

AGING SNAPSHOT

Regional Trends in the Metro Atlanta Older Adult Population

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May is Older Americans Month and this year the Aging Snapshot would like to focus on how older adults can age in their communities, live independently for as long as possible, and participate in ways they choose. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. However, there are some common things everyone can consider as they age.

**OLDER
AMERICANS
MONTH**



AGE MY WAY: MAY 2022

Key Takeaways

Planning: Think about what older adults will need and want in the future, from home and community-based services to community activities.

Engagement: Make sure seniors can remain involved in their community through work, volunteer, and/or civic participation opportunities.

Access: Construct home improvements and modifications, use assistive technologies, and customize supports to help older adults age in place.

Connection: Support seniors in maintaining social activities and relationships to combat social isolation and stay connected to their community.

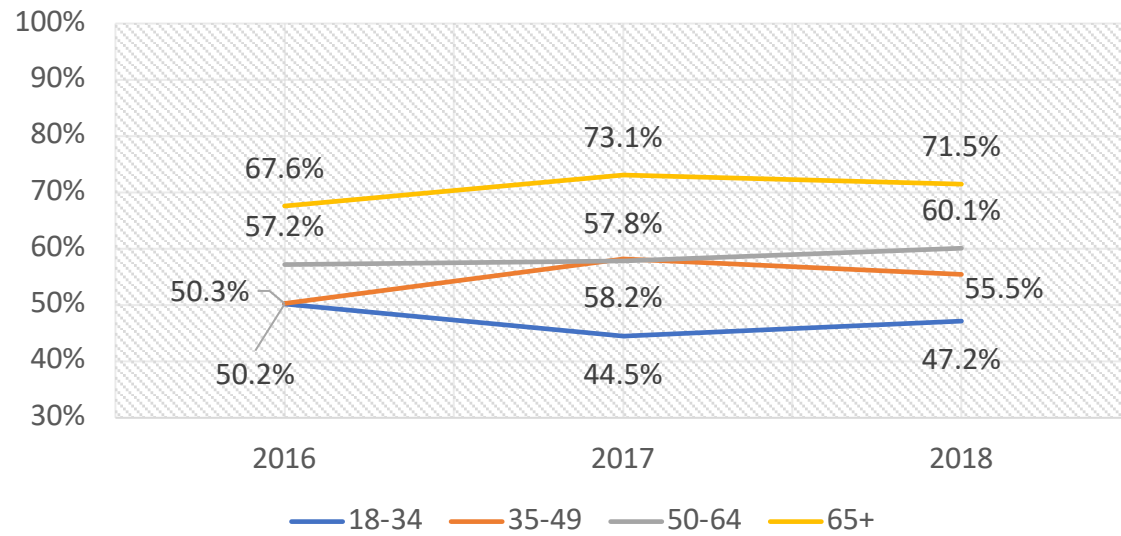
PLANNING



Where do older adults want to live in the future?

Q: "If you could, would you move to a different neighborhood in the metro Atlanta area, stay where you are now, or move away from metro Atlanta?"

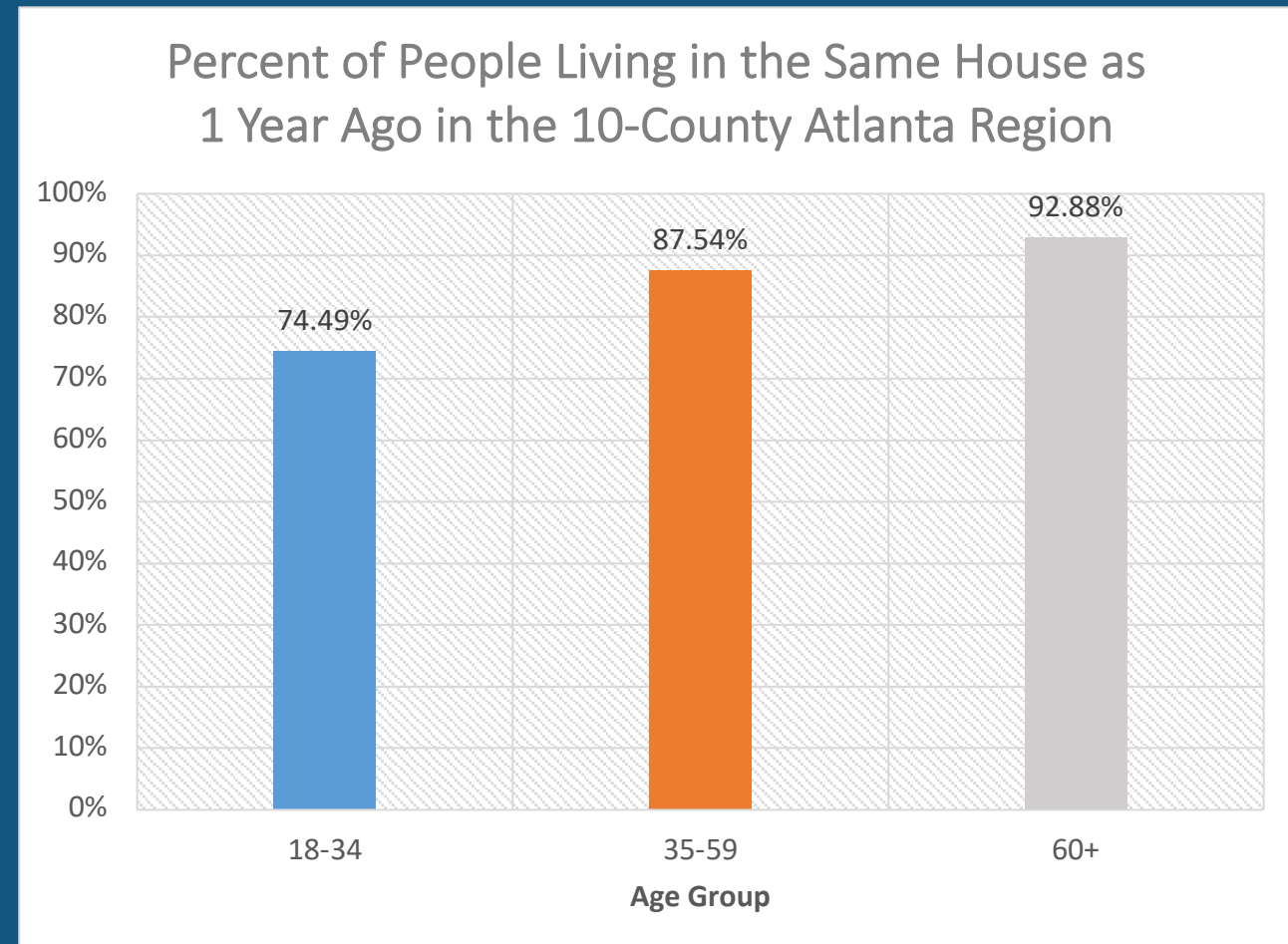
A: Stay where I am now.



When asked about their housing preferences, people ages 50-64 and 65+ in the Atlanta region have consistently indicated a strong preference for staying where they are now.

Where do older adults currently live?

Current estimates from the Census that show most seniors age 60+ lived in the same house as they did a year ago.



How can one plan for the future?

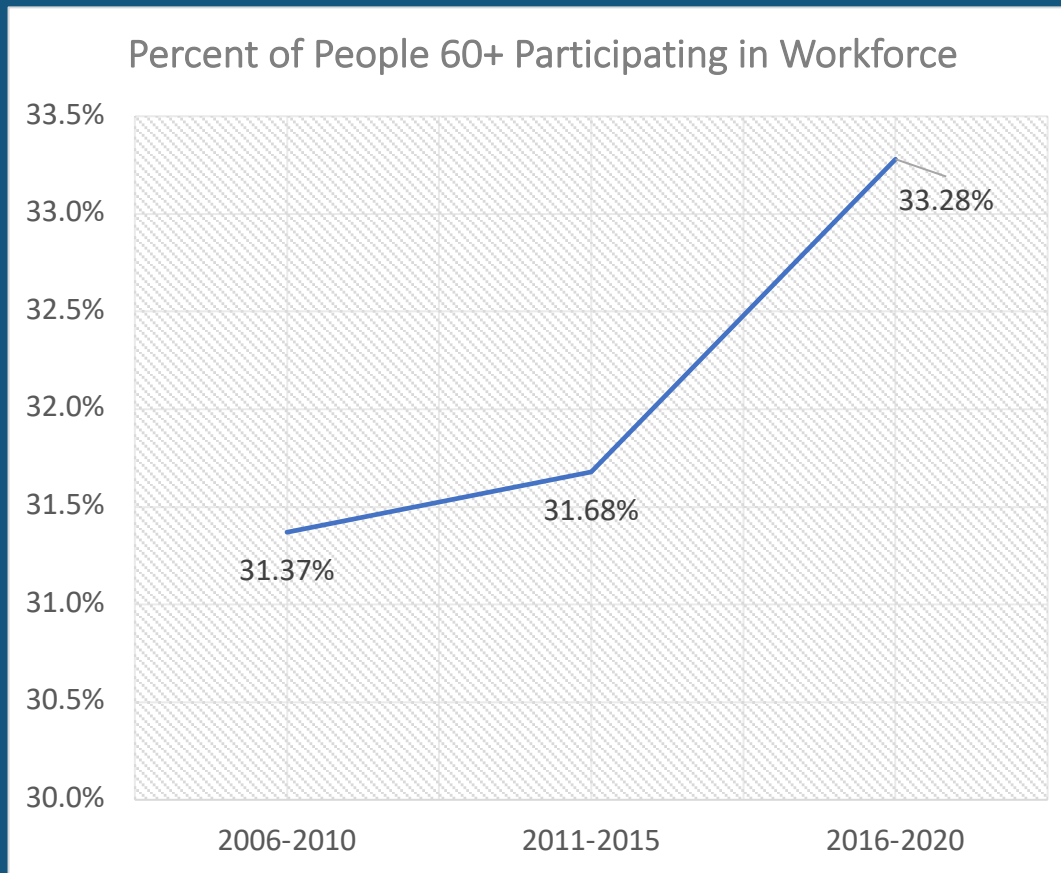


ARC's Empowerline hotline (404-463-3333) links people with trusted community services and healthcare providers to help them live their best lives.

ENGAGEMENT



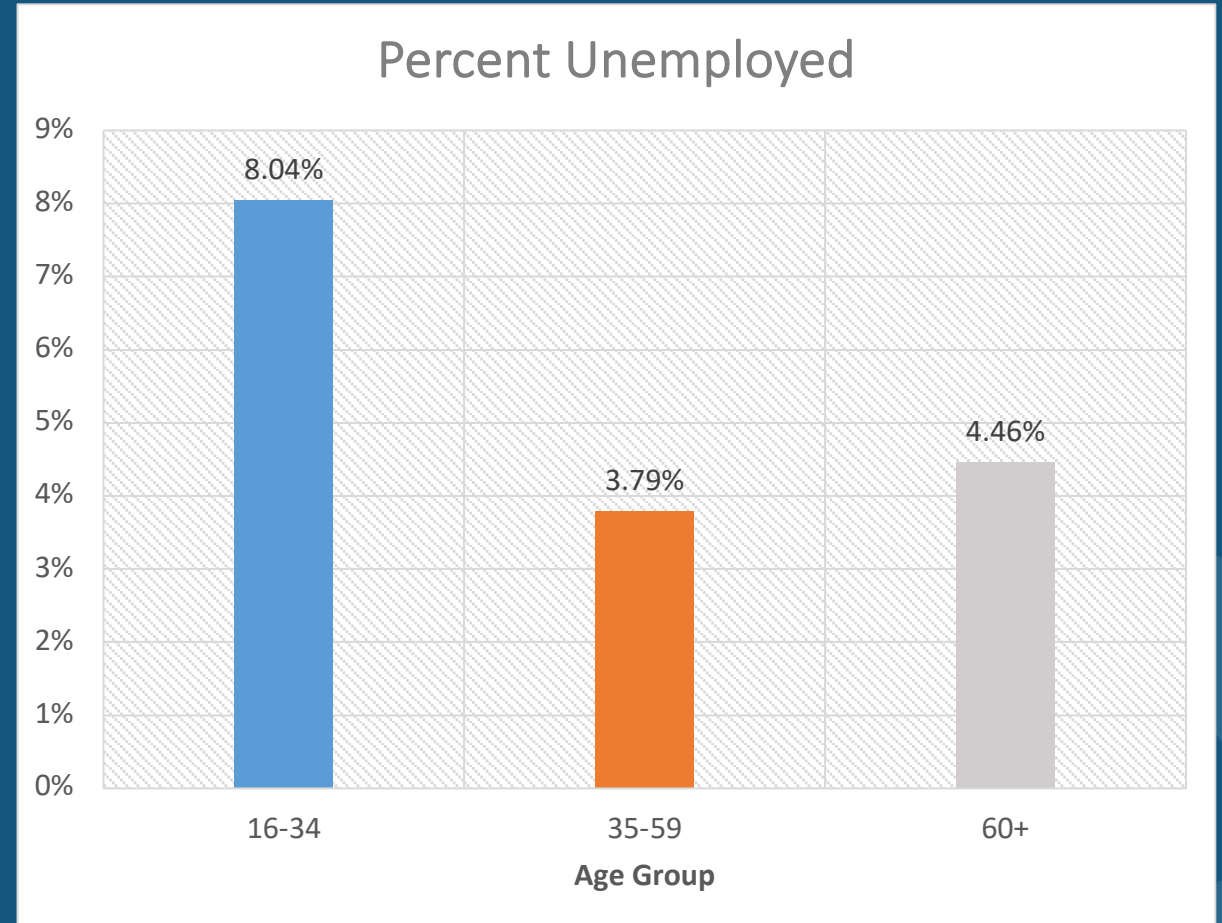
Labor Force Participation



The percentage of older adults participating in the labor force was relatively stable until 2020, when there was an increase to nearly 1 in 3 people age 60+ having a job or looking for a job.

Labor Force Participation

Of those older adults participating in the labor force after age 60, the employment rate is very high at 95.54%.



Volunteerism

ARC's Aging & Independence Services Group is committed to providing new ways for older people to stay involved, give back, and meet new people.

Volunteers with metro Atlanta's AmeriCorps Seniors program provide free educational presentations, community events, and counseling for their fellow older adults—all geared to help them remain healthy, active, and independent.


102

VOLUNTEERS


3,129

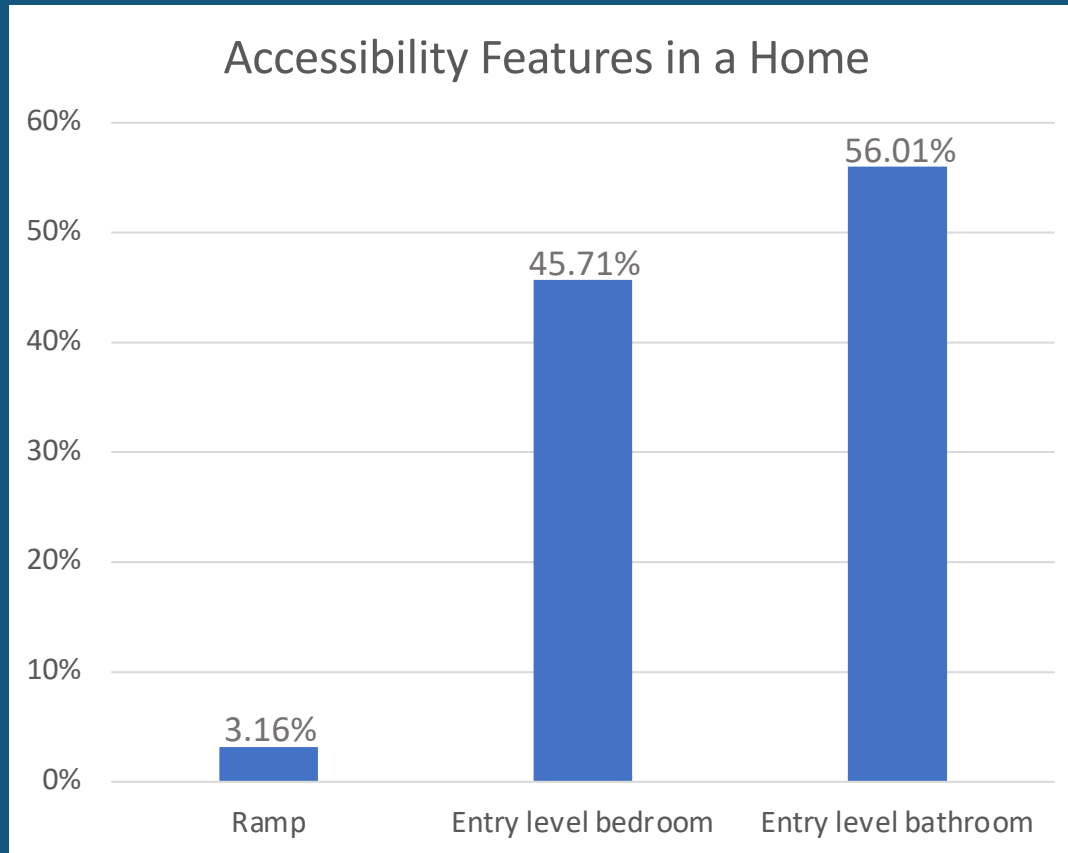
VOLUNTEER HOURS


11,352

PEOPLE REACHED

ACCESS

Home Improvements and Modifications



With home modifications, a house that was once a perfect fit for a young family can remain a safe space for members of that family to age in place. While a large percentage of 2-story homes in the Atlanta MSA have a bedroom and bathroom at the entry level, only about 3% of homes surveyed in the American Housing Survey had a ramp.

Assistive Technology

There are many technologies available today that can maximize independence and safety. Common examples are emergency response systems, glasses, hearing aids, and wheelchairs. These and other devices that help older adults to function and improve quality of life are called “assistive technology.”

Staying safe and independent in your home



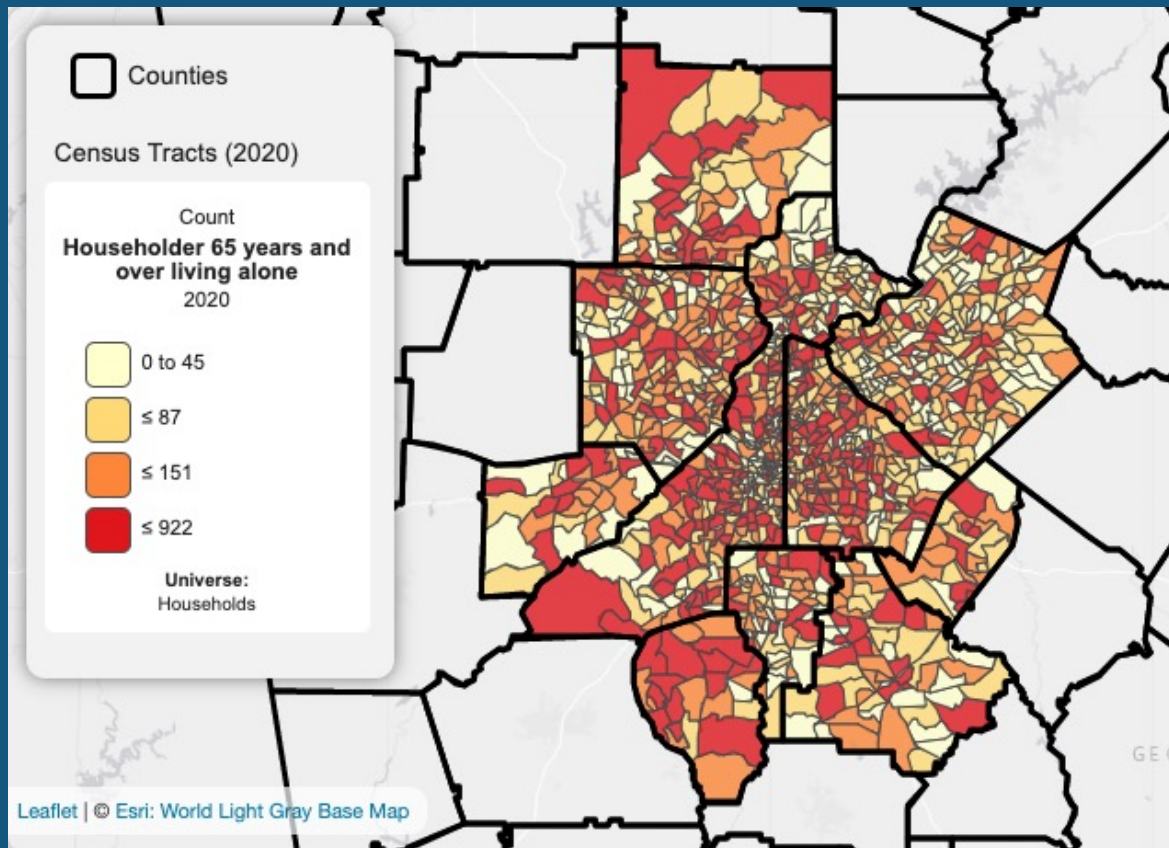
The empowerline.org website contains invaluable information about how to find and fund assistive technology:

<https://www.empowerline.org/resource/assistive-technology-and-emergency-response/>

CONNECTION



Social Isolation

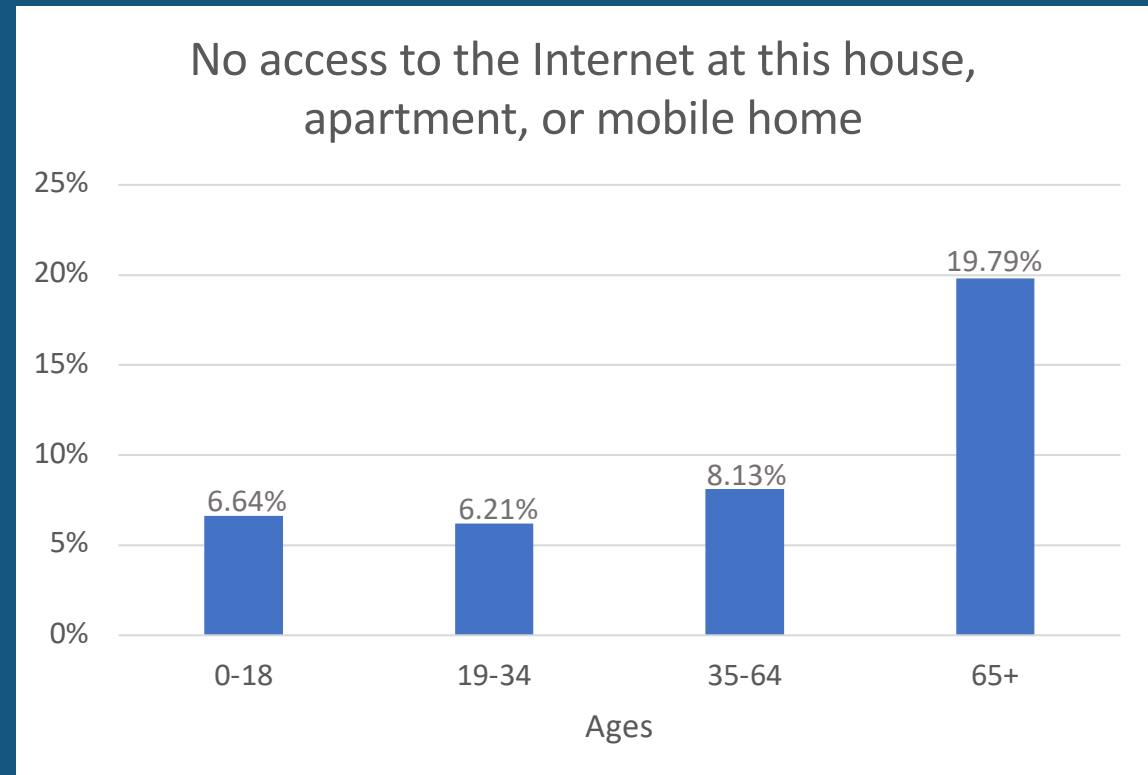


The red areas on this map indicate populations where a greater number of householders 65 years or older are living alone.

Many older adults in the Atlanta region experience isolation, which has been shown to have adverse health effects on par with smoking 15 cigarettes per day.

Internet Access

Lack of internet access can further complicate maintaining social activities and relationships. Nearly 20 percent of those 65+ living in Georgia do not have access to the internet, more than double any other age group!



One2One Telephone Reassurance Program



ONE2ONE
Care. Community. Connection.
A telephone reassurance program by the Atlanta Area Agency on Aging

Our Why
Shelter-in-place orders have curtailed access to senior centers and related activities, but also to friends and family. As a result, COVID-19 has exacerbated loneliness and social isolation for many older adults, particularly those who live in independent housing with no family or social connections.

Our Goal
Through regular calls, the One2One Telephone Reassurance Program will provide vital connections for older adults in the metro Atlanta region who are experiencing or are at greater risk of social isolation.

Our Volunteers
Minimum Volunteer Requirements

- ✓ Volunteers must be at least 23 years of age
- ✓ Volunteers must be willing to use their own phones to make calls
- ✓ Volunteers must pass a fingerprint background check
- ✓ Volunteers must commit to making 1-2 calls per week (per client)
- ✓ Volunteers must commit to a minimum of 8 weeks of service

Be The Change!

For program details, information and next steps, visit:
www.empowerline.org/volunteer/one2one

empowerline
WELL-RESOURCED WELL-BEING

COVID-19 has also exacerbated loneliness and social isolation for many older adults.

One2One is a phone-based outreach program to support at-risk adults over the age of 60. The program seeks to decrease social isolation and loneliness by providing ongoing companionship and support, enabling people to remain in their own homes and stay connected to their communities.

What else is ARC doing?

For more information on the longer-term strategic work being done to help people live longer, healthier lives in the Atlanta region, check out the Live Beyond Expectations framework at:

<https://atlantaregional.org/aging-health/aging-health-planning/live-beyond-expectations-strategic-plan-2020-2025/>

Live Beyond Expectations
Regional Strategic Plan Framework
2020-2025



Helping people live longer, healthier lives in the Atlanta region




QUESTIONS?

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