

ADULT & AGING NETWORK 2012 SCORECARD

Recent Trends Defining
the Quality of Life of Santa
Barbara County's Older
Citizens



EVERYONE MATTERS

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Where we are in 2012

Health

Since 2009 Medi-Cal reimbursements to providers have been cut by 10% and services for dental care, podiatry and psychology services have been eliminated. Medicare and insurance premiums and co-pays have increased. Obesity and obesity related diseases such as heart disease, stroke, hypertension, diabetes, and various cancers pose the greatest health threat to all County residents, including seniors.

Most common causes of death in recent years were:

1. Heart Attack
2. Cancer
3. Stroke

Safety

Abuse reports to Adult Protective Services are increasing by 30% yearly and are currently at 150 reports per month.

Roughly half of all reports are for self-neglect (56%) indicating a need for an increase of in home supportive services. The remainder of reports were for abuse by others (44%).

Of those the most common reasons are:

1. Financial Abuse
2. Neglect
3. Psychological/mental abuse
4. Physical abuse

Financial Status

Many Santa Barbara dependent adults and seniors struggle with issues of poverty. Their numbers are understated even under the current out of date federal poverty levels of less than \$1,000 a month. In Santa Barbara County 7% of seniors live below the FPL and over a third are experiencing a large gap between the cost of living and their Supplemental Social Security Insurance (SSI) and other fixed income.

The cost of living for Santa Barbara County seniors is estimated to be \$1,500 to \$2,200 per month by the Elder Economic Security Standard. This financial need exceeds the average SSI Insurance payment of \$850 per month.

Some causes for the income gap are:

1. Decreasing SSI benefits
2. Medi-Cal cuts
3. Rising healthcare costs

Independence

In Home Supportive Services (IHSS) allows qualified low income aged, blind, and persons with disabilities to live in their homes and avoid institutional care. In 2011 Social Services completed over 1,000 assessments for In-Home Supportive Services. 49% were persons assessed to be in need of moderate to high levels of care. Contributing factors are:

1. Lack of support
2. Health, Frailty, Fall Risk
3. Poor judgment, problems with decision-making or insight
4. Mental health concerns

For more information about this report including the data and sources go to www.SBAAN.org/scorecard



The Big Issues and Some Solutions

Health

- ▶ Escalating costs-**Inform seniors about services of Federally Qualified Health Care Centers.**
- ▶ Lack of mental health services-**Advocate for service expansion and funding.**
- ▶ Access to fitness programs-**Develop local resources.**



Safety

- ▶ Financial abuse-**Be aware and educate others about scams.**
- ▶ Safety in the home-**Watch for difficulty in performing daily activities.**
- ▶ Mental or emotional concerns-**Seek professional assistance.**
- ▶ Physical abuse-**Report any suspicions to Adult Protective Services.**



Financial Security

- ▶ Cost of living measurement-**Adopt the Ca. Elder Economic Security Standard**
- ▶ Cost of housing-**Create affordable senior housing and assisted-living resources.**
- ▶ Cost of nutritional food-**Apply for CalFresh.**



Independence

- ▶ Eating nutritious meals-**Sign up for home-delivered meals.**
- ▶ In-Home Supportive Services reductions-**Protect from funding cuts.**
- ▶ Transportation needs-**Increase public-awareness of resources.**



Get Involved

- ▶ Volunteer to groups, clubs, events and to individual seniors
- ▶ Donate time and money to causes in support of seniors
- ▶ Raise awareness of the needs and issues surrounding seniors
- ▶ Advocate for legislation and programs in support of seniors



10 Things You



- ▶ Volunteer your time. Practice safe habits to prevent elder abuse. Stay sociable. Participate in community events as you are able.
- ▶ Give a donation.
- ▶ Help raise awareness.
- ▶ Check out the Everyone Matters Campaign at www.everyonemattersbc.org to learn how.

volunteer
Connect
donate time

- ▶ Know your medications.
- ▶ Practice good safety habits at home.
- ▶ Remove your name from telemarketing lists.
- ▶ Arrange to have your Social Security or pension check deposited directly to a bank account.
- ▶ Take care of your personal needs. Keep regular medical, dental, barber, hairdresser appointments.

know
YOU
yourself

- ▶ Have a speaker from an Adult and Aging Network agency to speak to your organization.
- ▶ Ask your faith leaders how you can help the elderly in your congregation.
- ▶ Sponsor a cultural event for seniors.

service clubs
Groups
Faith Community



Volunt
Like You

- ▶ Accept new opportunities for activities that may add friends and interests to your life.
- ▶ Learn about the senior resources in your area.
- ▶ Obtain legal advice regarding wills, powers of attorney, and advanced healthcare directives.

discover
Seek
hunt

promote
Businesses
support

- ▶ Sponsor discount days for senior citizens.
- ▶ Hire more senior citizens
- ▶ Seek out and support businesses offering special discounts for seniors.



Can Do to Help



Seniors
Matter

events

Attend
activities

- ▶ Participate in community events as you can.
- ▶ Attend presentations and classes on senior issues such as health and financial planning classes.
- ▶ Find a support group that fits your needs.



connect

Visit
reach out

- ▶ Take your pet to a retirement home.
- ▶ Look into retirement, assisted living, and nursing homes in your area to discover sites that suit your needs.
- ▶ Visit your senior friends and neighbors.

trade

Talent
skills

- ▶ Use your skills and talents to help out a senior with things they need such as home repairs, cooking, grocery shopping.
- ▶ Encourage seniors to share their talents with friends and family members.
- ▶ Teach a new skill or activity to a senior.

do anything

GO
get out

- ▶ Stay active.
- ▶ Go to a senior center or day care facility for meals, activities, and social outings.
- ▶ Participate in a physical activity with a senior. Go for a hike, play golf or tennis, go boating.
- ▶ Take a senior on an outing to a museum, park, beach, shopping, dining, or to a concert.

speak

Voice
be heard

- ▶ Ask for help when you need it.
- ▶ Lobby our politicians and organizations about the needs of the senior population.
- ▶ Use your vote wisely.



A Message from Supervisor Salud Carbajal, Supervisor Doreen Farr and the Department of Social Services Director Kathy Gallagher

We believe that everyone matters – and that holds true for our seniors, the fastest growing population in our neighborhoods and our nation. Together, we aim to protect and foster the mental, physical and social wellbeing of all our senior citizens.

Declining revenues at the state and federal level have challenged us to become more vigilant guardians of the services our seniors and adults with developmental and physical disabilities depend upon.

It is our goal to ensure that all seniors keep healthy, maintain independence and remain actively engaged within their community.

Residents are encouraged to get on board with “Everyone Matters,” a campaign that confronts the mounting issues our senior citizens face. We will utilize “The Senior Scorecard” to win this battle, a barometer used to assess local needs, make

informed decisions and raise awareness about the status of our aging community.

Top issues concerning our senior and disabled adult population include food scarcity and nutrition, isolation, at-home care, assisted living, transportation and escalating needs based on the increasing number of baby boomers becoming senior citizens. With your help, we can ensure that our seniors stay connected with the greater community – and most of all – to thrive. Show your support and join us as we prove that everyone truly does matter.



**Salud Carbajal
First District Supervisor**



**Doreen Farr
Third District Supervisor**



**Kathy M. Gallagher, Director
Department of Social Services**

EVERYONE MATTERS

“Everyone Matters” is a countywide campaign launching this Fall to engage and mobilize the Santa Barbara County community to strengthen children, seniors, and their families. The campaign’s goals are to highlight needs in the community and inspire individuals to help through donations, volunteerism, and advocacy.

ADULT & AGING NETWORK

C Health Care **I** In Home Service **H** Housing **E** Education and Information **N** Nutrition **P** Senior Programs
S Safety **T** Transportation **M** Mental Health **R** Support Services and Referral **F** Funder/Supporter

- E S R** 211 www.fsacares.org/2-1-1-helpline
- C I H E N S T M R** **Area Agency on Aging** www.centralcoastseniors.org (800) 510-2020
- E** **Allan Hancock College, Atkinson Lifelong Learning Center**
www.hancockcollege.edu/Default.asp?page=1348
- E R** **Alzheimer's Association, California Central Coast Chapter** www.alz.org/cacentralcoast
- E R** **American Association of Retired Persons (AARP), Santa Barbara** www.aarpsb.org
- R** **California State Assembly Das Williams 35th District** www.asm.ca.gov/williams
- I H E N S M R** **Catholic Charities** www.catholiccharitiesla.org
- E M R** **Center for Successful Aging** www.csasb.org
- P** **City of Santa Barbara, Senior Programs** www.santabarbaraca.gov
- I E M R** **Coast Caregiver Resource Center** www.coastcrc.org
- I E N S R P** **Community Action Commission of Santa Barbara County** www.cacsb.com
- I T R** **Community Partners in Caring** www.partnersincaring.org
- C E M R P** **Cottage Health System** www.cottagehealthsystem.org
- C H E M R** **Dignity Health** www.dignityhealth.org
- T** **Easy Lift Transportation** www.easylift.org
- E M R** **Family Service Agency** www.fsacares.org
- N P** **Food Bank of Santa Barbara County** www.foodbanksbc.org
- E S T P** **Friendship Center of Santa Barbara** www.friendshipcentersb.org
- H R** **Housing Authority of the City of Santa Barbara** www.hacsb.org
- F** **Human Services Commission** www.countyofsb.org/phd/humansvcs.aspx?id=21722
- H S T R** **Independent Living Resource Center, Santa Barbara, Santa Maria** www.ilrc-trico.org
- C E S M R** **Pacific Pride Foundation, Santa Barbara** www.pacificpridefoundation.org
- H** **Parsons Group, Inc.** www.parsonsgroupinc.com
- C E R** **Sansum Clinic** www.sansumclinic.org
- F** **Santa Barbara Bank & Trust** www.sbbt.com/community-reinvestment-act.php
- F** **Santa Barbara Chamber of Commerce** www.sbchamber.org
- H E S M** **Santa Barbara County Alcohol, Drug & Mental Health Services** www.countyofsb.org/admhs
- F** **Supervisor Salud Carbajal** 805-568-2186 scarbajal@sbcbos1.org www.countyofsb.org/bos
- F** **Supervisor Doreen Farr** 805-568-2192 dfarr@countyofsb.org www.countyofsb.org/bos
- C I H E N S T R** **Santa Barbara County Department of Social Services** www.countyofsb.org/social_services
- E S** **Santa Barbara County District Attorney's Office** www.countyofsb.org/da
- E S** **Santa Barbara County Public Guardian** www.countyofsb.org/ttcpapg/publicguardianservices.asp
- C** **Santa Barbara County Public Health Department** www.countyofsb.org/phd
- I E T R** **Santa Barbara Village** www.sbvillage.org
- E S M R** **Santa Barbara County Veteran's Services Program** www.countyofsb.org/ttcpapg/vetservices.asp
- H E S T M** **Santa Ynez Valley People Helping People** www.syvphp.org
- I H N T M** **Senior Planning Service** www.seniorplanningservices.com
- E** **Sharon Kennedy Estate Management** www.skestatemanagement.com
- T** **SMOOTH, Inc.** www.smoothinc.org
- E R** **United Way of Santa Barbara County** www.unitedwaysb.org
- E S T P** **Valley Haven Adult Day Care** www.valley-haven.org
- C I E R** **Visiting Nurse & Hospice Care, Santa Barbara** www.vnhcsb.org

ADULT & AGING NETWORK

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Santa Barbara County Department of Social Services