Embracing Life As We Age

Training 2011
Embracing Age: Americans are Living Longer

The future of a gray America:

- Educated & well off generation of empowered elderly consumers
- More racially diverse
- Demand for more and better information
- Choice, control and personal attention
- Redefine expectations for retirement and aging
Americans are Living Longer, BUT...

- Older age is often accompanied by certain diseases and disorders.
- Social and lifestyle factors can affect the health and well-being of older Americans. Factors include:
  - Preventative behaviors such as cancer screenings and vaccinations, diet, physical activity, obesity, smoking,
  - Quality of air where people live
  - Time spent socializing and communicating with others
- Health care costs continue to increase
Ageism

- Ageism: discrimination that involves prejudice against people based upon their age.
- We’re a culture that “worships” youth
- Stereotypes about the elderly begin during childhood and get reinforced throughout adulthood.
- People enter old age with negative attitudes toward their own age group.
- “Daily we are witness to, or even unwitting participants in, cruel imagery, jokes, language, and attitudes directed at older people” (Dr. Robert Butler, president the International Longevity Center-USA).
- Ageism manifests itself in: bias on the job, health care issues, advertising...
Population
Persons 65+ as a Percentage of Total Population, 2009

(Source: 2009 Population Estimates from the U.S. Bureau of the Census)
Indicator 1 – Number of Older Americans

Population age 65 and over and age 85 and over, selected years 1900–2008 and projected 2010–2050

NOTE: Data for 2010–2050 are projections of the population.
Reference population: These data refer to the resident population.
Total Population Ages 65 and Over in Kentucky

Data Source: Population Projections. Kentucky State Data Center
Data Source: Population Projections, Kentucky State Data Center.
Total Population Ages 65 and Over in Kentucky

- 2020 (July 1): 1,007,399
- 2030 (July 1): 984,438
- 2040 (July 1): 912,904
- 2050 (July 1): 717,084
- 2060 (July 1): 552,674
- 2070 (July 1): 292,323

82.3% increase

Data Source: Population Projections. Kentucky State Data Center.
Total Population Ages 65 and Over in Kentucky

- 1960: 292,323
- 1970: 552,674
- 1980: 717,084
- 1990: 912,904
- 2000: 984,438
- 2010: 1,007,399

82.3% increase

Data Source: Population Projections. Kentucky State Data Center.
# Aging in KY: Population 65+

## 2010 Decennial Census

<table>
<thead>
<tr>
<th>Area</th>
<th>Total Population</th>
<th>Population 65 years and over</th>
<th>Percent of Total Population that is 65 years and over</th>
<th>Male Population 65 years and over</th>
<th>Percent of Population 65 years and over who are Male</th>
<th>Female Population 65 years and over</th>
<th>Percent of Population 65 years and over who are Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>308,745,538</td>
<td>40,267,984</td>
<td>13.0%</td>
<td>17,362,960</td>
<td>43.1%</td>
<td>22,905,024</td>
<td>56.9%</td>
</tr>
<tr>
<td>Kentucky</td>
<td>4,339,367</td>
<td>578,227</td>
<td>13.3%</td>
<td>247,796</td>
<td>42.9%</td>
<td>330,431</td>
<td>57.1%</td>
</tr>
<tr>
<td>Eastern Extension Region</td>
<td>781,487</td>
<td>110,910</td>
<td>14.2%</td>
<td>48,589</td>
<td>43.8%</td>
<td>62,321</td>
<td>56.2%</td>
</tr>
<tr>
<td>District 1</td>
<td>430,107</td>
<td>61,941</td>
<td>14.4%</td>
<td>27,171</td>
<td>43.9%</td>
<td>34,770</td>
<td>56.1%</td>
</tr>
<tr>
<td>District 2</td>
<td>351,380</td>
<td>48,969</td>
<td>13.9%</td>
<td>21,418</td>
<td>43.7%</td>
<td>27,551</td>
<td>56.3%</td>
</tr>
<tr>
<td>Central Extension Region</td>
<td>2,644,515</td>
<td>331,830</td>
<td>12.5%</td>
<td>140,766</td>
<td>42.4%</td>
<td>191,044</td>
<td>57.6%</td>
</tr>
<tr>
<td>District 3</td>
<td>1,397,738</td>
<td>172,235</td>
<td>12.3%</td>
<td>72,021</td>
<td>41.8%</td>
<td>100,214</td>
<td>58.2%</td>
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<tr>
<td>District 4</td>
<td>770,404</td>
<td>93,065</td>
<td>12.1%</td>
<td>39,522</td>
<td>42.5%</td>
<td>53,543</td>
<td>57.5%</td>
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<tr>
<td>District 5</td>
<td>476,373</td>
<td>66,530</td>
<td>14.0%</td>
<td>29,243</td>
<td>44.0%</td>
<td>37,287</td>
<td>56.0%</td>
</tr>
<tr>
<td>Western Extension Region</td>
<td>913,365</td>
<td>135,487</td>
<td>14.8%</td>
<td>58,421</td>
<td>43.1%</td>
<td>77,066</td>
<td>56.9%</td>
</tr>
<tr>
<td>District 6</td>
<td>497,667</td>
<td>70,084</td>
<td>14.1%</td>
<td>30,214</td>
<td>43.1%</td>
<td>39,870</td>
<td>56.9%</td>
</tr>
<tr>
<td>District 7</td>
<td>415,698</td>
<td>65,403</td>
<td>15.7%</td>
<td>28,207</td>
<td>43.1%</td>
<td>37,195</td>
<td>56.9%</td>
</tr>
</tbody>
</table>
### Aging in KY: Population 65+, Cont.
#### 2010 Decennial Census

<table>
<thead>
<tr>
<th>Area</th>
<th>Population 65 to 69 years</th>
<th>Population 70 to 74 years</th>
<th>Population 75 to 79 years</th>
<th>Population 80 to 84 years</th>
<th>Percent of Population 80 to 84 years who are Male</th>
<th>Percent of Population 80 to 84 years who are Female</th>
<th>Population 85 years and over</th>
<th>Percent of Population 85 years and over who are Male</th>
<th>Percent of Population 85 years and over who are Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>12,435,263</td>
<td>9,278,166</td>
<td>7,317,795</td>
<td>5,743,327</td>
<td>39.9%</td>
<td>60.1%</td>
<td>5,493,433</td>
<td>32.6%</td>
<td>67.4%</td>
</tr>
<tr>
<td>Kentucky</td>
<td>185,664</td>
<td>139,650</td>
<td>105,392</td>
<td>78,313</td>
<td>38.5%</td>
<td>61.5%</td>
<td>69,208</td>
<td>30.4%</td>
<td>63.6%</td>
</tr>
<tr>
<td>Eastern Extension Region</td>
<td>36,877</td>
<td>28,350</td>
<td>20,068</td>
<td>14,163</td>
<td>38.5%</td>
<td>61.1%</td>
<td>11,462</td>
<td>31.5%</td>
<td>68.5%</td>
</tr>
<tr>
<td>District 1</td>
<td>20,191</td>
<td>15,743</td>
<td>11,296</td>
<td>8,176</td>
<td>33.2%</td>
<td>66.8%</td>
<td>6,535</td>
<td>31.3%</td>
<td>68.1%</td>
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<tr>
<td>District 2</td>
<td>16,686</td>
<td>12,607</td>
<td>8,762</td>
<td>5,987</td>
<td>38.4%</td>
<td>61.6%</td>
<td>4,927</td>
<td>31.0%</td>
<td>63.0%</td>
</tr>
<tr>
<td>Central Extension Region</td>
<td>105,747</td>
<td>78,850</td>
<td>60,421</td>
<td>45,889</td>
<td>38.2%</td>
<td>61.8%</td>
<td>40,923</td>
<td>30.3%</td>
<td>63.7%</td>
</tr>
<tr>
<td>District 3</td>
<td>54,162</td>
<td>39,772</td>
<td>31,406</td>
<td>24,832</td>
<td>37.8%</td>
<td>62.2%</td>
<td>22,063</td>
<td>29.7%</td>
<td>70.3%</td>
</tr>
<tr>
<td>District 4</td>
<td>30,045</td>
<td>22,271</td>
<td>16,669</td>
<td>12,452</td>
<td>38.3%</td>
<td>61.7%</td>
<td>11,608</td>
<td>31.3%</td>
<td>68.7%</td>
</tr>
<tr>
<td>District 5</td>
<td>21,540</td>
<td>16,807</td>
<td>12,326</td>
<td>8,605</td>
<td>39.1%</td>
<td>60.9%</td>
<td>7,252</td>
<td>30.6%</td>
<td>63.4%</td>
</tr>
<tr>
<td>Western Extension Region</td>
<td>43,040</td>
<td>32,450</td>
<td>24,913</td>
<td>18,261</td>
<td>38.7%</td>
<td>61.3%</td>
<td>16,823</td>
<td>29.8%</td>
<td>70.2%</td>
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<tr>
<td>District 6</td>
<td>22,353</td>
<td>16,842</td>
<td>12,975</td>
<td>9,345</td>
<td>38.7%</td>
<td>61.3%</td>
<td>8,569</td>
<td>25.2%</td>
<td>70.8%</td>
</tr>
<tr>
<td>District 7</td>
<td>20,687</td>
<td>15,608</td>
<td>11,938</td>
<td>8,916</td>
<td>38.8%</td>
<td>61.2%</td>
<td>8,254</td>
<td>30.4%</td>
<td>63.6%</td>
</tr>
</tbody>
</table>
Percent of Total Population 65+ (Extension Districts)

2010 Census

United States = 13.0%
Kentucky = 13.3%

Legend

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Color</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.0% to 21.0%</td>
<td>Red</td>
<td>30</td>
</tr>
<tr>
<td>14.6% to 16.0%</td>
<td>Orange</td>
<td>29</td>
</tr>
<tr>
<td>13.0% to 14.6%</td>
<td>Green</td>
<td>32</td>
</tr>
<tr>
<td>9.2% to 13.0%</td>
<td>Yellow</td>
<td>29</td>
</tr>
</tbody>
</table>

Data Source: 2010 Decennial Census, U.S. Census Bureau
Percent of Total Population 85+
(Extension Districts)

2010 Census

Legend

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.9% to 3.1%</td>
<td>32</td>
</tr>
<tr>
<td>1.6% to 1.9%</td>
<td>23</td>
</tr>
<tr>
<td>1.4% to 1.6%</td>
<td>39</td>
</tr>
<tr>
<td>0.8% to 1.4%</td>
<td>26</td>
</tr>
</tbody>
</table>

United States = 1.8%
Kentucky = 1.6%

Data Source: 2010 Decennial Census, U.S. Census Bureau
PROJECTIONS: Percent of Total Population 65+ in 2050

United States = 20.17%
Kentucky = 18.3%

Data Source: Population Projections, Kentucky State Data Center.
Who Are KY’s Older Adults?

- Kentucky’s population: 4,339,367
  - Population 65+: 578,227 (13.3%)
    - Males: 42.9%
    - Females: 57.1%
  - Population 85+: 69,208 (1.6%)
    - Males: 30.4%
    - Females: 69.6%

- Nationwide, approximately 59% of seniors are women

Data Source: 2010 U.S. Census Bureau
Indicator 5 – Living Arrangements

Living arrangements of the population age 65 and over, by sex and race and Hispanic origin, percent distribution, 2008

NOTE: Living with other relatives indicates no spouse present. Living with nonrelatives indicates no spouse or other relatives present. The term "non-Hispanic white alone" is used to refer to people who reported being white and no other race and who are not Hispanic. The term "black alone" is used to refer to people who reported being black or African American and no other race, and the term "Asian alone" is used to refer to people who reported only Asian as their race. The use of single-race populations in this report does not imply that this is the preferred method of presenting or analyzing data. The U.S. Census Bureau uses a variety of approaches.

Reference population: These data do not include the noninstitutionalized group quarters population.

Marital status of the population age 65 and over, by age group and sex, percent distribution, 2008

NOTE: Married includes married, spouse present; married, spouse absent; and separated.
Reference population: These data refer to the civilian noninstitutionalized population.
Percent of Households with at least 1 Person Age 65 and older (2005-2009) Extension Districts

Legend

<table>
<thead>
<tr>
<th>Percent Range</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>27.7% - 40.3%</td>
<td>28</td>
</tr>
<tr>
<td>25.7% - 27.7%</td>
<td>30</td>
</tr>
<tr>
<td>23.2% - 25.7%</td>
<td>30</td>
</tr>
<tr>
<td>16.0% - 23.2%</td>
<td>32</td>
</tr>
</tbody>
</table>

U.S. = 23.6% (+/- 0.1)
Kentucky = 23.3% (+/- 0.1)

American Community Survey 5-Year Estimates
Data Source: U.S. Census Bureau
### Aging in Kentucky: Households
#### 2010 Decennial Census

| Area             | Total Number of Households | Households with Individuals 65 years and over (incl. families, nonrelatives, and living alone) | Percent of Total Households with Individuals 65 and over | Number of Households Living Alone | Number of Households Living Alone who are 65 years and over | Percent of Households Living alone who are Male | Households Living Alone 65 years and over who are Male | Percent of Households Living alone 65 years and over who are Female | Households Living Alone 65 years and over who are Female | Percent of Households, Living alone 55 years and over who are Male | Percent of Households, Living alone 55 years and over who are Female |
|------------------|----------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------|----------------------------------------------------------|-----------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|
| United States    | 116,716,292                | 29,091,122                                                                                 | 24.3%                                                    | 31,204,909                       | 10,995,689                                               | 35.2%                                          | 3,171,724                                      | 28.8%                                          | 7,823,965                                      | 71.2%                                          | 71.2%                                          |
| Kentucky         | 1,719,965                  | 420,063                                                                                    | 24.4%                                                    | 473,447                          | 168,846                                                  | 35.7%                                          | 47,256                                        | 28.0%                                          | 121,590                                        | 72.0%                                          | 72.0%                                          |
| Eastern Extension Region | 306,407                 | 82,207                                                                                     | 26.7%                                                    | 61,740                           | 33,007                                                   | 40.4%                                          | 9,773                                         | 29.6%                                          | 23,234                                         | 70.4%                                          | 70.4%                                          |
| Extension District 1 | 169,867                  | 45,609                                                                                    | 26.6%                                                    | 44,724                           | 18,358                                                   | 41.0%                                          | 5,288                                         | 28.8%                                          | 13,070                                         | 71.2%                                          | 71.2%                                          |
| Extension District 2 | 138,540                  | 36,598                                                                                    | 26.4%                                                    | 37,016                           | 14,649                                                   | 39.8%                                          | 4,485                                         | 30.8%                                          | 10,164                                         | 69.4%                                          | 69.4%                                          |
| Central Extension Region | 1,049,239                | 241,200                                                                                   | 23.0%                                                    | 292,280                          | 95,577                                                   | 33.0%                                          | 26,559                                        | 27.5%                                          | 70,018                                         | 72.5%                                          | 72.5%                                          |
| Extension District 3 | 554,826                  | 125,461                                                                                   | 22.6%                                                    | 156,928                          | 50,374                                                   | 32.1%                                          | 13,800                                        | 27.4%                                          | 35,974                                         | 72.6%                                          | 72.6%                                          |
| Extension District 4 | 308,318                  | 67,769                                                                                    | 22.6%                                                    | 67,110                           | 27,006                                                   | 31.0%                                          | 7,115                                         | 26.3%                                          | 19,891                                         | 73.7%                                          | 73.7%                                          |
| Extension District 5 | 186,095                  | 47,970                                                                                    | 25.6%                                                    | 48,242                           | 19,197                                                   | 39.8%                                          | 5,644                                         | 29.4%                                          | 13,553                                         | 70.6%                                          | 70.6%                                          |
| Western Extension Region | 362,319                  | 96,656                                                                                    | 26.7%                                                    | 99,427                           | 39,262                                                   | 39.5%                                          | 10,924                                        | 27.8%                                          | 28,338                                         | 72.2%                                          | 72.2%                                          |
| Extension District 6 | 195,954                  | 50,253                                                                                    | 25.6%                                                    | 52,717                           | 20,351                                                   | 38.6%                                          | 5,764                                         | 28.3%                                          | 14,587                                         | 71.7%                                          | 71.7%                                          |
| Extension District 7 | 166,365                  | 46,403                                                                                    | 27.3%                                                    | 46,710                           | 18,911                                                   | 40.5%                                          | 5,160                                         | 27.3%                                          | 13,751                                         | 72.7%                                          | 72.7%                                          |
Indicator 2 – Racial and Ethnic Composition

Population age 65 and over, by race and Hispanic origin, 2008 and projected 2050

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>2008</th>
<th>2050 (projected)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic white alone</td>
<td>80</td>
<td>59</td>
</tr>
<tr>
<td>Black alone</td>
<td>9</td>
<td>12</td>
</tr>
<tr>
<td>Asian alone</td>
<td>3</td>
<td>9</td>
</tr>
<tr>
<td>All other races alone or in combination</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Hispanic (of any race)</td>
<td>7</td>
<td>20</td>
</tr>
</tbody>
</table>

NOTE: The term "non-Hispanic white alone" is used to refer to people who reported being white and no other race and who are not Hispanic. The term "black alone" is used to refer to people who reported being black or African American and no other race, and the term "Asian alone" is used to refer to people who reported only Asian as their race. The use of single-race populations in this report does not imply that this is the preferred method of presenting or analyzing data. The U.S. Census Bureau uses a variety of approaches. The race group "All other races alone or in combination" includes American Indian and Alaska Native alone; Native Hawaiian and Other Pacific Islander alone; and all people who reported two or more races.

Reference population: These data refer to the resident population.

# Racial and Ethnic Composition in Kentucky for 65+

<table>
<thead>
<tr>
<th>Subject</th>
<th>65+ Years</th>
<th>Margin of Error</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>93.8%</td>
<td>+/- .0.1</td>
</tr>
<tr>
<td>Black/African American</td>
<td>5.0%</td>
<td>+/- .0.1</td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>0.2%</td>
<td>+/- .0.1</td>
</tr>
<tr>
<td>Asian</td>
<td>0.4%</td>
<td>+/- .0.1</td>
</tr>
<tr>
<td>Native Hawaiian/Pacific Islander</td>
<td>0.0%</td>
<td>+/- .0.1</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>0.6%</td>
<td>+/- .0.1</td>
</tr>
<tr>
<td>Other</td>
<td>0.1%</td>
<td>+/- .0.1</td>
</tr>
</tbody>
</table>

(2005-2009 American Community Survey 5-Year Estimates)
Educational attainment of the population age 65 and over, selected years 1965–2008

NOTE: A single question which asks for the highest grade or degree completed is now used to determine educational attainment. Prior to 1995, educational attainment was measured using data on years of school completed.
Reference population: These data refer to the civilian noninstitutionalized population.
Educational attainment of the population age 65 and over, by race and Hispanic origin, 2008

Percent
100
90
80
70
60
50
40
30
20
10
0
77
82
60
74
46
21
22
12
32
9

High school graduate or more
Bachelor’s degree or more

NOTE: The term “non-Hispanic white alone” is used to refer to people who reported being white and no other race and who are not Hispanic. The term “black alone” is used to refer to people who reported being black or African American and no other race, and the term “Asian alone” is used to refer to people who reported only Asian as their race. The use of single-race populations in this report does not imply that this is the preferred method of presenting or analyzing data. The U.S. Census Bureau uses a variety of approaches. Reference population: These data refer to the civilian noninstitutionalized population.

Education Levels for Kentuckians 55+

Sources: 2008 Center on Aging & Work; Population Survey, 2007
Percentage of population age 65 and over who are veterans, by sex and age group, United States and Puerto Rico, 2000 with projections for 2010 and 2020

Reference population: These data refer to the resident population of the United States and Puerto Rico.

SOURCE: U.S. Census Bureau, Decennial Census and Population Projections; Department of Veterans Affairs, VetPop2007.
Kentucky Veteran Population by War Era (344K)

Source: 2011 Kentucky Department of Veterans Affairs
Kentucky’s Aging Farmers

- The average age of the American farmer is 55.8 and climbing.
- Farmers over the age of 50 are the principal operators on 64% of KY’s 86,541 farms.
- Agriculture is one of the top 3 industries employing older adults 60+ (19.8%) (2006 data)
- Top 5 health conditions:
  - Arthritis/Rheumatism
  - High Blood Pressure
  - Vision Problems
  - Hearing Problems
  - Back Problems

Source: Perry, Claunch, & Reed (2011).
How Older Adults Spend Their Time
Indicator 28 – Use of Time

Percentage of day that people age 55 and over spent doing selected activities on an average day, by age group, 2008

Percent

<table>
<thead>
<tr>
<th>Activity</th>
<th>55–64</th>
<th>65–74</th>
<th>75 and over</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring for and helping others</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Sleeping</td>
<td>34</td>
<td>37</td>
<td>38</td>
</tr>
<tr>
<td>Grooming</td>
<td>24</td>
<td>30</td>
<td>32</td>
</tr>
<tr>
<td>Leisure activities</td>
<td>15</td>
<td>5</td>
<td>10</td>
</tr>
<tr>
<td>Work and work-related activities</td>
<td>9</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Household activities</td>
<td>4</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Purchasing goods and services</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Eating and drinking</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Other activities</td>
<td>4</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

NOTE: “Other activities” includes activities such as educational activities; organizational, civic, and religious activities; and telephone calls. Chart includes people who did not work at all.

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

How Older Adults Spend Their Time
Indicator 28 – Use of Time

Percentage of total leisure time that people age 55 and over spent doing selected leisure activities on an average day, by age group, 2008

Reference population: These data refer to the civilian noninstitutionalized population.
Economics
Indicator 7 – Poverty

Poverty rate of the population, by age group, 1959–2007

Percent

100
90
80
70
60
50
40
30
20
10


Data not available.

NOTE: The poverty level is based on money income and does not include noncash benefits such as food stamps. Poverty thresholds reflect family size and composition and are adjusted each year using the annual average Consumer Price Index. For more detail, see U.S. Census Bureau, Series P-60, No.222. Poverty status in the Current Population Survey is based on prior year income.

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

Percent of Persons 65 and Older Below Poverty Level in Previous 12 Months (2005-2009)

United States = 9.8% (+/- 0.1)
Kentucky = 13.2% (+/- 0.3)

Legend

<table>
<thead>
<tr>
<th>Percent Range</th>
<th>Color</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>21.8% - 44.3%</td>
<td>Red</td>
<td>30</td>
</tr>
<tr>
<td>16.9% - 21.8%</td>
<td>Orange</td>
<td>31</td>
</tr>
<tr>
<td>10.70% - 16.9%</td>
<td>Yellow</td>
<td>29</td>
</tr>
<tr>
<td>5.0% - 10.7%</td>
<td>Green</td>
<td>30</td>
</tr>
</tbody>
</table>

Data Source: U.S. Census Bureau
American Community Survey 5-Year Estimates
Indicator 9 – Sources of Income

Sources of income for married couples and nonmarried people who are age 65 and over, percent distribution, selected years 1962–2008

NOTE: A married couple is age 65 and over if the husband is age 65 and over or the husband is younger than age 55 and the wife is age 65 and over. The definition of “other” includes, but is not limited to, public assistance, unemployment compensation, workers compensation, alimony, child support, and personal contributions. Reference population: These data refer to the civilian noninstitutionalized population.

Sources of Income for KY Seniors

- 47% of Kentuckians 62+ plan to rely on Social Security as a major source of retirement income.
- Just over 1/3 of Kentuckian’s baby boomers and older adults reported that savings and investment plans funded 100% by employer contributions (pensions, retirement accounts) will be a major source of retirement income.
- Surveys suggest a continued high reliance on the Social Security system.

KY Elder Readiness Initiative, 2010
Median household net worth in 2007 dollars, by educational attainment of head of household, age 65 and over, selected years 1984–2007

NOTE: Net worth data do not include pension wealth. This excludes private defined-contribution and defined-benefit plans as well as rights to Social Security wealth. Data for 1984–2005 have been inflation adjusted to 2007 dollars.
Reference population: These data refer to the civilian noninstitutionalized population.
SOURCE: Panel Study of Income Dynamics.
Labor force participation rates of men age 55 and over, by age group, annual averages, 1963–2008

Indicator 11 – Participation in the Labor Force

Labor force participation rates of women age 55 and over, by age group, annual averages, 1963–2008

Reference population: These data refer to the civilian noninstitutionalized population.
## KY Participation in Labor Force By Age

<table>
<thead>
<tr>
<th>AGE</th>
<th>Employed</th>
<th>Unemployed</th>
<th>Not in Labor Force</th>
</tr>
</thead>
<tbody>
<tr>
<td>75+ KY</td>
<td>4.5%</td>
<td>0.1%</td>
<td>95.9%</td>
</tr>
<tr>
<td>75+ US</td>
<td>5.3%</td>
<td>0.2%</td>
<td>94.6%</td>
</tr>
<tr>
<td>65-74 KY</td>
<td>19.7%</td>
<td>0.5%</td>
<td>79.8%</td>
</tr>
<tr>
<td>65-74 US</td>
<td>22.3%</td>
<td>0.9%</td>
<td>76.8%</td>
</tr>
<tr>
<td>55-64 KY</td>
<td>50.4%</td>
<td>2.4%</td>
<td>47.7%</td>
</tr>
<tr>
<td>55-64 US</td>
<td>59.7%</td>
<td>1.8%</td>
<td>37.9%</td>
</tr>
</tbody>
</table>

American Community Survey, 2006
Health Status
Chronic health conditions among the population age 65 and over, by sex, 2007–2008

NOTE: Data are based on a 2-year average from 2007–2008. See Appendix B for the definition of race and Hispanic origin in the National Health Interview Survey. Reference population: These data refer to the civilian noninstitutionalized population. SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.
NOTE: Death rates for 1981–1998 are based on the 9th revision of the International Classification of Diseases (ICD–9). Starting in 1999, death rates are based on ICD–10 and trends in death rates for some causes may be affected by this change.12 For the period 1981–1998, causes were coded using ICD–9 codes that are most nearly comparable with the 113 cause list for the ICD–10 and may differ from previously published estimates. Rates are age adjusted using the 2000 standard population.

Reference population: These data refer to the resident population.

SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System.
Limitations in hearing and vision, and no natural teeth, among the population 65 and over, by sex, 2008

NOTE: Respondents were asked "WITHOUT the use of hearing aids or other listening devices, is your hearing excellent, good, a little trouble hearing, moderate trouble, a lot of trouble, or are you deaf?" For the purposes of this indicator, the category "Any trouble hearing" includes: "a little trouble hearing, moderate trouble, a lot of trouble, and deaf." This question differs slightly from the question used to calculate the estimates shown in previous editions of Older Americans. Regarding their vision, respondents were asked "Do you have any trouble seeing, even when wearing glasses or contact lenses?" and the category "Any trouble seeing" includes those who in a subsequent question report themselves as blind. Lastly, respondents were asked in one question, "Have you lost all of your upper and lower natural (permanent) teeth?"

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

SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.
Respondent-reported good to excellent health among the population 65 and older by age group, race, and Hispanic origin, 2006–2008

Note: Data are based on a 3-year average from 2006–2008. See Appendix B for the definition of race and Hispanic origin in the National Health Interview Survey. Reference population: These data refer to the civilian noninstitutionalized population.
Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.
Clinically relevant depressive symptoms among the population age 65 and over, by sex, 1998–2006

NOTE: The definition of "clinically relevant depressive symptoms" is four or more symptoms out of a list of eight depressive symptoms from an abbreviated version of the Center of Epidemiological Studies Depression Scale (CES-D) adapted by the Health and Retirement Study (HRS). The CES-D scale is a measure of depressive symptoms and is not to be used as a diagnosis of clinical depression. A detailed explanation concerning the "4 or more symptoms" cut-off can be found in the following documentation, http://hrsonline.isr.umich.edu/docs/userg/dr-005.pdf. Proportions are based on weighted data using the preliminary respondent weight from HRS 2006.

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

SOURCE: Health and Retirement Study.
**Indicator 19 – Depressive Symptoms**

Clinically relevant depressive symptoms among the population age 65 and over, by age group and sex, 1998–2006

NOTE: The definition of "clinically relevant depressive symptoms" is four or more symptoms out of a list of eight depressive symptoms from an abbreviated version of the Center of Epidemiological Studies Depression Scale (CES-D) adapted by the Health and Retirement Study (HRS). The CES-D scale is a measure of depressive symptoms and is not to be used as a diagnosis of clinical depression. A detailed explanation concerning the "4 or more symptoms" cut-off can be found in the following documentation, http://hrsonline.isr.umich.edu/docs/userg/2005.pdf. Proportions are based on weighted data using the preliminary respondent weight from HRS 2006.

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

SOURCE: Health and Retirement Study.
Percent of Persons with Limitations in Activities of Daily Living by Age Group: 2007

- Bathing/Showering
- Dressing
- Eating
- Getting in/out of bed/chairs
- Walking
- Using toilet

Legend:
- 65-74
- 75-84
- 85 years and over
Indicator 20 – Functional Limitations

Percentage of Medicare enrollees age 65 and over who are unable to perform certain physical functions, by sex, 1991 and 2007

NOTE: Rates for 1991 are age adjusted to the 2007 population.
Reference population: These data refer to Medicare enrollees.
SOURCE: Centers for Medicare and Medicaid Services, Medicare Current Beneficiary Survey.
# Functional Limitations in KY

## Types of disability for 65+ (% of Kentuckians vs. United States)

<table>
<thead>
<tr>
<th>Types of disability for 65+</th>
<th>% of Kentuckians</th>
<th>% United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensory</td>
<td>21.2</td>
<td>16.0</td>
</tr>
<tr>
<td>Physical</td>
<td>37.9</td>
<td>30.2</td>
</tr>
<tr>
<td>Self-care</td>
<td>11.4</td>
<td>9.3</td>
</tr>
<tr>
<td>Mental</td>
<td>14.4</td>
<td>10.9</td>
</tr>
<tr>
<td>Difficulty being outside the home</td>
<td>19.8</td>
<td>16.3</td>
</tr>
</tbody>
</table>

Leading chronic diseases and causes of death* among KY adults

<table>
<thead>
<tr>
<th>KY Chronic Disease and Death</th>
<th>Risk Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Diseases of the heart*</td>
<td>• Overweight</td>
</tr>
<tr>
<td>• All cancers*</td>
<td>• Lack of physical activity</td>
</tr>
<tr>
<td>• Stroke*</td>
<td>• Poor diet/nutrition</td>
</tr>
<tr>
<td>• Chronic lower respiratory diseases*</td>
<td>• High blood pressure</td>
</tr>
<tr>
<td>• Diabetes</td>
<td>• High cholesterol</td>
</tr>
<tr>
<td>• Arthritis</td>
<td>• Smoking/drinking</td>
</tr>
<tr>
<td>• Hypertension</td>
<td>• No preventative screenings</td>
</tr>
<tr>
<td>• Mental disorders</td>
<td>• Lack of health coverage</td>
</tr>
</tbody>
</table>

Source: 2008 CDC--Kentucky: Burden of Chronic Disease
• KY will experience a dramatic increase in chronic disease in the next 20 years.
• Alternative path: Make reasonable improvements in preventing and managing chronic disease to avoid 638,000 cases of chronic conditions in 2023.
Oral Health in KY

- KY’s oral health status is BELOW avg.
  - KY has the highest % of people (18-64) who have lost all of their natural teeth
  - KY has the second highest % of older adults (65+) who lost all teeth
  - 57.5% of adults 65+ visited dentist in last year (2008)
- Missing teeth, inflamed gums, and cavities make it difficult to maintain a balanced diet and are linked to illness, chronic disease (heart disease, cancer, diabetes, and other illnesses), and early mortality.
- Healthy teeth and gums translate to better appearance, higher self-esteem, more self-confidence, which are key indicators of QoL.
- Missing and decayed teeth or diseased gums make it difficult to find employment, perform well on the job, negatively affect family and state capacity to increase prosperity.

Source: 2007 Foresight: A Publication of the KY Long-Term Policy Research Center
2011 County Health Outcome Rankings

Healthiest Counties: (1) Boone; (2) Oldham; (3) Calloway; (4) Woodford; (5) Scott

Least Healthy Counties: 120. Owsley; (119) Martin; (118) Fulton; (117) Magoffin; (116) Perry

Source: 2011 County Health Rankings
www.countyhealthrankings.org/kentucky
Health Risks & Behaviors
Percentage of population age 65 and over vaccinated against influenza and pneumococcal disease, by race and Hispanic origin, selected years 1989–2008

NOTE: For influenza, the percentage vaccinated consists of people who reported having a flu shot during the past 12 months and does not include receipt of nasal spray flu vaccinations. For pneumococcal disease, the percentage refers to people who reported ever having a pneumonia vaccination. See Appendix B for the definition of race and Hispanic origin in the National Health Interview Survey. Reference population: These data refer to the civilian noninstitutionalized population. SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.
Percentage of women age 50 and over who had a mammogram in the past 2 years, by age group, selected years 1987–2008

NOTE: Questions concerning use of mammography differed slightly on the National Health Interview Survey across the years for which data are shown. For details, see Health, United States 2009, Appendix II.
Reference population: These data refer to the civilian noninstitutionalized population.
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.
Indicator 23 – Diet Quality

Average dietary component scores as a percent of federal diet quality standards, a population age 65 and older, by age group, 2003–2004

<table>
<thead>
<tr>
<th>Component</th>
<th>Adequacy components</th>
<th>Moderation components</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fruit</td>
<td>76</td>
<td>60</td>
</tr>
<tr>
<td>Whole Fruit</td>
<td>100</td>
<td>64</td>
</tr>
<tr>
<td>Total Vegetables</td>
<td>100</td>
<td>32</td>
</tr>
<tr>
<td>DGOV and Legumes</td>
<td>100</td>
<td>38</td>
</tr>
<tr>
<td>Total Grains</td>
<td>100</td>
<td>51</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>100</td>
<td>38</td>
</tr>
<tr>
<td>Milk</td>
<td>76</td>
<td>51</td>
</tr>
<tr>
<td>Meat and Beans</td>
<td>75</td>
<td>62</td>
</tr>
<tr>
<td>Oils</td>
<td>77</td>
<td>62</td>
</tr>
</tbody>
</table>

Percent

0 10 20 30 40 50 60 70 80 90 100

65–74 | 75 and older

NOTE: The Healthy Eating Index-2005 (HEI-2005) comprises 12 components. Scores are averages across all adults and reflect long-term dietary intakes. The scores are expressed here as percentages of recommended dietary intake levels. A score corresponding to 100 percent indicates that the recommendation was met or exceeded, on average. A score below 100 percent indicates that average intake does not meet recommendations. Nine components of the HEI-2005 address nutrient adequacy. The remaining three components assess saturated fat, sodium, and calories from solid fats, alcoholic beverages, and added sugars, all of which should be consumed in moderation. For the adequacy components, higher scores reflect higher intakes; for the moderation components, higher scores reflect lower intakes because lower intakes are more desirable. For all components, a higher percentage indicates a higher-quality diet.

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

Indicator 24 – Physical Activity

Percentage of population age 45 and over who reported engaging in regular leisure time physical activity, by age group, 1997–2008

NOTE: Data are based on 2-year averages. "Regular leisure time physical activity" is defined as "engaging in light-moderate leisure time physical activity for greater than or equal to 30 minutes at a frequency greater than or equal to five times per week, or engaging in vigorous leisure time physical activity for greater than or equal to 20 minutes at a frequency greater than or equal to three times per week."
Reference population: These data refer to the civilian noninstitutionalized population.
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.
2008 Estimates of the Percentage of Adults (20+) Who Are Physically Inactive in Kentucky

Source: CDC--National Diabetes Surveillance System
Indicator 25 – Obesity

Percentage of population age 65 and over who are obese, by sex and age group, selected years 1988–2008

NOTE: Data are based on measured height and weight. Height was measured without shoes. Obese is defined by a Body Mass Index (BMI) of 30 kilograms/meter$^2$ or greater. See Appendix C for the definition of BMI.
Reference population: These data refer to the civilian noninstitutionalized population.
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey.
Obesity Trends* Among U.S. Adults
BRFSS, 2009
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
2008 Estimates of the Percentage of Adults (20+) Who Are Obese in Kentucky

Source: CDC--National Diabetes Surveillance System
Percentage of people age 65 and over who are current cigarette smokers, by sex, selected years 1965–2008

NOTE: Data starting in 1997 are not strictly comparable with data for earlier years due to the 1997 National Health Interview Survey (NHIS) questionnaire redesign. Starting with 1993 data, current cigarette smokers were defined as ever smoking 100 cigarettes in their lifetime and smoking now on every day or some days. See Appendix B for the definition of race and Hispanic origin in the NHIS. Reference population: These data refer to the civilian noninstitutionalized population.
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey.
Smoking

- KY has the highest smoking death rate in the USA
- Smoking is the leading cause of preventable deaths and unnecessary healthcare costs.
- 29% of adult Kentuckians smoke

Source: 2009 USA Today
Indicator 27 – Air Quality

Percentage of people age 65 and over living in counties with "poor air quality," 2000–2008

NOTE: The term “poor air quality” is defined as air quality concentrations above the level of the National Ambient Air Quality Standards (NAAQS). The term “any standard” refers to any NAAQS for ozone, particulate matter, nitrogen dioxide, sulfur dioxide, carbon monoxide, and lead. In 2008, EPA strengthened the national standard for 8-hour ozone to 0.075 ppm and the national standard for lead to 0.15 µg/m3. This figure includes people living in counties that monitored ozone and lead concentrations above the new levels. This results in percentages that are not comparable to previous publications.

Reference population: These data refer to the resident population.

Indicator 27 – Air Quality

Counties with “poor air quality” for any standard in 2008

NOTE: The term “poor air quality” is defined as air quality concentrations above the level of the National Ambient Air Quality Standards (NAAQS). The term “any standard” refers to any NAAQS for ozone, particulate matter, nitrogen dioxide, sulfur dioxide, carbon monoxide, and lead. Reference population: These data refer to the resident population.
Older Adults and Falling

- One out of three adults age 65 and older falls each year.
- Among those age 65 and older, falls are the leading cause of injury death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma.
- In 2007, over 18,000 older adults died from unintentional fall injuries.
- The death rates from falls among older men and women have risen sharply over the past decade.
- In 2009, 2.2 million nonfatal fall injuries among older adults were treated in emergency departments and more than 581,000 of these patients were hospitalized.
- In 2000, direct medical costs of falls totaled a little over $19 billion—$179 million for fatal falls and $19 billion for nonfatal fall injuries.

Source: CDC, 2010
Falls in KY

- In 2009, there were 32,444 visits by Kentuckians age 65 or older to Kentucky hospitals as a result of fall-related injuries. This is greater than the population of all but seven counties in Kentucky.
- Falls are the leading cause of traumatic brain injury (TBI) among Kentucky residents age 65+.
- In 2008, KY paid 18,455 Medicaid claims involving hip fractures for approximately 2,500 members age 65+. The total amount paid was $19.7 million or about $379,000 per week.

Source: 2011 KSPAN: No Falls KY
Health Care
Average annual health care costs for Medicare enrollees age 65 and over, by age group, 1992–2006

Data are not available for 2005.

NOTE: Data include both out-of-pocket costs and costs covered by insurance.
Dollars are inflation-adjusted to 2006 using the Consumer Price Index (Series CPI-U-RS).
Reference population: These data refer to Medicare enrollees.
SOURCE: Centers for Medicare and Medicaid Services, Medicare Current Beneficiary Survey.
Major components of health care costs among Medicare enrollees age 65 and over, 1992 and 2006

**1992**
- Inpatient hospital: 32%
- Physician/Outpatient: 32%
- Long-term care facility: 4%
- Home health care: 8%
- Prescription drugs: 4%
- Other: 9%

**2006**
- Inpatient hospital: 25%
- Physician/Outpatient: 35%
- Long-term care facility: 13%
- Home health care: 3%
- Prescription drugs: 16%
- Other: 9%

**NOTE:** Data include both out-of-pocket costs and costs covered by insurance. “Other” includes short-term institutions, hospice services, and dental care.

**Reference population:** These data refer to Medicare enrollees.

**SOURCE:** Centers for Medicare and Medicaid Services, Medicare Current Beneficiary Survey.
Indicator 34 – Sources of Payment for Health Care Services

Sources of payment for health care services for Medicare enrollees age 65 and over, by type of service, 2006

NOTE: "Other" refers to private insurance, Department of Veterans Affairs, and other public programs.
Reference population: These data refer to Medicare enrollees.
SOURCE: Centers for Medicare and Medicaid Services, Medicare Current Beneficiary Survey.
Indicator 37 – Personal Assistance and Equipment

Percent distribution of noninstitutionalized Medicare enrollees age 65 and over who have limitations in activities of daily living (ADLs), by type of assistance, selected years 1992–2007

NOTE: ADL limitations refer to difficulty performing (or inability to perform for a health reason) one or more of the following tasks: bathing, dressing, eating, getting in/out of chairs, walking, or using the toilet. Respondents who report difficulty with an activity are subsequently asked about receiving help or supervision from another person with the activity and about using special equipment or aids. In this table, personal assistance does not include supervision.

Reference population: These data refer to noninstitutionalized Medicare enrollees who have limitations with one or more ADLs.

SOURCE: Centers for Medicare and Medicaid Services, Medicare Current Beneficiary Survey.
Indicator 37 – Personal Assistance and Equipment

Percentage of noninstitutionalized Medicare enrollees age 65 and over who have limitations in instrumental activities of daily living (IADLs) and who receive personal assistance, by age group, selected years 1992–2007

NOTE: IADL limitations refer to difficulty performing (or inability to perform for a health reason) one or more of the following tasks: using the telephone, light housework, heavy housework, meal preparation, shopping, or managing money. Respondents who report difficulty with an activity are subsequently asked about receiving help from another person with the activity. In this table, personal assistance does not include supervision or special equipment.

Reference population: These data refer to noninstitutionalized Medicare enrollees who have limitations with one or more IADLs.

SOURCE: Centers for Medicare and Medicaid Services, Medicare Current Beneficiary Survey.
# National Caregiver Profile

## Relationships between Caregivers and Care Recipients

<table>
<thead>
<tr>
<th>Relationship to Older Person</th>
<th>% of all caregivers caring for someone 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child</td>
<td>41%</td>
</tr>
<tr>
<td>Spouse</td>
<td>23%</td>
</tr>
<tr>
<td>Other Relative</td>
<td>27%</td>
</tr>
<tr>
<td>Other</td>
<td>8%</td>
</tr>
</tbody>
</table>

## Employment Status of Caregivers

<table>
<thead>
<tr>
<th>Employment Status</th>
<th>% of Caregivers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full-time</td>
<td>48%</td>
</tr>
<tr>
<td>Part-time</td>
<td>11%</td>
</tr>
<tr>
<td>Retired</td>
<td>16%</td>
</tr>
<tr>
<td>Not Employed</td>
<td>9%</td>
</tr>
</tbody>
</table>

Source: 2007 Family Caregiving Alliance State Profiles
## Informal Caregiving in KY

<table>
<thead>
<tr>
<th></th>
<th>Kentucky</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Caregivers</td>
<td>520,000</td>
<td>34,000,000</td>
</tr>
<tr>
<td># of Caregiving Hours (millions)</td>
<td>570</td>
<td>36,720</td>
</tr>
<tr>
<td>Value of caregiving (millions)</td>
<td>$5,400</td>
<td>$350,000</td>
</tr>
<tr>
<td>% of grandparents living with grandchildren</td>
<td>3.1</td>
<td>3.4</td>
</tr>
<tr>
<td>% of grandparents responsible for grandchildren</td>
<td>1.6</td>
<td>1.4</td>
</tr>
<tr>
<td>Population 21-64 living with a disability</td>
<td>20.1</td>
<td>12.1</td>
</tr>
<tr>
<td>Population 65+ living with a disability</td>
<td>47.5</td>
<td>39.6</td>
</tr>
</tbody>
</table>

Source: 2007 Family Caregiving Alliance State Profiles
KY Department for Aging and Independent Living (DAIL)  
(formerly the Division of Aging)

- Located within the KY Cabinet for Health and Family Services
- Sister departments that play an integral part in providing comprehensive services to older Kentuckians:
  - Community Based Services (Adult and Child Protection)
  - Income Support
  - Family Resources Centers and Volunteer Services
  - Department for Medicaid Services,
  - Department for Mental Health
  - Developmental Disabilities and Addiction Services
  - Office of Inspector General
  - Public Health
- Administers all programs funded through Older American’s Act (OAA) and is the lead state agency for administering, establishing, and maintaining the infrastructure necessary to meet the needs of the aged and disabled at the local level.
DAIL’s Mission

- Provides programs and services to preserve individual dignity, self-respect, and independence on behalf of Kentucky’s elders and people with disabilities. DAIL pledges to focus on issues and circumstances that create barriers to quality of life improvements for KY’s seniors and people with disabilities and to remove these barriers whenever possible.
Area Agencies on Aging and Independent Living (AAAAIL)

- DAIL’s key partners: 15 Kentucky AAAAILs who offer an array of services to meet the needs of Kentuckians who are aging and/or have a disability.
- AAAAIL’s develop and administer the State Agency’s regional plans and detail a comprehensive and coordinated system of services to meet unique needs of all older individuals in planning and service areas (Area Development Districts).
KY’s Area Development Districts
KY State Plan on Aging: 2009-2012

- **Goal 1**: Empower older Kentuckians and their families, including those from diverse communities, to make informed decisions on their health care and long-term living options.
  - Increase opportunities for aging in place
  - Increase individual choice and control
  - Quality in long term care facilities
  - Aging Disability Resource Market (ADRM) a one-stop shop for aging and disability information, programs, and services
Goal 2: Enable senior Kentuckians to remain in their homes, with the highest quality of life, for as long as possible, through the provision of home and community-based services, including the supports for family caregivers.

- Community-based programs to help divert/delay long-term care and or spending down to Medicaid status to access care
- Personal Care Assistance Program (PCAP) to improve consumer choice, decision-making, flexibility with individual plans of care
Goal 3: Empower older Kentuckians to stay active and healthy through Evidenced-Based Disease and Disability Prevention programs.

- Continued support with *A Matter of Balance* and other fall prevention and health promotion programs at the community level.
**Goal 4**: Ensure the rights of older Kentuckians and prevent their abuse, neglect and exploitation.
- Long Term Care Ombudsman Program (LTCOP) seeks to improve QoL for residents of long-term care facilities.
- Friendly Visitors (volunteers who assist residents in LTC facilities to reduce isolation and loneliness).
- Seeking new ways to expand volunteer programs (especially among baby boomers).
- Public Guardianship Program
- Councils on Elder Abuse…ensuring safety for seniors.
  - Shout it Out is a 3-step program to prevent scams and theft, and Medicare part D abuse, and promote golden alerts.
Goal 5: Maintain effective and responsive management.

- Social Assistance Management System (SAMS)—a comprehensive consumer and case management data system that combines electronic records with service units.
KY Elder Readiness Initiative (KERI)

• **Goal**: To foster statewide awareness, dialogue, and insight into the challenges and opportunities provided by the aging of the Baby Boom population and to stimulate local and statewide initiatives to appropriately address the pending changes that will result from this process.

• Based on a positive philosophy—that older adults can be a resource

• Promotes that it is essential to include older adults in planning for the future
Using data from KERI, the AAAAILs are developing and implementing initiatives targeting the aging Baby Boomer population.

**Topics of concern include:**
- Support for persons with disabilities being cared for by aging parent
- Housing/residential options
- Increase employment options for seniors
- Emphasize single point of entry
- Support grandparents raising grandchildren
- Community support
- Transportation

Idea: For local communities to create sustainable projects and programs to support healthy aging and improve quality of life for seniors throughout KY.
Additional Trends to Think About

- Caregiving Issues
  - KY ranks higher than national estimates for families living below the poverty level and disability status, which requires undue burden for families who take on the role of caregiver in addition to daily responsibilities of living.
  - Population aging

- Alzheimer’s disease & related disorders
  - AD is the 7th leading cause of death and 5th leading cause for those 65+
  - Estimated that 70% of those with AD/other dementias live at home and receive care by family/friends.
  - 70% of all NH residents have some form of cognitive impairment.
  - As KY’s Boomers reach old age, it is estimated that 111,000 will have AD by 2030.
Additional Trends to Think About, cont.

- **Mental Health**
  - While KY’s seniors make up 12-13% of the state’s population, 23% of these battle mental health disorders that negatively impact their lives.

- **Senior Nutrition and Food Safety**
  - Older adults are at increased risk for foodborne illness as a result of unique physiological and behavioral factors. Reducing the threat of foodborne illness is a priority in the Healthy People 2010 Initiative (USDHHS, 2001).
  - KY Dept. for Public Health Food Safety Branch realizes the vulnerability of older adults
The Aging Initiative
Embracing Life as **WE** Age

Throughout all life stages, it is important to acknowledge and celebrate the changes that accompany aging. Family and Consumer Sciences Extension helps individuals, families, and communities manage the challenges and discover the positive aspects of life transitions and growing older.
Embracing Life as We Age Goals:

1. Adapt lifestyles to promote healthy aging.
2. Adjust and manage environmental factors to promote independent aging.
3. Practice healthy communication and enhance relationships to promote quality aging.
Goal 1: Adapt lifestyles to promote healthy aging

- **Falls Prevention**
  - (KEHA 7/1/10; Featured Program 7/1/11)

- **Keys to Embracing Age**
  - (Anticipated release: 7/1/12)

- **Aging & Nutrition**
  - (Pending on grant)

- **Matter of Balance**
  - (Current Extension Program)

- **Living with Loss**
  - (Anticipated roll out of fact sheets: Fall 2011)

- **Second Sunday**
  - (Current Extension Program)

- **Age Simulation**
  - (Current Pilot program)

- **Financial programs**
  - (Current Extension Programs)
Goal 2: Adjust and Manage Environmental Factors to Promote Independent Aging

- **Fall Prevention**
  - (KEHA 7/1/10; Featured Program 7/1/11)

- **Aging in Place/Universal Design**
  - (U of AR)

- **Living with Loss**
  - (Anticipated roll out of fact sheets: Fall 2011)

- **Age Simulation**
  - (Current Pilot program)
Goal 3: Practice healthy communication and enhance relationships to promote quality aging

- **Memory Banking**
  - (Release 7/1/11; trainings Fall 2011)

- **Fall Prevention**
  - (KEHA 7/1/10; Featured Program 7/1/11)

- **Living with Loss**
  - (Anticipated roll out of fact sheets: Fall 2011)

- **Keys to Embracing Age**
  - (Anticipated release: 7/1/12)

- **Relatives Raising Children**
  - (Current KEHA lesson)

- **Caregiving/Alzheimer’s Disease**
  - (U of WI; Texas A&M)

- **Age Simulation**
  - (Current Pilot program)
The **BIG** Vision

- To make KY an ideal place to sustain aging families
- To provide practical information to families, aging adults, caregivers, and professionals
- To help maintain/create quality of life for aging families and older adults
- To launch KY as a model state in aging education
- To collaborate and form partnerships in order to decrease replication of services/programs
Who is Your Audience When it Comes to Aging Programs?

Aging is a life span process, therefore, your audience can range from children to older adults.

- Children / Teens
- Young Adults
- Middle Age
- Older Adults
Possible Partners and Collaborators

- Area Agency on Aging
- AARP
- Alzheimer’s Association
- Senior Center
- Local Adult Day Care, Assisted Living, Nursing Home
- Home Health Care
- Meals on Wheels
- Hospice
- Physical—Occupational—Speech Therapy
- Centers for Independent Living
- Builders and Contractors
- Health Department
- Library
- Fire/Police Departments
- Lawyers
The American Community Survey will give you more details about the characteristics of those ages 65+ in your county.

This is a **new data source**. Go to the **Kentucky: By the Numbers** website for all the details and resources...
Hot off the Press...
Kentucky's 2010 Census Demographic Profiles

- Released May 5, 2011
- The Kentucky State Data Center has produced 4-page profiles in PDF format for Kentucky and each of its 120 counties:
  - The new profiles provide data on age and sex distributions, race, Hispanic or Latino origin, household relationship and type, the group quarters population, housing occupancy (including vacancy status) and tenure (whether the housing occupant owns or rents).
- [http://ksdc.louisville.edu/](http://ksdc.louisville.edu/)
OLDER AMERICANS 2010
Key Indicators of Well-Being

www.agingstats.gov/Agingstatsdotnet/Main_Site/default.aspx
eXtension

Family Caregiving Community of Practice

• http://www.extension.org/
That's all Folks!