The Silver Tsunami: Aging in Place

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Today’s Overview

Picture the Future

- What is Aging in Place?
- Why is it important to your community?
- Why should you support the health older adults?
- What is your leadership role for your community?
- Next steps

Definition of Aging in Place

The ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level…

Value Considerations of Aging in Place

- Housing/Preferences/Community/Neighborhood Design
- Civic Engagement
- Workforce
- Vulnerable Elderly
- Social Services
- Culture/Life Long Learning/Recreation
- Transportation
- Technology Institutional Responses-Libraries, Hospitals, Universities and more

Why should aging in place be part of your planning?

The Economics
Voter Block of Baby Boomers
Viability

Why should the environment be part of your planning?
Environmental Infrastructure for Aging in Place

- Policy
- Universal Design Principles
- Tele/care and Tele/health
- Assistive Technologies

Why should Economy be part of your aging in place planning?

Economy Infrastructure of Aging in Place

- Baby Boomers

Why should Community be part of your Aging In place

Community Infrastructure for Aging In Place

- Choices
- Participation
- Politics/Policy

Health care supports at the community level?
New Health Values for Aging in Place

- Food Security/Availability/Access
- Wellness Activity Support
- Access to Social Services
- Availability of Local Health Care
- Bridging Health Care to Community Resources

Health Care

- Health of the Whole Person
- Health Care Continuum
- Health Supports
- Self-Management
- Clinical referrals into the community

Why call this a Tsunami?

- Most people prefer to age in place
- Health Care Crisis
- Sheer numbers of the aging population:
  - A baby boomer turns 65 every eight seconds or 10,000 per day for the next 20 years.
More Facts...

- The 65 and older population increased to 40 million in 2010, and projected to increase to 55 million in 2020.
- Between 2004 and 2050, the 65-74 population will increase from 6% to 9% of the total and the 75 and older population will increase from 6% to 12%. By the year 2040, the 75 and older population will be larger than the 65-74 population.
- The number of people age 85 and older is projected to be 6.1 million in 2010, and increase to 7.3 million in 2020.

And Statistics

- 78 million people were born from the mid-40s through the mid-60s.
- By 2029, all of the baby boomers will be age 65 and older.
Nationally by the Decade

- By 2020, the 65 and older population is projected to be over 54 million. The 75 and older population is projected to be close to 23 million.
- By 2030, the 65 and older population is projected to be over 71 million. The 75 and older population is projected to be over 33 million.
- By 2040, the 65 and older population is projected to be over 80 million. The 75 and older population is projected to be over 44 million.
- By 2050, the 65 and older population is projected to be close to 87 million. The 75 and older population is projected to be close to 49 million.

You can begin to prepare....

Use health outcomes for your residents as the singular goal for all other steps in your planning process.

What needs to be done....now

- Cities and Towns need to develop community plans to address an aging population, supported by local analyzed data.
- Develop a profile of the current and expected population—including age, household types and cultural make-up.
- Identify community-specific needs, challenges and opportunities arising from population aging.
- Design steps to integrate the medical community.

After you have the data and analysis...

- Identify a vision to enhance the quality of life for all segments of the community.
- Establish goals and strategies for services, housing choices and accessibility.
- Determine and implement a community planning framework and specific plans to meet the challenges of population aging.
- Prepare health goals.

Next Steps

- Gather your stakeholders:
  - Planners, developers and builders; voluntary and non-profit organizations; private sector housing and service providers, advocacy groups and different ethno-cultural groups.
Innovative, Necessary Approaches for Delivery of Aging In Place Services

- Effective and economical coordination of support services for older adults is imperative for communities.
- This is not just the role of ‘senior’ associations. They have been siloed for many years and need to be mainstreamed throughout the community with the lead of local government for inclusion.
- Services need to be available for ALL older adults and their families and caregivers.
- A one-stop shopping approach, including voluntary, non-profit, municipal and private medical providers covering a wide range of services would enable the enforcement of standards, comparison-shopping by seniors and care coordination between different providers.
- Adapting existing facilities and transportation for new uses.

Don’t Forget....

- Doctors Offices, Hospitals, Medical Specialty Clinics, Hospitals, Assisting Living, Nursing Homes, Dentists, Fire Departments, Community Paramedicine, Emergency Medical Service, Senior/Community Center Administration, Recreation Management, Police/Sheriff Administration, Aging Service Providers, Service Organizations (Rotary et al), Business Owners

Finally

- Community planning INCLUSIVE of the older adult.
- Achieve a balanced community.

REFERENCES