

INDEPENDENCE IS AN ACTION

Independence is a right. Older people make decisions about how they live, connect, and age. As they define their independence, they decide how they want to age, allowing people to live by their own values and priorities.

For older New Yorkers, maintaining independence takes many familiar forms. A home-delivered meal supports health while daily routines continue. A care manager helps navigate benefits and paperwork to ensure home care and friendly visiting remain secure. Joining a local Older Adult Center brings movement, learning, laughter, and the comfort of being known. These moments reflect the ability to age on your own terms, made possible through access to the right services at the right time.

In February, during National Older Adult Independence Month, we recognize older adults' ability to continue leading active, purposeful lives in their communities. Independence increases when access removes barriers and expands options. Successful aging in place relies on early, coordinated services that support daily needs and help older adults remain stable in



their homes.

At NYC Aging, we advance this mission through our community care model, which connects services, caregivers, and neighborhood resources to support older adults where they live. This approach strengthens independence by aligning care with daily life and preserving choice and control.

We offer services and supports that help people stay connected and secure. Meals delivered to the home support health and stability. Benefits counseling helps keep housing and health care on track. Older Adult Centers bring people together for recreation, creativity, and friendship. Support for

caregivers strengthens families and sustains care over time.

Independence is also closely tied to economic stability and mobility. A strong workforce supports financial independence by allowing older adults to continue earning income and maintaining stability as they age. Reliable transportation expands access to grocery stores, medical appointments, Older Adult Centers, and other essential places that support health, connection, and daily life. Independence grows when support is strong and care is close to home.

If you or someone you know needs support, call Aging Connect at 212-244-6469 to learn more about available services and supports. Together, we can help New Yorkers age with confidence, choice, and connection in the communities they helped build every day.



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