

The Graying of North Carolina

FACILITATED BY

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The North Carolina Serious Illness Coalition is a partnership of health leaders, providers and citizens that oversees and coordinates the implementation of the recommendations from the NC IOM Task Force on Serious Illness Care.



Objectives

Review
the
demographic
data on
aging

Identify
the pressing
economic,
policy and
advocacy
issues

Discuss
the impact
of COVID
and its
impact on
Advance
Care
Planning

US Life Expectancy at Birth

**We
are
aging!**

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

North Carolina Ranks in the Top 10 for the Nation



**Total
Population**



**Population
60/65+**

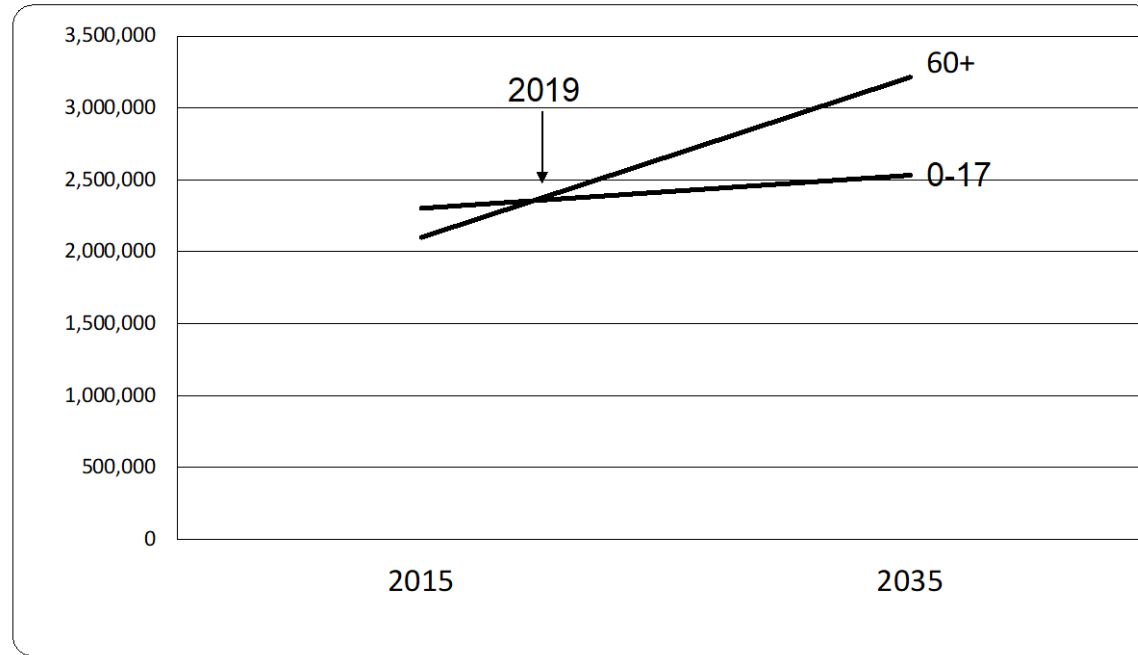


**Population
85+**

North Carolina is Changing

- The state's population has exceeded 10.5 million!
- In 2025, one in five North Carolinians will be 65 and over.
- Our 65 and older population will almost double in the next 20 years from 1.5 to 2.5 million
- In 2017, app. 39,381 people 60 and older migrated from other states and abroad to North Carolina.
- As baby boomers continue to age,(10K/day) there will be an increased proportion of older adults creating challenges for health care delivery and support.

As of 2019, North Carolina Had More People 60+ Than Ages 0-17

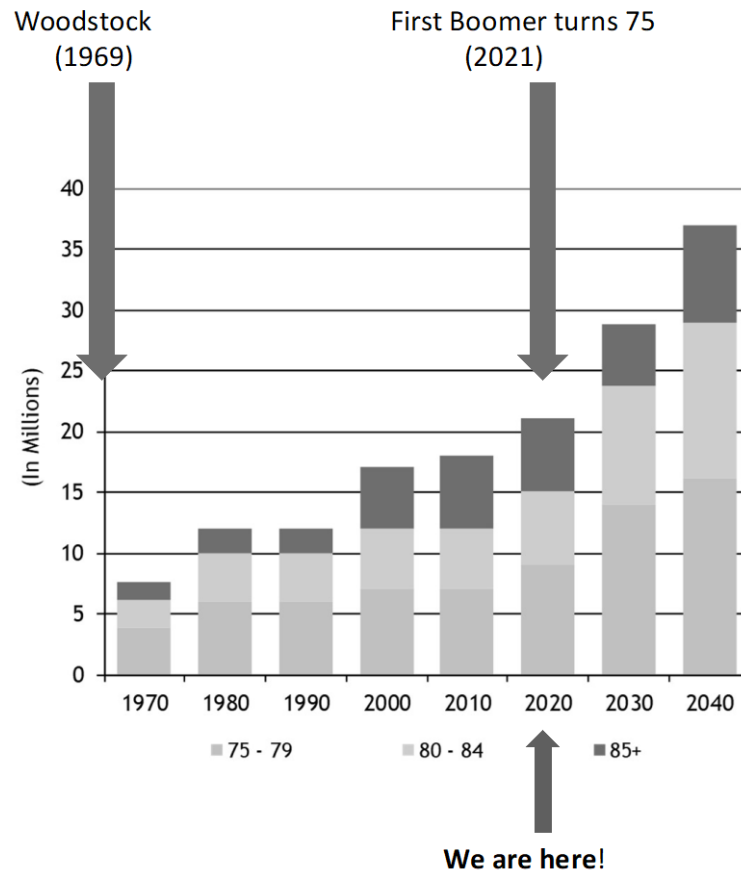



The Boomers — A Look at Demand...

Boomers are reaching an age when services are more likely to be needed.

Boomers turning age 65 per year	4,000,000
per day (4.0 mil/365)	10,958
per hour (10.6k/24)	456
per minute (456/60)	7.1

Source: Blue Cross Blue Shield of North Carolina Foundation

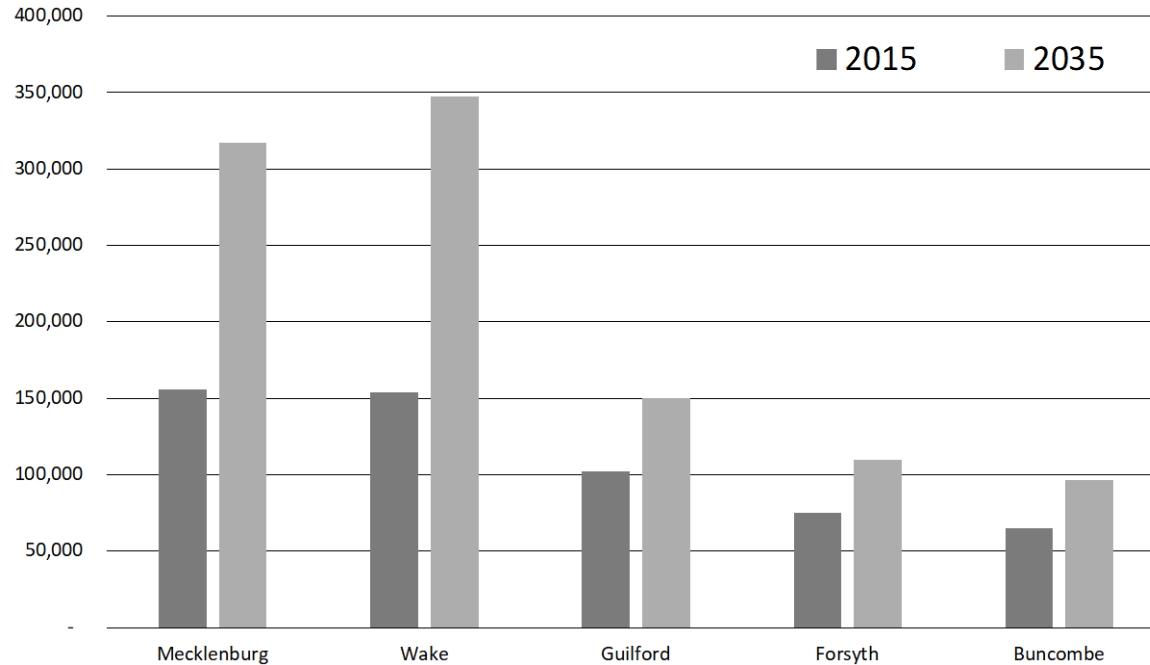




“Aging is an extraordinary process where you become the person you always should have been.”

—DAVID BOWIE

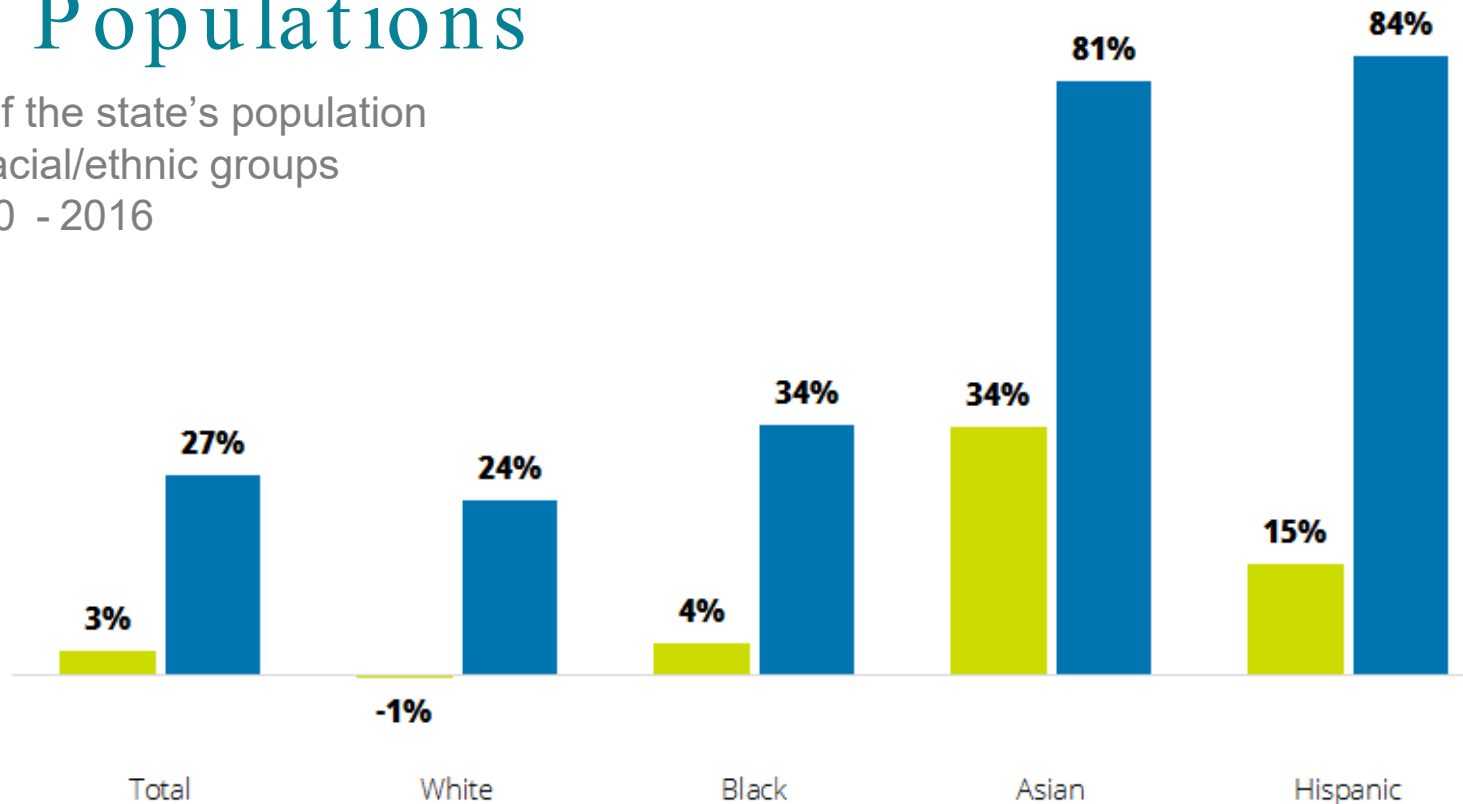
Top 5 North Carolina Counties with the Most People 60 and Over



Diversity Among North Carolina's Aging Populations

Growth rate of the state's population
by selected racial/ethnic groups
and age, 2010 - 2016

■ Under 65 ■ 65+



What do
you think?

Social Security and Retirement

- The average SS check is \$21,000 per year
- Older households spend an average of \$22,000 for food, utilities and healthcare
- 57% of NC seniors rely on SS for 50% or their income
- 28% rely on SS for 90% of their income
- Nearly half of NC families have NO retirement savings at all
- Near retirement families have an average of \$21,000

North Carolina Seniors

- The average income: \$40,000
- More than 310,000 food insecure
- 200,000 eligible for SNAP but not enrolled
- \$347 Million federal left on the table

Chronic Diseases in America

6 IN 10 adults in the US have a chronic disease

In the US,
chronic disease
is the leading
cause of death
and disability
as well as the
leading drivers
of the \$3.3 Trillion
in annual health
care costs



Health and Aging

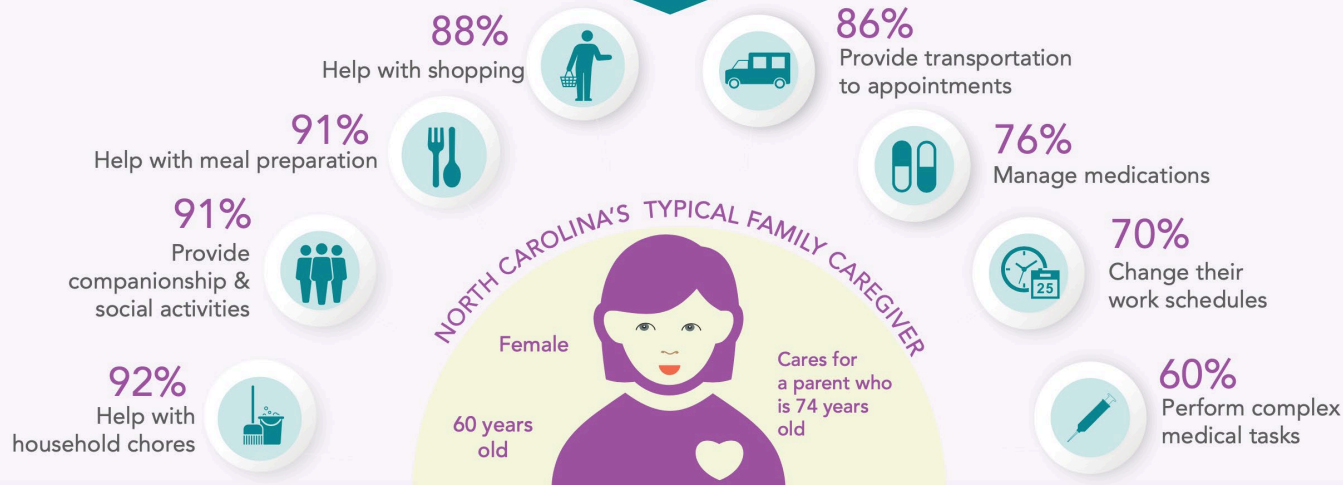
- Life expectancy varies by gender as well as county with as much as 8 years between the youngest to oldest
- 77% of seniors have at least two chronic diseases
- Falls contribute to most of accidental deaths and cost \$50 Billion/year Medicare pays ~\$38 B
- One in four seniors face mental health challenges depression, anxiety and dementia. This number will pass 15M by 2030
- 180,000 seniors had Alzheimer's disease in 2020
 - \$6.7B in unpaid care

North Carolinians Are Family Caregivers

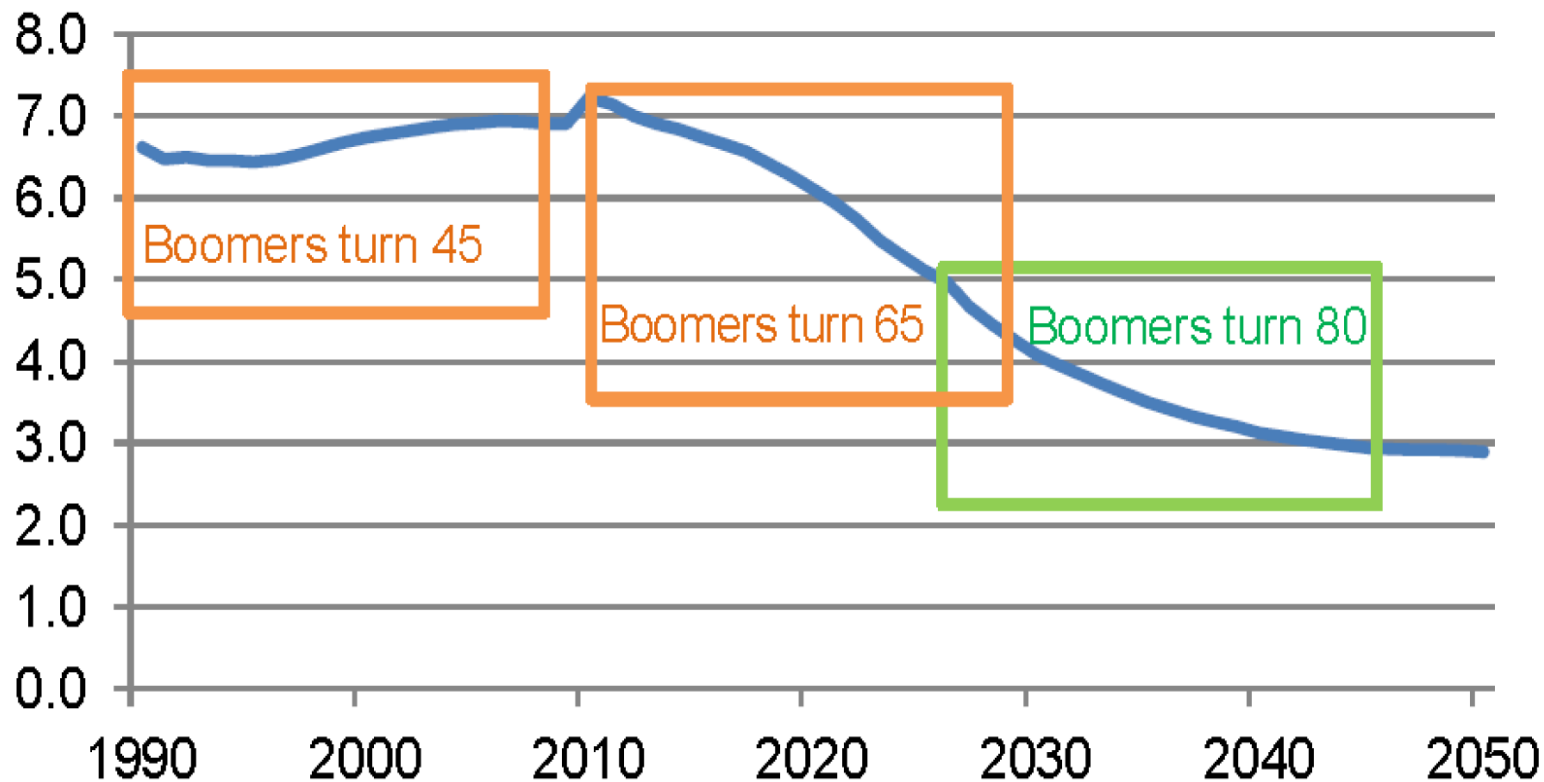
Across North Carolina family caregivers take on big responsibilities, helping their parents, spouses, and other loved ones live at home. AARP recently surveyed 800 North Carolina voters age 40-plus about caring for their families. **Here's what we learned:**



North Carolina family caregivers often have huge responsibilities. They:



Caregiver Support Ratio: The Crisis



What do
you think?

A group of five diverse women are shown from the back, holding hands and looking out at the ocean at sunset. The women are of various ages and ethnicities. The woman in the center is an older woman with short white hair, wearing a pink short-sleeved shirt, and she is laughing joyfully. To her left is a younger woman with dark skin wearing a white and yellow striped tank top. To her right is a woman with dark skin wearing a brown floral patterned sleeveless top. On the far left, a woman with blonde hair and glasses is partially visible. On the far right, a woman with dark skin is wearing an orange off-the-shoulder top. The background is a bright sunset over the ocean with a hazy horizon.

“The afternoon knows what the morning never suspected.”

—ROBERT FROST

COVID, Aging, and Advance Care Planning

- 83% of deaths in NC are in 65+
 - 3240 of 9342 are in nursing homes
- People are dying alone without family
- End of Life Conversations occur via technology
- Between 25 -35% have expressed their wishes in a legal document

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.

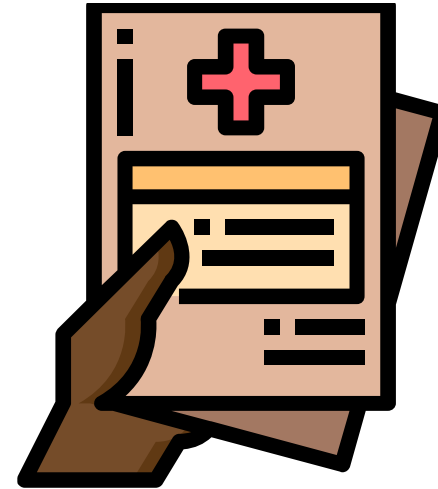


Advance Directive Elements

Living Will



Health Care
Power of Attorney

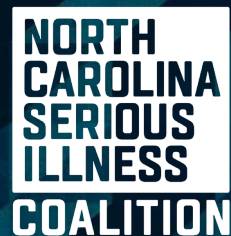


“Today is
the oldest
you’ve
ever been,
and the
youngest
you’ll ever
be again.”

—ELEANOR ROOSEVELT



Thank you.



Learn more at NCSICoalition.org

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