



May 2022

## Welcome Back and Thank You!

This year marks the 12th year of interviews for the National Health and Aging Trends Study (NHATS). We are welcoming back thousands of participants who have been an important part of this study for many years. We thank you for your dedication to NHATS and are looking forward to visiting you! This year, your interviewer is again taking special COVID-19 precautions. These may include asking you about symptoms before entering your home and wearing a mask during your interview.

As shown in “NHATS by the Numbers,” NHATS continues to be used widely by researchers (over 5,000 to date!) to understand how life changes as we age. We are pleased to share with you a few new findings from the past year.

## NHATS by the Numbers

**12,000+** NHATS participants to date

**5,000+** Researchers using NHATS data

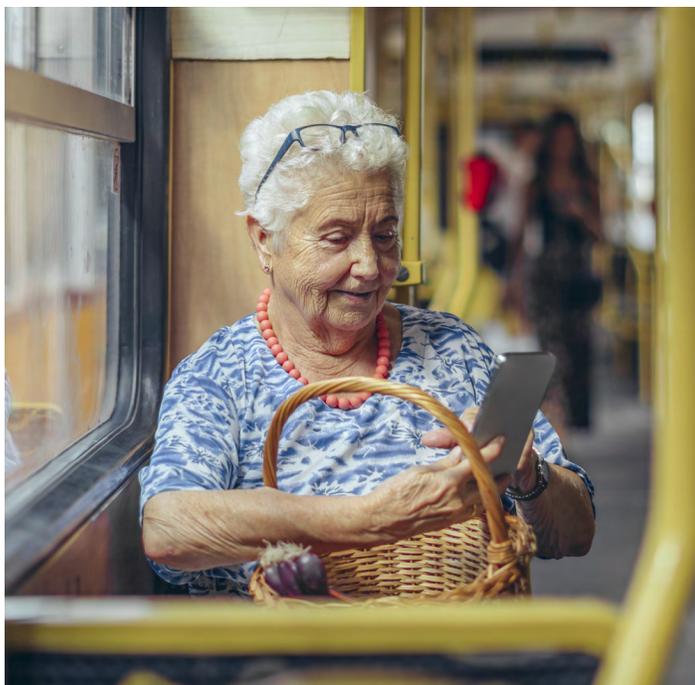
**500+** Publications in scientific journals

**150+** Journals where research is published

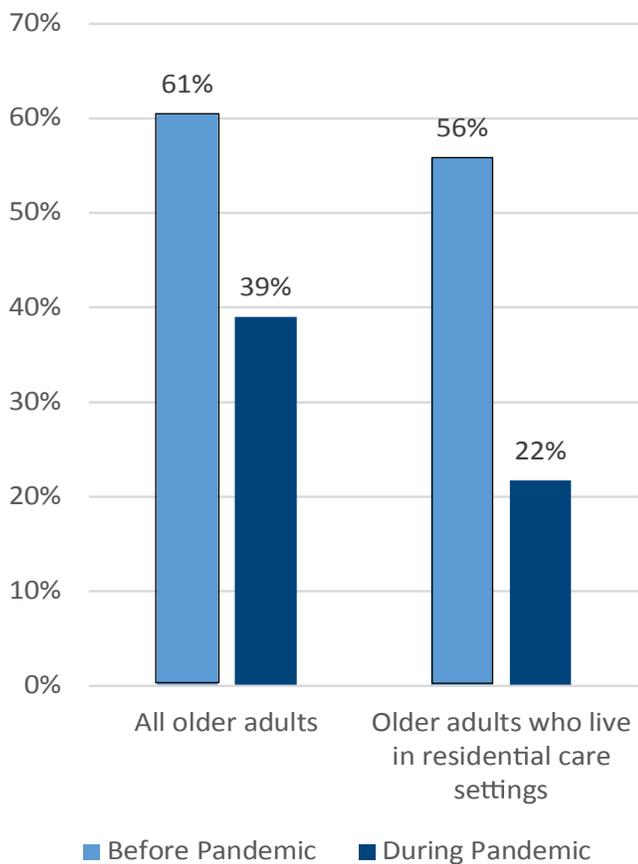
## Finding Another Route

Researchers investigated alternative modes of transportation—including getting a ride from others, walking, using public transportation, and using paratransit services like a van or shuttle service for seniors or people with disabilities—and how well these options keep older adults connected.

They found that using alternative transportation methods made a difference in keeping social connections flourishing. This can help older adults keep participating in activities they find valuable, like visiting friends and family, attending religious services, participating in clubs or organized events, and going out for enjoyment.



### In-Person Visits Before and During the Pandemic



### Keeping in Touch

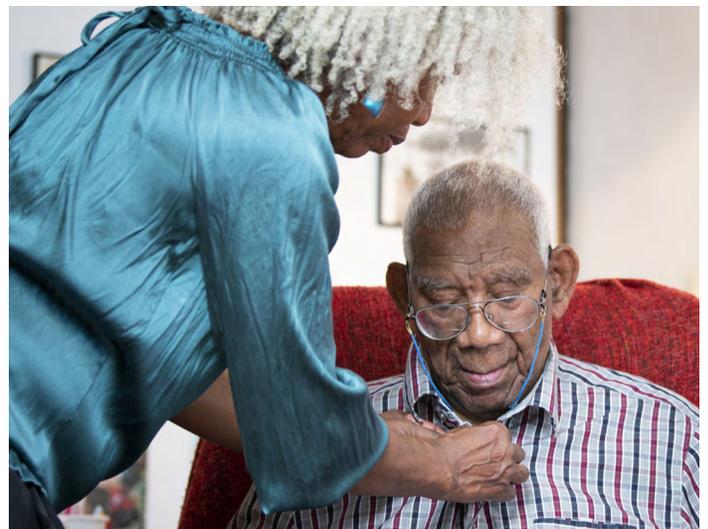
For many, the pandemic has meant less time in person with family and friends. But just how much did in-person visits decline?

Using NHATS, researchers found that before the pandemic, 6 out of 10 older adults visited with family or friends at least weekly; during the pandemic, that number fell to roughly 4 out of 10. In assisted living and other facilities, only 2 out of 10 had weekly in-person contact with people outside of their household during the pandemic. Other forms of contact—telephone and email—were stable, and video contact increased.

### Caregiving During the Pandemic

Did the frequency of getting and providing help change during the pandemic? While most caregivers reported no change, 30.5 percent reported an increase, and 11.5 percent reported a decrease in the amount of help they provided during the pandemic. Those who reduced the amount of help they provided during the pandemic predominantly did so to protect their loved one from COVID-19 exposure.

As a follow-up to the NHATS study, we will again be interviewing family members and friends who have helped NHATS participants with their daily activities. This part of the study is called the National Study of Caregiving (NSOC). NHATS participants can help make NSOC a success by providing contact information for family members and others who help with daily activities.



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

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