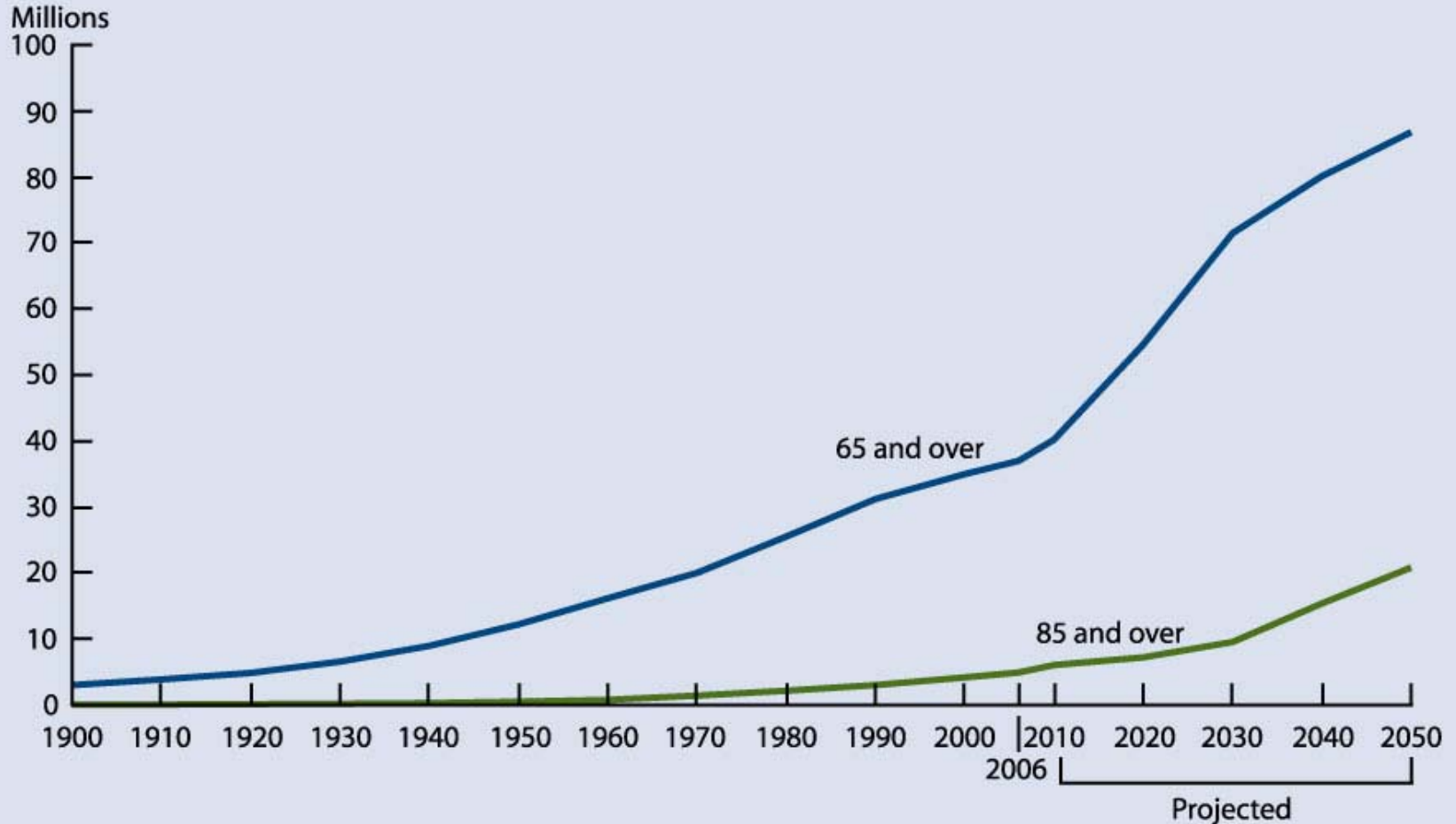




# Constructing a Health Care System for the Aging Population

David H. Howes, MD, Chief Executive Officer  
Martin's Point Health Care

### Number of people age 65 and over, by age group, selected years 1900–2006 and projected 2010–2050



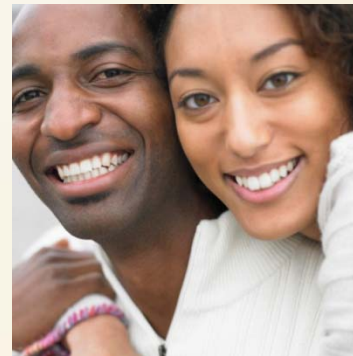
Note: Data for 2010–2050 are projections of the population.

Reference population: These data refer to the resident population.

Source: U.S. Census Bureau, Decennial Census, Population Estimates and Projections.

## Baby Boomers in Maine

- Roughly 460,000 people aged 43-66 currently living in Maine.\*
- Also a migration of seniors to Maine.



\* United States Census 2000

## Health and the Baby Boomers



- Baby boomers approaching retirement age.
- Healthier and increased longevity.
- Will stay active and remain in workforce longer.

*“Not my parents’ retirement!”*

## Health and the Baby Boomers

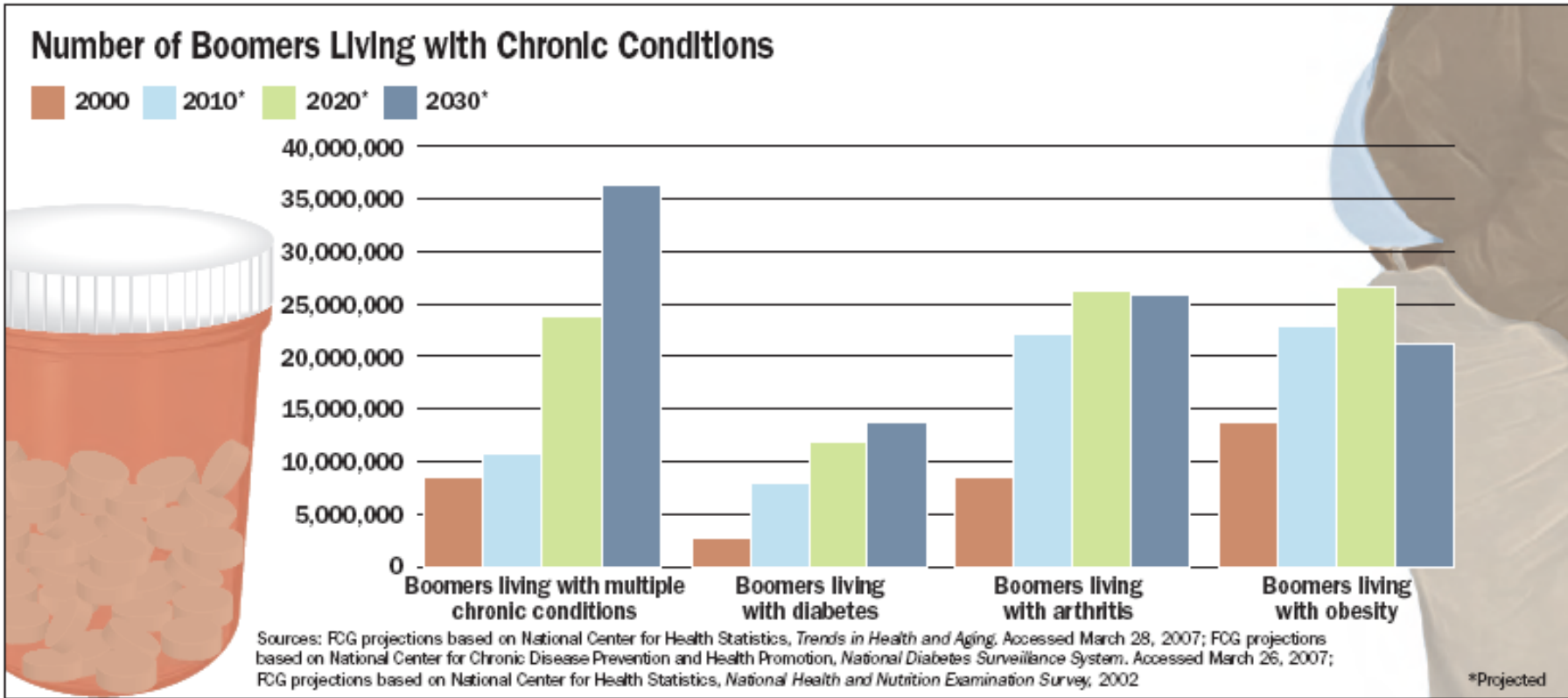
- However, growing number of boomers with chronic disease.
- By 2030, 1 in 4 will have diabetes, 1 in 2 will have arthritis and 1 in 3 will be obese.
- 6 out of 10 will be managing multiple chronic conditions.
- 3 out of 10 seniors fall annually, 30% with severe injuries like hip fractures.

American Hospital Association

<http://www.aha.org/aha/content/2007/pdf/070508-boomerreport.pdf>



# Health and the Baby Boomers

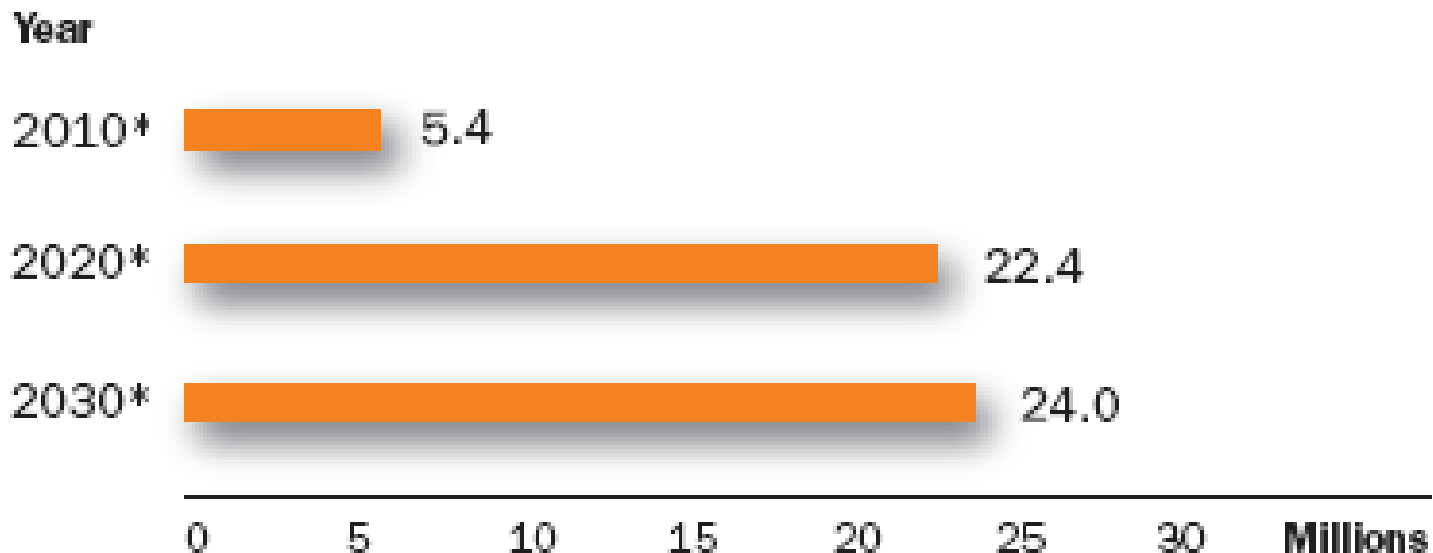


American Hospital Association

<http://www.aha.org/aha/content/2007/pdf/070508-boomerreport.pdf>

## Health and the Baby Boomers

### Projected Number of Nonfatal Falls per Year Among Boomers



\* Projected.

Source: FCG projections based on CDC National Center for Injury Prevention and Control, *Web-based Injury Statistics Query and Reporting System (WISQARS)*, 2005

American Hospital Association

<http://www.aha.org/aha/content/2007/pdf/070508-boomerreport.pdf>

## Health and the Baby Boomers

- 15.6% of Maine adults aged 45-64 report being in Fair or Poor Health.
- 15.5% US adults have some form of activity limitation.
- 3.8% of US adults aged 45-64 report having serious psychological distress.

Centers for Disease Control and Prevention. National Center for Health Statistics. Health Data for All Ages.

[http://www.cdc.gov/nchs/health\\_data\\_for\\_all\\_ages.htm](http://www.cdc.gov/nchs/health_data_for_all_ages.htm).



## Health and the Baby Boomers

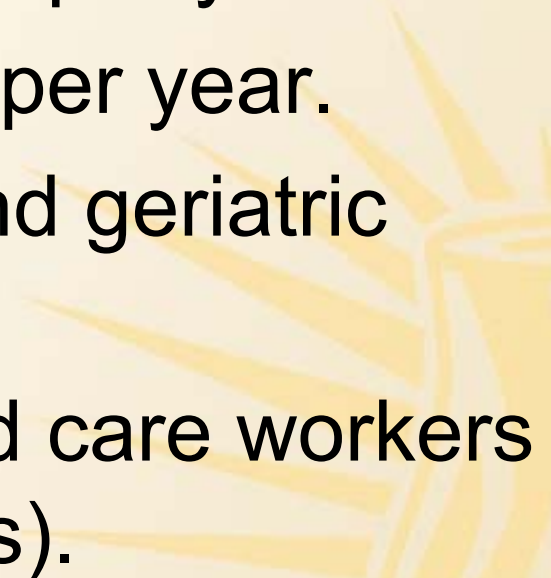
By 2040...

- Those aged 65 and over with disabilities could double from 10 million in 2000 to 21 million.
- Those with severe disabilities could also double from 3 million in 2000 to 6 million.

Meeting the Long-Term Care Needs of the Baby Boomers:  
How Changing Families Will Affect Paid Helpers and Institutions

<http://www.urban.org/url.cfm?ID=311451>

## Demands on the Health Care System

- Increased demand on primary care.
  - Under 65 - 2 physician visits per year.
  - Over 65 - 6 physician visits per year.
  - Shortage of primary care and geriatric physicians.
  - Growing need for lower paid care workers i.e. (NP's, PA's, RN's CNA's).
- 

## Demands on the Health Care System

- Increased demand on hospitals.
- More out-patient services and physical therapy as longevity increases.
- Those over 65 have more hospitalizations and longer lengths of stay.

*“I want to feel and act like I’m 40 years old again.”*



## Demands on the Health Care System

- Increased demand on long term care.
- Education and income levels contribute to lower disability rates in boomers.
- However, this may be offset by higher rates of obesity and diabetes.
- Boomers will use more paid care services as they live longer and have less children to care for them at home.

## Demands on the Health Care System

- Currently 20% of non-institutionalized 65 and over have at least one IADL or ADL limitation.
- In the future, large number of seniors with limitations will be living in non-nursing home type settings.
- Need for new primary and long-term care models to care for chronic conditions and keep people out of nursing homes.




## Model in long-term care: The Green House®

- New York Geriatrician Bill Thomas recognized need for new model.
- Created new building design and layout for long-term care facilities.
- Small houses or units with private rooms and baths.
- Centered around a “hearth,” common living area and open kitchen.


## Model in long-term care: The Green House®

- Added plants and access to more sports and leisure activities.
- Emphasis on care from specially trained certified nurse assistants with less help from higher paid providers.
- Residents report higher quality of life and emotional well-being.
- Has received funding from Robert Wood Johnson Foundation.

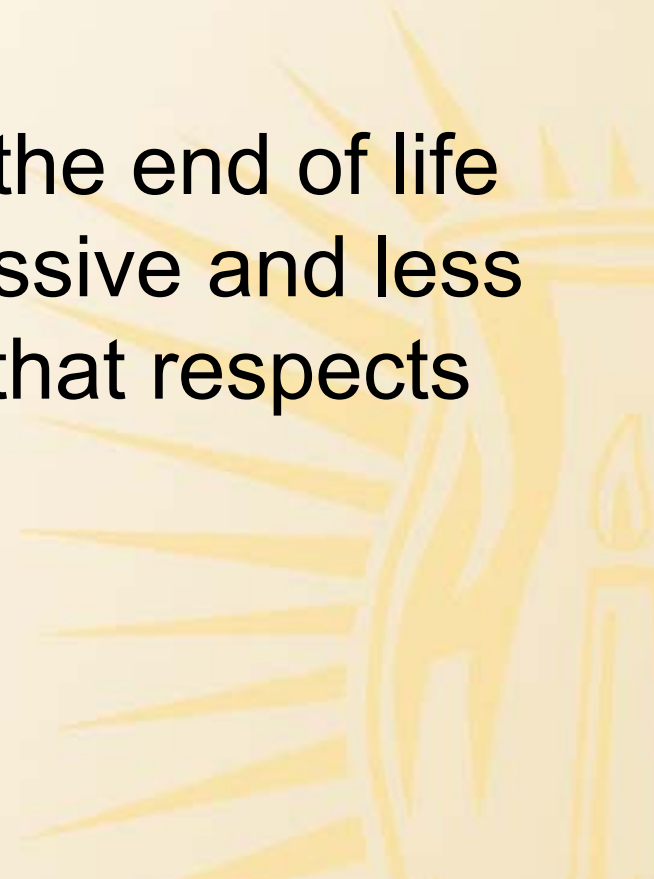
## Model in Primary Care: The Medical Home

- A new philosophy of caring for people with an emphasis on care coordination.
  - The patient is known and cared for.
  - Health management to keep patients at highest functional level.
- 

## Model for Primary Care: The Medical Home


- More attention for those with chronic conditions.
  - Phone and email services from mid-level providers to keep patient at home.
  - Medical Home concept includes assistance with transportation.
- 

## Other New Geriatric Care Concepts

- Integrating exercise/wellness/physical therapy facilities into the primary care system.
  - Shift from intensive care at the end of life to “slow care.” A less aggressive and less costly form of comfort care that respects the natural aging process.
- 



What will the aging population expect from its housing and care providers?

- To make decisions on their own.
  - Warm, home-like environment.
  - Access to sports and leisure activities.
  - To be part of a community.
  - Patient-centered care.
  - Caregivers who know and care about them.
  - Help in staying active as long as possible.
- 

# Thank you and Questions

