The Future of Aging

The World Will Never Be the Same

What IS Aging?

Passage of Time?
Biological changes that lead to cellular injury?
Transition/Loss of Ability, Capacity?
Gift of Time?

Aging Is also Culturally Framed

- Negative Images:
  - Less attractive
  - Less vigorous, strong
  - Decreased cognitive function
- Positive Images:
  - Greater wisdom
  - Greater patience
  - More tolerant
Where is Aging Revered?

- True confessions of our Culture.
  - What do we think About Aging?
    - Frail, Weak
    - Lonely
    - Unable to learn
    - Clumsy with technology
    - Plagued with illness
    - Dependent on Medicine
    - Not forward thinking

Reframing Aging

How we think and talk about aging affects how we create policy, think about and treat older adults. Ageism is a real issue, and it causes people to pre-judge based on age. Research shows that words such as “senior” and “elder” are interpreted to mean that a person is less able, while “older adult” conveys ability and experience.

Silver Tsunami or Social Opportunity?

- Social discrimination
- Ads and marketing images poke fun at aging
- Technology development does not include older adults
- Clothing is largely designed for youth
- Workforce discrimination
- Patronizing language or actions in healthcare
  (pssst...we are part of the problem)

Longevity Economy

- $7.6 trillion in annual economic activity
- Diverse population
- High rates of entrepreneurship
- Highly charitable
- Demand services, not necessarily products
- Tech must work for their needs
Workforce Issues to consider:

Caregivers

Service Workers:

Potential workers

Encore Careers

Employment Discrimination

• 2/3 of older workers see bias, especially in tech and entertainment.
• Research: begins in 50s.
• Not getting an interview or hired is most common complaint.
• Age of graduation on resume is a tip off to employers.

What Does it Mean to Age?

Living Alone moves from 25% at age 50 to 60% at age 80. This will become more common as millennials age.

Finances:

– 40% of households age 50-70 are financially insecure, and that is rising.
– Even the financially secure may deplete savings on healthcare expenses and LTC.
– Grandparents raising grandchildren depletes personal resources.

Driving Life Expectancy is about 11 years after age 70, so women have they are unable to drive.

Dementia Risk: all types about 0.8% at age 65, increasing to 24% at age 90. Higher in women and people with lower education levels and morbidities.

IADL and ADL – Poorly measured, but losses increase with morbidities and generally increase with advanced age (>80).

What’s New?

• Housing Options: Universal design, older adult communities vs. mixed
• Facility Housing – Green Houses, Eden Alternative, Tiny Homes
• Community Life: Age Friendly Communities/Lifelong Communities, Age Friendly Healthcare Systems

Lifespan or Healthspan

Human Lifespan

Average

Healthy

Codetermine

Intervention sensitiv

Human Lifespan

Healthspan

Healthy

Healthy

Healthy

Healthy

Healthy

Healthy

Healthy

Healthy

Healthy
Transportation Options

Will Technology Help Us to Function?

There’s an App for that

Green Houses/Eden Alternative, etc.

Age-Related Disease Research

- Advanced glycation end products (AGEs)
- PET to diagnose dementia
- Link between Down's Syndrome and Dementia
- Adult Frailty Syndrome
- Sarcopenia
- Age related eye disease

What is the Goal? What do you want the world to be like when you are 80?