

Orange County
Family Foundation Alliance
powered by the Orange County Community Foundation 



Healthy Aging in Orange County

MARCH 5, 2026



Lisa Wright Jenkins

President & CEO, Council on Aging





Healthy Aging

Supporting Dignity,
Independence & Connection

Orange County
Family Foundation Alliance



**Council
on Aging**
Southern California



Council on Aging

Southern California

Helping Seniors Remain Healthy, Connected & Protected

- Non-Profit Organization, based in Irvine
- Serving Over 100,000 Older Adults Annually in a 5-County Area
- 94 Locations, including Senior Centers
- Funded by Grants, Foundations & Individual Donors
- 92 Employees
- 400+ Volunteers
- Culturally and Linguistically Responsive Team
- www.coasc.org





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Helping Seniors Remain Healthy, Connected & Protected

Impact	Program
Advocacy & Protection	<ul style="list-style-type: none">• Health Insurance Counseling & Advocacy (HICAP) *• Long-Term Care Ombudsman: Resident Advocate*• Senior Protection Program
Education & Outreach	<ul style="list-style-type: none">• Roadmap to Medicare Classes• Answers Resource Guide• Aging <u>My</u> Way - My Life, My Plan• SmileMakers Holiday Gift Program
Socialization & Wellness	<ul style="list-style-type: none">• ReConnect Case Management• Friendly Visitor• PEARLS (Program to Encourage Active & Rewarding Lives)• ECM (Enhanced Care Management for Medi-Cal Members)

* National Programs

551,655



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551,655

Adults 65 and over in Orange County

Source: 2024 US Census – Orange County, CA



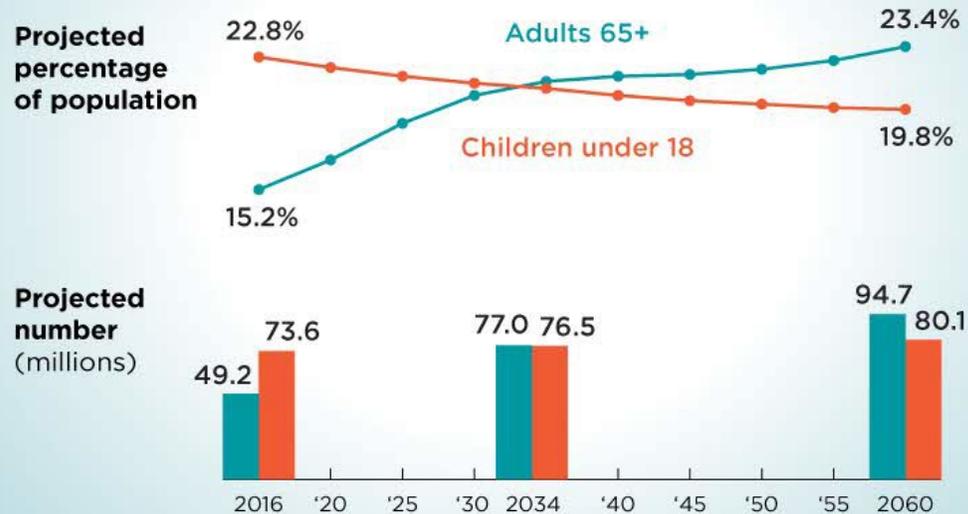
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An Aging Nation

Projected Number of Children
and Older Adults

For the First Time in U.S. History Older Adults Are
Projected to Outnumber Children by 2034



Note: 2016 data are estimates not projections.



U.S. Department of Commerce
U.S. CENSUS BUREAU
[census.gov](https://www.census.gov)

Source: National Population
Projections, 2017
www.census.gov/programs-surveys/popproj.html

America is Growing Older



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Healthy Aging: Why It Matters



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It's Living Well Longer (Lifespan & Healthspan)



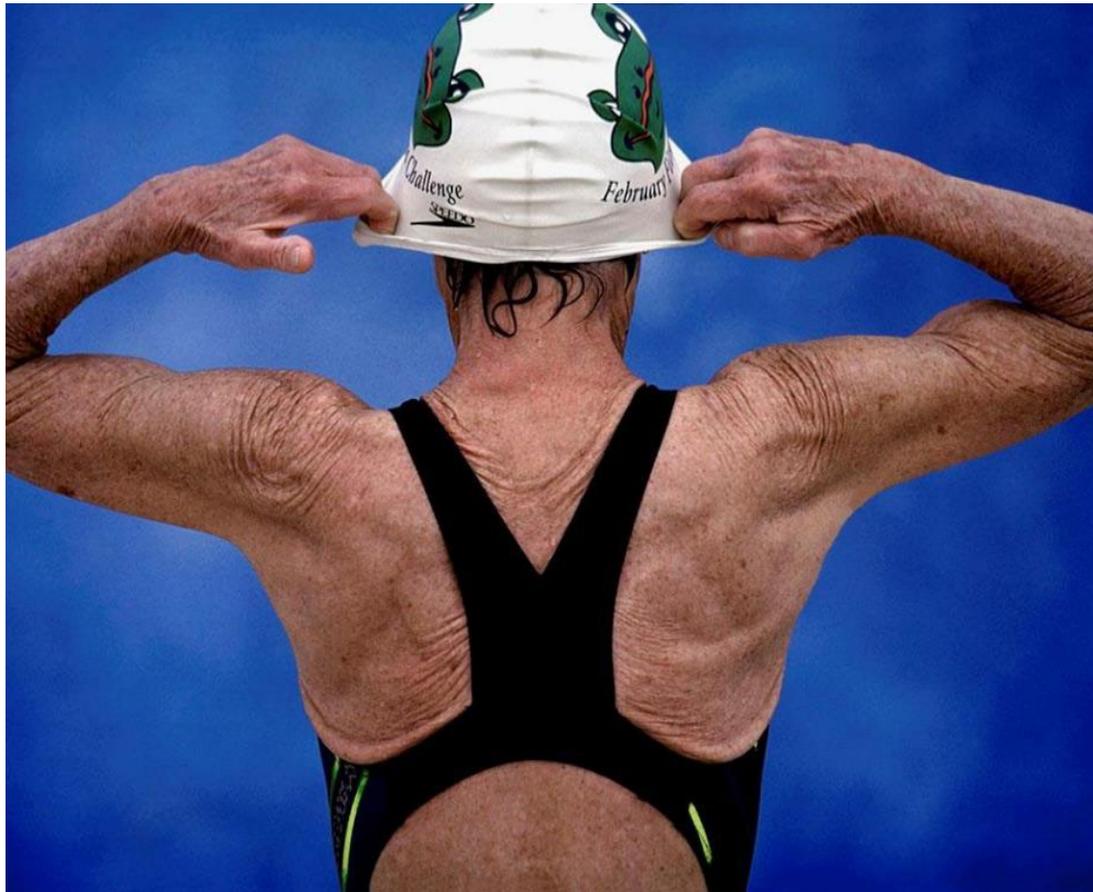
Healthy Aging:

1. **Maintains Independence:** Be physically strong, mentally sharp - improves quality of life
2. **Prevents Chronic Disease:** Focus on Nutrition, exercise, sleep, social engagement
3. **Supports Brain Health:** Be mentally and socially active – preserves memory, decision making skills and emotional well-being



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It's Living Well Longer



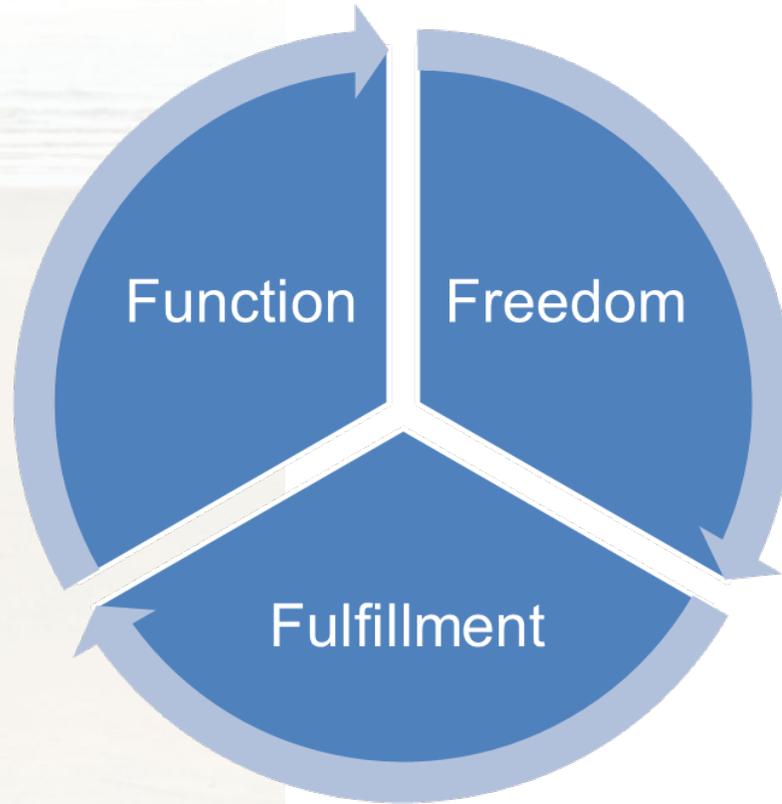
Healthy Aging:

4. **Improves Emotional Well-Being:** Maintain purpose, relationships & resilience – reduces depression & loneliness
5. **Reduces Healthcare Costs:** Prevention and early care are less costly, both physically & financially
6. **Increases Life Satisfaction:** Feeling capable & engaged results in happiness and contentment



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Healthy Aging Protects Your:



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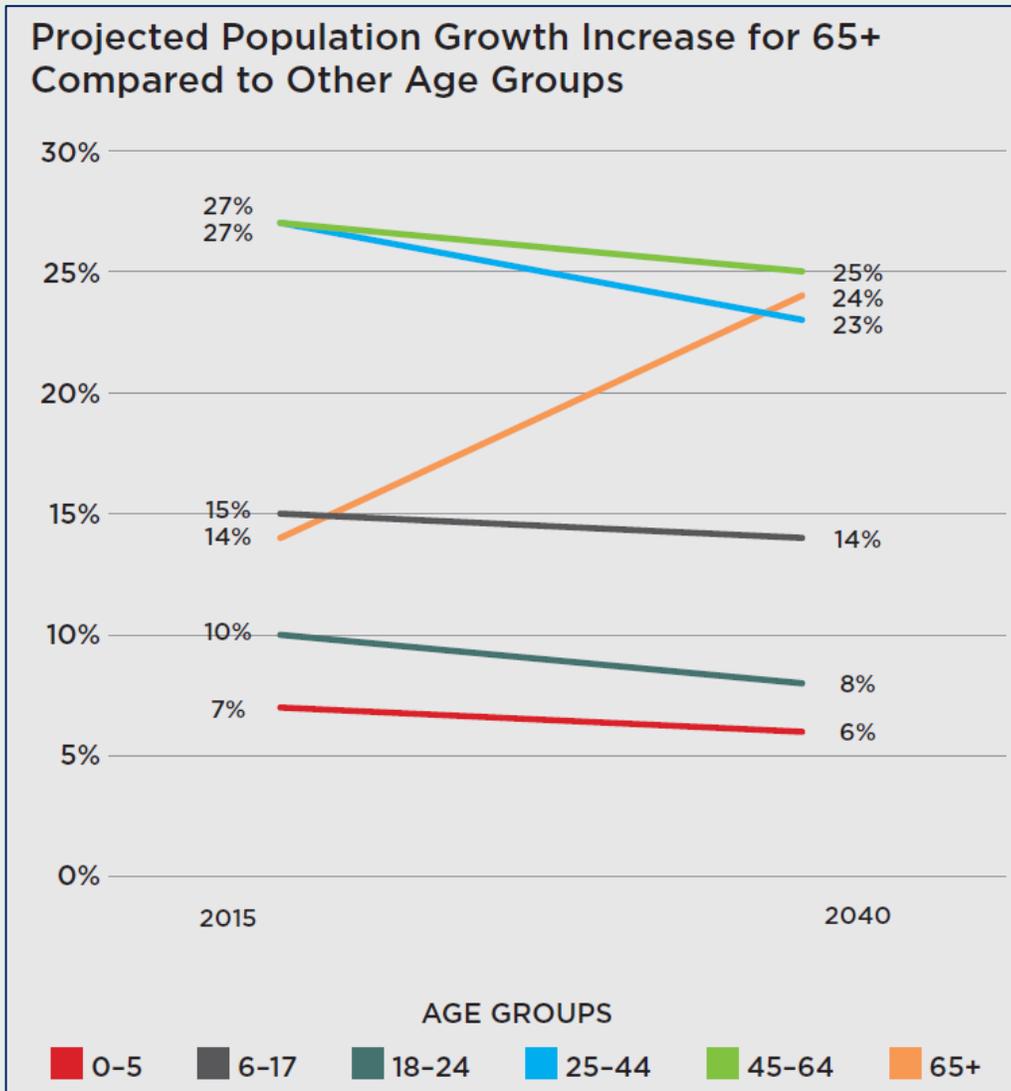
Overview of OC's Older Adult Landscape

Challenges and Opportunities



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Dramatic Growth in OC



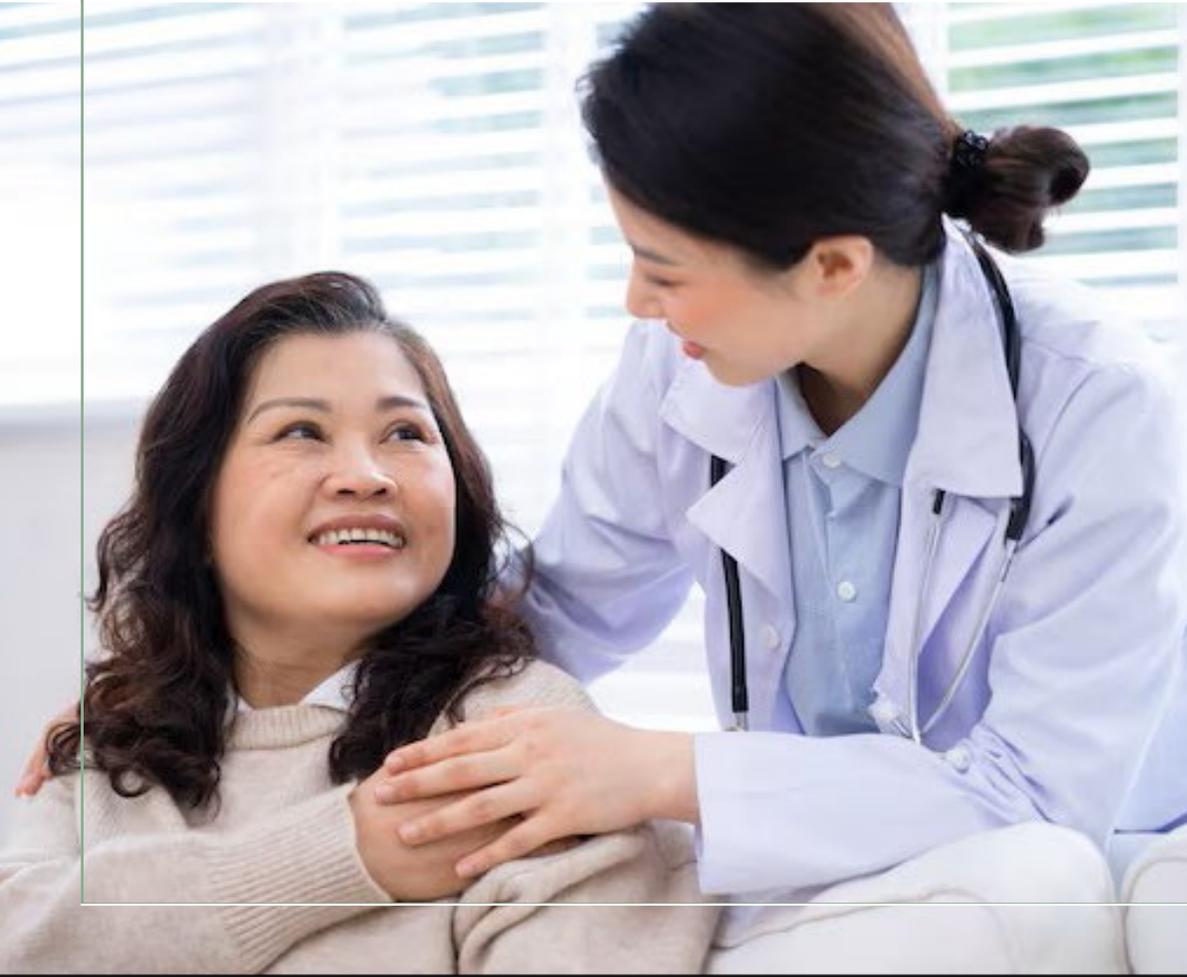
By 2040, almost **1 in 4** people in Orange County will be **65 or older.**

Source: Orange County Healthy Aging Initiative. (2016).
Orange County Older Adult Profile, 2016. <http://ochealthiertogether.org>



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Health & Healthcare Access



Top Health Concerns for Seniors in OC:

- Chronic Diseases, Dementia, Alzheimer's.*
- Access to Healthcare

OC Resources: Medical & Dental Clinics

- Bridge the healthcare gap, providing affordable or free health care services to low-income and uninsured patients.
- Provide a safety net to marginalized communities.



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Healthcare Workforce



Growing the OC Healthcare Workforce

- Demand for healthcare & caregiving workforce is accelerating
- 49K new healthcare jobs projected by 2035
- 17K of these will be mid level roles (med. assistants, LVNs and technicians)
- Workforce barriers negatively impact healthy aging

Opportunity to support training, scholarships, paid internships



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Social Isolation and Loneliness



Isolated older adults lacking family members or adequate support system experience physical and emotional challenges.

21% of OC's older adults live alone.*

OC Resources:

- Friendly Visitor Programs
- PEARLS Program (Program to Encourage Active, Rewarding Lives)
- Senior Center Programs
- Asian American Senior Citizens Service Center
- Adult Day Care Facilities



Housing Access & Affordability



Older adults overwhelmingly want to stay in their homes (75%) and communities (73%), but many (44%) feel a move is inevitable.*

Urgent need for low-income, affordable housing to meet the rapidly growing older adult demographic in OC.

OC Resources:

- Jamboree Housing
- OC Housing Authority (HUD/Section 8 Vouchers)
- Habitat for Humanity
- WISEPlace



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* AARP Home and Community Preferences Survey 2024

Homelessness



Older adults (age 55+) are considered the fastest growing segment of people experiencing homelessness in OC*

OC Resources:

- Mercy House
- OC Rescue Mission
- Illumination Foundation
- Salvation Army
- United Way



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*OC Grand Jury Report on Homelessness. 7/8/2025

Food Insecurity and Nutrition

Seniors often lack sufficient food, or adequate quality food to meet their basic needs. Many are forced to choose between food, rent and medications in OC.*

1.5M Meals on Wheels were delivered in 2024 and 163K congregate meals were served.

OC Resources:

- Meals on Wheels OC
- Age Well Senior Services
- Second Harvest Food Bank
- Bracken's Kitchen
- Community Action Partnership



* Feeding America: Food Insecurity in CA 2023



Elder Abuse & Legal Protection



Financial exploitation is the fastest-growing form of elder abuse. It is defined as the illegal, unauthorized, or improper use of an older person's funds, property, or assets.*

OC Resources:

- Long-term Care Ombudsman Program
- Senior Protection Program
- Community Legal Aid SoCal



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*American Bankers Association 2025



Orange County Master Plan for Aging

4 Priority Initiatives:

1. Housing Security
2. Public Information & Resource Campaign
3. Enhanced Care Coordination
4. Progress Tracking

Orange County's Master Plan Aligns with California's Master Plan for Aging

Planning for Aging and Retirement



- Nearly two-thirds of older adults don't have a plan for aging & retirement
- 20% have no retirement savings
- Only 66% of adults 65+ have a will or estate plan
- 61% are worried they won't have enough money to support themselves in retirement

Source: AARP Financial Security and Retirement Survey 4/24/24



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Individual Planning for Aging and Retirement



Key Elements of a Plan

- Engaging in Healthy Aging
- Staying Active & Connected with Friends/Family
- Knowing Your Healthcare Resources
- Housing & Transportation Alternatives
- Anticipating Cost of Care, Including Caregiving
- Support from Family or Others

OC Planning / Education Resources:

- Aging My Way Seminar Series
- HICAP – Roadmap to Medicare Seminar
- United Way – Financial Literacy



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Your Questions are Welcome

Lisa Wright Jenkins

President & CEO

Council on Aging – Southern California

lwjenkins@coasc.org

949-479-0117



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