

**Aging in Place Task Force
Community & Health Services Working Group Meeting –
3/23/22
Meeting Minutes**

In attendance: Sue Schuldeis, Katie Wendel, Lt. Keith Spencer, Matt Day, Kim Moon, Becca Cheezum, Guests: Paul Webb, Fire Marshall Shawn Lambouris,

Start at 630pm - approve minutes from last mtg- no corrections

Read Envision Statement:

We envision a Royal Oak that promotes a successful health and meaningful life by acknowledging the diverse health related needs of residents in the Royal Oak community.

We envision a Royal Oak that provides access to community resources, tools for a healthy lifestyle, and support for individuals aging in place.

Guest speaker - Paul Webb - chair of transportation workgroup, is an OT, has home health experience

myride2: <https://www.myride2.com/>

From Area Agency on Aging 1B, type in zip code and transport preference - door to door, etc.

Can get info on SMART, regional transit, other agencies and companies that can help with transportation (Jewish Community Center, etc).

Can sign up for free Travel Training classes - will walk you through all aspects of local travel planning

SMART: <https://www.smartbus.org/>

Connector - curb-to-curb small bus service, must make appointment-6 business days for medical appointment 2 days for other types of transport

Flex program: <https://www.smartbus.org/About/News/smart-flex>

Pilot in Troy, Clawson, Auburn Hills, Pontiac and Dearborn.

Similar to Uber/Lyft- 7d/week service, door to door transit, if you have mobility issues, drivers cannot help you down the stairs, we should suggest that Royal Oak participate in the pilot

GoGo Grandparent: <https://gogograndparent.com/>

Uber/Lyft over the phone without an app, also food delivery and chores, pickup at door, can send notifications to family w/pickup/dropoff

Uber/Lyft: have customer service lines so you don't need an app

Non emergency medical transport - mostly pay out of pocket, some insurance coverage, car/minivan, wheelchair van

Home Healthcare - visiting docs, IVPS (<https://www.ivpspc.com/>) Visiting Physicians Association (<https://www.visitingphysicians.com/>) both service RO, new - Ascend Medical (<https://ascendmedical.com/>) not just for seniors,

Services - nursing, OT, PT, speech therapy, medical social work, covered by insurance, must be homebound - walker/cane/wheelchair, leaving house is hard - confusion, on O2, etc, any doc can write a HHC order, visits about 1h, not same as private duty care- longer visits not usually covered by insurance, Beaumont and Henry Ford have their own services

Do RO seniors know about these services? Need to raise awareness. People are aware of the senior service shuttle, some people know about SMART connectors.

Cost as a transport barrier - SMART's biggest fare is \$4. Non-emergency medical transport - Ready Ride (<http://readyridegr.com/>) - can be costly. GoGo Grandparent - monthly membership fee+ 27 cents/min. Can be hard to set up a trip for multiple destinations

Oakstreet Health - offers transportation, probably just to office. Uber Health - set up by doc office.

Guest speaker - Fire Marshall Shawn Lambouris - emergency response for seniors - heat waves, floods, blizzards, ice storms, power outages, etc.

How can seniors prepare for emergencies? Have food on hand, flashlight w/good batteries, smoke detectors w/backup batteries

Senior apartments - can't do annual inspections, need more fire inspectors to check sprinkler systems, alarms/smoke detectors, check exit signs, emergency lights, make sure exit doors are free of obstructions, wheelchairs will fit through, safe, clean, easy to exit - takes disabled/elderly longer to get out of buildings.

911 gets lots of ph calls from elderly/disabled due to falls

Need - more fire inspectors and a consistent 3rd ambulance, cut back to 2 ambulances in 2008, only have 3 ambulances infrequently, need assist from surrounding communities - Ferndale, Madison Hts, Birmingham

Ambulances are at the fire stations downtown on 6th street and at 13 and Woodward. The fire station at Rochester and 13 usually doesn't have an ambulance.

Use of the library and senior centers as warming/cooling centers, depends on scope of event, city manager will speak to fire chief, overall Oakland County emergency prep

plan, coordinate w/Oakland County Emergency Management System, city emergency ops plan, every dept. has a part in the plan

ROSES: <https://www.romi.gov/387/Royal-Oak-Senior-Essential-Services-ROSE>

Must be a RO resident and low income to qualify, worker reaches out to senior, can get a ride if temporarily disabled, people don't know about resources, need more communication to get people to sign up to do tasks, frame it as community service, match people by geographic area

What to do about people that are just above the income level for ROSES, finding contractors for any work is very difficult right now, age requirements for contractors - must be at least 18

Work w/churches - Becca is working w/Sarah in engagement group, large task

Dementia Friends: <https://dementiafriendsusa.org/>

Free training for everyday people who interact w/the public, next workshops are 4/18, 6/9, 9/15, virtual, 60-90 min workshop, learn skills, dispel dementia myths, specific communication ideas, provide a statement instead of a question, visual cues for words, reading can be difficult, takes longer to process information, don't ask lots of questions. Recommend city host training.

Need recommendations to give to the city- short term - 3 to 6 months
Now is a good time, city is getting funding from CARES act, ARPA funds, etc.

Playing Cards - events at senior center, get seniors in contact w/city leaders

Centralized resource guide - need to make sure it stays current, available in different formats, online, by telephone, senior center "yellow pages", mail to homes

Get word out about transport options, how is info sent out/received, coordinate w/HFHS/Beaumont for lunch and learns in collaboration w/the library

Site of care - part of overall resource guide, insurance companies do a lot of education in this area

Education on financial scams - LaToya Hall from SAFE - Successful Aging Through Financial Empowerment:

<https://iog.wayne.edu/outreach/success-after-financial-exploitation--safe->
help people who have been scammed, help w/credit scores, police dept can help w/this too - how to make a police report, how to get resolution, roadblocks in investigations

Resource guide for anyone who is food insecure - city, county, state, faith orgs food access - meals on wheels, Open Hands food pantry (<https://openhandspantry.org/>), senior center has small pantry

Emergency Prep - fire dept. can do presentation

Physical activity - free classes in the parks (tai chi, yoga, mindfulness, walking)

Support for pet owners - link to emergency preparedness

Coordinate with communication working group and transportation working group

4/13 - next mtg - adjourn at 742pm