

If I were the Minister of Health: The Baby boomers are Aging: What Does that Really Mean? Oct 2011 OACAD Conference

***If I were Minister of Health:
The Baby Boomers Are Aging -
What Does That Really Mean?***

2011
OACAD Conference

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What is the remaining life expectancy for an 65 year old woman?

Another:

1. 8 years.
2. 10 years.
3. 12 years.
4. 15 years.
5. 22 years.

Seniors (65+) will represent what % of the population in 2025?

1. 12%
2. 15%
3. 20%
4. 22%
5. 25%

Seniors healthcare needs increase the costs of healthcare in Canada by what % annually?

1. 1%
2. 2%
3. 5%
4. 10%
5. 15%

What % of those at age 80 have 2 or more chronic diseases?

1. 10%
2. 30%
3. 50%
4. 70%
5. 100%

What % of seniors aged 75-84 have no important functional impairments? (They are independent).

1. 10%
2. 30%
3. 50%
4. 70%
5. 90%

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Answers

1. The remaining life expectancy for an 65 year old woman is 22 years
2. Seniors (65+) will represent what 22% of the population in 2025
3. Seniors healthcare needs increase the costs of healthcare in Canada by what 1% annually.
4. What 70 % of those at age 80 have 2 or more chronic diseases
5. 70% of seniors aged 75-84 have no important functional impairments? (They are independent).

The Elderly in Canada

1. 14% of population \times 25% by 2025.
2. Life expectancy increasing 1900 - 47, 2011-80/84.
3. Disability increasing or decreasing?
4. Aging = decreased reserve.
Aging does NOT = symptoms. Heterogeneity
Aging IS a state of mind. $\uparrow \uparrow$ Increases $\uparrow \uparrow$
5. Boomers RULE (1946-62) (turning 65! parents 85!)

The Elderly in Canada

6. Aging = increased risk for almost all diseases.
7. Healthcare will not go bankrupt by seniors.
8. There are better ways for seniors in healthcare.
9. It's a small world after all (chronic not acute).
10. Lots of room for improvement and hope.

Prevalence of Chronic Diseases (2 or More)

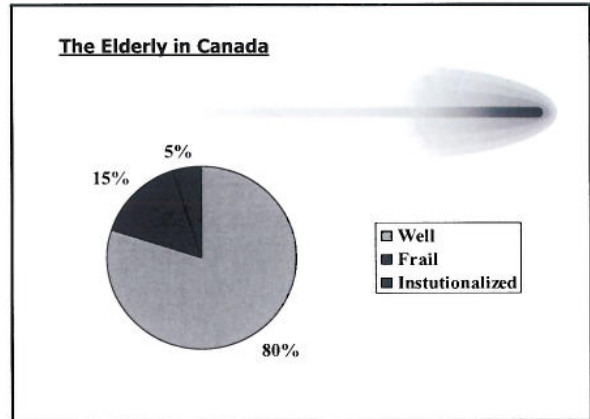
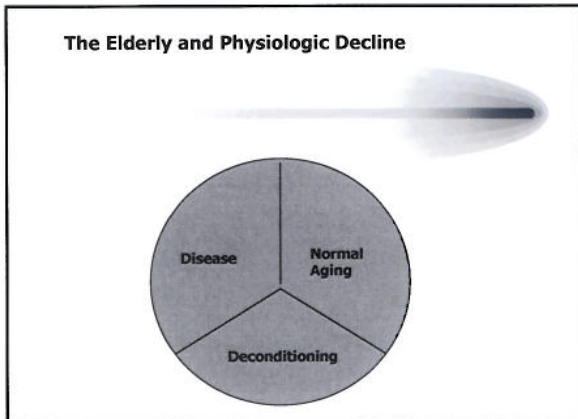
At age 65-69:	35% (men)
	45% (women)
At age 80:	53% (men)
	70% (women)

Life Expectancy Myths

- \uparrow L.E. is only young/middle age (17% in 65+)
- Can't afford aging – 1% year \uparrow healthcare (as societies get older, they get wealthier)
- We pay attention to senior's issues
 - Reports – Romanov/Kirby
 - Elections – elderly = 35% of voters (NO LOBBY)
- Old age = decrepitude (70% 75-84) are INDEPENDENT
- Diseases of longevity start in old age - NOT

Diseases of Longevity

- Don't really start in old age
 - PREVENTATIVE in young and middle age
 - ATHEROSCLEROSIS
 - OSTEOPOROSIS
 - HIGH CHOLESTEROL
 - DECONDITIONING/EXERCISE
 - NUTRITION
 - ALCOHOL



Any Hospital Administrators here today?

SENIORS USE 63% OF HOSPITAL DAYS IN ONTARIO

The "Frail Elderly"

- 15% of 65+
- 3% of total population
- **THIS 3% USES WHAT % OF HEALTHCARE \$**
30%

Recognition of Frailty is an Opportunity to "UNFRAIL"

Alzheimer's Disease is the Disease of the 21st Century

2030

- USA – 15 million people with dementia
- Canada – 1.5 million people with dementia

Causes of Death (%) – U.S.A. (52%)

1. Tobacco	18%
2. Diet/Deconditioning	17%
3. Drug side effects	4%
4. Alcohol	3%
5. Antibiotics	3%
6. Toxic	2%
7. MVA	2%
8. Firearm	1%
9. Sexual	1%
10. Illicit drugs	1%

Old Age Ain't For Sissies

Only recent bad habits hurt you.

Only recent good habits help you.

1^o Prevention

1. Tobacco Cessation
2. Nutritional Advise.
3. Calcium: 1200-1500 mg elemental Calcium daily
4. Exercise
 - Aerobic
 - Strength

1^o Prevention

5. Safe Driving – Counselling /“Screening”
6. Vaccinations
 - Influenza (annual)
 - Pneumococcal – high risk, ? 65+, (once or twice?)
 - Tetanus – single booster at age 65
 - Herpes Zoster (Shingles)
7. Advice re: sun exposure.
8. Vitamin D 1000 IU

Exercise

1. RCT of exercise Training for Older People (Senior Silver Centre Trial)
(I. Tsuji. Journal of Epidemiology. 2000 10;pg 55-64)
 - **Intervention:** Warm up, bicycle, resistance exercised (rubber films), cool down (2 – 3 x 2 hour classes/week x 25 weeks).
 - **Results:** Net gain VO₂ Max ↑ 2.1 ml/kgm/min (10.3%) equivalent to participants becoming younger in aerobic capacity by 5 YEARS

Exercise

2. High Intensity Strength Training in Nonagenarians in a Nursing Home (Fiatarone M. JAMA. 1990. 38:1256-1300)
 - **Intervention**
 - 3 sessions quad strengthening exercises/week x 8 weeks
 - **Results**
 - Quad strength ↑ 174%
 - Tandem gait speed ↑ 48%

So If I Were Minister of Health...

1. Make Senior's Health Care not a priority but

THE PRIORITY AND DO SOMETHING

"Determinants of Health"

1. \$\$\$
2. Housing
3. Nutrition
4. Stimulation
5. Meaningful Roles

So If I Were Minister of Health...

2. Rebirth "Participation".
SUCCESSFUL AGING

So If I Were Minister of Health...

3. Strengthen **PRIMARY CARE**
 - Community Seniors Healthcare Teams
 - Targeted community services
 - Prevent hospitalization

So If I Were Minister of Health...

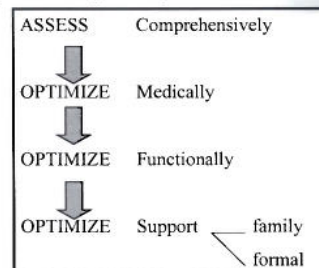
4. **FOCUS ON FRAILTY**
 - Primary prevention
 - Early Recognition
 - Reversibility-Assessment/Rehabilitation

So If I Were Minister of Health...

5. **GROW GERIATRICS**
 - **Make it core competency**
 - The average Canadian Medical Student: 82 hours Geriatrics in 8000 hours
 - **Grow specialists** doctors, nurses, OT, PT, SW etc.

So If I Were Minister of Health...

6. Replace the paradigm of care



So If I Were Minister of Health...

7. Senior Friendly AND EFFECTIVE Hospitals...and communities
- Revisit administrative costs
 - Revisit technology use
 - Revisit processes of care
 - Target high risk seniors on admission
- "Geriatric Hospitals with a small ICU for the young".

COUNT THE NUMBER OF "F'S"

**FINISHED FILES ARE THE RESULT
OF YEARS OF EXPERIENCE
COMBINED WITH MONTHS OF
SCIENTIFIC RESEARCH**

So If I Were Minister of Health...

8. Dementia, Dementia, Dementia
- Better care: "Test case" for a system of care.
- DON'T EVERY SAY SEAMLESS
SYSTEM OF CARE TO ME!**
- Research = only hope
 - What are the goals for palliative dementia care?

So If I Were Minister of Health...

9. Drugs, Drugs, Drugs
- Better drugs
 - Better prescribing
 - Better monitoring
 - Better costs

Drugs cause 15% of hospital admissions of seniors.

So If I Were Minister of Health...

10. Put the CARING back in Care.

