AGING WELL FOR ALL

Join the Movement

National Council on Aging
We count individuals served by NCOA and our partners who:

- Realize a reduction in expenses and/or increase in income equaling at least $1,200 per year
- Complete an evidence-based program proven to deliver improvements to health and well-being
- Are able to remain in the community instead of being relocated to a nursing home
- Directly benefit (as defined above) from a policy change that would not have happened without NCOA’s leadership

### OUR IMPACT

We measure the lives we touch online and in community

Since 1950, our passion and our mission has been improving the lives of older adults. We are the longest-serving national organization focused on aging.
WHY AGING WELL MATTERS
Our unprecedented gift of longevity comes with both opportunities and challenges

THERE ARE MORE OF US
93 million Americans will be 60+ in 2030

WE’RE LIVING LONGER
The average 65-year-old today will live another 20+ years

HOW WILL WE STAY HEALTHY AND INDEPENDENT?
80% of older adults have at least one chronic health condition
80% of older adults are financially insecure today or at risk

WHAT IT MEANS TO AGE WELL
Every person has the knowledge and support to age with their best possible health and economic security

HEALTHY LIVING
- Meaning and Purpose
- Physical and Mental Health
- Social Connections

ECONOMIC SECURITY
- Financial Well-Being
- Access to Benefits
- Employment

ACTION PLAN
- DISTRIBUTION
- PROGRAMS
- ADVOCACY
- PARTNERSHIPS
- ONLINE
IN COMMUNITY
HEALTHY LIVING

CHALLENGE
Meaning and purpose, physical and mental health, and social connections are key ingredients for aging well. But the statistics show these are a challenge for many. More than 80% of older adults have at least one chronic health condition and every 19 minutes, an older adult dies from a fall. Loneliness affects 1 in 3 of us as we age.

SOLUTION
NCOA empowers individuals with the tools of healthy living. We promote proven programs where older adults discover how to prevent falls, manage chronic conditions, and create a playbook for aging well. We support and advance the nation’s senior centers, where older adults grow, learn, and engage. And as leader of the Aging Hub, we are measuring what matters and scaling what works.

PROGRAMS
Center for Healthy Aging
Aging Mastery Program®
National Institute of Senior Centers
Aging Hub

IMPACT
3.4 million individuals since 2011

ECONOMIC SECURITY

CHALLENGE
The gift of longevity comes with a price tag. We must make our money last longer than ever before. Few older adults have saved enough, and most are living on a fixed income. The result is that 80% of older adults are financially insecure today, or at risk.

SOLUTION
NCOA supports individuals on the path to financial well-being. We connect those who are eligible to benefits programs to help pay for food, medicine, and other daily expenses. We provide education, so people with Medicare can choose the best plan and make the most of their coverage. And we offer retraining and assistance to older adults who are struggling to re-enter the workforce.

PROGRAMS
BenefitsCheckUp®
My Medicare Matters®
Center for Benefits Access
Senior Community Service Employment Program

IMPACT
5.3 million individuals since 2011
“The class offering was actually profound for me. I am 70 years old and if I’m lucky I may have 10 more good years. The classes offered ways to make the years happier, healthier, and more worry free.” —Hermi, Aging Mastery Program® graduate

“My blood pressure and blood glucose levels are within the normal range. I was also able to eliminate the multiple medications I was taking because of the change in my eating habits. I don’t feel like damaged goods or that I’ve been diagnosed with a death sentence anymore.” —Stephen, Chronic Disease Self-Management Program participant

“My benefits checker saved my mom! I had no idea there was additional assistance for Medicare Part D, as well as medicine providers directly. No one really tells you this… but you did. It will save her thousands. Thank you!” —Misty, BenefitsCheckUp® user

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The Aguileras were having trouble paying the bills. They had only one source of income —Mr. Aguilera’s Social Security. Mr. Aguilera has Parkinson’s disease, and his wife is his primary caregiver.

They wanted help, but they didn’t know where to turn.

“My English is very limited, and I always struggle with paperwork,” Mrs. Aguilera says. “I have applied for various services in the past, but my applications were always denied or returned because I completed them incorrectly.”

A neighbor told the Aguileras to call the Watts Labor Community Action Committee Bradley Multipurpose Senior Center in Los Angeles, a Benefits Enrollment Center supported by NCOA.

“Together with our case manager and counselor, we were able to apply for many benefits,” Mrs. Aguilera says. “They first helped us apply for PACE/HEAP, and we were recently approved and received $340 that will go towards our water and power bill. We applied for low-income telephone and internet services, for which we qualified.”

Today, Mrs. Aguilera is spreading the word to her neighbors that information and support is available.
**CHALLENGE**

By 2030, 93 million Americans will be aged 60 and over, compared to 69 million today. Yet, critical federal programs that all of us depend on as we age—especially the most vulnerable—continue to be threatened.

**SOLUTION**

NCOA has been the voice of older adults for more than 70 years. In the 1960s, we were a driving force to enact Medicare, Medicaid, and the Older Americans Act. Today, we work in a bipartisan manner to protect and improve these and other programs, including securing core federal funding for NCOA’s Center for Healthy Aging and Center for Benefits Access. Using direct knowledge from our community partners, we inform policymakers about what works—and what doesn’t—and how programs can be strengthened to better meet our needs as we age. We advocate for key safety net programs that allow those who are struggling to age with health, security, independence, and dignity.

**IMPACT**

1.3 million individuals since 2011