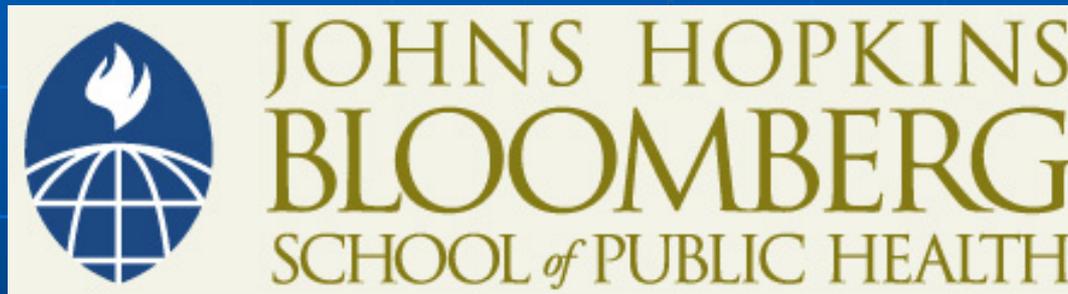


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Health Issues for Aging Populations

Instructors:

Lynda Burton, Sc.D.

Bruce Leff, M.D.

Overview of Class, 2007

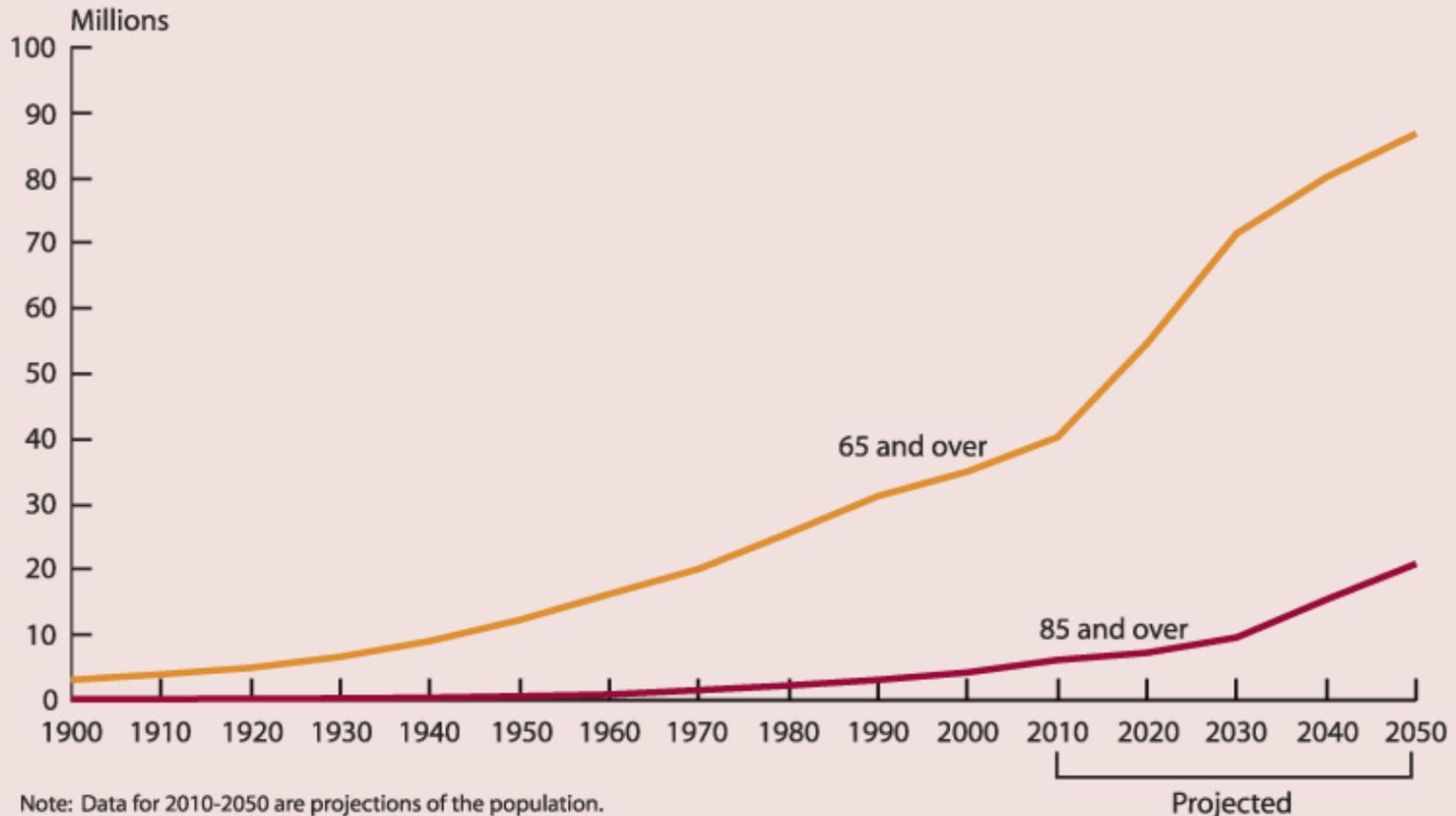
Biological Basis and Clinical Aspects of Aging

- Physiologic changes
- Loss of homeostatic reserve
- Increased vulnerability to disease
- Comorbid conditions
- Life expectancy
- Maximum life span potential--upper limit to human life?
- Theories to explain process of aging

Demography of Aging

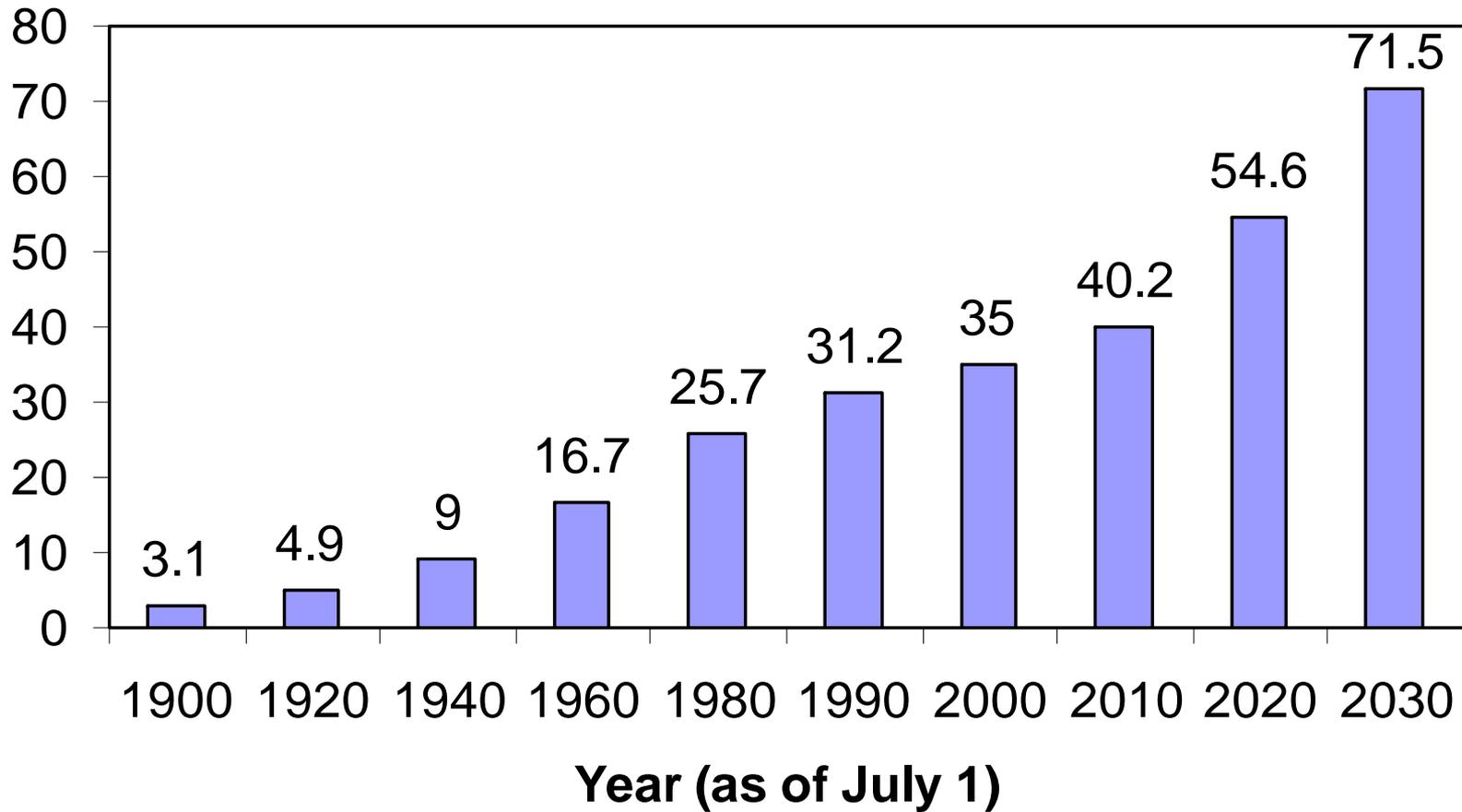
- Effect of fertility, mortality, migration
- “Demographic imperative”
 - 13% of population in 1990s
 - 24% in 2030
 - increase in number of oldest old
- Aged dependency ratio:
 - 38 persons age 65 and over per 100 persons aged 18-64

Number of people age 65 and over, by age group, selected years 1900-2000 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 and Projections.

**Figure 1: Number of Persons 65+,
1900 - 2030 (numbers in millions)**



Physical Disorders Associated with Aging

- Normal aging versus disease
- Chronic illness
- Prevalent diseases
- Diseases associated with health care use, mortality

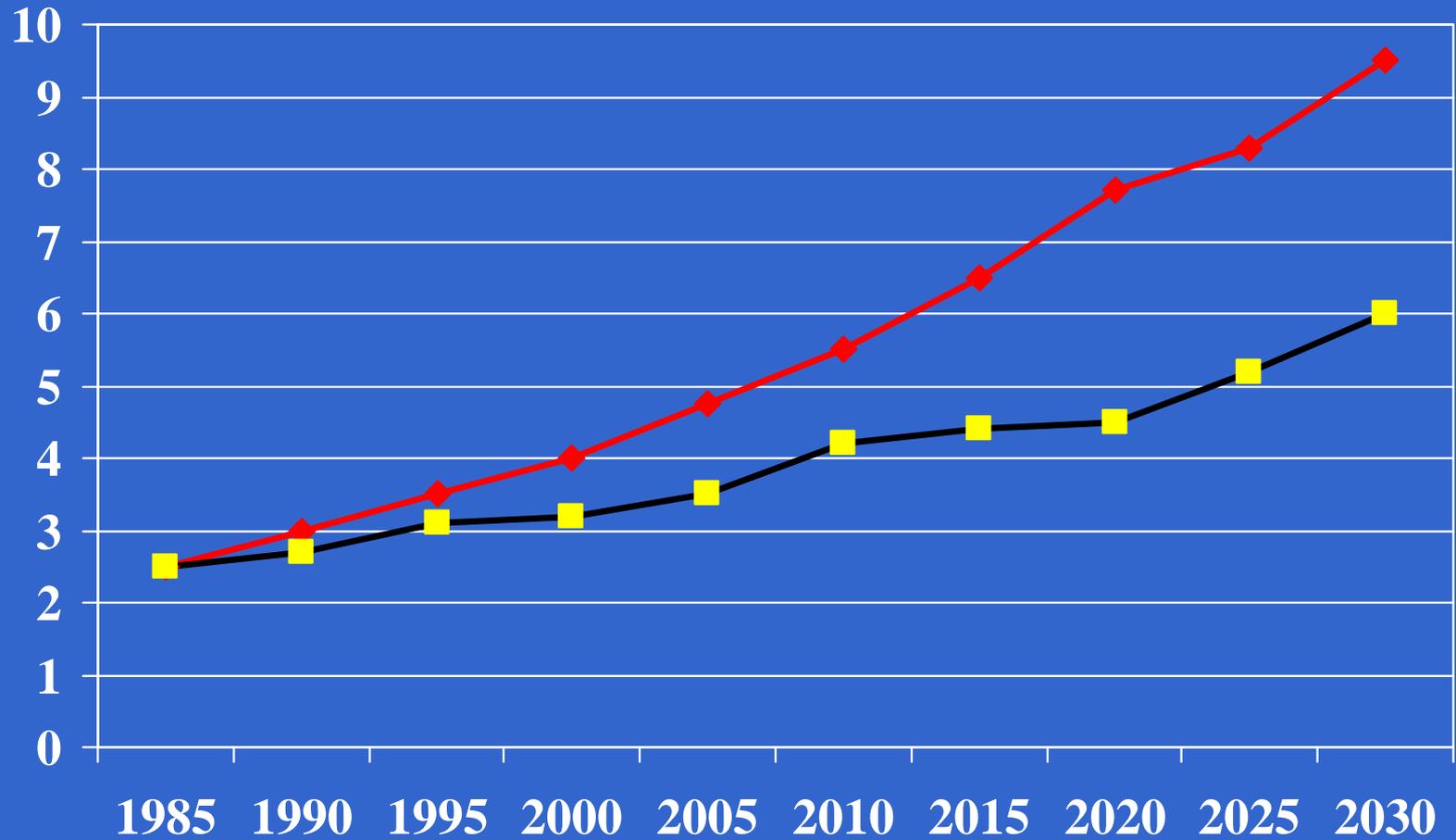
Mental Disorders of Older Persons

- Dementia, depression, delirium most prevalent
- Prevalence of dementia
 - in nursing homes: 40-67%; community 4-5%
 - Implications for costs of care
 - Behavior problems associated with dementia
 - Risk factors

Functional Capacity and Disability

- Measurement of health status
 - number of diseases
 - severity
 - health services utilization
 - functional capacity
- Measurement of functional capacity

Projected Disabled Population

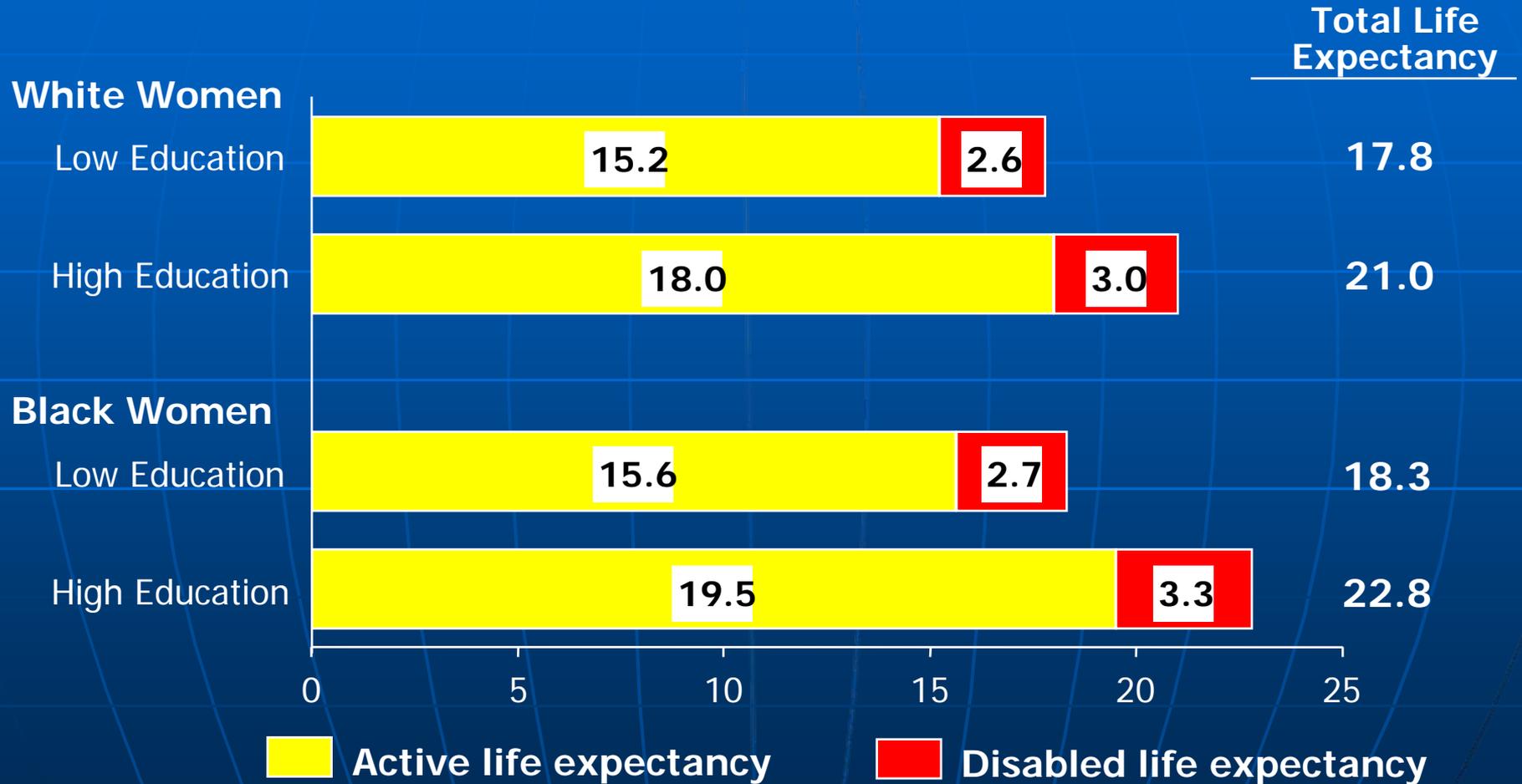


Preventive Health for Older Persons

- Primary, secondary and tertiary prevention
- Preventive services
- Life style change
 - Physical activity
 - Diet
 - Smoking, excessive alcohol intake
 - Psycho-social, self-mastery

Total Life Expectancy, Active Life Expectancy and Disabled Life Expectancy

Piedmont Health Survey of the Elderly; Women, Age 65



Health Services for Older Persons: Ambulatory

- Ambulatory visits:
- Chronic care follow up
hypertension, chronic obstructive
pulmonary disease, diabetes,
congestive heart failure
- Preventive care
- Integrated, coordinated care

Health Services: Hospital Care

- About 3,549 hospitalized per 10,000 persons age 65+
- Trend toward decrease in days 5.8 days,
- Problems with hospitalizing older persons
 - “cascade iatrogenesis”
- New types of hospital services
- Role of managed care in reducing hospitalizations

Health Services: Community-based and institutional long-term care

- Home health care: acute vs long term
- Adult day care
- Hospice
- New services
 - Continuing Care Retirement Communities
 - Assisted Living (Board and Care)
 - PACE, SHMOs
- Institutional care

Psychosocial Aspects of Health and Aging

- Issues for family caregivers
 - Who are they?
 - How do you define “caregiver burden?” How do you measure it?
 - Does this burden affect health, mental health?
 - Research to relieve caregiver burden
- Changing roles of older persons
- Sense of control, self-mastery
- Social isolation

Federal Health Policies Related to Older Persons

- Medicare
 - Benefits, adding prescription drugs
 - Reimbursement to providers
- Medicaid
 - Long-term care
 - PACE, SHMO

State Health Policies Related to Older Persons

- Regulatory policy
 - Nursing homes
 - Assisted living
 - CCRCs
- Financing of care
 - Move to managed care
 - nursing home payment
 - PACE-type programs

Ethical Issues in Providing Health Care to Older Persons

- Principles: beneficence, autonomy, justice, non-maleficence
- Informed consent for care, research
- Equal access to resources vs. rationing
- Issues surrounding death and dying, long-term care

Data Sources for Study of Health of Older Persons

- Claims data (Medicare and Medicaid)
- Interview data
- Medical records
- Encounter data
- Hospital discharge summaries
- National Long-term Care Survey
- National Nursing Home Survey

Data Sources for Study of Health of Older Persons, continued

- Medicare Current Beneficiary Survey
- Medical Expenditure Panel Survey