

# QuickFACTS®



"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

Mark Twain

## INFORMATION ABOUT AGING, LONGEVITY, AND THE MATURE MARKET

Welcome to QuickFACTS, a monthly fact sheet produced by the MetLife Mature Market Institute. Our focus is the emerging market of people 50+. We compile recent news and developments on retirement, aging, and long-term care issues that impact our business and our customers. Ideas and comments for the editor are welcomed by e-mail at [kobrien@metlife.com](mailto:kobrien@metlife.com) or by phone, 203-454-5386.

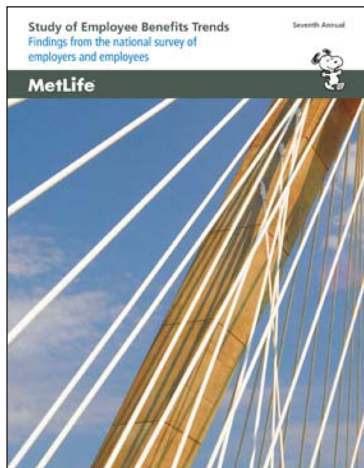
## Family Caregivers: Assisting Loved Ones with Alzheimer's Disease

Close to 10 million Americans provide unpaid care to individuals with Alzheimer's disease or a similar disorder. These caregivers include family members, friends, and neighbors. In 2008, it is estimated that they provided 8.5 billion hours of unpaid care, valued at \$94 billion dollars.

2009 Alzheimer's Disease: Facts and Figures  
Alzheimer's Association  
[Click for link to publication](#)



## Benefits: Key Factor in Employee Loyalty



Workplace benefits play a greater role in employee loyalty than employers realize. The majority of employees surveyed in the most recent *MetLife Study of Employee Benefits Trends* identified health benefits (75%), retiree benefits (72%), and other insurance benefits (69%), including life, dental, disability and vision as important factors contributing to employee loyalty. Employers were less likely to identify the importance of the role of health benefits (59%), retiree benefits (40%), and other insurance benefits (41%) in contributing to loyalty.

*MetLife Study of Employee Benefits Trends* – Seventh Annual  
MetLife  
2009

[Click for link to study](#)

## Web Watch: Calculating Your Life Expectancy

The Living to 100 Life Expectancy calculator was created by Dr. Thomas Perls who founded and directs the New England Centenarian Study, the world's largest study of individuals age 100+ and their families. More information about the study and its findings can be found at [www.bumc.bu.edu/centenarian](http://www.bumc.bu.edu/centenarian). The Living to 100 calculator at <http://www.livingto100.com/> provides a series of questions for you to answer in order to estimate your life expectancy. After completing the questions, you will receive personalized feedback, a to-do list for you and your doctor, and tips for things you can do to add to your life expectancy.



## Changing Workforce Demographics



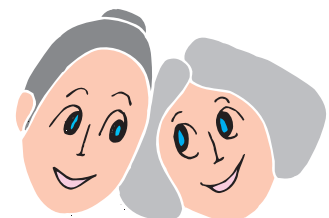
While the overall U.S. workforce is expected to increase by 8.5% between 2006 and 2016, the number of workers in the 16 to 24 year old age group is expected to decline by 6.9% and those age 25 to 54 will grow by only 2.4%. On the other hand, workers age 55 to 64 are expected to increase by 36.5%. The largest growth will be in the two oldest groups, with the number of workers age 65 to 74 and those age 75+ predicted to grow by more than 80%. By 2016 workers age 65+ will comprise 6.1% of the total labor force, up from 3.6% in 2006.

“Older Workers”  
*BLS Spotlight on Statistics*  
 U.S. Bureau of Labor Statistics  
 July 2008  
[Click for link to publication](#)

## Friendship: Key to Longevity

A research report based on the Australian Longitudinal Study of Ageing (ALSA), a 10-year study which followed individuals age 70 and over, found that a network of good friends was more likely than other social relationships, including close family relationships, to increase longevity in older people. Individuals with large networks of good friends and others they could confide in outlived those with the fewest friends by 22%. The positive effects of friendship on longevity were evident throughout the decade of the study, even when participants experienced significant life changes such as loss of a spouse or other close family members.

Sharon O'Brien  
 “Friends are More Important Than Family for Longevity:  
 People with Many Friends Outlive Those with Few Friends”  
 About.com:Senior Living  
[Click for link to article](#)



## Shortage of Specialized Professionals



While adults age 65 and over currently make up only 12% of the U.S. population, they account for about 26% of all physician office visits, 35% of all hospitalizations, 34% of all prescriptions, and 90% of all nursing home use. Despite high health care utilization by older individuals, there is a shortage of professionals specializing in their care. Fewer than 1% of all nurses and pharmacists are certified in geriatrics.

*Retooling for an Aging America: Building the Health Care Workforce, Executive Summary*  
 Committee on the Future Health Care Workforce for Older Americans  
 Institute of Medicine  
 Copyright© National Academy of Sciences  
 2008

[Click for link to access executive summary](#)

## Retirement Confidence at a Low Point

The 2009 Retirement Confidence Survey (RCS) shows the lowest level of confidence among both workers and retirees since the survey was initiated in 1993 and a steady decline in confidence over the past three years. Only 13% of workers felt very confident about having enough money for a comfortable retirement in 2009 as compared with 27% in 2007 and 18% in 2008. While 41% of retirees reported being very confident about having a secure retirement in 2007, the percentage dropped to 29% in 2008 and 20% in 2009.

Ruth Helman, Mathew Greenwald & Associates, Craig Copeland and Jack VanDerhei  
 “The 2009 Retirement Confidence Survey: Economy Drives Confidence to Record Lows; Many Looking to Work Longer”

*Issue Brief No. 328*

Employee Benefits Research Institute

April 2009

[Click for link to publication](#)



## Older Americans: Online



Increasing percentages of older Americans are now online and performing more activities than in the past, according to the Pew Research Center's Internet & American Life Project 2006-2008 surveys. The largest increase since 2005 was in the 70-75 year old age group, which grew from 26% online in 2005 to 45% currently. Email is the most popular Internet activity among older Internet users, with 74% of Internet users age 64+ sending and receiving e-mails.

Sydney Jones and Susannah Fox  
 “Generations Online”

*Pew Internet Project Data Memo*

January 28, 2009

[Click for link to publication](#)

## Workplace Elder Care Resources

The 2008 National Study of Employers found that while there were no changes in the way employers provided assistance to families with childcare between 1998 and 2008, more employers today (30%) than in 1998 (23%), provide access to information about services for older family members. Small employers (24%) are much less likely to provide Eldercare Resource and Referral Services than large employers (54%). However, small employers (75%) are just as likely as large employers (72%) to provide time off to employees to provide elder care without jeopardizing their jobs.



Ellen Galinsky, James T. Bond, Kelly Sakai with Stacy S Kim and Nicole Giuntoli  
 2008 National Study of Employers  
 Families and Work Institute  
**Click for link to study**

## 100 Years of Racing History



The Indianapolis Motor Speedway, built in 1909, is the world's largest sports venue, able to hold up to 400,000 spectators. Started by several investors with the dream that it become a testing facility for Indianapolis' growing automobile industry, it has been home to more than 300 racing events to date. Built at a time when the average home cost \$2,650, a new car sold for \$1,280, and gas was six cents a gallon, the speedway kicked off its centennial celebration in May with this year's 93rd Indianapolis 500 race.

"Indianapolis Motor Speedway 100th Anniversary"  
*Facts for Features*  
 U.S. Census Bureau News  
 U.S. Department of Commerce  
 March 24, 2009  
**Click for link to publication**

**MetLife**<sup>®</sup>  
 Mature Market  
 INSTITUTE

Kathy O'Brien, R.N., M.S.,  
 Senior Gerontologist, and Editor  
 203-454-5386  
 MetLife Mature Market Institute  
 57 Greens Farms Road, Westport, CT 06880  
 MatureMarketInstitute@MetLife.com  
[www.MatureMarketInstitute.com](http://www.MatureMarketInstitute.com)

L0509038190[exp1211]