



Innovation in Aging

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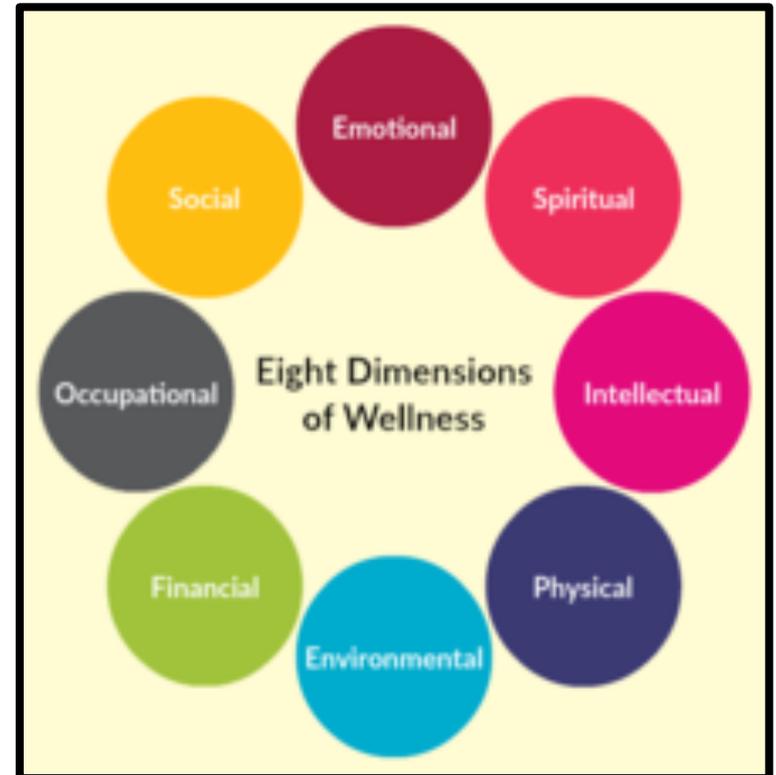
Aging Demographics, Theories & Themes

Today's Topics

- **Aging Demographics**
- **Kaleidoscope of Possibilities**
- **Theoretical Approaches**

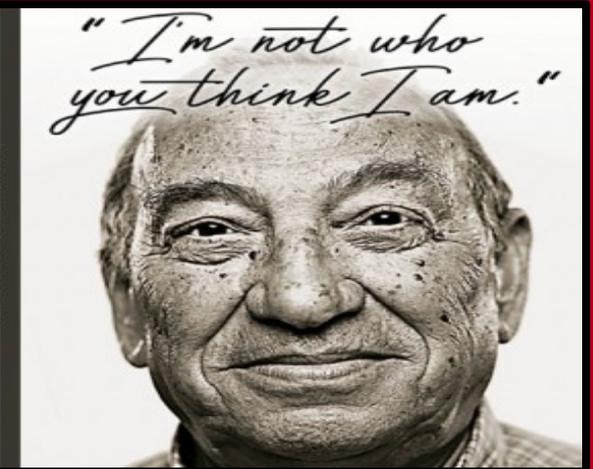
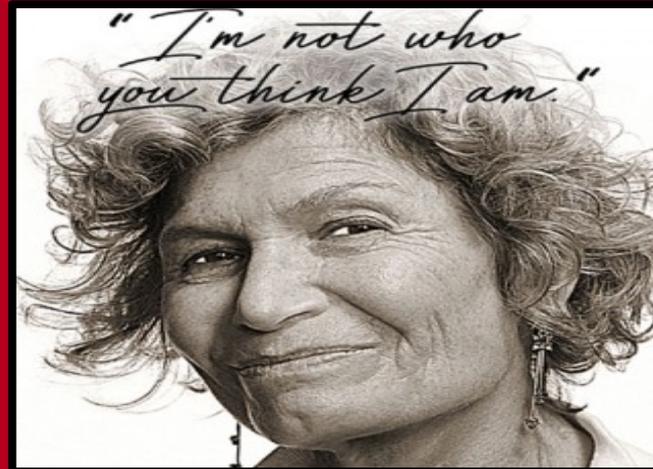
Themes

- **Combatting Ageism**
- **Healthy Aging**
- **Age-friendly Communities**



Aging: A Kaleidoscope of Possibilities

- Light and reflection create infinite variety of images that allow us to show and observe shapes and colors.
- Your innovation teams represent many disciplines & majors and together will reflect on challenges in aging and illuminate solutions.



Aging Demographics



- Common definition: "Those who are 65 and older."
- Young old (55-65); middle old (66-84); Old-old (85 and older)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6301865/>

- Definitions of 'old' are changing; people are living longer & healthier lives due to public health, medical, technological advances.

- The US **65**-and-older population has grown rapidly since 2010, driven by the aging of Baby Boomers born between 1946 and 1964.

- 16% of US population is over age 65 with approximately 54 million as of 2019.

<https://www.census.gov/topics/population/older-aging.html>

- In Wisconsin, 16% of population is over 65 years; 985,000 resident.

<https://www.dhs.wisconsin.gov/aging/demographics.htm>

Theoretical Approaches

Disengagement Theory

- Older people disconnect or disengage from society, decrease social interactions; considered natural part of aging.

Activity Theory

- Staying active and involved in social interactions increases life satisfaction.
- Staying active in meaningful activities helps older adults cope with life changes and transition.

Gerotranscendence Theory

- Views aging as a positive activity

Feminist Theory

Continuity Theory



Combatting Ageism



- *“Ageism is the stereotyping, prejudice, and discrimination against people on the basis of their age. Ageism is widespread and an insidious practice which has harmful effects on the health of older adults. For older people, ageism is an everyday challenge.”* (World Health Organization)

- Limits opportunities and affects physical, psychological, emotional, occupational, social well-being.
- Despite passage of federal law in 1967, ageism in employment is widespread.
<https://www.aarp.org/work/working-at-50-plus/info-2019/age-discrimination-in-america.html>
- **Next: Question 1 and Next Slide**



Question 1: True or False

Most older adults are set in their ways and are resistant to change.

Combatting Ageism (continued)

- The majority of older people are not set in their ways or resistant and unable to change.
- People who are now old have had to make many major transitions and adaptations just to get to this point.
- Developing effective interventions to reduce ageism is a priority.

Courtesy: <https://www.mcmasteroptimalaging.org/>

Healthy Aging

- What is Healthy Aging?
- “Healthy aging means that older adults develop and maintain their optimal physical, mental, spiritual, and social wellbeing and functional abilities.”

<https://www.cdc.gov/grand-rounds/pp/2017/20170919-senior-aging.html>

Next: Question 2 and Next Slide

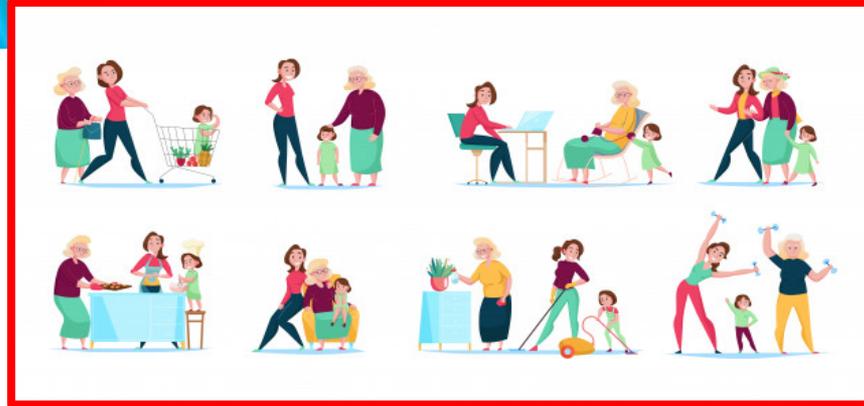




Question 2: True or False

All five senses (hearing, smell, taste, vision, and touch) decline with aging

Healthy Aging (continued)



- Our five senses: hearing, smell, taste, vision, touch abilities decline with age
- Additionally, 40% of older adults living in the community have difficulty performing daily activities of living such as bathing and mobility or instrumental daily activities of living such as driving and taking medications, so they need assistance in carrying out their activities.
- **Next: Question 3 and Next Slide**



Question 3: True or False

Older adults are more likely than younger adults to have chronic illnesses.

Healthy Aging (continued)

- Older adults are more likely to have chronic illness such as hypertension, heart disease, stroke, arthritis, and others.
- Healthy aging can be achieved in spite of chronic conditions.
- What ideas do you have to enhance functional abilities, prevent depression, or enhance social participation?

Age-friendly Environments

“Age-friendly environments foster health and well-being and the participation of people as they age. They are accessible, equitable, inclusive, safe and secure, and supportive . . . promote health and prevent or delay the onset of disease and functional decline . . . provide people-centered services and support to enable recovery or to compensate for the loss of function so that people can continue to do the things that are important to them.” (World Health Organization)



Age-friendly Environments (continued)

- *WHO Domains of Livability Aging* identify components of built and social environments and how they intersect and overlap.
- Relevant to one's home, community living & settings, public buildings and spaces.
- Age-friendly environments promote prevention, enable people to stay active and connected, reduce barriers to participation when abilities decline, and require action by all aspects of the system whether at home or in the community.



NEXT: Question 4 and Next Slide



Question 4: True or False

Most older people in the US live in nursing homes.

Age-friendly environments (continued)

- About 3% of older people in the US reside in nursing homes In Wisconsin, 2.2% of people over 65 in 2019; declined by 30% from 2008-2018.
- Reflects desire to age in place, stay living in their homes; aging advocacy efforts, and reimbursement rates.

(<https://www.kff.org/other/state-indicator/number-of-nursing-facility-residents/?currentTimeframe=0&selectedRows=%7B%22states%22:%7B%22wisconsin%22:%7B%7D%7D%7D&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D>)



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- Most older people prefer, and do, remain living in their homes as they grow older.
 - Most otherwise healthy seniors live without frailty and can remain independent in their daily activities.
 - Although muscle volume & strength can gradually decline with aging, particularly beyond the age of 70, changes can be slowed or prevented with regular physical activity.
 - One of the major problems we see is falls and risk of fractures.

<https://www.mcmasteroptimalaging.org/>

Age-friendly Environments



What can we do to improve or create age-friendly environments?

- Consider: In-home personal and medical care, personal safety, meals and nutrition; home retrofitting; adaptive aids, socialization via personal or technological adaptations; person-first language, person-centered focus.
- Reduce access barriers, e.g., public spaces, walkways, pathways, sidewalks, doorways; accessible, affordable transportation, adequate lighting, hearing technology.
- A focus on creation of opportunities enables people to stay independent, and participate in community life.