

CHAT from OWL meeting on March 22, 2025

- 11:14:22 From Liisa Dalbak : how do i find someone to help me post surgery in my home
- 11:21:09 From Liisa Dalbak : when you say doctor, do you mean GP or surgeon or pain management doctor
- 11:26:29 From Liisa Dalbak : on lok sent me a list of 86 names and phone numbers of people offering "care" with my post surgery needs as well as general help, but stated not all names had been back ground checked and that was my responsibility. Now what?
- 11:29:30 From Barbara G : Does IHSS do background checks?
- 11:36:44 From Betty Traynor : Home Bridge in S.F. also provides IHSS care givers.
- 11:38:33 From Liisa Dalbak : I don't qualify for medical. I am single with no family. Is private pay my only option and up to me to find that person?
- 11:42:08 From Barbara G : SF Village, a membership organization dedicated to help seniors live in the community sometimes is able to match you with a volunteer for simple household tasks. There is a sliding scale membership fee.
- 11:42:54 From Karen : For singles with no family or local family, finding home care sounds very daunting and expensive, even to me now when I'm not currently in need. To hire a several caregivers as "trials" is expensive, and they may not be available when/if there is a need.
- 11:45:46 From Louise DiMattio : Sorry if you covered this...How can you find a good Registry?
- 11:48:27 From Barbara G : Senior & Disability action may also be a resource.
- 11:51:52 From Louise DiMattio : If you pay privately, are these expenses tax deductible?
- 11:57:29 From Patricia Arack : Its impossible to write down all these excellent referrals. Can we have you send all these contacts in an email?
- 11:57:50 From Barbara G : Slides will be sent to everyone following the meeting
- 11:58:01 From Liisa Dalbak : Is there an agency to get on a list for senior housing? Maybe not covered in this class
- 11:58:06 From Taara Hoffman's iPhone : Thank you so much for this presentation! Because care is so expensive, can you speak to how one spouse can qualify for medi-cal while the other spouse maintains their income - also called spousal protection - or which of the additional resources on this slide would be best able to address this?
- 11:59:24 From Betty Traynor : Long-term care insurance is expensive for low income seniors so not a reality for some of us.

12:00:02 From Patricia Arack : I use LTC insurance. Paid into it for 22 years. I need care, but using LTC has been the most difficult, anxiety-provoking issue related to my disability that I've had to deal with.

12:00:18 From Paul Hickman : I have IHSS and the begin of covid when they the stay home DAS set me up with IHSS the different between. IHHS and Homebridge IHSS will send you of providers and you have to call them and tell them your needs and interview them at your house. Homebridge will pick your provider and they will send you someone. Homebridge give high care. I am retire SW i work with both.

12:01:35 From Melanie Grossman : Long term care insurance does not kick in automatically. You may need to advocate for yourself, prove that you need it, get doctors to write letters for you, etc.

12:02:05 From Barbara G : <https://housing.sfgov.org> for public housing in SF

12:02:49 From Barbara G : DAHLIA is what it's called in SF

12:04:48 From Betty Traynor : RE senior housing, contact Open House as they have a monthly list and also presentations on getting senior affordable housing
<https://www.openhousesf.org/>

12:05:51 From Barbara G : Reacted to "RE senior housing, c..." with 👍

12:09:04 From Taara Hoffman's iPhone : Thank you for that answer re: spousal impoverishment protection - does this only apply to a SNF or could it also apply to home/personal care and AL/memory care communities?

12:11:51 From Barbara G : It's also possible to get LTC riders on life insurance policies.

12:18:08 From Muriel : Are there independent professionals one can hire to organize all these tasks and support care needs?

12:18:57 From Cathy : Thank you, Jennifer!

12:19:16 From Tina Martin : Many thanks! I had to miss the beginning of this, so I'm really glad there's a recording! How can we get the link?

12:19:42 From Tina Martin : I heard only 40 minutes of this, but every minute was informative. Thanks again

12:19:54 From Muriel : Thank you!

12:19:55 From iPhoneCarol Mao : Thank you Jennifer. That was a lot of information you presented.

12:20:03 From Barbara G : Thank you!