GERONTOLOGY 101

Erin Kate Smith, Ph.D.

Aging and Disability Services, Health and Human Services

Montgomery County

SUMMARY OF ACTIVITIES

- Defining an Older Person
- Overview of Montgomery County's Changing Demographics
  - Aging
  - Diversity
- Healthy Aging and Importance
- Embracing our Older Population

WHEN DOES OLD AGE BEGIN?

Source: The life and age of woman: stages of women's life from the infancy to the brink of the grave, A. Alden, 1835. Library of Congress. http://www.loc.gov/pictures/item/2006686268/

VIDEO CLIP FROM FRAMEWORKS (STARTS AT 25:25) HTTP://WWW.FRAMEWORKSINSTITUTE.ORG/REFRAMING-AGING.HTML

WHEN DOES SOMEONE GET TO BE AN OLDER PERSON, SENIOR, OR GET THE DISCOUNT?

Older Americans Act – 60 years

Medicare – 65 years

AARP – 50 years

Senior Community Service Employment Program (SCSEP) – 55 years

Call 'N' Ride – at least 67 years or at least 16 years with a disability

Employment Discrimination – 40 years

Road Scholar – 50 years

My 7 year old niece – 30 years

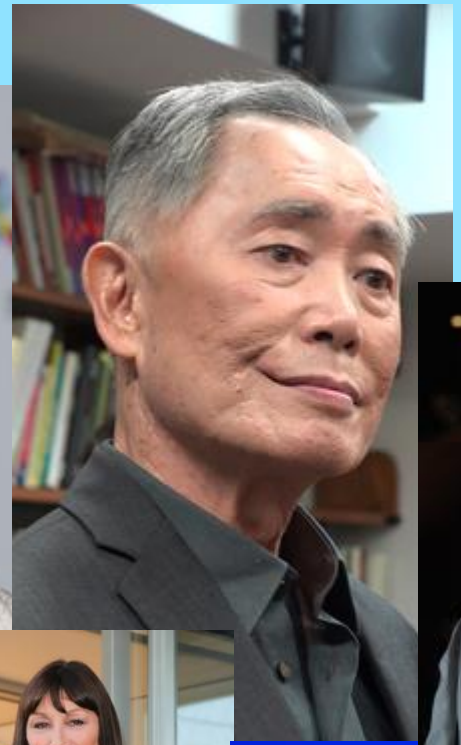
LOTS OF DIFFERENT DEFINITIONS

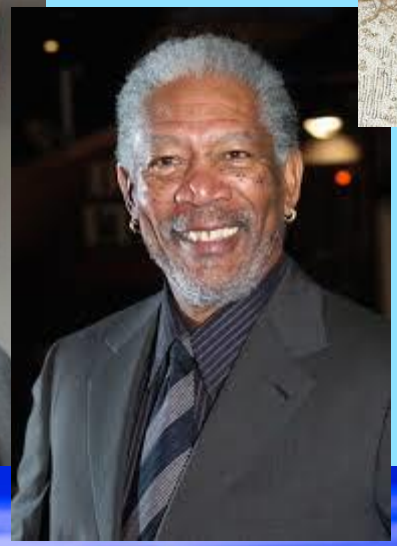
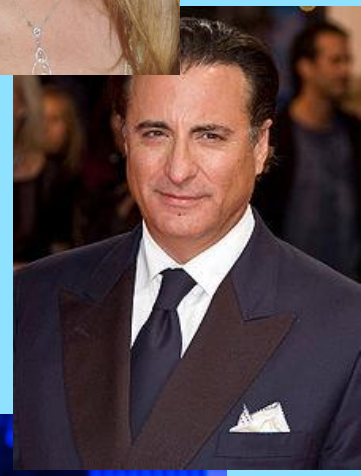
- Many HHS services have an eligibility age of 60.
- Many Recreation services have an age of 55.

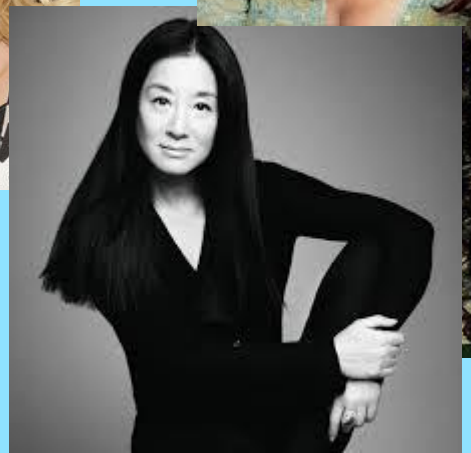
Recent research shows that it depends on the term you use

- Older adult could be as young as 40, senior could be as old as 80… either way these terms don't seem to work. Frameworks Institute a national research group landed on older person/people because it was around 60/65.

“IF YOU MEET A 65 YEAR OLD. YOU HAVE MET ONE 65 YEAR OLD.”



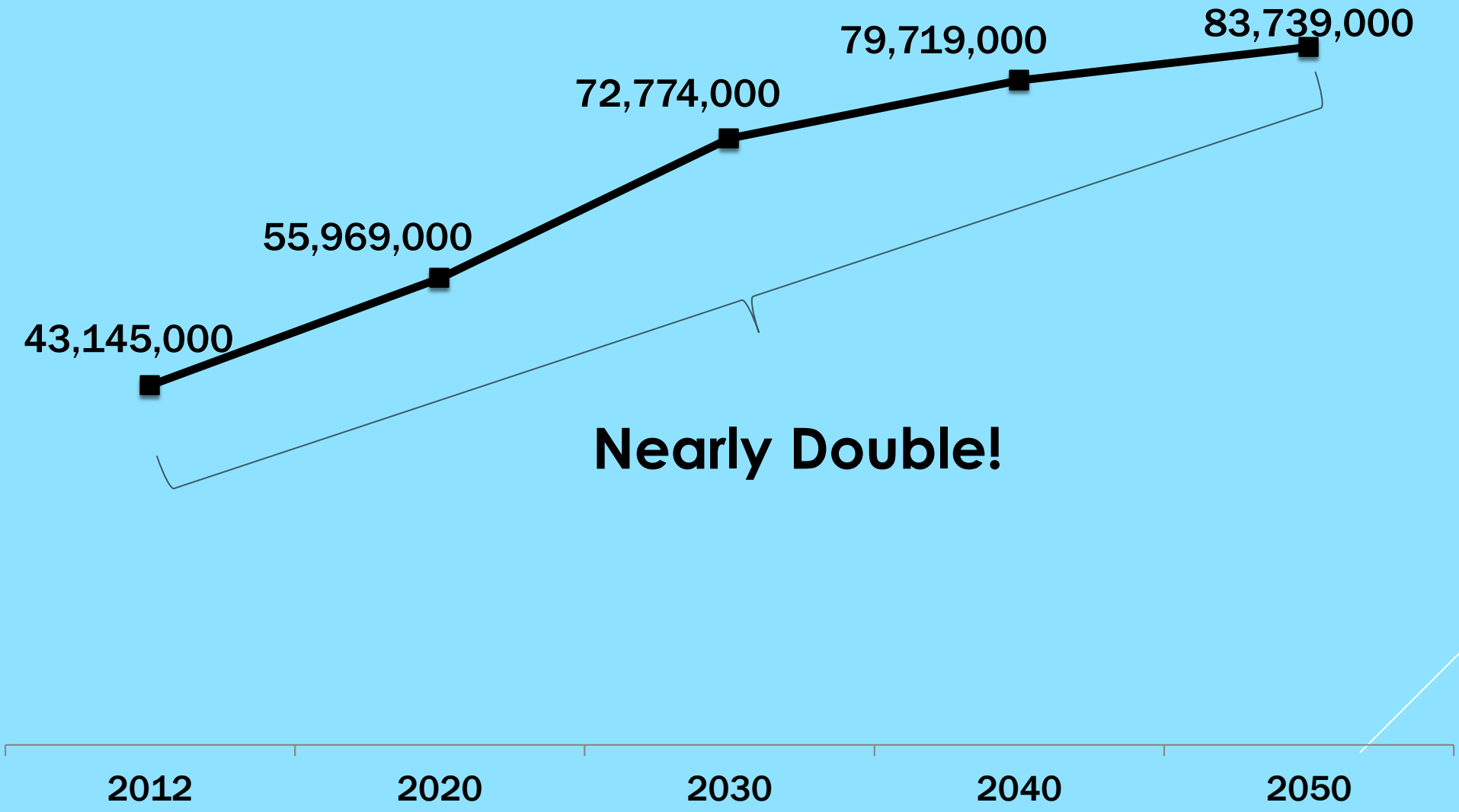


WHO ARE THE NEW OLDER PEOPLE?

- The Baby Boomer Cohort (1946-1964) is the newest group of Older People.
- Baby Boomers have a diverse experience, they came of age during the 60's and 70's.
  - Many experienced the Vietnam War Protests, Racial Equity Movement, and other protest movements firsthand
- No reason to assume they will not change the way we view old age. They have already shown different preferences than the cohorts that came before them.

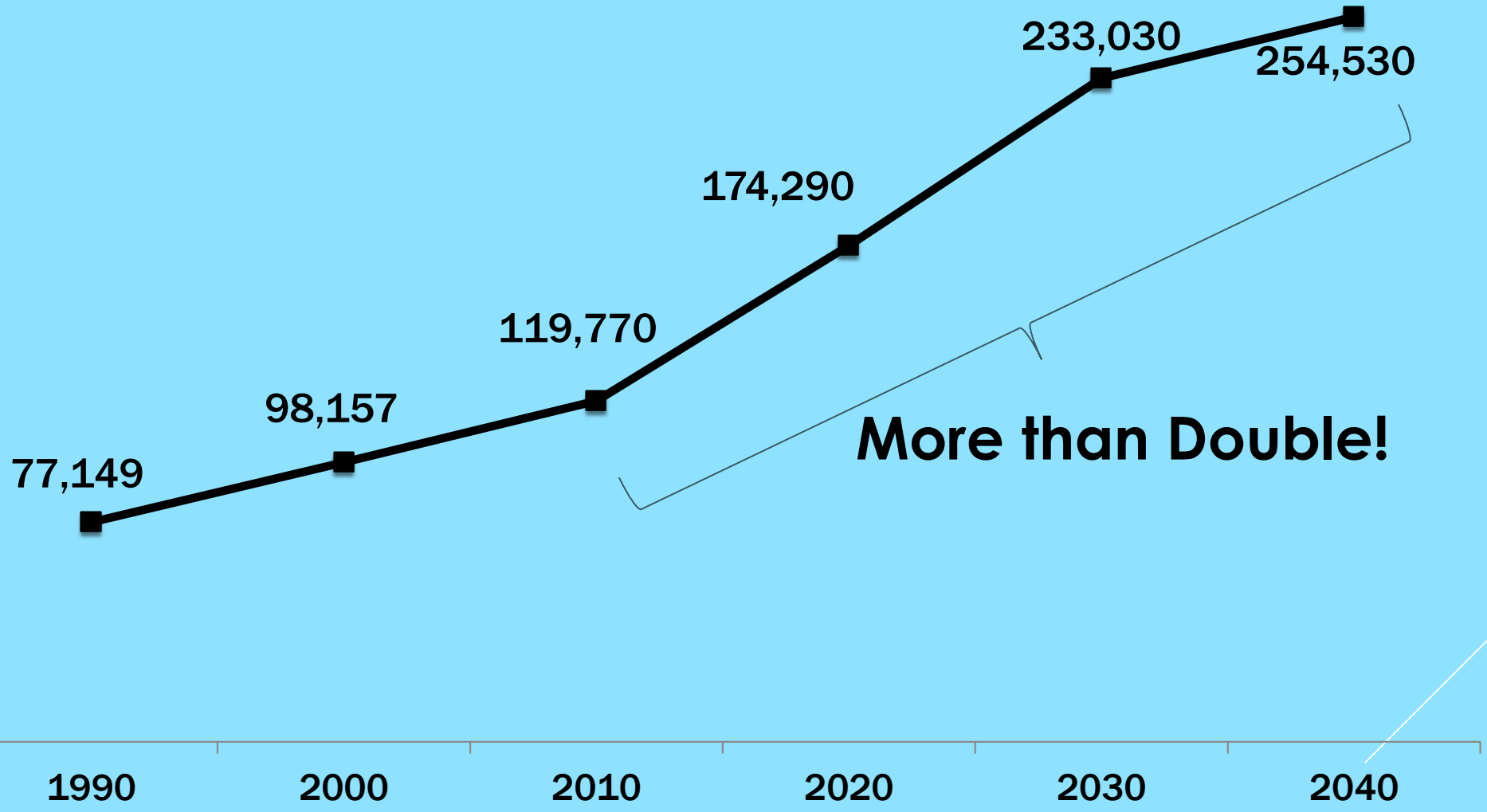
THE GROWTH OF THE OLDER POPULATION

PROJECTED GROWTH IN U.S. OLDER POPULATION



Source: US Census, 2014

PROJECTED GROWTH IN MONTGOMERY COUNTY'S OLDER POPULATION



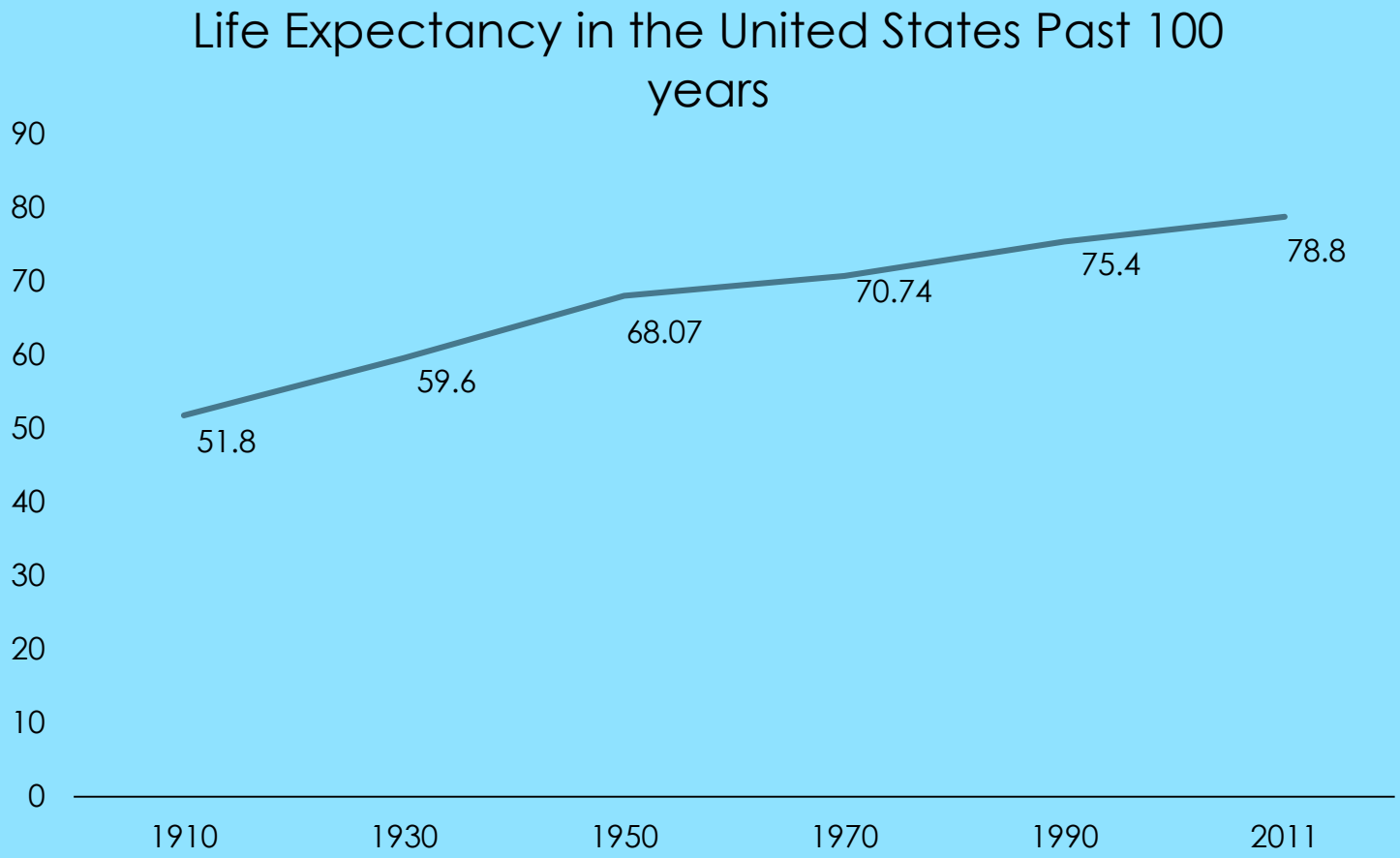
Source: Maryland Department of Planning

WHAT IS CAUSING THE GROWTH IN THE OLDER POPULATION?

- (1) More people are living longer!

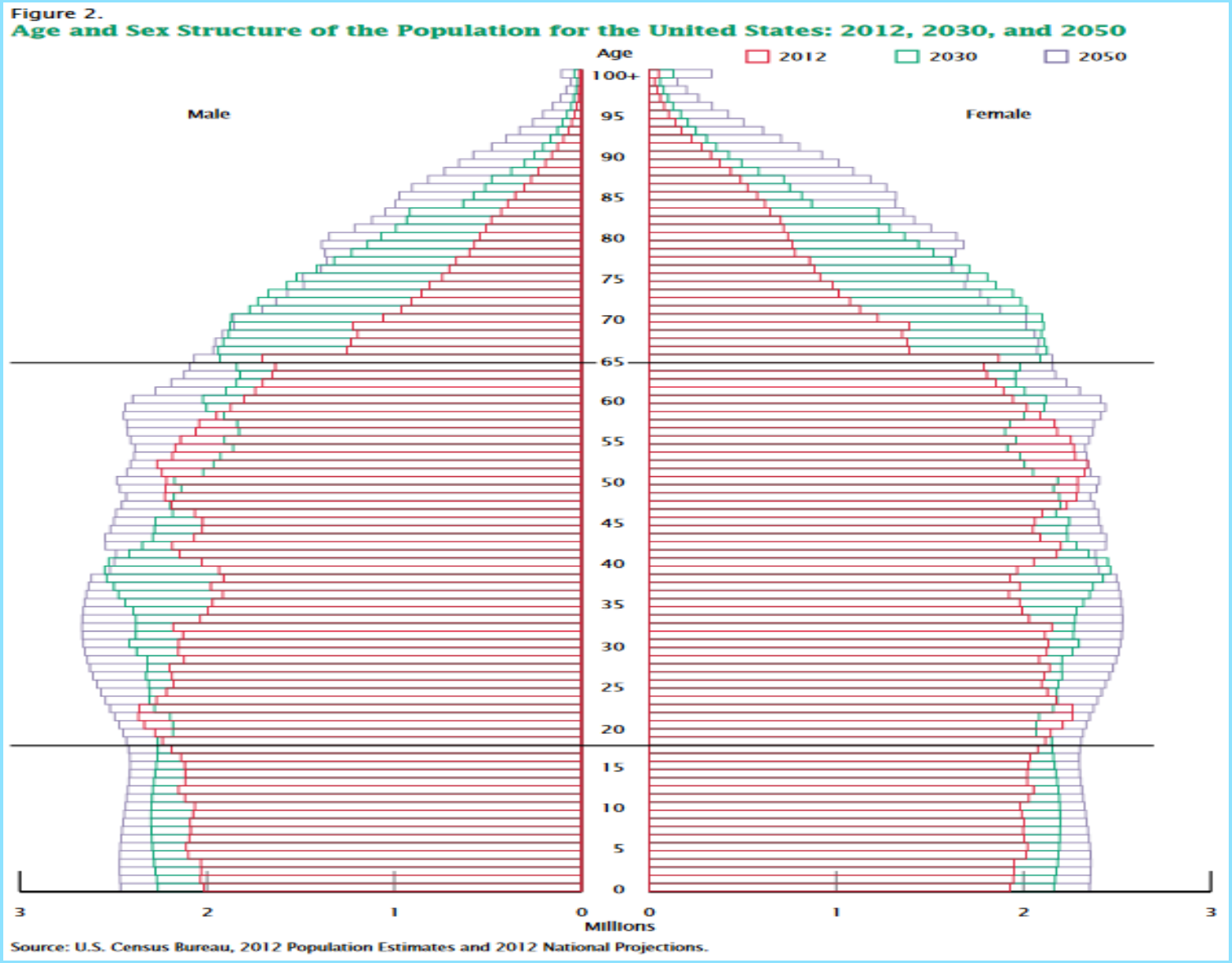
- (2) The Baby Boomers

THE US HAS GAINED MORE THAN 25 YEARS OF LIFE EXPECTANCY



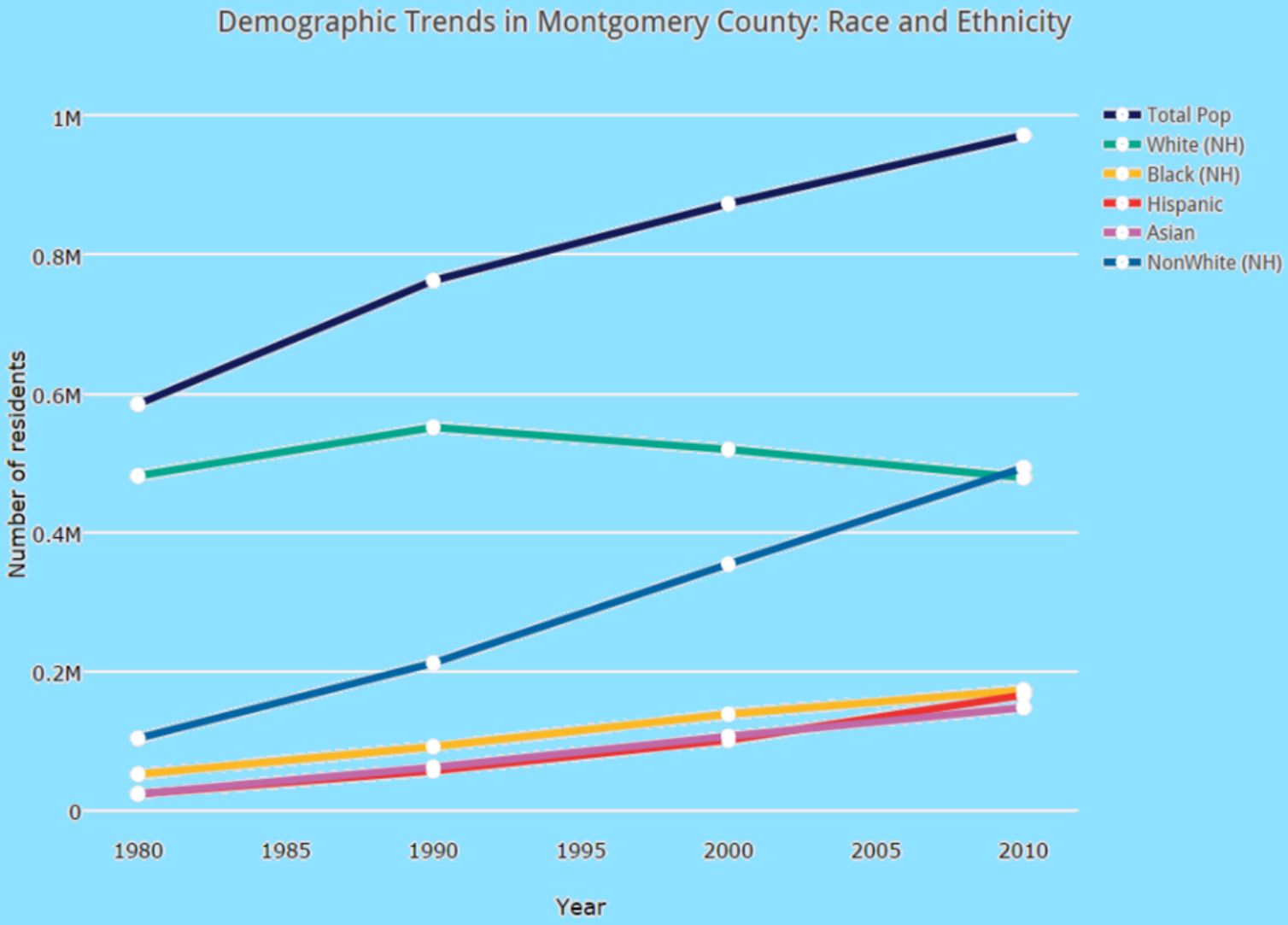
Source: : ***http://ourworldindata.org/data/population-growth-vital-statistics/life-expectancy***. ***Accessed on 3.14.2016.***

THE BABY BOOMER BULGE



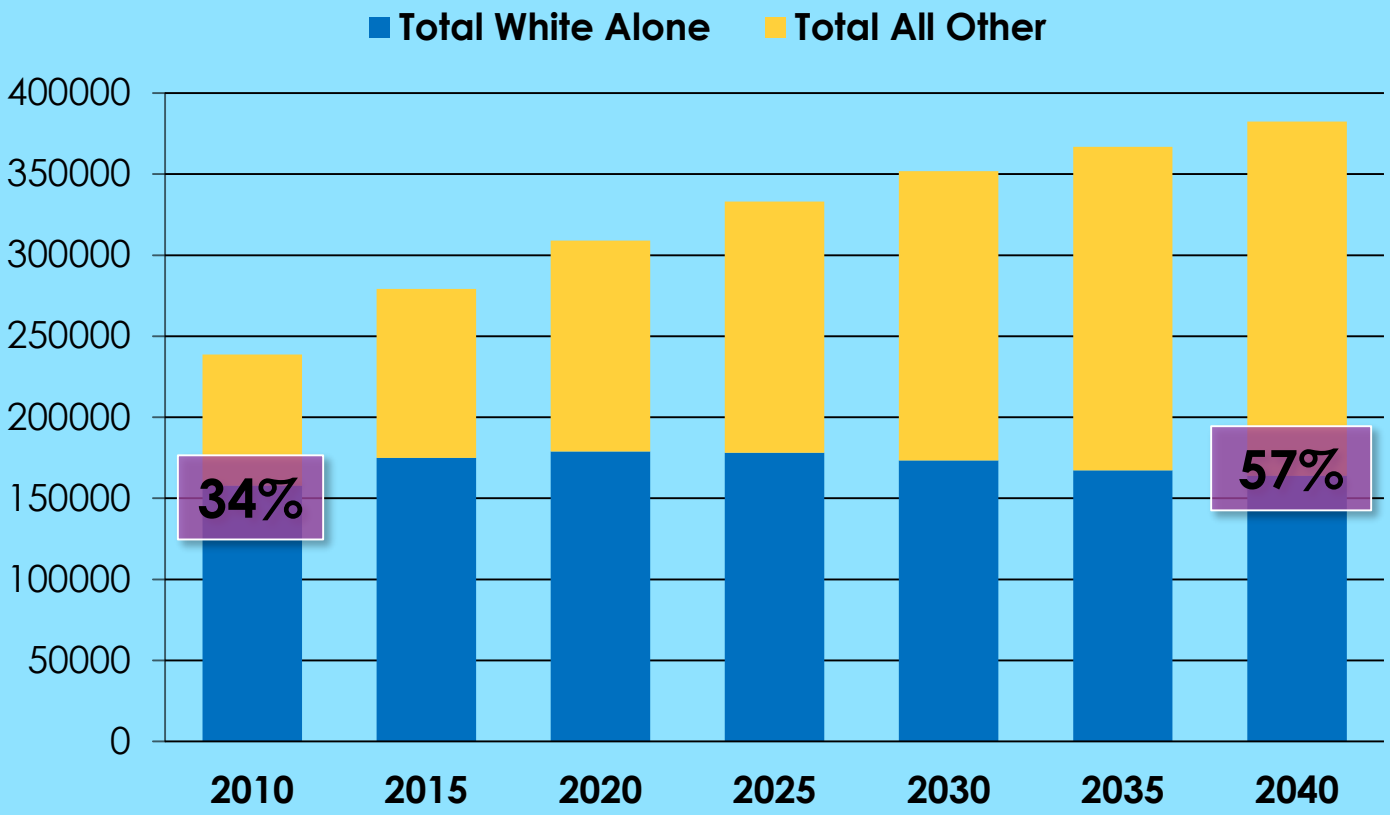
THE DIVERSITY OF THE OLDER POPULATION

MONTGOMERY COUNTY IS A DIVERSE COUNTY



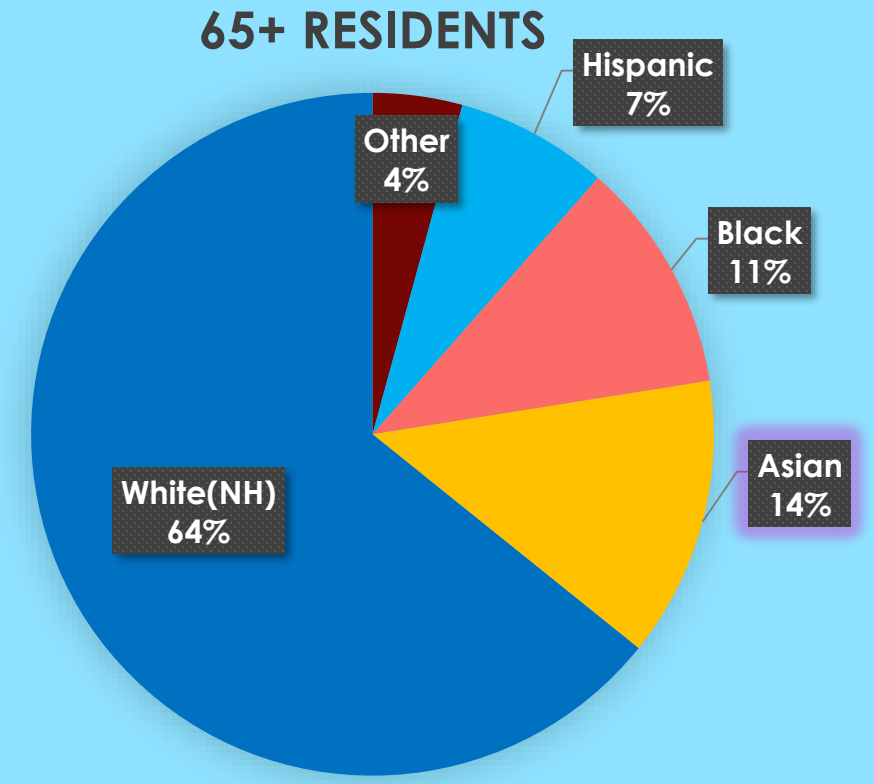
Source: Census, Brown University

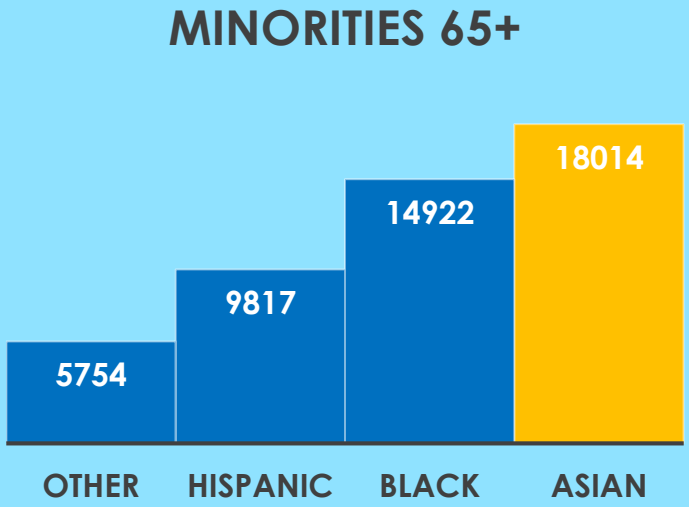
BY 2040, NEARLY 60% OF 55+ ADULTS WILL BE PART OF A MINORITY GROUP



Source: Census ACS 2009-13

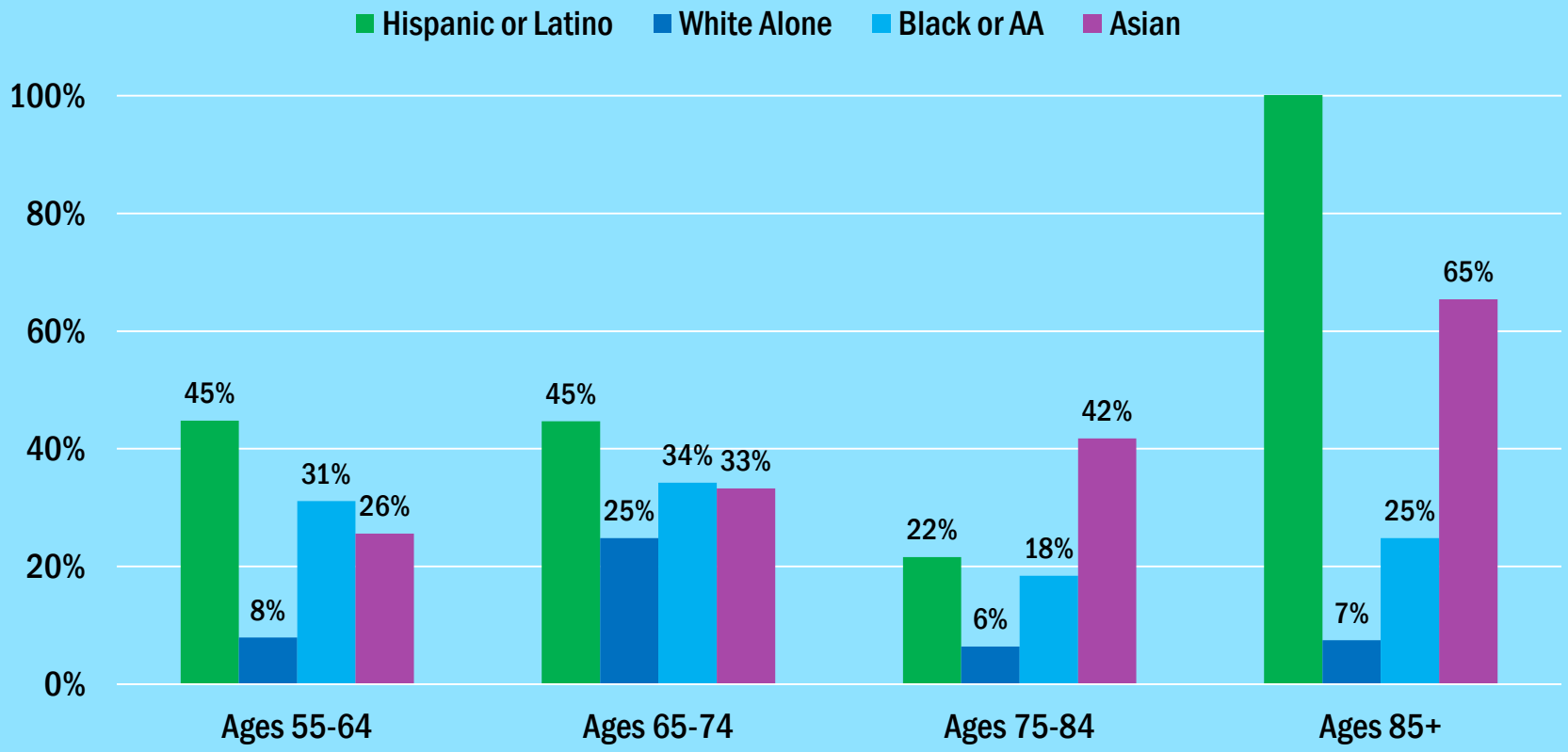
MONTGOMERY COUNTY'S OLDER POPULATION IS DIVERSE





Source: Census ACS 2009-13

ASIAN-AMERICAN OLDER POPULATION GROWTH IS HIGHEST AMONG THE 75+ POPULATION

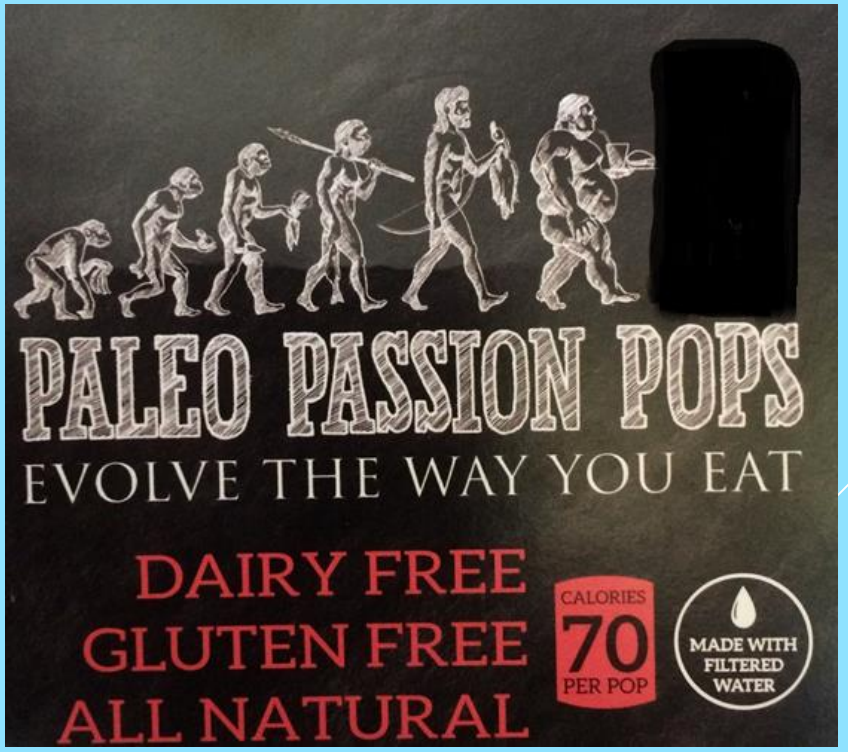


Source: Census ACS 2009-13

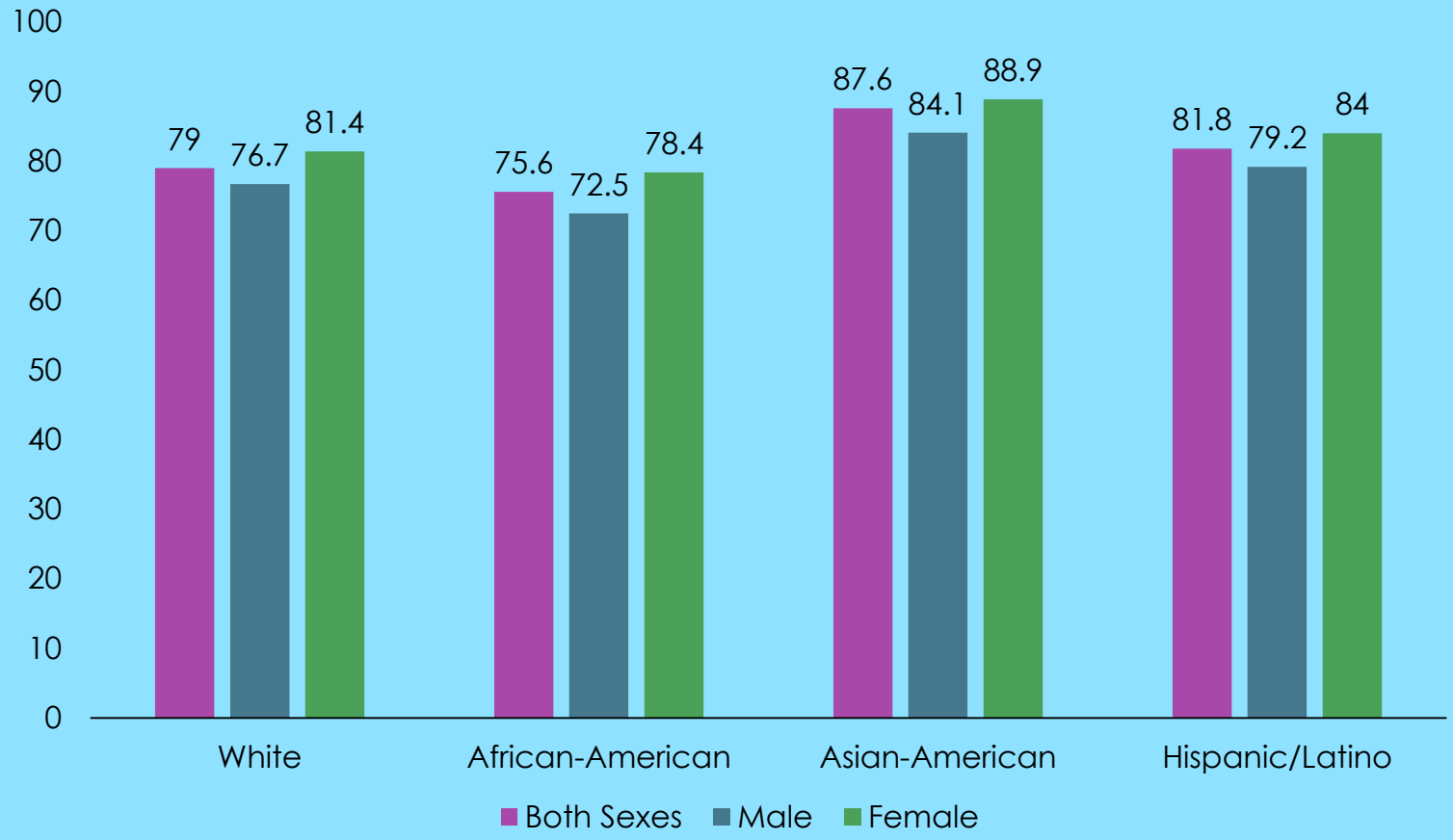
HEALTH AND THE OLDER PERSON

HOW HEALTHY IS THE OLDER POPULATION?

- We learned that people are living longer, but are they healthier. The answer appears to be not really! And, not everyone is living longer.
- What is making people less healthy?
  - Obesity
    - Diets
    - Lack of exercise
  - Mental health
  - Substance abuse

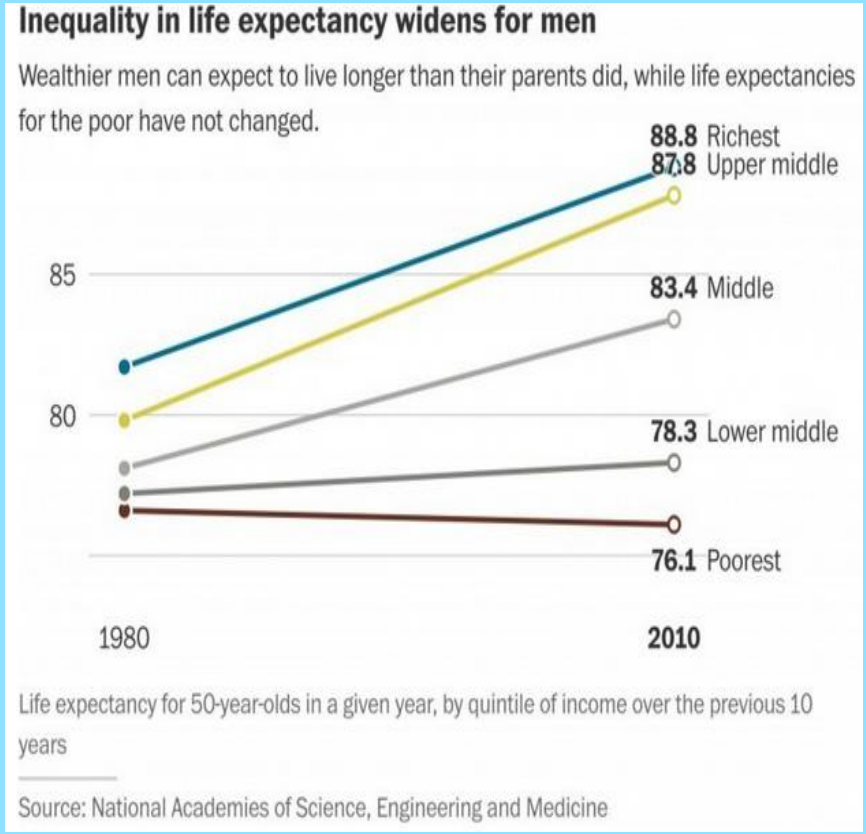


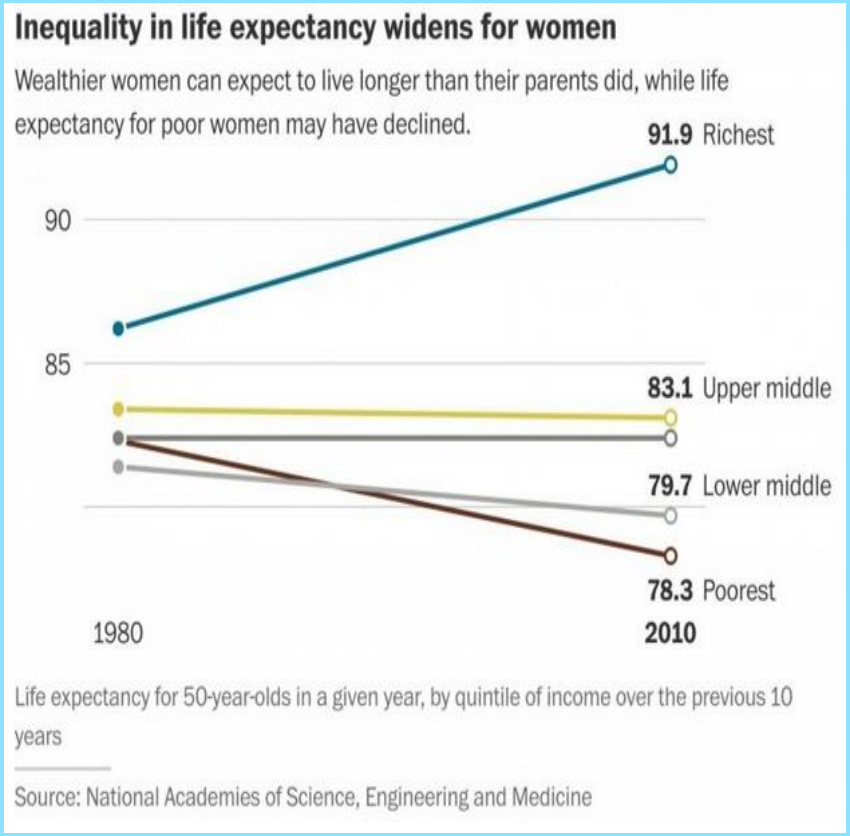
DISCREPANCIES BETWEEN RACIAL/ETHNIC GROUPS



Source: CDC, 2016; Measure of America, 2017; USA Life Expectancy, 2017

DISCREPANCIES BETWEEN INCOME GROUPS





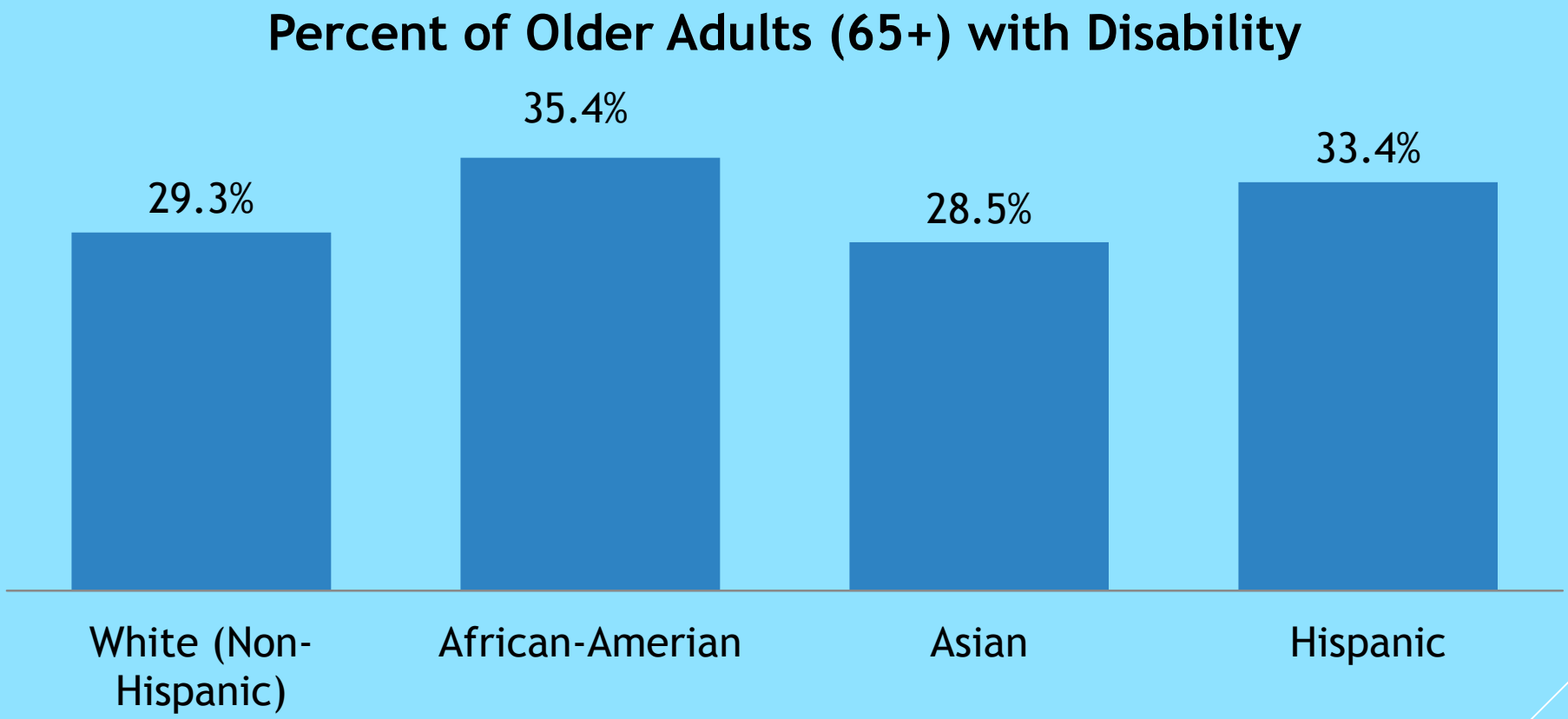
Source: ***https://www.washingtonpost.com/news/wonk/wp/2015/09/18/the-government-is-spending-more-to-help-rich-seniors-than-poor-ones/***
Accessed on April 4, 2016

WHAT IS DRIVING THESE DIFFERENCES?

- Education
- Socio-Economic Status
- Access to preventative care
- Diet
- Environment
  - Exercise
  - Pollutants

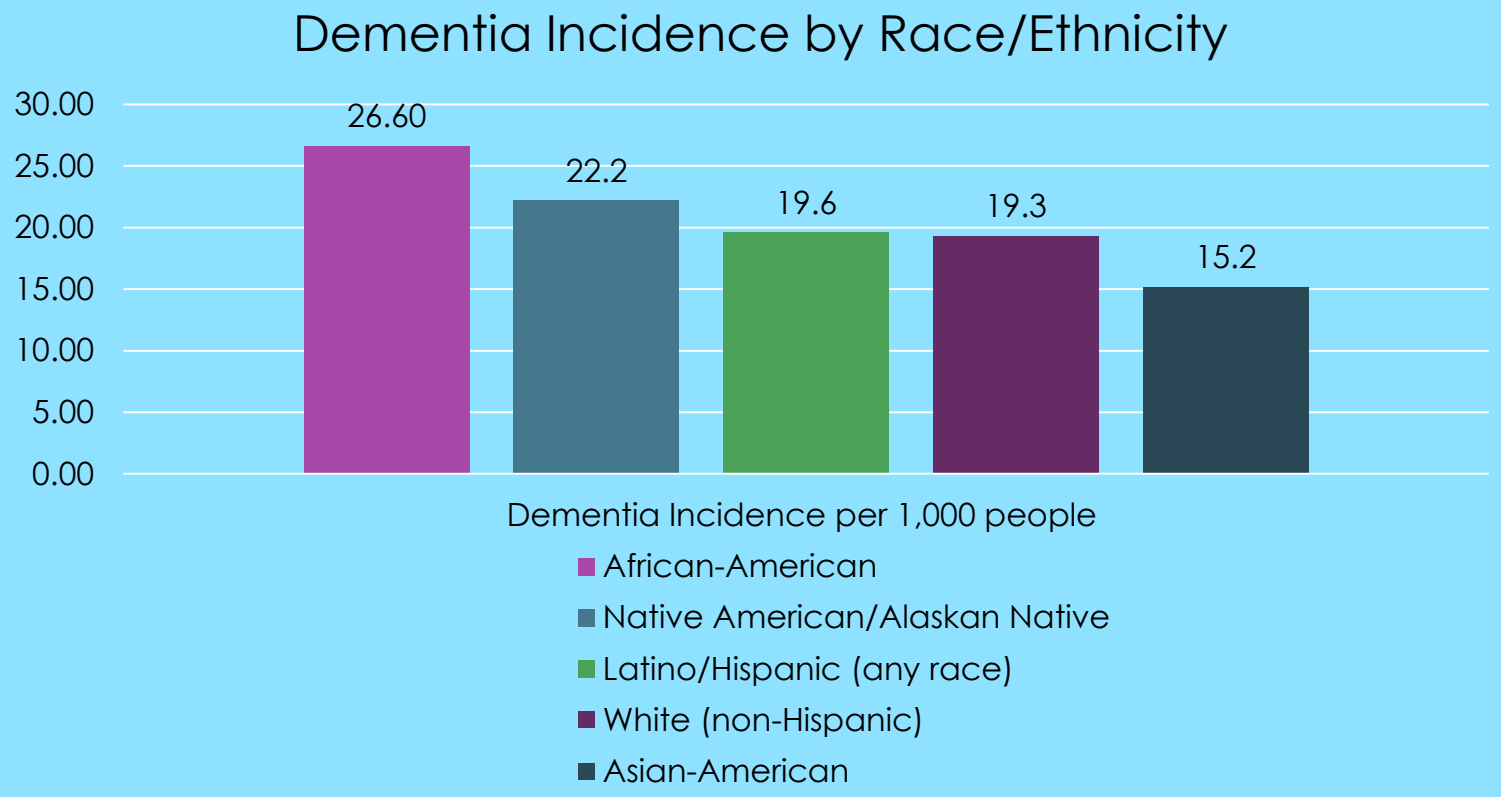
BOTTOM LINE: Health is Cumulative!

FACTORS ALSO CONTRIBUTE TO MORE DISABILITY IN LATER LIFE



Source: 2012 American Community Survey

FACTORS ALSO CONTRIBUTE TO HIGHER RATES OF DEMENTIA IN LATER LIFE



Source: 2016 Alzheimer's Association

PROBLEMS RELATED TO OBESITY

- "Obesity can exacerbate the age-related decline in physical function and lead to frailty." (Villareal et al., 2005)
- The extra weight is not the only problem:
  - Diabetes
  - High-Blood Pressure
  - Arthritis
  - Bone Density
  - Cancer
  - Cataracts

CAUSES OF OBESITY

- Diets are not as healthy:
  - Access to healthy foods (Larson et al., 2009)
    - Healthy foods are more expensive
    - Not as easy to find healthy foods
    - It often takes more time to eat healthy
- Lack of Exercise
  - More sedentary lifestyles
  - Exercise takes time

MENTAL HEALTH

- According to the CDC 20% of people 55+ will have some type of mental health concern
- Even more alarming, in 2004, 16 percent of all U.S. suicides occurred among those 65+, while only making up 12% of population
- Most common conditions:
  - Anxiety
  - Mood disorders (depression or bipolar disorder)
- Older people have more triggering events
  - Other diseases
  - Loss of family and friends
  - Relocation
  - Caregiving

Source: CDC, 2014; NCOA, 2016; APA, 2015

MENTAL HEALTH

- Causes and Signs of Mental Health Issues
  - Physical disability
  - Long-term illness
  - Dementia-causing illness
  - Physical illnesses that can affect thought, memory, and emotion
  - Change of environment
  - Illness or loss of a loved one
  - Medication interactions
  - Alcohol or substance abuse
  - Poor diet or malnutrition

Source: CDC, 2014; NCOA, 2016; APA, 2015

SUBSTANCE ABUSE

- APA estimates will be nearly 4.4 million older people with substance abuse issues by 2020
- Illicit drug users has nearly doubled between those age 50-59 between 2000 and 2010
- Most common forms of substance abuse use include:
  - Alcohol
  - Psychoactive medication (25% of older adults use these drugs)
- The combination of alcohol and medication is also concerning and a public awareness campaign has been launched to deal with this

Source: CDC, 2014; NCOA, 2016; APA, 2015

WHAT CAN BE DONE? WHAT IS MONTGOMERY COUNTY DOING?

WHAT CAN BE DONE?

- Focus on improving diets
- Focus on exercise
- Focus on preventative care throughout the life course
- Focus on mental health
- Focus on substance abuse

DETERMINANTS-THE 5M'S

Mind

Mouth

Muscle

Meaningful Relationships

Mattress

Villages in Montgomery County:
Building a Community for a Lifetime

Are you getting out?
Are you staying active?

Getting around Montgomery County is easier than you think!

Connect-a-Ride serves people over fifty or living with a disability. Specialists can tell you about transportation options available in the County. Some are low-cost or even free! Call 301-738-3252.

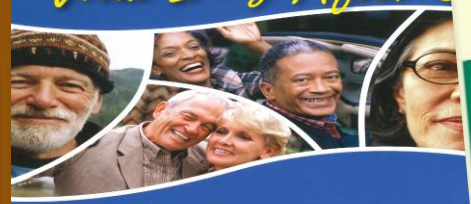
The Recreation Department offers activities at senior and community centers that can get you moving, introduce you to interesting people, and expand your world. For information, call 240-777-4925.

- Have lunch for a voluntary donation in some locations.
- You can get a FREE ride, depending on where you live.

The Montgomery County

Navigator

Vital Living After



A RESOURCE GUIDE FOR
TRANSITIONS
FITNESS
EMPLOYMENT
VOLUNTEERING
LEARNING
RECREATION

Produced by the Montgomery County Vital Living Network

DESIGN FOR LIFE

FEATURE

What are the 9 Accessible Fea for Homeowners?

For All Ages and Stages of Life

4 Ways Homeowners Benefit from Designing Accessible Ho

1. Live longer in a home you'll love for life.
2. Welcome guests of diverse abilities.
3. Increase the value of your home.
4. Qualify for property tax credits.

Individual Accessibility Features Eligible for Property Tax Cred

Property Tax Credit — runs with property– 50% of eligible costs. Up to $2500 less ot Amount of credit that exceeds tax imposed carries over.

Applicability — Expenditures in excess of $500. Incurred within 12 months of applicat

Type of residence ownership — Multi-family condo. Attached single family. Detached sin

Program annual limit — $100,000

School Impact Tax Credit — Not Applicable

Access into the Home

1 **No-step front door entrance or a no-step entrance** to another location providing access to the main living space.

2 **Ramp** creating a no-step entrance.

3 **Exterior doorway** with a 32-inch clear opening, and exterior lighting controlled from inside the residence or automatic or continuously on.

4 **An exterior or interior elevator** or lift or stair glide unit.

Interior Doorway

5 **Interior doorway** with a 32-inch clear opening.

Accommodations for individuals with sensory disabilities

6 **Alarm, appliance, and control** structurally integrated to assist with a sensory disability.

Accessible bathroom features

7 **Maneuverable** bathroom or kitchen.

8 **Walls around a toilet, tub, or shower** reinforced and properly installed grab bars.

9 **Accessibility-enhanced bathroom,** including a walk-in-or roll-in shower or tub.

Department of Permitting Services ■ 255 Rockville Pike, 2nd Floor ■ Rockville, MD 20850 ■ www.designforlife.gov

SENIOR NUTRITION PROGRAM

What Are You Doing For Lunch?

TRANSPORTATION OPTIONS FOR

Older Adults & Adults with Disabilities

English

Learn about transportation options for older adults and adults with disabilities. Call 301-738-3252 for information Monday-Friday, 9:00 a.m. to 5:00 p.m. Maryland Relay users dial 711. We provide spoken language interpretation. Say the language you would like to speak and wait a few minutes for an interpreter to join the call. If you reach the voice mail, leave a message stating your language and phone number. Staff will return your call. After you answer, please wait a few minutes for an interpreter to join the call.

Spanish

Conozca las opciones de transporte para las personas mayores y los adultos con discapacidades me al 301-738-3252 para obtener información de lunes a viernes de 9:00 aryland Relay" por favor marque el 711. cemos interpretación en el teléfono. Diga el idioma que desea tos hasta que un intérprete se una a la llamada. Si llega al buz do su idioma ("Spanish, please") y deje su número de teléfo és de que usted conteste, por favor espere unos minutos hast

Chinese

和殘障人士交通的選擇。

至週五，上午九時至下午五時，致電301-738-3252來查詢 先用英文說出您要使用的語言(Mandarin, Cantonese)， 示留言信箱，那麼留言時請用英文說明您所講的語言以 回覆電話。您接起電話時請稍候幾分鐘，以便口譯員加

Korean

에자를 위한 교통편에 대해 알아보십시오.

일까지 매일 오전 9 시부터 오후 5 시 사이에 301-738-3252

가 제공되오니 원하시는 언어("Korean, please")를 말씀하신 입니다. 음성 사서함이 나오면 원하시는 언어("Korean, pl 주시면 직원이 전화를 드릴 것입니다. 전화를 받은 후에는 통역 다려주십시오.

Connect-a-Ride: 301-738-32

A service of Jewish Council for the Aging funded by Montgomery County Governm

Are You Caring for Another Adult?

The best way to help is to recognize it's not all up to you.

Montgomery County
Aging and Disability Services
240-777-3000
ADS@MontgomeryCountyMD.gov

Montgomery County is a Maryland Access Point

AGE-FRIENDLY AND DEMENTIA FRIENDLY MOVEMENTS

Celebrate Black History Month and receive 25% off membership dues. Learn More

AARP The Magazine | AARP Bulletin | In Your State | AARP Foundation | Discounts | More | Rewards for Good

AARP Real Possibilities

Livable Communities
Great Places for All Ages℠

ABOUT US | LIVABLE IN ACTION | HOUSING | GETTING AROUND | TOOL KITS & RESOURCES | A-Z ARCHIVES

AARP Home » Livable Communities - AARP » The AARP Network of Ag... » An Age-Friendly Montgo...

AARP Network of Age-Friendly Communities

An Age-Friendly Montgomery County, Maryland

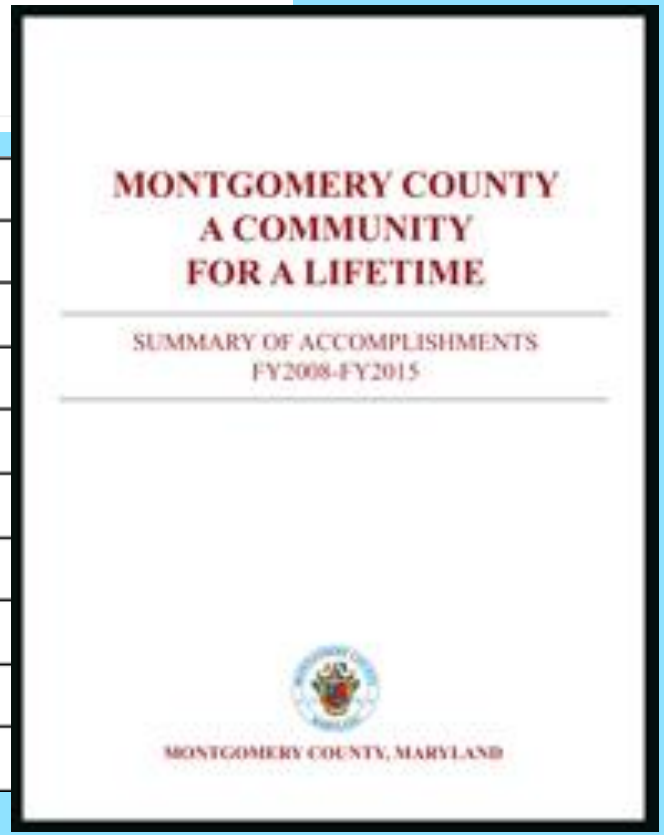
The jurisdiction is making great strides for residents ages 50+

AARP Livable Communities

Montgomery County Launches Dementia Friendly Initiative

Tuesday, December 13, 2016

- Civic/Social Involvement
- Communications/Outreach
- Elder Abuse Prevention
- Employment
- Health & Wellness
- Home and Community Based Services
- Housing
- Planning/Outdoor Spaces/Buildings
- Transportation/Mobility
- Senior Public Safety


MONTGOMERY COUNTY
A COMMUNITY
FOR A LIFETIME

SUMMARY OF ACCOMPLISHMENTS
FY2008-FY2015

MONTGOMERY COUNTY, MARYLAND

Dementia Friendly America™

HOW CAN WE THINK ABOUT AGING MORE POSITIVELY?

The Washington Post

Social Security must be fair for everyone, not just retirees

By C. Eugene Steuerle October 6, 2016

Virginia Politics

Rising pension costs a growing problem in budget-weary Fairfax County

How 'baby boomers' took over the world

CBC news | New Brunswick

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Canada NB

'An unnecessary crisis': forming a plan for N.B.'s aging population

Although 16.5% of New Brunswickers are 65 or older, province still lacks solid plan, group says

By Julia Wright, CBC News Posted: Feb 02, 2017 10:58 AM AT | Last Updated: Feb 02, 2017 1:38 PM AT

Chicago Tribune

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As population ages, accessible home design struggles to keep pace

"PROVIDES A GLIMPSE INTO A FUTURE LIKE NOTHING WE'VE EVER SEEN." —USA Today

AGE WAVE

How the Most Important Trend of Our Time Will Change Your Future

"Age Wave raises questions and consequences we never dreamed of. It will change your view of the future." —John Naisbitt, author of *Megatrends*

KEN DYCHTWALD, Ph.D. and JOE FLOWER

The Economist

World politics Business & finance Economics Science & technology

Pensions and retirement

Paying for the grey

As a pensions crisis looms, China looks at raising the retirement age

Apr 5th 2014 | BEIJING

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Banyan

Asia

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Japan's demography

The incredible shrinking country

Mar 25th 2014, 12:55 BY D.M. | TOKYO

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AUTOMOBILES | MOTORING The New York Times

As the Roads Turn Gray, Ways to Make Driving Safer

By TANYA MOHN JUNE 22, 2008

The New York Times

Washington University in St. Louis

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CAMPUS & COMMUNITY

Global experts convene in China to tackle challenges of aging population

McDonnell Academy hosts 'Forum for Greater China' in Shanghai

January 25, 2017

The Economist

World politics Business & finance Economics Scien

Generations in the workplace

Winning the generation game

Businesses are worrying about how to manage different age groups with widely different expectations

Sep 28th 2013 | NEW YORK

Timekeeper Like 917 Tweet

VITAL SIGNS: AGING; Fighting Frailty to Stay at Home

By ERIC NAGOURNEY OCT. 22, 2002

VIDEO CLIP FROM FRAMEWORKS (STARTS AT 25:25) HTTP://WWW.FRAMEWORKSINSTITUTE.ORG/REFRAMING-AGING.HTML

HOW DO WE DO THIS?

- Focus on:
  - Social supports (the community) and not individualism
    - No us versus them
      - Don't think of as older Americans as others.
    - Focus on our community as a place where we can work together
  - Problem-solving instead of crises
    - Not a crisis that we can't tackle. It is an opportunity for us to use our ingenuity.

OLDER PEOPLE AS CONTRIBUTORS

- Contributions of older adults to society
  - Society
  - Volunteerism
  - Caregiving

QUESTIONS AND ANSWERS