

## Alameda County's Older Adult Population Status and Trends

### How Many

- Over 201,297 people age 65+ live in Alameda County.<sup>i</sup>
- By 2020, that number is expected to increase by over 60,000 people.<sup>ii</sup>
- By 2030, Alameda County will be home to 368,000 people age 65+.<sup>iii</sup>

### Economic Status

- Census data tells us that 1 in 4 of elderly couples live below 200% of the Poverty Level.<sup>iv</sup>
- But 3 out of 4 single Alameda County seniors live below 200% of the Poverty Level, and well below the Elder Economic Security Index – a measure of what it takes to meet basic needs.<sup>v</sup>
- One in five calls to the Alameda County Community Food Bank are from older adults.<sup>vi</sup>

### Health and Disability

- Over 68,000 seniors age 65+ have a disability (hearing, vision, cognitive, mobility, self care).<sup>vii</sup>
- Of those, over 32,000 indicate that they have “independent living difficulty.”<sup>viii</sup>
- Over 28% of Alameda County seniors age 65+ have fair to poor health status.<sup>ix</sup>
- Over 66% have high blood pressure; over 18% have heart disease.<sup>x</sup>
- Over 14% experience frequent mental distress.<sup>xi</sup>

### Living Situation

- About 75% of seniors who live below the Elder Economic Security Standard are renters.<sup>xii</sup>
- Over 60% of seniors who rent their homes have a housing cost burden well over 30% of their total household income.<sup>xiii</sup>
- Over 42,000 seniors age 65+ live alone, a majority of them women.<sup>xiv</sup> Living alone puts older adults at greater risk of isolation and associated serious cognitive and health consequences.<sup>xv</sup>

### Coverage for Health Care and LTSS

- 98% seniors age 65+ have Medicare coverage, which typically covers 50% of medical care costs but does not cover long term care services.<sup>xvi</sup>
- Over 41,000 of those with Medicare also have Medi-Cal coverage.<sup>xvii</sup>
- Over 10,000 seniors age 65+ have Medi-Cal only.<sup>xviii</sup>
- Over 12,400 seniors receive Medi-Cal funded In-Home Supportive Services.<sup>xix</sup>

**The Senior Services Coalition of Alameda County** is a coalition of 40 nonprofit and public organizations that provide health care and supportive services to over 57,000 Alameda County seniors. We are committed to establishing an easily accessible, coordinated system of social, medical and supportive care for seniors in Alameda County.

<sup>i</sup> CA Department of Finance

<sup>ii</sup> CA Department of Finance, Report P-1

<sup>iii</sup> Ibid.

<sup>iv</sup> U.S. Census, 2014 American Community Survey

<sup>v</sup> Elder Economic Security Standard Index for Alameda County, based on 2010 Census data. Insight Center and UCLA Center on Health Policy. In 2011, the EESSI for a single elder renter in Alameda County was \$2,170.

<sup>vi</sup> Alameda County Plan for Older Adults, May 2016; data from ACCFB calendar 2015.

<sup>vii</sup> 2010 Census

<sup>viii</sup> *ibid*

<sup>ix</sup> CHIS, California Health Interview Survey 2014, UCLA Center for Health Policy Research. Data is for non-institutionalized seniors.

<sup>x</sup> *ibid*

<sup>xi</sup> *ibid*

<sup>xii</sup> Elder Economic Security Standard Index for Alameda County, Insight Center and UCLA Center on Health Policy.

<sup>xiii</sup> American Community Survey, 2014

<sup>xiv</sup> 2010 Census.

<sup>xv</sup> Social Isolation, Loneliness and All-Cause Mortality in Older Men and Women, by Andrew Steptoe, et.al.

Proceedings of the National Academy of Sciences, vol. 110, no.15.

<sup>xvi</sup> CMS 2014 Medicare enrollment data.

<sup>xvii</sup> Report on Medi-Cal Eligibles age 65+ January 2016, Alameda County Social Services Agency Planning, Evaluation and Research Unit.

<sup>xviii</sup> *Ibid*.

<sup>xix</sup> Alameda County Social Services Agency, July 2016.