



TEXAS  
Health and Human  
Services

# Aging: By the Numbers

Texas has the third-largest older adult population. The older adult populations in Texas, California and Florida account for one-quarter of all people 65 and older in the entire United States.<sup>1</sup> Texans age 50 and older are projected to number over 11 million by 2030, with ages 75–84 increasing the fastest, by about 750,000 within the next 10 years.<sup>2</sup> Longer life provides new possibilities for people as they age, like more time with loved ones, opportunities for another career, and time for social and community engagement. As Texas' older adult population grows, so do opportunities to enhance the programs and supports that serve them.



Below are snapshots and best practices from Texas Health and Human Services Commission programs that serve older adults. The information was compiled from January 2019 to August 2020.

## In the Community

### Office of Area Agencies on Aging and Office of Aging and Disability Resource Centers

- The state's 28 Area Agencies on Aging (AAAs) served over **13 million meals** to **117,000 older adults** through nutrition programs and provided **236,636 hours of respite care**, **456,000 transportation trips**, and **342,779 contacts for information, referrals and assistance**.<sup>3</sup>
- The state's 28 Aging and Disability Resource Centers (ADRCs) provided specialized long-term services and support assistance to **126,260 contacts**, served **13,427 veterans** and provided **18,095 hours of respite services** to **446 family caregivers** through the Texas Lifespan Respite Care Program.<sup>4</sup>

### Behavioral Health Services

- **91,990 Texans** age 50 and older received mental health services (e.g., phone, telemedicine, face-to-face interventions) from their local mental health authority and/or local behavioral health authority.
- **7,366 adults** age 50 and older received mental health crisis residential services, and **29,678 adults** received crisis outpatient services.<sup>5</sup>
- **5,707 Texans** age 50 and older received substance use disorder services, including outpatient services, residential detox, residential treatment, and treatment for co-occurring psychiatric and substance use disorders.<sup>6</sup>
- **124 adults** age 50 and older were served by the Home and Community-Based Services-Adult Mental Health program that provides services for adults living in the community with serious mental illness and history of long-term psychiatric hospitalization, frequent arrests or frequent hospital emergency room utilization.<sup>7</sup>

### Intellectual and Developmental Disability (IDD) Services

- **29,038 Texans** age 50 and older received IDD waiver services (such as the Home and Community-based Services waiver, intermediate care facilities for persons with an intellectual disability or related condition, IDD non-Medicaid Community Services or Texas Home Living waiver) through local IDD authorities across the state.<sup>8</sup>

### Medicaid and Children’s Health Insurance Program Services

- **764,080 older adults** age 50 and older received health services under the Medicaid STAR+PLUS program.<sup>9</sup>
- **81,229 older adults** age 50 and older received long-term services and supports under Title XIX programs (Community Attendant Services, Day Activity and Health Services and Primary Home Care Services).<sup>10</sup>
- **49,133 Texans** age 50 and older received long-term services and supports under Title XX programs (Adult Foster Care, Consumer Managed Personal Attendant Services, Emergency Response Services, Home-Delivered Meals and Special Services to Persons with Disabilities).<sup>11</sup>



### Aging Services Coordination (ASC)

- **1,021 Texans** 45 and older participated in **63 Texercise Classic and Select programs**. Of the 63 programs held, **13 were virtual in response to COVID-19, reaching 62 participants**.
- **216 Texas Talks toolkits** were distributed to organizations to encourage family conversations on issues important to their older loved ones.
- The ASC Office oversees an AmeriCorps Volunteers in Service to America (VISTA) grant for **8 members** and **1 VISTA leader**. VISTA members implemented local aging-related projects in **6 AAAs** across the state.

## In Residential Facilities

### Quality Monitoring Program (QMP)

- To reduce the use of antipsychotic medications in nursing facilities, **800 Texas nursing facilities** are certified to conduct the Music & Memory Program and have served nearly **10,000 residents** with this program.<sup>12</sup>
- QMP specialists (nurses, pharmacists, etc.) conducted **1,657 visits to nursing facilities and assisted living facilities (ALFs)** to improve quality of care and resident outcomes through education and technical assistance.<sup>13</sup>



### State Supported Living Centers (SSLCs) and State Hospitals

- Texas’ 13 SSLCs served **1,602 residents** age 50 and over. SSLCs provide supports and services based on the person’s needs, likes, preferences and strengths, including identifying needed supports related to the aging process.<sup>14</sup>
- Texas’ 9 state hospitals provided campus-based mental health treatment to **1,507 residents** age 50 and older.<sup>15</sup>

### State Long-Term Care Ombudsman

- Ombudsmen staff and volunteers made **21,298 nursing facility visits** and **13,379 ALF visits**; investigated **12,553 nursing facility complaints** and **2,885 ALF complaints**; and provided **24,238 consultations to residents and family members** and **4,581 consultations** to facility staff.<sup>16</sup>

### Medicaid and CHIP Services

- **159,665 Texans** age 50 and older receiving Medicaid STAR+PLUS health services reside in nursing facilities.<sup>17</sup>
- **2,413 adults** age 45 and older have been served by the Money Follows the Person Demonstration, which assists people residing in nursing facilities who wish to transition back to community living.<sup>18</sup>



### Aging Services Coordination (ASC)

- ASC received Civil Monetary Penalty (CMP) funds to implement the Enhancing Nursing Facility Resident Quality of Life through Volunteerism project. **The pilot is working with 9 nursing facilities and approximately 1,500 residents.**

## Program Highlights

### Office of Area Agencies on Aging (OAAA) and Office of Aging and Disability Resource Centers (OADRC)

- ADRCs conducted and participated in **859 community education and outreach events** for older adults and people with disabilities and their service providers.
- **OADRC received two Administration for Community Living grants:** The Aging and Disability Resource Center/No Wrong Door System: Critical Relief Funds for COVID-19; and the Lifespan Respite Care Program: State Program Enhancement Grant funds.
- To ensure continued safe delivery of much-needed services and respond to the COVID-19 pandemic, **OAAA developed a “Special Initiative”** service to assist AAAs and their subcontractors in filling service gaps and covering additional pandemic related costs.

### Foster Grandparent Program (FGP)

- **512 income-eligible adults age 55 and older** participated in the HHSC FGP that provides meaningful volunteer opportunities and a tax-free stipend for their time. FGP volunteers served **495,420 hours** and mentored over **17,800 youth with exceptional needs.**
- In a survey of active FGP volunteers, **99 percent reported overall satisfaction with their FGP volunteer experience.**<sup>19</sup>

### Behavioral Health Services

- In partnership with University of Texas Health Science Center San Antonio, Department of Psychiatry, **HHSC launched the Behavior Health Awareness series**, which includes a module on aging and behavioral health.
- The **Behavioral Health Services Special Projects unit hosts best practice meetings** for Texas’ direct service provider agencies featuring interactive learning sessions and updates about the Home and Community-Based Services-Adult Mental Health program.

### Quality Monitoring Program

- Over **880 nursing facilities** are enrolled in the **2020 Quality Incentive Payment Plan** program that awards payments to facilities that meet performance targets on quality measures, including workforce development and infection control.
- **390 trainings** were provided to long-term care providers and direct services workers on dementia care best practices, person-centered care and other dementia-related topics.
- **1,203 professionals in the long-term care and aging fields** attended the annual Provider Long-Term Care Quality Conference, a two-day symposium hosted by HHSC in collaboration with the University of Texas at Austin School of Nursing.

### State Supported Living Centers and State Hospitals

- **All new employees working with SSLC residents** are required to take the **“Geriatric Issues/Aging”** course, which discusses aging with a focus on adapting caregiver actions to meet the individual’s needs and provide person-centered care for older residents.
- **Many of the state hospitals offer special programming for older patients**, including programs aimed at enhancing brain health, physical activity and strength building, and social and emotional wellness.



### State Long-Term Care Ombudsman

- **State Long-Term Care Ombudsman Patty Ducayet was one of four experts selected to testify at the May 2019 Older Americans Act reauthorization hearing**, where she provided detailed oral and written testimony on the Texas Ombudsman Program and national trends related to state long-term care ombudsman programs and answered questions from congressional members.
- The State Long-Term Care Ombudsman program was awarded Title VII COVID-19 funds from the Coronavirus Aid, Relief, and Economic Security (CARES) Act. **Approximately 25 percent of the funds are being used to purchase personal protective equipment for the 28 local offices and to secure grief training and support** to help residents, their family members, ombudsmen and facility staff process the deaths of residents and staff from COVID-19. **The remaining 75 percent of the funds was distributed to the local programs** to support their COVID-19 responses.

### Aging Services Coordination

- Through a CMP-funded project, ASC developed **no-cost resources to enhance nursing facility capacity** to support and sustain volunteers, including a mobile nursing facility volunteer training, custom activity kits and a virtual volunteer model toolkit.
- Launched in 2018, the **Innovators in Aging award** highlights innovative efforts serving older adults. **Over 60 nominations** have been received and **12 winners** have received the award.
- **Texas Talks**, a workplace-based campaign, annually highlights specific aging topics to encourage conversations between employees and their older loved ones. The 2020 campaign topics included: maintaining traditions, mental health, advance care planning and preventing fraud.

## References

1. Population Reference Bureau (2021). Which US States Have the Oldest Populations? [Web]. Retrieved from: <https://www.prb.org/which-us-states-are-the-oldest/#:~:text=States%20Ranked%20by%20Percent%20of%20Population%20Age%2065,%20%2019%204%20%2046%20more%20rows.>
2. HHS Center for Analytics and Decision Support (2018, October). Texas: Population projections, years 2015-2050 [data set].
3. Data covers SFY 2020 (September 1, 2019 – August 30, 2020).
4. Data covers SFY 2020 (September 1, 2019 – August 30, 2020).
5. Aggregate data for mental health services at LMHA/LBHA for fiscal year 2019 through the third quarter of fiscal year 2020, a twenty-one-month period.
6. Aggregate, unduplicated data for FY 2019.
7. Unduplicated participants ages 50+ served in FY2019–2020.
8. Aggregate, unduplicated data for FY2019–FY2020 as of 5/31/20.
9. Data from Sept. 2019 – Aug. 2020.
10. Data from FY2019.
11. Ibid.
12. Ongoing project that began in 2015 and continued into 2020.
13. Data from FY2019.
14. Aggregate, unduplicated data as of 12/31/2019.
15. Aggregate, unduplicated data for FY2019.
16. Aggregate, unduplicated data for FY2019.
17. Data from Sept. 2019 – Aug. 2020.
18. Data covers 2008 – December 2019.
19. Aggregate, unduplicated data from July 1, 2019–June 30, 2020.