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
Since 2010, the 65+ population in Texas increased by 53%.
The Big 6

- Falls
- Physical Inactivity
- Oral Health
- Infectious Disease Prevention

- Behavioral (Mental Health)
- Chronic Disease
- Caregiving

National Council on Aging, 2023
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.
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.

Alzheimer's Association, 2021
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?

- Increased mental and emotional health issues
- Complications in care related to comorbidities
- Increase in memory loss and dementia
- Cost of Long Term Care

National Alliance for Caregiving, AARP, Caregiving in the US 2020
### Houston Long Term Care Costs

<table>
<thead>
<tr>
<th>Service</th>
<th>2021 Average</th>
<th>2031 Projected</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Day Services</td>
<td>$13,192</td>
<td>$17,729</td>
</tr>
<tr>
<td>Home Care</td>
<td>$54,912</td>
<td>$73,797</td>
</tr>
<tr>
<td>Home Health</td>
<td>$54,912</td>
<td>$73,797</td>
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<tr>
<td>Assisted Living</td>
<td>$50,940</td>
<td>$68,459</td>
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<tr>
<td>Nursing Home: Semi-Private</td>
<td>$63,145</td>
<td>$84,862</td>
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<tr>
<td>Nursing Home Private</td>
<td>$93,075</td>
<td>$125,085</td>
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</tbody>
</table>

**Note:** 2021 Average vs. 2031 Projected cost estimates for various levels of care in Houston.
“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*
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

myhealthpriorities.org
Be Connected

- Continue Learning
- Be Civically Involved
- Explore Hobbies
- Volunteer
- Create New Connections
Be Prepared: Understand Your Benefits

Free Benefits Counseling
832-393-4301

benefitscheckup.org

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
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

Dementia Day Center
Licensed Facility with Skilled Care

The Gathering Place and Second Family
Volunteer-based Activity and Respite Programs

Support
Support Groups and One-on-one Consultation

Education
Online Resources, Conference, Workshops

CarePartnersTexas.org
What’s happening in Houston
SE Texas Geriatrics Workforce Enhancement Program
SETxGWEP
Reach • Teach • Innovate

What Matters
Mobility
4Ms Framework
Medication
Mentation

Age-Friendly Health Systems
An initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI) in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA).

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