



Keys to Successful Aging

Presented by:

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Hello

Jayla Sanchez-Warren

- Director of the Area Agency on Aging at the Denver Regional Council of Governments
- 34 years working in Aging
- 32 years at DRCOG
- Grateful to be here today





Successful Aging



- Knowledge
- Resources
- Purpose
- Connection

Knowledge is power – stay informed

KNOWLEDGE

KNOWLEDGE



Learn something new regularly but also know...

- Health Care
 - Know your numbers
 - Understand your insurance program
 - The details of your Medicare changes what they pay for every year
 - Who to ask for information and assistance if you need it.
- Politics
 - Be aware of changes that happen at the state and federal level there maybe bills that will directly impact you.





Did you know?

Older adults:

- Are the fastest growing segment of the population in Colorado
- Have the most discretionary income
- Purchase more toys than any other segment of the population
- Three fourth of older adults surveyed said that they had an excellent or good quality of life

Older adults also reported

- More trouble accessing health care
- 44% said they did not have enough money to meet monthly expenses
- 40% said they were board
- 40% said they were depressed
- 9 in 10 felt housing availability and affordability had declined since 2016.
- 50% of those 80+ have significant vision loss

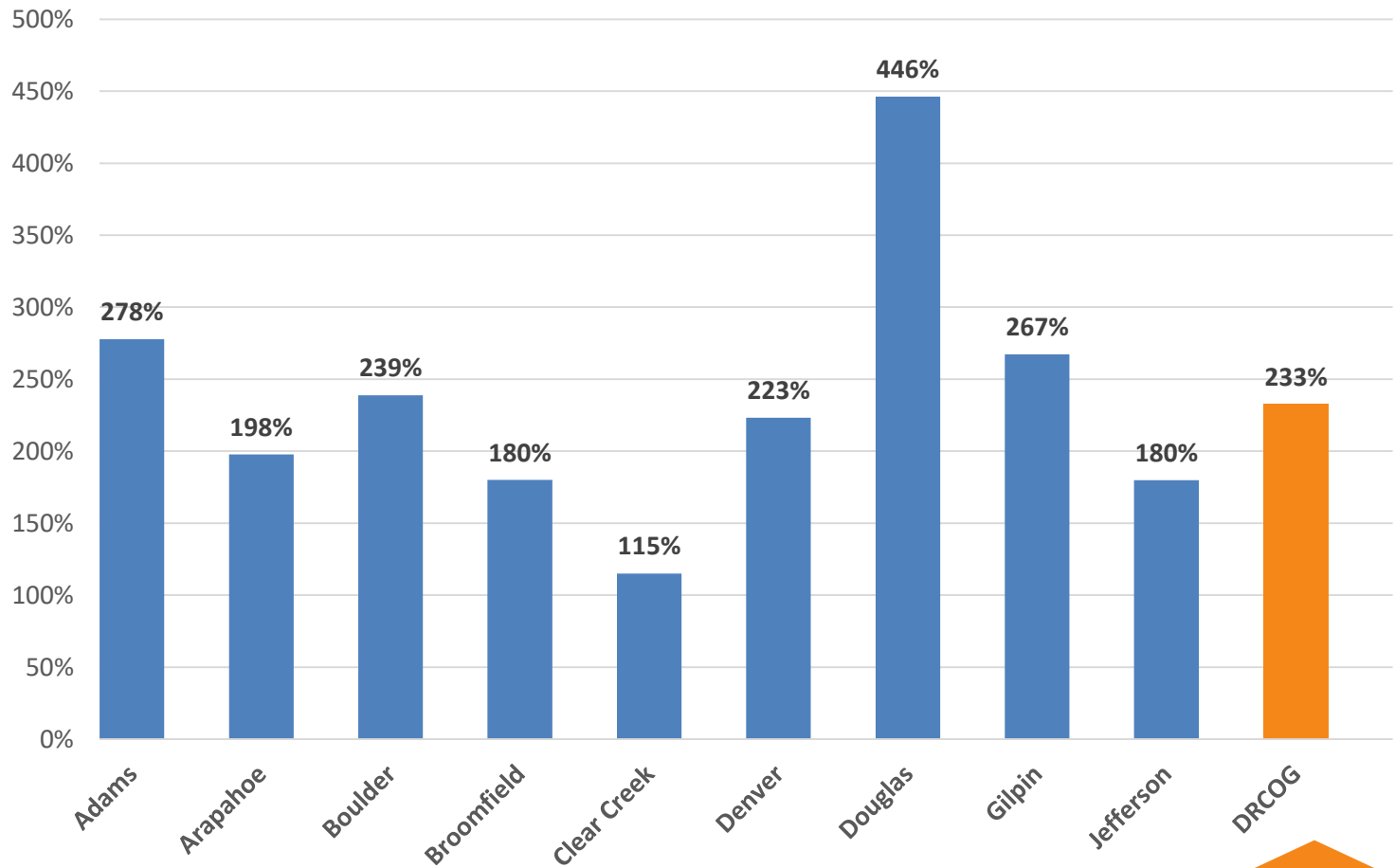


Leading five-year cohort growth

Five-year cohort	Percent change (2015-2040)	Rank
75 to 79	257%	1
90-plus	219%	2
85 to 89	205%	3
80 to 84	204%	4
70 to 74	88%	5
65 to 69	40%	6



75-plus Population Forecasted Percent Growth (2016-2050)



Personal Financial Community



RESOURCES



Area Agency on Aging: A resource for you

Levels of care and associated cost



Area Agencies on Aging

- help people **age better**
- support people to **stay in their homes**
- **Advocate** for and **protect** the health and wellbeing of people living in nursing homes and assisted living
- **Provide** and **fund** services



Area Agency on Aging: The basics



- Federally **mandated** program
- Authority under the **Older American's Act**
- **630** area agencies on aging **nationwide**
- **16** area agencies on aging **in Colorado**



Area Agency on Aging: Can help

- AAAs
 - **Provide** information **and connect** with services
 - Food assistance
 - **Transportation**
 - Housing
 - **Help around the house**
 - Support for family caregivers
 - **Financial assistance**
 - Help with benefit programs
 - **Help with personal needs**
 - Grocery shopping
 - Cooking
 - Bathing
 - Dressing





Contact information for DRCOG AAA

- If you have any questions around aging
 - Service information
 - Demographic information
 - Want to reach another AAA

Contact

AreaAgencyonAging@drcog.org

303-480-6700

PURPOSE





Those with Purpose

- *Having a reason to live is essential for living a worthwhile life*

-Victor Frankl

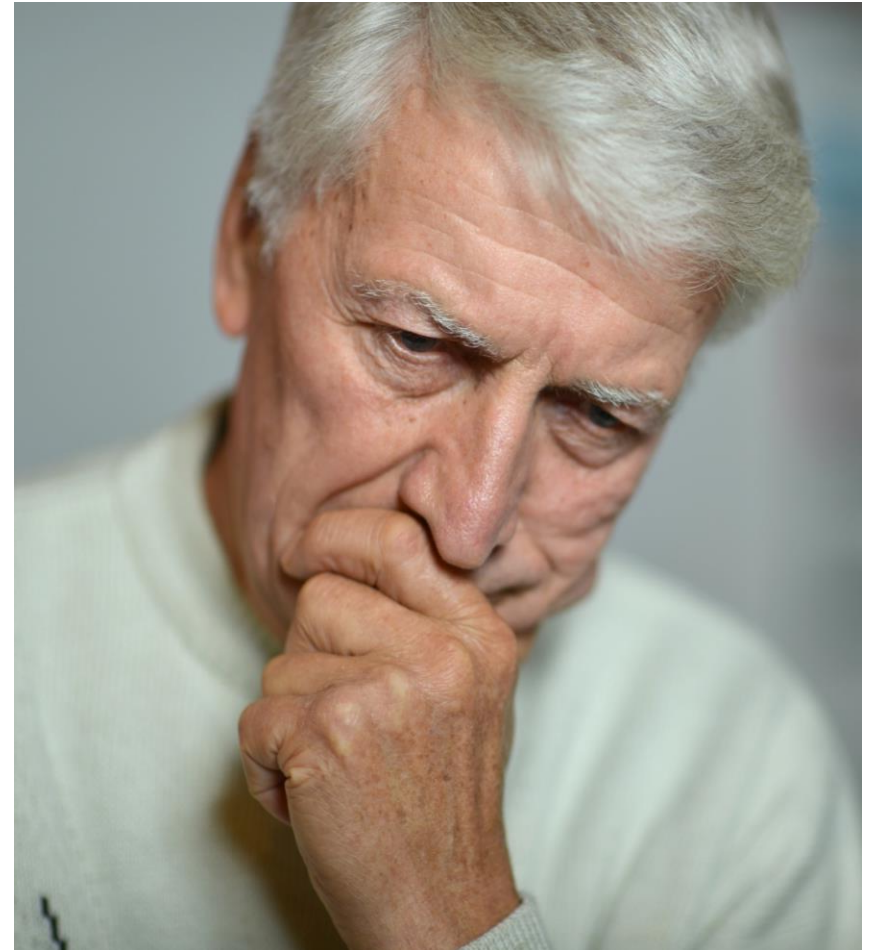
What is purpose?

- Having goals
- Sense of direction
- Feeling that there is meaning to life
- Associated with positive health outcomes
- Happier
- Sleep better
- Respond better to stress
- Live a longer life



Purpose – sometimes it is hard to find

- Lack of purpose and depression are highly correlated
 - Before COVID
 - 33% said they had meaningful activities
 - 34% said they had meaningful work
- Imagine what it might be like for some people now!*
- 93% of people said volunteering provided them with a sense of purpose.





CONNECTION



Why is connection so important

- Connection to others
 - Plays an essential role in physical, emotional, and mental health
 - **Improves health**
 - Lowers depression
 - **Reduces anxiety**
 - Increases empathy
 - Improves self-esteem
 - Improves feelings of self worth
 - **Improves access to information**





Thank you for your time and your attention

I hope I was able:

- to share some knowledge with you
 - to help you better understand the resources the AAA can provide
 - to help you feel a little more connected, to your fellow volunteers, to your organization and to your broader community.
-
- ***But most important!***



Celebrate your purpose!

- Your volunteer work helps everyone you serve be more successful!
- **Your work helps people**
 - access knowledge
 - **know and understand resources available to them**
 - have purpose – a reason to get up in the morning, knowing someone cares, something to look forward to
 - **Stay connected**





Thank you!

QUESTIONS?

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