

Positive Living for Older Adults and Individuals with Disabilities is fostered through affordable and accessible supports that allow for the least restrictive daily living environment; access to community services and amenities; employment with reasonable accommodations; opportunity for social engagement; and health services that promote independence. This focus area represents a wide range of residents in the county from active older adults who want to be civically and socially engaged to frail older adults with significant cognitive and/or physical impairments making it difficult to perform daily living activities without assistance. This area also represents individuals, regardless of age, who are challenged with physical, intellectual, developmental and/or mental health disabilities. Additionally, this focus area supports family caregivers, as they remain an integral part of the county support system for older adults and individuals with disabilities. Overall, the human services system seeks to facilitate and support individuals living and thriving in their community of choice through numerous programs and services including, but not limited to: adult day health care; adult protective services; congregate meals; day support and employment services; inpatient and outpatient services; medical services; residential services; senior centers; senior housing; support coordination; therapeutic recreation; and volunteer services.



GOALS:

- ◆ *Increase people's ability to live, work, and play in settings of their choice*
- ◆ *Improve the quality of life for older adults and individuals with disabilities*

Why Does This Matter?

There were approximately 130,817 older adults (65 and older) living in Fairfax County in 2014. By 2030, it is projected there will be an estimated 192,314 individuals or a 32% increase. The number of older adults with a disability has also increased over time in Fairfax County. From 2007 to 2014, the number of older adults with a disability (age 65 years and older) increased by 50% (approximately 24,000 adults to 36,000 adults respectively). Similarly, the county has also witnessed an increase in the number of adults, of all ages, with a disability increasing by 11% from 2007 to 2014. These demographic trends in the county underscore the need for the human services system to continue to implement strategies and programs that promote and protect the health and welfare of this population.

Issues particularly critical to older adults and individuals with disabilities include the following:

- ◆ **Affordable and accessible housing is central to quality of life for people of all ages.** High housing and maintenance costs may limit the ability of some low-income older adults to live in the place of their choice and be able to meet their basic expenses. Lack of in-home accessibility options can prevent older adults and individuals with disabilities from living safely and comfortably in their homes. In addition, modifying homes with accessibility features can be too costly for some individuals.
- ◆ **Employment and daily activities are a fundamental component of positive living for individuals with disabilities.** Self-esteem, financial security, self-worth and independence are built through meaningful experiences that promote community integration and engagement.
- ◆ **Older adults are particularly vulnerable to social isolation and loneliness due to loss of friends and family, mobility or income.** Research shows that social isolation and loneliness can have harmful effects on an individual's physical and mental health. Staying connected to other people through a variety of meaningful activities can yield important health benefits as one ages. Adults who remain socially engaged throughout their lives can be protected from physical and cognitive issues over time. In some cases the lack of affordable and accessible transportation can lead to further isolation and loneliness.
- ◆ **The stress related to providing complex care, demands of jobs and family, economic pressure, and the physical and emotional demands of caregiving can have major health impacts on caregivers.** Without support and respite services family caregivers may experience burnout leading to unnecessary or premature facility-based care for their loved ones.



What is happening in our county? — Representative Indicators of Fairfax County

Fairfax County monitors the following population indicators to assess conditions which may impact older adults and individuals with disabilities.

Population Indicator	Baseline	Most Recent
% of individuals, 65 years of age or older	10.7% (2012) 119,279/1,114,757	11.5% (2014) 130,817/1,137,538
% of adults, 65 years of age or older, with a disability	28% (2012) 32,776/117,057	28% (2014) 36,001/128,574
% of population with a disability (all ages)	6.3% (2012) 69,014/1,095,460	6.7% (2014) 75,419/1,125,663

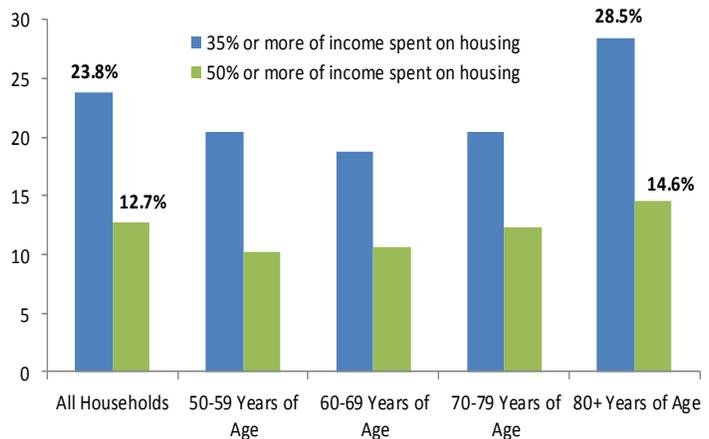
Source: U.S. Census Bureau, American Community Survey

Fairfax County also monitors the following issues and trends which can have an impact on the overall well-being of older adults and individuals with disabilities.

Housing: Housing is particularly expensive in Fairfax County. This leaves low-income older adults, as well as individuals with disabilities, who live on fixed incomes vulnerable to housing insecurities and makes it nearly impossible to live on their own in market rate properties in the Fairfax area.

As shown in the graph, **29% of all head of households aged 80 years and older spend more than a third of their income on housing while 15% of this population spend more than half of their income on housing.** Both figures are greater than the population overall and includes older adults who either own or rent a housing unit. According to the U.S. Department of Housing and Urban Development (HUD) if an individual pays more than 30% of income on housing, it creates a financial burden.

Percent of Income Spent on Housing by Age of Household



Source: U.S. Census Bureau, 2011 American Community Survey, PUMS

Nearly **one-third of the households served** in the Fairfax County Redevelopment and Housing Authority's (FCRHA) major multi-family housing and rent subsidy programs **include at least one member with a disability.** (Source: Fairfax County Department of Housing and Community Development)

In 2012, an estimated **95%** of the housing units in Fairfax County are not in buildings that would have accessibility features. Regardless of whether you own or rent a home, modifications can be costly. This expense may force older adults and individuals with disabilities out of the homes of their choice. (Source: *Understanding Housing Needs of Fairfax County Residents with Disabilities, report to the Long Term Care Coordinating Council, 2014*)



Approximately 64% of people supported in the county operated group homes for people with intellectual disabilities are over the age of 55. Program data shows a trend in significant aging related health concerns and/or behavioral challenges for this population (34 people). (Source: *Fairfax-Falls Church Community Services Board*)

Employment: In 2013, among individuals 18 to 64 years of age in the county, **a lower percentage of individuals with a disability were employed (56%), compared to individuals without a disability (83%)**. Although the proportion of individuals with a disability who were employed has fluctuated over the past five years, it has consistently remained lower than for individuals without a disability. (Source: *U.S. Census Bureau, American Community Survey, 2013*)

Employment or a day activity is a foundational component of positive living for individuals with disabilities. Self-esteem, self-worth and independence are built through meaningful experiences that also promote community integration and engagement. Restricting factors that contribute to the lack of employment opportunities for individuals with disabilities include a shortage of job coaches available to assist people with disabilities in traditional work settings. Individuals with intellectual or developmental disabilities often have medical issues, behavioral issues, attention span or developmental limitations that impact their long term success in employment.



In 2014, the Fairfax-Falls Church Community Services Board recognized the following positive benefits from services that support individuals with disabilities including:

- ◆ More than 2,900 persons with mental illness, substance use disorders, and/or intellectual disability received employment or day support services;
- ◆ 68% of individuals with serious mental illness, substance use disorders, or co-occurring disorders obtained employment as a result of assistance through individual supported employment services. The average hourly wage for these individuals was approximately \$12/hour; and
- ◆ 534 individuals with intellectual disability received supported employment services which resulted in **collective annual earnings of over \$5.3 million**. These services helped enable individuals to pay taxes as applicable, purchase goods and services, and to be engaged members of their communities. (Source: *Fairfax-Falls Church Community Services Board*)



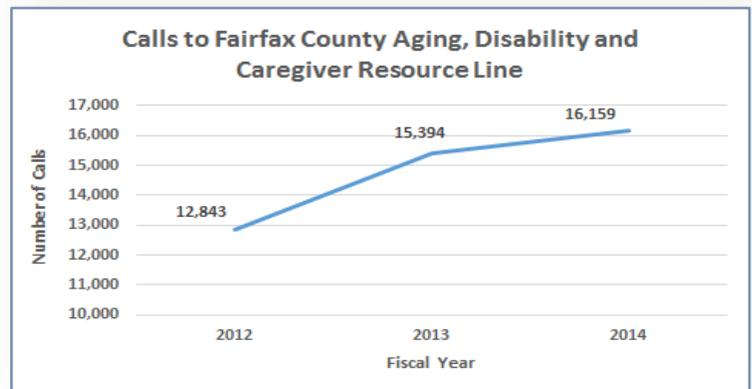
Transportation: The county offers a variety of transportation resources for older adults and individuals with disabilities to include Fastran, Dial-A-Ride, Seniors-on-the-Go, Fairfax County TaxiAccess and faith-based volunteer services. Much has been done to strengthen the network of transportation services for individuals who cannot drive. In spite of these accomplishments, a survey conducted in 2013 by the Fairfax Area Mobility and Transportation Committee revealed that approximately **25% of survey respondents were unable to get to a destination in the past month due to a lack of accessible and affordable transportation in the county.**

(Source: www.fairfaxcounty.gov/dfs/disabilities/pdf/transportation-survey-report-2013.pdf)

Social Integration/Meaningful Activities: A large body of research has demonstrated a robust association between loneliness and poor health including cardiovascular disease, inflammation, and depression. A variety of programs in the county are designed to offer older adults and individuals with disabilities opportunities to engage in meaningful activities to meet their needs for socialization, a sense of accomplishment, a sense of purpose and play, as well as cognitive and physical stimulation. Some of these programs include the Adult Day Health Care Program (Health Department), Therapeutic Recreation, Senior Centers, and Senior + Services (Department of Neighborhood and Community Services), and Day Support Programs (Community Service Board). Collectively these programs served **5,958 individuals in FY 2014** with a total annual attendance of **433,460 visits.**

Support Services: The County continues to see an increase in the number of older adults and individuals with disabilities in need of supportive services to assist them with their community involvement and ability to remain in their homes. Some examples of this trend include:

- ◆ Calls to the Aging, Disability and Caregiver Resource (ADCR) line have increased from 12,843 in FY 2012 to 16,159 in FY 2014.
- ◆ Home Delivered Meals have decreased slightly from 871 adults in FY 2012 to 846 adults in FY 2014.
- ◆ Home Based Care Services increased from 1,026 adults in FY 2012 to 1,053 adults in FY 2014.
- ◆ Medicaid pre-admission screening requests have increased from 866 in FY 2012 to 1,055 in FY 2014.
- ◆ Medicaid pre-admission screenings that resulted in the uses of community-based services increased from 612 in FY 2012 to 792 in FY 2014.
- ◆ In 2014, approximately 17% of Fairfax County residents 65 years of age and older lived with a family member other than a spouse. As many of these older adults age in place, the caregiving demands on their family members are expected to increase.



- ◆ As of July 2015, Fairfax County had over 1,300 individuals with intellectual disability on the statewide Medicaid Waiver wait list. This was a 74% increase from four years ago. Of those on the wait list, 905 individuals were considered in urgent need of waiver services, an increase of 125% from the same time period in 2011. (Source: Fairfax-Falls Church Community Services Board)

Health Issues: Emergent mental health disorders, risk for suicide, and substance abuse are tremendous concerns for older adults. Many older adults experience mental distress associated with limitations in daily activities, physical impairments, grief following loss of loved ones, caregiving or challenging living situations, or an untreated mental illness such as depression. Suicide among older adults has been noted as a critical issue in Virginia. Among those who committed suicide in the Fairfax-Falls Church community from 2003 – 2011, **the highest proportion were for individuals ages 75-84 years of age (19%)**, followed by ages 45-54 (12%), and 85 years of age and older (11%).

(Source: *Suicide in Fairfax County, A Report to the Board of Supervisors, September 2013*, available at: www.fairfaxcounty.gov/living/healthhuman/reports/suicide-in-fairfax-county.pdf)



In 2012, **approximately 9%** of Medicare beneficiaries in Fairfax County were treated for **Alzheimer's disease or dementia**. The Alzheimer's Association notes that the number of people age 65 and older with Alzheimer's disease across the U.S. is estimated to reach 7.1 million by 2025. Nationally, Medicare costs for those with Alzheimer's and other dementias are estimated to be \$107 billion dollars in 2013. (Source: *Centers for Medicare and Medicaid Services*)

The following system indicators reflect a representative sampling of those persons served by human services within county administered programs. Based on existing system indicator outcomes, human services appraises the overall system performance in attaining the desired goal utilizing the classifications below:

LEGEND:



An opportunity to celebrate the significant progress made in moving toward achievement of the desired result.



An opportunity to continue to improve upon the progress made toward achievement; this reflects less progress than the opportunity to celebrate; however, positive movement has been made.



An opportunity to improve, reflecting the need for the community and Human Services System to address the desired result more effectively.



Ability to Live, Work, and Play

Goal: Increase people's ability to live, work, and play in settings of their choice



Positive Living for Older Adults and Individuals with Disabilities



How are we doing? Within Fairfax County, select programs and services offer a variety of support and assistance to older adults and individuals with disabilities to promote positive living. As the overall demographic composition of the county increases in age, more adults are likely to face age-related disabilities and need supportive services. Aging, disability, and caregiver support services are critical to help prevent or delay individuals from requiring more intensive services. Support is particularly acute for individuals with limited financial resources, as the high cost of care can be a barrier for some. An important component in promoting positive living is offering respite and other caregiver services in order for family and friends to have the support needed to best assist loved ones.

An additional aspect in increasing people's ability to live, work, and play in the setting of their choice is creating communities where individuals can "age-in-place" and have access to accessible housing units. Affordability is also of critical importance, as housing is expensive in the county and low-income older adults as well as individuals with disabilities are more vulnerable to housing insecurities.

System Indicator	Baseline	Most Recent
% of persons who have options that support their physical, behavioral and cognitive needs	86% (FY 2013) 1,283 / 1,497	89% (FY 2014) 1,642 / 1,850

Source: Fairfax County Human Services System Data

Supportive Services, Day Support Programs, and Housing Programs and Services are crucial elements supporting people's ability to live work and play in the setting of their choice. From 2013 to 2014 the county experienced an increase in the percentage of persons who had options that helped them meet their physical, behavioral and/or cognitive needs.

A major component of this system indicator is ample, affordable and accessible housing options. The Human Services (HS) system recognizes the challenge in ensuring ample, affordable and accessible housing opportunities, especially for older adults and individuals with disabilities who often have limited income. The gap in available housing options are confirmed by the current wait lists for the following types of housing units:

- ◆ active senior residences (1017);
- ◆ accessible units for individuals with disabilities within public housing and housing choice voucher programs (only) (42); and
- ◆ low and moderate income senior assisted living units (44).

This demand is expected to grow unless innovative and sustainable solutions are adopted. Within the next two years, one county senior residence facility is being renovated through a public-private partnership providing 82 senior independent living units, of which 22 will remain project based voucher supported units. Additionally, on the same campus, on-site support services will be provided in a separate building. Due to the complex nature of the housing issues, the human services system will need to continue actively engaging key stakeholders to develop strategies that leverage resources and build capacity.



Ability to Live, Work, and Play

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Positive Living for Older Adults and Individuals with Disabilities



Other factors which influenced performance for this composite indicator included:

- ◆ A 2012 county-wide initiative, designed to promote a more coordinated and integrated approach to service delivery, was implemented allowing agencies to more efficiently utilize resources and effectively serve the public. HS agencies worked collaboratively to create a “one point of entry” for older adults, individuals with disabilities and caregivers seeking information about resources in the county. This initiative promoted timely access to needed services and may be one reason performance improved.
- ◆ Cross-agency case conferencing and interdisciplinary meetings designed to provide person-centered services allowed HS staff to better assess and meet the needs of their mutual clients.
- ◆ The HS system also recognizes the value of continued partnerships with public and private community-based organizations in an effort to leverage resources and build capacity. As the population of older adults and individuals with disabilities increases, so does the need for additional service choices best accomplished through community capacity building.
- ◆ In FY 2014, the Fairfax County Redevelopment and Housing Authority (FCRHA) verified and approved 76% of the reasonable accommodation requests received. Of those approved, 32% received approval for live-in-aide support and 26% were for modifications to a residential unit. As a result, 94% of the individuals were able to remain in their unit for another year.
- ◆ In 2014, the FCRHA made advances in meeting the need for accessible, affordable housing:
 - Transferred 83% (5 out of 6) of individuals with disabilities off the medical transfer wait list and into units that most appropriately met their needs.
 - Created more accessible housing units by retrofitting 50 FCRHA public housing units to meet uniform federal accessibility standards. To date, 84% of these units have been completed.
 - Began extensive renovations at a senior housing properties.
- ◆ The county offers a range of services that contribute to an individual's ability to live in their home designed to eliminate or delay the need for facility-based care. Case management, home based care, home delivered meals, adult day health care, day support programs, transportation to medical appointments and grocery stores, respite for family caregivers are a few of the services that enable older adults and individuals with disabilities to remain in the community of their choice.

System Indicator	Baseline	Most Recent
% of caregivers who receive health and well-being benefits from support services	88% (FY 2013) 92 / 104	85% (FY 2014) 113 / 133

Source: Fairfax County Human Services System Data

Family caregivers represent a valuable but often overlooked resource. Services that help sustain their ability to continue caregiving are critical. This measure focuses on caregivers who received support and respite services from two county operated programs, Adult Day Health Care (Health Department) and Senior+ Services (Department of Neighborhood and Community Services). There are many other services that support family caregivers including:

- ◆ Therapeutic Recreation,
- ◆ Day Support Programs,
- ◆ Caregiver Respite Funds,
- ◆ Aging, Disability, and Caregiver Resource Line,
- ◆ Caregiver Support Groups, and
- ◆ the Caregiver Fall and Spring Seminar Series.

Currently, the county does not have performance data for the entire work that is done to support family caregivers. The current decline in this indicator can also be attributed to lack of transportation options, inability to meet service day requests, and an on-going concern regarding reduction in Adult Day Health Care Services.

Positive Living for Older Adults and Individuals with Disabilities



"I would like to age-in-place, but not being close to easily accessible transportation will be a potential problem for me."

- Senior Survey Respondent

Our Strategies:

- ◆ Explore additional partnerships to provide opportunities for clients to age-in-place and have support services. Ensure services are delivered in appropriate settings for clients and caregivers/ care partners.
- ◆ Improve the ability of county human services agencies to share data cross-system as it relates to commonly served consumers [*clients and caregivers/ care partners*], including demographic and service-related information in order to:
 - ◇ Provide a more holistic view of the consumer and their needs
 - ◇ Serve consumers in a more cross-system integrated manner
 - ◇ Measure similar services in a consistent and standardized manner



Quality of Life

Goal: Improve the quality of life for older adults and individuals with disabilities



Positive Living for Older Adults and Individuals with Disabilities



How are we doing?

Opportunities for engagement and social interaction are key in helping to promote positive living and improve the quality of life for older adults and individuals with disabilities.

Engagement can help improve health outcomes, both physical and mental, as well as decrease social isolation. These benefits often translate into reduced medical and social costs. Along with these opportunities, comes the need for accessible and affordable transportation options that ensure access to opportunities that improve peoples' quality of life.

Within Fairfax County, programs and services promote engagement for older adults and individuals with disabilities of all ages including therapeutic recreation, congregate meals, and day support and employment. Senior and community centers also provide an opportunity for individuals of all ages and abilities to engage in a variety of different activities. Since FY 2010, attendance at Neighborhood and Community Services Senior Centers has increased by 14%.

System Indicator	Baseline	Most Recent
% of persons who are able to participate in meaningful and accessible activities of their choice	94% (FY 2013) 898 / 902	85% (FY 2014) 1,001 / 1,179

Source: Fairfax County Human Services System Data

This measure represents three of many county programs designed to provide older adults and individuals with disabilities the opportunity to engage in meaningful opportunities. Without a comprehensive approach to data collection across the system for this indicator, the results shifted dramatically from one year to the next as more programs began to collect and report data. In one particular program, the outcome appears low; however, overall it is actually a very strong outcome for the population served by this program.

In general, adults with intellectual and/or developmental disabilities are living longer and experiencing additional disabilities and illnesses related to aging. This presents a challenge because currently some county programs are not designed to meet the needs of these individuals. They often require more support and assistance to cope with these additional disabilities and health conditions. As individuals with intellectual, mental and or developmental disabilities age there will be an increase in demand for programs to meet the unique needs of this population.

As the trend towards more inclusive programming continues to rise, therapeutic recreation is seeing a shift towards serving individuals with more specialized needs, therefore requiring lower staff-to-participant ratios to maintain a safe and successful environment. Participant needs include behavior management, medical procedures, personal care assistance, dietary, and physical assistance. Therapeutic Recreation has managed to reallocate resources to maintain the needed ratios; however, if the trend continues, therapeutic recreation will need to serve fewer participants annually in order to maintain the required staffing ratios needed to serve participants.

Positive Living for Older Adults and Individuals with Disabilities



"Coming here takes up my time, because I wouldn't have anything else to do, but sit and watch television. I can get out of my house and come and visit with other people and have friends."

– Senior Center Participants

Our Strategies:

- ◆ Increase diversity of program offerings that better meet the needs of a variety of individuals with various disabilities and their caregivers/ care partners.
- ◆ Explore additional options for appropriate modes of reliable, affordable and accessible transportation, along with the ability to provide supportive services based on clients' needs.