



# AGE MY WAY NC

## SUMMIT



NC DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**  
Division of Aging and  
Adult Services

**HOMETOWN  
STRONG**  
COMMUNITY FOCUSED PARTNERSHIPS

# STATE OF NC AGENCIES PARTICIPATING IN THE AGE MY WAY NC SUMMIT

Office of Governor Cooper

North Carolina General Assembly

Department of Commerce

Department of Administration

Department of Environmental Quality

Department of Natural and Cultural Resources

Department of Health and Human Services

Department of Information Technology

Department of Insurance

Department of Military and Veterans Affairs

Department of Public Safety

Department of Transportation

Office of State Budget and Management

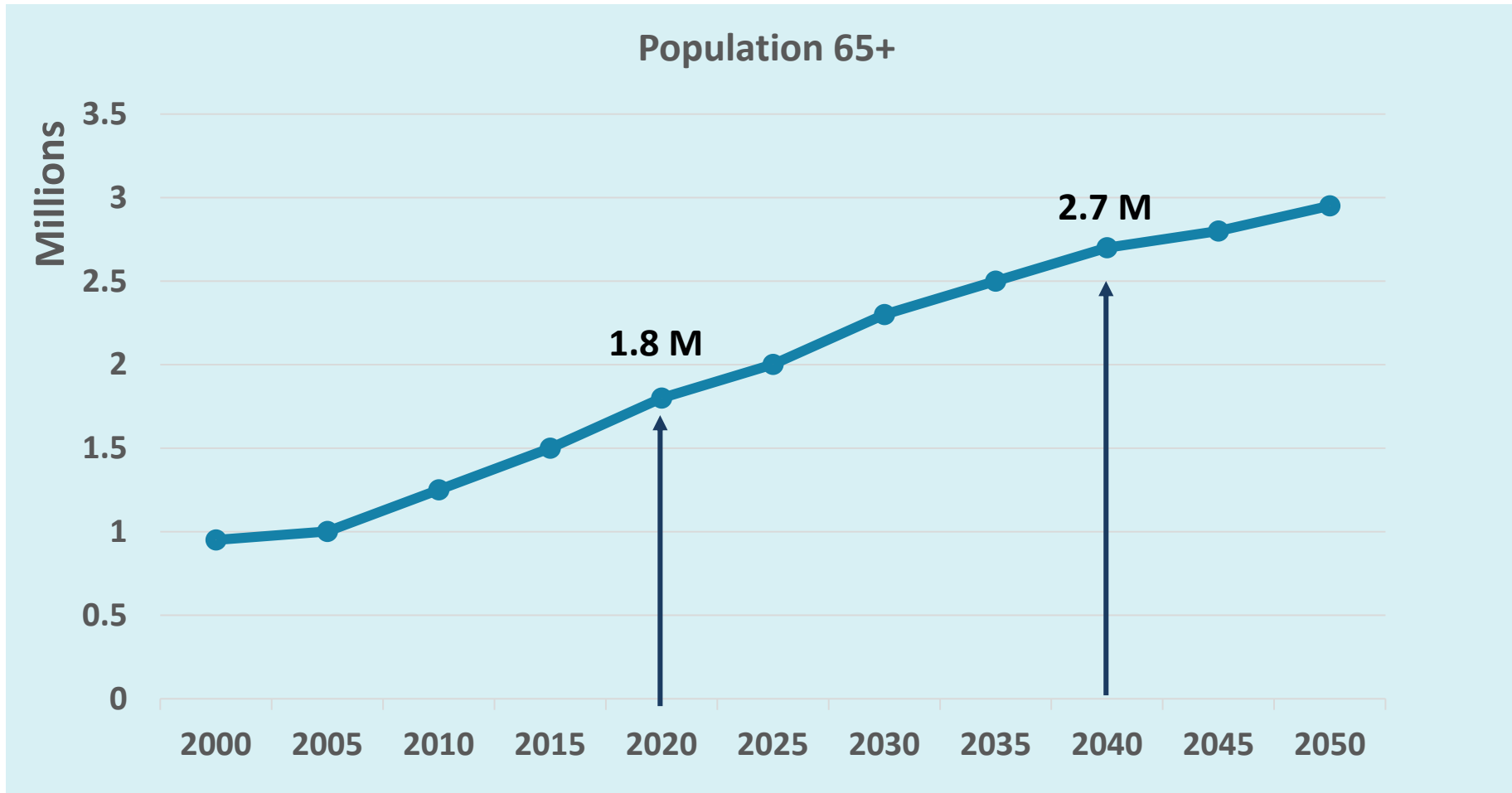
Office of State Human Resources

Secretary of State



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# BREAKING NEWS: NC IS AGING



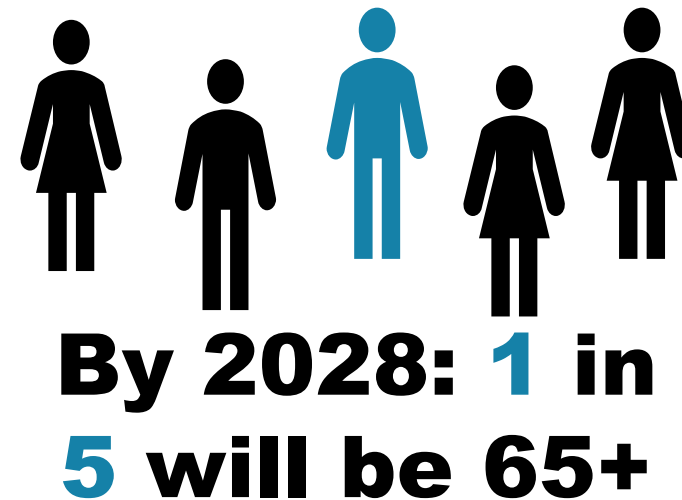
↑ 52%



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U.S. Census Bureau, American Community Survey 2020, one-year experimental data estimates. Table XK20014: Population by Age. 2020 ACS 1-Year Experimental Data Tables [www.census.gov](http://www.census.gov)

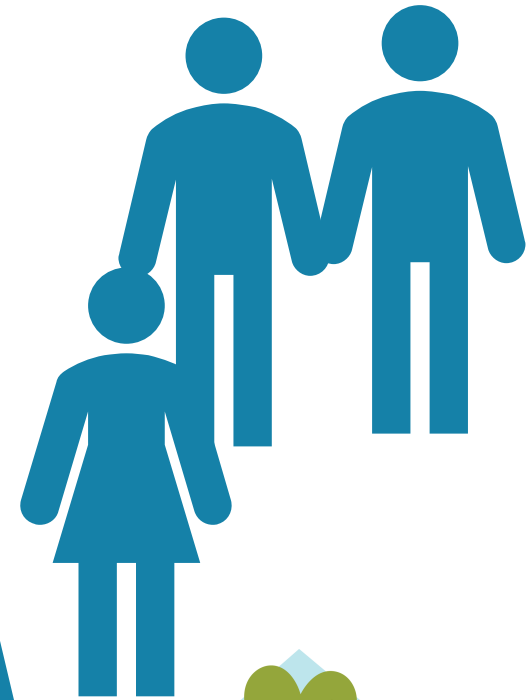
# NORTH CAROLINA IS AGING!



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# MIGRATION 60+

# 44,660 in 2020



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<https://www.ncdhhs.gov/media/14887/open>

# NATIONAL RANKINGS

9<sup>th</sup> in total  
population

8<sup>th</sup> in  
population  
65+

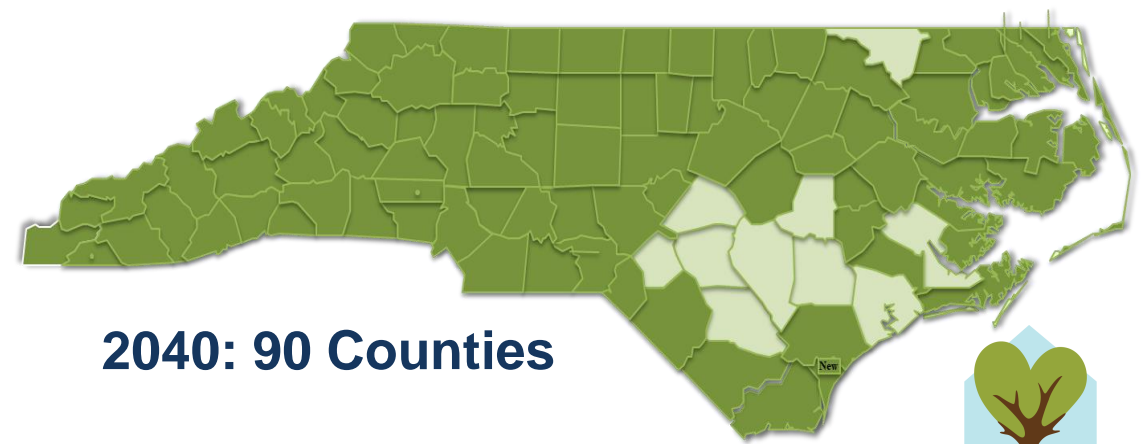
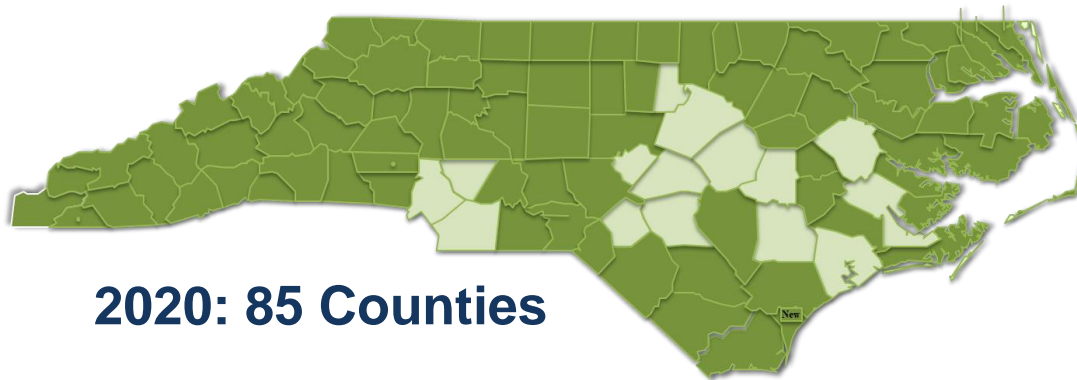


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# PROFILE OF AGING IN NC



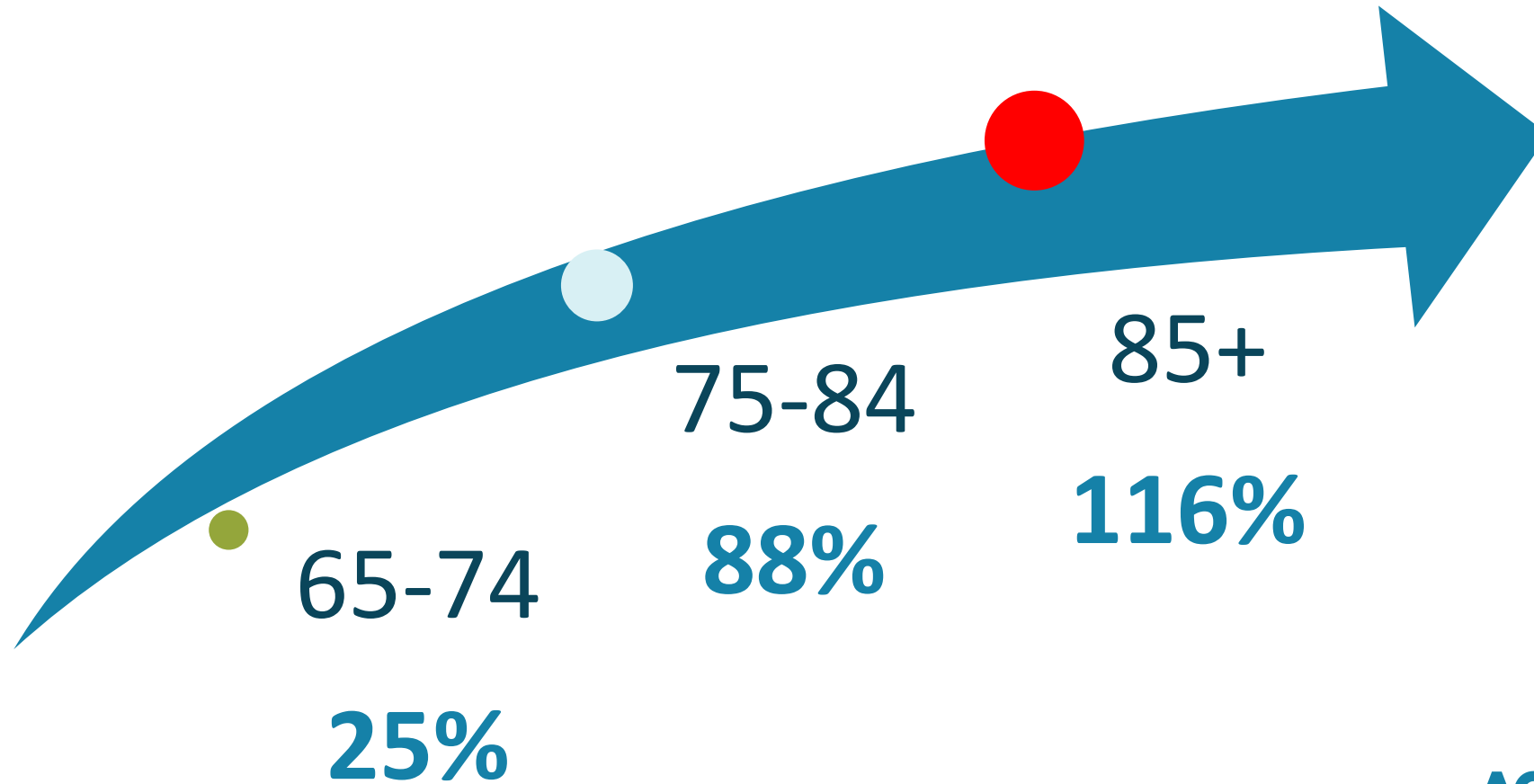
Counties with more people ages 60+ than 0-17



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NC Office of State Budget and Management, Standard Population Estimates, Vintage 2020; Population Projections, Vintage 2040 [www.osbm.nc.gov/facts-figures/population-demographics](http://www.osbm.nc.gov/facts-figures/population-demographics)

# PROJECTED POPULATION GROWTH



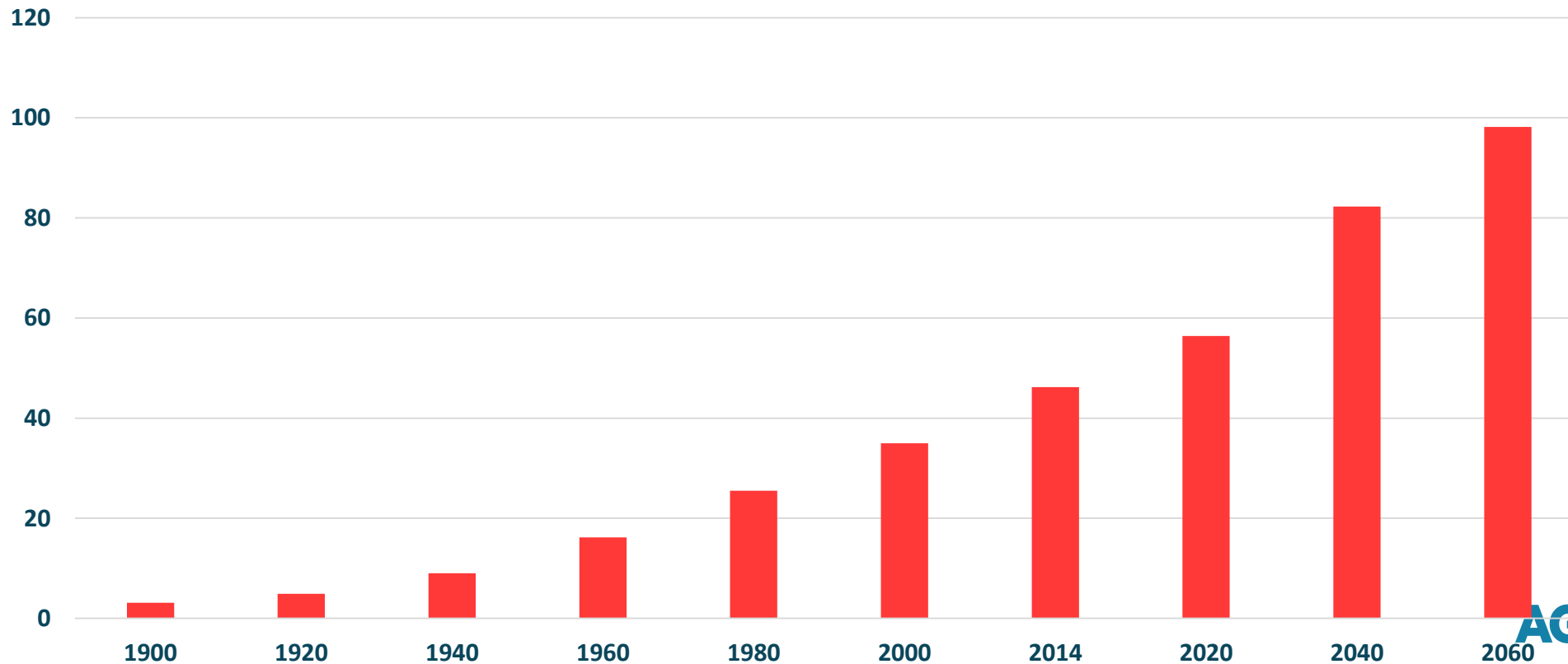
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[www.ncdhhs.gov/media/14887/open](http://www.ncdhhs.gov/media/14887/open)



# AGE-FRIENDLY NORTH CAROLINA: A WORK IN PROGRESS

Number of 65+ (in millions)  
1900-2060

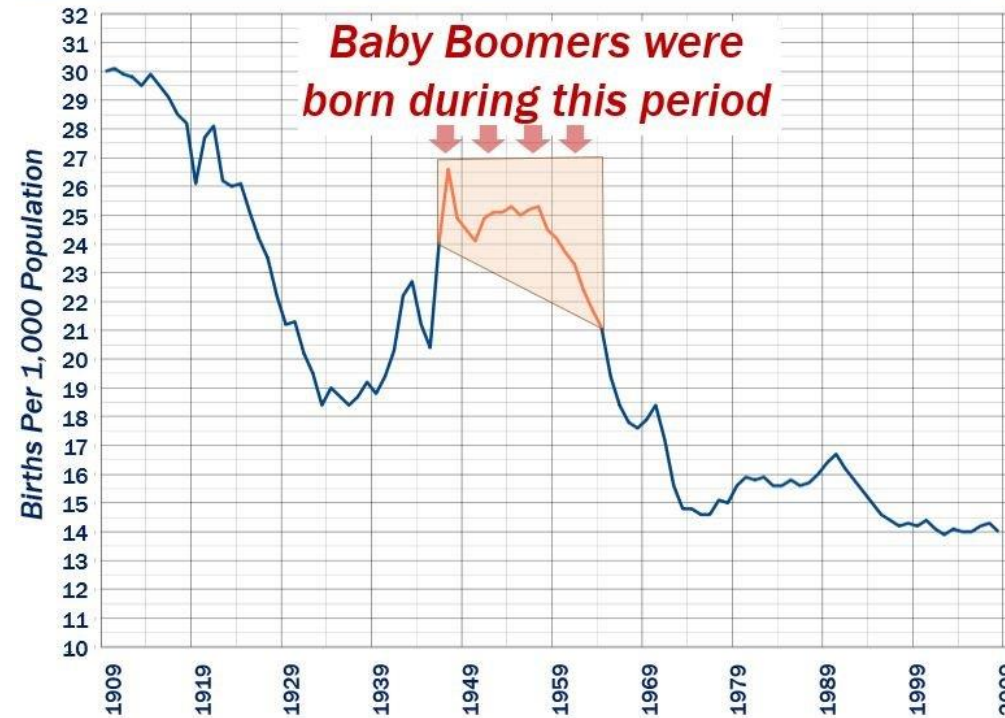


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# AGE-FRIENDLY NORTH CAROLINA: A WORK IN PROGRESS

- America will become a “super-aged” nation in 2028.
- North Carolina will become a “super-aged” state in 2029.
- We knew this would happen... since the end of the Baby Boom!

## United States Birth Rate



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# The Grandparents of the Recent Past



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50 years old in  
1985

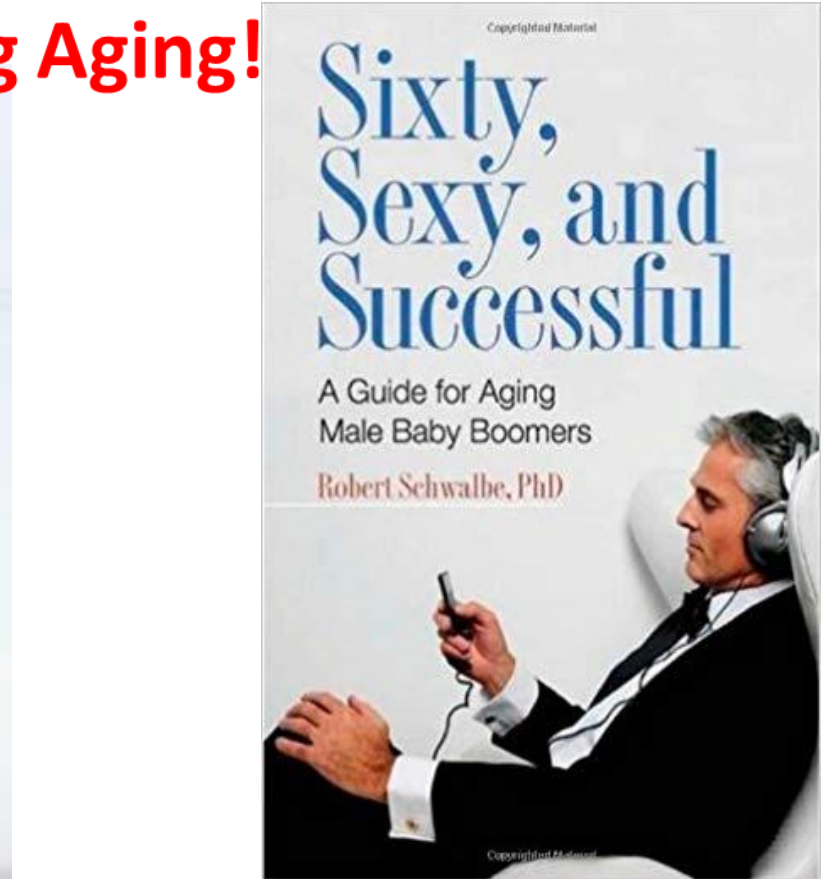


50 years old in  
2020

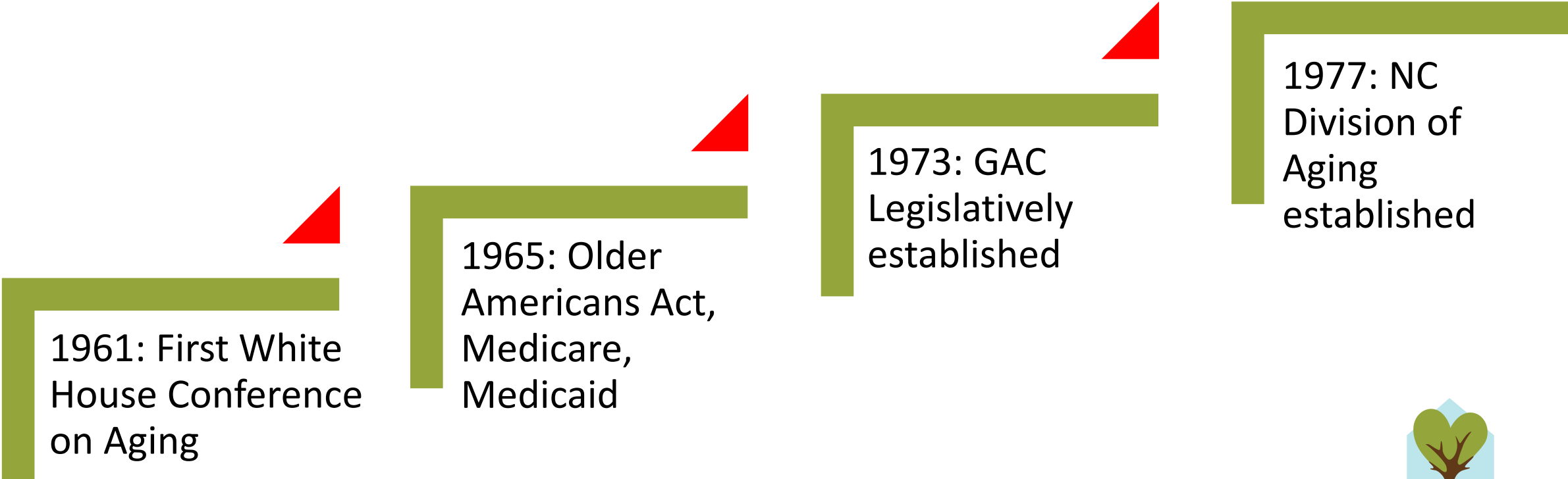


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# Baby Boomers are Redefining Aging!



# AGE-FRIENDLY NORTH CAROLINA: A WORK IN PROGRESS



1961: First White House Conference on Aging

1965: Older Americans Act, Medicare, Medicaid

1973: GAC Legislatively established

1977: NC Division of Aging established



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# AGE-FRIENDLY NORTH CAROLINA: A WORK IN PROGRESS

1991: NC's first  
state-mandated  
aging plan

1993: Senior Tar  
Heel Legislature  
established

2005: formal  
"senior-friendly"  
studies in NC

2008: DAAS  
promoted "livable  
and senior-  
friendly  
communities"



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# RACE AND ETHNICITY, 65+ (2020)

	NC	US
White	79%	81%
Black or African American	17%	9%
American Indian and Alaska Native	1%	1%
Asian	2%	5%
Some other race	1%	3%
Two or more races	1%	2%
Hispanic or Latino origin (of any race)	2%	8%



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[www.ncdhhs.gov/media/14887/open](http://www.ncdhhs.gov/media/14887/open)



# SOCIAL AND ECONOMIC CHARACTERISTICS, 65+ (2020)

	NC	US
Lives alone	27%	26%
Is a veteran	18%	17%
Speaks English less than “very well”	2%	9%
Has a disability	35%	34%
Has less than high school education	15%	15%
Has high school, GED/alternative education	30%	32%
In labor force	17%	18%
Income is below poverty level	9%	9%
Income is 100% - 199% of poverty level	22%	18%



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[www.ncdhhs.gov/media/14887/open](http://www.ncdhhs.gov/media/14887/open)

# TYPES OF DISABILITY, 65+ (2020)

Disability	% Living With
Ambulatory	22%
Independent living	14%
Hearing	14%
Cognitive	9%
Self-care	7%
Vision	7%



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[www.ncdhhs.gov/media/14887/open](http://www.ncdhhs.gov/media/14887/open)

# ALZHEIMER'S IN NORTH CAROLINA (2020)

211,000  
people 65+

4<sup>th</sup> leading  
cause of death  
for people 65+

Cost to Medicaid  
program  
\$1.3

6.9% of people  
aged 45 and older  
have subjective  
cognitive decline.



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# NORTH CAROLINA CAREGIVERS OF PERSONS WITH DEMENTIA (2020)

358,000 unpaid caregivers in NC

517 million hours of unpaid care

Provide \$7.3 billion in unpaid care



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**What is Needed to Best  
Support this Changing  
Demographic?**

# HOUSING

- 50% of households are 1- or 2- persons,
  - >85% of the housing stock is 2+ bedrooms
- 65+ who are rent-burdened increased from 43% (2001) to 50% (2015)
- <1% of homes built with universal design
- National median cost for a room in a nursing home is \$108,408/year

**We must remove barriers and broaden housing options.**



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# FIVE HOME FEATURES TO AGE IN PLACE

- No step entry
- Live on 1 level
- Wide halls & doorways
- Accessible outlets/switches
- Lever handles/faucets

% in USA HOMES

1%



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# PARKS AND PUBLIC SPACES

- Pandemic revealed the importance of parks and public spaces
  - Limited research to show how use varied by age and ability
- Pre-pandemic, while older adults represented >20% of the population, only 4% were park users
- Parks serving communities of color are half the size and 5 times more crowded

**We must make these facilities more equitable and accessible.**



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# TRANSPORTATION

- Older adults outlive their ability to drive by 7-10 years
  - 18% of older adults 65+ do not drive
  - 35% of women 75+ don't drive at all
- Pedestrian fatality rate of older persons is among the highest of any age group
  - People 65+ represent 16% of the total population but account for 21% of pedestrian fatalities (2019)

**Improving safety for older adults enhances transportation for all.**



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# SOCIAL CONNECTION

- 15% of adults >50 do not have access to internet
  - 60% say cost of high-speed internet is problematic
- Isolation and loneliness = smoking 15 cigarettes/day
- Isolation associated with 50% increased risk of dementia

**We must strengthen our social connection system.**



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# Livable Communities

# LIVABLE COMMUNITIES IMPROVE LIVING FOR ALL AGES

- People of all ages benefit from shorter shorter commute, proximity to shops and services, communities with mix of homes and incomes, and robust public transit options
- Complete, smartly planned streets and transportation options are great for people of all ages.
- Car centric design burdens those who can't drive
- Outdoor spaces, healthy food access, and safe communities benefits all ages



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# LIVABLE COMMUNITY



A livable community is one that is safe and secure, has affordable and appropriate housing and transportation options, and offers supportive community features and services. Once in place, those resources enhance personal independence; allow residents to age in place; and foster residents' engagement in the community's civic, economic, and social life.

– AARP Policy Book, Chapter 9



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# AARP NETWORK OF AGE-FRIENDLY COMMUNITIES

- Age-Friendly Network is a US affiliate of World Health Organization Global Network of Age-Friendly Cities and Communities Program
- Established to connect cities, communities, and organizations with the vision of making the community a great place where people can grow up and grow old
- Program targets environmental, social, and economic factors



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# THE AARP EIGHT DOMAINS OF LIVABILITY



Community  
& Health  
Care



Housing



Social  
Participation



Transportation



Civic  
Participation  
&  
Employment



Outdoor  
Spaces &  
Buildings



Respect &  
Social  
Inclusion



Communication  
& Information



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# SOCIAL DETERMINANTS OF HEALTH

- Conditions in environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks
- 5 domains
  - Economic Stability
  - Education Access and Quality
  - Health Care Access and Quality
  - Neighborhood and Built Environment
  - Social and Community Context



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# NORTH CAROLINA'S 2022 AGE FRIENDLY COMMUNITY SURVEY: METHODOLOGY

- North Carolina is Aging. Will We be Prepared?
- Age My Way NC is collaborative effort between NC and AARP NC to identify priorities for making communities great places for all ages
  - Surveyed people 45+ statewide to identify priorities (i.e., safe and walkable streets, age-friendly housing and transportation options, access to services, opportunities for residents to participate in community life)
    - 3,306 completed surveys, 1.8% margin of error
  - Results to be augmented with other data to provide input to future planning



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# RESPONDENT PROFILE: DEMOGRAPHICS

Gender	
Male	23%
Female	76%

Age	
Under 45	13%
45-65	34%
Over 65	53%

Race/Ethnicity*	
White or Caucasian	85%
Black	11%
Native American or Alaskan Native	1%
Asian	1%
Native Hawaiian or Pacific Islander	<1%
Other	2%

Marital Status	
Single, never married	8%
Married	62%
Not married, living with your partner or significant other	2%
Separated	1%
Divorced	16%
Widowed	11%

Health Status	
Excellent/Very good	60%
Good	29%
Fair/Poor	10%

Disability Status of Household (any members disabled)	
Yes (myself, my spouse/partner, both)	31%
No	68%



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# RESPONDENT PROFILE: SOCIOECONOMIC

Education	
0 to 12th grade, but with no diploma	1%
High school graduate or equivalent	7%
Post high school education, but with no degree	11%
2-year degree (Associate's Degree)	13%
4-year degree (Bachelor's Degree)	25%
Post graduate study, but with no degree	7%
Graduate or professional degree	36%

Employment Status	
Self-employed full-time	5%
Self-employed part-time	5%
Employed full-time	25%
Employed part-time	7%
Retired and not working at all	54%
Unemployed and looking for work	1%
Not in the labor force for other reasons	4%

Income	
< \$10,000	3%
\$10,000 - \$19,999	6%
\$20,000 - \$29,999	8%
\$30,000 - \$49,999	16%
\$50,000 - \$74,999	19%
\$75,000 - \$99,999	18%
\$100,000 - \$149,999	18%
\$150,000 +	12%



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# NORTH CAROLINA'S 2022 AGE FRIENDLY COMMUNITY SURVEY: CONSIDERATIONS

- Where do you live and where do you want to be as you age?
- How will you get groceries, see friends, or go to the doctor if you don't have a car?
- How will your life change after traditional retirement, or will you retire?
- How do you want to work, play, worship, and age in place?

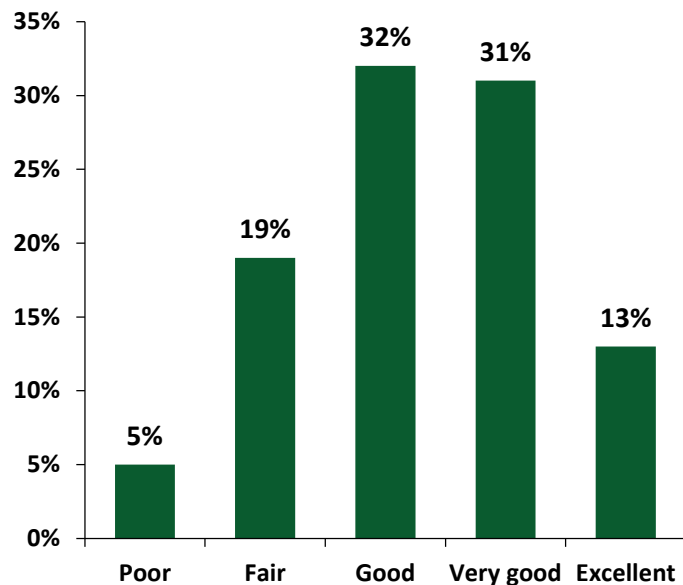


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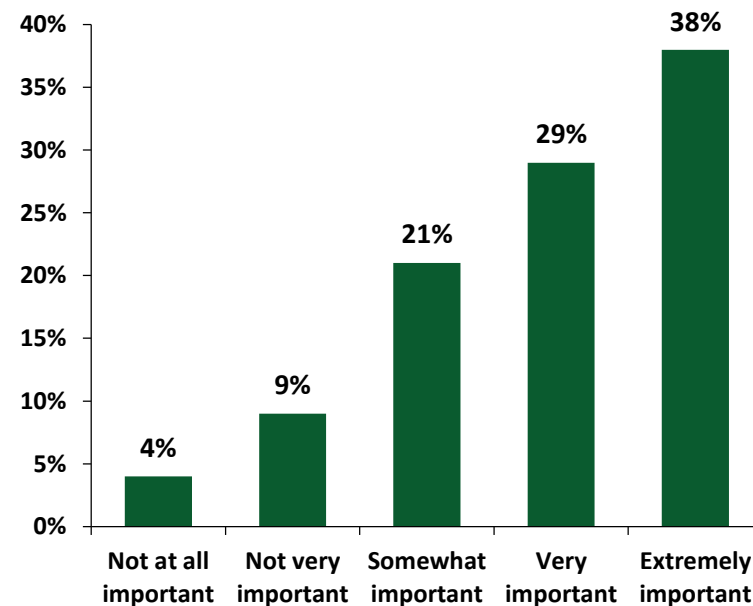
# MAJORITY BELIEVE THEIR COMMUNITY IS A GOOD PLACE TO AGE AND WANT TO LIVE THERE INDEPENDENTLY FOR AS LONG AS POSSIBLE



## Rating of Current Community as a Place for People to Live as They Age

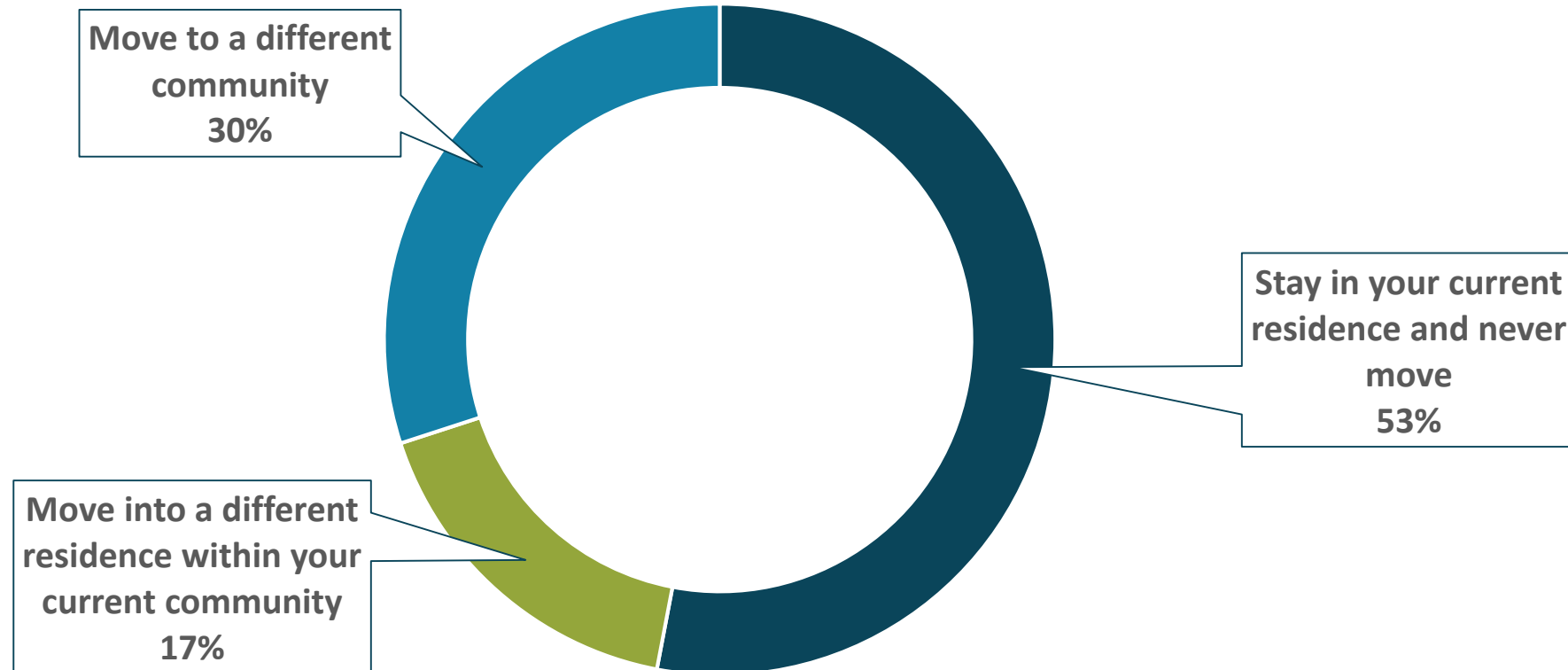


## Importance of Remaining in Current Community



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# MOST ARE UNLIKELY TO MOVE OUTSIDE OF NC AS THEY AGE

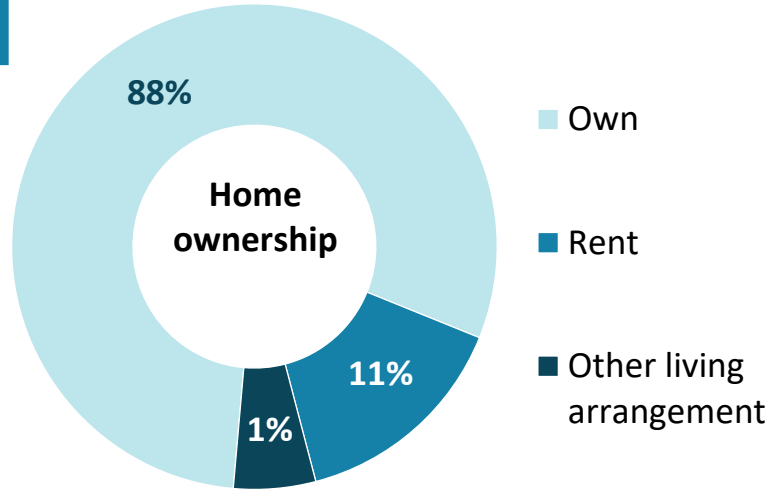


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# MOST OWN SINGLE-FAMILY HOMES

## Type of Home

A single family house	81%
A two-family house that has separate living units	2%
A townhouse or row house	5%
An apartment	4%
A condominium or coop	3%
A mobile home	4%
Senior housing or assisted living facility	1%
Other type of living arrangement	0%



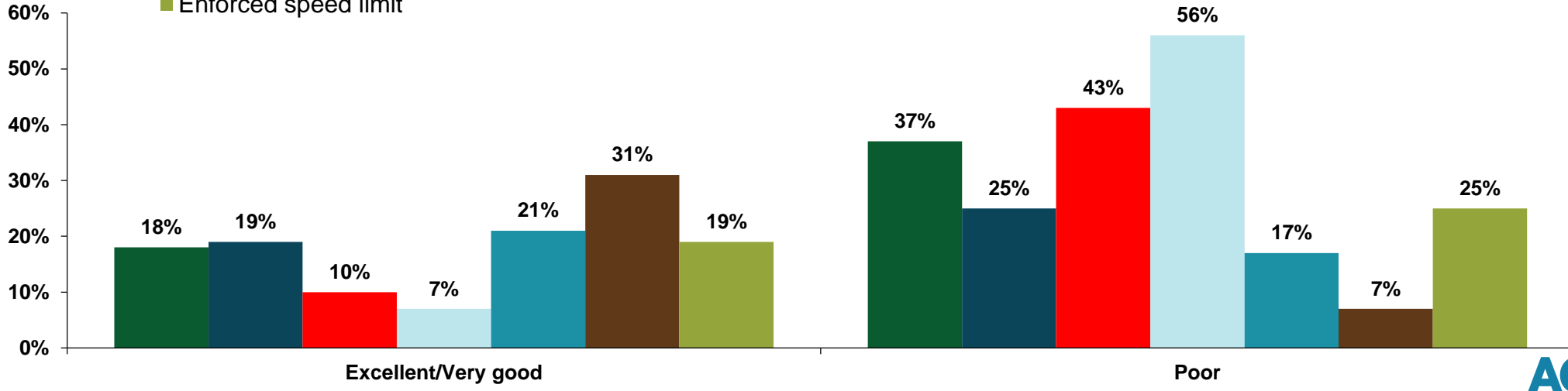
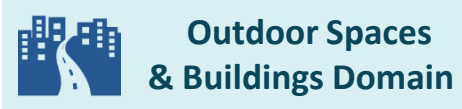
94% of respondents say remaining in their current community is extremely/very important.

34% of respondents say they need to make home modifications to remain as they age



# WELL-MAINTAINED OUTDOOR FACILITIES AND SPACES ARE EXTREMELY IMPORTANT

- Sidewalks that are in good condition, safe for pedestrians, and accessible for wheelchairs or other assistive mobility device
- Well-lit, accessible, safe streets and intersections for all user
- Audio and visual pedestrian crossing
- Separate pathways for bicyclists and pedestrian
- Well-maintained street
- Easy to read traffic sign
- Enforced speed limit



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2022 Age My Way NC Survey | **AARP RESEARCH** | AARP.ORG/RESEARCH | ©2022 AARP. ALL RIGHTS RESERVED



# MOST DRIVE THEMSELVES TO GET AROUND THEIR COMMUNITY



Transportation Domain

96% drive themselves around, 21% have others drive them



20% walk

3% use public transportation, 11% ride a bike



1% take a taxi, 3% use a special transportation service, 6% use a ride-sharing service (e.g., Uber or Lyft)



Photos from iStock.com and kali9 ScienceWorldReport.com



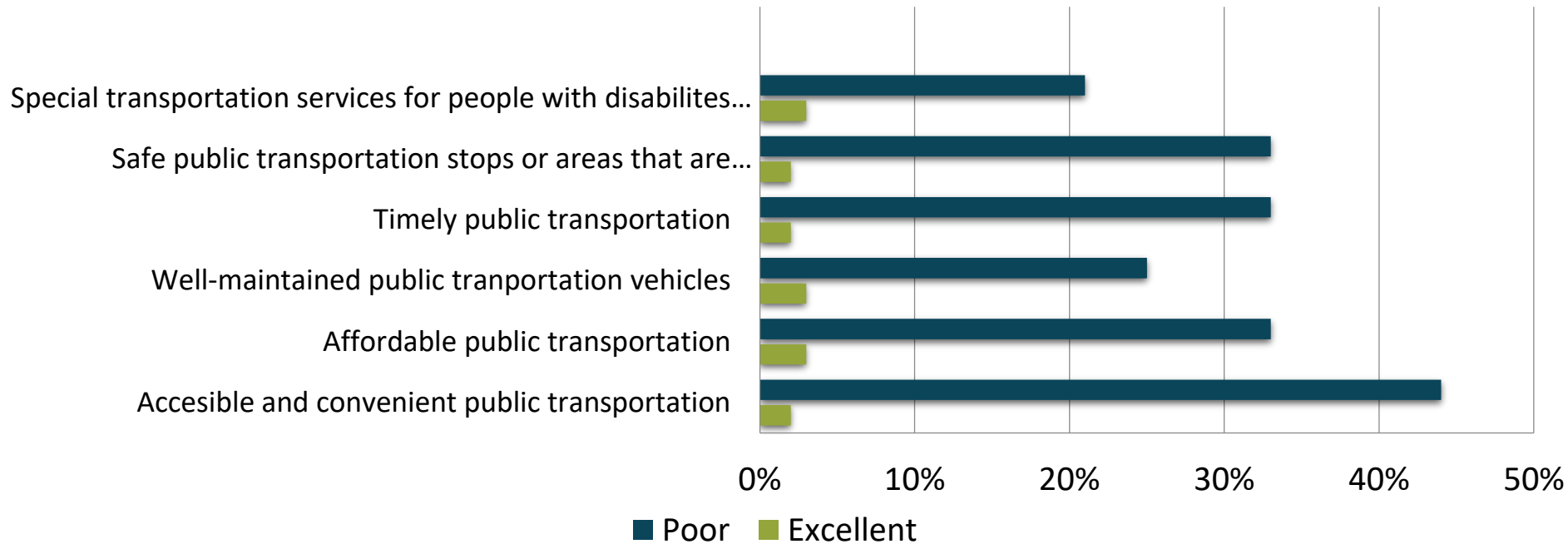
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# WELL-LIT AND MAINTAINED STREETS, INTERSECTIONS, AND OTHER FEATURES ARE EXTREMELY IMPORTANT



Transportation Domain

## Transportation Features in Community



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# MOST FEEL THEIR HEALTH IS VERY GOOD COMPARED TO MOST PEOPLE THEIR AGE



Community & Health Care Domain

17% feel that their health is excellent compared to most people their age

43% feel that their health is very good



29% feel that their health is good

9% feel their health is fair

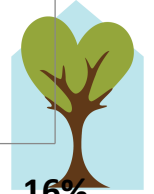
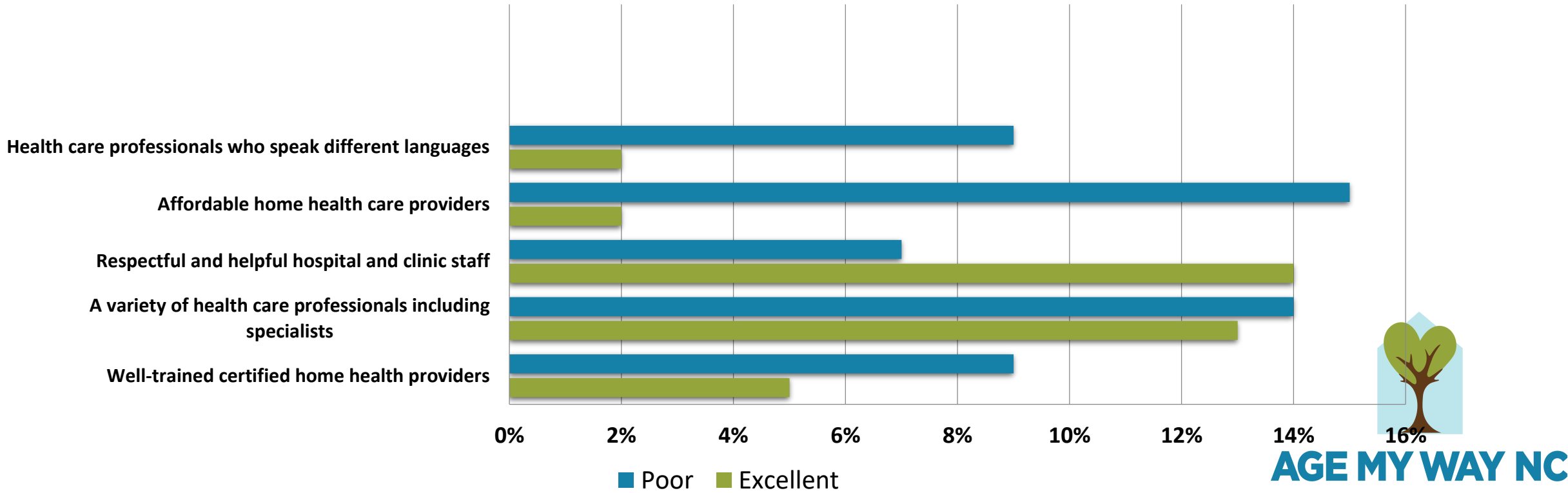
1% feel their health is poor



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# GOOD HOSPITALS, HEALTH CARE PROVIDERS, AND OTHER FEATURES ARE EXTREMELY IMPORTANT

## Health Care Features in the Community



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# MOST ARE IN CONTACT WITH FRIENDS, FAMILY AND NEIGHBORS

 Social Participation,  
Respect & Social Inclusion Domains

46% are in contact  
Everyday  
47% indicated never to  
feeling left out or isolated



37% are in contact  
several times a week

5% are in contact once every  
2 or 3 weeks,  
1% are in contact once a  
month

2% said they less than  
monthly,  
0% said never

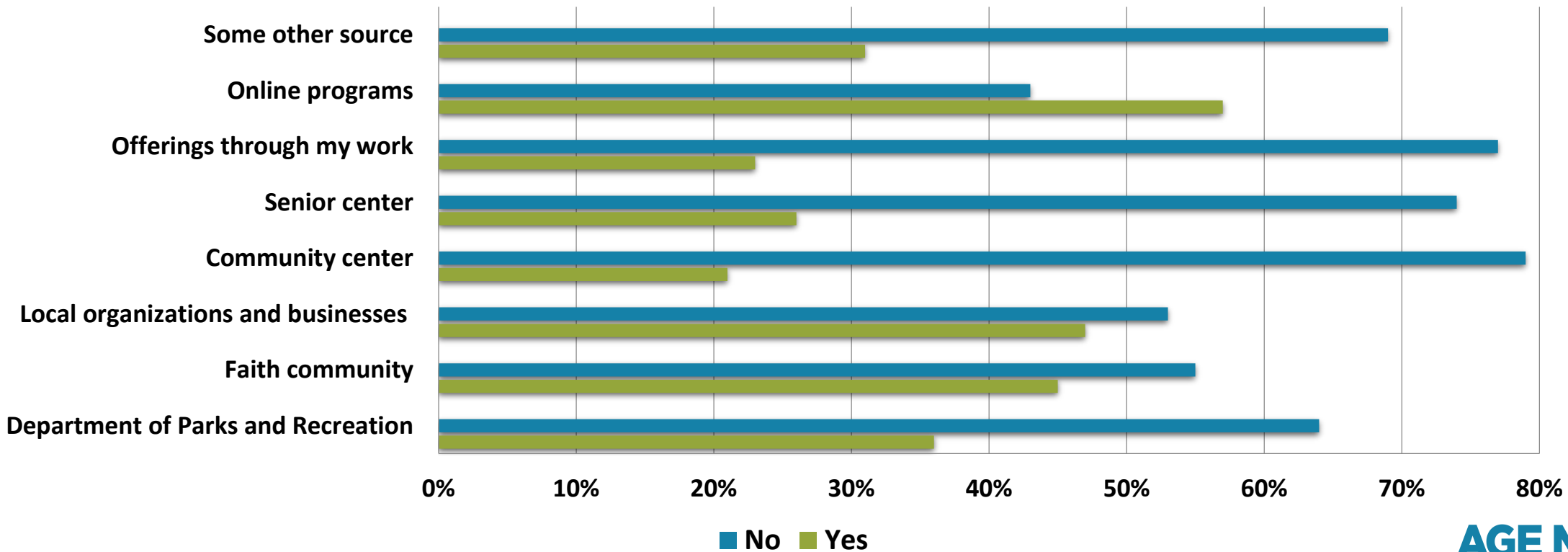


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# LIBRARIES, CULTURAL ACTIVITIES, AND OTHER FEATURES ARE EXTREMELY IMPORTANT

## Social Inclusion Features

 Social Participation, Respect & Social Inclusion Domains



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# MOST WERE RETIRED, BUT MANY WERE STILL WORKING

53% are retired,  
not working at  
all



25% are employed full-time  
7% are employed part-time  
5% are self-employed,  
either full-time or  
part-time

41% stated that they are extremely likely they will continue to work as long as possible, rather than choosing to retire and no longer work for pay.



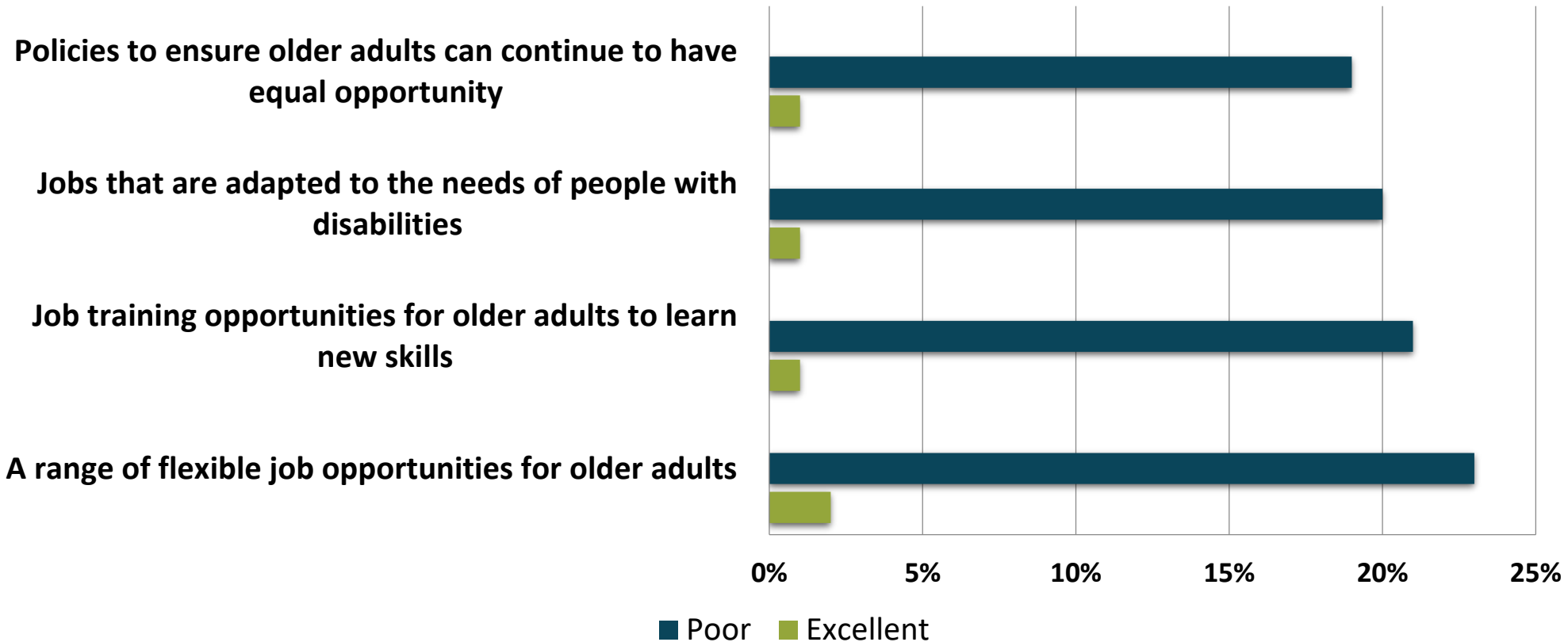
Civic Participation  
& Employment Domain



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# JOBS ADAPTED TO PEOPLE WITH DISABILITIES, JOB TRAINING OPPORTUNITIES FOR OLDER ADULTS, AND FLEXIBLE JOB OPPORTUNITIES ARE EXTREMELY IMPORTANT

## Job and Training Opportunities for Older Adults in the Community



Civic Participation & Employment Domain



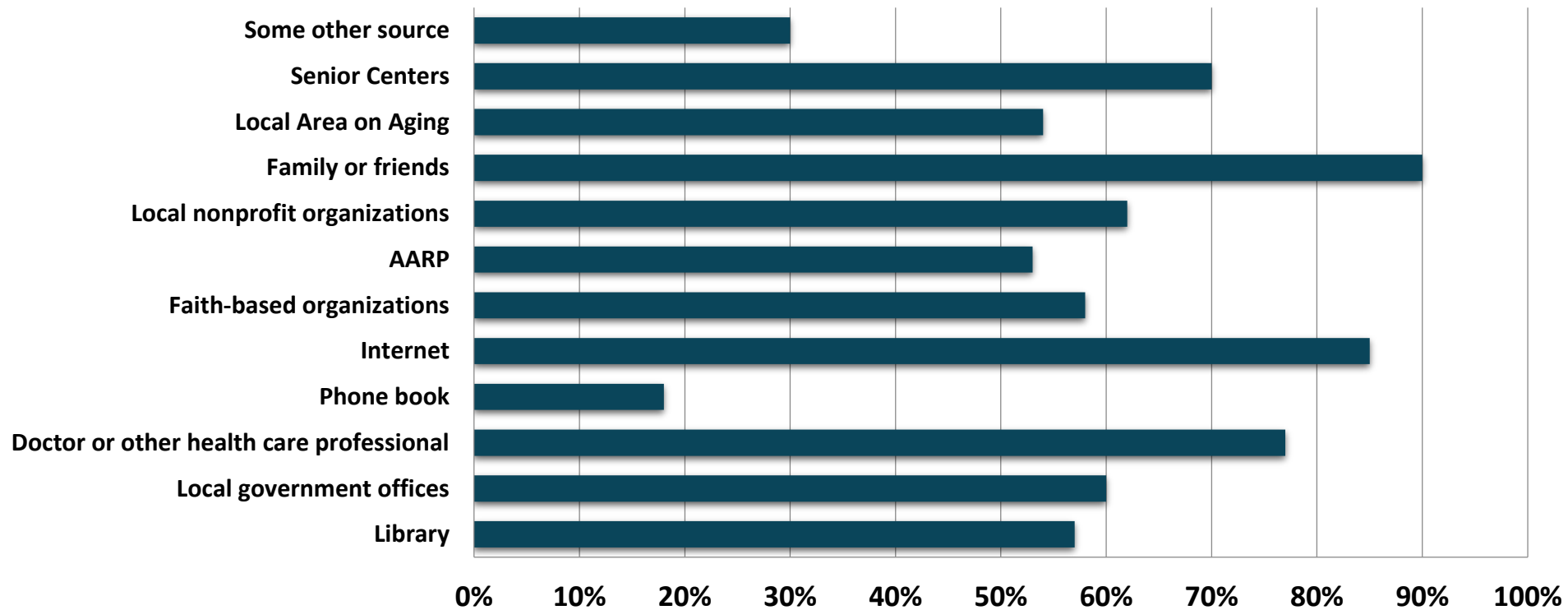
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# VARIETY OF RESOURCES ARE ACCESSED TO FIND INFORMATION ABOUT SERVICES FOR OLDER ADULTS

Top Sources of Information for Respondents (percent using each source)



Communication & Information Domain



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# KEY FINDINGS

- People want to stay in their communities and not relocate
- People want to age in their own homes
- Individuals worry about when they won't be able to drive
- People worry about becoming socially isolated
- Employment for older and disabled adults is important issue that needs to be addressed moving forward



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**And Then This Happened....**

# Age-Friendly North Carolina

- > May 5, 2023 - Governor Roy Cooper Signs Executive Order to Highlight North Carolina's Commitment to Building an Age-Friendly State
- > Order directs the state to develop a comprehensive plan for aging, strengthen the caregiving workforce and enhance transportation options
- > 10th **AARP** Age-Friendly State in US.
- > Directs all State Departments to plan how they will address how they will respond to an ever-growing aging population and livability of all ages



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# **Developing a Multi-Sector Plan on Aging**

# PARTNERSHIP TO IMPROVE HEALTH AND WELL-BEING

## Division of Aging and Adult Services

Promotes independence and enhances dignity of North Carolina's older adults, persons with disabilities and their families through community-based system of opportunities, services, benefits and protections

## Division of Health Benefits

Dedicated to providing access to physical and behavioral health care and services to improve the health and well-being of over 2.3 million North Carolinians



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# CONTINUUM OF SERVICES



- Access to Healthcare (Medicaid)
- Senior Centers
- Congregate Meals
- Volunteer Development
- Information and Options Counseling
- Adult Day Care/ Day Health
- Caregiver Supports: Lifespan Respite, Project Care, FCSP
- Personal Care: Homemaker, In-Home Aide, Special Assistance
- Home-Delivered Meals
- Housing Information and Home Repair
- Transportation
- Money Follows the Person
- Long-Term Services and Supports
- Ombudsman
- Guardianship / Adult Protective Services



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# WHAT IS A MULTI-SECTOR PLAN FOR AGING?

Cross-sector

State-led

Strategic planning resource



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# WHAT DOES A MULTI-SECTOR PLAN ON AGING DO?

Reflects extensive input from community

Enables governor/state leaders to communicate vision and priorities

Guides policy, public/private funding toward living with dignity

Aligns infrastructure

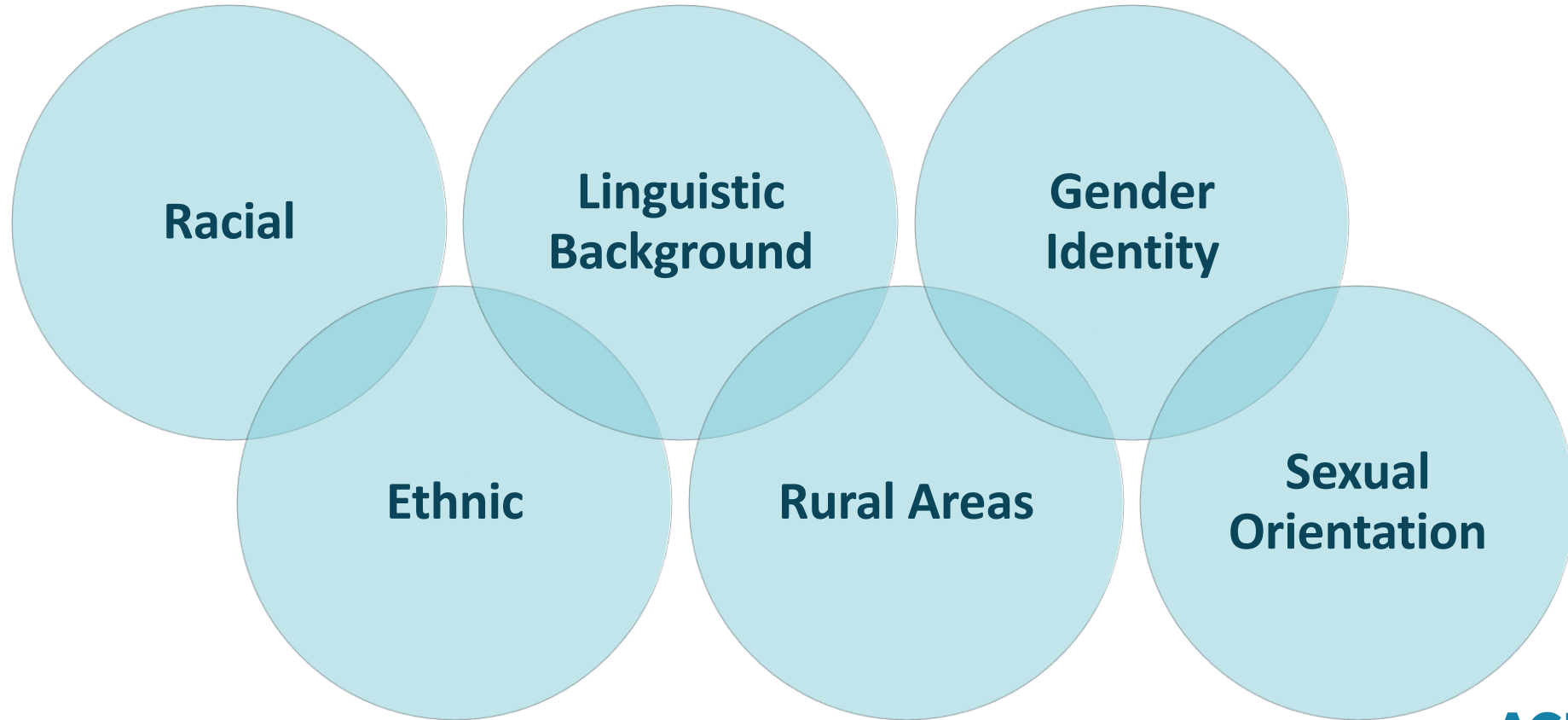
Improves coordination of services

Provides framework to plan for 10+ years



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# EQUITY IS BAKED INTO THE PROCESS



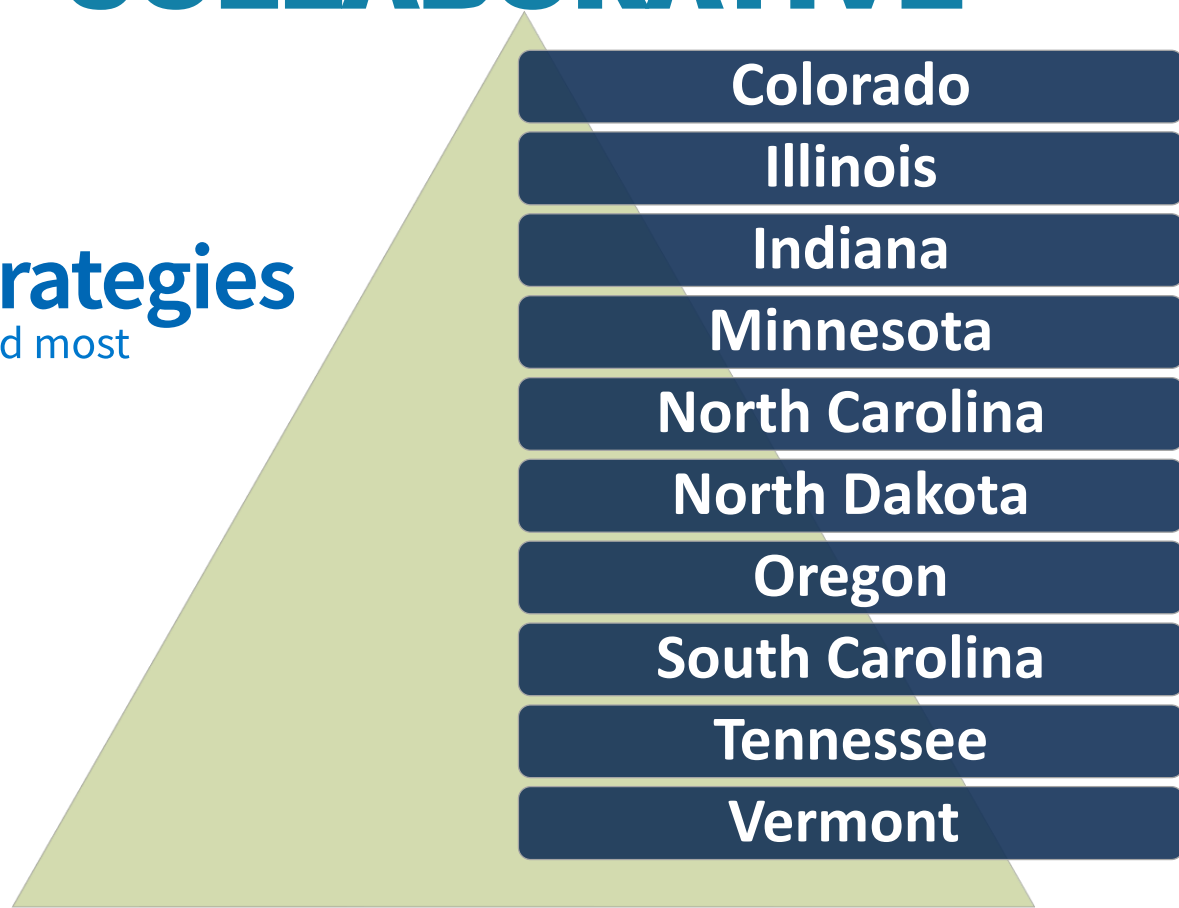
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# LEARNING COLLABORATIVE OPPORTUNITY



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# MASTER PLAN FOR AGING LEARNING COLLABORATIVE



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[www.chcs.org/project/master-plan-for-aging-learning-collaborative/](http://www.chcs.org/project/master-plan-for-aging-learning-collaborative/)

# CALIFORNIA MASTER PLAN ON AGING

## GOAL ONE: Housing for All Stages & Ages

We will live where we choose as we age in communities that are age-, disability-, and dementia-friendly and climate- and disaster- ready.

**TARGET: MILLIONS OF NEW HOUSING OPTIONS TO AGE WELL**

<https://mpa.aging.ca.gov/>

## GOAL TWO: Health Reimagined

We will have access to the services we need to live at home in our communities and to optimize our health and quality of life.

**TARGET: CLOSE THE EQUITY GAP IN AND INCREASE LIFE EXPECTANCY**

## GOAL THREE: Inclusion & Equity, Not Isolation

We will have lifelong opportunities for work, volunteering, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.

**TARGET: KEEP INCREASING LIFE SATISFACTION AS WE AGE**

## GOAL FOUR: Caregiving That Works

We will be prepared for and supported through the rewards and challenges of caring for aging loved ones.

**TARGET: ONE MILLION HIGH-QUALITY CAREGIVING JOBS**

## GOAL FIVE: Affording Aging

We will have economic security for as long as we live.

**TARGET: CLOSE THE EQUITY GAP IN AND INCREASE ELDER ECONOMIC SUFFICIENCY**



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# OTHER STATES WITH OR DEVELOPING A MULTI-SECTOR PLAN ON AGING

- [Colorado](#)
- [Massachusetts](#)
- [Minnesota](#)
- [Texas](#)
- [New York](#)
- [Vermont](#)



**Aging Texas Well  
Strategic Plan**

**ReiMAgine Aging**

Planning Together  
to Create an Age-Friendly  
Future for Massachusetts



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# CABINET AGENCIES TO ENGAGE



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# SHOULD ALSO ENGAGE COUNCIL OF STATE

Agriculture	Public Instruction	Insurance
Auditor	Labor	Attorney General
Secretary of State	Treasurer	Lieutenant Governor



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# STAKEHOLDERS WITH INTEREST IN IMPROVING THE AGING EXPERIENCE

- Consumers
- Family Caregivers
- Aging and Disability Advocates
- Direct-Care Workers
- Health Care Providers
- Faith Leaders
- Private Industry



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# BENEFITS OF A MASTER PLAN ON AGING

Builds bridges across government agencies

Facilitates collaboration

Promotes equity

Raises awareness

Establishes statewide priorities

Creates academic, research partnerships

Incorporates aging and disabilities lens



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# BUILDS UPON ON EXISTING AGE AND DISABILITY RELATED INITIATIVES

Elevates common goals

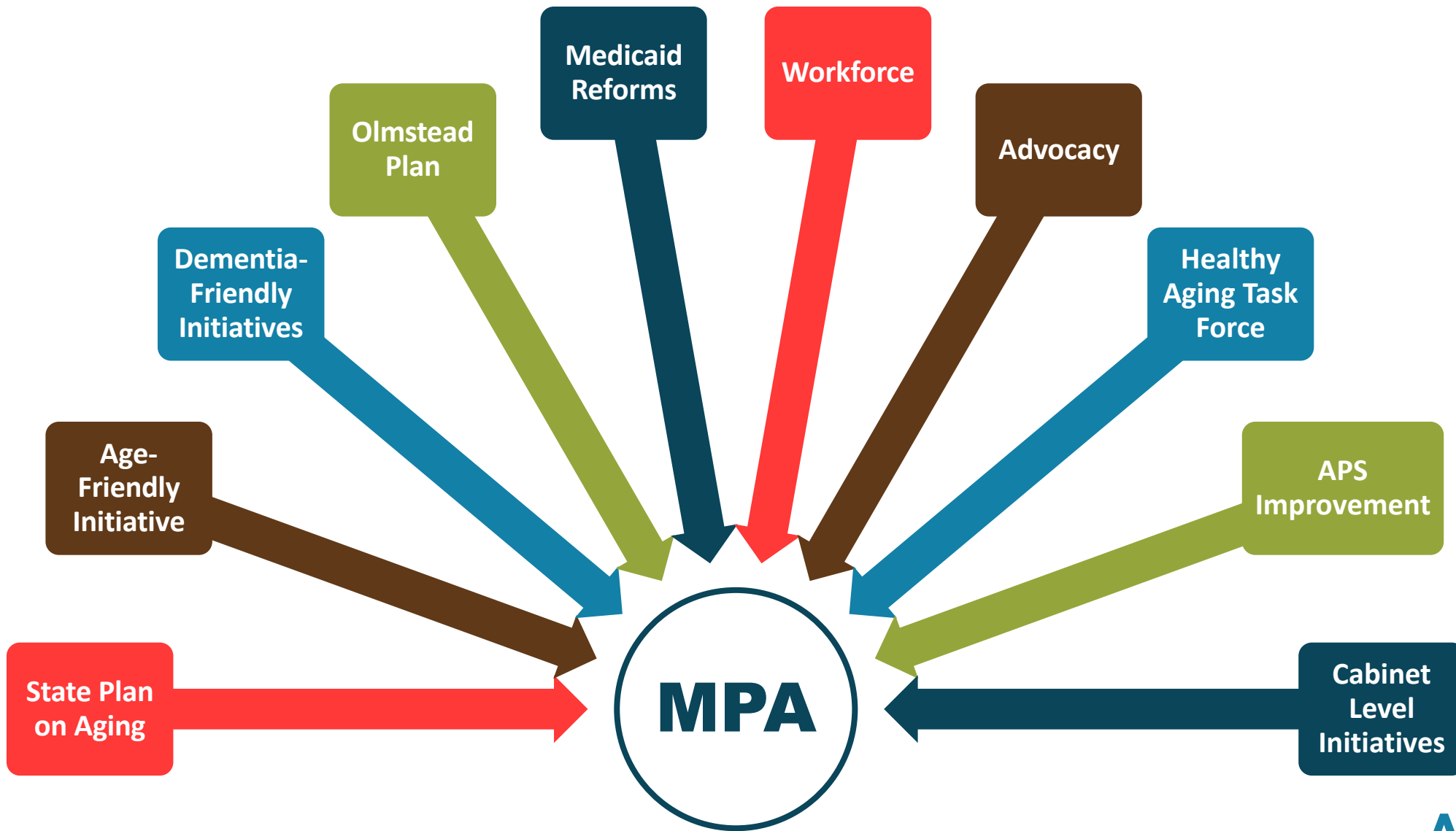
Reduces duplication

Streamlines efforts

*Strengthens rather than replaces!*



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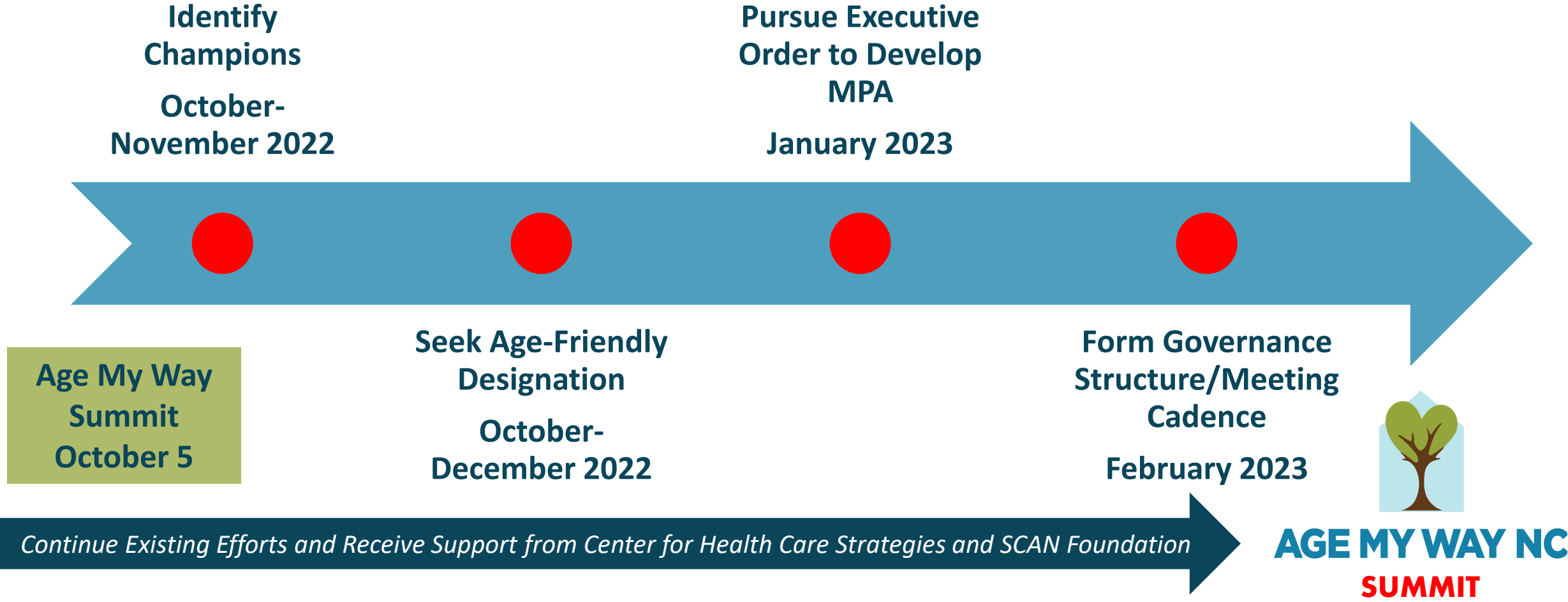
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# MASTER PLAN ON AGING TEAM



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# NEXT STEPS



# CONSIDER YOUR INTERSECTION WITH THIS POPULATION SHIFT

What data and information do you have to plan for these demographics?

Have you considered policy and program changes you will need?

What will your employee base look like?

How will you use the wealth of knowledge and experience?



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# RECAP OF DEMOGRAPHICS

- NC is 8th nationally in 65+
- 2020 – 1 in 6 were 65+ and by 2028, 1 in 5 will be 65+
- Today more people 60+ than under 18 and by 2031, more people 65+ than 0-17
- Next two decades – 65+ increases from 1.7 million to 2.7 million
- 2020 – 31% of 65+ had incomes at or below 200% of FPL (\$25,520)
- 81% of 65+ have at least one chronic disease
- 85+ most likely to have health problems – increase in 85+ from 193,000 in 2020 to 417,000 in 2024



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# SURVEY THE FOUND

- People like their communities
- They do not want to relocate
- People want to age in their own homes
- They are concerned about affordable housing, property upkeep, and taxes
- People are worried about if or when they won't be able to drive – getting to needed places, becoming isolated, etc.
- Will the roads be age-friendly?
- People are concerned about the lack of support for flexible job opportunities



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# All Ages, All Stages NC

*A Roadmap for Aging and Living Well*

*A **cross-sector, state-led strategic planning resource** that can help states transform the infrastructure and coordination of services for their rapidly aging population, as well as people with disabilities.*

**All Ages,  
All Stages NC**



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*A Roadmap for Aging and Living Well*



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**[www.AARP.org/nc](http://www.AARP.org/nc)**

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*Thank You!*



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