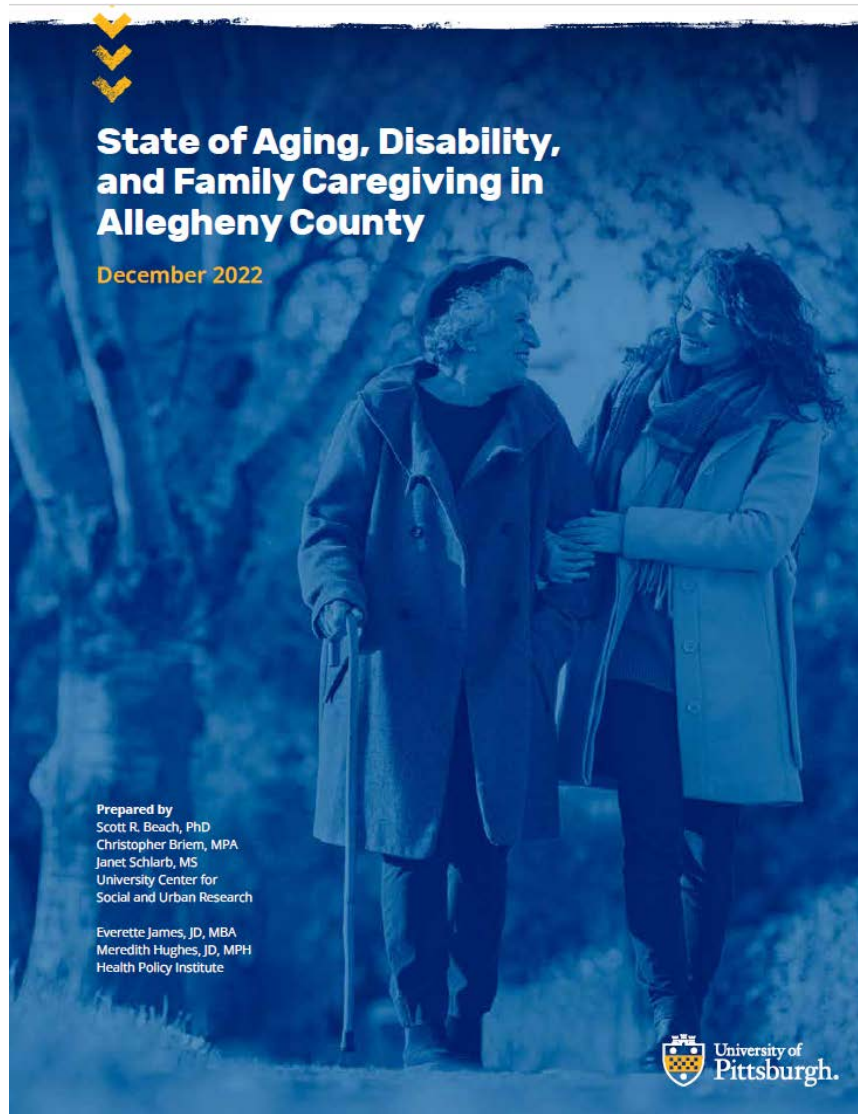


2022 State of Aging, Disability and Family Caregiving in Allegheny County Report Release Webinar

AGENDA

- Report overview and implications
 - Everette James, JD, MBA
 - Scott Beach, PhD
 - Chris Briem, MPA
 - Meredith Hughes, JD, MPH
 - Shannah Tharp Gilliam, PhD
- Audience Q&A



Overview, Methods, and Key Findings

Scott Beach, PhD
Interim Director

University Center for Social & Urban Research (UCSUR)



State of Aging, Disability, and Family Caregiving in Allegheny County

- Understanding the characteristics of Allegheny County's aging and disabled residents is critical to planning for a healthy and prosperous future for our region.
- Information on vulnerable sub-groups and key issues like housing, workforce participation, transportation, retirement savings, and access to healthcare and social supports is essential to informed program planning, policymaking, and resource allocation.

State of Aging, Disability, and Family Caregiving in Allegheny County

Overall goals:

- (1) Identify and inform community and governmental response to an important emerging issue in our region – the health and well-being of an aging population supported by fewer younger adults.
- (2) Serve as a data repository and planning tool for county and regional governmental and stakeholder organizations.

Survey Methods

- Telephone surveys by trained UCSUR staff
 - 45 – 60 minutes in length
 - Surveyed residents aged 55 years and older
- **Sample Source:** UCSUR Research registry + random community calls
- **1,299 Surveys Completed**, self-reported as the following:
 - 835 Women
 - 247 Black
 - 320 Disabled
 - 364 Family caregivers
- Estimates weighted by age, sex, race and education for 55 and older population in Allegheny County (using Census American Community Survey)

Survey Topics

- Socio-demographics
- Functional Status and Disability
- Safety / Falls
- Family caregiving
- Formal service use
- Health behaviors and health care access
- Work, retirement, income sources
- Housing / living arrangements
- Neighborhood environment
- Transportation
- Social relationships and support
- Elder mistreatment
- Internet / technology use
- Broad Covid-19 impacts
- Health (physical, mental, social)

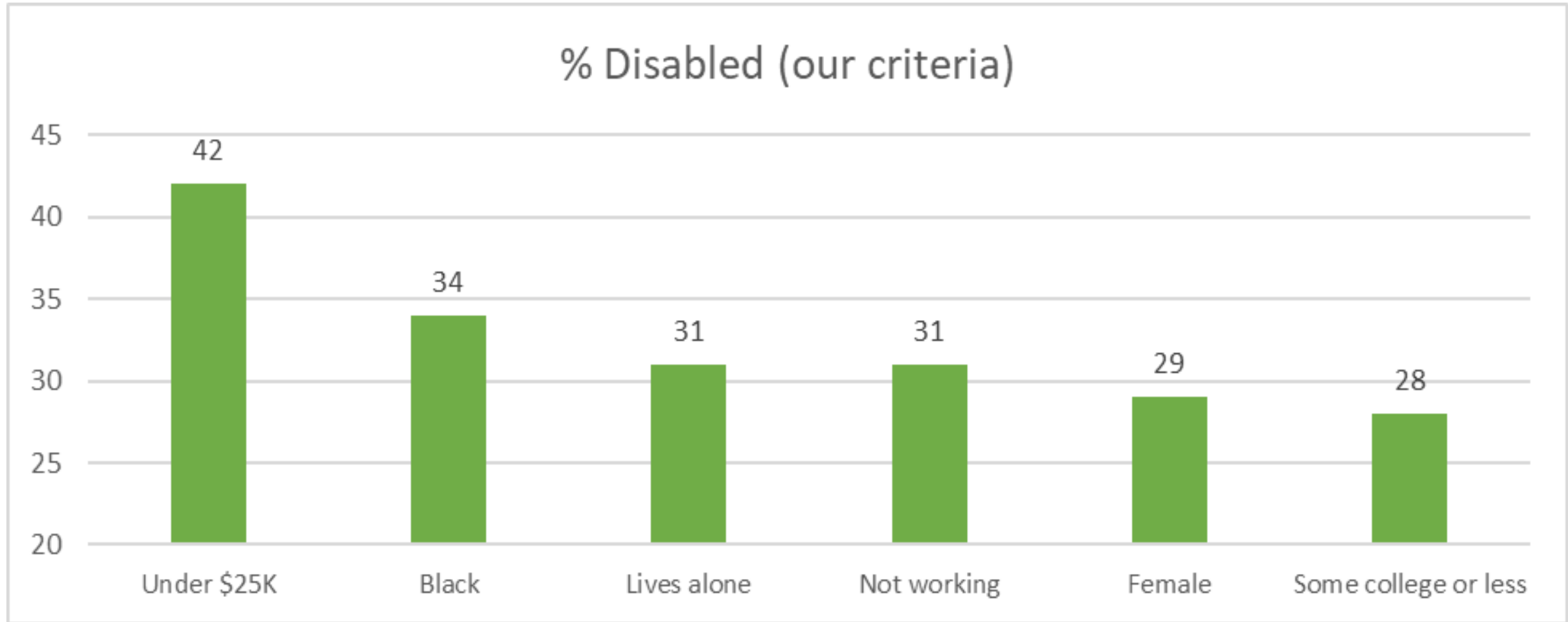
Our Functional Definition Of Disability Provided Broad Implications For Application

25% of respondents met at least one of the following criteria for “disabled”:

- (1) Requiring help with personal care activities
- (2) Requiring help with routine home activities
- (3) Report “*a lot of difficulty*” or “*cannot do at all*” for the following:
 - Seeing, even if wearing glasses;
 - Hearing, even if using a hearing aid;
 - Walking or climbing steps;
 - Remembering or concentrating;
 - Self-care such as washing all over or dressing;
 - Communicating, understanding or being understood.

**Another 21% met
criteria for “pre-
clinical disability”**

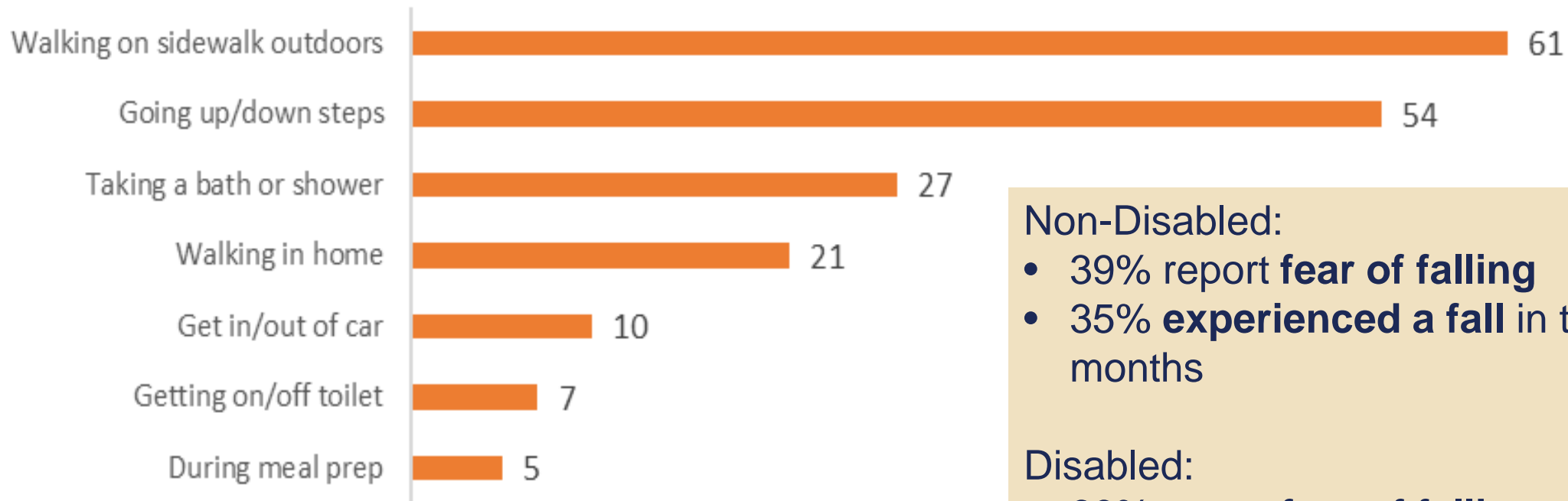
Residents Reporting Disability Varied Greatly In Their Personal Characteristics



A Commonality Among Older Adults Regardless of Disability Status Was the Fear of Falling

Falling fear situations

(% among those who endorsed having a fear of falling)



Non-Disabled:

- 39% report **fear of falling**
- 35% **experienced a fall** in the past 12 months

Disabled:

- 60% report **fear of falling**
- 57% **experienced a fall** in the past 12 months

“Family Caregiving” Allows For Comparison With Premier Health-related Telephone Surveys

- Defined by a “Yes” response to:

“During the past 30 days, did you provide regular care or assistance to a friend or family member who has a health problem or disability?”

Item from Behavioral Risk Factor Surveillance System [BRFSS] caregiver module

- Yielded **364 family caregivers** aged 55+ years of age

Findings Describe Use of Assets & Risks Among Family Caregivers and Those in Their Care

Family caregivers reported use of **ASSETS & SERVICES**:

- Caregiver Support
- Transportation
- Respite
- Home modification

Family caregivers more likely to report **RISKS**:

- **Retiring earlier** to provide care
- **Putting off healthcare**
- **Negative / critical interactions**
- Potential emotional & physical **elder mistreatment**

USE OF CAREGIVER SUPPORT SERVICES / STRATEGIES



32% searched online for caregiver support services



20% used transportation services for the care recipient



17% watched caregiver videos online



17% used respite services



8% connected with other caregivers online



30% modified the care recipient's home to make it easier for them

FINANCIAL IMPACTS OF CAREGIVING



Prevented saving money



Increased their debt



Earlier retirement than planned



Limited their ability to save for retirement



Led to later retirement than planned

MOST COMMON ISSUES NEEDING MORE HELP OR INFORMATION:



Finding time for yourself or respite care (18%)



Balancing work and family responsibilities (16%)



Managing your emotional and physical stress (16%)



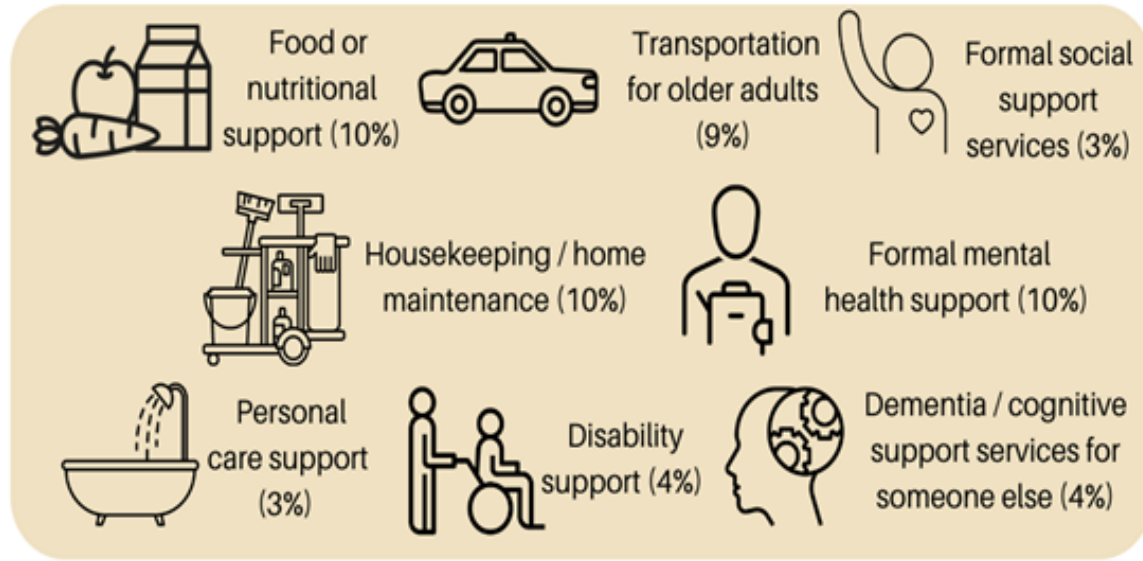
Easy activities to do with the care recipient (15%)

Service Use Data Can Help Providers Understand Their Reach and Scale

SERVICE USE

33%

older adults report receiving at least one formal services in the past year



USING SENIOR CENTERS

45%

have ever visited a senior community center

24%

say the Coronavirus pandemic has prevented them from visiting a senior community center

54%

Those age 75 and older are more likely to have visited a senior community center

30%

Family caregivers are more to say the pandemic has prevented visits to senior community centers

38%

Plan to visit a senior community center in the future

96% are “very” or “somewhat” satisfied with services received

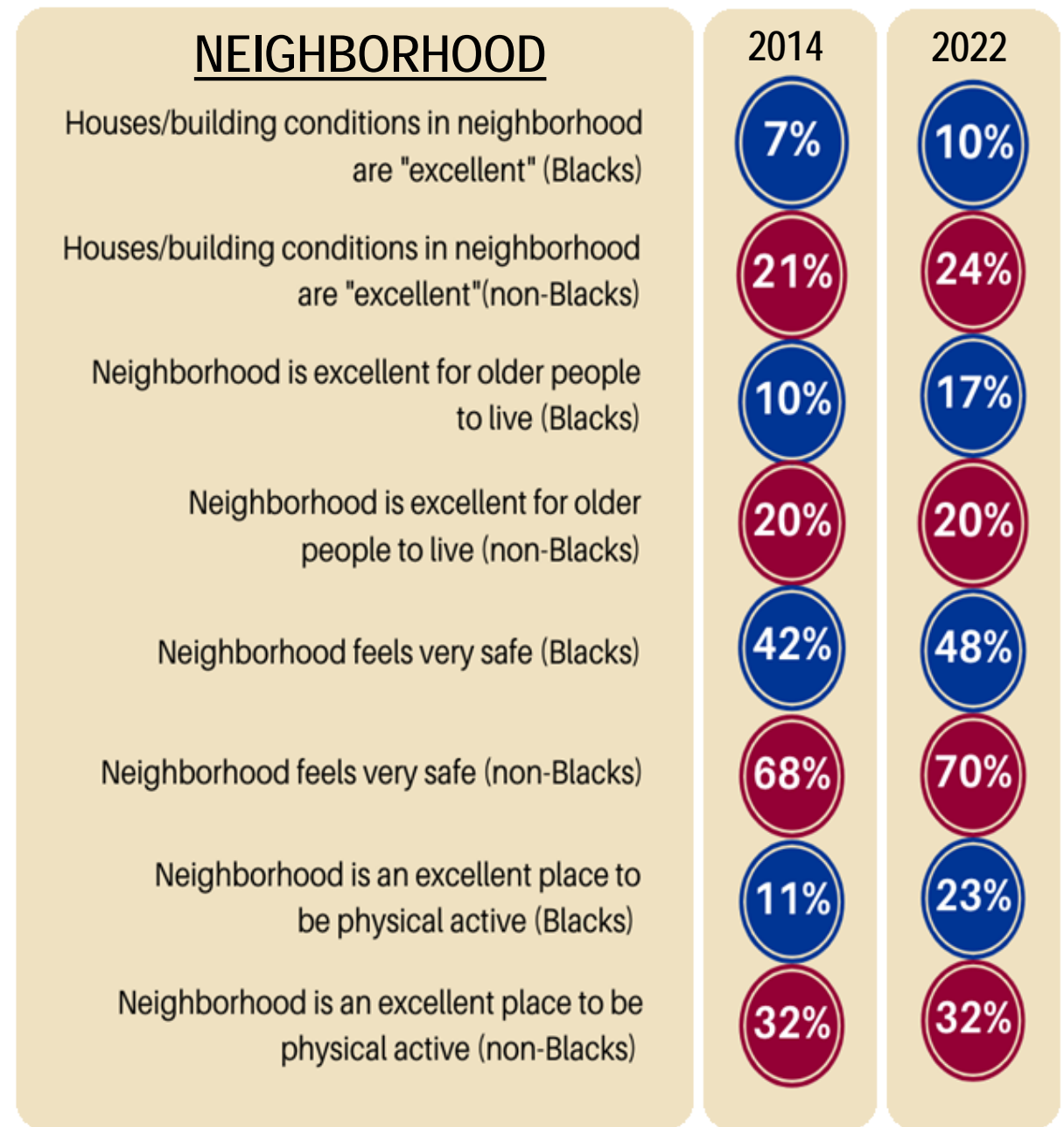
Those aged 65-74 are more likely to have plans to visit a senior community center in the future

Findings Quantify and Validate the Need for Further Investment

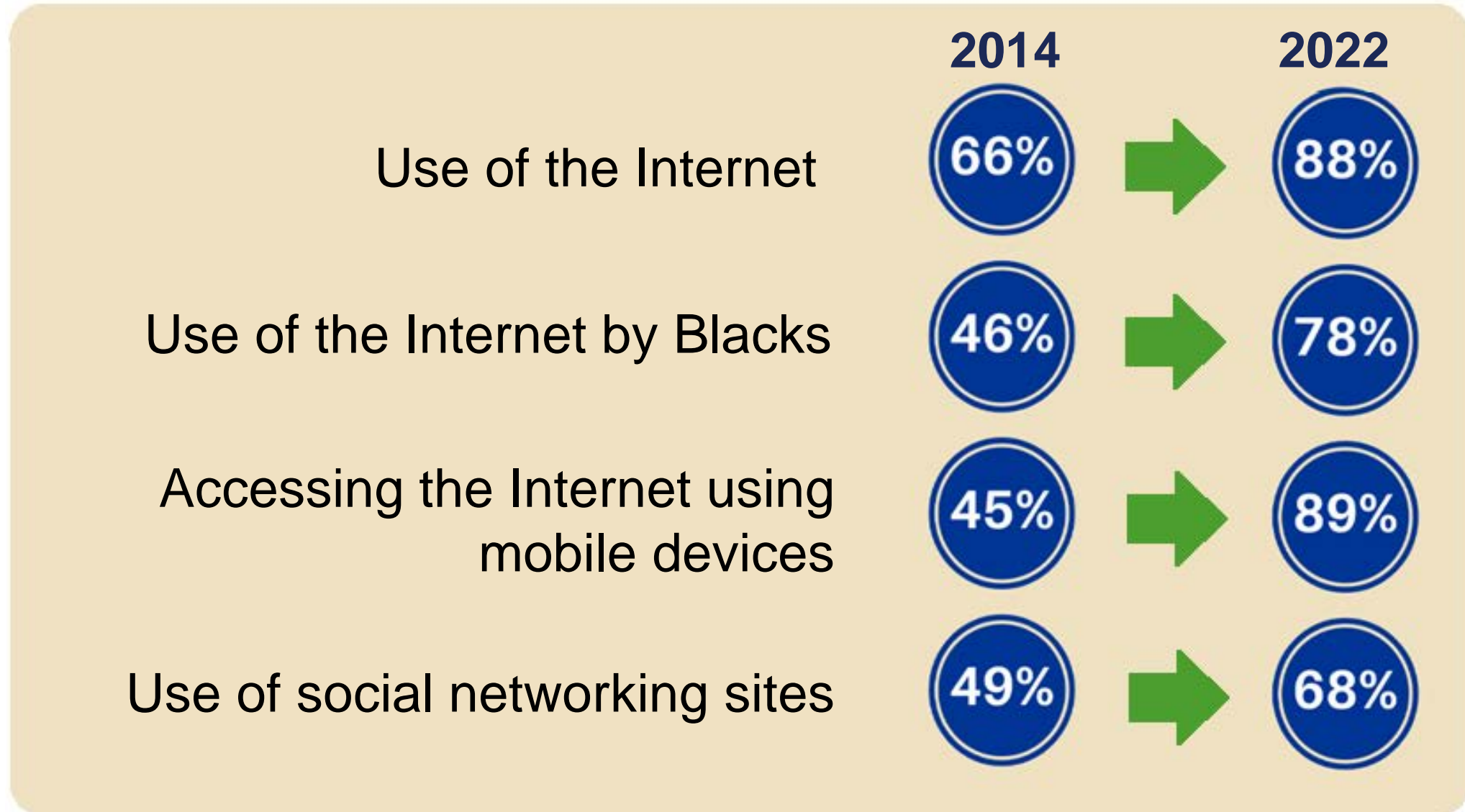
- Across survey domains, these sub-groups consistently reported fewer positive outcomes
 - Low income
 - Disabled
 - Black
 - Living alone
 - Low education
- Findings suggest the need for focused services and supports & provide preliminary data for further inquiry
 - Survey sample size limits in-depth exploration of intersectionality – e.g., combinations of factors – low income, black, disabled AND living alone

Methods Allow for Comparison Between Responses from 2014 and 2022

Findings suggest some areas of improvement in perceptions of living environments; but overall, the region has a lot of room to improve to create a safe and “excellent” environment in which to age well in Allegheny.



Internet Use Among OA's Is Reportedly Up from 2014 and 2022



Older Adult Population Trends Beg Questions For Service Provision

Allegheny County is facing a rapid increase in its older adult population as Baby Boomers age, coupled with a decrease in the number of middle-aged adults who are more likely to provide informal care.

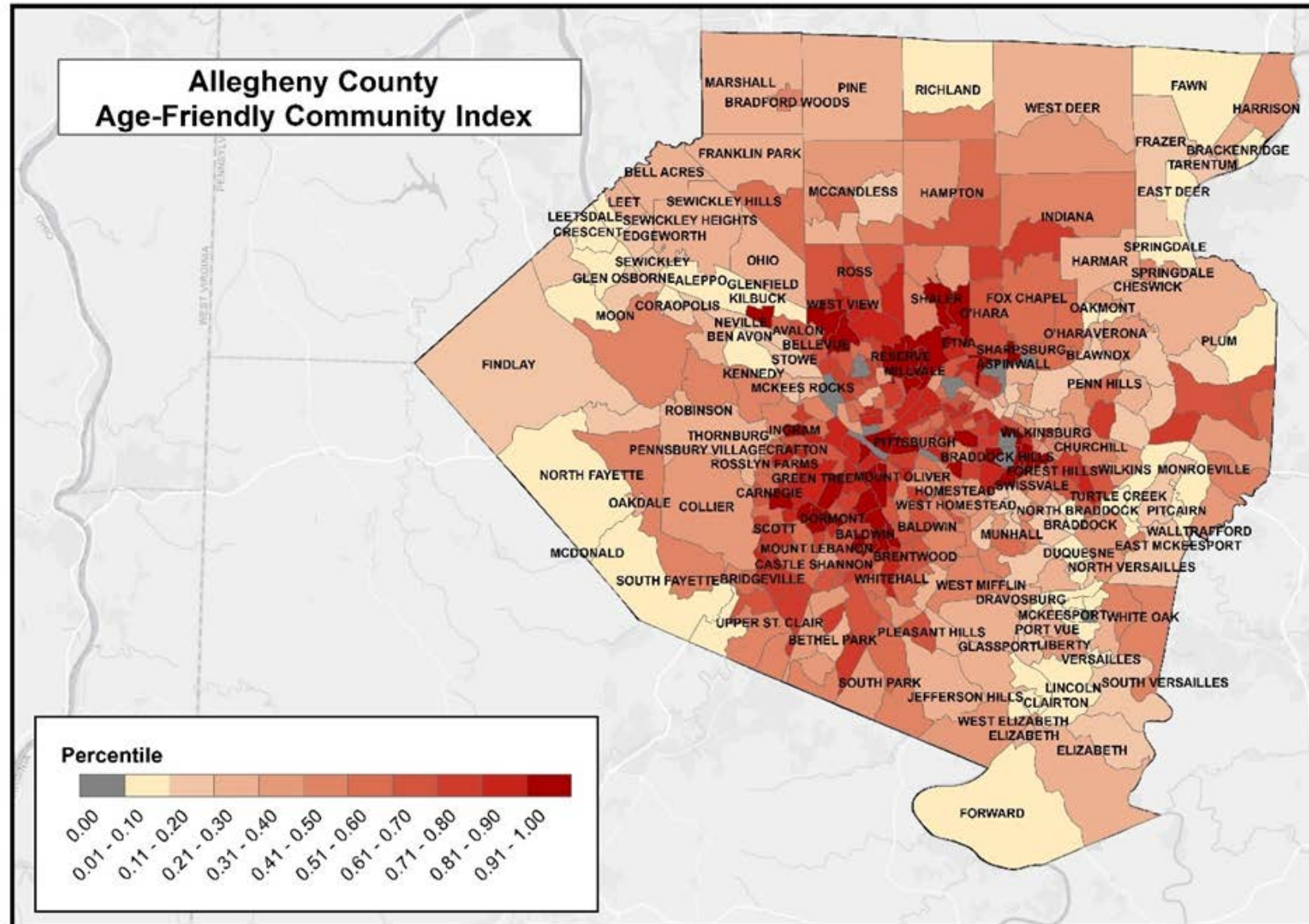
- **Who will care for the next generation of older adults?**
- **How can the coming cohort of older adults “age in place” with fewer family caregivers available?**
- **What role can technology play in remote care provision?**
- **How can formal service providers adapt to continue services that enhance quality of life?**

The State of Aging Team Leveraged Our Efforts In Support of the Age-Friendly Initiative

- Team computed an Age-Friendly Index (AFI) for all census tracts in Allegheny County
- Used WHO Age-friendly cities framework
- In Partnership with Age-Friendly Greater Pittsburgh

Visit the Interactive website:
<https://afci.ucsur.pitt.edu>

- Enter address / community and obtain age-friendliness profile and compare to other communities



Demographic Trends and Population Forecasts

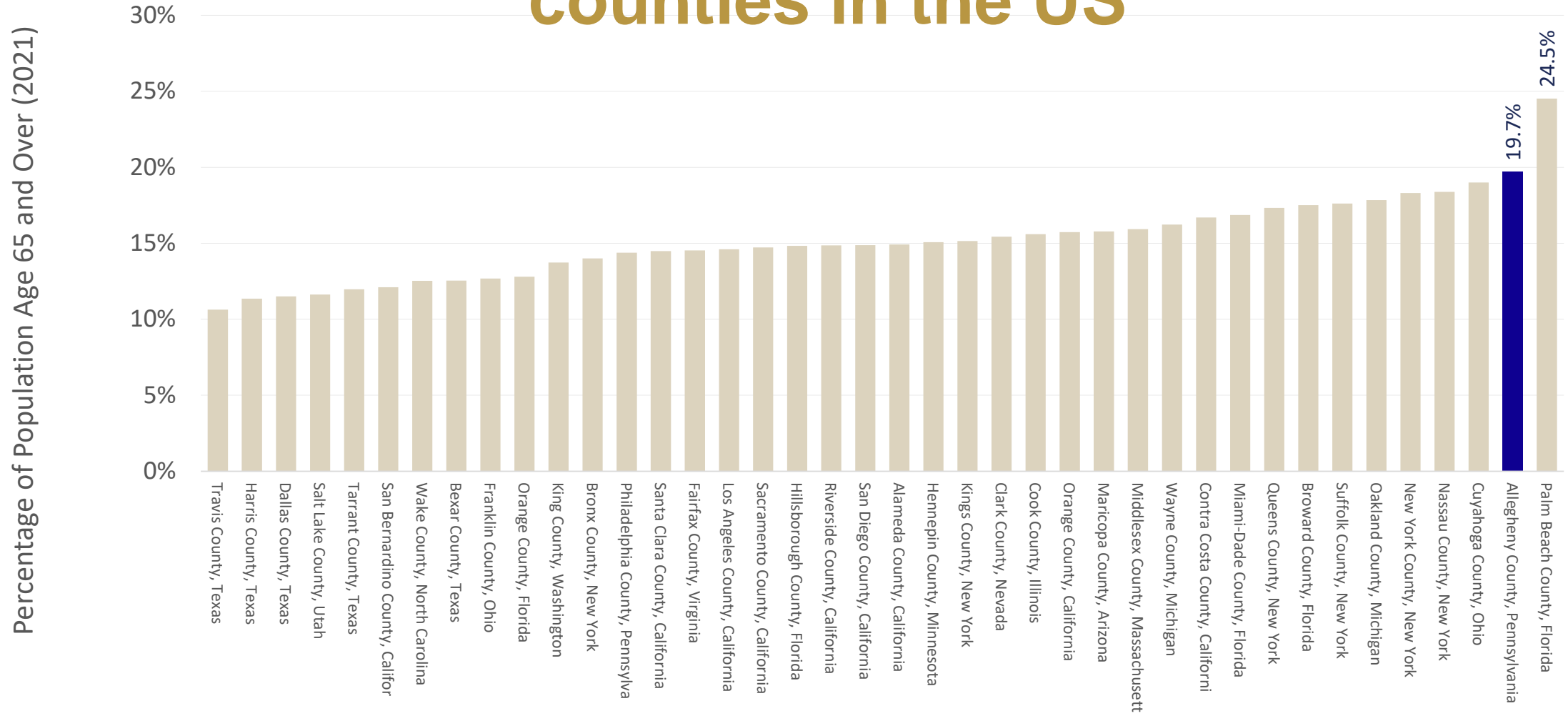
Chris Briem

Regional Economist

University Center for Social & Urban Research (UCSUR)



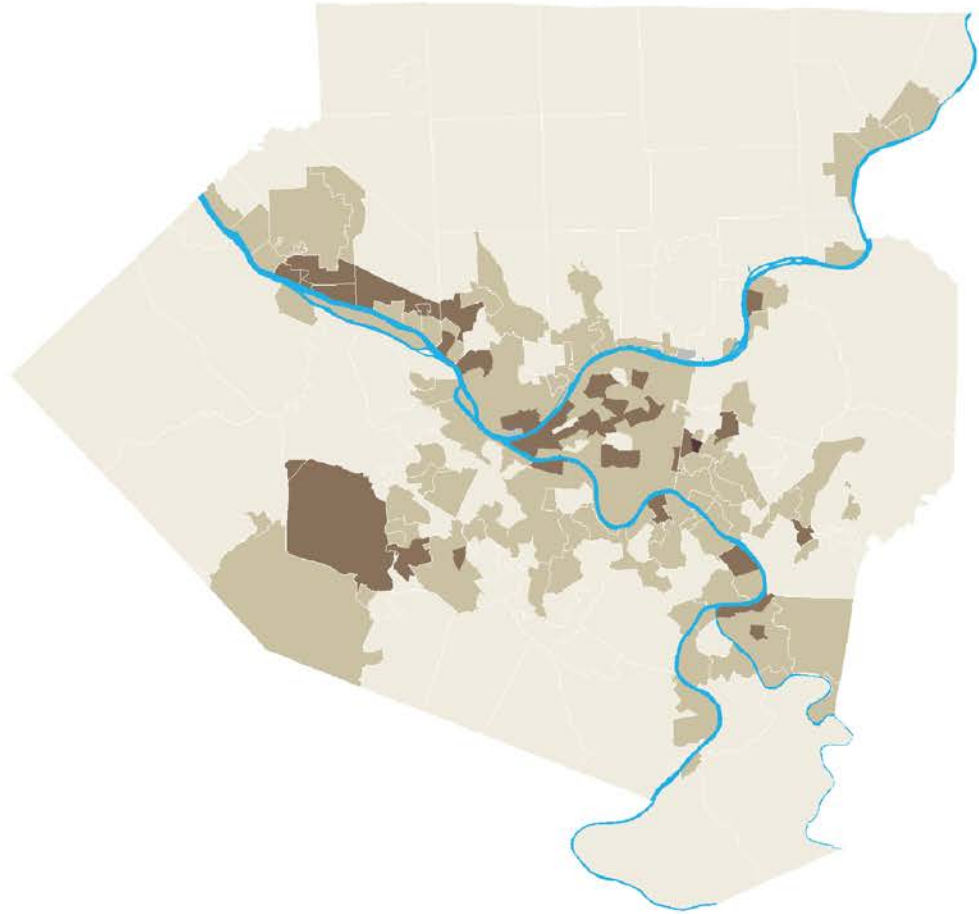
Allegheny County remains one of the oldest large counties in the US



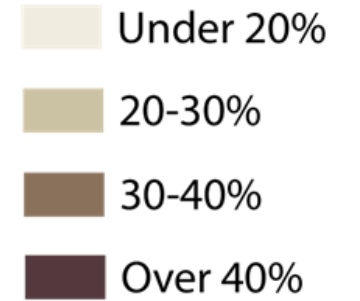
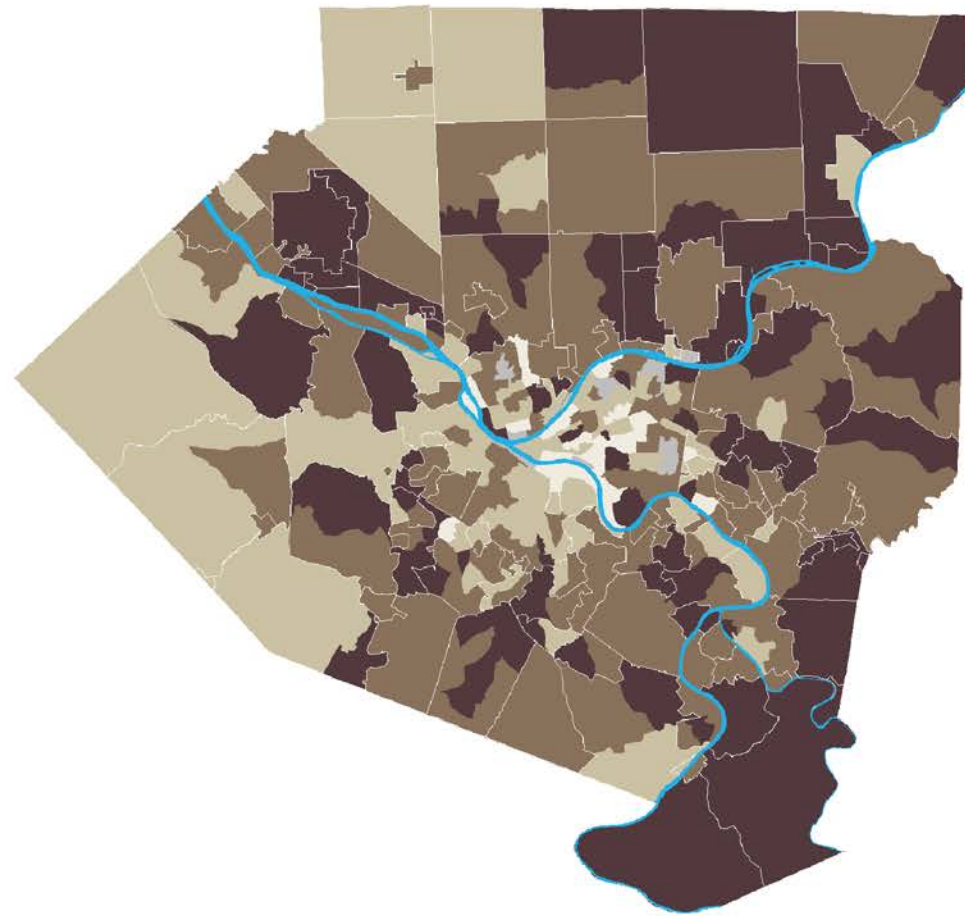
40 Largest Counties in the United States

% of Population Age 55 and Over, Allegheny County Municipalities

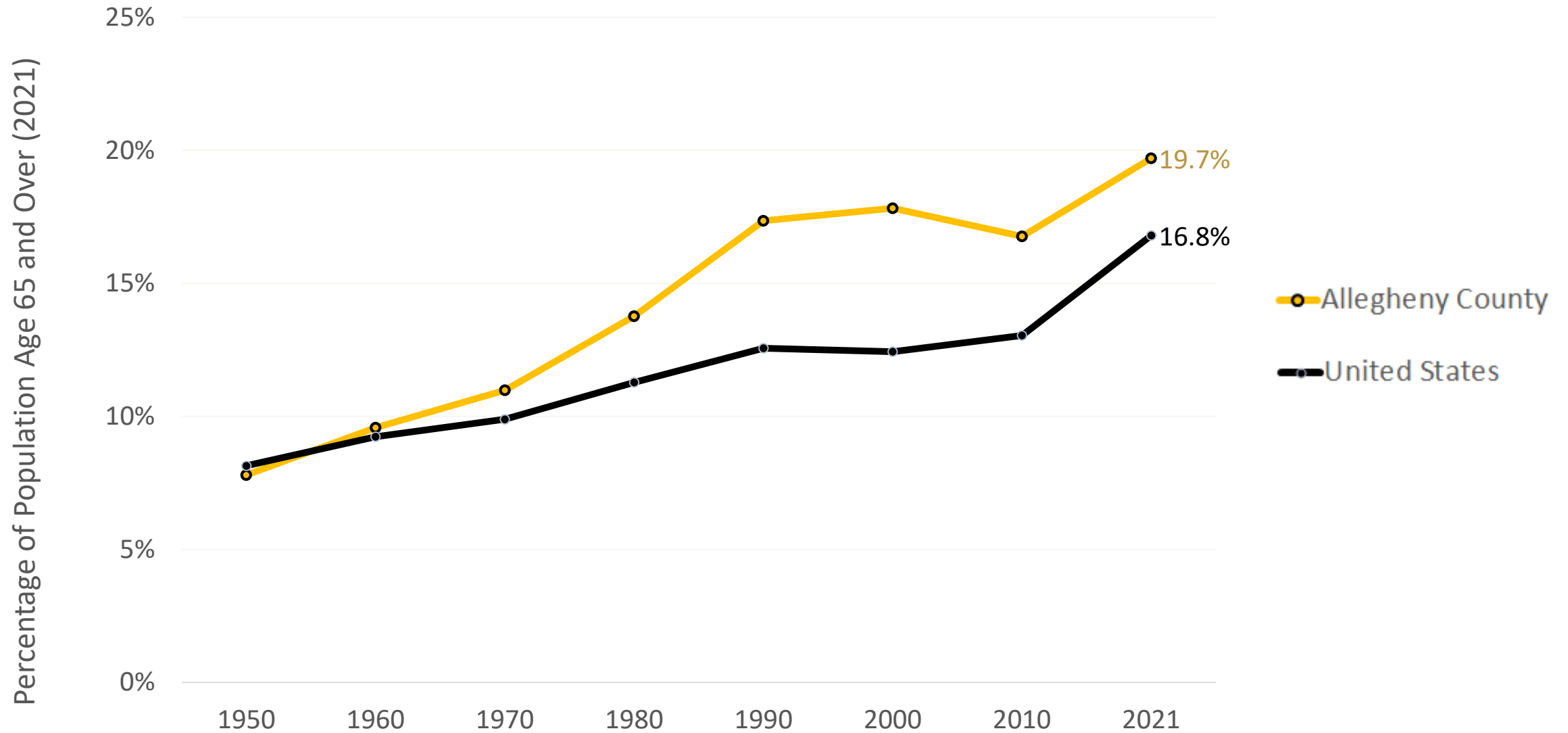
1970



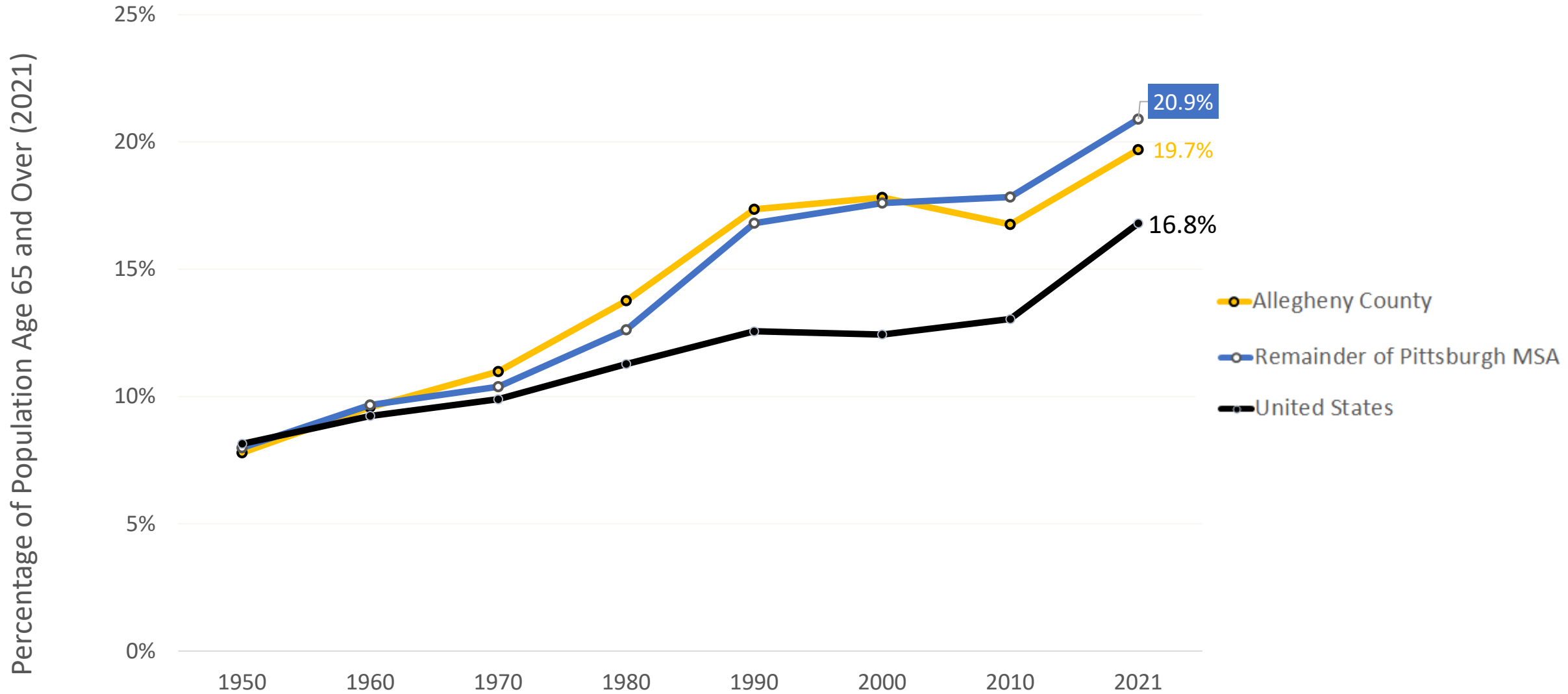
2016-2020



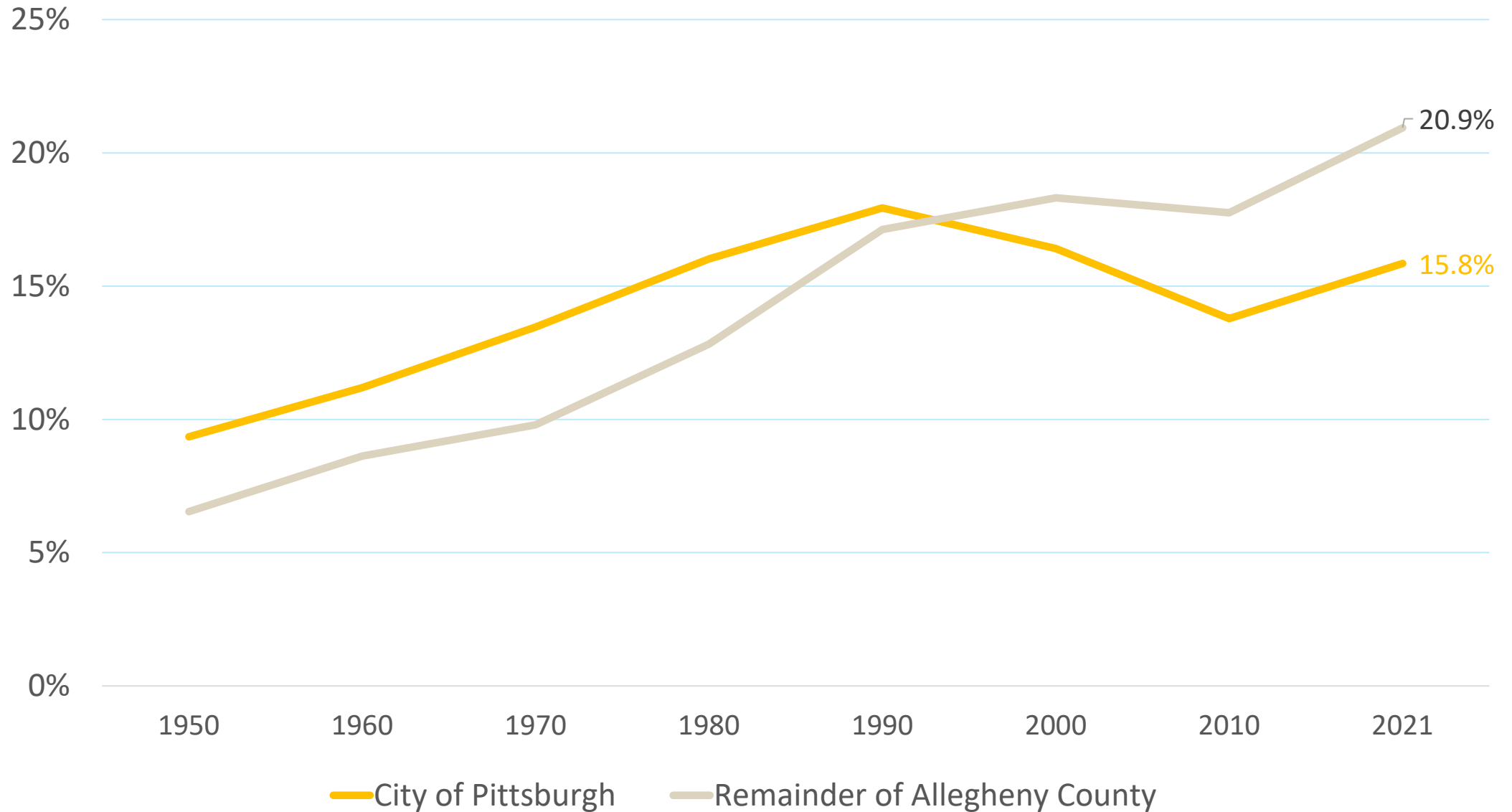
When Did Allegheny County Become So Old?



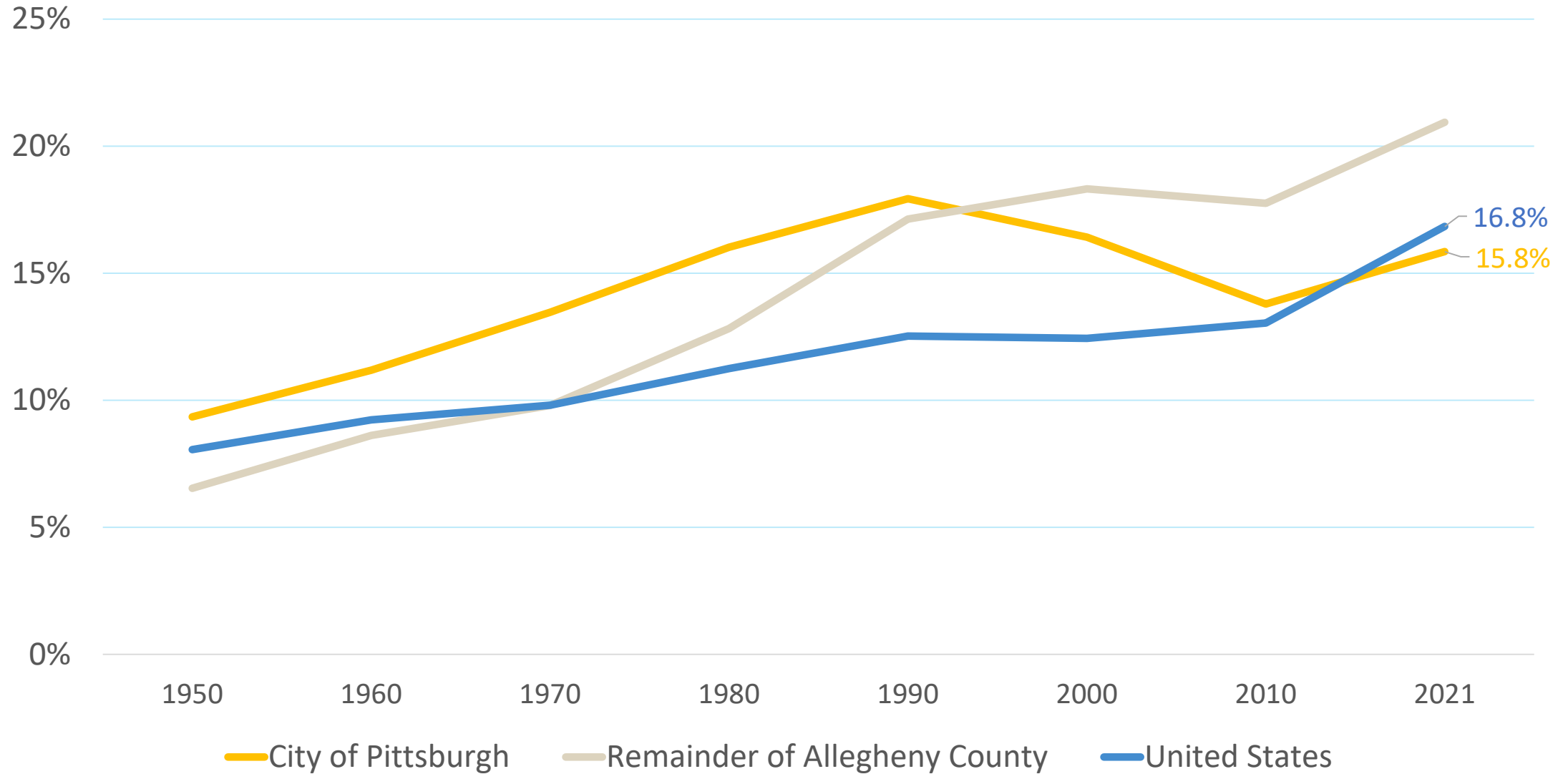
When Did Allegheny County Become So Old?



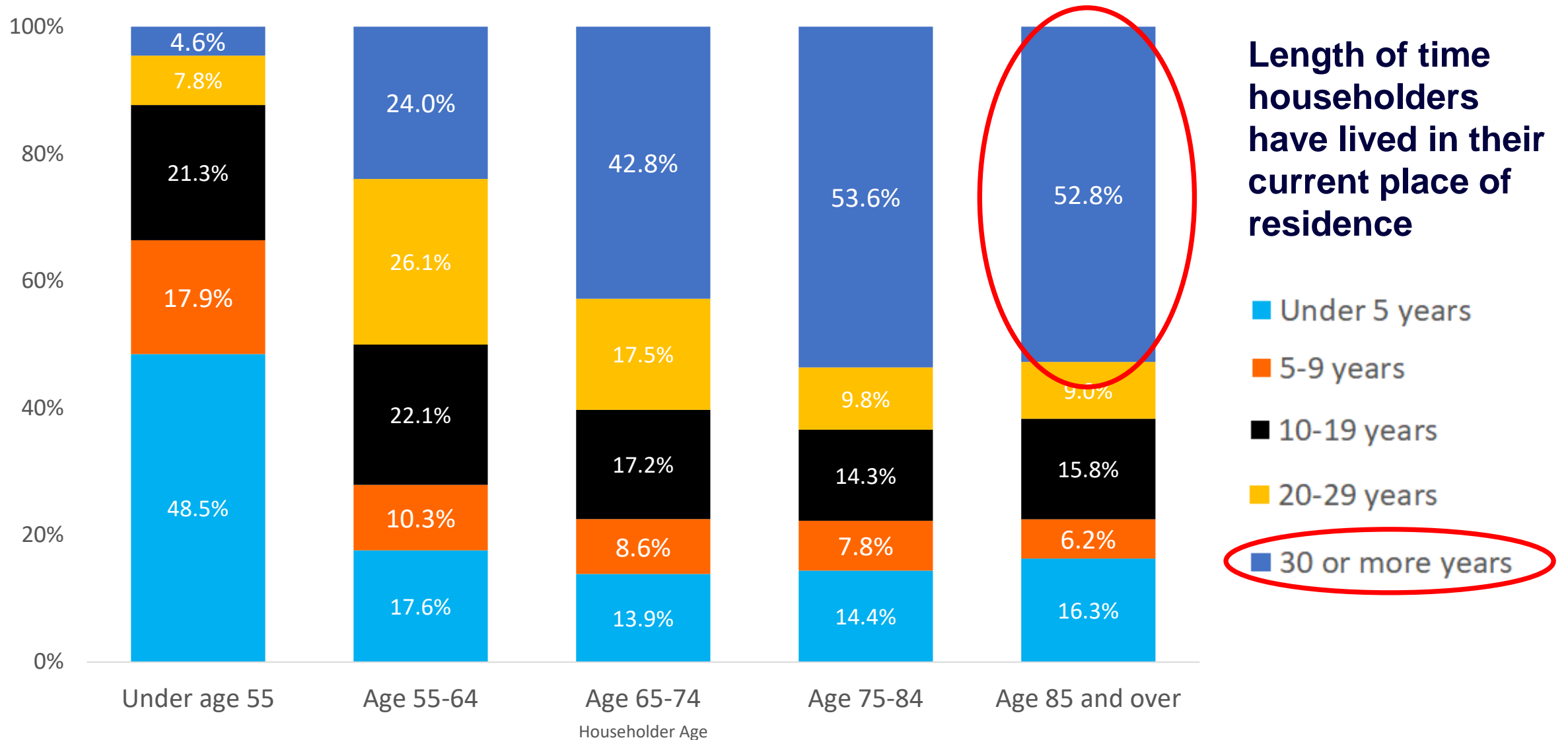
City vs. Suburb Trends



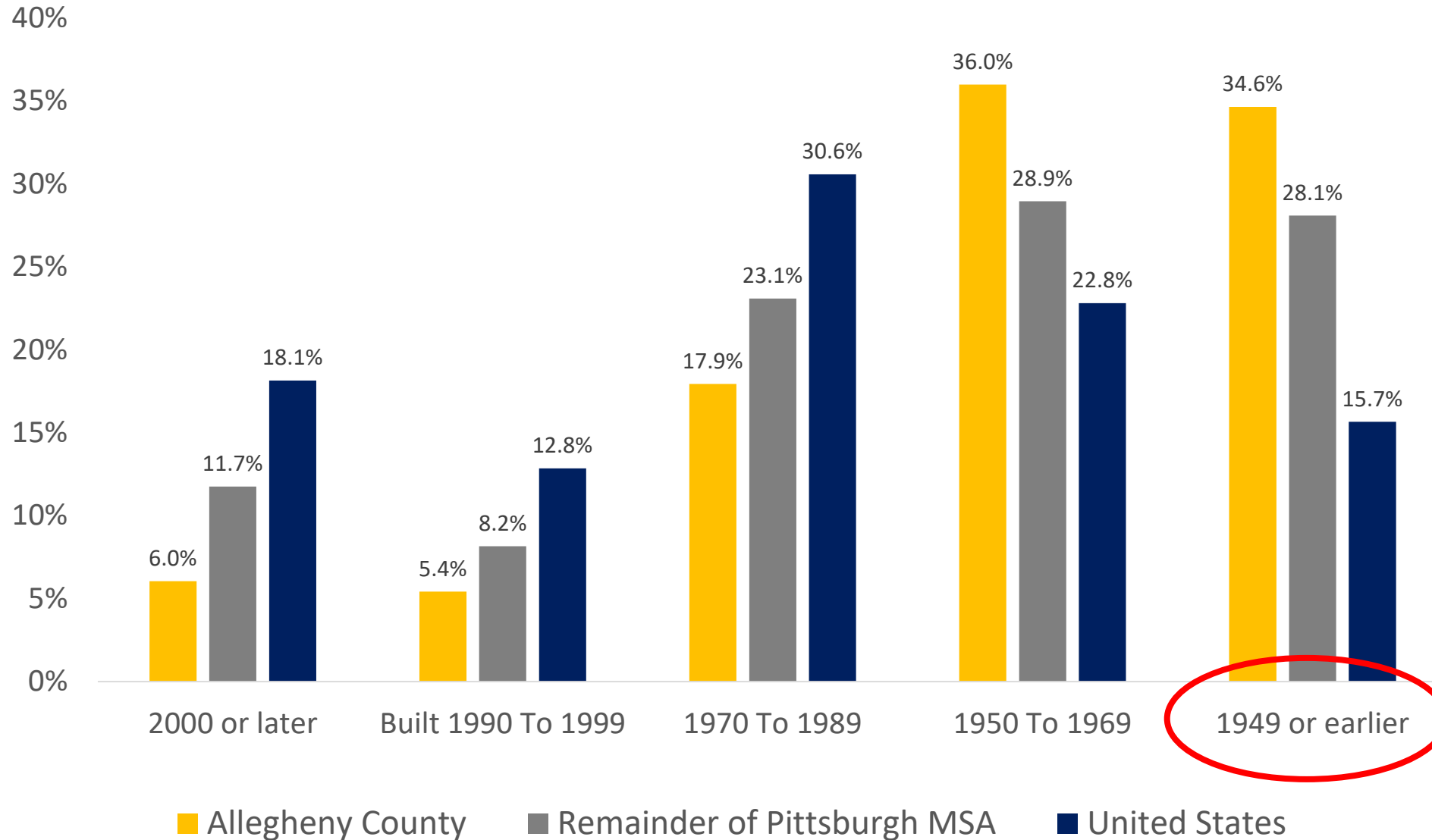
City vs. Suburb Trends



A Population That Has Aged In Place

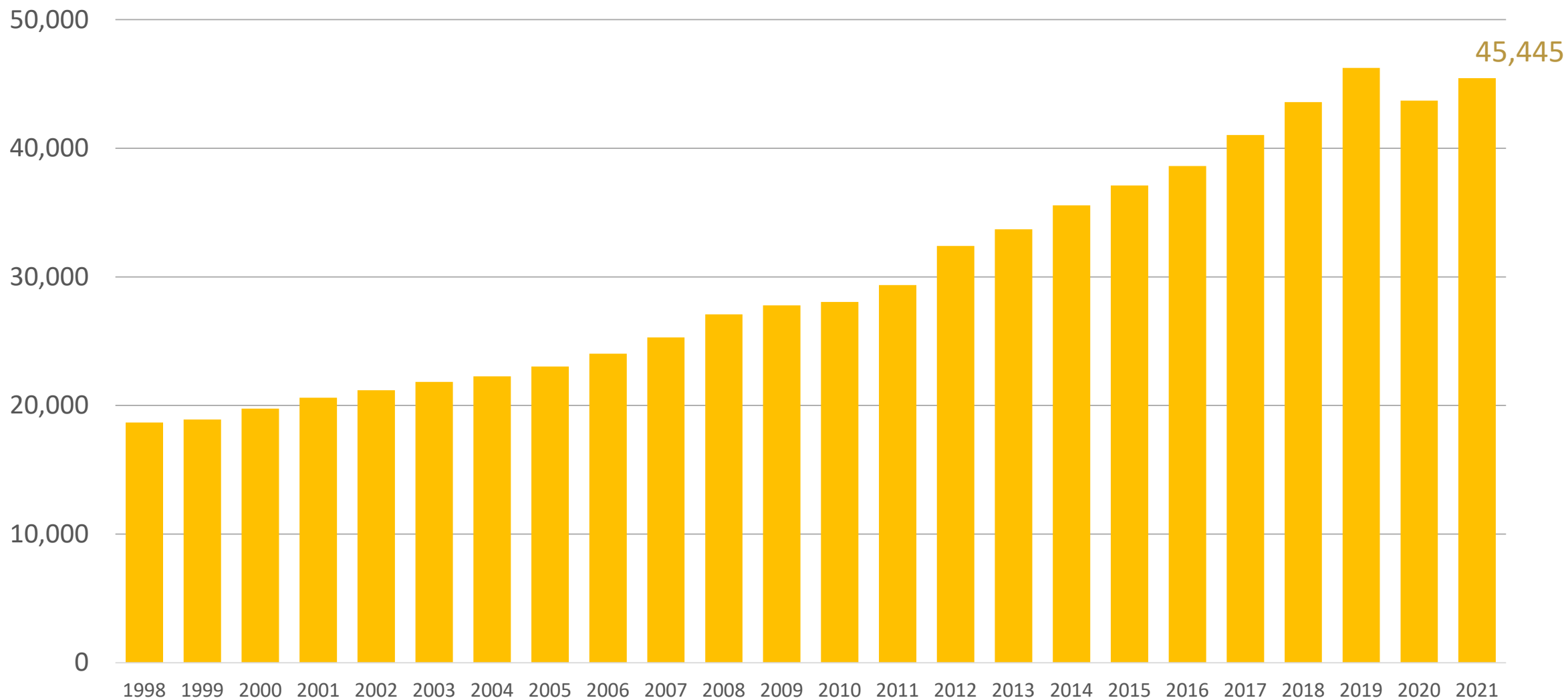


Older Adults → Older Housing

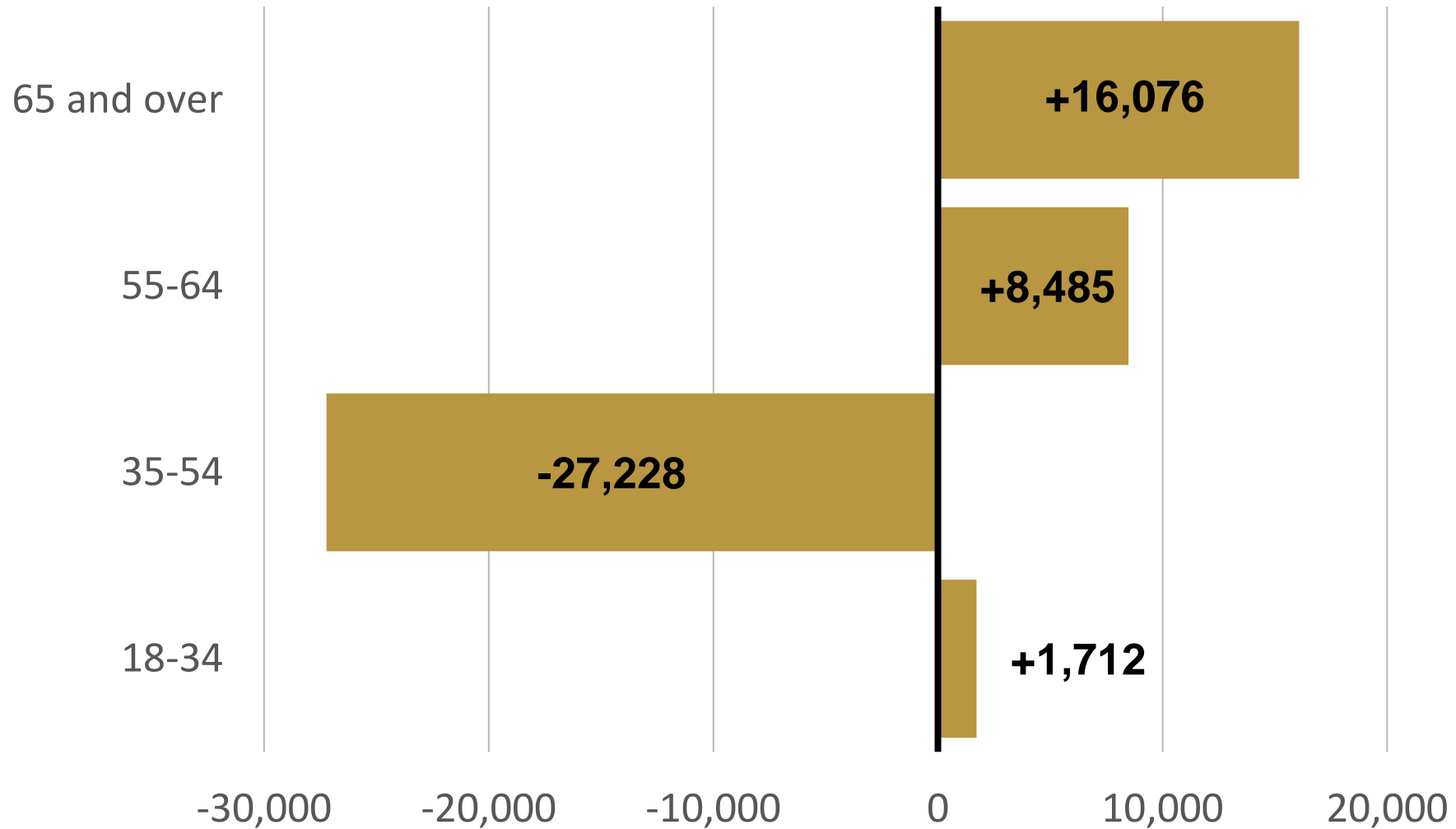


**Year structure
built of owner-
occupied housing,
householders age
65 and over**

Older Workers in Allegheny County, 1998-2021

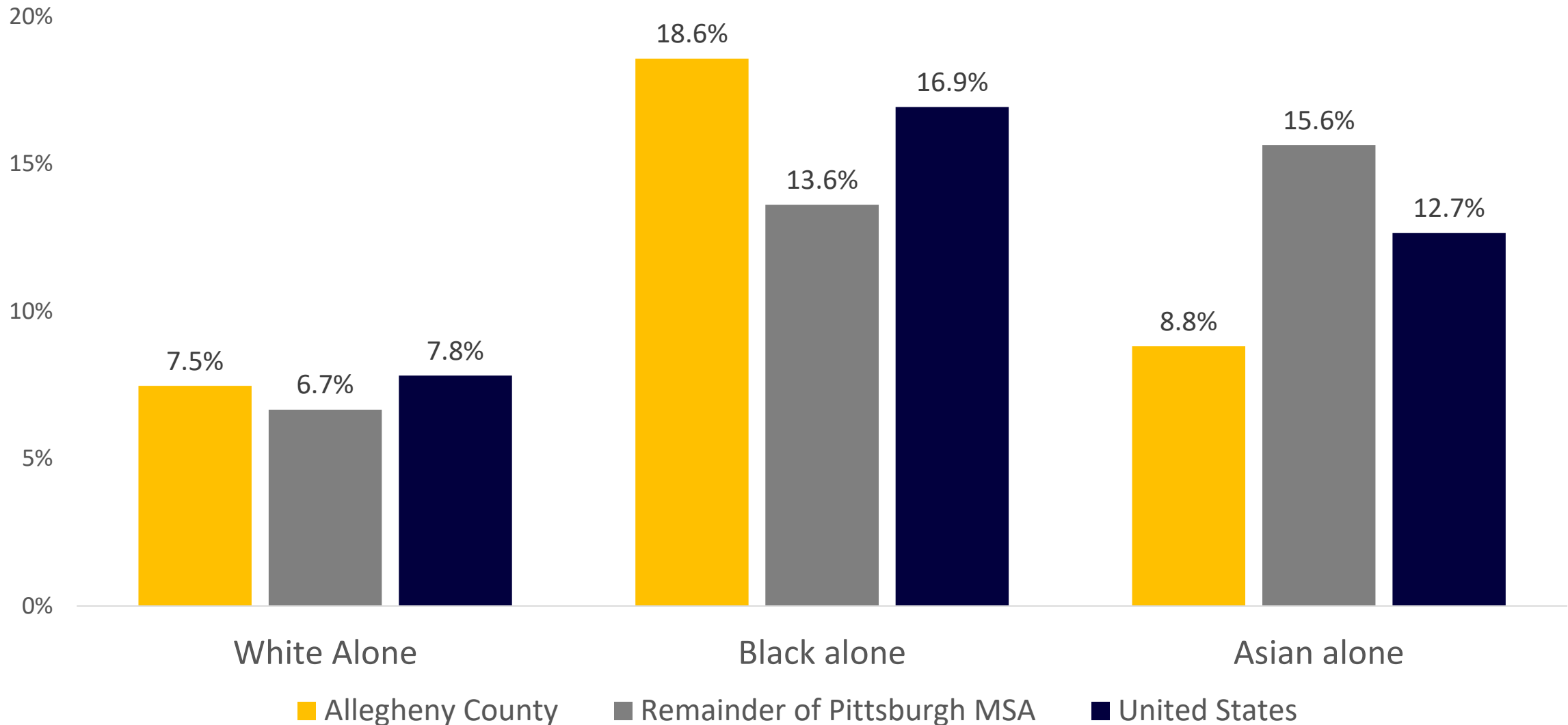


Change in Wage and Salary Workers by Age Allegheny County 2011-2021

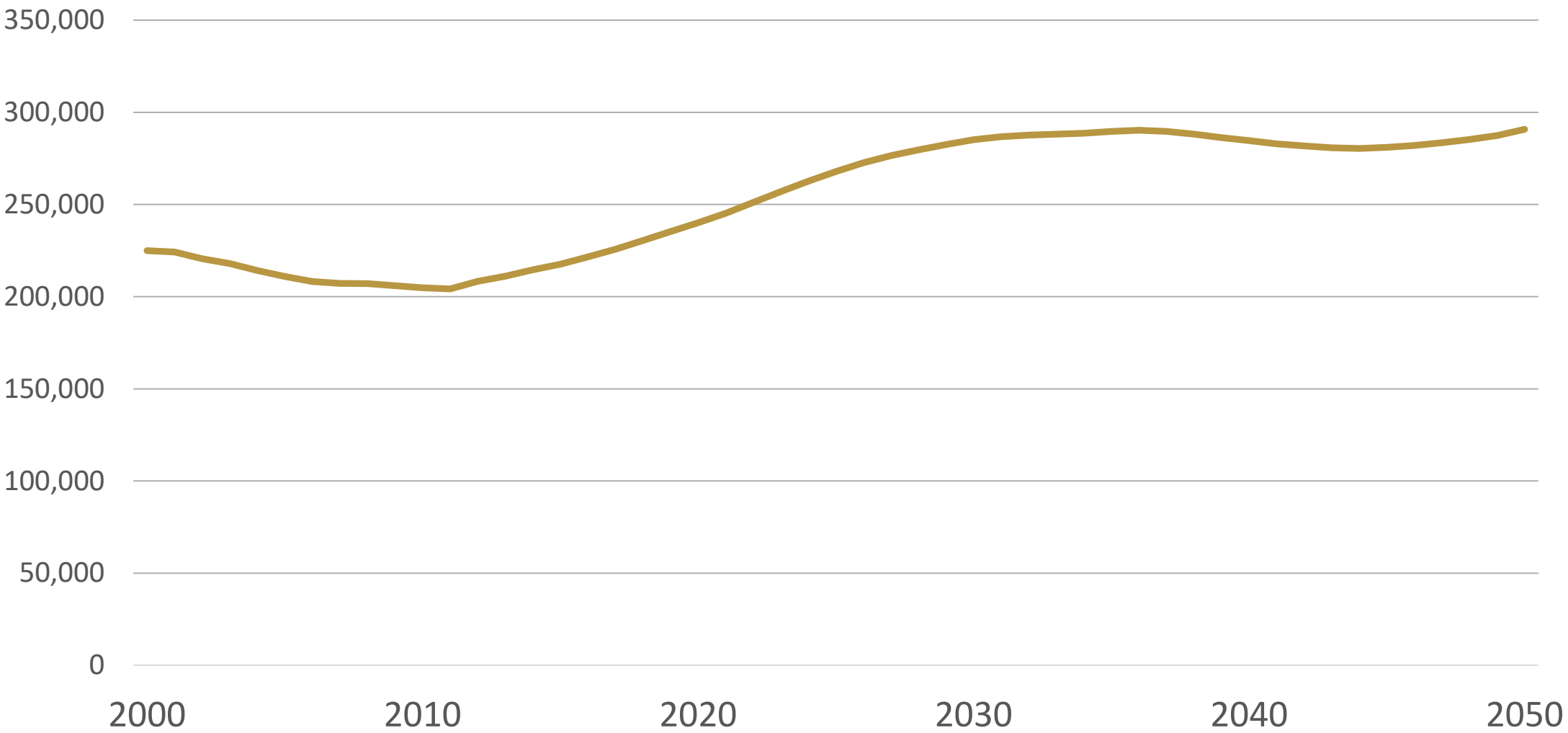


Poverty Rate by Race – Population Age 65 and Over

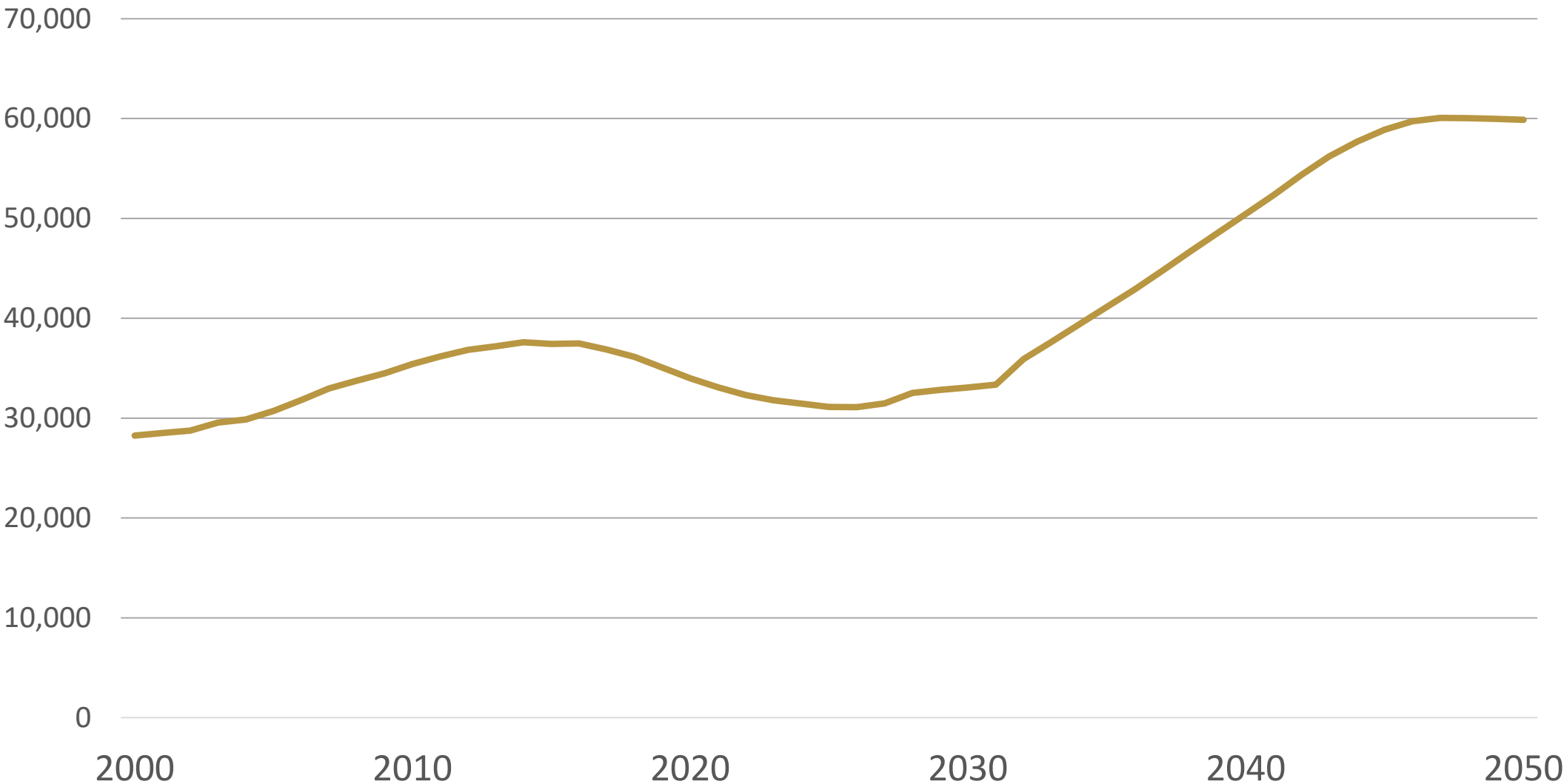
Allegheny County, Remainder of the Pittsburgh MSA and the United States



Forecast: Population Age 65 and Over in Allegheny County



Forecast: Population Age 85 and Over in Allegheny County

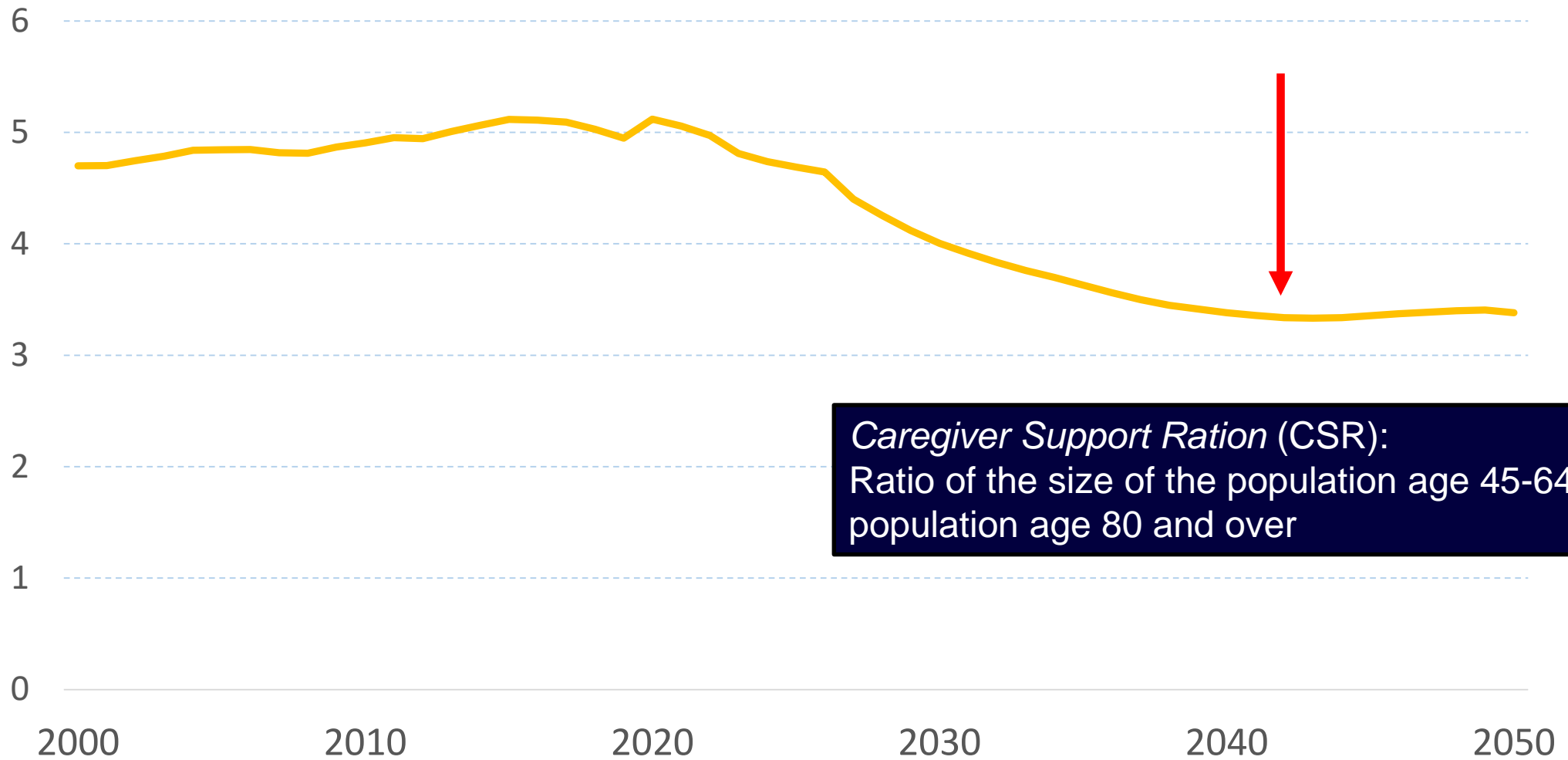


Baseline Forecast Summary

Allegheny County 2020-2050

	Population				Change over decade		
	2020	2030	2040	2050	2020-30	2030-40	2040-50
Under Age 55	488,008	492,777	488,403	448,972	1.0%	-0.9%	-8.1%
Age 55-64	117,462	98,675	111,484	137,530	-16.0%	13.0%	23.4%
Age 65 and over	49,339	71,674	65,409	73,382	45.3%	-8.7%	12.2%
Age 65-74	39,427	53,912	44,199	53,333	36.7%	-18.0%	20.7%
Age 75 & over	9,912	17,762	21,210	20,048	79.2%	19.4%	-5.5%

Historic and Projected Caregiver Support Ratio Allegheny County 2000 to 2050



Caregiver Support Ratio (CSR):
Ratio of the size of the population age 45-64 to the population age 80 and over

Policy Implications

Meredith Hughes, JD, MPH
Senior Analyst
Pitt Health Policy Institute



Surveillance & Policy

- Identify unmet needs and vulnerable populations
- Assess potential priorities for targeting resources
- Evaluate impact of current programs and activities
 - Consider strategies to strengthen
 - Expand approaches shown to be effective
- Understanding and planning for demographic shifts

AGING & DISABILITY

Indications from Data

Increasing workforce participation among older adults

Increasing use of social networking sites among older adults in Allegheny County

High rates of fear of falling on sidewalks among older adults and moderate rates of engagement in physical activity

Long duration of older adults in residences and gaps in accessibility reported in the current housing stock

Potential Implications/Actions

→ Strategies to disseminate and increase access to educational resources and job placement programs

→ Increase utilization of social media as an avenue to reach older adults with information about health, public programs and resources

→ Invest in accessible and safe sidewalks, improve walking trails and other publicly accessible pathways

→ Enhance availability of home modifications to support aging in place and independence in daily activities

FAMILY CAREGIVING

Indications from Data

Address caregiver challenges with saving money and retiring at preferred time

Caregivers are most likely to report forgoing accessing senior centers and health care due to COVID-19

Only 1 in 4 older adults know how to contact OAPS and caregivers are most likely to report potential physical or financial mistreatment

Potential Implications/Actions

→ Enhance employment flexibility and options for working caregivers

→ Consider alternative strategies to reach this population with services, such as more flexibility in telehealth, mental health supports

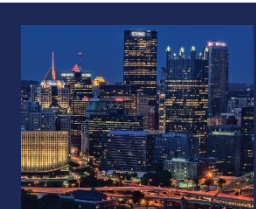
→ Consider targeting outreach and awareness efforts toward caregiver population

Commentary & Aging Services Perspective

Shannah Tharp Gilliam, PhD

Director, Allegheny County Area Agency on Aging

Deputy Director, Allegheny County Department of Human Services



Resources and Further Reading

- Read the **State of Aging, Disability and Family Caregiving in Allegheny County** Report: https://ucsur.pitt.edu/soa_project_2022.php
- Visit the **Interactive Age-Friendly Community Index** website: <https://afci.ucsur.pitt.edu>
- Visit the University of Pittsburgh **Health Policy Institute (HPI)**: <http://www.healthpolicyinstitute.pitt.edu/>
- Visit the **University Center for Social & Urban Research (UCSUR)**: <https://ucsur.pitt.edu/>

