

QuickFACTS

From the MetLife Mature Market Institute®
www.MatureMarketInstitute.com



The best things in life aren't things.

Art Buchwald 1925-2007

INFORMATION ABOUT RETIREMENT, LONG-TERM CARE 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 retirement, aging and long-term care issues that impact our business and our customers. Ideas and comments for the editor are welcome. kobrien@metlife.com or phone, 203-454-5386.

Longevity in America

Demographers continue to study trends in building predictive life expectancy models. One current model predicts that average life expectancy in the U.S. will rise to age 86 by 2075 and 88 by the turn of the century. The U.S. Census Bureau projects that one in every nine baby boomers will live into their late 90s and one in twenty-six will live to 100. ■

The Future of Human Life Expectancy: Have We Reached the Ceiling or is the Sky the Limit?

Research Highlights in the Demography and Economics of Aging - no. 8
March 2006

Population Reference Bureau – National Institute on Aging



Rewards of Caregiving

Researchers at the Johns Hopkins Bloomberg School of Health found that family and friends caring for chronically disabled individuals during their last year of life more often reported experiencing significant emotional stress (28.9%) than other primary caregivers (14.6 %). At the same time, these end-of-life caregivers were just as likely as other primary caregivers to identify the rewards of caregiving, with about 70% agreeing or agreeing strongly that helping “makes me feel good about myself” and “enables me to appreciate life more.” ■

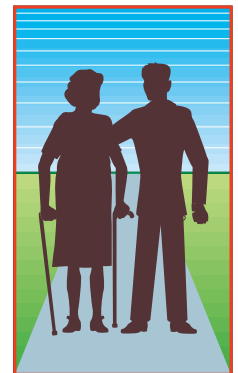
Jennifer L. Wolff, Ph.D., Sydney M. Dy, MD, Kevin D. Frick, Ph.D, Judith D. Kasper, Ph.D.

End of Life Care: Findings from a National Survey of Informal Caregivers

Archives of Internal Medicine

Vol. 167, No. 1 - January 8, 2007

<http://archinte.ama-assn.org/cgi/reprint/167/1/40>



Retirement Concerns

According to research from NAVA, 63% of Americans ages 50-59 indicate they are concerned about whether they will have enough money for retirement, as do 50% in all other age groups. When asked about how much of their retirement assets they would be willing to invest in the stock market, 32% of baby boomers surveyed indicated they would not be willing to invest anything, as did 50% of already retired respondents. Additionally, only 22% of all ages were willing to invest more than 30% of their assets in the stock market. ■



63 Percent of Boomers Fear Not Having Enough Money for Retirement, but Many Wary of Investing in Stocks.

NAVA

November 28, 2006

<http://www.navanet.org/press/RetirementRiskTolerance.pdf>

Web Watch

Recently launched, 55-Alive is a website that contains an online magazine with health, retirement living, travel, financial, entertainment and grandparenting related information. The site encourages on-line discussion among members who visit with like interests such as photography. It contains movie reviews and on-line puzzles and games including the LA Times Crossword puzzle. Visit the site at www.55-alive.com. ■



Older Americans: Staying Put

According to a report from AARP, between the years of 1995 and 2000, about 90% of Americans age 60 and over, numbering 41.5 million, either stayed in the same home or lived in another residence in the same county in the five years before the 2000 Census was completed. The main reasons cited for staying in their original communities were children (10%) or other family (21%) living there, liking their current home (14%) and current job or employment opportunities (12%). Nineteen percent indicated they had “never thought about moving.” ■

*Aging, Migration, and Local Communities:
The Views of 60+ Residents and Community Leaders*

An Executive Summary

AARP - September 2006

http://assets.aarp.org/rgcenter/il/migration_1.pdf



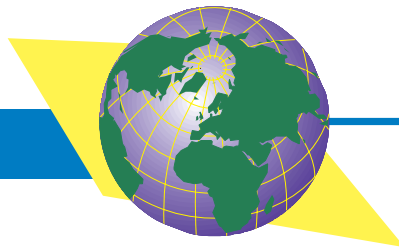
IRA Growth

According to research from EBRI, individual retirement account (IRA) assets surpass those held in either private sector defined contribution plans such as 401(k)s or defined benefit plans (pensions). IRA assets reached a new high of \$3.67 trillion in 2005 compared to defined contribution plans which held \$2.97 trillion and defined benefit plans which held \$2.15 trillion. Much of the growth in IRAs stems from rollovers of employment-based tax qualified retirement plans, which amount to about \$200 billion annually.

Craig Copeland
IRA Assets, Contributions, and Market Share
EBRI Notes, Vol. 28, No. 1
January 2007
http://ebri.org/pdf/notespdf/EBRI_Notes_01-20071.pdf



International Ageing



South Korea is expected to be the most aged country in the world with the 65+ population accounting for about 38% of the population by 2050, higher than the average of 26% expected among other developed countries. In 2005 eight workers supported one individual over the age of 65. By 2050 it is expected that the number will fall to 1.4 workers for each individual age 65 and over. ■

Lee Hyo-sik
South Korea to Become World's Most Aged Country in 2050
The Korea Times
November 21, 2006

Caregiver Health

Findings from the Commonwealth Fund's Biennial Health Insurance Survey indicate that three-fifths of family caregivers (ages 19-64) reported health problems of their own as compared with one third of non-caregivers in the same age group. Caregivers were more than twice as likely as non-caregivers (45% vs. 24%) to indicate they had one or more chronic health conditions and almost twice as likely to miss six or more days of work during the year because either they or their family members were sick (35% vs. 18%). ■

Alice Ho, Sara R. Collins, Karen Davis, and Michelle M. Doty
A Look at Working Caregivers' Roles, Health Concerns, and Need for Support
Commonwealth Fund Issue Brief
August 2005



Making Fitness Decisions

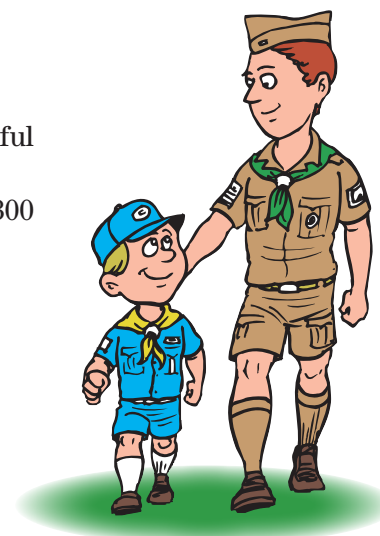
The International Council on Active Aging (ICAA) supports professionals and organizations interested in providing older adults with active-aging messages, programs and guidance. The website contains a consumer section to assist individuals in finding a fitness facility that is right for them. It also contains a checklist as to what questions people should ask their physicians in relation to exercise and guidance on choosing a facility or trainer. The consumer section of the website can be accessed at: <http://icaa.cc/consumer.htm>. ■



Scouting: Keeping the Campfires Burning for 100 Years

What began as an experimental camp in Dorset England in 1907, has grown to include 28 million scouts today, both young and adult, male and female, in 216 countries and territories. Robert Baden-Powell, the founder of scouting, published the first “Scouting for Boys” book in 1908, one year after his successful camp. The book led boys to organize themselves into what was destined to become the largest voluntary youth movement in the world, having had some 300 million members over its 100 year history. ■

Marcus Ljungblad
Scouting - 100 Years Old in 2007
SCOUTS
World Organization of the Scout Movement
<http://www.scout.org/en/content/pdf/2797>



.....

Kathy O'Brien, R.N., M.S., Gerontology Consultant and Editor, 203-454-5386

MetLife Mature Market Institute
57 Greens Farms Road • Westport, CT 06880
MatureMarketInstitute@MetLife.com
www.MatureMarketInstitute.com

L0701FEVX(exp1208)MLIC-LD

Metropolitan Life Insurance Company, 200 Park Avenue, New York, NY 10166

