



## Group Medicare Insights: Industry news and trends

# Trends impacting the future of senior healthcare: Higher rates of cognitive and behavioral conditions

As the senior population grows, more older adults will be living with cognitive conditions, and more seniors will be at risk for mental health conditions like depression. There will also be higher rates of social isolation, as feelings of loneliness become more prevalent with age.



**35% of adults** in the U.S. aged 45 and older reported feeling lonely—this figure jumped to **43%** among adults aged 60 and older, according to one study<sup>1</sup>

Social isolation is linked with a higher risk of premature mortality and a **50% greater risk of developing dementia**<sup>1</sup>

**42% of Americans over age 55**

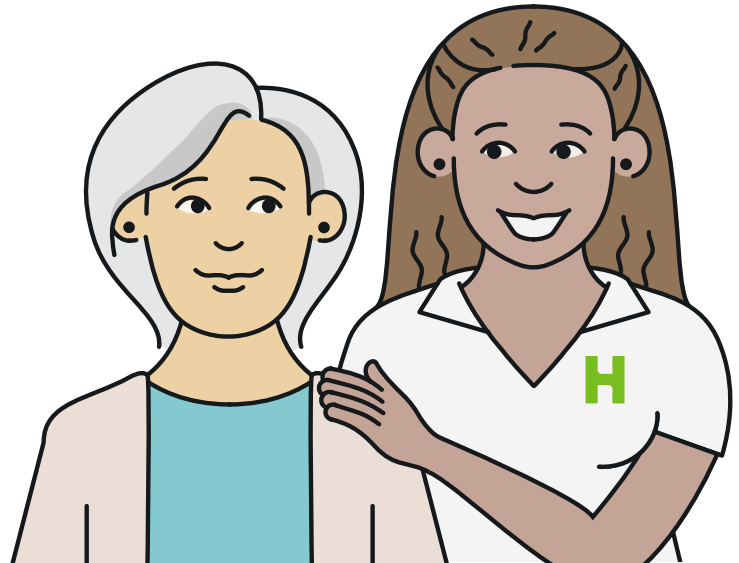
will develop dementia and new dementia cases will double over the next four decades, according to researchers<sup>2</sup>

About **12.5% of older adults ages 60+** suffered from a mental health condition over the past year, according to one study<sup>3</sup>

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### The Humana response:

- + Eligible **Humana Medicare Advantage** members can access virtual mental healthcare/telehealth counseling
- + **CenterWell Senior Primary Care** patients 65 to 84 years old receive a “Mini-Cog” exam, a screening tool that detects early signs of dementia<sup>4</sup>
- + Humana members struggling with loneliness can call **The Friendship Line** to speak with trained professionals who provide well-being checks and emotional support



1. [“Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System,”](#) National Academy of Sciences, 2020, accessed February 18, 2026.
2. Brian Doctrow, [“Risk and future burden of dementia in the United States,”](#) National Institutes of Health, February 18, 2025, accessed January 26, 2026.
3. [“Behavioral Health among Older Adults: Results from the 2021 and 2022 National Surveys on Drug Use and Health,”](#) Substance Abuse and Mental Health Services Administration, revised Feb. 2025, accessed Feb. 2, 2026.
4. LinkedIn post by Dr. Sanjay Shett, <https://www.linkedin.com/pulse/physical-play-brain-winwin-seniors-sanjay-shetty-md-moike/>.

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