

The Graying of North Carolina

- Facts and Figures: changing demographics
- A caregiving crisis
- Aging is about everyone: Advance Directives



The Grandparents of the Recent Past



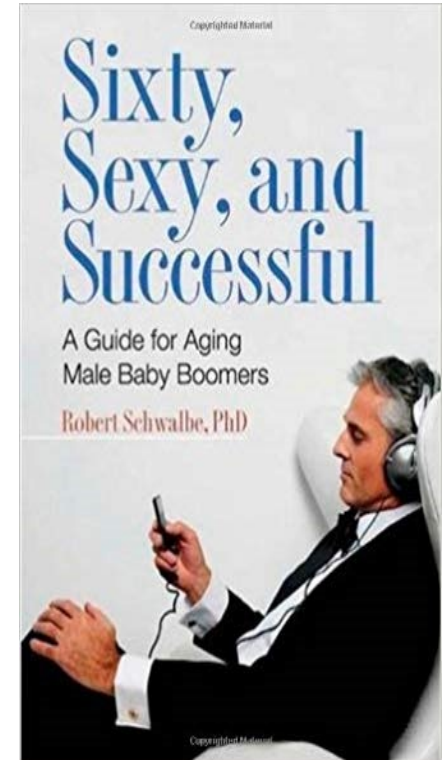
50 years old in
1985



50 years old in
2020



Baby Boomers are Redefining Aging!



PARKING
ANY
TIME

**WATCH
FOR
SENIOR
CITIZENS**



North Carolina is Changing

- The state's total population has exceeded 10 million!
- North Carolina ranks 9th nationally, both in total population and in the number of people 65 and older.
- By 2028, one in five North Carolinians will be 65 and older. By 2031, there will be more people 65 and older than children 0-17.
- The state has more people 60 and older than under 18 years.
- In 2019, 82 counties in the state had more people 60 and older than under 18 years. By 2025, this number is expected to increase to 89 counties and by 2038 to 95 counties.
- In 2019, an estimated 44,306 people 60 and older migrated from other states and abroad to North Carolina.
- In the next two decades, our 65 and older population will increase from 1.7 to 2.7 million, a projected growth of 56%.
- The projected growth among the age groups 65-74 (29%), 75-84 (87%) and 85+ (116%) indicates that as the baby boomers continue to age, there will be an increased proportion of older adults in the state creating challenges for long-term services and supports

U.S. LIFE EXPECTANCY AT BIRTH

YEAR	AGE
1900	47.3
1930	59.7
1960	69.7
1997	76.5
2007	77.9
2010	78.3
2030	101.0

NC's population by age in 20 years

Age	2017		2037		% Growth 2017-2037
	#	%	#	%	
Total	10,283,255		12,684,352		23%
0-17	2,312,886	23%	2,606,213	21%	13%
18-44	3,658,073	36%	4,419,187	35%	21%
45-59	2,072,070	20%	2,304,524	18%	11%
60+	2,240,226	22%	3,354,428	26%	50%
65+	1,617,993	16%	2,660,084	21%	64%
85+	181,695	2%	382,686	3%	111%

The proportion of the population 85 and over is projected to have the fastest growth in the next two decades

Caregiving

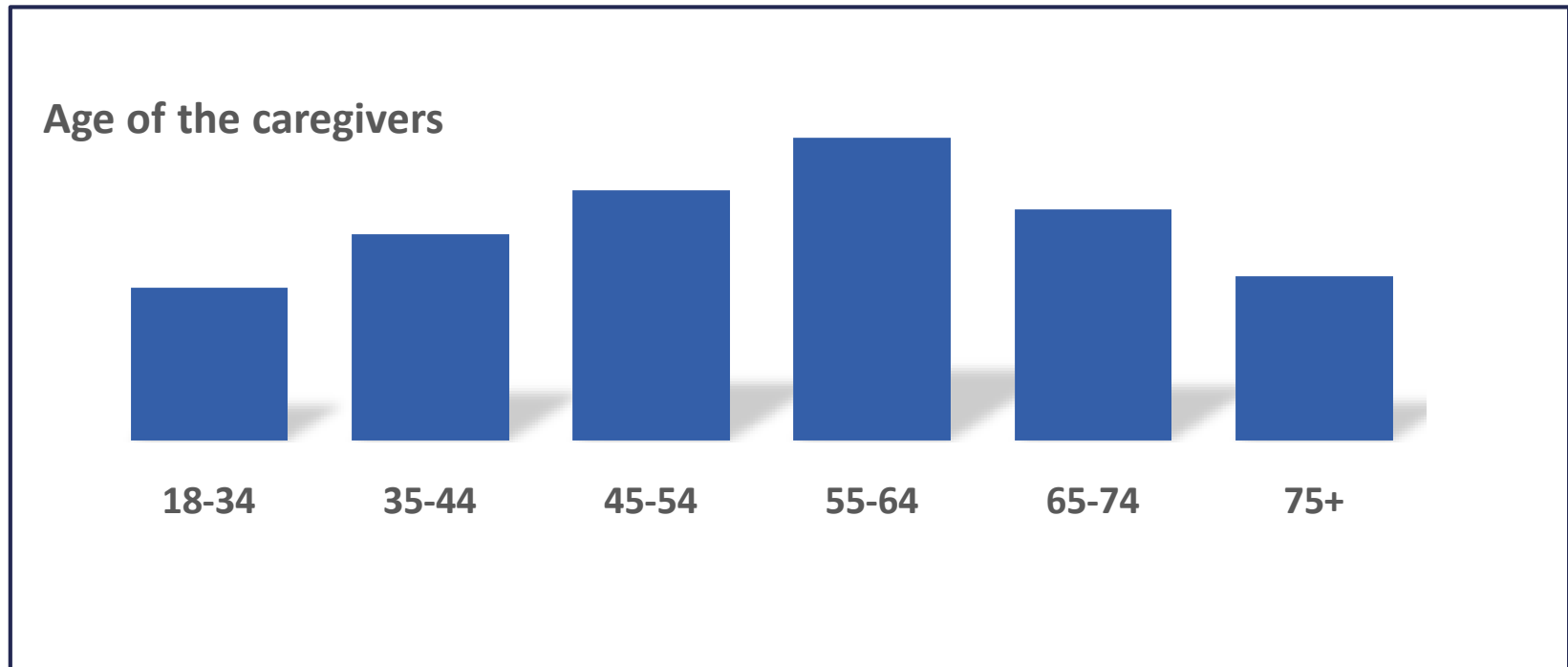
- It's not a question of *"if"* but *"when"*
- Caregiving affects all relationships
- It is rarely fair or equal
- Family Caregiving disrupts lives
- Stressful and demanding
- Rewarding and *"divine"*
- 6-8 years but up to 20 years



Caregivers in NC

According to the Behavioral Risk Factor Surveillance System (BRFSS), NC Caregiver Survey Results 2017:

Did you provide regular care or assistance to a friend or family who has a health problem or disability during the past 30 days? (N=3,792; YES = 755 (20%))



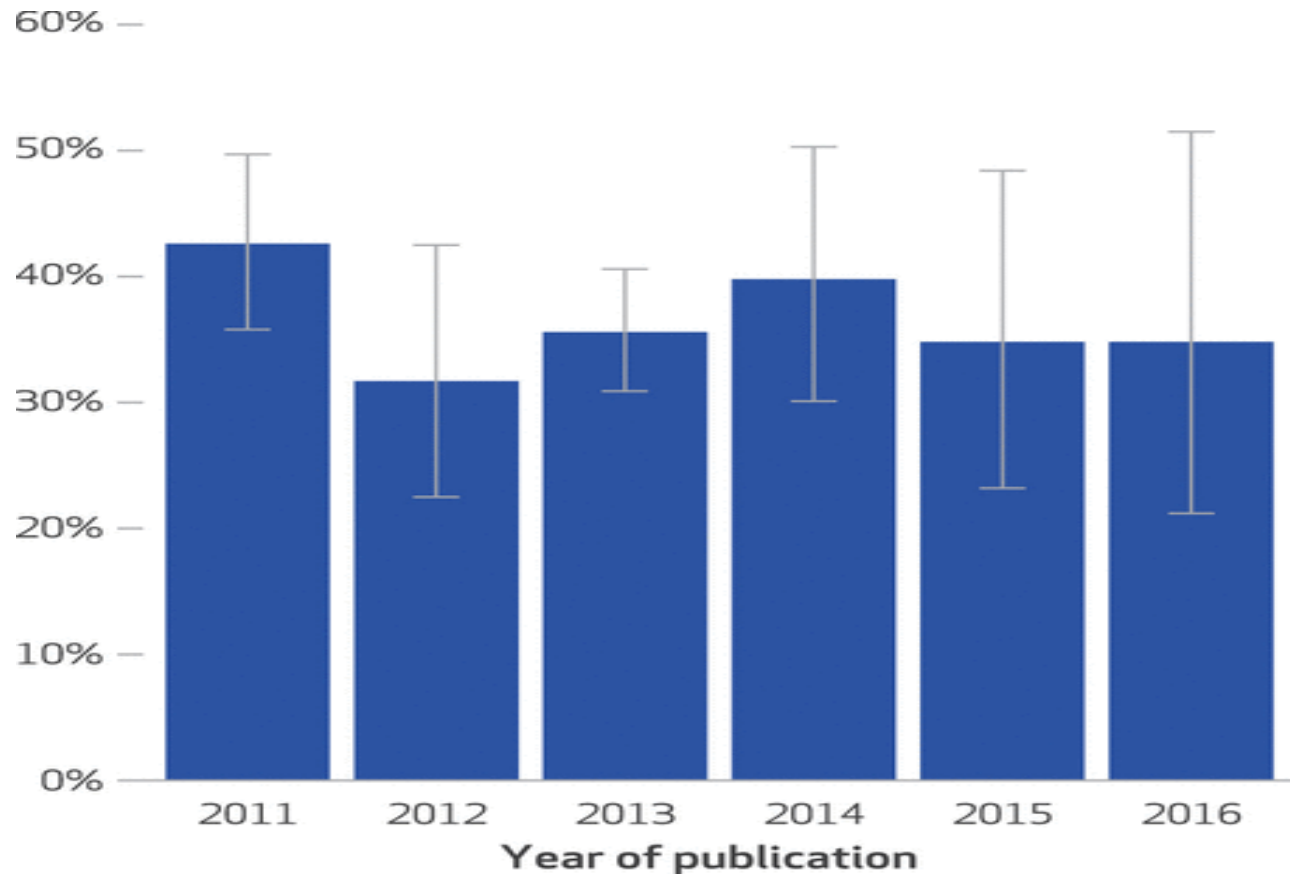
Source: NC State Center for Health Statistics, BRFSS, NC Caregiver Survey, 2017

AARP Prepare to Care

5 Steps to Creating a Plan

- 1 Start the Conversation
- 2 Form Your Team
- 3 Make a Plan
- 4 Find Support
- 5 Care for Yourself

Approximately One In Three US Adults Completes Any Type Of Advance Directive For End-Of-Life Care



Percentages of people in the United States who had completed advance directives as reported in 150 articles, by year of publication

What is an Advance Directive?



An **advance directive** is a legal way to tell your loved ones and doctor the types of care you want if you are unable to make medical decisions for yourself.

Advance Directive Elements

Living Will



Health Care Power of Attorney



Living Will

A living will tells medical professionals and your family which medical treatments you want to receive or refuse, and under what conditions.



Share Your Wishes: Decide, Create, Share

- Discuss your wishes with your loved ones.
- Let family members know in writing who is your health care agent and why.
- Review documents with everyone concerned.
- Discuss your advance directive with your doctor.

Medical Orders for Scope of Treatment (MOST) Form

- **A MOST form is a doctor's order that helps you keep control over medical care at the end of life.**
- **A MOST form may be used in addition to -- or, sometimes, instead of -- a DNR order.**
- **You need to consider a MOST only if you're facing a life-threatening medical condition. If you're healthy, you need only a living will and health care power of attorney to provide a full set of wishes for your treatment in the event of an unexpected accident or medical crisis.**



**Mark Hensley, Associate State
Director, Community Outreach and
Advocacy, Triad Region, AARP NC**

www.AARP.org/nc



Facebook.com/AARPNC



@AARPNCTRIAD

Thank You!