



QuickFACTS®

*"Autumn burned brightly,
a running flame through
the mountains, a torch
flung to the trees."*

Faith Baldwin

INFORMATION ABOUT AGING, LONGEVITY, AND THE MATURE MARKET

Welcome to QuickFACTS, a monthly fact sheet produced by MetLife's Mature Market Institute. Our focus is the emerging market of people 50+. We compile recent news and developments on workplace, retirement, caregiving, and longevity issues that impact our business and our customers. Ideas and comments for the editor are welcome by e-mail at fradding@metlife.com or by phone, 203-454-5302.

Social Security Facts

Social Security, which turned 75 this summer, has been the single largest item on the budget of the federal government for the past 20 years. Since the first Social Security taxes were collected it has brought in \$13 trillion and has paid out \$10.6 trillion. It remains the largest income source for many older adults. The majority of Americans (94%) pay into the system, at a rate of 6.2%, which is equally matched by employers, and is capped at \$106,800 annually. Those who are self-employed are required to contribute at an annual rate of 12.4%.

Emily Brandon
 "10 Things You Didn't Know About Social Security"
U.S. News & World Report
 August 9, 2010
 Click for link to article



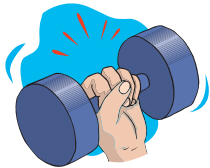
Calculating Disability Risk



Income from a job is a valuable financial resource for Americans, but most don't calculate the risk of losing it if they become disabled. Now, the nonprofit Council for Disability Awareness (CDA) has produced a printable version of its Personal Disability Quotient (PDQ) calculator. Using an individual's age, gender, occupation, medical condition, lifestyle, and tobacco use, the calculator can estimate the chance of someone becoming seriously ill or injured and therefore unable to work for three months or more before the age of 65.

The calculator is available free of charge.
 Click for link to calculator

The Importance of Muscles



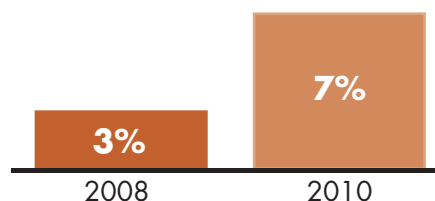
With interest in healthy aging high, the National Institute on Aging is conducting a controlled trial to determine whether exercise can prevent disability in sedentary adults aged 70–89. Researchers note that muscle deterioration is a major reason that older adults lose the ability to live independently. According to *The New York Times*, sarcopenia, (defined as an age-related loss of muscles) accounted for disability resulting in \$18.5 billion in direct medical costs in 2000, equivalent to 1.5% of the nation's health care spending that year.

Andrew Pollack
 “Doctors Seek to Slow Loss of Muscle Tone Among the Aging”
The New York Times
 August 31, 2010
[Click for link to article](#)

Retirement Reconsidered

For those older adults who want to continue working past retirement age, whether for money or to remain active and engaged, they may be facing a harsh reality when it comes to finding work. The unemployment rate for workers aged 55+ was 3% in the second quarter of 2008, but has jumped to 7% in the second quarter of this year. Not including those who have given up and applied for Social Security, this means 2.1 million older Americans are looking for work. Where industries have disappeared, workers are forced into reinventing themselves. Some are returning to community colleges around the country that offer special programs designed for students over age 50.

Christine Dugas
 “Boomers wanting to work past retirement age find limited options”
USA Today
 August 11, 2010
[Click for link to article](#)



Older Adults Tweeting and More



An increasing number of adults over age 50 are communicating through social media. Of those ages 50–64, 47% use Facebook and LinkedIn, sharing photos, videos, status updates and growing their network of contacts. Among Internet users over age 65, use of social networks is up (26% from 13% a year ago). While only 5% of those aged 50–64 used Twitter or another status-update service in 2009, this year 11% use these types of platforms.

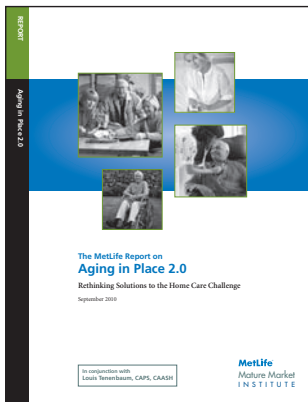
Mary Madden, Senior Research Specialist
 “Older Adults and Social Media”
 Pew Internet & American Life Project
 Pew Research Center
 August 27, 2010
[Click for link to report](#)

Web Watch

Staying organized is a key component of family caregiving. Ecare diary.com is a free Web site that offers family caregivers online tools and information to stay organized. The online calendar helps you keep track of and share appointments, medications, and dietary needs. It also enables family members to send email reminders. The site also has a shopping portal that offers a range of supplies from bathtub transfer benches and medical supplies to mobility devices. There is a search engine listing 110,000 certified care services, and information and links to medical conditions and information on financing care.



Aging in Place



A new study released by the MetLife Mature Market Institute, [*The MetLife Report on Aging in Place 2.0: Rethinking Solutions to the Home Care Challenge*](#), reports that communities, government, and the public and private sectors will need to make major changes to accommodate older Americans' desire to remain in their homes. The age 85+ population, at greatest risk of being disabled, is expected to grow to 8.7 million people in 2030 from 4.3 million in 2000. This report finds that adjustments will need to include homes in which residential design, health care services, and new monitoring technologies are combined with comprehensive community care services to form a dynamic and efficient home health management system.

The MetLife Report on Aging in Place 2.0: Rethinking Solutions to the Home Care Challenge
MetLife Mature Market Institute in conjunction with Louis Tenenbaum, CAPS, CAASH
September 2010

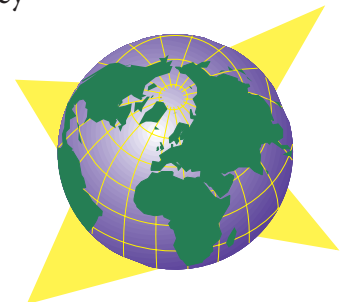
[Click for link to study](#)

International Ageing*—Spotlight on Ireland

According to a study released in March of 2010 by the Sloan Center on Aging and Work at Boston College, the average retirement age in Ireland in 2007 was 64.1, higher than the average retirement age in the Netherlands, the United Kingdom, France, and Germany. Ireland's women retire at an average age of 64.7, while men retire at an average age of 63.5. Life expectancy at birth for Irish women stood at 82 years in 2009, and 76 for men.

Jean McCarthy
Ireland, Workforce Profile No. 20
March 2010
The Sloan Center on Aging and Work at Boston College
[Click for link to report](#)

*British/Australian spelling



No Cash, No Problem



An advocacy organization, Time Banks USA, is helping communities help individuals to exchange their time for services just like the old barter system. In Allentown, Pennsylvania, one organization, the Community Exchange, helped 79-year-old Joan Stevenson stay in her home and out of assisted living. In exchange for services like cleaning, cooking, and transportation, she writes articles for the Community Exchange, hosts meetings in her home, and helps members with their resumes and job searches.

“Banks Let Cash-Strapped Spenders Pay with Time”

CBS News

June 3, 2010

Click for link to article and newscast

America’s Oldest Outstanding Worker

At age 101, Sally Gordon inspires those who know her. She is seen as a role model, and a friendly, helpful, lifelong learner who has a special flair and sense of style. This past August she was honored in the Capitol Rotunda by the Nebraska legislature as America’s Oldest Outstanding Worker, sponsored by Experience Works, a non-profit organization that provides training and employment programs for older adults. Sally has worked as an assistant sergeant-at-arms at the Nebraska legislature for 27 years, and has no plans to retire.

JoAnne Young

“Capitol Staffer, 101, Named America’s Oldest Outstanding Worker”

Lincoln Journal Star

August 10, 2010

Click for link to article



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