

Elder Ecosystem: Agency and Vulnerability

USC Tamkin Symposium

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(Hon 2008)

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Disclosure

- ▶ Engagement by Hirsch Philanthropic Advisors and Associates to Consult on Exploration of Experience of Persons With Dementia and their Experience in Emergency Departments in San Francisco
- ▶ Board member of not for profit Medicare Advantage SCAN Health Plan

Agenda

- **1. Painting the Context of a Growing Population-
an Aging Society and Chronicity**
- **2. Outlining the hopes of a more prepared
society to support as well as individuals to
understand the elements of growing older**
- **3. Recognizing and scaling not new but crucial
timeless innovations**
- **4. Systems Innovation in Play-Nationally and
Local**

Snippets for Context

- Approximately 11,200 in US are turning 65 daily (Forbes, 2024)
- By the end of 2024, every Baby Boomer will be age 60 or older (Harvard Business Review.org March, 2024)
- Persons aged 65 and over represent the fastest growing segment of the workforce (10% for 35-44 and 34% for 65+) US Bureau of Labor Statistics



Other Snippets for Context

- Divorced-women 1980 3%: 2023 15%; men 1980 4%-2023 12% *
- Women Living Alone-2023 27% ages 65-74; 39% 75-84; 50% over 85 *
- Living in poverty-among those 65 and older, non Hispanic white 8%; more than twice for Latino and African Americans*
- Homelessness-nearly half of homeless are over age 50, Kuschel, 2022: ASPE 2023

*Population Reference Bureau.org
2023



The Person Centered Triple Aim for the Older Adult-A Reframed Emphasis

Better
Health-What Matters

- Quality, Evidence Based Care
- Safe, compassionate care
- Informed/shared decision-making
- (PERSON/PATIENT)

Greater Value/
Lower Costs \$\$

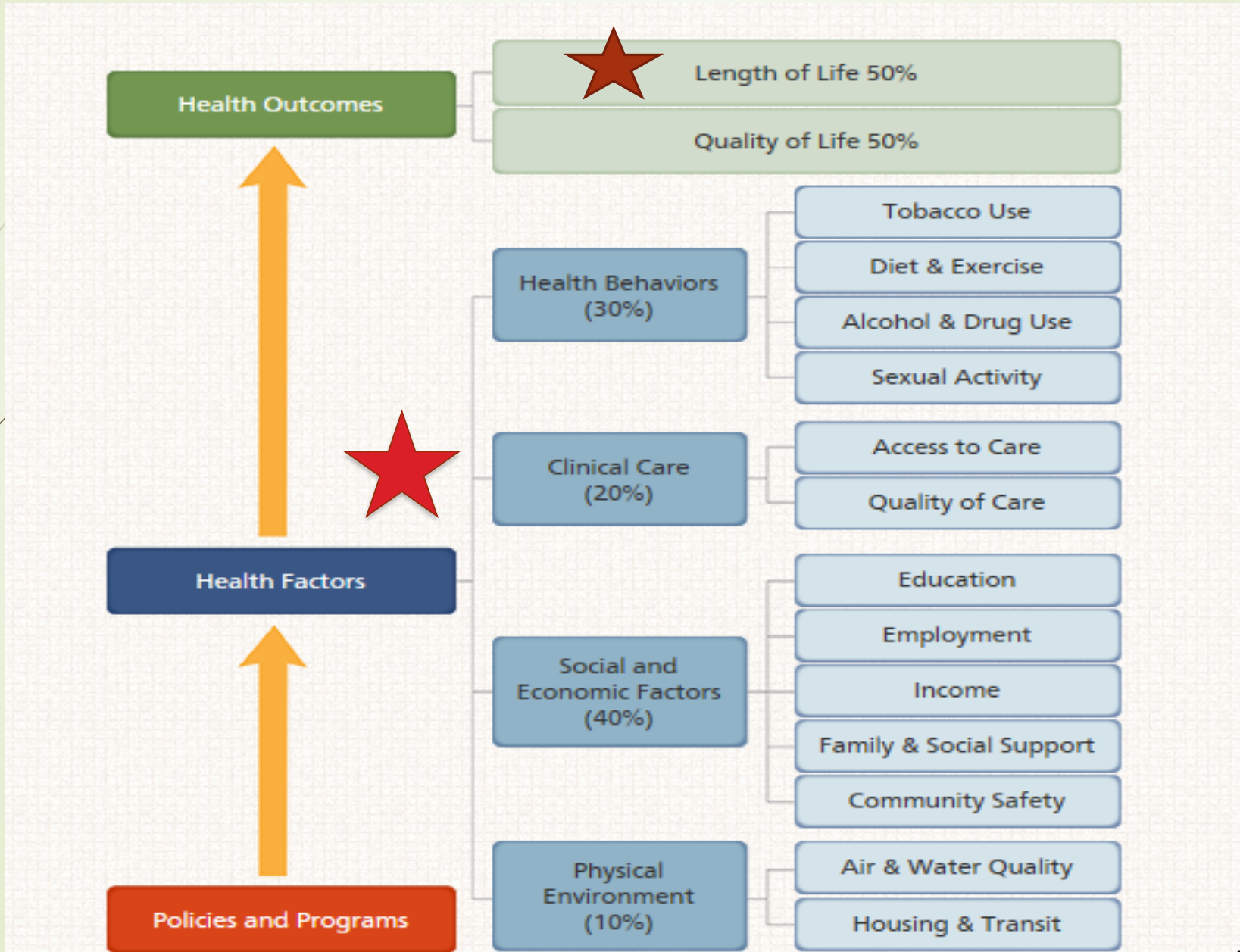
- Save \$\$\$ for person/family, payers, society-Medicare, Medicaid

- Maintain best function and engagement at home and in community
- greater capacity and resilience
- Agency-self determination

Better Care



What is Best Health and Living? Function and Wellbeing



Having Agency



➔ nadia_snopek/Adobe Stock

Agency is the sense of control that you feel in your life, your capacity to influence your own thoughts and behavior, and have faith in your ability to handle a wide range of tasks and situations. Your sense of agency helps you to be psychologically stable, yet flexible in the face of conflict or change.

Age Friendly Health Systems



UCSF Health

THE 4M MODEL



WHAT MATTERS



MEDICATIONS



MENTATION



MOBILITY



Institute for
Healthcare
Improvement



Relationships and Trust



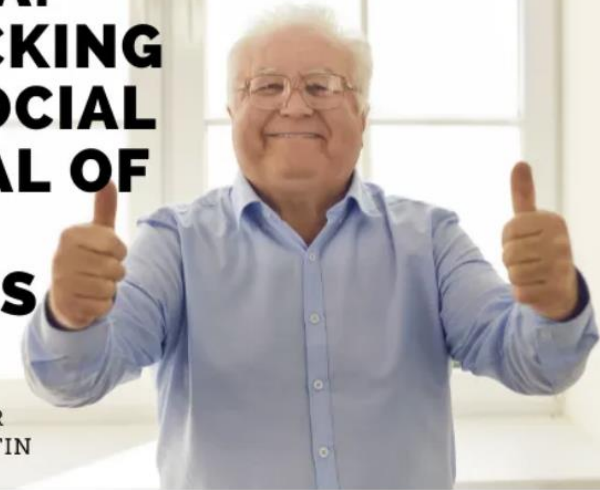
Cross Generational Connections



Intergenerational Entities



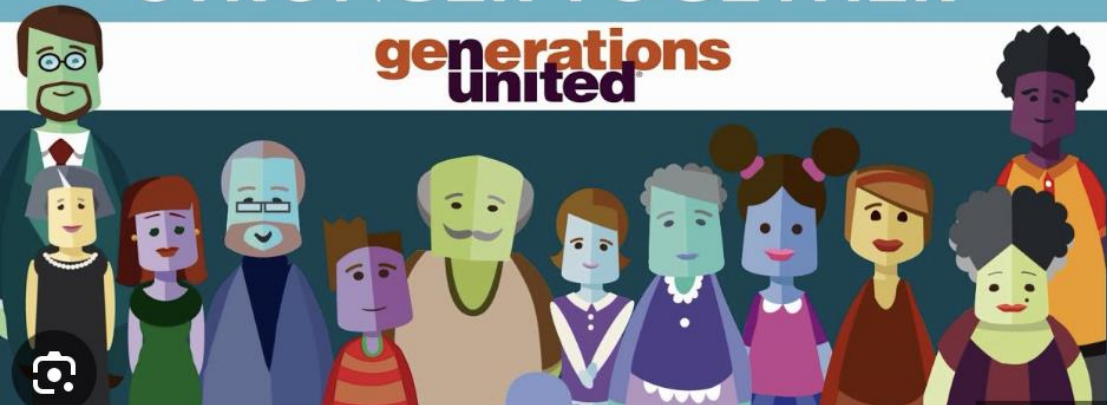
**ELDERA:
UNLOCKING
THE SOCIAL
CAPITAL OF
OLDER
ADULTS**



DOF LUN MINTZER
AND DANA GRIFFIN

**BECAUSE WE'RE
STRONGER TOGETHER**

**generations
united**



Interdependency

- **Versus only INDEPENDENCY**
- **Visibility WITH others**

“Leaders of Aging Organizations” COLLABORATIVE Engaged the Frameworks Institute 2014



Years of Study and Products from the Frameworks Institute: Changing Aging, Elder Abuse



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Changing the conversation on social issues

Using framing to unlock change

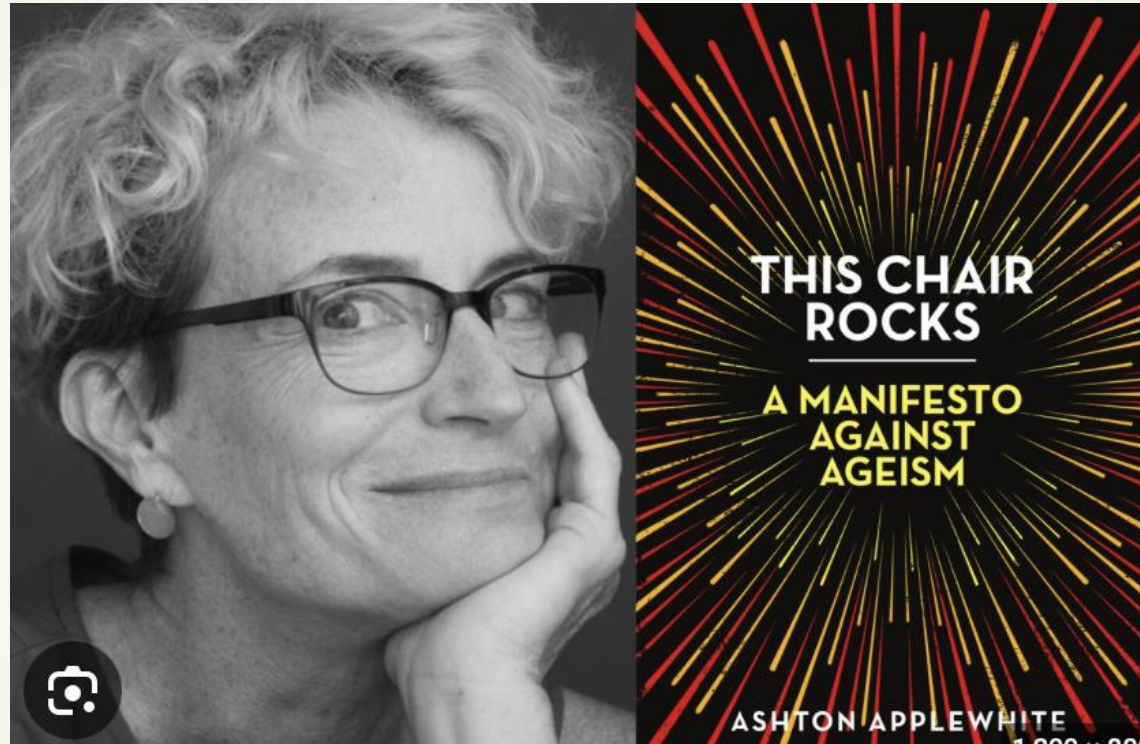
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Calling out Ageism



System Opportunities to Prevent and Mitigate Abuse

- Banking, hospitals/health systems, older adult community programs, clinical training, places of worship, workplaces/human resources

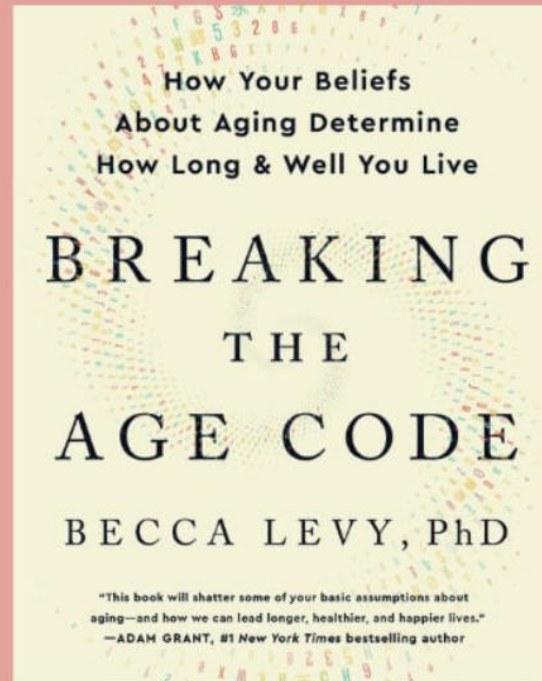


Dr. Becca Levy-Yale University

Positive Age Beliefs = +7.5 years



2022



Awareness | **Blame** | **Challenge**

Knowledge is Power | Systems of Bias | Stereotypes & Myths

A social movement for all ages.

My Hope Now:


Democratizing Knowledge

THE PUBLIC





What I do as an Older Adult

- 1. Recognize despite all that I know after decades in the field, I may develop brain changes that may cause me to be more cognitively vulnerable
 - 2. If I am not "engaged and connected" I can experience social isolation and possible loneliness
 - 3. Seek out learning new areas, social situations and continue to be curious
 - 4. Use phone/computer tools that may protect me from tech "assaults" and scams
 - 5. Have trusted family back up with knowledge of my patterns and activities.
 - 6. Re activate my connections especially if I know they are solo agers
- 



"NEVER DOUBT THAT A SMALL GROUP OF
THOUGHTFUL, COMMITTED
CITIZENS CAN CHANGE THE WORLD;

INDEED,
IT'S THE ONLY THING THAT EVER HAS."

— MARGARET MEAD

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