

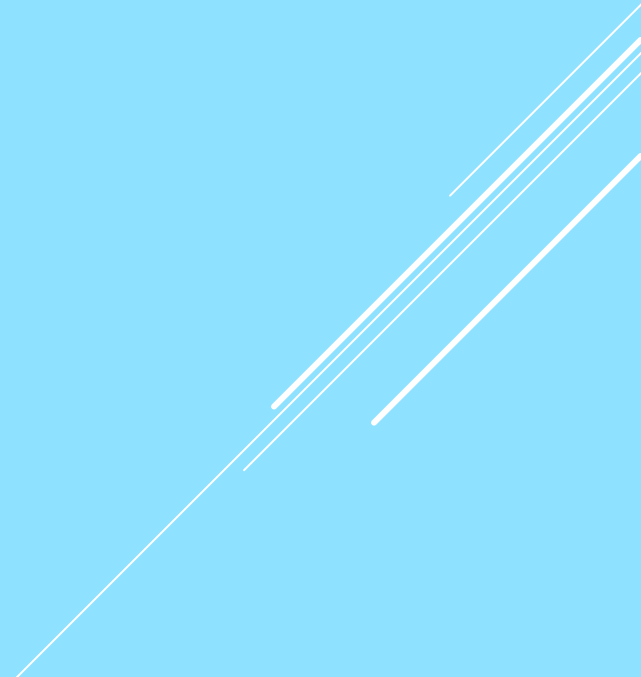
GERONTOLOGY 101 IN MONTGOMERY COUNTY, MARYLAND

Erin Kate Smith, Ph.D.

Aging and Disability Services, Health and
Human Services

Montgomery County

SUMMARY OF ACTIVITIES

- ▶ Defining an Older Person
 - ▶ Overview of Montgomery County's Changing Demographics
 - ▶ Aging
 - ▶ Diversity
- 
- A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

WHEN DOES OLD AGE
BEGIN?

The image features a solid light blue background. In the bottom right corner, there are several thin, white, parallel lines that create a sense of motion or a stylized graphic element, extending from the bottom edge towards the top right corner.

THE LIFE AND

AGE OF WOMAN.



Stages of Woman's life from infancy to the brink of the grave.

1
 At one year old the child is full of the ideas of existence, and the mother, seeing that the child is full of life and activity, should be careful to give it the best of care. The child's attention is attracted to the things which surround it, and the mother should be careful to give it the best of care. With all the goodness of the Lord, the child seems to have the strength of an ox, and the mother should be careful to give it the best of care. At this age the child is full of life and activity, and the mother should be careful to give it the best of care.

10
 The first of the stages of life is the infancy of the child. At this age the child is full of life and activity, and the mother should be careful to give it the best of care. The child's attention is attracted to the things which surround it, and the mother should be careful to give it the best of care. With all the goodness of the Lord, the child seems to have the strength of an ox, and the mother should be careful to give it the best of care. At this age the child is full of life and activity, and the mother should be careful to give it the best of care.

20
 At twenty years of age the young woman is full of life and activity, and the mother should be careful to give it the best of care. The young woman's attention is attracted to the things which surround it, and the mother should be careful to give it the best of care. With all the goodness of the Lord, the young woman seems to have the strength of an ox, and the mother should be careful to give it the best of care. At this age the young woman is full of life and activity, and the mother should be careful to give it the best of care.

30
 At thirty years of age the young woman is full of life and activity, and the mother should be careful to give it the best of care. The young woman's attention is attracted to the things which surround it, and the mother should be careful to give it the best of care. With all the goodness of the Lord, the young woman seems to have the strength of an ox, and the mother should be careful to give it the best of care. At this age the young woman is full of life and activity, and the mother should be careful to give it the best of care.

40
 At forty years of age the young woman is full of life and activity, and the mother should be careful to give it the best of care. The young woman's attention is attracted to the things which surround it, and the mother should be careful to give it the best of care. With all the goodness of the Lord, the young woman seems to have the strength of an ox, and the mother should be careful to give it the best of care. At this age the young woman is full of life and activity, and the mother should be careful to give it the best of care.

50
 At fifty years of age the young woman is full of life and activity, and the mother should be careful to give it the best of care. The young woman's attention is attracted to the things which surround it, and the mother should be careful to give it the best of care. With all the goodness of the Lord, the young woman seems to have the strength of an ox, and the mother should be careful to give it the best of care. At this age the young woman is full of life and activity, and the mother should be careful to give it the best of care.

60
 At sixty years of age the young woman is full of life and activity, and the mother should be careful to give it the best of care. The young woman's attention is attracted to the things which surround it, and the mother should be careful to give it the best of care. With all the goodness of the Lord, the young woman seems to have the strength of an ox, and the mother should be careful to give it the best of care. At this age the young woman is full of life and activity, and the mother should be careful to give it the best of care.

Published at Erie, Pa., by A. Alden.

VIDEO CLIP FROM FRAMEWORKS
(STARTS AT 25:25)

[HTTP://WWW.FRAMEWORKSINSTITUT
E.ORG/REFRAMING-AGING.HTML](http://www.frameworksinstitute.org/reframing-aging.html)

WHEN DOES SOMEONE GET TO BE AN OLDER PERSON, SENIOR, OR GET THE DISCOUNT?

Older Americans Act – 60 years

AARP – 50 years

Call 'N' Ride – at least 67 years or at least 16 years
with a disability

Employment Discrimination – 40 years

My 7 year old niece – 30 years

Medicare – 65 years

Senior Community Service Employment Program
(SCSEP) – 55 years

Road Scholar – 50 years

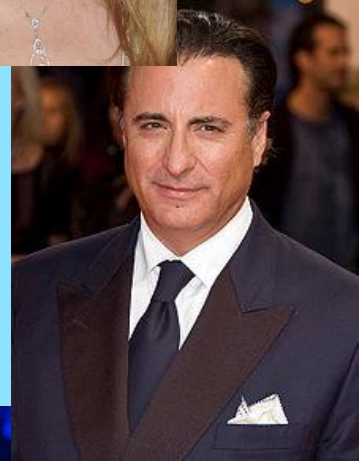
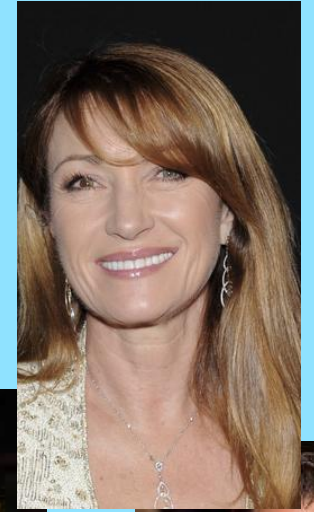
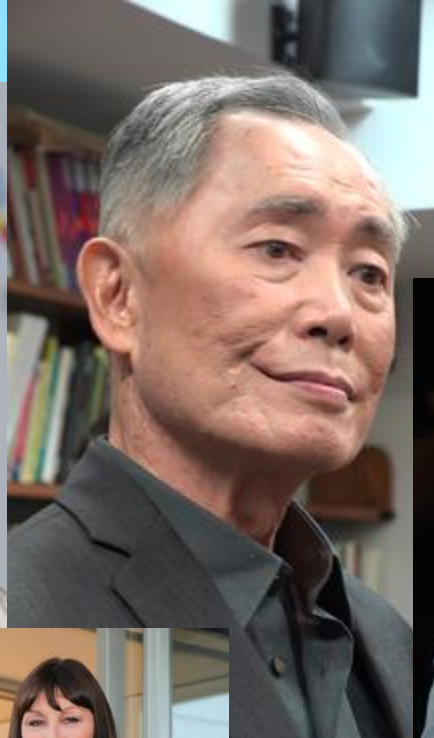
LOTS OF DIFFERENT DEFINITIONS

- ▶ Many HHS services have an eligibility age of 60.
- ▶ Many Recreation services have an age of 55.

Recent research shows that it depends on the term you use

- ▶ Older adult could be as young as 40, senior could be as old as 80... either way these terms don't seem to work. Frameworks Institute a national research group landed on older person/people because it was around 60/65.

“IF YOU MEET A 65 YEAR OLD. YOU HAVE MET ONE 65 YEAR OLD.”



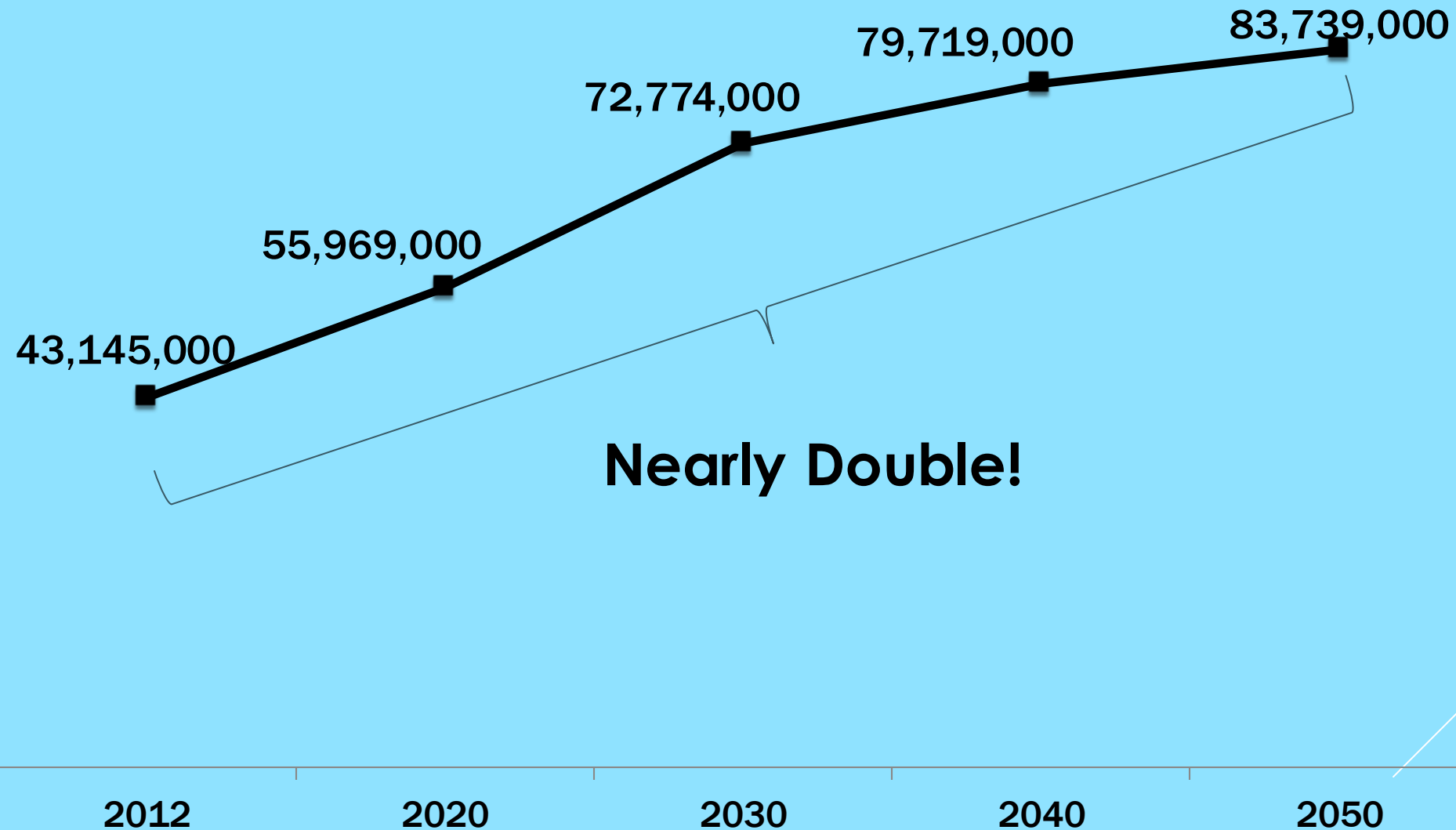
WHO ARE THE NEW OLDER PEOPLE?

- ▶ The Baby Boomer Cohort (1946-1964) is the newest group of Older People.
- ▶ Baby Boomers have a diverse experience, they came of age during the 60's and 70's.
 - ▶ Many experienced the Vietnam War Protests, Racial Equity Movement, and other protest movements firsthand
- ▶ No reason to assume they will not change the way we view old age. They have already shown different preferences than the cohorts that came before them.

THE GROWTH OF THE OLDER POPULATION

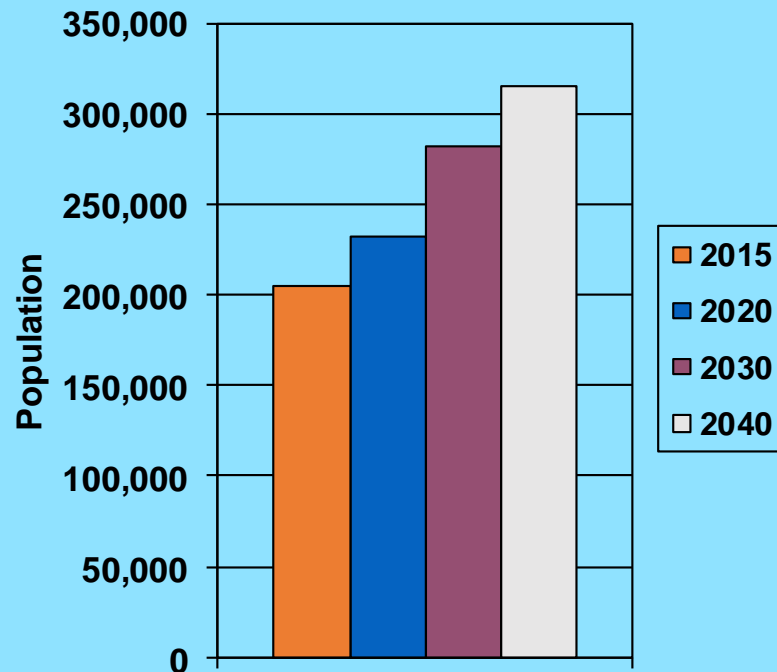


PROJECTED GROWTH IN U.S. OLDER POPULATION



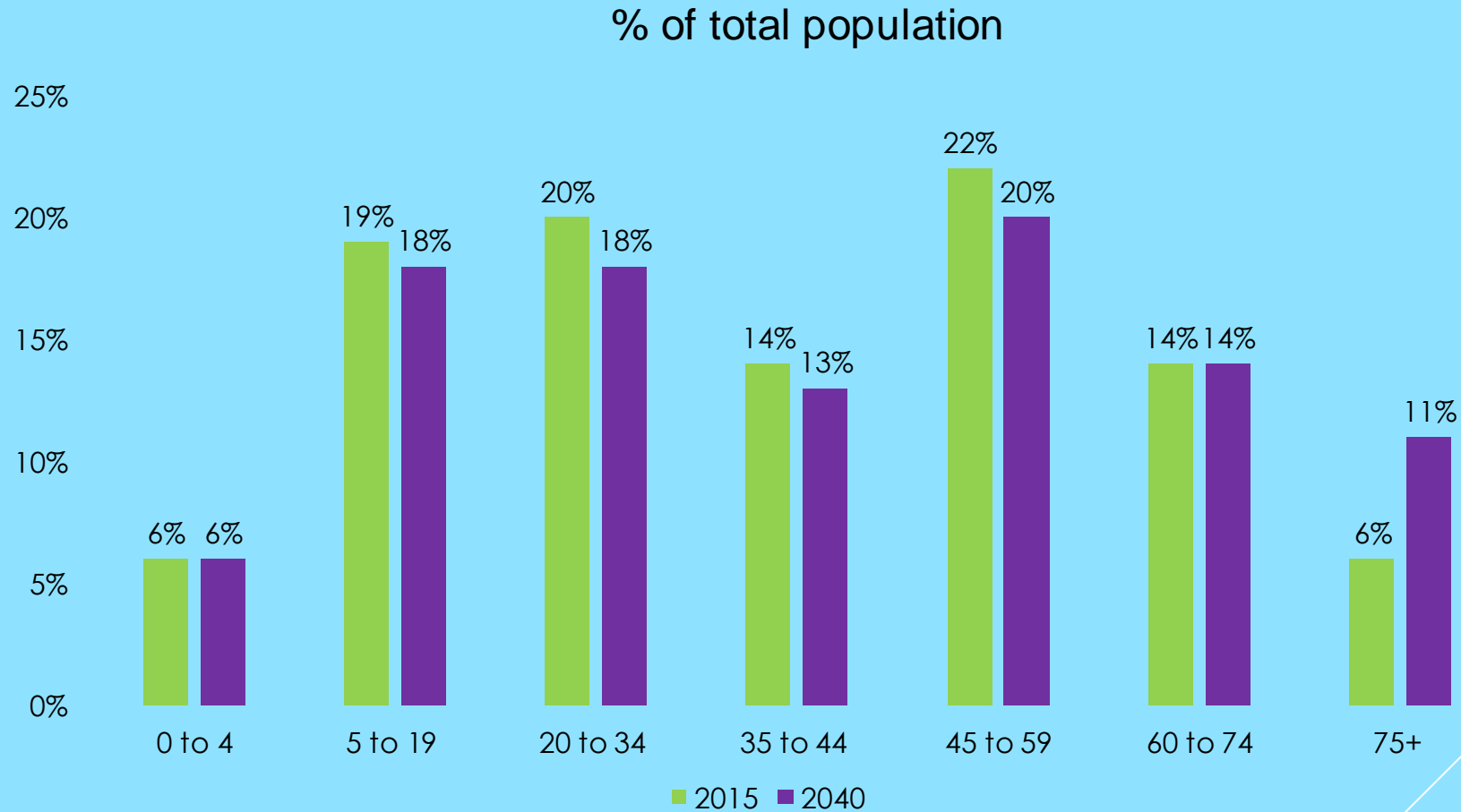
SENIOR POPULATION GROWTH IN MONTGOMERY COUNTY WILL BE GREATER THAN THE STATE AS A WHOLE

Growth in 60+ Population for Montgomery County



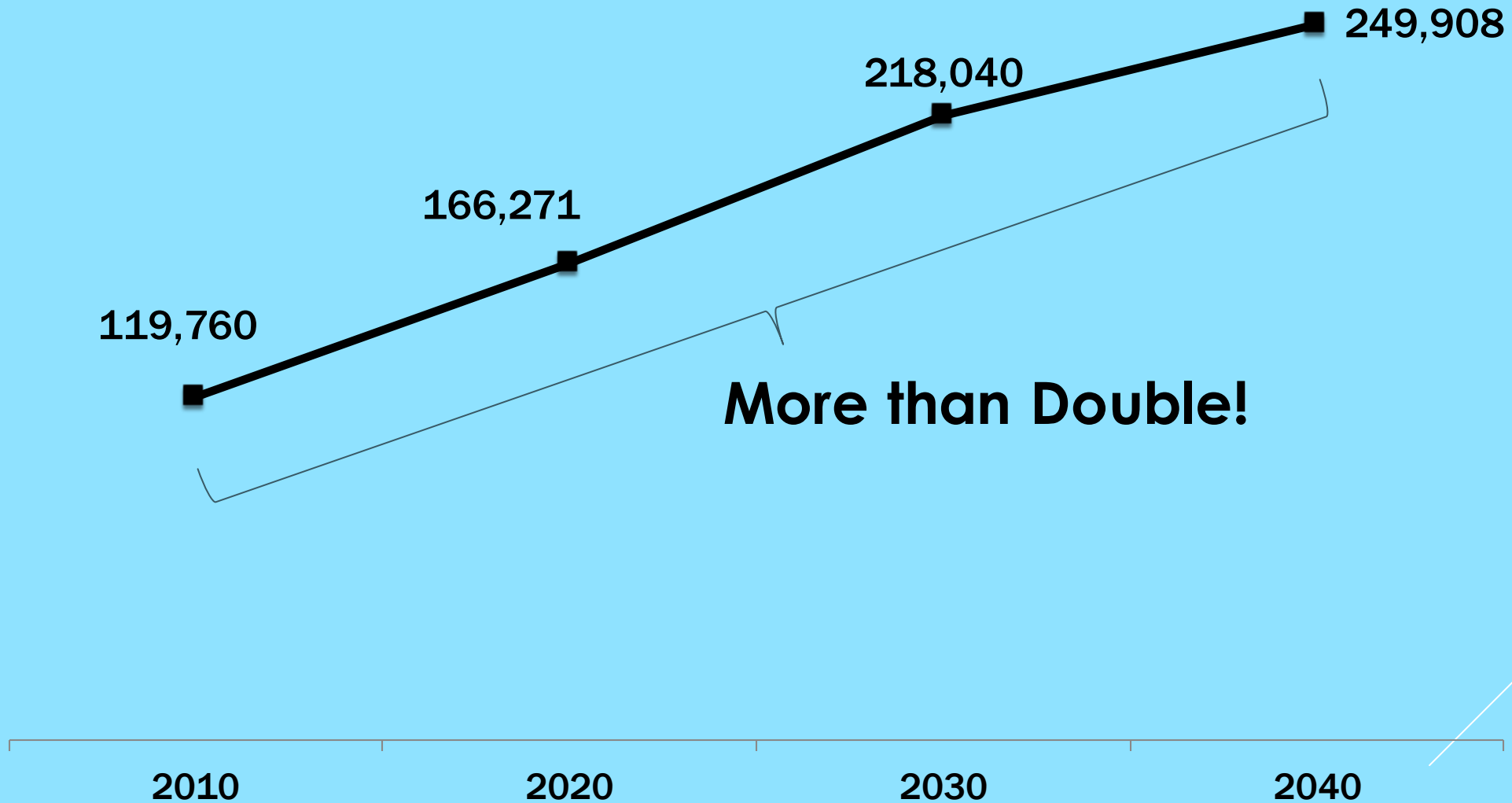
Between 2015 and 2040, the Montgomery County senior population is projected to grow from 205,841 to 315,666, more than a 53% growth rate. This is a higher growth rate than the overall senior population growth rate in Maryland, which is expected to grow from 1,194,480 to 1,802,830 (50%) over this same timeframe.

ONLY THE 75+ AGE GROUP IS FORECASTED TO INCREASE AS A PERCENTAGE OF THE TOTAL MONTGOMERY COUNTY POPULATION.

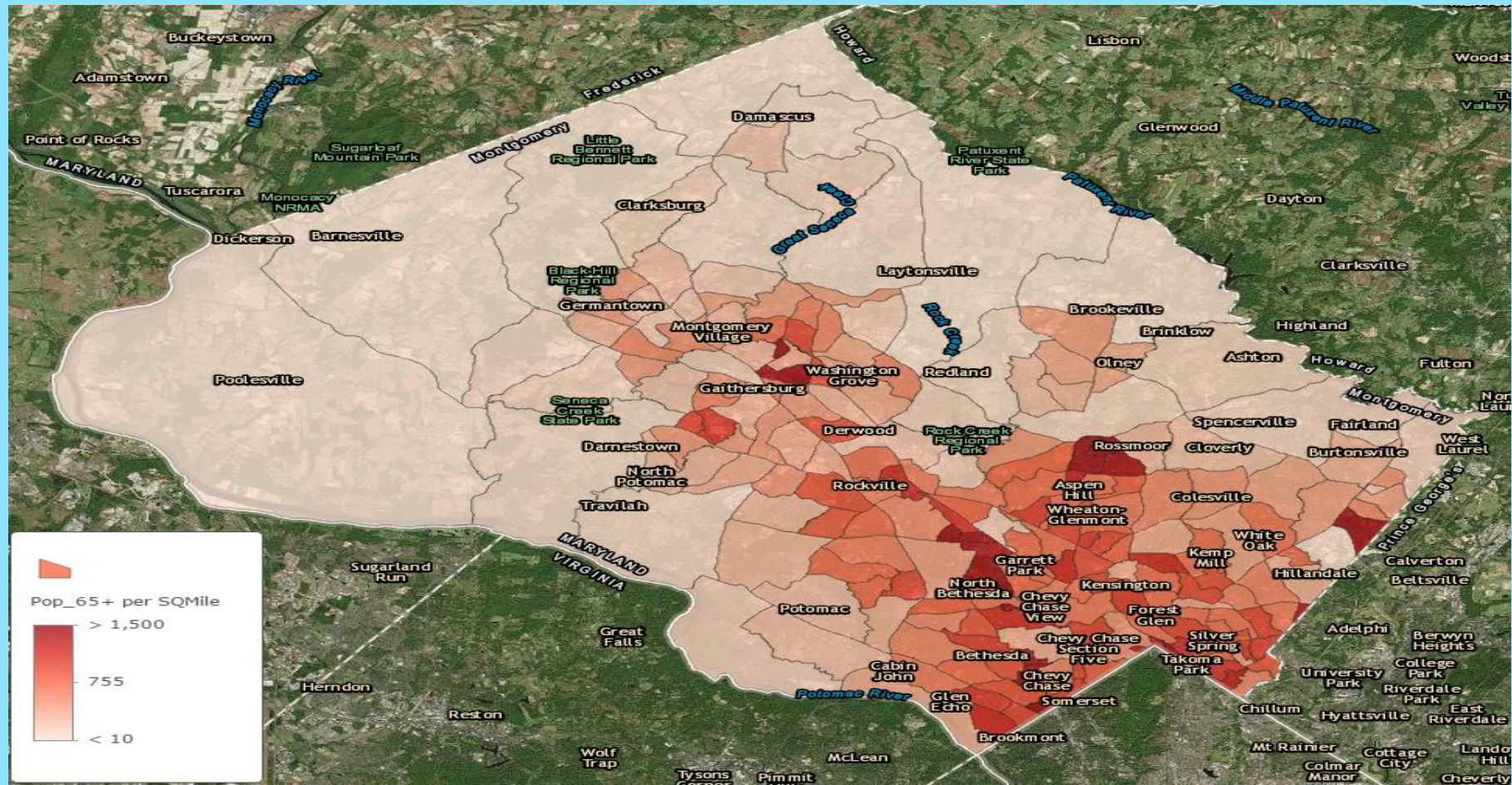


(Source: State of Maryland, 2015)

PROJECTED GROWTH IN MONTGOMERY COUNTY'S OLDER POPULATION



OLDER PEOPLE LIVE EVERYWHERE IN THE COUNTY, BUT THERE ARE SOME HOTSPOTS




WHAT IS CAUSING THE GROWTH IN THE OLDER POPULATION?

- ▶ (1) More people are living longer!
- ▶ (2) The Baby Boomers

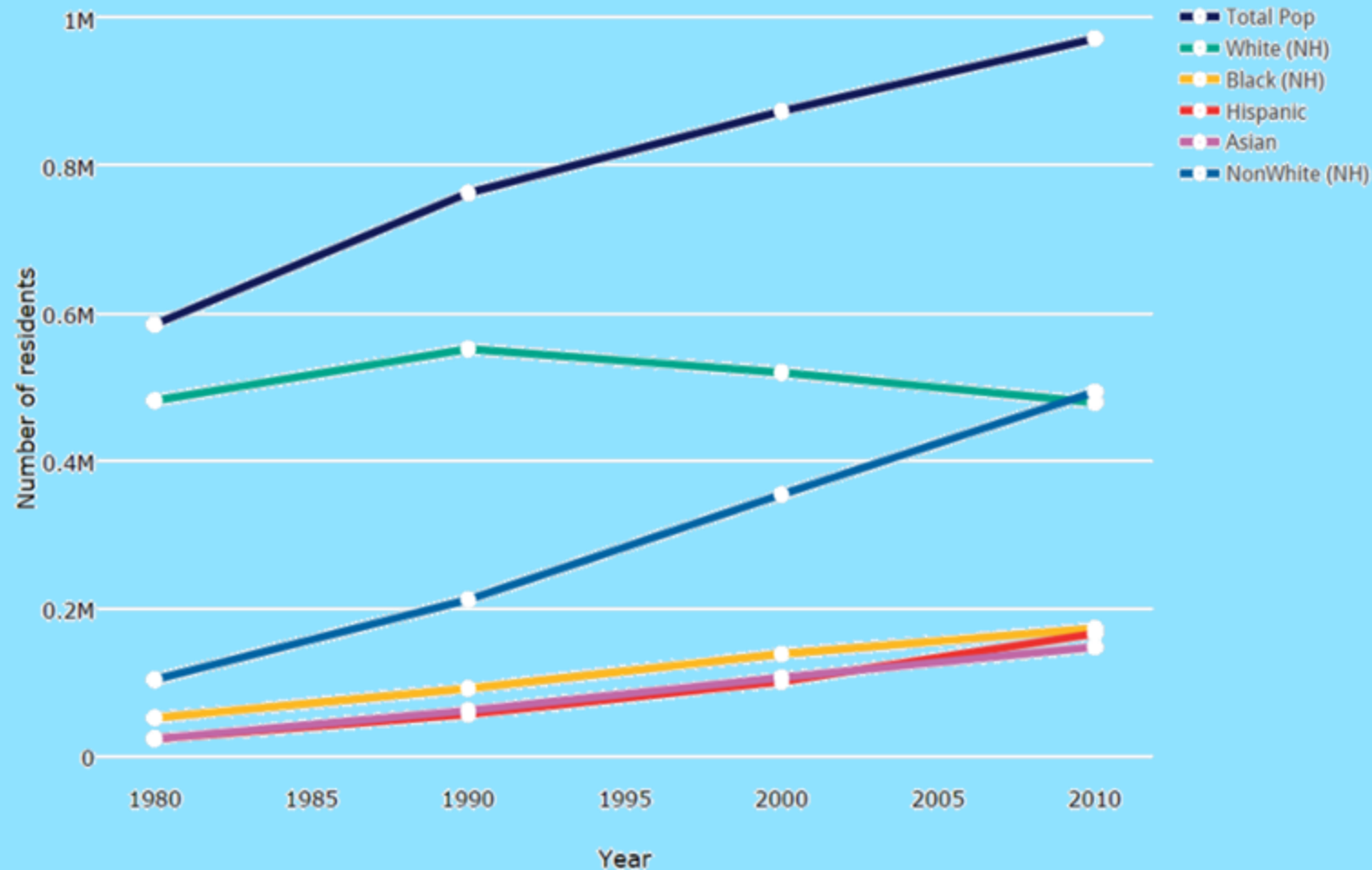


THE DIVERSITY OF THE OLDER POPULATION IN MONTGOMERY COUNTY

The background is a solid light blue color. In the bottom right corner, there are several white lines of varying lengths and thicknesses, all oriented diagonally from the bottom left towards the top right, creating a sense of movement and modern design.

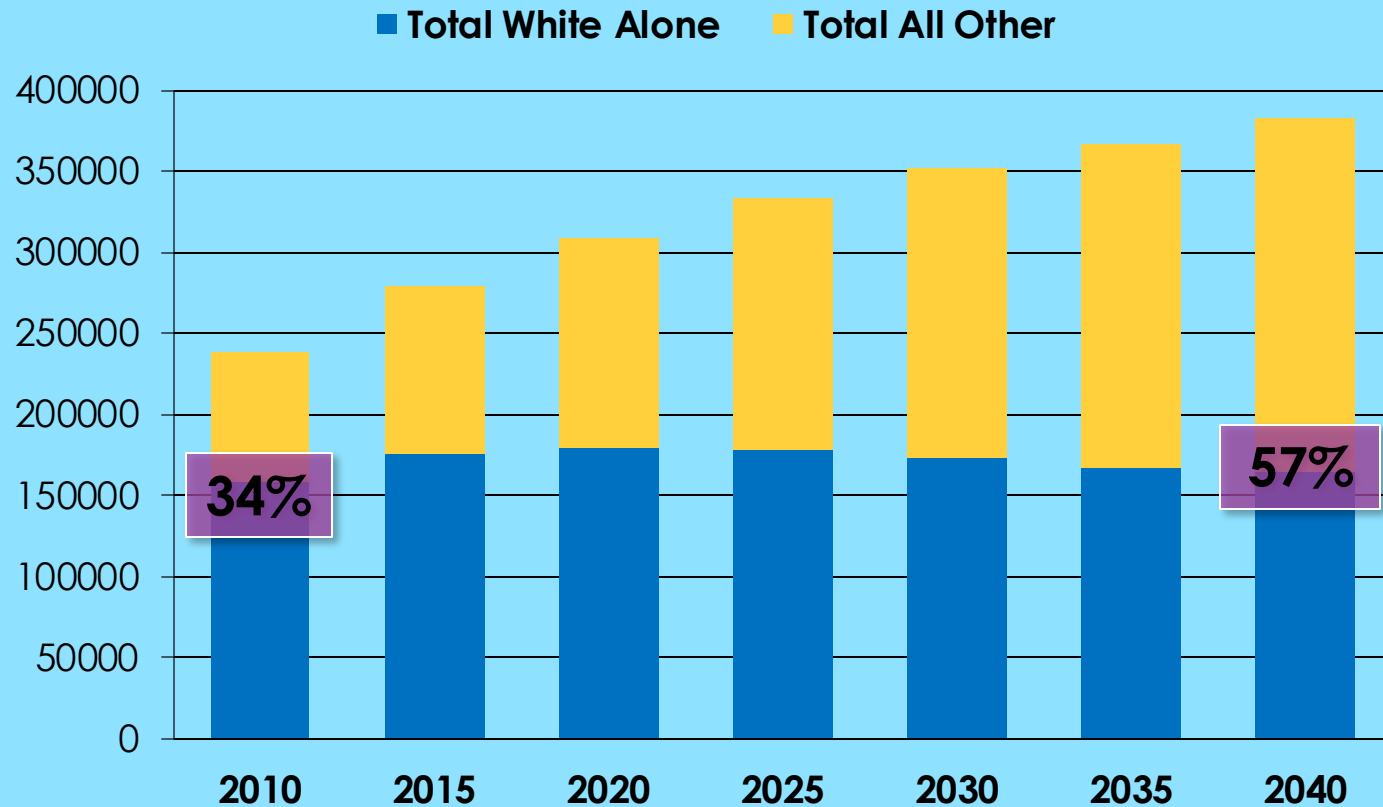
MONTGOMERY COUNTY IS A DIVERSE COUNTY

Demographic Trends in Montgomery County: Race and Ethnicity



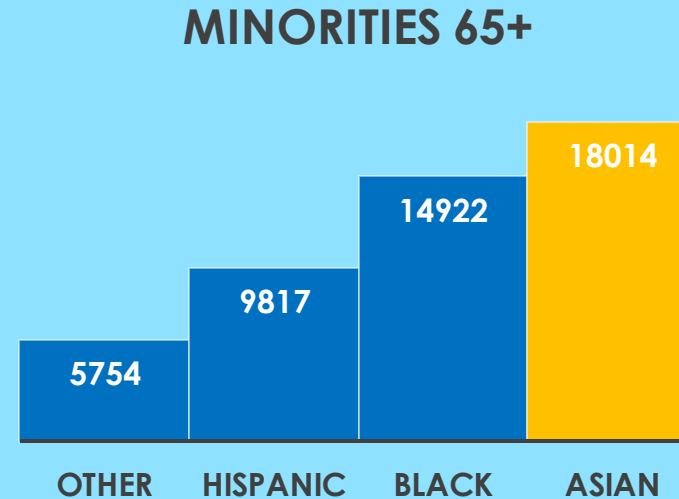
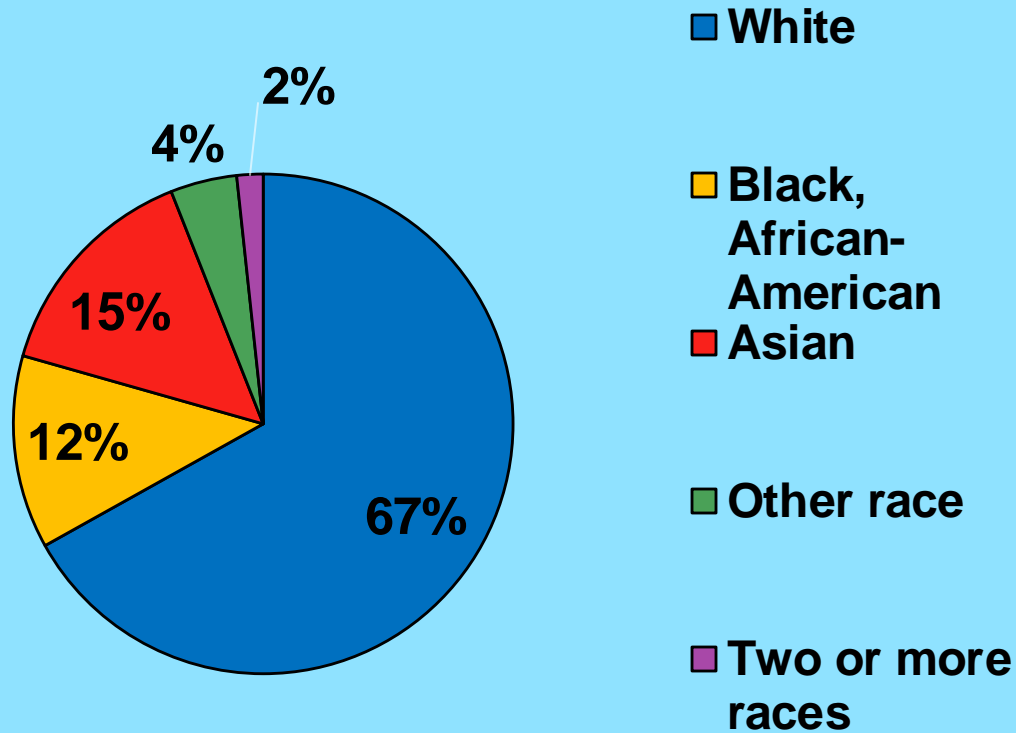
Source: Census, Brown University

BY 2040, NEARLY 60% OF 55+ ADULTS WILL BE PART OF A MINORITY GROUP

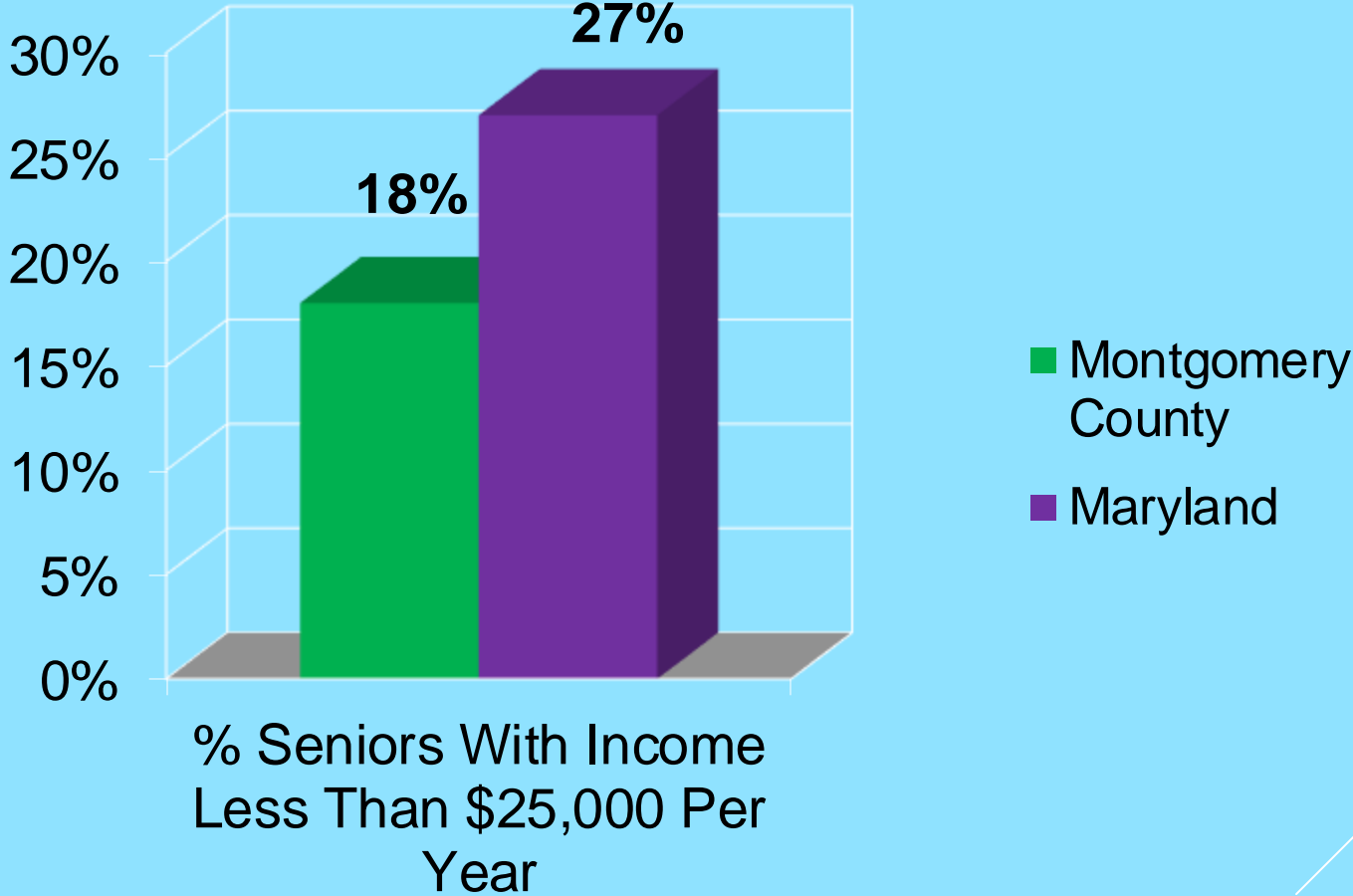


MONTGOMERY COUNTY'S OLDER POPULATION IS DIVERSE

- 9% Hispanic or Latino origin (of any race); 62% White alone, not Hispanic or Latino



IN MONTGOMERY COUNTY, 18% OF HOUSEHOLDS HEADED BY SOMEONE 65+ HAVE INCOME LESS THAN \$25K/YEAR, VERSUS 27% FOR ALL 65+ HOUSEHOLDS IN MARYLAND.



Source: US Census Bureau, 2014.

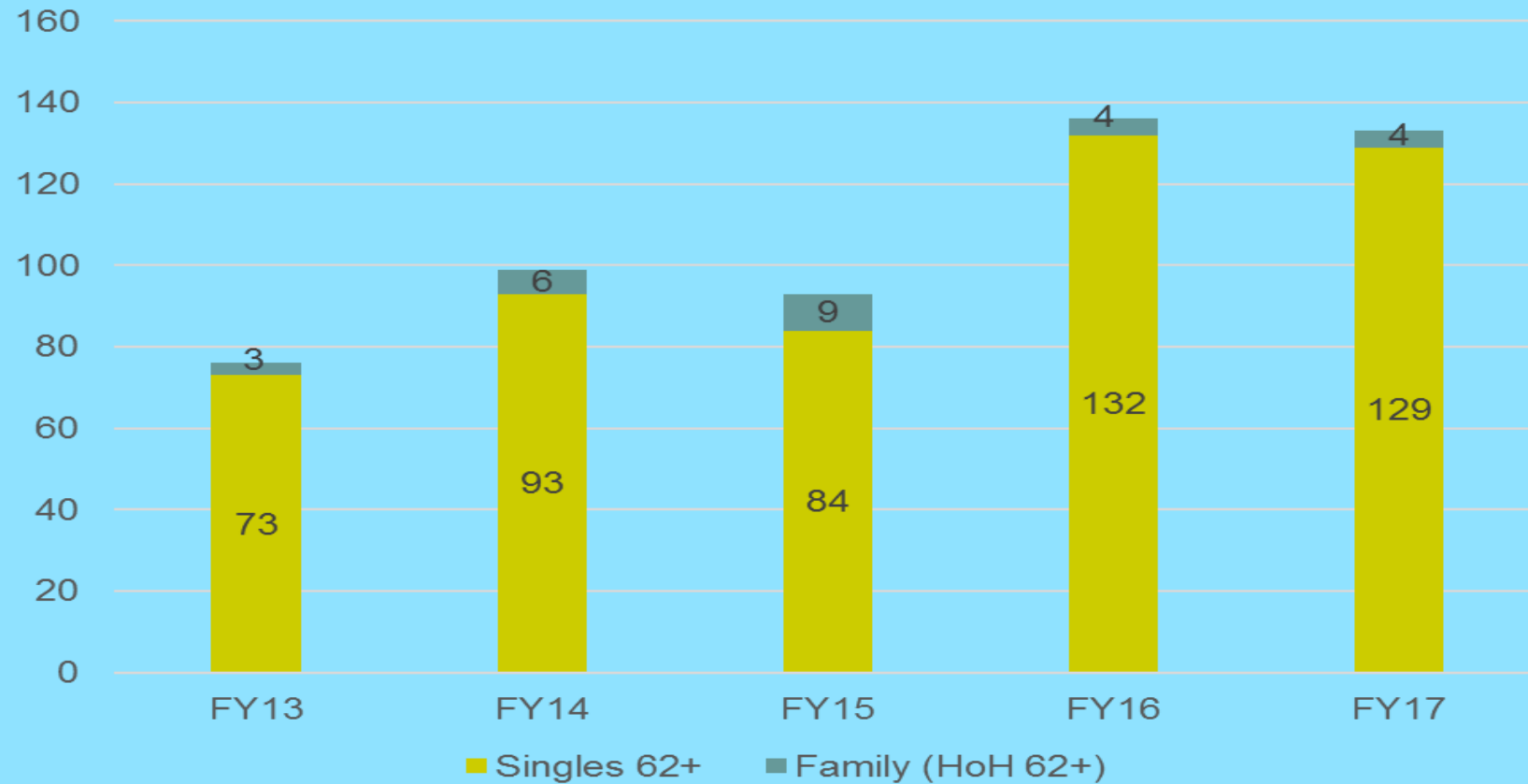
MANY RENTERS IN THE COUNTY SPEND MORE THAN A THIRD OF THEIR INCOME ON HOUSING

More than **25%** of 60+ household **homeowners** spend more than 30% of their income on rent

Versus

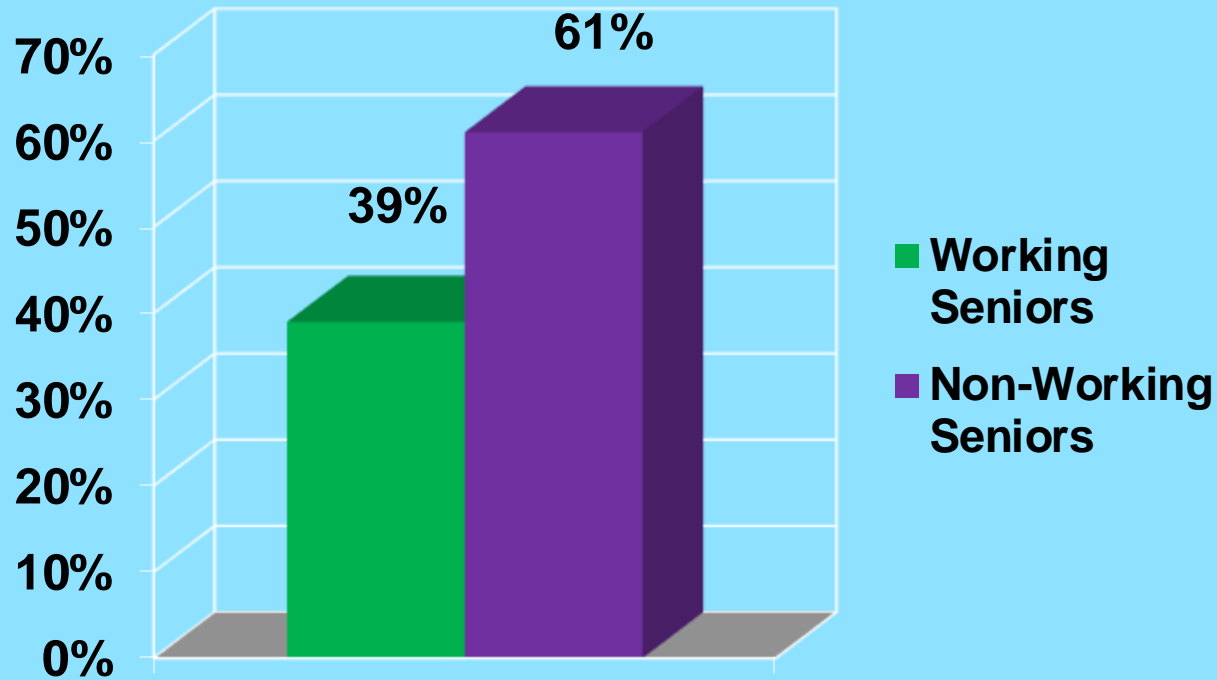
51% of senior household **renters** spend more than 30% of their income on rent.

OVERALL INCREASE IN HOMELESSNESS OVER THE PAST FIVE, SLIGHT DECREASE FROM FY16 TO FY17.



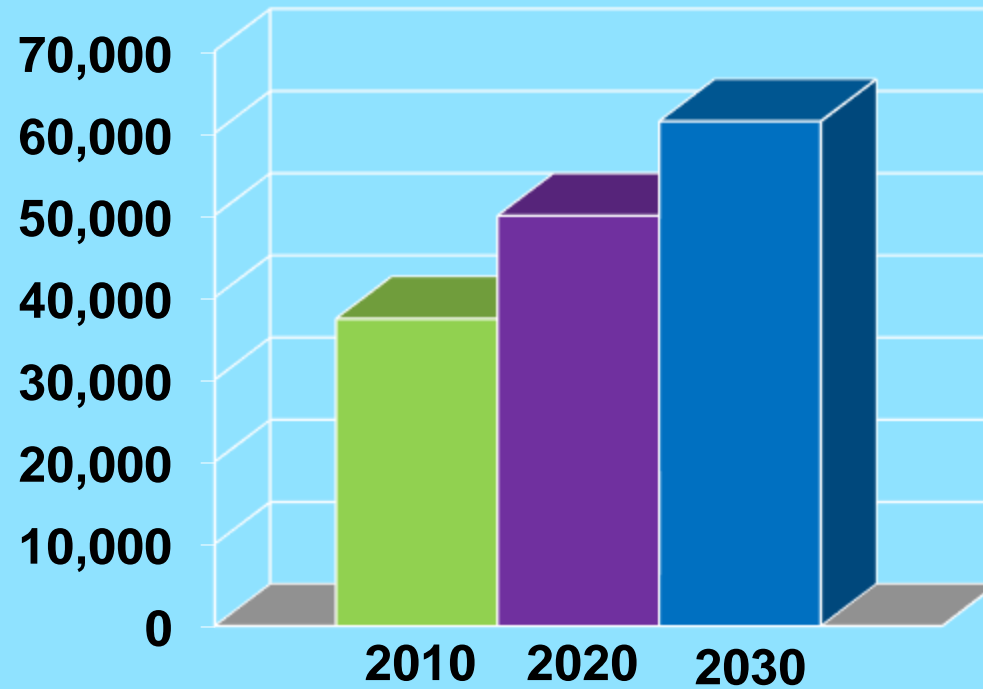
Source: Special Needs Housing, 2017

ABOUT 40 PERCENT OF THOSE 65+ ARE EMPLOYED IN MONTGOMERY COUNTY, MD



- ▶ Most seniors who are non-working are not part of the labor force, for reasons such as retirement.
- ▶ Only a small fraction (~1%) of non-working seniors are unemployed and unable to find work.

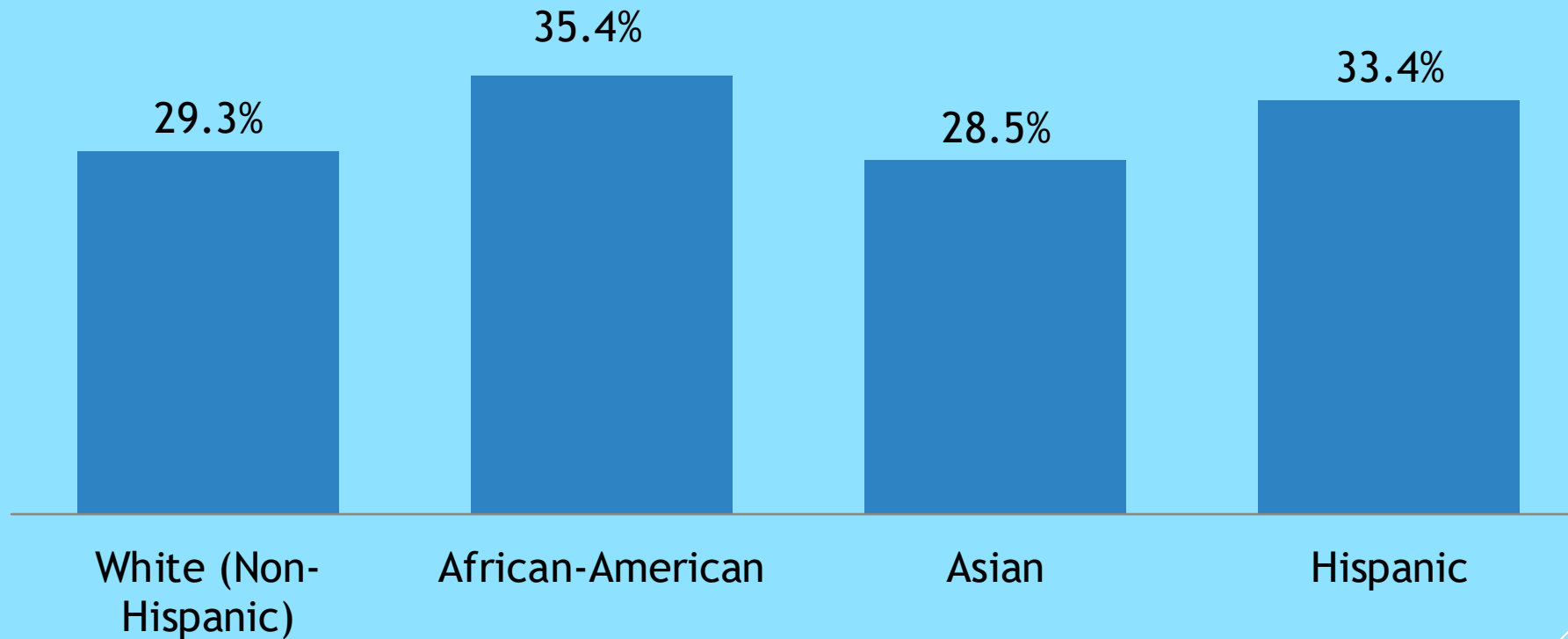
IN 2015, 23% OF THOSE 60+ LIVING IN THE COMMUNITY REPORT HAVING AT LEAST ONE DISABILITY.



Source: US Census Bureau, 2015.

MANY OLDER PEOPLE HAVE A DISABILITY

Percent of Older Adults (65+) with Disability



Source: 2012 American Community Survey

MORE THAN A THIRD OF THOSE 60+ IN MONTGOMERY COUNTY LIVE ALONE



38% of seniors 60+ are householders living alone.

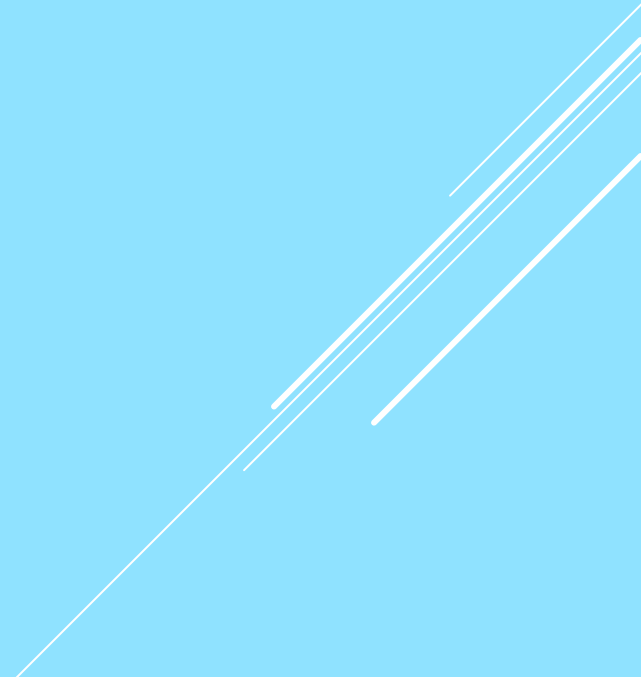
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WHAT CAN BE DONE?
WHAT IS MONTGOMERY
COUNTY DOING?

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WHAT CAN BE DONE?

- ▶ Focus on improving diets
 - ▶ Focus on exercise
 - ▶ Focus on preventative care throughout the life course
 - ▶ Focus on mental health
 - ▶ Focus on substance abuse
- 

DETERMINANTS-THE 5M'S



Mind



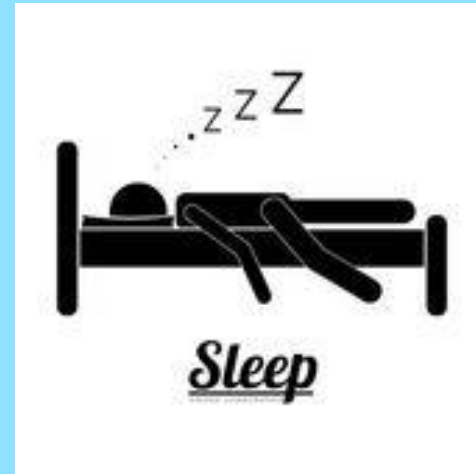
Mouth



Muscle



Meaningful Relationships



Mattress

Villages in Montgomery County:
Building a Community for a Lifetime



Are you getting out?
Are you staying active?

Getting around Montgomery County is easier than you think!

Connect-a-Ride serves people over fifty or living with a disability. Specialists can tell you about transportation options available in the County. Some are low-cost or even free! Call 301-738-3252.

The Recreation Department offers activities at senior and community centers that can get you moving, introduce you to interesting people, and expand your world. For information, call 240-777-4925.

- Have lunch for a voluntary donation in some locations.
- You can get a FREE ride, depending on where you live.

The Montgomery County

Navigator

Vital Living After 50

A RESOURCE GUIDE FOR
TRANSITIONS
FITNESS
EMPLOYMENT
VOLUNTEERING
LEARNING
RECREATION

Produced by the Montgomery County Vital Living Network

SENIOR NUTRITION PROGRAM

What Are You Doing For Lunch?



TRANSPORTATION OPTIONS FOR

Older Adults & Adults with Disabilities

English
Learn about transportation options for older adults and adults with disabilities. Call 301-738-3252 for information Monday-Friday, 9:00 a.m. to 5:00 p.m. Maryland Relay users dial 711. We provide spoken language interpretation. Say the language you would like to speak and wait a few minutes for an interpreter to join the call. If you reach the voice mail, leave a message stating your language and phone number. Staff will return your call. After you answer, please wait a few minutes for an interpreter to join the call.

Spanish
Aprenda las opciones de transporte para las personas mayores y los adultos con discapacidades. Llame al 301-738-3252 para obtener información de lunes a viernes de 9:00 a.m. a 5:00 p.m. Los usuarios de Maryland Relay marquen el 711. Proporcionamos interpretación en el teléfono. Diga el idioma que desea que se use para la interpretación. Espere unos minutos hasta que un intérprete se una a la llamada. Si llega al buzón de voz, deje un mensaje en el que indique su idioma ("Spanish, please") y deje su número de teléfono y número de extensión. El personal devolverá su llamada. Después de contestar, espere unos minutos hasta que un intérprete se una a la llamada.

Chinese
了解有關長者及殘障人士交通的選擇。請致電301-738-3252查詢。我們提供口譯服務。請用您想說的語言（中文、廣東話、國語或台語）撥電話。請稍候幾分鐘，以便口譯員加入。

Korean
어른들을 위한 교통편에 대해 알아보십시오. 주어진 시간 동안에 301-738-3252에 전화하십시오. 구급 서비스가 나오면 원하는 언어("Korean, please")를 말씀하십시오. 전화가 연결되면 직원이 전화를 드릴 것입니다. 전화를 받은 후에는 몇 분을 기다려주세요.

DESIGN FOR LIFE

What are the 9 Accessible Features for Homeowners?

For All Ages and Stages of Life

- 4 Ways Homeowners Benefit from Designing Accessible Homes:
1. Live longer in a home you'll love for life.
 2. Welcome guests of diverse abilities.
 3. Increase the value of your home.
 4. Qualify for property tax credits.

- Individual Accessibility Features Eligible for Property Tax Credit:
- Property Tax Credit — runs with property— 50% of eligible costs. Up to \$2500 less of amount of credit that exceeds tax imposed carries over.
- Applicability — Expenditures in excess of \$500. Incurred within 12 months of application.
- Type of residence ownership — Multi-family condo. Attached single family. Detached single family.
- Program annual limit — \$100,000
- School Impact Tax Credit — Not Applicable
- 1 **Access into the Home**
 - 1 **No-step front door entrance or a no-step entrance** to another location providing access to the main living space.
 - 2 **Ramp** creating a no-step entrance.
 - 3 **Exterior doorway** with a 32-inch clear opening, and exterior lighting controlled from inside the residence or automatic or continuously on.
 - 4 **An exterior or interior elevator or lift or stair glide unit.**
 - 5 **Interior Doorway**
 - 5 **Interior doorway** with a 32-inch clear opening.
- Accommodations for individuals with sensory disabilities:
- 6 **Alarm, appliance, and control** structurally integrated to assist with a sensory disability.
- Accessible bathroom features:
- 7 **Maneuverable bathroom or kitchen.**
 - 8 **Walls around a toilet, tub, or shower** reinforced and properly installed grab bars.
 - 9 **Accessibility-enhanced bathroom**, including a walk-in or roll-in shower or tub.

Are You Caring for Another Adult?

The best way to help is to recognize it's not all up to you.

Connect-a-Ride: 301-738-3252
A service of Jewish Council for the Aging funded by Montgomery County Government

Montgomery County
Aging and Disability Services
240-777-3000
ADS@MontgomeryCountyMD.gov

AGE-FRIENDLY AND DEMENTIA FRIENDLY MOVEMENTS

Celebrate Black History Month and receive 25% off membership dues. [Learn More](#)

[AARP The Magazine](#) | [AARP Bulletin](#) | [In Your State](#) | [AARP Foundation](#) | [Discounts](#) | [More](#) | [Facebook](#) | [Twitter](#) | [YouTube](#) | [Rewards for Good](#)

AARP
Real Possibilities

Livable Communities
Great Places for All Ages™

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[AARP Home](#) » [Livable Communities - AARP](#) » [The AARP Network of Ag...](#) » [An Age-Friendly Montgo...](#)

[AARP Network of Age-Friendly Communities](#)

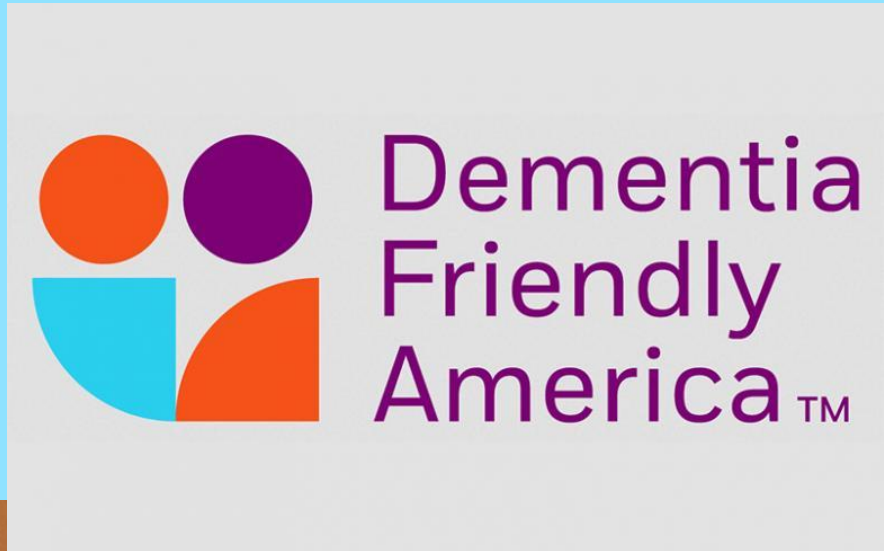
An Age-Friendly Montgomery County, Maryland

The jurisdiction is making great strides for residents ages 50+

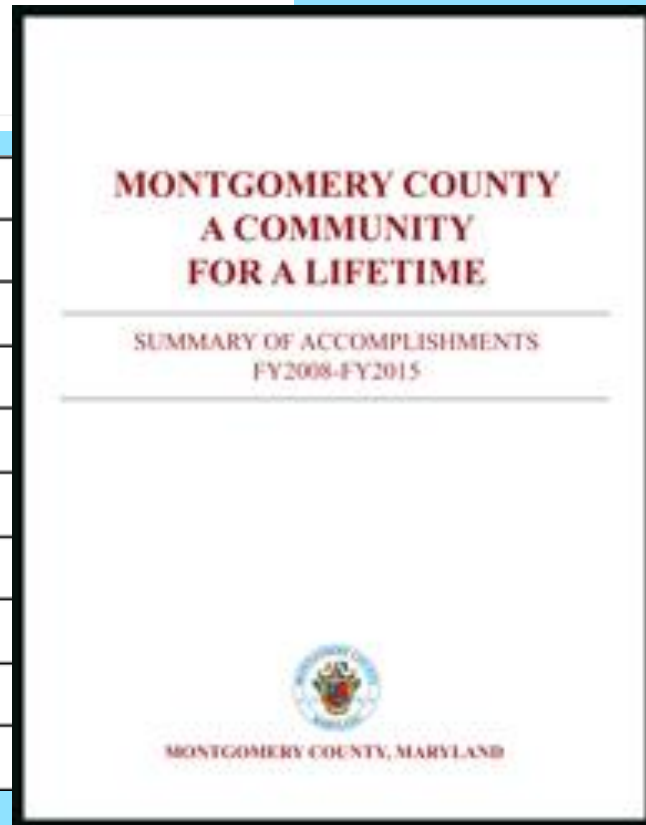
[AARP Livable Communities](#)

Montgomery County Launches Dementia Friendly Initiative

Tuesday, December 13, 2016



- Civic/Social Involvement**
- Communications/Outreach**
- Elder Abuse Prevention**
- Employment**
- Health & Wellness**
- Home and Community Based Services**
- Housing**
- Planning/Outdoor Spaces/Buildings**
- Transportation/Mobility**
- Senior Public Safety**



QUESTIONS AND ANSWERS

