

Older Adults

National Comparison

Iowa ranks fifth in the percentage of residents age 65 and older. More importantly, Iowa has a particularly high percentage of people age 85 and older.¹ This “oldest old” cohort is more likely to need long-term care. In 2007, for example, people age 85 and older are 12 times as likely to be in a nursing facility as people age 65-74.²

State Population Trend

More than one of every seven Iowans was age 65 or older in 2007, according to latest data available from the U.S. Census Bureau.

Local Trends in Poverty

	Total Population ¹	Population 65+ ¹	Population 65+ In Poverty ¹
Benton	26,591	3,782	265 (7%)
Cedar	18,187	2,952	208 (7.7%)
Iowa	15,671	2,681	152 (5.4%)
Jones	18,866	3,253	240 (7.4%)
Linn	202,949	25,199	3,000 (8.2%)
Washington	21,199	3,657	253 (6.9%)

In the year 2000, the poverty level was set at \$8,259 (annual income). The following graph displays the number of individuals age 65+ in the six county UWECI service area that fall within 200% range of poverty, or have an annual income of less than \$16,518. See figure 1.

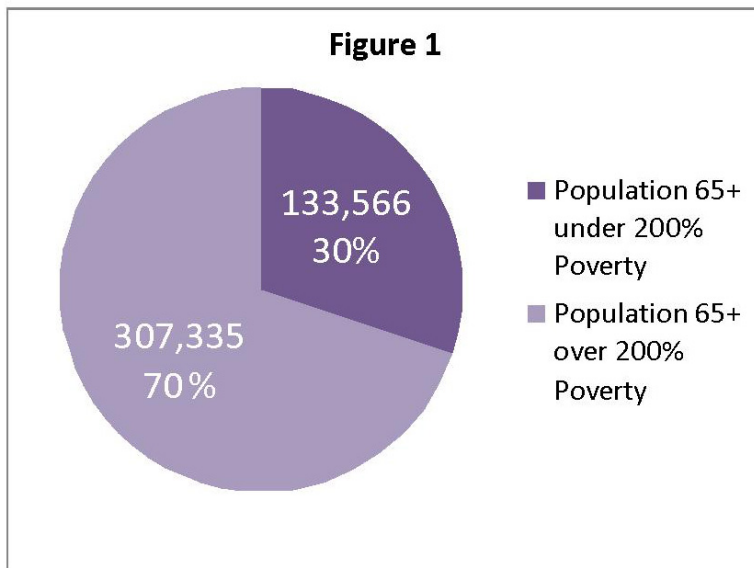
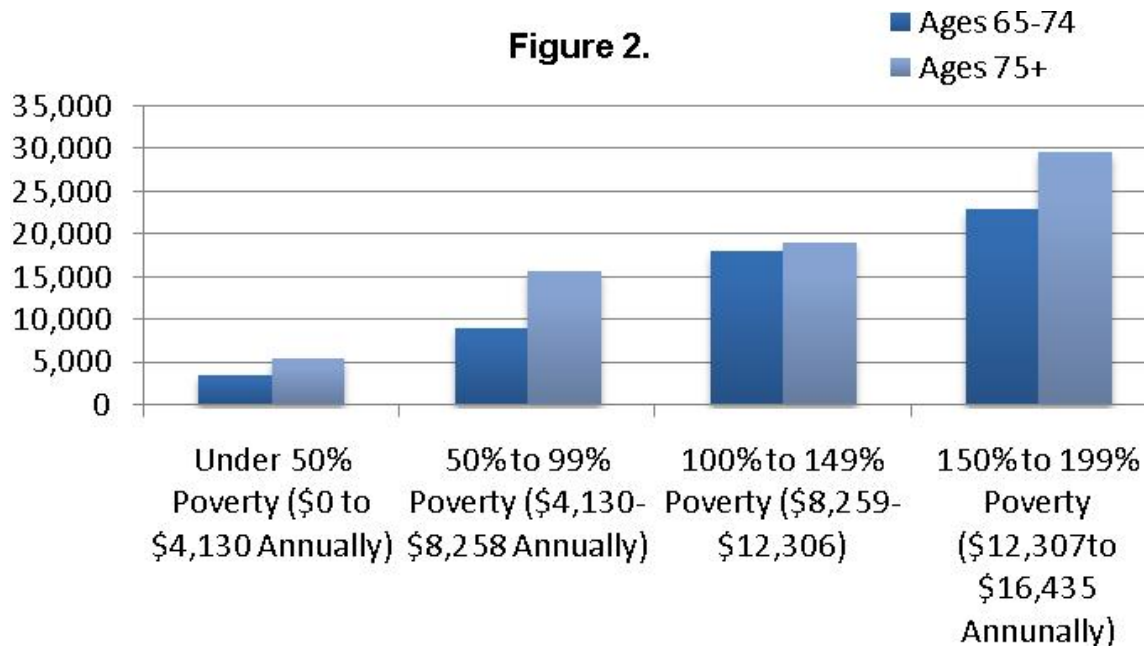


Figure 2 illustrates the number of people living in poverty broken down by annual income level. Additionally, figure 2 shows the differences in income levels of those age 65-74 and those age 75 and older.



Older Adult Issues

Nursing Home Placement

- *People age 85 and older are 12 times as likely to be in a nursing facility.²*

According to the AARP, the annual cost to provide care for one senior in an Iowa nursing home (rate for a private room, privately paid), is \$53,655 or the equivalent of \$1031.83 per week.⁶ *Private rooms are not guaranteed by all Iowa nursing homes when the stay is being paid for by Medicaid.*

Home and Community Based Services

- *The Iowa Department on Aging has reported that case management programs can allow seniors to remain in their home for up to 22 months longer than those who do not receive the home-based services.⁴*

For frail seniors that qualify for and enroll in **Medicaid/Elderly Waiver**, the cost of in-home care can be drastically reduced and recipients are able to avoid premature institutionalization. Such services may include, but not be limited to, case management, social work, nursing, home delivered meals, housekeeping, home health aides, transportation, and minor custodial home care. To qualify seniors must have an income of less than \$2022 per month (just under 300% of poverty) and meet the medical criteria for nursing home placement.

- *Home and community based services are more cost effective than nursing home placement.⁷*

Each senior has unique needs that can be met through individualized services. See figure 3 for an estimation of the cost of services to an older adult with chronic health issues who requires assistance with keeping a home and remaining safe and healthy.

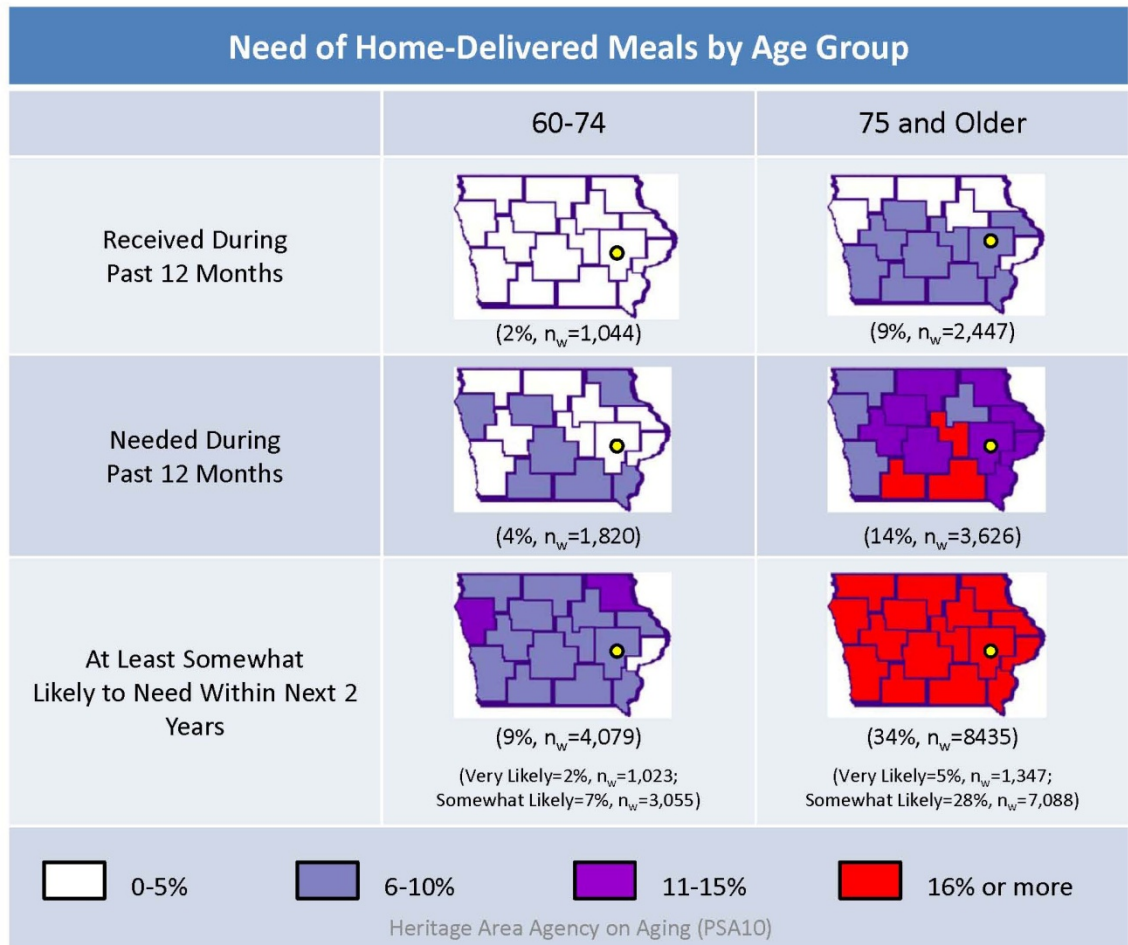
Figure 3

In-home Service	Amount needed	Estimated Cost per Unit/Hour	Total Cost per Month
Homemaking (Agency)	15 hours per month	\$18	\$270
Home Delivered Meals	31 meals per month	\$3.75	\$116.25
Emergency Response System	Start up Fee	\$80	One time of \$80
Emergency Response System	1 unit per month	\$35	\$35
Nursing (Med set up)	1 visit per week	\$28	\$112
Total (not including 1 time set up fee)			\$533.25

*As previously noted, approximately 30% of older adults in the six county United Way of East Central Iowa’s coverage area have incomes less than \$1376.5 per month (\$16518 annually).

Nutrition

▪ *Malnourishment can lead to multiple health problems, including a decrease in bone mass, as well as have negative effects on cognitive functioning and a person’s ability to recover after surgery.⁶* Home-delivered meal programs deliver a balanced meal directly to an older adult’s home. Figure 4 provides a comparison of the percentage of older adults that received home-delivered meals in the last twelve months, the estimated total need for this service in the last twelve months, and a projection of the percentage of older adults that are somewhat likely to need home-delivered meals in the next two years. See Figure 4.



Community Partners

- ✚ The Heritage Area Agency on Aging provides case management services and advocacy to Linn, Jones, Benton, Washington, Iowa, and Cedar County. 1-800-332-5934 <http://www.heritageaaa.org/>
- ✚ The Department of Human Services can be contacted for information on eligibility for and assistance in applying for Medicaid (includes insurance, payment for in home services, and nursing home financial assistance) <http://www.dhs.state.ia.us/>

Sources:

¹U.S. Census Bureau, Population Division “Annual Estimates of the Resident Population by Single-Year of Age and Sex for the United States and States: April 1, 2000 to July 1, 2007” May 1, 2008.

²Thomson Reuters analysis of U.S. Census Bureau, Population Division “Annual Estimates of the Resident Population by Single-Year of Age and Sex for the United States and States: April 1, 2000 to July 1, 2007” May 1, 2008 and U.S. Centers for Medicare & Medicaid Services *Minimum Data Set 2.0 Active Resident Information Report: 2nd Quarter 2007* Undated.

³Data for 2010 – 2030 were obtained from U.S. Census Bureau, Population Division “Interim Projections of the Population by Selected Age Groups for the United States and States: April 1, 2000 to July 1, 2030” April 21, 2005.

⁴Iowa Department of Elder Affairs.

⁵AARP http://www.aarp.org/families/caregiving/state_ltc_costs.html#g-1.

⁶Cohen-Mansfield, PhD, Jiska and Julia Frank (2008). “The Relationship Between Perceived Needs and Assessed Needs for Services in Community-Dwelling Older Persons”. *The Gerontologist*, Vol 48, No 4, 505-516.

⁷Iowa Association of Area Agencies on Aging. 2009 Legislative Issue Brief.

⁸Service Needs of Older Iowans: A 2008 Survey of Older Iowans in 16 Planning Service Areas. http://www.csbs.uni.edu/dept/csbr/pdf/IDEA_Needs_of_Older_Iowans-2008.pdf