Senior Care Crisis
Trends and Critical Needs

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

SLO County Commission on Aging

Thomas Clough, Commission Board Member
Senior Volunteer Services Board Chair
Kathleen Bellefontaine, Commission Co-Chair
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%

_Aging - California’s Retirement Crisis, 2015_
## California State Plan on Aging 2017 - 2021
### San Luis Obispo & Santa Barbara Counties
#### Population Age 60 +

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

UCLA Center for Health Policy, 2013
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
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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*
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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
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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
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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

<table>
<thead>
<tr>
<th>Challenge</th>
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<tbody>
<tr>
<td>Maintaining Seniors in Their Homes</td>
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<tr>
<td>In-Home Supportive Services, Adult Protective Services</td>
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<tr>
<td>Senior Designed Livable Affordable Communities</td>
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<tr>
<td>Healthcare Targeted to and for Seniors</td>
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<tr>
<td>Services Directed at Avoiding Isolation/ Depression</td>
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<tr>
<td>Low Income Housing Options</td>
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<tr>
<td>Transportation Resources Designed for an Aging Population</td>
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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