

Public Authority Press

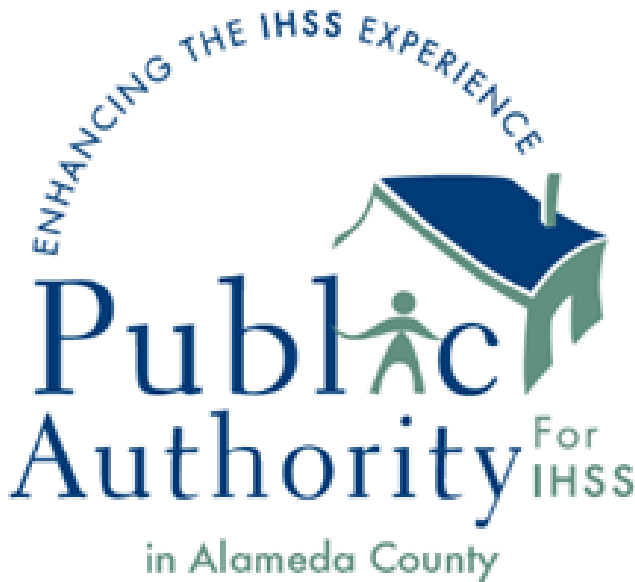
for Alameda County

Issue



Spring
2024

Advocate · Inform · Support



INSIDE THIS ISSUE

Message from Executive Director.....2

Health Benefits.....3

Training4

Registry & Recruitment.....6

Spotlight:
DayBreak Adult Care.....7

Advisory Committee & SEIU 2015.....8

Care Partners.....9

Spring Cleaning Tips.....10

Fall Prevention.....11

Announcements.....12

Older Americans Month13

Lobby Update & Contact Us...14

About Public Authority Press

The Public Authority Press is a tri-annual newsletter for the Alameda County Public Authority. This newsletter is a community resource intended to ensure that In-Home Supportive Services Recipients and Providers are well informed of events happening in the Public Authority and In-Home Supportive Services Program throughout the year.

A Message from the Executive Director

Welcome to the first edition of the Public Authority Press for 2024. Just in time for the onset of spring season, which brings us fresh air, warm sunlight, and longer days. It is the perfect time to set your sights on health, wellness, and active living after being cooped up in the house during those chilling winter months. Start off the season by spending time outdoors, ensuring healthy eating habits, being physically active, staying connected with family and friends, maintaining good sleep habits, and staying up to date on health appointments and vaccinations.

May is Older Americans Month, a time to recognize and honor the older adults within our communities. This year's theme, "Powered by Connection" is a reminder of how important it is to maintain healthy relationships and connections within our communities, such as spending quality time with family, and friends or spending time at neighborhood community centers.

[Alameda County Aging and Disability Resource Connection \(ADRC\)](#) is a great resource for identifying social activities, including volunteer opportunities within your community.

June 15th is Elder Abuse Awareness Day. The purpose of this day is to provide an opportunity for communities around the world to promote a better understanding of abuse, neglect, and exploitation of older persons and adults with disabilities by raising awareness and promoting resources and services that work to increase the safety of elders and improve offender accountability. It is estimated that 1 in 10 elderly Americans are abused annually. Elder abuse has no respect of person, it touches every race, sex, and economic class. There are several variations of abuse: physical, financial, psychological, sexual, neglect and self-neglect.

To learn more about adult or elder abuse or to report abuse, contact Adult Protective Services (APS) at 510.577.3500 or call toll free at 866.225.5277. All referrals are confidential.

Have a healthy and safe 2024!

-Nicole Hayes,
Public Authority Executive Director

Health Benefits

Attention: In-Home Supportive Services Providers!

Are you a currently covered member receiving health benefits administered by Alameda County Public Authority?

If so, remember that:

**DENTAL
OPEN ENROLLMENT
is due April 10th, 2024**

This is your yearly opportunity to select your desired Dental plan option.

Have you had any changes to your mailing address, phone number, or email address in the last year? Please call the Public Authority at [510-577-3551](tel:510-577-3551) to make those changes today!

Be on the lookout for your mailed Open Enrollment Packet and act on it promptly. No response is required if no changes are made.

Am I Eligible for Health Benefits?

Providers who are paid 80 or more hours per month are eligible for medical, dental, and vision benefits. The plan offers all three coverages together as one package, they are not available individually. *Spouses and dependents are not eligible.*

Don't wait, enroll today! **There is up to a 90-day waiting period that begins once we have received your enrollment form.** Call our Health Benefits Department at (510) 577-3551 to request an enrollment packet.

Premiums start as low as \$20/month for the HMO Dental plan and \$45/month for the PPO Dental plan.



 DELTA DENTAL

Medical Benefits

**Costs are subject to change, these are examples only*

- A personal doctor (primary care provider) office visit (\$10 co-pay), preventative care (no co-pay), X-rays and other diagnostic tests (no co-pay)
- HMO or PPO style plans, most preventative medical care and basic dental exams are free
- Vision services (including eye exams, glasses OR contact lenses)



April 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|------|------|-----|-----|-----|
| | 1 | 2 ★ | 3 ★ | 4 ★ | 5 ★ | 6 |
| | 8 | 9 ★ | 10 ★ | 11 | 12 | 13 |
| 14 | 15 | 16 ★ | 17 ★ | 18 | 19 | 20 |
| 21 | 22 | 23 ★ | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

Training Schedule

April 2nd

Maintain Your Brain

April 3rd

Navigating Medicare for LGBT Beneficiaries

April 4th

Maintain Your Brain (Spanish)

April 5th

Living with Alzheimer's (Spanish Part 1)

April 9th

Living with Alzheimer's (Spanish Part 2)

April 10th

Asian Network Pacific Home Care and Hospice (Cantonese)

April 16th

Advance Care Planning

April 17th

Living with Alzheimer's (Spanish Part 3)

April 23rd



**Use the QR code
to register
for classes!**

Did You Know?

Free trainings and workshops are available to both In-Home Supportive Services Recipients and Providers on topics related to health and homecare services. Trainings are also offered in other languages IN-PERSON and ONLINE.

Click [HERE](#) to register or call 510-577-3554.

Training Spotlight

Living with Alzheimer's

Living with Alzheimer's is a series of three presentations, offered in Spanish.

- Part 1 covers topics such as understanding the disease, brain stages, symptoms, as well as care and communication needs.
- Part 2 covers topics that address behavior changes, repetitive behaviors, medication, safety concerns, and supervision.
- Part 3 covers topics that relate to planning and finding assistance, care options, respite care, at home care, and adult day centers.

Instructor: Sandra Green, Family Care Specialist with Alzheimer's Association

Upcoming Trainings:

Tuesday, May 14th 2024

Emergency Preparedness

With California disasters like earthquakes and wildfires devastating lives and displacing families, effective preparedness training and prompt action can save your life and the lives of your loves ones. It is important that you know how to prepare for disasters. **Remote Training**

Instructor: Ron Halog, Emergency Preparedness Coordinator for Independent Living Resources of Solano & Contra Costa Counties

Alameda County Public Authority Registry

Are you looking for a meaningful job?

Consider becoming a Care Provider for the In-Home Supportive Services Provider Registry. We are always recruiting!

Help older adults and persons with disabilities who receive In-Home Supportive Services by pursuing a rewarding career as an in-home Care Provider.

Registry Providers:

- Provide care to aged, blind, and disabled individuals In-Home Supportive Services Recipients;
- Have flexible schedules;
- May be eligible for health care benefits;
- Receive free trainings;
- Receive a pay rate of \$19.05/hr (\$19.50/hr effective 4/1/2024).

Submit Your Application Today!

1) Mail:

Attn: PA Registry
6955 Foothill Blvd, Ste. 300
Oakland, CA 94605
OR

2) Email: RegistryApps@acgov.org

WHAT IS THE REGISTRY?

The Public Authority Registry connects In-Home Supportive Services Recipients with eligible Providers who can provide assistance in the home. Registry Specialists can help search for Providers who can best accommodate Recipient needs.

The information that you give the Registry Specialist(s) about your needs and preferences is essential in finding the best match for you. With this information, the Registry can generate a list of Providers who fit the desired criteria.



Find out more details on the [Registry Page](#) or call the Registry worker information line at 510-577-5694.

RESOURCE SPOTLIGHT

Services and Resources for Older Adults

The Alameda County Area Agency on Aging subcontracts with providers to deliver services for older adults, in order to provide our County residents with appropriate programs and services for older adults of all cultures, incomes, and regions. Programs include: [Food & Nutrition](#), [Legal Assistance](#), [Case Management](#) and [Ombudsman Services](#). One of these partnerships include Daybreak Adult Care.

Interview with Daybreak Adult Care **Roger Skillin, Operations Manager**

What is DayBreak Adult Care?

Located in Alameda County, DayBreak Adult Care is dedicated to expanding awareness, availability, and quality of adult community-based services through outreach and advocacy, community partnerships, and quality program development and support. We help seniors and adults with disabilities continue to stay at home by providing a welcoming community that fosters health and wellness and supports families and caregivers.

Can you describe your role and strengths within the organization?

As Operation Manager, I facilitate and support DayBreak's partnerships to create affordable programs of enriching activities for people living with dementia and meaningful "time-off" and learning opportunities for their family caregivers.

What resources are available to In-Home Supportive Services Recipients and Providers?

DayBreak offers free resources and support for caregivers. Services include caregiver support groups as well as support calls where caregivers can consult with our expert staff on issues related to caregiving. DayBreak offers educational webinars, case management, and care coordination.

What would you like to highlight about your organization?

DayBreak is a small but mighty team that provides services to our county's most vulnerable population of seniors. Case Management interventions are designed to meet the client where they are. Many of our clients are near the federal poverty line-making their income insufficient for covering basic needs and cost of living.

How can we find more information about DayBreak Adult Care?

Visit DayBreak's website at: www.daybreakac.org or reach out to us via phone at: 510-834-8314.

Public Authority: Advisory Committee

The Advisory Committee makes recommendations to improve In-Home Supportive Services and Public Authority services. The Advisory Committee is actively recruiting additional members.

Meetings are held quarterly at 1:30 pm on the first Thursday of the month.

If interested in becoming a member, please contact the Public Authority Department Secretary at phone number [510-577-1889](tel:510-577-1889) or check out our website for more information:

www.ac-pa4ihss.org



In-Home Supportive Services Provider Union: SEIU 2015

seiu 2015
California's Long Term Caregivers

Member Action Center

Have a question related to SEIU Local 2015?

Call 855-810-2015
Monday through Friday
Open 7AM to 7PM

SEIU Local 2015 is California's Long Term Care workers organization. Through the work of members, by building partnerships, innovation and education, SEIU Local 2015 long term care workers work to achieve quality jobs that deliver livable wages, retirement security, respect, and the right to a union for all.

The organization aims to ensure the accessibility of quality long term care for seniors and people with disabilities, and securing a quality life for our communities which includes access to affordable quality healthcare and housing, safe neighborhoods, educational opportunities, racial and environmental justice.



Who Are We?

Alameda County Care Partners offers free compassionate and culturally competent care to In-Home Supportive Services Care Providers and Recipients.

CARE PARTNERS TEAM CAN ASSIST YOU IN THE FOLLOWING:

1

Fall Prevention Services and Durable Medical Equipment requests

2

Linkages to community resources including Food Stamps

3

Starting conversations about your Healthcare Wishes

Call us at 510-577-3517
or
Care.Partners@acgov.org



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT



Spring Cleaning Tips

Welcome spring by giving your home a good deep clean!

Benefits of Spring Cleaning

Decluttering helps you free up space, decrease stress, and even relieve insomnia. It can rid of dust allergens and lighten the mental load. Removing clutter from your home also reduces your risk of tripping and falling.

Safety First!

To prevent injuries, do not try to move heavy objects or furniture on your own. It is important to stay safe while spring cleaning, especially if you have reduced strength or mobility issues. Enlist the help of friends and family to assist you with moving heavy objects.

Check your Medicine Cabinets

Check the expiration dates on all of your medications, both prescription and over the counter. If you find expired medications or medications you no longer need, properly dispose of them. Alameda County has several drop-off locations where residents can dispose of unwanted or expired medications. [Click here to find a drop-off site near you.](#)

| |
|--|
| <input type="checkbox"/> Mop kitchen and bathroom floors |
| <input type="checkbox"/> Clean bathroom |
| <input type="checkbox"/> Make bed |
| <input type="checkbox"/> Change bed linen |
| <input type="checkbox"/> Clean sinks |
| <input type="checkbox"/> Clean stovetop |
| <input type="checkbox"/> Clean oven |
| <input type="checkbox"/> Clean refrigerator |
| <input type="checkbox"/> Vacuum/sweep |
| <input type="checkbox"/> Wipe counter |
| <input type="checkbox"/> Dust |
| <input type="checkbox"/> Empty trash |

Did you Know?

In-Home Supportive Services will pay for basic authorized housework tasks. Please contact your assigned social worker for details.

In-Home Supportive Services will not pay for cleaning for other family members in the home, cleaning while the Recipient is hospitalized, cleaning supplies, or gardening.

You can use the checklist (left) as a starting point to help you begin your housework tasks.

Fall Prevention: Simple Tips to Prevent Falls

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider six simple fall prevention strategies.

- 1. Make an appointment with your health care provider:** Your provider may want to talk about your medications, any previous falls, and your health conditions.
- 2. Keep moving:** Gentle exercises, such as walking, improve strength, balance, coordination, and flexibility.
- 3. Wear sensible shoes:** Wear properly fitting, sturdy, flat shoes with non-skid soles. Sensible shoes may also reduce joint pain.
- 4. Remove home hazards:** Remove clutter from walkways and use non-slip mats in your bathtub or shower.
- 5. Light up your living space:** Keep your home brightly lit to avoid tripping on objects that are hard to see.
- 6. Use assistive devices:** A cane or walker may help to keep you steady. Your health care provider may refer you to an occupational therapist.

Falls are Preventable.



Speak up.



Keep moving.



Check your eyes.



Make your home safer.

Resources to Explore: [Mayo Clinic](#), [National Alliance for Caregiving](#), [Centers for Disease Control and Prevention](#)

Announcements

In-Home Supportive Services : Provider Wage Rate Increase

Effective April 1, 2024, the hourly wage rate for In-Home Supportive Services Providers will increase from \$19.05 to \$19.50.

In-Home Supportive Services : **Back-Up Provider Program System**

Attention IHSS Providers:

Are you interested in earning **\$21.55 per hour** and possibly qualify for overtime? If interested, call the Public Authority at (510) 577-5694 and enroll as an In-Home Supportive Services Back-up Provider.

Are You a Recipient that Urgently Needs a Provider?

The Back-Up Provider System program provides temporary In-Home Supportive Services or Waiver Personal Care Services from back-up Providers to eligible individuals who receive In-Home Supportive Services and Waive Personal Care Services because their regular providers are unavailable. If you are a Recipient and you need back-up supportive services related to personal care services that cannot be met by your existing Provider or because you (the Recipient) are transitioning from an institution into the community and you have not yet located a Provider, for information on this service please contact the Public Authority at 510-577-1980 and ask for Back-Up Provider System services.

May 2024: Older Americans Month

Every May, the nation observes Older Americans Month. The 2024 theme is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Connectedness plays a vital role in supporting independence and aging in place by combatting isolation, loneliness, and other issues. During Older Americans month, we want to give special focus on the below objectives:

Connecting older adults with local services that can help them overcome obstacles to achieving or maintaining meaningful relationships.

- * Transportation Services: [East Bay Paratransit](#) helps transport those with disabilities or health related conditions. Vans are equipped with wheelchair lifts.
- * Food Services: [Meals on Wheels of Alameda County](#) provides nutritious meals for homebound seniors. [J-SEI](#) helps older adults by delivering hot meals, in addition to providing wellness classes and hosting community events.

Promoting resources that help older adults engage, like community events, social clubs, and volunteer opportunities.

- * Social Clubs: [Bay Area Older Adults](#) is a group that offers communal hiking groups and day trips
- * Libraries: The Alameda County Library Fremont branch offers [free Tai Chi classes](#) for Adults and Seniors. Other offerings include journaling hours and volunteer opportunities.
- * Community Centers: Community centers located throughout the county may offer fitness facilities and communal events. Cities include, but are not limited to:

[Alameda](#)

[Berkeley](#)

[Castro Valley](#)

[Livermore](#)

[Oakland](#)

[San Leandro](#)



Update! : Adult and Aging Services Lobby

Important Notice:

Temporary Closure of Social Services Agency Waiting Rooms and Lobbies in Eastmont Mall, First Floor

The Social Services Agency's Eastmont offices and lobbies on the first floor, which includes the Adult and Aging Services Department, were impacted by recent flooding in the Eastmont Mall structure. First floor waiting rooms and lobbies are closed until further notice.

The In-Home Supportive Services Lobby is temporarily located on the second floor. Enter through Entrance E (facing McDonalds) and make a left.

In-Home Supportive Services Provider orientations are offered online.

Recipients can contact a live person at 510-577-1800

Providers can contact a live person at 510-577-1877

Business hours will remain the same: 8:30am—5:00pm

To share any suggestions on article topics or ideas for future Public Authority

Newsletter publications, please send an email to:
PAPress@acgov.org

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Registry

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510-577-1980

IHSS Provider:

510-577-5694

Website: <https://ac-pa4ihss.org/>

IHSS Payroll:

510-577-1877

APS Hotline:

510-577-3500

Senior Info & Assistance:

510-577-3530

Find My IHSS Social Worker:

510-577-1900