



# PSYCHO SOCIAL ASPECTS OF AGING

Lecture 1



# OBJECTIVES

- To review demographics to better understand aging in Canada today
- To understand the three demographic forces causing Canada's population to age from 1850's to today
- To begin to discuss the impact of the aging baby boomers





# GERONTOLOGY

- **Definition:** “the scientific study of aging and its consequences”

(Tepperman et al. 2012)

- Geron= ‘old man’  
ology= ‘the study of’



# AGING: A GLOBAL PHENOMENON

 ○ Pop. aging worldwide at an unprecedented rate

 ○ 1950-2000: people 60 yrs.+ tripled

(US Dept. of Economic and Social Affairs, Population Division 2007)

○ family, education, work, business, gov't



○ “Aging is truly a privilege and a societal achievement . It is also a challenge which will impact all aspects of the 21<sup>st</sup> century.” WHO

○ [www.who.int/ageing/projects/en](http://www.who.int/ageing/projects/en)



# EARLY 1900S - CANADA

- leading cause of death: infectious diseases
  - e.g. tuberculosis, pneumonia, influenza
- **average life expectancy around 60 yrs.**
- later vaccines; antibiotics saved lives
- penicillin discovered 1928 (1940s begins to be used as a treatment)
- people living longer
- Better nutrition, improved sanitation, smaller families



# LIFE EXPECTANCY

## Men

## Women

**1900s**

58.8 yrs.

60.6 yrs.

**2003**

77.4 yrs.

82.4 yrs.

**2009**



Prediction of  
100 yrs. +



# AGING: THE DEMOGRAPHICS

-  centenarians in Canada increased to 4,635 in 2006, up more than 22% from 2001

(Statistics Canada 2007d)

- 5,825 today (Statistics Canada 2011)
- 500 female centenarians for every 100 male
- Highest rate in Canada: Saskatchewan



# POPULATION AGING

- 3 conditions that affect population size and structure:

**Immigration**, **death rates** and **birth rates**

- Number of CDNS. 65 yrs. and older increased by 11.5% over previous 5 yrs.
- Canadians 65 years + = 13.7% of pop  
(1 in 7 Cdns)



# GROWING POPULATION 65+ IN CANADA



Year	% over 65 years	Note
1966	7.7 %	
2006	13.7 %	
2036	23-25 %	projection
2061	24-28 %	projection

The number of Canadians 65 years and over doubled between 1981 and 2009 and will double again by 2036, projections show.

Source: Statistics Canada (2010) *Population Projections for Canada, Provinces and Territories: 2009 to 2036*



# MORTALITY AND MORBIDITY

- mortality: death rate
- morbidity: illness
- Death rate: number of deaths per 1,000 people in a population

Birth rate: number of births per 1000 women in a population





# THE BOOMERS

 Cohort b. b. 1946-1965

○ 1 in 3 Cdns. today is a boomer

○ First boomers turned 65 years in 2011

○ 10 million Baby Boomers will move into their senior years in the next 20 years

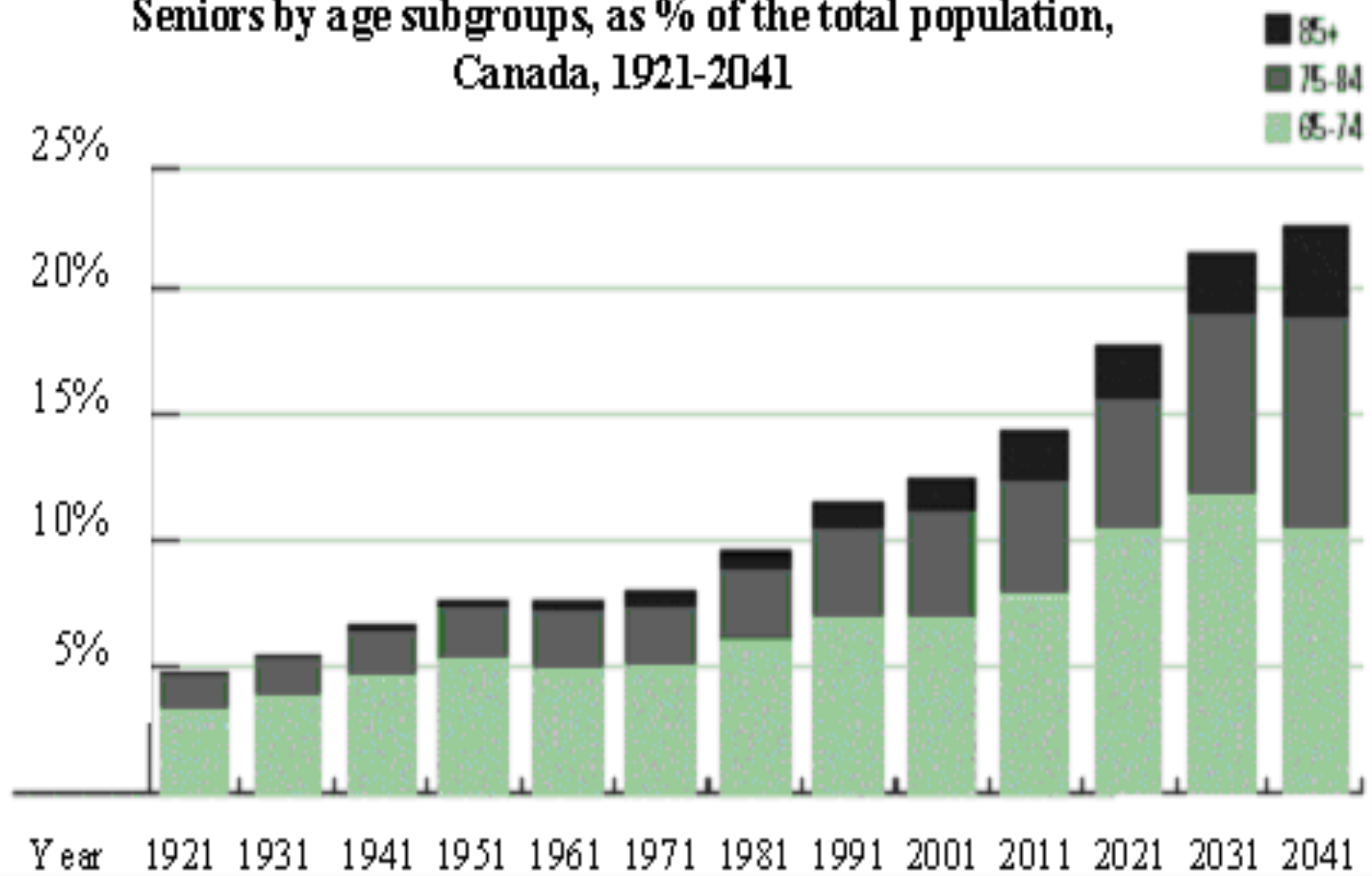


○ will increase the prop. of senior citizens to 25% of the pop. from about 14 % today

○ (Statistics Canada)



**Figure 1**  
**Seniors by age subgroups, as % of the total population,**  
**Canada, 1921-2041**



## “BABY BUST”



- 1965 onwards
- birth control pill; women in workforce

Fertility rate:

1961 3.84 children per woman

1966 2.81

2000 1.49 \* (not replacement)

The decrease in the birth rate sped the rate of population aging in Canada



# IMMINENT CRISIS?

- Economy, pension system, health & welfare, LTC




- “as big a threat as climate change” (Beckford 2008)

- Elderly portrayed as a societal burden

- **‘apocalyptic demography’**: “belief system that asserts that population aging with its ‘hordes’ of older people will bankrupt society and exact an unfair toll on younger generations” (Gee, 2000)



# HEALTH CARE WORKFORCE

- ¼ Cdn. health professionals are baby boomers 
- 
- Impact on the workforce & mentorship
- “... if the health needs of Canadians continue to change according to past trends, and if no policy interventions are implemented, **Canada will be short almost 60,000 full-time equivalent RNs by 2022**” (CNA, 2009)

