LARIMER COUNTY OFFICE ON AGING

Resource Connections for Seniors and Caregivers

April 26th 2022
Housekeeping Items

In-person attendees
- Please visit the tables of brochures from Larimer County providers
- Sign in on clip board

The PowerPoint being used today will be emailed out to everyone registered for the forum, along with the webinar recording.

Questions?
- We will do our best to answer as many questions as we can at the end of our program
- For those in person, please write your question down and give it to a volunteer
- Online, please use the Q&A function on your zoom toolbar (the chat is not being monitored)
Cyndy Hunt Luzinski is an advanced practice nurse and certified dementia practitioner with a nursing background ranging from critical care to community case management.

She is the founder and executive director of the local nonprofit organization, Dementia Together, formerly known as "Dementia-Friendly Communities of Northern Colorado." Dementia Together’s mission is to create communities in which no one has to walk the dementia journey alone.
The dementia journey can be overwhelming, but no one has to walk it alone.
In the meantime... until cures are found, we help people care well.
Education
Contented Dementia

The SPECAL® Method
Burford, England
Enrichment
—Memory cafes and mobile memory cafes, social gatherings
Hope
—social connection, friendships, awareness, purpose, and empowerment
Our vision:

Living well with dementia is the expectation, not the exception.
Compassion, like grace, needs to go in both directions
Compassion Fatigue

The *expectation* that we, with limited resources, can be immersed in trying to care for vulnerable people and not be touched by the sense of inadequacy we feel is *unrealistic*.

It’s like expecting to stand out in a blizzard and not get cold.
What is compassion fatigue?

The emotional and physical burden created by caring for others in distress

It can feel like PTSD, often called secondary vicarious stress disorder—when caring leaves you emotionally drained or traumatized (secondary trauma)
Signs of compassion fatigue

- Anxiety, muscle tension, digestive problems
- Comfort eating and drinking
- Sense of hopelessness (dread)
- Decreased ability to empathize
- Irritability and impatience
- Decreased productivity and job/relational satisfaction
- Trouble sleeping
- Urge to isolate yourself from others
- Self-doubt and reduced self-esteem
- Difficulty making decisions
Compassion Fatigue

Compassion fatigue, when prolonged, can lead to burnout

When the demands exceed emotional, mental, and physical resources

“When giving is no longer living”
Compassion Fatigue

Anguish of 2020: Pandemic, moral distress (it shouldn't be this way) → resilience (all in this together)

Languish of 2021: Dulling of delight, muddling through the days, dwindling of drive, indifference to your indifference, aimlessness, sense of stagnation and emptiness, like looking through a foggy windshield
Languishing

Feeling overwhelmed: too much coming at us

Feeling blah: afraid to invest too much energy into anything.

Adam Grant: Feeling Blah During the Pandemic? It's Called Languishing - The New York Times (nytimes.com)
Author of Think Again: The Power of Knowing What You Don't Know
Best way to get through languishing: Create flow

—the elusive state of absorption in a meaningful challenge or momentary bond
Energizing or draining?

Creating flow—does this energize me? OR

Do I have to manufacture energy to do this?
2022

Overwhelmed
Overcommitted
Overworked
Add in caregiving

Overwhelmed
Overcommitted
Overworked
What things matter?
When caregiving, Post-Traumatic Stress can occur but so can Post-Traumatic Growth.
3 P’s to stunt our growth and ability to show compassion:
3 P’s to stunt our growth and ability to show compassion:

Personalization
(...if only I would have...)

[Image: dementia together logo]
3 P’s to stunt our growth and ability to show compassion:

Personalization
(...if only I would have...)

Pervasiveness
(...everything has changed.)
3 P’s to stunt our growth and ability to show compassion:

Personalization  
(...if only I would have...)

Pervasiveness  
(...everything has changed.)

Permanence  
(...I’ll never get over this.)
2 P’s to promote our post traumatic growth through our compassion fatigue

Position

Preparation
Position
Position your mind

Think about what you think about

“Because what you give your attention to is the person you become. Put another way: the mind is the portal to the soul, and what you fill your mind with will shape the trajectory of your character. In the end, your life is no more than the sum of what you gave your attention to.”

*Ruthless Elimination of Hurry* - John Mark Comer
Position your body
(and be where your feet are)

Be around people who energize you with connection and support

Invest in a community (friends, support group, faith community).
Preparation
Reframe Discomfort

Sometimes the discomfort we want changed is the very discomfort that is being used to change us.
Preparation

Is it time?

If you’re asking, the answer is usually “YES.”
Preparation and Positioning to sustain capacity to show compassion and promote growth while caregiving

Track ONE best moment—one way you made a situation better during the day.

Know what boosts your own well-being and do more of it

ONE thing
Cyndy Hunt Luzinski, MS, RN  
Founder, Executive Director  
Certified Dementia Practitioner and  
SPECAL Practitioner  

Cyndy@dementiatogether.org  
970-213-4548  

DementiaTogether.org
Expert Panelist

Caregiving  Legal Services  Housing  Transportation
Dani and Brittany are both Case Managers for the Larimer County Office on Aging Family Caregiver Program.

Dani has a bachelors in therapeutic recreation and worked previously as an activity director at a nursing home.

Brittany has worked for Larimer County for 3 years, previously in Options for Long Term Care and has spent 10 years in different facets of human services.
LARIMER COUNTY: OFFICE ON AGING

AGING AND DISABILITY RESOURCES FOR COLORADO (ADRC)

FAMILY CAREGIVER SUPPORT PROGRAM
GOAL OF THE FAMILY CAREGIVER SUPPORT PROGRAM

- Lessen the strain of a family caregiver’s experience
- Provide connection to community resources, support groups, counselling, and classes through individual consultations and respite vouchers
FAMILY CAREGIVER SUPPORT PROGRAM

Caregiver Consultation via phone or in person

One to one consultations covering:

✓ Support groups
✓ Caregiver classes
✓ Respite options
✓ Meal assistance
✓ Transportation assistance
✓ And more!
Caregiver Support Services

- Powerful Tools for Caregivers
- Stress Busting
- Caregiver Pampering Day
- Reference books
- Grandparent raising kin resources
- Caregiver specific community resource packets “Caregiver Toolkits”
Respite Voucher

**What:** A reimbursement program for family caregivers seeking additional support to allow for respite from daily caregiving tasks.

**Who:**

<table>
<thead>
<tr>
<th>Eligibility Factor #1</th>
<th>Eligibility Factor #2</th>
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<tbody>
<tr>
<td>Care receiver is 60+</td>
<td>Care receiver needs assistance in 2 ADLs</td>
</tr>
<tr>
<td><strong>-OR-</strong></td>
<td><strong>-OR-</strong></td>
</tr>
<tr>
<td>Diagnosis of Alzheimer’s disease or related neurocognitive disorder</td>
<td>Requires substantial supervision due to memory loss</td>
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*Important to note:* The respite voucher cannot be issued if the care receiver is living in a facility, receiving LTC Medicaid HCBS or receiving Veterans home care benefits.
**Respite Voucher**

- **How can it be used?**
  - **In Home Respite Care:**
    - Neighbor, friend, family member that does not live in the same home
  - **Community Respite Services:**
    - Home care or home health care agency
    - Adult day program
    - Short term respite stay in an assisted living or skilled nursing facility

- **What is the reimbursement rate for a respite voucher?**
  Allocated funds are up to $800 per 6-month voucher period.
Feeling isolated?
The COVID-19 pandemic may leave you feeling lonely, but you’re not alone.

WE CAN HELP!

Apply for a free weighted blanket or robotic pet!
Benefits include a reduction in:
- Stress & Depression
- Anxiety
- Sleeplessness
- Agitation
- Social isolation
- Loneliness

Larimer County Office on Aging is providing seniors 60 and older in Larimer County with weighted blankets and robotic pets in an effort to foster comfort and companionship this fall and winter. Community members can apply for these items for themselves or a loved one.

Video Link:
https://www.youtube.com/watch?v=JIC9zueFs80
Mark Sleeter – Program Supervisor
Carol Seest – Case Manager
Jennifer Lynn – Case Manager
Wendy Schleppy – Case Manager
Tori Wimmer – Case Manager
Carolina Quinonez – Case Manager
Dani DePas – Case Manager
Brittany Goldman – Case Manager

Main Phone Line: (970) 498-7750
Family Caregiver Support Program: (970) 498-7758
ADRC@larimer.org
Kate E. Kaiser, Esq., is originally from Wisconsin and attended law school at the University of Wisconsin. She has been a staff attorney with Colorado Legal Services for over 13 years. Her law practice focuses primarily on elder law, public benefits, and domestic relations. Outside of work, she enjoys spending time with her family and exploring the Colorado mountains.
CLS Basics:

- Statewide program
- Local Office:
  - 215 W. Oak Street, 8th Floor
  - Fort Collins
  - Larimer, Logan, Phillips, Sedgwick
- No fees for our services
- Low income residents
Types of Cases CLS Handles:

- Family law
- Domestic Violence
- Consumer and Bankruptcy
- Foreclosure prevention
- Landlord tenant and housing
- Public Benefits
- Elder Issues (Larimer Co. grant)
- Immigration Issues (Denver)
- ID Issues (Denver)
Types of Services CLS Provides:

- Advice
- Brief Service/document prep
- Classes
- Representation
- Community Education
Senior Law Project

To Qualify:

• Larimer County resident
• At least 60 years old
• No income or asset limits
Senior Law Project Cases:

- Powers of Attorney
- Advance Directives
- Medicaid Issues
- Public Benefits (SNAP, OAP, etc)
- Social Security Overpayments
- Landlord/Tenant issues and mobile homes
- Family Law cases (limited)
- Consumer and bankruptcy advice
To Apply:

- **During office hours:**
  - PHONE: 970-493-2891, Ext 261
  - IN OFFICE: 215 W. Oak Street, 8th FL, Fort Collins
  - Hours: 9:00am-12:00pm/1:00-4:00pm

- **Anytime:**
  - ON-LINE: www.coloradolegalservices.org/
Ted Shepard is a 50-year resident of Fort Collins who recently retired from a 33-year career as a city planner for the City of Fort Collins.

He serves as the vice chair of the city of Fort Collins Planning and Zoning Commission and is a member of the Housing Priority Group of the Partnership for Age-Friendly Communities.

Partnership for Age-Friendly Communities
HOUSING RESOURCES

Video Link: https://www.youtube.com/watch?v=XE6bfjmuuqw
HOUSING RESOURCES

In Larimer County
REDUCED RENT
OR
SUBSIDIZED
(TYPICALLY, RENT IS 30% OF GROSS INCOME)

* Must Qualify Based On Income
* Separate Application For Each Property

Contact Info. in the Larimer County Answers On Aging Resource Guide

55+ Affordable Housing in Larimer County

Ft. Collins
- Oakbrook I & II
- Legacy Senior Residences
- Northern Hotel
- Woodbridge Senior Apartments
- Oakridge Crossing
- The Remington
- VOA Sanctuary & Cadence Apartments
- Reflections Senior Apartments

Berthoud
- Hamilton Park Apartments I & II

Estes Park
- The Pines Apartments
- Trail Ridge Apartments

Loveland
- Big Thompson Manor I & II
- Harvest Pointe
- Mirasol Senior Community
- Silver Leaf I & II
- The Willows
OTHER AFFORDABLE HOUSING OPTIONS FOR ALL AGES (SOME UNITS SET ASIDE FOR 55+)

- **Housing Catalyst (Ft. Collins)** - over 1000 affordable rental units, housing vouchers, 160 permanent supportive housing apartments, resident services

- **CARE Housing (Ft. Collins, Windsor)** – 368 affordable rental units, resident services

- **Neighbor to Neighbor (Ft. Collins, Loveland)** – 132 affordable rental units, resident services, additional housing services

- **Loveland Housing Authority (Loveland)** – 820 affordable rental units, resident services, housing vouchers, manages Larimer County Home Improvement Program (low interest rate loans for home improvements, emergency grants for urgent repairs)

- **Estes Park Housing Authority** – over 200 affordable rental units, housing vouchers, workforce housing assistance
NEIGHBOR TO NEIGHBOR SERVICES & SUPPORT

- HomeShare Program
- Rent Assistance
- Housing Search Assistance
- Homebuyer Education
- Foreclosure Prevention Counseling
- Reverse Mortgage Counseling

www.n2n.org/
Cory Schmitt serves as Mobility Manager with the North Front Range Metropolitan Planning Organization in Fort Collins where he oversees the implementation of a One Call/One Click Center, RideNoCo, throughout Larimer and Weld counties.

A native of St. Louis, Cory previously managed a statewide mobility management program in Missouri before moving west in late 2020.
Connecting You & Northern Colorado embodies the two overarching goals of the program:

1. Improving **individual mobility**, particularly for older adults, individuals with disabilities, lower income individuals, and people who do not speak English as a first language.

2. Improving **regional mobility** through enhanced coordination and collaboration among regional public and private transportation providers, especially in rural areas of Larimer & Weld counties.
North Front Range MPO

- Regional transportation planning agency
- 525,000 people, 675 sq. mi.
- Greeley Urbanized Area (UZA)
- Fort Collins Transportation Management Area (TMA)
- Mobility Program – ALL of Weld and Larimer Counties
2013-2018 Larimer County Strategic Plan set a goal to evaluate the transportation needs and challenges for seniors across the County.

Assessments and pilots set stage for One Call/One Click Center identified in Larimer County Senior Transportation Implementation Plan.

Learn more at about the road to RideNoCo at: www.nfrmpo.org/mobility/ococ-project/
Phased Roll Out

**Phase 1**
2021

**Website + Call Center**
- Introduction of RideNoCo
- Central hub to identify transportation options across region and beyond

**Phase 2**
2022

**Trip Discovery**
- Ability to find and plan trips on public transit and human service providers in region
- Utilizing GTFS-Flex technology

**Phase 3**
2023

**Trip Dispatching**
- Find, plan, and book ride in one place across multiple providers
- Flexibility for transportation providers to schedule riders across different agencies
Transportation Assistance Call Center

(970) 514 3636

Monday – Friday
8 am to 5 pm

Callback within one business day
Find Us Online: www.rideno.co
Saving RideNoCo as an App
Bring RideNoCo to your Event or Agency

Contact Hanna Johnson (hjohnson@nfrmpo.org) to request Rider’s Guides, outreach items, or to invite to community events.
RideNoCo – Ahora en Español + More!

Conectándote con el norte de Colorado

RideNoCo es un centro de información sobre las opciones de transporte en la región del norte de Colorado y más allá.

Para obtener ayuda personalizada y encontrar las mejores opciones de movilidad según sus necesidades, comuníquese con un especialista en movilidad de lunes a viernes entre las 8:00 am y las 5:00 pm, llamando al (970) 514-3636 o escribiendo a mobility@ncrego.org.

Hay transporte de ida y vuelta gratuito, o a un precio módico, para la vacunación contra el COVID de personas de 18 años en el condado de Larimer, o para personas de 60 años en adelante y personas de 18 años con discapacidades en el condado de Weld. Para obtener más información o para programar su viaje comuníquese con un especialista en movilidad.

Encuentre la opción de movilidad adecuada para usted.

Transporte público
Personas mayores
Acceso para sillas de…
Comercial
Coming Soon: Trip Discovery Tool

- **Target completion date of Summer 2022**
- **Providers in Planner:**

<table>
<thead>
<tr>
<th>Transfort</th>
<th>City of Loveland Transit (COLT)</th>
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<tbody>
<tr>
<td>Greeley-Evans Transit (GET)</td>
<td>Berthoud Area Transportation System (BATS)*</td>
</tr>
<tr>
<td>Bustang</td>
<td>Estes Transit</td>
</tr>
<tr>
<td>SAINT*</td>
<td>RAFT*</td>
</tr>
<tr>
<td>60+ Ride*</td>
<td>Via Mobility</td>
</tr>
<tr>
<td>RTD</td>
<td>SPIN e-scooters/e-bikes</td>
</tr>
<tr>
<td>Rocky Mountain National Park Shuttles</td>
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*GTFS-Flex Databases created by Trillium as part of Trip Discovery project
Transportation options for older adults in Larimer County and beyond
Volunteer and Non-Profit Transportation Services

[Map showing different regions and services]
SAINT Volunteer Transportation

• Location:
  • Fort Collins and Loveland

• Serves:
  • Adults 55 and older who can’t/don’t drive
  • Adults (18+) with a disability that prevents them from driving

• Volunteer Driver Based

• Rides provided Monday through Friday, 8:15am-4pm

• (970) 223-8604 | https://saintvolunteertransportation.org
Berthoud Rural Alternative for Transportation (RAFT)

- Location:
  - Berthoud Fire Protection District with service into Berthoud, Loveland, Longmont, and adjacent areas

- Serves:
  - Adults 60 and older who can’t/don’t drive
  - Adults (18+) with a disability that prevents them from driving

- Volunteer Driver Based with one wheelchair accessible vehicle

- Rides provided Monday through Friday, 8am-4pm

- (970) 532-0808 | [https://berthoudraft.org](https://berthoudraft.org)
Via Mobility Services - Estes Valley

• Location:
  • Town of Estes Park

• Serves:
  • All Estes Park residents

• Wheelchair accessible, demand response service

• Rides provided Monday through Friday, 8am-4:30pm

• (303) 447-9636 | https://viacolorado.org
Heart & Soul Paratransit

- Location:
  - Fort Collins, Loveland, Laporte, Timnath, portions of Wellington

- Serves:
  - All residents but primarily older adults in Larimer County

- Wheelchair accessible, fare-based service

- Rides provided Monday through Saturday, 5am-6pm

- (970) 690-3338 | https://heartandsoulparatransit.com
Connect with the RideNoCo Team

Cory Schmitt  
Mobility Manager  
cschmitt@nfrmpo.org  
(970) 999-0072

Hanna Johnson  
Mobility Coordinator  
hjohnson@nfrmpo.org  
(970) 672-0677

RideNoCo  
8am-5pm, Monday-Friday  
mobility@nfrmpo.org  
(970) 514-3636
QUESTIONS?
THANK YOU

Special thanks to the Office On Aging Advisory Council members who helped put this forum together:

Jacque Penfold
Colleen Conway
Sharon Courtney
Megan Finnerty
Steva Gay
Joe Glomboski
Lisa Hays
THANK YOU

Special thanks to all our presenters:

➢ Cyndy Luzinski
➢ Dani DePas & Brittany Goldman
➢ Katie Kaiser
➢ Ted Shepard
➢ Cory Schmitt

*Be strong enough to stand alone, smart enough to know when you need help and brave enough to ask for it!*

*Thank you for joining us.*