

RAMSEY COUNTY CAC

ADULT SERVICES

Our Purpose:

The committee provides a valuable way for citizens to share their experience, knowledge and to provide input around the needs and issues impacting 1) Older adults (60+) who have difficulty living independently and are at risk of abuse, neglect and material exploitation, and 2) persons between 19 and 60 who have a major physical or neurological disability.

FOCUS

The Adult Services Committee provides input for service development or enhancement relevant to the adult population. Each year an issue is decided upon to research, study, and develop recommendations. The recommendations are presented to the Ramsey County Commissioners each year in January. Examples of topics chosen were:

- **Caregiver Stress** – research on the impact caregiving has on the caregiver was completed and statistics revealed that 41% of caregivers die before their loved one they are caring for. A poster was then designed, showing this statistic. Hundreds were distributed in Ramsey County.
- **Cultural Isolation** – currently the committee is conducting interviews with four cultural groups: Hmong, Hispanic, Somali, and Karen. A questionnaire was developed to ask questions that can give the committee and Commissioners factual information on the needs of these four groups.



WHY JOIN?

- Meet others with similar interests and a passion to help others.
- Be a part of social change.
- Learn about the human services system at Ramsey County.
- Learn about what is happening in your community.

HOW TO GET INVOLVED

- A representative from the Adult Services Committee will meet with you and explain the purpose and structure of the CAC and your responsibility as a member.
- Your name will be given to the Ramsey County Citizens Advisory Council Coordinator, who will send you an application.
- Attend a meeting to learn more about us.

MEETING SCHEDULE

1st Thursday of each month | 3:00pm – 4:30pm
West 7th Community Center
265 Oneida St., Room 112,
Saint Paul, Minnesota 55102
Snacks provided

Please contact us if you are interested in more information, attending, joining, or sharing a community perspective aligned with our focus.

FAQS FOR NEW MEMBERS OF THE ASC

For 2013, the ASC is working on addressing some of the issues impacting frail elders, as identified in our conversations with care workers and elders in the Hmong, Hispanic, Vietnamese, Karen, and Somali communities in Ramsey County. **Our focus is on identifying and overcoming barriers to service.**

To this end, we have two projects under development to increase access to Ramsey County services:

1. Collaboration with selected ethnic communities to present information on achieving/improving access to Ramsey County services.
 - ASC is developing a menu of Ramsey County services, with appropriate individuals as presenters, which will be offered to care workers and elders in these ethnic communities, for their identification and selection of three to five services of greatest need in their community.
 - The ethnic communities will be asked to partner with the ASC by identifying a date, location and format for a community meeting, publicizing the meeting within their community, and possibly providing translators to assist during the meeting.
 - ASC will be responsible for procuring speakers to address these community meetings.
 - ASC will be responsible for informal assessment of the success of this approach in increasing access to the identified services.
2. Collaborating with selected ethnic communities to improve access to Ramsey County and Minnesotahelp.info services.
 - Identifying means to overcome language barriers to accessing phone services.

Role and Responsibilities of Adult Services Committee:

Individual members of the Adult Services Committee are responsible for

- regular, prompt attendance at monthly meetings
- allocation of 2 – 4 hours / month in preparation for, or as a result of tasks agreed to in monthly meetings
- two years of participation as active committee members

We are happy to welcome you as visitors to ASC and potential members.

Questions may be addressed to:

Adult Services Committee Chair:

Sara Barsel, Ph.D.

Citizen member

Ramsey County Respite Care Think Tank

1276 Eldridge Ave. W.

Roseville, MN 55103

Phone: 651-647-9506

e-mail: sara.barsel@q.com