



National Health &
Aging Trends Study

how daily life changes as we age

NHATS & you

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Welcome and Thank You!

Welcome to the first edition
of *NHATS & you*, a newsletter
designed especially for
NHATS participants.



Thanks to you and the others like you who joined us in this important new research study, our first year was a resounding success. More than 8,000 people age 65 and older across the country joined us in this effort to understand how daily life changes as we age.

It is only through research studies like NHATS that we will learn how to improve life for all of us as we get older.

Thank you for participating!

Your responses are being put together with those of other respondents so NHATS can produce a current snapshot of older adults across the country. In just a few months researchers will be able to describe the daily lives of older adults in ways never before possible. And in another year or so, after we have finished our second round of interviews with participants, we will be able to glimpse for the first time how daily life changes with age.

As this first edition of *NHATS & you* goes to press, NHATS is already providing new and important information about older adults in America in 2011.

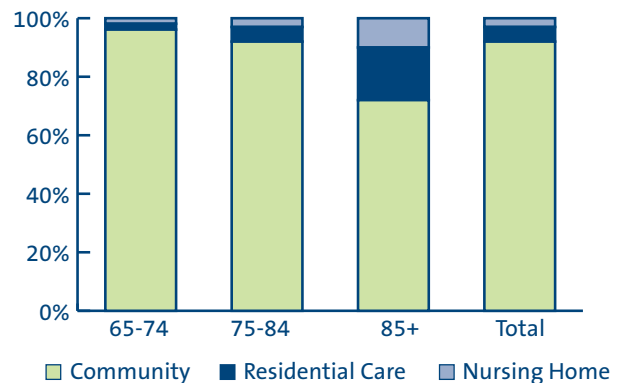
Where do older Americans live?

NHATS includes participants no matter where they live. That means whether you move in with a family member or to an assisted living facility or retirement center or if nursing home care is what you need, you are still an important part of NHATS.

As a result of this design, NHATS is able to identify the share of older Americans living in different settings: the community, and residential care settings including assisted living and nursing home settings.

In 2011, the majority of older adults in America lived in private residences in the community. Yet the share in residential care settings—places like assisted living, personal care homes, and continuing care retirement communities (shown in blue, below)—is substantial and increases sharply with age.

Where Older Adults in America Live, by Age



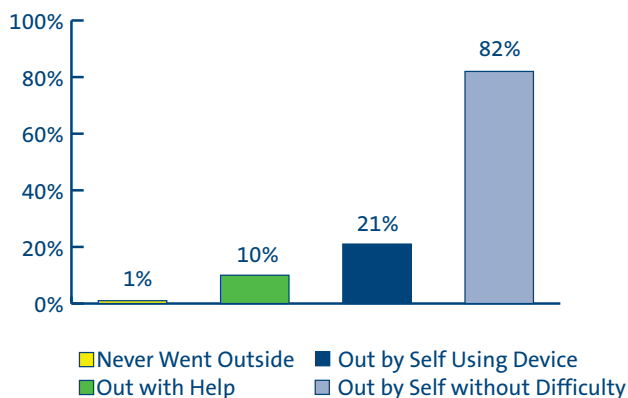
How do older Americans get around?

Changes in mobility – the ability to move around, whether in one’s home or outside – are common with age. Although some older adults can still go-go-go, others may find their pace a bit slower, or maintaining their balance is more challenging.

Despite these changes, most older adults are able to get around inside and out without any difficulty. And for those who are starting to slow down, mobility devices—such as canes, walkers, wheelchairs, and scooters—can be important avenues for maintaining independence.



Leaving Home to Go Outside in the Last Month



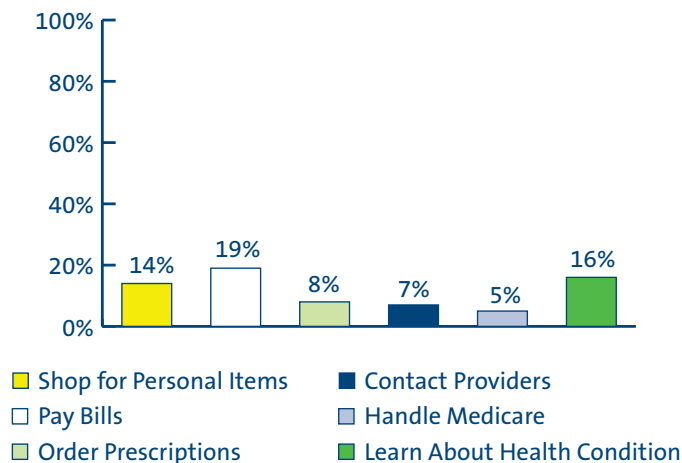
Among older adults living in the community or in residential care settings in 2011, 82% were able to leave home to go outside by themselves without any difficulty. Devices helped bridge the gap for 7 million older adults. Another 3.7 million relied on help from family, friends, or someone paid to help them. Only 1% reported not going out at all in the last month.

Older Adults Spending Time Online

The world has changed dramatically in the last few decades. Everyday activities – like staying in touch with friends and family, shopping, paying bills, and ordering prescriptions – can now be done with the click of a computer or at the touch of a cell phone.

Among older adults in the community, 63% had a working computer at home or used one elsewhere and 76% had a cell phone. Among those with access to a computer or cell phone (84%), more than 45% had sent email or texts. Other common online activities are shown below.

Percent of Older Adults Going Online by Type of Activity



Coming Soon...

Researchers will be confirming and expanding upon these findings in the coming year. After the second round of NHATS is completed in 2012, we will have a much firmer understanding of how daily life changes as people age. We will learn how many older adults are able to maintain their independence in daily life by making changes to their environment. And we will have a first glimpse into the circumstances that result in maintaining wellbeing with age.

By participating in NHATS, and allowing us to capture life as it is today, YOU are helping America plan for tomorrow. Thank you for being a part of NHATS!

www.mynhats.org
1-888-364-8271



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