

Physical and Social Environments for High-Age Individuals

Living to 100 Panel Session 6A Handout



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This handout supports the topics discussed in Session 6A. It focuses on the major topics discussed in the session and includes information about where to find data and information as well as some examples.

Costs of Long-Term Care

Long term care can be provided at home, in assisted living, or a facility with a higher level of care.

Genworth Cost of Care - <https://www.genworth.com/aging-and-you/finances/cost-of-care.html> - Genworth (an insurance company) maintains cost for a variety of different caregiving options – costs are also available for different options by zip code.

Type of Service	Rate Type	2021 National Median Values	2020 National Median Values	Year-Over-Year Increase	Five Year Annual Compound Growth Rate
Homemaker	Hourly	\$26	\$24	10.64%	5.39%
Home Health Aide	Hourly	\$27	\$24	12.50%	5.92%
Adult Day Services	Daily	\$78	\$74	5.41%	2.78%
Assisted Living Facility	Monthly	\$4,500	\$4,300	4.65%	4.40%
Nursing Home Semi-Private Room	Monthly	\$7,800	\$7,650	1.96%	2.93%
Nursing Home Private Room	Monthly	\$8,910	\$8,700	2.41%	3.25%

Source: Genworth Cost of Care Surveys 2017-2021; Conducted by Carescout®

Cost of Living in Different Areas and Situations

Elder Index - <https://elderindex.org> – Measures the income seniors need to live independently based on location, single vs married, health status, and home-ownership status. Maintained by UMass. Examples are shown below for four areas selected to represent different cost levels and situations. The website includes a simple process for calculating the index for other geographic areas.

ELDER INDEX VALUES

WHAT ARE THE COMPONENTS OF INDEX?

MONTHLY INDEX DETAIL FOR SINGLE HOMEOWNERS WITH MORTGAGE – IN GOOD HEALTH

Area	Kenosha, Wisc.	Osceola, Fl.	Hattiesburg, Ms.	Berkeley, Ca.
Cost level	Average (97%)	Low (86%)	Low (85%)	High (136%)
Housing	\$1,425	\$1,322	\$1,072	\$2,575
Transportation	291	277	377	250
Food	275	275	275	275
Health	421	303	416	453
Miscellaneous	331	267	288	326
Monthly Total	\$2,743	\$2,444	\$2,428	\$3,879

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NOTE: Big difference by area is in housing costs. Other costs seem to vary also. Highest cost area has lowest transportation cost and probably has the most public transit. Percentages in line two are overall percentages of the national average.

ELDER INDEX VALUES

HOW DOES INDEX DIFFER FOR SINGLE VS. COUPLE HOUSEHOLDS?

MONTHLY INDEX FOR HOMEOWNER WITH MORTGAGE – IN GOOD HEALTH - 2021

Area	Kenosha, Wisc.	Osceola, Fl.	Hattiesburg, Ms.	Berkeley, Ca.
Cost level	Average	Low	Low	High
Couple	\$3,710	\$3,259	\$3,445	\$4,858
Single	2,743	2,444	2,428	3,879
Difference	967	815	1,017	979

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NOTE: Big difference by area is in housing costs.

ELDER INDEX VALUES

HOW DOES INDEX VARY BASED ON HEALTH STATUS?

MONTHLY INDEX FOR HOMEOWNER WITH MORTGAGE – SINGLE – BY HEALTH STATUS – 2021

Area	Kenosha, Wisc.	Osceola, Fl.	Hattiesburg, Ms.	Berkeley, Ca.
Cost level	Average	Low	Low	High
Excellent Health	\$2,639	\$2,368	\$2,329	\$3,794
Good Health	2,743	2,444	2,428	3,879
Difference	104	76	99	85

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NOTE: Big difference by area is in housing costs; health status does not matter much.

MONTHLY INDEX FOR RENTERS – SINGLE – BY HEALTH STATUS – 2021

Area	Kenosha, Wisc.	Osceola, Fl.	Hattiesburg, Ms.	Berkeley, Ca.
Cost level	Average	Low	Low	High
Excellent	\$1,939	\$2,102	\$1,903	\$3,408
Good	2,043	2,178	2,002	3,493
Poor	2,259	2,375	2,225	3,662

NOTE: Big difference by area is in housing costs for renters. The difference in cost by health status is greater between good and poor, than between excellent and good.

ELDER INDEX VALUES

HOW DOES INDEX VARY BASED ON HOME OWNERSHIP VS. RENTING, AND BASED ON HAVING A MORTGAGE OR NOT?

MONTHLY INDEX FOR SINGLE – EXCELLENT HEALTH – BY HOME OWNERSHIP STATUS – 2021

Area	Kenosha, Wisc.	Osceola, Fl.	Hattiesburg, Ms.	Berkeley, Ca.
Cost level	Average	Low	Low	High
Renter	\$1,939	\$2,102	\$1,903	\$3,408
Owner with Mortgage	2,639	2,368	2,329	3,794
Owner no Mortgage	1,880	1,528	1,631	1,870

NOTE: Big difference by area is in housing costs for renters and owners with mortgages, much lower difference for owners without mortgages. Relative costs are very different depending on home ownership status.

Policy Initiatives Related to Aging and/or Long-Term Care

Illinois Aging Together - <https://illinoisagingtogether.org>

What is the Illinois Aging Together Campaign?

Illinois Aging Together is a campaign for aging equity in Illinois. This campaign is working to have Illinois government develop and adopt a long-term Strategic Action Plan for Aging. The campaign also seeks to counteract ageism by promoting the value, meaning, and purpose of life that older adults should be able to enjoy with their families and communities.

Examples of Statewide Age Friendly Initiatives - https://rhrc.umn.edu/wp-content/uploads/2021/10/Aging-Initiative-Guide_10.04.21_508.pdf

Advancing States - <http://www.advancingstates.org/about-advancing-states> - Provides information by state on policies with regard to aging, disabilities and long-term services and supports.

Long-term Financing Reform Proposals linked to Public Programs - <https://www.actuary.org/node/14489>

Long-Term and the Middle Market: Sizing the Opportunity for New Ways to Finance Long-Term Care - <https://www.soa.org/resources/research-reports/2018/ltc-middle-market/>

Maryland Governor's Task Force on Long-Term Care Education and Planning - [https://dlslibrary.state.md.us/publications/NonMd/SB696Ch212HB953Ch213\(2017\)_2018.pdf](https://dlslibrary.state.md.us/publications/NonMd/SB696Ch212HB953Ch213(2017)_2018.pdf)

Community Support and Living Arrangements

AARP Network of Age Friendly Communities and States - <https://www.aarp.org/livable-communities/network-age-friendly-communities/>

Discovering and Developing Missing Middle Housing - <https://www.aarp.org/livable-communities/housing/info-2022/missing-middle-housing.html>

The Forgotten Middle: Housing and Care Options for Middle Income Seniors in 2033 (2022 study from NORC updating 2019 study) - <https://www.norc.org/Research/Projects/Pages/forgotten-middle-housing-and-care-options-for-middle-income-seniors-in-2033.aspx>

Missing Middle Housing - https://en.wikipedia.org/wiki/Missing_middle_housing

Village to Village Network - <https://www.vtvnetwork.org> - helping people age in place

Example: Skyline Village (Chicago near north area) – <https://skyline.clubexpress.com>

Senior Living Options and Retirement Guide - <https://www.seniorliving.org/housing/>

Kendal Organization - <https://www.kendal.org/communities/>

Kendal at Home – lifecare brought to individuals in their own homes - <https://www.kendalathome.org>

Two panelists are residents of senior housing with life care:

The Admiral at the Lake, Chicago – <https://admiral.kendal.org>

Shell Point Retirement Community, Fort Myers, Florida - <https://www.shellpoint.org>

Improving Health and Making Health Care Work

The World Health Organization (WHO) has explored determinants of health. It shows the connection of health to the world around us - <https://www.who.int/news-room/questions-and-answers/item/determinants-of-health>

According to the WHO, there is a 19 year difference in life expectancy between high human development and low human countries - https://www.who.int/health-topics/social-determinants-of-health#tab=tab_1

The U.S. Government has addressed social determinants of health in Healthy people 2030 - <https://health.gov/healthypeople/priority-areas/social-determinants-health>

Hospitality's Immense Opportunity in the New Senior Living – article providing a vision of new models for senior housing incorporating support and an active and engaged lifestyle - <https://www.bu.edu/bhr/2022/05/24/hospitalitys-opportunity-senior-living/>

Designing and Implementing Value Based Medicine: A Strategic Framework - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7185050/>

Everybody's Talking About Value Based Care: Here is What They are Not Saying - <https://www.forbes.com/sites/sachinjain/2022/04/12/what-is-value-based-healthcare-really/?sh=76c77e62d8af>

SOA Research Institute Publications Related to Housing and Long-Term Care

Decision Briefs (for individuals nearing or in retirement), Where to Live in Retirement - <https://www.soa.org/4937ba/globalassets/assets/files/research/research-pen-housing.pdf>

Financing Long-term Care Needs - <https://www.soa.org/49c640/globalassets/assets/files/research/research-pen-long-term-care.pdf>

Late-in-Life Decisions Guide - <https://www.soa.org/resources/research-reports/2022/2022-lil-decisions-guide/>

Family is Important to Retirement Security - <https://www.soa.org/491bb5/globalassets/assets/files/resources/research-report/2020/family-retirement-security.pdf>

The Journey Through Retirement - <https://www.soa.org/498452/globalassets/assets/files/resources/research-report/2021/research-journey-retirement-report.pdf>

Essay: Are CCRCs and Senior Housing Communities a Good Choice? COVID-19 and Risk in Arrangements for Senior Housing and Support, by Anna Rappaport - <https://www.soa.org/globalassets/assets/files/resources/research-report/2020/covid-19-aging-essay-rappaport.pdf>

2017 Post Retirement Risk Survey, Key Findings and Issues: Housing in Retirement - <https://www.soa.org/49345b/globalassets/assets/files/resources/research-report/2018/housing-retirement.pdf>

2017 Post Retirement Risk Survey, Key Findings and Issues: Caregiving for Older Individuals: Perspectives of the Caregiver and the Care Recipient - <https://www.soa.org/494f68/globalassets/assets/files/resources/research-report/2019/caregiving-older-adults.pdf>

A Conversation on Dementia and Cognitive Decline - <https://www.soa.org/resources/research-reports/2018/cognitive-conversation/>

Improving Retirement by Integrating Family, Friends, Housing and Support - <https://www.soa.org/globalassets/assets/files/resources/essays-monographs/managing-impact-ltc/mono-2014-ltc-manage-rappaport.pdf>