

A dark blue silhouette of the state of California is centered in the background of the top half of the page.

Aging and Disability Fast Facts

CALIFORNIA



The California Collaborative for Long-Term Services & Supports (CCLTSS) Works To...



Foster understanding among its members about all components of long-term services and supports (LTSS).



Educate policymakers about the needs of older and disabled adults.



Develop policy solutions and recommendations for improvement.



Build connections and support members in their advocacy on behalf of older and disabled adults.



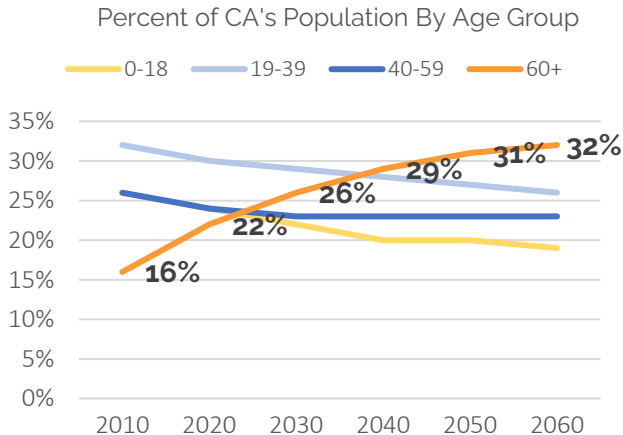
This publication is supported by a grant from The SCAN Foundation - advancing a coordinated and easily navigated system of high-quality services for older adults that preserve dignity and independence. For more information, visit www.TheSCANFoundation.org.

RESOURCES: Resource indicators are located in the bottom right-hand corner throughout the publication.



R-#

California's Aging Population Is **Growing** Faster Than Any Other Age Group



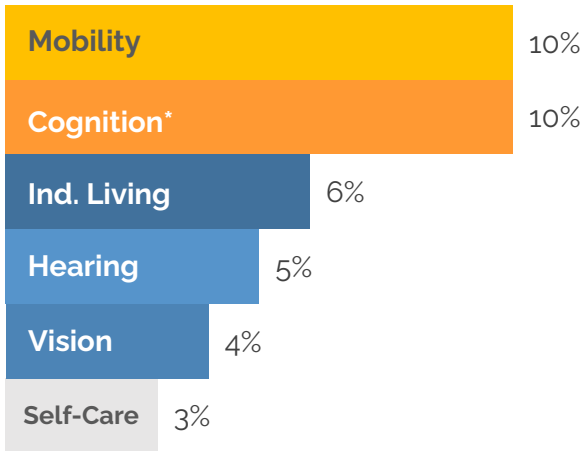
By 2030, **over 25%**
(1 in 4) Californians will
be age 60 and older.

California Is Home To
Nearly **7 Million**
Disabled Adults
(Age 18+)



1 in 4 Californians Live
with a Disability.

Percent Of Adults In CA With Select
Functional Disability Types

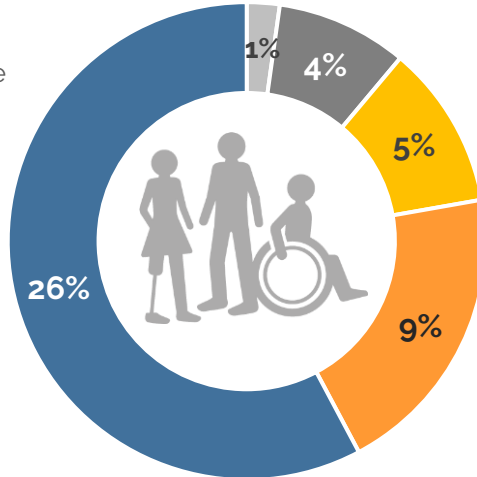


**Includes adults with developmental disabilities*

Disability Prevalence Increases With Age

CA Disability Prevalence by Age

- Age 4>
- Age 5-15
- Age 16-20
- Age 21-64
- Age 65-74



The number of older disabled Californians will **increase by 160%** between 2015 and 2060.



The State's Older Adult Population Is Becoming **More Racially and Ethnically Diverse**

CA's 60+ Population by Race/Ethnicity, by Year

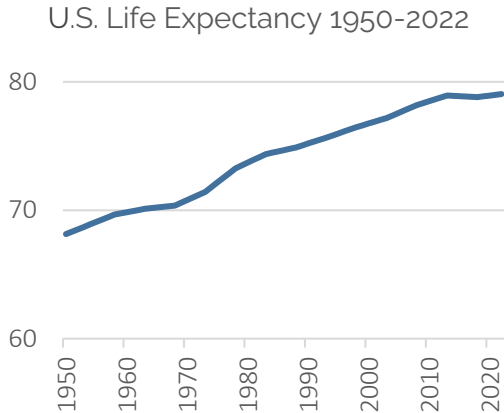


By 2030, White, non-Hispanics will **no longer represent the majority** of older adults.

POC | *People of Color*

Life Expectancy Has Been On The Rise Since 1950

Life Expectancy In CA, 2019: **81.4 Years**



As many as **half of today's 5-year-olds** are predicted to live to the age of **100**.

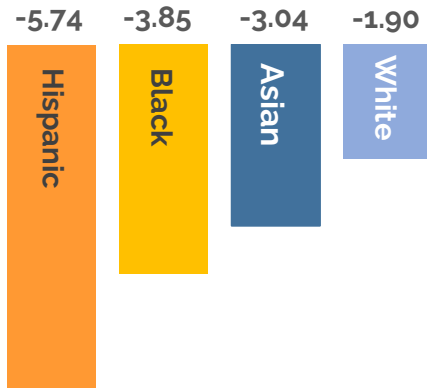
Life Expectancy Of Californians **Decreased** As A Result Of The COVID-19 Pandemic



The impact was not even across the board...

For Hispanics, life expectancy declined by nearly **6 years**.

CA Life Expectancy Decline 2019-21





Long-Term Services and Supports (LTSS)

refers to a wide range of personal, medical, and social supports needed by persons with functional limitations over an extended time.



What Can LTSS Help With?

Personal Care
Transportation
Care Coordination
Meal Preparation
Grocery Shopping
Wound Care
Housekeeping
Errands
Medication Management

+ More!

Examples of LTSS

LTSS Can Be Provided In A Variety Of Settings

Home and Community-Based Services (HCBS)



Home-Based

Personal Care Aide
Home Health Aide
Respite Care
Caregiver



Community-Based

Assisted Living
Adult Day Health Center
Residential Care Facility
Regional Center
Independent Living
Respite Care
Villages



Facility-Based

Nursing Home
Intermediate Care

Long-Term Services and Supports (LTSS)

Snapshot of Findings from The 2023 Long-Term Services & Supports (LTSS) State Scorecard

 CA Ranks **11th**
in the Nation Overall.



Choice of Setting & Provider (1st)

CA consistently ranks among the highest-performing states in this dimension. Since 2020, the state improved HCBS rebalancing efforts and leads the nation in targeting Medi-Cal dollars toward HCBS.



Safety and Quality (4th)

CA performed well on new indicators. However, the state continues to make limited movement on implementing standardized HCBS quality measures.



Support for Family Caregivers (15th)

Despite a decline from 8th to 15th overall, CA has maintained its performance on most of the indicators.



Affordability & Access (30th)

CA's drop from 7th to 30th is largely attributed to gains by other states. CA has made little progress in this dimension.



Community Integration (31st)

CA ranked 20th overall for transportation and 41st for housing. Findings underscore the intersection of CA's high housing costs and lack of housing options.

Policy Opportunities



Develop affordable LTSS options for all Californians.



Streamline access to LTSS information and support.



Make it easier for family caregivers to provide care.



Ensure all Californians can live in the community of their choice.



Collect standardized data to support equitable access to high quality LTSS.



Scan the QR codes for a
Deeper Dive...



Browse the full
2023 State LTSS
Scorecard.



Explore CA policy
opportunities in
more detail.



The Need for Support Is Growing

More Than Half of CA's Older & Disabled Adults Reported Needing Help With Routine Care.



1 in 5 Reported Needing Help With Personal Care.



In California, **1.3 million** older adults live alone. The number of individuals age 65+ living alone is growing.

The Vast Majority Of Individuals With LTSS Needs Rely On **Unpaid** Assistance From Family And Friends

There are **4.4 million** family caregivers in California.



Women (particularly women of color) are providing a disproportionately large share of unpaid caregiving – **often while simultaneously caring for children.**



Spend an average of **\$7,000 - \$13,000/ year in out-of-pocket** costs associated with caregiving



Provide **\$81 Billion** in economic value of unpaid care



Provide **4 Billion** hours of unpaid care

Direct Care Workers Are Paid To Provide Essential, Hands-On, Daily, & Long-Term Assistance

They work in...

- Private homes.
- Community settings.
- Congregate facilities.



80% are women.

47% are immigrants.

75%+ are people of color.



Their median income is **\$14-\$18** per hour.

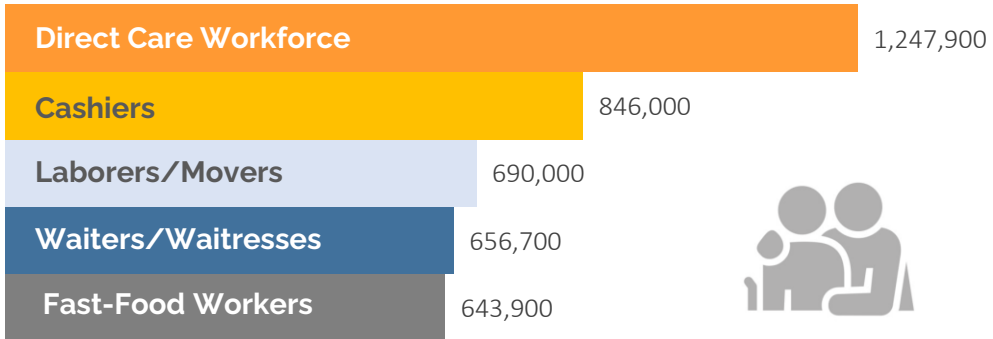


47% receive public assistance benefits due to low wages – others can't access benefits due to their immigration status.

California Is Facing A Direct Care Workforce Crisis

The increase in CA's aging population and the number of older and disabled adults living alone is **driving demand** for caregiving professionals.

Occupations In CA With Most Job Openings, 2018-2028



Demand

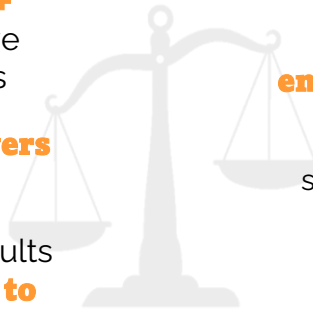
VS.

Supply

By 2030, **1 Million+** Californian's will have self-care limitations

Fewer family caregivers are available

Older and disabled adults **increasingly prefer to age in place**



Direct care work is **physically and emotionally demanding**

Low wages that can't support the cost of living

Limited resources, training, and support make it difficult to attract and retain workers

LTSS Can Be Expensive

Costs vary widely depending on the type and amount.



Even if they sold their homes,

HALF of CA's middle-income older adults would not have sufficient resources to pay for private assisted living.



Adult Day Care
\$20,020
5 days/week



Home Health Aide
\$80,005
30 hours/week

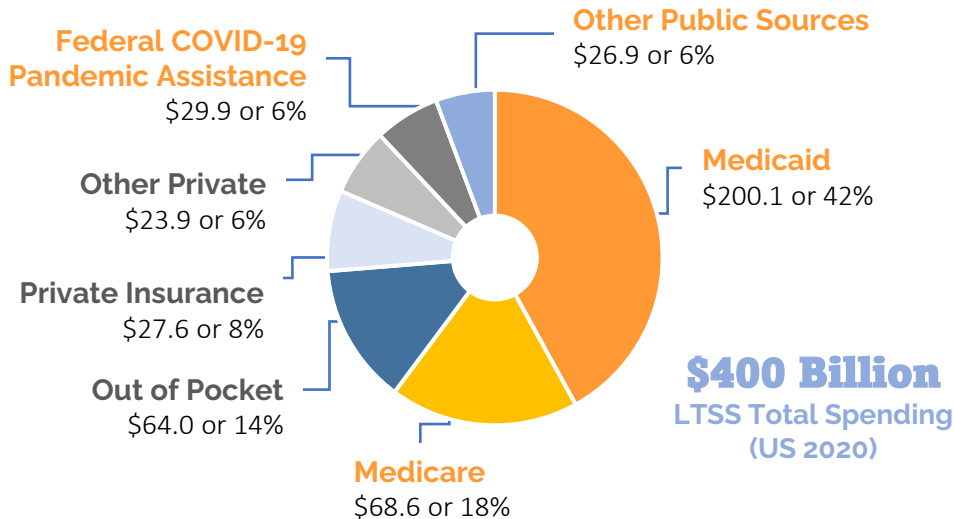


Assisted Living
\$68,842



Nursing Home
\$159,538

Most LTSS Costs Are Paid by Medicaid





A common consumer misconception is that Medicare pays for LTSS.

However, Medicare only covers limited LTSS.



California's Medicaid is known as **Medi-Cal**

Medi-Cal is only available to Californians at or below 138% of the Federal Poverty Level (FPL).

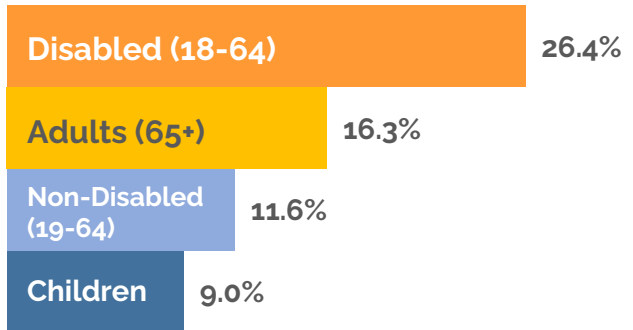
138% FPL is equal to just **\$20,120 per year** in annual income for a single individual.

Older & Disabled Adult Poverty Outpaces State Average

CA Average Poverty Rate, Fall 2021: **11.7%**



CA poverty rate by age and ability status



Older And Disabled Adults Are **Center Stage** In California's Housing Affordability And Homelessness Crisis



Nearly **half** of California's unhoused adults are 50+ years old.



35% of rented households with residents 65+ spend more than **half** of their income in rent.



In 2020, **42%** of people experiencing homelessness reported a disabling condition.

32% of Californians experience chronic homelessness exacerbated by a disability.

R-17

R-18

R-19

California's "Missing Middle"

Describes individuals between 139 – 650% FPL

401% - 650% FPL
Up to \$94,770*

Unlikely to qualify for
Medi-Cal

Without selling their homes, **89%** will have insufficient resources for private-pay assisted living.

139% - 400% FPL
Up to \$58,320*

At-Risk of Spending
Down to Medi-Cal
Eligibility

By 2033, **1 million** individuals will be at-risk of spending down

<138% FPL
Up to \$20,120*

Medi-Cal Eligible

*Annual income for single individual

A Fragmented System Of Care



CA's LTSS service delivery system is siloed across multiple government agencies with a fragmented patchwork of programs across the state.

Access to care is **inequitable** and **difficult to navigate**, resulting in:

- Poorer health outcomes.
- Increased likelihood of unnecessary institutionalization.
- Higher state expenditures.

2/5 community-living older adults experienced adverse consequences due to unmet LTSS needs.

California Is Innovating!

California's **CaIAIM** initiative seeks to address delivery system fragmentation and improve health outcomes for over **2 MILLION** older and disabled adults who receive Medi-Cal.

CaIAIM Goals



Implement a whole-person care approach and address social determinants of health.



Improve quality outcomes, reduce health disparities, and drive delivery system transformation.



Create a consistent, efficient, and seamless Medi-Cal system.

**Scan me to
learn more!**





Building A California For All Ages And Abilities

The **Master Plan for Aging (MPA)** serves as a “blueprint” to prepare California for the coming demographic changes.

The **MPA** is comprised of

5 Bold Goals

23 Strategies

200 + Initiatives

aimed at building a CA for all ages and abilities by 2030.

**Scan me to
learn more!**



Tracking **California's MPA** Progress



Implementation Tracker

Monitor implementation activities by searching for progress updates on each MPA initiative.



Data Dashboard

MPA initiatives are continually informed by the publicly accessible, user-friendly, and routinely updated Data Dashboard for Aging.



Local Playbook

Resources for local age & disability-friendly planning.

**Scan me to
learn more!**





CCLTSS Member Organizations

- AARP California
- Age Forward Coalition of San Mateo Co.
- Aging Services Collaborative of Santa Clara Co.
- Alzheimer's Assoc.
- Anthem, Inc.
- Bay Area Senior Health Policy Coalition
- CA Assisted Living Assoc.
- CA Assoc. for Adult Day Services
- CA Assoc. of Area Agencies on Aging
- CA Assoc. of Caregiver Resource Centers
- CA Assoc. of Health Plans
- CA Assoc. of Public Authorities
- CA Council of the Blind
- CA Disability Services Assoc.
- CA Elder Justice Coalition
- CA Foundation for Independent Living Centers
- CA Health Advocates
- CA Hospital Assoc.



CCLTSS Member Organizations

- CA IHSS Consumer Alliance
- CA Long-Term Care Ombudsman Assoc.
- CA Senior Legislature
- CA State Independent Living Council
- CA Supported Living Network
- Californians for Disability Rights
- CalPACE
- Central Valley LTSS Coalition
- Coalition for Compassionate Care of CA
- Community Living Implementation Council of Nevada Co.
- Contra Costa Advisory Council on Aging
- Disability Rights CA
- Diversability Advocacy Network
- Family Caregiver Alliance
- Homebridge, Inc.
- Inland Empire Coalition
- Justice in Aging
- Kern County LTSS Coalition
- LeadingAge CA



CCLTSS Member Organizations

- LifeLong Medical
- Los Angeles Aging Advocacy Coalition
- Marin Aging & Disability Institute
- Monterey Bay Aging & Disability Resource Coalition
- MSSP Site Assoc.
- Orange Co. Aging Services Collaborative
- Placer County ADRC Coalition
- San Diego Senior Alliance
- San Francisco Long-Term Care Coordinating Council
- Santa Barbara Co. Adult & Aging Network
- Senior Coalition of Stanislaus Co.
- Senior Services Coalition of Alameda Co.
- UDW/AFSCME Local 3930
- Ventura County Hospital to Home Alliance
- Village Movement CA
- Yolo Healthy Aging Alliance

Resources



Resource indicators are located in the bottom right-hand corner throughout the publication.

- R-1** <https://dof.ca.gov/forecasting/demographics/projections/>
- R-2** <https://www.cdc.gov/ncbddd/disabilityandhealth/impacts/california.html>
- R-3** https://www.disabilitystatistics.org/StatusReports/2018-PDF/2018-StatusReport_CA.pdf
- R-4** <https://lao.ca.gov/Publications/Report/3509>
- R-5** <https://mpa.aging.ca.gov/>
- R-6** <https://longevity.stanford.edu/the-new-map-of-life-initiative/>
- R-7** <https://newsroom.ucla.edu/releases/covid-life-expectancy-drops-by-race-and-income>

Resources



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- R-8** <http://ccltss.org/cc-content-wp/uploads/2018/01/CA-infographic-revised-11-11-002.pdf>
- R-9** <https://healthpolicy.ucla.edu/publications/Documents/PDF/2022/Unmet-Needs-for-Help-at-Home-factsheet-aug2022.pdf>
- R-10** <https://healthpolicy.ucla.edu/publications/Documents/PDF/2021/caregivers-policybrief-dec2021.pdf>
- R-11** <https://www.chcf.org/publication/californias-direct-care-workforce-who-they-are/>
- R-12** <https://www.phinational.org/resource/quality-jobs-are-essential-californias-direct-care-workforce-and-the-master-plan-for-aging/>

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- R-13** <https://www.norc.org/PDFs/Forgotten%20Middle%20CA/NORC%20Forgotten%20Middle%20CA%20-%20Findings.pdf>
- R-14** <https://crsreports.congress.gov/product/pdf/IF/IF10343>
- R-15** <https://www.ppic.org/publication/poverty-in-california/>
- R-16** https://www.centerondisability.org/ada_parcc/utills/counties.php?state=CA&table=38
- R-17** <https://nhchc.org/wp-content/uploads/2019/08/kushel-ppt-naeh-2019.pdf>
- R-18** <https://letsgethealthy.ca.gov/mpa-data-dashboard-for-aging/affording-aging/>

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- R-19** <https://stateofreform.com/featured/2022/07/california-housing-health-care-homeless/>
- R-20** <https://calbudgetcenter.org/app/uploads/2022/03/5F-FP-V3-Homelessness-Demographics.pdf>
- R-21** <https://laborcenter.berkeley.edu/aging-californias-retirement-crisis-state-and-local-indicators/>
- R-22** <https://www.norc.org/PDFs/Forgotten%20Middle%20CA/NORC%20Forgotten%20Middle%20CA%20-%20Findings.pdf>
- R-23** <https://www.commonwealthfund.org/publications/issue-briefs/2021/oct/community-based-long-term-services-and-supports-are-needs-older>

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