

Dutchess County and New York State Project 2015

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The Future of Aging

Purpose

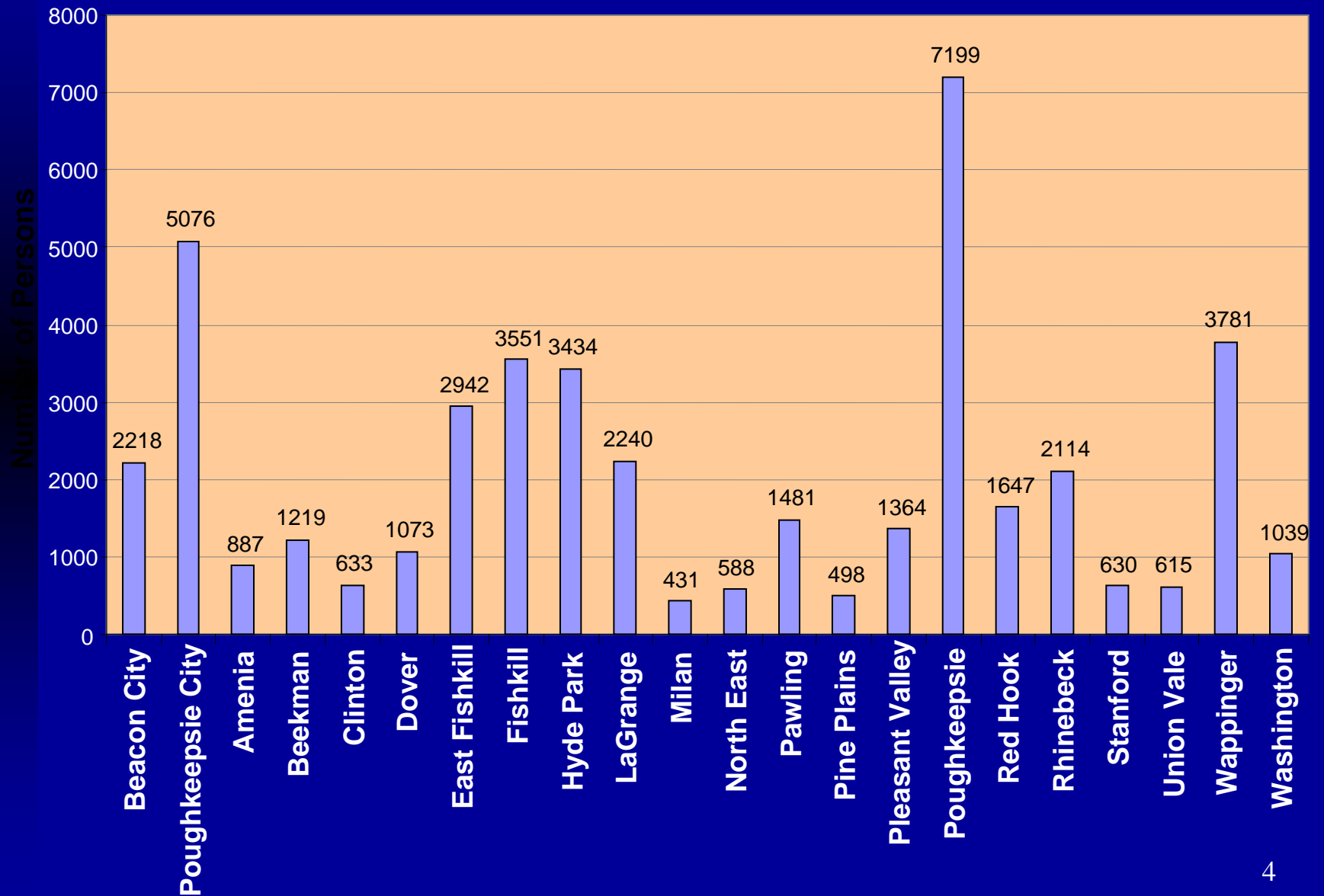
- **EDUCATE** decision makers and the general public about Dutchess County and New York State's aging population.
- **INFORM** them about what has been done so far in Dutchess County.
- **ENABLE** us to prepare, plan and take action to address the impending changes.

INTRODUCTION

Dutchess County and New York State's changing demographic profiles – both the aging and increasing diversity of our population – deserves our attention.

Its impacts will be felt on all facets of community life – especially in the coming years.

Over 60 Population by Municipality



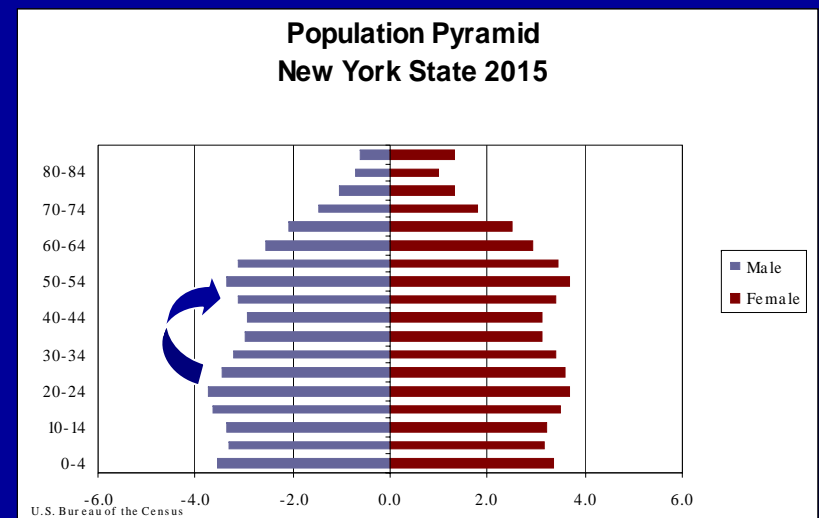
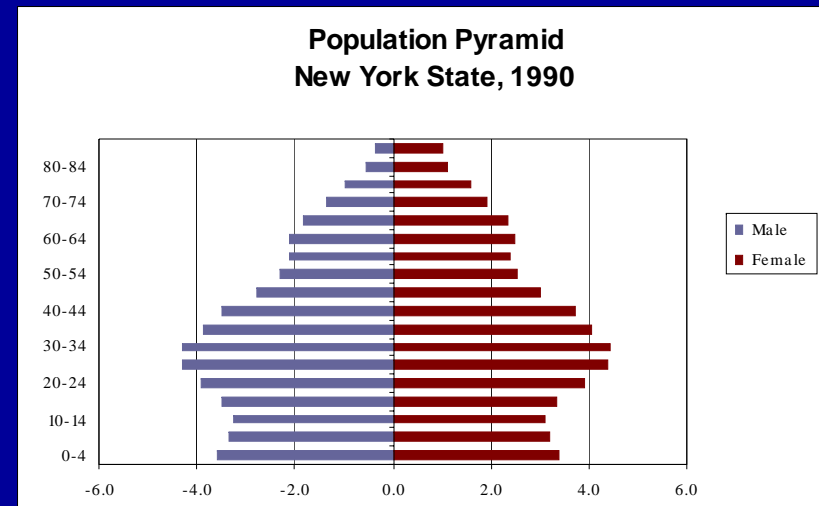
We are getting older – fast:

- ◆ The State's median age:
 - 1970 30 years
 - 1980 32
 - Today 36 +

- The median age in Dutchess County today:
 - Overall 37
 - Amenia 40+
 - Clinton 40+
 - Stanford 40+
 - Washington 40+
 - Village of Rhinebeck 47+
 - Village of Fishkill almost 48!

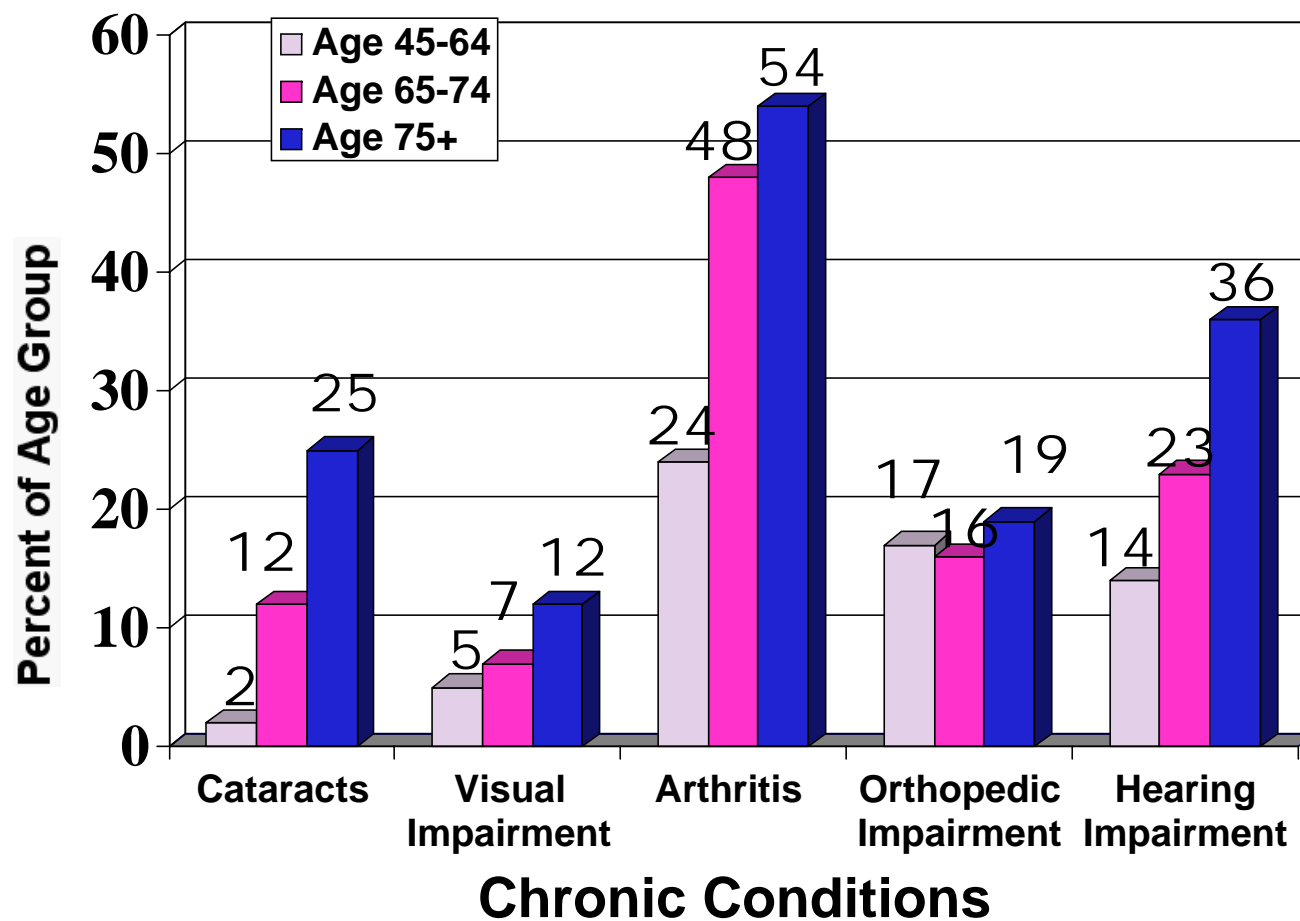
Changing Age Structure

Look from the top graph (1990) to the bottom graph (2015). As the “bulge” in this graph moves upwards over time, you can see our population growing older.



[Source: Project 2015 – New York’s Changing Demographics” (PowerPoint presentation) by Robert Scardamalia, Chief Demographer, Empire State Development. Top graph derived from US Bureau of the Census, bottom graph derived from Cornell Institute for Social & Economic Research.]

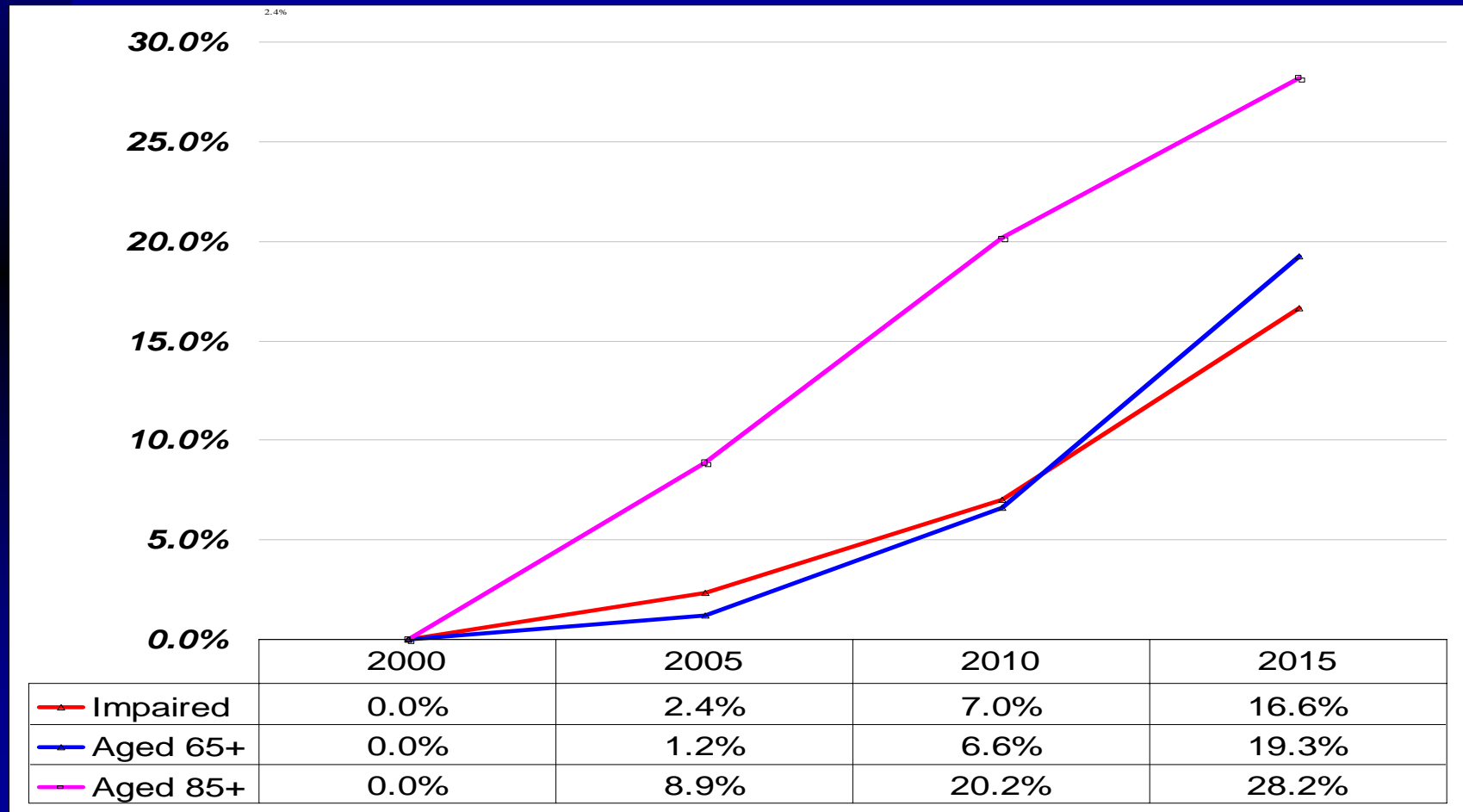
The increase in the Senior Population will mean more seniors suffering Chronic Illness.



Aging and Impairment: Rate of Change

NYS - Projected Growth 2000-2015

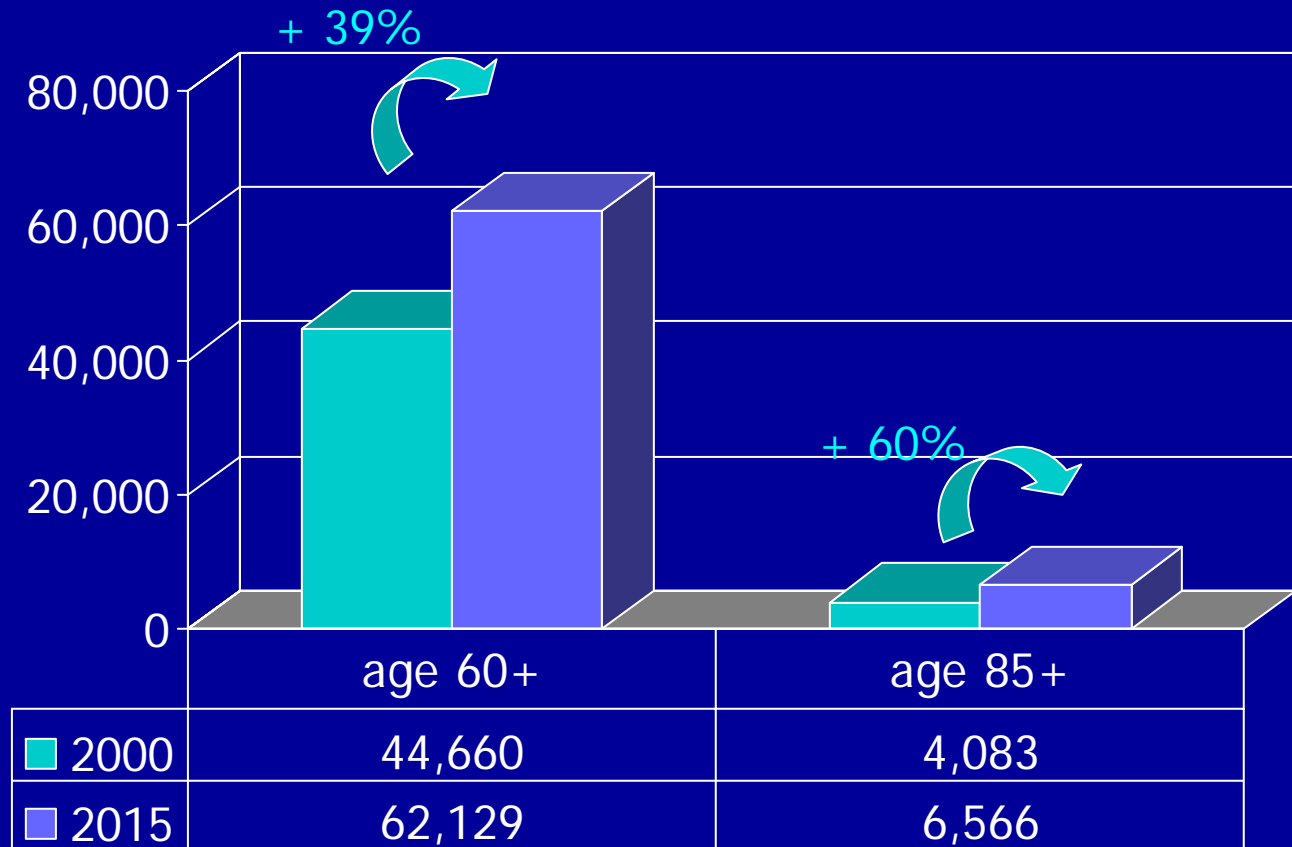
65+ and 85 + Populations and Impairment Rate



Sources: 2000 Census Summary File 1 (65 and 85 plus data), 5 year projections by Woods and Pool, Inc.

2000 Census, Summary File 3 (Impairment rate data)

Dutchess County Senior Population Exponential Growth 2000-2015

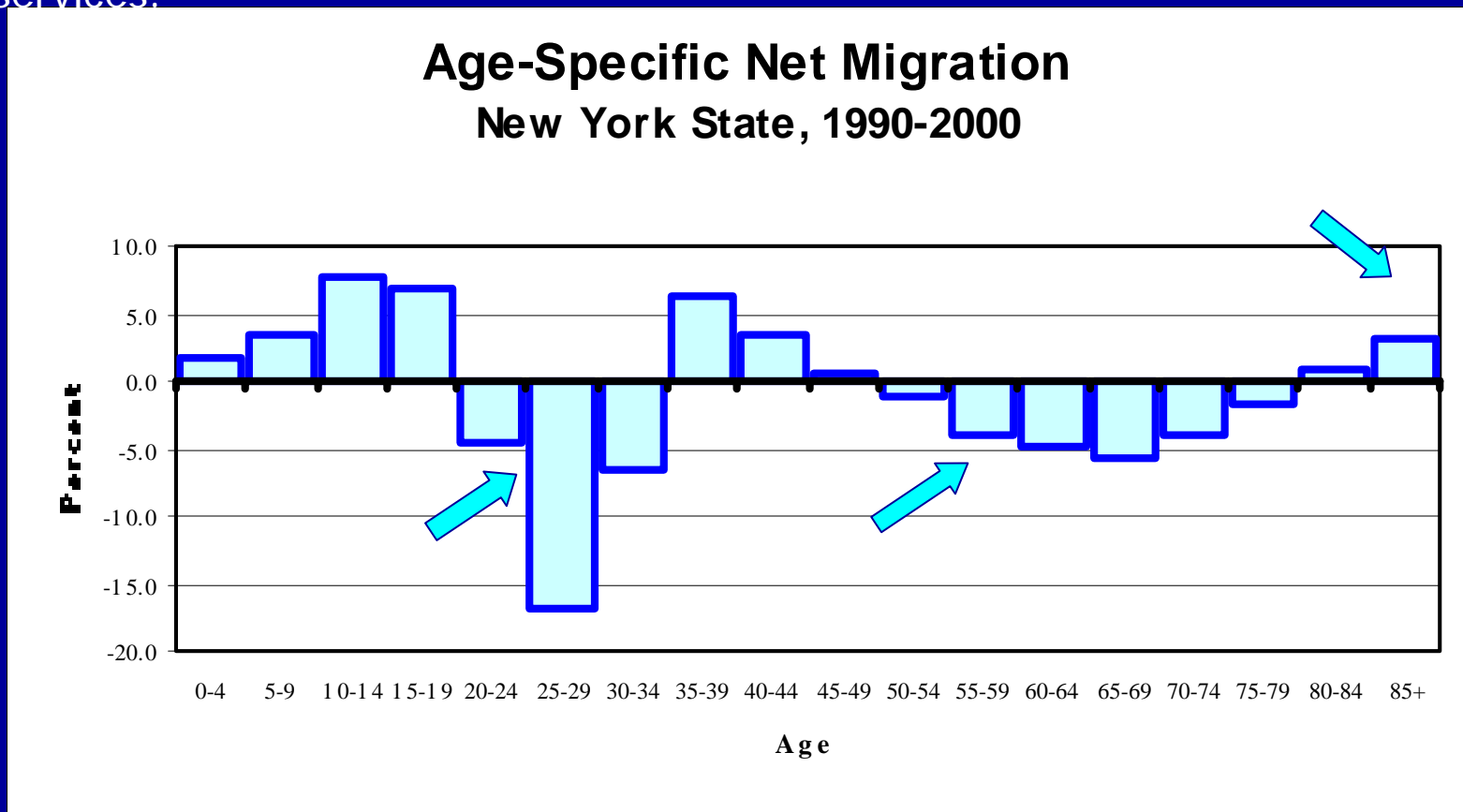


Dutchess County's population, although expected to grow only 6% overall between 2000 and 2015, is clearly going to be aging -- with a 39% increase in those over 60, and a 60% increase in those over 85.

Diversity

People on the Move – Net Migration

New York State's highest rates of net out-migration occur among young adults [age 20-34] and also among the middle and older ages [age 50-79]. The frail elderly, meanwhile, tend to move back to New York for family and services.



[Source: Project 2015 – New York's Changing Demographics" (PowerPoint presentation)
by Robert Scardamalia, Chief Demographer, Empire State Development]

Diversity

Foreign-born New Yorkers and Language

There are currently 2.3 million New Yorkers who are not proficient in speaking English; that figure continues to rise:

51% speak Spanish

29% speak an Indo-European language

17% speak an Asian language

Diversity in Dutchess County

Between 1990 and 2000:

- ✓ The Black or African American senior population increased by about **14%**.
- ✓ The Hispanic senior population by about **75%**.
- ✓ The Asian/Hawaiian/Pacific Islander senior population increased over **96%** -- the most rapid increase of all major racial groups.

Diversity of Family Structure in NYS

This diversity has implicit caregiving implications:

Non-Family Households: include persons living alone or with other non-relatives:

1970	22%
2000	34%

Married Couple Families:

1970	83%
2000	71%

Married couple families with children under 18:

2000	under 33%
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Diversity of Family Structure in NYS

Single female householders:

Has increased to more than 22 percent (1,038,000 families)

Single female householders with children:

Has increased to 573,000.

Single male householders:

Has more than doubled since 1970 and now makes up nearly 7 percent of all families (312,000).

Single male householders with children:

At 130,000, it is now more than 3 times the 1970 level.

Concluding Demographic Summary

New York is clearly becoming both older and more diverse – and our migration patterns continue to affect our demographic profile, including in our older population:

- ✓ Aging
- ✓ Ability
- ✓ Languages spoken at home
- ✓ Ethnicity and Race
- ✓ Living arrangements

A few of the ways these factors will impact Dutchess County:

- Need for more caregivers.
- More seniors and disabled seniors seeking services.
- More hearing, mobility, vision, and language impaired seniors using services.
- Need for more Senior Housing of all types
- More older drivers on the road.

Dutchess County Office for the Aging

Celebrating 30 years of Service

“Our core mission is to develop, deliver and enhance services that enable seniors to remain independent.”

Outcomes and Client Satisfaction

Home Care Programs

- 81% feel the Program plays an important role in helping them remain independent in the community.
- 78% feel the Program enables them to continue living in their homes and provides services they would otherwise not be able to afford.

Outcomes and Client Satisfaction

Legal Services to the Elderly Program

- 100% report the service was important to their remaining independent.
- 91% reported being “extremely satisfied” with the program.

Outcomes and Client Satisfaction

Nutrition Program

- 99% of both the Congregate meal clients and the Home Delivered Meal clients reported the program helps them remain independent.
- 91% reported the associated transportation service is “extremely important” in helping them remain independent.

Outcomes and Client Satisfaction

Senior Exercise Program

- 86% have noticed improved balance.
- 89% have noticed improved strength.
- 60% have increased the amount of exercise they do outside of class.
- 77% report the program has helped them feel less lonely
- 90% report the program is important in helping them remain independent.

Needs Assessment Survey 1999

The number one problem identified by seniors was loneliness.

- ✓ In response, the Nutrition Sites' activities were expanded and they were re-named "Friendship Centers"
- ✓ The Senior Exercise Program was expanded and now serves over 1,100 seniors twice a week.

Needs Assessment Survey 2003

The top problem cited by seniors is "figuring out health insurance and Medicare."

- ✓Loneliness dropped to number 9.
- ✓The Office for the Aging has already begun an extensive campaign to bring health insurance information and seminars on the changes to Medicare directly to municipalities throughout Dutchess County during 2004.

Concluding Summary

What matters is that we:

- ✓ Become aware of the approaching Elder Boom and the changing demand on services and caregivers that it will cause.
- ✓ Prepare for the widespread impact these population changes will have.
- ✓ Equip ourselves to deal with the challenges that will come with these changing demographics. Being informed and planning are crucial to this effort.

Thank You!

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DISCUSSION