Among the 5 million Americans diagnosed with Alzheimer’s, TWO THIRDS are women. [Alzheimer’s Association]

A traumatic BRAIN INJURY is most likely to result in death when it affects a person over the age of 65. [CDC]

Exposure to AIR POLLUTION has been linked to an increased risk of Alzheimer’s and related dementia. [USC]

RESOURCES

USC Emotion and Cognition Lab
The USC Emotion and Cognition Lab, led by Professor Mara Mather, studies the cognitive neuroscience of emotion, decision making and memory during aging. matherlab.usc.edu

USC AirPollBrain Group
The USC AirPollBrain Group, led by Professor Caleb Finch, is an interdisciplinary group of researchers studying the effects of air pollution on brain health, including the links between pollution and dementia. gero.usc.edu/airpollbrain-group

USC Alzheimer’s Disease Research Center
The USC Alzheimer’s Disease Research Center, founded by Professor Caleb Finch, reaches out to the multi-ethnic communities in the greater Los Angeles area to study cognitive changes related to aging, Alzheimer’s disease and cardiovascular disease. adrc.usc.edu

EXPERTS

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Elizabeth Zelinski, PhD
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Andrei Irimia, PhD
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At $470 BILLION in 2013, the value of unpaid caregiving exceeded the value of paid home care and total Medicaid spending in the same year.

[Source: AARP]

CAREGIVING IN THE U.S.
About 34.2 million Americans had provided unpaid care to an adult age 50 or older in the last 12 months.

[Source: National Alliance for Caregiving; AARP]

WHAT IS ELDER ABUSE?
- physical abuse
- emotional abuse
- sexual abuse
- financial abuse
- exploitation
- neglect
- abandonment

ONE IN 10
Americans age 60+ have experienced some form of elder abuse.

[Source: National Council on Aging]

Perpetrators of elder abuse can include children, other family members, and spouses—as well as staff at nursing homes, assisted living and other facilities.

STRESS in caregivers may lead to harmful behavior toward their care recipient, drug and alcohol abuse, physical and mental health problems, and earlier death.

[Source: Family Caregiver Alliance]

USC RESOURCES

National Center on Elder Abuse
A U.S. Administration on Aging-funded resource center that provides the latest information regarding research, training, best practices, news and resources on elder abuse, neglect and exploitation to professionals and the public.

USC Family Caregiver Support Center
Provides support across the continuum of caregiving. Services include information, assessment, individual consultations, respite, education and training.

Los Angeles County Elder Abuse Forensic Center
A multidisciplinary team of professionals that provide expert case examination, documentation, consultation, and prosecution of elder and dependent adult abuse cases.
The environments in which people are born, live, learn, work, play, worship and age affect a wide range of health, functioning, and quality-of-life outcomes and risks, according to the U.S. Department of Health and Human Services.

### AT HOME

- Nearly 90 PERCENT of people over age 65 want to stay in their home for as long as possible, and 80 percent believe their current residence is where they will always live. [AARP]
- Risks for falls can be REDUCED with balance and mobility training, medical management, home modifications, and first responder assessment programs. [USC]
- USC’s LIFETIME HOME resource (lifetimehome.org) features a room-by-room exploration of common safety issues and universal design solutions.

### IN THE COMMUNITY

#### VOLUNTEERING:
Working with young people can give older adults a positive perception of how they are helping the next generation, which can improve well-being. [USC]

#### TECH FOR SOCIAL ISOLATION:
Ride-sharing services are increasingly providing alternatives to driving. Robotic companions, including virtual pets, are increasingly being studied and deployed to combat loneliness.

#### PURPOSEFUL AGING LA:
The USC Leonard Davis School, the City of Los Angeles and other key partners launched Purposeful Aging Los Angeles – an initiative to make the Los Angeles region the most age-friendly in the world.

#### AGE-FRIENDLY USC:
USC is the first university in California to join the Age-Friendly University Global Network, which provides guiding principles for ensuring age-friendly policies and programs in research, teaching and practice.

#### EXPERTS

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- **Caroline Cicero PhD, MSW, MPL**
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- **Paul Nash, PhD**
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- **Paul Irving**
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GLOBAL AGING AND POPULATION TRENDS

GLOBAL AGING BY THE NUMBERS
By 2050, the number of people over 65 will be about 1.5 billion worldwide, representing 16 PERCENT of the world’s population. More than 80 million Americans will be 65 or older.

Between 2010 and 2050, the number of older people in less developed countries is projected to increase more than 250 PERCENT, compared with a 71 percent increase in developed countries—with enormous impacts on healthcare, national economies, infrastructure and more.

[National Institute on Aging]

USC LEONARD DAVIS SCHOOL RESEARCH:
ARE WE ADDING LIFE TO YEARS?
USC Leonard Davis School researchers study trends and strategies for COMPRESSION OF MORBIDITY—a decrease in the portion of an individual’s life spent with disease while increasing healthy years. Some recent findings:

• From 1970 to 2010, the average life span for men INCREASED BY 9.2 YEARS to 76.2 years. On average, 4.7 of those added years were spent with a disability.
• During the same time, women’s average lifespan INCREASED BY 6.4 YEARS to 81 years. More than half of the additional lifespan, 3.6 years, was spent with a disability.
• Excess HEART DISEASE in men appears to be the biggest reason why women outlive them. Both sexes have enjoyed lower death rates and longer lives following public health advancements of the 20th century, but women’s death rates have decreased 70 percent faster than men’s.

EXPERTS

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Jessica Ho, PhD
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RESOURCES

The USC Center for Global Aging, directed by Professor Eileen Crimmins, explores how aging can vary around the world because of social and economic contexts, changes in health, and policies and programs to support aging people.
gerousc.edu/cga

The USC-UCLA Center for Biodemography and Population Health, co-directed by Professor Eileen Crimmins, studies how social, behavioral, biological, and medical factors affect population health, the causes of health disparities, and potential health trends in the aging population.
gerousc.edu/CBPH
OLDER AGE is a key risk factor for heart disease, cancer, diabetes and many other diseases. USC Davis School researchers work to understand how the mechanisms behind aging influence disease risk in hopes of lengthening HEALTHSPAN—the number of disease-free years in an individual’s lifespan.

About 610,000 Americans die from heart disease each year. [CDC]

In the U.S., 30.3 MILLION people—9.4 percent of the population—have diabetes. 7.2 million of those individuals have not been diagnosed. [CDC]

RESOURCES

The Ney Center for Healthspan Science is a hub of multidisciplinary exploration into the biological, demographic and psychosocial aspects of aging. It leverages the school’s uniquely wide-ranging expertise in investigating the science of aging and implementing innovations to help people live with purpose, safety and security into their golden years.

The USC Ensuring Lifespan Health Initiative brings together a cross-disciplinary team of leaders at USC working to address challenges presented by an aging society, including preventing disease, improving policy and harnessing technology to improve health and well-being across the lifespan.

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The USC Longevity Institute, led by Professor Valter Longo, unites multidisciplinary aging research approaches in order to maximize the healthy life span. longevityinstitute.usc.edu

The USC Leonard Davis School Master of Science in Nutrition, Healthspan, and Longevity program, directed by Dr. Carin Kreutzer, is an innovative program for students pursuing a career in nutrition and dietetics. The program promotes health and longevity based on scientific evidence, integrating academic study with professional practice experience.

Nutritional needs change with age. Older adults have specific dietary requirements, including getting more calcium and vitamin D for bone health and increasing potassium and lowering sodium to address high blood pressure. [Academy of Nutrition and Dietetics]

Research led by USC Davis Professor Valter Longo suggests periodically fasting or eating a diet that mimics fasting could promote stem cell regeneration and reduce risk factors for cancer, diabetes, heart disease and other age-related diseases.

Nutrigenomics: the study of the interactions between diet and genes

EXPERTS

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RESOURCES

Current USC Leonard Davis School research suggests diet plays big roles in longevity and disease prevention and treatment. The goal: enable patients to determine exactly which kind of diet will be healthiest for them using their unique genetic information.

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Nutrigenomics: the study of the interactions between diet and genes

Video: tinyurl.com/FMDvideo

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HEALTH CARE, POLICY AND END-OF-LIFE CHOICES

ADVANCED DIRECTIVE: Also known as a living will, an advance directive documents a person’s wishes regarding medical treatment in the event they can’t communicate their wishes themselves.
- Only about ONE THIRD of adults have an advance directive expressing their wishes for end-of-life care. [AARP]
- A 2011 Time/CNN poll found that 70 PERCENT of Americans want to die at home—however, 70 PERCENT of the population is dying in hospitals, nursing homes or long-term care facilities. [CDC]

PALLIATIVE CARE: Specialized medical care for people with serious illness that focuses on providing relief from the symptoms and stress of that illness and improve quality of life.
- Unlike hospice care, which aims to provide symptom relief and comfort during end of life, PALLIATIVE CARE IS APPROPRIATE AT ANY STAGE in a serious illness and can be provided alongside disease treatment.
- Upon learning what palliative care is, 97 PERCENT of individuals state that they would want to receive it in the event of a serious illness. [Time/CNN]

FINANCIAL WELL-BEING:
How an individual’s financial situation affects their physical and mental health and behaviors.
- Financial well-being takes into account three domains: MATERIAL, or the resources one has; PSYCHOSOCIAL, or how one feels about those resources; and BEHAVIORAL, or how an individual uses those resources.
- Even after adjusting for other socioeconomic factors, individuals who reported experiencing poor financial well-being had WORSE SELF-REPORTED HEALTH than others. [Annals of Epidemiology]

POLYPHARMACY:
The simultaneous use of multiple medications.
- The chance of an adverse drug reaction is 90 PERCENT in patients taking more than eight prescriptions. [American Academy of Family Physicians]
- More than ONE THIRD of prescription drugs in the U.S. are taken by older adults. The average elderly individual is taking more than FIVE prescription medications; a nursing home patient is taking SEVEN medications on average. [AARP]