



National Health & Aging Trends Study

how daily life changes as we age

NHATS & you

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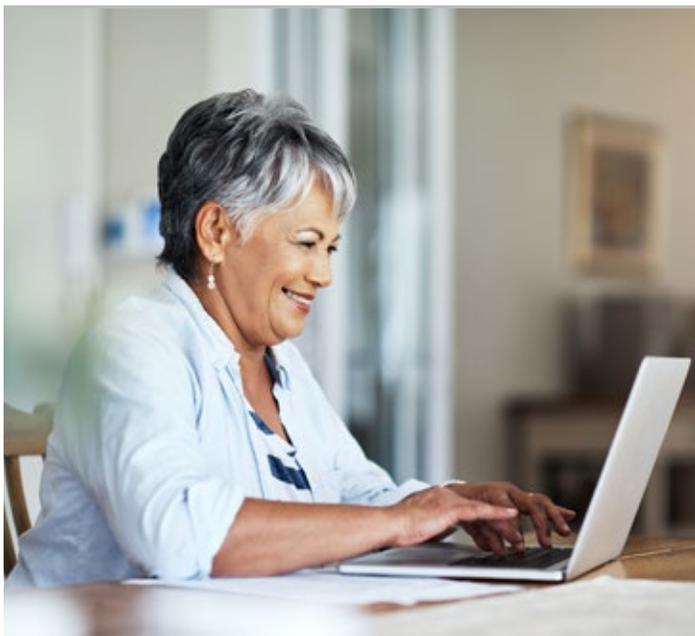
May 2019

Welcome and Thank You!

Welcome to this edition of *NHATS & you*, a newsletter designed especially for NHATS participants. Thanks to you and more than 9,000 others like you who have joined us in this important research study, we can study how daily life changes as Americans age. Nearly 200 scientific papers using information from NHATS have been published in more than 70 journals. We are pleased to share a few of the latest findings with you.

Staying Connected Online

We know that having face-to-face social interaction is important to maintain a healthy lifestyle. But what happens when pain causes us to limit our in-person interactions? A recent



study using data from NHATS found that online social participation, such as using social media, can help lessen the negative effects of pain on depression. The researchers concluded that there is potential for social media to help older people stay connected, especially in cases where they might be limited because of pain or disability.

Care Preferences

What is the best care option for someone 80 years old who needs help with bathing, dressing, and getting around inside due to health? NHATS asked this hypothetical question of respondents and found that about half of older adults felt that the best option was to stay at home with help from

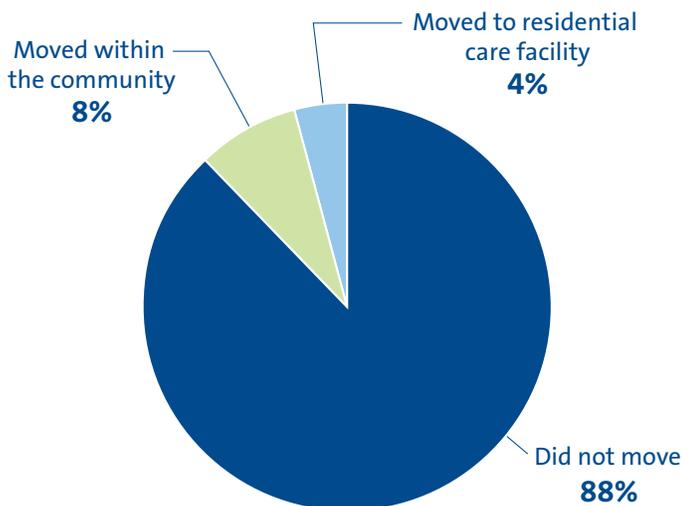


family members or paid helpers. However, about one-third chose assisted living or continuing care arrangements as the best option. This percentage is higher than previous estimates, suggesting that attitudes toward residential care settings are evolving.

To Move or Not To Move?

Many older adults prefer to live in their current home or community as they get older, even if their health or functioning declines. Over a 4-year period, a recent study looked at which home factors are associated with staying at home or moving. Altogether, 12 percent of older adults moved within this period. About 8 percent moved within their community and 4 percent moved to a residential care facility. The researchers found several home features that were associated with moving. Older adults were more likely to move within their community if their residence had more than one floor and did not have access to a lift or stair glide. Additionally, older adults were more likely to move if the kitchen, bedroom, and bathroom were not all on the same floor. The authors concluded that exploring more on the role of these home factors could help with developing policies and programs to help older adults stay in their home or consider where to move.

Older Adults Relocating Over a 4-Year Period



Emerging Trends

- A growing number of older adults are living in residential and retirement settings where services are available to help with daily activities. Altogether, 4.5 million older adults now live in these settings. A much smaller number—about 1 million—live in nursing homes.



- The percentage of people living with dementia declined from 2011–2015, largely because of age- and education-related changes in the population.
- There is growing use of technology by older adults to obtain health information, contact clinicians, and order prescriptions.

Coming Soon...

We will continue to 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 continued participation in NHATS!

www.mynhats.org

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