

## Status and Trends - Alameda County's Older Adult Population

### We are Aging

- Over 288,000 people age 60+ live in Alameda County.<sup>i</sup>
- 12% of our County's residents were age 65+ in 2016, about 199,000 people.<sup>ii</sup>
- By 2025, that number is expected to increase by 50%.<sup>iii</sup>
- By 2030, Alameda County will be home to 368,000 people age 65+.<sup>iv</sup>

### Economic Insecurity is High

- Census data tells us that 18.3% of people age 65+ live below 150% of the Poverty Level.<sup>v</sup> 150% FPL is \$1,561/month, less than FMR for a studio apartment in Alameda County.<sup>vi</sup>
- 3 out of every 4 single older adults live below 200% of Poverty Level, and well below the Elder Economic Security Index – a measure of what it takes to meet basic needs.<sup>vii</sup>
- One in five calls to the Alameda County Community Food Bank are from older adults.<sup>viii</sup>
- Economic insecurity is highest among African Americans, the result of systematic racial injustice. 80% of homeless older adults in the HOPE Home study were African American.<sup>ix</sup>

### The Housing Crisis is a Senior Crisis too

- About 75% of seniors who live below the Elder Economic Security Standard are renters.<sup>x</sup>
- Over 60% of seniors who rent their homes have a housing cost burden well over 30% of their total household income.<sup>xi</sup>
- Over 42,000 aged 65+ live alone, a majority of them women.<sup>xii</sup> Living alone puts elders at greater risk of isolation and associated serious cognitive and health consequences.<sup>xiii</sup>
- 10% of people counted in Alameda County's 2017 Point-In-Time survey were age 60+;<sup>xiv</sup> 30% of homeless older adults experienced their first homelessness in the last year.<sup>xv</sup>

### Health and Disability are Major Factors that Challenge One's Ability to Live at Home

- Over 68,000 people 65+ have a disability (hearing, vision, cognitive, mobility, selfcare).<sup>xvi</sup>
- Over 28% of Alameda County seniors age 65+ have fair to poor health status.<sup>xvii</sup>
- Over 66% have high blood pressure; over 18% have heart disease; over 14% experience frequent mental distress.<sup>xviii</sup>

### Coverage for Health Care and Long Term Services and Supports

- 98% seniors age 65+ have Medicare coverage, which covers only 50% of medical care costs, does not cover long term care services, and covers only 90 days in skilled nursing.<sup>xix</sup>
- Over 42,000 of those with Medicare also have Medi-Cal coverage.<sup>xx</sup>
- Over 12,400 seniors receive Medi-Cal funded In-Home Supportive Services.<sup>xxi</sup>

### Increasing Diversity<sup>xxii</sup>

- Alameda County's older adults are increasingly diverse: 48% white, 27% Asian, 12% African American, 11% Latino, 2% multi-race, .4% Pacific Islander, .2% American Indian.
- 38% of seniors in Alameda County are foreign born, and about 10% are not US citizens.
- 40% of older adults speak a language other than English at home.

# Senior Services Coalition of Alameda County

AGING IS SOMETHING WE ALL HAVE IN COMMON

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*The Senior Services Coalition of Alameda County is a coalition of 40 nonprofit and public organizations that provide health care and supportive services to over 79,000 Alameda County seniors. We are committed to establishing an easily accessible, coordinated system of social, medical and supportive care for seniors in Alameda County.*

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<sup>i</sup> CA Department of Finance

<sup>ii</sup> U.S. Census, 2016 American Community Survey 5-year estimates

<sup>iii</sup> CA Department of Finance, Report P-1

<sup>iv</sup> Ibid.

<sup>v</sup> U.S. Census, 2016 American Community Survey 5-year estimates

<sup>vi</sup> FMR for fiscal year ending September 2018, California Department of Social Services and US Department of Housing and Urban Development

<sup>vii</sup> Elder Economic Security Standard Index for Alameda County, based on 2010 Census data. Insight Center and UCLA Center on Health Policy. In 2011, the EESSI for a single elder renter in Alameda County was \$2,170.

<sup>viii</sup> Alameda County Plan for Older Adults, May 2016; data from ACCFB calendar 2015.

<sup>ix</sup> Kushel, Margot et al; Pathways to Homelessness Among Older Adults; PLoS One, 2016 May 10.

<sup>x</sup> Elder Economic Security Standard Index for Alameda County, Insight Center and UCLA Center on Health Policy.

<sup>xi</sup> American Community Survey, 2014

<sup>xii</sup> 2010 Census.

<sup>xiii</sup> Social Isolation, Loneliness and All-Cause Mortality in Older Men and Women, by Andrew Steptoe, et.al. Proceedings of the National Academy of Sciences, vol. 110, no.15.

<sup>xiv</sup> Alameda County 2017 Point in Time Count & Survey; Everyone Home.

<sup>xv</sup> Kushel, Margot et al; Residential patterns in older homeless adults: Results of a cluster analysis; Social Science & Medicine, March 2016

<sup>xvi</sup> 2010 Census

<sup>xvii</sup> CHIS, California Health Interview Survey 2014, UCLA Center for Health Policy Research. Data is for non-institutionalized seniors.

<sup>xviii</sup> *ibid*

<sup>xix</sup> CMS 2014 Medicare enrollment data.

<sup>xx</sup> California Department of Health Care Services Certified Eligibles Count February 2018.

<sup>xxi</sup> Alameda County Social Services Agency, July 2016.

<sup>xxii</sup> All data in this section is from Alameda County CAPE Unit (Community Assessment, Planning and Evaluation) 2015 report on Alameda County Older Adults.