

AGING IN ORANGE COUNTY: FACTS AT A GLANCE

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National Demographic Shifts in Age

- ❖ Every day for the next nineteen years approximately 10,000 Americans will celebrate their 65th birthday.¹
- ❖ By 2035, 1 out of 5 Americans will be older than age 65. This represents a 50% increase in the number of older adults between now and then.²
- ❖ The “oldest old,” or adults over age 85, is the fastest growing of all age groups.²

Orange County Aging in Context

- ❖ In 2000, 15.4% of Orange County’s population was 55 and over.⁸
- ❖ Right now, 21% of the population is 55 and over, which is the same proportion of the population as individuals under the age of 18.⁵
- ❖ As a result of the aging population, the median age in Orange County increased from 30 to 33 years old, which represents a 56% increase in the number of adults 55 years and over in just the last 10 years.^{5, 8}

Orange County Aging Snapshot

- ❖ For adults 65+ in Orange County, there are 131 women for every 100 men.³
- ❖ 19% of those adults are of minority status.³
- ❖ Race/Ethnicity of adults 65+³
 - White: 81.3%
 - Black: 14.5%
 - Asian: 2%
 - Hispanic: 1.5%
 - Native American: 0.3%



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Orange County Aging Snapshot

- ❖ Housing of adults 65+⁴
 - Family Households: 67.2%
 - Nonfamily Households: 30.1%
 - Institutionalized Group Quarters: 2.3%
 - Noninstitutionalized Group Quarters: 0.4%
- ❖ Over 6% of all households are individuals 65+ living alone.⁵
- ❖ 6.4% of adults 65+ are living below poverty level.⁶

Economic Cost of Caregiving

- ❖ Nationwide, about 19% percent of Americans provide daily assistance for an older adult.⁹
- ❖ The estimated economic value of caregivers' unpaid contributions was approximately \$450 billion in 2009, up from an estimated \$375 billion in 2007.¹⁰
- ❖ Caregivers spend 19 hours per week, on average, providing unpaid care to a loved one over age 50. About 1/4 of caregivers spend 21 to over 40 hours per week.⁹
- ❖ 74% of caregivers for adults over 50 are also balancing careers.⁹
 - Among them, 2/3 have gone in late, left early, or taken time off during the day to deal with caregiving issues.
 - Furthermore, 37% reported they had quit their job or reduced work hours as a result of caregiving responsibilities.

Emotional Cost of Caregiving

- ❖ 65% of caregivers report increased anxiety and stress.¹¹
- ❖ 37% feel hopeless or depressed as a result of caregiving.¹¹
- ❖ Around 42% of caregivers in America are over 50 years old and the stress of caregiving can compound already present health issues of an aging population.¹¹



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