

A Snapshot in Time—2010-11

Valuing the Invaluable

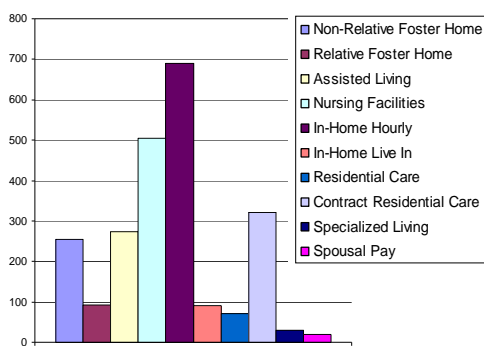
Informal, unpaid caregiving is universally recognized as the foundation of long-term care for older Americans.

On Oregon, their care is valued at \$10.91 per hour. There are over 400,000 unpaid caregivers at any given time, with an economic value of \$4,800 million.

Caregivers spend an average of \$5,531 out of pocket expenses per year. This does not include the loss of wages, health insurance and other job benefits such as Social Security.

The Economic Value of Family Caregiving, 2008

Lane county Long-Term Care



2009 DHS Client Data Book for Seniors/Disabled

There is growing evidence that caregiver support can delay or prevent the use of nursing homes. People who have family caregivers tend to have shorter hospital stays and have a reduced likelihood of re-hospitalization.

The Economic Value of Family Caregiving, 2008

Long-Term Care

The population age 85 or older—the age group most likely to need long-term care—is growing at a dramatic rate.

- Between 2007 and 2030, the age 85+ population is expected to increase by 74%.
- Between 2030 and 2050, the age 85+ population is projected to increase by another 118%.
- Baby boomers will begin to turn 85 in 2031.
- The first of the baby boomers will turn 65 in 2011.

The expected influx of baby boomers is not a wave of the future, it is affecting senior services now. Focusing on preventative services will have a major impact on Long-Term Care needs. We must refocus our resources on programs that prevent or defer admissions to nursing homes.

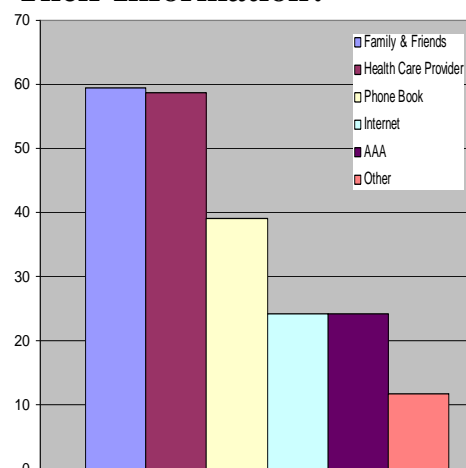
AARP—Across the States 2009: Profiles of Long-Term Care and Independent Living



According to a survey completed by the University of Oregon, finding services for long-term care is a challenge. One key challenge many respondents expressed was their own lack of knowledge of what questions to ask, and what services are out there.

A common request was to have access to a central clearing house of information. The resource center should have knowledgeable staff that can provide objective information, ask appropriate questions to discover the true issues and help respondents navigate the system.

Where Do Seniors Find Their Information?



Aging & Disability Resource Center—Lane Pilot Formative Evaluation

Senior Hunger across the states

Of food insecure seniors, over 38% have incomes below the poverty line, and although poverty status is a clear correlation of hunger risk, the problem is by no means restricted to the poor. For example, one in seven food insecure households have an annual income above twice the poverty line. However, higher education is very protective of food insecurity: college graduates are significantly less likely to be food insecure. Other seniors in a higher risk for food insecurities include: single men & women, individuals living in rural areas and ethnic minorities.

Senior Hunger in the United States—Differences Across States and Rural an Urban Areas



SNAP

Demand for the Supplemental Nutrition Assistance Program (SNAP) has increased the average caseload by 20% over the past year. Due to aging seniors enrollment has grown from 6,334 in September 2009 to 6,966 in August 2010.

The cost of housing is considered affordable when it equals no more than 30% of household income. Households putting more than 30% of their income towards housing are considered to have “housing cost burden,” and household putting more than 50% towards housing is considered to have a “severe housing cost burden.”

Financial Stability

Nearly 1/3 of older Americans are economically insecure, i.e. living in poverty or at-risk of becoming impoverished. Those older adults receiving Supplemental Security Income (SSI) are among the economically insecure. SSI beneficiaries tend to have annual income below the poverty threshold even after SSI benefits are obtained.

Neuberger & Greenstein, 2008

Many Lane County families are one paycheck away from needing food assistance. Of those requesting food boxes, 8% were 65+. When household expenses exceed income, people must make a difficult choice—paying for food and paying rent or filling needed prescriptions.

Food for Lane County

8% of seniors aged 65+ live in poverty in the Eugene/Springfield area

Eugene/Springfield Consolidated Plan

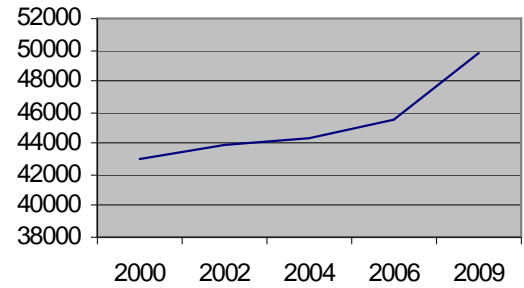
5% of seniors in Oregon, 65+ have food insecurities.

Senior Hunger in the United States

Regular access to health care is important for early detection and treatment for the aging population. Without regular source of care, treatment for diseases can be delayed or go undetected and lead to further complications and hospitalizations. Among adults 45-59 years of age in Oregon, 13% do not have health care coverage. And while Medicare assures older adults higher rates of insurance, shortages in providers accepting Medicare payments may limit access for older adults.

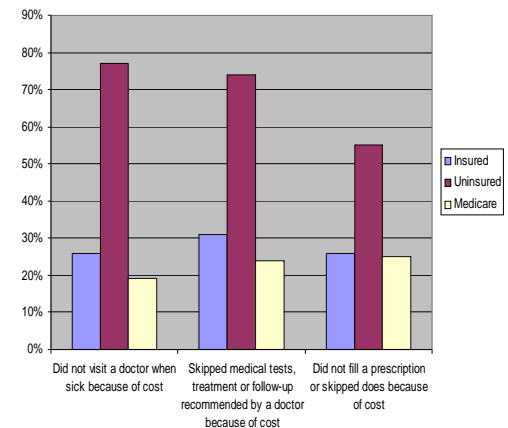
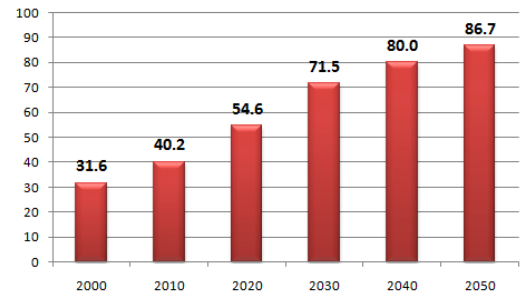
2009 Health Care for America Survey—AFL_CIO

Lane County Population Ages 65+



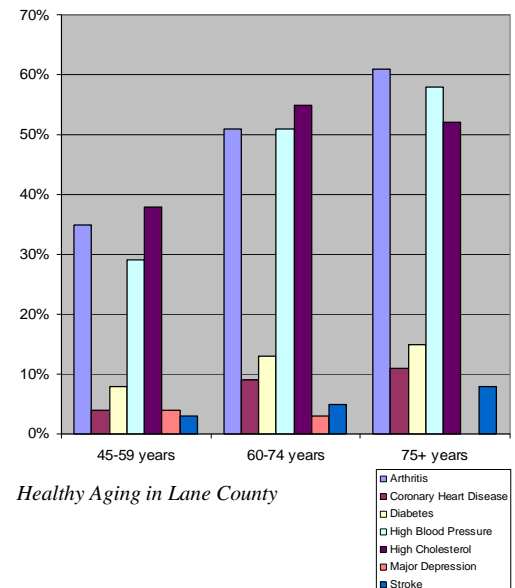
PSU—Population Studies 2000-2009

Aging Population 2000 - 2050 (Est. # of U.S. Citizens 65 and Older)



2009 Health Care for America Survey—AFL_CIO

Chronic Conditions



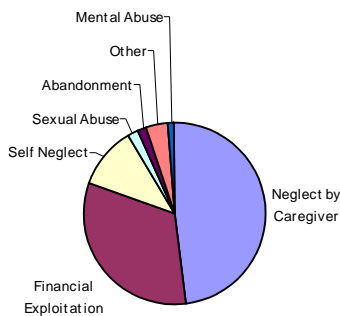
Healthy Aging in Lane County

Elder Abuse

Elder abuse is on the rise. According to data gathered by APS Senior & Disabled Services, abuse allegations have increased 18% since 2006. The main types of abuse include:

- Neglect by a Caregiver
- Financial Exploitation
- Self-Neglect

Reports of Elder Abuse in Lane County



Caregiver Stress

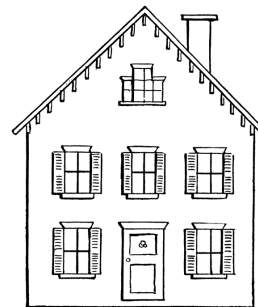
Strategies for reducing caregiver stress:

- Greater availability of respite care
- Caregiver training
- Access to devices such as bed lifts to reduce the physical strain of caregiving
- Assistance managing challenging behaviors
- Financial assistance

Does High Caregiver Stress Lead to Nursing Home Entry
U.S. Department of Health & Human Services

Caregivers lose \$659,130 over their lifetime in reduced salary and retirement benefits.

National Center on Women and Aging



Eugene-Springfield Consolidated Plan

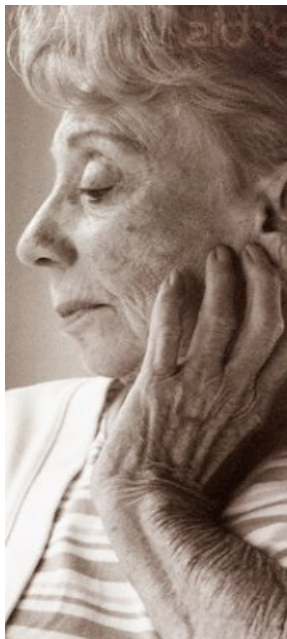
Senior Housing

Projections show that a larger share of future population will comprise of smaller, older and lower income households. This has some serious implications for housing needs over the next 20 years. To meet the needs of these households, more cost effective choices in housing types will be needed than currently exist.

A substantial percentage of occupants with low or moderate income live in substandard housing units. This is either because, as owners, they lack resources to maintain their homes, or because, as renters they cannot afford a unit that is in standard condition.

HASCA owns, manages and maintains 372 public housing units designated elderly/disabled. The average waiting time for a one-bedroom unit is 18 months.

The average Social Security payment is \$1,071.80 per month. The 2009 FMR of a one-bedroom unit in Lane County is \$607. That would be almost 57% of an individuals SS income to rent a one bedroom apartment.



Homelessness and the Elderly

Homelessness affects all segments of the population, however, homeless seniors continues to be a forgotten population. Problems with elder homelessness continue to rise as the Baby Boomer generation ages. This population faces many barriers to accessing services due to chronic health issues, substance abuse and mental health problems.

Elderly people who are homeless are more likely to experience multiple medical problems and chronic illnesses that may have gone untreated for years. A stable living environment is important for an elderly person in order to allow for the identification and resolution of their neglected health care and other needs. They are often hospitalized and may be prematurely discharged from the hospitals or discharged without a housing placement, making it difficult, if not impossible, to adequately recuperate and regain their health. This only exacerbates existing medical conditions and likely leads to repeat hospitalizations.



Area Agency on Aging

The Older Americans Act was signed into law on July 14 1965. It established the Administration on Aging within the Department of Health, Education and Welfare, and called for the creation of State Units on Aging. The Older Americans Act, which was passed in the same year as Medicare, established the primary vehicle for organizing and delivering community-based services through a coordinated system at the state level.

In the 1980s, the act began focusing on health-related, long-term care services for the frail elderly who are at risk for institutionalization and the development of community-based long-term care structure began which meant significant state and local planning. In 2000, an amendment to the Act established the National Family Caregiver Program.

Currently Funded Programs:

Senior & Disabled Services:
Congregate Meals Program
Metro Meals on Wheels
Senior Connections

Contracted Programs:
Caregiver Support Groups
Caregiver Training Program
Elder Help Volunteer Program
Money Management Program
LTC Ombudsman Program
Red Cross Meals on Wheels
Senior Law Program

Caregiver Training & Support

Sponsored by Senior & Disabled Services. Offers training and support groups to unpaid caregivers who are 60 years of age and older who are caring for a related family member or caregivers of any age that are caring for someone over the age of 60.

Money Management

Sponsored by Senior & Disabled Services. Provides free bill paying service to low income individuals who are 60 years or older. Helps seniors remain as independent as possible. Supervised volunteers may help informally or may serve as a representative payee for Social Security benefits.

Meals on Wheels

Lane County service to provide hot meals to seniors aged 60 or older who are homebound. This program is a partnership between Senior & Disabled Services and American Red Cross.

Elder Help

Sponsored by Senior & Disabled Services. Volunteer program which seeks to match clients 60 years of age or older, with compatible volunteers who can offer a variety of assistance. Volunteers assist with weekly activities of daily living, such as grocery shopping, yard work, and running errands, to allow senior to remain in the community and live independently.

LTC Ombudsman

Sponsored by Senior & Disabled Services. The program seeks to receive, investigate and act upon complaints of older individuals who reside in long-term care facilities, or complaints submitted on their behalf, and to advocate for their well being.

Senior Law

Sponsored by Senior & Disabled Services. For people over the age of 60 to confer with an attorney about civil legal problems. Legal services are provided free of charge to persons in the greatest economic need.