

The Tsunami of Aging: Addressing Needs of the Coming Influx of Seniors

Challenges and Solutions

CMSA-Detroit
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My Story

- Being a nurse and in health care all my life, I thought I new what I was doing!! WRONG
- Being a adult caregiver is the most challenging jobs in the world. This led me to write the book, "A Son's Journey: Taking Care of Mom and Dad"
- Taking care of my mother and father at end-of-life and all the lessons I learned assist me help others give "The Gift of Hospice"



An Aging Health Care Crisis

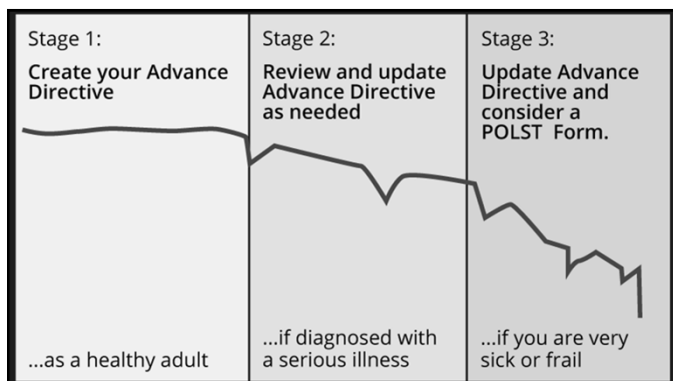
- The US Population Is Aging. **The number of Americans ages 65 and older will more than double over the next 40 years**, reaching 80 million in 2040. The number of adults ages 85 and older, the group most often needing help with basic personal care, will nearly quadruple between 2000 and 2040.

Living a Robust Quality of Life As We Age

- It all starts by honestly assessing and understanding the "cards in life we were dealt"
- And taking step to navigate your world. This means understanding where you or a loved are at in the following areas:
 - Chronic Diseases
 - Falls
 - Physical Activity
 - Oral Health
 - Behavioral Health

Life Planning Tools

- There are two specific tools that will assist us plan for when illness challenges us. They are:
 - Advance Directive
 - Physician Orders for Life Sustaining Treatment (POLST)
- An Advance Directive is a legal document that states a person's wishes about receiving medical care if that person is no longer able to make medical decisions because of a serious illness or injury.
- A POLST form tells all health care providers during a medical emergency what you want: "Take me to the hospital" or "I want to stay here", "Yes, attempt CPR" or "No, don't attempt CPR" "These are the medical treatments I want"



Challenges to The Health Care System and Society

- Expected challenges to the health care system and society include the following ways:
 - Resource needs will continue to increase across all health care settings
 - The incidence of obesity will continue to increase
 - A shortage of health care professionals is expected
 - The diversity of caregivers lags behind the growing diversity of patients
 - Care has been focused on a single disease versus addressing comorbidity
 - The sustainability and structure of federal programs in relation to the increasing aging population are a concern
 - Changes in family structure may lead to fewer family caregivers
 - Overall stress related to the care of aging will increase.

A Variety of Care Options

- Senior Living Communities (facility)
 - ✓ Continuing Care Retirement Community (CCRC)
 - ✓ Independent Living
 - ✓ Assisted Living
 - ✓ Skilled
 - ✓ Memory Care
- Community Based
 - ✓ PACE Programs
 - ✓ Faith Based
- In-Home
 - ✓ Personal Care-Private Duty
 - ✓ Faith Based
 - ✓ VA
- End of Life Care

Senior Living Communities Many Options

1. Continuing Care Retirement Communities (CCRC)
2. Independent Living Communities
3. Assisted Living Communities
4. Skilled Living Facilities
5. Memory Care
6. "Six Packs" Small Boutique Homes

Senior Living Community Trends

- High Demand for Direct Care Workers. It is already here and will intensify !
- Increased Support for Technology
 - Technology ranging from the sophisticated robots able to lift and transfer humans to electronic pets who can purr when touched are already used in some assisted living facilities. As the number of older adults grows, the industry will rely heavily on the use of technology to supplement care needs.
- Consumer-Driven Market (The Longevity Economy)
 - Baby Boomers have money and want to spend it! As the demand for assisted living services increases and the willingness to invest in these services increases, assisted living facilities and others in the healthcare sector will work to develop the types of services the consumer wants.

Trends Continue....

- Options in Home Choices
 - One of the major future trends in assisted living based on a consumer-driven market is the growing number of home choice options for those seeking an assisted living.
 - Older adults continue to search for new and exciting housing choices, such as small home models, co-op living, and even tiny home communities.
 - Expanding the number of housing options will most likely become the leading future trend in the industry, as we are already beginning to see the development of these types of homes for seniors.

PACE Programs

- PACE (Program of All-Inclusive Care for the Elderly) provides comprehensive medical and social services to certain frail, elderly people (participants) still living in the community.
- Most of the participants who are in PACE are dually eligible for both Medicare and Medicaid.
 - ✓ 55 or older
 - ✓ Live in PACE service area
 - ✓ Able to live safely in the community
 - ✓ Certified by the state to need nursing home level of care.

In-Home Care

- Personal Care-Private Duty Service
- Four Hours to Live-In-Care
- Private Pay, Long-Term Care Insurance, VA and Disease Management Associations.

Quality of Life at End of Life

- Giving the Gift of Hospice can enhance an individual's quality of life at end of life.
- Before you can give this gift, we need to understand what it is.

The Gift of Hospice

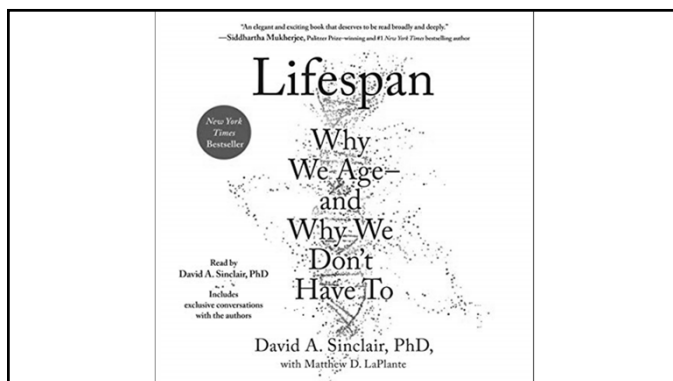
- Hospice is one of the most misunderstood services in the country.
- A few myths that severely prevent people from accessing their hospice benefit.
- Giving the gift of hospice advances both mission and business objectives.
- Benefits to patients and families.

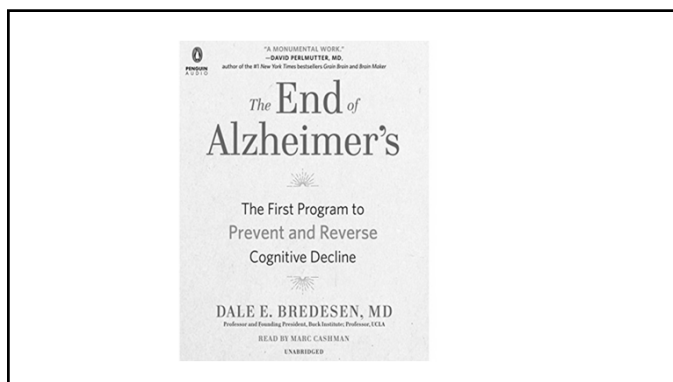
Medicare Enrollment %



A Proactive Approach to Aging

- Navigating your world to create an aging-life planning.
- Can we really slow down aging?
- Research strongly suggest the answer is yes.
- Do you own research and make a plan.





- In addition to the practice of proper diet, physical activity and health screening, here are some things to do to improve your aging.
 - Get a Cogonoscopy to determine your cognitive health. Dr. Dale Bredeesen work.
 - David Sinclair work: "Why We Age and Why We Don't Have Too" NAD, NMN and Resveratrol molecules.
 - Intermittent fasting.

Create a plan to express your wishes as you age!

Practices to Help You Age With Passion !

**NAD+,
or nicotinamide
adenine
dinucleotide**

A critical coenzyme found in every cell in your body, and it's involved in hundreds of metabolic processes.

- NAD supports healthy aging.
- It helps our DNA repair itself, makes our cells resistant to stress while protecting our brains.
- It helps us eat and sleep at the right times according to our body's needs.

**NMN-
Nicotinamide
Mononucleotide**

1. A molecule naturally occurring in all life forms.
2. NMN is the direct precursor of the essential molecule nicotinamide adenine dinucleotide (NAD+) and is considered a key component to increase NAD+ levels in cells.
 - It is able to suppress age-associated weight gain.
 - Enhance energy metabolism and physical activity.
 - Improve insulin sensitivity, improve eye function, improve mitochondrial metabolism.
 - Prevent age-linked changes in gene expression.

Resveratrol

Resveratrol is a phytoalexin that acts against pathogens, including bacteria and fungi.

- Help Lower Blood Pressure
- Positive Effect on total cholesterol level
- Lengthen Lifespan
- Protect the brain
- Increase Insulin Sensitivity
- Suppress Cancer Cells

The Role of Case Managers Into The Future

- Advocate for patients and families.
- Help people navigate their world.
- Connect patient and families to community resources.
- The expanding role of case managers: Geriatric Case Managers, Community Case Managers, Private Practice Case Managers.

Count your age by friends, not years. Count your life by smiles,
not tears." —John Lennon

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