

The Many Faces of Geriatric Dentistry

Trends in the US Geriatric Population:

Who, Where, and What are the Needs?

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Objectives

- **Aging of America**
 - Demographics
- **Diversity of the Geriatric Population**
 - Characteristics
- **Overall Health and Wellbeing**
- **Geriatric Dentistry: Oral Health Care**





Geriatric?

- Eligible for AARP at age 50!
 - Grey Power: organizations for 50 and over
- “Defined” as persons aged 65 and older
 - 65 to 75 is “young” old
 - 75 to 85 is the “old”
 - 85 and above is the “old” old



How Many?

- The population of persons in the US aged 65 and older is expected to increase from approximately 35 million to 98 million in 2060
 - 24% of the overall population
- Birth Rates-fallen
- Life Expectancy-increased
- Immigration and Migration

(CDC 2015)



Life Expectancy

- Average life expectancy in USA is 78.8: 81.2 for women and 76.3 for men (CDC: 2015)
- The longer you live, the longer you will live
 - If a person reaches age 65, they can expect to live to 83 (male) and 85.6 (female) (CCD: 2015)
- The oldest old, aged 85 and older, is the fastest growing segment of the older population
 - If a person reaches age 85, they can expect to live at least 5 more years



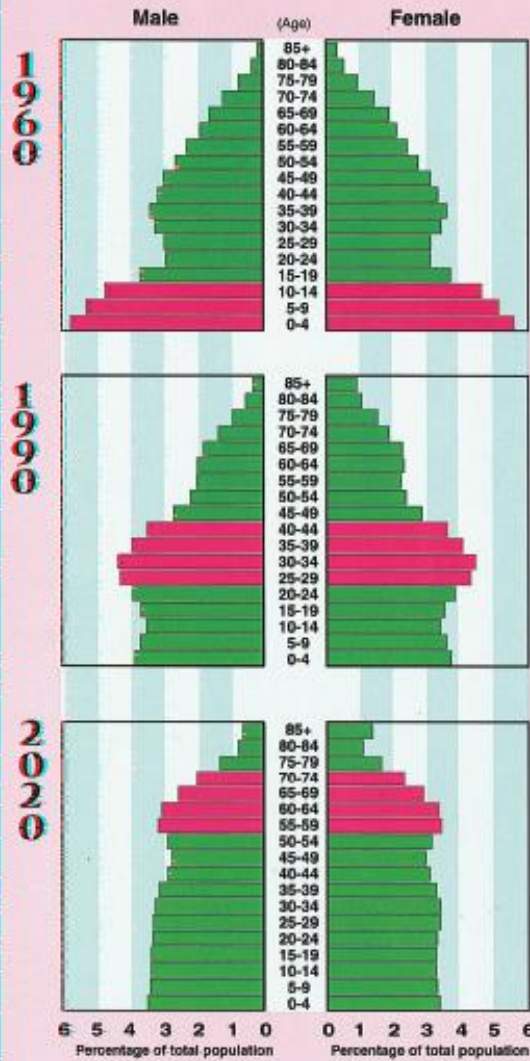
Leading Causes of Death Overall 2015:CDC

- 1. Diseases of the heart
- 2. Malignant neoplasms
- 3. Chronic lower respiratory diseases
- 4. Accidents
- 5. Cerebrovascular diseases
- 6. Alzheimer's disease
- 7. Diabetes mellitus
- 8. Influenza and Pnuemonia
- 9. Nephritis, nephrotic syndrome and nephrosis
- 10. Intentional self-harm (suicide)



Population Age Structure:
1960 to 2020

■ Baby Boom



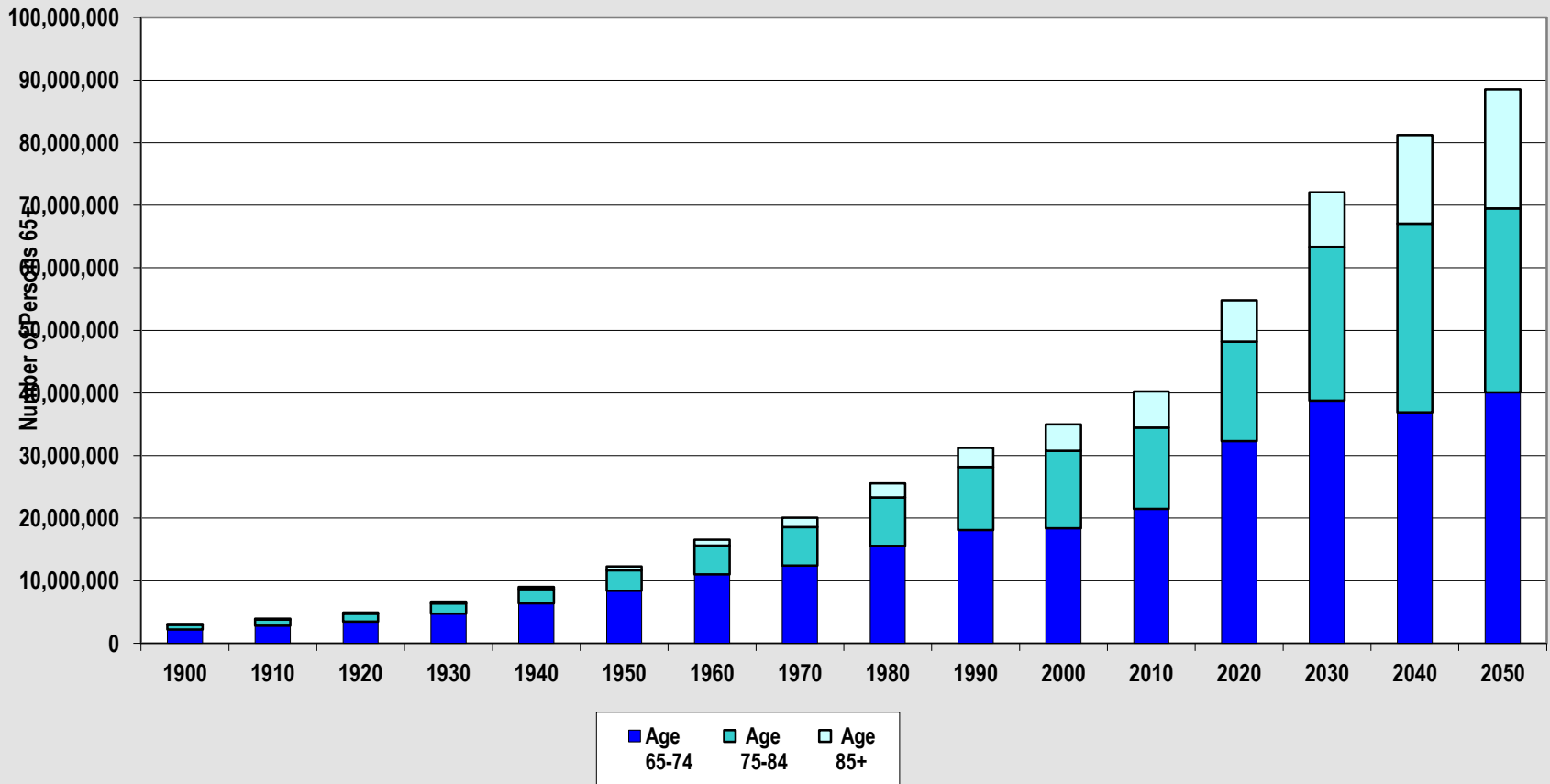
Source: U.S. Bureau of the Census.

As the Baby Boomers (1946-1964 birth years) age, the distribution changes from a triangle to a rectangle. In 2011 the first Baby Boomers were eligible for Medicare!



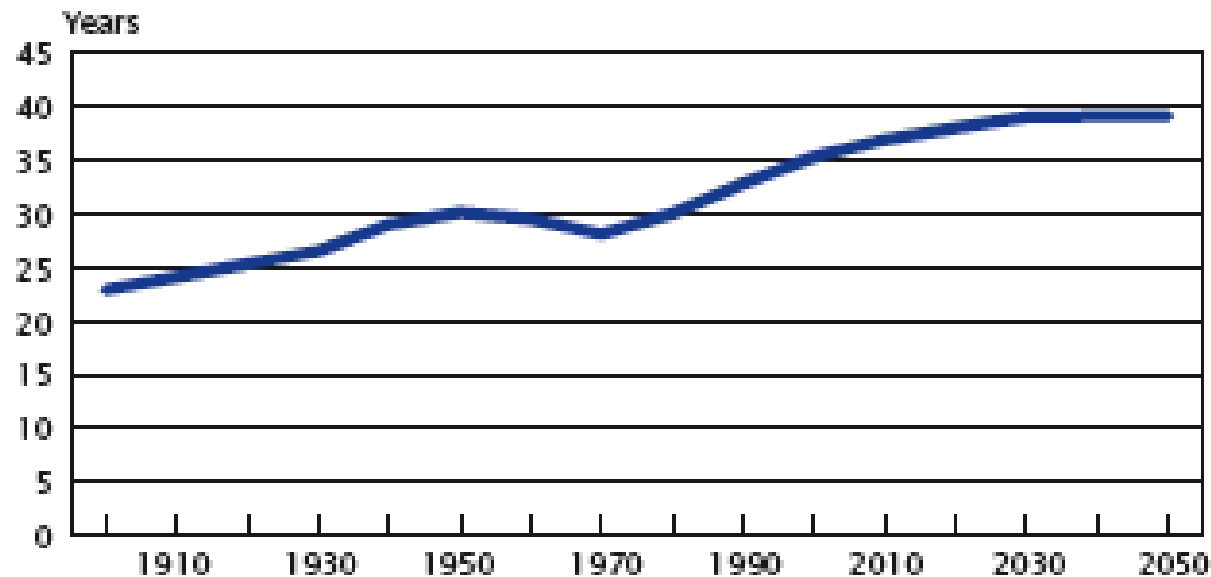
Population 65+ by Age: 1900-2050

Source: U.S. Bureau of the Census



2056: first time in recorded history it is projected that there will be more people over age 65 than there are under 18 in the USA.

Figure 2-7.
Median Age: 1900 to 2050



Note: The reference population for these data is the resident population.

Sources: 1900 to 1980, U.S. Bureau of the Census, 1983, Table 42; 1990, U.S. Census Bureau, 2003, Table 12; 2000, U.S. Census Bureau, 2001, Table PI 3; 2010 to 2050, U.S. Census Bureau, 2004. For full citations, see references at end of chapter.



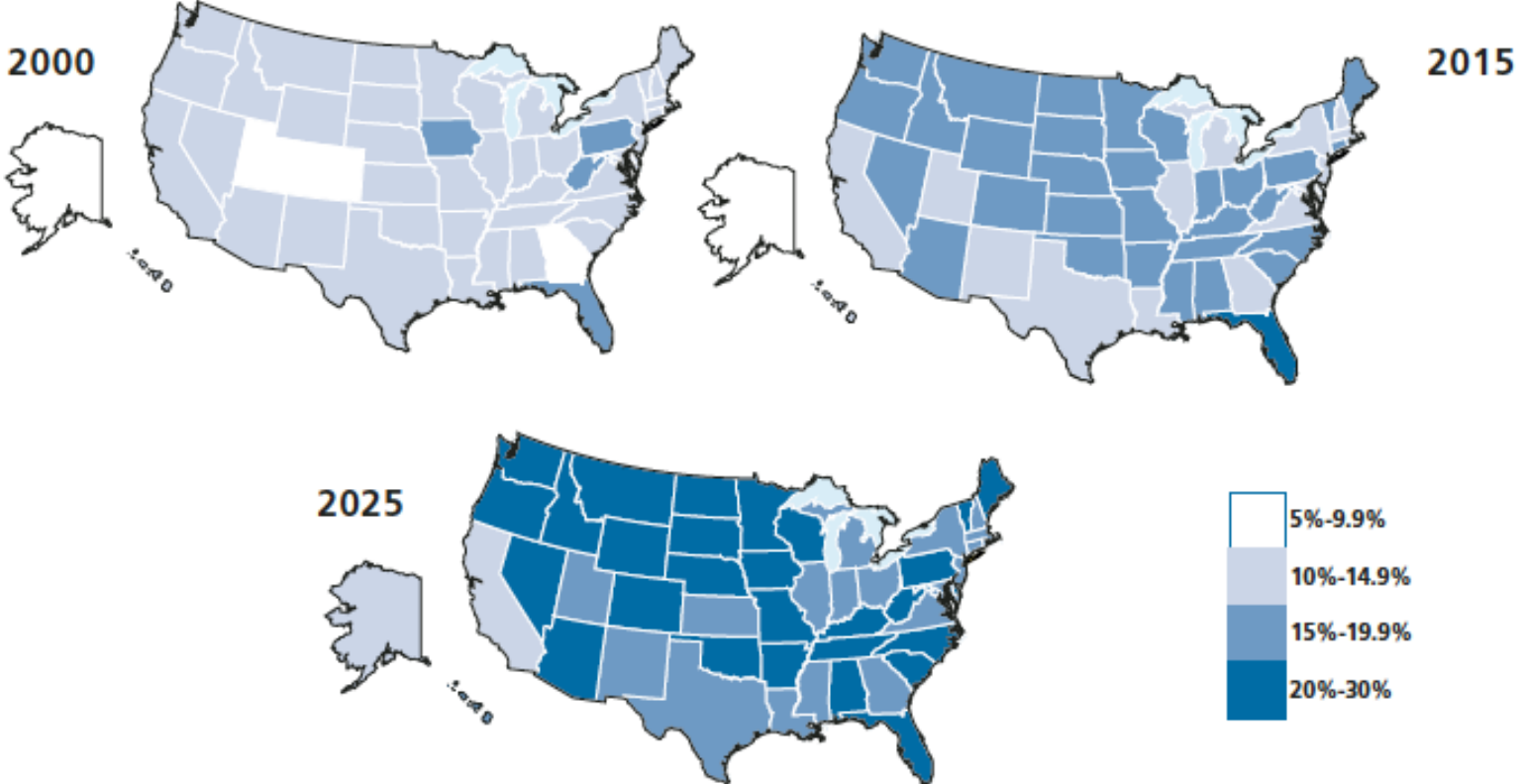
Where?

- States with the “Grayest Counties in the US” include: Florida, Arizona, Virginia, New Mexico, and Michigan.
 - PEW Research Center 2015
- Florida has the largest percentage of individuals 65+ years old, followed by Maine (2015).
- Many are “aging in place”



f.1

THE PERCENTAGE OF THE U.S. POPULATION AGE 65 AND OVER WILL DRAMATICALLY INCREASE IN THE NEXT 20 YEARS



Source: US Bureau of the Census, 2003

Percentage change in elderly populations by state in the United States between 2000 and 2025.



Older Population Education

- Between 1970 and 2015; high school completion rose from 28% to 84%
- About 27% had a bachelor's degree in 2015
- However, *varies considerably* by race and ethnic origin

www.census.gov



Characteristics

- Diverse in social, economic, and health status
- Young old are most healthy, active, and independent
- Old old suffer from failing health, widowhood, and loss of independence



Functional Definition

- Functionally independent older adults
- Functionally dependent older adults
- Majority of older adults, about 95% of people over age 65, live in the community.
 - Only 70% are able to seek dental care in a private practice setting; others are homebound or have some major limitation.

Ettinger RL, Beck JD. Geriatric dental curriculum and the needs of the elderly. *Spec Care Dentist* 1984;4(5):207-13.



Frail Elderly

- Generally represent incremental decline in the capacity of multiple organ systems exacerbated by acute events
- 3-7% of young old; 26% old; up to 32% old old
- Five Criteria
 - Weight loss
 - Slow walking speed
 - Decreased grip strength
 - Low levels of physical activity
 - exhaustion
- Disability as inability to perform IADLs, ADLs and or difficulty in mobility; is not frailty



Care Resources

- Skilled Nursing Facilities
- Long Term-Intermediate Care
- Long Term-Custodial Care
- Home Care
- Alternative Long Term Care Facilities (ALTCFs)
 - Adult Day Centers
 - Adult Family Homes
 - Adult Foster Care
 - Assisted Living



Long Term Care-SNFs

- Skilled Nursing Facilities (SNFs)
- Sub-Acute Care
 - Hospital Based
 - Highest level of nursing and medical care
 - Short term stays
 - Rehabilitate after injury, illness, or surgery
 - Non-hospital Based
 - Relatively high level of care
 - Short term stays
 - Rehabilitate after injury, illness, or surgery



Long Term Care-ICFs

- **Intermediate Care Facilities (ICFs)**
 - Less nursing and medical care
 - Chronic illnesses and/or physical and/or mental impairments
 - Personal care and assistance
 - Most are part of an SNF or Custodial Care Facility



Long Term Care-CCFs

- **Custodial Care Facilities (CCFs)**
 - Personal assistance and low-level nursing care
 - Social, educational, and recreational activities
 - Organized exercise
 - Most are lengthy stays



Home Care

- Up to 1/2 of all nursing facility residents could live independently if they had adequate and affordable home care services
- Medical and personal services provided at home to a partially or fully dependent elder
 - Different types of care may make it impractical and expensive
 - Family assistance to fill in gaps
 - Respite care



ALTCFs

- Alternative Long Term Care Facilities
- Lower Cost
- Less-institutionalized
- However...
 - Population more like NHs
 - Loss of services mandated in NHs; particularly by CMS
 - Dentistry



Federal Regulations

- Omnibus Budget Reconciliation Act 1987 included reforms for Medicare and Medicaid Nursing Facility Benefits
- Periodic Oral Assessment in Minimum Data Set
- Provide Dental Care
 - Own Dentists
 - Contract Dentist



Healthy People 2010

- National health promotion and disease prevention initiative
- Oral Health Objectives
 - Increase the public's oral health
 - Increase the public's quality of life
 - Decrease oral health disparities



Healthy People 2020: Older Adults

- OA-7.4: Increase Geriatric Dentistry Certified Dentists by 10%
- OH-3.2 Reduce the proportion of adults aged 65-74 with untreated coronal caries
- OH-3.3 Reduce the proportion of adults aged 75 years and older with untreated root surface caries
- OH-4.2 Reduce the proportion of adults aged 65-74 who have lost all of their natural teeth
- OH-5 Reduce the proportion of adults aged 45-74 with moderate or severe periodontitis



Paying for Dental Care

- Private Pay
 - Major source
- Dental Insurance
 - Tied to employment
- Medically-necessary dental care
 - Very limited; Restrictive
- Medicare
 - Dentistry opted out
- Michigan Medicaid
 - adults > 21y
 - Dependent on fiscal year
 - MI currently has it (Can vary from one fiscal year to the next)



Dental Needs

- Historically elderly comprised a small portion of population; most edentulous
 - Rate of edentulism is declining
- Now
 - Complex restorative procedures
 - Esthetics
 - Implants
 - Data indicate that elderly have more caries than children <14 yo in non-fluoridated area
 - Periodontal disease

See *JADA*, September 2007; Supplement



Partnerships are Key to Good Oral Health for the Elderly

“The key to improving the health and quality of life for all older Americans will be collaboration between multiple and diverse groups on the national, state, and local levels, including members of the public, health care providers, government agencies, and community groups.”

**The State of Aging and Health in America, 2007. Centers for Disease Control and Prevention and the Merck Company Foundation. Whitehouse Station, NJ:
The Merck Company Foundation: 2007. 2 April 2009
<http://www.cdc.gov/aging>**



Resources

- **Special Care Dentistry**
 - American Society for Geriatric Dentistry
 - Academy of Dentistry for Persons with Disabilities
 - American Association of Hospital Dentists
- **International Association for Dental Research**
 - Geriatric Oral Research Group
- **Michigan Society for Gerontology**
- **American Dental Association**
 - Michigan Dental Association
- **Michigan Oral Health Coalition**
 - Geriatric Subcommittee



References

- <http://www.cdc.gov>
 - National Center for Health Statistics
- <http://www.nia.nih.gov>
- http://www.aoa.gov/aoaroot/aging_statistics/index.aspx
- <http://www.census.gov>



Literature References

- *Oral Health An Essential Element of Healthy Aging* [White paper]. Retrieved August 1, 2017, from The Gerontological Society of America, <https://www.geron.org/programs-services/alliances-and-multi-stakeholder-collaborations/oral-health-an-essential-element-of-healthy-aging>.
- *Journal of The American Dental Association*
 - September 2007, Volume 138, Supplement 1, S5-S52.



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