



AGING & INDEPENDENCE SERVICES (AIS) OVERVIEW

*County of San Diego Health and Human Services Agency
Aging & Independence Services*





LIVE WELL
SAN DIEGO

Building
Better
Health

Living
Safely

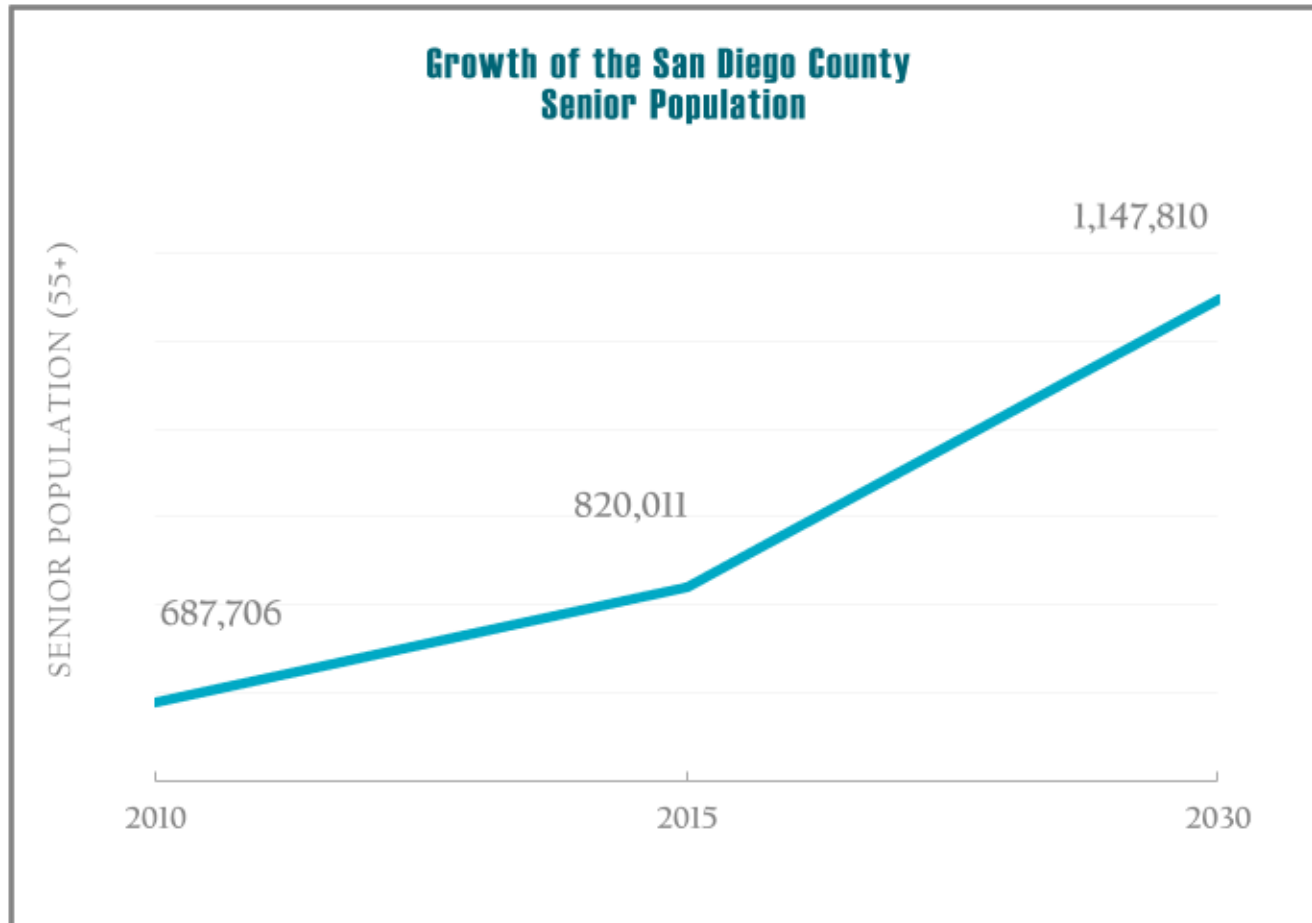
Thriving

Health and Human Services Agency (HHSA)
Aging & Independence Services (AIS)

GROWTH OF THE OLDER ADULT POPULATION



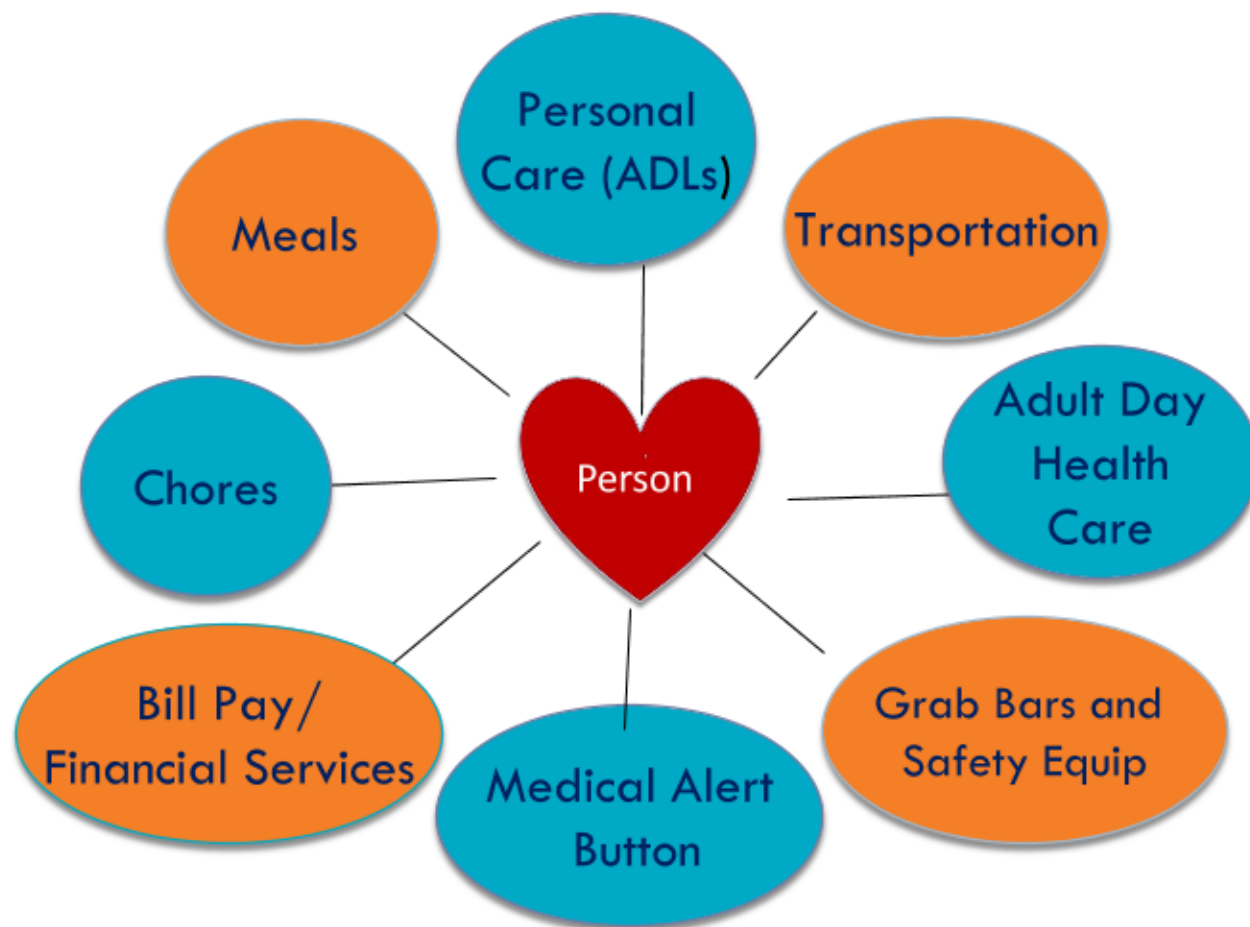
LIVE WELL
SAN DIEGO



MORE SUPPORTS NEEDED WITH A GROWING OLDER ADULT POPULATION



LIVE WELL
SAN DIEGO





Aging & Independence Services (AIS) Call Center: **1-800-339-4661**

- The place to start for information and assistance
- Referral to community services
- 24-hour reporting line for abuse



PROGRAMS AND SERVICES



LIVE WELL
SAN DIEGO



Independence

Call Center

Dependence

Info and Assistance
Volunteer Programs
Health Promotion
Outreach and Education

Senior Dining
Home-Delivered Meals

Case Management
Caregiver Support

IHSS

APS
Ombudsman
Project Care

Intergenerational



Adult Protective Services

- Serves adults 65 and older and dependent adults 18 and older, who are harmed, or threatened with harm.
- Investigates elder and dependent adult abuse:

Physical/Sexual

Mental
Suffering

Neglect/Self-
Neglect

Financial

Abandonment

Isolation

PROGRAMS TO PROTECT VULNERABLE RESIDENTS



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SAN DIEGO

- Choose Well: www.choosewellsandiego.org
 - Web-based tool to compare features of assisted living facilities
 - Voluntary rating system
- Long-Term Care Ombudsman
 - Advocates for residents of nursing and assisted living facilities



Choose Well

Helping Families Find Distinguished Assisted Living Facilities





Assess:

- Ability to complete daily tasks
- Home Environment
- Caregiver needs
- **Client Priorities & Goals**



Care Plan:

- Meals
- Transportation
- Home care

Outcomes:

Meet client goals
Reduce caregiver burden
Improve stability in home

CASE MANAGEMENT PROGRAMS



LIVE WELL
SAN DIEGO

- Linkages (18-64 years of age); 120 Clients
- Multi-Purpose Senior Services Program (MSSP) (65 years usually Medi-Medi), 550 Client Slots
- Senior Options, Advocacy, & Referrals (SOAR) (60 years of age); 200 Clients
- SD VISA Veterans - 30 Clients



IN-HOME SUPPORTIVE SERVICES (IHSS)



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SAN DIEGO

- Over 29,000 recipients
- Goal: remain safely at home and avoid moving to a facility
- Participants in the program must be Medi-Cal eligible



CAREGIVER SUPPORT



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- Southern Caregiver Resource Center with Family Caregiver Support Programs
- Veterans Legacy Corps Respite Care Program
- Grandparents Raising Grandchildren & Kinship Support Programs



Nutrition Programs

- Senior nutrition/dining centers
- Home-delivered meals
- Individuals 60 and older
- Total served = over one million meals annually



PROGRAMS FOR CLIENT SAFETY



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Community Support

Project CARE

(Community Action to Reach Elderly)

www.projectcaresd.org



Cool Zones

www.coolzones.org



HEALTH AND FITNESS



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SAN DIEGO

- Tai Chi: Moving for Better Balance
- Feeling Fit Club: 30+ sites, on TV
- Healthier Living
- Fall prevention

For schedules:

www.HealthierLivingSD.org





Staying Engaged...

- Intergenerational Programs
 - IG Gardens
 - Safe Routes to School (SRTS)
- San Pasqual Academy – Resident Grandparents to Foster Youth
- Retired and Senior Volunteer Program 55+ (RSVP)
- Senior Volunteers in Action (SVA) 50+





Training and Community Presentations

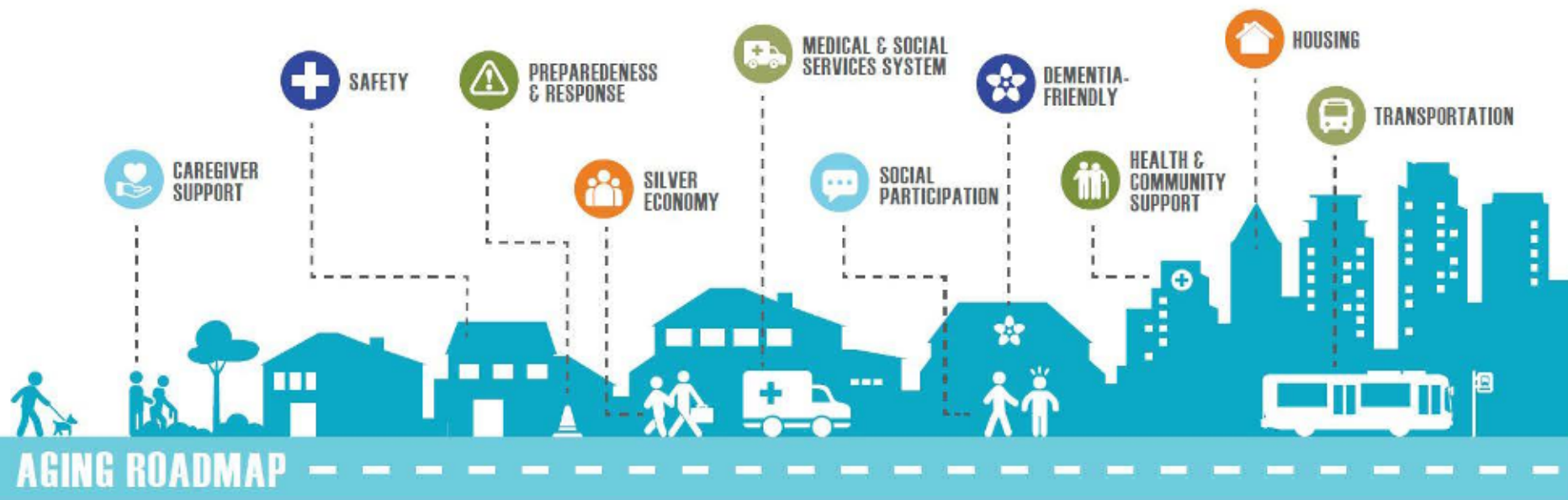
- Elder and dependent adult Abuse
- “Don’t Get Hooked”- Fraud/Scam prevention and resources
- Overview of community resources
- Mental health and substance abuse
- Advance health care directives



AGING ROADMAP



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SAN DIEGO



JOIN OUR EFFORTS



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SAN DIEGO

- Age Well Theme Teams
- AIS Advisory Council
- Fall Prevention Task Force
- Health Promotion Committee
- Caregiver Coalition
- Community Action Networks





- AIS monthly newsletter
- Gov Delivery emails

www.Aging.SanDiegoCounty.gov

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AGING & independence

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY
AGING & INDEPENDENCE SERVICES

A Voyage Cut Short by the Flu

By Wilma J. Wooten, M.D., M.P.H.
Public Health Officer and Director, Public Health Services

Richard "Rich" Goben was most at home on the water. Sailing was his passion and he crafted an impressive and rewarding career that spanned nearly four decades. Rich taught sailing while attending the University of California, San Diego and participated in the 1983 America's Cup. He ran classic sail and passenger vessels for many years, was a Merchant Marine Captain licensed by the U.S. Coast Guard, and served as port captain for Hornblower Cruises for 25 years. In 1998, Captain Rich became the Master of the Star of India, the oldest active sailing ship in the world. He served as the Star's captain until her last sail in 2013. Rich also served on numerous safety committees and earned several awards.

Rich even met his wife, Carolyn, while on the water working for Invader Cruises, a harbor and dinner cruise company. The couple got married in 1987 and spent the next two and a half decades enjoying adventures together at sea, as well as on dry land. They settled in the quiet community of Descanso, and enjoyed outdoor activities, such as camping with friends. Rich was an avid birder and a skilled musician. Carolyn notes, "He played anything with a string. His favorite was a guitar that he made."



Captain Rich Goben at the Helm.

But, in December of 2015, at the age of 62, Rich took to the helm for the very last time. A severe strain of the flu had been going around. First Carolyn became sick, but her illness was relatively mild, likely due in part to the flu vaccine that she had received earlier in the season. Rich, however, wasn't so lucky. Just a few days before Christmas, he became extremely ill. His fever hit 103 and he had severe coughing. Carolyn asked if Rich wanted to go into urgent care. "He immediately got up. I knew he was feeling bad."

Carolyn took Rich to urgent care the day after Christmas. The doctor was alarmed to find that his oxygen saturation was in the 70s. He was put on oxygen and they called an ambulance. Doctors determined that Rich's flu had turned into double lung pneumonia. Unfortunately, Rich had not received the flu vaccine that year.

The next month was a nightmare. Rich was moved to the hospital's intensive care unit. His condition continued to deteriorate and he was put on a respirator along with a special machine that constantly rotated him from side to side so that his lungs could better absorb oxygen. Rich's condition declined further, and he required

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LIVELWELLSO.ORG

WHEN YOU DON'T KNOW WHERE TO TURN, TURN TO US!



LIVE WELL
SAN DIEGO

- We serve all older adults, from those who are completely independent to those requiring more assistance
- Our programs support healthy aging, safety, and independence
- We are here for you and your loved ones!
- **AIS Call Center: 1-800-339-4661**

