

General Facts About Seniors

- By 2020, 56 million Americans will be 65 and older. Nearly 70% of Americans who reach the age of 65 will be unable to care for themselves at some point without assistance.¹
- 9 out of 10 Americans age 65 and older want to stay at home for as long as possible.²
- The United States saved \$25 billion in hospital costs due to the growth of home care services over the past 10 years.³
- The majority of home care recipients are seniors with an average age of 69.⁴
- 13.9 million family caregivers report using paid help.⁵

Relationship of Stimulation to Senior's Mental Health

- 43% of seniors feel lonely regularly and as a result have a 45% higher likelihood of dying.⁶
- A study found that adults ages 60+ who said they were lonely were 59% more likely to suffer a decline in the ability to perform daily tasks and activities.⁷
- Companionship helps deter diseases like Alzheimer's by keeping seniors mentally stimulated.⁸
- How often elderly people read a newspaper, play chess, or engage in other mentally stimulating activity is directly related to the risk of developing Alzheimer's.⁹
- People with no symptoms of Alzheimer's who engaged in cognitively stimulating activities throughout their lives had fewer deposits of beta-amyloid, a destructive protein that essentially is the hallmark of the disease.¹⁰
- Researchers say the buildup of beta-amyloid is genetic, but the amount of reading, writing, and other intellectually stimulating activities one chooses to engage in are a personal choice.¹¹

¹ <http://wapo.st/2ygGcAT> Washington Post, 2013

² <http://bit.ly/2i3ORB5> National Conference of State Legislatures, 2011

³ <http://prn.to/2ygjcSK> PRNewswire, 2011

⁴ <http://bit.ly/1QMscmM> AARP, 2015

⁵ <http://bit.ly/1QMscmM> AARP, 2015

⁶ <http://bit.ly/1yqW0Mn> JAMA, 2012

⁷ <http://bit.ly/1yqW0Mn> JAMA, 2012

⁸ <http://bit.ly/1yqW0Mn> JAMA, 2012

⁹ <http://bit.ly/2yGv3dS> American Academy of Neurology, 2007

¹⁰ <http://bit.ly/2g22pJa> Berkeley News, 2012

¹¹ <http://bit.ly/2g22pJa> Berkeley News, 2012

- In a recent study, researchers asked 65 healthy, cognitively normal adults ages 60-plus to rate how frequently they engage in intellectually stimulating activities such as reading, visiting the library and writing. Follow up brain scans of these participants were compared with brain scans of 10 patients diagnosed with Alzheimer's and 11 healthy individuals in their 20's.
 - Results/conclusions: Higher levels of cognitive activity over a lifetime = lower levels of beta-amyloid in PET scans. ¹²
- Cognitive stimulation in the environment is an important predictor of enhancement and maintenance of cognitive functioning in old age. ¹³

¹² <http://bit.ly/2g22pJa> Berkeley News, 2012

¹³ <http://bit.ly/2ybz6Mf> JAMA Network, 2002