



Aging--Senior Health Resources



In 2022, roughly 1 in 6 Americans was age 65 and over, and this is projected to rise to 1 in 5 as soon as 2030. This change in the age composition reflects the large increase in the number of older Americans. The older population is expected to continue increasing from 57.8 million in 2022 to a projected 71.2 million in 2030, a difference of approximately 15 million people. Projecting further into the future, the population age 65 and over is expected to rise to 106.3 million (29.1 percent) in 2100.

The aging process is usually the cause for many problems encountered by seniors as they go about their daily activities. After all, aging affects skin, bones and the brain. But many problems are created by the home because most residential housing is not geared to assist those with reduced mobility or limited reach. However, due to recent innovations and technology, many home modifications and assistive devices have been redesigned to look less institutional so that they have become more acceptable for use in the home.

In-home care aims to prevent premature institutionalization by providing the necessary support services to allow an individual to live at home. There are in-home care programs and services available to allow aging in place and to allow seniors to remain at home, thus preserving self-esteem, dignity and independence. Some services that seniors may need assistance with include: personal care, homemaking, meals, and money management. More information on many of these services can be obtained from the local Area Agency on Aging, local and state offices on aging or social services, tribal organization, or nearby senior center.

Sources: Older Americans 2024: Key Indicators of Well-Being
<https://agingstats.gov/docs/LatestReport/Older-Americans-2024-508-May-update.pdf>;

Older Americans 2016: Key Indicators of Well-Being
<https://agingstats.gov/docs/PastReports/2016/OA2016.pdf>

Websites

Administration for Community Living (ACL)

<https://acl.gov/>

The Administration on Aging (AOA) is the principal agency of the U.S Department of Health and Human Services designated to carry out the provisions of the Older Americans Act of 1965 (OAA) (http://www.aoa.gov/AoA_Programs/OAA/index.aspx), as amended (42 U.S.C.A. § 3001 et seq.). The OAA promotes the well-being of older individuals by providing services and programs designed to help them live independently in their homes and communities. The Act also empowers the federal government to distribute funds to the states for supportive services for individuals over the age of 60. The Administration on Aging is part of the Administration for Community Living (ACL).

ACL: Eldercare Locator

<https://eldercare.acl.gov/home>

Phone: 800-677-1116

Provides info on aging programs and resources.

ACL: Elder Justice Coordinating Council

<https://www.acl.gov/programs/elder-justice/elder-justice-coordinating-council-ejcc>

The Elder Justice Act of 2009, as part of the Affordable Care Act, establishes the Elder Justice Coordinating Council to coordinate activities related to elder abuse, neglect, and exploitation across the Federal government.

American Association of Retired Persons (AARP)

<http://www.aarp.org>

601 E. St., N.W.

Washington, DC 20049

Phone: 800-424-3410

AARP is a membership organization which provides many resources of interest to seniors.

Centers for Disease Control and Prevention (CDC): Healthy Aging

<http://www.cdc.gov/aging/>

Includes emergency preparedness for older adults

Consumer Financial Protection Bureau

<http://www.consumerfinance.gov/older-americans/>

445 12th St. SW

Washington, DC 20024

Toll-free: 855) 411-CFPB (2372)

TTY/TDD: 855-729-CFPB (2372)

The Office for Older Americans is a special division within the U.S. Consumer Financial Protection Bureau (CFPB) devoted to the financial education and protection of Americans aged 62 and older.

Easter Seals: Services for Older Adults with Disabilities

<http://www.easterseals.com/our-programs/senior-services/services-for-older-adults.html>

141 W. Jackson Blvd., 1400A

Chicago, IL 60604 |

Toll-free: 800-221-6827

Easter Seals provides services such as adult day care, medical support, social support, and in home care.

Independent Transportation Network (ITN) America

<https://www.itnamerica.org/>

479 Main St

Westbrook, ME 04092

Phone: 207.857.9001

ITN America offers programs that allow older people to trade their own cars to pay for rides, and enable volunteer drivers to store transportation credits for their own future transportation needs. ITN's Road Scholarship Program converts volunteer credits into a fund for low-income riders, and the gift certificate program helps adult children support their parents' transportation needs from across the street or across the nation.

Justice in Aging

<http://www.justiceinaging.org/our-work/>

1444 Eye Street
NW Suite 1100
Washington, DC 20005
Phone: 202-289-6976

A national organization that uses the power of the law to fight senior poverty by securing access to affordable healthcare, economic security, and the courts for older adults with limited resources.

Medline Plus: Seniors' Health

<https://www.nlm.nih.gov/medlineplus/seniorshealth.html>

National Center on Elder Abuse (NCEA)

<https://ncea.acl.gov/>

Funded by the Administration for Community Living, the NCEA disseminates elder abuse information to professionals and the public and provides technical assistance and training to states and to community-based organizations.

National Institute on Aging: There is No Place Like Home for Aging

<https://www.nia.nih.gov/health/publication/theres-no-place-home-growing-old>

Provides an overview of all the supports that may be necessary for aging at home.

NIH National Institute on Aging

<https://www.nia.nih.gov/health>

The National Institutes of Health offers this website to provide health information to senior citizens.

Rehabilitation Research and Training Center (RRTC): Healthy Aging & Physical Disability

<http://agerrtc.washington.edu/>

The University of Washington offers a series of factsheets on aging well with a physical disability. Some of the topics include Employment, Preventing Falls, How to Get the Most out of Your Health Care Visits.

Articles

Age Impacts Treatment Time and Options in Spinal Cord Injury Patients

<http://www.hcplive.com/medical-news/age-impacts-treatment-time-options-in-spinal-cord-injury-patients->

For more information on aging resources, please see also the Reeve Foundation's "Aging with Spinal Cord Injury" and "Aging--Nursing Homes and Long Term Care" factsheets. Older veterans may find our Veterans factsheet helpful. There is also a factsheet specific to Medicare that may be of interest.

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