

MARCH - APRIL 2023



Choose Well

Member Newsletter

SPRING ISSUE



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Health | Technology Solutions



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MEMBER COUNT

By HHSA region, this is how Choose Well membership is distributed countywide.

| HHSA Region | Total in Region |
|---------------|-----------------|
| Central | 13 |
| East | 25 |
| North Central | 43 |
| North Coastal | 39 |
| North Inland | 71 |
| South | 20 |
| County Total | 211 |





Lunch and Learn: **Conflict Resolution in the Care Setting**

Choose Well held our first Lunch and Learn CEU of the year on January 26th at the Blind Community Center of San Diego.

The topic was “Conflict Resolution in the Care Setting,” led by Beyond Sky Solutions. During the three-hour course, attendees learned about the various aspects of conflict resolution and participated in group exercises to learn skills that can help administrators and other staff members resolve differences to build stronger and more rewarding workplace relationships.

We are incredibly grateful to everyone who joined us for our CEU Lunch and Learn. It was truly enlightening to hear different perspectives and strategies on how to navigate and resolve conflicts in the care setting. Thank you to all the participants for your invaluable contributions and for making this event a success. We hope you found the session informative and beneficial to your professional development. Let’s continue to work together to create a more peaceful and harmonious care environment for all.





Facility Spotlight

Coral Tree Care RCFE

Petar-Vasilij Sivcev, RCFE Administrator

Coral Tree Care RCFE recently opened its doors to provide the most comprehensive care available in Southern California. Our family-operated home is led by passionate and experienced caregivers who focus on respect above all and comfort in every detail.

Our grounds and facility create an elegant, inviting home environment and are maintained with utmost cleanliness without feeling impersonal. Our holistic eating plans are nourishing and balanced to support a greater sense of well-being.

We encourage consistent time in nature as well as social interaction to enliven the senses and keep cognition sharp. Safety is a cornerstone of our facility, along with healthy meals, daily activities, and the fostering of personal relationships - all provided in a beautiful environment.

It is our joy to provide the very finest experience for our residents and their families. We want you to feel proud and confident that your loved one is part of our family here.





Facility Spotlight

Casa Verdugo

Natalia Verdugo, RCFE Owner

Casa Verdugo Assisting Living opened its doors in 2003. It is a family business with six private rooms and has the capacity to provide hospice, memory care, bedridden services, and access to nurses 24/7. The location is convenient, with nearby hospitals and two minutes from a fire station and paramedics, who can arrive quickly for emergencies.

Casa Verdugo prides itself on being able to accommodate special diets and the unique needs of its residents. The facility has been modified for easy access and navigation for residents with disabilities. Casa Verdugo has wide, 36-inch doorways and sliding doors in all resident rooms that lead to the patio. This allows residents in wheelchairs to comfortably move around the facility and easily access the directly from their private bedrooms.



Accommodating Older Adults with Disabilities

As the population ages, some older adults are choosing to move into assisted living communities to receive help with activities of daily living and have access to social and recreational activities. For many older adults with disabilities, assisted living facilities can provide a much-needed respite from the challenges of living independently and can offer a sense of community and support. However, it is important for these facilities to be equipped to accommodate the unique needs of older adults with disabilities in order to ensure they are able to fully participate in, and benefit from, the services and activities offered.



Below are tips for caring for older adults with disabilities in Residential Care Facilities for the Elderly (RCFEs).

Understand an individual's needs

It is important to understand an individual's specific needs and preferences. An effective way to do this is to involve the older adult in their own decision-making process. This can ensure that their preferences are taken into consideration when developing plans and policies for their care. It is also helpful to involve family members and other caregivers in this process, as they can provide valuable insights and support for the older adult, as well as healthcare providers and other professionals, to understand their physical, emotional, and social needs.

Create an accessible physical environment

RCFEs should be designed to meet the needs of older adults with disabilities. This includes features such as wheelchair ramps, handrails, and grab bars in bathrooms, as well as doorways and hallways that are wide enough to accommodate wheelchairs and other mobility devices. It may also be necessary to make modifications to individual living spaces, such as installing lower countertops and cabinets or adding additional lighting, to help individuals with vision impairments. Similarly, social space accessibility should be optimized for interaction between people with and without mobility aids, such as wheelchairs.¹ Lastly, transportation needs should be coordinated so older adults with disabilities have the capacity to get to other places, such as medical appointments.



At Choose Well member facility, Casa Verdugo, Administrator Natalia Verdugo shared that they are licensed to provide care for residents with disabilities. Their facility has wide, 36-inch doorways and sliding doors in all resident rooms that lead to the outside patio. This allows for residents in wheelchairs to comfortably move around the facility and easily access the outside directly from their private bedrooms. Casa Verdugo is also located within two minutes of a fire station, where paramedics can arrive quickly for emergencies.



Encourage independence

Older adults with disabilities benefit from encouragement to do as much for themselves as possible. The use of assistive technology and other resources can help these individuals maintain their independence and quality of life. This may include devices such as hearing aids, mobility aids, and communication devices, as well as specialized software and apps that can assist with tasks, such as reading and writing.



Consider emotional needs

Caring for older adults with disabilities can be emotionally challenging, both for the individual and their caregivers. Providing emotional support and encouraging open communication about any concerns or issues is helpful for older adults, who can feel like they are a burden to others. This includes additional support and assistance with daily tasks such as bathing, dressing, and medication management. It is also important to provide increased opportunities for specialized activities and programming that are tailored to needs and interests, such as art classes or group outings.

Provide regular health and wellness check-ins

Older adults with disabilities may require more frequent health check-ins and monitoring. This may involve working with healthcare providers to develop a care plan and ensuring that medications are taken as prescribed. If possible, on-site physical therapy and occupational therapist visits can benefit low-mobility individuals and provide relief from pain and mobility limitations.²



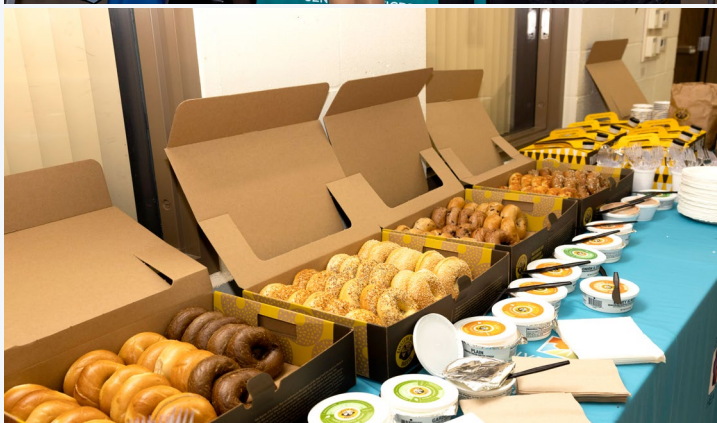
Since Casa Verdugo provides hospice care, residents have access to nurses 24/7. This access to medical care creates a safe environment for residents with disabilities, who can feel at ease knowing their health is prioritized.

Accommodating older adults with disabilities in assisted living facilities requires a proactive and individualized approach that takes into account the unique needs and preferences of each individual. By ensuring that the physical environment is accessible, encouraging independence, considering social and emotional needs, and providing regular health check-ins, RCFEs can create a supportive and welcoming environment that promotes the well-being and independence of older adults with disabilities.

Sources:

1. <https://www.caring.com/caregivers/assisted-living-for-wheelchair-users/>
2. <https://www.medicalalert.org/home-accessibility-for-seniors-with-disabilities/>

Fraud Prevention Conference and Resource Fair



The Fraud Prevention Conference & Resource Fair held on January 18th provided tips to prevent getting scammed to 58 attendees. The event, held at the George L. Stevens Senior Center, aimed to educate older adults on the various ways in which they can protect themselves from scams and fraud. The keynote speaker for the event was the District Attorney of San Diego County, Summer Stephan.

Summer Stephan is a dedicated public servant who has devoted her career to providing justice to the most vulnerable members of society. Her speech at the conference was both informative and enlightening, as she shared her expertise on the various types of scams that older adults are likely to encounter. She spoke in particular about social engineering and romance scams, which are some of the most common and effective ways for scammers to target older adults.

While it is possible to prosecute scammers and

bring them to justice, the goal of the conference was to empower older adults with the knowledge and resources they need to prevent fraud in the first place. Summer Stephan emphasized the importance of being vigilant and skeptical of unsolicited calls or emails and urged attendees to simply hang up if they receive a call from someone they do not know.

The event also featured a resource fair where various organizations, including Choose Well, were able to meet with attendees and promote their services to the community. The Choose Well team had a table set up where they were able to share information about Choose Well San Diego and the various resources that are available to older adults in the area. The Fraud Prevention Conference & Resource Fair was a success, and many older adults were able to learn valuable information that will help them protect themselves from scams and fraud in the future.



Choose Well

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Choose Well is a free, innovative, web-based program that helps older adults and their families make informed decisions when selecting assisted living facilities.

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