

Aging in New Mexico



Gino Rinaldi

Cabinet Secretary

Aging and Long-Term Services Department

Agenda

- Demographic shift
- Challenges posed by this shift
- Addressing these challenges



Changing Demographics

Nationally

- 10,000 U.S. baby boomers turning 65 daily
- The number of U.S. adults 65+ is growing 36% between 2011-2021

New Mexico - 2030

- The 65+ population will more than double
- 4th largest 65+ population % in the nation
- More people 65+ than under 18

New Mexico Population

- Majority-minority state
- 47% Hispanic
- 22 Native American tribes
 - Navajo Nation
 - 19 Pueblos
 - 2 Apache Tribes
- 17 persons per square mile
(U.S. average = 87.4)

Healthy Aging

- 20% of the U.S. workforce is 55+
- Medicare+Medicaid cost = \$10.4 trillion over the next 10 years
- Costs reduced by keeping people living
 - Independent
 - Productive
 - High-quality lives

Healthy Aging

Chronic conditions such as

- Cardiovascular
 - Diabetes
 - Obesity
 - Alzheimer's and related dementias
- Erode quality of life and independence
 - Account for 75% of the \$2.7 trillion in annual healthcare costs in the U.S.

What are we doing about it?

Addressing modifiable risk

- EnhanceFitness
- Managing Your Chronic Disease
- Know Your Numbers
- Senior Olympics



What are we doing about it?

- Employment Programs
(50+ Older Worker Connection = 935 people;
State and Federal Senior Employment=202 people; 160,000 hours)
- Volunteer programs
(4,557 volunteers; 1.6 million hours)
- Aging and Disability Resource Center (ADRC)
(Connects people with resources to maximize personal choice)
- Transportation
(656,493 trips)
- Meals



Senior Hunger

- New Mexico ranks 8th among all state in percentage of people 60+ living with food insecurity
- 46% of New Mexico seniors report having to choose between buying food, and paying for utilities (compared to 35% nationally)
- 30% of New Mexico's seniors seek help from food pantries



Senior Hunger

Food insecurity is associated with:

- High blood pressure
- Cardiovascular disease
- Diabetes
- Aggression and Anxiety
- Depression

What's being done about it?

The New Mexico Aging Network served:

- 49,827 people
- 3.5 million meals
- 92% of home-delivered meal recipients said meals allowed them to live at home



Caregiving

- 419,000 New Mexicans (20.8% of the population) served as family caregivers in 2009
 - Contributed \$3.1 billion in unpaid care
- U.S. unpaid caregivers provide more than \$450 billion-worth of care
 - Provide 80% of Alzheimer's care

Feinberg, L., et al. (2011, July). *Valuing the Invaluable: 2011 Update: The Economic Value of Family Caregiving in 2009* (Table 1). AARP Public Policy Institute publication. <http://assets.aarp.org/rgcenter/ppi/ltc/fs229-ltc.pdf>



Caregiving

Caregivers are at higher risk for

- Depression
- Stress
- Heart disease
- Stroke
- Death

Caregiving

Alzheimer's Caregivers

- 61% rate their stress from caregiving as high or very high
- 33% report symptoms of depression
- Incurred \$61 million in higher healthcare costs in New Mexico
- Development of chronic conditions
- 60% are employed
 - 65% had to go in late, leave early, or take time

What are we doing about it?

- Respite (379,866 hours per year provided through Area Agencies on Aging)
- ADRC (43,000 calls annually)
- Senior Companion Program
- Savvy Caregiver
- New Mexico Plan for Alzheimer's
- Meals and Transportation



Safeguarding vulnerable adults and elders

- Adult abuse, neglect, & exploitation are under reported, and can have severe or deadly consequences.
- Perpetrators may be
 - family
 - caregivers
 - trusted advisers
 - strangers
- Occurs primarily in the adult's own home.
- 64% of victims were age 60 and older;
 - 26% were over age 80.
- Self-neglect is the most commonly substantiated APS report allegation (53% in FY13)

National Center on Elder Abuse. *Research Brief: Adults with Disabilities.*



Safeguarding vulnerable adults and elders

NM Adult Protective Services Act

- “Duty to Report”
 - Anyone who suspects that an adult is being abused, neglected, or exploited has the duty to report to APS.

Only 6% of victims ask for help themselves.

**To Make a Report:
Call APS at 1-866-654-3219**



What are we doing about it?

Adult Protective Services

- Received 11,027 reports of abuse, neglect, or exploitation in FY13
 - 6,092 investigations
 - 1,479 cases substantiated
- 1400+ New Mexicans received services
 - Home care
 - Adult day
 - Attendant care
 - Guardianship
 - Emergency placement



What are we doing about it?

Ombudsmen

- In nursing homes and assisted living facilities
- Identify, respond to, and resolve resident complaints protecting:
 - Health
 - Safety
 - Welfare
 - Rights



What are we doing about it?

Ombudsmen 2013

- Visited 100% of the nursing homes in New Mexico (70) quarterly
- Visited 100% of the assisted living facilities in New Mexico (225) annually
- Resolved more than 4490 complaints



How you can help

Volunteer

- ADRC
- Ombudsman
- Retired Senior Volunteer Program
- Senior Companion Program
- Foster Grandparent Program
- Conference on Aging

Spread the word

Help people you know find resources that will help through the ADRC: 1-800-432-2080



CONTACT

Aging and Disability Resource Center
1-800-432-2080

<http://www.nmaging.state.nm.us/Services.aspx>

Aging and Long-Term Services Department
1-866-451-2901

<http://www.nmaging.state.nm.us>



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