

ELDER LAW REVIEW

April 2017

Fun Facts about Aging

Aging is an inevitable part of living, and can be fascinating for people of any age. Lives change, minds and bodies change, and time goes on. Here are some fun facts about aging that were compiled during "Older Americans Month".

- The over 65 population should reach 86.7 million by 2050.
- Minorities make up almost half of the older population; 42% of people 65 and older in the US are part of minority groups.
- Those over age sixty outnumber those under fifteen.
- Growing older doesn't have to mean shrinking away from society.
- Poets, philosophers, and writers can create at a late age. Immanuel Kant published his greatest works between 60 and 80.
- There are 9 million elderly veterans; and nearly half of all adults 65 and older volunteer in some form.
- In 2009, there were 6.5 million people 65 and older in the labor force, and that number should reach 11.1 million by 2018.
- One in four households will care for a loved one aged 50 and older.
- Most elderly, people over the age of 65, are living with relatives.
- The US Department of Health and Human Services Administration on Aging estimates that 70% of all people 65 and up will need long term care services in their lifetime.
- Most long term caregivers are unpaid, and 83% are family members, friends, and neighbors.
- Your brain never stops growing! We grow new neurons with time, and the brain is constantly reshaping itself in response to learning.
- Alzheimer's affect millions: In the U.S. alone, Alzheimer's disease affects an estimated four million people.
- Alzheimer's is spreading rapidly. Every 70 seconds, a person in America develops Alzheimer's.
- Seniors need just as much sleep as others, but it may be harder for seniors to get enough sleep.
- Negative thinking can cause problems: Elderly people who worry about falling over tend to fall over more often than those who don't.
- Despite popular belief, drivers over 65 have fewer accidents per person than those under 65.
- Exercise is the key to successful aging!
- Working past retirement can keep you alive: Many long lived professionals keep working after retirement age, even if it's just part time.
- A happy marriage can save your life: People living in happy marriages tend to live longer, but getting rid of a troublesome spouse can also have a positive effect on your longevity.

Regardless of your age, plan for your future! We encourage you to consult with an estate planning attorney who not only meets your standards, but makes you comfortable. An estate planning attorney should be providing options and would design your plan to fit your specific needs and situation.

Pluto Legal, PLLC offers prospective clients a NO-cost, NO-obligation consultation. This is a great opportunity for you to become informed of the options available to you for your Estate Planning and Medical Assistance Planning needs.

We have many free, educational workshops coming up, so please give us a call, toll free at 1-866-457-3131 or visit our website www.PlutoLegal.com to see when our attorneys will be presenting a workshop in your area.

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