



65 and Older Not All the Same

Colorado is experiencing unprecedented growth in its 65 and older population. This age group is expected to increase by 127 percent between 2013 and 2040. We often talk about older adults as one group, but in truth they differ in their health needs and expectations for aging.

We know that a 65 year old grew up in a very different world than an 85 year old. A 65-year-old Coloradan came of age in the era of Vietnam and the draft. An 85-year-old Coloradan grew up during the Great Depression and the prelude to World War II.

Understanding how seniors differ – both in the context of their past and their needs in the future – is important. City planners will have to adapt to changing housing and lifestyle desires of the Baby Boomers. Policymakers will need to understand that longer life expectancy means that we will need to care for – and pay for – a larger number of the elderly.

The health needs of today's oldest adults give us a glimpse into the future. How will Colorado handle the high health needs of Baby Boomers when they hit 85? And what can we learn to prepare us for a Colorado when the first Millennials – born between 1980 and 2000 – turn 65?



The Generations



The Baby Boomers

Born 1946 to 1964

They entered the world with a boom after World War II. Baby Boomers came of age amid great social change. They saw the civil rights movement unfold, experienced the draft during the Vietnam War and danced through the Summer of Love. Now, as they hit retirement age, Baby Boomers often opt to age at home rather than in a nursing facility.

The Silent Generation

Born 1928 to 1945

Many men of the Silent Generation missed World War II, but fought for their country during the Korean War. Women began thinking about working outside of the home, although it was a slow process. The Great Depression taught the Silent Generation the value of saving money and spending modestly. In retirement, many find themselves financially stable thanks to generous pensions, a perk that many employers no longer offer.



The Greatest Generation

Born before 1928



The Greatest Generation persevered through the Great Depression and fought for freedom during World War II. Others served on the home front, filling jobs to support the war effort. After the war, many went on to build industries and make great advances in science and social policy. Their experiences made members of this generation resilient and self-sufficient.

Ages 65 to 74

Oldest Baby Boomers On Up

GENERATION'S DEFINING MOMENTS
Woodstock • Vietnam War

POPULAR SONG
"I Want to Hold Your Hand"
The Beatles (1963)

CELEBRITY IN THIS AGE GROUP
Bruce Springsteen (66)

LIFE EXPECTANCY AT BIRTH
FOR SOMEONE BORN
BETWEEN 1949-1951

Male **65.5** Female **71.0**



Ages 75 to 84

Some of the Silent Generation

GENERATION'S DEFINING MOMENTS
**Civil Rights Movement
The Moon Landing**

POPULAR SONG
"Jailhouse Rock" Elvis Presley (1956)

CELEBRITY IN THIS AGE GROUP
Morgan Freeman (78)

LIFE EXPECTANCY AT BIRTH
FOR SOMEONE BORN
BETWEEN 1939-1941

Male **61.6** Female **65.9**



Ages 85+

The Greatest Generation

GENERATION'S DEFINING MOMENTS
The Great Depression • World War II

POPULAR SONG
"Five Minutes More"
Frank Sinatra (1946)

CELEBRITY IN THIS AGE GROUP
Betty White (94)

LIFE EXPECTANCY AT BIRTH
FOR SOMEONE BORN
BETWEEN 1919-1921

Male **55.0** Female **60.9**



POPULATION IN COLORADO

	Colorado's Population Ages 65-74	Percentage of Colorado's Population
2000	226,918	5.2%
2010	313,672	6.2%
2015	432,475	7.9%
2020	547,570	9.2%
2030	667,432	9.6%

The number of 65 year olds to 74 year olds in Colorado will increase by:

46.3% From 2016-2030 **194.1%** From 2000-2030



POPULATION IN COLORADO

	Colorado's Population Ages 75-84	Percentage of Colorado's Population
2000	142,507	3.3%
2010	170,885	3.4%
2015	195,807	3.6%
2020	249,899	4.2%
2030	438,299	6.3%

The number of 75 year olds to 84 year olds in Colorado will increase by:

115.9% From 2016-2030 **207.6%** From 2000-2030



POPULATION IN COLORADO

	Colorado's Population Ages 85+	Percentage of Colorado's Population
2000	48,562	1.1%
2010	70,377	1.4%
2015	86,183	1.6%
2020	98,405	1.7%
2030	150,577	2.2%

The number of 85+ year olds in Colorado will increase by:

69.3% From 2016-2030 **210.1%** From 2000-2030

HEALTH STATUS

Self-Reported Health Status
82.9% Excellent / Very Good / Good
17.1% Fair/Poor

Mental Health Status
92.8% Good
7.2% Poor

Oral Health Status
81.3% Excellent / Very Good / Good
18.7% Fair/Poor

7.0% Limited in 3+ Activities of Daily Living

10.2% Experienced worsening/more frequent confusion or memory loss in the past

68.2% Reported two or more chronic conditions

EXPECTED SOURCE OF RETIREMENT INCOME

41%	Social Security
19%	Employer-sponsored pension
18%	Personal savings/investments
17%	Employment income
5%	Other

HOUSING AND LIFESTYLE

34.8%
Currently live alone

1.2%
Live in a long-term care facility

62.9% Married **18.7%** Divorced/Separated

14.7%
Did not graduate from high school

HEALTH STATUS

Self-Reported Health Status
70.9% Excellent / Very Good / Good
29.1% Fair/Poor

Mental Health Status
88.9% Good
11.1% Poor

Oral Health Status
79.2% Excellent / Very Good / Good
20.8% Fair/Poor

13.1% Limited in 3+ Activities of Daily Living

15.4% Experienced worsening/more frequent confusion or memory loss in the past

73.3% Reported two or more chronic conditions

EXPECTED SOURCE OF RETIREMENT INCOME

53%	Social Security
22%	Employer-sponsored pension
15%	Personal savings/investments
5%	Employment income
5%	Other

HOUSING AND LIFESTYLE

45.7%
Currently live alone

4.0%
Live in a long-term care facility

53.2% Married **11.5%** Divorced/Separated

21.9%
Did not graduate from high school

HEALTH STATUS

Self-Reported Health Status
82.0% Excellent / Very Good / Good
18.0% Fair/Poor

Mental Health Status
94.2% Good
5.8% Poor

Oral Health Status
86.0% Excellent / Very Good / Good
14.0% Fair/Poor

31.9% Limited in 3+ Activities of Daily Living

18.2% Experienced worsening/more frequent confusion or memory loss in the past

74.9% Reported two or more chronic conditions

96.7%
Say they feel well protected when it comes to paying for health care

HOUSING AND LIFESTYLE

58.3%
Currently live alone

15.9%
Live in a long-term care facility

29.5% Married **5.6%** Divorced/Separated

29.7%
Did not graduate from high school

Conclusion: Looking Forward

While there are many questions about what aging will look like in the future, there is much to be learned from what we have seen so far.

There has been a shift from nursing homes to community-based care, a trend that will require more affordable housing and services that support seniors who prefer to age in place.

How we deliver health care will continue to evolve. Technological advances such as telehealth and home monitoring

apps are already on the scene. The link between technology and health will only strengthen as digital natives head into their retirement years.

All of us will be impacted by these trends and many others as we age or care for our loved ones. Now is the time to plan for the future needs of the aging population to ensure that Colorado is the healthiest state for all its residents.

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Data sources available at coloradohealthinstitute.org