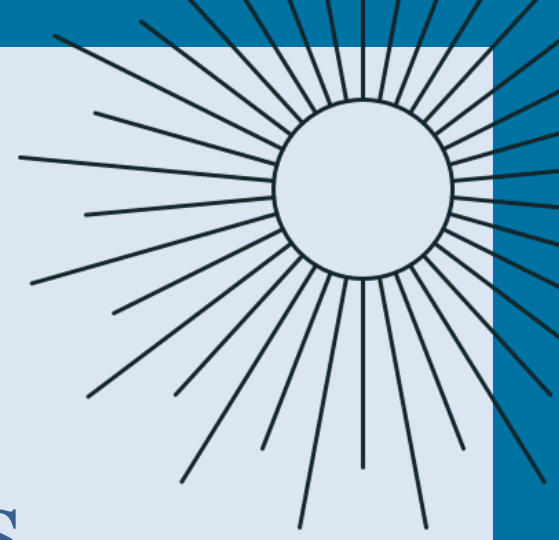
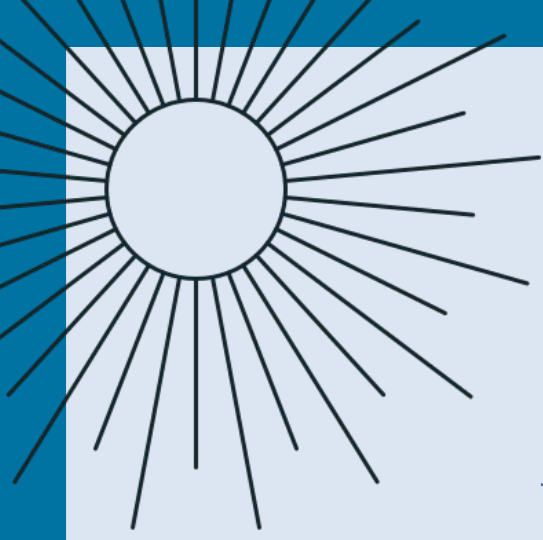




# Older Adults & Aging in Whatcom County

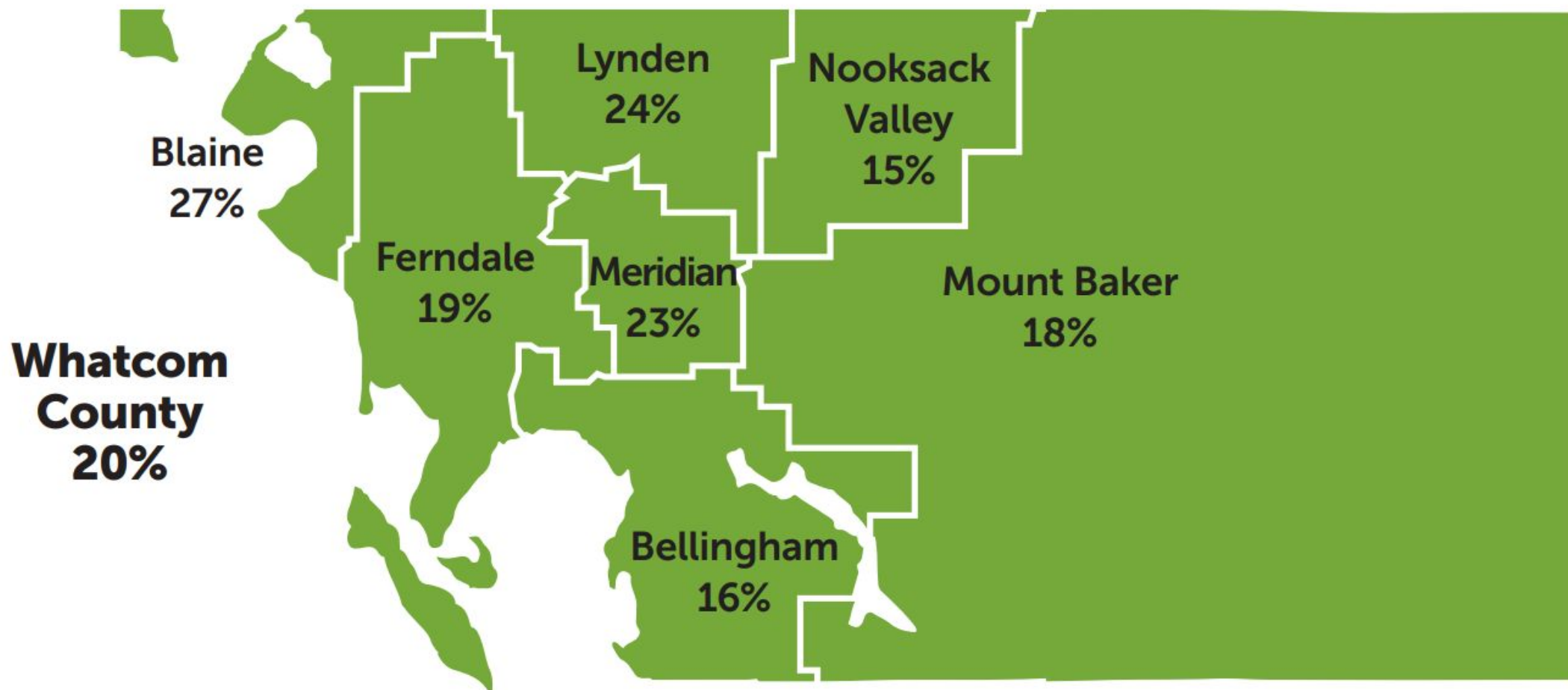
Whatcom County Health Board  
**May 2, 2023**

Lara Welker & Heather Flaherty, Aging Well Whatcom-Chuckanut Health Foundation  
Chris Orr, Whatcom Council on Aging  
Bethany Chamberlin, Northwest Regional Council



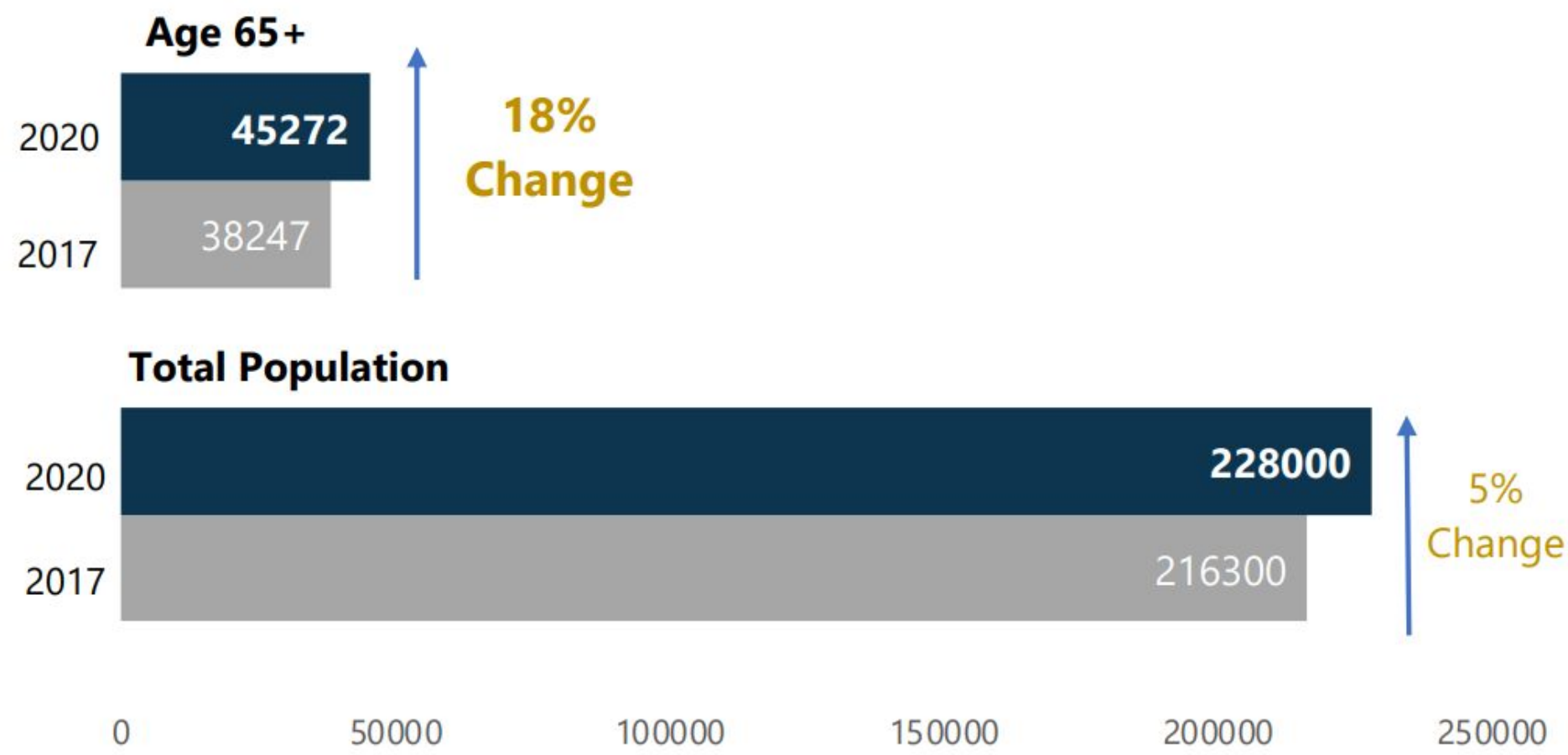
# Who Are Whatcom County's Older Adults?

*Fig 3 – Map of sub-county areas with percent of population age 65 and over, 2020*



**Fig 1 - Population change in Whatcom County and those 65 and older, 2017-2020**

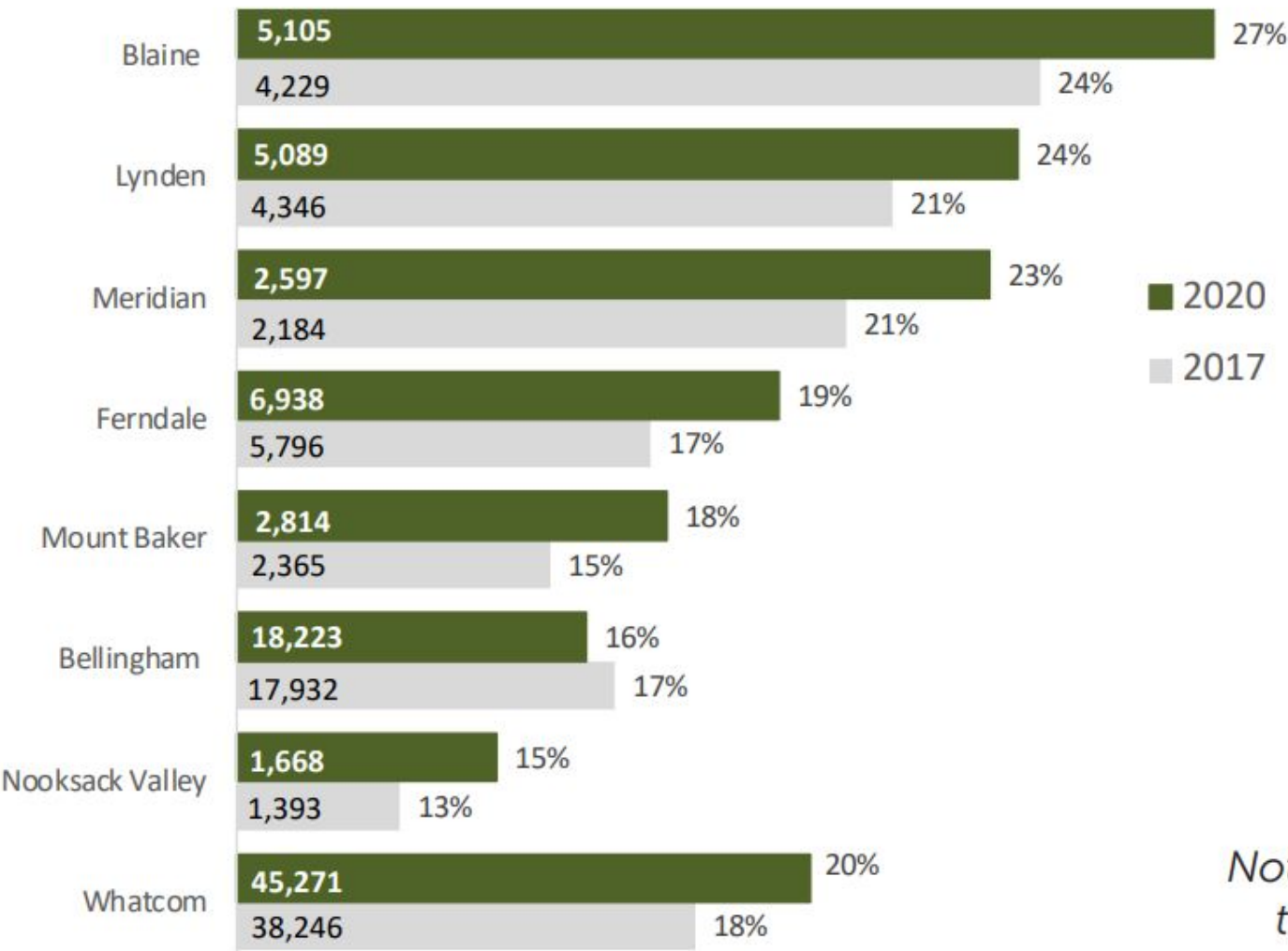
*Data Source: WA State Office of Financial Management, SADE*





**Fig 2 - Change in 65 and older population within sub-county areas, 2017-2020**

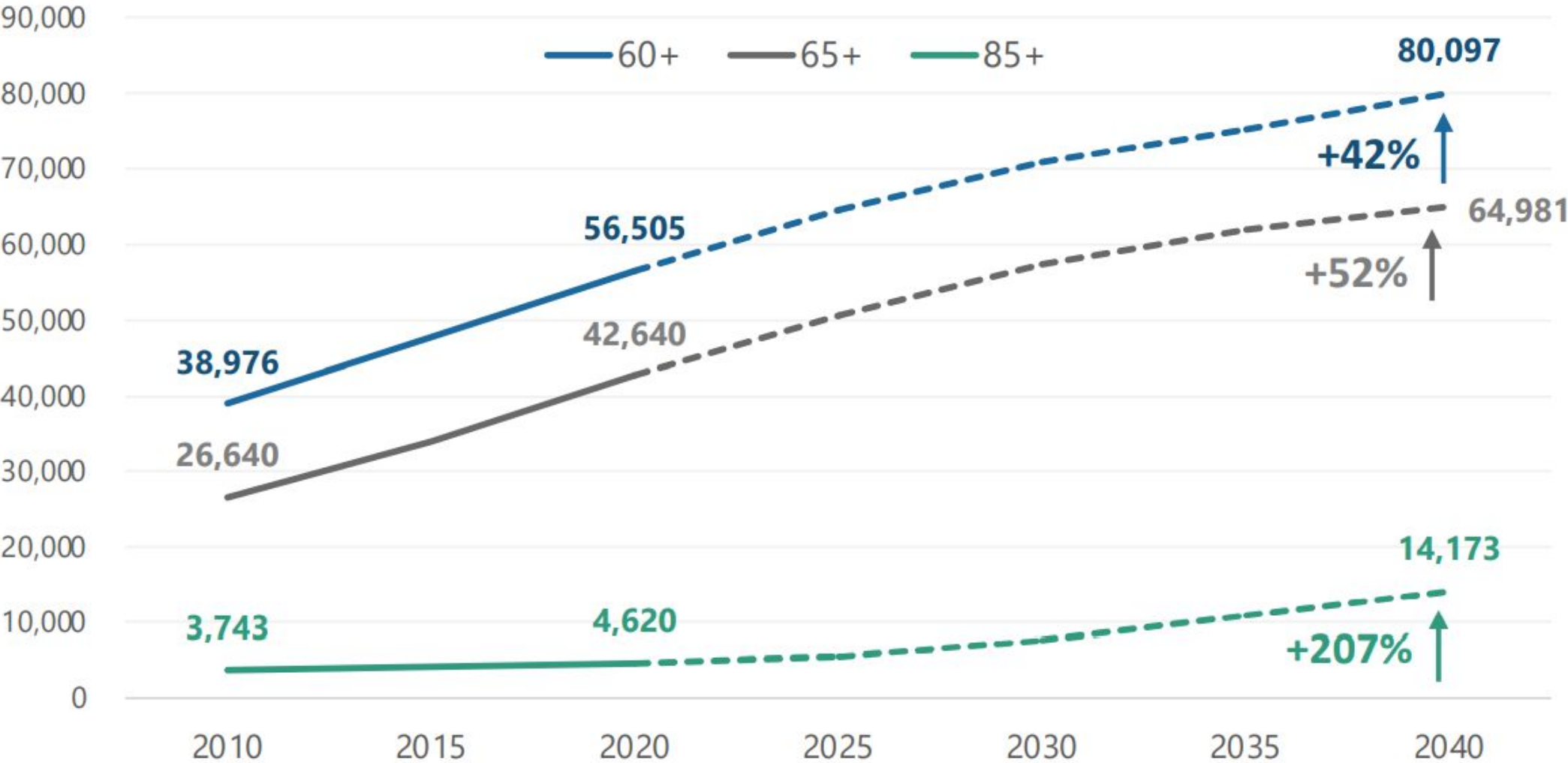
*Data Source: WA State Office of Financial Management*



*Note: Percent of sub-county area represents the proportion of 65+ for the specific area*

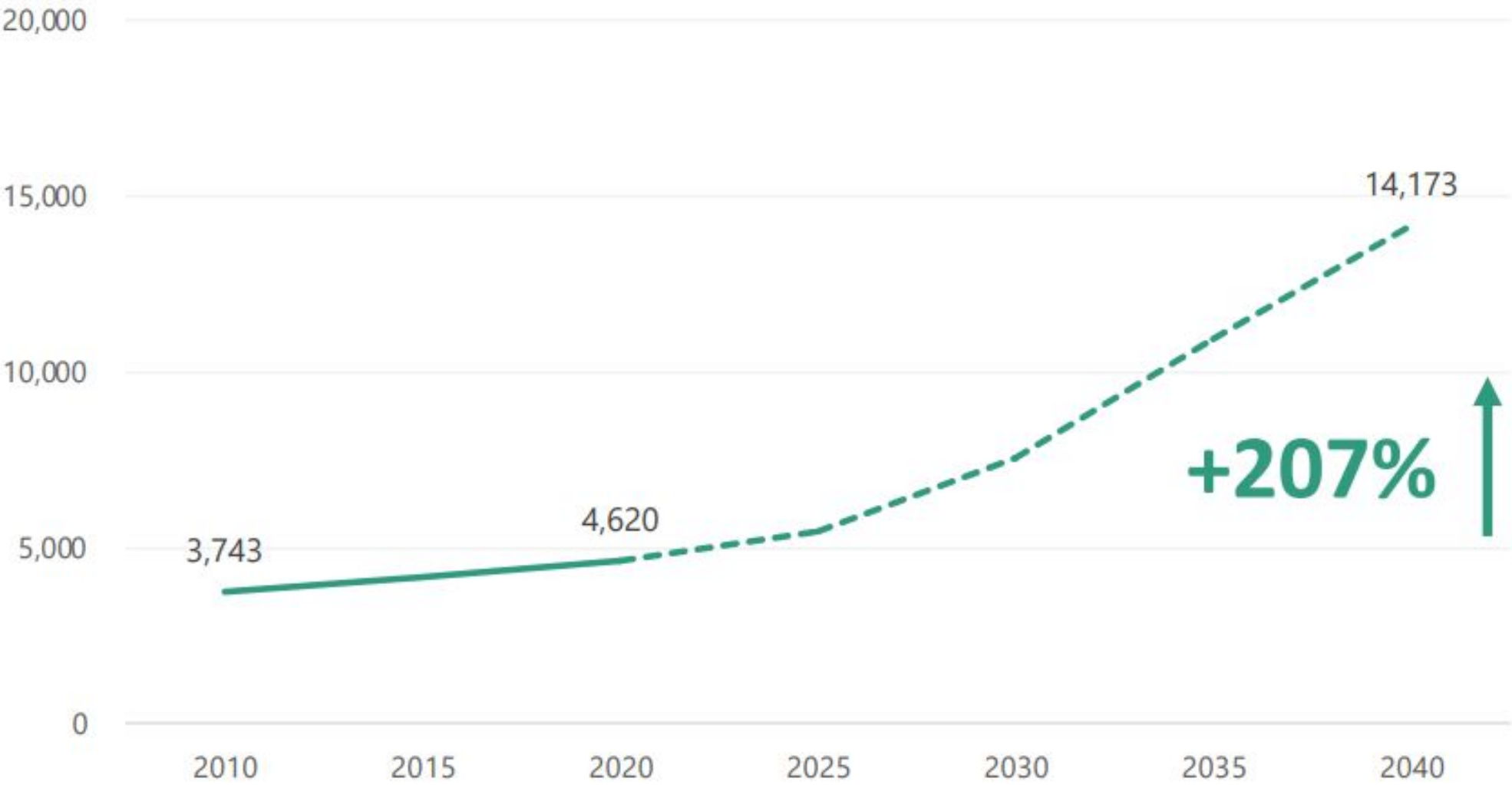
**Fig 9 - Projected Older Adult Populations, Whatcom County, 2010-2040**

*Data Source: WA State Office of Financial Management*



**Fig 10 - Projected Whatcom County 85+ Population, 2010-2040**

*Data Source: WA State Office of Financial Management*



**Fig 11 - Selected Population and Aging Service Utilization Forecast, Whatcom County, 2021**

Data Source: WA State Department of Social and Health Services, Aging and Long-term Support Administration

	2020	2030	Percent Change
Number of persons aged 60 or above	57,472	71,004	24%
Number of persons aged 60 or above and at or below 100% FPL*	6,347	8,332	31%
Number of persons aged 60 or above and minority	5,111	7,523	47%
Number of persons aged 60 or above and at or below 100% FPL and minority	827	1,296	<b>57%</b>
Number of persons aged 60 or above with limited English proficiency	1,970	2,853	45%
Number of persons aged 60 or above and Disabled (ACS 18b or 18c)	11,736	16,202	38%
Number of persons aged 60 or above with IADL** (ACS 19)	7,304	10,521	44%
Number of persons aged <b>65</b> or above with dementia	4,133	6,387	<b>55%</b>



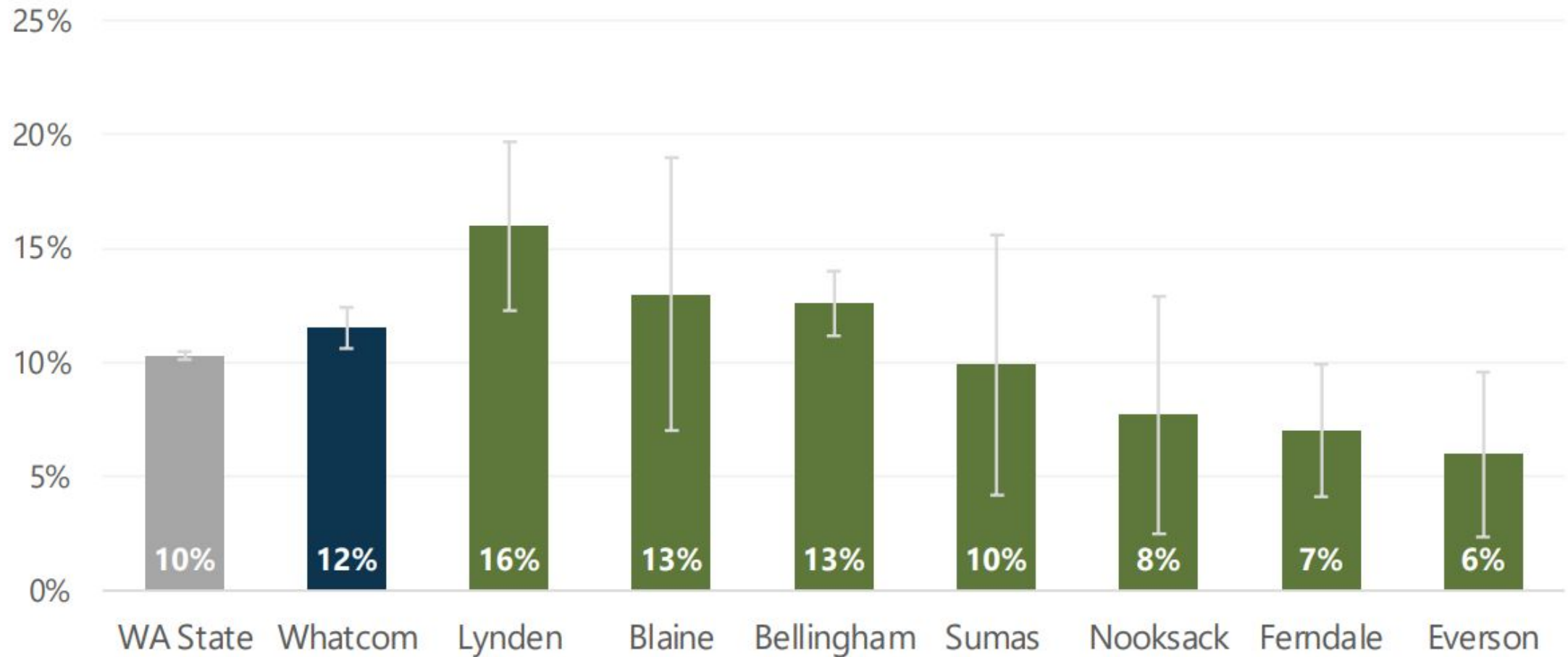
**Fig 5 - Whatcom County Race and Ethnicity Population Estimates, 2020**

*Data Source: WA State Office of Financial Management*

	Total Population	65+
Whatcom County Population Counts	228,000	45,272
Non-Hispanic White	78.2%	90.7%
Hispanic as a Race	9.7%	2.8%
Non-Hispanic Asian	4.5%	3.3%
Non-Hispanic AIAN ( <i>American Indian and Alaska Natives</i> )	2.5%	1.5%
Non-Hispanic Black	1.0%	0.5%
Non-Hispanic NHOPI ( <i>Native Hawaiian or Other Pacific Islander</i> )	0.3%	0.1%
Non-Hispanic Two or More Races	3.7%	1.2%

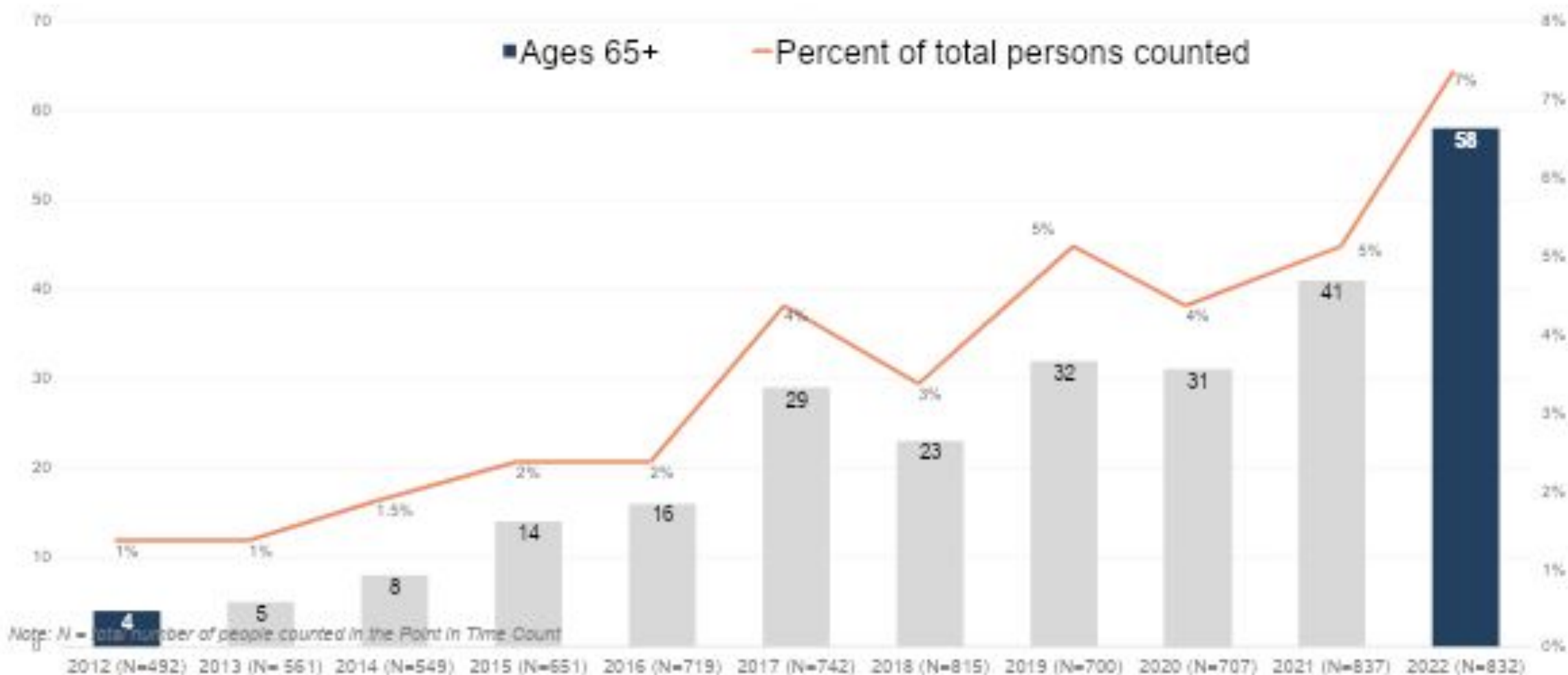
**Fig 7 – Percent of householder 65 and older living alone by city jurisdiction area compared to Whatcom County and WA State, 2020**

*Data Source: American Community Survey, US Census Bureau*



## Number of seniors counted in the Point in Time Counts, 2012-2022

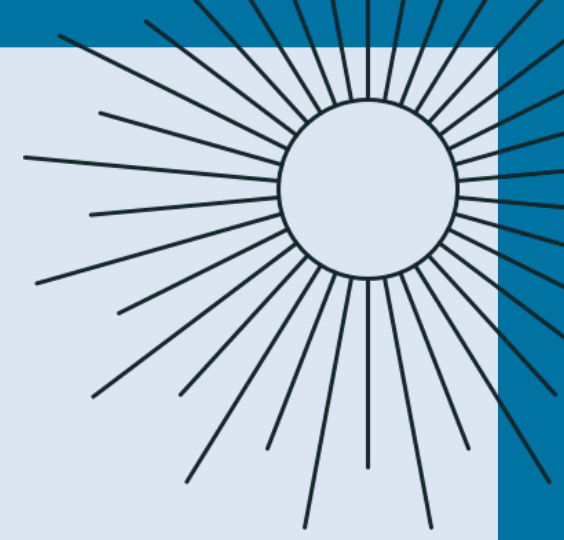
Data Source: Whatcom Homeless Service Center





# 2022 Blueprint

Second Edition  
Presented June 2022

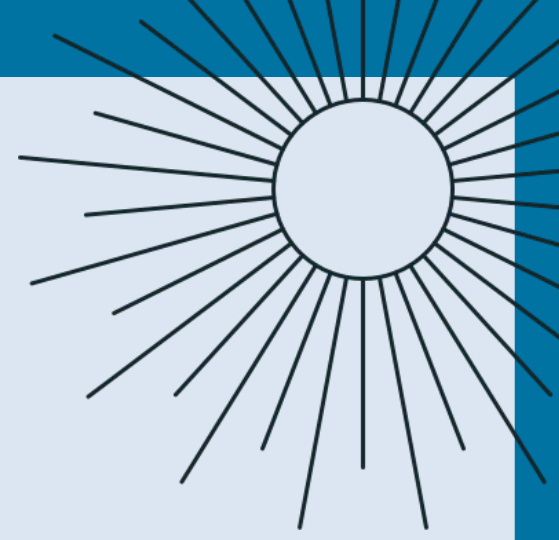
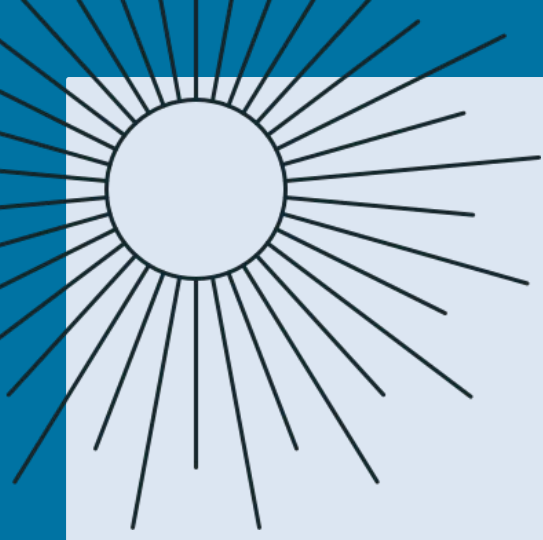


## Focus Areas:

- Cultural Shift
- Information and Navigation
- Housing
- Intergenerational Community
- Transportation
- Wellness & Healthcare

[agingwellwhatcom.org/blueprint](https://agingwellwhatcom.org/blueprint)





# Community Engagement Blueprint Development 2018-2019

- Data Review
- Surveys & Listening Sessions – 301 community members
- National scan – community best practices
- Blueprint Development Committees – 41 organizations
- Community Summit – 184 participants from 89 agencies/groups

# Community Summit

## September 2019





## Participating Sectors

- Education
- Arts
- Housing
- Transportation
- Healthcare
- Social services
- Long-term care
- City departments
- County departments
- Business community
- Philanthropy
- Recreation

- AARP Washington
- Aging in Place by Design
- Area Health Education Center for Western WA
- Barkley Company
- Bellingham at Home
- Bellingham City Council
- Bellingham Co-Housing
- Bellingham Estate Solutions & Cohen Group Northwest-Keller Williams
- Bellingham Men's Shed
- Bellingham Public Library
- Bellingham/Whatcom County Housing Authorities
- Blaine Senior Center
- Brookdale Assisted Living
- Cascade Connections
- Catholic Community Services, Catholic Housing Services
- Christian Health Care Center
- Chuckanut Health Foundation
- Circle of Care Pt Roberts
- Circle of Life Caregivers Cooperative
- City of Bellingham Parks and Recreation
- City of Bellingham Planning & Community Development
- City of Bellingham Police Department
- City of Bellingham Public Works
- Coldwell Banker Bain
- Community member
- Dementia Support NW
- Dept of Social and Health Services, Adult Protective Services
- Eden Health and Home Care
- Elder Law Offices of Meyers, Neubeck & Hulford
- Family Care Network
- Feet First
- Generations Early Learning and Family Center
- Health Ministries Network
- Health Rosetta
- Highgate Senior Living
- Home Attendant Care
- Home Instead Senior Care
- Honoring Choices PNW
- Humana
- Kulshan Cares
- Kuntz and Company
- Lummi Island Health and Wellness Committee
- Lynden Manor Assisted Living
- Mercy Housing NW
- Mindport Exhibits
- Mt. Baker Care Center
- NW Regional Council
- Office of Representative Rick Larsen
- Opportunity Council
- Palliative Care Institute
- PeaceHealth
- RAM Construction
- Recreation Northwest
- Right at Home
- RMC Architects
- Rosewood Villa
- SeaMar Community Health Center
- SeaMar/GRACE
- Seattle-King County Area Agency on Aging, Age-Friendly Seattle Initiative
- Signature Home Health
- Silverado Bellingham Memory Care Community
- The Caregiver Project
- United Church of Ferndale
- United Way
- Unity Care NW
- Vibrant USA
- Western Washington University
- Whatcom Center for Early Learning
- Whatcom Community Foundation
- Whatcom Council of Governments
- Whatcom Council on Aging
- Whatcom County Council
- Whatcom County Fire District 7
- Whatcom County Health Department
- Whatcom County Library System
- Whatcom County Planning & Development Services
- Whatcom County Public Works Division
- Whatcom County Sheriff's Office
- Whatcom Emergency Medical Services
- Whatcom Homeless Service Center
- Whatcom Hospice
- Whatcom Intergenerational High School
- Whatcom Transportation Authority
- Whatcom YMCA
- WWU Academy of Lifelong Learning
- WWU Foundation
- WWU Outreach and Continuing Education



# Community Engagement Blueprint Update 2021-2022

- Survey – 512 older adults
- Local landscape scan – What Has Changed?
- Blueprint Review Sessions – 69 people/organizations
- Updated Blueprint Webinar – 65 participants



# Blueprint Update

## July 2022

A screenshot of a Zoom meeting grid showing 20 participants in a 5x4 layout. The participants are: Row 1: [Name obscured], Lara Welker, Lara Welker, Tammy Bennett, she/her, ..., Sharon Somers-Hill; Row 2: Amy Hockenberry, WCHD, Kristi Slette, she/her(s), W..., Kristine Glasgow, NWRC, Mary Anderson | WTA, Marie Eaton, PCI, she | her; Row 3: Brook Kuhn (she/her), Chris Comeau, Transport..., Sarah Lane, she/her, HMN, Tim Wilder | WTA, Susan Reece; Row 4: Richard Scholtz, Kristin Hill, Kate Foster, Amy Harley, WCHD, Suzanne Carlson-Prandin...; Row 5: Josselyn Winslow, Bob Anderson, glenda, Kate Massey--NWRC, Mary Lynne Courtney. The bottom toolbar includes icons for Participants (65), Chat (11), Share Screen, Record, Live Transcript, Reactions, Apps, and Whiteboards.

[Name obscured]	Lara Welker	Lara Welker	Tammy Bennett, she/her, ...	Sharon Somers-Hill
Amy Hockenberry, WCHD	Kristi Slette, she/her(s), W...	Kristine Glasgow, NWRC	Mary Anderson   WTA	Marie Eaton, PCI, she   her
Brook Kuhn (she/her)	Chris Comeau, Transport...	Sarah Lane, she/her, HMN	Tim Wilder   WTA	Susan Reece
Richard Scholtz	Kristin Hill	Kate Foster	Amy Harley, WCHD	Suzanne Carlson-Prandin...
Josselyn Winslow	Bob Anderson	glenda	Kate Massey--NWRC	Mary Lynne Courtney

Participants 65 Chat 11 Share Screen Record Live Transcript Reactions Apps Whiteboards



# Blueprint Update Key Learnings

- **Interaction, relationships, and connection** remain the most important for older adults' quality of life.
- **Progress has been made**, but issues are complex.
- Some **resources exist** - need for more awareness and/or navigation.
- Less activity around **Cultural Shift** and **Intergenerational Community**.



## MISSION



WHATCOM  
Council on Aging

**Chris Orr**

Executive Director

**Mission:** Whatcom Council on Aging, in partnership with the people we serve, offers nutritional, health, social, recreational, and educational programs that promote lifelong independence.





## PROGRAMS

The BSAC mission is to offer a to encourage emotional, mental, and physical wellness for a healthy, active, and independent lifestyle.

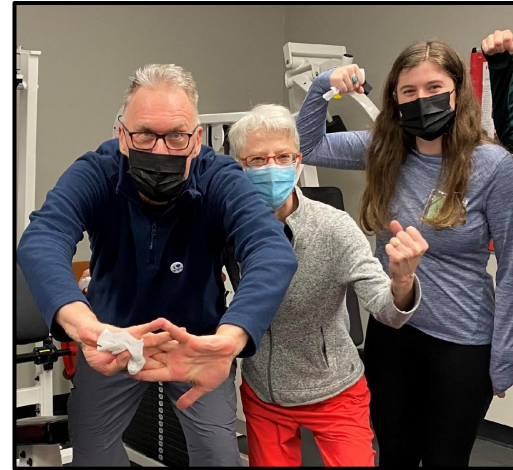
## BELLINGHAM SENIOR ACTIVITY CENTER (BSAC)

**Current Staffing:** 9 Total Staff (2 Full-time, 7 Part-time)

**Membership:** Average between 1,100 to 1,400 members

**Average Daily Attendance:** 300 Individuals

*Wide range of classes, activities, and services for 50+*







## PROGRAMS

Bellingham at Home's mission is to empower seniors to stay active, engaged, and thriving in the homes and communities they love.

### BELLINGHAM AT HOME

**Current Staffing:** Volunteer led and run.

**Membership:** Currently 87 members.

**Membership Fee:** \$365 / year.

**Services:** 109 services provided January '23.



- A single number to call to access assistance from vetted volunteers with helping-hand chores, transportation, errands, and check-in calls.
- Volunteers may offer companionship such as home visits or someone to take a walk or attend an event with.
- Opportunities to participate in events, including social and educational events such as Lunch Bunch, Conversation Groups, and Book Group.





## PROGRAMS

### MOW&M

supports the health and independence of seniors aged 60 and over living in Whatcom and San Juan Counties

## MEALS ON WHEELS & MORE (MOW&M)

**Current Staffing:** 19 Total Staff (6 Full-time, 16 Part-time)

**Home Delivered Clients:** 500+



- **Senior Community Meals** Served at senior centers throughout the county. The Bellingham Senior Activity Center (BSAC) serves lunch five days a week to about 100 people per day.
- **Home-Delivered “Meals on Wheels.”** Seven frozen meals, milk and bread delivered weekly by dedicated volunteers.





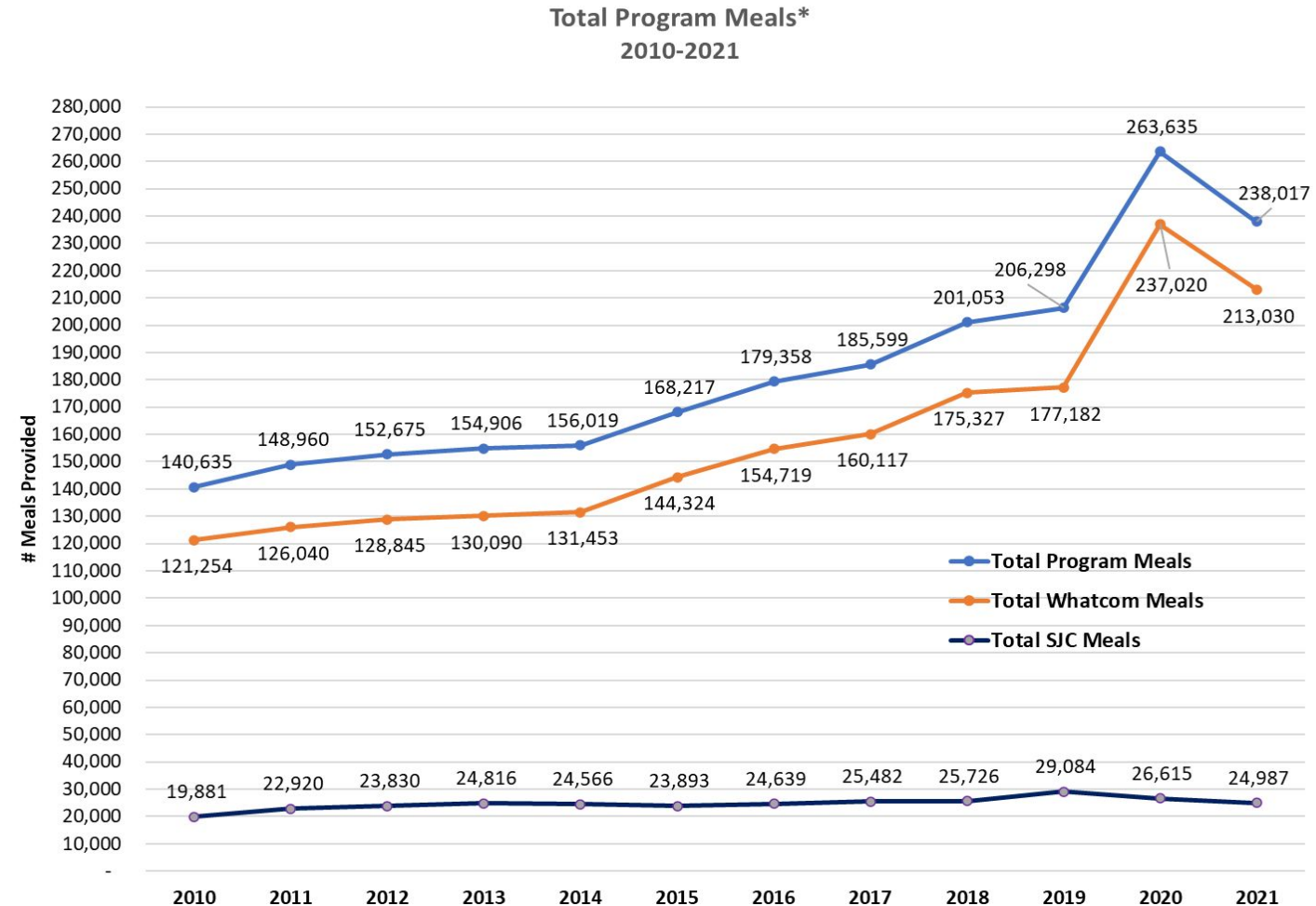


WHATCOM  
Council on Aging

## PARTNERS:



	2019	2021
Whatcom Home-Delivered Clients	738	930
Whatcom Congregate/ To-Go Clients	1,289	1,121







**Date:** Wed, August 2<sup>nd</sup>  
**Location:** Hovander Park  
**Attendance Goal:** 1,000  
**Vendor / Partner Goal:** 80







## VISION

# TOP CHALLENGES AND OPPORTUNITIES

- **Meet growing demand for Meals on Wheels home delivered meals.**
- **Pursue central kitchen to prepare home delivered meals locally – beginning with the Millworks project.**
- **Invest in County senior center facilities and staffing to support growing senior community.**

# NORTHWEST REGIONAL COUNCIL

- Northwest Regional Council (NWRC) is a multi-faceted human services agency that operates through an association of county governments serving Island, San Juan, Skagit, and Whatcom Counties.
- NWRC is an Area Agency on Aging and funds and/or provides community-based programs to help older adults, people with disabilities, and people living with behavioral health disorders live in their own homes and communities for as long as possible, postponing or eliminating the need for institutional care.





# NWRC Services:

- Aging and Disability Resources (ADR)
  - Behavioral Health (in-home)
  - Health Homes Care Coordination for complex needs
  - Congregate and Home Delivered Meals Contracting
  - Recovery Based Care Coordination
  - Family Caregiver Support Program
  - Dementia Support Program
- 
- Medicaid Non-Emergency Transportation

# Challenges and Opportunities

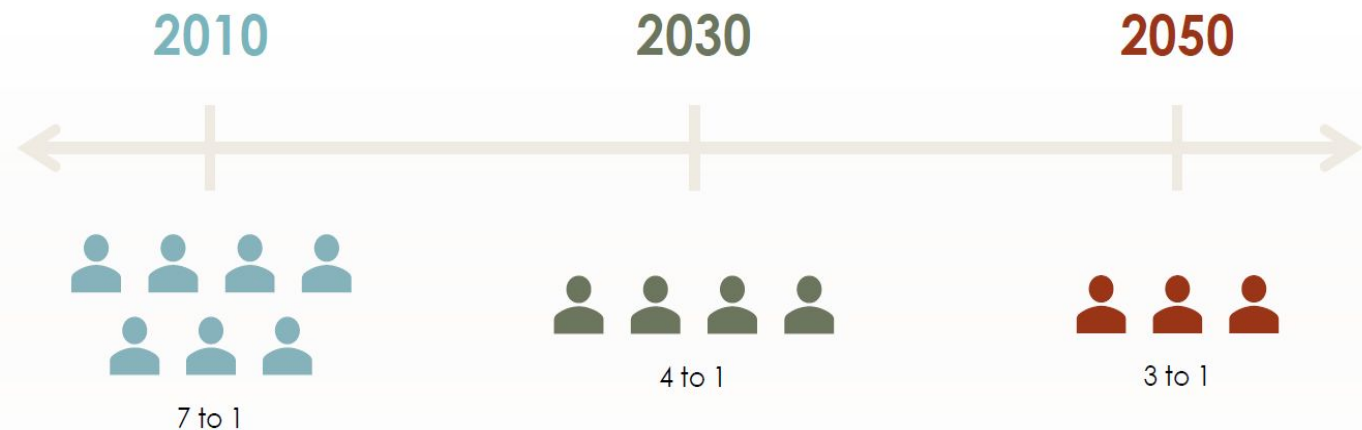
**Biggest challenge** for NWRC, for our state and the nation is the *Caregiver Shortage*.

***\*30% of our clients are waiting for a paid caregiver.***

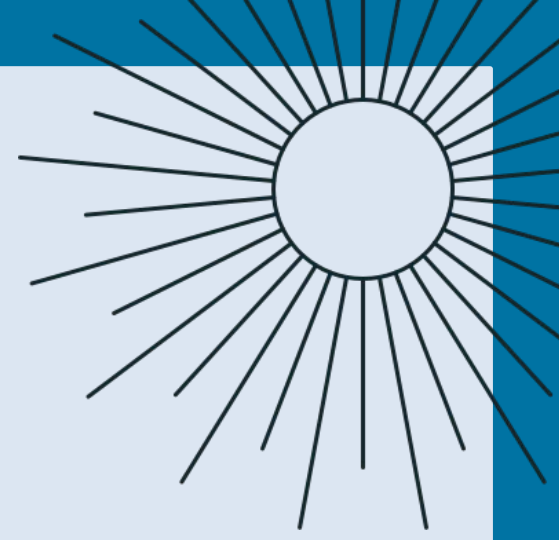
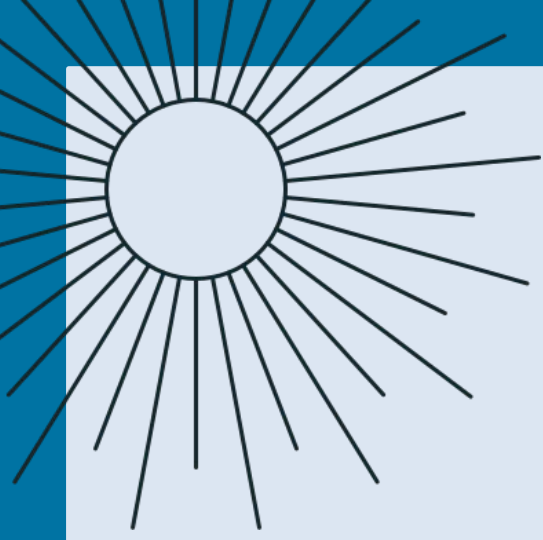
**Biggest Opportunity** is the *WA Cares* Funding that will become available soon. NWRC will help connect the community with trusted services.

## Families are increasingly unable to meet care needs

Number of potential family caregivers for each person who needs care







# Community Partners