

THE UNITED STATES OF AGING SURVEY

A stylized map of the United States is centered within the title. The map is divided into three color-coded regions: the western half is green, the eastern half is blue, and a small section in the lower-left (southeastern US) is orange. A white silhouette of a person with arms raised is positioned over the orange section, appearing to hold or support it.

METHODOLOGY

- Penn Schoen Berland conducted 2,250 telephone interviews between May 10 and June 6, 2012, among Americans aged 60 and older:

Audience	Sample Size	Margin of Error
National*	1,000	+/- 3.1%
Upstate NY**	250	+/- 6.2%
Milwaukee**	250	+/- 6.2%
Miami**	250	+/- 6.2%
Dallas**	250	+/- 6.2%
Orange County**	250	+/- 6.2%

**National – Nationally representative sample of Americans aged 60 and older*

***Regional Oversamples – Americans aged 60 and older in five designated markets chosen to examine the differences and similarities in aging across America*



EXECUTIVE SUMMARY



Older adults are upbeat about aging

- **The past year has been a good one for seniors**
 - Close to 70 percent of seniors say the past year of their lives has been normal or better than normal
- **Seniors are staying in the workforce**
 - Among those still employed full or part time, the majority (69 percent) say they are still working to bring in income
 - They also cite productivity (76 percent) and enjoyment (70 percent) as reasons
- **Many seniors plan to “age in place”**
 - Approximately 90 percent of seniors intend to continue living in their current homes for the next five to 10 years
 - Of these individuals, 85 percent are confident in their abilities to do so without making significant modifications to their homes



However, many are uncertain about the long-term outlook for their health and finances

- **Financial concerns are prevalent**
 - Approximately 15 percent of seniors surveyed say they are not confident their finances will last through their retirement years, and 8 percent have no financial plan for retirement
 - One-third of survey respondents feel financially unprepared for the costs of long-term care
- **Many seniors find it difficult to live independently**
 - Although 65 percent of seniors between the ages of 60 and 70 find it very easy to live independently, among those aged 70 and older, only 43 percent find it very easy
 - Nearly two in 10 Americans aged 70 and older say they either can't live independently and accomplish daily tasks without assistance from caregivers or community resources or find it difficult to do so



And many are uncertain about the long-term outlook for their health and finances

- **Communities are facing the pressure of the aging population**
 - More than 25 percent of seniors in their 60s say they are not confident their communities will have the resources and services they need to lead a healthy and independent life over the next five to 10 years
 - Only half of seniors say their communities offer a high-quality public transportation system
 - Approximately 42 percent of seniors say their communities have no bearing on their health or happiness
- **Low- to moderate-income seniors face a unique set of challenges**
 - 72 percent of low- to moderate-income seniors report having a chronic health condition
 - Nearly half (47 percent) of these seniors are not confident that their incomes will be sufficient to meet their monthly expenses over the next five to 10 years



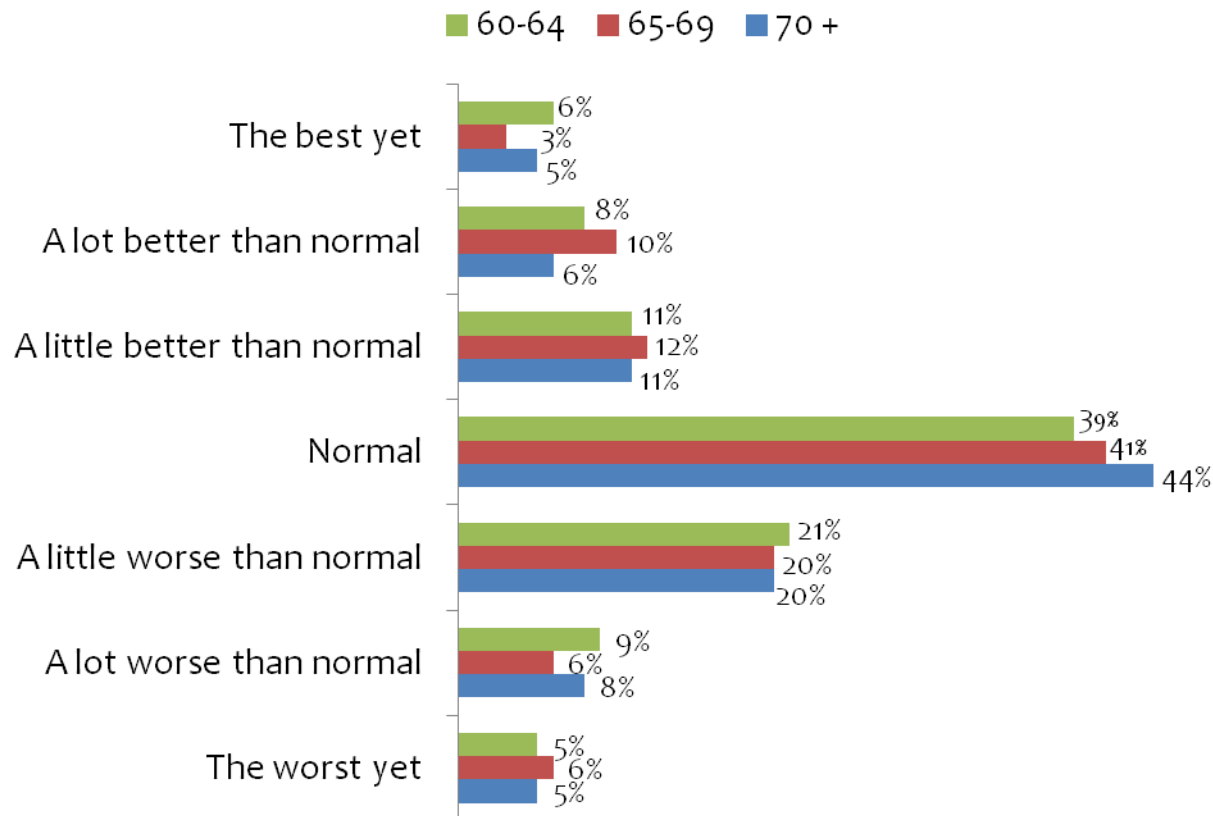
The background is a solid blue color. Overlaid on this are several abstract, darker blue shapes. A central silhouette of a person stands with arms raised, reaching towards the top right. To the right of the person's head is a large, irregular shape resembling a cloud or a splash. At the bottom, there are more abstract shapes, including a large, dark blue area on the left and a smaller, lighter blue area on the right.

LANDSCAPE

Seniors reflect on the past year positively

- The majority of respondents say the past year has been “normal,” and less than 10 percent say it has been “the worst yet”

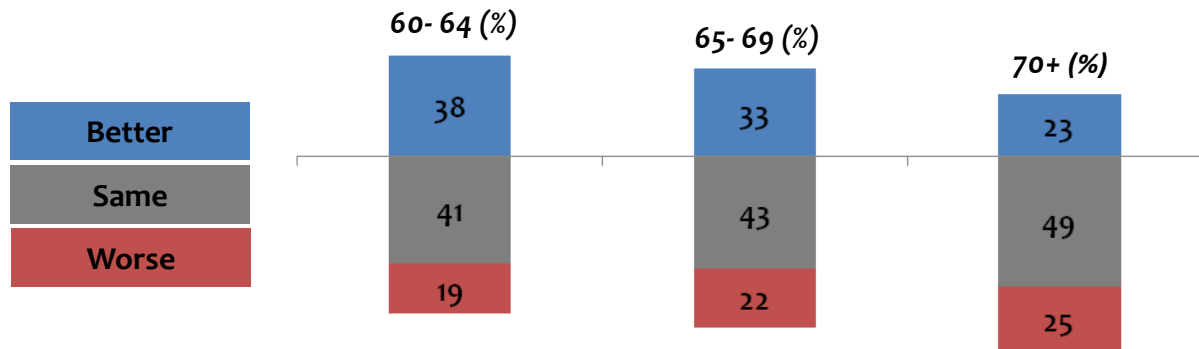
In general, would you say the past year of your life has been...?



The majority of seniors expect their quality of life to improve or remain the same

- Respondents aged 70 and over are the most pessimistic about their future quality of life

When thinking about the next five to 10 years, do you expect your overall quality of life (including your financial well-being, mental and physical health, recreation and leisure time, and family situation) to get much better, somewhat better, stay about the same, get somewhat worse, or get much worse?

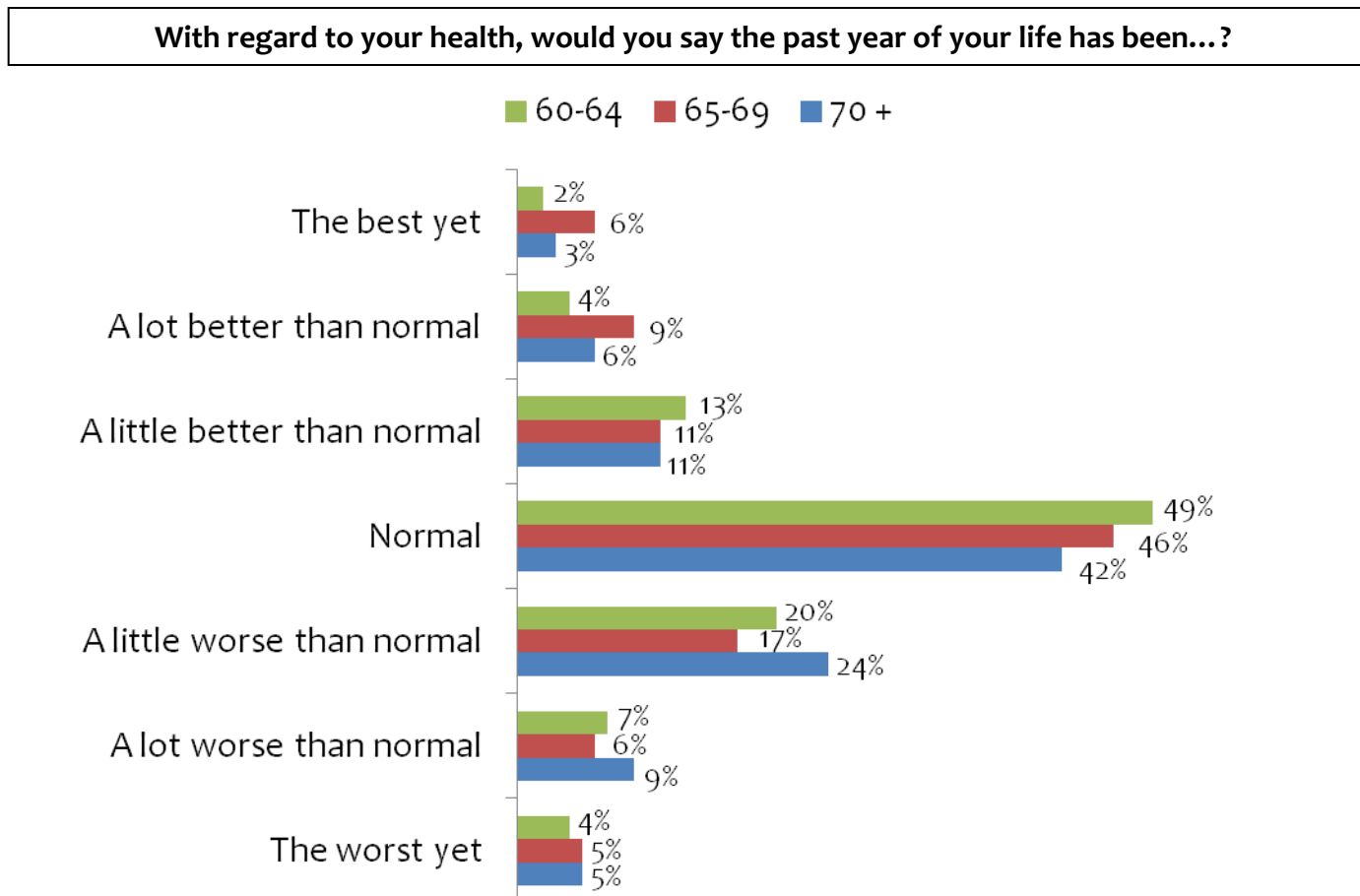


	60-64 (%)	65-69 (%)	70+ (%)
Much better	13	13	8
Somewhat better	25	20	15
Stay about the same	41	43	49
Somewhat worse	14	18	17
Much worse	5	4	8



Seniors were positive about their health over the past year

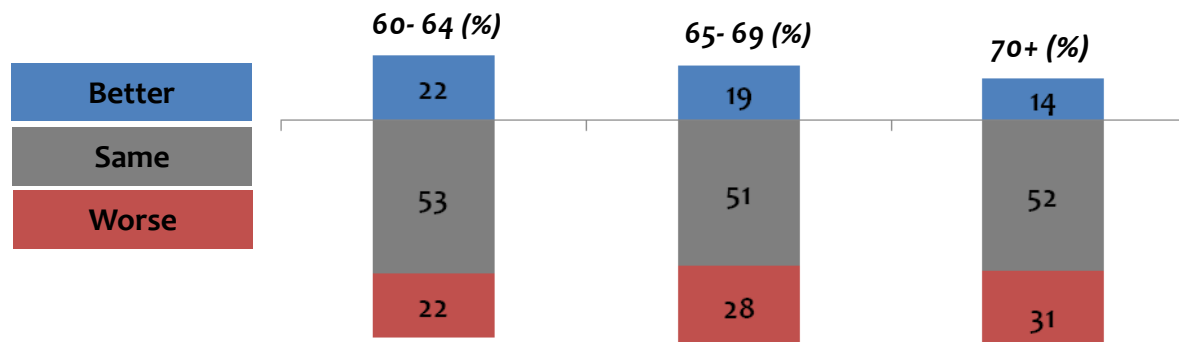
- More than a quarter of seniors aged 65 to 69 say their health was better than normal



The majority of seniors expect their health to remain the same over the next five to 10 years

- Similarly, at least one in five respondents aged 60 to 64 expect their health to improve in the next five to 10 years

When thinking about the next five to 10 years, do you expect your health to get much better, somewhat better, stay about the same, get somewhat worse, or get much worse?



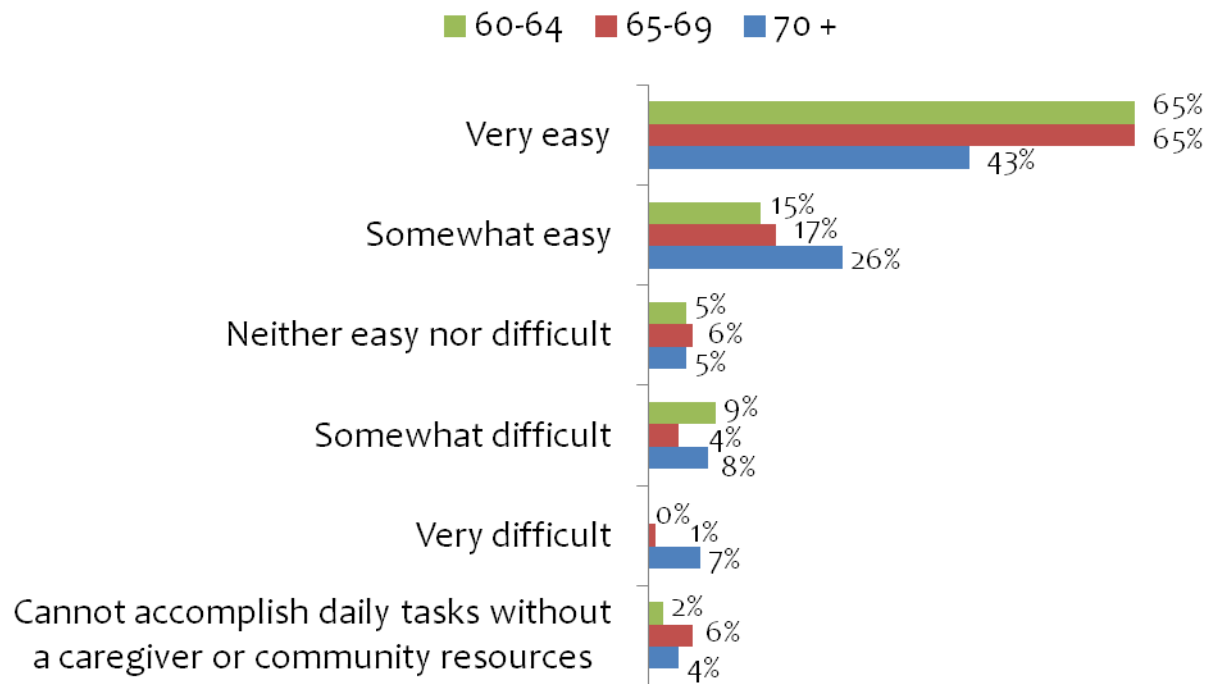
	60-64 (%)	65-69 (%)	70+ (%)
Much better	10	8	6
Somewhat better	12	11	8
Stay about the same	53	51	52
Somewhat worse	20	24	23
Much worse	2	4	8



A vast majority of seniors say it is easy to live independently – even those over the age of 70

- Less than 5 percent cannot accomplish daily tasks without a caregiver, while 13 percent of seniors aged 70 and older find it difficult to do so

In general, is it easy or difficult for you to live independently and accomplish your daily tasks without assistance from caregivers (who help with buying groceries, cleaning, and taking you to the doctor) or community resources, such as transportation, home health care, Meals on Wheels and wellness programs?

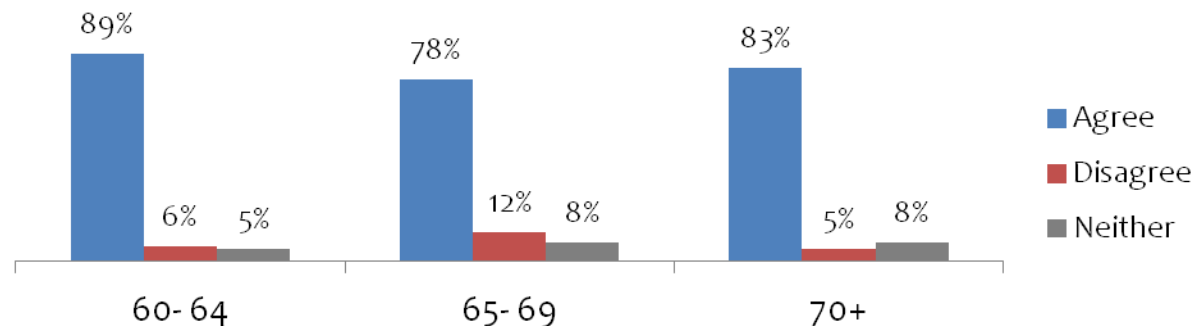


Seniors lead lives of purpose and passion

- Older adults (aged 65 plus) are less likely to strongly agree with the statement

How strongly do you agree or disagree with the following statement:

“I have a strong sense of purpose and passion about my life and my future.”



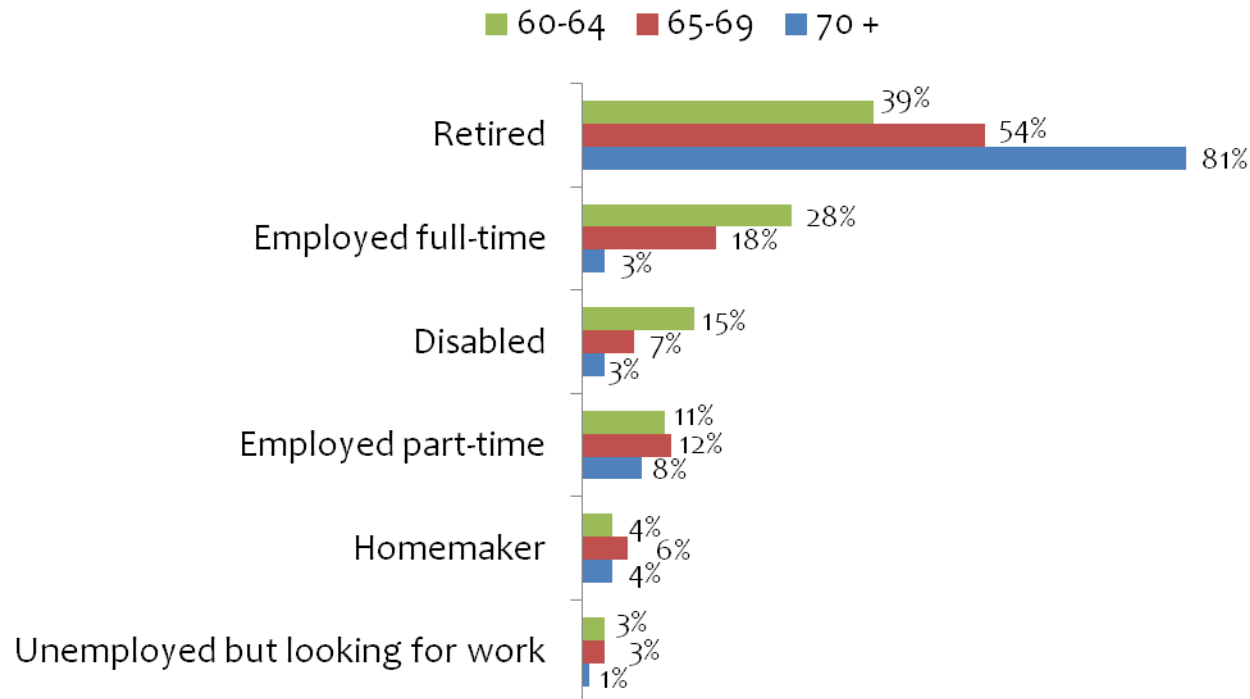
	60-64 (%)	65-69 (%)	70+ (%)
Strongly agree	63	55	55
Somewhat agree	26	23	28
Neither agree nor disagree	5	8	8
Somewhat disagree	5	10	4
Strongly disagree	1	2	1



Many seniors are staying in the workforce longer

- More than a quarter of respondents aged 60 to 64 are still working full time, and 11 percent are employed part time
- One in five seniors over the age of 65 are still employed either full or part time

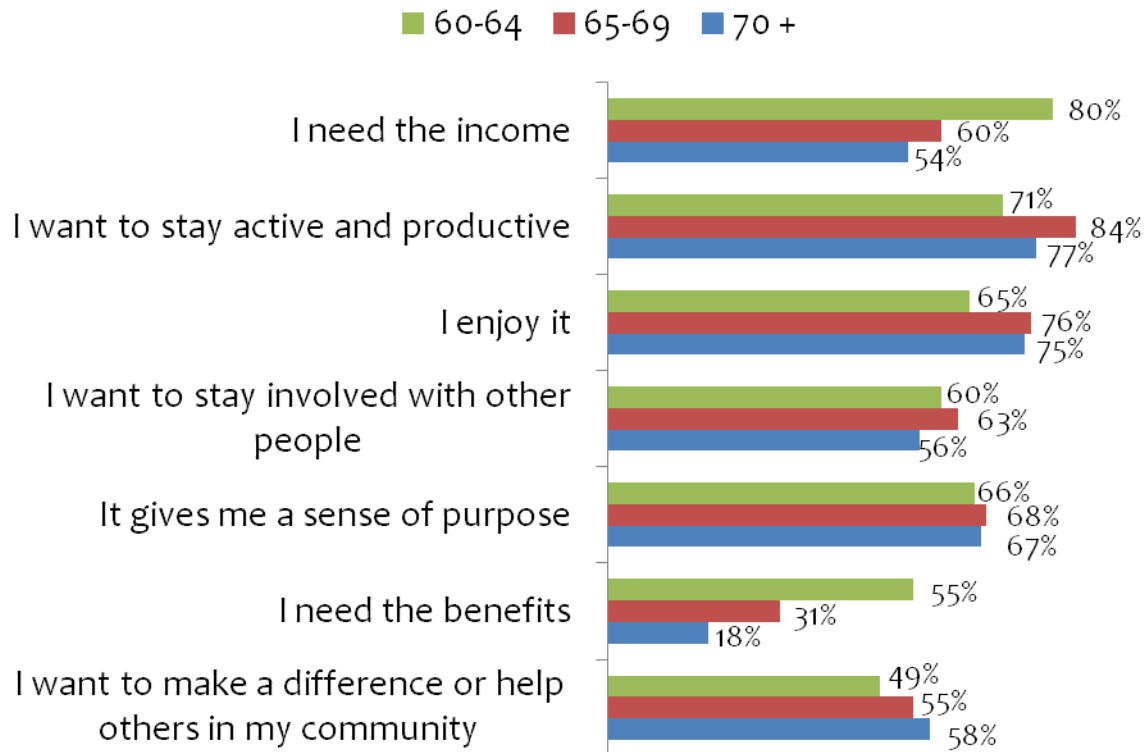
Which of the following best describes your current employment status?



Income, activity and enjoyment are the top drivers of the aging workforce

- While many seniors are still working for the income, just as many are motivated by enjoyment and a desire to stay active

For which, if any, of the following reasons are you still working? Please tell me all that apply.

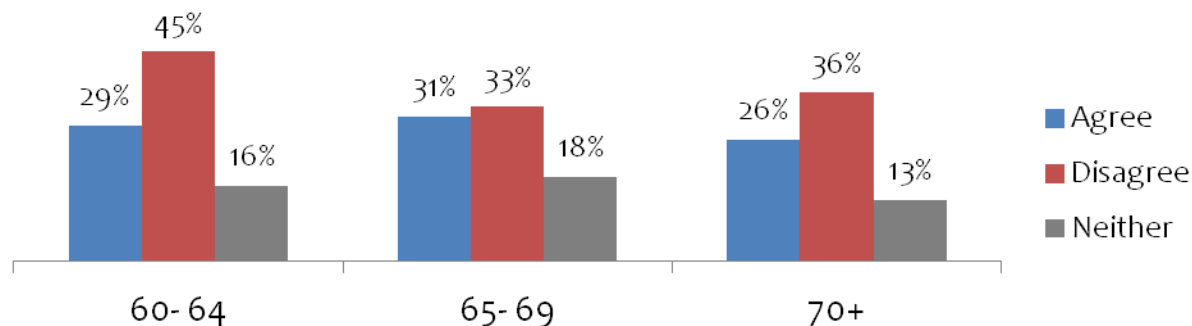


However, job opportunities for seniors are limited

- Almost half of boomers surveyed do not believe that their communities offer job opportunities for people their age

Thinking about your community, please tell me how strongly you agree or disagree with the following statement:

“My community offers job opportunities for people of my age.”



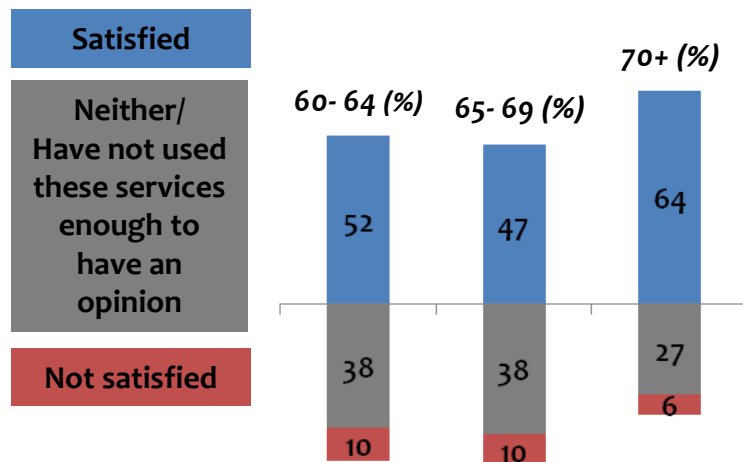
	60-64 (%)	65-69 (%)	70+ (%)
Strongly agree	11	12	9
Somewhat agree	18	19	17
Neither agree nor disagree	16	18	13
Somewhat disagree	15	14	10
Strongly disagree	30	19	26



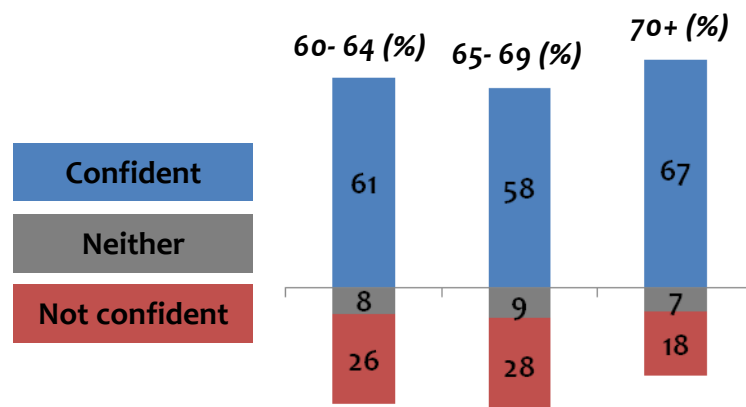
Seniors are largely satisfied with community resources and services

- Seniors aged 70 and older are the most satisfied with their communities' resources and services, and the most optimistic about the availability of these services over the next five to 10 years

How satisfied are you with your community's resources and services, with regard to helping you lead a healthy and independent lifestyle?



How confident are you that your community will have all of the resources and services you need to help you lead a healthy and independent lifestyle for the next five to 10 years?



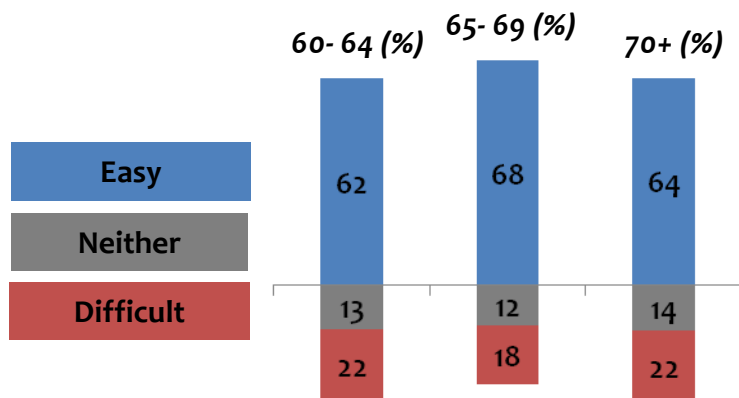
The background is a solid blue color. Overlaid on this background is a white silhouette of a person with their arms raised in a 'V' shape. Behind the person's arms, there is a faint, light blue outline of the African continent. The text 'ECONOMIC SECURITY AND HOUSING' is written in white, bold, uppercase letters, positioned in the lower-left quadrant of the image.

ECONOMIC SECURITY AND HOUSING

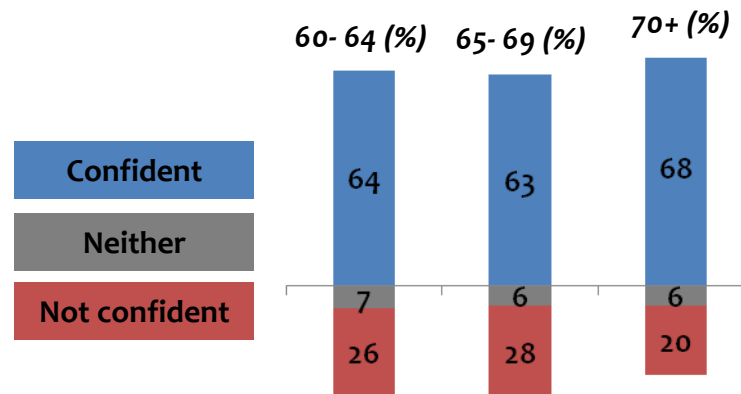
The majority of older adults find it easy to pay monthly living expenses

- Roughly one in four seniors have difficulty paying monthly living expenses, and nearly an equal amount are not confident in their long-term prospects

In general, based on your current income and savings, how easy or difficult is it for you to pay your monthly living expenses? Showing National



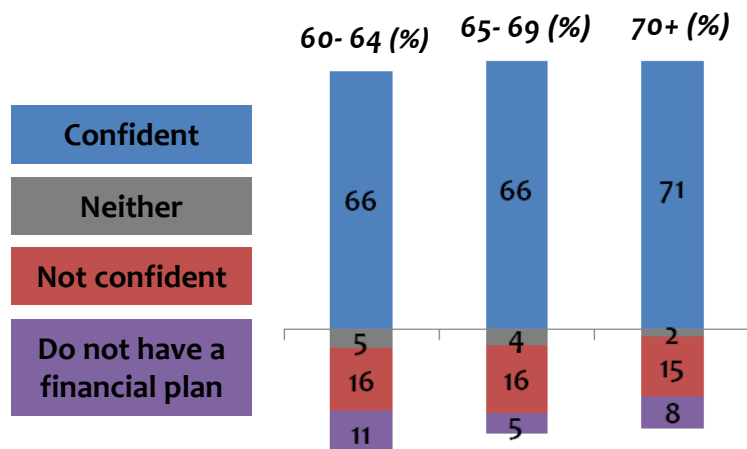
How confident are you that your income will be sufficient to meet your monthly expenses over the next five to 10 years? Showing National



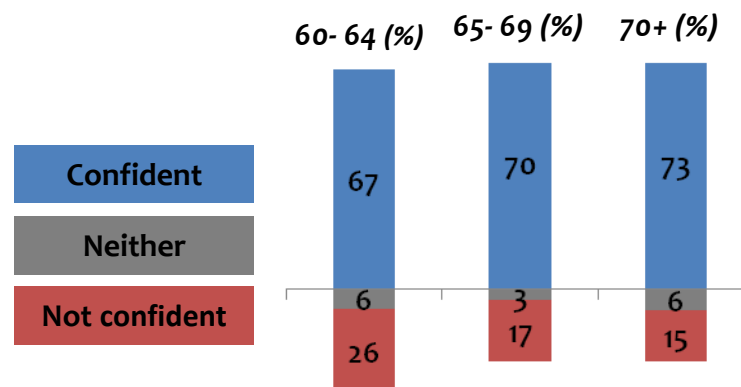
Seniors are confident in their financial planning

- Close to seven in 10 older adults are confident that their finances will carry them through retirement
 - The same number are confident they could pay for an unexpected expense
 - However, more than one quarter of those aged 60 to 64 are not confident in or do not have a financial plan for retirement

How confident are you that your financial plan is sufficient to last for all of your retirement years?



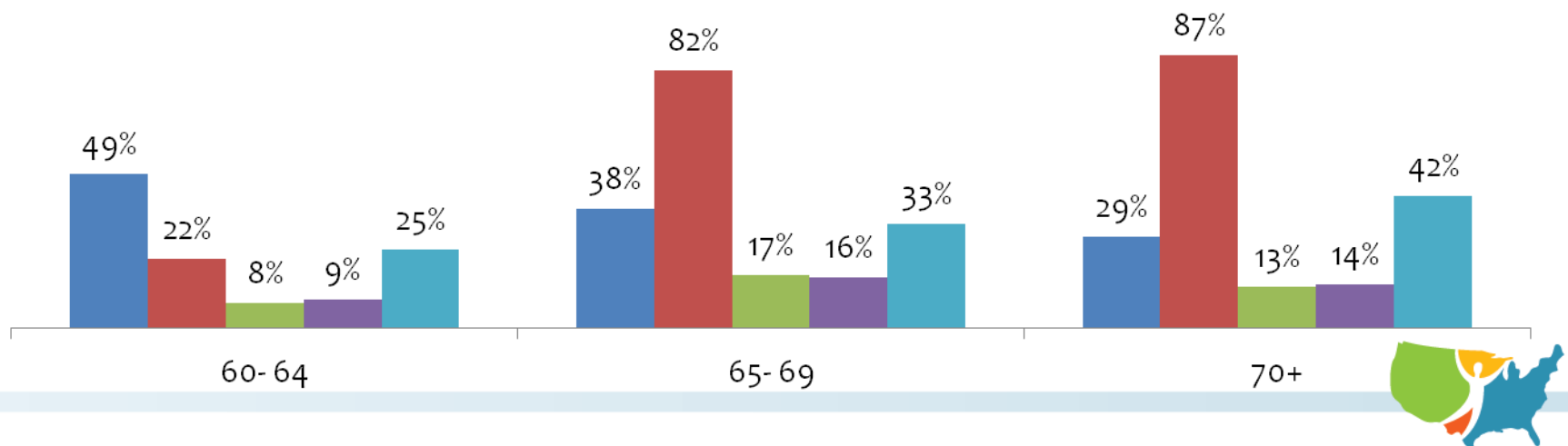
If a significant unexpected expense (such as an accident or medical need) were to occur in your life today, how confident are you that you would have the ability to pay?



Medicare is the most common source of medical insurance benefits among seniors...

- Nearly 90 percent of seniors aged 70 and older access medical insurance benefits through Medicare

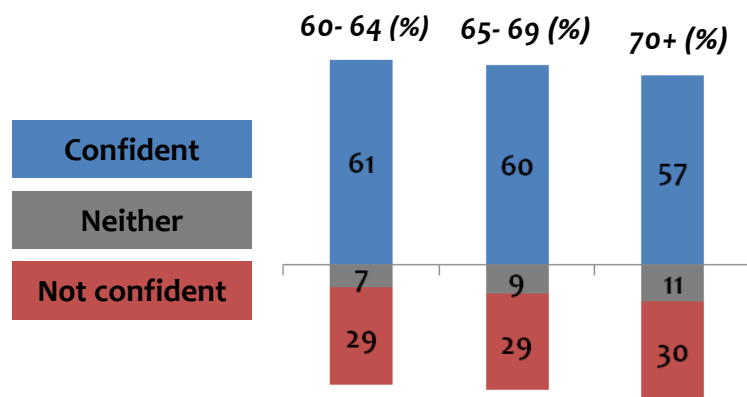
Through what organizations, if any, do you access medical insurance benefits? Please tell me all that apply.



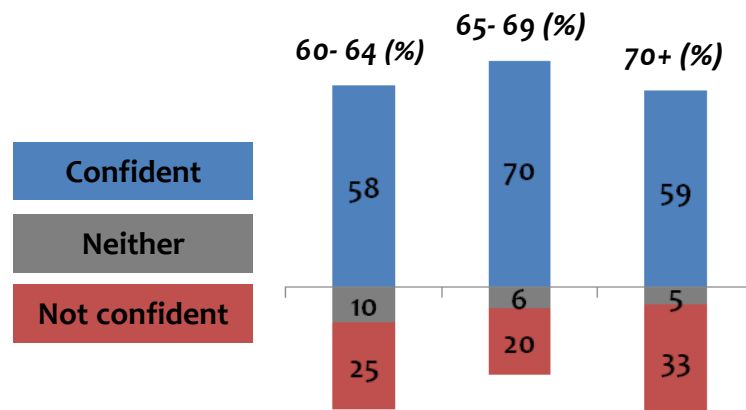
... and most see Medicare as an affordable option

- However, close to one-third of respondents are not confident they know all of the government benefits that are available to help meet their needs
- One in four seniors aged 60 to 64 are not confident that they can afford Medicare premiums, and for those eligible, one-third of seniors aged 70 and older are not confident that they can afford Medicare premiums

How confident are you that you know all of the government benefits to which you are entitled?



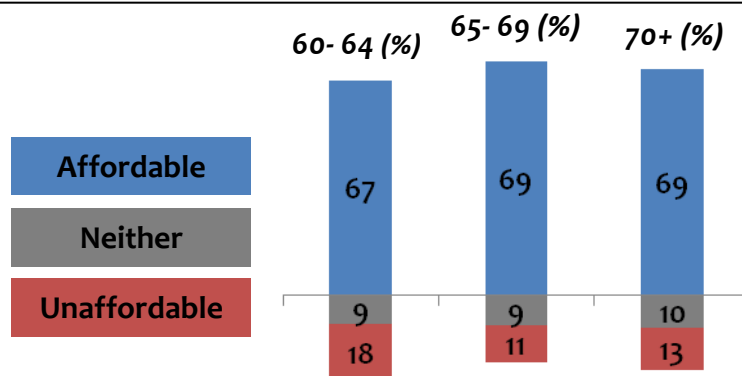
How confident are you that you will be able to afford your Medicare premiums, deductibles and co-payments in future years?



Seniors believe the housing options in their communities are affordable

- Roughly seven in 10 consider available housing options affordable, and 40 percent of seniors aged 65 to 69 consider them very affordable
- Nearly 20 percent of respondents aged 60 to 64 think their options are unaffordable

How affordable are the housing options currently available to you?



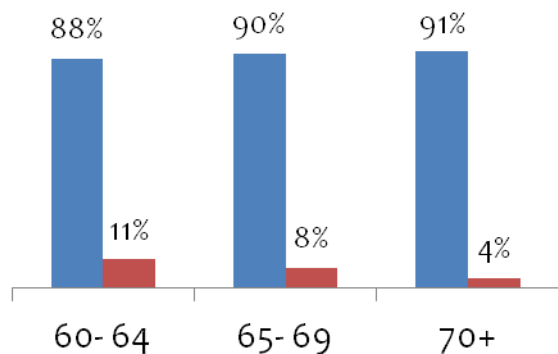
	60-64 (%)	65-69 (%)	70+ (%)
Very affordable	35	40	38
Somewhat affordable	32	29	31
Neither	9	9	10
Somewhat unaffordable	10	7	7
Very unaffordable	8	4	6



Most plan to continue living in current home

- Close to nine in 10 older Americans intend to continue living in their current homes for the next five to 10 years

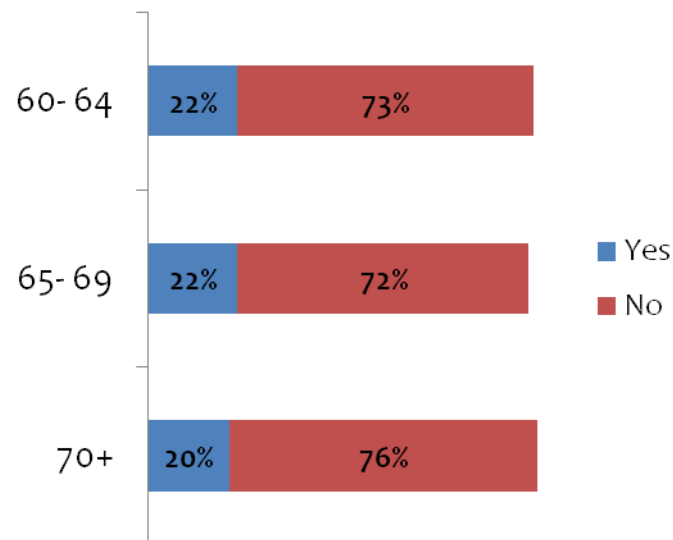
Do you intend to continue living in your current home for the next five to 10 years?



■ Yes
■ No

If yes...

IF YES: Do you plan to make any modifications to your home to help you age in place? (N= 903)



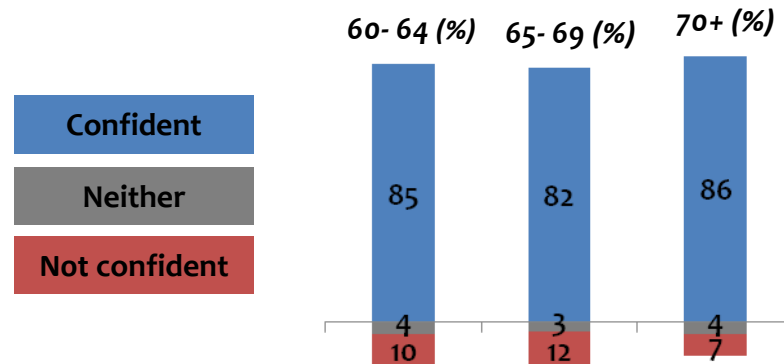
■ Yes
■ No



Seniors are confident that they will be able to stay in their current homes over the coming years...

- More than half of the national sample is very confident in their ability to stay in their current homes during the next five to 10 years

How confident are you that you can stay in your current home for the next five to 10 years without the need for significant home modifications?



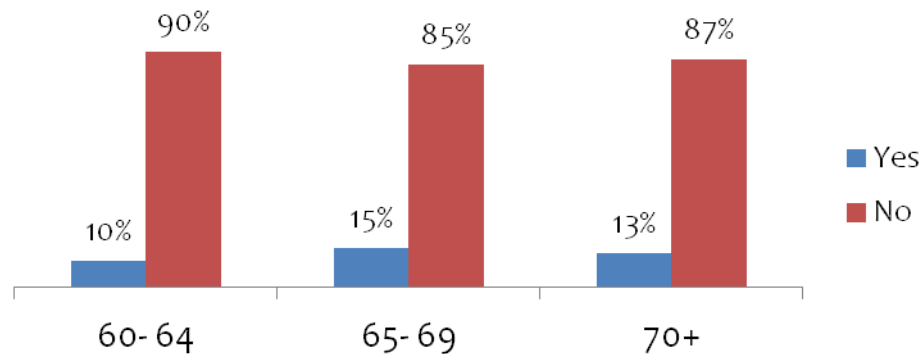
	60-64 (%)	65-69 (%)	70+ (%)
Very confident	56	56	54
Somewhat confident	29	26	32
Neither	4	3	4
Not very confident	5	8	5
Not at all confident	5	4	2



... and a small percentage have moved into smaller homes

- One in 10 seniors have moved in the past 10 years to make maintenance easier
 - 15 percent of respondents aged 65 to 69 have moved into smaller homes in the past decade to make home maintenance easier

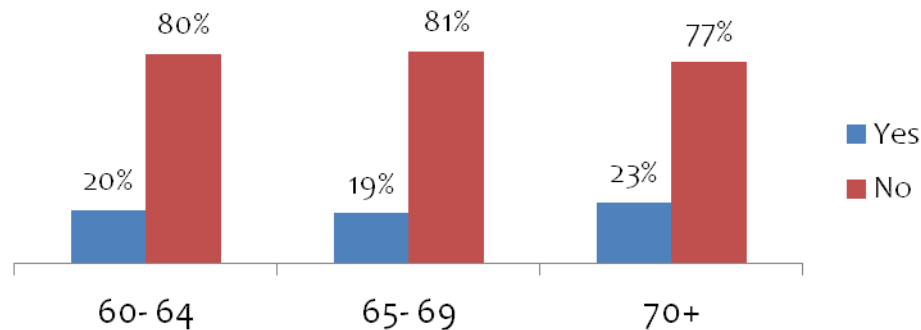
In the past 10 years, have you moved into a smaller home to make home maintenance easier?



While many plan to stay put, only some seniors are making home modifications

- One in five seniors have made significant home modifications to help them age in place

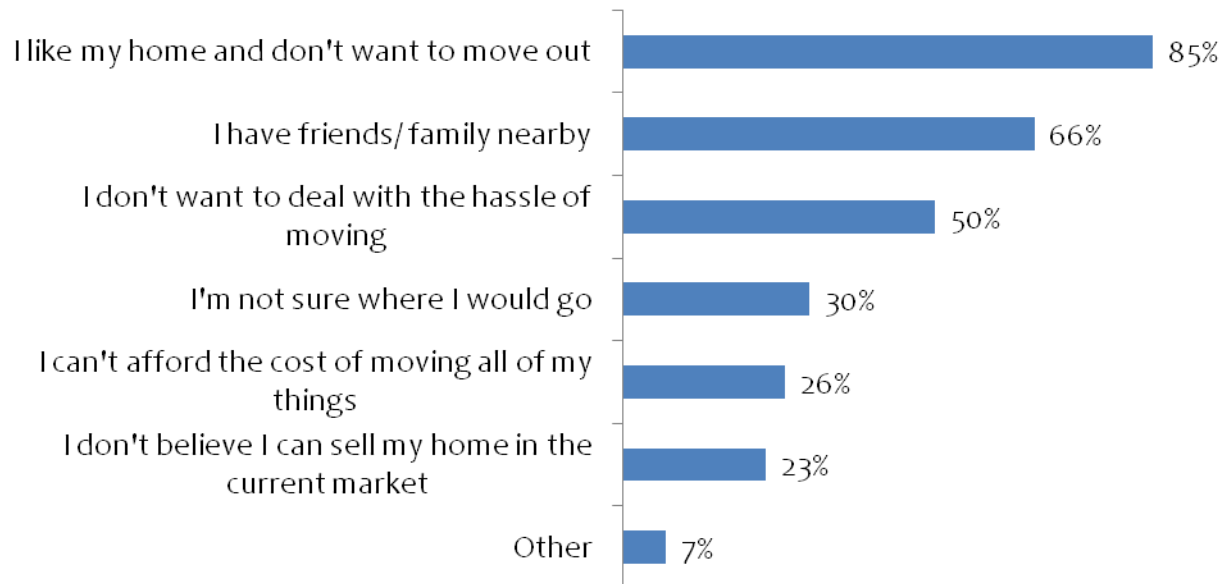
Have you made any significant modifications to your home to help you age in place? This could include adding handrails in a bathroom, moving your bedroom downstairs, etc.



The main reasons to stay are comfort in their homes and to be near friends and family

- Desire to stay in a home they like and to be near friends and family are more popular reasons than the cost of moving to stay in one's home
- Nearly one in four seniors cannot move either because they can't afford the cost of moving or do not believe they could sell their home

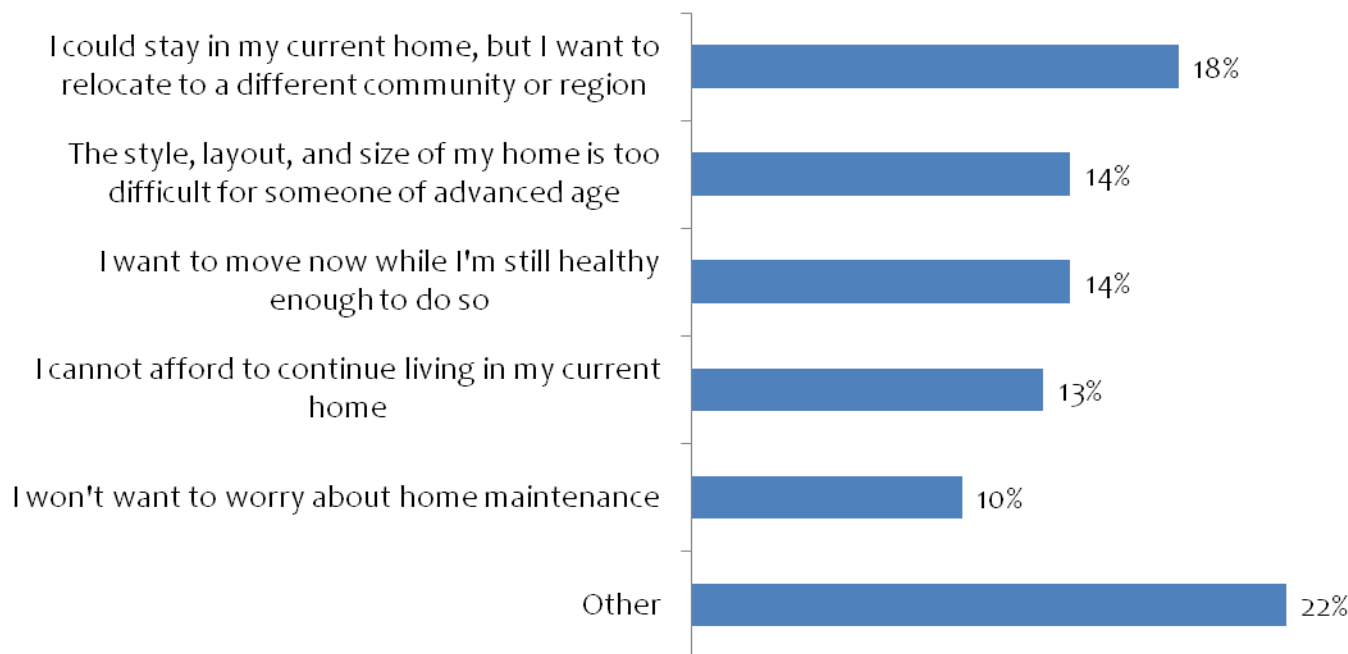
IF YES: For which of the following reasons do you plan to stay in your home? Please tell me all that apply. Showing National (N = 903)



Seniors who intend to move seek a different community or region

- One in five respondents who intend to move in the next five to 10 years seek a different community or region

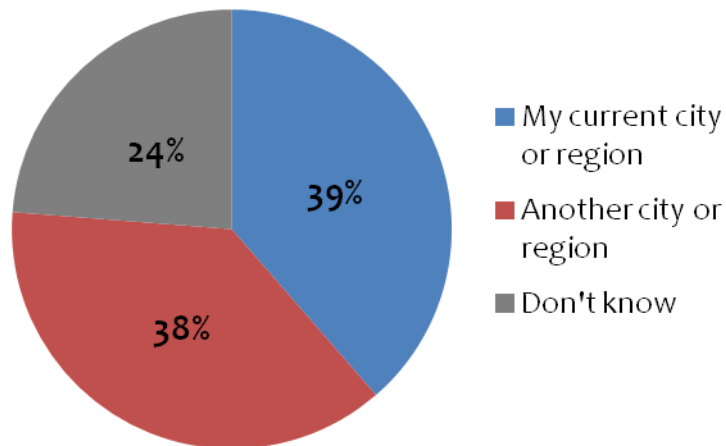
IF NO: Which of the following reasons best describes why you would move? Showing National (N = 101)



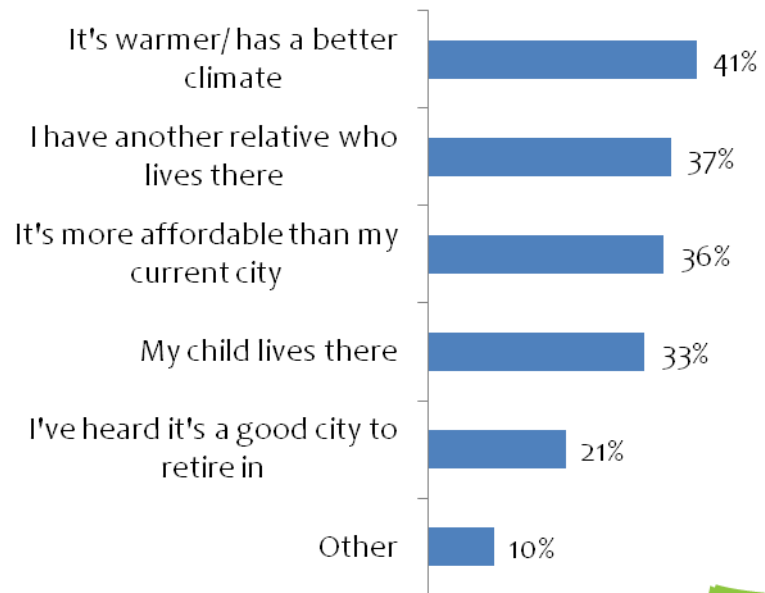
Those intending to move are undecided on where to live

- Respondents are evenly split between staying in their current cities or regions and moving to a new city or region

IF NO: Where do you plan to live when you move? Showing National (N = 101)



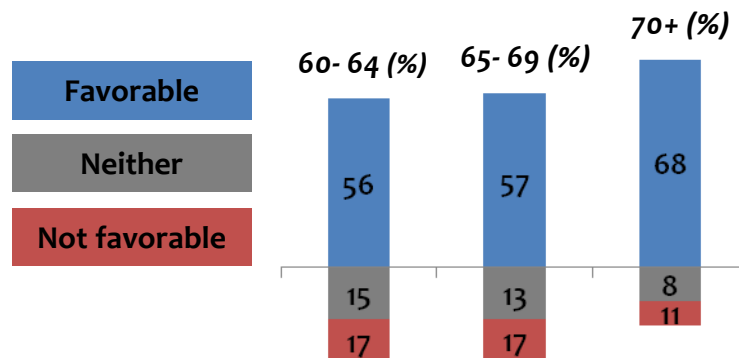
IF NEW CITY: For which of the following reasons would you move to a new city? Please select all that apply. Showing National (N = 38)



Older adults view senior-living facilities in their community favorably

- Seniors aged 70 and older are the most favorable toward senior-living facilities in their community

In general, how favorable is your view of the senior-living facilities in your community? This would include patio homes or apartment communities geared toward seniors, assisted-living facilities and the like.



	60-64 (%)	65-69 (%)	70+ (%)
Very favorable	22	27	34
Somewhat favorable	34	30	34
Neither	15	13	8
Somewhat unfavorable	9	9	5
Very unfavorable	8	8	6

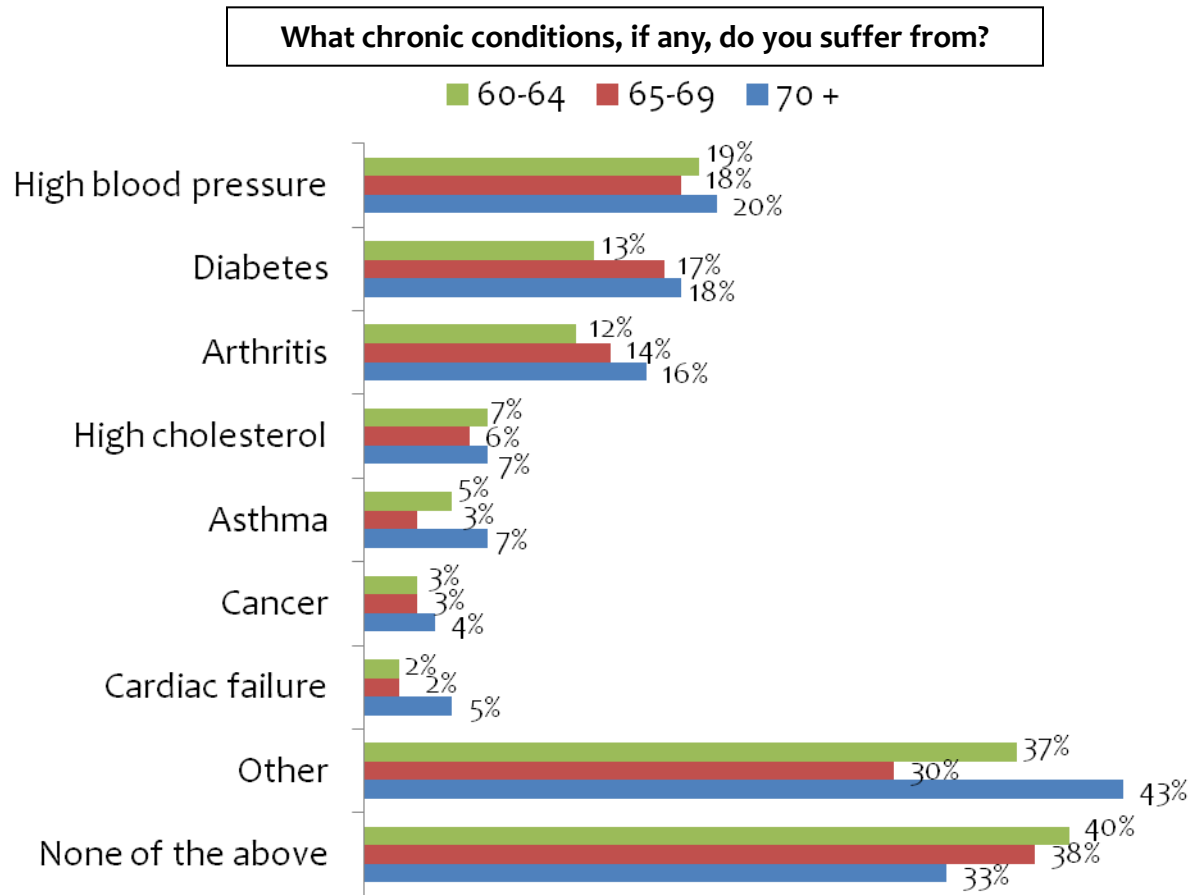


The background is a solid blue color. Overlaid on this are several abstract, organic shapes in a slightly lighter shade of blue. A central silhouette of a person with arms raised is the most prominent feature. The overall composition is clean and modern, suggesting themes of health and wellness.

HEALTH AND WELLNESS

High blood pressure is the most prevalent self-reported chronic condition among seniors

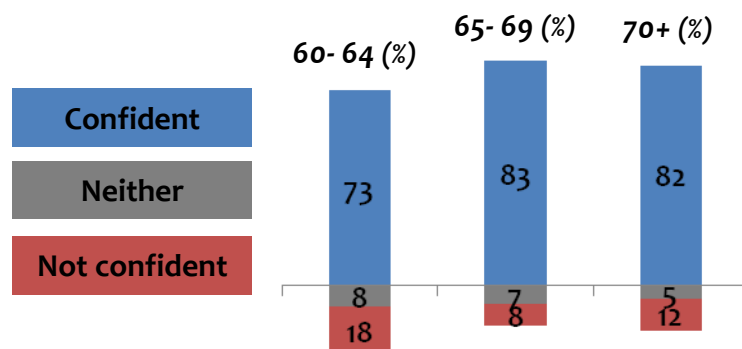
- High blood pressure, diabetes and arthritis are more common among respondents aged 70 and older



Seniors are confident in their abilities to proactively manage their health

- Seniors aged 65 to 69 are the most confident in their abilities to manage health conditions to reduce their needs to see a doctor
- Nearly one in five seniors aged 60 to 64 are not confident in their abilities to manage health conditions to reduce the need to see a doctor

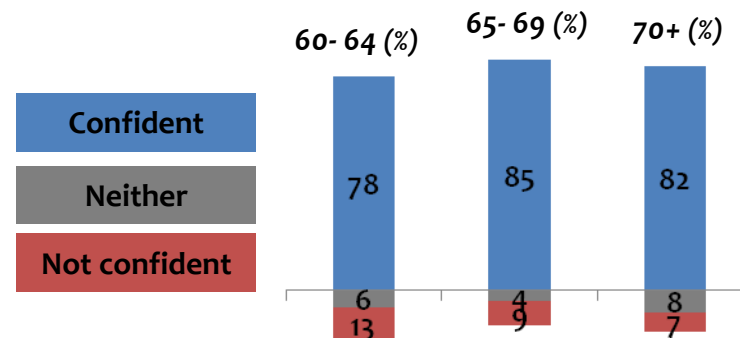
IF SUFFERS FROM CHRONIC CONDITION: How confident are you that you can do the tasks and activities needed to manage your health condition(s), as to reduce your need to see a doctor? (N= 608)



Beyond just taking medication, confidence in their abilities to manage illness is strong

- More than 80 percent of respondents are confident that they can do things besides taking medication to reduce the effects of illness on daily life
- Still, more than one in 10 respondents aged 60 to 64 are not confident

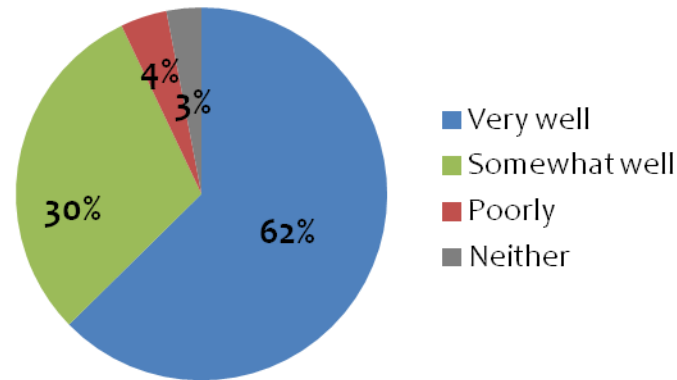
IF SUFFERS FROM CHRONIC CONDITION: How confident are you that you can do things other than just taking medications to reduce how much your illness affects your daily life? (N= 608)



Older adults believe that they manage their mental health and stress levels well

- Approximately 92 percent of seniors aged 65 and older say they manage their mental health and stress levels very or somewhat well

How well would you say you manage your mental health and stress levels?
Showing National

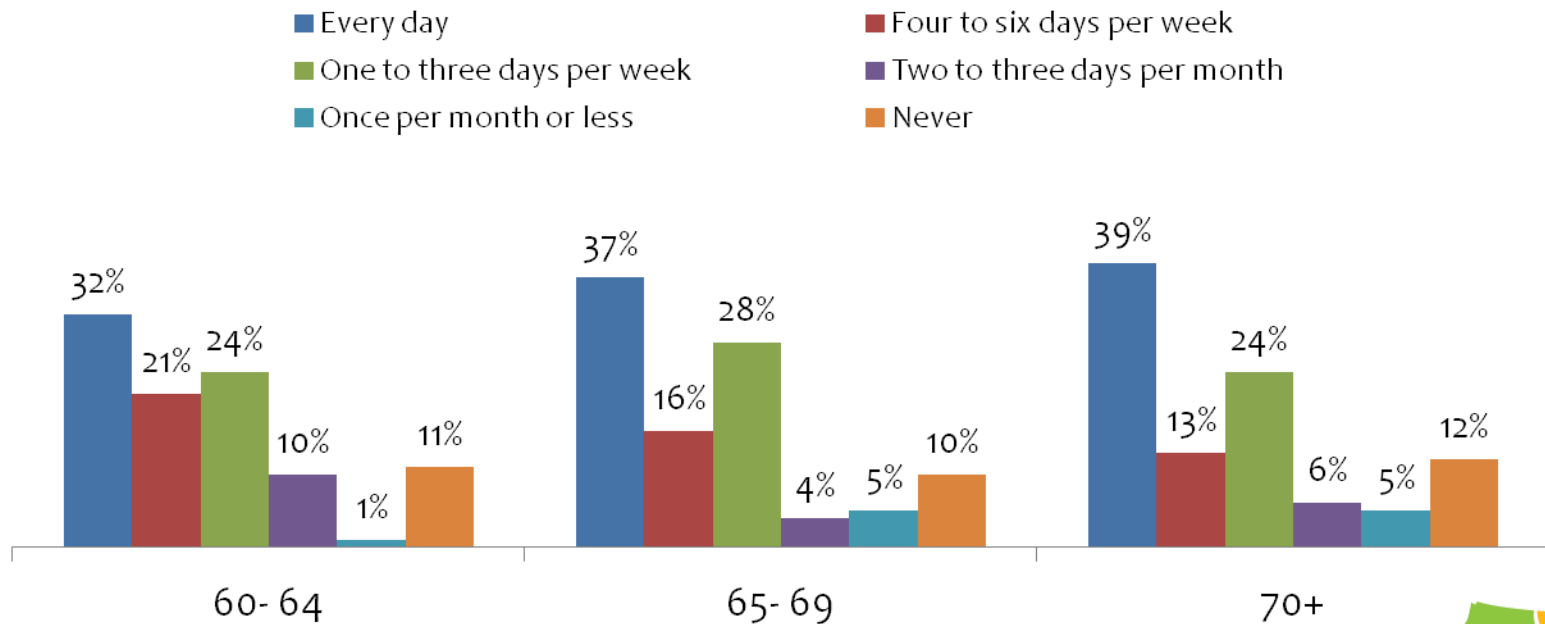


	National Gen Pop.	60-64 (%)	65-69 (%)	70+ (%)
Very well	62	56	62	65
Somewhat well	30	34	32	26
Neither	3	3	3	3
Somewhat poorly	3	4	2	2
Very poorly	1	2	1	1

Older adults are exercising frequently

- More than one-third of seniors exercise or engage in physical activity every day
 - Seniors aged 70 and older are the most active; 39 percent are physically active every day

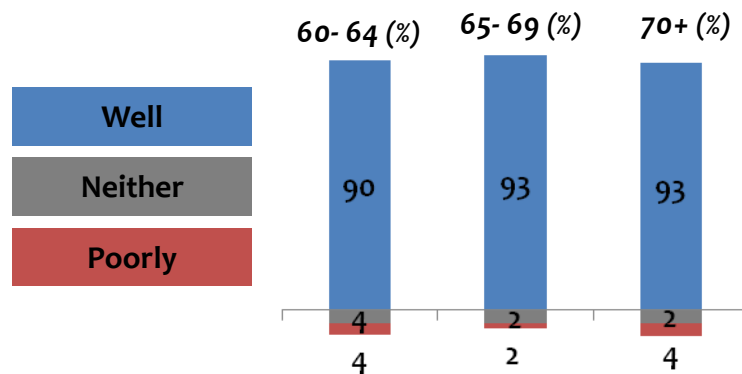
How often do you exercise or engage in physical activity to help you maintain your health?



Seniors overwhelmingly report that they have good lines of communication with their doctors

- Only 4 percent of seniors say they communicate poorly with their doctors regarding health questions and concerns

How well would you say you communicate with your doctors regarding your health questions and concerns, including your test results?

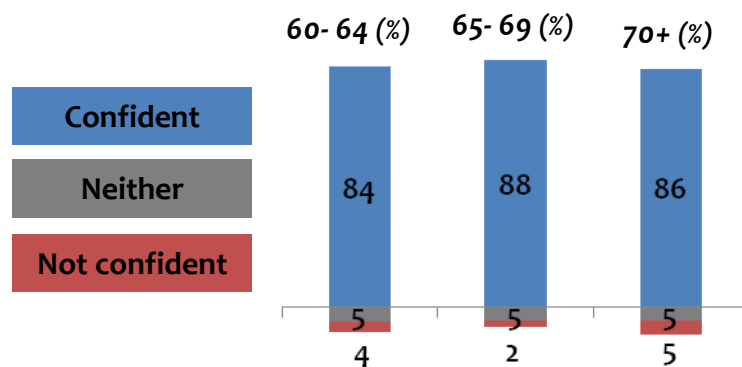


	60-64 (%)	65-69 (%)	70+ (%)
Very well	67	72	78
Somewhat well	23	21	15
Neither	4	2	2
Somewhat poorly	2	2	2
Very poorly	2	0	2

Seniors are confident in their abilities to manage their medication

- The majority of respondents are very confident in their knowledge of what their medications do and how to watch for side effects

How confident are you that you know what your medications do and know what side effects to watch for?



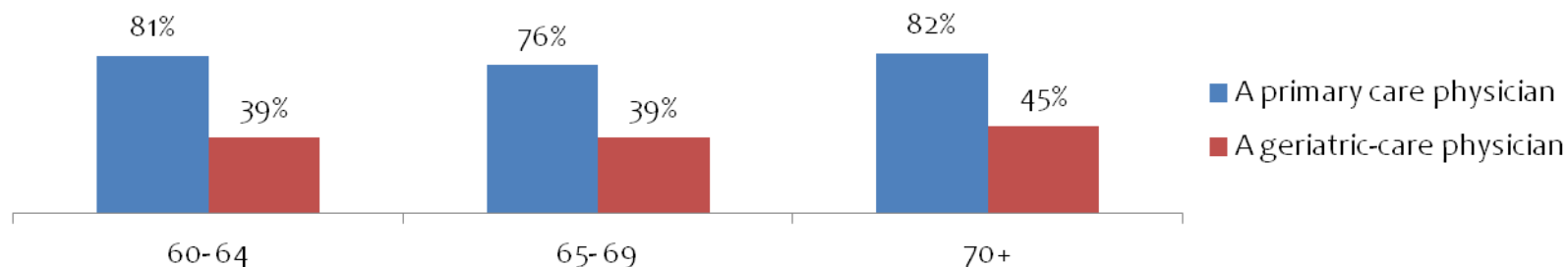
	60-64 (%)	65-69 (%)	70+ (%)
Very confident	68	72	68
Somewhat confident	16	16	18
Neither	5	5	5
Not very confident	3	2	4
Not at all confident	1	0	1



Seniors are confident in their abilities to see a primary care physician, but when requiring specialized care, confidence levels differ

- While roughly four in five respondents are very confident in their abilities to see a primary care physician in their community, only two in five are very confident in their abilities to see a geriatric care physician

If you were in need of medical care, how confident are you that you could see each of the following in your community? Showing % Very confident



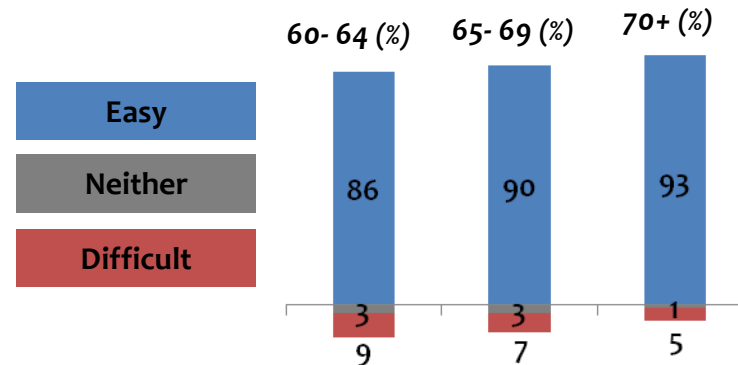
	60-64 (%)		65-69 (%)		70+ (%)	
	PCP	Geriatric	PCP	Geriatric	PCP	Geriatric
Very confident	81	39	76	39	82	45
Somewhat confident	10	18	16	20	12	16
Neither	1	9	1	6	1	10
Not very confident	2	4	3	5	2	4
Not at all confident	4	7	2	7	1	7



Seniors believe that it is easy to get to the offices of physicians they see most frequently

- Nearly one in 10 seniors aged 60 to 64 find it very or somewhat difficult

Thinking about the physician(s) whom you see most frequently, how easy or difficult is it for you to get to your physicians' offices?

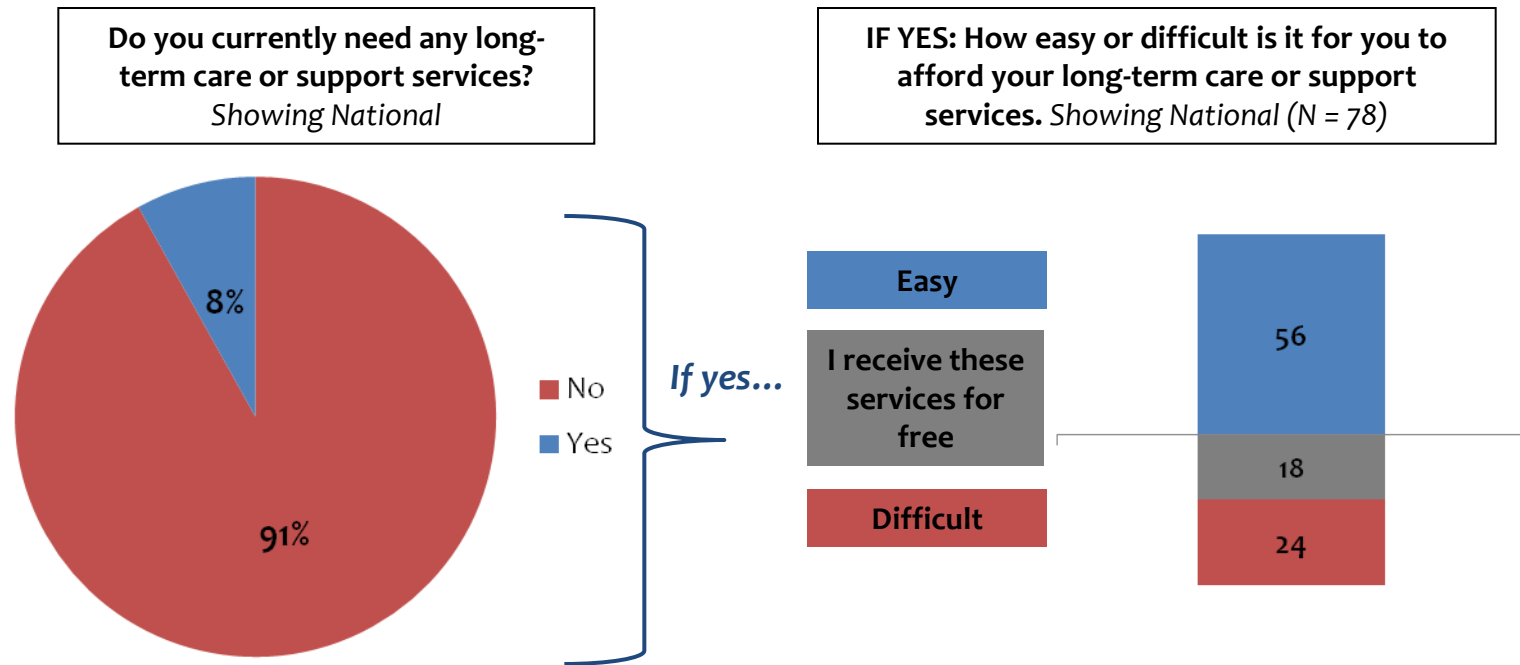


	60-64 (%)	65-69 (%)	70+ (%)
Very easy	69	74	73
Somewhat easy	17	16	20
Neither easy nor difficult	3	3	1
Somewhat difficult	5	5	4
Very difficult	4	2	1



One quarter of seniors in need of long-term care find it difficult to afford...

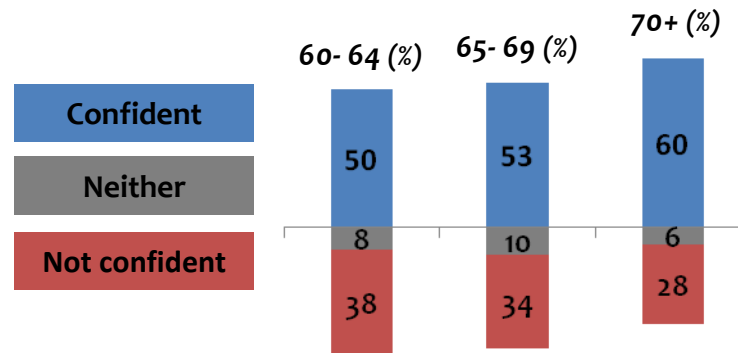
- Approximately one in five seniors in need of long-term care receive these services for free



... and many seniors who don't currently need these services believe that they would be unable to afford them in the future

- For those who do not currently need long-term care, roughly one-third are not confident they would be able to afford these services if they need them someday

IF NO: How confident are you that you would be able to afford long-term care or support services if you need them someday? (N= 927)



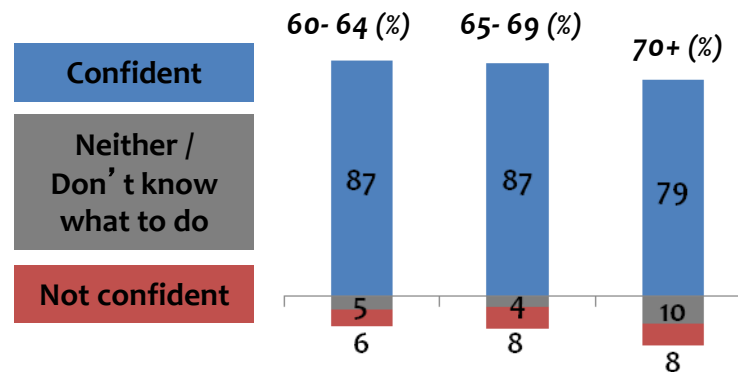
	60-64 (%)	65-69 (%)	70+ (%)
Very confident	19	27	25
Somewhat confident	31	26	35
Neither	8	10	6
Not very confident	23	22	15
Not at all confident	15	12	13



Seniors are very confident in their abilities to maintain their health over the next decade

- Less than 10 percent are not confident in their abilities to do the things needed to maintain their health over the next five to 10 years

How confident are you that you will be able to do the things needed to maintain your health over the next five to 10 years?



	60-64 (%)	65-69 (%)	70+ (%)
Very confident	44	47	33
Somewhat confident	43	40	46
Neither	4	2	6
Not very confident	3	5	6
Not at all confident	3	3	2
Don't know what to do to maintain my health	1	2	4

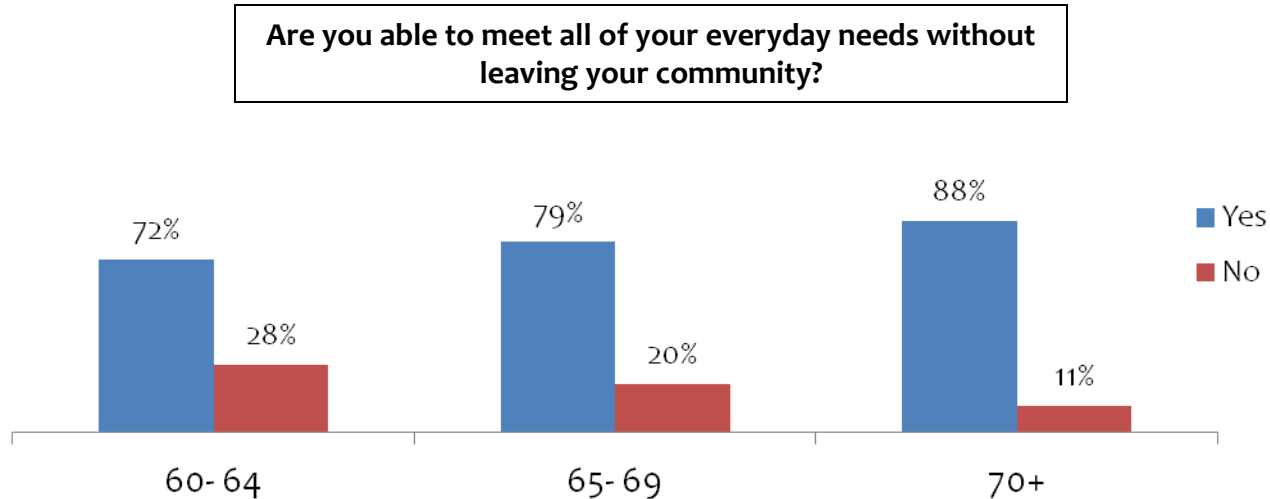


The background is a solid blue color. Overlaid on this is a large, light blue silhouette of a person with their arms raised in a 'V' shape. To the right of the person, there is a large, faint number '4' that spans a significant portion of the right side of the image. The text 'COMMUNITY ACCESSIBILITY' is centered horizontally and partially overlaps the person's silhouette.

COMMUNITY ACCESSIBILITY

Seniors can meet their everyday needs without leaving their communities

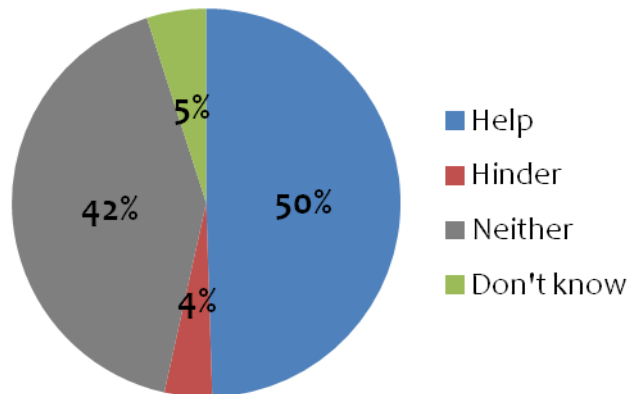
- Older respondents are more likely to be able to meet all of their everyday needs without leaving their communities



Many say the community they live in does not impact their abilities to lead happy and healthy lives...

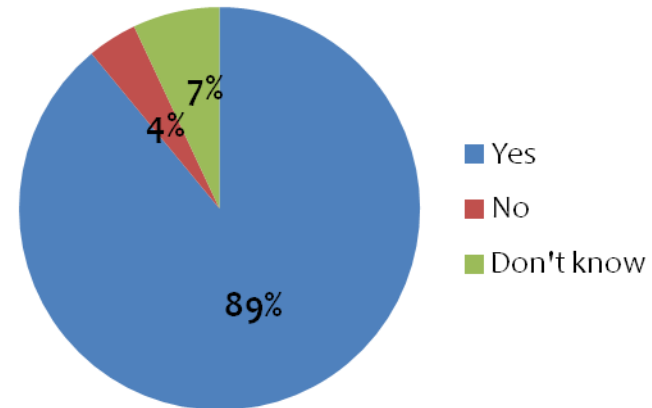
- Only half say the community they live in helps them lead a happy and healthy life

Does the community in which you live help you or hinder you in your ability to lead a happy and healthy life? *Showing National*



If helps...

IF IT HELPS: Do you think your community will continue helping you be happy and healthy over the next 5-10 years? *Showing National (N= 500)*



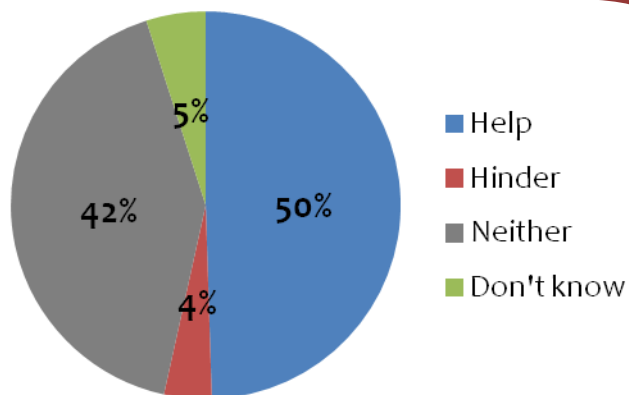
	60-64 (%)	65-69 (%)	70+ (%)
Help	47	52	51
Hinder	7	4	2
Neither	42	42	41



But the biggest complaints are affordability and walkability

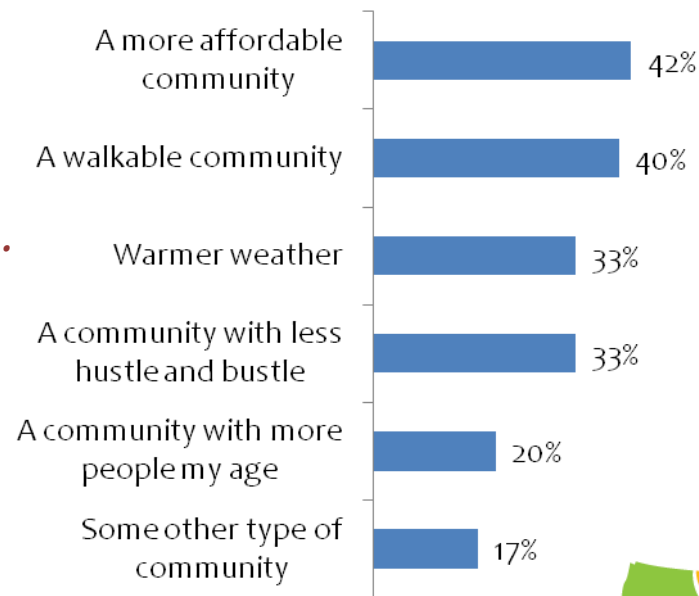
- Respondents who say their communities hinder their abilities to lead a happy and healthy life would prefer a more affordable community or a more walkable community

Does the community in which you live help you or hinder you in your ability to lead a happy and healthy life? Showing National



If hinders...

IF IT HINDERS: What sort of community would help you lead a happy and healthy life? Please tell me all that apply. Showing National (N= 39)

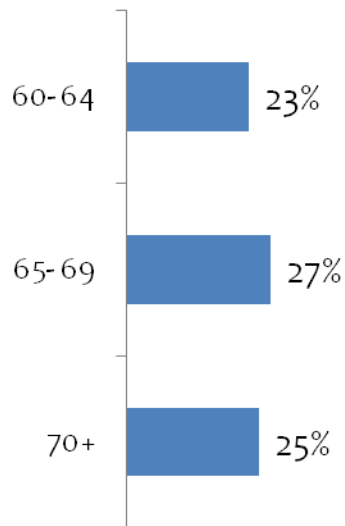


Many seniors lack access to high-quality transportation...

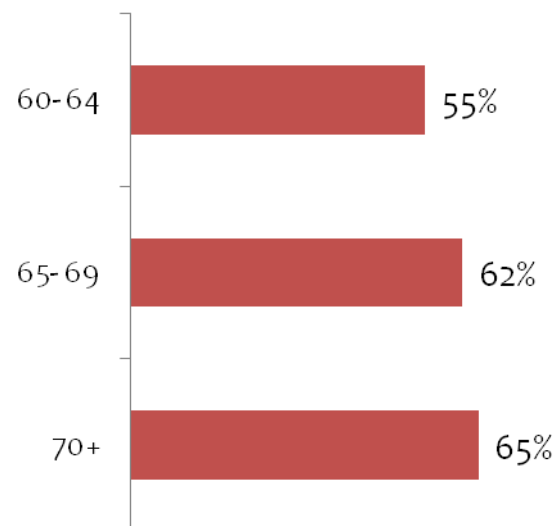
- Less than one-third of seniors *strongly* agree that there is a high-quality public transportation service in their community
- More than half *strongly* agree they feel safe walking in their community

Thinking about your community, please tell me how strongly you agree or disagree with the following statements.
Showing % strongly agree

A high-quality public transportation service is available in my community

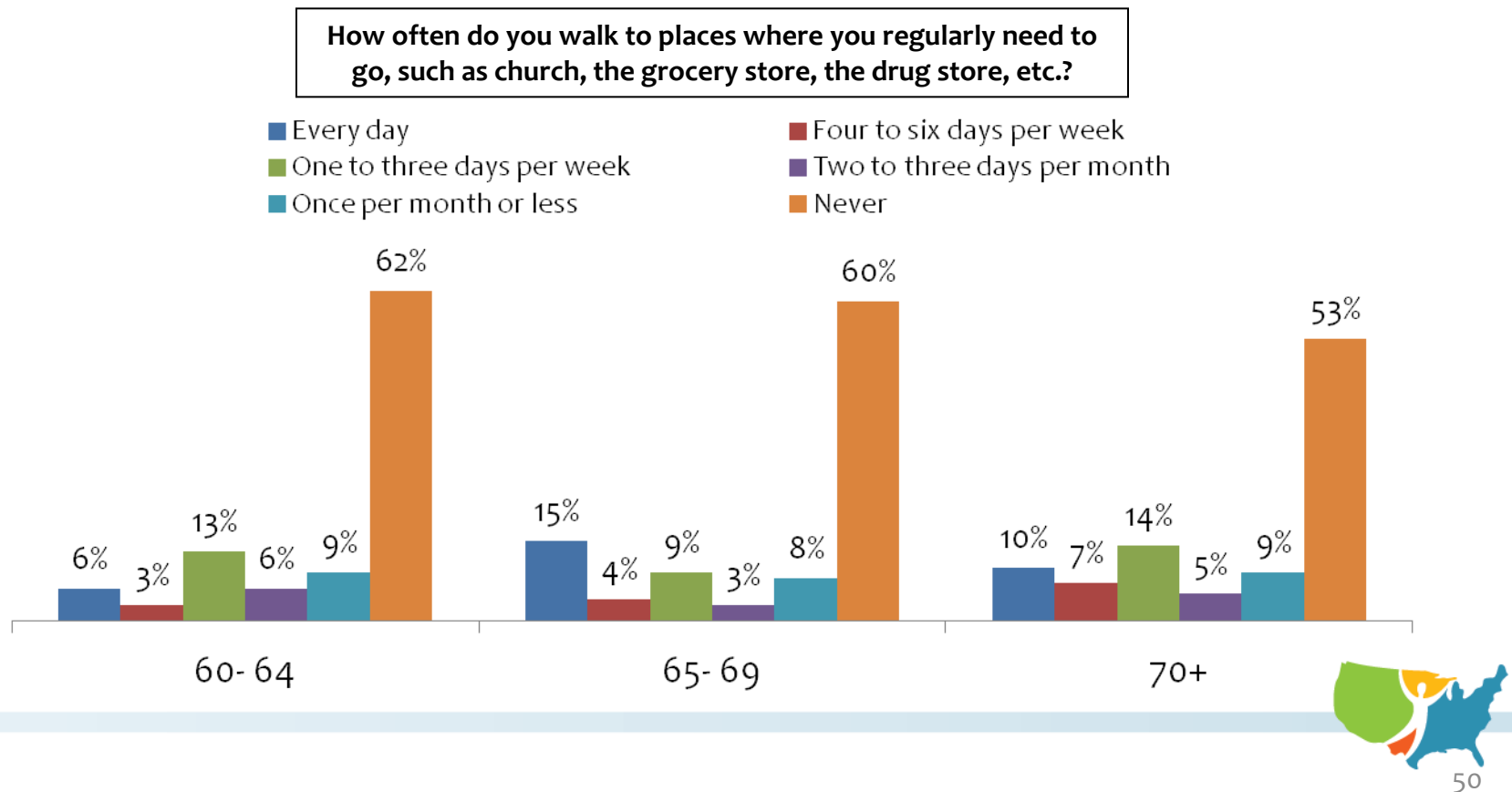


I feel safe when I walk in my community



... but also do not feel that they can walk as a means of travel

- More than half of respondents never walk to places they regularly go
- Approximately 15 percent of respondents aged 65 to 69 walk everyday to places they need to regularly go

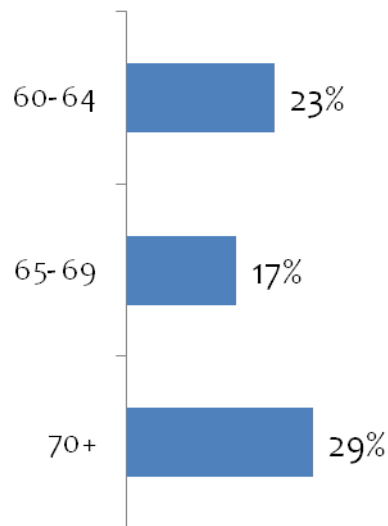


Awareness of services offered by non-profits and local government varies

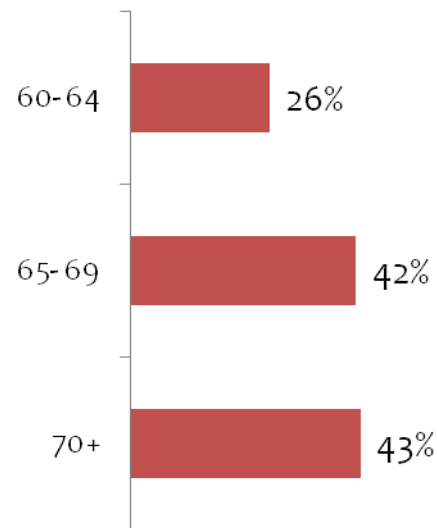
- Seniors aged 65 and older are more likely to *strongly* agree that there are non-profits, churches and other organizations that provide support services for older adults

Thinking about your community, please tell me how strongly you agree or disagree with the following statements. Showing % strongly agree

The local government in my community provides support services that can help older adults with their daily needs



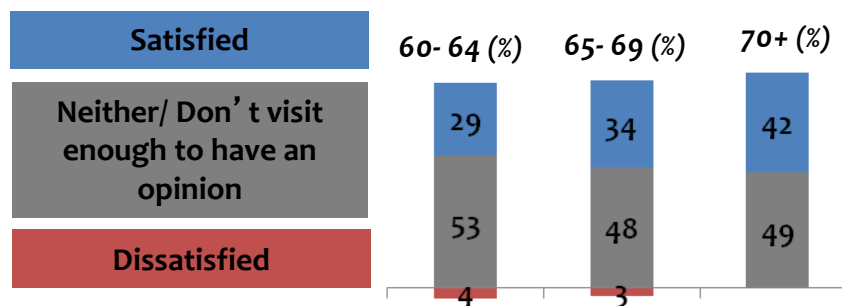
There are non-profit organizations, churches, or other types of organizations in my community that provide support services to help older adults with their daily needs



Many seniors have not visited the senior centers in their communities

- Seniors aged 70 and older are the most satisfied with the quality of programming and events at senior centers in their communities

How satisfied are you with the quality of the programming and events at senior or community centers in your community?



	60-64 (%)	65-69 (%)	70+ (%)
Very satisfied	14	22	26
Somewhat satisfied	15	12	16
Neither satisfied nor dissatisfied	13	12	10
Somewhat dissatisfied	2	1	0
Very dissatisfied	2	2	0
Don't visit enough to have an opinion	44	36	39



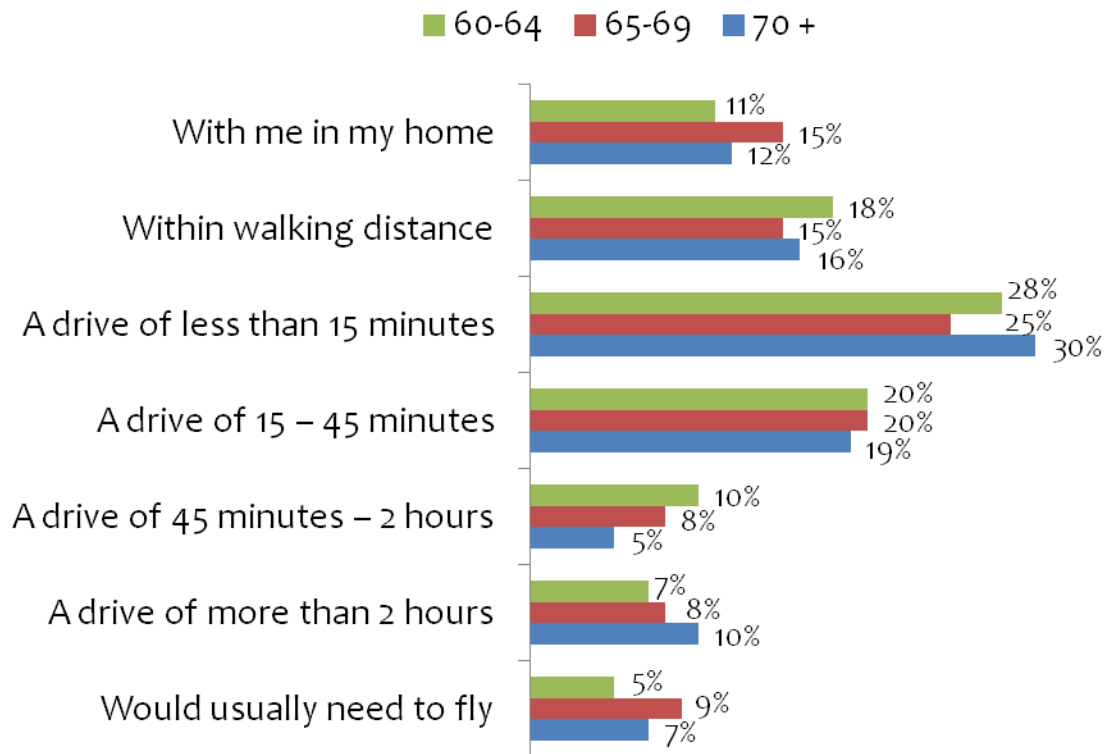
The background is a solid blue color. Overlaid on this is a large, light blue silhouette of a person with their arms raised in a 'V' shape. To the right of the person, there is a large, faint, light blue number '1' that extends from the top right towards the center of the image.

FAMILY AND CAREGIVERS

Older adults live close to relatives...

- Close to one-third of seniors either live with their nearest relatives or within walking distance

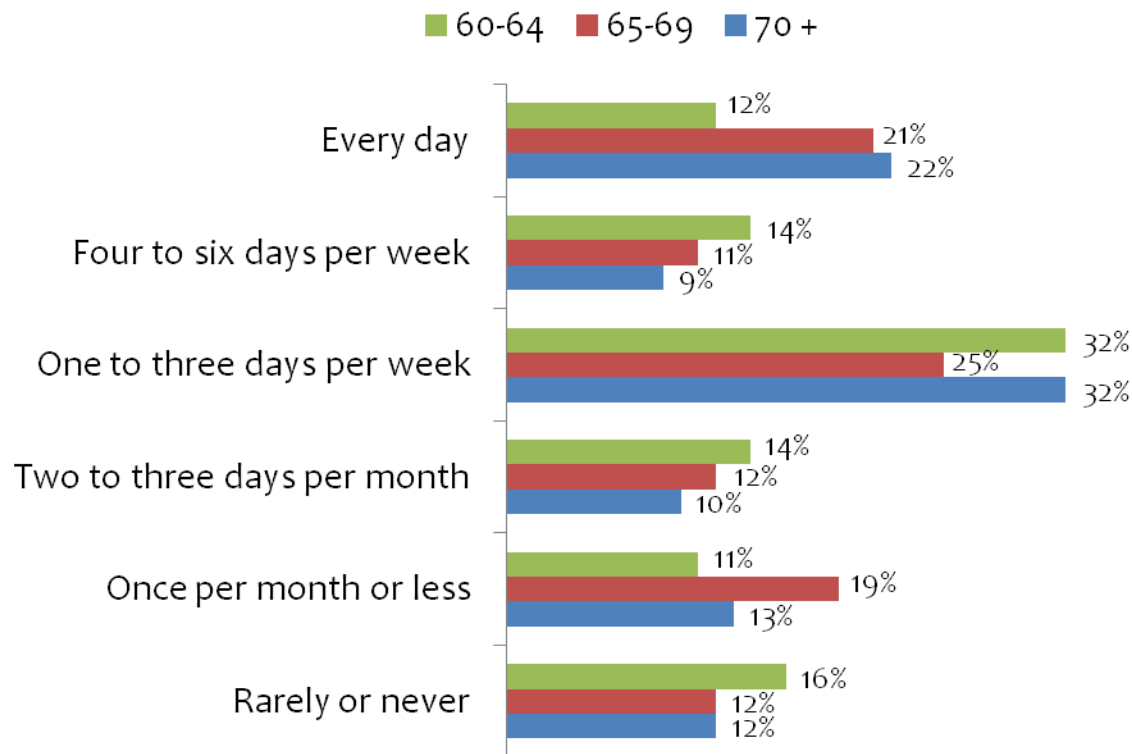
How close do your nearest relatives live, not including your spouse?



... and spend a good deal of time with relatives

- Seniors aged 70 and older spend the most time visiting relatives; 63 percent visit relatives at least once a week

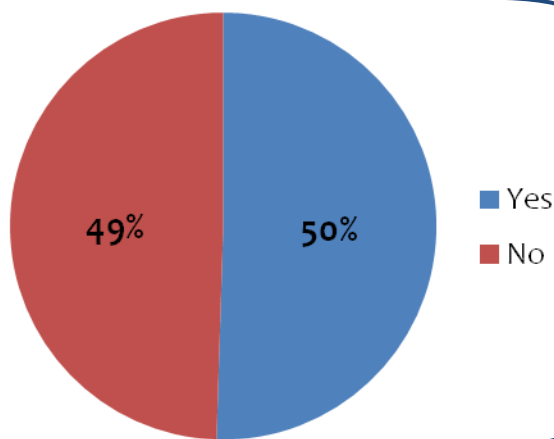
How often do you spend time visiting with your relatives?



Older seniors are more likely to have someone they consider a caregiver

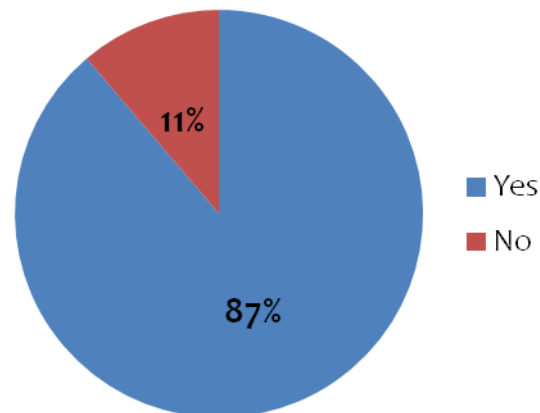
- More than half of seniors aged 70 and older have someone they consider a caregiver
 - The vast majority of caregivers are family members

Do you have someone you consider a caregiver in your life? Showing National



If yes...

IF YES: Is your caregiver a member of your family? Showing National (N= 500)



Do you have someone you consider a caregiver in your life?	60-64 (%)	65-69 (%)	70+ (%)
Yes	42	39	60
No	57	60	40

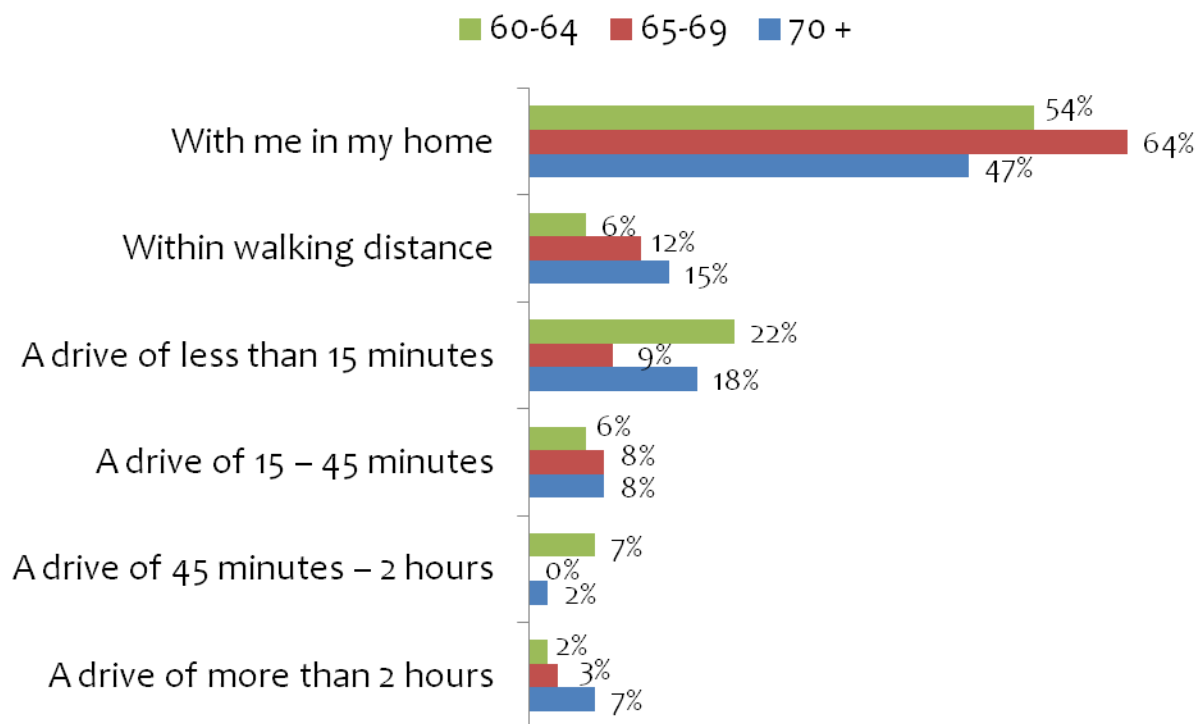
IF YES: Is your caregiver a member of your family?	60-64 (%) (N= 249)	65-69 (%) (N= 215)	70+ (%) (N= 601)
Yes	93	91	84
No	6	8	15



Nearly 50 percent of all seniors have a caregiver who lives in their home

- Seniors aged 70 and older are less likely than younger seniors to have a caregiver who lives with them

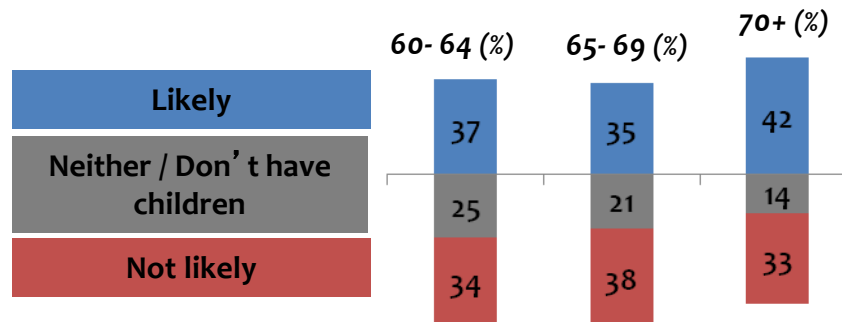
IF YES: How far away does your caregiver live? (N= 500)



Some seniors anticipate children or grandchildren acting as caregivers

- More than 40 percent of seniors aged 70 and older say it is likely a child or grandchild will need to act as a caregiver at some point in the future

IF NO: How likely is it that one of your children or grandchildren will need to serve as a caregiver for you at some point in the future? (N= 567)



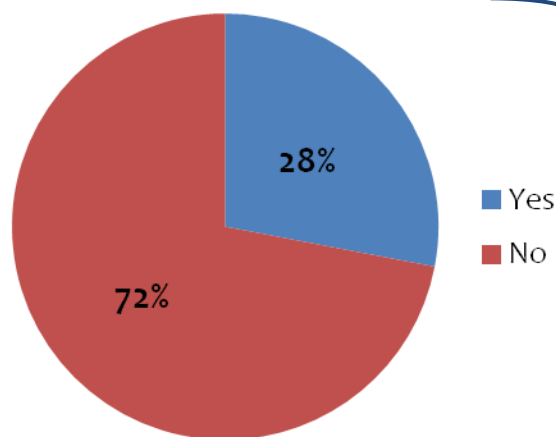
	60-64 (%)	65-69 (%)	70+ (%)
Very likely	16	15	20
Somewhat likely	21	20	22
Neither likely nor unlikely	11	8	6
Somewhat unlikely	18	13	13
Very unlikely	16	25	20
Don't have any children or grandchildren	14	13	8



Some older adults act as caregivers for someone else

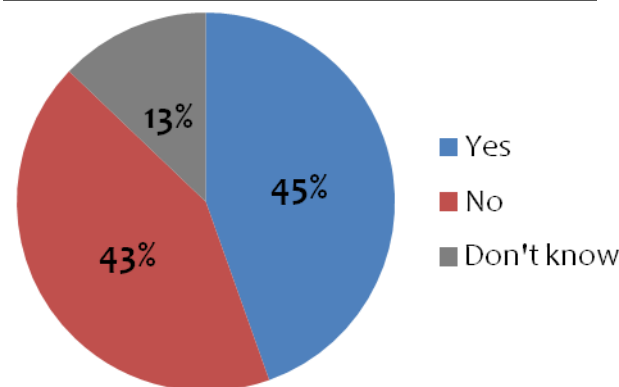
- Nearly one-third of seniors aged 60 to 69 act as a caregiver for someone else

Do you act as a caregiver for someone else? Showing National



If yes...

IF YES: Would you benefit from services designed to support caregivers, such as respite care? Showing National (N = 281)



Do you act as a caregiver for someone else?	60-64 (%)	65-69 (%)	70+ (%)
Yes	29	32	26
No	71	68	74

Would you benefit from services designed to support caregivers, such as respite care?	60-64 (%) (N= 204)	65- 69 (%) (N= 175)	70+ (%) (N= 259)
Yes	37	44	50
No	50	38	40

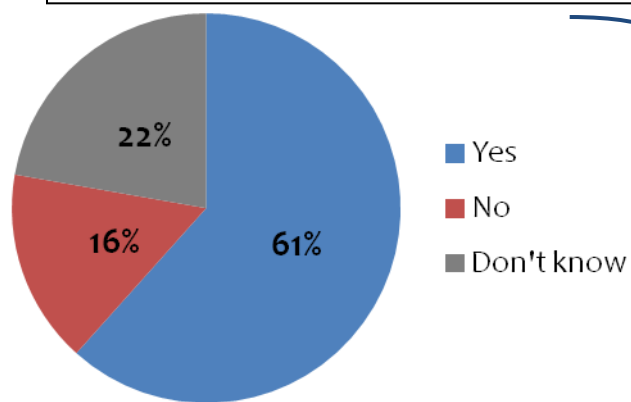


One in five seniors are aware of the services offered by their communities, but the majority who know don't take advantage of them

- Older seniors are either more aware of or have greater access to services in their communities to assist them in meeting everyday needs

If you needed help attending to your everyday needs, is there a service in your community you could call to request help?

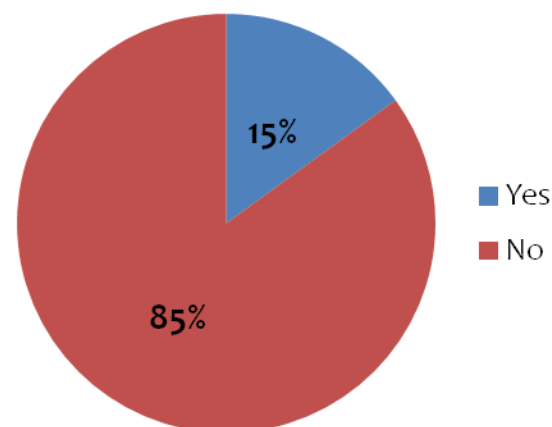
Showing National



If yes...

IF YES: Have you ever used this service?

National (N= 616)



If you needed help attending to your everyday needs, is there a service in your community you could call to request help?	60-64 (%)	65-69 (%)	70+ (%)
Yes	57	62	64
No	19	16	15
Don't know	24	22	21



Older adults prefer to be called “senior citizens” or “seniors”

- Approximately 43 percent of respondents in the national sample prefer a variation of “seniors,” and 15 percent prefer “retirees”

