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

78% have one or more chronic conditions

20% speak a language other than English

8% have a disability

$49,822 Median Household Income

35% of women live alone

3,345 are caring for grandchildren

34% are in the labor force

7,431 do not speak any English

7,200 are Lesbian, Gay, or Bisexual

11% experience food scarcity
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

<table>
<thead>
<tr>
<th>Category</th>
<th>Male</th>
<th>Female</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>King County</td>
<td>79.4</td>
<td>83.7</td>
<td>81.6</td>
</tr>
<tr>
<td>Male</td>
<td>79.4</td>
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<td></td>
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<tr>
<td>Female</td>
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<td></td>
<td></td>
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<tr>
<td>Native Hawaiian, Pacific Islander</td>
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<td>American Indian, Alaska Native</td>
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<tr>
<td>Black or African American</td>
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<tr>
<td>White</td>
<td>81.5</td>
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<td>Asian</td>
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<td></td>
<td>86.4</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
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<td></td>
<td>86.9</td>
</tr>
</tbody>
</table>

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
60+ Population by Race

- Asian: 13%
- Black or African American: 4%
- Hispanic or Latino: 3%
- Two or More: 2%
- Hawaiian and Pacific Islander: .3%
- American Indian, Alaska Native: 1%
- People of Color: 23%
- White Alone: 77%

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+

- Chinese
- Spanish
- Tagalog
- Vietnamese
- Korean
- Japanese

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

www.agingkingcounty.org
People with Disabilities in King County

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

2) American Community Survey, 2011-2013 three year estimates
3) King County Communities Count Survey, 2011
4) Behavioral Risk Factor Surveillance Survey, 2013

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Economic Security

Percent of King County 60+ in Poverty

- American Indian, Alaskan Native: 23%
- Black, African American: 18%
- Native Hawaiian, Pacific Islander: 18%
- Asian: 17%
- Hispanic, Latino: 17%
- White: 7%
- All 60+: 9%

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

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

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Housing

26% of King County residents 60 and older are renters

$957 Median Gross Rent for residents 60 and older

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

Emergency Shelter Use by Age

Seattle

Other King County

18-30

51-61

31-50

62+

18-30

51-61

31-50

62+

2556 3197 292

3938 4916 567

2011 2014 2011 2014

51+

Adults with Disabilities

1) American Community Survey, 2014
2) Safe Harbors. 2014 Annual Homeless Assessment Report

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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

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Native Hawaiian, Pacific Islander</td>
<td>84%</td>
</tr>
<tr>
<td>White</td>
<td>83%</td>
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<tr>
<td>Asian</td>
<td>83%</td>
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<tr>
<td>Other</td>
<td>75%</td>
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<tr>
<td>Black, African American</td>
<td>66%</td>
</tr>
<tr>
<td>American Indian, Alaskan Native</td>
<td>60%</td>
</tr>
</tbody>
</table>

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

All 60+                             | 82%        

1) Behavioral Risk Factor Surveillance Survey, 2001-2014
2) American Community Survey, 2011-2013 three year estimates
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

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 or visit www.agingkingcounty.org.
COMMUNITY LIVING CONNECTIONS
LINKING YOU TO
Personalized Care & Support Options

206-962-8467
Toll-free: 1-844-348-KING (5464)