

Shasta County Public Authority/ IHSSAC  
2634 Breslauer Way  
Redding, CA 96001



## Important Phone Numbers

- Adult Protective Services (APS) ..... 225-5798**
- California United Homecare Workers Union ..... 221-8440**
- Golden Umbrella ..... 223-6034**
- IHSS general information ..... 225-5507**
- Independent Living Services ..... 242-8550**
- Public Authority ..... 229-8330**
- Public Guardian ..... 225-5103**

To receive IHSS news by e-mail, send your request to [tjbrendler@co.shasta.ca.us](mailto:tjbrendler@co.shasta.ca.us) or contact the Public Authority at 229-8330 to have them add your email information.



### Need help finding local resources?

- Free, confidential, 24 hours a day, 7 days a week
- Available in many languages
- Referrals for food, health care, utility assistance, and more
- Speak with a call specialist or go online to [211shasta.org](http://211shasta.org)

Dial 2-1-1 or  
visit [211shasta.org](http://211shasta.org)

# Shasta County In-Home Supportive Services Summer 2014

## IHSS Overtime and Fair Labor Standards Act (FLSA) Changes



New labor laws will go into effect January 1, 2015 which say that IHSS providers are eligible for overtime when they work more than 40 hours a week. Overtime is paid at time-and-one-half the regular hourly wage.

These new rules also allow for IHSS providers to be paid for certain work activities that were previously not allowed. These activities include pay for providers traveling between multiple recipients for up to 7 hours a week, "wait time" that is associated with medical accompaniment, and payment for attending mandatory provider training.

To ensure that services to recipients are maintained, under the proposal contained in the Governor's Budget:

- Providers will be limited to working 66 hours weekly minus the 7% reduction in authorized hours, leaving 61 hours.
- If an IHSS provider works for more than one IHSS consumer, the total hours worked for all consumers are added together each week and the provider cannot work more than 66 hours minus the 7% reduction per week.
- Recipients will continue their role as employer and maintain their choice of provider(s) as well as the responsibility to hire, fire, and supervise the work of their provider.
- Recipients and providers will be required to complete a work week agreement to ensure no provider is scheduled to work more than 66 hours per week.
- The authorized total monthly hours for each recipient will be divided into a weekly amount, creating a limit to the number of hours per week a recipient can receive services.
- Providers will be required to submit provider timesheets in a timely manner.

## Chairman's Message

Most California IHSS recipients have the authority to hire, manage and – if need be – fire their IHSS provider. Called the Independent Provider (IP) model, it is congruent with the principles of the greater disability rights movement which asserts that people with disabilities have the ability and the right to control their own lives.

IHSS, under the IP model has provided an opportunity for independence and self-direction for hundreds of thousands of Californians with disabilities. It has also saved taxpayers billions of dollars by preventing costly institutional care.

Since IHSS is a large publicly-funded program, it has always been a target of businesses looking for lucrative contracts by establishing an "agency model." Under agency model, IHSS providers are the employee of the business that holds the contract. All self-direction of the IHSS recipient is lost. Disability rights advocates, over the years, have battled against agency model threats to IHSS. One such advocate was John Wilkins.

In the late 1990's Wilkins fought, almost singlehandedly, against the establishment of agency model IHSS in Tulare County. A lifelong advocate, he represented the very best of what IHSS can do for individuals and our society. Learn more about John at [www.JohnWilkins.org](http://www.JohnWilkins.org).



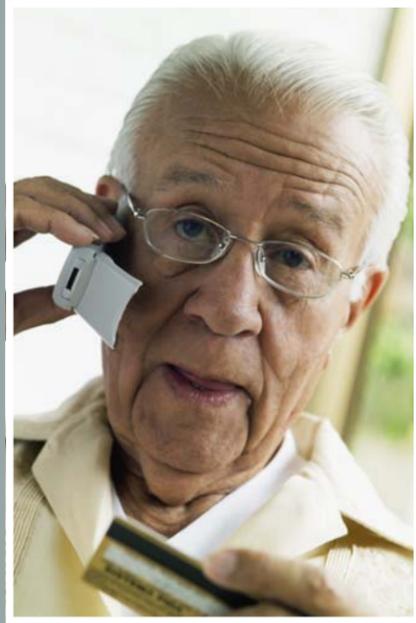
*Evan LeVang  
IHSSAC Chair*

# Protect Yourself From Financial Scams

Financial scams and con schemes seem to become more prevalent, creative and sophisticated each year. For a variety of reasons, professional con artists have found seniors to be especially susceptible to their tricks. As a result, seniors have been heavily targeted with scams specifically designed to appeal to their generation. It has been estimated that older Americans lose **\$2.09 billion each year** to financial abuse of various kinds.

Common scams used to steal from Shasta County seniors include:

- 1) Grandchild in trouble:** a telephone caller impersonates a grandchild, jailer, or police officer requesting you to wire bail money immediately.
- 2) Jury Duty:** telephone caller threatens arrest unless you pay a fine immediately for "missing jury duty."
- 3) Lottery Winner:** you are told that you have won a large sum of money, but need to pay taxes and fees before it can be sent.
- 4) Problem with Account:** caller wants to resolve a serious problem with your bank or credit card account but needs to confirm your identity by asking for social security number, date of birth, etc.
- 5) Repairman:** a uniformed person appears at your door and claims to be there to service a utility (heating/air, plumbing, etc.) but is really trying to gain unauthorized access to your home.



**Older Americans lose an estimated \$2.09 billion each year to financial scams and abuse**

**To protect yourself from loss, take these precautions:**

- 1) Never provide any personal or financial information** to anyone by phone, unless you called them at a publicly listed company phone number.
  - 2) Always confirm the identity of a caller.** You can do this by hanging up and calling the company back at a number that you already have (listed on a bill or contract) or that is publicly listed. *Never assume that they are who they say they are.* Even the name displayed on telephone caller ID can be faked.
  - 3) Never send money to a supposed relative in trouble** unless you confirm their predicament with a family member or friend.
  - 4) Never sign a contract, pay for services in advance** or put down a deposit without getting a second opinion from a trusted friend or advisor first.
  - 5) Never allow a company representative in your home** unless you have a relationship with their company and have called to confirm that they are employed by the company.
  - 6) Never send money by wire or Green Dot to people you don't know.** Unlike a credit card payment, these payment methods cannot be reversed and are hard to track.
- If you believe you've been a victim of a financial crime, call **APS at 225-5798** or **Redding Police Department at 225-4214.**

# Summertime Safety



Summer heat waves, while predictable in the North State, can be very dangerous for seniors and people with disabilities. Age and health conditions like

obesity, diabetes, heart disease and poor circulation can affect the body's ability to regulate temperature. Prescription drugs also impact how the body cools itself. To protect your health when temperatures get high follow these tips:

- 1) Drink plenty of liquids.** Dehydration is the cause of many heat-related health problems. Be sure to drink enough water, sports drinks or juice. Avoid caffeine and alcohol which actually contribute to dehydration.
- 2) Wear appropriate clothes.** Dress in clothes that are light weight, loose-fitting and light-colored. When outside, wear a wide-brimmed hat that shades the entire face.
- 3) Schedule errands and yard work during the coolest parts of the day.** Get outdoor errands done before 10 a.m. or after 6 p.m. when temperatures are cooler.
- 4) Stay cool indoors.** The best way to beat the heat is to stay in an air conditioned area. If you don't have an air conditioner, go to a shopping mall, senior center, the movies, library or a public area for a few hours. A cool shower or bath is also a good way to cool off.
- 5) Utility discounts may be available for people with specific heat-related illnesses.** Check with your doctor and contact your local utility company.

## Warning Signs of Heat-Related Illness

- Dizziness
- Nausea
- Headache
- Rapid heartbeat
- Fainting
- Breathing problems



If you experience any of these warning signs, seek help immediately.

## Join the IHSS Advisory Committee!

In-Home Supportive Services (IHSS) Advisory Committee is seeking new members.

Fill out the enclosed application and return to Shasta County IHSS by Friday, October 31, 2014.

## IHSS Provider Training

**Friday, September 26, 2014**

**2 - 4 p.m.**

**Redding Library**

**1100 Parkview Ave, Redding**

Training will cover nutrition topics including:

- healthy plate
- hydration
- food safety
- choking hazards

Questions? Call 229-8338.

[www.shastahhsa.net](http://www.shastahhsa.net)