THE FUTURE OF AGING
YOU AND THE WORLD WILL NEVER BE THE SAME

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WHAT EXACTLY IS AGING?

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

AGING IS CULTURALLY FRAMED

• Negative Images:
  • Less attractive
  • Less vigorous, strong
  • Decreased cognitive function
• Positive Images:
  • Greater wisdom
  • Greater patience
  • More tolerant

From Pyramid to Pillar: A Century of Change
Population of the United States

An Aging Nation
Projected Number of Citizens and Older Adults

Ageing Population
Projected global population aged 60 years or over
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 Medicines
• Not forward thinking

Negative Views Lead to Ageism
• Social discrimination
• Ads and marketing images poke fun at aging
• Technology development does not include older adults
• Clothing is largely designed for youth
• Workplace discrimination
• Patronizing language or actions in healthcare
  (pssst… we are part of this problem)

THERE ARE PLACES WHERE AGING IS REVERED?

TRENDS TO CONSIDER PREPARING FOR…
• Living Alone & Housing – solo living moves from 25% at age 50 to 60% at age 80. This will become even more common as millennials age.
• Finances:
  • 45% of households age 55-70 are financially insecure, and this is rising.
  • Even the financially secure may deplete savings on healthcare expenses and LTC.
  • Grandparents raising grandchildren may deplete personal resources.
• Driving Life Expectancy is about 11 years after age 70, so women have more years in which 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.
• Mobility and ADL – Poorly measured, but losses increase with morbidities and generally increase with advanced age (>80).

EMPLOYMENT DISCRIMINATION
• 2/3 of older workers seeking jobs claim age bias, especially in tech and hospitality/entertainment.
• Research: 66% of >55 years lose jobs voluntarily
• Not getting an interview or hired is most common complaint.
• Age of graduation on resume is a tip off to employers.

LONGEVITY ECONOMY - $$ AND WORK
• $7 trillion in annual economic activity
• High rates of entrepreneurship
• Highly charitable
• Demand for services, not necessarily products
• Tech must work for their needs
• Increased caregiver demand
EXTENDING LIFESPAN OR HEALTHSPAN

HEALTH TRENDS:
- More people with more chronic diseases
- More people using assistive devices to enhance mobility, vision, hearing
- Greater reliance on Caregiver assistance as physical function declines
- Greater frequency of dementia
- Declining Immune Function

HOW CAN WE ADJUST TO CHANGES IN LONGEVITY AS A SOCIETY?

HOUSING AND COMMUNITY LIFE
- Housing Options: Universal design, older adult communities vs. mixed
- Facility Housing – Green Houses, Eden Alternatives, Tiny Homes
- Community Life: Age Friendly Communities/Lifelong Communities, Age Friendly Healthcare Systems

GREEN HOUSES/EDEN ALTERNATIVE, ETC.

TRANSPORTATION OPTIONS
WILL TECHNOLOGY HELP US TO FUNCTION?

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

DO WE NEED ALL THESE MEDICATIONS?

- 90% of people over age 70 use prescription drugs
- Those with chronic disease use more
- Older adults pay > 50% of Rx drug costs out of pocket
- Cost affects compliance

PUBLIC HEALTH IMPLICATIONS OF AGING

- Mobility and Social Isolation
- Housing & Community Safety
- Emergency Preparedness and Safety
- Communicable Disease and Immunizations
- Hearing and Vision as Public Health Issues
- Age Friendly Healthcare Systems
- Age Friendly Communities

MORE ON THE AGE-FRIENDLY MOVEMENT

- Age Friendly Public Health Systems:  file:///C:/Users/THEODO~1/AppData/Local/Temp/age_friendy_public_health_convening_report_FINAL__1___1_.pdf

SILVER TSUNAMI OR SOCIAL OPPORTUNITY?

We are all marching in the same direction. It does not stop with the Baby Boom generation but grows larger every year.
So, let’s talk about what we want to see.
WHAT DO YOU WANT THE WORLD TO BE LIKE WHEN YOU ARE 80?