

A North Carolina where every person,  
at every stage of life, can live with purpose,  
safety, dignity, and belonging.

## Demographic Snapshot (2023)

NC ranks 9th  
in total population  
nationally. NC also  
ranks 9th in the population of  
those age 65 and older.



An estimated  
**49,506 people**  
60 and older  
migrated to NC from other states  
and abroad.



By 2032, the number  
of individuals aged 65  
and older is **expected**  
**to surpass** the population under  
18 years old.



Adults aged 85 and older are  
**projected to experience**  
**the fastest growth**  
**in the state** over the next 20 years.



## Supporting Older Adults and Their Families

“Strengthening resources so people can age at home and caregivers get the support they need.”

*Built on collaboration,  
equity, and trust.*



Home and Community-  
Based Services



Referrals and Access to  
Care (No Wrong Door)



Caregiving

### Plan Priorities:

- Home and Community-based Services
- Family Caregiver Support

### Statewide Strategies Feeding into the MPA:

- State Aging Plan
- NC Caregiving Collaborative
- NC Dementia Coalition, Dementia Capable State Plan
- Lifespan Respite Grant
- No Wrong Door
- NCCARE360 and NC211

*A state that works for older  
adults works for everyone.*

Equity and  
Inclusion

*Communities thrive  
when all generations  
are valued.*

## Optimizing Health and Wellbeing

“Ensuring access to person-centered services & supports.”



Health and Wellbeing



Long-Term Care  
Costs and Medicare



Workforce

### Plan Priorities:

- Long-Term Services and Supports
- Workforce

### Statewide Strategies Feeding into the MPA:

- NCIOH Healthy Aging Taskforce Report
- State Health Improvement Plan
- Exercise is Medicine Taskforce
- Healthy Aging NC
- NC Senior Games
- Senior's Health Insurance Information Program (SHIIP)
- NC Center for Workforce
- Caregiving Workforce Report

*Collaboration is our  
strongest resource.*

Shared Vision and Goals Across Sectors

*Aging is a shared experience,  
not an isolated issue.*

Data and  
Evaluation

*From vision to action:  
2024-2026 implementation focus.*

Cross-Sector  
Collaboration

*Planning with, not  
for, older adults  
and caregivers.*

## Strengthening Communities for a Lifetime

“Creating age-friendly neighborhoods, housing, and protections for all.”

*All ages, all stages: A lifespan  
approach to aging.*



Housing



Connectivity and  
Digital Equity



Social Determinants of Health  
and Age-Friendly Work

### Plan Priorities:

- Age-Friendly State and Communities
- Housing
- Adult Protective Services

### Statewide Strategies Feeding into the MPA:

- Healthy Opportunities Pilots
- Age My Way NC
- Age-Friendly Plan
- NC Olmstead Plan
- NC Strategic Housing Plan
- Strategic Highway Safety Plan
- NC Moves 2050
- Ageless Access Digital Navigators Toolkit
- NC Broadband Plan
- Social Bridging NC
- Adult Protective Services Transformation

*Caregiving is infrastructure –  
it holds up our communities.*

Public Awareness and  
Narrative Change

*Centering lived experience  
across communities.*

Workforce Development

*Aligning existing efforts,  
not duplicating them.*

## Affording Aging

“Promoting financial security & opportunities for older adults.”



Financial Education  
and Planning



Ageism and  
Engagement

### Plan Priorities:

- Potential of all Older Adults

Innovation and  
Technology

*We are only as  
prepared for the  
future as our  
communities  
are today.*

Policy and Systems  
Alignment

*Resilience, readiness, and  
connection across the lifespan.*

Community-Driven Plan: Public Health & Aging Services • Healthcare Providers & Systems • Community-Based Organizations • Housing & Urban Planning • Workforce & Economic Development • Transportation & Mobility • Education & Lifelong Learning • Policy & Advocacy



Key Cabinet Agencies in  
Cross-Sector Partnership

Department of Health  
and Human Services  
**LEAD AGENCY**

Department of Commerce  
**WORKFORCE AND  
ECONOMY**

Department of Natural and  
Cultural Resources  
**OUTDOOR ACCESS**

Department of  
Transportation  
**TRANSPORTATION**

Department of  
Environmental Quality  
**ENVIRONMENTAL HEALTH**

Department of Public Safety  
**SAFETY AND  
EMERGENCY RESPONSE**

Department of Information  
Technology  
**DATA SYSTEMS**

Department of Insurance  
**INSURANCE ACCESS,  
LEADS SHIP**

Department of Justice  
**ELDER ABUSE  
PREVENTION**

Department of Public  
Instruction  
**LIFELONG LEARNING**