



Atlanta Regional Commission



# Aging & Independence Services 2025 ANNUAL REPORT

*ARC serves as the Area Agency on Aging for Cherokee, Clayton, Cobb, DeKalb, Douglas, Fayette, Fulton, Gwinnett, Henry, and Rockdale counties.*

*This Annual Report is for the period from July 1, 2024 to June 30, 2025.*

## Vision

ONE **great** REGION

## Mission

Foster thriving communities for all within the Atlanta region through collaborative, data-informed planning and investments.

## Values

Excellence | Integrity | Equity

## Goals



**Healthy, safe, livable communities** in the Atlanta Metro area.



**Strategic investments** in people, infrastructure, mobility, and preserving natural resources.



Regional services delivered with **operational excellence** and **efficiency**.



**Diverse stakeholders engage** and take a regional approach to solve local issues.



**A competitive economy** that is inclusive, innovative, and resilient.

# Supporting Healthy Living and Aging

ARC works with local providers to offer a range of services to help older persons and people living with disabilities remain in their homes and communities and thrive, even as their needs change.

## A Sizable Impact



visits to Empowerline.org for information and referrals.



people received home and community-based services such as meals, personal care, and homemaking.



ARC's Aging and Disability Resource Connection (ADRC) counselors connect older persons, people with disabilities, and their caregivers to community services and provide access to publicly funded services.

## Managing Care



ARC and our community partners help people navigate the complexity of their health and daily living needs by coordinating services.

## Providing Healthy Food



Our partners delivered 673,095 meals to people who are not able to leave their homes and offer meals in group settings for those who are lonely or financially burdened.

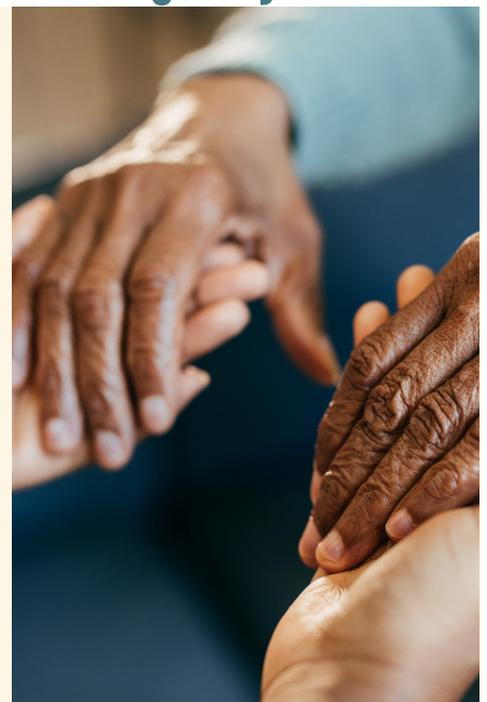
## PROGRAM HIGHLIGHT

### Live Beyond Expectations: Advancing Health & Longevity

Life expectancy in our region can differ by over 20 years based on where someone lives. Through the 2020-2025 Live Beyond Expectations (LBE) Strategic Plan, ARC has worked to better understand these disparities and increase support in communities with the greatest needs.

Each year, ARC meets with its provider network to review where clients are being served and guide outreach efforts. From FY 21 to FY 24, low life-expectancy communities saw a 17% increase in the number of clients receiving ARC-funded aging services. In May 2025, ARC hosted the LBE Summit, bringing together officials, residents, and service providers to share resources and reimagine lifelong, healthy communities.

ARC plans to continue to address life expectancy disparities, including in its next version of LBE, to help people throughout the region live longer, healthier lives.



**1 in 5**  
PEOPLE NOW LIVING IN THE  
REGION ARE AGED 60 OR OLDER



TODAY



2050



BY 2050

**1 in 4**

IN THE REGION WILL BE  
AGED 60 OR OLDER

## Supporting Independence through Material Aid



**920**  
PEOPLE SERVED

From assistive equipment such as easy-to-use can openers to short-term emergency financial help, material aid helps older people maintain their independence.

## Providing Legal Assistance



**317**  
PEOPLE SERVED

Older adults are at particular risk of financial exploitation and scams. Legal assistance helps to protect their independence and security.

## Caring for Caregivers with Respite Vouchers



**150**  
PEOPLE SERVED

These vouchers allow caregivers to tend to their own needs while ensuring that their loved ones are properly cared for.

## Addressing Behavioral Health



**271**  
PEOPLE SERVED

This innovative program supports individuals with mental health and/or substance abuse issues and helps them preserve housing in partnership with affordable housing communities.

### PROGRAM HIGHLIGHT

## The Value of Evidence-Based Programs in Preventing Falls

This year, the National Council on Aging (NCOA) released a national study measuring the impact of evidence-based falls-prevention programs. The findings confirm what ARC observes locally — these programs make older adults safer, stronger, and more confident.

Participants nationwide reported fewer falls, less fear of falling, and better overall well-being after completing a class. Emergency room visits and hospital stays related to falls also decreased. The study revealed that these improvements lead to substantial savings of up to \$38 in healthcare costs avoided for every \$1 spent towards programming.

As falls remain a leading cause of injury for adults age 65 and older, ARC provides several proven programs (A Matter of Balance, Tai Chi, and Bingocize) to help older residents stay active and independent.



# Improving Quality of Life for Metro Atlanta Residents of All Ages and Abilities



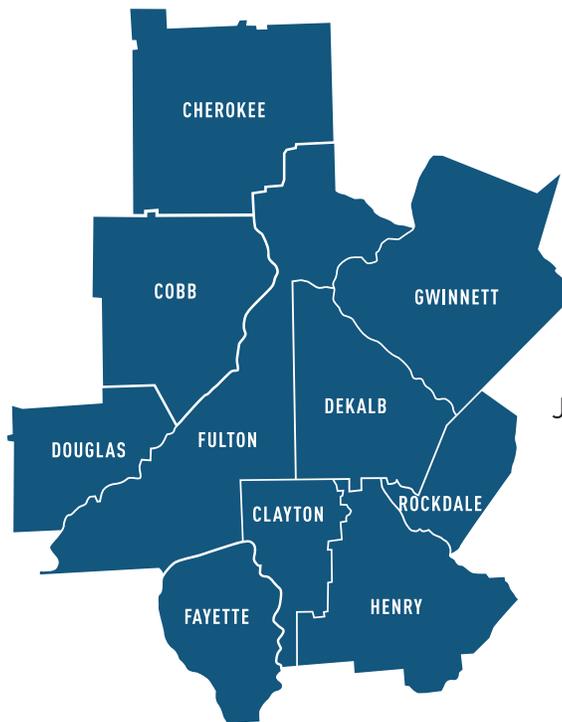
ARC, the designated Area Agency on Aging for metro Atlanta, depends on a robust provider network to deliver critical services to older adults and people with disabilities across the 10-county Atlanta region.

In fiscal year 2025, ARC allocated \$22 million in federal and state funds to senior service agencies across the region for direct services provided to residents.

Budgeted funds are never enough to meet the needs of consumer demand. Our partners often leverage other local funding sources to expand capacity and serve more people.

## Local Partners

- Cherokee County Senior Services
- Clayton County Senior Services
- Cobb County Senior Services
- Connect Douglas
- DeKalb County Office of Aging
- Douglas County Senior Services
- Fayette Senior Services
- Fulton County Department of Senior Services
- Gwinnett County Senior Services



- Henry County Senior Services
- Rockdale County Senior Services
- Atlanta Legal Aid Society
- House Proud
- Innovative Solutions for Disadvantage and Disability
- Jewish Family and Career Services
- Latin American Association
- Peachtree Christian Health



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