
Smart Growth: Aging in Urbanism-Health & Wellness

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www.hclanet.org

Demographics- Over 65 in Louisiana

- Over 65- 2010 Census – 557,604
- Projected 2015 663,788
- Projected 2020 763,468
- Projected 2025 868,502
- Projected 2030 944,212



“Imagine the Future of Aging”

- Independence- Active
 - Socialization- Isolation leads to depression
 - Wellness and Chronic Care Management
 - Family Caregivers
 - Smart Care of Aging Persons
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- <http://www.youtube.com/watch?v=CQeHIBQMtRQ>
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Independence

What Seniors Fear Most

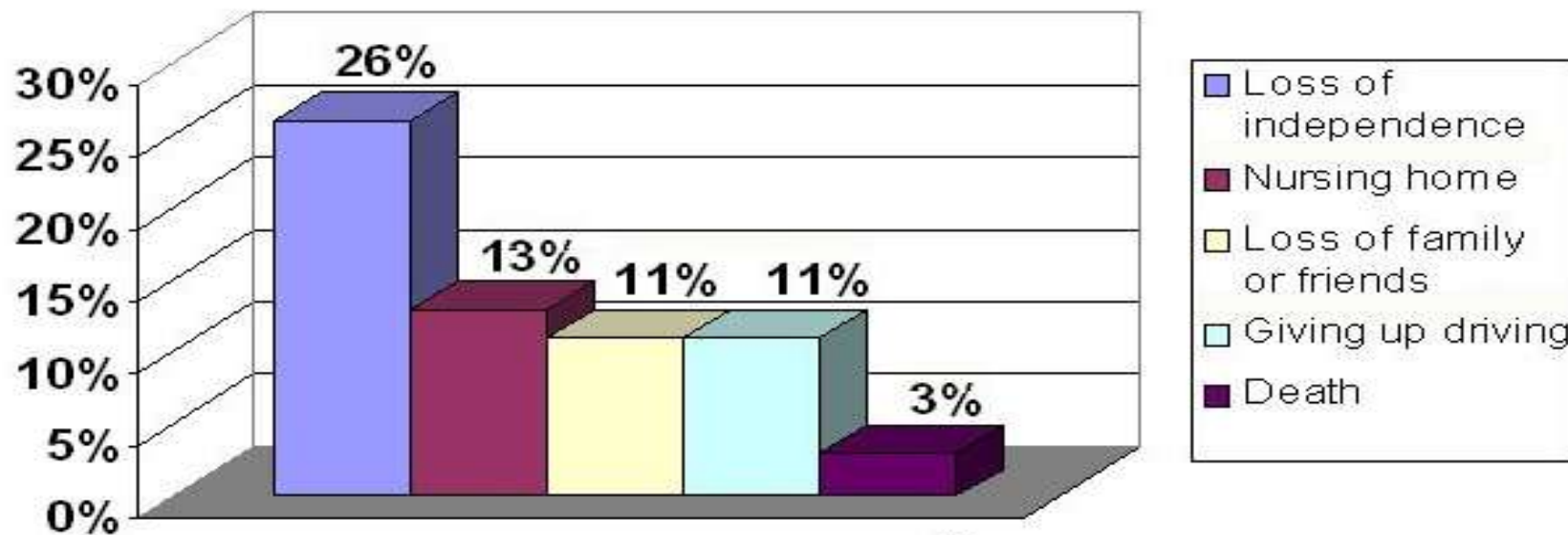
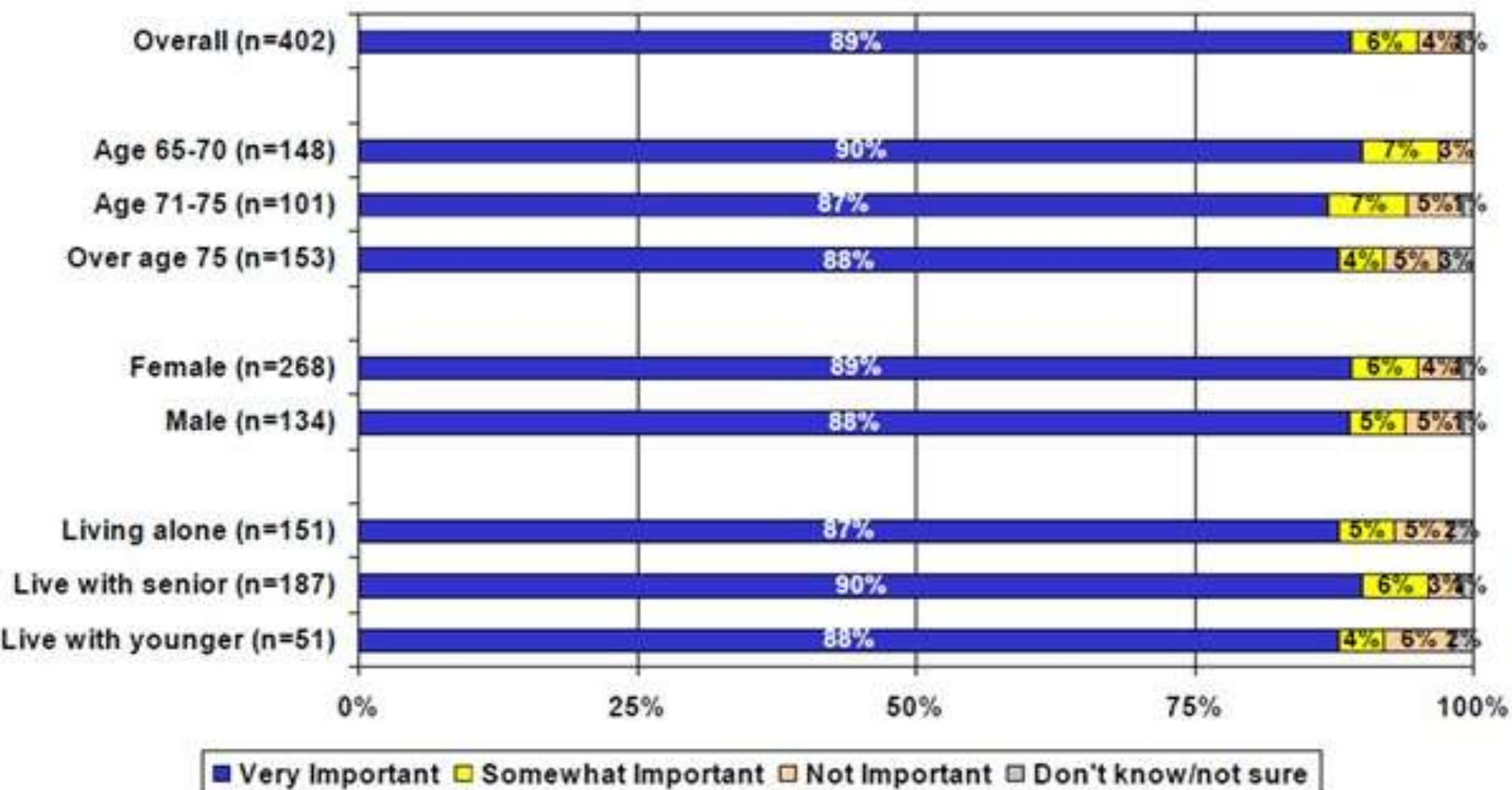


Chart provided by ClaritySM

Independence

- 89% of seniors want to age in place
 - 82% of Baby Boomers fear their parents' mistreatment if in a nursing home
 - “Aging in Place in America,” commissioned by [Clarity](#) and [The EAR Foundation](#), 2007
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Importance of Living Independently



Socialization



Socialization



Technology and Socialization



Wellness & Chronic Care Management

- Nearly 80% of healthcare costs chronic care
 - Health Coaching – Not teaching at client
 - Diet
 - Exercise
 - Avoiding Hospitalization
 - Care Transitions
-

Family Caregivers

- 61.6 million family caregivers (AARP-2011)
 - \$450 billion in economic value
 - Sandwich generation grows
 - IRS- Information, Respite, Support
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Family Caregivers

- Ratio of potential caregivers diminishing
 - More women in the workforce
 - Family living farther away
 - **Boomers have fewer children than their parents**
 - Isolation- Depression- Chronic Conditions
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Long Distance Caregivers

- **Remote Caregiving & Socialization**
<http://www.youtube.com/watch?v=LK7SFhsLj9c>
 - **System for Seniors - GrandCare Systems™**
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Avoiding Hospitalization



Avoiding Hospitalization

- **Frontline Innovation: Home Telemonitoring for High-Risk Patients (Health Care Innovations Exchange)**
 - **http://www.youtube.com/watch?v=ne2z_x2VE40**
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Care Transitions

- Communication between hospital and others
 - Follow Up MD Appointment
 - Medication
 - Treatment change
 - Care Kits
 - Telephony, POTS, = phone calls
 - Skype
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Recreation



Care and Socialization

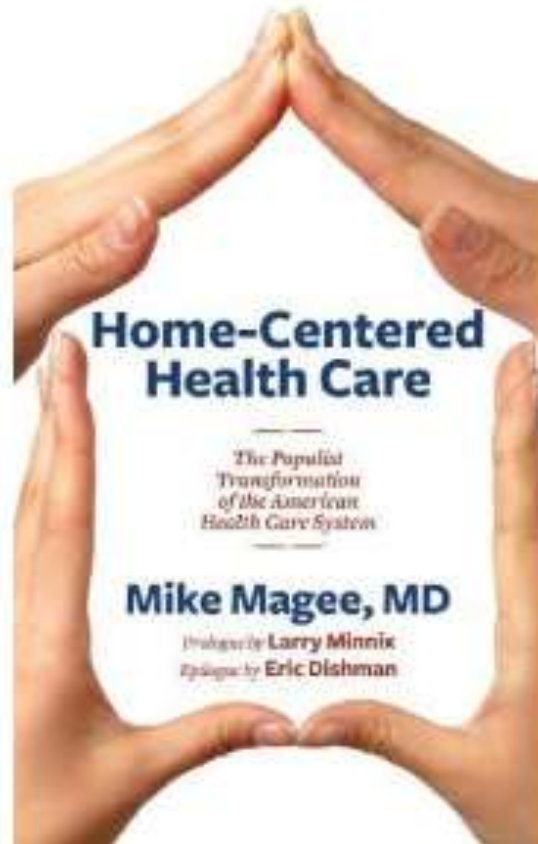
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-

Chronic Care Management

Smart Care of Aging Persons

- 50% of seniors open to technologies to enable independence, including having sensors installed in their homes to monitor their health
 - Only 14% of Baby Boomers have looked to technology to assist their aging parents
 - http://www.youtube.com/watch?v=ne2z_x2VE40
 - AHRQ-Agency for Health Research & Quality
-

Home-Centered Health Care



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The Innovator's Prescription might just be the beginning of a new era in healthcare."
—MICHAEL RUDOMBERG, Mount, New York City

The Innovator's Prescription

A Disruptive Solution for Health Care



Clayton M. Christensen

BESTSELLING AUTHOR OF *THE INNOVATOR'S DILEMMA*
Jerome H. Grossman, M.D. & Jason Hwang, M.D.

AARP- Public Policy Institute

- **Valuing the Invaluable: 2011 Update - The Growing Contributions and Costs of Family Caregiving**
 - by: Lynn Feinberg, Susan C. Reinhard, Ari Houser, and Rita Choula - AARP Public Policy Institute | from: [Public Policy Institute](#) | July 2011
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