



A Growing Senior Population in Central Texas
Opportunities and Needs

Spring 2013

The older adult population in Central Texas is growing rapidly.

A Brookings Institution analysis of 2010 Census data showed that between 2000 and 2010 the Austin-Round Rock metro area had the fastest growing ‘pre-senior’ population (age 55-64) in the nation and ranked second in senior (age 65+) population growth over the same time period.¹ According to 2010 Census, 138,736 adults age 65 years and older live in the 5-county Central Texas Region known as the Austin-Round Rock MSA and make up 8% of the total Central Texas population.²

Population 65 Years and Over Austin Round-Rock MSA, 2010		
	Number 65+	Percent 65+
Bastrop County, Texas	8,501	11%
Caldwell County, Texas	4,510	12%
Hays County, Texas	13,285	8%
Travis County, Texas	74,759	7%
Williamson County, Texas	37,681	9%
Total: Austin Round-Rock MSA	138,736	8%

Source: 2010 Census, Summary File 1, Table QT-P1

Over the next several decades, the 65+ population is expected to continue to grow rapidly both in number and as a share of the population— by 2040 more than half a million (517,772) older adults 65+ will live in the 5-county Austin-Round Rock MSA and comprise nearly one-fifth (18%) of the Central Texas population.³

A growing senior population brings new opportunities and challenges.

As we age, the majority of us share a common goal: to live independently and safely in our own homes and engaged in our communities for as long as possible.

Many older adults are well and active and offer the community a valuable resource in their experience, perspective, and a willingness to be of service. Older adults transitioning from full-time careers can bring a lifetime of experience to temporary jobs, training programs, part-time work and volunteer positions.

Other seniors need support to meet their needs or to address issues that come with the aging process. Low income older adults, in particular, may need assistance to meet their day-to-day needs. Between 2000 and 2010, the number of Central Texas older adults living in poverty increased by 42%, from 6,970 in 2000 to 9,902 in 2010.⁴ In 2010, one out of four Central Texas older adults (33,406)

had incomes at or below 200% of the poverty threshold and likely experienced some level of economic hardship (2010 poverty threshold: \$10,458 or less for one person or \$13,194 or less for two-people).⁵

Overall, a growing aging population in Central Texas impacts all of us: individuals and families who are aging or caring for an aging family member, businesses who may employ older workers and/or cater to an older clientele, and neighborhoods or faith-based organizations that can play an important role in building a community that is a good place to grow older. This fact sheet includes issues and statistics related to Central Texas’s aging population and outlines some of the available community resources and supports.

Health and Wellness

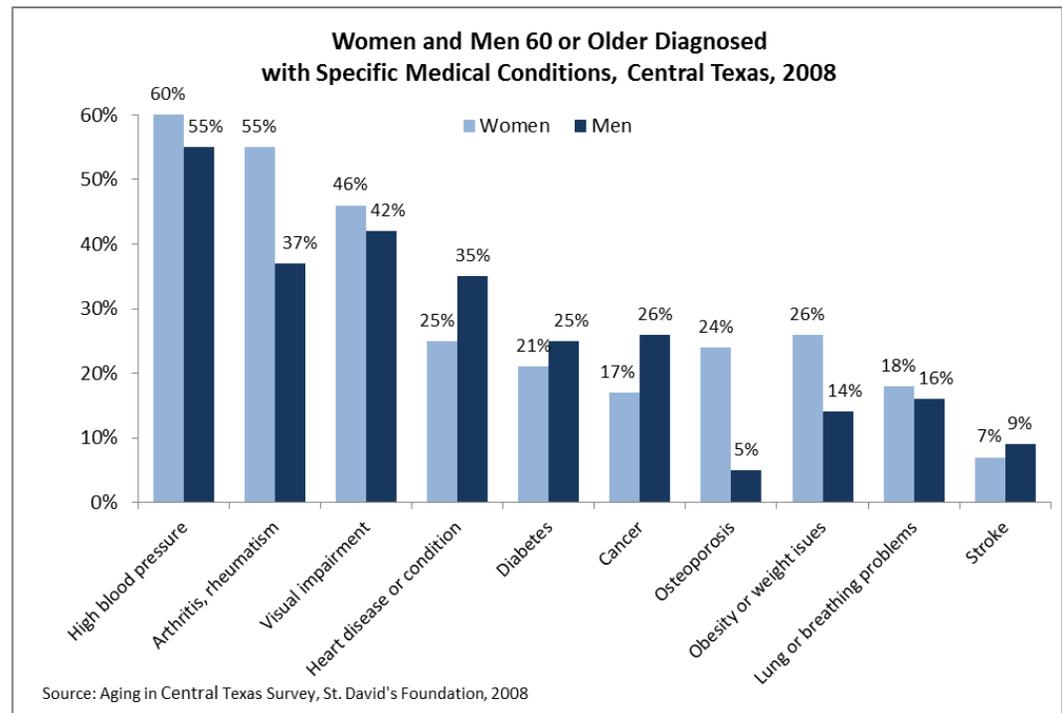
Physical and mental health both play a key role in overall health and wellness and in healthy aging. The majority of Central Texas older adults report being in good health — 79% rate their overall health as good, very good or excellent.⁶ Still, the aging process can bring some specific challenges to overall health and well-being.

Chronic Disease

Preventing chronic diseases and reducing associated complications are crucial to healthy aging. Nationally, about 80% of older adults have one chronic condition, and 50% have at least two.⁷

Loneliness, Isolation and Depression

Older adults, particularly those who require home health care or who are hospitalized, are at greater risk of experiencing depression.⁸ According to a 2008 survey by St. David’s Foundation, 28% of older adults 75+ reported a problem with loneliness.⁹



Abuse, Neglect, and Exploitation

Older adults are vulnerable to abuse, neglect, and exploitation. In 2011, Adult Protective Services verified 2,245 cases of abuse, neglect and exploitation of older adults 65+ or adults 18-64 with a disability in the 5-county Central Texas area.¹⁰ To report suspected abuse/neglect/exploitation, contact 1-800-252-5400 or make an online report at www.TxAbuseHotline.org.

Fall Risk

Falls are the leading cause of injury death among older adults. They are also the most common cause of nonfatal injuries and hospital admission for trauma.¹¹

- According to national statistics, one out of three older adults 65+ falls each year. Twenty to thirty percent of those who fall suffer moderate to severe injuries such as hip fractures or head injuries.¹²
- An estimated 1,137,500 Texans age 60 and older fell in 2011. Of those 75 and older, an estimated 900-1,000 died from complications associated with the fall.¹³
- Fall risk can be reduced by regular exercise to build strength and improve balance; working with a doctor or pharmacist to identify and limit medications that cause dizziness or drowsiness; having regular eye checkups and using appropriate corrective lenses; and keeping homes safe by removing tripping hazards and installing grab bars and railings.¹⁴

Dementia

Dementia is a term that describes a decline in memory or other thinking skills that is severe enough to interfere with the basic tasks of daily life.¹⁵ Alzheimer's disease is the most common type of dementia. It develops when nerve cells in the brain die or no longer function normally and causes changes in memory, behavior and ability to think clearly. Alzheimer's disease eventually impairs an individual's ability to carry out basic functions such as walking and swallowing. Alzheimer's disease is the sixth-leading cause of death in the US, and the fifth-leading cause of death for those 65 and older.¹⁶

- Nationally, one in eight people 65 and older and nearly half of those 85 and older have Alzheimer’s disease.¹⁷
- An estimated 340,000 Texans lived with Alzheimer’ disease in 2010; this number is projected to continue to grow to 470,000 by 2025.¹⁸

Health Insurance Coverage and Access to Healthcare

Because of Medicare, nearly all Central Texas residents 65+ are covered by health insurance (less than 2% are not).¹⁹ However, older adults, particularly those with lower incomes who are eligible for dual coverage through Medicare and Medicaid may have difficulty finding a doctor. According to a survey by the Texas Medical Association, the share of doctors who accept Medicare and Medicare patients has declined over the past decade, in large part due to administrative burdens and low reimbursement rates:²⁰

- In 2012 only 31% of Texas physicians will accept new Medicaid patients. This is an all-time low, reflecting a steady downward trend over the past decade (just over 10 years ago in 2000, 67% of Texas doctors that accepted new Medicaid patients).
- 58% of Texas physicians reported accepting new Medicare patients in 2012. This number has also been declining since 2000 when 78% of doctors accepted new Medicare patients.

Nutrition

For some older adults, eating well can be challenging because of difficulty chewing, stomach problems, lack of appetite, lack of transportation, limited money, and/or physical limitations that make grocery shopping or cooking difficult.²¹ Malnutrition impacts quality of life and independence. It may also delay recovery from illness, contribute to longer hospital stays and more frequent hospitalizations, and lead to increased risk for infection. Older adults on low-incomes are more likely to be hungry.²²



- Nationally, nearly 40% of hospitalized elderly and 50% of those in rehabilitation facilities are malnourished. Of older adults living in the community, 38% are malnourished or at risk of malnourishment. Based on these national statistics, an estimated 28,000 older adults living in Travis County could be malnourished or at risk of malnourishment.²³
- 13% of Central Texas older adults (60+) report difficulty shopping for groceries because of a health or physical problem, 6% report difficulty preparing their own meals, and 3% report not getting enough to eat on a typical day.²⁴

Continuum of Supports for Health and Wellness in Central Texas

- Falls prevention classes
- Chronic disease self-management
- Adult Protective Services
- Medicare benefits counseling
- Support groups
- Home-delivered and congregate meal programs
- Friendly visitor and caller programs
- Volunteer and learning opportunities
- Senior centers
- Individual and group counseling

See pages 7-8 for a list of organizations providing these and other services

Aging in Place

“Aging in place” means growing older while living independently in an existing home or community for as long possible. Studies show that the vast majority of older adults prefer to age in place,²⁵ and for those who need services and supports to care for themselves and manage routine daily tasks, community-based services are more cost effective than nursing home care.²⁶ Communities help older residents to age in place by creating affordable and appropriate housing, establishing supportive community features and services, and providing adequate mobility options.²⁷

Housing Costs

Housing in Central Texas is expensive. The Austin-Rock MSA has the highest fair market rents (\$700-\$1500 depending on size), the third-highest median home price (\$191,700), and the highest average home price (\$253,100) of Texas Metropolitan areas.²⁸ Older adults with lower, fixed-incomes may struggle to keep up with housing costs (including taxes and utilities) and may find limited housing available at an affordable price-point. Affordable senior apartment complexes that offer independent living with or near supportive services often have waitlists. The option of assisted living, which offers a higher level of care and support while enabling an older adult to maintain independence in the community, is financially out of reach for many seniors.

- In 2010, 54% of Central Texas renters and 27% of Central Texas home owners 65 years and older experienced a housing cost burden, which is defined as spending 30% or more of household income on housing costs.²⁹

Home Repair and Modification

For older adults remaining in an existing home, repairs or modifications (i.e. installation of grab bars, ramps, and handrails) can help to create a safer living environment. For seniors with low-incomes, the inability to finance home repairs can be a significant challenge that threatens safety and well-being.



- 11% of older adults in Central Texas said they have structural, heating and cooling, electrical or plumbing systems that were in need of repair; for those with household incomes less than \$20,000, the share rose to 23%.³⁰

In-home Services and Support

The primary desire of older adults is to remain living at home rather than enter a nursing home. But some need help with personal care and/or household tasks to achieve this goal. According to a 2008 survey by St. David's Foundation:³¹

- 11% of seniors (60+) in Central Texas had difficulty getting out of a bed or chair and 7% needed help with bathing, showering or dressing.
- While most older adults are able to manage light housework like doing dishes straightening up or light cleaning, a significant share (40%) report difficulty with heavier household tasks like scrubbing floors, mowing the grass or washing windows.

Transportation and Access

While the majority older adults continue to drive³², financial or physical limitations require others to depend on transportation other than a personal vehicle. Rising life expectancies mean that at some point, many of us will find ourselves with a diminished ability to

drive safely³³ and will need to rely on friends and family, public transportation, or other alternatives like volunteer driver programs. Without access to good, affordable transportation options, seniors who cannot drive face isolation (fewer visits to family and friends), reduced quality of life (fewer trips to shop or eat out), and may be less able to manage their health care needs (more difficult to get to the doctor).³⁴

- Of Central Texas residents 75 years and older, 20% do not own or drive a car and 18% report lacking transportation.³⁵
- A recent analysis conducted by the group Transportation for America estimates that in 2015, less than 50% of older adults living in Central Texas will have adequate access to public transit.³⁶

Services and Supports for Aging in Place in Central Texas

- Paratransit service for people with disabilities
- Volunteer driver programs
- Home modification/repair and weatherization programs
- Bill-payer and guardianship assistance
- In-home help and personal attendant services
- Geriatric case management and care coordination
- Home delivered meal programs
- Affordable senior apartment communities
- Assisted living and Continuum Care Retirement Communities offering independent living, assisted living, skilled nursing care on same campus (private pay)

See pages 7-8 for a list of organizations providing these and other services

Caregiver Support



Family or informal caregivers provide unpaid assistance to family member or a friend who can no longer care for him/herself without support. The efforts of family caregivers allows many older adults (and others) who need help performing the tasks of daily life to remain in their homes and communities. Informal caregivers play an important role both for the individual who is receiving care and in reducing financial strain on the health care system. Yet caregiving can also bring many challenges; the demands that come along with caregiving responsibilities can negatively impact a caregiver's physical and mental health, strain finances, and require sacrifices in work and personal activities.³⁷

Services and Supports for Caregivers in Central Texas

- Resource center
- Center-based and In-home respite programs
- Adult day care
- Caregiver education and support

See pages 7-8 for a list of organizations providing these and other services

- An estimated 5 million informal caregivers in Texas and 61.6 million informal caregivers across the nation provide care at some time during the year.³⁸
- The value of the unpaid labor force of caregivers is significant, estimated at more than \$34 billion dollars annually for the State of Texas.³⁹

Aging Initiatives and Resources

As our nation, our communities, our families, and each of us age, planning for the future is more important than ever. Locally, the Mayor's Task Force on Aging and the Aging Services Council of Central Texas are two local collaborations working to build a senior-friendly community.

The Mayor's Task Force on Aging will develop a Plan of Action that will pioneer new partnerships, policy directions and funding priorities to address Central Texas's acute need to accommodate the fast-growing aging population. The Task Force consists of a diverse group, including executives from non-profit providers, funding agencies, policy makers, and academia with a goal of ensuring our aging neighbors have the resources to be healthy, independent and integrated into community life. Members met monthly from September 2012 through May 2013 and were assisted by a class of graduate students from the LBJ School of Public Affairs at the University of Texas at Austin. Students compiled data, reviewed case studies, and engaged the public through surveys and focus groups.

The Aging Services Council of Central Texas is a network of individuals and organizations who work together to ensure that older adults and caregivers have the information and services they need to support themselves and family members as they age. The Council works to maximize resources for aging services through a collaborative process and to promote community awareness and investment around aging issues. Council members share a vision of ensuring that Central Texas older adults have the opportunity to live healthy, safe, and meaningful lives. Below is a list of Council member agencies and an overview of services offered. www.agingcouncil.org

Aging Services Council of Central Texas membership includes...

Accountable Aging Care Management is an eldercare management and consulting company that utilizes a multi-disciplinary team to thoroughly assess a client's care needs, recommend appropriate medical and non-medical service providers, and design and execute a plan of action.

www.AccountableAging.com

AGE of Central Texas provides education and support to people all along the spectrum of growing older. AGE serves older adults and caregivers through its primary interrelated programs: adult day health care, caregiver education and resources, early memory loss support, health equipment lending, and peer-based computer classes for seniors. www.AGEofCentralTX.org

Alzheimer's Association Capital of Texas Chapter provides family support, public awareness, and community education and also supports research for the prevention, cure, and treatment of Alzheimer's disease and related disorders.

www.alz.org/texascapital

Area Agency on Aging of the Capital Area provides quality services to support and advocate for the health, safety, and well-being of the older individuals. www.capcog.org/divisions/area-agency-on-aging/

The Austin/Travis County Health and Human Services Department (HHSD) promotes and protects a healthy community through the use of best practices and community partnerships.

www.austintexas.gov/department/health

Capital City Village is a nonprofit membership organization helping seniors stay in their homes longer using volunteers, vetted service providers, and social, educational and physical fitness programs. www.capitalcityvillage.net

Capital Metro's mission is to connect people, jobs and communities by providing high-quality and sustainable transportation choices for our community. www.capmetro.org

The Care Communities creates volunteer families for people with cancer or HIV/AIDS; provides practical, non-medical help with transportation, household tasks, errands and companionship; and helps to ensure basic needs are met.

www.TheCareCommunities.org

City of Austin Parks and Recreation Department Senior Programs are committed to providing an environment that encourages senior adults to maintain an active, healthy and independent lifestyle through recreational and educational programs and activities. www.austintexas.gov/department/seniors

Coming of Age is dedicated to assisting individuals 50+ to explore their interests and strengthen communities through civic engagement. Coming of Age also offers training opportunities for nonprofits to attract and retain skilled older adult volunteers.

www.comingofage.org/austin

Community Action Network is a partnership of government, non-profit, private and faith-based organizations who work together to enhance the social, health, educational and economic well-being of Central Texas. www.caction.org

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Faith in Action Caregivers offers services to help older adults in maintaining their independence. Services include transportation, minor home repairs/maintenance, and friendly visiting in the home or by phone. www.driveasenior.org

Family Eldercare provides services designed to prolong independent living and prevent abuse, neglect, self-neglect and exploitation. Primary programs include In-Home Care & Caregiver Services, Money Management, Geriatric Consultation, Therapeutic Counseling, Service Coordination, and Guardianship. www.familyeldercare.org

Helping the Aging, Needy and Disabled (H.A.N.D.) is a nonprofit organization committed to enhancing dignity and independence for the elderly and people with disabilities by providing compassionate, quality in-home, personal attendant care. www.handaustin.org

Jewish Family Service of Austin provides a variety of services to older adult including counseling, case management, information and referral, and outreach. www.shalomaustin.org

Meals on Wheels and More delivers lunchtime meals each weekday to homebound people who can no longer prepare meals for themselves and assists clients with other services that promote independent living, including grocery shopping assistance, home repair and safety modifications, delivery of monthly extra needed food items and providing pet care provisions. www.mealsonwheelsandmore.org

Rebekah Baines Johnson Center is an independent living center for seniors (over 62 years of age) and people with disabilities. www.rbjseniorhousing.org

St. David's Foundation invests in a healthy community through funding, hard work, and initiatives to better care for the underserved and uninsured. www.stdavidsfoundation.org

SAIVA provides volunteering opportunities to promote well-being, education, and friendship to seniors with South Asian cultural interests. <http://www.saiva.org/>

Seton Healthcare Family is a network of 31 facilities providing healthcare services throughout Central Texas. www.seton.net

Texas Seniors' Guides publishes the Austin Seniors' Guide, a free publication mailed to 75,000 seniors and adult children in Travis and Williamson counties. www.austinseniorsguide.com

TMF Health Quality Institute is a resource for Medicare beneficiaries, including receiving complaints, performing appeals and providing physician, hospital and nursing home comparisons. www.tmf.org

Travis County Health and Human Services & Veterans Service strives to maximize the quality of life for all in Travis County by: protecting vulnerable populations, investing in social and economic well-being, promoting healthy living, and building a shared understanding of the community. www.co.travis.tx.us/health_human_services

The WellMed Charitable Foundation Senior Community Center offers fitness activities, nutrition and wellness classes, computer lab and instruction, information on Medicare and other public benefits and caregiver education and resources.

¹ William H. Frey, “The Uneven Aging and ‘Younging’ of America: State and Metropolitan Trends in the 2010 Census”, Metropolitan Policy Program at Brookings, June 2011, 9,

<http://www.brookings.edu/research/papers/2011/06/28-census-age-frey>

² U.S. Census Bureau, 2010 Census Summary File 1, QT-P1: Age Groups and Sex: 2010, <http://factfinder2.census.gov>

³ Texas State Data Center, Tables for Texas Population Projections 2012, Scenario 0.5 <http://txsdc.utsa.edu/Data/TPEPP/Projections/Tables.aspx>

⁴ U.S. Census Bureau, 2000 Summary File 1, P087: Poverty Status in 1999 by Age and 2010 American Community Survey, B17024: Age by Ratio of Income to Poverty Level in the Past 12 Months <http://factfinder2.census.gov>

⁵ U.S. Census Bureau, Poverty Thresholds 2010,

<https://www.census.gov/hhes/www/poverty/data/threshld/index.html>

⁶ Texas Behavioral Risk Factor Surveillance System, 2010, Austin MSA, <http://www.dshs.state.tx.us/chs/brfss/default.shtm>

⁷ Centers for Disease Control and Prevention, Healthy Aging: Helping People to Live Long and Productive Lives and Enjoy a Good Quality of Life, 2011,

<http://www.cdc.gov/chronicdisease/resources/publications/AAG/aging.htm>

⁸ Centers for Disease Control and Prevention, Depression is not a normal part of growing older <http://www.cdc.gov/aging/mentalhealth/depression.htm>

⁹ St. David’s Foundation, Aging in Central Texas Survey- Adults Age 60 to 90 Reflect on What They Have, Need, and Want as They Grow Older, 2008, http://www.caction.org/CAN-Research/Reports/2009/Feb2009_StDavidAgingInCentralTexas.pdf

¹⁰ Texas Department of Family and Protective Services, 2011 Data Book and Annual Report, http://www.dfps.state.tx.us/documents/about/Data_Books_and_Annual_Reports/2011/10CountyChartsAll.pdf

¹¹ Centers for Disease Control and Prevention, Falls Among Older Adults: An Overview <http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>

¹² Ibid.

¹³ Texas Falls Prevention Coalition, 2012, <http://www.ncoa.org/improve-health/center-for-healthy-aging/content-library/falls-state-profiles/TX-FP-profile-Mar-2012-FINAL.pdf>

¹⁴ Centers for Disease Control and Prevention, Falls Among Older Adults: An Overview <http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>

¹⁵ Alzheimer’s Association, What is Dementia? <http://www.alz.org/what-is-dementia.asp>

¹⁶ Alzheimer’s Association, 2012 Alzheimer’s Disease Facts and Figures http://www.alz.org/downloads/facts_figures_2012.pdf

¹⁷ Ibid.

¹⁸ Ibid.

¹⁹ U.S. Census Bureau, 2008-2010 American Community Survey 3-Year Estimates, Austin-Round Rock-San Marcos MSA, B27001. Health Insurance Coverage Status by Sex by Age, <http://factfinder2.census.gov>

²⁰ Texas Medical Association <http://www.texmed.org/Template.aspx?id=24764>

²¹ Department of Health and Human Services, Food and Drug Administration, Eating Well as we Age, http://www.paseniorcenters.org/community/nutrition/2009/eatage_brochure.pdf

²² Nestle Nutrition Institute

²³ Meals and Wheels and More

²⁴ St. David’s Foundation, Aging in Central Texas Survey- Adults Age 60 to 90 Reflect on What They Have, Need, and Want as They Grow Older, 2008, http://www.caction.org/CAN-Research/Reports/2009/Feb2009_StDavidAgingInCentralTexas.pdf

²⁵ AARP, Home and Community Preferences of the 45+ Population,

<http://assets.aarp.org/rgcenter/general/home-community-services-10.pdf>

²⁶ AARP Public Policy Institute, Providing More Long-term Support and Services at Home: Why It’s Critical for Health Reform http://www.aarp.org/health/health-care-reform/info-06-2009/fs_hcbs_hcr.html

²⁷ Mia R. Oberlink, Opportunities for Creating Livable Communities, AARP Public Policy Institute http://assets.aarp.org/rgcenter/il/2008_02_communities.pdf

²⁸ Travis County HHS/VS, Research & Planning, 2011 Community Impact Report Part I, http://www.co.travis.tx.us/health_human_services/research_planning/publications/cir/cir_2011/2011_cir_part_1.pdf

²⁹ U.S. Census Bureau, 2010 American Community Survey 1-Year Estimates, Austin-San Marcos-Round Rock MSA, B25093 and B25072. <http://factfinder2.census.gov>.

³⁰ St. David’s Foundation, Aging in Central Texas Survey- Adults Age 60 to 90 Reflect on What They Have, Need, and Want as They Grow Older, 2008, http://www.caction.org/CAN-Research/Reports/2009/Feb2009_StDavidAgingInCentralTexas.pdf

³¹ Ibid.

³² According to a recent survey, nationally 82% of older adults 65+ currently drive a car. AAA Senior Drive Survey, 2011 <http://newsroom.aaa.com/wp-content/uploads/2012/04/Senior-Driver-Survey-Report.pdf>

³³ Transportation for America, Aging in Place, Stuck without Options: Fixing the Mobility Crisis Threatening the Baby Boom Generation, <http://t4america.org/resources/seniorsmobilitycrisis2011/>

³⁴ Ibid.

³⁵ St. David’s Foundation, Aging in Central Texas Survey- Adults Age 60 to 90 Reflect on What They Have, Need, and Want as They Grow Older, 2008, http://www.caction.org/CAN-Research/Reports/2009/Feb2009_StDavidAgingInCentralTexas.pdf

³⁶ Specifically, the analysis found that in 2015, 56% of older adults 65 to 79 years of age (82,456 people) will have poor transit availability, defined as fewer than 1.7 bus routes and/or train stations within walking distance (¼ mile for bus, ½ mile for train). In comparison to similar sized metropolitan areas (1-3 million people), the Austin-San Marcos MSA falls right in the middle of the range, ranked 23rd out of 46 areas. Transportation for America, Aging in Place, Stuck without Options: Fixing the Mobility Crisis Threatening the Baby Boom Generation, <http://t4america.org/resources/seniorsmobilitycrisis2011/>

³⁷ Texas Department of Aging and Disability Services: Informal Care in Texas, 2009, <http://www.dads.state.tx.us/services/agingtexaswell/resources/publications/informalcare-11-09.pdf>

³⁸ Feinberg, Reinhard, Houser, and Choula, “Valuing the Invaluable: 2011 Update The Growing Contributions and Costs of Family Caregiving,” AARP Public Policy Institute.

<http://assets.aarp.org/rgcenter/ppi/itc/i51-caregiving.pdf>

³⁹ Ibid.