



Taking Care of Grandma

Resources for Senior Citizens and their Caregivers

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Global information on Aging

https://www.un.org/en/development/desa/population/publications/pdf/ageing/WPA2017_Highlights.pdf

Growth in the number of older persons is a global phenomenon: it is expected that between 2017 and 2050, virtually every country in the world will experience a substantial increase in the size of the population aged 60 years or over

Since 1950-1955, life expectancy at birth has risen by more than 10 years in Northern America, Europe and Oceania, and by close to 25 years in Latin America and the Caribbean



**World
Population
Ageing**



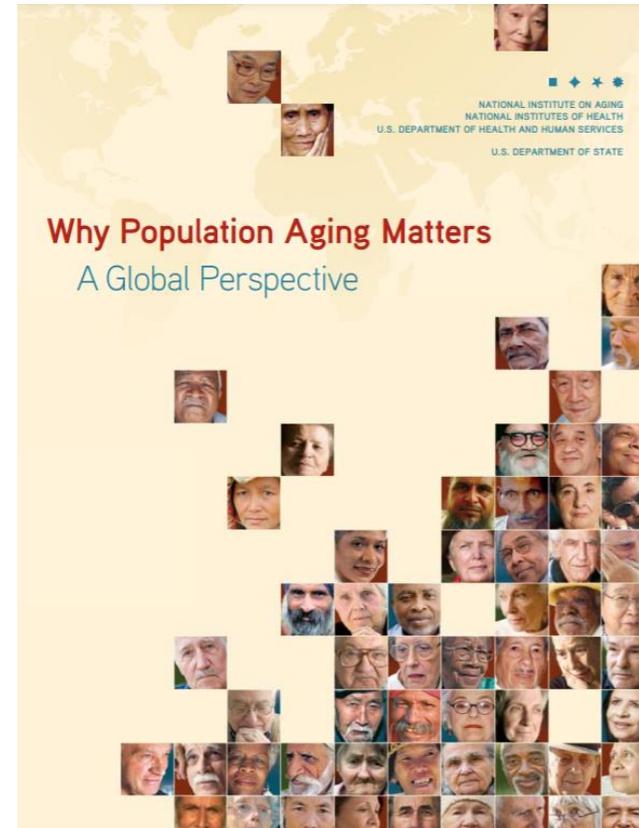
[highlights]

Global information on Aging

<https://www.nia.nih.gov/sites/default/files/2017-06/WPAM.pdf>

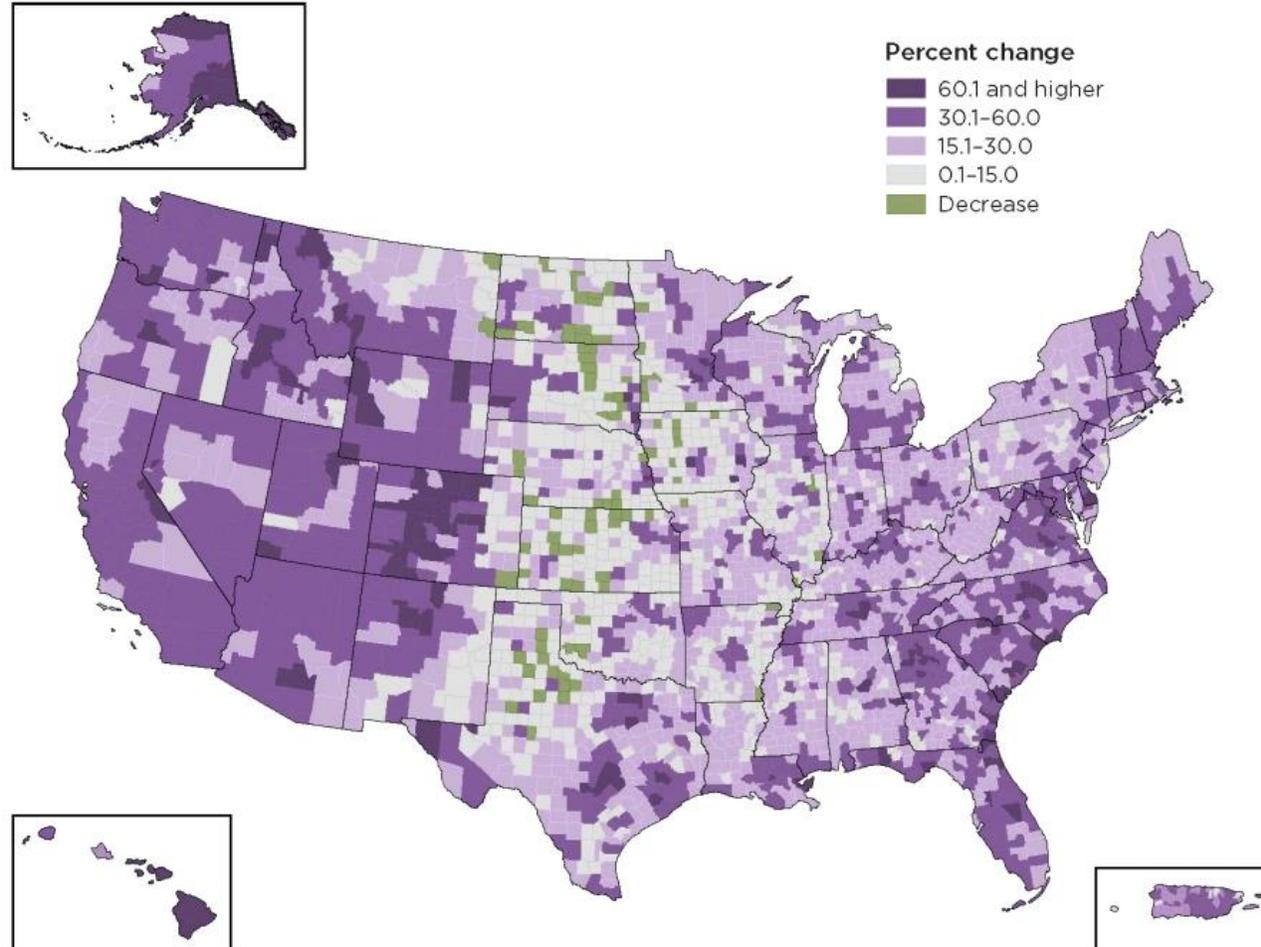
We are aging—not just as individuals or communities but as a world. In 2006, almost 500 million people worldwide were 65 and older. By 2030, that total is projected to increase to 1 billion—1 in every 8 of the earth’s inhabitants. Significantly, the most rapid increases in the 65-and-older population are occurring in developing countries, which will see a jump of 140 percent by 2030

An important feature of population aging is the progressive aging of the older population itself. Over time, more older people survive to even more advanced ages. For research and policy purposes, it is useful to distinguish between the old and the oldest old, often defined as people age 85 and over.



Older and Growing

Percent Change among the 65 and Older Population: 2010 to 2019



Aging in the United States

More than 10,000 people turn 65 every day in the United States.

<https://www.hhs.gov/aging/index.html>

<https://www.census.gov/library/publications/2018/acs/acs-38.html>

The 2016 ACS estimated the number of people in the United States aged 65 and over as 49.2 million. Of them, more than half (28.7 million or 58 percent) were aged 65 to 74. The 75 to 84 age group share of the older population was around 14.3 million or 29 percent— more than double the number and proportion (6.3 million or 13 percent) for those 85 and older

The proportions of older men (16 percent) and women (17 percent) that did not complete high school were significantly higher than men (13 percent) and women (12 percent) aged 25 and older (Figure 8). It was highest for the 85 and older group, in which 24 percent of men and 25 percent of women were not high school graduates.

The Population 65 Years and Older in the United States

Over one-third each of all male and female grandparents aged 30 and older were caregivers for their coresident grandchildren

Across all older ages, men were more likely to be caregivers for their coresident grandchildren.

CATALOG OF U.S. GOVERNMENT PUBLICATIONS (CGP)

<https://catalog.gpo.gov/>



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Results for Keywords= aging

Sort options: [Year\(d\)/Title](#) [Year\(a\)/Title](#) [Title/Year\(d\)](#) [SuDoc \(a\)](#)

Display options: [Extended](#) | [Brief](#)

Records 1 - 10 of 6273 (maximum display and sort is 2000 records)

Jump to #

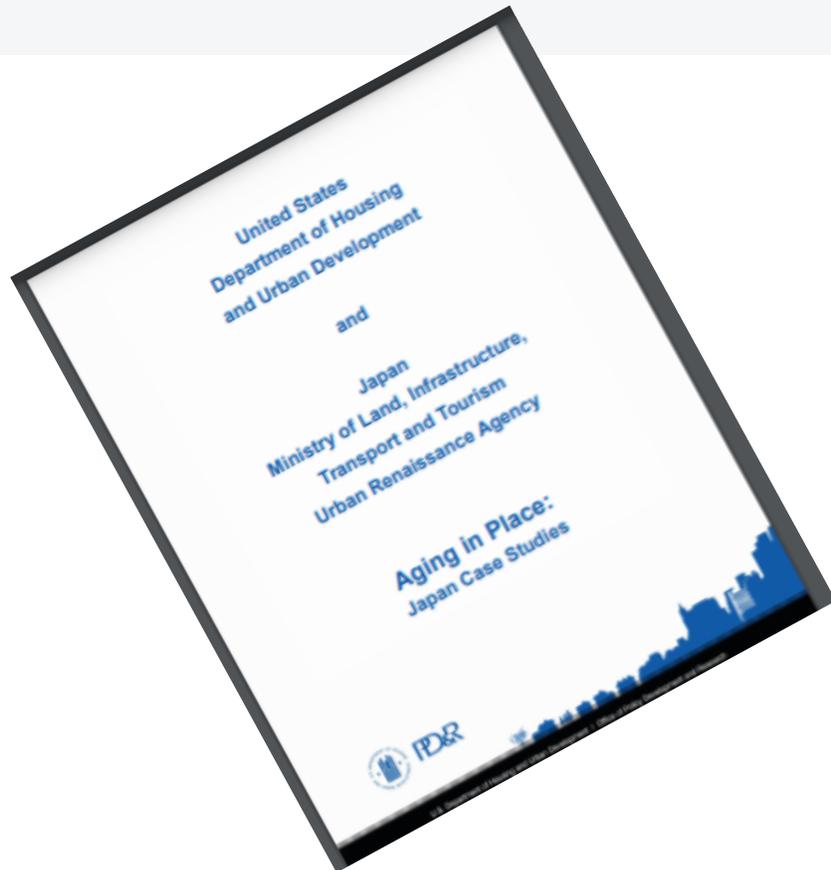
| # | | Title | Year | Author | SuDoc Number | Internet Access |
|---|--------------------------|--|------|------------------|-----------------------------|---|
| 1 | <input type="checkbox"/> | The abrasion of photovoltaic glass : a comparison of the effects of natural and artificial aging / | 2020 | Miller, David C. | E 9.22:NREL/PR-5 K 00-74183 | https://purl.fdlp.gov/GPO/gpo143395 |
| 2 | <input type="checkbox"/> | Aging in comfort : assessing the special needs of | 2020 | United | Y 4.AG 4:S.HRG.113-835 | |

Examples from the CGP

Title Aging in place. Japan case studies /

Format online resource

Internet Access <https://purl.fdlp.gov/GPO/gpo147977>



A Changing Nation: Population Projections Under Alternative Immigration Scenarios

Population Estimates and Projections

Current Population Reports

By Sandra Johnson
P25-1146
Issued February 2020

INTRODUCTION

Higher international immigration over the next four decades would produce a faster growing, more diverse, and younger population for the United States. In contrast, an absence of migration into the country over this same period would result in a U.S. population that is smaller than the present. Different levels of immigration between now and 2060 could change the projection of the population in that year by as much as 127 million people, with estimates ranging anywhere from 320 to 447 million U.S. residents.

the population aged 65 and older exceeds the share of the population under the age of 18. The timing of this shift, however, will vary depending on the amount of immigration that occurs. High immigration levels will delay this milestone more than a decade relative to scenarios with lower levels of migration.

The 2017 National Projections main series, released in September 2018, present one scenario for the future population.¹ These projections will only hold true if the assumptions about births, deaths, and migration match the actual trends in these components of

Title A changing nation : population projections under alternative immigration scenarios /

Format online resource

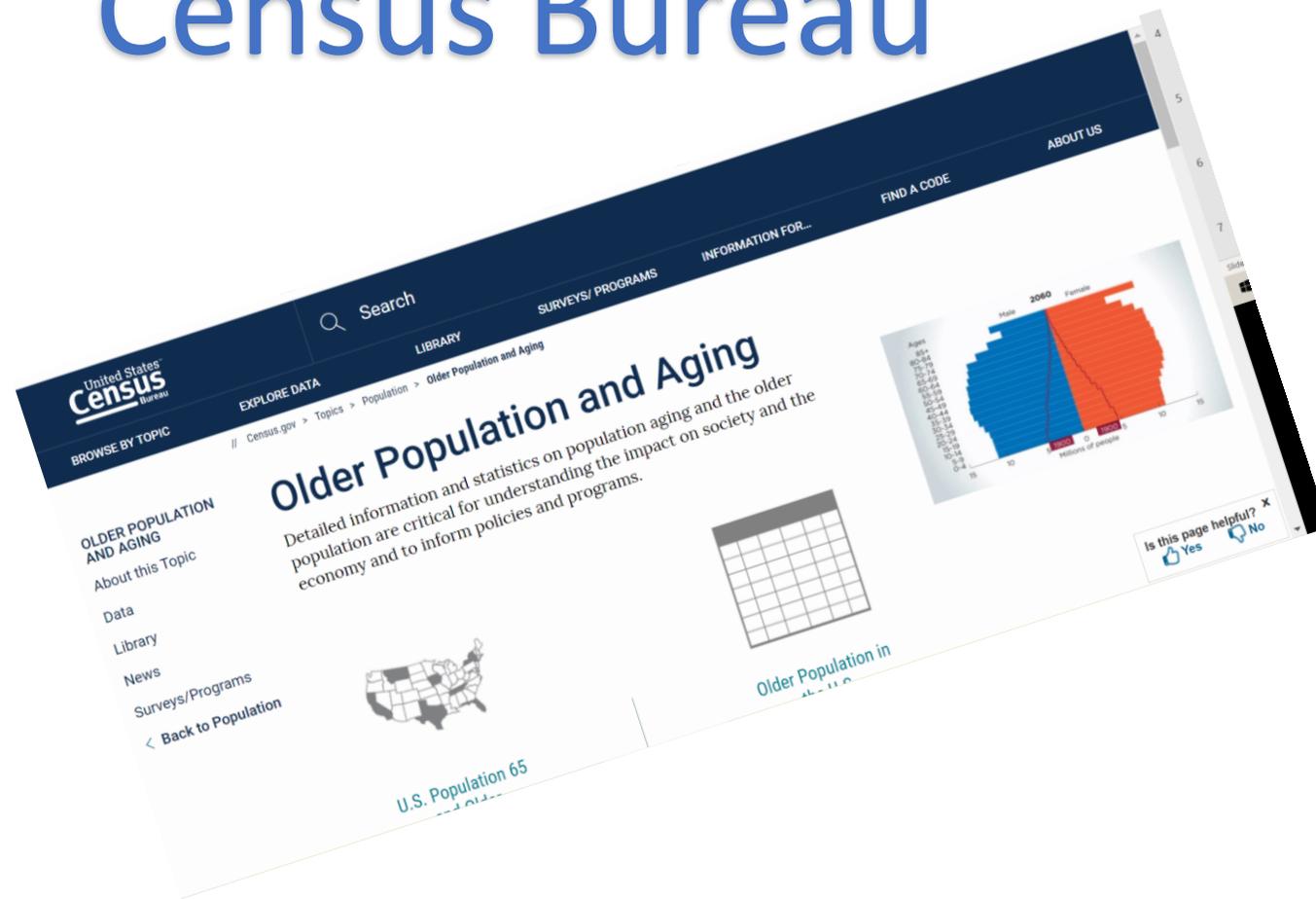
Internet Access <https://purl.fdlp.gov/GPO/gpo134627>

Population aging refers to the relatively faster growth of the older population compared to the younger population and the resultant shifts in the age distribution of the population toward older ages. Population aging is commonly measured as an increasing median age or a rising share of the population above a certain age, such as 65.

All Census Bureau demographic surveys and the decennial census collect information about the U.S. older population. Other countries also collect data on the older population through household-based surveys and population and housing censuses.

This section includes data and publications on population aging in both the United States and the world as well as information on older population's characteristics

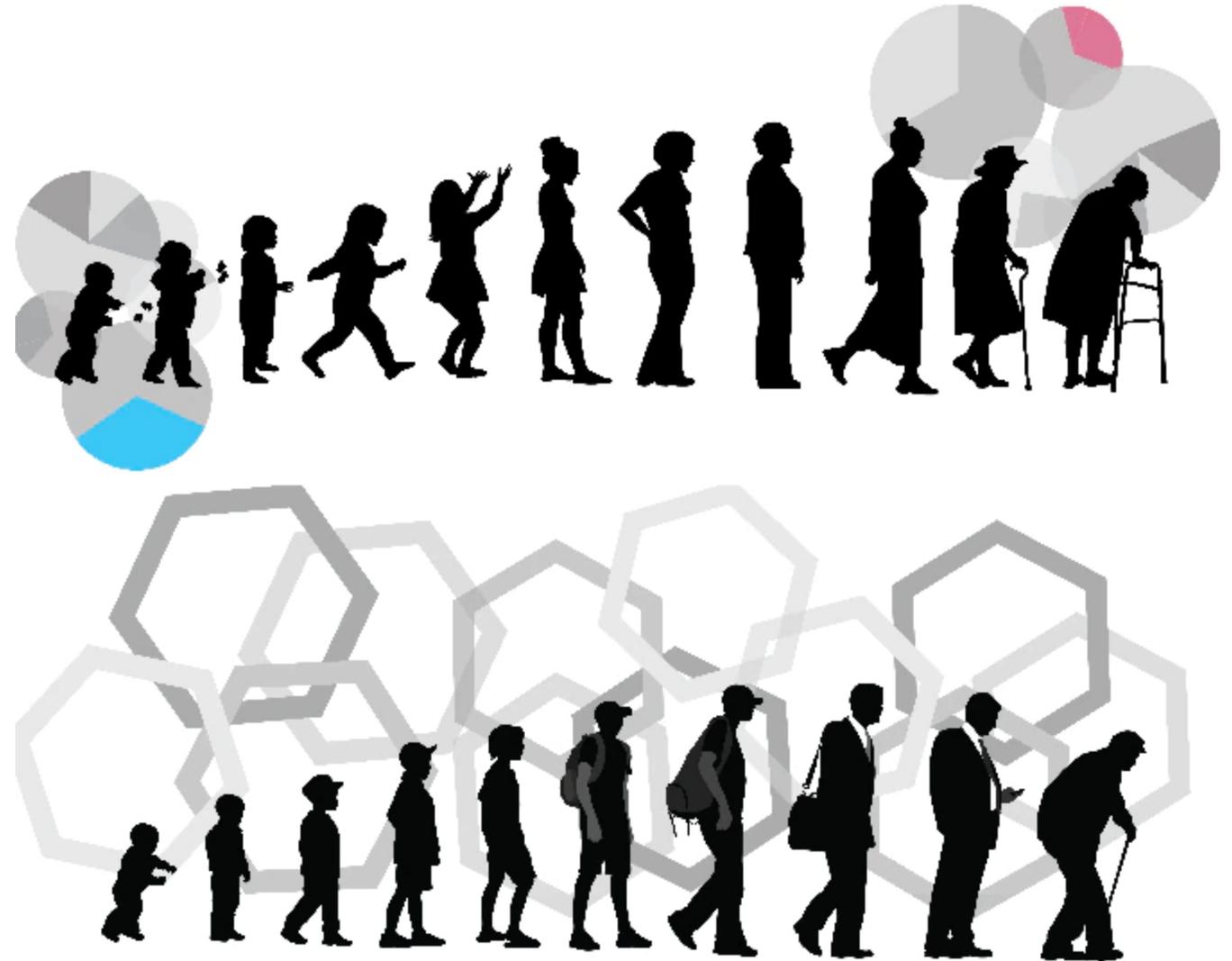
Census Bureau



<https://www.census.gov/topics/population/older-aging.html>

Story Map – An Aging World: 2020

The An Aging World: 2020 Story Map walks through our aging world and explores how our world looks now and how it may change over the next 30 years. It guides users through a data-driven narrative using map series, text, and infographics.



https://www.census.gov/library/visualizations/2020/demo/aging_story_map.html

CDC.gov

<https://www.cdc.gov/aging/agingdata/data-portal/state-aging-health.html>

https://www.cdc.gov/aging/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Faging%2Findex.htm

<https://www.cdc.gov/aging/caregiving/index.htm>

<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-aging.htm>



- 🏠 National Center for Chronic Disease Prevention and Health Promotion
- About Chronic Diseases +
- About the Center +
- Budget and Funding +
- Our Impact +
- Chronic Disease Data +
- Publications, Graphics, and Media -
- Fact Sheets and At A

6 Tips for Healthy Aging

CDC's National Center for Chronic Disease Prevention and Health Promotion



6 Tips for Healthy Aging

Use these 6 tips to remain active and independent as long as possible.



Alzheimer's Disease and Healthy Aging

CDC > Alzheimer's Disease and Healthy Aging Program Home



Alzheimer's Disease and Healthy Aging Program Home

Caregiving

[Español \(Spanish\)](#)

- About Us +
- BOLD Infrastructure for Alzheimer's Act Summary +
- Alzheimer's Disease and Related Dementias +
- Healthy Brain Initiative +
- Road Map for State and Local Public Health +

A Public Health Priority

The health of caregivers is at risk.

Informal or unpaid caregivers (family members or friends) are the backbone of long-term care provided in people's homes. While some aspects of caregiving may be rewarding, caregivers can also be at increased risk for negative health consequences. These may include stress, depression, difficulty maintaining a healthy



CDC

Alzheimer's Disease and Healthy Aging Program Home

- About Us +
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- Road Map for Indian Country +

Prestar cuidados

[English \(US\)](#)

Prioridad para la salud pública

La salud de los cuidadores está en riesgo. Los cuidadores informales o no remunerados (como familiares o amigos) son el pilar de los cuidados a largo plazo proporcionados en la casa de las personas. Si bien algunos aspectos de la prestación de cuidados pueden ser gratificantes, los cuidadores también pueden estar en mayor riesgo de tener consecuencias negativas para la salud. Estas podrían incluir estrés, depresión, dificultad para mantener un estilo de vida saludable y mantenerse al día con los servicios clínicos



NIA (National institute on Aging)

<https://www.nia.nih.gov/>

NIA, one of the 27 Institutes and Centers of [NIH](#), leads the federal government in conducting and supporting research on aging and the health and well-being of older people. The Institute seeks to understand the nature of aging and the aging process, and diseases and conditions associated with growing older, in order to extend the healthy, active years of life.

Featured Resources



Recursos en español
Encuentra recursos sobre el envejecimiento y la salud.



Connect with NIA
Email or call us for health or Alzheimer's information.



Print Publications
Order health information in print.



Health Professionals Info
Access free clinical practice tools and training materials.



Labs at NIA
Read about NIA's intramural research



Training Opportunities
Training for researchers, clinicians, students.



Grants & Funding
Get information on applying for funding



Research Resources
Find scientific resources and datasets.

<https://www.nia.nih.gov/espanol>

Featured Resources



Pida publicaciones en español.



Obtenga más información sobre la enfermedad de Alzheimer con esta hoja informativa.



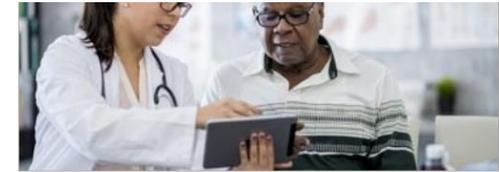
[Alzheimer y demencia](#)

Aprenda sobre la enfermedad de Alzheimer y las demencias relacionadas. Obtenga consejos para pacientes y cuidadores de personas con Alzheimer.



[Cuidando a un familiar](#)

Información y recursos sobre el cuidado de una persona con la enfermedad de Alzheimer.



[Estudios clínicos](#)

Los estudios clínicos precisan voluntarios. Aprenda cómo puede formar parte de un descubrimiento científico.



[Al final de la vida](#)

Infórmese sobre los cuidados al final de



[Salud del corazón](#)

Aprenda cómo el corazón cambia con la



[Planificación legal y financiera](#)

Ponga sus asuntos de salud, legales y

HHS.gov

<https://www.hhs.gov/aging/index.html>

<https://eldercare.acl.gov/Public/Index.aspx>



A screenshot of the HHS.gov Aging page. The top navigation bar includes the HHS.gov logo and "U.S. Department of Health & Human Services". A search bar contains the text "I'm looking for..." and a magnifying glass icon, with an "A-Z Index" link below it. A secondary navigation bar lists "About HHS", "Programs & Services", "Grants & Contracts", and "Laws & Regulations". The main content area shows a breadcrumb trail "Home > Aging" and a list of categories: "Aging", "Healthy Aging", "Caregiver Resources & Long-term Care", "Elder Justice", "Retirement Planning & Security", and "Resources Near You". To the right, there are utility links for "Text Resize", "Print", and "Share" (with social media icons). The "Aging" section title is followed by a paragraph: "More than 10,000 people turn 65 every day in the United States, and people are living longer, healthier lives. Healthy lifestyles, planning for retirement, and knowing your options for health care and long-term care are more important than ever before." Below this is a section titled "I would like info on..." with links for "Caregiver resources" and "Social Security benefits". A "Healthy Aging" box contains the text: "Adopting healthy habits and behaviors, staying involved in your community, using preventive services, managing health conditions, and understanding all your..."



<https://www.ssa.gov/benefits/retirement/>

Social Security Information in Other Languages

🇺🇸 - American Sign Language

Italiano - Italian

[No Title]

العربية - Arabic

한국어 - Korean

中文 - Chinese (Traditional/Long Form)

Polski - Polish

فارسی - Farsi

Português - Portuguese

Français - French

Русский - Russian

Ελληνικά - Greek

Tiếng Việt - Vietnamese

The screenshot shows the top of the Social Security website's Retirement Benefits page. The header is dark blue with the Social Security logo on the left and navigation links for SEARCH, MENU, LANGUAGES, and SIGN IN/UP on the right. The main heading is "Retirement Benefits" in a large, bold, black font. Below the heading is a paragraph of introductory text. To the right of the text is a call-to-action box with the text "Ready To Retire?" and "Our online application makes it easy to apply for benefits." followed by a blue button that says "Apply Online For Retirement Benefits". At the bottom of the page, there are three small images: a person using a calculator, a calendar with a date circled, and two elderly people talking.

Among the challenges are moments of joy.

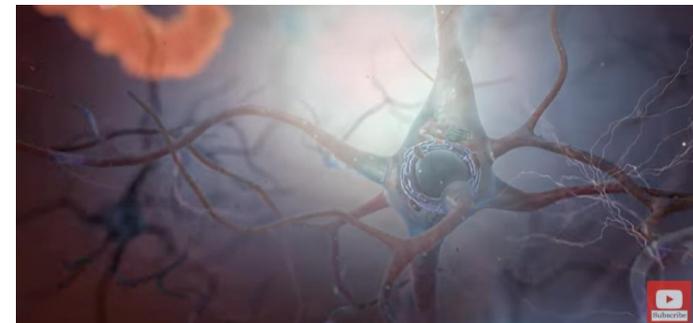
The federal government is committed to making every day better for people with dementia, their caregivers, and their families.

[Find out how we're taking action.](#)



More than 5 million Americans, many of them age 65 and older, are estimated to have Alzheimer's disease.

<https://youtu.be/OGXv3mHs9AU>





Age Discrimination

Age Discrimination

Disability

Ethnic/National Origin

Federal Financial Assistance Programs

Immigration

The [Age Discrimination Act of 1975](#) prohibits discrimination on the basis of age in programs and activities receiving federal financial assistance. The Act, which applies to all ages, permits the use of certain age distinctions and factors other than age that meet the Act's requirements. The Age Discrimination Act is enforced by the [Civil Rights Center](#).

The Age Discrimination in Employment Act of 1967 (ADEA) protects certain applicants and employees 40 years of age and older from discrimination on the basis of age in hiring, promotion, discharge, compensation, or terms, conditions or privileges of employment. The ADEA is enforced by the [Equal Employment Opportunity Commission](#).

[Section 188 of the Workforce Investment Act of 1998 \(WIA\)](#) prohibits discrimination against applicants, employees and participants in WIA Title I-financially assisted programs and activities, and programs that are part of the One-Stop system, on the grounds of race, sex, religion, national origin, or disability. WIA prohibits discrimination on the grounds of race, sex, religion, national origin,

Age Discrimination

<https://www.dol.gov/general/topic/discrimination/agedisc>

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Webpages on this Topic

[Civil Rights Center](#) - Monitors and enforces the Age Discrimination Act in programs and activities receiving federal financial assistance.

Laws on this Topic

[29 USC §621](#) - Age Discrimination in Employment

[29 USC §6101](#) - Age Discrimination Act of 1975

Regulations on this Topic

[29 CFR 37](#) - Implementation of the Nondiscrimination and Equal Opportunity Provisions of the Workforce Investment Act

[29 CFR 1625](#) - Age Discrimination in Employment Act - Interpretations

[29 CFR 1626](#) - Procedures. Age Discrimination Act

Local and State Sources of Aging Information

[Aging Waiver - Department of Human Services](#)

www.dhs.pa.gov/Services/Disabilities-Aging/Pages/Aging-Waiver.aspx

Aging Waiver * (Transitioned to Community HealthChoices) Home and Community-Based Services Waiver for Individuals Ages 60 and Older. **Aging** Home and ...

[Department of Aging](#)

aging.ohio.gov/wps/portal/gov/aging/home

The Ohio **Department of Aging** fosters sound public policy, research, and initiatives that benefit older Ohioans. Resources. The Ohio **Department of** ...

[Aging Commission of the Mid-South | Shelby County, TN ...](#)

www.shelbycountyttn.gov/3433/Aging-Commission-of-the-Mid-South

The **Aging** Network originated from the Older Americans Act of 1965 legislation and thrives today with funds provided by the United States ...





[Home](#) > [Research & Programs](#) > [Data User Network](#)

NETWORK FOR DATA-INTENSIVE RESEARCH ON AGING

The Network for Data-Intensive Research on Aging (NDIRA) will support an emerging interdisciplinary community of scientists using novel collections of cross-sectional, longitudinal, and contextual data for research on population aging. NDIRA will bring established scholars of aging together with scholars new to the field and introduce them to data that are fundamental to understanding health outcomes at older ages. By fostering communication and collaboration, as well as providing hands-on assistance in data management and analysis, we will contribute to both the talent pool and the data resource pool for addressing the demography and economics of aging.



[HOW TO JOIN](#)

- ▶ ABOUT
- ▶ NEWS & EVENTS
- ▼ RESEARCH & PROGRAMS
 - PILOT GRANT PROGRAM
 - DATA USER NETWORK
- ▶ MEMBER SERVICES
- ▶ PEOPLE
- UMAC
- DONATE

https://lcc.umn.edu/research-programs/network?utm_source=IPUMS+Emails&utm_campaign=2594361673-EMAIL_CAMPAIGN_2019_05_31_07_13_COPY_01&utm_medium=email&utm_term=0_a679127ff0-2594361673-21400969

Let's Go Live

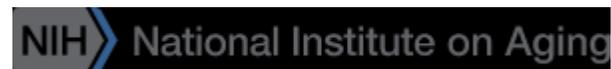
<https://catalog.gpo.gov/>



https://www.census.gov/library/visualizations/2020/demo/aging_story_map.html



<https://www.nia.nih.gov/>



<https://www.alzheimers.gov/>

<https://www.ssa.gov/benefits/retirement/>

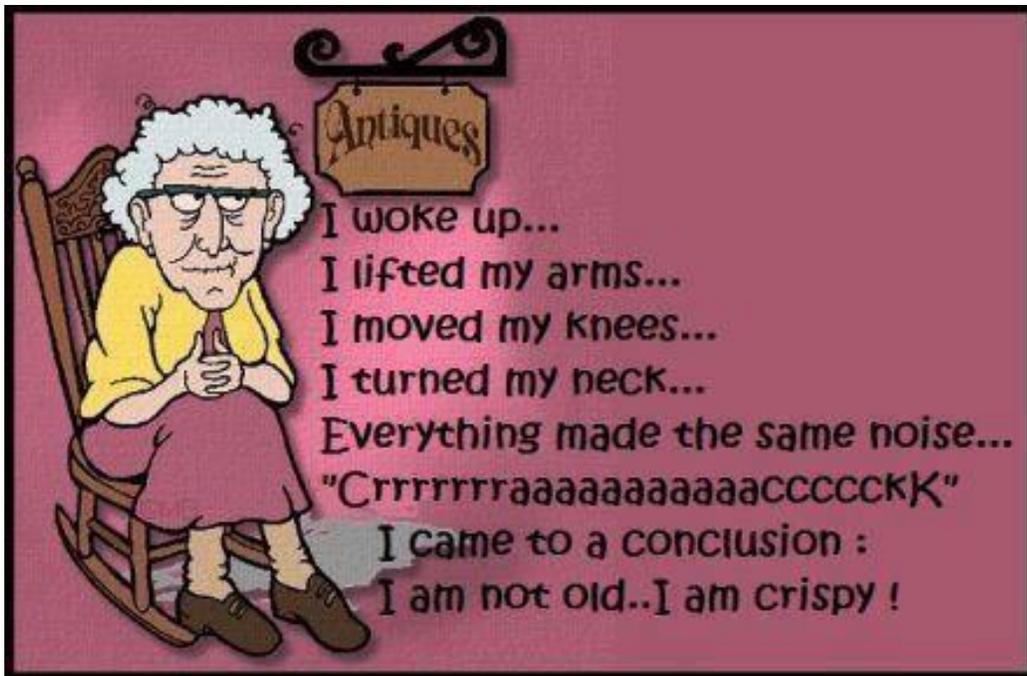
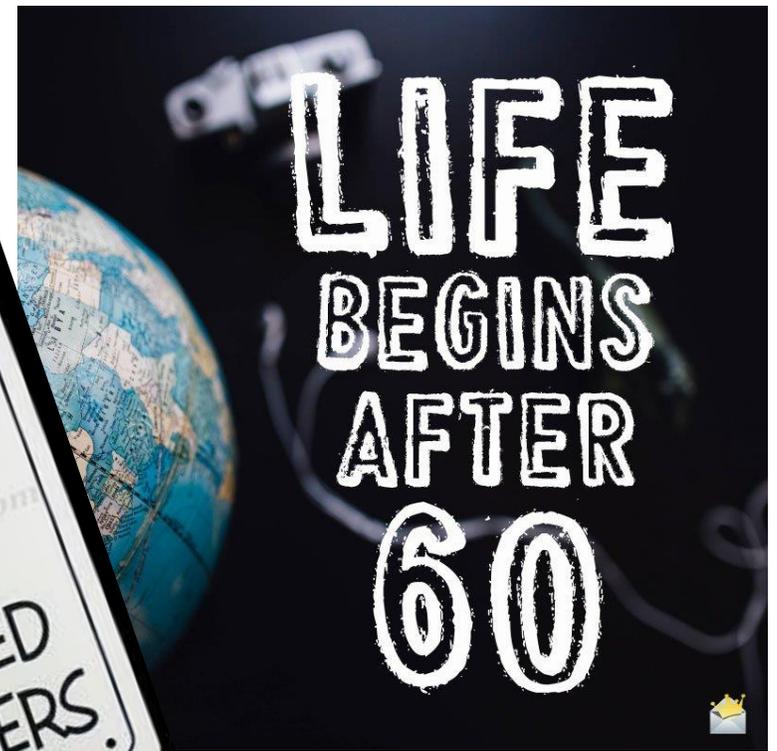
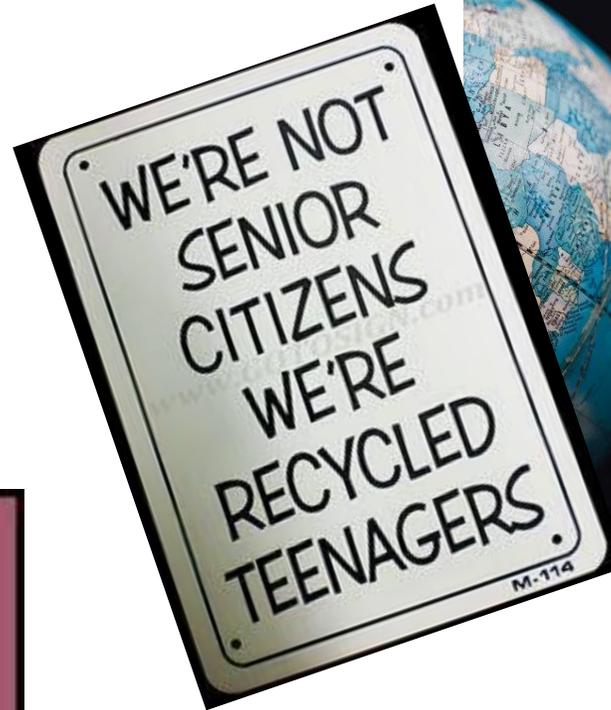


Thanks for listening

Age is an issue of
mind over matter.
If you don't mind,
it doesn't matter.
Mark Twain

**It's not the
years in your
life that count.
It's the life
in your years!**

(Abe Lincoln)



YOUNG AT HEART
Slightly older
in other places.

www.cafepress.com/GeezerShop