

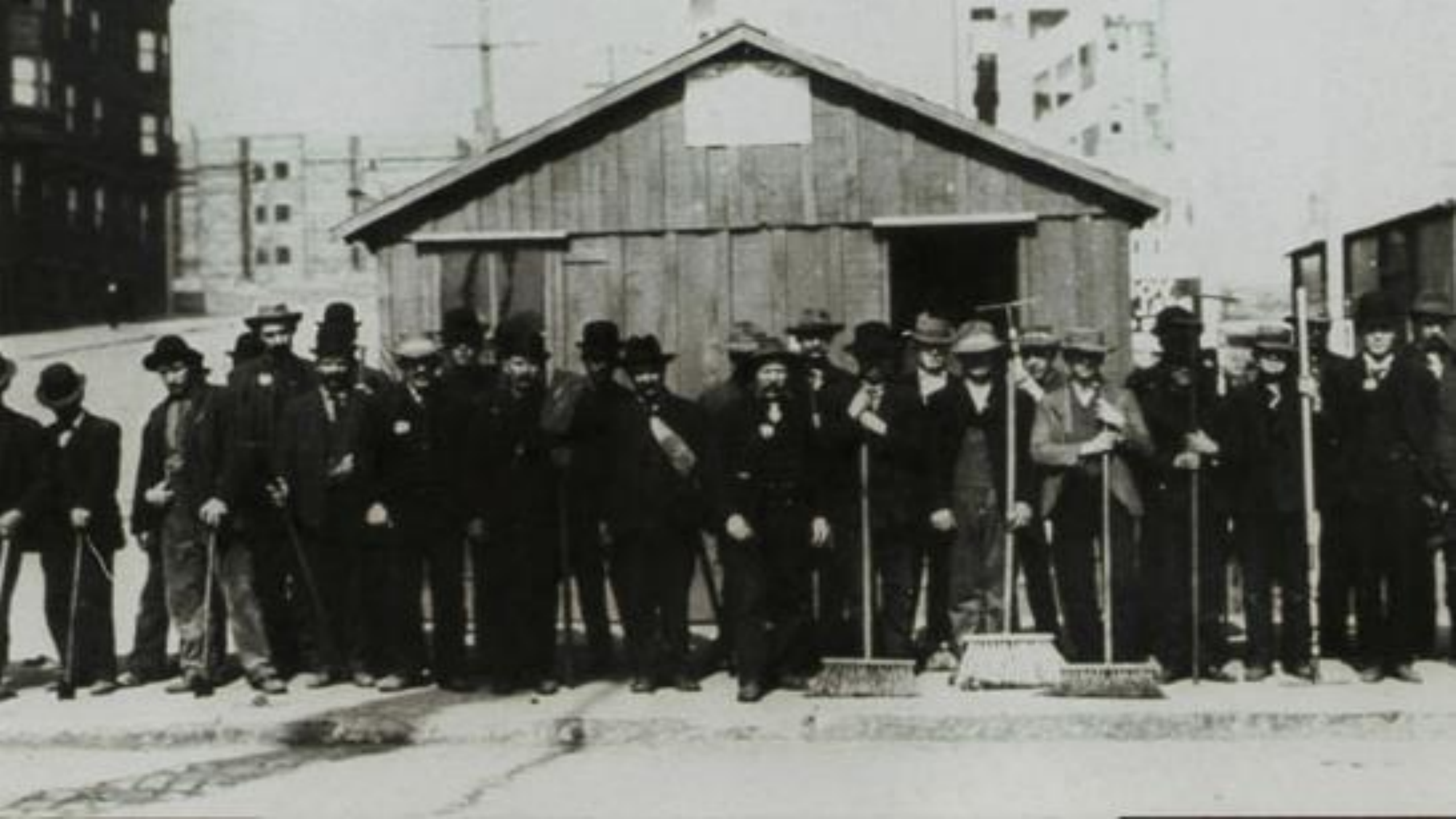
Aging & Longevity

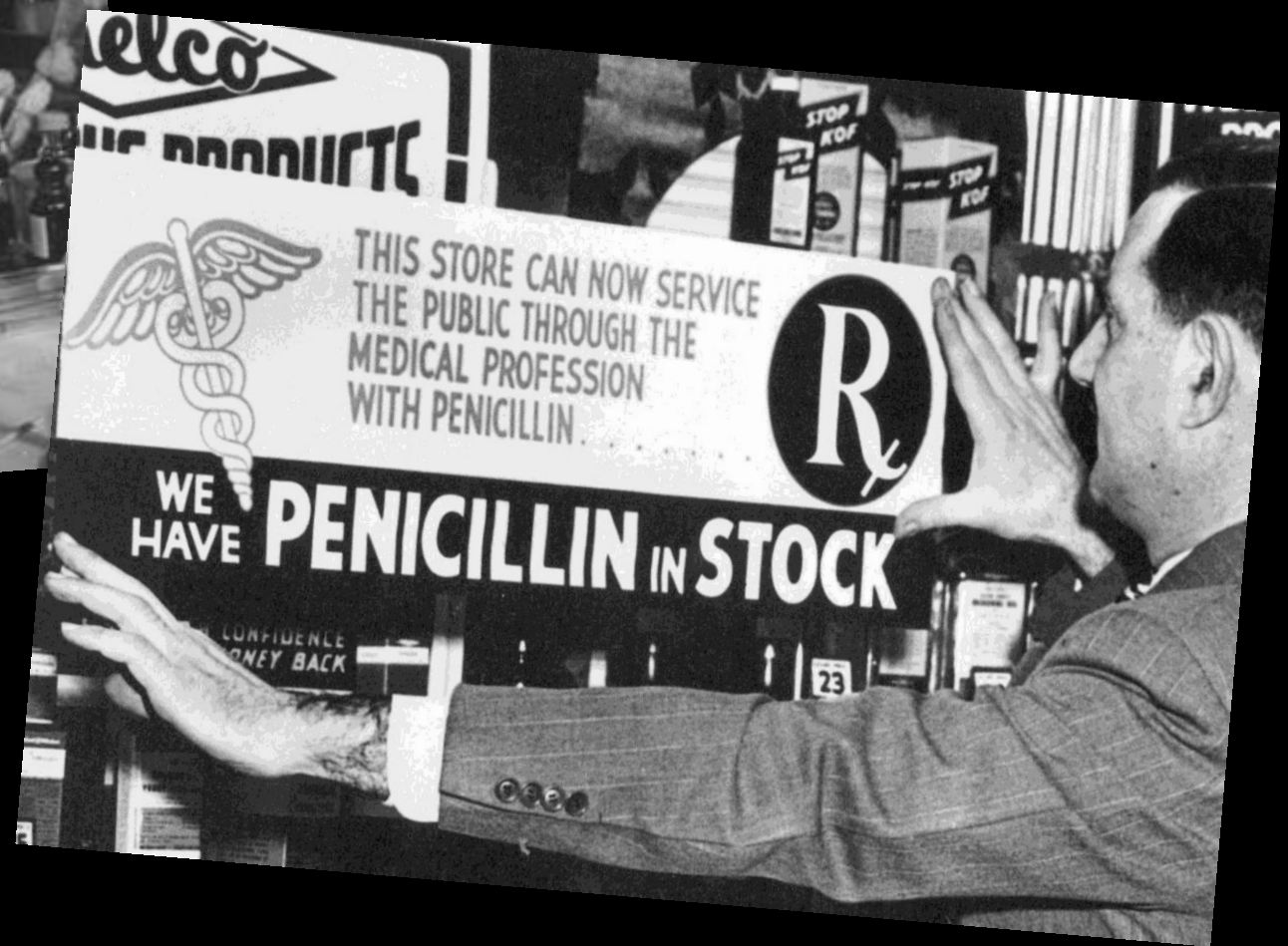
Challenge or Opportunity?

Ken Dychtwald, PhD

Psychologist/Gerontologist, Author
Founder and CEO, Age Wave

The
**LONGEVITY
REVOLUTION**



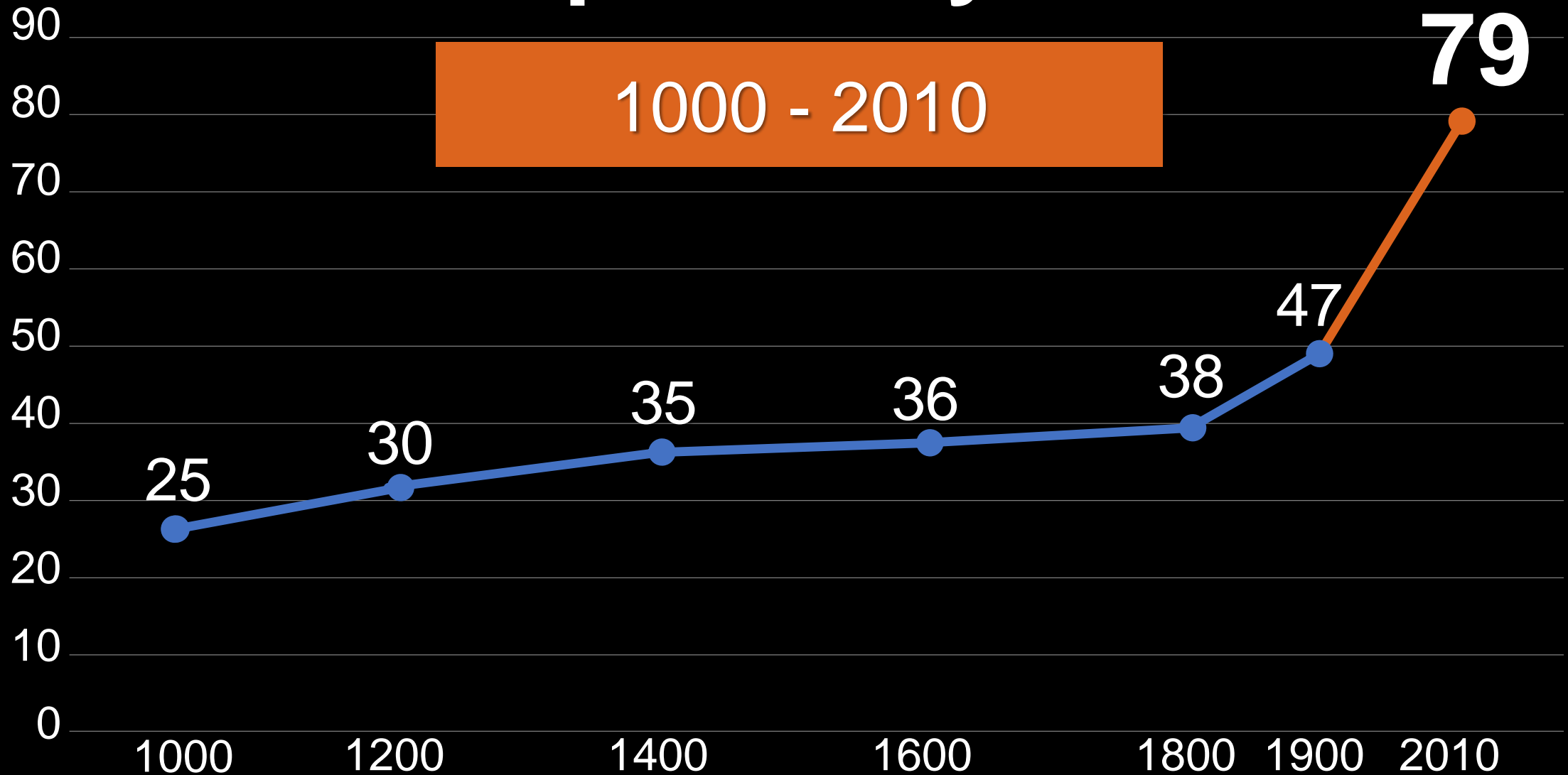








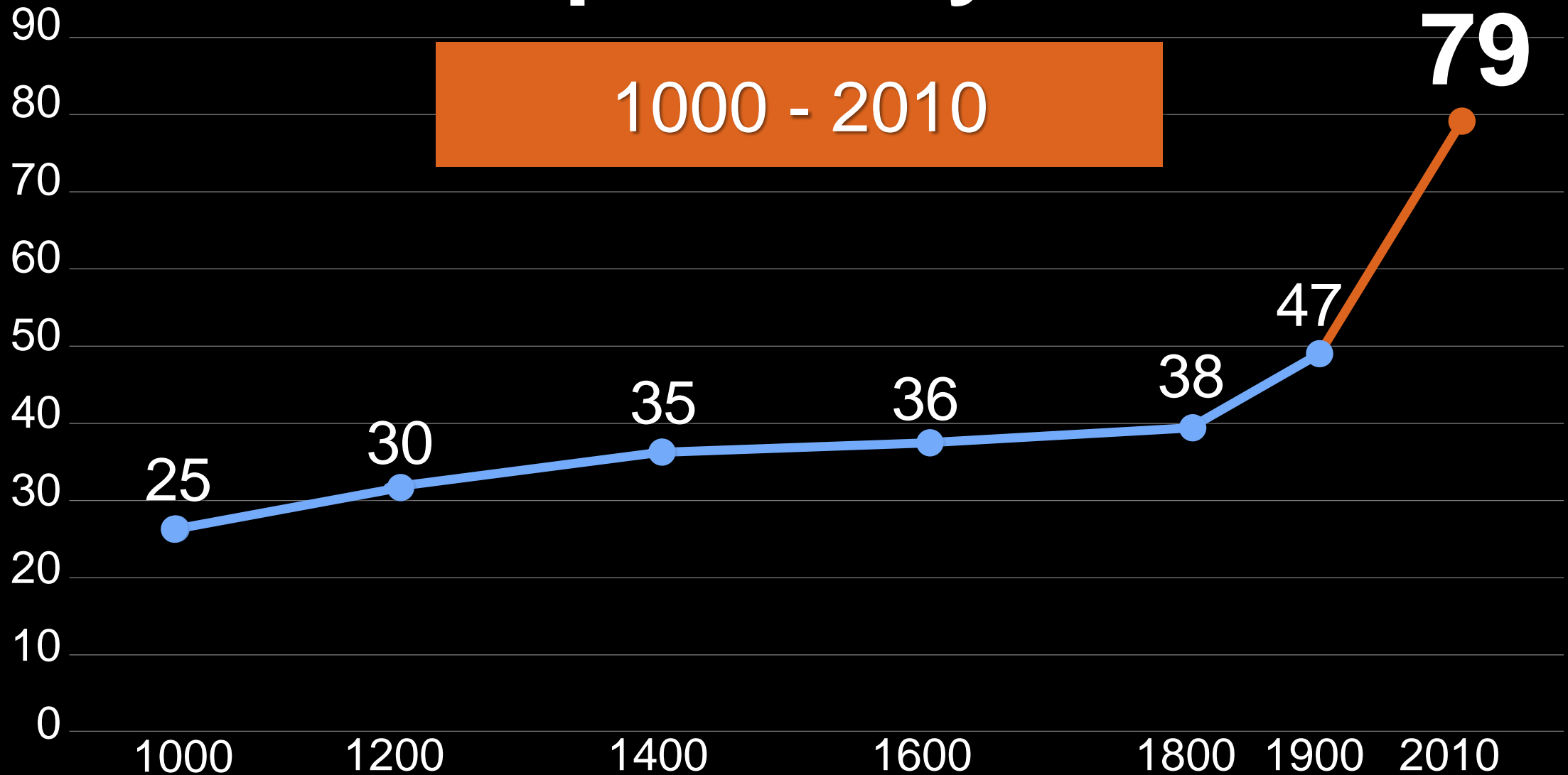
Life Expectancy at Birth



U.S. Constitution: 1787
Average Life Expectancy: 37
Median Age: 16



Life Expectancy at Birth



Life Expectancy at Birth





OLD AGE ISN'T
WHAT OR WHERE
IT USED TO BE

Otto Von Bismarck

Created the First Pension Plan in Europe in the 1880's and Selected 65 as the Marker of Old Age



TIME

A close-up portrait of an elderly John Glenn, looking upwards with a contemplative expression. He is wearing a red flight suit and a black helmet with a clear visor. The background is a dark, starry space. The word "TIME" is printed in large, white, serif capital letters at the top of the image.

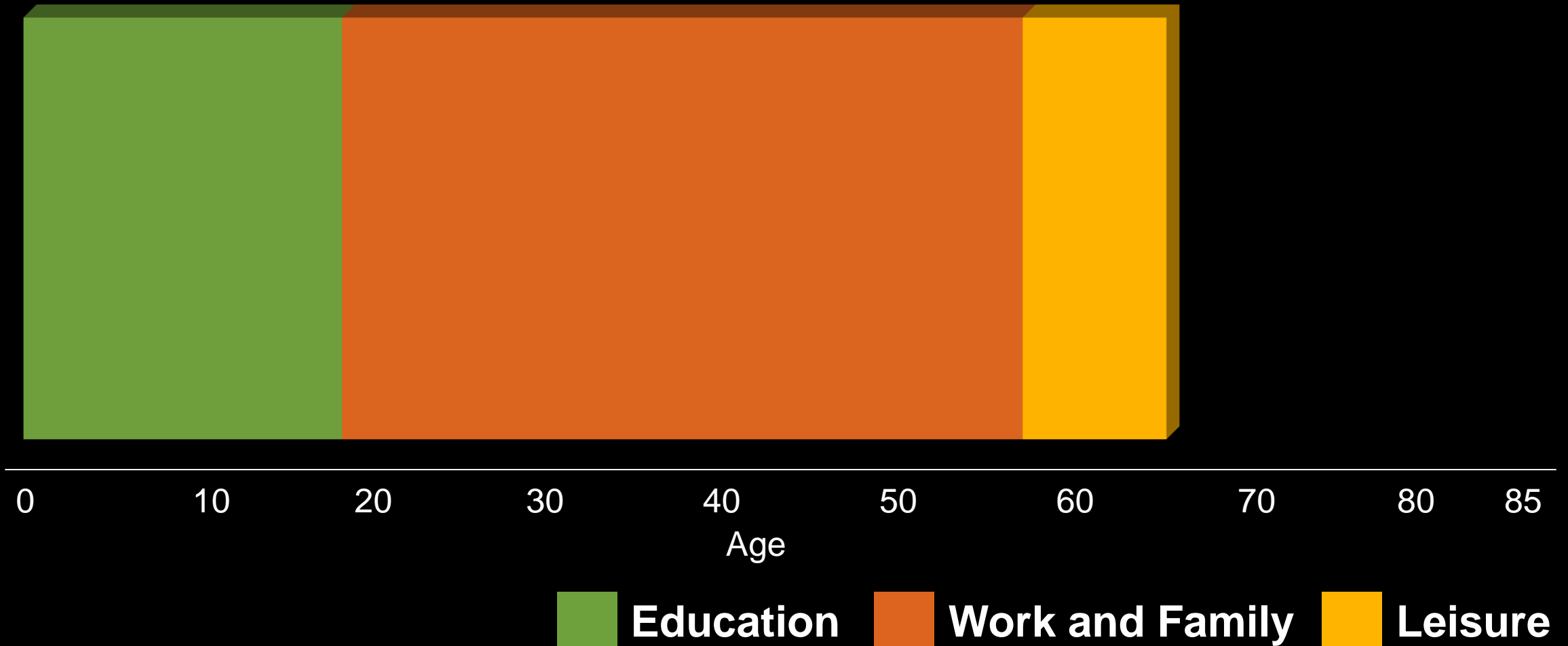
Last week he began
a month of training for his
return to space. A gimmick?
No, a timely reminder that
we can still have heroes

GLENN'S MISSION

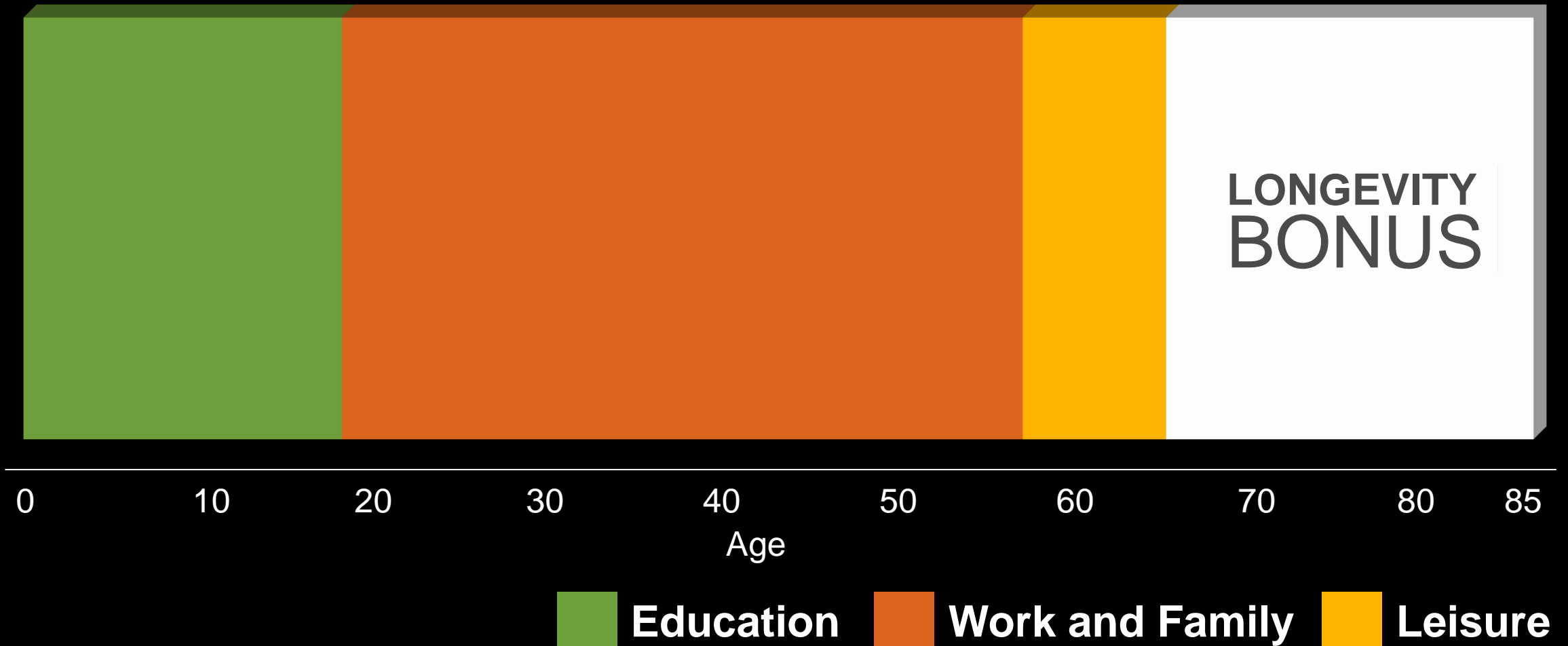


Where to put the
**LONGEVITY
BONUS?**

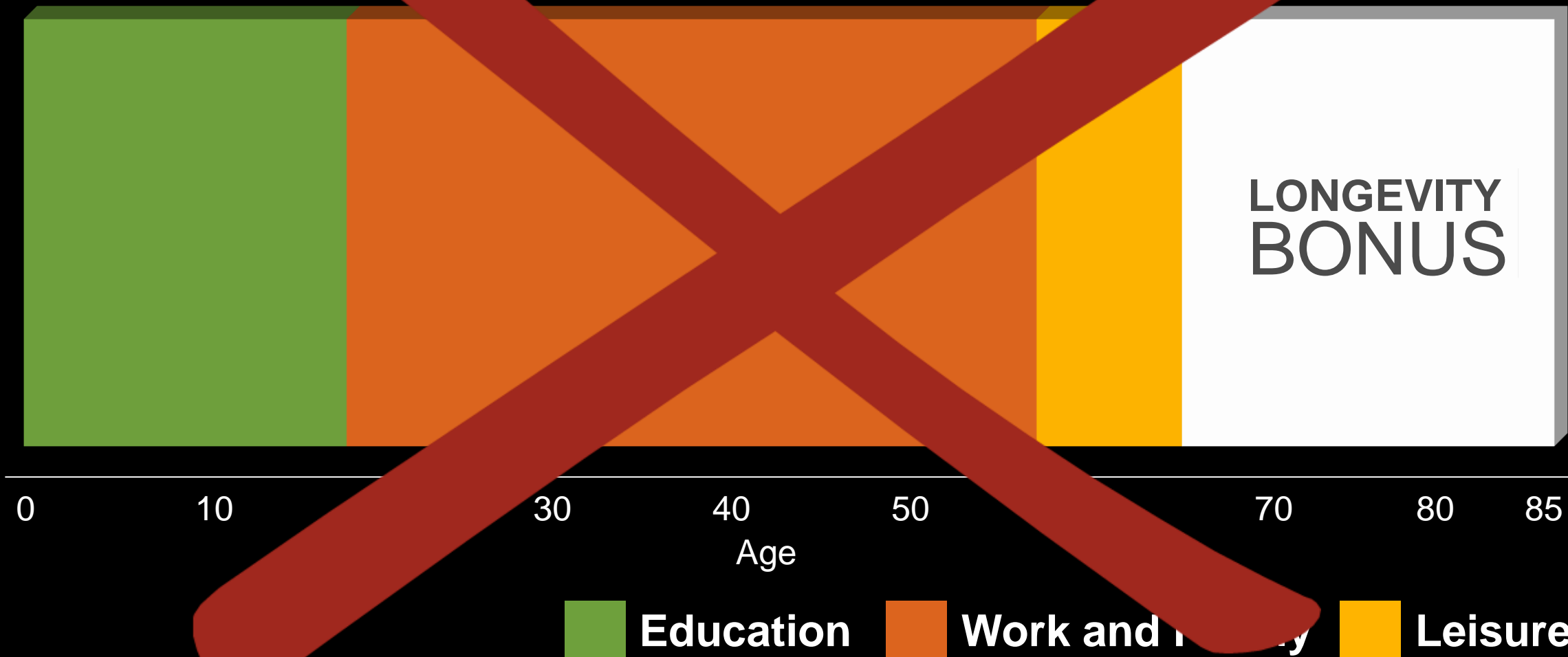
Linear Lifeplan



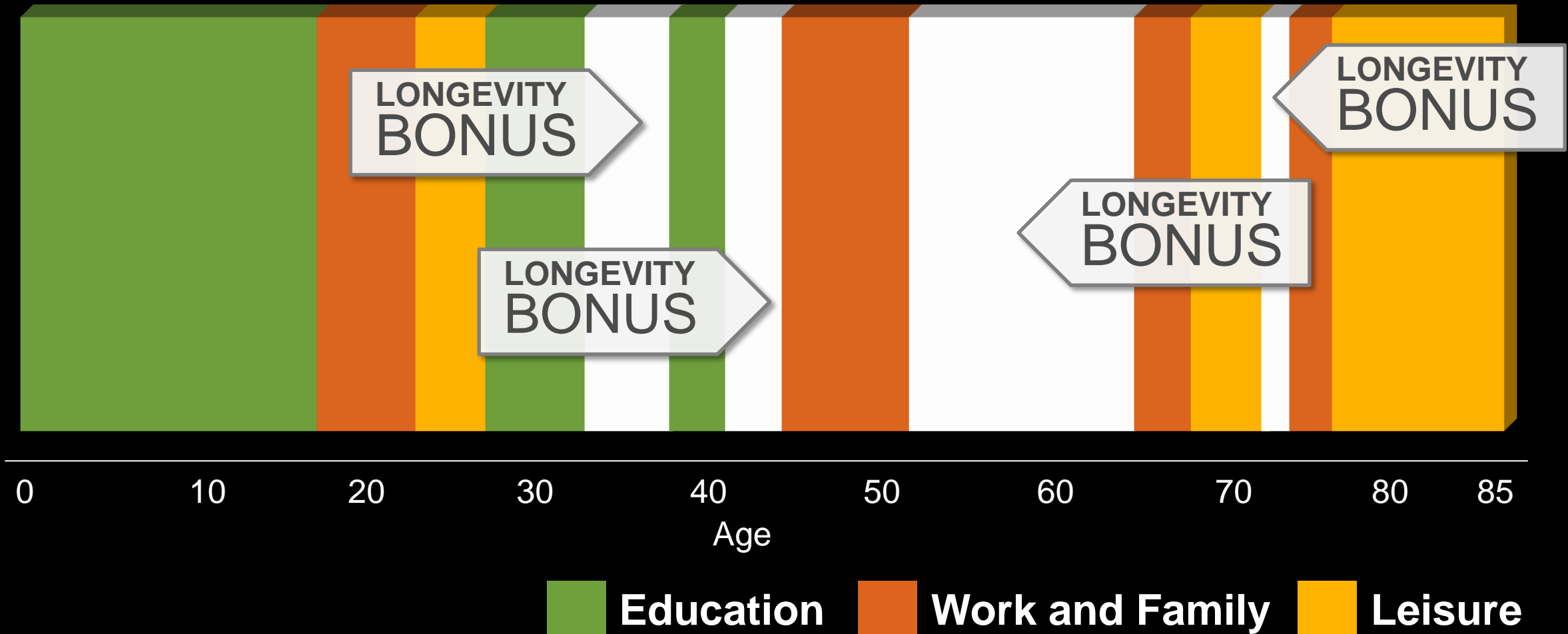
Linear Lifeplan



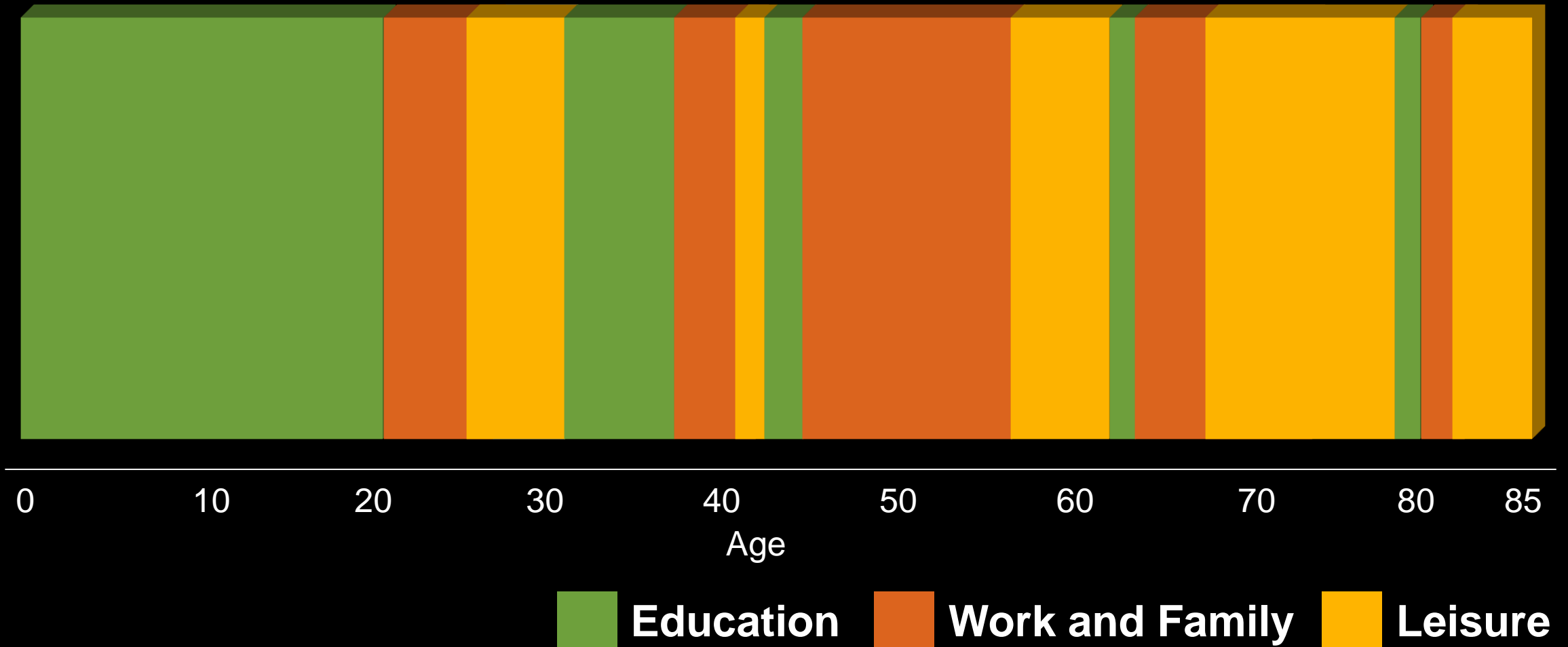
Linear Lifeplan



Cyclic Lifeplan



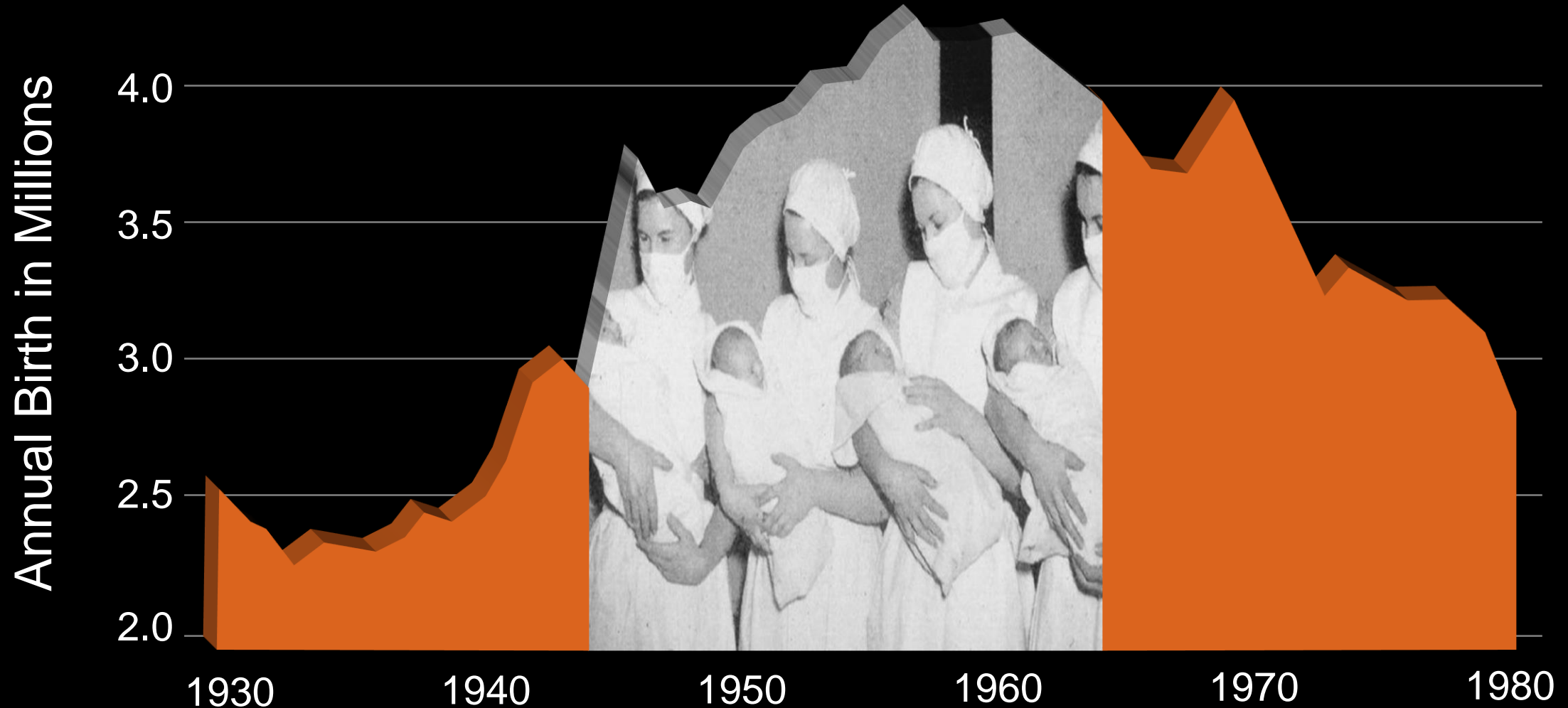
Cyclic Lifeplan



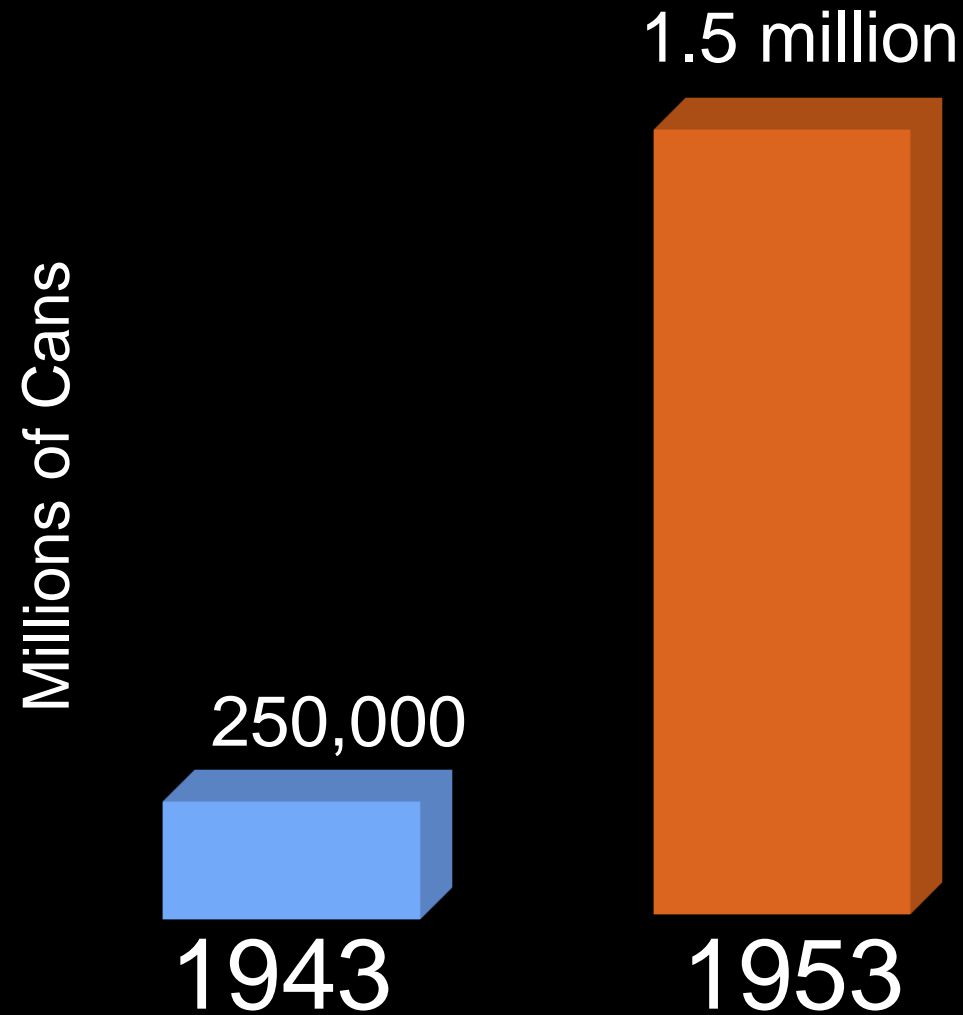
The
BABY BOOM
Is Becoming An
AGE WAVE

The U.S. Baby Boom: 1946-1964

76 Million



Baby Food Consumption









PAN AMERICAN VAN
STORAGE

BEKINS

BEKINS

VAN & STORAGE CO.

McCallson
VAN & STORAGE CO.
MOVING STORAGE
SHIPPING CRATING

PHONE
TW-5488

137 W. MANCHESTER AVE.
LOS ANGELES

BOWIE

VAN

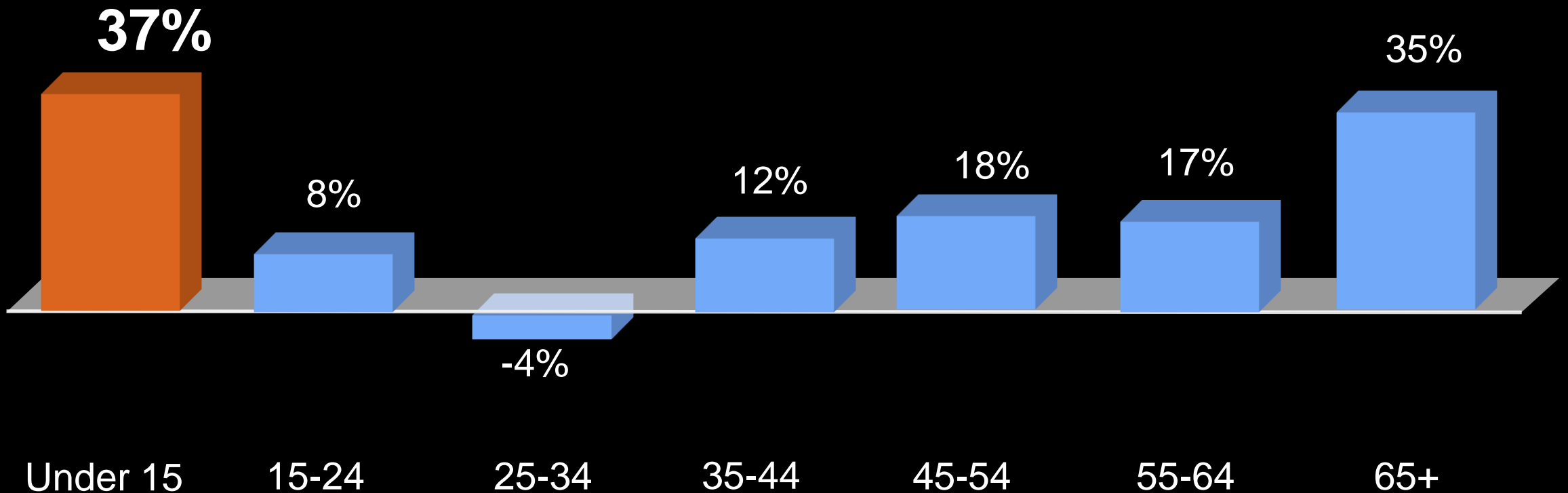
Baby Boomer Women were the First Generation to Attend College En Masse



DEMOGRAPHY IS
DESTINY

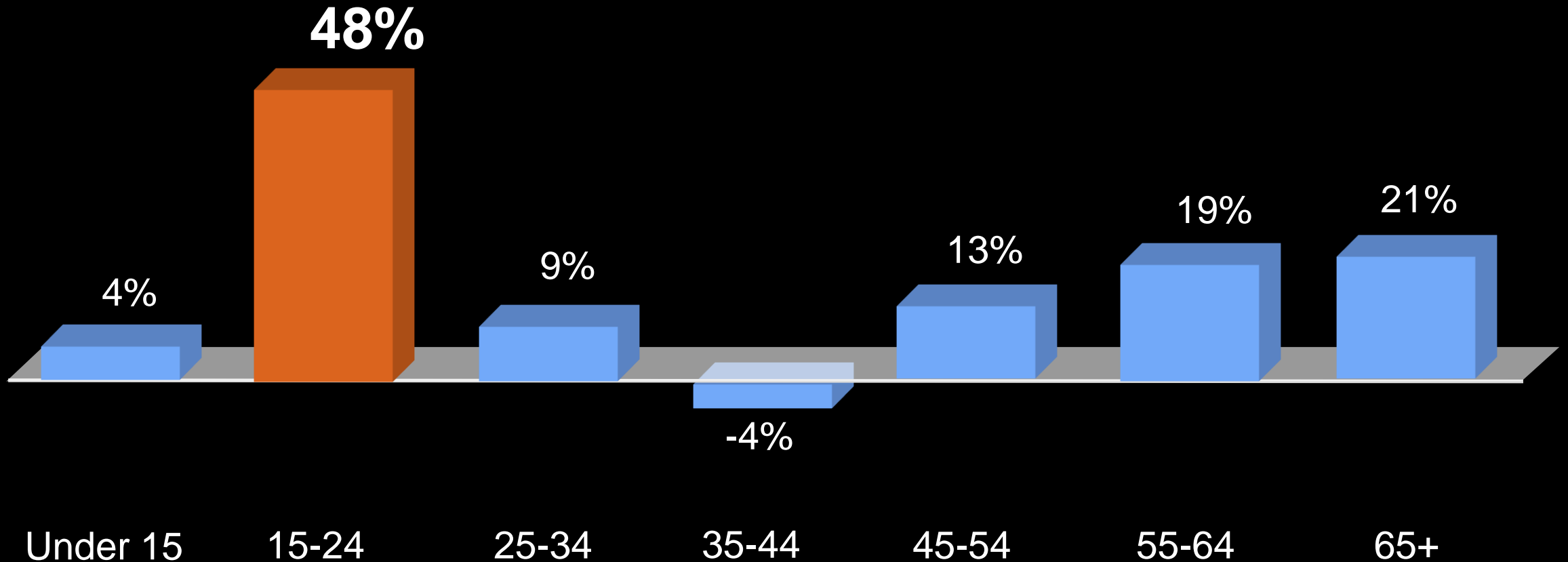
Change in Population Growth

U.S. 1950-1960



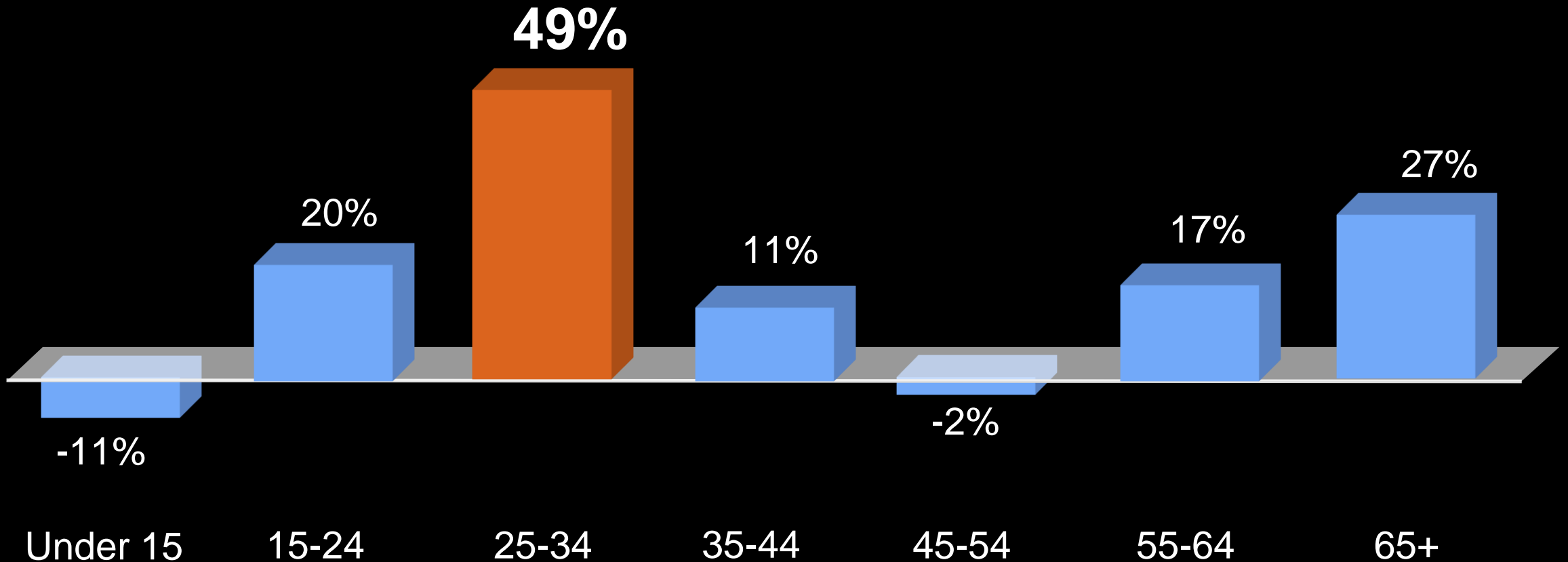
Change in Population Growth

U.S. 1960-1970



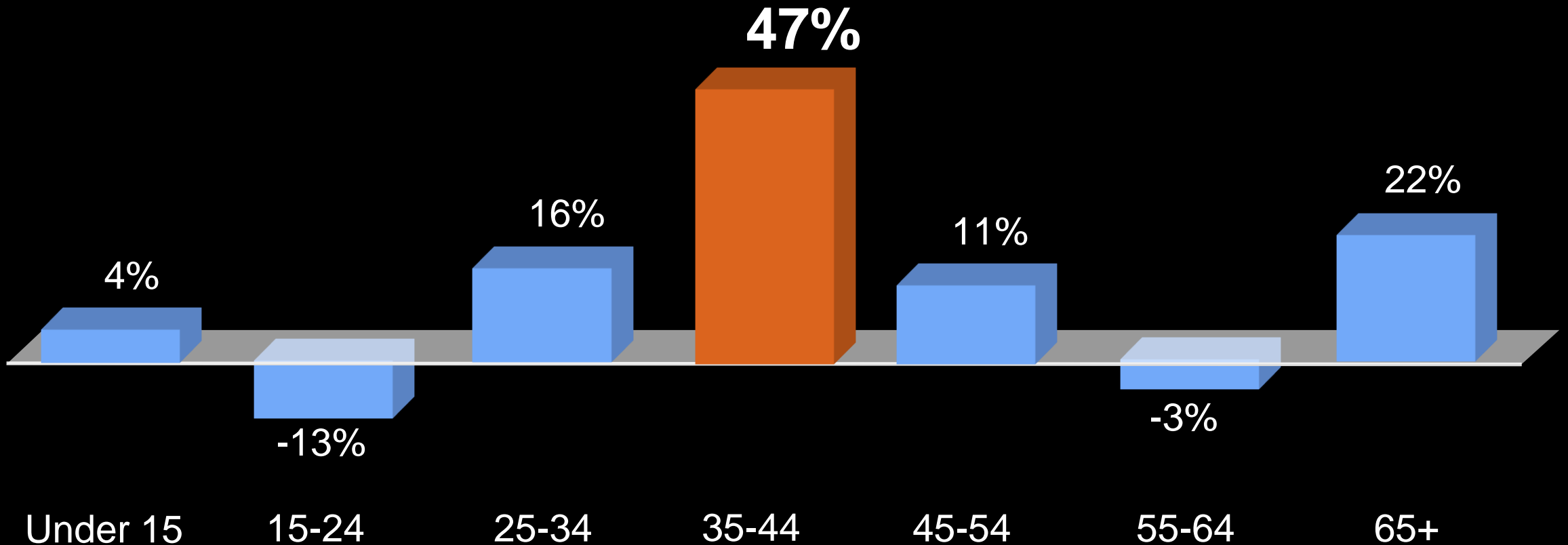
Change in Population Growth

U.S. 1970-1980



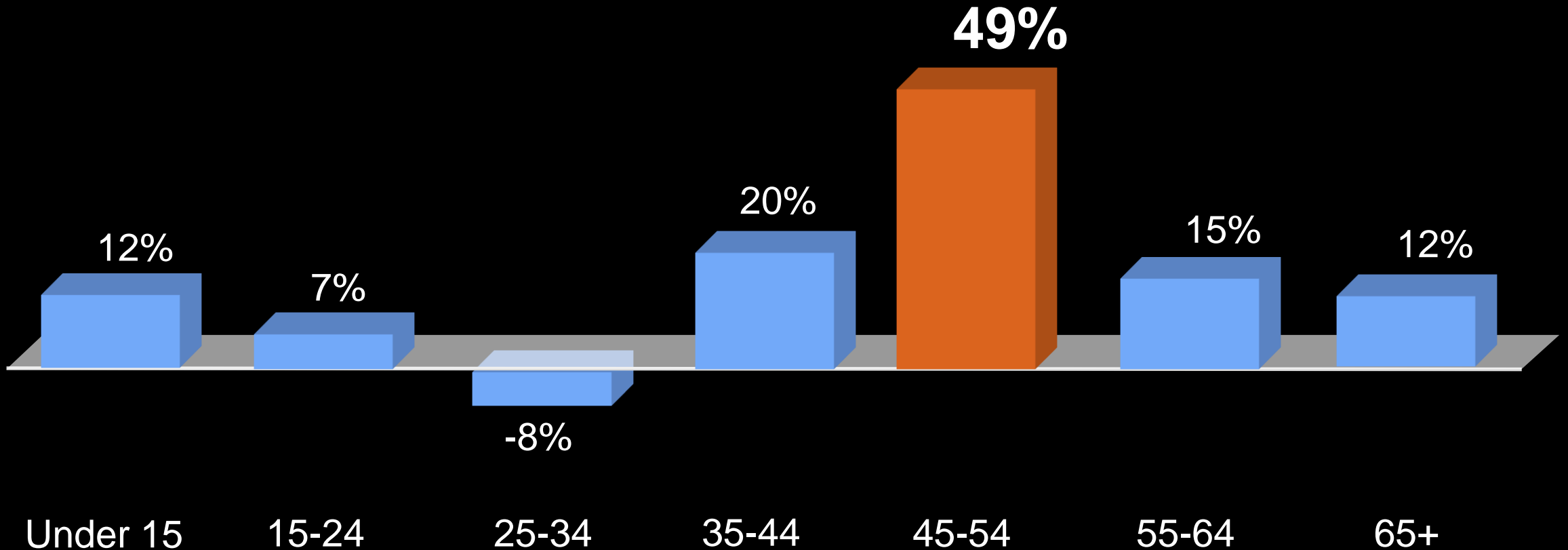
Change in Population Growth

U.S. 1980-1990



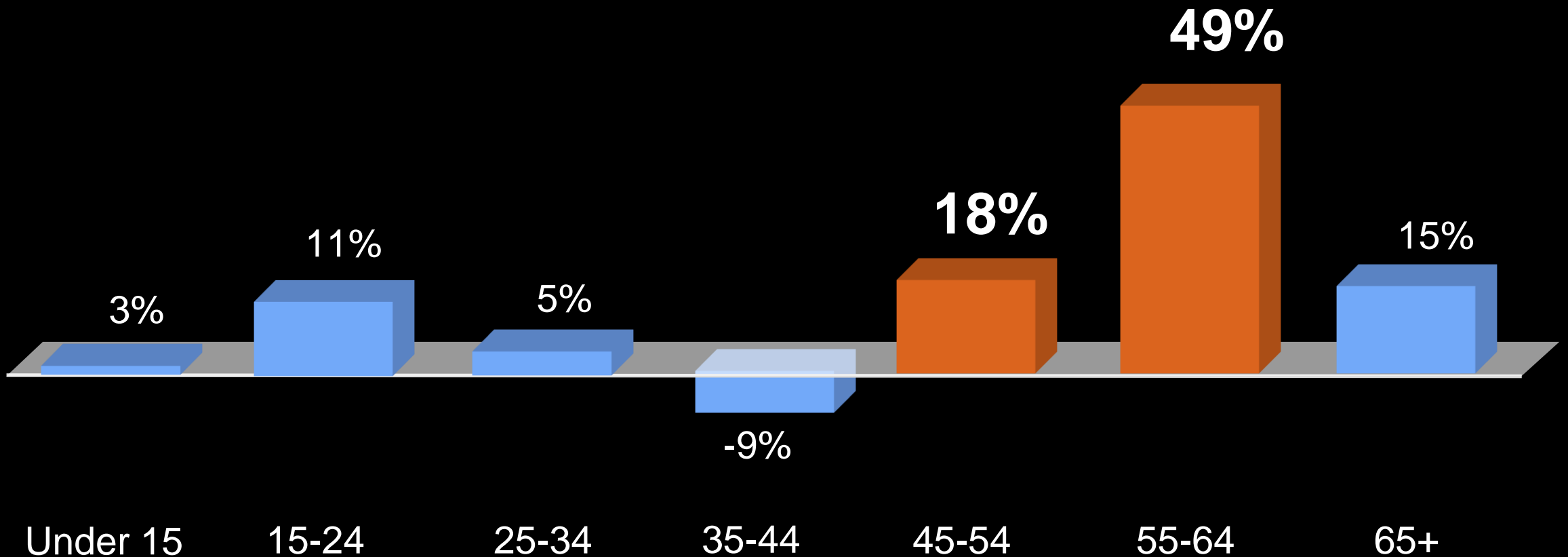
Change in Population Growth

U.S. 1990-2000

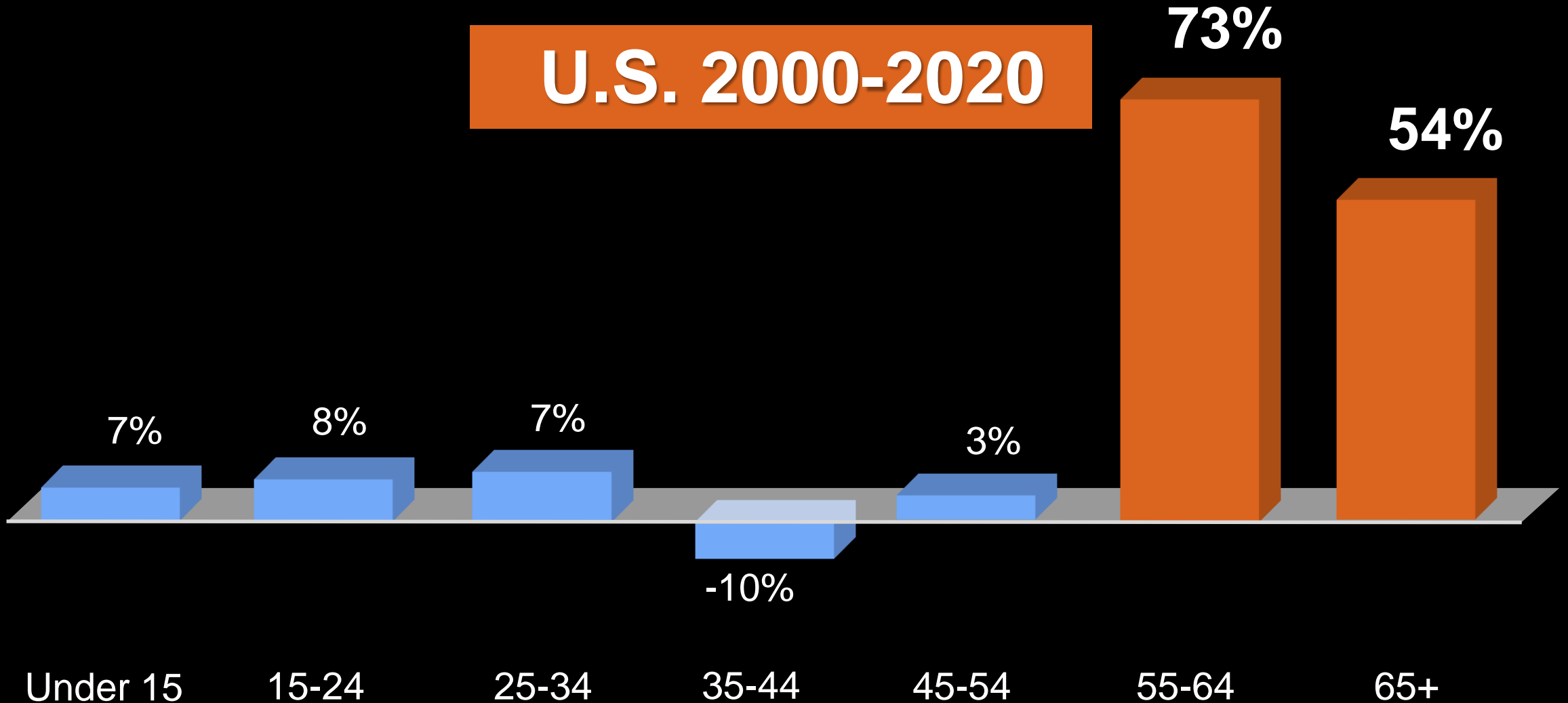


Change in Population Growth

U.S. 2000-2010

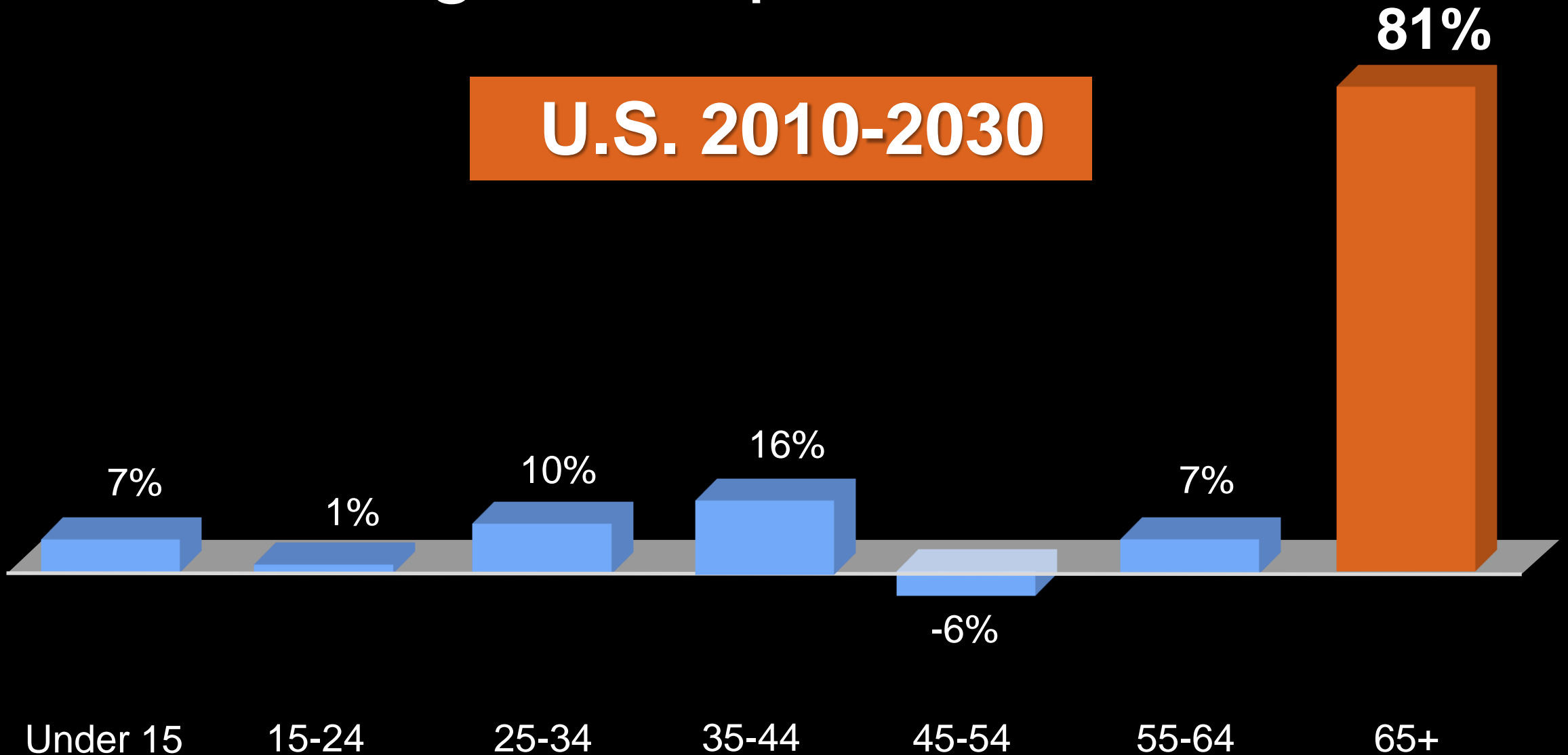


Change in Population Growth

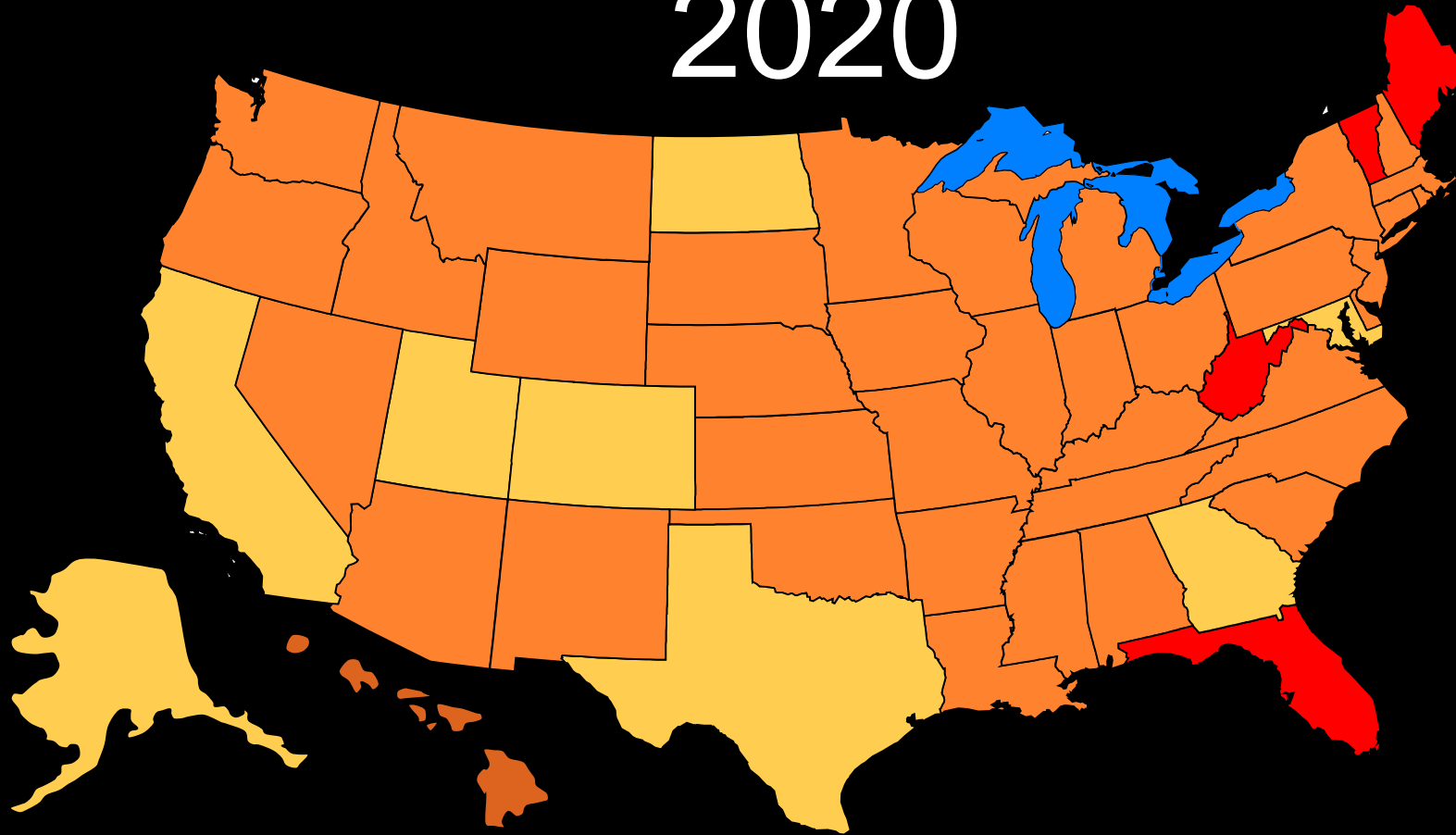


Change in Population Growth

U.S. 2010-2030

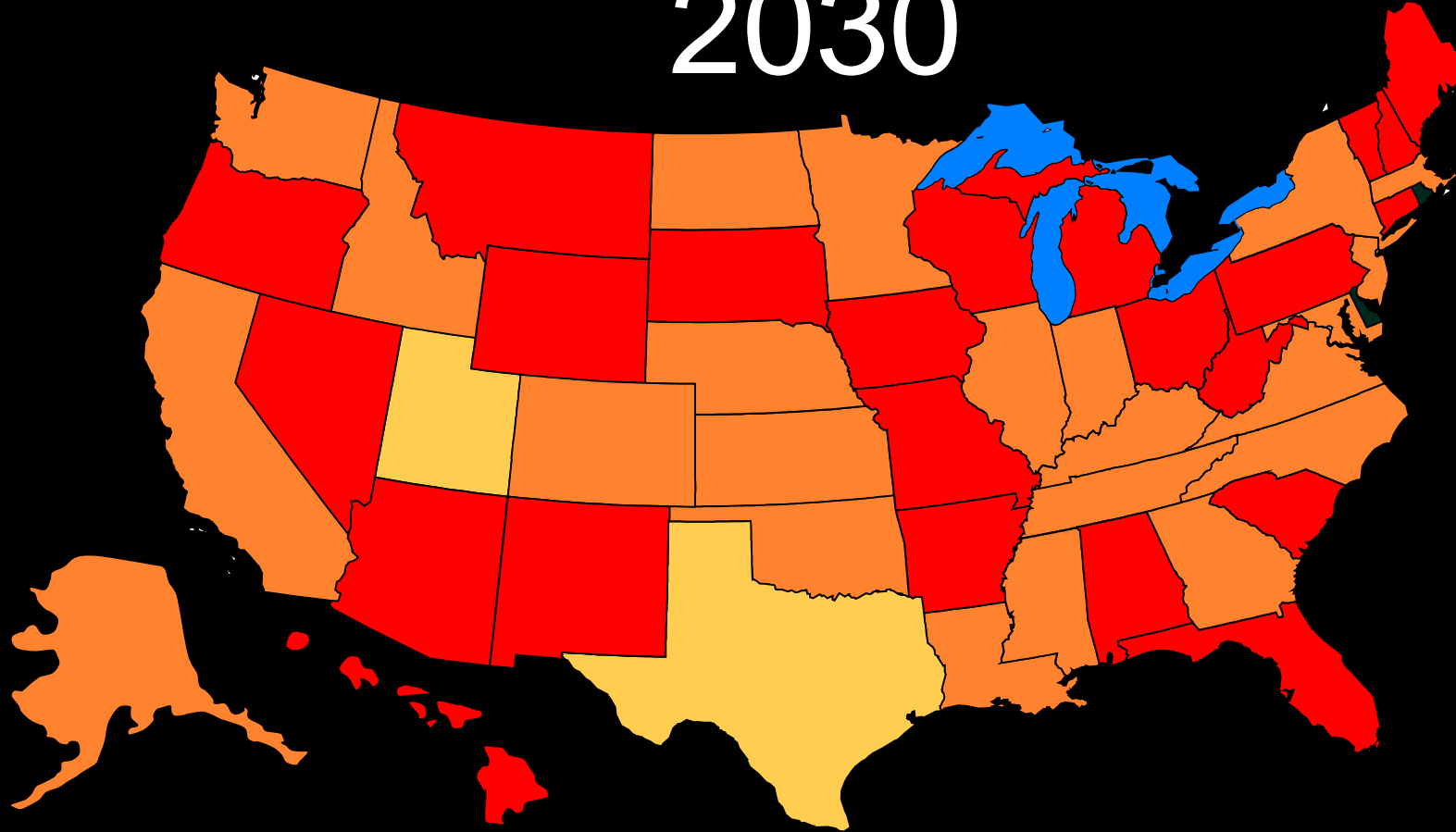


Percent of Population 65+ 2020



Under 15% 15-20% Over 20%

Percent of Population 65+ 2030



Under 15% 15-20% Over 20%

The New Ecosystem of Longevity





Purpose



Finances



Family



Work



Leisure



Health



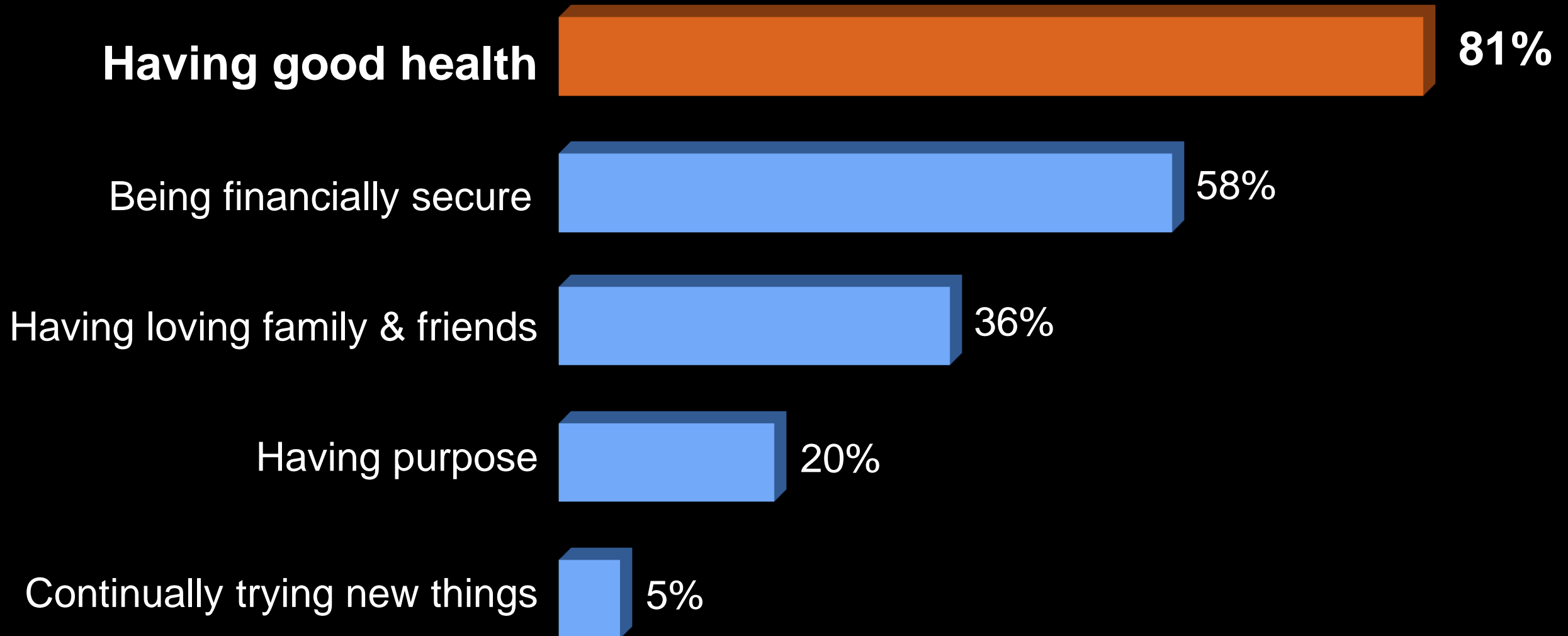
Home





Which of the following are the most important to achieving a happy retirement?

Retirees Say Health is the #1 Key to a Happy Retirement



Impacts of Aging



MATCHING HEALTHSPAN TO LIFESPAN

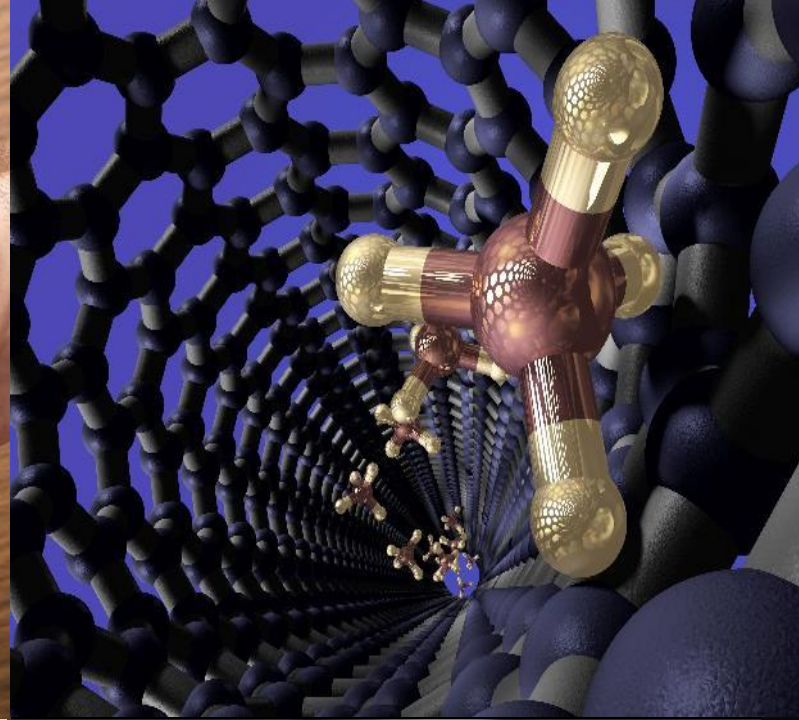


Medical Excellence

Departments of Geriatric Medicine



Source: Bragg, E.J., et al. 2012. "The Development of Academic Geriatric Medicine in the United States 2005 to 2010: An Essential Resource for Improving the Medical Care of Older Adults." *Journal of the American Geriatrics Society*, 60(8), 1540-1545.

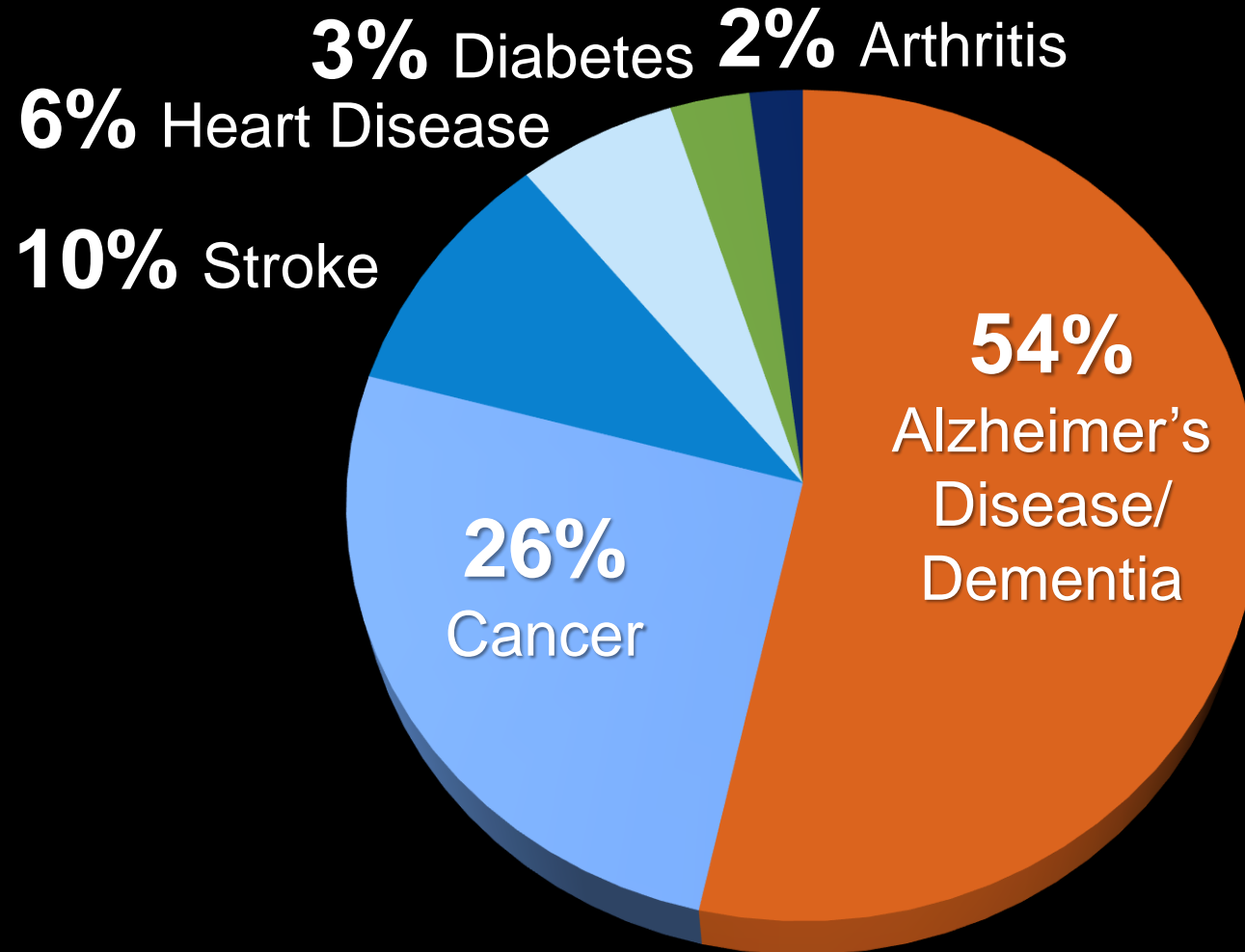


Scientific Breakthroughs

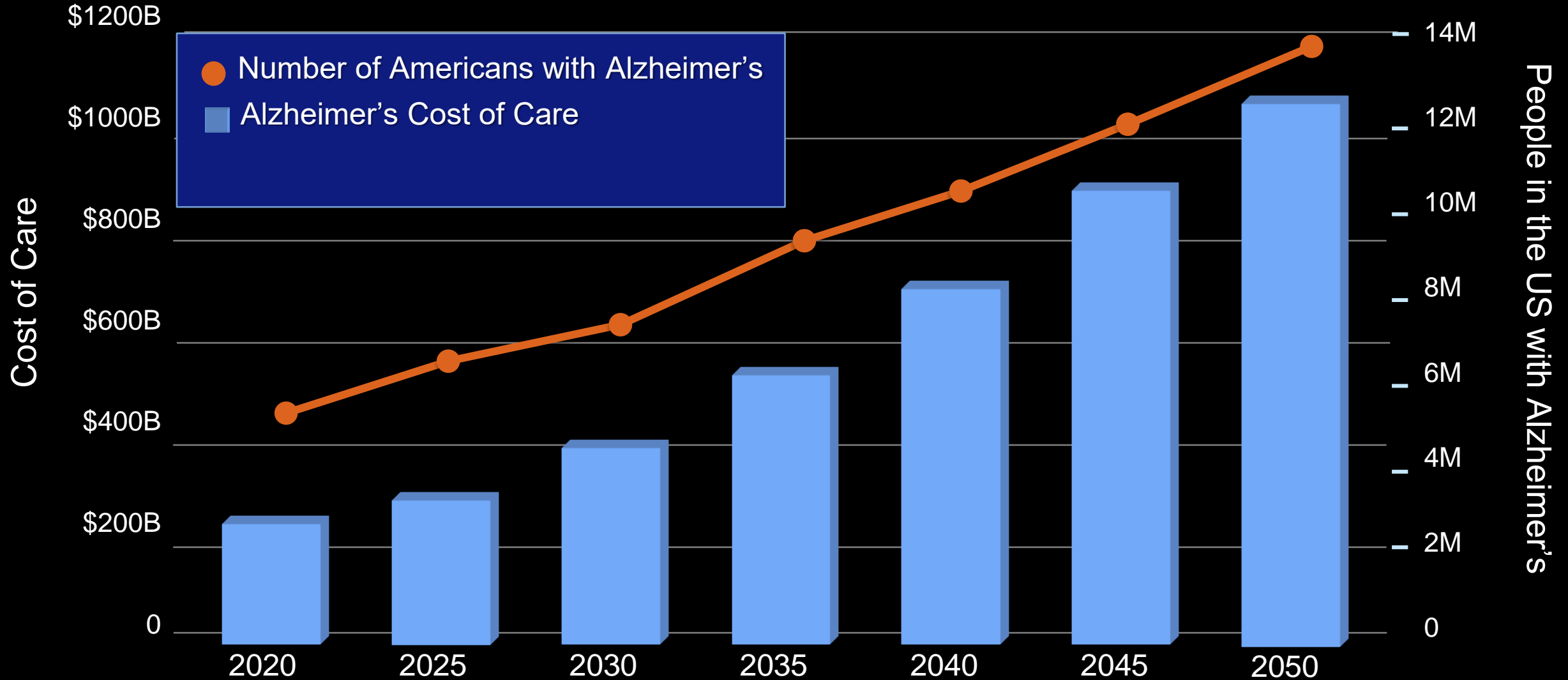


What is the scariest disabling condition in later life?

Alzheimer's/Dementia is the Scariest Disease

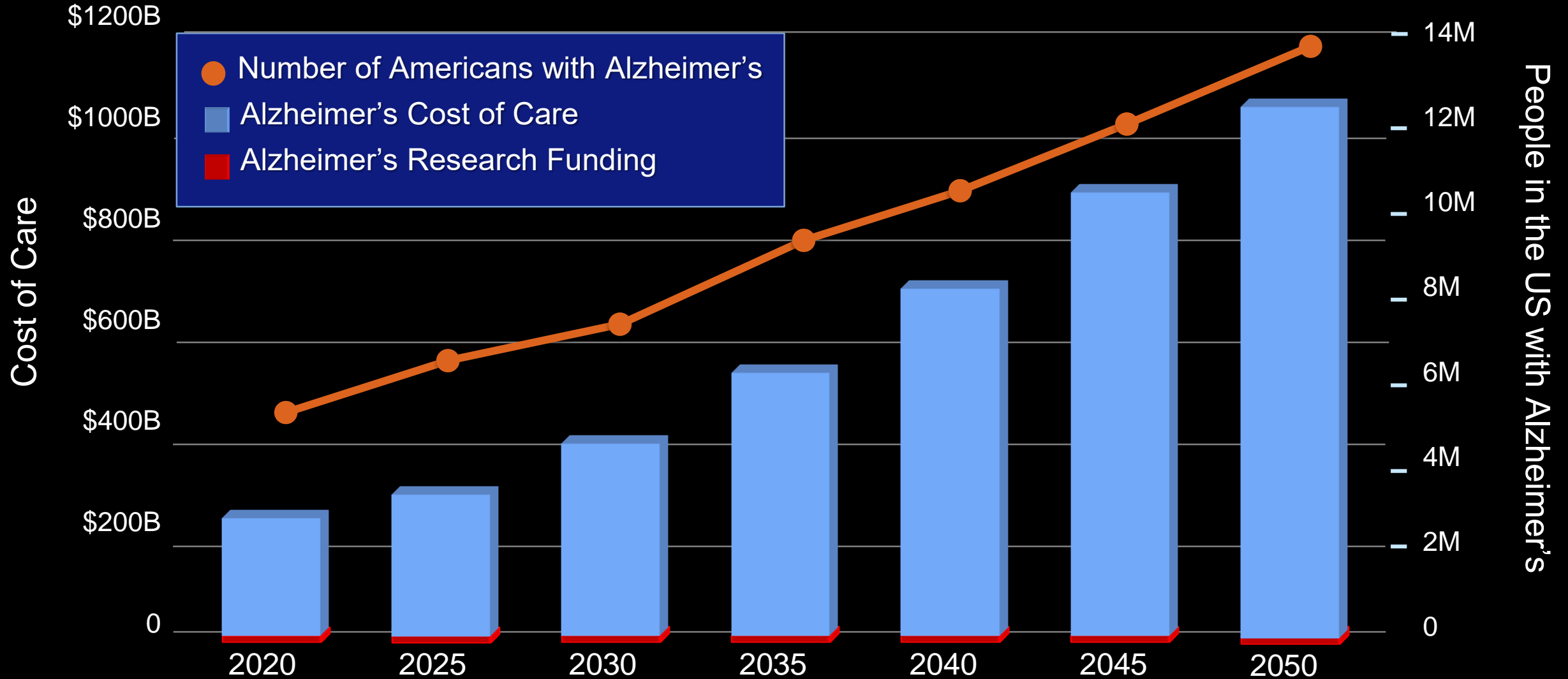


Alzheimer's Cost and Funding 2020-2050



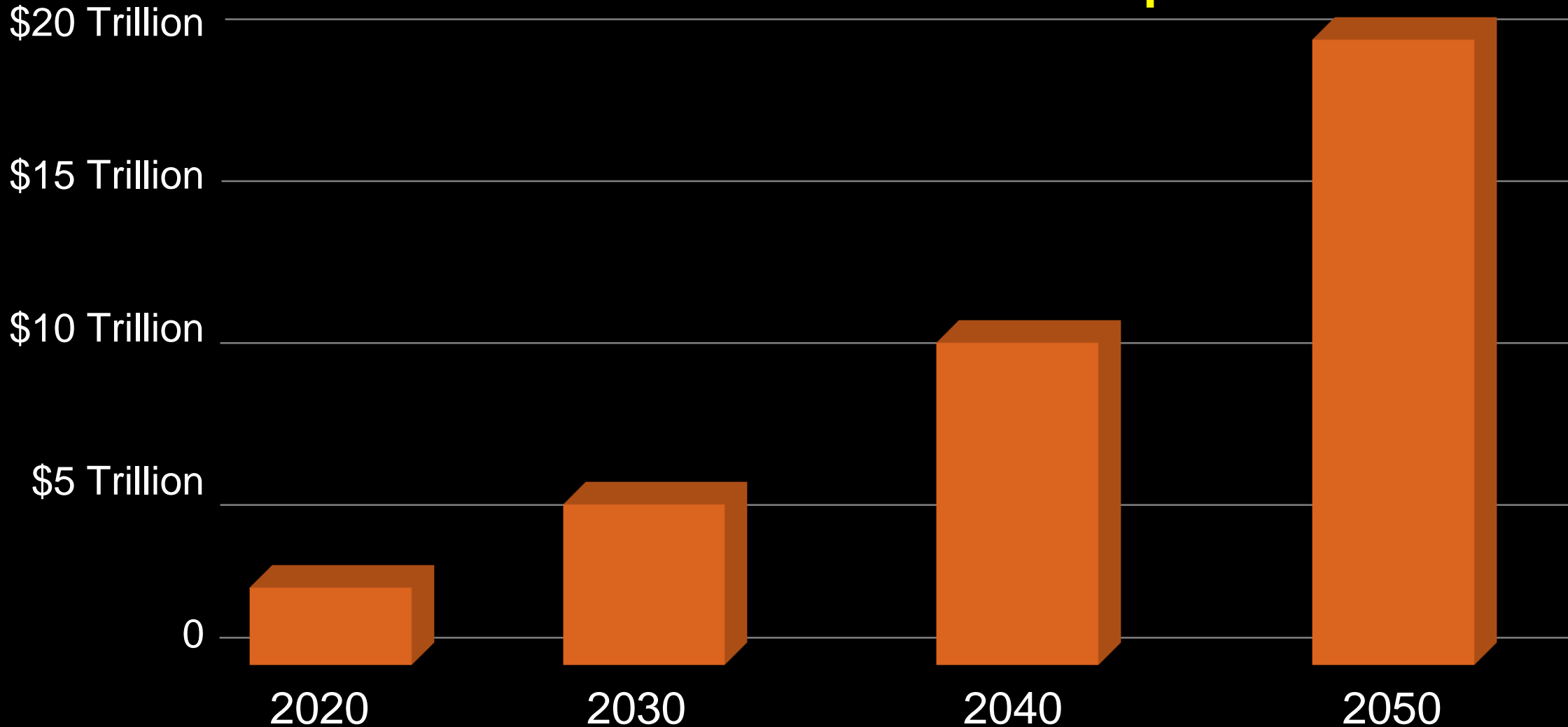
Sources: Alzheimer's Study Group, A National Alzheimer's Strategic Plan: The Report of the Alzheimer's Study Group (March 2009); Alzheimer's Association, Changing the Trajectory of Alzheimer's Disease: A National Imperative (May 2010); National Institutes of Health Office of the Budget website.

Alzheimer's Cost and Funding 2020-2050



Sources: Alzheimer's Study Group, A National Alzheimer's Strategic Plan: The Report of the Alzheimer's Study Group (March 2009); Alzheimer's Association, Changing the Trajectory of Alzheimer's Disease: A National Imperative (May 2010); National Institutes of Health Office of the Budget website.

Cumulative Cost of Alzheimer's 2020-2050 **\$20 Trillion!**



US Spending Priorities

Federal Spending per Person per Day

Social Security

\$9.50

Defense

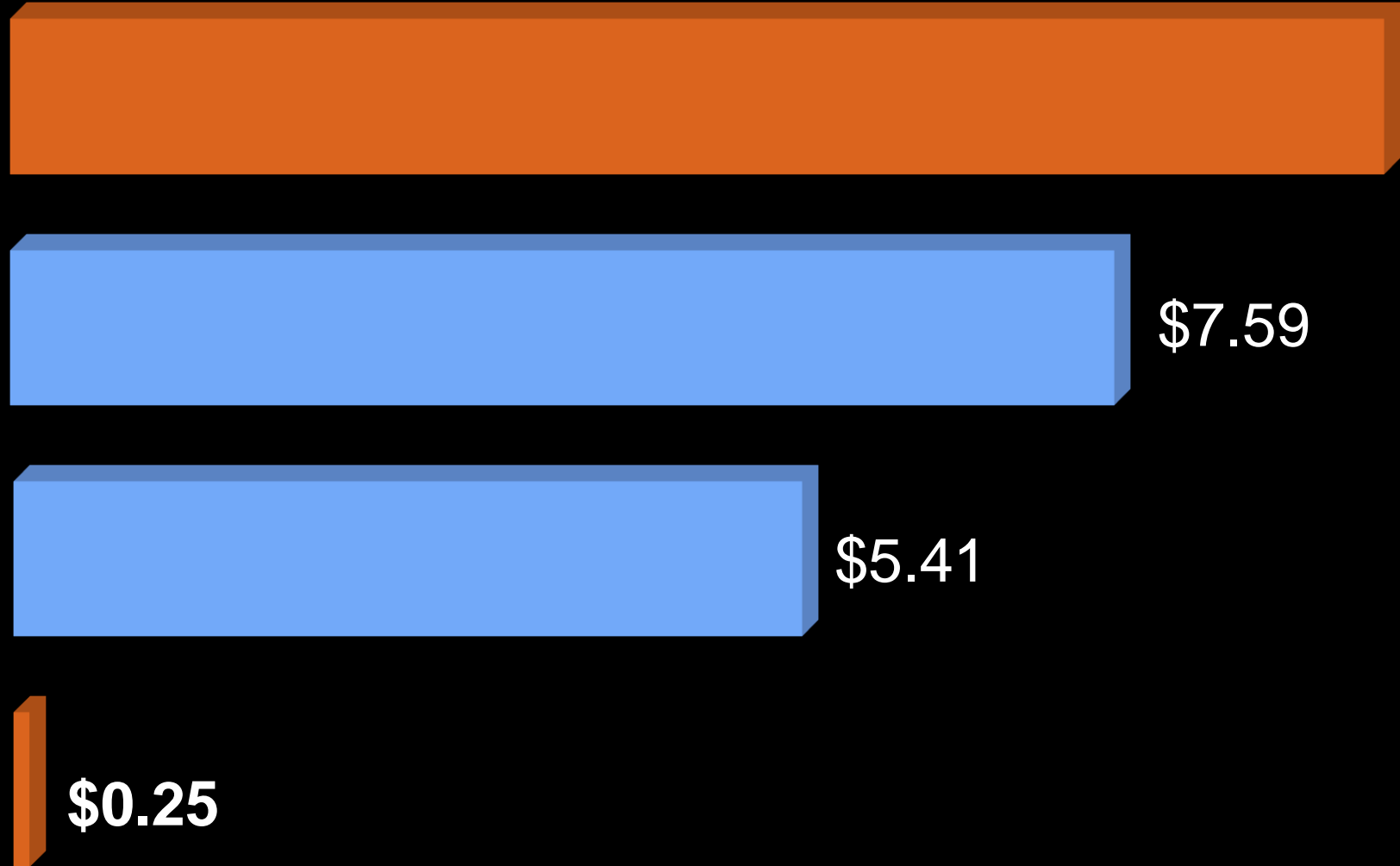
\$7.59

Medicare

\$5.41

Medical Research

\$0.25





Wellness

Age Wave Research



When it comes to relationships with healthcare, how are you different than your parents?

Boomers are 4x as likely as their parents to actively research health information



79%
Boomers

18%

Boomers'
Parents



Boomers are more than twice as likely to question their doctor's orders

70%

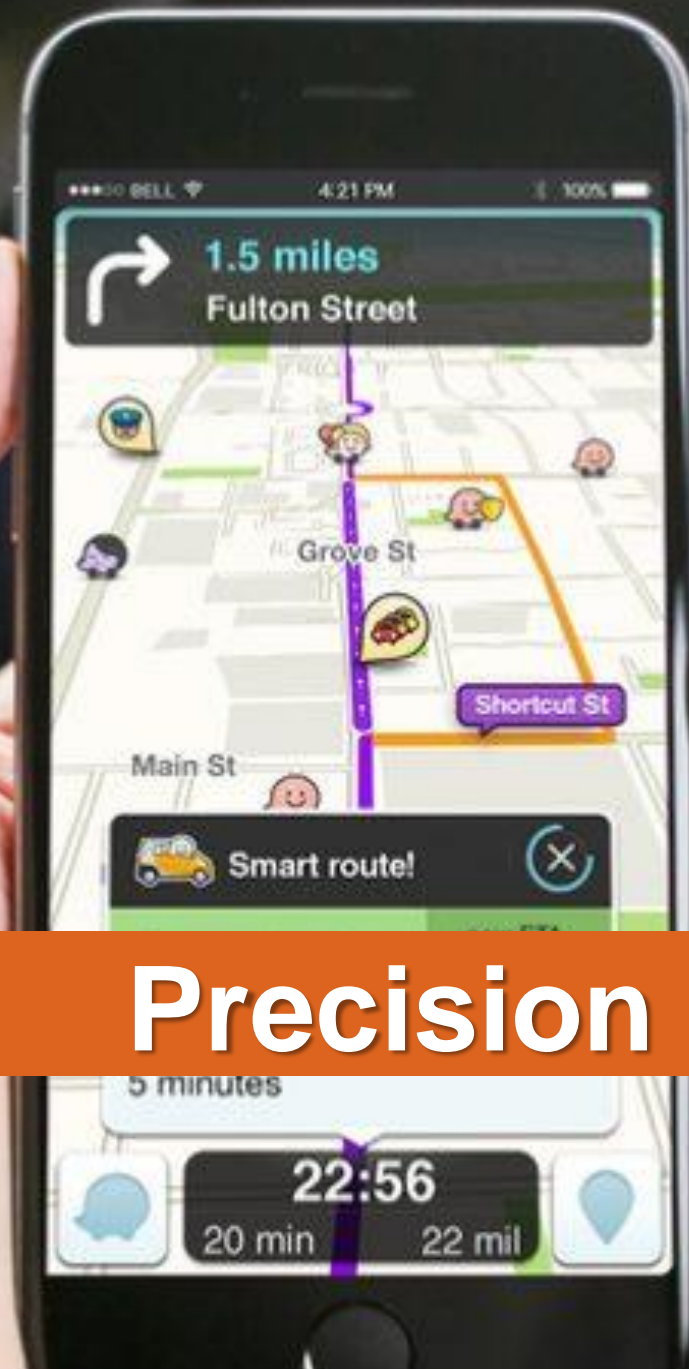
Boomers



29%

Boomers'
Parents





Precision Medicine



Social Connections



DJONES

calling



HENRY

waiting





Finances



Family



Leisure



Home



Purpose



Work

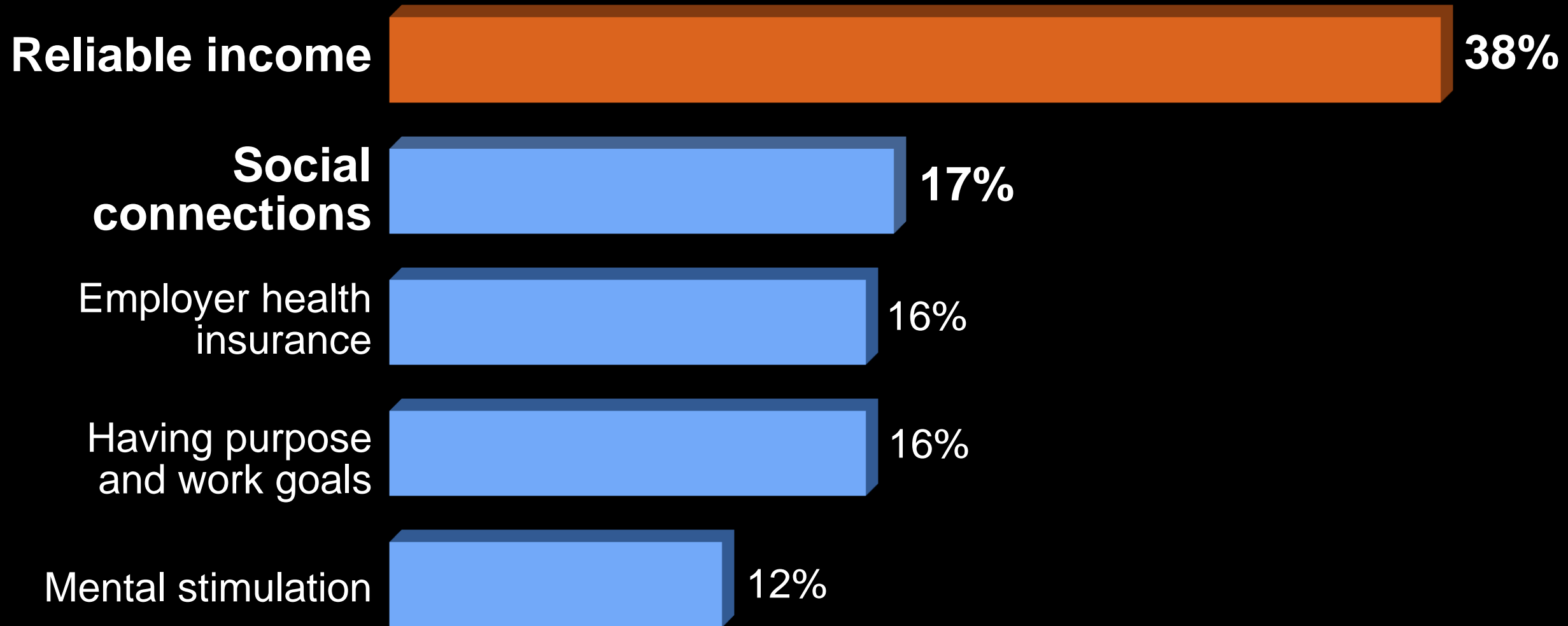


Health

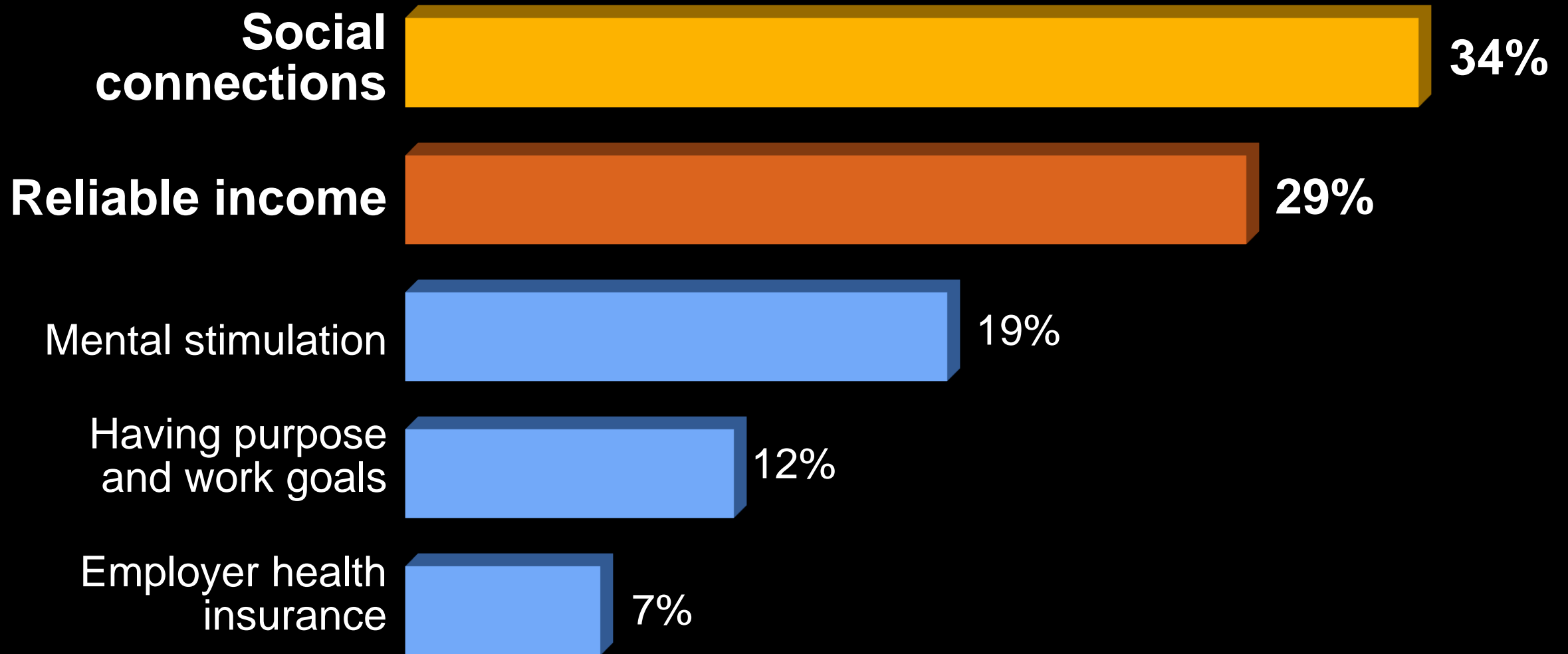


What will you miss most in retirement?

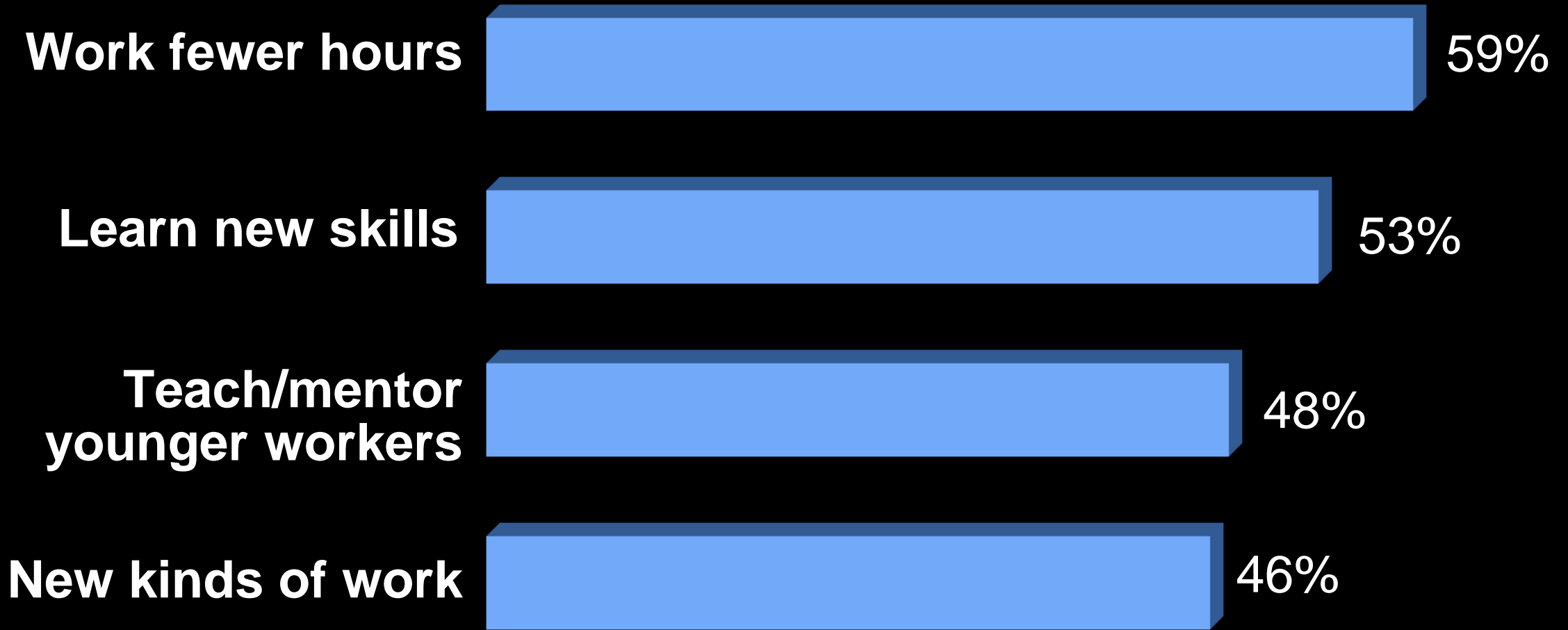
PRE-RETIREEES Think the Biggest Loss in Retirement will be a Reliable Income



But RETIREES Say They Miss the Social Connections Most



What People Want in their Retirement “Encore” Careers





Purpose



Finances



Family



Work



Leisure



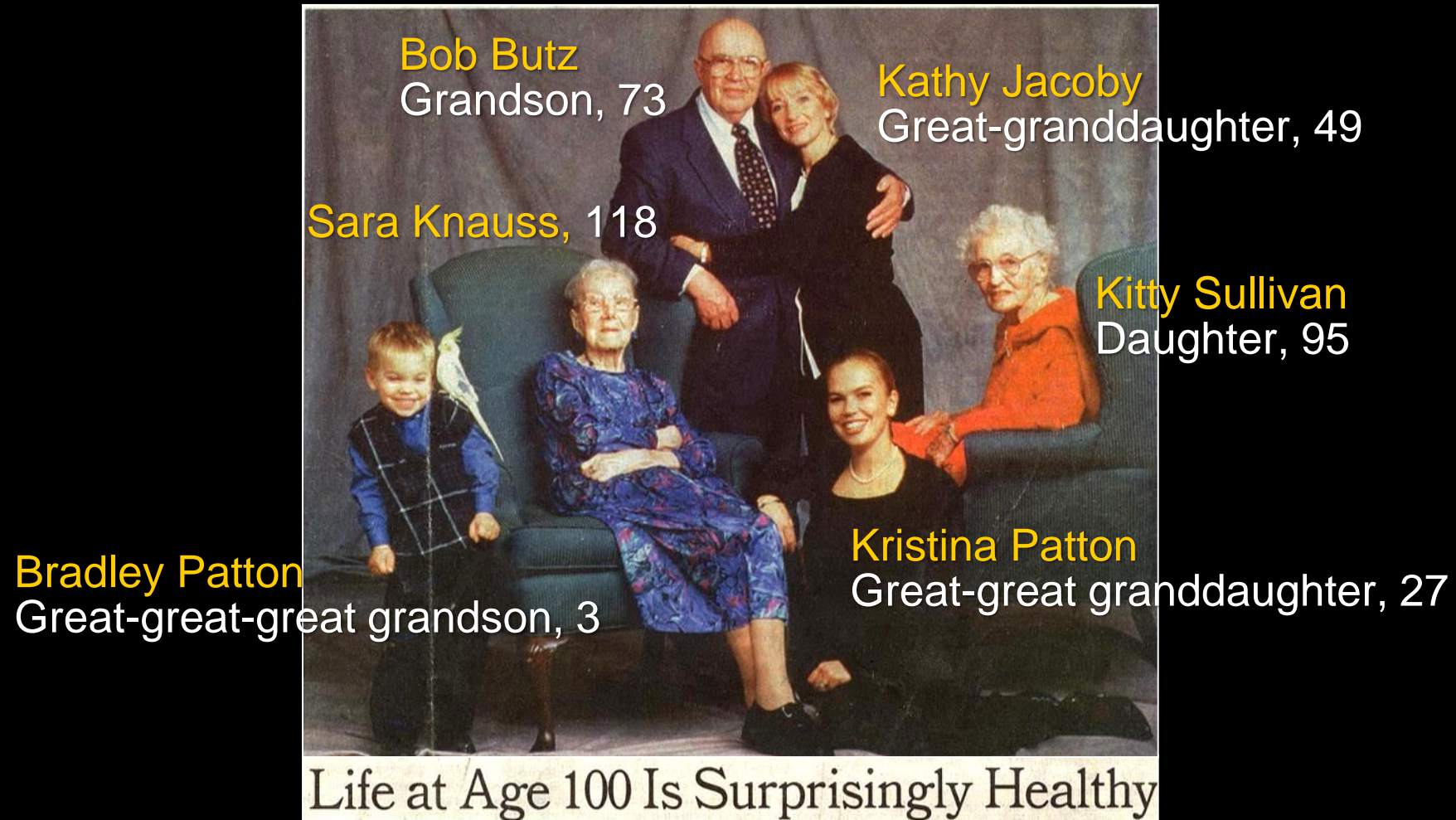
Health



Home



Toward a Six Generation Society



Aging is Not a Solo Project



The Coming Caregiving Crunch

There are currently
40 Million
informal caregivers
20 Million become
caregivers each year



7 in 10 caregivers are
contributing financially
for personal, medical
and household needs
Annual avg. of \$7,000



65% say caregiving
has brought
meaning and
purpose to their life
91% are grateful
to provide care







Finances



Purpose



Family



Work



Leisure



Health



Home









Qualities of “Age-Friendly” Communities

1. Safety and security
2. Sense of community
3. Learning and enrichment
4. Vibrant affordable economy
5. Work and volunteerism
6. Public transportation
7. Excellent healthcare





Purpose



Finances



Family



Work



Leisure



Health



Home

Social Security: Then and Now

	<u>Then (1940)</u>	<u>Now (2018)</u>
Life expectancy at birth	63.6	78.7
Life expectancy at age 65	12.7	19.5
Average retirement age	70	63
Population age 65+ (million)	9	52
Ratio: workers to recipients	159 to 1	2.8 to 1
Number of Social Security recipients	222,488	62,906,222
Average annual Social Security payout	\$220	\$18,130
Total Social Security payout (\$million)	\$49	\$993,577
% federal budget for Social Security	0.03%	26%



RETIREMENT SECURITY

EMPLOYER PENSION

SOCIAL SECURITY

PERSONAL SAVINGS



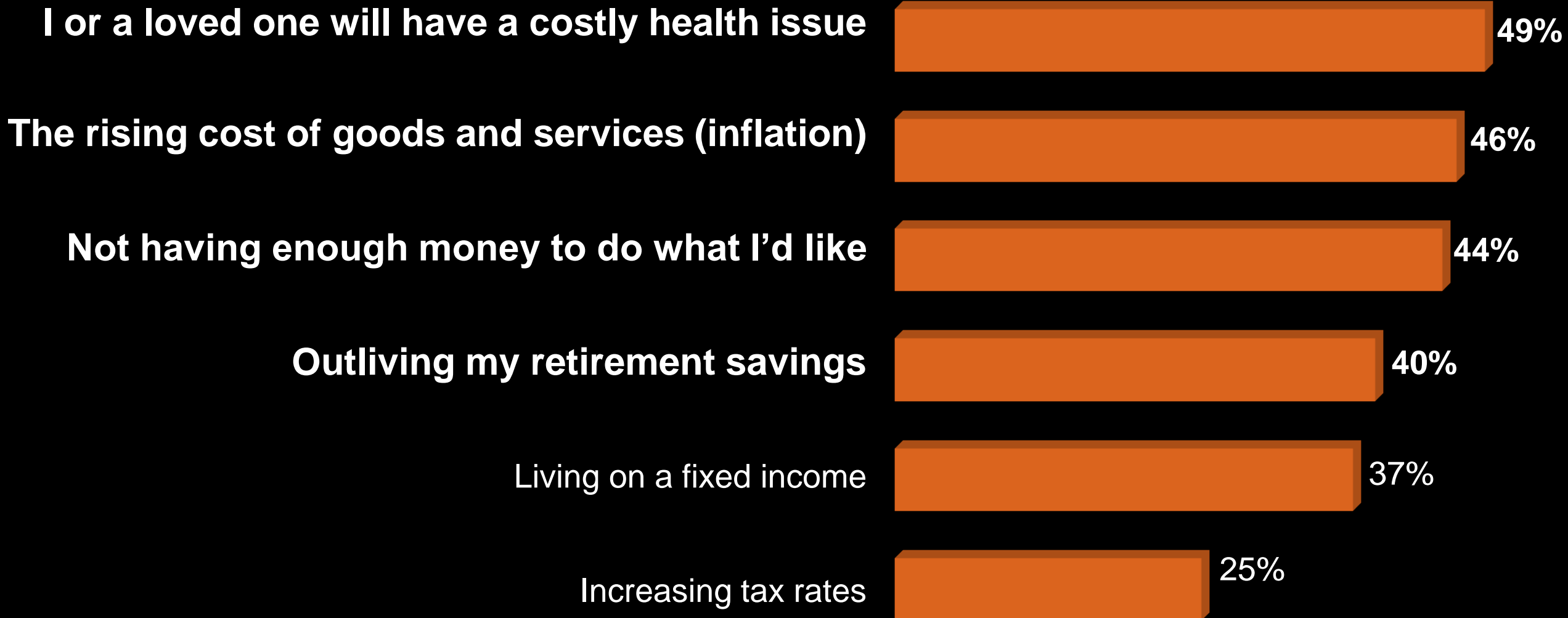
81% of
Americans say
they don't know
how much money
they'll need to fund
their retirement!





What are your top financial worries in retirement?

Illness, Inflation and Running Out of Money



9 in 10

Americans want
basic financial
management to
be a standard
part of school
curriculum.





Finances



Purpose



Family



Leisure



Home



Health

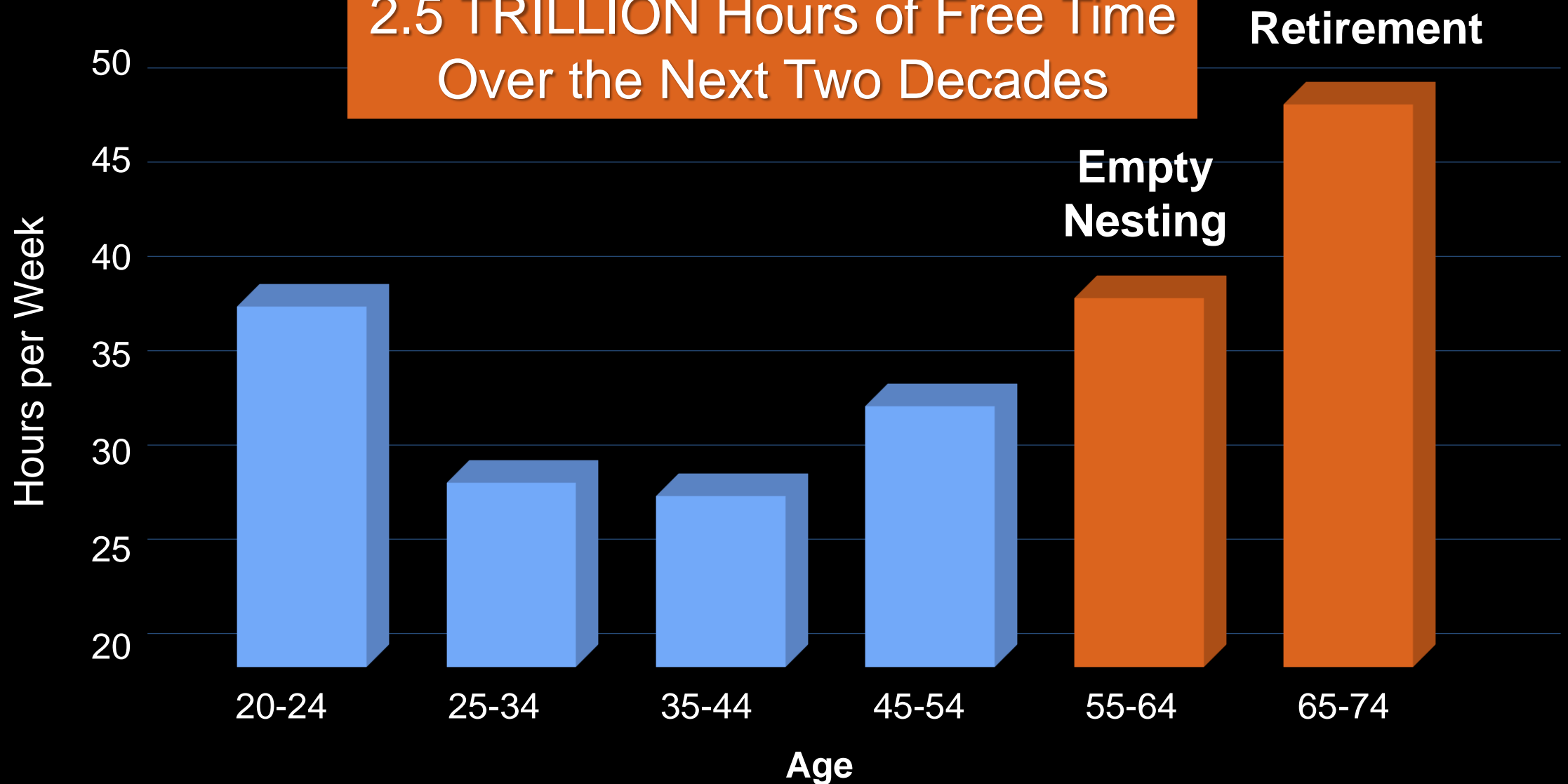


Work



Time Affluence

2.5 TRILLION Hours of Free Time
Over the Next Two Decades



What Do You See?



In Need of Help?





Prepared to Help?





BOTH!



Is it Time for a National Elder Corps?



The New Ecosystem of Longevity



Aging & Longevity

Challenge or Opportunity?

Ken Dychtwald, PhD

Psychologist/Gerontologist, Author
Founder and CEO, Age Wave