



**Advisory Council for Aging & Independence Services  
LTC Ombudsman and Facilities Subcommittee**

October 21, 2024 | 11:30 a.m.

5560 Overland Ave, John Gaffaney Conference Room, 3rd Floor

*Virtual Participation*

Call in: (669) 900-9128

Meeting ID: 824 8650 7295

Passcode: 162815

Click here to [Join Zoom Meeting](#)

**AGENDA**

\*Attachment

1. **Call to Order:** Dan McNamara, Chair
  - a. Welcome & Guest/Member Introductions
  - b. Confirmation of quorum (quorum = 3)
  
2. **Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.** (Possible Action)
  
3. **Standard Business:**
  - a. Public Comment/Announcements: Members or Non-members
  - b. Approval of September 16, 2024, Meeting Minutes (Action)\*
  
4. **General Discussion:**
  - a. Discussion on Findings by Lourdes Ramirez and Brittney Willis
  - b. Discussion on Recommendations to the General Advisory Council
  - c. Discussion on Date Change for November Meeting
  
5. **Next Meeting:** TBD
  
6. **Adjournment**

*This meeting is public, and the location is ADA accessible.  
If you are planning to attend and need special accommodations,  
please call (858) 495-5885 at least three days in advance of the meeting.*

Supporting documentation and attachments for items listed on this agenda may be viewed at Aging & Independence Services, 5560 Overland Avenue, Suite 310, San Diego, CA 92123, or received by calling (858) 495-5885.

Advisory Council for Aging & Independence Services  
**Long Term Care Ombudsman and Facilities Subcommittee**  
 September 16, 2024 11:30am  
 5560 Overland Ave, Suite 310, San Diego, CA 92123

**MINUTES**

<b>Members</b>		<b>Absent Members</b>	<b>Guests</b>
Attendance:	Dan McNamara, Chairman Faye Detsky-Weil Bradlyn Mulvey, Secretary	Elaine Lewis – on Zoom	Terese Garcia Smullen
<b>Staff</b>			
Sunita Upchurch, Brittney Willis, Lourdes Ramirez, Denna Wood, LTCOF Staff,			
<b>Item</b>	<b>Outcome</b>		
1. Call to Order	<b>Dan McNamara, Chair, called meeting to order at: 11:45 a.m.</b> a. Welcome & Guest/Member Introductions b. Confirmation of Quorum (three present; one member on Zoom)		
2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member	Elaine Lewis requested to participate remotely due to a family emergency; given permission on to participate virtually over the Zoom connection.		
3. Standard Business  Names are noted when vote is not unanimous	a. Public Comments/Announcements: Members or non-members: None  b. Approval of April 15, 2024 Meeting Minutes (Action) <b>Motion: First:</b> Faye Detsky-Weil <b>Second:</b> Bradlyn Mulvey <b>Aye: 3</b> <b>Nay: 0</b> <b>Abstain: 0</b>  Passed unanimously.		
4. Review Discussion from Committee members	<p>The Long-Term Committee Ombudsman and Facilities Subcommittee (LTCOF) reviewed the problem under study and progress made to correct the problem. Dan reported there are 573 long term facilities in San Diego County with only 29 certified volunteers to resolve the problems of people living in long term facilities. The committee wondered what could be done to increase the number of ombudsman volunteers. This is a serious problem because it compromises service to people living in long term facilities. The requirements for the volunteer application appear to be overly burdensome to the applicant. The San Diego County Volunteer Application for Ombudsman positions require elements that are unique only to the San Diego County: a physical examination, including a pelvic exam and a FITT test. Because of these requirements, it was hypothesized the number of volunteers could increase if the application process and requirement be modified following the example of successful program in the state of California.</p> <p>In researching the potential causes for the shortage of volunteer ombudsmen, the committee focused on the comprehensive but intrusive volunteer application and process. The requirements for the volunteer application to be an ombudsman appear to be overly burdensome to the applicant. Concerns were raised about unnecessary medical examinations including pelvic exams and FITT testing, all of which are repeated on a yearly basis.</p> <p>The LTCOF moved to modify the application for the Long-Term Ombudsman Volunteer Application so that potentially more people would volunteer as a long-term ombudsman. Suggestions included revising the application to align with other successful programs in the state. Faye Detsky-Weil discussed the PROCESS of becoming a LTC Ombudsman and pointed out areas that we could modify in San Diego.</p> <p>Bradlyn Mulvey investigated other applications in the state and found no other program required FITT testing or the possibility of a pelvic exam. Both have presented their findings to the committee in past meetings but reviewed their findings at this meeting.</p>		

	<p>Assuming that volunteers need to be healthy to do the job, the committee will develop a detailed recommendation and present it to the AIS General Council. It will emphasize the need for a robust volunteer program to improve the lives of long-term care residents living in facilities, a possible method to increase the number of volunteers for the ombudsman program by modifying the application process and health requirements. Specifically, the recommendation will do the following:</p> <ol style="list-style-type: none"> <li>1. Eliminate the FITT testing for staff and volunteers.</li> <li>2. Adjust the depth required for the physical examination: eliminate the pelvic examination.</li> <li>3. Instead, mobility issues and vaccination status will be addressed in the recommendation.</li> <li>4. Praise will be given to programs that have safety measures in place.</li> </ol>
5.	<p>Possible future committee activities were addressed by Dan McNamara:</p> <ol style="list-style-type: none"> <li>1. Tour of Long-Term Care Facilities</li> <li>2. Ride along with experienced volunteer</li> <li>3. Visit the Council of Residents at a Long-Term Facility</li> </ol>
6. Next Meeting	Monday, October 21, 2024, at 11:30 am at 5560 Overland Avenue, 3 <sup>rd</sup> Floor, MSSP Conference Room
7. Adjournment	Meeting adjourned at 12:35pm

Respectfully submitted by  
Bradlyn Mulvey, Ph.D