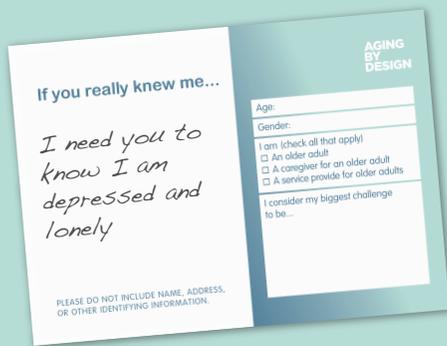


# What Matters Most

A look at the unique needs we are facing as we age

It is estimated that 20% of older adults experience some type of depression



Older adults across America source: [https://www.cdc.gov/aging/pdf/mental\\_health.pdf](https://www.cdc.gov/aging/pdf/mental_health.pdf)

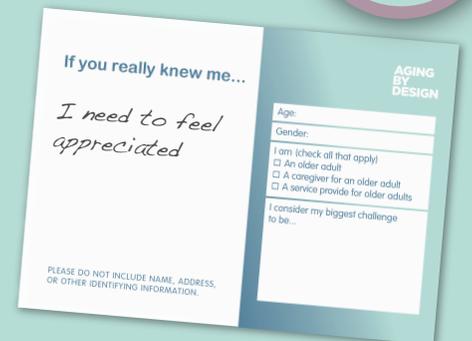
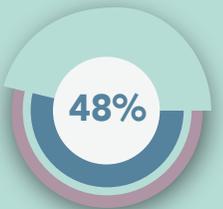
## HEALTH AND HAPPINESS



### Needs to be addressed:

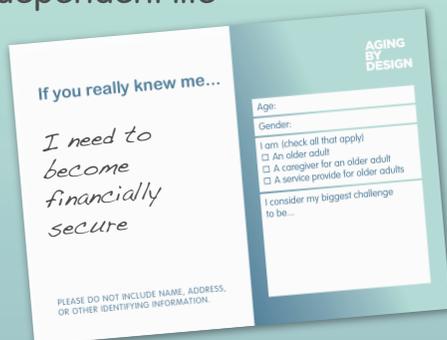
- Staying in touch with friends and family
  - Getting out of the house
  - Remaining active
  - Keeping upbeat
- Maintaining good mental health

48% of older adults rank their emotional well-being as their highest priority for maintaining a healthy future



Older adults across Western & Central NY

90% of older adults want to remain in their homes as long as possible, however they are concerned their communities will not have the resources and services necessary to lead an independent life



Older adults across America source: <http://www.aarp.org/content/dam/aarp/livable-communities/learn/research/the-united-states-of-aging-survey-2012-aarp.pdf#page=8&zoom=auto,226,499>

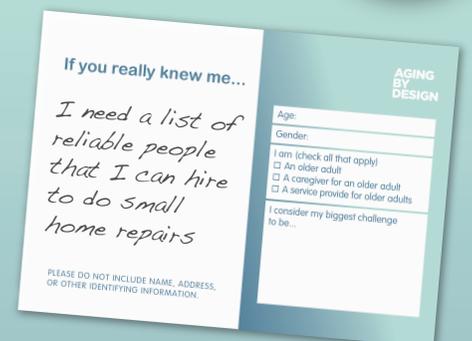
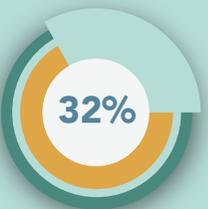
## LIVING INDEPENDENTLY



### Needs to be addressed:

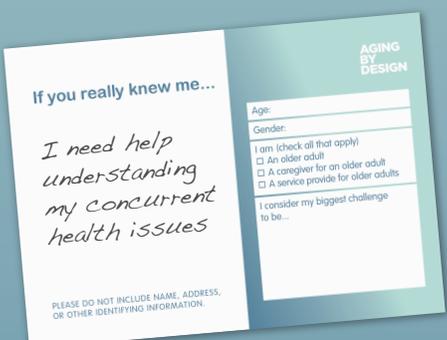
- Taking care of your home
  - Living well on a budget
  - Meeting transportation needs
- Accessing healthy, affordable food

32% of older adults see living independently as their highest priority



Older adults across Western & Central NY

60% of older adults manage two or more chronic conditions, with high blood pressure, diabetes and arthritis the most common



Older adults across America <http://www.aarp.org/content/dam/aarp/livable-communities/learn/research/the-united-states-of-aging-survey-2012-aarp.pdf#page=8&zoom=auto,226,499>

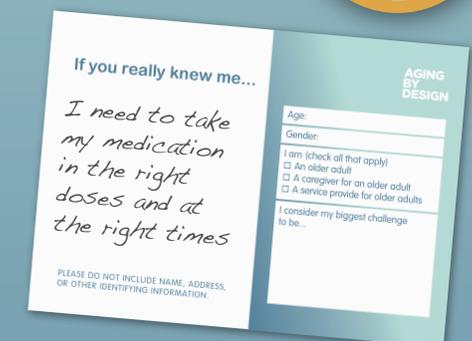
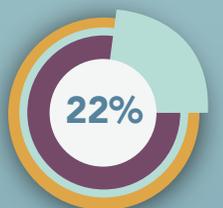
## HEALTHY AGING



### Needs to be addressed:

- Managing health conditions
  - Preventing falls
  - Making quick recovery
- Monitoring and managing medication
  - Avoiding mistreatment
- Understanding medical advice

22% of older adults are concerned that a decline in physical health will prevent them from maintaining a healthy future



Older adults across Western & Central NY