

AGE WELL

Age in Place

Sandy Markwood
National Association of Area Agencies on Aging



Let's be visionary!

“To Build a Society That Values and Supports People as They Age”



Let's be aspirational!



All older adults can live and age successfully with dignity and independence in their homes and/or community for as long as possible.

The world is comprised of two groups of people:

Those who are “old”.



**Those who will be if they are
lucky enough.**



And Don't Forget Caregivers



Factors Impacting Your Health and Longevity

- JAMA 1983

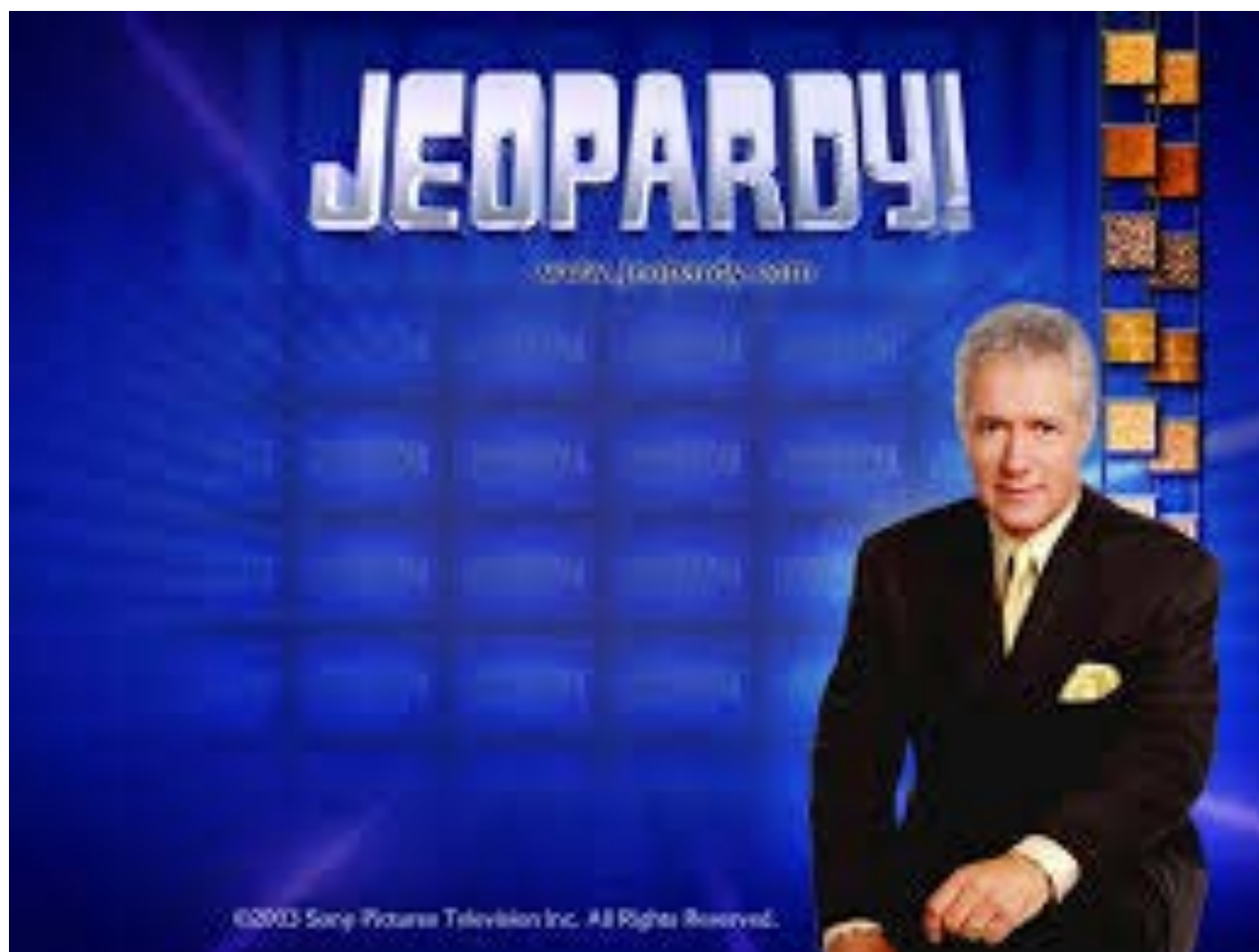
**10%
Medical
Care**

**30% Genetics and
Family History**

**20%
Environment**

**40% Personal
Behaviors**

Healthy Aging Jeopardy!



Health and Older Adults

By 2030

- 2 out of 3 older adults have at least one chronic disease
- 14 million (1 in 4) will be living with diabetes
- >21 million (1 in 3) will be considered obese
- 26 million will have arthritis

"When I'm 64", American Hospital Association. 2007/CDC Aging and Health in America 2013

State of Aging Health

CDC 2007

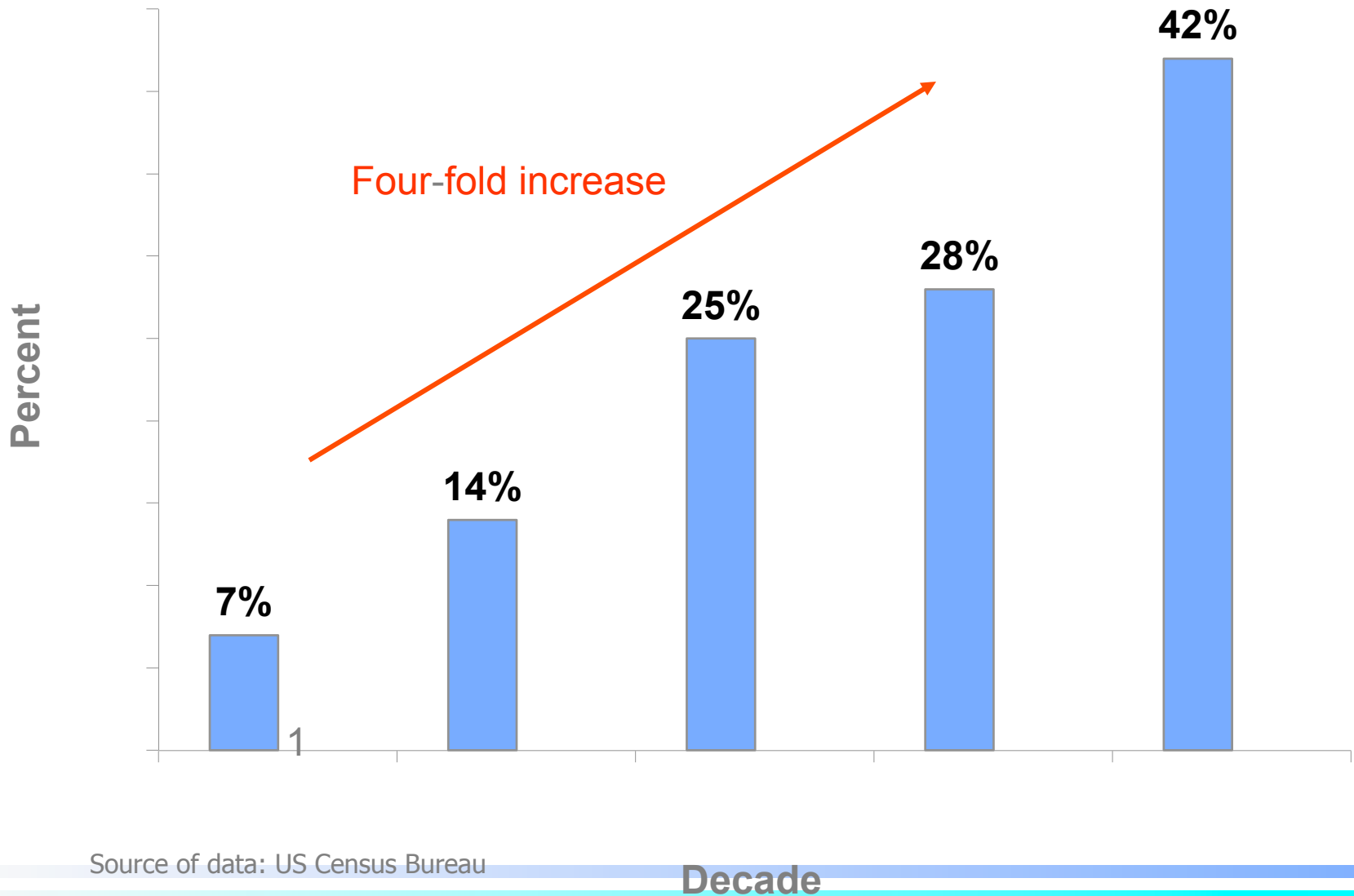
- 73% of people 65-74 no regular physical activity (81% 75+)
- 61% unhealthy weight
- 35% fall each year
- 20% clinical depression, age group high suicide risk
- 32% no flu shot in past 12 months/35% never had pneumococcal vaccine
- 20% prescribed unsuitable medications

Celebrating Our Longevity Revolution

ACTIVE AGING
REVOLUTION
BETTER, STRONGER, SMARTER

- 30 more years of active living!
- When a person turns 50 they have half of their adult life ahead of them!
- People over 60 are happier!
- Purposeful, engaged, conscientious people live longer....

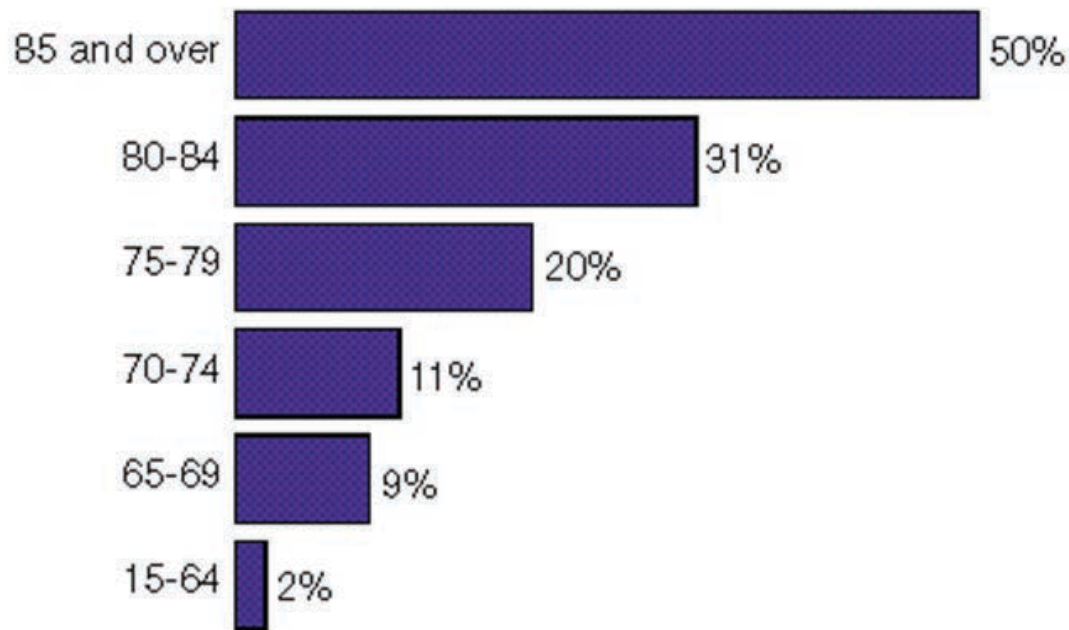
Boomers will be living longer: % people age 65 who will live to age 90



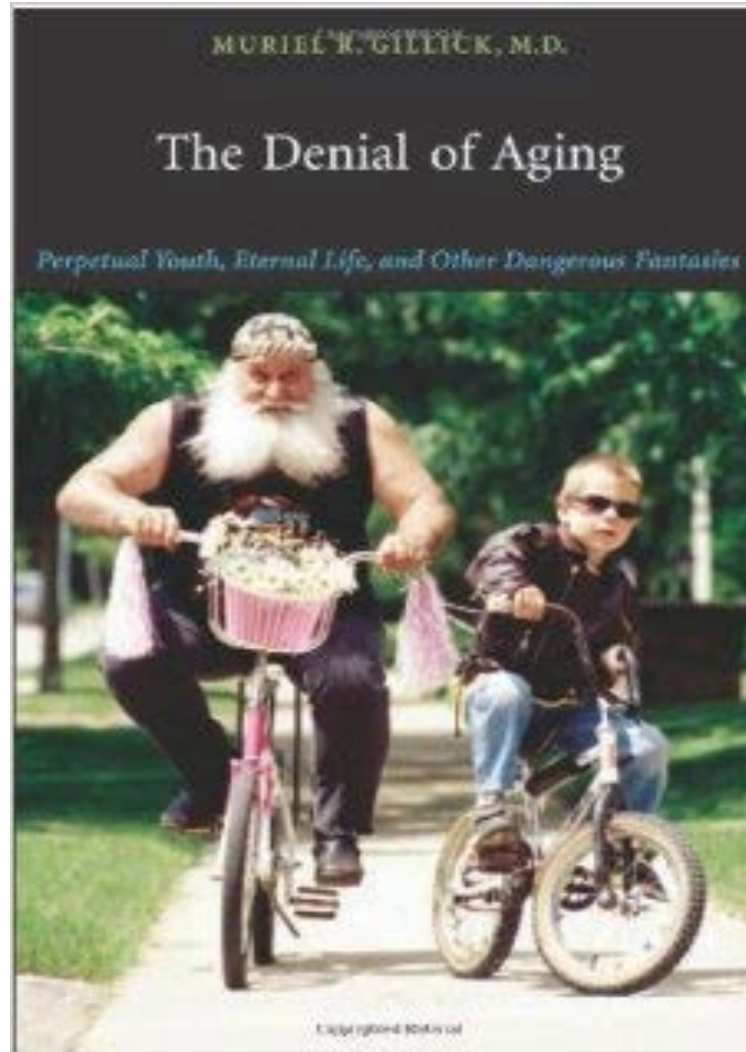
The Reality: At Some Point as You Age You Will Likely Need Support

The Need for Personal Assistance With Everyday Activities Increases With Age

Percentage of persons needing assistance with everyday activities, by age: 1990-91
(Civilian noninstitutional population)



Tackling the Peter Pan Syndrome







Formula for Successful Aging

Planning Ahead

Have you made a plan?

It's about how you **LIVE**.



- You Need to Plan for Their Own Aging
- Your Family Needs to Plan to Support You and Other Loved Ones
- Your Community Needs to Plan to Support Citizens Across Their Lifespan

Transportation



Housing

AGE
— IN —
PLACE



OR



MAKE
— A —
MOVE?

Access to Health/Community Services and Supports



Economic Engagement/Security



Aging Services

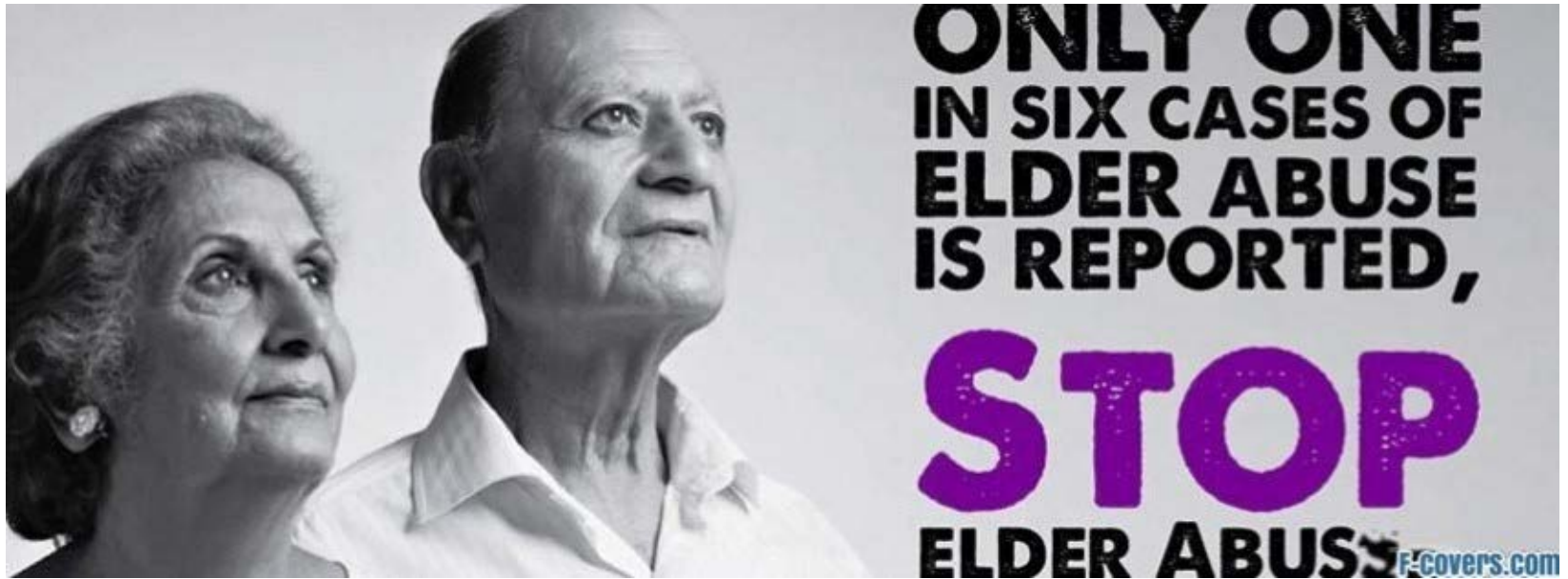


 Caring
for the
Caregiver

Health Care and Health Preventive Care



Personal and Public Safety



**ONLY ONE
IN SIX CASES OF
ELDER ABUSE
IS REPORTED,**

STOP

ELDER ABUSE f-covers.com

Social Engagement and Purpose



Surprise!

Baby Boomers and Millennials have a similar vision of community



Community Matters!



Where You Live Impacts Your Mobility



Where You Live Impacts Social Isolation



Where You Live Impacts Whether You Can Access Health Care, Services and Supports



Where You Live Impacts Your Personal Choices/Engagement



What Happens Without Choice/ Options







(As far as we know, photo is public domain)



When it's time to hand over the keys.
Making the Ride Happen may be your answer.









Some people respect their elders.
Some people abuse them.

Prevent elder abuse.

Have you noticed...?

- Physical injuries. For example, large bruises on the face, neck, forearms or back, broken bones, cuts or burns.
- Drastic shifts in the person's financial situation. For example, there's not enough food or the electricity has been turned off.
- A drop in daily upkeep. For example, poor personal hygiene, bad nails or poor sanitation.
- Unusual weight loss or weight gain.
- A new guest begins to talk to friends or loved ones or an avoidance of certain topics.
- A withdrawal from the person's normal activities not explained by age alone.

If you suspect abuse or neglect...

- Report it to your local adult protective services agency and to law enforcement.
- Remember—you do not have to prove abuse is taking place to say something.

Help Motives! "Take A Bite Out Of Crime!"
To learn more about elder abuse prevention, visit www.ajpc.org



BJA
Your
Logic
Here





CRIMES AGAINST THE ELDERLY

Information and resources for crimes against the elderly







Healthy Aging: Is This the Road We Are On?

CANINE CONSTITUTIONAL



A brisk walk in the park keeps Mary B in shape between dog shows. His owner, Columbia resident Cathy Stumbo, got up early

to give her 3-year-old Outerman his regular workout. They typically jog 25 miles in Berlin Park.

By Russell Clayton

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www.ruckelshaus.com



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

**What Choices Will You and
This Community Make/
What Options Will You Put
in Place ?**



You Can be Part of the Age-Friendly/Livable Communities Movement



THE AGING NETWORK'S
LIVABLE COMMUNITIES COLLABORATIVE



What Will Your Community Aspiration Be?

Southern Indiana-

- Embracing Aging!!
- Age in Everything!!
- A Great Place to Grow Up and to Grow Older
- A Lifelong Community
- Your Home for a Lifetime

10 Successful Strategies for Advancing an Age-Friendly Community

1. Collaborate Across Traditional and Nontraditional Sectors
2. Celebrate Racial and Ethnic Diversity
3. Build Relationships
4. Honor Your Unique Community
5. Revere Older Adults/Celebrate Aging

6. Embrace Longevity as an Opportunity
7. Tackle the Social Factors that Determine Wellness- Successful Aging
8. Seize Opportunities to Infuse Aging in Everything
9. Send the Right Messages about the Value of Aging
10. Leverage Local Dollars

What You Can Do To Move the Agenda Forward?

- **Get Engaged in this Effort!
Creating an Age-Friendly Community is Critical to YOUR Future.**
- **Plan for Your Own Aging and Involve Your Family.**
- **Strive Every Day to Do One Thing That Makes Your Community a Better More Age-Friendly Place.**



“Never believe that a few caring people can’t change the world. For, indeed, that’s all who ever have”. Margaret Mead

UNLESS someone like you
cares a whole awful lot,
nothing is going to get better.
It's not.

—*The Lorax*



Aging in Place Aging Well.... It's Up to You!



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