



W E L C O M E

BIENVENIDOS

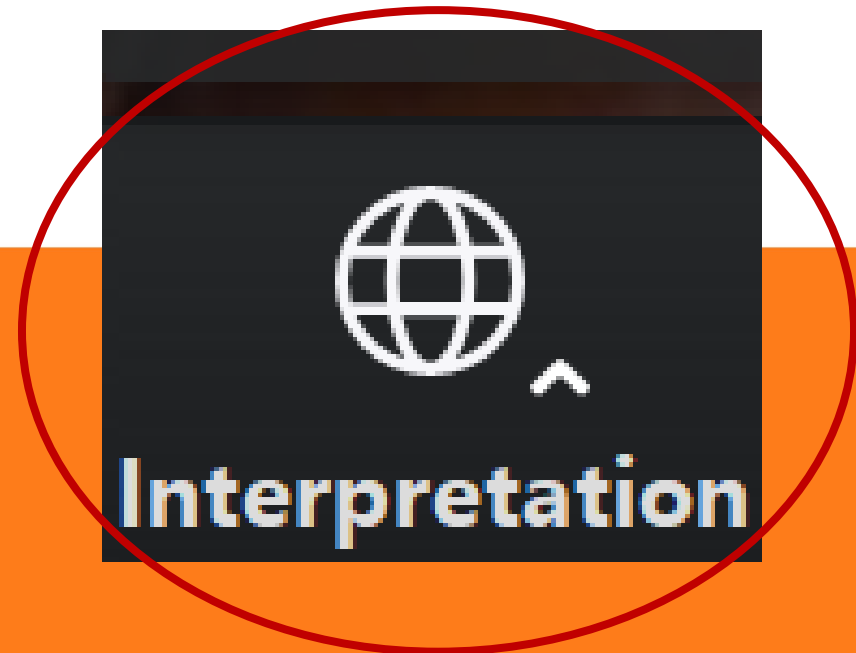
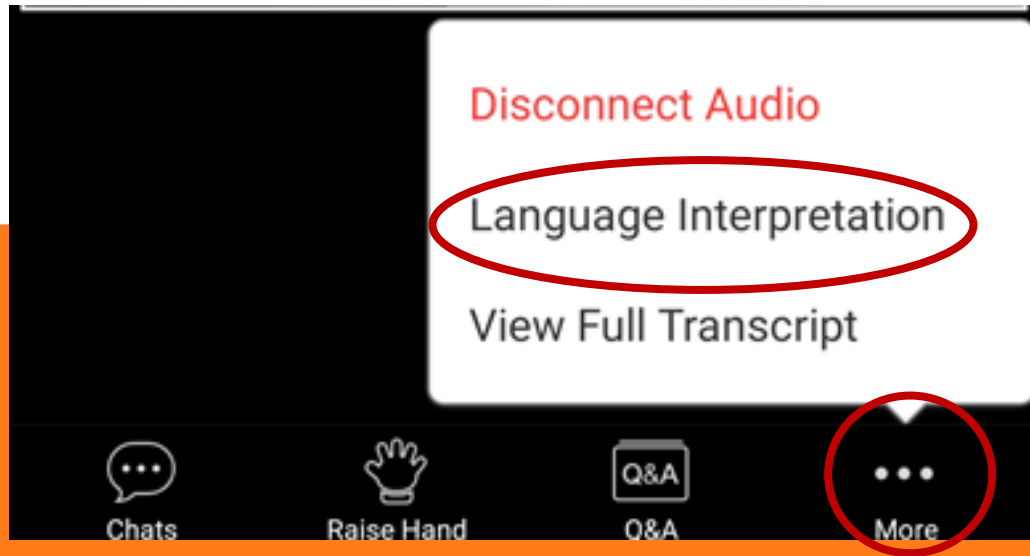
2024 IHSS Providers Recognition Event

Interpretation

Interpretación



- Simultaneous Spanish, Vietnamese, Somali, American Sign Language, & Arabic interpretation
- **Interpretación en Español simultáneamente**
- **For American Sign Language please select German**





NOVEMBER

National Caregiver Month



**Thank You
IHSS CAREGIVERS!**



LIVE WELL
SAN DIEGO

AIS Director – Jennifer Bransford-Koons



Nadine Branch

Chair, Caregiver, California IHSS

Consumer Alliance (CICA)

Executive Committee Regional

Vice President for the Southern Region

Nicanora Montenegro

Vice Chair, Caregiver, Community

Representative



IHSS/Public Authority Advisory Committee

IHSS/Public Authority Advisory Committee Role

- Established in 2000 by California State law
- **Committee role:** provide advice & recommendations to the IHSS program & Public Authority in San Diego
- **Mission:** To serve as the voice of the consumer on issues that impact the IHSS program



Who is on the Committee?

- Members consist of recipients, caregivers, AIS Council, and community representatives, while maintaining a recipient majority
- Recipients are current or past recipients of IHSS services
- Caregivers are current or past caregivers of IHSS recipients



Meeting Dates & Member Compensation



Date:

Monthly on the
second Friday



Location:

In-Person & Zoom from
12:45 – 3:00 pm



Member Compensation:

\$50 stipend/formal meeting



Committee Meeting Presentations

- Disability Rights California
- Path-Now: Services for People with Disabilities
- Access to Independence Services & Program
- California Association of Public Authorities (CAPA)
- Power of Attorney & Conservatorships by Stech Law
- Legislative & Budget Process by Insure the Uninsured Project
- Disability Rights – Understanding WIPA
- Department of Homeless Solutions and Equitable Communities
- San Diego People First
- And More!



Committee Information

Membership Contact:

Gilberto Contreras-Morales

gilberto.contreras-morales@sdcounty.ca.gov

Meeting Contact:

Ana Molina

Ana.molina@sdcounty.ca.gov

Website:

<https://www.sdihsspa.com/advisorycmte/>





PUBLIC AUTHORITY
In-Home Supportive Services
San Diego County



Provider Services Timesheet Assistance
Presented by Carlos Alaniz

What can we help you with?



Payroll Assistance

Direct deposit, tax forms, live-in self-certification, paid sick leave, verification of wages and employment, address change.



Timesheet VIOLATION Counseling

Overtime and travel time violation prevention counseling to avoid suspension or termination from the program.



Workers' Compensation Claims

In the event of a workplace injury, while doing approved IHSS tasks, you may qualify for Workers' Compensation. Call (619) 731-3885 for assistance.

Timesheet Assistance Sessions

Public Authority offers individual timesheet assistance sessions by appointment, either in-person or over the phone for all active working providers.

- Learn how to use the Electronic Service Portal (ESP).
- Learn how to fill out your timesheets.
- Learn how to use the Electronic Visit Verification (EVV) to check in and check out of work for non-live in provider.
- Learn how avoid overtime and travel time violations and errors.
- Learn how to use your benefits and get paid on time.



Questions?

Contact **Public Authority** at
(866) 351-7722, option 1,
to reach the Provider Services Department





Alzheimer's San Diego – Nellie Hernandez

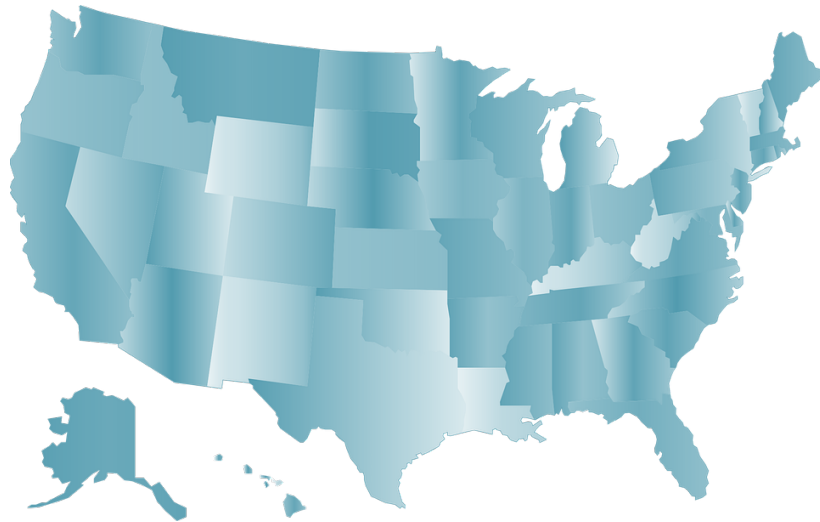


SELF-CARE FOR THE CAREGIVER



 Alzheimer's
SAN DIEGO

The impact of dementia in the United States



Close to 7million
Americans are living with
Alzheimer's disease

One in 3 older adults
dies with Alzheimer's or
another dementia

70% of Caregivers report
feeling stressed



Set yourself up for success

- Educate yourself and others involved in the caregiving role
- Allow extra time for all daily activities
- Adapt the physical environment as needed
- With dementia, repeat as often as needed
- Take a deep breath, and try again later

When you are
overwhelmed,

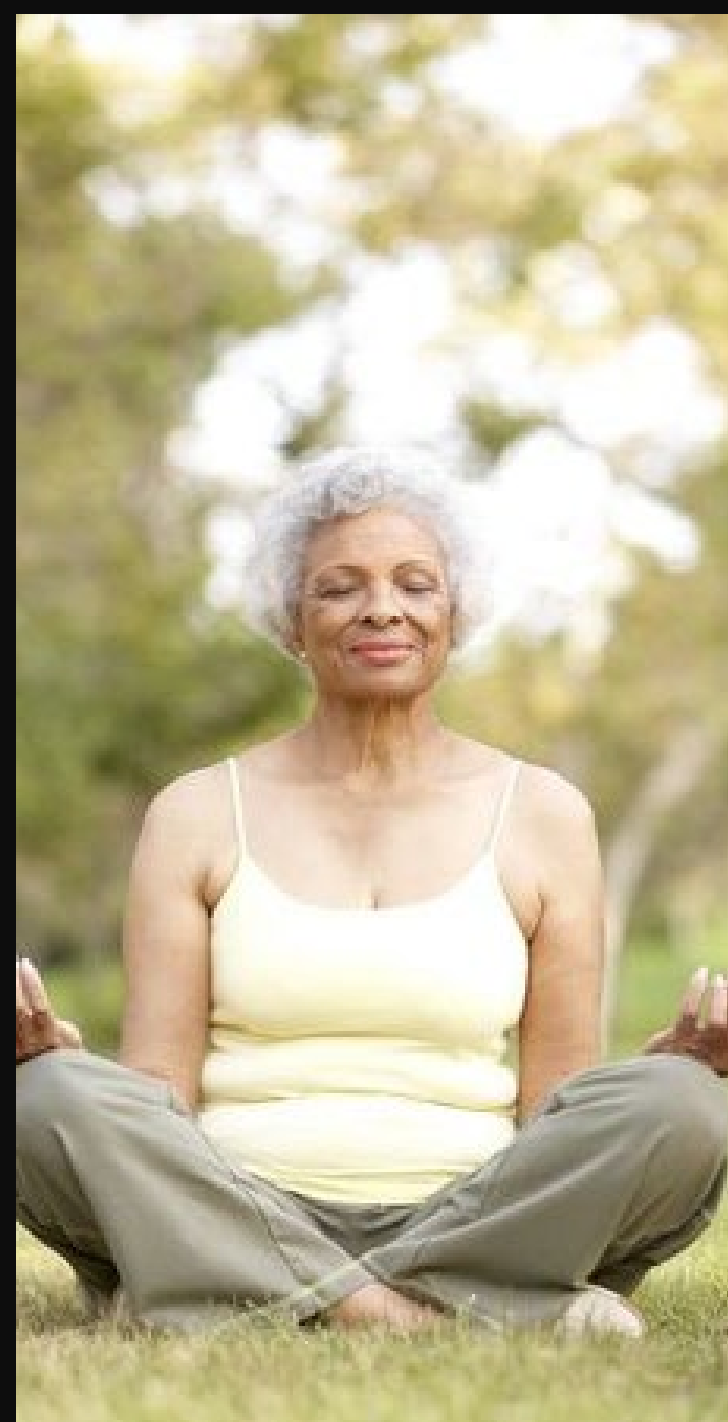


take a deep breath.



Take care of yourself

- Nutrition and physical activity
- Sleep and stress management
- Social and cognitive activity
- Injury prevention
- See your health care provider(s) regularly
- Keep health, legal, and financial information up-to-date
- Consider attending a support group





**Ask for help when
you need it.**

Accept help when it is offered.

FREE services and support!



Talk to a dementia expert

Social activities & outings



**Respite:
ALZ
Companions**

Education & training



Support groups

Local research



**VITALZ:
Volunteers
in Touch**

Memory screenings





PUBLIC AUTHORITY
In-Home Supportive Services
San Diego County

**Registry Department Back-Up Provider
Services Program (BUPS)**
Presented by Laura Villa

What is the Back Up Provider System (BUPS)?

- A program designed to offer short-term provider assistance to recipients who meet the BUPS criteria.
- **BUPS Criteria:**
- Recipients who may be transitioning from an institution (hospital or rehab center)
- Recipients whose primary provider is unable to assist



Key points to remember about BUPS

- BUPS providers **must** be on the Registry to be eligible for BUPS assignments
 - Providers that are not on the Registry but are interested, call **(866) 351-7722**
- BUPS providers receive **\$2.00 more per hour** for the BUPS assignment
- BUPS assignments are short-term (5-7 days)
- Recipient and provider can continue to work together after the closure of the BUPS assignment
 - ***Please note:*** the provider will be paid at the regular IHSS pay rate



Interested in joining the Registry?



Call: (866) 351-7722



Visit: sdihsspa.com/regapp



Supporting Caregivers: Combating Burnout

Melissa Favela
Community Educator

Learning Objectives

- Discuss the caregiving role.
- Define caregiver stress and caregiver burnout.
- Identify strategies to avoid caregiver burnout.
- Explore strategies to treat caregiver burnout.



Family Caregiver Statistics

- 53 million family caregivers
- 4.7 million are in California
- 490,000 are in San Diego County



The Many Roles of Caregivers

- Care manager
- Activities director
- Driver
- Cook
- Housekeeper
- Pharmacy tech
- Financial advisor
- Administrator



Types of Caregivers

- Full-time
- Part-time
- Long distance

= STRESS



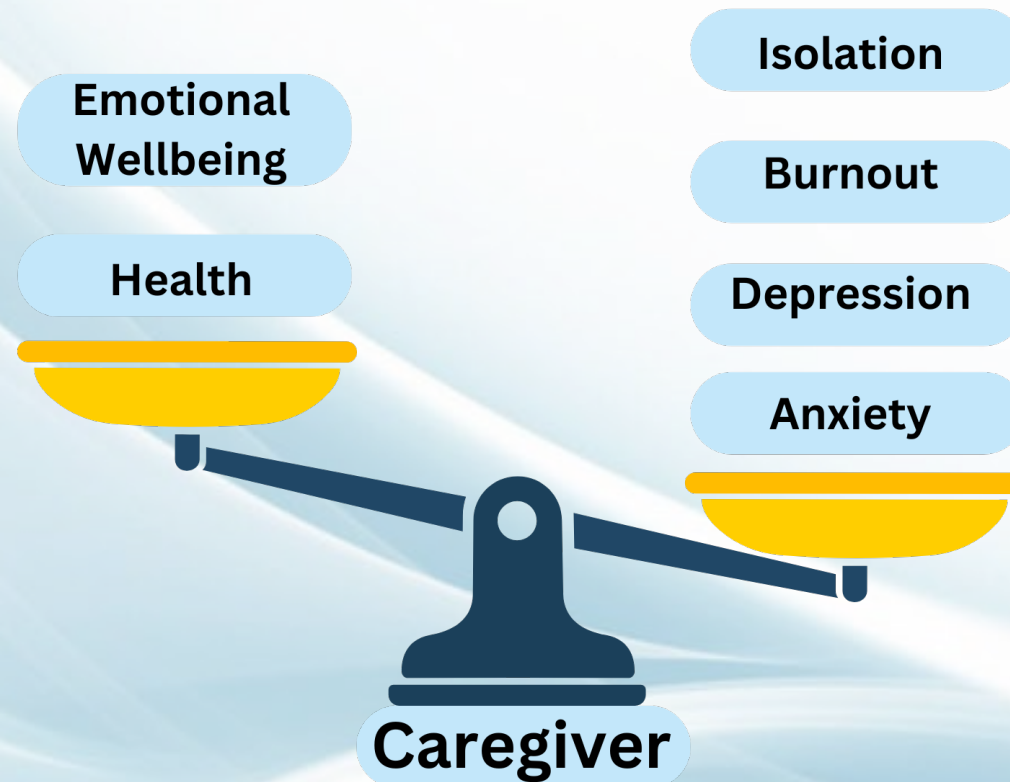
If you are a caregiver for a loved one, it's important to recognize the signs of stress and burnout and to seek help before feeling completely overwhelmed.



What is your current stress level?



Tipping The Scale



Stress vs Burnout



Stress

Process when an individual perceives and responds to events that they appraise as overwhelming or threatening to their well-being.



Signs of Stress

- Physical
- Emotional
- Behavioral
- Social



Burnout

A state of physical, emotional and mental exhaustion that may be accompanied by a change in attitude.



Caregiver Burnout

- Lost touch with friends
- Less energy
- Anxious
- Constantly sick
- Hopeless
- Mood swings
- On Call 24/7



How can we try to avoid burnout?



Develop a Care Plan

- Increase our knowledge
- Identify the behavior
- Try different responses
- Ask for help – needs assessment
- SMART goals – needs assessment



Ask for Help

- Meal preparation
- Cleaning
- Laundry
- Transportation
- Prescription pick-up
- Short term respite
- Weekly phone call



Develop S-M-A-R-T Goals

- S – Simple
- M – Measurable
- A – Attainable
- R – Realistic
- T – Timely

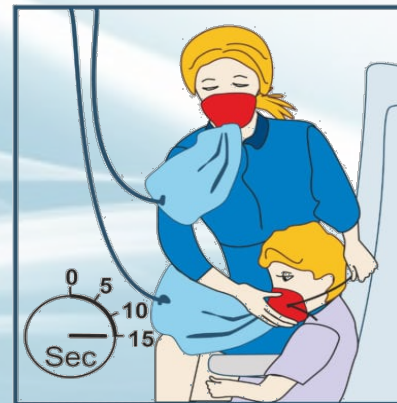
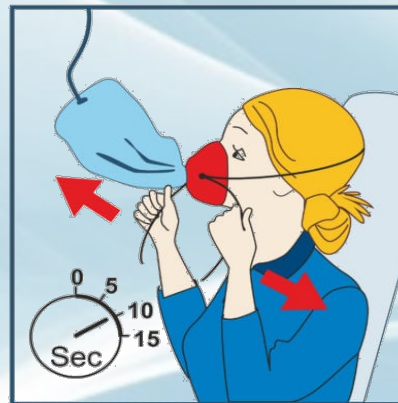
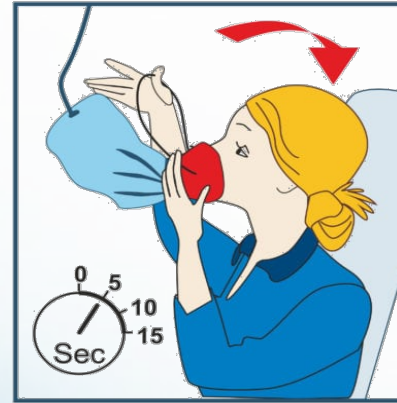
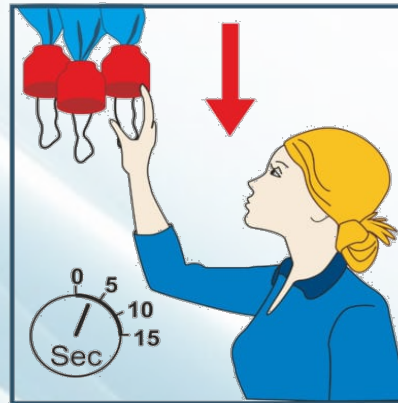


How to treat Burnout?

- Reach out for help
 - Join a support group
 - Individual counseling
- Engage in activities you enjoy
- Rest and eat enough



You can't help others until you've helped yourself first



ACCEPT that there are things
you CANNOT CHANGE
you CAN CHANGE the way you
approach them.





The **BEST** way to be an effective
CAREGIVER

is to take **CARE** of yourself



Southern Caregiver Resource Center

Caring for those who care for others

WE OFFER

SUPPORT SERVICES

FOR FAMILY CAREGIVERS

(800) 827-1008 | caregivercenter.org



Family
Consultant



Support
Groups



Individual
Counseling



Legal &
Financial
Consultation



Education
&
Training



TLC
CALMA



Employer
Resources



Specialized
Information



Respite



Online
Resources

Tax ID 33-0402867



Southern Caregiver Resource Center
Caring for those who care for others

SCRC OFFERS
FREE CLASSES
FOR FAMILY
CAREGIVERS

Caring for a loved one with memory loss, Alzheimer's or other Dementia?



Southern Caregiver Resource Center
Caring for those who care for others

SCRC OFRECE
CLASES GRATUITAS
PARA CUIDADORES
DE FAMILIA

¿Cuida usted de un familiar que sufre de pérdida de memoria, Alzheimer o Demencia?



CAREGIVER
TLC
THRIVE LEARN CONNECT

The Caregiver TLC program provides caregivers with strategies to cope with stress while learning skills to better manage behaviors and moods. Our proven techniques help to bounce back from a crisis, isolation and frustration while developing selfcare practices.

To take the TLC classes, it is required that you register in advance. For more information call:

[Southern Caregiver Resource Center](https://www.caregivercenter.org)
PH: (800) 827-1008 or (858) 268-4432
Fax: (858) 268-7816
scrc@caregivercenter.org
www.caregivercenter.org



CALMA

El programa CALMA es una serie educacional virtual para cuidadores familiares. Conectese y aprenda más acerca de la perdida de memoria, recursos disponibles en su comunidad, estrategias de comunicación, técnicas para el manejo de estrés y como cuidar mejor de usted mismo y de su ser querido.

Para tomar las clases de CALMA, se requiere que se registre con anticipación. Para más información llame:

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CAREGIVER CORNER



Watch quick tip videos on various aspects of being a caregiver.

iCare Portal

Visit www.caregivercenter.org to explore SCRC's online resources

DIGITAL NEWSLETTER



SCRC's Wavelengths Newsletter is full of news, updates, articles, and useful resources.

PODCAST



Tune in to SCRC's "Let's Talk Caregiving" podcast for candid conversations on various caregiving topics.

FAMILY CAREGIVER CLASSES



Visit recorded live streamed classes and learn ways to manage your caregiving journey.



For more information & access to services, please visit us at:

www.caregivercenter.org

Or call (800) 827-1008 | (858) 268-4432

Caregiver Community

by Homebridge



Scan to join now
or visit homebridgeca.org

An online community for all caregivers. Connect with over 15,000 caregivers today!



Eating Heart- Healthy

A Guide to
Cardiovascular Wellness
By: Chandler Uriarte,
Dual-MS
Exercise Physiologist I
Sharp Memorial
Hospital Cardiac
Rehabilitation

Why is Eating Heart-Healthy Important?

- Reduce the Risk of Heart Disease
- Lower blood pressure and cholesterol
- Improve overall cardiovascular health



Key Principles of a Heart-Healthy Diet

- Emphasize whole, unprocessed foods
- Limit saturated fats and trans fats
- Include heart-healthy fats
- Watch sodium intake
- Prioritize fiber-rich foods



The Mediterranean Diet

- A heart-healthy eating pattern
- Emphasizes:
 - Fruits & Vegetables
 - Whole Grains
 - Healthy Fats (Olive Oil)
 - Lean Proteins (Fish, Legumes)
 - Herbs & Spices
 - Limited Red Meat & Processed Foods





Benefits of the Mediterranean Diet for Heart Health

- Reduced risk of heart disease
- Improved cholesterol levels
- Lower blood pressure
- Reduced inflammation
- Enhanced heart health



Healthy Fats

- Include monounsaturated and polyunsaturated fats
- Sources: Olive oil, avocados, nuts, seeds, fatty fish
- Limit saturated and trans fats from processed foods and red meat

Fruits and Vegetables

- Rich in vitamins, minerals, and antioxidants
- High in fiber to support heart health
- Aim for a variety of colorful produce



Whole Grains

- Choose whole grains over refined grains
- Sources: whole wheat, oats, quinoa, brown rice
- Provides fiber and nutrients for heart health



Lean Proteins

- Opt for lean protein sources
- Include fish, poultry, beans, and legumes
- Limit red meat and processed meats



Sodium Awareness

- Reduce sodium intake to lower blood pressure
- Limit processed and high-sodium foods
- Use herbs and spices for flavor



Fiber-Rich Foods

- Soluble fiber helps lower cholesterol
- Sources: oats, beans, lentils, fruits, and vegetables
- Aim for at least 25-30 grams of fiber per day





Meal Planning

-
- Plan heart-healthy meals
 - Include a variety of heart-healthy foods
 - Cook at home to control ingredients

Portion Control

- Be mindful of portion sizes
- Avoid overeating to maintain a healthy weight





Heart-Healthy Snacking

- Choose heart-healthy snacks like nuts, fruits, and yogurt
- Avoid sugary and high-sodium snacks



Physical Activity



- Combine a heart-healthy diet with regular exercise
- Aim for at least 150 minutes of moderate-intensity exercise per week

Consult a Registered Dietitian

- Seek personalized guidance for a heart-healthy eating plan
- Monitor cholesterol and blood pressure regularly



Summary

- Prioritizing a heart-healthy diet is vital for cardiovascular wellness
- Follow these principles and consider adopting the Mediterranean diet for a healthier heart



Questions

Any questions or concerns?



Questions & Answers



Thank you for joining us!
We will see you again
next year!

