National Health and Aging Trends Study

Chart Book

Key Trends, Measures and Detailed Tables

Errata - February 2022

This Chart Book includes corrected race stratified estimates (Tables 1a-4, 5d-5f, 6_1-6_2, 8-9d_2, 11-14b) and dementia stratified estimates (Tables 1a-1d, 2a-2c, 3-5f, 13b-14a). As a result of these corrections, three trend tests were no longer significant at p<.05 (Other race group in Table 1b_2; No dementia group in Table 2a; and Non-Hispanic White race group in Table 9b_2) and one test became significant at p<.05 (Other race group in Table 9b_2). Statements about the decline in unmet need for self-care or mobility for the Other race group (p. 12) and the decline in retirement community or senior housing for the non-Hispanic White group (p. 18) were removed; statements about gaps in dementia prevalence in 2019 by race (p. 15) were corrected; and three charts (bottom of p. 9, 11 and 15) were updated. In several places text was updated to refer to 2020 (instead of 2019) figures and the continuation of Table 13a was replaced. Numbers in the dashboards were not affected.

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About the NHATS Trends Dashboards

The NHATS Trends Dashboards, available at
micda.isr.umich.edu/research/nhats-trends-dashboards,
describe trends in late-life functioning of the U.S. Medicare
population ages 70 and older. The dashboards are designed to
facilitate understanding by researchers, policymakers and care
providers of how daily life is changing for older adults as the US
population ages.

This companion chart book includes key findings about recent
trends with an emphasis on differences by age group, gender,
and race and Hispanic ethnicity groups. It also includes
descriptions of measures and detailed tables.

The dashboards draw upon a conceptual framework designed
to guide content in NHATS.[a] The framework recognizes
important distinctions among physical and cognitive capacity,
how daily activities are carried out, and the environment in
which activities take place.

Specific disability-related trends that are reported annually
include: physical and cognitive capacity, sensory limitations,
use of assistive devices, help received with daily activities,
unmet need, and participation restrictions. Also included are
trends in late-life housing, participation in later life in online
activities, and quality of end of life care.

To highlight how various subgroups of the population are faring,
each trend is presented for the overall population ages 70 and
older and then by various demographic factors including age
group, gender, race/ethnicity, education, region of the country,
whether assistance with activities is received, whether
dementia is present, family structure, living arrangements and
residential care setting. A separate dashboard provides an
overview of trends for each of these demographic factors.

All trends are presented excluding nursing home residents; for
select disability and residential care outcomes an additional set
of trends that includes nursing home residents is provided.
Findings highlight statistically significant trends (p<.05; see
Methodology) as shown in the detailed appendix tables.

Acknowledgments

[a]Freedman VA, Kasper JD. Cohort Profile: The National Health and Aging Trends Study (NHATS). Int J Epidemiol. 2019 Aug
1;48(4):1044-1045g. doi: 10.1093/ije/dyz109.

About NHATS

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Begun in 2011, the National
Health and Aging Trends
Study (NHATS) fosters
research to guide efforts to
reduce disability, maximize
health and independent
functioning, and enhance
quality of life at older ages.
NHATS was designed to
provide the basis for
understanding trends in late-
life functioning, how these
differ for various subgroups,
and the economic and social
consequences of aging and
disability for individuals,
families, and society.
NHATS gathers annual, in-
person information on a
nationally representative
sample of Medicare
beneficiaries ages 65 and
older. The sample is
refreshed periodically in
order to support study of
national-level disability
trends. Caregivers of NHATS
respondents are interviewed
in the supplemental National
Study of Caregiving (NSOC).
NHATS is being led by
investigators at the Johns
Hopkins University
Bloomberg School of Public
Health and the University of
Michigan's Institute for
Social Research, with data
collection by Westat, and
support from the National
Institute on Aging.

Executive Summary

A number of encouraging disability-related trends occurred for the 70 and older population from 2011 to 2020:

- A greater percentage of older adults is successfully accommodating self-care and mobility limitations with assistive devices;
- Assistance with self-care and mobility activities declined whereas difficulty with these activities has held steady and levels of unmet needs related to these activities have declined;
- The percentages with low physical capacity, poor vision, and poor hearing have decreased and the percentage living with dementia (through 2019) has declined; and
- The percentage living in residential care settings and nursing home settings has declined and use of hospice care at the end of life has increased (through 2019).

Women and non-Hispanic White persons experienced gains in nearly all of these outcomes.

In addition, the ways in which daily activities are being carried out has been changing across all age groups, for both men and women, and for all race and Hispanic ethnicity groups. For instance:

- The presence of home modifications–for bathing, toileting, and mobility–has increased steadily since 2011; and
- Use of email or texting for communication and going online for social networking, household activities, and health-related activities has increased dramatically over the last decade among older adults.

At the same time, some trends related to household activities are somewhat less encouraging. Although the percentage receiving assistance with these kinds of activities for health or functioning reasons has declined and unmet needs related to household activities have held steady, a greater percentage is reporting that household activities are difficult when carried out without assistance.

Even with these largely positive trends, concerning gaps remained by race and Hispanic ethnicity in 2020. For instance, in 2020, compared with non-Hispanic White persons, non-Hispanic Black and Hispanic persons were:

- less likely to successfully accommodate self-care and mobility limitations with assistive devices;
- more likely to receive assistance with self-care and mobility and with household activities related to their health and functioning;
- more likely to experience unmet need related to self-care and mobility and household activities;
- more likely to have low physical capacity, poor vision, and (in 2019) dementia and Hispanic persons were more likely to have poor hearing as well;
- less likely to have bathing-related modifications and Hispanic persons were less likely to have toileting-related modifications; and
- less likely to communicate by email or texting and to go online for social networking, household activities, and health-related activities.

Finally, the COVID-19 pandemic transformed the daily lives of older adults in many respects. Although most findings in 2020 were continuations of trends that began in prior years, patterns of participation restrictions and participation in valued activities differed markedly in 2020 from prior years. Specifically:

- Older adults reported substantially lower rates of participation in valued activities in 2020 than in prior years.

- They also reported in 2020 lower rates of participation restrictions–that is, restrictions in valued activities related to health and functioning–possibly as the result of some activities moving online.
- Participation rates were lower to start with and declined more for non-Hispanic Black and Hispanic persons in 2020 than for non-Hispanic White persons.

In sum, the experience of late-life disability for adults ages 70 and older has changed over the last decade in several important ways. Not only has underlying physical, sensory and cognitive capacity improved, particularly for women, but the environments in which activities are occurring have also changed. Fewer are receiving help and living in residential care settings but unmet needs have held steady. Nevertheless, concerning gaps remain by race and Hispanic ethnicity and the COVID-19 pandemic sharply curbed participation in valued activities. Continued monitoring of these trends and disparities, particularly as the pandemic subsides, is an important task to be addressed by future rounds of NHATS.

Key Trends

Late-Life Disability Trends

Self-care and mobility limitations

The percentage of older adults fully able to carry out self-care and mobility activities declined from 29.4% in 2011 to 23.2% in 2020 while the percentage successfully accommodating with devices increased from 30.0% to 39.3%. No significant changes in the percentage reporting difficulty or receiving help occurred during this period.

Trends in Self-Care and Mobility Limitations, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents
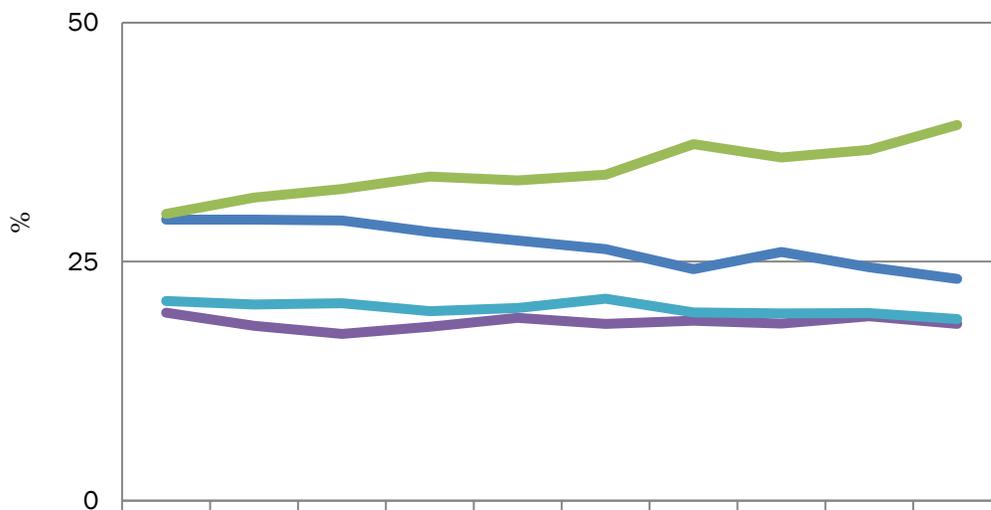
	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Is fully able	29.4	29.4	29.3	28.1	27.2	26.3	24.2	26.0	24.4	23.2
Has successfully accommodated	30.0	31.7	32.6	33.9	33.5	34.1	37.3	35.9	36.7	39.3
Has difficulty	19.7	18.3	17.4	18.2	19.1	18.5	18.8	18.5	19.3	18.5
Receives assistance	20.9	20.5	20.7	19.8	20.2	21.1	19.7	19.6	19.6	19.0

When nursing home residents were included, the percentage of older adults fully able to carry out self-care and mobility activities declined from 28.3% in 2011 to 22.6% in 2020 while the percentage successfully accommodating with devices increased from 28.8% to 38.4%. No significant changes in the percentage reporting difficulty occurred, but the percentage receiving help declined from 24.0% to 20.8%.

Trends in Self-Care and Mobility Limitations, Adults Ages 70 and Older, 2011-2020
Includes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Is fully able	28.3	28.3	28.3	27.2	26.4	25.5	23.5	25.3	23.7	22.6
Has successfully accommodated	28.8	30.4	31.5	32.7	32.4	33.0	36.1	34.9	35.6	38.4
Has difficulty	18.9	17.6	16.8	17.6	18.5	17.9	18.2	18.0	18.8	18.1
Receives assistance	24.0	23.7	23.4	22.5	22.6	23.6	22.1	21.8	21.9	20.8

Both men and women and those ages 70-74, 75-79 and 80-84 experienced increases in the percentage who have successfully accommodated and declines in the percentage fully able to carry out these activities.

Self-Care and Mobility Limitations by Age Group, Adults Ages 70 and Older, 2011 and 2020
Excludes nursing home residents
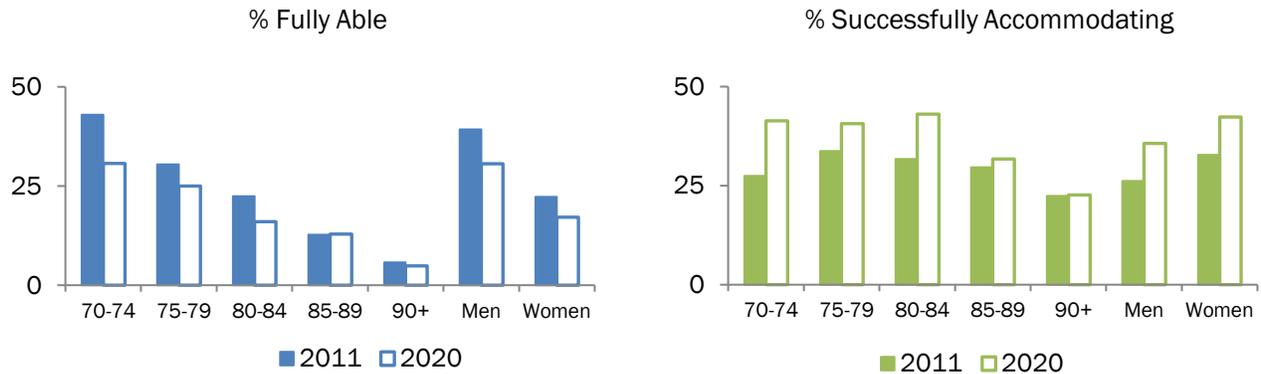
Not all race and Hispanic ethnicity groups experienced these changes. For example, non-Hispanic White and Black groups experienced increases in the percentage successfully accommodating with devices and all non-Hispanic groups (White, Black, Other) experienced declines in the percentage fully able, but those of Hispanic origin did not. Consequently, substantial racial/ethnic gaps in self-care and mobility limitations persisted in 2020.

Self-Care and Mobility Limitations by Race and Hispanic Ethnicity, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents
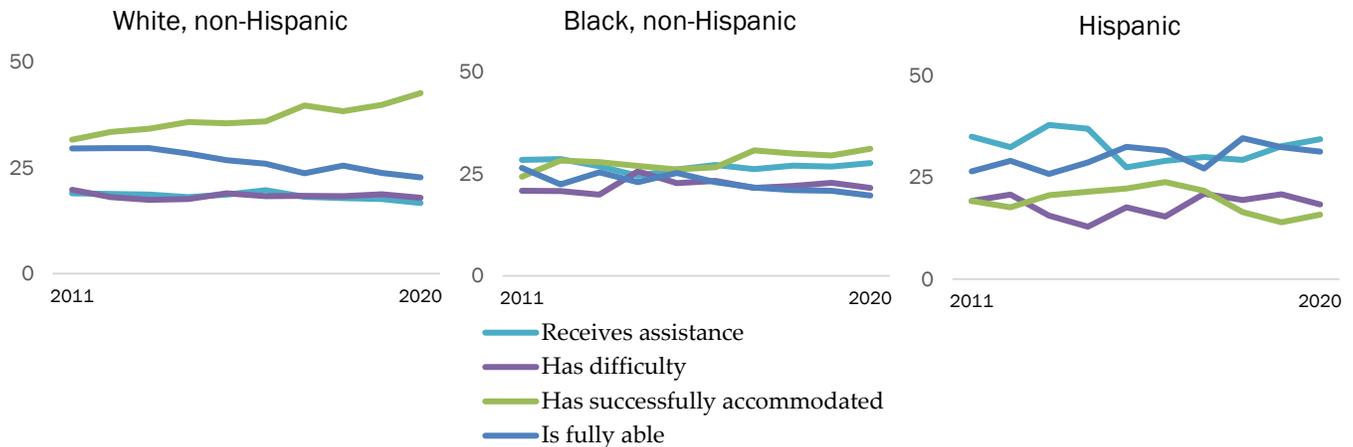
When nursing home residents were included, patterns by age group, gender and race and Hispanic ethnicity were similar; however, two additional trends with respect to assistance emerged. Women and non-Hispanic White persons experienced declines in the receipt of assistance (see detailed tables).

Household activity limitations

The percentage of older adults having difficulty with household activities increased from 12.9% in 2011 to 16.9% in 2020 while the percentage receiving help for health and functioning reasons declined from 27.4% in 2011 to 22.4% in 2020. No significant changes in the percentage being fully able to carry out household activities occurred during this period.

Trends in Household Activity Limitations, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Is fully able	59.7	59.7	61.1	59.8	59.3	58.9	59.0	60.6	59.4	60.6
Has difficulty	12.9	11.8	12.4	14.4	14.5	15.6	16.2	15.6	16.3	16.9
Receives assistance	27.4	28.4	26.6	25.8	26.2	25.5	24.7	23.9	24.3	22.4

When nursing home residents were included, the percentage of older adults having difficulty with household activities increased from 12.3% in 2011 to 16.6% in 2020 while the percentage receiving help for health and functioning reasons declined from 30.3% in 2011 to 24.1% in 2020. No significant changes in the percentage being fully able to carry out household activities occurred during this period.

Trends in Household Activity Limitations, Adults Ages 70 and Older, 2011-2020
Includes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Is fully able	57.4	57.3	59.0	57.8	57.5	57.0	57.3	58.9	57.8	59.3
Has difficulty	12.3	11.4	11.9	13.9	14.1	15.1	15.8	15.2	15.9	16.6
Receives assistance	30.3	31.3	29.1	28.3	28.5	27.9	27.0	26.0	26.4	24.1

The percentage fully able to carry out household activities declined between 2011 and 2020 for those ages 70-74 and for men and increased for women. The percentage with difficulty increased for all age groups and for men and women. The percentage receiving assistance declined for all but the youngest age group (70-74) and for women.

Household Activity Limitations by Age Group and Race and Hispanic Ethnicity, Adults Ages 70 and Older, 2011 and 2020

Excludes nursing home residents
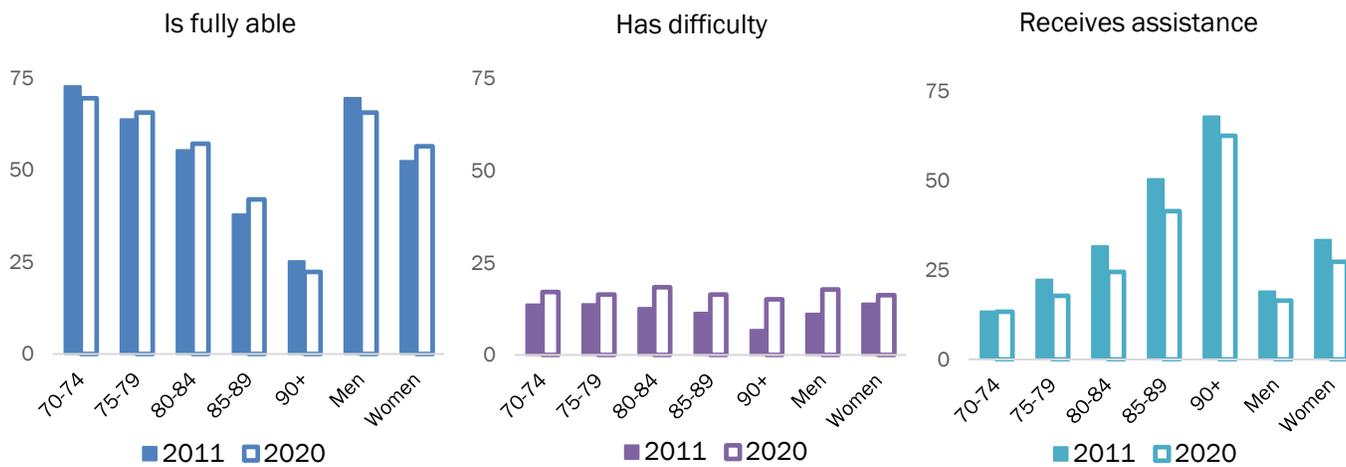
Within race and Hispanic ethnicity groups, non-Hispanic White and Hispanic persons experienced increases in difficulty and non-Hispanic White persons experienced declines in assistance.

Household Activity Limitations by Race and Hispanic Ethnicity, Adults Ages 70 and Older, 2011-2020

Excludes nursing home residents
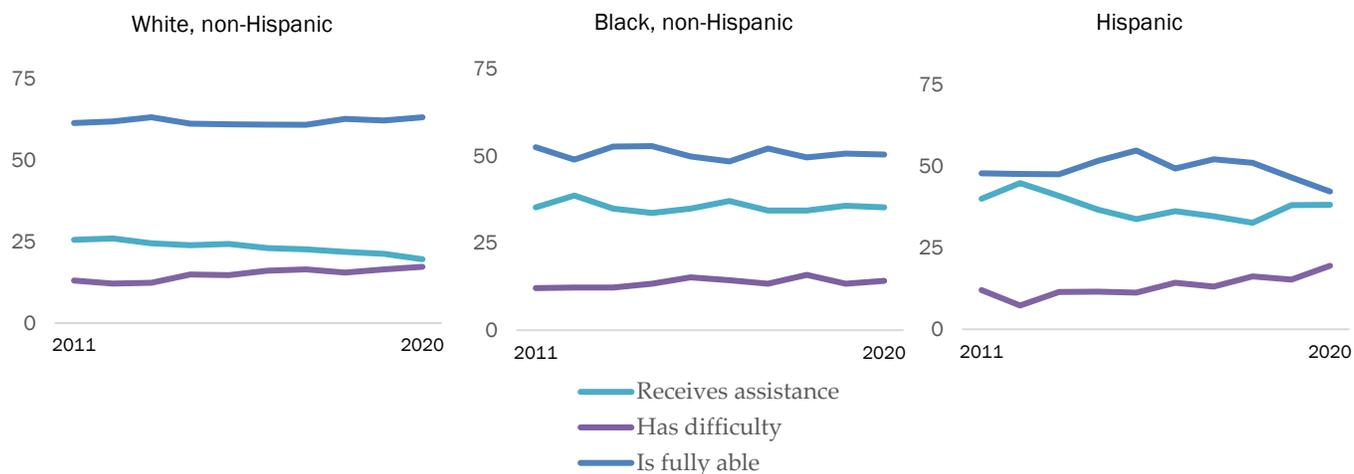
When nursing home residents were included, patterns by age group, gender and race and Hispanic ethnicity were similar; however, two differences emerged. Declines in the percentage fully able were not significant for the youngest age group (70-74) and declines in the receipt of assistance were significant for men (see detailed tables).

Unmet need for assistance

The percentage of older adults with unmet need for assistance with self-care or mobility activities declined from 13.2% in 2011 to 10.1% in 2020 whereas the percentage of older adults with unmet need for assistance with household activities remained stable over this period.

Trends in Unmet Need for Assistance, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Self-care or mobility	13.2	11.8	12.1	11.9	12.0	11.9	11.3	11.1	11.2	10.1
Household activities	6.6	6.9	6.0	6.7	6.4	6.4	6.3	7.2	7.2	5.5
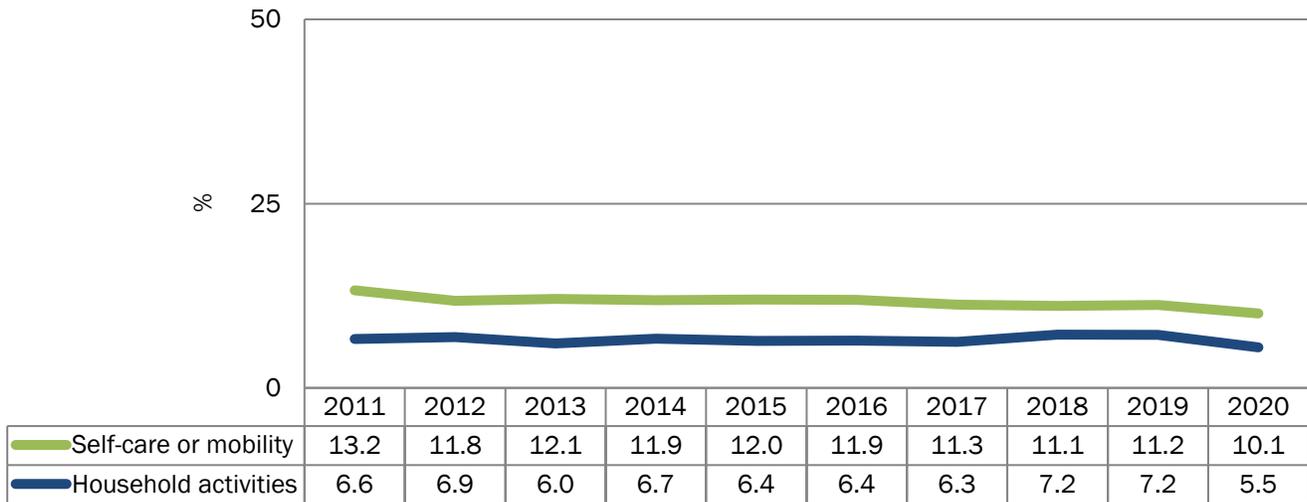
Declines in unmet need for assistance with self-care or mobility activities were also observed for those ages 75-79 and women (see detailed tables). In addition, for non-Hispanic White individuals significant declines occurred in unmet need for assistance with self-care or mobility activities.

In 2020, Hispanic individuals had the highest rates of unmet need – 21.1% for self-care or mobility activities (and 10.1% for household activities; see detailed tables). Non-Hispanic Black and Hispanic groups had substantially higher levels of unmet need for self-care or mobility (15.0% and 21.1%, respectively) relative to non-Hispanic White individuals (8.7%).

Unmet Need for Assistance with Self-care or Mobility by Race and Hispanic Ethnicity, Adults Ages 70 and Older, 2011 and 2020
Excludes nursing home residents

	White, non-Hispanic	Black, non-Hispanic	Hispanic	Other
2011	11.7	17.8	23.9	18.4
2020	8.7	15.0	21.1	10.0
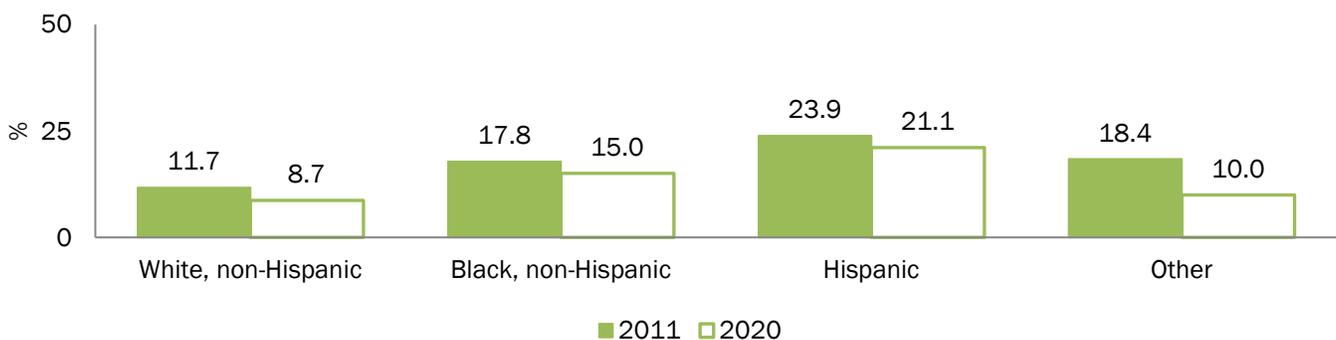
Physical capacity

Trends for physical capacity, based on both performance-tests and self-reported items, improved between 2011 and 2019.[1] The percentage of older adults with high physical capacity increased from 23.0% in 2011 to 32.7% in 2019 while the percentage with low physical capacity declined from 25.1% to 18.6% over the same period.

Trends in Physical Capacity, Adults Ages 70 and Older, 2011-2019
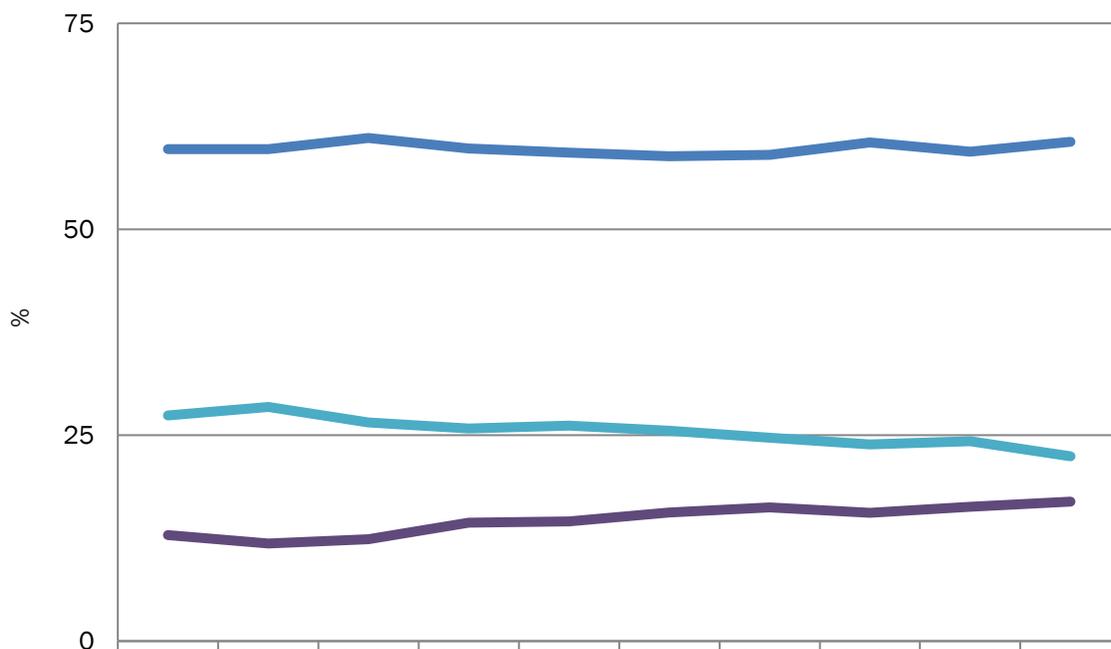Excludes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019
Highest quartile	23.0	23.4	28.1	29.4	26.5	27.3	30.0	31.9	32.7
Middle quartiles	52.0	52.6	49.8	48.6	50.3	51.3	50.9	49.7	48.6
Lowest quartile	25.1	23.9	22.1	22.0	23.2	21.4	19.1	18.3	18.6
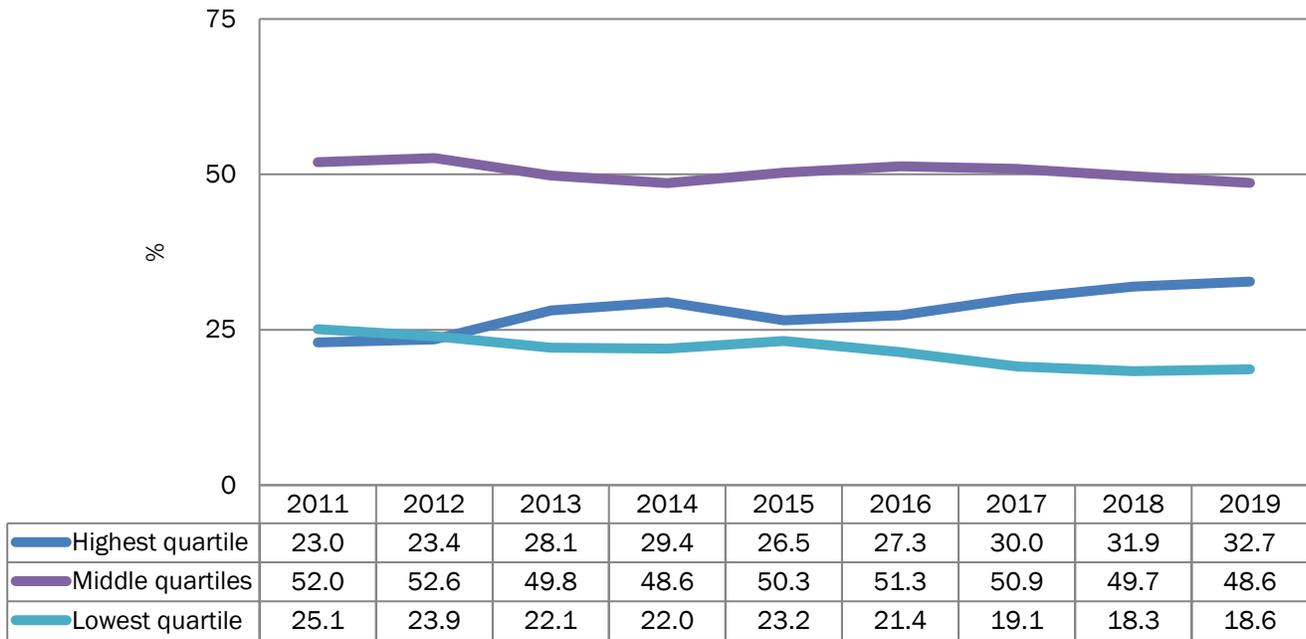
Declines in the percentage in the lowest quartile were observed for age groups 75-79, 80-84 and 85-89 and for men and women (see detailed tables for trends by gender). Non-Hispanic White and Hispanic groups also experienced declines in the percentage in the lowest quartile. Racial/ethnic gaps in physical capacity remained in 2019, with non-Hispanic Black and Hispanic individuals having substantially higher percentages in the lowest-functioning group.

Physical Capacity, Adults Ages 70 and Older, by Age Group and Race and Hispanic Ethnicity, 2011 and 2019
Excludes nursing home residents

% in Lowest Quartile

	2011	2019
70-74	12.3	9.8
75-79	19.5	13.4
80-84	29.0	21.4
85-89	46.5	38.4
90+	65.7	56.7
White, non-Hispanic	22.8	16.0
Black, non-Hispanic	35.8	30.8
Hispanic	41.3	31.0
Other	23.8	25.0

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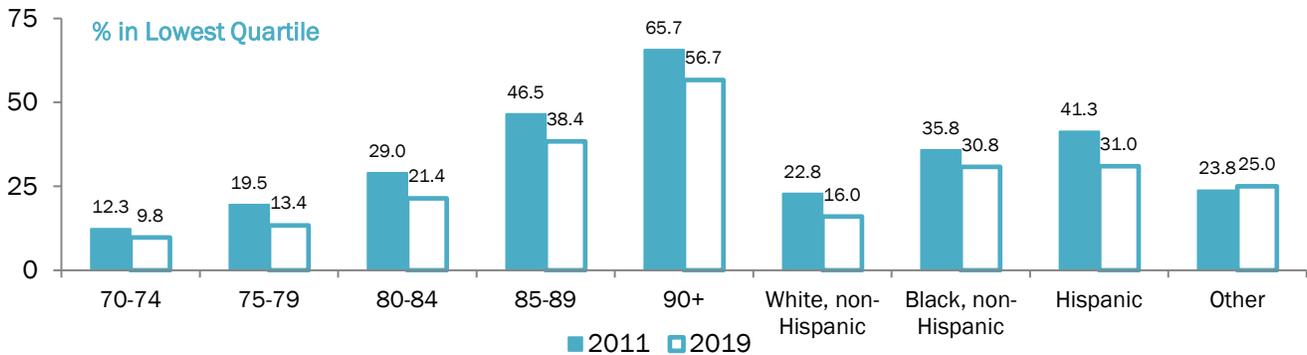
[1]Physical capacity quartiles are based on a 2011 self-reported physical abilities and physical performance tests (see Methods and Measures for details). Because performance tests were not conducted in 2020, this trend is shown through 2019.

Self-reported physical capacity

Trends for self-reported physical capacity are similar to trends that include both performance tests and self-reported items. The percentage of older adults with self-reported high physical capacity increased from 28.5% in 2011 to 32.0% in 2020 while the percentage with low physical capacity declined from 24.2% to 17.8% over the same period.

Trends in Self-Reported Physical Capacity, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Highest quartile	28.5	28.5	30.7	28.3	29.1	28.8	30.9	30.5	31.0	32.0
Middle quartiles	47.3	49.0	48.6	50.5	49.7	50.2	50.0	50.9	50.3	50.2
Lowest quartile	24.2	22.5	20.7	21.2	21.2	21.0	19.1	18.6	18.6	17.8
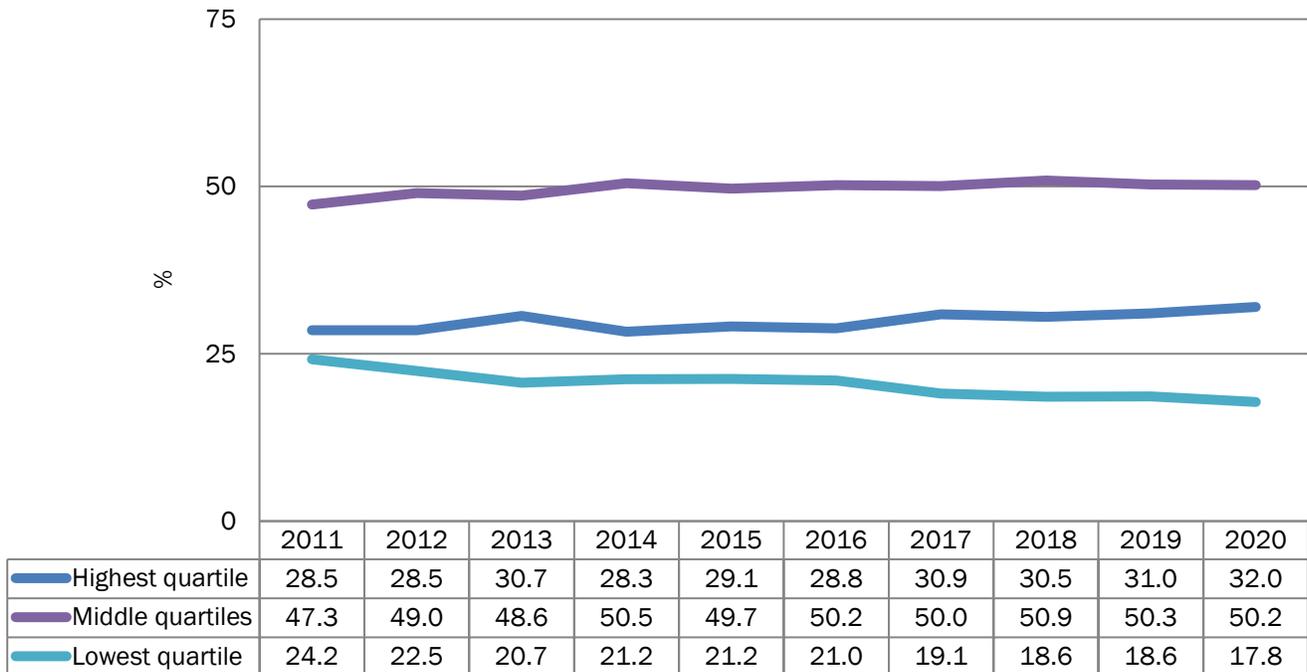
Within age and gender groups, self-reported physical capacity does not suggest as much improvement as trends that include both self-reported items and performance tests. Declines in the percentage in the lowest quartile were observed only for age groups 75-79 and 80-84 and for women (see detailed tables for trends by gender). Non-Hispanic White and Black groups also experienced declines in the percentage in the lowest quartile. Racial/ethnic gaps in physical capacity remained in 2020, with non-Hispanic Black and Hispanic individuals having substantially higher percentages in the lowest-functioning group.

Self-Reported Physical Capacity, Adults Ages 70 and Older, by Age Group and Race and Hispanic Ethnicity, 2011 and 2020
Excludes nursing home residents

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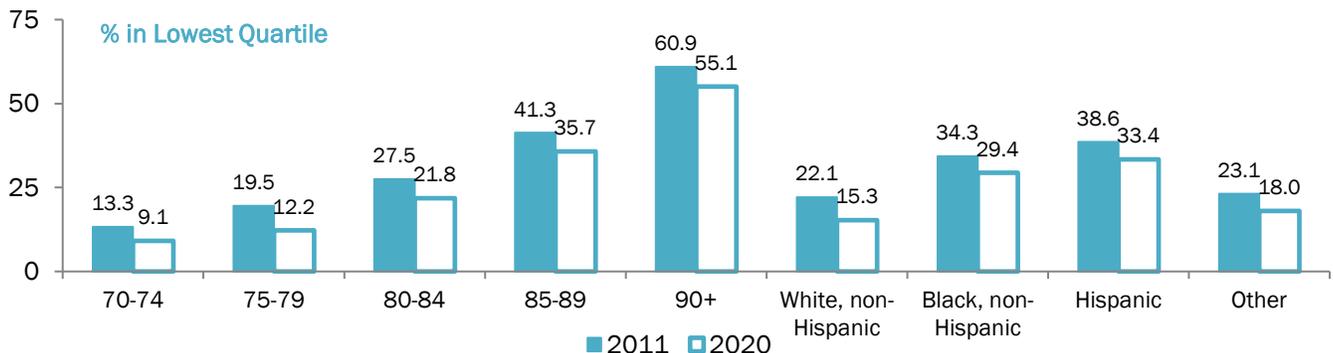
Dementia

The percentage of older adults living with dementia declined from 10.6% in 2011 to 8.0% in 2019.[2] Significant declines were observed for those who were ages 70-74 and ages 90 or older. When nursing home residents were included, the percentage of older adults living with dementia declined from 13.0% in 2011 to 9.8% in 2019 (see detailed tables).

Trends in Dementia, Adults Ages 70 and Older, By Age Group, 2011-2019
Excludes nursing home residents
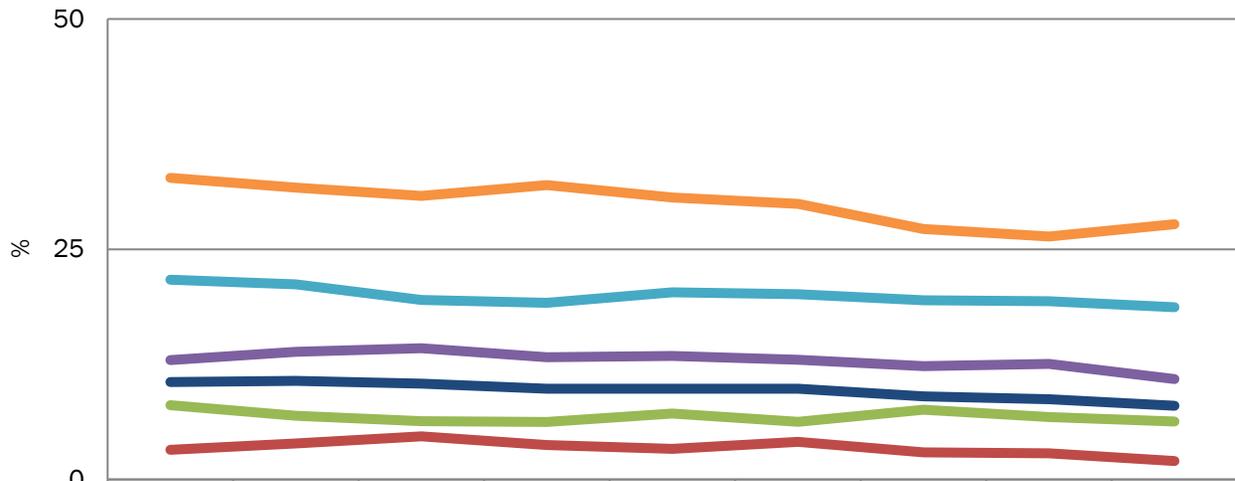
	2011	2012	2013	2014	2015	2016	2017	2018	2019
All Ages	10.6	10.7	10.4	9.9	9.9	9.8	9.0	8.7	8.0
90+	32.7	31.7	30.8	31.9	30.6	29.9	27.2	26.4	27.7
85-89	21.7	21.2	19.5	19.2	20.3	20.1	19.5	19.4	18.7
80-84	12.9	13.8	14.2	13.3	13.4	13.0	12.3	12.5	10.9
75-79	8.1	6.9	6.3	6.2	7.1	6.3	7.6	6.8	6.3
70-74	3.2	3.9	4.7	3.7	3.3	4.1	3.0	2.9	2.0

Dementia prevalence declined for women and non-Hispanic White individuals. The prevalence for the Black group was double and the Hispanic group more than double that of the non-Hispanic White group in 2019.

Dementia Prevalence, Adults Ages 70 and Older, by Gender and Race and Hispanic Ethnicity, 2011 and 2019
Excludes nursing home residents

	Men	Women	White, non-Hispanic	Black, non-Hispanic	Hispanic	Other
2011	9.2	11.5	9.5	16.0	16.8	11.7
2019	7.0	8.8	6.8	13.6	15.3	8.8

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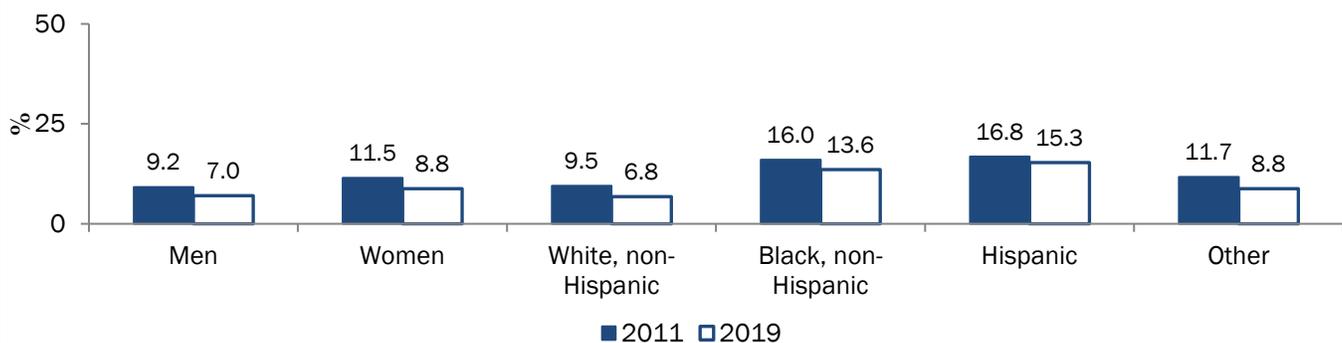
[2]Because the dementia prevalence measure relies on information from two rounds, estimates are available through 2019.

Sensory Limitations

Overall, the percentage of older adults with poor vision (with aids, if used) declined over this period from 9.8% in 2011 to 8.0% in 2020. The percentage of older adults with poor hearing (with aids, if used) declined from 17.0% in 2011 to 13.1% in 2020.

Trends in Poor Vision and Poor Hearing, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Poor hearing	17.0	15.0	14.4	14.2	13.3	13.6	12.3	11.8	12.8	13.1
Poor vision	9.8	9.7	9.6	8.5	9.6	8.7	9.2	8.8	9.3	8.0
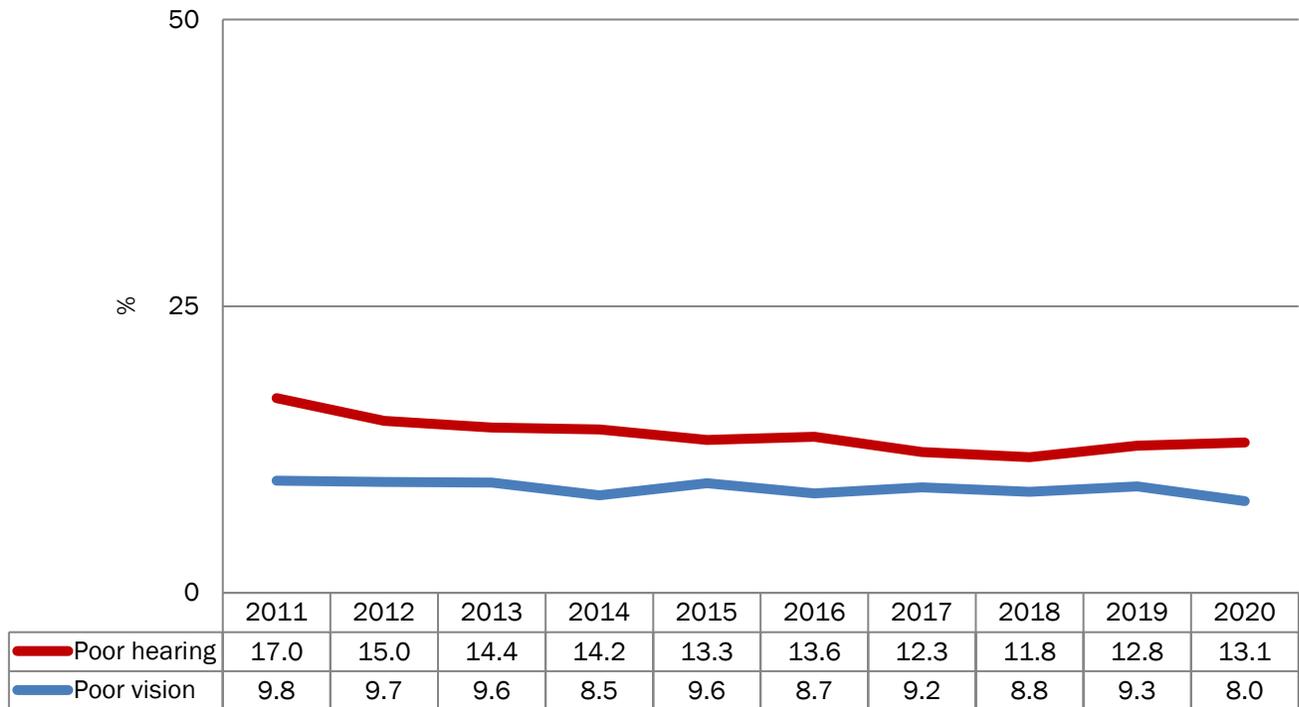
Vision did not improve within age groups or for men whereas hearing improved for those ages 74-79, 80-84, and 85-89 and for men and women. Vision did not improve within race and Hispanic ethnicity groups, but the percentage with poor hearing declined for non-Hispanic White and Black groups. In 2020, the Hispanic group had substantially higher percentages with poor vision (14.6%) and poor hearing (27.0%) relative to the non-Hispanic White group (6.9% and 12.4%, respectively).

Poor Vision and Poor Hearing, Adults Ages 70 and Older, by Race/Ethnicity, 2011 and 2020
Excludes nursing home residents

	White, non-Hispanic	Black, non-Hispanic	Hispanic	Other
2011-Poor Vision	8.8	12.5	18.5	10.5
2020-Poor Vision	6.9	11.4	14.6	11.8
2011-Poor Hearing	17.2	10.2	22.6	16.7
2020-Poor Hearing	12.4	7.1	27.0	15.3
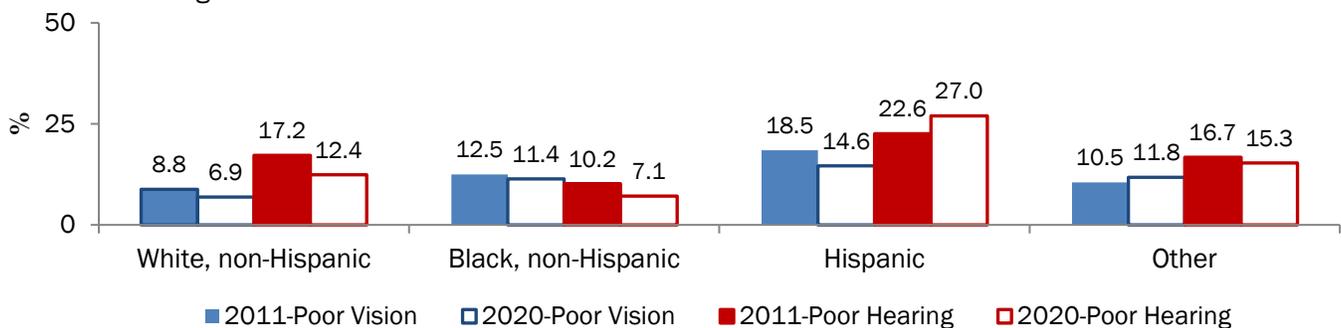
Participation restrictions and participation

The percentage of older adults who had health- or functioning-related restrictions in participation in valued activities declined modestly from 25.7% 2011 to 22.2% in 2019 and then more sharply in 2020 to 16.1%. Participation in valued activities also declined sharply between 2019 (92.8%) and 2020 (80.3%), after being essentially flat from 2011 to 2019.

Trends in Participation Restrictions and Participation in Valued Activities, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Participation	92.5	93.5	93.5	93.4	92.6	92.9	92.8	92.8	92.8	80.3
Participation restriction	25.7	24.4	24.9	24.5	23.4	24.2	23.4	21.9	22.2	16.1
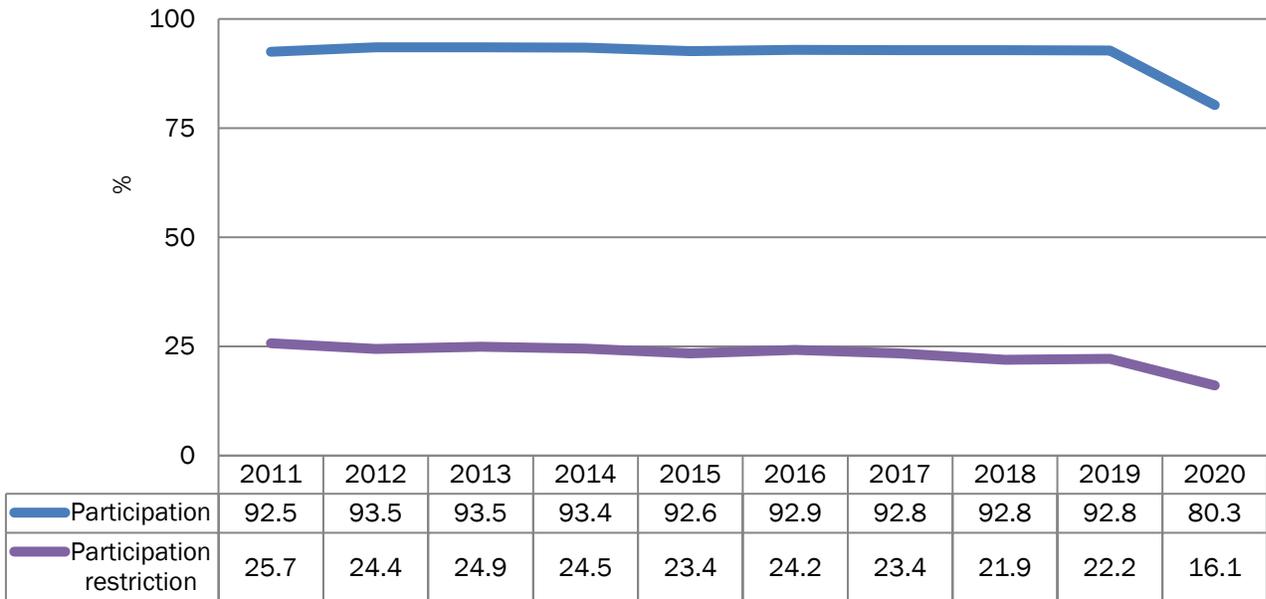
All age groups and both men and women experienced a sharp decrease in participation restrictions and in participation between 2019 and 2020 (see detailed tables). Participation restrictions declined for non-Hispanic White, non-Hispanic Black and Hispanic groups and participation declined in 2020 for all four groups. In 2020, participation restrictions were higher for the non-Hispanic Black and Hispanic groups compared to the non-Hispanic White group. Participation rates were lower to start with and declined to substantially lower levels in 2020 for the non-Hispanic Black, Hispanic and Other racial/ethnic group, relative to the non-Hispanic White group.

Participation Restrictions and Participation in Valued Activities, Adults Ages 70 and Older, by Race and Hispanic Ethnicity, 2011 and 2020
Excludes nursing home residents
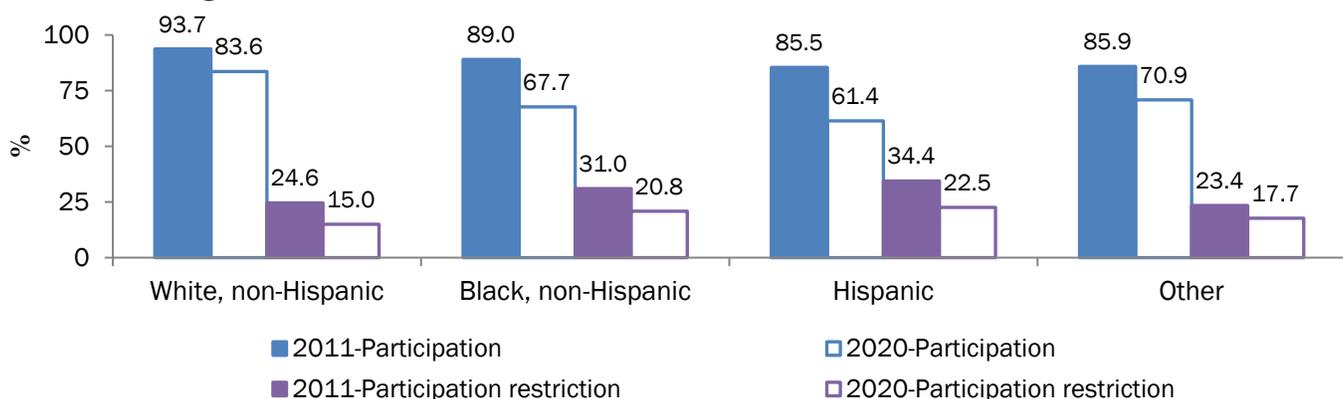
Late-Life Housing Trends

Residential care setting

The percentage of the older population living in traditional community settings increased from 85.2% in 2011 to 88.5% in 2020. During the same period, there were declines in the percentage living in residential care settings other than nursing homes, from 7.2% in 2011 to 5.1% in 2020. The percentage living in retirement communities or senior housing remained steady at about 7% over the decade.

Trends in Residential Care Setting, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents
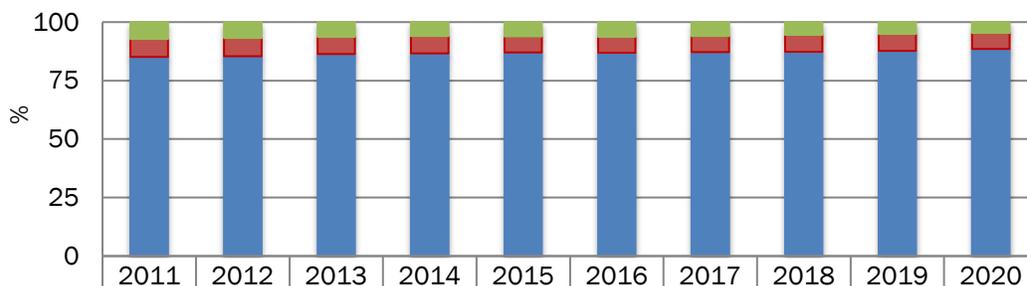
	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
■ Residential care	7.2	6.9	6.3	6.1	6.2	6.3	6.1	5.5	5.1	4.6
■ Retirement/senior housing	7.6	7.7	7.3	7.2	6.8	6.8	6.8	7.2	7.2	6.9
■ Community	85.2	85.5	86.4	86.7	87.0	86.9	87.2	87.4	87.8	88.5

When nursing home residents were included, the percentage of the older population living in traditional community settings increased from 81.8% in 2011 to 86.5% in 2019. During the same time period, retirement/senior housing remained stable, but there were declines from 6.9% in 2011 to 4.5% in 2020 in residential care other than nursing homes and from 3.9% in 2011 to 2.2% in 2020 in the percentage living in nursing home settings.

When nursing home residents were included, declines were observed for those ages 70-74 and women in the percentage living in residential care settings other than nursing homes (see detailed tables). Declines were also observed for those ages 90+ and for men and women in the percentage living in nursing home settings (see detailed tables).

The percentage living in residential care settings other than nursing homes decreased among the non-Hispanic White group and the percentage living in nursing home settings declined among the non-Hispanic White and Black groups. In 2020 the percentage living in traditional community settings did not differ across race and Hispanic ethnicity groups.

Percentage Living in Community Settings, Adults Ages 70 and Older, by Race and Hispanic Ethnicity, 2011 and 2020
Includes nursing home residents
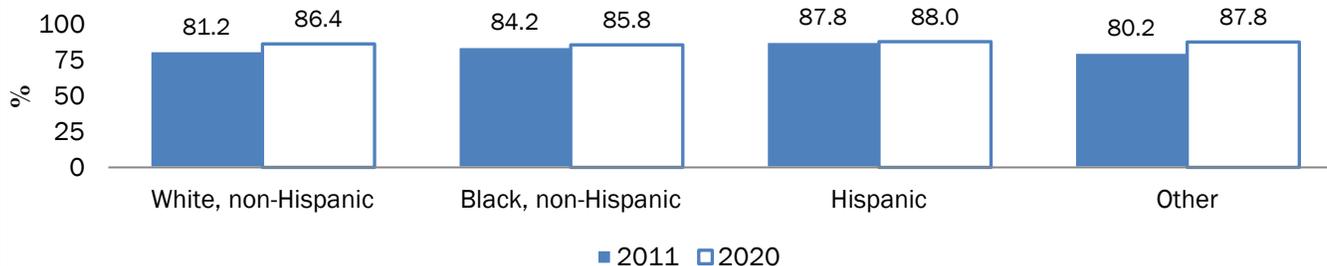
Housing type

Between 2011 and 2020 the types of housing in which older adults lived shifted toward fewer living in multi-unit buildings and more in accessible multi-level houses. In 2020, 37.4% lived in a one-level house, 36.5% lived in an accessible multi-level house (vs. 33.6% in 2011), 13.2% lived in a multi-unit building (vs. 15.4% in 2011), 8.6% lived in a multi-level house with limited access, and 4.4% lived in a mobile home.

Trends in Home Type, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents
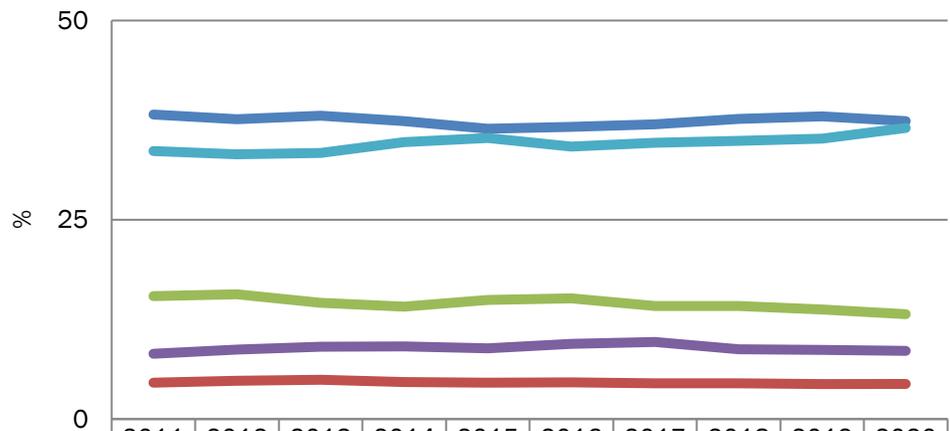
	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
One-level house	38.2	37.6	38.1	37.4	36.4	36.7	37.0	37.6	38.0	37.4
Accessible multi-level house	33.6	33.2	33.4	34.8	35.2	34.2	34.7	34.9	35.2	36.5
Multi-unit buidling	15.4	15.7	14.6	14.1	14.9	15.2	14.2	14.2	13.8	13.2
Limited access multi-level house	8.2	8.7	9.1	9.1	8.9	9.4	9.7	8.8	8.7	8.6
Mobile home	4.6	4.8	4.9	4.6	4.5	4.6	4.5	4.5	4.4	4.4

Individuals who were ages 70-74 and those who reported another race or ethnicity (besides White, Black or Hispanic) were less likely to live in a multi-unit building in 2020 than in 2011. In addition, women and those who reported another race or ethnicity were more likely to live in an accessible multi-level house in 2020 than in 2011 (see detailed tables).

In 2020, non-Hispanic Black older adults and Hispanic older adults were more likely than non-Hispanic White individuals to live in one-level housing and in multi-unit buildings.

Housing Type by Race and Hispanic Ethnicity, Adults Ages 70 and Older, 2020
Excludes nursing home residents

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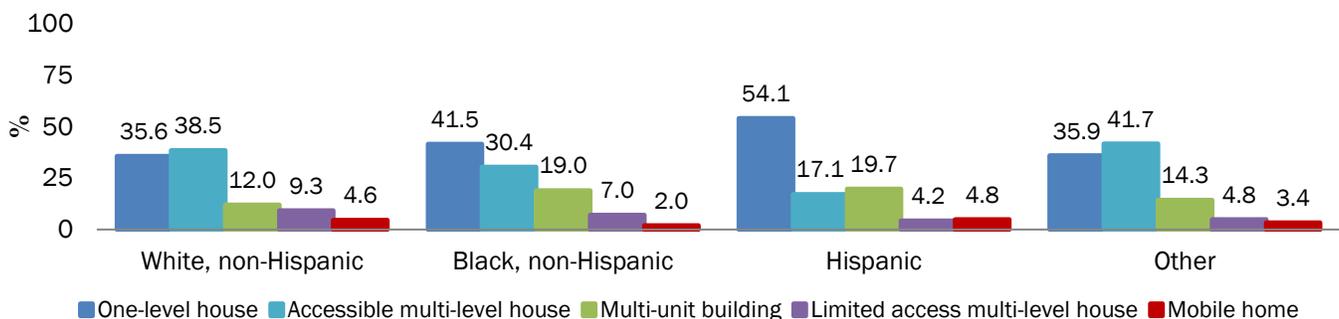
Home modifications

The percentage of older adults reporting that they had home modifications increased from 70.6% in 2011 to 81.0% in 2020. While the percentage of older adults reporting that they had mobility-related modifications (a ramp at the entrance, an elevator or stair glide) did not increase significantly over the period (13.4% in 2020), the presence of bathing-related modifications - such as grab bars or a seat for the shower or tub - increased from 63.8% in 2011 to 73.0% in 2020. The percentage of older adults reporting that they had toileting-related modifications - such as grab bars or a raised toilet – also increased from 37.4% in 2011 to 51.5% in 2020.

Trends in Home Modifications, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents
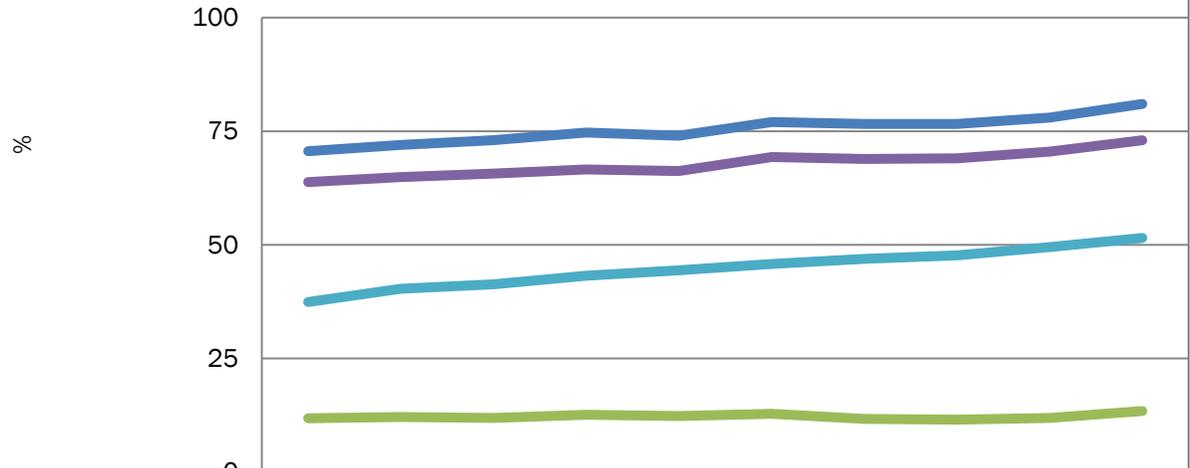
	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Any Modifications	70.6	72.0	73.0	74.7	74.0	77.0	76.6	76.6	78.0	81.0
Bathing-Related Modifications	63.8	64.9	65.7	66.6	66.2	69.3	68.9	69.0	70.5	73.0
Toileting-Related Modifications	37.4	40.3	41.3	43.2	44.4	45.8	46.9	47.7	49.5	51.5
Mobility-Related Modifications	11.8	12.1	11.9	12.6	12.3	12.8	11.7	11.5	11.9	13.4

The presence of bathing and toileting modifications increased for all age groups and for men and women (see detailed tables). In addition, non-Hispanic White and Black groups experienced significant increases in bathing-related modifications and non-Hispanic White, Black and Other groups experienced increases in toileting-related modifications. In 2020, compared with the non-Hispanic White group, non-Hispanic Black and Hispanic persons were less likely to have bathing modifications and Hispanic persons were less likely to have toileting modifications.

Home Modifications, Adults Ages 70 and Older, by Race/Ethnicity, 2011 and 2020
Excludes nursing home residents
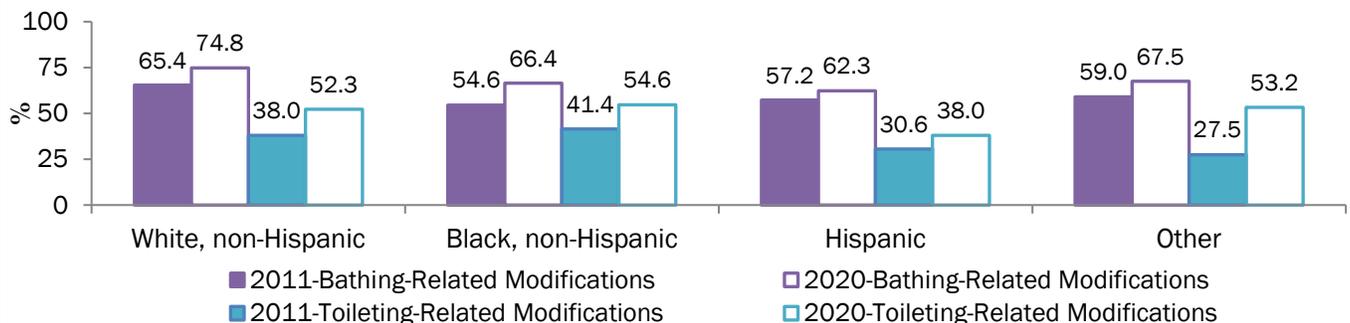
Trends in Online Activities in Late Life

Email or texting

The percentage of older adults communicating by email or texting doubled from 33.0% in 2011 to 67.9% in 2020. Increases occurred for men and women and across all groups, including those age 90 or older (who reached 28.6% in 2020).

Trends in Emailing or Texting, Adults Ages 70 and Older, by Age Group, 2011-2020
Excludes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
All Age Groups	33.0	36.7	40.2	45.2	47.3	51.8	56.9	60.6	64.1	67.9
70-74	47.5	53.0	56.7	62.6	64.6	69.1	74.4	76.4	78.4	81.5
75-79	32.3	37.4	41.4	45.2	48.1	54.2	57.8	66.0	70.2	73.5
80-84	26.0	28.2	29.3	34.0	36.9	42.2	43.6	45.1	51.8	57.9
85-89	16.7	18.6	20.8	24.9	23.9	26.2	30.9	35.5	39.2	42.5
90+	10.2	9.8	11.3	14.4	14.3	16.5	19.4	20.6	24.0	28.6
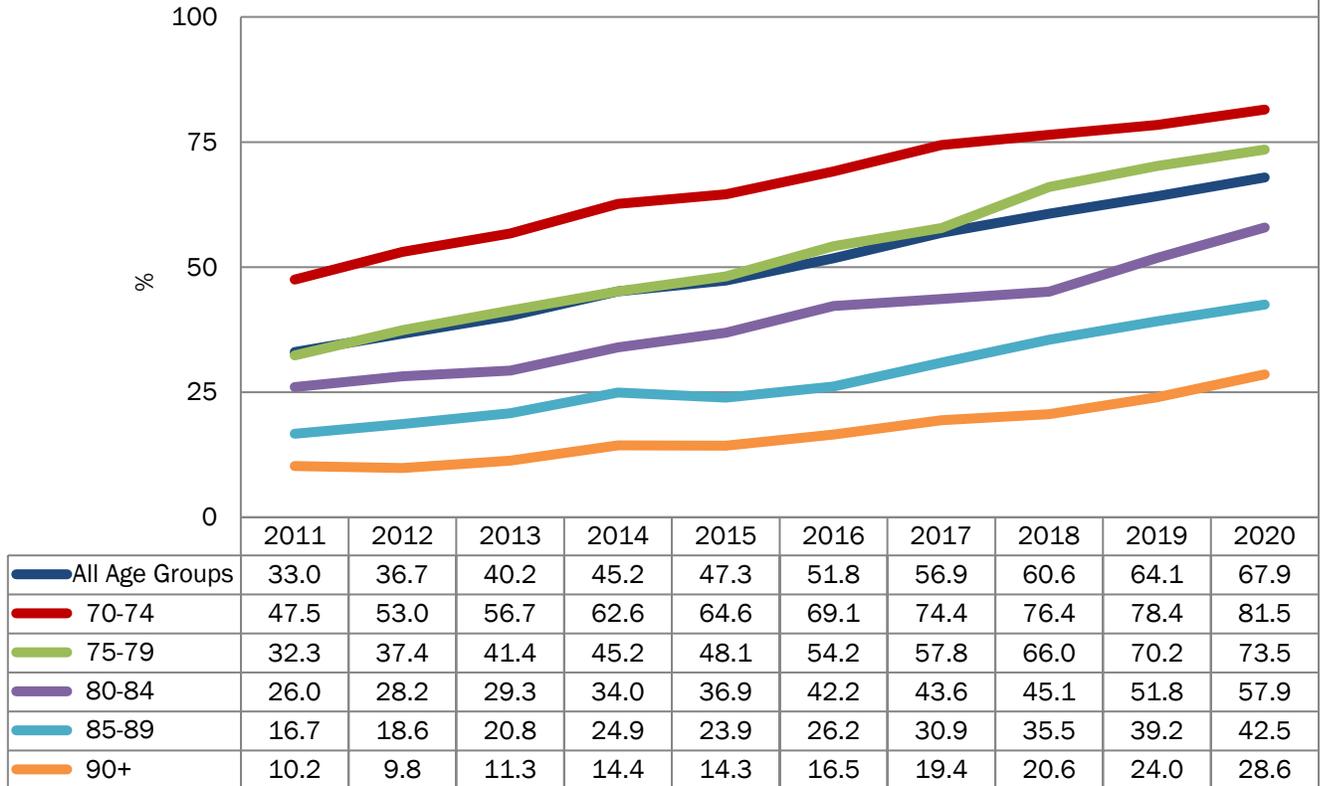
Electronic communication also increased for all race and Hispanic ethnicity groups. Yet gaps remained in 2020: non-Hispanic Black (45.1%), Hispanic (41.0%) and Other (62.5%) groups had substantially lower rates of emailing or texting than those in the non-Hispanic White group (72.7%).

Emailing or Texting, Adults Ages 70 and Older, by Race/Ethnicity, 2011 and 2020
Excludes nursing home residents

	White, non-Hispanic	Black, non-Hispanic	Hispanic	Other
2011	37.0	14.9	11.2	21.6
2020	72.7	45.1	41.0	62.5
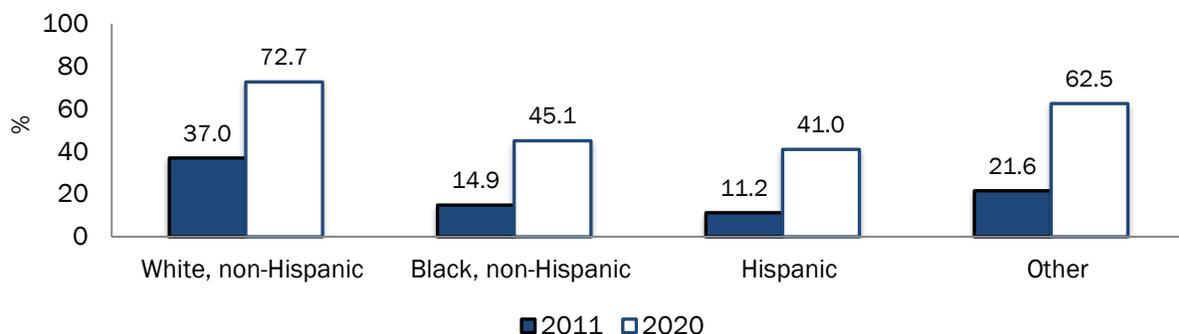
Going online

The percentage of older adults going online (for reasons other than email) increased from 34.7% to 63.4% between 2011 and 2020. Going online for social networking doubled from 17.1% in 2013 to 38.5% in 2020. Going online for household activities - including shopping, banking or ordering prescription medicines - more than doubled from 18.6% in 2011 to 51.8% in 2019. And the percentage going online for health-related activities - including contacting a medical provider, handling Medicare or other health insurance matters, or getting information about a health condition – nearly tripled from 14.5% in 2011 to 43.6% in 2020. These increases were observed for all age groups and for both men and women (see detailed tables).

Trends in Going Online By Reason, Adults Ages 70 and Older, 2011-2020
Excludes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
Going Online (Other than Email)	34.7	39.1	43.1	46.7	48.5	51.2	55.6	57.9	60.0	63.4
Online Household Activities	18.6	22.2	25.9	29.1	31.0	34.3	39.5	41.6	45.8	51.8
Online Health Information	14.5	17.4	19.8	23.3	24.7	26.3	30.3	31.0	36.3	43.6
Online Social Networking			17.1	19.9	22.6	25.2	29.5	31.7	33.5	38.5
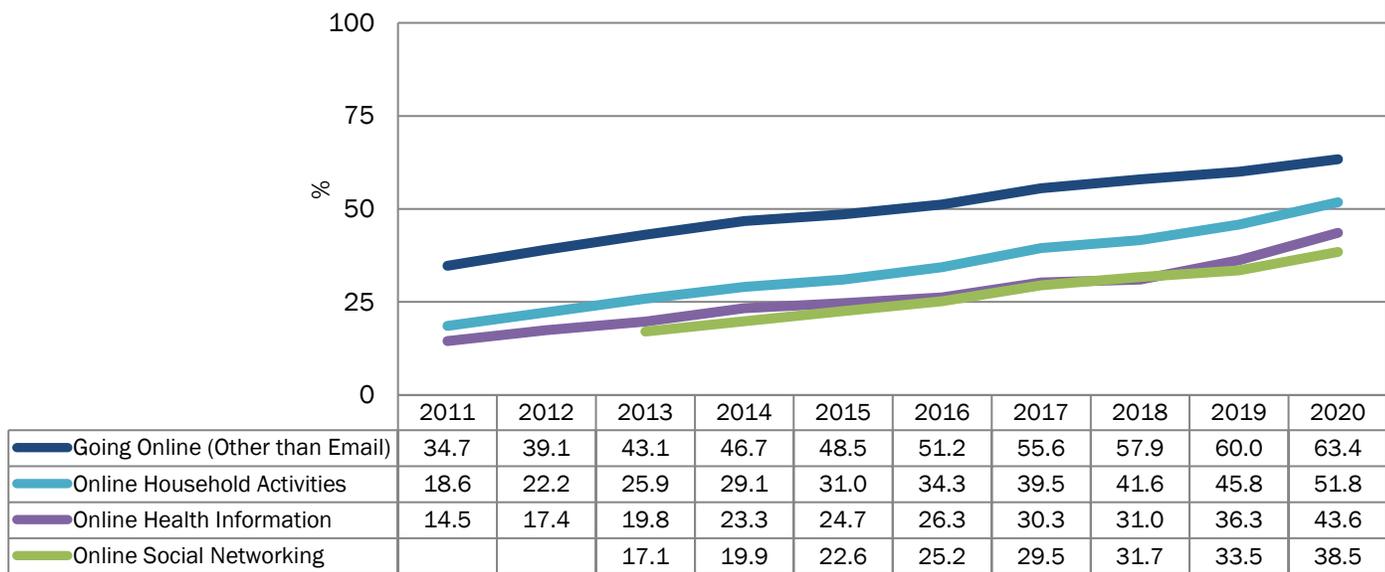
Despite increases in going online for all race and Hispanic ethnicity groups, non-Hispanic Black, Hispanic and Other racial/ethnic groups continued to lag behind the White, non-Hispanic group in terms of going online (see detailed tables). For online household activities, 27.6% of persons who were non-Hispanic Black, 23.3% of those who were Hispanic, and 35.6% of those from Other groups went online for household activities in 2020 whereas 57.4% of persons who were non-Hispanic White did so.

Going online for Household Activities, Adults Ages 70 and Older, by Race/Ethnicity, 2011 and 2020
Excludes nursing home residents
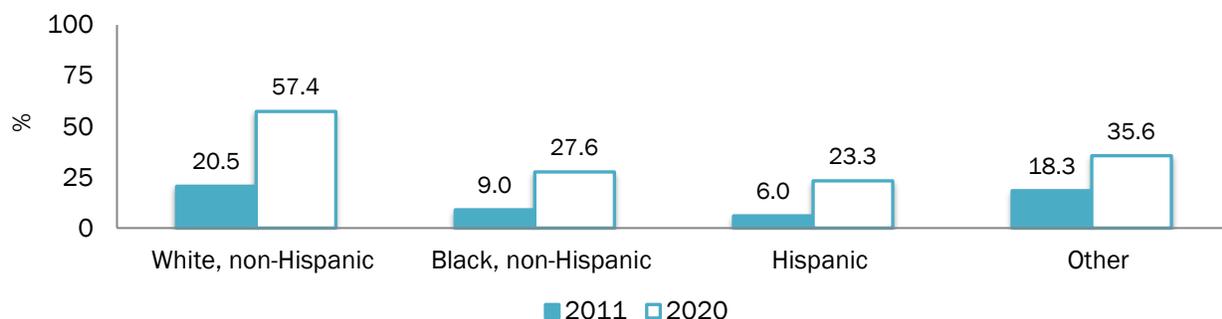
End of Life Trends

Location of death

The percentage of older adults dying in a hospital declined from 27.4% in 2011 to 22.9% in 2019; other places of death were stable over this period. Within age and gender groups, the distribution of location of death did not change.

Trends in Location of Death, Decedents Ages 70 and Older, 2012-2019
Includes nursing home residents

	2012	2013	2014	2015	2016	2017	2018	2019
Other	13.5	14.4	19.8	15.4	16.5	19.3	12.8	16.9
Nursing home	25.1	27.9	24.4	23.0	24.1	24.4	21.5	28.9
Hospital	27.4	31.8	32.5	28.8	31.4	27.7	26.2	22.9
Home	33.9	25.9	23.3	32.8	28.0	28.6	39.5	31.3
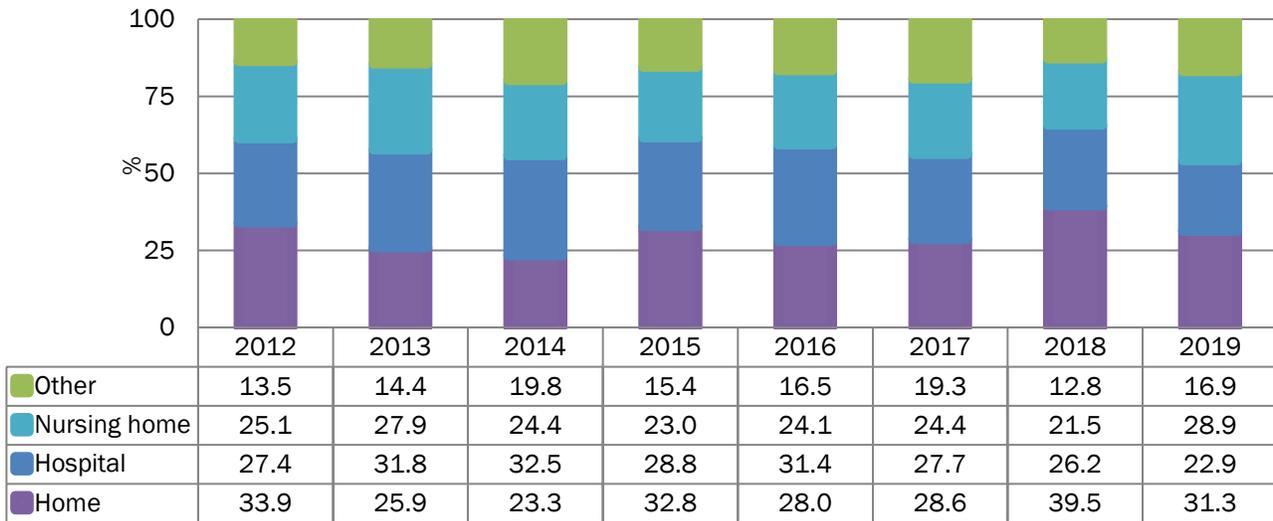
End of life care

The percentage of older adults who received hospice care in the last month of life increased from 47.5% in 2013 to 62.1% in 2018. Increases were observed for all age groups (age at death 70-79, 80-89 and 90+) and for men and women. The percentage of older adults whose care received in the last month of life was rated as excellent or very good fluctuated between 71% and 82% (82.4% in 2019).

Trends in End of Life Care, Decedents Ages 70 and Older, 2012-2019
Includes nursing home residents

	2012	2013	2014	2015	2016	2017	2018	2019
Received Hospice Care		47.5	51.5	56.3	51.8	56.4	59.7	62.1
Excellent or Very Good Care	82.8	79.3	76.0	80.6	73.2	71.4	82.1	82.4
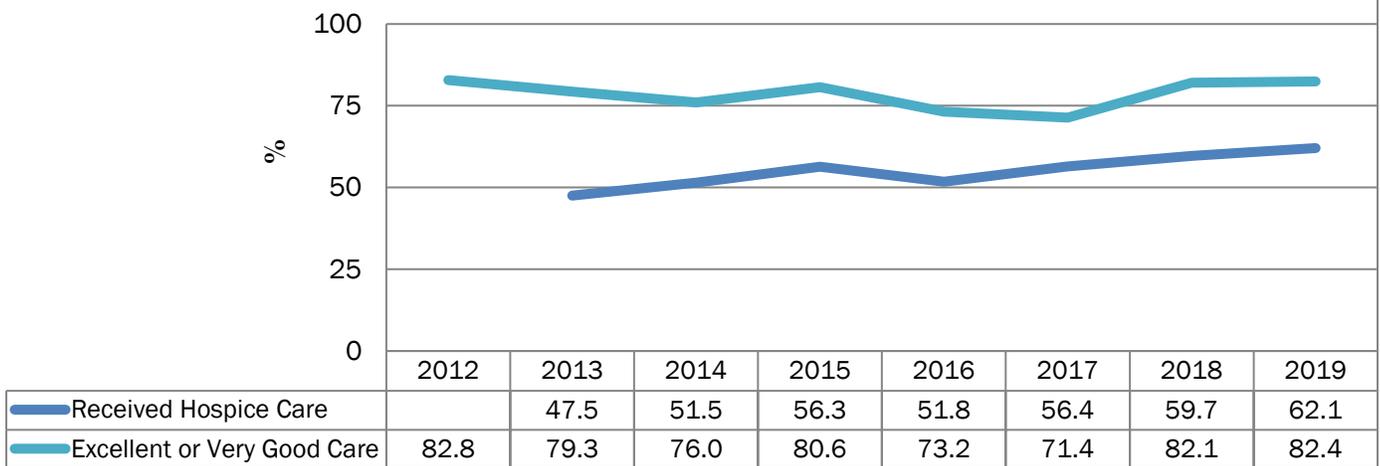
Late-Life Demographic Trends

Dashboards and detailed tables are presented by a number of demographic groups. This section provides an overview of changes in the composition of the 70 and older population with respect to those demographic groups. Except where noted, trends exclude the nursing home population.

Age group

The percentage of the 70 and older population that was age 70-74 increased from 34.6% in 2011 to 38.7% in 2020 while the percentages ages 80-84 and 85-89 decreased.

When the nursing home population was included, the percentage of the 70 and older population that was age 70-74 increased from 33.8% in 2011 to 38.0% in 2020 while the percentages ages 80-84 and 85-89 decreased.

Gender

The gender composition of the population ages 70 and older did not change significantly from 2011 to 2020. In 2020, men comprised 44.8% of the 70 and older population and women comprised 55.2%.

When the nursing home population was included, the gender composition of the population ages 70 and older did not change significantly from 2011 to 2020. In 2020, men comprised 44.4% of the 70 and older population and women comprised 55.6%.

Race/ethnicity

The composition of the population ages 70 and older with respect to race and Hispanic ethnicity did not change from 2011 to 2020. In 2020, 81.1% of the 70 and older population were classified as non-Hispanic White, 8.0% as non-Hispanic Black, 6.9% as Hispanic and 4.0% as another racial/ethnic group.

When the nursing home population was included, the composition of the population ages 70 and older with respect to race and Hispanic ethnicity did not change significantly from 2011 to 2020. In 2020, 81.0% of the 70 and older population were classified as non-Hispanic White, 8.1% as non-Hispanic Black, 6.9% as Hispanic and 4.0% as another racial/ethnic group.

Education

The educational distribution of the 70 and older population shifted toward higher levels of completed education. Greater percentages had completed some college or received a college or graduate degree in 2020 than in 2011.

Region

The percentage of the 70 and older population living in the northeast region declined from 19.6% in 2011 to 17.9% in 2020 and the percentage in the South increased from 36.1% in 2011 to 38.7% in 2020.

When the nursing home population was included, the percentage of the 70 and older population living in the South increased from 36.3% in 2011 to 38.7% in 2020.

Assistance with activities

The percentage of the 70 and older population receiving help with only household activities declined from 10.6% in 2011 to 8.6% in 2020 while the percentage receiving no help increased from 68.5% in 2011 to 72.3% in 2020.

When the nursing home population was included, the percentage of the 70 and older population receiving help with only household activities declined from 10.2% in 2011 to 8.4% in 2020 while the percentage receiving no help increased from 65.8% in 2011 to 70.7% in 2020. The percentage

receiving any help with self-care or mobility activities decreased from 24.0% in 2011 to 20.8% in 2020.

Dementia

The percentage of the 70 and older population with dementia declined from 10.6% in 2011 to 8.0% in 2019.

When the nursing home population was included, the percentage of the 70 and older population with dementia declined from 13.0% in 2011 to 9.8% in 2019.

Marital status

The percentage of the 70 and older population that was divorced or separated increased from 11.3% in 2011 to 14.5% in 2020 and the percentage widowed declined from 33.3% in 2011 to 28.7% in 2020.

Number of children

The percentage of the 70 and older population with 0, 1 and 2 or more children did not change significantly from 2011 to 2020.

Living arrangement

The percentage of the 70 and older population living alone declined from 34.1% in 2011 to 30.7% in 2020.

Residential care setting

The percentage of the 70 and older population living in traditional community settings increased from 85.2% in 2011 to 88.5% in 2020 and the percentage living in residential care settings other than nursing homes declined from 7.2% in 2011 to 4.6% in 2020.

When the nursing home population was included, the percentage of the 70 and older population living in traditional community settings increased from 81.8% in 2011 to 86.5% in 2020. The percentage living in residential care settings other than nursing homes declined from 6.9% in 2011 to 4.5% in 2020 and the percentage living in nursing home settings decreased from 3.9% to 2.2% over the same period.

Appendix: Methods and Measures

Methods

The sample in each round was limited to individuals ages 70 and older. Dashboard results were generated from weighted cross-tabulations adjusted for survey design. [3] All dashboard results include individuals living in settings other than nursing homes. Nursing home residents are included in a subset of tabulations for select outcomes and demographic variables. Key findings highlight trends that are statistically significant ($p<0.05$) based on linear regression models. Measures used in each of the dashboards are described in more detail below.

Late-life Disability Dashboard Measures

Self-care and mobility limitations summarizes the ability to perform in the last month the following seven activities – going outside, getting around inside, getting in/out of bed, eating, bathing, toileting, and dressing. Individuals are classified into one of four hierarchical categories: 1) fully able to do all activities (no assistance, difficulty, or device use for any activity); 2) successfully accommodates one or more activities with assistive devices (but no assistance or difficulty); 3) has difficulty when carried out independently (but with devices, if used) with one or more activities (but no assistance); and 4) receives assistance or doesn't do one or more activities. Individuals missing information on one or more of the activities were assigned the highest value among the non-missing activities.

Household activity limitations summarizes the ability to perform in the last month the following five activities – laundry, shopping for groceries or personal items, making hot meals, handling bills and banking, and keeping track of medications. Individuals are classified onto one of three hierarchical categories: 1) fully able to do all activities (no help for health or functioning reasons or difficulty); 2) has difficulty when carried out independently with one or more activities (but no assistance for health or functioning reasons); and 3) receives assistance or doesn't do one or more activities for health or functioning reasons. Individuals missing information on one or more of the activities were assigned the highest value among the non-missing activities.

Unmet need, self-care or mobility activities identifies individuals who had a negative consequence because an activity was too difficult to do on their own or because no one was there to help them with the activity. Consequences include: having to stay in bed; not being able to go places in their home or building; not being able to leave their home or building; going without eating; going without showering/bathing/washing up; accidentally wetting or soiling their clothes; and going without getting dressed. Individuals missing information for a specific activity, or not asked about consequences because they did not report assistance or difficulty, were classified as having no consequence for that activity.

Unmet need, household activities identifies individuals who had a negative consequence because an activity was too difficult to do on their own or because no one was there to help them with the activity. Consequences include: going without clean clothes, going without groceries or personal items, going without a hot meal, going without handling bills and banking

matters, and making a mistake in taking their medications. Individuals missing information for a specific activity, or not asked about consequences because they did not report assistance or difficulty, were classified as having no consequence for that activity.

Physical capacity and self-reported physical capacity identify individuals with scores in the highest and lowest quartiles, based on weighted distributions in 2011. Scores for physical capacity are based on a combination of self-reported physical abilities and physical performance tests. Because the performance tests were not conducted in 2020, we also included a measure consisting of only self-reported measures. Self-reported measures include ability to: walk 6 blocks or 3 blocks; walk up 20 stairs or 10 stairs; carry 20 pounds or 10 pounds; get down on knees or bend over; lift heavy object above head or reach overhead; and open a sealed jar with just hands or grasp small objects. The more difficult action is worth two points and the easier task worth one point. Individuals missing information on a self-reported item are assigned a score of 0 for that item. Performance tests include balance stands, time to walk three meters, time to perform five rapid chair stands, grip strength, and peak air flow. Respondents missing one or two performance tests had scores imputed based on linear regression models including sex, age, self-reported physical capacity, and a physical performance score comprised of scores for non-missing tests. Scores for respondents missing three or more tests were imputed using a linear regression model including age, sex, and self-reported physical capacity. For physical performance test details see: Kasper JD, Freedman VA, Niefeld MR. 2012. *Construction of performance-based summary measures of physical capacity in the National Health and Aging Trends Study. NHATS Technical Paper #4*.

Baltimore: Johns Hopkins University School of Public Health. Available at www.NHATS.org.

Poor vision identifies individuals who reported being blind or being unable, with glasses or contacts if used, to see well enough to recognize someone across the street; watch television across the room; or read newspaper print. Individuals missing information on vision items are assumed to not have poor vision.

Poor hearing identifies individuals who reported being deaf or being unable, with a hearing aid if used, to hear well enough to use the telephone; carry on a conversation in a room with a radio or TV playing; or carry on a conversation in a quiet room. Individuals missing information on hearing are assumed to not have poor hearing.

Dementia identifies individuals who meet at least one of the following criteria: a report of a doctor's diagnosis of dementia or Alzheimer's disease; a score indicating likely dementia on a dementia screening instrument administered to proxy respondents; or impairment based on cognitive tests that evaluate memory, orientation, and executive function (with a score of ≥1.5 standard deviations below the mean in at least two domains). For details see Kasper JD, Freedman VA, Spillman B. 2013. *Classification of Persons by Dementia Status in the National Health and Aging Trends Study. NHATS Technical Paper #5*. Baltimore: Johns Hopkins University School of Public Health. Available at www.NHATS.org.

Participation restriction identifies respondents who reported that in the last month their health or functioning kept them from participating in activities that they valued a lot or somewhat. *Participation* identifies respondents who reported in the last month that they carried out at least one activity that they valued a lot or

somewhat. Activities include: visiting in person with friends or family not living with respondents; attending religious services; participating in clubs, classes or other organized activities; going out for enjoyment; working for pay; and volunteering. Value was presumed (because it was not asked) for the latter two activities. Respondents missing information for a specific activity were classified as not having a restriction for that activity.

Late-life Housing Dashboard Measures

Residential setting classifies individuals into four groups: living in traditional community settings, retirement communities or senior housing, residential care settings other than nursing homes, and nursing homes.

Housing has five categories reflecting the physical structure of the place where an individual lives: 1) *One-level house* identifies individuals living in a free-standing or attached house with one level or floor; 2) *Accessible, multi-level house* identifies individuals living in a free-standing or attached house with two or more levels or floors, including a basement (if present), with an elevator, a stair life/glide, or a kitchen, full bath and bedroom on the same floor; 3) Limited *access, multi-level house* identifies individuals living in a free-standing or attached house with two or more levels or floors, including a basement (if present), but the home does not have an elevator, a stair lift/glide, or a kitchen, full bath and bedroom on the same floor; 4) *Mobile home* identifies individuals living in a mobile home or trailer; and 5) *Multi-unit building* identifies individuals living in buildings with two or more units. Individuals missing all housing information were assumed to live in the most common structure by residential setting (one-level home in the community; multi-unit building in residential care).

Home modifications include the following: a ramp at the entrance of the building, an elevator inside the home, or a stair lift/glide inside the home (*mobility-related*); a grab bar in the shower or tub or a bath seat for the shower or tub (*bathing-related*); or a raised toilet seat or grab bars around the toilet (*toileting-related*). Individuals missing information for a specific modification are assumed not to have that modification.

On-line Activities in Late Life Dashboard Measures

Email or Texting identifies individuals who communicated by email or texting in the last month. Individuals missing information on email or texting are assumed not to have used email or texting.

Goes online any reason identifies individuals who went online in the last month for any reason other than emailing. Individuals missing on any of the online activity questions are assumed not to do the activity.

Goes online for social networking identifies individuals who went online to visit social network sites in the last month. This activity was added in 2013.

Goes online for household activities identifies individuals who went online in the last month to shop for groceries or personal items, to pay bills or do banking, or to order or refill prescriptions.

Goes online for health-related reasons identifies individuals who went online in the last year to contact a medical provider, handle Medicare or other health insurance matters, or get information about a health condition.

Quality of End of Life Dashboard Measures

End-of-life experiences are reported by proxies for NHATS participants who died between survey rounds.

Location of death identifies the type of place where the individual passed away: at home, in a hospital, in a nursing home, or somewhere else. The last category includes someone else's home, a hospice residence, in transit, and missing information on location.

Hospice care identifies individuals who used hospice services in the last month of their life. Individuals who died in a hospice residence, in the inpatient hospice unit of a hospital, in the hospice unit of a nursing home, or received hospice care at home in the last month of life are included. Since hospice at home was added in 2013, this measure is shown beginning in that year. Missing items are coded as not receiving hospice care.

Quality of end-of-life care indicates whether a proxy felt that the care the respondent received in the last month of life was excellent or very good vs. good, fair, poor or did not receive care in the last month of life. Individuals missing information on quality of end-of-life care are assigned to the most common answer for a given year.

Late-life Demographic Dashboard Measures

Age reflects an individual's age group at the time of the interview.

Gender is categorized into men and women.

Race/ethnicity categorizes individuals into four groups according to their primary reported race/ethnicity: White, non-Hispanic; Black, non-Hispanic; Hispanic; and Other race/ethnicity. Individuals reporting missing information about race/ethnicity were imputed to be non-Hispanic White or Black based on a logistic regression model with the base weight, five-year age group and sampling strata or were assigned to a race/ethnic group based on race/ethnic distribution within strata or interview language.

Education reflects highest completed level of education: less than high school; high school graduate; some college; bachelor's degree; or a graduate degree. Individuals missing completed education were assigned to the most common level for their age group for a given year.

Region is a four-category variable reflecting where the individual lives, as defined by the Census: Northeast, Midwest, South, and West. All individuals have information on region.

Assistance with Activities classifies individuals into three groups: receives no assistance, receives assistance with only household activities (laundry; shopping for groceries or personal items; making hot meals; handling bills and banking; and keeping track of medications) for health and function reasons, and receives assistance with self-care or mobility activities (going outside, getting around inside, getting in/out of bed, dressing, bathing, eating, using the toilet).

Dementia identifies individuals who meet at least one of the following criteria: a report of a doctor's diagnosis of dementia or Alzheimer's disease; a score indicating likely dementia on a dementia screening instrument administered to proxy respondents; or impairment based on cognitive tests that evaluate memory, orientation, and executive function (with a score of ≥1.5 standard deviations below the mean in at least two domains). For details see Kasper JD,

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Freedman VA, Spillman B. 2013. *Classification of Persons by Dementia Status in the National Health and Aging Trends Study. NHATS Technical Paper #5*. Baltimore: Johns Hopkins University School of Public Health. Available at www.NHATS.org. For individuals living in nursing homes in the year they joined NHATS, we assumed 70% had dementia in each year.

Marital status classifies individuals as to their status at the time of the interview: married/partnered, separated/divorced, widowed, or never married. For individuals missing marital status, we assumed the most common group by age group and gender for a given year.

Number of children indicates the number of living children an individual had at the time of the interview: zero, one, or two or more.

Living arrangement classifies individuals into four categories: whether the individual lives alone, lives only with a spouse or partner, lives with a spouse or partner and other people, and lives only with people other than a spouse or partner. Individuals missing living arrangement (only in Round 1) were assumed to live alone if they were not married and had no children.

Residential setting classifies individuals into four groups: living in traditional community settings, retirement communities or senior housing, residential care settings other than nursing homes, and nursing homes.

Appendix: Detailed Tables

Table 1a: Trends in being fully able to carry out self-care and mobility activities

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	29.4	29.4	29.3	28.1	27.2	26.3	24.2	26.0	24.4	23.2	0.000
Age											
70-74	43.0	42.4	42.3	41.1	38.7	38.5	33.3	36.1	33.0	30.7	0.000
75-79	30.4	32.5	30.0	29.8	28.1	26.3	26.2	27.4	26.6	25.0	0.002
80-84	22.4	21.6	21.1	18.0	20.0	19.0	16.6	17.5	16.5	16.0	0.000
85-89	12.7	12.0	14.0	12.7	11.0	11.4	8.5	11.5	10.4	12.9	0.300
90+	5.8	7.6	6.1	4.6	5.7	4.5	4.9	3.1	6.1	4.8	0.201
Gender											
Men	39.3	37.8	39.4	37.2	34.6	33.9	30.9	31.5	30.4	30.6	0.000
Women	22.3	23.2	21.7	21.3	21.6	20.4	19.2	21.7	19.6	17.1	0.002
Race											
White, non-Hispanic	29.5	29.6	29.6	28.4	26.8	26.0	23.7	25.5	23.8	22.7	0.000
Black, non-Hispanic	26.4	22.4	25.3	22.9	25.2	22.9	21.6	21.0	20.9	19.7	0.017
Hispanic	26.5	29.1	25.9	28.7	32.5	31.6	27.2	34.7	32.4	31.4	0.242
Other	39.6	42.5	37.0	31.6	30.8	30.8	34.9	30.7	28.5	24.3	0.027
Education											
0-12 years, no diploma	23.8	24.9	22.6	23.8	23.1	22.9	21.1	22.4	22.4	21.0	0.266
High school graduate	28.5	28.1	28.2	24.3	24.0	22.1	19.8	21.5	19.5	16.7	0.000
Some college	30.0	29.2	28.4	28.7	26.5	25.3	25.3	26.1	25.4	22.4	0.004
Bachelor's degree	32.2	34.9	35.8	32.0	31.6	29.9	27.7	29.5	26.2	26.4	0.007
Graduate degree	41.6	37.0	38.5	36.8	37.4	37.8	30.4	33.7	30.5	32.4	0.008
Region											
Northeast	30.6	28.7	28.6	31.1	30.2	27.8	26.0	29.0	24.4	23.4	0.024
Midwest	31.2	30.8	30.5	25.6	26.3	23.2	21.4	22.4	18.0	20.1	0.000
South	26.5	27.9	28.8	26.9	26.6	27.9	24.3	25.5	24.3	22.9	0.011
West	31.4	31.2	29.5	30.1	26.6	25.3	25.8	28.2	31.1	26.7	0.237
Help with activities											
No help	41.1	41.3	40.3	38.8	37.9	36.5	33.2	35.6	32.8	30.5	0.000
Help with HH activities only	12.0	12.3	14.8	10.3	8.8	10.3	9.0	8.2	11.1	12.4	0.330
Any help with SCM activities	--	--	--	--	--	--	--	--	--	--	
Dementia											
No dementia	32.0	32.0	31.6	30.2	29.5	28.4	25.7	27.7	25.6	--	0.000
Probable dementia	8.0	7.9	9.9	9.1	6.2	7.2	9.2	8.5	10.1	--	0.658

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Table 1a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	36.4	35.6	35.4	33.7	31.7	29.9	28.2	29.5	27.7	26.3	0.000
Divorced/separated	31.9	33.2	31.2	32.9	31.3	31.1	26.3	28.9	27.6	25.2	0.027
Widowed	18.6	19.3	19.0	16.3	18.0	18.2	16.7	18.4	17.0	16.6	0.247
Never married	21.1	22.2	27.0	31.4	26.1	26.5	20.9	27.4	22.5	20.3	0.750
Number of children											
Zero	27.9	28.7	30.7	31.5	30.7	29.0	25.1	29.5	26.5	22.4	0.217
One	26.5	29.6	27.3	25.7	26.4	26.3	24.4	24.5	24.2	17.5	0.009
Two or more	30.1	29.5	29.4	28.1	27.0	26.0	24.1	25.9	24.2	24.1	0.000
Living arrangement											
Alone	22.6	24.4	22.1	22.2	22.9	22.6	20.4	22.3	21.4	20.0	0.139
With spouse only	37.3	35.6	37.7	34.3	32.5	31.3	28.5	29.9	27.5	26.7	0.000
With spouse and others	34.3	36.3	31.4	33.2	28.8	25.4	26.9	28.9	29.0	25.9	0.026
With others only	19.9	20.2	21.8	20.6	20.9	21.2	18.6	21.3	19.2	18.2	0.454
Residential setting											
Traditional community setting	32.4	32.8	32.3	30.7	30.0	28.8	26.6	28.1	26.3	24.5	0.000
Retirement community/senior housing	19.3	16.8	14.8	16.8	13.4	15.3	12.5	16.3	13.9	16.7	0.511
Residential care other than nursing home	4.9	2.3	5.3	4.4	3.3	4.0	3.4	4.9	6.0	7.6	0.353
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 1b: Trends in successfully accommodating self-care and mobility activities with devices

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	30.0	31.7	32.6	33.9	33.5	34.1	37.3	35.9	36.7	39.3	0.000
Age											
70-74	27.5	29.7	29.5	33.8	31.9	32.7	37.3	35.7	36.6	41.4	0.000
75-79	33.8	32.2	35.2	34.6	36.3	37.8	40.1	37.5	39.2	40.6	0.000
80-84	31.8	37.0	36.2	35.3	35.4	38.0	39.5	38.4	39.3	43.0	0.000
85-89	29.6	31.8	35.3	34.6	34.6	29.6	34.1	33.8	35.3	31.7	0.501
90+	22.4	23.8	23.9	26.2	23.6	23.8	25.0	26.1	21.1	22.6	0.769
Gender											
Men	26.2	28.7	28.9	31.0	30.3	31.0	35.8	32.3	33.6	35.7	0.000
Women	32.8	34.0	35.4	36.0	35.9	36.4	38.4	38.6	39.1	42.3	0.000
Race											
White, non-Hispanic	31.6	33.5	34.2	35.8	35.5	36.0	39.7	38.4	39.8	42.6	0.000
Black, non-Hispanic	24.3	28.2	27.9	27.0	26.1	26.6	30.7	30.0	29.5	31.1	0.024
Hispanic	19.2	17.7	20.6	21.5	22.3	23.9	21.8	16.5	14.0	15.9	0.158
Other	24.9	24.5	27.7	26.6	26.7	27.3	26.0	31.7	28.6	28.5	0.488
Education											
0-12 years, no diploma	23.7	24.1	26.8	26.9	24.8	25.3	26.5	22.7	20.5	24.0	0.311
High school graduate	31.8	32.6	35.5	35.1	33.7	36.5	39.0	36.9	36.6	40.9	0.001
Some college	31.6	35.7	34.7	33.6	37.0	37.2	37.7	38.3	39.4	42.8	0.000
Bachelor's degree	32.8	33.4	31.9	38.6	36.6	36.4	42.1	41.7	42.5	42.5	0.001
Graduate degree	33.1	34.8	32.7	37.3	35.2	32.2	40.3	36.8	41.3	39.6	0.026
Region											
Northeast	28.2	29.9	29.4	33.0	31.6	31.5	37.0	34.1	38.3	39.7	0.000
Midwest	32.5	33.5	34.8	38.2	36.6	38.2	38.5	39.5	42.6	43.1	0.000
South	30.0	31.7	31.8	32.7	33.3	33.5	37.7	36.6	36.1	40.0	0.000
West	29.0	31.6	34.5	32.1	32.2	33.0	35.4	32.4	30.3	33.7	0.488
Help with activities											
No help	37.7	39.3	40.9	42.0	42.2	43.8	47.4	45.5	47.3	49.7	0.000
Help with HH activities only	39.3	43.4	42.3	44.2	39.9	38.9	39.2	37.9	32.8	39.2	0.027
Any help with SCM activities	--	--	--	--	--	--	--	--	--	--	
Dementia											
No dementia	32.0	34.0	34.9	35.8	35.5	36.6	39.6	37.8	38.8	--	0.000
Probable dementia	12.7	13.0	12.7	16.5	15.3	10.7	13.4	15.4	12.4	--	0.928

Table 1b (continued)

Marital Status											
Married/partnered	29.6	31.6	31.9	34.1	34.8	35.4	40.6	38.3	39.0	42.2	0.000
Divorced/separated	28.4	29.3	35.3	30.5	27.1	29.1	31.2	30.2	29.8	35.2	0.398
Widowed	31.3	32.8	32.8	35.8	33.7	33.6	34.1	34.8	36.3	36.2	0.030
Never married	28.6	31.7	31.5	26.1	35.2	35.6	35.7	30.0	33.4	36.4	0.354
Number of children											
Zero	31.4	28.6	31.9	32.7	32.8	37.2	37.1	36.0	36.2	37.7	0.044
One	28.0	30.4	32.3	34.6	35.9	30.4	37.6	35.8	36.2	44.3	0.001
Two or more	30.1	32.3	32.7	33.9	33.2	34.3	37.2	35.9	36.8	38.7	0.000
Living arrangement											
Alone	33.5	34.7	36.8	36.8	35.6	35.9	35.8	35.3	36.2	38.8	0.162
With spouse only	30.6	33.3	32.0	35.2	35.6	36.2	42.2	40.2	41.2	44.1	0.000
With spouse and others	24.6	23.9	29.1	29.0	32.3	32.5	33.7	28.4	28.5	35.2	0.060
With others only	23.3	26.3	27.1	27.5	23.8	25.7	28.4	29.6	29.7	29.5	0.036
Residential setting											
Traditional community setting	29.7	30.7	31.9	33.6	33.3	34.3	37.0	36.3	36.9	40.2	0.447
Retirement community/senior housing	36.6	40.7	43.9	39.2	40.5	38.0	44.4	36.6	40.9	36.0	0.672
Residential care other than nursing home	26.6	34.7	29.4	31.9	28.9	26.9	33.4	27.3	27.6	26.5	0.000
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 1c: Trends in having difficulty with self-care and mobility activities

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	19.7	18.3	17.4	18.2	19.1	18.5	18.8	18.5	19.3	18.5	0.796
Age											
70-74	18.0	17.5	15.7	13.5	17.0	16.2	16.7	15.5	16.4	15.1	0.460
75-79	19.5	18.2	17.3	17.7	19.6	19.4	17.4	18.5	20.7	19.3	0.439
80-84	22.7	18.2	19.3	24.1	21.4	18.8	20.9	22.7	23.0	22.5	0.232
85-89	20.7	22.3	19.9	22.7	22.3	22.8	26.5	23.0	19.9	21.9	0.563
90+	17.5	15.2	17.8	21.5	17.3	19.0	19.7	19.1	19.9	18.9	0.254
Gender											
Men	19.5	18.1	16.2	17.0	19.8	18.1	17.7	19.6	19.7	18.2	0.438
Women	19.7	18.5	18.4	19.1	18.7	18.8	19.6	17.7	19.0	18.8	0.750
Race											
White, non-Hispanic	19.8	18.1	17.4	17.6	19.0	18.3	18.4	18.3	18.7	17.9	0.732
Black, non-Hispanic	20.8	20.7	19.9	25.6	22.7	23.3	21.5	22.0	22.8	21.6	0.665
Hispanic	19.2	20.8	15.6	12.9	17.7	15.4	21.0	19.5	20.9	18.3	0.497
Other	14.3	13.0	15.5	23.0	16.4	18.1	18.7	14.9	20.5	24.1	0.236
Education											
0-12 years, no diploma	20.5	20.0	18.1	18.2	22.1	20.2	20.6	22.5	23.9	23.0	0.050
High school graduate	19.6	19.5	17.4	21.6	19.8	19.8	20.2	19.9	22.1	21.9	0.129
Some college	20.6	17.9	19.8	20.0	19.2	17.5	18.7	18.4	17.2	16.2	0.035
Bachelor's degree	19.7	15.9	13.8	13.0	16.2	17.3	16.7	17.2	18.4	17.0	0.451
Graduate degree	15.3	14.8	15.5	12.9	16.2	16.7	16.6	13.8	15.5	15.5	0.832
Region											
Northeast	20.0	20.1	21.7	16.1	16.8	15.9	17.4	16.5	17.5	17.0	0.069
Midwest	19.2	17.8	16.8	17.8	19.8	18.9	20.4	19.9	20.0	20.9	0.092
South	21.0	18.5	16.8	19.5	20.0	19.2	18.6	18.9	20.4	17.8	0.759
West	17.5	16.8	15.3	18.2	19.0	19.1	18.6	18.3	18.0	18.5	0.343
Help with activities											
No help	21.2	19.4	18.8	19.2	19.8	19.7	19.4	18.9	19.9	19.8	0.747
Help with HH activities only	48.7	44.3	42.9	45.5	51.4	50.8	51.7	53.9	56.0	48.4	0.004
Any help with SCM activities	--	--	--	--	--	--	--	--	--	--	
Dementia											
No dementia	20.3	18.8	18.1	18.7	19.9	19.1	19.1	18.8	19.7	--	0.946
Probable dementia	14.0	14.0	11.5	13.4	12.1	13.4	15.5	15.5	14.5	--	0.346

Table 1c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	17.5	16.2	15.4	15.6	16.6	15.7	14.1	15.2	16.7	15.0	0.248
Divorced/separated	22.7	20.8	17.5	21.3	24.5	22.0	26.1	27.0	24.6	21.7	0.135
Widowed	21.4	20.2	20.5	21.7	21.1	21.9	23.8	20.1	21.1	22.9	0.353
Never married	26.0	23.0	21.0	15.7	20.3	17.9	22.1	23.1	21.6	23.8	0.980
Number of children											
Zero	20.4	21.1	18.3	15.5	20.5	18.0	21.2	16.4	21.6	21.3	0.744
One	20.9	20.4	18.0	17.9	17.2	20.6	18.5	19.4	19.5	20.1	0.944
Two or more	19.4	17.7	17.3	18.5	19.3	18.2	18.6	18.6	19.0	18.0	0.876
Living arrangement											
Alone	23.3	22.0	21.9	22.7	23.4	22.2	26.4	25.1	24.5	23.6	0.121
With spouse only	17.3	16.1	15.3	15.9	16.4	15.2	14.0	15.5	16.7	14.6	0.254
With spouse and others	18.0	17.1	13.8	13.7	16.3	18.4	14.1	14.1	16.1	13.5	0.394
With others only	18.9	17.2	15.5	17.7	19.3	19.8	19.7	16.2	17.8	22.2	0.219
Residential setting											
Traditional community setting	19.1	17.8	16.8	17.4	18.6	18.2	18.6	17.6	19.1	18.2	0.276
Retirement community/senior housing	24.9	23.8	23.5	25.8	27.5	24.4	22.6	28.1	24.2	24.0	0.951
Residential care other than nursing home	20.9	18.2	19.7	20.5	17.7	16.4	18.0	20.5	16.0	16.3	0.565
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

      HH = household; SCM = self-care and mobility

Table 1d: Trends in getting help with self-care and mobility activities

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	20.9	20.5	20.7	19.8	20.2	21.1	19.7	19.6	19.6	19.0	0.095
Age											
70-74	11.6	10.4	12.5	11.6	12.3	12.6	12.7	12.7	14.0	12.8	0.195
75-79	16.3	17.1	17.5	17.9	16.0	16.4	16.3	16.6	13.5	15.0	0.095
80-84	23.1	23.2	23.4	22.6	23.2	24.2	22.9	21.3	21.2	18.5	0.052
85-89	36.9	33.9	30.9	30.0	32.1	36.3	30.9	31.7	34.4	33.5	0.724
90+	54.3	53.4	52.2	47.6	53.3	52.7	50.4	51.8	52.9	53.7	0.975
Gender											
Men	15.0	15.4	15.6	14.8	15.3	17.0	15.6	16.5	16.3	15.6	0.420
Women	25.2	24.3	24.5	23.6	23.9	24.3	22.8	22.0	22.3	21.9	0.012
Race											
White, non-Hispanic	19.0	18.8	18.7	18.1	18.7	19.7	18.2	17.8	17.6	16.7	0.064
Black, non-Hispanic	28.4	28.6	26.9	24.5	26.1	27.2	26.2	27.0	26.8	27.6	0.822
Hispanic	35.0	32.5	37.9	37.0	27.5	29.1	30.0	29.4	32.7	34.4	0.488
Other	21.2	20.0	19.8	18.8	26.0	23.8	20.3	22.6	22.4	23.1	0.674
Education											
0-12 years, no diploma	32.1	30.9	32.5	31.1	30.1	31.5	31.9	32.4	33.2	31.9	0.721
High school graduate	20.1	19.8	19.0	18.9	22.5	21.7	20.9	21.6	21.8	20.4	0.289
Some college	17.8	17.1	17.0	17.7	17.3	20.0	18.3	17.2	18.1	18.6	0.544
Bachelor's degree	15.3	15.8	18.4	16.4	15.6	16.4	13.5	11.6	12.9	14.1	0.074
Graduate degree	10.0	13.4	13.3	13.0	11.1	13.3	12.7	15.6	12.7	12.5	0.546
Region											
Northeast	21.2	21.3	20.3	19.8	21.3	24.8	19.6	20.4	19.8	19.9	0.642
Midwest	17.1	18.0	17.9	18.3	17.3	19.7	19.8	18.2	19.5	15.9	0.881
South	22.5	21.9	22.5	20.9	20.2	19.4	19.4	19.1	19.1	19.3	0.014
West	22.1	20.3	20.7	19.7	22.2	22.6	20.2	21.1	20.5	21.1	0.923
Help with activities											
No help	--	--	--	--	--	--	--	--	--	--	--
Help with HH activities only	--	--	--	--	--	--	--	--	--	--	--
Any help with SCM activities	--	--	--	--	--	--	--	--	--	--	--
Dementia											
No dementia	15.7	15.2	15.4	15.3	15.1	15.9	15.5	15.7	15.8	--	0.662
Probable dementia	65.3	65.2	65.9	60.9	66.3	68.7	61.9	60.6	63.0	--	0.333

Table 1d (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	16.5	16.6	17.3	16.7	16.9	18.9	17.1	17.0	16.6	16.5	0.999
Divorced/separated	17.0	16.7	16.0	15.3	17.1	17.8	16.5	13.9	18.0	17.8	0.778
Widowed	28.7	27.7	27.8	26.2	27.1	26.3	25.5	26.7	25.6	24.3	0.044
Never married	24.4	23.1	20.5	26.7	18.3	20.0	21.3	19.5	22.5	19.6	0.464
Number of children											
Zero	20.3	21.6	19.1	20.3	16.1	15.8	16.6	18.2	15.7	18.6	0.223
One	24.6	19.6	22.4	21.8	20.6	22.8	19.6	20.3	20.1	18.1	0.158
Two or more	20.4	20.5	20.6	19.5	20.5	21.4	20.0	19.6	19.9	19.3	0.341
Living arrangement											
Alone	20.6	18.8	19.2	18.3	18.1	19.3	17.5	17.3	17.8	17.6	0.101
With spouse only	14.8	15.0	15.0	14.6	15.5	17.3	15.2	14.4	14.6	14.7	0.805
With spouse and others	23.1	22.8	25.8	24.1	22.6	23.7	25.3	28.6	26.4	25.4	0.340
With others only	37.8	36.2	35.6	34.2	36.0	33.4	33.2	32.9	33.2	30.1	0.024
Residential setting											
Traditional community setting	18.8	18.7	19.1	18.3	18.2	18.8	17.9	17.9	17.7	17.1	0.392
Retirement community/senior housing	19.1	18.7	17.8	18.1	18.6	22.3	20.5	19.0	21.0	23.4	0.252
Residential care other than nursing home	47.6	44.8	45.5	43.2	50.1	52.6	45.2	47.3	50.5	49.6	0.092
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 1a_2: Trends in being fully able to carry out self-care and mobility activities

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	28.3	28.3	28.3	27.2	26.4	25.5	23.5	25.3	23.7	22.6	0.000
Age											
70-74	42.3	41.7	41.9	40.7	38.4	38.1	32.9	35.7	32.6	30.5	0.000
75-79	29.8	31.9	29.5	29.3	27.7	25.9	25.9	26.9	26.2	24.6	0.002
80-84	21.6	20.7	20.5	17.4	19.2	18.3	16.1	17.0	16.0	15.6	0.001
85-89	11.7	11.1	12.9	11.9	10.3	10.7	8.0	10.8	9.8	12.3	0.406
90+	4.8	6.5	5.2	3.9	5.0	3.9	4.3	2.7	5.5	4.4	0.330
Gender											
Men	38.3	36.8	38.6	36.3	34.0	33.3	30.4	31.1	29.9	30.2	0.000
Women	21.2	22.1	20.7	20.4	20.7	19.6	18.4	20.9	18.9	16.6	0.004
Race											
White, non-Hispanic	28.4	28.5	28.6	27.4	26.0	25.2	23.0	24.8	23.2	22.3	0.000
Black, non-Hispanic	25.0	21.0	24.1	21.9	24.1	21.8	20.4	20.0	20.1	19.1	0.032
Hispanic	25.8	28.4	25.3	28.4	32.1	31.1	26.7	34.4	31.7	30.5	0.244
Other	38.2	40.9	36.0	30.9	29.9	30.2	34.6	30.3	27.9	24.1	0.040
Region											
Northeast	29.4	27.6	27.3	29.9	29.2	26.6	25.0	27.8	23.3	22.6	0.027
Midwest	29.7	29.4	29.1	24.4	25.2	22.3	20.6	21.7	17.3	19.5	0.000
South	25.4	26.7	27.9	26.0	25.8	27.1	23.5	24.8	23.7	22.4	0.026
West	30.7	30.5	29.1	29.6	26.1	25.0	25.4	27.8	30.8	26.5	0.305
Residential setting											
Traditional community setting	32.4	32.8	32.3	30.7	30.0	28.8	26.6	28.1	26.3	24.5	0.000
Retirement community/senior housing	19.3	16.8	14.8	16.8	13.4	15.3	12.5	16.3	13.9	16.7	0.511
Residential care other than nursing home	4.9	2.3	5.3	4.4	3.3	4.0	3.4	4.9	6.0	7.6	0.353
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	--
n	6660	5478	4628	3983	6797	5887	5299	4845	4479		

Source: National Health and Aging Trends Study

Table 1b_2: Trends in successfully accommodating self-care and mobility activities with devices

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	28.8	30.4	31.5	32.7	32.4	33.0	36.1	34.9	35.6	38.4	0.000
Age											
70-74	27.1	29.2	29.2	33.5	31.7	32.3	36.9	35.4	36.1	41.1	0.000
75-79	33.0	31.6	34.6	34.0	35.8	37.2	39.5	37.0	38.6	39.9	0.000
80-84	30.5	35.4	35.1	34.0	34.1	36.7	38.1	37.2	38.0	42.0	0.000
85-89	27.3	29.3	32.7	32.3	32.5	27.7	32.0	31.8	33.4	30.2	0.287
90+	18.8	20.1	20.1	22.1	20.4	20.6	21.9	23.2	18.8	20.6	0.656
Gender											
Men	25.5	27.9	28.3	30.3	29.8	30.5	35.3	31.9	33.0	35.2	0.000
Women	31.1	32.3	33.8	34.6	34.4	34.9	36.8	37.2	37.7	41.0	0.000
Race											
White, non-Hispanic	30.4	32.1	33.1	34.6	34.4	34.9	38.6	37.3	38.7	41.7	0.000
Black, non-Hispanic	22.9	26.5	26.5	25.7	24.9	25.3	29.0	28.5	28.4	30.2	0.012
Hispanic	18.7	17.2	20.2	21.3	21.9	23.5	21.4	16.3	13.7	15.4	0.158
Other	24.1	23.6	27.0	26.1	25.9	26.8	25.8	31.3	28.0	28.2	0.425
Region											
Northeast	27.1	28.6	28.1	31.7	30.5	30.1	35.6	32.8	36.5	38.4	0.000
Midwest	30.9	31.9	33.2	36.5	35.0	36.7	37.1	38.1	41.1	41.9	0.000
South	28.6	30.2	30.8	31.7	32.3	32.4	36.5	35.6	35.2	39.1	0.000
West	28.4	30.8	34.0	31.6	31.7	32.5	34.8	32.0	30.0	33.5	0.377
Residential setting											
Traditional community setting	29.7	30.7	31.9	33.6	33.3	34.3	37.0	36.3	36.9	40.2	0.000
Retirement community/senior housing	36.6	40.7	43.9	39.2	40.5	38.0	44.4	36.6	40.9	36.0	0.672
Residential care other than nursing home	26.6	34.7	29.4	31.9	28.9	26.9	33.4	27.3	27.6	26.5	0.447
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 1c_2: Trends in having difficulty with self-care and mobility activities

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	18.9	17.6	16.8	17.6	18.5	17.9	18.2	18.0	18.8	18.1	0.538
Age											
70-74	17.7	17.2	15.5	13.3	16.9	16.0	16.5	15.4	16.2	15.0	0.487
75-79	19.1	17.9	17.0	17.4	19.3	19.1	17.2	18.2	20.4	19.0	0.408
80-84	21.8	17.4	18.8	23.3	20.6	18.2	20.2	22.0	22.2	22.0	0.187
85-89	19.1	20.5	18.4	21.2	21.0	21.4	24.8	21.6	18.8	20.8	0.366
90+	14.6	12.9	15.0	18.2	14.9	16.5	17.3	17.0	17.6	17.2	0.074
Gender											
Men	19.1	17.6	15.9	16.6	19.4	17.8	17.5	19.4	19.3	17.9	0.346
Women	18.8	17.5	17.5	18.3	17.9	18.0	18.8	17.0	18.3	18.2	0.997
Race											
White, non-Hispanic	19.0	17.4	16.8	17.0	18.4	17.7	17.8	17.8	18.2	17.5	0.981
Black, non-Hispanic	19.7	19.4	18.9	24.4	21.8	22.1	20.3	21.0	21.9	20.9	0.509
Hispanic	18.7	20.2	15.3	12.8	17.5	15.1	20.6	19.3	20.4	17.8	0.496
Other	13.8	12.5	15.0	22.5	16.0	17.8	18.5	14.7	20.1	23.8	0.208
Region											
Northeast	19.2	19.3	20.8	15.4	16.3	15.2	16.7	15.8	16.7	16.5	0.074
Midwest	18.3	17.0	16.0	17.0	19.0	18.2	19.7	19.2	19.3	20.3	0.057
South	20.1	17.6	16.2	18.9	19.4	18.6	18.1	18.4	19.9	17.4	0.986
West	17.2	16.4	15.0	17.9	18.7	18.8	18.4	18.0	17.8	18.3	0.279
Residential setting											
Traditional community setting	19.1	17.8	16.8	17.4	18.6	18.2	18.6	17.6	19.1	18.2	0.565
Retirement community/senior housing	24.9	23.8	23.5	25.8	27.5	24.4	22.6	28.1	24.2	24.0	0.951
Residential care other than nursing home	20.9	18.2	19.7	20.5	17.7	16.4	18.0	20.5	16.0	16.3	0.276
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 1d_2: Trends in getting help with self-care and mobility activities

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	24.0	23.7	23.4	22.5	22.6	23.6	22.1	21.8	21.9	20.8	0.004
Age											
70-74	12.9	11.9	13.4	12.4	13.1	13.5	13.8	13.6	15.1	13.3	0.300
75-79	18.1	18.6	18.9	19.3	17.2	17.8	17.4	17.9	14.8	16.5	0.071
80-84	26.1	26.5	25.7	25.3	26.1	26.8	25.6	23.9	23.9	20.3	0.026
85-89	41.8	39.1	35.9	34.6	36.2	40.2	35.2	35.7	37.9	36.7	0.291
90+	61.7	60.5	59.8	55.8	59.7	59.0	56.5	57.1	58.1	57.8	0.282
Gender											
Men	17.0	17.7	17.1	16.8	16.8	18.4	16.9	17.7	17.8	16.6	0.953
Women	28.9	28.1	28.0	26.8	27.0	27.5	26.0	24.9	25.0	24.2	0.001
Race											
White, non-Hispanic	22.2	22.0	21.4	21.0	21.2	22.3	20.5	20.1	19.9	18.5	0.003
Black, non-Hispanic	32.4	33.1	30.6	28.0	29.2	30.7	30.4	30.5	29.5	29.8	0.375
Hispanic	36.8	34.2	39.2	37.4	28.5	30.3	31.2	30.0	34.2	36.3	0.495
Other	23.9	23.0	22.0	20.5	28.2	25.1	21.0	23.6	23.9	23.9	0.916
Region											
Northeast	24.3	24.5	23.7	23.0	24.0	28.0	22.7	23.6	23.4	22.5	0.609
Midwest	21.1	21.7	21.7	22.1	20.8	22.8	22.5	21.0	22.3	18.3	0.467
South	25.9	25.5	25.1	23.4	22.6	21.9	21.9	21.2	21.2	21.1	0.001
West	23.8	22.3	21.9	20.9	23.5	23.7	21.4	22.1	21.4	21.6	0.548
Residential setting											
Traditional community setting	18.8	18.7	19.1	18.3	18.2	18.8	17.9	17.9	17.7	17.1	0.092
Retirement community/senior housing	19.1	18.7	17.8	18.1	18.6	22.3	20.5	19.0	21.0	23.4	0.252
Residential care other than nursing home	47.6	44.8	45.5	43.2	50.1	52.6	45.2	47.3	50.5	49.6	0.392
Nursing home	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	--
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 2a: Trends in being fully able to carry out household activities

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	59.7	59.7	61.1	59.8	59.3	58.9	59.0	60.6	59.4	60.6	0.932
Age											
70-74	72.9	74.5	73.7	71.3	70.0	70.0	70.0	71.8	68.8	69.6	0.047
75-79	63.9	64.8	66.7	64.1	64.6	63.6	61.6	63.4	64.9	65.7	0.907
80-84	55.5	52.8	53.9	53.6	53.7	53.9	54.4	54.4	54.4	57.2	0.424
85-89	38.0	38.7	43.2	43.6	41.5	40.4	39.4	41.1	38.2	42.1	0.858
90+	25.3	24.0	22.3	25.5	22.0	23.9	24.2	25.5	25.4	22.3	0.981
Gender											
Men	69.7	69.5	69.8	68.7	66.2	66.2	64.1	66.4	65.8	65.7	0.004
Women	52.5	52.5	54.5	53.1	54.0	53.2	55.1	56.0	54.4	56.5	0.035
Race											
White, non-Hispanic	61.3	61.9	63.2	61.2	61.0	60.9	60.9	62.6	62.2	63.1	0.499
Black, non-Hispanic	52.6	49.0	52.8	52.9	49.9	48.5	52.2	49.7	50.8	50.5	0.603
Hispanic	47.9	47.7	47.6	51.7	54.9	49.4	52.2	51.1	46.6	42.3	0.510
Other	61.1	55.4	57.3	57.6	50.5	54.4	47.2	57.5	44.6	61.7	0.553
Education											
0-12 years, no diploma	48.8	48.0	48.2	48.2	47.8	46.7	45.5	45.2	42.6	41.2	0.011
High school graduate	59.8	60.4	60.7	59.1	57.4	58.8	58.5	58.0	57.9	58.7	0.325
Some college	62.3	62.2	63.6	61.4	63.5	61.1	62.5	64.1	63.5	61.9	0.810
Bachelor's degree	67.8	65.7	69.5	65.9	63.1	64.6	62.8	67.6	65.9	68.1	0.975
Graduate degree	70.4	70.8	70.7	68.9	67.6	64.8	64.8	66.4	63.4	69.3	0.136
Region											
Northeast	57.2	57.6	59.2	59.8	59.2	56.2	60.1	63.8	59.4	61.7	0.154
Midwest	63.7	62.5	63.9	60.0	60.1	61.0	59.9	61.1	56.4	60.5	0.057
South	58.6	59.1	61.3	60.9	60.1	60.0	58.0	59.3	61.2	59.1	0.966
West	59.8	59.6	59.4	57.7	57.2	56.9	59.2	59.6	59.4	62.6	0.455
Help with activities											
No help	83.3	84.3	84.4	81.7	81.8	80.8	80.3	81.6	79.9	79.6	0.000
Help with HH activities only	--	--	--	--	--	--	--	--	--	--	--
Any help with SCM activities	13.1	12.3	14.0	14.9	13.0	13.6	13.5	14.0	12.9	15.9	0.394
Dementia											
No dementia	65.3	65.4	66.3	64.4	64.3	63.8	63.4	64.5	63.3	--	0.053
Probable dementia	12.6	12.3	15.9	17.8	13.8	13.5	15.5	18.7	14.6	--	0.211

Table 2a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	69.8	68.9	69.8	68.3	66.7	66.8	66.4	68.3	66.8	68.4	0.206
Divorced/separated	58.6	60.0	62.4	55.5	56.2	54.3	57.9	58.4	56.1	55.9	0.323
Widowed	45.8	46.3	47.0	47.8	48.7	47.9	47.4	49.3	49.7	49.9	0.068
Never married	47.2	50.8	55.5	52.2	53.2	52.8	50.8	47.2	40.8	46.8	0.283
Number of children											
Zero	56.9	58.6	61.0	59.4	55.5	59.9	57.1	58.4	58.4	50.4	0.306
One	55.8	58.4	59.4	53.1	60.6	55.5	59.0	60.0	57.7	62.7	0.224
Two or more	60.7	60.0	61.3	60.8	59.5	59.3	59.3	60.9	59.8	61.3	0.952
Living arrangement											
Alone	51.6	53.1	53.4	51.9	53.8	52.3	52.6	53.2	53.8	52.4	0.771
With spouse only	71.8	70.8	73.0	70.5	68.6	68.8	67.9	70.9	69.2	69.8	0.166
With spouse and others	64.2	62.7	63.6	63.5	60.2	61.4	60.4	58.6	56.6	62.9	0.251
With others only	41.4	43.5	45.1	45.5	44.6	44.1	46.6	48.1	45.4	50.1	0.039
Residential setting											
Traditional community setting	63.9	63.6	64.4	63.3	63.0	62.5	62.4	64.0	62.5	64.0	0.659
Retirement community/senior housing	55.0	53.8	60.6	55.8	56.3	56.2	54.9	53.6	53.1	50.0	0.257
Residential care other than nursing home	16.2	18.0	16.5	15.2	10.5	11.5	16.3	14.8	15.7	12.3	0.366
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 2b: Trends in having difficulty with household activities

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	12.9	11.8	12.4	14.4	14.5	15.6	16.2	15.6	16.3	16.9	0.000
Age											
70-74	13.7	11.7	12.8	14.3	15.6	15.4	16.6	15.1	16.2	17.1	0.007
75-79	13.8	12.5	13.0	14.7	15.2	17.4	18.2	17.8	16.6	16.4	0.001
80-84	12.8	12.9	13.2	16.6	13.7	16.4	14.7	15.0	17.5	18.4	0.001
85-89	11.5	12.1	11.2	12.9	13.7	14.6	17.3	15.8	17.5	16.4	0.000
90+	6.8	5.9	7.3	9.4	9.4	9.0	9.3	10.1	10.9	15.1	0.000
Gender											
Men	11.2	10.2	11.2	13.9	14.3	15.2	17.0	15.2	15.7	17.8	0.000
Women	14.0	13.1	13.2	14.7	14.7	15.9	15.6	15.9	16.8	16.2	0.001
Race											
White, non-Hispanic	13.1	12.1	12.3	14.9	14.7	16.1	16.5	15.5	16.5	17.3	0.000
Black, non-Hispanic	12.1	12.3	12.3	13.4	15.2	14.4	13.4	15.9	13.4	14.2	0.162
Hispanic	12.0	7.3	11.4	11.5	11.3	14.3	13.1	16.2	15.3	19.5	0.006
Other	10.6	12.7	15.0	9.4	15.8	11.0	22.5	15.3	19.9	11.1	0.297
Education											
0-12 years, no diploma	10.9	8.2	9.4	10.5	13.0	12.3	13.7	14.3	12.4	18.7	0.000
High school graduate	13.5	12.3	12.4	15.7	13.5	15.3	14.4	13.8	15.4	15.3	0.101
Some college	14.0	13.7	14.0	15.1	14.3	15.9	16.1	15.7	16.9	18.4	0.010
Bachelor's degree	12.7	14.0	12.3	13.9	16.3	16.5	18.1	16.4	14.8	15.5	0.164
Graduate degree	13.1	11.8	14.1	16.2	17.7	19.2	20.9	18.7	21.7	16.7	0.005
Region											
Northeast	13.6	11.4	13.5	11.0	12.3	16.1	13.4	14.0	16.0	14.5	0.105
Midwest	12.6	11.7	11.7	15.5	15.9	14.7	15.4	13.6	18.1	18.3	0.000
South	12.6	11.8	12.1	15.3	14.7	15.6	18.4	17.3	16.0	18.3	0.000
West	12.8	12.5	12.5	14.7	14.9	16.1	15.7	15.8	15.3	15.0	0.056
Help with activities											
No help	16.7	15.7	15.6	18.3	18.2	19.2	19.7	18.4	20.1	20.4	0.000
Help with HH activities only	--	--	--	--	--	--	--	--	--	--	--
Any help with SCM activities	6.7	6.0	7.8	8.1	9.3	11.0	12.2	12.8	10.1	11.5	0.000
Dementia											
No dementia	13.8	12.7	13.3	15.1	15.6	16.4	17.2	16.3	17.1	--	0.000
Probable dementia	4.6	4.8	4.3	7.9	5.2	8.4	6.9	8.5	7.2	--	0.010

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Table 2b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	11.1	11.2	11.4	13.8	14.2	15.0	16.0	14.4	15.7	15.7	0.000
Divorced/separated	15.4	13.7	14.0	19.2	19.3	19.7	17.2	20.3	19.4	19.2	0.035
Widowed	14.4	12.1	13.2	13.5	12.9	15.0	16.0	15.2	15.5	18.0	0.003
Never married	15.6	12.7	13.2	15.0	16.8	15.2	18.0	18.2	20.6	18.4	0.161
Number of children											
Zero	15.4	13.1	11.6	12.9	17.0	16.5	17.3	15.2	17.1	24.9	0.005
One	13.5	11.8	10.7	18.1	13.6	15.9	15.2	15.6	17.8	18.5	0.019
Two or more	12.5	11.7	12.7	14.0	14.4	15.5	16.3	15.6	16.0	15.9	0.000
Living arrangement											
Alone	15.8	13.9	14.8	16.5	16.0	18.0	18.2	18.2	18.3	19.2	0.001
With spouse only	11.1	11.4	11.4	13.9	14.1	14.8	15.8	13.7	15.2	15.4	0.000
With spouse and others	10.4	9.7	11.6	12.4	14.3	15.8	17.6	15.8	17.3	16.2	0.003
With others only	12.4	10.1	10.1	12.3	12.4	12.8	12.8	15.2	14.8	17.2	0.003
Residential setting											
Traditional community setting	13.0	12.0	12.9	14.9	15.2	16.3	17.0	16.5	16.7	17.5	0.000
Retirement community/senior housing	17.2	16.6	12.9	15.1	17.0	16.4	18.1	14.9	18.6	17.9	0.477
Residential care other than nursing home	6.6	4.8	4.4	6.6	3.0	5.6	3.0	2.5	5.6	4.3	0.264
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 2c: Trends in getting help with household activities for health or functioning reasons

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	27.4	28.4	26.6	25.8	26.2	25.5	24.7	23.9	24.3	22.4	0.000
Age											
70-74	13.4	13.8	13.6	14.4	14.3	14.6	13.5	13.1	15.0	13.3	0.964
75-79	22.3	22.7	20.3	21.2	20.2	19.0	20.2	18.8	18.4	17.8	0.010
80-84	31.7	34.3	32.9	29.8	32.6	29.7	30.9	30.6	28.1	24.5	0.002
85-89	50.5	49.2	45.6	43.5	44.8	45.0	43.3	43.1	44.3	41.5	0.011
90+	68.0	70.1	70.4	65.1	68.7	67.2	66.5	64.3	63.7	62.6	0.024
Gender											
Men	19.0	20.3	19.0	17.4	19.5	18.6	18.8	18.4	18.5	16.5	0.152
Women	33.5	34.4	32.3	32.1	31.3	30.9	29.3	28.1	28.8	27.3	0.000
Race											
White, non-Hispanic	25.6	26.0	24.5	23.9	24.3	23.0	22.7	21.9	21.3	19.6	0.000
Black, non-Hispanic	35.3	38.7	34.9	33.7	34.9	37.1	34.4	34.4	35.8	35.3	0.708
Hispanic	40.1	44.9	41.0	36.8	33.8	36.3	34.7	32.7	38.1	38.2	0.269
Other	28.3	31.9	27.8	33.0	33.7	34.6	30.3	27.2	35.4	27.3	0.985
Education											
0-12 years, no diploma	40.3	43.8	42.4	41.3	39.2	41.0	40.9	40.5	45.0	40.1	0.951
High school graduate	26.7	27.3	26.9	25.2	29.1	25.9	27.1	28.2	26.7	26.0	0.966
Some college	23.7	24.1	22.5	23.4	22.1	23.0	21.4	20.1	19.6	19.7	0.010
Bachelor's degree	19.5	20.2	18.2	20.2	20.6	18.8	19.1	16.0	19.3	16.4	0.245
Graduate degree	16.5	17.4	15.2	14.8	14.7	16.0	14.4	14.8	14.8	14.0	0.360
Region											
Northeast	29.3	31.0	27.3	29.2	28.5	27.7	26.5	22.2	24.6	23.8	0.006
Midwest	23.7	25.8	24.4	24.5	24.1	24.3	24.7	25.3	25.5	21.2	0.560
South	28.8	29.0	26.6	23.8	25.2	24.4	23.6	23.4	22.8	22.6	0.000
West	27.4	27.9	28.1	27.6	28.0	27.0	25.1	24.6	25.3	22.4	0.024
Help with activities											
No help	--	--	--	--	--	--	--	--	--	--	--
Help with HH activities only	--	--	--	--	--	--	--	--	--	--	--
Any help with SCM activities	80.3	81.6	78.2	77.0	77.7	75.3	74.3	73.2	76.9	72.5	0.000
Dementia											
No dementia	20.9	21.9	20.4	20.5	20.2	19.8	19.5	19.2	19.6	--	0.032
Probable dementia	82.8	83.0	79.8	74.4	80.9	78.1	77.6	72.8	78.2	--	0.014

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Table 2c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	19.1	19.9	18.8	17.9	19.1	18.2	17.6	17.3	17.5	15.9	0.022
Divorced/separated	26.0	26.3	23.6	25.3	24.5	26.0	24.9	21.3	24.5	24.9	0.567
Widowed	39.8	41.6	39.8	38.8	38.5	37.1	36.6	35.5	34.8	32.1	0.000
Never married	37.2	36.5	31.3	32.8	30.0	32.0	31.1	34.6	38.6	34.8	0.919
Number of children											
Zero	27.7	28.3	27.4	27.7	27.5	23.7	25.6	26.4	24.5	24.7	0.334
One	30.7	29.7	29.9	28.8	25.9	28.5	25.8	24.4	24.5	18.8	0.001
Two or more	26.9	28.2	26.0	25.2	26.1	25.2	24.5	23.5	24.2	22.8	0.000
Living arrangement											
Alone	32.5	33.0	31.9	31.6	30.1	29.7	29.2	28.6	27.9	28.4	0.004
With spouse only	17.1	17.8	15.5	15.6	17.3	16.3	16.3	15.3	15.6	14.8	0.141
With spouse and others	25.3	27.6	24.8	24.1	25.5	22.8	22.0	25.6	26.2	20.8	0.401
With others only	46.2	46.5	44.8	42.2	42.9	43.1	40.6	36.7	39.7	32.7	0.000
Residential setting											
Traditional community setting	23.2	24.4	22.7	21.9	21.9	21.2	20.6	19.6	20.8	18.5	0.000
Retirement community/senior housing	27.8	29.6	26.5	29.2	26.7	27.5	27.1	31.5	28.3	32.1	0.472
Residential care other than nursing home	77.1	77.2	79.1	78.2	86.5	82.9	80.7	82.7	78.7	83.5	0.193
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 2a_2: Trends in being fully able to carry out household activities

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	57.4	57.3	59.0	57.8	57.5	57.0	57.3	58.9	57.8	59.3	0.382
Age											
70-74	71.8	73.3	72.9	70.7	69.4	69.3	69.1	71.0	68.0	69.2	0.070
75-79	62.5	63.6	65.6	63.0	63.7	62.6	60.8	62.4	64.0	64.6	0.978
80-84	53.3	50.5	52.3	51.7	51.6	52.0	52.5	52.6	52.5	55.8	0.304
85-89	35.1	35.7	40.1	40.8	39.0	37.9	36.9	38.7	36.1	40.0	0.532
90+	21.2	20.3	18.8	21.5	19.0	20.7	21.2	22.7	22.6	20.3	0.488
Gender											
Men	68.0	67.7	68.5	67.2	65.0	65.0	63.2	65.5	64.6	64.9	0.018
Women	49.9	49.8	52.0	50.9	51.8	51.0	52.9	53.9	52.4	54.9	0.008
Race											
White, non-Hispanic	59.0	59.5	61.0	59.1	59.1	59.0	59.1	60.9	60.4	61.8	0.163
Black, non-Hispanic	49.6	45.9	50.1	50.5	47.7	46.1	49.3	47.4	48.9	49.0	0.944
Hispanic	46.6	46.5	46.6	51.3	54.2	48.6	51.3	50.7	45.6	41.0	0.517
Other	59.0	53.4	55.7	56.4	48.9	53.4	46.8	56.8	43.8	61.0	0.682
Region											
Northeast	54.9	55.2	56.7	57.4	57.2	53.8	57.8	61.3	56.7	59.7	0.152
Midwest	60.6	59.7	61.0	57.2	57.5	58.6	57.8	59.0	54.5	58.8	0.177
South	56.0	56.4	59.3	58.9	58.3	58.1	56.2	57.7	59.6	57.8	0.558
West	58.5	58.1	58.4	56.8	56.2	56.1	58.3	58.9	58.8	62.2	0.298
Residential setting											
Traditional community setting	63.9	63.6	64.4	63.3	63.0	62.5	62.4	64.0	62.5	64.0	0.659
Retirement community/senior housing	55.0	53.8	60.6	55.8	56.3	56.2	54.9	53.6	53.1	50.0	0.257
Residential care other than nursing home	16.2	18.0	16.5	15.2	10.5	11.5	16.3	14.8	15.7	12.3	0.366
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	--
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 2b_2: Trends in having difficulty with household activities

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	12.3	11.4	11.9	13.9	14.1	15.1	15.8	15.2	15.9	16.6	0.000
Age											
70-74	13.5	11.6	12.6	14.2	15.5	15.3	16.4	14.9	16.0	17.0	0.007
75-79	13.5	12.3	12.7	14.5	15.0	17.1	17.9	17.5	16.4	16.2	0.001
80-84	12.3	12.4	12.8	16.0	13.2	15.8	14.2	14.6	16.8	17.9	0.001
85-89	10.6	11.1	10.4	12.0	12.8	13.7	16.2	14.9	16.5	15.6	0.000
90+	5.7	5.0	6.2	8.0	8.1	7.8	8.1	9.0	9.7	13.8	0.000
Gender											
Men	11.0	9.9	11.0	13.5	14.0	15.0	16.8	15.0	15.4	17.6	0.000
Women	13.3	12.4	12.6	14.1	14.1	15.2	15.0	15.3	16.2	15.7	0.001
Race											
White, non-Hispanic	12.6	11.6	11.9	14.4	14.2	15.6	16.0	15.1	16.0	16.9	0.000
Black, non-Hispanic	11.4	11.5	11.6	12.8	14.6	13.7	12.6	15.1	12.9	13.8	0.114
Hispanic	11.7	7.2	11.1	11.4	11.2	14.1	12.9	16.1	15.0	18.9	0.006
Other	10.3	12.2	14.5	9.2	15.4	10.8	22.3	15.1	19.6	11.0	0.265
Region											
Northeast	13.0	10.9	12.9	10.5	11.8	15.4	12.9	13.4	15.3	14.0	0.102
Midwest	12.0	11.2	11.1	14.8	15.2	14.1	14.9	13.2	17.5	17.8	0.000
South	12.1	11.3	11.7	14.8	14.2	15.1	17.8	16.8	15.6	17.9	0.000
West	12.6	12.2	12.3	14.4	14.6	15.9	15.4	15.6	15.1	14.9	0.043
Residential setting											
Traditional community setting	13.0	12.0	12.9	14.9	15.2	16.3	17.0	16.5	16.7	17.5	0.000
Retirement community/senior housing	17.2	16.6	12.9	15.1	17.0	16.4	18.1	14.9	18.6	17.9	0.477
Residential care other than nursing home	6.6	4.8	4.4	6.6	3.0	5.6	3.0	2.5	5.6	4.3	0.264
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	--
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 2c_2: Trends in getting help with household activities for health or functioning reasons

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	30.3	31.3	29.1	28.3	28.5	27.9	27.0	26.0	26.4	24.1	0.000
Age											
70-74	14.6	15.2	14.4	15.1	15.1	15.5	14.5	14.0	16.1	13.8	0.869
75-79	24.0	24.1	21.7	22.5	21.3	20.3	21.3	20.0	19.6	19.2	0.007
80-84	34.3	37.1	34.9	32.2	35.2	32.2	33.4	32.8	30.6	26.2	0.001
85-89	54.3	53.2	49.5	47.2	48.2	48.4	46.8	46.4	47.4	44.4	0.002
90+	73.1	74.6	75.1	70.5	73.0	71.5	70.7	68.3	67.7	66.0	0.002
Gender											
Men	21.0	22.4	20.5	19.3	21.0	20.0	20.0	19.5	20.0	17.5	0.044
Women	36.8	37.8	35.4	35.0	34.0	33.8	32.1	30.8	31.4	29.4	0.000
Race											
White, non-Hispanic	28.5	28.9	27.1	26.5	26.7	25.4	24.9	24.0	23.5	21.3	0.000
Black, non-Hispanic	38.9	42.5	38.2	36.8	37.7	40.2	38.1	37.5	38.2	37.2	0.359
Hispanic	41.7	46.3	42.2	37.3	34.7	37.3	35.8	33.3	39.4	40.1	0.275
Other	30.7	34.4	29.7	34.4	35.7	35.8	30.9	28.1	36.7	28.1	0.791
Region											
Northeast	32.0	33.9	30.4	32.1	31.0	30.8	29.3	25.3	28.0	26.3	0.007
Midwest	27.4	29.1	27.9	28.0	27.3	27.2	27.3	27.9	28.1	23.4	0.214
South	31.9	32.3	29.0	26.3	27.5	26.8	26.0	25.4	24.8	24.3	0.000
West	29.0	29.7	29.2	28.7	29.2	28.0	26.2	25.5	26.1	22.9	0.008
Residential setting											
Traditional community setting	23.2	24.4	22.7	21.9	21.9	21.2	20.6	19.6	20.8	18.5	0.000
Retirement community/senior housing	27.8	29.6	26.5	29.2	26.7	27.5	27.1	31.5	28.3	32.1	0.472
Residential care other than nursing home	77.1	77.2	79.1	78.2	86.5	82.9	80.7	82.7	78.7	83.5	0.193
Nursing home	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	--
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 3: Trends in unmet need for assistance with self-care or mobility activities

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	13.2	11.8	12.1	11.9	12.0	11.9	11.3	11.1	11.2	10.1	0.001
Age											
70-74	8.5	6.6	8.3	6.3	7.5	8.4	7.7	7.5	8.8	5.8	0.669
75-79	11.3	9.8	10.9	10.9	10.7	9.0	10.0	8.1	7.7	8.1	0.003
80-84	13.8	14.2	12.4	15.8	14.5	12.1	12.7	13.9	12.5	10.8	0.075
85-89	22.5	18.5	18.5	18.5	17.4	20.0	16.7	18.8	18.6	20.6	0.651
90+	27.5	27.2	24.8	24.6	26.6	29.4	26.7	26.9	26.0	26.9	0.886
Sex											
Men	9.8	8.0	8.5	8.5	8.4	9.2	8.0	8.6	8.6	7.5	0.279
Women	15.7	14.7	14.8	14.5	14.7	14.1	13.8	13.1	13.3	12.3	0.004
Race											
White, non-Hispanic	11.7	10.6	10.7	10.7	10.9	10.8	10.1	9.5	10.0	8.7	0.002
Black, non-Hispanic	17.8	16.1	16.8	14.4	16.8	16.6	16.0	16.3	17.4	15.0	0.669
Hispanic	23.9	21.6	22.4	21.5	17.0	17.7	18.9	20.7	18.8	21.1	0.444
Other	18.4	12.8	13.6	16.9	17.3	15.4	12.4	15.5	10.9	10.0	0.231
Education											
0-12 years, no diploma	21.1	17.9	19.8	20.2	18.7	18.9	20.7	20.8	20.2	20.6	0.675
High school graduate	11.7	10.2	10.3	11.3	13.3	12.4	11.8	12.3	12.6	11.8	0.280
Some college	11.9	10.8	11.1	10.3	10.1	11.5	10.1	9.3	10.0	8.1	0.020
Bachelor's degree	9.5	9.1	10.0	8.4	9.4	8.4	7.6	6.7	7.7	7.4	0.082
Graduate degree	6.0	8.0	6.6	7.7	5.9	6.4	5.9	7.4	6.4	5.8	0.492
Region											
Northeast	14.6	11.9	13.6	13.4	12.7	13.7	10.8	12.2	10.1	9.5	0.014
Midwest	10.2	10.2	10.0	11.2	10.8	10.2	12.0	10.6	14.1	10.0	0.216
South	14.7	12.8	12.8	11.4	11.5	11.0	11.3	10.6	10.9	10.5	0.002
West	12.8	11.9	11.7	12.2	13.5	14.0	10.9	11.7	9.9	10.0	0.099
Help with activities											
No help	2.0	1.8	2.2	2.0	2.0	1.7	2.2	1.8	1.7	1.7	0.349
Help with HH activities only	13.5	10.0	10.7	10.6	11.9	11.4	12.9	12.5	16.4	15.5	0.031
Any help with SCM activities	49.9	45.9	45.8	47.5	46.4	45.8	43.0	44.2	43.6	39.6	0.001
Dementia											
No dementia	10.0	8.5	9.2	8.9	9.3	8.9	8.9	8.6	9.0	--	0.346
Probable dementia	40.3	39.3	37.0	39.5	36.3	40.1	35.1	38.0	37.4	--	0.400

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Table 3 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	9.9	8.9	8.6	8.5	8.7	9.6	8.6	8.4	7.0	7.2	0.015
Divorced/separated	12.5	11.7	13.5	12.9	13.8	11.7	10.9	9.9	15.6	11.1	0.759
Widowed	18.2	16.5	17.2	16.9	16.9	16.0	16.1	16.7	16.2	14.3	0.064
Never married	17.9	11.1	12.9	16.5	11.6	12.5	13.0	9.8	17.2	17.4	0.835
Number of children											
Zero	13.2	11.2	11.0	11.7	9.2	8.8	9.0	9.3	12.7	12.0	0.705
One	15.0	12.2	15.5	11.3	9.9	12.4	10.3	11.9	10.4	9.3	0.025
Two or more	13.0	11.8	11.7	12.0	12.6	12.2	11.7	11.2	11.2	10.1	0.010
Living arrangement											
Alone	14.1	11.8	13.5	13.2	12.8	12.6	12.4	12.2	13.0	12.9	0.550
With spouse only	8.7	7.1	7.4	6.8	7.9	8.6	7.7	6.6	6.2	6.1	0.052
With spouse and others	14.8	15.5	11.9	13.6	12.6	12.7	11.5	15.3	10.3	11.5	0.267
With others only	23.4	21.6	21.3	21.9	21.4	19.1	19.0	19.0	22.0	15.0	0.007
Residential setting											
Traditional community setting	12.2	11.1	11.2	11.0	11.0	10.8	10.7	10.5	10.5	9.1	0.003
Retirement community/senior housing	14.6	12.2	12.3	10.4	12.8	14.8	12.6	9.8	12.9	10.9	0.466
Residential care other than nursing home	23.9	20.2	24.2	26.9	25.1	25.2	18.5	22.5	22.7	29.2	0.653
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 4: Trends in unmet need for assistance with household activities

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	6.6	6.9	6.0	6.7	6.4	6.4	6.3	7.2	7.2	5.5	0.677
Age											
70-74	5.2	5.4	5.1	5.5	5.6	6.1	4.8	6.4	6.7	4.9	0.528
75-79	5.6	5.6	5.7	7.1	5.8	5.2	6.4	6.9	5.9	4.9	0.900
80-84	6.9	7.4	6.4	7.4	6.5	6.9	6.8	7.4	7.4	6.0	0.822
85-89	11.5	10.7	8.8	7.7	7.7	8.1	8.2	8.8	9.5	6.8	0.049
90+	8.0	10.7	6.2	8.0	10.9	9.0	10.5	10.4	11.1	7.4	0.446
Sex											
Men	5.2	5.7	4.7	6.2	5.0	5.4	6.0	6.8	6.3	5.0	0.360
Women	7.7	7.8	7.0	7.1	7.5	7.2	6.5	7.6	7.9	5.8	0.231
Race											
White, non-Hispanic	6.1	6.3	5.8	6.4	5.9	6.0	5.9	6.7	6.2	5.0	0.477
Black, non-Hispanic	8.2	6.8	7.2	6.5	7.5	8.0	7.5	7.8	9.3	6.4	0.710
Hispanic	10.6	13.1	7.6	9.9	9.9	8.5	7.2	10.2	13.6	10.1	0.863
Other	9.0	9.2	5.9	7.5	8.1	8.7	10.2	10.6	10.3	4.4	0.954
Education											
0-12 years, no diploma	9.3	8.7	7.4	7.6	7.4	7.8	9.4	8.9	10.7	9.7	0.305
High school graduate	5.0	5.6	4.8	5.8	6.4	4.9	5.3	6.7	5.4	4.0	0.725
Some college	6.5	7.2	6.4	6.8	6.1	6.2	5.3	7.1	6.7	5.1	0.347
Bachelor's degree	6.4	6.5	4.3	7.0	6.1	5.9	5.0	6.6	6.7	5.3	0.923
Graduate degree	5.4	6.1	7.3	6.8	5.8	8.6	7.9	7.4	8.1	5.2	0.681
Region											
Northeast	6.4	5.8	5.8	4.4	5.4	6.5	6.2	5.8	6.9	5.4	0.793
Midwest	5.7	5.5	5.5	6.1	6.9	7.0	6.4	7.2	7.4	5.6	0.276
South	7.2	7.5	6.3	7.4	5.8	6.0	5.9	7.4	7.1	5.6	0.356
West	7.1	8.4	6.2	8.3	7.6	6.5	6.8	8.1	7.4	5.2	0.311
Help with activities											
No help	2.8	2.7	3.0	3.1	3.1	2.7	2.9	3.0	3.0	2.2	0.420
Help with HH activities only	12.8	11.9	11.1	16.9	13.8	15.7	12.1	18.7	18.8	14.5	0.014
Any help with SCM activities	16.0	17.8	13.6	14.0	13.8	14.4	15.3	17.0	16.9	13.9	0.980
Dementia											
No dementia	5.9	6.0	5.5	6.2	5.9	5.6	5.6	6.8	6.7	--	0.174
Probable dementia	12.4	14.2	10.2	11.3	11.0	13.5	13.0	11.7	12.7	--	0.907

Table 4 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	4.7	5.3	4.4	5.2	4.7	4.6	4.4	5.0	5.0	4.4	0.734
Divorced/separated	9.4	7.6	8.9	10.6	9.5	10.7	9.2	11.0	11.9	8.9	0.349
Widowed	8.6	8.8	7.6	7.9	8.2	7.7	7.7	8.5	8.3	5.6	0.088
Never married	8.4	9.6	6.0	5.7	5.0	7.7	11.3	15.1	12.8	6.6	0.236
Number of children											
Zero	7.1	8.0	6.6	6.1	5.3	6.4	6.2	9.4	9.0	5.5	0.767
One	6.4	7.8	5.3	7.7	6.1	8.2	6.4	7.6	10.0	5.0	0.684
Two or more	6.6	6.6	6.1	6.6	6.6	6.1	6.3	7.0	6.6	5.5	0.464
Living arrangement											
Alone	8.6	8.7	8.6	8.9	8.5	9.7	9.2	10.5	10.2	7.4	0.558
With spouse only	4.1	5.0	3.6	4.5	4.4	4.3	4.0	4.6	4.6	3.9	0.929
With spouse and others	7.0	6.7	7.0	6.5	5.4	4.3	5.7	6.4	5.9	7.2	0.803
With others only	9.0	8.1	6.2	8.2	8.0	6.7	7.0	8.5	8.8	5.1	0.280
Residential setting											
Traditional community setting	6.0	6.3	5.5	6.5	6.1	5.8	5.9	6.8	6.8	4.9	0.775
Retirement community/senior housing	10.9	9.5	8.9	8.1	7.5	10.0	9.9	11.7	8.8	11.5	0.563
Residential care other than nursing home	9.9	11.6	9.6	7.5	8.7	11.2	8.0	7.8	10.8	8.2	0.500
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5a: Trends in highest quartile of physical capacity

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	23.0	23.4	28.1	29.4	26.5	27.3	30.0	31.9	32.7	--	0.000
Age											
70-74	37.7	40.2	44.5	46.5	41.4	42.8	45.8	48.1	49.2	--	0.000
75-79	23.7	23.7	28.0	29.0	27.0	27.6	29.6	32.7	34.3	--	0.000
80-84	13.9	13.3	18.3	18.4	15.9	17.1	16.3	17.4	18.5	--	0.059
85-89	5.7	4.9	7.7	9.5	6.9	8.6	8.5	9.4	8.7	--	0.017
90+	1.6	2.7	2.8	1.9	2.0	1.3	2.4	1.4	2.5	--	0.799
Gender											
Men	41.5	42.0	47.3	47.9	42.7	43.8	46.9	48.3	49.2	--	0.001
Women	9.5	9.7	13.6	15.6	14.1	14.7	17.0	19.2	19.7	--	0.000
Race											
White, non-Hispanic	24.6	25.7	30.5	31.9	29.1	29.8	32.7	34.6	35.3	--	0.000
Black, non-Hispanic	13.5	12.3	15.5	17.4	15.3	15.3	17.6	17.5	17.7	--	0.027
Hispanic	13.0	10.9	15.5	16.8	10.8	12.0	14.4	18.0	22.1	--	0.056
Other	26.2	19.4	25.3	21.3	23.4	27.9	27.9	32.9	30.9	--	0.142
Education											
0-12 years, no diploma	11.8	11.2	14.5	14.4	10.6	11.6	14.8	15.2	14.4	--	0.175
High school graduate	17.9	17.9	22.5	22.0	18.4	20.0	20.7	22.9	21.6	--	0.108
Some college	24.0	24.4	28.0	28.7	26.2	26.3	29.3	30.8	32.4	--	0.001
Bachelor's degree	35.4	37.2	41.7	43.8	41.6	42.3	44.5	45.5	47.8	--	0.003
Graduate degree	48.0	46.4	50.3	53.3	52.9	50.2	51.0	52.9	53.9	--	0.136
Region											
Northeast	20.9	21.6	28.6	28.5	23.2	25.2	30.1	29.8	32.1	--	0.001
Midwest	24.4	25.8	29.5	29.3	28.6	29.2	30.2	31.4	31.8	--	0.007
South	21.4	21.6	25.7	27.8	25.5	27.2	27.9	30.2	30.6	--	0.000
West	25.9	25.7	30.2	33.2	29.0	27.6	33.6	37.4	38.1	--	0.000
Help with activities											
No help	32.0	33.2	38.7	40.3	36.7	37.7	40.5	43.0	44.0	--	0.000
Help with HH activities only	5.9	4.7	7.1	6.8	6.4	4.8	6.6	7.2	5.7	--	0.767
Any help with SCM activities	2.0	1.7	3.3	3.5	2.2	3.6	4.6	4.0	4.4	--	0.008
Dementia											
No dementia	25.3	25.8	30.9	32.0	29.1	29.9	32.4	34.4	35.1	--	0.000
Probable dementia	3.3	3.5	3.6	6.2	3.2	3.9	6.2	5.9	6.1	--	0.115

Table 5a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	33.0	33.2	38.9	41.0	36.4	37.0	41.2	43.8	44.4	--	0.000
Divorced/separated	20.3	22.7	25.2	25.1	23.8	23.4	27.1	28.1	30.6	--	0.012
Widowed	9.0	9.2	12.3	12.1	12.1	13.4	12.8	13.7	14.3	--	0.001
Never married	15.2	16.3	20.6	22.3	14.8	20.5	15.9	22.0	17.2	--	0.729
Number of children											
Zero	19.3	20.1	25.3	26.7	25.8	30.0	30.4	32.3	33.7	--	0.000
One	19.3	21.6	23.6	27.7	25.1	24.1	31.1	29.4	30.5	--	0.002
Two or more	23.9	24.1	29.0	30.0	26.8	27.6	29.8	32.3	33.0	--	0.000
Living arrangement											
Alone	13.6	15.4	17.8	18.5	18.1	18.7	19.4	20.7	21.0	--	0.000
With spouse only	34.7	34.7	42.1	44.6	38.8	38.9	44.0	46.9	46.0	--	0.000
With spouse and others	25.8	27.0	29.0	28.7	27.3	30.4	29.5	30.5	38.3	--	0.027
With others only	9.1	9.1	13.3	12.2	10.2	12.3	12.6	14.4	16.7	--	0.003
Residential setting											
Traditional community setting	24.5	25.1	30.1	31.2	28.4	29.1	32.0	33.8	34.8	--	0.000
Retirement community/senior housing	21.2	20.0	24.7	25.4	22.8	24.2	24.8	26.3	27.9	--	0.164
Residential care other than nursing home	6.6	6.4	5.1	9.2	4.2	7.0	7.5	9.9	3.8	--	0.885
n	6200	5093	4338	3748	6454	5596	5063	4645	4301		

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5b: Trends in middle quartiles of physical capacity

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	52.0	52.6	49.8	48.6	50.3	51.3	50.9	49.7	48.6	--	0.059
Age											
70-74	50.0	48.9	46.3	44.1	46.9	47.5	45.1	43.0	41.1	--	0.002
75-79	56.8	56.7	52.7	51.1	54.5	57.6	56.9	54.4	52.3	--	0.499
80-84	57.2	58.9	53.0	54.2	55.3	55.7	58.2	59.1	60.0	--	0.145
85-89	47.8	52.9	55.0	52.0	53.0	51.0	54.5	53.6	53.0	--	0.300
90+	32.7	35.5	38.8	42.0	34.0	34.5	39.6	41.1	40.8	--	0.086
Gender											
Men	44.6	44.2	40.4	40.3	43.1	43.5	42.2	40.5	39.2	--	0.051
Women	57.3	58.9	56.9	54.8	55.7	57.2	57.6	56.9	56.1	--	0.573
Race											
White, non-Hispanic	52.7	52.8	49.4	48.4	50.0	51.2	50.4	49.5	48.7	--	0.046
Black, non-Hispanic	50.7	52.5	52.1	49.9	49.4	50.0	50.8	50.8	51.4	--	0.834
Hispanic	45.8	47.6	49.6	46.1	57.0	55.7	57.1	54.7	46.9	--	0.208
Other	50.0	59.2	53.3	53.5	45.2	48.2	49.6	43.9	44.1	--	0.113
Education											
0-12 years, no diploma	48.6	49.8	47.4	49.4	50.4	50.5	48.4	50.7	48.7	--	0.718
High school graduate	56.6	57.8	54.7	52.5	55.4	56.1	57.3	53.5	55.6	--	0.646
Some college	55.4	56.0	54.0	52.5	54.0	55.8	54.4	53.2	51.5	--	0.236
Bachelor's degree	49.3	48.3	43.7	43.6	43.5	44.6	44.3	45.7	41.4	--	0.173
Graduate degree	41.1	42.6	40.8	37.3	38.1	40.4	41.6	39.5	38.7	--	0.639
Region											
Northeast	52.7	52.6	47.7	47.5	52.7	51.8	51.9	53.6	51.2	--	0.627
Midwest	51.6	51.4	49.2	50.2	50.3	51.7	51.8	51.2	50.7	--	0.881
South	52.8	54.0	52.8	50.5	51.7	51.6	52.2	50.3	49.5	--	0.096
West	50.2	51.7	47.2	44.5	45.6	49.7	46.8	44.1	42.9	--	0.014
Help with activities											
No help	61.0	60.1	55.4	53.8	56.8	57.7	55.4	53.0	51.2	--	0.000
Help with HH activities only	52.3	56.4	58.6	56.8	54.1	56.7	58.7	57.9	61.7	--	0.062
Any help with SCM activities	22.0	25.6	26.7	26.0	25.8	27.8	30.7	34.0	33.0	--	0.000
Dementia											
No dementia	55.3	55.3	51.6	50.4	52.4	53.6	52.5	51.1	49.8	--	0.002
Probable dementia	23.9	30.3	34.2	32.2	30.6	30.1	34.8	35.8	35.2	--	0.008

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Table 5b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	50.6	51.7	47.6	45.8	48.9	49.7	47.1	45.3	44.4	--	0.001
Divorced/separated	56.3	52.9	54.7	52.6	53.6	56.2	58.5	57.4	51.3	--	0.905
Widowed	52.7	54.1	51.2	51.5	50.4	51.7	54.2	53.7	54.7	--	0.336
Never married	50.9	51.2	53.6	51.8	58.1	53.9	52.5	53.4	50.9	--	0.915
Number of children											
Zero	51.0	50.9	48.6	48.2	48.7	50.6	51.5	50.1	48.1	--	0.849
One	51.6	53.1	51.2	47.6	49.9	51.6	49.0	52.3	52.5	--	0.919
Two or more	52.1	52.8	49.7	48.8	50.5	51.3	51.1	49.3	48.1	--	0.035
Living arrangement											
Alone	55.3	55.1	54.5	53.4	53.7	54.4	56.9	55.6	55.8	--	0.496
With spouse only	50.7	51.9	46.9	44.4	48.0	49.6	45.6	44.5	44.0	--	0.001
With spouse and others	51.8	51.2	49.7	50.7	53.1	50.8	53.7	48.9	45.5	--	0.373
With others only	48.0	50.3	47.3	48.3	47.4	49.8	52.1	52.8	48.8	--	0.273
Residential setting											
Traditional community setting	53.4	54.1	50.4	49.5	51.4	52.5	51.5	50.4	48.8	--	0.011
Retirement community/senior housing	49.9	49.3	48.9	47.6	48.9	49.9	49.7	51.0	47.3	--	0.959
Residential care other than nursing home	36.9	37.5	41.9	36.7	36.0	36.3	42.8	38.1	47.5	--	0.179
n	6200	5093	4338	3748	6454	5596	5063	4645	4301		

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5c: Trends in lowest quartile of physical capacity

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	25.1	23.9	22.1	22.0	23.2	21.4	19.1	18.3	18.6	--	0.000
Age											
70-74	12.3	10.9	9.2	9.4	11.7	9.7	9.1	8.8	9.8	--	0.121
75-79	19.5	19.6	19.3	19.9	18.4	14.7	13.5	12.9	13.4	--	0.000
80-84	29.0	27.9	28.6	27.4	28.8	27.3	25.5	23.5	21.4	--	0.001
85-89	46.5	42.3	37.4	38.5	40.1	40.3	37.1	37.0	38.4	--	0.022
90+	65.7	61.8	58.4	56.2	64.0	64.2	58.0	57.5	56.7	--	0.106
Gender											
Men	13.9	13.8	12.3	11.8	14.2	12.7	10.9	11.2	11.5	--	0.019
Women	33.2	31.4	29.5	29.6	30.1	28.1	25.4	23.9	24.3	--	0.000
Race											
White, non-Hispanic	22.8	21.5	20.1	19.6	20.9	19.0	16.9	16.0	16.0	--	0.000
Black, non-Hispanic	35.8	35.1	32.4	32.7	35.2	34.7	31.7	31.7	30.8	--	0.084
Hispanic	41.3	41.6	35.0	37.1	32.2	32.3	28.6	27.2	31.0	--	0.002
Other	23.8	21.5	21.4	25.3	31.4	23.9	22.5	23.2	25.0	--	0.863
Education											
0-12 years, no diploma	39.6	39.1	38.1	36.3	39.0	37.9	36.8	34.1	36.9	--	0.144
High school graduate	25.6	24.3	22.8	25.5	26.2	23.9	22.0	23.6	22.9	--	0.242
Some college	20.6	19.6	18.0	18.8	19.8	18.0	16.2	16.0	16.0	--	0.006
Bachelor's degree	15.3	14.5	14.6	12.6	14.9	13.1	11.2	8.8	10.7	--	0.004
Graduate degree	10.8	11.0	8.9	9.5	9.0	9.4	7.4	7.6	7.4	--	0.033
Region											
Northeast	26.3	25.8	23.7	23.9	24.2	23.1	18.0	16.6	16.8	--	0.000
Midwest	24.0	22.9	21.2	20.5	21.0	19.1	18.0	17.4	17.6	--	0.000
South	25.8	24.4	21.5	21.7	22.7	21.2	20.0	19.5	19.9	--	0.000
West	23.9	22.5	22.6	22.3	25.5	22.7	19.6	18.6	19.0	--	0.007
Help with activities											
No help	7.0	6.6	5.9	6.0	6.6	4.6	4.0	4.0	4.7	--	0.000
Help with HH activities only	41.8	38.8	34.3	36.3	39.5	38.5	34.7	34.9	32.6	--	0.040
Any help with SCM activities	76.0	72.7	70.0	70.5	72.0	68.7	64.8	62.1	62.5	--	0.000
Dementia											
No dementia	19.5	18.9	17.5	17.6	18.5	16.5	15.1	14.5	15.1	--	0.000
Probable dementia	72.8	66.2	62.2	61.6	66.2	66.0	58.9	58.3	58.7	--	0.001

Table 5c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	16.4	15.1	13.5	13.2	14.7	13.4	11.7	11.0	11.2	--	0.000
Divorced/separated	23.4	24.4	20.2	22.3	22.6	20.4	14.5	14.5	18.1	--	0.000
Widowed	38.3	36.6	36.5	36.4	37.5	34.9	33.0	32.5	31.0	--	0.000
Never married	33.8	32.6	25.9	25.9	27.1	25.7	31.6	24.7	31.9	--	0.654
Number of children											
Zero	29.7	29.0	26.2	25.1	25.5	19.4	18.2	17.6	18.2	--	0.000
One	29.1	25.3	25.1	24.6	25.0	24.3	19.9	18.3	17.0	--	0.000
Two or more	24.0	23.2	21.3	21.2	22.7	21.1	19.1	18.4	18.9	--	0.000
Living arrangement											
Alone	31.1	29.6	27.7	28.1	28.2	26.9	23.7	23.6	23.2	--	0.000
With spouse only	14.5	13.3	11.1	10.9	13.3	11.5	10.4	8.6	10.0	--	0.000
With spouse and others	22.4	21.8	21.3	20.6	19.5	18.9	16.8	20.6	16.3	--	0.094
With others only	43.0	40.6	39.3	39.5	42.5	38.0	35.3	32.8	34.5	--	0.000
Residential setting											
Traditional community setting	22.1	20.7	19.5	19.3	20.2	18.5	16.5	15.9	16.4	--	0.000
Retirement community/senior housing	28.9	30.7	26.3	27.0	28.3	25.9	25.5	22.7	24.9	--	0.107
Residential care other than nursing home	56.4	56.1	53.0	54.1	59.8	56.7	49.7	52.0	48.7	--	0.176
n	6200	5093	4338	3748	6454	5596	5063	4645	4301		

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5d: Trends in highest quartile of self-reported physical capacity

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	28.5	28.5	30.7	28.3	29.1	28.8	30.9	30.5	31.0	32.0	0.009
Age											
70-74	40.2	41.0	42.7	40.4	40.5	39.7	42.0	40.9	42.4	43.9	0.368
75-79	29.6	30.4	32.0	29.6	30.8	30.5	30.2	31.6	31.7	32.2	0.381
80-84	23.0	21.8	23.9	20.0	20.7	22.0	23.5	23.1	23.4	24.7	0.322
85-89	13.4	12.5	14.7	13.1	12.9	13.9	16.3	13.8	13.7	14.8	0.424
90+	6.8	8.0	7.1	6.0	7.4	6.2	6.5	7.9	6.7	6.8	0.868
Gender											
Men	46.2	45.6	48.4	45.2	44.0	44.4	46.7	44.8	44.9	46.9	0.785
Women	15.7	15.8	17.2	15.6	17.7	16.8	18.7	19.5	20.1	20.0	0.000
Race											
White, non-Hispanic	29.5	29.7	32.3	30.0	30.3	30.5	32.5	31.7	32.1	33.4	0.025
Black, non-Hispanic	23.5	19.6	21.1	22.1	23.5	22.9	24.0	23.1	23.5	22.7	0.386
Hispanic	21.2	21.3	19.4	17.1	21.0	17.8	21.1	23.7	26.4	23.4	0.213
Other	30.5	36.1	35.8	23.3	28.4	26.7	28.3	34.7	34.0	38.9	0.490
Education											
0-12 years, no diploma	19.4	18.6	18.7	15.4	18.0	17.1	18.9	20.0	18.9	19.4	0.724
High school graduate	24.0	22.2	24.1	20.3	21.4	21.4	22.2	21.9	20.0	21.9	0.316
Some college	28.4	29.2	31.1	29.0	28.8	28.9	28.2	27.9	31.0	32.6	0.377
Bachelor's degree	39.7	41.5	45.5	41.6	41.6	41.3	46.8	44.4	44.1	40.3	0.732
Graduate degree	51.4	50.0	49.9	48.5	50.0	46.9	49.6	47.3	47.6	47.8	0.372
Region											
Northeast	27.3	25.9	30.2	27.9	24.4	26.3	33.4	29.9	29.2	32.7	0.079
Midwest	30.3	30.2	33.4	28.2	30.8	29.2	27.7	28.4	29.7	29.9	0.460
South	27.1	27.4	29.1	27.5	28.4	29.6	29.7	29.8	29.9	30.8	0.086
West	30.1	31.0	30.9	30.3	32.6	29.2	34.3	34.5	36.0	36.1	0.016
Help with activities											
No help	39.0	39.7	41.1	38.1	39.5	39.3	41.4	40.6	41.3	42.1	0.079
Help with HH activities only	11.7	11.0	15.6	10.0	9.7	6.6	10.9	12.4	10.3	11.3	0.540
Any help with SCM activities	2.8	1.7	3.6	3.6	3.4	4.5	3.8	2.8	3.5	3.4	0.290
Dementia											
No dementia	30.9	30.8	33.0	30.4	31.2	31.2	32.9	32.3	32.7	--	0.175
Probable dementia	8.3	9.4	10.4	9.5	10.0	7.3	10.7	12.5	12.3	--	0.124

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Table 5d (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	36.6	37.5	39.1	37.6	36.8	37.4	39.6	37.9	39.2	39.3	0.257
Divorced/separated	29.1	29.5	29.0	24.9	27.9	26.8	27.3	28.7	27.4	30.4	0.864
Widowed	16.0	15.5	17.7	14.1	17.1	16.1	18.3	19.0	18.5	19.9	0.015
Never married	25.0	16.7	28.3	24.7	23.0	18.8	18.0	23.5	25.9	25.3	0.820
Number of children											
Zero	31.3	27.3	30.8	28.1	28.6	29.0	27.3	31.8	33.6	35.6	0.246
One	25.1	25.6	27.5	26.8	30.5	28.0	36.0	31.1	31.6	31.0	0.038
Two or more	28.7	29.1	31.1	28.5	28.9	28.9	30.5	30.3	30.7	31.9	0.080
Living arrangement											
Alone	21.9	21.2	23.0	19.4	22.8	21.4	23.6	23.9	23.9	26.4	0.026
With spouse only	38.3	39.1	41.3	40.8	38.5	39.7	41.1	40.2	41.1	40.9	0.362
With spouse and others	29.0	30.3	32.4	27.1	29.6	29.5	32.8	28.6	31.6	31.3	0.684
With others only	15.6	15.6	18.4	14.3	16.0	14.4	16.0	18.7	17.7	19.3	0.170
Residential setting											
Traditional community setting	30.4	30.6	32.5	29.8	30.9	30.6	32.2	31.8	32.5	33.5	0.052
Retirement community/senior housing	24.7	22.6	26.7	25.1	25.1	24.0	27.5	25.9	27.1	25.6	0.590
Residential care other than nursing home	10.9	8.8	10.4	10.3	8.3	9.3	15.2	17.0	11.2	13.4	0.089
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5e Trends in the middle quartiles of self-reported physical capacity

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	47.3	49.0	48.6	50.5	49.7	50.2	50.0	50.9	50.3	50.2	0.050
Age											
70-74	46.5	48.3	47.9	49.6	48.6	49.7	48.0	49.1	47.6	47.0	0.940
75-79	50.9	50.5	49.8	51.1	52.1	54.0	54.9	54.8	54.2	55.6	0.007
80-84	49.5	51.6	49.4	53.7	52.1	51.6	51.8	53.3	54.2	53.5	0.095
85-89	45.3	49.7	52.2	51.2	52.4	49.3	49.8	51.2	49.7	49.5	0.609
90+	32.4	37.0	38.8	42.5	34.7	35.2	40.2	38.4	40.2	38.2	0.295
Gender											
Men	39.3	40.6	39.2	42.7	43.2	42.2	41.9	42.8	42.8	41.7	0.146
Women	53.1	55.3	55.7	56.4	54.6	56.3	56.3	57.1	56.2	57.1	0.080
Race											
White, non-Hispanic	48.4	50.4	49.0	51.2	50.7	50.8	50.9	52.5	52.0	51.4	0.034
Black, non-Hispanic	42.2	44.8	46.1	45.0	43.3	43.9	45.3	45.4	45.3	47.8	0.260
Hispanic	40.1	38.3	47.5	47.2	47.6	50.7	46.6	44.3	42.6	43.2	0.747
Other	46.4	46.4	47.8	51.5	44.0	49.1	48.3	40.2	40.0	43.1	0.303
Education											
0-12 years, no diploma	42.9	44.6	45.3	49.5	46.2	46.8	46.1	43.4	43.6	44.6	0.926
High school graduate	51.2	55.1	55.1	55.5	54.7	54.6	55.0	55.2	57.9	55.5	0.180
Some college	51.2	52.6	51.6	52.1	53.2	53.3	55.1	56.3	52.9	51.2	0.490
Bachelor's degree	45.3	44.4	41.5	46.4	44.9	45.7	42.5	46.9	45.8	51.3	0.139
Graduate degree	39.1	40.0	41.6	42.9	41.4	44.0	42.9	44.4	43.9	43.8	0.217
Region											
Northeast	48.4	51.1	48.9	49.7	53.4	53.3	48.8	53.6	54.8	51.5	0.156
Midwest	46.9	48.9	46.5	52.1	49.2	52.0	53.8	54.0	53.3	53.9	0.003
South	46.6	48.7	49.0	50.9	49.8	49.2	50.7	50.5	48.9	50.8	0.244
West	47.9	47.8	49.9	48.8	46.6	47.3	45.9	46.3	46.1	44.0	0.114
Help with activities											
No help	54.1	54.1	53.5	56.2	55.2	56.0	54.5	55.1	54.0	54.0	0.980
Help with HH activities only	47.3	54.7	53.4	54.4	53.3	57.6	52.7	52.1	58.1	53.1	0.233
Any help with SCM activities	25.1	29.2	29.8	28.5	28.9	27.8	32.7	35.0	33.4	34.5	0.000
Dementia											
No dementia	50.0	51.4	50.6	52.5	51.9	52.5	51.8	52.8	52.0	--	0.122
Probable dementia	24.7	29.4	32.1	32.5	29.4	29.2	32.2	31.0	31.2	--	0.195

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Table 5e (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	47.5	48.2	47.8	49.7	49.7	48.9	47.9	50.1	49.1	50.1	0.290
Divorced/separated	46.0	47.5	50.8	51.8	50.9	52.9	56.8	56.6	53.1	49.4	0.116
Widowed	47.8	50.5	49.4	51.3	49.2	50.8	50.6	49.9	51.8	51.0	0.265
Never married	43.4	52.4	47.4	50.6	49.1	54.9	53.4	49.9	43.5	48.9	0.952
Number of children											
Zero	41.8	47.0	45.7	48.6	48.9	51.7	55.7	50.7	48.3	46.5	0.212
One	46.4	51.1	48.3	52.3	46.8	48.3	43.9	50.2	50.6	53.4	0.402
Two or more	48.1	48.9	49.0	50.4	50.2	50.3	50.4	51.0	50.5	50.0	0.144
Living arrangement											
Alone	48.1	51.2	51.4	53.6	51.4	53.0	53.5	54.0	53.4	50.4	0.188
With spouse only	47.7	48.3	47.8	48.3	49.5	48.5	48.0	50.5	48.4	49.7	0.396
With spouse and others	49.0	48.7	47.1	53.9	51.9	51.2	48.8	48.1	52.1	53.4	0.498
With others only	43.4	46.8	45.6	47.9	45.0	48.3	49.7	47.4	48.6	49.3	0.109
Residential setting											
Traditional community setting	48.3	49.8	49.2	51.4	50.5	51.2	51.3	52.0	50.9	51.0	0.074
Retirement community/senior housing	47.8	47.6	46.3	47.9	50.1	50.9	47.0	51.9	50.1	49.3	0.474
Residential care other than nursing home	35.0	41.2	42.8	41.3	37.9	35.0	36.0	32.3	40.6	37.2	0.446
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 5f: Trends in lowest quartile of self-reported physical capacity

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	24.2	22.5	20.7	21.2	21.2	21.0	19.1	18.6	18.6	17.8	0.000
Age											
70-74	13.3	10.7	9.4	10.0	10.9	10.7	10.0	10.0	9.9	9.1	0.159
75-79	19.5	19.1	18.2	19.3	17.1	15.5	14.9	13.7	14.1	12.2	0.000
80-84	27.5	26.6	26.7	26.3	27.3	26.5	24.7	23.5	22.4	21.8	0.005
85-89	41.3	37.8	33.0	35.7	34.7	36.8	33.9	35.0	36.5	35.7	0.292
90+	60.9	55.0	54.0	51.4	57.9	58.6	53.3	53.7	53.0	55.1	0.362
Gender											
Men	14.5	13.8	12.3	12.1	12.9	13.4	11.4	12.3	12.3	11.4	0.073
Women	31.2	28.9	27.0	28.1	27.7	26.9	25.0	23.4	23.7	22.9	0.000
Race											
White, non-Hispanic	22.1	19.9	18.7	18.8	18.9	18.7	16.6	15.8	15.9	15.3	0.000
Black, non-Hispanic	34.3	35.6	32.8	32.9	33.2	33.1	30.7	31.5	31.2	29.4	0.042
Hispanic	38.6	40.4	33.2	35.7	31.5	31.4	32.3	32.0	31.0	33.4	0.147
Other	23.1	17.5	16.4	25.2	27.6	24.2	23.4	25.1	26.0	18.0	0.752
Education											
0-12 years, no diploma	37.7	36.8	36.0	35.1	35.7	36.1	35.0	36.5	37.5	36.0	0.829
High school graduate	24.9	22.7	20.8	24.3	23.9	24.0	22.8	22.9	22.1	22.6	0.589
Some college	20.4	18.2	17.4	18.9	18.1	17.8	16.7	15.8	16.1	16.1	0.029
Bachelor's degree	14.9	14.2	13.0	12.0	13.6	13.0	10.7	8.7	10.1	8.4	0.001
Graduate degree	9.4	10.0	8.5	8.6	8.6	9.2	7.5	8.3	8.6	8.4	0.554
Region											
Northeast	24.4	23.0	20.8	22.4	22.2	20.4	17.8	16.5	15.9	15.9	0.000
Midwest	22.8	20.9	20.1	19.7	20.0	18.8	18.5	17.6	17.0	16.2	0.001
South	26.2	23.9	21.9	21.6	21.8	21.2	19.6	19.7	21.3	18.4	0.000
West	22.0	21.2	19.2	20.9	20.8	23.4	19.8	19.2	17.9	19.9	0.247
Help with activities											
No help	6.9	6.3	5.4	5.7	5.3	4.7	4.1	4.2	4.7	3.9	0.000
Help with HH activities only	41.0	34.3	31.0	35.6	37.0	35.8	36.4	35.5	31.6	35.6	0.438
Any help with SCM activities	72.1	69.1	66.6	67.8	67.8	67.7	63.5	62.2	63.1	62.1	0.000
Dementia											
No dementia	19.1	17.8	16.4	17.2	16.9	16.4	15.3	14.9	15.3	--	0.022
Probable dementia	67.0	61.2	57.5	58.1	60.6	63.6	57.0	56.5	56.5	--	0.039

Table 5f (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	15.8	14.3	13.1	12.7	13.6	13.7	12.5	12.0	11.6	10.6	0.000
Divorced/separated	24.9	23.0	20.2	23.4	21.1	20.3	15.8	14.7	19.5	20.2	0.030
Widowed	36.2	34.0	32.9	34.5	33.7	33.1	31.1	31.1	29.7	29.0	0.001
Never married	31.6	30.9	24.2	24.7	27.8	26.3	28.6	26.6	30.6	25.8	0.782
Number of children											
Zero	26.9	25.7	23.5	23.3	22.5	19.3	17.0	17.5	18.1	17.9	0.003
One	28.5	23.2	24.2	20.9	22.7	23.7	20.1	18.7	17.8	15.7	0.000
Two or more	23.2	22.0	19.9	21.0	20.9	20.8	19.1	18.7	18.8	18.1	0.000
Living arrangement											
Alone	30.0	27.7	25.6	27.0	25.8	25.5	22.9	22.1	22.8	23.2	0.000
With spouse only	14.0	12.6	10.9	10.9	12.0	11.8	11.0	9.3	10.6	9.4	0.003
With spouse and others	22.1	21.1	20.5	19.0	18.4	19.3	18.4	23.3	16.3	15.3	0.152
With others only	41.0	37.5	36.0	37.9	39.0	37.2	34.3	33.9	33.8	31.4	0.004
Residential setting											
Traditional community setting	21.3	19.6	18.3	18.8	18.7	18.2	16.5	16.3	16.6	15.5	0.000
Retirement community/senior housing	27.5	29.8	27.0	27.0	24.8	25.0	25.4	22.3	22.8	25.1	0.131
Residential care other than nursing home	54.1	50.0	46.8	48.3	53.8	55.6	48.8	50.8	48.2	49.4	0.700
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 6_1: Trends in probable dementia

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	10.6	10.7	10.4	9.9	9.9	9.8	9.0	8.7	8.0	--	0.000
Age											
70-74	3.2	3.9	4.7	3.7	3.3	4.1	3.0	2.9	2.0	--	0.029
75-79	8.1	6.9	6.3	6.2	7.1	6.3	7.6	6.8	6.3	--	0.590
80-84	12.9	13.8	14.2	13.3	13.4	13.0	12.3	12.5	10.9	--	0.163
85-89	21.7	21.2	19.5	19.2	20.3	20.1	19.5	19.4	18.7	--	0.330
90+	32.7	31.7	30.8	31.9	30.6	29.9	27.2	26.4	27.7	--	0.047
Gender											
Men	9.2	9.6	9.6	8.8	9.6	9.9	9.3	8.5	7.0	--	0.083
Women	11.5	11.5	11.1	10.7	10.1	9.8	8.8	8.8	8.8	--	0.000
Race											
White, non-Hispanic	9.5	9.6	9.2	8.7	8.5	8.4	7.6	7.1	6.8	--	0.000
Black, non-Hispanic	16.0	15.0	13.7	12.2	13.1	13.9	14.1	13.6	13.6	--	0.426
Hispanic	16.8	17.8	20.3	21.2	19.1	18.7	18.8	19.4	15.3	--	0.719
Other	11.7	14.1	13.3	12.2	14.9	14.6	10.7	11.8	8.8	--	0.410
Education											
0-12 years, no diploma	19.3	19.9	20.9	19.3	19.3	20.8	20.4	18.2	17.8	--	0.505
High school graduate	10.6	10.2	9.1	9.7	10.9	10.3	8.9	9.8	8.8	--	0.398
Some college	6.2	7.2	7.4	6.9	6.2	6.8	6.5	6.7	5.7	--	0.430
Bachelor's degree	6.9	6.5	7.2	7.2	7.1	5.3	5.3	4.4	5.1	--	0.070
Graduate degree	4.2	4.8	4.5	4.8	4.1	4.9	5.0	5.5	4.8	--	0.573
Region											
Northeast	10.3	10.8	9.1	9.4	9.7	10.2	7.8	7.1	5.4	--	0.003
Midwest	7.9	8.1	7.1	6.6	7.3	7.9	8.3	8.9	8.4	--	0.371
South	11.8	12.2	12.0	10.2	10.5	9.6	8.8	7.8	8.0	--	0.000
West	11.6	11.0	12.6	13.3	11.6	11.8	11.1	11.4	9.7	--	0.287
Help with activities											
No help	2.2	2.3	2.5	3.0	2.1	2.5	2.5	2.6	2.0	--	0.888
Help with HH activities only	20.5	18.6	17.8	17.0	18.0	14.3	16.3	16.3	17.0	--	0.142
Any help with SCM activities	33.0	34.0	33.2	30.3	32.4	32.0	28.3	27.0	25.7	--	0.000

Table 6_1 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	7.4	7.5	7.6	6.3	7.4	7.6	7.0	6.6	5.4	--	0.055
Divorced/separated	7.9	7.7	8.7	9.7	8.6	7.8	7.1	6.8	6.4	--	0.184
Widowed	15.6	16.2	15.1	15.6	14.8	14.6	13.5	13.3	13.5	--	0.029
Never married	17.3	16.2	15.4	12.8	7.8	8.1	8.6	10.0	10.2	--	0.033
Number of children											
Zero	11.7	13.0	12.8	10.7	8.8	6.9	7.8	7.4	9.3	--	0.036
One	12.2	10.5	11.3	10.7	11.0	11.5	8.6	7.7	6.7	--	0.008
Two or more	10.2	10.5	10.0	9.7	9.8	9.9	9.2	9.0	8.1	--	0.006
Living arrangement											
Alone	10.8	10.9	10.6	11.6	9.9	9.9	9.2	9.2	8.8	--	0.035
With spouse only	6.3	6.2	6.3	5.0	6.3	6.1	6.0	5.3	5.2	--	0.258
With spouse and others	11.3	11.8	11.0	9.7	10.7	11.4	9.7	10.1	5.6	--	0.051
With others only	21.8	20.8	20.4	19.4	19.3	18.6	16.7	16.1	15.5	--	0.001
Residential setting											
Traditional community setting	9.2	9.3	9.2	8.8	8.5	8.7	7.8	7.6	6.7	--	0.000
Retirement community/senior housing	9.5	8.8	10.1	6.9	5.8	6.1	6.8	8.4	8.2	--	0.479
Residential care other than nursing home	27.6	30.1	26.9	28.7	34.1	30.0	29.3	27.4	29.7	--	0.836
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	--	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

      HH = household; SCM = self-care and mobility

Table 6_2: Trends in probable dementia

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	13.0	13.0	12.5	12.1	11.7	11.8	11.1	10.5	9.8	--	0.000
Age											
70-74	4.3	4.6	5.1	4.2	3.9	4.8	3.9	3.4	2.8	--	0.048
75-79	9.5	7.8	7.5	7.2	7.8	7.2	8.2	8.0	7.2	--	0.480
80-84	15.3	16.4	16.1	15.7	15.7	15.0	14.8	14.5	12.4	--	0.097
85-89	25.5	25.4	23.3	23.3	23.2	23.0	23.4	22.8	22.3	--	0.230
90+	39.0	38.3	37.0	38.9	36.8	36.3	33.7	31.1	32.8	--	0.011
Gender											
Men	10.7	11.2	10.7	10.5	10.6	11.1	10.4	9.5	8.3	--	0.043
Women	14.6	14.4	13.8	13.2	12.6	12.3	11.5	11.2	10.9	--	0.000
Race											
White, non-Hispanic	11.9	11.8	11.3	11.0	10.5	10.4	9.7	8.9	8.5	--	0.011
Black, non-Hispanic	19.1	18.8	16.3	14.6	15.8	16.7	17.6	16.7	16.1	--	0.852
Hispanic	18.5	19.4	21.5	21.4	19.6	19.4	19.6	20.1	16.4	--	0.862
Other	14.1	15.9	13.6	13.6	15.7	16.0	11.5	12.9	10.5	--	0.753
Region											
Northeast	12.6	13.0	11.6	12.0	11.8	12.3	10.5	9.9	8.5	--	0.019
Midwest	11.0	10.8	10.1	9.5	9.8	10.7	10.6	11.0	10.4	--	0.941
South	14.5	14.8	13.9	12.4	12.5	11.7	11.0	9.6	9.7	--	0.000
West	13.0	12.5	13.4	14.4	12.5	12.6	12.2	12.0	10.2	--	0.132
Residential setting											
Traditional community setting	9.2	9.3	9.2	8.8	8.5	8.7	7.8	7.6	6.7	--	0.000
Retirement community/senior housing	9.5	8.8	10.1	6.9	5.8	6.1	6.8	8.4	8.2	--	0.479
Residential care other than nursing home	27.6	30.1	26.9	28.7	34.1	30.0	29.3	27.4	29.7	--	0.836
Nursing home	72.3	68.2	69.8	75.5	70.3	71.3	77.7	72.4	69.8	--	0.627
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	--	

Source: National Health and Aging Trends Study

Table 7: Trends in poor vision

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	9.8	9.7	9.6	8.5	9.6	8.7	9.2	8.8	9.3	8.0	0.049
Age											
70-74	5.2	4.7	5.7	4.9	6.4	5.2	7.0	6.0	6.7	4.4	0.561
75-79	7.9	7.8	6.1	6.6	8.3	6.8	7.4	8.5	7.3	6.3	0.738
80-84	10.2	11.0	11.5	9.9	9.1	9.1	8.0	7.5	10.5	9.1	0.118
85-89	17.5	16.1	16.2	12.2	15.5	14.6	13.7	13.5	14.7	15.4	0.262
90+	27.2	27.2	27.5	25.3	23.8	24.5	26.0	23.9	22.4	22.6	0.080
Gender											
Men	7.5	7.2	7.4	6.8	7.4	7.0	7.0	7.4	8.3	6.0	0.752
Women	11.5	11.5	11.3	9.8	11.3	10.0	10.9	9.9	10.1	9.6	0.037
Race											
White, non-Hispanic	8.8	8.3	8.2	7.3	8.3	7.4	8.0	7.6	7.8	6.9	0.053
Black, non-Hispanic	12.5	12.2	14.4	11.8	13.3	11.8	11.4	11.0	10.8	11.4	0.150
Hispanic	18.5	22.4	18.5	17.6	19.4	18.8	16.2	18.4	18.4	14.6	0.239
Other	10.5	12.0	15.1	12.4	10.4	11.7	18.4	11.3	19.8	11.8	0.429
Education											
0-12 years, no diploma	16.2	16.7	17.3	15.8	17.7	16.7	17.1	17.5	16.3	16.8	0.818
High school graduate	9.3	9.0	9.6	9.5	10.3	9.4	11.3	10.7	11.9	10.9	0.062
Some college	7.6	8.0	6.6	5.9	7.2	6.6	7.3	6.6	8.3	6.3	0.812
Bachelor's degree	7.1	5.9	6.6	4.4	6.5	5.5	5.1	4.4	5.0	4.5	0.098
Graduate degree	4.1	4.3	5.5	5.0	4.1	3.8	4.4	5.5	4.6	3.2	0.574
Region											
Northeast	9.1	8.1	8.5	8.1	8.1	9.6	7.9	6.7	6.6	7.5	0.160
Midwest	9.2	8.5	8.3	8.2	7.9	6.9	8.1	6.5	8.5	7.3	0.218
South	10.6	11.1	10.4	8.7	10.8	8.8	10.1	9.7	11.0	8.5	0.309
West	9.7	10.1	10.7	8.8	10.3	9.4	9.7	11.1	9.2	8.1	0.484
Help with activities											
No help	4.2	4.0	3.5	3.3	4.5	3.8	4.5	4.3	5.2	3.2	0.509
Help with HH activities only	16.8	17.4	18.5	16.4	15.2	17.2	14.7	14.9	18.4	16.3	0.646
Any help with SCM activities	24.7	24.0	25.6	22.7	23.9	20.7	23.2	22.3	20.0	22.5	0.053
Dementia											
No dementia	7.6	7.6	7.6	6.6	7.5	6.8	7.5	7.1	7.7	--	0.917
Probable dementia	28.5	27.4	26.7	25.7	28.9	25.6	26.8	26.7	27.2	--	0.713

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Table 7 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	6.8	6.6	6.0	6.0	6.8	5.8	6.4	5.7	7.0	5.5	0.480
Divorced/separated	8.7	9.4	9.5	8.1	8.7	10.3	9.5	10.0	9.4	7.5	0.857
Widowed	14.1	14.5	14.9	12.7	14.5	12.7	14.0	13.4	12.8	12.2	0.114
Never married	17.2	9.9	15.0	11.1	10.6	10.3	9.9	11.9	14.7	14.4	0.925
Number of children											
Zero	12.5	11.0	11.8	9.3	8.7	7.2	9.4	8.6	9.5	8.4	0.111
One	12.1	10.1	11.3	8.9	10.9	9.3	7.8	9.6	8.3	7.2	0.027
Two or more	9.1	9.5	9.1	8.4	9.5	8.7	9.4	8.7	9.4	8.1	0.425
Living arrangement											
Alone	11.3	11.0	11.5	9.8	10.8	9.9	11.0	10.7	10.4	9.8	0.327
With spouse only	5.8	5.2	4.7	4.6	6.2	5.3	6.2	5.0	6.6	5.4	0.400
With spouse and others	11.3	11.8	10.2	10.0	9.6	7.1	7.0	9.3	8.7	5.7	0.014
With others only	16.9	17.2	17.9	15.1	16.4	16.1	15.3	15.0	14.9	12.9	0.036
Residential setting											
Traditional community setting	8.8	8.7	9.1	7.7	8.6	7.9	8.5	8.1	8.7	7.0	0.081
Retirement community/senior housing	9.8	10.9	5.6	6.9	10.8	9.1	7.3	7.9	9.7	9.9	0.897
Residential care other than nursing home	21.2	20.1	21.4	22.3	22.0	18.9	21.9	20.5	19.5	23.6	0.902
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 8: Trends in poor hearing

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	17.0	15.0	14.4	14.2	13.3	13.6	12.3	11.8	12.8	13.1	0.000
Age											
70-74	11.2	11.3	9.1	8.8	8.7	9.9	8.2	7.4	9.3	9.8	0.219
75-79	15.0	11.6	12.3	12.7	10.1	10.4	11.2	10.5	10.6	11.1	0.037
80-84	17.8	15.1	16.3	15.2	16.3	15.1	13.1	12.6	13.4	13.7	0.009
85-89	26.5	24.7	21.7	24.1	20.0	19.4	17.3	19.9	19.4	19.6	0.001
90+	36.7	29.3	34.2	30.6	33.4	33.2	32.6	30.3	32.2	30.5	0.352
Gender											
Men	19.5	16.0	14.6	15.9	14.9	15.3	13.9	13.4	14.8	14.9	0.012
Women	15.2	14.2	14.3	13.0	12.1	12.3	11.1	10.6	11.3	11.7	0.000
Race											
White, non-Hispanic	17.2	15.0	14.0	14.0	13.0	13.3	11.8	11.3	12.3	12.4	0.000
Black, non-Hispanic	10.2	9.2	9.1	7.1	8.1	7.8	5.8	7.0	6.6	7.1	0.008
Hispanic	22.6	20.8	23.1	24.5	23.9	24.4	23.2	21.4	25.0	27.0	0.438
Other	16.7	17.2	20.6	18.3	13.9	13.7	17.6	14.8	14.3	15.3	0.422
Education											
0-12 years, no diploma	23.9	21.3	22.0	22.2	21.6	22.0	18.9	21.1	21.9	24.3	0.748
High school graduate	17.3	14.6	15.4	14.8	13.5	14.1	12.7	13.5	17.1	15.4	0.667
Some college	14.0	12.8	11.2	12.7	11.1	11.0	11.8	10.6	10.2	10.9	0.041
Bachelor's degree	13.5	10.3	10.9	9.4	11.1	12.0	9.9	8.8	8.2	11.0	0.200
Graduate degree	10.5	12.8	9.3	9.5	7.9	8.3	7.6	5.1	7.2	6.9	0.002
Region											
Northeast	17.1	14.2	13.3	12.2	11.5	11.4	11.7	9.2	12.8	10.9	0.007
Midwest	17.8	14.6	13.0	14.7	13.3	13.5	10.2	12.0	10.3	11.4	0.000
South	16.3	16.0	15.0	15.0	12.8	12.9	12.4	11.4	13.6	14.1	0.014
West	17.1	14.5	16.0	14.3	15.9	16.9	14.8	14.6	14.1	15.0	0.393
Help with activities											
No help	13.0	10.9	10.1	10.6	9.5	9.6	9.5	8.1	9.3	9.6	0.000
Help with HH activities only	22.4	19.5	19.6	15.8	18.5	20.4	14.3	15.4	18.9	16.1	0.035
Any help with SCM activities	27.4	26.1	26.1	26.3	23.9	23.7	21.4	23.7	22.9	25.3	0.057
Dementia											
No dementia	15.1	13.3	12.4	12.4	11.4	11.9	10.9	10.4	11.4	--	0.000
Probable dementia	32.5	28.8	31.5	30.6	30.7	29.2	26.6	26.7	29.1	--	0.117

Table 8 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	16.0	13.9	12.7	13.0	12.3	12.4	11.6	11.0	11.9	12.2	0.003
Divorced/separated	14.3	11.3	11.1	12.7	10.2	11.4	9.4	10.7	12.5	12.0	0.648
Widowed	19.7	18.3	18.6	18.1	16.8	16.6	14.8	14.3	15.1	15.5	0.000
Never married	14.1	11.4	12.4	4.1	10.2	13.0	12.8	7.5	9.8	12.9	0.782
Number of children											
Zero	16.4	14.8	18.3	13.1	12.4	10.9	11.3	9.3	13.5	12.9	0.050
One	16.7	16.2	15.6	12.2	13.9	12.3	12.6	11.9	10.2	9.5	0.000
Two or more	17.1	14.9	13.8	14.7	13.3	14.1	12.4	12.1	13.2	13.7	0.001
Living arrangement											
Alone	17.5	14.8	15.5	14.0	13.3	13.3	11.1	11.0	12.6	12.6	0.000
With spouse only	15.4	13.2	11.9	12.1	11.2	11.8	10.9	10.6	10.6	10.7	0.001
With spouse and others	18.0	16.2	14.5	15.0	16.8	14.8	14.6	13.2	17.4	20.2	0.617
With others only	19.9	19.2	18.5	20.1	17.0	18.3	17.3	16.0	16.8	16.9	0.076
Residential setting											
Traditional community setting	16.2	14.1	13.9	13.6	12.7	13.0	12.2	11.5	12.0	12.4	0.000
Retirement community/senior housing	16.8	16.3	13.4	16.3	15.2	14.2	11.7	11.3	16.6	15.6	0.578
Residential care other than nursing home	26.1	24.7	23.2	20.8	20.5	21.2	14.6	17.4	22.3	22.2	0.078
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 9a: Trends in living in traditional community settings

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	85.2	85.5	86.4	86.7	87.0	86.9	87.2	87.4	87.8	88.5	0.001
Age											
70-74	89.8	90.7	91.8	91.9	92.5	92.6	92.3	92.1	92.7	93.7	0.066
75-79	89.2	88.7	87.9	87.7	89.8	89.6	89.8	90.4	90.0	90.2	0.180
80-84	84.5	84.7	85.5	86.3	83.8	84.8	84.3	83.7	85.9	86.4	0.721
85-89	76.4	78.0	79.5	79.1	79.0	76.3	77.4	79.0	76.4	78.3	0.922
90+	61.4	61.6	65.6	68.0	66.7	68.7	67.6	67.9	70.8	70.7	0.015
Gender											
Men	88.5	88.7	89.1	89.8	89.5	89.5	89.2	89.2	89.7	90.4	0.299
Women	82.8	83.1	84.4	84.4	85.1	84.9	85.6	85.9	86.2	86.9	0.002
Race											
White, non-Hispanic	84.5	84.8	85.8	86.2	86.3	86.6	86.5	86.9	87.4	88.3	0.001
Black, non-Hispanic	89.1	89.3	89.7	89.6	89.4	88.3	89.2	89.4	87.8	88.4	0.529
Hispanic	90.3	90.1	92.1	93.0	92.7	90.1	91.7	90.2	90.9	90.7	0.861
Other	83.0	82.6	82.6	81.8	86.4	85.3	88.5	87.9	89.5	88.7	0.078
Education											
0-12 years, no diploma	86.2	85.9	86.7	87.8	86.5	87.2	88.1	88.4	88.3	89.0	0.126
High school graduate	85.0	85.9	86.5	86.7	87.3	87.6	87.4	87.1	88.1	88.1	0.117
Some college	84.1	83.8	85.3	85.0	86.6	85.8	86.3	87.5	87.8	88.3	0.010
Bachelor's degree	83.0	84.1	85.0	86.7	86.9	87.3	87.2	87.3	88.1	89.3	0.041
Graduate degree	88.9	88.5	89.4	88.1	88.3	86.9	87.3	86.6	86.5	88.0	0.397
Region											
Northeast	86.1	86.1	88.2	88.8	87.9	88.4	88.9	90.4	90.0	90.7	0.023
Midwest	88.2	87.6	87.4	87.7	89.4	88.2	88.3	88.3	89.1	90.3	0.226
South	85.6	86.1	87.0	87.6	88.0	87.5	87.4	87.4	88.1	88.7	0.106
West	80.4	81.3	82.6	82.1	82.1	83.3	84.1	83.9	84.0	84.1	0.083
Help with activities											
No help	90.1	90.3	90.7	91.4	92.2	92.2	92.1	92.3	92.0	93.0	0.003
Help with HH activities only	70.4	70.4	70.8	68.1	69.7	70.4	68.6	66.0	73.3	70.3	0.962
Any help with SCM activities	76.6	78.0	79.8	80.2	78.4	77.2	79.1	79.9	79.3	79.5	0.426
Dementia											
No dementia	86.5	86.8	87.5	87.7	88.4	88.0	88.4	88.5	89.0	--	0.010
Probable dementia	74.3	74.3	76.7	77.3	74.7	76.6	75.1	75.9	73.8	--	0.972

Table 9a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	91.4	91.6	91.8	92.0	92.0	91.8	91.9	92.3	92.7	92.9	0.210
Divorced/separated	77.3	78.1	82.3	82.8	84.8	84.9	85.5	86.0	85.8	85.1	0.006
Widowed	79.2	79.7	80.3	80.4	80.5	80.7	80.5	80.5	80.8	82.9	0.175
Never married	75.1	73.7	74.2	75.9	76.8	75.0	78.3	76.4	78.3	78.8	0.468
Number of children											
Zero	80.0	78.8	80.0	79.2	80.9	82.2	83.9	85.6	86.2	86.0	0.015
One	84.8	88.4	88.4	88.1	86.0	84.6	84.0	84.0	84.1	85.6	0.248
Two or more	85.9	85.8	86.8	87.3	87.8	87.8	88.0	88.1	88.5	89.2	0.001
Living arrangement											
Alone	70.3	71.4	70.7	73.3	75.1	74.0	74.4	74.3	75.6	77.2	0.002
With spouse only	90.9	90.8	93.8	91.4	90.7	90.7	90.9	91.4	91.5	92.0	0.921
With spouse and others	98.2	96.8	98.6	98.3	99.0	99.0	98.4	97.8	99.4	98.3	0.390
With others only	95.5	93.2	93.7	94.6	95.3	95.6	95.8	96.4	95.0	94.9	0.270
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 9b: Trends in living in retirement communities or senior housing

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	7.6	7.7	7.3	7.2	6.8	6.8	6.8	7.2	7.2	6.9	0.371
Age											
70-74	7.4	6.7	5.9	5.9	5.7	5.5	5.8	6.7	6.4	5.4	0.564
75-79	6.8	8.2	8.9	9.1	7.2	6.9	7.3	7.2	7.3	7.6	0.585
80-84	8.1	8.4	6.9	7.2	8.2	8.7	8.6	8.6	8.1	8.7	0.510
85-89	7.6	6.8	8.0	7.8	7.2	7.4	6.8	7.6	8.9	7.6	0.740
90+	10.6	10.3	8.4	6.7	7.4	7.1	6.2	5.7	5.8	6.2	0.014
Gender											
Men	6.8	6.6	6.4	6.5	6.3	6.1	6.0	6.6	6.4	5.9	0.601
Women	8.2	8.4	8.0	7.8	7.3	7.3	7.3	7.6	7.7	7.7	0.504
Race											
White, non-Hispanic	7.5	7.6	7.3	7.2	6.9	6.8	6.8	7.1	7.2	6.8	0.469
Black, non-Hispanic	6.3	6.8	6.7	7.3	6.8	7.0	7.3	7.3	8.0	7.8	0.352
Hispanic	7.0	6.3	6.1	5.6	5.5	6.2	6.2	7.5	6.7	7.1	0.742
Other	12.3	14.8	11.4	11.6	7.6	8.2	6.8	6.7	5.5	5.3	0.023
Education											
0-12 years, no diploma	7.7	7.8	7.8	7.2	7.5	7.1	6.9	7.5	7.0	6.8	0.519
High school graduate	7.4	7.7	7.7	7.4	6.3	6.2	6.7	6.6	6.6	6.8	0.380
Some college	8.3	9.0	8.1	8.6	7.5	7.6	7.4	7.7	7.5	7.4	0.362
Bachelor's degree	6.8	6.3	6.2	5.4	5.9	6.2	5.9	6.2	6.7	6.2	0.972
Graduate degree	6.9	5.8	4.9	6.2	6.5	6.5	6.6	7.7	7.9	6.7	0.379
Region											
Northeast	6.3	6.9	5.4	5.2	5.4	5.1	3.9	4.3	4.5	4.0	0.039
Midwest	4.5	4.7	5.3	5.1	4.6	5.5	5.6	5.6	5.6	5.0	0.508
South	7.2	7.3	7.4	7.0	7.0	7.1	7.6	8.1	7.8	7.7	0.548
West	12.9	12.2	11.1	11.8	10.0	9.1	9.0	9.5	9.8	9.7	0.054
Help with activities											
No help	7.7	7.5	7.5	6.8	6.7	6.4	6.4	6.6	6.7	6.0	0.078
Help with HH activities only	8.2	9.7	8.2	11.6	8.4	8.6	8.8	12.1	9.5	10.8	0.299
Any help with SCM activities	6.9	7.0	6.3	6.6	6.3	7.2	7.0	7.0	7.6	8.4	0.316
Dementia											
No dementia	7.7	7.8	7.3	7.5	7.1	7.1	6.9	7.2	7.1	--	0.345
Probable dementia	6.8	6.3	7.0	5.1	4.0	4.2	5.1	6.9	7.3	--	0.941

Table 9b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	5.3	5.4	5.3	5.2	5.4	5.3	5.2	5.5	5.3	5.2	0.971
Divorced/separated	14.5	15.1	12.3	11.5	9.4	9.8	10.1	10.5	10.8	11.1	0.149
Widowed	8.9	8.8	8.7	9.1	8.0	7.7	7.9	8.4	8.8	8.0	0.554
Never married	6.7	6.9	7.4	7.0	9.2	10.2	10.1	9.5	7.0	6.2	0.775
Number of children											
Zero	7.4	8.5	8.0	8.2	7.7	7.2	6.7	5.3	5.5	5.8	0.158
One	7.5	6.0	5.4	5.0	7.7	7.9	9.9	10.3	11.1	9.9	0.018
Two or more	7.6	7.8	7.5	7.4	6.6	6.6	6.3	6.9	6.7	6.5	0.091
Living arrangement											
Alone	12.6	13.1	10.8	11.4	10.5	10.6	11.0	12.0	11.7	10.7	0.452
With spouse only	5.9	5.9	6.2	6.1	6.4	6.3	5.9	6.1	6.2	5.9	0.977
With spouse and others	1.4	2.9	1.4	1.7	1.0	1.0	1.6	2.2	0.6	1.7	0.547
With others only	4.1	4.3	6.0	5.1	3.6	3.8	3.7	3.3	4.3	5.0	0.697
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 9c: Trends in living in residential care settings other than nursing home

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	7.2	6.9	6.3	6.1	6.2	6.3	6.1	5.5	5.1	4.6	0.000
Age											
70-74	2.8	2.7	2.3	2.2	1.7	1.8	1.9	1.2	0.9	0.9	0.006
75-79	4.0	3.1	3.2	3.1	3.0	3.5	2.9	2.4	2.7	2.1	0.104
80-84	7.4	6.9	7.6	6.5	8.0	6.5	7.1	7.7	6.0	4.9	0.215
85-89	16.0	15.2	12.5	13.1	13.8	16.3	15.8	13.5	14.7	14.1	0.901
90+	27.9	28.2	26.0	25.3	25.9	24.2	26.2	26.4	23.4	23.0	0.229
Gender											
Men	4.7	4.7	4.5	3.7	4.3	4.3	4.7	4.2	3.8	3.7	0.323
Women	9.1	8.5	7.6	7.8	7.6	7.8	7.1	6.4	6.1	5.4	0.000
Race											
White, non-Hispanic	8.0	7.6	6.9	6.7	6.8	6.7	6.7	5.9	5.4	4.9	0.000
Black, non-Hispanic	4.6	4.0	3.6	3.0	3.8	4.7	3.5	3.3	4.2	3.8	0.840
Hispanic	2.6	3.6	1.8	1.5	1.9	3.7	2.2	2.3	2.4	2.2	0.873
Other	4.7	2.6	6.1	6.6	6.0	6.5	4.7	5.4	5.0	6.0	0.771
Education											
0-12 years, no diploma	6.2	6.3	5.4	4.9	6.0	5.6	5.0	4.1	4.8	4.2	0.143
High school graduate	7.5	6.4	5.8	5.9	6.4	6.2	5.9	6.3	5.3	5.1	0.184
Some college	7.6	7.2	6.5	6.4	5.9	6.6	6.3	4.8	4.7	4.2	0.004
Bachelor's degree	10.2	9.6	8.8	7.9	7.1	6.5	6.9	6.4	5.2	4.5	0.003
Graduate degree	4.2	5.8	5.7	5.6	5.2	6.6	6.1	5.7	5.6	5.2	0.824
Region											
Northeast	7.6	7.0	6.4	6.0	6.7	6.5	7.1	5.4	5.5	5.3	0.237
Midwest	7.4	7.6	7.2	7.2	5.9	6.3	6.1	6.1	5.3	4.7	0.024
South	7.2	6.6	5.6	5.3	5.0	5.5	5.1	4.5	4.1	3.5	0.000
West	6.7	6.5	6.3	6.1	7.9	7.6	6.8	6.6	6.2	6.1	0.801
Help with activities											
No help	2.2	2.2	1.8	1.9	1.1	1.4	1.5	1.1	1.3	1.0	0.001
Help with HH activities only	21.4	19.9	21.0	20.3	21.8	21.0	22.7	21.9	17.2	18.8	0.559
Any help with SCM activities	16.5	15.0	13.9	13.2	15.3	15.7	13.9	13.2	13.1	12.1	0.077
Dementia											
No dementia	5.9	5.4	5.1	4.8	4.5	4.9	4.7	4.3	3.9	--	0.004
Probable dementia	18.9	19.4	16.3	17.7	21.3	19.2	19.7	17.2	18.8	--	0.932

Table 9c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	3.3	3.0	2.9	2.8	2.6	2.9	3.0	2.2	2.0	1.9	0.021
Divorced/separated	8.2	6.8	5.4	5.7	5.8	5.3	4.4	3.5	3.4	3.8	0.011
Widowed	11.8	11.6	11.0	10.6	11.5	11.6	11.7	11.1	10.4	9.1	0.217
Never married	18.2	19.4	18.4	17.1	14.0	14.8	11.7	14.1	14.7	15.0	0.367
Number of children											
Zero	12.6	12.7	12.0	12.6	11.5	10.7	9.5	9.1	8.3	8.3	0.065
One	7.7	5.6	6.2	6.9	6.2	7.5	6.1	5.7	4.8	4.5	0.182
Two or more	6.5	6.4	5.7	5.2	5.6	5.7	5.7	5.0	4.8	4.3	0.002
Living arrangement											
Alone	17.0	15.5	18.4	15.3	14.5	15.3	14.6	13.7	12.6	12.0	0.001
With spouse only	3.1	3.3	0.0	2.5	2.9	3.0	3.2	2.5	2.2	2.1	0.793
With spouse and others	0.4	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.251
With others only	0.3	2.6	0.3	0.3	1.0	0.6	0.5	0.3	0.7	0.1	0.014
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 9a_2: Trends in living in traditional community settings

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	81.8	82.0	83.5	83.8	84.3	84.2	84.6	85.0	85.3	86.5	0.000
Age											
70-74	88.5	89.2	91.0	91.1	91.7	91.7	91.2	91.2	91.6	93.1	0.044
75-79	87.3	87.0	86.4	86.2	88.5	88.2	88.6	89.0	88.7	88.7	0.126
80-84	81.3	81.0	82.9	83.3	80.6	81.9	81.3	81.0	82.9	84.4	0.431
85-89	70.5	71.9	73.7	74.0	74.2	71.6	72.7	74.3	72.2	74.5	0.482
90+	51.5	52.1	55.2	57.4	57.5	59.5	59.3	60.3	62.9	64.4	0.000
Gender											
Men	86.4	86.3	87.4	87.7	87.8	87.9	87.9	88.0	88.1	89.3	0.074
Women	78.7	78.9	80.6	80.9	81.7	81.3	82.1	82.7	83.2	84.3	0.000
Race											
White, non-Hispanic	81.2	81.5	82.9	83.2	83.6	83.8	84.0	84.5	84.9	86.4	0.000
Black, non-Hispanic	84.2	83.7	85.1	85.5	85.6	84.0	84.1	85.1	84.5	85.8	0.667
Hispanic	87.8	87.8	90.2	92.3	91.4	88.7	90.1	89.3	88.9	88.0	0.878
Other	80.2	79.5	80.3	80.0	83.8	83.8	87.8	86.8	87.7	87.8	0.027
Region											
Northeast	82.7	82.6	84.5	85.3	84.9	84.6	85.5	86.8	85.9	87.8	0.030
Midwest	83.9	83.6	83.4	83.6	85.6	84.8	85.2	85.3	86.0	87.8	0.036
South	81.8	82.1	84.1	84.8	85.3	84.7	84.6	85.1	85.9	86.8	0.008
West	78.6	79.3	81.3	80.9	80.6	82.1	82.9	82.9	83.1	83.6	0.026
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 9b_2: Trends in living in retirement communities or senior housing

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	7.3	7.4	7.0	7.0	6.6	6.6	6.6	7.0	7.0	6.7	0.469
Age											
70-74	7.2	6.6	5.8	5.8	5.7	5.5	5.7	6.6	6.3	5.3	0.577
75-79	6.6	8.1	8.8	9.0	7.1	6.8	7.2	7.0	7.2	7.5	0.604
80-84	7.8	8.0	6.7	6.9	7.8	8.4	8.3	8.3	7.8	8.5	0.472
85-89	7.1	6.2	7.4	7.3	6.7	6.9	6.3	7.1	8.4	7.3	0.643
90+	8.9	8.7	7.1	5.7	6.4	6.2	5.4	5.0	5.2	5.7	0.034
Gender											
Men	6.6	6.5	6.3	6.3	6.1	6.0	6.0	6.5	6.3	5.8	0.654
Women	7.7	8.0	7.6	7.5	7.0	7.0	7.0	7.3	7.4	7.4	0.608
Race											
White, non-Hispanic	7.3	7.3	7.0	6.9	6.7	6.5	6.6	6.9	7.0	6.7	0.566
Black, non-Hispanic	5.9	6.4	6.4	7.0	6.5	6.7	6.9	7.0	7.7	7.6	0.301
Hispanic	6.8	6.1	5.9	5.5	5.4	6.1	6.1	7.4	6.5	6.9	0.741
Other	11.9	14.2	11.1	11.3	7.4	8.1	6.7	6.6	5.4	5.2	0.027
Region											
Northeast	6.1	6.6	5.2	4.9	5.2	4.9	3.8	4.1	4.3	3.8	0.040
Midwest	4.3	4.5	5.1	4.9	4.4	5.3	5.4	5.4	5.4	4.9	0.453
South	6.9	7.0	7.2	6.8	6.8	6.8	7.3	7.9	7.6	7.6	0.469
West	12.6	11.9	10.9	11.6	9.8	9.0	8.9	9.4	9.7	9.7	0.067
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 9c_2: Trends in living in residential care settings other than nursing home

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	6.9	6.6	6.1	5.9	6.0	6.1	5.9	5.3	4.9	4.5	0.000
Age											
70-74	2.8	2.6	2.2	2.2	1.7	1.8	1.9	1.2	0.9	0.9	0.006
75-79	3.9	3.1	3.1	3.1	3.0	3.4	2.8	2.4	2.6	2.1	0.107
80-84	7.2	6.6	7.3	6.3	7.7	6.3	6.9	7.5	5.8	4.8	0.237
85-89	14.7	14.0	11.6	12.2	13.0	15.3	14.8	12.7	13.9	13.4	0.954
90+	23.4	23.9	21.9	21.4	22.3	21.0	23.0	23.5	20.8	20.9	0.565
Gender											
Men	4.6	4.6	4.4	3.6	4.2	4.3	4.7	4.1	3.8	3.7	0.356
Women	8.6	8.1	7.3	7.5	7.3	7.5	6.8	6.2	5.8	5.3	0.000
Race											
White, non-Hispanic	7.6	7.3	6.7	6.4	6.5	6.5	6.5	5.8	5.2	4.8	0.000
Black, non-Hispanic	4.3	3.7	3.4	2.9	3.7	4.5	3.3	3.1	4.1	3.6	0.899
Hispanic	2.6	3.5	1.7	1.5	1.8	3.6	2.1	2.3	2.4	2.1	0.874
Other	4.5	2.5	5.9	6.5	5.8	6.4	4.7	5.4	4.9	5.9	0.739
Region											
Northeast	7.3	6.7	6.1	5.8	6.4	6.3	6.8	5.2	5.3	5.2	0.242
Midwest	7.0	7.3	6.9	6.9	5.7	6.0	5.9	5.9	5.1	4.5	0.031
South	6.9	6.3	5.4	5.2	4.9	5.3	4.9	4.3	4.0	3.4	0.000
West	6.6	6.3	6.2	6.0	7.8	7.5	6.7	6.5	6.1	6.1	0.856
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 9d_2: Trends in living in nursing home settings

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	3.9	4.0	3.4	3.4	3.1	3.2	3.0	2.7	2.8	2.2	0.000
Age											
70-74	1.5	1.6	1.0	0.8	0.9	1.0	1.2	1.0	1.2	0.6	0.374
75-79	2.2	1.9	1.7	1.7	1.4	1.6	1.3	1.6	1.5	1.7	0.408
80-84	3.8	4.3	3.0	3.5	3.9	3.5	3.5	3.2	3.5	2.3	0.195
85-89	7.7	7.9	7.2	6.5	6.0	6.2	6.2	5.9	5.5	4.8	0.028
90+	16.2	15.3	15.8	15.5	13.7	13.3	12.4	11.2	11.1	9.0	0.000
Gender											
Men	2.5	2.6	1.9	2.3	1.9	1.8	1.5	1.4	1.9	1.3	0.008
Women	5.0	5.1	4.6	4.1	4.0	4.2	4.1	3.8	3.6	3.0	0.001
Race											
White, non-Hispanic	3.9	4.0	3.4	3.5	3.1	3.2	2.9	2.8	2.8	2.1	0.000
Black, non-Hispanic	5.6	6.3	5.1	4.6	4.3	4.9	5.7	4.8	3.7	3.0	0.016
Hispanic	2.7	2.5	2.1	0.8	1.4	1.6	1.7	0.9	2.1	3.0	0.973
Other	3.4	3.8	2.7	2.2	3.0	1.8	0.9	1.2	1.9	1.1	0.140
Region											
Northeast	3.9	4.1	4.2	4.0	3.5	4.3	3.8	4.0	4.5	3.3	0.809
Midwest	4.8	4.6	4.6	4.6	4.3	3.9	3.5	3.4	3.5	2.8	0.015
South	4.4	4.6	3.3	3.2	3.0	3.2	3.1	2.6	2.6	2.2	0.000
West	2.2	2.4	1.6	1.5	1.7	1.4	1.5	1.2	1.1	0.7	0.009
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 10a: Trends in living in a one-level house

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	38.2	37.6	38.1	37.4	36.4	36.7	37.0	37.6	38.0	37.4	0.812
Age											
70-74	37.1	37.4	38.6	37.3	36.7	37.5	36.5	37.5	38.5	38.6	0.741
75-79	41.3	39.3	37.9	37.5	37.3	37.1	37.9	38.9	38.7	37.6	0.538
80-84	38.6	40.1	41.3	39.5	35.6	35.9	38.3	38.0	37.2	36.5	0.207
85-89	37.3	34.5	35.8	36.3	36.1	35.3	36.7	36.3	36.9	35.5	0.940
90+	31.4	30.4	30.1	33.1	34.0	34.9	33.5	34.2	35.5	34.5	0.153
Gender											
Men	36.7	35.7	36.0	35.9	35.7	36.4	36.7	37.9	38.1	37.1	0.353
Women	39.3	39.0	39.6	38.5	37.0	36.9	37.2	37.5	37.9	37.6	0.254
Race											
White, non-Hispanic	36.4	35.4	35.9	35.0	34.2	34.6	35.0	35.5	36.1	35.6	0.958
Black, non-Hispanic	44.6	44.4	44.9	44.7	42.3	43.0	42.7	42.1	41.5	41.5	0.196
Hispanic	53.9	56.3	58.2	61.2	56.3	52.0	50.7	55.5	54.2	54.1	0.525
Other	35.1	38.9	35.7	34.1	36.1	40.2	42.2	40.8	39.5	35.9	0.667
Education											
0-12 years, no diploma	43.9	44.5	46.1	46.2	45.1	45.2	46.3	46.3	47.0	46.7	0.411
High school graduate	37.4	37.2	39.0	39.3	36.9	39.3	39.4	40.8	40.4	39.6	0.250
Some college	38.5	37.7	38.7	37.0	37.1	37.2	38.9	40.1	41.4	39.3	0.309
Bachelor's degree	33.8	32.0	29.4	28.2	29.7	29.5	27.5	27.5	27.9	32.3	0.575
Graduate degree	30.8	29.8	29.6	30.5	28.1	26.4	27.7	28.8	28.7	28.5	0.572
Region											
Northeast	7.5	6.5	7.9	7.9	5.9	4.8	6.3	5.6	5.5	5.0	0.099
Midwest	21.9	21.4	20.5	18.2	19.2	18.6	18.6	19.1	18.8	19.1	0.237
South	57.5	56.5	56.9	55.9	53.3	53.2	53.8	54.8	55.7	56.4	0.530
West	52.1	52.6	53.0	52.6	51.9	53.1	52.0	52.0	52.8	49.4	0.580
Help with activities											
No help	38.0	37.8	37.8	36.9	36.3	37.1	36.1	37.1	36.5	36.8	0.441
Help with HH activities only	36.3	34.3	36.0	32.9	34.1	34.1	32.4	32.4	37.4	35.1	0.893
Any help with SCM activities	40.0	38.9	39.9	41.4	38.2	36.5	42.4	42.1	43.8	40.6	0.226
Dementia											
No dementia	37.9	37.0	37.1	36.8	35.9	35.9	36.0	37.0	37.3	--	0.634
Probable dementia	40.9	42.5	46.1	42.7	41.3	44.2	46.6	44.7	46.4	--	0.227

Table 10a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	38.7	38.7	37.6	36.3	35.6	36.0	36.4	37.1	37.4	36.3	0.426
Divorced/separated	33.9	34.7	37.9	37.9	36.9	37.2	38.6	40.0	38.5	38.0	0.310
Widowed	39.7	38.1	39.6	39.9	38.0	38.2	37.6	38.0	39.8	40.2	0.930
Never married	30.7	27.3	31.1	29.8	32.4	30.5	34.3	32.9	28.3	27.4	0.979
Number of children											
Zero	36.6	33.8	35.8	34.6	33.4	32.6	34.2	34.7	36.0	33.8	0.851
One	39.4	40.7	42.0	40.2	39.6	41.1	40.8	40.3	40.6	40.6	0.955
Two or more	38.2	37.6	37.7	37.3	36.2	36.4	36.7	37.6	37.8	37.2	0.776
Living arrangement											
Alone	35.6	33.8	35.9	37.3	35.4	35.4	34.8	35.4	36.2	37.0	0.621
With spouse only	39.7	39.3	36.9	35.8	34.9	35.0	35.9	36.1	37.7	37.4	0.481
With spouse and others	34.7	34.6	40.8	38.3	39.7	39.8	39.9	43.5	35.9	32.6	0.957
With others only	41.8	42.4	44.1	41.3	40.9	41.8	42.6	42.8	43.4	40.6	0.907
Residential setting											
Traditional community setting	39.7	39.4	39.4	38.8	37.7	38.1	38.1	38.6	39.1	38.4	0.518
Retirement community/senior housing	37.1	36.2	37.3	35.2	37.9	37.1	36.9	41.2	37.8	37.8	0.638
Residential care other than nursing home	22.1	16.7	20.5	19.3	16.9	16.5	21.0	17.2	18.9	17.8	0.633
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 10b: Trends in living in an accessible multi-level house

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	33.6	33.2	33.4	34.8	35.2	34.2	34.7	34.9	35.2	36.5	0.050
Age											
70-74	35.1	33.3	34.6	35.8	35.5	33.4	36.8	36.7	37.0	39.3	0.114
75-79	33.6	34.3	33.8	35.0	37.7	36.9	35.5	35.0	35.8	35.4	0.469
80-84	34.6	34.0	31.6	34.8	36.1	36.4	33.1	35.1	34.9	36.4	0.438
85-89	30.4	33.1	33.7	34.1	31.6	30.6	32.3	33.6	31.4	34.6	0.715
90+	28.3	25.8	29.9	29.1	27.7	27.8	26.0	25.1	28.1	27.8	0.703
Gender											
Men	37.2	37.0	37.5	38.2	38.7	37.1	36.9	37.6	36.8	37.0	0.788
Women	31.0	30.4	30.3	32.2	32.6	31.9	32.9	32.9	33.9	36.2	0.005
Race											
White, non-Hispanic	35.9	35.8	35.9	37.4	37.9	37.1	36.9	37.8	37.5	38.5	0.116
Black, non-Hispanic	26.4	27.1	27.5	27.9	27.7	26.0	27.5	27.2	29.1	30.4	0.305
Hispanic	19.0	13.6	15.9	15.6	16.8	16.7	19.6	11.9	15.8	17.1	0.868
Other	23.1	22.8	21.8	24.5	27.8	22.3	28.6	33.0	34.5	41.7	0.024
Education											
0-12 years, no diploma	24.5	24.2	23.3	25.3	26.2	25.3	24.9	21.9	22.8	25.2	0.793
High school graduate	36.9	37.4	37.5	38.1	38.4	35.9	36.2	35.5	35.3	35.9	0.340
Some college	34.3	33.7	33.6	34.9	35.5	36.4	35.6	36.7	34.8	37.5	0.256
Bachelor's degree	38.3	36.8	39.7	40.1	37.2	35.6	36.8	38.8	41.2	37.7	0.874
Graduate degree	39.2	36.4	34.6	36.0	39.0	36.5	38.9	39.6	41.8	43.6	0.060
Region											
Northeast	50.0	50.4	49.1	51.6	50.2	51.8	50.5	52.4	51.1	54.2	0.316
Midwest	54.3	52.6	54.1	55.6	55.6	54.0	54.5	54.4	55.4	55.9	0.530
South	18.4	18.5	18.6	20.8	22.1	20.9	21.4	22.2	22.0	22.8	0.016
West	21.3	20.6	21.4	21.4	23.4	22.3	24.2	23.7	24.9	26.1	0.054
Help with activities											
No help	36.6	35.5	35.8	37.2	38.1	36.3	37.9	37.9	38.8	39.8	0.031
Help with HH activities only	26.3	27.7	26.3	28.1	27.3	25.1	25.2	24.6	23.8	22.9	0.112
Any help with SCM activities	27.7	28.8	28.9	29.7	29.5	31.3	28.1	29.2	27.5	30.4	0.757
Dementia											
No dementia	34.6	34.5	34.5	35.6	36.4	35.2	35.9	36.0	36.4	--	0.159
Probable dementia	25.5	22.1	23.5	26.8	24.8	25.1	21.8	23.7	21.5	--	0.437

Table 10b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	39.4	38.9	39.5	40.9	41.3	39.8	40.7	41.7	41.2	43.1	0.097
Divorced/separated	22.5	19.9	21.5	20.3	21.4	21.2	21.8	20.3	22.6	22.4	0.724
Widowed	29.0	28.9	27.9	29.7	31.7	30.9	30.2	30.5	30.9	31.8	0.155
Never married	28.1	33.0	30.8	35.9	24.5	23.3	26.1	24.8	30.2	33.1	0.764
Number of children											
Zero	29.3	28.6	28.8	30.3	30.6	29.3	30.0	31.8	34.1	31.9	0.352
One	30.7	31.4	30.4	30.2	31.2	28.5	31.1	30.3	29.9	31.2	0.941
Two or more	34.6	34.0	34.3	35.9	36.4	35.6	35.7	35.9	36.1	37.8	0.055
Living arrangement											
Alone	23.6	24.5	24.0	23.3	25.4	24.0	24.6	24.5	25.2	27.2	0.232
With spouse only	38.7	38.2	40.7	41.1	41.5	40.2	41.2	42.3	40.5	41.5	0.237
With spouse and others	45.5	44.7	41.7	43.5	41.3	40.2	38.7	38.7	44.7	48.8	0.900
With others only	35.4	31.5	29.4	35.9	35.6	35.0	34.2	33.3	35.1	34.2	0.595
Residential setting											
Traditional community setting	38.5	37.9	37.7	39.0	39.7	38.3	38.8	39.2	39.3	40.6	0.181
Retirement community/senior housing	5.7	5.1	5.7	7.4	6.6	7.4	9.0	7.7	9.2	7.4	0.171
Residential care other than nursing home	5.8	6.3	6.2	7.4	4.2	5.3	4.5	1.9	1.2	2.5	0.001
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 10c: Trends in living in a limited access two-level house

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	8.2	8.7	9.1	9.1	8.9	9.4	9.7	8.8	8.7	8.6	0.868
Age											
70-74	9.1	11.3	11.2	12.1	11.5	13.1	12.2	10.8	10.1	9.2	0.612
75-79	9.4	8.7	8.6	9.7	8.5	8.4	9.2	9.3	9.3	10.5	0.452
80-84	6.5	6.5	7.8	5.4	7.2	7.6	7.9	6.3	7.1	6.6	0.784
85-89	7.0	7.3	7.7	6.4	6.2	6.1	6.6	6.4	7.1	6.1	0.560
90+	6.0	5.1	5.0	5.3	4.4	4.1	5.0	4.3	4.3	5.4	0.597
Gender											
Men	8.7	9.2	9.4	9.7	9.1	9.5	10.3	8.7	8.7	10.3	0.678
Women	7.8	8.4	8.8	8.6	8.6	9.4	9.2	8.9	8.6	7.2	0.842
Race											
White, non-Hispanic	8.4	9.0	9.4	9.8	9.3	9.6	10.3	9.1	9.1	9.3	0.686
Black, non-Hispanic	9.3	8.8	8.6	7.9	8.0	8.3	7.0	8.0	7.1	7.0	0.169
Hispanic	3.4	5.7	4.3	2.3	2.5	4.2	5.5	7.2	5.4	4.2	0.425
Other	8.9	6.5	10.5	8.9	13.3	16.5	10.0	7.0	9.1	4.8	0.506
Education											
0-12 years, no diploma	6.3	4.5	4.5	3.9	3.7	4.1	4.1	5.7	5.0	2.9	0.348
High school graduate	7.6	6.9	6.6	6.8	6.0	6.0	6.8	6.2	6.6	6.9	0.676
Some college	8.0	8.8	9.0	9.1	9.8	9.6	9.3	7.5	8.1	7.6	0.408
Bachelor's degree	9.5	13.6	13.1	14.1	14.6	15.2	15.9	15.0	13.5	14.5	0.291
Graduate degree	13.6	16.8	18.3	16.4	14.9	17.4	15.5	12.7	12.0	11.3	0.030
Region											
Northeast	17.0	17.4	19.1	17.6	17.3	16.7	19.6	17.2	19.3	17.6	0.785
Midwest	8.7	9.6	9.4	9.6	9.5	10.4	10.6	10.6	9.4	9.3	0.684
South	5.3	6.2	5.9	6.3	6.4	7.6	6.8	6.0	5.9	5.6	0.974
West	4.3	3.8	4.6	5.7	4.9	5.5	5.4	5.0	4.3	5.6	0.515
Help with activities											
No help	9.5	10.5	10.4	11.2	10.5	11.3	11.3	10.8	10.3	9.7	0.955
Help with HH activities only	6.3	5.4	5.9	4.9	6.7	4.6	6.3	3.5	5.8	8.8	0.662
Any help with SCM activities	4.7	4.7	6.3	4.1	4.4	5.3	5.5	4.1	4.0	4.1	0.298
Dementia											
No dementia	8.5	9.2	9.6	9.8	9.3	10.0	10.2	9.2	9.2	--	0.542
Probable dementia	5.8	4.7	4.7	3.3	4.8	3.7	4.4	4.3	3.0	--	0.169

Table 10c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	9.5	10.3	11.0	10.9	11.3	11.9	12.0	10.7	11.2	11.2	0.321
Divorced/separated	7.8	8.3	6.0	9.3	6.9	8.1	8.3	8.6	7.7	7.8	0.842
Widowed	6.1	6.7	7.2	6.2	5.8	6.2	6.8	5.7	5.0	4.6	0.062
Never married	10.2	6.9	6.8	7.4	5.2	4.9	2.8	6.2	4.3	2.9	0.045
Number of children											
Zero	5.9	6.1	3.8	6.4	7.5	9.5	9.1	9.0	7.3	7.1	0.263
One	7.0	8.1	8.2	10.4	8.7	8.4	8.8	8.3	8.4	10.1	0.540
Two or more	8.6	9.1	9.7	9.2	9.0	9.6	9.9	8.8	8.9	8.5	0.665
Living arrangement											
Alone	5.7	6.3	5.7	7.1	5.3	6.1	6.8	6.5	6.0	4.8	0.712
With spouse only	9.4	10.4	11.7	11.7	11.6	12.4	11.8	10.9	11.0	11.1	0.596
With spouse and others	11.0	10.8	10.5	9.4	10.9	10.9	13.6	10.9	12.8	12.5	0.374
With others only	8.7	8.2	8.6	6.3	7.6	7.2	7.2	6.4	5.5	6.6	0.071
Residential setting											
Traditional community setting	9.5	10.0	10.2	10.3	10.1	10.7	11.0	10.0	9.8	9.6	0.961
Retirement community/senior housing	1.3	1.3	3.1	2.2	0.8	1.1	1.5	0.2	0.7	0.2	0.039
Residential care other than nursing home	NR	NR	NR	NR	NR	NR	NR	NR	NR		--
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

NR = Not reported

Table 10d: Trends in living in a mobile home

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	4.6	4.8	4.9	4.6	4.5	4.6	4.5	4.5	4.4	4.4	0.477
Age											
70-74	5.6	4.9	4.7	4.2	5.6	5.2	4.8	4.9	4.4	3.9	0.400
75-79	4.4	6.0	6.3	5.8	4.2	5.3	5.2	5.4	5.6	6.4	0.604
80-84	3.9	4.2	4.7	5.1	3.8	3.8	4.3	3.8	3.8	3.7	0.515
85-89	3.7	3.8	3.5	3.6	3.8	3.1	2.4	3.2	3.5	3.2	0.566
90+	3.1	3.6	3.7	3.5	3.4	3.1	3.3	1.9	1.8	2.1	0.084
Gender											
Men	4.8	4.9	4.8	4.4	4.6	4.7	4.6	4.4	4.7	4.6	0.799
Women	4.4	4.7	5.0	4.8	4.5	4.5	4.4	4.6	4.2	4.1	0.456
Race											
White, non-Hispanic	5.2	5.4	5.5	4.9	4.9	4.9	4.7	4.8	4.7	4.6	0.219
Black, non-Hispanic	1.4	1.5	2.6	2.2	1.7	2.1	1.8	1.5	2.1	2.0	0.882
Hispanic	2.4	2.6	2.3	4.0	4.7	4.1	5.2	5.0	4.5	4.8	0.242
Other	1.1	1.2	1.6	4.0	3.6	5.0	5.1	3.4	3.1	3.4	0.321
Education											
0-12 years, no diploma	7.4	8.0	8.7	8.1	6.6	7.1	7.2	8.1	8.0	8.6	0.898
High school graduate	4.6	5.2	5.0	4.6	5.7	6.1	6.3	6.2	6.6	6.1	0.151
Some college	4.4	4.4	5.0	5.7	4.7	4.3	4.2	4.1	4.4	4.8	0.729
Bachelor's degree	2.0	2.2	2.4	2.1	1.9	1.6	1.9	1.9	1.4	1.7	0.534
Graduate degree	1.1	0.8	0.5	0.2	1.3	1.8	1.5	1.1	0.5	0.5	0.809
Region											
Northeast	1.9	1.8	1.4	2.0	2.1	2.3	2.2	2.0	2.0	2.0	0.701
Midwest	1.4	2.1	2.9	2.6	3.1	3.1	3.0	2.9	3.1	2.6	0.288
South	6.3	6.1	6.6	5.6	5.3	5.5	5.8	5.5	5.2	4.8	0.203
West	7.7	8.3	7.6	7.7	6.9	6.3	5.6	6.3	6.2	7.4	0.309
Help with activities											
No help	4.8	5.1	5.0	4.5	4.6	4.8	4.7	4.6	4.5	4.1	0.362
Help with HH activities only	3.6	2.9	4.5	5.5	3.2	3.9	2.9	4.4	3.6	3.0	0.756
Any help with SCM activities	4.4	5.0	5.0	4.8	5.0	4.2	4.5	4.1	4.3	6.0	0.888
Dementia											
No dementia	4.7	4.8	5.0	4.7	4.7	4.7	4.6	4.7	4.4	--	0.614
Probable dementia	3.5	4.4	4.6	3.8	3.3	3.3	3.1	2.1	3.9	--	0.313

Table 10d (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	4.1	4.3	4.1	4.1	3.8	3.8	3.4	3.2	3.1	3.1	0.059
Divorced/separated	6.8	6.2	6.6	6.0	8.1	7.9	8.0	9.0	9.0	9.9	0.109
Widowed	4.8	5.5	6.1	5.6	4.5	4.8	5.3	5.0	4.8	4.3	0.416
Never married	2.1	1.4	0.5	0.5	3.6	2.2	1.7	1.6	0.7	0.7	0.688
Number of children											
Zero	3.6	3.8	3.9	3.7	3.8	4.4	3.9	3.9	2.8	5.7	0.734
One	4.6	4.2	4.0	2.9	3.4	3.4	2.8	3.3	3.8	3.2	0.514
Two or more	4.7	5.0	5.2	5.0	4.8	4.8	4.8	4.7	4.6	4.4	0.490
Living arrangement											
Alone	4.6	4.9	4.8	4.4	5.2	5.0	5.6	5.3	5.7	4.8	0.482
With spouse only	4.3	4.0	4.2	3.6	3.7	3.9	3.6	3.6	3.4	3.3	0.284
With spouse and others	4.0	5.5	4.1	5.3	3.8	3.3	2.5	1.9	2.3	2.4	0.041
With others only	5.6	6.1	7.6	7.6	6.0	6.3	5.9	6.5	5.6	7.4	0.909
Residential setting											
Traditional community setting	4.0	4.3	4.3	4.0	4.0	4.2	4.1	3.9	3.7	3.7	0.397
Retirement community/senior housing	14.2	13.9	15.6	16.0	14.6	13.8	13.9	14.5	15.5	15.4	0.880
Residential care other than nursing home	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	--
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

      HH = household; SCM = self-care and mobility

      NR = Not reported

Table 10e: Trends in living in a multi-unit building

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	15.4	15.7	14.6	14.1	14.9	15.2	14.2	14.2	13.8	13.2	0.033
Age											
70-74	13.1	13.1	10.9	10.6	10.7	10.8	9.6	10.1	10.0	9.1	0.045
75-79	11.3	11.8	13.3	12.0	12.3	12.4	12.3	11.4	10.5	10.0	0.239
80-84	16.4	15.3	14.6	15.2	17.3	16.4	16.4	16.9	16.9	16.9	0.429
85-89	21.5	21.4	19.5	19.6	22.3	25.0	22.0	20.5	21.1	20.6	0.915
90+	31.2	35.2	31.3	29.0	30.5	30.1	32.2	34.4	30.3	30.1	0.778
Gender											
Men	12.6	13.2	12.4	11.8	11.8	12.3	11.5	11.5	11.6	11.0	0.196
Women	17.4	17.4	16.2	15.9	17.3	17.3	16.3	16.2	15.4	14.9	0.120
Race											
White, non-Hispanic	14.0	14.3	13.3	13.0	13.8	13.9	13.1	12.9	12.6	12.0	0.068
Black, non-Hispanic	18.3	18.1	16.4	17.3	20.3	20.7	20.9	21.3	20.2	19.0	0.187
Hispanic	21.3	21.8	19.3	16.9	19.7	23.0	19.1	20.4	20.1	19.7	0.909
Other	31.8	30.6	30.4	28.5	19.3	16.0	14.1	15.8	13.7	14.3	0.000
Education											
0-12 years, no diploma	17.9	18.9	17.3	16.5	18.4	18.4	17.5	18.0	17.2	16.6	0.698
High school graduate	13.5	13.2	11.8	11.2	13.0	12.8	11.3	11.3	11.2	11.6	0.237
Some college	14.7	15.3	13.6	13.3	12.9	12.5	12.0	11.6	11.5	10.9	0.014
Bachelor's degree	16.4	15.4	15.4	15.5	16.7	18.1	17.8	16.8	16.0	13.8	0.796
Graduate degree	15.3	16.1	17.1	16.8	16.6	18.0	16.6	17.8	17.0	16.1	0.837
Region											
Northeast	23.6	23.8	22.4	20.9	24.4	24.4	21.4	22.8	22.1	21.2	0.540
Midwest	13.7	14.3	13.1	13.9	12.5	13.8	13.2	13.1	13.3	13.1	0.673
South	12.6	12.7	12.0	11.5	12.8	12.8	12.2	11.5	11.2	10.4	0.191
West	14.6	14.7	13.4	12.7	12.8	12.8	12.7	13.1	11.9	11.5	0.174
Help with activities											
No help	11.2	11.1	11.1	10.2	10.5	10.5	10.0	9.6	9.9	9.6	0.084
Help with HH activities only	27.5	29.7	27.4	28.7	28.8	32.3	33.1	35.2	29.4	30.3	0.175
Any help with SCM activities	23.2	22.6	19.8	20.0	22.9	22.8	19.6	20.4	20.4	18.9	0.146
Dementia											
No dementia	14.4	14.4	13.8	13.1	13.7	14.2	13.2	13.1	12.8	--	0.136
Probable dementia	24.3	26.2	21.1	23.4	25.9	23.8	24.1	25.2	25.2	--	0.762

Table 10e (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	8.3	7.8	7.7	7.8	8.0	8.4	7.5	7.2	7.0	6.4	0.107
Divorced/separated	29.0	31.0	27.9	26.5	26.7	25.6	23.3	22.1	22.2	21.8	0.006
Widowed	20.5	20.9	19.2	18.6	19.9	19.9	20.0	20.7	19.5	19.2	0.766
Never married	29.0	31.4	30.7	26.4	34.3	39.0	35.2	34.5	36.5	35.9	0.260
Number of children											
Zero	24.6	27.7	27.7	24.9	24.7	24.2	22.8	20.5	19.8	21.5	0.081
One	18.3	15.6	15.3	16.3	17.0	18.6	16.5	17.8	17.3	15.0	0.891
Two or more	13.9	14.3	13.1	12.6	13.5	13.7	13.0	13.0	12.6	12.0	0.112
Living arrangement											
Alone	30.5	30.5	29.6	27.9	28.7	29.5	28.3	28.3	26.9	26.2	0.058
With spouse only	7.9	8.1	6.5	7.9	8.3	8.5	7.4	7.1	7.4	6.7	0.415
With spouse and others	4.8	4.4	2.9	3.5	4.4	5.8	5.3	5.0	4.3	3.8	0.806
With others only	8.5	11.8	10.3	8.9	9.9	9.6	10.0	10.9	10.3	11.2	0.575
Residential setting											
Traditional community setting	8.4	8.4	8.3	7.9	8.5	8.6	8.1	8.2	8.1	7.7	0.575
Retirement community/senior housing	41.7	43.4	38.4	39.3	40.1	40.6	38.8	36.5	36.7	39.2	0.348
Residential care other than nursing home	71.1	75.3	72.7	73.1	78.4	78.2	74.5	80.9	79.3	78.3	0.083
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 11: Trends in any environmental modifications in the home

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	70.6	72.0	73.0	74.7	74.0	77.0	76.6	76.6	78.0	81.0	0.000
Age											
70-74	59.5	62.4	63.0	65.1	65.3	68.4	68.3	67.2	70.7	76.5	0.000
75-79	69.4	69.7	71.3	73.9	72.1	75.2	75.1	76.3	77.3	79.3	0.000
80-84	76.2	77.8	81.8	81.8	80.3	84.1	85.5	85.4	83.8	84.4	0.000
85-89	84.4	84.0	83.5	87.1	86.7	87.7	88.2	89.0	89.1	89.5	0.001
90+	91.9	90.4	90.6	90.2	92.1	93.7	92.5	93.5	92.9	93.2	0.091
Gender											
Men	67.4	68.9	67.5	69.2	71.4	74.4	74.7	75.3	76.8	78.0	0.000
Women	72.8	74.4	77.2	78.9	75.9	79.0	78.0	77.6	79.1	83.5	0.000
Race											
White, non-Hispanic	72.0	73.2	74.0	75.3	75.9	78.5	78.0	78.0	79.6	81.9	0.000
Black, non-Hispanic	65.3	71.3	72.8	72.6	69.1	72.0	73.6	72.7	72.8	78.1	0.003
Hispanic	62.8	62.3	62.8	69.7	62.9	69.9	66.7	65.6	66.5	75.1	0.074
Other	64.6	63.1	70.5	75.9	62.5	68.3	69.8	75.5	78.4	78.5	0.022
Education											
0-12 years, no diploma	69.8	70.8	74.3	74.5	72.3	76.3	76.0	75.6	75.2	79.6	0.005
High school graduate	69.9	71.7	73.4	74.8	75.6	78.6	80.1	79.0	80.4	83.5	0.000
Some college	70.9	72.2	73.8	75.1	74.0	78.4	75.3	76.3	76.8	82.1	0.000
Bachelor's degree	72.4	74.3	72.3	74.8	73.8	75.3	73.5	74.5	77.9	76.9	0.190
Graduate degree	71.0	72.4	68.8	74.2	72.8	73.4	76.5	76.2	79.6	80.7	0.001
Region											
Northeast	68.3	70.0	69.6	68.7	68.5	73.5	72.7	70.4	73.6	80.3	0.002
Midwest	70.7	72.8	74.5	77.9	76.0	80.1	80.1	80.6	82.1	81.8	0.000
South	70.3	72.9	73.5	74.7	74.4	76.2	77.5	78.1	79.3	81.3	0.000
West	73.1	71.5	73.6	76.9	75.8	78.1	74.6	74.9	75.4	80.2	0.051
Help with activities											
No help	64.0	65.3	67.1	68.3	67.9	71.3	71.2	70.9	73.5	76.8	0.000
Help with HH activities only	82.4	82.1	82.2	87.7	85.4	84.3	86.9	89.8	88.9	89.4	0.000
Any help with SCM activities	86.0	88.5	88.2	90.4	89.0	92.3	90.4	90.8	89.4	93.0	0.001
Dementia											
No dementia	69.1	70.7	71.6	73.5	72.6	75.7	75.4	75.2	77.1	--	0.000
Probable dementia	83.0	83.1	85.4	85.9	86.1	88.3	88.8	90.9	89.3	--	0.000

Table 11 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	68.9	70.0	70.4	73.2	73.8	76.9	76.3	77.0	78.1	79.8	0.000
Divorced/separated	63.2	65.5	67.2	65.0	61.3	67.0	67.0	67.4	70.6	77.4	0.001
Widowed	76.1	77.7	79.1	81.9	79.5	81.1	80.6	80.0	81.3	84.9	0.001
Never married	66.8	69.8	76.3	68.9	71.6	77.7	80.8	76.3	80.5	83.5	0.006
Number of children											
Zero	70.4	73.3	75.6	74.0	71.9	77.2	78.9	75.3	76.1	83.8	0.021
One	70.4	72.4	74.4	72.6	71.7	75.8	72.6	73.0	76.4	80.5	0.040
Two or more	70.6	71.8	72.5	75.1	74.5	77.1	76.9	77.3	78.5	80.8	0.000
Living arrangement											
Alone	74.2	74.7	78.6	78.0	75.9	78.0	77.9	77.1	78.9	83.6	0.001
With spouse only	69.7	70.4	69.1	72.8	74.5	76.8	76.6	76.9	78.8	79.4	0.000
With spouse and others	62.8	67.5	70.8	73.2	70.8	77.1	74.0	77.6	74.9	80.4	0.000
With others only	68.9	73.5	72.6	73.9	70.2	75.1	75.3	74.2	76.1	80.7	0.002
Residential setting											
Traditional community setting	66.8	68.3	69.6	71.7	70.9	74.3	73.7	73.9	75.6	79.1	0.000
Retirement community/senior housing	87.8	89.8	91.2	91.2	91.9	91.3	94.5	94.1	93.7	93.0	0.045
Residential care other than nursing home	96.9	98.1	99.1	98.7	97.8	98.9	97.5	96.7	99.0	99.6	0.405
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 11a: Trends in mobility-related modifications in the home

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	11.8	12.1	11.9	12.6	12.3	12.8	11.7	11.5	11.9	13.4	0.561
Age											
70-74	8.9	9.3	8.3	9.5	9.7	10.6	8.6	8.8	9.8	10.0	0.598
75-79	10.5	11.0	12.2	12.8	10.5	11.7	9.8	9.9	10.1	12.9	0.937
80-84	13.3	13.4	14.0	13.8	14.6	13.4	14.2	14.0	13.0	14.1	0.895
85-89	16.5	15.4	15.2	14.8	16.3	17.8	17.5	17.8	18.4	19.4	0.067
90+	20.3	20.8	18.9	21.6	20.5	19.1	22.6	19.2	18.4	23.9	0.644
Gender											
Men	10.4	11.6	10.2	10.6	11.6	11.9	11.0	11.0	11.8	12.0	0.336
Women	12.9	12.5	13.1	14.0	12.7	13.5	12.3	12.0	12.0	14.4	0.993
Race											
White, non-Hispanic	11.2	11.5	11.6	12.5	12.2	12.5	11.3	11.6	11.4	12.1	0.852
Black, non-Hispanic	12.7	13.9	11.8	11.1	11.5	12.6	11.9	12.2	13.6	17.1	0.147
Hispanic	15.6	16.5	11.3	10.3	10.4	15.2	13.7	8.9	13.6	22.3	0.415
Other	17.6	13.2	19.4	21.8	18.2	17.0	16.1	13.6	15.2	15.2	0.491
Education											
0-12 years, no diploma	15.8	16.5	16.9	15.9	17.1	17.4	17.2	16.0	17.3	19.1	0.353
High school graduate	11.0	10.7	11.0	11.9	10.9	11.7	12.1	12.8	13.2	12.6	0.112
Some college	10.1	11.2	11.8	12.5	11.3	12.6	9.6	9.4	9.0	13.0	0.713
Bachelor's degree	9.9	10.2	9.2	9.9	11.1	9.7	8.8	9.1	10.0	9.7	0.821
Graduate degree	11.2	10.5	8.1	11.8	11.4	12.6	11.8	11.4	12.0	14.1	0.184
Region											
Northeast	12.1	11.8	9.6	10.1	11.2	13.7	11.4	10.2	10.7	12.9	0.759
Midwest	10.4	11.1	11.4	12.5	11.0	10.0	10.8	11.2	12.1	12.2	0.531
South	12.7	13.3	13.1	12.7	13.1	14.0	13.3	13.4	13.6	14.9	0.290
West	11.7	11.3	12.5	14.8	13.1	12.8	10.1	9.6	9.6	12.2	0.216
Help with activities											
No help	7.5	8.1	8.2	9.0	8.4	9.5	8.3	8.4	8.9	10.0	0.071
Help with HH activities only	18.2	16.6	14.8	18.5	16.5	14.1	14.3	17.1	16.8	17.6	0.840
Any help with SCM activities	22.7	22.9	22.6	21.9	23.2	23.3	22.5	20.3	20.2	24.3	0.693
Dementia											
No dementia	10.9	10.8	10.8	11.3	11.0	11.6	10.8	11.1	11.3	--	0.622
Probable dementia	20.2	22.6	21.4	24.3	23.9	24.2	20.8	15.7	18.6	--	0.128

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Table 11a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	9.2	10.3	10.1	10.8	10.7	10.9	9.6	9.9	10.3	10.7	0.662
Divorced/separated	13.9	12.4	12.2	13.9	11.6	11.6	10.2	11.3	10.5	15.8	0.954
Widowed	15.0	14.5	14.5	15.4	15.0	16.1	15.1	13.7	15.1	16.4	0.615
Never married	13.8	15.5	14.1	9.8	14.4	16.8	21.3	18.1	15.5	19.3	0.278
Number of children											
Zero	17.8	20.6	17.7	17.5	12.8	14.0	14.6	13.5	12.5	11.7	0.007
One	11.9	10.7	10.0	11.0	11.6	11.4	10.4	8.5	9.0	12.0	0.597
Two or more	11.1	11.3	11.5	12.3	12.3	12.9	11.6	11.8	12.2	13.7	0.071
Living arrangement											
Alone	14.3	13.4	14.1	14.7	13.9	15.3	13.6	13.6	13.5	16.8	0.485
With spouse only	8.8	9.3	9.5	9.6	9.7	9.7	9.0	9.3	10.1	10.3	0.425
With spouse and others	10.7	12.7	12.0	14.0	13.1	13.1	10.7	11.0	10.0	12.8	0.705
With others only	15.6	16.2	13.3	15.1	15.4	16.0	16.1	13.7	14.6	15.6	0.856
Residential setting											
Traditional community setting	10.1	10.9	10.5	11.3	10.9	11.2	10.3	10.5	10.8	12.2	0.276
Retirement community/senior housing	13.1	15.8	16.8	18.0	17.6	18.7	17.5	15.4	16.7	21.6	0.214
Residential care other than nursing home	31.1	23.0	24.9	24.6	25.2	28.5	25.8	22.3	23.9	22.5	0.223
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

      HH = household; SCM = self-care and mobility

Table 11b: Trends in bath modifications in the home

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	63.8	64.9	65.7	66.6	66.2	69.3	68.9	69.0	70.5	73.0	0.000
Age											
70-74	52.0	53.9	55.2	55.2	56.4	59.0	59.5	58.8	63.2	67.0	0.000
75-79	61.1	62.0	62.0	65.3	62.9	67.2	67.0	67.8	68.5	70.1	0.000
80-84	70.9	71.9	75.6	73.8	74.6	77.3	78.4	77.8	75.4	77.5	0.003
85-89	79.1	78.4	78.3	82.3	80.5	81.9	83.5	83.9	84.1	84.6	0.002
90+	86.9	87.1	86.4	87.4	88.4	90.6	87.1	90.6	89.5	91.1	0.036
Gender											
Men	60.5	61.8	60.7	61.0	63.2	67.1	66.2	66.9	68.3	70.3	0.000
Women	66.1	67.3	69.4	70.8	68.5	70.9	70.9	70.6	72.3	75.1	0.000
Race											
White, non-Hispanic	65.4	66.4	67.1	67.5	68.5	71.3	70.7	70.8	72.5	74.8	0.000
Black, non-Hispanic	54.6	59.5	60.0	61.5	57.1	60.6	62.0	59.5	62.3	66.4	0.009
Hispanic	57.2	55.2	56.5	62.9	55.1	62.2	59.0	59.4	58.1	62.3	0.421
Other	59.0	59.4	63.4	64.0	55.6	58.2	63.0	69.6	70.1	67.5	0.128
Education											
0-12 years, no diploma	62.1	61.9	65.2	65.8	63.0	67.9	68.7	67.9	66.9	70.5	0.007
High school graduate	62.8	64.4	65.4	66.8	68.8	71.4	72.5	71.5	72.9	76.9	0.000
Some college	64.6	65.9	66.8	66.7	66.6	69.8	67.6	68.9	69.4	72.9	0.008
Bachelor's degree	66.9	67.9	65.8	67.5	65.8	68.4	65.9	67.8	70.9	70.5	0.271
Graduate degree	64.6	67.2	64.6	66.4	64.9	66.6	68.0	67.1	71.9	71.6	0.049
Region											
Northeast	62.0	63.5	63.7	62.2	63.5	67.1	67.5	63.8	67.2	72.6	0.009
Midwest	63.8	65.1	67.4	69.6	67.4	72.5	72.7	72.9	74.5	73.9	0.000
South	63.3	65.1	64.5	65.9	65.3	68.1	68.5	69.1	70.9	73.0	0.000
West	66.3	65.7	67.8	68.8	69.0	69.8	66.8	69.2	68.4	72.2	0.147
Help with activities											
No help	57.1	57.5	59.1	59.0	58.9	62.4	62.4	62.4	65.0	67.4	0.000
Help with HH activities only	74.4	78.1	75.4	81.7	79.7	78.6	82.8	85.5	83.5	85.6	0.000
Any help with SCM activities	80.1	81.9	82.7	85.3	84.2	87.5	84.8	84.9	84.5	88.3	0.001
Dementia											
No dementia	62.3	63.5	64.1	65.3	64.7	67.6	67.5	67.3	69.3	--	0.000
Probable dementia	76.4	76.6	79.3	78.5	80.4	84.2	83.1	86.9	83.9	--	0.000

Table 11b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	61.8	62.4	62.6	64.4	65.6	69.1	67.8	69.0	70.3	71.4	0.000
Divorced/separated	56.5	59.7	59.9	57.5	52.4	58.7	58.8	57.9	61.8	68.4	0.029
Widowed	69.8	71.2	72.9	74.3	73.0	74.0	74.7	74.3	75.2	77.9	0.002
Never married	58.9	59.6	65.6	63.9	64.8	66.6	72.3	66.8	71.2	75.4	0.015
Number of children											
Zero	61.5	61.3	68.2	67.1	62.7	68.0	70.4	66.6	68.8	76.2	0.011
One	63.1	65.1	66.4	62.5	62.6	68.0	64.2	64.2	66.5	67.2	0.464
Two or more	64.1	65.3	65.3	67.1	67.1	69.6	69.4	69.9	71.3	73.6	0.000
Living arrangement											
Alone	68.2	69.4	72.8	71.1	68.7	70.6	71.5	70.0	72.0	76.1	0.029
With spouse only	62.6	63.1	61.3	64.5	66.5	69.5	68.0	69.2	70.7	71.9	0.000
With spouse and others	56.1	58.8	61.8	62.9	61.7	66.8	65.2	67.8	67.7	70.0	0.003
With others only	61.1	64.2	64.1	65.3	62.9	67.4	68.1	67.1	68.5	71.4	0.004
Residential setting											
Traditional community setting	59.6	60.6	61.7	62.9	62.5	65.7	65.3	65.7	67.3	70.4	0.000
Retirement community/senior housing	83.6	85.7	87.0	85.4	87.6	88.5	91.4	89.3	91.3	89.4	0.027
Residential care other than nursing home	92.2	95.9	95.9	96.5	94.9	97.3	95.5	94.3	96.6	97.2	0.154
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 11c: Trends in toilet modifications in the home

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	37.4	40.3	41.3	43.2	44.4	45.8	46.9	47.7	49.5	51.5	0.000
Age											
70-74	27.2	30.3	31.7	36.3	36.0	38.1	37.8	39.1	41.8	44.8	0.000
75-79	35.3	38.9	39.3	39.1	41.6	42.6	45.2	44.6	47.6	49.4	0.000
80-84	39.6	41.1	47.9	47.9	49.1	48.6	52.2	55.4	55.1	56.3	0.000
85-89	53.3	54.2	50.4	54.3	55.2	58.5	61.0	62.6	62.8	62.2	0.000
90+	66.0	68.8	66.7	65.3	72.6	71.5	74.6	71.0	68.6	71.8	0.088
Gender											
Men	32.7	35.5	35.4	37.3	40.5	41.9	43.4	44.9	46.3	47.2	0.000
Women	40.8	43.9	45.7	47.7	47.4	48.8	49.6	50.0	52.0	55.0	0.000
Race											
White, non-Hispanic	38.0	41.0	41.5	43.9	45.3	46.3	47.7	49.0	51.1	52.3	0.000
Black, non-Hispanic	41.4	43.9	46.7	44.8	47.8	47.3	49.5	49.9	49.5	54.6	0.000
Hispanic	30.6	31.0	34.0	33.4	33.7	39.3	37.2	34.5	33.3	38.0	0.260
Other	27.5	31.9	36.4	43.1	36.3	43.0	41.2	42.2	46.2	53.2	0.005
Education											
0-12 years, no diploma	40.5	42.9	44.6	45.7	46.9	49.3	49.3	48.5	47.9	50.4	0.002
High school graduate	38.4	40.1	43.5	43.8	46.2	48.4	51.2	52.4	54.1	57.2	0.000
Some college	35.9	41.0	40.9	44.0	45.7	47.6	46.6	49.1	50.0	52.6	0.000
Bachelor's degree	37.3	38.7	37.5	40.7	40.1	42.3	44.0	44.1	47.5	46.4	0.004
Graduate degree	30.9	35.8	35.3	39.8	38.6	35.7	39.9	40.2	44.5	47.2	0.000
Region											
Northeast	32.8	34.8	34.9	37.7	39.0	39.8	41.0	41.4	43.9	48.1	0.000
Midwest	40.6	44.4	45.5	46.7	49.5	50.2	51.5	53.7	59.4	59.1	0.000
South	38.5	41.4	43.4	45.0	45.3	45.7	49.1	48.5	49.8	51.1	0.000
West	36.4	39.0	39.0	41.5	42.2	46.4	43.3	45.7	43.3	47.2	0.001
Help with activities											
No help	28.7	31.4	33.0	35.3	35.9	37.6	40.2	40.7	44.2	45.7	0.000
Help with HH activities only	50.9	51.0	51.3	58.4	56.2	58.1	57.4	62.8	57.8	60.8	0.001
Any help with SCM activities	59.1	63.7	63.9	63.0	67.4	67.1	65.5	66.0	65.0	69.6	0.004
Dementia											
No dementia	35.2	38.3	39.3	41.7	42.5	43.9	45.3	46.1	48.2	--	0.000
Probable dementia	56.8	57.3	58.0	57.7	62.1	63.2	63.1	64.7	64.8	--	0.004

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Table 11c (Continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	34.4	37.1	38.3	41.2	43.0	44.7	46.3	47.8	50.0	50.0	0.000
Divorced/separated	30.4	33.5	33.4	33.3	33.4	36.1	35.4	34.5	35.1	43.1	0.022
Widowed	44.3	47.2	48.9	51.5	51.6	51.7	52.6	53.7	56.1	58.9	0.000
Never married	39.9	44.5	42.9	35.6	41.8	44.1	48.8	47.3	45.9	49.9	0.172
Number of children											
Zero	39.6	45.4	48.4	45.6	41.5	43.4	40.8	42.0	44.2	52.7	0.406
One	40.5	40.9	42.8	42.8	43.6	43.5	43.2	46.9	49.2	52.0	0.005
Two or more	36.7	39.7	40.3	43.1	44.9	46.4	48.1	48.5	50.1	51.3	0.000
Living arrangement											
Alone	42.8	44.0	46.2	46.3	47.7	49.1	48.9	49.2	49.6	55.0	0.000
With spouse only	34.1	37.1	37.2	41.8	43.7	44.6	45.9	47.6	50.9	49.9	0.000
With spouse and others	31.7	36.9	35.8	38.1	40.6	44.1	47.2	48.1	45.1	47.1	0.000
With others only	38.0	43.2	44.6	44.1	41.6	43.3	45.5	44.9	47.8	51.7	0.001
Residential setting											
Traditional community setting	32.9	35.8	37.4	39.9	40.4	42.0	43.1	44.2	46.6	48.8	0.000
Retirement community/senior housing	46.3	52.7	51.7	52.1	59.3	60.2	61.2	62.2	60.6	64.1	0.000
Residential care other than nursing home	81.5	82.9	82.8	80.2	84.0	82.5	85.5	85.5	83.0	85.5	0.345
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 12: Trends in texting or using e-mail

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	33.0	36.7	40.2	45.2	47.3	51.8	56.9	60.6	64.1	67.9	0.000
Age											
70-74	47.5	53.0	56.7	62.6	64.6	69.1	74.4	76.4	78.4	81.5	0.000
75-79	32.3	37.4	41.4	45.2	48.1	54.2	57.8	66.0	70.2	73.5	0.000
80-84	26.0	28.2	29.3	34.0	36.9	42.2	43.6	45.1	51.8	57.9	0.000
85-89	16.7	18.6	20.8	24.9	23.9	26.2	30.9	35.5	39.2	42.5	0.000
90+	10.2	9.8	11.3	14.4	14.3	16.5	19.4	20.6	24.0	28.6	0.000
Gender											
Men	37.3	41.0	42.2	47.7	48.4	52.3	55.6	60.8	64.0	66.8	0.000
Women	29.9	33.5	38.7	43.3	46.5	51.4	57.9	60.6	64.3	68.8	0.000
Race											
White, non-Hispanic	37.0	41.0	45.0	50.1	52.0	56.1	61.7	65.6	69.6	72.7	0.000
Black, non-Hispanic	14.9	16.6	20.7	22.2	25.8	30.0	33.7	38.1	40.3	45.1	0.000
Hispanic	11.2	12.2	11.4	15.7	21.4	24.5	28.0	30.8	32.7	41.0	0.000
Other	21.6	26.0	30.5	35.7	39.9	55.6	53.6	59.8	59.2	62.5	0.000
Education											
0-12 years, no diploma	7.2	8.4	8.2	10.5	12.2	14.3	17.4	22.2	22.9	28.4	0.000
High school graduate	21.7	25.4	27.8	31.9	35.5	40.3	44.5	47.3	51.1	53.8	0.000
Some college	45.5	48.5	52.3	56.3	56.9	61.5	65.9	69.0	73.0	76.7	0.000
Bachelor's degree	57.8	62.7	64.3	67.1	69.6	73.9	77.1	79.6	82.6	82.6	0.000
Graduate degree	68.3	70.9	74.2	78.6	82.2	83.2	85.8	86.8	88.7	89.6	0.000
Region											
Northeast	28.9	34.2	38.9	40.0	44.1	46.9	52.8	57.2	62.0	64.6	0.000
Midwest	31.5	33.6	37.2	43.5	45.6	50.1	54.8	58.5	62.2	66.3	0.000
South	33.0	36.9	40.2	45.7	47.9	52.8	57.6	60.7	63.3	68.3	0.000
West	38.8	42.0	45.1	50.7	51.0	55.8	61.3	65.4	69.4	71.7	0.000
Help with activities											
No help	41.6	46.3	50.0	55.0	56.9	61.7	66.9	70.6	74.4	77.2	0.000
Help with HH activities only	17.3	18.2	17.9	25.7	30.6	31.4	36.8	39.7	43.8	53.2	0.000
Any help with SCM activities	13.0	15.3	19.0	20.8	23.1	28.5	31.3	34.8	36.3	39.2	0.000
Dementia											
No dementia	36.5	40.3	43.9	49.1	51.7	56.3	61.3	64.9	68.5	--	0.000
Probable dementia	3.5	6.0	9.1	9.4	7.7	10.0	11.7	16.2	14.4	--	0.000

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Table 12 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	40.7	45.8	49.0	53.9	57.0	61.3	66.2	70.9	73.1	76.3	0.000
Divorced/separated	35.5	38.3	43.8	45.5	46.3	53.3	57.9	59.7	63.6	65.8	0.000
Widowed	21.6	23.2	26.2	30.9	32.2	36.7	41.5	44.9	50.1	55.0	0.000
Never married	20.9	23.5	24.8	36.9	39.8	36.1	41.5	42.7	44.9	50.5	0.000
Number of children											
Zero	29.4	34.5	38.4	46.3	46.3	49.6	54.8	56.6	65.3	66.7	0.000
One	27.1	31.6	35.7	39.9	45.1	48.3	56.8	63.5	62.9	70.6	0.000
Two or more	34.3	37.6	41.1	45.8	47.8	52.5	57.1	60.6	64.2	67.6	0.000
Living arrangement											
Alone	28.8	31.4	35.7	39.4	40.8	44.3	50.5	53.0	58.8	61.5	0.000
With spouse only	43.0	49.1	52.7	58.3	61.1	65.0	69.7	73.9	75.6	77.9	0.000
With spouse and others	29.6	31.7	35.6	37.6	40.5	47.0	50.0	58.0	62.5	68.6	0.000
With others only	16.1	18.6	20.4	26.9	27.3	34.6	37.8	41.6	44.3	52.5	0.000
Residential setting											
Traditional community setting	33.8	37.9	41.3	46.0	48.9	53.4	58.2	62.2	65.9	69.8	0.000
Retirement community/senior housing	38.0	37.1	41.0	46.8	50.5	54.1	60.9	65.4	63.0	65.2	0.000
Residential care other than nursing home	18.8	21.1	24.6	30.6	22.1	26.7	33.1	29.6	34.9	36.2	0.000
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 13: Trends in going online for any purpose

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	34.7	39.1	43.1	46.7	48.5	51.2	55.6	57.9	60.0	63.4	0.000
Age											
70-74	50.3	55.3	59.9	64.3	66.0	68.0	71.7	74.0	73.9	77.8	0.000
75-79	35.5	41.3	44.6	47.3	49.1	53.1	56.1	59.9	64.2	67.0	0.000
80-84	26.4	30.3	33.5	37.0	39.8	43.1	46.1	45.9	50.4	53.2	0.000
85-89	15.7	19.2	20.5	23.8	22.4	26.4	30.5	34.3	37.9	40.6	0.000
90+	9.4	10.7	12.4	14.0	14.9	15.4	17.6	18.4	18.5	23.4	0.000
Gender											
Men	40.4	45.0	47.6	51.9	53.0	54.6	58.5	61.4	63.5	65.7	0.000
Women	30.7	34.6	39.6	42.8	45.1	48.5	53.4	55.3	57.2	61.5	0.000
Race											
White, non-Hispanic	38.7	43.6	48.2	51.7	53.6	56.6	61.8	64.2	66.7	69.5	0.000
Black, non-Hispanic	16.0	18.2	20.2	25.3	24.2	25.7	27.9	29.7	32.2	36.6	0.000
Hispanic	12.7	11.9	12.5	15.2	20.2	20.2	19.0	23.0	26.3	29.5	0.000
Other	25.0	30.7	34.7	36.2	40.6	46.7	47.0	50.4	42.9	51.7	0.002
Education											
0-12 years, no diploma	8.6	9.9	11.0	12.1	12.0	14.5	19.3	18.8	20.2	21.1	0.000
High school graduate	23.6	27.1	32.1	33.4	36.1	38.3	41.7	43.2	43.9	45.7	0.000
Some college	47.5	52.1	54.0	56.9	58.0	60.6	63.9	66.4	69.2	72.1	0.000
Bachelor's degree	58.1	66.0	66.2	70.1	73.2	73.7	75.8	77.6	80.2	83.7	0.000
Graduate degree	71.5	73.4	77.0	80.9	84.1	84.3	85.1	86.4	85.9	86.9	0.000
Region											
Northeast	31.2	38.1	43.0	44.7	45.3	47.9	53.9	57.9	61.3	64.3	0.000
Midwest	31.8	34.8	39.7	44.2	47.8	50.2	54.7	57.2	57.5	61.2	0.000
South	35.0	38.6	43.2	46.7	48.5	51.8	54.9	56.4	58.4	62.0	0.000
West	40.8	45.6	46.7	51.5	52.1	54.0	59.1	61.4	64.5	67.3	0.000
Help with activities											
No help	43.9	48.9	52.8	56.8	58.5	61.3	65.5	68.0	70.2	72.5	0.000
Help with HH activities only	17.4	18.8	21.7	24.4	29.5	30.8	34.7	34.9	36.9	41.6	0.000
Any help with SCM activities	13.4	18.1	21.5	23.4	24.0	27.2	30.8	32.6	33.9	38.3	0.000
Dementia											
No dementia	38.3	42.9	47.1	50.6	52.8	55.6	59.9	62.0	63.9	--	0.000
Probable dementia	4.1	6.9	8.7	11.5	9.3	10.7	12.3	15.5	15.2	--	0.000

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Table 13 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	43.3	49.6	52.6	56.6	58.9	61.7	67.0	69.5	70.9	74.5	0.000
Divorced/separated	36.3	39.4	42.0	46.4	46.1	47.4	50.9	51.7	55.5	56.8	0.000
Widowed	22.1	24.4	29.7	30.8	32.8	36.1	38.9	42.0	44.5	48.0	0.000
Never married	22.2	22.1	25.9	38.5	39.1	39.2	39.6	41.8	41.3	41.7	0.002
Number of children											
Zero	31.7	34.3	39.2	47.1	44.6	51.3	55.6	57.0	60.3	61.5	0.000
One	29.9	34.7	37.5	43.0	49.1	48.3	55.1	58.9	60.2	64.8	0.000
Two or more	35.8	40.2	44.3	47.2	48.8	51.6	55.7	57.9	60.0	63.3	0.000
Living arrangement											
Alone	28.9	32.2	37.8	39.2	40.5	42.3	46.3	48.2	51.8	54.2	0.000
With spouse only	45.1	52.4	55.6	61.2	63.1	65.5	70.6	73.2	74.7	76.7	0.000
With spouse and others	36.4	37.8	41.8	41.5	43.4	47.7	51.7	54.5	55.0	64.9	0.000
With others only	17.5	19.9	22.4	27.2	28.3	33.0	34.5	37.9	39.1	43.9	0.000
Residential setting											
Traditional community setting	35.9	40.6	44.3	47.8	50.3	53.0	57.3	59.9	61.8	65.2	0.000
Retirement community/senior housing	37.3	38.2	41.0	45.8	48.6	51.3	54.5	56.8	60.2	60.6	0.000
Residential care other than nursing home	18.8	21.2	28.4	32.5	22.8	25.1	31.5	27.9	28.9	33.1	0.022
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

      HH = household; SCM = self-care and mobility

Table 13a: Trends in going online for social networking

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	--	--	17.1	19.9	22.6	25.2	29.5	31.7	33.5	38.5	0.000
Age											
70-74	--	--	25.5	29.2	33.3	35.8	41.2	44.0	43.4	49.6	0.000
75-79	--	--	18.2	21.0	22.9	25.4	28.0	31.4	36.0	41.1	0.000
80-84	--	--	11.1	12.4	15.4	19.4	22.2	22.3	26.4	29.2	0.000
85-89	--	--	5.3	9.0	7.5	11.0	13.9	15.6	17.1	20.2	0.000
90+	--	--	4.4	3.5	5.1	6.2	5.7	6.7	7.5	12.8	0.000
Gender											
Men	--	--	16.5	17.5	20.4	23.3	27.5	29.3	30.9	34.4	0.000
Women	--	--	17.5	21.7	24.2	26.7	31.0	33.7	35.6	41.8	0.000
Race											
White, non-Hispanic	--	--	19.6	22.2	25.0	28.0	33.0	35.5	37.8	42.5	0.000
Black, non-Hispanic	--	--	5.5	9.5	9.8	11.3	14.4	15.1	15.0	20.5	0.000
Hispanic	--	--	4.1	5.4	10.8	8.8	8.5	11.4	14.1	18.1	0.001
Other	--	--	9.4	14.7	18.4	25.4	24.5	26.1	19.8	26.5	0.038
Education											
0-12 years, no diploma	--	--	3.8	4.4	4.6	7.3	9.1	11.8	9.6	12.1	0.000
High school graduate	--	--	13.6	15.5	17.6	20.1	24.5	26.0	26.2	28.9	0.000
Some college	--	--	21.6	24.5	27.4	30.9	35.0	36.6	40.1	44.4	0.000
Bachelor's degree	--	--	23.6	27.4	34.1	35.2	38.6	41.1	42.8	48.4	0.000
Graduate degree	--	--	31.9	34.3	37.7	37.8	41.5	42.8	45.9	52.9	0.000
Region											
Northeast	--		14.5	14.6	18.5	19.9	26.7	28.8	29.7	31.6	0.000
Midwest	--	--	16.0	19.0	22.4	25.1	31.1	34.2	34.4	40.3	0.000
South	--	--	18.1	20.9	23.1	26.3	29.1	32.0	33.8	38.3	0.000
West	--	--	18.9	23.8	25.3	27.7	30.8	31.3	35.1	42.7	0.000
Help with activities											
No help	--	--	21.4	24.0	27.2	30.4	35.0	37.4	39.7	44.7	0.000
Help with HH activities only	--	--	6.3	12.3	14.3	13.3	18.1	18.9	22.8	24.1	0.000
Any help with SCM activities	--	--	8.0	9.3	10.8	13.3	15.8	17.5	15.9	21.0	0.000
Dementia											
No dementia	--	--	18.7	21.6	24.7	27.5	32.1	34.4	36.0	--	0.000
Probable dementia	--	--	3.0	3.9	2.6	3.5	3.3	4.3	5.0	--	0.242

Table 13a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	--	--	20.6	22.9	27.8	31.3	35.8	37.4	38.7	44.6	0.000
Divorced/separated	--	--	19.8	21.5	23.1	22.1	27.6	28.7	32.4	34.1	0.000
Widowed	--	--	11.4	14.8	14.7	17.5	20.7	24.7	26.1	30.9	0.000
Never married	--	--	5.8	12.5	10.7	10.9	14.7	18.2	19.2	22.2	0.007
Number of children											
Zero	--	--	10.1	12.8	14.4	18.5	25.3	26.5	30.3	29.5	0.000
One	--	--	12.6	14.0	21.0	20.4	24.2	29.9	30.4	34.8	0.000
Two or more	--	--	18.4	21.4	23.7	26.6	30.7	32.6	34.3	39.9	0.000
Living arrangement											
Alone	--	--	15.7	17.9	18.5	19.4	24.1	27.6	30.4	33.8	0.000
With spouse only	--	--	21.7	24.7	29.8	34.2	37.3	39.7	40.2	45.4	0.000
With spouse and others	--	--	17.3	18.1	20.9	19.6	29.2	27.2	33.4	40.7	0.000
With others only	--	--	7.7	12.2	12.1	16.3	18.6	20.9	21.5	27.2	0.000
Residential setting											
Traditional community setting	--	--	17.2	19.9	23.1	26.0	30.4	32.8	34.2	39.7	0.000
Retirement community/senior housing	--	--	19.7	23.3	24.7	27.2	28.9	32.8	37.7	36.6	0.000
Residential care other than nursing home	--	--	11.6	14.5	12.2	11.6	16.9	13.8	16.5	17.4	0.155
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 13b: Trends in going online for household activities

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	18.6	22.2	25.9	29.1	31.0	34.3	39.5	41.6	45.8	51.8	0.000
Age											
70-74	27.7	33.6	38.7	42.3	44.3	48.7	54.6	55.3	60.4	67.4	0.000
75-79	19.5	23.3	26.3	29.4	31.7	34.4	38.6	43.2	46.7	52.9	0.000
80-84	12.7	14.9	17.4	20.5	22.1	26.6	28.2	30.1	36.1	41.7	0.000
85-89	8.0	10.0	10.8	12.5	13.0	15.4	19.2	22.5	25.3	28.7	0.000
90+	4.0	4.5	5.4	7.7	8.0	8.4	10.2	9.3	11.1	16.3	0.000
Gender											
Men	22.2	27.2	29.9	34.8	35.6	39.3	41.6	44.7	49.8	54.4	0.000
Women	15.9	18.4	22.9	24.8	27.5	30.5	37.9	39.2	42.6	49.7	0.000
Race											
White, non-Hispanic	20.5	24.5	29.3	32.3	34.5	37.8	44.0	46.5	51.4	57.4	0.000
Black, non-Hispanic	9.0	11.1	11.8	14.4	14.9	17.2	19.8	19.9	22.4	27.6	0.000
Hispanic	6.0	7.8	4.2	8.5	11.2	14.3	14.4	15.5	17.7	23.3	0.000
Other	18.3	19.9	21.8	24.8	25.7	33.2	29.0	32.2	31.9	35.6	0.016
Education											
0-12 years, no diploma	3.8	3.6	4.1	4.9	5.9	6.8	10.8	9.7	13.2	14.7	0.000
High school graduate	10.0	13.8	15.6	19.3	20.2	22.4	26.0	26.2	30.0	33.8	0.000
Some college	25.3	29.4	33.3	36.0	35.3	40.5	45.3	47.0	53.4	59.8	0.000
Bachelor's degree	35.4	41.9	47.3	46.5	52.2	54.3	56.4	61.6	64.4	71.0	0.000
Graduate degree	43.0	45.8	49.5	53.4	60.9	62.7	68.1	69.3	68.9	74.3	0.000
Region											
Northeast	16.0	19.4	26.0	25.4	27.9	31.3	36.2	35.9	42.5	48.7	0.000
Midwest	14.9	19.7	21.5	26.9	28.4	31.4	36.2	38.4	40.7	49.0	0.000
South	19.0	22.3	26.1	29.5	31.6	35.5	39.6	42.3	46.1	51.8	0.000
West	24.4	27.6	30.5	34.1	35.6	37.8	45.5	48.1	53.2	57.5	0.000
Help with activities											
No help	23.6	28.0	32.6	35.8	37.6	41.5	47.4	49.5	54.4	60.3	0.000
Help with HH activities only	8.4	10.1	9.8	13.9	18.5	18.4	20.7	20.7	22.6	30.6	0.000
Any help with SCM activities	7.4	9.9	11.9	13.7	15.1	18.0	21.0	23.0	25.3	29.0	0.000
Dementia											
No dementia	20.5	24.5	28.4	31.7	33.9	37.4	42.8	44.5	48.9	--	0.000
Probable dementia	1.9	3.3	4.2	5.6	4.5	5.7	5.8	10.5	9.9	--	0.000

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Table 13b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	23.3	29.2	32.6	36.5	38.7	41.8	47.9	51.1	55.1	61.8	0.000
Divorced/separated	22.4	23.8	27.2	28.4	29.5	32.0	38.5	37.9	42.5	46.5	0.000
Widowed	10.9	12.3	15.6	17.5	19.6	23.2	26.0	28.0	32.7	37.9	0.000
Never married	9.8	8.5	15.5	21.8	21.5	27.6	28.9	26.5	25.6	30.1	0.000
Number of children											
Zero	14.6	17.0	22.5	26.9	25.7	37.5	40.4	42.0	44.9	48.3	0.000
One	16.1	18.6	21.6	23.5	30.8	29.3	39.9	41.7	46.1	52.4	0.000
Two or more	19.4	23.3	26.9	30.1	31.6	34.8	39.4	41.5	45.9	52.1	0.000
Living arrangement											
Alone	14.6	16.5	21.6	21.8	24.2	27.5	32.4	33.5	38.4	42.6	0.000
With spouse only	24.4	30.7	34.4	40.1	41.4	44.7	51.1	54.8	57.1	64.1	0.000
With spouse and others	18.7	23.2	25.9	25.4	29.3	30.8	33.9	35.4	47.6	54.2	0.000
With others only	10.9	11.4	13.0	17.4	18.1	22.7	24.7	25.4	28.7	34.6	0.000
Residential setting											
Traditional community setting	18.8	22.6	26.4	29.7	32.2	35.6	40.7	42.7	47.0	53.3	0.000
Retirement community/senior housing	24.7	27.0	29.3	31.7	32.3	35.8	42.0	45.6	48.6	53.6	0.000
Residential care other than nursing home	9.5	12.2	15.7	17.4	13.8	15.4	19.7	18.8	21.7	21.4	0.002
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

      HH = household; SCM = self-care and mobility

Table 13c: Trends in going online for health information

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	14.5	17.4	19.8	23.3	24.7	26.3	30.3	31.0	36.3	43.6	0.000
Age											
70-74	21.0	25.6	28.3	32.8	34.4	36.0	40.6	40.9	46.2	57.1	0.000
75-79	14.2	17.6	19.4	24.7	25.9	27.0	30.3	32.0	39.7	45.3	0.000
80-84	11.7	12.9	15.2	16.7	17.6	21.2	23.8	22.9	27.5	34.1	0.000
85-89	7.2	9.1	10.2	11.3	11.0	11.9	14.4	17.3	20.1	21.7	0.000
90+	3.5	4.0	4.6	4.7	6.9	7.9	8.0	8.3	10.1	14.5	0.000
Gender											
Men	17.4	20.4	21.9	27.0	28.3	30.1	31.7	34.0	39.0	46.9	0.000
Women	12.4	15.3	18.2	20.6	21.9	23.3	29.2	28.7	34.1	40.9	0.000
Race											
White, non-Hispanic	16.2	19.9	22.3	26.0	27.6	29.2	33.8	34.9	41.3	48.2	0.000
Black, non-Hispanic	5.9	6.4	8.4	10.6	11.0	11.8	14.7	14.4	16.1	22.6	0.000
Hispanic	5.8	5.2	5.0	7.2	8.7	7.8	6.2	8.3	10.6	17.1	0.004
Other	10.0	8.7	15.0	18.4	19.9	28.5	29.9	27.1	21.6	37.0	0.000
Education											
0-12 years, no diploma	2.9	3.0	3.2	3.6	3.0	3.6	5.1	4.9	5.5	8.8	0.001
High school graduate	7.7	10.1	10.9	12.9	14.5	14.0	18.1	18.0	22.6	27.8	0.000
Some college	18.9	22.1	23.5	25.1	28.0	31.0	33.1	33.6	38.6	47.1	0.000
Bachelor's degree	28.2	32.7	35.0	39.7	40.9	41.8	46.4	48.2	54.6	62.4	0.000
Graduate degree	35.4	39.9	44.9	53.2	55.0	56.1	59.0	57.1	64.7	69.4	0.000
Region											
Northeast	12.6	14.7	18.7	19.0	21.5	21.6	26.5	24.6	32.7	42.8	0.000
Midwest	12.3	14.6	16.9	22.0	23.3	24.8	30.2	28.9	33.7	39.0	0.000
South	14.8	18.8	20.5	24.4	24.7	26.4	29.6	32.0	36.8	44.2	0.000
West	18.3	20.9	22.9	26.9	28.9	31.5	34.7	36.7	40.9	48.0	0.000
Help with activities											
No help	18.0	21.2	24.2	28.4	30.0	31.4	36.0	36.8	42.5	50.3	0.000
Help with HH activities only	7.8	9.3	7.9	13.5	13.7	15.2	18.5	14.8	21.5	30.1	0.000
Any help with SCM activities	6.4	9.6	11.0	10.9	12.0	14.5	15.8	18.1	20.7	24.1	0.000
Dementia											
No dementia	16.0	19.2	21.7	25.6	26.9	28.5	32.7	33.3	38.8	--	0.000
Probable dementia	1.8	2.8	3.0	2.3	4.1	5.8	5.7	7.2	7.5	--	0.000

Table 13c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	18.7	23.1	25.4	30.0	32.3	34.4	37.9	39.7	43.5	52.4	0.000
Divorced/separated	14.1	16.0	20.4	22.2	20.2	22.7	25.6	24.5	35.4	40.4	0.000
Widowed	8.6	10.5	11.7	12.9	14.8	15.5	19.5	20.0	25.3	30.5	0.000
Never married	9.7	4.3	7.4	18.3	14.1	12.0	21.9	17.3	21.0	26.2	0.002
Number of children											
Zero	13.8	12.9	17.4	23.0	20.7	26.5	31.4	31.0	35.9	43.7	0.000
One	11.1	14.5	15.1	21.8	25.0	24.6	31.2	29.3	38.2	45.7	0.000
Two or more	15.1	18.4	20.7	23.6	25.1	26.5	30.0	31.3	36.0	43.2	0.000
Living arrangement											
Alone	11.5	13.4	17.5	17.8	18.9	19.5	23.5	23.8	30.2	36.5	0.000
With spouse only	19.3	25.0	26.8	33.2	35.2	37.5	41.4	42.8	45.5	53.7	0.000
With spouse and others	16.2	14.7	18.8	19.7	21.3	22.1	22.6	26.5	35.6	45.7	0.000
With others only	6.8	8.0	7.0	11.0	9.8	12.7	17.0	16.1	23.6	28.6	0.000
Residential setting											
Traditional community setting	14.7	17.7	20.1	23.5	25.2	27.0	31.1	31.6	37.0	44.6	0.000
Retirement community/senior housing	16.8	20.0	20.2	27.7	29.4	29.7	33.3	37.6	41.3	44.9	0.000
Residential care other than nursing home	10.1	11.3	14.5	15.9	11.7	12.7	15.7	13.1	16.5	21.5	0.032
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 14a: Trends in participation in any valued activity

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	92.5	93.5	93.5	93.4	92.6	92.9	92.8	92.8	92.8	80.3	0.000
Age											
70-74	95.0	95.4	95.8	97.3	95.9	95.4	95.2	93.6	93.3	84.6	0.000
75-79	93.4	94.0	94.5	92.6	93.2	93.0	92.7	94.2	95.2	81.7	0.000
80-84	92.0	93.9	92.6	92.7	90.9	92.1	90.5	92.8	90.2	76.5	0.000
85-89	88.1	90.5	88.8	89.2	88.7	90.0	90.9	90.1	90.7	73.3	0.000
90+	85.0	85.8	87.9	83.8	83.1	86.4	87.9	87.3	88.9	69.0	0.001
Gender											
Men	91.8	92.7	92.9	92.6	92.1	91.6	91.4	91.4	91.1	80.7	0.000
Women	93.0	94.1	93.9	94.0	93.0	94.0	94.0	94.0	94.1	80.0	0.000
Race											
White, non-Hispanic	93.7	94.5	94.8	95.1	93.9	94.2	94.2	94.3	94.1	83.6	0.000
Black, non-Hispanic	89.0	90.0	88.9	86.7	87.9	89.1	86.6	88.9	89.0	67.7	0.000
Hispanic	85.5	85.6	84.3	82.4	85.1	84.3	84.6	82.3	83.2	61.4	0.000
Other	85.9	92.3	90.2	89.2	88.0	89.5	91.7	90.4	89.7	70.9	0.052
Education											
0-12 years, no diploma	86.0	86.5	85.3	82.7	84.6	83.9	83.1	83.3	81.6	61.6	0.000
High school graduate	92.8	95.1	94.8	94.1	91.7	93.0	91.8	91.5	92.5	79.6	0.000
Some college	95.0	95.0	95.8	95.9	94.8	93.9	95.0	94.6	93.7	82.7	0.000
Bachelor's degree	96.5	96.6	96.4	97.6	96.7	97.3	96.6	97.7	98.5	86.0	0.000
Graduate degree	96.4	97.4	97.3	98.6	97.9	98.3	97.7	96.5	96.4	86.2	0.000
Region											
Northeast	91.3	92.4	92.7	90.8	91.5	92.1	93.4	93.7	94.9	78.9	0.002
Midwest	93.8	96.0	96.4	94.9	94.8	94.6	95.2	95.6	93.4	82.8	0.000
South	92.2	93.3	93.0	93.9	93.0	92.9	91.8	91.0	92.0	78.6	0.000
West	92.7	92.0	92.0	93.3	90.6	92.0	91.7	92.8	91.7	82.0	0.000
Help with activities											
No help	96.0	96.3	97.0	96.9	96.2	96.3	96.0	96.3	95.8	85.5	0.000
Help with HH activities only	89.7	91.6	89.0	87.9	89.3	88.4	87.1	85.7	87.3	72.2	0.000
Any help with SCM activities	82.3	85.2	84.0	84.0	82.0	84.1	84.6	83.9	84.1	64.3	0.000
Dementia											
No dementia	94.2	94.9	95.0	94.9	94.3	94.6	93.9	94.5	94.0	--	0.214
Probable dementia	78.0	81.5	80.2	80.0	77.1	77.4	81.6	75.5	78.8	--	0.397

Table 14a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	94.7	95.0	95.1	95.8	95.1	94.5	95.9	95.3	95.3	83.7	0.000
Divorced/separated	90.3	92.3	91.6	92.4	88.7	91.3	87.5	88.1	88.7	77.6	0.000
Widowed	89.9	91.6	91.4	89.9	90.5	91.4	90.5	91.2	91.2	76.5	0.000
Never married	92.0	93.5	93.9	92.2	88.0	88.9	85.8	87.4	83.1	68.0	0.000
Number of children											
Zero	90.4	94.9	92.2	92.3	88.8	90.9	89.8	89.6	86.5	76.5	0.000
One	88.8	90.4	90.8	92.7	88.9	90.7	90.0	91.0	93.8	74.5	0.001
Two or more	93.3	93.8	94.0	93.6	93.6	93.5	93.6	93.5	93.2	81.6	0.000
Living arrangement											
Alone	92.1	93.7	93.9	93.0	91.7	92.6	91.7	92.3	91.9	79.1	0.000
With spouse only	95.2	95.9	96.3	96.6	96.3	95.4	96.1	96.3	95.7	85.2	0.000
With spouse and others	92.1	91.4	89.8	92.2	91.3	92.0	94.7	91.3	93.3	76.3	0.004
With others only	85.6	88.2	87.4	86.4	85.1	87.7	84.9	85.6	86.2	71.3	0.000
Residential setting											
Traditional community setting	92.6	93.7	93.6	93.8	93.2	93.3	92.9	93.2	92.9	81.2	0.000
Retirement community/senior housing	92.1	93.1	93.8	92.4	91.2	92.2	93.0	93.3	92.2	78.2	0.004
Residential care other than nursing home	91.7	91.5	91.4	89.5	86.0	88.8	90.9	86.7	91.6	65.5	0.000
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

   HH = household; SCM = self-care and mobility

Table 14b: Trends in participation restrictions on any valued activity

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	25.7	24.4	24.9	24.5	23.4	24.2	23.4	21.9	22.2	16.1	0.000
Age											
70-74	19.3	17.3	19.0	17.6	17.9	18.5	18.6	17.2	16.1	13.2	0.016
75-79	24.5	22.9	24.0	21.5	21.0	20.9	20.9	19.3	20.4	14.8	0.000
80-84	26.8	27.5	27.6	31.3	26.6	26.7	26.6	25.6	24.7	15.6	0.000
85-89	36.1	33.0	33.7	34.5	32.0	36.5	33.3	31.9	34.9	24.7	0.015
90+	42.9	41.2	38.1	37.7	41.1	41.1	38.8	36.6	40.6	26.4	0.001
Gender											
Men	19.9	19.0	17.9	18.4	17.1	18.4	19.9	17.5	17.3	13.1	0.002
Women	30.0	28.4	30.2	29.1	28.2	28.7	26.1	25.4	26.1	18.4	0.000
Race											
White, non-Hispanic	24.6	23.6	24.0	23.1	22.5	23.7	22.5	20.6	21.2	15.0	0.000
Black, non-Hispanic	31.0	29.5	29.1	27.2	28.9	28.6	29.6	29.4	28.7	20.8	0.014
Hispanic	34.4	31.5	30.9	34.6	26.4	27.1	24.4	29.0	26.6	22.5	0.013
Other	23.4	19.4	24.1	34.2	25.5	21.4	28.0	20.7	21.6	17.7	0.328
Education											
0-12 years, no diploma	35.9	31.3	33.7	33.7	28.2	30.5	28.7	32.1	30.2	24.8	0.002
High school graduate	25.0	24.0	24.5	26.2	25.9	26.4	26.7	24.5	23.7	17.7	0.039
Some college	23.6	23.5	23.9	24.0	22.2	24.1	22.7	20.9	22.2	15.7	0.001
Bachelor's degree	19.7	18.8	21.6	17.9	19.8	18.9	18.9	15.6	18.3	11.2	0.002
Graduate degree	15.1	18.9	15.8	15.5	17.0	16.9	17.1	15.4	15.9	12.4	0.154
Region											
Northeast	25.0	23.2	18.5	18.3	21.0	24.3	20.0	19.7	21.0	15.9	0.026
Midwest	24.7	24.7	23.9	23.5	22.6	23.5	24.0	20.7	21.9	14.7	0.000
South	28.5	25.9	29.2	25.9	24.7	24.0	25.1	23.2	23.9	17.1	0.000
West	22.8	22.7	24.6	28.8	24.1	25.2	22.6	22.7	20.4	15.8	0.001
Help with activities											
No help	12.9	12.0	13.0	13.2	12.2	12.2	12.1	11.0	11.1	7.3	0.000
Help with HH activities only	40.8	35.7	39.0	37.4	38.0	35.9	37.8	38.7	39.3	30.6	0.198
Any help with SCM activities	60.0	59.1	57.6	57.3	54.2	58.4	56.4	53.2	54.6	42.6	0.000
Dementia											
No dementia	22.6	21.4	22.0	21.6	20.8	21.2	21.4	20.1	20.0	--	0.019
Probable dementia	52.0	49.7	50.2	51.1	46.6	51.5	43.5	40.7	47.5	--	0.009

Table 14b continued

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	21.1	19.7	20.5	19.3	18.8	19.8	19.3	17.8	17.9	12.5	0.000
Divorced/separated	26.4	27.4	26.4	28.4	26.1	29.6	24.2	25.7	25.2	21.5	0.105
Widowed	32.3	30.9	31.7	32.3	30.9	29.4	30.6	27.4	28.1	19.3	0.000
Never married	29.9	23.2	23.5	21.1	15.8	25.7	21.5	23.6	26.0	23.2	0.772
Number of children											
Zero	24.6	23.6	23.1	23.5	20.2	21.9	20.7	20.7	22.5	15.7	0.054
One	25.2	23.7	26.3	22.5	24.2	27.0	21.8	23.5	19.3	15.1	0.001
Two or more	25.9	24.6	24.9	24.9	23.6	24.0	23.9	21.8	22.6	16.3	0.000
Living arrangement											
Alone	29.4	27.6	29.1	29.9	28.2	28.0	26.2	26.2	25.5	19.7	0.000
With spouse only	19.6	18.3	19.5	17.2	17.3	18.2	18.1	15.9	17.0	11.3	0.000
With spouse and others	26.0	25.2	22.5	25.7	24.9	24.9	23.7	25.5	22.2	18.7	0.169
With others only	34.8	32.9	31.3	32.0	29.1	32.0	32.4	27.8	29.9	20.7	0.000
Residential setting											
Traditional community setting	24.1	23.1	23.4	23.3	22.0	22.5	22.3	20.6	21.2	15.0	0.000
Retirement community/senior housing	30.9	28.3	31.7	28.3	28.4	33.9	30.4	29.7	28.8	24.1	0.388
Residential care other than nursing home	39.9	36.3	37.5	37.6	37.0	38.0	30.8	32.2	30.3	25.0	0.001
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 15a: Trends in dying at home

(Medicare decedents ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	--	33.9	25.9	23.3	32.8	28.0	28.6	39.5	31.3	--	0.128
Age at death											
70-79	--	35.2	30.5	32.2	46.9	30.0	24.5	47.8	32.0	--	0.860
80-89	--	35.4	22.1	22.4	28.9	28.6	32.3	39.5	34.3	--	0.070
90+	--	29.8	26.5	14.5	25.5	25.0	27.8	32.6	25.7	--	0.352
Gender											
Men	--	34.2	28.2	24.2	32.7	34.3	30.1	45.4	28.9	--	0.339
Women	--	33.7	24.2	22.7	32.9	22.6	27.4	34.9	33.3	--	0.235
n	--	481	449	340	389	475	416	378	347	--	

Source: National Health and Aging Trends Study

Table 15b: Trends in dying in a hospital

(Medicare decedents ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	--	27.4	31.8	32.5	28.8	31.4	27.7	26.2	22.9	--	0.048
Age at death											
70-79	--	30.9	36.7	38.5	32.4	38.3	37.7	22.2	31.4	--	0.466
80-89	--	27.0	33.4	32.4	31.1	32.0	25.1	31.2	21.6	--	0.180
90+	--	24.1	22.6	25.6	21.1	23.7	21.0	23.5	12.7	--	0.064
Gender											
Men	--	29.2	37.6	37.0	31.7	31.5	27.2	28.1	30.9	--	0.326
Women	--	25.9	27.4	29.1	26.4	31.2	28.2	24.8	16.4	--	0.055
n	--	481	449	340	389	475	416	378	347	--	

Source: National Health and Aging Trends Study

Table 15c: Trends in dying in a nursing home

(Medicare decedents ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	--	25.1	27.9	24.4	23.0	24.1	24.4	21.5	28.9	--	0.976
Age at death											
70-79	--	17.4	20.2	7.1	11.4	13.3	17.4	16.0	24.7	--	0.289
80-89	--	23.1	29.5	29.6	22.6	22.7	24.0	18.7	26.5	--	0.370
90+	--	38.0	34.9	36.6	35.3	36.7	32.1	29.4	38.6	--	0.506
Gender											
Men	--	21.8	22.0	18.7	19.6	16.9	22.2	17.2	26.1	--	0.714
Women	--	27.9	32.2	28.7	25.7	30.2	26.1	24.8	31.1	--	0.720
n	--	481	449	340	389	475	416	378	347	--	

Source: National Health and Aging Trends Study

Table 15d: Trends in dying in another location

(Medicare decedents ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	--	13.5	14.4	19.8	15.4	16.5	19.3	12.8	16.9	--	0.597
Age at death											
70-79	--	16.6	12.5	22.2	9.3	18.4	20.3	14.0	11.9	--	0.661
80-89	--	14.5	15.0	15.6	17.4	16.7	18.6	10.5	17.6	--	0.828
90+	--	8.2	15.9	23.3	18.2	14.6	19.0	14.5	23.0	--	0.091
Gender											
Men	--	14.8	12.1	20.2	16.0	17.3	20.5	9.3	14.1	--	0.697
Women	--	12.5	16.1	19.5	15.0	15.9	18.3	15.5	19.1	--	0.315
n	--	481	449	340	389	475	416	378	347	--	

Source: National Health and Aging Trends Study

Table 16: Trends in receiving hospice care in the last month of life

(Medicare decedents ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	--	--	47.5	51.5	56.3	51.8	56.4	59.7	62.1	--	0.000
Age at death											
70-79	--	--	39.7	44.6	54.3	33.4	51.7	65.0	48.5	--	0.010
80-89	--	--	49.6	49.4	54.4	58.1	52.9	54.4	69.3	--	0.000
90+	--	--	53.9	62.6	61.7	57.8	66.0	61.8	70.9	--	0.000
Gender											
Men	--	--	40.5	51.1	55.5	52.6	53.5	51.7	60.6	--	0.001
Women	--	--	52.7	51.8	57.0	51.0	58.7	65.9	63.2	--	0.000
n	--	449	340	389	475	416	378	378	347	--	

Source: National Health and Aging Trends Study

Table 17: Trends in receiving excellent/very good care in the last month of life

(Medicare decedents ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Total	--	82.8	79.3	76.0	80.6	73.2	71.4	82.1	82.4	--	0.861
Age at death											
70-79	--	82.4	70.0	68.2	75.3	59.9	58.4	76.8	77.6	--	0.788
80-89	--	80.0	84.7	73.3	80.4	76.5	69.8	80.3	83.4	--	0.774
90+	--	88.6	82.0	89.0	86.5	79.7	86.6	88.6	87.8	--	0.633
Gender											
Men	--	83.4	78.9	72.9	82.9	71.0	68.5	78.6	80.6	--	0.444
Women	--	82.4	79.6	78.4	78.8	75.0	73.6	84.7	83.9	--	0.603
n	--	481	449	340	389	475	416	378	347	--	

Source: National Health and Aging Trends Study

Table 18: Trends in demographic variables

(Medicare beneficiaries ages 70 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Age											
70-74	34.6	33.9	36.7	37.5	37.7	36.7	41.0	39.8	39.0	38.7	0.001
75-79	26.5	26.8	25.5	24.9	26.4	27.4	25.0	26.7	27.1	27.5	0.360
80-84	20.4	20.0	19.3	19.1	17.9	17.6	16.9	16.9	17.5	17.5	0.001
85-89	12.6	12.9	12.0	12.0	11.5	11.7	10.5	10.2	10.1	10.1	0.000
90+	5.9	6.4	6.5	6.5	6.5	6.7	6.5	6.3	6.3	6.2	0.909
Gender											
Males	42.0	42.6	43.1	42.9	43.3	43.6	43.5	43.7	44.2	44.8	0.098
Females	58.0	57.4	56.9	57.1	56.7	56.4	56.5	56.3	55.8	55.2	0.098
Race											
White, non-Hispanic	81.9	82.1	81.6	82.1	81.4	81.1	81.3	80.8	80.6	81.1	0.183
Black, non-Hispanic	8.0	8.1	8.2	8.0	8.2	8.2	7.9	8.1	8.1	8.0	0.828
Hispanic	6.6	6.4	6.6	6.3	6.6	6.9	6.8	7.2	7.2	6.9	0.342
Other race & ethnicity	3.4	3.3	3.6	3.6	3.8	3.8	4.0	3.9	4.2	4.0	0.224
Education											
Less than high school	24.5	23.5	21.7	19.6	18.9	18.0	16.2	15.1	14.7	13.1	0.000
High school graduate	28.5	28.6	27.4	27.4	28.4	27.7	26.3	25.5	24.5	24.4	0.000
Some college	25.2	24.6	25.4	25.9	26.6	27.0	28.6	29.4	30.4	29.6	0.000
College degree	12.2	12.3	13.3	13.6	13.2	13.6	14.4	14.6	14.8	16.5	0.000
Graduate degree	9.6	11.0	12.2	13.6	12.9	13.7	14.4	15.3	15.5	16.4	0.000
Region											
Northeast	19.6	19.6	19.7	19.4	18.7	18.3	18.1	17.8	17.8	17.9	0.036
Midwest	23.5	23.6	23.0	22.6	22.7	22.1	22.3	21.8	22.1	22.4	0.193
South	36.1	36.0	36.6	37.1	37.1	38.3	38.2	38.6	38.6	38.7	0.024
West	20.8	20.9	20.7	20.9	21.5	21.3	21.5	21.7	21.6	21.0	0.532
Assistance with activities											
None	68.5	67.8	68.9	69.6	69.3	69.3	70.2	70.9	71.2	72.3	0.000
Help with HH activities only	10.6	11.7	10.4	10.5	10.5	9.6	10.1	9.5	9.2	8.6	0.000
Any help with SCM activities	20.9	20.5	20.7	19.8	20.2	21.1	19.7	19.6	19.6	19.0	0.095
Dementia											
No dementia	89.4	89.3	89.6	90.1	90.1	90.2	91.0	91.3	92.0	--	0.000
Probable dementia	10.6	10.7	10.4	9.9	9.9	9.8	9.0	8.7	8.0	--	0.000

Table 18 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Marital Status											
Married/partnered	51.9	51.8	52.7	53.2	52.9	52.9	53.8	53.2	53.3	53.8	0.225
Divorced/separated	11.3	11.4	11.7	12.2	12.6	12.5	12.9	13.6	14.4	14.5	0.000
Widowed	33.3	33.2	32.3	31.1	31.1	31.2	30.1	29.8	29.1	28.7	0.000
Never married	3.6	3.6	3.3	3.5	3.4	3.4	3.3	3.5	3.2	2.9	0.334
Number of children											
Zero	9.3	9.0	8.5	8.6	8.5	8.2	8.2	8.4	8.1	7.8	0.261
One	11.8	11.4	11.4	11.4	12.4	12.4	12.0	11.8	12.1	12.9	0.931
Two or more	78.9	79.6	80.2	80.0	79.1	79.5	79.8	79.8	79.7	79.3	0.334
Living arrangement											
Alone	34.1	32.5	33.9	32.6	33.0	32.1	31.5	31.6	31.6	30.7	0.020
With spouse only	42.7	41.6	40.9	41.7	42.3	42.2	43.9	43.3	43.6	44.2	0.065
With spouse and others	8.3	9.2	9.5	10.1	9.6	9.7	8.9	9.0	8.9	8.8	0.707
With others only	15.0	16.7	15.7	15.6	15.1	15.9	15.7	16.2	16.0	16.4	0.503
Residential setting											
Traditional community setting	85.2	85.5	86.4	86.7	87.0	86.9	87.2	87.4	87.8	88.5	0.001
Retirement community/senior housing	7.6	7.7	7.3	7.2	6.8	6.8	6.8	7.2	7.2	6.9	0.371
Residential care other than nursing home	7.2	6.9	6.3	6.1	6.2	6.3	6.1	5.5	5.1	4.6	0.000
n	6200	5093	4338	3748	6454	5596	5063	4645	4301	3862	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

Table 18_2: Trends in demographic variables

(Medicare beneficiaries ages 70 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Age											
70-74	33.8	33.0	35.7	36.6	36.9	35.9	40.3	39.1	38.4	38.0	0.000
75-79	26.0	26.2	25.1	24.5	26.0	27.0	24.6	26.4	26.7	27.4	0.243
80-84	20.3	20.1	19.3	19.2	18.0	17.6	17.0	17.0	17.6	17.5	0.001
85-89	13.1	13.4	12.5	12.4	11.9	12.1	10.9	10.5	10.4	10.4	0.000
90+	6.8	7.2	7.4	7.4	7.3	7.4	7.2	6.9	6.9	6.7	0.422
Sex											
Males	41.4	42.0	42.4	42.5	42.8	42.9	42.9	43.1	43.8	44.4	0.069
Females	58.6	58.0	57.6	57.5	57.2	57.1	57.1	56.9	56.2	55.6	0.069
Race											
White, non-Hispanic	81.9	82.0	81.5	82.2	81.4	81.1	81.3	80.8	80.6	81.0	0.173
Black, non-Hispanic	8.1	8.3	8.4	8.1	8.3	8.3	8.1	8.2	8.1	8.1	0.738
Hispanic	6.5	6.3	6.5	6.1	6.5	6.8	6.7	7.1	7.1	6.9	0.270
Other race & ethnicity	3.4	3.3	3.6	3.6	3.8	3.8	3.9	3.8	4.1	4.0	0.235
Region											
Northeast	19.6	19.6	19.9	19.6	18.8	18.5	18.3	18.0	18.1	18.1	0.055
Midwest	23.7	23.7	23.3	22.9	23.0	22.3	22.4	22.0	22.2	22.6	0.155
South	36.3	36.2	36.5	37.0	37.1	38.3	38.2	38.6	38.5	38.7	0.030
West	20.4	20.5	20.3	20.5	21.2	21.0	21.1	21.4	21.2	20.7	0.501
Assistance with activities											
None	65.8	65.1	66.6	67.3	67.2	67.1	68.1	68.9	69.2	70.7	0.000
Help with HH activities only	10.2	11.2	10.0	10.2	10.2	9.3	9.8	9.3	8.9	8.4	0.000
Any help with SCM activities	24.0	23.7	23.4	22.5	22.6	23.6	22.1	21.8	21.9	20.8	0.004
Dementia											
No dementia	87.0	87.0	87.5	87.9	88.3	88.2	88.9	89.5	90.2	--	0.000
Probable dementia	13.0	13.0	12.5	12.1	11.7	11.8	11.1	10.5	9.8	--	0.000
Residential setting											
Traditional community setting	81.8	82.0	83.5	83.8	84.3	84.2	84.6	85.0	85.3	86.5	0.000
Retirement community/senior housing	7.3	7.4	7.0	7.0	6.6	6.6	6.6	7.0	7.0	6.7	0.469
Residential care other than nursing home	6.9	6.6	6.1	5.9	6.0	6.1	5.9	5.3	4.9	4.5	0.000
Nursing home	3.9	4.0	3.4	3.4	3.1	3.2	3.0	2.7	2.8	2.2	0.000
n	6660	5478	4628	3983	6797	5887	5299	4845	4479	3987	

Source: National Health and Aging Trends Study

Table 19: Trends in demographic variables

(Medicare decedents who died at ages 70 or older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	p-value
Age											
70-79	--	29.7	32.1	31.7	27.0	25.3	30.5	27.1	36.7	--	0.579
80-89	--	45.3	42.7	40.8	46.2	48.0	39.6	40.0	38.0	--	0.081
90+	--	25.0	25.2	27.5	26.8	26.7	29.9	32.8	25.3	--	0.152
Sex											
Males	--	45.2	42.5	43.0	44.5	46.2	43.6	43.6	44.9	--	0.847
Females	--	54.8	57.5	57.0	55.5	53.8	56.4	56.4	55.1	--	0.847
n	--	481	449	340	389	475	416	378	347	--	

Source: National Health and Aging Trends Study