

# Aging in King County

## Profile of the Older Population

**2,044,449**  
Total King County  
Population

Nearly  
**18%**  
are age 60  
and older



**23%** are people  
of color

**9%** are living in  
poverty

**20%** speak a  
language  
other than  
English

**7,431**  
do not speak  
any English

**78%** have one  
or more  
chronic  
conditions

**\$49,822**  
Median  
Household  
Income

**35%** of women  
live alone

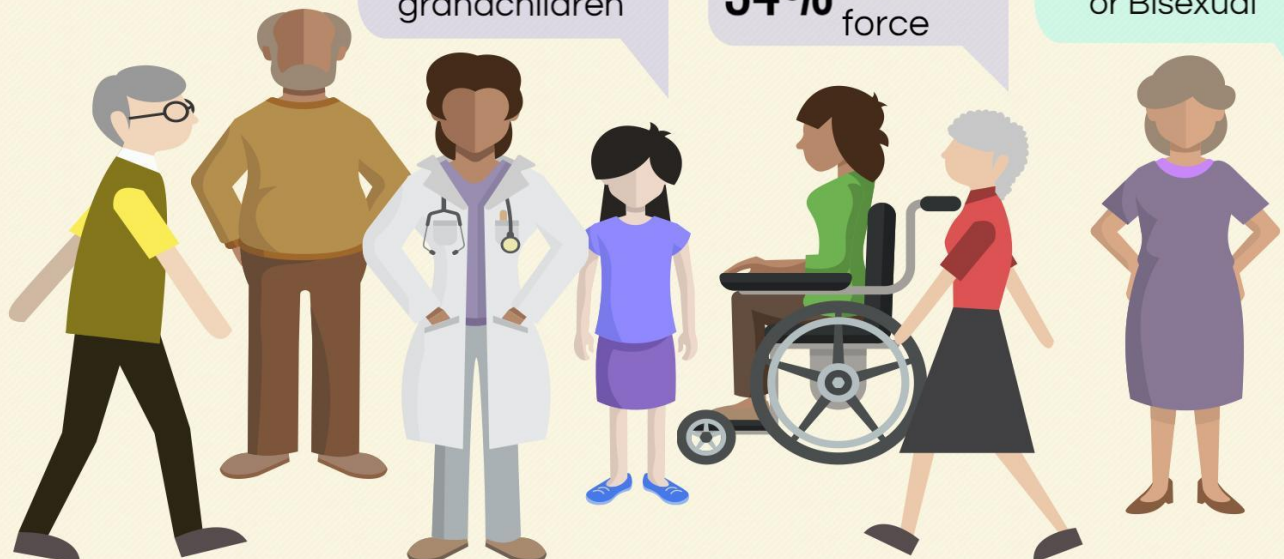
**11%** experience  
food  
scarcity

**38%** have a  
disability

**3,345**  
are caring for  
grandchildren

**34%** are in the  
labor  
force

**7,200**  
are Lesbian, Gay,  
or Bisexual



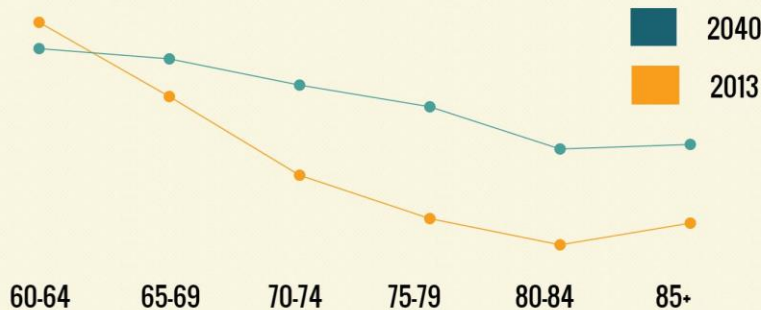
# The Age Wave

By **2040**, the percent of residents age 60 and older in King County is projected to grow to nearly

**25%**

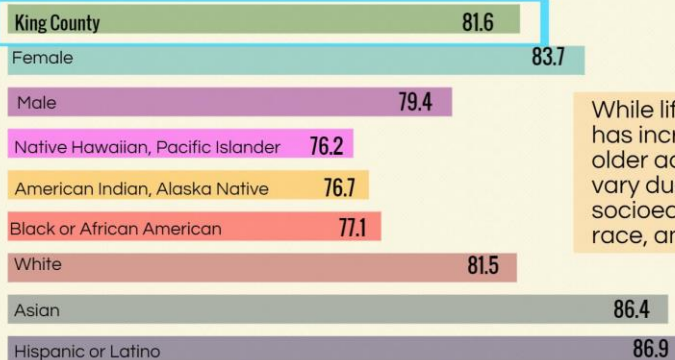


The fastest growing segment of the total population is the oldest old - those 85 and over.



Increased life expectancy will strengthen the wave of aging boomers and steadily increase their total numbers.

## Average Life Expectancy



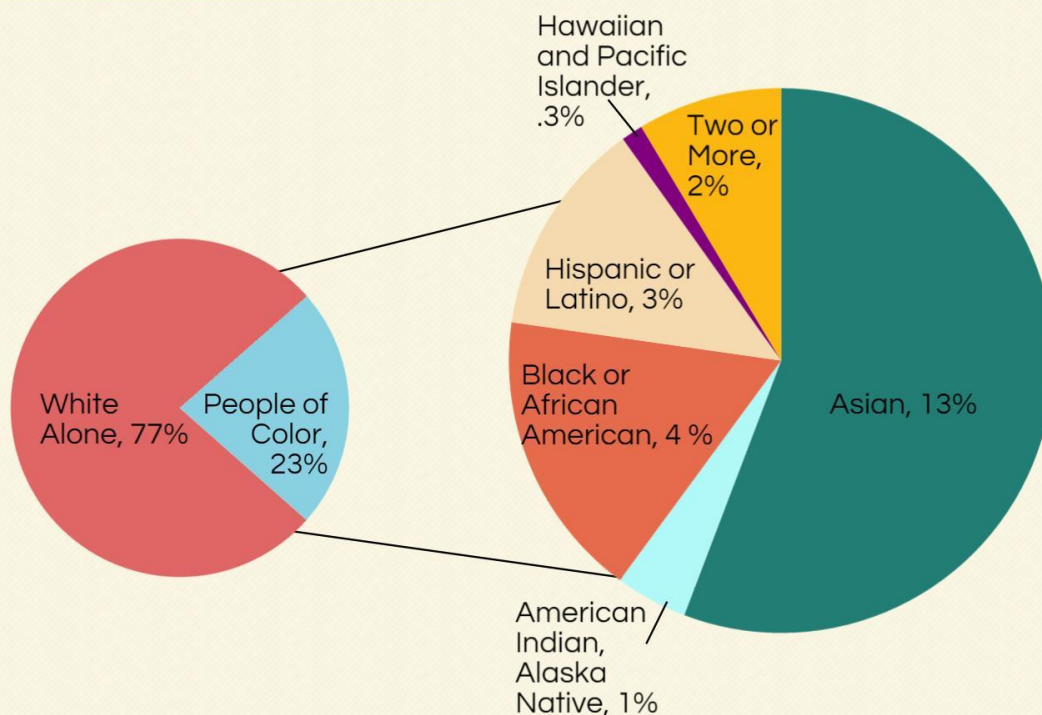
While life expectancy has increased for most older adults, benefits vary due to socioeconomic status, race, and gender.

1) Center for Health Statistics, Washington State Department of Health  
2) Washington State Office of Financial Management, plus American Community Survey estimates and decennial Census counts



# King County Demographics

## 60+ Population by Race



About 23 percent of King County residents age 60 and older are people of color, a 4 percent increase from 2011

**5,174**

are all or part  
American Indian/  
Alaska Native

**76,731**

foreign born elders

## Major Languages Spoken Among 60+



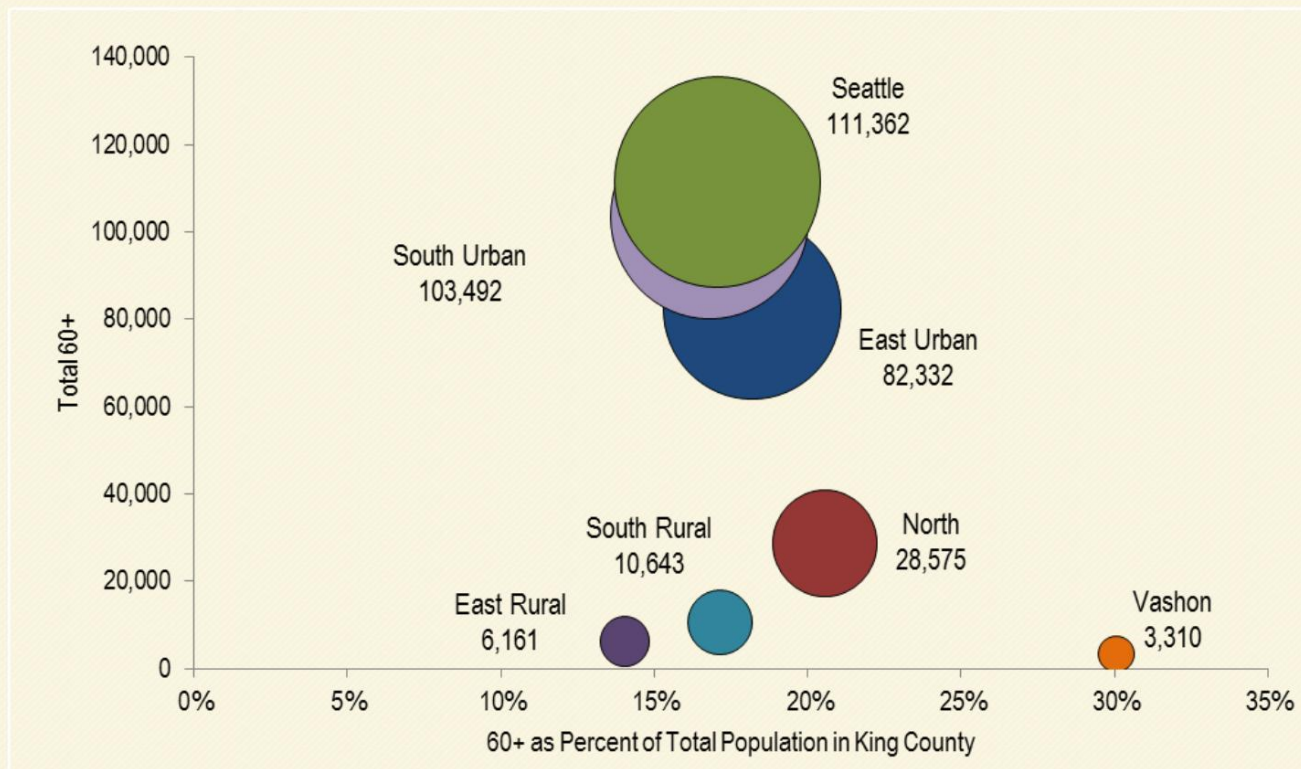
1) American Community Survey, 2011-2013 3 year estimates

# Demographic Trends



**42%** growth in the King County older adult population from 2000-2013

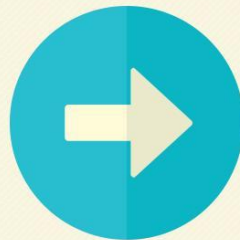
**80%** of the growth in the 60 and older population happened in the Seattle, South Urban and East Urban Regions.



Much of King County's diverse growth can be accounted for by immigrant and refugee arrivals

**12%**

increase in Washington refugee arrivals since 2012



**1/2**

of new refugee arrivals in Washington resettle in King County, primarily in South King County

- 1) Center for Health Statistics, Washington State Department of Health
- 2) Washington State Office of Financial Management, plus American Community Survey estimates and decennial Census counts
- 3) Ethnomed. 2011. Toolkit for primary care providers treating refugees.



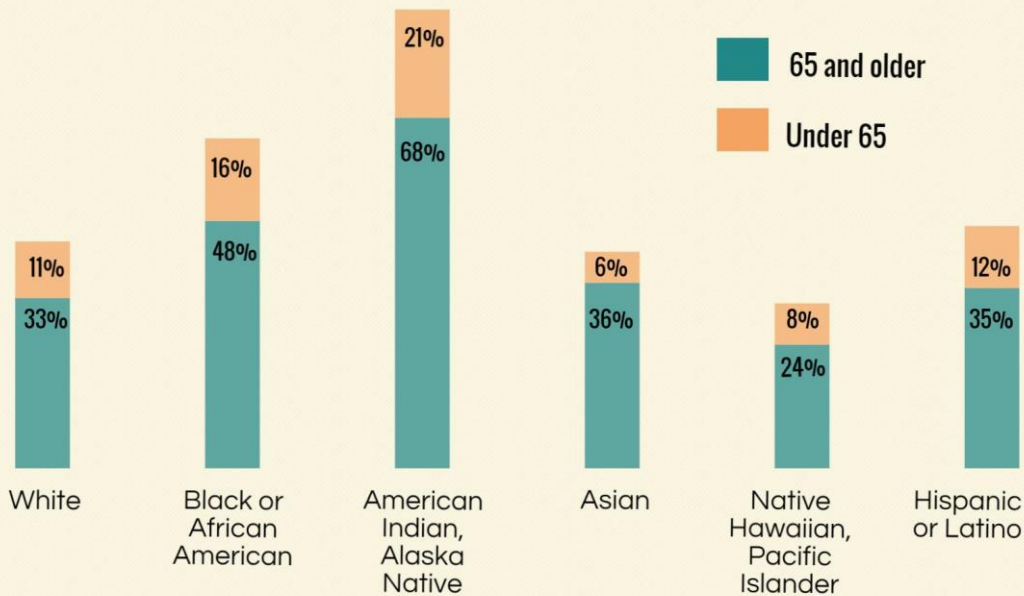
# People with Disabilities in King County

60+ 

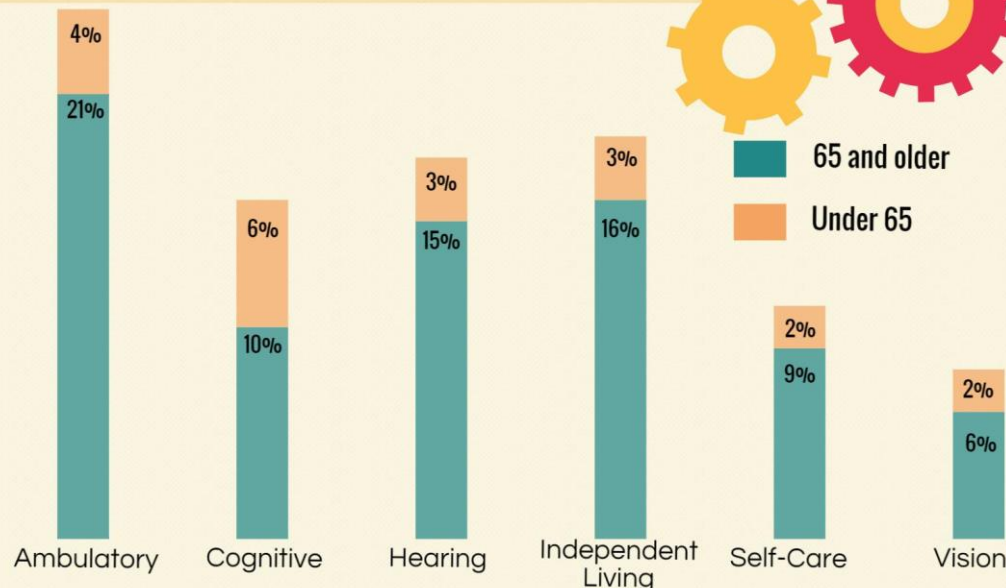
18+ 

60+ in poverty with a disability 

While disabilities affect people of all backgrounds, they do not occur equally across racial and ethnic groups.



The most common sources of limitation among the 65 and older population are ambulatory difficulties, independent living limitations and hearing problems.



1) Behavioral Risk Factor Surveillance Survey, 2011-2013  
2) American Community Survey, 2009-2013 five year estimates

# Building Age Friendly King County

## Top Concerns for Older Adults

Transportation  
Housing  
Health / Health Care  
Safety

## Top Concerns for People With Disabilities

Transportation  
Health / Health Care  
Socialization

**21%** of adults 65 and older live alone

**70%** of these individuals are women

**71%**

of adults 65 and older participate in three or more life enriching activities

**20%**

of rural residents are age 60 and older

**NEARLY  
1/2**

of adults 65 and older participate in community service

**8%**

of adults 65 and older use public transportation to get to and from work

**26%**

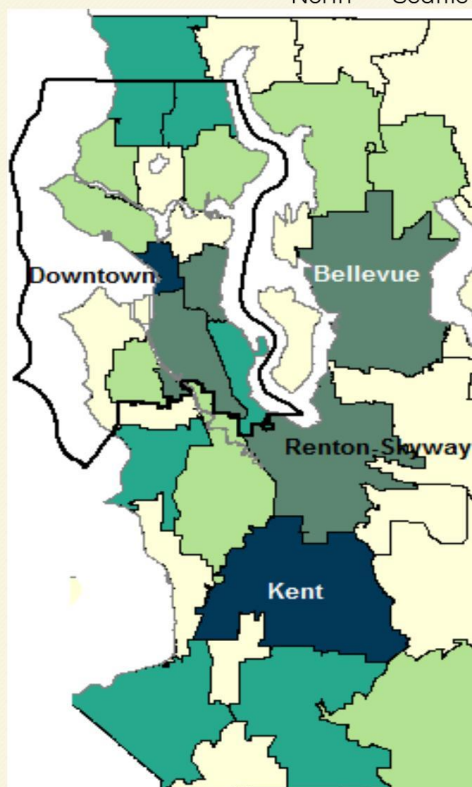
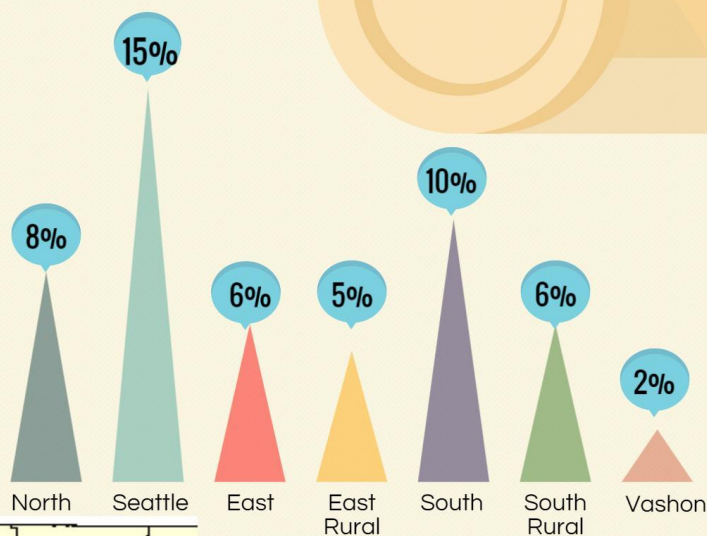
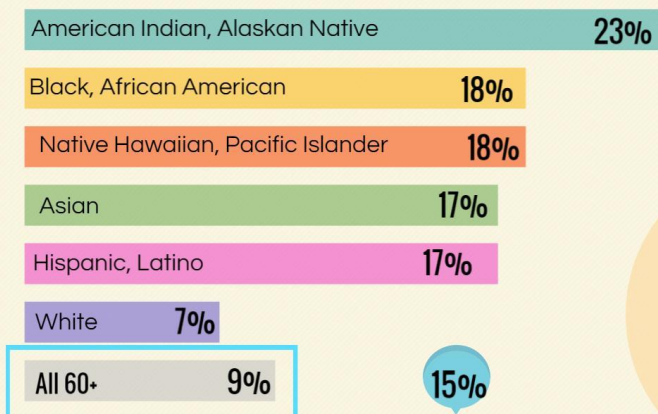
use public transportation to get to or from their neighborhoods

- 1) Area Plan on Aging Community Engagement, 2014-2015
- 2) American Community Survey, 2011-2013 three year estimates
- 3) King County Communities Count Survey, 2011
- 4) Behavioral Risk Factor Surveillance Survey, 2013



# Economic Security

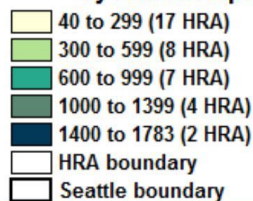
## Percent of King County 60+ in Poverty



**39%**

of all poor elders reside in Downtown Seattle, Kent, Renton/Skyway, Central Seattle, Bellevue and Beacon Hill/ Georgetown/ South Park

Number of King County residents age 65+ with income <poverty, 2009-2013 by Health Reporting Area



1) Behavioral Risk Factor Surveillance Survey, 2007-2014

2) American Community Survey, 2011-2013 three year estimates

# Housing

**26%** of King County residents 60 and older are renters

**59%** of renters age 60 and older pay more than 30 percent of their income towards housing

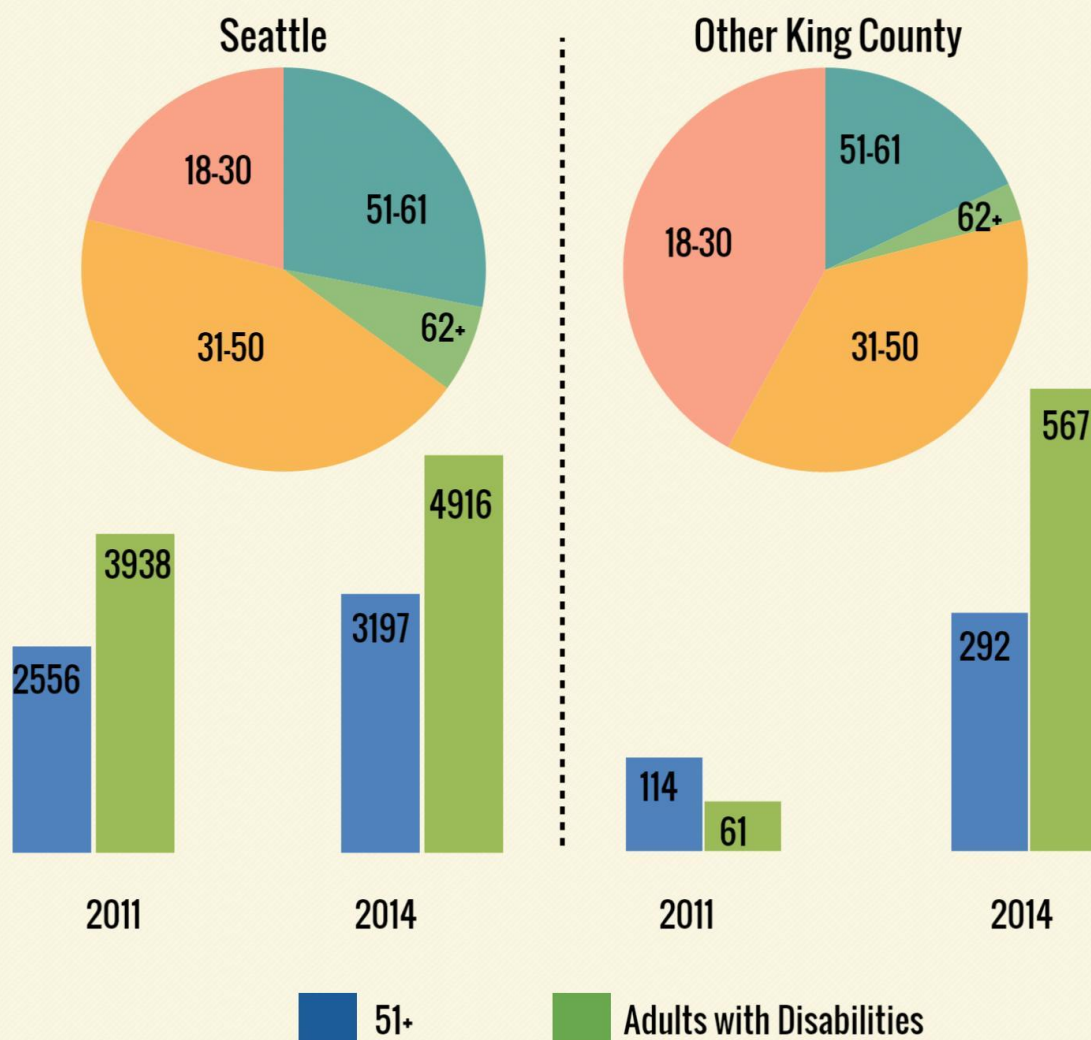
**936** additional subsidized housing units would need to be created each year in order to maintain the current ratio of affordable housing to low-income older adults

**\$957**

Median Gross Rent for residents 60 and older



## Emergency Shelter Use by Age



1) American Community Survey, 2014

2) Safe Harbors. 2014 Annual Homeless Assessment Report



# Health Promotion



**1 in 4**

adults 65 and older  
meet physical  
activity guidelines



**21%**

of adults 60 and  
older reported  
having fallen in  
the previous  
three months

## Care Support

**1 in 4**

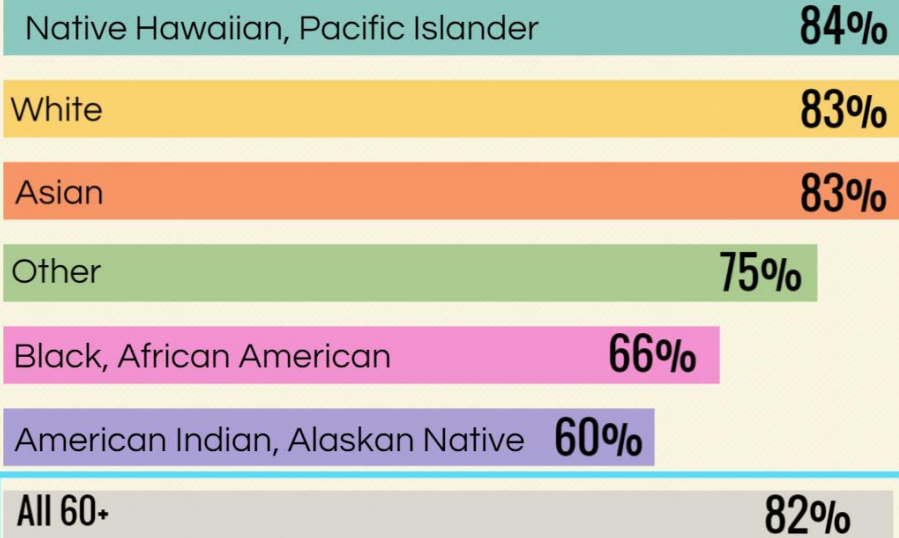
adults 65 and  
older do not have  
someone to help  
with chores if they  
are sick

**28%**

of adults 65 and  
older do not have  
someone to help  
some of the time if  
they are confined  
to bed

## Percent 60+ in "Good" to "Excellent" Health

Communities of  
color are more  
likely to report  
being in poorer  
health than whites



1) Behavioral Risk Factor Surveillance Survey, 2001- 2014

2) American Community Survey, 2011-2013 three year estimates

3) Washington State Department of Health, The Health of Washington State, 2008

# Alzheimer's, Dementia and Memory Care

**110,000**

individuals estimated to have Alzheimer's disease or a related dementia in Washington

**181%**

projected increase over the next 30 years



Alzheimer's Disease is the

**3rd**

leading cause of death in King County

**66%**

of families served by the Family Caregiver Support Program are impacted by dementia



People caring for a relative with memory loss are more likely to seek placement for their relative in a long-term care facility within 6 months



**\$287,038**

the cost of caring for a person with Alzheimer's in the last five years of their life

## Critical Issues

Increase Home Care Supports

Family Caregiver Education and Support

Financial Help with Care Costs

Increase Residential Services

Research on Prevention

1) Washington State Department of Social and Health Services, Family Caregiver Support Program, Aging and Long Term Supports Administration Webinar, May 2015  
2) Caminiti, "A Disease on Track to Bankrupt Medicare", November 2015  
3) Mancuso, Washington State Department of Social and Health Services, 2015  
4) Alzheimer's Disease State Plan Public Input Survey, Presented April 3 by Lynne Korte





**Aging & Disability Services (ADS) plans, coordinates, and advocates for a comprehensive service delivery system for older adults, family caregivers and people with disabilities in King County.**

**ADS—a division of the Seattle Human Services Department—is designated by the State of Washington as the Area Agency on Aging for King County.**

**ADS works in partnership with King County and United Way to:**

- **Improve the health and quality of life for seniors and adults with disabilities.**
- **Connect seniors and adults with disabilities with helpful resources.**
- **Provide help and support for caregivers.**

**For more information, e-mail [aginginfo@seattle.gov](mailto:aginginfo@seattle.gov) or visit [www.agingkingcounty.org](http://www.agingkingcounty.org).**



# COMMUNITY LIVING CONNECTIONS

— *LINKING YOU TO* —  
Personalized Care & Support Options

**206-962-8467**

**Toll-free: 1-844-348-KING (5464)**