



COUNCIL ON AGING
OF CENTRAL OREGON

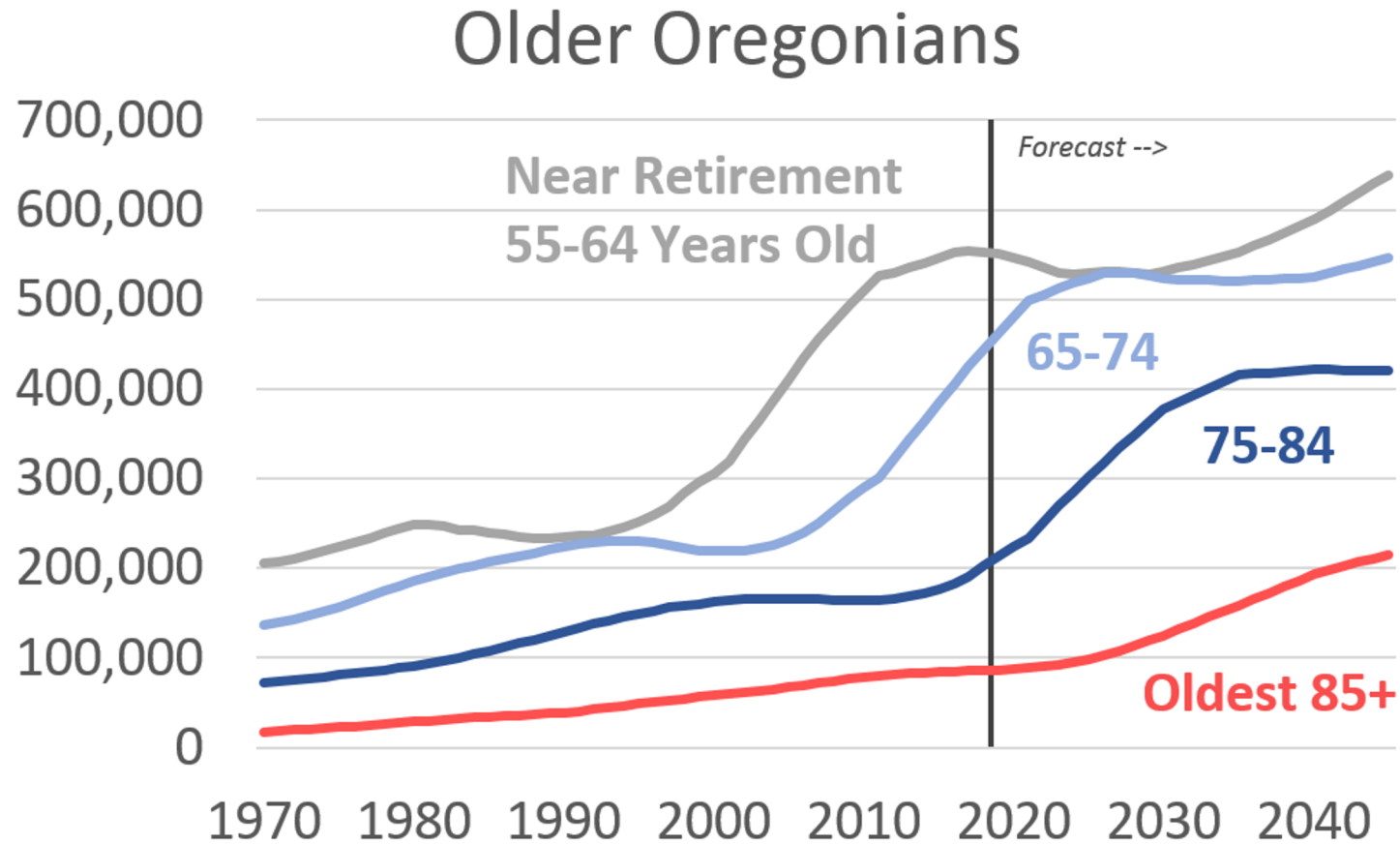
Susan M. Rotella

Executive Director

**How can we work together to
make Central Oregon a place
for all of us to **age well**?**

**THE DEMOGRAPHICS IN
OREGON ARE CHANGING.**

Aging Oregonians



Source: Oregon Office of Economic Analysis, Portland State Population Research Center

Seniors 65+ currently outnumber children under 18 years of age in Central Oregon

Source: U.S. Census Bureau Quick Facts (v.2019)

1 in 5 or 20.9%

of Central Oregon's population is 65 years of age or older today.

Deschutes County	20.5%	40,527
Crook County	25.2%	6,150
Jefferson County	23.3%	4,882

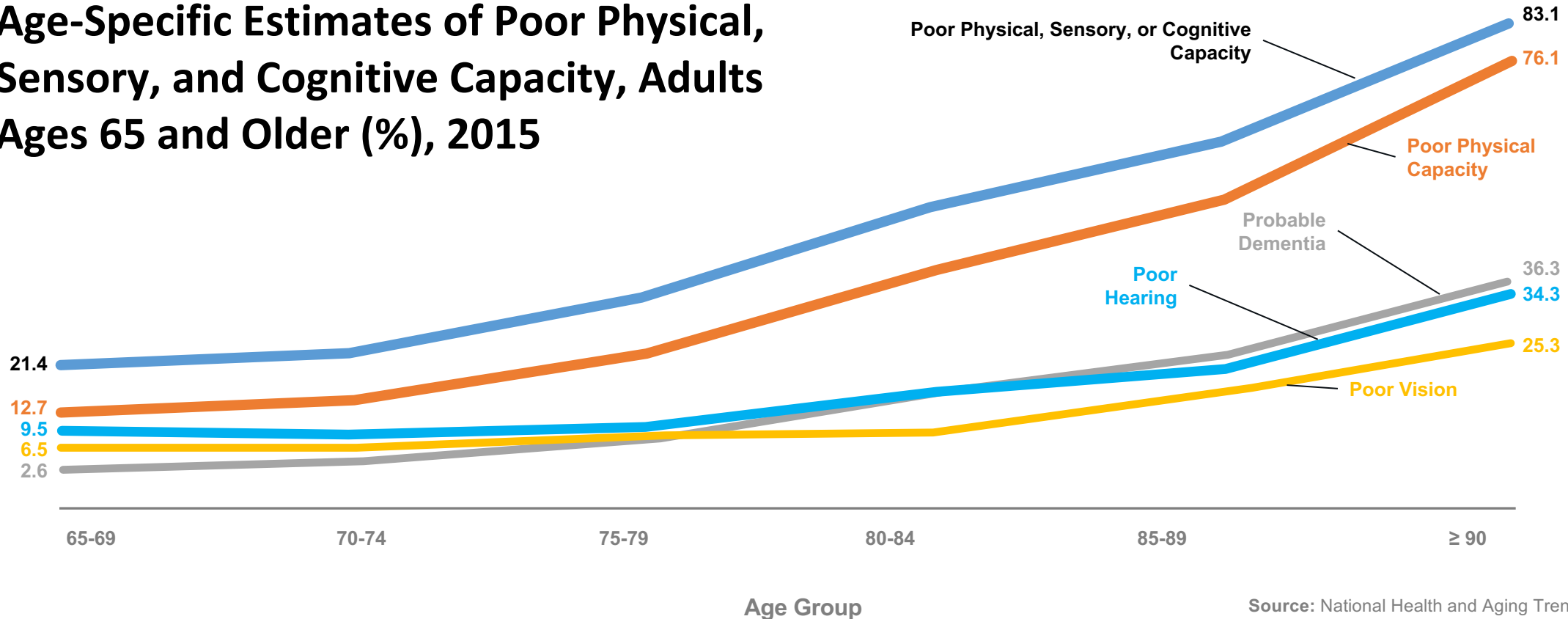
Our population is older, on average, than the State of OR (18.2%) and the United States (16.5%)

By 2040 older adults are projected to represent 25% of Deschutes and 30% of Crook and Jefferson populations.

CHALLENGES OF AN AGING CENTRAL OREGON

Likelihood of Having a Disability Goes Up with Age

Age-Specific Estimates of Poor Physical, Sensory, and Cognitive Capacity, Adults Ages 65 and Older (%), 2015



Source: National Health and Aging Trends Study.

Poverty is increasing among older adults, as is homelessness

**9.2% of those 65+ and
11.6% of those 80+
live in poverty in the U.S.**

**In Central Oregon, on any
given night we have 880
folks who are homeless
(2019)**

Source: National Alliance to End Homelessness



Isolation and loneliness is a big issue among older adults.

- **93.5% of older adults live at home**
- **27% of adults age 60+ live alone**
- **Lack of transportation options**
- **Digital divide**

Source: <https://www.prb.org/eight-demographic-trends-transforming-americas-older-population>



OPPORTUNITIES OF AN AGING CENTRAL OREGON

**Older adults are
continuing to
work longer,
contributing to our
communities'
economic growth**



Increased intergenerational support for families

- Potential source of much needed childcare services
- “Grandfamilies” —grandparents raising grandchildren



**Strong source of
important community
volunteerism and
civic engagement.**

**71% of Boomers
volunteer locally.**



A LITTLE BIT ABOUT THE COUNCIL ON AGING.



COUNCIL ON AGING
OF CENTRAL OREGON

- **Mission**

Provide information, resources and direct services to Central Oregon older adults so they can age at home independently in the community they love

- **Serve all seniors 60+; target those most financially and socially at risk in our communities**
- **Headquartered in Bend, we've been there for Crook, Jefferson and Deschutes County seniors and their loved ones since 1974**

Our Core Services

- Information, Referral and Care Planning
- Nutrition Services
 - Meals on Wheels
 - Community Lunches/Grab-N-Go Meals
- Arrange Home and Personal Care Services



Our Core Services

- Caregiver Respite and Support Groups
- Medicare Counseling
- Caring Connections



Our 2020 Impact Highlights

- **Nutrition Services**

- 92,247 Meals on Wheels meals delivered
- 44,822 Senior lunches served

- **Calls, information and referrals**

- 13,748 general inquiry calls answered
- 1,164 hours of Medicare counseling assistance
- 209 hours of legal assistance provided

- **Caregiving support and services**

- 11,812 hours of home & personal care services
- 1,683 hours of paid respite support provided
- 2,275 hours of case management services



COUNCIL ON AGING

OF CENTRAL OREGON

For more information, assistance or to volunteer,
please visit us at www.councilonaging.org

Or call us at 541-678-5483