Riverside County Office on Aging

Area Plan on Aging: The Path Ahead

2020-2024

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Riverside County Office on Aging

County department since 1974.

Federally recognized as an Aging and Disability Resource Connection (ADRC)

Area Agency on Aging (AAA) for state of California (33 in the state) for Planning and Service Area (PSA) 21.

Provides over 27 different programs and services to appx 30,000 people per year.
Funded Services Provided 2018-19

- 25,548 Total Clients Served
- 346,295 Home Delivered Meals
- 30,031 Service Calls
- 294,658 Congregate Meals
- 34,762 Outreach Contacts
- 44,995 Health Promotion Participants
- 17,667 Hours Personal Care, Chore, Adult Day Care Health
- 4,503 Hours Case Management
- 38,472 Assisted Transportation (one-way) Trips
- 3,695 Hours -Legal Assistance
- 10,414 Hours Caregiver Respite
- 17% Emergency Assistance
What is the Area Plan?

- **Sets the statewide priorities** for providing service to CA’s older adults

**Federal Legislation:** Older Americans Act

- **Sets parameters** for the use of federal money and the provision of services
- **Requires AAA to develop a 4-year area plan**
- **Requires the development of state-wide plans**

- **Develops the scope of work** for local implementation that aligns with federal parameters and state
What is the Area Plan?

General direction, Major themes, Major areas of work
- Specific work areas (nutrition, transportation, caregivers, etc.)
- Coordination efforts
- Program development efforts
- Expansion of existing programs

Unify and align the agency’s work
- Identify gaps in service (geographic & programmatic);
- Identifies areas of expansion and where collaborations are needed;
- Identifies the types of programs needed, and
- Determines appropriate service levels

Area Plan also articulates our annual goals
- Narrative
- Numerical

The Area Plan is the core documents in which we set our overall strategic direction for a four year period.

Part of our CONTRACT with the State for performance tied to funding and future operations
Description of the Planning & Service Area
Updated Demographics

An Aging Nation
Projected Number of Children and Older Adults

For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2035

Projected percentage of population
- Children under 18: 19.8% (2016), 15.2% (2060)
- Adults 65+: 22.8% (2016), 23.5% (2060)

Projected number (millions)
- 2016: 49.2 children, 73.6 adults
- 2020: 51.4 children, 75.0 adults
- 2030: 55.5 children, 78.0 adults
- 2040: 59.7 children, 76.0 adults
- 2050: 64.0 children, 74.5 adults
- 2060: 68.3 children, 79.8 adults

Note: 2016 data are estimates not projections.
Updated Demographics

Over 200% Increase of Elderly Aged 60 and Over in Riverside County (2010-2060)

Over 400% Increase of Elderly Aged 85 and Over in Riverside County (2010-2060)
### Riverside County Total Population Projections 2020-2060

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2015</th>
<th>2060</th>
<th>% of increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALL Age Group (Total Population)</td>
<td>2,334,159</td>
<td>3,580,983</td>
<td>53%</td>
</tr>
<tr>
<td>Working Age (25-49 years)</td>
<td>737,705</td>
<td>1,015,860</td>
<td>38%</td>
</tr>
<tr>
<td>Pre-Retirement (50-64 years)</td>
<td>411,902</td>
<td>658,157</td>
<td>60%</td>
</tr>
<tr>
<td>Young Retirees (65-74 years)</td>
<td>180,206</td>
<td>428,127</td>
<td>138%</td>
</tr>
<tr>
<td>Mature Retirees (75-84 years)</td>
<td>99,560</td>
<td>341,458</td>
<td>243%</td>
</tr>
<tr>
<td>Seniors (85 to 99 years)</td>
<td>40,570</td>
<td>254,120</td>
<td>526%</td>
</tr>
<tr>
<td>Centenarians (100+ years)</td>
<td>226</td>
<td>13,008</td>
<td>5,656%</td>
</tr>
</tbody>
</table>
### Updated Demographics

<table>
<thead>
<tr>
<th>% of Total Civilian Noninstitutionalized Population with a Disability</th>
<th>11.5%</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-64 years</td>
<td>7.7%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>25.8%</td>
</tr>
<tr>
<td>75 years and over</td>
<td>49.6%</td>
</tr>
</tbody>
</table>

### Riverside County Disability Characteristics

#### % With an Ambulatory Difficulty

<table>
<thead>
<tr>
<th>Age Group</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-64 years</td>
<td>3.4%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>16.4%</td>
</tr>
<tr>
<td>75 years and over</td>
<td>33.3%</td>
</tr>
</tbody>
</table>

#### % With a Hearing Difficulty

<table>
<thead>
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<th>%</th>
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</thead>
<tbody>
<tr>
<td>0-64 years</td>
<td>1.4%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>8.8%</td>
</tr>
<tr>
<td>75 years and over</td>
<td>22.8%</td>
</tr>
</tbody>
</table>

#### % With a Vision Difficulty

<table>
<thead>
<tr>
<th>Age Group</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-64 years</td>
<td>1.5%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>4.9%</td>
</tr>
<tr>
<td>75 years and over</td>
<td>10.2%</td>
</tr>
</tbody>
</table>

#### % With a Self-Care Difficulty

<table>
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<th>%</th>
</tr>
</thead>
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<td>1.5%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>4.9%</td>
</tr>
<tr>
<td>75 years and over</td>
<td>14.2%</td>
</tr>
</tbody>
</table>

#### % With a Cognitive Difficulty

<table>
<thead>
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</thead>
<tbody>
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<tr>
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<td>5.7%</td>
</tr>
<tr>
<td>75 years and over</td>
<td>13.7%</td>
</tr>
</tbody>
</table>

#### % With an Independent Living Difficulty

<table>
<thead>
<tr>
<th>Age Group</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-64 years</td>
<td>3.5%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>8.6%</td>
</tr>
<tr>
<td>75 years and over</td>
<td>25.2%</td>
</tr>
</tbody>
</table>
Updated Demographics

Race & Ethnicity

- White (Non-Hispanic): 47%
- Black (Non-Hispanic): 6%
- American Indian/Alaska Native (Non-Hispanic): 1%
- Asian (Non-Hispanic): 6%
- Native Hawaiian/Other Pacific Islander (Non-Hispanic): 0%
- Multiracial (Non-Hispanic): 2%
- Hispanic (any race): 3%
- Hispanic (any race, non-Hispanic): 1%

Comparison:
- 2019: 47% White, 38% Other, 6% Hispanic, 1% Multiracial
- 2060: 3% Hispanic, 1% Multiracial, 4% White
Updated Demographics

Share of older Americans on the job has risen since 2000, even as overall employment has fallen
% of the population that is employed, Jan. 2000-May 2016


WORK & RETIRE

Figure 1. Volunteer Rates: All Generations Measured at Ages 46-57

<table>
<thead>
<tr>
<th>Generation</th>
<th>Volunteer Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greatest Generation (born 1910-1930)</td>
<td>25.3%</td>
</tr>
<tr>
<td>Silent Generation (born 1931-1945)</td>
<td>23.2%</td>
</tr>
<tr>
<td>Baby Boomers (born 1946-1966)</td>
<td>30.9%</td>
</tr>
</tbody>
</table>

WORKforce & VOLUneeism
Needs/Community Assessments
All Community Assessments

- 3,524 Surveys Collected
- 2,327 Nutrition Surveys
- 1,197 General Assessment Surveys
- 125 Caregivers
- 54 LGBTQ

Demographics:

- 72% English
- 73% Female
- 0.35% Transgender
- 43% Age 65-74
- 27% Age 75-84
- 10% Over age 85
- 36% Live with Spouse
- 35% Live Alone
- 54% Less than $15,000 per year
- 40% Hispanic/Latino
- 35% White
General Community Assessments

- Collected County-wide
- LGBTQ
- 1,197
- Community/outreach events
- Caregivers
- Info Van Volunteer Services Advisory Council
# Community Assessments

## In the past 6 months:

<table>
<thead>
<tr>
<th>QUESTION</th>
<th>AGREE</th>
<th>DISAGREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>I had little interest or pleasure in doing things</td>
<td>28%</td>
<td>61%</td>
</tr>
<tr>
<td>Someone in my life encouraged me to be healthy</td>
<td>77%</td>
<td>14%</td>
</tr>
<tr>
<td>My friends and family gave me positive energy every day</td>
<td>78%</td>
<td>13%</td>
</tr>
<tr>
<td>I had a life event that continues to worry me</td>
<td>41%</td>
<td>47%</td>
</tr>
<tr>
<td>I felt safe and secure in my home</td>
<td>84%</td>
<td>8%</td>
</tr>
<tr>
<td>I felt safe and secure in my community</td>
<td>76%</td>
<td>14%</td>
</tr>
<tr>
<td>I had a utility shut off due to my inability to pay the bill</td>
<td>14%</td>
<td>73%</td>
</tr>
<tr>
<td>I did not have enough money to pay my rent or mortgage</td>
<td>18%</td>
<td>70%</td>
</tr>
<tr>
<td>I had to choose between my basic needs (housing, food, medication) because I did not have enough money to pay for it all</td>
<td>23%</td>
<td>70%</td>
</tr>
<tr>
<td>Any social or sharing activity would be important or helpful to me</td>
<td>70%</td>
<td>19%</td>
</tr>
<tr>
<td>I did not have transportation to get to medical appointments or treatments</td>
<td>2%</td>
<td>98%</td>
</tr>
</tbody>
</table>
General Community Assessments

On a scale of 1-10, how would you rate your overall quality of life:

- Caregiving issues
- Housing concerns
- Family issues
- Medical conditions/illness
- Stress, overwhelmed, fear, anxiety
- No time for my own life /self-care
- Isolation, loneliness
- Loss of freedom, independence, and privacy
- Food/financial insecurity
- Loss of a loved one
- Safety concerns (harm)

79%
7 & above
General Community Assessments

On a scale of 1-10, how would you rate your overall quality of life in 5 years:

“Dad’s dementia will only be worse”
“Husband/wife will get worse or die”
“Aging is taking its toll”
“Have to adjust to single life”
“The stress is eating away at me daily”
“I’m fighting leukemia”
“Far, far below the poverty line because of aging”
“Getting too old to provide care for nephew”
“Will be unable to care for my husband in 5 years”
“I feel isolated”
“Can’t stand living alone”

“Trapped by caregiving”
“I am going downhill”
“Hope to be dead”
“I lost my son”
“I will be bad”
“It hurts to get old”

72%
7 & above
General Community Assessments

Do you provide assistance to someone:

61% -- Do not provide care

What kind of assistance:

- Meal preparation 20%
- Transportation 19%
- Money Management 14%
- Walking 10%
- Bathing/Toileting 10%
- Dressing 11%
- Meal preparation 16%
- Housework 10%
- Other 32%
- Domestic partner 3%
- Adult child/dependent 10%
- Parent/In-Law 3%
- Grandparent 9%
- Other relative 6%
- Non-relative 14%
General Community Assessments

Does someone provide assistance to you:
- 79% -- Do not receive assistance
- 31% Non-Family
- 69% Family

What kind of assistance:
- Meal preparation: 23%
- Transportation: 21%
- Money Management: 5%
- Walking: 11%
- Bathing/Toileting: 10%
- Dressing: 10%
- Housework: 20%
Caregiver Community Assessments

How important do you think the following issues will be for caregivers in the next 5 years:

- Training and Education: 82%
- Respite Care: 69%
- Support group/Networks: 74%
- Support for caregiver mental health: 79%
- Financial planning for caregivers: 61%
- Affordable alternatives to fulltime in home care: 68%
- Other (please specif): 65%
LGBTQ Community Assessments

Top 3 things important to LGBTQ Aging:

- 31% Coming out
- 26% Discrimination
- 15% Finances
Nutrition Assessments

2,327

Collected County-wide

Senior & Community Centers

Nutrition Education Team
Farmers' Market Coupon Day

Congregate Meal Recipients

General public
**Community Assessment - Nutrition**

**Length of time attending a meal program:**
- 2 years or more – 53%

**Number of days a week at meal program:**
- Three or more days a week – 63%

**Choose the meal site because:**
- See Friends – 55%
- Other site activities – 42%
- Good Meal – 40%
- Volunteer – 13%

**When the meal site is closed:**
- Cook for myself – 79%
Community Assessment - Nutrition

The meal program helps me:

- Eat healthier foods: 94%
- Feel better: 93%
- Improve my health: 92%
- Socialize with friends: 86%
- Manage my weight: 86%
- Eat variety of foods: 83%
- Follow my diet: 62%
Community Assessment-Nutrition

Do you receive any monthly food assistance:

- 18% -- CalFresh
- 27% -- Food Bank
- 18% -- Family/friends
- 40% -- Unknown

Interested in the benefit:

- 58%
- 40%

Reasons:

- "don’t think it’s for people like me"
- "my income is too high"
- "don’t have a physical address"
- "my kids help me"
- "would be a waste of food"
- "live with family"

“Handouts”
“Local churches”
“Other County aid”
“Box food”
“Commodities give-away”
“Citrus from neighbor’s tree”
“SSI income”
“Local senior center”
“Did not specify”
Community Assessment - Nutrition

How do you get to the meal program:

- 54% Drive
- 9% Public transportation/Paratransit
- 12% Walk/Wheelchair/Bike
- 7% Senior center van
- 13% Driven by another
- 5% Unknown

Were there times when you wanted to come but couldn’t get there:

- 29% Yes
- 71% No

Do you always have enough money to buy the food you need:

- 43% -- No
- 57% -- Yes
During the past year, did you have to choose between buying food or something else? 29% -- Yes 71% -- No

Did you choose between food, mortgage, rent or utility bills? 31% -- Yes 69% -- No

On one or more days last month did you skip meals because you had no food or money for food? 17% -- Yes 83% -- No
In general, would you say your health is:

- Excellent: 6%
- Very Good: 21%
- Good: 27%
- Fair: 9%
- Poor: 37%

How many different prescription medications do you take everyday:

- 6 or more: 0%
- 5-6: 5%
- 3-4: 23%
- 1-2: 28%
- 0: 28%
Community Assessments - Nutrition

Do you use any of the following aids:
- 53% -- Do not use an aid
- 33% -- Walker/Cane

Difficulty performing tasks:
- 60% -- Do not have any difficulty
- 26% -- Walking
- 15% -- Shopping
- 14% -- Meal Prep
- 13% -- Bathing
- 11% -- Heavy Housework
- 11% -- Light housework
Focus Groups

Collected County-wide

5 (2018-2019)

OoA Contracted providers

General public

20 Community Based Organizations

21 Senior Centers

General public
Focus Groups

Attendees

Community Based Organizations:

- Inland Caregiver Resource Center
- Sodexo, Inc.
- Independent Living Partnership (ILP)
- Shield Health Care
- ADT Health
- Council on Aging
- Family Services Association (FSA)
- Mizell Senior Center
- Desert Oasis Health Care
- CYHC
- HICAP
- Riverside-San Bernardino County Indian Health, Inc.
- Inland County Legal Services
- Synergy Homecare
- Alzheimer's LA (Inland Empire)
- Eisenhower Health
- Brightstar Care
- HAPPPS
- Family Home Hospice
- Advisory Council on Aging

Senior Centers:

Kay Ceniceros Senior Center
Murrieta Senior Center
Perris Senior Center
Idyllwild Town Hall
Mead Valley Community Center
Dales Senior Center
Norco Senior Center
Torres-Martinez Senior Center

Family Services Association (FSA)
- James A. Venable Community Center
- Norton Younglove Community Center – Calimesa
- Norton Younglove Community Center – Highgrove
- Eddie D. Smith Senior Center
- Cathedral City Senior Center
- Blythe Senior Center
- Colorado River Senior Center

Desert Recreation District
- Bermuda Dunes Community Center
- Jerry Rummonds’ Senior & Community Center
- Indio Hills Community Center
- Mecca Community Center – Senior Program
- North Shore Beach and Yacht Club
- Mizell Senior Center
Focus Groups

Major Issues in Common:

- Isolation/Homebound
- Aging in Place/Independent Living
- Community Based Supportive Services/Supports
- Meals/Nutrition
- Transportation
- Caregiver Support
- Funding
Focus Groups

Senior Centers:

Additional Quality of Life Issues:

- Physical Activity
- Advocacy/Access to Decision Makers
- Technology Education
- Intergenerational Activities
- Emergency Assistance
- Language Appropriate Services
- Depression/Mental Illness
- Housing
Focus Groups  

LGBTQ:

Additional Quality of Life Issues:

- Income Gap
- Immediacy of Need
- Housing
- Access to Health Care
- Village Model
- Inclusion of LGBTQ Community
Focus Groups  Service Providers:

Additional Quality of Life Issues:

Person-Centered Care  Cultural/Language Barriers  Forward Thinking/Future Planning
Focus Groups

Underserved Populations:

- Homebound
  - Limited technology
- Undocumented seniors/non-English speaking
- Families
- Long-term care clients
- Caregivers
- LGBTQ community
- Homeless seniors
- Veterans
- Low-income individuals
- Persons with disabilities
- Remote locations
- People who are alone (no spouse/family)
- Younger adults with “aging” issues
- Native American population
- 50-59 age group
Focus Groups  How Can We Improve:

• “No Wrong Door” access to services
  ❖ Break down program silos
  ❖ Ask more questions when providing services
  ❖ Educate ourselves and collaborate more
  ❖ Information sharing regarding resources available

• Provide caregivers and families with resources
  ❖ Focus on self-care
  ❖ Provide mental health assistance/education
  ❖ Help to improve nutrition

• Provide financial support to providers & financial services to consumers

• Provide innovative programs and services
Summary & Next Steps
What Do We Know?

• Older adult population increase overall
• Disabled population is primarily the older adult population (75% over age 65)
• Increase in non-native, non-English speaking older adults (perhaps undocumented)
• RivCo is a magnet for older adult migration (becoming a regional issue)
• Boomers will be working longer and volunteering more
• Most older adults are optimistic about their lives today and in 5 years
• Most caring for spouse, parents, and/or adult children (housework, meal prep, and transportation)
• Families are providing informal support (housework, transportation, meal prep)
• Caregivers want and need training, education, support groups, networking, and mental health support
• More outreach to LGBTQ population in needed
• Many core services are funded by the Older Americans Act and Older Californians Act
What Do We Know? Congregate Meal Participants:

- Most have been attending or more than 2 years
- Most attend more than three days a week (1/3 attend 5 days a week)
- Choose sites for food, see friends/socialize, other activities at the center
- 90% eat healthier, feel better, improve overall health
- Most are interested in receiving food benefits (58%)
- People do not always have enough money for food (43%)
- 1/3 are choosing between food and other things
- 1/3 say health status is fair, but 27% say its poor
- 33% need assistance with ambulation (walking, housework, shopping, etc.)
Next Steps:

• **Today** — Working Lunch & Develop Major Goal Areas for Planning

• **January 8th** — Discussion of specific goals and objectives at Advisory Council Meeting (Indio)

• **February 12th** — Public Hearing for Area Plan & Advisory Council Approval (Riverside)
**Working Lunch:**

**Group 1:**
- Based on the information presented, what are the implications for future services?
- What are the actionable items that the data is presenting to us in the next 1-5 years?

**Group 2:**
- Whose voice is missing from the data?
- How do we reach those folks?
- How would their perspective change the data?

**Group 3:**
- What informal community based-solutions are identified in the data that the aging network can potentially formalize?
- Where are the current gaps in service?
Identity Area Planning Goals:

STEP 1: Based on the data and your discussions,

- What should the **MAJOR GOAL AREAS** be for the next 4 years?
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