



The Central Indiana Senior Fund is partnering with The Polis Center on the State of Aging in Central Indiana Report to achieve their vision of providing reliable, up-to-date information about trends and emerging issues related to the older adult population.

The Central Indiana Senior Fund is a fund of the Central Indiana Community Foundation.

**State of Aging Website**

<https://centralindiana.stateofaging.org/>



**Aging Services  
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# Are We Prepared to Help Older Adults Age in Place?

Matthew Dietrich, Karen Comer



# Presenters

Matthew Dietrich, PhD



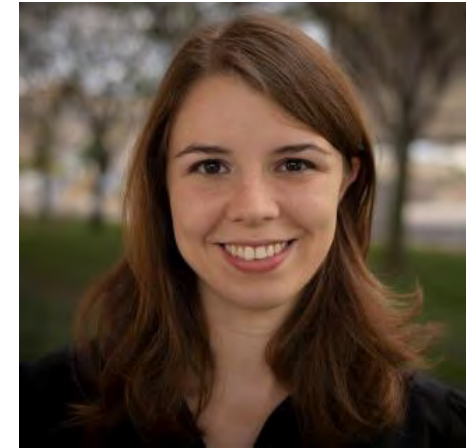
Senior Research Data Analyst,  
The Polis Center

Amy Magan



Amy Magan, MS  
Advisory Board Member, CISF  
Dir. of Communications, UIndy  
Center for Aging & Community

Brittani Howell, Moderator



Community Engagement Specialist,  
WFYI/Side Effects Public Media



## The need

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What does the ever-changing population of older adults in Central Indiana look like?  
Specifically, what needs may they have related to aging in place?



# There is a growing number of older adults in Central Indiana

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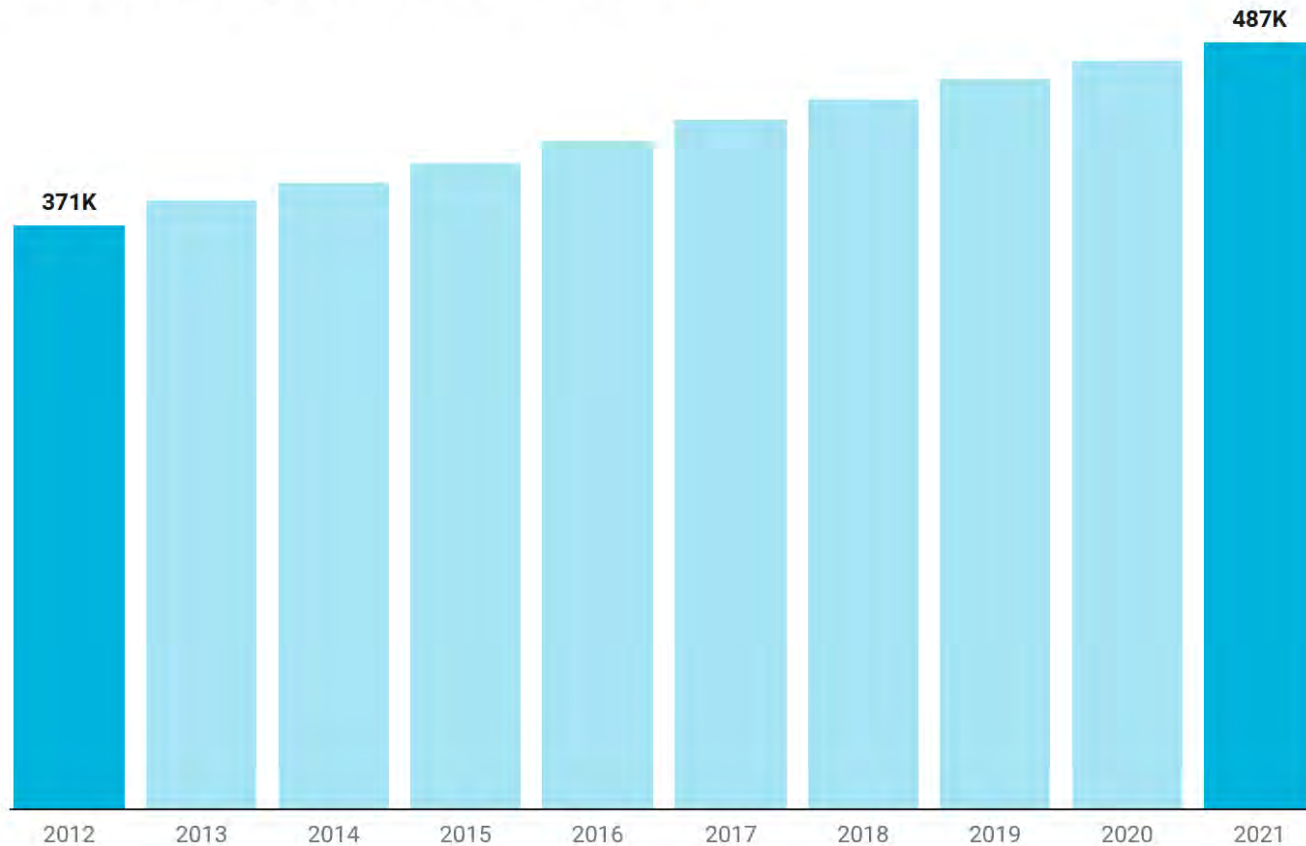
And a growing percentage of older adults who will likely need some form of healthcare assistance





# Increasing older adult population

Older adults (55+) in Central Indiana

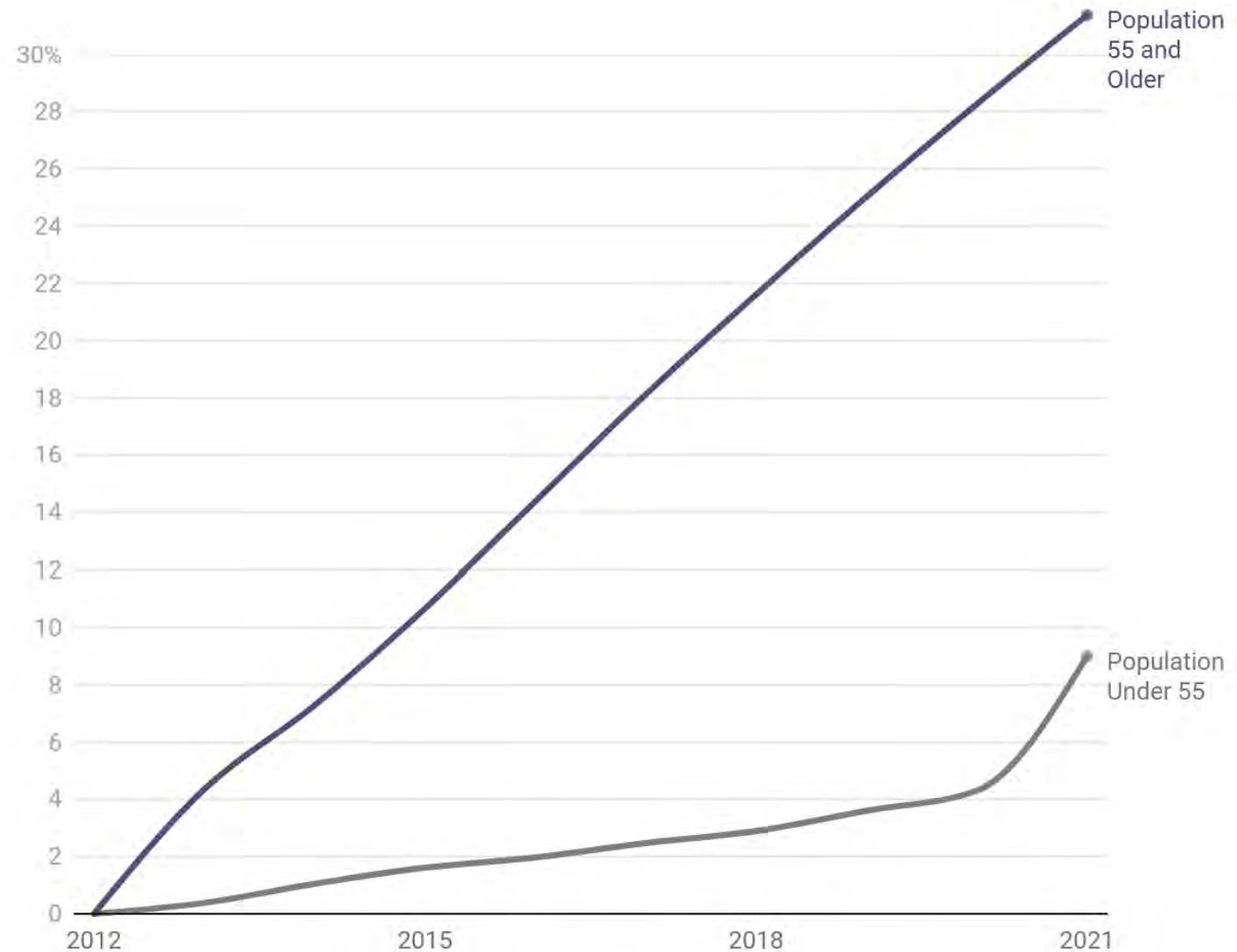


Source: ACS 2012-2016 and 2017-2021 five-year estimates • [Get the data](#) • Created with [Datawrapper](#)

- 116,000 more older adults since 2012
- 31% increase
- General trend seen nationwide



# Population Growth Rate in Central Indiana since 2012



*Because this shows population change since 2012, the chart for both groups begins at 0% in 2012. There are many more people under age 55, but the growth rate is greater among those 55 and older.*

Source: PUMS, ACS 2008-2012 and 2017-2021 five year estimates • [Get the data](#) • Created with [Datawrapper](#)

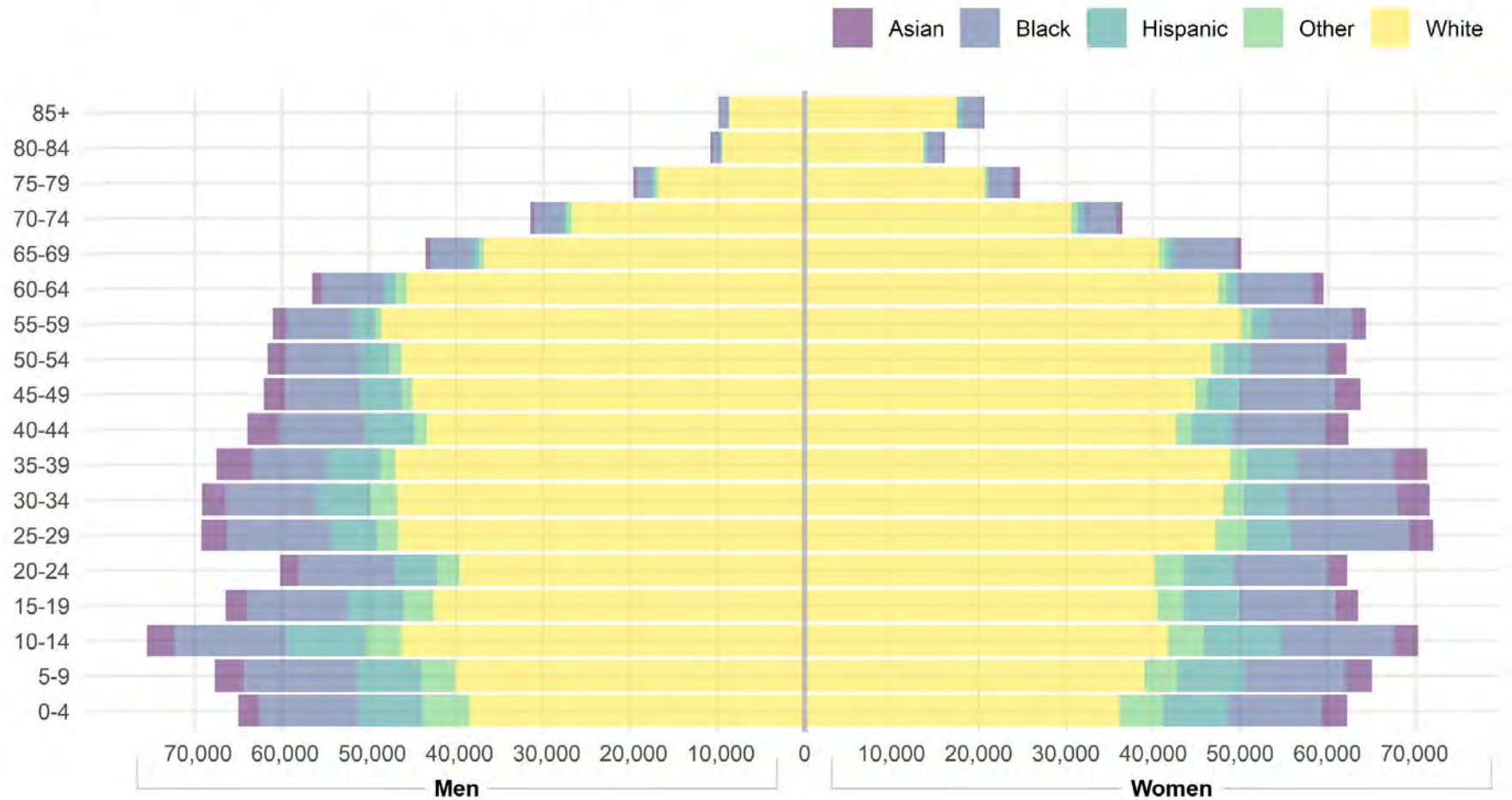






# Central Indiana older population will be more diverse in coming years

Population distribution by age and race



Source: PUMS, American Community Survey, 2017-2021 five-year estimates

Population (Count)

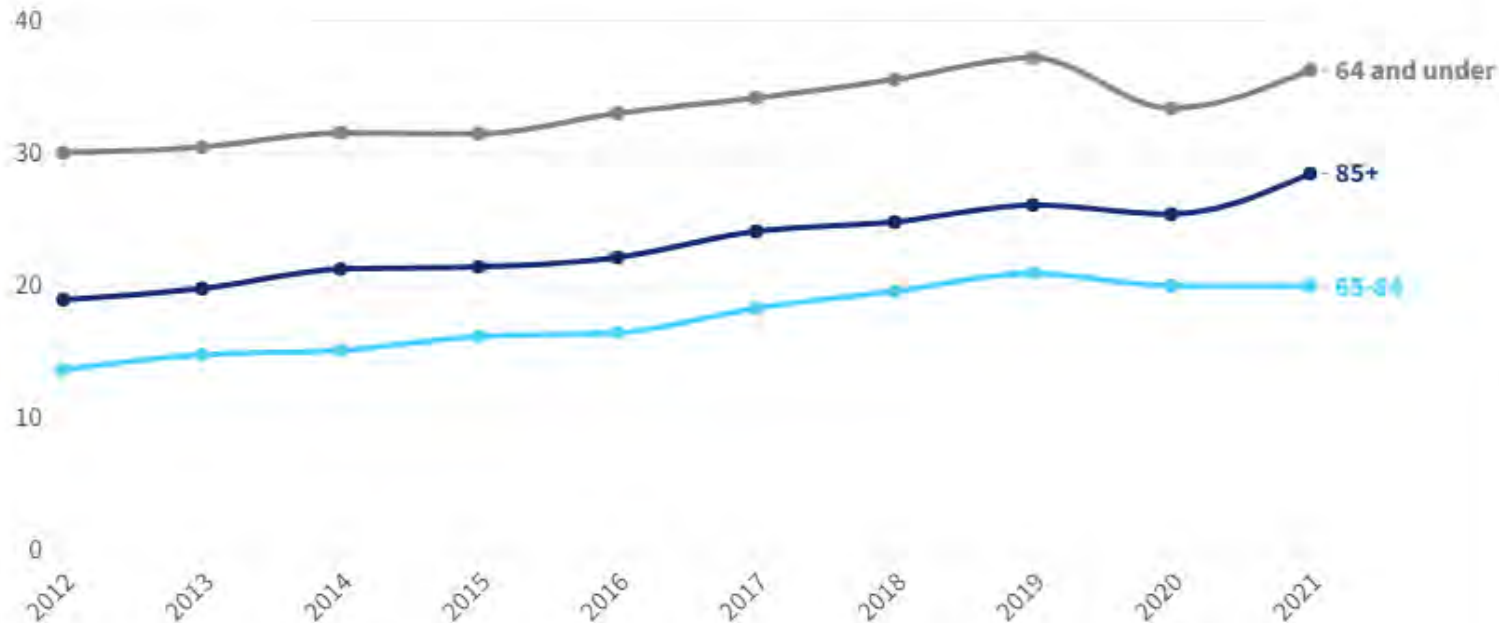


# Depression has been on the rise

## Average Depression Prevalence

8 County Area

Enter series to show



Source: Centers for Medicare & Medicaid Services • Weighted average based on county populations  
Dual and non-dual beneficiaries



- Particularly for adults 85+ and 64 and under
- Implies greater need for mental health services moving forward
- Related to many other factors such as isolation, physical health, etc.

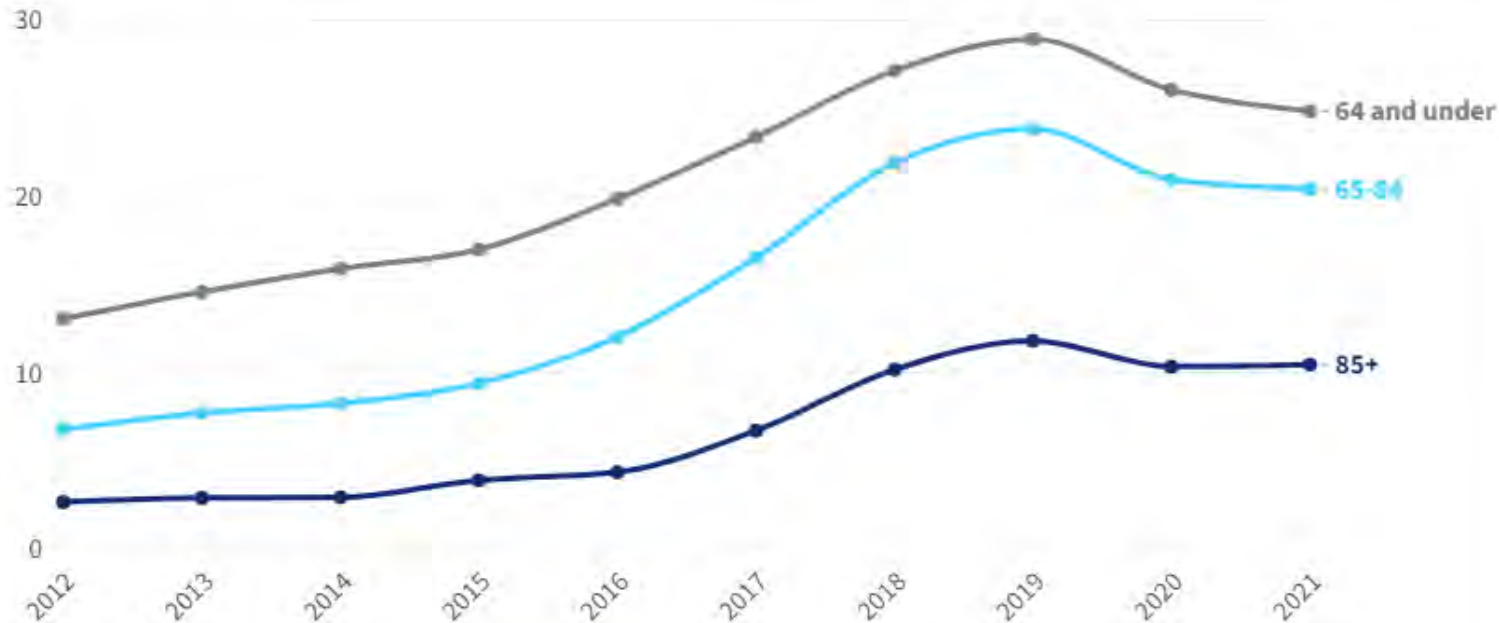


# Obesity has been on the rise

## Average Obesity Prevalence

8 County Area

Enter series to show



Source: Centers for Medicare & Medicaid Services • Weighted average based on county populations  
Dual and non-dual beneficiaries



- Particularly for adults 64 and under
- Additional care and resources needed
  - I.e., special beds, special care from caregivers, etc.
- Risk factor for other health conditions
  - i.e., COVID-19

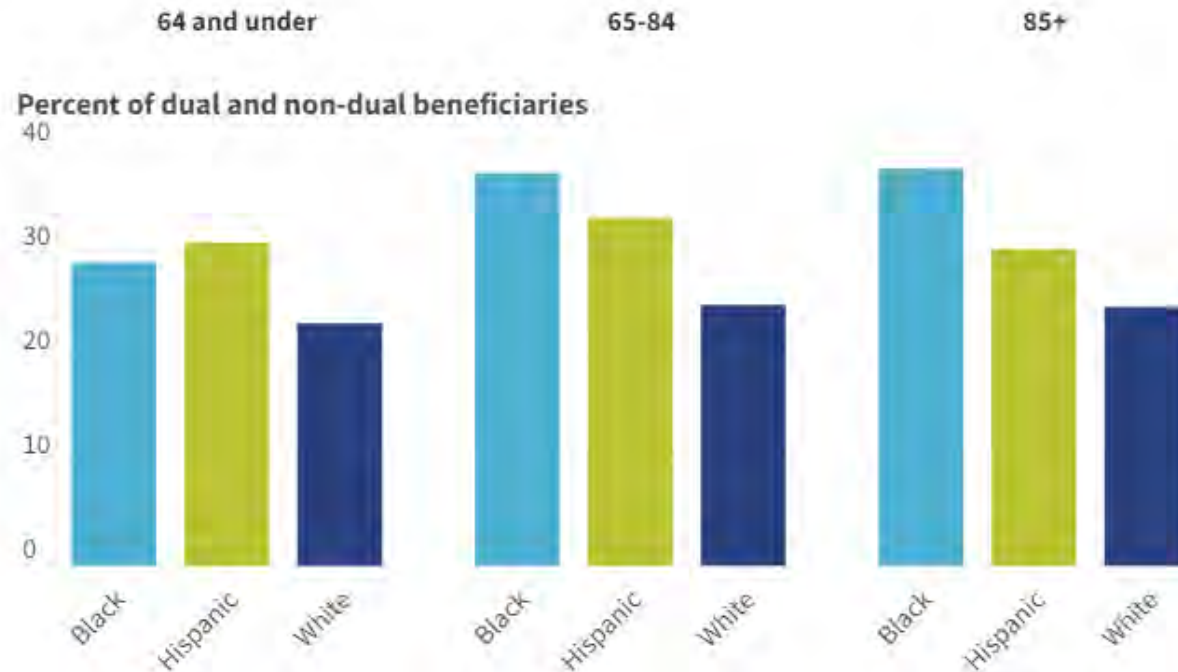


# Geographic and racial disparities in health

## Average diabetes prevalence 2021

By Race

8 County Area



Source: [Centers for Medicare & Medicaid Services](#) • Weighted average based on county populations  
Dual and non-dual beneficiaries



- Example: Marion County higher diabetes rate than Hamilton County
- Black and Hispanic populations have greater rates of diabetes in several counties
  - But lacking data in some counties

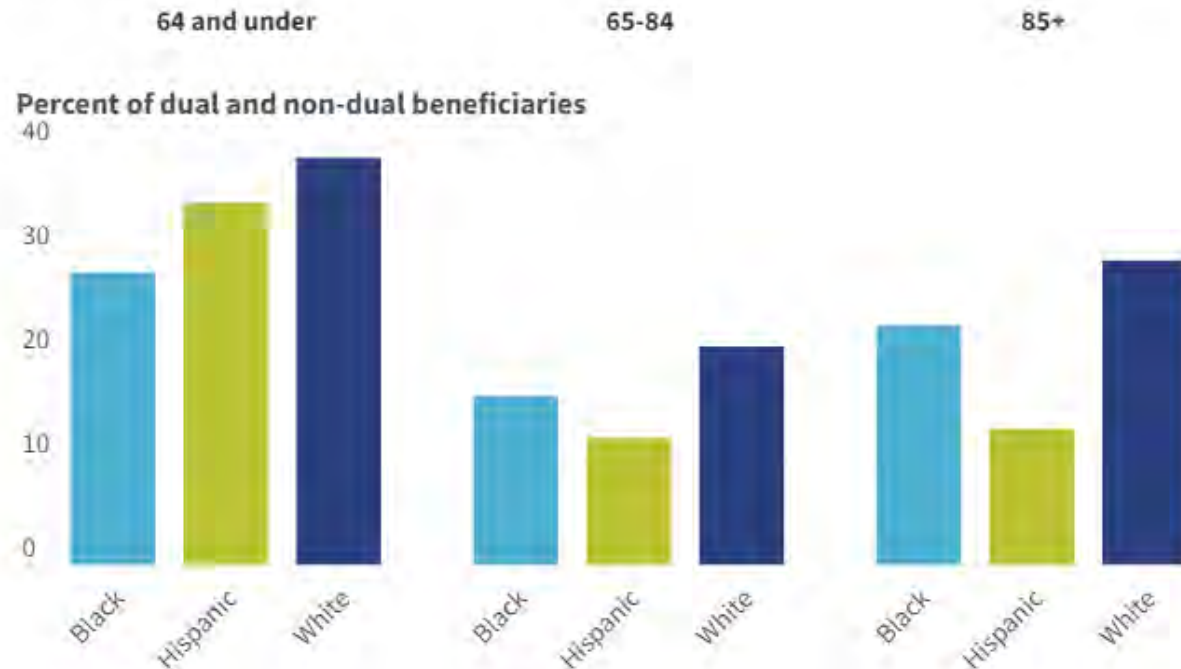


# Geographic and racial disparities in health

## Average depression prevalence 2021

By Race

8 County Area



Source: Centers for Medicare & Medicaid Services • Weighted average based on county populations  
Dual and non-dual beneficiaries



The Polis Center

- Example: Marion County higher rates of depression for White individuals
- But not as much of a difference in Hamilton County
- Lack of data for Black/Hispanic older adults





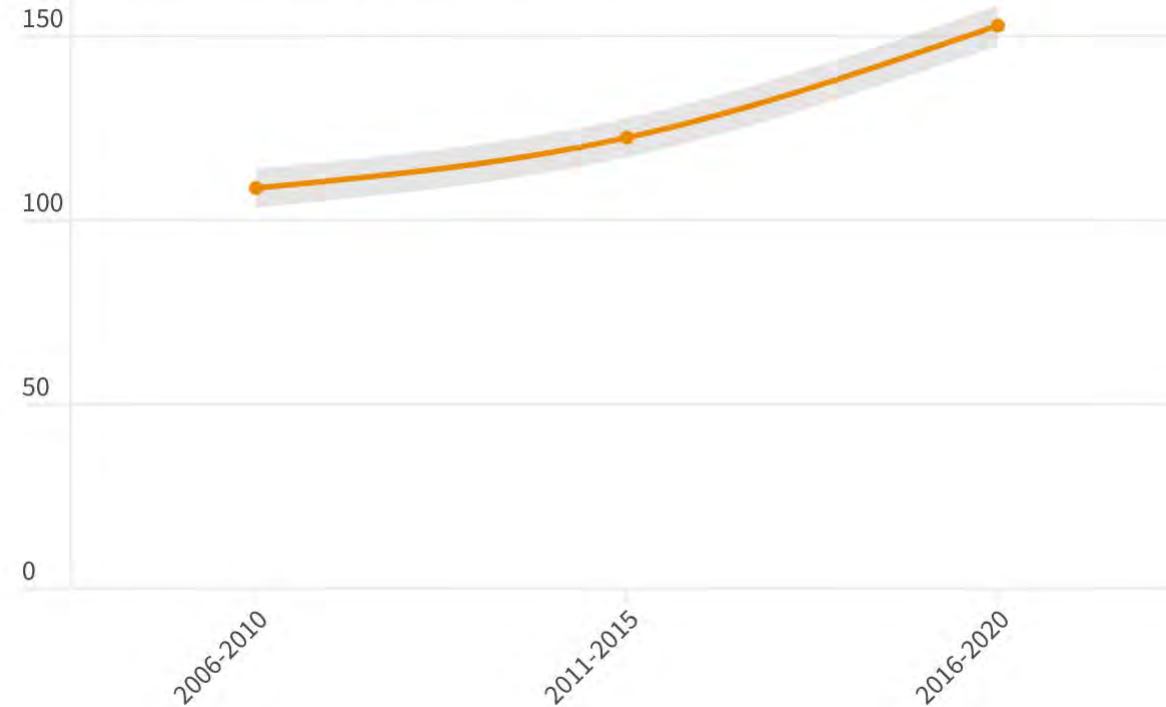
## Other important health trends related to aging in place

- Rate of Alzheimer's deaths is on the rise

### Central Indiana age 55+



Death from Alzheimer's rate per 100,000 Population



Source: [CDC Wonder Data](#) • Age-adjusted rates based on 5-year averages  
Shaded margins of error are 95% confidence intervals

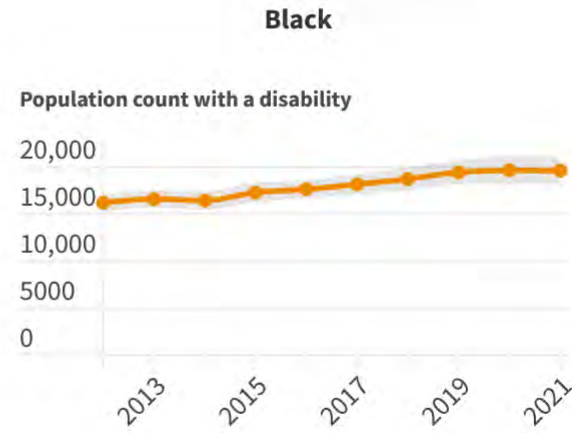
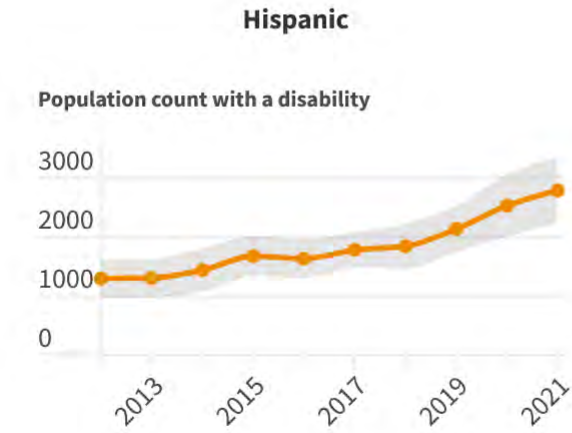
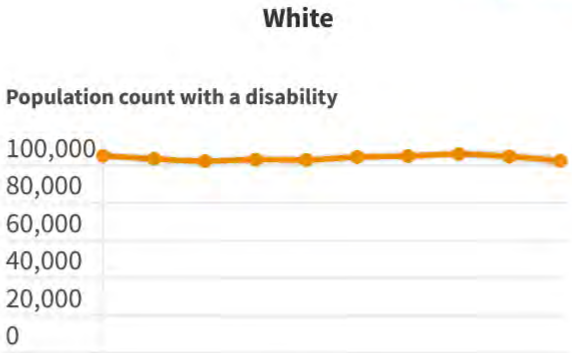






# Number of those with a disability is increasing in minority groups

Central Indiana age 55+



Source: ACS PUMS data • 10 Central Indiana Counties  
Shaded margins of error are 90% confidence intervals



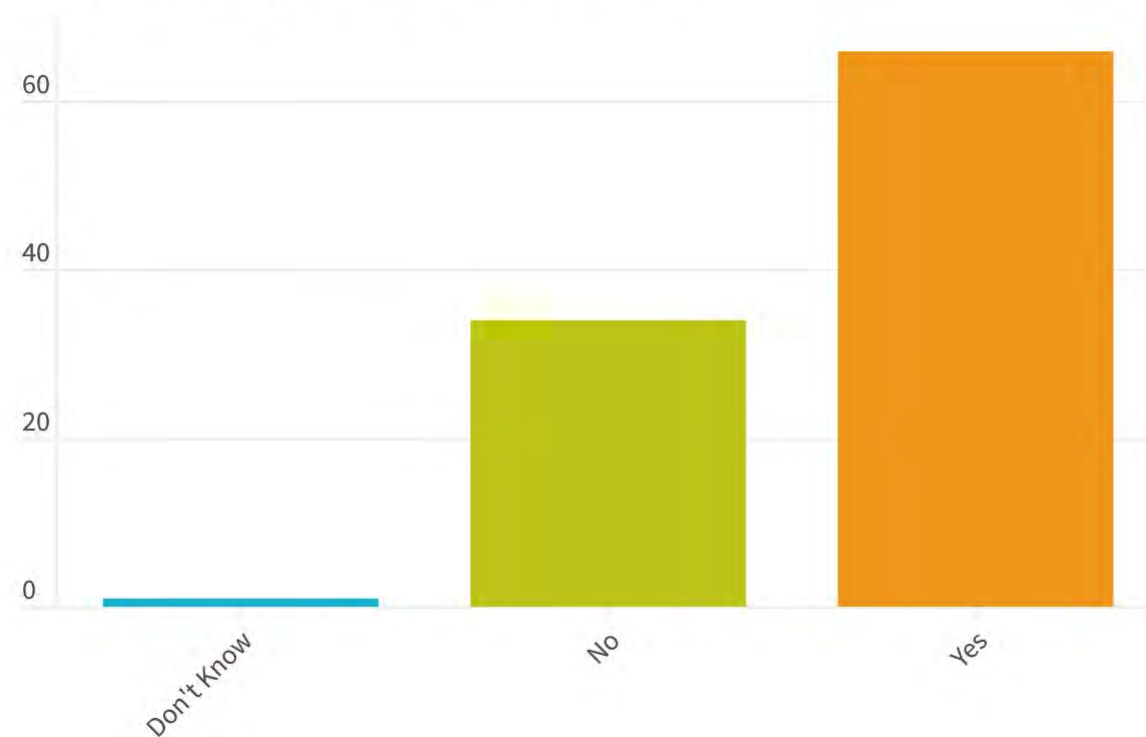
# Feelings of depression prevalent in both older and younger adults with a disability in Indiana

Indiana



- Points to need for services for both physical care and mental health care

Percentage of people feeling sad or depressed past 12 months



Source: NCI-AD Adult Consumer Survey • 2019-2020, Indiana

N = 294 respondents, approximately 3.2% MoE, 95% CL, Percentage is based on respondents feeling sad or depressed and talking with someone about it in past 12 months

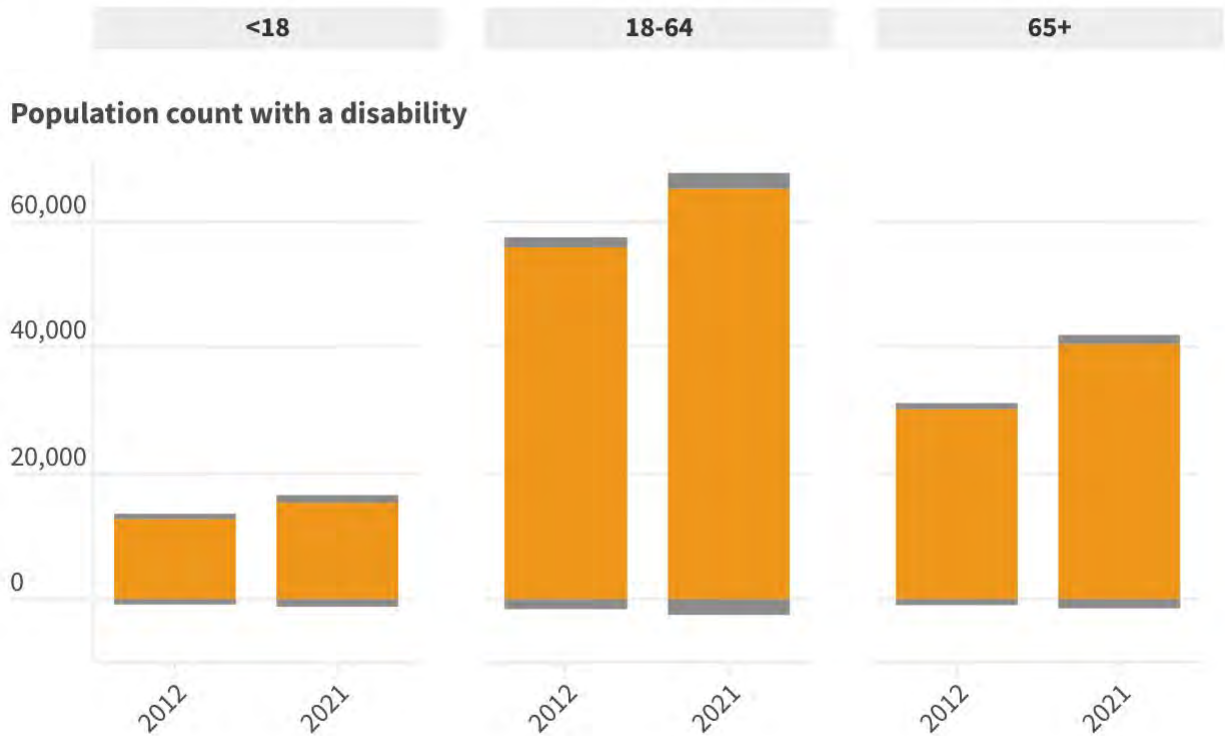


# Increasing number of both younger and older adults with disabilities in Central Indiana

Central Indiana



Male

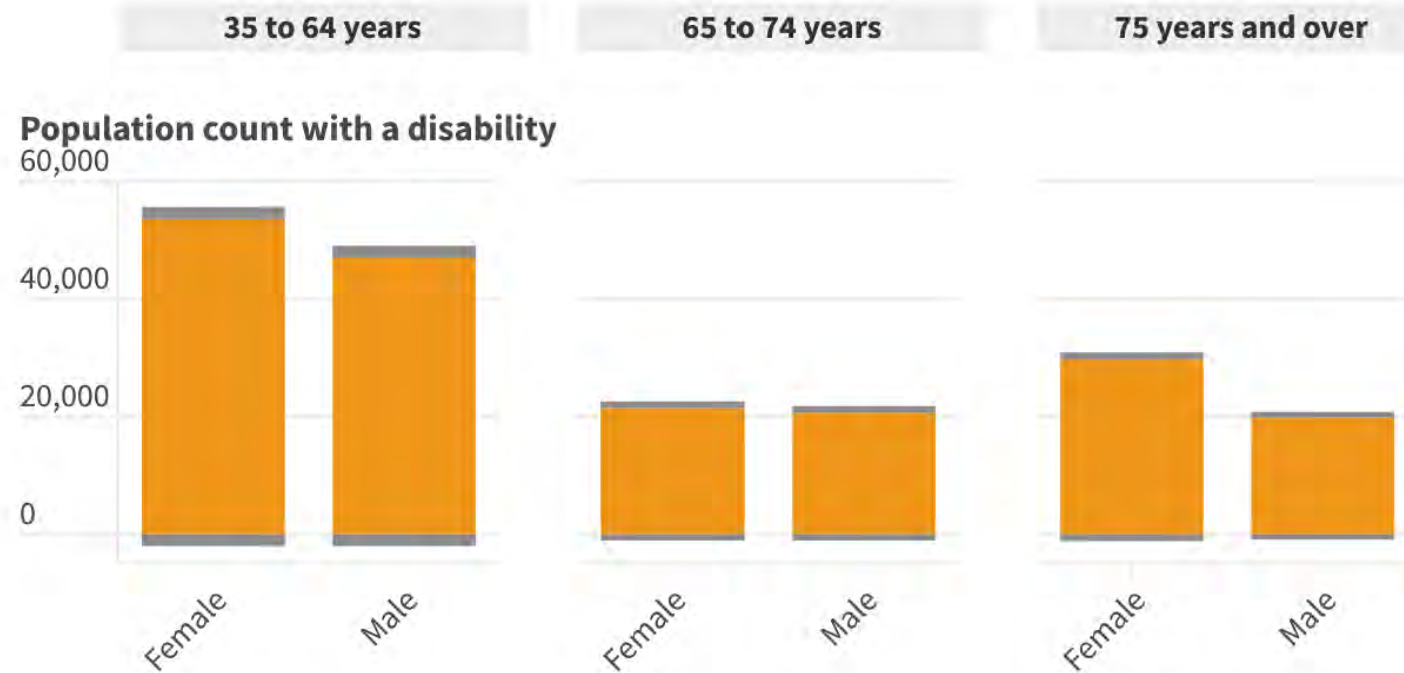


Source: [ACS PUMS data 5YR Averages](#) • 10 Central Indiana Counties  
Shaded margins of error are 90% confidence intervals



# More females than males have a disability in older age groups, particularly 75 and over

## 2021 Central Indiana



Source: ACS PUMS data 5YR Averages • 10 Central Indiana Counties  
Shaded margins of error are 90% confidence intervals



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## What does this have to do with aging in place?

The rise in chronic health conditions and disability means more requirements/needs to properly aging in place

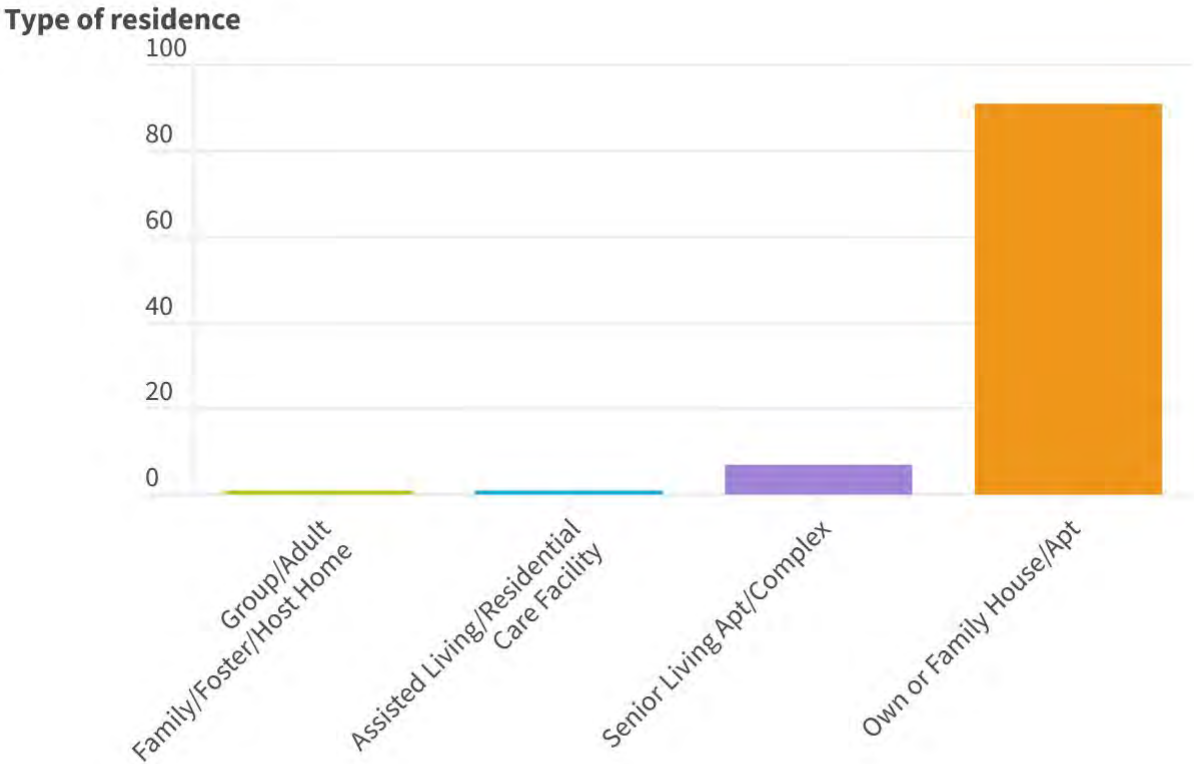


**Most Indiana older adults with disabilities currently live in their own home/apartment or a family home/apartment**



The question is, do they have the proper home environment to meet their needs?

Indiana



Source: NCI-AD Adult Consumer Survey • 2019-2020, Indiana  
N = 750 respondents, approximately 3.2% MoE, 95% CL





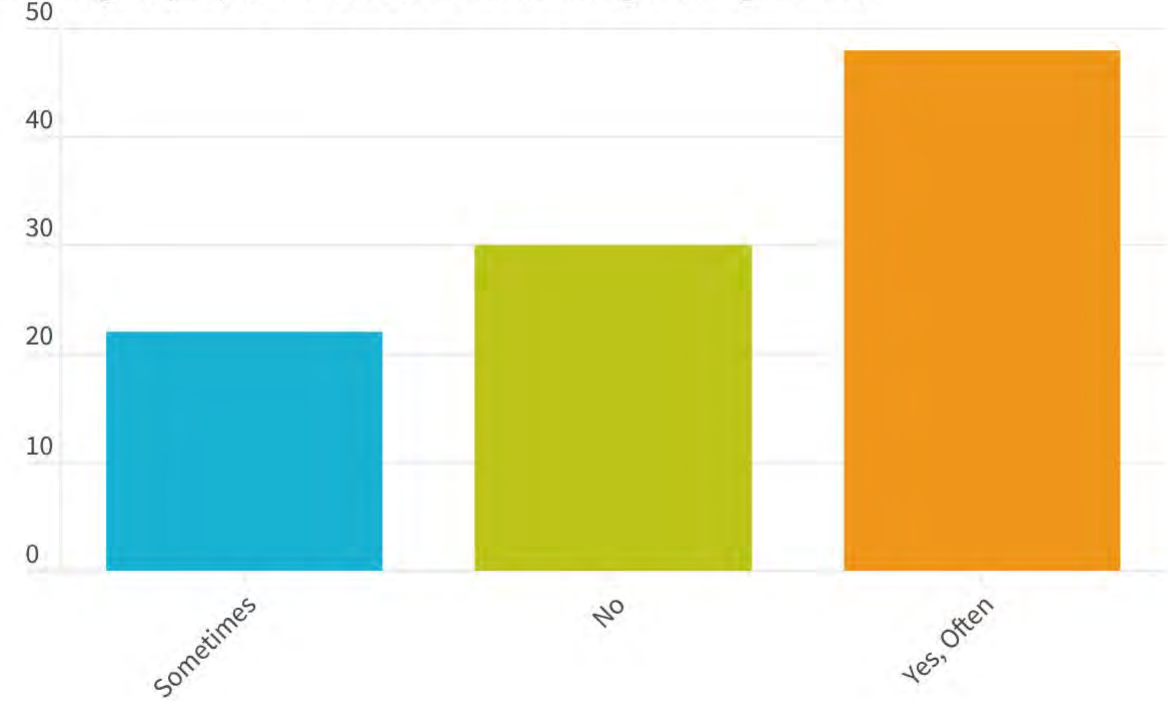
Many adults with disabilities have a fear of falling or being unstable (close to half)



Indiana



Percentage of people with concerns about falling or being unstable



Source: NCI-AD Adult Consumer Survey • 2019-2020, Indiana  
N = 781 respondents, approximately 3.2% MoE, 95% CL

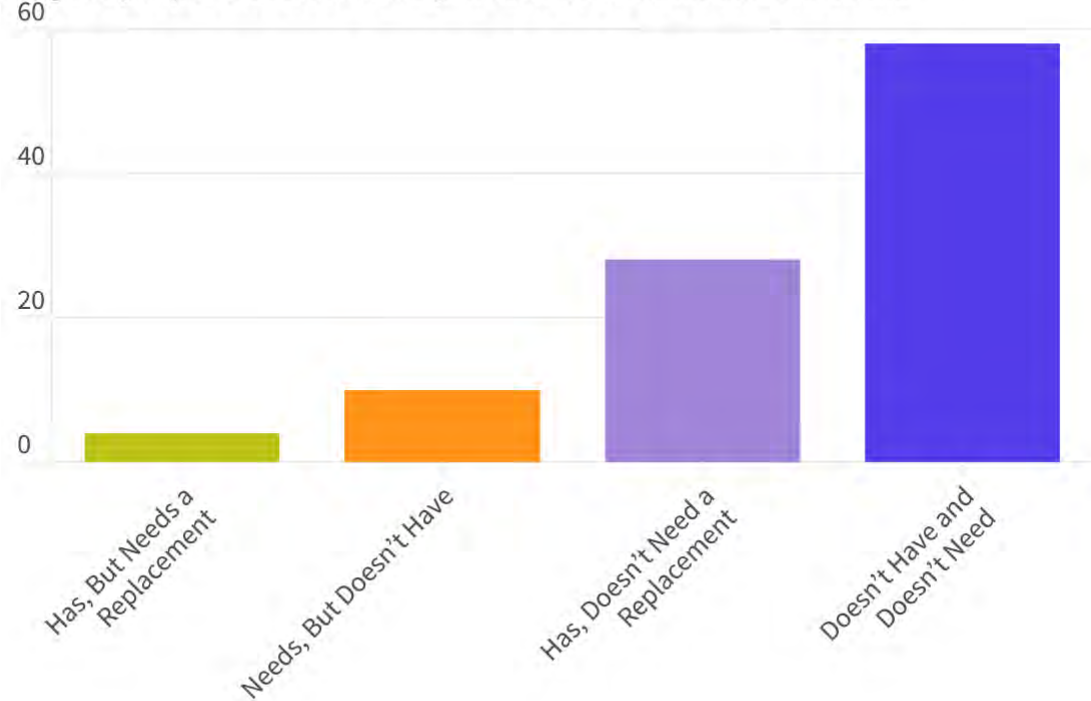


Some need repairs or modifications at home to meet their needs (~14%)

Indiana



Percentage of people who need a ramp or stair lift in or outside the home



Source: [NCI-AD Adult Consumer Survey](#) • 2019-2020, Indiana  
N = 787 respondents, approximately 3.2% MoE, 95% CL





## Important to note

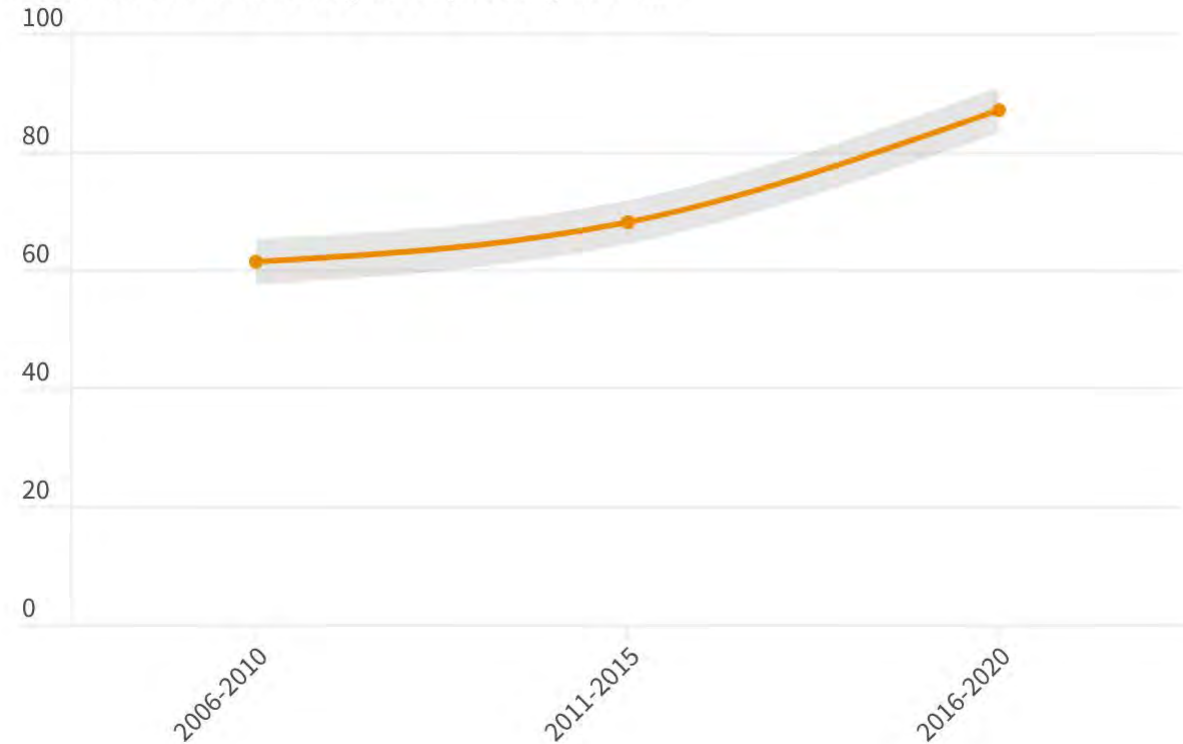
Deaths from accidents is increasing

Because the RATE is increasing AND the number of older adults in Central Indiana is increasing, the number of older adults dying from accidents is exponentially increasing.

## Central Indiana age 55+



Death from accidents rate per 100,000 Population



Source: CDC Wonder Data • Age-adjusted rates based on 5-year averages  
Shaded margins of error are 95% confidence intervals



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# What about the workforce to help older adults age in place?

For example:

- Caregivers
- Nurses
- Physicians
- Community health workers



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## Caregivers are an important aspect of at-home care

- Particularly informal caregivers
- Hard to document the size of this workforce
- Many are older adults themselves
- Estimated 790,000 family caregivers worth an economic value of \$10.8 million dollars for their unpaid services in Indiana.



Reinhard, S. C., Caldera, S., Houser, A., & Choula, R. B. (2023). Valuing the Invaluable: 2023 Update Strengthening Supports for Family Caregivers.

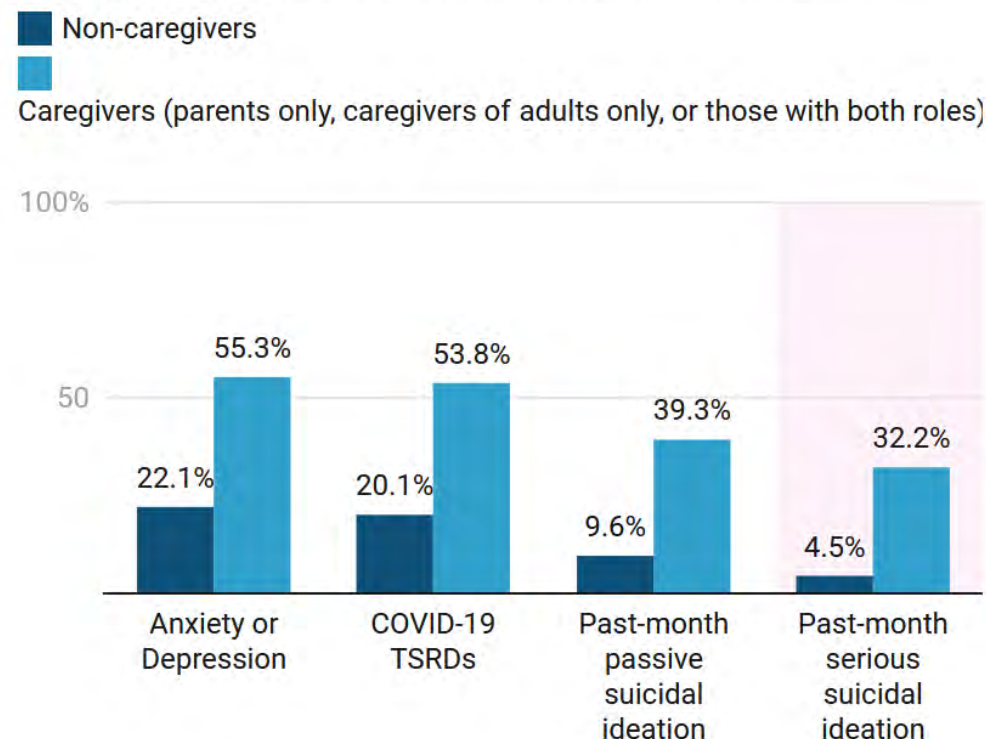


## The pandemic was tough on caregivers

- Mental health of caregivers took a toll nationally

### Caregivers reported a much higher prevalence of negative mental health impacts during the COVID-19 pandemic

Percentage of these groups who reported experiencing the following between December 2020 and March 2021



Disorders classified as TSRDs in the *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition*, include posttraumatic stress disorder (PTSD), acute stress disorder (ASD), and adjustment disorders, among others.

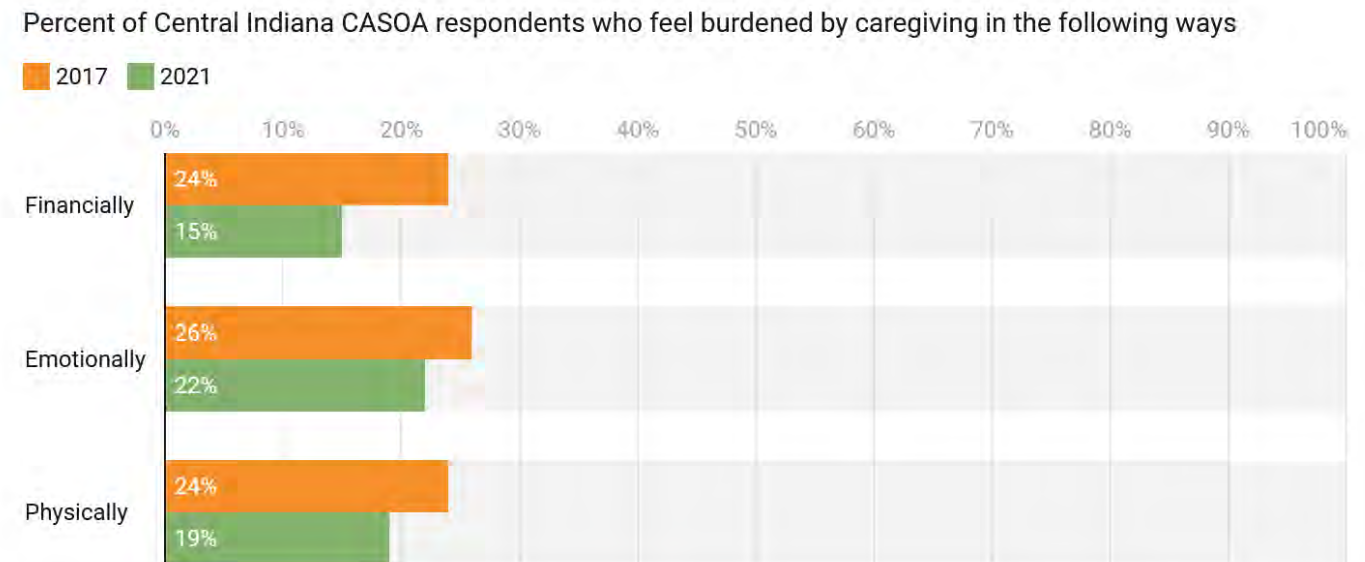
Source: Mark Czeisler, Elizabeth Rohan, Stephanie Melillo, et al., "Mental Health Among Parents of Children Aged <18 Years and Unpaid Caregivers of Adults During the COVID-19 Pandemic – United States, December 2020 and February–March 2021" (2021) • [Get the data](#) • Created with [Datawrapper](#)





## However, some interesting trends for older adult caregivers

- Those who felt burdened by caregiving responsibilities dropped from 2017 to 2021
- This may have been to multiple factors related to COVID-19, i.e.:
  - Fewer opportunities to serve as a caregiver
  - More workplace flexibility (i.e., remote work)



Source: CASOA, 2017 & 2021 • [Get the data](#) • Created with [Datawrapper](#)



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# What about health care professionals who are essential to properly aging in place?

For example:

- Nurses
- Physicians



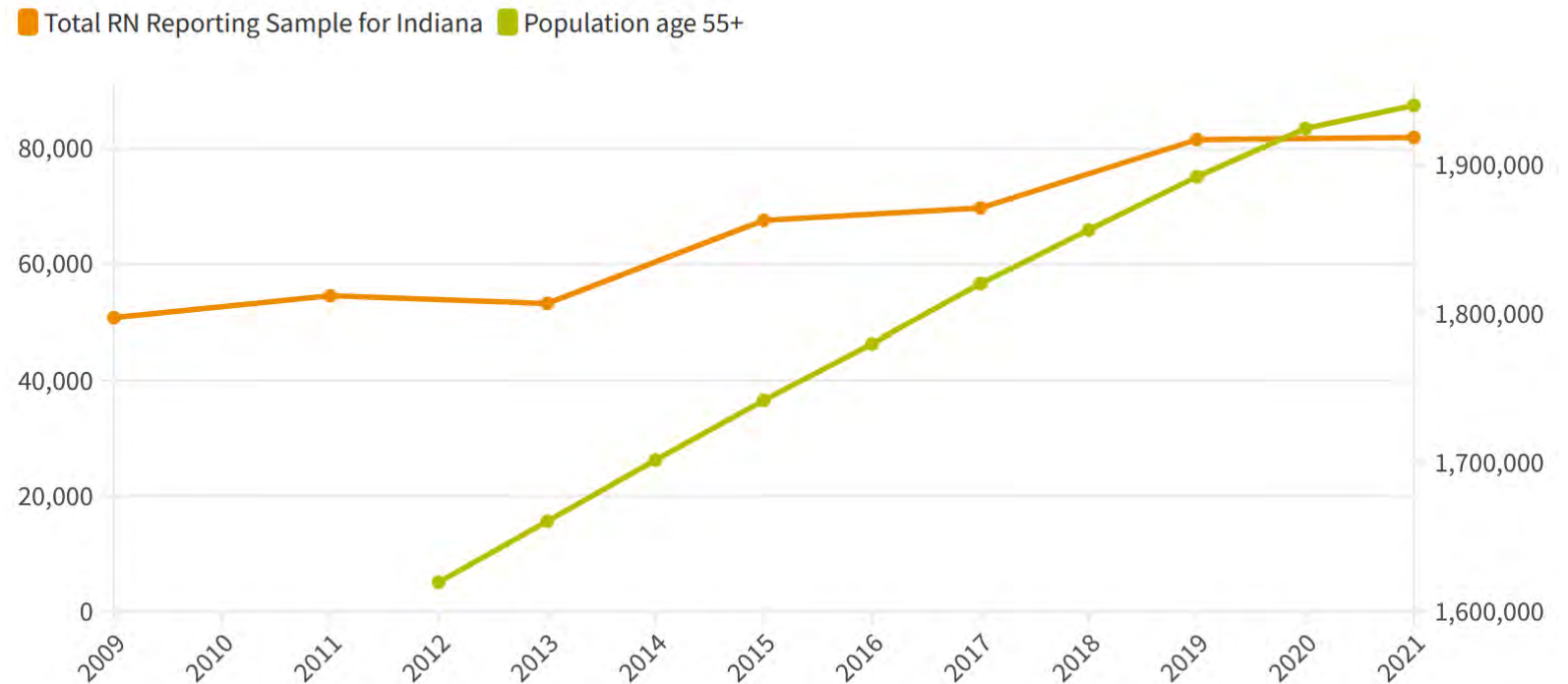
# Trends in nursing workforce in Indiana

- RN workforce has plateaued since 2019, while the older adult population continues to increase

## Reporting sample of nurses and adults age 55+



Indiana older adult population ▼



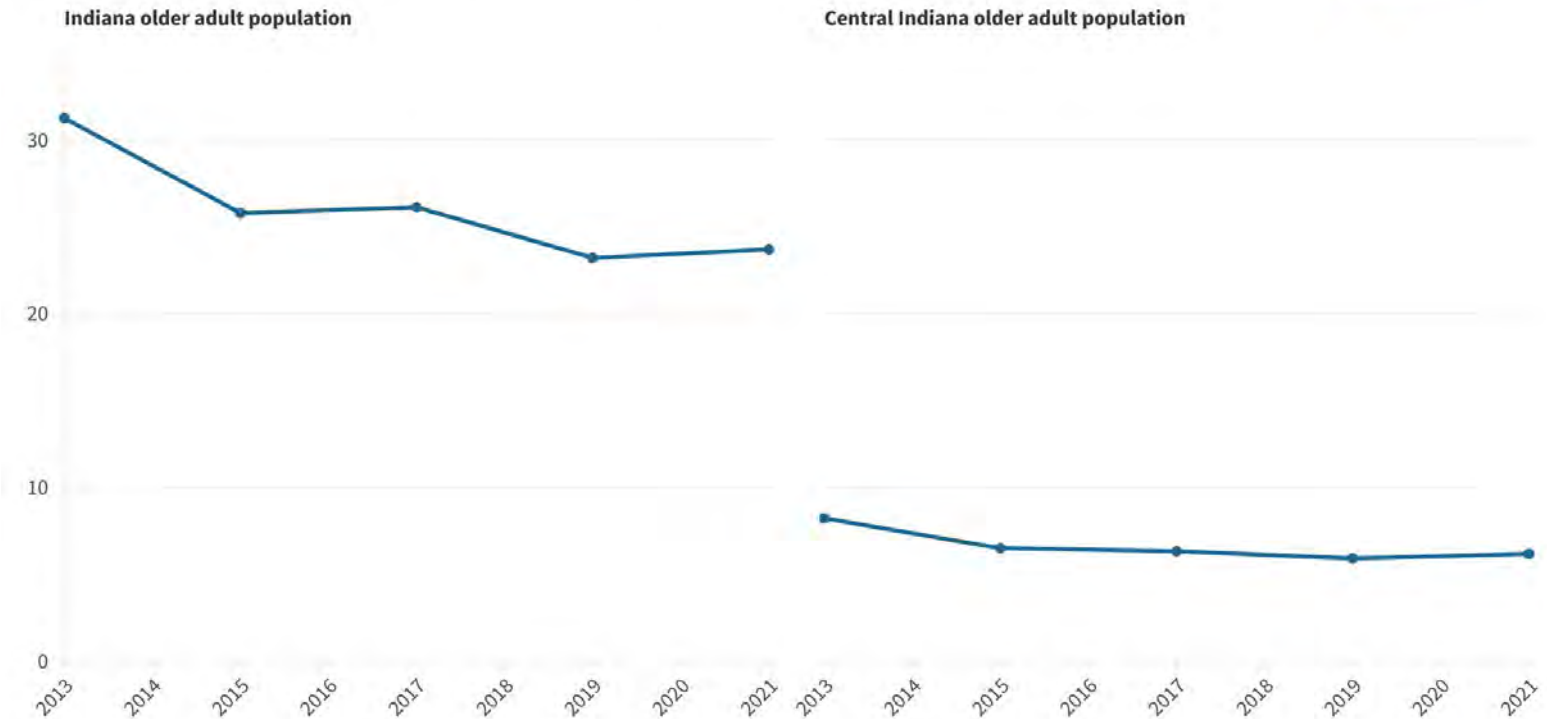
PUMS data from the American Community Survey, Indiana Registered Nurse License and Supplemental Survey Data, 2021 • PUMS data aggregated for 10 Central Indiana counties by the Polis Center  
Shaded region for Central Indiana older adult population represents the 90% confidence interval of the data.



# Trends in nursing workforce in Indiana

- The ratio of total RNs to older adults has decreased since 2013

Indiana registered nurses/adults age 55+ ratio



PUMS data from the American Community Survey, Indiana Registered Nurse License and Supplemental Survey Data, 2021 • PUMS data aggregated for 11 Central Indiana counties by the Polis Center



# Central Indiana population/RN ratios

- Ratio of **96:1** is the national median<sup>1</sup>
- Having more nurses per capita is associated with better population level health outcomes<sup>1</sup>
- Marion County is the only county in Central Indiana with a ratio better than the national median

<sup>1</sup>Bigbee, J. L., Evans, S., Lind, B., Perez, S., Jacobo, L., & Geraghty, E. M. (2014). RN-to-population ratio and population health: A multifactorial study. *Journal of Nursing Regulation*, 5(1), 11-17.



Population to registered nurse FTE Ratio, by County in 2021

Source: Indiana Registered Nurse Re-Licensure Survey, 2021; U.S. Census Bureau, 2016- 2020 American Community Survey 5-Year Estimates • Created with Datawrapper

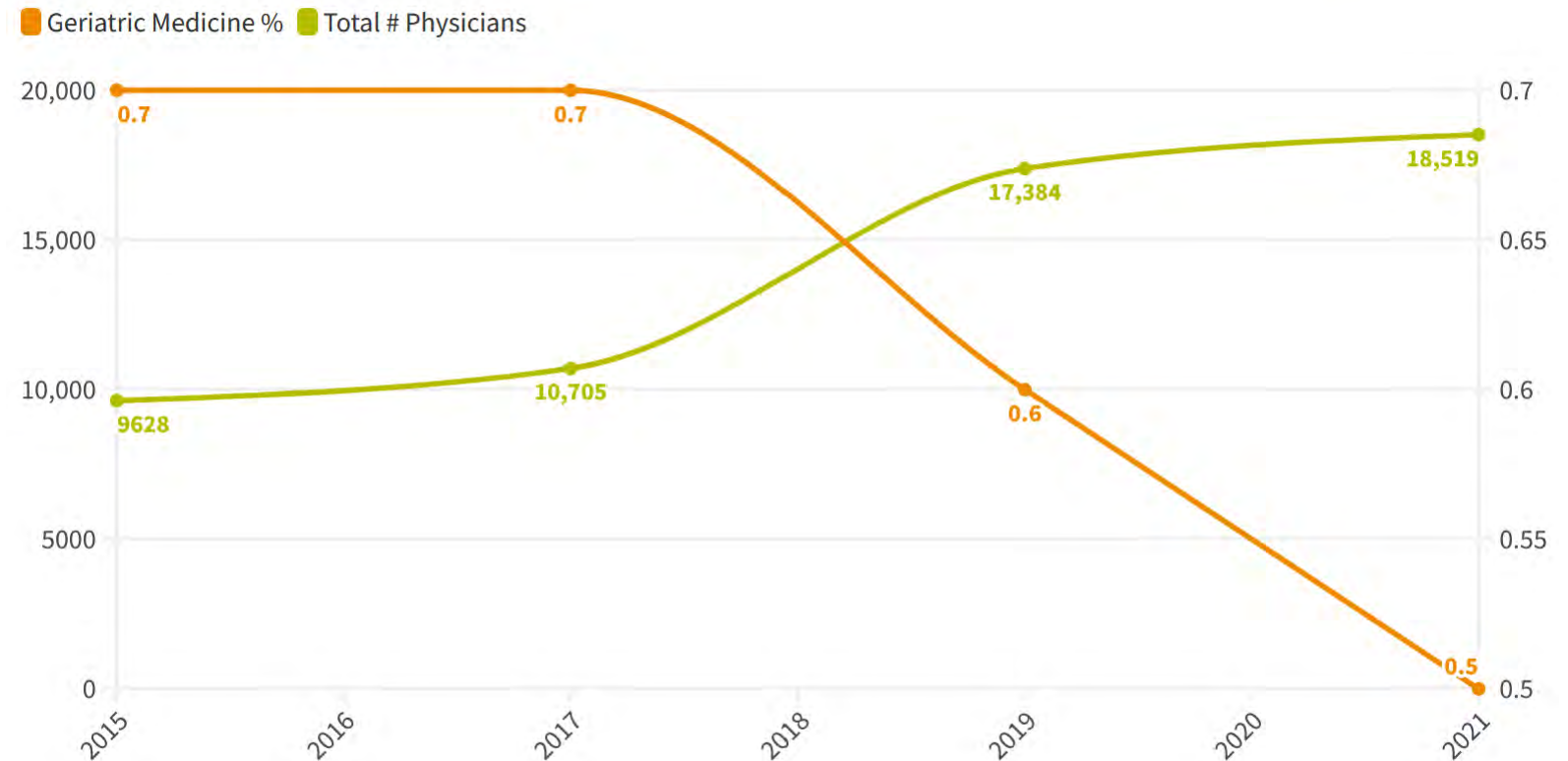




# Trends in physician workforce in Indiana

- Number of physicians has gone up
- Those specializing in geriatrics has gone down (both number and percent)
- Geriatrics is a small proportion of physician specialists

**Total physician workforce in Indiana and percentage specializing in geriatrics**



Source: [Indiana Physician License and Supplemental Data](#)





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## What role do community health workers play?

*A **community health worker** is a frontline public health worker who is a trusted member of and/or has an unusually close understanding of the community served.*

*This trusting relationship enables the worker to serve as a liaison/link/intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.*

American Public Health Association (APHA)



Image source:  
<https://www.apha.org/apha-communities/member-sections/community-health-workers>



# What does this all mean?

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- In Central Indiana, there is a growing number of older adults with conditions requiring some sort of care, but also a growing number of older adults who would like to age in place
- There are growing numbers of Black and Hispanic older adults with disabilities
- With more adults of all ages having disabilities, there will be more resources required
- It's difficult to assess the caregiving workforce
- There may be health care workforce gaps for older adult care



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## What's next?

### Part 2: Place Matters

- What services are currently available to help older adults age in place?
- Are there enough of these services? Where are the gaps?
- Are there disparities in access and knowledge of these services?
- What is needed to address these gaps and better help older adults age in place?

**November 2<sup>nd</sup>**, mark your calendars!



**Questions?**



**Thank you!**

**State of Aging Website**

<https://centralindiana.stateofaging.org/>

**Research Brief from Presentation**

[Link coming soon! Will be sent Monday, May 15th](#)



# Panelists

Janet Mackins



Gerontologist, Founder & President,  
Silver Citizens (Mind-Body-Soul  
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Founder and Executive Director of Silver  
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Margarita Hart



Executive Director,  
Indiana Community Health Workers  
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Ministries

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