



As our Communities Age The Next Four Years

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MEALS on WHEELS **CALIFORNIA**
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Defining “OLD”

- **Chronological aging** -- Boomers are changing everything
“Senior” or “Older Adult” refers to the last 40+ years of the lifespan. There are various within group difference.
 - 60 - 64 “Young Old”
 - 65–84 “Middle Old”
 - 85+ “Oldest Old”
 - 100 Centenarians
 - 110 Super Centenarians

Fastest Growing

Exceptional in every way
- **Biological aging** -- ACA, Managed care, Pharma
- **Functional aging** -- Consumer products & Technology
- **Psychological aging** – Depression & Dementia
- **Social aging** – Engagement, Isolation & Aging in Place

Trends

- **Demography** - We are now amid the most dramatic demographic shift in human history.
- **Social** – Inclusion and Equity, Economics, Family, Caregiving, Solo agers, Community, etc.
- **Technology** – Rapid advances in technology are changing our society and service delivery systems.
- **Environment** – Threats to the environment result in impact on those we serve (fires, earthquakes, weather events, etc.).
- **Work Force** – Aging of the workforce, retirement, Ageism, and Ableism.
- **Political Environment**– Local, state and federal level political shifts impact policy, funding and services delivery systems.

Demography

- By 2034, for the first time in US history older adults will outnumber children.
- California's over-60 population is projected to diversify and grow faster than any other age group.
- By 2030, nearly 10 million Californians will be an older adult, making up one-quarter of the state's population.
 - Half of California's counties – 29 out of 58 – will have more older adults than children under 18, according to state projections.
 - Only about half of all jobs in California offer pension and retirement plan benefits, significantly less than in the rest of the nation.
 - When they retire, most female baby boomers will have had lower incomes than men, will have experienced more frequent career interruptions, and will have less retirement savings.
- Increasing racial, ethnic and linguistic diversity among older adults.
 - Growth rates will be highest among Latino and Asian older adults. A high proportion of Latino (60%) and Asian (85%) older adults will be foreign born, with about 75 percent speaking a language other than English at home.

Social

- **Inclusion and Equity** – Decreasing social isolation, abuse and neglect, increasing opportunities to be engaged and contribute.
- **Family** – Longevity, marriage, and childbearing are creating more diverse families.
- **Caregiving** – Supporting those who care any stage of life. Factors for consideration: differences among ethnic/racial groups; geographic mobility; greater female workforce participation rates; family composition, etc.
- **Solo Agers** – Increasing number of those who never married, unpartnered, childless.
- **Community** – Social connections are essential for well being.

Technology

- **Smart Homes** – Lights and plugs, thermostats, motion detectors etc.
- **Information** – Access to information is becoming faster but also more difficult to discern. For example: Six in ten seniors now go online.
- **Wearable technologies** – Devices that are worn on the body to track, analyze, and transmit personal data.
- **Health and wellness** – Increasingly personalized, big data, and artificial intelligence.

Environment)

Most people age 50+ have experienced an extreme weather event

74% experienced at least one extreme weather event in the past two years



63%
extreme heat



35%
poor air quality
due to wildfires



31%
severe storms



13%
long power outages*

Poll fielded August 2024

*May be due to factors other than extreme weather



INSTITUTE FOR HEALTHCARE POLICY AND INNOVATION
NATIONAL POLL ON HEALTHY AGING
UNIVERSITY OF MICHIGAN

Source: University of Michigan National Poll
on Healthy Aging, March / April 2025

- Air, climate, water and the built environment all impact how we age.
- Research has found that older adults are more vulnerable and experience more casualties after natural disasters compared to other age groups.
- Researchers have found that smoking, socioeconomic status, physical activity, and living conditions are factors that most influence mortality and biological aging.

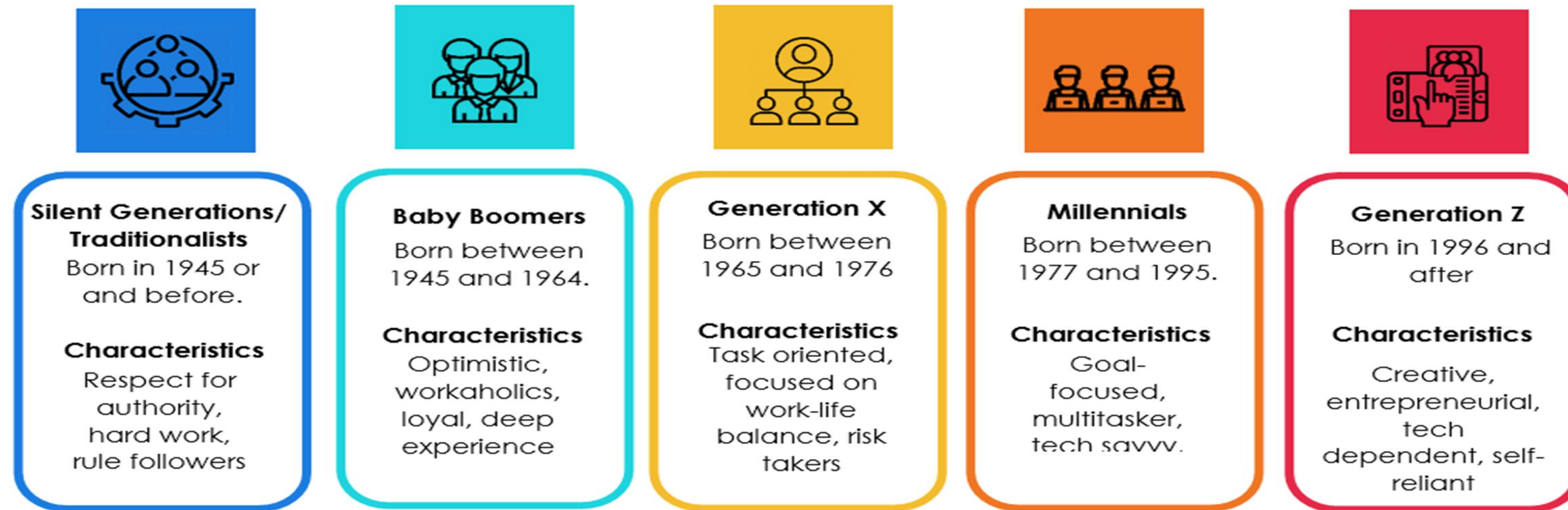


LOS ANGELES COUNTY

**Aging & Disabilities
Department**

Workforce)

- **Aging of the workforce** – Workers ages 75 and older are the fastest-growing age group in the workforce.
- Today's workforce is made up of workers from five generations: the Silent Generation, Baby Boomers, Generation X, Millennials, and Generation Z.
- Ex: Communication styles - Gen X often prefers making phone calls, while 83% of Gen Z prefer texting and expressing their emotions through emojis instead.



Workforce)

- **Retirement** – Changes in retirement plans, policy (age of retirement)
- **Ageism and Ableism** – The intersectionality of age and disability is an area of focus that continues to grow as it creates challenges for many to actively participate in the labor force.
Ex: CAFÉ – Certified Age Friendly Employer – In 2022, Los Angeles County became the nation's first county designated a Certified Age Friendly Employer.

Political Environment)

- **Local** – Local government is increasingly interested in the aging of the population creating opportunities for involvement.
- **State** – Many states are now following California's lead and developing Master Plans on Aging, California passed SB 1249 (Roth) Mello-Granlund Older Californians Act to redesign/modernize the Area Agencies on Aging.
- **Federal** – Older American's Act, Social Security, Medicaid, Medicare.

Community and Belonging starts with **YOU**.
Because **YOU** are here people in need will
receive the care and support they need.



THANK YOU!



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