

# QuickFACTS®



“Entertain great hopes.”  
Robert Frost

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 welcomed by e-mail at [kobrien@metlife.com](mailto:kobrien@metlife.com) or by phone, 203-454-5386.

## Changes in Retiree Health Benefits

Among employers responding to a Hewitt survey, 81% offer some type of retiree medical plan to current retirees, with 54% offering it to future retirees. Among those that offer coverage, 13% are very likely to adopt different coverage such as Medicare Advantage, and 15% are very likely to reduce their subsidy/benefits for future retirees.



*Survey Findings: Hot Topics in Retirement 2008*  
Hewitt Associates LLC  
February 2008  
[www.hewittassociates.com](http://www.hewittassociates.com)  
**Click for link to survey**

## Satisfying Second Careers



A survey of individuals age 44 to 70 finds that many are looking for second or “encore” careers in positions that provide meaning and purpose and have a positive social impact. Those surveyed who are already in such encore careers—in fields including education, health, and government—indicate very high satisfaction and the feeling they are making a difference. While 59% are working 40 or more hours a week, the large majority report having all the flexibility they need and want (73%) and the time to do the things outside of work that are important to them (85%).

*Encore Career Survey*  
MetLife Foundation and Civic Ventures  
June 2008  
**Click for link to survey**

## Contributions of Family Caregivers



In 2007, about 52 million family caregivers provided unpaid care to loved ones at a total estimated economic value of \$375 billion dollars, up from \$350 billion in 2006. This figure is more than the total spending for the Medicaid Program, for both medical and long-term care (\$311 billion in 2007), approaching the total spending for the Medicare Program (\$432 billion in 2007), and more than \$1,000 for every person in the U.S. (302 million people as of July 1, 2007).

Ari N. Houser and Mary Jo Gibson  
“Valuing the Invaluable: The Economic Value of Family Caregiving, 2008 Update”  
AARP Public Policy Institute  
November 2008  
[Click for link to article](#)

## Economy: Impacting Retirement Savings

As of September 30, 2007, assets in retirement accounts (IRAs and defined contribution plans) were at 8.7 trillion, with about 70% invested in stocks. These accounts had lost about 2.8 trillion, 32% of their value by December 2, 2008.

Mauricio Soto  
“How Is the Financial Crisis Affecting Retirement Savings”  
Urban Institute  
[Click for link to article](#)



## Web Watch:



Medicare has recently launched a Web site which provides a 5-star rating system for all Medicare and Medicaid-certified nursing homes. The site describes the rating measures and allows individuals to search for facilities in their local area. Additionally, the site provides tools for those considering nursing home care, including a guide to choosing a nursing home and a nursing home checklist. It also lists helpful links for those searching for other types of long-term care services at home or in the community as an alternative to nursing home care.

[Click for link to Nursing Home Compare Web site](#)

## International Ageing

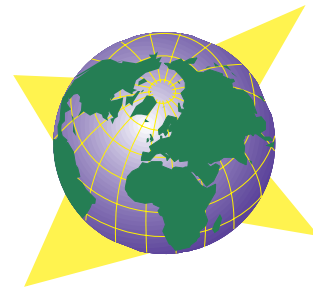
The population of the 27 countries that comprise the European Union is aging—with the median age expected to grow from 40.4 in 2008 to 47.9 in 2060. Individuals age 65 and over, which represent 17.1% of the overall population today, are expected to represent 30% in 2060, with the numbers rising from 84.6 million to 151.5 million. The number of individuals age 80 and over is projected to almost triple in the same time period, from 21.8 million to 61.4 million.

Konstantinos Giannakouris

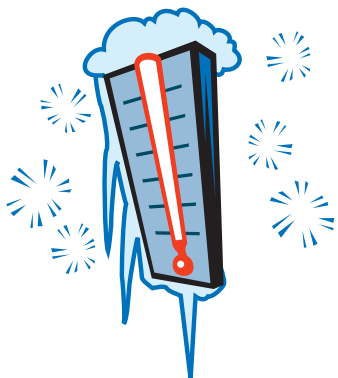
“Ageing Characterizes the Demographic Perspectives of the European Societies”

*eurostat: Statistics in focus 72/2008*

**Click for link to publication**



## Older Adults: At Risk in Cold Weather



Older individuals are especially vulnerable to hypothermia in cold weather. A number of factors, including certain illnesses or medications, limited activity, and less generation of body heat can cause them to develop hypothermia in relatively mild cold weather or even temperatures of 60°F–65°F in the home. The National Institute on Aging provides guidance on recognizing and preventing hypothermia, a condition that can be life-threatening if not treated quickly. You can download the fact sheet “Hypothermia: A Cold Weather Hazard” or the booklet “Stay Safe in Cold Weather” at [www.nia.nih.gov](http://www.nia.nih.gov), or order a free copy of each by calling 800-222-2225.

*Hypothermia: A Cold Weather Risk for Older People*

U.S. National Institutes of Health (NIH), National Institute on Aging (NIA)

January 16, 2009

**Click for link to press release**

## Use of Lump-Sum Distributions

Older individuals up to age 65 and those with higher balances are more likely than others to roll over lump-sum distributions into another tax-qualified savings plan when changing jobs than to use it for other purposes including debt reduction, expenses, or purchase of a home or consumer items. In looking at most recent distributions through 2006, 47.4% of those age 41 to 50, 54.6% of those age 51 to 60, and 64% of those age 61 to 64 rolled over the entire amount into a tax-qualified plan. Only 46.7% of those with distributions of \$10,000-\$19,999 rolled the entire amount over as compared with 76.3% of those with distributions over \$50,000.

“Lump-Sum Distributions at Job Change”

Notes, Executive Summary

Vol. 30, No. 1

January 2009

Employee Benefit Research Institute

**Click for link to executive summary**



## Older Workers Switching Employers



Data shows there has been a decline in career employment, defined as “employment with a single employer from middle age to retirement.” In looking at men age 58 to 62 who are with the same employer that they were with at age 50, the distribution of full-time workers showed a significant change between 1983 and 2006. In 1983, 70% remained with the same employer and 24% were with a different employer. In 2006, 46% were working with the same employer and 46% were doing so with another employer. There was little change in the percentage of those age 58 to 62 working part-time, 6% in 1983 and 8% in 2006.

Alicia H. Munnell and Steven A. Sass  
“The Decline of Career Employment”  
Center for Retirement Research at Boston College  
**Issue in Brief**  
September 2008, Number 8-14  
[Click for link to publication](#)

## A Bicentennial Remembrance

In honor of the 200th anniversary of the birth of President Abraham Lincoln (February 12, 1809) and the centennial of the first issuance of the Lincoln penny in 1909, the United States Mint will mint and circulate four one-cent coins over the course of 2009, at intervals of approximately three months. The coins will continue to bear the head of Lincoln on the front, but the reverse side will reflect four different periods in the President’s life. In 2010 and beyond, the reverse side will change to reflect Lincoln’s “preservation of the United States of America as a single and united country.”



“2009 Lincoln Bicentennial One Cent Program”  
The United States Mint  
Department of the Treasury  
[Click for link to article](#)

**MetLife**<sup>®</sup>  
Mature Market  
INSTITUTE

Kathy O’Brien, R.N., M.S.,  
Senior Gerontologist, and Editor  
203-454-5386  
MetLife Mature Market Institute  
57 Greens Farms Road, Westport, CT 06880  
MatureMarketInstitute@MetLife.com  
[www.MatureMarketInstitute.com](http://www.MatureMarketInstitute.com)

L0109015057(exp1211)