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
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.

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

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.

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

Reference population: These data refer to the resident population.
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+

The chart shows the percentage of the population age 65+ living in urban and rural areas from 1940 to 2000. The percentage of the population living in urban areas has generally increased over time, while the percentage living in rural areas has decreased.
Population: Oregon 1940

The graph illustrates the distribution of the Oregon population in 1940 by age and gender. The x-axis represents the percentage of the total population, ranging from 0% to 6%. The y-axis lists the age groups from 75+ to 0-4. The graph is divided into two sections, one for males (red bars) and one for females (blue bars), showing the proportion of males and females in each age group.
Population: Oregon 2000

The bar chart represents the percentage of the total population in Oregon for different age groups and gender. The x-axis shows the percentage of the total population, ranging from 0% to 6%, while the y-axis lists age groups from 0-85+. The chart is divided into two sections, male on the left and female on the right, illustrating the distribution of Oregon's population across various age categories.
Population: Oregon 2040

[Bar chart showing the percentage of the total population by age group and gender.]

- Male and Female sections
- Age groups: 0-4, 5-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+}

 percentage of total population
## Projected Oregon Population

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2012</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 to 19</td>
<td>25.3%</td>
<td>25.2%</td>
<td>25.6%</td>
</tr>
<tr>
<td>20-39</td>
<td>28.0%</td>
<td>27.7%</td>
<td>25.9%</td>
</tr>
<tr>
<td>40-59</td>
<td>27.6%</td>
<td>26.1%</td>
<td>25.3%</td>
</tr>
<tr>
<td>60+</td>
<td>19.0%</td>
<td>21.1%</td>
<td>23.2%</td>
</tr>
</tbody>
</table>
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

• **Active Aging** – 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

Source: International City/County Association – Active Living for Older Adults: Management Strategies for Healthy and Livable Communities. http://bookstore.icma.org/ (item e-43140)
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

Source: Suzanne Garon, University of Sherbrooke
Thank you!
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