

The Realities of Behavioral Health in Older Adults



1 IN 6

Americans are now
65 or older.

Source: U.S. Census Bureau



35%

of Medicare beneficiaries
65 and older in 2019 had a
behavioral health need.

Source: U.S. Department
of Health and Human Services



UP TO 2/3

of older adults with a mental
health condition are estimated
as **not having received the
treatment they need**

Source: National Council on Aging



1 IN 11

adults 60 or older
had a **substance use
disorder diagnosis in
the past year.**

Source: American Psychological
Association



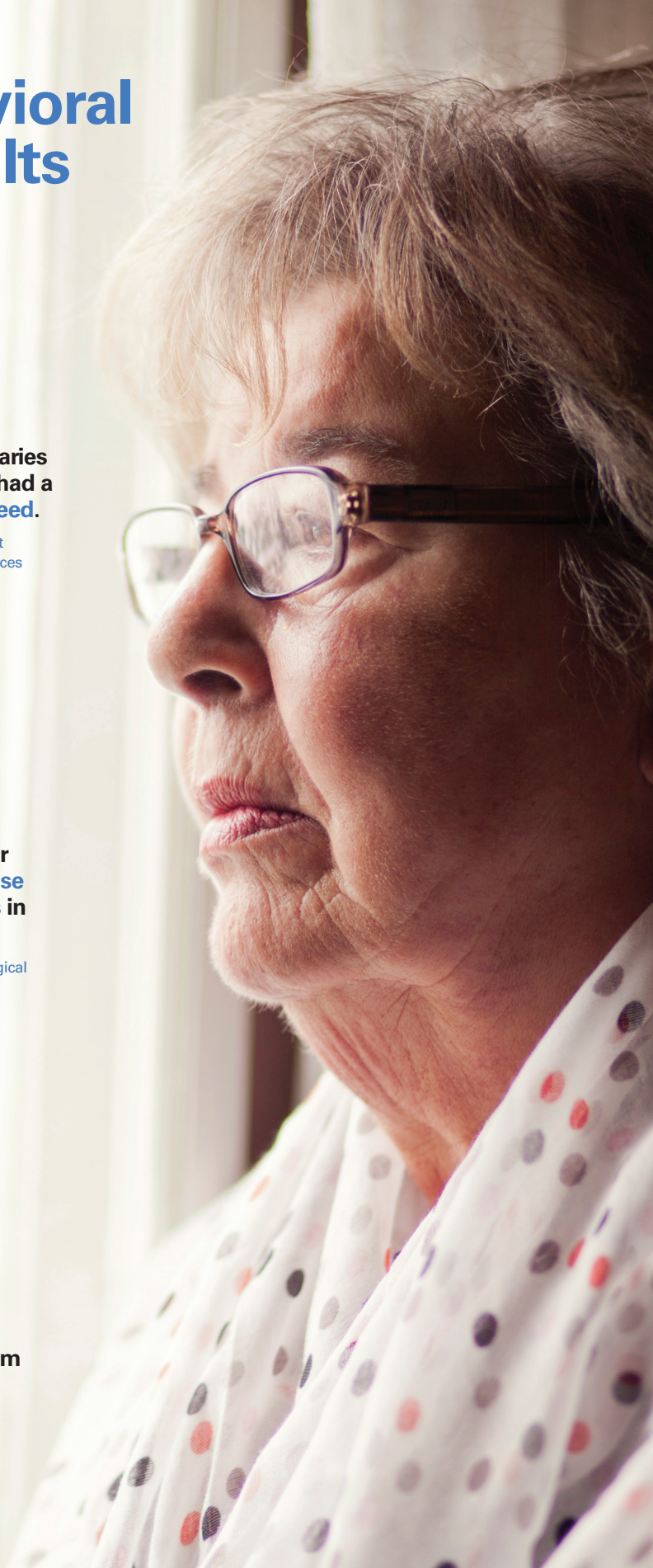
Older adults are

**MORE LIKELY TO HAVE
CHRONIC CONDITIONS**

such as **hearing loss, heart disease, cancer,
stroke or diabetes** — all of which can put them
at **greater risk of depression and anxiety.**

Older adults with **significant hearing
loss** were **47% more likely** to experience
symptoms of **depression.**

Source: The Gerontologist, as reported by Reuters



Explore our resources to learn more about how AHA members
support the behavioral health of their community members.

How Hospitals Can Support Older Adults' Behavioral Health

- **Become an Age-Friendly Health System** by delivering care based on the 4Ms Framework — what matters, medications, mentation and mobility. This Framework helps reduce readmissions, decreases length of stay and improves health outcomes.

Source: [The AHA](#)

- **Integrate physical and behavioral health** in primary care and create a treatment pathway for behavioral health concerns in primary care settings.

Source: [The Substance Abuse and Mental Health Services Administration](#)

- **Educate hospital staff and the community** on the symptoms of mental disorders in older adults, such as
 - Feelings of loneliness, isolation and lack of purpose.
 - Stress and worry caused by the challenges of living with physical health conditions.
 - Anxiety due to mobility limitations or living conditions, such as financial worries, overwhelming home maintenance, or stress resulting from selling and moving from their home.

Source: [UT Southwestern](#)

- **Advance community collaboration** to support whole health for older adults. Using innovative coordination and funding, hospitals can be coordinators for a broad spectrum of community agencies and other community partners to form a vital network of support and care.

Source: [Frontiers in Public Health](#)

- **Address the “epidemic of loneliness”** through community partnerships to engage with older adults and break down the walls of isolation.

Source: [The AHA](#)



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