

Trends In Aging

Title	Additional Information
History of Aging	<p>For 99% of human history the average life expectancy was under 18 years of age. 2/3 of all humans that have reached the age of 65 are alive today. This time is called the “evolution of grandparents”, as it marks the first time ever in human history that three generations have co-existed. Reference: Caspari, R. “The Evolution of Grandparents.” Scientific American. 2011 vol:305 iss:2 pg:44 -9.</p>
Changes in Longevity	<p>In 1900, life expectancy 47. In 2000, life expectancy 77. Gains expected to continue but will slow down. During the 20th century, the average lifespan in the United States increased by more than 30 years, of which 25 years can be attributed to advances in public health. Reference: CDC (1999). "Ten great public health achievements—United States, 1900–1999". MMWR Morb Mortal Wkly Rep 48 (12): 241–3</p>
Canadian Seniors: Summary	<p>In terms of absolute numbers in the year 2000, 84% of all Canadian seniors lived in Ontario, Quebec, BC or Alberta. Half of all older adults in Canada live in the provinces of Newfoundland, Nova Scotia and New Brunswick. Reference: http://www.statcan.gc.ca/pub/91-215-x/2012000/t583-eng.htm</p>

Trends In Aging

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The Future	<p>Over the next 25 years 1 in 4 Canadians will be over 60. In 1910, the life expectancy for a Chilean female was 33 years; today, a mere century later, it is 82 years. This gain of 50 years is largely due to improvements in public health. Reference: http://www.who.int/world-health-day/2012/toolkit/background/en/index.html</p>
	<p>This should influence the design of everything around us. Transgenerational design is the 'hot word' right now. It is the practice of making products and environments compatible with those physical and sensory impairments associated with human aging. Reference: Edmonds, Molly. "How is an aging baby boomer generation changing the design of homes?" 23 June 2008. HowStuffWorks.com. <http://home.howstuffworks.com/baby-boomer-design.htm> 14 May 2013. A US study found that needing assistance with grocery shopping and food preparation was reported by over 20% of older adults. Reference: Hermann et al (2012) Formative Assessment of Assistance Needed with Grocery Shopping and Preparing Food Among Rural Community-Dwelling Older Adults. Journal of Extension 50 (1).</p>
	<p>In 2000, 1 in 8 Canadians was a senior (13% of population). Between 2000 and 2050, the proportion of the world's population over 60 years will double from about 11% to 22%. Reference: http://www.who.int/world-health-day/2012/toolkit/background/en/index.html</p>
	<p>In 2026, 1 in 5 Canadians will be a senior (21% of population). According to the UN Population Division, 1 in 5 people are expected to be 65 or older by 2035. Reference: http://transgenerational.org/aging/demographics.htm</p>

Trends In Aging

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The Future	<p>From 2000-2026, number of seniors expected to double from 4 million to 8 million. The absolute number of people aged 60 years and over is expected to increase from 605 million to 2 billion over the same period (2000- 2050). <i>Reference:</i> http://www.who.int/world-health-day/2012/toolkit/background/en/</p>
	<p>By 2016, there will be more seniors in Canada than children age 14 and under. This is a phenomenon never before recorded! Within the next five years, the number of adults aged 65 and over will outnumber children under the age of 5. <i>Reference:</i> http://www.who.int/world-health-day/2012/toolkit/background/en/index.html</p>
The oldest old (85+)	<p>The fastest growing segment of Canadian senior population. Those aged 85 and over are the fastest growing segment of the overall worldwide population. <i>Reference:</i> http://transgenerational.org/aging/demographics.htm</p>
	<p>Today: 10.8% of 65+ population, By 2050: Almost 20% of 65+ population. The number of people aged 80 years will almost quadruple to 395 million between now and 2050. <i>Reference:</i> http://www.who.int/world-health-day/2012/toolkit/background/en/index.html</p>
Global Aging	<p>More-developed areas: 2005, 1 in 8 60+ 2020, 1 in 6 2030, 1 in 5 and will remain there through 2050. Low- and middle-income countries will experience the most rapid and dramatic demographic change</p>

Trends In Aging

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Global Aging	<p>Less-developed areas: 2000, 1 in 12 60+ 2050, 1 in 5</p> <p>For example, it took more than 100 years for the share of France's population aged 65 or older to double from 7 to 14%. In contrast, it will take countries like Brazil and China less than 25 years to reach the same growth.</p> <p>Reference: http://www.who.int/world-health-day/2012/toolkit/background/en/index.html</p>
World Life Expectancy	<p>In 2000, there were 418 million seniors in the world, representing 7% of the world's population. In 2010 an estimated 524 million people were over the age of 65, representing 8% of the world's population.</p> <p>Reference: http://www.who.int/ageing/publications/global_health.pdf</p>
	<p>Top countries for highest life expectancy at birth:</p> <ol style="list-style-type: none"> 1) Japan 2) Sweden 3) Hong Kong 4) Iceland 5) Canada. <p>Reference: http://en.wikipedia.org/wiki/List_of_countries_by_life_expectancy</p>
	<p>#1 is Japan: 82.73 years old combined (Male/Female average) life expectancy at birth.</p>
	<p>Canada: #11 at 80.5 years, USA #40 at 77.97 years</p>
Gender Imbalance: Closing the Gap	<p>Today: 81.2 years for women and 75.6 years for men.</p> <p>In all developed countries and most undeveloped ones, women outlive men, sometimes by a margin of as much as 10 years.</p> <p>Reference: http://jerrymondo.tripod.com/lgev/id2.html</p>

Trends In Aging

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Visible Minorities in Canada	<p>6% of seniors belong to a visible minority group (vs. 13% of persons under 45). The gender discrepancy is most pronounced in the very old: among centenarians worldwide, women outnumber men nine to one.</p> <p>Reference: http://jerrymondo.tripod.com/lgev/id2.html</p> <p>More than 25% of Canada's seniors population is foreign-born. Reference: Chappell, N. (2012). Aging in Contemporary Canada</p>
Aboriginal Seniors	<p>Most are living in urban centers Nearly half of seniors on reserves rarely leave home for more than ½ hour a day. Over 40% of First Nations seniors in Canada suffer from impacts of Residential Schools.</p> <p>Reference: http://www.afn.ca/uploads/files/rp-enviro_health_and_older_adults_and_seniors.pdf</p>
Aboriginal Seniors	<p>Life expectancy is somewhat lower than non-aboriginals, but improving. For the 2005–2007 period, life expectancy at birth was estimated to be 67 years for Indigenous males and 73 years for Indigenous females, representing gaps of 11.5 and 9.7 years, respectively, compared with all Australians.</p> <p>Reference: http://www.aihw.gov.au/indigenous-observatory/</p>
	<p>Seniors rely on networks of family and friends. First Nations seniors need more information on health. First Nation Seniors in Canada are twice as likely to have one or more chronic health conditions (83% compared to 48%).</p> <p>Reference: http://www.afn.ca/uploads/files/rp-enviro_health_and_older_adults_and_seniors.pdf</p>

Trends In Aging

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The Age Wave	<p>The first round of Canada’s 10 million Baby Boomers will reach the age of 65 over the next decade – like a wave! From now until 2030, 10,000 Baby Boomers in North America each day will hit retirement age and will continue to do so for another 18 years.</p> <p>Reference: http://www.seniorliving.org/guides/baby-boomers/</p> <p>Baby boomers control over 80% of personal financial assets and more than half of all consumer spending in the US.</p> <p>Reference: http://profutures.com/article.php/792/</p>
Family Structure	<p>4.2 million U.S. Households consist of three or more generations.</p> <p>Reference: http://www2.gu.org/OURWORK/Multigenerational/MultigenerationalHouseholdInformation.aspx</p>
	<p>There are at least 1.5 million Lesbian, Gay and Bisexual seniors in the US- this population will double by 2030.</p> <p>Reference: http://www.sageusa.org/issues/general.cfm</p>

Trends In Aging

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Shift in Housing Preferences	<p>Aging in Place: the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income or ability level. Reference: http://www.cdc.gov/healthyplaces/terminology.htm</p>
	<p>71 percent of Americans aged 45 and older said that they "strongly agreed" that they wanted to stay in their homes as they enter their golden years. Reference: http://transgenerational.org/aging/demographics.htm#ixzz2SjyLC6GJ.</p>
	<p>Aging in Place' at home is seen to benefit the quality of life and also provide a cost-effective solution to the problems of an expanding population of very old people across the globe. Reference: Sixsmith J. and Sixsmith A. (2008) Aging in Place in the UK. <i>Aging International</i>. 32. (3). 219-235.</p>
	<p>In the US alone there are over 16'000 nursing homes, creating 1.7 million beds for older adults who need assistance with their activities of daily living. Reference: http://www.cdc.gov/nchs/fastats/nursing-home-care.htm</p>

Trends In Aging

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Myths of Aging	<p>Choose your parents wisely. Only about 30 percent of physical aging can be blamed on genes. The rest is due to lifestyle and environment. <i>Reference:</i> Rowe and Kahn (1999). Successful Aging,</p>
	<p>Seniors don't pull their own weight. 1/3 of seniors work for pay, 1/3 volunteer. <i>Reference:</i> http://agingresearch.org/</p>
	<p>For ALL income brackets, the percentage of income donated to charity increases with age - even though average income decreases with age! <i>Reference:</i> Steinberg, M. A., Crow, R., Cain, L., & Milford, C. (2005). Living and giving: older Australians and charitable donations. Australasian Journal On Ageing, 24(1), 41-43.</p>
Developmental Tasks of Aging	<p>Continuity theory : older adults will maintain the same activities, behaviors, personalities, and relationships as they did in their earlier years of life</p>
	<p>Total economic value for informal older adult caregivers in the United States is approximately \$1.4 billion (per year)! <i>Reference:</i> YongJoo, R., Degenholtz, H. B., Sasso, A., & Emanuel, L. L. (2009). Estimating the Quantity and Economic Value of Family Caregiving for Community-Dwelling Older Persons in the Last Year of Life. Journal Of The American Geriatrics Society, 57(9), 1654-1659.</p>

Trends In Aging

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Aging and the Search for Meaning	<p>Greatest fear cited by seniors is their loss of independence (26%), while death was only cited by a 3% as their greatest fear. Reference: http://www.marketingcharts.com/demographics-and-audiences/boomers-and-older/seniors-fear-loss-of-independence-nursing-homes-more-than-death-2343/</p> <p>Socioemotional Selectivity Theory: as older adults time becomes more limited, their values become increasingly selective, investing greater resources in emotionally meaningful goals and activities. Reference: Carstensen, L.L., Isaacowitz, D.M., & Charles, S.T. (1999). Taking time seriously: A theory of socioemotional selectivity. <i>American Psychologist</i>, 54, 165-181.</p>
Estate Planning	<p>56% of Canadians have a will. 85% of those that have a will plan to leave money to family - 60% to children, 25% to other family members and 3% to friends & charity respectively. Of the 44% who do not have a will only 60% expressed plans to get one.</p>