks.gov

Or, to the Kansas department for aging and disability services.

The attention of Christina orton, aging services director.

This is an opportunity to provide open ended feedback, comments and success stories regarding aging services in Kansas.

The purpose is not necessarily to answer questions, but to provide an opportunity for public comment and to assess for unmet needs for.

Of older, Kansas, as we move into the feedback portion of this session, we would like to go over a few housekeeping notes.
To provide comments, individuals with computer access, may raise their hand by going to the name.

Your name and the participation list and clicking on the little hand.

Individuals with computer access may also type your name and county of residents in the chat area.

We will address individuals join on the computer.

1st, allowing time for individuals on the phone to share towards the end.

If you are on the phone and would like to share, please feel free to press star 6 to unmute yourself.

To provide comments or feedback, please know that the state plan on aging is intended to address seniors, current and future needs related. Some older Americans.

Services your participation will be used to develop a upcoming 2022.

to a 2025 state plan on aging.

Please take this opportunity to share suggestions, needs comments and feedback.

About oaa, as well as.

Full or any aging services provided throughout Kansas.
Please consider the following questions.

What older Americans act services are working well?

Are there gaps in the and the old.

And other aging services, what is the most important for you to see in a program serving seniors.

What are barriers to services? Social isolation and loneliness are relevant.

And these issues have been exacerbated by COVID-19 pandemic.

How can aging network address? Social isolation and.

Loneliness so, at this time we will go ahead and open it up for feedback.

Any feedback does not necessarily have to be related to older Americans act that can be related to any of the programs within the aging community.
Or any needs that may be identified.

Success stories are also well, we like to provide success stories to the federal government.

To let them know, we appreciate the funds that they provide. And this is how we have been able to.

Make a difference or impact within Kansas.

Also, if you have any questions on what we went over or need clarification, please feel free to ask for that. We'd be happy to find any clarification needed.

I, I, uh, raise my hand this is my name is sherry, and I am on.

From the perspective of my parents started getting to the age where they're.

Really questionable to be independent living and I'd like to keep them in their home as long as possible and just.

You know, kind of navigating the system.

And understanding what services are available.

You know what they qualify for what they don't qualify for things like that. So, you know, I would just say.

You know, making information easily digestible or understandable.
Um, for those of us that are in that.

Situation, you know, a lot of times the.

You know, elderly parents aren't really able to interpret things by themselves.

And it's, you know, it's kind of frustrating, but I was, I jumped on to kind of learn, I guess, and hear what other people were saying. But that's what's on. My mind right now is just.

It's a little bit overwhelming, you know, trying to understand everything and, you know, sometimes, like my parents still alive is in another city.

So,

it's not misunderstanding what's available in my county,

but what's available in at county,

you know,

and sometimes the information isn't always consistently presented from county to county.

And so then you're on the phone call and versus.

Um, you know, something down on a website, so, to the degree that there could be some consistency on what is presented and how it's presented. Uh, that would be helpful.
And 1 of the things I'm kind of struggling with, too is like, um.

Sign of my parents up for.

Now, like the Medicare and the Medicare advantage versus rate, you know, things like that and then just understanding. Okay. Well, if.

Hearing AIDS aren't covered what are the options to do the hearing names at a discounted price? So that's my comments.

I appreciate that and if you would like to if.

If you have the PowerPoint and if you don't, it's located on the website.

Feel free to reach out to me and email me because I have staff they can actually probably help you with some of the Medicare. I do know open enrollment has ended.

As of the 7, but going forward that's definitely some questions that we can help you with. And I really appreciate the feedback.

Especially knowing.

That you are trying to take care of your parents, and it's hard for you to figure out figure out what services are available.

So that's valuable feedback. We really appreciate that.

Do you have any other comments or suggestions or feedback.
Hi, I have a question and I got I had trouble getting on so I don't know if you've already covered this, but I have mom that we had to recently move into.

Memory care, and where she lived before, we could see her every day and we were a part of her caregiving team since she's moved into this new facility.

We are blocked out now because of covid.

And she's having a really hard time understanding why that is that we have abandoned her because she doesn't really understand all this stuff. We've been.

In contact with the facility.

Almost daily via email, or we're, we're trying to do everything we can to.

See her as often as we can, but.

My big concern is we understand how that dangerous covid is, but I'm weighing my mom's mental health and.

Against her the chance that she will get folded.

You know, we, they talk about window visits, but you're talking about people who can't hear well, don't.

You can't open the window, so I, I don't see the advantage of her just seeing my face. I think it would be more.
Confusing so I would just like to see what is the plan for that and we don't.

Want this to be a contentious situation with the facility. I know they're trying to just do that what they can to keep it out, but.

There doesn't seem to be very much even this long down the line of creative ways to keep people attached, except for face timing. So, anyway, that's my comment. That's my question.

I appreciate that. I cannot you if you don't mind, can I ask your name?

Your 1st thing LeeAnn LeeAnn. Okay. Sorry if I miss that.

And unfortunately, we are in the code pandemic, which has created lots and lots of barriers.

I can, I do know that is not a particular area I'm as familiar with, although I have been involved a little bit.

But I can definitely if you don't mind.

Keep emailing me and give me a little feedback or information.

I can connect you with a couple of people that may be able to kind of.

Help with some of your concerns and I don't know if you have a pen or.
I do, I do my email address is Christina, so it's C. H. R. I. S. T. I. N.

00:21:50.249 --> 00:21:54.778
Dot O. R. T. O. N.

00:21:54.778 --> 00:21:59.608
To the number 2 at ks.gov (christina.orton2@ks.gov).

00:21:59.608 --> 00:22:04.078
And if you want to email.

00:22:04.078 --> 00:22:10.169
I can get you connected with some people that may be able to help at least express the concerns that you may have.

00:22:10.169 --> 00:22:15.269
I'm sorry, I missed at Kay. What.

00:22:15.269 --> 00:22:18.479
At K. S. dot Gov.

00:22:18.773 --> 00:22:28.644
Okay as done. Okay. Okay. I will shoot you an email and then you can direct me to whoever you think might help. I know.

00:22:28.644 --> 00:22:38.604
This is, I'm not alone in this and I know because if we were very fortunate that we were able to stay with her as long as we could through this but.

00:22:39.298 --> 00:22:44.729
It's very difficult when you get on to face time and.

00:22:44.729 --> 00:22:48.808
All she does just cry, because she doesn't understand why you're not there.

00:22:51.088 --> 00:22:57.479
Yeah, I can't imagine Rob. Yes, well, I appreciate the feat. The.

00:22:57.479 --> 00:23:00.689
I appreciate the comments and feedback.

There is a lot of people going through that, but that doesn't mean that we don't want to hear about it. So.

Thank you and I look forward to seeing that email from you.

Thank you there any.

Other comments or feedback or success stories.

Hi, hi, this is some boundary.

And I guess I kind of agree with both of these past speakers. I guess my biggest.

Concern is I and I've worked in the disability world for 5, 6 years. I'm retired now, but I still get a lot of people asking me.

Um, I have a sister in law is 65.

They just don't seem to be aware of the services that are out there and.

And they don't have a clue how to navigate them.

And I'm just wondering, how can we get that information out?

I like she says, I expected maybe that her doctor would say, oh, did you know this is available or something and refer her to.
The department on aging, but no, that does happen. How do we better educate.

People about these services.

That's a very good, very good question. And I'm glad that I have basically 3 of you pretty much saying the same thing.

So, that's something that, as a state we need to look at and try to implement it into our estate plan. Like, how can we better educate our community members of services available?

There are a ton of services available, but I will tell you I am. I.

Social worker, and so I know how to navigate systems, but I've worked with many many families that do not.

That is definitely the number 1 downfall throughout all programs and services.

In most state, I mean, Kansas and other states as well.

So, we will start looking at ways that we, as a state can implement.

And make sure that education is being provided to the community so that family members loved ones don't have to try to jump through all these hoops to try to figure things out. So.

That is definitely something that might seem. We'll look at putting into our new state plan on aging.
So, what we can do to educate the community.

But thank you for that and hopefully.

Hopefully, and then next year or 2, you guys will start seeing more.

Communication and education going out from the aging.

I see that I can chime in real quick.

I just wanted to say,

I really enjoyed your presentation,

and I'm really glad for the 3 folks that shared today as I am the older American nutrition dietitian,

I can focus on congregate meals at home,

delivered meals across the state.

Let's start familiar with meals on wheels.

I also participate in.

Some networking or create awareness for food and security among seniors and providing better access to food.
You're about the network with snack food stamps, applications, things like that.

Access to food, pantries and commodities so I just wanted to.

Provide a prompt if anyone has any comments on security access to healthy nutrition, magnification topics like that.

If you had any comments on that, that would be helpful as well. And then again, it was something. Somebody you had mentioned the, the struggles with cup and 19. this is a meeting for.

Long term goals and and feedback on the AG network and services that you obviously realize that we're still.

And again, and amendment emergencies, so we really appreciate your feedback on any major thing with that as well.

I know, um, my mother does receive meals on wheels and from what I can see that program is working pretty well, at least my observation. So, thank you for your efforts on that.

Thanks thanks, Eva.

I would also say, you know, and I don't really understand the financial impacts of this very well, but.

No, it seems like there's some financial.

Thresholds that drive eligibility.
And that there may be a pool of seniors that are slightly outside of that threshold. So, over the longer term really trying to evaluate are we capturing you know, are the ones that need services getting services and.

Do we need to advocate for adjusting thresholds at some point?

Services are available. That seemed a little bit hard to understand and I'll get with you Christine off line, but it just seems like.

There are, there would be some seniors that really could use some help that aren't eligible.

I know there's a limited pool from the state that.

You know, that would be my concern is, are there vulnerable seniors that aren't qualifying that.

You know, like going without hearing aids or.

You know, whatever the services are.

That's a very good point. Thank you for bringing that up.
Yes, it's.

That's what we kind of referred to.

We have some kind of hard to reach populations and I think a lot of them would fall into that category.

So that's definitely an area that we continue to strive to try to figure out. How can we reach that population? How the best for them. So.

Thank you for writing that.

Feedback and yes, please feel free to.

Email me any additional information, I would be glad to.

Look for that email.

I don't see anything on the chat, but is there any additional.

Feedback I see a raised hand from Martha.

Hello? Hi. Can you hear me? Yes. Okay. I tell me if I'm too loud. I am 66 year old.

Daughter caregiver of my parents.

And Alison, Kansas, I moved back here a year ago.
So, that's been a big shock for me to have these changes take place with virus.
And affecting my social life.
So, yes, I think it's great if you're doing some.
Um, support for caregivers, but my main thing, I'm, I want to praise the.
Kansas people that are helping my parents, I think my mother actually.
Learned about it, just word of mouth from some of her other senior friends. My mother's 87 years old. Now.
And my father is 84, they're both homebound basically.
And they are getting the help.
From, and I wish I, I knew Shelby's title for sure.
With the Northeast, Kansas.
Senior group very helpful and they have a great relationship. My mother feels like she can call her at any time too. If she has a concern.
And Shelby as great at checking up on her.
Um, my dad refuses to go through the evaluation to accept the help. He doesn't think he needs it.

00:32:34.858 --> 00:32:44.308
The home caregiver is not really doing anything personally for them other than cleaning.

00:32:44.308 --> 00:32:50.068
And little things like that, but I know that there's a lot more that the caregiver can do.

00:32:50.068 --> 00:32:53.638
And the price is reasonable, I think.

00:32:53.638 --> 00:33:01.618
For them, so I really appreciate that the caregiver my big concern.

00:33:01.618 --> 00:33:08.009
Gabriel is the amount of protein in the meals on wheels here in this county.

00:33:08.009 --> 00:33:11.308
We appreciate the service.

00:33:11.308 --> 00:33:15.449
3 dollars a meal is reasonable. That's for sure.

00:33:15.449 --> 00:33:18.989
Um, but with my dad being a diabetic.

00:33:18.989 --> 00:33:24.118
And my mother overweight, it's just, there's, they're higher in carbohydrates.

00:33:24.118 --> 00:33:30.538
Which I realize protein is more expensive. They're finally understanding they need more protein.

00:33:30.538 --> 00:33:36.058
Especially my diabetic father who's had a stroke.

00:33:36.058 --> 00:33:41.759
So, I just wanted to pass that on that. We are concerned about the amount of protein.

00:33:41.759 --> 00:33:45.509
And wishing there was a greater amount.

00:33:45.509 --> 00:33:48.719
In there I do communicate.

00:33:48.719 --> 00:33:55.798
Actually, with the those who handle the meals on wheels hearing, so.

00:33:55.798 --> 00:34:00.209
They understand too. Marcia WALTERS I believe it is.

00:34:01.558 --> 00:34:07.078
So, I just want to talk about that, pass that on because we talk about the meals on wheels a lot.

00:34:07.078 --> 00:34:15.809
Oh, they are very helpful, but I do have to really I'm 66 years old and I'm trying to take care of myself too. And then, and.

00:34:15.809 --> 00:34:23.489
I do a lot of cooking for them, too, on the side. So I really I just wanted to express my concern about the.

00:34:23.489 --> 00:34:28.139
The dietary balance, and the meals on wheels.

00:34:28.139 --> 00:34:32.039
And thank you for the service.

00:34:32.039 --> 00:34:36.449
But, yes, I agree that it'd be great if doctors were.

00:34:37.949 --> 00:34:43.739
Giving out this information to people when they see the could be a need.

00:34:43.739 --> 00:34:50.458
Maybe, they're just not informed, but I appreciate it. And I, thank you.
Well, thank you. We love to hear the care giving services is going. Well.

And that you're receiving the assistance from.

Northeast triple a.

And thank you, I'm sure we appreciate the feedback on the protein in the mills.

Um, and the.

Doctor's information that's definitely a good place to.

The spread communication for sure.

So, thank you for that.

Thank you

I really appreciate providing feedback.

On the meals, it's very valuable information.

Well, if we'll take 1 last call for any feedback comments questions, and if not, we'll go ahead and let everybody enjoy the rest of their day.
So kind of a final call for any questions, or feedback or success stories.

I don't see anything in the chat.

Okay, well, I appreciate all the feedback that all of you provided us today and I appreciate you taking the time to jump on and learn about services.

Throughout Kansas, obviously, if there's anything we can do to help any of you please feel free to reach out.

I have an awesome team within the aging.

Condition at Kate ads in they're all very knowledgeable and super helpful.

So, I'm sure if you send anything to us, we can get it answered or at least directed to the correct person.

And the, this has actually been recorded, so if you would like to review it, it'll be on the website later today. So you can re, listen to everything.

Um, as well as see it, listen to previous listening.

Um, sessions, that's all on the website. Understate plan.

Is is that correct? Gabrielle is and under state plan.

Yeah, I can get is that.
Place where it is.

It's actually under your exams, you go to the page.

But I think you shared the beginning.

I can I'll put the link in the chat, so.

And then also the survey monkey anybody and everybody, you can think of, we would love to have them Survey Monkey filled out.

And again, it goes until March, March, 30 if it's 2021. so there's a lot of questions directed to services as well as services needed.

And addresses mental health, but addresses.

I believe socialized that general, like caregiver and away services, the types of questions.

But I can let everybody go, thank you so much for joining. I really enjoyed today's session.

You guys have a wonderful day. Thank you. Save you happy.

Silence.