

Age My Way NC

- Aging Population
- Livable/Age-Friendly
- Age My Way Initiative
- Multi-Sectoral Plan

**NC Executive Committee
for Highway Safety ECHS**

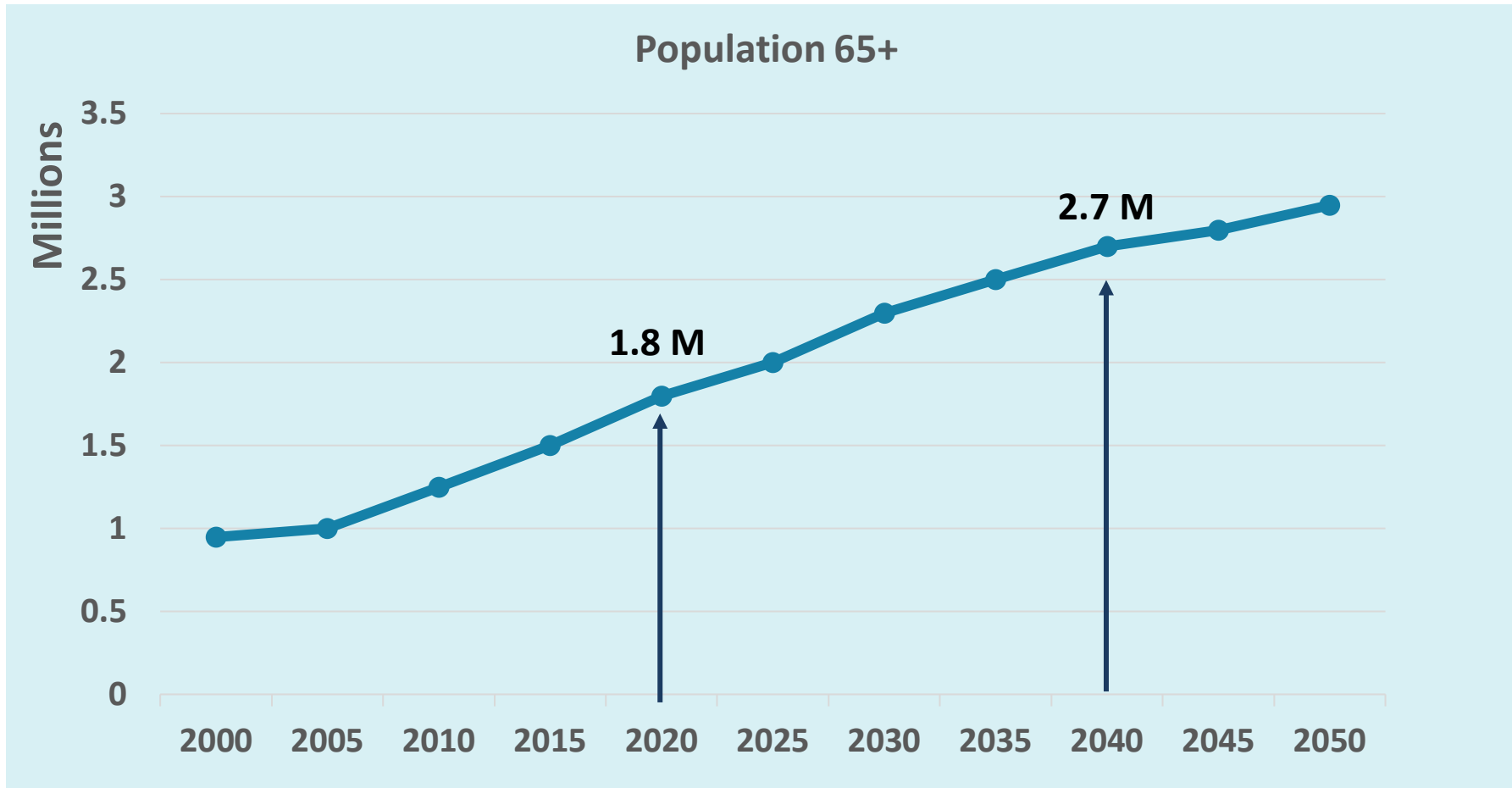
May 5, 2023

Lisa Riegel

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age.



NC is Aging



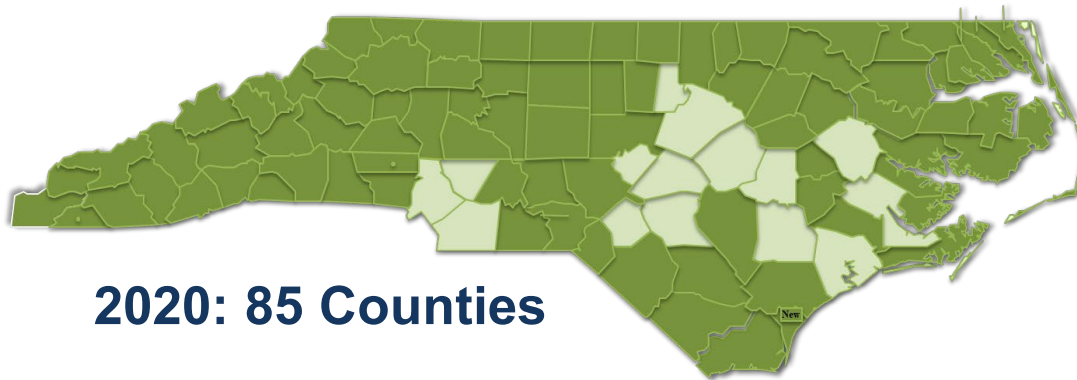
↑ 52%

U.S. Census Bureau, American Community Survey 2020, one-year experimental data estimates. Table XK20014: Population by Age. 2020 ACS 1-Year Experimental Data Tables www.census.gov

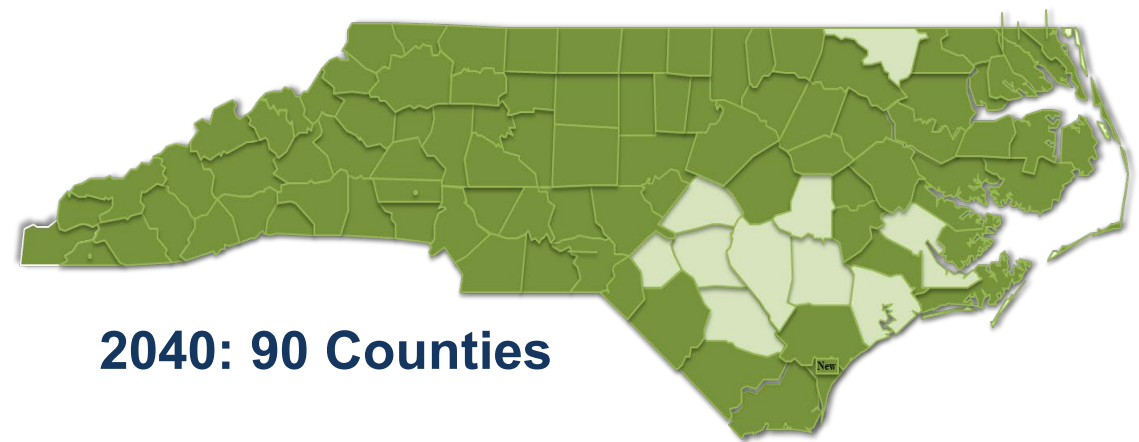
Profile of Aging in NC



Counties with more people ages 60+ than 0-17



2020: 85 Counties



2040: 90 Counties

A Place Where All Ages Can...



Go for a walk



Cross the streets



Ride a bike



Get around without a car

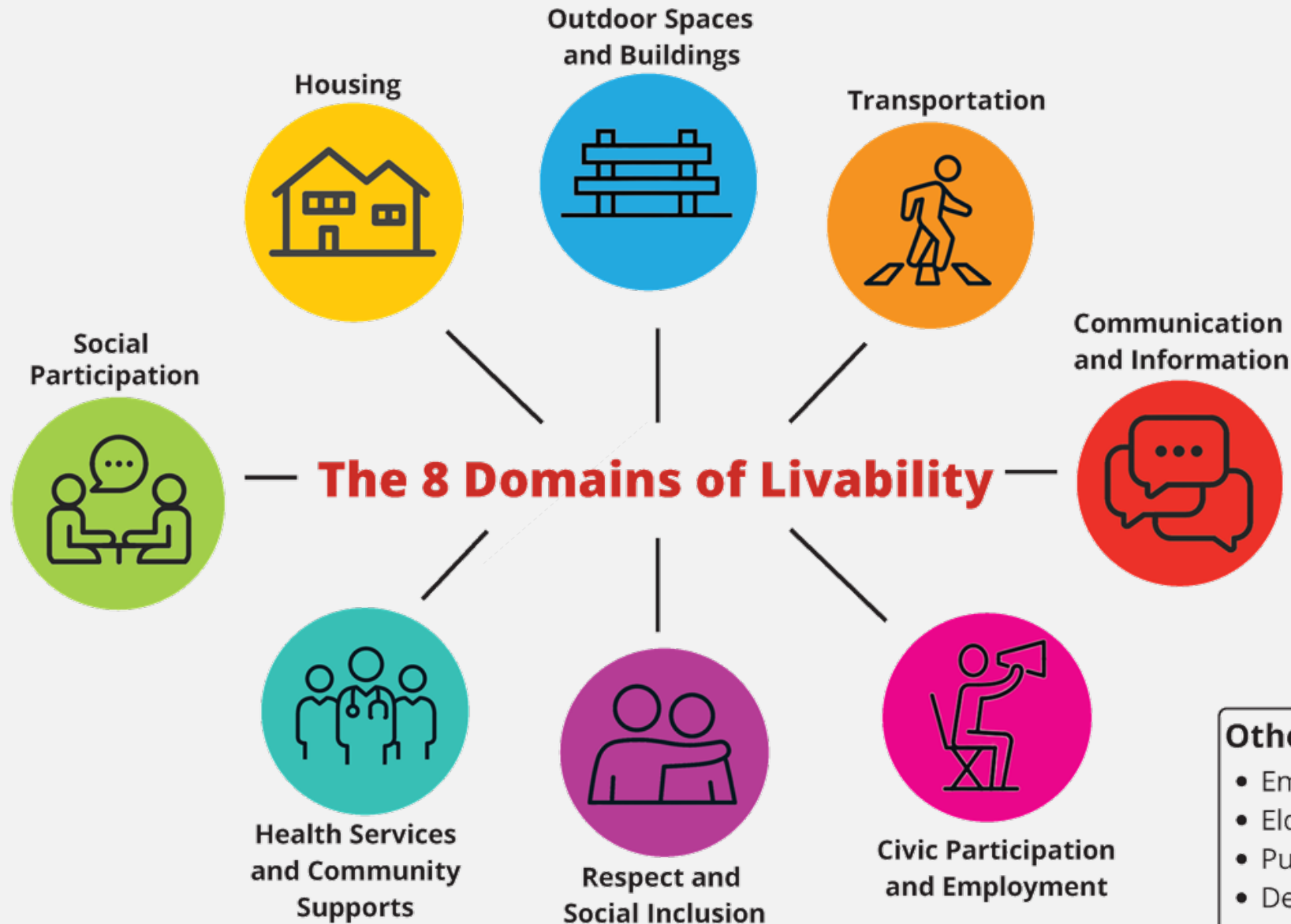


**Live safely and
comfortably**



Work or volunteer

Building Livable Communities for All



Other Areas

- Emergency Preparedness
- Elder abuse
- Public safety
- Dementia-friendly

Developing an Age-friendly State: Overview

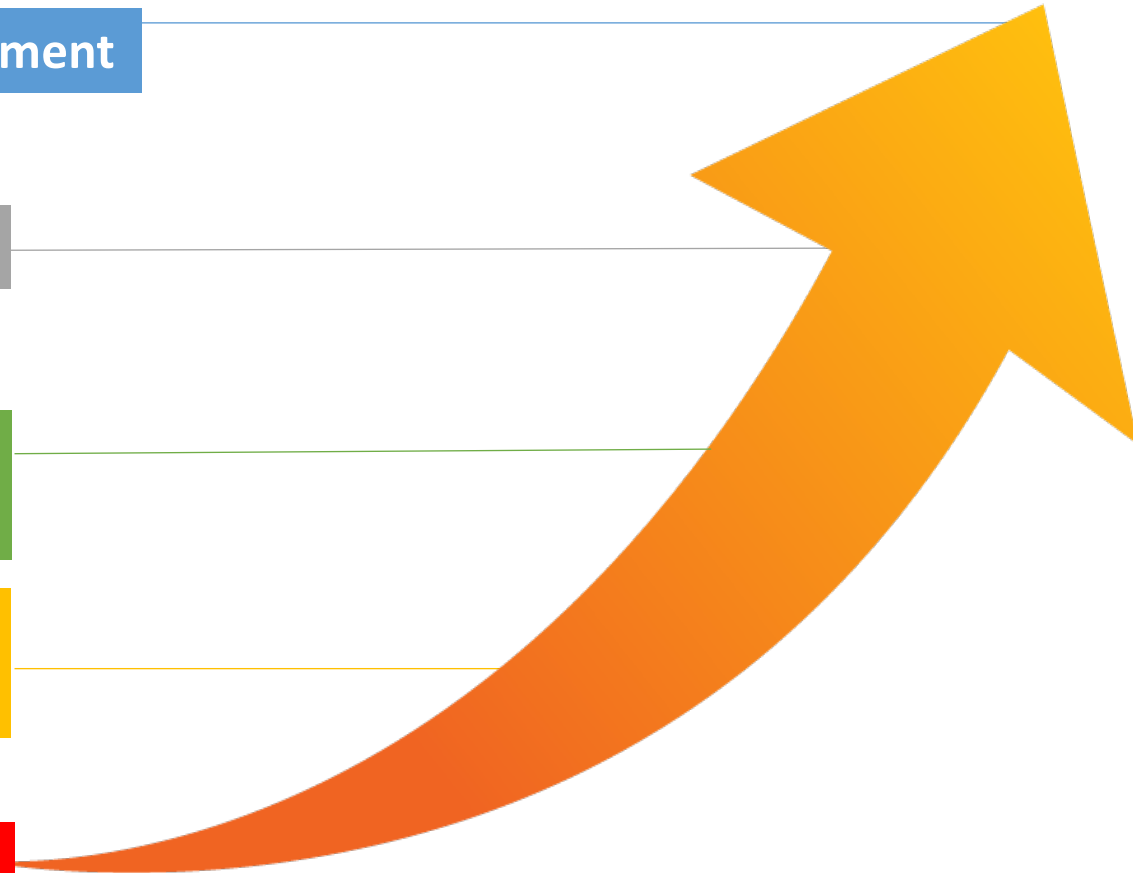
Year 5+: Continuous Improvement

Years 5: Full Evaluation

**Year 2-4: Implementation
and Annual Update**

**Year 1: Assessment and
Planning**

Enrollment





AGE MY WAY NC

Age My Way NC is a collaborative effort between the State of North Carolina and AARP NC to help identify priorities for making our neighborhoods, towns, cities, and rural areas great places for people of all ages



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

**HOMETOWN
STRONG**
COMMUNITY FOCUSED PARTNERSHIPS

North Carolina's 2022 Age Friendly Community Survey: Methodology

- **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**
- For more information on the initiative and survey results visit: <https://hometownstrong.nc.gov/partnerships/age-my-way-nc>

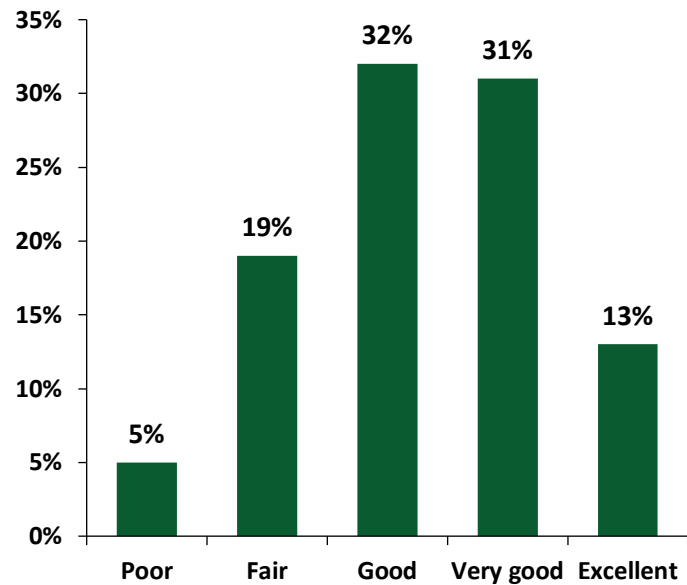
NORTH CAROLINA'S 2022 AGE FRIENDLY COMMUNITY SURVEY: CONSIDERATIONS

What would you like to see happen to make life better for residents of all ages?

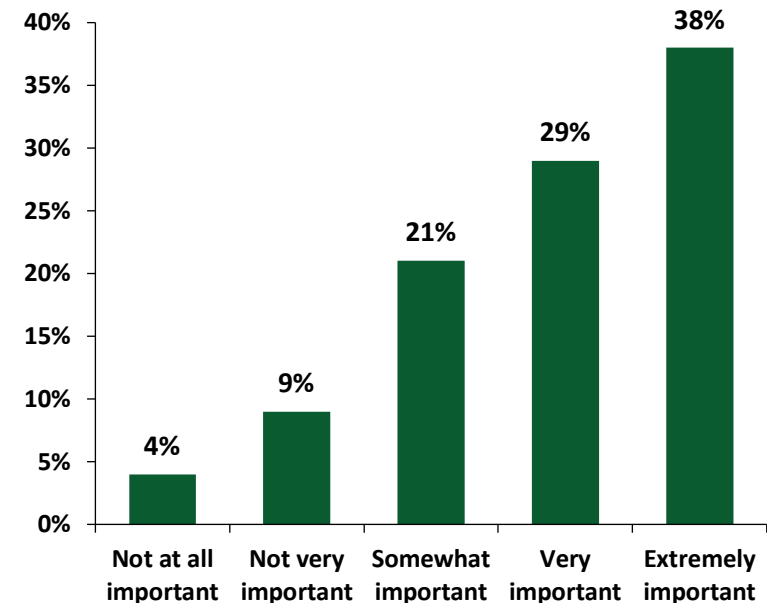
- Where do you live and where do you want to be as you age?
- How will you get groceries, see friends, or go to the doctor if you don't have a car?
- How will your life change after traditional retirement, or will you retire?
- How do you want to work, play, worship, and age in place?

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



HOUSING

- 50% of households are 1- or 2-persons,
 - >85% of housing stock is 2+ bedrooms
- 65+ who are rent-burdened increased from 43% (2001) to 50% (2015)
- <1% of homes built with universal design



FIVE HOME FEATURES TO AGE IN PLACE

- No step entry
- Live on 1 level
- Wide halls & doorways
- Accessible outlets/switches
- Lever handles/faucets

% in USA HOMES



1

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)



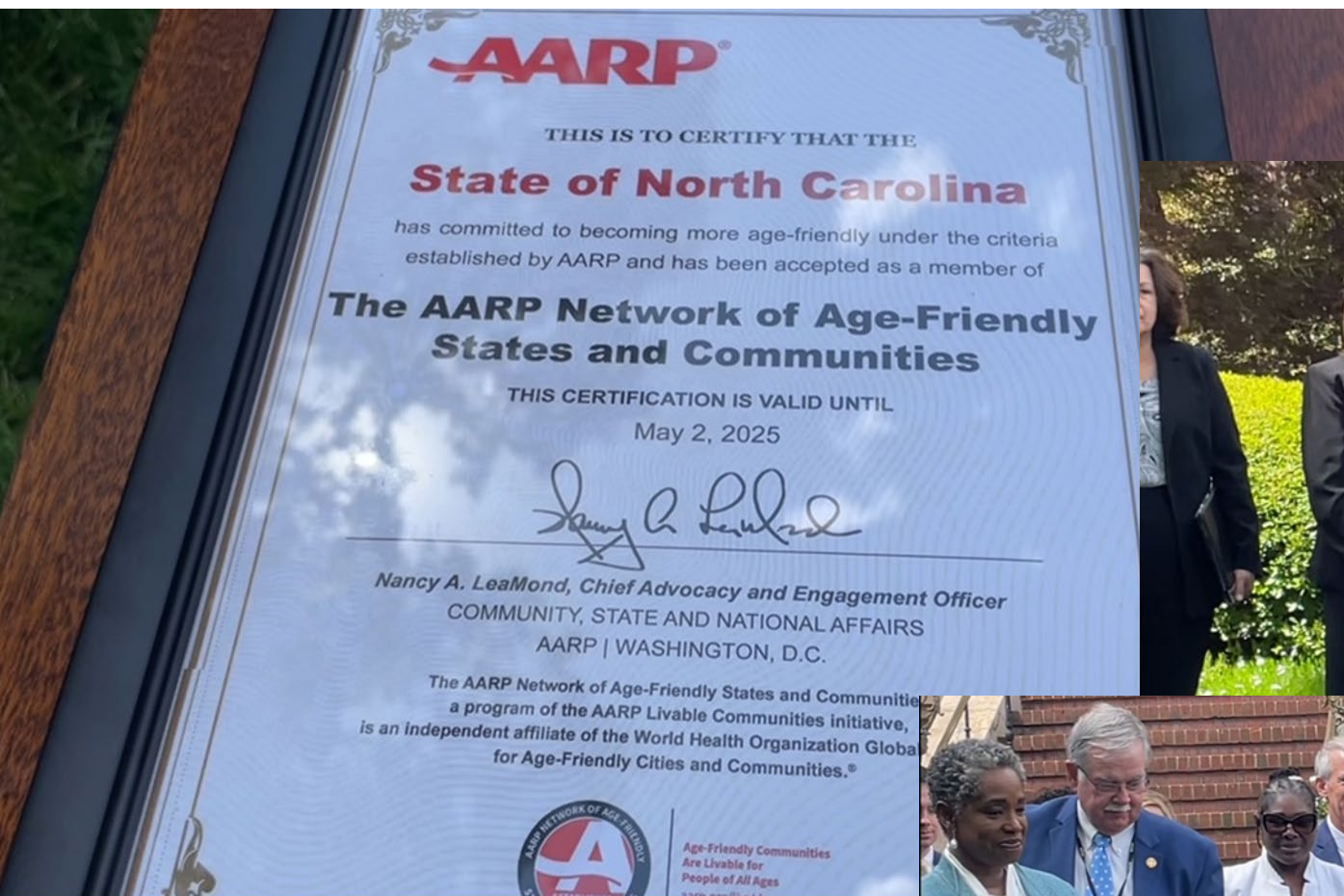
TRANSPORTATION

- Older adults outlive ability to drive by 7-10 years
 - 18% of older adults 65+ do not drive
 - 35% of women 75+ don't drive at all
- Pedestrian fatality rate of older persons is among highest of any age group
 - People 65+ represent 16% of total population but account for 21% of pedestrian fatalities (2019)



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



May 2, 2023: Governor Cooper Signs Executive Order and North Carolina is Accepted into the Network of Age-Friendly States and Communities!



Enrolled States and Territories (9+1)

Community / State Name	Lead Department/Agency	Date Enrolled in NAFSC	Population
NY State of New York	Governor's Office, Health, Aging, State	8/8/2017	19,540,000
MA Commonwealth of Massachusetts	Executive Office/Elder Affairs	1/16/2018	6,928,237
CO State of Colorado	Local Affairs	8/30/2018	5,871,541
FL State of Florida	Elder Affairs	4/23/2019	21,908,282
USVI United States Virgin Islands (Territory)	Governor's Office - Initiative of First Lady	4/26/2019	107,268
MI State of Michigan	Health and Human Services: Aging & Adult Services	10/7/2019	9,998,075
ME State of Maine	Health and Human Services: Aging and Disability Services	10/29/2019	1,348,491
CA California	California Master Plan on Aging	3/29/2021	40,000,000
NJ State of New Jersey	Human Services: Division of Aging	4/6/2021	8,900,000
State of Minnesota	Human Services	1/11/2022	5,700,000

NORTH CAROLINA = 10TH STATE

Age-Friendly Enrollments (14) in North Carolina

Community / State Name	Date Enrolled in NAFSC	Community Type	Population
NC Matthews	10/1/2015	Town	31,736
NC Orange	7/12/2016	County	150,275
NC Mecklenburg	9/12/2016	County	1,137,002
NC Wake	9/15/2016	County	1,134,819
NC Buncombe	8/10/2017	County	265,588
NC Forsyth	6/5/2018	County	386,325
NC Durham	2/1/2019	City	278,587
NC Durham	2/1/2019	County	326,898
NC Archdale	2/1/2019	City	11,814
NC Lenoir	4/23/2020	County	55,720
NC Mount Airy	6/2/2020	City	10,073
NC Jamestown	10/7/2021	Town	4,148
NC Leland	4/25/2022	Town	25,974
NC Cary	9/16/2022	Town	176,987

What Does a Master Plan on Aging Do?

Reflects extensive input from community

Enables governor/state leaders to communicate vision and priorities

Guides policy, public/private funding toward living with dignity

Aligns infrastructure

Improves coordination of services

Provides framework to plan for 10+ years



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

BENEFITS OF A MASTER PLAN ON AGING

Builds bridges across government agencies

Facilitates collaboration

Promotes equity

Raises awareness

Establishes statewide priorities

Creates academic, research partnerships

Incorporates aging and disabilities lens



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All Ages, All Stages NC

Roadmap for Living & Aging Well

1

Community for a Lifetime

North Carolinians live in Communities for a lifetime where they will be supported by government efforts to promote physical, mental, and social health through promotion of enhanced self-respect and well-being, including efforts to reduce inequities, prejudice, and discrimination based on race, gender identity, religion, ethnicity or age.

3

Health & Well-being

North Carolinians will optimize their health through access to quality and affordable health and wellness resources that align with their preferences and values.

2

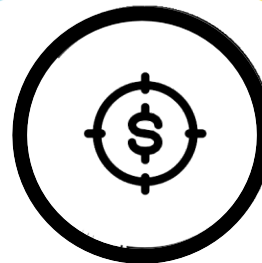
Services and Supports

North Carolinians will have access to services and support through a whole-person-centered system addressing physical, mental, and social health, which takes into account both medical and non-medical drivers of health.

4

Affording Aging

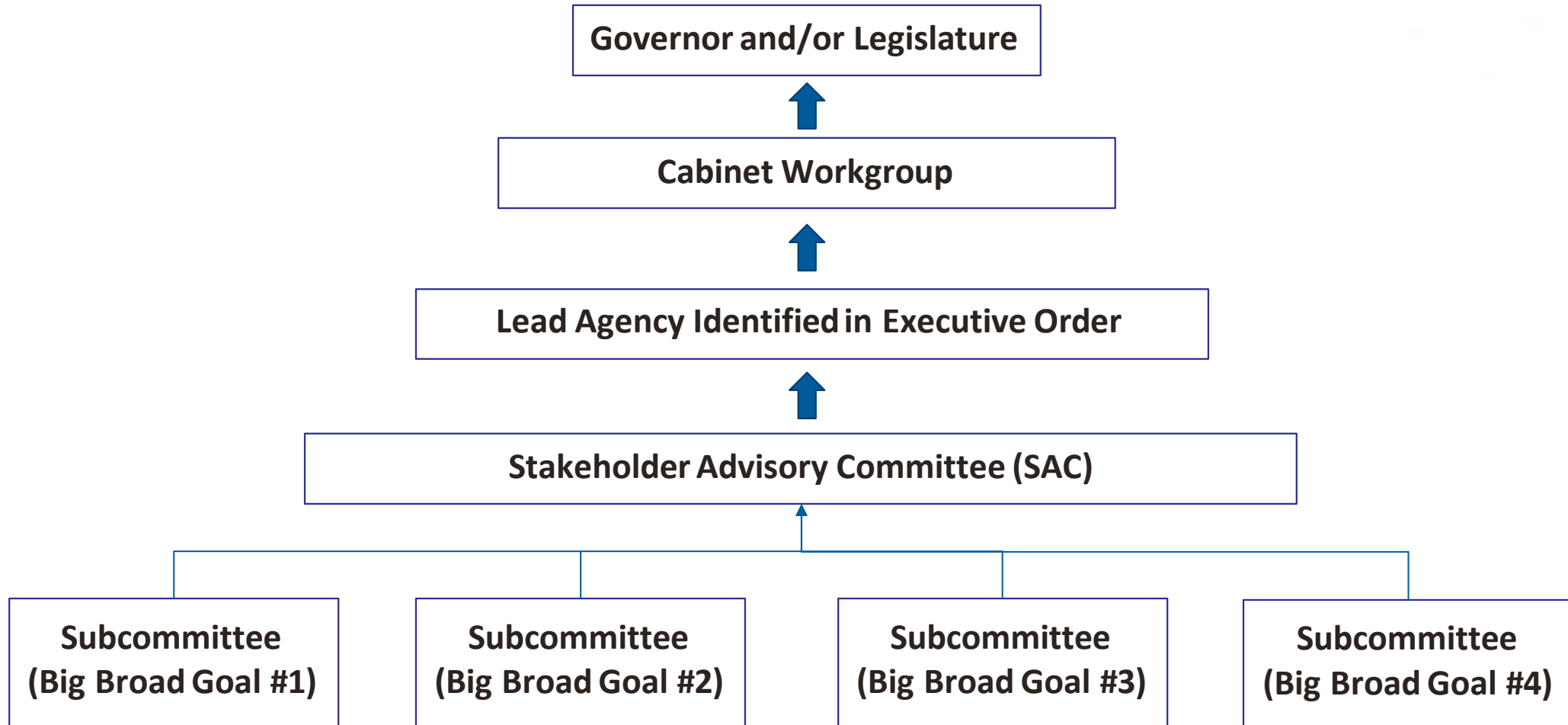
North Carolinians will be able to afford care, services and housing while continuing to contribute and lead productive lives as they age.



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Example of an MPA Development Structure



Need Your Expertise!



AARP[®]
North Carolina



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