40 Key Issues for an Aging Society

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Boomer or Not: Aging Tide

Changing structure of society

• Traditional aging pyramid
• New aging pyramid

Population Pyramids: 1950/2020 (US Census Bureau)

How old is old?

• 40 - Age discrimination
• 50 - AARP discounts
• 65-67 - Medicare and Social Security
• 75 - frailty marker
• 85 - the old-old
• 100 – The new centenarians
Centenarians

Jeanne Calment, oldest person ever, died in 1997 at the age of 122.

How old is Grandpa?

Grandpa says: “I was born before”:

- television
- penicillin
- polio shots
- frozen foods
- Xerox
- contact lenses
- Frisbees
- the pill
- credit cards
- laser beams
- ball-point pens
- pantyhose
- air conditioners
- dishwashers
- clothes dryers
- Pizza Hut
- McDonald’s
- instant coffee

Life Expectancy

National Research Council, 1988

Diverse Elders

Generations United? Yes!

- A 1996 Cato Institute survey found that 68 percent of the public had a favorable opinion of Social Security.

- About 90 percent of people below retirement age agreed that “Maybe I won't need Social Security when I retire, but I definitely want to know it's there just in case I do.” (AARP, 1996)

A New Diversity

- Age
- Ethnicity/Race
- Gender
- Physical abilities
- Sexual orientation
- Family structure/
  Marital status
- Religious beliefs
- Education
- Income/Wealth
- Work/
  Employment

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Increase in Sq. Footage of US Homes

In Graying Suburbs, Anxiety Abounds: Health, Fiscal, Mobility Issues Worry Seniors, Elected Leaders

What’s your house’s IQ?
- “‘Smart’ house devices may help elderly stay home.” Richmond Times-Dispatch, 5/4/03
- ‘Gait monitors’ measure changes in person’s walking and detect falls
- Florida VA uses video phones to monitor health of 1200 older persons
- Computer companion reminders

Elders and the Internet

Healthier Older Population
- Fries (1984), Compression of morbidity
- Palmore (1986), relative health of elderly has improved
- Rogers (1990), living longer and healthier
- Manton (1995), significant decreases in prevalence of 16 medical conditions
- Cassel (2000), declining or postponing disease

J. James Cotter, PhD, Division of Quality Health Care, Department of Internal Medicine, VCU
Ronald Klatz, M.D. founding physician of the anti-aging medicine movement

- Today’s boomers will live, on average, to see age 100. Some boomers will celebrate their 130th birthdays healthy, happy, with full mental and physical faculties intact.
- New method to collect organs from non-beating heart donors, expanding the bank of organs for transplants
- A genetically engineered “gene therapy” cure for male pattern baldness.
- At home 2-way telemedicine consultations between many elderly persons too frail, too weak, or just too busy to drive to their doctor appointment.
- Inhaled drug delivery systems e.g. Insulin

89 million American adults have limited health literacy skills.
Tools for End-of-life Care

- **Will**
- **Advanced Directives**
  - Living Will
  - Durable power of attorney
- **Organ Donation**

Model of End of Life Care

- Disease modifying therapy
- Palliative Care
- Symptom Control/
  +Supportive Care
- Hospice
- Bereavement Care

Source: Education of Physicians on End of Life Care. Robert Wood Johnson Foundation
http://www.athealth.com/Consumer/newsletter/FPN_4_25.html#1

Condom Granny’s safe sex pitch to Florida’s active oldies

3 glasses of wine – Per WEEK

Depression

- In a study of 3,410 older persons in an HMO, primary care physicians miss 1/2 of depression (measured by the GDS) in older persons.
  - Garrard, Rolnick, Nitz et al, J Gerontology, April, 1998
- Suicide rate for older white men is double other groups (59/100,000).

Alzheimer’s Disease

- Most common type of dementia
- 4 million people affected
- Caregivers’ 36 hour day
- Pharmacologic tx - cholinesterase inhibitors for early stages, anti-psychotics in later stages for behavior
- Non-pharmacologic tx for behavior - SCUs
Which group provides 75% of LTC of older persons?

1) Nursing homes
2) Assisted living
3) Home health agencies
4) Friends and family

Institute on Medicine Reviews Quality of Health Care

- Adverse events: "incidents resulting in, or having the potential for, physical, emotional, or financial liability for the patient" (Fischer et al., 1997).
- Health care error: "the failure of a planned action to be completed as intended or use of a wrong plan to achieve an aim by any health care provider involved in the continuum of care."
- 96,000 unnecessary deaths per year

Changing Family Support A One Child Policy

- Avg # of children per family is 1.87

Paying for health care

- Median out-of-pocket expenditure by older persons on health care = $1,939
- Median income of older persons = $13,904

Economic Value of Long-term Care

Source: Arno, Levine, Memmot (1999) Health Affairs
We have met those welfare mothers and they are old.

- Medicaid Beneficiaries and Payments by Eligibility Group, 1999

<table>
<thead>
<tr>
<th>Eligibility Group</th>
<th>21%</th>
<th>51%</th>
<th>28%</th>
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<tbody>
<tr>
<td>Adults</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children</td>
<td>10%</td>
<td></td>
<td></td>
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<tr>
<td>Payments</td>
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<td>15%</td>
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Vote in 2004

<table>
<thead>
<tr>
<th>Age group</th>
<th>% Bush</th>
<th>% Kerry</th>
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<tbody>
<tr>
<td>18-29 (17%)</td>
<td>45</td>
<td>54</td>
</tr>
<tr>
<td>30-44 (29%)</td>
<td>53</td>
<td>46</td>
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<tr>
<td>45-60 (30%)</td>
<td>51</td>
<td>48</td>
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<tr>
<td>60+ (24%)</td>
<td>54</td>
<td>46</td>
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How do the Aging Vote?
Voting Behavior in 2000

<table>
<thead>
<tr>
<th>Age group</th>
<th>% vote</th>
<th>18-29</th>
<th>60+</th>
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</thead>
<tbody>
<tr>
<td>Adults</td>
<td>17%</td>
<td>15%</td>
<td>24%</td>
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<tr>
<td>Children</td>
<td>72%</td>
<td></td>
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Kerry | 54% | 46%
Bush  | 45% | 54%

Source: MSNBC per CNN

11. The OAA: Wherever You Go, There We Are

<table>
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<tr>
<th>National Aging Organizations (AoA)</th>
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<tbody>
<tr>
<td>Congress</td>
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<tr>
<td>Presidents</td>
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<td>National Aging Organizations</td>
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<td>HHS</td>
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<td>Administration on Aging</td>
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<tr>
<td>State Units on Aging</td>
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<tr>
<td>Local Government</td>
</tr>
<tr>
<td>Area Agencies (AAAs)</td>
</tr>
<tr>
<td>Local Service Providers</td>
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<tr>
<td>Consumers</td>
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Labor Force Participation Rates
(adapted from Atchley & Barusch, 2004)

The Three-Legged Stool of Retirement Financing

- Assets
- Employment
- Medical Coverage
- Pensions (401(k)s)
- Social Security
- Public Benefits
First Baby Boomer Receives Social Security

For 2 of every 5 older persons,
Social Security provides
80% of their income

Median Income
$15,199

Source: Census Bureau, 2001

Economic Impact

- **Financial** - 70% of the financial assets in America
- **Travel** - Spend 74% more on a typical vacation than 18-49 year olds
- **Health** - 42% of all MD office visits
- **Pharmaceuticals** - 74% of all prescription drugs, a $103 billion market

Source: ASA Business Forum on Aging

Current Political Issues

- Cost of Prescriptions & Medicare
- Social Security (Deficit/Privatizing)
- Longevity (Financing)
- Health care costs (More HMOs)
- Long-term care (Tax Credit)
- Housing (Assisted Living)

Future: Older People of the 21st Century

- More of them
- More types of families and kinship
- More active and involved for longer
- Healthier, wealthier...wiser?
- More diverse

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Aging America: Changing our World

- “continuing search for a contemporary society that is at ease with its own aging as well as its aging members.”
  - Koff and Park, 1999, p. xxi

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Public Health Mission

- Understand the social and demographic trends affecting an aging society.
- Reexamine the underlying principles of the present system.
- Examine the relationships between individuals, society and government.
- Assist agencies, organizations and older persons to adapt to multiple challenges

How old is Grandpa?

59!