

Senior Care Crisis Trends and Critical Needs

**Financial, Food Insecurity, Housing,
Social Isolation, Elder Abuse, Health**

SLO County Commission on Aging

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Overview

- San Luis Obispo's seniors are a large, growing, service intensive and dependent population segment
- Low to poverty income levels critically impact a senior's quality of life and present ongoing road blocks to maintaining:
 - personal health
 - safe/affordable housing
 - access to necessary supportive services
- The effect of these impacts is a significant and growing cost to families, government and hospitals

Population Trends: Staggering Numbers

- California faces a rapidly growing and increasingly vulnerable senior population
 - the fastest growing groups are age 80 and older

- By 2035
 - the senior population (age 60 and older) will have increased 64%, to 12.0 million, from 7.3 in 2015

 - the senior share of the state population will increase from 19% to 26%

California State Plan on Aging 2017 - 2021
San Luis Obispo & Santa Barbara Counties
Population Age 60 +

PSA 17	Actual 2010	Projected 2030	Change	Percentage Change
San Luis Obispo	57,536	93,532	35,996	63%
Santa Barbara	73,902	111,912	38,010	51%
Total	131,438	205,444	74,006	56%

Senior Care Crises

- **Financial**
- **Food Insecurity**
- **Housing**
- **Social Isolation**
- **Elder Abuse**
- **Health**

Senior Care Crisis

Financial -- SLO County, Age 65+

- 38% of *all* aged 65+ do not have enough income to meet their most basic needs, as measured by the Elder Index
 - *that's more than 13,000 elders struggling to make ends meet in San Luis Obispo County*
- A large number of these elders (9,000 or 27%) with incomes above the FPL but below the Elder Index fall into the *eligibility gap: cannot make ends meet but do not qualify for supports*

Financial – SLO County

Of the 58 California counties ranked according to the

highest number of seniors living on up to 200% of the federal poverty level

San Luis Obispo County ranks:

- **# 8 - Single elder head of household**
- **# 15 – Older couple head of household**

UCLA Center for Health Policy

Counties with Highest Percentage of Hidden Poor Among Older Head of Household/ Spouse (Age 65 and over), California 2011, 2013

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Food Insecurity

- Over 46,000 in SLO County are Food Insecure

- **1 in 6 people face hunger - 20% are Seniors**

Food Bank Coalition of SLO County 2017

- **105,500 senior home delivered meals**

SLO County - 2017 - Meals That Connect

- Hungry seniors are

- **60 percent more likely to experience depression**
- **53 percent more likely to report a heart attack**
- **52 percent more likely to develop asthma**
- **40 percent more likely to report an experience of congestive heart failure**

Justice in Aging, Senior Poverty April 2018

Senior Care Crisis

Housing

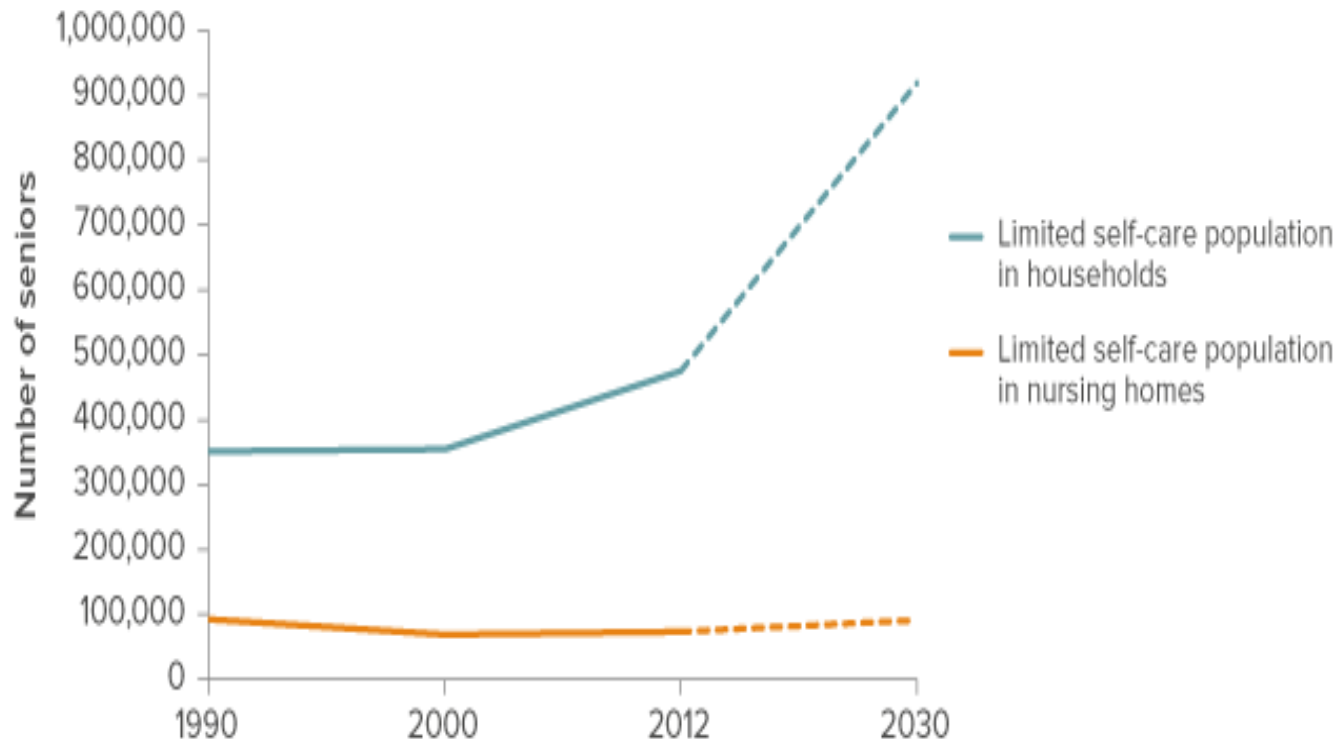
Maintaining Seniors in their Homes

- 90 % of seniors want to stay in their homes (AARP survey)
- 544,000 persons, 65+ Low income or Disabled anticipated needing In Home Supportive Services (California Budget 2018-19)
- About 70% of seniors will require supportive services/care at some point during their lives
 - Domestic Care,
 - Personal Care
 - Strengthening Self Care
 - Counseling and Companionship
 - Minor Home Repair/Safety

Kaiser Family Foundation - August, 2016

California seniors with self-care difficulties living at home

Public Policy Institute of California, August 2015



Dangers of Seniors Living Alone

- Social isolation, mental health, depression
- Health Care Management
- Poor nutrition or malnutrition
- Elder abuse
- Forgetting appointments, unable to pay bills
- Unable to keep up with daily chores and housekeeping
- Falls - home safety hazards such as poor lighting and loose carpeting

The Danger of Social Isolation - David Frank, AARP July 2018

Senior Care Crisis

Dangers of Seniors Living Alone - Falls

- Every 11 seconds, an older adult is treated in the emergency room for a fall
- One in four Americans over the age of 65 falls each year
- In 2014, older Americans experienced 29 million falls, resulting in 7 million injuries
- Every 19 minutes, an older adult dies from a fall

National Council on Aging Fact Sheet: Falls, 2018

Senior Care Crisis

Social Isolation

- Social Isolation is a significant risk factor for poor health and increased mortality

- It is estimated that 1 in 5 seniors 65 and older are Socially Isolated which
 - costs Medicare an Additional \$6.7 billion per year
 - is a serious risk to Mental and Physical Health
 - Results in greater susceptibility to Heart Disease, Infections, Dementia

AARP Public Policy Institute, Nov 2017

AARP Foundation, July 2018

Senior Care Crisis

Elder Abuse

- About 1 in 10 Adults over age 60 are Abused, Neglected or Financially Exploited
- Types of Abuse include Physical, Emotional, Neglect, Sexual, Financial, Abandonment
- Abuse Can Happen by a Relative, Caregiver, Stranger
- Abuse Can Happen at Home, Relative's Home, Care Facility

National Institute of Health 2018

Health

Impacts of Care Crises – Quality of Life & Cost

- Financial
 - *Low to poverty-level income presents difficult choice to not take care of one's health*
- Food Insecurity
 - *Direct adverse effect on one's health*
- Housing
 - *Lack of supportive services limits access to health care*
- Social Isolation
 - *Adverse effect on physical and mental health*
- Elder Abuse
 - *Physical, emotional, neglect, sexual, financial, abuse degrades health*

Critical Senior Community Challenges

Maintaining Seniors in Their Homes

In-Home Supportive Services, Adult Protective Services

Senior Designed Livable Affordable Communities

Healthcare Targeted to and for Seniors

Services Directed at Avoiding Isolation/ Depression

Low Income Housing Options

Transportation Resources Designed for an Aging Population

A Call To Action

- **Policy & Program Focus on Providing Necessary Financial, Health Care & In Home Supportive Services**
- **Resources Directed at Solving Critical Senior Issues Now and Long Term**
- **More Senior Advocates & Expanded Partnerships to Address These Critical Senior Issues**
- **Attitude Shift in Society, It's a Real Problem Now**
- **Age Friendly Livable Affordable Communities**

A Call to Building

Age Friendly Livable Affordable Communities



HEART TO HAND

Joseph Kinkel, 1996 Longmont, Colorado Senior Center