



**Office for
the Aging**

NYSADSA Fall Conference September 29, 2016 Holiday Inn, Latham New York

September 29, 2016

Rose Golden
Deputy Director
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NYSOFA Mission

- The mission of the New York State Office for the Aging is to help older New Yorkers to be as **independent as possible** for as long as possible through **advocacy, the development and delivery of person-centered**, consumer-oriented, and cost-effective **policies, programs and services** which support and empower older New Yorkers and their families, in partnership with the network of public and private organizations which serve
- NYSOFA is an Executive Agency, authorized under the federal Older Americans Act and NYS Elder Law



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1965



Medicare and Medicaid are established



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The Older Americans Act “Countervailing Force” to Medicare and Medicaid



- It is important to point out that in 1965, three important pieces of legislation passed,
 - **Medicare**— which provided mass health insurance to older adults,
 - **Medicaid** which provided a way to pay for nursing home care and
 - the **Older Americans Act**.
- The primary federal discretionary funding source for home and community based services for older adults
- **The goal: keep older adults healthy and independent, and living in the community.**
- Established the Aging Services Network
- Focused on multi-disciplinary partnerships at community level



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Services Provided by the Aging Network

NUTRITION SERVICES

- Home delivered meals (HDM)
- **Congregate meals**
- Nutrition counseling & education
- Senior center programming
- Health promotion and wellness
- Evidence Based Interventions – CDSMEs, fall prevention, etc.
- Volunteer opportunities

SUPPORT SERVICES

- **NY Connects (ADRC) - LTSS I&A/R, options counseling, benefits and application assistance**
- Health Insurance Information, Counseling and Assistance (HIICAP)
- Personal Care Level I and II (non-Medicaid)
- Case management
- Respite
- Ancillary services such as PERS and assistive devices
- **Social adult day services**
- **Transportation to needed medical appointments, community services and activities**
- Employment – Title V
- Legal Services
- Home modifications, repairs
- Long Term Care Ombudsman



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Local network of service and support providers:

- 59 AAAs
- network of over 1,200 community providers and growing
 - Encourage continued engagement through cost effective community-based services
 - Innovators
 - Partnerships
 - Evolving



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New York State Highlights

- 3.7 million people 60+ - rank #4 nationally
 - Very diverse group – physically, culturally, ethnically, economically, educationally, health status, etc.
 - 5.5 million between the ages of 45-59
- 1.2 million people age 75+ - fastest growing cohort in NYS
- 4.1 million caregivers



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New York State Trends Demographics

Population Trends	2000	2008	2010	2015	2020	2025	2030
Total Population	19,000,135	19,460,969	19,566,610	19,892,438	20,266,341	20,693,354	21,195,944
Ages 5 and over	17,763,021	18,216,035	18,314,451	18,619,147	18,985,160	19,398,722	19,874,195
Ages 60 and over	3,211,738	3,558,460	3,677,891	4,027,480	4,499,549	4,962,734	5,302,667
Ages 65 and over	2,452,931	2,559,826	2,588,024	2,851,524	3,191,141	3,615,695	4,020,308
Ages 75 and over	1,180,878	1,281,459	1,259,873	1,242,577	1,332,145	1,561,652	1,815,879
Ages 85 and over	314,771	403,129	417,164	442,958	454,298	486,682	566,423
Ages 60-74	2,030,860	2,277,001	2,418,018	2,784,903	3,167,404	3,401,082	3,486,788
Ages 75-84	866,107	878,330	842,709	799,619	877,847	1,074,970	1,249,456
Minority Elderly, 60 and over	736,742	981,360	1,062,919	1,277,197	1,552,380	1,865,871	2,180,775
Ages 65 and over	506,282	674,022	716,078	872,889	1,058,974	1,296,349	1,574,537
Ages 75 and over	198,537	285,885	303,764	357,680	426,448	537,061	672,261
Disabled (ages 5 and over)	3,606,192	3,784,789	3,831,083	3,952,167	4,096,932	4,253,653	4,400,598
Ages 5 to 17	257,194	246,675	244,978	246,999	252,089	255,876	260,507
Ages 18 to 59	2,206,913	2,206,913	2,210,226	2,198,510	2,161,587	2,141,246	2,156,392
Ages 60 and over	1,201,431	1,331,201	1,375,879	1,506,658	1,683,257	1,856,532	1,983,699
Poverty, (1) Age 60+	352,835						
Below 150%	652,365						
Below 250%	1,201,110						
Housing (Own/Rent), 60+, (2)	158,860/92,900						



Source: NYS Data Book, 2010, © NYSOFA

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New York State Trends Demographics

FAMILY STRUCTURE in the United States	
Married couple families	↓
Married couple families with children	↓
Single parent households	↑
Single person households	↑
Non-traditional households	↑

New York State 62 Counties Change in Population Aged 60 and Over 2010 to 2020		
Proportion of County Population Aged 60 and Over	Number of Counties with Specified percent of Older Persons	
	2015	2025
Less than 20%	7	5
20% to 24%	41	6
25% to 29%	12	33
30% and over	2	18

Source: Woods & Poole Economics, Inc., 2014 State Profile

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Understanding of Aging: What do We Really Want?

- To make our own decisions or, at least, be empowered to be active part of decisions about us
- To be as independent as possible
- To have choices (e.g. homes/communities)
- To maintain relationships, have purpose
- To be able to assume personal risk, be in control
- To receive assistance as needed, on our terms and schedules
- Not be vilified for asking for and receiving help
- To access services— transportation, medical, education, employment, etc.
- To have help maneuvering various systems that are complex – i.e., health care, insurance info, etc.



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Understanding of Aging

The growth of the older population and the baby boomers

=

opportunities

Does not equate to high cost, loss of independence, loss of choices



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Understanding of Aging

In New York State:

- **700,000 individuals age 60+** contribute **119 million hours** of service at economic value of **\$3.35 billion**
- **64% of individuals** age 60+ own their own homes statewide = **no mortgage**
- **4.1 million caregivers** at any time in a year – economic value if paid for at market rate is **\$32 billion, average age is 64**



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Aggregate Personal Household Income by Age - NYS

<u>Ages</u>	<u>Aggregate Personal HH Income</u>	<u>% of Total</u>
Less than 24	\$ 8,934,627,400	1.48%
25 to 44	\$216,111,979,400	35.76%
45 to 64	\$282,022,363,700	46.67%
65 and over	\$ 97,278,275,500	16.10%
TOTAL	\$604,347,246,000	
HH 45+	\$379,300,639,200	63%

- In addition to the billions in income generated from this age group, according to the AARP, persons over the age of 50 control half of the country's discretionary spending, over \$7 trillion.



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Older New Yorker Economic and Demographic Data Per ESDC Regions



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Western NY Region

Allegany
Cattaraugus
Chautauqua
Erie
Niagara



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Western NY Region - Demographics

	<u>2015</u>	<u>2025</u>	<u>2040</u>	<u>2015-2040</u>
Total Population	1,364,236	1,359,283	1,322,066	-42,170
0-17	292,475	289,278	273,769	-18,706
18-44	461,063	445,865	405,453	-55,610
45-59	300,638	234,462	254,859	-45,779
60+	330,060	389,678	387,985	+57,925



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Western NY Region- Economics

Social Security **\$4,488,108,000** annually

Personal Household Income Generated Total **\$35,894,839,300** annually

HH 25-44 **\$10,961,201,600**

HH 45-64 **\$17,639,363,700**

HH 65+ **\$6,619,019,600**

HH 45+ \$24,258,383,300 (68%)

Volunteer Rates 65+

– **40,086** volunteers x **21,285,666** hours = **\$595,998,648** annual volunteer contribution



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Finger Lakes Region

Genesee
Livingston
Monroe
Ontario
Orleans
Seneca
Wayne
Wyoming
Yates



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Finger Lakes Region - Demographics

	<u>2015</u>	<u>2025</u>	<u>2040</u>	<u>2015-2040</u>
Total Population	1,198,880	1,220,990	1,254,257	+55,377
0-17	257,712	260,621	261,105	+3,393
18-44	408,019	409,819	391,666	-16,353
45-59	261,365	210,562	242,381	-18,984
60+	271,694	339,988	359,105	+87,411



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Finger Lakes Region- Economics

Social Security **\$11,464,968,000** annually

Personal Household Income Generated Total **\$31,643,025,600** annually

HH 25-44 **\$9,929,254,500**

HH 45-64 **\$15,719,946,900**

HH 65+ **\$5,395,056,800**

HH 45+ \$21,115,003,700 (67%)

Volunteer Rates 65+

– **30,913** volunteers x **16,414,803** hours = **\$457,921,041** annual volunteer contribution



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New York City Region - Demographics

	2015	2025	2040	2015-2040
Total Population	12,262,420	12,867,929	13,776,119	+1,513,699
0-17	2,696,737	2,844,467	2,905,395	+208,658
18-44	4,709,167	4,755,919	4,834,322	+125,155
45-59	2,488,877	2,427,933	2,687,115	+198,238
60+	2,367,639	2,839,608	3,349,287	+981,648



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New York City Region - Economics

Social Security **\$9,776,928,000** annually

Personal Household Income Generated Total **\$403,566,414,500** annually

HH 25-44 **\$154,485,237,100**

HH 45-64 **\$181,424,573,500**

HH 65+ **\$62,261,150,100**

HH 45+ \$243,685,723,600

Volunteer Rates 65+

– **280,167** volunteers x **148,768,677** hours = **\$4,165,522,596** annual volunteer contribution



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Long Island



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Long Island Region - Demographics

	2015	2025	2040	2015-2040
Total Population	2,895,205	3,039,163	3,254,987	+359,782
0-17	653,767	664,090	707,785	+54,018
18-44	944,631	1,006,891	1,049,759	+105,128
45-59	666,604	581,851	608,409	-58,195
60+	630,203	786,411	889,136	+258,933



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Long Island Region - Economics

Social Security	\$8,640,132,000 annually
Personal Household Income Generated Total	\$109,172,848,700 annually
HH 25-44	\$32,357,238,300
HH 45-64	\$57,724,864,900
HH 65+	\$18,640,944,800
HH 45+	\$76,365,809,700

Volunteer Rates 65+

– 74,075 volunteers x 39,333,825 hours = \$1,101,347,100 annual volunteer contribution



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Understanding of Aging: Effective Communication



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The Power of the Network of Aging Service Professionals

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The Power of the Network

Home Delivered Meals



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NY Connects



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Expanded In-home Services for the Elderly (EISEP)



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Caregiving/Respite



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Legal Services



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HIICAP



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Social Adult Day Services (SADS)



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Long Term Care Ombudsman Program (LTCOP)



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Health Promotion



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New York has a lot to be Proud of

Infrastructure

- 59 AAAs
- 1,176 contractors
- 699 senior centers
- 721 congregate meal sites
- 284 central kitchens
- 1,902 HDM routes
- 26 EBIs implemented through AAAs, serving 6,689
- 1,191 HIICAP and LTCOP volunteers
- 384 HIICAP counseling sites



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New York has a lot to be Proud of



PROUD NEW YORKER

- Almost 700,000 served annually – \$469,359,523 invested
 - 62,000 older New Yorkers are receiving registered dietician (RD) certified home delivered meals.
 - 175,000 older New Yorkers are receiving RD certified meals in a congregate setting.
 - 68,000 older New Yorkers have case managers to help them maintain their independence and navigate various health and social service systems.
 - 14,000 older New Yorkers are receiving personal care services in their homes.
 - 200,000 older adults are receiving transportation services to medical appointments, pharmacies and other community

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New York has a lot to be Proud of



- Almost 700,000 served annually – \$469,359,523 invested
 - 25,000 receiving legal assistance.
 - 156,000 receiving nutrition counseling and education.
 - 380,000 receiving information and assistance.
 - 140,000 receiving health promotion.
 - 248,000 individuals received Medicare plan and prescription counseling and assistance.
 - 23,000 older New Yorkers are receiving support services and respite so they can continue to care for frail loved one.



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SADS

- In fiscal year 2015-16 NYSOFA provided \$1.7 million in funding to its 17 SADS contractors, while Area Agencies on Aging expended an additional \$5.1 million serving 4,976 older New Yorkers



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The Power of the Network

Targeting those most at risk and most in need of services and supports



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Health and Impairment of Older Adults

Chronic conditions are singled out as *the* major cause of illness, disability, and death in the United States. It is estimated that the cost of chronic conditions will reach \$864 billion by 2040, with chronic conditions among older adults being more costly, disabling, and difficult to treat—and also the most preventable.

New York State Population: Disability

Age Group	% of Group with all Types of Disabilities
5-20	4%
21-64	9%
65 and over	35%



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The Data:

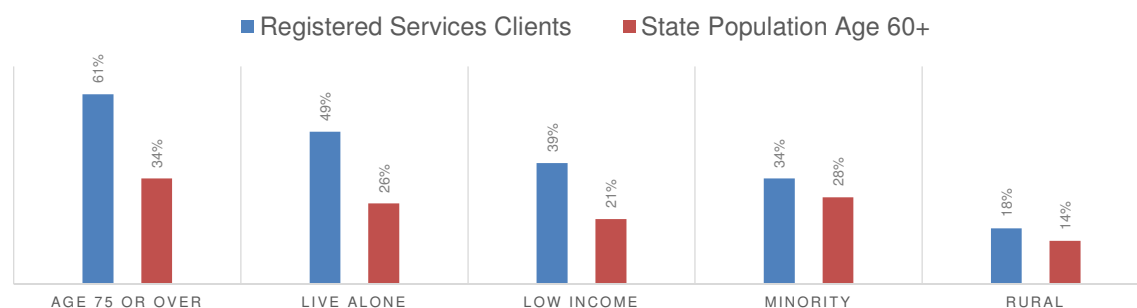
- 61% were age 75 or older (average age 78)
- 67% were female
- 49% lived alone
- 18% resided in rural area
- 39% were low-income (at 150% of the federal poverty level or below)
- 34% were minority by race and/or ethnicity



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ADL Type	Percent	IADL Type	Percent
Mobility	54.10%	Prepare Meal	89.40%
Bathing	49.70%	Shopping	86.80%
Personal Hygiene	24.50%	Housekeeping/Cleaning	83.50%
Dressing	24.30%	Transportation	81.20%
Transfer	20.60%	Laundry	73.90%
Toileting	14.90%	Handle Personal Business	48.10%
Eating	6.00%	Self-Admin of Medication	31.50%
		Use Telephone	12.20%

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	Personal Care II	Personal Care I	Home Delivered Meals	Adult Day Services	Case Management	Cluster 1 Clients
Average Age	84	82	81	82	81	81
Age 75+	86%	79%	73%	82%	75%	75%
Age 85+	54%	44%	42%	45%	43%	43%
Female	82%	78%	65%	66%	69%	67%
Live Alone	65%	78%	61%	26%	61%	61%
Low Income	55%	56%	40%	31%	42%	41%
Rural						29%
Minority	26%	21%	24%	17%	27%	23%
ADL Count average	3.49	1.60	1.90	3.25	2.06	1.99
ADL 3+	64%	24%	29%	57%	32%	31%
IADL Count average	5.94	4.92	5.05	6.96	5.10	5.09
IADL 3+	95%	92%	86%	93%	86%	86%
High Nutrition Risk	39%	35%	42%	24%	39%	40%
Average BMI	27.18	27.79	26.51	25.61	26.64	26.60

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	Congregate Meals	Nutrition Counseling	Assisted Transportation	Cluster 2 Clients (not using Cluster 1 services)
Average Age	76	79	79	76
Age 75+	55%	65%	65%	54%
Age 85+	20%	33%	32%	19%
Female	66%	73%	74%	66%
Live Alone	44%	67%	66%	44%
Low Income	40%	44%	42%	40%
Rural	14%	37%	49%	14%
Minority	40%	17%	22%	40%
High Nutrition Risk	19%	48%	22%	18%

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	Personal Care II	Personal Care I	Home Delivered Meals	Adult Day Services	Case Management
Average Age	84	82	81	82	81
Average ADL	3.49	1.60	1.90	3.25	2.06
Average IADL	5.94	4.92	5.05	6.96	5.10
Average BMI	27.18	27.79	26.51	25.61	26.64
Average Monthly Income	NA	NA	NA	NA	NA
ADL Type	Personal Care II	Personal Care I	Home Delivered Meals	Adult Day Services	Case Management
Bathing	91.6%	42.0%	49.5%	75.8%	55.0%
Personal Hygiene	55.3%	18.4%	22.4%	63.7%	25.1%
Dressing	56.5%	16.7%	22.6%	57.8%	26.7%
Mobility	71.1%	51.1%	57.6%	40.6%	58.9%
Transfer	36.2%	16.2%	20.3%	30.6%	20.8%
Toileting	28.4%	12.0%	14.2%	37.7%	16.0%
Eating	11.4%	4.0%	5.1%	24.4%	5.6%

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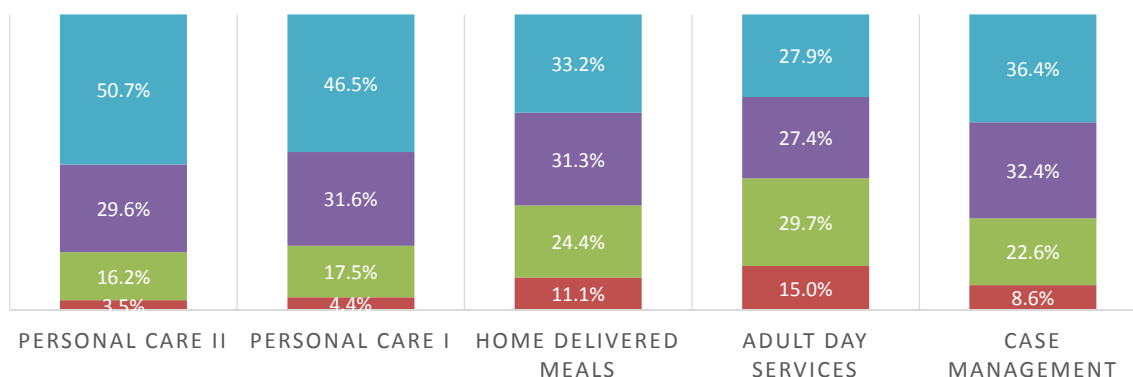
IADL Type	Personal Care II	Personal Care I	Home Delivered Meals	Adult Day Services	Case Management
Housekeeping/Cleaning	99.2%	98.5%	83.0%	92.3%	86.6%
Shopping	97.9%	90.9%	87.5%	96.9%	89.2%
Laundry	96.6%	90.0%	73.2%	91.3%	78.0%
Transportation	92.8%	79.5%	82.0%	96.1%	82.3%
Prepare Meal	89.0%	66.9%	95.5%	94.4%	89.6%
Handle Personal Business	60.4%	37.7%	48.2%	92.6%	49.6%
Use Telephone	19.1%	7.9%	10.8%	61.3%	12.2%
Self-Admin of Medication	42.2%	22.7%	29.9%	87.6%	29.6%
Number of Chronic conditions	Personal Care II	Personal Care I	Home Delivered Meals	Adult Day Services	Case Management
0 to 1	3.5%	4.4%	11.1%	15.0%	8.6%
2 to 3	16.2%	17.5%	24.4%	29.7%	22.6%
4 to 5	29.6%	31.6%	31.3%	27.4%	32.4%
6 +	50.7%	46.5%	33.2%	27.9%	36.4%

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PERCENTAGE OF CLIENTS BY NUMBER OF CHRONIC CONDITIONS

0 to 1 2 to 3 4 to 5 6 +



September	Personal Care II	Personal Care I	Home Delivered Meals	Adult Day Services	Case Management	52
Arthritis	67.3%	67.1%	50.0%	37.0%	54.4%	
Cancer	15.2%	16.8%	12.4%	11.7%	12.4%	
Congestive Heart Failure	12.5%	11.5%	9.8%	6.5%	10.0%	
Diabetes	30.2%	28.6%	28.1%	21.6%	28.4%	
Heart Disease	40.0%	39.3%	33.0%	27.0%	33.7%	
Incontinence	17.2%	11.1%	8.5%	13.1%	10.5%	
Parkinson's	3.8%	2.0%	2.5%	4.4%	2.7%	
Renal Disease	4.6%	3.9%	3.5%	3.5%	3.4%	
Respiratory Problems	20.9%	21.0%	14.7%	7.6%	14.8%	
Stroke	14.2%	10.7%	9.8%	12.8%	10.2%	
High Blood Pressure	71.3%	69.8%	64.8%	52.2%	67.1%	
Dementia/Alzheimer's	16.4%	7.0%	12.2%	64.3%	12.8%	
Alcoholism	.7%	1.3%	1.0%	1.6%	.9%	
Anemia	8.3%	6.7%	5.6%	4.6%	6.1%	
Anorexia	.2%	.0%	.1%	.2%	.1%	
Constipation	10.3%	8.3%	7.4%	5.2%	7.7%	
Diarrhea	2.1%	2.1%	1.3%	1.2%	1.4%	
Colitis	1.5%	2.2%	1.0%	.8%	1.1%	
Colostomy	.8%	.6%	.7%	.2%	.6%	
Diverticulitis	5.7%	6.4%	3.2%	4.6%	3.6%	
Gall Bladder Disease	3.6%	4.0%	2.0%	2.8%	2.2%	
Hearing Impairment	25.7%	22.9%	19.6%	19.7%	20.3%	
Hiatal Hernia	5.2%	5.8%	3.0%	2.8%	3.1%	
Hyperglycemia	1.1%	1.1%	.7%	1.3%	.7%	
Hypoglycemia	.8%	.9%	.5%	.6%	.5%	
Liver Problems	.7%	.9%	.8%	.4%	.8%	
Low Blood Pressure	1.9%	1.9%	1.3%	1.5%	1.2%	
Osteoporosis	22.4%	22.2%	13.7%	12.4%	15.4%	
Smelling Impairment	1.5%	1.5%	.8%	1.6%	.7%	
Ulcer	3.6%	3.5%	2.5%	1.5%	2.6%	
Visual Impairment	46.5%	46.0%	35.8%	27.8%	38.2%	
Taste Impairment	1.6%	1.6%	.9%	1.0%	.8%	
High Cholesterol	26.5%	27.6%	26.2%	19.7%	27.6%	

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	Personal Care II	Personal Care I	Home Delivered Meals	Adult Day Services	Case Management
Memory Deficit	38.8%	28.2%	30.5%	72.5%	27.7%
Dementia	16.4%	7.0%	12.2%	64.3%	12.8%
Depressed	29.2%	28.8%	23.0%	34.5%	22.4%
Impaired Decision Making	11.8%	5.1%	6.7%	34.2%	7.0%
Diagnosed Mental Health Problems	6.5%	6.3%	7.1%	9.7%	7.1%
History of Mental Health Treatment	6.2%	7.2%	6.4%	8.8%	6.5%

	Personal Care II	Personal Care I	Home Delivered Meals	Adult Day Services	Case Management
Hospital	11.3%	10.3%	11.3%	5.5%	11.6%
Physician	31.3%	31.7%	35.0%	11.5%	40.7%
ER	4.8%	5.4%	4.0%	4.2%	4.2%



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Take Away

- **We are facing an opportunity not a crisis**; the future as a time for potential change and improvement
- Systems and supports are key “characters”...systemic solutions can be found in **Financing models** that include **social supports** and **non-medical LTSS**
- Care models must **move away from strictly medical models**
– **THEY DON’T WORK!**



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