

**Contra Costa County
Convening on Family Caregiving**

**SUPPORTING FAMILY CAREGIVERS
IN THE COMMUNITY**

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FAMILY CAREGIVER ALLIANCE®
National Center on Caregiving

CAN WE TALK ABOUT CAREGIVING?

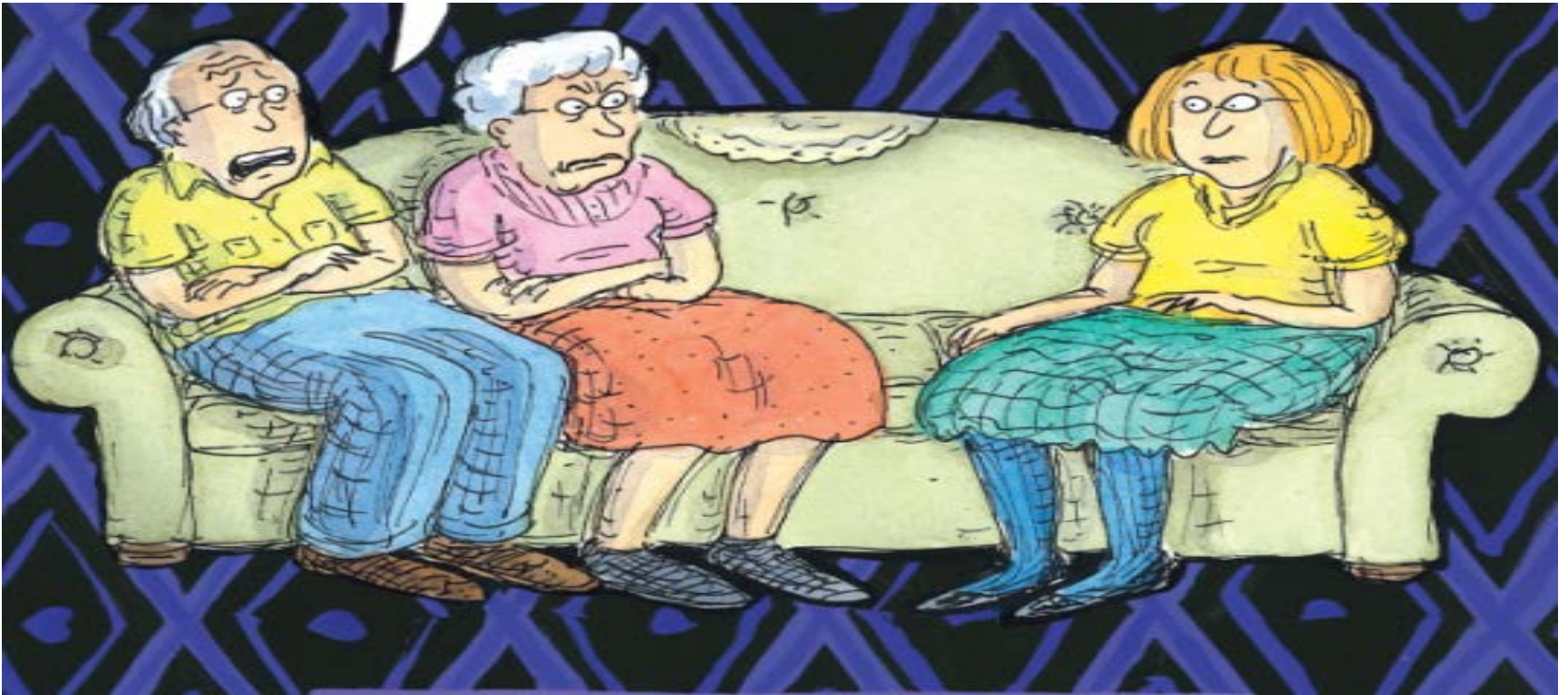


Image: Cover Art, Can't We Talk About Something More Pleasant, Roz Chast 2016

We need to accelerate the public dialogue about caregiving and advocate for changes in policies that better support the financial, health and social well-being of caregiving families.

Family Caregiver Alliance Experience

- Caregiver-centric not disease specific
- Service duration is open-ended & episodic
- System approach not individual interventions
- Broad geographic reach & eligibility
- Data matters

Words Matter: A Few Definitions

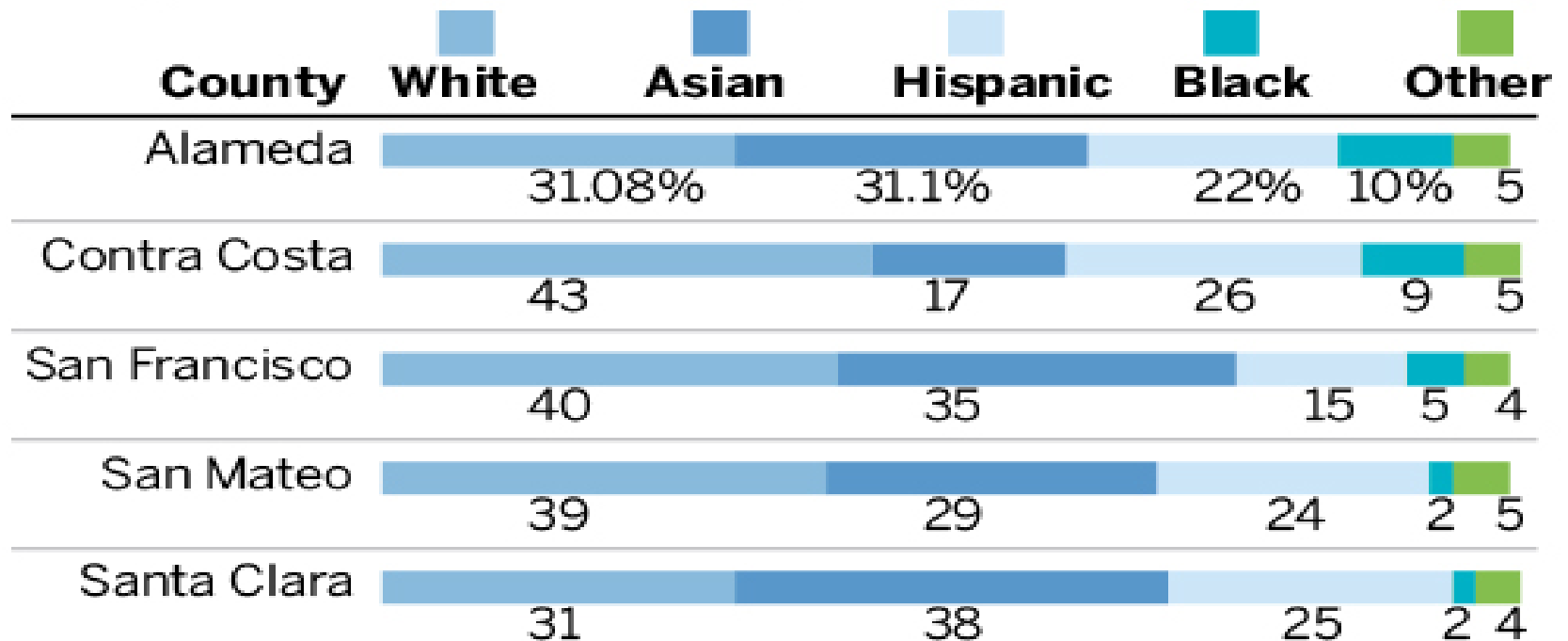
Family Caregiver is broadly defined and inclusive of unpaid relatives, friends, partners, families of choice

Tracking services and policies for family caregiver support follows two main areas:

1. explicit services and policies of benefit to family caregivers
 - *The Family Caregiver is the eligible client*
2. implicit services and policies of benefit to the care recipients
 - *The Care Recipient is the eligible client*

DIVERSITY GROWS IN THE BAY AREA

Asian Americans are now the largest racial group in Alameda County, according to newly released race and ethnicity data from the U.S. Census Bureau. Alameda County joins Santa Clara County, where Asians have had a plurality since 2014.

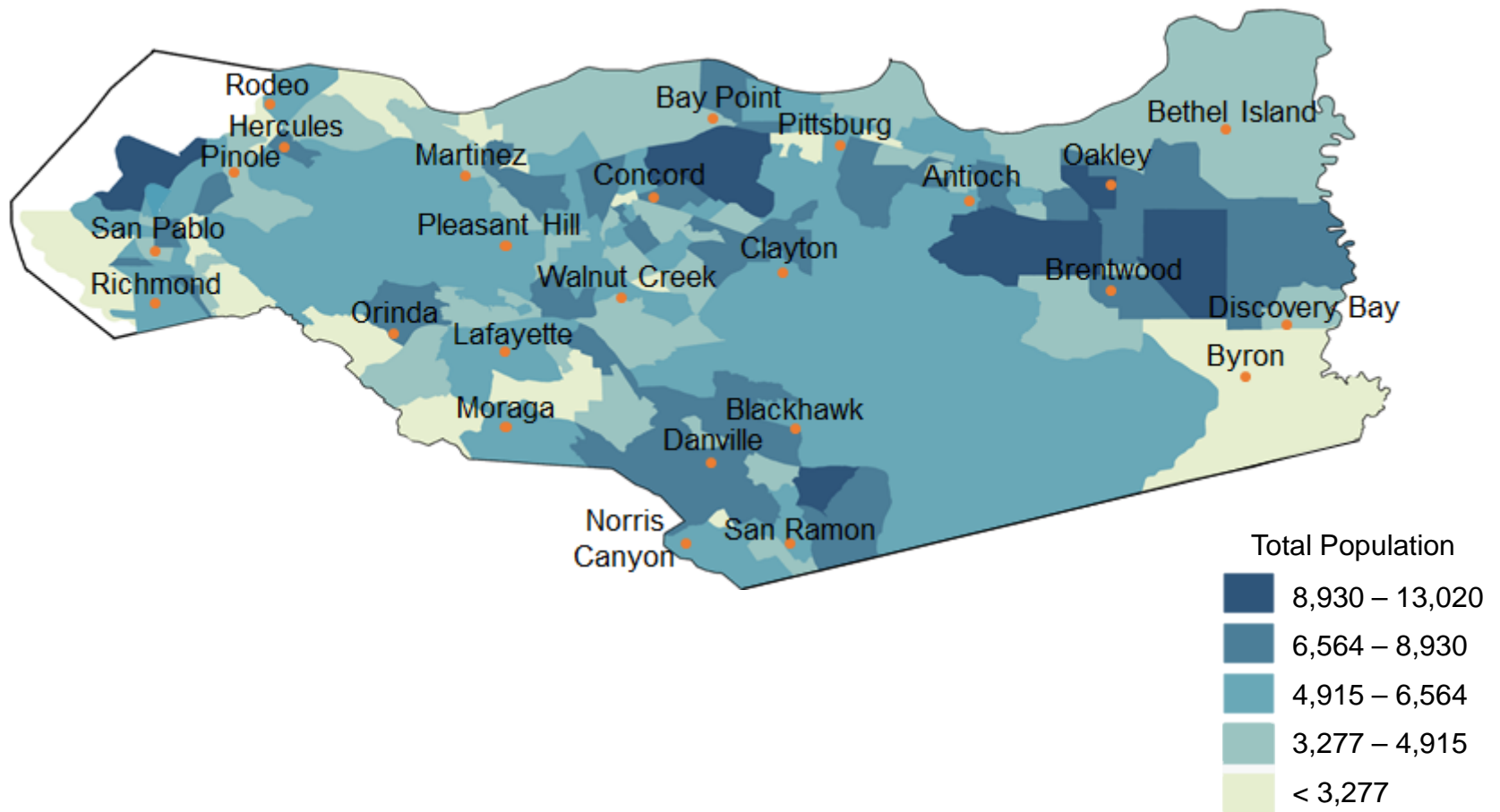


Note: Percentages may not add to 100 due to rounding.

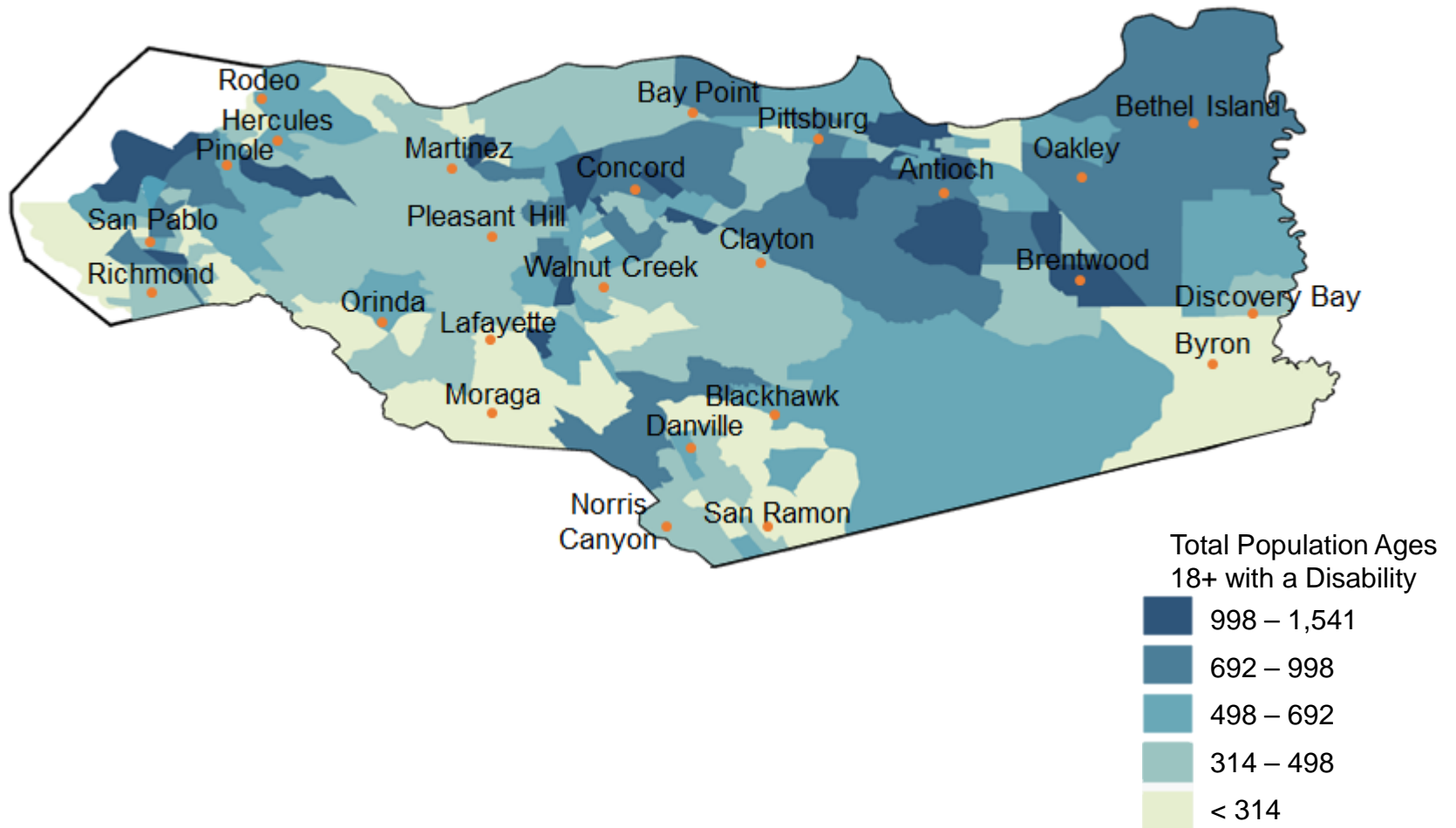
Source: US Census Bureau

BAY AREA NEWS GROUP

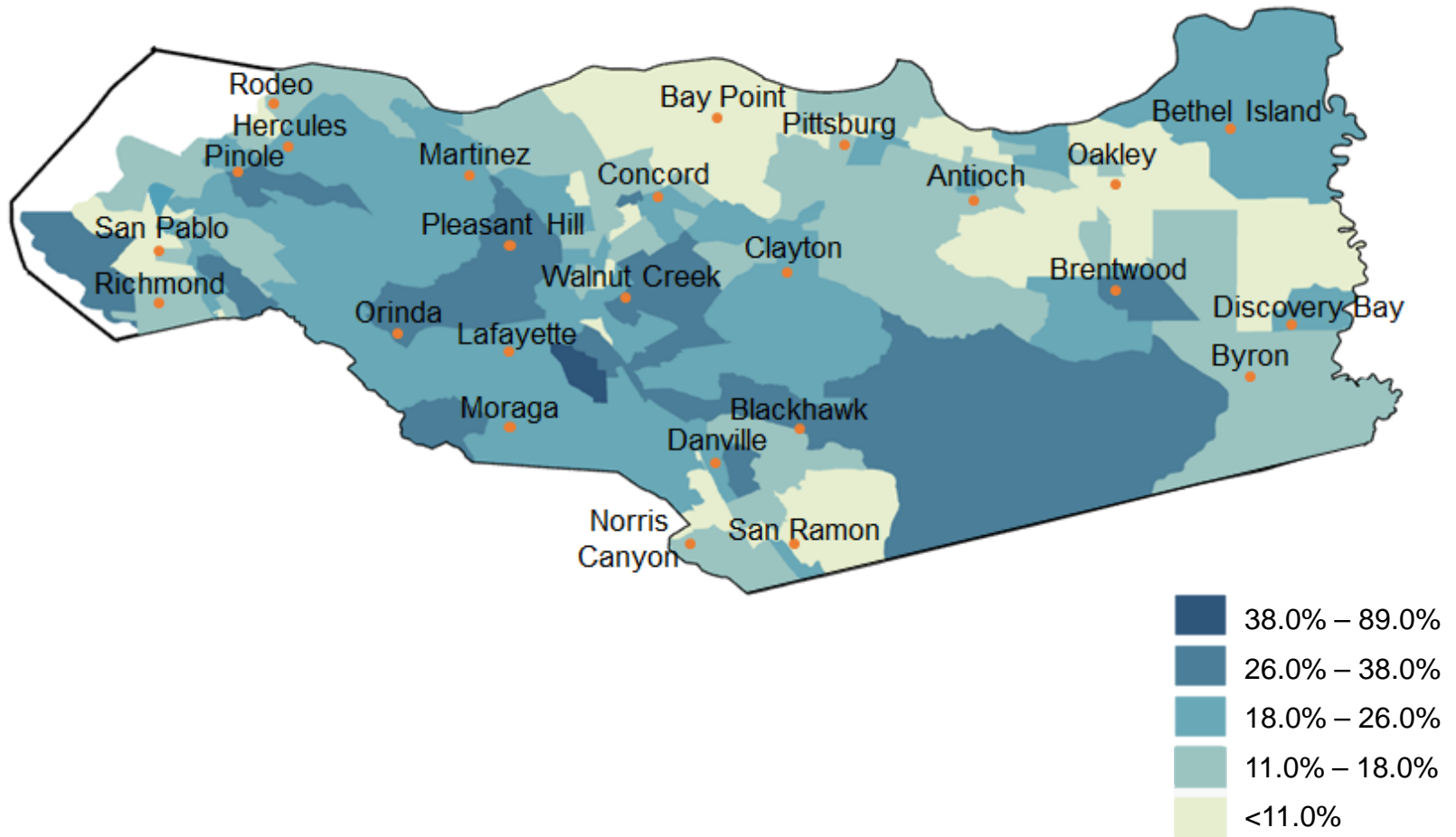
Total Population Estimate in Contra Costa by Census Tract, 2017 ACS



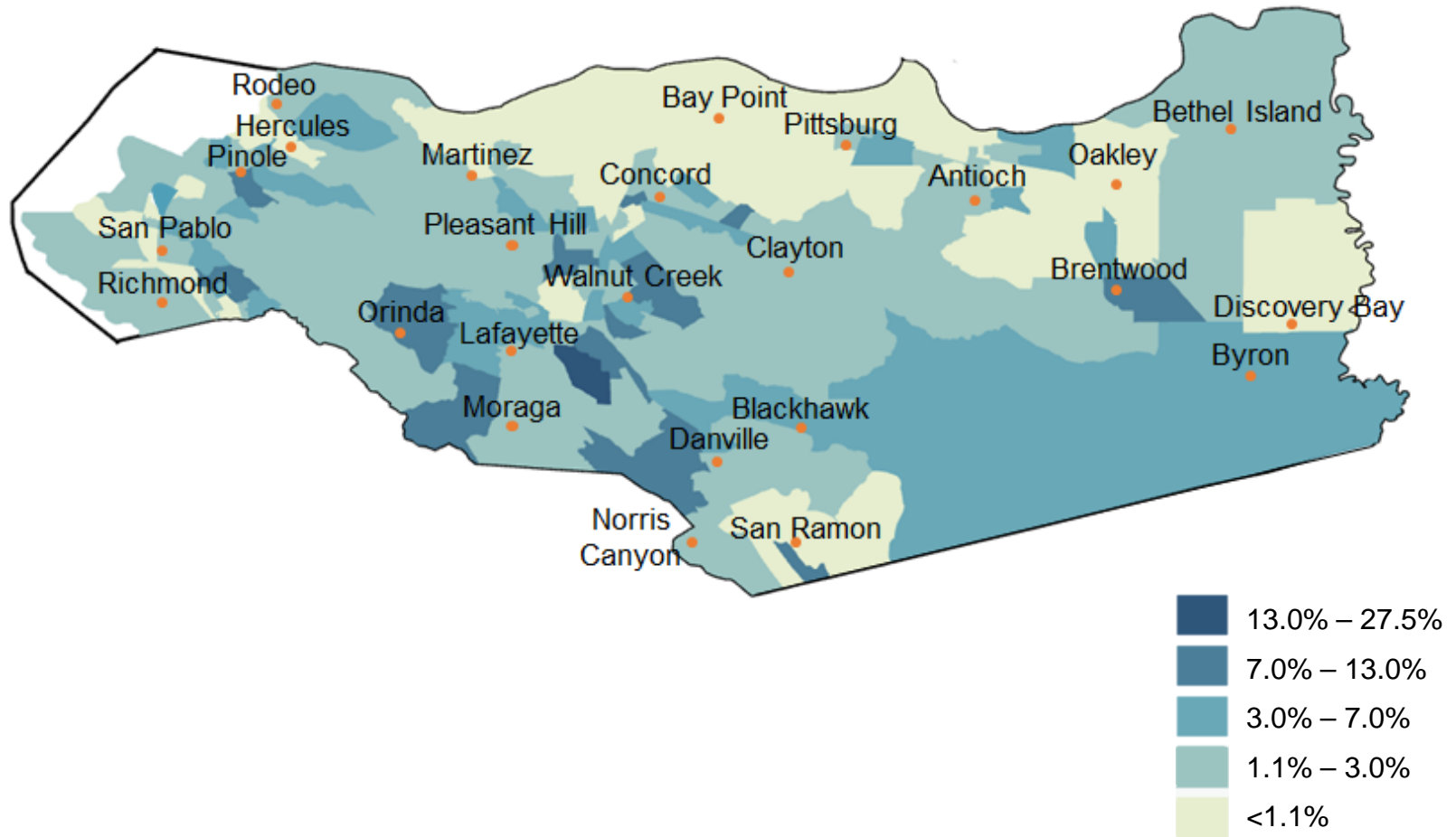
Total Population Estimate of Adults 18 + with a Disability by Census Tract, 2017 ACS



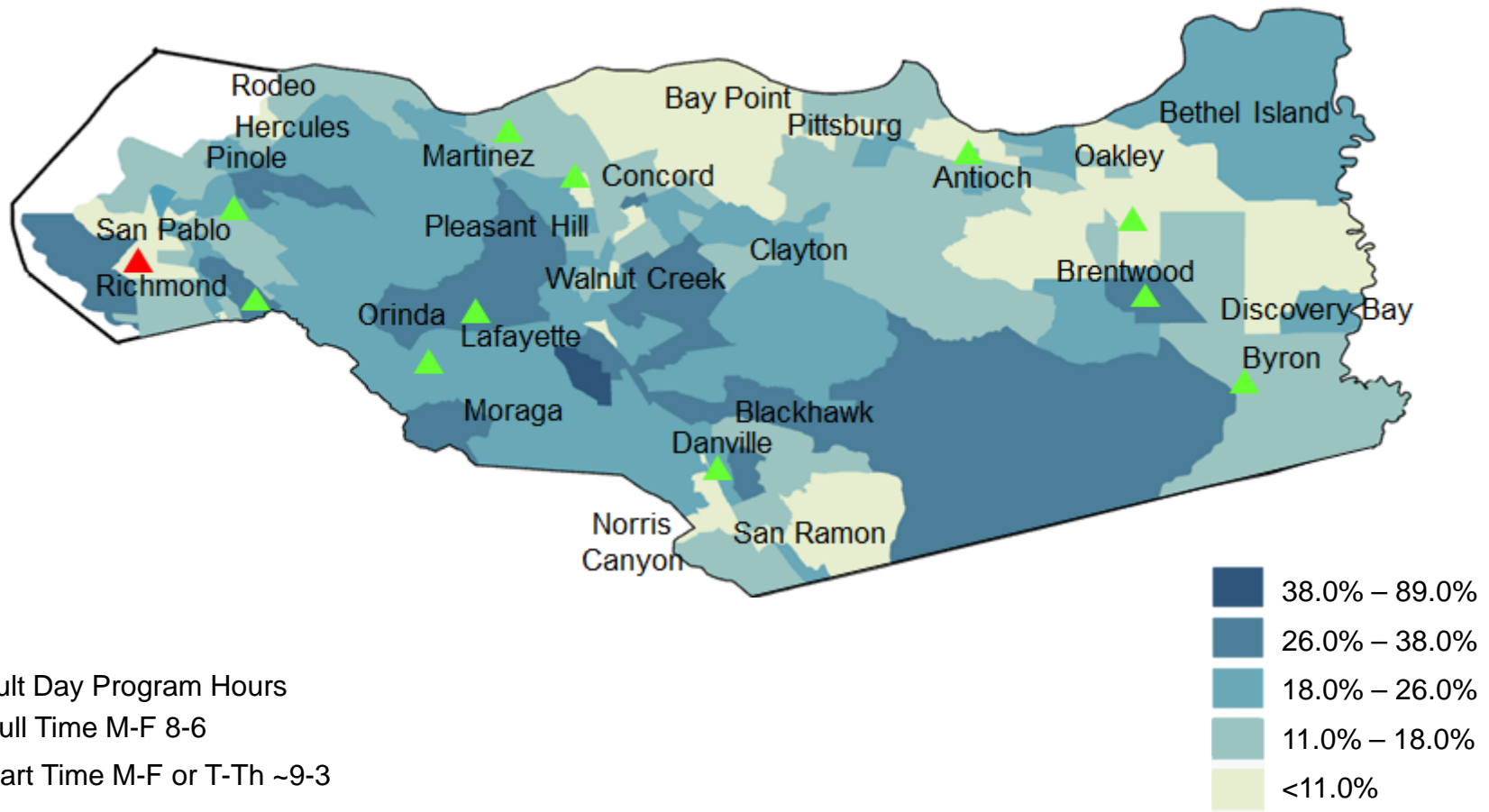
Percentage of Older Adults Ages 65+ Population Estimate by Census Tract, 2017 ACS



Percentage of Older Adults Ages 85+ Population Estimate by Census Tract, 2017 ACS



Percentage of Older Adults Ages 65+ Population Estimate by Census Tract & Adult Day Programs, 2017 ACS



By The Numbers: Demography

- In 2018/19, there are 283,000 persons over 60 years old or 24% of population
- In 2040, it estimated to rise to over 32%
- Projections of those over 85, there will be an increase of almost 60% by 2030 and 200% by 2040
- Those with dementia is expected to double between 2020 and 2040 from 19,000 to 47,000 as it will likely rise with the aging population
- One-third of the 65+ population is disabled; 9% of those 18-64 are disabled

Summary: With age, disability increases and the aging population is increasing and will need assistance to remain in the community

What Do Family Caregivers Need?

- ***Not all family caregivers need formal services***
- But everyone needs information
- Just about everyone needs a knowledgeable someone to talk over care needs, care planning, emotional support, problem-solving
- Just about everyone needs education on care skills for care recipients with complex care needs – at any one time up to 50% of caregivers
- Most caregivers would benefit from an assessment of needs, tailored information and interventions with ongoing consultation
- Just about everyone could benefit from respite

By the Numbers: Services

- ***Approximately 136,000 caregivers in the county; economic value annually approximately \$1.3 B***
- ***Service Usage:***
 - Public funding: AAA (Title III E) \$400,000 (FY 2017-18); CRC (DHCS) \$500,000 regionally 6 counties
 - More intense services average around 700/year
 - Education and public information around 13,000
 - Adult Day Health Care: on any given day, less than 200 participants
 - Adult Day Care: on any given week, less than 500 participants
 - Disease-specific organizations, private care managers, churches, senior centers, hospitals, health care systems serve an undetermined number of participants and family caregivers

Summary: Less than 5% of family caregivers are served annually

What Caregivers Identify as Gaps?

- From interviews and surveys of family caregivers
- While appreciative of services that are available, here are the gaps:
 - Service and information shortages
 - Inflexible service hours
 - High cost of in-home care
 - Difficulty in finding and accessing services
 - Lack of telehealth options
 - Ways of connecting with others for support
 - Having too much income to qualify for public services but not being able to afford to pay privately

What Do Providers Identify as Gaps?

- From Interviews of community providers:
- NFSCP contractors and other organizations value the services they provide but identify gaps:
 - Programs are underfunded, outdated
 - Need policy champions and leadership
 - Lacks data (unmet needs, services provided actual number of family caregivers served, higher reimbursement for services)
 - Collaboration is valued but is a challenge in terms of time and money for organizations

“CCC has maps of land use, housing, transportation, etc., but nothing for older adults and adults with disabilities.”

Federal and State Funding

- **For ACL/AoA** funding for the National Family Caregiver Support program, no additional funding is expected this year. *Might be a CR at the federal level at current funding if no budget agreement is reached*
- **For CA state:** Caregiver Resource Centers are in the budget for \$10M/yr over next three years increase (budget yet to be signed by Governor)
- Alzheimer's Public Awareness/Early Detection and Brain Health Initiatives with funding
- Tax credit bill introduced
- Expansion of paid family leave
- Pilot of Care Corps
- Roll-back of 10% cut to Adult Day Health Services

Hyperlocal Funding

- Counties and cities are earmarking funds in the budgets, or capturing reoccurring funding from specific sources (e.g. taxes on parking at public lots) or voting to self-impose individual parcel levies during an election cycle to fund services for older adults.
- Dignity Fund, San Francisco phased-in FY 2019-20 to FY 2022-23 to \$30M for services for seniors on top of existing funding. Family Caregiver is one of the identified areas for additional funding. (more info: sfhsa.org - Dignity Fund)
- Miami University Scripps: received Retirement Research Foundation grant for research into local communities experience in securing designated funding for services awarded in 2018

What's Next?

- Update and incorporate ideas from convening
- Produce 6-page brief on findings and recommendations
- Present findings and recommendations to provider groups, family caregivers, CCC Board of Supervisors, Advisory Committee on Aging, media, funders and City Managers
- Develop actionable items with steps identified

Let's Get to Work!



CONTACT INFORMATION

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