

United Way of Metropolitan Dallas

*serving Dallas, Collin, Rockwall Counties
and Greater Lewisville*



what matters.™

2006 Community Needs Assessment
Increasing Self-Sufficiency

Independent Living for Seniors

Independent Living for Seniors – North Texas Overview

The Texas A&M Data Center projected that “there will be 502,625 persons age 60 and over in the North Central Texas region by the year 2020, an increase of 155% during the course of 20 years.” By 2040, the increase is close to 444%. For most, remaining in their homes or otherwise maintaining their independence is a high value.

“Most older Texans feel that they have the supports and services they need to help them live independently in their community.” (Aging Texas Well Indicators Survey Results – September 2005, p. 1) Not all do, however- these are basic factors that affect their ability to live independently.

General Physical Health

Generally, physical well-being for seniors includes remaining active and being able to care for yourself in the event of illness. The state of Texas ranks in the middle when compared to other states in terms of the physical activity of its older adults, with 34.6% of its older adults physically active. (National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Online Prevalence Data 1995-2002). (Measuring the Years: State Aging Trends & Indicators Data Book, p. 43)

“The great majority of older Texans have some type of health insurance. Nevertheless, 5 percent of older Texans reported being unable to access healthcare when they needed it in the past year. The primary barrier to access was affordability.” (Aging Texas Well – Indicators Survey Results 2005, p1)

Chronic Health Conditions

The study Aging Texas Well – Indicators Survey Results 2005, indicates “Most older Texans have two or more chronic conditions; more than one-third have at least three chronic conditions; and while many exercise at least three times a week, most older Texans are over-weight or obese.” (p. 1).

To illustrate, The National Osteoporosis Foundation estimates that 55 percent of people 50 years of age or older have this disease. Additionally, the national Alzheimer’s Association estimates that one in 10 individuals age 65 and older is affected by Alzheimer’s disease.

To estimate what this might mean for the four-county service area, the following chart was prepared using Osteoporosis and Alzheimer’s disease as examples.

	Collin	Dallas	Denton	Rockwall	Total Region
Estimated Number of people age 65 and over with two chronic health conditions.	17,531	89,948	13,544	2,467	123,490
Estimated number of people age 50 and over with Osteoporosis.	69,945	268,656	54,352	8,004	400,957
Estimated number of people age 65 and over with Alzheimer's	3,506	17,990	2,709	493	24,698 (*10% of an estimated total regional population of 246,977 for 2004)

*Note 2004 Population Estimates derived from the Texas State Data Center, Office of the Demographer.

Disabilities

Texas has an 11.2% disability rate for people age 65 and over. This is compared to a national average of 9.5%. (Measuring the Years: State Aging Trends & Indicators Data Book, p. 141)

Mental Health

The 2005 study, Aging Texas Well – Indicators Survey Results 2005, indicates that “More than 25 percent of older Texans report having a mental health diagnosis.” These qualitative statistics support rather well a national study by the Federal Interagency Forum on Aging in 2002 that found that 13% of people aged 65-69 had clinically-relevant depressive symptoms. This is generally commensurate with a National Mental Health Association study that indicated that 20% of the general population aged 65 years and older experiences symptoms of depression. This would mean that 49,396 older persons are estimated to experience symptoms of depression in the four-county area. In the four-county area, deaths from suicide for persons 65 years old and older rose 8% between 2003 and 2004.

Housing

A recent qualitative study indicated that “Most older Texans spend at least one-third of their income on housing costs.” (Aging Texas Well – Indicators Survey Results 2005). For more information on the topic of housing and housing affordability, please see the Crisis Relief section of this update.

Caregiver Support

Caregiver support is one of the major concerns for senior care in Texas. A recent report indicates that Texas alone will need an additional 55,000 paraprofessional health care aides by 2025 to maintain current levels of service for home and community-based care services. Texas ranks number one nationally in the severity of this shortage. (Measuring the Years: State Aging Trends & Indicators Data Book, p. 55)




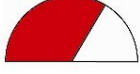




Moreover, seniors themselves are sometimes providing care for others. “Sixteen percent of older Texans provide care to a family member or friend over age 60 or to a child 18 years of age or younger, or both.” (Aging Texas Well – Indicators Survey Results 2005)

Indicators suggest that for many seniors maintaining independence is a growing challenge and concern. In addition to physical and mental health issues such as chronic disease, disability and depression, a number of seniors are affected by a lack of safe, affordable housing and tasks related to caring for dependents younger or older than themselves.

Trends

- Between 2002 and 2005, the number of aged and disabled Medicaid eligible clients has increased 21% for all four counties.
- For the region, there was an 8% increase in the number of deaths from suicide for seniors (from 74 to 80 cases) between 2003 and 2004.

Independent Living for Seniors: Indicators and Trends

INDICATOR	SUMMARY	TREND	CONDITION
Use of Health Care Services	<p>Between 2003 and 2004, the number of Medicaid Clients in Nursing Homes has increased 8% for all four counties.</p> <p>Between 2003 and 2004, the number of Medicaid Clients in Community Care Services has increased 29% for the four-county area.</p> <p>Between 2002 and 2005, the number of aged and disabled Medicaid eligible clients has increased 21% for all four counties.</p>	 Worsening	 Concerned
Mental Health	<p>For the region, there was an 8% increase in the number of deaths from suicide for seniors (from 74 to 80 cases) between 2003 and 2004.</p> <p>49,396 older persons are estimated to experience symptoms of depression in the four-county area</p>	 Worsening	 Concerned
Housing	<p>A recent qualitative study indicated that “Most older Texans spend at least one-third of their income on housing costs.”</p>	 Worsening	 Critical
Caregiver Support	<p>Texas alone will need an additional 55,000 paraprofessional health care aides by 2025 to maintain current levels of service for home and community-based care services</p> <p>Sixteen percent of older Texans provide care to a family member or friend over age 60 or to a child 18 years of age or younger, or both</p>	 Same or Mixed	 Concerned

Independent Living for Seniors: By County

Collin County

- Between 2002 and 2005, the number of aged and disabled Medicaid eligible clients has increased 30% for Collin County.
- Between 2003 and 2004, there was 100% increase in the number of senior deaths from suicide (from 7 to 14 cases).

Dallas County

- Between 2002 and 2005, the number of aged and disabled Medicaid eligible clients has increased 19% for Dallas County.
- Between 2003 and 2004, there were 5 less cases (-5% growth rate) in the number of deaths from suicide for seniors. Dallas County was the only county to show a decrease in this indicator.

Denton County

- Between 2002 and 2005, the number of aged and disabled Medicaid eligible clients has increased 26% for Denton County.
- Denton County showed a 25% increase in senior deaths from suicide between 2003 and 2004 (from 8 to 10 cases).

Rockwall County

- Between 2002 and 2005, the number of aged and disabled Medicaid eligible clients has increased 45% for Rockwall County, the highest percentage increase of the four counties.
- Rockwall County remained at only 1 case of death from suicide for its senior population in 2004.

Notes:

Due to a lack of sufficient regional data for North Texas for select indicators in this chapter, national studies will be cited as relevant. It is assumed that these national numbers will hold true locally, but this may not always be the case.

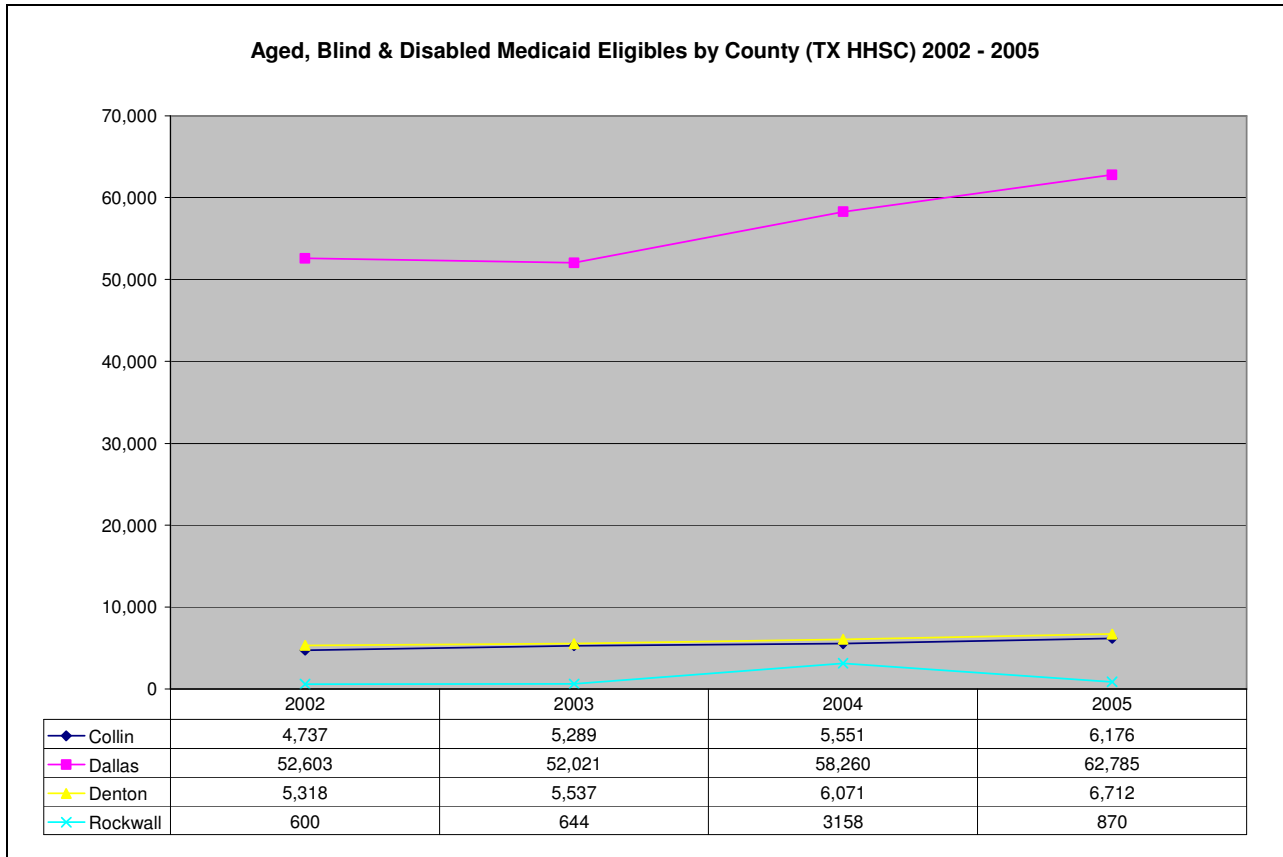
Different age requirements are in place for the definition of the beginning age of older adults for the purpose of statistical analysis. This is because the data sources use different definitions.

Definitions:

Medicare: Federal health insurance program for persons age 65 and over who have contributed to the system, and some younger persons with disabilities.

Medicaid: Federal/State health insurance program for elderly and disabled persons, who have low incomes and limited resources.

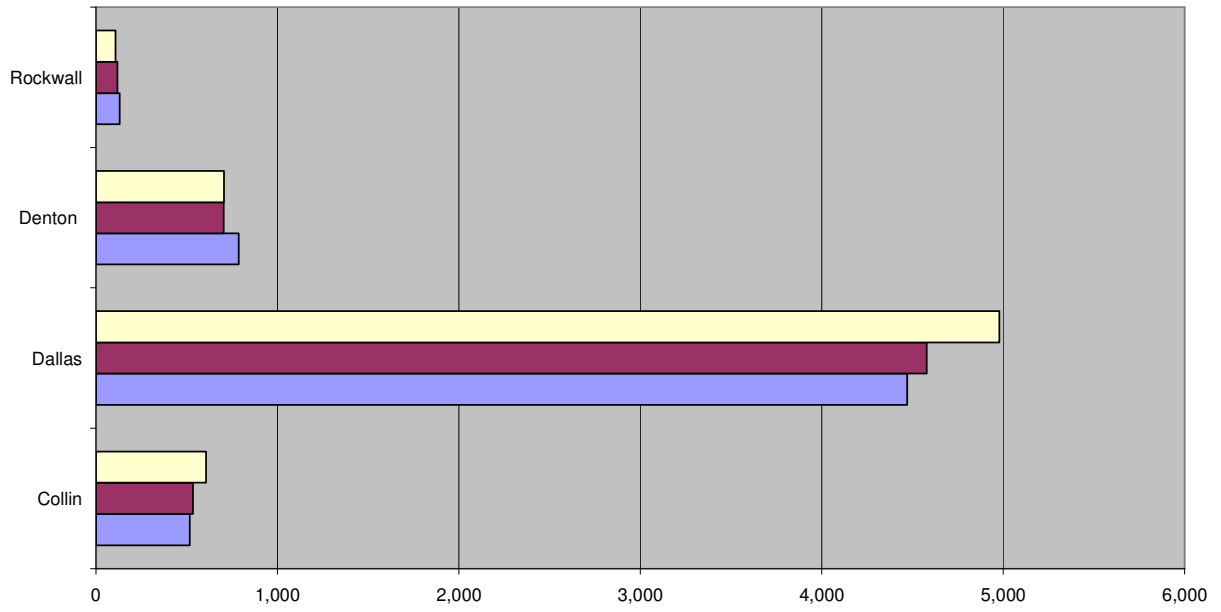
Independent Living for Seniors: Supporting Data



Source: Texas Health and Human Services Commission

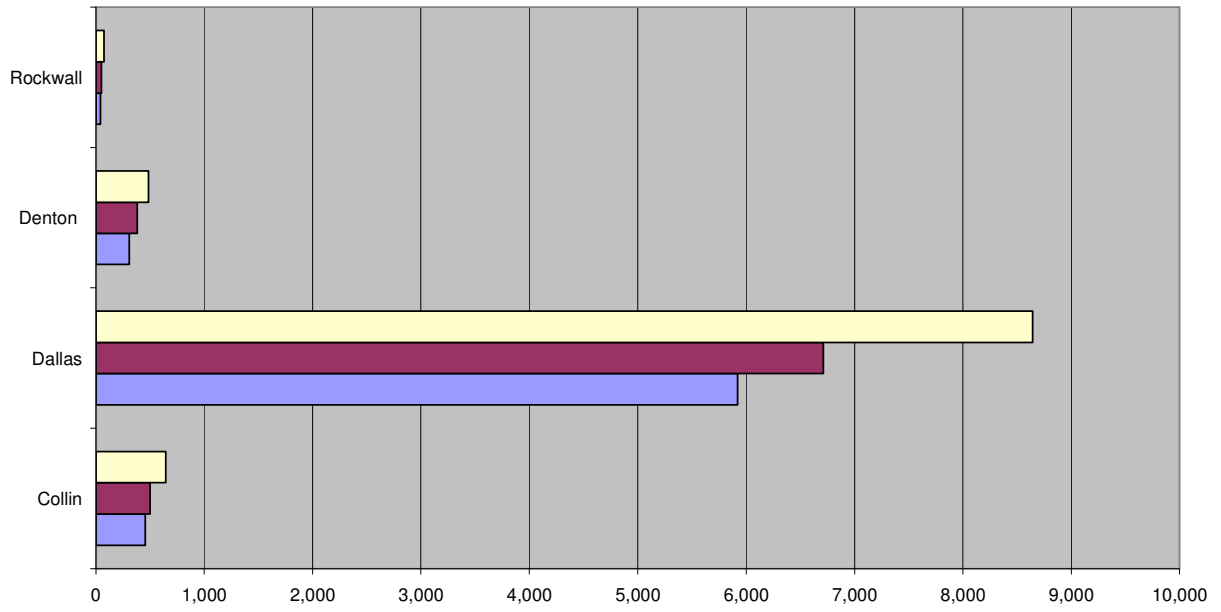
*Note: Counts for 2002 and 2003 are entered as yearly averages. Counts for 2004 and 2005 have been changed to a point in time count – December of each year.

Medicaid Clients in Nursing Facilities 2002-2004



	Collin	Dallas	Denton	Rockwall
2004	607	4,978	706	108
2003	535	4,578	705	118
2002	517	4,470	787	131

Medicaid Clients in Community Care Services 2002-2004



	Collin	Dallas	Denton	Rockwall
2004	644	8644	485	75
2003	499	6,712	381	51
2002	456	5,922	309	42

Source: Texas Department of Aging and Disability Services

Deaths from Suicide - Persons age 55 Years and Older 2001 - 2004

