

North Los Angeles County Regional Center  
**Consumer Advisory Committee Meeting Minutes**  
August 7, 2019

**Present:** Jill Martin, Pam Aiona, William Abramson, Caroline Mitchell, Melinda Tannan, Cynthia Samano, Paul L. Downs, Monroe Jones, Jose Rodriguez, and Juan Hernandez

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**1. Call to Order & Introductions**

Caroline Mitchell, CAC chair, called the meeting to order at 11:00 a.m. and introductions were made.

**2. Public Input** – There was no public input

**3. Committee Business**

A. Presentation: In-Home Support Services (Melinda Tannan)

Melinda gave an overview of the IHSS program. The goal of the IHSS program is to allow people to live safely in their own home and avoid the need for out of home care. Services almost always need to be provided in your own home. If you receive supplemental security income (SSI) or meet all Medi-Cal income eligibility requirements, you may be able to receive IHSS. It is a Medi-Cal program and is funded by federal, state, and county dollars. Services include:

1. Personal care services (like dressing, bathing, feeding, toileting)
2. Paramedical services (like helping with injections, wound care)
3. House cleaning
4. Cooking
5. Shopping
6. Laundry
7. Accompanying someone to and from medical appointments

Melinda also provided information on how to apply for IHSS, how to hire a provider, how to keep track of the tasks performed by the IHSS provider and a list of things to avoid (like not sharing your financial information or lending money). Copies of a user-friendly IHSS guide were also provided.

B. Training/Presentation Calendar for FY 2019-20

Copies of the training/presentation calendar were provided. The discussion topic for next month's CAC meeting will be money management.

C. Opening a Cal ABLER Account

The ABLER National Resource Center has launched an awareness campaign on California's Achieving a Better Life Experience (Cal ABLER) accounts. They have organized several webinars that will be held from 11:00 a.m. to noon throughout the month.

1. Thursday, August 8<sup>th</sup>: "Opening an ABLER account"
2. Thursday, August 15<sup>th</sup>: "ABLER Best Practices and Action Steps for Family Members and Supporters"
3. Thursday, August 22<sup>nd</sup>: "ABLER Best Practices for Working Age Adults"
4. Thursday, August 29<sup>th</sup>: "Celebrating All the Ways You are ABLER"

The webinars will be moderated by Miranda Kennedy, director of the ABLER National Resource Center and will include a panel of ABLER account owners and experts.

D. Upcoming Events

Fliers were provided for the following events:

1. India Independence Day Celebration: Saturday, August 17<sup>th</sup>, 3:00 – 10:00 p.m. at Birmingham High School in Van Nuys. Congressman Brad Sherman will be the guest of honor.
2. Beach Bus: The Topanga Beach Bus take you from Warner Center to Santa Monica beach in under 1 hour. General fare is only \$1 and seniors and people with disabilities pay only 50 cents! The bus runs 3 times a day, every day of the year. For more information, go to [www.beachbus.org](http://www.beachbus.org).

E. August 14<sup>th</sup> Board Meeting Agenda

Copies of the agenda for next week's board meeting were provided and reviewed.

4. **Agenda Items for the next Board Meeting**

The following item was identified for the CAC's section of the August 14<sup>th</sup> board meeting agenda:

A. Minutes of the August 7<sup>th</sup> Meeting

**5. Announcements/Information/Public Input**

A. CAC Attendance Sheet

Updated attendance sheets are always sent out with the meeting packets. Anyone can attend the meetings but consumers who attend **4 CAC meetings in a row** become actual CAC members. So far, Lesly Forbes and Cynthia Samano are the only official CAC members.

B. Next CAC Meeting: Wednesday, September 4, 2019

**6. Adjournment**

Caroline adjourned the meeting at noon and everyone enjoyed lunch together.

Submitted by,

*Jennifer Kaiser*

Jennifer Kaiser  
Executive Assistant

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