Aging in Ohio: Implications for the Future

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### An Aging Ohio-- 2000 to 2040

<table>
<thead>
<tr>
<th>Year</th>
<th>2000</th>
<th>2020</th>
<th>2040</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Population (millions)</strong></td>
<td>11.4</td>
<td>11.7</td>
<td>11.7</td>
</tr>
<tr>
<td><strong>60 plus in millions (% of total population)</strong></td>
<td>1.9 (17%)</td>
<td>3.0 (25%)</td>
<td>3.4 (29%)</td>
</tr>
<tr>
<td><strong>65 plus in millions (% of total population)</strong></td>
<td>1.5 (13%)</td>
<td>2.1 (18%)</td>
<td>2.8 (24%)</td>
</tr>
<tr>
<td><strong>85 plus in millions (% of total population)</strong></td>
<td>.18 (1.6%)</td>
<td>.27 (2.3%)</td>
<td>.55 (4.6%)</td>
</tr>
</tbody>
</table>
Ohio's 60+ Projected Population by County

2040

% 60+ Population

- 11.6% - 20%
- 20.1% - 25%
- 25.1% - 30%
- 30.1% - 35%
- 35.1% - 50.2%

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


Go to: http://scripps.muohio.edu/content/maps-ohios-60-population-county-1990-2050 to download individual maps (PDF, JPEG, TIFF formats available).
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 (mostly men)
- You have given up hope of finding a sensitive partner (Exclusively women)
- You need to rely on a junior high school kid to meet your communication needs.
Marital status of the population age 65 and over, by age group and sex, 2010

Note: Married includes married, spouse present; married, spouse absent; and separated.
Reference population: These data refer to the civilian noninstitutionalized population.
Components of a Good Old Age

- 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
<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Ohio</th>
<th>U.S.</th>
<th>State Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population 65 &amp; over (2015)</td>
<td>1.8 million</td>
<td>42 million</td>
<td>6</td>
</tr>
<tr>
<td>Education %</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less Than High School</td>
<td>20.1</td>
<td>21.0</td>
<td></td>
</tr>
<tr>
<td>Bachelor’s Degree or Higher</td>
<td>19.7</td>
<td>24.8</td>
<td>44</td>
</tr>
<tr>
<td>Own Home %</td>
<td>79.8</td>
<td>78.7</td>
<td>7</td>
</tr>
<tr>
<td>Household Income &gt; 55,000%</td>
<td>41.6</td>
<td>43.4</td>
<td></td>
</tr>
<tr>
<td>Below 100% Poverty</td>
<td>8.1</td>
<td>9.2</td>
<td>17</td>
</tr>
<tr>
<td>Food Insecurity (60+) %</td>
<td>16.3</td>
<td>15.5</td>
<td>38</td>
</tr>
<tr>
<td>Veteran Status %</td>
<td>22.9</td>
<td>22.2</td>
<td></td>
</tr>
<tr>
<td>Employed %</td>
<td>14.5</td>
<td>15.4</td>
<td></td>
</tr>
<tr>
<td>Volunteerism %</td>
<td>27.0</td>
<td>26.4</td>
<td>20</td>
</tr>
</tbody>
</table>
### Aging in Ohio: Health Conditions and Behaviors, 65 plus

<table>
<thead>
<tr>
<th>Health conditions %</th>
<th>Ohio</th>
<th>U.S.</th>
<th>Ranking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>24</td>
<td>22</td>
<td>38</td>
</tr>
<tr>
<td>Arthritis</td>
<td>57</td>
<td>52</td>
<td>44</td>
</tr>
<tr>
<td>Hip fractures per 1000</td>
<td>6.2</td>
<td>5.9</td>
<td>33</td>
</tr>
<tr>
<td>Mult chronic conditions</td>
<td>40</td>
<td>37</td>
<td>39</td>
</tr>
<tr>
<td>Skill NF Admits per 1000</td>
<td>93</td>
<td>63</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Health behaviors %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
</tr>
<tr>
<td>Obesity</td>
</tr>
<tr>
<td>No leisure physical act.</td>
</tr>
</tbody>
</table>
National Long-Term Care Numbers

- 6 million older people with disability—will more than double by 2040
- Long-term care 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
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
U.S. low Savings rate
Almost half of retirees rely on Social Security for majority of income (Avg. $1400 per month, maximum $2788)
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%
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?
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.
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.
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

• **LTC 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
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. Very low Medicaid rates for AL have resulted in high rate of terminations to NF (PASSPORT 28% AL 52%).
Recommendations for Ohio

• Heavy pressure driven by Medicaid budget concerns—but most older people not on Medicaid (90%), Nationally and in Ohio-- Medicaid about 25% of state budget-- Ohio -- 36% allocated to LTSS

• Today 164,000 older people with severe disability—Almost half, about 81,000 on Medicaid.

• In 2040, 310,000 older people with severe disability—if 50%-- 155,000 on Medicaid— not easily sustainable

• Strategy needs to be to lower Medicaid use through prevention, individual planning, technology development, environmental adaptation.
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