



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

First Quarter 2006

A Message from the Acting CICA President

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

The Fourth Annual IHSS Public Authority Advisory Committee/Governing Board Conference is fast approaching and I hope to see everyone there. This is a wonderful opportunity to see old friends and make new ones while developing our skills as IHSS Advisory Committee/Governing Board Members.

I am very excited about the sessions being offered and the speakers and panel participants who will be presenting this year. The Sessions are divided into two tracks: a Legislative Track, and a Development Track.

Ideally, each Advisory Committee/Governing Board will have sufficient representation to cover all the sessions. We can then share the information with our Committees and Boards back

home, and become much more effective in our efforts to improve the IHSS System at the local and state level.

I am looking forward to networking with my co-committee members from throughout the state. It is a wonderful opportunity to share information and I always learn new things to improve our program.

Dinner on Monday evening will provide a wonderful networking opportunity while also letting us talk about hot issues in an informal manner. Fun and informative!

I am personally looking forward to talking with all of you about the development of CICA — California In-Home Supportive Services Consumer Alliance. We have set aside time on

Tuesday to share the vision and continue the discussion.



A trip to Sacramento would not be complete without a visit to our local legislators. If you've never participated in legislative visits, you will be provided with materials ahead of time to make this a fun and highly beneficial experience. If you are experienced in the process, we welcome your expertise and willingness to assist others. The big winners are the IHSS Consumers!!

See you in Sacramento!!

Janie Whiteford
Acting President

Your Chance to Win!

Here's your chance to express your creative and artistic side. CICA is looking to establish a logo and is asking for your help.

Submit your design for a CICA logo (please review the logo guidelines below) and you might win an "abundance of riches" in a basket. The prize for the logo is to be awarded at the Spring IHSS Conference (see above), March 20–21, 2006.

Logo Guidelines: Your design should include the CICA initials and be depictive of the efforts of the California In-Home Supportive Services Consumer Alliance. Generally, a logo

should be simple, memorable, and meaningful. It has to be easy to recognize and read when printed at any size — from signs to business cards — and it has to look good in either black-and-white or in color.

To submit your logo design, send it via post to:

Janie Whiteford, c/o CICA
P.O. Box 1794
Grass Valley, CA 95945

or e-mail: janiewhiteford@yahoo.com

**Deadline for submissions is
Friday, March 10, 2006.**

In This Issue

A Message from the President . . .	1
CICA Logo Contest	1
Upcoming Events	2
CAPA Staff:	
New Executive Director	2
Article:	
<i>Keeping Ms. Hanna at Home</i> . . .	2
Article: <i>Olmstead Report</i>	3
Article: <i>2006 Conference Update</i> . .	4
Financial Report	4
Roster of Public Authorities	5
CICA Executive Committee	6

UPCOMING EVENTS

Mark Your Calendar!

March 20–21, 2006

California In-Home Supportive Services Consumer Alliance (CICA) Spring Conference

at the Sacramento Convention Center. The theme: “*Leading the Way to a Better Tomorrow.*”

Hurry! Registration deadline is February 28, 2006. For information, please call conference coordinator Amy Terhorst at (530) 272-8408 or e-mail: amy@EmpireEvents.net

Missed the last conference?

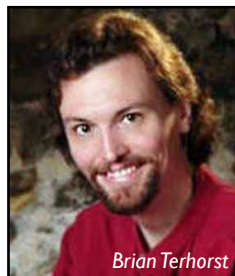
DVD’s are available to borrow through the CAPA Administrative office. Call Karin Lau at (916) 876-7429 or e-mail her at lauk@saccounty.net. DVD’s of the 2005 conference are also available for purchase. Contact Karin for details.

CAPA Names First Executive Director

After three years of successful development, CAPA has named its first Executive Director on January 11th, and we are excited to introduce you to Brian Terhorst.

Brian brings over ten years of experience in not-for-profit leadership to CAPA, along with a keen understanding of life with a disability. After having been diagnosed with Muscular Dystrophy in his 20’s, Brian has managed his life with a disability, transitioned to life on wheels in 2003, and has worked within the state’s disability legislation on a personal level. Brian’s background as an environmental activist and ten years as the Executive Director of KVMR Community Radio in Nevada City give him a firm foundation for his new position.

Brian brings a wide range of experience to CAPA. During his tenure at KVMR, he and his staff developed the organization’s first personnel policies,



Brian Terhorst

implemented progressive wages and benefits, and successfully applied for and secured grants that helped upgrade and modernize every aspect of the station — all the while garnering national awards of merit for the station.

Brian has chaired the Board of Directors of the National Federation of Community Broadcasters for the past four years. He has chaired the Board of the Sierra Nevada Deep Ecology Institute, served on the founding board of the Center for Non-Profit Leadership of the Sierra Nevada, and co-authored the first bylaws of the Nevada County Green Party.

Brian’s duties as CAPA’s Executive Director will be based from his Grass Valley office. You may reach him by phone at (530) 272-6393 during regular office hours, or by e-mail at brian.terhorst@capaihss.org

Keeping Ms. Hanna at Home

by Mary S. Imaku, Acting Treasurer

Ms. Hanna was on her way to lunch on November 21, 2005. It was “Sizzler™ time.”

Hanna is 94 years young. Driving her three-wheel scooter, she made a turn and her scooter flipped over. Hanna bit the concrete, to say the least. No lunch for Hanna.

It was two days and a hip surgery later before Hanna had lunch. After two more weeks, it was time to leave the hospital.

Hanna had a provider but it only allowed a few IHSS hours. So the doctors and nurses decided to make Hanna a deal: a nice convalescent home where Hanna could live out the rest of her few days left.

“Whoa, Pony”

Ms. Hanna came from the horse and buggy days. She was weak and weary, but Hanna wanted to *ride* this one out, she told her doctors and social workers. “I don’t want to make a deal,” she said. “I have been in the house I’m in for over 40 years, and I am 94 years old. *This is the deal, Doc. I am going home to my own house.*”

Hanna needed all the help she could get, and in a hurry, because she could not be left alone at all. We are talking 24/7/365 help. Hanna needed In-Home Supportive Services, help from the Office on Aging, Care Givers, and a whole lot more. You name it, Hanna needed it.

The Big Questions

What do you do when you need 720 hours and all you can get from IHSS is 283.6 hours? What does the State of California have in place for a situation like Ms. Hanna’s — someone with no family members to step up to the plate and help?

Maybe some of you can give me the answer to this puzzle when I see you at the CICA Conference on March 20 and 21, 2006. We are the Voice of the Consumer, and we must *speak strong*. We must learn to work together *within our IHSS system*, and those who manage the IHSS program must also learn to listen, justly evaluate, and work with the Consumers.

Olmstead Update

by Tony Sauer, Nevada-Sierra IHSS Public Authority Executive Director, and Sara Steenhausen, California Health & Human Services Agency Olmstead Coordinator

The Olmstead Advisory Committee has been meeting for almost a year now, providing input to the Schwarzenegger Administration regarding the state's implementation of the Supreme Court's Olmstead decision.

Background: Olmstead v. L.C.

On June 22, 1999, the United States Supreme Court issued a decision in the case of Olmstead v. L.C., finding that the unjustified institutional isolation of people with disabilities is a violation of the Americans with Disabilities Act (ADA). The court found that under certain circumstances, regulations implementing Title II of the ADA require the placement of persons with disabilities in community settings rather than institutions. The decision challenged federal, state and local governments to develop cost-effective community-based services to prevent or delay institutionalization.

California's Efforts

The Governor's Executive Order S-18-04 directed the Health and Human Services Agency to establish the Olmstead Advisory Committee to inform the Administration's understanding of the current system of care and provide leadership in developing future initiatives.

Human Services Agency Secretary Kim Belshé appointed a diverse group of Advisory Committee Members who represent consumers, family members, providers, and advocates. Members of the committee serve on a volunteer basis without compensation. Brenda Premo, Director of the Center for Disability Issues and the Health Professions at Western University of Health Sciences, and a former director of the California

Department of Rehabilitation, serves as chair of the committee.

The committee is responsible for providing input to the Human Services Agency on its efforts to implement the California Olmstead Plan, recommending actions to improve California's long-term care system, and creating opportunities to fund expanded or new activities to support individuals with disabilities in their community. The committee meets as a full committee every three months. In the interim, the committee operates under three Work Groups with formulating policy recommendations in the areas of diversion, assessment/transition, and data. I chair the assessment/transition work group and am the liaison to CAPA.

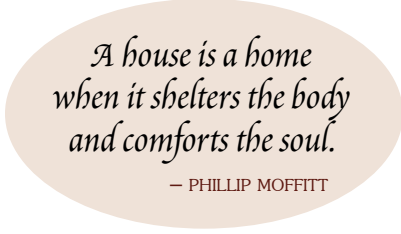
The committee has been instrumental in shaping some of the initiatives proposed in this year's budget, including the development of a coor-

dinated assessment system, and integration of the acute and long-term care system.

How You Can Play a Role

Full committee meetings and work groups are open to the public, with opportunities to comment and provide input to the committee process. If you would like to be notified of the committee's efforts, please e-mail Sarah Steenhausen of the Health and Human Services Agency at ssteenha@chhs.ca.gov

For more information, please go to <http://www.chhs.ca.gov/olmstead/OlmsteadEfforts.htm>






Mobility Training . . .

More than learning to ride the bus . . .

For Information call:
Paratransit, Inc., Mobility Options Department
Phone: 916 - 429 - 2009 ext. 343 or you may call
J. D. Culver ext. 341 or Kevin Welch ext. 352



*Please join us
in thanking'*

SYMETRA

FINANCIAL

*for their generous support of the 4th Annual
California IHSS Consumer Alliance Spring Conference*

2006 Conference Update

submitted by Amy Terhorst, Conference Coordinator

The 2006 IHSS Advisory Committee/Governing Board Spring Conference is shaping up to be the best yet! The focus this year is “Leading the Way to a Better Tomorrow,” and that’s just what you’ll be doing when you attend this year’s conference. The information you take back to your contemporaries in your county will help people to more fully and effectively utilize the IHSS Program and all that it offers. Remember, you are the leaders in your community in implementing the IHSS Program.

Not only do we have great content for you to learn, we have added some new and exciting elements to this year’s conference, including:

- ★ A Welcome Reception on Sunday evening, March 19th, at the Sheraton Grand Sacramento Hotel, hosted by sponsors Goldman and Walker Insurance, LLC. The reception



Sheraton Grand, Sacramento

will feature hors d’oeuvres, hosted non-alcoholic beverages, and a no-host bar. It’s a great time for you to relax and unwind while you network with other conference associ-



2005 IHSS Spring Conference

ates. The reception is open to all registered conference attendees and will run from 7:00 p.m. to 8:00 p.m.

- ★ Exhibitors will be on hand during the conference to talk with you about services and supplies that might be useful to you as an IHSS consumer/provider and in your Advisory/Governing capacity to the IHSS Program. Exhibitors will be open on both Monday and Tuesday within the conference rooms.
- ★ You told us you really like the networking at the conference, so we have added some specific networking opportunities for you! Lunch on Monday will be set up expressly for Regional networking with signs indicating tables for regional areas. And Monday night’s dinner (held at the Sheraton Grand Sacramento Hotel) is all about networking around “Hot Topics” — general areas of interest regarding issues you face as an Advisory Committee/Governing Board mem-

CICA Financial Report February 2006

CICA is now using the Council on Aging of Silicon Valley as its fiscal agent until it can legally manage its own financial affairs.

CICA is working with COA to establish financial policies and procedures. As soon as this is completed, information will be distributed to all IHSS Advisory Committees, Governing Boards, and Public Authorities regarding the relationship and how CICA membership dues will be processed.

CICA is also developing a Narrative Budget. It will be available at the time of the CICA Conference in March.

Thank you all for your patience as CICA develops into its own strong independent organization.

ber. Although the Monday night dinner is an optional purchase, you do not have to purchase dinner to attend the networking session.

We hope you’ll find this year’s conference a valuable and fun experience. If there is anything that we can do to improve the conference, please let us know. In the meantime, remember your **registration forms are due February 28**, so if you haven’t sent yours in, do it now.



SARGENT & ASSOCIATES
Insurance Services

Glenn M. Walker
CA Lic. #0D01463, 0E16960

In business since 1987

GOLDMAN & WALKER
INSURANCE SERVICES, LLC
Specializing in Health & Life Insurance

www.EveryHealthPlan.com
30290 Rancho Viejo Rd., Ste.#207
San Juan Capistrano, CA 92675

Tel:(949)751-3450
Fax:(949)751-3454
Toll Free:(800)883-0902
everyhealthplan@aol.com

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

CICA Executive Committee Roster

Janie Whiteford

Acting President

Santa Clara County IHSS Public Authority
Advisory Board
Phone: (408) 356-6034

Nancy Seyden

Acting Executive Vice President

Yolo County IHSS Public Authority
Advisory Committee
Phone: (530) 752-5882

Patrick Kenneally

Acting VP - Northern Region

Nevada Sierra Regional Public Authority
Governing Board
Phone: (530) 478-1843

Connie Arnold

Acting VP - Central Region

Sacramento County IHSS Public Authority
Advisory Committee
Phone: (916) 683-9009

Lisa Brown

Acting VP - Valley Mountain Region

Fresno County IHSS Public Authority
Advisory Committee
Phone: (559) 485-5199

Mary S. Imaku

Acting Treasurer

Riverside County IHSS Public Authority
Advisory Committee
Phone: (951) 354-5855