Aging in Oregon
Oregon Healthy Aging Summit

Diana White, PhD

Two Global Trends

1. *The world is aging,* especially in developing regions

    - 2006: 11% of global population aged 60+

    - 2050: 22% (more older people than children aged 0-14 for the first time in human history)

2. *More of the world's population is living in urban areas*

    - 2007: 49%

    - 2030: 60% (growth occurring in cities of less than 5 million and in developing regions)

In the U.S., nearly **10,000** people will turn **65** every day for the next **19** years

Source: Pew Research Center, 2010

More Staggering Statistics

- On average, children born in the U.S. in 2008 will live three decades longer than their counterparts born in 1900

- In 1950 there were 3000 centenarians in the world; by 2050, demographers predict there will be more than 6 million

- The probability of a 65-year old surviving to 85 doubled between 1970 and 2005

Older Population by Age for USA
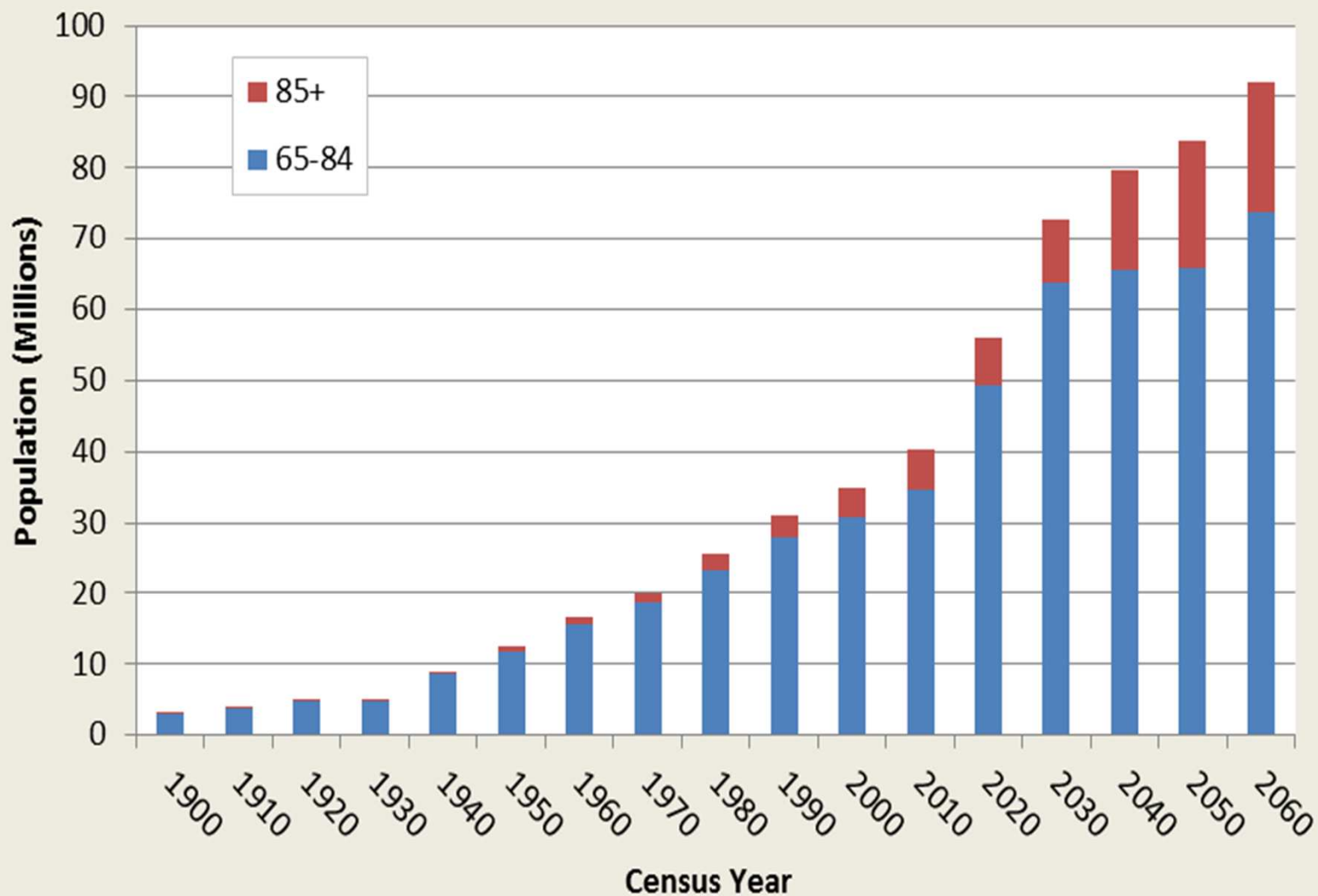
Cherlin, 2010. *Journal of Marriage & Family*

- Marriage
- Divorce
- Fertility
- Cohabitation
- Same-sex unions

- Children's living arrangements
- Living apart together
- "Emerging adulthood"
- Immigration

Increased Diversity
(Federal Interagency Forum on Aging-Related Statistics, 2010)

- Increased diversity will require greater flexibility in businesses, programs and services to meet needs, capitalize on opportunities

- Projected changes in proportion of the 65+ in the U.S. from 2008-2050
  - Non-Hispanic whites: drop from 80% to 59%
  - Black alone: increase from 9% to 12%
  - Asian alone: increase from 3% to 9%
  - Hispanic of any race: increase from 7% to 20%
  - All other races alone or in combination: increase from 1% to 3%

Social Security in Oregon

- 20% of Oregonians received SS in 2010
  (68% are retirees)
- Average 2010 monthly benefit: $1,168
  ($14,015 annual)
- Kept 43% of 65+ out of poverty in 2009
- SS provides 50% + of family income for 60% of 65+
- SS provides 100% of family income 30% + of 65+
  (compiled by AARP of Oregon, 2012)

Social Security in Oregon:

17% receive some benefit
Old Age Benefit program
    467,560 retirees
    31,000 spouses
Supplemental Security Income
Survivor's insurance
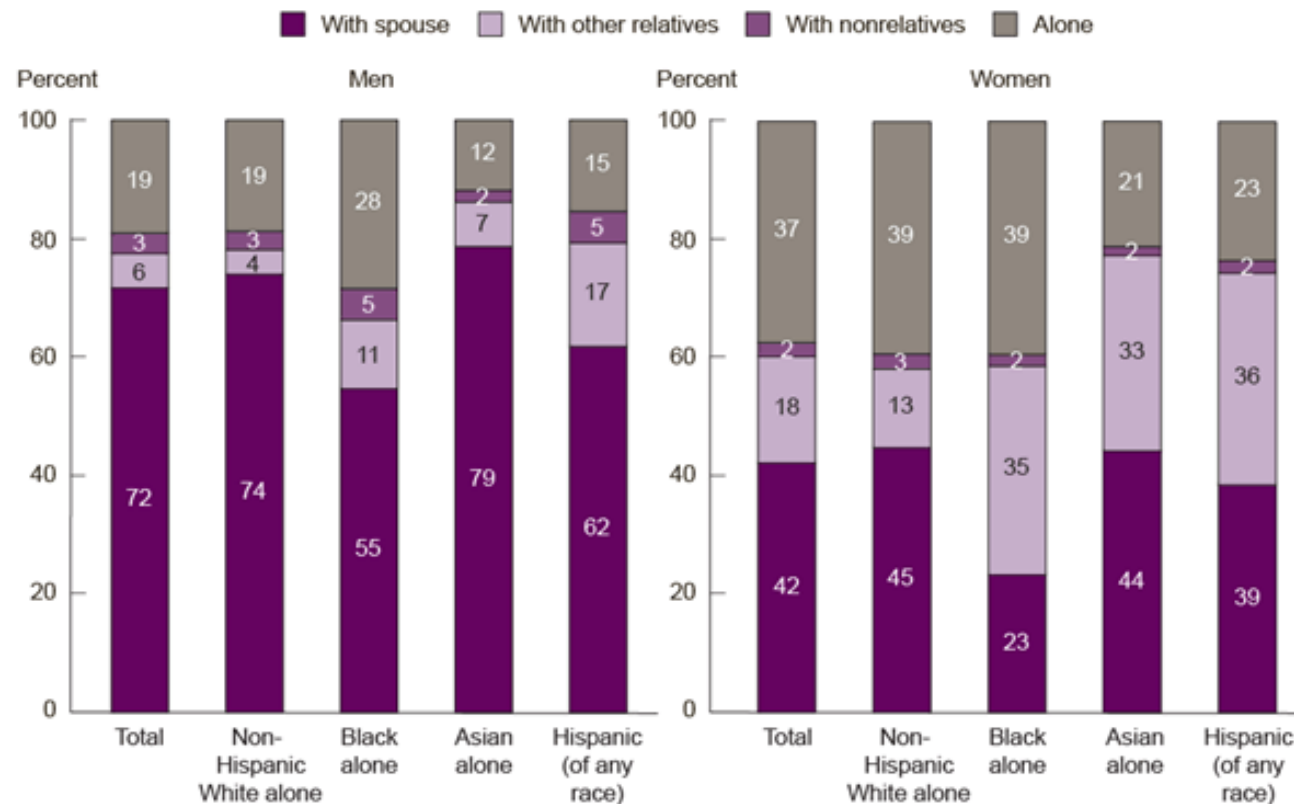   Widows & widowers, 54,020
    Children, 42,394
Disability Benefits
    91,803

Compiled by AARP of Oregon

Living arrangements of the population age 65 and over, by sex and race and Hispanic origin, 2010

Legend: ■ With spouse □ With other relatives ■ With nonrelatives ■ Alone

Percent — Men

	Total	Non-Hispanic White alone	Black alone	Asian alone	Hispanic (of any race)
Alone	19	19	28	12	15
With nonrelatives	3	3		2	5
With other relatives	6	4	5	7	17
With other relatives			11		
With spouse	72	74	55	79	62

Percent — Women

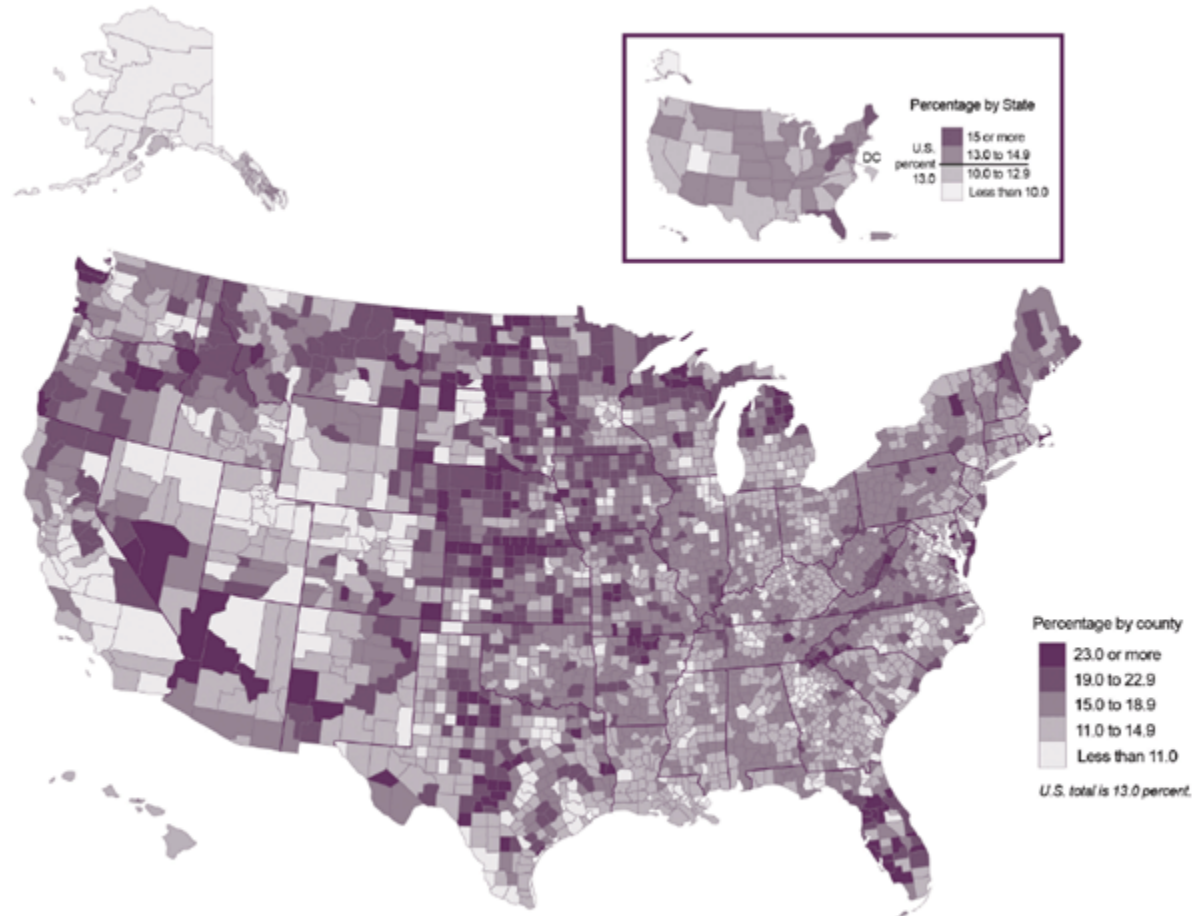|	Total	Non-Hispanic White alone	Black alone	Asian alone	Hispanic (of any race)
Alone	37	39	39	21	23
With nonrelatives	2	3	2	2	2
With other relatives	18	13	35	33	36
With spouse	42	45	23	44	39

NOTE: The calculation of the living arrangements estimates in this chart changed from the previous edition of *Older Americans* to more accurately reflect the person's relationship to the householder, rather than an indication of whether the householder had relatives present in the household. Living with other relatives indicates no spouse present. Living with nonrelatives indicates no spouse or other relatives present. The term "non-Hispanic White alone" is used to refer to people who reported being White and no other race and who are not Hispanic. The term "Black alone" is used to refer to people who reported being Black or African American and no other race, and the term "Asian alone" is used to refer to people who reported only Asian as their race. The use of single-race populations in this chart does not imply that this is the preferred method of presenting or analyzing data. The U.S. Census Bureau uses a variety of approaches.

Reference population: These data refer to the civilian noninstitutionalized population.

SOURCE: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement, 2010.

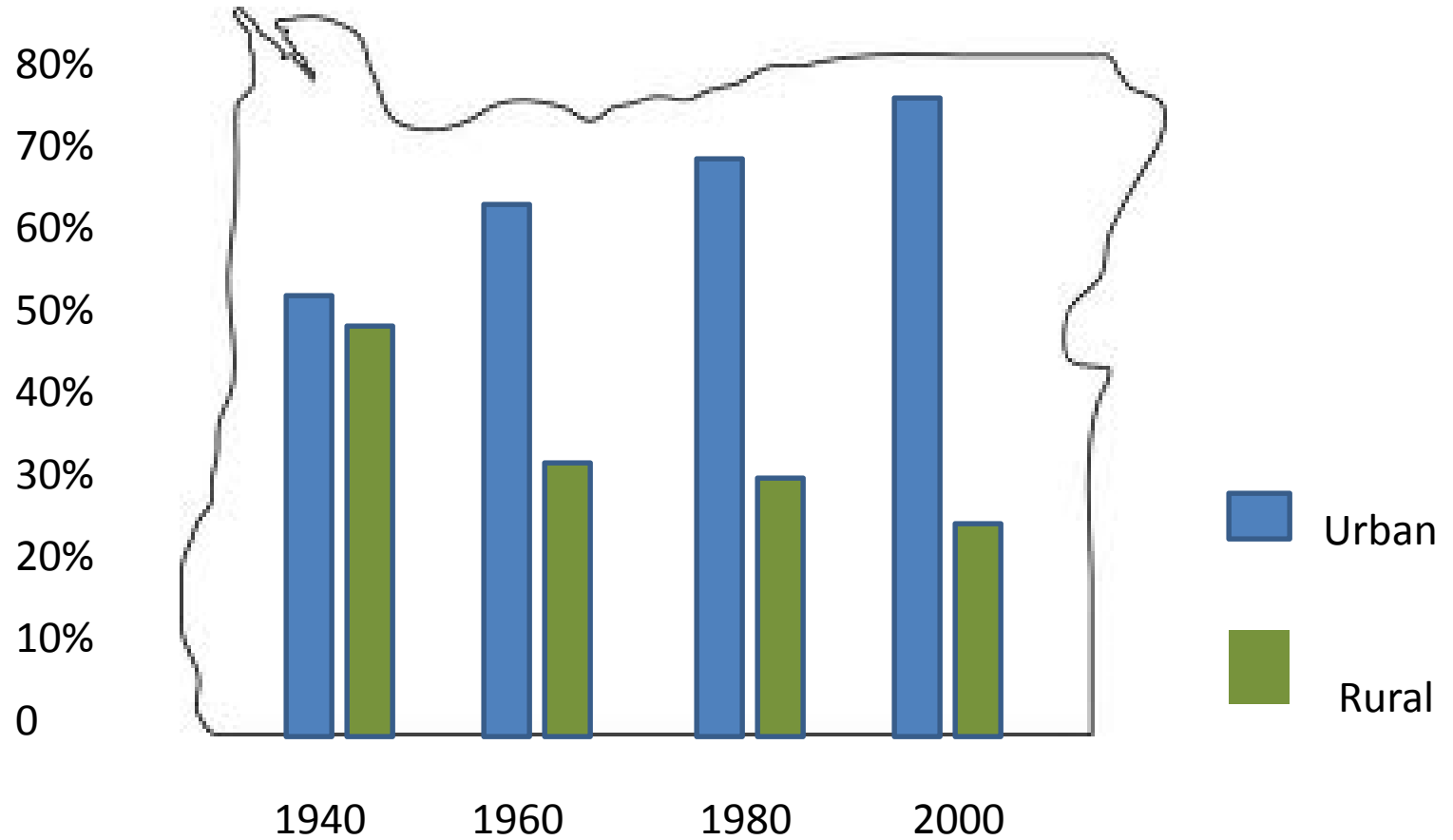# Percentage of population age 65 and over, by county and state, 2010

Percentage by State

U.S. percent 13.0

- 15 or more
- 13.0 to 14.9
- 10.0 to 12.9
- Less than 10.0

DC

Percentage by county

- 23.0 or more
- 19.0 to 22.9
- 15.0 to 18.9
- 11.0 to 14.9
- Less than 11.0

U.S. total is 13.0 percent.

Reference population: These data refer to the resident population.
SOURCE: U.S. Census Bureau, *2010 Census Summary File 1.*
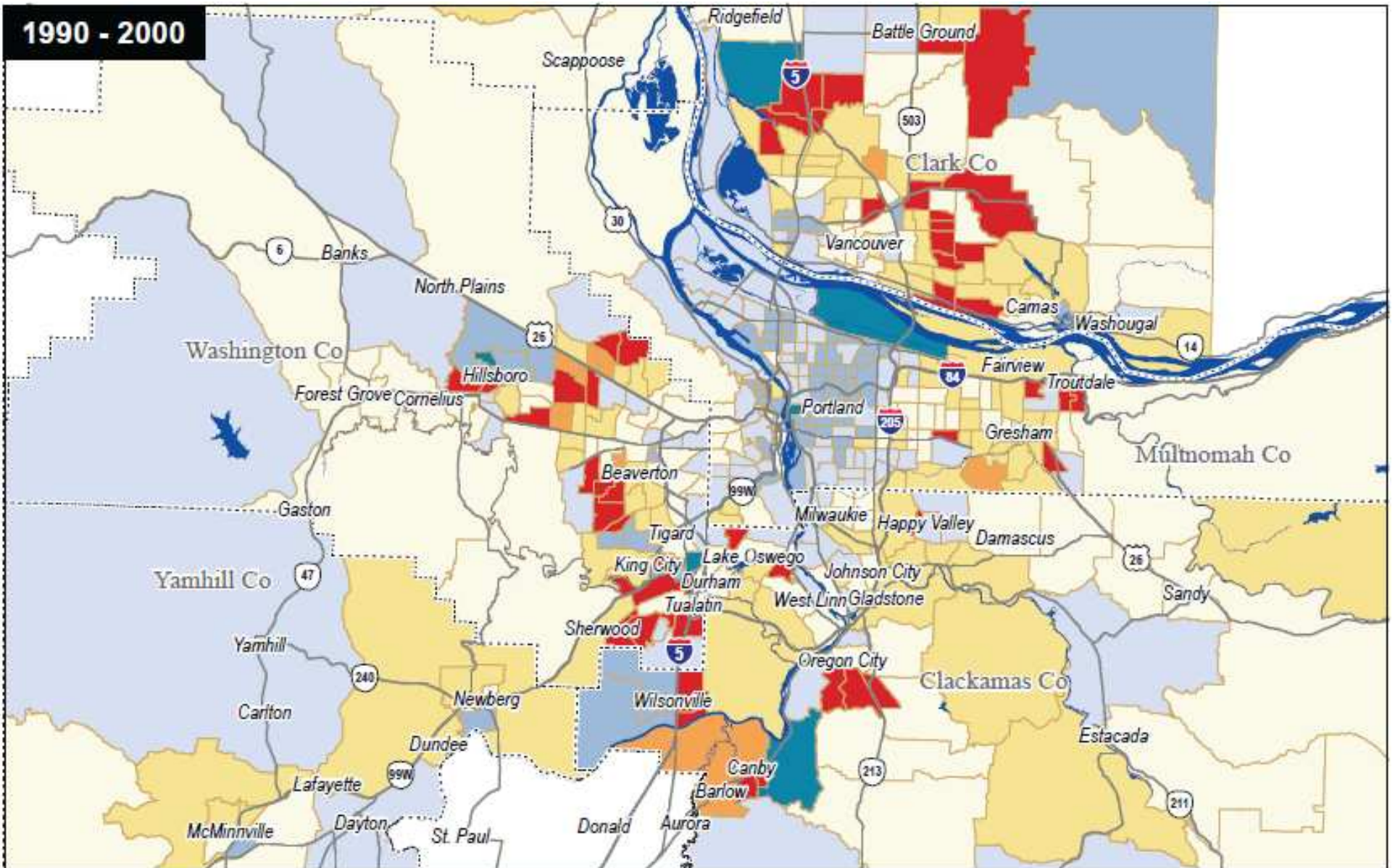
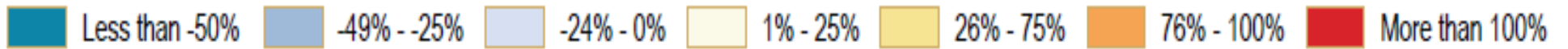# The world, the U.S., Oregon, and Portland: We are aging

- Between 2010 and 2030, while our region's population will grow by 35% overall, the number of people 65+ will grow by 106% (Metro, 2009)
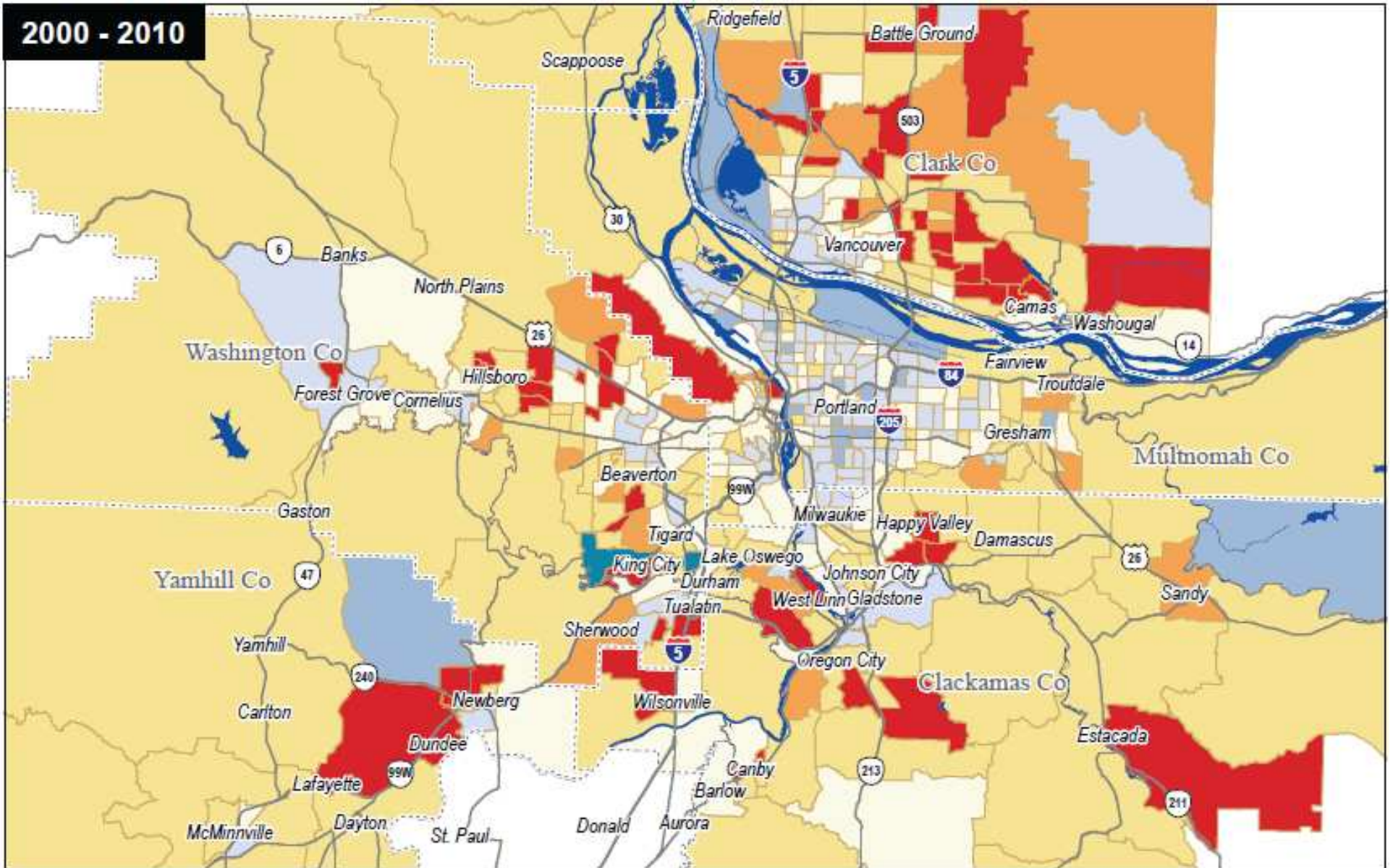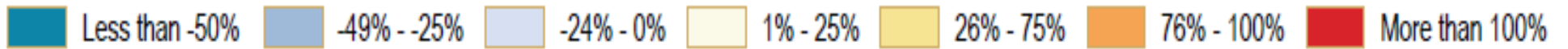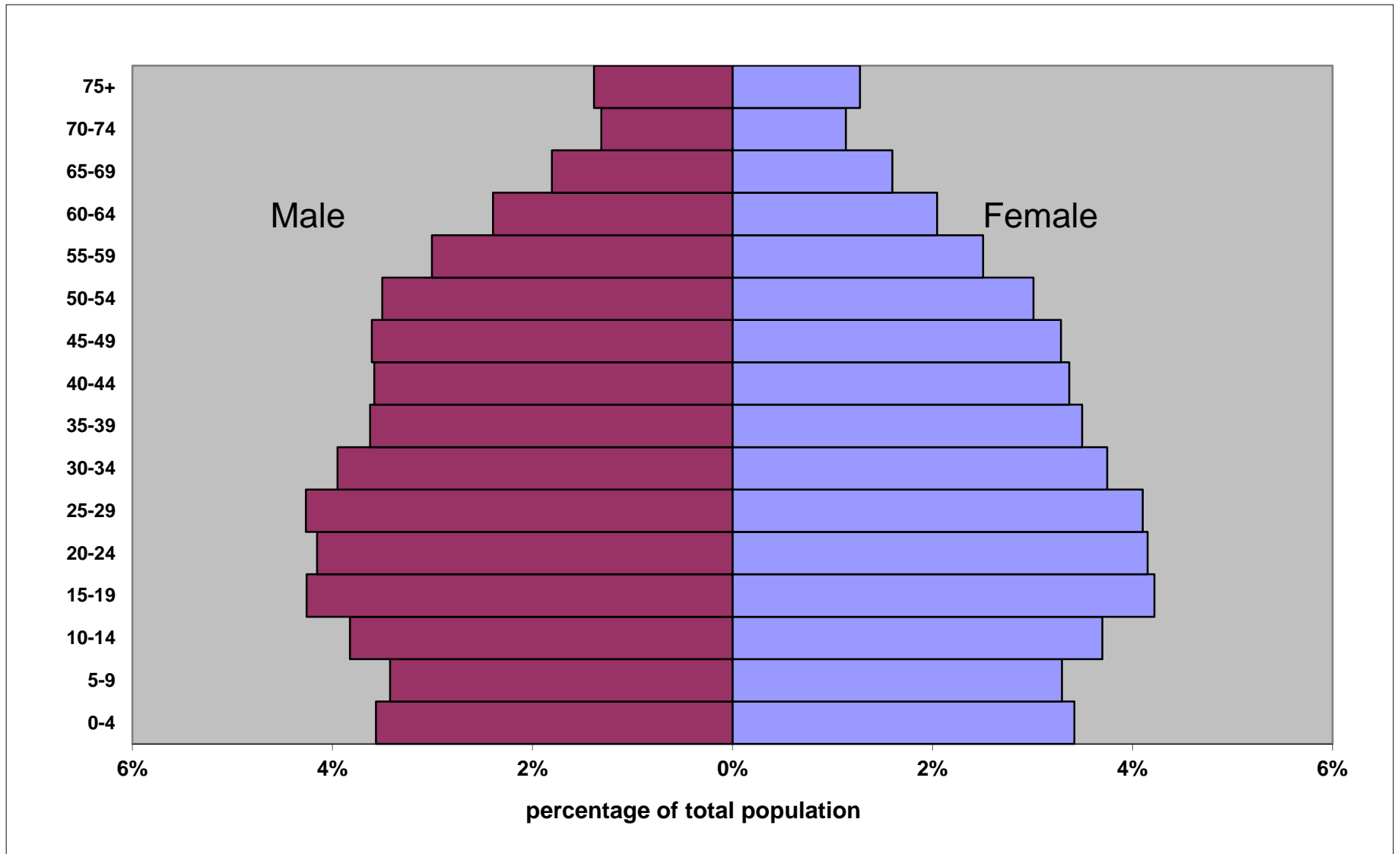
Urban & Rural Population, Age 65+

Percent Change in Persons Aged 65 or Older, by Census Tract

Less than -50% | -49% - -25% | -24% - 0% | 1% - 25% | 26% - 75% | 76% - 100% | More than 100%

1990 - 2000

Ridgefield
Scappoose
Battle Ground
Clark Co
Vancouver
Camas
Washougal
Banks
North Plains
Fairview
Troutdale
Washington Co
Hillsboro
Portland
Gresham
Forest Grove
Cornelius
Multnomah Co
Gaston
Beaverton
Milwaukie
Happy Valley
Damascus
Sandy
Yamhill Co
Tigard
King City
Lake Oswego
Johnson City
Durham
West Linn
Gladstone
Yamhill
Tualatin
Sherwood
Oregon City
Clackamas Co
Estacada
Carlton
Newberg
Wilsonville
Dundee
Canby
Lafayette
Barlow
McMinnville
Dayton
St. Paul
Donald
Aurora

Percent Change in Persons Aged 65 or Older, by Census Tract

Legend:
- Less than -50%
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2000 - 2010

Population: Oregon 1940
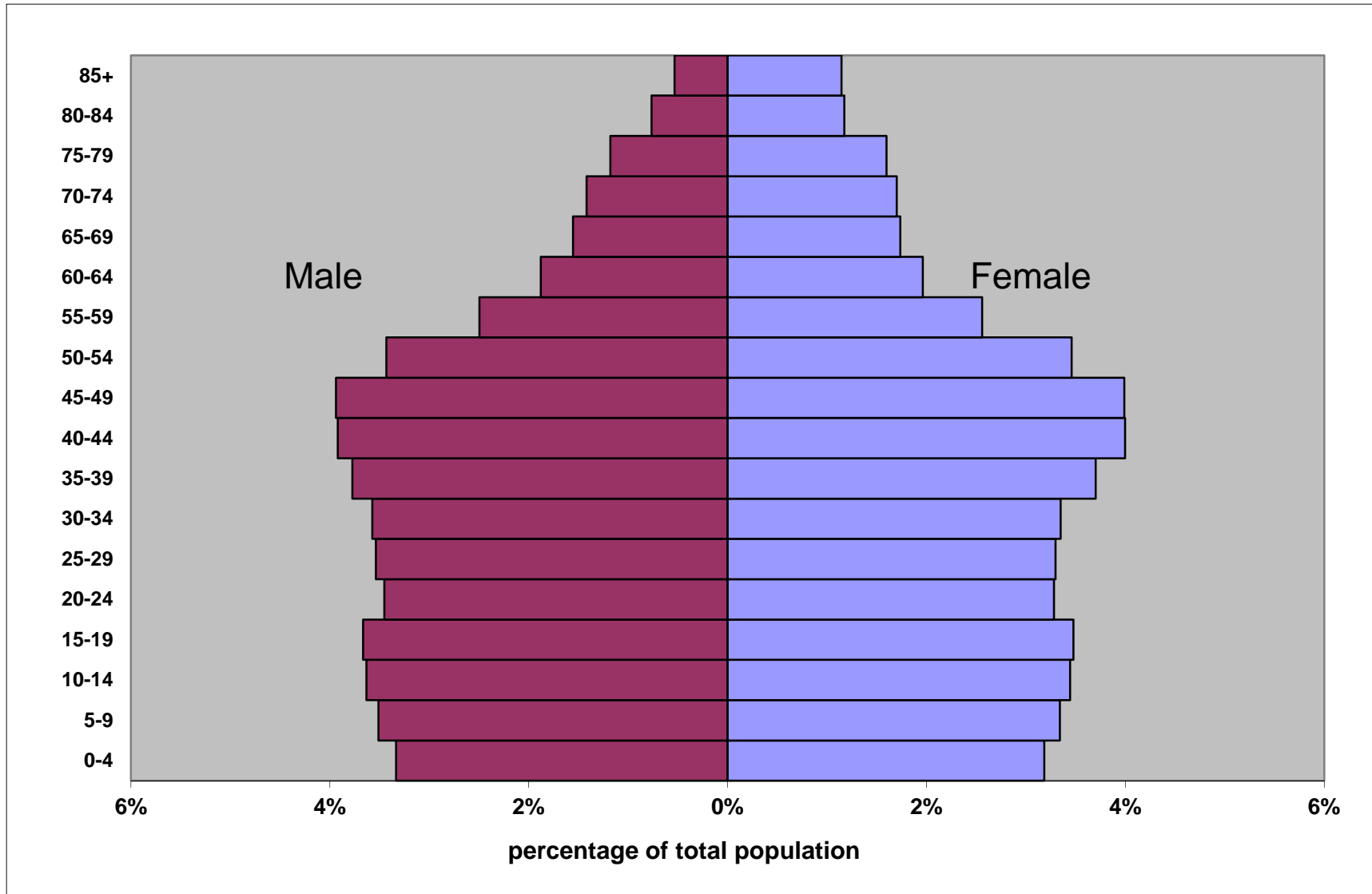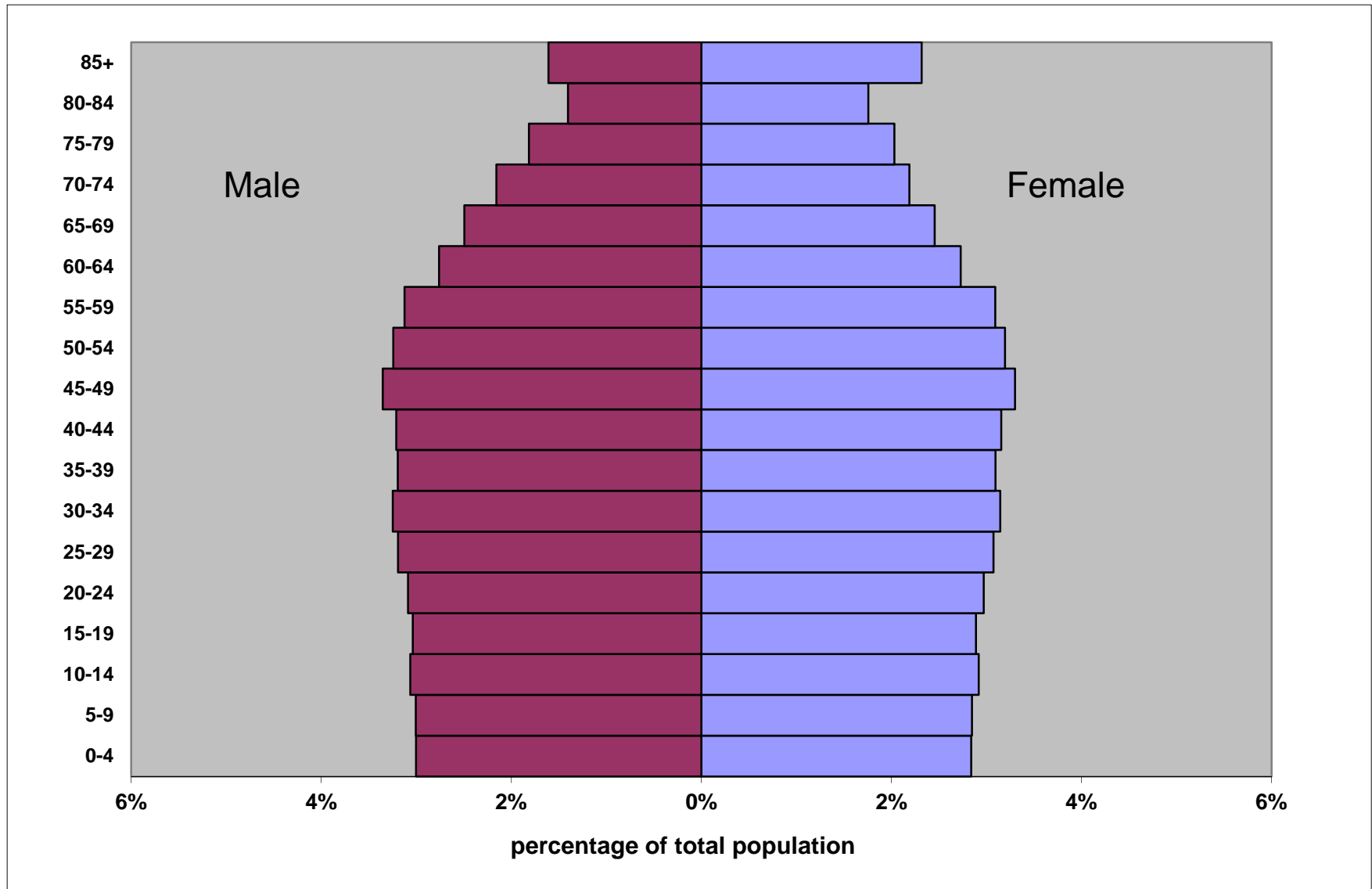

percentage of total population

Population: Oregon 1980

Population: Oregon 2000

Population: Oregon 2040

Projected Oregon Population

Age Group	2012	2020	2030
0 to 19	25.3%	25.2%	25.6%
20-39	28.0%	27.7%	25.9%
40-59	27.6%	26.1%	25.3%
60+	19.0%	21.1%	23.2%

Common Myths about Aging

- **Misery Myth**: older people are sad and lonely

- **DNA Is Destiny Myth**: your fate is foretold in your genes

- **Work Hard, Retire Harder Myth**: we should rush to exit the workforce

- **Scarcity Myth**: older people are a drain on the world's resources

- **We Age Alone Myth**: how we fare in old age is entirely an individual matter and not a function of society

– Laura Carstenson, 2011

Portlandia: A Place Where Young People Go to Retire

- Actually, the Portland metropolitan area also **attracts and retains empty-nester and retirement migrants** (age 40+) at levels exceeding its metro peers.

  -Jurjevich & Schrock, 2012

- "We want Portland to be the place where old people go to unretire."

  - Michael DeShane

The Big Idea in 4 Minutes – Coming of Age in Aging America

- http://www.youtube.com/watch?v=ZOA1v4-2Fos

Credit: Bridge Meadows

The NEW LONGEVITY
requires new thinking, new systems, new technology, new policy

Our region is one of the leaders in this global movement

We are all faced with a series of opportunities, cleverly disguised as insoluble problems.

John W. Gardner, former U.S. Secretary of Health, Education & Welfare

The Silver Tsunami
# (Hmmm….How about the Silver Opportunity?):

Image credit: Getty Images/Michel Tcherevkoff

Solutions that have been Proposed to Perceived Problems of Population Aging and Worker Shortages

- Postpone retirement age
- Increase births – Have more babies
- Increase foreign immigration – have more young foreign workers
- Emigration - Send older people away
- Technology – Substitute for "healthcare workers"
- Training – Improve the efficiency and effectiveness of direct care worker training
- **<u>Active Aging</u> – identify ways for older people to remain well and productive (focus on well care, not sick care)**

Goal for Active Aging:
Active Life Expectancy to the End of the Natural Life Span
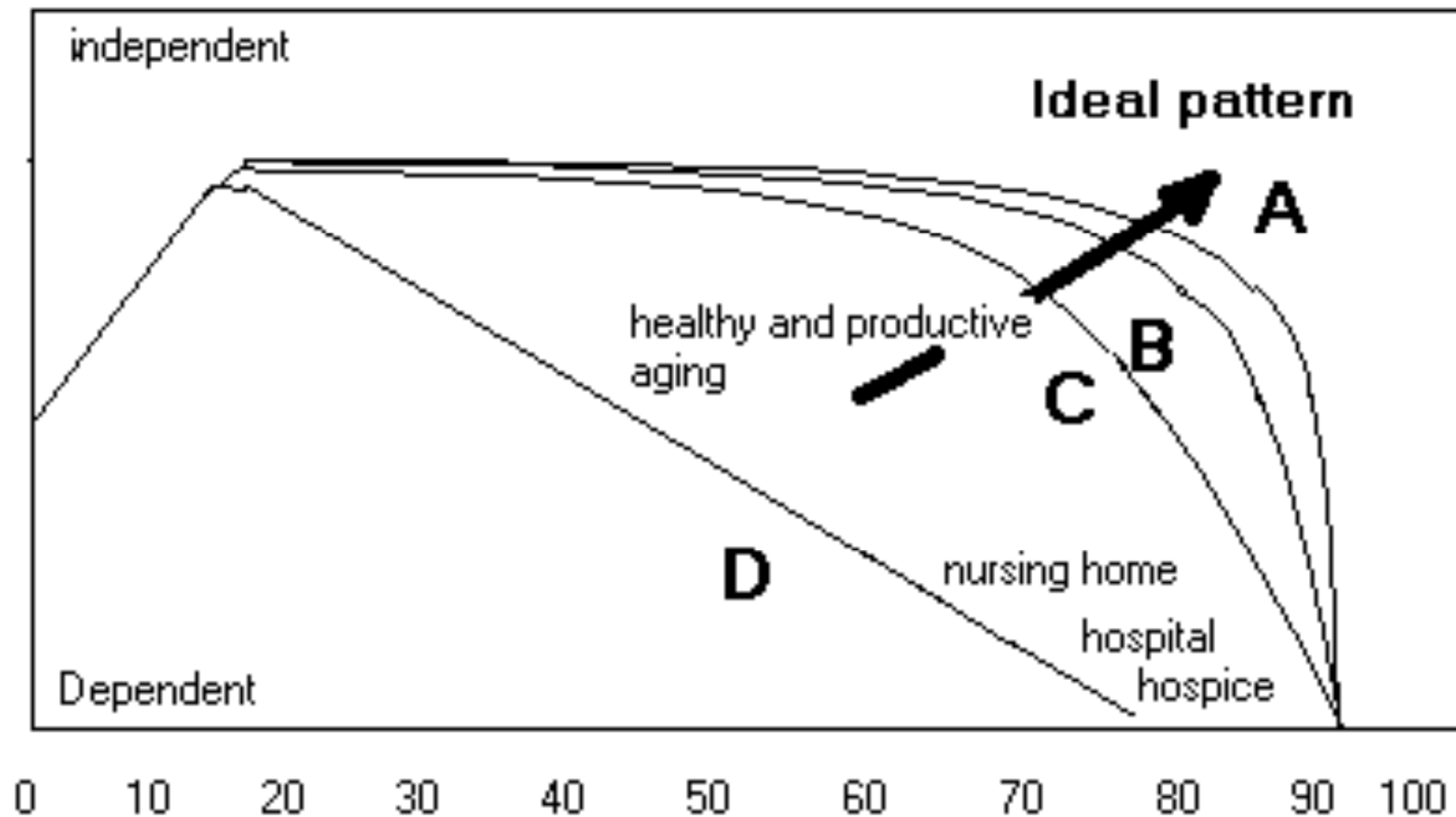
Benefits of Active Aging

- For the individual
  - Health
  - Independence
  - Engagement in civic life

- For the community
  - Livable communities for all result. Compact, walkable, mixed-use with a range of transportation and housing options
  - Reduced public costs (e.g., for health care)
  - Economic development benefits (e.g., tourism, new businesses)
  - Older residents as community resources
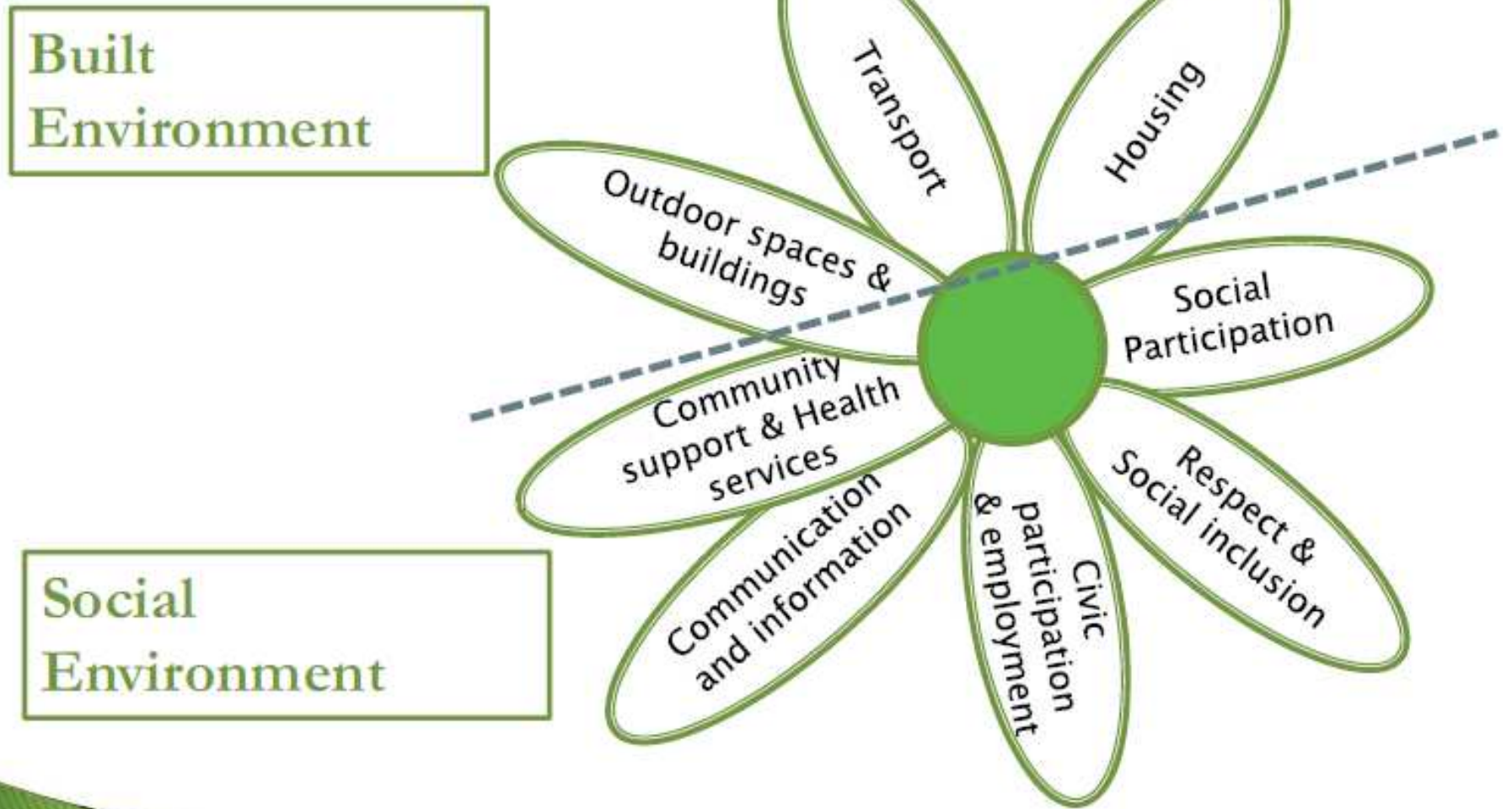
Viewing Age as an Asset will promote

- Economic opportunity (small businesses, age-friendly businesses/industries)

- Quality of life – for individuals, communities
  - A shift from Roleless Role to Positive Elder Role
  - A stronger intergenerational role for older adults leads to a sustainable community - a community for all ages

Roleless Role → Positive Elder Role

- Opportunities for Boomers and Retirees
  - Encore careers, second careers
  - Volunteer opportunities
  - Recreational, travel opportunities
  - Grandparenting, mentoring

  The question is how can we create the physical and social infrastructure to capture this social capital for the greater good and for a sustainable planet?

An Age-Friendly City: Domains

Built Environment

Social Environment

Transport

Housing

Outdoor spaces & buildings

Social Participation

Community support & Health services

Communication and information

Civic participation & employment

Respect & Social inclusion

Source: Suzanne Garon, University of Sherbrooke

Thank you!
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