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## Yuba-Sutter Aging and Disabilities Plan

# Data Packet 1: Housing and Emergency Preparedness

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The chart on the following pages summarizes key themes, identified needs, and potential solutions from the three data sources listed below, focusing on one of the five approved goals of the Yuba-Sutter Aging and Disabilities Plan. It provides a comprehensive understanding of the challenges faced by older adults, individuals with disabilities, and caregivers in Yuba and Sutter Counties, offering a solid foundation for community stakeholders to develop data-driven solutions that effectively address these needs.

- 1. Data Map:** A comprehensive review of local and state data aligned with the California Master Plan for Aging’s five bold goals for 2030. Local sources include Adventist Health and Rideout’s Community Health Needs Assessment, the Ombudsman Program, Regional Housing Authority, and Sutter Yuba Homeless Consortium. State and national sources, such as the California Department of Aging, UCLA Elder Index, U.S. Census Bureau, and Centers for Medicare & Medicaid Services.
- 2. Community Surveys:** Input was gathered from 297 respondents, including older adults, individuals with disabilities, and caregivers, through a culturally relevant, multilingual survey available in English, Hmong, Punjabi, and Spanish. The survey explored key topics, including housing and community, emergency preparedness, transportation, healthcare and related services, social participation and inclusion, and communication. Responses captured perspectives across diverse geographic and demographic groups.
- 3. Focus Groups:** Insights from 75 participants across eight diverse focus groups, including older adults, women, LGBTQ+ individuals, racial and ethnic minorities, individuals with disabilities, veterans, caregivers, and low-income residents—communities historically under-resourced and under-served in the Yuba-Sutter area. Discussions explored housing, emergency preparedness, transportation, community accessibility, healthcare, nutrition, and social engagement.



## GOAL 1: INCREASE AFFORDABLE ACCESSIBLE HOUSING AND EMERGENCY PREPAREDNESS

Key Themes	Data Findings (Needs/Challenges)	Insights (Possible Solutions)
<b>Housing Themes</b>		
<b>Homeownership and Housing Independence</b>	<ul style="list-style-type: none"> <li>▶ A large percentage of older adults live in owner-occupied housing in Yuba (74.2%) and Sutter (73.7%), exceeding California’s average of 72.1%. However, this does not equate to housing that meets their needs. <i>(Data Map, Focus Groups)</i></li> <li>▶ Despite strong housing longevity (94% of older adults in Yuba County and 90.5% in Sutter County have lived in the same home for over a year), many express concerns about their ability to age in place. <i>(Data Map, Community Survey)</i></li> <li>▶ Only 48% of respondents felt they had sufficient resources to remain at home as they aged. <i>(Community Survey)</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Advocate for property tax relief for older adults to ease financial burdens and allow them to remain in their homes.</li> <li>▶ Offer subsidies for utilities, property taxes, or homeowner insurance premiums, particularly for fixed-income older adults and individuals with disabilities facing rising costs.</li> </ul>
<b>Prevalence of Family</b>	<ul style="list-style-type: none"> <li>▶ Family households are common among older adults, with 53.4% in Yuba County</li> </ul>	<ul style="list-style-type: none"> <li>▶ Offer workshops on long-term financial planning for couples before a loss occurs,</li> </ul>

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<b>Households</b>	<p>and 60.7% in Sutter County. (<i>Data Map</i>)</p> <ul style="list-style-type: none"> <li>▶ Married-couple families represent 40.8% in Yuba and 45.0% in Sutter. (<i>Data Map</i>)</li> <li>▶ Female partners often face significant financial and housing instability after the loss of a partner. (<i>Focus Group</i>)</li> </ul>	<p>emphasizing life insurance, retirement savings, and estate planning.</p> <ul style="list-style-type: none"> <li>▶ Establish targeted subsidies or stipends for surviving spouses at risk of falling below the poverty line.</li> </ul>
<b>Accessible Housing</b>	<ul style="list-style-type: none"> <li>▶ Only 16% in Yuba and 15% in Sutter rate accessible housing availability as "excellent" or "good," with many homes lacking features such as no-step entry, single-floor living, and wide hallways. (<i>Data Map</i>)</li> <li>▶ High deposits and zoning regulations limit access for older adults and low-income residents. (<i>Focus Groups</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Increase resources for home modifications to improve accessibility.</li> <li>▶ Support the development of affordable housing units with cost-saving designs (e.g., energy-efficient buildings, smaller units).</li> <li>▶ Advocate for zoning changes to encourage accessory dwelling units (ADUs) as an affordable housing option.</li> </ul>
<b>Housing Affordability</b>	<ul style="list-style-type: none"> <li>▶ Affordable housing is scarce, with Yuba (82.4 units per 10,000) and Sutter (95.3 units per 10,000) falling below California's average of 138. (<i>Data Map</i>)</li> <li>▶ 19% of respondents "disagreed," and 10% "strongly disagreed" that their housing was affordable, indicating</li> </ul>	<ul style="list-style-type: none"> <li>▶ Expand affordable housing options, including subsidized units and Section 8 housing.</li> <li>▶ Increase the availability of housing vouchers for older adults, veterans, and individuals with disabilities who face affordability challenges.</li> </ul>

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	<p>financial strain among a portion of the population. (<i>Community Survey</i>)</p>	<ul style="list-style-type: none"> <li>▶ Streamline voucher application processes to reduce barriers for those in need.</li> <li>▶ Address long waitlists and high application barriers.</li> <li>▶ Provide financial support to offset rising costs.</li> </ul>
<p><b>Rising Housing Costs</b></p>	<ul style="list-style-type: none"> <li>▶ Rising rents, utilities, and maintenance expenses are causing significant financial strain for older adults and low-income residents. (<i>Focus Groups</i>)</li> <li>▶ Rising housing costs force older adults and low-income residents to make difficult trade-offs, such as reducing spending on healthcare, food, or transportation to afford rent or utilities. (<i>Focus Groups</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Support local policies that limit excessive rent increases and ensure fair housing practices.</li> <li>▶ Expand local and state-level rental assistance programs to help low-income residents cope with rising rents.</li> <li>▶ Offer emergency rental support to prevent housing instability or eviction due to financial hardships.</li> <li>▶ Create incentives for landlords who offer affordable rents and maintain their properties, such as tax breaks or grants.</li> <li>▶ Partner with landlords to keep rental housing accessible to low-income residents.</li> </ul>

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		<ul style="list-style-type: none"> <li>▶ Implement subsidies or utility discount programs specifically targeting older adults and low-income households.</li> <li>▶ Offer workshops or resources to help older adults and low-income households budget for housing costs.</li> <li>▶ Provide information on accessing federal and state housing assistance programs.</li> </ul>
<p><b>Housing Maintenance and Aging-in-Place</b></p>	<ul style="list-style-type: none"> <li>▶ About 40% of respondents report a need for major home repairs, which hinders aging in place. <i>(Community Survey)</i></li> <li>▶ While homeownership rates are high, many older adults cannot afford modifications or upkeep to make their homes suitable for aging. <i>(Focus Groups)</i></li> <li>▶ Rising costs for repairs and maintenance increase financial strain. <i>(Focus Groups)</i></li> <li>▶ Reliance on nonprofits and community networks for assistance highlights a need for expanded resources. <i>(Focus Groups)</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Expand funding for aging-in-place initiatives.</li> <li>▶ Provide grants or financial aid for essential home repairs and maintenance, particularly for older adults and disabled homeowners.</li> <li>▶ Provide grants or low-interest loans to adapt homes for aging adults, including installing ramps, grab bars, and stairlifts to ensure they can live independently within their households.</li> <li>▶ Partner with local organizations to establish affordable or volunteer-based home repair programs.</li> </ul>

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		<ul style="list-style-type: none"> <li>▶ Advocate for energy efficiency programs that include free or low-cost home upgrades to reduce monthly utility bills.</li> </ul>
<p><b>Low-Income Housing Conditions</b></p>	<ul style="list-style-type: none"> <li>▶ Residents report dissatisfaction with low-income housing, including poor living conditions and unmet repair needs. (<i>Focus Groups</i>)</li> <li>▶ Unsafe environments during emergencies further exacerbate challenges. (<i>Focus Groups</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Advocate for improved standards and oversight in low-income housing.</li> <li>▶ Develop programs to address maintenance and safety concerns.</li> </ul>
<p><b>Housing Instability and Homelessness</b></p>	<ul style="list-style-type: none"> <li>▶ 8% of survey respondents report unstable housing conditions, including being unhoused or living with family. (<i>Community Survey</i>)</li> <li>▶ Financial constraints force some individuals into shared housing or reliance on family support, with homelessness increasing due to crises like wildfires and the pandemic. (<i>Focus Groups</i>)</li> <li>▶ In Yuba and Sutter Counties, 3,292 adults are experiencing homelessness, with nearly 30% having a disabling condition</li> </ul>	<ul style="list-style-type: none"> <li>▶ Increase emergency housing resources and shelters.</li> <li>▶ Address homelessness through targeted support programs.</li> </ul>

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	<p>and over 9% reporting their disability contributed to their homelessness. Older adults are particularly affected, with 14% aged 60 or older. <i>(Data Map)</i></p> <ul style="list-style-type: none"> <li>▶ Homelessness is rising, especially among younger populations and individuals with disabilities. <i>(Focus Groups)</i></li> </ul>	
<b>Emergency Preparedness Themes</b>		
<b>Natural Disaster Vulnerabilities</b>	<ul style="list-style-type: none"> <li>▶ Rural areas are highly vulnerable to wildfires, snow-related isolation, and power outages. <i>(Focus Groups)</i></li> <li>▶ There is a lack of data on how many older adults live in hazard-prone areas. <i>(Data Map)</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Conduct assessments to identify hazard-prone populations.</li> <li>▶ Develop disaster mitigation plans tailored to rural communities.</li> </ul>
<b>Emergency Support Networks</b>	<ul style="list-style-type: none"> <li>▶ 61% of respondents report having emergency support networks, but 32% lack or are unsure. <i>(Community Survey)</i></li> <li>▶ Rural residents rely heavily on family and social networks. <i>(Focus Groups)</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Strengthen community-based support systems like "phone trees" and neighbor-aid networks.</li> </ul>

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<b>Communication and Alert Systems</b>	<ul style="list-style-type: none"> <li>▶ Poor cellular service and unreliable alerts in rural areas present challenges. (<i>Focus Groups</i>)</li> <li>▶ Language barriers and lack of accessible communication options exacerbate the issue. (<i>Focus Groups</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Enhance communication infrastructure, particularly in rural areas.</li> <li>▶ Ensure emergency alerts are multilingual and disability-accessible.</li> </ul>
<b>Emergency Preparedness Gaps</b>	<ul style="list-style-type: none"> <li>▶ Many participants feel unprepared for emergencies, particularly homeless shelter residents and low-income individuals. (<i>Focus Groups</i>)</li> <li>▶ Barriers include lack of transportation, financial resources, and access to emergency supplies like generators. (<i>Focus Groups, Community Survey</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Provide accessible, community-based preparedness education programs.</li> <li>▶ Offer financial assistance for personal and household preparedness items (e.g., emergency kits or generators)</li> </ul>
<b>Emergency Resource Distribution</b>	<ul style="list-style-type: none"> <li>▶ Limited access to emergency resources like food, water, firewood, and backup power disproportionately affects low-income and rural residents. (<i>Focus Groups</i>)</li> <li>▶ Power outages and natural disasters highlight the lack of preparation. (<i>Focus Groups</i>)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Establish resource distribution hubs in underserved areas.</li> <li>▶ Provide financial aid that supports community-wide access to critical emergency supplies.</li> </ul>



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<b>Evacuation and Transportation Challenges</b>	<ul style="list-style-type: none"> <li>▶ Limited transportation options hinder evacuations, particularly for older adults, people with disabilities, and those without personal vehicles. <i>(Focus Groups)</i></li> <li>▶ Concerns include evacuation timing, available routes, and safety during emergencies. <i>(Focus Groups)</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Develop transportation assistance programs for emergencies.</li> <li>▶ Improve evacuation planning with specific provisions for vulnerable populations.</li> </ul>
<b>Shelter Accessibility</b>	<ul style="list-style-type: none"> <li>▶ Emergency shelters often lack accessibility for individuals with disabilities and older adults. <i>(Focus Groups)</i></li> <li>▶ Insufficient resources for pets deter some individuals from using shelters. <i>(Focus Groups)</i></li> </ul>	<ul style="list-style-type: none"> <li>▶ Retrofit shelters to meet accessibility standards.</li> <li>▶ Expand resources for pet accommodations during emergencies.</li> </ul>