

2018 House Resolution 284
Presentation to Joint Committee on Health
and Welfare and Family Services

Wednesday, July 18, 2018

Annex Room 129

Frankfort, KY

DEFINING THE PROBLEM

“The idea of living a long life appeals to everyone, but the idea of getting old doesn’t appeal to anyone.”

- Andy Rooney

THE REALITY OF NUMBERS

- ▶ **40 Plus** – more people over this age than under
- ▶ **78 Million** – aging Baby Boomers
- ▶ **One-Third** – nation of caregivers
- ▶ **85 Plus** – fastest growing age group
- ▶ **100 Billion** – spent on anti-aging

Coming to Terms

- Aging in Place
- Aging in Community
- Communities for all Ages
- Livable Communities
- “Age-Friendly” Communities

Jobs
Fraud
Abuse
Suicide
Neglect
Isolation
Relevance
Transportation
Food Insecurity
Substance Abuse
Domestic Violence
Affordable Housing
Access to Health Services
Ageism



REALITIES OF AGING IN KENTUCKY

Kentucky ranks last for elder services

AARP: June 22, 2014

- **51st in affordability and access**, 50th in choice of setting and providers, quality of life, and quality of care. 46th in support for family caregivers; and 42th in effective nursing home transitions
- **“Brick and Mortar” institutions vs. community-based care**; 81 percent of funds for senior and physical disability services is spent on institutional care.
- **Aging faster than the national average**

Eastern KY ranks last in national survey of well-being

- ▶ Eastern and Southern KY ranked lowest among 434 districts nationwide in a survey of people's perception of well-being
- ▶ Survey assessed people's emotional and physical health; behaviors that affect health; job satisfaction and access to basic needs; and their outlook on life
- ▶ The state as a whole ranked 49th in the well-being index, ahead of only neighboring West Virginia and just behind Mississippi

Other Factors We Can't Ignore

- **Sixth in the nation in number of grandparents raising grandchildren.** 75,000 children are currently living with and being cared for by one or more grandparent
- **Second in the nation for persons aged 18-64 with a disability** and fourth in the nation for persons aged 65 and over with a disability
- **735,000+ Kentuckians serve as family caregivers**

**BECOMING
“AGE-FRIENDLY” IS
NOT
ABOUT Being “Old”**

Becoming “Age-Friendly”

Prepares communities for changing demographics

Recognizes the valuable role elders and others can play

Makes aging issues part of strategic, long-term planning

Fosters communities that are great places to
“Grow Up & Grow Old”

Age-Friendly Communities Feature...



- ▶ **...Easy access to information and resources:** Readily available and easily navigable information about services, activities, and resources
- ▶ **...Active community involvement:** Opportunities for social engagement, employment, and volunteer and civic participation
- ▶ **....Respect and social inclusion:** Positive community attitudes about people of all ages (i.e., recognizing the valuable roles that people across their lifespan can play in society)

Stimulates Local Economies

“Older adults can be a vital asset to communities and community development, contributing their experience, leadership, and often, economic participation.”

Grantmakers in Aging: Age-Friendly Communities

“Societies that adapt to this changing demographic can reap a sizeable ‘longevity dividend,’ and will have a competitive advantage over those that do not.”

Dr. Margaret Chan, Director-General of The World Health Organization

An Age-Friendly Kentucky Promotes...

...Easy access to information and resources: Readily available and easily navigable information about services, activities, and resources

...Active community involvement: Opportunities for social engagement, employment, and volunteer and civic participation

...Respect and social inclusion: Positive community attitudes about people of all ages (i.e., recognizing the valuable roles that people across their lifespan can play in society)

Building a Better Kentucky



(The Secret is in the Recipe)

Main Ingredients



Community engagement
Cross-sector collaboration
Mutual respect and understanding
Adequate resources, shared vision,
and skilled leadership

Ingredients Applied to the “Age-Friendly” Movement



Encourages collaboration and community input

Addresses resident, business, and economic concerns

Bridges gap between increasing demands and available services

Minimizes duplication of services and reduces expenses

Maximizes potential for increasing revenue and improving
the quality of life for all residents

The Results are Impressive

- **600 Age-Friendly Communities in 38 Countries Worldwide**
- **276 “age-friendly” communities and two states Nationwide**
- **Small Communities** (Bowdoinham, ME – Pop. 2,900) and **Large**(Atlanta, Denver, NYC)
- **Counties**(San Diego, Sarasota, etc.) **Regions** (Manitoba, BC 100 communities)
- **Countries** (Ireland, Spain, European Union)

Who's Supporting These Efforts:

- **Foundations** - Robert Wood Johnson Foundation (NJ), Henry and Marilyn Taub Foundation (NJ), Gary and Mary West Foundation (CA) among others
- **Corporate Sponsors** – Liberty Mutual Insurance, Toyota Corporation, Wells Fargo, Kaiser-Permanente (local and regional)
- **Civic Organizations** - Chambers of Commerce, Rotary Clubs, local civic organizations
- **GrantMakers In Aging (GIA)** – national organization whose members share a recognition that a society that is better for older adults is better for people of all ages

Meeting the Challenge in Kentucky



Demographics Don't Lie

- **40.6%** of the current population in KY is **45 or older**
- **By 2030**, One (1) in five (5) Kentuckians (25.6%) **will be age 60 or older**
- The expected increases in **demand for services will be extremely difficult, if not impossible, to sustain** without a shift in current thinking or an infusion of substantial financial, social, and human capital

An “Age-Friendly” Kentucky Embraces The Challenge:

- **Accepts** the Reality
- **Acknowledges** the Elephant in the Room
- **Disrupts** the culture of Ageism
- **Changes** the prevailing view of funding
- **Embraces** the benefits of unified collaboration
- **Supports** start up efforts and long-term sustainability
- **Leads** by example

Age-Friendly Resolution

- **Promoting policies that make Kentucky cities and towns, friendlier** to the aging population, a focus which can benefit other demographics in the state
- **Encouraging cities and towns to take part in the age-friendly movement**
- **Honoring the right of every individual to be treated with dignity and respect** regardless of age, ability, station, or income
- **Protecting the safety and well-being of older people** to live out their lives without having to make a choice between food or medication, or fear of becoming isolated or alone

**“Age-Friendly” Kentucky
is an investment in:**

- Our Families**
- Our Communities**
- Ourselves**

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