



## RURAL RESORT REGION

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### *Focus for 2009:*

## **Seniors in our Mountain Communities – Challenges and Opportunities Trends: In the Nation, State of Colorado, and in the Rural Resort Region**

### **National Trends**

#### Highlights\*

*From A Profile of Older Americans: 2007- AoA – U.S. Dept. of Health and Human Services*

- By 2030, nearly one in five Americans – 71.5 million people – will be over age 65.
- For the first time in American history, “the old old” – those over 85 – are now the fastest growing segment of the U.S. population. The 85+ population is projected to increase from 4.2 million in 2000 to 6.1 million in 2010 (a 40% increase) and then to 7.3 million in 2020 (a 44% increase for that decade).
- The older population (65+) numbered 37.3 million in 2006, an increase of 3.4 million or 10.0% since 1996.
- In 2010, the first baby boomers will become eligible for Medicare.
- The number of Americans aged 45-64 – who will reach 65 over the next two decades – increased by 39% during this decade.
- About one in every eight, or 12.4 percent, of the population is an older American.
- Persons reaching age 65 have an average life expectancy of an additional 18.7 years (20.0 years for females and 17.1 years for males).
- Older women outnumber older men at 21.6 million older women to 15.7 million older men.
- In 2006, 19.0% of persons 65+ were minorities--8.3% were African-Americans. Persons of Hispanic origin (who may be of any race) represented 6.4% of the older population. About 3.1% of the elderly were Asian or Pacific Islander, and less than 1% were American Indian or Native Alaskan. In addition, 0.6% of persons 65+ identified themselves as being of two or more races.
- Older men were much more likely to be married than older women--72% of men vs. 42% of women (Figure 2). 43% older women in 2006 were widows.
- About 30 percent (10.7 million) of non-institutionalized older persons live alone (7.8 million women, 2.9 million men).
- Half of older women (48%) age 75+ live alone.
- About 450,000 grandparents aged 65 or more had the primary responsibility for their grandchildren who lived with them.
- The population 65 and over will increase from 35 million in 2000 to 40 million in 2010 (a 15% increase) and then to 55 million in 2020 (a 36% increase for that decade).
- Members of minority groups are projected to increase from 5.7 million in 2000 (16.4% of the elderly population) to 8.1 million in 2010 (20.1% of the elderly) and then to 12.9 million in 2020 (23.6% of the elderly).
- The median income of older persons in 2006 was \$23,500 for males and \$13,603 for females. Median money income of all households headed by older people (after adjusting for inflation) rose by 3.4% from 2005 to 2006. Family households headed by older people reported a median income in 2006 of \$39,649.
- Major sources of income for older people in 2005 were: Social Security (reported by 89 percent of older persons), income from assets (reported by 55 percent), private pensions

(reported by 29 percent), government employee pensions (reported by 14 percent), and earnings (reported by 24 percent).

- Social Security constituted 90% or more of the income received by 34% of all Social Security beneficiaries (22% of married couples and 43% of non-married beneficiaries).
- About 3.4 million elderly persons (9.4%) were below the poverty level in 2006 which is a statistically significant decrease from the poverty rate in 2005 (10.1%).
- About 11% (3.7 million) of older Medicare enrollees received personal care from a paid or unpaid source in 1999.
- Voter turnout is highest among those aged 65-74 and they are often the best informed voters.
- There is a desire among seniors to be as independent as possible, and to have a larger, complete home regardless of the need for services. About 85% of older persons want to remain in their own homes and would be unlikely to indicate interest in retirement housing. (*The State of 50+ America, 2006, AARP*)
- Recent consumer research indicates that even those over the age of 75 prefer larger apartments and soundly reject senior housing models that provide only a bedroom, a shared unit, a studio unit until they are at a skilled nursing level of care. (*Eagle County Assisted Living & Skilled Nursing Market Research, August 2006*)
- Millions of baby boomers are becoming eligible for retirement at a rate of 10,000 a day for the next 20 years. (*NCOA Week, National Council on Aging, Jan. 13, 2009*).

\*Principal sources of data for the Profile are the U.S. Bureau of the Census, the National Center on Health Statistics, and the Bureau of Labor Statistics. The Profile incorporates the latest data available but not all items are updated on an annual basis.

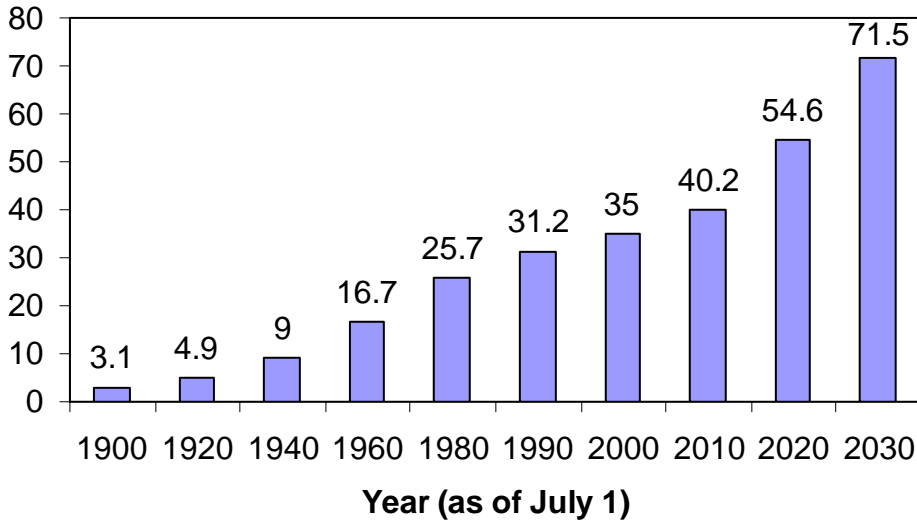
## **National Trends: Future Growth**

The older population will continue to grow significantly in the future (see Figure 1). This growth slowed somewhat during the 1990's because of the relatively small number of babies born during the Great Depression of the 1930's. But the older population will burgeon between the years 2010 and 2030 when the "baby boom" generation reaches age 65.

The population 65 and over will increase from 35 million in 2000 to 40 million in 2010 (a 15% increase) and then to 55 million in 2020 (a 36% increase for that decade). By 2030, there will be about 71.5 million older persons, almost twice their number in 2005. People 65+ represented 12.4% of the population in the year 2005 but are expected to grow to be 20% of the population by 2030. The 85+ population is projected to increase from 4.2 million in 2000 to 6.1 million in 2010 (40%) and then to 7.3 million in 2020 (44% for that decade).

Minority populations are projected to increase from 5.7 million in 2000 (16.4% of the elderly population) to 8.1 million in 2010 (20.1% of the elderly) and then to 12.9 million in 2020 (23.6% of the elderly). Between 2004 and 2030, the white\*\* population 65+ is projected to increase by 74% compared with 183% for older minorities, including Hispanics (254%), African-Americans\*\* (147%), American Indians, Eskimos, and Aleuts\*\* (143%), and Asians and Pacific Islanders\*\* (208%).

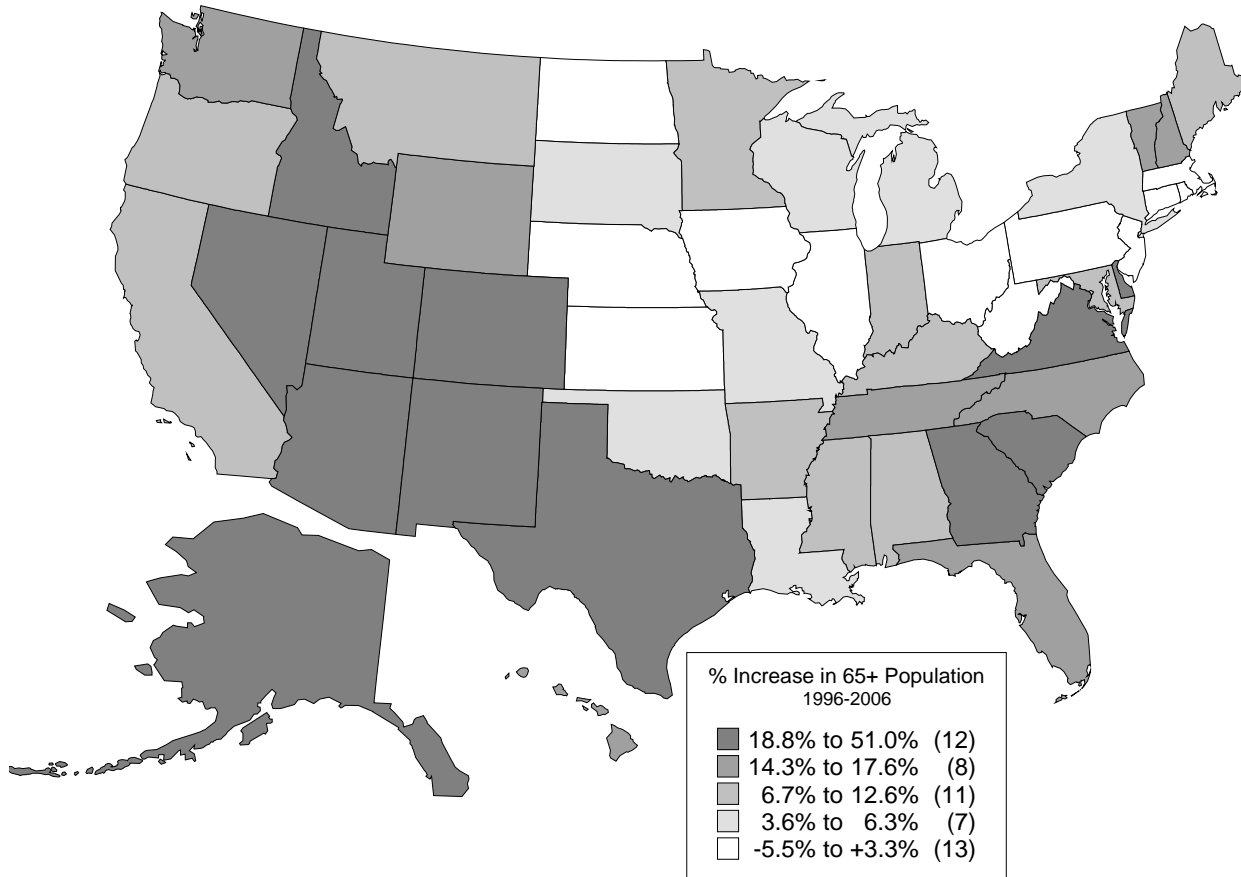
**Figure 1: Number of Persons 65+,  
1900 - 2030 (numbers in millions)**



*Note: Increments in years are uneven.*

*(Sources: Projections of the Population by Age are taken from the January 2004 Census Internet Release. Historical data are taken from "65+ in the United States," Current Population Reports, Special Studies, P23-190 Data for 2000 are from the 2000 Census and 2005 data are taken from the Census estimates for 2005.)*

## Percentage Increase in Population 65+ - 1996 - 2006



## Statewide Trends – Colorado

**Figure 6: The 65+ Population by State 2006**

Compiled by the Administration on Aging. Population data is from Census Bureau Population Estimates. Poverty data is from the 2006 American Community Survey

Numbers	Number of Persons 65+	Percent of All Ages	Percent Increase from 1996 to 2006	Percent Below Poverty 2006
<b>US Total (50 States + DC)</b>	37,260,352	12.4%	10.0%	9.9%
<b>Alabama</b>	615,597	13.4%	10.5%	12.6%
<b>Alaska</b>	45,630	6.8%	45.9%	4.2%
<b>Arizona</b>	790,286	12.8%	34.9%	8.0%
<b>Arkansas</b>	390,421	13.9%	7.8%	12.3%
<b>California</b>	3,931,514	10.8%	11.8%	8.4%
<b>Colorado</b>	477,186	10.0%	24.1%	8.3%
<b>Connecticut</b>	470,443	13.4%	0.1%	6.1%
<b>Delaware</b>	114,574	13.4%	23.8%	6.9%
<b>District of Columbia</b>	71,331	12.3%	-5.5%	15.2%
<b>Florida</b>	3,037,704	16.8%	14.3%	10.1%
<b>Georgia</b>	912,874	9.7%	25.1%	12.6%
<b>Hawaii</b>	179,370	14.0%	17.6%	9.1%
<b>Idaho</b>	169,173	11.5%	25.3%	8.7%
<b>Illinois</b>	1,534,476	12.0%	3.3%	9.0%
<b>Indiana</b>	784,219	12.4%	6.7%	7.8%
<b>Iowa</b>	435,657	14.6%	0.7%	8.0%
<b>Kansas</b>	357,709	12.9%	1.7%	8.9%
<b>Kentucky</b>	537,294	12.8%	9.8%	13.5%
<b>Louisiana</b>	523,346	12.2%	5.4%	13.9%
<b>Maine</b>	192,639	14.6%	11.1%	10.3%
<b>Maryland</b>	650,568	11.6%	12.6%	8.2%
<b>Massachusetts</b>	855,962	13.3%	-0.4%	9.3%
<b>Michigan</b>	1,260,864	12.5%	5.7%	8.7%
<b>Minnesota</b>	627,394	12.1%	8.7%	8.1%
<b>Mississippi</b>	362,172	12.4%	8.7%	15.7%
<b>Missouri</b>	778,891	13.3%	5.0%	10.3%
<b>Montana</b>	130,592	13.8%	12.6%	8.9%
<b>Nebraska</b>	234,655	13.3%	2.6%	9.5%
<b>Nevada</b>	276,943	11.1%	51.0%	7.2%
<b>New Hampshire</b>	162,629	12.4%	16.5%	7.9%
<b>New Jersey</b>	1,127,742	12.9%	2.6%	8.2%
<b>New Mexico</b>	242,600	12.4%	28.3%	13.0%
<b>New York</b>	2,522,686	13.1%	3.6%	12.1%
<b>North Carolina</b>	1,076,951	12.2%	17.4%	11.2%
<b>North Dakota</b>	92,874	14.6%	-0.5%	11.0%
<b>Ohio</b>	1,531,994	13.3%	2.3%	8.5%
<b>Oklahoma</b>	473,545	13.2%	6.3%	10.1%
<b>Oregon</b>	478,180	12.9%	11.3%	8.5%
<b>Pennsylvania</b>	1,885,323	15.2%	-1.4%	8.9%
<b>Rhode Island</b>	147,966	13.9%	-5.3%	8.9%
<b>South Carolina</b>	553,396	12.8%	23.8%	12.0%
<b>South Dakota</b>	111,183	14.2%	5.4%	12.5%
<b>Tennessee</b>	769,222	12.7%	15.3%	13.4%
<b>Texas</b>	2,334,459	9.9%	19.7%	12.3%
<b>Utah</b>	225,539	8.8%	28.7%	6.7%
<b>Vermont</b>	82,966	13.3%	16.4%	9.4%
<b>Virginia</b>	887,768	11.6%	18.8%	9.2%
<b>Washington</b>	738,369	11.5%	15.2%	8.8%
<b>West Virginia</b>	278,692	15.3%	0.4%	10.5%
<b>Wisconsin</b>	724,034	13.0%	5.6%	8.3%
<b>Wyoming</b>	62,750	12.2%	16.2%	6.1%
<b>Puerto Rico</b>	503,884	12.8%	--	43.6%

(Source: Population data is from Census Bureau 2006 Population Estimates. Poverty data is from the 2006 American Community Survey.)

From above chart: States with 20% and up increase in 65+ Population from 1996 – 2006:

Alaska – 45.9%  
Arizona – 34.9%  
**Colorado – 24.1%**  
Delaware – 23.8%  
Georgia – 25.1%  
Idaho – 25.3%  
Nevada – 51.0%  
New Mexico – 28.3%  
South Carolina – 23.8%  
Utah – 28.7%

### Statewide Trends

*From Elizabeth Garner, State Demographer's presentation "Aging in Colorado" for the Colorado Association of Nutrition Services Directors, 4/16/07*

- ❖ A major demographic and economic factor affecting the growth of the Colorado Population: The "Aging" of Colorado's and the Western U.S.'s population of baby boomers
- ❖ Baby boomers: born 1946-1964 (ages 43-64 in 2009)
- ❖ In 2010 the first "boomers" will reach 65
- ❖ Between 2000 and 2010, Colorado's population 55-64 will grow at 5.9% per year vs. 3.9% for this U.S. age group, and 1.8% for Colorado total, increasing by over 75% from 342,000 to 607,000.
- ❖ By 2030, Colorado's population 65 and over will be 3 times that in 2000 growing from 400,000 to 1.2 million.
- ❖ Baby boomers – wealthier (?), healthier, more active ("younger old"), higher educational attainment, desire to "age in place"
- ❖ Migration rates by age: 1995-2000 – (60-75) net out: est. 300 annually; 75+ net in: est. 600 annually
- ❖ Labor force changes: Boomers are 45% of labor force. LFPR is expected to increase through 2015 and then start dropping as the baby boomers completely leave the labor force.
- ❖ Forecast for 210,000 new jobs created by retiree spending between 2000 – 2030
- ❖ Economic Driver: service oriented, typically older persons spend less or spend more on non-sales tax services (e.g. health care)
- ❖ Colorado could become a destination for more baby boom retirees – amenities, climate, recreational opportunities, kids are here
- ❖ Retirees – will they stay or go? Where will they go? Most likely will depend on factors such as amenities, health services, transportation
- ❖ West Slope of Colorado is attractive to retirees due to scenic attributes, public lands, recreational activities, less congestion, perceived to be safe.
- ❖ In Colorado, the number of men and women 85 and older is expected to nearly triple by 2030. (*Gray to hold sway by 2030, David Olinger, 4/21/05*).

*From Colorado Baby Boomers: Challenges and Opportunities, an initiative of The Colorado Trust, 2007. Focuses on Colorado's 55-65 year old population.*

- ❖ Concern over the steadily rising cost of health care is forcing many Coloradans in their late 50s and early 60s to reconsider the timing of their retirement – and, in come cases whether they will be able to retire at all. Many of those who envision switching to part-time work, returning to school or trying a new career path will be unable to do so until

they qualify for Medicare at 65 because they cannot afford to be without employer-subsidized health insurance.

- ❖ Colorado employers could make the most of the rich expertise of older workers by offering more options like part-time work, flexible schedules, and telecommuting.

## Regional Trends:

### Population: 65+

	65+ Population					Total Pop 2008	% of Pop 2008	Total Pop 2030	% of Pop 2030
	Est. 2008	Projected 2010	Projected 2020	Projected 2030	Proj. % inc. 2008-2030				
Clear Creek	1,046	1,161	2,110	2,589	148%	9,377	11.2%	14,414	18.0%
Eagle	2,523	3,257	8,866	15,550	516%	53,898	4.7%	88,074	17.7%
Garfield	4,500	5,366	11,282	18,215	305%	56,969	7.9%	128,847	14.1%
Gilpin	542	605	1,038	1,302	140%	5,115	10.6%	7,666	17.0%
Grand	1,344	1,594	3,473	5,178	285%	14,519	9.3%	25,533	20.3%
Lake	627	727	1,263	1,771	182%	8,347	7.5%	19,791	8.9%
Park	1,715	1,938	3,706	5,321	210%	17,168	10.0%	40,596	13.1%
Pitkin	1,799	2,050	3,417	4,214	134%	16,866	10.7%	26,047	16.2%
Summit	1,679	2,059	5,099	8,990	435%	29,074	5.8%	50,749	9.2%
<b>Totals</b>	<b>15,775</b>	<b>18,757</b>	<b>40,254</b>	<b>58,799</b>	<b>273%</b>	<b>211,333</b>	<b>7.5%</b>	<b>401,717</b>	<b>14.6%</b>

### Retiree Migration Trends:

- ❖ "wealth-transfer tsunami" as \$41 trillion in private wealth will change hands in the first half of this century when baby-boomers leave their inheritances to their children. Yesawich expects an increase in real-estate transactions in resort markets due to this wealth transfer (*Ypartnership, Peter Yesawich, SDN 10/21/08*)
- ❖ For those parts of the country where older amenity-seeking migrants are accumulating, these migrants will continue to be a good source of economic development because such migrants tend more often to have multiple sources of income, better health, better education, and earlier retirements than retirees who are aging in place. (*Mark Fagan and Charles Longino – Migrating Retirees: A Source for Economic Development. Economic Development Quarterly, Feb. 1993*).
- ❖ Projections show that as many as 20 million baby boomers might relocate during their retirement. The reasons for migration fall into three categories: (1) Amenity-seeking retirees move to be near scenic locations or warmer climates; (2) Return migrants move back to their home communities, often to live near relatives; (3) dependency migrants move to be near family members who can take care of them. (*What do we know about Retiree Attraction Strategies, Applied Research in Economic Development, vol. 5, issue 2, 9/08*).
- ❖ The search for warmer climate is a primary factor (for migrating retirees) with many retirees moving from the Northeast and the Midwest to the Sunbelt. Other important decision factors are the presence of scenic amenities, especially coastal locations. Many migrating retirees place great emphasis on access to parks and recreation facilities. Proximity to medical care and educational opportunities rank high among retirees, and help explain the popularity of college towns as a retirement destination. Finally, retirees do place emphasis on some financial factors, especially property and income tax rates and overall cost of living. (*What do we know about Retiree Attraction Strategies, Applied Research in Economic Development, vol. 5, issue 2, 9/08*).

- ❖ Pros of in-migration of retirees: migrating retirees spend money, pay taxes, but don't ask for much in return (e.g. spending on new schools). Another pro: retirees help stimulate sectors such as real estate, health care, financial services, restaurants and entertainment. Cons: rising housing and land costs, increased traffic congestion, the overall costs of supporting a rapidly aging population of retirees. (*What do we know about Retiree Attraction Strategies, Applied Research in Economic Development, vol. 5, issue 2, 9/08*).
- ❖ Communities must take a long-term look at future infrastructure and amenity needs, as well as the economic implications of an aging population. Success requires careful planning and anticipation of the costs generated by a population that will "age in place". Investments in new medical facilities and other specialized amenities, such as transportation services, may be required. (*What do we know about Retiree Attraction Strategies, Applied Research in Economic Development, vol. 5, issue 2, 9/08*).

**From Colorado Baby Boomers: Challenges and Opportunities, an initiative of The Colorado Trust, 2007. Focuses on Colorado's 55-65 year old population in the mountain/rural areas of Colorado:**

- ❖ In mountain towns and other small communities attracting large numbers of retirees and pre-retirees, long-time residents express concern over a lack of affordable housing, significant increases in the cost of living and overcrowded libraries, recreation centers and other facilities.
- ❖ Adding to the anxiety of older adults in rural areas of the state are two critical and interrelated issues: (1) undersupply of health care providers and facilities, and (2) lack of public transportation, which puts many at high risk of geographic and social isolation.
- ❖ Demographic studies show a steady migration of retirees and pre-retirees to smaller communities that offer a change of pace and lifestyle. Western Colorado, the Eastern Plains, and many mountain towns are struggling to cope with a growing influx of new residents from both within Colorado and from other states. By 2020, the number of individuals in this age bracket (55-65) living on the Western Slope is expected to grow to 88,000, compared with 41,000 in 2000.

**Summary of Key Findings from Recent Regional Studies:**

**Strengths and Needs Assessment of Older Adults in the State of Colorado – North Central Mountain Region (Region 12)**

- ❖ A larger number of older adults will be available to contribute to the community as volunteers, board members, community leaders, employees, and caregivers.
- ❖ An increasing number of frail older adults will need services to meet significant health care, housing, transportation, and other needs.
- ❖ 24.1% of older adults in Region 12 live alone. Older women are much more likely to live alone than older men.
- ❖ 94% of Region 12 adults 60 and older reported no problem having housing suited to their needs.
- ❖ 76% of adults 60 and older said they had no problem affording needed medications; 98% said they had not had a problem affording enough food to eat.
- ❖ 99% of Region 12 adults 60 and older agreed they are generally happy. 93% agreed they feel hopeful about the future.
- ❖ With 100=excellent and 0=poor, Region 12 adults 60+ rated their overall quality of health at 72.
- ❖ Overall, Region 12 adults 60+ rated their quality of life at 88 on a 100-point scale, where 100=excellent and 0=poor.

- ❖ 78% of Region 12 adults 60+ said they participate in at least one of the following: volunteer at least one hour per week (53%); are employed at least part time (42%); provide care for family or friends (18%)
- ❖ 94% of Region 12 adults 60+ said having inadequate transportation had not been a problem in the past year
- ❖ The Strengths and Needs Assessment of Older Adults in the State of Colorado identified twelve strengths that correlate with aging well. These strengths were grouped into 3 categories: physical health, outlook on life, and connection with others and the community. 55% of Region 12 adults 60+ had 9 to 12 strengths; 41% had 5 to 8 strengths; 4% had 0 to 4 strengths. The survey found that older adults with more strengths were less likely to report problems.

**Eagle County** (*Eagle County Assisted Living & Skilled Nursing Market Research, August 2006*)

- ❖ There was strong support/high degree of expected utilization of a short-term care center that can offer in-patient and out-patient rehabilitation and recovery from an illness or injury. It is strongly recommended that short-term care services be an integral part of any planned retirement community. Another option is for a retirement community to be co-located adjacent to such services.
- ❖ The consideration that would most influence a decision to move to retirement housing are those that are related to the need for health and support services (i.e. availability of health services, inability to care for self, need for skilled care), as opposed to lifestyle choices.
- ❖ Those survey respondents who indicated they are more likely to move have a higher utilization of services currently than all voter respondents.
- ❖ Most respondents indicated they would prefer to enter a retirement housing community by moving into an independent cottage, or apartment, rather than into assisted living or skilled care. This response is typical of seniors throughout the U.S.
- ❖ Based upon this study, it is recommended that Eagle County and potential developers pursue development of a community that includes several levels and types of care and housing to meet the needs of a broad spectrum of residents/clients.
- ❖ Because they will not want to be moved to different units within the community as their needs change, services and fee arrangements should be flexibly structured to allow most services to be delivered within any unit in the community.

**Pitkin County** (*Pitkin Senior Council Survey, February 2007*)

- ❖ Respondents indicated a high degree of expected utilization of a short-term care center that could offer in-patient and out-patient rehabilitation and recovery from an illness or injury. Desire for an option for short-term stays while caregivers are away was also expressed.
- ❖ It appears that Aspen is the most acceptable location for the location of retirement housing and care facilities.
- ❖ Forty-seven percent of respondents indicated that they or a parent or other relative may be in need of senior housing within the next 5 to 10 years.
- ❖ Fifty-seven percent of respondents indicated they were "likely" or "very likely" to move to senior housing in Pitkin County with the next 5 to 10 years.
- ❖ Only 7 percent of senior and caregiver age respondents indicated that they "plan to retire elsewhere".
- ❖ With a large number of current and future pool of people over 60 who cannot afford market rents, there is a need both for affordable senior apartments and affordable senior care options in Pitkin County.

- ❖ To truly prevent the movement of the oldest, most frail citizens out-of-county, it would be necessary to build a skilled nursing facility that could address both market rate and affordable clients by participating in the Medicare and Medicaid programs in addition to accepting private payment.
- ❖ It is recommended that Pitkin County and/or potential developers consider development of a small-scale continuing care community capable of meeting the expectations of market-rate clients. That community should include several levels and types of care and housing, extending through skilled nursing.

**Summit County** *(2005 Summit County Senior Community Survey)*

- ❖ Growth of the 55+ population in Summit County will continue due to both the influx of new retirees and the aging of the local baby boomers.
- ❖ The 55+ population wants to remain in Summit County. Expanding the “continuum of care” with health and housing options will help prevent a “second migration” out of the county.
- ❖ The 55+ population is an economic boon to Summit County. They generate jobs, increase tourism numbers by having friends and family visit, use very little in the way of community services, and provide countless numbers of volunteer hours to the community.
- ❖ The numbers of residents 75+ will grow at an even faster rate than the overall 55+ population.
- ❖ The 75+ population tends to have greater needs than the 55-74 age group. They tend to be fully retired, are more likely to be widowed, have lower incomes, more health problems and use more services. They are more likely to need senior housing options in the next 5-10 years.
- ❖ Service needs for the next 5-10 years: housing options, assisted living facility / skilled nursing facility, home health services, handyman services, senior transportation.