



Office for
the Aging

New York State Alliance for Retired Americans Board Meeting

May 22, 2023

What Characterizes Older Adults

- **A growing population with increased and unprecedented longevity:** Older adults are living longer and healthier lives, and their numbers are growing.
- **Highly heterogeneous:** There is enormous variation in health, functional ability and financial status. Disparities exist along the dimensions of income, gender, race/ethnicity and education.
- **Social and economic impact:** Older adults hold a disproportionately large share of our country's wealth, represent a enormous source of consumer spending and economic productivity, and contribute in myriad ways (e.g., support to grandchildren, child care) to family and community life.

What is Aging

- **Normative and lifelong:** Aging is a normative process that extends across the lifespan.
- **Cumulative:** Educational, financial and social experiences and contexts of childhood and middle age predict well-being in older adulthood.
- **Distinct from disease and decline:** While physical and cognitive changes are a normative part of growing older, aging does not necessarily mean disability

Source: <http://www.frameworksinstitute.org/aging.html>



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Level Set: Older New Yorkers in NYS A Wholistic Picture

50+ Longevity Economy - National

- 83 percent of US household wealth is held by people over 50.
- Access to credit and assets allows the group to spend more on goods, services and investments than their younger counterparts.
- When summed together, approximately \$1.8 trillion in federal, state and local taxes were attributable to the Longevity Economy in 2018. Will quadruple by 2050.
 - About 43% percent of federal tax revenue (\$1.4 trillion)
 - and 37% percent of state and local tax revenue collected in the US (\$650 billion).

50+ Longevity Economy - National

50-plus cohort

- Spends more overall than their under-50 counterparts
- Accounts for a majority of the spending in several categories of goods and services, including:
 - **Healthcare;**
 - **Nondurable goods;**
 - **Durable goods, utilities;**
 - **Motor vehicles and parts;**
 - **Financial services; and**
 - **Household goods.**

Overall contribution – economic and unpaid activities - \$9 trillion in 2018.

50+ also account for the majority of:

- **Volunteering;**
- **Philanthropy;**
- **Entrepreneurs, and**
- **Donation activities** in the US.
- Large tourism block

50+ Longevity Economy - National

- Spending by people aged 50 and over in the US in 2018 supported:
 - More than 88.6 million jobs (44% of total employment)
 - Over \$4.7 trillion in labor income
 - 61 percent of all US jobs and 43 percent of labor income was related to spending by the 50-plus cohort

50+ Longevity – New York

- 36% of Population in NY 50+
- Contributed 43% - \$719 billion – GDP
 - \$2.2 trillion by 2050 (43%)
- Support 5.9 million jobs
 - 6.6 million by 2050 (47%)
- Generated \$482 billion in wages and salary
 - \$1.46 trillion by 2050 (50%)
- Contribute \$72 billion in state and local taxes (39% of total)
 - Will triple to \$255 billion by 2050 (43%)

Combating Ageism and Stereotypes

Social, Economic & Intellectual Capital of Older Population

New York's total population is over 19 million individuals, and the State **ranks fourth** in the nation in the number of adults age 60 and over – 4.6 million.

– 3.7 million between 45-59

- **80% of NYS Retirement System Payouts Stay in NY - \$10.6 billion annually**
- **Social Security - \$47 billion** annually paid to NYS older adults
- **935,000 individuals age 60+** contribute **495 million hours** of service at economic value of **\$13.8 billion**
- **64% of individuals** age 60+ who own their own homes and have **no mortgage**
- **4.1 million caregivers** at any time in a year – economic value if paid for at market rate is **\$39 billion**, average age is **64**

What Makes Up Good Health?



Core Home and Community Based Services Provided by the Network of Aging Professionals

Coordinated with Local Network of Partners

- Home delivered meals (HDM)
- Congregate meals
- Nutrition counseling & education
- Senior center programming
- Health promotion and wellness
- Evidence Based Interventions – CDSMEs, fall prevention, etc.
- Volunteer opportunities
- Respite and caregiver supports
- Legal Services
- Home modifications, repairs
- Elder abuse prevention and mitigation
- NY Connects (ADRC) - LTSS I&A/R, options counseling, benefits and application assistance
- Health Insurance Information , Counseling and Assistance (HIICAP)
- Personal Care Level I and II (non-Medicaid)
- Case management
- Ancillary services such as PERS and assistive devices
- Minor home repair/modifications
- Social adult day services
- Transportation to needed medical appointments, community services and activities
- Long Term Care Ombudsman
- Combat Social Isolation



COMPASS Comprehensive Assessment=Plan of Care

Info gathered during Assessment

- Personal Information
- Living Arrangement
- Elder Abuse/Neglect
- Frail/Disabled
- Caregiving Status
- Housing Status
- Home Safety Checklist
- Energy Checklist
- Social Interaction/Isolation
- Neighborhood Safety
- Pets
- Self Evacuation ability
- Medical Treatment Emergency Accommodation
- Health Status, Medical Insurance
- Chronic Illness and or Disability

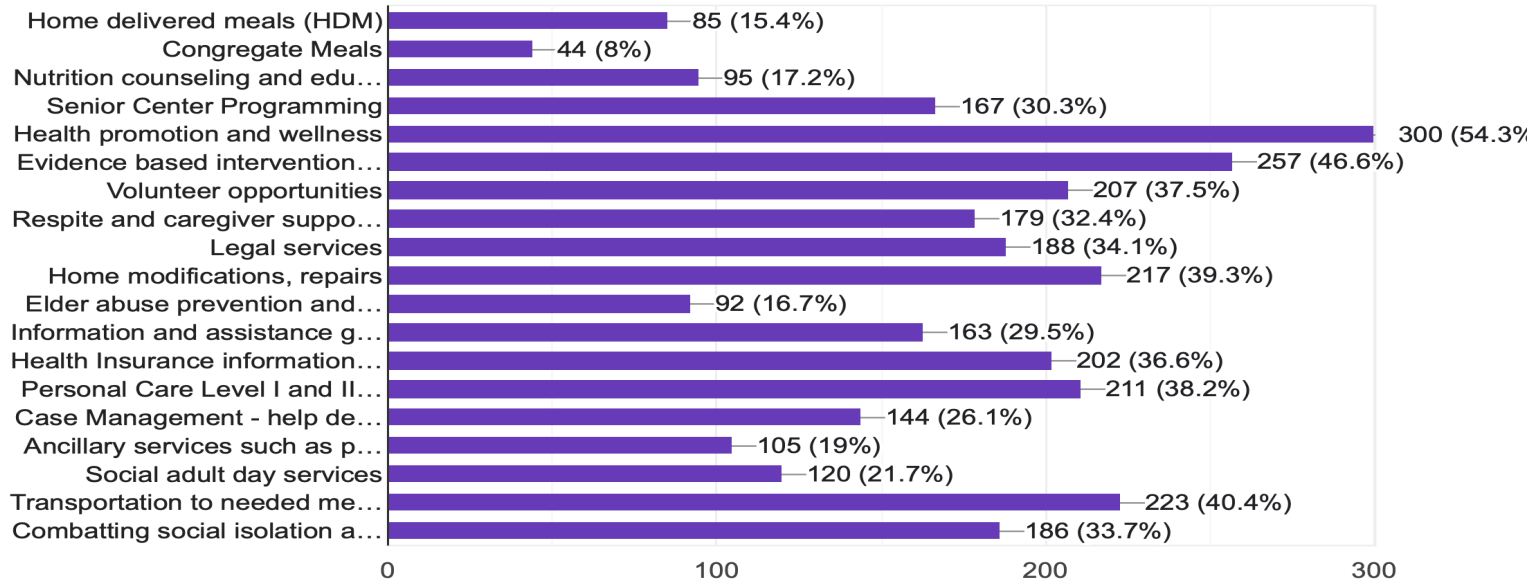
Info gathered during Assessment

- Assistive Devices
- Health care visits – PCP, Dentist, Hospitalization, ER, Eye, Hearing
- PRI Score, UAS Assessment
- Legal Information – i.e. proxy, advance directives, MOLST
- Nutrition/NSI/BMI
- Psycho-Social Status – PHQ9, GAD7, CAGE-AID
- Loneliness/Isolation Scale
- Tech check
- Medication List
- Fall Risk Factors
- ADL/IADL History
- Services Receiving
- Informal Supports Status
- Income
- Veteran Status
- Benefits/Entitlements

NYSARA Members Survey Results

1. What services listed below are the most important to you? (Check all that apply)

552 responses



NYSOFA - New/Expanded Initiatives

Ageless Innovation/Joy For All - NYSOFA's award-winning animatronic pet project, which has proven to reduce isolation, loneliness and pain. This program has been replicated across the country – 30+ states.

- Distributed 17,000 pets
- Testing efficacy of walker squawker in NH to reduce/prevent fall risk and fall related injuries
- Utilized by other systems and payors

GetSetUp – bringing 900 courses and classes into the homes of older adults and providing an economic opportunity for older adults to teach classes on the platform and supplement their income by getting paid for their skill. – more than 200,000 users in 18 months

- **FREE FOR ANYONE OVER 50**
- [New York State Office for the Aging · GetSetUp](#)

TCARE - Evidence-based Solutions for Preventing Caregiver Burnout + Population Health SDOH Analytics Platform

GoGoGrandparent - specialized ride-share service for older adults using trained drivers who understand the challenges older adults face. This partnership will also provide an opportunity for older adults (and those of all ages) to enter the gig economy by becoming a driver while expanding transportation options in New York State.

Arch Angels - Caregiver Intensity Index. which helps caregivers identify with and feel honored in their role, gives them an Intensity Score, and navigates them to free resources for their unique needs. Finding out your score and the best free resources for you is available as part of Any Care Counts-NY, sponsored in part by the State Office for the Aging in partnership with ARCHANGELS.

- <https://archangelscii.me/3EwYLBz>

Trualta - for all caregivers in NYS – evidence-based training and support platform

- This is free for you and anyone who provides care to a loved one
- [NYSOFA, AgingNY and Trualta Provide Free Web-Based Support Platform for All Family Caregivers in NYS | Office for the Aging](#)

Virtual Senior Center - 19 counties in New York currently involved to bring virtual programming into the homes of older adults.

Intuition Robotics - AI Platform – ElliQ

- designed to foster independence and provide support for older adults through daily check-ins, assistance with wellness goals and physical activities, and more using voice commands and/or on-screen instructions.
- 900 units distributed statewide – August – present

Pets Together - combats isolation by connecting individuals to volunteers using the power of pet therapy to combat loneliness and isolation.

- Free for you
- [Pets Together - Virtual Video Chats with Pets!](#)

New/Expanded Initiatives

BellAge – Adult Wellbeing Check-Up Platform

- will enable the aging network to measure what really matters to older adults: holistic health and wellbeing. Cost-effective way to help address key social and behavioral determinants of health and to promote better integration of health and social services.

Blooming Health – SMS, voice, email

- Mass and individual outreach
- Surveys and check ins
- Service and reminders

Bill Paying/Financial Exploitation - in 10 counties to deter or address financial exploitation

- FraudFindr – forensic accounting software
- Eversafe - guards against fraud, identity theft, and age-related issues.
 - A “second set of eyes,” - the first financial wellness tool for older adults and caregivers.
 - Keep track of your family’s finances, credit, bills, and even real estate. We analyze activity across accounts and institutions – because that’s how scammers operate.

Integrated care models – health care, AAA services and technology to serve older adults holistically, measure results

New/Expanded Initiatives

- Video Tutorials – Federal, State and Local Benefits
 - [Video Tutorials All in One Place: Help Older Adults in Your Community Apply for Benefits](#) | [Office for the Aging](#)
-

Promising Tech Being Considered

IGuard – Kitchen sensor to reduce fire and fire damage

Advocord – advanced software/platform to train guardians and provide one place for all documents and reports as required by court system

Relish-Life – Products designed specifically for individuals with dementia – music, puzzles, arts and crafts, games, etc.

GoodTrust – all in one unlimited wills, trusts and directives – valid 50 states – estate planning made easy and affordable

LifeBio and MyHello – self or caregiver documentation of life story/experiences and what matters.

- MyHello – social isolation – connect with real person 30 minutes per week for up to 13 weeks and match to others with similar interest

Hank – helps older adults connect to others who live near by to meet in person and develop friendships



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New York's First Ever Statewide Needs Assessment Survey

POLCO Community Assessment Survey for Older Adults
(CASOA) 2023

Preliminary Results (Updated May 3, 2023)



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ABOUT

- First survey of its kind ever conducted in New York State.
- 26,464 responses from New Yorkers 60+.
- A partnership with the Association on Aging in New York (AgingNY) and the research firm Polco.
- Postcards and printed surveys were mailed to a randomly selected sample of residents 60+.
- Respondents statewide also had a digital option for answering the survey.
- Survey period: first quarter 2023.
- Survey was available in six languages.

Survey Respondents – 26,464

- Women – 55%
- Men – 45%

Race

- American Indian/Alaska Native – 3%
- Asian – 6%
- African American – 14%
- Native Hawaiian/Pacific Islander – 1%
- White – 72%
- Hispanic, Latino – 11%

Household Income

- Less than \$25,000 – 20%
- \$25 - \$49,999 – 24%
- \$50 - \$74,999 – 18%
- \$100 - \$149,999 – 13%
- \$150,000 + – 11%

Employment Status

- Fully Retired – 67%
- Working FT – 19%
- Working PT – 11%
- Unemployed looking for work – 3%

Expectation of Retirement Age

- 60 – 64 – 9%
- 65-69 – 39%
- 70 or older – 52%

Overall Physical Health

- Excellent/good – 72%
- Fair/poor – 29%

Overall Physical Health

- Not a problem – 41%
- Minor problem – 32%
- Moderate/major problem – 27%

Overall Mental Health/Emotional Wellbeing

- Excellent/good – 82%
- Fair/poor – 18%



Housing Status

- Own with mortgage – 24%
- Own without mortgage – 42%
- Rent – 34%
- Single family home – 46%
- Townhouse/duplex – 5%
- Condo/apartment – 39%
- Mobile home – 3%

Monthly Housing Costs

- Less than \$300 – 4%
- \$300 - \$599 – 12%
- \$600 - \$999 – 22%
- \$1,000 - \$1,499 – 8%
- \$1,500 - \$2,499 – 33%
- \$2,500 - \$3,999 – 13%
- \$4,000 + – 8%

- Live alone – 40%
- 2 person household – 44%
- 3 + – 16%

HH age 60 and older

- 1 person – 57%
- 2 person – 41%
- 3+ – 2%

Housing that suits your needs

- Not a problem – 61%
- Minor problem – 16%
- Moderate/major problem – 23%

How Long Lived in Community

- Less than 2 years – 3%
- 2-5 years – 7%
- 6-10 years – 8%
- 11-20 years – 14%
- 20+ years – 68%

Having Enough Money to Pay Property Taxes

- Not a problem – 54%
- Minor problem – 15%
- Moderate/major problem – 31%

Community

Community as Place to Live

- Excellent/good – 78%
- Fair/poor – 22%

Neighborhood as Place to Live

- Excellent/good – 78%
- Fair/poor – 22%

Community as Place to Retire

- Excellent/good – 52%
- Fair/poor – 49%

Feeling of Safety in Community

- Excellent/good – 65%
- Fair/poor – 35%

Residents connection and engagement with their community

- Excellent/good – 45%
- Fair/poor – 56%

Quality of Life in Community

- Excellent/good – 68%
- Fair/poor – 32%

Economic Health of Community

- Excellent/good – 58%
- Fair/poor – 42%

Overall Design or Layout of Community's Residential and Commercial Areas

- Excellent/good – 63%
- Fair/poor – 37%

Overall Quality of Transportation Systems (auto, bike, foot, bus)

- Excellent/good – 60%
- Fair/poor – 40%

Quality of Natural Environment

- Excellent/good – 65%
- Fair/poor – 35%

Quality of Parks and Recreation Opportunities

- Excellent/good – 65%
- Fair/poor – 35%

Health and Wellness Opportunities in Community

- Excellent/good – 59%
- Fair/poor – 41%

Opportunities for Arts, Culture, Education

- Excellent/good – 46%
- Fair/poor – 44%



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Community

Rate Overall Services Provided to Older Adults in Community

- Excellent/good – 46%
- Fair/poor – 53%

Recommend Living in Your Community

- Very/somewhat likely – 63%
- Somewhat/very unlikely – 36%

Remain in Community throughout retirement

- Very/somewhat likely – 71%
- Somewhat/very unlikely – 29%

How Informed/Uninformed do you Feel About Services and Activities Available to Older Adults

- Very/somewhat informed – 56%
- Somewhat/very uninformed – 43%

Overall Quality of Life

- Excellent/good – 78%
- Fair/poor – 22%

Ease of Travel

Ease of Travel by Public Transportation

- Excellent/good – 46%
- Fair/poor – 54%

Ease of Travel by Car

- Excellent/good – 77%
- Fair/poor – 23%

Ease of Walking in Community

- Excellent/good – 64%
- Fair/poor – 36%

Ease of Bicycling in Community

- Excellent/good – 54%
- Fair/poor – 46%

Ease of Getting to Places You Like to Visit

- Excellent/good – 73%
- Fair/poor – 27%

Employment/Work

Opportunities to Build Work Skills

- Excellent/good – 31%
- Fair/poor – 69%

Quality of Employment Opportunities for Older Adults

- Excellent/good – 19%
- Fair/poor – 81%

Variety of Employment Opportunities for Older Adults

- Excellent/good – 17%
- Fair/poor – 83%

Finding Work in Retirement

- Not a problem – 54%
- Minor problem – 13%
- Moderate/major problem – 34%

Opportunities to Build Work Skills

- Excellent/good – 31%
- Fair/poor – 69%

Quality of Employment Opportunities for Older Adults

- Excellent/good – 19%
- Fair/poor – 81%

Building Skills for Paid/Unpaid Work

- Not a problem – 50%
- Minor problem – 15%
- Moderate/major problem – 35%

Affordability and Housing

Cost of Living in Community

- Excellent/good – 18%
- Fair/poor – 82%

Availability of Affordable Quality Food

- Excellent/good – 43%
- Fair/poor – 57%

Availability of Affordable Quality Housing

- Excellent/good – 21%
- Fair/poor – 79%

Public Places Where People Want to Spend Time

- Excellent/good – 40%
- Fair/poor – 60%

Variety of Housing

- Excellent/good – 23%
- Fair/poor – 76%

Availability of Accessible Housing (single floor, wide hallways/doors, no steps)

- Excellent/good – 22%
- Fair/poor – 78%

Availability of Mixed-Use Neighborhoods

- Excellent/good – 40%
- Fair/poor – 60%

Have Enough Money to Meet Daily Expenses

- Not a problem – 46%
- Minor problem – 18%
- Moderate/major problem – 36%



Engagement/Recreation

Recreation Opportunities (games, arts, libraries)

- Excellent/good – 50%
- Fair/poor – 50%

Fitness Opportunities

- Excellent/good – 49%
- Fair/poor – 51%

Opportunities to Participate in Community Matters

- Excellent/good – 44%
- Fair/poor – 56%

Opportunities to Attend Religious or Spiritual Activities

- Excellent/good – 69%
- Fair/poor – 31%

Opportunities to volunteer

- Excellent/good – 52%
- Fair/poor – 48%

Opportunities to enroll in skill building or personal enrichment classes

- Excellent/good – 33%
- Fair/poor – 67%

Opportunities to attend social events/activities

- Excellent/good – 42%
- Fair/poor – 58%

Openness and acceptance of the community towards older adults of diverse background

- Excellent/good – 49%
- Fair/poor – 51%

Valuing older adults in your community

- Excellent/good – 42%
- Fair/poor – 58%



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Daily Activities

Doing Heavy or Intense Housework

- Not a problem – 34%
- Minor problem – 29%
- Moderate/major problem – 37%

Maintaining Home

- Not a problem – 41%
- Minor problem – 27%
- Moderate/major problem – 31%

Maintaining Yard

- Not a problem – 47%
- Minor problem – 25%
- Moderate/major problem – 28%

No Longer Able to Drive

- Not a problem – 76%
- Minor problem – 7%
- Moderate/major problem – 17%

Safe/Affordable Transportation Available

- Not a problem – 57%
- Minor problem – 18%
- Moderate/major problem – 25%

Performing Regular Daily Activities (walking, eating, preparing meals)

- Not a problem – 71%
- Minor problem – 17%
- Moderate/major problem – 12%

Resource Availability

Availability of Information About Resources for Older Adults

- Excellent/good – 29%
- Fair/poor – 71%

Availability of Financial/Legal Planning Services

- Excellent/good – 28%
- Fair/poor – 72%

Availability of LTC Options

- Excellent/good – 26%
- Fair/poor – 74%

Having Adequate Information on Dealing with Public Programs (Social Security, Medicare, Medicaid)

- Not a problem – 49%
- Minor problem – 24%
- Moderate/major problem – 31%

Availability of Daytime Care Options for Older Adults

- Excellent/good – 23%
- Fair/poor – 76%

Availability of Affordable Quality Physical Health Care

- Excellent/good – 41%
- Fair/poor – 59%

Availability of Affordable Quality Mental Health

- Excellent/good – 29%
- Fair/poor – 71%

Availability of Preventive Health Services (health screen, flu shot, educational workshops)

- Excellent/good – 56%
- Fair/poor – 44%

Services and Care

Not Knowing What Services are Available

- Not a problem – 27%
- Minor problem – 28%
- Moderate/major problem – 46%

Falling or Injury in Home

- Not a problem – 67%
- Minor problem – 20%
- Moderate/major problem – 13%

Finding Affordable Health Insurance

- Not a problem – 61%
- Minor problem – 17%
- Moderate/major problem – 22%

Getting Health Care You Need

- Not a problem – 63%
- Minor problem – 20%
- Moderate/major problem – 18%

Getting Oral Health Care You Need

- Not a problem – 59%
- Minor problem – 18%
- Moderate/major problem – 24%

Getting Vision Care You Need

- Not a problem – 65%
- Minor problem – 18%
- Moderate/major problem – 18%

Maintaining Healthy Diet

- Not a problem – 52%
- Minor problem – 27%
- Moderate/major problem – 20%

Having Enough Food to Eat

- Not a problem – 77%
- Minor problem – 13%
- Moderate/major problem – 10%

Affording Medications You Need

- Not a problem – 62%
- Minor problem – 19%
- Moderate/major problem – 19%

Mental Wellness

Experiencing Confusion/Forgetfulness

- Not a problem – 66%
- Minor problem – 23%
- Moderate/major problem – 11%

Feeling Depressed

- Not a problem – 59%
- Minor problem – 25%
- Moderate/major problem – 16%

Feeling Bored

- Not a problem – 55%
- Minor problem – 29%
- Moderate/major problem – 16%

Having Friends/Family to Rely On

- Not a problem – 66%
- Minor problem – 18%
- Moderate/major problem – 16%

Feeling Lonely or Isolated

- Not a problem – 61%
- Minor problem – 23%
- Moderate/major problem – 15%

Dealing With Loss – Close Family/Friend

- Not a problem – 55%
- Minor problem – 23%
- Moderate/major problem – 23%



Personal Safety

Being a Victim of Crime

- Not a problem – 83%
- Minor problem – 9%
- Moderate/major problem – 9%

Being a Victim of Fraud/Scams

- Not a problem – 73%
- Minor problem – 14%
- Moderate/major problem – 13%

Being Physically/Emotionally Abused

- Not a problem – 89%
- Minor problem – 6%
- Moderate/major problem – 5%

Being Discriminated Against Due to Age

- Not a problem – 74%
- Minor problem – 15%
- Moderate/major problem – 11%

Feeling Like You Don't Belong

- Not a problem – 69%
- Minor problem – 19%
- Moderate/major problem – 12%

Feeling Like Your Voice is Not Heard in Community

- Not a problem – 54%
- Minor problem – 29%
- Moderate/major problem – 24%



Community-Social Engagement

Finding Meaningful Volunteer Work

- Not a problem – 65%
- Minor problem – 17%
- Moderate/major problem – 18%

Finding Productive and Meaningful Activities to Do

- Not a problem – 60%
- Minor problem – 22%
- Moderate/major problem – 18%

Having Interesting Recreational/Cultural Activities to Attend

- Not a problem – 53%
- Minor problem – 24%
- Moderate/major problem – 22%

Having Interesting Social Events/Activities to Attend

- Not a problem – 51%
- Minor problem – 25%
- Moderate/major problem – 24%

Finding Productive and Meaningful Activities to Do

- Not a problem – 60%
- Minor problem – 22%
- Moderate/major problem – 18%

Having Interesting Recreational/Cultural Activities to Attend

- Not a problem – 51%
- Minor problem – 25%
- Moderate/major problem – 24%



Civic Engagement – Past 12 Months

Attended Local Public Meeting

- Yes – 18%
- No – 82%

Watched Public Meeting – Online/TV

- Yes – 30%
- No – 70%

Voted in Most Recent Election

- Yes – 84%
- No – 12%

Participated in Civic Group

- Yes – 12%
- No – 88%

Used a Senior Center in Community

- Yes – 16%
- No – 84%

Used Public Library

- Yes – 48%
- No – 52%

Used a Recreation Center in Community

- Yes – 21%
- No – 79%

Participated in Religious/Spiritual Activity

- Yes – 44%
- No – 56%

Participated in a Club (book, dance, game)

- Yes – 27%
- No – 73%

Participated in Recreation Program or Group Activity

- Yes – 26%
- No – 74%

Master Plan for Aging

On November 4, 2022, Governor Hochul signed Executive Order No. 23 creating a State Master Plan for Aging to...



Create a **blueprint of strategies** for government, the private sector, and the non-profit sector to support older New Yorkers



Address challenges related to communication, coordination, caregiving, long-term financing, and innovative care



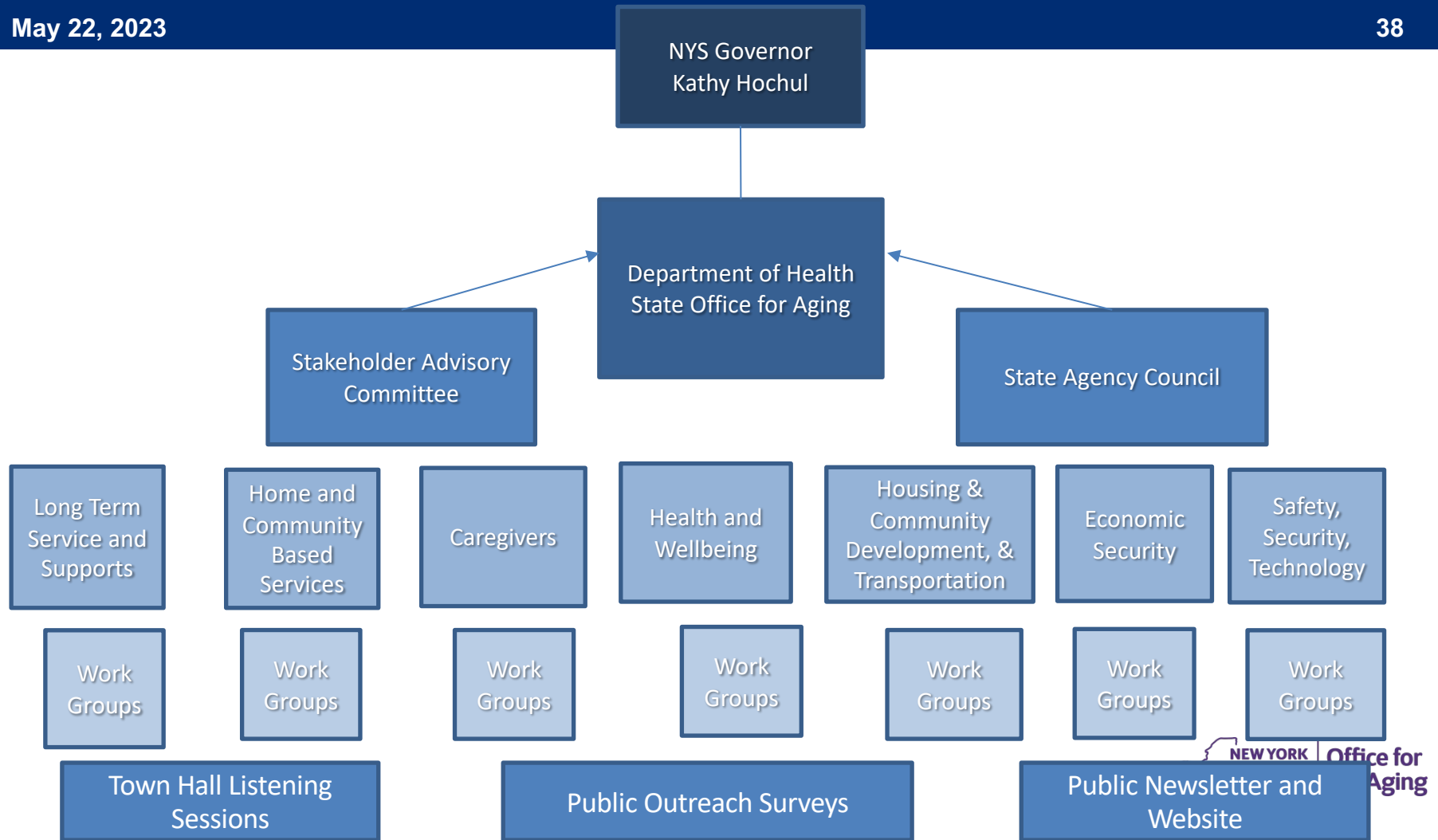
Coordinate all State policy and programs



With the goal of having all older New Yorkers "live **fulfilling lives**, in **good health**, with **freedom, dignity and independence to age in place for as long as possible.**"

Why does New York need a Master Plan for Aging?

- In 51 counties across the State the over 60 population will be more than 25 percent of the population by 2030
- 5.3 million New Yorkers will be over 60 by 2030
- Older Adults are a significant source of economic, social, and intellectual capital
- Most New Yorkers over the age of 65 will at some point need some form of long-term care
- To develop strategies to address the growth of New York's older adult population, which is incredibly diverse



Timeline



Subcommittees

The following subcommittees have been created:

1. Long-Term Services and Supports
2. Home and Community-Based Services
3. Caregivers - Informal
4. Caregivers - Formal
5. Health and Wellness, including Mental Health
6. Housing, Community Development and Transportation
7. Safety, Security and Technology
8. Economic Security

Emerging and Cross-Cutting Themes

- Diversity, equity and inclusion
- Age-friendly initiatives
- Sexual orientation and gender identity
- Geography
- Transportation
- Technology
- Workforce
- Training and education

Connect with Us

- To share ideas, concerns, recommendations, please contact us at MPA@health.ny.gov
- To stay up to date: www.ny.gov/mpa

