

# An Aging Ohio: Implications for the Future

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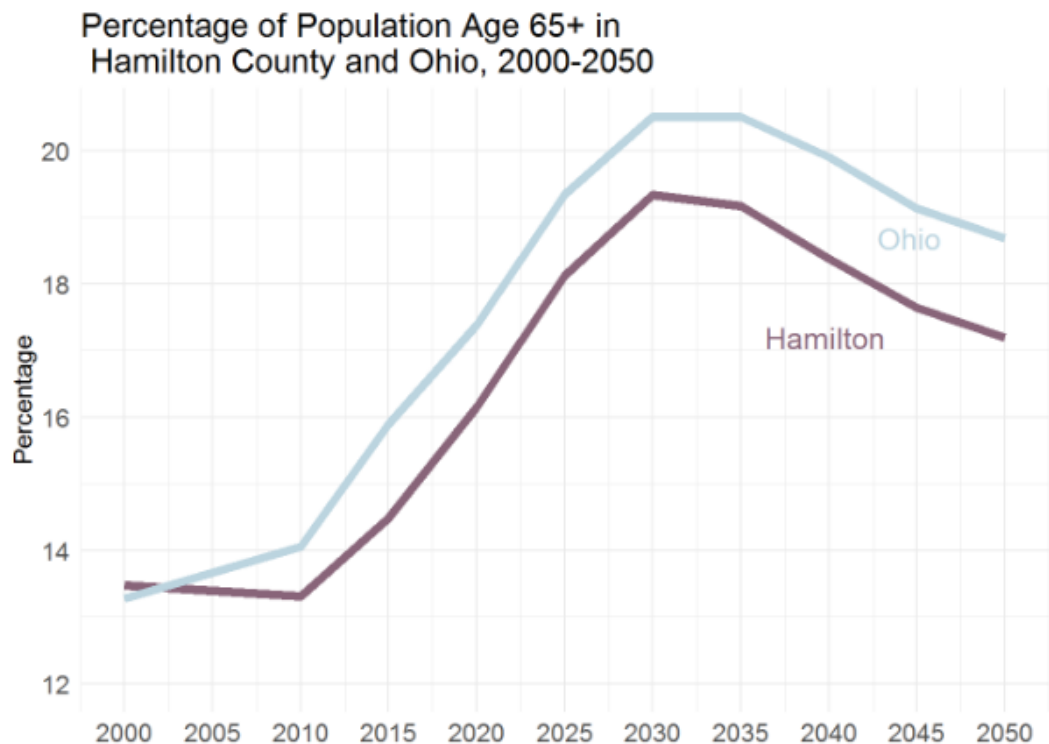
SCRIPPS GERONTOLOGY CENTER

## Ohio's Aging Population (2015-2030)

Age Group	Ohio 2015	Ohio 2030	Ohio % Change 2015 – 2030	City of Cincinnati 2017	Hamilton County 2017
All Ages	11.61 Million	11.65 Million	0.3	298,960	808,700
60 and over	2.6 Million	3.1 Million	18	52,400	169,000
65 and over	1.84 Million	2.4 Million	29	35,700	117,000
80 and over	481,800	596,900	24		
85 plus				5,714	18,206

## Projected 65+ Population as a Percentage of Total Population

The chart below compares the projected proportion of the county's population made up by adults age 65+ through 2050, and compares it with the projected proportion of 65+ individuals in the state of Ohio overall.



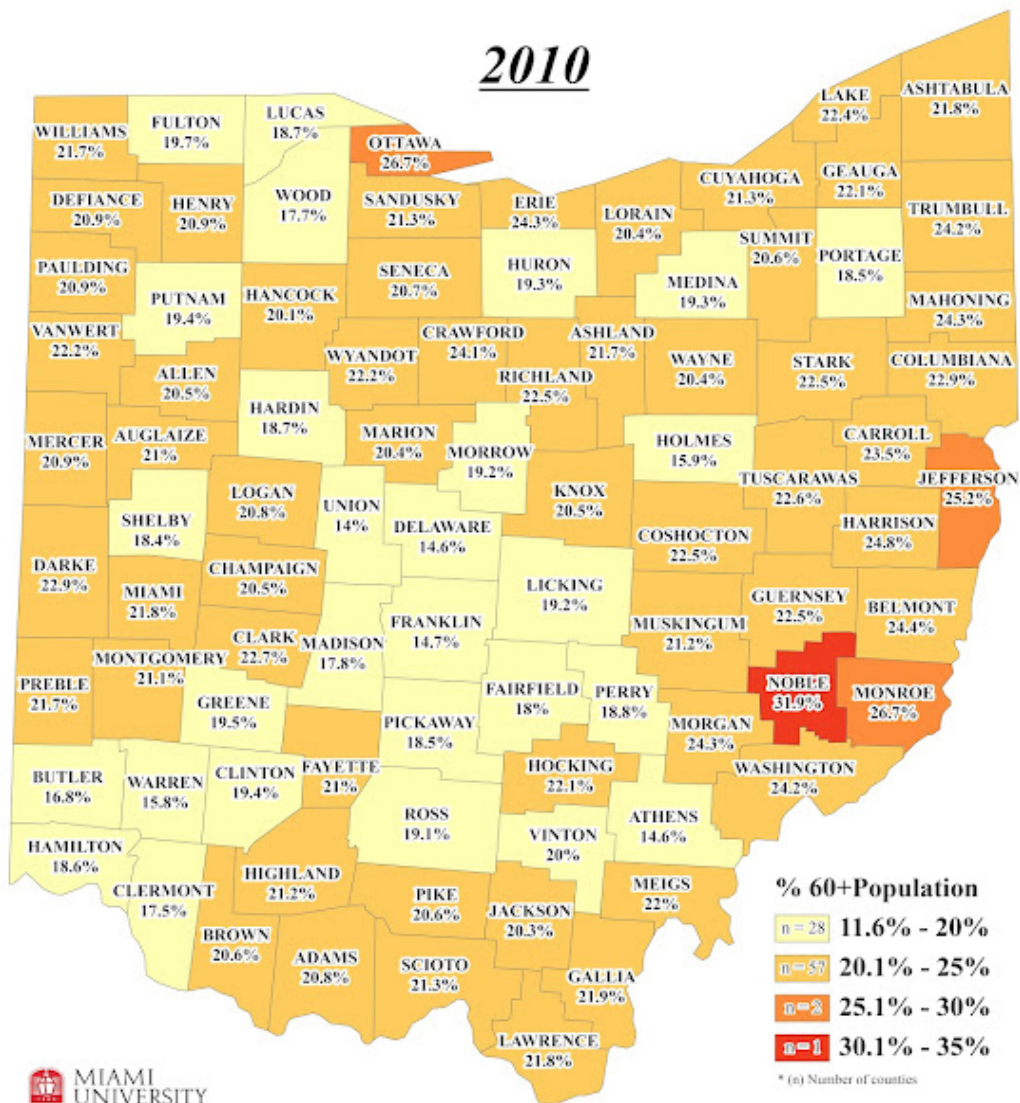
Sources: U.S. Census Bureau. 2000 Census of Population and Housing. 5-Percent Public Use Microdata Sample.

U.S. Census Bureau. 2013-2017 American Community Survey (ACS) 5-Year Summary File. Integrated Public Use Microdata Sample, National Historical Geographic Information Systems (IPUMS NHGIS). [www.nhgis.org](http://www.nhgis.org)

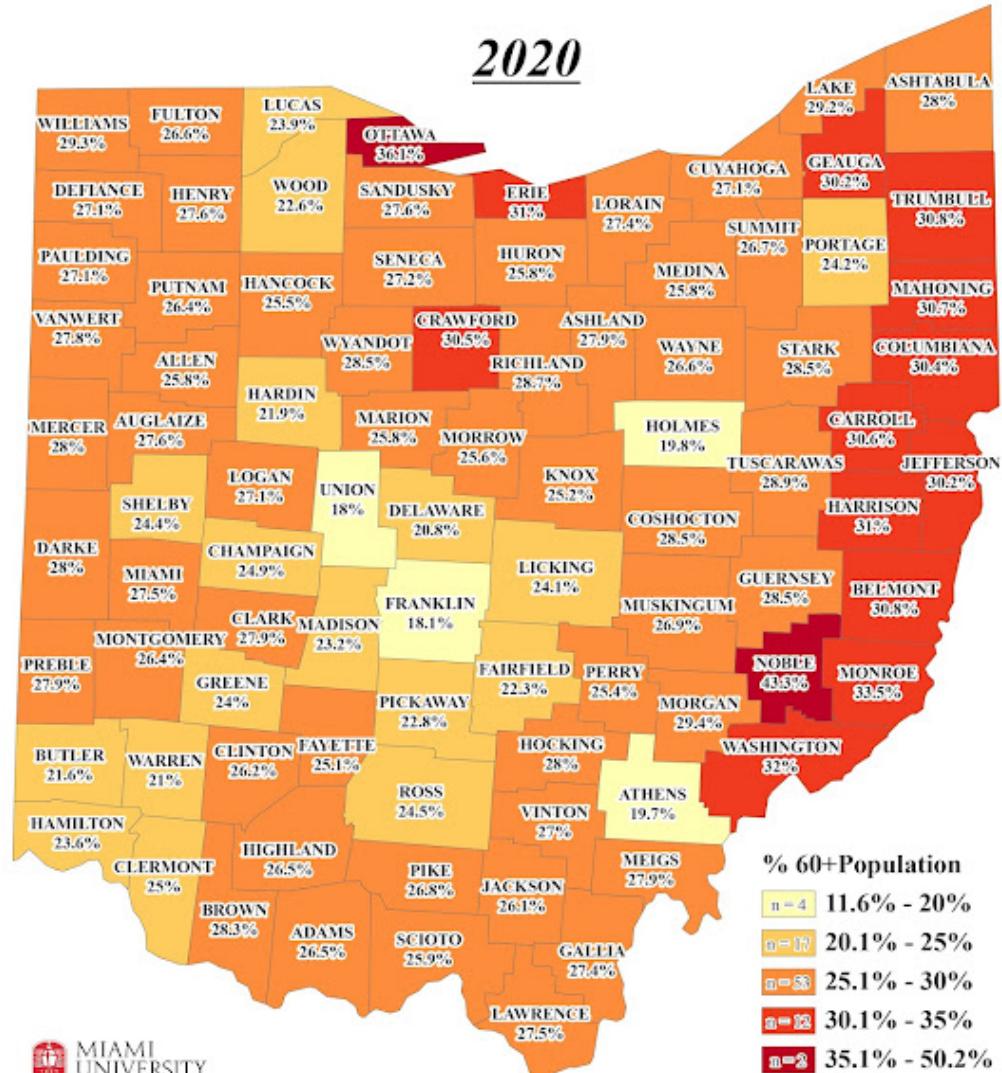
Ohio Development Services Agency, Office of Research. 2018. Population Projections: Ohio and Counties by Sex - 2015 to 2040 (April 2018).

# Ohio's 60+ Population by County

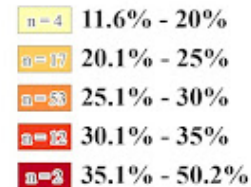
**2010**



## 2020



### % 60+ Population



\* (n) Number of counties



Go to:

<http://scripps.muohio.edu/content/maps-ohio-60-population-county-1990-2050> to download individual maps (PDF, J-PNG, TIFF formats available).

Note: % categories are based on the quintile points with adjustments; Color scheme based on Brewer (2000). [www.colorbrewer2.org](http://www.colorbrewer2.org).

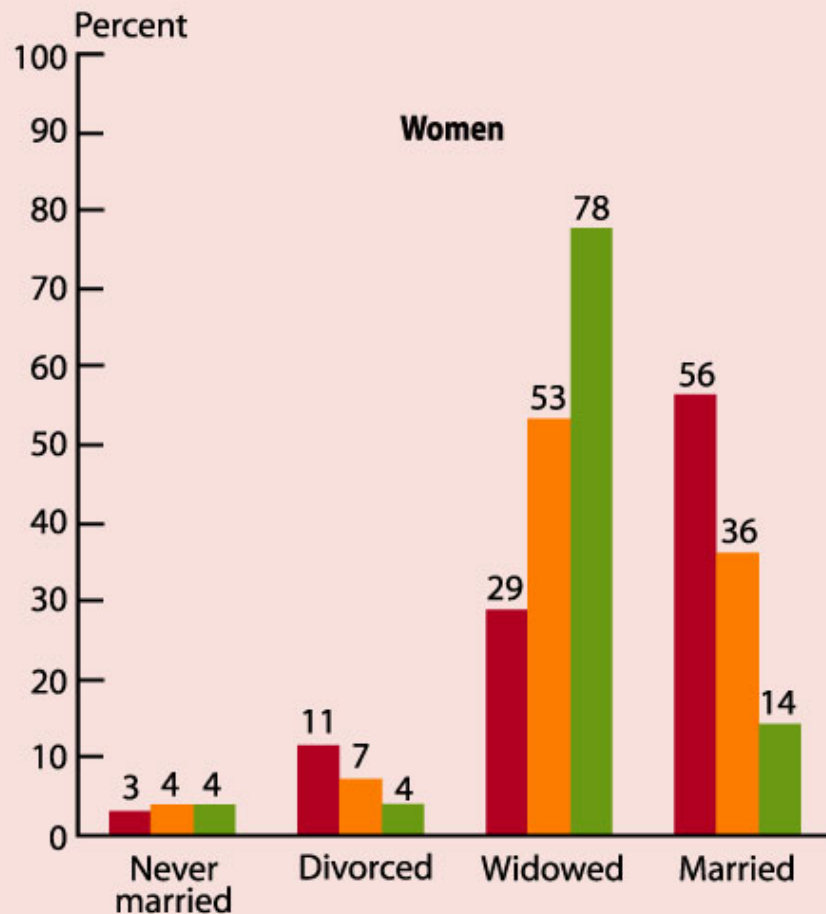
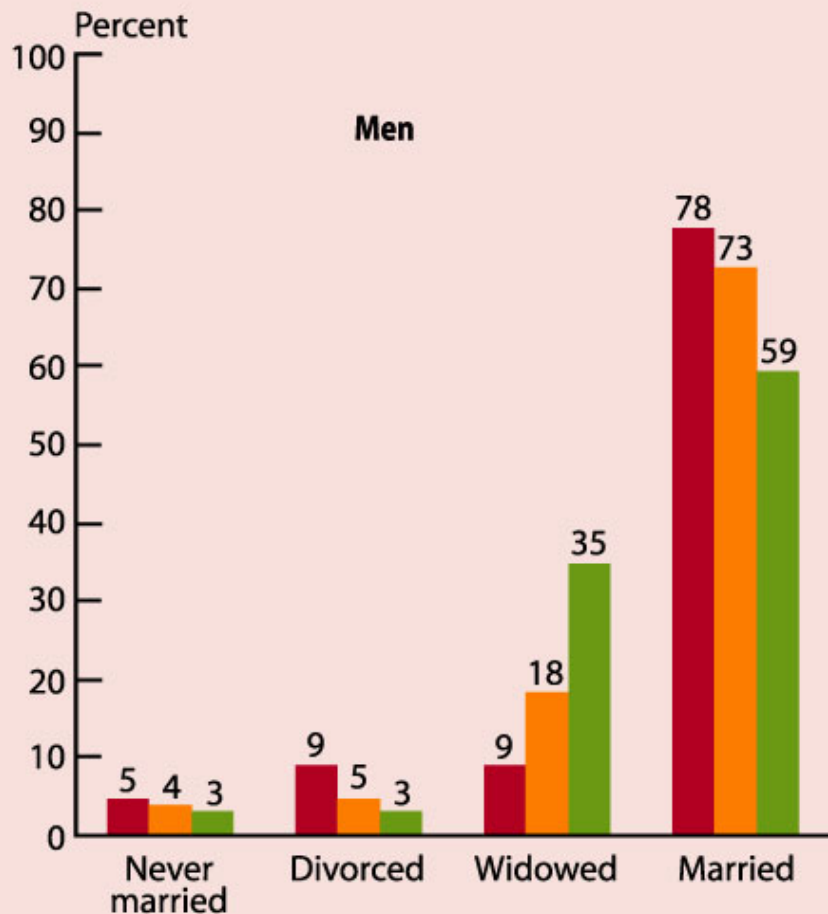
Citation: Yamashita, T. (2012). Maps of Ohio's 60+ Population by County 1990-2050. Scripps Gerontology Center, Miami University, Oxford, OH.

Data Sources: U.S. Census Bureau (2012) U.S. Census 1990, 2000 & 2010 data; Ritchey, P. N., Mehdizadeh, S., & Yamashita, T. (2012). Projections of Ohio's Population. Scripps Gerontology Center, Oxford, OH.



# Marital status of the population age 65 and over, by age group and sex, 2010

65-74    75-84    85 and over



Note: Married includes married, spouse present; married, spouse absent; and separated.

Reference population: These data refer to the civilian noninstitutionalized population.

Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

# An Aging America: Are You Aging?

- Gravity more powerful than kryptonite
  - You now look like your parents
  - You have given up hope of being a professional athlete
  - You have given up hope of finding a sensitive partner
  - You need to rely on a junior high school kid to meet your communication needs.
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# **Components of a Good Old Age (Variation R Us)**

- Income Security
  - Health/Health Care
  - Long-Term Services and Supports
  - Housing
  - Family Support
  - Civic Engagement and Employment
  - Age Friendly Community – outdoor spaces, information, social participation
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# Retirement Income

- Maximum Soc Sec benefit in 2018 is \$2788
  - Avg. monthly Soc Sec benefit \$1,342
  - 40% retirees rely primarily on Soc Sec
  - Less than half of today's workforce has a private pension
  - Majority of older people do own their own homes (in Ohio 80%)
  - Median savings for 60-64 age groups in U.S. is about \$15,000 Avg above \$200K
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# Health Behaviors

Behaviors	Ohio	U.S.	Rank
Smoking	10.6	8.7	41
Excessive drinking	6.0	7.1	19
Obesity	29.7	28	32
Physical inactivity	34.8	29.5	43
Frequent mental distress	6.2	7.3	11

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# Aging in Ohio: Health Conditions, 65 plus

Health conditions	Ohio	U.S.	Ranking
Diabetes	24	22	38
Arthritis	57	52	44
Hip fractures per 1000	5.8	5.7	32
Falls (last 12 months)	28.8	29.5	16

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# Ohio Health Use and Access 65 Plus

Health Access & Use %	Ohio	U.S.	Ranking
Drug Coverage	89	87	1
Dedicated Health Provider	95	94.5	23
Low Care NH Residents	11.7	11.7	27
30 day Hospital Readmits	15.1	14.9	35
Preventable Hospitalizations (per 1000 admits, Medicare)	57	49.4	42

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## **Risk of Social Isolation**

- Six factor risk of social isolation Ohio ranks 33/50 (America's Health Rankings)
  - Unmarried 46% (Bottom 10)
  - Poverty 8.1% (Top 10-20)
  - Disability 35.1 (21-30)
  - Indpt Living Diff 14.7% (21-30)
  - Living Alone 29.1 (Bottom 10)
  - Food Insecurity 15% (31-40)
  - Volunteerism 26% (20-30)
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# National Long-Term Services Numbers

- 6 million older people with disability– will more than double by 2040
  - Long-term services about one-third of Medicaid expenditures (Ohio 36%)
  - Medicaid about 22% of state budgets (Ohio 24%)
  - 63% of Medicaid LTC funds to nursing homes– varies by state
  - Two-thirds of residents now on Medicaid
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# Are Individuals Prepared for Long-Term Disability?

- What is disability? Moderate shopping, getting to the doctor without help– Severe help with dressing or bathing
- Will it effect me?

65 and older with some long-term disability 28.4%

65-74 20.2%

75-84 26.9%

85 plus 42.4%

Women higher rates than men

4% of Ohioans over age 40 have LTC insurance

Already talked about income and savings rates for older population

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# ***Individuals Prepared: What Clermont County Boomers Think About Their Aging Lives. (CSS and AARP survey)***

- 70% expect to stay in this area
  - 79% rated staying in current residence as extremely or very important
  - 25% expect to move from current place in next ten years
  - **89%** intend to drive for their whole life
  - 47% would need to move if could not drive
  - 20% expect to live alone most of their retirement years
  - Will exercise daily **78%**
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# Housing and Living Arrangements/Decisions

- Where do I want to live?
- With whom? (Who is likely to care for me?)
- What services are accessible to me in my proposed community?
- What do I need to do to make housing and living arrangements happen, and when? (Home modifications? Move?)
- What is the effect of my decision on others?

# Family and Aging

- Informal care provided an estimated \$450 billion in long-term services
  - No time in history has more care been provided by family
  - But the world has changed— living longer, more two person working households, fewer children
  - Successful LTSS strategies almost always involve family
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# How Can Ohio Better Respond to the Growing Long-Term Services Challenges?

- Unprecedented growth in the older population
  - Majority of Ohioans not prepared for a long-term disability either financially, environmentally, socially
  - Medicaid—the default for the majority of long-term service recipients.
  - Ohio's older population is less healthy.
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# Strategies for Ohio

- We need a range of solutions and an array of stakeholders to respond.
  - **Individual level** -- Responsibility for individual long-term planning
  - **State Governmental examples**— prevention programs, public/prvt partnerships
  - **LTSS Provider examples**—Identify strategies to improve effectiveness & efficiency
  - **Business Community examples**—Develop innovative technology, more flexible workplace
  - **Local Community examples**—Implement efforts to become a more age friendly community
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# Policy and the Future

- Even with changes the current system is simply not sustainable.
  - Short-term window where “boomer growth” remains small, before the major increase.
  - The current system was never designed-- it just happened— Meaningful change is very slow.
  - We often have policy changes with unplanned consequences. Hospital reform meant a new nursing home.
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# Contact info

23

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