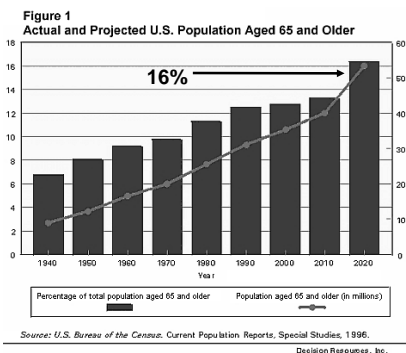


40 Key Issues for an Aging Society

J. James Cotter, PhD
 Department of Gerontology
 School of Allied Health Professions
 Virginia Commonwealth University

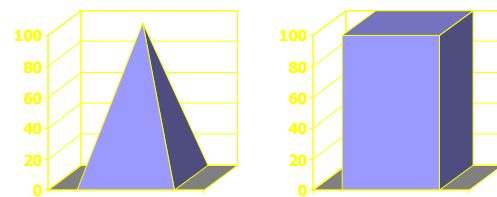


Boomer or Not: Aging Tide

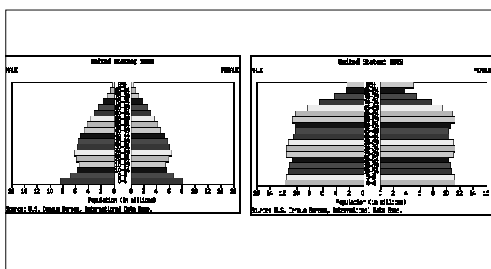


Changing structure of society

- Traditional aging pyramid
- New aging pyramid



Population Pyramids: 1950/2020 (US Census Bureau)



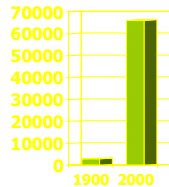
How old is old?

- 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, the world's oldest person, died in 1997 at the age of 122.

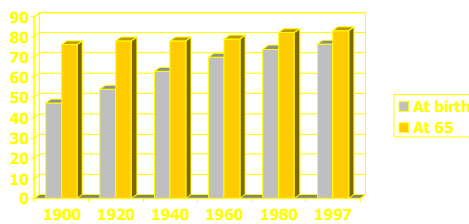


How old is Grandpa? Grandpa says: "I was born before" :

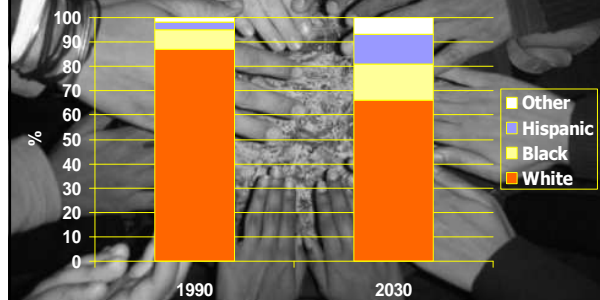
- television
- penicillin
- polio shots
- frozen foods
- Xerox
- contact lenses
- Frisbees
- the pill
- credit cards
- laser beams
- ball-point pens
- pantyhose
- air conditioners
- dishwashers
- clothes dryers
- Pizza Hut
- McDonald's
- instant coffee

Life Expectancy

National Vital Statistics Report, Vol. 47, No. 28, December 13, 1999
National Research Council, 1988



Diverse Elders



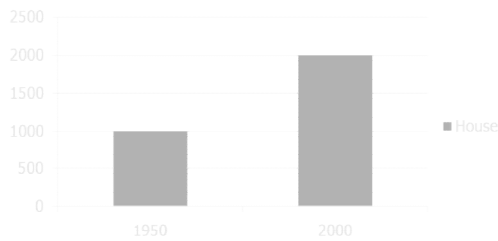
A New Diversity

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

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)

Increase in Sq. Footage of US Homes

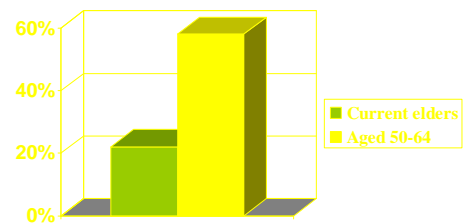


In Graying Suburbs, Anxiety Abounds: Health, Fiscal, Mobility Issues Worry Seniors, Elected Leaders

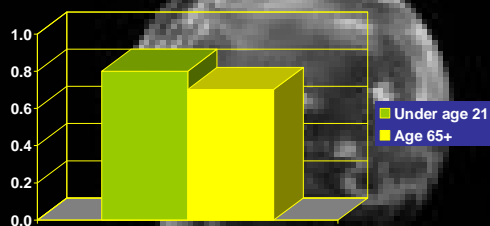
-- The Washington Post, 12/29/2003

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



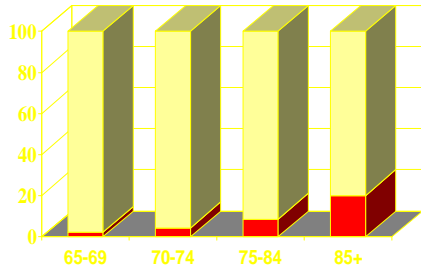
Source: Elderly surfing the web, 2004, San Jose Business Jml



Healthier Older Population

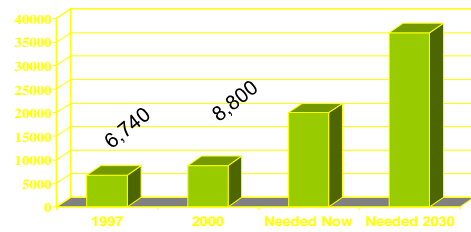
- Fries (1984), Compression of morbidity
- Palmore (1986), relative health of elderly has improved
- Rogers (1990), living longer and healthier
- Manton (1995), significant decreases in prevalence of 16 medical conditions
- Cassel (2000), declining or postponing disease

% aged reporting limitation in activities of daily living



Adapted from Admin. on Aging, 1997

Need for Primary Care Physicians:Geriatrics

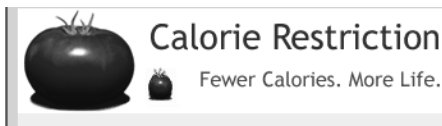


Source: Alliance for Aging Research, 2002



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



Welcome to the Calorie Restriction (CR) Society

Our goal is to help people of *all* ages live longer *and* healthier lives simply by: eating fewer calories and maintaining adequate nutrition.

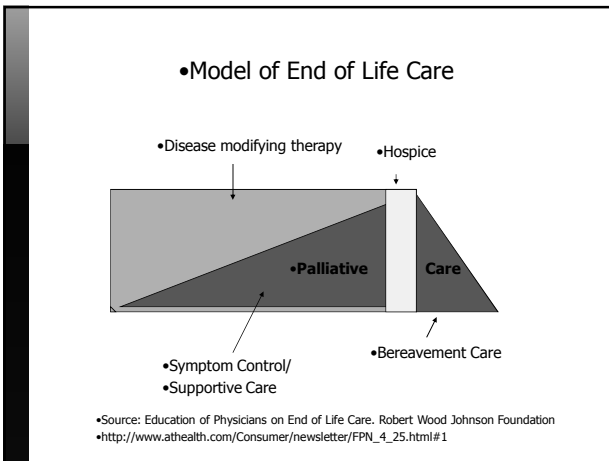
Calorie Restriction...the only *proven* life-extension method known to modern science.

<http://www.calorierestriction.org/>

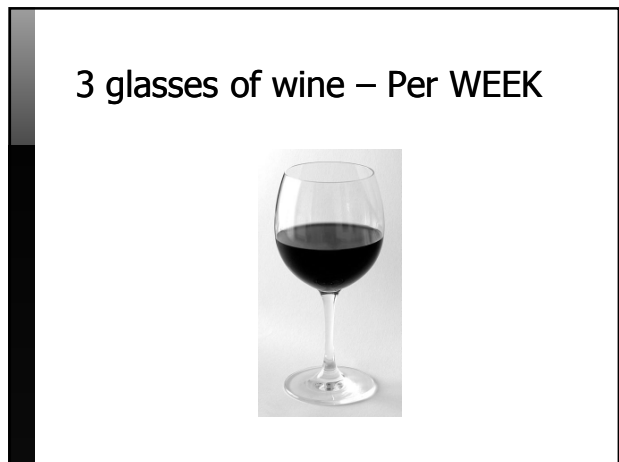
89 million American adults have limited health literacy skills.



*(Photo credit: Davies + Starr)



- ### Tools for End-of-life Care
- Will
 - Advanced Directives
 - Living Will
 - allows you to document your wishes concerning medical treatments at the end of life.
 - Durable power of attorney
 - allows you to appoint a person you trust as your health care agent (or surrogate decision maker), who is authorized to make medical decisions on your behalf.
 - Organ Donation



- ### 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).

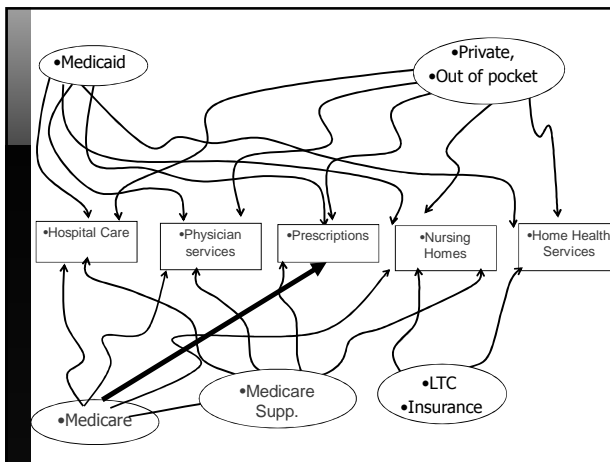
- ### Alzheimer's Disease
- Most common type of dementia
 - 4 million people affected
 - Caregivers' 36 hour day
 - Pharmacologic tx - cholinesterase inhibitors for early stages, anti-psychotics in later stages for behavior
 - Non-pharmacologic tx for behavior - SCUs

Which group provides 75% of LTC of older persons?

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

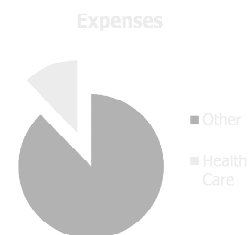
Institute on Medicine Reviews Quality of Health Care

- 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

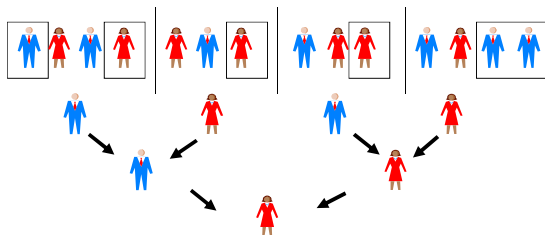


Paying for health care

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

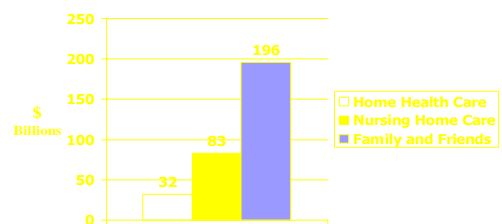


Changing Family Support A One Child Policy



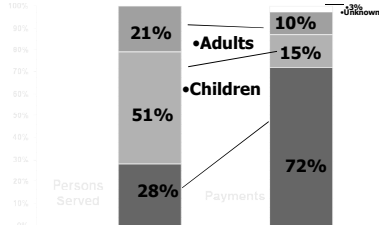
•Avg # of children per family is 1.87

Economic Value of Long-termCare



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

•Source: CMS, CMSO, Medicaid Statistical Information System.

How do the Aging Vote?
Voting Behavior in 2000

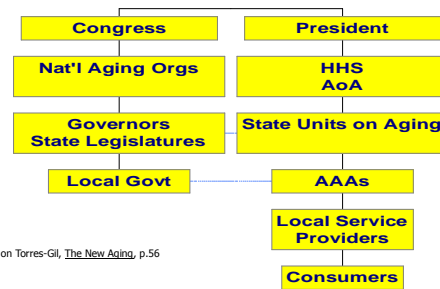
| | 18-29 | 60+ |
|--------|-------|-----|
| % vote | 17% | 24% |
| Kerry | 54% | 46% |
| Bush | 45% | 54% |

Source: MSNBC per CNN

Vote in 2004

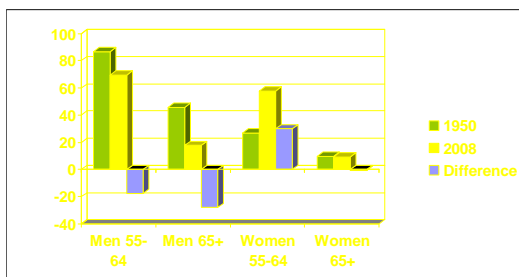
| Age group | % Bush | % Kerry |
|-------------|--------|---------|
| 18-29 (17%) | 45 | 54 |
| 30-44 (29%) | 53 | 46 |
| 45-60 (30%) | 51 | 48 |
| 60+ (24%) | 54 | 46 |

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

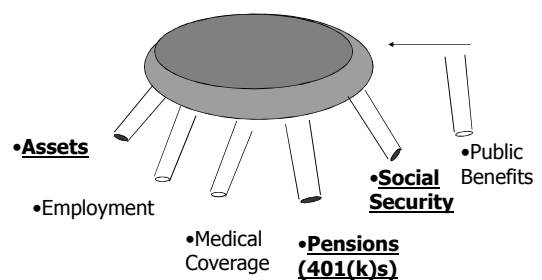


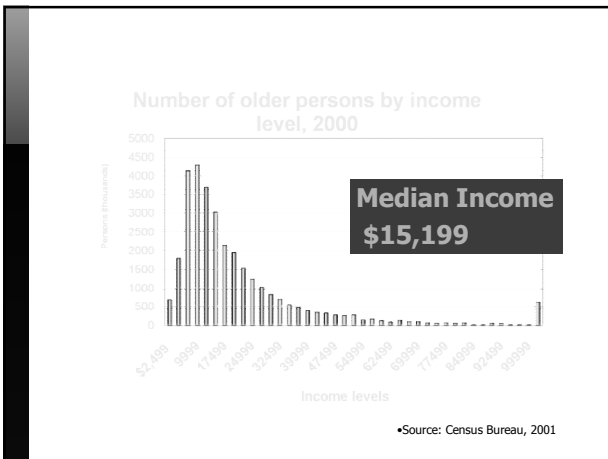
•Based on Torres-Gil, *The New Aging*, p.56

Labor Force Participation Rates
(adapted from Atchley & Barusch, 2004)



•Six
The Three-Legged Stool of Retirement Financing





SOCIAL SECURITY

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

Source: J. Zimmerman, Deputy National Secretary on Aging, October, 1999

- 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/Privateing)
 - 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

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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School of Allied Health Professions, Virginia Commonwealth University

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!

