

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



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)

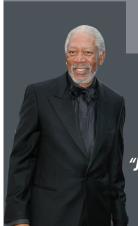
CELEBRITY IN THIS AGE GROUP Bruce Springsteen (66)

LIFE EXPECTANCY AT BIRTH **FOR SOMEONE BORN BETWEEN 1949-1951**

Male Female

65.5

71.0



Ages 75 to 84 Some of the Silent Generation

GENERATION'S DEFINING MOMENTS Civil Rights Movement

POPULAR SONG "Jailhouse Rock" Elvis Presley (1956)

The Moon Landing

CELEBRITY IN THIS AGE GROUP Morgan Freeman (78)

POPULATION IN COLORADO

2010

LIFE EXPECTANCY AT BIRTH **FOR SOMEONE BORN BETWEEN 1939-1941**

> Male **Female**

61.6 65.9

Percentage of

Colorado's Population

3.3%

3.4%

3.6%

4.2%

6.3%

Ages 85+

The Greatest Generation



Frank Sinatra (1946)

CELEBRITY IN THIS AGE GROUP Betty White (94)

LIFE EXPECTANCY AT BIRTH **FOR SOMEONE BORN BETWEEN 1919-1921**

Male **Female**

Percentage of

Colorado's Population

60.9

POPULATION IN COLORADO

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

From 2016-2030

From 2000-2030

		Ages 65-74	Colorado's Population
r	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%

HEALTH STATUS







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

5% Other



HOUSING AND LIFESTYLE



Live in a long-term care facility

Divorced/Separated





Self-Reported Health Status 70.9% Excellent / Very Good / Good

From 2000-2030

From 2016-2030

Mental Health Status



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

5% Other



22% Employer-sponsored pension 15% Personal savings/investments 5% Employment income

HEALTH STATUS

The number of 75 year olds to 84 year

olds in Colorado will increase by:







13.1% Limited in 3+ Activities of Daily Living



HOUSING AND LIFESTYLE



Colorado's Population

Ages 75-84

142,507

170,885

195,807

249,899

438,299

Currently live alone

Live in a long-term care facility

Divorced/Separated Married



POPULATION IN COLORADO

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

From 2016-2030

From 2000-2030

48,562 1.1% 2010 1.4% 70,377 2015 86,183 1.6% 2020 98,405 1.7% 2030 150,577 2.2%

Colorado's Population

Ages 85+

HEALTH STATUS



Self-Reported Health Status 82.0% Excellent / Very Good / Good

8.0% Fair/Poor



Mental Health Status 94.2% Good .8% Poor

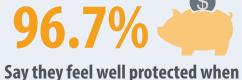
Oral Health Status 86.0% Excellent / Very Good / Good 14.0% Fair/Poor

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

it comes to paying for health care



HOUSING AND LIFESTYLE



Currently live alone

Live in a long-term care facility



Divorced/Separated



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.

Authors: Tamara Keeney and Natalie Triedman



The Colorado Health Institute is a trusted source of independent and objective health information, data and analysis for the state's health care leaders. The Colorado Health Institute is funded by the Caring for Colorado Foundation, Rose Community Foundation, The Colorado Trust and the Colorado Health Foundation.

303 E. 17th Ave., Suite 930, Denver, CO 80203 • 303.831.4200



Data sources available at **coloradohealthinstitute.org**