

GAPS IN HEALTHCARE FOR THE ELDERLY

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AREAS OF DISCUSSION

- Aging Population:
 - 17.7% of Iowans \geq age 65;
 - 16.8% US population \geq age 65
- Functional Loss increases with Age - 29% of Older Iowans have at least one type of disability
 - 5% of older Americans living in the community are dependent in 3 or more activities of daily living
 - 16% of older Americans living in the community are dependent on others to meet activities of daily living
 - 1.4 million Americans reside in a nursing home
 - Iowa has a high rate of falls
- Aging increase the risk of chronic disease: heart disease, arthritis, diabetes, and cancer.

2030 One in Five Americans age 65 and over

AREAS OF DISCUSSION

- Alzheimer's Disease is the 7th leading cause of death in the USA
- Older Adults are uniquely vulnerable to COVID-19 infection, which remains the 3rd leading cause of death in the USA this year.
- 20% of older Americans experience some kind of mental health concern.
 - Depression is the most prevalent mental health problem among older adults.
 - Older men have the highest suicide rate compared to other age groups (40.5 per 100,000)
- Social Isolation Increases with Age - 28.7% of Older Iowans live alone.
 - Lack of social connection heightens health risks as much as smoking 15 cigarettes a day or having alcohol use disorder.

AREAS OF DISCUSSION

- 2022 Medicare Trustees report projected the Part A Hospital Insurance Trust fund to be depleted in 2028. (This does not mean it closes down, because there will still be revenue).
- A longstanding concern.

AREAS OF DISCUSSION

- Caregiver Workforce – community, institutional, paid, informal
 - Training
 - Manpower
 - Support

} Iowa has a low rate of providers expert in care of older adults
- Access to Mental Health Service
 - Age Friendly and Age-Expert
 - Geographic disparity
 - Integrated
- Palliative Care and Hospice Services

AREAS OF DISCUSSION

- Opportunities to Thrive and Build Resilience
 - Physical Activity, Healthy Food, Social Engagement, Purposeful Engagement
 - Age Friendly Communities – supporting multigenerational engagement
 - Lifespan approaches to care that foster a healthy aging experience
 - Economic opportunity
 - Educational opportunity
 - Substance Use Treatment and Recovery

THERE ARE GAPS BUT ALSO MANY OPPORTUNITIES

- 46% of older lowans report their health is excellent!
- Iowa has rich opportunities for purposeful and meaningful engagement.
- Center Square ranks Iowa Second-Best in the Nation for Healthcare
 - Access
 - Affordability
- UnitedHealth Foundation Ranks Iowa's Clinical Care 10th in the Nation
- Iowa's poverty rate for older adults is below the national average (7.4% vs 9.4%)

CHALLENGES AND OPPORTUNITIES LIE AHEAD

- Much to celebrate for older lowans (as an newly-minted older lowan)
- Challenges for us yet to tackle
- Questions?