2019

The Power and Potential of an Aging Nebraska

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The Power and Potential of an Aging Nebraska

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College of Public Affairs and Community Service

Since 1972, working for the future. We’re Ready – Are You?

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Aging in the United States

A More Diverse Nation
Distribution of Race and Hispanic Origin by Age Groups

Source: U.S. Census Bureau

[Graph showing population distribution by race and Hispanic origin for different age groups from 2010 to 2018]
In 2019 the population of 75+ surpassed the population under age 5

Projection of Nebraska population for select age groups 2010 - 2050

Source: June 2013 Population Projections, UNO Center for Public Affairs Research
Prepared by: David Drozd
Rethinking our views on aging
60 years of potential – If you’ve seen one older adult

20th Century View of Aging
Aging and Disease are Synonymous

21st Century View of Aging
Aging is a process, not an event
Percent of population age 65 or older

Nebraska legislative districts, 2017

Source: 2017 American Community Survey 5-Year Estimates, U.S. Census Bureau
Prepared by: Melanie Kiper
Percent change in 85 and older population
2010 – projected 2050

Note: Nebraskans age 85 and older are projected to increase 163.4% from 2010 to 2050.
- Decrease (1 county)
- Increase of less than 50% (11 counties)
- Increase of 50 to 99.9% (34 counties)
- Increase of 100% (a doubling) or more (47 counties)
Heterogeneity of Aging

- **Young-Old (persons 65-74)**
  - Still working (placeholder)
  - Still driving & getting around community
  - May be caring for an aging parent (85 + group)

- **Old (persons 75-84)**
  - Still driving
  - Keeping up home
  - Working full or part-time (Dr. Tom Osborne)

- **Oldest-old (persons 85 +)**
  - May be caring for spouse
  - May be facing effects of chronic conditions
  - May still be working (Warren Buffett)

Aging and Disability Are Not Synonymous

Nebraskans living in households with a disability, including, vision, cognitive, ambulatory, self-care, independent living and hearing.

Cognitive difficulty

- 60-64: 6%
- 65-69: 4%
- 70-74: 7%
- 75-79: 10%
- 80-85: 16%
- 90+: 32%

Independent living

- 60-64: 6%
- 65-69: 8%
- 70-74: 12%
- 75-79: 20%
- 80-85: 28%
- 90+: 61%

All disabilities

- 60-64: 23%
- 65-69: 25%
- 70-74: 34%
- 75-79: 50%
- 80-85: 58%
- 90+: 83%
Looking into the Future | Four ideas for Nebraska

Agricultural Opportunities
Aging Across the Lifespan

Workforce Initiatives
Working Beyond 60

Quality of Life
The value of aging after 60

Rural Health, Rural Decisions
What do people want?
Nebraska Farmers and Ranchers

• 46,332 primary producers in 2017

• 57.8 average age of farmer/rancher

<table>
<thead>
<tr>
<th>Age</th>
<th>Number</th>
<th>%</th>
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<tr>
<td>&lt;25</td>
<td>384</td>
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<tr>
<td>25-34</td>
<td>3,680</td>
<td>7.9</td>
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<td>35-44</td>
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<td>45-54</td>
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<td>55-64</td>
<td>13,922</td>
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<td>65-74</td>
<td>10,157</td>
<td>21.9</td>
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<tr>
<td>75+</td>
<td>5,545</td>
<td>12.0</td>
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<tr>
<td>Total</td>
<td>46,332</td>
<td></td>
</tr>
</tbody>
</table>

Source: USDA – National Agricultural Statistics Service
Agricultural Opportunities – Farming and Ranching Across the Lifespan

USDA - Beginning Farmer, Rancher Development Programs

(291 programs across the US. 6 were singled out as exemplars, 3 in the region)

• Mentoring younger farmers and ranchers

• Teaching skills and resiliency (both)

• Model states: Minnesota, Wisconsin, Iowa

• 5 Grant Awardees in Nebraska
Workforce Initiatives – Working Beyond 60

• Aging entrepreneurs are on the increase while younger entrepreneurs are on the decline (Forbes, 2019)

• How can Nebraska draw on existing talent?
  • Global Coalition on Aging – Silver Economy
  • WISE – Seniors in Business
  • Global Institute for Experienced Entrepreneurship
  • e² ENTREPRENEURIAL ECOSYSTEMS – Lincoln, NE

• The need for trained aging professionals
  • Social, medical, legal, financial and others
  • Do positions reflect the current educational offerings?

22% of Nebraskans over age 65 are in the workforce. 74% of 55-64 year olds the 2nd highest rate in the county

Source: American Community Survey
Quality of Life – The Value of Life

• Arts programming
  • Art for Life in North Dakota
  • Arts and Aging in Missouri
  • OMA – Rose Blumkin Home – arts and dementia
  • Makerhood District (MCC)

• Education
  • Internet and Computer Literacy (DO Space, Extension, OLLI, AAAs)

• Community
  • Intercultural Senior Center
  • Geezers, Gulpers and Gardeners (North Carolina)
  • Master Gardeners
Rural Health, Rural Decisions

Area Agencies on Aging – in place and in motion

- Juniper – Your Health. Your Community. (Metropolitan Area Agency on Aging / Arden Hills, MN)

- Mobile Farmers’ Market (Central Plains Area Agency on Aging / Wichita, KS)

- Personal Financial Participation in Valuable Programs (Northeast Iowa Area Agency on Aging / Waterloo, IA)

10% of those over 65, living in a rural county, are in poverty

Source: National Association of Area Agencies on Aging, 2019
Local Decisions – the Role of the Aging Network

• Nebraska Association of AAAs (620 in US)
  • In place – offering services in five core areas:
    • Elder Rights – abuse prevention and LTC Ombudsman
    • Caregiver Support – education and respite
    • Nutrition – meal sites, home delivered meals
    • Health and Wellness – exercise and screenings
    • Supportive Services – I&A, in-home, homemaker/chore, transportation, care management, home modification, legal services

Map Source: Nebraska Association of Area Agencies on Aging
Best States to Retire in 2019
Nebraska May Be for Everyone...

1. Nebraska
2. Iowa
3. Missouri
4. South Dakota
5. Florida
6. Kentucky
7. Kansas
8. North Carolina
9. Montana
10. Hawaii

Source: Bankrate – In Bloomberg, 2019

Prairie Queen Recreation Area – Sarpy County, USA
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