

Engaging Aging



WOMEN'S
EQUITY
FORUM

MONDAY 11.6.17
SEATTLE
CITY HALL

Agenda

3 p.m. Resource Fair—City Hall Lobby

Refreshments

Please post and tweet this event #EngagingAging

4 p.m. Forum—Bertha Knight Landes Room

General seating by interest area:

- Economic Security & Housing
- Social Participation
- Health, Safety & Community Services
- Respect & Social Inclusion

Welcome

Kate Joncas, Deputy Mayor of Seattle

Hon. Sally Bagshaw, Seattle City Council

Hon. Lisa Herbold, Seattle City Council

Catherine Lester, Seattle Human Services Department (*emcee*)

4:15 p.m. “The Triple Whammy: Ageism, Racism & Sexism”

LueRachelle Brim-Atkins, Brim-Donahoe & Associates

4:40 p.m. Lightning Talks

See abstracts and data in this booklet, in program order.

- **Longevity, Equity, and Healthy Aging**

Patty Hayes, RN, MN, Public Health—Seattle & King County

- **You're Not Alone: Avoiding Loneliness in Later Life**

Anu Orebiyi, MA, LMHC, African American Elders Program, Catholic Community Services

- **Pushing the Re-Set Button: Taking the Stigma Off Housing Options**

Sharonn Meeks, Washington State Housing Finance Commission

- **Keep Moving, Stay Connected, Live Well with Memory Loss**

Marigrace Becker, MSW, UW Memory and Brain Wellness Center

5:20 p.m. Working Dinner & Roundtable Discussions

Catering by Root Table

Agenda

6:30 p.m.

Lightning Talks

See abstracts and data in this booklet, in program order.

- **Women and Economic Insecurity: Advocacy and Policy Solutions**
Jennifer Romich, Ph.D., University of Washington
- **Finding Employment When You're Female, Fabulous, and Fifty-plus**
Lynda Hunter, Aging and Disability Services, Seattle Human Services Department
- **Preventing Gender-Based Violence**
Lan Pham, Seattle Mayor's Office on Domestic Violence and Sexual Assault
- **Caregiving: So Rewarding ... and Oh, So Stressful**
Dolores Maria Rossman, Consultant, Rossman-Guerrero y Asociados

7:10 p.m.

Roundtable Discussions

8:00 p.m.

Report Out

Each table names the strategy they find most compelling for an age-friendly community.

8:30 p.m.

Forum ends

Thank you for participating. Travel home safely!



Background

Age Friendly Seattle is an initiative to make Seattle a great place to grow up AND grow old. The City of Seattle joined the AARP Network of Age-Friendly Communities in July 2016. In March 2017, the Mayor and City Council issued Age Friendly Seattle Resolution 31739, which formalized their commitment to becoming a more age-friendly city with improvements in each of "The 8 Domains of Livability," as established by the World Health Organization:

- Transportation
- Housing
- Outdoor Spaces & Buildings
- Civic Participation & Employment
- Communication & Information
- Community & Health Services
- Respect & Social Inclusion
- Social Participation

For more information, e-mail agefriendly@seattle.gov or visit www.seattle.gov/agefriendly.

Keynote Speaker & Emcee

LueRachelle Brim-Atkins



Keynote speaker LueRachelle Brim-Atkins takes aim at what many consider to be a triple whammy—ageism, sexism, and racism—and talks about what we can do about it. Laugh about the realities of aging, strategize what you can do about sexism and racism and the ways you can rise above the negatives associated with all three. Learn how to build resilience going forward.

LueRachelle is founder and the principal consultant at Brim-Donahoe & Associates. She has more than 30 years of experience working in organization development and training in the public, private, and nonprofit sectors. She directed staff training and development at the University of Washington for 15 years. Since 1988, her firm has designed customized, comprehensive training and education programs that focus on leadership, management, cultural competence, diversity, and social change. She is particularly effective in creating safe spaces to work one-on-one with executives, leaders, and staff to resolve interpersonal issues and enhance personal work performance. She helps organizations become culturally responsive, actively reflect their stated values, and achieve their desired vision. She has spent time in 17 countries, thereby enhancing her ability to truly understand the struggle to become culturally responsive.

Catherine Lester



Our emcee is Seattle Human Services Department director Catherine Lester, who oversees Seattle's investments in agencies that support our city's most vulnerable residents. With a budget of more than \$155 million and a staff of about 325, Lester has been the architect and driver of the department's efforts to make contracting decisions based on data and results.

Lester was a 2013–2014 Annie E. Casey Foundation Children and Families Fellow, a nationally-recognized leadership development program focused on systemic changes to improve the lives of children and families in the United States. For more information, visit www.seattle.gov/humanservices.



Longevity, Equity, and Healthy Aging

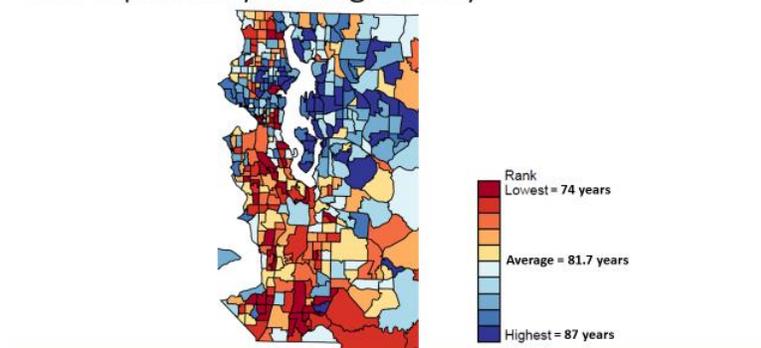
Abstract

Unprecedented increases in human longevity present an opportunity to actualize the core goal of public health—to increase the number of healthy years lived by King County residents. On average, a woman born today can expect to live over three decades longer than her great-grandmother born at the turn of the century.

This is astounding progress. But not everyone is benefitting equally. Longevity, like many other health indicators, varies widely based on race and place. For example, women in South Bellevue can expect to live more than ten years longer than those in South Renton. Understanding the roots of this disparity requires a look into the social determinants of healthy aging—the community conditions that all of us need to age well.

Health is determined by a lot more than just health care. Where and how people in our county can access healthy foods, live healthy lifestyles, age in place, and engage actively in their communities, makes the difference between life and death.

Life Expectancy in King County



Data

- Communities Count—King County
www.communitiescount.org
- Community Health Indicators—King County
www.kingcounty.gov/depts/health/data/community-health-indicators.aspx
- Health Equity Maps
www.kingcounty.gov/depts/health/data/maps.aspx
- CDC Data on longevity
www.cdc.gov/nchs/data/hus/hus16.pdf#015

City Role

Public Health—Seattle & King County is documenting health disparities and convening community partners to improve conditions so that everyone can live long and live well. We promote healthy environments, prepare for emergencies, prevent disease outbreaks, and improve population health with chronic disease management, falls prevention and more.

Recommended Pre-reading

- Public Health - Seattle and King County
www.kingcounty.gov/depts/health.aspx
- CDC's Healthy Aging Program
www.cdc.gov/aging/about/
- Healthy Aging in Action: Advancing the National Prevention Strategy
www.surgeongeneral.gov/priorities/prevention/about/healthy-aging-in-action-final.pdf
- Vaccinations and preventive screening services for older adults: opportunities and challenges in the USA:
www.ncbi.nlm.nih.gov/pmc/articles/PMC4532267/

Presenter



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You're Not Alone: Avoiding Loneliness in Later Life

Abstract

An AARP national survey in 2010 found that up to 35 percent of adults ages 45 and over reported feeling lonely. In addition, research has shown that chronic loneliness not only impacts our mental health but also impacts our physical health and life span.

To address loneliness, you must be willing to admit that you are having a hard time and must be willing to take steps to address the loneliness even if it means getting outside help. With help and/or increased supports, research has also shown a reduction in symptoms, in turn, resulting in an improved quality of life.

Data

- “Loneliness Among Older Adults: A National Survey of Adults 45+” by G. Oscar Anderson, AARP Research, September 2010: bit.ly/2gPg2iW !
- “Loneliness and social isolation take a steep toll on the human body. Studies show that people who are chronically lonely have significantly more heart disease, are more vulnerable to metastatic cancer, have an increased risk of stroke and are more likely to develop neurodegenerative diseases such as Alzheimer’s. Lonely adults are 25 percent more likely to die prematurely. Elderly people who are lonely die at twice the rate as those socially connected ... Researchers estimate that 60 million Americans—one fifth of the population—suffer from the pain of loneliness.”—excerpt from “The pain of chronic loneliness can be detrimental to your health,” by Veronique de Turenne, UCLA Newsroom, December 2016: newsroom.ucla.edu/stories/stories-20161206
- Loneliness and depression are not the same, but there is a high correlation between them:
 - Sean Seepersad, Ph.D. states in “Is Loneliness Just Another Form of Depression?” (Psychology Today, 2014): “Loneliness is a perfectly natural reaction a person would have if his/her need to belong is not being met. Depression, on the other hand, is a much more general feeling of sadness, hopeless, or dejection.” bit.ly/2zbMJhY
 - John T. Cacioppo and William Patrick point out in their book, *Loneliness: Human Nature and the Need for Social Connection*, “Loneliness reflects how you feel about your relationships. Depression reflects how you feel, period.” bit.ly/2yXOEY9
 - Yet, regarding behavioral interventions, programs such as the PEARLS (Program to Encourage Active Rewarding Lives for Seniors)

can be utilized when working with both individuals feeling lonely and individuals feeling depressed due to symptom commonalities.

- A research study, “Community-Integrated Home-Based Depression Treatment in Older Adults: A Randomized Control Trial” by Ciechanowski, P., et al. (2004) showed that patients receiving the PEARLS intervention were more likely to have a reduction in depressive symptoms, to achieve complete remission from depression, and/or to see improvements in their quality of life and emotional well-being. bit.ly/2zLvptw

City Role

PEARLS, an evidenced-based in-home depression counseling program, was developed by University of Washington Health Promotion Research Center (HPRC). It is one of several research projects that UW’s HPRC has been and is involved in. PEARLS counseling is free for individuals who enroll into the program due to funding by the King County Human Services and Veterans Levy and sponsorship by Aging and Disability Services, the Area Agency on Aging (a division of the Seattle Human Services Department).

Recommended Pre-reading

- “Former Surgeon General Sounds the Alarm on the Loneliness Epidemic”: cbsn.ws/2zdsfoV
- “Researchers Confront an Epidemic of Loneliness” by Katie Hafner: www.nytimes.com/2016/09/06/health/loneliness-aging-health-effects.html
- “What Drives Our Loneliness?” by Lisa Firestone, Ph.D.: bit.ly/2iDKwEO

Presenter



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Pushing the Re-Set Button: Taking the Stigma Off Housing Options

Abstract

Affordable senior housing has come a long way, offering amenities, security and aesthetics that compare to market-rate housing. While programs to keep older adults in their original homes are important, we also need to educate and inform them about their options for not staying in their homes. For many, an independent senior apartment is the start of a new, meaningful life. Those who work with older adults can help them by educating themselves about the wide range of housing options.

Data

- Older women are more likely than older men to live alone. Profile of General Population and Housing Characteristics: 2010 Demographic Profile Data, U.S. Census Bureau: factfinder.census.gov
- In AARP's Livability for All in the City of Seattle survey, only one-third of Seattle residents age 45+ responded positively about having sufficient affordable housing options for older adults. A similar percentage feel their community has well-maintained, safe low-income housing. bit.ly/1YIV86L
- AARP's Livability Index rates Seattle's housing affordability in the bottom one-third of neighborhoods across the country. bit.ly/2glazXt
- Self-sufficiency is difficult for Seattle residents age 65+ to achieve due to high housing costs. The Elder Economic Security Standard Index for Seattle city, 2010: bit.ly/2zSiD01
- The current supply of public housing remains a critical safety net for low-income people, including older adult, in Seattle and King County. Quiet Crisis: Age Wave Maxes Out Affordable Housing, King County 2008–2025: bit.ly/2fIHA8t

City Role

The City of Seattle's Office of Housing manages public investments from the Seattle Housing Levy and incentive programs that fund the preservation and production of affordable apartments and homes in Seattle. The Office also provides free or low-cost home repair and weatherization programs for lower-income residents, helping them remain in their homes; emergency rental assistance to prevent homelessness; and online resources that make the search for affordable housing options easier.

Recommended Pre-reading

- Apartment Finder: www.apartmentguide.com/Apartments/Rent
- Dedicated Care Solutions: www.DedicatedCareSolutions.com
- Family Resource Home Care: www.familyresourcehomecare.com

- Home Instead: www.homeinstead.com
- King County Housing Authority: www.kcha.org
- Mercy Housing: www.mercyhousing.org/Washington
- Retirement Connections: www.RetirementConnection.com
- Seattle Housing Authority: www.seattlehousing.org
- Senior Housing Assistance Group: www.housing4seniors.com

Presenter



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Keep Moving, Stay Connected, Live Well with Memory Loss

Abstract

Physical activity and social connection are vital components of healthy aging, but elusive for many older adults. People with dementia and their loved ones may encounter additional challenges to maintaining physical activity or social connection. Social stigma can prevent people with dementia from taking part in social and recreational activities, while a resource like a senior fitness class may not be adapted to fit the needs of people with dementia. Older women are more likely to live with dementia, or to act as family caregivers. Efforts to provide dementia-friendly opportunities for social connection and physical activity are an essential way to address equity for older women. The City of Seattle can be a part of the solution by providing incentives for City-funded senior centers to adapt their health, wellness, and socialization programming to be accessible to people with dementia and their loved ones.

Data

- 77 percent of adults over age 65 in King County do not meet the recommended amount of physical activity. 16.5 percent of Age Friendly Seattle survey respondents have social contact every two to three weeks or less. Age-Friendly Seattle Draft Action Plan 2018–2021, bit.ly/2h7ND4f
- An estimated 110,000 people live with Alzheimer's or other dementias in Washington State, and another 335,000 people provide unpaid care to someone with dementia. Alzheimer's Statistics—Washington, Alzheimer's Association: bit.ly/2lid2wQ
- Nearly two-thirds of people with Alzheimer's disease are women. Fact Sheet, 2017 Alzheimer's Disease Facts & Figures: bit.ly/2yRg8NI
- Nationally, more than 75 percent of family caregivers are women. Caregiver Statistics: Demographics, National Center on Caregiving, Family Caregiver Alliance: www.caregiver.org/caregiver-statistics-demographics
- 39 percent of people with dementia surveyed by the Alzheimer's Society in 2013 reported feeling lonely, prompting a call to address social isolation in people with dementia to improve their quality of life, through programs like memory cafes and walking groups. Dementia 2013: The Hidden Voice of Loneliness: bit.ly/2lqkkgZ
- Social isolation and physical inactivity are two of nine potentially modifiable risk factors for dementia recently identified by the Lancet Commissions. bit.ly/2yQ6z1f

City Role

The City of Seattle promotes physical activity and social connection for older women in a variety of ways, from Aging and Disability Services' referrals to wellness programs to Seattle Parks and Recreation's Sound Steps walking program and culturally-tailored Food & Fitness programs. As for opportunities

particularly adapted to older women living with dementia and/or female caregivers, Seattle Parks and Recreation and some City-funded senior centers meet this need:

- In 2014, Seattle Parks launched Dementia-Friendly Recreation, the first municipal program in the nation specifically designed to provide meaningful recreation opportunities for people living with dementia and their loved ones. Programs like the Out & About Walking Group, Minds in Motion fitness class, and Friendly Folk Dance provide physical activity, while field trips, arts programs and more provide the opportunity to connect socially. www.seattle.gov/parks/find/dementia-friendly-recreation
- Some City-funded senior centers provide physical activity and social support programs designed for people with dementia. For example, the Greenwood Senior Center launched the second Alzheimer's Café in the nation—regular monthly social gatherings in a neighborhood venue for people with dementia and their loved ones. They also provide yoga classes, a memory loss chorus, and a weekly enrichment group for people with early stage memory loss. www.phinneycenter.org/gsc/memory/
- These City-supported programs partner with other organizations under the banner of Momentia Seattle, a grassroots movement empowering people with memory loss and their loved ones to stay active and connected in the community. www.momentiasseattle.org

Recommended Pre-reading

- Greenwood, N, Smith, R, Akhtar, F, Richardson, A. 2017. A qualitative study of carers' experiences of dementia cafés: a place to feel supported and be yourself. Greenwood et al. BMC Geriatrics. 17:164: bit.ly/2zEh8Sj
- Teri, L, Logsdon, R, McCurry, S. 2008. Exercise Interventions for Dementia and Cognitive Impairment: The Seattle Protocols. bit.ly/2yPt72c

Presenter



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Women and Economic Insecurity: Advocacy and Policy Solutions

Abstract

Older adults' financial well-being depends on their income, assets, and expenses. On average, women earn less and accumulate fewer assets than do men over their working years. Time doing unpaid caregiving work, gender-based pay discrimination, and other factors hinder women's lifetime earnings; women of color and LGBTQ women often feel these impacts the most.

The City can take steps to promote financial stability among Seattle's women elders and make sure all women are on track for secure retirements. Quality, affordable senior housing options allow older adults to stay in our communities with the security of a roof over their heads. Funding and promoting paid caregiving services helps elders and their caregivers. Ensuring gender pay equity, earned sick and safe time, and paid family leave time for City workers—and all Seattle residents—will allow today's employed women to balance caregiving with gainful work.

Data

- On average, women live longer than men (women 83.7 years | men 79.4 years). Community health indicators, Public Health—Seattle & King County: bit.ly/2gXOE21
- On average, women earn 77 percent to 83 percent of what men earn. Explaining the Gender Wage Gap, by Sarah Jane Glynn, Center for American Progress, May 19, 2014: ampr.gs/1PjT9Mj. Earnings by demographics, Labor Force Statistics from the Current Population Survey, Bureau of Labor Statistics: bit.ly/2xwTxSP
- Women who spend time as caregivers forgo wages and Social Security benefits; one estimate pegs the individual average lifetime cost at \$324,044. The MetLife Study of Caregiving Costs to Working Caregivers, June 2011: bit.ly/1m5UNxY

City Role

The City of Seattle promotes economic security for older women by:

- Funding caregiving services to allow working age adults to help care for their elders and to allow elders to live as independently as possible in their own homes.
- Allowing employees to earn paid time off for health, personal safety, and family leave reasons, and by passing labor standards such as the Paid Sick and Safe Time Ordinance which requires certain employers to provide all employees with earned time off.

- Housing elders in public housing and promoting the development of affordable senior housing by the nonprofit and for-profit sectors.

Recommended Pre-reading

- Gender Pay Gap Contributes to Economic Insecurity for Older Women, by Marilyn P. Watkins, Ph.D., Economic Opportunity Institute, Seattle, AgeWise King County, March 2016: bit.ly/2gUyLt9
- Enhancing Social Security for Women and other Vulnerable Americans: What the Experts Say. Heidi Hartmann, Ph.D. Institute for Women's Policy Research: bit.ly/2hn42SE
- Women's Institute For A Secure Retirement: www.wiserwomen.org
- National Committee to Preserve Social Security & Medicare: bit.ly/2gLxtwR
- A Better Balance leverages the power of the law to ensure that no worker has to make the impossible choice between their job and their family: www.abetterbalance.org

Presenter



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Finding Employment When You're Female, Fabulous, and Fifty-plus

Abstract

The economy improved, the Federal Reserve raised interest rates, unemployment dropped, and yet women over 50—particularly women of color (African American and Hispanic or Latino)—continue the struggle to find meaningful, substantive, employment. Department of Labor Statistics show that for the first three quarters of 2017 the employment gains of men outpaced those of women.

What does this trend suggest? Have a multitude of "isms" come together to create a perfect storm of older female jobseekers who now find themselves on a cycle of continuing long-term unemployment?

Navigating digital/online applications and other job search technology can be intimidating. Social media, social networking, and software familiarity all represent a new learning curve for the 50+ female. Job postings can be rife with thinly-disguised discriminatory language. These are among many issues to be addressed so that digital intimidation doesn't contribute to ongoing employment inequity.

Data

- "Unemployment rates by age, sex, race, and Hispanic or Latino ethnicity" 10/06/17, U.S. Bureau of Labor Statistics: bit.ly/2rkxdJa
- King County Labor Market Information, Employment Security Department Washington State: esd.wa.gov/labormarketinfo/king
- "The Unique Disadvantage Older Women Face in the Workforce," PBS Newshour March 2016: to.pbs.org/2zUWAWv

City Role

The City of Seattle provides support to the Seattle Jobs Initiative, which creates opportunities for people to support themselves and their families through living-wage careers. The Seattle Information Technology department coordinates a Digital Equity Initiative that has reduced disparities in Internet access and digital literacy skills for residents with lower education, low incomes, older adults, individuals with disabilities, minorities, and immigrants. The Seattle Human Services Department/Aging and Disability Services provides job readiness training.

Recommended Pre-reading

- "Older Women are Being Forced out of the Workforce," The Harvard Business Review, Feb. 2016: bit.ly/1QGldrH

- “Challenges for Older Employees,” Women for Hire: bit.ly/2yQ4WkF
- “The Stubborn Problem of Ageism in Hiring,” Government Executive, February, 2017: bit.ly/2iFcLTC
- “50 and Unemployed,” Fifty is the New Fifty blog: bit.ly/2yRYild

Presenter



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Preventing Gender-Based Violence

Abstract

One-quarter to one-third of people in Seattle (or any community) will experience gender-based violence yet solutions and responses to domestic violence, sexual assault, and human trafficking are significantly underfunded. At the same time, criminal and civil legal responses are woefully inadequate and problematic for most survivors for a variety of reasons, including structural racism.

The City needs to increase the funding streams for prevention, awareness, and response to gender-based violence and increase accessibility of information in schools and other public spaces, so that communities are armed with the information they need to not only respond to but prevent gender-based violence. Envision a world where healthy, loving, and equitable relationships are not only possible but the norm, a community that is free of violence.

Additional issues the City should examine are gender pay gap and increasing services and prevention efforts for homelessness.

Data

- Get the Facts & Figures, The National Domestic Violence Hotline: www.thehotline.org/resources/statistics/
- Who Will Help Me? Domestic Violence Survivors Speak Out About Law Enforcement Responses: www.thehotline.org/wp-content/uploads/sites/3/2015/09/NDVH-2015-Law-Enforcement-Survey-Report.pdf
 - 1 in 4 reported that they would not call the police in future
 - More than half said calling the police would make things worse
 - Two-thirds or more said they were afraid the police would not believe them or do nothing

City Role

The City of Seattle is involved in responding to and preventing gender-based violence involved by:

- Funding services—primarily for survivors of domestic violence (DV), sexual assault, and commercial sexual exploitation. There is some limited funding for treatment for indigent DV perpetrators.
- Police, prosecution and municipal court response (including probation)
- Planning and convening efforts to coordinate between City departments and the community, both around responding to and preventing gender-based violence

- Educating about and enforcing ordinances and statutes related to providing protections for survivors related to housing and employment, including use of sick and safe time leave, housing discrimination, etc.

Recommended Pre-reading

- **StoryTelling and Organizing Project (STOP)** is a project of Creative Intervention, a national leader in transformative justice organizing. This website has audio and written examples of transformative justice and community accountability: www.stopviolenceeveryday.org.
- **It Takes a Village Toolkit**, NW Network of Bi, Trans, Lesbian and Gay Survivors of Abuse, is a resource for friends and family of survivors of domestic violence to best support the survivor: bit.ly/2m5T1bV
- **Futures without Violence** is an organization working to end violence against women and children around the world: www.futureswithoutviolence.org
- The **Changing Minds Campaign** focuses on teaching society how to reverse the negative impacts of childhood trauma: www.changingmindsnow.org/science

Presenter



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Caregiving: So Rewarding ... and Oh, So Stressful

Abstract

We live in a world of unprecedented demographic changes—in Seattle, across the United States, and around the world. People are living longer than at any other time in the history of the world. New models of long-term care are needed, and it is well-agreed among individuals and organizations in “aging world” discussions that we are way behind the eight ball.

Demographics don't lie. As we come to understand that our entire population will be affected by the issues facing both unpaid family caregivers and paid caregivers, through concern, innovative thinking, and collaboration, new models of programs and services will arise. The winds of social change are calling.

Data

According to Family Caregiving in 2017: A Full-Time Unpaid Job for Many (www.caring.com/research/caregiving-in-2017):

- About 40 million United States residents provide unpaid care to an adult with an illness or disability (34 million for a loved one age 50+).
- Caregiving is expensive. Forty-four percent of unpaid caregivers spend at least \$5,000 annually on food, clothing, transportation, medications, health care, transportation, and legal services for their loved ones.
- About two-thirds of caregivers spend 30 hours or more per week on caregiving, including shopping, attending medical appointments, managing finances, providing transportation, communicating with family members.
- Caregivers want help providing regular companionship for their loved one and also help with housework, bathing/hygiene, and transportation.
- Most working caregivers miss work due to caregiving.

The caregiving impact on women:

- Nationwide, 66 percent of caregivers are women. Current Population Reports: 65+ in the United States: 2010, U.S. Census Bureau: bit.ly/V34jwf
- In 2011, the negative impact on a caregiver's retirement fund is approximately \$40,000 *more* for women than it is for men. In total, the cost impact of caregiving on the individual female caregiver in terms of lost wages and Social Security benefits equals \$324,044. The MetLife Study of Caregiving Costs to Working Caregivers: bit.ly/1m5UNxY
- Low-income women are particularly impacted by the gender wage gap and caregiving career interruptions. Advocacy Starts at Home: Strengthening Supports for Low-Income Older Adults and Family Caregivers, Justice in Aging Special Report, February 2016: bit.ly/1UIGvW1

City Role

The Seattle Human Services Department's Aging and Disability Services division—the Area Agency on Aging for Seattle-King County—facilitates the King County Caregiver Support Network, a coalition of agencies that receive federal and state funding for family caregiver support services.

Recommended Pre-reading

- A public secret: assisted living, caregivers, K. Woodward, Globalization; International Journal of Ageing and Later Life, 7(2): 17_51: www.ep.liu.se/ej/ijal/2012/v7/i2/a02/ijal12v7i2a02.pdf
- Care documentary: www.caredocumentary.com
- Northwest Universal Design Council: www.environmentsforall.org
- King County Caregiver Support Network: www.kccaregiver.org
- Who Will Care for the Caregiver?: nyti.ms/2k4zUdy

Presenter



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Thank you for your support!

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Thank you for your support!



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