



The Consumer Voice

the quarterly newsletter of CICA, the California In-Home Supportive Services Consumer Alliance, a subcommittee of the California Association of Public Authorities

October 2005

Message from the CICA Acting President

Dear Fellow Governing Body, Advisory Committee, and Advisory Board Members:

It is with great excitement that I write this first letter to our potential statewide CICA members in our first CICA Newsletter. This organization has been a personal vision of mine for several years and it has been so gratifying to see so many statewide GB/AC/AB members becoming involved in its vision and actual development.

Just last week you received from the CICA Acting Executive Committee a membership packet of infor-

mation asking your Governing Body (GB), Advisory Committee (AC), or Advisory Board (AB) to join CICA. The packet was sent to your Public Authority office. If you have not received one please contact the CAPA office at (916) 876-7429. We hope that by the end of December we will hear from all groups that they are joining CICA.

CICA, California IHSS Consumer Alliance, is a statewide coalition of Public Authority Governing Body/Advisory Committee, and Advisory Board Members. This Alliance will represent the consumer viewpoint on all

IHSS issues at the local, state and federal levels. There has never been a solely consumer oriented organization representing the consumer on IHSS issues at the state level before. The potential for the power of this organization to impact decisions affecting our constituency is huge.

CICA membership will consist of all Public Authority GB/AB/AC who

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California Association of Public Authorities: CAPA

From the President: Donna Calame, Executive Director

San Francisco IHSS Public Authority

CAPA members want to support CICA on its road to becoming an independent statewide organization. What has been a loose network of representatives from public authority consumer-majority Boards and Advisory Committees is taking shape as



an entity that can be the primary voice for IHSS consumers. Hearing the consumer perspective loud and clear is crucial to the improvements that need to be made in IHSS and other personal assistance and home care programs.

CAPA has been a formal organization for nearly three years and we have seen it grow in purpose, power and statewide recognition over that time. We see CICA having similar potential. Together, we have the potential

to strongly influence the shape of IHSS in the State for years to come. Under its auspices this year, CAPA has agreed to continue supporting CICA forming as an independent organization.

We have seen the consumer-majority Board and Advisory Committees

grow in purpose, knowledge, and influence. The statewide conferences you have held, the ongoing monthly conference calls, have all helped develop your networking capabilities, opportunities to educate each other, and gather information important to IHSS consumer interests.

With the growth of CICA statewide, local IHSS Board and Advisory Committees will continue to strengthen through continued edu-

cation opportunities, more network building and the cross dissemination of information. Your Alliance will be a very powerful voice at all levels to advocate for IHSS consumer and providers interests.

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From the Desk of the Treasurer

Mary S. Imaku

Greetings from CICA, California In Home Supportive Services Consumer Alliance. The Fall Season is upon us; hopefully you have enjoyed the summer, and had a chance to see and smell the roses.

As the appointed Treasurer of CICA, I'd like to take a moment to tell you about myself. My name is Mary Imaku and I live in Riverside, CA. I have been an IHSS Provider for over 25 years and I am a member of Riverside County IHSS Public Authority Advisory Committee. I've been a Licensed Cosmetologist for 40 years, I hold a Diploma in Medical Office Management from Squadron College of Business, and a P.O.S.T. Certificate (911) from the State Department of Justice Training Center at Golden West College in Huntington Beach. I have also been a licensed Foster Parent with the County of Riverside/Institute of Black Parenting. I have over 25 years of diversified business and administrative skills that I bring to the position of Treasurer for CICA.

Five years ago, I was diagnosed with kidney cancer, so after having a right nephrectomy, I slowed down to smell the roses. I have been cancer

free for five years. I have an enormous love for people, but older adults and children have always been my niche. I enjoy working with Riverside County Board of Supervisors IHSS Advisory Committee and CICA.

CICA is operating with the financial assistance of CAPA until our membership grows. Join CICA. Put CICA into your GB/AC/AB budget. You have \$52,900.00 plus (AB1682 funds) to work with each year. CICA dues are only \$2,000.00 a year and your membership in CICA will reap rewards far greater than the investment. If you have a problem accessing these funds, please let CICA know. Amend your budget, put CICA on your next meeting agenda, and vote on it. Move into the Millennium with CICA knowledge, education, and GB/AC/AB empowerment. Be the best you can be for IHSS Consumers. In the words of Emeril Lagasse, "Let's KICK it up a NOTCH!"

As the administration of both CAPA and CICA work together to aid IHSS consumers, I personally I believe that CICA is going to be a very refreshing and educational resource tool for IHSS consumers.

President's Letter *continued*

wish to join by filling out the membership form, paying their dues, and choosing their representative and alternate representative. Representatives may be any member of your GB/AB/AC.

CICA will afford members the following opportunities:

- Network with fellow members and get ideas and information on improving your IHSS program, your Public Authority, and your GB/AC/AB
- Plan and attend an annual statewide CICA conference
- Participate in a monthly CICA conference call
- Receive current information on IHSS issues at the state and federal level
- Participate in and help plan Regional conferences and meetings
- Receive a quarterly CICA newsletter
- Help in planning local events sponsored by your GB/AC/AB
- Opportunity to continue to develop CICA, its vision and programs

Our CICA Newsletter, *The Consumer Voice*, is one of the ways we can share our concerns, successes, our local programs, and local ideas. We encourage you to share your ideas for future articles and to also let us know what events you are sponsoring in your county for inclusion in the Upcoming Events Column.

The Acting Executive Committee strongly encourages all Governing Boards, Advisory Boards and Advisory Committees to join CICA. We look forward to working in partnership with all of you.

Sincerely,

Janie Whiteford
Acting President

UPCOMING EVENTS

Mark Your Calendar!

March 20-21, 2006

California In-Home Supportive Services Consumer Alliance (CICA) Spring Conference, "Leading the Way to Freedom," Sacramento Convention Center. This conference is open to all current Advisory Committee/Governing Board members and Public Authority Directors or their designees.

Missed the last conference? DVD's are available to lend through the CAPA Administrative office. Call Karin Lau at 916-876-7429 or email her at lauk@saccounty.net. DVD's of the 2005 conference are also available for purchase. Contact Karin for details.

CAPA Staff

Karen Keeslar, Keeslar & Associates – Karen Keeslar is CAPA’s legislative lobbyist. She acts on CAPA’s behalf to keep you informed of legislation related to disability services and the IHSS program. Karen also assists in scheduling legislative visits as requested by the CAPA administration. Karen can be reached at 916-448-5549 or kkeeslar@earthlink.net

Karin Lau is CAPA’s administrative assistant, and has been with the organization since January 2004. Her primary duties include assisting CAPA’s Executive Committee and its membership with meetings, office administration, committee projects, and communications. She is also responsible for the development of CAPA’s website, membership databases, and serves as an important link between CAPA and CICA. Karin’s 23-year-old daughter Chantel has been visually impaired since birth, and is an IHSS recipient. She may be reached at (916) 876-7429 or lauk@saccounty.net

Amy Terhorst, Empire Events. Amy coordinates CICA’s annual conference and quarterly newsletter. Amy has worked with the Sierra-Nevada IHSS Public Authority, the 2004 IHSS legislative campaign and coordinated the 2005 CBACA conference in Sacramento. She is currently working with the Santa Clara County Public Authority on their 2006 Consumer Conference. Amy can be reached at 530-272-8408 or amy@empireevents.net

Show Me The Money: A Story of Tenacity and Triumph

by June Rawson, Ventura County Advisory Committee Member

As many know, when Assembly Bill 1682 passed the intent was to provide funding for In Home Support Services through our local counties throughout California. What I discovered in Ventura County was a maze of unclear budget requirements and extreme difficulty in getting the AB 1682 dollars sent my direction.

After countless telephone calls and many trips to the county offices I am happy to report the tides have turned. Not only are the AB1682 dollars now available for In Home Support Services in Ventura County, they are itemized in the 2005 budget. Our committee submitted a budget listing detailing our plan for utilizing the funds. On top of that

the committee also receives a stipend to cover its operational expenses.

Although a hard fought battle, I encourage all who read this victory story to tap into the resources allocated for In Home Support Services in your county. The money is there and the sad news is if it is not used for the cause intended, the dollars revert back to the general fund and county officials can utilize it however they see fit.

The people we represent cannot always fight for themselves. That is why we have to stand up and be heard. It can be done. Success is possible. Ventura County is an example of such triumph, even if it took a little tenacity to get there.

County Travel Policies for Advisory Boards

by Michael Dulle, Acting CICA Secretary

It’s been about five years since I first came on the Kern County Advisory Committee. Yet, I am still learning the hard way about my county’s travel policies, and how it’s necessary for them to have one in place for Advisory Committees.

A good travel policy explains the forms, the process (including the time to get approval), the types of expenses covered, and a schedule of mileage and per diem rates. Additionally, the Advisory Committee or Board should have a budget that has line items dedicated to travel, lodging, food, and conference costs.

There is a “Request to Travel” form that I have to complete before traveling, especially if the taxpayers are paying for the trip. Which means, regardless for whom you are traveling, e.g., the Public Authority, the County, an Advisory Committee or Board, you probably have a request form to complete before you get approval for any funding of travel, lodging, food, or conference fee. Additionally, there is probably another form to complete that includes the actual miles, times and costs with additional requirements of having the receipts attached.

Fortunately, my County pays a per diem for food so I don’t have to show every food receipt. But that’s my County, so you should check with yours to find out what they cover.

By developing clearer policies and budgets, maybe another consumer won’t have to go through the same growing pains as myself. At the Spring Conference, there were misunderstandings about what was or wasn’t covered by the conference fee. Several attendees incurred un-reimbursable costs for meals they purchased for their providers, including myself. This provider was there to assist another “Consumer Representative” who otherwise would not be there if he didn’t have his personal care provider along. We ate at the same table, and she was there feeding him, but was not provided with a meal herself. I went ahead and paid cash for her dinner. It seemed the honorable thing to do, even if I didn’t get reimbursed by my county.

It’s probably a good idea to raise this issue at your next meeting so your Advisory Committee or Board is clear on its travel policies.

California Association of Public Authorities for IHSS (CAPA)

Roster by County

Alameda County

Public Authority for IHSS in
Alameda County
(510) 577-5621

Amador County

Amador County IHSS Public Authority
(209) 257-1714

Butte County

Butte County IHSS Public Authority
(888) 337-4477

Calaveras County

Calaveras County IHSS Public Authority
(209) 754-6544

Colusa County

Colusa County IHSS Public Authority
(530) 458-0379

Contra Costa County

Contra Costa County Public Authority
(925) 646-1255

Del Norte County

Del Norte County IHSS Public Authority
(707) 464-3191

El Dorado County

El Dorado County Public Authority
(530) 295-2748

Fresno County

Fresno County Public Authority
(559) 453-5105

Glenn County

Glenn County IHSS Public Authority
(530) 934-1570

Humboldt County

Humboldt County Public Authority
(707) 476-2115

Imperial County

Public Authority of Imperial County
(760) 482-2979

Kern County

Kern County Public Authority
(661) 868-1000

Kings County

Kings County Public Authority
(559) 582-3211

Lake County

Lake County Public Authority
(707) 262-0235

Lassen County

Lassen County IHSS Public Authority
(530) 251-8158

Los Angeles County

Personal Assistance Services Council
of Los Angeles County (PASC)
(877) 565-4477

Madera County

Madera County IHSS Public Authority
(559) 675-2442

Marin County

Public Authority of Marin
(415) 499-1024

Mendocino County

Mendocino County Public Authority
(707) 463-7886

Merced County

Merced County IHSS Public Authority
(209) 383-9504

Modoc, Mono & Inyo Counties

Community Service Solutions – Modoc,
Mono & Inyo Counties
(530) 620-2732

Monterey County

Monterey County IHSS Public Authority
(831) 755-4466

Napa County

Napa County Public Authority
(707) 259-8359

Nevada, Sierra & Plumas Counties

Nevada-Sierra Regional Public Authority
(530) 274-5601

Orange County

Orange County IHSS Public Authority
(714) 480-6446

Placer County

Placer County IHSS Public Authority
(530) 886-3680

Riverside County

IHSS Public Authority Riverside County
(888) 470-4477

Sacramento County

Sacramento County IHSS Public Authority
(916) 875-4047

San Benito County

San Benito County IHSS Public Authority
(831) 634-0784

San Bernardino County

San Bernardino IHSS Public Authority
(909) 388-5014

San Diego County

San Diego County Public Authority
(619) 476-6296

San Francisco County

San Francisco County IHSS
Public Authority
(415) 243-4477

San Joaquin County

San Joaquin IHSS Public Authority
(209) 468-1746

San Luis Obispo County

IHSS Public Authority for
San Luis Obispo County
(805) 788-2501

San Mateo County

San Mateo Public Authority for IHSS
(650) 573-3901

Santa Barbara County

Santa Barbara County IHSS
Public Authority
(805) 614-1256

Santa Clara County

Santa Clara County IHSS Public Authority
(408-) 350-3206

Santa Cruz County

IHSS Public Authority of
Santa Cruz County
(831) 454-5252

Shasta County

Shasta County IHSS Public Authority
(530) 229-8330

Siskiyou County

Siskiyou County IHSS Public Authority
(530) 841-2738

Solano County

Solano County Public Authority
(707) 438-1773

Sonoma County

Sonoma County IHSS Public Authority
(707) 565-5700

Stanislaus County

Stanislaus County Public Authority
(209) 525-7684

Sutter County

Sutter County IHSS Public Authority
(530) 822-7618

Tehama County

Tehama County IHSS Public Authority
(530) 527-0276

Tulare County

Tulare County IHSS Public Authority
(559) 730-2970

Ventura County

Ventura County Public Authority
(805) 652-7674

Yolo County

Yolo County Public Authority
(530) 661-2676

Yuba County

Yuba County IHSS Public Authority
(530) 749-6298

CAPA Legislative Update

by Karen Keeslar, CAPA Legislative Lobbyist

Much of the attention of IHSS stakeholders this year has been on the Governor's budget proposal to cut state funding for the wages and benefits of IHSS workers. It was a big relief when the legislature rejected the Governor's proposal and enacted the final state budget that did not have any cuts whatsoever to IHSS. In fact, the final budget actually increased the cap on state sharing in wages and benefits from \$10.10 to \$11.10 per hour.

This does not mean that wages or benefits will automatically go up because local negotiations have to take place between public authorities and the unions to set

wages and benefits for IHSS workers. The good news is that we prevailed in the legislature and preserved the vital funding that sustains the IHSS program!

CAPA greatly appreciates the dedication and commitment of IHSS advisory and governing board members to this program. Your participation in local events and hearings at the State Capitol made a big impact on legislators and was the key to our success in this year's budget fight. We applaud your grass roots advocacy and look forward to working with you on the challenges that lie ahead.

CICA "FAVORITES"

Web Resources List

In striving to be effective leaders, the acting CICA Executive Committee stay informed about current issues and policies that impact our daily lives. Basically, the three general areas of knowledge we seek are: a) IHSS Advisory Committee and Advisory Board Operations; b) local, state and federal IHSS Issues; and c) IHSS legislation and regulations. We use special websites and listserves to keep informed on all these issues. As this information is very helpful to everyone, all CICA Newsletters will feature websites of organizations that you too can save as a "CICA Favorite." Thus, we shall provide you with the Organization Name, Contact Information, Website, and, a brief summary about our resources.

California Association of Public Authorities (CAPA)
<http://www.capaihss.org/AdvisoryComm.html>

California Department of Social Services
http://www.dss.cahwnet.gov/cdssweb/GettingInf_155.htm

Probably the most important website to follow regarding the operations of IHSS throughout the State. This site has forms, reports, regulations and publications available in .pdf format (Portable Document Format). Besides providing directives to each county via All County Letters and Notices (ACL & ACN), the CDSS website also provides updates on projects, programs, and current studies.

California Law
<http://www.leginfo.ca.gov>

To get information about California's laws governing the operations of IHSS Advisory Committees and Boards we often use The California Welfare and Institutions Code which can be found via "http://www.leginfo.ca.gov." Click the link at the bottom called "California Law." The page displayed has a place to check the Welfare

and Institutions Codes, then press "enter." IHSS codes currently range from "12300-12317.2" and you can click that link to read our codes. Of course, each IHSS Advisory Committee has County Ordinances that also affect the different ways that we operate, which is further expressed with more detail in our individual Bylaws. Another great use for www.leginfo.ca.gov is to research current and past bills considered by California's Legislature. Just click on the link at the bottom, "Bill Information." You can search bills by the name, author, or by subject, i.e., type in "IHSS" and search by "Keyword."

The Center for Personal Assistance Services (PAS)
<http://www.pascenter.org/home/index.php>

"The Center for Personal Assistance Services (PAS) provides research, training, dissemination and technical assistance on issues of personal assistance services (PAS) in the United States." With the support of many organizations and the University of California at San Francisco, the PAS provides news, current information, academic research reports, publications, and useful resources on a myriad of personal care issues that affect consumers and care providers at home and in the workplace. One way PAS fulfills its mission is by tracking the legal and policy ramifications from the Supreme Courts ruling in the 1999 case "Olmstead v. L.C." According to the Supreme Court, people have the right to receive care in the most integrated settings and that unnecessary institutionalization is discriminatory and violates the Americans with Disabilities Act.

As the above websites are but a few of the many we use, the CICA Newsletter will always have wonderful websites for you. We look forward to receiving some of your "favorite" websites, too. Please send us your comments about websites that can assist us fulfill our mission to you. Also, look for other web addresses in other articles and features throughout CICA Newsletters.

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