

2025 ICAA

Location- Online

Date- September 18, 2025 - September 19, 2025

Title- Aging in the Americas: Who Pays for the Final Decades?

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Background

The United States, Mexico and other countries in the Americas are undergoing historic demographic transitions resulting in increased life spans. This transition has been accompanied by a spectrum of morbidities reflecting age-related diseases such as diabetes, heart disease, cancer, depression, and dementia. The high prevalence of chronic disease presents these countries with serious budgetary and policy challenges at all levels. Many of the largest drivers of health costs for chronic disease management fall outside of clinical care. Investment in early prevention can potentially reduce expenditures later in life. In the 2025 ICAA Meeting papers will deal with barriers and facilitators to managing chronic disease, including dementia.

Although Mexico guarantees the right to health care, many health services for older people living with chronic diseases are unavailable, unaffordable, or unacceptable. In the United States, most older adults managing chronic illness or co-morbidities are covered by Medicare or other federal insurance. Even so, out-of-pocket expenses add up. Medicare beneficiaries face out-of-pocket costs for their insurance premiums, cost sharing for Medicare-covered services, and services that are not covered by Medicare, such as dental care and long-term services and supports. The prevention, control, and treatment of chronic disease should occupy a more prominent place on the healthcare agenda and optimize local and national resources on a selected number of countries, including Mexico, the U.S., Brazil, and Argentina.

Objectives

Given the anticipated burden of chronic disease on private and public care resources, the objectives of the 2025 ICAA meeting are:

1. To provide detailed information on the structural barriers to health equity;
2. To address the social and economic challenges of living longer, and the strains placed on institutions, including the health care system, the informal economy, and the labor force in the U.S., Mexico, and possibly other countries in the Americas; and
3. To identify sources of vulnerability that exacerbate the consequences of chronic disease at the individual, family, community, and health-system level.

The ultimate goal is to provide greater insights into evidence-based recommendations of cost-effective solutions to treat chronic disease, including self-care management, healthcare, and non-medical care services.

