

## AGING AND ADULT FACT SHEET

### PURPOSE STATEMENT

To assist low-income, frail elderly (60+ years of age) and younger adults with physical disabilities such as spinal cord injury, traumatic brain injury, muscular dystrophy, vision impairments, and multiple sclerosis (18 – 59 years of age) throughout Pima County, in:

- Achieving or maintaining self-sufficiency, including reduction or prevention of dependency;
- Preventing or delaying inappropriate institutional care by providing for community-based care, home-based care or other forms of less intensive care; and
- Securing referral or admission through case management, for institutional care when other forms of care are not appropriate.

### SERVICES PRIORITIZED FOR SSBG FUNDING FOR AGING/ADULTS

The following services were selected as they meet basic needs, improve quality of life, maintain independence, prevent or delay institutional care and help secure institutional placement when necessary:

- Case Management service(Care Coordination) – assesses individual’s needs and eligibility for services, develops a service plan based on the client’s needs and resources, authorizes services, monitors the client’s progress and serves as an advocate for the client.
- Day Care Service – Provides care and supervision in a structured, supportive and safe environment for a portion of a 24-hour day. The care provides the family caregiver with a break (respite). A multidisciplinary team of health professionals provides services needed to meet the individual's specific health and social needs.
- Home Based Services -Provides assistance with the independent performance of Activities of Daily Living such as bathing, dressing, grooming, housework, laundry, changing bed linens and shopping.
- Home Delivered Meals –Prepares and delivers nutritious meals to homebound seniors and adults with disabilities to improve the dietary intake of participants and to offer opportunities to be linked with community resources.

### DEMOGRAPHICS

#### Economic Security/ Poverty

- 35% of Pima County’s 65+ population (52,953) have income below 200% of federal poverty level. National measures such as the Elder Economic Security Index indicate this is the minimum income for older adults to make ends meet. Below that, people are making choices between eating and buying medicine.
- Arizona ranks eleventh in the rate of food insecurity for seniors. Source: *Meals on Wheels Association of America, 2001-2007*.
- A recent study found that women who had assumed caregiver roles during their working years were 2.5 times more likely to live in poverty when they became elderly compared to women who had not been caregivers during their lifetime. (*Family Caregiver Alliance, National Center on Caregiving. Fact Sheet 2005*)

## Pima County Older Adult Population Growth

- Population 60+ years of age grew by 36.9% in the last 10 years while the overall population grew by 16.2%
- Fastest growing segment - individuals over age 85. 50% of those age 85+ have one or more chronic (on-going) or disabling conditions that require assistance with Activities of Daily Living. (*National Association of Area Agencies/National Association of State Units on Aging, 2009 "Project 2020 Talking Points"*)
- In Pima County among households age 65+, 9.9% lived alone, in Tucson 9.3% and in Green Valley 32.2%. *Source: 2005-2007 American Community Survey 3-Year Estimates*

### Pima County Older Adult Population Growth

	2000 Census	% of Total Population	2010 Census	% of Total Population	% Growth From 2000
<b>Pima County Population</b>	843,746		980,262		16.2%
<b>60+</b>	153,232	18.2%	209,742	21.4%	36.9%
<b>65+</b>	119,487	14.0%	151,293	15.4%	26.2%
<b>85+</b>	13,072	1.5%	19,895	2.0%	52.0%

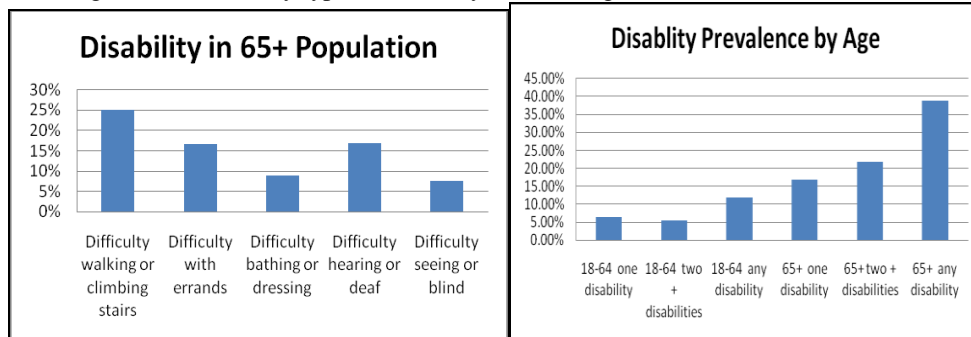
### Jurisdiction Older Adult Population Growth

		2000 Census	% of Total Population	2010 Census	% of Total Population	% Growth from 2000
City of Tucson	Total Pop	486,699		520,116		<b>6.9%</b>
	60+	72,874	15%	86,750	16.8%	<b>19%</b>
	85+	7,317	1.5%	9,256	1.78%	<b>26.5%</b>
South Tucson	Total Pop	5,490		5,652		<b>3%</b>
	60+	812	14.8%	874	15.4%	<b>7.6%</b>
	85+	48	.87%	55	.97%	<b>14.6%</b>
Oro Valley	Total Pop	29,700		41,011		<b>38.1%</b>
	60+	8,608	29%	13,968	34.1%	<b>62.3%</b>
	85+	355	1.2%	1,196	2.92%	<b>236.9%</b>
Marana	Total Pop	13,556		34,961		<b>157.9%</b>
	60+	1,876	13.8%	7,584	21.7%	<b>304.3%</b>
	85+	62	46%	267	.76%	<b>330.6%</b>
Sahuarita	Total Pop	3,242		25,259		<b>679.1%</b>
	60+	690	21.3%	5,289	21%	<b>665.5%</b>
	85+	52	1.6%	233	.92%	<b>348.1%</b>
Green Valley	Total Pop	17,283		21,391		<b>23.8%</b>
	60+	14,506	83.9%	18,124	84.7%	<b>24.9%</b>
	85+	1,385	8.01%	2,179	10.19%	<b>57.3%</b>

## Disability Prevalence in Pima County

- In Pima County, there are 73,143 individuals 18 to 64 years of age with a disability (12%). Of those 65 and over, 38.7% live with a disability. *Source: U. S. Census Bureau, American Community Survey, 2009*
- 71% of Arizonans 65 and older have at least one chronic condition; 20% have three or more.
- People 85+ have a 50/50 chance of having dementia

Percentage of adults 65+ by type of disability      Percentage of adults with one or more disabilities



### UNMET NEED:

- First choice for most elderly and physically disabled individuals is to remain in their homes.
- Failure to receive basic supportive in-home services results in rapid deterioration of the abilities of the older person, often forcing the individual into a nursing home when individual or family resources (both physical and financial) have been exhausted.
- Funding cuts for Aging and Adult Services has drastically reduced the System's ability to serve those in need. In fiscal year 2011 (July 1, 2010– June 30, 2011)) the System served 1,725 individuals, a reduction of 975 individuals from prior fiscal years levels. In fiscal year 2011 the System was reduced further to only serve 1,380 individuals.
- Currently 94 people are on a waiting list for essential services provided by the Community Services System.
- Social Services Block Grant is the only funding source available to provide in-home assistance to individuals under age 60 with a physical disability.
- Clients already in the Community Services System are underserved. A typical care plan in the System provides clients with the equivalent of 1.5 hours per week of housekeeping (clean home, change & launder linens, launder clothing, etc.) and 2.5 hours per week of personal care (bathing, dressing, grooming, ambulation, toileting, etc.) This means the average client receives a bath twice a week.

### IMPACT OF CURRENTLY FUNDED SSBG SERVICES

The Community Services System (CSS) (Case Management, Homecare, Home Delivered Meals, Adult Day Care) has for 30+ years:

- Successfully offered a low cost alternative to more expensive out-of-home placement: average annual cost per person is \$2,174 compared to \$19,420 per year for ALTCS in home services or \$61,656 for ALTCS nursing home care.
- Improved participants nutritional intake by providing home delivered meals that serve as the main cooked meal of the day.

- Delayed entry by at least 3 years into the Arizona Long Term Care System for 1/3 of the system's clients.
- Supplemented the care provided by family caregivers to prolong their support, permit caregivers to remain in the workforce and assist caregivers in balancing the needs of older parents and younger family members.

## **FUNDING FOR AGING AND ADULT SERVICES**

- The main funding sources for home and community based services for the aging and adult population in Pima County is the federal Older Americans Act, Social Services Block Grant and State Independent Living Support. These are supplemented with minimal support from the City of Tucson, Pima County and United Way.

In the last five years:

- State funding for aging services has been reduced by \$2,430,442 (62%). Local funding cuts include a Pima County reduction of \$602,998; City of Tucson and United Way reductions of \$167,040.
- Older Americans Act funding has remained stagnant and not kept up with the inflation or population growth of individuals 60+ years of age.
- Reductions have led to a decrease in number of people assisted and periodic waiting lists for priority services.
- SSBG funding has become more critical to the support of the System as other funding has been reduced.
- Social Services Block Grant is the only fund source for in-home support (prepared meals, housekeeping, personal care) for individuals under 60 years old with a physical disability

## **GAPS IN SERVICES AND EMERGING ISSUES**

- Diminished quality of life when minimal in-home supports not provided (only 2 baths a week, unsanitary living conditions).
- Increase in isolation, depression when frail elders are not connected to services. Often the home delivered meal driver and the homecare worker are the only individuals an elder sees in a week. The suicide rate among Arizonans 65 and older was the highest among all age groups in nine of the last eleven years. Older adults have a higher suicide completion rate. (1 out of 4 attempts vs. 1 out of 20 attempts). Source: *American Association of Suicidology, 2008.*
- Declining health and increases in falls when individuals cannot bathe safely or stand to prepare a well balanced meal. In 2005, falls accounted for 59% of unintentional injury deaths among older adult residents of Arizona. Source: Falls, Arizona Dept of Health Services, 2007.
- Economic losses for families caring for frail and disabled adults struggling to meet increased demands and having to reduce hours worked, take extended leaves of absence and forego promotions.

## **SERVICE PROVIDERS**

- The Department of Economic Security/Division of Aging and Adult Services (DAAS) contracts with the Area Agency on Aging in each Region to develop, plan and administer a coordinated home and community based system of services for older adults.
- Pima Council on Aging serves as the Area Agency on Aging for Region II (Pima County) and contracts with local public and nonprofit agencies to provide select services.
- Current agencies working within this System include, but are not limited to: Catholic Social Services, Our Family Services, Tucson Urban League, City of Tucson, Southern Arizona Legal Aid, Community Home Repair Projects of Southern Arizona, numerous home care agencies, KARE Family Center, Lifeline, Casa de Esperanza, Handmaker and Lutheran Social Ministries.