10 Things You Need to Know about Older Adults in Harris County

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Care for Elders Leadership Briefing
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Goals for Today

• Provide overview of key issues facing older adults

• Share what Care for Elders has learned

• Present you with options and opportunities for impact at multiple levels
  - Individual
  - Organizational
  - Community
Care for Elders

- Partnership of organizations and individuals
- More than 80 since 1999
- Goals
  - Enhance the quality of care
  - Increase access to services
  - Improve the quality of life
- Visit us at www.careforelders.org
If everybody *knows* about the age wave, why aren’t we doing more to prepare?
Why…

- 7,600 geriatricians when need 20,000? (1)
- So few caregiver education programs in companies?
- No crosswalks or timed crossing signals at all fatal intersections?
- Only about half of older adults have advanced directives?
It’s not just the heart attack that will kill you anymore.
47% increase in deaths attributable to Alzheimer’s Disease (2)

Falls
Leading underlying cause of accidental deaths in Harris County (3)

Medication related problems
Responsible for 28% of hospitalizations (1)
Today’s health challenge – Chronic Disease

74% – High Blood Pressure (4)
● 17% increase since 2002 (4)

52% – Arthritis (4)

36% – Diabetes (4)
● 22.7% in Older Texans (5)

26% – Heart Disease (4)
Serious...

65.8% of older adults in the Houston area are obese or overweight (5)
The impact ...

65,000 older adults in our community who can’t manage daily living tasks
Chronic Disease Self Management Program

Stanford University

http://patienteducation.stanford.edu/programs/cdsmp.html
#3 and #4

#3 There are some challenges that cut across all socio-economic levels. AND

#4 Love doesn’t have anything to do with whether you end up in a nursing home.
Alzheimer’s Disease and Dementia

Estimated **140,000** individuals with Alzheimer’s or dementia in Southeast Texas (6)

Effects nearly half – **47%** of people over 85 (7)
Alzheimer’s Disease and Dementia

Every 70 seconds, someone in America develops Alzheimer’s (8)
Alzheimer’s Disease and Dementia

Every **70 seconds**, someone in America develops Alzheimer’s

By mid-century, reduced to every **33 seconds** (8)
Family members provide the care

30% of adults in Houston are caregivers (9)

833,000 people

1 in 3 of us!
Not going to get easier

Shrinking pool of family members to draw from

In 1990, ratio of 11 to 1

(10)
Not going to get easier

Shrinking pool of family members to draw from

In 1990, ratio of 11 to 1

By 2050, ratio shrinks 4 to 1
Not going to get easier

45% increase in demand for paid helpers

Labor pool expected to increase by only 2%
Caregiving is Hard Work!

More likely to have **health issues**
- Diabetes
- High cholesterol
- High blood pressure
- Heart disease

20% suffer with **depression** *(12)*

Up to **$660,000** in **lost wages** *(13)*
#5 and #6

#5 Older adults and boomers could use a lesson or two about long-term care costs. AND

#6 Individuals and families aren’t the only ones being overwhelmed by them.
Older adults don’t know how expensive long term care is…

Cost of Nursing Home Care

- 12% didn’t know
- 50% underestimated
Average Costs in Harris County

- Nursing Home – $80,000 per year
- Assisted Living – $40,000 per year
- Home Care – $26,000 per year
  - $16 to $18 per hour at just 4 hours per day
Older adults don’t know who pays for long term care …

50% don’t know if Medicare or Medicaid pays for personal assistance services (4)
Not Just Effecting Families

Corporations incurring costs ranging from $17.1 to $33.6 billion annually (13)

- 8% differential in health care costs alone for working caregivers (14)
- Estimated $13.4 billion/year (14)

Public sector spending in excess of $5 billion in Medicaid for long-term services and supports in Texas (15)
Care for Elders

Consumer Priority Setting Process (17)

• Surveyed 1,200 individuals
  - 830 (70%) older adults
  - 132 (11%) family caregivers
  - 240 (20%) professionals

• Based on Aging Agenda

• How to make Houston elder-friendly
8 Domains

- Health and Well-Being
- Access to Quality Care
- Basic Needs
- Housing
- Transportation and Mobility
- Safety and Security
- Civic Engagement/Volunteerism and Employment
- Spirituality, Culture, Recreation and Lifelong Learning
Transportation and mobility still lead the pack in “opportunities for improvement.”
58% of respondents

Improve how current transportation programs operate so that they better meet seniors needs
Not just a “supply” issue…

- 47% reported concerns about “safety” while using public transportation (17)

- Nearly 40% – carrying packages or bags made using transportation difficult (18)

- 32% reported cost as a problem (17)
Top 5 Priorities

Transportation – only one that rated #1 by all three groups

Make it easier to get help with paying electric and utility bills

Teach older adults about scams and how to protect themselves from being taken advantage of
Make it a law that all home care and “hands on” workers must be trained before they help a senior.

Work with businesses to encourage them to hire older workers.
Older adults want to take care of and protect themselves
- They want to be able to get out and about
- They want to work and feel productive
- They want to be safe & feel safe
#8 and #9

#8 You *can* teach an old dog new tricks.

AND

#9 Older adults are spending their encore years in a wide variety of ways.
Many are **working** (19)
- 19% of the U.S. workforce in 2009
  - Up from 12% in 1999
  - 25% by 2019

More are **volunteering** (20)
- 41% of adults 65-74
- 39% of adults age 75+

**Raising grandchildren**
- 45.2% in Harris County (21)
New Tricks

● Self-Management of Health Conditions
  ● 50,000 older adults in U.S. to be trained in CDSMP (22)

● Internet and Social Media
  ● 922.7% growth in Facebook users age 55 and older in 2009 (23)
  ● 16% increase – Harris County seniors relying on the internet (4)
#10

#10 We *know* what it takes to live a long and healthy life!
Individuals who live long and healthy lives…

- Take **control of their health**
- Eat a **healthy diet**
- Remain **physically active**
- Engage with other people
- Have a **sense of purpose**
Call to Action

- Create opportunities for healthy aging
- Ensure services and supports for family caregivers
- Honor the voice of the older adults in this community
Contact Information

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References


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