

Marin County Annual Report on Aging: Fiscal Year 2006-2007



The **DIVISION OF AGING** is the Area Agency on Aging in Marin, responsible for the overall development and coordination of a comprehensive aging services delivery system for the county. The **COMMISSION ON AGING** is the advisory council to the Division and the Board of Supervisors. Members are appointed representatives of Marin's districts, cities, and the California Senior Legislature. Every four years, the Division is mandated to develop an **Area Plan**, which involves assessing the needs of older adults in the community and establishing key goals to address these needs. The Division's current plan is the **Live Long, Live Well Area Plan for Aging 2005-2009**. Together, the Commission and the Division develop objectives to advance the goals of the four-year Area Plan. This **Annual Report on Aging: Fiscal Year 2006-2007** provides an account of the Commission and the Division's progress towards the Area Plan goals.

PROFILE AT A GLANCE

- Hispanics will be the new majority in Marin by 2050, comprising almost 59% of the county's total population. By 2020, Hispanics 60+ will experience the most notable growth of over 87% from the previous decade.³
- The 2001 Marin Community Health Survey (MCHS) found that over 7% of Marin's older adults 60+ binge-drink in the past month. Newer data from the California Health Interview Survey (2005) found that 72% of Marin seniors self-reported consuming alcohol in the past month, compared to 49% statewide, and that 6% reported binge drinking in the past month.
- The total number of Alzheimer's cases amongst Marin's 65 or older population is estimated to increase by 84% from 1,960 in 2000 to 3,606 by 2030.⁴
- Marin's senior population is highly educated, with more than half of the 60+ graduating from college. However, the 2001 MCHS found that almost one-third rarely or never participate in community group activities. Finding ways to engage this highly educated and skilled group is critical.

A Profile of Marin's Older Adults

The following selected data are presented in the *Strategic Plan Data Focus Report* published by the Division of Aging in August 2007 profiling Marin's older adults.

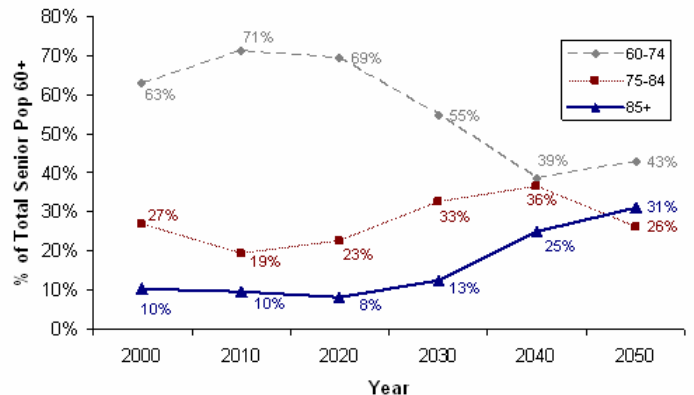
Health: The top 5 mortality causes among Marin's 60+ population from 1990-2003 were heart disease, stroke, lung cancer, chronic obstructive pulmonary disease, and pneumonia.¹ The 2001 Marin Community Health Survey (MCHS) found that more than half (50.7%) of older adults 60+ in Marin were either overweight (Body Mass Index [BMI] of 25-30) or obese (BMI of more than 30). The 2001 MCHS also determined that over 38% of those 65+ in Marin reported having at least 3 of the 12 most common chronic conditions, with arthritis (40%), hypertension (35%) and high cholesterol (28%) topping the list. Close to 46% take at least 3 prescription medications.

Socio-economic: The 2001 MCHS found that 57% of seniors 65+ have household income below \$50,000, and 31.7% have incomes below \$30,000. An income gap also existed between genders. Median income of single males was 36.7% higher than their female counterpart. There was an 8% median income difference between married males and females. Although 80% of Marin's 65+ residents own their home, close to 11% of them have incomes below 200% of the Federal Poverty Level, making them "house rich, income poor." Marin seniors are also highly educated,

with 97% finishing high school (compared to 70% statewide) and more than half possessing a college degree.

Demographic: In less than three years, Marin's 60+ population is projected to grow by more than 40% from 45,051 in 2000 to 63,376 by 2010.² While the "younger" group ages 60-74 will experience a surge in population from 2000-2010 as a result of the "boomers" entering their 60's, their numbers as a percentage of the total 60+ population will decline through 2040 (see below). Meanwhile, the older age groups of 75-84 and 85 or older—those who are likely to experience multiple health problems and functional decline—will capture a greater proportion of the overall 60+ population in the next four decades.

Population Projections Seniors 60+ by Age Group, Marin County, CA
(Source: California Department of Finance, 2007)



¹ Source: Surveillance Epidemiology and End Results Program, as noted in the *Strategic Plan Data Focus Report (2007)*, page 7.

² California Department of Finance, 2007.

³ Ibid.

⁴ Source: Surveillance Epidemiology and End Results Program, as noted in the *Strategic Plan Data Focus Report (2007)*, page 48.

MAJOR ACCOMPLISHMENTS FY 06-07



The Division of Aging, in partnership with the Commission's Standing Committees—Health, Housing & Transportation, Nutrition, Legislation, Planning, and Public Information—as well as the Elder Abuse Prevention Task Force, establish annual objectives to fulfill the goals of the current Area Plan. To advance the goals of improving the health and well-being of older adults, combating isolation and increasing connectedness, and creating a healthy aging community in Marin, these entities worked collaboratively in Fiscal Year 2006-07 (FY 06-07) and achieved the following:

Created a well-informed Marin aging community. Educating and informing the public about critical issues in aging is a fundamental role of the Division and the Commission. The *Great Age* newsletter, *A Time for All Ages* television show, and the monthly Commission meetings were used as information outlets to introduce topics that promote older adults' health, improve access to community resources and services, and raise public awareness about aging issues. High-profile county-wide events, such as the *3rd Healthy Aging Symposium* and the *Marin County Senior Information Fair*, were also held. In partnership with Kaiser Permanente, Sutter Health, and the *Marin Independent Journal*, the *Symposium* drew more than 400 older adults to learn about *The Power of Lifestyle Change*. Now in its 22nd year, the Division and the Commission continue to be a major sponsor and organizer of the *Marin County Senior Information Fair*, attended by over 3,000 seniors. The Division has also been in the forefront of providing information to effectively plan for the graying of Marin County. The publication of the *Strategic Plan Data Focus Report* can help decision-makers, funders, and program planners establish robust key strategies and priorities using data analysis as a tool.

Protected the welfare and safety of Marin's older adults. As an Area Agency on Aging, protecting the safety of Marin's older citizens is a sentinel role for the Division. Its Ombudsman program advocates for seniors living in long term care facilities. Last year, Ombudsman opened 326 cases, with a total of 704 complaints on behalf of facility residents. Ombudsman also conducted 28 trainings on elder abuse, disaster planning and heat control for facility staff. Efforts in identifying, assessing, and prosecuting elder abuse cases in Marin also received a major boost last year. The Elder Abuse Task Force was instrumental in obtaining the \$443,000 Department of Justice grant for law enforcement training. Partners on this grant will analyze the current response system and will identify areas to enhance the infrastructure. The Task Force also helped organize the highly successful Elder Abuse Fraud Prevention Conference, attended by over 250 older adults and aging professionals. Several community workshops and forums on reverse mortgages and financial abuse were also conducted throughout the county.

Served the needs of Marin's older adults and family caregivers. By supporting service providers who work directly with the community, the needs of Marin's older adults and family caregivers are more effectively and efficiently served. Through federal and state-funded older adult programs, the Division contracted with 20 home

In FY 2006-07, the Division of Aging and the Commission on Aging:

- *Introduced over 37 topics pertaining to aging, health promotion, and resource and service options in the community.*
- *Funded 20 community-based aging organizations.*
- *Offered over 26 aging and caregiver social, recreational, nutrition and health services.*
- *Served over 4,000 older adults and family caregivers; 25% were minority.*



and community-based aging service providers. More than 26 health, recreation, nutrition, and caregiver services were offered. Upwards of 4,000 older adults and family caregivers were served by federally-funded programs alone. More than 25% of the clients served were minorities, a much higher proportion than the overall minority 60+ population in the county (9% in 2000; 12% projected for 2010).¹ Special outreach by the Public Health Nursing Program to Spanish-speaking older adults to improve their access to needed services was key to reaching this group. Moreover, the benefits of community-based services were multi-faceted. For instance, the *Meals on Wheels* program went beyond delivering balanced, nutritious meals to frail, home-bound seniors. Participants expressed that drivers delivering meals provided a much-needed human contact and welfare check for them. Café-style congregate meal sites served as venues for socializing and connecting with peers. The meal program was enhanced last year by *PetPal*, a pet food delivery program to help isolated seniors take care of their “furry” friends. The Division also funded the Northern California Presbyterian Homes’ Senior Companion Program so that volunteers may offer *Friendly Visiting* to isolated, lonely older adults. Overall, these programs provided vital links to expand older adults’ social support system and encourage them to participate in community activities.

Explored and implemented aging program innovations. By developing and implementing best practices, the Division and the Commission were innovators of aging programs. *Project Independence*, a unique volunteer-based “hospital-to-home” program developed in Marin, filled an important gap in transitioning older adult patients recently discharged from hospitals back to independent living. *Hawkeyes* was a service added to this program last year, where volunteers transported patients back home after an outpatient surgery and reviewed the patient’s post-op plans with them when they were in a more relaxed and lucid state. The *Healthy Housing* program was another Division innovation. Public Health nurses provided on-going health support to at-risk individuals living in affordable senior housing. As well, the Division and the Commission brought to Marin evidence-based programs developed in the field. Several *Healthy Living Workshops* were conducted to teach effective coping and disease management strategies to chronic disease sufferers. The *Carfit* driver safety program was launched in Marin in October 2006. Lastly, more than 70 seniors attended brown bag meetings on medication management and safety.

Strengthened the aging service infrastructure. Continuously improving Marin’s aging services infrastructure is imperative in sustaining a system responsive to the needs of older adults. In FY 06-07, the Division led efforts to discuss streamlining aging programs and services across the various Divisions of the Marin County Health and Human Services. Strategies discussed include developing a coordinated, multi-disciplinary system with a single entry point offering an array of accessible services. Currently under development is the *Network of Care*, an online resource finder to help consumers and professionals navigate through Marin’s aging service system. Equally important were the contributions of the Commission in advocating for policies impacting seniors. The Housing and Transportation Committee mobilized support for affordable senior housing, providing testimonies at the Board of Supervisors’ meetings and Countywide Plan hearings. Members also participated in task forces such as the Paratransit Coordinating Council, Citizen’s Oversight Committee for Measure A, and Expanded Use Taxi Study to improve transportation options for seniors in Marin. ♦



Testing an older driver's “fit” in his vehicle at **CarFit**

- Delivered close to 68,000 meals to 502 frail, home-bound older adults.
- Served over 8,400 meals to 271 older adults at one of four congregate meal sites.
- Distributed 8,644 bags of groceries to more than 400 older adults.
- Provided over 3,500 rides to older adults all over Marin.
- Assessed over 60 seniors for their “fit” in their vehicle through the **CarFit** program.
- Consulted with 1,930 individuals through the **Ombudsman** program. The most frequent topic was placement guidance and advice.
- Augmented *Project Independence* efforts with **Hawkeyes** volunteers.
- Led Divisional discussions to improve the aging services infrastructure.
- Published the **Strategic Plan Data Focus Report**.

¹ California Department of Finance, 2007



The mission of the Division of Aging is to promote the quality of life and independence of disabled and older adults. The Commission on Aging's mission is to provide information and advocacy for services that enable older adults to live with dignity.

DIVISION OF AGING

10 North San Pedro Road, San Rafael, CA 94903
Phone: 415-499-7396; Fax: 415-499-5055

WE'RE ON THE WEB

WWW.CO.MARIN.CA.US/AGING

COMING IN JANUARY
ONLINE RESOURCE FINDER:
[HTTP://MARIN.NETWORKOF CARE.ORG/AGING](http://MARIN.NETWORKOF CARE.ORG/AGING)

THE COMMISSION ON AGING

Chrisula Asimos, PhD, District 1

Sue Beittel, San Rafael

Marjorie Belknap, MD, District 4

Loraine Berry, Ross

Eleanor Bloch, California Senior Legislature

Allan Bortel, Tiburon

Marion Brennan, Mill Valley

Diane Bright, Fairfax

Russ Brubaker, Larkspur

Andrea Feit-Dougan, District 3

Robert Gallimore, District 1

Vera Gertler, Belvedere

Larry Glazier, California Senior Legislature

Stanley Green, District 2

Chris Harrington, District 4

Patricia Lewis, District 5

Roberta Michels, District 2

Roberta Romeo, PhD, Novato

Nancy Sangster, District 5

Sue Severin, San Anselmo

Pat Tobin, JD, Corte Madera

Ruth Youngquist, District 3

Vacancy:
City of Sausalito

DIVISION OF AGING PROGRAMS:

Area Agency on Aging

Chronic Disease Prevention & Management

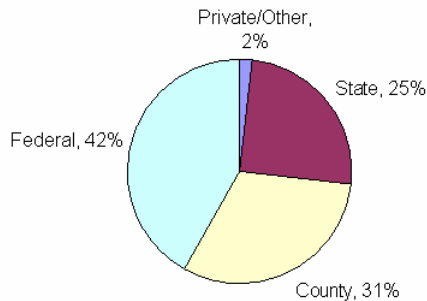
Healthy Housing Program

Project Independence

Long-Term Care Ombudsman

Marin Elder Abuse Prevention

Division of Aging Funding Sources FY 2006-2007



2006-07 Funded Services and Agencies

SUPPORTIVE SERVICES

- Legal Aid of Marin
- Marin Center for Independent Living
- Marin City Community Services District/Marguerita Johnson Senior Center
- Marin Housing Authority
- Northern California Presbyterian Homes
- Novato Human Needs Center
- Salvation Army
- Senior Access
- West Marin Senior Services
- Whistlestop

SENIOR NUTRITION

- Catholic Charities
- HEALTH PROMOTION & IMPROVEMENT**
- Stella Wu-Chu, Nutritionist
- County of Marin Health and Human Services Public Health Nursing
- FAMILY CAREGIVER SUPPORT PROGRAM**
- Alzheimer's Association
- Family Caregiver Alliance
- Jewish Family and Children's Services
- Lighthouse for the Blind

Senior Access

- Marcus Small
- West Marin Senior Services
- SENIOR EMPLOYMENT**
- Community Action Marin
- COMMUNITY-BASED SERVICE PROGRAM**
- Jewish Family and Children's Services
- Senior Access
- Marin Community Food Bank
- Northern California Presbyterian Homes and Services

Division Staff

Nick Trunzo
Director

Ana Bagtas
Projects Coordinator

Lorraine Jackson
Elder Abuse Prevention Project

Sheila McGorty
Long Term Care Ombudsman

Libby Pope
Healthy Housing Program

Shelagh Stewart-Chung
Senior Secretary

Pat Wall
Projects Coordinator

Rita Widergren
Project Independence

Board of Supervisors

- Susan Adams** District 1
- Hal Brown** District 2
- Charles McGlashan** District 3
- Steve Kinsey** District 4
- Judy Arnold** District 5