

Webinar slides and recording will be available at <u>wacaresfund.wa.gov/webinars</u>

### What we'll cover

### Host

Sam Klewicki, Communications and Marketing Manager, WA Cares Fund

### **WA Cares Presenter**

Sebastian Cahe, Outreach and Language Access Lead, WA Cares Fund

### Agenda

- Introductions & opening poll
- Panelist remarks
- WA Cares Fund overview
- Audience Q&A

### Panel

**Cathy MacCaul**, Advocacy Director, AARP Washington

Mathew Santelli, Community Outreach & Education Specialist, Pierce County AAA

Jonnie Matson, Rental Assistance Unit Manager, Home and Community Services

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# Defining long-term care and caregiving



help with activities of daily living like bathing, eating & dressing



### not medical care

like doctor visits & treatment for medical conditions



paid care from a **professional** 



help from a family member or friend, often unpaid



services & supports provided in your own home



care provided in a residential setting like a nursing home or assisted living



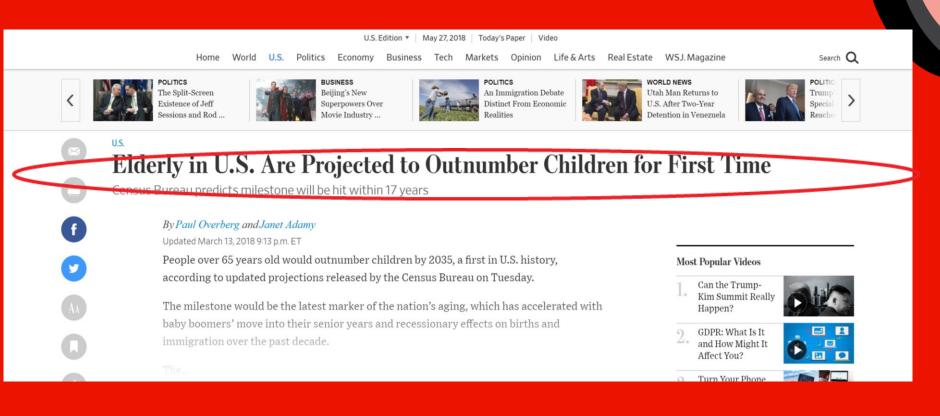


### Housing and Older Adults

Cathy MacCaul, Advocacy Director, AARP Washington State



# WE ARE APPROACHING A DEMOGRAPHIC TIPPING POINT



#### A QUIET CRISIS: AGING INTO POVERTY AND HOMELESSNESS

#### Washington State

- In 2022, 1.36 million people are over 65
- By 2050, 2.3 million residents will be over 65
- Additionally, the population 85+ will quadruple between now and 2050

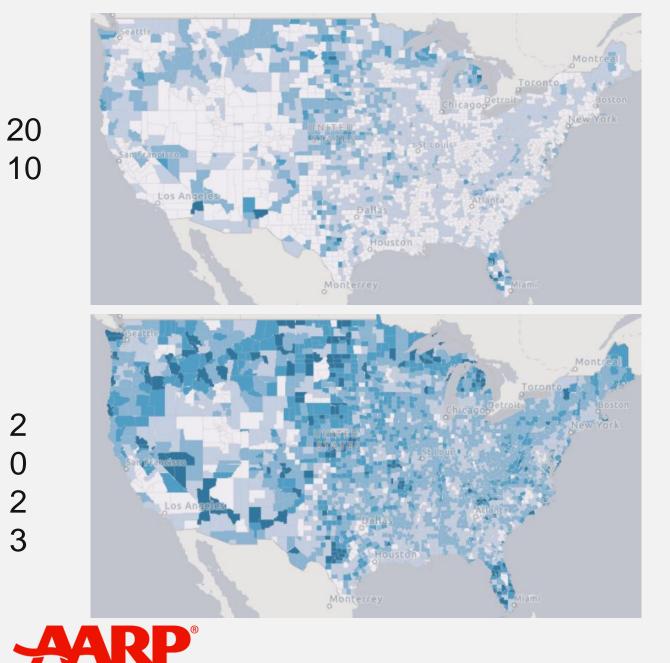
 The fastest growing segment of homeless or unhoused are young baby boomers in their early 60s.

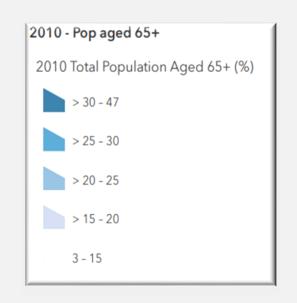


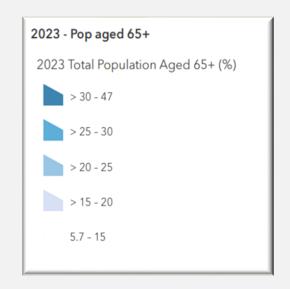












### What AARP knows about housing and preferences of older adults

- AARP's 2018 Home and Community Preferences Survey showed that 77 percent of people age 50 and over want to age in their own community, and 76 percent want to age in their own home.
- In 1971, 61 percent of all U.S. households earned between half and two-thirds of the median income. By 2016, the share of households in this middle tier had dropped to 52 percent. (PEW Research Center, 2018)
- Although the median household income has stagnated, median home prices, and rents now exceed those prior to the Great Recession.
- There is a widening gap between median household income and median home prices and rents.
- This problem is exacerbated for older, retired Washingtonians whose income is unlikely to keep pace with rising property taxes.
- There is a lack of affordable and accessible housing choices.



# AGING IN PLACE

76% of adults want to stay in their homes

- Communities mean friends and family
- Social supports, doctors, church
- More affordable
- Better health outcomes

YET, many do not see themselves staying in their current home.

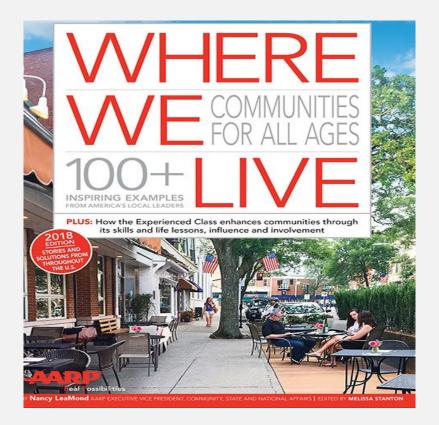




"What I'd really like to do is **remain in my community** for as long as possible." "What I'd really like to do is **remain in my current residence** for as long as possible."

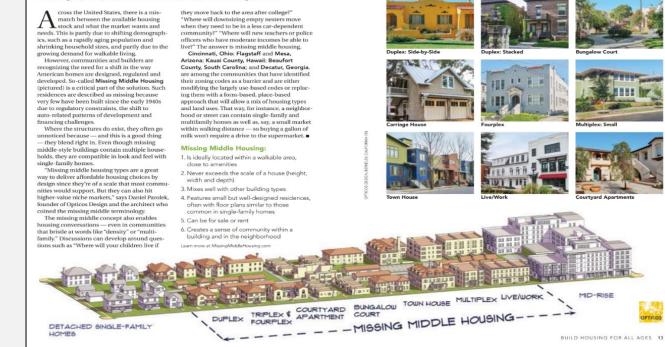
agree with the statement





#### Bring Back Missing Middle Housing

For too many households, the right type of house, in the right location, at the right price point can't be found because it no longer exists



THE TYPES

# "Where We Live" and other FREE resources available at aarp.org/livable



### ACCESSORY DWELLING UNITS (ADUS)

Gentle housing density for families and caregivers

- Age in Place either in primary residence or ADU
- Universal Design features
- Affordable and environmentally friendly
- Rental income







### **MISSING MIDDLE HOUSING**

#### **Modest Density to Prevent Sprawl**

- Gives owners and builders more choices beyond single family homes
- Allows for duplexes, tri-plexes and quads
- Proximity to transit



#### PRESERVING MANUFACTURED AND MOBILE HOME COMMUNITIES

**110-140 Communities in Snohomish County** 

- 49% of headed by someone 55 +
- Smaller square footage
- Affordable and reduced upkeep
- Challenge: Resident rights
- NEW legislation SB 5198 PASSES
  - 3 year notice to residents
  - Residents can purchase community







### SENIOR HOUSING PLUS SERVICES

#### **Emerging model**

- Brings supportive services into <u>unlicensed</u> multi-unit housing
- Care coordination, wellness education and activities

#### • SASH (Vermont)

- Reduces emergency room visits
- Success in chronic disease management
- Medicaid and Medicare costs lower
- Falls prevention



### CO-LIVING AND THE VILLAGE MODEL

#### Sunnyside Homes, Marysville

- Micro Apartments with shared spaces
- About 40 communities in Washington; many set up as non-profit organizations
- Appealing to older adults with no family
- Private home with shared facilities; meals, activities and services
- Changing paradigm of aging







## **HOME SHARING**

# The Golden Girls May Have had it Right!

• Older adults vulnerable to rising housing costs when they are on a fixed income

• HomeShare programs – Screening, background checks (Ventura County Area Agencies on Aging)

- Companionship, share chores
- Financial assistance on taxes



## **UNIVERSAL DESIGN**

Essential to all new housing and home modification

- Single level homes, apartments and condos
- Wide hallways and lower counters
- Levers not knobs
- Need to support older adults when they "move to improve."







### Make updates to your home so it's ready for all of life's changes.

In collaboration with AARP



Hallways and Stairways Small changes can make these areas safer for everyone in your family.

- Add lights at both ends of stairway and hallway
- Use motion sensor night lights
- Add low-pile, well-secured carpeting on steps
- Install handrails or a chairlift on stairs
- Install smart devices, like thermostats. for comfort and convenience

#### Living Room Prevent tripping with better organization and lighting.

Secure cables and cords

- Ensure 2-ft of clear space is between coffee table and couch
- Cover sharp corners of furniture or select furniture without them
- Remove rugs or add nonslip mats
- Install light switches and outlets at easy-to-reach heights
- Use "rocker" style light switches
- Set automatic timer for lights

#### Bedroom

#### Ensure your bedroom is a safe place for sleeping, as well as relaxing.

- Place light switch near the doorway
- Add a digital clock with large, lighted numbers
- Use a motion sensor night light
- Place bed in the middle of the room
- Install a carbon monoxide detector







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For videos, tips and resources from Lowe's and AARP.



### Conclusion:

The population is aging.

We need to have systems, including housing that reflect the needs of a changing demographic.

Integrate universal design principles into design and land use.

Remove barriers to innovative housing approaches.

Everyone needs to be engaged in housing solutions government leaders, community organizations, builders and consumers.

### **Questions and Discussion**

Cathy MacCaul <u>cmaccaul@aarp.org</u> 206-218-5915

Resources: AARP Washington State

Links included, scroll over

Current 2023 Legislation: HB 1337 sponsored by Rep. Gregerson and Rep. Barkis

#### More resources:

About Accessory Dwelling Units or 'ADUs' (aarp.org)

**New 2023 Legislation**: <u>SB 5198</u> sponsored by Sen. Frame. The bill seeks to lengthen the notice of sale/closure and give residents the ability to purchase their community.

#### More resources:

Manufactured Housing as an Affordable Option for Older Adults - AARP Spotlight RCW 59.21.030: Closure notice—Requirements. (wa.gov) Can Washington State Plot a Way Out of Its Mobile Home Displacement Crisis?

<u>Can Washington State Plot a Way Out of its Mobile Home Displacement Crisis?</u> <u>The Urbanist</u>

MRSC - Manufactured Housing Regulation and Preservation

Move it or Lose it: Washington State's Mobile Home Park Conversion Process and its Failures (seattleu.edu)

cfed-purchase\_guide.pdf (nclc.org)

Missing Middle legislation: HB 1110 sponsored by Rep. Bateman

More resources:

Discovering and Developing Missing Middle Housing (aarp.org)

SASH Vermont Program

New Senior Property Tax Exemption Legislation: HB 1355

#### More resources:

Awareness and Popularity of Property Tax Relief Programs (aarp.org) Property tax exemption for senior citzens and people with disabilities (wa.gov) Governor Inslee to Sign New Bill Providing Property Tax Relief to Seniors, Individuals with Disabilities and Veterans (aarp.org)

AARP HomeFit Guide Housing | UDI (udinstitute.org) Free Publication - AARP HomeFit Guide

https://www.aarp.org/home-family/your-home/info-2021/diy-home-improvementideas.html

Lowes/AARP collaboration

More resources: Quimper Village on the Olympic Peninsula Senior Co-housing

<u>HomeShare</u>

Hoarding Exercise Retirement Aging **Service** Animals Happiness Vision Caregiving **Relationships** Aging-in-Place Transportation Hearing Loss Alzheimer's Arthritis Wills **Emergency Planning** Safety Hospice **Community Resources for Senior Housing Communication Dementia** Fraud Powers of Attorney **Fulfillment** Diabetes Finances Parkinson's Health Care Entertainment Alutrition Medicare Medicaid

### **Community Resources for Senior Housing**

Matthew M. Santelli Education and Outreach Specialist Pierce County Aging and Disabilities Resource Center 253-798-4600 www.pierceadrc.org



# Disclaimer

The Pierce County Aging and Disability Resource Center does not endorse any specific housing situation for seniors and the disabled. Please consult with close friends, family, and health care providers before choosing the best housing situation for you, your friends, or your family members.

### **Topics to be covered during this presentation**

eierce County

- 1. Current housing situations for seniors and disabled
- 2. Area Agencies on Aging promote *health*
- 3. Area Agencies on Aging promote *safety*
- 4. Area Agencies on Aging promote *financial stability*
- 5. Area Agencies on Aging provide "Options Counselling"
- 6. The challenges facing residents of our mobile home communities
- 7. Resources for more information and assistance



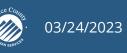


#### **1. Current Housing Options for Seniors and Disabled**

Senior housing situations in Pierce County include single-family home, duplex or apartment living, senior independent apartment living, room renting, senior retirement center living, senior assisted living (with secure memory care), adult family home living, and skilled nursing facility living.

More income-based rental units have been built, and other such units are under construction, but the need for affordable housing remains great for seniors and disabled adults statewide.

The long-term plan for solving homelessness in Pierce County includes alternative housing options such as shelter living, home sharing, tiny home sites, safe parking sites, accessory dwelling units, and micro-home villages.



#### 2. Area Agencies on Aging Promote Health

Pierce County Aging Disability Resources (the name of our AAA) offers programs and services to maintain the ability of seniors to *"age in place"*. This "age in place" philosophy provides programs, services, and benefits to eligible older adults to allow them to remain healthy, safe, and financially stable in the housing situation with which they are most familiar. Most clients choose to age in place.

*Our in-home caregiver programs* are COPES (Community Options Program Entry System) and TSOA (Tailored Support For Older Adults) which are Medicaid-funded (limited income and assets). We also offer the Family Caregiver Support Program (zero cost up to certain income limit and then private pay on a sliding income scale and no asset limit).

Our *Health Homes program* provides guidance to at-risk seniors to maximize their benefits and maintain a higher level of wellness at home.

Our Aging and Disability Resource Center provides phone information and referral including warm handoff of callers to our General Case Management team if needed. About 1000 incoming calls monthly to our 253-798-4600 intake phone number. Our phone team answers calls within 60 seconds - very little time spent on hold!



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### 3. Area Agencies on Aging Promote Safety

Medical equipment including bath benches, shower chairs, canes, walkers, incontinence supplies as program benefits or providers like Donor Closet or Lifting Spirits

Grab bars installed around toilets and showers and around staircases

Ramps installed for entryways leading up to the front door/back door

Personal Emergency Response Systems funded to alert first responders

Free Files-Of-Life to place in kitchen for first responders to know illnesses/injuries

Free Home-Delivered Meals for clients who are homebound, over age 60, not driving

Free legal guidance for Medicaid, Powers-Of-Attorney, Living Wills

Fall Prevention education to avoid falling at home and in the community

Telephone reassurance program for seniors living alone





#### 4. Area Agencies on Aging Promote Financial Stability



Connecting clients to programs that expand their income and reduce their household expenses. Here are some examples:

Basic food benefits Energy assistance Food bank resources Senior Farmer's Market Vouchers Free senior meal sites Home heating/cooling replacements for energy efficiency Home weatherization including insulation and duct sealing for energy efficiency Medicare Savings Program and Medicare Part D Extra Help Review of Medicare A/B/C/D to maximize health care cost savings Senior/disabled property tax exemption Transportation services



#### **5.** Area Agencies on Aging Provide "Options Counselling"



Options Counselling through Pierce County ADR reviews financing for care through long-term care insurance, private pay, Veterans Benefits, reverse mortgage, Medicaid Spenddown

Pierce County ADR offers caregiver services in the home through Medicaid and non-Medicaid programs. Soon to include WA Long-Term Care Trust Act funded programs.

Pierce County ADR offers long-term care planning for different facility levels of care including Assisted Living (including Memory Care), Adult Family Homes, and Skilled Nursing Facilities.

Medicaid can pay for placement in Assisted Living, Adult Family Home, and Skilled Nursing facilities **if the facility accepts Medicaid payment rates** and **if the facility has a Medicaid bed available**. Very few facilities accept Medicaid payment "through the front door", some accept Medicaid payment after a period of private pay, most are private pay only. Medicaid payment rates are significantly less than private pay rates so finding facility placement for Medicaid-funded clients is difficult.

The WA Cares Fund benefit of \$36,500 will play a significant role in "Options Counselling".



#### 6. The Challenges Facing Residents of Mobile Home Communities



Sales of these properties continue each year due to rising property values.

Space rents are rising while services provided are being scaled back

In 2024 in Washington State, there were at least 3 of these properties sold statewide

Washington State Mobile Home Relocation Assistance program was updated in July 2021 for eligible applicants to receive \$11,000 assistance for single-section homes and \$17,000 for multi-section homes to relocate the home, secure new housing, and/or dispose of the home.

Some tenants of mobile home communities have organized to purchase these properties

Relocation Assistance Program for residents of mobile home communities that are being sold at phone number 360-725-2971 or email at <u>omh@commerce.wa.gov</u> or website at <u>https://www.commerce.wa.gov/homeownership/relocation-assistance/</u>.



#### 7. Resources for More Information and Assistance

Find your statewide or nationwide Area Agency on Aging at <u>https://www.agingwashington.org/services</u>. Statewide legal guidance at <u>www.washingtonlawhelp.org</u>.

Pierce County Area Agency On Aging programs and services through our intake line at 253-798-4600 or visit the website at <u>www.pierceadrc.org</u>.

Pierce County call Associated Ministries Home Sharing Services at 253-316-3765 or visit the website at <a href="https://associatedministries.org/supportive-services/home-sharing/">https://associatedministries.org/supportive-services/home-sharing/</a>

Pierce County call 211 for Associated Ministries Coordinated Entry for Housing or visit the website at <a href="https://associatedministries.org/supportive-services/coordinated-entry/">https://associatedministries.org/supportive-services/coordinated-entry/</a>

Pierce County medical equipment providers are Donor Closet at <u>https://www.mshh-</u> <u>donorcloset.com/</u>and Lifting Spirits at <u>https://www.liftingspiritswithhelpinghands.org/</u>

Statewide Relocation Assistance Program for residents of mobile home communities that are being sold at phone number 360-725-2971 or email at <u>omh@commerce.wa.gov</u> or website at <u>https://www.commerce.wa.gov/homeownership/relocation-assistance/</u>.





### **ALTSA Housing Resources**

#### **Contact Regional Housing Program Managers**

Program Name	Program Description		
<u>ALTSA Bridge Subsidy</u>	Monthly rent subsidy paid directly to housing providers to assist ALTSA LTSS clients exiting a Skilled Nursing	Eligibility:	Functionally <u>eligible for ALTSA LTSS</u> ; exiting a Skilled Nursing Facility
	Facility and will transition to the community on In-Home	Age:	Over 18
	services.	Income:	Financially eligible for ALTSA LTSS
<u>811 Project Based</u> <u>Voucher</u>	Federal voucher attached to a permanent, affordable housing unit. DSHS-ALTSA partners with Washington State Department of Commerce to make referrals to the units and coordinate services for residents. If you move, the subsidy will not move with you.	Eligibility: Age: Income:	Eligible for ALTSA LTSS; a person with a disability on DSHS services 18-61 at lease-up extremely low; at or below 30% median income
	Permanent, affordable housing subsidies for market rate rental units that can move with the individual.	Eligibility:	Must be eligible to receive HUD rental assistance
<u>Non-Elderly Disabled</u> <u>Voucher (NED)</u>	<b>NED2</b> : Currently reside in an institutional setting (SNF,		18-61 at lease-up
	State Hospital)	Age: Income:	Very low; 50% median income
	<b>MAINSTREAM</b> : Includes clients at risk of institutionalization or experiencing homelessness	income.	very tow, 50 % median median

Emergency Rental	One-time assistance payment made directly to landlords on behalf of a person enrolled in ALTSA	Eligibility:	At risk of eviction from a community-based setting
Assistance (ERA)	services who is facing an immediate eviction due to non-	Age:	Over 18
<i>,,</i>	payment of rent.	Income:	Eligible for ALTSA LTSS
<u>Motel Interim Stays</u> <u>Transition (MIST)</u>	Interim housing for clients who need a safe play to stay while searching for housing with a current voucher or subsidy.	searching for housing with a current voucher or <b>Eligibility:</b>	
<u>Global Leasing</u>	A partnership with community organizations to quickly	Eligibility:	Eligible for the <u>ALTSA Subsidy</u>
	lease up ALTSA clients who may face high housing	Age:	Over 18
	barriers; uses LTSS, housing resources, and risk mitigation funds.	Income:	Eligible for ALTSA LTSS

### **Supportive Housing Services**

#### **Contact Regional Housing Program Managers**

Program Name	Program Description		
<u>Governor's</u> <u>Opportunity for</u> <u>Supportive Housing</u> <u>(GOSH)</u>	Supportive Housing Services paired with an ALTSA GOSH subsidy for individuals who are discharging or diverting from Eastern or Western State Hospital (E/WSH) and wish to live independently.	Eligibility: Age: Income:	
<u>Foundational</u> <u>Community Supports</u> <u>(FCS)</u>	Funded under the 1115 Medicaid Transformation Project (MTP), FCS provides targeted <b>Supportive</b> <b>Housing</b> and <u>Supported Employment</u> benefits for eligible Medicaid beneficiaries.	Eligibility:	     

Eligibility:	Discharging from E/WSH, or on a 90 or 180-day hold; Involuntary Treatment Act (120-hour, 14-day, 90/180)
Age:	Over 18
Income:	Eligible for ALTSA LTSS

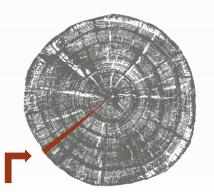
Eligibility:	<u>Meet one health criteria</u> and one risk factor: frequent/lengthy institutional stays, frequent residential care stays, 3+ caregivers utilized, HUD definition chronic homelessness, PRISM risk score 1.5+
Age:	Over 18
Income:	Medicaid eligible

## How the WA Cares Fund works

- Earned benefit
- Self-funded by worker contributions
- Works like an insurance program
- Only contribute while you're working
- Everyone covered at same rate regardless of pre-existing conditions
- No copays, no deductibles, and you never have to file a claim

**Typical Income:** \$50,091

**Typical Contribution:** \$291/year



#### Contributions

### 0.58%

Amount workers contribute from wages

#### **Benefits**

### \$36,500

Lifetime maximum benefit (adjusted annually up to inflation)



Contributions began



#### Benefits available

0.58%

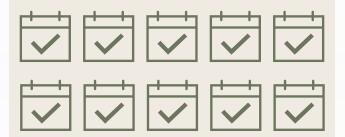
### Affordable contributions across your career

\$35,000 annual salary		\$50,000 annual salary		\$75,000 annual salary	
Each year	\$203	Each year	\$290	Each year	\$435
Over 10 years	\$2,030	Over 10 years	\$2,900	Over 10 years	\$4,350
Over 20 years	\$4,060	Over 20 years	\$5,800	Over 20 years	\$8,700
Over 30 years	\$6,090	Over 30 years	\$8,700	Over 30 years	\$13,050

\$36,500 benefit amount will be adjusted annually up to inflation.

## **Qualifying for benefits**

Lifetime access to full benefit Contributed for a total of 10 years without a break of 5+ consecutive years



# Early access to full benefit

Contributed at least **3 of the last 6 years** at the time you apply

for benefits



FOR NEAR-RETIREES

Lifetime access to partial benefit

People born before 1968 earn **10% of benefit amount** for each year worked





To earn benefits, must work at least 500 hours per year (about 10 hours per week)

# The benefit is flexible

Up to \$36,500 for any combination of services and supports, including:



Professional care at home or in a facility



Adaptive equipment & technology like hearing or medication reminder devices



Training & paying family member or friend to be your caregiver



Home-delivered meals





Home safety evaluations & environmental modifications like wheelchair ramps



Support & respite for family caregivers



Transportation

Must need help with 3 activities of daily living like bathing, dressing, eating, medication management

### How far will the benefit go?



#### Family caregiver

Paying a family caregiver	\$31,300
10 hours/week for 2 years	
Care supplies	\$2,200
2 years of incontinence	
supplies	

Total

\$33,500



#### Home accessibility

Home safety renovations	\$15,000
Electric wheelchair or scooter	\$2,600
Weekly meal delivery	\$9,200
7 meals/week for 3 years	
Total \$2	6,800



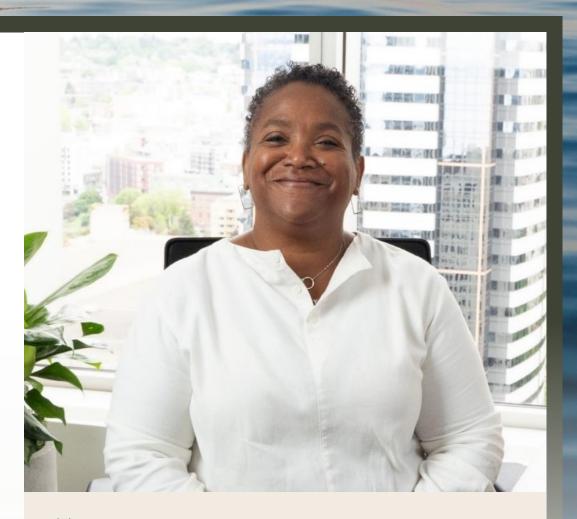
# Temporary support & services

Part-time caregiver	\$31,300
20 hours/week for 1 year	
Transportation to appointments	\$3,200
for 1 year	
Crutches	\$50
Total \$3	4,600
	7,000

Note: These are estimates and do not guarantee the cost of any services, which may vary based on your area and other factors.

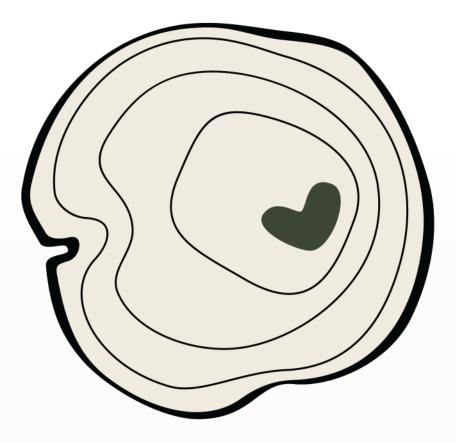
# Taking WA Cares benefits out of state

- New law passed this year to allow workers to use their benefit outside Washington
- Starting in July 2026, workers can choose to continue participating in WA Cares if they move out of state
- Must have contributed to WA Cares for at least 3 years (working 500+ hours per year) and must opt in within a year of leaving WA
- Like other workers, out-of-state participants keep contributing during working years
- Benefits available starting July 2030



- If my family had WA Cares, I would've had a different reality. WA Cares and your ability to take it to another state is huge.
  - Kendall, family caregiver (Seattle, WA)

# Audience Q&A





# Thank you

Find webinar materials at <u>wacaresfund.wa.gov/webinars</u>

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#### Contact us by email

wacaresfund.wa.gov/ contact-us Contact us by phone (employers & exemptions)

833-717-2273

Contact us by phone (other questions) 844-CARE4WA