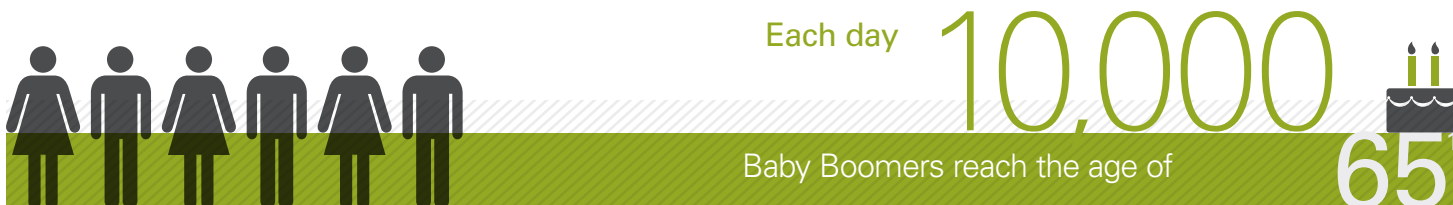


# AGING IN AMERICA:

## Fast Facts About Today's Retirees

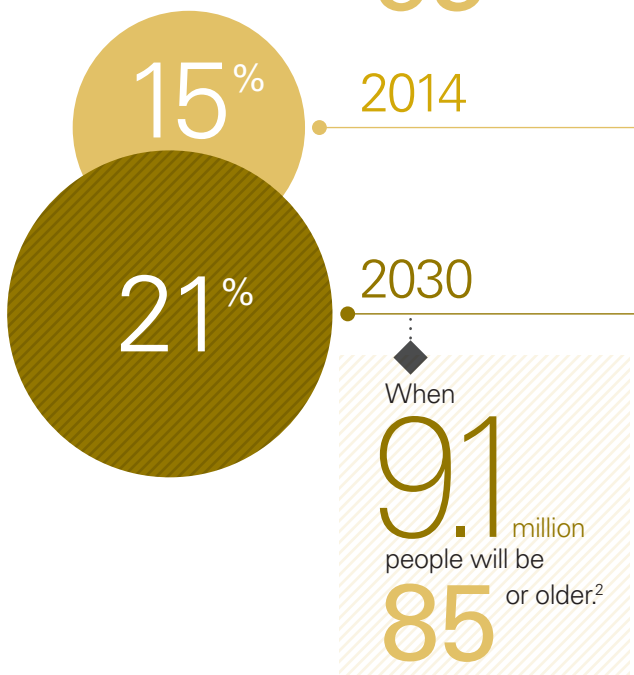
### AGING BY THE NUMBERS

The aging population (65+) will continue to increase



By **2030** all of the Baby Boomers will have moved into the ranks of the older population.

This will result in a shift in the over **65** population



The effect of life expectancy<sup>3</sup>

A 65-year-old woman can expect to live an additional **20** years, on average.



A 65-year-old man can expect to live an additional **18** years, on average.



Once a woman or a man reaches **85**, there is a good chance their lives will extend another **6-7** years.



<sup>1</sup> Planin, Eric. "10,000 Boomers Turn 65 Every Day. Can Medicare and Social Security Handle It?" The Fiscal Times, 9 May 2017, www.thefiscaltimes.com/2017/05/09/10000-Boomers-Turn-65-Every-Day-Can-Medicare-and-Social-Security-Handle-It

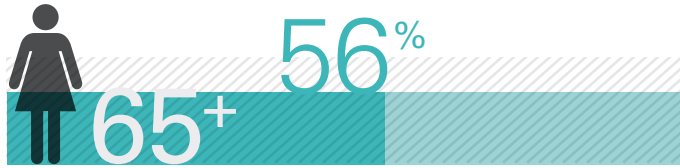
<sup>2</sup> U.S. Census Bureau, 1900 to 1940, 1970, and 1980, U.S. Census Bureau, 1983, Table 42; 1950, U.S. Census Bureau, 1953, Table 38; 1960, U.S. Census Bureau, 1964, Table 155; 1990, U.S. Census Bureau, 1991, 1990 Summary Table File; 2000 U.S. Census Bureau, 2001, Census 2000 Summary File 1; U.S. Census Bureau, Table 1: Intercensal Estimates of the Resident Population by Sex and Age for the U.S.: April 1, 2000 to July 1, 2010 (US-EST00INT-01); U.S. Census Bureau, 2011, 2010 Census Summary File 1; U.S. Census Bureau, Annual Estimates of the Resident Population for Selected Age Groups by Sex for the United States, States, Counties, and Puerto Rico Commonwealth and Municipios: April 1, 2010 to July 1, 2014 (PEPAGESEX); U.S. Census Bureau, Table 3: Projections of the Population by Sex and Selected Age Groups for the United States: 2015 to 2060 (NP2014-T3).

<sup>3</sup> Kochanek KD, Murphy SL, Xu JQ, Tejada-Vera B. Deaths: Final data for 2015. National vital statistics reports; vol 66 no 6. Hyattsville, MD: National Center for Health Statistics. 2017.

# THE GENDER DIVIDE

## Women continue to outlive men as they age<sup>4</sup>

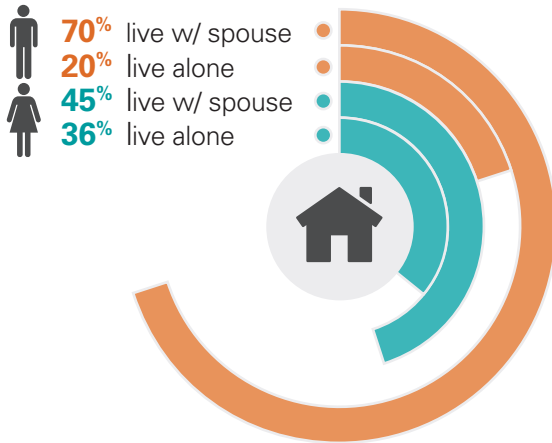
Women make up 56% of the 65-and-older cohort...



And 66% of the 85-and-older cohort.



## The effect of marital status on living arrangements<sup>5</sup>



Older men are more likely than older women to live with their spouse.

Older women are one-and-a-half times as likely as older men to live alone.  
Older women are more likely to remain unmarried than older men.



**How can you better prepare for these potential situations as you set up your retirement plan?**

<sup>4</sup> U.S. Census Bureau. Annual Estimates of the Resident Population for Selected Age Groups by Sex for the United States, States, Counties, and Puerto Rico Commonwealth and Municipalities: April 1, 2010 to July 1, 2014 (PEPAGESEX).

<sup>5</sup> Federal Interagency Forum on Aging-Related Statistics. *Older Americans 2016: Key Indicators of Well-Being*. Federal Interagency Forum on Aging-Related Statistics. Washington, D.C.: U.S. Government Printing Office. August 2016.

# HOME SWEET HOME FOR AGING AMERICANS

## The effect of aging on living situations<sup>6</sup>

### The vast majority of people over 65 live at home

Percentage of Medicare enrollees ages 65 and over in selected residential settings, by age group, 2012

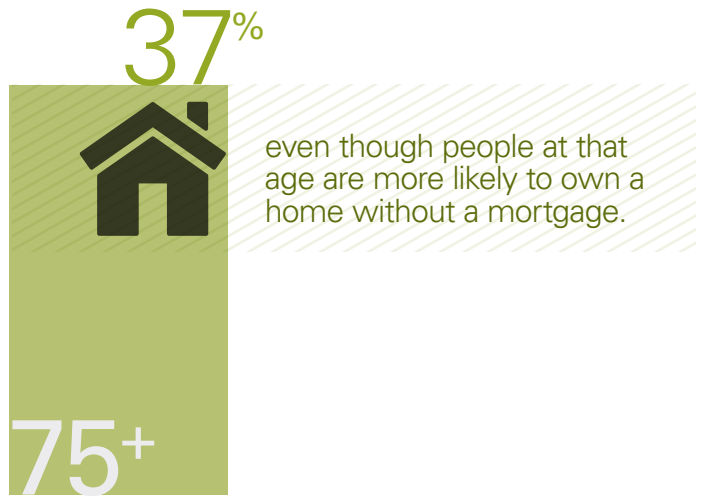


### By age 85, only 77% live in traditional communities and the rest live in long-term care facilities and community housing



A move to a full-service facility can be a substantial investment. Will the money be there? The time to factor in the costs of such a move is well in advance of a medical emergency.

## At age 75+, 37% of one's expenses are likely to go toward housing<sup>6</sup>

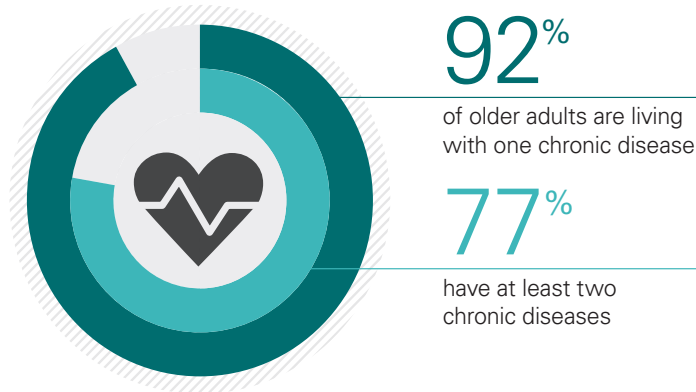


**Do you prefer growing older at home?  
Are you planning to downsize or buy a new home?  
Are you considering moving to a warmer climate  
or relocating closer to family?**

<sup>6</sup> Centers for Medicare & Medicaid Services, Medicare Current Beneficiary Survey, Access to Care. NOTE: Community housing with services applies to respondents who reported they lived in retirement communities or apartments, senior citizen housing, continuing care retirement facilities, assisted living facilities, staged living communities, board and care facilities/homes, and similar situations AND who reported they had access to one or more of the following services through their place of residence: meal preparation, cleaning or housekeeping services, laundry services, or help with medications. Respondents were asked about access to these services but not whether they actually used the services. A residence (or unit) is considered a long-term care facility if it is certified by Medicare or Medicaid; has three or more beds, is licensed as a nursing home or other long-term care facility, and provides at least one personal care service; or provides 24-hour, 7-days-a-week supervision by a non-family paid caregiver. These data refer to Medicare beneficiaries.

# HOW HEALTH IMPACTS AGING AMERICANS

The vast majority of older adults are living with one chronic disease, and over three-quarters have at least two<sup>7</sup>



While chronic conditions can have a negative impact on quality of life, they also rank high in common causes of death:<sup>8</sup>

- Heart disease
- Cancer
- Accidents (unintentional injuries)
- Chronic lower respiratory diseases
- Stroke (cerebrovascular diseases)
- Alzheimer's disease
- Diabetes
- Influenza and pneumonia



**Do chronic health conditions run in your family?  
Are there steps you can take now to help manage  
future circumstances?**

Brought to you by



**SAMMONS**  
RETIREMENT SOLUTIONS®

**LEGG MASON**  
GLOBAL ASSET MANAGEMENT

<sup>7</sup> Older Adults' Health and Age-Related Changes: Reality Versus Myth. American Psychological Association, [www.apa.org/pi/aging/resources/guides/myth-reality.pdf](http://www.apa.org/pi/aging/resources/guides/myth-reality.pdf)

<sup>8</sup> "Leading Causes of Death." Centers for Disease Control and Prevention. August 21, 2016 [www.cdc.gov/nchs/fastats/leading-causes-of-death.htm](http://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm)

**Content provided by Legg Mason, The Center for Innovative Care in Aging at the Johns Hopkins University School of Nursing.**

Securities distributed by Sammons Financial Network®, LLC., member FINRA. Insurance products are issued by Midland National® Life Insurance Company (West Des Moines, IA). Sammons Institutional Group<sup>SM</sup>, Inc. provides administrative services. Sammons Financial Network®, LLC., Midland National® Life Insurance Company and Sammons Institutional Group<sup>SM</sup>, Inc., are wholly owned subsidiaries of Sammons® Financial Group, Inc. Sammons Retirement Solutions® and Midland Retirement Distributors® are marketing divisions of Sammons Institutional Group<sup>SM</sup>, Inc.