Shasta County Public Authority/ IHSSAC
2640 Breslauer Way
Redding, CA 96001

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## 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 or contact the Public Authority at 229-8330 to have them add your email information.*

Shasta 2-1-1

### 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

**Dial 2-1-1 or visit 211shasta.org**

# Shasta County In-Home Supportive Services

Summer 2015

## Public Authority, IHSS coordinate to find qualified providers

The Public Authority coordinates with Shasta County In-Home Supportive Services (IHSS) to assist IHSS recipients in finding a qualified provider that enables them to remain safely in their home.

The Public Authority maintains a registry that assists recipients by providing greater access to IHSS providers. The registry is a database that lists qualified and screened IHSS providers that can be matched and referred to IHSS recipients to interview and hire.

### Now Accepting Applications for Registry Care Providers

The Shasta County Public Authority is currently recruiting care providers for the Registry.

If you are currently an IHSS provider and would like to be listed on the Public Authority Registry, please call **229-8330** for an application.

If you are an IHSS recipient and need help finding a care provider, you can call your IHSS Social Worker and request a referral for assistance, or contact the Public Authority directly at 229-8330. Once the Public Authority receives the referral, you will be contacted by a member of the Public Authority to obtain your preferences so a list of providers can be sent to you.

If you are an approved IHHS provider and are looking for more work and would like to be listed on the Public Authority Registry, you can call the Public Authority at 229-8330 to obtain an application and receive more information.

## Chairman's Message

It looks like the darkest days of the state budget crisis are behind us.

Hopefully things will continue to improve. The severe cuts to IHSS we both endured and feared are finally beginning to alleviate. Many advocates worked countless hours over the past few years, locally and in Sacramento, to minimize the devastating impacts of major cuts to IHSS. Without their efforts, the situation would have undoubtedly been worse.

***Evan LeVang***
***IHSSAC Chair***

However, IHSS is not fully restored and the struggle is far from over. Despite a vastly improved state economy and state budget, health and human service programs in general remain far below the funding levels of the pre-crisis era. And these are programs, like IHSS, that were not meeting the needs of the population before the crisis began.

The only way we will be able to fully restore IHSS and also win needed expansions of the program is for more IHSS consumers to make their voices heard. It doesn't take a lot. Call your state legislators, write a letter or email. Let the decision-makers know how much IHSS means to you and your well-being, or become involved with the Shasta County IHSS Advisory Committee.

Together we can make a difference!

# Social Isolation in the Elderly Population

Social isolation is a state in which a person lacks a sense of social belonging, lacks engagement with others, has a minimal number of social contacts and has a hard time maintaining quality relationships. **Social isolation typically affects the elderly** and people with developmental disabilities.

In this article, we will explain the effects of social isolation in the elderly population, ways to incorporate people back into the community, and provide resources to those who feel socially isolated.

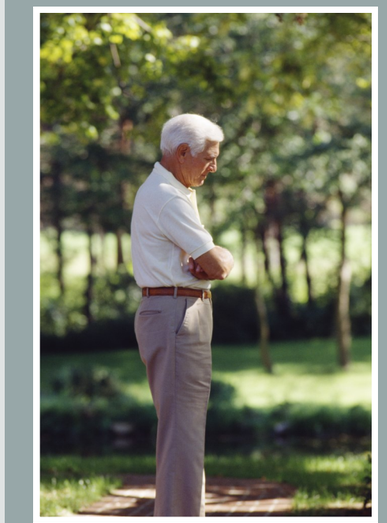
Symptoms of social isolation include:

- **Staying home for days or even weeks at a time**.
- **No communication with anyone, like family, friends or acquaintances.**

People who are more likely to isolate themselves are people with developmental disabilities, someone who has lost a spouse, someone who lives alone, the aging population, and people who tend to fear others that are different from them.

When people are isolated from others for an extended amount of time, they can become anxious, aggressive and experience memory loss. One of the negative effects of isolation is that when an emergency occurs, there is no one to turn to, and there is no one to talk to when one is in crisis.

When people isolate themselves from their community, there is an increased risk of dementia. **When people are not social, the brain tends to shut down**. There is also an increase in the chance of elder abuse because the elderly person may have no one to report abuse to.



***When people are not social, the brain tends to shut down.***

Other long-term illnesses that arise from social isolation are chronic lung disease, arthritis, impaired mobility and depression.

People who isolate themselves tend to participate in risky behaviors, like smoking, poor eating habits and lack of physical activity.

Ways to avoid social isolation in seniors is to make transportation available to them, and make the senior feel important and that there is a reason to live. For seniors who are religious, promote their attending church. Also, it may be helpful to give a senior a pet to care for (if the person is able to do so), which can help them feel needed. It is important to encourage the senior to have meals with others, because this allows time for people to share about their lives.

Lastly, address incontinence issues so that the elderly adult can live without fear in social situations.

Other ways to help prevent social isolation are participation in community-based programs and services that allow for social interactions to occur. This participation may also promote good eating habits and physical activity.

These resources can help those that are socially isolated:

- **Friendship Line (800) 971-0016**
- **Golden Umbrella- Senior Companion Program, (530) 223-6034**

# The Need to Exercise

As people age, some believe that it is difficult or not necessary to exercise. In reality, exercise becomes increasingly important as people get older. There are a variety of reasons why people should exercise daily.

Exercise helps your health and mood. It can help improve **Alzheimer's, dementia, heart disease, diabetes, high blood pressure, osteoarthritis, osteoporosis and neurocognitive function.**

Exercise can help improve your immune system, which controls whether you get sick or not. As people get older, they tend to lose bone mass. Exercise can make your bones stronger and restore bone loss. Exercise also helps your heart by lowering the chance of heart disease by controlling your blood pressure. It also allows for better digestive movement. Lastly, exercise helps with chronic conditions like heart disease, blood pressure, and colon issues.

Exercise has other benefits that include range of motion, strength and stability. Cardio endurance is the attempt at increasing your heart rate in order to breathe better without getting winded. Cardio activities include **swimming**, **cycling** and **walking**.

Strength and resistance training is repetitive movements to strengthen muscles. These exercises use **weights**, **resistance bands** and **nautilus machines**.

Strength training helps improve balance to avoid falls and broken bones. Stretching is especially important at the beginning and end of a workout. Examples of stretching exercise include **yoga** and **Pilates**. Stretching improves posture, and it helps reduce muscle soreness and stiffness.

Exercise also promotes a long healthy life by controlling weight, improving mood and helping sleep patterns. It's also fun!

## Payroll reminders

Call the County IHSS Payroll at 225-5507 to:

- Request a replacement timesheet.
- Request an address change form.
- Ask if my timesheet has been received.
- Ask questions about my W-4 or W-2.
- Ask questions concerning direct deposit.

If you are already an active IHSS provider and have been hired by a new recipient and need new timesheets, call 225-5507 to receive a SOC 426A Recipient Designation of Provider. You will need to provide your Social Security number and your new recipient's name or case number.

### 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, 2015.

## Timesheet Tips

Fill out the timesheet with hours and minutes, not decimals. If you worked an hour and a half, write 1:30, not 1.50. Numbers like 2:90 don't work on this timesheet because there are 60 minutes in one hour. If you write 2:90 on a timesheet, you get paid for 3 hours and 30 minutes.

Authorized hours need to last all month and should be split up between both pay periods. If you work more than 70% of the total authorized hours in the first pay period of the month, you won't get paid and need to fill out a new timesheet.

If you need to change a number, don't write over the number. To make a correction, slash through the incorrect number and write the correct number neatly within the box. If you have too many corrections, you may want to call to get a new timesheet at 225-5507. DO NOT initial any changes.

Don't forget that you and your recipient must sign and date the back of the timesheet.