

Unmet Needs for Help at Home: How Older Adults and Adults With Disabilities Are Faring in California

UCLA CHPR's **California Long-Term Services and Supports** study examines the needs and unmet needs of older adults and adults with disabilities in California. The study looked at both **personal care needs** such as eating, bathing, dressing, or getting around inside the home, as well as **routine care needs**, which include everyday household chores, doing necessary business, shopping, or getting around for other purposes.

Among older adults and adults with disabilities...

More than
1 in 2 (54.6%)
need help of another
person for **routine care**



1 in 5 (20.9%)
need help with
personal care

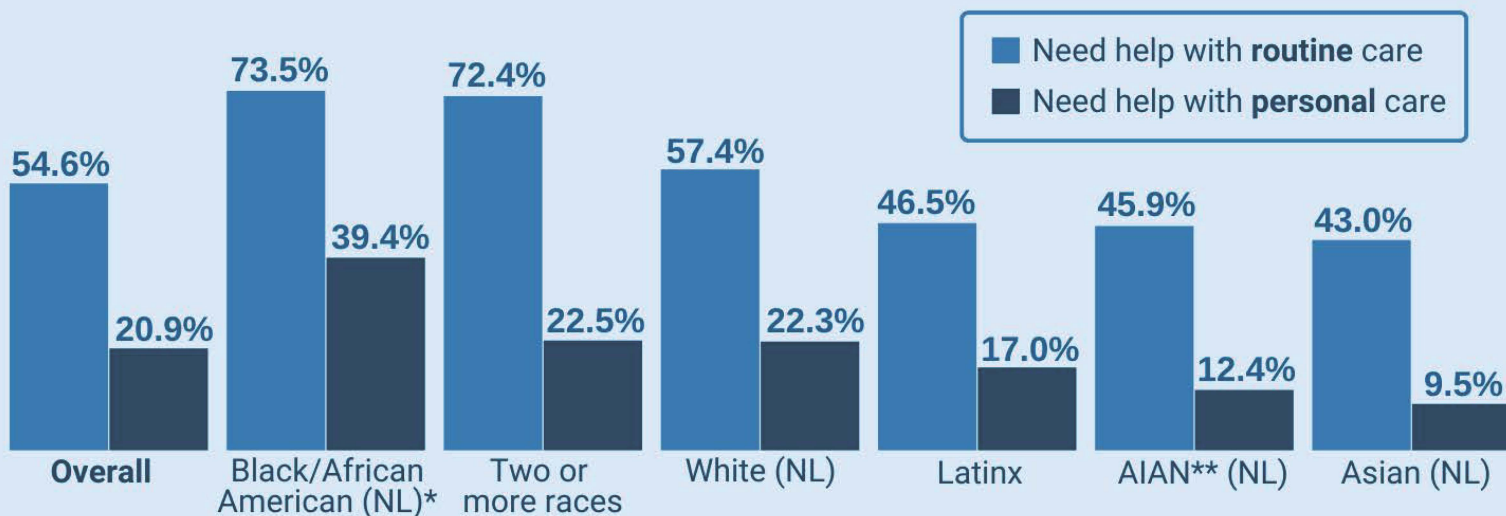


Among those who need help...

2 in 5
could use more help
or get no help at all with
routine and personal care



Need the Help of Another Person with Routine or Personal Care, by Race/Ethnicity



*NL = Non-Latinx

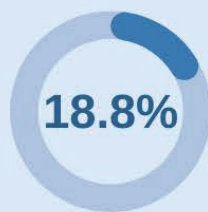
**American Indian and Alaska Native

Negative Consequences as a Result of Unmet Need

Stayed at home due to
difficulty going outside



Went without groceries
or personal items due
to difficulties shopping



Made a mistake when taking
their medications due to
difficulty keeping track of them



Source: 2019–20 California Long-Term Services and Supports study, a follow-on survey of the California Health Interview Survey (CHIS)

Read the fact sheet at: <https://ucla.in/3oGmWpS>.