The Northwest Center for Public Health Practice acknowledges the land we occupy today as the traditional home of the Tulalip, Muckleshoot, Duwamish and Suquamish tribal nations.

Without them we would not have access to this working, teaching and learning environment. We humbly take the opportunity to thank the original caretakers of this land who are still here.

**Question for the Viewers**

How do you respond to the following statement?

"Myself or someone I know personally is a caregiver for one or more older adults."

A. Yes  
B. No  
C. Other (type in chat)
Washington state’s older adult population:

- People ages 65 and older represent 17% of Washington’s total population.
- In 2050, people 65 and older will represent 23% (2.3M) of the state’s population.
- The 85 and over population will nearly quadruple between now and 2050, from 141K to 558K.
Geography and Diversity

Washington's older adults are geographically dispersed and increasingly racially and ethnically diverse.

### Percent of Population Age 65 and Above (2020)

![Image of Washington state with shaded areas indicating population distribution]

### Washington Ages 65+ (2020)

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>85%</td>
</tr>
<tr>
<td>Black</td>
<td>2%</td>
</tr>
<tr>
<td>AIAN</td>
<td>1%</td>
</tr>
<tr>
<td>Asian</td>
<td>7%</td>
</tr>
<tr>
<td>NHPI</td>
<td>0%</td>
</tr>
<tr>
<td>2 or more races</td>
<td>1%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>4%</td>
</tr>
</tbody>
</table>

Contribution of Family Caregivers

Caregiver statistics:
- Family caregivers in Washington provide an estimated 770 million hours of care for older parents, spouses, and other loved ones each year.
- In 2021, care provided by 820,000 unpaid family caregivers in Washington was valued at $16.8 billion.

Who Are Family Caregivers?

Caregiver statistics:
- Sandwich generation caregivers (those caring for children and older loved ones) increasingly includes millennials and Gen Z caregivers.
- 60% work full or part-time, with 54% in hourly wage positions.
- About 40% are African-American, Hispanic, or Asian American.
- Two in five are men.
Unpaid caregiving and the financial impacts

- One-quarter (27%) of Washington residents age 45+ are currently providing care to an adult relative or friend.
- Eight in ten (80%) Washington caregivers age 45+ had to use their own money to help provide care.
- Nearly half (48%) of Washington caregivers age 45+ said that being a caregiver has had a major impact on their own financial situation.

Impact Caregiving Has on Financial Situation

- Use your own money to help provide care: 80%
- Make changes to your home for the adult in your care: 51%
- Move into another home to accommodate the adult in your care: 33%

Among Washington caregivers age 45+, eight in ten (80%) had to use their own money to help provide care, and half (51%) had to make changes to their home for the adult in their care.
Independent Living

Getting to the places you need to go independently (85%) and aging in place (84%) remain extremely or very important to four out of five Washington residents age 45+ in 2022 and are significantly more important than in 2019.

Important Independent Living Issues

- Getting to the places you need to go independently: 85%
- Staying in your own home as you get older: 84%
- Having high-quality long-term care in your community: 76%
- Having affordable housing options in your community: 72%
- Having flexibility in your schedule to care for a loved one: 71%
- Having paid time off to care for yourself or a family member: 62%
- Having ways to be connected to your community and socialize as you age: 54%

Question for the Viewers

How would you assess the following statement?

“In my community, housing security is a major public health policy priority area.”

A. Strongly agree
B. Agree
C. I’m not sure
D. Disagree
E. Strongly disagree
F. Other (type in chat)
The need for affordable housing:
- 84% of Washingtonians ages 45+ want to remain in their homes as they age
- Seniors make up nearly 30% of extremely low income renter households in Washington
- 35% (or 201,606) of elderly households pay more than 30% of their income for housing

HB 1337:
- Expands housing options by easing barriers to the construction and use of accessory dwelling units

2023 WA Legislative Session – Accessory Dwelling Units

HB 1110:
- Creates more homes by increasing missing middle housing in areas traditionally dedicated to single-family detached housing

2023 WA Legislative Session – Missing Middle Housing
2023 WA Legislative Session – Manufactured/Mobile Homes

SB 5198:
- Lengthens the notice of sale/closure of manufactured/mobile home communities and gives residents the ability to purchase their community

2023 WA Legislative Session – Senior Property Tax Exemptions

HB 1355:
- Increases the income limit for senior property tax exemptions and makes more people eligible for the program

Washington State 2023-2025 Operating and Capital Budgets

Significant investments across state agencies to support housing and aging in place. Funding focused on supply, subsidy and stabilization.

- $1.8B to Long-term care workforce to support older adults and people with disabilities in all settings (incl. home-based care)
- $518M Housing assistance and homelessness prevention programs
- $400M Housing Trust Fund (Capital)
- $75M Utility assistance and weatherization
- $28M (added to $59M) SNAP, food banks and meal delivery
Key Takeaways

▪ From a population health perspective, the age-wave will have a large impact on how we design programs and services to assure optimal health and well-being.

▪ Chronic disease and injury programs should incorporate caregivers as a critical audience to reach. In addition, the health and well-being of caregivers themselves will be important as health promotion strategies are crafted.

▪ Affordable housing and caregiving are inextricably linked. As resource navigation and care coordination systems are developed or re-imagined, efforts should include a focus on older adults. This includes innovative models of affordable housing for family caregivers and their loved ones.

A Chat with Marguerite Ro and Mia Gregerson

Sue Grinnell  Marguerite Ro  Mia Gregerson

QUESTIONS?

To ask a question, please click the icon in the Zoom toolbar to open your Q&A Pod.
Resources

AARP Washington
Vital Voices: Issues That Impact Washington Adults Age 45 and Older (November 2022)

AARP Washington
Valuing the Invaluable - Infographic (March 2023)
https://www.aarp.org/content/dam/aarp/ppi/2023/3/valuing-infographic.doi.10.26419-2fppi.00082.008.pdf

AARP Washington
Family Caregiver Resources for Washington
https://states.aarp.org/washington/caregiver-resources

AARP Washington
Make Room for Family: Support flexible housing options for all ages
https://states.aarp.org/washington/make-room-for-family