Aging in New Mexico

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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

(Proximity, 2013); (Pew Research Center, 2010); (Administration on Aging, 2011)
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)

(Fry, 2013). (United States Census Bureau, 2013).
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
  o Independent
  o Productive
  o 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.

(Stinson, 2013).
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 states 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

(Ziliak, 2013). (Roadrunner Foodbank).
Senior Hunger

Food insecurity is associated with:

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

(Lee, 2001)
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


2013 Alzheimer’s Disease Facts and Figures
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
  o 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
  o Home care
  o Adult day
  o Attendant care
  o Guardianship
  o Emergency placement
What are we doing about it?

Ombudsmen

• In nursing homes and assisted living facilities

• Identify, respond to, and resolve resident complaints protecting:
  o Health
  o Safety
  o Welfare
  o 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
  o ADRC
  o Ombudsman
  o Retired Senior Volunteer Program
  o Senior Companion Program
  o Foster Grandparent Program
  o 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
References

2013 Alzheimer’s Disease Facts and Figures


Roadrunner Food Bank of New Mexico. Senior Hunger.

