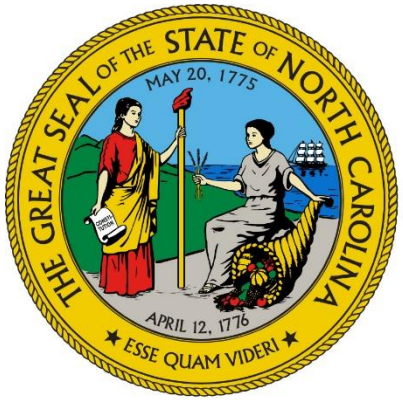


NC Department of Health and Human Services

Aging in North Carolina

Division of Aging and Adult Services

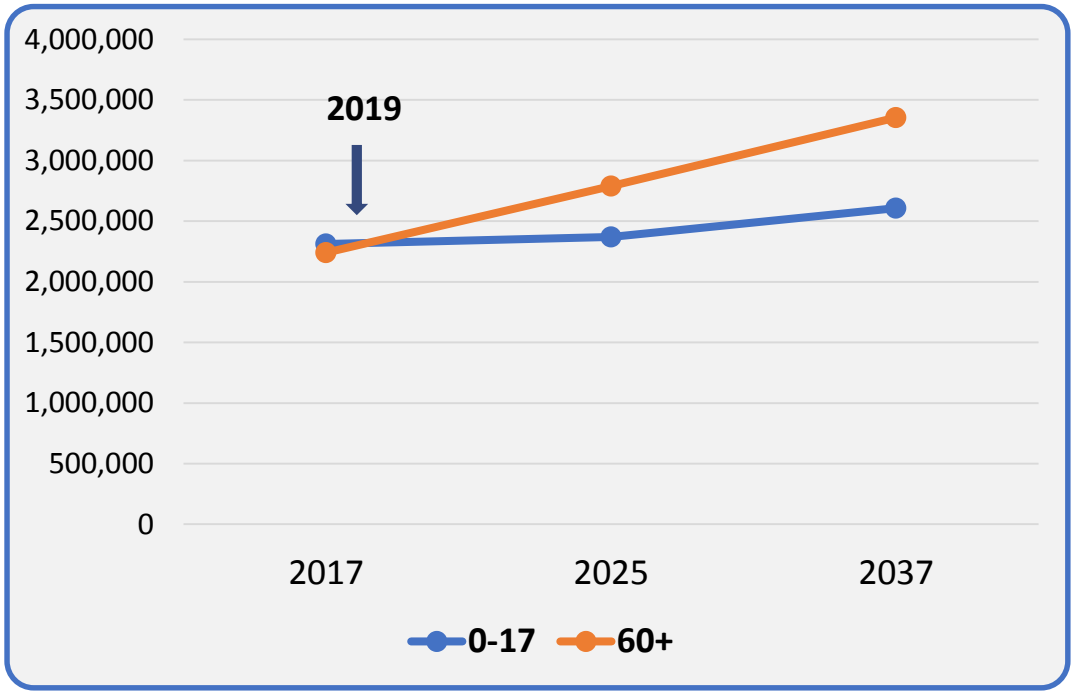
January 2019

Where does North Carolina stand nationally?

- **9th** Total population
- **9th** Population age 60 and over
- **10th** Population age 85 and over

Source: American Community Survey 2017, one year estimate. Table B01001: Sex by Age

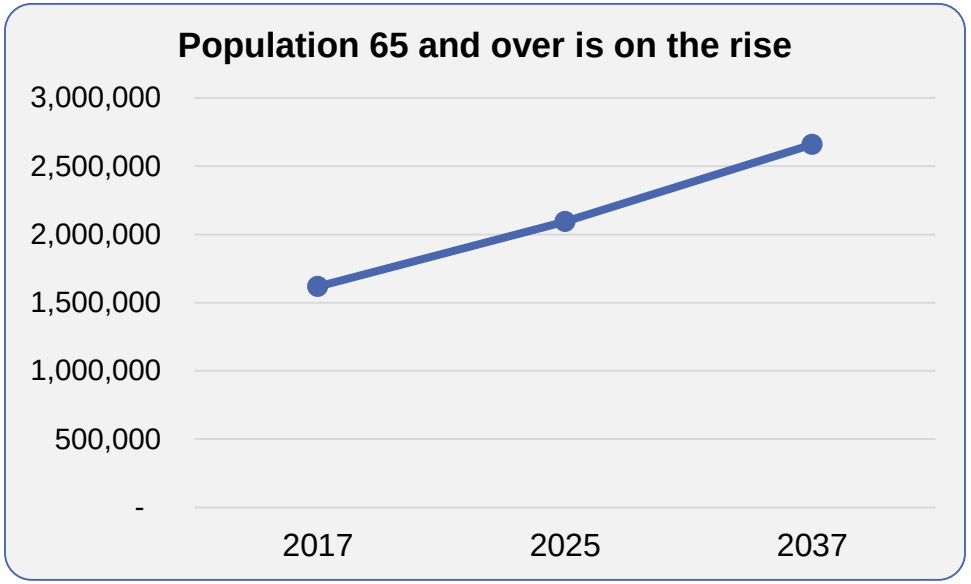
Effective this year (2019), the state is estimated to have more people 60+ than ages 0-17



Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

The population 65 and over will increase in the coming decades

- It is projected that by 2037, 21% of the total population will be 65 and older (one in five people will be 65 and older).
- Population 85+ will be the fastest growing age group in the next two decades.



Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

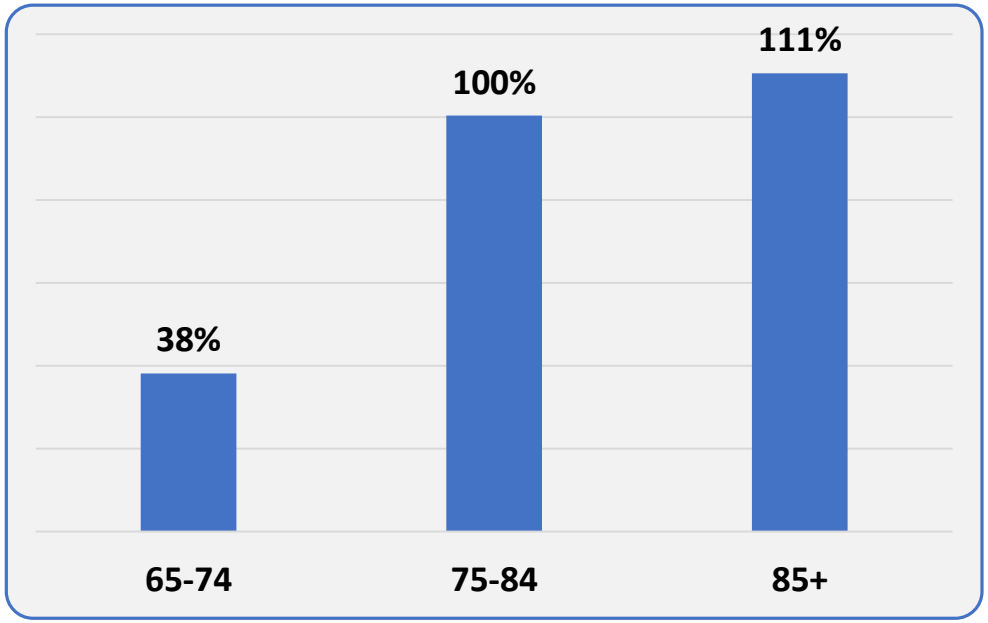
NC's population by age in 20 years……

	2017		2037		% Growth 2017-2037
Age	#	%	#	%	
Total	10,283,255		12,684,352		23%
0-17	2,312,886	23%	2,606,213	21%	13%
18-44	3,658,073	36%	4,419,187	35%	21%
45-59	2,072,070	20%	2,304,524	18%	11%
60+	2,240,226	22%	3,354,428	26%	**50%**
65+	1,617,993	16%	2,660,084	21%	**64%**
85+	181,695	2%	382,686	3%	**111%**

The proportion of the population 85 and over is projected to have the fastest growth in the next two decades

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

Projected growth of population 65+ by age group between 2017-2037

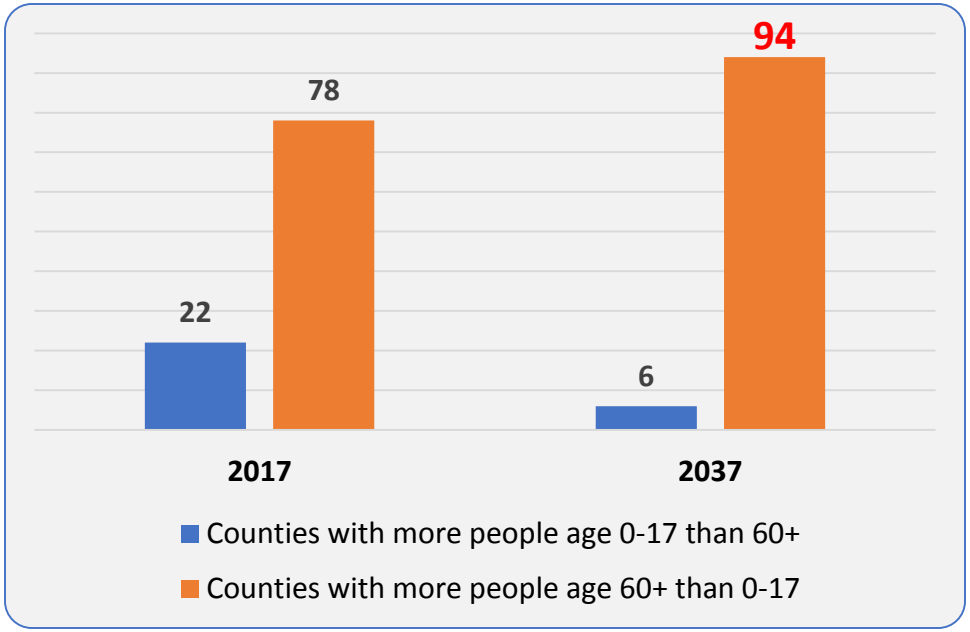


*As a % of age group

As the population 85 and over age the prevalence of functional limitations, frailty, and chronic diseases increase creating significant impact on long-term supports and services

Source: NC Office of State Budget and Management/ facts-figures, Certified county estimates and projections 2017, 2037

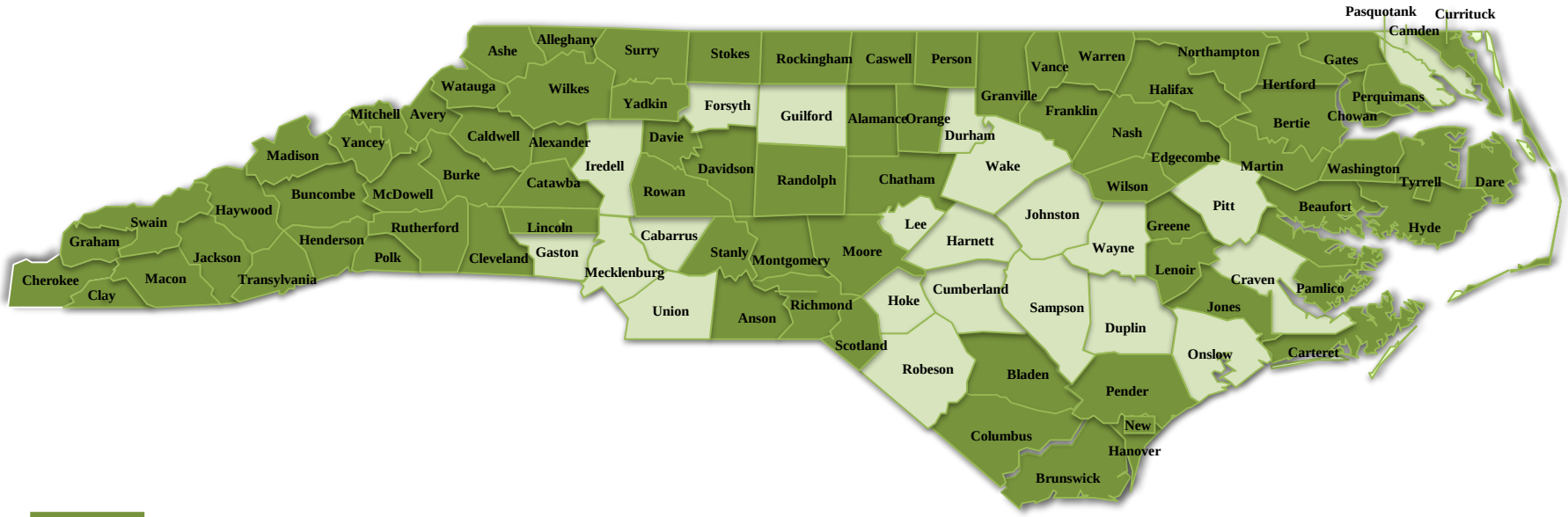
Number of counties with more people 60 and over than ages 0-17 will increase



By 2025, 89 counties will have more people 60 and over than age under 18

Source: NC Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

Counties with more people age 60 and over than 0-17, 2017

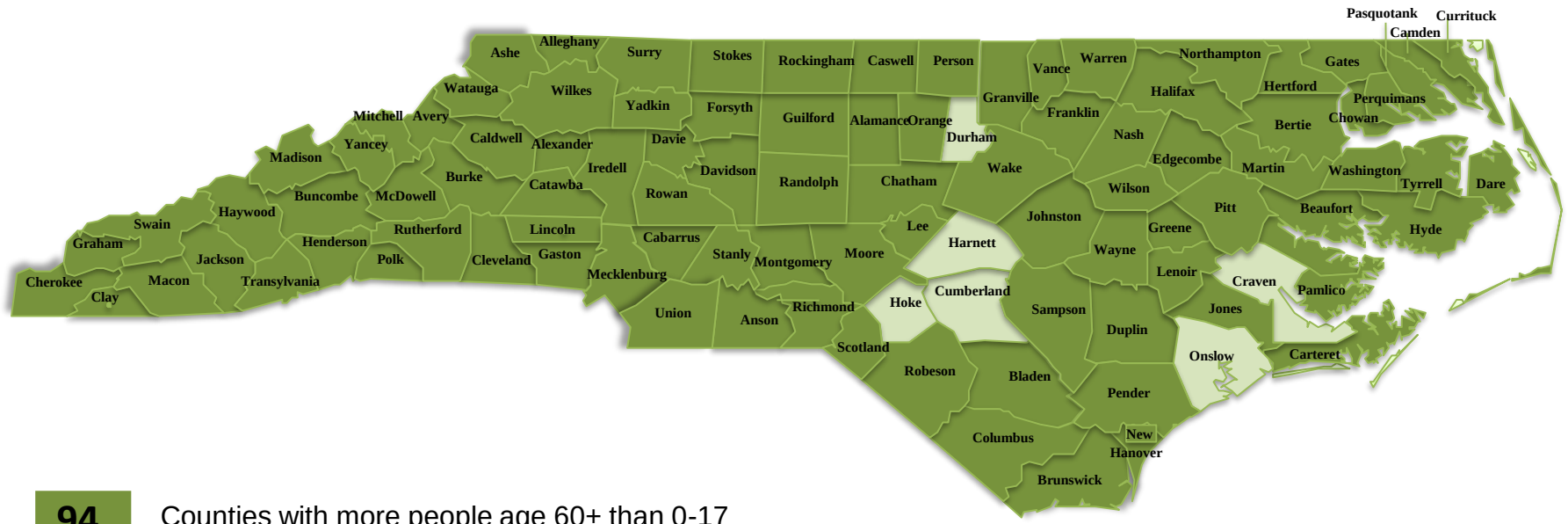


78 Counties with more people age 60+ than 0-17

22 Counties with more people age 0-17 than 60+

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

Counties with more people age 60 and over than 0-17, 2037

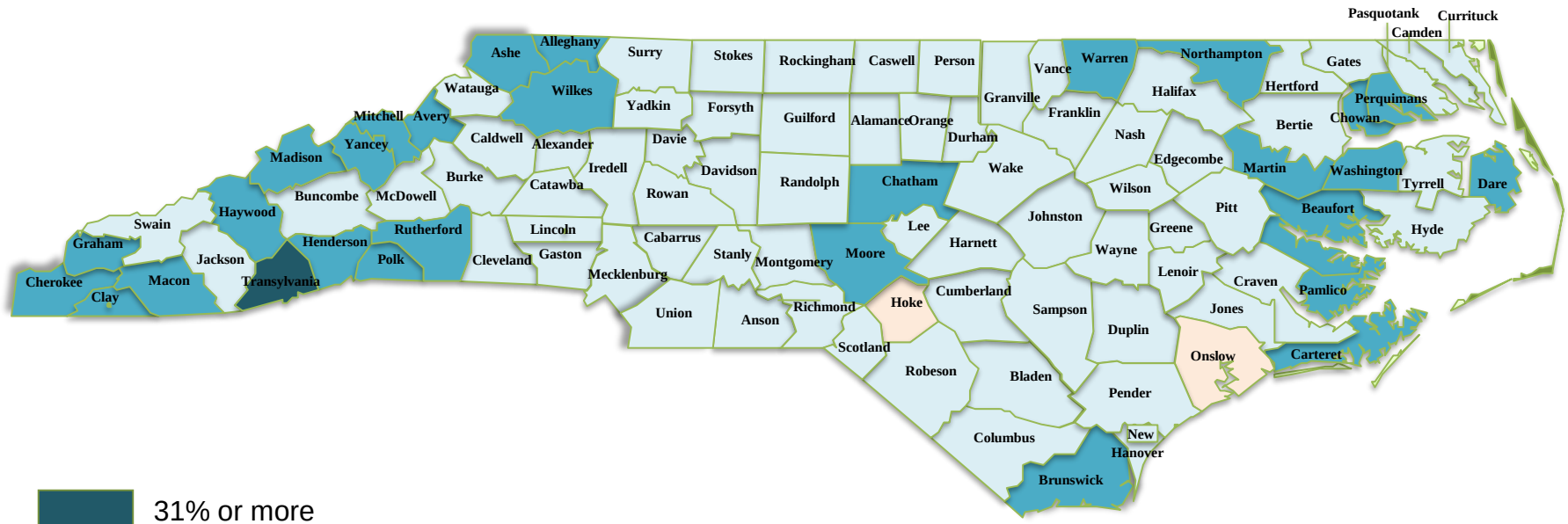


94 Counties with more people age 60+ than 0-17

6 Counties with more people age 0-17 than 60+

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

Percent of population 65 and over, 2017



31% or more

21% to 30%

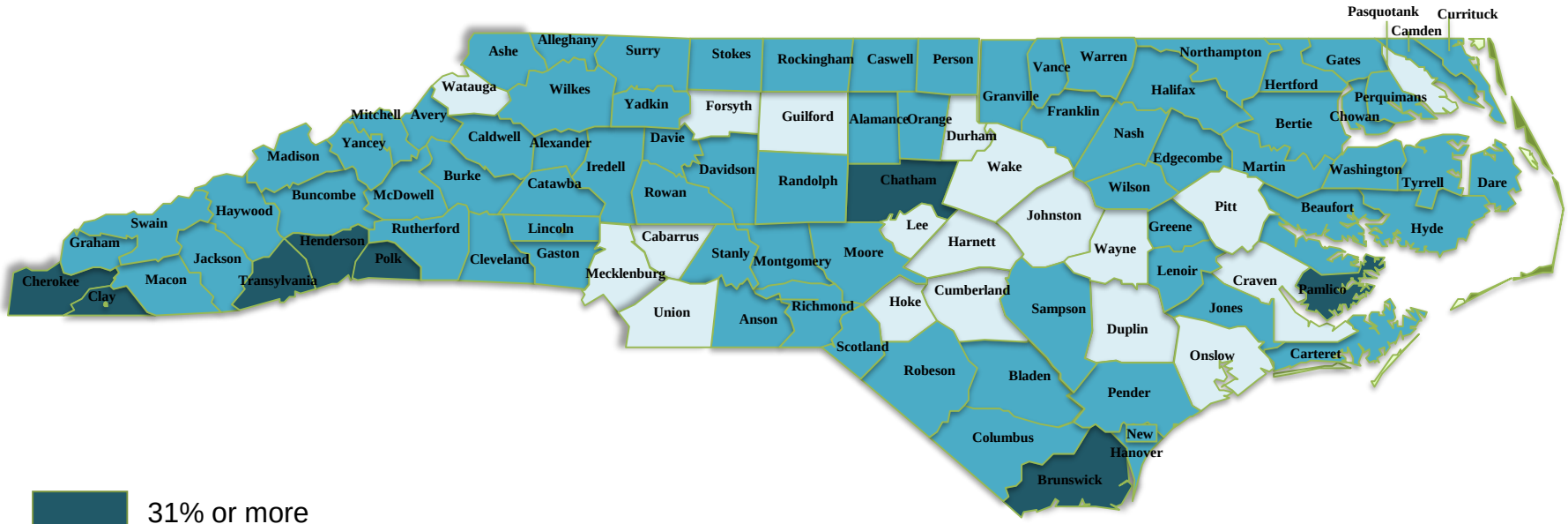
11% to 20%

Less than 10%

Proportion of 65 and over in the state is 16%

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

Percent of population 65 and over, 2037



31% or more

21% to 30%

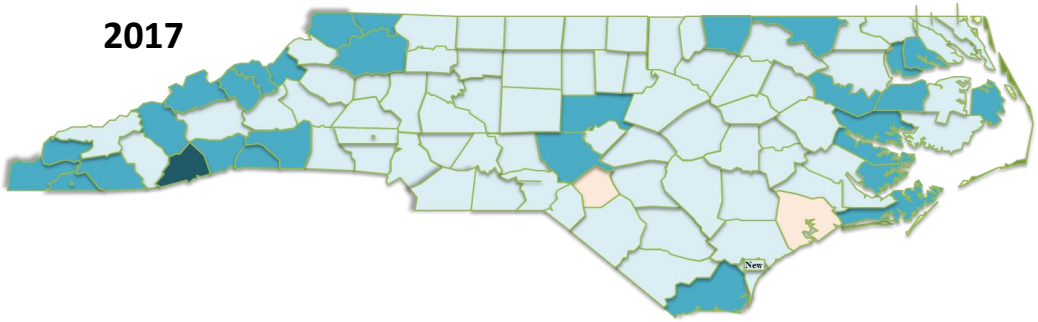
11% to 20%

Proportion of 65 and over in the state is 21%

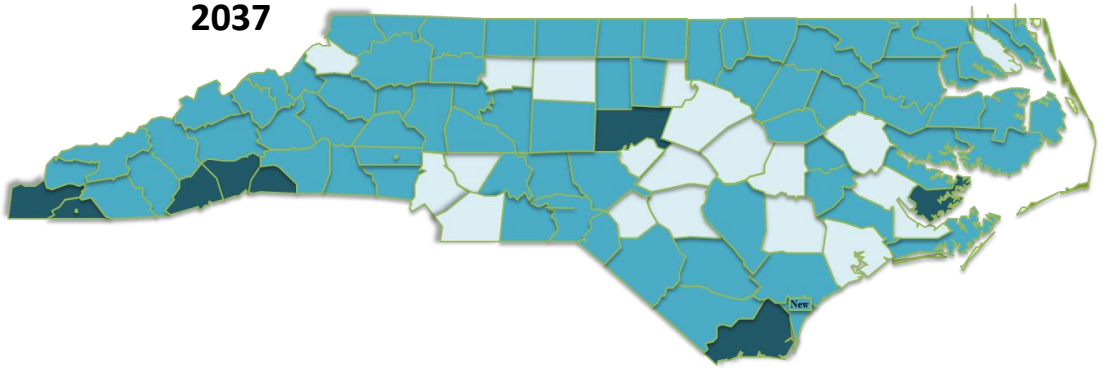
Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

Percent of population 65 and over

2017



2037

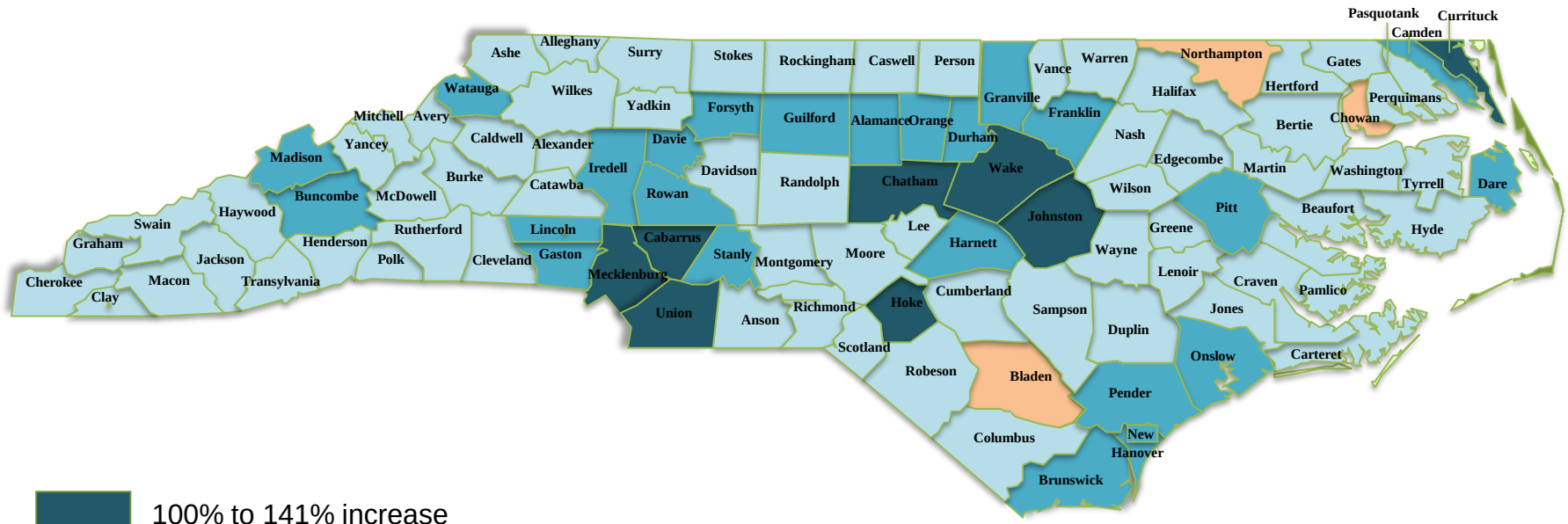


- 31% or more
- 21% to 30%
- 11% to 20%
- Less than 10%

*As a % of total population

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

Projected change in population 65 and over (2017 to 2037)



100% to 141% increase

50% to 99% increase

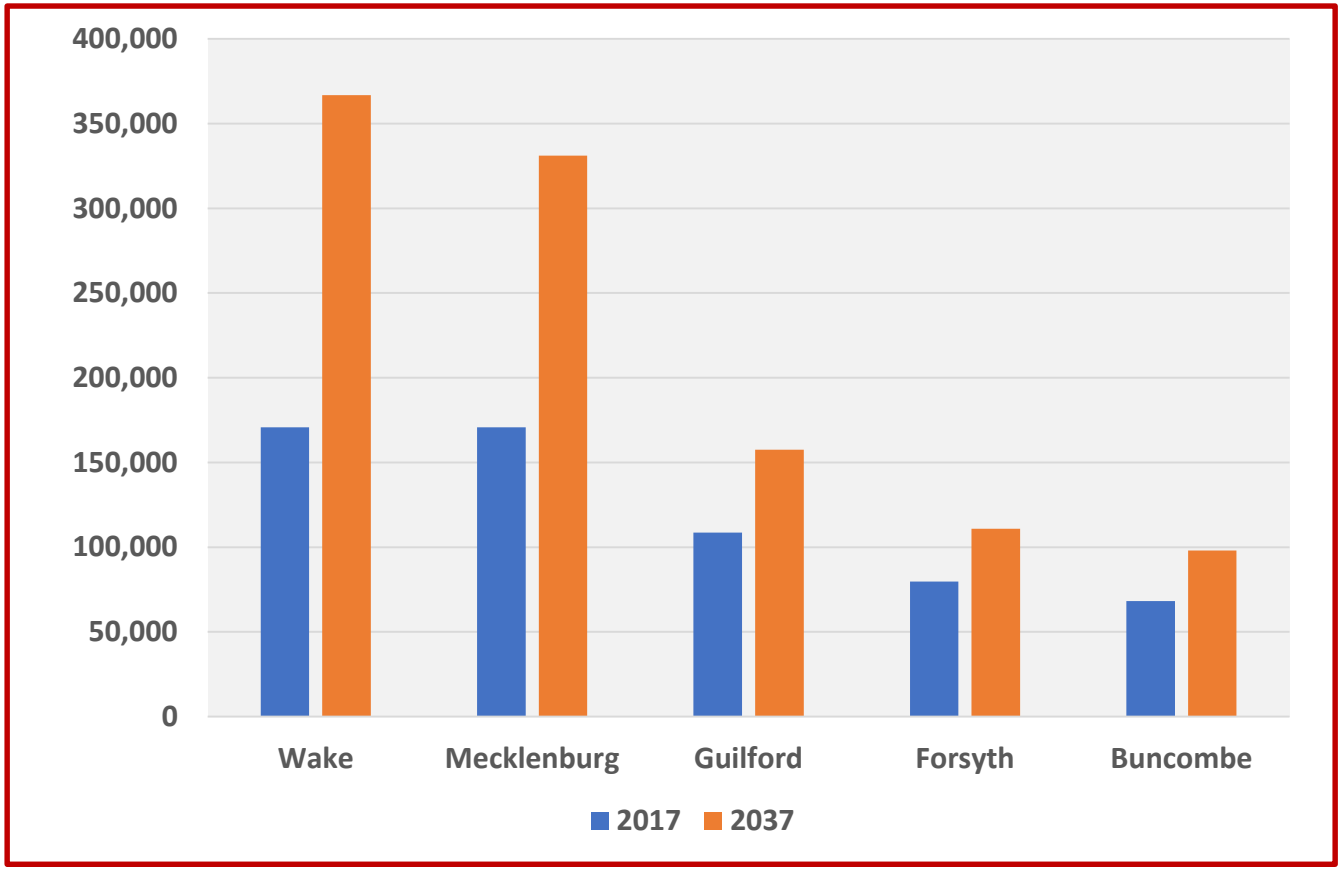
1% to 49% increase

- 4% to -9% decrease

Projected change for the state is 64%

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

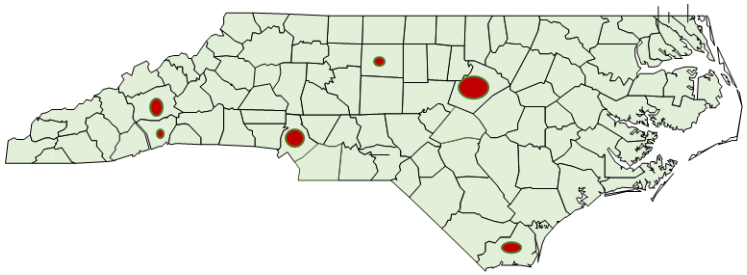
Top 5 counties with the most people 60 and over (2017-2037)



Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2017, 2037

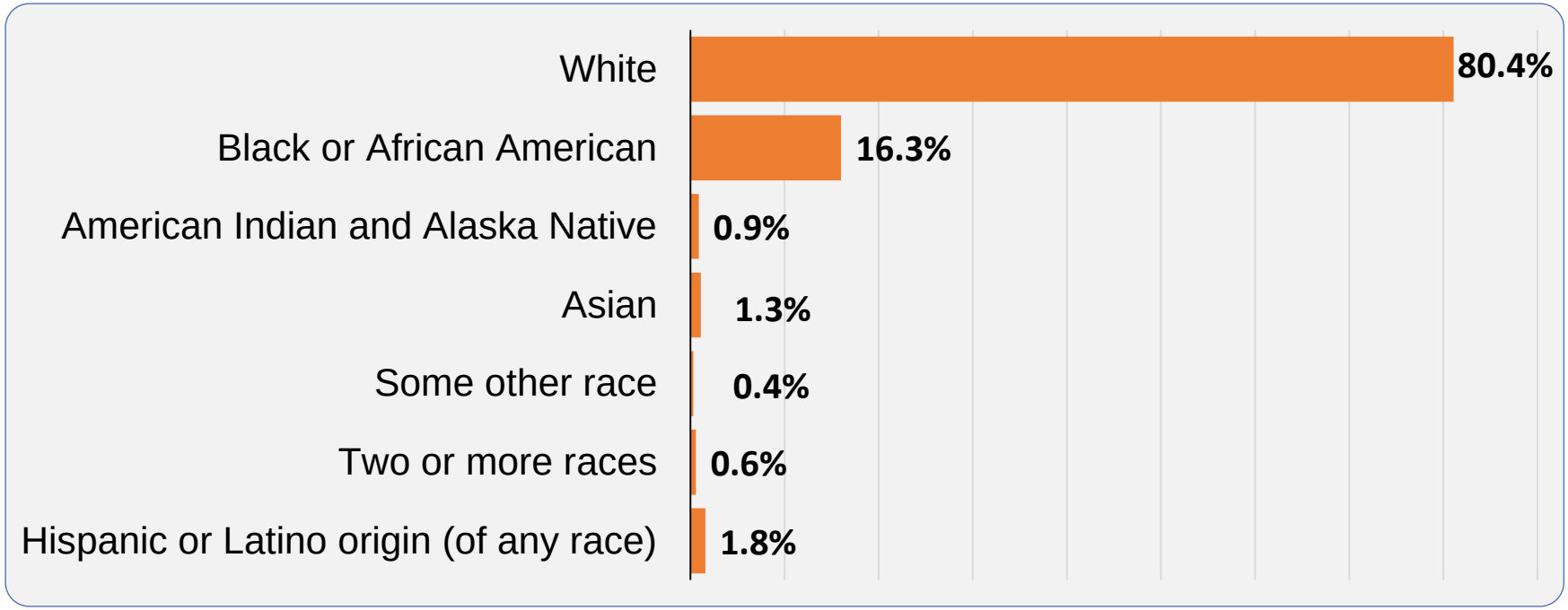
There is more migration of people 60 and over to metropolitan areas

	Moved from other states	Moved from abroad	Total
North Carolina	34,304	5,077	39,381
Wake	3,742	974	4,716
Mecklenburg	2,910	706	3,616
Brunswick	2,065	18	2,083
Buncombe	1,702	113	1,815
Guilford	1,153	170	1,323
Henderson	1,246	39	1,285



Source: American Community Survey 2013-2017, 5-year estimates. Table B07001: Geographical mobility in the past year by age for current residence in the United States

Race/Ethnicity, age 65 and over



Source: American Community Survey 2013-2017, 5-year estimates. Table S0103: Population 65 and over

Of the population 65 and over……

- 2% speak English less than “very well”
- 20% are veterans
- 27% live alone
- 3% live in group quarters
- 81% are home owners
- Have a median household income of $38,466

Source: American Community Survey 2013-2017, 5-year estimates. Table S0103: Population 65 and over

Grandparents responsible for raising grandchildren under 18 Years

Age 30 and over
94,821

Age 30-59
57,180
60%

Age 60 and over
37,641
40%

- **59% are women**
- **61% are White**
- **33% are Black or African American**
- **36% have disabilities**
- **33% are in labor force**
- **21% live below poverty**

Source: American Community Survey 2013-2017, 5-year estimates. Tables B10051: Grandparents living with own grandchildren under 18 years by responsibility for own grandchildren by presence of parent of grandchildren and age of the grandparent. Table S1002: Grandparents

Characteristics of grandchildren living with grandparents responsible in NC

- **103,546 grandchildren live in households with grandparents responsible for them**
- **Age:**
  39% under 6 years
  24% are 6 to 11 years
  28% are 12 to 17 years
- **Race:**
  47% White
  40% Black or African American
  8% Hispanic or Latino
- **30% live below poverty level**
- **54% live in households with SSI, cash public assistance income, or SNAP benefits**

Source: American Community Survey 2013-2017, 5-year estimates. Table S1001: Grandchildren

Poverty level, 65 and over

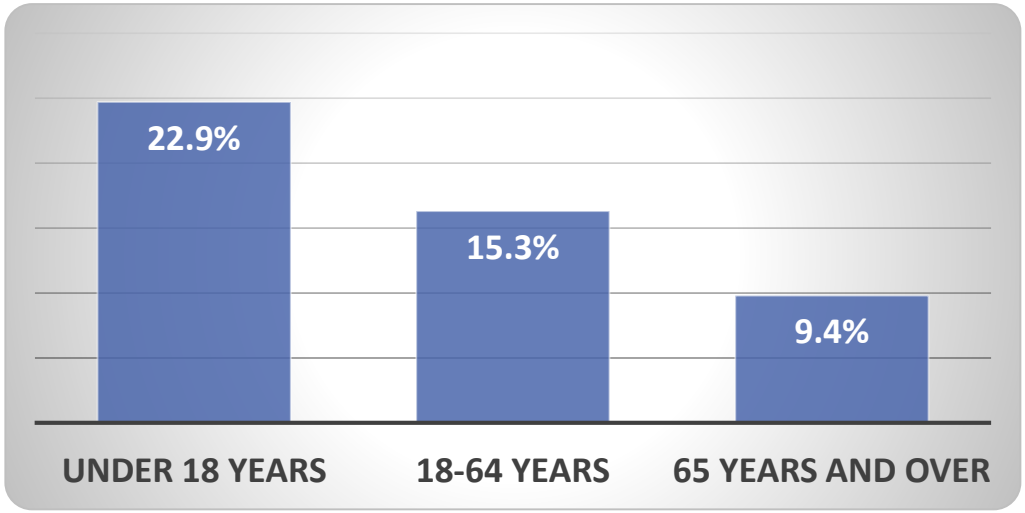
	%
Below 100% of poverty level	9.4%
In 100%-199% of poverty level	22.4%

US Census Poverty Thresholds, 2017
One person 65 and over $11,756
Two people 65 and over $14,828

*Older American Act services provide an important safety net for older adults below and near poverty (100%-199%) who are at risk of entering nursing homes.

Source: American Community Survey 2013-2017, 5-year estimates. Table B17024: Age by ratio of income to poverty level in the past 12 months

Below poverty status by age groups

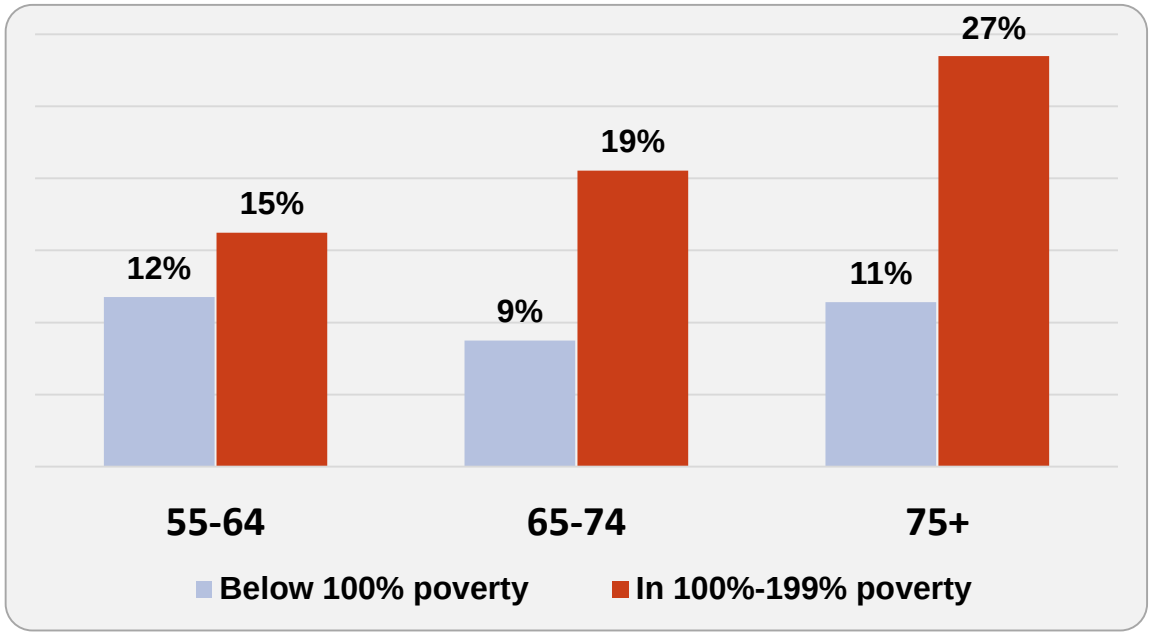


* As % of age group

*Federal programs such as Medicare, Social Security and Supplemental Security Income play a critical role in enhancing economic security and reducing poverty rates among people ages 65 and older.

Source: American Community Survey 2013-2017, 5-year estimates, Table S1701: Poverty status in the past 12 months

Poverty rate increases towards older age



* As % of age group

Older population are at greater risk of higher poverty rates due to living alone with lower incomes and increase in healthcare costs

Source: American Community Survey 2013-2017, 5-year estimates, Table B17024: Age by ratio of income to poverty level in the past 12 months

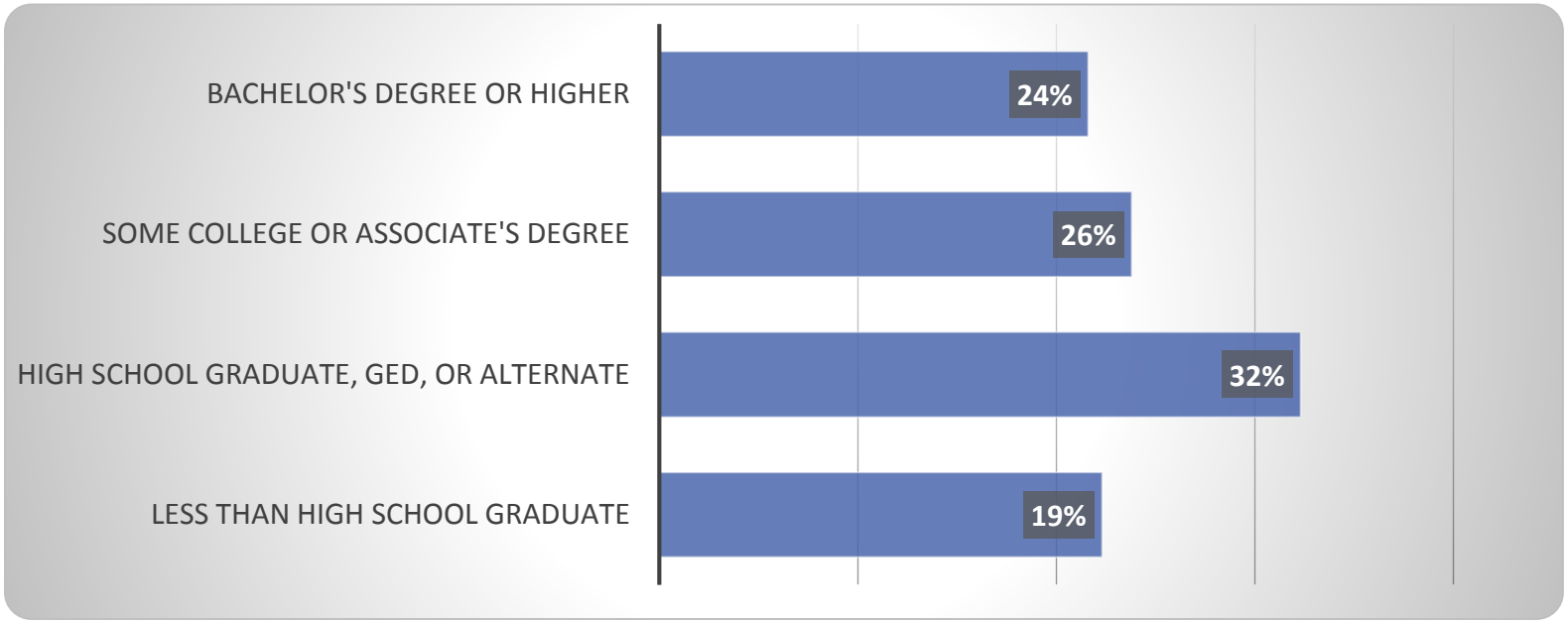
Sources of income for people age 65 and over

Social Security	**93%**
Retirement	**49%**
Earnings	35%
Senior Nutrition Assistance Program Benefits	10%
Supplemental Security Income (SSI)	6%
Cash Public Assistance (ex. TANF)	1%

* As % of age group

Source: American Community Survey 2013-2017, 5-year estimates. Table S0103: Population 65 and over

Level of education, age 65 and over



* As % of age group

Source: American Community Survey 2013-2017, 5-year estimates. Table S0103: Population 65 and over

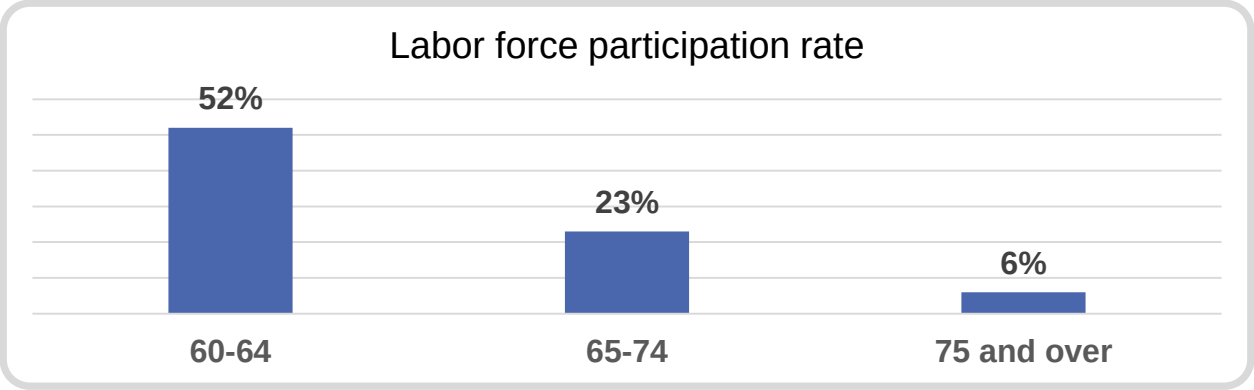
Labor force participation, age 65 and over

	%
In labor force	**16.2%**
Employed	15.6%
Unemployed	0.6%
As a percent of total civilian labor force	4.0%
Not in labor force	83.8%

* As % of age group

Source: American Community Survey 2013-2017, 5-year estimates. Table S0103: Population 65 and over

More adults are working into older age delaying retirement, NC



* As % of age group

Keeping older adults in the workforce:

- Change bias and attitude towards older workers
- Design phased retirement programs
- Provide flexible roles and schedules
- Allow part-time work/telecommuting
- Retirement options
- Ongoing training to master new skills
- Invest in wellness programs
- Implement strategies to help aging workers balance work and caregiving roles

Source: American Community Survey 2013-2017, 5-year estimates. Table S2301: Employment status
American's aging workforce: Opportunities and Challenges. https://www.congress.gov/115/crpt/srpt191/CRPT-115srpt191.pdf

Senior Community Service Employment Program (SCSEP), 2018

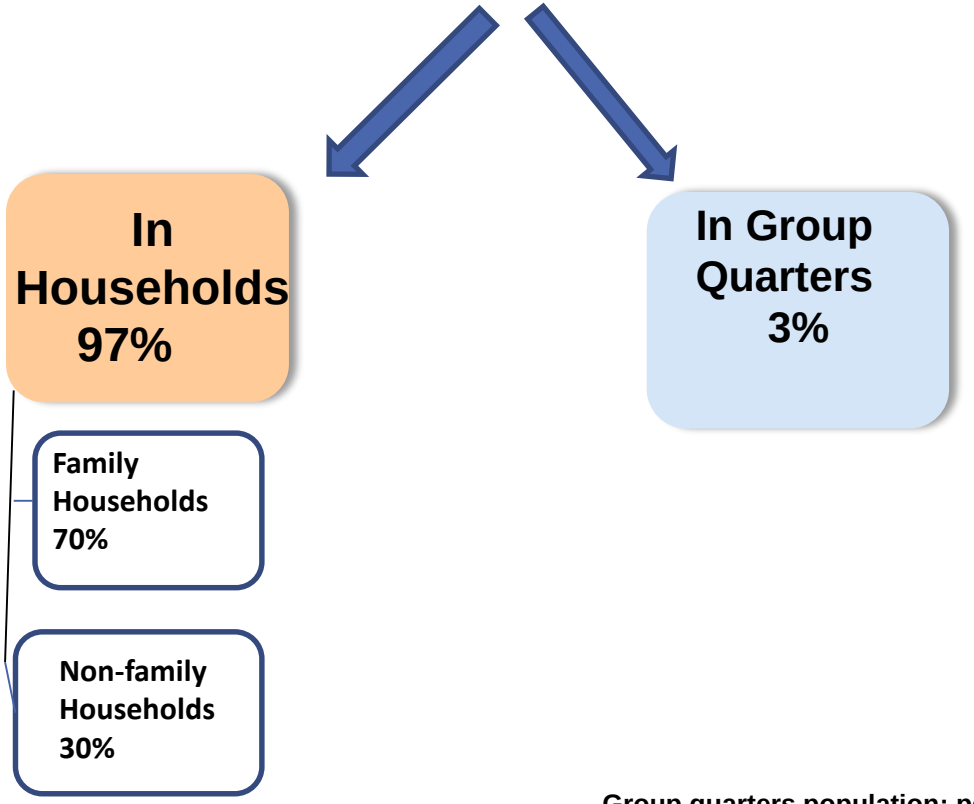
Helping low-income, unemployed individuals age 55 and older find work, increase skills and build self-confidence

	YTD
Number of hours of training provided	295
Total number of participants providing community service	228
Total number of hours worked in community service	41,636

Authorized by the Older Americans Act and funded by the U.S. Department of Labor, SCSEP places individuals 55 and older who are economically disadvantaged into part-time community service assignments while helping them transition into unsubsidized employment. SCSEP empowers low-income older workers to achieve economic independence while training in community service activities that assist in gaining marketable skills to re-enter the workforce.

Source: US Department of Labor. Employment and Training Administration

Housing, age 65 and over



<u>Group quarters population</u>: people not living in households and includes institutionalized and non-institutionalized population

* As % of age group

Source: American Community Survey 2013-2017, 5-year estimates. Table B09020: Relationship by household type (including living alone) for population 65 and over

Characteristics of group quarters population, age 65 and over

	Total	Institutionalized	Noninstitutionalized
	44,463	40,931	3,532
Male	32%	31%	41%
Female	68%	69%	59%

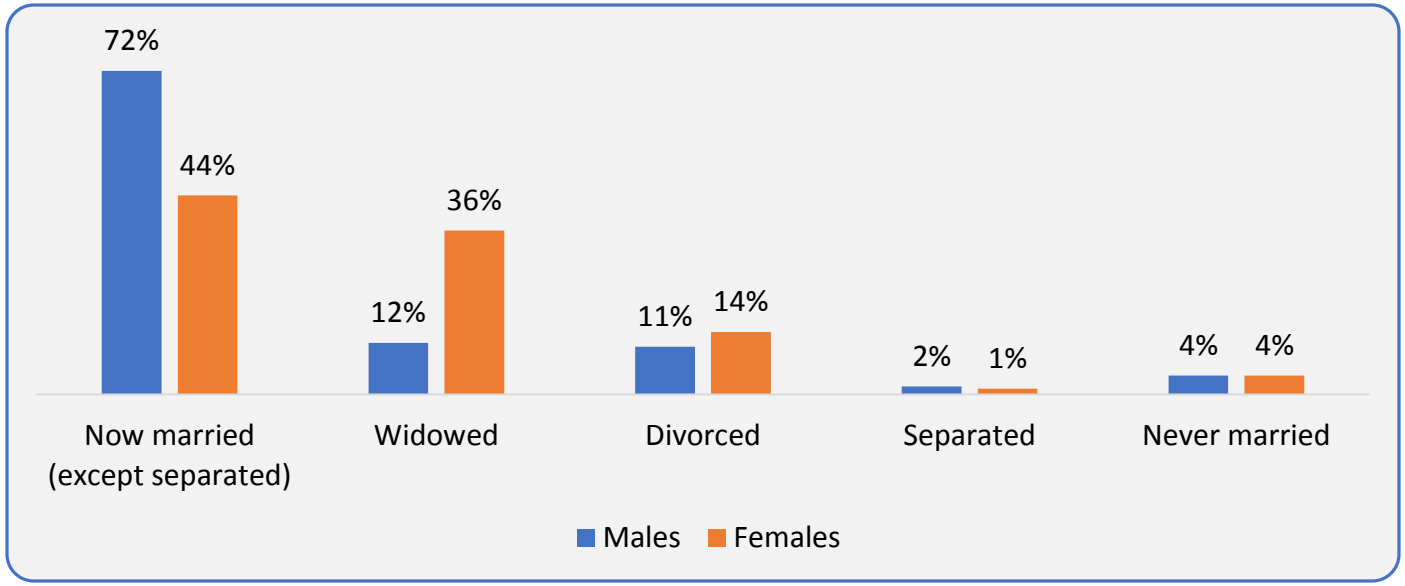
* As % of age group

- **<u>Institutionalized</u>: correctional institutions, nursing homes, psychiatric hospitals, in-patient hospice facilities, etc.**
- **<u>Noninstitutionalized</u>: military quarters, group homes, emergency and transitional shelters for homeless people, etc.**

Source: American Community Survey 2013-2017, 5-year estimates. Table S2601A: Characteristics of group quarters population

Marital Status, age 65 and over

More women are widowed and live alone in older age



*Now married (except separated) includes people who are separated but not legally divorced

Source: American Community Survey 2013-2017, 5-year estimates. Table S1201: Marital status

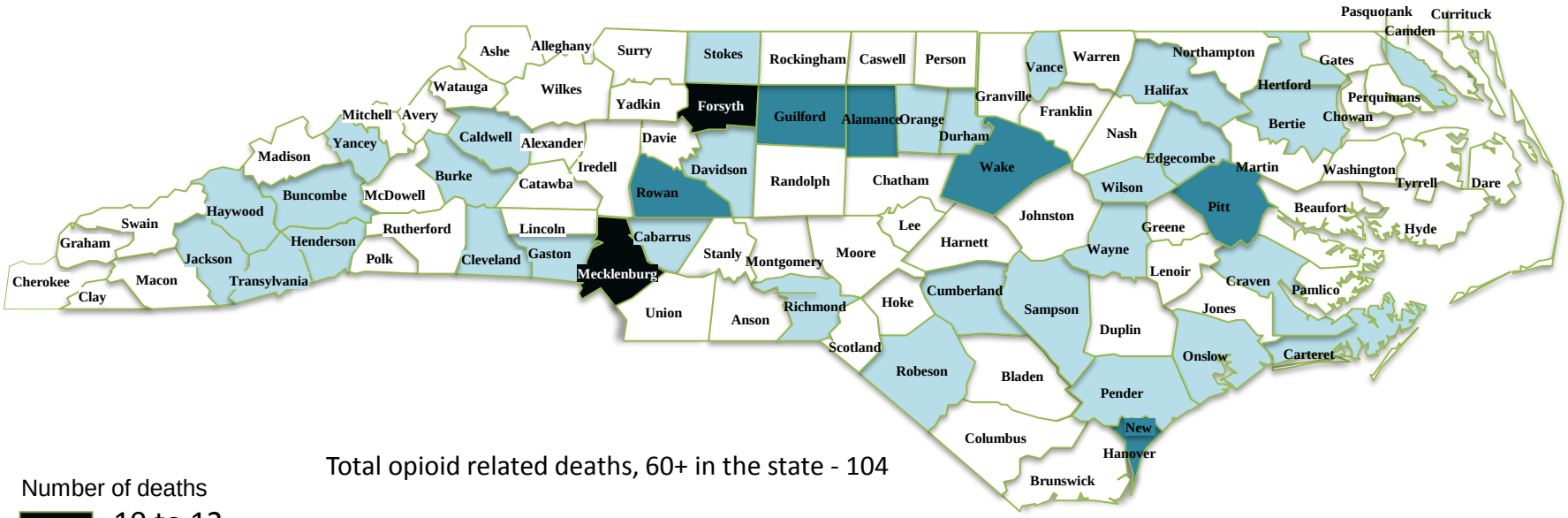
Health and well-being

Of the people 65 and over:

- **37% have at least one disability**
- **82% have at least one chronic disease. 55% of them had 2 or more chronic diseases**
- **66% reported having an adult flu shot/spray**
- **72% reported having a pneumonia shot ever**
- **65% reported exercising in the past month**
- **10% reported that their health is poor**

Source: American Community Survey 2013-2017, 5-year estimates. Table C18018: Age by number of disabilities
NC State Center for Health Statistics. BRFSS 2017 Survey Results

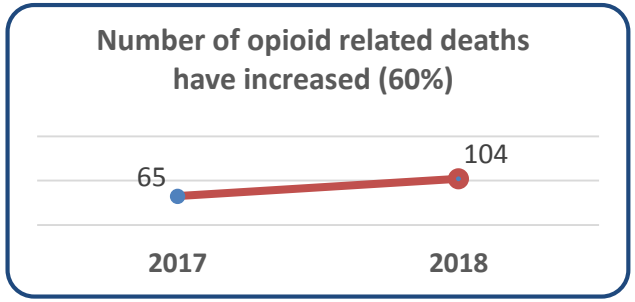
Opioid related deaths among adults 60 and over, SFY 2018



Total opioid related deaths, 60+ in the state - 104

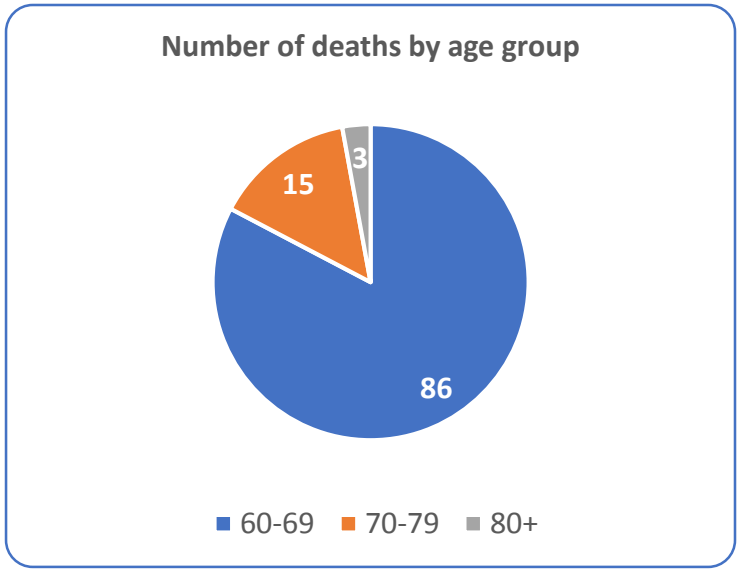
Number of deaths

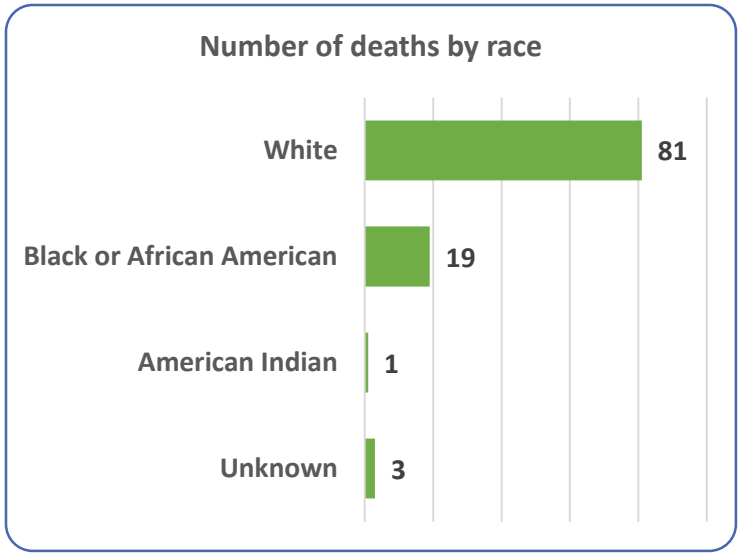
- 10 to 12
- 5 to 9
- 1 to 4



Source: NC Division of Public Health, Office of the Chief Medical Examiner, provisional results

Opioid related deaths among adults 60 and over, SFY 2018





Number of deaths by gender

Male: 59 Female: 45

Source: NC Division of Public Health, Office of the Chief Medical Examine, provisional results

Family Caregiving for Older Adults with Dementia in NC (2017)

466,600
Number of Caregivers

531,000,000
Total hours of unpaid care

$6,707,000,000
Total value of unpaid care

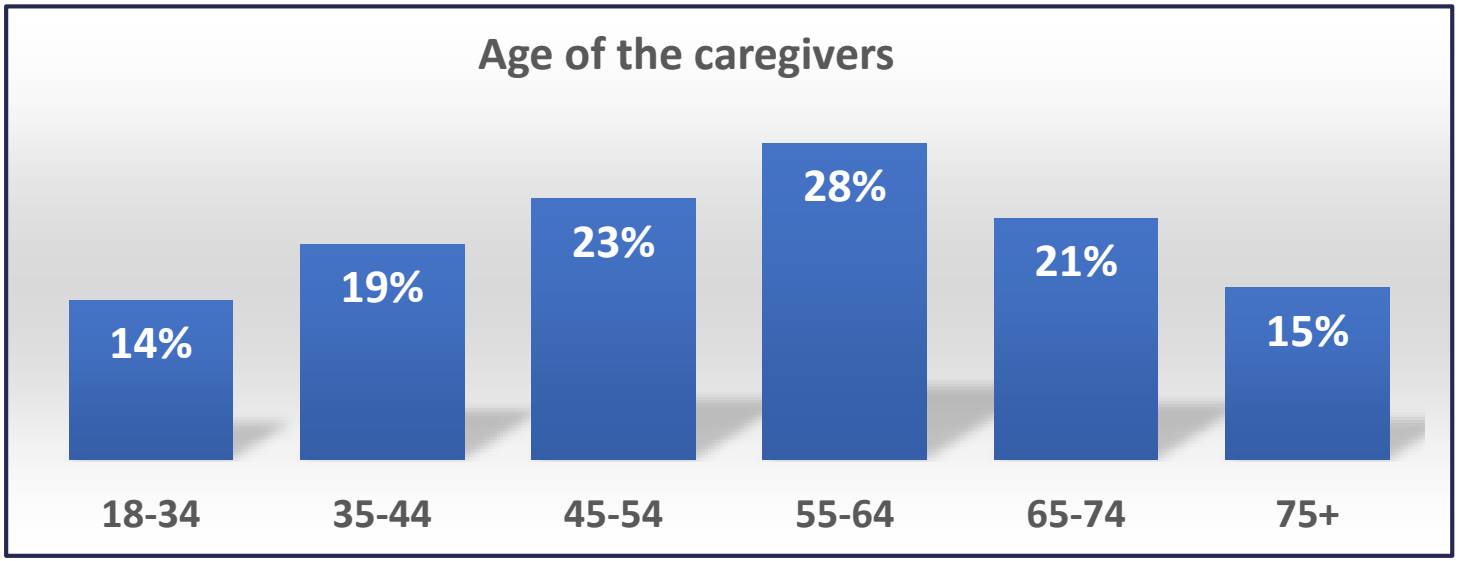
$297,000,000
Higher health costs of caregivers

***Number of Alzheimer's and dementia caregivers, hours of unpaid care and costs of caregiving.**
Source: Alzheimer's Association: Alzheimer's Disease Facts and Figures report, NC

Caregivers in NC

According to the Behavioral Risk Factor Surveillance System (BRFSS), NC Caregiver Survey Results 2017:

Did you provide regular care or assistance to a friend or family who has a health problem or disability during the past 30 days? (N=3,792; YES = 755 (20%))

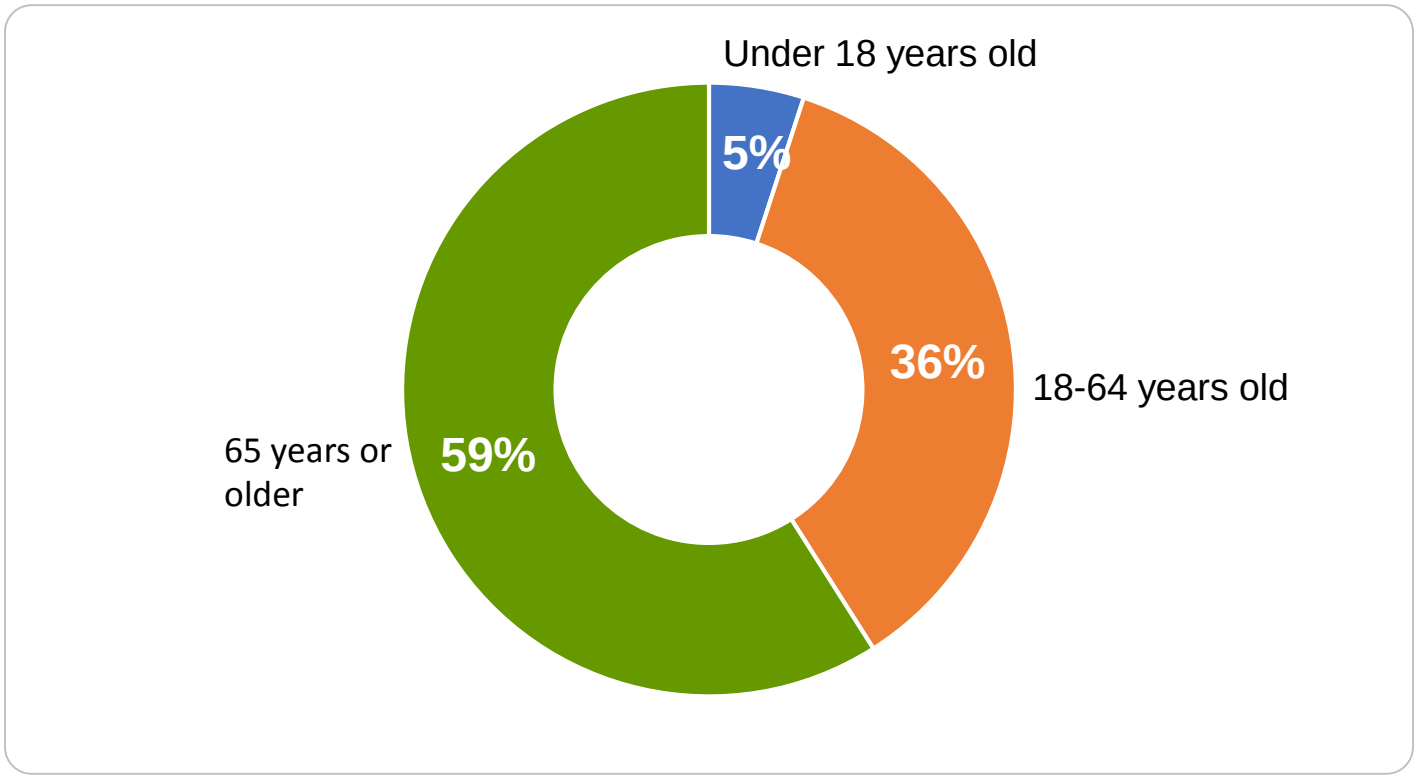


Source: NC State Center for Health Statistics, BRFSS, NC Caregiver Survey, 2017

Caregivers in NC

According to the Behavioral Risk Factor Surveillance System (BRFSS), NC Caregiver Survey Results 2017:

What age is the person to whom you are giving care? (N=734)



Source: NC State Center for Health Statistics, BRFSS, NC Caregiver Survey, 2017

Caregivers in NC

According to the Behavioral Risk Factor Surveillance System (BRFSS), NC Caregiver Survey Results 2017:

Of the respondents (N=753):

- **22%** of caregivers were veterans
- **21%** had high school or GED education
- **23%** had functional disabilities
- **19%** were employed or self-employed; 20% retired; 20% were unable to work; 25% other not in labor force

- **24%** of the caregivers provided care for more than 5 years
- **56%** provided care up to 8 hours and 20% for 40 hours or more per week
- **35%** cared for people with disabilities
- **25%** cared for people who have hypertension, diabetes and organ failure/disease
- **52%** provided care managing personal care
- **79%** provided care managing household tasks

- **38%** provided care to parent/parent-in-law; 7% to Child/Grandchild; 15% to Spouse (include in-law); 24% to grandparent/other relative; 16% to non-relative/family friend.

Source: NC State Center for Health Statistics, BRFSS, NC Caregiver Survey, 2017

Caregiving and Workforce Issues

Impact:

- Decreased productivity
- Lost time from work
- Lost career opportunities
- Unpaid leave of absences
- Early retirement
- Decreased lifetime earnings
- Decline in physical and emotional health

Best practices:

- Flexible work hours
- Information and assistance
- Emotional support
- Change in work policies
- Education/training to supervisors on caregiver issues

Source: Family Caregiver Alliance, American Association of Retired Persons (AARP)

Older adults and civic engagement

Senior Corps in North Carolina, 2017

More than 3,600 North Carolinians age 55 and over met critical community needs

2,280
Young people tutored by Foster Grandparents

760
Homebound seniors helped by Senior Companions

160
Local organizations benefited from Retired Senior Volunteer Program (RSVP) volunteers

Reported health benefits after one year of volunteering:

- Decrease in anxiety and depression
- Decrease in loneliness and social isolation
- Enhanced physical activity
- Higher life satisfaction

Source: Corporation for National and Community Service, American Association for Retired Persons

Functional limitations, age 65 and over

One in four people 65 and over report having trouble walking

Types of disability	% with a disability
With an ambulatory difficulty	24%
With an independent living difficulty	16%
With a hearing difficulty	15%
With a cognitive difficulty	10%
With a self-care difficulty	9%
With a vision difficulty	7%

* Civilian non-institutionalized population only

Ambulatory – Serious difficulty walking or climbing stairs
Independent living – Difficulty doing errands alone
Hearing – Deaf or having serious difficulty hearing
Cognitive – Difficulty remembering, concentrating or making decisions
Self-care – Difficulty bathing or dressing
Vision – Blind or serious difficulty seeing even with glasses

Source: American Community Survey 2013-2017, 5-year estimates. Table S1810: Disability Characteristics

Leading causes of death, age 65 and over, 2017

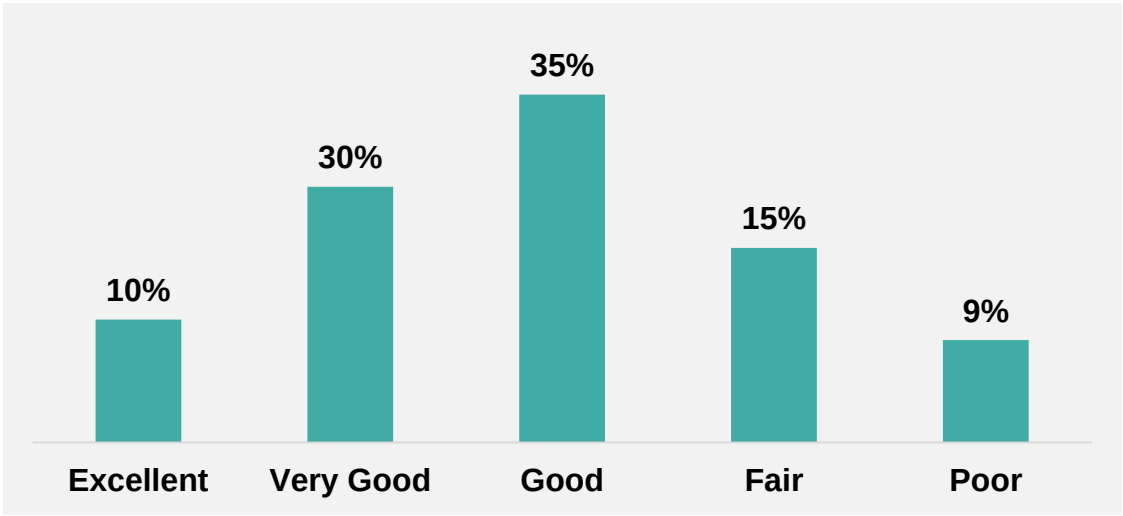
Rank	Cause of death	Number of deaths	% of Total deaths
1	Diseases of the heart	14,710	21.9
2	Cancer	13,656	20.4
3	Chronic lower respiratory diseases	4,599	6.9
4	Cerebrovascular diseases	4,295	6.4
5	Alzheimer's disease	4,245	6.3
6	Diabetes mellitus	1,973	2.9

***Number of people 65+ with at least one chronic disease is 81%:**
One chronic disease only – 30%
2 or more chronic diseases – 51%

Source: NC State Center for Health Statistics

Health Status, age 65 and over

What would you say in general your health is?



Source: NC State Center for Health Statistics, Behavioral Risk Factor Surveillance System (BRFSS) 2017

Life Expectancy, 2017

Age Groups	Years
60-64	23.0
65-69	19.3
70-74	15.6
75-79	12.3
80-84	9.4
85+	7.0

For example, if you are 62 years old, you are expected to live to 85 years

*Life expectancy is the average number of additional years that someone at a given age would be expected to live if current mortality conditions remained constant throughout their lifetime

Source: NC State Center for Health Statistics

References:

Population estimates and projections: North Carolina State Data Center. County/state population estimates and projections; July 1, 2017, 2037; http://www.osbm.nc.gov/facts-figures/demographics

US Census Bureau. American Community Survey 2013-2017, 5 year estimates.
Table S0102. Population 60 and over
Table S0103. Population 65 and over
Table S1810. Disability characteristics
Table B10056. Sex of grandparents living with own grandchildren under 18 years
Table B17024. Age by ratio of income to poverty level in the past 12 months
Table B23001. Sex by age by employment status for population 16 years and over

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Glossary:

Definitions of terminology used are available at http://factfinder.census.gov/home/en/epss/glossary_a.html