IARA CONFERENCE

Rethinking age(ing): Innovative models of regional health care

THE US PERSPECTIVE

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AGING IN THE US

- NATIONAL TRENDS

  - Over the next five years. population of individuals aged 80 years and older is expected to increase to 18.8 million.

- REGIONAL TRENDS-

  - ¼ of older Americans live in CA, FL TX
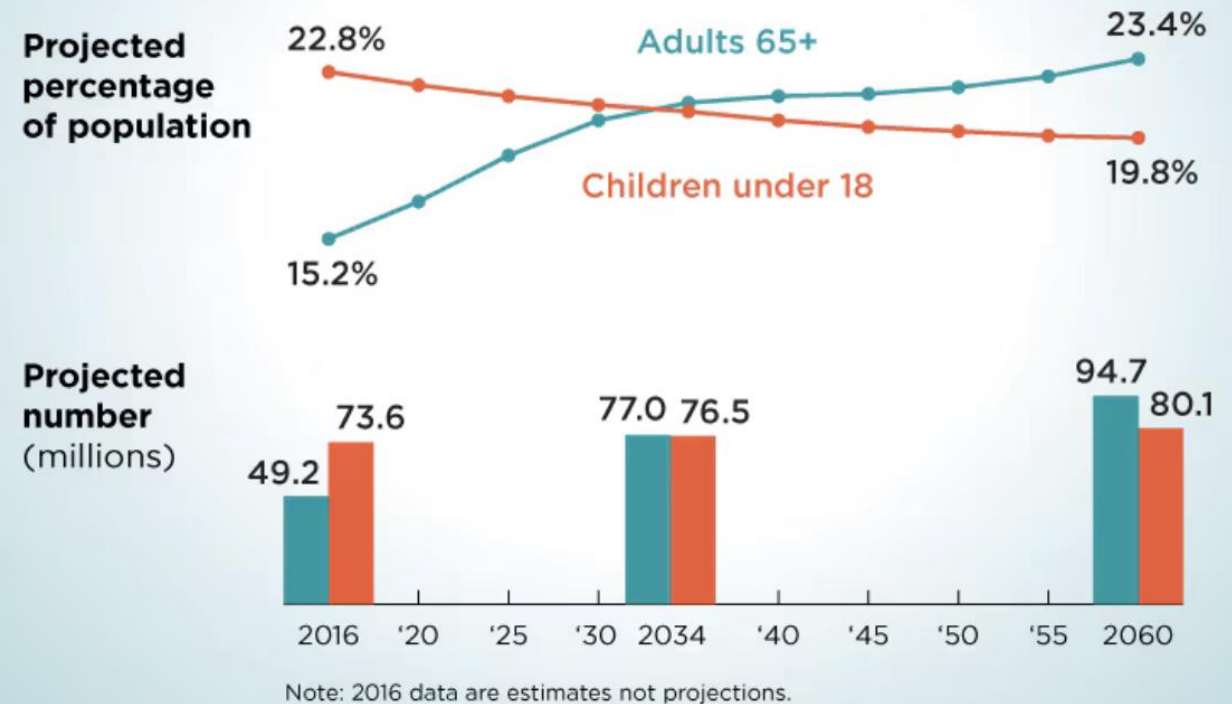 - Another 25% live in 7 other states (GA, IL, MI, NY, NC, OH, PA)

https://www.census.gov/library/stories/2018/03/graying-america.html

Living Longer, but not necessarily better

Figure 2: ■■■
Our healthspans do not match our lifespans

- ■ Expected years in poor health
- ■ Healthy life expectancy

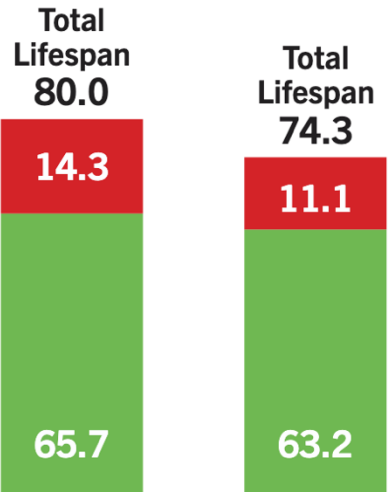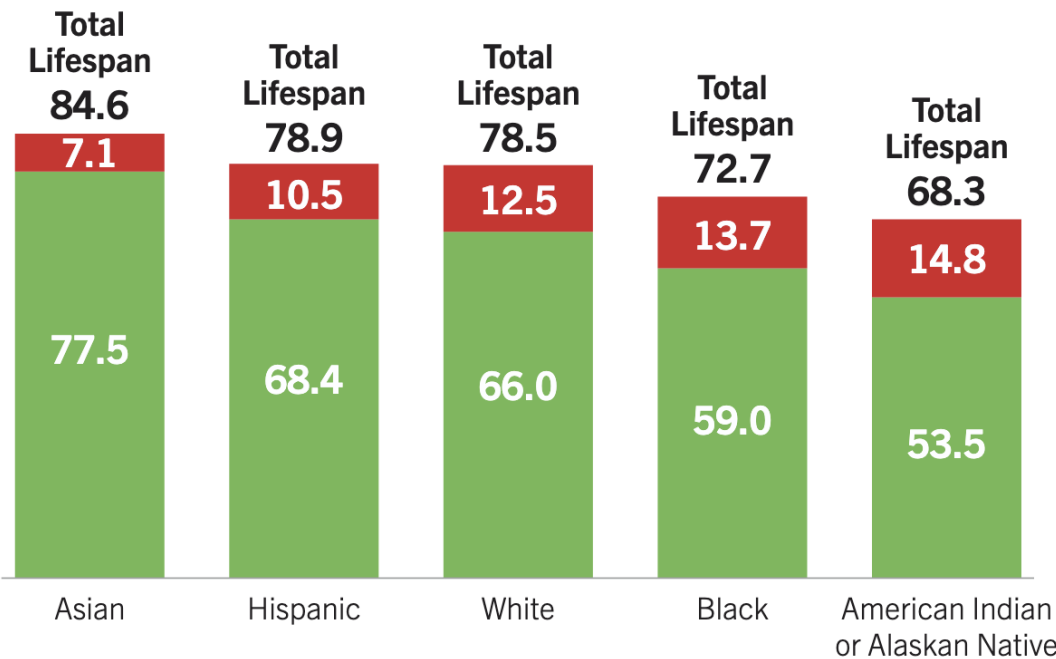|	Total Lifespan 80.0	Total Lifespan 74.3
Expected years in poor health	14.3	11.1
Healthy life expectancy	65.7	63.2

Figure 5: ■■■
Racial disparities in lifespan and healthspan

U.S. life expectancy by race

- ■ Expected years in poor health
- ■ Healthy life expectamcy

	Asian Total Lifespan 84.6	Hispanic Total Lifespan 78.9	White Total Lifespan 78.5	Black Total Lifespan 72.7	American Indian or Alaskan Native Total Lifespan 68.3
Expected years in poor health	7.1	10.5	12.5	13.7	14.8
Healthy life expectancy	77.5	68.4	66.0	59.0	53.5

Source: Deloitte, "How employers can spark a movement to help us live longer and healthier lives," June 2023.

https://www.johnahartford.org/images/uploads/resources/The_Growing_Demand_for_Age-Friendly_Care_Report_FINAL.pdf

10 Common Chronic Conditions for Adults 65+

Hypertension (High Blood Pressure)
60%

High Cholesterol
51%

Obesity
42%

Arthritis
35%

Ischemic / Coronary Heart Disease
29%

Diabetes
27%

Chronic Kidney Disease
25%

Heart Failure
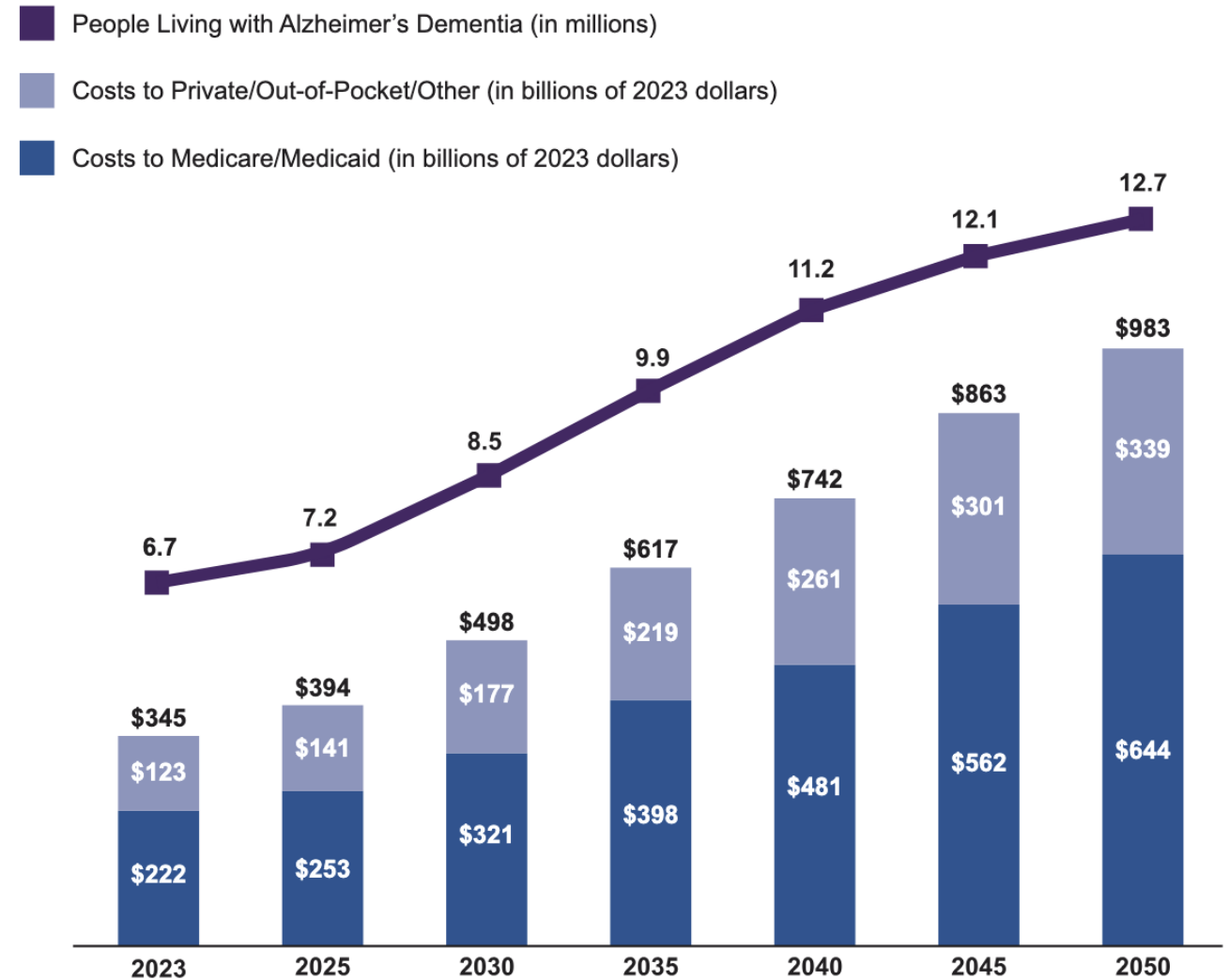15%

Depression
16%

Alzheimer's Disease and Dementia
12%

https://www.ncoa.org/article/the-top-10-most-common-chronic-conditions-in-older-adults/

Alzheimer's and Other Forms of Dementia in the US

Figure 2. Projected Alzheimer's Prevalence and Costs[6]

Legend:
- People Living with Alzheimer's Dementia (in millions)
- Costs to Private/Out-of-Pocket/Other (in billions of 2023 dollars)
- Costs to Medicare/Medicaid (in billions of 2023 dollars)

Year	People (millions)	Total	Private/Out-of-Pocket/Other	Medicare/Medicaid
2023	6.7	$345	$123	$222
2025	7.2	$394	$141	$253
2030	8.5	$498	$177	$321
2035	9.9	$617	$219	$398
2040	11.2	$742	$261	$481
2045	12.1	$863	$301	$562
2050	12.7	$983	$339	$644

Public Health and Dementia

https://www.cdc.gov/aging-programs/media/pdfs/2024/06/HBI-State-and-Local-Road-Map-for-Public-Health-2023-2027-508-compliant.pdf

PROGRAMMES TO SUPPORT OLDER ADULTS

- **FEDERAL (NATIONAL)**
- MEDICARE- Health Insurance for individuals over 65
- HUD- Housing support for low income adults.
- ADMINISTRATION FOR COMMUNITY Living-funding for area agency on aging and Senior Resource Centers
- **STATE PROGRAMS**
- Housing, utility support, long term care ombudsman programs, Adult Day services, Caregiver resource support, Home Care Assistance, transportation services, congregate and meal delivery

MEDICARE

- Federally funded by taxpayers and premiums

- A- Hospital coverage- paid from payroll tax by working individuals*
- B- Outpatient services- requires payment of premiums*
- C- "Advantage" (managed care) plans
- D- prescription benefit

- **Medicaid**- for Low income- shared funding by federal and state- pays for most long -term care.
- * home health care- time limited, rehabilitation focused

US Public Health System

- Federal Agencies- Health and Human Services
  - Manages Medicare/Medicaid
  - Centers for Disease Control and Prevention
  - Funds programs to enhance access
  - Workforce Development programs

- State and Local Health Departments- 10 Essential Services

WELLNESS AND CARE MANAGEMENT SUPPORT FOR OLDER ADULTS

- Enhanced billing codes for Care Management- Medicare
  - Chronic Care Management
  - Transition Care Management
  - GUIDE MODEL for people living with dementia
- Annual Wellness Visits (ACA) Preventative Services
- Silver Sneakers- Gym membership

- Housing and Urban Development- HUD's Supportive Services Demonstration- IWISH

National Plan to Address Alzheimer's

- 1. Prevent and Effectively Treat Alzheimer's Disease and Related Dementias by 2025.

- 2. Enhance Care Quality and Efficiency.

- 3. Expand Supports for People with Alzheimer's Disease and Related Dementias and their Families.

- 4. Enhance Public Awareness and Engagement.

- 5. Improve Data to Track Progress.

- 6. Accelerate Action to Promote Healthy Aging and Reduce Risk Factors for Alzheimer's Disease

- and Related Dementias.

Healthy Brain Initiative
State and Local Road Map for Public Health, 2023–2027

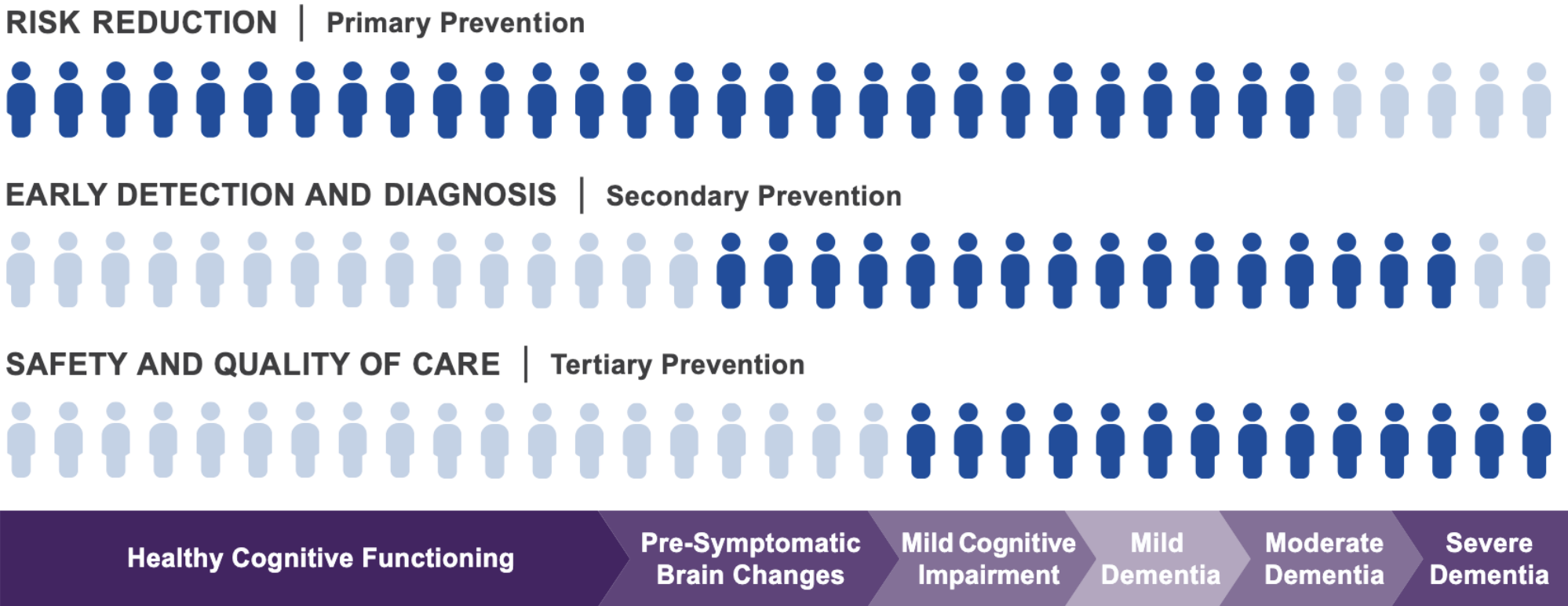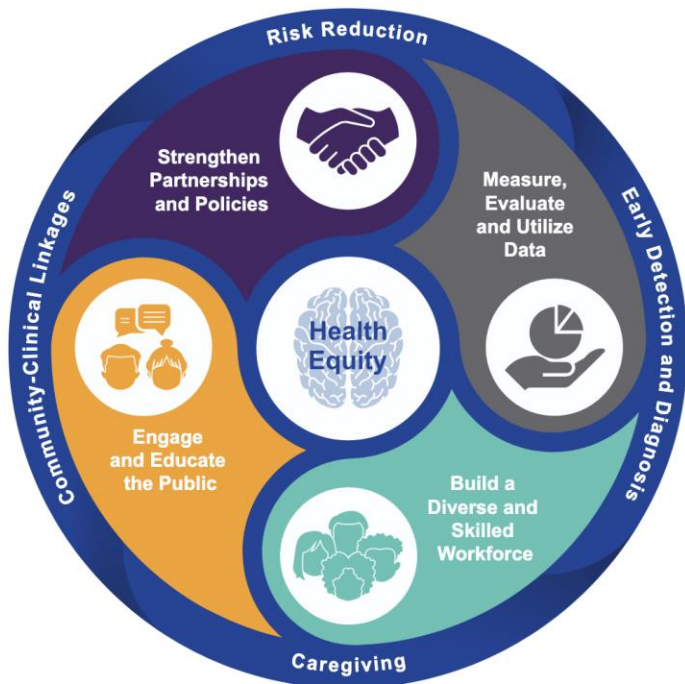Figure 1. Opportunities for Public Health Intervention Across the Dementia Life Course

RISK REDUCTION | Primary Prevention

EARLY DETECTION AND DIAGNOSIS | Secondary Prevention

SAFETY AND QUALITY OF CARE | Tertiary Prevention

Healthy Cognitive Functioning | Pre-Symptomatic Brain Changes | Mild Cognitive Impairment | Mild Dementia | Moderate Dementia | Severe Dementia

Figure 4. Conceptual Framework for the Healthy Brain Initiative Road Map

STRENGTHEN PARTNERSHIPS AND POLICIES:
Public health strengthens, supports and mobilizes community partnerships to improve brain health. It also creates, champions and implements supportive policies and plans.

MEASURE, EVALUATE AND UTILIZE DATA:
Public health monitors health status to identify and solve community health problems and evaluates effectiveness, accessibility and quality of personal and population-based health services. Findings are translated into data-informed programs and policies to improve brain health across the life course.

BUILD A DIVERSE AND SKILLED WORKFORCE:
Public health trains and prepares the public health and health care workforce to educate their constituents and provide the best care to people at risk for or living with dementia while supporting caregivers.

ENGAGE AND EDUCATE THE PUBLIC:
Public health engages with diverse communities to understand how messages are best delivered and what information to convey to specific populations. Public health communicates effectively to educate people about factors that influence brain health and ways to maintain or improve their cognitive health and quality of life.

Non Govermental Organizations

- Alzheimer's Association

- AARP

- Leading Age

- National Council on Aging

- American Geriatrics Society

- Gerontological Society of America
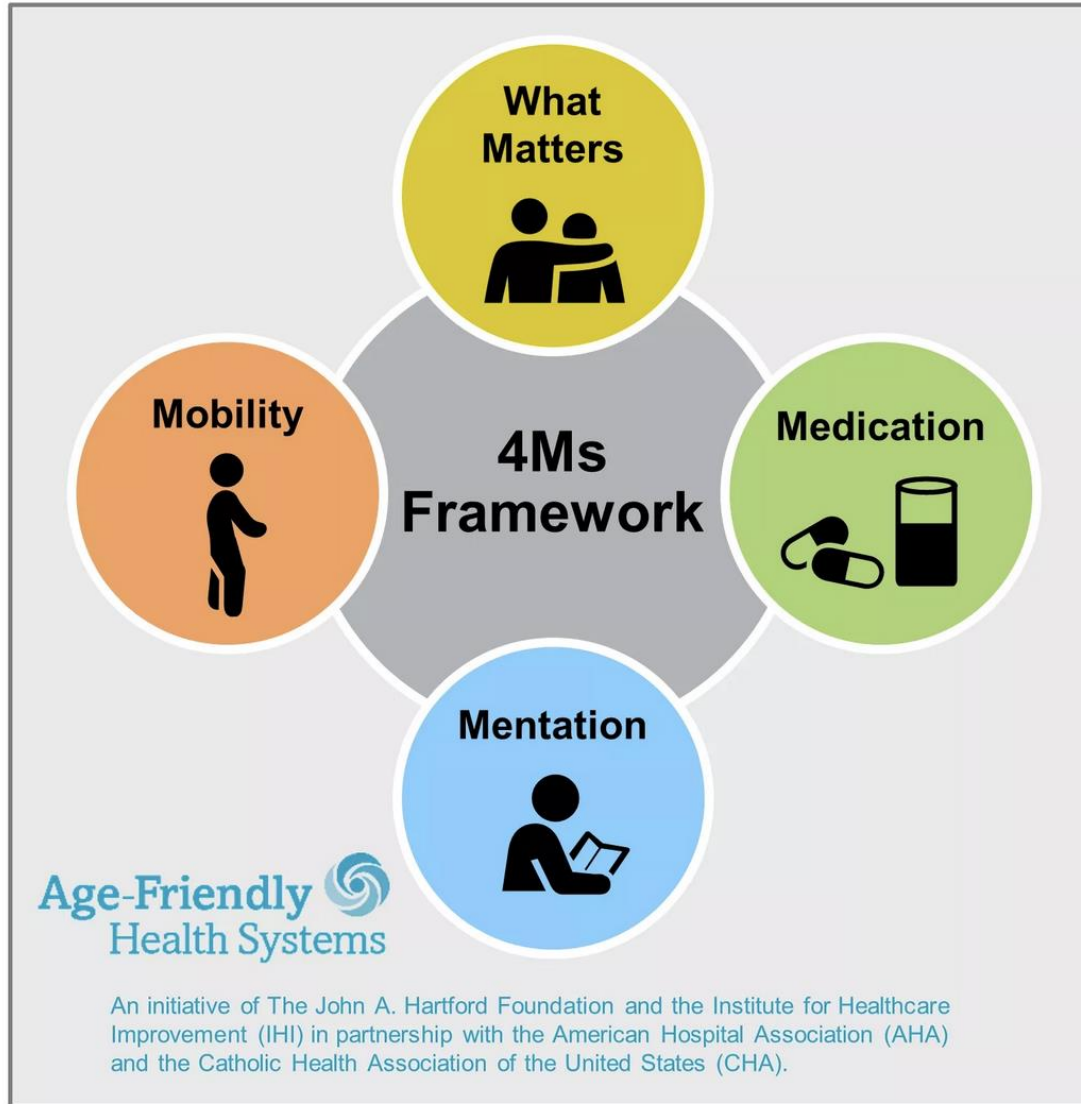
- John A. Hartford Foundation

Challenges and Gaps

- Financial Insecurity

- Fractured and Expensive Healthcare system

- Social Isolation/Loneliness/Depression

- Safety Concerns

- Housing – lack of supportive housing

- Inadequacy of long-term care facilities

4Ms Framework of an Age-Friendly Health System

4Ms Framework

What Matters

Mobility

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).

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What Matters
Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication
If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation
Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility
Ensure that older adults move safely every day in order to maintain function and do What Matters.

https://www.ihi.org/networks/initiatives/age-friendly-health-systems

Technological Innovations to support Healthy Aging

- Telehealth

- Wearable Devices

- Pill Packs and Dispensers

- Remote Monitoring

- Smart Home Technology

- Personal Emergency Response Systems

Community Housing Models

- ADU's – "Granny Pads"
- Senior Apartments
- Co Housing/Shared Housing
- "Village" Model
- Assisted Living
- Continuing Care Retirement Communities
- Long Term Care

Closer to home...

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