



Texas Faces an Aging Population: What Does That Mean for the Future?

Texas Demographic Conference

Presenters



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Learning Objectives

Attendees will be able to:

- Analyze key demographic trends among Texans 60 years of age and older, now and in the future
- Outline some federal and state programs serving the older adult population in Texas
- Evaluate the priorities to support the older adult population and family caregivers in Texas
- Highlight the advantages of an aging society
- Address challenges and identify opportunities related to the aging population in Texas



Texas Health and Human Services (HHS) oversees the operation of the health and human services system through strategic direction, program oversight, and direct administration of certain programs.

HHS oversees:

- Eligibility Determination
- Licensing and Regulatory
- System Planning & Evaluation
- Policy Development & Rule-Making
- Ombudsman Services
- **Aging Programs**

Aging Services Coordination



Our mission is to support older Texans to age and live well by:

- Assessing the state's readiness to respond to the needs of older adults
- Raising awareness of aging-related issues and available resources
- Connecting the community to aging supports and innovative initiatives
- Engaging partners to strengthen and expand the aging network



Aging Services Coordination

Vision

We envision a Texas that empowers everyone to age well with dignity and purpose.



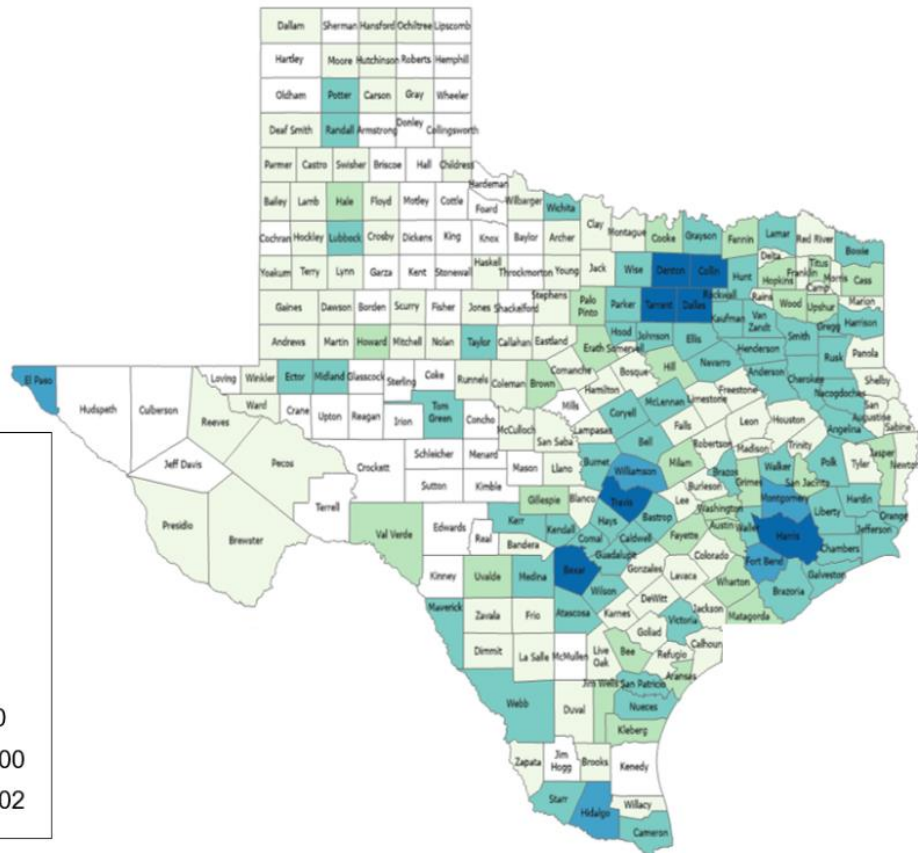
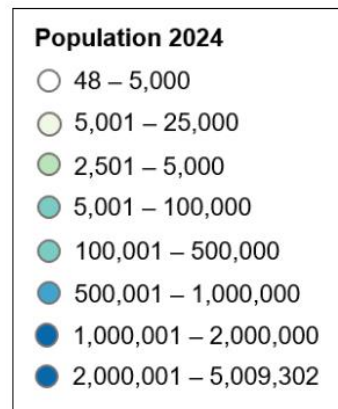
DEMOGRAPHIC OVERVIEW OF TEXAS



Demographic Overview of Texas



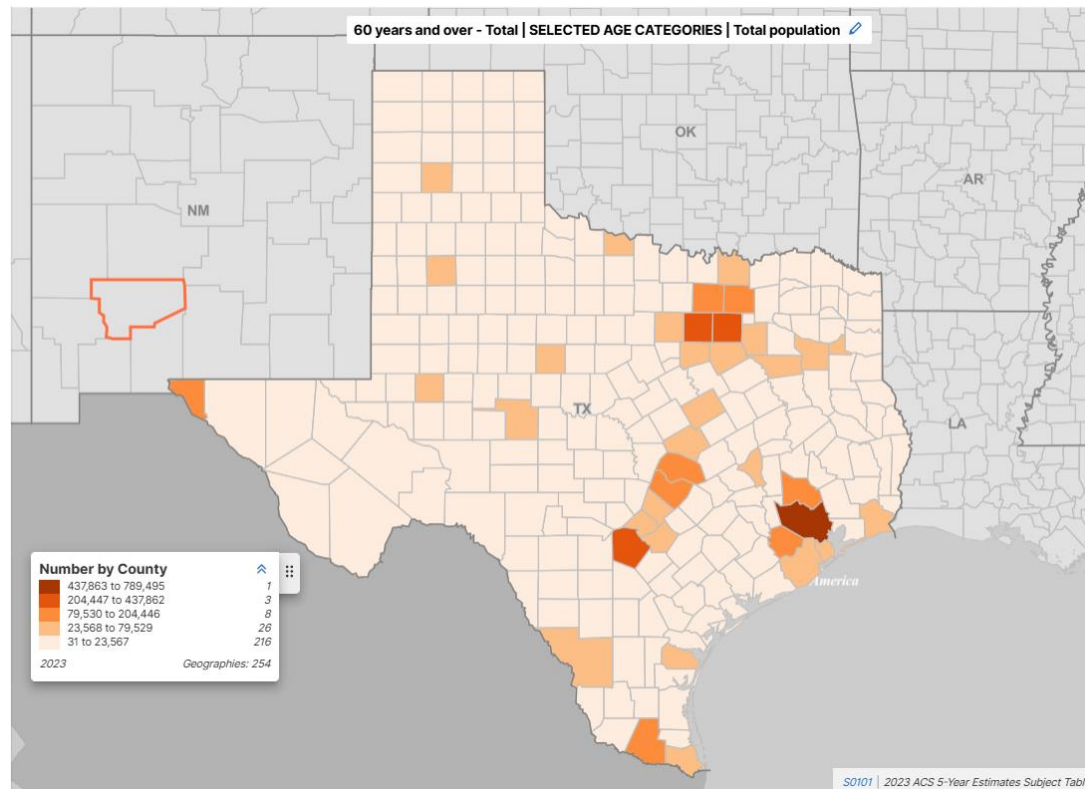
Estimated Population, Texas Counties, 2024



Source: U.S. Census Bureau, Vintage 2024 Population Estimates

Demographic Overview of Texas Cont.

2023 American Community Survey 5-Year Data—60 Years and Over



Source: U.S. Census Bureau, 2019-2023 American Community Survey 5-Year Estimates

Aging Profile in Texas

Aging at a Glance

Older Texans with a Disability by Cohort Group

20.5% Of Texans 60-64 years old have a disability



27.9% Of Texans 65-74 years old have a disability



43.5% Of Texans 75-84 years old have a disability



74.4% Of Texans 85 years of age and older have a disability



357,860

Texans 65 years of age and older have both Medicare and Medicaid or means-tested public coverage in 2023.



Of Texans 60 years of age and older were employed in Texas.



Of Texans 60 years of age and older were veterans who resided in Texas.

FEDERAL AND STATE POLICIES AND PROGRAMS



Aging Texas Well (ATW)



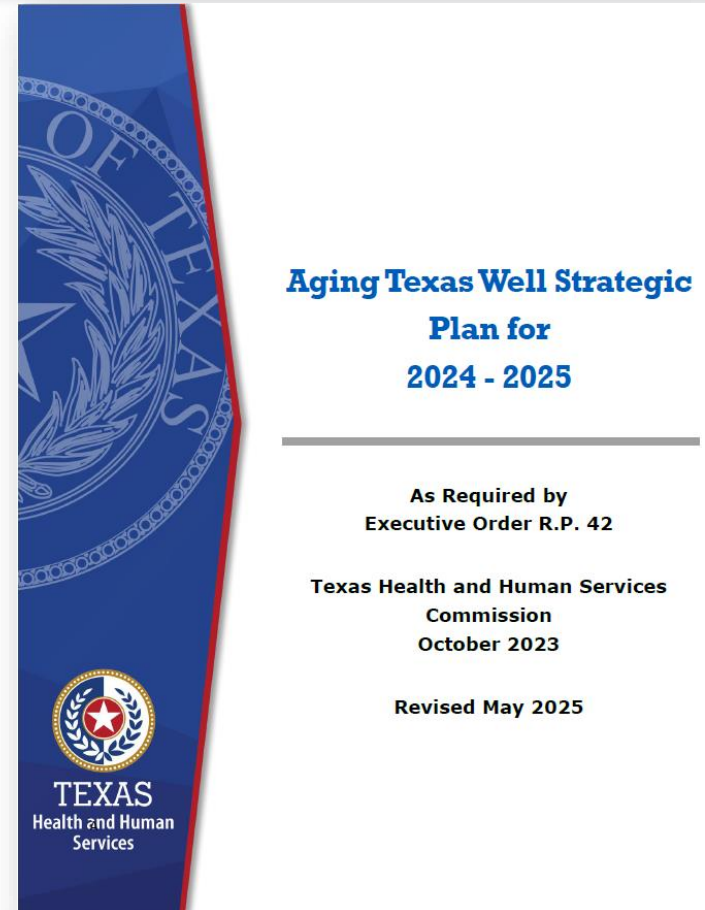
- Created in 1997 by the Texas State Unit on Aging and formalized in 2005 through [Executive Order R.P.42](#), the Aging Texas Well (ATW) initiative supports efforts to prepare for aging across all levels of society.
- HHSC is charged with leading the ATW initiative, including analysis of state readiness, local community preparedness, and aging policy issues and trends.



Aging Texas Well Strategic Plan



- ATW Strategic Plan: Created in line with [Executive Order R.P. 42](#) and submitted biennially to report on its implementation to the Governor and Legislature
- Guided by six key mandates
- Cross-sector coordination and planning
 - Health care
 - Long-term care
 - Community-based services
 - State government



Aging Texas Well Advisory Committee (ATWAC)



- ATWAC provides guidance and recommendations to HHSC and state leadership on aging-related issues, including the Aging Texas Well initiative and Strategic Plan



Statewide Interagency Aging Services Coordinating Council (SIASCC)



- SIASCC was created through [H.B. 728](#), passed by the 88th Legislature.
- The SIASCC purpose is to ensure a strategic, statewide approach to interagency aging services
- SIASCC is charged with:
 - Developing a five-year Strategic Plan
 - Submitting a coordinated Statewide Interagency Aging Services Expenditure Proposal biannually.
 - Publishing an updated inventory of state-funded interagency aging programs and services annually.



Area Agencies on Aging



The 28 Area Agencies on Aging (AAA) provide services to help people 60 years of age and older. Their family members and caregivers receive information and assistance needed in locating and accessing community services.

Services include:

- Home-delivered meals
- Congregate meals
- Benefits counseling
- Case management
- In-home services
- Long-term care
- Ombudsman
- Preventive health



Area Agencies on Aging Cont.



During **FY24**, **Texas AAAs** provided support for the following programs and services:

- Approximately **9.6 million** home-delivered meals for **58,133 participants**
- Approximately **3.8 million** congregate meals for **58,437 participants**
- Case management services for **18,414 older adults**
- Case management services for **5,881 family caregivers**



Federal and State Programs



Means-tested programs

- Medicaid/STAR+PLUS
- HHSC Community Care Services

Veterans Administration

- Provides both means-tested and non-means tested
- Programs for those with service connection



PRIORITIES FOR SUPPORTING OLDER ADULTS AND FAMILY CAREGIVERS IN TEXAS



Priorities to Support Older Adults and Family Caregivers in Texas



Priorities identified to support older adults in Texas from the State Plan on Aging (SPoA) include:

- Protection from scams and fraud
- Prevention of elder abuse and neglect
- Affordable and quality long-term care options



Priorities identified to support family caregivers in Texas from the SPoA include:

- Affordable caregiving help at home
- Better access to information and support for caregivers
- More caregiver respite so caregivers can take a break from their responsibilities

THE VALUE OF AGING: ECONOMIC AND SOCIAL BENEFITS



Benefits of the Aging Population



- **Disposable wealth:** People 65 years of age and older control 40% of nation's disposable wealth
- **Workforce participation:** 40.3% of Texans 55 years of age and older are employed, with unemployment rates that have declined since 2020
- **Civic engagement:** 24.9% of older Texans volunteer (with those aged 75 years of age and older volunteering 100 hours/year, on average)

Benefits of the Aging Population Cont.

Texas HHSC Foster Grandparent Program



www.hhs.texas.gov/foster-grandparent

NAVIGATING CHALLENGES AND OPPORTUNITIES IN AGING



Challenges and Opportunities

- Decreasing life expectancy
 - Currently **78.5 years** for Texans
- Promoting healthy lifestyles and compressing morbidity
- Improving coordination between providers and removing siloes of care.
- Providing more robust support to unpaid family caregivers
 - Who deliver nearly **80%** of all in-home long-term care





Questions?

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What key insights or takeaways stood out to you from today's presentation?

All responses to your question will be shown here

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Doni Green

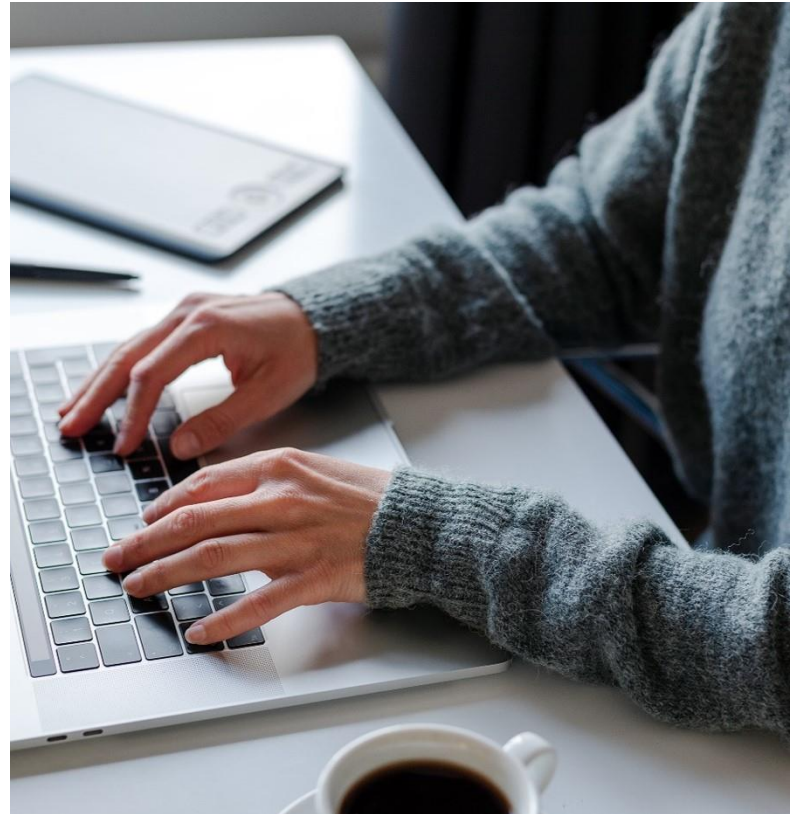
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Thank you!

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