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Your Update from AgeOptions

May 2018

Celebrating Older Americans for 55 Years

Older Americans Month has been observed for 55 years to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living's (ACL) Administration on Aging, every May offers opportunities to hear from, support and celebrate the nation's elders.



With this year's theme, "Engage at Every Age," ACL notes that remaining socially engaged can improve the quality of life for older adults. The theme emphasizes the importance of being active and involved, no matter where or when you are in life, and of participating in activities that can enrich physical, mental and emotional well-being.

ACL also provides an extensive collection of resources, from health to long-term care planning, to volunteering, falls prevention, elder abuse prevention and many more. Click on the link to see them all: <https://oam.acl.gov/resources.html>.

To find resources in your area, go to [Elder Care Locator](#), a service of the U.S. Administration on Aging or visit the [AgeOptions website](#).

Communicate the importance of community-based services by using **#ILOlderAdults** on social media!

Who are older Americans?

In its 2017 profile of older Americans, the Administration for Community Living included these facts:

- The population 65 and over increased from 37.2 million in 2006 to 49.2 million in 2016 (a 33 percent increase) and is projected to almost double to 98 million in 2060.
- The 85 and over population is projected to more than double from 6.4 million in 2016 to 14.6 million in 2014 (a 129 percent increase).
- Racial and ethnic minority populations have increased from 19 percent of the older adult population in 2006 to 23 percent in 2016 and are projected to increase to 28 percent by 2030.
- About one in seven, or 15.2 percent, of the population is an older American.
- Almost half of older women age 75 and over live alone.
- The median income of older persons in 2016 was \$31,618 for men and \$18,380 for women.
- Social Security constituted 90 percent or more of the income received by 34 percent of beneficiaries in 2015.
- More than 4.6 million older adults (9.3 percent) were below the poverty level in 2016.
- The need for caregiving increases with age. In January-June 2017 the percentage of people age 85 and older needing help with personal care (22 percent) was more than twice the percentage for adults age 75 to 84 (9 percent) and more than six times the percentage for adults age 65 to 74 (3 percent).