

Lower-income older Californians report higher levels of social isolation and symptoms of depression.

Findings from a 2022 survey of adults age 55 and older in California

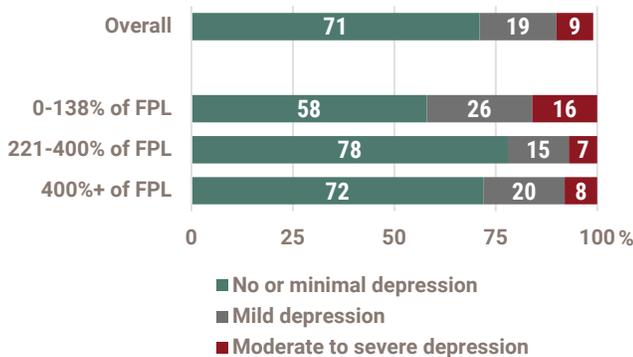
Californians with lower incomes experienced social isolation and more acute symptoms of depression in 2022. They also reported greater difficulty with daily activities, such as working or taking care of the home.

Roughly 1 in 10 older Californians felt socially isolated, and a similar share experienced symptoms of moderate to severe depression.

- 11% often felt isolated in the four weeks prior to the survey.
- Those with incomes at or below 138% of the Federal Poverty Level (FPL) were more than twice as likely to feel isolated compared to those with higher incomes (21% vs. 10%).
- 9% reported having symptoms of moderate to severe depression in the past two weeks, including 16% of those at or below 138% of FPL.

Older Californians with lower incomes were more likely to experience symptoms of depression than Californians with higher incomes.

% of Californians age 55+



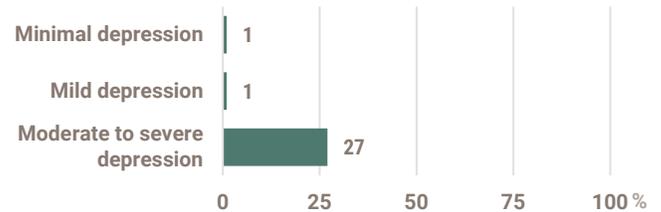
Symptoms of depression measured using the Patient Health Questionnaire-9
 Note: Percentages may not add up to 100% due to rounding or item nonresponse.

Those with depression had more trouble managing daily activities.

- 27% of those with symptoms of moderate to severe depression said it was very or extremely difficult to manage daily activities.

Those with moderate to severe depression were much more likely to report difficulty with daily activities.

% of Californians age 55+ who said very or extremely difficult



Question: If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Seven in 10 older Californians have sought out mental or behavioral health care at some point.

- Among those who have sought it out, 71% said it was easy to get mental or behavioral health services when needed, while 10% said it was difficult.
- 25% said it is very or extremely important for the health insurance they choose to cover mental health services.

Not only do many older Californians experience mental health symptoms, some of those who seek help find care difficult to get. Improving access to mental health care requires increased awareness and understanding of older adults' mental health needs, promotion of emotional health and wellness, and increased access to effective treatments and community supports.