

Aging in Place

Satellite Conference and Live Webcast
Wednesday, September 19, 2012
2:00 – 4:00 p.m. Central Time

Produced by the Alabama Department of Public Health
 Video Communications and Distance Learning Division

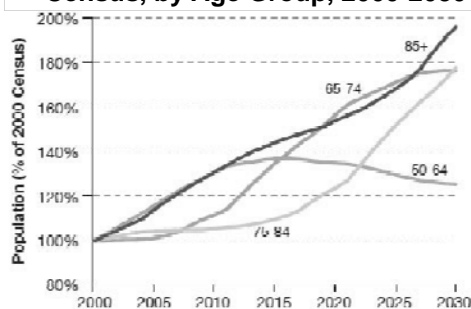
Faculty

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We Are Aging . . .

Year	65+ Population	Total Population	% of Total Population	Alabama
2010	40,229,000	310,233,000	13%	13%
2030	72,092,000	373,504,000	19%	21.3%
2050	88,547,000	439,010,000	20%	

Projected Growth in Older Population in Alabama as a Percentage of 2000 Census, by Age Group, 2000-2030



Alabama Population and Characteristics, 2007

Populations and Characteristics	Alabama	Rank	U.S.
Men per 100 women 85+	43	37	48
Persons age 75+ living alone	36%	10	33%
Non-metropolitan population age 65+	40%	18	20%
Bachelor Level education or higher, 65+	15%	39	19%
Persons age 60+ raising grandchildren	2.1%	11	1.6%

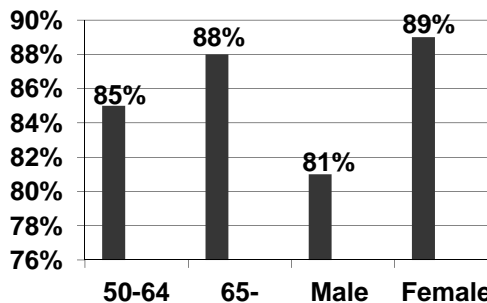
Aging in Place

- Living in one's home and community safely, independently and comfortably regardless of one's age, income, or ability level

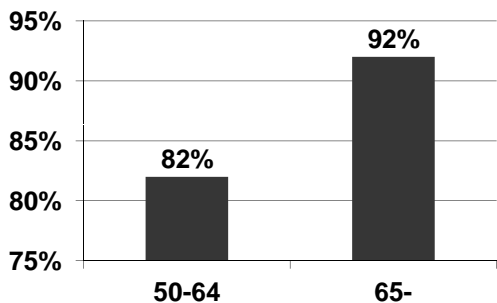
Aging in Place

- 90% over age 65 want to age in place
 - 58% of Japanese and 30% of Chinese
- 82% who might need daily assistance
- Only 9% who need assistance prefer facility or moving into relative's home (4%)

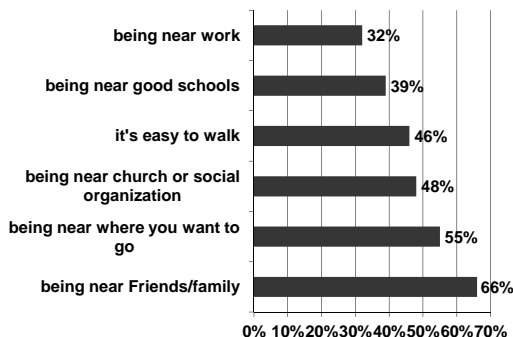
Remain in Home As Long As Possible



Remain in Community As Long As Possible



Importance of Community



Aging in Place: Benefits

- Benefits
 - Life satisfaction
 - Health
 - Depression
 - Cognition
 - ADL
 - Incontinence

Aging in Place: Benefits

- Self-esteem
- Social connectedness
 - Those living alone spend more time with friends and neighbors than do married counterparts
 - Women over 60 who lived alone expressed more happiness than their married counterparts

Aging in Place: Benefits

- Decreased disability
- Fewer health complaints

Aging in Place: Things to Ponder

- 37% of women over 65 compared to 19% of men live alone
- 47% of women over 75 live alone
- 43% of men over 90 are married compared to 6% of women

Aging in Place: Things to Ponder

- Ethnic Groups (Asians excluding Japanese and Hispanic) often live with families
- Black women become widows at earlier ages
- Minorities less likely to be admitted to LTC

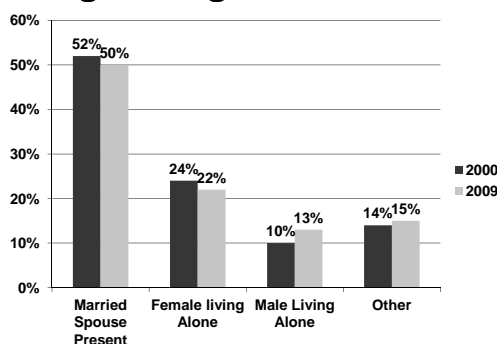
Aging in Place: Things to ponder

- By 2020, more Americans over 65 than 15
- By 2030 the number of 65 will double, while the number of eighty will triple
- A hundred years ago, 70% of widows/widowers moved in with their family

Aging in Place: Things to ponder

- By 1950 10% of all Americans over 65 lived alone
- Today, 1/3 live alone and by age 80 over 40% live alone
- Divorce rate falling for younger but rising for individuals over 65

Living Arrangements Over 50+



Aging in Place: A Systems Approach Home

- In home
 - Home care
 - Home health services
 - Home delivered meals
 - Home improvement
 - Technology
 - Home design

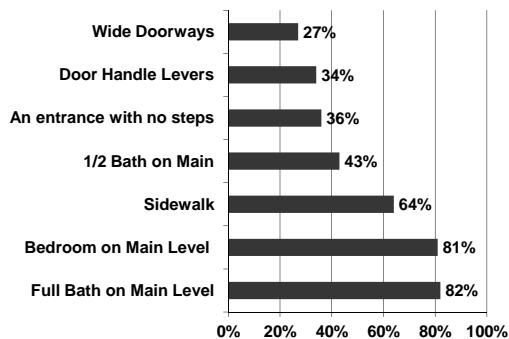
Aging in Place: A Systems Approach Home

- In community
 - Social services
 - Adult day care
 - Transportation

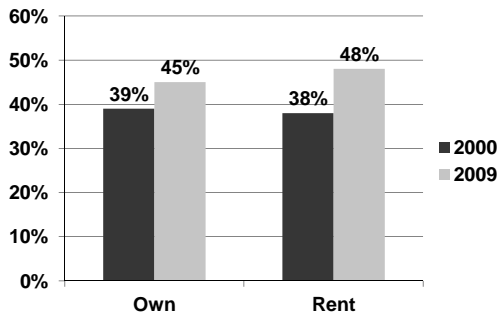
Aging in Place: A Systems Approach Home

- Personal
 - Health
 - Income
 - Social support
 - Age: oldest-old receive four times amount of home services as other

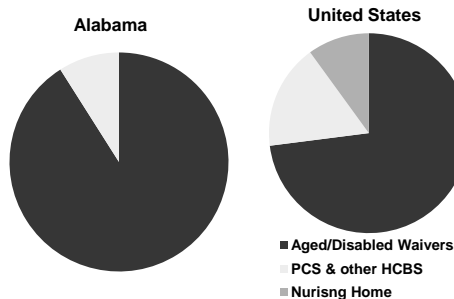
House Design: Aspects of Home



Housing Design – More Owners and Renters Age 50+ in Older Housing



Home Care: Medicaid Long Term Care Spending for Older People and Adults with Physical Disabilities and the U.S. 2007



Home Care: Long Term Care Financing

- Medicaid Home and Community Based Services as % of LTC spending, 2007 – Alabama 9%
 - Alabama 9%
 - U.S. 27%

Home Care: Long Term Care Financing

- Medicaid Home Health Expenditures
 - Alabama \$11
 - U.S. \$13

Home Care: Long Term Care Financing

- Medicaid Nursing Facility Expenditures per person served, 2005
 - Alabama \$29,278
 - U.S. \$26,096

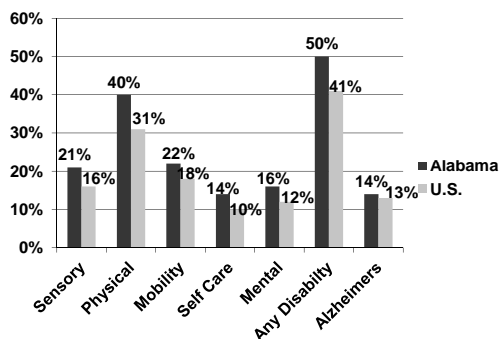
Health: Risk Factors of Institutionalization

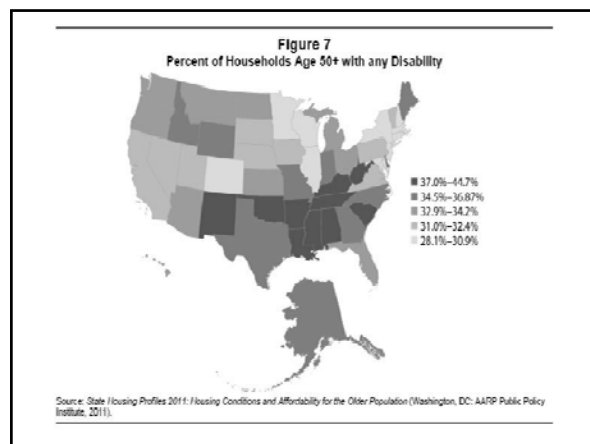
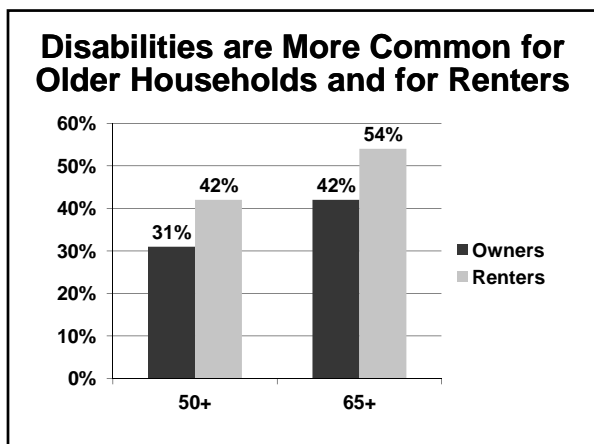
- Age
- Female gender
- Living in urban compared to rural areas
- Professional provider of nursing care compared to family members
- Cognitive impairment

Health: Risk Factors of Institutionalization

- Health issues
 - Incontinence, hallucinations, impaired communications, and severe ADL and IADL limitations

Disability Rate Alabama vs. U.S.





Financial Impact: Aging in Place

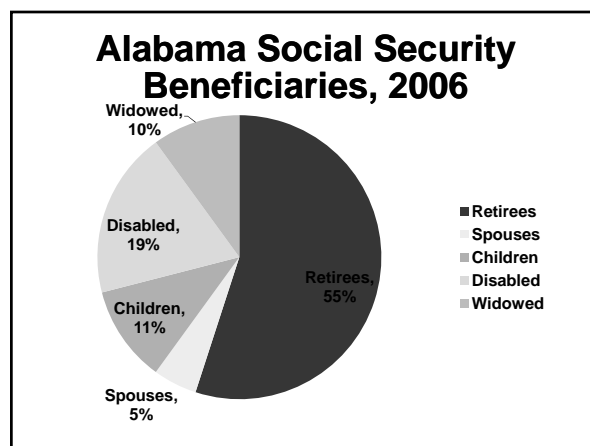
- Financial strain of living alone
 - Fixed income
 - Social Security (20%)
 - Women more vulnerable to poverty
10.7% to 6.6%
 - 38% of African American and 41% of Hispanics living alone are poor

Financial Impact: Aging in Place

- Renters are at higher risk
 - Only 7% get rental subsidies
 - 1/2 of income goes towards rent
 - 70% of renters struggle to make ends meet

Income: Elderly Income and Poverty in Alabama

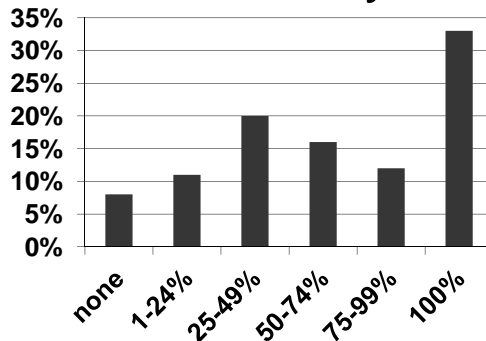
Income and Poverty	State	Rank	U.S.
Median Household Income	\$27,112	45	\$32,158
At/below poverty level age 65+	11.9%	12	9.5%
At/below 200% of poverty level age 65+	39%	7	32%
At or below 300% of poverty level age 65+	59%	6	51%
Women age 75+ at/below poverty level	16%	11	13%



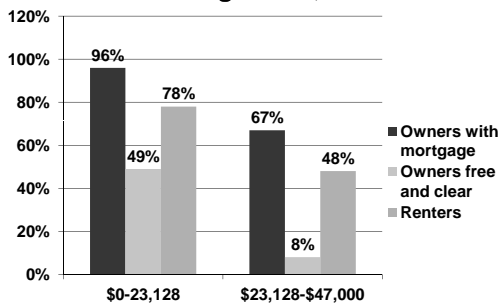
Social Security

- Lifts half of all retirees out of poverty
 - Alabama higher at 53%
- Only source of income for 1 out of 3

Social Security



High % of Homeowners and Renters Age 50+ Pay 30% or More of Their Income for Housing Costs, 2009



Fewer Households Age 50+ Now Own Without a Mortgage

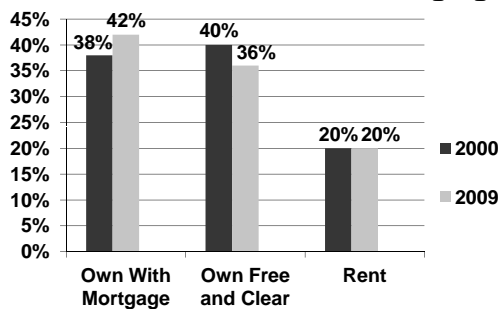


Figure 12
Percent of Homeowners Age 50+ Who Pay More Than 30% of Income on Housing



Source: State Housing Profiles 2011: Housing Conditions and Affordability for the Older Population (Washington, DC: AARP Public Policy Institute, 2011).

Aging in Place: Concerns

- Financial
- Physical limitations
- Risk of social isolation
 - Mental or physical limitations
 - No children
 - Or living far away

Aging in Place

- Home or structured setting in community
- One size doesn't fit all
 - Rural vs. urban
 - Income

Aging in Place

- Orientation
 - Lesbian, gay, bisexual, transgender
- Special needs
- Older adults taking care of children
- Eastern versus western views

Aging in Place

- International differences in services
- Technology

Components

- Housing
 - Affordable housing near transit
 - Pedestrian safety
 - Building standards
 - Naturally Occurring Retirement Communities (NORCs) and communities for a lifetime

Components

- Housing design
- Social services
- Transportation
 - Complete streets
 - Pedestrian safety
 - Rural access

Components

- Human service transportation coordination
- Volunteer drivers

International Initiatives

- **USA – PACE**
- **Australia – Community Aged Care Packages**
- **Canada – SIPA or PRISMA**
- **Italy – Integrated social/medical case management**

International Initiatives

- **Hong Kong – Enhanced Home Care Teams and Integrated Home care Services Team**
- **Social Security Programs – World, 2012**

Further Information / References

- **AARP: Beyond 50.05 A report to the Nation of Livable Communities: Creating Environments for Successful Aging**
- **AARP: Is your home aging well?**
- **Metlife: Aging in Place 2.0 and Workbook**

Further Information / References

- **AARP: Aging in Place: A State Survey of Livability Policies and Practices**
- **AARP: Across the States: Alabama**
- **AARP: Home and Community Preferences of the 45+ Population**

References

- http://assets.aarp.org/rgcenter/ill/d19105_2008_atl_al.pdf
- <http://assets.aarp.org/rgcenter/ppi/liv-com/aging-in-place-2011-full.pdf>
- **Clinical outcomes of Aging in Place (Nursing Research 2005, May-June); 54(3) 202-11**
- **State House Profiles: Housing Conditions and Affordability for the Older Population (Washington, D.C.: AARP Public Policy Institute, 2011)**

References

- **AARP, Across the States, Profiles of Long Term Care and Independent Living, Alabama, 2009**
- **Risk factors of institutionalization in an elderly disabled population, Kliebsch, et.al. European Journal of Public Health (1998) 8 (2); 106-112**