


AGING IN RAMSEY COUNTY




Agenda

- Aging in Ramsey County
 - Demographic Shift in Ramsey County
 - Assets
 - Implications
 - Considerations




COMING OF AGE IN AMERICA




The Big Idea in 4 Minutes

<https://www.youtube.com/watch?v=ZOA1v4-2Fos&app=desktop>

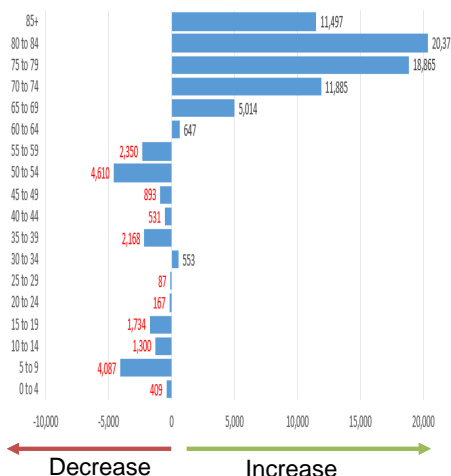


DEMOGRAPHIC SHIFT



Demographic Shift

Ramsey County Change in Population, 2015-2040



Age Group	Change in Population (2015-2040)
85+	11,497
80 to 84	20,372
75 to 79	18,865
70 to 74	11,885
65 to 69	5,014
60 to 64	647
55 to 59	2,350
50 to 54	4,610
45 to 49	893
40 to 44	531
35 to 39	2,168
30 to 34	553
25 to 29	87
20 to 24	167
15 to 19	1,734
10 to 14	1,300
5 to 9	4,087
0 to 4	409

- More older adults:** Ramsey County's population 65+ will double from 2014 to 2040
- Less working age adults:** In 2040 the ratio of working age adults to older adults will be 2:1, in 2014 it was 5:1
- Less youth:** By 2020 the number of 65+ will exceed the number of school-age children in Ramsey County, a first in Ramsey County history

Next Generation of Older Adults: Boomers (current age 51-69)

- Living longer and healthier?
 - While research confirms we are living longer, whether these extra years will be in good health is up for debate.
 - Researchers at the Centers for Disease Control and Prevention have found that the incidence of chronic disease among “near seniors” is on the rise.
 - The percentage of adults 45-64 with two or more chronic conditions increased from 2000 to 2010.

Next Generation of Older Adults: Boomers (current age 51-69)

- Financially less stable
 - National Institute on Retirement Security (NIRS) calculates that two-thirds of households age 55-64 have savings equal to or less than their annual income. A third have no savings at all¹.
 - Twenty-four percent of Minnesotans born between the years 1936 and 1965 have insufficient retirement resources².
 - 30 percent of Ramsey County residents 65 years and older have a household income of less than \$25,000.

¹Read, K. (2015, August 22). [The Real Story about Retirement: Millions of Boomers Face Financial Crisis](#). *StarTribune*. Retrieved January 2016

² Totten, A et. al. (2005 March). Retirement Security and Minnesota's Elderly Population. SHADAC Minnesota Long-Term Care Financing Issue Brief # 1.

Next Generation of Older Adults: Boomers (current age 51-69)

- Have less family support
- Live in their community as they age
- Have the potential to make substantial social and economic contributions to the community
- Will be more racially/ethnically diverse

ASSETS

Older Adults

- Older adults have great potential--socially, civically and economically--as volunteers, caregivers, workers and consumers.
 - Older adults who remain engaged—whether through paid work, volunteerism, or education—realize many benefits, and their engagement yields economic gains for their state and community.
 - Benefits of older adult of engagement include: better health, more wealth, more workers, increased tax revenues and lower costs.

Source: NGA for Best Practices (April 2010), "[Maximizing the Potential of Older Adults: Benefits to State Economies and Individual Well-Being](#)"

Communities

- In Ramsey County there are many community-based agencies and groups very invested in the health and well-being of our older adults. Many RC residents are advocates and experts in the area of aging.
 - Community-based agencies serving older adults: Metro Area Agency on Aging, Vital Aging Network, Living at Home Network (Block Nurse Programs), Seniors Services Consortium of Ramsey County, Lyngblomsten 5-5-1 Community Center, Wilder Community Center for Aging, Faith Community Nurse Network (HealthEast), Ramsey County Care Center, Veterans Services
 - Community groups: Hamline Midway Health Movement, Roseville Community Health Action Team, Consortium of Lake Area Senior Services, District Councils, St. Paul Advisory Committee on Aging, St. Paul Neighborhoods ACT on Alzheimer's, Act on Alzheimer's St. Paul African American Faith Community

Across the County

Many County agencies and services are in place to support healthy aging.

- Active Living
 - Changing the built environment to inspire behavioral change and create opportunities for physical activity that are practical and enjoyable.
- Statewide Health Improvement Program
 - Creates healthier systems and environments where people live, work and play
- Volunteer Program Network
 - Links residents to many volunteer activities throughout Ramsey County
- Others
 - Libraries, Workforce Solutions, Sheriff’s Office, Community and Economic Development, Active Living, St. Paul 8 80 Vitality Fund

Services across the Health & Wellness Team impacted by the demographic changes

- Social Services Department
 - Adult Services
 - MnCHOICES—comprehensive assessment of long-term care needs for home & community based services
 - PASRR—nursing home preadmission screening
 - Home and Community based services for seniors
 - Elderly waiver
 - Alternative Care Grant program
 - Adult mental health—Adult foster care, case management and other supports to help older adults with mental illness live in their communities
 - Adult protection—Calls answered 24/7

Services across the Health & Wellness Team impacted by the demographic changes—Cont'd

- Ramsey County Care Center
 - Long term and transitional care—164 beds
- Veterans Services
 - Outreach to senior veterans and families about available services and assistance
- Financial Assistance
 - Basic needs—especially food support
 - Health care
- Children & Family Services
 - Kinship care—supporting grandparents and other relatives providing foster care to their kin

IMPLICATIONS

Implications

- Increased need for health care and social services (e.g. in-home care, case management) and greater demand for publically funded services
- Increased demand for affordable and accessible housing and transit, walkable community environments, and leisure and educational services (aging in community).
- Increased need for culturally relevant services to reflect the diversity of the population.
- Increased need for family support and socialization (mental well-being)
- Increased need for qualified workforce to meet the increased service demands

CONSIDERATIONS

Considerations

- Utilize a Health in All Policies (HiAP) approach.
 - Ensure that all sectors focus on common goals so that action can be coordinated and balanced (Health in All Policies).
 - Collaborate across systems (public and private) and sectors (e.g. housing, finance, transportation, health care).
 - Engage communities as partners and decision makers.
- Foster a major shift in how we understand aging and transcends outdated ways of thinking about aging.
- Encompass the great diversity of older populations.
- Addresses inequities.
- Build on existing efforts.
- Other

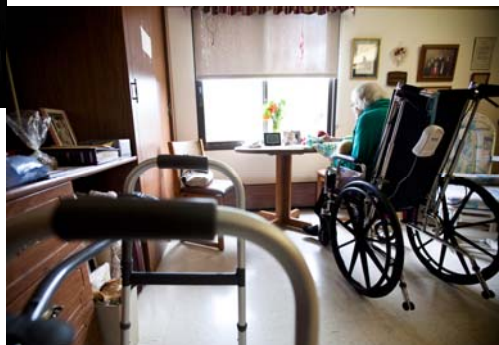
Public Health will continue to...

- Engage community residents, community groups, governmental agencies and non-profit agencies around aging to increase coordination and collaboration.
- Identify examples of best practices in the county, Minnesota and other states and build on existing efforts.
- Raise awareness of the shifting demographics and the impact it will have on Ramsey County and inform collaborative planning across the County.
- Serve as resource on aging for community residents, community groups, governmental agencies and non-profits agencies.



View of Aging

Old



View of Aging

New

