

Chapter 1 : The growing danger to elderly Americans - CBS News

SIXTY-FIVE PLUS IN THE UNITED STATES May Economics and Statistics Administration, U.S. Department of Commerce. America's elderly population is now growing at a moderate pace.

According to the U. Census Bureau, the population aged 65 and over is projected to grow 17 percent between and , far outpacing the overall population growth rate of 3. Government records indicate that Medicare beneficiaries made up 13 percent of the population aged 65 and older in , and that figure will rise to 19 percent by . In all, the government anticipates 76 million baby boomers will age on to Medicare in the next few years. Change in population demographics is one of the many reasons why health care costs are surging. Elderly individuals receive health care services in a myriad of settings and have a particularly high volume of medical bills. Though older adults comprise only 12 percent of the population, they account for about 26 percent of all physician office visits, 47 percent of all hospital outpatient visits with nurse practitioners, 35 percent of all hospital stays, 34 percent of all prescriptions, 38 percent of all emergency medical service responses, and 90 percent of all nursing home use. In the face of sky rocking costs and increased demands for services, institutions for elderly individual sometimes find it difficult to satisfy the standard of care. In the last 20 years, concerns about the abuse of nursing home residents have received increased legal attention. Reports are mixed as to whether abuse rates have lowered in recent years. A congressional report found that 5, "approximately 30 percent" of U. Over 2, of the violations were serious enough to place residents in immediate jeopardy of death or serious injury. More recent studies on incidence report that 7. Elder abuse violations can take many forms. Physical violations include hitting, slapping, burning, and even kicking. Just as heinous are abuses that are emotional of in nature "name-calling, making embarrassing comments, or preventing an individual from communicating with family and friends. Some of the most common issues underlying nursing home and long-term care facility litigation include choking in feeding tube cases, patient elopement, fall-related injuries, improper use of physical or chemical restraints for purposes of patient discipline or provider convenience, scalding when bathing, bed sores, pressure sores, malnutrition, dehydration, and medication errors. Because Never Events are so devastating to elderly individuals in particular, nursing home and long-term care providers are facing intense pressure to eliminate them completely. In recent years, both private health insurers and the Centers for Medicare and Medicaid Services CMS have firmly stated policies that they will not reimburse providers for the additional costs associated with preventable errors and Never Events. In essence, under these new policies, facilities who commit malpractice now have to write-off and absorb the costs associated with avoidable errors. Elder abuse violations are especially concerning because elderly and disabled residents of nursing homes often cannot protect themselves from physical attack or sexual assault. In certain circumstances, individuals are physically or mentally unable to communicate to family members that they have suffered from abuse. Therefore, residents and their families are almost entirely dependent upon nursing home staff to ensure the safety of residents. All in all, recruiting, training, and keeping frontline nursing staff are among the most important steps institutions can take to ensure patients continue to receive quality skilled nursing care. Research strongly indicates that elderly individuals who experience even minimal levels of abuse have a percent higher risk of death when compared to those who have not been victimized. As health care costs continue to their upward trend and significant members of the population enter nursing homes or long-term care facilities, it is more essential than ever that financial resources be diverted to identify risk management concerns and ensure quality care for aging Americans. The opinions expressed here are those of the author and do not necessarily reflect the positions of any other entity. Census Bureau Population Division [http: Population Estimates and Projections](http://www.census.gov), U. Senate Committee on Finance: The national elder mistreatment study, American Journal of Public, 2 ,

Chapter 2 : Elder Abuse Statistics & Facts | Elder Justice | NCOA

Once upon a time, not in a fairy tale, but in the real foundations of our nation, the elderly in America were looked upon as wise, experienced, and to be Godly mentors for the younger. Once upon a time, we cared for our elderly family members, and put great stock and reverence in their wise counsel.

Where can I learn more? What is elder abuse? Elder abuse includes physical abuse, emotional abuse, sexual abuse, exploitation, neglect, and abandonment. Perpetrators include children, other family members, and spouses—as well as staff at nursing homes, assisted living, and other facilities. Sexual abuse means touching, fondling, intercourse, or any other sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened, or physically forced. Emotional abuse means verbal assaults, threats of abuse, harassment, or intimidation. Confinement means restraining or isolating an older adult, other than for medical reasons. Willful deprivation means denying an older adult medication, medical care, shelter, food, a therapeutic device, or other physical assistance, and exposing that person to the risk of physical, mental, or emotional harm—except when the older, competent adult has expressed a desire to go without such care. How many older Americans are abused? Some estimates range as high as 5 million elders who are abused each year. One study estimated that only 1 in 14 cases of abuse are reported to authorities. Who are the abusers of older adults? Abusers are both women and men. Two thirds of perpetrators are adult children or spouses. What makes an older adult vulnerable to abuse? Recent studies show that nearly half of those with dementia experienced abuse or neglect. Interpersonal violence also occurs at disproportionately higher rates among adults with disabilities. What are the warning signs of elder abuse? Physical abuse, neglect, or mistreatment: Bruises, pressure marks, broken bones, abrasions, burns Emotional abuse: Unexplained withdrawal from normal activities, a sudden change in alertness, or unusual depression; strained or tense relationships; frequent arguments between the caregiver and older adult Financial abuse: Sudden changes in financial situations Neglect: Bedsores, unattended medical needs, poor hygiene, unusual weight loss Verbal or emotional abuse: Belittling, threats, or other uses of power and control by individuals What are the effects of elder abuse? Yet, financial exploitation is self-reported at rates higher than emotional, physical, and sexual abuse or neglect. Are there criminal penalties for the abusers? Most states have penalties for those who victimize older adults. Increasingly, across the country, law enforcement officers and prosecutors are trained on elder abuse and ways to use criminal and civil laws to bring abusers to justice. Review elder justice laws, statistics and other state resources compiled by the NCEA. How does a person make an elder abuse report? If an older adult is in immediate, life-threatening danger, call Anyone who suspects that an older adult is being mistreated should contact a local Adult Protective Services office, Long-Term Care Ombudsman, or police. NCEA describes various scenarios and ways to Get Help , and more information is available from the Eldercare Locator online or by calling How can elder abuse be prevented? Educating seniors, professionals, caregivers, and the public on abuse is critical to prevention. Taking care of your health. Seeking professional help for drug, alcohol, and depression concerns and urging family members to get help for these problems. Attending support groups for spouses and learning about domestic violence services. Planning for your own future. With a power of attorney or a living will, you can address health care decisions now to avoid confusion and family problems later. Seek independent advice from someone you trust before signing any documents. Staying active in the community and connected with friends and family. This will decrease social isolation, which has been connected to elder abuse. Posting and opening your own mail. Not giving personal information over the phone. Using direct deposit for all checks. Having your own phone. Reviewing your will periodically. If you engage the services of a paid or family caregiver, you have the right to voice your preferences and concerns. If you live in a nursing home, call your Long Term Care Ombudsman. The ombudsman is your advocate and has the power to intervene.

Chapter 3 : Where do the oldest Americans live? | Pew Research Center

*The growing danger to elderly Americans. Share; Tweet Reddit Flipboard Email By Bob Sullivan/theinnatdunvilla.com
The first signs of elder financial abuse are easy to miss. America's highest-paying jobs.*

Trends and statistics relating to U. For example, total health care spending will rise significantly: The report explores issues such as gender, ethnicity, economic status and health, languages spoken, veteran status and voting practices. Key findings from the report include: The number of senior citizens is on the rise: In , there were This total is 12 times the number it was in , when this group constituted only 4. By , projections indicate the population over 65 will comprise The Great Recession affected this group in a number of ways: Homeownership rates declined for the overall population after the peak, but remained constant for Americans over Similarly, unemployment rates were lower for older workers, who managed to stay mostly employed during the recession. In , the employment rate for the group actually rose to However, this older group also experienced an increase in unemployment rates just before the recession. During this period, the unemployment rate for those 65 to 69 rose from 3. If workers aged 55 and older became unemployed, it took them longer to find new jobs. In , for every people, there were 45 who were younger than age 20 and 22 people aged 65 or older, meaning that there were four and a half workers supporting each older person. As more Baby Boomers turn 65, this ratio is projected to increase dramatically, leaving fewer working people for every older one. The racial diversity of senior citizens continues to increase. This trend is expected to continue over the next 40 years – for example, While life expectancy has risen in the United States, it has done so at a slower pace than in other high-income countries, despite of the fact that the U. Smoking habits in the United States were likely reinforced by social and economic factors, such as a driving culture – soil conditions well suited for growing tobacco, and the relatively low price of tobacco. In , they were lower for whites than blacks from ages 55 to 84, but lower among blacks at ages 85 and over. Both individuals and society need to prepare for population aging; the cost of waiting – financial and social – could be overwhelming. A study from University College London analyzes loneliness and social isolation in elderly men and women, while a Pew Research Center report highlights findings about the level of technology use among older adults. August 5, We welcome feedback. Please contact us here.

Chapter 4 : Aging America: Concerns Facing the Growing Elderly Population | Purdue Global

The State of Aging and Health in America is a report series that began as a joint effort of CDC's Healthy Aging Program and the Merck Company Foundation, and evolved into an interactive data website where professionals can get current data at the national, state, and selected local levels for

All jokes aside, aging can bring about unique health issues. Chronic health conditions According to the National Council on Aging , about 92 percent of seniors have at least one chronic disease and 77 percent have at least two. Heart disease, stroke, cancer, and diabetes are among the most common and costly chronic health conditions causing two-thirds of deaths each year. The National Center for Chronic Disease Prevention and Health Promotion recommends meeting with a physician for an annual checkup, maintaining a healthy diet and keeping an exercise routine to help manage or prevent chronic diseases. Obesity is a growing problem among older adults and engaging in these lifestyle behaviors can help reduce obesity and associated chronic conditions. The most common cognitive health issue facing the elderly is dementia , the loss of those cognitive functions. According to the National Institute on Aging , other chronic health conditions and diseases increase the risk of developing dementia, such as substance abuse, diabetes, hypertension, depression, HIV and smoking. While there are no cures for dementia, physicians can prescribe a treatment plan and medications to manage the disease. Mental health According to the World Health Organization, over 15 percent of adults over the age of 60 suffer from a mental disorder. A common mental disorder among seniors is depression, occurring in seven percent of the elderly population. Unfortunately, this mental disorder is often underdiagnosed and undertreated. Older adults account for over 18 percent of suicides deaths in the United States. Because depression can be a side effect of chronic health conditions, managing those conditions help. Additionally, promoting a lifestyle of healthy living such as betterment of living conditions and social support from family, friends or support groups can help treat depression. Physical injury Every 15 seconds, an older adult is admitted to the emergency room for a fall. A senior dies from falling every 29 minutes , making it the leading cause of injury among the elderly. Because aging causes bones to shrink and muscle to lose strength and flexibility, seniors are more susceptible to losing their balance, bruising and fracturing a bone. Two diseases that contribute to frailty are osteoporosis and osteoarthritis. However, falls are not inevitable. In many cases, they can be prevented through education, increased physical activity and practical modifications within the home. Seniors are unlikely to use condoms, which, when combined with a weakened immune system, makes the elderly more susceptible to contracting HIV. Late diagnosis of HIV is common among older adults because symptoms of HIV are very similar to those of normal aging, making it more difficult to treat and prevent damage to the immune system. Malnutrition Malnutrition in older adults over the age of 65 is often underdiagnosed and can lead to other elderly health issues, such as a weakened immune system and muscle weakness. The causes of malnutrition can stem from other health problems seniors suffering from dementia may forget to eat , depression, alcoholism, dietary restrictions, reduced social contact and limited income. Committing to small changes in diet, such as increasing consumption of fruits and vegetables and decreasing consumption of saturated fat and salt , can help nutrition issues in the elderly. There are food services available to older adults who cannot afford food or have difficulty preparing meals. Sensory impairments Sensory impairments, such as vision and hearing, are extremely common for older Americans over the age of According to the CDC , one out of six older adults has a visual impairment and one out of four has a hearing impairment. Luckily, both of these issues are easily treatable by aids such as glasses or hearing aids. New technologies are enhancing assessment of hearing loss and wearability of hearing aids. Oral health Often overlooked, oral health is one of the most important issues for the elderly. Problems such as cavities and tooth decay can lead to difficulty maintaining a healthy diet, low self-esteem, and other health conditions. Oral health issues associated with older adults are dry mouth, gum disease and mouth cancer. These conditions could be managed or prevented by making regular dental check-ups. Dental care, however, can be difficult for seniors to access due to loss of dental insurance after retirement or economical disadvantages. Substance abuse Substance abuse, typically alcohol or drug-related, is more prevalent among seniors than realized. According

to the National Council on Aging , the number of older adults with substance abuse problems is expected to double to five million by 2020. Additionally, older adults are often prescribed multiple prescriptions to be used long-term. Bladder control and constipation Incontinence and constipation are both common with aging, and can impact older adults quality of life. In addition to age-related changes, these may be a side effect of previous issues mentioned above, such as not eating a well-balanced diet and suffering from chronic health conditions. The Mayo Clinic suggests maintaining a healthy weight, eating a healthy diet and exercising regularly to avoid these elderly health issues. There are often effective medical treatments, and older adults should not be embarrassed to discuss with their physicians. Contact us for more information. You may also like.

In spite of this steep growth in America's elderly population, Medicare spending (a primary source of health insurance coverage for most elderly individuals) continues to grow by roughly 8 percent each year.

Lower age Who are the Perpetrators? Perpetrators are most likely to be adult children or spouses, more likely to be male, to have history of past or current substance abuse, to have mental or physical health problems, to have history of trouble with the police, to be socially isolated, to be unemployed or have financial problems, and to be experiencing major stress. The newsfeed tracked media reports of all types of elder abuse through Google and Yahoo Alerts over a three-month period. Below is a sampling of research findings relating to abuse of adults with disabilities: Lifetime prevalence of IPV against adult men with disabilities was found to be It was concluded that, over the course of their lives, IPV occurs at disproportionate and elevated rates among men and women with disabilities. Abuse of Adults with Dementia Research indicates that people with dementia are at greater risk of elder abuse than those without. By , most states are expected to see an increase in Alzheimer prevalence. Prevalence estimates are influenced, and possibly underestimated, by the fact that many people with dementia are unable, frightened, or embarrassed to report abuse. Abuse among this population is a hidden offence, perpetrated against vulnerable people with memory impairment, by those on whom they depend. Prevalence estimates are influenced, and possibly underestimated, by the fact that many people with dementia are unable, frightened or embarrassed to report its presence. Prevalence rates for abuse and neglect in people with dementia vary from study to study, ranging from Abuse in Nursing Homes and other Long-Term Care Facilities Elder abuse occurs in community settings, such as private homes, as well as institutional settings like nursing homes and other types of long term care facilities. In , the number of nursing home residents was approximately 1. General Accountability Office revealed that state surveys understate problems in licensed facilities: What is the Impact of Elder Abuse? Physical The most commonly documented physical impacts of elder abuse include: Estimates of such expenses are not currently available. As a result of providing care, caregivers experience declines in their own physical and mental health and their financial security suffers. Research on elder abuse interventions is a growing area. Below are some examples of interventions both in the community and among professionals that have been identified in academic literature. Interventions in the Community Social Support: Social support has been acknowledged as a potentially beneficial intervention. Efforts to enhance social support of older adults will have the dual benefit of building mental health resilience in response to extreme stressors and lowering the risk of interpersonal violence against the senior members of our society. This program involves building alliances with the elder and family members, connecting the elder to supportive services that reduce risk of further abuse, and utilizing motivational interviewing-type skills to help elders overcome ambivalence regarding making difficult life changes. Risk factors of elder abuse decreased over the course of the intervention and nearly three-quarters of participants made progress on their treatment goal. Education on elder abuse is another important way to intervene at the community level. The following example illustrates a way in which to provide elder abuse education, particularly to young adults. Hayslip and colleagues examined the effectiveness of educational interventions in altering tolerance for and behavioral intentions of elder abuse among college student young adults. Findings suggested that while specific interventions may reduce elder abuse tolerance, supplemental educational efforts over time may be necessary to maintain intervention-specific gains in intentions and behaviors particular to elder abuse. Given the complex nature of elder abuse, inter-professional teams, also referred to as multidisciplinary teams consisting of physicians, social workers, law-enforcement personnel, attorneys, and other community participants working together in a coordinated fashion, have been identified as a possibly successful intervention as no single discipline or sector alone has the resources or expertise needed to address the issue. Interventions are also developing in reporting and data collection of elder abuse incidents. Adult Protective Services APS systems play a critical role in addressing the abuse, neglect, self-neglect, and financial exploitation of adults. Instead, states and local agencies have developed a wide variety of APS practices, resulting in significant variations between and sometimes within states. In an effort to support Adult

Protective Service Agencies and enhance elder abuse response, the Administration on Community Living ACL has been developing guidelines intended to assist states in developing efficient and effective APS systems. The NCEA will release more information on this initiative as progress and follow-up research develops. The Elder Justice Roadmap: Ethical and policy issues in research on elder abuse and neglect. Intervening to reduce elder abuse: Age and Ageing 45 2 , " Prevalence and correlates of emotional, physical, sexual, and financial abuse and potential neglect in the united states: American Journal of Public Health 2 , " Lifespan of Greater Rochester, Inc. Prevalence of and risk factors for elder abuse and neglect in the community: Journal of the American Geriatrics Society 63 9 , " Longitudinal prevalence and correlates of elder mistreatment among older adults receiving home visiting nursing. Journal of Elder Abuse and Neglect 27 1 , 34" Uniform definitions and recommended core data elements. National Academies of Sciences, Bonnie, R. New England Journal of Medicine, , " Center for Elders and the Courts. Abuse of people with dementia by family carers: British Medical Journal, , b Financial exploitation of older adults: Journal of General Internal Medicine, 29 12 , " Do incident and perpetrator characteristics of elder mistreatment differ by gender of the victim? Intimate partner violence, health status, and health care access among women with disabilities. Powers, L, Saxton, M. A survey of abuse against men with disabilities. Journal of Rehabilitation, 74 4 , 41" Prevalence of interpersonal violence against community-living adults with disabilities: Rehabilitation Psychology, 56 4 , "

Chapter 6 : 10 common elderly health issues - Vital Record

What is elder abuse? Elder abuse includes physical abuse, emotional abuse, sexual abuse, exploitation, neglect, and abandonment. Perpetrators include children, other family members, and spouses—as well as staff at nursing homes, assisted living, and other facilities.

Or excessive secrecy around an online lover. Paranoia or anger when talking about money can be a tipoff, too. Americans are living longer, and with the shift from pensions and toward retirement savings, they face a dizzying array of complex choices about what to do with their money. Making matters worse, as each year passes, their cognitive abilities tend to decline while the stakes of their money decisions get higher. Criminals always steal from where the money is, and scam artists always flock to wherever financial confusion can be found. In another study, one in 20 older adults report being victimized by "financial mistreatment" at some point in the recent past. The crimes are often profound. And unlike the plight of swindled youth, who can work to rebuild their savings, there is no way for an elderly person to recover the lost money. Americans are living longer -- the fastest-growing segment of the population is the over set -- but aging still takes its toll. Decline in financial decision-making skills is a fact of life. About half the population between 80 and 89 years old either has dementia or a diagnosed cognitive impairment. But the problems may begin much sooner than many realize. In a landmark paper called "The Age of Reason" authors Xavier Gabaix NYU and David Laibson Harvard found that the peak age for financial decision-making prowess -- when adults enjoy the best blend of experience and mental acuity -- is After that age, financial literacy rates decline about 1 percent each year, according to later study. Some are brazen crimes, such as the sweetheart scam, in which a lonely elderly person is seduced by a fake online lover into sending thousands of dollars to a criminal. Or the grandparent scam, when a criminal contacts an elderly person -- often through social media -- and claims a grandchild is in trouble overseas and needs money wired to some remote location immediately. Perhaps more insidious are crimes -- or deceptions -- committed by family, friends or trusted advisors. Elder fraud can also involve professional financial advice ranging from ill-conceived to criminal. Stories of elderly Americans being placed into too-costly annuities or bad insurance products abound. The biggest challenge While annuities have a bad reputation, they can be appropriate for certain investors. But they are usually the most complicated product an investing consumer will face during their lifetime, and many are forced to make decisions about them when they are least able to make good choices. To make matters worse, research released this month confirms what those who would cheat older Americans often know implicitly: The elderly are often the last to know their mental capacity is slipping. Experts at the Center for Retirement Research at Boston College conducted an extensive study of elderly who were slowly losing their financial decision-making skills and found a common problem: There is a social cost: A report by the Utah Division of Aging and Adult Services in found that about one in 10 financial abuse victims will turn to Medicaid as a direct result of losing their own money to fraud. Unfortunately, no one is immune to abuse, neglect, and exploitation," says the U. Department of Health and Human Services. The problem has the potential to become more prevalent. In , there were 5. By , it is projected that there will be 19 million people aged 85 or older. By then, people age 65 and older are expected to comprise 20 percent of the total U. Signs of elder abuse The National Committee for the Prevention of Elder Abuse offers this detailed list of signs that someone might be suffering from elder abuse.

In America, the elderly are more typically sent to nursing homes – a contrast that may appear unfeeling, even cruel. But the ways in which societies around the world treat their elderly span a vast and varied range, according to Jared Diamond, UCLA professor of geography and physiology.

Cancel We live in an age where we can communicate with friends and family members across the country and around the globe with a few clicks of a mouse or taps on a smart phone screen. However, despite advances in communications technology and the increasing connectedness it brings, research indicates that, as a society, we are lonelier than we have ever been. Perhaps no other age group feels the keen sting of loneliness more than the elderly. Why Are Older Adults so Lonely? Age brings many difficult changes that contribute to a more solitary life. One of the biggest issues for seniors is that their social circles begin to shrink as the years go by. Friends, significant others and family members move away or pass away. Even those who still live close by may be inaccessible due to limited mobility, especially once a senior can no longer drive safely. Embarrassment can be a factor as well. Sadly, many seniors experience a decline in the number and quality of their relationships as they age, whether it is self-imposed or due to outside forces. Even when a senior is being taken care of by family caregivers, T. Byram Karasu, MD, from the department of psychiatry and behavioral sciences at the Albert Einstein College of Medicine, says that there is often little attention paid to deep, engaging communication between a senior and the rest of the family. Bobbie Smith, a professional caregiver for Home Instead Senior Care with more than six decades of elder care experience under her belt, echoes this sentiment but believes the issue actually runs deeper throughout the structure of families. She says that a modern trend is the breakdown of extended family relationships – like those between grandparents and grandchildren. This is especially true for family units that have spread across the country and have difficulty making time for visits and even regular communication by phone and mail. A University of California, San Francisco UCSF study found that participants 60 years old and older who reported feeling lonely saw a 45 percent increase in their risk of death. Isolated survey respondents also had a 59 percent greater risk of mental and physical decline than their more social counterparts. Loneliness is thought to act on the body in a way that is similar to chronic stress. It raises the levels of stress hormones like cortisol in the body, which impairs immune responses and contributes to inflammation, mental illness and conditions like heart disease and diabetes. Lastly, psychologists from the University of Chicago analyzed data from an ongoing multi-generational cardiovascular study that began in and discovered another remarkable characteristic of loneliness: Older adults who feel lonesome are more prone to behave in ways that may cause other people to not want to be around them. Researchers found that solitary seniors have a tendency to further isolate themselves by pushing people away and not making efforts to engage with others. Furthermore, the few people that lonely seniors interact with are likely to become lonely themselves and follow the same path to the outskirts of their social networks. This has serious implications on the health and social lives of family members who are caring for lonely seniors. Ways to Alleviate Loneliness in the Elderly Smith feels optimistic that there are many things that can be done to rectify this situation. Here are a few ways you can help alleviate loneliness in your elderly loved one: Keep in mind that once-loved activities may no longer interest them or fit their abilities. Do your best to help them discover ways to adapt these hobbies or find new pastimes altogether. Develop a strategy to defeat seclusion. Once you know what your loved one enjoys doing, you can use this information to develop a personalized loneliness eradication plan. For example, while Smith was caring for an angry year-old man who was reluctant to communicate, she discovered that he had a passion for singing and photography. One day while walking down the hall with him, she began to belt out a few bars of Let Me Call You Sweetheart. Sometimes our elders just need a creative push to step outside their comfort zone. Let them teach you. Smith encourages caregivers to connect with their loved ones by allowing them to pass some hard-earned knowledge on to you. For example, if your mother loves to embroider, ask her to teach you how to do it. This not only has the potential to be a great bonding experience, but it can also help restore a bit of balance to the child-parent dynamic that may have been lost once caregiving began. Bridge the generation gap.

According to Smith, caregivers can play a vital role in fostering a relationship between a senior and their youngest relatives. Grandkids often see their grandparents as either crazy or boring, when they should consider their elders sources of valuable wisdom and fun. Try to come up with ways to help the oldest and the youngest generations of your family spend time together, whether in person, by phone or via mail. Karasu also points out that seniors have the potential to contribute a lot to their families if they are allowed to remain engaged. He says this is doubly important, considering research has shown that an unengaged elderly adult will experience cognitive decline at a much faster rate than a senior who is mentally stimulated by interactions with other people. Another piece of advice from the pros is to urge other family members to reach out to an elderly loved one. Something as simple as sending a card, sharing a favorite meal, or calling for 30 minutes a couple times a week can go a long way to making a senior feel loved and connected to the rest of the family. For some seniors, no amount of effort encourages them to come out of their shell. It may take a large change to get them to reignite their interest in people and activities. The success of such a transition depends on the individual person and the fit of the facility. It also takes time and effort for a loved one to adapt to and grow comfortable with their new living arrangement and neighbors. In fact, it may appear to backfire at first. Family members and staff should provide gentle encouragement to help new residents acclimate, meet new people and participate in activities and events.

Chapter 8 : Honor or abandon: Societies' treatment of elderly intrigues scholar | UCLA

The cost of caring for elderly persons with dementia is also predicted to grow substantially in the coming decades, and Alzheimer's care alone may exceed \$1 trillion annually.

Growing Old in America: Nor is it quite as good. These disparities come into sharpest focus when survey respondents are asked about a series of negative benchmarks often associated with aging, such as illness, memory loss, an inability to drive, an end to sexual activity, a struggle with loneliness and depression, and difficulty paying bills. In every instance, older adults report experiencing them at lower levels often far lower than younger adults report expecting to encounter them when they grow old. These generation gaps in perception also extend to the most basic question of all about old age: When does it begin? Survey respondents ages 18 to 29 believe that the average person becomes old at age Middle-aged respondents put the threshold closer to 70, and respondents ages 65 and above say that the average person does not become old until turning Other potential markers of old age—such as forgetfulness, retirement, becoming sexually inactive, experiencing bladder control problems, getting gray hair, having grandchildren—are the subjects of similar perceptual gaps. Less than half of all adults ages 30 and older agree. However, a handful of potential markers—failing health, an inability to live independently, an inability to drive, difficulty with stairs—engender agreement across all generations about the degree to which they serve as an indicator of old age. In fact, it shows that the older people get, the younger they feel—relatively speaking. Among 18 to 29 year-olds, about half say they feel their age, while about quarter say they feel older than their age and another quarter say they feel younger. Nearly half of all survey respondents ages 50 and older say they feel at least 10 years younger than their chronological age. Among respondents ages 65 to 74, a third say they feel 10 to 19 years younger than their age, and one-in-six say they feel at least 20 years younger than their actual age. In sync with this upbeat way of counting their felt age, older adults also have a count-my-blessings attitude when asked to look back over the full arc of their lives. All other age groups also tilt positive, but considerably less so, when asked to assess their lives so far against their own expectations. The Downside of Getting Old To be sure, there are burdens that come with old age. About one-in-four adults ages 65 and older report experiencing memory loss. About one-in-five say they have a serious illness, are not sexually active, or often feel sad or depressed. About one-in-six report they are lonely or have trouble paying bills. But when it comes to these and other potential problems related to old age, the share of younger and middle-aged adults who report expecting to encounter them is much higher than the share of older adults who report actually experiencing them. Moreover, these problems are not equally shared by all groups of older adults. Those with low incomes are more likely than those with high incomes to face these challenges. The only exception to this pattern has to do with sexual inactivity; the likelihood of older adults reporting a problem in this realm of life is not correlated with income. Not surprisingly, troubles associated with aging accelerate as adults advance into their 80s and beyond. It no doubt helps that adults in their late 80s are as likely as those in their 60s and 70s to say that they are experiencing many of the good things associated with aging—be it time with family, less stress, more respect or more financial security. The Upside of Getting Old When asked about a wide range of potential benefits of old age, seven-in-ten respondents ages 65 and older say they are enjoying more time with their family. About two-thirds cite more time for hobbies, more financial security and not having to work. About six-in-ten say they get more respect and feel less stress than when they were younger. Just over half cite more time to travel and to do volunteer work. Of all the good things about getting old, the best by far, according to older adults, is being able to spend more time with family members. People Are Living Longer These survey findings come at a time when older adults account for record shares of the populations of the United States and most developed countries. These ratios will put the U. Contacting Older Adults Any survey that focuses on older adults confronts one obvious methodological challenge: A small but not insignificant share of people 65 and older are either too ill or incapacitated to take part in a minute telephone survey, or they live in an institutional setting such as a nursing home where they cannot be contacted. To mitigate this problem, the survey included interviews with more than adults whose parents are ages 65 or older. Not surprisingly, the

portrait of old age they draw is somewhat more negative than the one painted by older adult respondents themselves. We present a summary of these second-hand observations at the end of Section I in the belief that the two perspectives complement one another and add texture to our report. The most common explanation offered by respondents of all ages has to do with differences in morality, values and work ethic. Relatively few cite differences in political outlook or in uses of technology. When Does Old Age Begin? But as noted above, this average masks a wide, age-driven variance in responses. More than half of adults under 30 say the average person becomes old even before turning 60. Moreover, gender as well as age influences attitudes on this subject. Women, on average, say a person becomes old at age 65. Men, on average, put the number at 70. In addition, on all 10 of the non-chronological potential markers of old age tested in this survey, men are more inclined than women to say the marker is a proxy for old age. The average response from our survey respondents is 68. A AARP survey found that the average desired life span was 80. Among all adults ages 65 and older, nine-in-ten talk with family or friends every day. About eight-in-ten read a book, newspaper or magazine, and the same share takes a prescription drug daily. Three-quarters watch more than a hour of television; about the same share prays daily. Nearly two-thirds drive a car. Less than half spend time on a hobby. About four-in-ten take a nap; about the same share goes shopping. Roughly one-in-four use the internet, get vigorous exercise or have trouble sleeping. As adults move deeper into their 70s and 80s, daily activity levels diminish on most fronts—especially when it comes to exercising and driving. On the other hand, daily prayer and daily medication both increase with age. Are Older Adults Happy? And perhaps more importantly, the same factors that predict happiness among younger adults—good health, good friends and financial security—by and large predict happiness among older adults. Among all older adults, happiness varies very little by age, gender or race. Retirement and Old Age. Retirement is a place without clear borders. Whatever the fuzziness around these definitions, one trend is crystal clear from government data 3: After falling steadily for decades, the labor force participation rate of older adults began to trend back upward about 10 years ago. In the Pew Research survey, the average retiree is 75 years old and retired at age 65. However, many living patterns change as adults advance into older age. About three-quarters say they have someone they can talk to when they have a personal problem; six-in-ten say they have someone they can turn to for help with errands, appointments and other daily activities. Just four-in-ten adults ages 65 and above use the internet on a daily basis, and that share drops to just one-in-six among adults 75 and above. By contrast, three-quarters of adults ages 65 and above go online daily. The generation gap is even wider when it comes to cell phones and text messages. Religion and Old Age. Religion is a far bigger part of the lives of older adults than younger adults. Family Relationships Staying in Touch with the Kids. Mothers and daughters are in the most frequent contact; fathers and daughters the least. Sons fall in the middle, and they keep in touch with older mothers and fathers at equal rates. Was the Great Bard Mistaken? Through the centuries, other poets and philosophers have observed that parents and children often reverse roles as parents grow older. Not so, says the Pew Research survey. Responses to this question from children of older parents are broadly similar. Intergenerational Transfers within Families. Despite these reported patterns of non-reliance, older parents and their adult children do help each other out in a variety of ways. However, the perspectives on these transfers of money and time differ by generation. The intra-family accounting comes out quite differently from the perspective of adult children. There are similar difference in perception, by generation, about who helps whom with errands and other daily activities. To be clear, the survey did not interview specific pairs of parents and children; rather, it contacted random samples who fell into these and other demographic categories. Not surprisingly, as parents advance deeper into old age, both they and the adult children who have such parents report that the balance of assistance tilts more toward children helping parents. Conversations about End-of-Life Matters. Similar shares of adult children of older parents report having had these conversations. About the Survey Results for this report are from a telephone survey conducted with a nationally representative sample of 2,000 adults living in the continental United States. A combination of landline and cellular random digit dial RDD samples were used to cover all adults in the continental United States who have access to either a landline or cellular telephone. In addition, oversamples of adults 65 and older as well as blacks and Hispanics were obtained. The black and Hispanic oversamples were achieved by oversampling landline exchanges with more black and Hispanic residents as well as

callbacks to blacks and Hispanics interviewed in previous surveys. A total of 2, interviews were completed with respondents contacted by landline telephone and with those contacted on their cellular phone. The data are weighted to produce a final sample that is representative of the general population of adults in the continental United States. Interviews were conducted Feb. There were 2, interviews, including 1, with respondents 65 or older. The older respondents included whites, blacks and Hispanics.

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Looking ahead, Fishman foresees people of all ages, elderly included, gaining the ability to look more attractive than in the past thanks to developments ranging from Botox to fitness programs.

What stresses moms most? Themselves, survey says Concerns of elderly move higher on national agenda That ageism exists, in a society captivated by youth culture and taut-skinned good looks, is scarcely debatable. But as the oldest of the 77 million baby boomers approach their 60s, the elderly and their concerns will inevitably move higher on the national agenda. Already, there is lively debate as to whether ageism will ease or grow worse in the coming decades of boomer senior citizenship. Erdman Palmore, a professor emeritus at Duke University who has written or edited more than a dozen books on aging, counts himself “cautiously” among the optimists. But I have faith that as science progresses, and reasonable people get educated about it, we will come to recognize ageism as the evil it is. He recently got a tattoo on his shoulder, though the image he chose was the relatively discreet symbol of the American Humanist Association. The number of Americans 65 and older is projected to double over the next three decades from Advertise The and-over population is the fastest growing segment “projected to grow from 4 million in to 19 million in as part of an unprecedented surge in longevity. Americans now turning 65 will live, on average, an additional 18 years. Some researchers believe that ageism, in the form of negative stereotypes, directly affects longevity. In a study published by the American Psychological Association, Yale School of Public Health professor Becca Levy and her colleagues concluded that old people with positive perceptions of aging lived an average of 7. Equal Employment Opportunity Commission has received more than 19, age discrimination complaints in each of the past two years, and has helped win tens of millions of dollars in settlements. However, attorneys say age discrimination often is hard to prove. Aging in America New Yorker Bill DeLong, 84, was fired three years ago from his longtime job as a waiter at a Shea Stadium restaurant, but he continues to seek out charitable volunteer assignments and still works as a waiter occasionally at special events. I see people in my building whose families ignore them “they fall through the cracks. A report by the Alliance for Aging Research, presented to a Senate committee last year, said the elderly are less likely to receive preventive care and often lack access to doctors trained in their needs. Only about 10 percent of U. The American Geriatrics Society says there are only about 7, physicians nationwide certified as geriatric specialists “not enough to meet demand and far below the 36, the society says will be needed by While the society says the best way to attract more doctors to the field is to make Medicare practice more lucrative, some experts believe that many medical students also have negative attitudes toward the elderly that should be challenged. In one such effort, the National Institute on Aging, working with Johns Hopkins Medical School and a Baltimore museum, teamed elderly people and first-year medical students in an art program in which they drew, made collages, sang songs and shared stories. A survey showed the students gained a more positive view of seniors and of geriatrics as a possible specialty. Ageism also manifests itself in advertising. Though adults of all ages drink beer and buy cars, for example, TV and print ads for those products almost invariably feature youthful actors and models. According to AARP, the lobbying group for people 50 and over, Americans in that age bracket account for half of all consumer spending but are targeted by just 10 percent of marketing. The dynamic is particularly potent in television, where network executives gear programming toward toy-year-olds because advertisers will pay more to reach those viewers. Kleyman also detects some positive trends, including a growing number of newspapers assigning reporters to cover aging-related issues on a regular basis. Many seniors worked for small businesses that had no retirement system. But you will also have those with less resources, coming from groups that already had faced discrimination, and now they will have the age thing added to the mix. This material may not be published, broadcast, rewritten or redistributed.