

LARIMER COUNTY OFFICE ON AGING



Resource Connections for Seniors and Caregivers

April 26th 2022



WELCOME

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)

KEYNOTE SPEAKER

Cyndy Luzinski



Dementia Together

- 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.

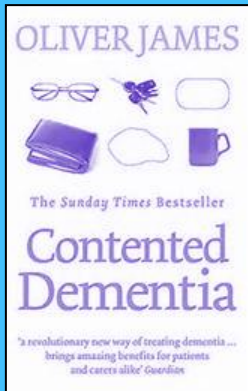
In the meantime...
until cures are found,
we help people care well.





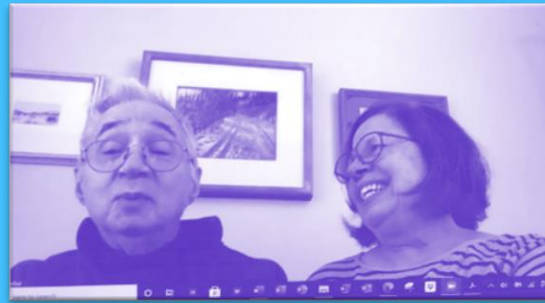
Education Contented Dementia

The SPECAL® Method
Burford, England



Enrichment

—Memory cafes and mobile memory cafes,
social gatherings



Hope

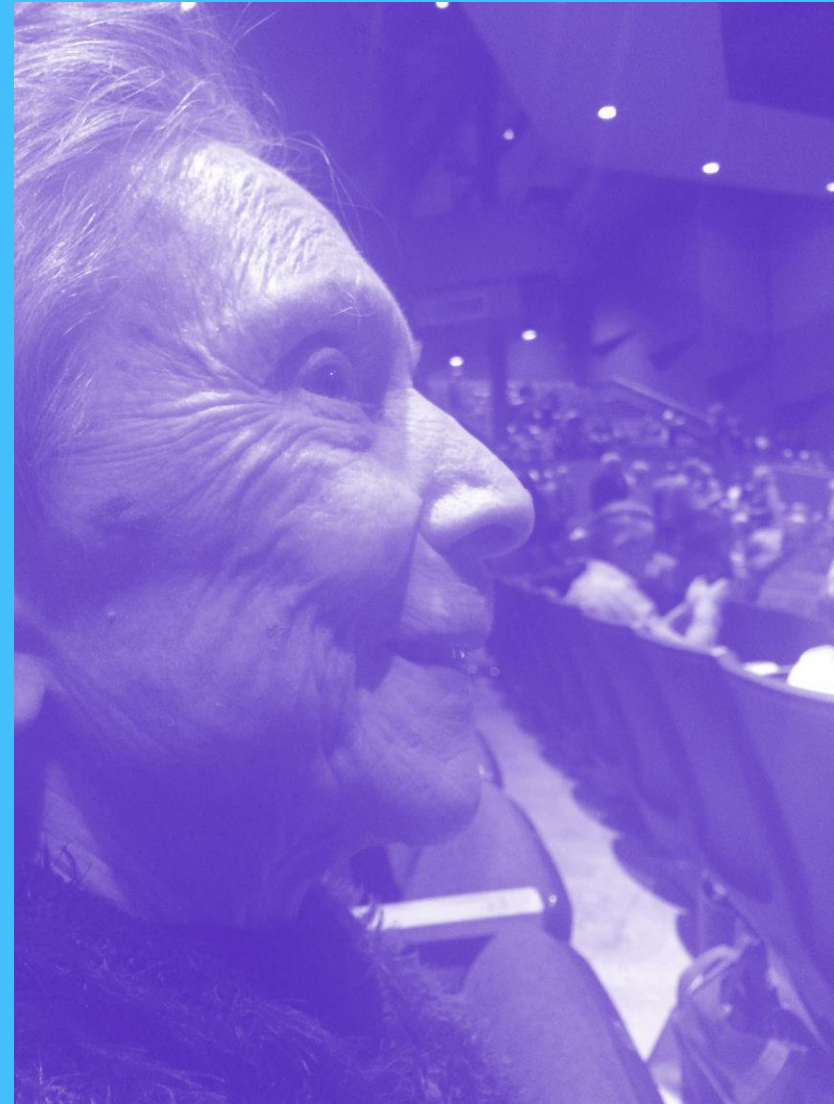
—social connection,
friendships, awareness,
purpose, and empowerment





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)



dementia **together**

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

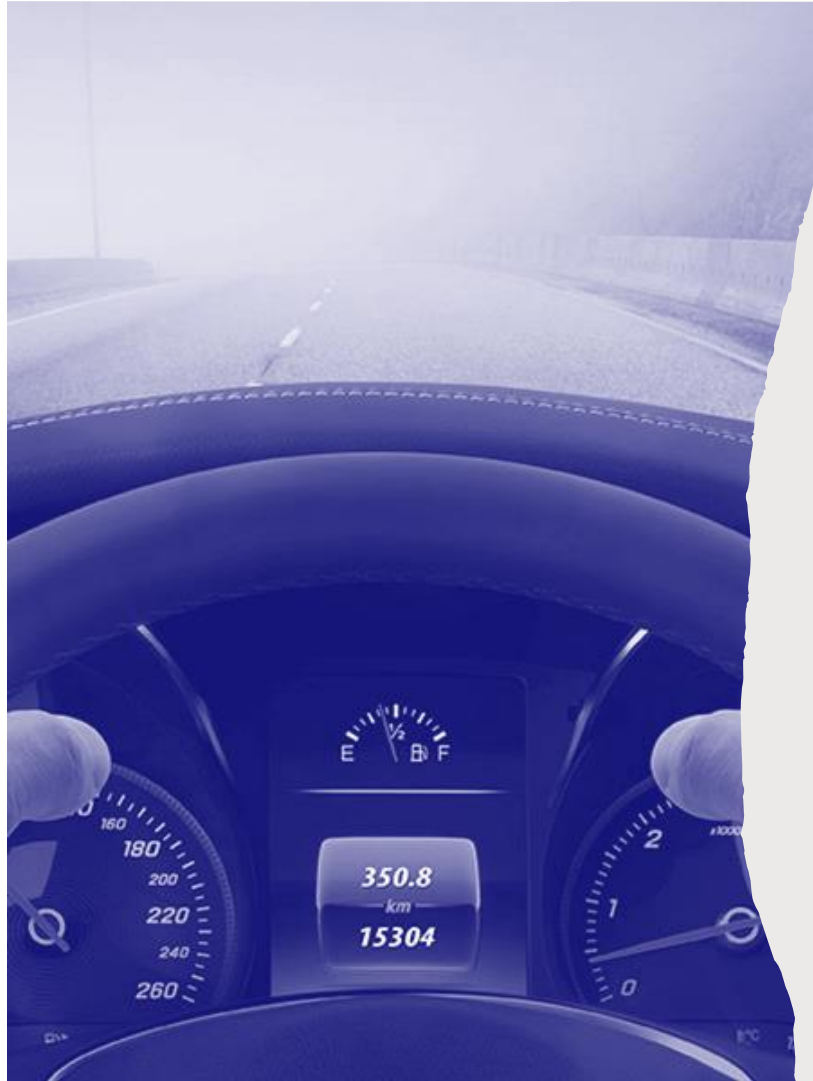


Compassion Fatigue

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



Languishin g

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](https://www.nytimes.com/2020/04/07/opinion/coronavirus-mental-health.html) - 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?



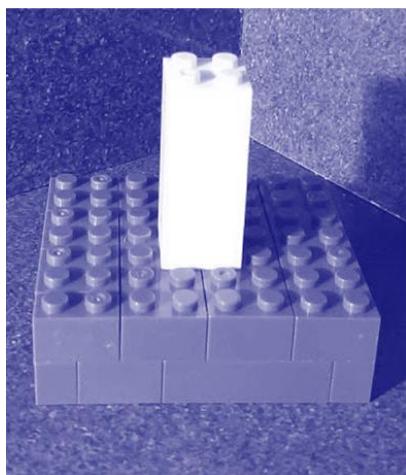
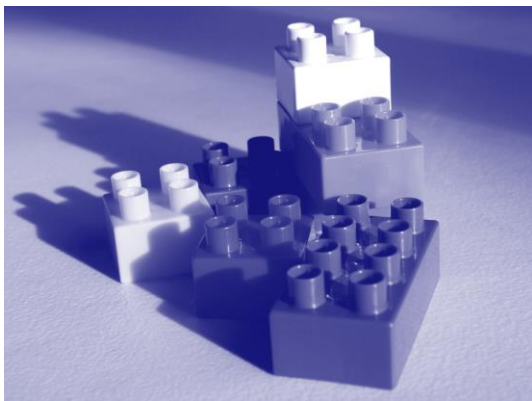
2022

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...)



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.)

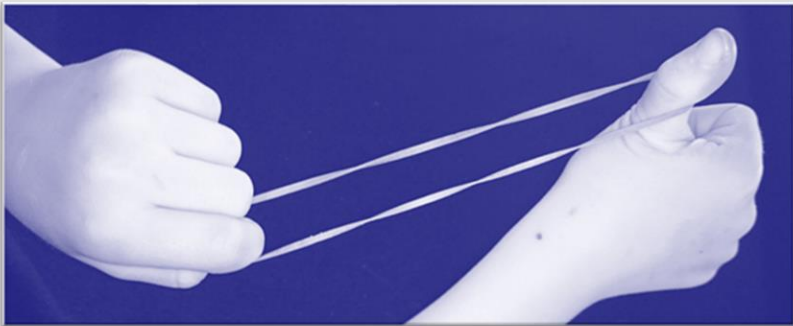


2 P's to promote our
post traumatic growth
through our
compassion fatigue

Position

Preparation

Position



 dementia **together**





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





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

CAREGIVER RESOURCES

Dani DePas



- 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.

Brittany Goldman



LARIMER COUNTY: OFFICE ON AGING



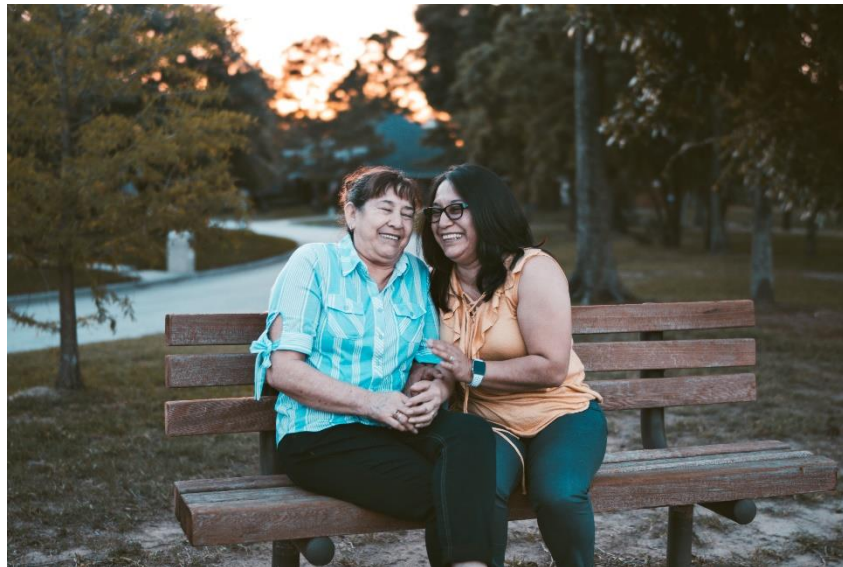
AGING AND DISABILITY RESOURCES FOR COLORADO (ADRC)

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!*



FAMILY CAREGIVER SUPPORT PROGRAM

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”



FAMILY CAREGIVER SUPPORT PROGRAM

Respite Voucher

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

Who:

Eligibility Factor #1	Eligibility Factor #2
<input type="checkbox"/> Care receiver is 60+	<input type="checkbox"/> Care receiver needs assistance in 2 ADLs
<u>-OR-</u>	<u>-OR-</u>
<input type="checkbox"/> Diagnosis of Alzheimer's disease or related neurocognitive disorder	<input type="checkbox"/> Requires substantial supervision due to memory loss

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.

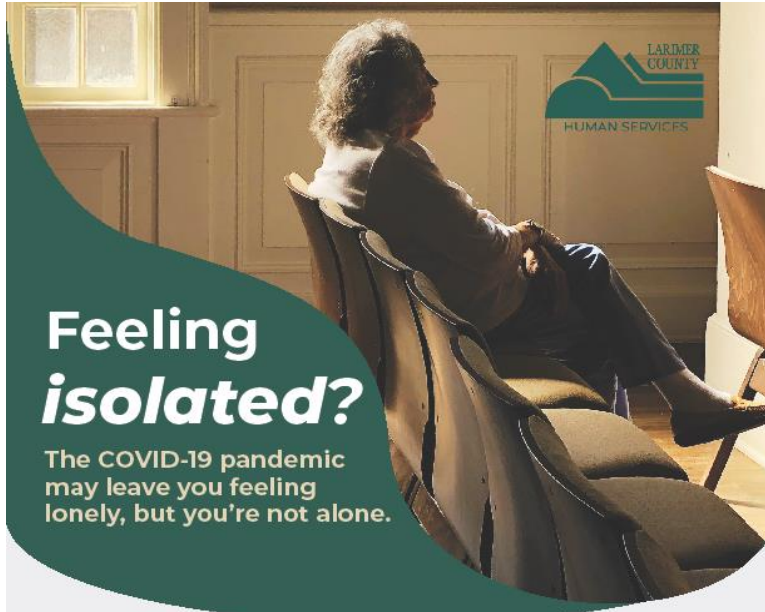
FAMILY CAREGIVER SUPPORT PROGRAM

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.

COVID19 SOCIAL ISOLATION PROJECT



Feeling *isolated?*

The COVID-19 pandemic may leave you feeling lonely, but you're not alone.

WE CAN HELP!

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.

Apply for a free weighted blanket or robotic pet!

Benefits include a **reduction** in...

- Stress & Depression
- Anxiety
- Sleeplessness
- Agitation
- Social isolation
- Loneliness



Video Link:

<https://www.youtube.com/watch?v=JIC9zueFs80>

ADRC TEAM

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

LEGAL RESOURCES

Kate Kaiser



- 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.

Colorado Legal Services



The background features a stylized American flag. The top half is a dark blue field with numerous light blue stars of varying sizes. The bottom half consists of wavy horizontal stripes in red, white, and red, with small white starburst effects scattered throughout. The text is centered in the upper portion of the image.

Colorado Legal Services

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/**

HOUSING RESOURCES

Ted Shepard



- 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>

A top-down view of a desk with a laptop, a coffee cup, a small potted plant, glasses, and a smartphone. The laptop is on the left, the coffee cup is on the right, the potted plant is in the center, the glasses are on the right, and the smartphone is at the bottom right. The background is a light-colored surface.

HOUSING RESOURCES

In Larimer County

55+ Affordable Housing 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**



Ft. Collins

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

Loveland

- Big Thompson Manor I & II
- Harvest Pointe
- Mirasol Senior Community
- Silver Leaf I & II
- The Willows

Berthoud

- Hamilton Park Apartments I & II

Estes Park

- The Pines Apartments
- Trail Ridge Apartments



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/

TRANSPORTATION RESOURCES

Cory Schmitt



- 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.

North Front Range
Metropolitan Planning
Organization



North Front Range
Metropolitan
Planning
Organization



RIDE
NOCO



RideNoCo: Connecting You & Northern Colorado

Larimer County Resource Connections Forum



North Front Range
Metropolitan
Planning
Organization

April 26, 2022

Connecting You & Northern Colorado

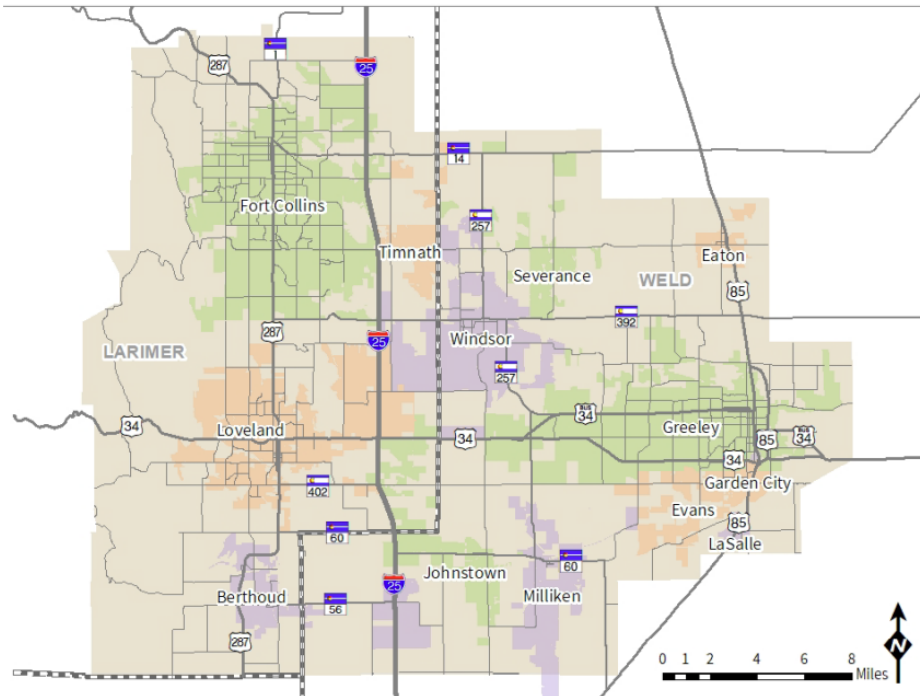


Connecting You & Northern Colorado embodies the two overarching goals of the program:

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



- Legend**
- County Boundary
 - NFRMPO Planning Area

May 2020
Sources: CDOT, NFRMPO



- 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

Larimer County Senior Transportation Implementation Plan



North Front Range
Metropolitan
Planning
Organization

- 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

Phase 2

2022

Phase 3

2023

Website + Call Center

- Introduction of RideNoCo
- Central hub to identify transportation options across region and beyond

Trip Discovery

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

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



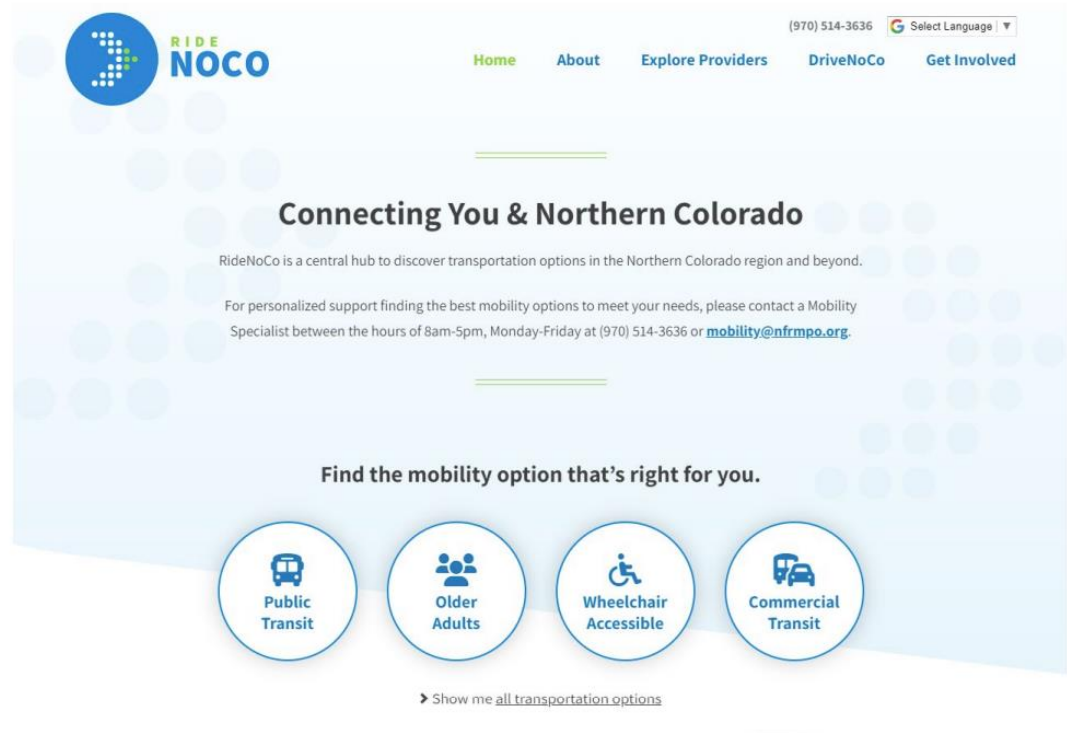
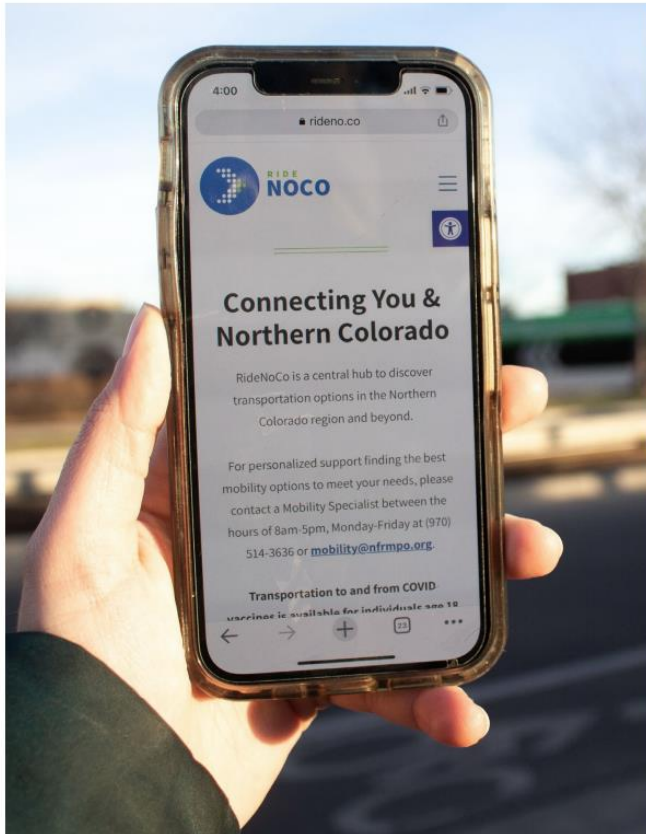
(970) 514 3636

Monday – Friday
8 am to 5 pm

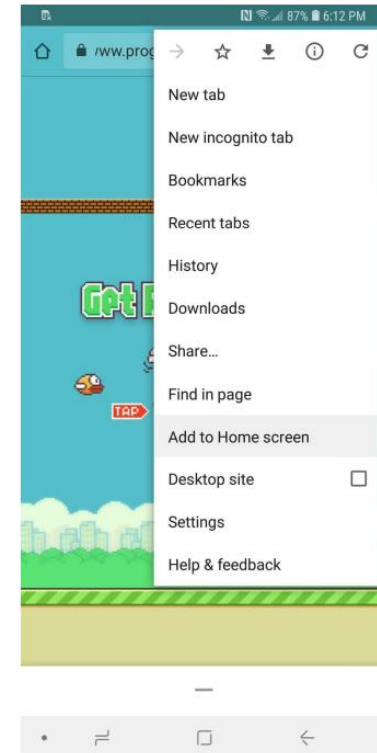
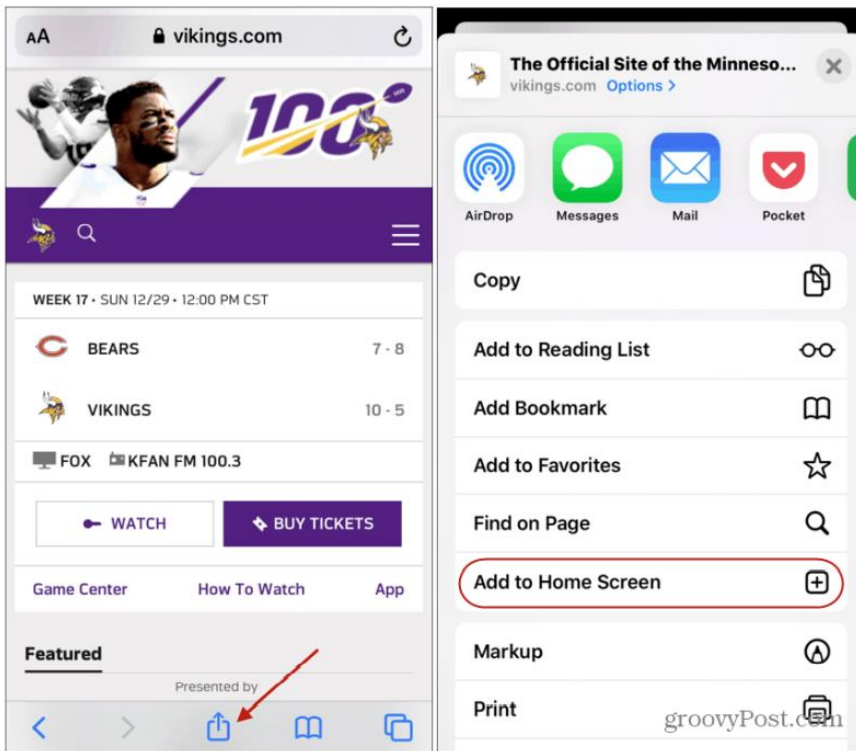
Callback within one business day



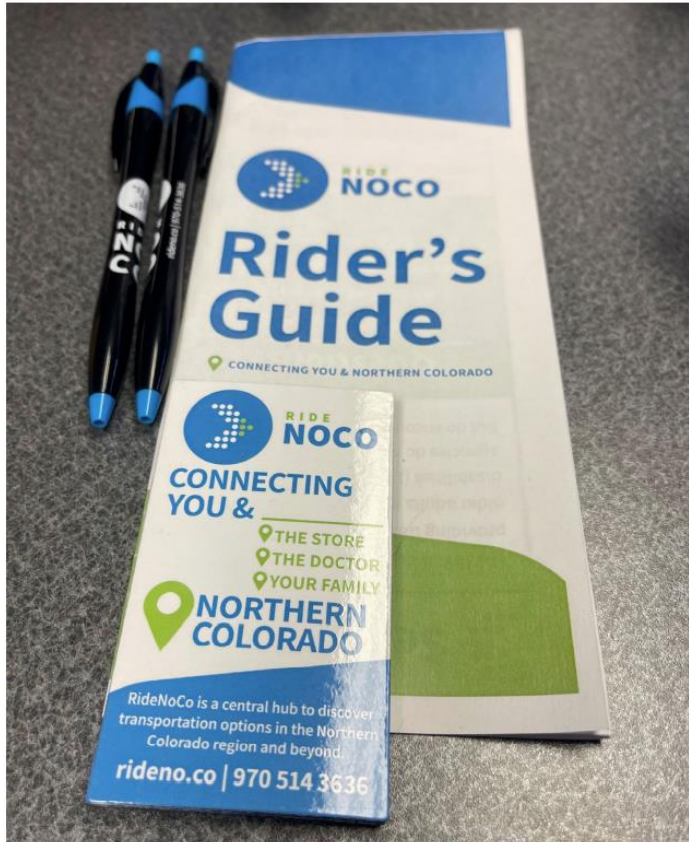
Find Us Online: www.rideno.co



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!



(970) 514-3636 [Select Language](#) ▼

[Home](#) [¿Qué es RideNoCo?](#) [Búsqueda de proveedores](#) [DriveNoCo](#) [Participe](#)

Conectándose 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@nfrmpo.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 programar su viaje comuníquese con un especialista en movilidad.

Encuentre la opción de movilidad adecuada para usted.



Guía Del Usuario

[CONECTÁNDOSE CON EL NORTE DE COLORADO](#)



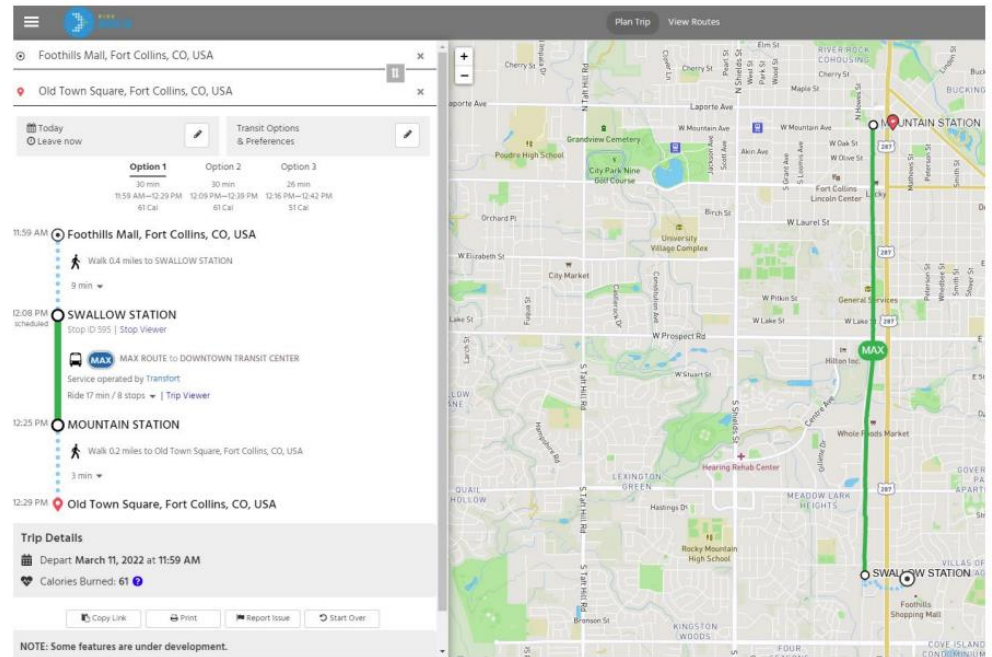
11.00 x 17.00 in

Coming Soon: Trip Discovery Tool



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

Transfort	City of Loveland Transit (COLT)
Greeley-Evans Transit (GET)	Berthoud Area Transportation System (BATS)*
Bustang	Estes Transit
SAINT*	RAFT*
60+ Ride*	Via Mobility
RTD	SPIN e-scooters/e-bikes
Rocky Mountain National Park Shuttles	



*GTFS-Flex Databases created by Trillium as part of Trip Discovery project

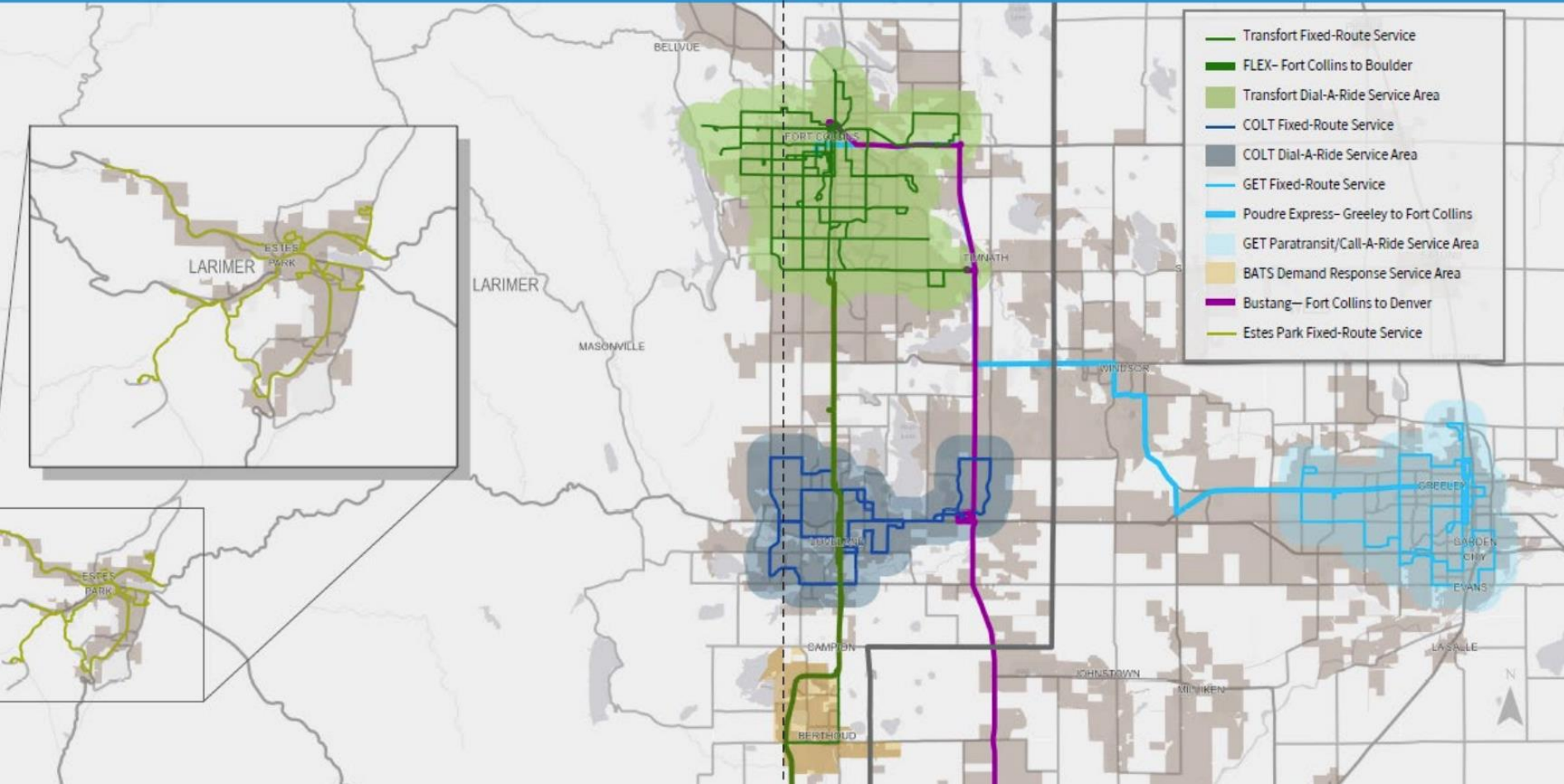
TRANSFORT



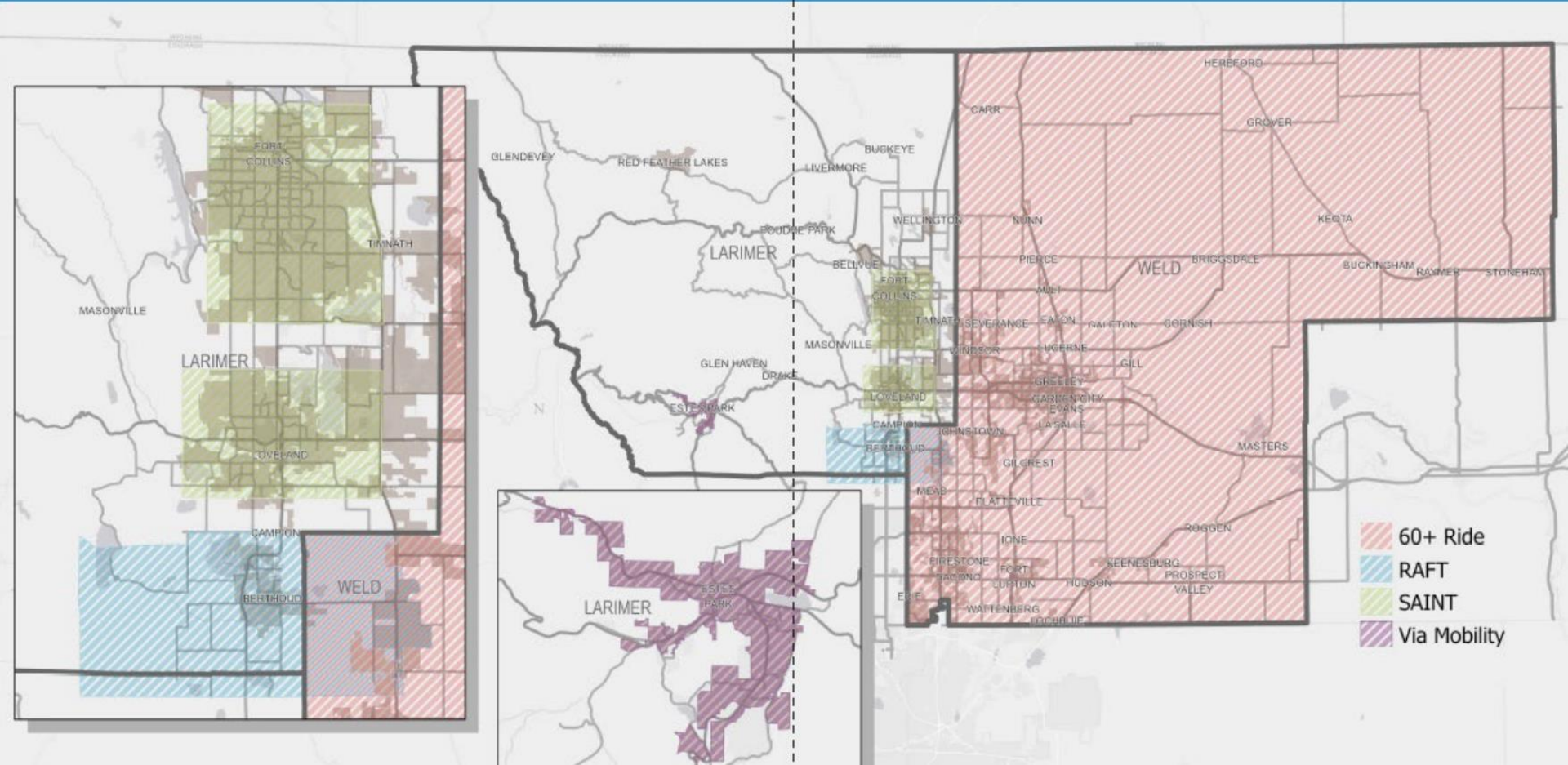
Transportation options for older adults in Larimer County and beyond



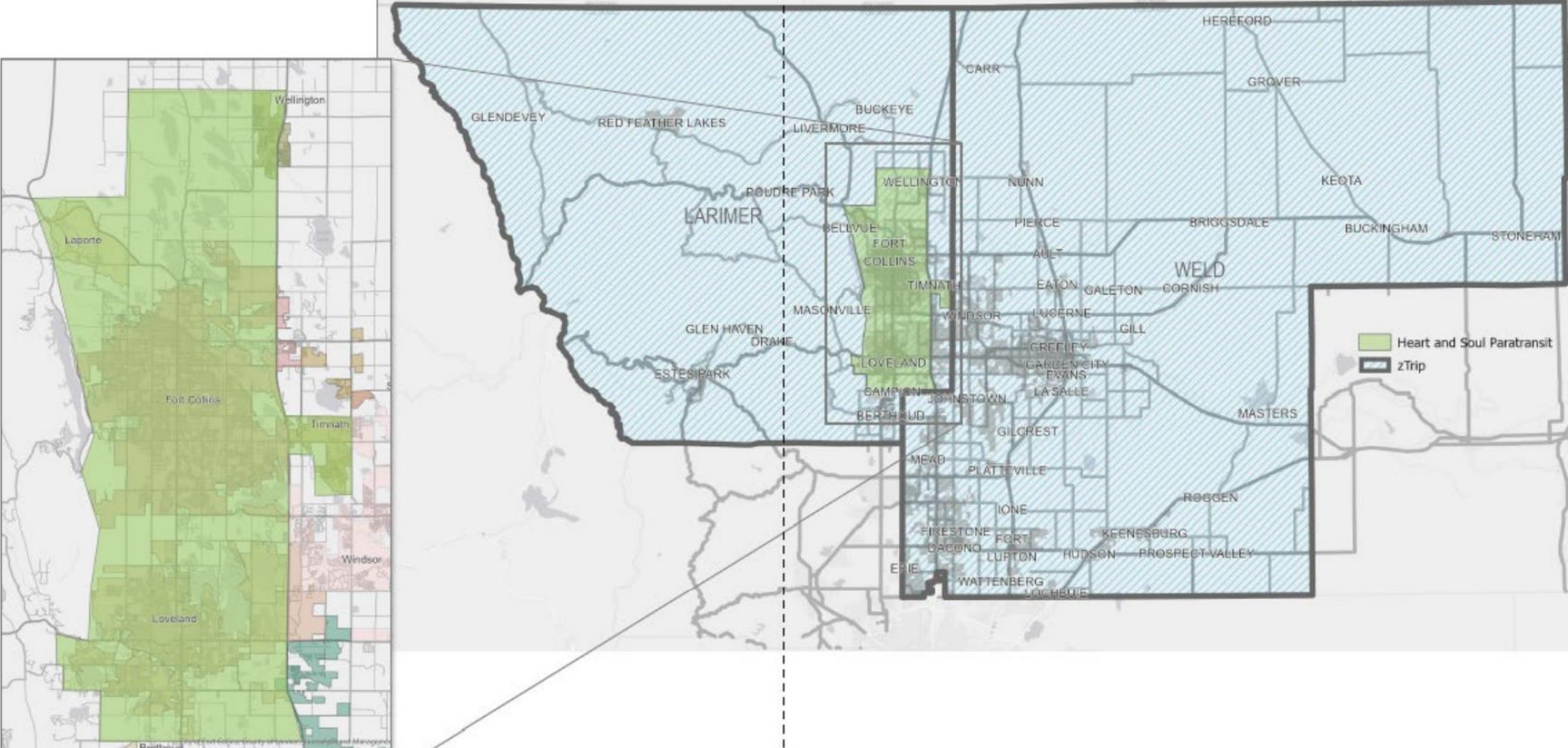
Public Transportation Services



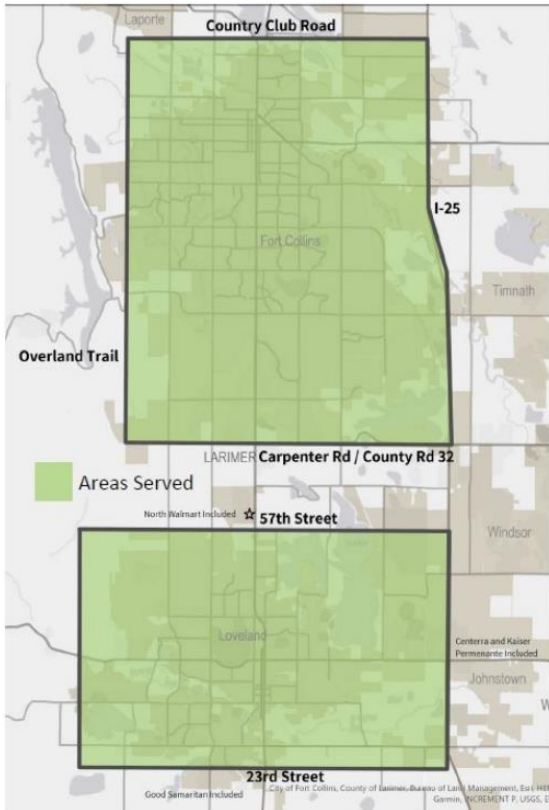
Volunteer and Non-Profit Transportation Services



Commercial Transportation Services



SAINT Volunteer Transportation

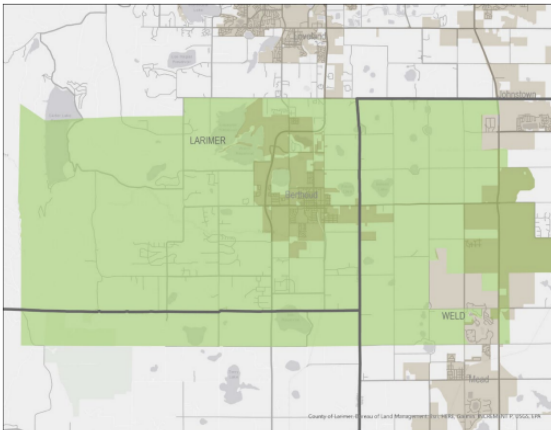


- Location:
 - Fort Collins and Loveland
- Serves:
 - Adults 55 and older who can't/don't drive
 - Adults (18+) with a disability that prevents them from driving
- Volunteer Driver Based
- Rides provided Monday through Friday, 8:15am-4pm
- **(970) 223-8604** | <https://saintvolunteertransportation.org>

Berthoud Rural Alternative for Transportation (RAFT)



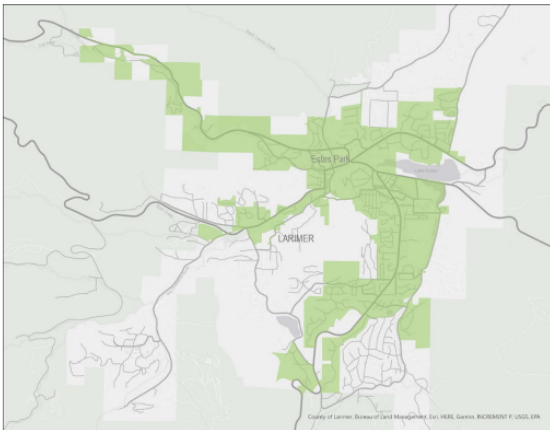
- Location:
 - Berthoud Fire Protection District with service into Berthoud, Loveland, Longmont, and adjacent areas
- Serves:
 - Adults 60 and older who can't/don't drive
 - Adults (18+) with a disability that prevents them from driving
- Volunteer Driver Based with one wheelchair accessible vehicle
- Rides provided Monday through Friday, 8am-4pm
- **(970) 532-0808** | <https://berthoudraft.org>



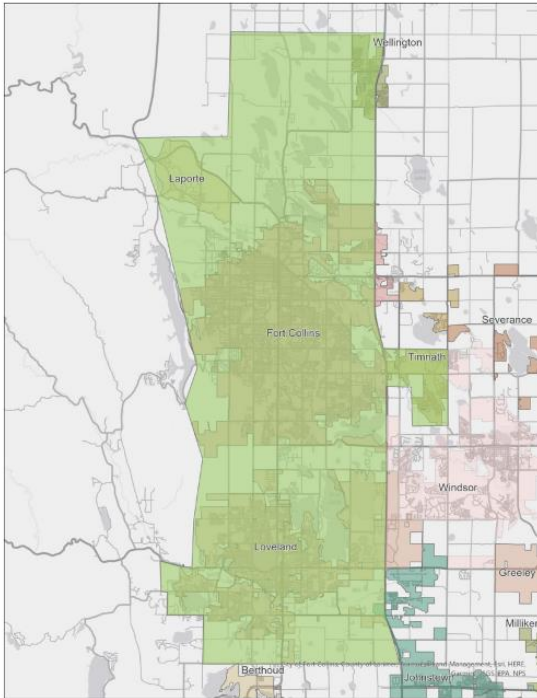
Via Mobility Services- Estes Valley



- 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.