

Mayor's Council on African American Elders

C/O – Aging and Disability Services, Seattle-King County
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March 15, 2019

Members Present – Brenda Charles-Edwards, Claudette Thomas; Cynthia Winters
Excused – Benjamin Abe; Tricia Diamond; Ina Howell; Paul Mitchell; Dr. Brenda Jackson; Mattie Taplin (Emeritus)
Guests – Margaret Boddie, AAEP Program Manager; Barbara Womack, AAEP Vol. Nurse
ADS Staff – Cathy Knight, ADS Director, Karen Winston

I. Mayor's Office Update – Item tabled for the April 19 meeting.

II. Input on the ADS Area Plan

Aging and Disability Services (ADS) planner, Karen Winston provided an overview of the Area Plan. The plan is four-year document that is required by the DSHS State Unit on Aging. The content of the plan includes a profile of older people and adults with disabilities in King County; a profile of issues and needs - including goals and objectives to address the needs; and budget and staffing information. The plan is updated every two years, however, 2019 is the planning year for the next Area Plan 2020-2023. During first quarter, ADS is conducting community engagement. MCAAE members were asked to provide input regarding the needs of older African Americans that they are seeing in community. Following are the concerns identified.

- In-home care for more frail older adults, including doctor in-home visits for homebound, especially after a hospitalization
- Directory of in-home care providers (including all health-related services and mobile services)
- Check-in services for isolated homebound; Needs funding to get them connected to services
- Transportation tailored to special health issues (e.g., incontinence, etc.)
- Vouchers are needed for flexible transportation (e.g., Uber discounts)
- Resources to help people with cognitive issues to help them access services
- More volunteer transportation options are needed, (e.g., more incentives)
- Create services to help people remember appointments
- Community guides to help people navigate services and community sites
- Need trainings for providers to understand the older African American clients to increase sensitivity and to better serve them
- Need more oral health services, e.g., free clinics/mobile dental clinics provided by students
- Need to offer free nail (cutting) services

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- Need more adult day options besides those offered by Full Life Care
- The AAEP has seen an increase in clients who are old and very old (e.g. 80 and older)

III. African American Elders Program

AAEP program manager, Margaret Boddie provided information about the program and a profile of clients served. The AAEP provides case management services and caregiver support. The goal is to coordinate services that allow frail elders to remain in their own homes for as long as possible and avoid premature institutionalization.

- African Americans are living longer, but not better.
- Most have multiple chronic conditions such as hypertension (95%), heart disease (75%), diabetes (75%), arthritis (50%), chronic kidney disease (40%) and dementia (40%).
- Several clients are impacted by gentrification.
- Many lacks family support. Margaret shared a story of a client referred to the program who had complex needs and was in dire need of services and support.
- The majority of AAEP clients are in their 80s & 90s (70%); they are in/out of the hospital a lot; and are non-compliant with medications.

Margaret highlighted how the AAEP needs a nurse staff position. Many AAEP clients are frail and live alone. A nurse could provide the support that's needed for medication management/compliance. The program had a nurse for 12 years before they loss funding for the position. Losing the position created a big impact on the program and their ability to serve frail clients. MCAAE agreed to advocate for the program and will develop an advocacy letter to City and County Councils.

IV. Committee Assignments - Tabled

V. ADS Director's Report

Cathy began by thanking Cynthia for participating in Senior Lobby Day in February. She reported on how the outcome for the biggest issue, property tax legislation, was a disappointment. The proposed legislation would not take effect until 2022. Revenue for competing needs is the issue. The revenue forecast is expected on March 21.

Cathy recently attended a policy meeting in Washington, D.C. to look at federal issues. She reported that the Older Americans Act (OAA) is up for reauthorization. Cathy asked MCAAE members to submit a letter to elected encouraging reauthorization of the OAA. She also encouraged members to participate in visits to legislators while they are home on spring break.

VI. April Meeting Agenda

- Mayor's Office follow-up items
- Committee Assignments
- Speaking of Dying Screening
- Partnering with NAAM

The meeting was adjourned at 3:30 p.m. The next meeting is scheduled for Friday, April 19.