

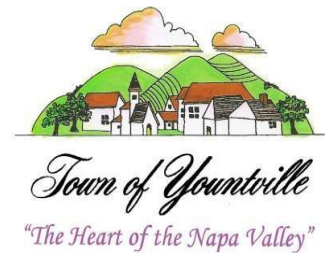
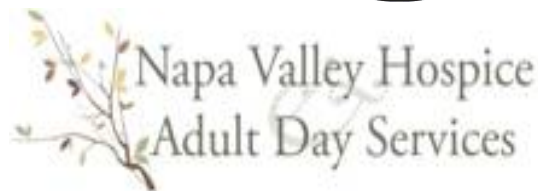


Healthy Aging Population Initiative

Napa County Older Adults Policy Summit September 25, 2015



Thank You to Our Sponsors and Funders for the Survey and Summit



*A place to
Stay Young in Mind,
Body and Spirit!*





Healthy Aging Initiative (HAPI)

- Network Of 30 plus agencies throughout Valley
- HAPI partners share a vision that older adults living in Napa Valley will have a high quality of life that allows them to remain healthy, safe, secure and independent for as long as possible. We are focused on creating aging-friendly communities that benefit all.
- We assess and identify priorities for older adults in Napa Valley
- We build population-based, community-appropriate and feasible plans to address identified priorities of seniors
- We form partnerships and develop programs throughout the county working to improve, develop and implement coordinated, integrated, and cost effective responses to needs
- We advocate for and support community, institutional and governmental responses and policies that are appropriate to the specific needs of older adults



HAPI Accomplishments

- Implemented Older Adult Survey in 2005 and developed a strategic action plan to address needs:
- .Medications: Instigated Pharmacy Assistance Program Oral Health: Advocated for increased access to oral health services for older adults now provided through Sister Ann's
- Fall Prevention: Supported development and implementation of StopFalls Napa Valley
- Transportation: Implemented a volunteer driver voucher program to expand access to accessible transportation to older adults unable to drive. Developed policy agenda and advocated for senior friendly transportation services including ambassador program, shuttles, and shopping routes now being put in place



HAPI Accomplishments

- Mental Health: Secured 3 year funding from MSA for Family Service counseling for low income and Latino elders. Supported FSNV in applying for Medi-Medi coverage. Advocated for older adults in Mental Health Services Act funding. Implemented Healthy Minds, Health Aging Program.
- Workforce Development: Incubated Napa Institute on Aging professional education and caregiver training programs continued at NVHADS through Healthy Minds, Healthy Aging funding.
- Information and Assistance: Working to expand access to resources and services for older adults throughout the valley.
- \$2.5M in funding for older adults programs acquired over past 9 years and increased capacity among providers

+ Purpose of the Summit

- Review and discuss the findings from the 2015 Older Adult Survey
- Set the stage for refining, developing and implementing a collective action plan to prepare for the future of aging in the Valley, address needs and gaps and improve the quality of life of older adults in Napa Valley.





Demographics

Older adults in Napa County



Napa County Growing Older

- Total population of Napa County is 136,484
- Approximately 15% of the county's population is over 65 years of age (approximately 20,400) compared to 12.5% of the CA population



- Napa County's median age was 39.7, in 2010; 4 years higher than the California state median and the third highest in the Bay Area
- The median age among Napa's cities ranged from 64 in Yountville (site of the Veteran's Home) to 35.5 in American Canyon

Napa Growing Older

U.S. Census Data

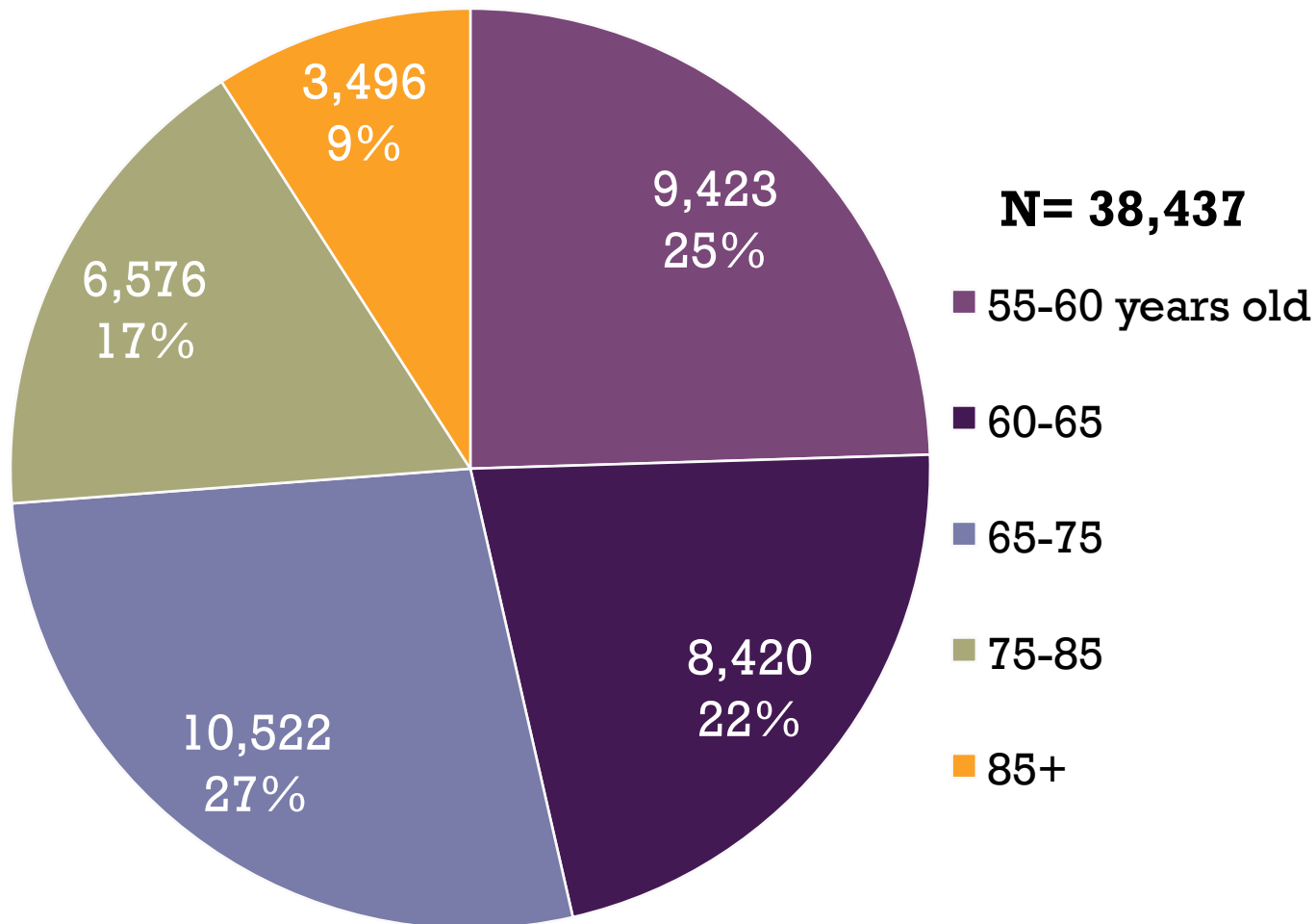
- 60+ population grew from 25% to 28% (about 4,900 more residents) between 2000 and 2010
- Population of those 65+ will grow to 27,500 by 2020
- Population of residents 75+ will be 12,151 by 2020

Current Age Breakdown

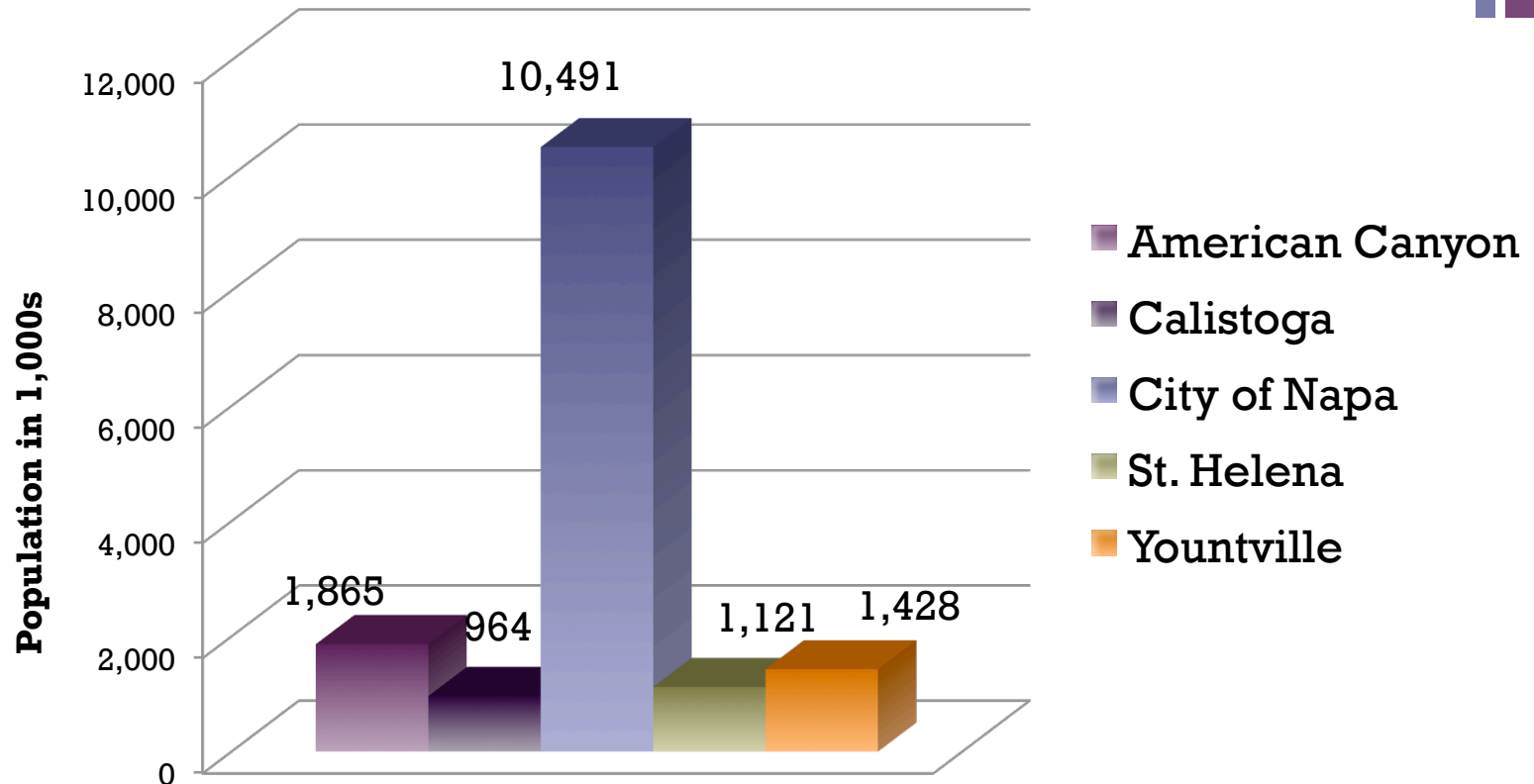
60 and over: 29,014 or 21%
65 and over: 20,594 or 15%
75 and over: 10,072 or 7%
85 plus: 3,400 or 4.9%

29.5% of households have one or more members 65 or older

Percent of 55+ by Age Group



Population of 65+ by Major City

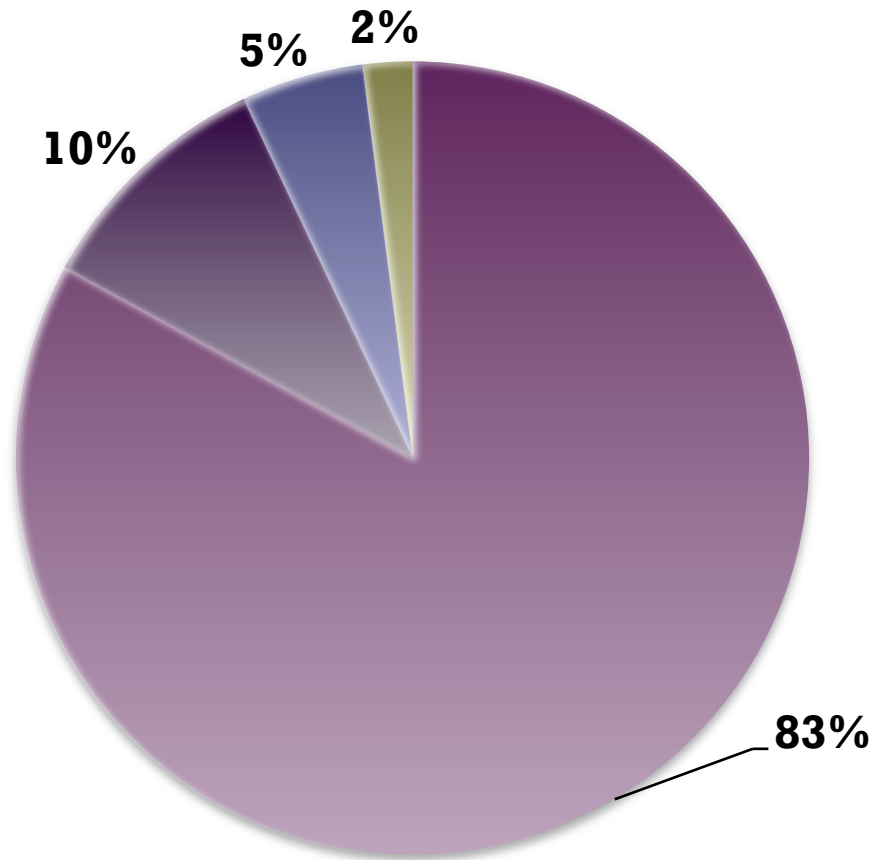


Over 50% of county's 65+ residents concentrated in the City of Napa; 10% in American Canyon and 40% UpValley. Veterans' Home in Yountville accounts for many older residents there.



Napa County Older Adults by Ethnicity

■ White ■ Hispanic ■ Asian ■ African American



+ Income Among Older Adults in Napa County

- 11% of those 65+ live alone (5,430 est.)
- 6% of older adults live below the Federal Poverty Level (\$11,700)
- More than 4,000 older adults with incomes below 150% of the federal poverty level could not rent a one bedroom apartment
- 693 households headed by people 65+ live on less than \$10,000/year
- 1,140 households live on incomes between \$10,000 – 14,999/year
- 1,070 live on incomes between \$15,000-\$19,999 /year
- 657 live on incomes between \$20,000 \$-24,999/year

Source: American Community Survey, 2010 Census estimates



+ Cost of Living Dwarfs Poverty Measures

Measuring Economic Security Instead of Poverty

Poverty Measures Fall Far Short of Needs for Napa Seniors

Napa County
Elder Index 2011
(single renter):
\$24,652

Median California
Supplemental
Poverty Measure
2011(single renter):
\$14,268

Federal Poverty
Guidelines 2011:
\$10,890

Elder Index Data Source: UCLA Center for Health Policy Research.

The Supplemental Poverty Measure (SPM) is the weighted median threshold for single elderly renters in California.

SPM Data Source: Stanford Center on Poverty and Inequality and Public Policy Institute of California, based on US Census' methodology.

+ Cost of Living in Napa

Elder Index: Basic Expenses	
Single Renter Living Alone Napa	

The California Elder Index is a county-specific measure of the minimum income necessary to cover all of a senior's basic needs.	

Rent (one bedroom apt.)	\$1,044
Food	\$253
Healthcare	\$263
Transportation	\$239
Miscellaneous	\$255

Monthly Total	\$2,054
ANNUAL TOTAL	\$24,652 *
* Annual total may not equal the sum of monthly totals due to rounding.	

More than half of all non-Latino White elders have incomes below the Elder Standard in Napa

Housing Data

	# of Section 8 Vouchers			# of program participants living in Section 8 households			# of people on waiting list (Note: wait list is currently closed)		
Date the data was compiled	Aug. 2012	Aug. 2013	Oct. 2014	Aug. 2012	Aug. 2013	Oct. 2014	Aug. 2012	Aug. 2013	Oct. 2014
Seniors age 62+	470	503	680	443	483	722	468	492	703
Seniors w/ disabilities	290	300	335	271	289	370	275	287	364
Persons w/ disabilities 18+	776	850	2,514	694	792	2,749	683	811	2,510
Baby Boomers (age 45-64)	538	603	1,897	474	575	2,184	471	581	2,088
Baby Boomers w/ disabilities	382	397	1,030	338	367	1,161	328	361	1,087
Total all ages	1,276	2,532	8,598	1,203	2,370	9,566	1,205	2,373	8,845

+ Disabilities Among Older Adults

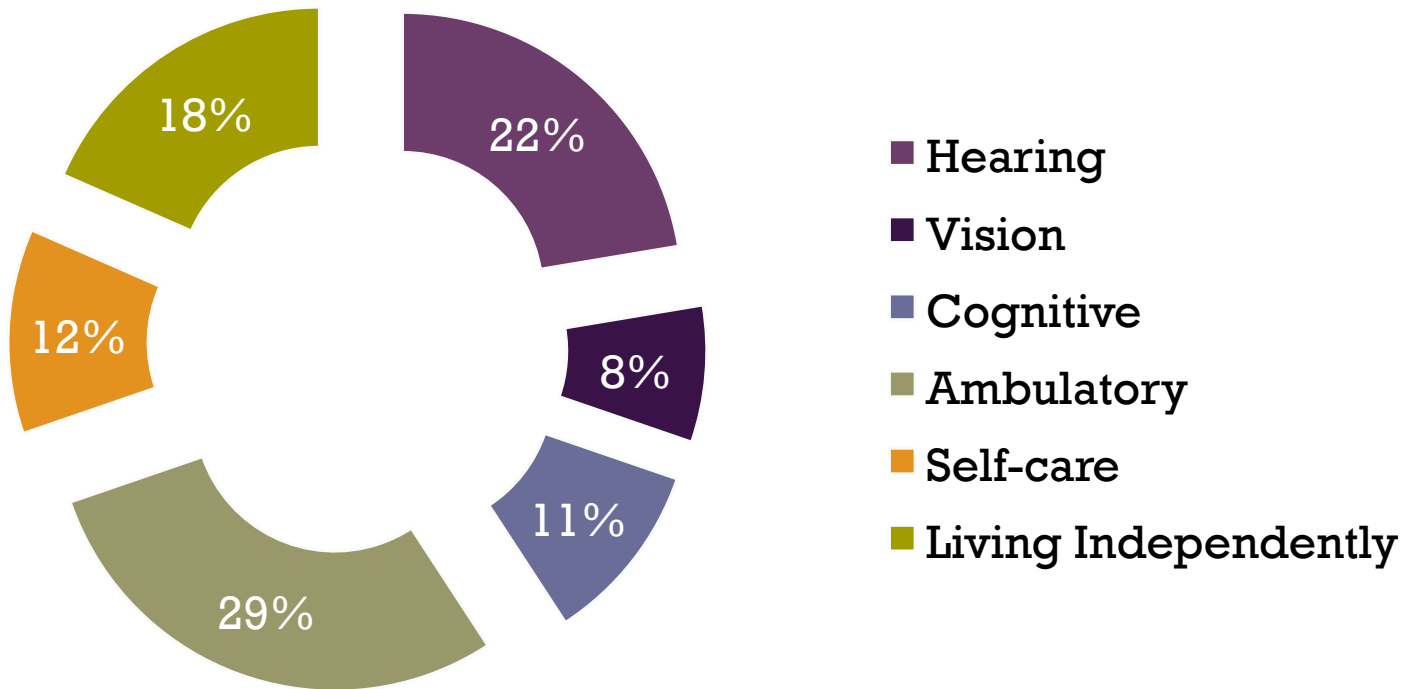
- 36% of older adults have one or more disabilities
- Based on estimates about 2,700 residents 65-84 and 1,600 residents 85+ could be expected to have Alzheimer's for a total of 4,300



American Community Survey, 2014; Alzheimer's Association

Disabilities by Age Group

Disabilities 65+





Napa Older Adult Survey 2015

Healthy Aging Population Initiative

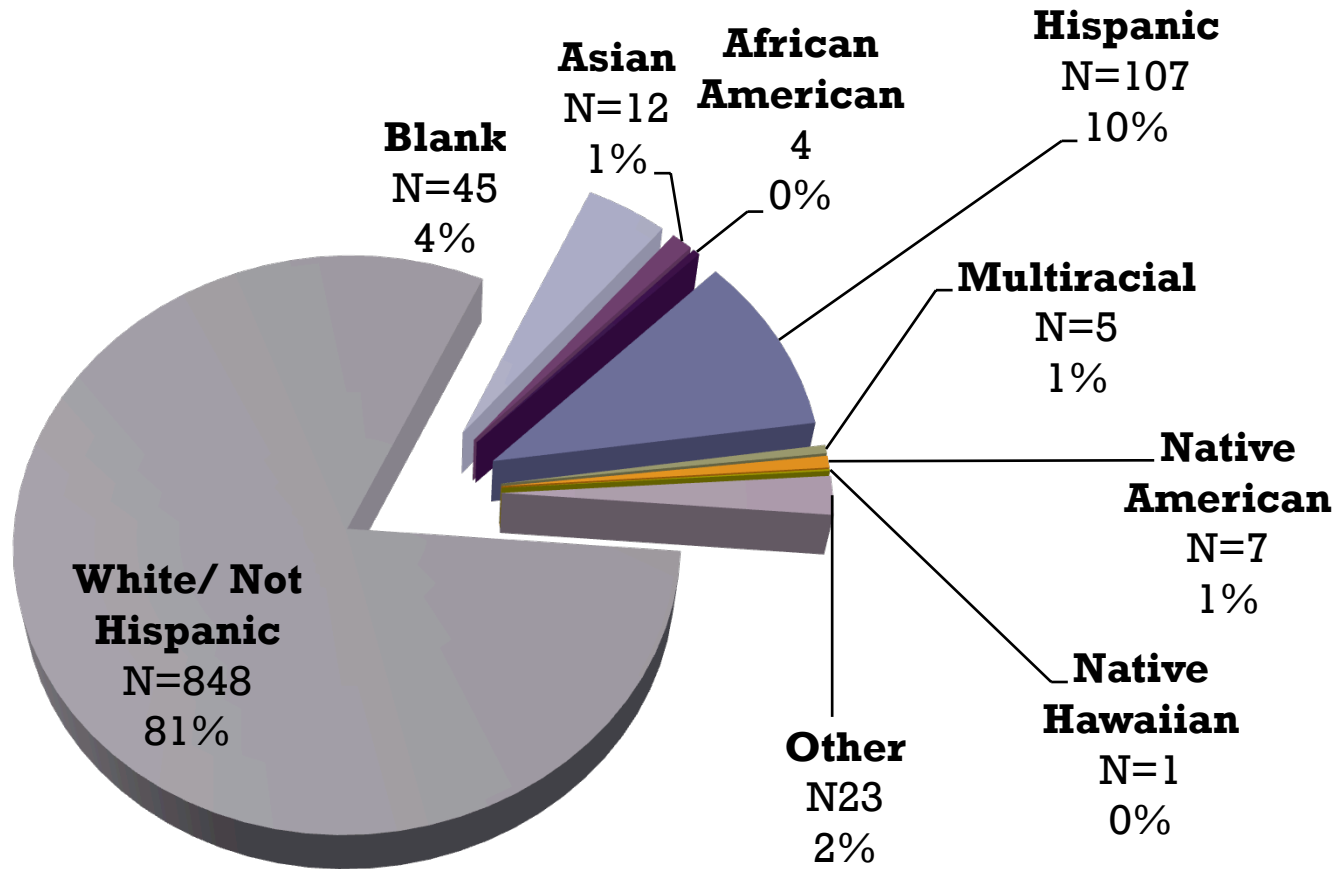


Survey Population

Respondents to Countywide Survey

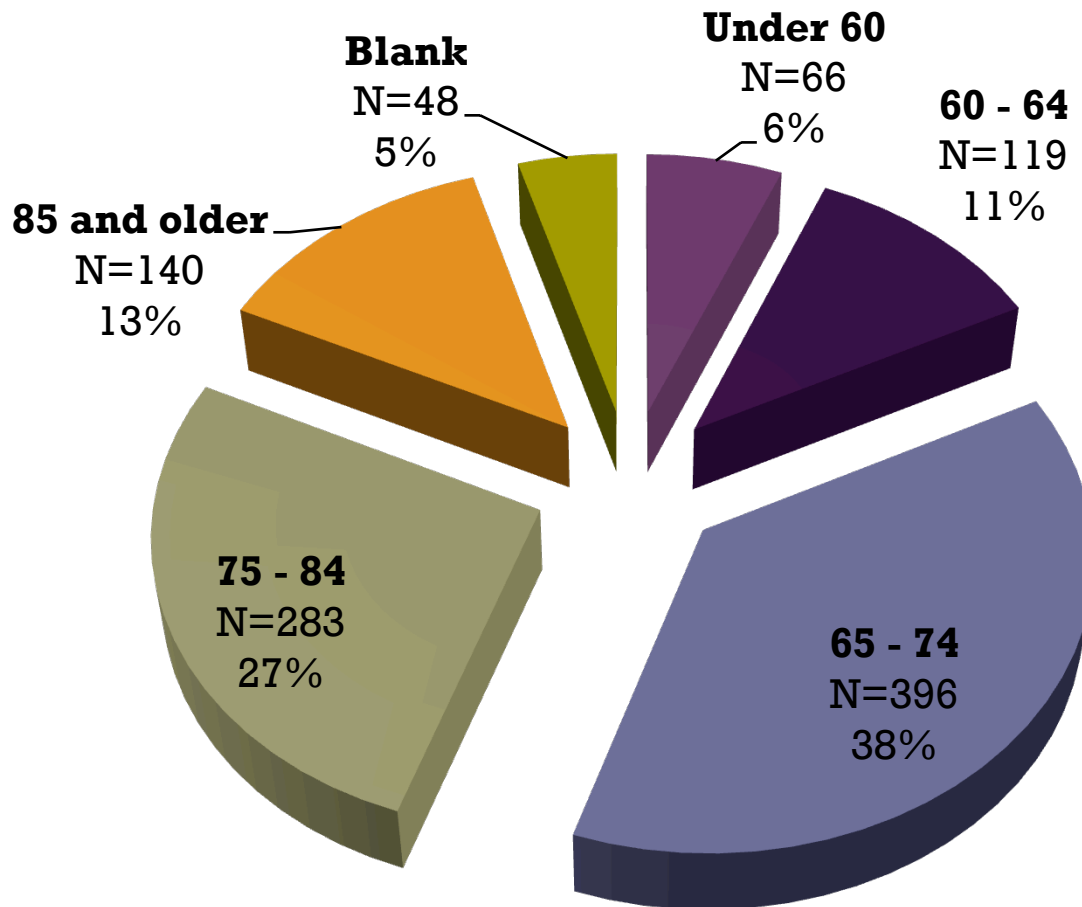
Respondents Shown by Ethnicity

(Total N=1052)



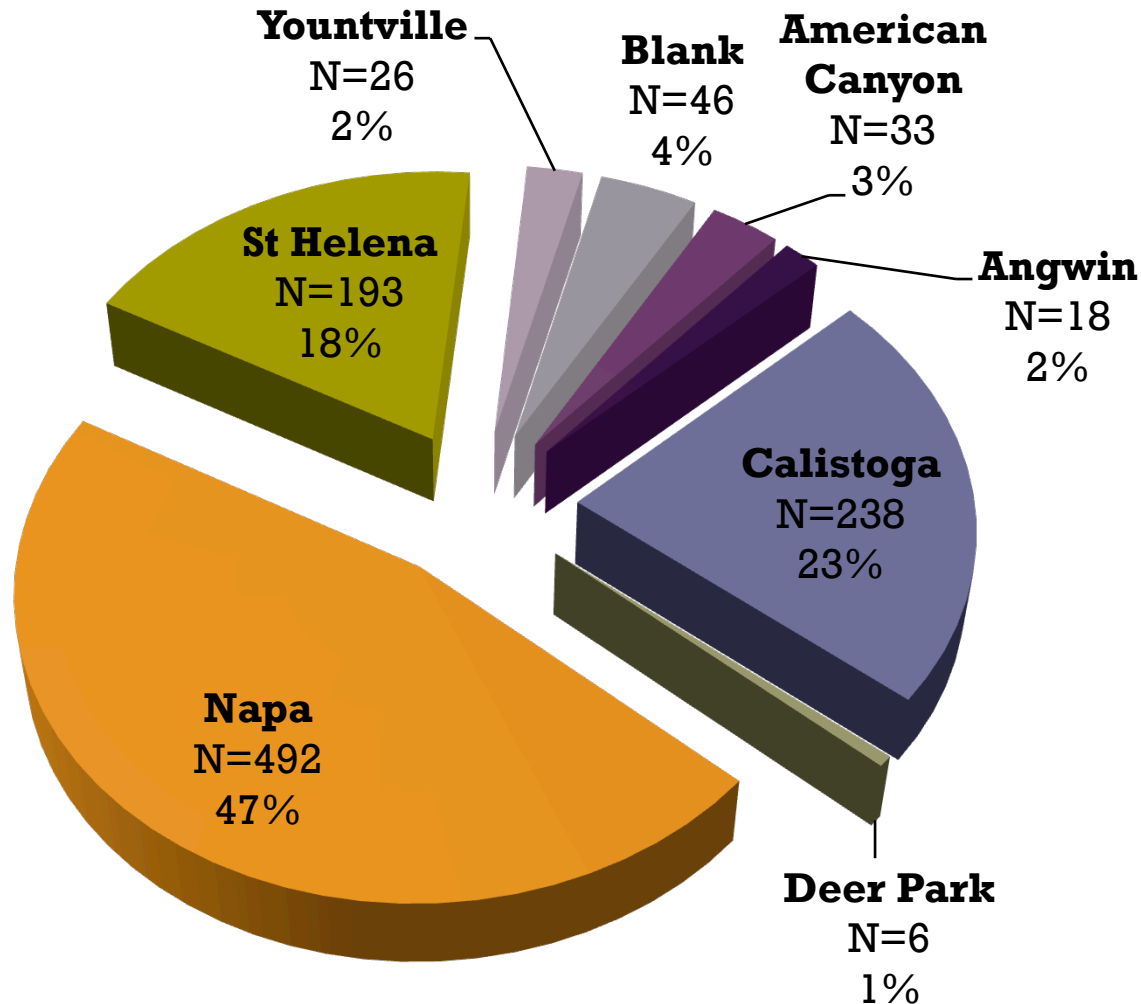
Respondents Shown by Age Category

(total N= 1052)



Respondents Shown by Location

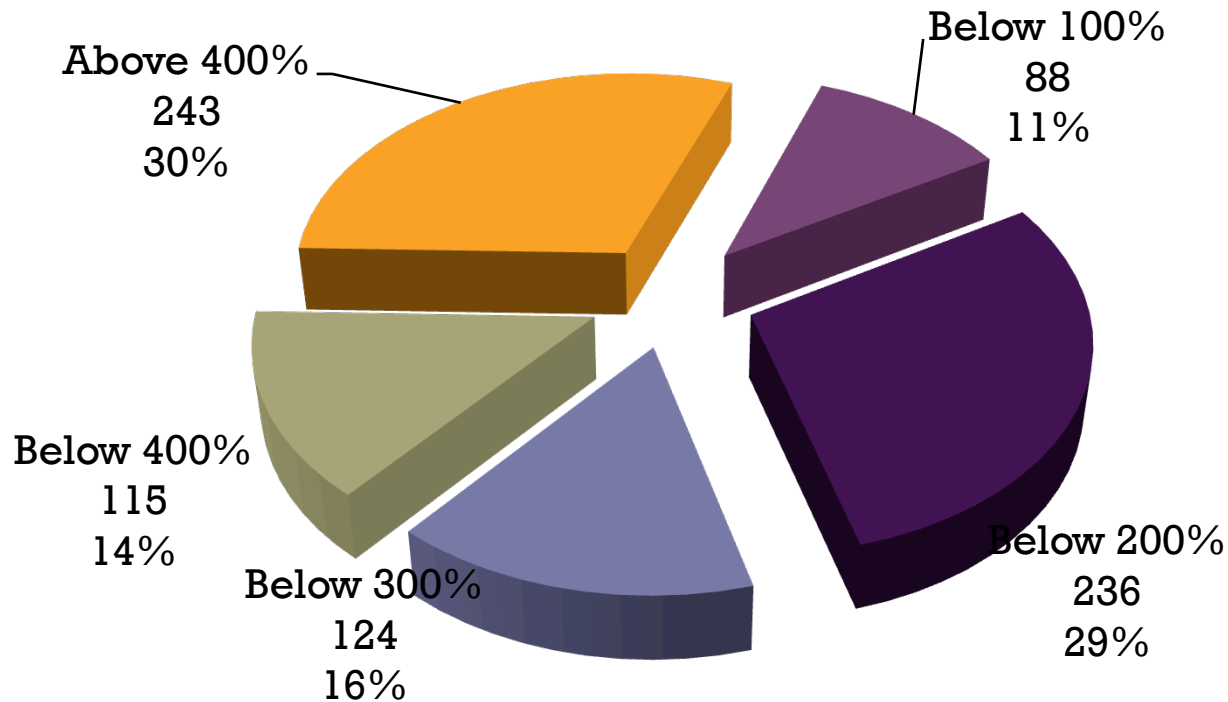
(total N=1052)





Respondent Income Status

**Income Reported Matched to Federal Poverty Guidelines
(Married and Single Incomes grouped together)
(Total N=806)**



+ Financial Challenges for Respondents

Living in Poverty* Had Trouble

- 42% paying for housing
- 40% paying for utilities
- 56% paying for dental care
- 33% paying for medications
- 40% paying for glasses
- 37.5% paying for home repairs
- 49% paying for social events

*(*at or below \$11,774 annually for 1 person)*

Living Below 200% FPL* Had Trouble

- 30% paying for housing
- 22% paying for utilities
- 49% paying for dental care
- 31% paying for medications
- 35% paying for glasses
- 30% paying for home repairs
- 36% paying social events or caring for a pet

**(Federal Poverty Level, e.g. up to \$23,500 annually for 1 person)*



Lack of Financial Resources for Basic Living Needs

Below 100% FPL

- 48% skipped meals
- 18% skipped medications
- 28% skipped medical treatments

100% - 199% FPL

- 32% skipped meals
- 16% skipped medications
- 17% Skipped medical treatments





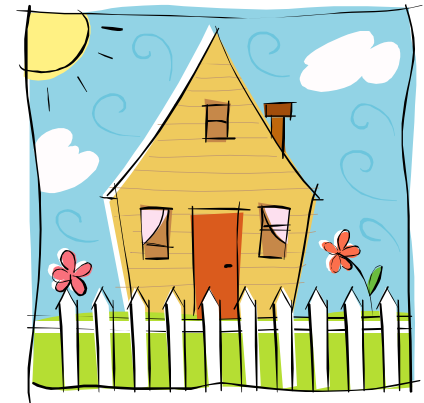
Where they live...

Own or Rent

- Nearly 53% own their homes
- 27% rent
- 13.4% rent mobile home space

Type of Dwelling

- 46% live in a house, condominium or townhouse
- 9.5% live in an apartment or boarding house
- 28.4% live in a mobile home
- 1% live in an assisted living situation (Board & Care, Veterans Home, Assisted Living)
- 9.5% live in independent senior living residence



+ Connections to Others

- 42% are married or living with a partner
- 8% live with children
- 42% live alone
- 77% have children; 53% have children within 50 miles
- 35% see friends or family daily; 43% see friends weekly; 10% monthly or 10% seldom
- 75% participated in social activities in the past week
- 39% volunteered in the past month





Quality of Life in Napa Valley





Life In Napa Valley Communities



- 82% said Napa is a good place to live; 14% said somewhat and 1% said it's not
- 89% are satisfied with their neighborhood; 6% are not
- 13.5% feel that they have a lot of influence in their neighborhood; 47% feel they have some influence.
- 79% believe their neighbors are trustworthy and helpful.
- 90% feel safe alone in their neighborhood
- 74% have lived in the Valley more than 10 years (40.5% more than 30 years)





Someone to Call or Help

- 50% report often doing or receiving favors from neighbors; 42% report not often doing or receiving favors
- 68% report they have someone to turn to if they have a problems
- 13% do not have someone they could turn to and 15% don't know if they do
- 85% have someone to call in an emergency
- 78% have someone who could help if they were sick a short time
- 63.5% have friends or relatives that can help if they are sick for a long time; **18% do not and 15% don't know if they do**





Caring for Others



- 18% care for a relative or friend
 - 72% of those are caring for a relative, spouse or partner
 - 14% are caring for a friend
 - 27% are caring for a grandchild or child
-
- 17.4% of those 65-74 care for others
 - 15.5% of those 75-84 care for others
 - 14% of those 85 and older are caring for others
-
- 52% often have help
 - 24% occasionally have help
 - 25% never have help



+ Help for Caregiving

- 80% know where to find help with caregiving
- 58% would use respite services
- 18% have used professional caregiving services
- 60% are aware that paid caregivers must have a permit





Mobility: Transportation

- 85.5% agree that public transportation is available
- Only 8% use it often
- 24% seldom use it
- 60% never use it





Transportation Mode Most Often Used

- **69% drive themselves**
- 9.5% with friends or family
- 4% most often walk
- 5% most often take public transit
- 1% use taxis
- 2% use paratransit
- 1.3% use volunteer transit



Adjusted for age

- **73% of those 75-84 drive themselves**
- **48% of those 85 and older drive themselves**



Serious Problems of Living Independently

All Respondents

- Affordable housing (15%)
- Having enough money (14%)
- Walking (9%)
- Crime (9%)
- Cultural/language (7%)
- Caregiving (7%)



Respondents Below 200% FPL

- Having Enough Money (27%)
- Affordable Housing (22%)
- Crime (15%)
- Employment (15%)
- Walking (13.5%)
- Affording Medications (13%)
- Language barriers (12%)
- Receiving benefits (13%)
- Not enough food (12%)
- Paying for utilities (12%)
- Loneliness (11%)
- Legal Affairs (11%)



+ Health & Wellness



Health Status

- 89% have a primary care doctor
- 20.5% said finding health care or a doctor was a minor or serious problem for them
- 11% saw their doctor 12 or more times
- 10.5% saw their doctor 7-11 times
- 28% saw their doctor 4-6 times
- 43.5% 1-3 times and 3% not at all





Medical Visits This Year

All Respondents

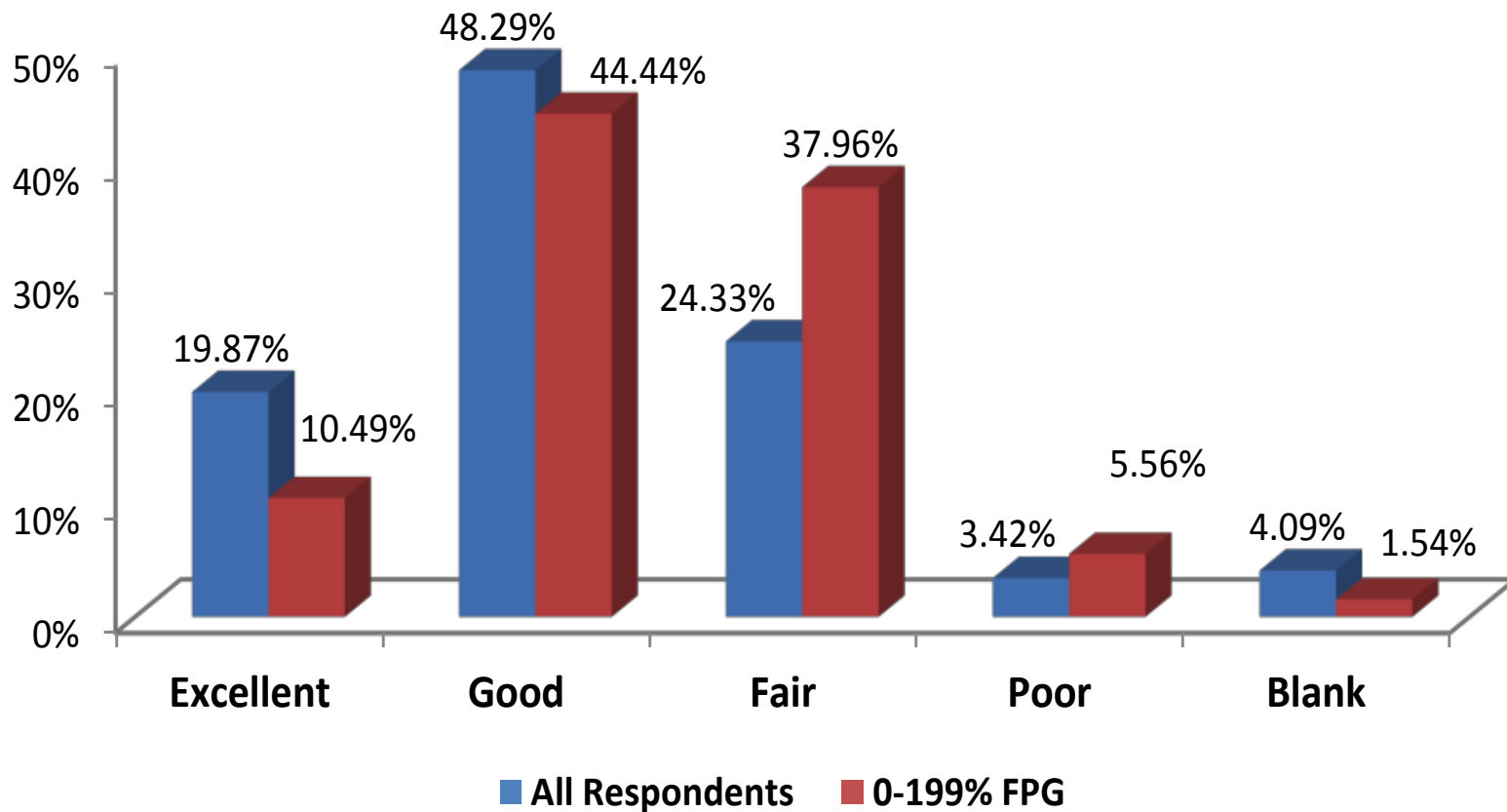
- 26% went to the ER 1-2 times
- 5% went 3 or more times
- 25% were hospitalized
- 18% 1-2 times; 2.5% more than 3 times

Respondents w/o Primary Care

- 33% went to the ER 1-2 times
- 4.5% went more than 3 times
- 13.5% were hospitalized



**Self-rated Health Shown for:
All Respondents (N=1052)
Respondents below 200% FPG (N=324)**



+ Had Regular Check-Ups

Blood Pressure	84%
Flu Shot	74%
Physical Examination	70%
Dental Examination	67%
Vision Examination	61%
Mammograms (women)	53%
Colon (past 5 years)	52%
Prostate (men)	42%
Hearing Test	22%
Memory Screening	8%
Falls Risk Screening	8%

+ Chronic Conditions

Chronic Condition	All	Under 200% FPL*
Cancer	40.4%	47.5%
Diabetes	18%	25%
High blood pressure/Stroke	18%	25%
Heart Disease	15.5%	23.5%
Asthma	9.4%	9%
COPD/Emphysema	6.3%	12.7%
Alzheimer's/Dementia	3%	7%

*\$23,540/one person; \$31,860/2 people



Physical Activity in the Past Week

Walking or Exercising 20 Minutes or More During the Week

0 Times	1-3 Times	3-5 Times	Daily	Blank
12.5%	26%	36%	21.5%	4%





Other Health Related Issues



- 20% have fallen in the past 6 months
- 19% use alcohol daily
- 9% said alcohol/substance use was a minor or serious (3%) problem for them
- 5% reported using tobacco
- 17% said having enough food was a minor or serious problem for them
- 64% have an Advanced Healthcare Directive
- 57.5% have shared the Directive with their doctor and their family



+ Mental & Emotional Health



Emotional Wellbeing and Safety



- 30% have needed help for depression
- 11% feel anxious most of the time and 11% limit activities due to anxiety
- 34% are worried about their memory
- 26% lack energy most of the time
- 12% have experienced or know someone that experienced danger from someone at home
- 3% currently don't feel safe from harm; 4% don't know



Greatest Worries & Concerns

- Illness (146)
 - Death (106)
 - Independence (101)
 - Finances (93)
 - Family Relationships (82)
 - Loneliness (80)
 - Cognitive Health (68)
 - Depression (59)
 - Caregiving (57)
 - Anxiety (42)
- 57% often or sometimes need someone to talk to about worries or concerns; 38% never do
 - 57% would seek help; 5% would not and 21% don't know if they would





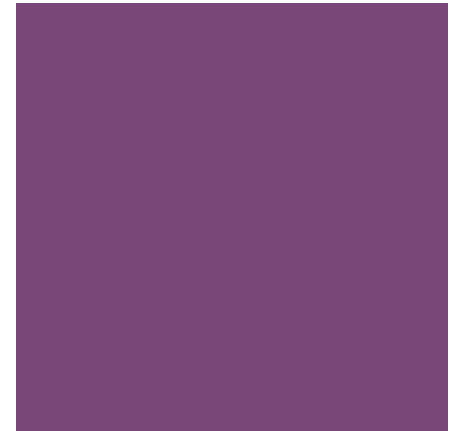
Best Way to Receive Help

Place

- 36% prefer their home
- 13% prefer the doctor's office
- 7% prefer the senior center
- 6% prefer their church
- 16% prefer other sites

Person

- 39% prefer talking with a friend or family member
- 23% prefer a therapist
- 8.6% prefer a support group
- 4% prefer a religious leader
- 3% prefer a peer counselor
- 7% prefer other



+ Services & Support



Finding Services

- 50.5% turn to a friend/family member for information
- 35% Senior Center
- 31% Internet
 - 74% have access/57% of low income do
 - 69% know how to use
- 30% Doctor
- 27% Telephone Book
- 27% AAA Senior Guide
- 24% Newspaper
- 19.6% Church
- 17.6% Area Agency on Aging
- 15% Napa County Social Services
- 11% Family Resource Center
- 10% Radio/TV



Reason For Not Using Services

- 50% Don't need them
- 14% Don't know how to find them
- 13% Can't afford them
- 8% Distance from home
- 4.5% Transportation
- 1.4% Language



+ Services Most Likely to Need in the Future



1. **Senior Housing (210)**
2. **Assisted living (183)**
3. **Low cost dental care (177)**
4. **Home health aides (144)**
5. **End of life support (135)**
6. Visiting nurse services (104)
7. Long term care facilities (100)
8. Transportation to services (95)
9. Vision/Glasses (93)
10. Help paying for medications (74)
11. Hearing aids (73)
12. Dementia/Alzheimer's support 67
13. Adult day care services 67
14. Nursing homes 66
15. Social services support 53
16. Counseling or support for problems or worries, grief or loss, etc. 49
17. Respite services for caregivers 46
18. Mental health services 44
19. Veteran's Services 44
20. Chore or homemaker services 40
21. Help billing insurance 37



Services Ranked by Critical Importance – All Respondents

- | | |
|---|----------------------------------|
| 1. Emergency Response | 7. Meals on Wheels |
| 2. Transportation for Disabled | 8. Transportation to services |
| 3. Hearing Aids | 9. Senior Housing |
| 4. Senior Centers/Senior Group Activities | 10. Social services Support |
| 5. Grocers Nearby | 11. Assisted Living |
| 6. Recreational Activities | 12. Dementia/Alzheimer's Support |



Services Ranked by Low Availability

(N=1052)

- | | |
|---------------------------------|---------------------------------|
| 1. Senior Housing | 7. Transportation to Services |
| 2. Assisted Living | 8. Recreational Activities |
| 3. Nursing Homes | 9. Cultural Activities |
| 4. Transportation to Activities | 10. Disabled Housing |
| 5. Long Term Care | 11. Transportation for Disabled |
| 6. Social Services Support | 12. Educational Programs |



+ Services Ranked by Critical Importance by 80% of Respondents

At or Below 200% of FPL/Below Self-Sufficiency

- | | |
|-----------------------------------|--------------------------------------|
| 1. Meals on Wheels | 7. Food Sources |
| 2. Alzheimer's/Dementia Support | 8. Senior Centers/Group Activities |
| 3. Vision/Glasses | 9. Transportation to Activities |
| 4. Grocers Nearby | 10. Long Term Care |
| 5. Assisted Living | 11. Elder Abuse and Neglect Services |
| 6. Senior Recreational Activities | 12. Help Billing Insurance |

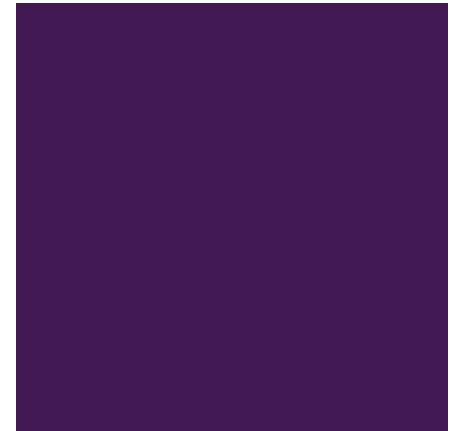
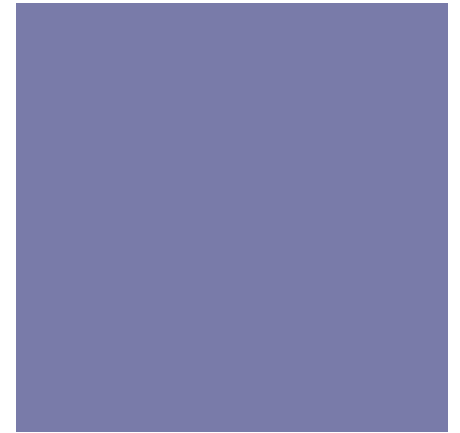


Services Ranked as Lowest Availability

At or Below 200% FPL/Self-Sufficiency

1. Nursing Homes
2. Long Term Care
3. Education Programs
4. Senior Center/Group Activities
5. Disabled Housing
6. Transportation for Disabled
7. Hearing Aids
8. Vision/Glasses
9. Veterans' Services
10. Chore/Homemaker Services
11. Low Cost Dental Care
12. Home Repair Services

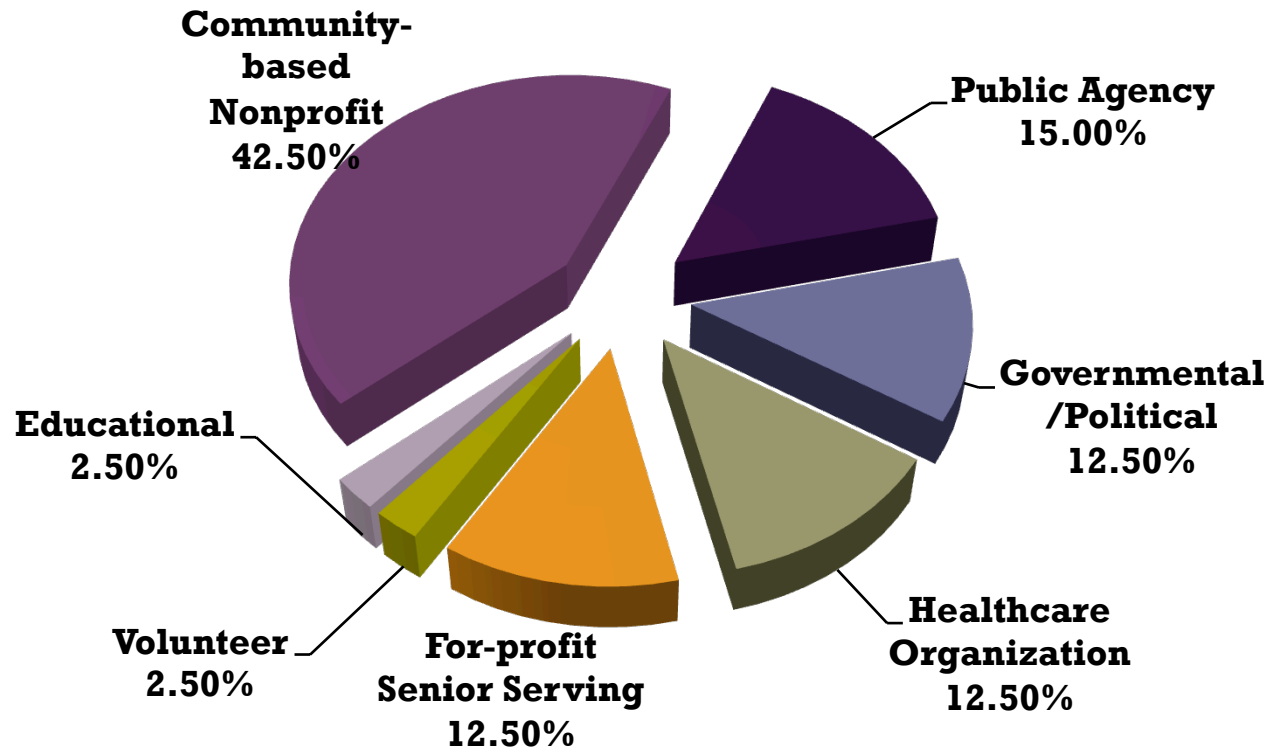




Community Provider Survey Results

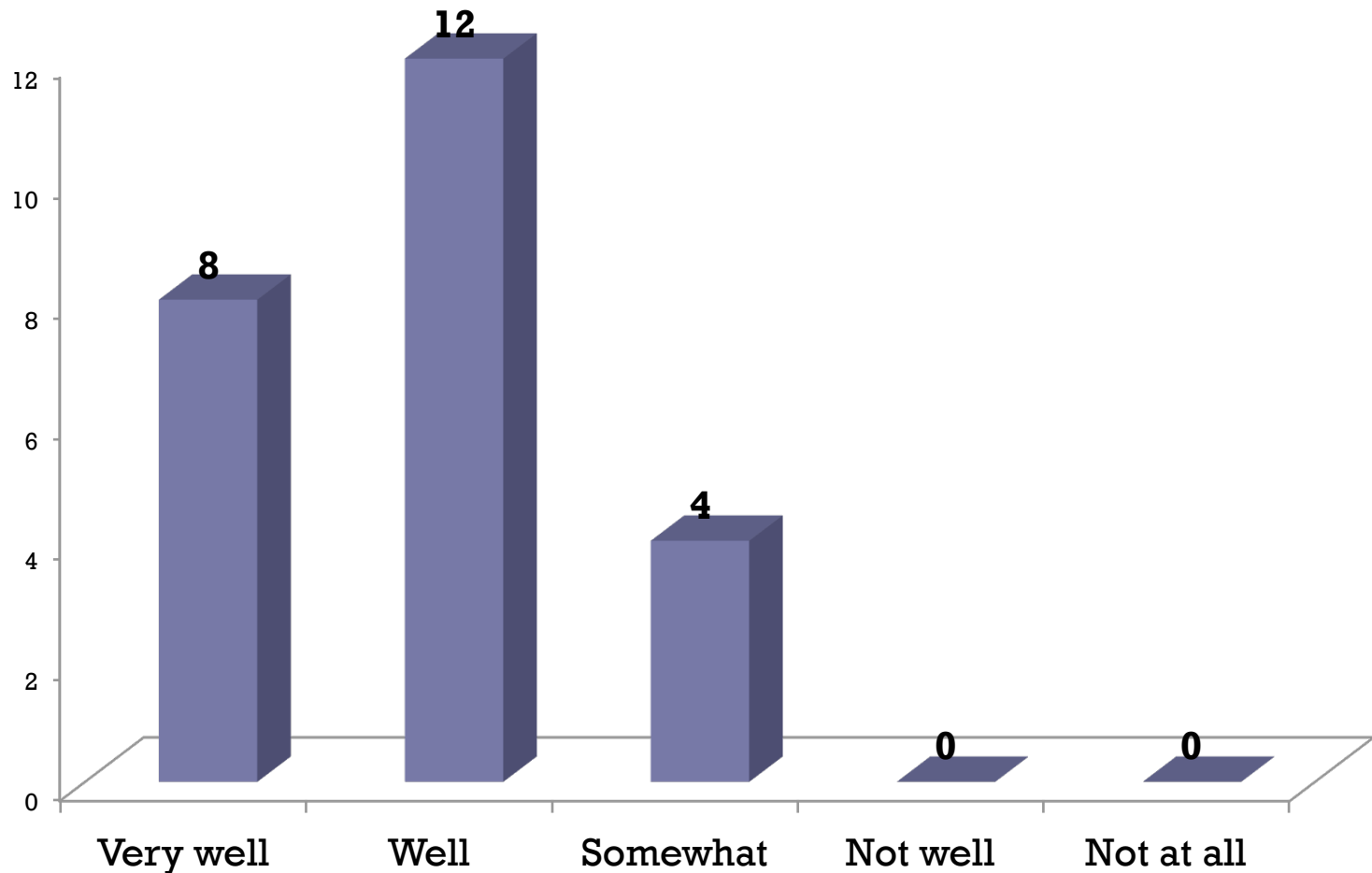
Online Survey 2015

Respondents' Organization Types (Total N=40)



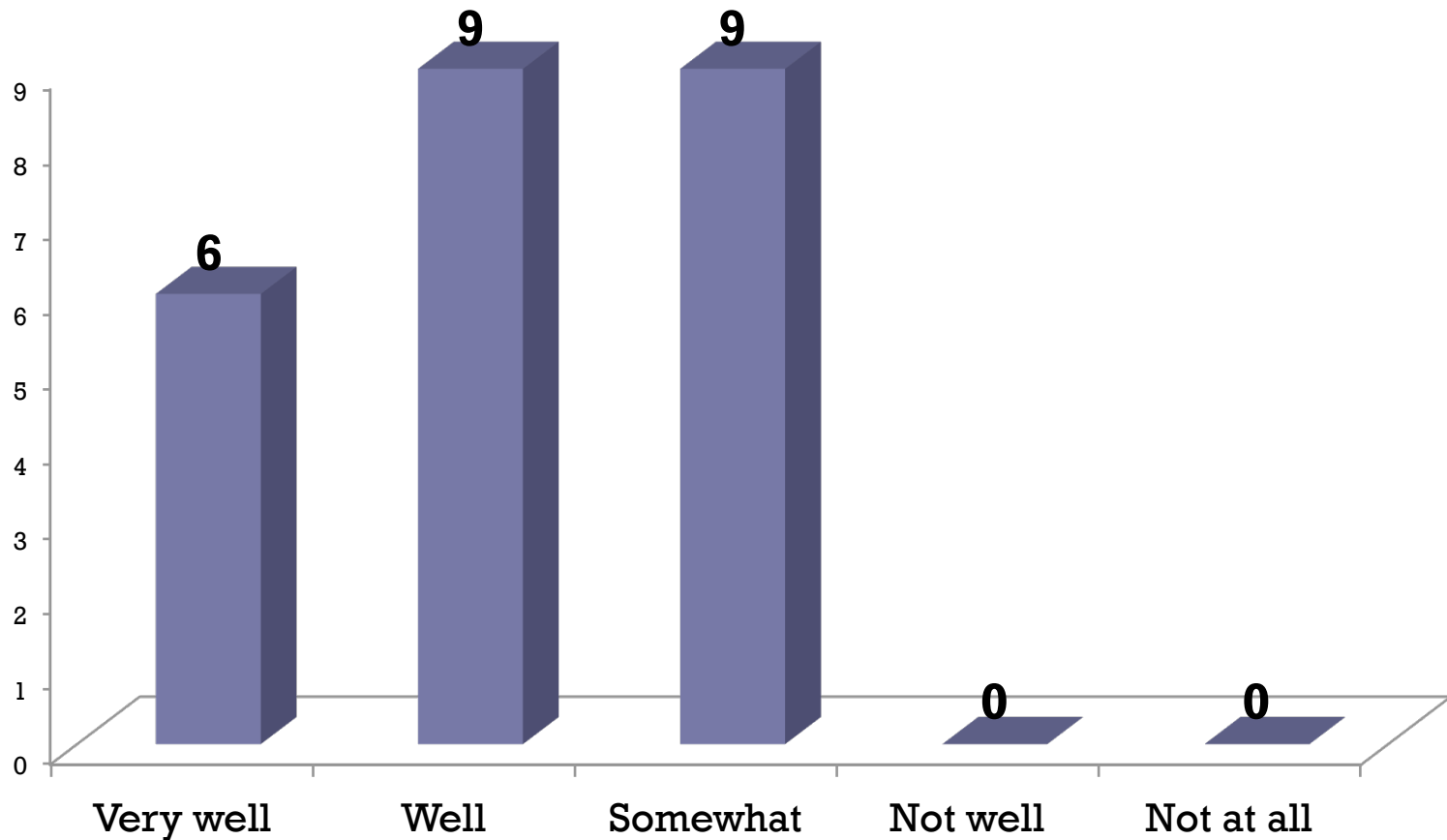
*31 respondents report agency provides services countywide

Ability to Meet Demands for Services (N=24)

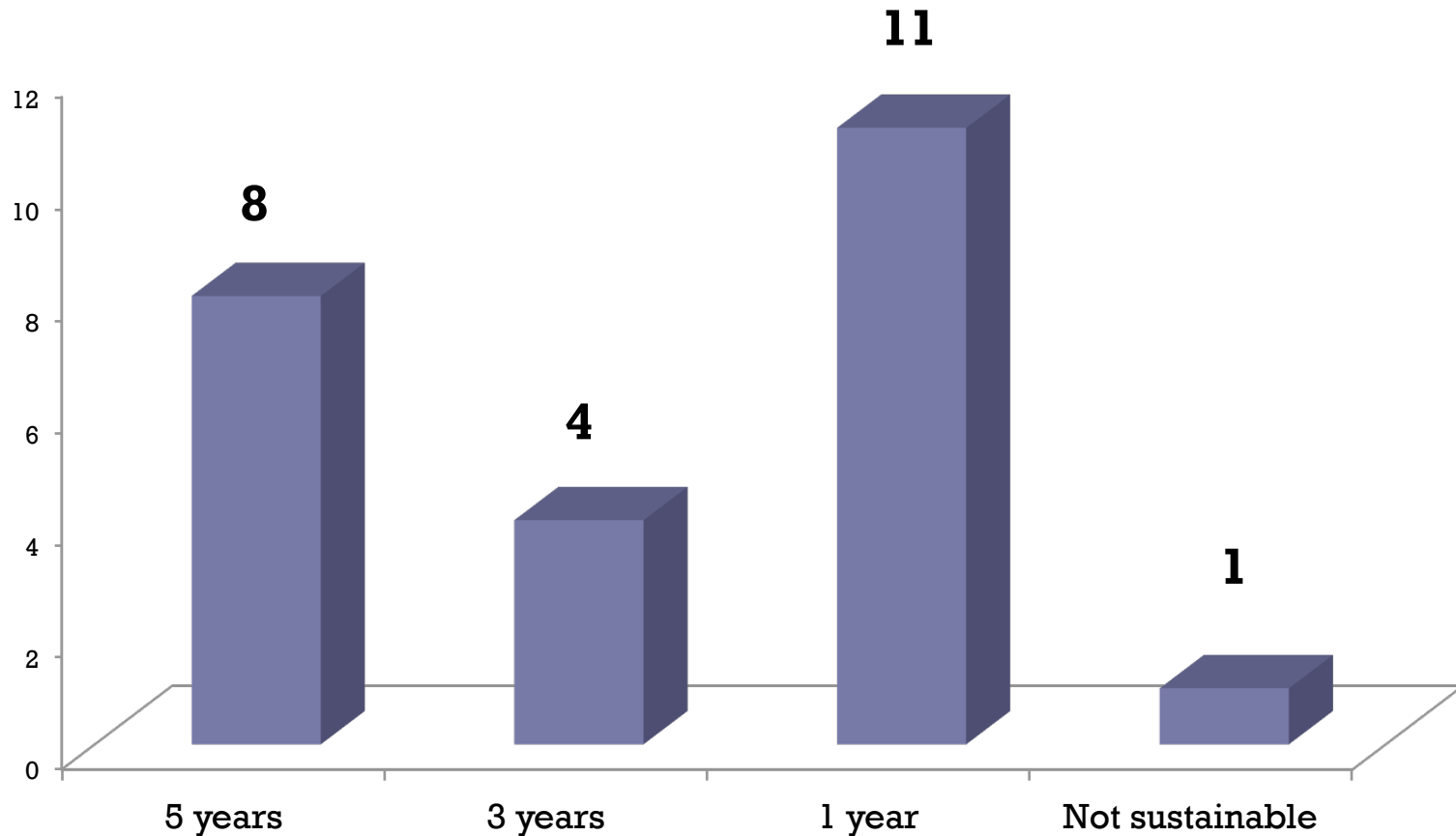


Ability to Grow Programs to Meet Demands

(N=24)



Funding Sustainability of Current Programs for Older Adults (N=24)





Top 5 Gaps in Services Countywide

1. **Senior housing**
2. **Transportation to services**
3. **Low cost dental care**
4. Financial management services
5. Mental Health services



**Ranked Critically Important by
75% of Respondents**

Service	Critical Importance
Transportation to Services	35
Meals on Wheels	35
Low cost dental care	35
Transport for Disabled	34
Emergency Response	34
Vision/Glasses	34
Elder abuse and neglect services	32
Senior housing	32
Food sources (food banks, etc)	31
Mental health services	31
Dementia and Alzheimer's support	31
Veteran's services	31
Assisted living	31
Personal Caregiving	30
Hearing aids	30
Durable medical equipment	30
Long term care	30
Disabled Housing	30

**Ranked as Least Available by 75%
or More of Respondents**

Service	Low Availability
Senior housing	37
Long term care	34
Low cost dental care	34
Transportation to Activities	32
Skilled Nursing homes	32
Hearing aids	32
Assisted living	32
Vision/Glasses	32
Help acquiring and understanding insurance	31
Respite services for caregivers	31
Counseling or support for problems, worries, grief, loss, etc.	31
Disabled Housing	31
Transport for Disabled	31
Transportation to Services	31
Legal Assistance/Counseling	30
Substance abuse services	30
Personal Caregiving	30

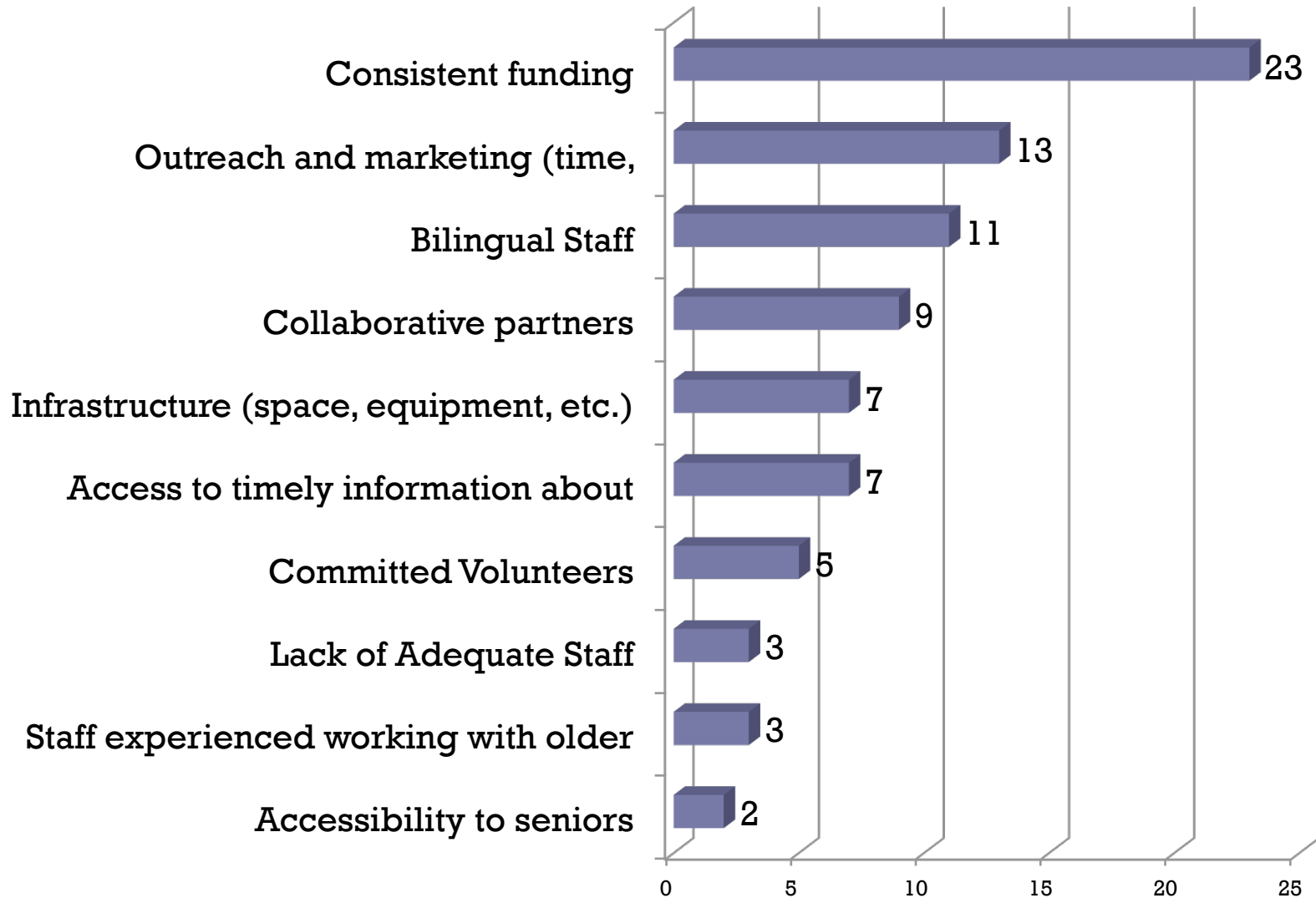


City by City Gaps

- Senior housing showed as #1 gap in Napa, Calistoga, American Canyon, and Yountville and #2 in St. Helena
- Transportation to services showed as #1 gap in Angwin, St. Helena, Deer Park, Berryessa, Pope Valley and #2 in American Canyon



Most Significant Obstacles to Delivering Services to Seniors



Most Significant Barriers for Seniors to Access Services

