



November 2022



## The State of Aging Report

Older adults (those age 55 and older) are the fastest growing demographic in Central Indiana. Approximately 20,000 individuals in Central Indiana reach the age of 60 every year. By the year 2030, one in every five residents will be over the age of 65.

To enhance the ability of older adults to live and thrive in Central Indiana, it is important to understand the population trends, notable changes, and basic needs of this growing demographic. The Central Indiana Senior Fund is partnering with The Polis Center at IUPUI, the IU Center for Aging Research, and the IU Public Policy Institute's Center for Research on Inclusion and Social Policy on the premiere reference about our state's older adult population.

[Read more](#)



## Transportation Equity and the Older Adult Population

Join us on December 8, for the next State of Aging in Central Indiana Report (SoAR) webinar and panel discussion: Transportation Equity and the Older Adult Population.

Via this virtual event, you will learn more about public transit accessibility for the older population in Central Indiana and the state, and have the opportunity to ask questions of a panel of local experts.

This event is a partnership between The Polis Center, WFYI Public Media, and the Central Indiana Senior Fund, a fund of the Central Indiana Community Foundation.

[Register Now!](#)

### RESEARCH BRIEF

## Living in the Community with Dementia

Older age is the greatest risk factor for Alzheimer's disease (35% of people ages 85 and older have Alzheimer's disease), however, people with Down Syndrome develop Alzheimer's at an earlier age (30% in their 50s have Alzheimer's disease). There are more women living with dementia than men, but this is most likely simply due to women living longer than men on average. Nationally, older Blacks are about twice as likely and older Hispanics about one and one-half as likely to have dementia as older Whites. The higher prevalence of dementia in Blacks and Hispanics compared with Whites is thought to be primarily due to disparities in health conditions (e.g., cardiovascular disease and diabetes), socioeconomics, and life experiences rather than genetic factors. [Read more](#)

### DID YOU KNOW?



## Industries related to care for older adults

Industries related to care for older adults have seen big revenue increases from 2013 to 2020 with the aging population driving demand for services such as home health care, assisted living, and nursing home facilities, as reported recently by the [U.S. Census Bureau](#). Check out the [Health Care chapter](#) of the *State of Aging in Central Indiana Report*.



## Home-based services

Recipients of home- and community-based services report positive outcomes for hospital discharges and chronic conditions. Medicaid reforms in Indiana could expand access to these services. Learn more in the [Aging in Place chapter](#) of the *2022 State of Aging Report*.



## Caregivers Mental Health

A national survey found that caregivers' mental health took a significant toll during the pandemic. Among respondents, at least half report adverse mental health conditions such as anxiety, depression, or PTSD. Furthermore, around 30% of caregivers considered suicide. Learn more in the [Caregiving chapter](#) of the *2022 State of Aging Report*.

*State of Aging in Central Indiana research powered by SAVI.*

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