

QuickFACTS®

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."

James Dent

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 kobrien@metlife.com or by phone, 203-454-5386.



Remembering an Icon

The MetLife Mature Market Institute joins many others in the field of aging in honoring the life of Robert Butler, M.D. who died on July 4, 2010, at the age of 83. Founding President of the International Longevity Center, Dr. Butler is often referred to as the "father of geriatrics." He served as the first Director of the National Institute on Aging and helped set the country's aging policy for more than a generation. Known for coining the term "ageism," Dr. Butler was a Pulitzer Prize-winning author and a visionary leader who will be greatly missed.

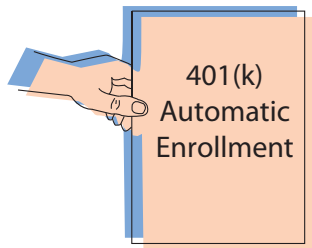
Internet: Providing Information to Family Caregivers

The 2009 *Caregiving in the U.S.* study estimates the number of unpaid family caregivers at 65.7 million. The demand for information related to caregiving has increased since the previous study in 2004. While the most commonly cited top resource for information to help care for a family member was a health care professional (36%), the Internet was the next most frequently cited (25%) as a top source. Additionally, more than half of all caregivers surveyed (53%) indicated having used the Internet to find information about caregiving within the previous year.

Caregiving in the U.S.: Executive Summary
National Alliance for Caregiving in collaboration with AARP
Funded by the MetLife Foundation
November 2009
[Click for link to document](#)



Automatic 401(k) Enrollment on the Rise



Among respondents to a survey of employers with a thousand or more employees, 57% automatically enroll employees in their 401(k) plans. Included in this percentage are 39% that automatically enroll new employees and 18% that automatically enroll all employees. In addition, 3% plan to begin automatic enrollment next year and another 18% are considering it. The survey also showed that only a small percentage of employees opted out of the automatic enrollment in 2009.

Automatic Enrollment in 401(k) Plans Now Dominates at Large Employers, Towers Watson Survey Finds
Press Release

Towers Watson

June 30, 2010

Click for link to document

Volunteering: Continuing but Changing Over Time

An AARP 2009 telephone survey compared volunteering activity with a survey conducted in 2003. In both surveys 51% of respondents had volunteered within the previous year. However, volunteers in 2003 on average spent 15 hours a month volunteering, while those in 2009 spent on average 6-10 hours per month. Volunteering on one's own showed a significant increase from 34% of respondents in 2003 to 57% in 2009. The most common reason people noted for volunteering was "feeling a personal responsibility to help others when they need it," selected by 68% overall and identified as very important by half of the volunteers.

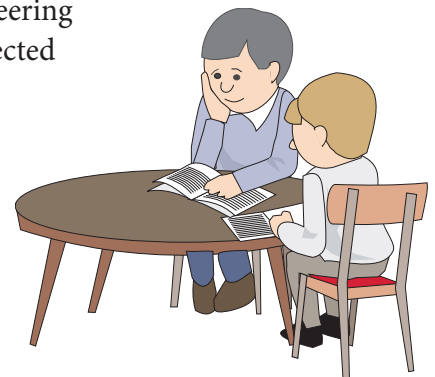
Alicia Williams, John Fries, Jean Koppen, and Robert Prisuta
"Connecting and Giving: A Report on How Mid-life and Older Americans
Spend Their Time, Make Connections and Build Communities"

Surveys and Statistics

AARP Knowledge Management

January 10, 2010

Click for link to study



Web Watch: The Value of Exercise

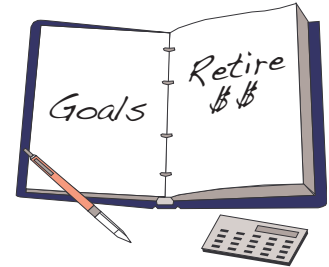


The National Institutes of Health (NIH) Senior Health Web site provides a comprehensive section on "Exercise and Physical Activity for Older Adults." The site provides information on the health benefits of exercise and physical activity, helps people understand how to get started with exercise, and gives a series of exercises to try. It also has a frequently asked questions section, quizzes to test knowledge, safety tips, videos, and stories from others who have successfully initiated exercise regimens. Access the Web site at: <http://nihseniorhealth.gov/exerciseforallolderadults/toc.html>.

Benefits of a Retirement Savings Calculation

Fewer than half (46%) of workers have done a calculation to determine how much they will need to save for a comfortable retirement. Instead of doing a formal calculation, many (44%) guess at what they will need to accumulate. Workers who have done a calculation tend to have higher savings goals than those who have not. They are also twice as likely to feel very confident about having a comfortable retirement. Additionally, the retirement calculation appears to be effective in changing retirement savings behavior.

Ruth Helman, Mathew Greenwald and Associates, Craig Copeland, and Jack VanDerhei
 “The 2010 Retirement Confidence Survey: Confidence Stabilizing,
 But Preparations Continue to Erode”
Issue Brief: No. 340
 March 2010
 Employee Benefits Research Institute
[Click for link to report](#)



Hospice: Supporting Families Coping with Alzheimer's Disease and Similar Disorders



Hospice is increasingly being used as a resource to help individuals with Alzheimer's disease and other forms of dementia die with dignity and to provide support to the families who care for them. In 1998, only 3% of all people who used hospice had a primary diagnosis of Alzheimer's disease (12,839 people), while 4% had a primary diagnosis of a non-Alzheimer's dementia (15,148 people). By 2008, those percentages had risen to 6% (60,488 individuals) and 11% (113,204 individuals), respectively.

2010 Alzheimer's Disease: Facts and Figures
 Alzheimer's Association
 2010
[Click for link to document](#)

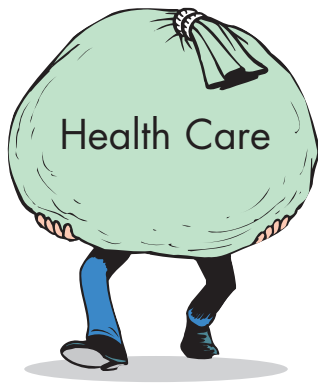
Seeking “the Good Life”

Meaning Really Matters: The MetLife Study on How Purpose Is Recession-Proof and Age-Proof compared responses of individuals ages 25-44 with those ages 45-74 in its examination of the roles that meaning, medicine, and money play in the lives of individuals. When asked what constitutes “the Good Life” there was little difference among the various age groups with agreement that “the Good Life” means being healthy, having financial freedom, and the time to do what matters to them. However, it was those in the 45 to 74-year-old group that were more likely to report living the Good Life, with close to half doing so as compared to only 29% in the 25 to 44-year-old group.

Meaning Really Matters: The MetLife Study on How Purpose Is Recession-Proof and Age-Proof
 MetLife Mature Market Institute, Richard Leider, and Chadwick Martin Bailey
 July 2010
[Click for link to study](#)



Health Care Costs: Increasing Burden for Older Americans



It is expected that health care costs will increase more rapidly than income for older adults between 2010 and 2040, and that the median share of household income spent on health care will grow from 10% to 19%. Increasing health care costs are anticipated to consume about 60% of the growth in the real household income of Americans age 65 and over between 2010 and 2040.

Richard W. Johnson and Corina Mommaerts
Will Health Care Costs Bankrupt Aging Boomers?
The Retirement Policy Program
The Urban Institute
February 2010
Click for link to report

Bringing the Blues for Over 60 Years

David “Honeyboy” Edwards, age 95, and Pinetop Perkins, age 97, are the oldest living Delta Blues Performers. They continue to tour the country bringing the Blues to many audiences—Honeyboy with his guitar and Pinetop with his piano. They and two others received a 2008 Grammy for *Last of the Great Mississippi Delta Bluesmen*, a recording of a 2004 concert in which they all participated. Both Pinetop Perkins and Honeyboy Edwards have received multiple honors, including Grammy Lifetime Achievement Awards and induction into the Blues Hall of Fame.



Pinetop Perkins
David Honeyboy Edwards
Wikipedia
Click for link to information

MetLife[®]
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

L0710121012[exp1212]