Mental Health Catchment Area #16

Update #**1**

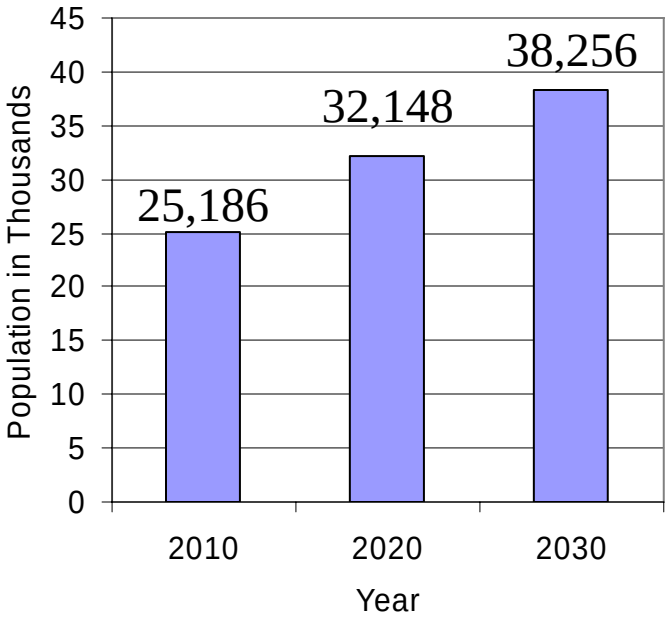
MHCA #16: Des Moines, Henry, Jefferson, Lee, Louisa, Van Buren, & Washington Counties

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 %	4956
Depression	4.7 %	1165
Dementia	5.5 %	1363
Schizophrenia	0.5 %	124
Anxiety	7.0 %	1735
Substance Abuse	2.6 %	645

IOWA | COALITION on Mental Health & Aging

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We're on the Web!
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!