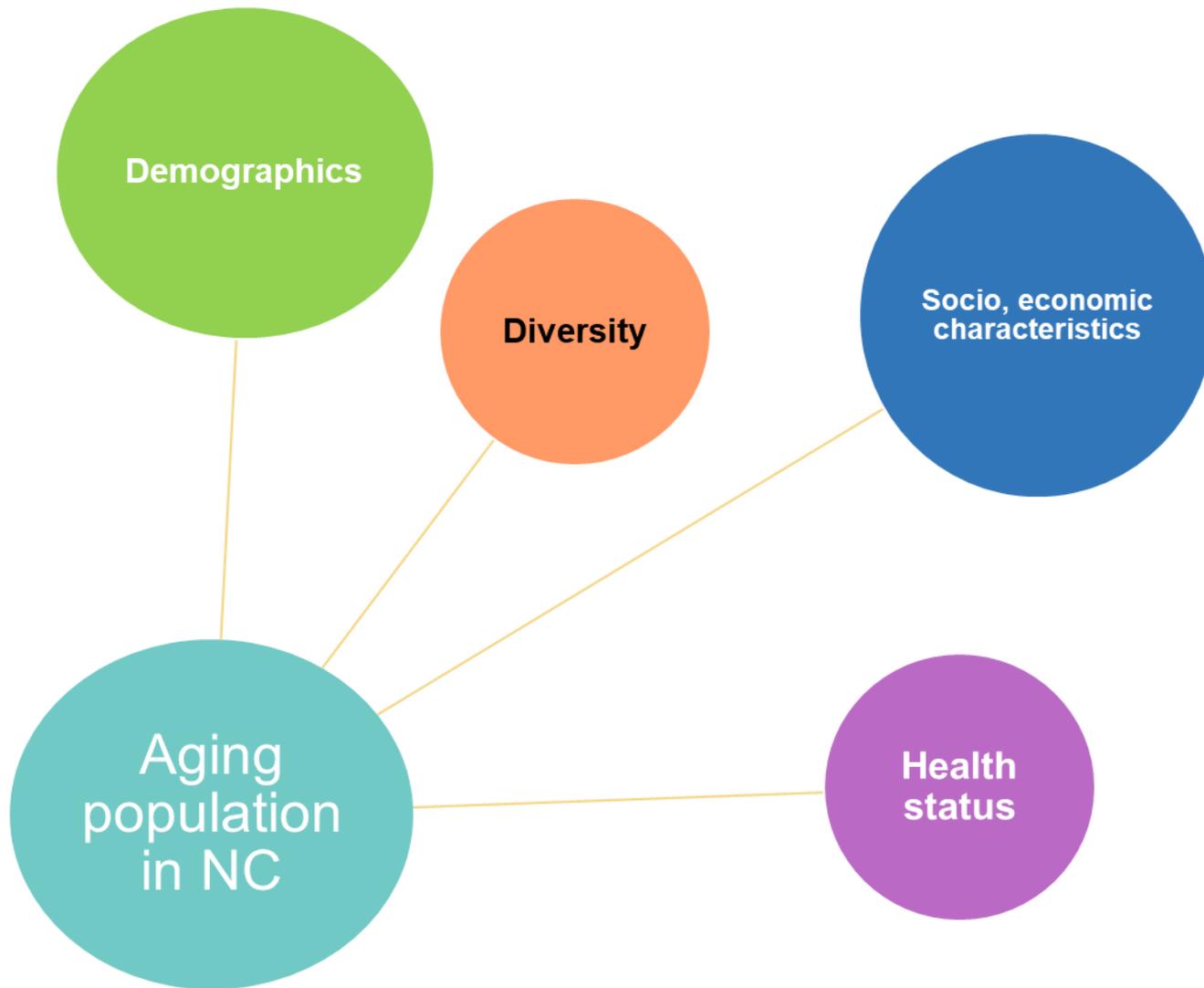




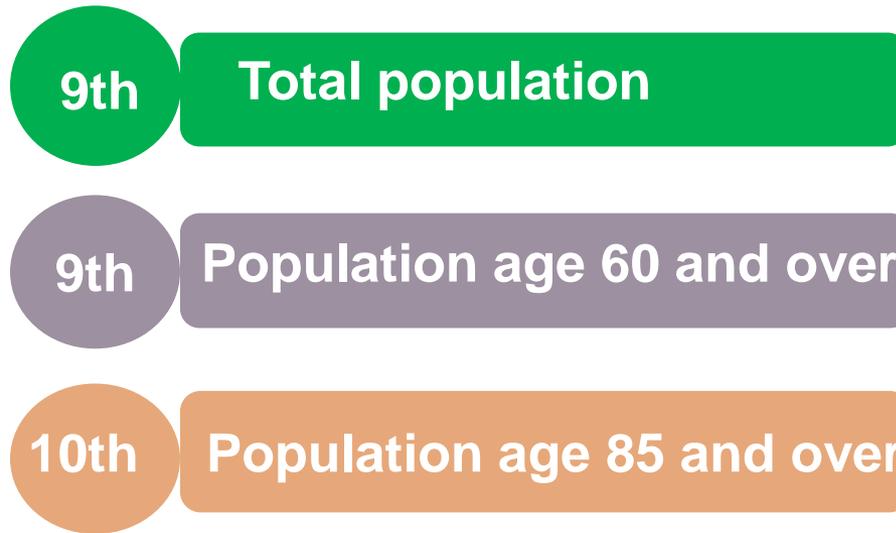
NC Department of Health and Human Services Aging in North Carolina

Division of Aging and Adult Services

January 2020

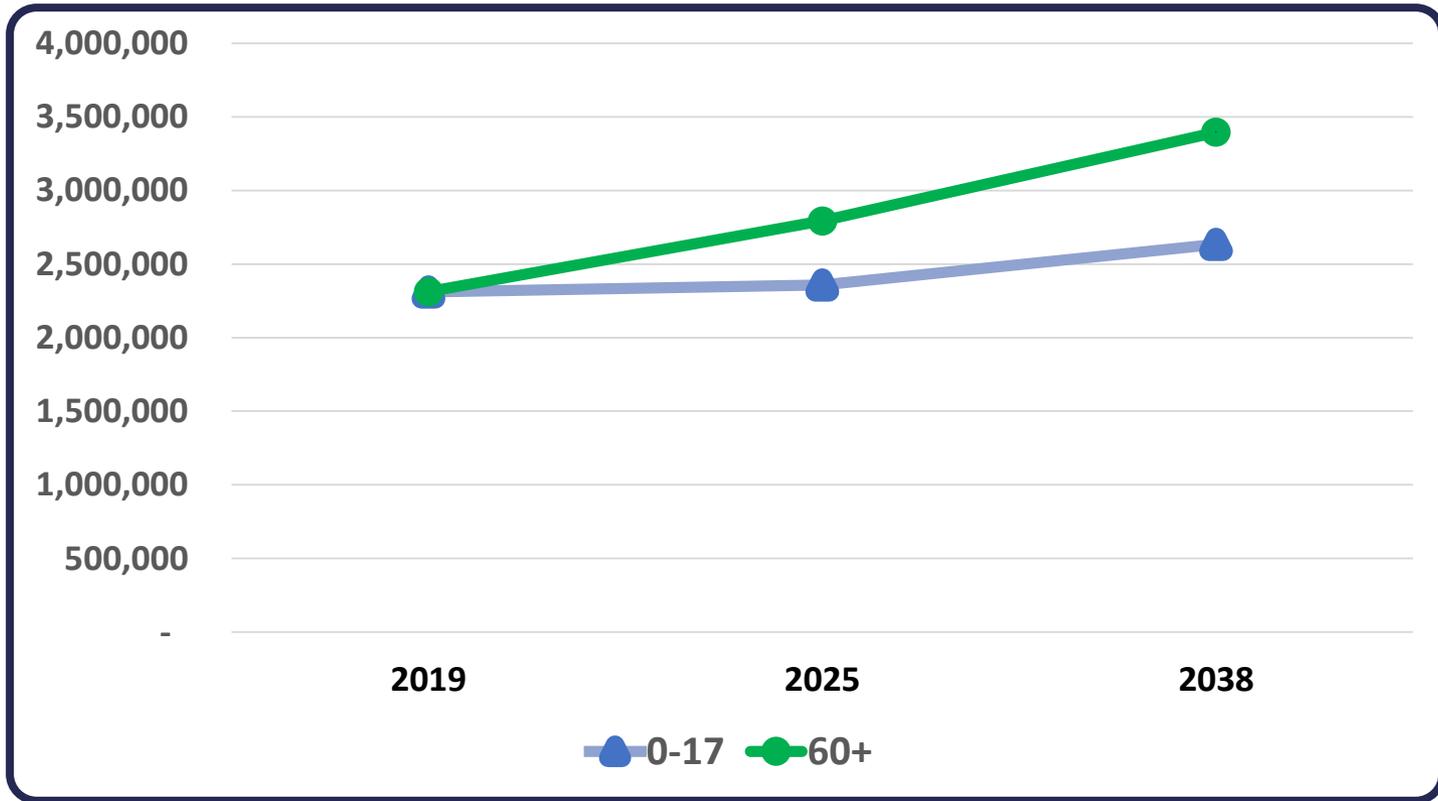


Where does North Carolina stand nationally?



Source: American Community Survey 2018, one year estimate. Table B01001: Sex by Age

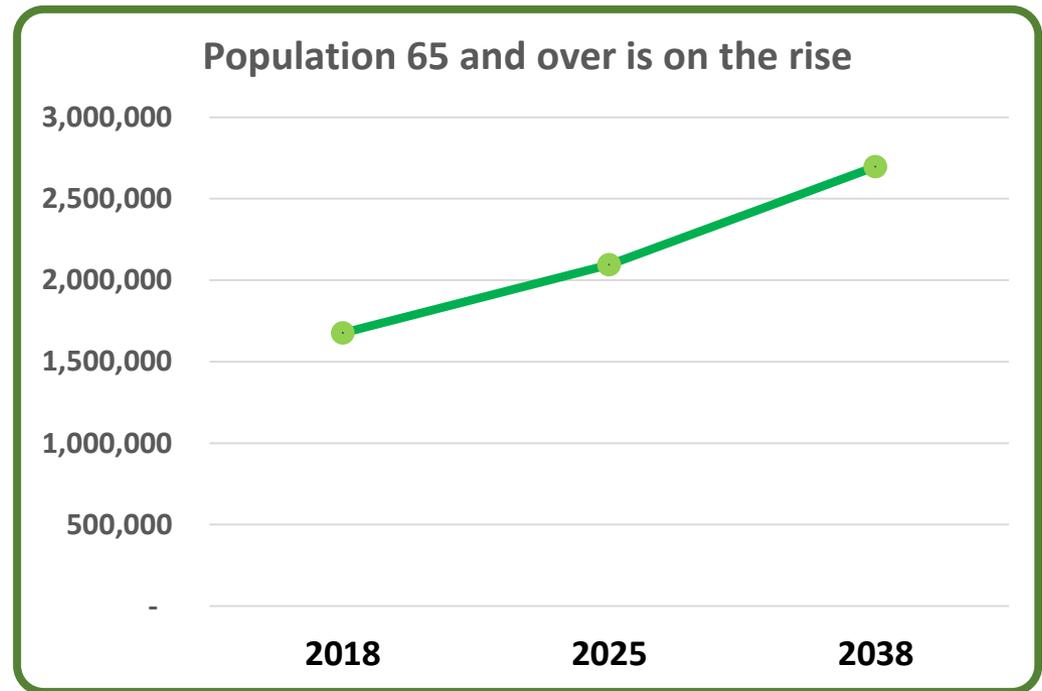
Effective 2019, the state has more people 60+ than ages 0-17



Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038

Population 65 and over will increase in the coming decades

- It is projected that by 2038, 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 (114%).



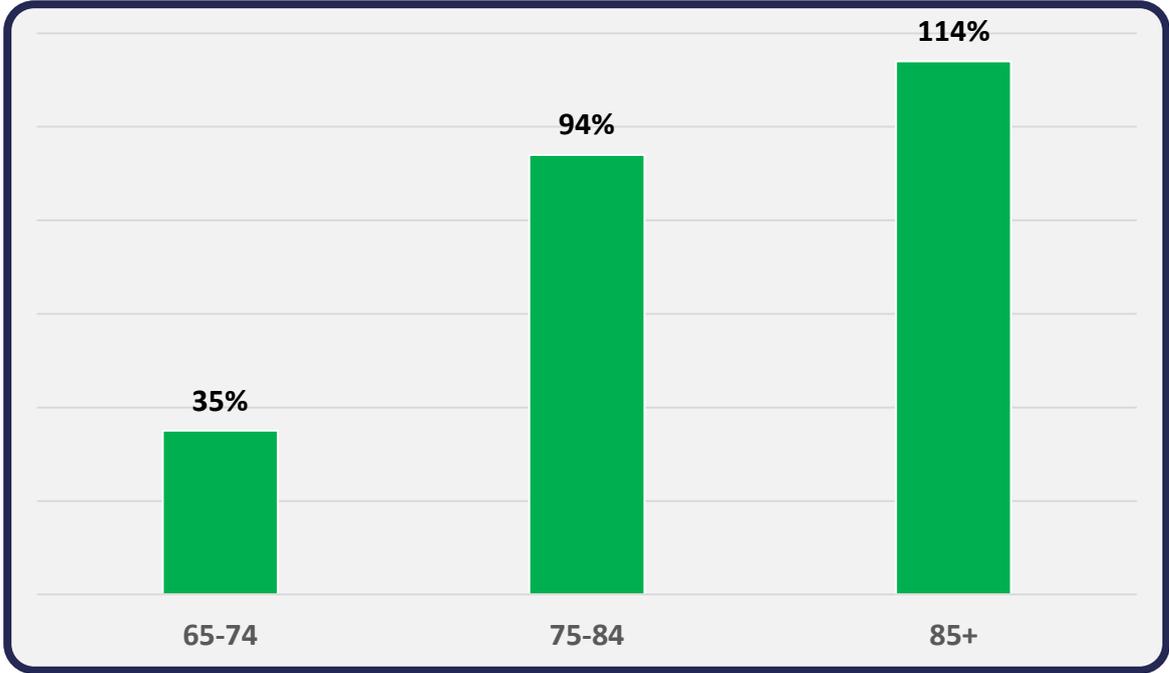
Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038

Projected NC's Population 2018-2038

Age	2018		2038		% Change 2018-2038
	#	%	#	%	
Total	10,389,148		12,799,658		23%
0-17	2,311,348	22%	2,633,159	21%	14%
18-44	3,689,649	36%	4,435,853	35%	20%
45-59	2,075,879	20%	2,334,589	18%	13%
60+	2,312,272	22%	3,396,057	27%	47%
65+	1,676,545	16%	2,696,529	21%	61%
85+	186,059	2%	397,328	3%	114%

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

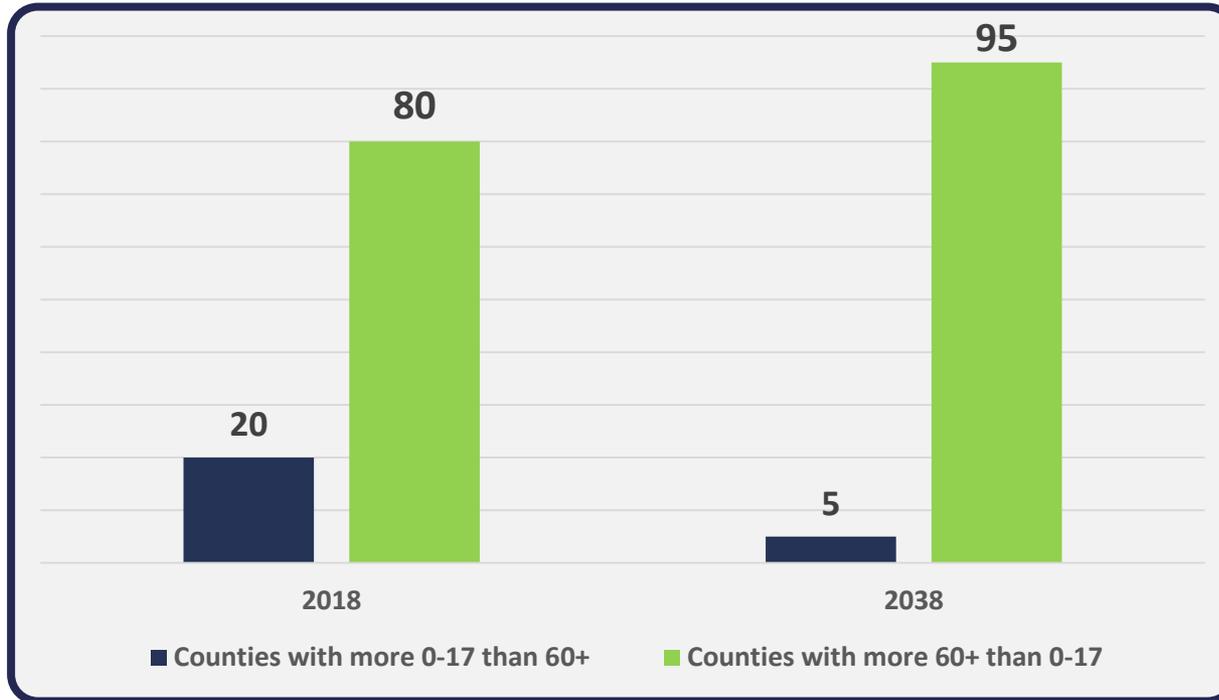
Projected growth of population 65+ by age group between 2018-2038



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

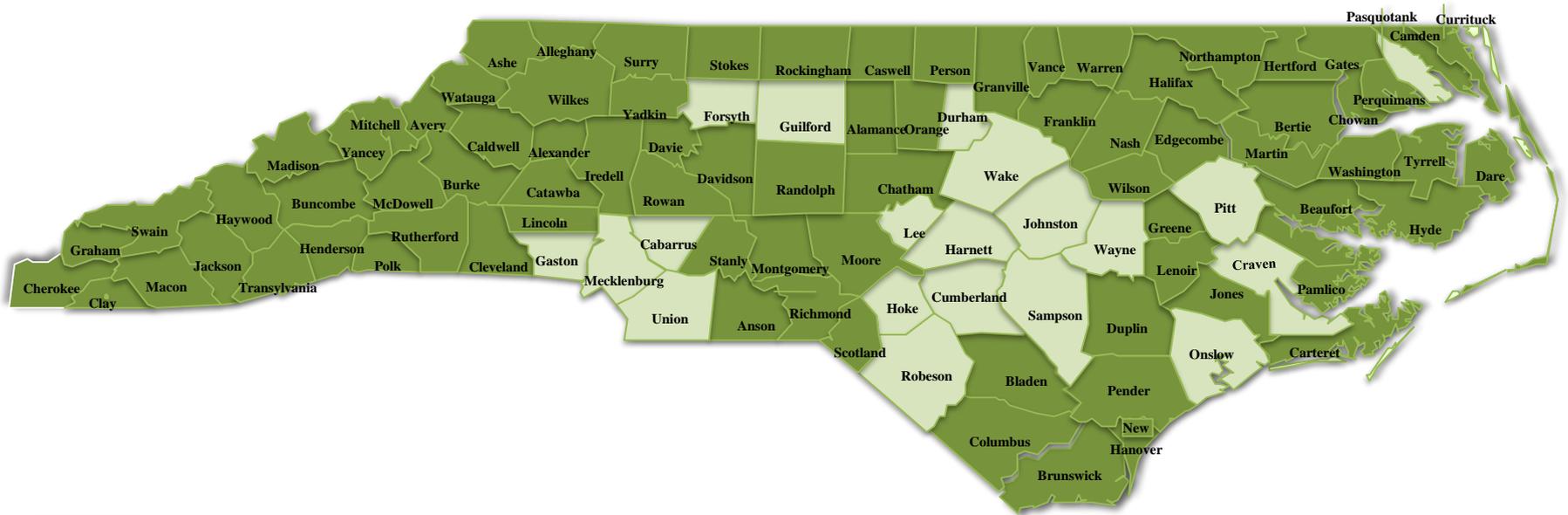
Source: NC Office of State Budget and Management/ facts-figures, Certified county estimates and projections 2018, 2038

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



By 2025, 88 counties will have more people 60 and over than age under 18

Counties with more people age 60 and over than 0-17, 2018



- 80** Counties with more people age 60+ than 0-17
- 20** 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, 2018, 2038

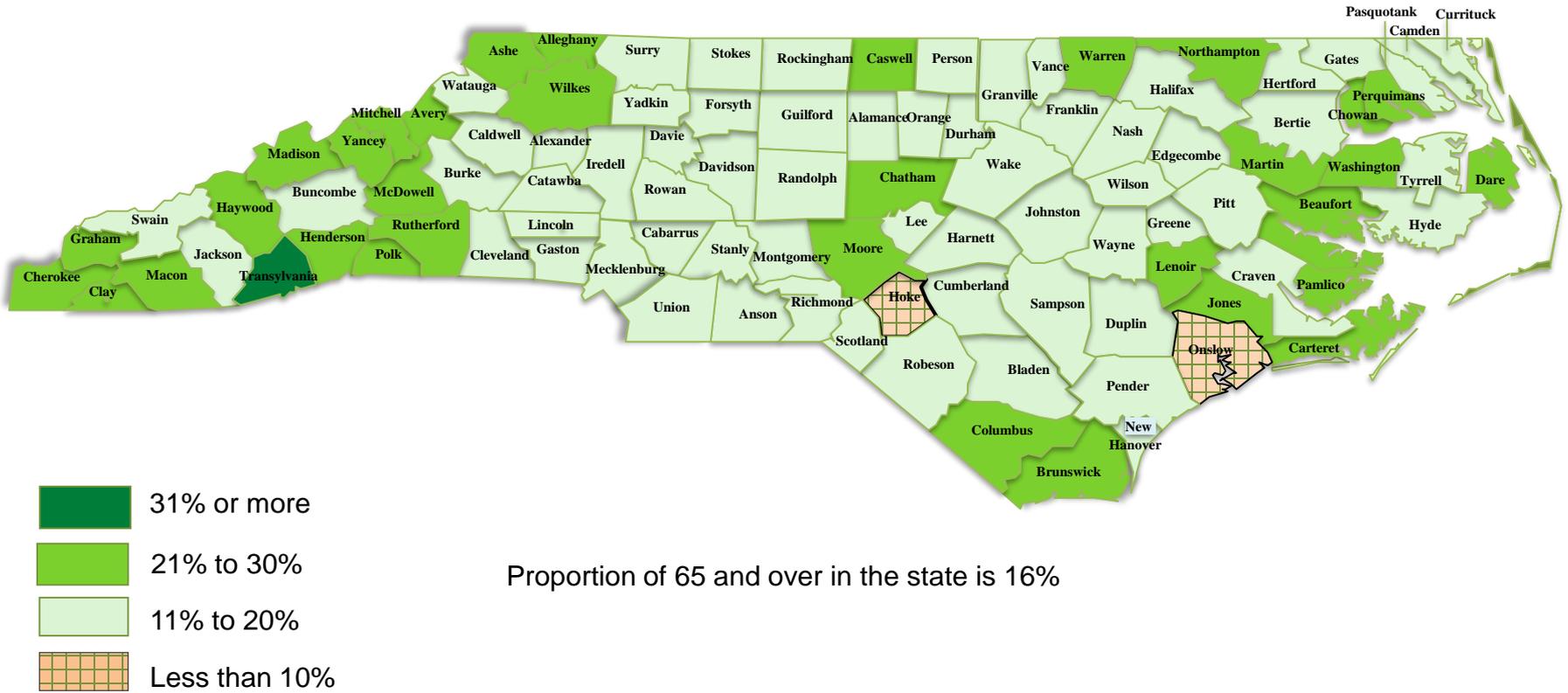
Counties with more people age 60 and over than 0-17, 2038



- 95** Counties with more people age 60+ than 0-17
- 5** Counties with more people age 0-17 than 60+

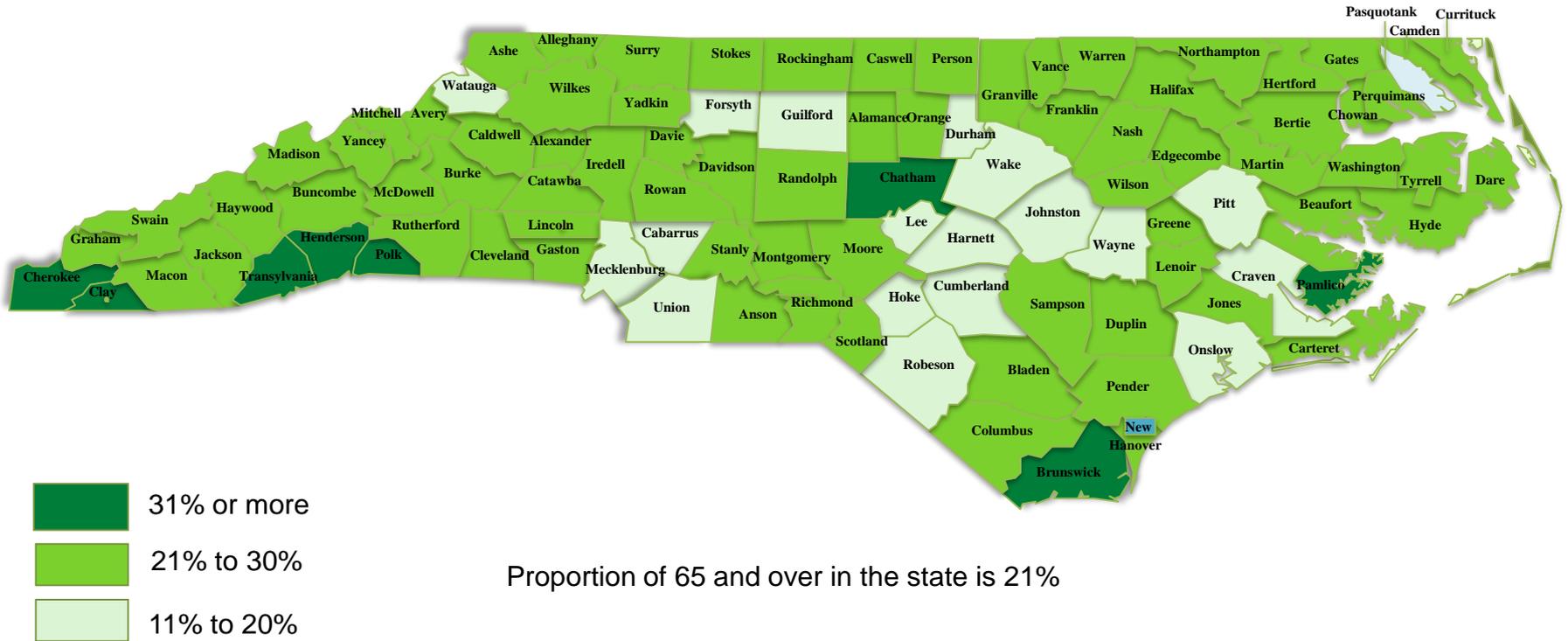
Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038

Percent of population 65 and over, 2018



Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038

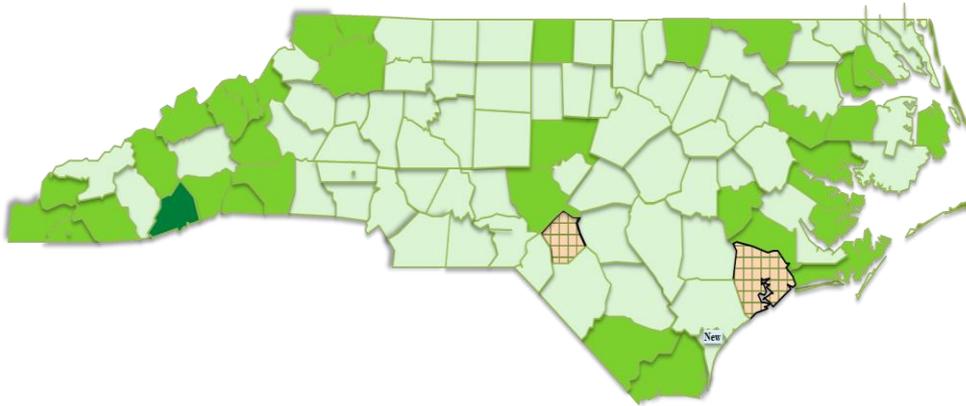
Percent of population 65 and over, 2038



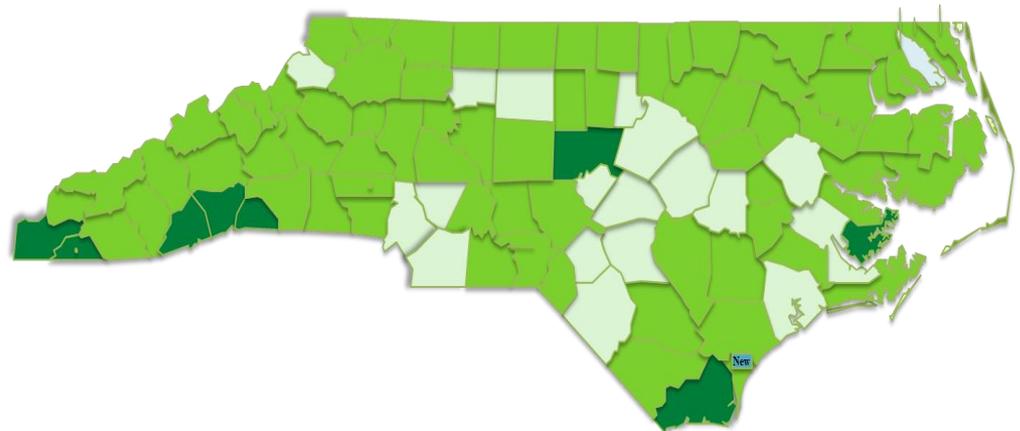
Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038

Percent of population 65 and over

2018



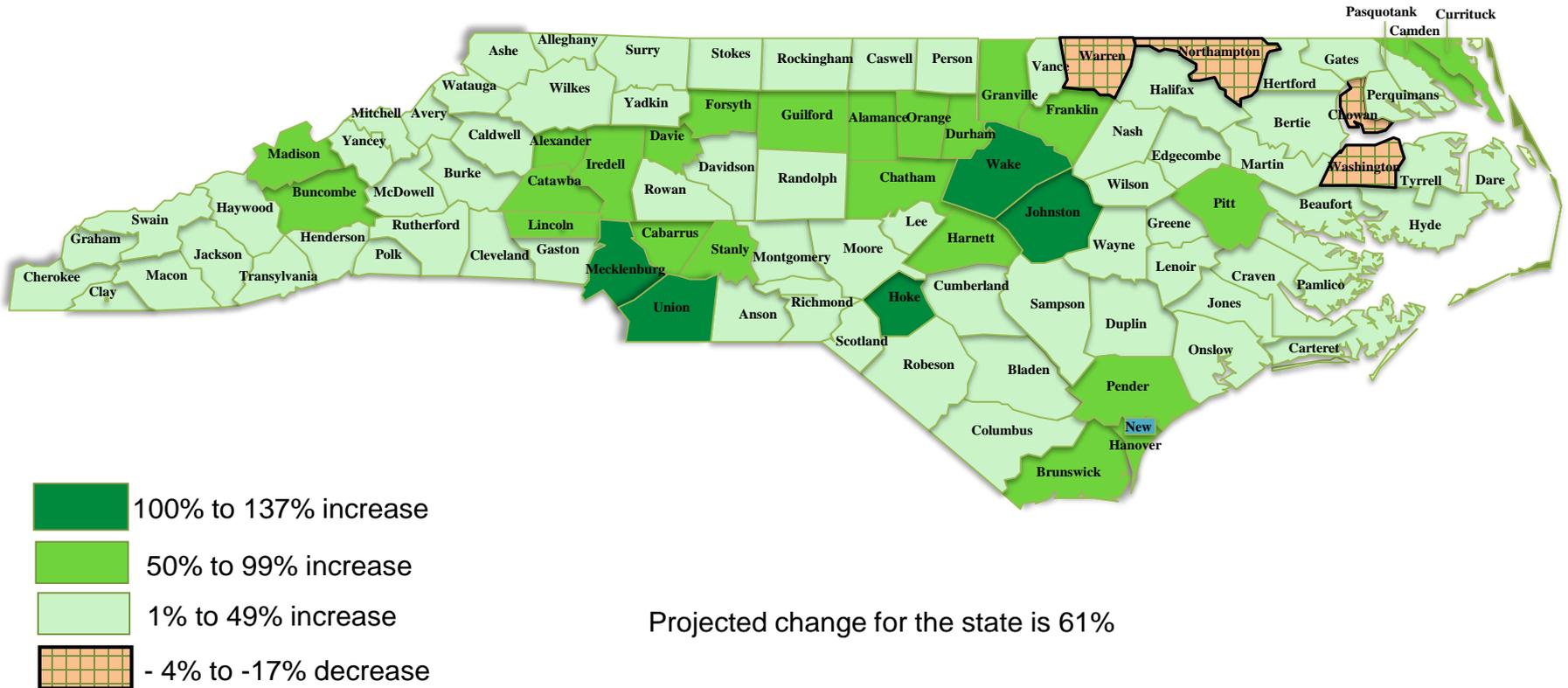
2038



*As a % of total population

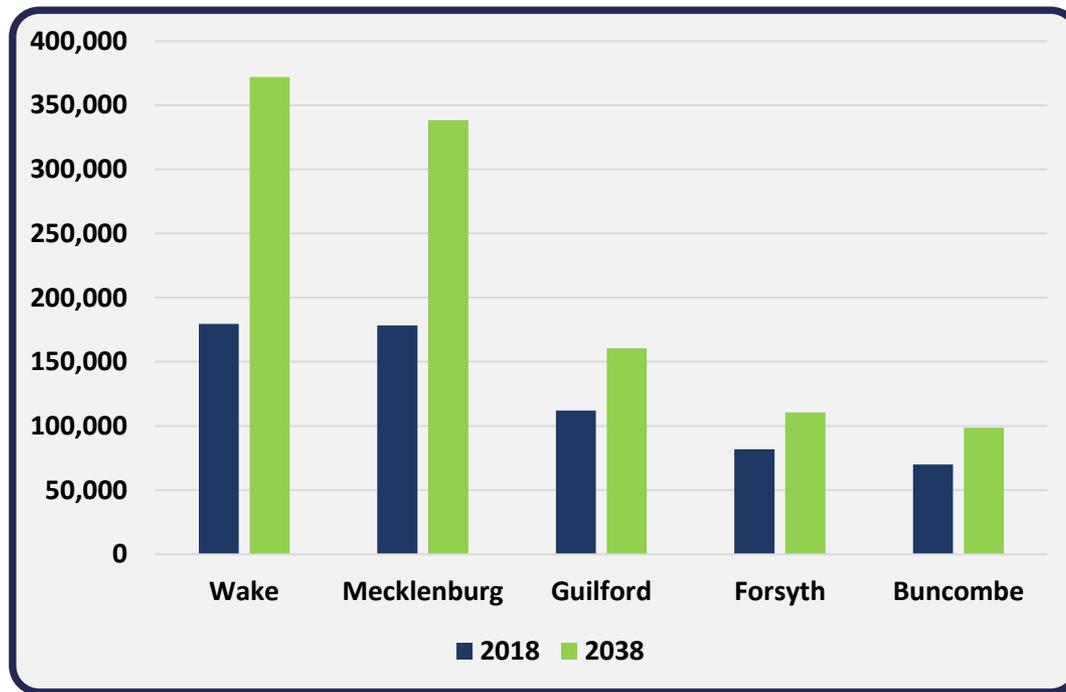
Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038

Projected change in population 65 and over (2018 to 2038)



Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038

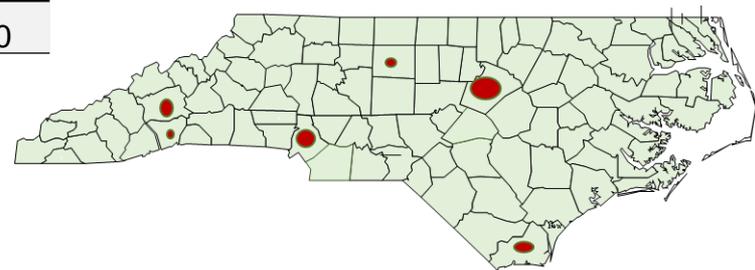
Top 5 counties with the most people 60 and over (2018-2038)



Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038

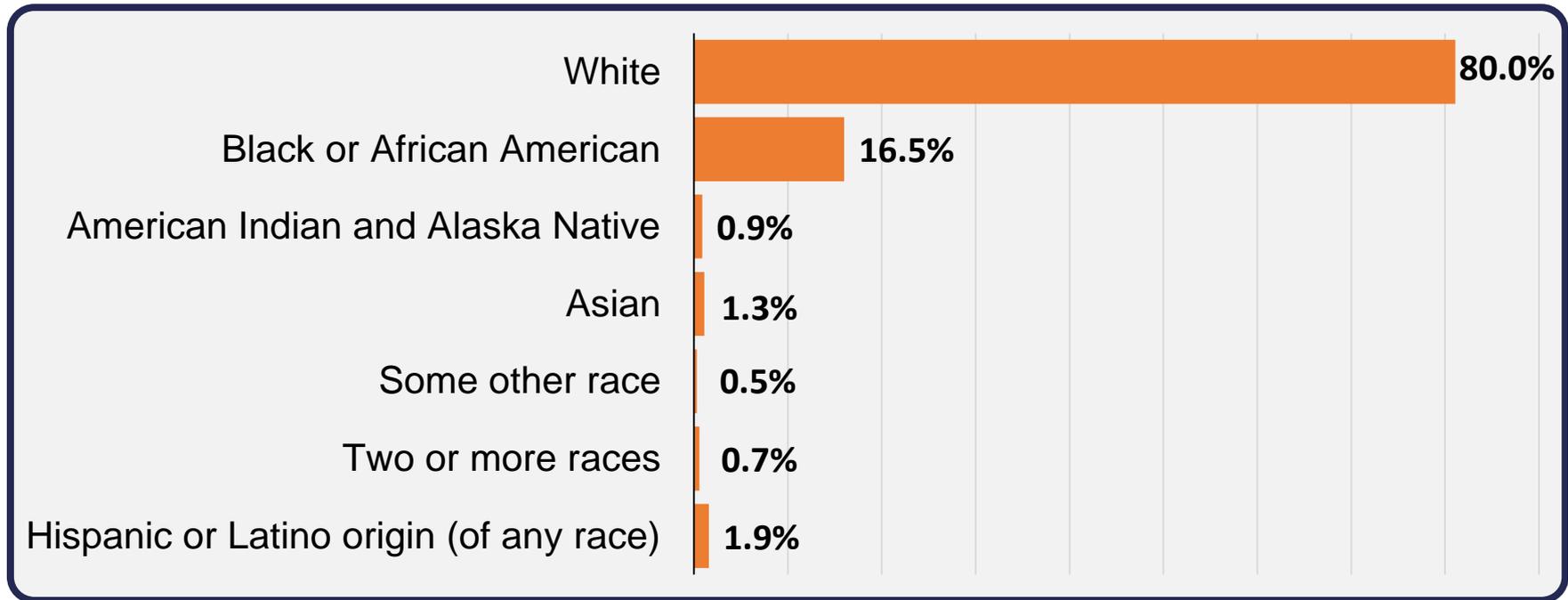
There is more migration of people 60 and over to metropolitan areas

	Moved from other states	Moved from abroad	Total
North Carolina	36,416	5,198	41,614
Wake	3,950	1,007	4,957
Mecklenburg	3,373	457	4,130
Brunswick	2,064	18	2,082
Buncombe	1,650	127	1,777
Guilford	1,341	112	1,453
Henderson	1,245	65	1,310



Source: American Community Survey 2014-2018, 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

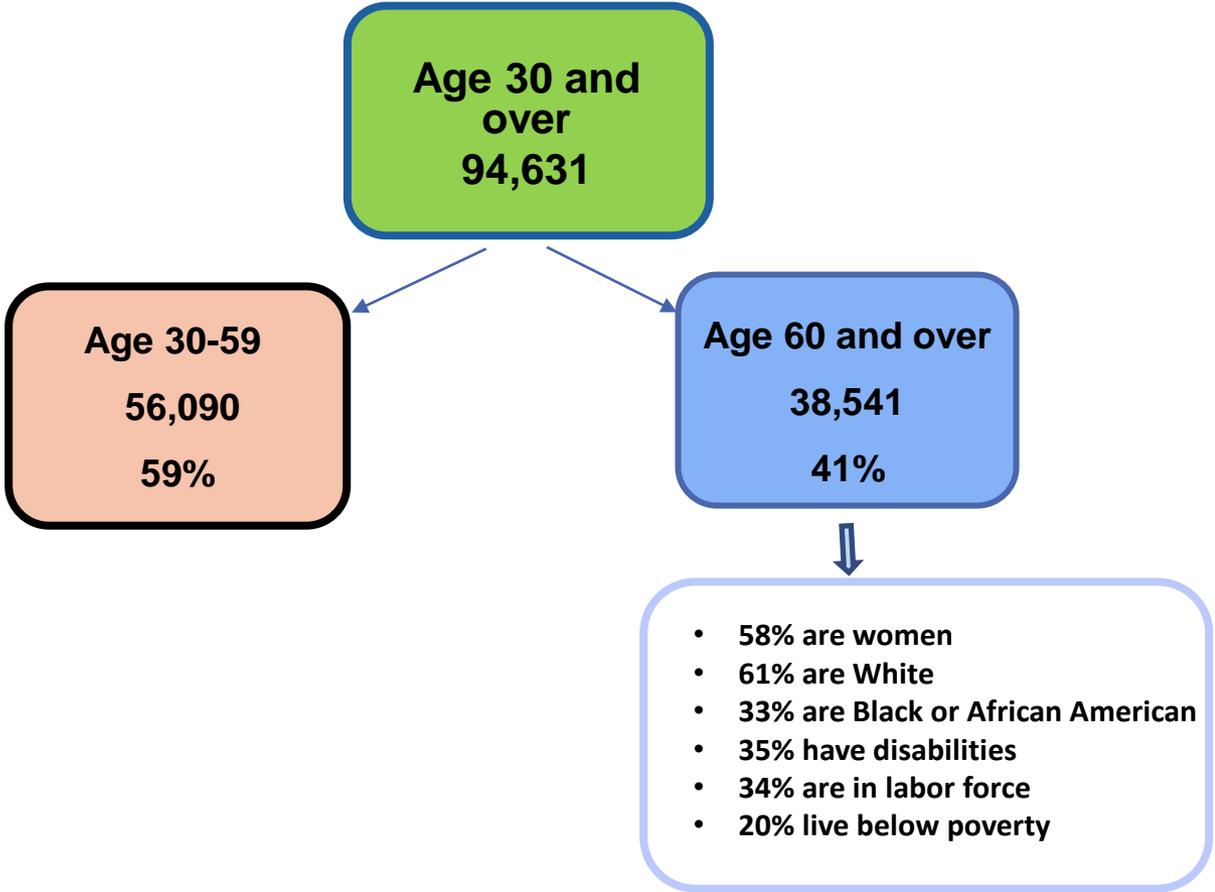


Source: American Community Survey 2014-2018, 5-year estimates. Table S0103: Population 65 and over

Of the population 65 and over.....

- 2% speak English less than “very well”
- 19% are veterans
- 27% live alone
- 3% live in group quarters
- 81% are home owners
- Have a median household income of \$40,062

Number of grandparents responsible for raising grandchildren under 18 Years



Source: American Community Survey 2014-2018, 5-year estimates. Tables B10056: Sex of grandparents living with own grandchildren under 18 years by responsibility for own grandchildren and age of the grandparent. Table S1002: Grandparents

Characteristics of grandchildren living with grandparents responsible

- 102,389 grandchildren live in households with grandparents responsible for them
- **Age:**
 - 38% under 6 years
 - 34% are 6 to 11 years
 - 28% are 12 to 17 years
- **Race:**
 - 48% White
 - 39% Black or African American
 - 9% Hispanic or Latino
- 28% live below poverty level
- 52% live in households with SSI, cash public assistance income, or SNAP benefits

Poverty level, 65 and over

	%
Below 100% of poverty level	9.2%
In 100%-199% of poverty level	22.0%

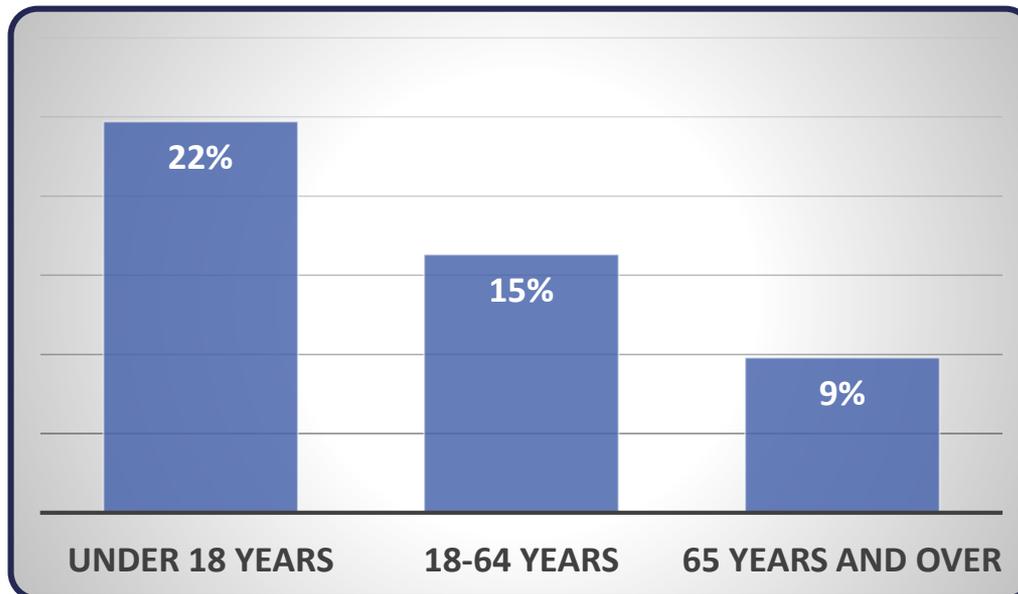
US Census Poverty Thresholds, 2018

One person 65 and over \$12,043

Two people 65 and over \$15,193

*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.

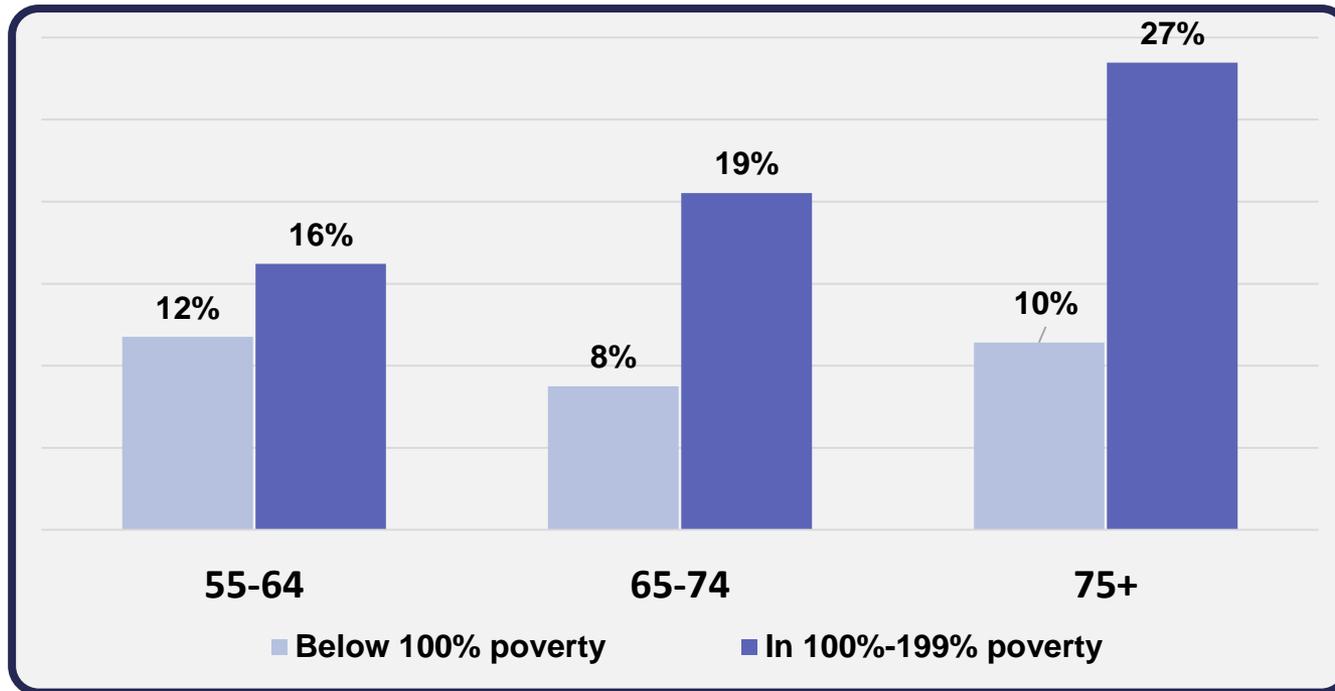
Below poverty status by age groups



* 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.

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

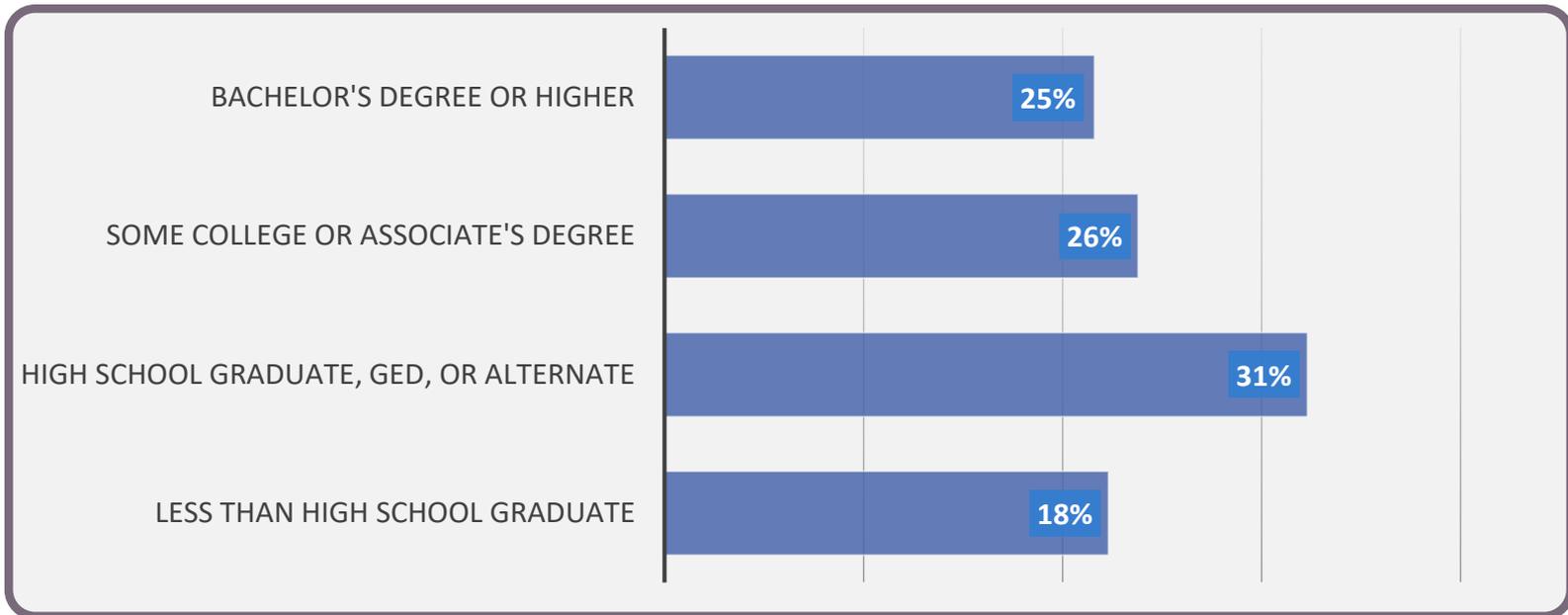
Sources of income for people age 65 and over

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

Level of education, age 65 and over



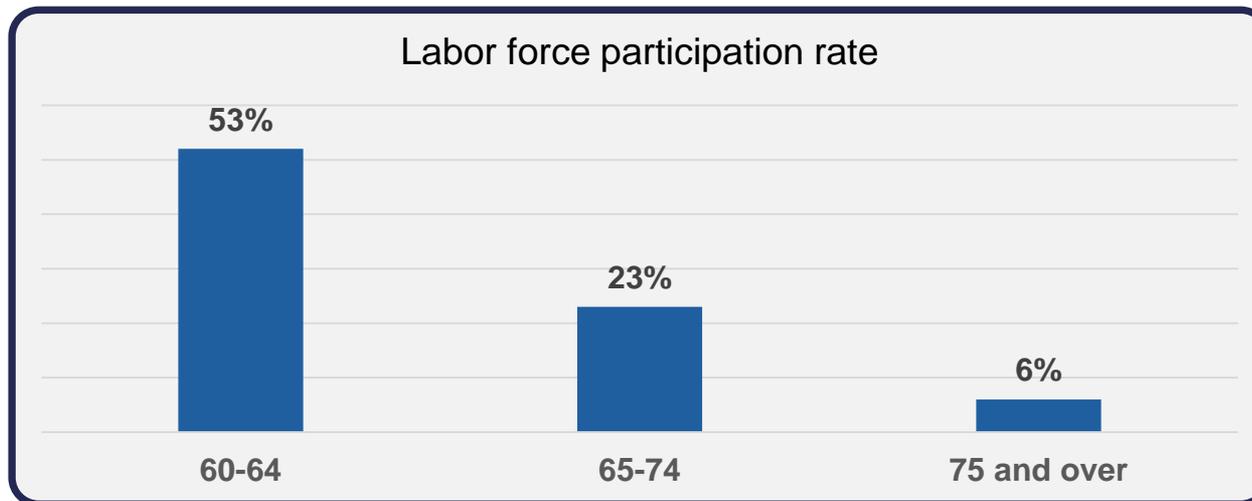
* As % of age group

Labor force participation, age 65 and over

	%
In labor force	16.4%
Employed	15.8%
Unemployed	0.6%
As a percent of total civilian labor force	3.5%
Not in labor force	83.6%

* As % of age group

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 2014-2018, 5-year estimates. Table S2301: Employment status
American's aging workforce: Opportunities and Challenges. <https://www.congress.gov/115/crpt/srpt191/CRPT-115srpt191.pdf>

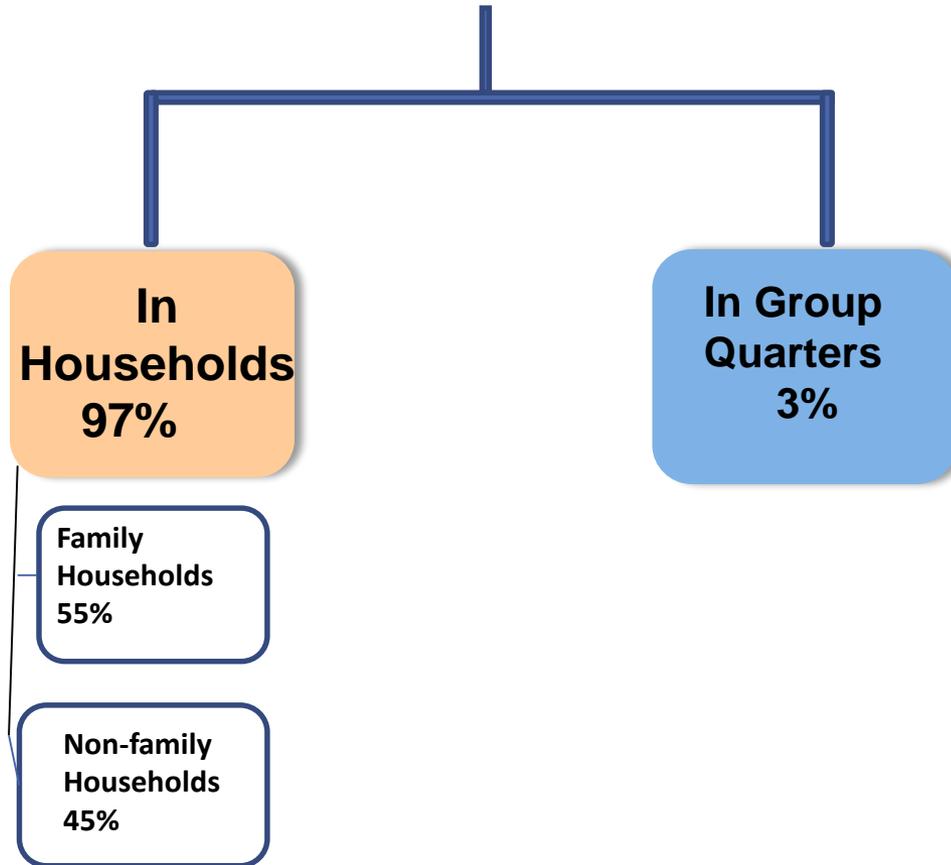
Senior Community Service Employment Program (SCSEP), 2019

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

	YTD
<u>Number of hours of training provided</u>	1,343
<u>Total number of participants providing community service</u>	333
<u>Total number of hours worked in community service</u>	170.778

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.

Housing, age 65 and over



Group quarters population: people not living in households and includes institutionalized and non-institutionalized population

* As % of age group

Source: American Community Survey 2014-2018, 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

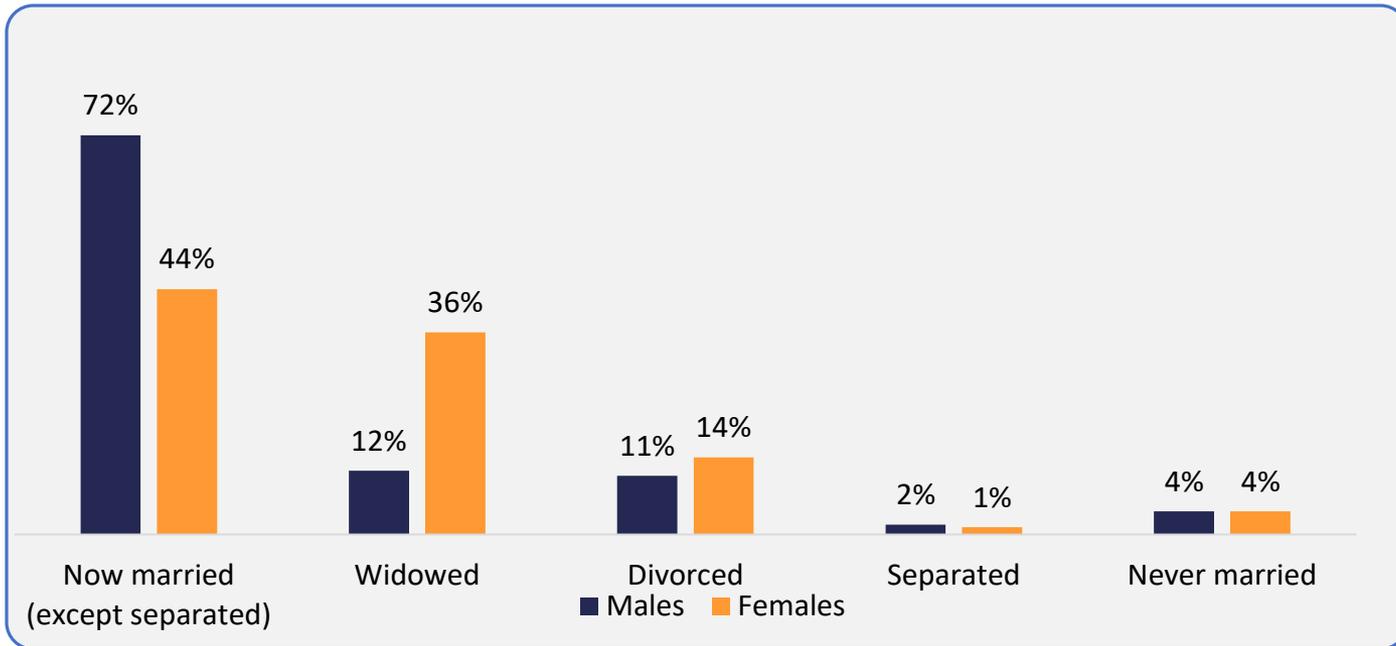
	Total	Institutionalized	Noninstitutionalized
	44,118	40,591	3,527
Male	34%	33%	43%
Female	66%	67%	57%

* As % of age group

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

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

Now Married, Except Separated

Includes people whose current marriage has not ended through widowhood, divorce, or separation (regardless of previous marital history). The category may also include couples who live together or people in common-law marriages if they consider this category the most appropriate. In certain tabulations, currently married people are further classified as "spouse present" or "spouse absent." In tabulations, unless otherwise specified, "now married" does not include same-sex married people even if the marriage was performed in a state issuing marriage certificates for same-sex couples.

Separated

Includes people legally separated or otherwise absent from their spouse because of marital discord. Those without a final divorce decree are classified as "separated." This category also includes people who have been deserted or who have parted because they no longer want to live together, but who have not obtained a divorce.

Source: American Community Survey 2014-2018, 5-year estimates. Table S1201: Marital status

Health and well-being

Of the people 65 and over:

- **36%** have at least one disability
- **84%** have at least one chronic disease. **55%** of them had 2 or more chronic diseases
- **73%** reported no falls
- **66%** reported having an adult flu shot/spray
- **77%** reported having a pneumonia shot ever
- **68%** reported exercising in the past month
- **8%** reported that their health is poor

Source: American Community Survey 2014-2018, 5-year estimates. Table C18018: Age by number of disabilities
NC State Center for Health Statistics. BRFSS 2018 survey results

Older adults and civic engagement

Senior Corps in North Carolina, 2018

More than 3,300 North Carolinians age 55 and over met critical community needs

2,220

Young people tutored by Foster Grandparents

790

Homebound seniors helped by Senior Companions

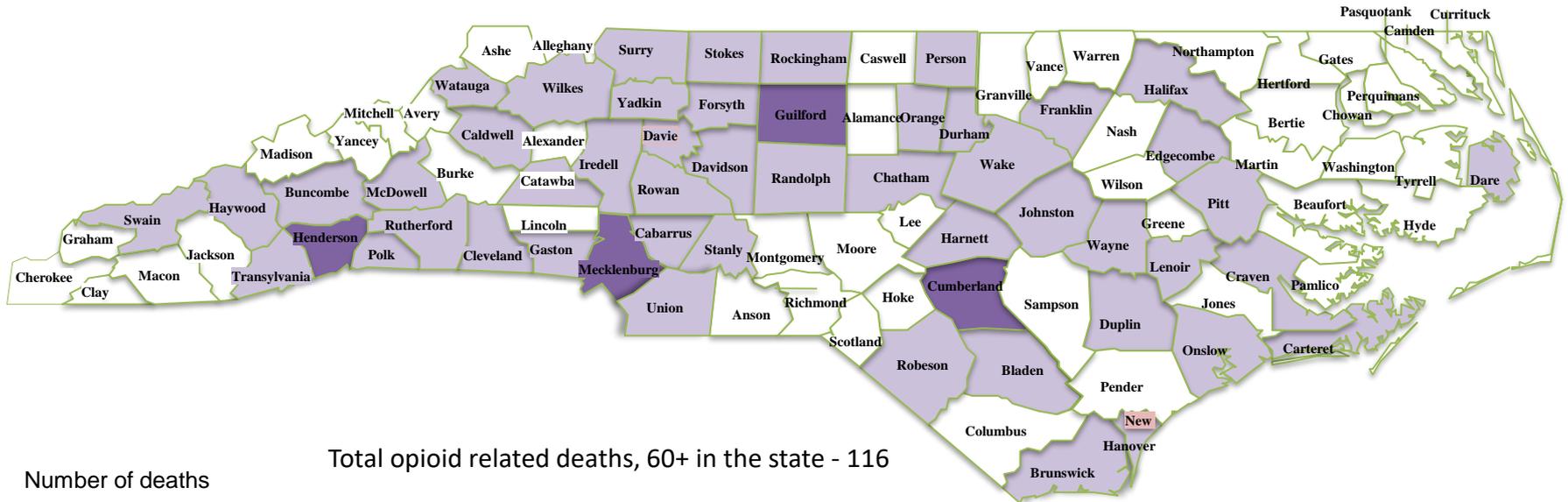
150

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

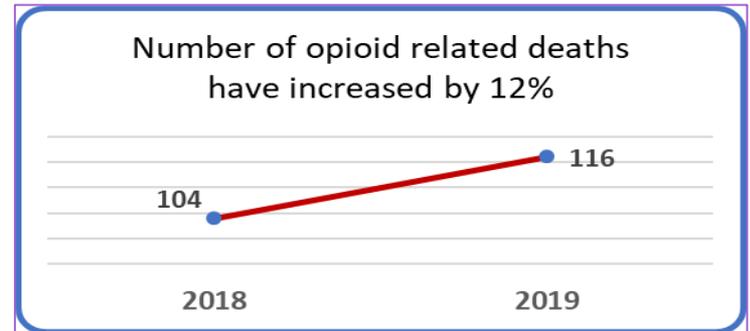
Reported health benefits after one year of volunteering:

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

Opioid related deaths among adults 60 and over, SFY 2019



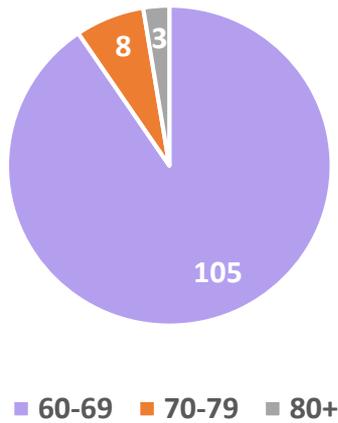
Number of deaths



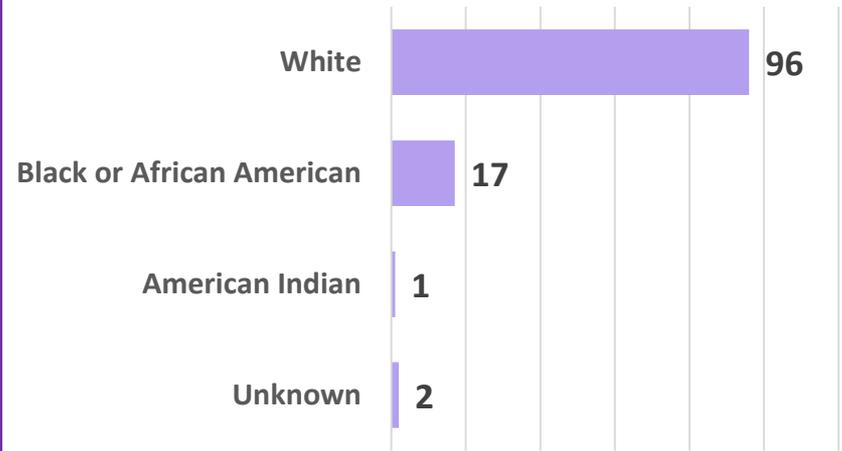
Source: NC Division of Public Health, Office of the Chief Medical Examiner, provisional results

Opioid related deaths among adults 60 and over, SFY 2019

Number of deaths by age group



Number of deaths by race



Number of deaths by gender

Male: 68 Female: 48

Family Caregiving for Older Adults with Dementia in NC (2018)

473,600

Number of Caregivers

538,000,000

Total hours of unpaid care

\$6,806,000,000

Total value of unpaid care

\$311,000,000

Higher health costs of caregivers

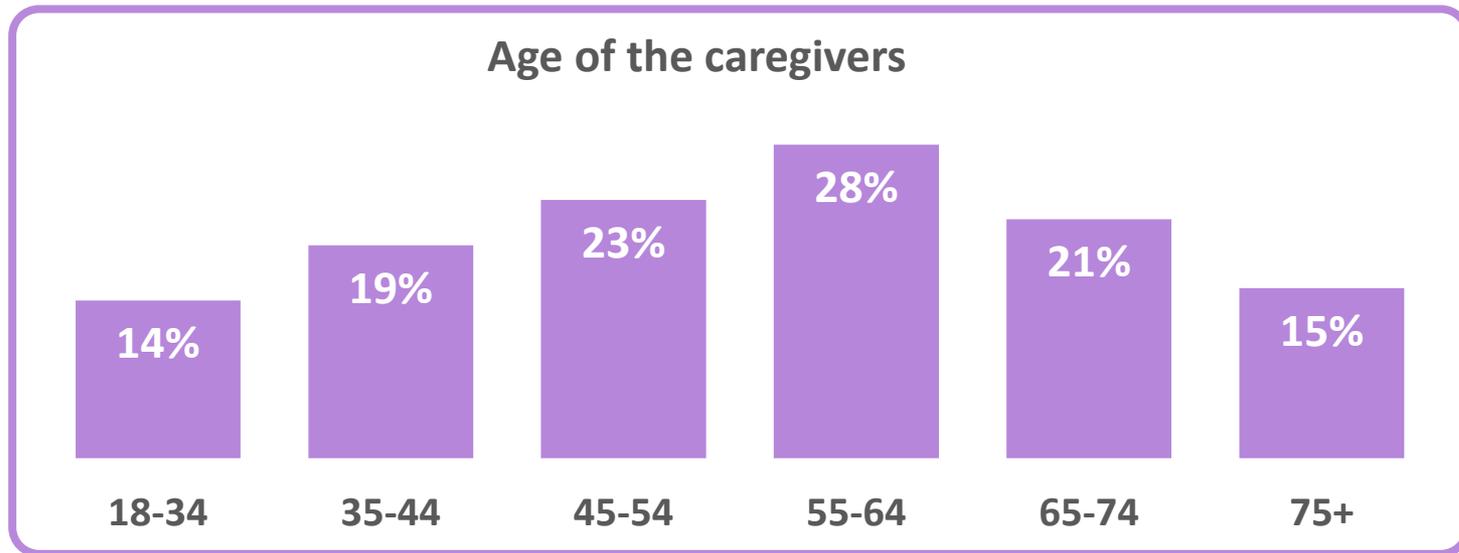
*Number of Alzheimer's and dementia caregivers, hours of unpaid care and costs of caregiving.

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%))

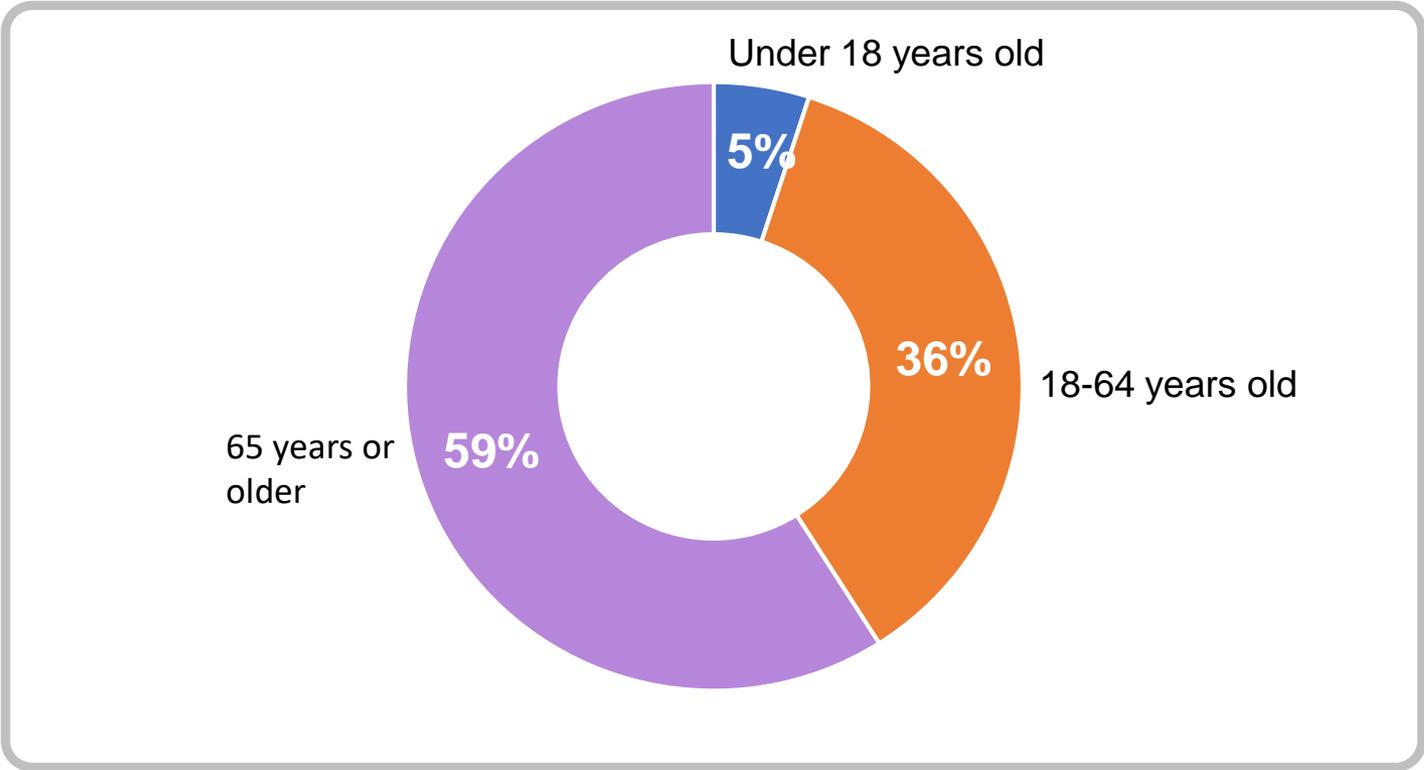


Source: NC State Center for Health Statistics, BRFSS, NC Caregiver Survey, 2017

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.

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

Functional limitations, age 65 and over

One in four people 65 and over report having trouble walking

Types of disability	% with a disability
Ambulatory difficulty	23%
Independent living difficulty	15%
Hearing difficulty	15%
Cognitive difficulty	9%
Self-care difficulty	8%
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

Leading causes of death, age 65 and over, 2018

Rank	Causes of death	Number of deaths	% of Total deaths
1	Diseases of the heart	14,969	22%
2	Cancer	13,976	21%
3	Chronic lower respiratory diseases	4,470	7%
4	Alzheimer's disease	4,454	7%
5	Cerebrovascular disease	4,286	6%
6	Diabetes mellitus	1,992	3%

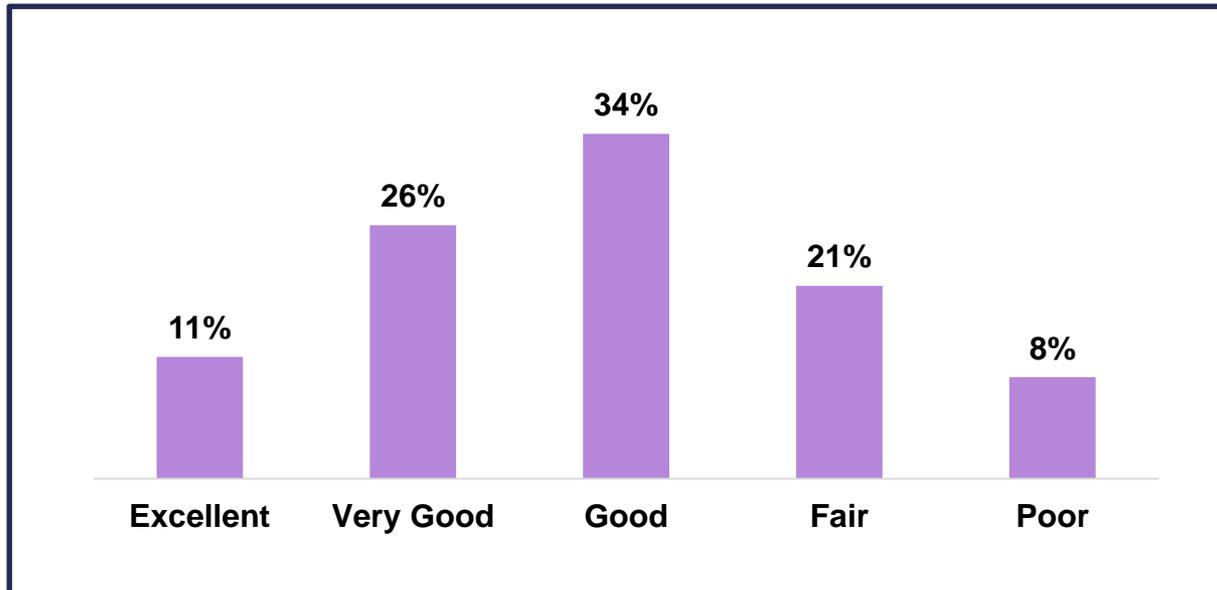
*Number of people 65+ with at least one chronic disease is **84%**:

One chronic disease only – 29%

2 or more chronic diseases – 55%

Health Status, age 65 and over

What would you say in general your health is?



Life Expectancy, 2018

Age Groups	Years
60-64	23.2
65-69	19.4
70-74	15.8
75-79	12.5
80-84	9.5
85+	7.1

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

References:

Population estimates and projections: North Carolina State Data Center. County/state population estimates and projections; July 1, 2018, 2038; <http://www.osbm.nc.gov/facts-figures/demographics>

US Census Bureau. American Community Survey 2014-2018, 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

NC State Center for Health Statistics.

Leading causes of death. Retrieved from <http://www.schs.state.nc.us/schs/data/lcd/lcd.cfm>

Life expectancy reports. Retrieved from <http://www.schs.state.nc.us/schs/data/lifexpectancy/>

Health status. BRFSS 2018. Retrieved from <http://www.schs.state.nc.us/data/brfss/survey.htm>

Glossary:

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