



The Consumer Voice

Quarterly newsletter of CICA, the California In-Home Supportive Services Consumer Alliance

Second Quarter, 2015



Dear CICA Members, IHSS Providers, and Supporters:

Why do we always seem to be fighting!! I just heard that Governor Brown and his Administration will not support SB 3 (introduced by Senators Leno and Leyva). This bill would increase the minimum wage here in California.

(If you would like to know more about SB 3 (Leno & Leyva) visit [click here](#) – you can make a difference by writing your representatives)

How sad for our very worthy providers. Where IHSS is concerned it is always an uphill battle. That being said we must remain strong and knowledgeable about our issues so that we can educate our legislators and the general public on the advantages of IHSS and how it saves lives and money here in California.

This is a big year for BIRTHDAYS: This year marks the 50th Birthday of Medicare, the 80th Birthday of Social Security, and the 25th Birthday of the

ADA. Look for celebration events in your community and join in the fun.

CICA thanks all those County Advisory Boards who have renewed their memberships and paid their dues. If you have not done so yet we ask that you hop on board. If you are already a member or contemplating membership and would like a CICA presentation please let us know. One of our Executive Board members would be delighted to speak at one of your meetings.

Have a wonderful summer. Are there still those lazy, hazy, crazy days of summer?????

Best,

Janie

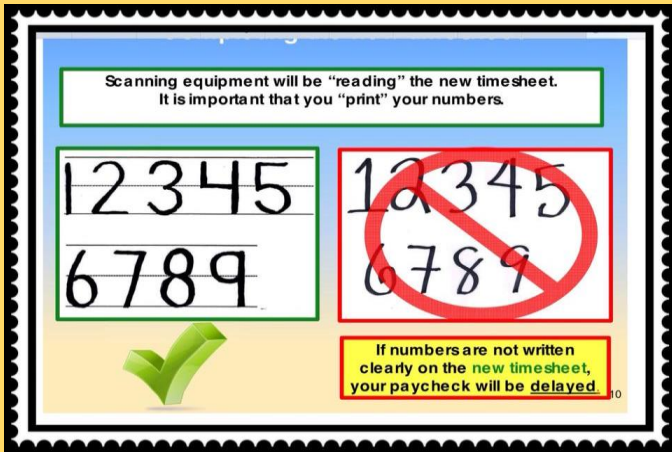
Janie

CICA Co-President

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Below is a helpful photo to assist in recording time on your timesheets – correct way to record numbers:

Thank you Rosita Whittaker for posting this on Facebook – let's work together to eliminating timesheet errors!



IHSS Provider Timesheet Training Materials - Effective July 2015

Greetings,

Pending the court decision on overtime for the In-Home Supportive Services (IHSS) program, the California Department of Social Services (CDSS) is pleased to announce the release of the supplemental IHSS timesheet training materials to include a PowerPoint presentation, a handout offering guidelines on how to complete the new timesheet that will be become effective July 1, 2015, and a sample timesheet. **These training materials are designed to augment the existing 2012 Provider Orientation DVD video.**

The attached documents (PowerPoint presentation, handout, and sample timesheet) will replace the timesheet section in the current orientation video. Please note the following timesheet changes:

1. Addition of the monthly authorized hours.
2. Removal of any language referencing the FLSA requirements.
3. Timesheet instructions will reflect the appropriate language requested by the IHSS recipient (i.e., English, Spanish, Chinese, or Armenian) rather than indicating the three IHSS state threshold languages on page 2 of the timesheet.

Additionally, CDSS will make these materials available on the CDSS website at

<http://www.cdss.ca.gov/agedblinddisabl ed/PG1788.htm>.

If you have any questions regarding these training materials, please contact IHSS-Training@dss.ca.gov.

Thank you for your continued partnership and collaboration.

Thanks,
Hafida Habek, Chief Adult Programs
Policy & Quality Assurance Branch
Adult Programs Division
CA Dept. of Social Services

The information provided in the links



above are intended to help prospective In-Home Supportive Service (IHSS) providers navigate the process.

The information provided in the link below is a curriculum intended to allow IHSS providers to voluntarily review documents and links to websites that can help them to provide consistency, accountability, and increased quality of care for IHSS consumers.

[Voluntary \(Optional\) Provider Training Curriculum](#)

[IHSS Timesheet Information](#)

[IHSS Timesheet PowerPoint](#), pdf

[IHSS Timesheet Provider Handout](#), pdf

[IHSS Timesheet Sample \(English\)](#), pdf

[IHSS Timesheet Sample \(Spanish\)](#), pdf

[IHSS Timesheet Sample \(Chinese\)](#), pdf

[IHSS Timesheet Sample \(Armenian\)](#), pdf

1st Annual CICA Advisory Board Summit – Sacramento – May 19, 2015

Overall the summit was a success! We learned a lot about the IHSS program and got many excellent suggestions for future summits.

The following links are the videos of the summit, material handed out and results of the survey returned by participants.

[Participants' Handout](#)

[Part 5 How to be an Effective Advisory Board Work with your Public Authority, by Charles Calavan](#)

[Spanish Part 5 How to be an Effective Advisory Board Work with your Public Authority, by Charles Calavan](#)

[CICA Summit Part 1 History & Mandates May 2015](#)

[CICA Summit Part 2 Mandates & Disability Rights California May 2015](#)



Deborah Doctor, Legislative Advocate, Disability Rights California

[CICA Summit Part 3 Disabilities Rights Calif & Panel Continued May 2015](#)

[CICA Summit Part 4 Disabilities Rights Calif & Panel May 2015](#)



Charles Calavan, Retired Public Authority, Alameda

[CICA Summit Part 5 How to be an Effect AB and Work with PA May 2015](#)

[CICA Summit Part 6 How to be an Effective AB & Working with your Legislator May 2015](#)



Gail Gronert, Special Asst. to Speaker Atkins

[CICA Summit Part 7 Working with your Legislator & Best Legislator Greeting Policies examples May 2015](#)



William Reed, Northern California CICA Vice President

[CICA Summit Part 8 Legislator Office Visits & Summit Wrap Up May 2015](#)

[Participant Survey Results about the Summit](#) - Let's note not everyone responded to the survey!

Future Summit Possibilities

It is hoped to hold future summits in the northern and southern regions of California. In order to do this help will be needed in the following areas:

- Securing a venue (site)
- Subjects to be presented
- Speakers to make presentations
- Lodging information
- Funding
- Miscellaneous administration
- Possible dates

We look for a member county to assist, or neighboring counties work together in the planning on what will meet your needs.

Email Charlie of interests and questions and will try and get working on this in the next couple months after you have spoken to your advisory board. My email: info@cicaihss.org

CICA County Advisory Board Membership Paid

Alamenda	Butte
Calaveras	Imperial
Lake	
Los Angeles (Personal Assistance Service Council)	
Marin	Orange
Riverside	Sacramento*
San Bernardino	Santa Clara*
San Diego	Stanislaus

*Contributed \$500 education/outreach

If you have not paid, please follow-up with your Public Authority – If you need a bill contact Charlie at info@cicaihss.org

Membership

The California In-Home Supportive Services Consumer Alliance (CICA) is a statewide coalition of IHSS Advisory Committee and Governing Board members representing the consumer viewpoint on all IHSS issues at the local, state and federal levels. This coalition works closely with IHSS providers in the representation of consumer issues and is the first of its kind in the state.

The purpose of the organization is to provide statewide support and communication relative to IHSS program issues to Advisory Committee and Governing Board members, training materials, updates on legislation and regulations and a networking opportunity for advancing and supporting the

mandates of the IHSS program and continuing to make the voice of the consumer heard and recognized.

CICA is a membership organization with dues paid on an annual basis. Specific member benefits include:

- Network with fellow members and get ideas and information on improving your IHSS program, your Public Authority and your Advisory Committee or Governing Board.
- Plan and attend regional trainings.
- Participate in a monthly CICA conference call.
- Receive current information on IHSS issues at the state and federal levels.
- Receive information and guidelines on holding regional conferences and meetings.
- CICA website access.
- Opportunity to develop CICA, its vision and programs.
- Printable [CICA Brochure](#) April, 2014.

Dues Payment Schedule

Dues are:

Advisory Committees: \$500

Organizations: \$250

Professional Individual: \$50

Family: \$25

Individual: \$10

Please know that all membership dues are used to help CICA continue to be a vibrant and active vehicle for IHSS recipients, and now others, to be heard in Sacramento.

Make check payable to: CICA

Mail checks to: CICA

735 P Street, C4
Eureka, CA 95501

Study: Family caregivers provide \$470B in unpaid services

Author: Benjamin F Mitchell, USA TODAY published: July 17, 2015

A study released Thursday by AARP says that family caregivers in the United States provided an estimated \$470 billion in unpaid services and care to their loved ones in 2013 — more than total Medicaid spending in the same year.

The study from AARP's Public Policy Institute found that in 2013 there were 40 million family caregivers in the United States providing an average of 18 hours of care per week. Forty-six percent of those workers provide complex care activities, such as wound care, managing medications, giving injections and operating medical equipment.

For Nora Manuele of White Plains, N.Y., taking care of her parents quickly forced her to become an "amateur doctor,"

watching her mother for pressure wounds and researching on her own the compatibility and side effects of all of her mother's different medications.

"It's hard to find help and advice," she said, citing difficulties navigating the complex health care landscape. "But I keep plugging along. You become a jack of all trades — taking care of the house, the finances, the yard, the dog, and the medical decisions. You have to do everything."

The study found that 60% of all family caregivers are juggling a job and providing care, and that one in five workers leave the workforce earlier than they had planned in order to take care of a loved one — losing on average of \$300,000 in income and benefits over their lifetimes.

According to Susan Reinhard, director of public policy for AARP and co-author of the study, longer lifespans and a trend toward smaller families are putting family caregivers in shorter supply. By 2030, the ratio of caregivers to those in need of care will be at 4-to-1, down from its peak of 7-to-1 in 2010.

"Family caregiving has become more complex, more costly and more stressful than ever before," Reinhard said.

The study is a meta-analysis of 11 U.S. based surveys of family caregivers from 2009 to 2014.

<http://www.usatoday.com/story/money/2015/07/16/study-caregivers-provide-470-billion-unpaid/30196423/>

Next Statewide call is Wednesday, August 19th, 10 a.m. to 11 a.m.

If you have a particular topic for future calls you would like to hear about, email them to info@cicaihss.org.

If you have a recommended speaker for the topic share how they can be contacted!

Thank you,

Charlie Bean

