

# LIVE UNITED™

## ***What We Know About Older Adults and their Caregivers... and what research tells us about the this population nationally and in our community.***

**According to the 2000 census, 95,779 people age 65 or older lived in Monroe County; 23% of which reside in the city of Rochester; 77% in the suburbs.**

Cornell University projects that the number of older adults in Monroe County will be 139,930 in the year 2030, an increase of 46% over the 2000 census. In 2000, 13% of Monroe County's residents were older adults; in 2030, it is estimated that 20% (1 out of 5) will be.

**Older adults are an important resource and are active contributors to society.**

In our community, older adults volunteer at the highest rate of any age group.

**Independence is characterized by safely living at home (or at the lowest level of care), remaining active, maintaining health and giving back to the community.**

26.5% of older American adults living outside of nursing homes have some type of limitation that affects their abilities to live independently. More than 3 out of 4 adults that received help relied exclusively on unpaid assistance from friends and family.

**Healthy habits go a long way in preventing the chronic health conditions that reduce older adults' ability to remain independent in the community. Research shows that if seniors maintain just three healthy habits- moderate physical activity, good nutrition and not smoking- they can delay disability by as much as 10 years.**

In 2006, 24% of Monroe County's older adults were obese. On any day, the average American age 55 and older spent over half of their leisure time watching television.

**Poverty among older adults puts them at risk of having inadequate resources for food, housing, health care and other needs.**

6% of Monroe County's white older adults live in poverty, compared to 22% of black older adults and 26% Latino older adults. 15% of the city of Rochester's older adults live in poverty, compared to 5% of suburban older adults.

**Among older adults, falls are the leading cause of accidental death, non fatal injuries and hospital admissions for trauma.**

During 2004-2006, 2.0% of Monroe County adults aged 75-84, and 5.2% of those aged 85 and older were hospitalized for falls.

**Older adults are vulnerable to a wide variety of abuses that threaten their ability to remain independent in the community. Elder abuse includes physical, psychological and financial abuse, as well as neglect by caregivers.**

In 2006, 8% of Monroe County adults were at risk for elder abuse. 13% of Rochester residents were at risk compared to 5% of suburban residents.

**Informal care partners are integral to the well-being of the care recipient and their role is becoming more important as the cost of care rises and the economic resources are diminished.**

A 2006 national survey indicated that an estimated 33.9 million adults (16% of the total population) provide unpaid care to adults age 50 or older. A second 2006 survey indicated that these caregivers spent an average of \$5,531 on expenses related to care. 37% of the caregivers had quit their jobs or reduced work hours as a result of their caregiving responsibilities.



**United Way  
of Greater Rochester**