
Optimizing Aging Collaborative



Myths of Aging: What's Real?

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Myths

myth = widely held but false belief or idea

1. Older people are either super healthy or super frail.
2. You are completely responsible for how well you age.
3. Older people will eventually lose their memory.
4. Most older people will end up in nursing homes.
5. There is nothing to look forward to in older age.

Time to *Reframe Aging*

- The Frameworks Institute



<http://frameworksinstitute.org/reframing-aging.html>

Ideal vs. Perceived “Real”

- Accumulated wisdom
- Self-sufficiency
- Staying active
- Earned leisure
- Deterioration
- Loss of control
- Dependency
- Determinism

Collective
Responsibility

Individualism

- Lifestyle choices
- Financial planning

Problems Can Be
Solved

What's in the Swamp of...

Aging

**Social
Determinants**

Solutions

- Better individual choices & planning
- More education & information
- Fatalism: Nothing can be done

Ageism

“Us” vs “Them”

- Older as “other”
- Zero sum
- Digital incompetence

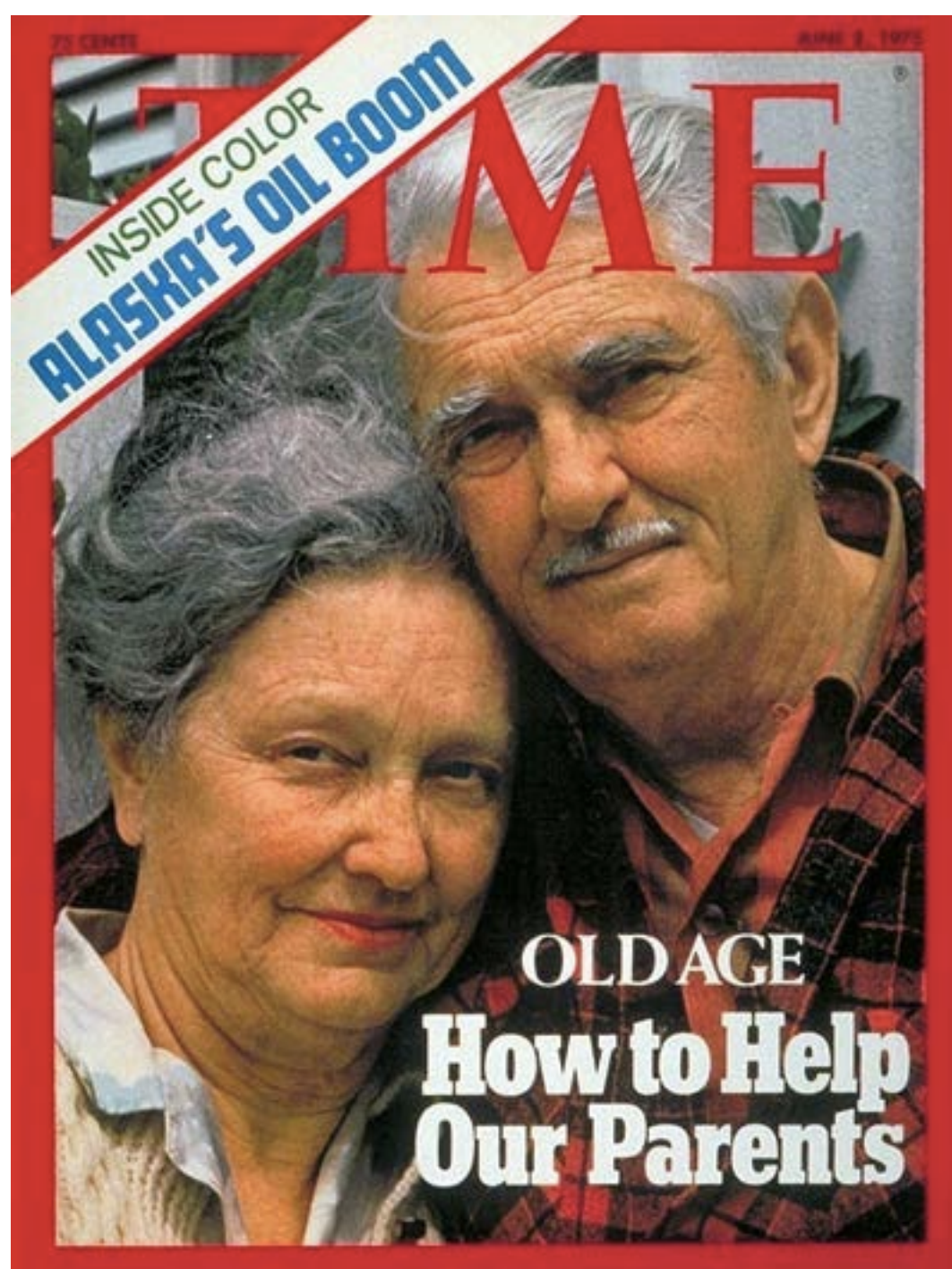
Threat of Modernity

- Family dispersal
- Economic challenges
- Social Security is doomed

What Surrounds Us
Shapes Us



August 3, 1970



June 2, 1975



Feb 22, 1988



Nov 25, 1996

SEPTEMBER 30, 2013

The Iran Opportunity By Fareed Zakaria / Who Are Syria's Rebels?

TIME

CAN
Google
SOLVE

DEATH?

The search giant is launching a venture
to extend the human life span.

That would be crazy—if it weren't Google

By Harry McCracken and Lev Grossman

TIME.COM

Sept 30, 2013



Feb 26, 2018



May 28, 2018

The Silver Tsunami

As boomers retire, Valle

Mai Ho
maihoang@yakin



provide value that's scalable to multiple locations.

Myths

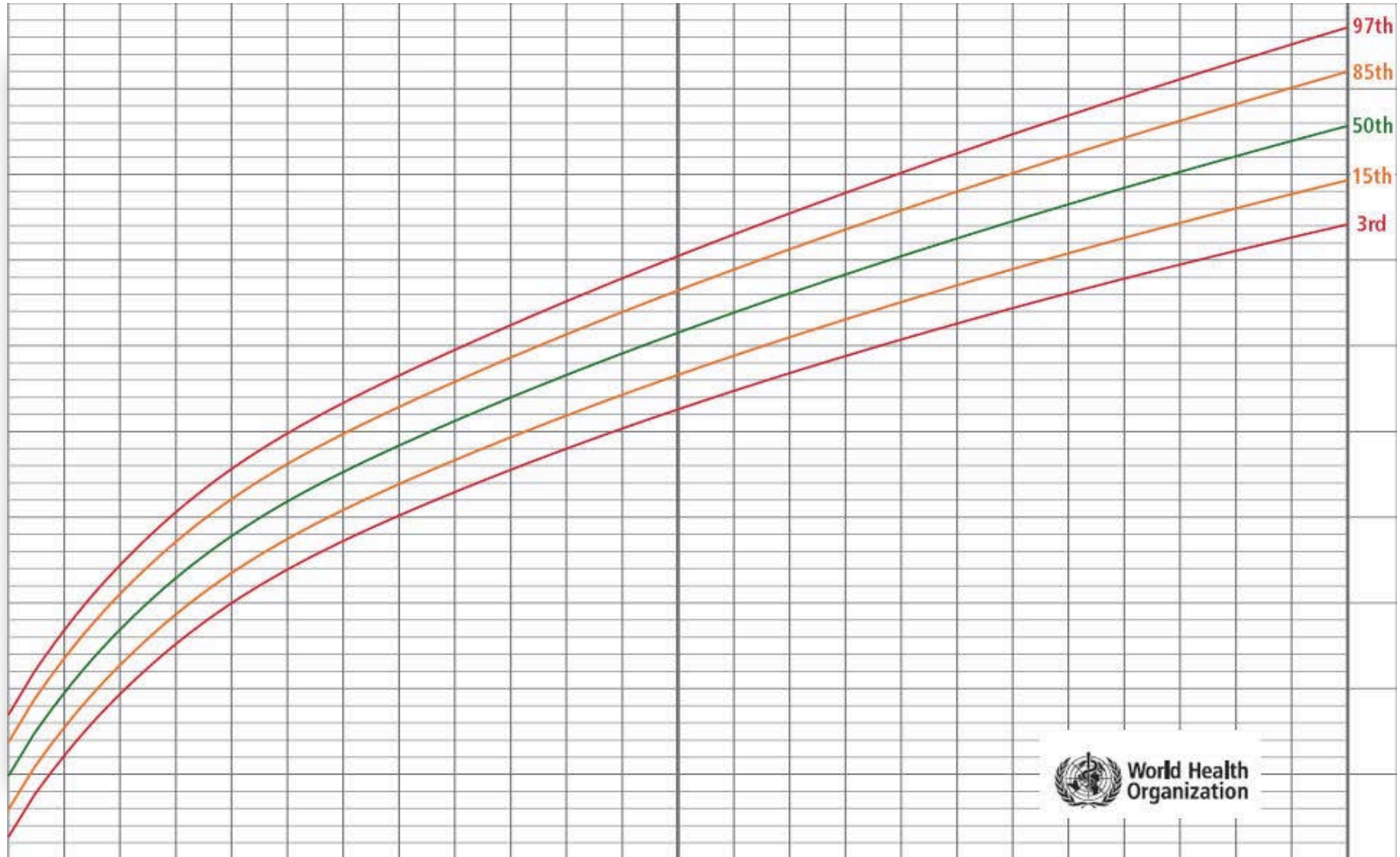
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Myth #1: Super Healthy/ Super Frail



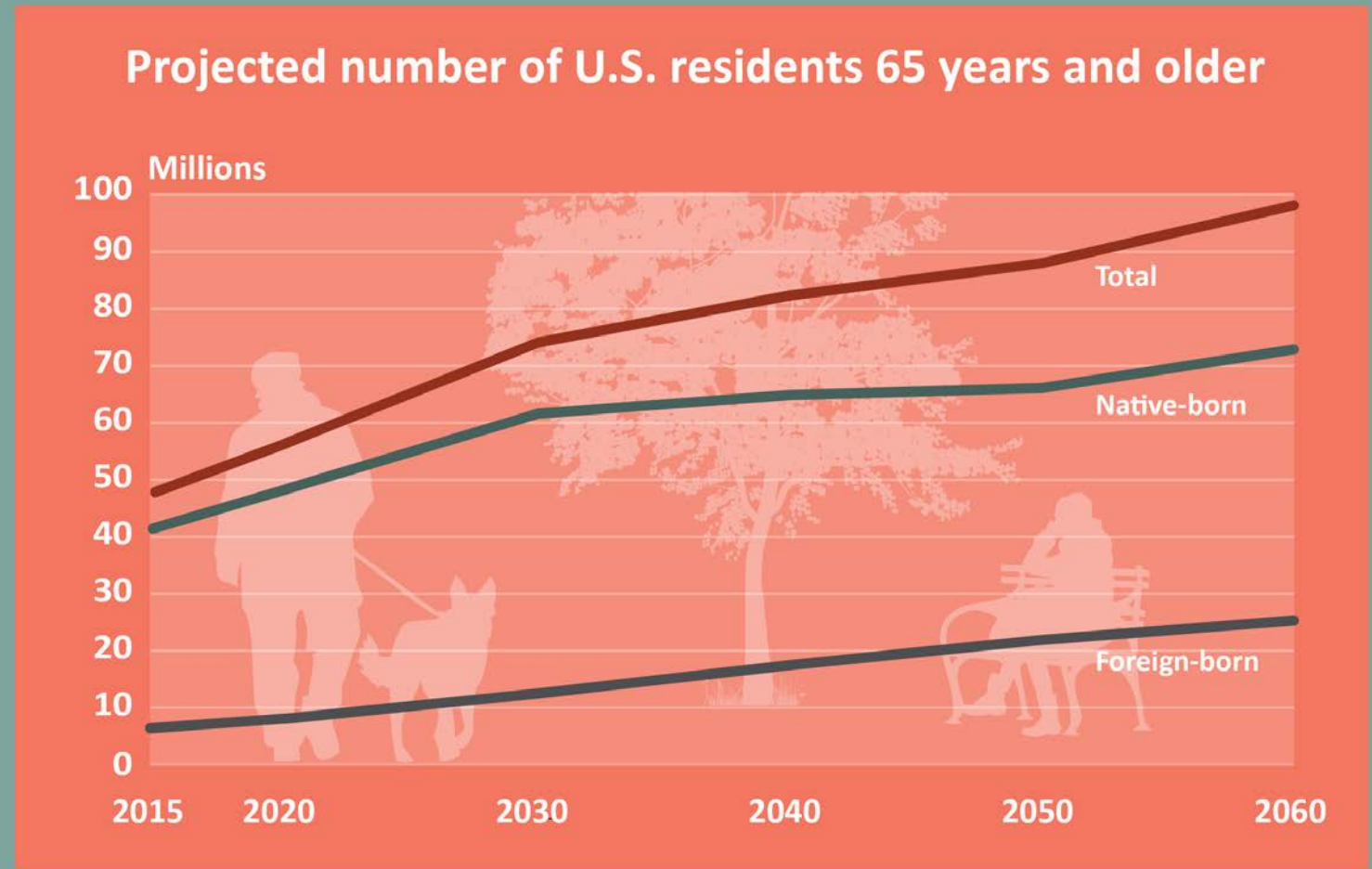
- But mostly we expect older people to be frail.
- *Charles Eugster is the greatest British sprinter you've probably never heard of. He currently holds world records in the 200m (indoor) and 400m (outdoor) sprints, as well as British records in the 60m (indoor), 100m (outdoor), and 200m (outdoor). A couple of weeks ago, he narrowly missed out on the world record for the 60m sprint after pulling his hamstring halfway through. He still won the race to become European Champion. **It's an impressive record, given that the man—by pretty well established standards—shouldn't be able to cross a road without help, let alone run. He is 96 years old.***

Heterogeneity



Workforce Enhancement Program

Diversity



U.S. residents 65 years and older projected population increases between 2015 and 2060:

- Total—105.2 percent
- Native-born—75.9 percent
- Foreign-born—294.8 percent

Census projections, 2014

**There is more variety among older people
than among any other age group**

Caregiving responsibilities

Function

Social network

Chronic conditions

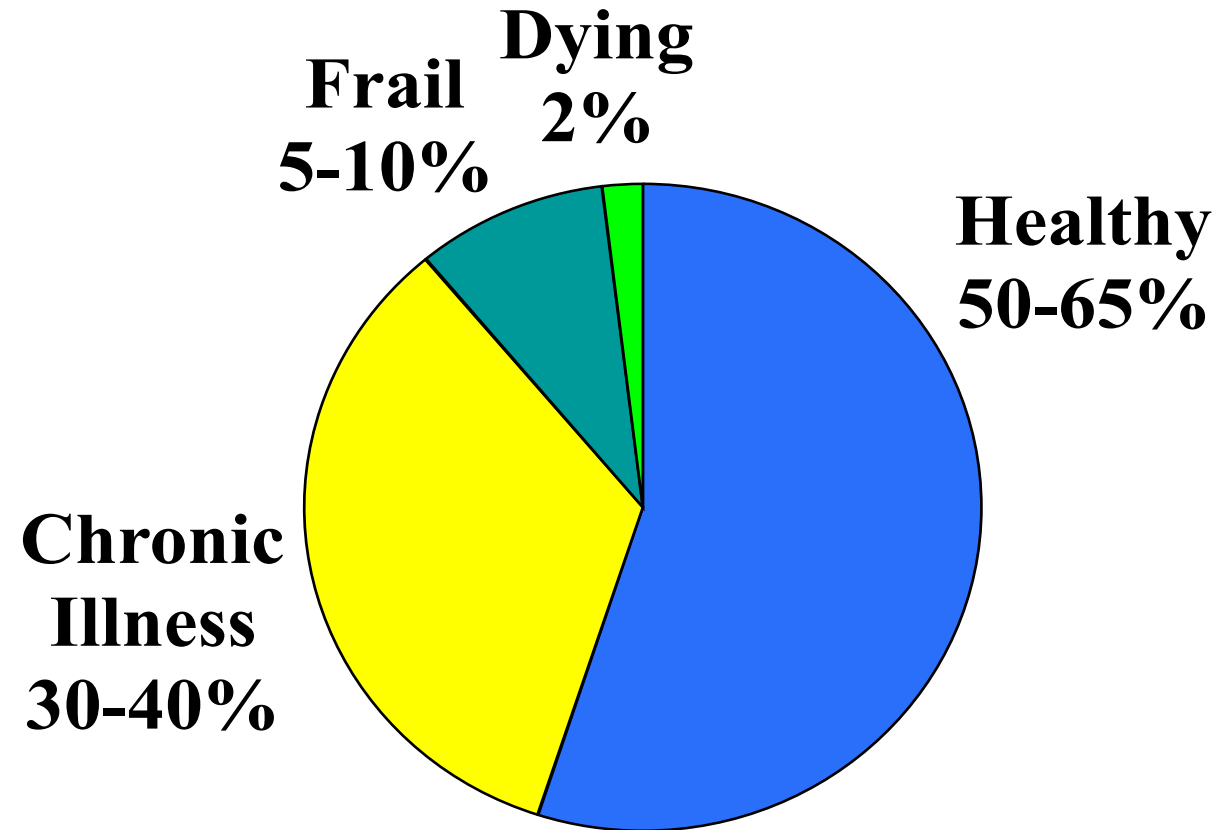
Access to health care

Economic opportunity

Life events

Myth #1: Debunked

Health of Adults Age 65+



National Health Interview Survey, 2009–2011

Myth #1: Debunked

- In California, 72% of adults over the age of 65 indicate that their health is “good to excellent”.

California - 2016				
Percentage of older adults who self-reported that their health is "good", "very good", or "excellent"				
View by: Age Group				
	50-54 years	55-59 years	60-64 years	65 years or older
Percentage (%)	77.8	78.1	71.7	73.8
95% CI	74.5 - 80.8	74.6 - 81.2	67.4 - 75.6	71.3 - 76.2

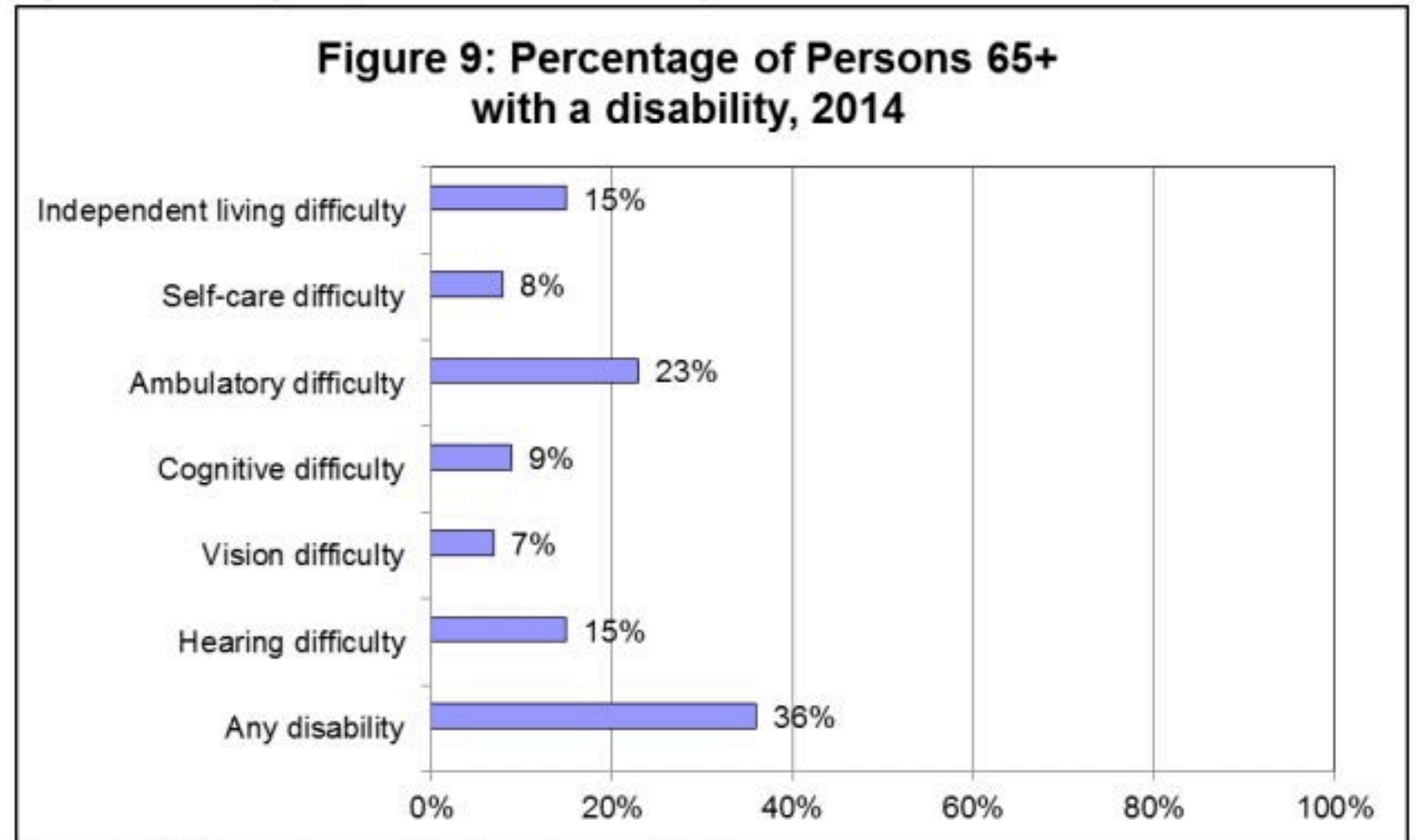
Source: CDC, Aging Data, 2016

A brief detour: Function

- ADLs: Impacted late
 - Bathing
 - Dressing
 - Toileting, continence
 - Transferring
 - Feeding
- IADLs: Impacted early
 - Driving/transportation
 - Using phone
 - Shopping for food
 - Finances
 - Cooking
 - Housework
 - Taking meds

Myth #1: Debunked

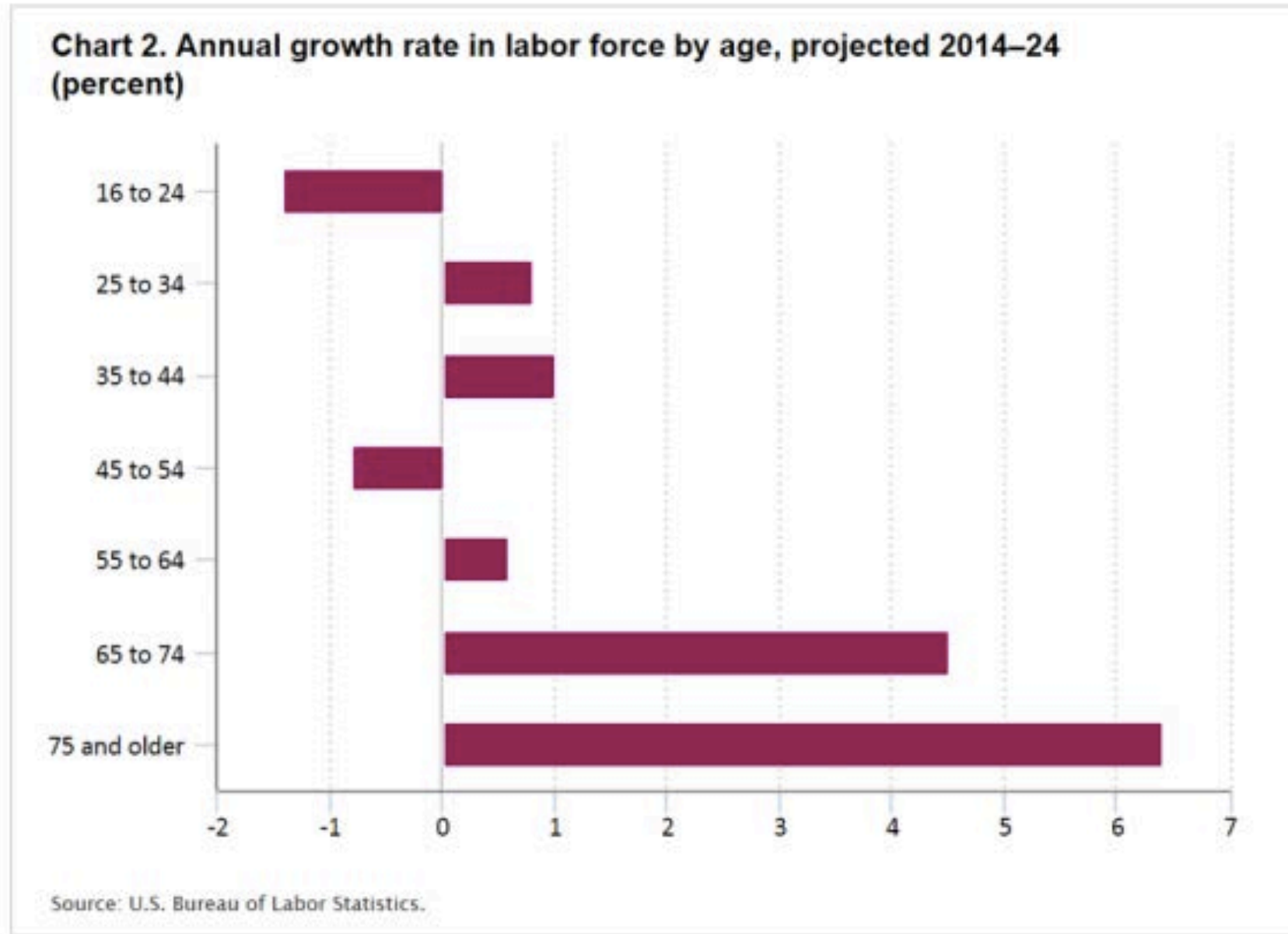
- Only 36% have at least one disability



Source: U.S. Census Bureau, American Community Survey.

Myth #1: Debunked

- Number of workers who are older are **GROWING**



What does it mean to work as an older person?



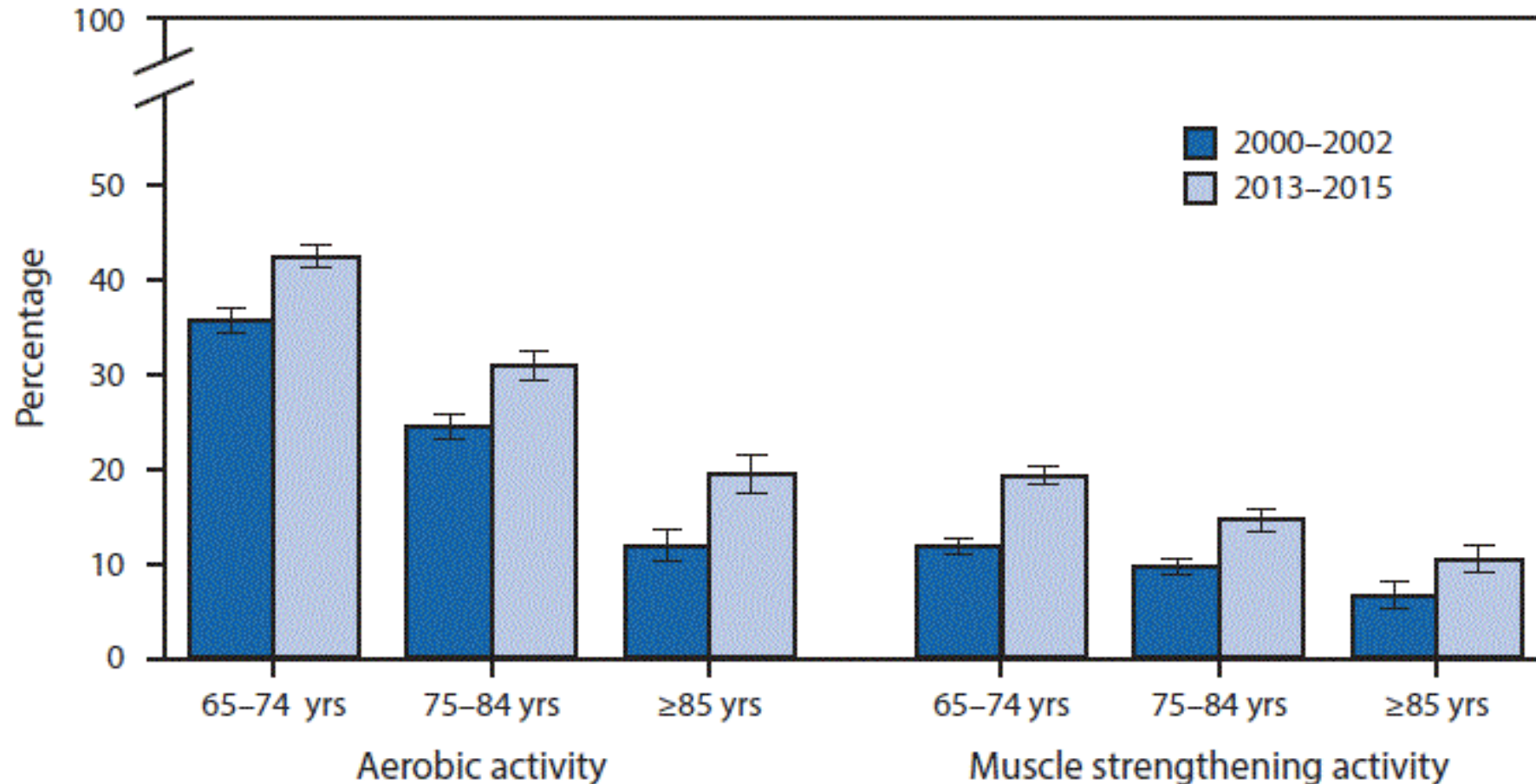
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Myth #2: It depends...

- **Life expectancy: Factors**
- **Genetics plays a significant role**
 - New England Centenarian Study (NECS): Thomas Perls
 - Many genetic modifiers, as a group strongly influence longevity
 - Genetic Signatures
- **Compression of Morbidity Hypothesis:** James Fries
- **Now--> Compression of Disability**
 - Survivors, Delayers, Escapers

Myth #2: More older adults are doing activity



Myths

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Myth #3: Older people will eventually lose their memory **DEBUNKED**

Memory loss is common in aging, *but not normal*

Expected cognitive changes:

- Decline in processing speed

- Decreased ability to multi-task

- Ability to learn preserved, may take more effort

Dividing line: Impact on function

- Mild Cognitive Impairment vs. Dementia

Myth #3: Older people will eventually lose their memory **DEBUNKED**

What influences:

- Sensory function
- Baseline fund of knowledge
- Illness burden
- Habits



Myth #3: Older people will eventually lose their memory **DEBUNKED**

Risk factors for dementia:

- Age
- Family history
- Genetics
- Head injury

Factors that may reduce risk:

- Healthy diet
- Avoid tobacco, excessive alcohol
- Exercise body and mind
- Heart and Brain Health
- Social activity



Myth #3: What you CAN do to preserve cognition

1)Exercise.

2)Correct hearing and vision.

3)Social engagement.

4)Vascular risk factors, if applicable.

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Myth #4: Most older people live in nursing homes

- Most of the residents in long-term care are older adults (63%), but 37% of residents are under the age of 65 (including hospice, nursing home, home health, and residential care communities)
- In 2010, 13% of Americans age 85 or older (13 percent) resided in institutions, compared with 1% of people ages 65 to 74.
- 25% of people admitted stay only a short time (3 months or less)

Data From the National Study of Long-Term Care Providers, 2013–2014

Source: <https://www.caregiver.org/selected-long-term-care-statistics>

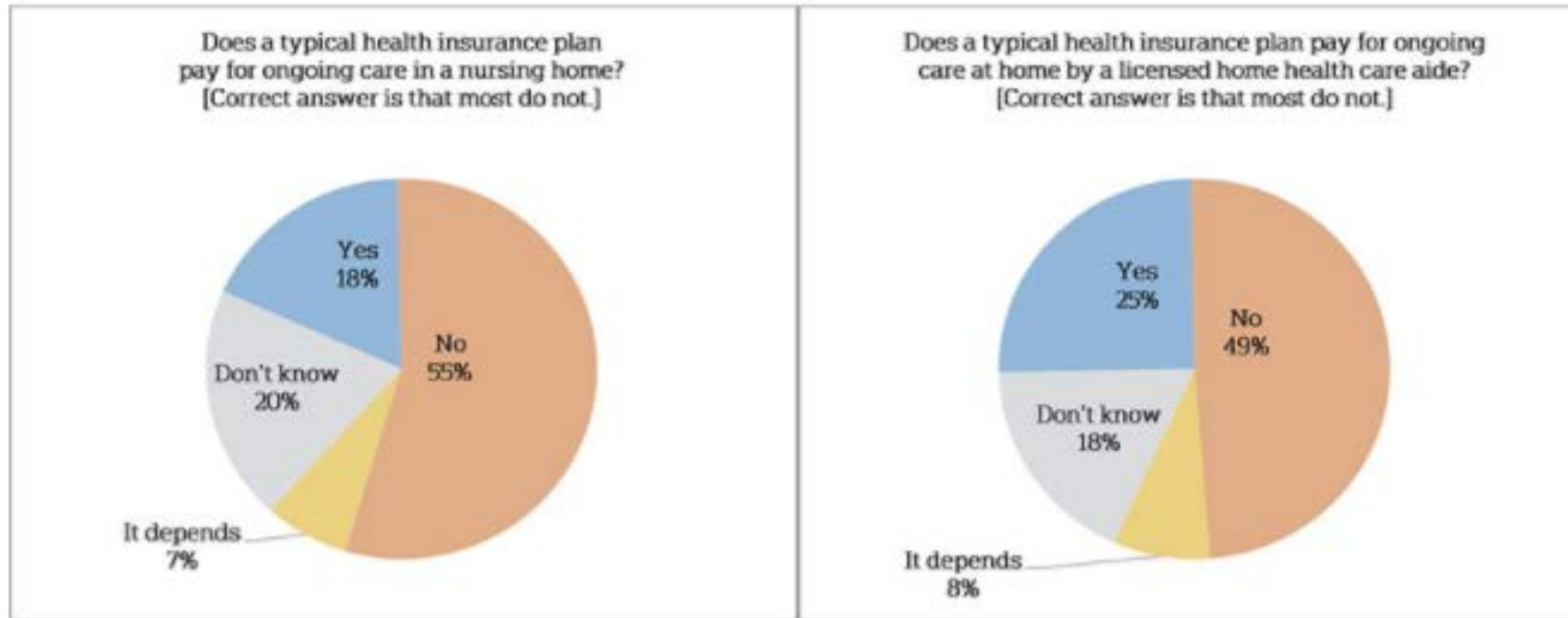
Lifetime risk of using a nursing home

- 56% of persons aged 57-61 will spend at least one night in nursing home over lifetime
- Overall, at age 65 lifetime risk is 43% (Cohen et al, 1986)
- A person aged 57-61 has a 10% chance of spending 3 yr or more in a nursing home and a 5% chance of spending more than 4 years
- Source- Hurd et al.2017

Who pays?

- 2017 Harris Poll: 55% Americans believe Medicare or insurance will pay for assistance with daily living.

Substantial minorities of Americans lack complete knowledge about the services private health insurance plans will cover.



Questions: Thinking about private health insurance plans generally in the United States, as far as you know, does a typical health insurance plan pay for [INSERT ITEM] or not? Ongoing care in a nursing home; ongoing care at home by a licensed home health care aide; medical equipment such as wheelchairs and other assistive devices

Americans over 40 are unsure about who pays; Source: longtermcarepoll.org

Housing Options

- Assisted Living – term that includes all types of group settings that provide some level of in-home support services
 - Provide: wide range of in-home support services to help residents with activities of daily living
 - Don't provide: continuous nursing care at the level of a nursing home
- Residential Care Facilities for the Elderly (RCFE) – sometimes called “Assisted living” or “Board and Care”
 - Provide: room, board, housekeeping, supervision, and personal care assistance with basic activities
- Continuing Care Retirement Communities (CCRCs)- may provide a range of services from independent living units to assisted living to skilled nursing care
- Adult Foster Care Homes – private residential settings that may include a basic room, help with instrumental activities of daily living, and services such as meals, transportation and supervision

Myth #4: Most older people will end up in nursing homes **DEBUNKED.**

- **Nursing Homes:** only a small slice of pie
 - 1.4 million NH residents; 1.7 million licensed beds (2014)
- **Residential Care Communities in US:** 30,200 (2014)
 - 1 million licensed beds
 - 845,200 residents
 - Assisted Living Facilities (ALFs)
 - Board and Care Homes
- **Active Adult Communities:**
 - 151 in CA, 15 in Bay Area

55PLACES.COM[®]
Find the perfect 55+ Active Adult Community

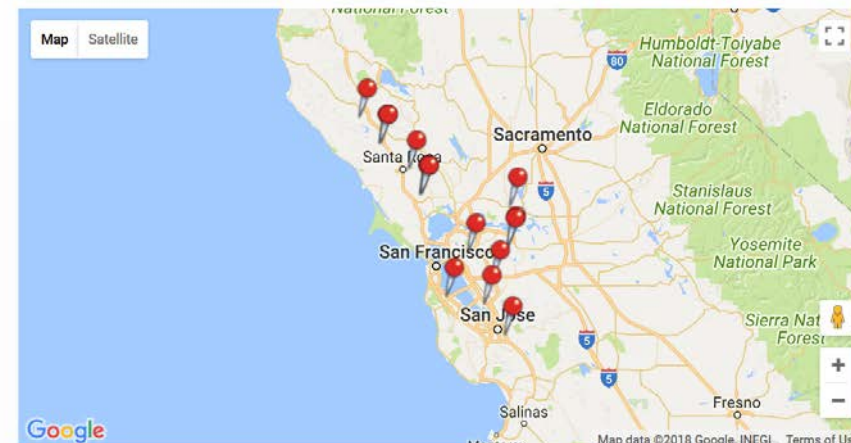
[Home](#) | [Blog](#) | [About Us](#)

Search by state, city, or community



Bay Area, CA 55+ Active Adult Retirement Communities

[Home](#) > [California](#) > [Northern California](#) > [Bay Area](#)



Communities in Bay Area

Bay Area (15)

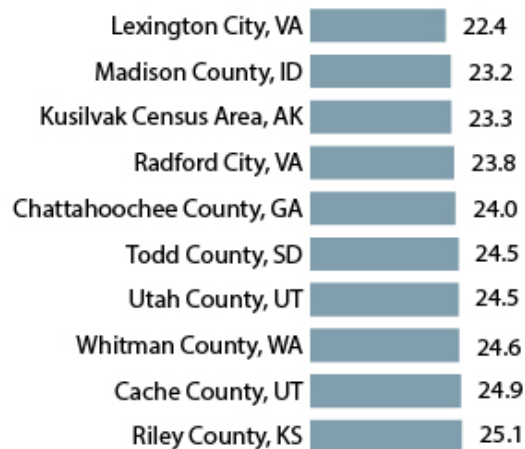
- Walnut Creek (1)
- Santa Rosa (1)
- San Jose (1)
- Rio Vista (1)
- Cloverdale (1)
- Brentwood (3)
- Pleasanton (1)
- Sonoma (3)
- Healdsburg (2)
- Foster City (1)

Oldest and Youngest Counties

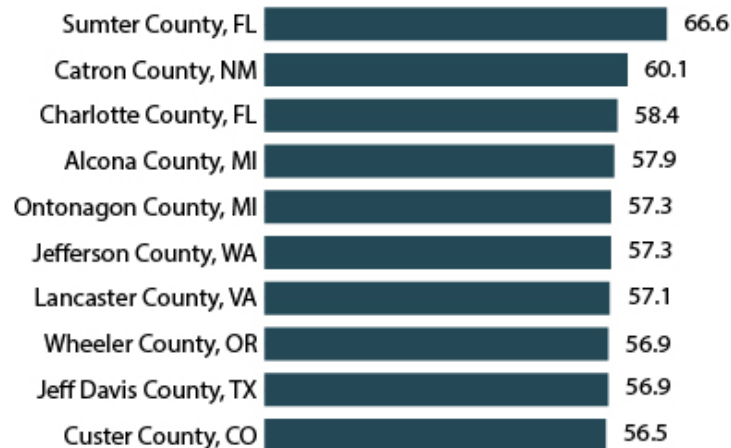
The Ten U.S. Counties With the Highest and Lowest Median Ages in 2015



YOUNGEST



OLDEST



Note: Only counties with a population of 1,000 or more are included in this graphic.



The Villages Retirement Community: 'Disney World for Adults'

The largest retirement community in the nation allows the elderly to stay young at heart.

Myth #4:

Español | A A | Print About Us | Glossary | CMS.gov | Medicare.gov | MyMedicare.gov Login

Medicare.gov | Nursing Home Compare

The Official U.S. Government Site for Medicare

[Nursing Home Compare Home](#) [About Nursing Home Compare](#) [About the data](#) [Resources](#) [Help](#)

Home [Share](#)

Because we're implementing a new Nursing Home health inspection process, we've changed how the star ratings are calculated.

Find a nursing home


Nursing Home Compare has detailed information about every Medicare and Medicaid-certified nursing home in the country. A nursing home is a place for people who can't be cared for at home and need 24-hour nursing care.

Search below to find nursing homes based on a location and compare the quality of care they provide and their staffing.

A field with an asterisk (*) is required.

* Location
Example: 45802 or Lima, OH or Ohio

Nursing home name (optional)
Full or partial nursing home name



Spotlight

- NEW** Learn about changes to the health inspection process
- View Long Term Care (LTC) Facility Staffing Payroll-Based Journal (PBJ) data
- View Skilled Nursing Facility (SNF) Value Based Purchasing (VBP) Program data
- Use these helpful resources when looking for a nursing home:
 - Guide to choosing a nursing home
 - Nursing Home Checklist

Tools and Tips

- First time here?
 - Visit About Nursing Home Compare and the Resources section to learn more about the site and available resources.
- Learn about Medicare coverage of skilled nursing facility care, and swing bed services.
- Get help filing a nursing home complaint:
 - When and how to file a complaint
 - Long-Term Care Ombudsman
 - State Survey Agency

Additional Information

- Nursing Home Compare data last updated: April 25, 2018 (data are updated on or about the fourth Wednesday of the month).
- Download the database
- Learn how we calculate ratings
- For nursing homes: Update your address, phone number and other administrative data.
- Find and compare other healthcare providers like doctors, hospitals, dialysis centers, and more.
- View providers and suppliers that are terminated or are at risk for termination from Medicare.

[Back to top](#)

Nursing Home Compare:

[https://
www.medicare.gov/
nursinghomecompare
/search.html?](https://www.medicare.gov/nursinghomecompare/search.html?)

Find a
Nursing Home

Residential Care
/ Assisted Living

CCRCs

Medi-Cal for
Long Term Care

Elder Abuse
/ Financial Abuse

Find an Elder Law
Attorney

Google Custom :

Search

About CANHR

Contact Us

Consumer
Resources

Free
Consumer Fact
Sheets

LOBT Issues

Campaign to
Stop Drugging

Don't Sign
Arbitration
Agreements

Professional
Resources/
Subscriptions

Legislation

Publications

Información en
español

Info in Chinese
中文信息

Info in
Japanese
日本語での情報

Helpful Links

Newsroom

Like Share



Join

Donate

Upcoming Events

Sign up for News & Notes
E-Newsletter (click for archives)

Legal Information Network website

Share Your Story



VIOLATION OF THE MONTH

Chronic Understaffing at Novato Healthcare Yields Two Weak Deficiencies

A complaint investigation found widespread concern from residents and staff about chronic understaffing at Novato Healthcare Center.



PROGRAMS

Home Equity Protection Program (HEPP) funded by the State Bar of CA to prevent financial mortgage scams and more...



Las Nuevas Leyes de la Recuperación de Medi-Cal en California

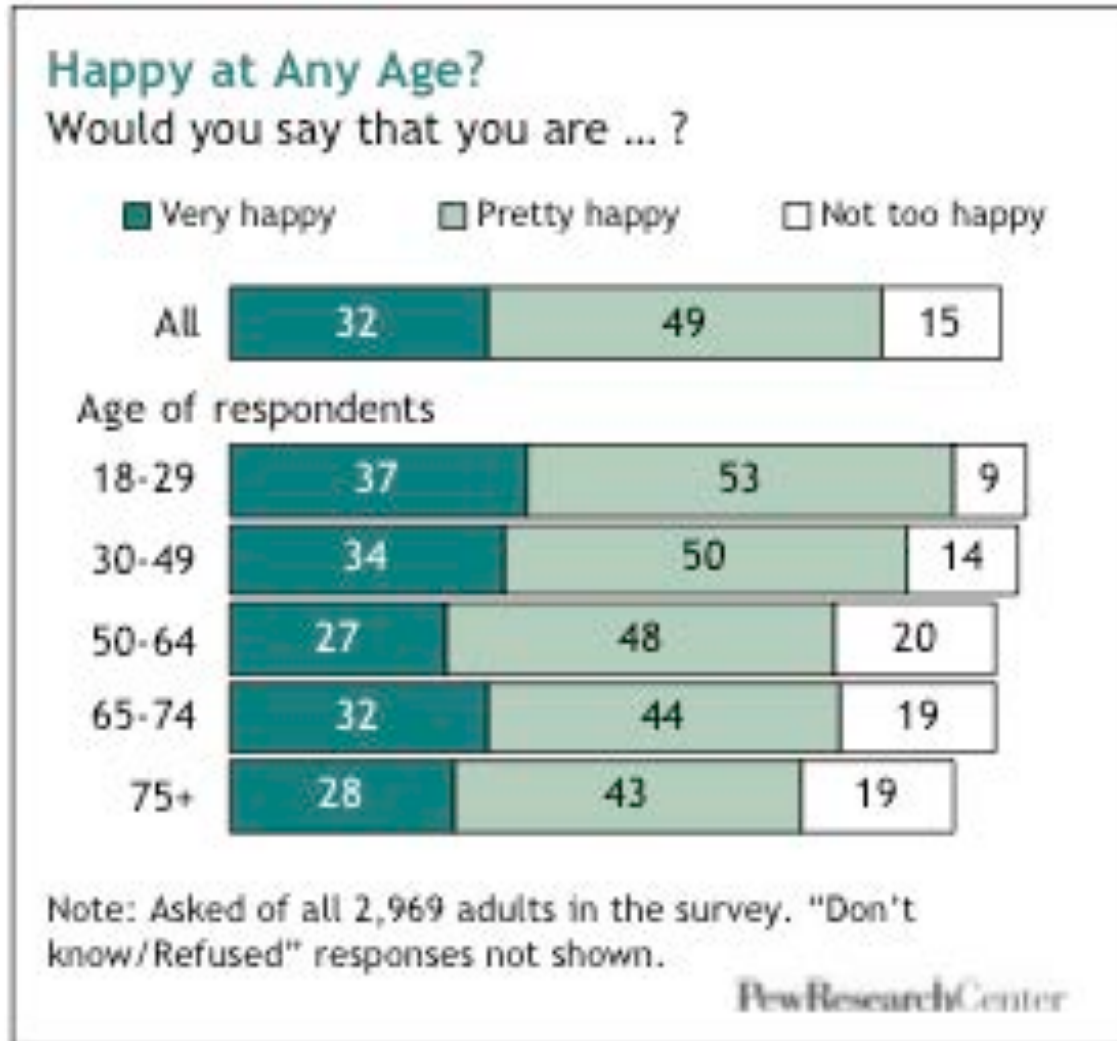
Mire este breve video sobre los cambios a las leyes de recuperación de Medi-Cal. (Watch this brief Spanish-language video about the changes to California's ...)

California Advocates for
Nursing Home Reform:
<http://www.canhr.org/>

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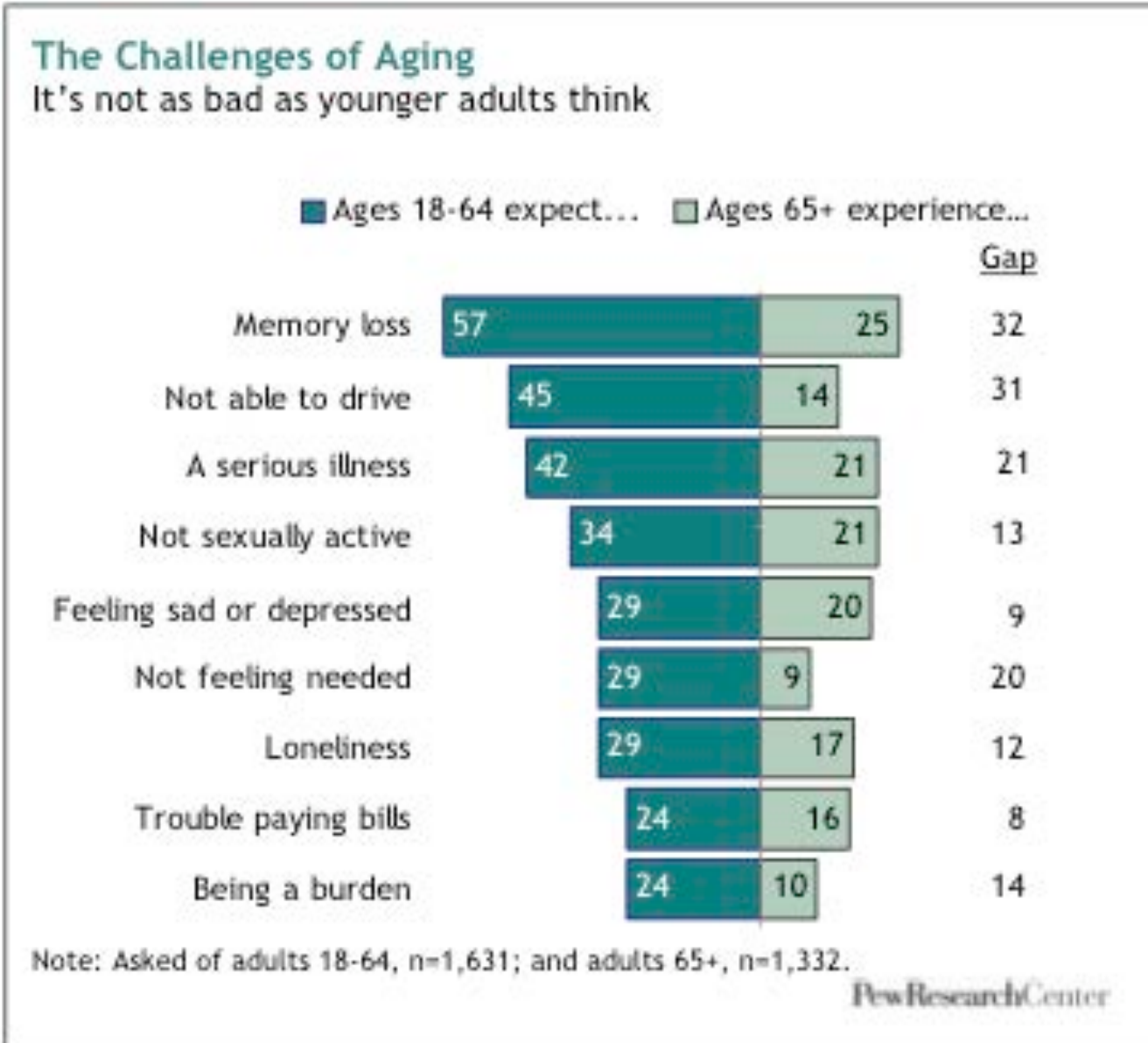
Myth #5: Debunked- Happiness



- 2969 total respondents
- Older adults are as happy as everyone else

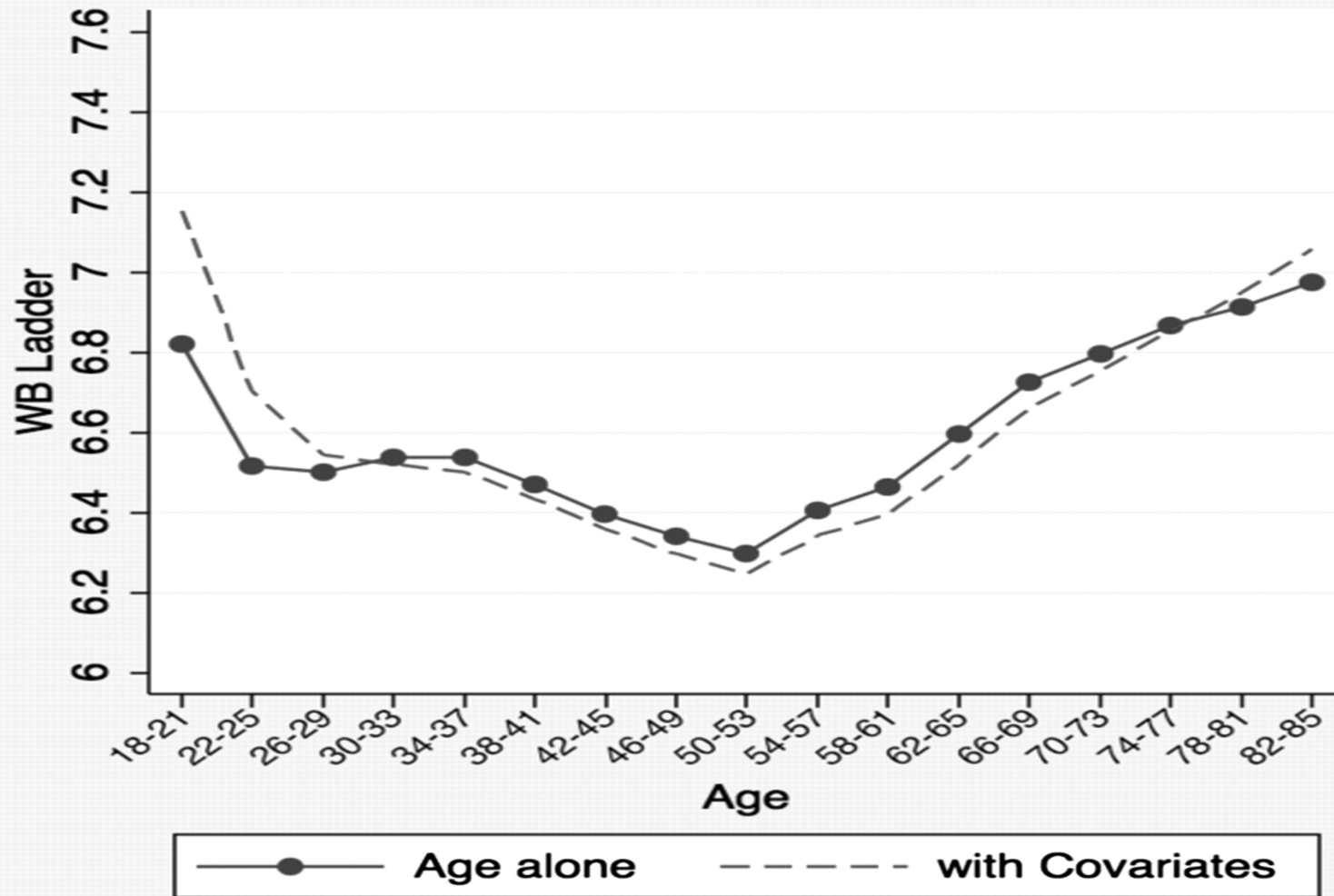
Data from Pew Research Center 2009

Myth #5: Debunked- Expectations



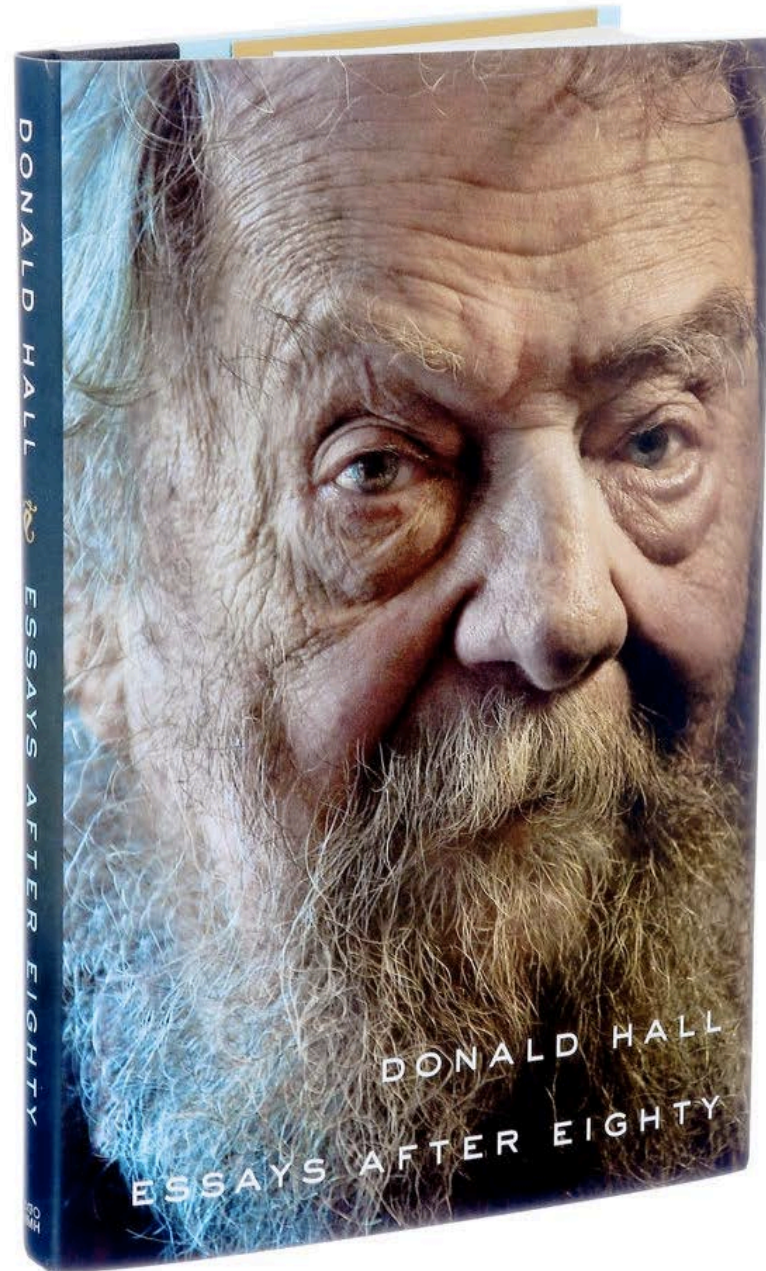
- The negative expectations of aging among younger people do not align with the reality of aging for older people

Myth #5: Debunked- Well-Being



- 2008, Gallup Organization, 340K people
- “Please imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the best possible life for you, and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?”

Arthur A. Stone et al. PNAS 2010



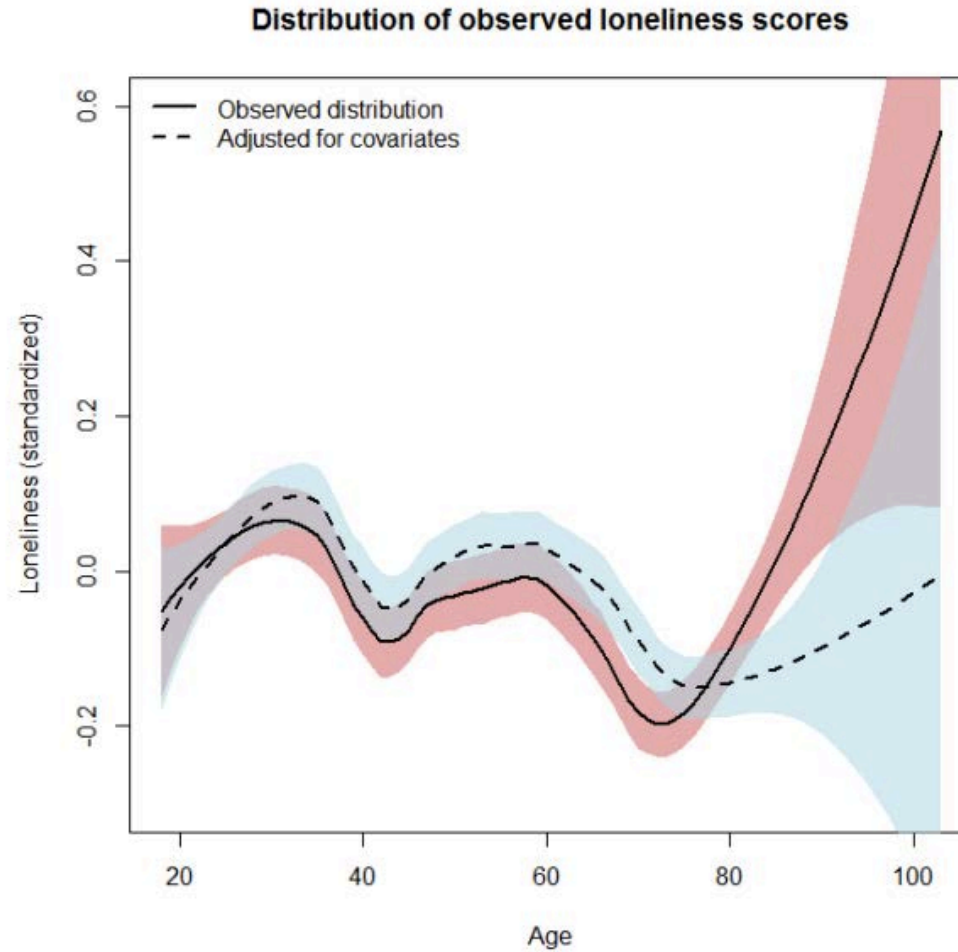
...a ceremony
of losses...

Myth #5: Loneliness is prevalent

- 29% (11.3 million) live alone
 - Almost half of older women (47%) age 75+ live alone.
- Prevalence of loneliness: ~43% of community living adults report feeling lonely



Myth #5: Age and Loneliness

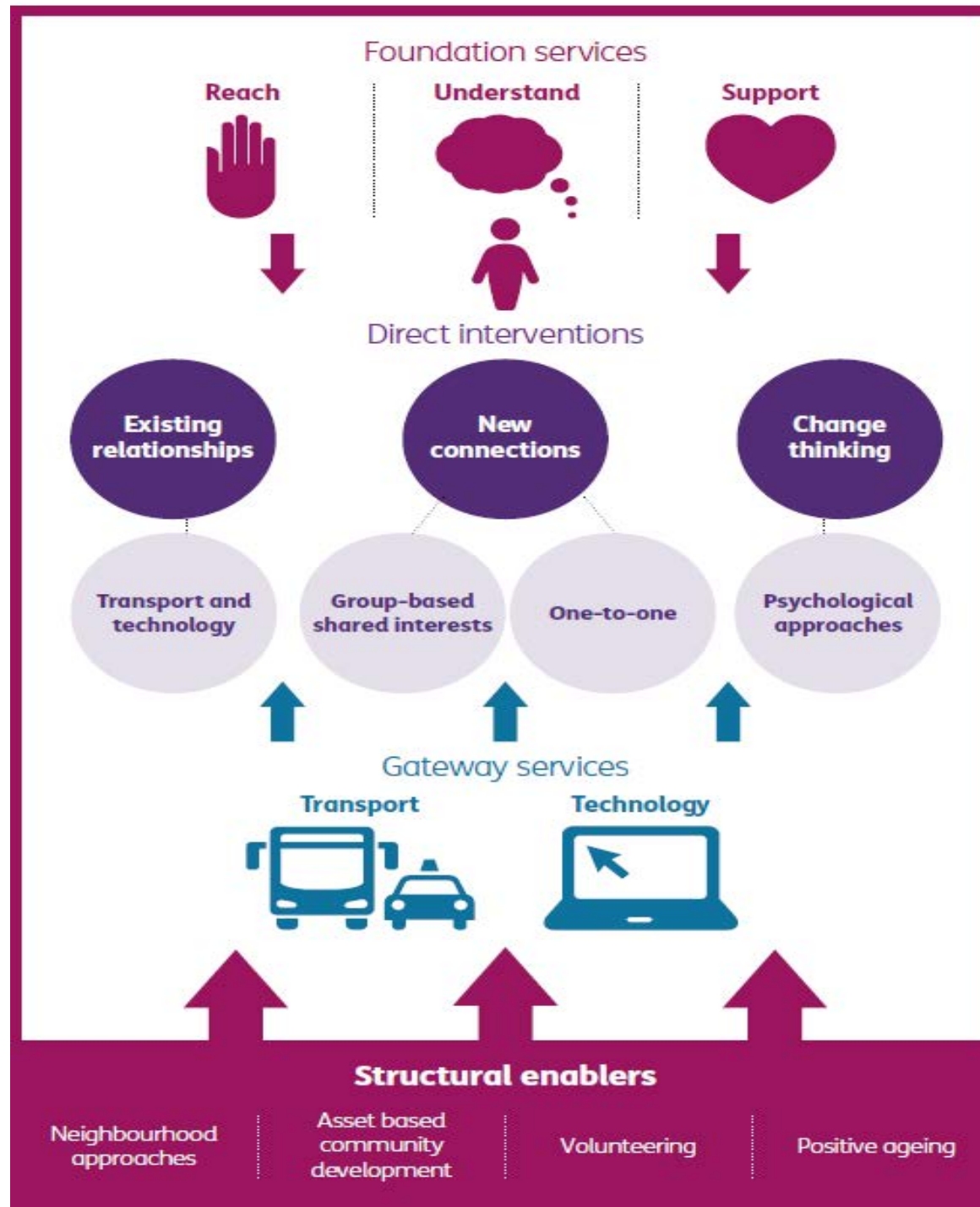


Age Differences in Loneliness from Late Adolescence to Oldest Old Age
Luhmann & Hawkley, Feb 2016, Developmental Psychology

Myth #5: Aging and Loneliness

SOLUTIONS

www.campaigntoendloneliness.org/



Myth #5: It's in all our hands- the future of aging

Aging & Disability Friendly Implementation Workgroup

ENSURING AN AGE AND DISABILITY FRIENDLY SAN FRANCISCO

VISION. We envision a San Francisco that is inclusive, accessible, and welcoming for all people, regardless of age or ability.

MISSION. The role of the Age and Disability Friendly Implementation Workgroup is to ensure, implement and facilitate the Age and Disability Friendly Action Plan, a long-range and collaborative planning effort that aims to incorporate an age and disability friendly lens to all SF policies, programs, and priorities. We believe that a city that is inclusive and accessible to older adults and people with disabilities benefits everyone: increased crosswalks also benefit tourists and young children, curb

cuts are appreciated by delivery drivers, and redundant elevators are great for bicyclists or strollers.



<http://www.ltcccsf.org/aging-disability-friendly-sf-workgroup>



Netherlands



May is Older Americans Month!

Older Americans Month Resources

The following websites offer information and tools to help you **Engage at Every Age**.

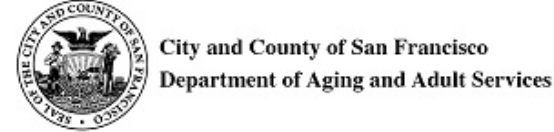
And remember to visit the AoA's [Eldercare Locator](#) for information on local resources. Topics there range from volunteering and nutrition to legal support and transportation.

- [Your Health](#)
- [Age Your Way](#)
- [Your Security](#)
- [Giving Back](#)
- [Info Tip Sheets](#)

<https://oam.acl.gov/resources.html>

THANK YOU! *QUESTIONS?*

Optimizing Aging Collaborative at UCSF



For more information contact: OAC@ucsf.edu

The Optimizing Aging Collaborative at UCSF is supported by the UCSF Geriatrics Workforce Enhancement Program: Health Resources and Services Administration (HRSA) Grant Number U1QHP28727.