

Demographics of Aging

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Disclaimer

The planners, presenters, and content reviewers of this course disclose no conflicts of interest

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Objectives

- Discuss basic demographic information about the older population
- Discuss data on health of older population
- Identify societal assumptions about the elder population
- Discuss how generational values can affect an older adult's recognition of abuse & willingness to seek help

Assumptions

Your assumptions are your
windows on the world.
Scrub them off every once
in awhile, or the light won't
come in.

- Alan Alda

How Assumptions/Stereotypes Affect Health

- memory performance
- increases in anxiety, skin conductance, and blood pressure
- memory, hand writing skills, and walking ability

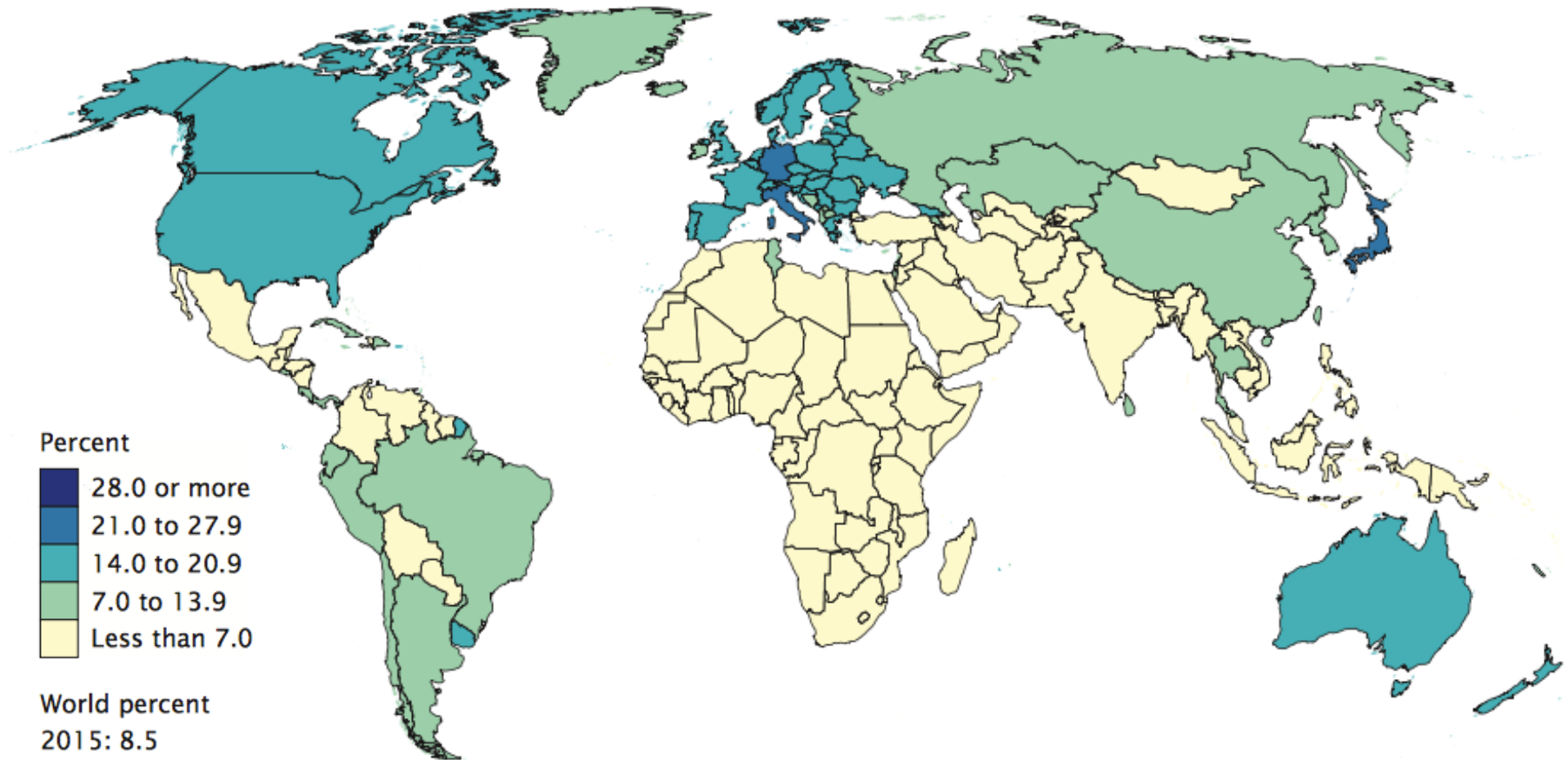
When Working with the Aging Population

- Focus on **FACTS** related to aging & older adults
- What are the facts?

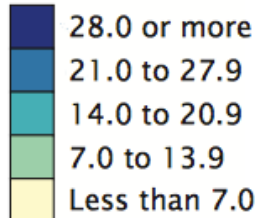
World Population in 2015

Percentage of Population Aged 65 and Over: 2015 and 2050

2015



Percent

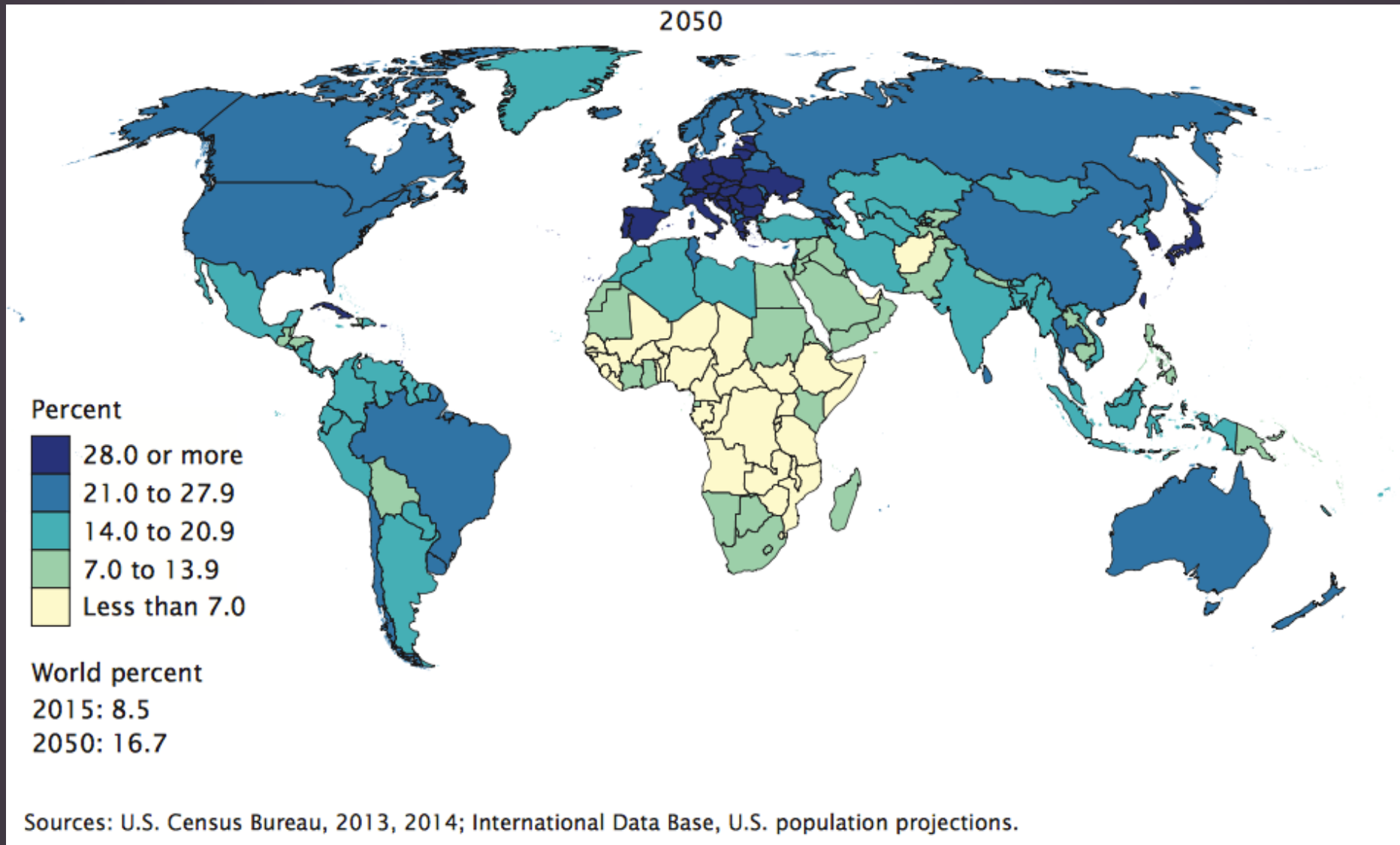


World percent

2015: 8.5

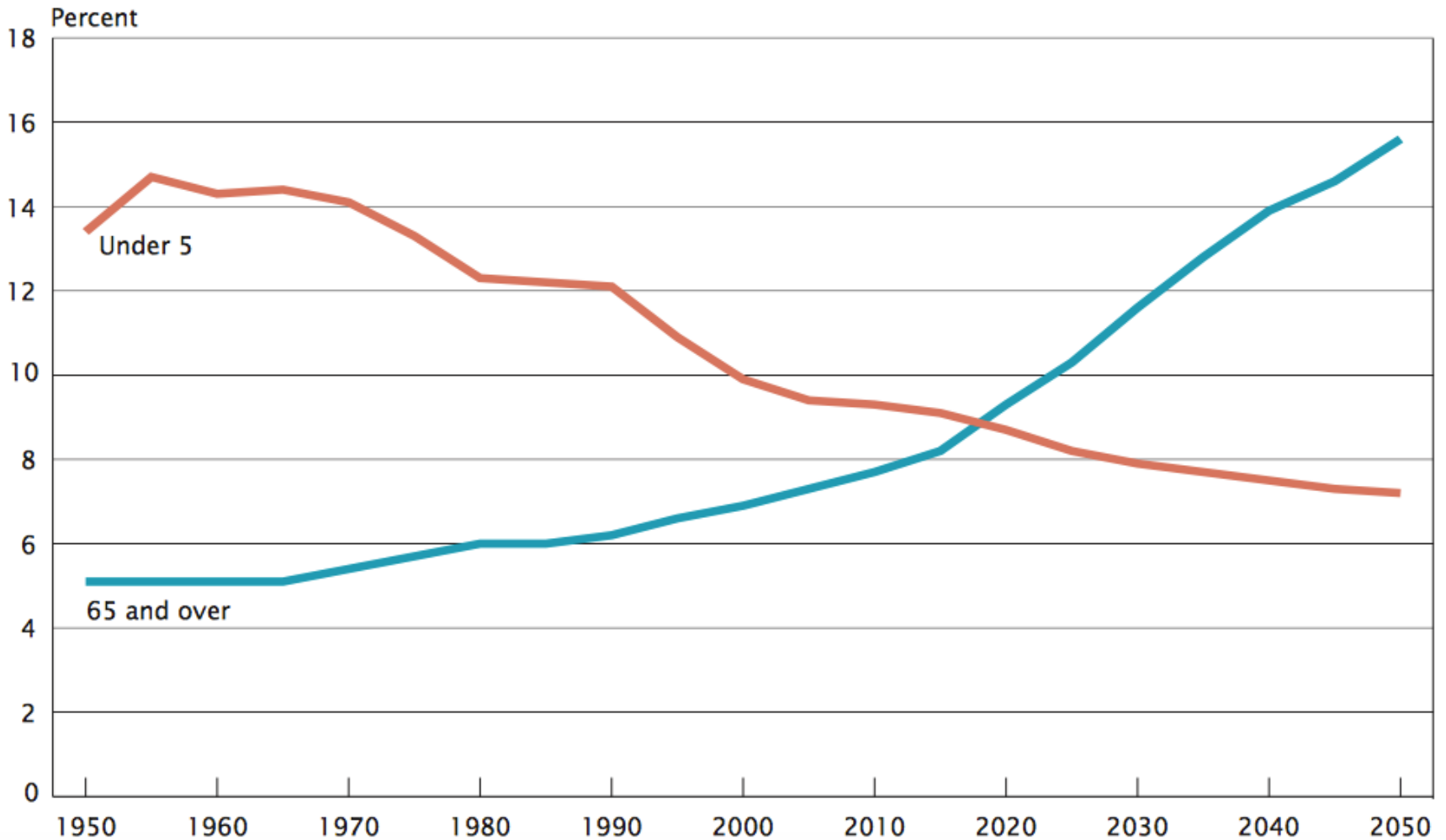
2050: 16.7

World Population in 2050



Youth vs. Age

**Young Children and Older People as a Percentage of Global Population:
1950 to 2050**



Sex Ratio

For older adults 65 years & over:

- 80.3 men for every 100 women

By age 85:

- 2+ women for every 1 man



What does the Elder Population Look Like in the U.S.A.?

65 + is projected to more than double from 46 million to over 98 million by 2060

65+ age group's share of the total population will rise to nearly 24 percent

LGBT Elder Population

- Nearly one-third report depression
- Almost two-thirds have been victimized three or more times
- Thirteen percent have been denied healthcare or received inferior care
- More than 20% do not disclose sexual or gender identity to their physician

Religious Composition of Adults Ages 65



Christian

83%

▶ Evangelical Protestant

29%

▶ Mainline Protestant

22%

▶ Historically Black Protestant

6%

Catholic

24%

▶ Mormon

1%

▶ Orthodox Christian

< 1%

Jehovah's Witness

1%

▶ Other Christian

< 1%

Non-Christian Faiths

5%

Jewish

3%

Muslim

< 1%

Buddhist

1%

Hindu

< 1%

Other World Religions

< 1%

▶ Other Faiths

1%

Unaffiliated (religious "nones")

12%

Atheist

2%

Agnostic

2%

▶ Nothing in particular

8%

Don't know

< 1%

Fast Facts: Among Persons aged 65 +

Leading Causes of Death:

- Heart disease
- Cancer
- Chronic lower respiratory disease

Percent of noninstitutionalized in fair or poor health: 21.8%

Percent of persons who need help with personal care from other persons: 6.4%

Percent of persons with hypertension

- Men aged 65-74: 63.4%
- Men aged 75 and over: 72.3%
- Women aged 65-74: 64.3%
- Women aged 75 and over: 79.9%

Mental Health: Among Persons aged 65 +

20% of people age 55 years or older experience some type of mental health concern

The most common conditions:

Anxiety

Severe cognitive impairment

Mood disorders (such as depression or bipolar disorder)

Older men have the highest suicide rate of any age group

Living Arrangements

- 4% reside in long-term care facilities on any given day
- 96% of adults ages 65+ live in community
 - 73% of older men are married /live with spouse
 - 42% of older women live with spouse; 39% live alone
 - Widowhood is more common among older women than men
 - Some older adults live with other relatives
 - Small % of older adults live with non-relatives

POSITIVE DEVELOPMENTS

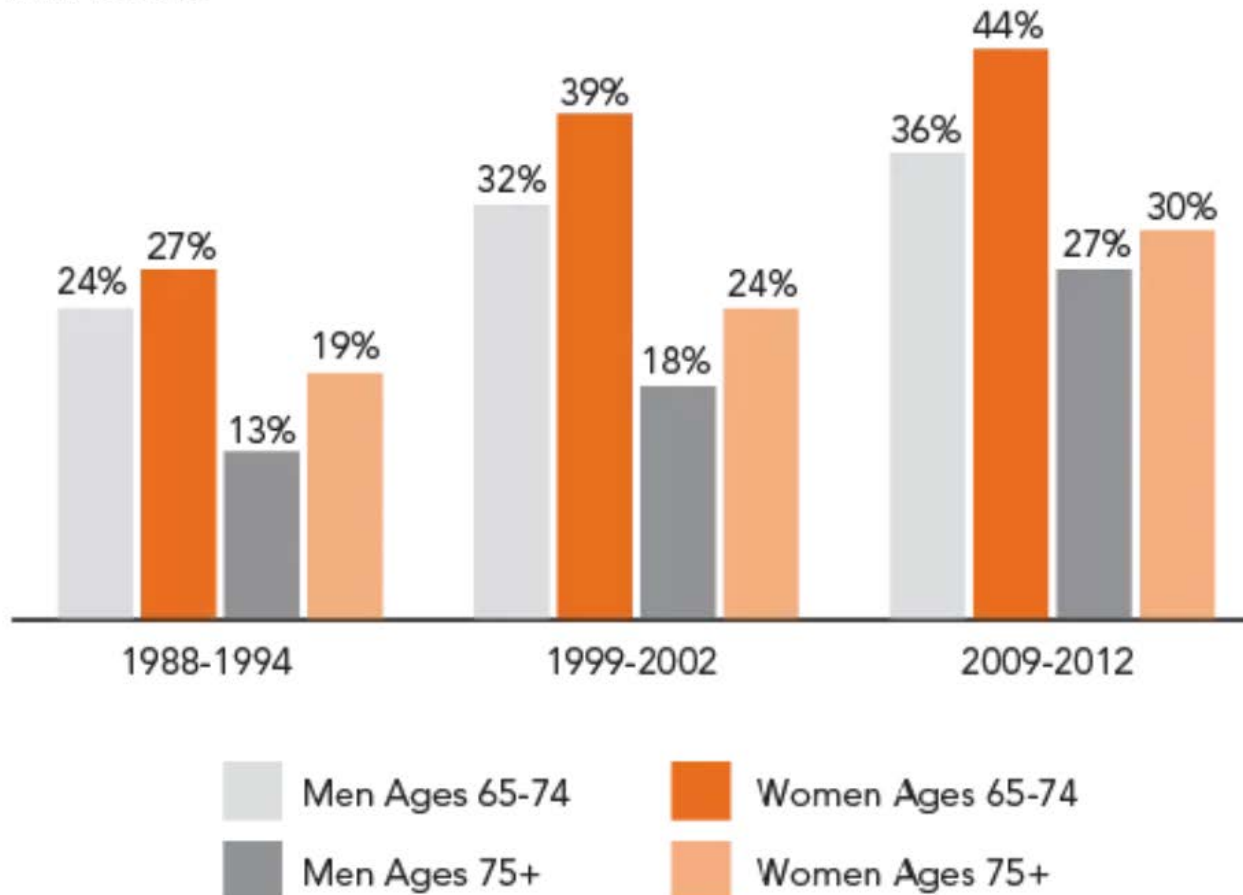
- **Education levels are increasing**
- **Average U.S. life expectancy increased**
- **The gender gap in life expectancy is narrowing**
- **The poverty rate has dropped sharply**

CHALLENGES

- **Obesity rates**
- **Wide economic disparities**
- **More older adults are divorced and live alone**
- **Alzheimer's disease**
- **Social Security and Medicare expenditures**

Obesity

Adults Ages 65 and Older Who Are Obese, by Sex and Age Group, 1988 to 2012



Generational Values

Historical Timeline

COHORT EXPERIENCES – AMERICAN INDIAN ELDERS

| <u>1900-1920</u> | <u>1920-1940</u> | <u>1940-1960</u> | <u>1960-1980</u> | <u>1980-Present</u> |
|--------------------------------|---------------------------------------|----------------------------------|--|------------------------------|
| Reservations | Citizenship | World War II Service | Vietnam War | Education of Professionals |
| "Vanishing American" | Adoption of Indian Children by Whites | Relocation by BIA to Urban Areas | Indian Activism | Litigation |
| Forced Boarding Schools | Loss of Land by Allotment System | Termination of 100 Tribes | Youths Return to Traditional Practices | Self-Determination of Tribes |
| Traditional Culture "Bad" | Forced Assimilation | Forced Assimilation | Urbanization for Education & Jobs | Urban Pan-Indianism |
| Law Banned Spiritual Practices | Boarding Schools | | | Reservation Gaming |

AGE AT HISTORICAL EXPERIENCE

| <u>CURRENT AGE COHORTS</u> | | | | | |
|----------------------------|------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 85+ | Children & Adolescents | Young Adults & Middle Aged | Middle Aged & Young Old | Young Old & Old | Old |
| 75-85 | Children | Adolescents & Young Adults | Young Adults & Middle Aged | Middle Aged & Young Old | Young Old & Old |
| 65-75 | | Children & Adolescents | Adolescents & Young Adults | Young Adults & Middle Aged | Middle Aged & Young Old |
| 55-65 | | Children | Children & Adolescents | Adolescents & Young Adults | Young Adults & Middle Aged |

Why is all that important?

The world is aging

With aging comes NCDs

NCDs can correlate with vulnerabilities

Vulnerabilities increase risk of victimization

Why is all that important?

Recognition

Disclosure

Response

**All vary based on our knowledge and
attitude**

Questions

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