Healthy Aging—A Providers Perspective

Technologies for Healthy Aging

CAIIT2—UC Irvine

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NATIONAL HIGHLIGHTS

- Individuals aged 65 and over numbered 46.2 million in 2014.
- Between 2004 and 2014 the population age 60 and over increased 32.5%.
- Persons reaching age 65 have an average life expectancy of an additional 19 years.
- Older women outnumber older men by about 5 million.
- About 29% (13.3 million) of noninstitutionalized older persons live alone.

*Principal sources of data for the Profile are the U.S. Census Bureau, the National Center for Health Statistics, and the Bureau of Labor Statistics*
Median money income of all households headed by older people declined by 2.7% between 2013 and 2014.

Households containing families headed by persons 65+ reported a median income of $54,838 in 2014.

The major sources of income as reported by older persons in 2013 were:
  • Social Security (reported by 84% of older persons)
  • income from assets (reported by 51%)
  • private pensions (reported by 27%)
  • government employee pensions (reported by 14%)
  • earnings (reported by 28%)

Social Security constituted 90% or more of the income received by 35% of beneficiaries in 2013 (21% of married couples and 46% of non-married beneficiaries).

Over 4.5 million older adults (10%) were below the poverty level in 2014.
California - 2014
Percentage of older adults who self-reported that their health is "good", "very good", or "excellent"
View by: Age Group

Healthy People 2020 Target: No target specified.
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)
California - 2014
Mean number of days with activity limitations in the past month
View by: Age Group

Healthy People 2020 Target: No target specified.
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)
California - 2014
Percentage of older adults who have fallen and sustained an injury within last year
View by: Age Group

Healthy People 2020 Target: No target specified.
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)
California - 2013
Percentage of older adults who are eating 3 or more vegetables daily
View by: Age Group

Healthy People 2020 Target: No target specified.
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)
California - 2014
Percentage of older adults with a lifetime diagnosis of depression
View by: Age Group

Healthy People 2020 Target: No target specified.
Data Source: Behavioral Risk Factor Surveillance System (BRFSS)
COMPARATIVE SLIDES LA AND CA

**Louisiana - 2014**
Percentage of older adults who have fallen and sustained an injury within last year
View by: Age Group

**California - 2014**
Percentage of older adults who have fallen and sustained an injury within last year
View by: Age Group

Healthy People 2020 Target: No target specified.

Data Source: Behavioral Risk Factor Surveillance System (BRFSS)
COMPARATIVE LA AND CA DISABILITY

**Healthy People 2020 Target:** No target specified.

**Data Source:** Behavioral Risk Factor Surveillance System (BRFSS)
The largest percentage of growth in the older adult population is in the 60-64 age cohort.

The median household income of Orange County’s older adult population was $47,992 in 2009.

The median payment from Social Security is $12,461, and the maximum Supplemental Security Income payment is $10,440.

44% of older adults in OC are considered economically insecure (fall below Elder Index).

79 percent of older adults in Orange County own their own homes.

Source: OC Government Office on Aging
An Increasingly Aging Population puts Additional Pressure on our National Resources for Providing Care
U.S. Health Care Expenditures were more than 100 times higher in 2014 than in 1960
U.S. Health Care Costs have Consumed an Increasingly Greater Share of our Nation’s Economic Resources
Senior Population (65+) in United States
1950 to 2050
WITHIN TEN YEARS, PUBLIC PROGRAMS WILL COVER 56% OF ALL AMERICANS

134 Million (42% of Americans)

172 Million (52% of Americans)

191 Million (56% of Americans)

CHIP

Exchange

Medicare

Medicaid

Source: HMA, 2014.
The Affordable Care Act, Medicare and Medicaid
WHAT IMPACTS HEALTH OUTCOMES?

- Behavioral Patterns: 40%
- Social Circumstances: 15%
- Genetic Predisposition: 30%
- Health Care: 10%
- Environmental Exposure: 5%

SOCIAL DETERMINANTS OF HEALTH

The Social Determinants of Health

Financial Stability
Health Care Access
Neighborhood and Environment
Community Context
Education
Paper survey

Distributed to 3782 older adults aged 55-100+

Another 233 (29%) completed it online

Total of 1114 individuals responded:

- 76% were women
- 67% were over the age of 70
- 70% of the responders reported they live alone
- 57% of the responders had annual incomes under $25,000
- 60% were living in senior housing communities
LEVERAGING TECHNOLOGY

Phone type by age

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Landline</th>
<th>Cell phone</th>
<th>Smart phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 to 64</td>
<td>80%</td>
<td>60%</td>
<td>20%</td>
</tr>
<tr>
<td>65 to 69</td>
<td>85%</td>
<td>65%</td>
<td>25%</td>
</tr>
<tr>
<td>70 to 74</td>
<td>90%</td>
<td>70%</td>
<td>30%</td>
</tr>
<tr>
<td>75 to 79</td>
<td>95%</td>
<td>80%</td>
<td>5%</td>
</tr>
<tr>
<td>80 to 84</td>
<td>100%</td>
<td>90%</td>
<td>10%</td>
</tr>
<tr>
<td>85 and older</td>
<td>100%</td>
<td>75%</td>
<td>25%</td>
</tr>
</tbody>
</table>

LINK•AGE SURVEY 2013 DATA
Benefits of communication technologies

- Log on to my Social Security account
- Manage financial, retail accounts
- Participate in online social interest forums
- Use the Internet for news, entertainment and information
- Read and send email messages
- View and send photographs
- Phone or video chat with family members

**LINK•AGE SURVEY 2013 DATA**
LEVERAGING TECHNOLOGY

Health and wellness

- Congestive Heart Failure (CHF) weight scale.
- Diabetes monitor.
- Internet-connected blood pressure cuff.
- Chronic disease management with nurse monitoring.
- Fitness tracker (counts steps with app)
- Fitness tracker (counts steps)

Do not know enough about it to give an opinion, Not interested, Interested in it, Own it

LINK•AGE SURVEY 2013 DATA
PROVIDER PERSPECTIVE

- MEDICATION MANAGEMENT/ADHERENCE
- CARE COORDINATION/COMMUNICATION AND CARE TRANSITIONS
- POPULATION HEALTH/RISK MANAGEMENT
- CAREGIVER EDUCATION AND SUPPORT
- ACTIVITY MONITORING/EMERGENCY RESPONSE
OPPORTUNITIES FOR STAKEHOLDERS

✚ Connected Seniors see benefits for improved social interactions
✚ Payers will likely be open to safety and wellness options
✚ Caregivers and Providers
  ✚ Communication
  ✚ Training
  ✚ Transitions of care
  ✚ Coordination of care
everyone wants better. no one wants change.