

# ATTITUDES ABOUT AGING

## in Central Texas

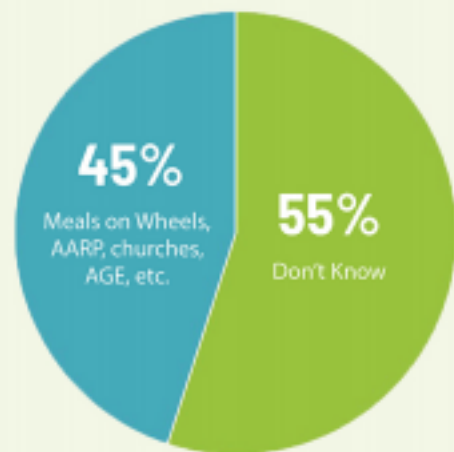


# ATTITUDES ABOUT AGING

## in Central Texas



7 out of 10 residents are unaware the Austin-Round Rock metro area is the second fastest growing population of older adults (65+) and fastest growing population of adults age 55-64.



More than half of respondents reported that they do not know a single nonprofit organization in the community that addresses the concerns of the aging community in Central Texas.

# KEY CONCERNS: AFFORDABLE HOUSING & FINANCES IN CENTRAL TEXAS

believe older adults will  
be forced out of areas in  
Central Texas because of  
a shortage of affordable  
housing

are concerned about their  
ability to pay taxes

are concerned about running out of money

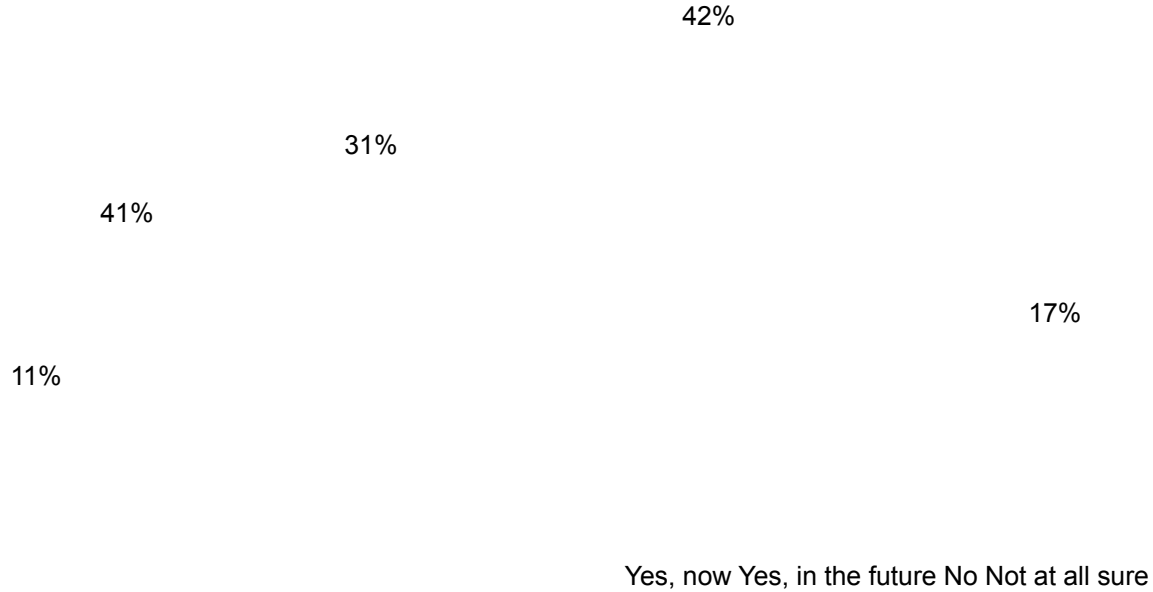
# OTHER CONCERNS FOR RESIDENTS IF THEY STAY

- Not having family close by (32%)
- Access to transportation (15%)
- Access to hospitals (10%)
- Inability to sell their house because they can't afford another home (10%)
- Access to basic amenities such as a grocery store (9%)
- 18% say they do not have any concerns about aging and staying where they live now

# PHYSICAL DECLINE RANKS HIGHEST AMONG OVERALL CONCERNS ABOUT AGING

Q: As you age, especially into retirement age and beyond, what worries or challenges are of most concern?

## ANTICIPATING THE GROWING CAREGIVER POPULATION



# CHIEF CAREGIVER CONCERNS ABOUT THE OLDER

# ADULT THEY CARE FOR

69% 53% 47% 46%

say the older

adult's physical  
decline  
say the older  
adult's mental

decline  
say the older  
adult's memory  
loss

say the older adult's  
loss of  
independence

# CHIEF CAREGIVER CONCERNS ABOUT THEMSELVES

depression  
say making good care choices  
for the older adult  
say their  
personal health  
say uncertainty of finances in  
caring for the older adult

say personal stress and/or

**AWARENESS OF SERVICES SUPPORTING OLDER ADULTS**



	2%
	2%
AARP	10%
Meals on Wheels	
Churches	
AGE	
Local community centers Government services None	
Other	
Don't know	
7%	20%
6%	55%
4%	
3%	

# AGEISM

Older adults' experiences and wisdom is undervalued or under-celebrated in the United States 88%

Changing dynamics of the workplaces require continuous learning and adapting to new technologies older adults may not have embraced 85%

Current cultural dynamics including beauty industry marketing focuses on youth, vitality, and fighting aging 82%

Mainstream media inauthentically represents older adults 71%

Current cultural dynamics including increased connectivity online and through mobile devices contributes to older adults' isolation 69%

# AGE of Central Texas Thrive Social & Wellness Center

Locations in Austin and Round Rock

Austin: 512-458-6305

Round Rock: 512-255-4865

[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)

- **Weekday care and social wellness support for older adults with physical and cognitive needs**
- **Staffed with a full-time nurse to assist with medication management and health monitoring**
- **Meals, transportation options, and engaging activities**

- Medicaid, Veteran's benefits, long-term care insurance, and private pay



**HEALTH EQUIPMENT  
LENDING PROGRAM**

512-600-9288

Email: [Equipment@AGEofCentralTX.org](mailto:Equipment@AGEofCentralTX.org)

- **Free long-term loans of durable medical equipment to anyone**
- **Free adult incontinence products for low-income**

**older adults**



512-451-4611

[www.CaregiverUCenTX.org](http://www.CaregiverUCenTX.org)

- **A collaboration of Central Texas non-profit agencies and community organizations, joining together to provide free, evidence-based classes to family members caring for an older adult**
  - **Caregiving classes**

- Falls Prevention classes
- Both in-person and virtual opportunities

# AGE Resource & Information Center

512-600-9275

[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)

- Navigation center for older adults and family caregivers seeking information about area resources
- Free personalized, confidential assistance and

**guidance by phone, email, and virtual meetings**

- **Free seminars and conferences throughout the year**

# **NEW - AGE “Virtual Connections” Program**

512-600-9275

MemoryInfo@AGEofCentralTX.org

www.AGEofCentralTX.org

- **New program of innovative virtual services for older adults and care partners to help you**

## **thrive**

- **Monthly subscription program offering group and virtual activities for different cognitive levels**
- **Individualized service plans with tailored services or connections to vetted service providers in the community to meet your goals and needs**