



## A SNAPSHOT OF THE CRISIS IN OLDER ADULT MENTAL HEALTH

**The aging of population will have a major impact on the financing and delivery of health care, mental health, and social services over the coming decades.**

- **An Aging America:** 65+ almost double from 40.3 million in 2010 to 72.1 in 2030
- **One-in-Four Older Adults Suffer from a Mental Illness or Substance Abuse Condition** – nearly 25% of older adults
- **Older Adults Have Among the Highest Rates of Suicide:** Older white males have the highest suicide rate of any age group
- **Older Adults with Mental Illness have the Highest Medicare Costs:** 2-3 times the cost of other Medicare beneficiaries
- **Increasing Prevalence of Substance Use:** Aging of the baby-boom population and illicit drug use and increased prevalence of opioid use by older adults with chronic pain
- **Mental Illness in Older Adults is a Health Care Problem:** It increases poor outcomes and mortality for common conditions such as heart disease, cancer, hip fractures, and diabetes
- **A Silent Health Disparity:** Serious mental illness has a 11-30 year reduced life expectancy largely due to increased co-morbid conditions like heart disease – “55 is the new 75”
- **A Disparity that will be Compounded by Increasing Ethnic Diversity:** From 2010-2030, older adult Hispanics will increase by 200% and African Americans by 115% -- Minority older adults less likely to use or receive mental health services
- **All of these Problems have been Exacerbated by the COVID-19 Pandemic**
- **But Few Receive Appropriate Treatment:** From 4% to 28% of older adults with mental health and substance use disorders receive mental health services
- **Despite Numerous Treatments and Services Proven to be Effective by Research!**

**We know what works! Well established evidence-based practices from research**

- **Integrating mental health care for older adults in primary care (Collaborative Care)**
- **Home and community-based mental health outreach services**
- **Dementia caregiver support**
- **Integrated mental health and physical health self-management**
- **Prevention and health promotion for late-life mental health disorders**
- **Screening, Brief Intervention, and Referral to Treatment (SBIRT) for Substance Use**