Disrupting Healthcare: A Person-Centered Approach

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What’s the first thing you think when you hear the word “aging”? 
Going gray?

Wrinkles?

Slowing down?
The way people are aging is changing.
We’re staying healthier longer.

We’re taking care of more people.

We’re working, planning, creating...
In the next two days 20,000 in the U.S. will turn 65.

2050 the 65+ population in the US will double.

85+ is fastest growing population.

100+ is second fastest growing population.

Source: U.S. Census Bureau (2010)
80% of Boomers plan to work past 65

50% of entrepreneurs are over 45

Source: “Entrepreneurial Demographics, National” Kauffman Foundation (2014)
$7.6\text{ TRILLION}

The way we think about health is changing.
Healthcare companies are consolidating.

Healthcare is happening at home.

Technology is changing everything.
In the next decade, only 50% of current health systems will likely remain.

87% of adults 65+ want to stay in their home as they age.

Source: “What is Livable? Community Preferences of Older Adults” AARP Public Policy Institute (April 2014)
Mobile health adoption has increased 2X in the last two years.

Source: “Top health industry issues of 2016” PWC (2016)
Usage of social media among the 65+ has tripled since 2010.

It’s time to disrupt the way we think about aging and health.
FROM: Focus just on the medical conditions

TO: Focus on the social conditions
Impacts on Health Outcomes

- **60%** Social, environmental, and behavioral factors
- **20%** Medical care
- **20%** Genetics

Source: Adapted from McGinnis et al, 2002
What Is Loneliness?

It’s the new smoking! It’s equivalent to smoking 15 cigarettes per day.

Social Networks Help Us Thrive

Loneliness and the feeling of being unwanted is the most terrible poverty.

-- Mother Teresa
FROM: Managing healthcare plan

TO: Co-designing life plan
76% of Americans are either expecting or experiencing a life change.

- 2 hours for doctor appointments
- 55 hours per week caregiving for dementia
- 26 hours per week caregiving for others
FROM: Prescribing treatment

TO: Prescribing purpose
People with purpose:

- 71% reduced risk of stroke
- 32% fewer doctor visits
- 61% fewer overnight hospitalizations
Disrupt Aging
JOIN US:

Challenge outdated beliefs and spark new solutions so more people can choose how they live and age.
I believe that it’s not about “aging in place,” it’s about “thriving in motion.”
Q&A