



**Council  
on Aging**  
Southern California

Helping Seniors Remain Healthy,  
Connected and Protected

# Our Time Together Today

- 6 Topics
  - Let's Talk about Aging
  - Council on Aging Programs & Resources
  - Local Resources
  - Planning for Healthy Aging
  - Q & A



# Council on Aging

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Helping Seniors Remain Healthy, Connected & Protected



- Non-profit organization based in Irvine
- Serving over 100,000 seniors annually in 5-county area
- 94 locations, including senior centers
- 102 Employees and 400+ Volunteers
- We are funded by government grants, foundations and local contributors
- Consider us as your “Go-To” resource on aging

# The Secret to Happiness in Retirement



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[www.coasc.org](http://www.coasc.org)

Impact	Program
<b>Advocacy &amp; Protection</b>	<ul style="list-style-type: none"><li>• HICAP – Medicare Counseling *</li><li>• Long-Term Care Ombudsman – Resident Advocate*</li><li>• Senior Protection Program</li></ul>
<b>Education &amp; Outreach</b>	<ul style="list-style-type: none"><li>• Roadmap to Medicare Classes</li><li>• Answers Guide</li><li>• SmileMakers Holiday Gift Program</li><li>• Aging <u>My</u> Way</li><li>• My Colors, My Mind, My Life</li></ul>
<b>Socialization &amp; Wellness</b>	<ul style="list-style-type: none"><li>• ReConnect Case Management</li><li>• Friendly Visitor</li><li>• PEARLS</li></ul>

\* HICAP and Ombudsman are National Programs



**Let's Talk About Aging**

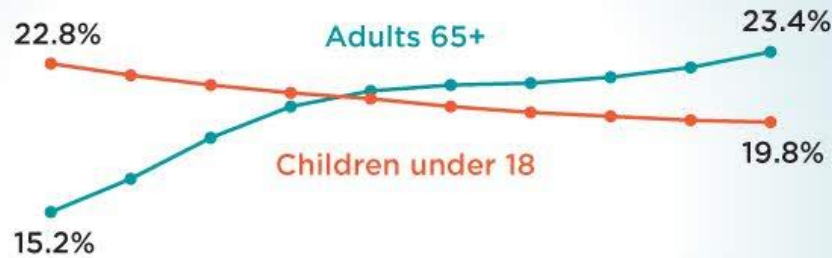


# An Aging Nation

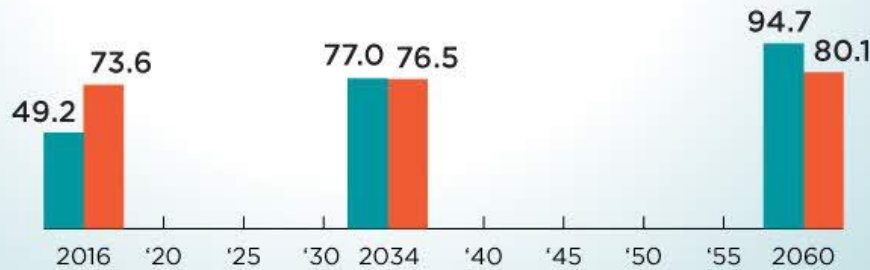
Projected Number of Children  
and Older Adults

For the First Time in U.S. History Older Adults Are  
Projected to Outnumber Children by 2034

Projected  
percentage  
of population



Projected  
number  
(millions)



Note: 2016 data are estimates not projections.

United States<sup>®</sup>  
**Census**  
Bureau

U.S. Department of Commerce  
U.S. CENSUS BUREAU  
[census.gov](http://census.gov)

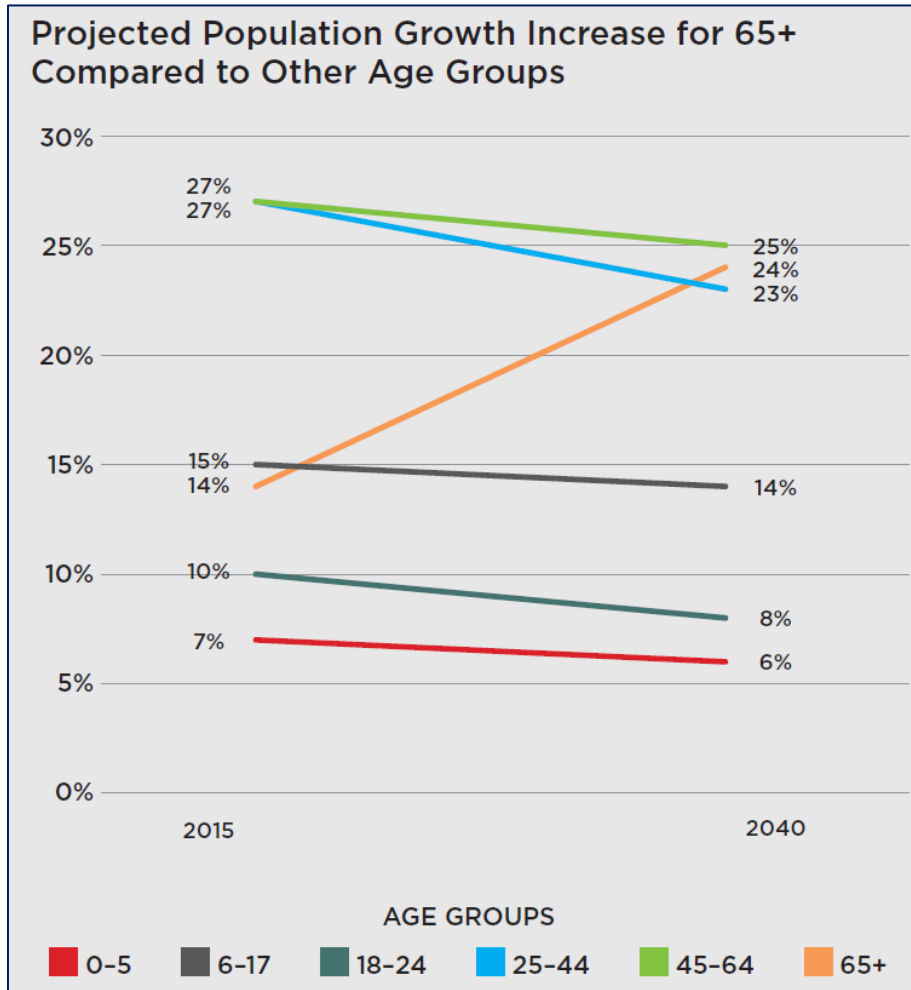
Source: National Population  
Projections, 2017  
[www.census.gov/programs-surveys/popproj.html](http://www.census.gov/programs-surveys/popproj.html)

# America is Getting Older



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# Exponential Growth



By 2040, almost **1 in 4** people in Orange County will be **65 or older.**

Source: Orange County Healthy Aging Initiative. (2016).  
Orange County Older Adult Profile, 2016. <http://ochealthiertogether.org>



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# Orange County has an Active, Contributing Older Adult (65+) Community



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# Affluent OC



- 113K households have net worth of \$1M or more
- 36% of households have income of \$100K or more
- OC ranks 3<sup>rd</sup> in the nation for \$1M in net worth or more
- Cost of living is 62.8% higher in OC than US average



## Yet...

44% of seniors are economically insecure

- The 65+ population has a median income of \$47,254
- Social Security provides 35-40% of the income



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**79% of older adults in OC own their homes**



**But...**

17,250 (69%) of the adults who receive rental assistance are elderly and disabled



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## Senior Nutrition in OC

- Over 1.3M Meals on Wheels are served annually.
- This grew to over 7M during the pandemic.



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# Local Help & Resources in addition to the Council on Aging



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Local Senior Centers have  
Information, Classes, Nutrition,  
Transportation, Volunteer Opportunities  
and More



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## Continuing Education Resources

- NOCE (N. OC Continuing Ed.)
- Orange Coast College
- Irvine Valley College
- Saddleback Emeritus Program
- OSHER Lifelong Learning: UCI
- Santa Ana City College
- Rancho Santiago Community College
- Cal State Fullerton







## The Orange County Office on Aging

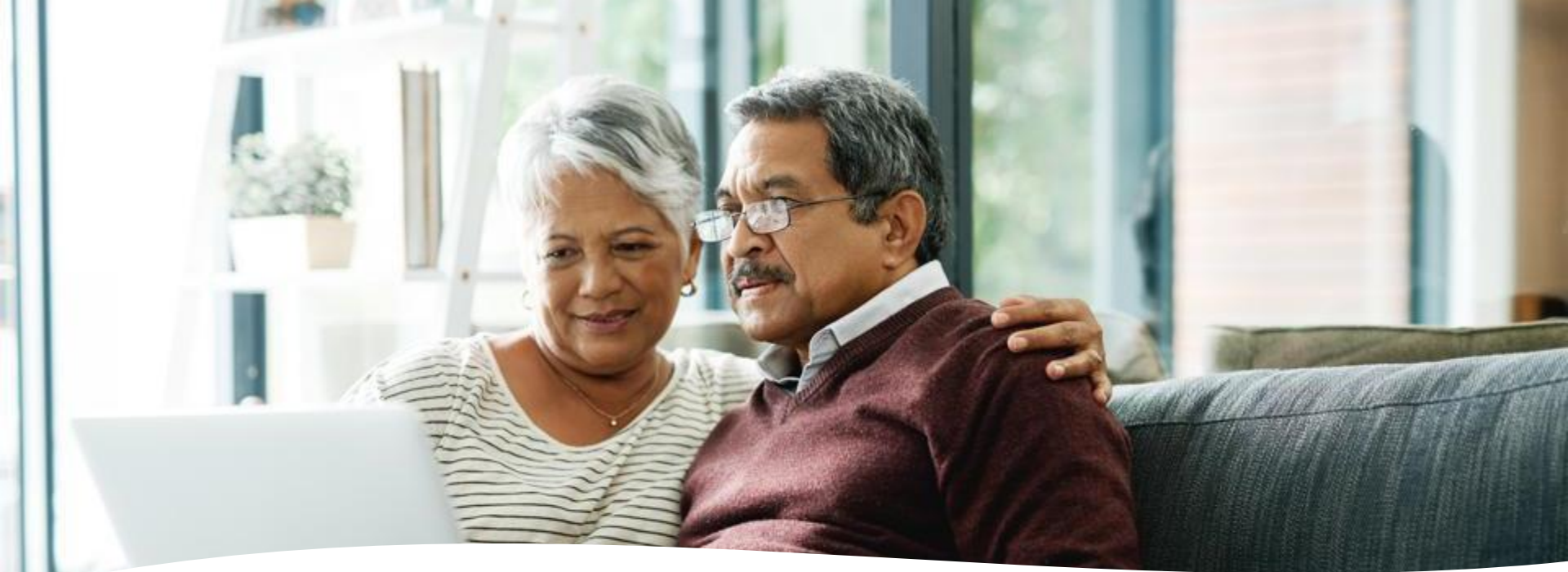
Local county office  
to address the  
needs and  
concerns of all  
older persons.

Contact them at:  
(800) 510-2020

[www.officeonaging.  
ocgov.com](http://www.officeonaging.ocgov.com)

# The Medicare Maze





## **HICAP: Health Insurance Counseling & Advocacy Program**

- No-cost State & Federally funded program
- HICAP Counselors Explain Medicare benefits and enrollment
- Help you compare and evaluate Medicare plans
- Assist with low-income benefit programs
- Advocate for you when problems occur
- Helps maximize benefits & minimize costs, including prescriptions

**NOTE:** *If you don't sign up for Medicare when you are first eligible, your enrollment may be delayed, and you may have to pay a late enrollment penalty*

# Medicare's Annual Enrollment Period

Identify Savings with a Medicare Check-up during Annual Enrollment:

Jan. 1<sup>st</sup> to Mar. 31<sup>st</sup> for Medicare Advantage Plans

Oct. 15<sup>th</sup> to Dec. 7<sup>th</sup> for all other Medicare Plans

- Evaluate your coverage
- Over 40 Medicare Advantage Plans offered in OC
- Over 25 Prescription Drug Plans are available
- Choose the best plan for your needs
- Call HICAP: 714-560-0424



# Long-term Care in Orange County

1,100 Facilities

28,000 Residents

50% of Residents experience some form of dementia

Sadly, 50% have no friend or family member actively involved in their care.



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# Long-Term Care Ombudsman Program

Ombudsmen are in every state. They advocate for the rights and dignity of long-term care residents.

**Call our Ombudsman Program  
for help or assistance:**

Orange County: 800-300-6222

Riverside County: 833-772-6624

(800) 231-4024 (24 hr. hotline)



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# Smile Makers

**Because  
No Senior  
Should Be  
Forgotten**





With the help of  
over 500  
volunteers...

We will collect,  
wrap, & deliver  
over 6,000 holiday  
presents to frail  
seniors  
this year.

Join in the Fun as  
a Team!





# ReConnect Program

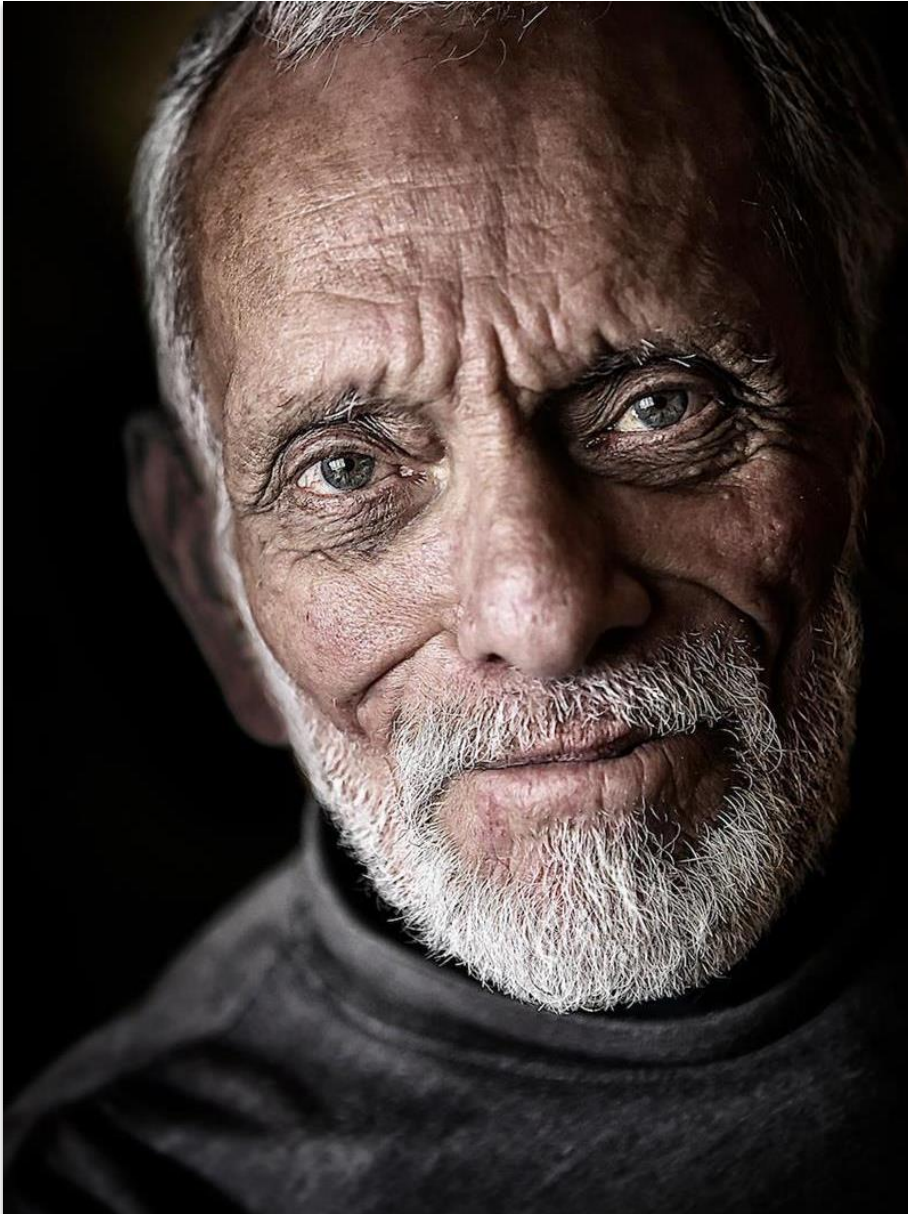
Mental Health Support for Older Adults in Orange County

One-year program to reintegrate older and disabled adults into our community

- Assessment by Case Manager
- Meaningful Activities
- Healthy Living Strategies
- Support Groups
  
- For more information  
Call: 714-352-8820



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# PEARLS Program

Mental Health Support for Older Adults

Helps reduce symptoms of depression and loneliness

- 4 to 6-month program
  - In-Home or virtual
  - Training to Assist with Problem Solving
  - Goal Setting, Skills Coaching
  - Referrals to Services
  - Follow Up
- 
- For more information  
Call: 714-492-1874



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# My Colors. My Mind. My Life.

Mental Health Stigma Reduction Program  
Utilizing Art Therapy



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from your country  
**fraud** /frɔːd||frɒːd/ n  
ting money from some  
plicated methods: *fine*  
**tax/share/bankrup**  
particular financial

Financial Elder Abuse Costs Seniors \$36 Billion per Year

source: National Council on Aging



# Senior Protection Program

- Fraud/Scam Education
  - Advocacy
  - Resources
- 





## **Planning for Aging Includes Understanding:**

- How to Remain Active and Connected with Friends/Family
- Changing Health Conditions
- Long-Term Care Options
- Healthcare Resources, including Caregiving
- Housing & Transportation Alternatives
- Cost of Care
- Support from Family or Others



# Create Your Healthy Aging Binder that Includes:

- Will and Trust
- Power of Attorney for Finances
- Power of Attorney for Healthcare
- Advanced Health Care Directive or POLST
- HIPAA Authorization
- Military Service Record
- Financial Investments, Banks, Credit Cards
- Insurance Policies
- Property List & Deeds
- Retirement/Pension Plan



Discuss Your Binder with  
Your Care Team and Loved  
Ones

Be Sure They Know Where  
Locate it in Case of an  
Emergency



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# Other Items to Include in Your Binder

- Copy of Driver's License
- Copy of Social Security Card
- Copy of Medicare Card
- List of Doctors and contact information
- Loan List; Contracts
- Medication List, Pharmacy
- Health Conditions; Key Medical Records
- Tax Returns
- Monthly Income and Expenses
- Budget for Aging

- Copy of Marriage Certificate
- Pre/post Marital Agreements
- Pet Information
- Pertinent Usernames & Passwords
- Contact Information for Family and Care Team
- Special Things to Know about Me

**Get Your Copy of our Healthy Aging Binder Checklist**





# In Closing...



- Aging Impacts Us All
- Please Share What You Learned Today
- Consider the Council as Your Go-To Resource on Aging
- Call Us: (714) 479-0107
  - Information
  - Help
  - Resources



**Your  
Questions  
are  
Welcome**



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