



Thriving in Place: The Intersection of Caregiving and Affordable Housing for Older Adults




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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)

Older Adults and Caregivers in Washington



Housing and Caregiving



Addressing Affordable Housing



Older Adults and Caregivers in Washington



Washington's Age Wave

Figure 3.3: Population characteristics ages 65 and older

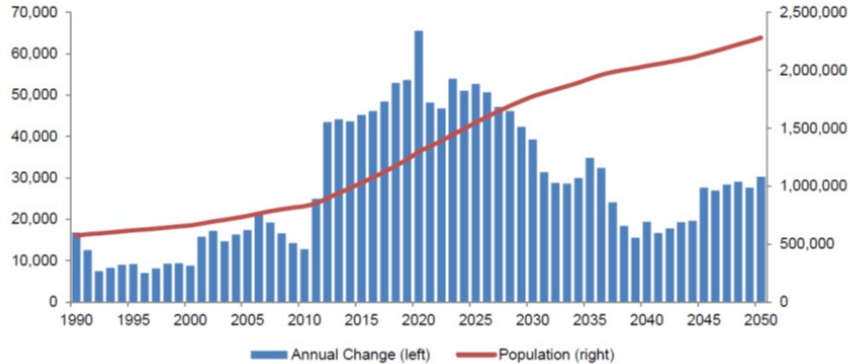
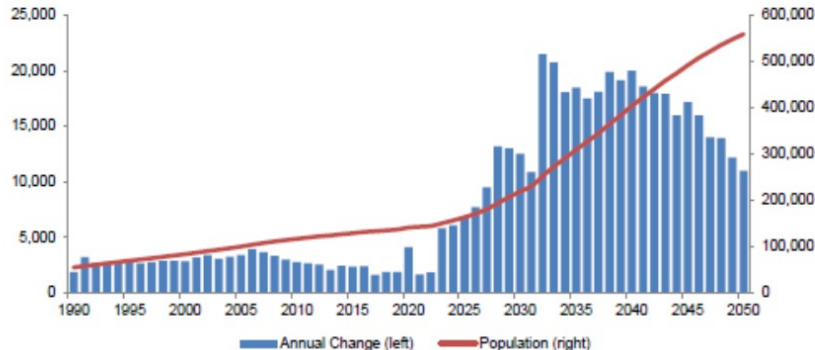


Figure 3.4: Population characteristics ages 85 and older

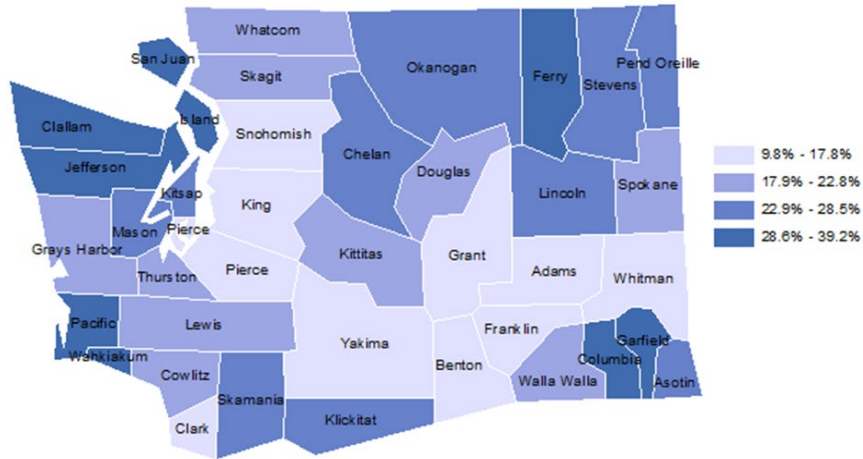


Washington state's older adult population:

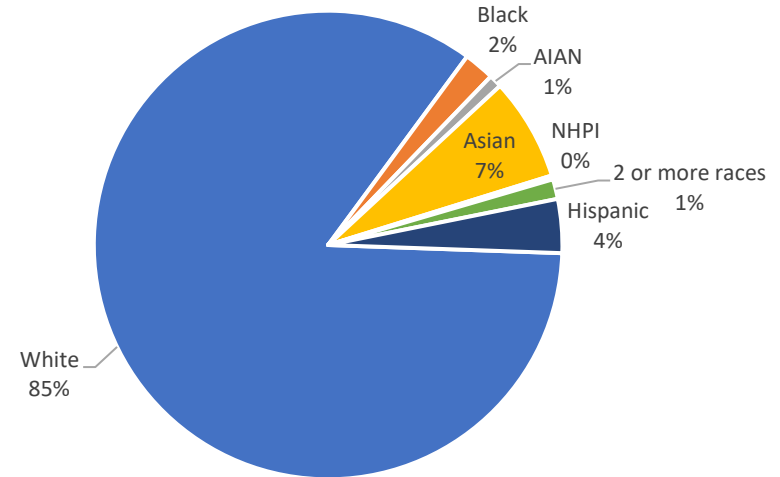
- People ages 65 and older represent 17% of Washington's total population
- In 2050, people 65 and older will represent 23% (2.3M) of the state's population
- The 85 and over population will nearly quadruple between now and 2050, from 141K to 558K

Geography and Diversity

Percent of Population Age 65 and Above (2020)



Washington Ages 65+ (2020)



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

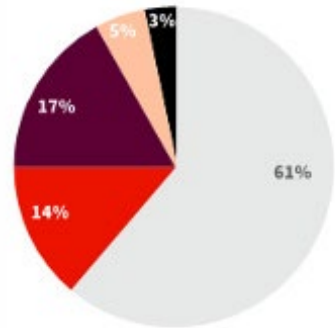
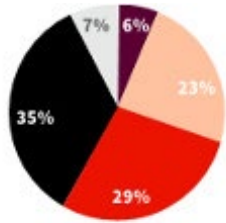
Contribution of Family Caregivers



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



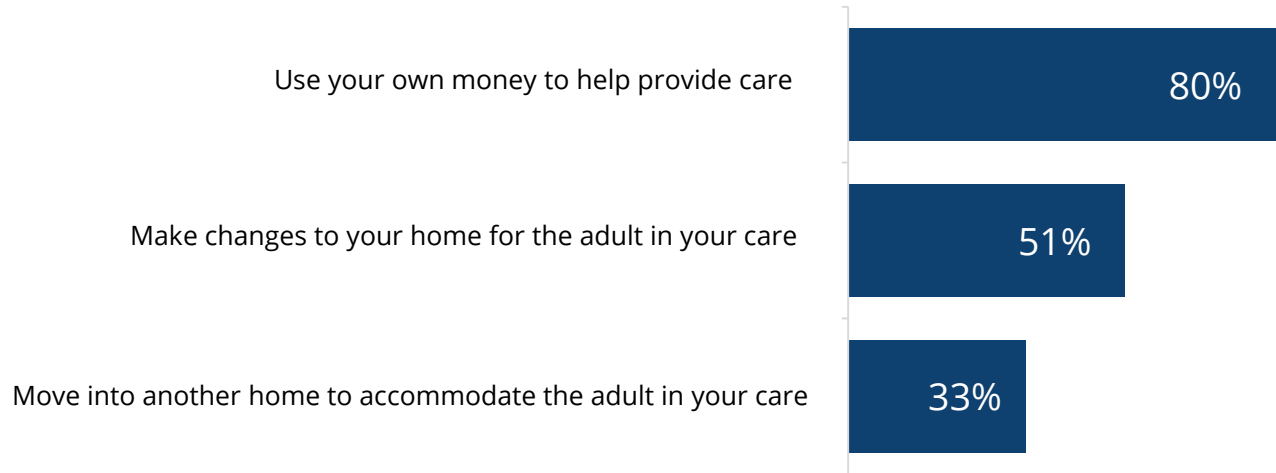
- One-quarter (27%) of Washington residents age 45+ are currently providing care to an adult relative or friend
- Eight in ten (80%) Washington caregivers age 45+ had to use their own money to help provide care
- Nearly half (48%) of Washington caregivers age 45+ said that being a caregiver has had a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

Housing and Caregiving



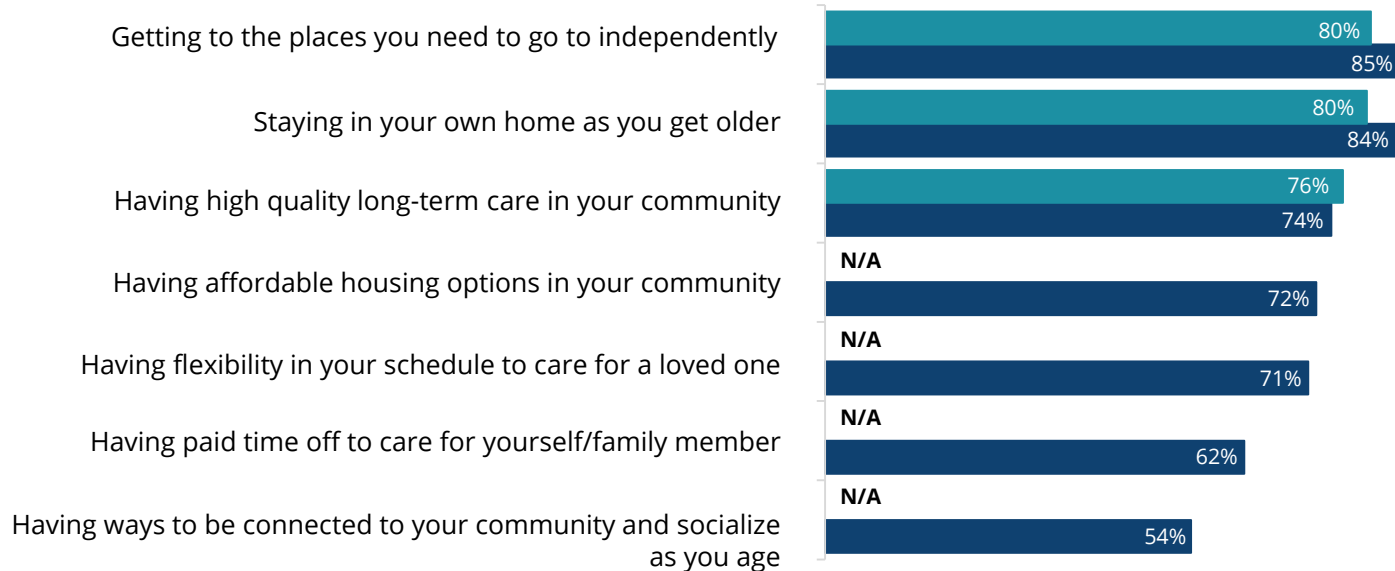
Financial Impacts, Continued

Impact Caregiving Has on Financial Situation



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

Important Independent Living Issues



Getting around 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

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)



Addressing Affordable Housing

Aging in Place



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



HB 1110:

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



SB 5198:

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



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)
- \$519M 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)

https://www.aarp.org/content/dam/aarp/research/surveys_statistics/life-leisure/2022/vital-voices-2022-washington-chartbook.doi.10.26419-2Fres.00524.147.pdf

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>