Art of Aging Gracefully Introductory Remarks

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Slide 1

Aging

- 10,000 people turn age 65 every day
- By 2050, one in five Americans will be age 65+
- Fastest growing segment of US population: people age 85+

Slide 2

Geriatrics = Specialists in Aging

- Comprehensive, compassionate care provided by a healthcare team & coordinated by highly trained doctor
- Best medical care doesn’t focus on a person’s age or disease
  - It focuses on the whole person
- Geriatricians = specialty-trained doctors
  - Provide “Person-Centered Care”

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“We’ve been wrong about what our job is in medicine. We think our job is to ensure health and survival. But really it is larger than that. It is to enable well-being. And well-being is about the reasons one wishes to be alive. These reasons matter not just at the end of life, or when ability comes, but all along the way.”

—Aldous Huxley, “Being There”

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UCSF Geriatrics

- Our focus is to improve the wellbeing of older persons all along the way, in sickness and in health
- Cutting-edge research → best practices
- Teaching best practices → geriatric-informed workforce
- Provide geriatric care → enhanced well-being

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Research
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Teaching

- Current and future doctors, nurses & other health professionals
- Community members
  - Innovative training in geriatrics for police officers, judges, attorneys, 911 operators, etc.

The Community Aging Health Project

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Specialized Hospital Care

- Acute Care for Elders (ACE) Units
- Team-based, specialized care

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Specialized Care in Clinic

- UCSF Center for Geriatric Care
- 415-353-4900
- Cares for people age 70+

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Specialized Care at Home

Housecalls
Primary care for ~300 homebound older people this past year

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Thank you for this opportunity to highlight the value of Geriatrics and our vision that all older people receive person-centered care—care that helps them safely navigate the health system, maintain dignity and independence and experience well-being.

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