



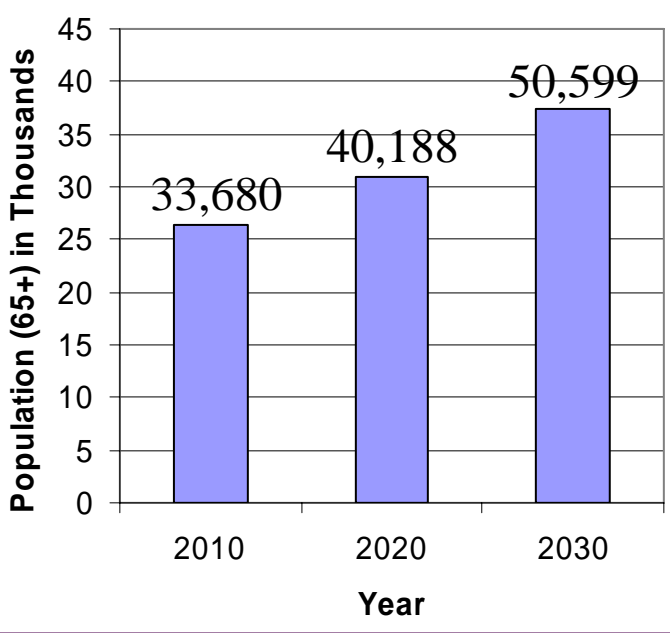
MHCA #1: Buena Vista, Cherokee, Clay, Dickinson, Emmet, Ida, Lyon, O'Brien, Osceola, Palo Alto, Plymouth, Pocahontas, & Sioux Counties

# Get the Facts!

## On Older Adults and Mental Illnesses

- ◆ Iowa leads the nation in the proportion of older residents
- ◆ By the year 2030 persons over 65 may represent as many as 1 out of 4 persons in Iowa
- ◆ Each year, about 1 out of 5 older Americans experience a diagnosable mental illness such as anxiety, delirium, dementia, depression, psychoses, schizophrenia, or substance abuse
- ◆ As Iowa's aging population continues to grow, the number of older adults with mental illnesses will increase as well
- ◆ Even though there are effective ways to treat mental illnesses, less than 20% of older adults with mental illnesses receive any special care

### Population Projections for Older Iowans In YOUR AREA



### Mental Illness Estimates in YOUR AREA

Persons 65+	Iowa %	# in Your Area
Any Mental Health Disorder	20.0 %	6897
Depression	4.7 %	1621
Dementia	5.5 %	1897
Schizophrenia	0.5 %	173
Anxiety	7.0 %	2414
Substance Abuse	2.6 %	897



Iowa Department of Human Services  
1305 E. Walnut  
Hoover Building, 5th Floor  
Des Moines, IA 50319  
Phone: 515-281-7270  
E-mail: [Istarr@dhs.state.ia.us](mailto:Istarr@dhs.state.ia.us)

The University of Iowa  
Center on Aging  
2159 West Lawn  
Iowa City, IA 52242  
Phone: 319-384-4222  
E-mail: [Julie-Bobbitt@uiowa.edu](mailto:Julie-Bobbitt@uiowa.edu)

We're on the Web!  
[www.ICMHA.org](http://www.ICMHA.org)

In 2005, the Iowa Coalition on Mental Health and Aging (ICMHA) initiated a process to expand and improve the delivery of specialty mental health services to older Iowans. The members of the coalition represent primary care, hospital, long-term care and specialty mental health providers; aging, health and mental health program administrators; policy leaders from the Legislature, the Governor's office and state departments such as Elder Affairs and Human Services; and researchers and analysts. The coalition membership also includes older consumers, their caregivers, and representatives from advocacy organizations.

Anyone who is interested in expanding and improving the care provided to older Iowans with mental illnesses is welcome to join.

## \* KEY POINTS \*

- Iowa's population is growing older
- The number of older persons with mental illness is increasing
- Treatment for mental illness works
- **PROBLEM:** Older Iowans with mental illnesses are not being treated!