

Preparing for the Age Wave

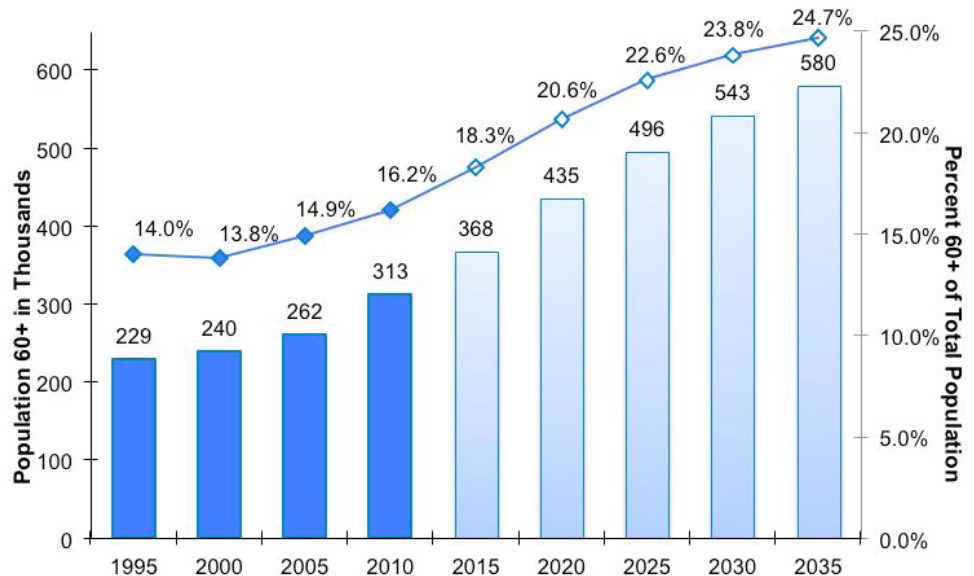
The Reality:

By 2035, 25% of King County's residents will be age 60 or older.

The Problem:

Federal funding to support older adults and their caregivers has lagged dramatically behind inflation and the growing number of people needing aging services.

Purchasing power has decreased as grants are unable to keep pace with the increasing costs of providing services, limiting the capacity and comprising the effectiveness of the aging services network.



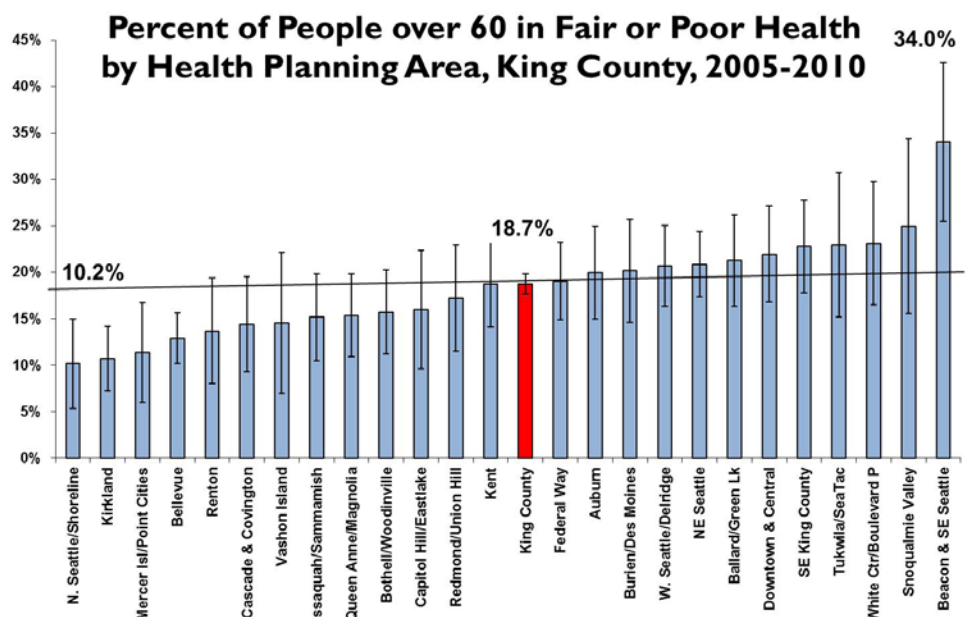
Source: Washington State Office of Financial Management 'medium' 2012 population projections, plus American Community Survey (1995 & 2005) estimates and decennial Census (2000 & 2010) counts.

Reduced or even flat funding will not address the needs of the growing number of older adults in fair to poor health.

The Solution:

To help prepare their communities for these demographic challenges, local governments can:

- Create elder-friendly communities that support the needs of older adults.
- Collaborate to leverage existing resources effectively.
- Develop partnerships to bring new resources and creative approaches that support successful aging.



Local government and Aging and Disability Services—your local Area Agency on Aging—can work together to make a difference for community elders.

ADS Helps People Live Independently

Aging and Disability Services (ADS), the Area Agency on Aging (AAA) for King County, is one of 13 AAAs in Washington state sanctioned by federal and state governments. ADS plans, coordinates, and advocates for a comprehensive service delivery system for older adults, family caregivers, and people with disabilities in King County—the local aging services network.

The aging network includes community providers, advocacy organizations, government agencies, and health care providers, working in partnership to:

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

Services include:

Nutrition & Food Security

ADS helps meet the dietary needs of adults age 60+ and provides nutrition education. In 2013:

- 16,000 King County residents received congregate or home delivered-meals.
- 376,000 meals were served in senior centers and other congregate settings.
- 480,000 meals were delivered to the homes of frail older adults.

In Home Care Services

ADS case managers authorize and arrange for personal care and other needed supports that help residents with disabilities avoid costly nursing home care. In 2013, 14,500 adults in King County received Medicaid in-home long-term care services.

Aging & Disability Resources

Professional Information & Assistance advocates direct callers to resources and help arrange services for vulnerable adults. In 2013, I&A advocates:

- Fielded 33,000 information calls.
- Provided additional assistance to 11,400 older adults.
- More than 5,000 immigrant and refugee elders received services in their own language and culture.

Family Caregiver Support

In 2009, Washington state's 1.25 million unpaid caregivers provided 817 million hours of care, with an economic value of \$10,600,000,000.*

ADS services enable care receivers to remain at home and independent. In 2013, 2,150 caregivers in King County received consultation, counseling, respite care, training and/or referral to support groups.

*AARP Public Policy Institute 2011

Additional Services

- Adult Day Services
- Caregiver Support Services
- Case Management
- Disability Access Services
- Elder Abuse Prevention
- Health Promotion
- Homecare
- Information and Assistance
- Legal Services
- Mental Health
- Nutrition—community meals, home-delivered meals & farmers market vouchers
- Transportation

Profile of 2013 ADS Clients

Clients served (unduplicated)	39,000
Average age	71.8
Age 85+	13%
Below poverty	45%
Non-white	40%
Limited English	29%
County residents (excluding Seattle)	66%



Aging and Disability Services
Area Agency on Aging for Seattle and King County

www.agingkingcounty.org

Contact the Seattle-King County Advisory Council on Aging & Disability Services at advisorychair@agewisekingcounty.org or visit www.ADSadvisorycouncil.org.