

The Aging Journey:

Preparing for the Unexpected

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President, CarePartners





What are we talking about today?

- Challenges
- Tools and Resources
- Houston innovations

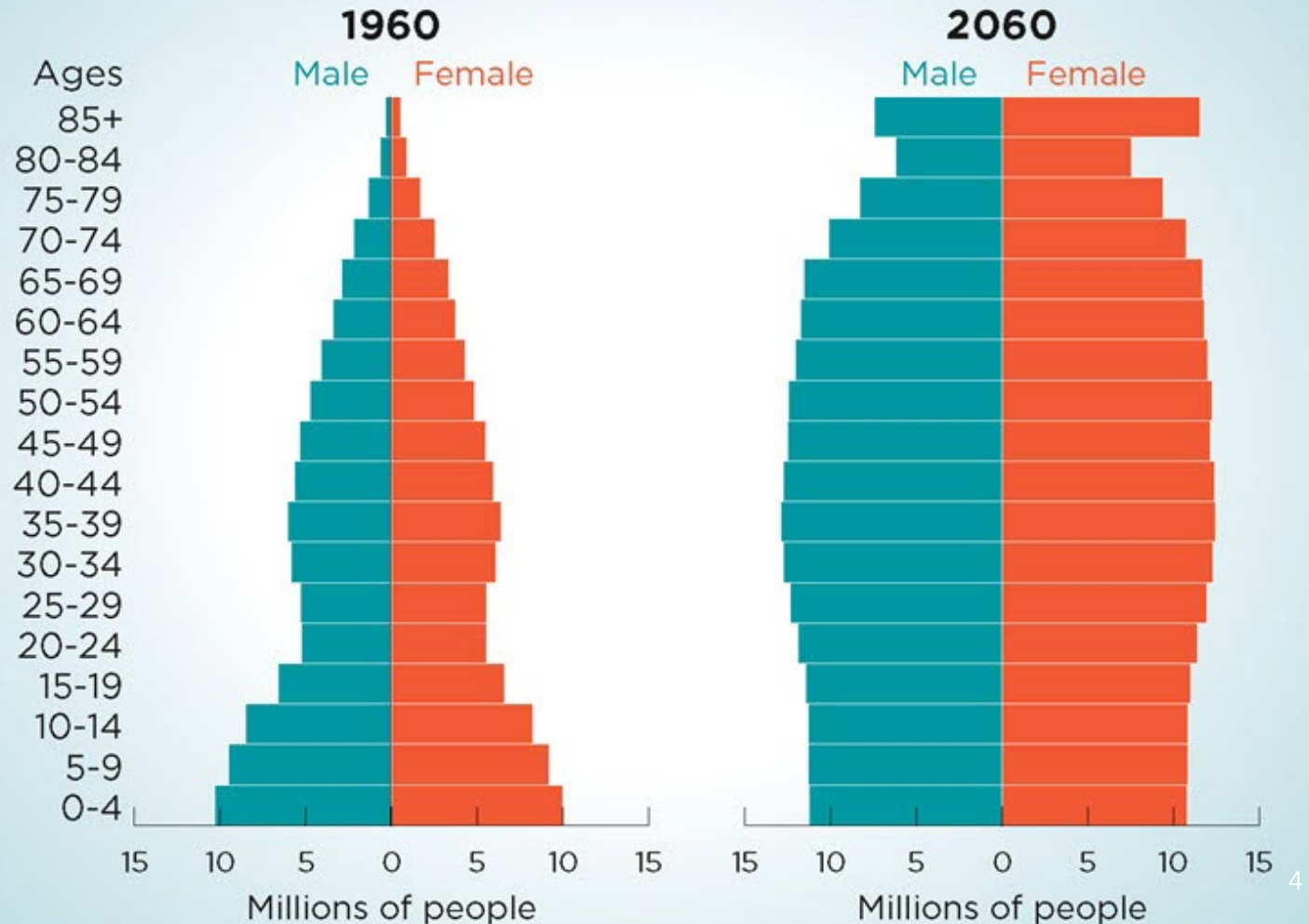


Shifting Demographics

Since 2010, the 65+ population in Texas increased by 53%.

From Pyramid to Pillar: A Century of Change

Population of the United States



The Big ~~6~~ 7



Falls



Physical Inactivity



Oral Health



Infectious Disease
Prevention



Behavioral
(Mental Health)

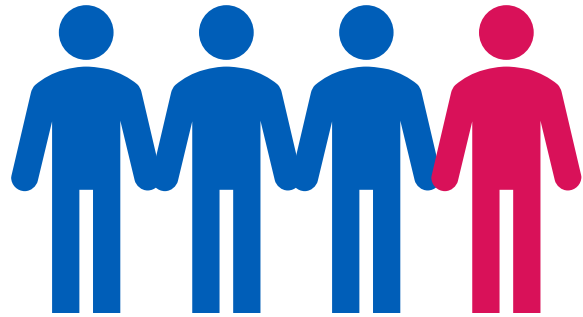


Chronic Disease

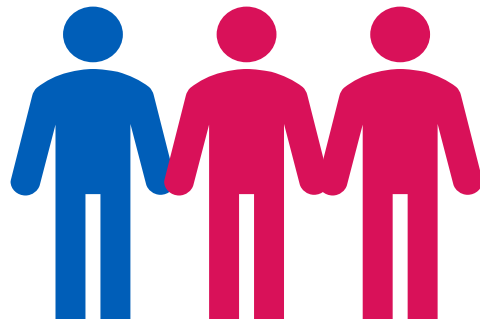


Caregiving

Behavioral Health



1 in 4 older adults experiences some mental disorder



Two-thirds of older adults don't get the treatment they need

Why?

- Limited mobility
- Financial stressors
- Loss of independence
- Increased chronic disease



Social isolation

Chronic Conditions

95% of Adults 65+ have at least 1 chronic condition

80% have 2 or more



Hypertension
(High Blood Pressure)
60%



High Cholesterol
51%



Arthritis
35%



Ischemic /
Coronary
Heart Disease
29%



Diabetes
27%



Chronic Kidney
Disease
25%



Heart
Failure
15%



Depression
16%

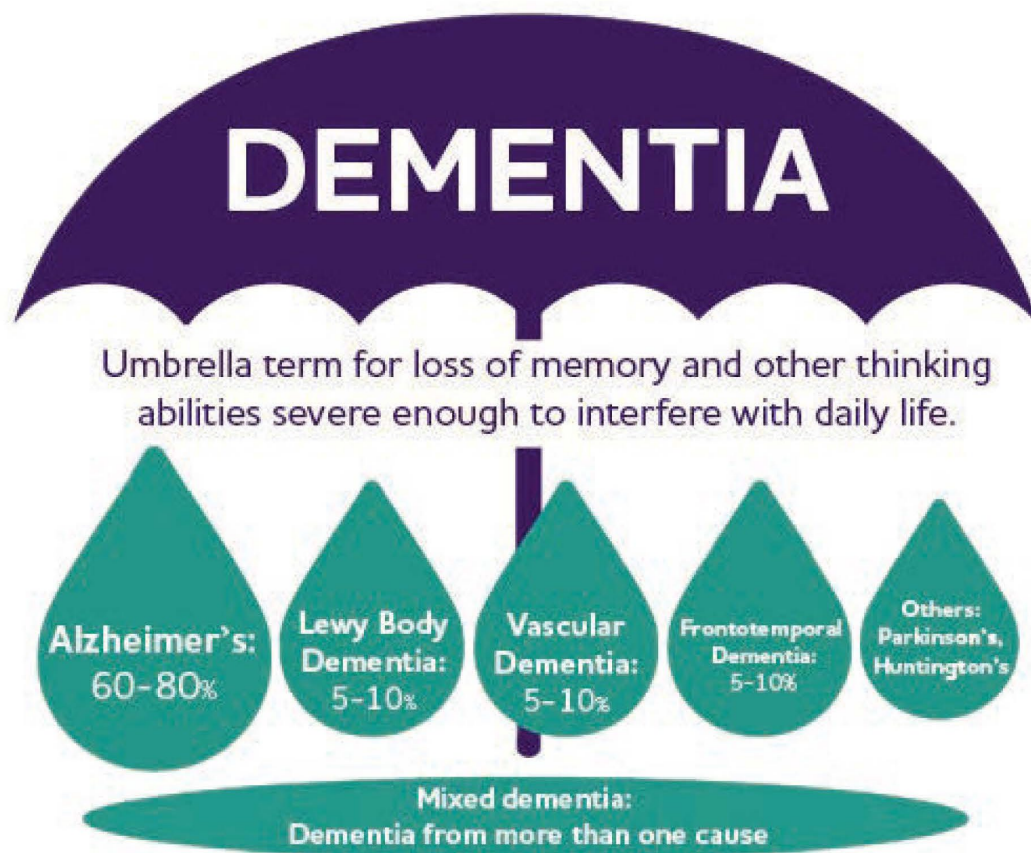


Alzheimer's
Disease and
Dementia
12%



Chronic
Obstructive
Pulmonary
Disease
11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries.



Alzheimer's Association, 2021

Dementia is the largest single contributor to disability and needs for care among older adults out of any chronic disease

(Wimo and Prince, 2010)

Dementia more than doubles the health care costs of chronic conditions.

Family Caregivers provide most of the care for older adults.

The number of Americans providing unpaid care has increased over the last five years.*

43.5 million
2015  **53 million**
2020

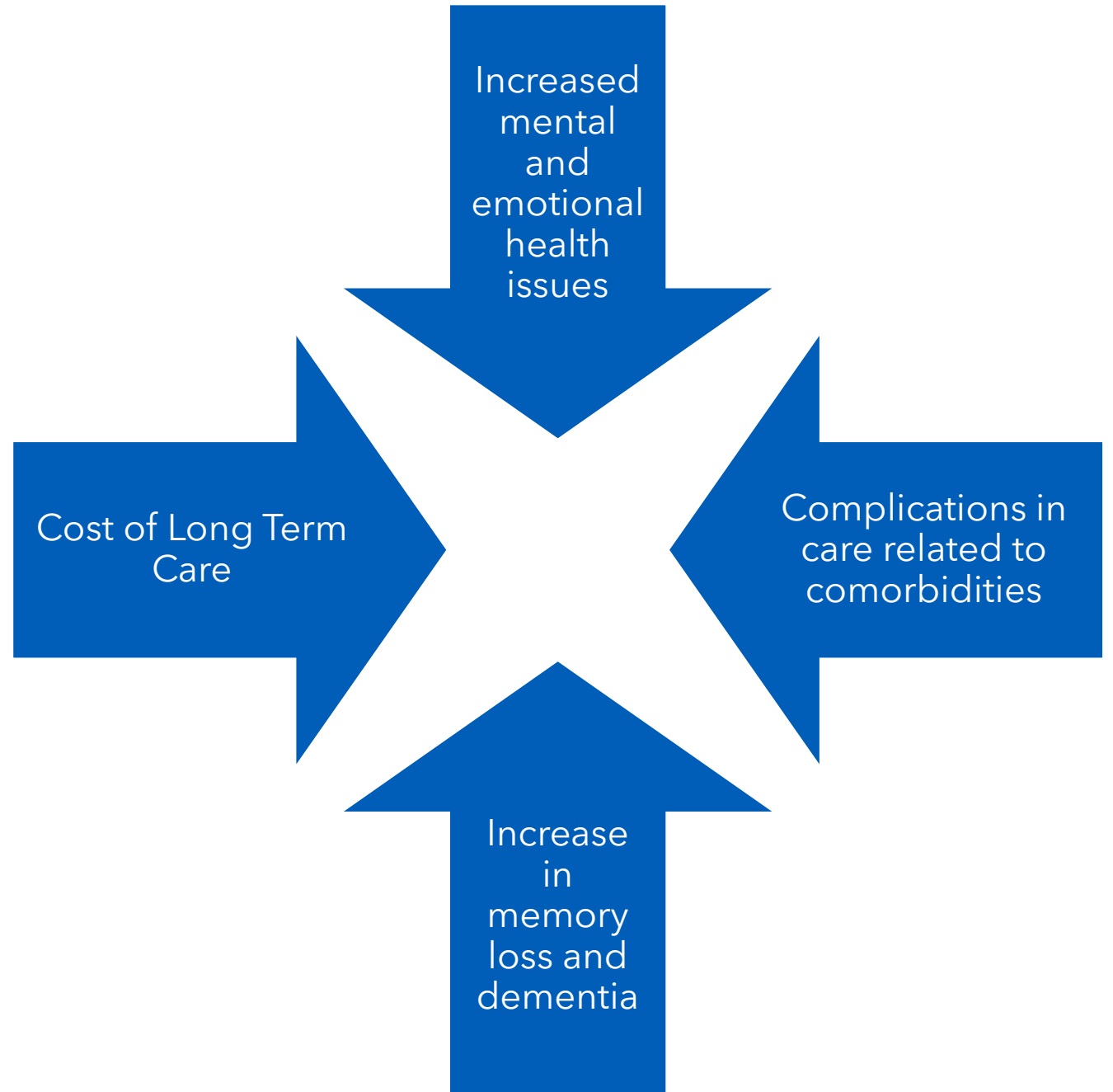


18%
2015  **21%**
2020

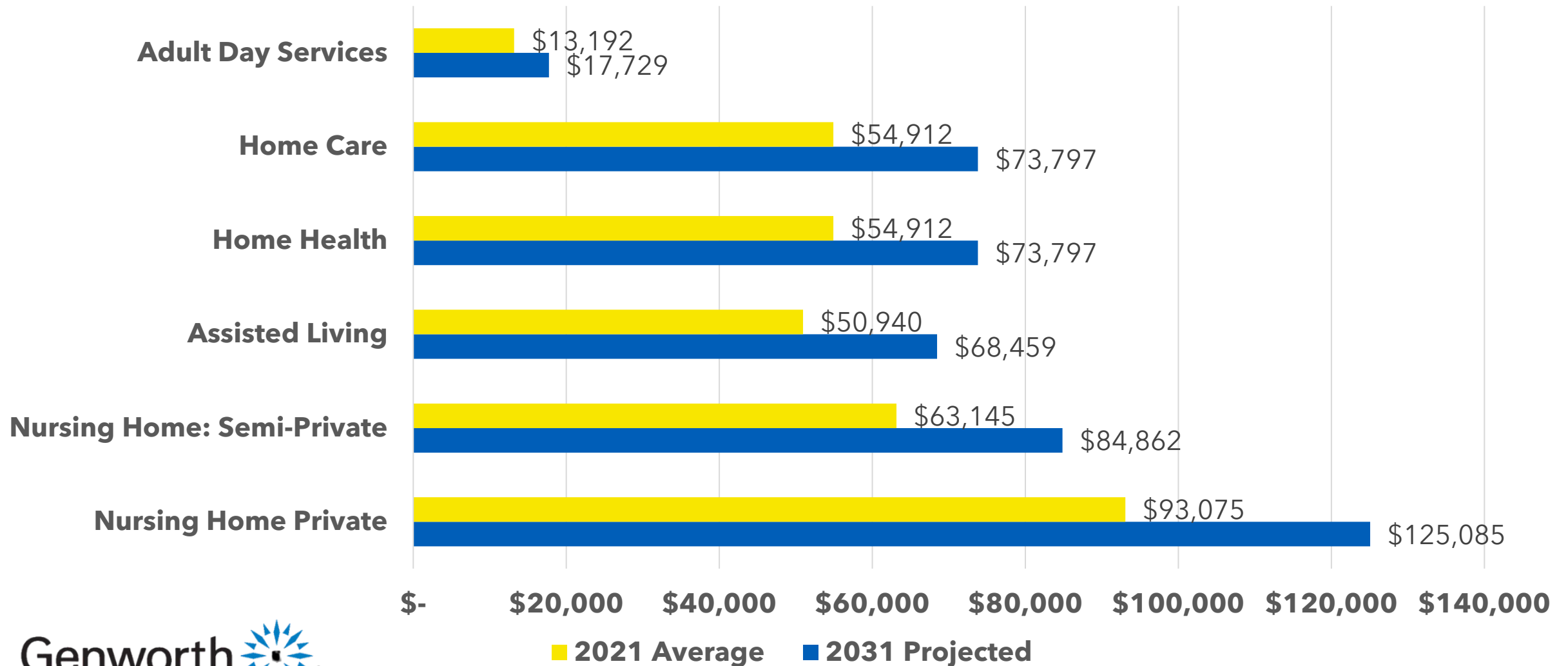
NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.**



Why the increase?



Houston Long Term Care Costs



**“Doing a
job they
were never
trained for”**

6 in 10 caregivers assist with
medical/nursing tasks (skilled
and complex care activities)



93% of caregivers report
never being taught how to
provide care.



COVID-19 strained an already stressed system.

- Increased Isolation
- Burnout from suspended supports
- Lack of access to or comfort with technology
- Limited interactions with health care
- Financial hardship



Age Well, Live Well

- Be Healthy
- Be Connected
- Be Prepared*

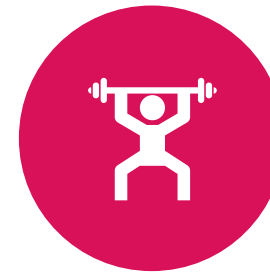
National Council on Aging
www.ncoa.org



BEHAVIORAL/MENTAL



EMOTIONAL



PHYSICAL



COGNITIVE

Get Your Annual Wellness Exam!


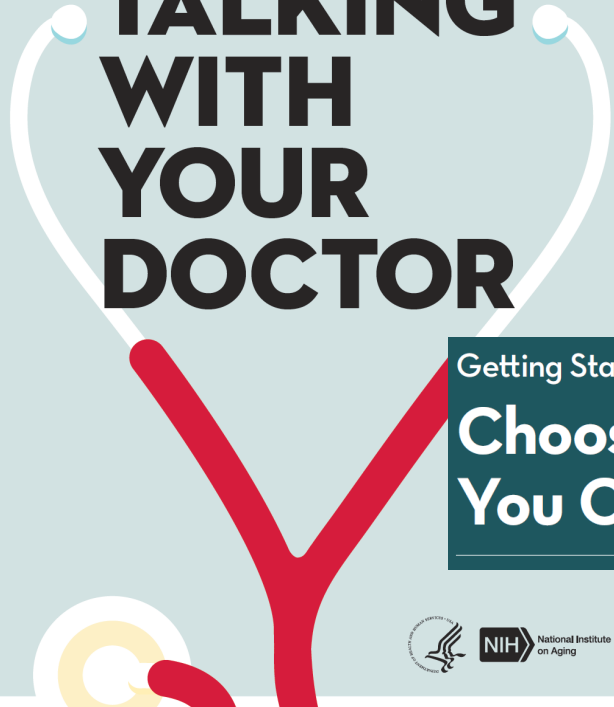
Be Healthy: Healthcare

A Guide for Older Adults


TALKING WITH YOUR DOCTOR

Getting Started

Choosing a Doctor You Can Talk With



www.nia.nih.gov




Welcome to My Health Priorities!

Through this process we will help you identify what matters most to you- your Health Priorities.

Why are Your Health Priorities Important?

What matters most in life and health is different for everyone. Managing your health may be particularly difficult if you have multiple chronic conditions.

The more you and your health care team know about what matters most to you, the better you can work together to line up your health care decisions with your Health Priorities.



Note: use the "next" and "go back" buttons to move to the next page or previous page.

go back

next

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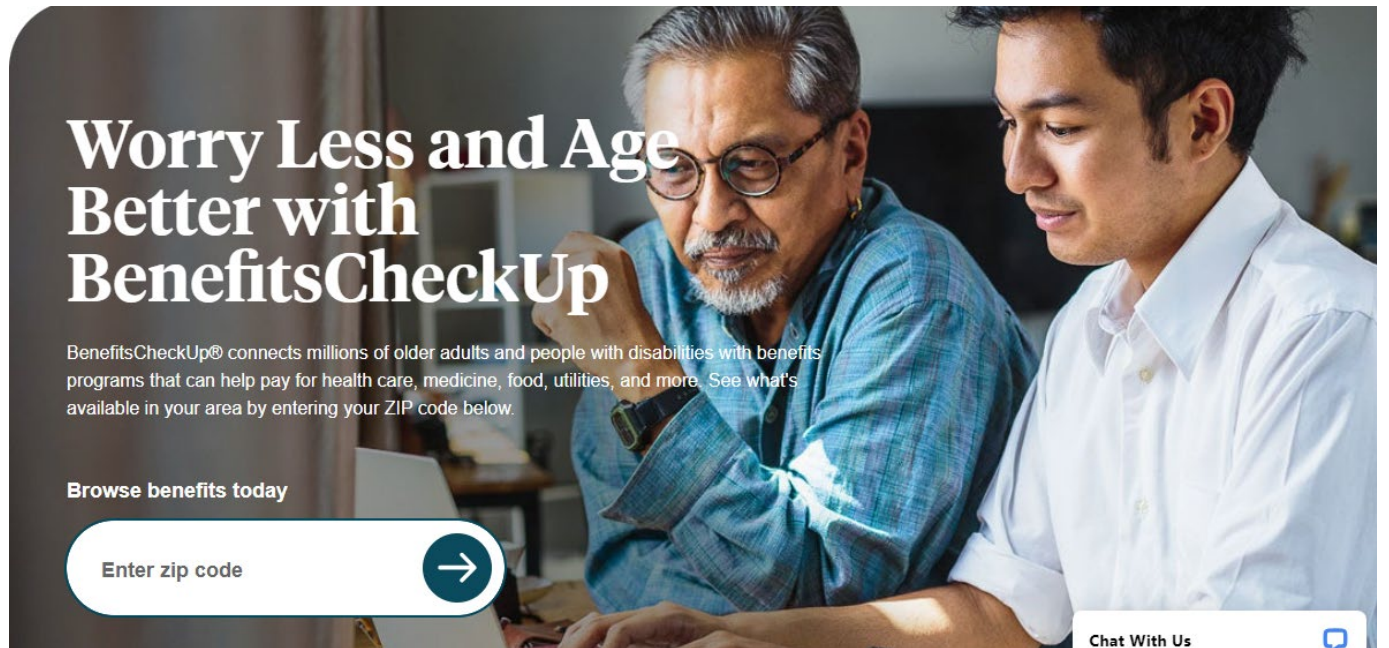
myhealthpriorities.org



Be Connected

- Continue Learning
- Be Civically Involved
- Explore Hobbies
- Volunteer
- Create New Connections


Be Prepared: Understand Your Benefits



Worry Less and Age Better with BenefitsCheckUp

BenefitsCheckUp® connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more. See what's available in your area by entering your ZIP code below.

Browse benefits today

benefitscheckup.org



HOUSTON HEALTH
DEPARTMENT

Free Benefits Counseling
832-393-4301



www.careconnection.org

Be Prepared: Legal and Financial



Plan for your estate and finances



Plan for your future healthcare (*Advanced Care Planning*)



Secure important papers



SHARE YOUR PLANS!



Update plans regularly

Be Prepared: Care Options

- Identify potential caregivers
- Investigate long term care options
- Make a plan
- Make a back up plan...
- Make another back up plan...



Be Prepared: Becoming a Caregiver



Information

- AARP Prepare to Care
- Family Caregiver Alliance
- Education Seminars/Workshops



Connection

- Support Groups
- Online Communities
- Peer-to-peer support



Respite

- Day Activity Programs
- In-home companionship
- Weekend getaways

Resources

Local

- Harris County Area Agency on Aging
- Houston Galveston Area Council
- Alzheimer's Association
- Amazing Place
- CarePartners

National/Regional

- AARP Prepare to Care (aarp.org/caregiving)
- National Institute on Aging (nia.nih.org)
- National Council on Aging (ncoa.org)
- Family Caregiver Alliance (caregiver.org)



CarePartners Community of Care



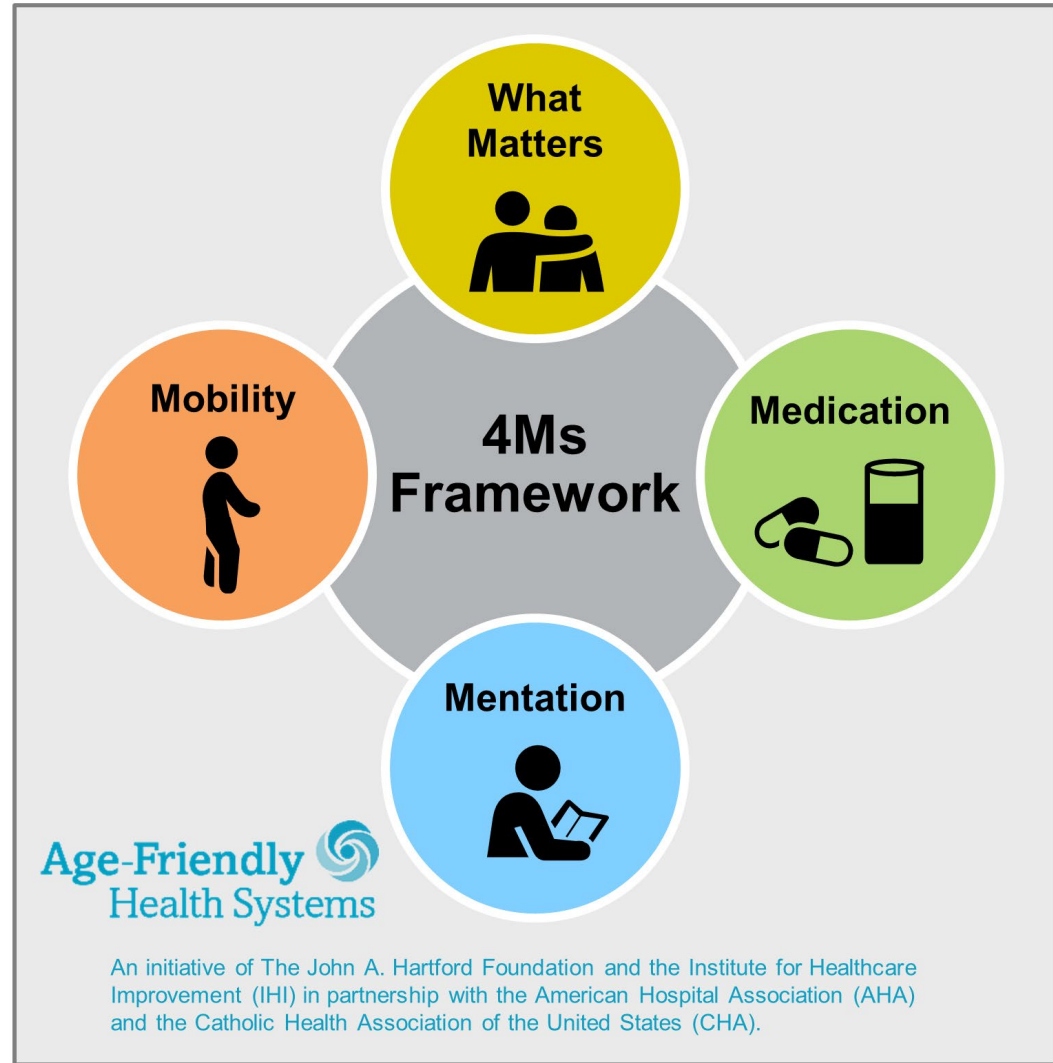
CarePartnersTexas.org



What's happening in Houston



SE Texas Geriatrics Workforce Enhancement Program
 SETxGWEP
 Reach ▪ Teach ▪ Innovate



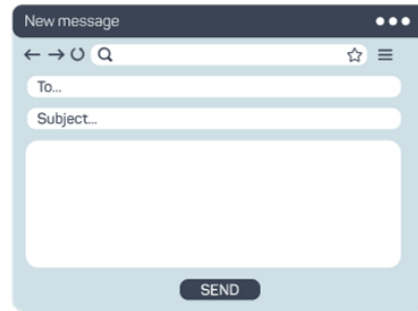
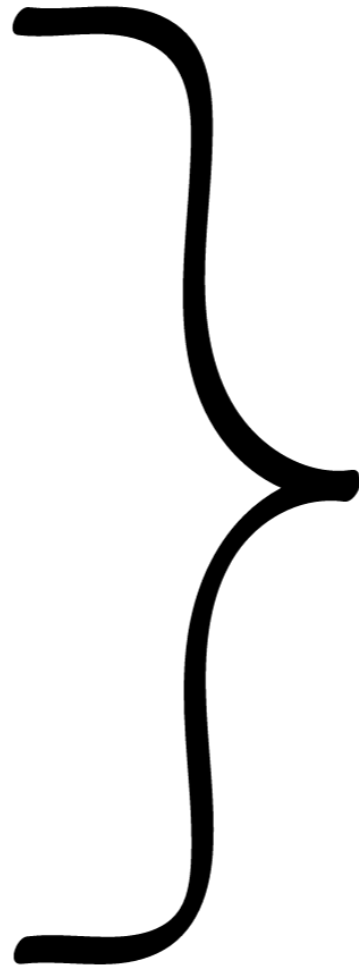
For related work, this graphic may be used in its entirety without requesting permission.
 Graphic files and guidance at ihi.org/AgeFriendly

Direct Connect Referral Systems

HARRIS
HEALTH
SYSTEM



HOUSTON
Methodist
LEADING MEDICINE



Hospitals and clinics made nearly
200 referrals
to CarePartners since January 2022.

 UTHealth[®] Houston
Institute on Aging

Cizik School of Nursing

McGovern Medical School

MD Anderson UTHealth Graduate School

McWilliams School of Biomedical Informatics

School of Dentistry

School of Public Health

Addressing Isolation and Elder Mistreatment through Connection

The Carmel B. Dyer program pairs Rice University students and other community volunteers with older adults to provide ongoing support and companionship.

ELDERABUSE.ORG

What Is It? ▾

What We Do ▾

Who We



CarePartners, UTHealth Houston, and Wheeler Avenue Baptist Church Team Up on “Carmel B. Dyer Second Family Program”

Oct 26, 2022

Pilot! Rice University Gathering Place

Half-day activity program for individuals with dementia including planned social, mental, spiritual, and physical activities Offered once or twice a month.



We are looking for
volunteers!



<https://form.jotform.com/CarePartners/RiceGatheringPlace>

Get Involved

- Share
- Volunteer
- Donate

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CarePartnersTexas.org

