



# AGE MY WAY NC

## SUMMIT



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

**HOMETOWN  
STRONG**  
COMMUNITY FOCUSED PARTNERSHIPS

# **AGE MY WAY NC SURVEY RESULTS**

**Mark Hensley and Catherine Sevier, DPH, AARP NC**



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



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# THE WHO 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

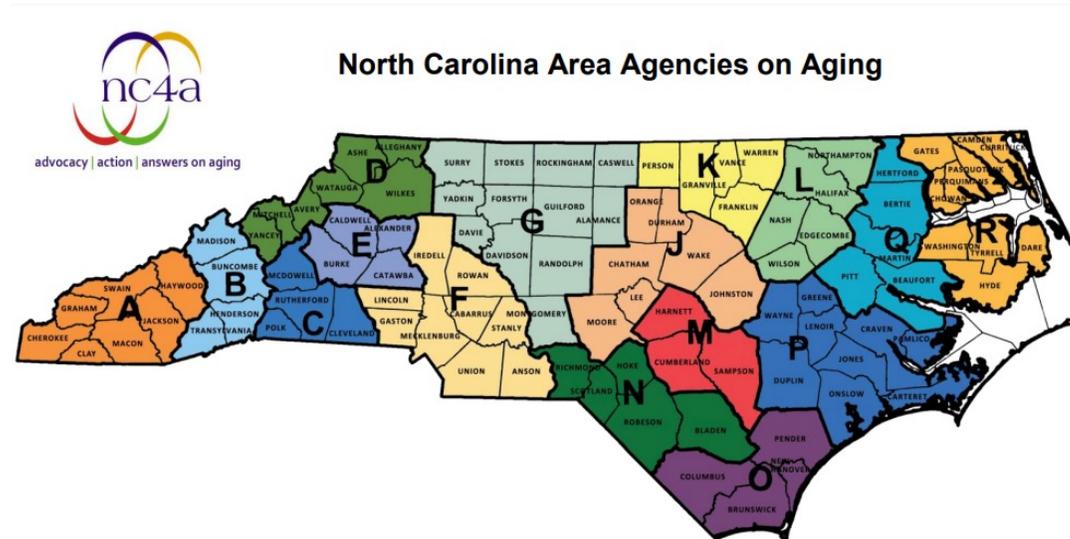
- North Carolina is Aging. Will We be Prepared?
- Age My Way NC is collaborative effort between NC and AARP NC to identify priorities for making communities great places for all ages
  - Surveyed people 45+ statewide to identify priorities (i.e., safe and walkable streets, age-friendly housing and transportation 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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# GEOGRAPHIC DISTRIBUTION OF RESPONDENTS BY AAA REGION

Region A	120	Region L	57
Region B	302	Region M	33
Region C	55	Region N	34
Region D	103	Region O	321
Region E	220	Region P	217
Region F	358	Region Q	158
Region G	579	Region R	83
Region J	524		
Region K	45		

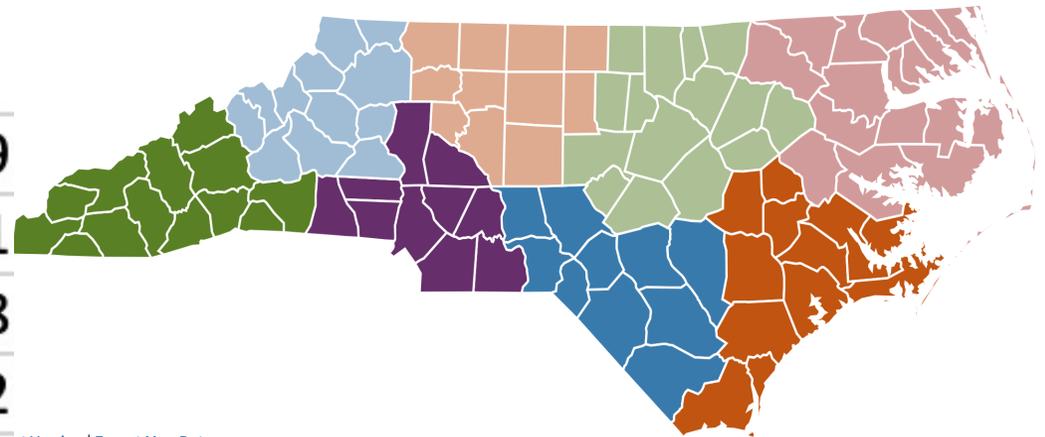


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# GEOGRAPHIC DISTRIBUTION OF RESPONDENTS BY PROSPERITY ZONES

The State of North Carolina operates eight administrative regions known as Prosperity Zones

<b>Western</b>	459
<b>Northwestern</b>	331
<b>Southwestern</b>	368
<b>Piedmont Triad (Central)</b>	562
<b>North Central</b>	594
<b>Sandhills (South Central)</b>	89
<b>Southeast</b>	528
<b>Northeast</b>	265



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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

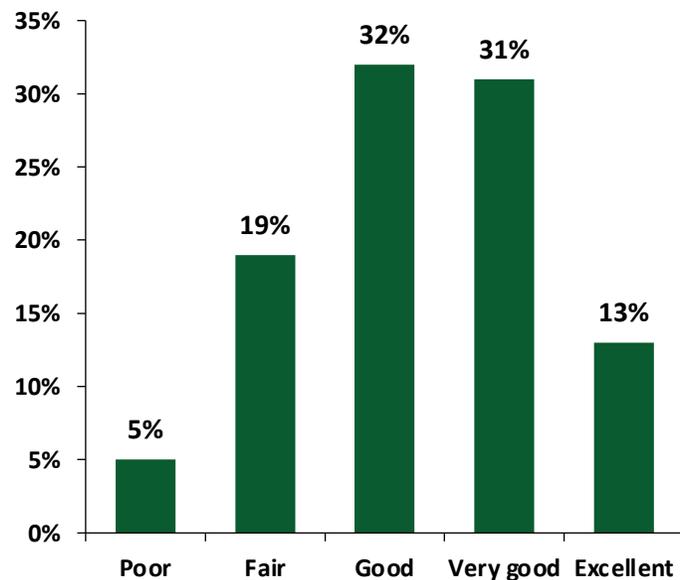
- Where do you live and where do you want to be as you age?
- How will you get groceries, see friends, or go to the doctor if you don't have a car?
- How will your life change after traditional retirement, or will you retire?
- How do you want to work, play, worship, and age in place?



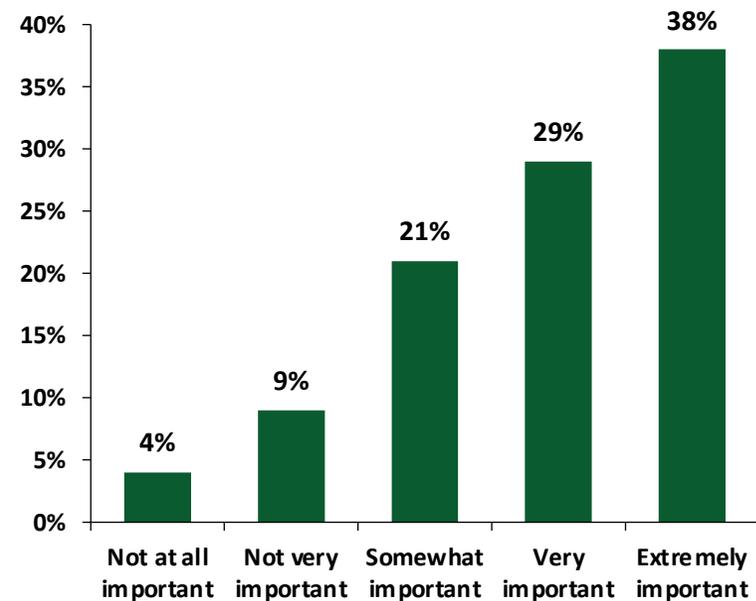
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# MAJORITY BELIEVE THEIR COMMUNITY IS A GOOD PLACE TO AGE AND WANT TO LIVE THERE INDEPENDENTLY FOR AS LONG AS POSSIBLE

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

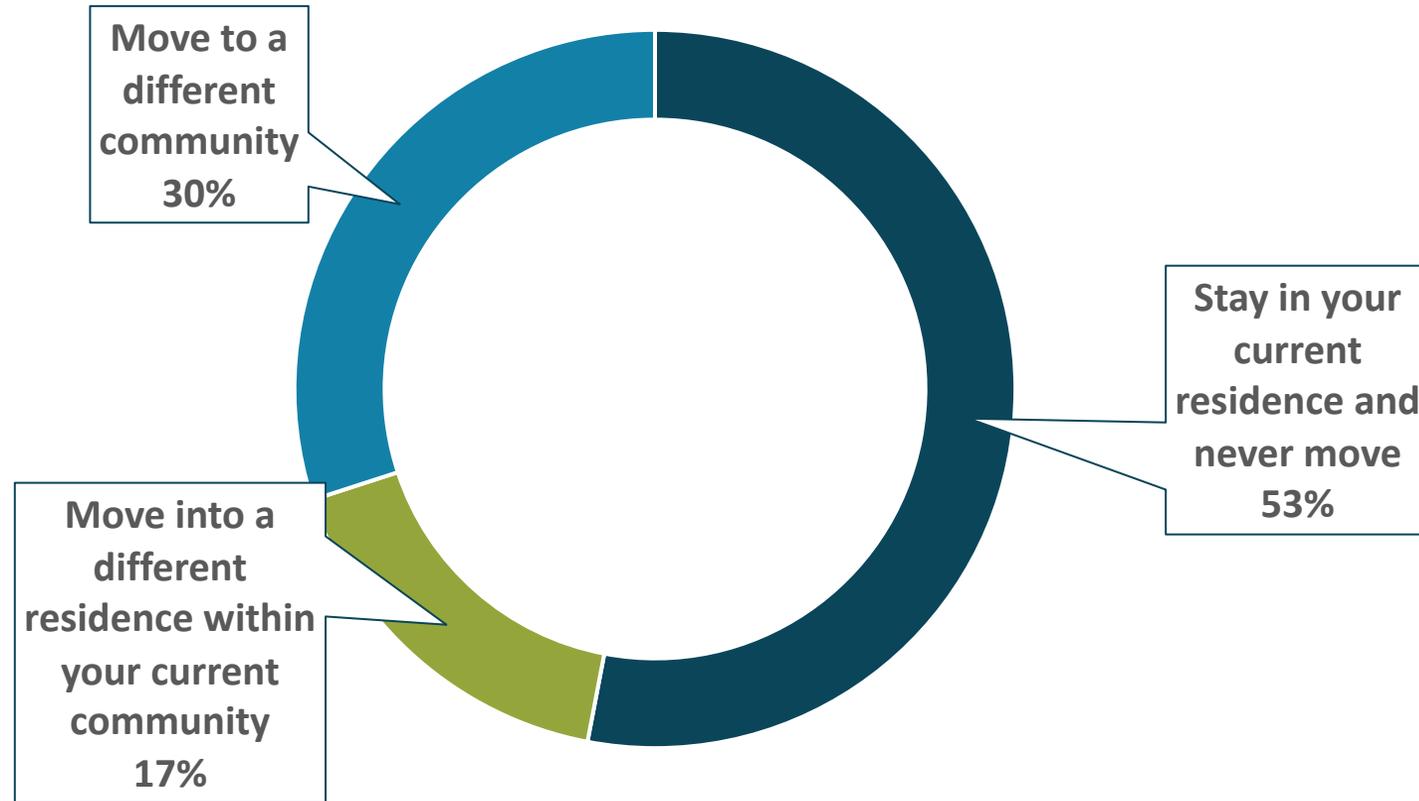


## Importance of Remaining in Current Community



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



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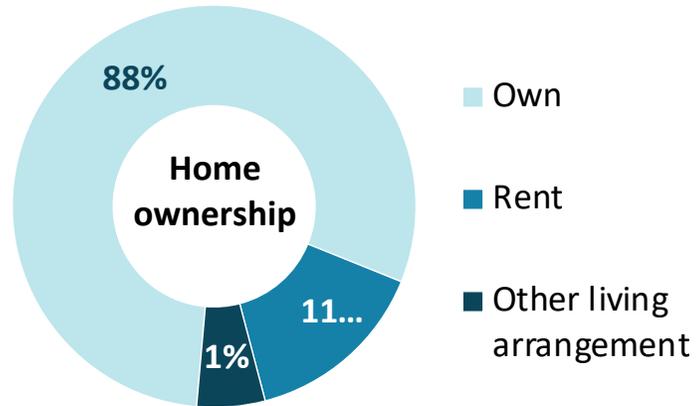
# MOST OWN SINGLE FAMILY HOMES



Housing Domain

## 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



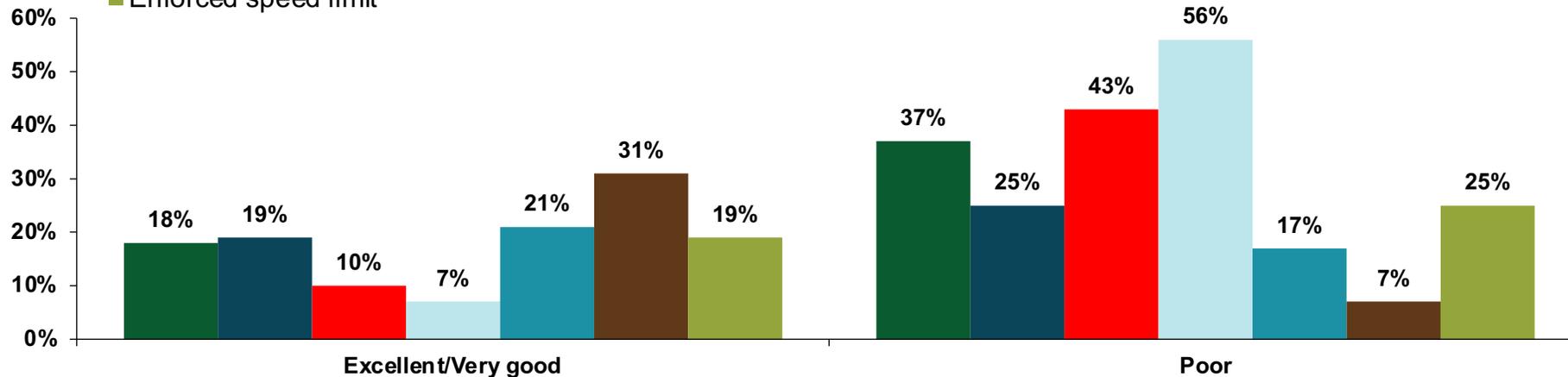
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# WELL-MAINTAINED OUTDOOR FACILITIES AND SPACES ARE EXTREMELY IMPORTANT

- 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



Outdoor Spaces & Buildings Domain



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# MOST DRIVE THEMSELVES TO GET AROUND THEIR COMMUNITY

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)



Transportation Domain



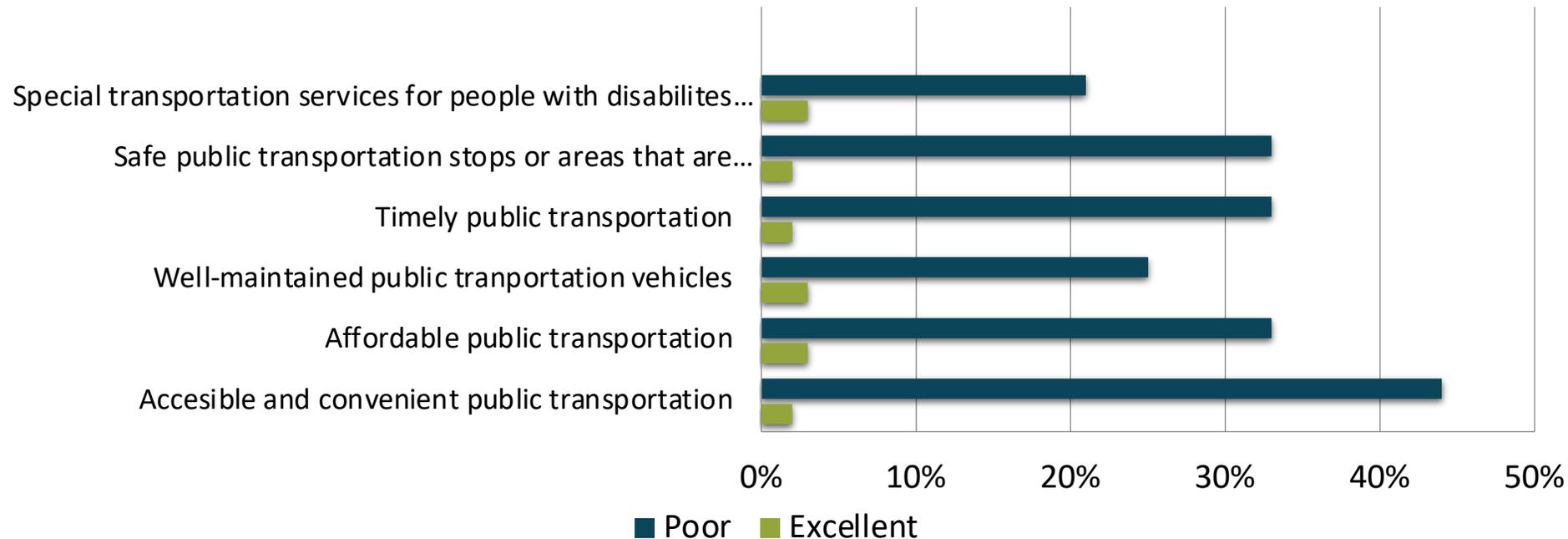
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# WELL-LIT AND MAINTAINED STREETS, INTERSECTIONS, AND OTHER FEATURES ARE EXTREMELY IMPORTANT



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



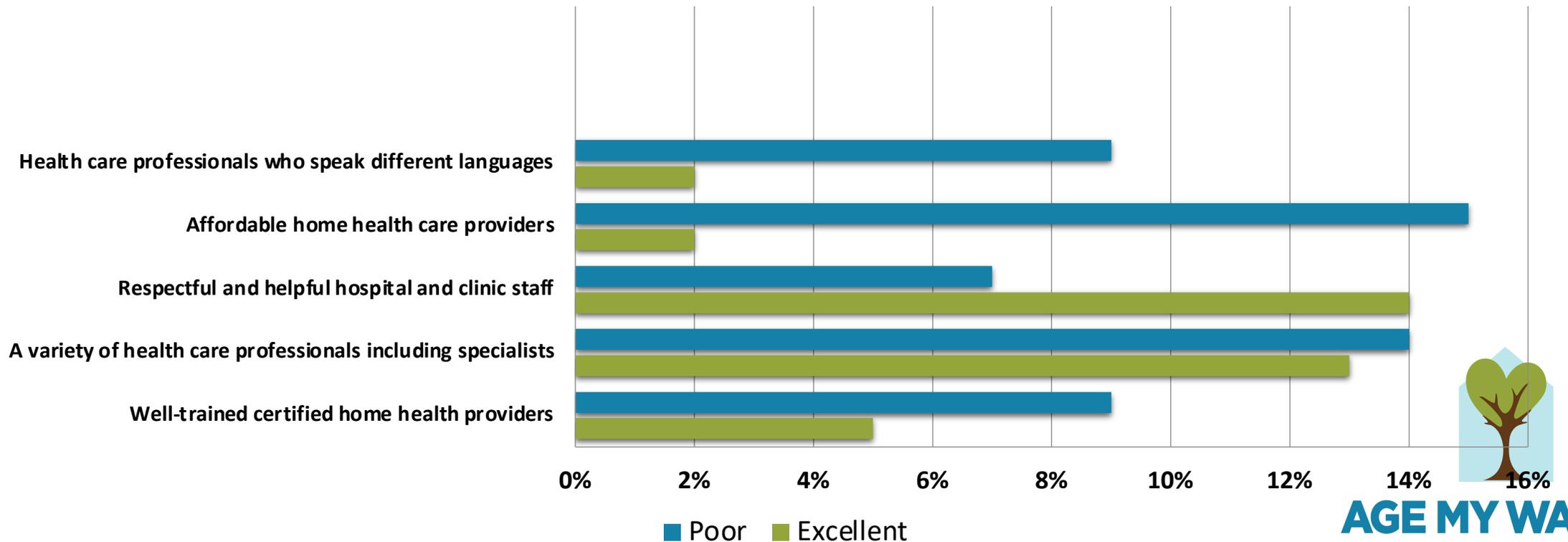
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# GOOD HOSPITALS, HEALTH CARE PROVIDERS, AND OTHER FEATURES ARE EXTREMELY IMPORTANT

## Health Care Features in the Community



Community & Health Care Domain



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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

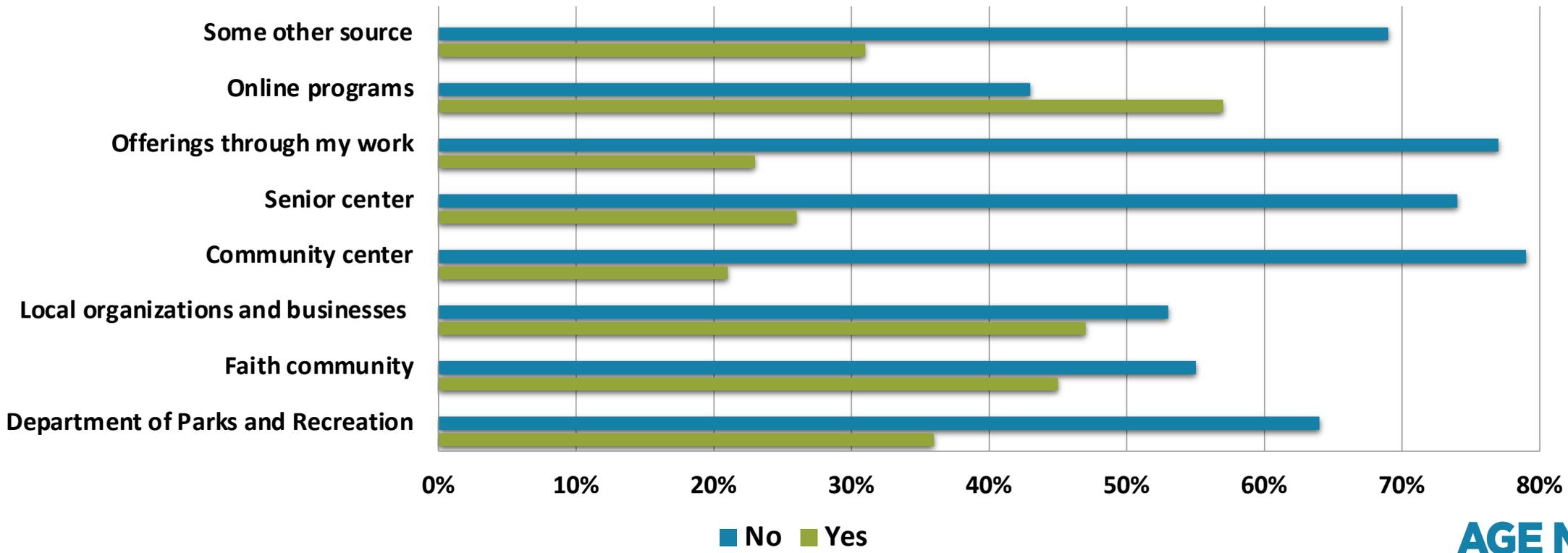


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# LIBRARIES, CULTURAL ACTIVITIES, AND OTHER FEATURES ARE EXTREMELY IMPORTANT

 Social Participation, Respect & Social Inclusion Domains

## Social Inclusion Features



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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.



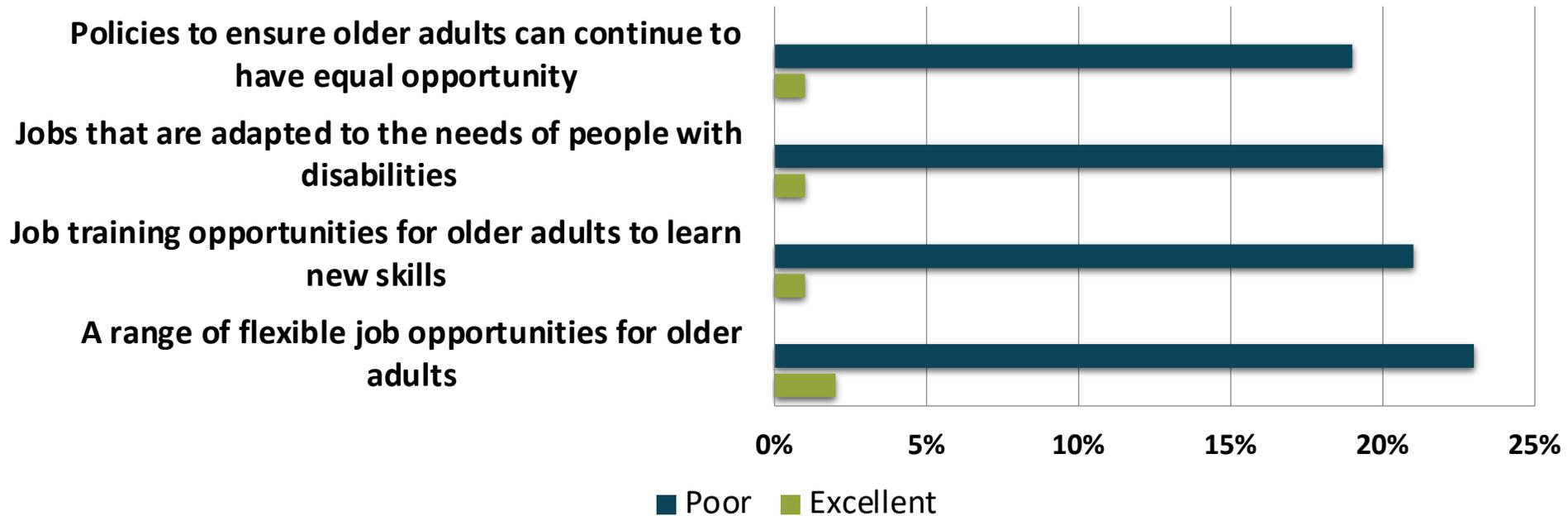
Civic Participation & Employment Domain



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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



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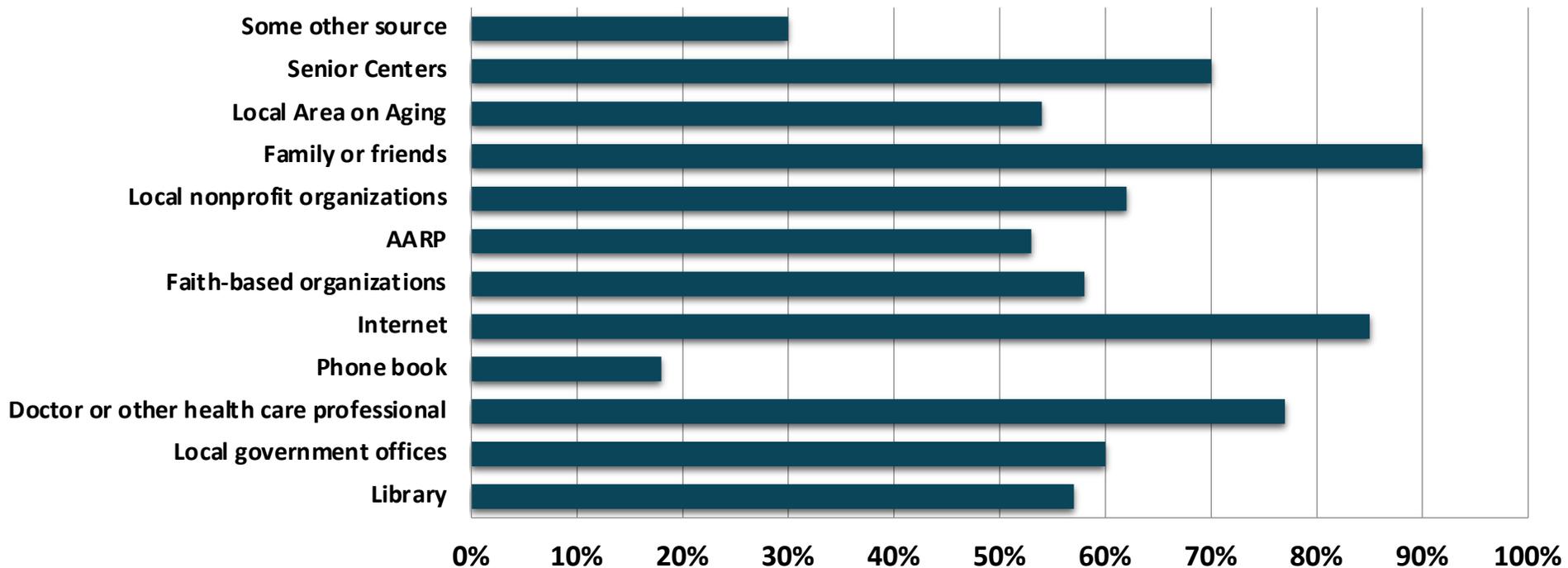
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# VARIETY OF RESOURCES ARE ACCESSED TO FIND INFORMATION ABOUT SERVICES FOR OLDER ADULTS



Communication & Information Domain

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



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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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