



# IHSS Advisory Board & Public Authority Newsletter



808 "E" Street, Eureka CA 95501 (707) 476-2100

## Olmstead: Community Integration for Everyone

### About Olmstead

The story of the Olmstead case begins with two women, Lois Curtis and Elaine Wilson, who had mental illness and developmental disabilities, and were voluntarily admitted to the psychiatric unit in the State-run Georgia Regional Hospital. Following the women's medical treatment there, mental health professionals stated that each was ready to move to a community-based program. However, the women remained confined in the institution, each for several years after the initial treatment was concluded. They filed suit under the Americans with Disabilities Act (ADA) for release from the hospital.



### The Decision

On June 22, 1999, the United States Supreme Court held in *Olmstead v. L.C.* that unjustified segregation of persons with disabilities constitutes discrimination in violation of Title II of the Americans with Disabilities Act. The Court held that public

entities must provide community-based services to persons with disabilities when (1) such services are appropriate; (2) the affected persons do not oppose community-based treatment; and (3) community-based services can be reasonably accommodated, taking into account the resources available to the public entity and the needs of others who are receiving disability services from the entity.

The Supreme Court explained that its holding "reflects two evident judgments." First, "institutional placement of persons who can handle and benefit from community settings perpetuates unwarranted assumptions that persons so isolated are incapable of or unworthy of participating in community life." Second, "confinement in an institution severely diminishes the everyday life activities of individuals, including family relations, social contacts, work options, economic independence, educational advancement, and cultural enrichment." ([http://www.ada.gov/olmstead/olmstead\\_about.htm](http://www.ada.gov/olmstead/olmstead_about.htm)).

## **IHSS and the Olmstead Decision**

In 2001, President Bush expanded the Olmstead decision to include all individuals with disabilities. Frail elderly people residing in nursing homes, children and adults with disabilities, and essentially anyone who was institutionalized who would be more appropriately placed in a less restrictive setting in their own community are now included under Olmstead.

In-Home Supportive Services (IHSS) is an important component in realizing the full implementation of the Olmstead decision. Originally designed to provide a source of income for family members who had to leave other employment to care for a disabled relative, IHSS today provides services to assist Medi-Cal eligible disabled individuals remain in their own residences. The scope of services range from paramedical services (for example, changing a catheter) to domestic and other services (assisting with shopping for food and preparation, feeding, house cleaning, and assisting a paraplegic or quadriplegic individual in transferring from bed to wheelchair). Recipients of IHSS services range in age from children to the elderly, although the majority of recipients are adults. Care Providers may be family members, friends or professional caregivers.



The IHSS Care Provider is a critical component of the program. Their work, day after day, with the individual recipient permits that individual to remain in their home and community and out of an institution. Individuals generally live longer, healthier lives when permitted to remain at home, and at substantially less cost than institutional care. Care Providers may work with individuals experiencing significant mental and physical problems, who may or may not be receptive to the assistance. Yet, the IHSS Care Provider is there, providing the services and help needed. To all of our IHSS Care Providers, "Thank You" for your dedication and caring!



## **Long-Term Care Ombudsman**

A Long-Term Care Ombudsman is a state-certified volunteer advocate trained to objectively solve problems and investigate complaints for residents of skilled nursing facilities (nursing homes) and residential care facilities for the elderly (also called board and care or assisted living facilities). The ombudsman makes regular visits to facilities to monitor the quality of care provided to the residents, inform residents of their rights and provide a voice for those unable to speak for themselves.

The ombudsman works closely with regulatory agencies and makes appropriate referrals to legal and community programs. Ombudsmen work to bring about changes at the local, state, and national levels to improve the quality of the lives of residents.

Long-term care ombudsmen also:

- Witness signing of Advance Health Care Directives for nursing facility residents.
- Investigate elder abuse and work closely with state licensing, law enforcement and Adult Protective Service.

The local long-term care ombudsman program is part of the Area 1 Agency on Aging and serves residents of long-term care facilities in Humboldt and Del Norte Counties. For more information, to report a concern or file a complaint, call (707) 269-1330 .



Area 1 Agency on Aging & The Ink People

### **Office locations and hours:**

Humboldt County	Del Norte County
434 7th Street,	1765 Northcrest Dr.
Eureka, CA 95501	Crescent City, Ca. 95531
(707) 442-3763	(707) 464-7876

Email: [a1aa@a1aa.org](mailto:a1aa@a1aa.org)

Website: [www.a1aa.org](http://www.a1aa.org)



### **Living Wills!**

I stood in the hospital emergency room with my mother, the ER doctor and the social worker. My mother and I had just brought my 91-year-old grandfather in a few hours earlier. The next few words spoken by the social worker jerked me back seven years to the night my father passed away. The same hospital, the same little group—my mom and I with two healthcare professionals—and the very same question, “Does he have a living will?”

I know the implications of these words were not lost on my mother, either. My dad was literally on his deathbed, having battled multiple myeloma cancer for the previous year and a half. He made his wishes about his end-of-life decisions known, but we could never actually face seeing them become real on paper. Somehow, those papers were never signed. However, I had slipped a copy into my back pocket earlier in the day, finally realizing that perhaps we would need to face the inevitable hours before his passing.

My mother came to a similar realization. She asked me if I knew where we could find a copy of the living will. I'll never forget the expression on her face when I produced the papers on the spot. To this day, I still do not know if it was horror or surprise. Most likely, it was a combination of the two. She signed as my father's power of attorney and, perhaps realizing the last piece was in place for his departure, my father passed away within the hour.

Thankfully, that night seven years later, my grandfather did not need the papers and we arranged to meet his attorney the next day.

I'd like to share the following list of information and documents you should have prepared to begin the process of ensuring that your loved one's wishes are represented. While you are at it, doesn't it

make sense to put together a Checklist for yourself, too?

Gary Barg, Editor-in-Chief

<http://www.caregiver.com/index.htm>



### ***Today's Caregiver Family Checklist***

The most loving gift a person can give to one's family is to put your affairs in order before a disaster or medical emergency. To assist in providing that gift, Today's Caregiver has compiled the following list. The information and documents you should have prepared:

- All bank accounts numbers, types of accounts and the location of banks.
- Insurance Company, policy number, beneficiary as stated on the policies and type of insurance (health, life, long term care, automobile, etc.).
- Deed and titles to ALL property.
- Loan/lien information, who holds them and if there are any death provisions.
- Social Security and Medicare numbers.
- Military history, affiliations and papers (including discharge papers).
- Up-to-date will in a safe place (inform family where the Will is located).

- Living Will or other Advanced Directive appropriate to your state of residence.
- Durable Power of Attorney.
- Instructions for funeral services and burial (if arrangements have been secured, name and location of funeral home.)

[http://www.caregiver.com/articles/caregiver/family\\_checklist.htm](http://www.caregiver.com/articles/caregiver/family_checklist.htm)

## **In-Home Supportive Services (IHSS) Program**

### **Teaching and Demonstration**

Teaching and Demonstration services may be authorized to allow your provider to teach you how to perform some of the IHSS services that you currently receive.

### **Eligible Services**

Your provider may be paid to show you how to perform the following services:

- Housework such as sweeping, vacuuming, washing and waxing your floors, washing your kitchen counters and sinks, and cleaning the bathroom.
- Preparing and cleaning up after meals.
- Washing and drying your laundry.
- Personal care services such as feeding, bathing, and dressing.
- Yard work for removal of high grass or weeds when they could cause a fire.

### **Important Information**

If you would like to find out if you are eligible to have your provider teach you

how to do some of the services you now receive, here are some things you need to know:

- Your provider must have the skills to be able to teach you how to perform the services.
- Teaching and Demonstration services can only be authorized for three (3) months.
- The goal of Teaching and Demonstration is to allow you to become more independent. This means that because you will need less help after your provider has finished teaching you how to do the services for which Teaching and Demonstration is approved, your IHSS hours may be reduced.

Contact your county IHSS office for more information on this service. Your social worker will determine whether this service can be approved for you: (707) 476-2100.



Did you know that College of the Redwoods offers classes in downtown Eureka? Six free non-credit classes for people with disabilities will be offered during the day at

the CR downtown site (Across from Picky, Picky, Picky):

- life management and career preparation
- community resources
- basic computer skills
- survival vocabulary and basic literacy
- social opportunities and
- functional money skills.

Each class meets twice weekly for approximately 1.5 hours per class.

For more information on the classes for people with disabilities, please contact CR's disabled students programs and services (DSPS) at 476-4280. The non-credit living skills classes are offered free and are designed to support the learning needs of people with disabilities and to help them learn everyday functional living skills. The non-credit classes for people with disabilities are open entry, meaning that students can enroll at any time during the semester. Students can enroll through CR's DSPS program, on WebAdvisor, or by attending class and completing a registration form in class.

### **In-Home Supportive Services (IHSS) Care Provider Registry**

**The IHSS Care Provider Registry offers a referral service:**

IHSS care providers and recipients benefit from Registry enrollment. To assist with the hiring process, recipients are referred the

names of Registry care providers to interview. To assist with the level of employment desired, Registry care providers' names are referred out to recipients.

#### **How matching, referrals and hiring occur:**

Registry staff conducts a matching process in a database that results in a list of providers' names being generated. The list of providers' names with contact information is mailed to the recipient who can then call the providers and set up individual interviews. The recipient is the employer responsible for hiring, supervising, signing time cards and if needed, firing a care provider.

#### **Provider enrollment requirements with the Registry:**

- Attend an IHSS Care Provider Orientation
- Complete the Registry Application
- Complete a Registry Interview
- Favorable reference checks
- Complete and "pass" LiveScan

The provider is notified in writing that they have been enrolled.

#### **Remaining active on the Registry:**

Enrolled providers are asked to contact the Registry anytime they are hired by a recipient or have a change in their contact information. They must also contact the Registry at least once each month to

confirm their work status (i.e. fully employed, need additional clients etc.) so that information in the database is kept current.

For further information about the IHSS Care Provider Registry visit the office or call here:

**808 “E” Street**

**Eureka CA**

**(707) 476-2144 or (707) 476-2180**

**Toll Free: (866) 527-8614**



When disaster strikes, often people react with increased anxiety, worry and anger. With support from community and family, most of us bounce back. However, “Some may need extra assistance to cope with unfolding events and uncertainties,” said U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) Administrator Pamela S. Hyde, J.D.

The Disaster Distress Helpline (DDH) is the first national hotline dedicated to providing year- round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 via telephone (1-800-985-5990) and SMS (text ‘TalkWithUs’ to 66746) to residents in the U.S. and its territories who are experiencing emotional distress related to natural or man-made disasters.

Callers and texters are connected to trained and caring professionals from the closest

crisis counseling center in the network. Helpline staff provides counseling and support, including information on common stress reactions and healthy coping, as well as referrals to local disaster-related resources for follow-up care and support.

Visit <http://disasterdistress.samhsa.gov> for additional information and resources related to disaster behavioral health.

**Disaster Distress Helpline: 1-800-985-5990**

- Toll-free
- Multilingual
- Available 24 hours a day, 7 days a week, year-round
- TTY for deaf and hearing impaired:
- 1-800-846-8517

**SMS: Text ‘TalkWithUs’ to 66746**

- Standard text messaging / data rates apply (according to each subscriber’s mobile provider plan)
- Available 24 hours a day, 7 days a week, year-round.



**IHSS Advisory Board  
Humboldt County**



**Dignity • Independence**

**Thank You!!!!**

Did you notice the picture above on this page? The IHSS-Advisory Board is

considering this as a new emblem to be used with letters, name tags, and other activities we are involved in. Looks unique and represents the IHSS Program in the Redwoods very well, yes?

On behalf of the IHSS Advisory Board, a big **“Thank You”** goes out to County staff for creating the emblem. The IHSS Advisory Board also wishes to give a **“Thank You”** to those who have contributed to putting our Newsletters together. The Public Authority Staff, Area 1 Agency on Aging Staff, Social Service Staff, Mailroom Staff, and members on them, and get them out to Recipients

of the IHSS Advisory Board contribute to the articles, fold the newsletter, place postage and Care Providers located in Humboldt County.

---

### **Want to Contribute?**

You can contribute to the next Newsletter by suggesting an article you have read or written, or you may suggest a topic involving Recipients or Care Providers. If you have an article you would like to share please send to [Charles.Bean@Yahoo.com](mailto:Charles.Bean@Yahoo.com) or Mail to: **Public Authority, 808 “E” Street, Eureka, CA 95501**. Your article and contact information will be due by June 20, 2014.

**The Public Authority  
County of Humboldt  
808 “E” Street  
Eureka, CA 95501**