



Cache County Human Services Assessment:

Aging and People with Disabilities

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Northern Social Services Nonprofit Coalition



College of Humanities & Social Sciences
Transforming Communities Institute
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SOCIAL WORK



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About Northern Social Services Nonprofit Coalition

The Northern Social Services Nonprofit Coalition (NSSNC) develops and promotes Cache Valley social service nonprofit organizations to enhance access, improve service quality, and raise awareness of support systems to improve the lives of local individuals and families. Their vision is that Cache Valley families and individuals are safe, housed, supported and empowered through advocacy, education, direct services, and continuous collaboration. NSSNC members include leadership representatives from the following organizations: CAPSA, Neighborhood Nonprofit Housing Corporation, Options for Independence, The Family Place, English Learning Center, Cache Refugee & Immigration Connection, Cache Food Pantry, Utah Families Feeding Families, 4 Helping Hearts, Logan Pride Foundation, Cache Valley Humanitarian Center, Little Lambs Foundation of Utah, Boys & Girls Club of Northern Utah, Cache Valley Veterans Association. These organizations are united in their efforts to “compete together for the community.”

About Transforming Communities Institute

The Transforming Communities Institute at Utah State University responds to community-identified needs across Utah. Drawing on strengths and assets, TCI collaborates and engages with stakeholders to transform communities through research, professional education and training, advocacy, and action to build strong, resilient, and inclusive communities. TCI envisions that all Utahns will live in thriving, vibrant communities.

The Current Project

As Cache Valley grows, the strain on current human services has grown, and the lack of necessary resources to address social problems has become painfully obvious. The current project, the Cache County Human Services Assessment, provides local service agencies and policymakers with information regarding available human service programs and organizations, barriers that prevent people from accessing services, and potential gaps in services. Five areas of human services in Cache County were explored in the study: homelessness and housing; aging and people with disabilities; food insecurity; mental health and substance use services; and inclusivity, and support for diverse populations. Data were gathered from local organizational leaders via survey. If an organization did not respond, secondary data were gathered via online research. The study was designed and implemented as a collaborative effort of the Northern Social Services Nonprofit Coalition, USU’s Transforming Communities Institute, and USU Department of Social Work students of the 2022 MSW Organizations & Community course with the oversight of Dr. Jayme Walters.

In this report, the findings and recommendations from the aging and people with disabilities services are shared. In March and April 2022, a mixed-methods Qualtrics survey was emailed to organizations providing services to individuals who are aging and/or disabled of Cache County. The data gathered during the assessment period were analyzed using descriptive statistics and qualitative analysis of two-cycle coding (descriptive and pattern coding).

Background

Aging Adults

The U.S. is home to approximately 53 million people over the age of 65. This means that approximately 16% of Americans are considered “older adults”¹ and projected to increase to over 20% by the year 2040.² Although Cache County falls below national average with only 10% of residents fitting the 65+ age group,³ this number will continue to grow due to people living longer. The life expectancy of males in Utah is now 77.1 years and 80.9 years for women.³ The increase in the aging population and longer life expectancies will require greater amounts of social service resources that are tailored to aging individuals.



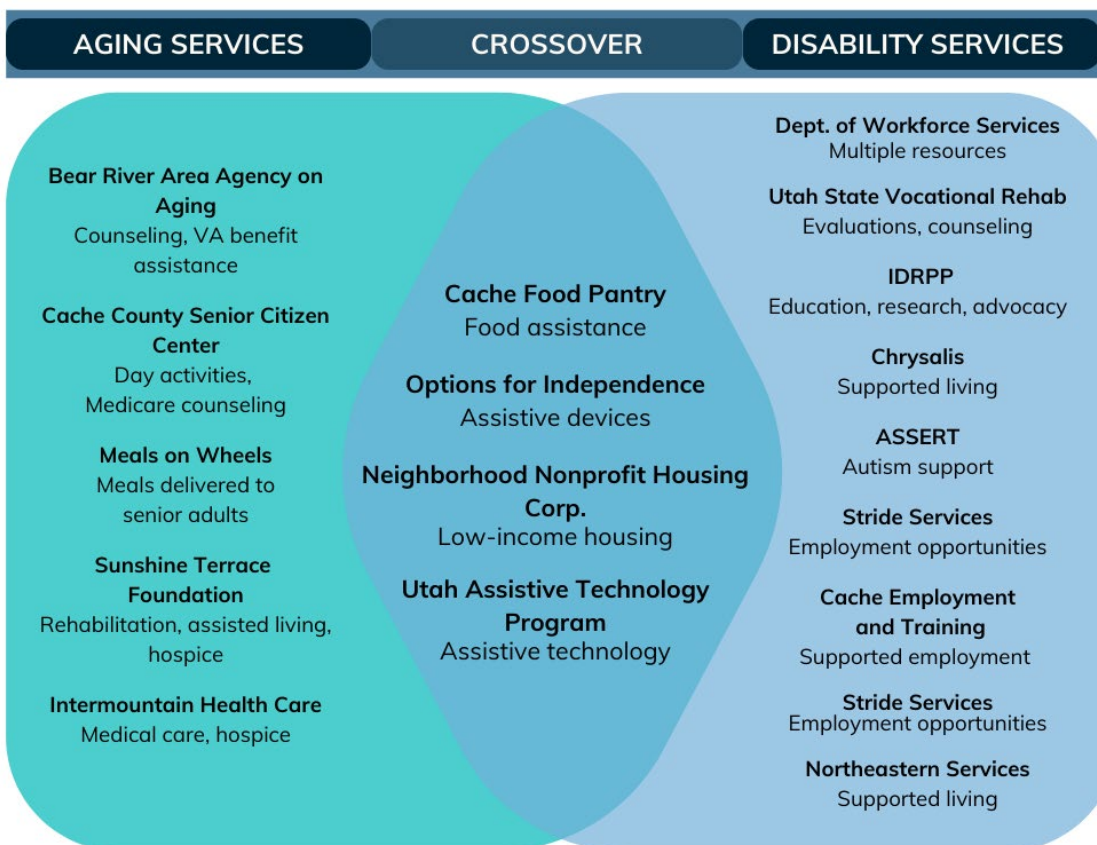
In 2022, the United Health Foundation ranked Utah as the best state for senior citizen quality of life.⁵

People with Disabilities

The Utah Department of Health reports that one in five Utahans live with some type of disability. According to the Utah Department of Health, “the most common are cognitive disabilities (10.2%), followed by mobility-related disabilities (9.4%), hearing-related disabilities (6.0%), disabilities that impact independent living (4.9%), vision-related disabilities (3.2%), and disabilities that impact self-care (2.4%).”⁴ Additionally, individuals living with disability also have an increased correlation to unhealthy behaviors such as drug use and have increased risks of chronic health conditions.⁴ Cache County is currently home to 455 people with disabilities. About 278 of individuals are currently receiving services from the state; however, there are 177 residents with disabilities who are waiting for services. The state reports that 306 of the 455 individuals are diagnosed with intellectual disabilities. Approximately 23% of Cache County citizens who are disabled are currently employed, but research shows that 56% of individuals with disabilities would like to hold a job.⁵

About Service Providers Addressing Aging and Persons with Disabilities

Out of 18 aging and disability service organizations surveyed in the Cache County area, 12 are nonprofits, five are governmental organizations, and one is for-profit. While all the organizations serve Cache County, five organizations reported that they also served various locations throughout Utah. Three agencies have extended services to Box Elder and Rich counties, and one organization extends services to Uintah County. Most organizations have locations in Logan (7), with one office in Providence. In addition, 11 organizations offer services for individuals with disabilities and seven offer services for the aging population.

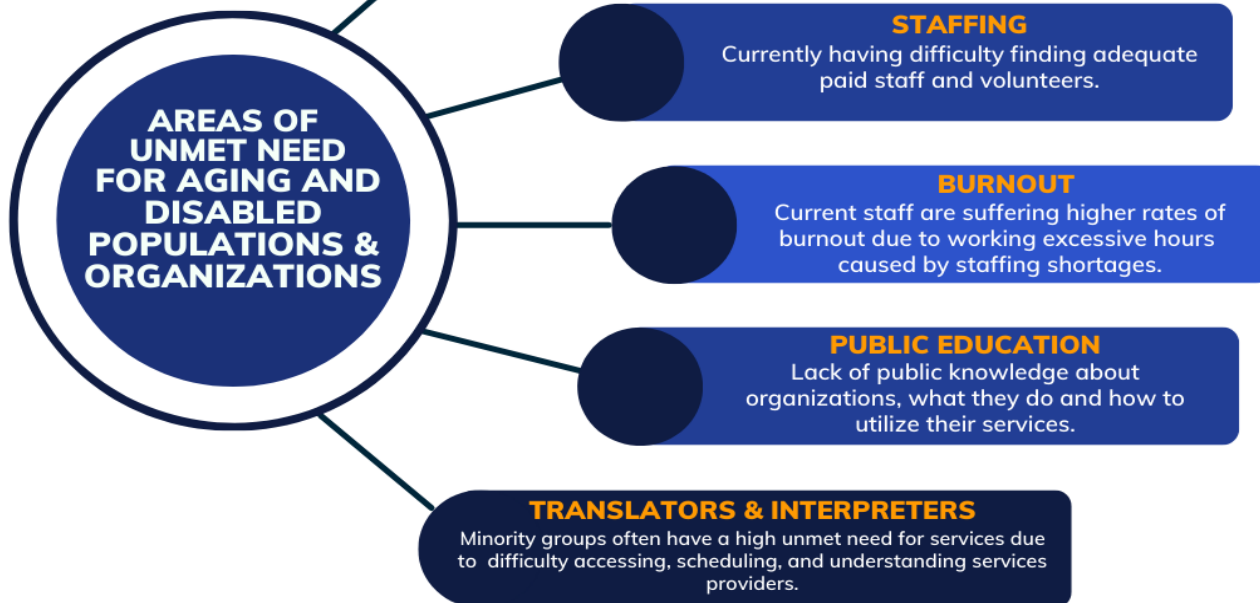


Several organizations serve both populations, and there were three organizations with the capability of with individuals with disabilities and their families. ([Please click on this link or scan QR code to access a map of these services.](#))

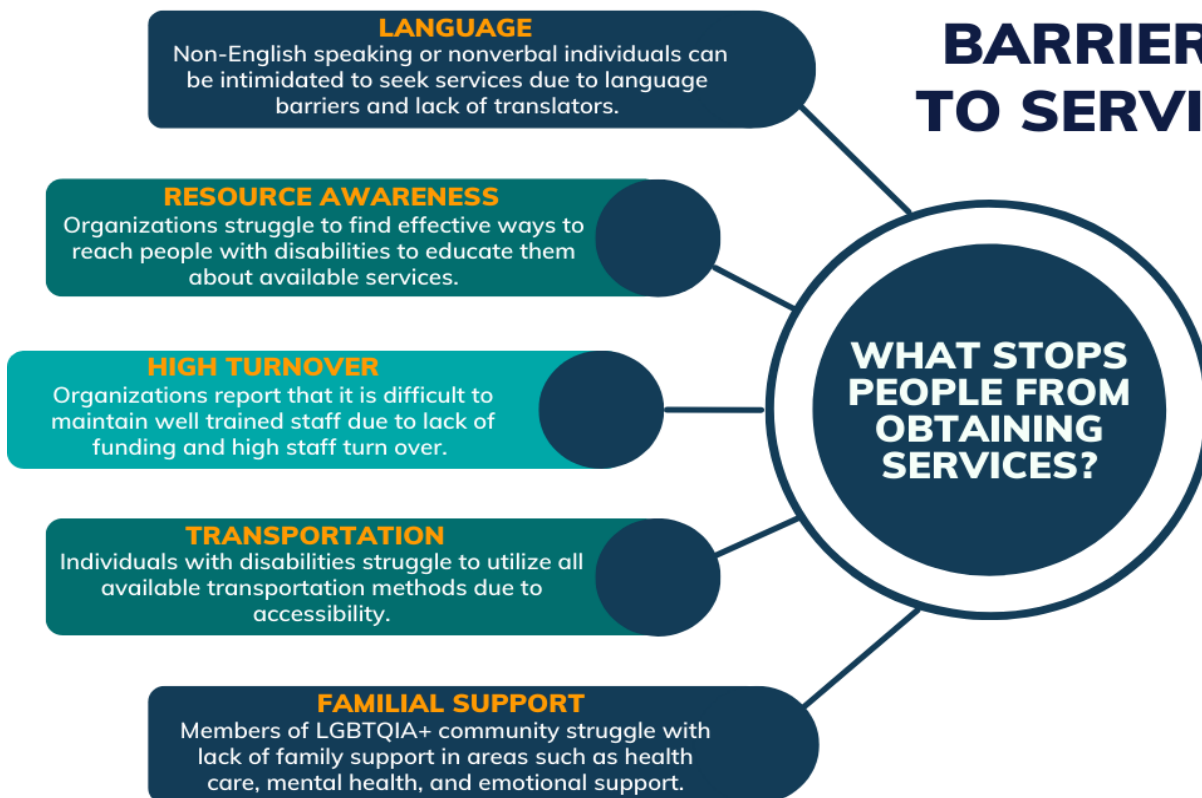
Cache County has five organizations focused on serving local aging populations and eight organizations dedicated to serving persons living with disabilities. This list does not include agencies who offer crossover services to both populations. There are five organizations that

offer services to both demographics covered in this report. To be considered a crossover service, an organization must have services that can be accessed by the aging population and persons with disabilities. The figure above illustrates the organizations and services they provide. It should be noted that most of these organizations provide an array of services. The services listed are a sampling of their services.

GAPS IN SERVICE



BARRIERS TO SERVICE



Recommendations

- Advocacy is needed to extend bus services to more rural communities within the Cache County area to provide better access to existing community services.
- Training is needed on communications and marketing planning for local nonprofits. This is especially true for training on effectively maintaining a website and social media presence.
- Training for nonprofits on how to diversify their fundraising and income generation efforts.
- Conduct further research into the organization's specific struggles regarding fundraising issues.

To read the other reports from Cache County Human Services Assessment, please visit: https://bit.ly/NSSNC_22

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