

# Living in the GRAY Area

A Guide for Transformation in the World of Aging Services



*Advocacy. Action. Answers on Aging.*



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EDUTAINMENT**



*Advocacy. Action. Answers on Aging.*

51



# 51

In Numerology, 51 represents change and readiness for new opportunities and personal growth



50TH ANNIVERSARY  
OF HIP  
HOP  
1973 ✦ 2023







**MARVIN GAYE**

**LET'S GET IT ON**

HIS GREATEST HITS  
LIVE IN CONCERT  
DIGITALLY REMASTERED  
ON 2CDS





# My Grandmother


Resilience embodied

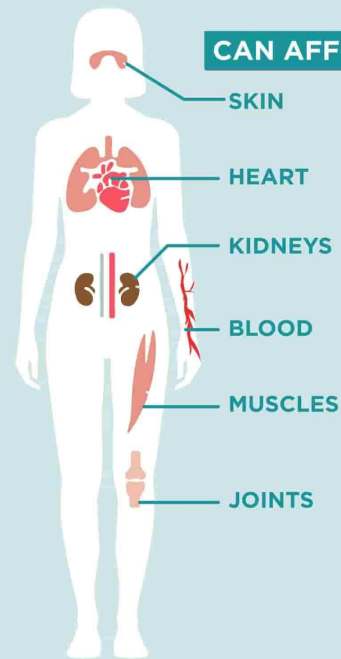






# LUPUS

- Autoimmune disease
- Commonly diagnosed between age 15 and 44
- 90% of patients are women  

- Black people have a higher risk
- Treated by a rheumatologist
- Most people test positive to an ANA blood test
- Hydroxychloroquine is most common medication





## Symptoms of **adult ADHD**

- Difficulty focusing on a task
- Disorganization and trouble prioritizing
- Excessive activity or restlessness
- Poor planning
- Problems following through and completing tasks
- Trouble coping with stress



OSF HEALTHCARE

# Reframing Aging

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# Reframing Aging

The Gray Area of Aging Services



## Aging as a celebratory stage

Embracing aging as an evolving and celebratory stage of life, challenging the notion of decline.



# Reframing Aging

The Gray Area of Aging Services



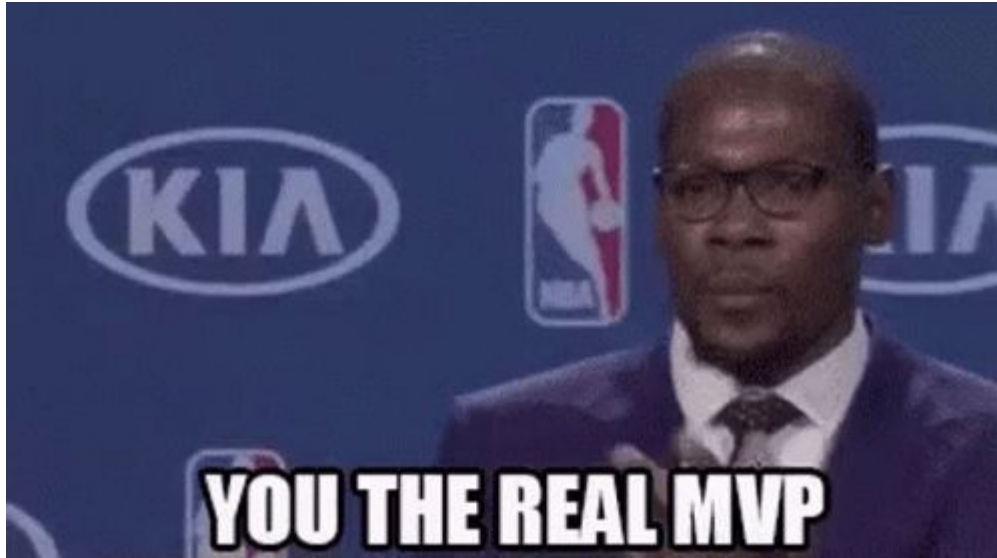
**Aging is diverse and  
multifaceted**

Recognizing that aging is not a uniform experience—it encompasses physical, mental, and emotional variations.

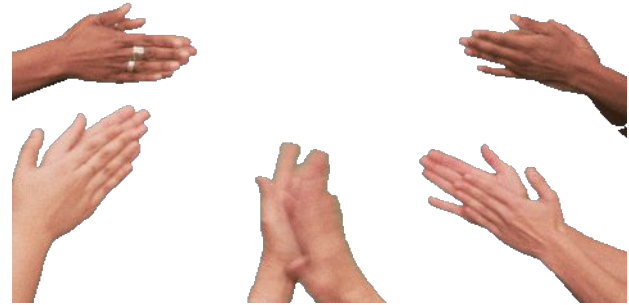
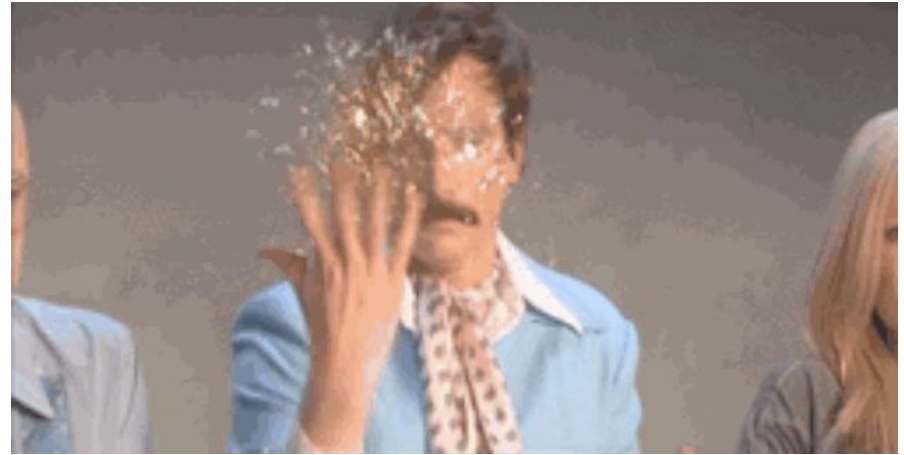


# Setting the Stage

You can do hard things!



**Ohio District 5 Area Agency on Aging (AAA5)** Opened Ritters Run, a community of 12 affordable senior apartments offering independent living for those aged 55 and older. This marks a significant step in providing accessible housing for seniors in the area.



# Direction Home of Eastern Ohio (AAA11)

Supported recovery efforts after an explosion in downtown Youngstown that devastated International Towers. The agency played a critical role in offering housing and services to seniors displaced by the incident.

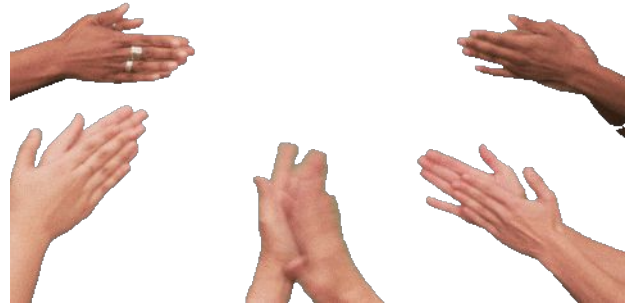
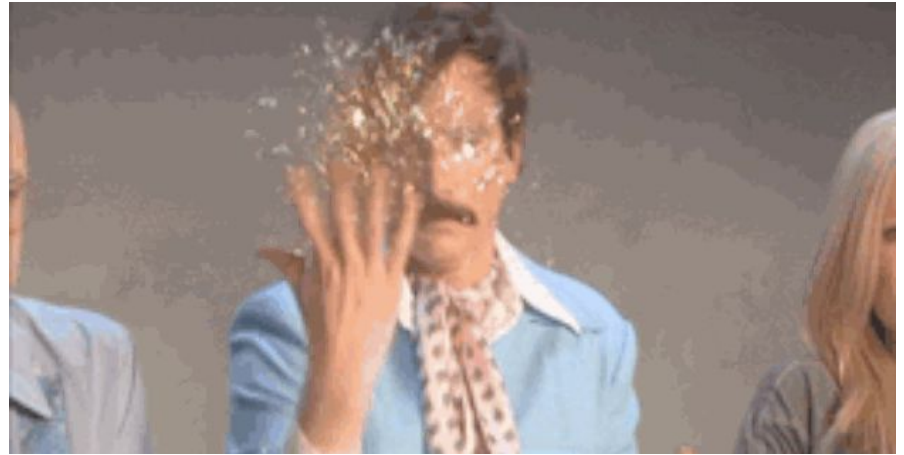




**Direction Home of Eastern Ohio (AAA11) - Kinship Support Program**  
Helped a 78-year-old grandmother, Ms. L, gain custody of her three grandchildren, providing the support needed for her to navigate the challenges of family caregiving.

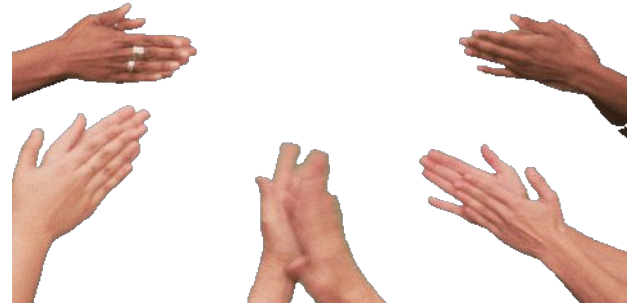
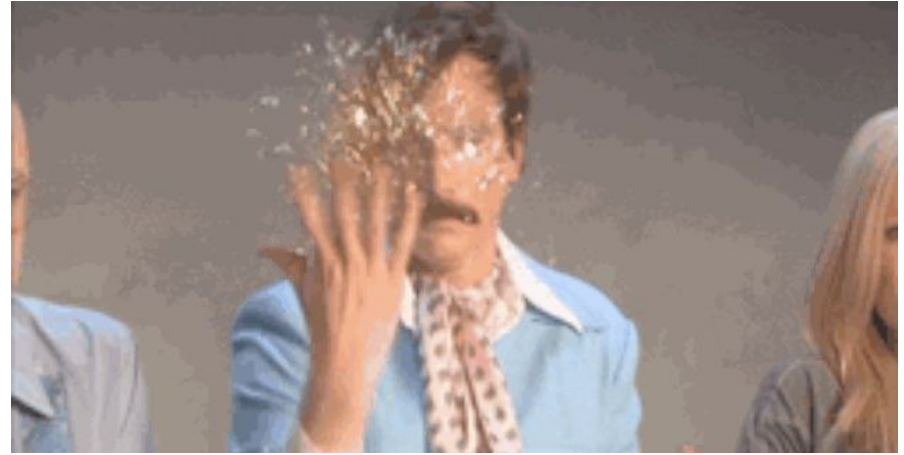


**Ohio Association of Area Agencies on Aging (o4a)** Successfully advocated for a state budget increase for Ohio's Aging Services, ensuring that funding for essential services like home-delivered meals, transportation, and caregiver support continues to grow.



# Direction Home Akron Canton Area Agency on Aging (AAA9)

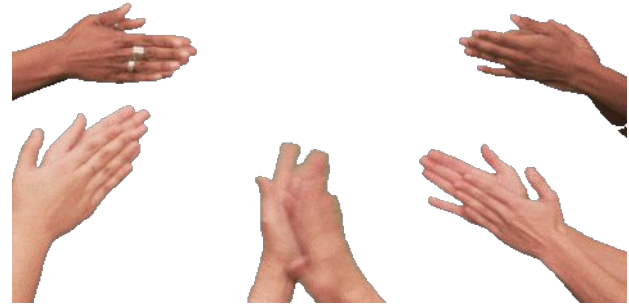
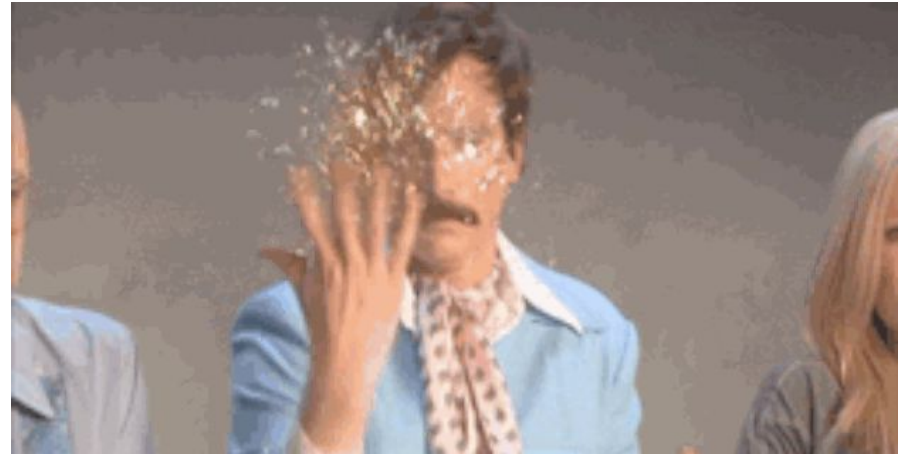
Launched the Digital  
Inclusion Program,  
collaborating with local  
partners to provide access to  
digital tools and training for  
older adults, ensuring they  
stay connected in a rapidly  
evolving digital world.



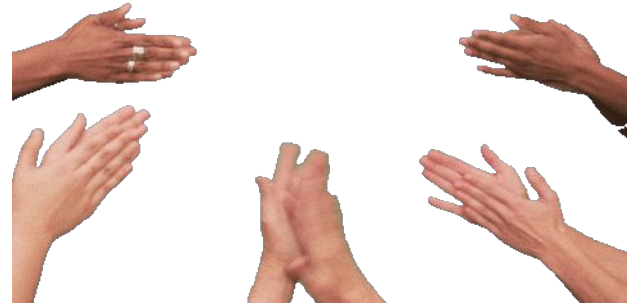
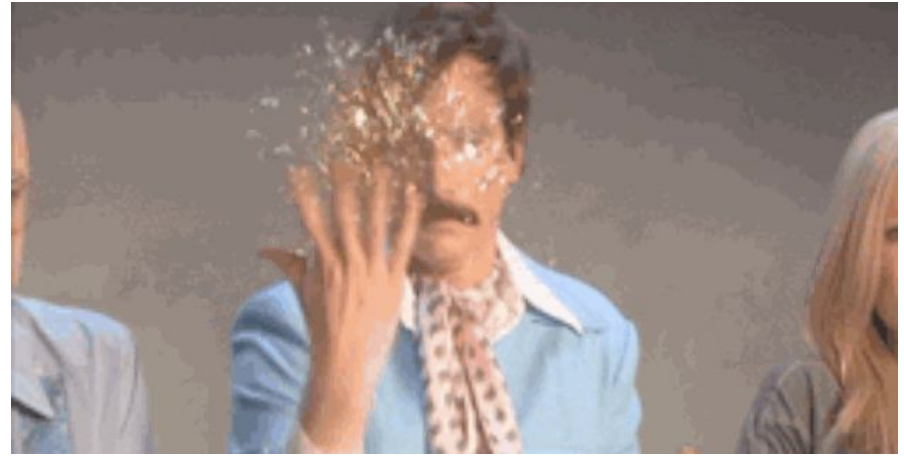


# Western Reserve Area Agency on Aging (AAA10A)

Introduced the 'Nails It'  
Program under the  
leadership of CEO Doug  
Beach, focusing on home  
repair services that allow  
older adults to age safely in  
place, enhancing their  
quality of life.

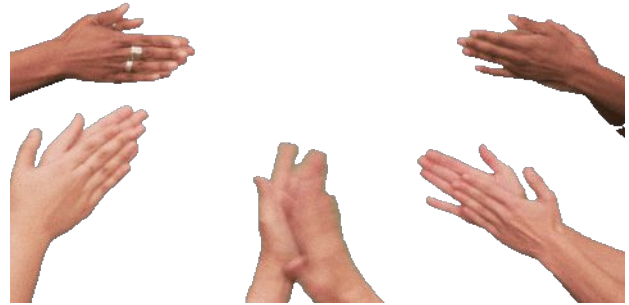
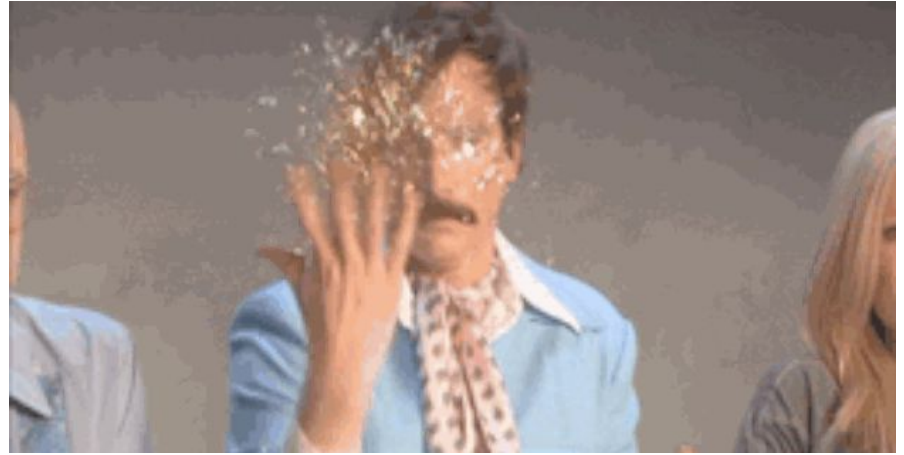


**Area Agency on Aging,  
District 7, Inc. (AAA7)**  
Partnered with Pike County  
Commissioners to provide  
in-home services, enabling  
seniors to remain  
independent and supported  
within their homes and  
communities.



# Area Office on Aging of Northwestern Ohio, Inc. (AAA4)

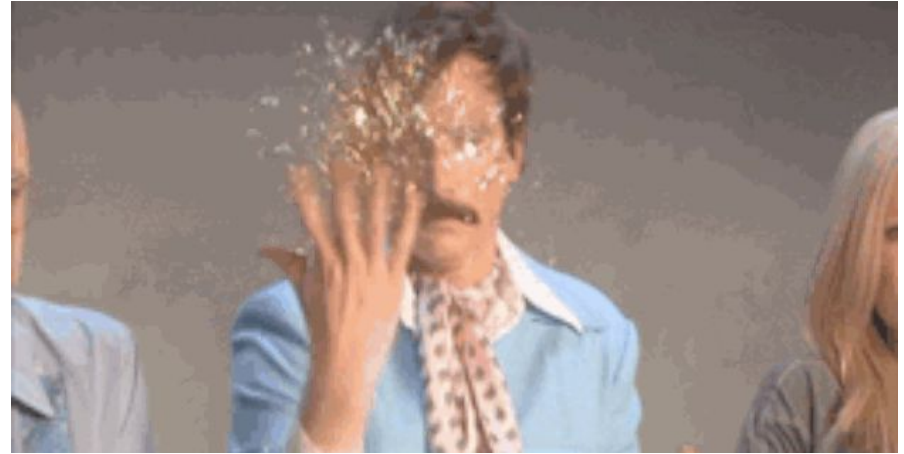
Developed the Lakewoods  
Affordable Housing  
Campus, addressing  
homelessness among older  
adults by creating  
affordable housing  
solutions tailored to seniors'  
needs.





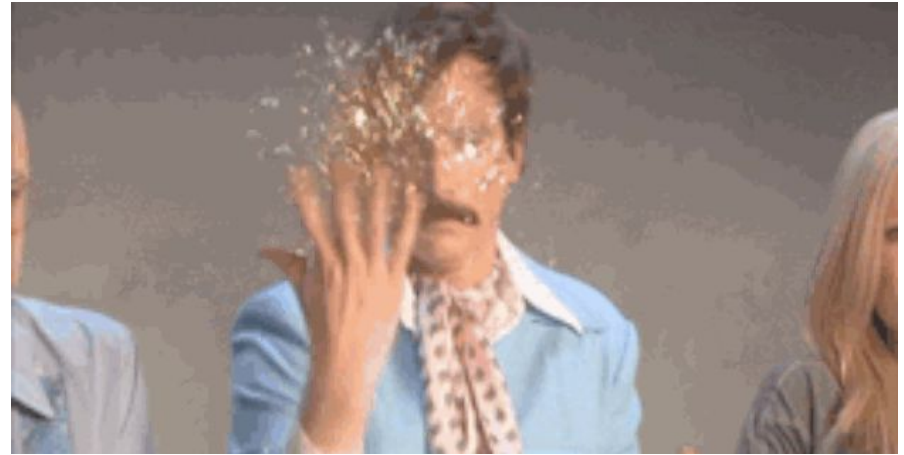
# Area Agency on Aging, PSA2 (AAA2)

Achieved multiple milestones, including becoming SAGE certified, improving service offerings for LGBTQ+ older adults and promoting inclusive care for all seniors.



# Council on Aging of Southwestern Ohio (AAA1)

Tackled the region's care crisis through the AddnAide Program, which connects seniors with caregivers while ensuring they receive the quality support they need.



# Embracing Change

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# Embracing Change in Aging Services - VUCA



**Volatility**

**Uncertainty**

**Complexity**

**Ambiguity**

**Volatility** – Being disrupted and interrupted due to rapid changes

**Uncertainty** – Lacking clarity due to unexpected developments

**Complexity** – Experiencing hesitancy due to multiple key decision factors

**Ambiguity** – Feeling unclear due to contradictory influences or information

# Aging in America

Demographic and Economic Shifts

## **Growing Aging Population:**

The U.S. population aged 65 and older has increased significantly, reaching 55.8 million in 2020, a 38.6% growth since 2010.

Projections estimate this group will grow to 82 million by 2050.



# Aging in America

Demographic and Economic Shifts

## Diverse Aging

**Experience:** Aging in America varies greatly by demographics, with older adults becoming more racially and ethnically diverse. In 2020, 1 in 4 older adults belonged to these communities.



# Aging in America

Demographic and Economic Shifts

**Economic Concerns for Older Adults:** Nearly 48% of adults aged 55 and older lack retirement savings, leading to financial challenges in later life. Older adults also face increasing costs of healthcare and long-term care.





# Current Trends in Aging

Healthcare Needs and Workforce Challenges

## Rising Healthcare

**Needs:** Nearly 95% of older adults have at least one chronic condition, and 80% have two or more.

This contributes to the growing demand for healthcare and long-term care services.



# Current Trends in Aging

Healthcare Needs and Workforce Challenges

**Longer Lifespans:** By 2050, the number of Americans aged 85 and older is expected to quadruple, increasing the demand for personal care services and assisted living.



# Current Trends in Aging

Healthcare Needs and Workforce Challenges

**Workforce Shortages in Elder Care: The U.S. will need to fill 7.9 million jobs in direct elder care by 2030 to meet the needs of an aging population.**



# Resilience and Hope in Aging Services

Overcoming Challenges and Building a Future

- **Adapting to Challenges**
- **Empowering Caregivers**
- **Vision for the Future**





# Policy and Community Support for Aging

Empowering Aging Populations



- **Proactive Aging Policies**
- **Community-Based Solutions**
- **The Role of Advocacy**

# Embracing Change in Aging Services – VUCA Prime

**Vision**

**Understanding**

**Clarity**

**Agility**

**Vision** – Unrelenting focus on a purpose or goal in the future

**Understanding** – Getting feedback and perspective to refine a plan

**Clarity** – Creating a plan and stick with it – turn it into actionable tactics

**Agility** – Being flexible and collaborative in order to meet goals

Shaping the Future of  
Aging... **TOGETHER!**

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# Shaping the Future of Aging Together

## Reflecting on Progress

The aging services sector has demonstrated remarkable resilience and innovation, adapting to new challenges and embracing technological advancements.





# Shaping the Future of Aging Together



## **Continued Collaboration**

It's essential for policymakers, communities, and private companies to work together to ensure a sustainable, equitable future for aging populations.

# Shaping the Future of Aging Together

## Call to Action

We must continue pushing forward, advocating for policies and innovations that prioritize the dignity, independence, and well-being of older adults.



# A Hopeful Future



Even when the future feels uncertain, we know we will continue to care for those who need us and do it better than ever.