Orange County
Older Adults Needs Assessment Report

Friday, March 14, 2025

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Presentation Logistics & Objectives

Older Adults Needs Assessment Process Overview

Methodology & Demographics

Community Survey Overview

Key Findings

Themes & Trends

Design of the Report

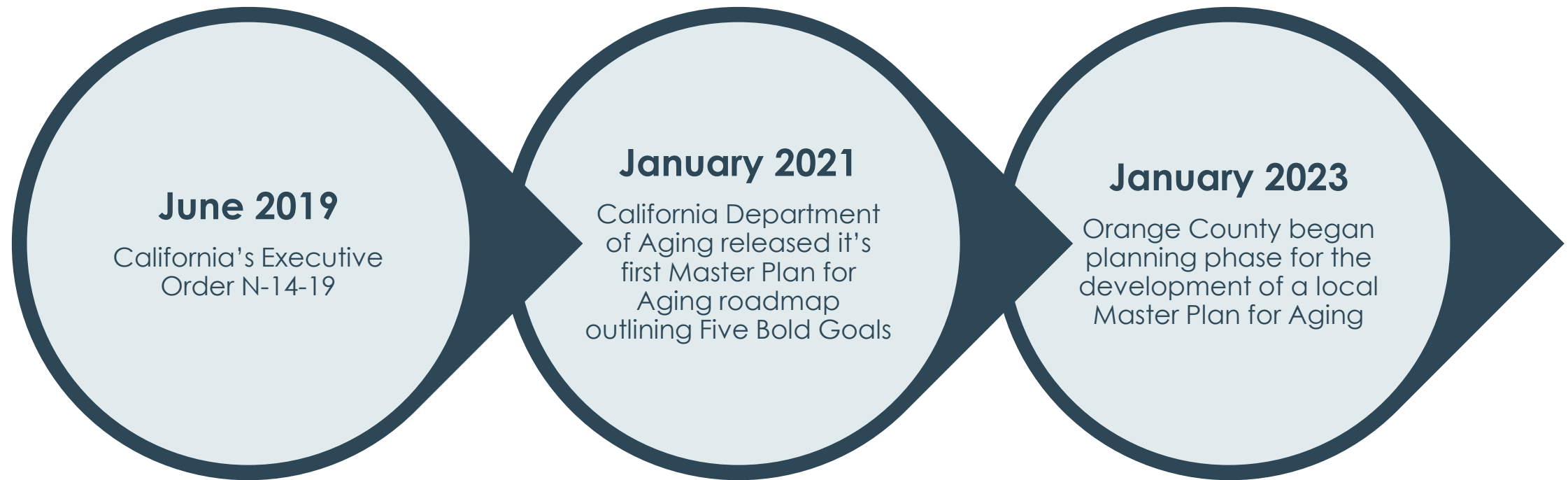Orange County Master Plan for Aging (OCMPA) Considerations

Next Steps

Q&A

Hold questions and comments for Q&A session

Older Adults Needs Assessment Timeline

How did Orange County get here?

June 2019

California's Executive Order N-14-19

January 2021

California Department of Aging released it's first Master Plan for Aging roadmap outlining Five Bold Goals

January 2023

Orange County began planning phase for the development of a local Master Plan for Aging

Older Adults Needs Assessment Timeline

How did Orange County get here?

September 2023 – January 2024

Conduct Community Assessment Survey

February 2024 – January 2025

Community assessment data validation, analysis, report and website development

February 2025 – March 2025

Release of the Older Adults Needs Assessment Report

Older Adults
Needs Assessment
Methodology

Design of the Needs Assessment based on State's Five Bold Goals

3 surveys - 7,522 valid responses

- Community Survey - 5,657

- Caregiver Survey - 923

- Paid Provider Survey - 942

Convenience targeted sampling method

- Results are specific to those who chose to voluntary answer

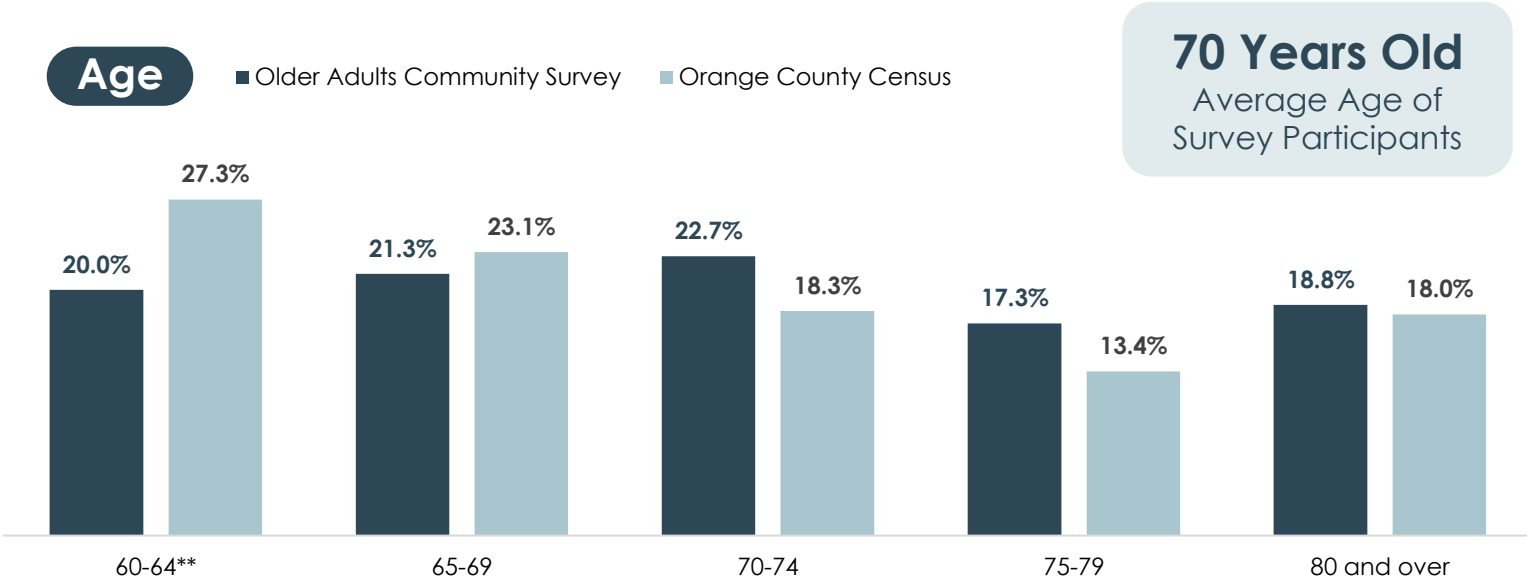**Different number of responses based on each question**

OC Community Survey Demographics

Orange County Census Comparison

5,657*

Orange County Community Members

*This sample includes hard to reach populations including unhoused and incarcerated individuals.

Age ■ Older Adults Community Survey ■ Orange County Census

70 Years Old
Average Age of Survey Participants

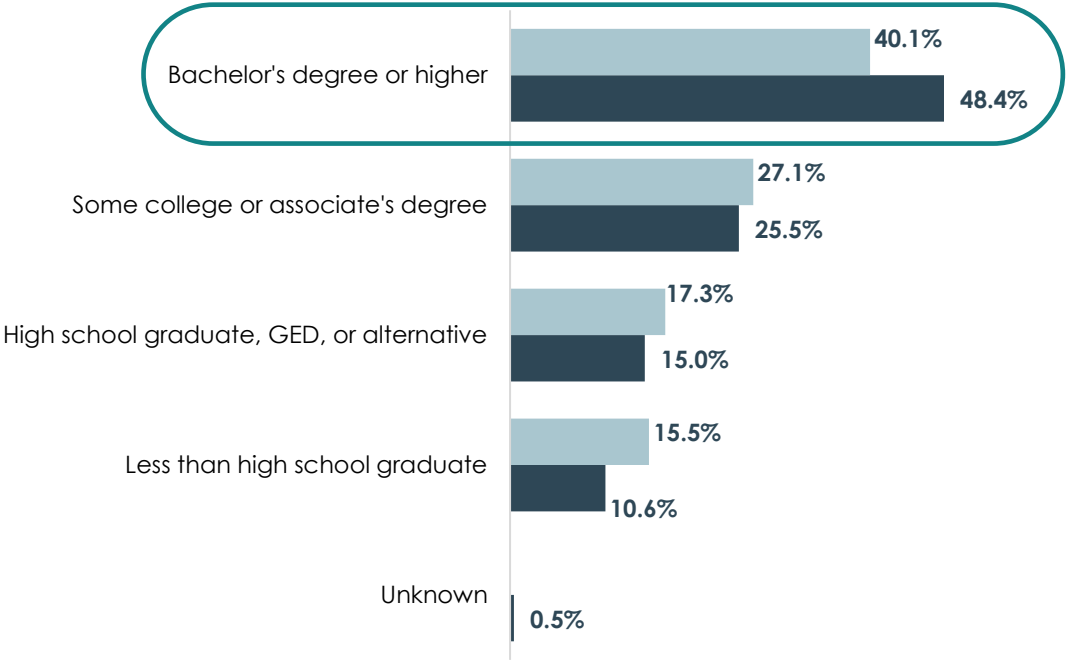| Age Range	Older Adults Community Survey	Orange County Census
60-64**	20.0%	27.3%
65-69	21.3%	23.1%
70-74	22.7%	18.3%
75-79	17.3%	13.4%
80 and over	18.8%	18.0%

**Although Orange County surveyed people ages 55 years and older, this age range is limited to 60-64 years within this graph to allow for direct comparison to Orange County Census data.
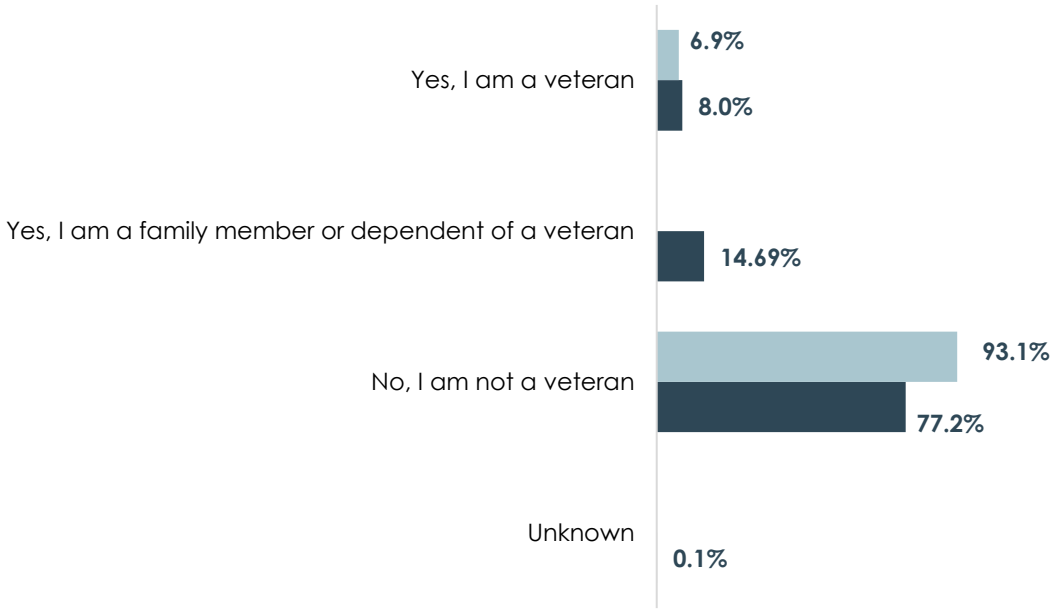
OC Community Survey Demographics

Orange County Census Comparison

Education

Bachelor's degree or higher
40.1%
48.4%

Some college or associate's degree
27.1%
25.5%

High school graduate, GED, or alternative
17.3%
15.0%

Less than high school graduate
15.5%
10.6%

Unknown
0.5%

Veteran Status

Yes, I am a veteran
6.9%
8.0%

Yes, I am a family member or dependent of a veteran
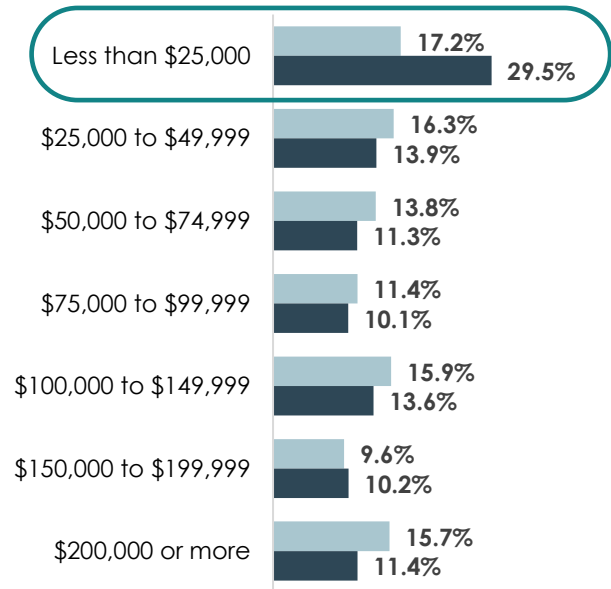14.69%

No, I am not a veteran
93.1%
77.2%

Unknown
0.1%

OC Community Survey Demographics

Orange County Census Comparison

■ Orange County Census
■ Older Adults Community Survey

Household Income
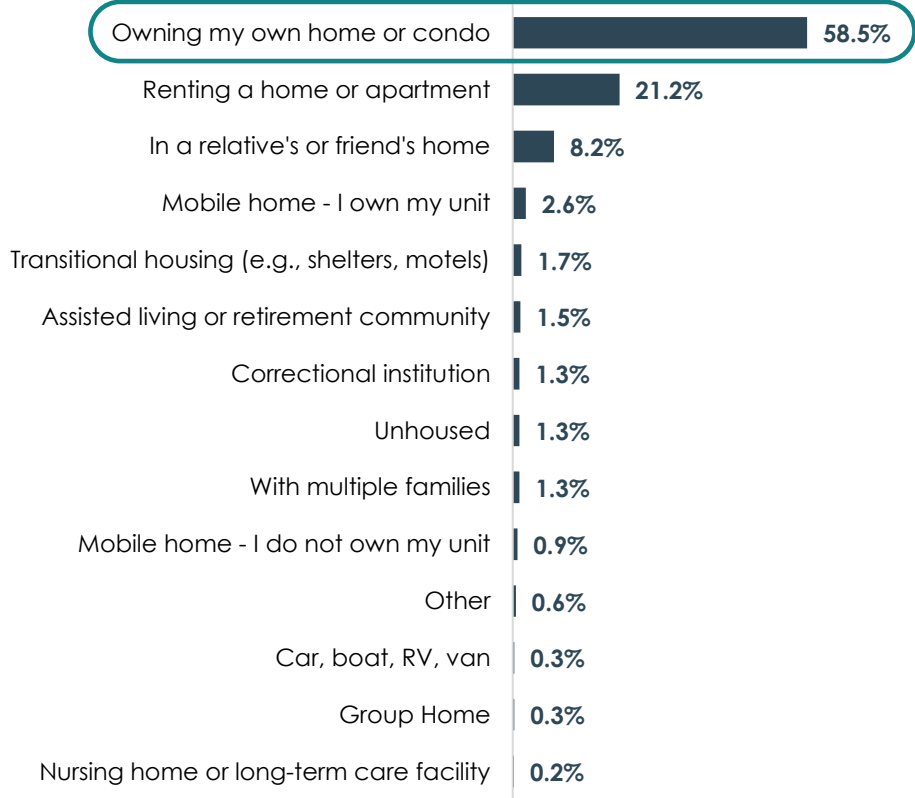
	Orange County Census	Older Adults Community Survey
Less than $25,000	17.2%	29.5%
$25,000 to $49,999	16.3%	13.9%
$50,000 to $74,999	13.8%	11.3%
$75,000 to $99,999	11.4%	10.1%
$100,000 to $149,999	15.9%	13.6%
$150,000 to $199,999	9.6%	10.2%
$200,000 or more	15.7%	11.4%

Race/Ethnicity*

	Orange County Census	Older Adults Community Survey
White	55.3%	48.5%
Asian	23.3%	21.4%
Hispanic/Latino	19.2%	20.2%
Two or more races	10.9%	4.90%
Prefer not to answer		2.9%
Middle Eastern/North African (MENA)		1.6%
Black or African American	1.2%	1.6%
American Indian and Alaska Native	0.6%	0.6%
Native Hawaiian/Other Pacific Islander	0.3%	0.4%
Some other race	8.3%	0.2%

*Race/ethnicity was asked within the same question and allowed participants to select more than one response; therefore, percentages will not add up to 100%.

Gender

	Orange County Census	Older Adults Community Survey
Female	53.8%	64.6%
Male	46.2%	35.5%
Prefer not to answer/Unknown		4.3%
Another gender identity**		0.3%

**Another gender identity includes transgender female, Agender/Do Not Identity and Gender Non-Conforming.

OC Community Survey Demographics

Orange County Census Comparison

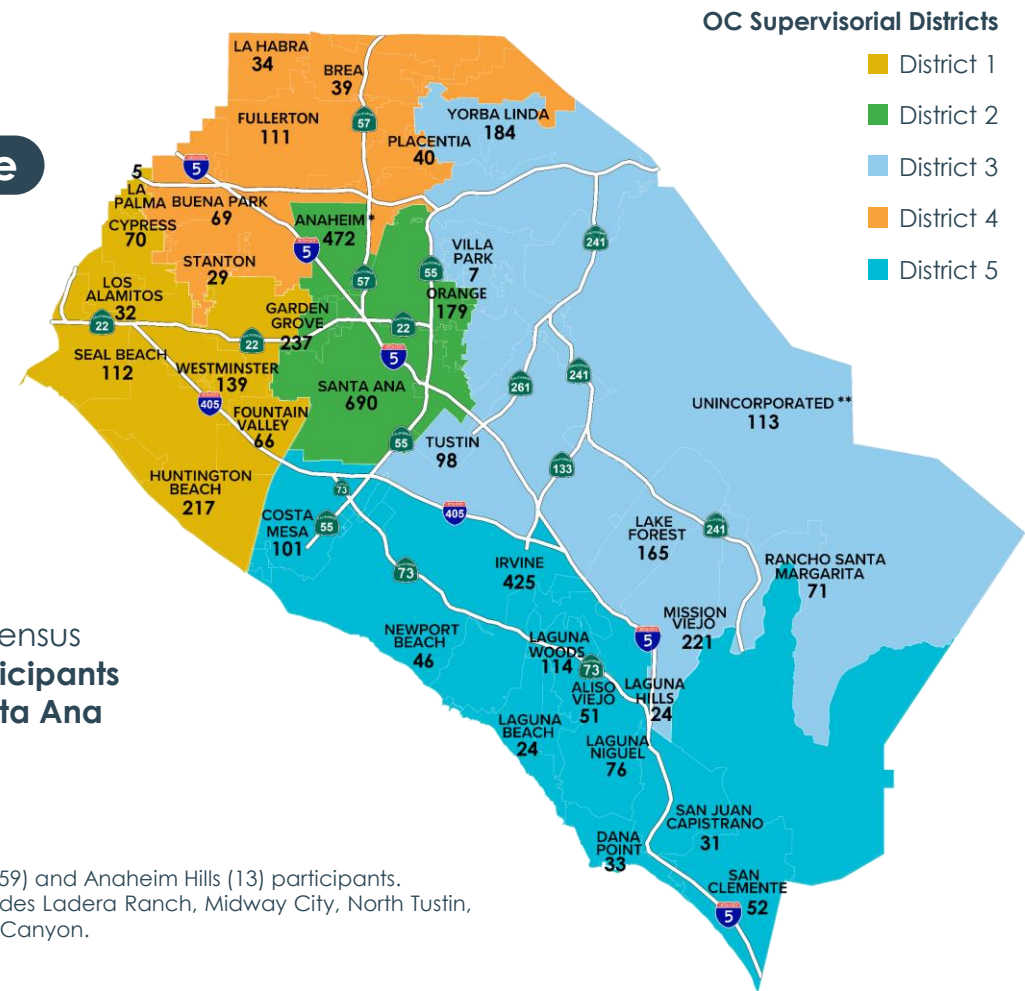### Current Living Situation

■ Older Adults Community Survey

Living Situation	Percentage
Owning my own home or condo	58.5%
Renting a home or apartment	21.2%
In a relative's or friend's home	8.2%
Mobile home - I own my unit	2.6%
Transitional housing (e.g., shelters, motels)	1.7%
Assisted living or retirement community	1.5%
Correctional institution	1.3%
Unhoused	1.3%
With multiple families	1.3%
Mobile home - I do not own my unit	0.9%
Other	0.6%
Car, boat, RV, van	0.3%
Group Home	0.3%
Nursing home or long-term care facility	0.2%

City of Residence

Top Cities of Residence (60+)

Census 2020

Anaheim
Huntington Beach
Santa Ana
Irvine

Consistent with 2020 Census data, **most survey participants lived in Anaheim*, Santa Ana or Irvine**

*This number includes Anaheim (459) and Anaheim Hills (13) participants.
**Unincorporated area total includes Ladera Ranch, Midway City, North Tustin, Rossmoor, Silverado and Trabuco Canyon.
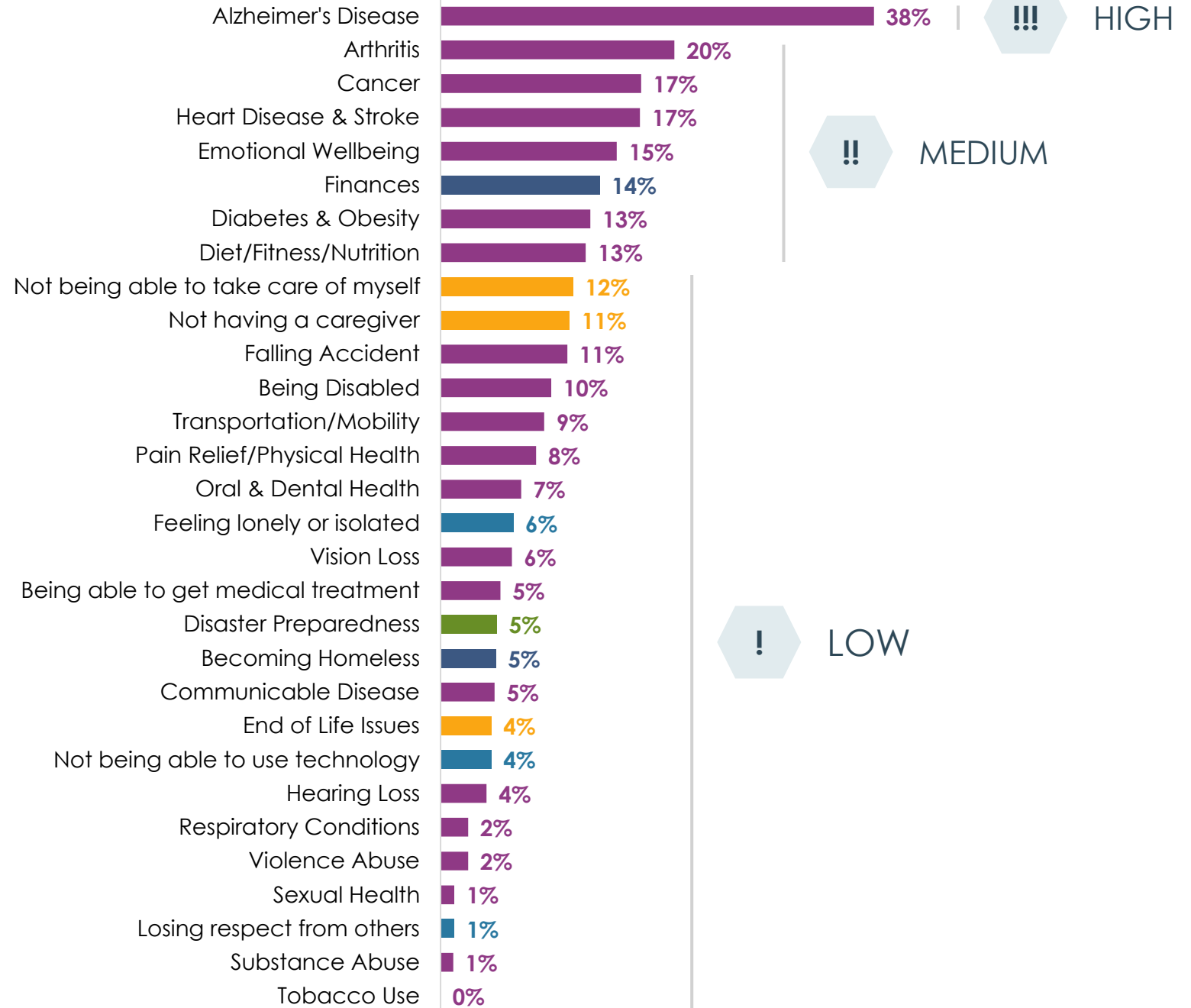
OC Supervisorial Districts

- District 1
- District 2
- District 3
- District 4
- District 5

LA HABRA 34
BREA 39
FULLERTON 111
YORBA LINDA 184
PLACENTIA 40
LA PALMA 5
BUENA PARK 69
ANAHEIM* 472
CYPRESS 70
VILLA PARK 7
STANTON 29
ORANGE 179
LOS ALAMITOS 32
GARDEN GROVE 237
SEAL BEACH 112
WESTMINSTER 139
SANTA ANA 690
FOUNTAIN VALLEY 66
UNINCORPORATED ** 113
HUNTINGTON BEACH 217
TUSTIN 98
COSTA MESA 101
LAKE FOREST 165
RANCHO SANTA MARGARITA 71
IRVINE 425
MISSION VIEJO 221
NEWPORT BEACH 46
LAGUNA WOODS 114
ALISO VIEJO 51
LAGUNA HILLS 24
LAGUNA BEACH 24
LAGUNA NIGUEL 76
SAN JUAN CAPISTRANO 31
DANA POINT 33
SAN CLEMENTE 52

Orange County Community Survey Concerns

Percent of those selecting the item as a top three concern

Concern	Percent
Alzheimer's Disease	38%
Arthritis	20%
Cancer	17%
Heart Disease & Stroke	17%
Emotional Wellbeing	15%
Finances	14%
Diabetes & Obesity	13%
Diet/Fitness/Nutrition	13%
Not being able to take care of myself	12%
Not having a caregiver	11%
Falling Accident	11%
Being Disabled	10%
Transportation/Mobility	9%
Pain Relief/Physical Health	8%
Oral & Dental Health	7%
Feeling lonely or isolated	6%
Vision Loss	6%
Being able to get medical treatment	5%
Disaster Preparedness	5%
Becoming Homeless	5%
Communicable Disease	5%
End of Life Issues	4%
Not being able to use technology	4%
Hearing Loss	4%
Respiratory Conditions	2%
Violence Abuse	2%
Sexual Health	1%
Losing respect from others	1%
Substance Abuse	1%
Tobacco Use	0%

HIGH !!!

MEDIUM !!

LOW !

California Goals

- Housing for All Ages & Stages
- Health Reimagined
- Inclusion & Equity, Not Isolation
- Affordable Aging
- Caregiving that Works

Community Survey
Key Findings

Goal 1: Housing for All Ages & Stages

- Community ratings revealed improvement can be made in:
  - Accessible housing
  - Daytime care options
  - Long-term care options

Top 2 most important services for older adults:
- Transportation Services
- In-Home Care

Community Survey
Key Findings

Goal 2: Health Reimagined

- Top five aging concerns were health related

- 2.4% of participants reported being uninsured

- Top barriers of accessing health care:
  - Appointments not available at convenient times
  - High cost of copays
  - Don't know where to get help
  - Lack of transportation

Community Survey
Key Findings

Goal 3: Inclusion & Equity, Not Isolation

- Community ratings were low for quality and variety of employment

- Isolation and loneliness highly contributed to medical issues

- 1 in 2 experienced age-based discrimination

- 1 in 4 reported politics contributed to their behavioral health issues

- 1 in 4 were not comfortable with technology or using the internet

Community Survey
Key Findings

Goal 4: Caregiving that Works

- 1 in 3 cared for someone 55 years and older within the past year

Caregiver Survey
Demographics

Goal 4: Caregiving that Works

935 Participants

- 42% 50 – 64 years old
- 78% Female
- 49% White

7 Years
Average time caregivers have provided care

79 Years
Average age of people being cared for

Caregiver Survey
Key Findings

Goal 4: Caregiving that Works

- Emotionally, physically and/or financially challenging

- Negatively impacts social lives

- Often feel isolated and/or depressed

Concerns

- Lack of time for their responsibilities and themselves

- Not knowing about resources

Insights

- Prefer online support

- Feel their work is rewarding

Potential Areas of Improvement:
- Information and resources available to caregivers
- Online support for caregivers

Paid Provider Survey
Respondents

Goal 4: Caregiving that Works

935 Participants

- 1 in 2 in-home nursing care or supportive services
- 1 in 4 caregiving resource provider

Paid Provider Survey
Key Findings

Goal 4: **Caregiving that Works**

Top Concerns

1. Alzheimer disease or dementia

2. Caregiving

3. Mental health

4. Disability

- Although more than 1 in 2 indicated it was "easy to access services", nearly 1 in 5 indicated "not easy at all"

- Slightly over 1 in 2 felt services are available but insufficient to meet the needs

- Average rating for ease of keeping up with services was 5.3 out of 10

Potential Areas of Improvement:
- Close service gaps
- Increase capacity with education and promotion of existing resources rather than building new infrastructure of services and supports.

Community Survey
Key Findings

Goal 5: Affordable Aging

- 3 in 20 reported cost of living and economic instability contributes to their medical and/or behavioral health issues

- Financial insecurity and becoming homeless

  - Relatively overall low concern for the sample

  - Most concerning with non-homeowners and those 55 – 64 years old

Design of the Report

Executive Summary

Overarching Themes & Trends

Introduction

Methodology & Limitations

Community Survey Demographics

Concerns & Community Ratings

OC Items Related to CA Strategies

Considerations for OC MPA

Next Steps

Orange County

Older Adults Needs Assessment Report
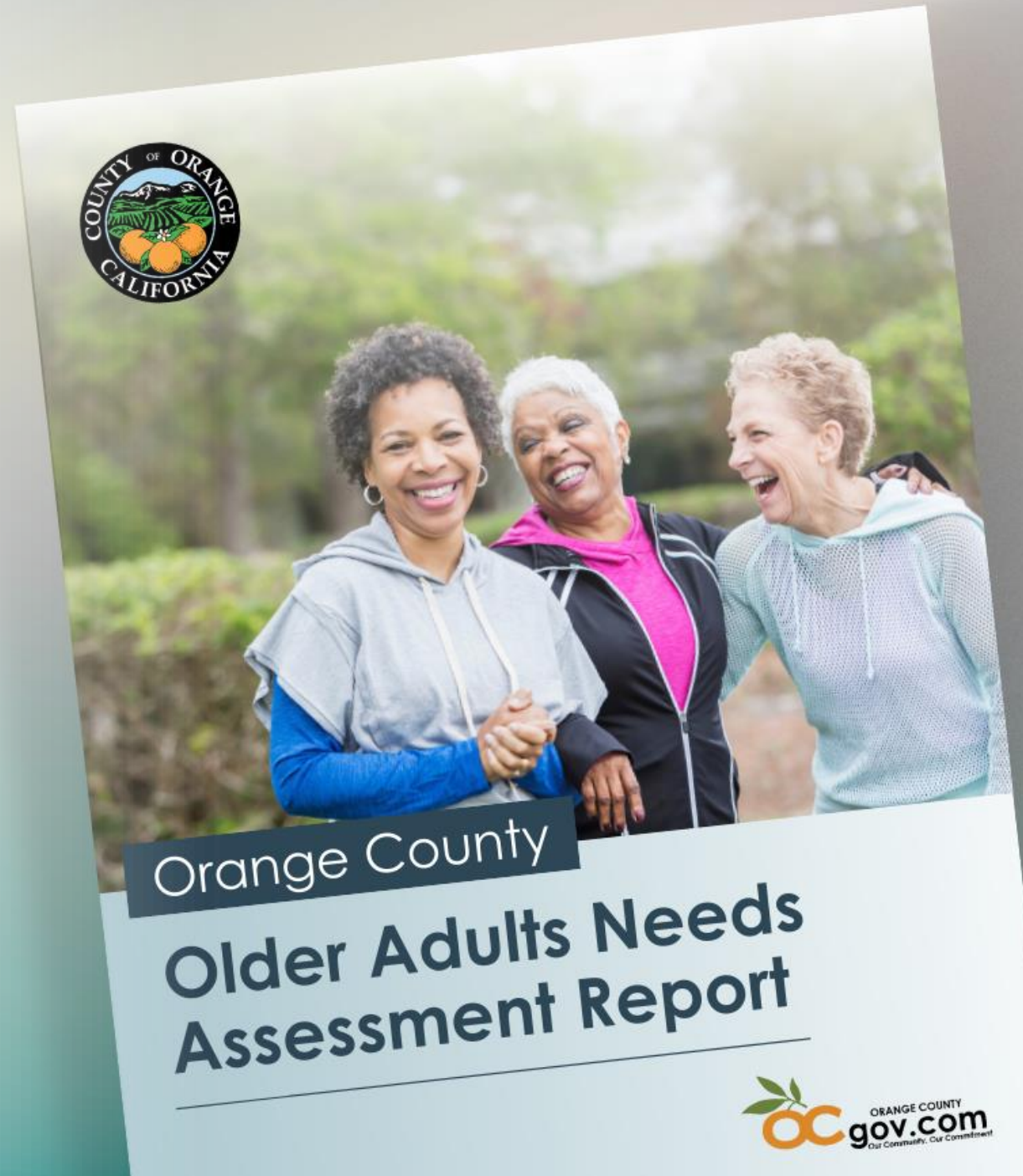
Design of the Report

Concerns & Community Ratings

Scale for Top Concerns

Percentages reflect how often an item was selected as one of a participant's top three concerns from a list of 31 items. A total of 4,503 respondents selected their top three concerns and were included in the ratings. Item selection rates ranged from 0% – 38%.

! Low 0% - 12%   **!!** Medium 13% - 25%   **!!!** High 26% - 38%
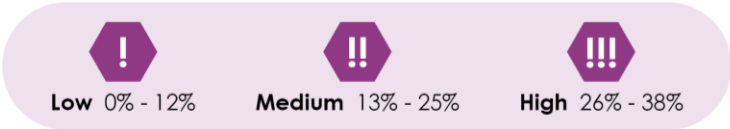
Memory

!!! 38% "Alzheimer's Disease & Dementia"

Subgroup rates above 38% for groups with 100 participants or more:

Age
- **40%** 60 – 64
- **39%** 65 – 79

Gender
- **39%** Female

Race/Ethnicity
- **43%** Asian
- **39%** Hispanic/Latino

Education
- **41%** Bachelor's Degree
- **39%** High School or Less

Household Income
- **47%** $200,000 – $299,999
- **41%** $100,000 – $199,999
- **40%** $50,000 – $99,999
- **40%** >$300,000

Scale for Community Ratings

Ratings of "good" and "excellent" by city of residence were averaged across cities and reported below.

★☆☆ Low 0% - 30%   ★★☆ Medium 31% - 60%   ★★★ High Over 61%

Housing Options

Availability of Accessible Housing
Homes with a no-step entry, single-floor living, wide hallways and doorways

★☆☆ **26%** Average

0% ▰▰▰ 78%

Lowest: Costa Mesa **16%**
Highest: Laguna Woods **66%**

Availability of Long-Term Options
Range of services and support for people who have a chronic illness or disability and need help with daily activities

★☆☆ **24%** Average

4% ▰▰▰ 35%

Lowest: Costa Mesa **14%**
Highest: Mission Viejo **34%**

Design of the Report

OC Items Related to CA Strategies

Goal 3: Inclusion & Equity, Not Isolation
OC Items Related to CA Strategies

CA Strategy
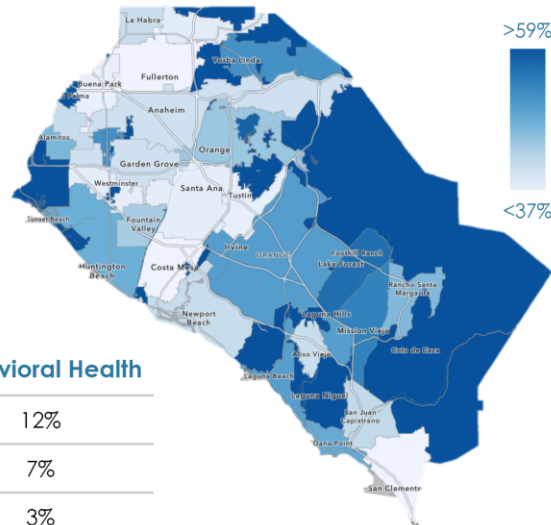**Inclusion & Equity in Aging**

Participants rated their communities on openness and acceptance toward older residents of diverse backgrounds. Ratings of "good" and "excellent" ranged from 31% to 81% depending on city of residence, as shown in the map on the right.

On a separate item, overall concerns related to losing respect from others was rated low at 1.2%.

Participants reported inclusion-related items contributed to their health:

Openness & Acceptance of the Community toward Older Residents of Diverse Backgrounds

>59%

<37%

Medical		Behavioral Health
17%	Isolation/Loneliness	12%
7%	Discrimination	7%
-	Immigration-related stressors	3%
-	Politics/Political climate	22%
-	Lack of support for gender, sexual orientation and/or cultural expression	15%

Goal 4: Caregiving that Works
OC Items Related to CA Strategies

CA Strategy
Inclusion & Equity in Aging

The digital divide is an area of potential concern for older adults as virtual care options expand. As reported in **Goal Three**, 10.5% identified the digital divide (lack or access to or familiarity with technology) as a factor that had prevented them from seeking services. Approximately 10% also said the digital divide contributed to their medical and/or behavioral health issues. As stated in **Bridging the Digital Divide Strategy**, not all participants were interested in internet or technology devices. This increased by age group, with the highest rate of no interest, 9%, seen among those 80 years old or older. Additional information and trends about those reporting "not being comfortable with using technology and the internet" are reported on the right.

12% Reported not being comfortable using technology and the internet

Subgroup findings for those with 100 participants or more

Age
- **24%** > 80 years
- **14%** 75 – 79 years
- **12%** 70 – 74 years
- **9%** 60 – 64 years
- **8%** 65 – 69 years
- **6%** 55 – 59 years

Race/Ethncity
- **25%** Hispanic/Latino
- **19%** MENA
- **15%** Asian
- **13%** Multi-racial
- **6%** White

Language
- **32%** Spanish
- **21%** Korean
- **16%** Vietnamese
- **7%** English

Gender
- **13%** Female
- **11%** Male

CA Strategy
Family & Friends Caregiving

Unpaid caregiving is often provided by family, including spouses and friends. Over time, this can potentially lead to burdens such as emotional and physical stress and financial hardship. One-third of participants had cared for someone 55 years or older in the past twelve months and 15% had cared for someone under 55 years old. In addition, 14% reported that caregiving responsibilities contributed to their behavioral health concerns. Findings are shown on the right.
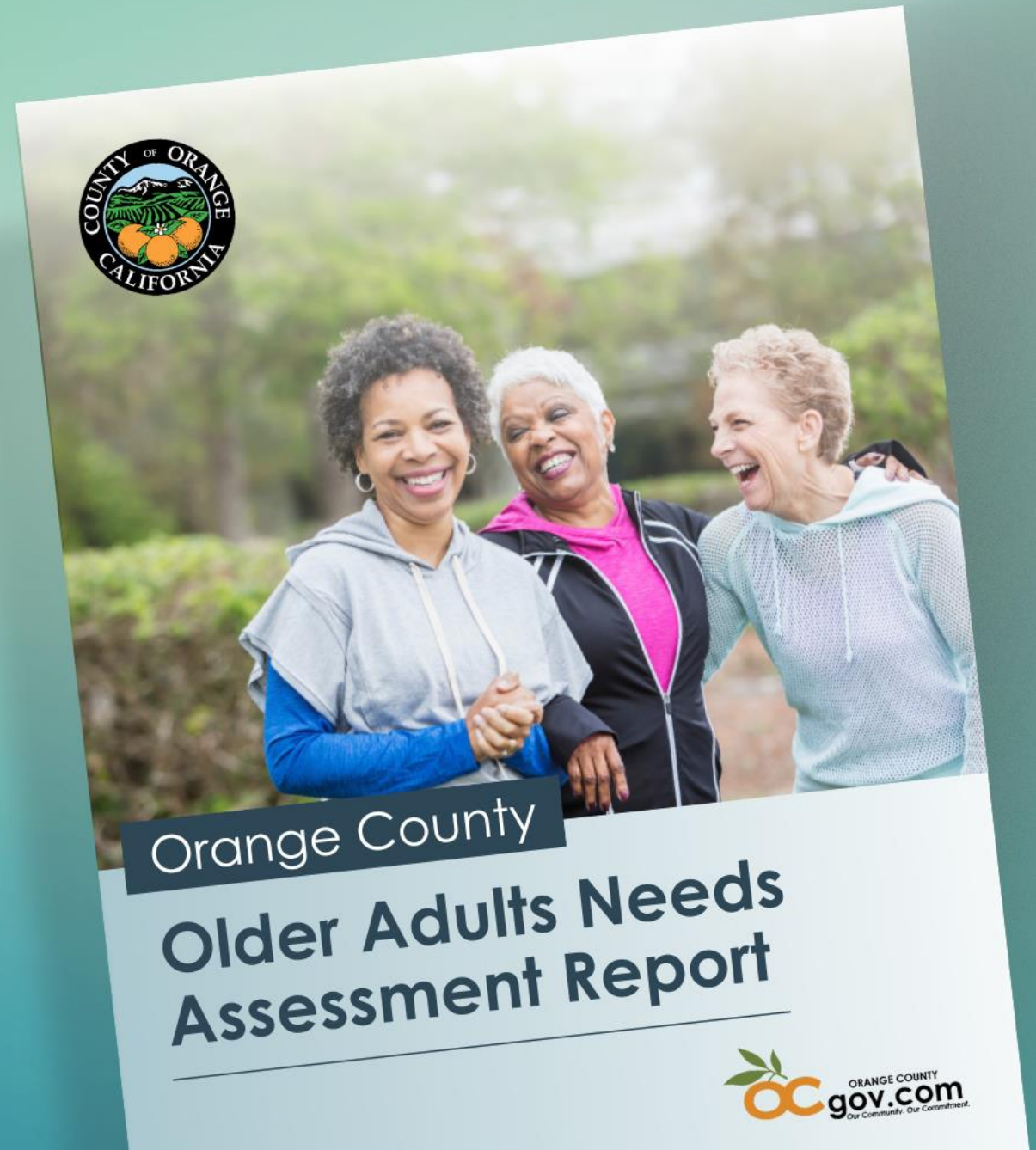
Lack of caregiver or childcare relief prevented seeking services:
- **6%** Support Services
- **6%** Medical Care
- **3%** Behavioral Health Care

33% Reported caring for someone 55 years or older in the past 12 months

Subgroup findings for those with 100 participants or more

Age
- **44%** 55 – 59 years
- **40%** 60 – 64 years
- **36%** 65 – 69 years
- **32%** 70 – 74 years
- **26%** 75 – 79 years
- **21%** > 80 years

Race/Ethncity
- **42%** White
- **34%** MENA
- **30%** Multi-racial
- **23%** Asian
- **19%** Hispanic/Latino

Household Income
- **52%** $300,000+
- **49%** $200,000 – $299,999
- **48%** $150,000 – 199,999
- **46%** $100,000 – 149,999
- **43%** $75,000 – 99,999
- **38%** $50,000 – 74,999
- **31%** $25,000 – 49,999
- **18%** <$25,000

Gender
- **36%** Female
- **28%** Male

Orange County
Older Adults Needs Assessment Report Now Available

Visit: https://bit.ly/ocoana

COUNTY OF ORANGE CALIFORNIA

Orange County
Older Adults Needs Assessment Report

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OCMPA Considerations

Goal 1: Housing for All Ages & Stages

- Accessible housing and related services
- Living environments
- Legislative advocacy
- Emergency preparedness and disaster planning

OCMPA Considerations

Strategy considerations that will help identify areas of need and focus

Goal 2: Health Reimagined

- Strengthen partnerships with health plans and systems
- Integration of patient-centered care
- Awareness on disease prevention, chronic disease management, mental health and dementia care
- Comprehensive health care needs
- Awareness and utilization of available services

OCMPA Considerations

Strategy considerations that will help identify areas of need and focus

Goal 3: Inclusion & Equity, Not Isolation

- Opportunities for socialization
- Workplace inclusion of older adults
- Transportation
- Services coordination – culturally inclusive

OCMPA Considerations

Goal 4: Caregiving that Works

- In-Home assistance programs
- Culturally inclusive caregiver support
- Support paid and unpaid caregivers
- Partnerships – academic and health institutions
- Enhance assessment tools

OCMPA Considerations

Strategy considerations that will help identify areas of need and focus

Goal 5: Affordable Aging

- Older adult homelessness

- Legislative initiatives – affordable housing and supportive services

- Income security

- Financial safety net programs – linkages to critical resources

- Partnership and collaboration

Orange County
Next Steps

1. **OCMPA Planning & Development**
   January – March 2025

   - OC older adult assessment considerations

   - Current programs serving older adults and caregivers

   - County Service Capacity

   - Additional data sources

     - Other County of Orange initiatives

     - County's Strategic Financial Plan

     - California's Master Plan for Aging

2. **Development of Priorities and Focus Areas**
   March – April 2025

3. **Stakeholder Comment**
   March – May 2025

4. **OCMPA**
   June 2025

Q&A +
Closing Remarks

We'd love to hear from you! Scan the QR to leave us a question or comment.

For additional information visit:
https://bit.ly/ocoana