

WHAT OLDER NEW YORKERS TOLD US



Aging is universal. We are all aging every single day. It's something we share regardless of where we come from, how much money we have, which neighborhood we call home, or whom we choose to love. But the truth is, how we experience aging and the support we receive can vary greatly depending on our circumstances and what's available to us.

In New York City, this reality is clear. More than 1.8 million residents are over the age of 60. They are workers, caregivers, neighbors, and community leaders. Their voices matter, and hearing from them is the best way to know what they want and need.

That's why NYC Aging conducted the State of Older New

Yorkers survey, the most comprehensive community-needs assessment in decades. Nearly 9,000 older adults and caregivers across the five boroughs shared their invaluable perspectives.

What we discovered paints a rich picture with many details. We were pleased to hear that many older adults are thriving. They're connected to health care, actively engaged in their communities, and living independently. Nearly 94% saw a health care provider in the past year.

More than 73% reported stable

housing. Almost 30% regularly attend Older Adult Centers. Yet, we found that 22% of older adults want more opportunities to socialize, and 17% report high levels of loneliness.

Many are struggling. Over 40% have trouble paying regular bills. More than 25% worry about losing their housing. Some feel left behind by technology — over 30% do not own or use a computer or tablet. More than 33% older adults report difficulty getting around or leaving their homes.

We also learned more about New York City's 1.3 million caregivers. Many are juggling demanding jobs while supporting older family members — 86% of younger caregivers work full time. Over 40% of older adult

caregivers don't realize they are caregivers. Some are older adults themselves, with 40% of older caregivers also receiving assistance.

This is what community care looks like on the ground. It is also why NYC Aging continues to expand our programs and build stronger partnerships across the city. Whether someone needs respite care, legal help, training on using technology, or meals that honor their cultural background, we're working to match our services with what older New Yorkers are actually telling us they need.

Nearly 15% have experienced elder abuse or crime since turning 60, yet lamentably, over 50% of those cases were never reported to the police. And more than half of older adults do not have, or are unsure if they have, a plan in place for a citywide emergency such as a flood or blackout.

Those are just a fraction of the findings. I urge you to read the full State of Older New Yorkers report and consider how the insights shared can shape your understanding of older adults, caregivers, and the future of aging, both for others and for yourself. It is a reflection of who we are as a model age-inclusive city, and what we as a city can do for older adults.

If the findings reflect your experience or someone you care about, know that NYC Aging is here to help.



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