



April 2015

Welcome and Thank You!

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

NHATS interviews allow researchers to look at how daily life changes as we age. With data from our first four rounds of interviews, researchers can gain insight into how things like health, where people live, and physical activity affect how older people live and how these things change as people age.

Thanks to you and more than 9,000 others like you selected to join us in this important national research study, we can look at trends in aging in the United States. Learning about these trends will help researchers discover ways to improve life for all of us as we get older.

Using Technology

The use of technology—things like cell phones, computers, email, and the Internet—has become much more common over time.

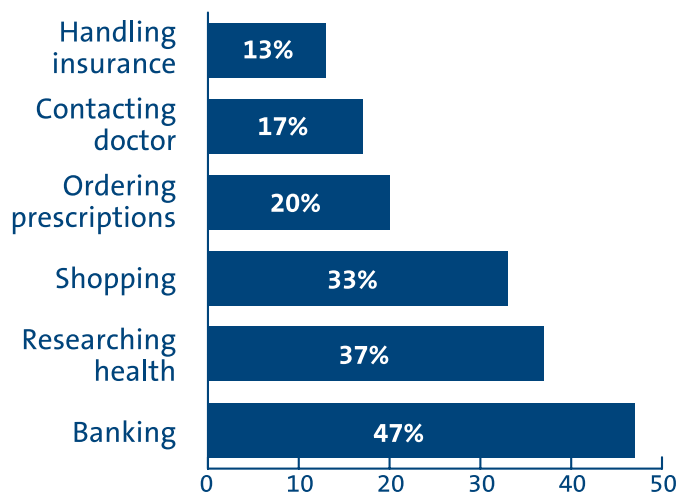


People use the Internet for a variety of reasons, like emailing friends and family, banking, and doing things related to their health. Not surprisingly, younger people are still more likely than others to use the Internet.

Some common Internet tasks that NHATS asks about include paying bills and banking, learning about health conditions, and shopping for groceries or personal items. Less common things people do on the Internet include ordering or refilling prescriptions, contacting medical providers, and handling health insurance matters.

The chart below shows the percentage of older adults who go online to carry out these daily activities.

Percentage of Older Adults Who Go Online for Specific Tasks



Getting Help from Others

People get help with household activities for many different reasons. Sometimes people get help because they share responsibility for work around the house. For instance, your spouse might do the laundry and you do the cooking, even though neither of you has a health limitation that would prevent you from doing the task. Other times, health limitations may make it difficult to complete a task, so a family member or friend or someone paid helps out.

NHATS shows that, altogether, about 25 percent of older adults receive help with daily household tasks—things like doing the laundry, shopping, paying bills, and handling medications—for health or functioning reasons. Among these older adults, there is a large difference between younger and older age groups: about 12 percent of 65–69 year-old adults receive help with household activities for health or functioning reasons, while about 73 percent of adults ages 90 or older do so.

Although getting help is common, there are gaps in what we know about the people who help out. NHATS is filling that gap by asking you about how often people help out, if they have a regular schedule or just help as needed, and if they are paid to help. Additionally, as part of NHATS' supplemental study called the National Study of Caregiving—NSOC—we ask helpers about their



own health and the different ways they help out. This information is being used to understand how helping affects not only NHATS participants but also those who help.

Coming Soon...

We will keep you informed of exciting new research that uses NHATS data. As findings are published, we will make these results available in future newsletters.

Thank you for your participation in NHATS!

www.mynhats.org

1-888-364-8271



This study is sponsored by the National Institute on Aging.