



Aging in Northern Colorado: Health Care and Seniors

Fort Collins Area Chamber of Commerce
Health Care in Your Future Summit

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Columbine Health Systems

April 4, 2018

Northern Colorado

- Social Determinants of Health for seniors:
- ***We are becoming better aligned and organized to handle the wave of seniors coming our way.***



Larimer

2018

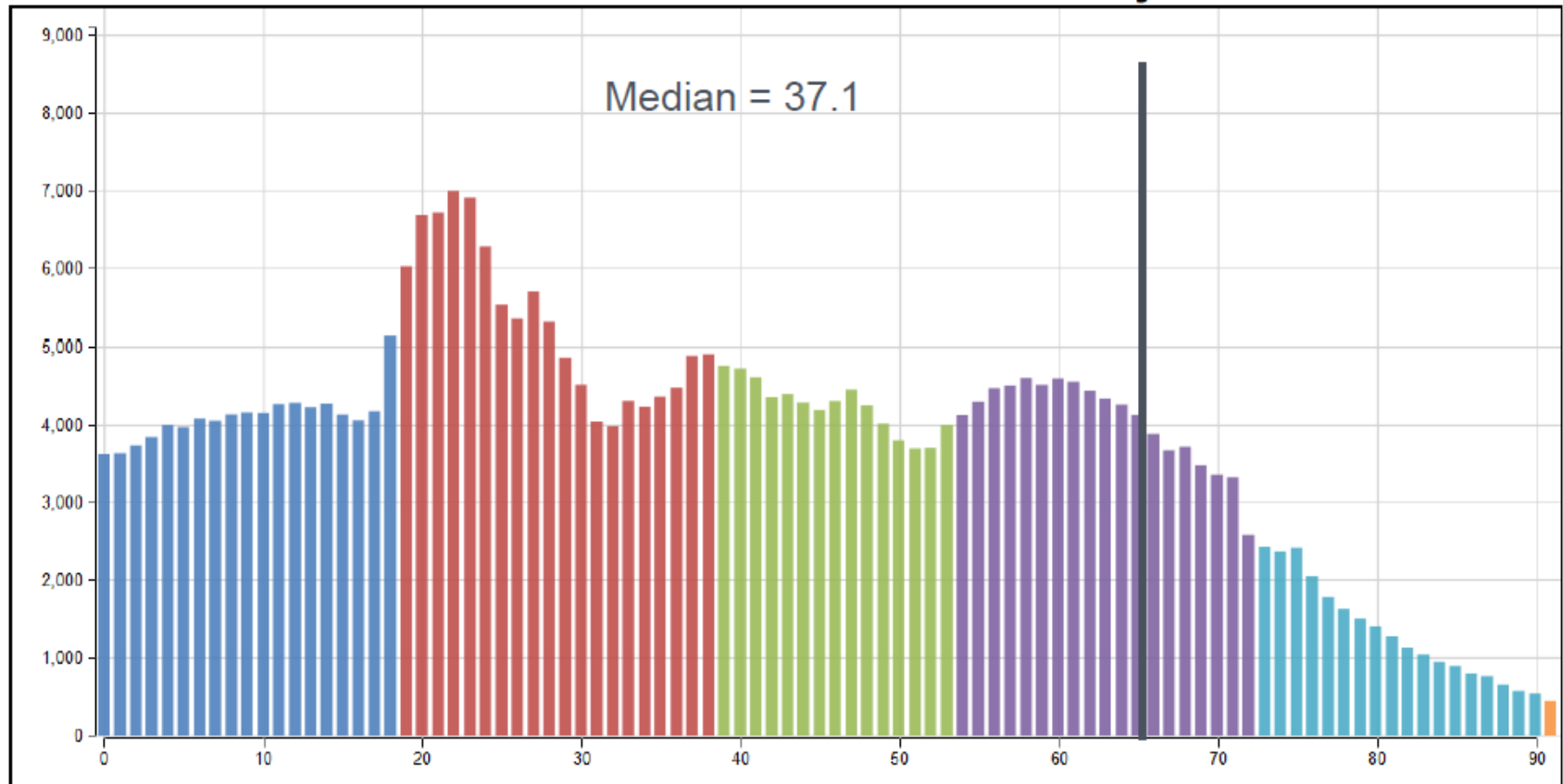
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Larimer County

2018



Next Generation (2000+)

Millennial (1980-1999)

Gen X (1965-1979)

Baby Boomers (1946-1964)

Silent Generation (1928-1945)

Greatest Generation (-1927)

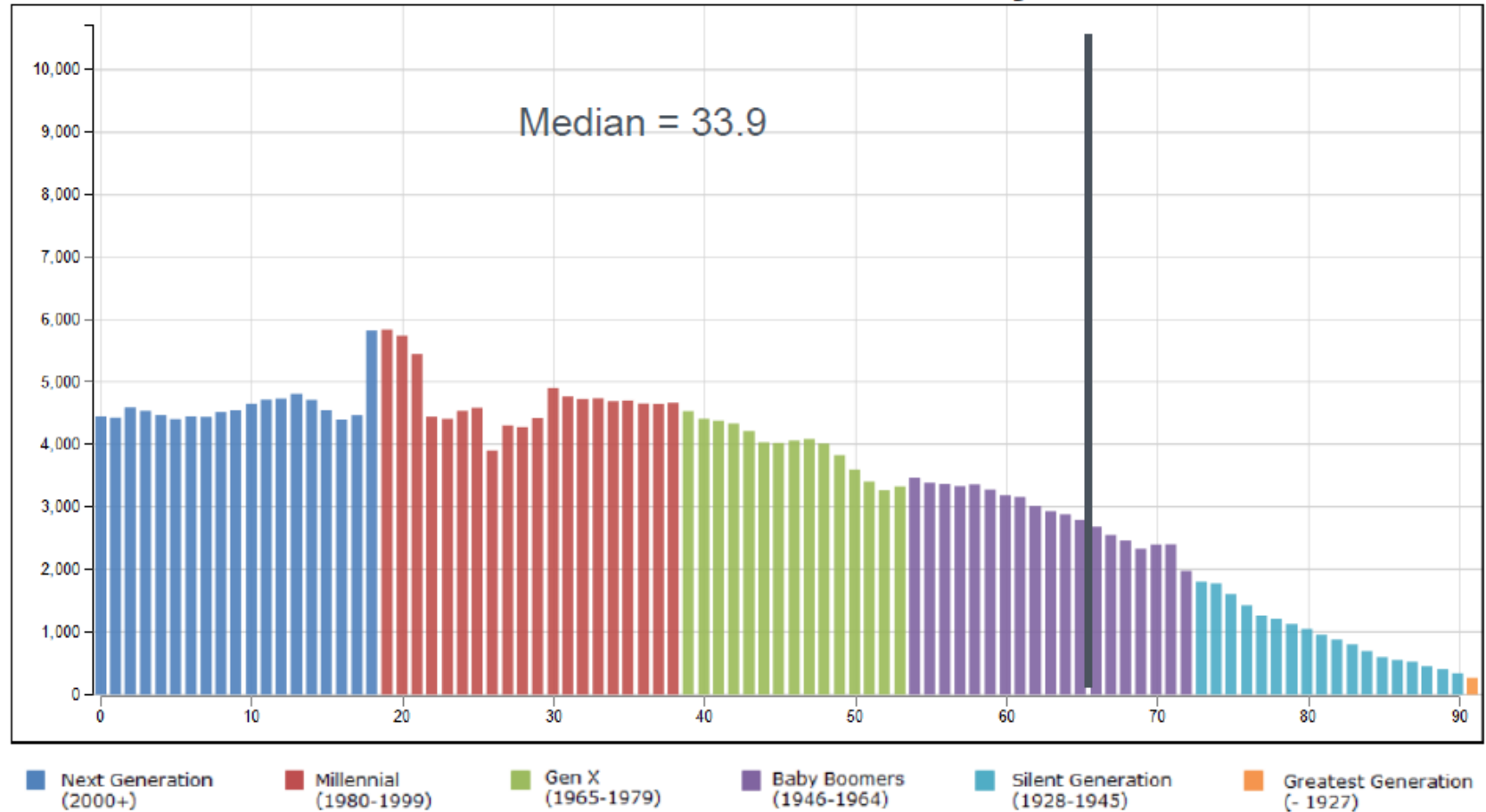


Weld 2018
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2018



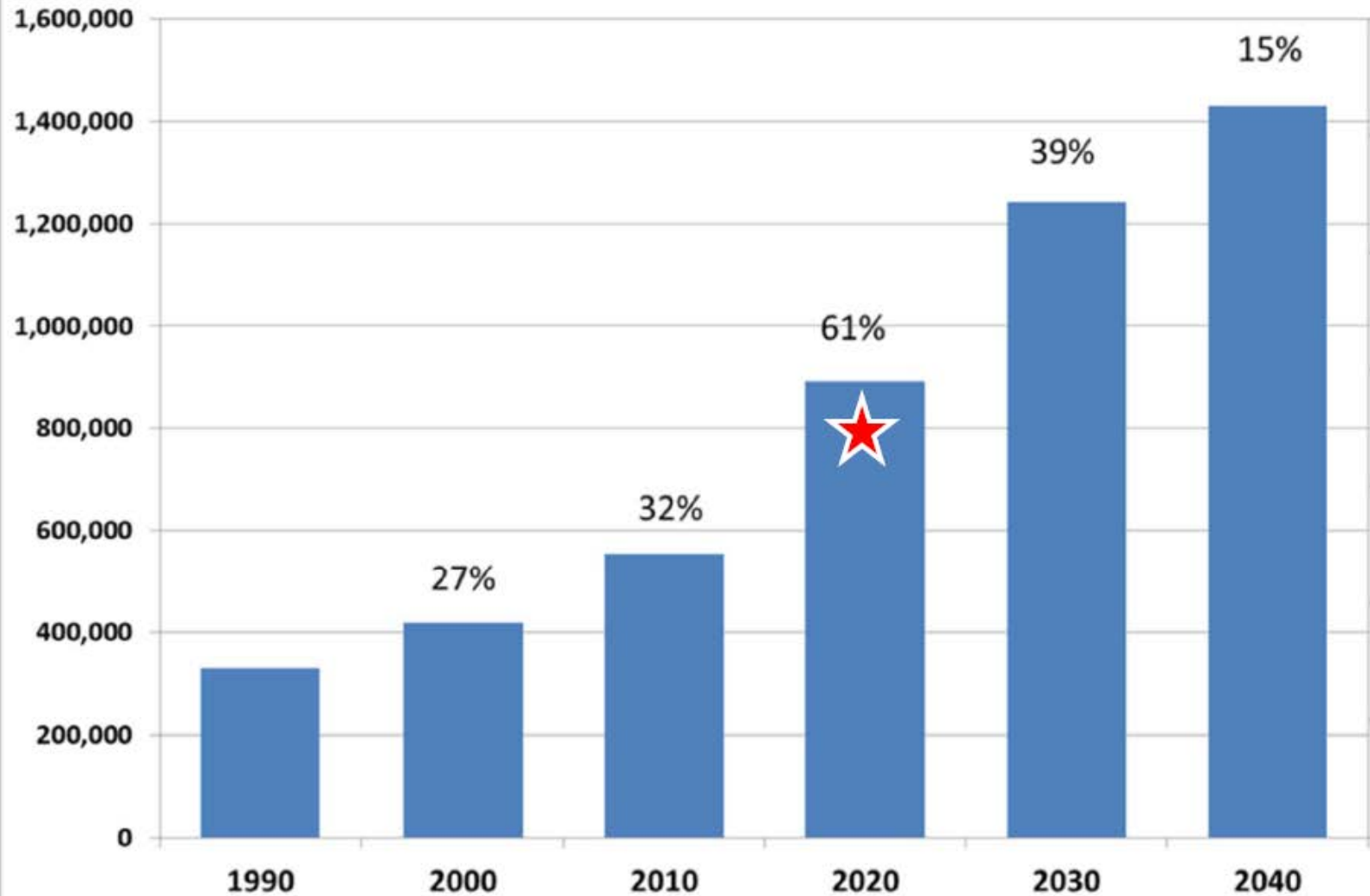
We are Aging Fast

- Currently very few people over the age 65.
 - 6th lowest share of all states in US (13%) in 2015
 - 3rd fastest growing in the 65+
- Baby Boomers
 - Born 1946 - 1964
 - 1,360,000 Boomers in Colorado (25% of pop. in 2015)
- 2015 - 2030 Colorado's population 65+ will grow 719,000 to 1,270,000 (77%) (**primarily from aging**)
- Transition age distribution from “young” to more US average between 2015 and 2030.



Forecast for the Population 65+ in Colorado

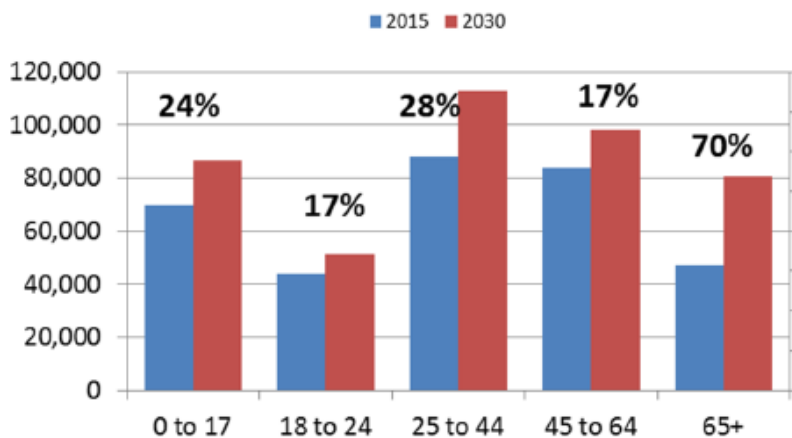
Source: Census and State Demography Office



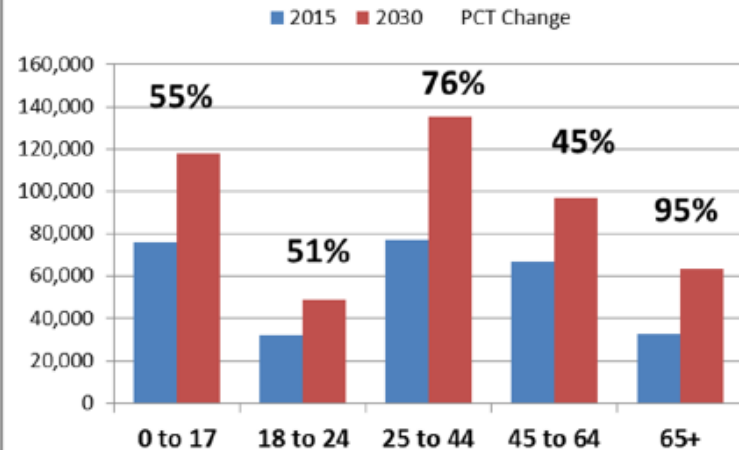
Trivia - Aging

Q: Which county has a faster rate of growth in its 65+ population?

Larimer Population Growth by Age




Weld Population Growth by Age



Economic Factors of Aging

- Ensuring seniors have adequate financial resources
- Managing retirement more effectively financially
- Northern Colorado –
 - Seniors with adequate financial resources
 - Seniors without adequate financial resources




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- Northern Colorado Legislative Alliance
 - 30-day stay requirement for Medicaid clients
 - ACA added Medicaid only patients into the system
 - How do we change behavior/routine of going to ED for care?

Empowerment

- Involving older adults in the planning for their older age
- Promoting opportunities for participation
- Reducing age discrimination
- Reducing misconceptions and stereotypes




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- Larimer County Advanced Care Planning Grant
 - MOST (Medical Orders for Scope of Treatment) Form
 - 48 hour baseline care plan
 - Stereotypes
 - How can you be the change?

Distribution of Health Resources

- Maximize healthy aging by compressing morbidity
- Good quality health care for older people
- Access to affordable preventive care
- Better evidence-base for effective treatment for older people
- Well-designed clinical information systems



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- Columbine Health Systems Center for Healthy Aging
 - CSU Kendall Regan Nutrition Center
 - Aging Clinic of the Rockies
 - Associates in Family Medicine
 - Poudre Infusion Therapy

Data Collection

- Medicare Shared Savings Plans
 - Banner
 - UCHealth
- Readmits – ER, Obs, Inpatient – scheduled and unscheduled
 - Banner and UCHealth
 - Humana
 - Kaiser
 - Orthopaedic Center of the Rockies



Design of Living Environments

- Built environment tied to health concerns:
 - Risk of injury
 - Exposure to toxins
 - Crime
 - Exercise
 - Social Contact
 - Access to services



Community Efforts


- Colorado State University – Institute for the Built Environment
- Larimer County Partnership for an Age Friendly Community
 - Housing Committee



Westwood Patio Homes

Columbine Patio





What does
AGING IN PLACE
mean?

Working Life

- Work has direct and indirect health events
 - Direct – physical demands, stress, exposure to hazards
 - Indirect – Socioeconomic position, social network, purpose and meaning
- Need to improve quality of work for older people
- We can't afford to lose the wisdom and experience



Social Participation

- Social relationships
- Exposure to life stress
 - Resilience and coping
 - Retirement, bereavement, caregiving
 - Accumulative effects of biological “wear and tear”

We need a greater understanding of determinants of resilience in old age.



Mental Well-Being

- Poor mental well-being detrimental to physical health
- Positive well-being appears to be protective
 - CCALM – Compassionate Community Actively Living Mindful Grant – with CSU
 - Psych NP
 - LCSWs
 - Clinical Psychologists
 - Chaplain



Health Habits and Behaviors

- Habits: food choices, physical activity, smoking, alcohol, drugs
- Preventative Actions: vaccinations, cancer screenings, dental care
- Individual motivation/choice
- Physical and social environmental determinants
 - Front Range Medical Group



Dementia

Alzheimer's, Vascular, Lewy Bodies, Fronto Temporal

- **FACTS:**

- 5.3 million over 65 and 200,000 under age 65 (younger-onset)

- 65+ 1 in 10 has Alzheimer's
- 85+ 1 in 3
- 6th leading cause of death in the U.S.
- Only disease in the top 10 that cannot be prevented, slowed, or stopped

***2017 Alzheimer's Disease Facts and Figures*



Cost of Dementia Care

- In 2017 - \$259 billion in the U.S. with \$175 billion by Medicare and Medicaid
- By 2050 – projected to cost \$1.1 trillion
- 30% of those with Dementia are dual eligible compared to 11% without



Impact of Costs


- Medicare payments for those with Dementia are more than 3 times as great as those without
- Medicaid payments are 23 times as great
- Those with Dementia are more likely to have other chronic conditions which are complicated by dementia
 - Diabetes and Dementia cost Medicare 81% more
 - Cancer and Dementia – 57% more




Dementia Care Practice Recommendations

- Person Centered Focus
- Direction and Diagnosis
- Assessment and Care Planning
- Medical Management
- Information, Education, and Support
- Ongoing care – ADL's
- Behavioral and Psychological Symptoms of Dementia

** Alzheimer's Association Dementia Care Practice Recommendations 2018


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- Staffing
 - Supportive and Therapeutic Environment
 - Transition and Coordination of Services
 - Perspectives from People Living with Dementia:
 - Encourage early detection and Diagnosis
 - Ongoing opportunities for engagement with meaning and purpose
 - Train staff on the most current disease information and practice strategies

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- Ensure coordination among those who provide care
 - Create a safe and supportive environment that reflects the person's characteristics, personality, and preferences.

10 Ways to Love Your Brain

- Teach Brain Health
 - Butt Out
 - Follow Your Heart
 - Heads Up
 - Fuel Up Right
 - Catch some ZZZ's
 - Take Care of Your Mental Health
 - Buddy Up



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- Stump Yourself
 - Break A Sweat
 - Hit the Books

***You are more senile then when I started
this presentation...***

***take care of yourself – your future senior
self depends upon you!***