

# Promoting Healthy Aging

Helping Older Adults Experience Stable Health and Age in Place

## → THE ISSUE

As "baby boomers" age, they are contributing to a wave of growth that's expected for King County's population age 60+. Seattle aims to be a great place to grow up and grow old. A healthy, vibrant, and inclusive city ensures that people are able to remain active and engaged in their communities throughout their lifetimes and across generations.



**830,000**

caregivers in Washington are providing over **\$10 billion of uncompensated care**

**\$10 million**

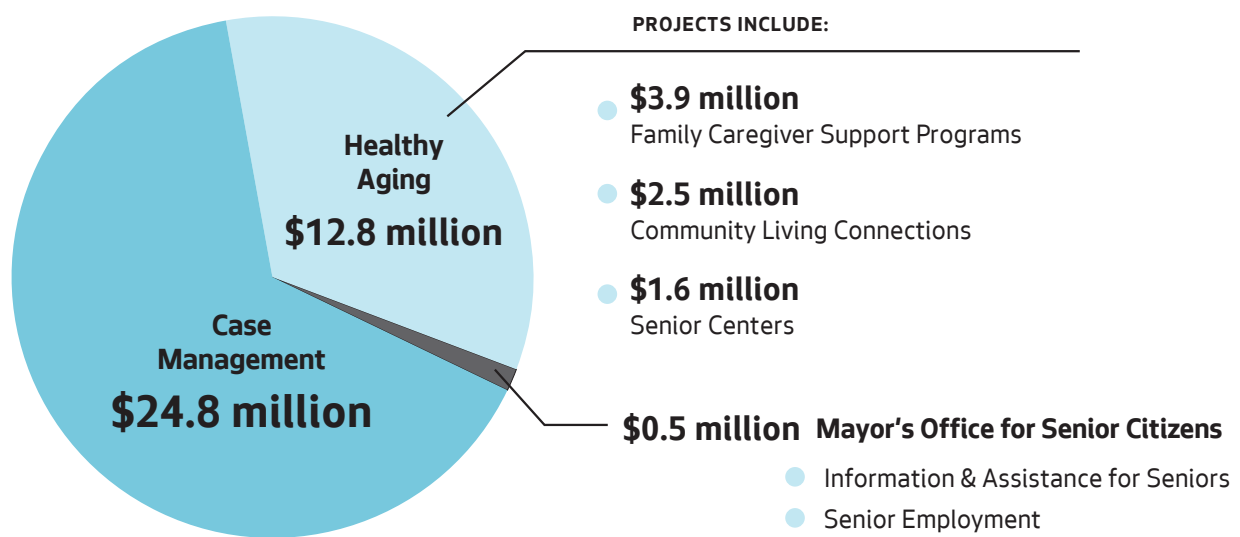
the estimated **decrease in burden** to the Medicaid long-term care system per year in Washington State, due to services provided by **family caregivers**

**36%**

of King County seniors report **limited activity** due to chronic health problems

## → INVESTMENT TOTAL: **\$38 million**

Investment breakdown:



ON THE WEB



## → IMPACT

### Community Living Connections

An extensive network of community partners ensures that older adults, people with disabilities, and the people who care for them have access to resources and information when and where they need it. Full implementation of a new service delivery model was achieved in 2016.

### Age Friendly Seattle

In 2016, the City of Seattle joined the national AARP Network of Age-Friendly Communities, gaining access to resources and information on age-friendly best practices, assessment and implementation models, and experiences of towns and cities around the world.

### Case Management Program

HSD case managers authorize and coordinate in-home care services for frail low-income seniors and adults with disabilities who would otherwise be served by expensive nursing home facilities. HSD's Case Management Program is an integral part of Washington State's nationally-recognized system of person-centered care and innovative service delivery models.



**11,018** people receive long-term case management each month directly from HSD staff



### Senior Center 2016 progress

**12,505**

Senior Center participants

**9,031**

scheduled social activities offered at Senior Centers

**7,419**

care coordination and support groups offered at Senior Centers

**5,861**

health and wellness opportunities offered at Senior Centers

**96%**

feel they are more able to maintain their independence (Senior Center survey)

## Impact Story



Leo is a 72-year-old whose primary diagnoses are alcohol abuse and glaucoma. He recently had his caregiver hours increased from 47 to 122 hours a month, which provided 4 to 5 days of caregiving support. The HSD case manager was able to buy Leo some kitchen items, which has given Leo access to regular meals. His increased support provided access to physical therapy for better mobility and health, and he has dramatically reduced his alcohol intake. Prior to the increased support, Leo was regularly relying on 911 and emergency room visits, and now this has almost completely stopped, as he is much more stable.