



Marin County Commission on Aging

Update on Marin County's Older Adult Needs assessment and what that means to the Town of Ross

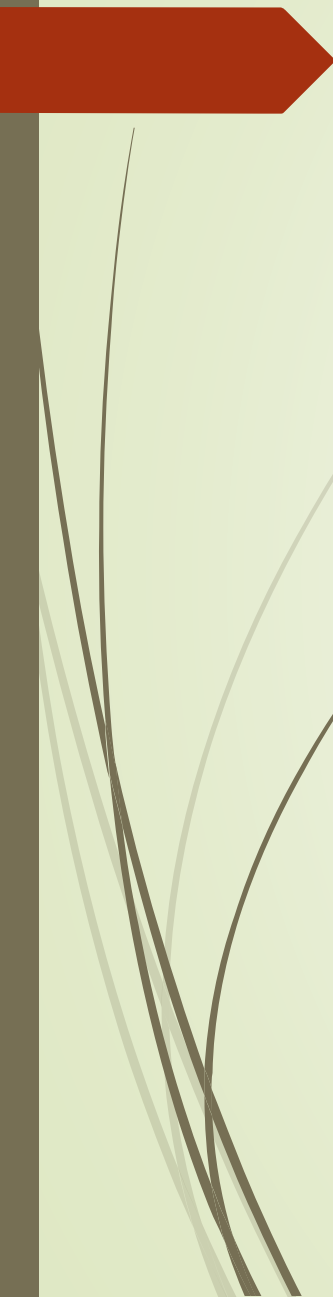
Presented by Diane Doodha



Agenda



- ▶ Brief on The Marin County Older Adults Needs Assessment
 - ▶ (conducted in 2023 to create the 2024-2028 4 yr. plan)
- ▶ What does this mean for the Town of Ross?
 - ▶ Economic Insecurity leads to:
 - ▶ Housing Insecurity
 - ▶ Food Insecurity (doubled since 2019 Assessment)
 - ▶ Social Isolation (1/3 of all adults are socially isolated)



The 2023
Needs
Assessment
produced the
following Data:

The Takeaway:
Lots of Older
Adults suffer
from Financial
Insecurity

Increased Economic Insecurity: 47%
Report Difficulty Living on Current Income

25% of Marin Seniors are Low-income

18% are Food Insecure

33% Report feeling socially isolated

Marin County Commission on Aging – Who are we?




Commissions on Aging were created by the Older Americans Acts in 1967 by LBJ's "Great Society"

23 Commissioners work on 5 standing committees:

- Health and Nutrition
- Housing and Transportation
- Legislative
- Equity, Outreach and Advocacy
- Planning works to implement the 4 yr plan






47 % of older adults in Marin have difficulty living on their income.

Women are more than 50% more likely than men to report difficulty living on their household income.

Financial Insecurity is an issue that increased from the previous Older Adults Needs Assessment in 2019: up to 16% for a net increase of 19%



18% of older adults in Marin are Food Insecure

The number of older adults experiencing food insecurity has increased 8% from the 2019 Older Adults Needs Assessment (from 10% to 18%).

The number of older adults worried that food will not last through the end of the month also increase by 6% in the last 4 years from 10% to 16%.




Older adults with high levels of concern for housing affordability as doubled since 2019.

Older adults with the highest level of concern around affording their rent or mortgage has doubled since 2019 (20% vs. 10%)

Housing affordability struggles are more pronounced among the following groups: Women (26%), Low-Income (38%), Hispanics (32%), Black (41%), aged 60-64 (35%)

SOCIAL ISOLATION



A third of older adults in Marin County report feeling isolated from others

Women are almost three times as likely as men to have felt excluded or devalued because of their age.

Nearly half of women feel they lack companionship at least some of the time.

These groups are more than twice as likely to feel they **OFTEN** lack companionship: food insecure and low income.

Women are 3x more likely to eat alone all the time relative to men



WHERE DOES ROSS FIT IN?


Facts About Older Adults in Marin & Ross (hint: there are a lot of us)

- **4.6% of Ross residents over 65 years of age are considered are living in poverty (Living on LESS THAN \$15,000/yr., single, \$20,440/yr couple).**
- **In Ross, 26.1% (one in four people) is 60 years of age and older.**
- **In Marin %30 of Adults in Marin County are 60 years of age and older. By 2034 it is predicted that this % will increase to 40%.**
- **In Marin County 25% of older adults in Marin County live below 300% of the federal poverty level (\$45,000/yr. single & \$61,000/yr. couple).**



2024-2028 AAA GOALS:

- **Actively advocate** for the critical needs of older adults and caregivers as identified in the 2023 Marin County Needs Assessment study at the local, state and federal level.
- **Increase awareness, visibility and access** to services and resources for older adults and caregivers with consideration of those with greater social and economic needs, particularly Black and Latino populations.
- Partner with community organizations to **address the financial security** of Marin's older adults and caregivers.
- Increase opportunities for **social engagement** for older adults and caregivers.



What can we do to support older adults in Ross?

- ▶ View all policies, projects, services and communications through an Age Friendly, Older adults lens.
- ▶ Looks for opportunities to support intergenerational activities.
- ▶ Actively seek out the input from older adults.
- ▶ Continue to support Age Friendly Ross's work to enhance social engagement among older adults and across generations.
- ▶ Make sure older adults and their care givers are aware of town and county resources to live long and well in Ross.
- ▶ Think about housing options for older Ross residents when the town considers new and existing housing.



Thank you!!!

- ▶ I look forward to keeping the Ross Town Council updated on Commission on Aging news, projects and advocacy.
 - ▶ Thank you for all your support for the Commission's work and your commitment to working with the older adults in our beautiful town of Ross.
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