

Older Adults in Vermont: Perspectives of a Geriatrician

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Outline

- Demographics
- Needs of Older Adults
- Specific Population: Alzheimer's Disease
- Consequences, Realities, and Solutions

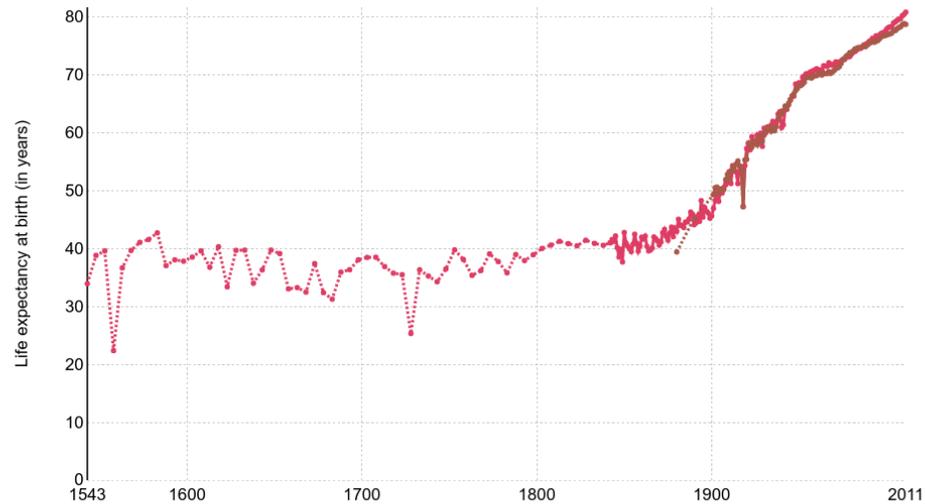
Life Expectancy Changes

Life expectancy

Shown is period life expectancy at birth. This corresponds to an estimate of the average number of years a newborn infant would live if prevailing patterns of mortality at the time of its birth were to stay the same throughout its life

Our World
in Data

United Kingdom United States



Source: Clio Infra (life expectancy, both genders)
OurWorldInData.org/life-expectancy/ • CC BY-SA

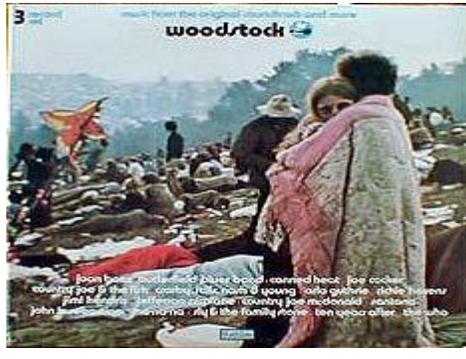
- 1900-1902: 49 years
- 1939-1941: 64 years
- 1969-1971: 71 years
- 2003: 77.4 years
- 2015: 78.7 years

Source: CDC

Baby Boom Generation

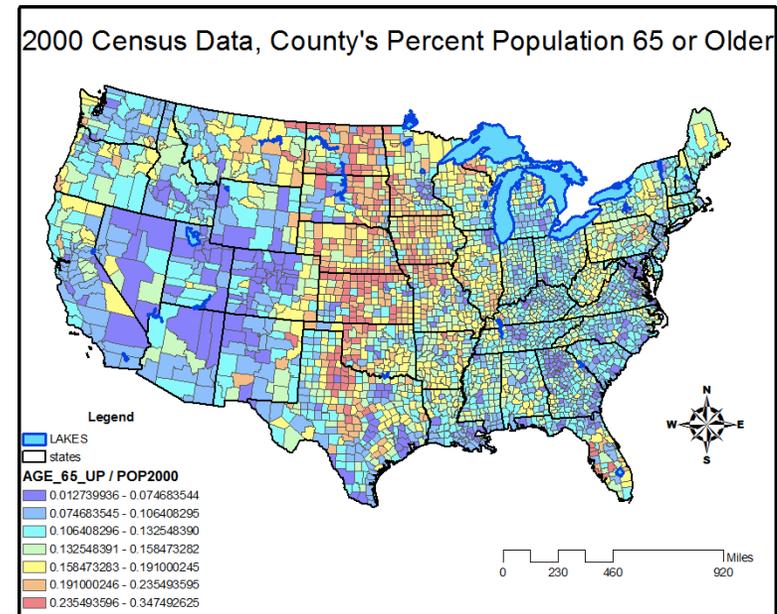
Baby Boom Generation

- Born between 1946 and 1964
- Quickly approaching age of retirement (“10,000 persons per day”)



In 2000, Vermont ranked 26th among states in the percent of population ≥ 65 . Where do you think we will rank in 2030?

- 1st
- 11th
- 21st
- 31st
- 41st



Woolf: Vermont's population drops again in latest census report

By **Art Woolf**

Dec 31 2019 | 30 reader footnotes

Vermont population, 2010-2019:

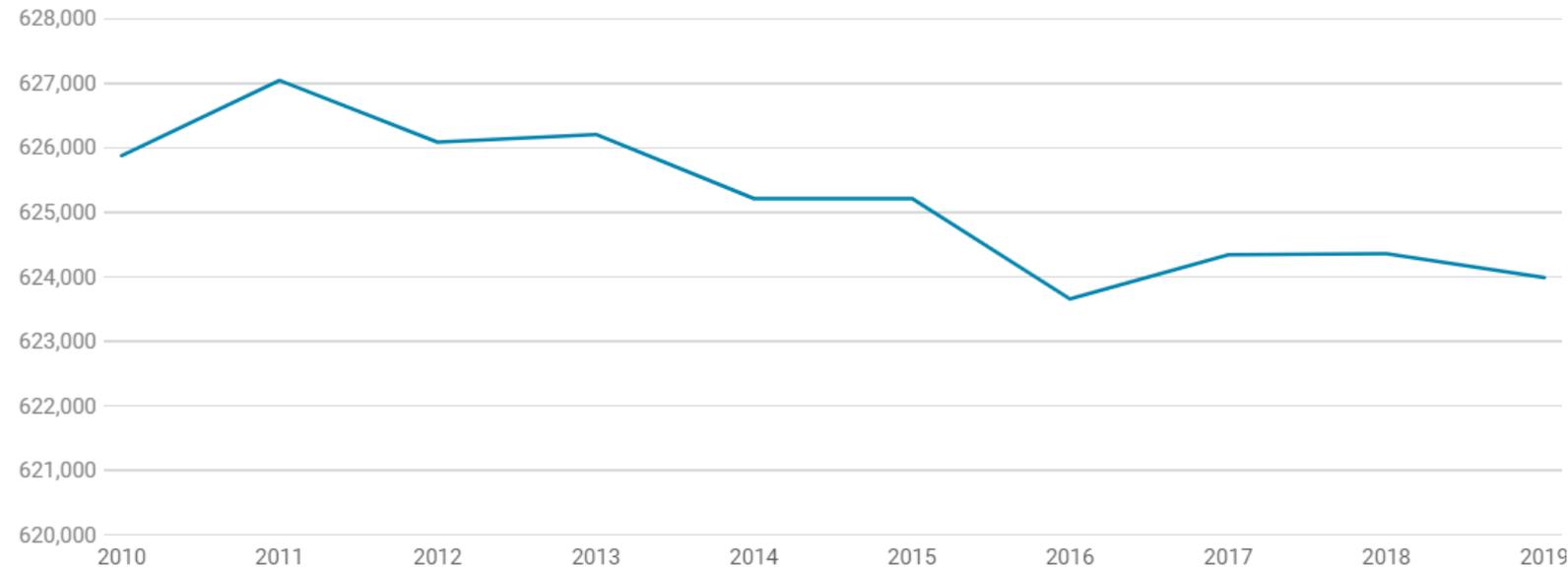


Chart: VTDigger • Source: [U.S. Census population estimates](#) • [Get the data](#) • Created with [Datawrapper](#)

Between the 2010 census and 2019, Vermont's population dropped by 0.3%. Only two states, Illinois and West Virginia, grew more slowly. The U.S. has added 6.1% to its 2010 population, about 20 million people.

Projections

Longer lifespan

+ Baby Boom Generation Aging

+ Declining Population

Aging Vermont

+Potentially More Vermonters in Need of Services

+Less Younger Adults to Provide and Fund (via tax dollars) those Services

Needs, Desires, and Realities for Older Adults

Value Independence

Value Choice

Ageing Experience is Heterogeneous

Can Experience Long Retirements

Chronic Diseases and the Compression of Morbidity

Fixed Incomes

Housing and Transportation Challenges (particularly in rural areas)

Shortages of Health Care Providers

Specific Population: Alzheimer's Disease

- Neurodegenerative Disease
- Progressive Loss of Memory, Reasoning, Judgment, and other faculties of the brain
- Course: 8-12 years on average
- Increasing Dependence on Others for Assistance in Daily Tasks
- Effects for person with the disease, spouse, children, extended family, and employers
- Impact on health care system for persons with disease as well as others

What do the numbers look like for Alzheimer's in Vermont?

42% increase in number of persons with AD in 10 years

- 12,000 people in 2016 and 17,000 people in 2025

5th leading cause of death in Vermont

4th highest Alzheimer's death rate in America

30,000 caregivers providing 34 million hours of unpaid care

Value of unpaid care = \$417,000,000

Higher health care costs of caregivers = \$21,000,000

Consequences, Realities, and Solutions

- Older, Grayer Vermont with More Need for Support
- Shrinking Population
- Money is Strained
- Opportunity to Reframe Aging
- Volunteerism
- Vermont retains aspects of a small community
- Population Health

Thank you!

