

# DECLARING YOUR INDEPENDENCE



February is Older Adult Independence Month, a time to raise awareness about the resources and programs that allow older adults to live more independent lives.

Independence isn't simply living alone—it's having options, having choices, a supportive community, and access to a comprehensive system of services that supports aging in

place. NYC Aging is helping older adults realize their independence through community-based care and services.

Older Adult Centers are a cornerstone of our community care model that educate and provide services. With over 300 locations citywide, these community centers access a variety of programming to

engage older adults, including exercise classes, healthy meals, technology training, and social events. The evidence is clear: older adults attending centers have better health, stronger social networks, and overall sense of well-being. By living actively, older New Yorkers can thrive at home.

NYC Aging also assists older adults who need in-home support. Our Home Delivered Meals Program provides nutritious, culturally aligned meals for homebound older adults, delivered with a friendly face by HDM staff. These meals provide nutrition and stability, allowing older adults to age in place even when facing health challenges while combating social isolation.

Transportation can also be an obstacle for older adults.

Through our transportation services, NYC Aging helps older New Yorkers get to critical destinations, including medical appointments, social events, and essential errands, like trips to the pharmacy, enabling them to stay active and engaged.

For those who need financial assistance, navigating intimidating systems that administer important benefits and entitlements can feel overwhelming. NYC Aging can help lessen the load. From rent freeze programs to Medicare and SNAP enrollment, NYC Aging connects older New Yorkers to programs and services that allow them to remain in the communities they helped build.

This Older Adult Independence Month, explore the many ways

NYC Aging empowers older adults in NYC to stay active, engaged, and in control of their lives. Drop in at an Older Adult Center, check out our in-home services, or explore our suite of other programs and supports designed to help you live independently and on your own terms.

For more information, call Aging Connect at 212-244-6469 or visit [www.nyc.gov/aging](http://www.nyc.gov/aging).



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