

# National Health and Aging Trends Study

## Chart Book

### Key Trends, Measures and Detailed Tables

#### 2011-2021



Freedman VA, Cornman JC. 2023. National Health and Aging Trends Study Trends Chart Book: Key Trends, Measures and Detailed Tables. 2011-2021. Available at: [micda.isr.umich.edu/research/nhats-trends-dashboards](https://micda.isr.umich.edu/research/nhats-trends-dashboards). The NHATS online dashboards and this companion chart book were prepared with funding from the National Institute on Aging (U01AG032947 and P30AG012846).



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## About the NHATS Trends Dashboards

The latest NHATS Trends Dashboards, available at [micda.isr.umich.edu/research/nhats-trends-dashboards](https://micda.isr.umich.edu/research/nhats-trends-dashboards), describe trends in late-life functioning of the U.S. Medicare population ages 72 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.<sup>a</sup> 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 72 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

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The NHATS online dashboards and this companion chartbook were prepared with funding from the National Institute on Aging (U01AG032947 and P30AG012846).

<sup>a</sup>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



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 72 and older population from 2011 to 2021:

- 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 2020) 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 2020).

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 2021. For instance, in 2021, 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 2020) 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 2021 were continuations of trends that began in prior years, patterns of participation restrictions and participation in valued activities differed markedly in 2020 from prior and subsequent years. Specifically:

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

- 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.
- For non-Hispanic Black and Hispanic persons participation rates were lower than for non-Hispanic White persons prior to 2020 and did not fully rebound following 2020; in contrast, participation rates for non-Hispanic White individuals returned to pre-pandemic levels in 2021.

In sum, the experience of late-life disability for adults ages 72 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 non-Hispanic Black and Hispanic groups have not experienced a return to pre-COVID-19 pandemic levels in participation in valued activities.

## Key Trends



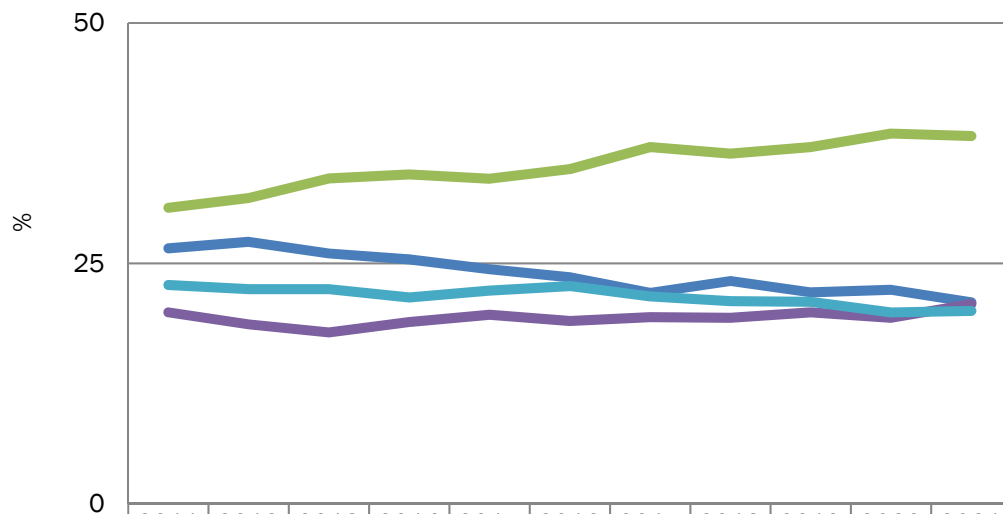
## Late-Life Disability Trends

### Self-care and mobility limitations

The percentage of older adults fully able to carry out self-care and mobility activities declined from 26.6% in 2011 to 20.9% in 2021. The percentage successfully accommodating with devices increased from 30.8% to 38.2%. No significant changes in the percentage reporting difficulty occurred during this period, but the percentage receiving assistance declined from 22.8% in 2011 to 20.0% in 2021.

#### Trends in Self-Care and Mobility Limitations, Adults Ages 72 and Older, 2011-2021

Excludes nursing home residents



	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
Is fully able	26.6	27.2	26.0	25.4	24.4	23.6	21.9	23.2	22.0	22.3	20.9
Has successfully accommodated	30.8	31.8	33.8	34.2	33.8	34.8	37.1	36.4	37.1	38.5	38.2
Has difficulty	19.9	18.7	17.8	18.9	19.7	19.0	19.4	19.3	19.9	19.3	20.8
Receives assistance	22.8	22.3	22.3	21.5	22.2	22.6	21.5	21.1	21.0	19.9	20.0

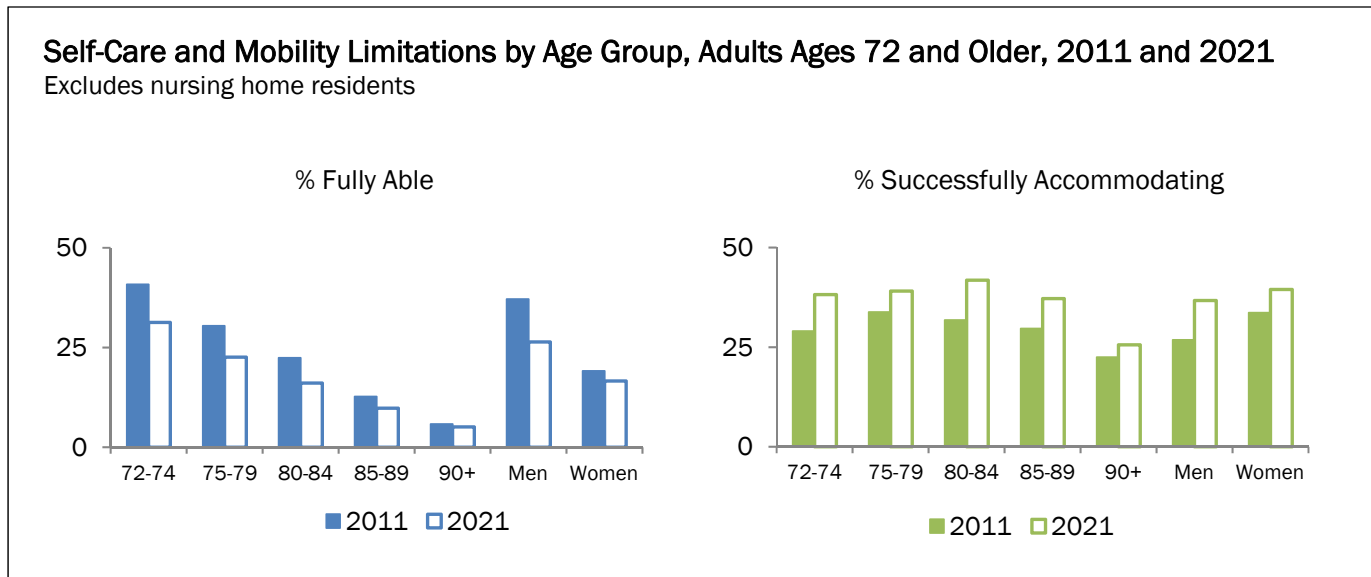
When nursing home residents were included, the percentage of older adults fully able to carry out self-care and mobility activities declined from 25.4% in 2011 to 20.5% in 2021 while the percentage successfully accommodating with devices increased from 29.4% to 37.5%. The percentage reporting difficulty also increased slightly during the period (19.0 to 20.4), but the percentage receiving help declined from 26.2% to 21.6%.

#### Trends in Self-Care and Mobility Limitations, Adults Ages 72 and Older, 2011-2021

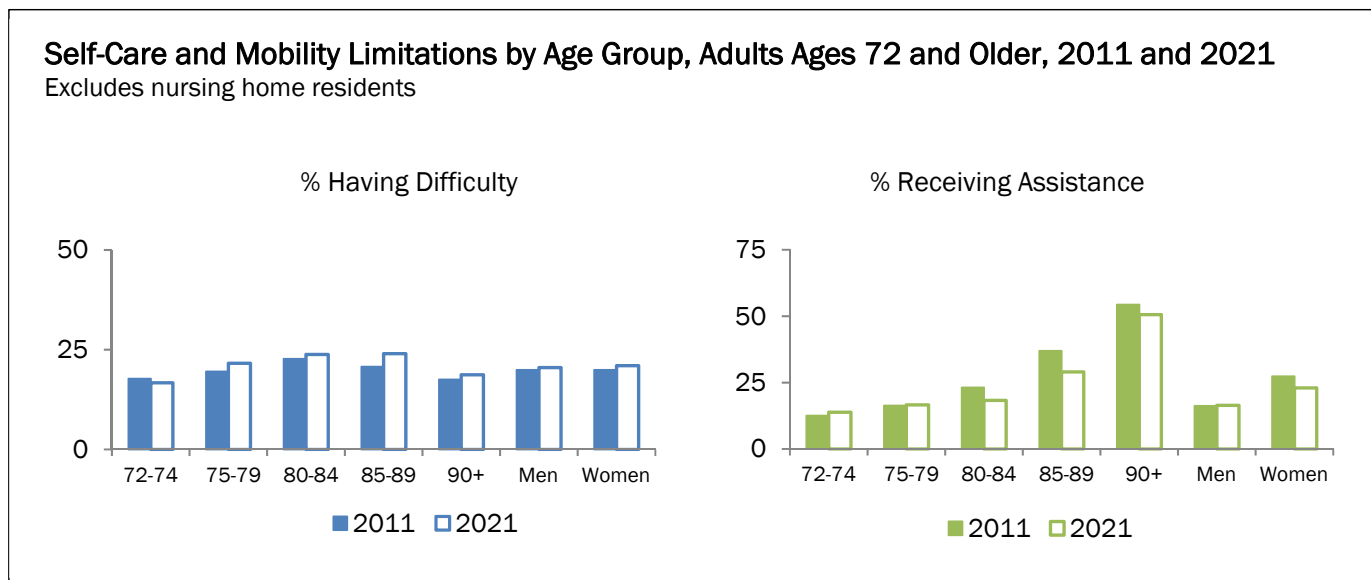
Includes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
Is fully able	25.4	26.0	25.0	24.4	23.5	22.7	21.2	22.5	21.3	21.7	20.5
Has successfully accommodated	29.4	30.3	32.5	32.9	32.6	33.6	35.9	35.4	35.9	37.5	37.5
Has difficulty	19.0	17.8	17.1	18.1	18.9	18.3	18.8	18.8	19.3	18.8	20.4
Receives assistance	26.2	25.9	25.4	24.6	25.0	25.4	24.1	23.4	23.5	22.0	21.6

Both men and women and those ages 72-74, 75-79 and 80-84 experienced declines in the percentage fully able to carry out these activities and increases in the percentage who successfully accommodated self-care and mobility limitations.



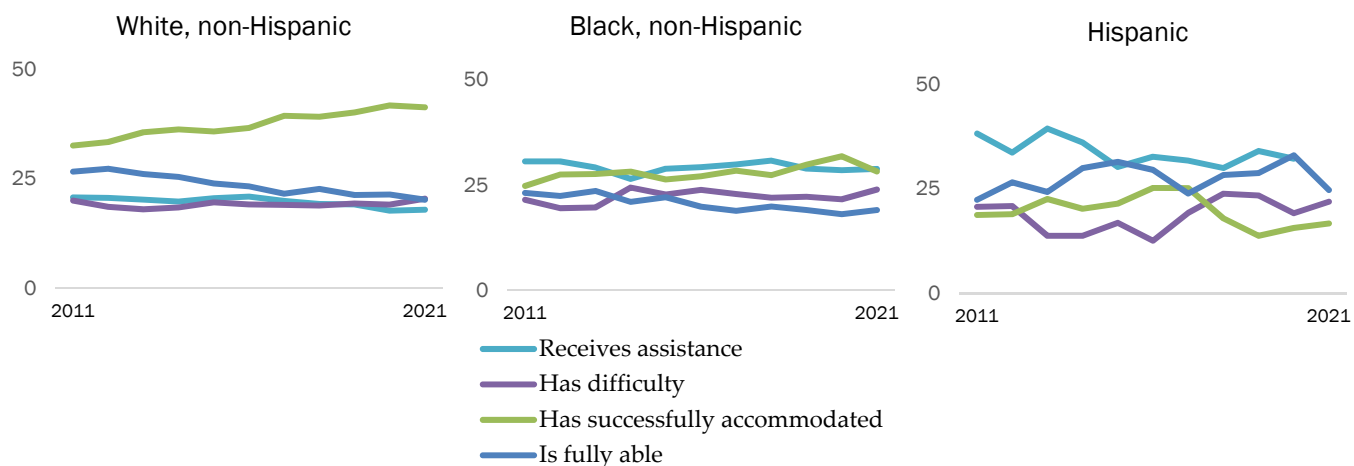
The percentage experiencing difficulty (but not assistance) with self-care or mobility remained flat between 2011 and 2021 for men and women and across all age groups. Women and those ages 80-84 experienced declines in the percentage receiving assistance.



Both men and women and those ages 72-74, 75-79 and 80-84 experienced declines in the percentage fully able to carry out these activities and increases in the percentage who successfully accommodated self-care and mobility limitations. Not all race and Hispanic ethnicity groups experienced these changes. For example, non-Hispanic White and non-Hispanic Black groups experienced declines in the percentage fully able, but those of Hispanic origin did not, and only the non-Hispanic White group experienced increases in the percentage successfully accommodating with devices. Consequently, substantial racial/ethnic gaps in self-care and mobility limitations persisted in 2021.

### Self-Care and Mobility Limitations by Race and Hispanic Ethnicity, Adults Ages 72 and Older, 2011-2021

Excludes nursing home residents



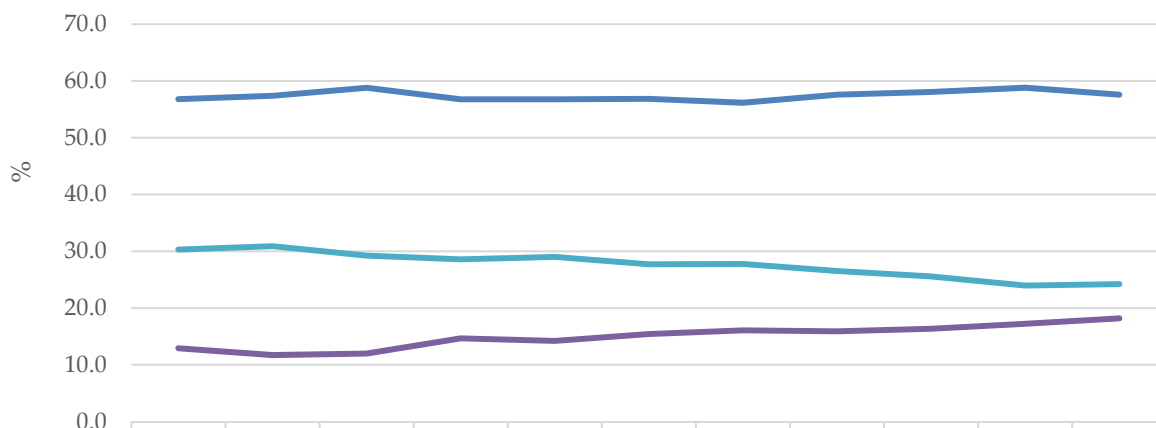
When nursing home residents were included, patterns by age group, gender and race and Hispanic ethnicity were similar; however, one additional trend with respect to successful accommodation emerged. Non-Hispanic black persons experienced an increase in successfully accommodating self-care and mobility limitations (see detailed tables).

### Household activity limitations

The percentage of older adults having difficulty with household activities increased from 12.9% in 2011 to 18.2% in 2021 while the percentage receiving help for health and functioning reasons declined from 30.3% in 2011 to 24.2% in 2021. 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 72 and Older, 2011-2021

Excludes nursing home residents



	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
Is fully able	56.8	57.4	58.8	56.8	56.8	56.9	56.2	57.6	58.1	58.8	57.6
Has difficulty	12.9	11.7	12.0	14.7	14.2	15.4	16.1	15.9	16.4	17.2	18.2
Receives assistance	30.3	30.9	29.2	28.6	29.0	27.7	27.8	26.5	25.6	24.0	24.2

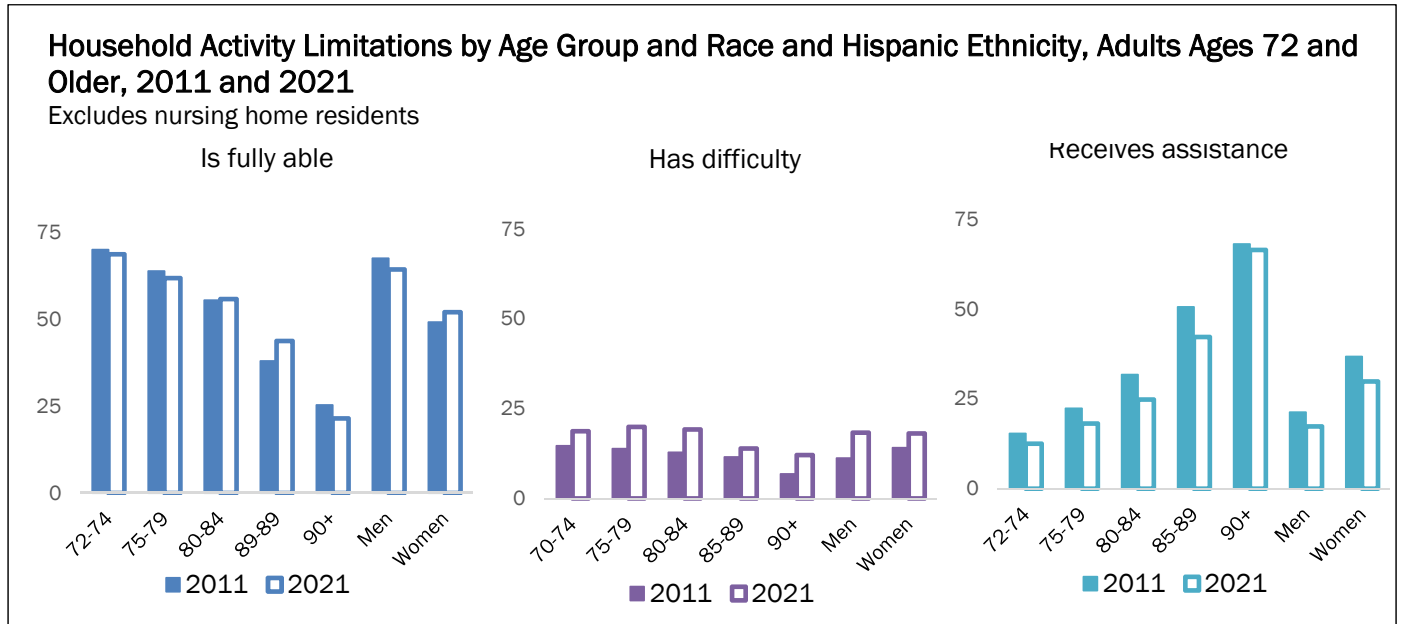
When nursing home residents were included, the percentage of older adults having difficulty with household activities increased from 12.3% in 2011 to 17.8% in 2021 while the percentage receiving help for health and functioning reasons declined from 33.4% in 2011 to 25.7% in 2021. No significant changes in the percentage being fully able to carry out household activities occurred during this period.

#### Trends in Household Activity Limitations, Adults Ages 72 and Older, 2011-2021

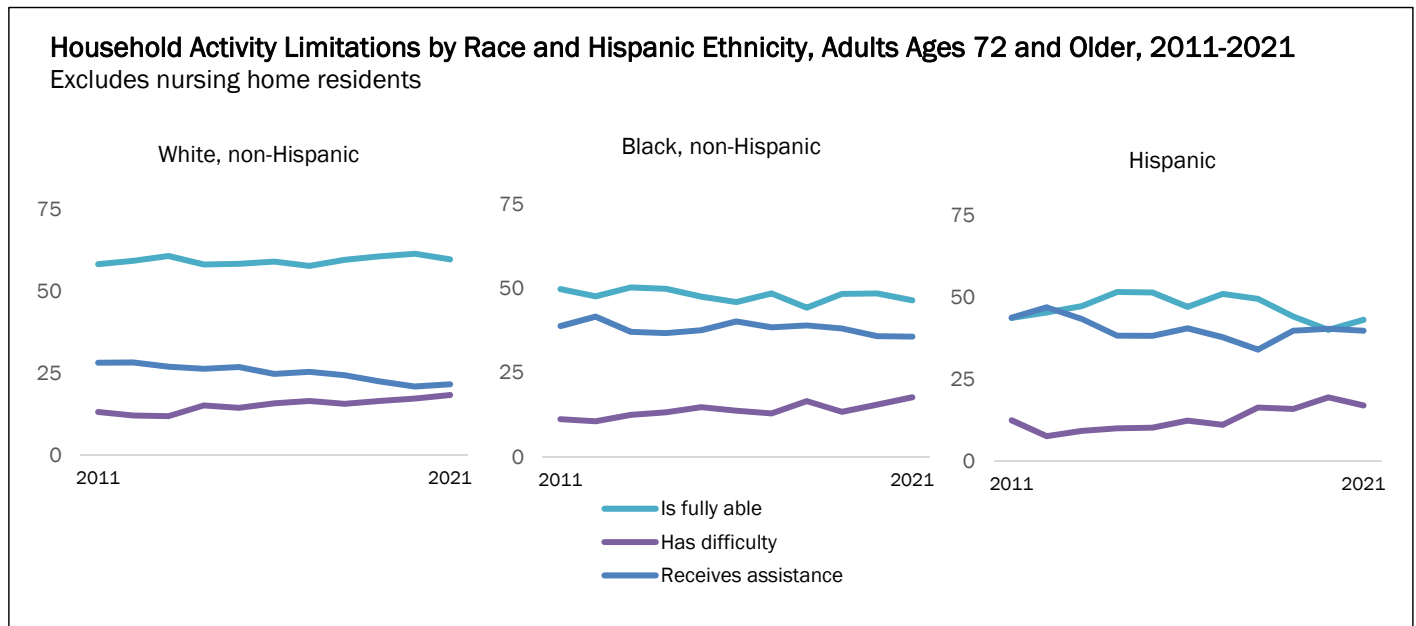
Includes nursing home residents

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
Is fully able	54.3	54.7	56.4	54.5	54.7	54.9	54.3	55.9	56.3	57.3	56.5
Has difficulty	12.3	11.2	11.5	14.1	13.7	14.9	15.5	15.4	15.8	16.8	17.8
Receives assistance	33.4	34.1	32.1	31.4	31.6	30.3	30.1	28.7	27.9	25.9	25.7

The percentage fully able to carry out household activities declined between 2011 and 2021 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 (72-74) and oldest (90+) age groups and for men and women.



Within race and Hispanic ethnicity groups, non-Hispanic White, non-Hispanic Black, and Hispanic persons experienced increases in difficulty and non-Hispanic White persons experienced declines in assistance.



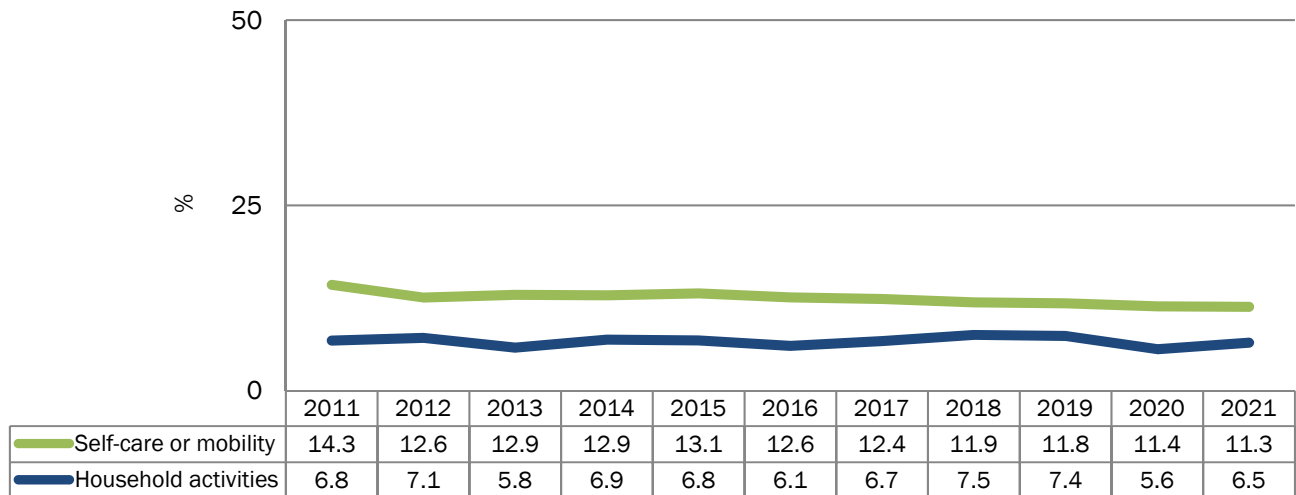
When nursing home residents were included, patterns by age group, gender and race and Hispanic ethnicity were similar; however, three differences emerged. Increases in the percentage being fully able were significant for non-Hispanic White persons and declines in the percentage receiving assistance were significant for the oldest age group (90+). Finally, the decline in being fully able was not significant for men.

### Unmet need for assistance

The percentage of older adults with unmet need for assistance with self-care or mobility activities declined from 14.3% in 2011 to 11.3% in 2021 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 72 and Older, 2011-2021

Excludes nursing home residents

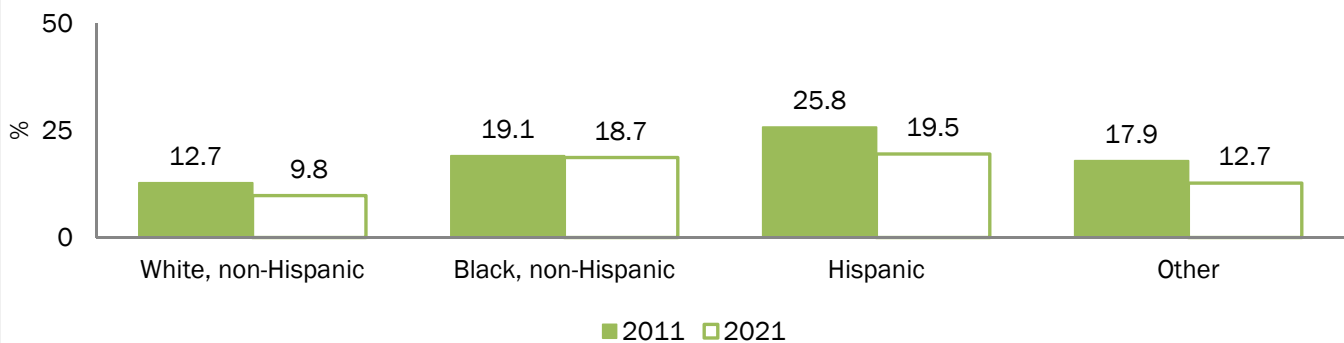


Declines in unmet need for assistance with self-care or mobility activities were also observed for those ages 75-79, women, non-Hispanic White individuals (see detailed tables). In addition, for those ages 85-89 significant declines in unmet need for assistance with household activities were observed - from 11.5% in 2011 to 6.8% in 2021.

In 2021, Hispanic individuals had the highest rates of unmet need – 19.5% for self-care or mobility activities (and 14.2% for household activities; see detailed tables). Non-Hispanic Black and Hispanic groups had significantly higher levels of unmet need for self-care or mobility (18.7% and 19.5%, respectively) than non-Hispanic White individuals (9.8%).

#### Unmet Need for Assistance with Self-care or Mobility by Race and Hispanic Ethnicity, Adults Ages 72 and Older, 2011 and 2021

Excludes nursing home residents

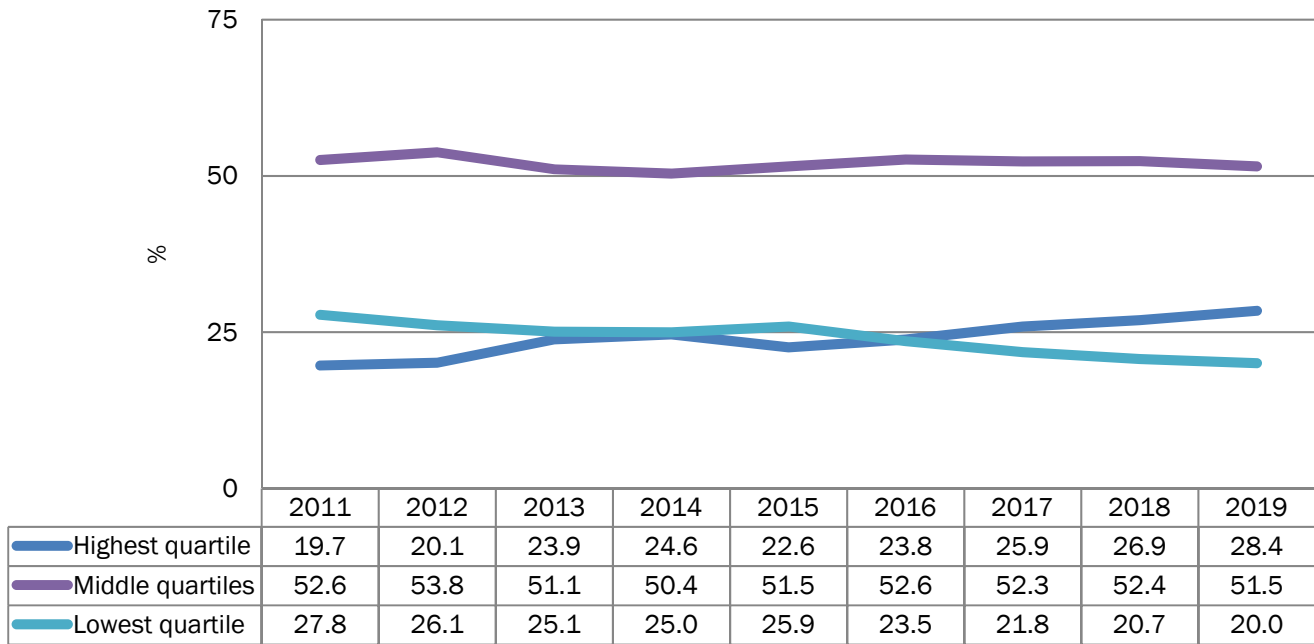


## Physical capacity

Trends for physical capacity, based on both performance-tests and self-reported items, improved between 2011 and 2019.<sup>1</sup> The percentage of older adults with high physical capacity increased from 19.7% in 2011 to 28.4% in 2019 while the percentage with low physical capacity declined from 27.8% to 20.0% over the same period.

### Trends in Physical Capacity, Adults Ages 72 and Older, 2011-2019

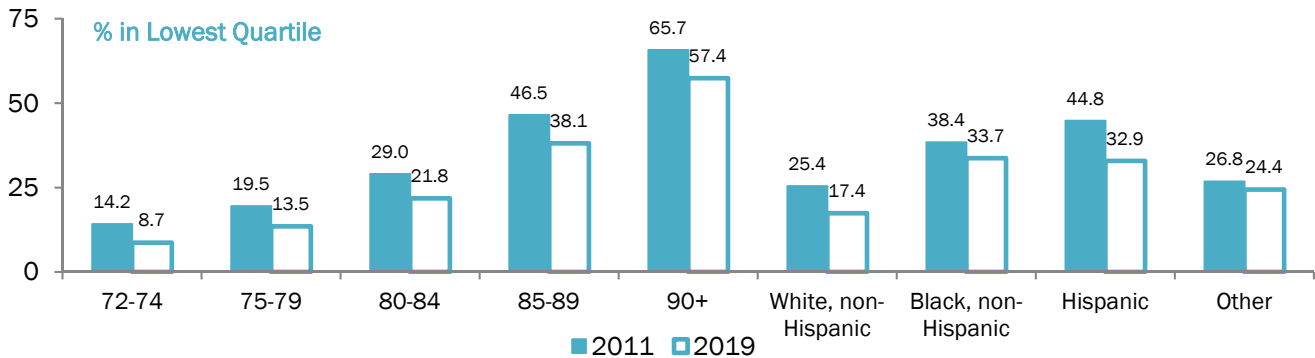
Excludes nursing home residents



Declines in the percentage in the lowest quartile were observed for age groups 72-74, 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 72 and Older, by Age Group and Race and Hispanic Ethnicity, 2011 and 2019

Excludes nursing home residents



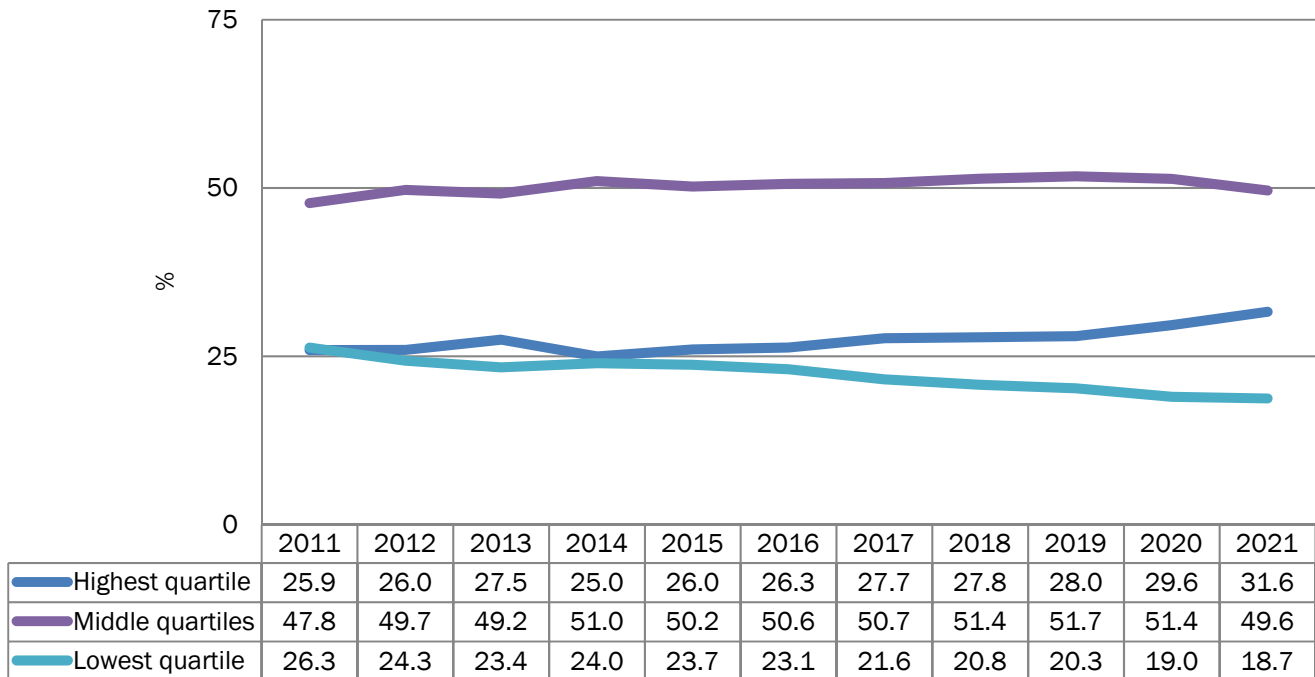
<sup>1</sup>Physical capacity quartiles are based on a 2011 self-reported physical abilities and physical performance tests (see Methods and Measures for details). Because performance tests were not conducted in 2020 and peak airflow was not conducted in 2021, this trend is shown through 2019.

### 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 25.9% in 2011 to 31.6% in 2021 while the percentage with low physical capacity declined from 26.3% to 18.7% over the same period.

**Trends in Self-Reported Physical Capacity, Adults Ages 72 and Older, 2011-2021**

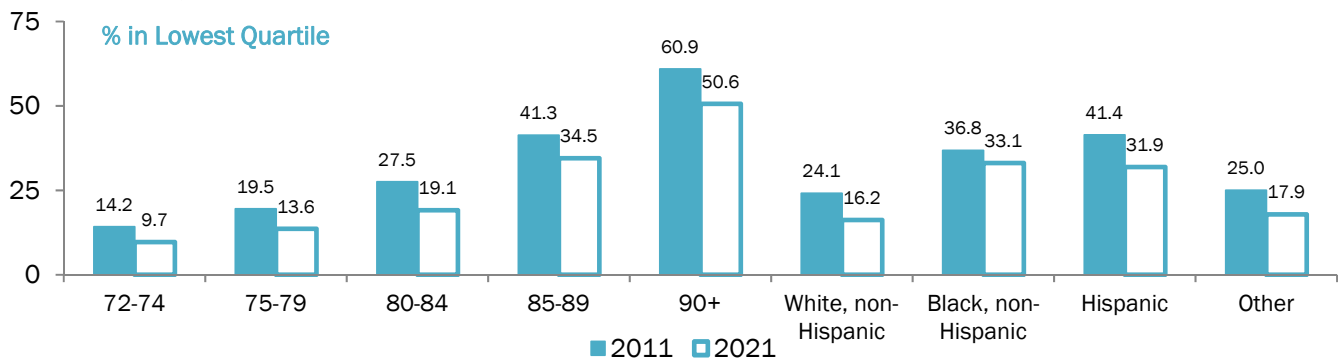
Excludes nursing home residents



The percentage self-reporting low physical capacity declined for the three youngest age groups (72-74, 75-79 and 80-84), for both men and women (see detailed tables for trends by age and gender), and for the non-Hispanic White group. Racial/ethnic gaps in physical capacity remained in 2021, with non-Hispanic Black and Hispanic groups having substantially higher percentages (33.1% and 31.9%, respectively) than the non-Hispanic White group (16.2%) in the lowest quartile of physical functioning.

**Self-Reported Physical Capacity, Adults Ages 72 and Older, by Age Group and Race and Hispanic Ethnicity, 2011 and 2021**

Excludes nursing home residents



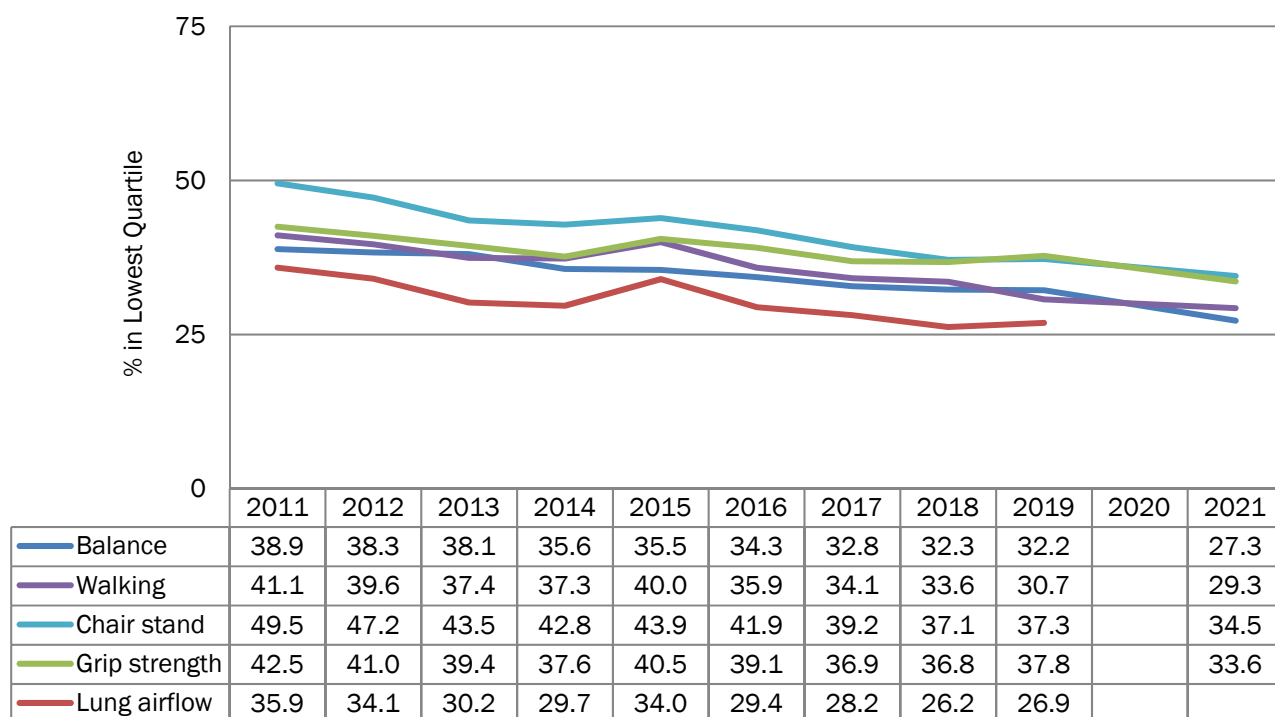


## Physical Performance

For each physical performance measure, the percentage in the lowest quartile declined over the period.<sup>2</sup> The percentage point decline between 2011 and 2021 ranged from 8.9 points (grip strength) to 15.0 points (chair stands). The percentage with low lung airflow decline from 35.9% in 2011 to 26.9% in 2019.

**Trends in Low Physical Performance Scores, Adults Ages 72 and Older, 2011-2021**

Excludes nursing home residents



Declines in low scores across the five physical performance tests were experienced by women and for all but grip strength for the youngest age groups (72-74 through 85-89). Declines in the percentage with low performance scores varied across racial-ethnic groups. Non-Hispanic White individuals experienced declines in low scores for all performance measures and the Hispanic group experienced declines in all but low lung airflow. For the non-Hispanic Black group, declines were observed for three tests: low balance, low chair stand, and low grip strength scores. See detailed tables.

Racial/ethnic gaps in low performance scores remained in 2021 (2019). Relative to the non-Hispanic White group, the non-Hispanic Black group had substantially higher percentages in the lowest-functioning group with respect to all measures except grip strength and the Hispanic group had higher percentages for walking, grip strength, and lung airflow.

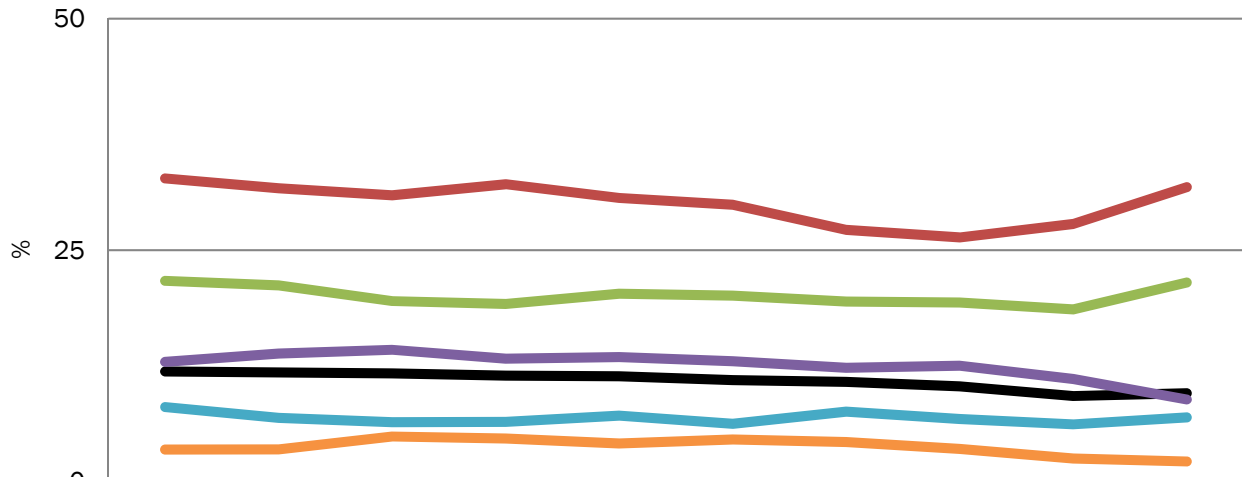
<sup>2</sup>None of the physical performance activities were administered in 2020 and lung airflow was not administered in 2021.

## Dementia

The percentage of older adults living with dementia declined from 11.9% in 2011 to 9.6% in 2020.<sup>3</sup> Significant declines were observed for those who were ages 80-84. When nursing home residents were included, the percentage of older adults living with dementia declined from 14.5% in 2011 to 11.0% in 2020 (see detailed tables).

### Trends in Dementia, Adults Ages 72 and Older, By Age Group, 2011-2020

Excludes nursing home residents

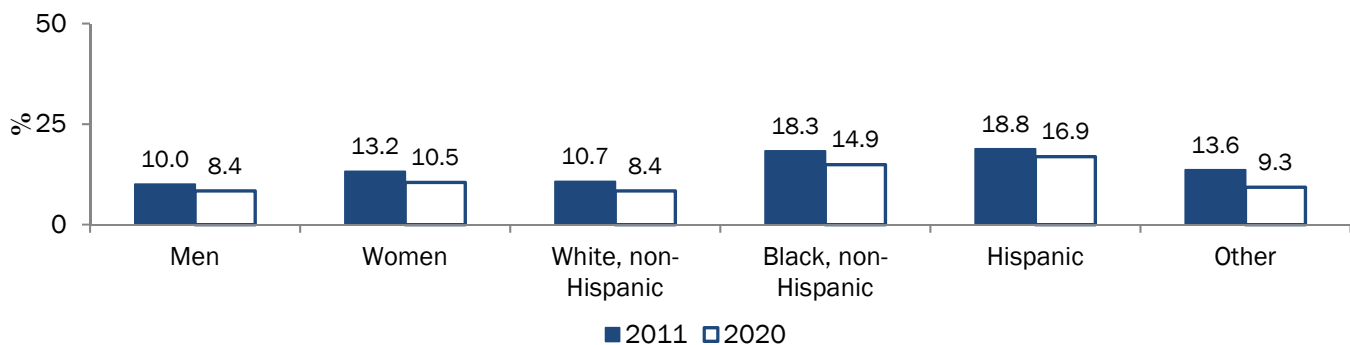


	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
All Ages	11.9	11.8	11.7	11.5	11.4	11.0	10.8	10.3	9.2	9.6
70-74	3.5	3.5	4.9	4.7	4.1	4.6	4.3	3.6	2.5	2.2
75-79	8.1	6.9	6.4	6.5	7.1	6.3	7.6	6.8	6.2	6.9
80-84	12.9	13.8	14.2	13.3	13.5	13.0	12.3	12.5	11.1	8.9
85-89	21.7	21.2	19.5	19.2	20.3	20.1	19.5	19.4	18.6	21.5
90+	32.7	31.7	30.9	32.1	30.6	29.9	27.2	26.4	27.8	31.8

Dementia prevalence declined for women and non-Hispanic White individuals. In 2020, the prevalence for the non-Hispanic Black group was nearly double and for the Hispanic group more than double that of the non-Hispanic White group.

### Dementia Prevalence, Adults Ages 72 and Older, by Gender and Race and Hispanic Ethnicity, 2011 and 2020

Excludes nursing home residents



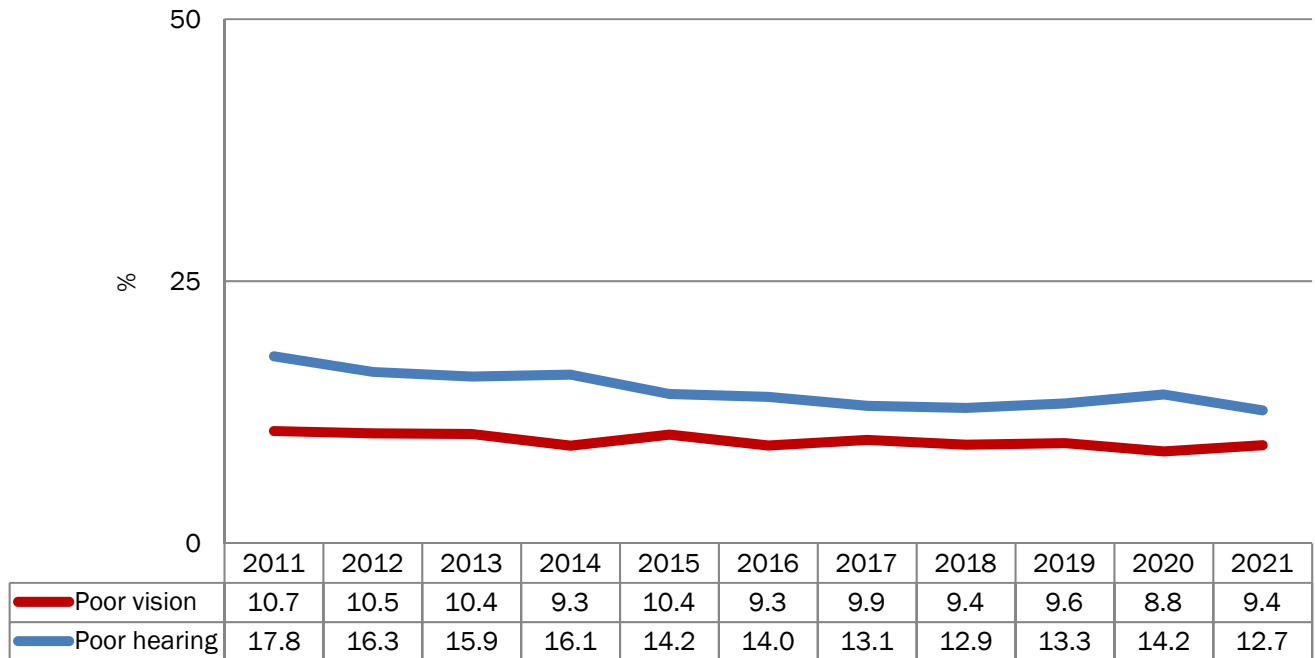
<sup>3</sup>Because the dementia prevalence measure relies on information from two rounds, estimates are available through 2020.

## Sensory Limitations

Overall, the percentage of older adults with poor vision (with aids, if used) declined over this period from 10.7% in 2011 to 9.4% in 2021. The percentage of older adults with poor hearing (with aids, if used) declined from 17.8% in 2011 to 12.7% in 2021.

### Trends in Poor Vision and Poor Hearing, Adults Ages 72 and Older, 2011-2021

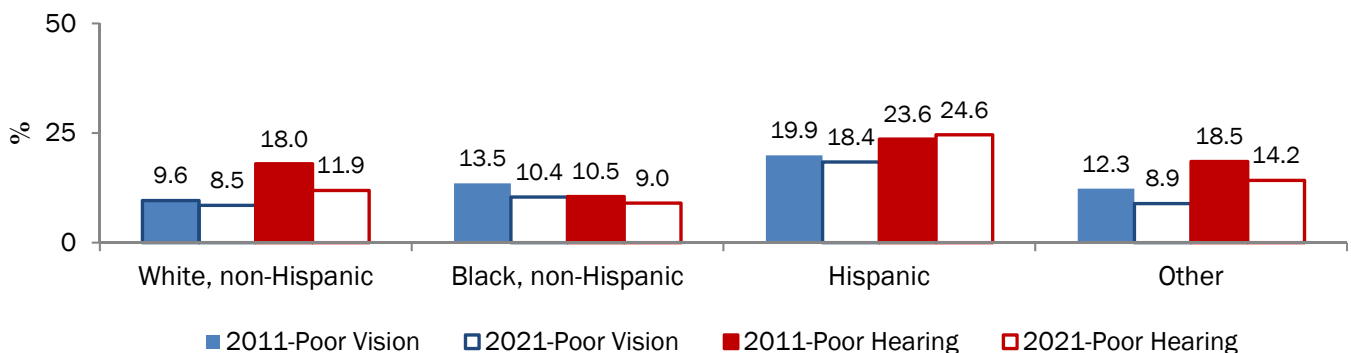
Excludes nursing home residents



Vision improvements were concentrated among those ages 90 and older and women. In contrast hearing improvements occurred for those age groups 80-84 and 85-89 and for men and women. The percentage with poor vision declined among the non-Hispanic Black group and the percentage with poor hearing declined for non-Hispanic White and Black groups.

### Poor Vision and Poor Hearing, Adults Ages 72 and Older, by Race/Ethnicity, 2011 and 2021

Excludes nursing home residents



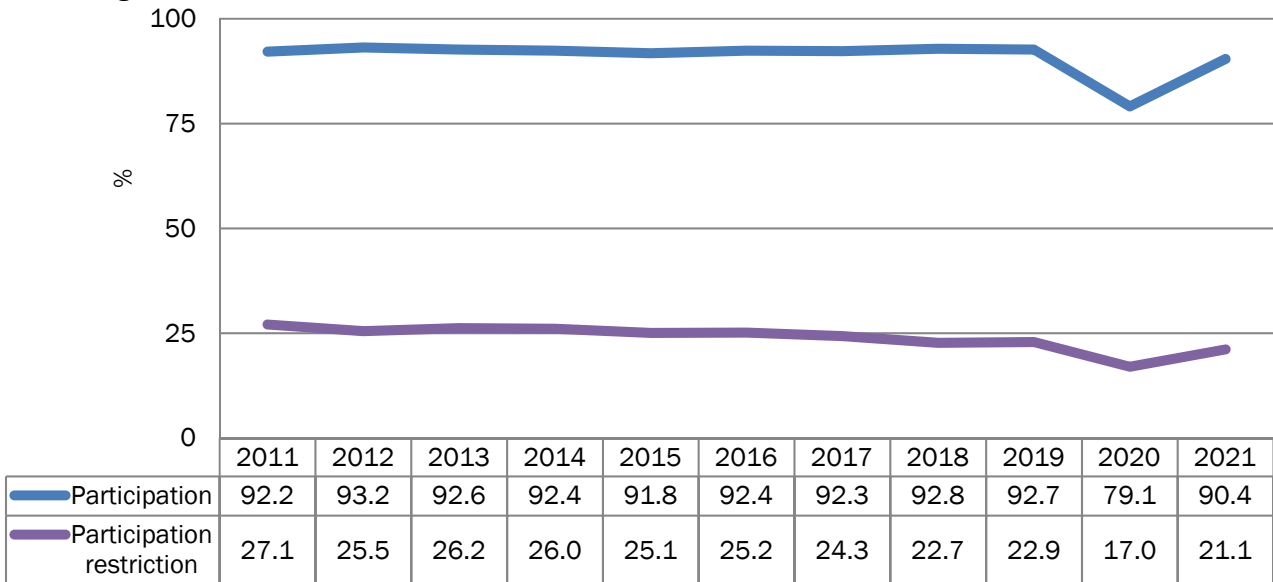
In 2021, the Hispanic group had substantially higher percentages with poor vision (18.4%) and poor hearing (24.6%) relative to the non-Hispanic White group (8.5% and 11.9%, respectively). The non-Hispanic Black group did not differ with respect to poor vision but had a lower percentage with poor hearing (9.0%) than the non-Hispanic White group (11.9%).

### Participation restrictions and participation

The percentage of older adults who had health- or functioning-related restrictions in participation in valued activities had been declining slowly between 2011 (27.1%) and 2019 (22.9%). However, rates declined sharply in 2020 (to 17.0%) and then rebounded in 2021 (to 21.1%). Consequently there was an overall decline in participation restrictions across the 2011-2021 period. Participation in valued activities was essentially flat from 2011 (92.2%) to 2019 (92.7%), then declined sharply in 2020 (from 92.7% to 79.1%) before rebounding almost to pre-pandemic levels in 2021 (90.4%), resulting in a small overall decline across the time period.

#### Trends in Participation Restrictions and Participation in Valued Activities, Adults Ages 72 and Older, 2011-2021

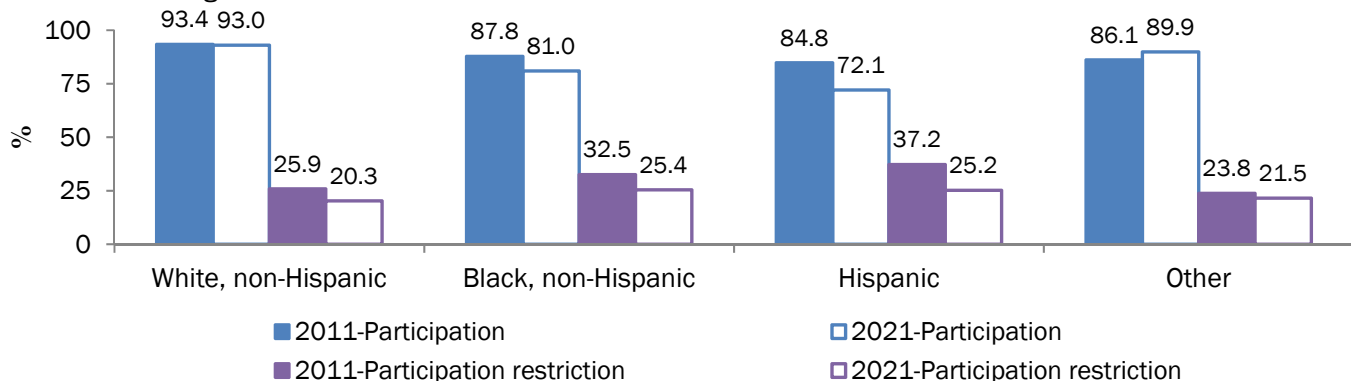
Excludes nursing home residents



Participation in valued activities followed a similar pattern for all age groups and for men and women (flat through 2019, declining in 2020, and then almost returning to pre-pandemic levels; see detailed tables). Participation rates were lower to start with and declined to substantially lower levels in 2020, and rebounded less for the non-Hispanic Black and Hispanic groups, relative to the non-Hispanic White group. Consequently, substantial gaps in participation in valued activities were evident by race/ethnicity in 2021.

#### Participation Restrictions and Participation in Valued Activities, Adults Ages 72 and Older, by Race and Hispanic Ethnicity, 2011 and 2021

Excludes nursing home residents



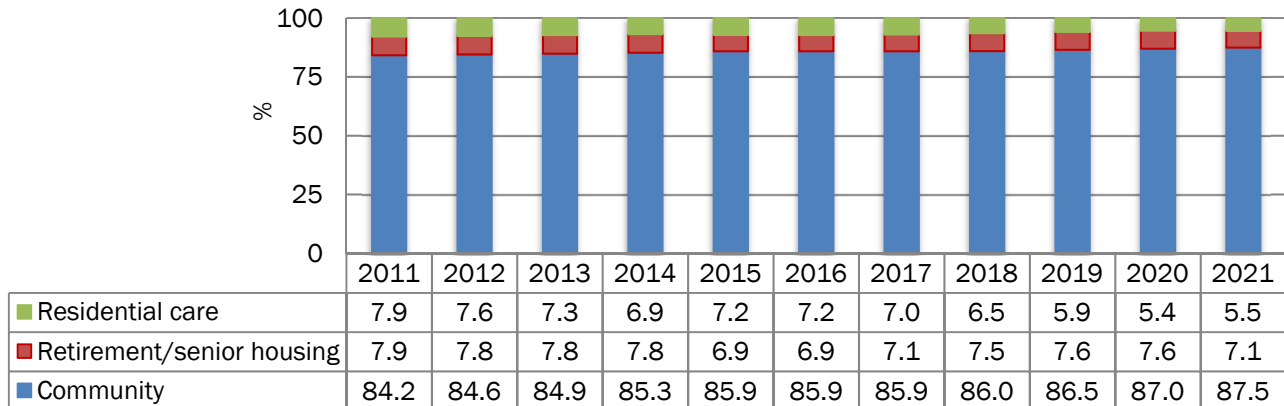
## Late-Life Housing Trends

### Residential care setting

The percentage of the older population living in traditional community settings increased from 84.2% in 2011 to 87.5% in 2021. During the same period, there were declines in the percentage living in residential care settings other than nursing homes, from 7.9% in 2011 to 5.5% in 2021. The percentage living in retirement communities or senior housing remained steady at about 7%-8% over the period.

**Trends in Residential Care Setting, Adults Ages 72 and Older, 2011-2021**

Excludes nursing home residents



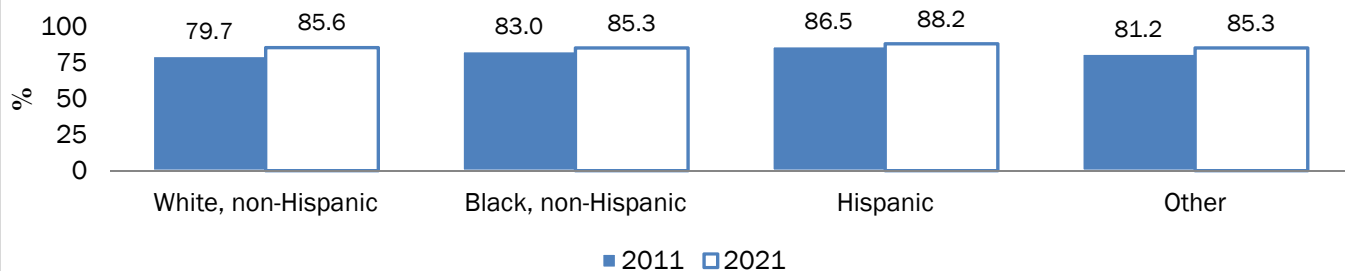
When nursing home residents were included, the percentage of the older population living in traditional community settings increased from 80.5% in 2011 to 85.8% in 2021. During the same time period, retirement/senior housing remained stable, but there were declines from 7.6% in 2011 to 5.3% in 2021 in residential care other than nursing homes and from 4.4% in 2011 to 1.9% in 2021 in the percentage living in nursing home settings.

In estimates including nursing home residents, declines were observed for those ages 75-79 and women in the percentage living in residential care settings other than nursing homes (see detailed tables). Declines were also observed for all age groups except 75-79 and for men and women in the percentage living in nursing home settings (see detailed tables).

Increases were observed in the percentage living in the community for all groups and, in 2021, the percentage living in traditional community settings did not differ across race and Hispanic ethnicity groups.

**Percentage Living in Traditional Community Settings, Adults Ages 72 and Older, by Race and Hispanic Ethnicity, 2011 and 2021**

Includes nursing home residents

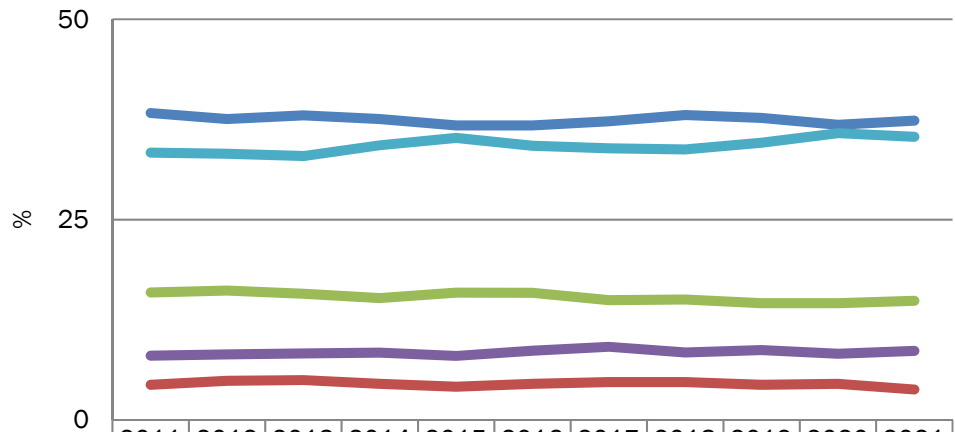


## Housing type

Between 2011 and 2021 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 2021, 37.4% lived in a one-level house, 35.3% lived in an accessible multi-level house, 14.9% lived in a multi-unit building, 8.6% lived in a multi-level house with limited access, and 3.8% lived in a mobile home.

### Trends in Home Type, Adults Ages 72 and Older, 2011-2021

Excludes nursing home residents



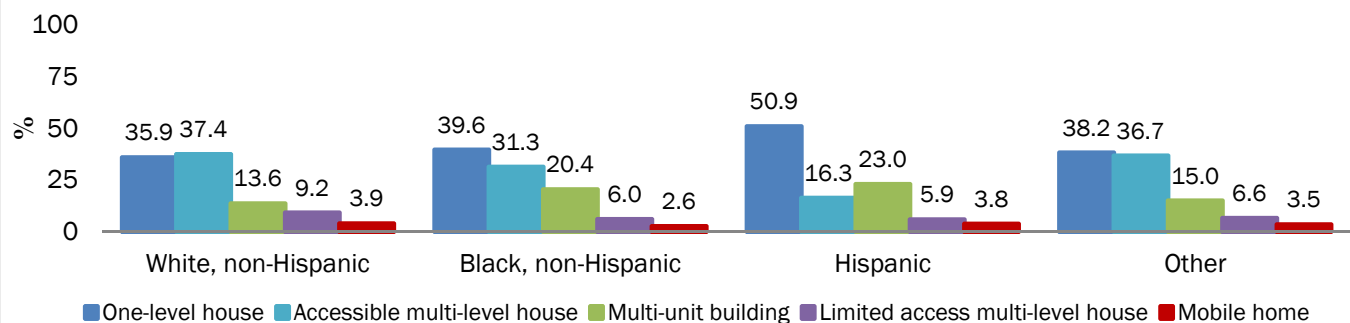
	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
One-level house	38.3	37.5	38.0	37.6	36.8	36.8	37.3	38.0	37.7	36.8	37.4
Accessible multi-level house	33.4	33.2	32.9	34.3	35.2	34.2	33.9	33.8	34.6	35.8	35.3
Multi-unit building	15.9	16.1	15.8	15.2	15.9	15.9	15.0	15.0	14.6	14.6	14.9
Limited access multi-level house	8.0	8.2	8.3	8.4	8.0	8.6	9.1	8.4	8.7	8.3	8.6
Mobile home	4.4	4.9	5.0	4.5	4.1	4.5	4.7	4.7	4.4	4.5	3.8

Individuals who reported another race or ethnicity (besides White, Black or Hispanic) were less likely to live in a multi-unit building in 2021 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 2021 than in 2011 (see detailed tables).

In 2021, the Hispanic group was more likely than the non-Hispanic White group to live in a one-level house and both non-Hispanic Black and Hispanic groups were more likely to live in multi-unit buildings. The Hispanic group was less likely than the non-Hispanic White group to live in an accessible multi-level house and the non-Hispanic Black group was less likely to live in an inaccessible multi-story house.

### Housing Type by Race and Hispanic Ethnicity, Adults Ages 72 and Older, 2021

Excludes nursing home residents

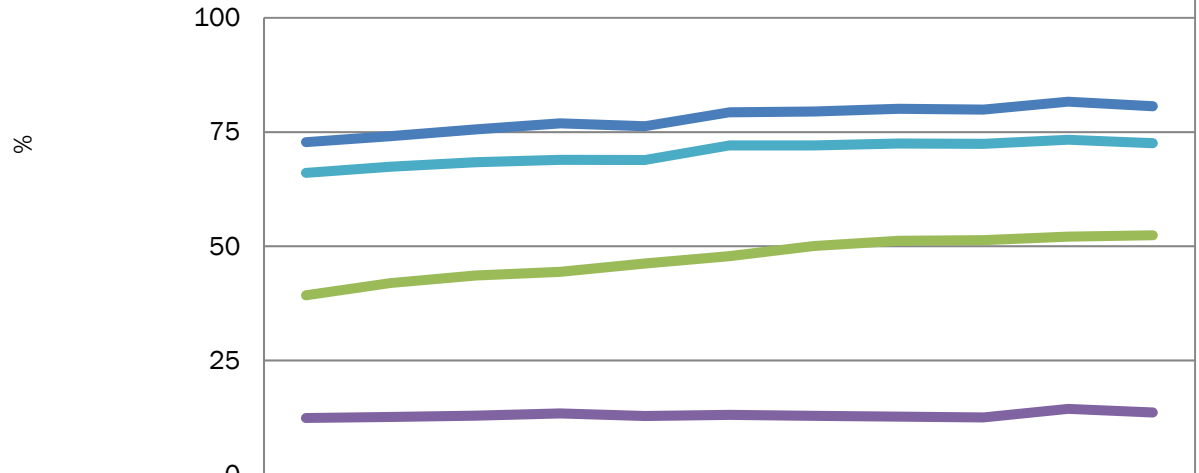


## Home modifications

The percentage of older adults reporting that they had home modifications increased from 72.8% in 2011 to 80.6% in 2021. 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 (13.6% in 2021), the presence of bathing-related modifications - such as grab bars or a seat for the shower or tub - increased from 66.1% in 2011 to 72.6% in 2021. The percentage of older adults reporting that they had toileting-related modifications - such as grab bars or a raised toilet - also increased from 39.3% in 2011 to 52.4% in 2021.

### Trends in Home Modifications, Adults Ages 72 and Older, 2011-2021

Excludes nursing home residents

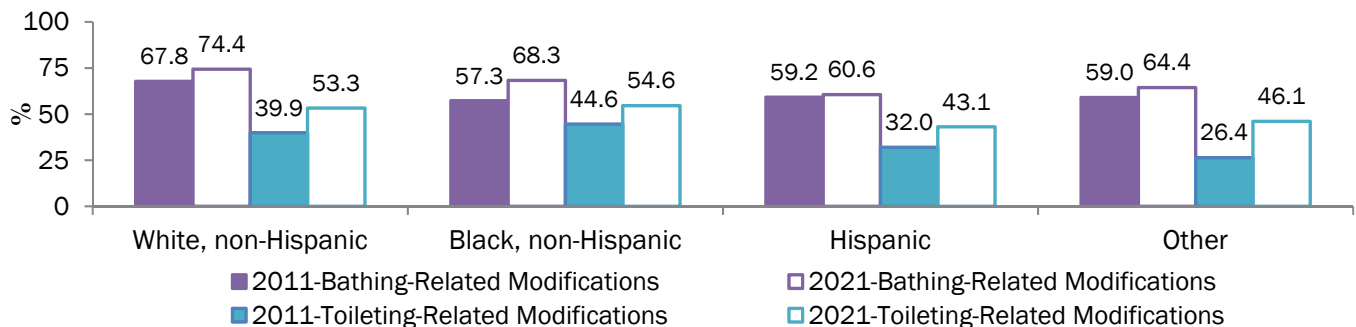


	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
Any Modifications	72.8	74.1	75.6	76.9	76.3	79.3	79.5	80.1	79.9	81.7	80.6
Mobility-Related Modifications	12.4	12.7	12.9	13.4	12.9	13.1	12.9	12.7	12.6	14.4	13.6
Bathing-Related Modifications	66.1	67.4	68.4	68.9	68.9	72.1	72.1	72.5	72.4	73.3	72.6
Toileting-Related Modifications	39.3	41.9	43.6	44.4	46.2	47.8	50.1	51.2	51.4	52.1	52.4

The presence of bathing and toileting modifications increased for all age groups, except 90+, and for men and women (see detailed tables). In addition, non-Hispanic White and Black groups experienced significant increases in bathing- and toileting-related modifications and the other race-ethnic group experienced increases only in toileting-related modifications. In 2021, 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 72 and Older, by Race/Ethnicity, 2011 and 2021

Excludes nursing home residents



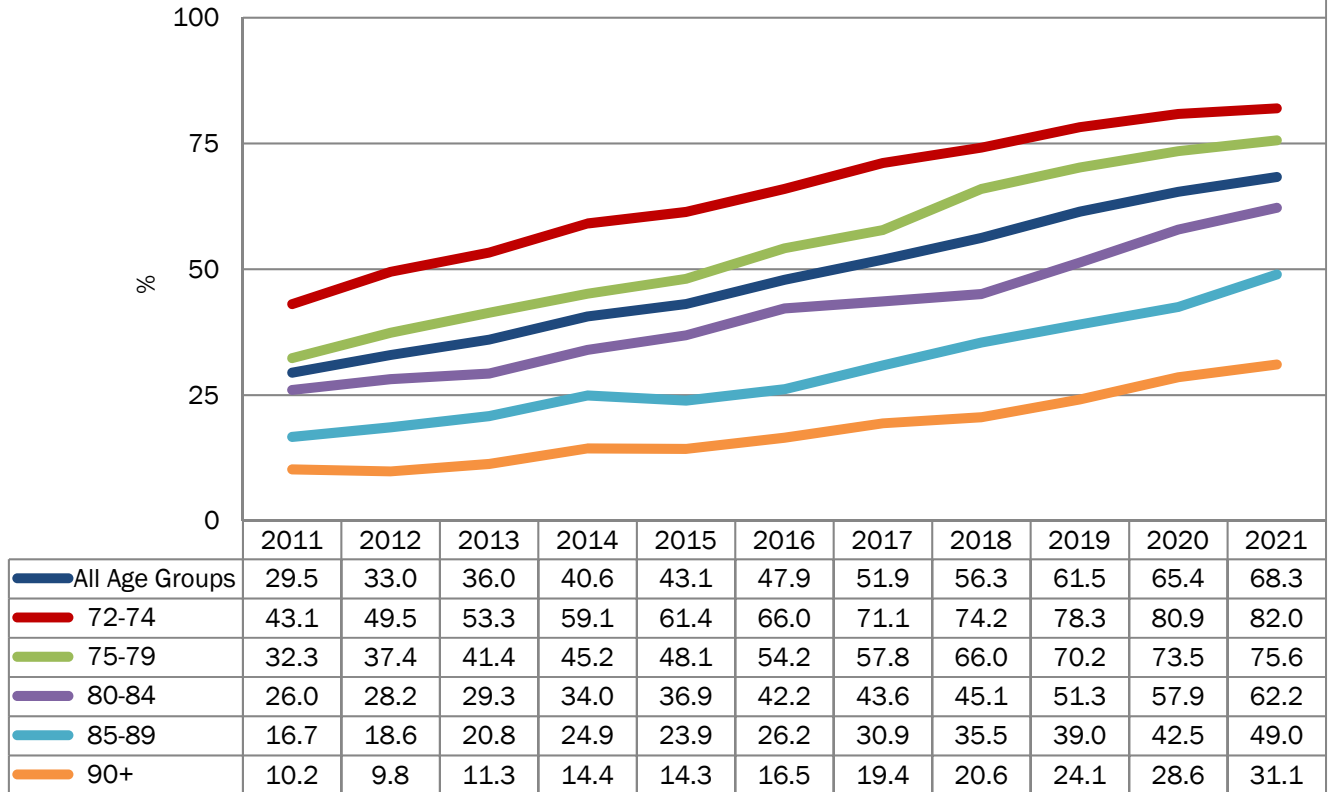
## Trends in Online Activities in Late Life

### Email or texting

The percentage of older adults communicating by email or texting more than doubled from 29.5% in 2011 to 68.3% in 2021. Increases occurred for men and women and across all groups, including those age 90 or older (who reached 31.1% in 2021).

**Trends in Emailing or Texting, Adults Ages 72 and Older, by Age Group, 2011-2021**

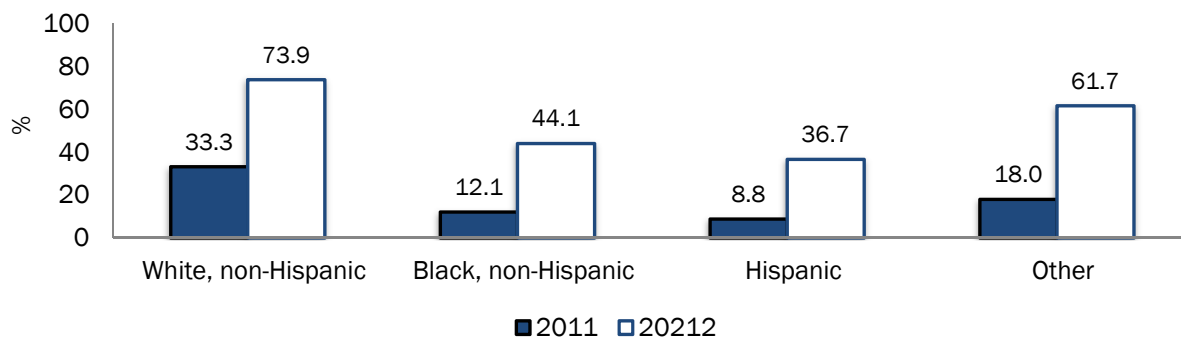
Excludes nursing home residents



Electronic communication also increased for all race and Hispanic ethnicity groups. Yet gaps remained in 2021: non-Hispanic Black (44.1%) and Hispanic (36.7%) groups had substantially lower rates of emailing or texting than the non-Hispanic White group (73.9%).

**Emailing or Texting, Adults Ages 72 and Older, by Race/Ethnicity, 2011 and 2021**

Excludes nursing home residents



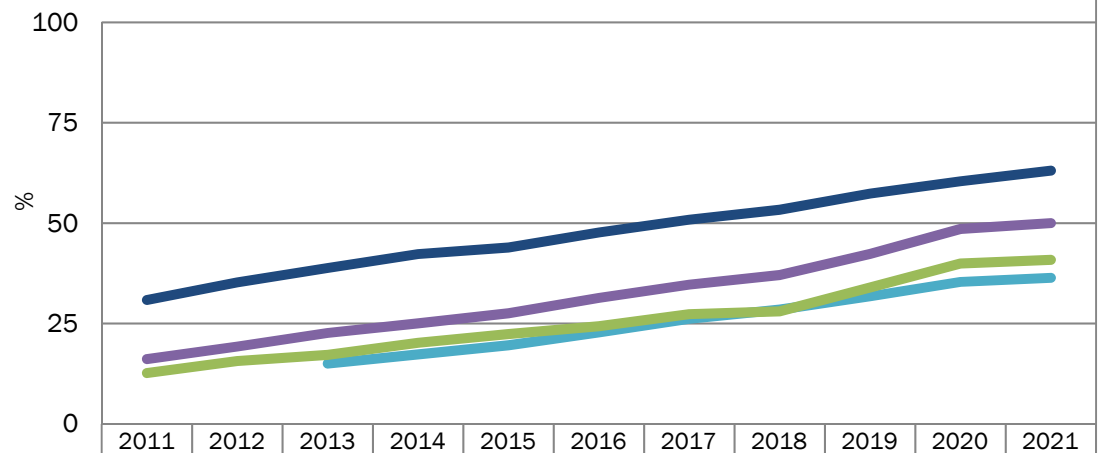


## Going online

The percentage of older adults going online (for reasons other than email) increased from 30.9% to 63.1% between 2011 and 2021. Going online for social networking more than doubled from 15.0% in 2013 to 36.4% in 2021. Going online for household activities - including shopping, banking or ordering prescription medicines - more than tripled from 16.1% in 2011 to 50.0% in 2021. 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 - more than tripled from 12.7% in 2011 to 40.9% in 2021. 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 72 and Older, 2011-2021

Excludes nursing home residents

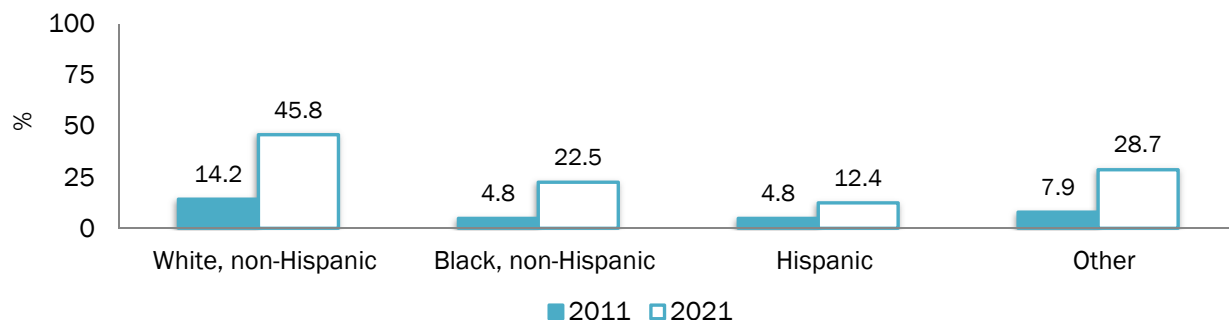


	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
Going Online (Other than Email)	30.9	35.3	38.8	42.3	43.9	47.7	50.9	53.3	57.3	60.4	63.1
Online Social Networking			15.0	17.3	19.6	22.8	26.1	28.5	31.8	35.4	36.4
Online Household Activities	16.1	19.3	22.7	25.0	27.6	31.4	34.7	37.1	42.3	48.6	50.0
Online Health Information	12.7	15.7	17.2	20.2	22.4	24.3	27.3	28.0	34.0	39.9	40.9

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 going online (see detailed tables). For online health-related activities, 22.5% of the non-Hispanic Black group, 12.4% of the Hispanic group, and 28.7% of those from Other race/ethnicity groups went online for household activities in 2021 whereas 45.8% of the non-Hispanic White group did so.

### Going online for Health-Related Activities, Adults Ages 72 and Older, by Race/Ethnicity, 2011 and 2021

Excludes nursing home residents



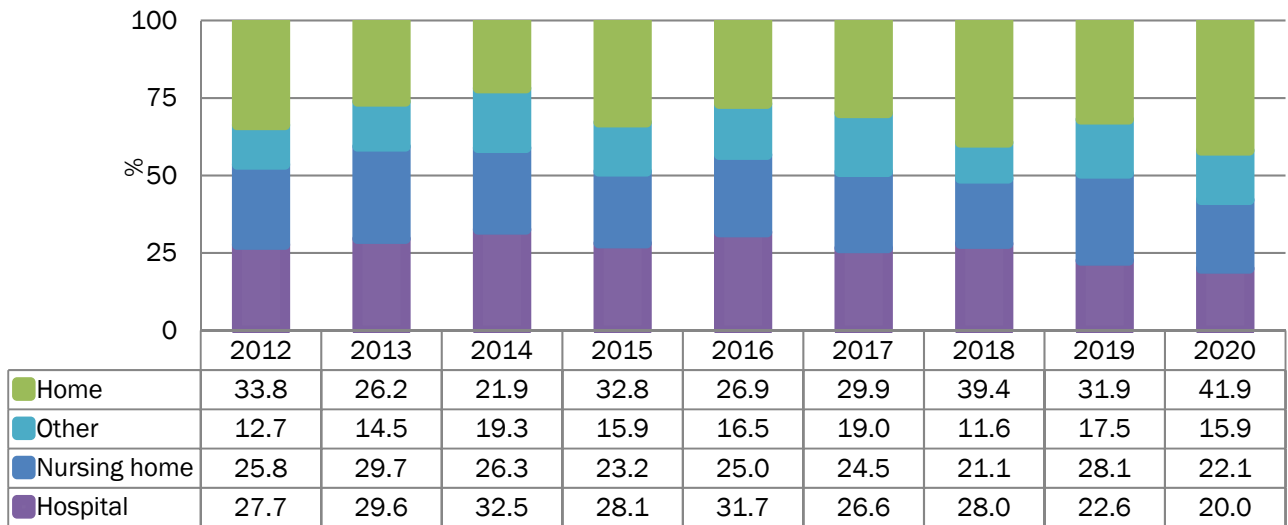
## End of Life Trends

### Location of death

The percentage of older adults dying at home reached a high of 41.9% in 2020 (up from 33.8% in 2012). Increases were observed for ages 80 and older and for women. The percentage dying in a hospital declined from 27.7% in 2012 to 20.0% in 2020. Declines were observed for ages 90 and older and for women. Other places of death were stable over this period.

**Trends in Location of Death, Decedents Ages 72 and Older, 2012-2020**

Includes nursing home residents

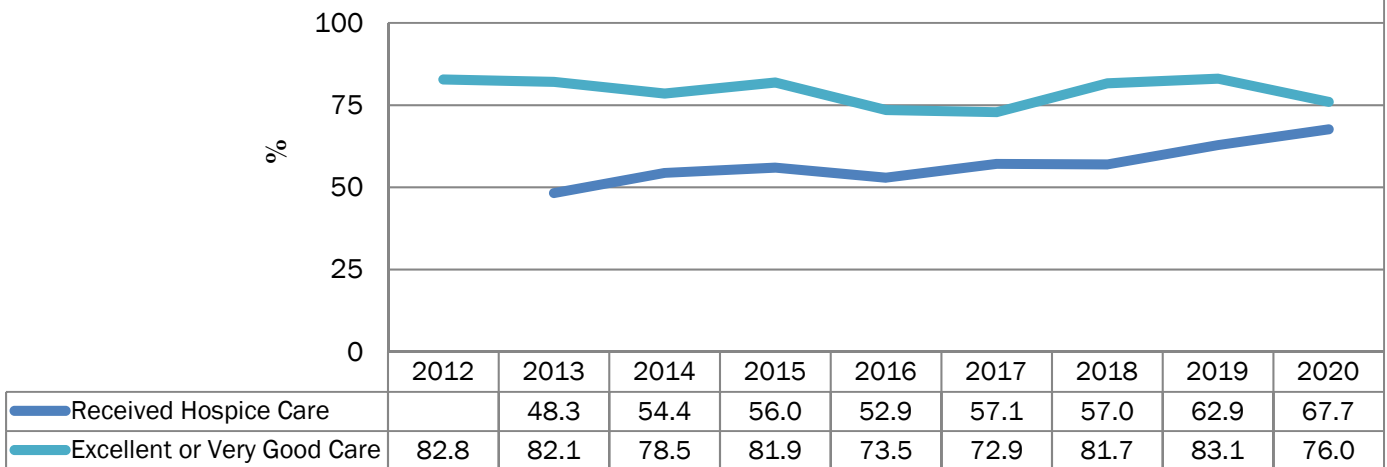


### End of life care

The percentage of older adults who received hospice care in the last month of life increased from 48.3% in 2013 to 67.7% in 2020. Increases were observed for decedents aged 80 and older at the time of death 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 73% and 83% (76.0% in 2020).

**Trends in End of Life Care, Decedents Ages 72 and Older, 2012-2020**

Includes nursing home residents



## *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 72 and older population that was age 72-74 increased from 23.2% in 2011 to 27.7% in 2021 while the percentages ages 80-84 and 85-89 decreased.

When the nursing home population was included, the percentage of the 72 and older population that was age 72-74 increased from 22.5% in 2011 to 27.3% in 2021 while the percentages ages 80-84 and 85-89 decreased.

### *Gender*

The gender composition of the population ages 72 and older did not change significantly from 2011 to 2021. In 2020, men comprised 44.5% of the 72 and older population and women comprised 55.5%.

When the nursing home population was included, the percentage of the 72 and older population that was men increased from 40.4% in 2011 to 44.2% in 2021 and the percentage that was women declined from 59.6% to 55.8%.

### *Race/ethnicity*

The composition of the population ages 70 and older with respect to race and Hispanic ethnicity did not change from 2011 to 2021. In 2021, 81.0% of the 72 and older population were classified as non-Hispanic White, 8.0% as non-Hispanic Black, 7.2% as Hispanic and 3.7% as another racial/ethnic group.

When the nursing home population was included, the composition of the population ages 72 and older with respect to race and Hispanic ethnicity did not change significantly from 2011 to 2021. In 2021, 81.1% of the 72 and older population were classified as non-Hispanic White, 8.1% as non-Hispanic Black, 7.2% as Hispanic and 3.7% as another racial/ethnic group.

### *Education*

The educational distribution of the 72 and older population shifted toward higher levels of completed education. Greater percentages had completed some college or received a college or graduate degree in 2021 than in 2011.

### *Region*

The percentage of the 72 and older population living in the Northeast region declined from 20.0% in 2011 to 18.0% in 2021 and the percentage in the South increased from 36.1% in 2011 to 38.0% in 2021.

When the nursing home population was included, the percentage of the 72 and older population living in the Northeast declined from 20.0% in 2011 to 18.2% in 2021 and the percentage living in the South increased from 36.3% in 2011 to 38.1% in 2021.

### *Assistance with activities*

The percentage of the 72 and older population receiving assistance with only household activities declined from 11.6% in 2011 to 9.7% in 2021 while the percentage receiving no assistance increased from 65.6% in 2011 to 70.2% in 2021. The percentage receiving any assistance with self-care or mobility activities declined from 22.8% to 20.0% over the period.

When the nursing home population was included, the percentage of the 72 and older population receiving help with only household activities declined from 11.1% in 2011 to 9.5% in 2021 while the percentage receiving no help increased from 62.7% in 2011 to 68.9% in 2021. The percentage receiving any help with self-care or mobility activities decreased from 26.2% in 2011 to 21.6% in 2021.

### *Dementia*

The percentage of the 72 and older population with dementia declined from 11.9% in 2011 to 9.6% in 2020.

When the nursing home population was included, the percentage of the 72 and older population with dementia declined from 14.5% in 2011 to 11.0% in 2020.

### *Marital status*

The percentage of the 72 and older population that was divorced or separated increased from 10.1% in 2011 to 14.0% in 2021 and the percentage widowed declined from 36.2% in 2011 to 30.2% in 2021.

### *Number of children*

The percentage of the 72 and older population with 0, 1 and 2 or more children did not change significantly from 2011 to 2021.

### *Living arrangement*

The percentage of the 72 and older population living alone declined from 35.3% in 2011 to 32.4% in 2021 and the percentage living with only a spouse increased from 41.2% to 43.1%.

### *Residential care setting*

The percentage of the 72 and older population living in traditional community settings increased from 84.2% in 2011 to 87.5% in 2021 and the percentage living in residential care settings other than nursing homes declined from 7.9% in 2011 to 5.5% in 2021.

When the nursing home population was included, the percentage of the 72 and older population living in traditional community settings increased from 80.5% in 2011 to 85.8% in 2021. The percentage living in residential care settings other than nursing homes declined from 7.6% in 2011 to 5.3% in 2021 and the percentage living in nursing home settings decreased from 4.4% to 1.9% over the same period.

## Appendix: Methods and Measures

## Methods

The sample in each round was limited to individuals ages 72 and older. Results were generated from weighted cross-tabulations adjusted for survey design<sup>4</sup> All 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 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

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<sup>4</sup>We used analytic weights provided by NHATS.

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<sup>5</sup>, we also included a measure consisting of only self-reported measures through 2021. 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. Trends in low scores (based on lowest quartile according to weighted distributions in 2011) for individual performance measures are also reported. Missing values for individual measures 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](http://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  $\geq 1.5$  standard deviations below the mean in at least two domains). Individuals who recover in the subsequent round are reclassified in the current round as not having dementia. For individuals living in nursing homes in the year they joined NHATS, we assumed 70% had dementia in each year. For details see Kasper

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<sup>5</sup> The lung airflow test was not conducted in 2021, so the measure combining physical performance tests and self-reported capacity is reported through 2019.



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](http://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 lift/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  $\geq 1.5$  standard deviations below the mean in at least two domains). Individuals who recover in the subsequent round are reclassified in the current round as not having dementia. For individuals living in nursing homes in the year they joined NHATS, we assumed 70% had dementia in each year. 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](http://www.NHATS.org).

*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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	26.6	27.2	26.0	25.4	24.4	23.6	21.9	23.2	22.0	22.3	20.9	0.000
Age												
72-74	40.8	42.8	39.8	41.2	36.5	36.1	32.5	34.4	30.0	32.2	31.3	0.000
75-79	30.4	32.5	30.0	29.8	28.1	26.3	26.2	27.4	26.5	25.0	22.6	0.000
80-84	22.4	21.6	21.1	18.0	20.0	19.0	16.6	17.5	16.6	16.0	16.1	0.000
85-89	12.7	12.0	14.0	12.7	11.0	11.4	8.5	11.5	10.3	12.9	9.8	0.156
90+	5.8	7.6	6.1	4.6	5.7	4.5	4.9	3.1	5.6	4.8	5.1	0.208
Gender												
Men	37.1	35.6	35.8	34.1	32.1	31.3	28.3	28.9	27.5	28.6	26.4	0.000
Women	19.1	21.3	18.9	19.0	18.5	17.7	17.0	18.8	17.9	17.3	16.6	0.026
Race												
White, non-Hispanic	26.6	27.3	26.1	25.4	23.9	23.3	21.6	22.7	21.3	21.4	20.2	0.000
Black, non-Hispanic	23.1	22.4	23.6	21.0	22.1	19.9	18.9	19.9	19.0	18.1	19.1	0.031
Hispanic	22.4	26.5	24.3	29.9	31.4	29.5	23.8	28.3	28.8	33.0	24.7	0.509
Other	40.7	38.6	33.8	26.2	26.1	26.9	32.0	30.8	30.0	28.9	33.4	0.474
Education												
0-12 years, no diploma	21.7	23.5	21.3	23.2	21.3	21.0	18.7	19.7	20.5	20.1	20.6	0.274
High school graduate	26.3	26.1	25.2	20.8	21.5	20.6	17.3	19.3	17.5	16.8	15.9	0.000
Some college	26.3	27.7	25.5	26.5	23.6	21.6	22.2	23.8	23.0	20.5	20.1	0.003
Bachelor's degree	28.9	33.5	30.9	27.7	27.9	25.8	25.3	23.5	23.0	25.6	21.7	0.005
Graduate degree	38.3	31.0	33.5	34.7	34.5	35.2	31.0	32.6	28.1	32.5	29.4	0.101
Region												
Northeast	28.9	26.8	24.9	27.6	26.9	25.6	22.3	25.4	22.6	23.9	20.6	0.023
Midwest	27.6	28.9	27.3	23.8	23.2	21.8	20.5	20.2	17.0	17.5	17.9	0.000
South	24.2	26.5	25.2	24.5	23.6	24.3	22.9	24.0	21.5	22.6	21.2	0.032
West	27.2	27.2	27.1	26.8	24.8	22.3	21.4	23.0	27.6	24.9	23.9	0.273
Assistance with activities												
No assistance	38.4	39.5	36.8	36.2	35.3	33.7	31.2	32.7	30.2	29.8	29.1	0.000
Assistance with HH activities only	11.8	12.3	14.1	10.2	8.5	9.6	8.4	7.9	10.3	11.5	5.0	0.013
Any assistance with SCM activities	--	--	--	--	--	--	--	--	--	--	--	
Dementia												
No dementia	29.1	29.8	28.1	27.5	26.7	25.6	23.6	25.1	23.2	23.8	--	0.000
Probable dementia	7.8	7.9	10.5	9.5	6.2	6.7	8.1	6.4	9.9	7.6	--	0.716

Table 1a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	33.8	34.0	31.4	31.2	29.4	27.2	25.8	27.2	26.0	25.7	23.5	0.000
Divorced/separated	28.4	31.6	28.9	31.3	26.8	27.1	25.6	25.5	23.7	24.4	25.5	0.059
Widowed	16.6	17.3	17.4	15.2	16.3	16.8	15.0	16.1	15.1	15.9	14.0	0.164
Never married	20.1	22.0	27.7	26.5	23.9	24.3	19.6	23.9	18.8	21.2	24.5	0.828
<b>Number of children</b>												
Zero	27.0	26.0	30.6	29.4	25.9	26.9	24.5	25.8	20.2	20.7	28.3	0.271
One	25.2	28.7	25.9	22.1	24.1	22.3	21.2	22.5	21.9	17.6	17.6	0.002
Two or more	26.7	27.2	25.6	25.5	24.3	23.4	21.8	23.0	22.2	23.1	20.7	0.000
<b>Living arrangement</b>												
Alone	20.2	22.5	20.2	19.9	19.8	20.1	18.8	18.8	18.4	18.5	17.2	0.043
With spouse only	35.1	34.1	34.3	31.6	30.2	28.5	26.1	27.0	26.3	25.7	24.3	0.000
With spouse and others	30.4	34.5	24.6	31.0	26.4	23.1	24.7	29.1	25.2	26.3	21.7	0.079
With others only	16.5	17.0	20.2	19.2	18.4	18.7	16.6	19.5	16.4	18.8	19.1	0.803
<b>Residential setting</b>												
Traditional community setting	29.4	30.4	29.0	28.0	27.3	26.2	24.2	25.4	23.9	23.7	22.7	0.000
Retirement community/senior housing	18.1	17.4	13.6	15.5	10.5	11.8	12.1	14.8	13.7	16.4	12.6	0.480
Residential care other than nursing home	4.7	2.4	5.0	4.5	2.8	3.9	3.6	3.3	4.2	7.1	4.2	0.610
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	30.8	31.8	33.8	34.2	33.8	34.8	37.1	36.4	37.1	38.5	38.2	0.000
Age												
72-74	29.0	28.4	32.1	35.2	31.9	34.6	36.8	37.8	38.0	39.8	38.2	0.000
75-79	33.8	32.2	35.2	34.6	36.3	37.8	40.1	37.5	39.3	40.6	39.1	0.000
80-84	31.8	37.0	36.2	35.3	35.4	38.0	39.5	38.4	39.1	43.0	41.8	0.000
85-89	29.6	31.8	35.3	34.6	34.6	29.6	34.1	33.8	35.3	31.7	37.2	0.165
90+	22.4	23.8	23.9	26.2	23.6	23.8	25.0	26.1	21.3	22.6	25.6	0.915
Gender												
Men	26.8	28.9	30.8	32.4	31.1	31.6	36.8	34.2	34.4	35.4	36.7	0.000
Women	33.6	33.8	36.1	35.6	35.8	37.2	37.4	38.1	39.1	40.9	39.5	0.000
Race												
White, non-Hispanic	32.6	33.4	35.6	36.3	35.8	36.6	39.4	39.2	40.2	41.8	41.4	0.000
Black, non-Hispanic	24.8	27.5	27.6	28.2	26.3	27.1	28.4	27.4	29.8	31.8	28.2	0.103
Hispanic	18.7	18.9	22.6	20.2	21.5	25.2	25.2	17.9	13.8	15.7	16.7	0.144
Other	24.4	26.8	28.0	25.5	27.6	28.6	27.0	30.2	28.2	25.2	33.7	0.493
Education												
0-12 years, no diploma	24.3	23.9	27.7	26.6	24.4	26.4	28.1	23.7	21.7	24.2	25.6	0.672
High school graduate	32.4	32.7	37.1	36.5	34.2	35.3	39.0	37.6	38.3	39.0	36.6	0.020
Some college	33.2	35.8	35.1	34.3	38.1	39.3	37.5	38.9	38.0	42.1	40.2	0.003
Bachelor's degree	33.7	33.1	34.4	39.3	37.6	38.0	41.2	42.4	43.2	41.9	44.7	0.001
Graduate degree	33.8	37.1	35.2	36.8	35.6	33.8	39.4	37.4	42.4	40.4	40.7	0.039
Region												
Northeast	29.0	30.2	30.8	33.4	32.3	31.9	38.7	36.4	37.9	37.0	35.5	0.003
Midwest	33.4	33.1	35.9	37.2	36.8	37.8	37.5	39.3	42.6	42.9	44.8	0.000
South	30.3	31.7	33.6	33.2	33.8	35.1	37.0	36.5	37.4	38.5	37.2	0.000
West	30.4	31.9	34.8	33.5	32.0	33.6	35.5	33.1	30.2	35.3	35.7	0.279
Assistance with activities												
No assistance	39.7	40.3	43.6	43.5	43.9	45.9	48.0	47.3	48.7	49.3	48.2	0.000
Assistance with HH activities only	40.6	44.0	43.2	44.4	40.4	39.3	43.0	38.9	34.3	38.4	44.9	0.285
Any assistance with SCM activities	--	--	--	--	--	--	--	--	--	--	--	
Dementia												
No dementia	33.3	34.3	36.6	36.6	36.2	37.8	39.9	38.8	39.6	41.5	--	0.000
Probable dementia	12.6	12.9	13.1	16.1	15.2	10.8	13.8	15.2	12.7	10.5	--	0.561

Table 1b (continued)

Marital Status												
Married/partnered	30.2	31.6	34.5	33.8	34.3	35.8	40.3	38.8	38.9	41.7	41.1	0.000
Divorced/separated	31.0	26.7	35.2	33.8	30.1	32.1	32.8	31.8	31.6	33.4	32.4	0.609
Widowed	31.5	33.6	32.6	35.6	34.1	34.1	33.9	35.0	36.7	35.8	37.7	0.015
Never married	31.1	31.1	32.7	27.3	35.9	36.8	36.0	31.8	35.4	35.9	21.6	0.791
Number of children												
Zero	32.8	29.6	32.8	31.6	32.8	36.7	36.6	36.9	38.8	40.5	33.8	0.098
One	27.4	30.2	31.6	35.2	35.5	33.0	37.8	35.6	37.1	42.2	38.4	0.001
Two or more	31.1	32.3	34.3	34.4	33.6	34.9	37.0	36.5	36.9	37.8	38.7	0.000
Living arrangement												
Alone	34.5	34.7	37.2	38.1	37.1	37.5	36.2	36.5	38.2	38.1	37.2	0.236
With spouse only	31.1	33.2	34.2	35.5	35.3	37.0	42.0	41.1	40.6	44.0	43.6	0.000
With spouse and others	25.5	23.9	33.4	26.2	31.5	31.2	34.1	27.5	30.5	31.0	29.4	0.360
With others only	24.3	26.7	26.0	27.1	24.1	25.7	28.3	29.5	28.9	28.6	30.9	0.035
Residential setting												
Traditional community setting	30.5	30.9	33.3	34.0	33.6	35.0	36.7	36.9	37.5	39.4	38.8	0.000
Retirement community/senior housing	37.1	39.0	43.7	38.8	41.3	40.8	47.1	38.2	39.8	36.6	38.2	0.729
Residential care other than nursing home	27.8	34.8	29.3	31.9	28.3	26.9	31.8	28.4	27.9	26.4	30.0	0.515
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	19.9	18.7	17.8	18.9	19.7	19.0	19.4	19.3	19.9	19.3	20.8	0.124
Age												
72-74	17.7	18.4	15.7	12.3	17.5	16.5	17.1	15.9	16.9	16.1	16.7	0.932
75-79	19.5	18.2	17.3	17.7	19.6	19.4	17.4	18.5	20.5	19.3	21.6	0.135
80-84	22.7	18.2	19.3	24.1	21.4	18.8	20.9	22.7	23.1	22.5	23.8	0.096
85-89	20.7	22.3	19.9	22.7	22.3	22.8	26.5	23.0	20.0	21.9	24.0	0.346
90+	17.5	15.2	17.8	21.5	17.3	19.0	19.7	19.1	19.7	18.9	18.7	0.336
Gender												
Men	19.9	18.9	16.9	17.6	20.1	18.3	18.2	20.1	20.7	19.5	20.5	0.146
Women	19.9	18.5	18.4	19.8	19.3	19.5	20.3	18.8	19.3	19.3	21.0	0.425
Race												
White, non-Hispanic	20.0	18.6	18.0	18.5	19.6	19.1	19.0	18.9	19.4	19.1	20.5	0.383
Black, non-Hispanic	21.5	19.5	19.7	24.4	22.7	23.8	22.9	22.0	22.2	21.6	23.9	0.374
Hispanic	20.7	20.9	13.8	13.8	16.9	12.6	19.3	23.8	23.4	19.2	21.9	0.172
Other	12.4	13.4	16.4	26.2	18.2	16.6	20.4	15.8	20.6	20.5	18.0	0.392
Education												
0-12 years, no diploma	20.5	19.9	16.9	18.4	21.9	19.8	20.8	23.8	24.5	23.1	18.2	0.125
High school graduate	19.5	20.2	17.8	22.1	20.2	20.3	20.7	20.3	21.7	21.7	26.5	0.010
Some college	20.7	17.8	21.1	20.4	19.4	18.3	19.0	18.5	19.0	18.7	20.4	0.732
Bachelor's degree	20.7	16.1	14.8	14.7	16.7	17.7	18.2	19.5	18.6	18.5	19.4	0.245
Graduate degree	16.5	16.4	16.1	13.9	18.1	17.7	17.2	14.3	15.5	14.5	16.2	0.601
Region												
Northeast	19.1	20.0	21.3	17.3	16.7	16.6	17.2	16.3	18.5	17.9	21.3	0.867
Midwest	20.4	18.3	17.5	18.4	20.4	19.8	20.8	20.7	19.4	21.5	21.0	0.162
South	20.7	18.4	17.0	20.1	20.8	19.3	19.3	19.5	21.0	18.8	21.1	0.388
West	18.8	18.3	16.3	18.8	19.4	19.8	20.1	20.0	19.6	19.4	19.4	0.359
Assistance with activities												
No assistance	21.9	20.2	19.5	20.3	20.8	20.5	20.8	20.0	21.1	20.9	22.6	0.311
Assistance with HH activities only	47.6	43.7	42.7	45.4	51.1	51.1	48.6	53.2	55.3	50.2	50.1	0.006
Any assistance with SCM activities	--	--	--	--	--	--	--	--	--	--	--	
Dementia												
No dementia	20.8	19.4	18.7	19.6	20.7	19.7	19.9	19.7	20.5	20.0	--	0.736
Probable dementia	13.0	12.9	10.9	13.6	11.9	12.9	15.7	16.0	13.7	13.4	--	0.244



Table 1c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	17.7	16.6	15.8	16.4	17.5	16.6	15.1	16.5	17.7	15.3	17.6	0.948
Divorced/separated	22.8	22.6	17.3	20.7	24.5	22.2	24.3	26.9	25.0	24.4	25.6	0.063
Widowed	22.0	20.0	20.7	22.1	21.1	21.8	23.9	20.5	21.4	23.4	23.2	0.190
Never married	22.2	22.3	19.4	15.7	20.2	16.0	23.0	22.9	19.9	21.4	29.0	0.369
<b>Number of children</b>												
Zero	17.7	19.9	16.5	16.2	21.9	17.5	20.0	17.8	22.2	20.8	16.8	0.615
One	20.2	19.4	17.8	19.7	17.9	19.9	19.8	20.0	19.0	20.3	21.7	0.501
Two or more	20.1	18.4	18.0	19.0	19.7	19.0	19.3	19.4	19.8	19.1	21.0	0.195
<b>Living arrangement</b>												
Alone	23.7	22.3	22.0	23.4	23.6	21.9	25.7	25.8	24.6	24.6	26.3	0.037
With spouse only	17.6	16.5	15.8	16.7	17.1	15.9	14.7	16.9	17.6	15.2	16.2	0.574
With spouse and others	18.2	17.3	14.0	13.7	17.9	20.0	16.2	15.5	17.0	14.9	23.5	0.310
With others only	18.4	17.3	15.3	17.5	18.5	20.0	20.0	14.6	17.8	21.6	20.2	0.141
<b>Residential setting</b>												
Traditional community setting	19.7	18.4	17.1	18.0	19.1	18.8	19.5	18.6	19.9	19.2	20.6	0.072
Retirement community/senior housing	24.2	23.0	24.2	26.3	28.3	24.9	21.0	26.9	23.3	23.5	23.6	0.776
Residential care other than nursing home	18.3	16.9	19.8	21.2	18.2	16.2	16.7	20.3	16.1	16.4	20.3	0.870
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

**Table 1d: Trends in receiving assistance with self-care and mobility activities**

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	22.8	22.3	22.3	21.5	22.2	22.6	21.5	21.1	21.0	19.9	20.0	0.007
Age												
72-74	12.5	10.4	12.4	11.3	14.1	12.7	13.6	12.0	15.1	12.0	13.8	0.327
75-79	16.3	17.1	17.5	17.9	16.0	16.4	16.3	16.6	13.7	15.0	16.6	0.248
80-84	23.1	23.2	23.4	22.6	23.2	24.2	22.9	21.3	21.2	18.5	18.3	0.007
85-89	36.9	33.9	30.9	30.0	32.1	36.3	30.9	31.7	34.3	33.5	29.0	0.281
90+	54.3	53.4	52.2	47.6	53.3	52.7	50.4	51.8	53.4	53.7	50.6	0.859
Gender												
Men	16.2	16.6	16.5	16.0	16.7	18.8	16.7	16.8	17.4	16.5	16.4	0.802
Women	27.3	26.4	26.6	25.5	26.3	25.5	25.3	24.4	23.7	22.5	23.0	0.001
Race												
White, non-Hispanic	20.8	20.6	20.2	19.8	20.6	20.9	19.9	19.2	19.1	17.7	17.9	0.006
Black, non-Hispanic	30.6	30.6	29.2	26.4	28.8	29.2	29.9	30.8	28.9	28.5	28.8	0.767
Hispanic	38.2	33.6	39.4	36.0	30.2	32.6	31.7	29.9	34.0	32.2	36.6	0.531
Other	22.5	21.2	21.9	22.2	28.0	28.0	20.5	23.2	21.3	25.4	14.9	0.585
Education												
0-12 years, no diploma	33.5	32.6	34.1	31.8	32.4	32.8	32.5	32.8	33.4	32.5	35.6	0.794
High school graduate	21.7	21.0	20.0	20.5	24.1	23.8	22.9	22.8	22.5	22.5	20.9	0.587
Some college	19.8	18.7	18.3	18.8	18.9	20.7	21.2	18.9	20.0	18.7	19.3	0.854
Bachelor's degree	16.7	17.4	19.9	18.2	17.8	18.5	15.3	14.6	15.2	14.0	14.2	0.043
Graduate degree	11.4	15.6	15.2	14.6	11.8	13.3	12.4	15.6	13.9	12.7	13.6	0.902
Region												
Northeast	23.1	23.1	23.0	21.7	24.1	26.0	21.8	21.8	21.0	21.2	22.6	0.508
Midwest	18.6	19.7	19.3	20.6	19.7	20.7	21.3	19.8	21.0	18.1	16.3	0.449
South	24.8	23.4	24.2	22.2	21.8	21.3	20.8	19.9	20.2	20.0	20.5	0.003
West	23.6	22.7	21.8	20.9	23.7	24.2	23.0	23.9	22.5	20.4	21.0	0.474
Assistance with activities												
No assistance	--	--	--	--	--	--	--	--	--	--	--	--
Assistance with HH activities only	--	--	--	--	--	--	--	--	--	--	--	--
Any assistance with SCM activities	--	--	--	--	--	--	--	--	--	--	--	--
Dementia												
No dementia	16.8	16.4	16.6	16.4	16.4	16.9	16.6	16.3	16.7	14.8	--	0.264
Probable dementia	66.6	66.2	65.6	60.8	66.8	69.6	62.4	62.3	63.7	68.5	--	0.889

Table 1d (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	18.3	17.8	18.3	18.6	18.7	20.4	18.8	17.5	17.4	17.3	17.9	0.473
Divorced/separated	17.8	19.1	18.5	14.1	18.6	18.7	17.3	15.8	19.8	17.7	16.5	0.849
Widowed	29.9	29.0	29.3	27.1	28.6	27.3	27.3	28.4	26.8	25.0	25.0	0.013
Never married	26.6	24.6	20.1	30.5	20.0	22.9	21.4	21.4	25.9	21.5	24.8	0.754
<b>Number of children</b>												
Zero	22.5	24.5	20.1	22.8	19.3	18.8	18.8	19.5	18.8	17.9	21.1	0.248
One	27.3	21.7	24.7	23.0	22.5	24.8	21.3	21.9	22.1	20.0	22.2	0.201
Two or more	22.1	22.2	22.2	21.1	22.4	22.7	21.9	21.1	21.1	20.1	19.6	0.028
<b>Living arrangement</b>												
Alone	21.6	20.5	20.7	18.6	19.6	20.5	19.3	18.9	18.9	18.7	19.3	0.166
With spouse only	16.3	16.2	15.6	16.2	17.4	18.5	17.2	14.9	15.5	15.0	16.0	0.454
With spouse and others	25.9	24.3	28.1	29.1	24.2	25.8	25.0	27.9	27.3	27.8	25.4	0.874
With others only	40.8	39.0	38.6	36.1	39.0	35.6	35.0	36.4	36.9	31.1	29.8	0.001
<b>Residential setting</b>												
Traditional community setting	20.5	20.3	20.6	20.0	20.0	20.1	19.5	19.1	18.7	17.7	18.0	0.005
Retirement community/senior housing	20.6	20.6	18.5	19.4	20.0	22.6	19.8	20.0	23.2	23.5	25.6	0.158
Residential care other than nursing home	49.2	45.9	45.9	42.4	50.7	53.1	47.9	47.9	51.8	50.1	45.5	0.654
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	25.4	26.0	25.0	24.4	23.5	22.7	21.2	22.5	21.3	21.7	20.5	0.000
<b>Age</b>												
72-74	40.1	41.8	39.3	40.7	36.1	35.7	32.2	34.4	29.7	31.8	31.1	0.000
75-79	29.8	31.9	29.5	29.3	27.7	25.9	25.9	26.9	26.2	24.6	22.5	0.000
80-84	21.6	20.7	20.5	17.4	19.2	18.3	16.1	17.0	16.0	15.6	15.8	0.000
85-89	11.7	11.1	12.9	11.9	10.3	10.7	8.0	10.8	9.8	12.3	9.5	0.253
90+	4.8	6.5	5.2	3.9	5.0	3.9	4.3	2.7	5.0	4.4	4.6	0.348
<b>Gender</b>												
Men	36.2	34.5	35.0	33.2	31.4	30.7	27.9	28.5	26.9	28.2	26.1	0.000
Women	18.1	20.1	17.9	18.1	17.7	16.9	16.2	18.0	17.2	16.7	16.2	0.069
<b>Race</b>												
White, non-Hispanic	25.5	26.1	25.1	24.4	23.1	22.5	20.9	22.0	20.7	20.9	19.8	0.000
Black, non-Hispanic	21.6	20.9	22.3	19.8	21.1	18.8	17.8	18.9	18.2	17.4	18.6	0.068
Hispanic	21.7	25.8	23.7	29.7	30.9	29.1	23.5	28.0	28.0	31.9	24.5	0.489
Other	39.4	36.8	32.6	25.5	25.2	26.3	31.7	30.4	29.3	28.6	33.0	0.556
<b>Region</b>												
Northeast	27.6	25.5	23.8	26.3	25.8	24.3	21.3	24.4	21.5	23.0	20.0	0.031
Midwest	26.1	27.4	25.8	22.5	22.0	20.8	19.7	19.4	16.3	16.9	17.6	0.000
South	23.0	25.1	24.2	23.5	22.8	23.5	22.2	23.4	20.8	22.1	20.7	0.076
West	26.6	26.4	26.6	26.3	24.3	22.0	21.1	22.7	27.3	24.7	23.7	0.364
<b>Residential setting</b>												
Traditional community setting	29.4	30.4	29.0	28.0	27.3	26.2	24.2	25.4	23.9	23.7	22.7	0.000
Retirement community/senior housing	18.1	17.4	13.6	15.5	10.5	11.8	12.1	14.8	13.7	16.4	12.6	0.480
Residential care other than nursing home	4.7	2.4	5.0	4.5	2.8	3.9	3.6	3.3	4.2	7.1	4.2	0.610
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study

**Table 1b\_2: Trends in successfully accommodating self-care and mobility activities with devices**

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	29.4	30.3	32.5	32.9	32.6	33.6	35.9	35.4	35.9	37.5	37.5	0.000
<b>Age</b>												
72-74	28.5	27.7	31.7	34.8	31.5	34.3	36.5	37.7	37.5	39.4	38.0	0.000
75-79	33.0	31.6	34.6	34.0	35.8	37.2	39.5	37.0	38.7	39.9	38.9	0.000
80-84	30.5	35.4	35.1	34.0	34.1	36.7	38.1	37.2	37.8	42.0	41.1	0.000
85-89	27.3	29.3	32.7	32.3	32.5	27.7	32.0	31.8	33.4	30.2	35.9	0.057
90+	18.8	20.1	20.1	22.1	20.4	20.6	21.9	23.2	18.9	20.6	23.0	0.401
<b>Gender</b>												
Men	26.1	28.0	30.2	31.6	30.4	31.0	36.2	33.8	33.8	34.9	36.2	0.000
Women	31.7	31.9	34.1	33.8	34.1	35.5	35.7	36.5	37.6	39.5	38.5	0.000
<b>Race</b>												
White, non-Hispanic	31.2	31.9	34.2	34.8	34.5	35.3	38.1	38.1	39.0	40.8	40.5	0.000
Black, non-Hispanic	23.2	25.6	26.1	26.6	25.1	25.6	26.8	26.0	28.5	30.7	27.5	0.042
Hispanic	18.2	18.4	22.0	20.1	21.1	24.8	24.8	17.7	13.4	15.1	16.6	0.155
Other	23.6	25.6	27.0	24.7	26.6	28.0	26.7	29.7	27.5	24.9	33.2	0.424
<b>Region</b>												
Northeast	27.7	28.8	29.4	31.9	31.0	30.4	36.9	34.9	36.2	35.6	34.4	0.002
Midwest	31.6	31.5	34.0	35.2	34.9	36.1	36.0	37.8	40.9	41.4	43.9	0.000
South	28.8	30.1	32.3	32.0	32.6	34.0	35.9	35.5	36.2	37.6	36.4	0.000
West	29.6	30.9	34.1	32.9	31.4	33.1	34.9	32.7	29.9	35.1	35.4	0.183
<b>Residential setting</b>												
Traditional community setting	30.5	30.9	33.3	34.0	33.6	35.0	36.7	36.9	37.5	39.4	38.8	0.000
Retirement community/senior housing	37.1	39.0	43.7	38.8	41.3	40.8	47.1	38.2	39.8	36.6	38.2	0.729
Residential care other than nursing home	27.8	34.8	29.3	31.9	28.3	26.9	31.8	28.4	27.9	26.4	30.0	0.515
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study

**Table 1c\_2: Trends in having difficulty with self-care and mobility activities**  
(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	19.0	17.8	17.1	18.1	18.9	18.3	18.8	18.8	19.3	18.8	20.4	0.039
Age												
72-74	17.4	18.0	15.5	12.2	17.2	16.3	17.0	15.9	16.7	16.0	16.6	0.989
75-79	19.1	17.9	17.0	17.4	19.3	19.1	17.2	18.2	20.2	19.0	21.5	0.111
80-84	21.8	17.4	18.8	23.3	20.6	18.2	20.2	22.0	22.2	22.0	23.4	0.062
85-89	19.1	20.5	18.4	21.2	21.0	21.4	24.8	21.6	18.9	20.8	23.2	0.168
90+	14.6	12.9	15.0	18.2	14.9	16.5	17.3	17.0	17.5	17.2	16.8	0.101
Gender												
Men	19.3	18.3	16.6	17.1	19.7	17.9	17.9	19.8	20.3	19.2	20.2	0.096
Women	18.8	17.4	17.5	18.9	18.4	18.6	19.4	18.0	18.6	18.6	20.5	0.200
Race												
White, non-Hispanic	19.1	17.8	17.3	17.7	18.9	18.5	18.4	18.3	18.8	18.6	20.1	0.181
Black, non-Hispanic	20.1	18.1	18.6	23.0	21.7	22.6	21.6	20.8	21.2	20.8	23.3	0.222
Hispanic	20.1	20.3	13.5	13.7	16.6	12.4	19.0	23.6	22.8	18.5	21.7	0.164
Other	12.0	12.8	15.8	25.5	17.5	16.2	20.2	15.6	20.1	20.2	17.8	0.337
Region												
Northeast	18.2	19.0	20.3	16.5	16.1	15.8	16.4	15.7	17.7	17.2	20.7	0.947
Midwest	19.3	17.4	16.6	17.4	19.4	18.9	20.0	19.9	18.7	20.8	20.6	0.080
South	19.7	17.4	16.3	19.3	20.1	18.6	18.7	18.9	20.4	18.4	20.7	0.222
West	18.3	17.7	16.0	18.5	19.0	19.5	19.7	19.8	19.4	19.2	19.2	0.268
Residential setting												
Traditional community setting	19.7	18.4	17.1	18.0	19.1	18.8	19.5	18.6	19.9	19.2	20.6	0.072
Retirement community/senior housing	24.2	23.0	24.2	26.3	28.3	24.9	21.0	26.9	23.3	23.5	23.6	0.776
Residential care other than nursing home	18.3	16.9	19.8	21.2	18.2	16.2	16.7	20.3	16.1	16.4	20.3	0.870
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study

**Table 1d\_2: Trends in receiving assistance with self-care and mobility activities**

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	26.2	25.9	25.4	24.6	25.0	25.4	24.1	23.4	23.5	22.0	21.6	0.000
<b>Age</b>												
72-74	14.0	12.5	13.4	12.3	15.2	13.6	14.3	12.0	16.1	12.9	14.3	0.659
75-79	18.1	18.6	18.9	19.3	17.2	17.8	17.4	17.9	14.9	16.5	17.2	0.123
80-84	26.1	26.5	25.7	25.3	26.1	26.8	25.6	23.9	24.0	20.3	19.7	0.001
85-89	41.8	39.1	35.9	34.6	36.2	40.2	35.2	35.7	37.9	36.7	31.4	0.045
90+	61.7	60.5	59.8	55.8	59.7	59.0	56.5	57.1	58.7	57.8	55.6	0.193
<b>Gender</b>												
Men	18.4	19.2	18.2	18.1	18.5	20.4	17.9	17.8	19.0	17.8	17.5	0.525
Women	31.4	30.5	30.5	29.2	29.8	29.0	28.7	27.5	26.7	25.2	24.9	0.000
<b>Race</b>												
White, non-Hispanic	24.2	24.2	23.4	23.1	23.5	23.8	22.6	21.6	21.6	19.8	19.6	0.000
Black, non-Hispanic	35.2	35.4	33.0	30.5	32.2	33.0	33.8	34.3	32.1	31.0	30.6	0.203
Hispanic	40.1	35.5	40.8	36.6	31.4	33.6	32.7	30.8	35.8	34.5	37.2	0.487
Other	25.0	24.7	24.7	24.3	30.7	29.5	21.4	24.3	23.1	26.4	16.0	0.382
<b>Region</b>												
Northeast	26.4	26.6	26.6	25.3	27.1	29.5	25.4	25.0	24.7	24.2	24.8	0.346
Midwest	23.0	23.7	23.6	24.9	23.8	24.2	24.3	22.9	24.1	20.9	17.9	0.047
South	28.4	27.5	27.2	25.2	24.5	23.9	23.3	22.2	22.6	22.0	22.2	0.000
West	25.5	24.9	23.3	22.3	25.3	25.4	24.4	24.8	23.4	21.0	21.6	0.173
<b>Residential setting</b>												
Traditional community setting	20.5	20.3	20.6	20.0	20.0	20.1	19.5	19.1	18.7	17.7	18.0	0.005
Retirement community/senior housing	20.6	20.6	18.5	19.4	20.0	22.6	19.8	20.0	23.2	23.5	25.6	0.158
Residential care other than nursing home	49.2	45.9	45.9	42.4	50.7	53.1	47.9	47.9	51.8	50.1	45.5	0.654
Nursing home	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study

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

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	56.8	57.4	58.8	56.8	56.8	56.9	56.2	57.6	58.1	58.8	57.6	0.478
Age												
72-74	70.1	75.7	75.0	68.6	68.6	69.8	68.7	70.7	70.3	68.7	68.8	0.138
75-79	63.9	64.8	66.7	64.1	64.6	63.6	61.6	63.4	64.8	65.7	61.9	0.480
80-84	55.5	52.8	53.9	53.6	53.7	53.9	54.4	54.4	54.3	57.2	55.9	0.334
85-89	38.0	38.7	43.2	43.6	41.5	40.4	39.4	41.1	38.0	42.1	43.8	0.472
90+	25.3	24.0	22.3	25.5	22.0	23.9	24.2	25.5	25.2	22.3	21.5	0.602
Gender												
Men	67.6	68.0	68.5	66.3	64.5	64.4	63.2	64.7	64.1	64.1	64.4	0.015
Women	49.2	49.9	51.7	49.8	50.9	51.2	50.8	52.1	53.5	54.7	52.1	0.017
Race												
White, non-Hispanic	58.4	59.4	60.9	58.3	58.5	59.2	57.8	59.7	60.8	61.6	59.8	0.214
Black, non-Hispanic	49.8	47.7	50.3	49.9	47.6	46.0	48.5	44.3	48.4	48.5	46.5	0.333
Hispanic	43.7	45.4	47.4	51.6	51.5	47.1	51.1	49.6	44.2	40.1	43.1	0.389
Other	59.1	53.7	51.3	45.5	48.9	47.4	46.0	54.9	46.1	56.4	60.8	0.671
Education												
0-12 years, no diploma	47.0	45.7	45.9	47.4	46.1	45.3	44.1	44.6	41.9	41.3	44.3	0.108
High school graduate	57.1	59.0	59.6	56.5	54.9	56.8	56.2	54.7	57.6	57.0	55.0	0.304
Some college	58.6	60.2	62.4	58.4	62.3	59.3	58.0	60.9	60.8	60.6	59.0	0.951
Bachelor's degree	65.0	62.6	65.4	60.5	59.2	62.2	60.3	64.0	64.3	64.4	59.4	0.709
Graduate degree	67.7	67.8	68.2	65.9	65.1	63.7	63.3	64.6	63.5	68.2	67.4	0.861
Region												
Northeast	54.5	55.9	56.0	55.6	56.3	54.3	57.9	62.4	57.4	58.3	57.2	0.213
Midwest	60.6	60.5	61.9	56.9	57.6	59.9	57.0	56.9	55.0	58.6	58.5	0.156
South	56.0	56.5	59.3	58.4	57.8	57.8	56.1	57.3	60.7	57.5	57.1	0.712
West	55.9	56.6	57.0	54.9	54.5	54.3	54.0	55.0	57.1	62.0	57.9	0.228
Assistance with activities												
No assistance	82.4	83.9	84.3	80.3	81.3	80.5	79.6	80.2	79.4	78.9	77.6	0.000
Assistance with HH activities only	--	--	--	--	--	--	--	--	--	--	--	--
Any assistance with SCM activities	11.7	12.4	13.1	14.4	12.9	12.8	11.8	13.4	13.3	13.5	15.3	0.257
Dementia												
No dementia	62.8	63.4	64.6	61.8	62.3	62.2	61.2	62.3	62.5	63.5	--	0.661
Probable dementia	12.6	12.2	15.0	18.1	14.1	13.3	14.5	16.0	14.5	14.3	--	0.556



Table 2a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	67.1	67.4	68.3	65.3	64.3	64.8	63.9	66.6	66.2	67.0	66.1	0.653
Divorced/separated	55.1	56.7	59.2	54.3	54.7	53.7	56.2	54.0	54.3	54.3	52.7	0.350
Widowed	44.1	44.5	45.6	46.5	47.0	46.5	44.9	46.4	48.2	48.8	46.5	0.127
Never married	45.7	50.6	56.2	46.3	52.0	53.2	50.2	45.0	40.4	46.5	44.2	0.320
<b>Number of children</b>												
Zero	55.6	57.1	59.6	54.9	51.9	56.7	55.1	57.4	53.0	49.4	54.3	0.320
One	53.6	56.5	56.4	50.7	58.1	52.9	55.4	55.8	59.2	61.0	52.2	0.503
Two or more	57.4	57.5	59.1	57.8	57.1	57.5	56.4	57.8	58.4	59.4	58.8	0.389
<b>Living arrangement</b>												
Alone	49.1	50.9	51.4	50.9	52.2	51.1	50.5	50.6	52.8	50.9	48.2	0.859
With spouse only	69.5	69.6	72.5	67.7	66.2	66.9	65.7	68.8	68.7	68.8	68.0	0.389
With spouse and others	60.4	60.4	58.5	57.6	57.5	59.0	58.1	59.3	55.2	60.6	60.8	0.985
With others only	38.6	40.1	43.1	42.4	42.4	42.5	42.9	43.4	42.2	47.9	46.6	0.026
<b>Residential setting</b>												
Traditional community setting	61.0	61.4	62.4	60.3	60.8	60.8	60.0	61.5	61.4	62.3	61.2	0.784
Retirement community/senior housing	52.7	53.4	59.8	55.5	54.8	55.4	51.8	50.8	53.3	51.8	47.0	0.177
Residential care other than nursing home	15.7	17.5	15.4	14.0	10.3	11.4	13.6	14.2	15.6	12.4	13.5	0.458
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	12.9	11.7	12.0	14.7	14.2	15.4	16.1	15.9	16.4	17.2	18.2	0.001
<b>Age</b>												
72-74	14.6	11.1	11.4	15.5	15.2	14.5	16.2	15.9	16.2	18.2	18.7	0.002
75-79	13.8	12.5	13.0	14.7	15.2	17.4	18.2	17.8	16.6	16.4	19.9	0.000
80-84	12.8	12.9	13.2	16.6	13.7	16.4	14.7	15.0	17.5	18.4	19.2	0.000
85-89	11.5	12.1	11.2	12.9	13.7	14.6	17.3	15.8	17.4	16.4	13.9	0.001
90+	6.8	5.9	7.3	9.4	9.4	9.0	9.3	10.1	10.8	15.1	12.1	0.000
<b>Gender</b>												
Men	11.2	9.9	10.6	14.1	14.1	15.1	16.4	15.1	16.4	17.7	18.3	0.000
Women	14.1	13.0	13.0	15.1	14.3	15.7	15.8	16.5	16.3	16.8	18.1	0.000
<b>Race</b>												
White, non-Hispanic	13.3	12.2	12.0	15.3	14.5	15.9	16.6	15.8	16.6	17.4	18.5	0.000
Black, non-Hispanic	11.3	10.6	12.5	13.3	14.8	13.8	13.0	16.6	13.5	15.6	17.8	0.003
Hispanic	12.5	7.6	9.3	10.0	10.2	12.4	11.1	16.4	15.9	19.5	17.0	0.004
Other	8.9	10.8	15.3	12.3	13.2	13.4	19.3	16.4	17.0	13.2	15.4	0.247
<b>Education</b>												
0-12 years, no diploma	10.9	8.6	9.9	10.3	12.3	12.3	12.6	14.3	14.2	16.8	13.6	0.000
High school graduate	13.5	12.1	11.4	15.6	13.2	15.0	14.5	14.6	14.5	15.3	17.4	0.010
Some college	14.0	13.1	13.1	16.0	13.7	16.0	16.5	16.1	17.3	18.5	19.8	0.000
Bachelor's degree	13.3	14.7	13.3	15.1	16.4	16.6	18.3	16.6	16.4	17.8	20.1	0.022
Graduate degree	13.4	11.4	13.8	16.7	18.5	18.7	20.4	19.0	19.7	17.8	18.2	0.016
<b>Region</b>												
Northeast	13.4	11.0	12.6	12.5	12.1	15.3	11.4	12.3	16.7	15.7	15.1	0.055
Midwest	12.8	11.3	11.7	15.8	15.7	14.2	16.1	14.9	18.0	18.2	17.1	0.000
South	12.3	12.3	11.6	14.8	14.3	15.8	18.0	17.5	15.7	18.9	19.8	0.000
West	13.5	11.9	12.3	15.3	14.2	16.1	16.5	16.9	15.5	14.6	19.0	0.006
<b>Assistance with activities</b>												
No assistance	17.6	16.1	15.7	19.7	18.7	19.5	20.4	19.8	20.6	21.1	22.4	0.000
Assistance with HH activities only	--	--	--	--	--	--	--	--	--	--	--	--
Any assistance with SCM activities	6.1	5.5	7.0	7.0	8.2	10.6	10.9	11.5	9.7	11.0	12.3	0.000
<b>Dementia</b>												
No dementia	14.1	12.7	12.9	15.6	15.4	16.4	17.2	16.7	17.3	18.3	--	0.000
Probable dementia	4.1	4.1	4.6	7.6	5.0	7.4	6.9	8.9	7.4	7.5	--	0.005

Table 2b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	11.4	11.0	11.0	14.3	14.3	14.9	15.9	14.5	15.9	16.6	18.1	0.000
Divorced/separated	15.1	13.5	13.7	19.5	18.6	20.0	17.3	22.2	19.7	19.5	21.1	0.012
Widowed	14.2	12.0	12.8	13.6	12.5	15.1	15.7	15.4	15.2	17.1	17.2	0.001
Never married	15.1	13.2	11.4	14.9	14.6	11.0	18.5	19.5	21.8	18.3	16.4	0.194
<b>Number of children</b>												
Zero	14.1	12.6	10.0	13.9	15.6	15.7	17.3	15.0	21.1	26.8	19.4	0.001
One	11.9	11.1	10.0	16.8	12.7	15.7	15.4	15.7	14.0	19.2	24.0	0.000
Two or more	12.9	11.7	12.5	14.4	14.3	15.4	16.0	16.0	16.2	16.0	17.2	0.000
<b>Living arrangement</b>												
Alone	15.9	14.2	14.3	16.2	15.4	17.7	18.1	18.3	18.4	18.9	20.5	0.000
With spouse only	11.4	10.9	11.1	14.6	14.4	14.9	15.4	14.0	15.2	16.3	17.4	0.000
With spouse and others	10.3	10.4	10.9	12.1	14.3	15.5	18.6	15.3	18.4	16.7	18.8	0.001
With others only	11.5	9.4	9.5	12.7	11.0	11.8	12.3	16.1	14.2	16.4	15.3	0.000
<b>Residential setting</b>												
Traditional community setting	13.2	12.0	12.5	15.1	15.0	16.2	17.0	16.9	17.0	18.1	19.0	0.000
Retirement community/senior housing	18.3	16.0	13.0	16.0	16.4	16.3	18.4	16.4	17.6	15.9	17.7	0.677
Residential care other than nursing home	4.7	4.4	4.5	7.0	3.1	5.6	2.5	2.6	5.8	4.3	6.4	0.926
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

**Table 2c: Trends in receiving assistance with household activities for health or functioning reasons**

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	30.3	30.9	29.2	28.6	29.0	27.7	27.8	26.5	25.6	24.0	24.2	0.000
<b>Age</b>												
72-74	15.3	13.2	13.6	16.0	16.2	15.6	15.1	13.4	13.5	13.1	12.5	0.231
75-79	22.3	22.7	20.3	21.2	20.2	19.0	20.2	18.8	18.5	17.8	18.1	0.009
80-84	31.7	34.3	32.9	29.8	32.6	29.7	30.9	30.6	28.2	24.5	24.8	0.000
85-89	50.5	49.2	45.6	43.5	44.8	45.0	43.3	43.1	44.6	41.5	42.2	0.009
90+	68.0	70.1	70.4	65.1	68.7	67.2	66.5	64.3	64.0	62.6	66.4	0.057
<b>Gender</b>												
Men	21.2	22.1	20.9	19.6	21.3	20.5	20.4	20.2	19.4	18.2	17.3	0.010
Women	36.7	37.1	35.3	35.2	34.8	33.1	33.4	31.4	30.2	28.5	29.8	0.000
<b>Race</b>												
White, non-Hispanic	28.3	28.4	27.1	26.4	27.0	24.9	25.5	24.5	22.6	21.1	21.7	0.000
Black, non-Hispanic	38.9	41.7	37.1	36.8	37.6	40.3	38.5	39.0	38.1	35.9	35.7	0.266
Hispanic	43.8	47.0	43.4	38.3	38.3	40.5	37.8	34.1	39.9	40.4	39.9	0.303
Other	32.0	35.5	33.4	42.2	37.9	39.2	34.7	28.7	36.9	30.4	23.8	0.249
<b>Education</b>												
0-12 years, no diploma	42.1	45.7	44.3	42.3	41.6	42.5	43.3	41.1	43.9	41.9	42.2	0.597
High school graduate	29.3	28.9	29.0	27.8	31.9	28.2	29.3	30.8	27.8	27.7	27.6	0.540
Some college	27.4	26.6	24.6	25.6	24.0	24.7	25.6	23.0	21.9	20.9	21.2	0.002
Bachelor's degree	21.7	22.7	21.2	24.5	24.5	21.2	21.4	19.3	19.3	17.9	20.5	0.124
Graduate degree	18.8	20.8	18.0	17.4	16.4	17.6	16.2	16.4	16.8	14.1	14.4	0.043
<b>Region</b>												
Northeast	32.1	33.1	31.4	32.0	31.5	30.4	30.7	25.3	25.9	26.0	27.6	0.007
Midwest	26.6	28.1	26.4	27.4	26.6	25.9	27.0	28.2	27.0	23.2	24.4	0.237
South	31.6	31.2	29.1	26.8	27.9	26.3	25.9	25.2	23.6	23.7	23.1	0.000
West	30.5	31.4	30.7	29.8	31.2	29.6	29.5	28.1	27.5	23.5	23.1	0.001
<b>Assistance with activities</b>												
No assistance	--	--	--	--	--	--	--	--	--	--	--	--
Assistance with HH activities only	--	--	--	--	--	--	--	--	--	--	--	--
Any assistance with SCM activities	82.2	82.0	79.8	78.6	78.9	76.6	77.2	75.2	77.0	75.5	72.3	0.000
<b>Dementia</b>												
No dementia	23.1	23.8	22.5	22.7	22.4	21.4	21.6	20.9	20.2	18.2	--	0.000
Probable dementia	83.3	83.7	80.4	74.3	80.9	79.3	78.5	75.1	78.0	78.2	--	0.041

Table 2c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	21.5	21.5	20.7	20.5	21.4	20.3	20.2	18.9	17.9	16.4	15.8	0.000
Divorced/separated	29.8	29.7	27.1	26.2	26.8	26.4	26.6	23.9	26.0	26.2	26.2	0.317
Widowed	41.8	43.5	41.6	39.9	40.4	38.4	39.4	38.2	36.5	34.1	36.3	0.000
Never married	39.2	36.2	32.3	38.8	33.3	35.8	31.3	35.5	37.8	35.1	39.4	0.935
<b>Number of children</b>												
Zero	30.3	30.3	30.4	31.2	32.5	27.6	27.6	27.6	25.9	23.8	26.3	0.098
One	34.5	32.4	33.6	32.5	29.2	31.4	29.2	28.5	26.8	19.8	23.8	0.000
Two or more	29.7	30.7	28.5	27.8	28.6	27.2	27.6	26.1	25.4	24.6	24.1	0.000
<b>Living arrangement</b>												
Alone	35.0	35.0	34.4	32.9	32.4	31.2	31.3	31.1	28.8	30.2	31.3	0.007
With spouse only	19.1	19.5	16.4	17.7	19.4	18.2	19.0	17.2	16.0	14.9	14.6	0.003
With spouse and others	29.3	29.1	30.6	30.3	28.2	25.5	23.3	25.4	26.4	22.7	20.4	0.010
With others only	49.9	50.4	47.4	44.9	46.6	45.7	44.8	40.5	43.6	35.7	38.2	0.000
<b>Residential setting</b>												
Traditional community setting	25.8	26.7	25.0	24.5	24.2	23.0	23.0	21.7	21.7	19.5	19.8	0.000
Retirement community/senior housing	29.0	30.7	27.3	28.5	28.8	28.2	29.8	32.8	29.1	32.3	35.2	0.237
Residential care other than nursing home	79.6	78.1	80.1	79.0	86.6	82.9	84.0	83.2	78.6	83.3	80.1	0.545
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	54.3	54.7	56.4	54.5	54.7	54.9	54.3	55.9	56.3	57.3	56.5	0.073
<b>Age</b>												
72-74	68.9	73.9	74.1	67.7	67.7	69.1	68.2	70.7	69.4	68.0	68.4	0.251
75-79	62.5	63.6	65.6	63.0	63.7	62.6	60.8	62.4	63.9	64.6	61.5	0.667
80-84	53.3	50.5	52.3	51.7	51.6	52.0	52.5	52.6	52.3	55.8	55.0	0.179
85-89	35.1	35.7	40.1	40.8	39.0	37.9	36.9	38.7	36.0	40.0	42.4	0.191
90+	21.2	20.3	18.8	21.5	19.0	20.7	21.2	22.7	22.4	20.3	19.3	0.809
<b>Gender</b>												
Men	65.9	65.9	67.1	64.6	63.2	63.1	62.2	63.9	62.9	63.1	63.6	0.067
Women	46.4	47.0	49.0	47.3	48.5	48.8	48.4	49.9	51.4	52.8	50.8	0.001
<b>Race</b>												
White, non-Hispanic	55.9	56.7	58.5	55.9	56.3	57.1	55.9	58.0	58.9	60.0	58.6	0.026
Black, non-Hispanic	46.6	44.4	47.6	47.1	45.3	43.5	45.8	42.1	46.2	46.8	45.3	0.754
Hispanic	42.4	44.1	46.2	51.2	50.6	46.4	50.3	49.0	43.0	38.7	42.7	0.425
Other	57.2	51.3	49.5	44.2	47.1	46.4	45.5	54.1	45.0	55.7	60.0	0.540
<b>Region</b>												
Northeast	52.2	53.3	53.4	53.0	54.1	51.7	55.2	59.9	54.7	56.1	55.6	0.156
Midwest	57.3	57.5	58.6	53.8	54.7	57.2	54.8	54.7	52.8	56.6	57.3	0.522
South	53.3	53.5	57.0	56.2	55.8	55.9	54.4	55.6	58.9	56.0	55.8	0.261
West	54.6	55.0	55.9	53.9	53.4	53.4	53.0	54.3	56.5	61.5	57.5	0.113
<b>Residential setting</b>												
Traditional community setting	61.0	61.4	62.4	60.3	60.8	60.8	60.0	61.5	61.4	62.3	61.2	0.784
Retirement community/senior housing	52.7	53.4	59.8	55.5	54.8	55.4	51.8	50.8	53.3	51.8	47.0	0.177
Residential care other than nursing home	15.7	17.5	15.4	14.0	10.3	11.4	13.6	14.2	15.6	12.4	13.5	0.458
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	--
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study

**Table 2b\_2: Trends in having difficulty with household activities**

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	12.3	11.2	11.5	14.1	13.7	14.9	15.5	15.4	15.8	16.8	17.8	0.000
<b>Age</b>												
72-74	14.4	10.8	11.3	15.3	15.0	14.4	16.0	15.9	16.0	18.0	18.6	0.001
75-79	13.5	12.3	12.7	14.5	15.0	17.1	17.9	17.5	16.4	16.2	19.8	0.000
80-84	12.3	12.4	12.8	16.0	13.2	15.8	14.2	14.6	16.9	17.9	18.9	0.000
85-89	10.6	11.1	10.4	12.0	12.8	13.7	16.2	14.9	16.5	15.6	13.4	0.000
90+	5.7	5.0	6.2	8.0	8.1	7.8	8.1	9.0	9.6	13.8	10.9	0.000
<b>Gender</b>												
Men	10.9	9.6	10.4	13.7	13.8	14.8	16.2	14.9	16.1	17.5	18.0	0.000
Women	13.3	12.3	12.3	14.3	13.6	15.0	15.1	15.8	15.7	16.3	17.7	0.000
<b>Race</b>												
White, non-Hispanic	12.7	11.6	11.5	14.6	14.0	15.4	16.1	15.3	16.1	17.0	18.1	0.000
Black, non-Hispanic	10.6	9.9	11.9	12.6	14.1	13.0	12.2	15.8	12.9	15.1	17.3	0.001
Hispanic	12.1	7.4	9.0	9.9	10.1	12.2	11.0	16.2	15.5	18.8	16.8	0.004
Other	8.6	10.4	14.8	11.9	12.7	13.1	19.1	16.1	16.6	13.0	15.2	0.215
<b>Region</b>												
Northeast	12.8	10.5	12.0	11.9	11.6	14.6	10.9	11.8	16.0	15.1	14.7	0.046
Midwest	12.1	10.7	11.0	14.9	14.9	13.6	15.5	14.3	17.3	17.6	16.8	0.000
South	11.7	11.6	11.2	14.2	13.8	15.3	17.4	17.0	15.3	18.4	19.4	0.000
West	13.2	11.6	12.1	15.0	14.0	15.8	16.2	16.7	15.3	14.4	18.8	0.004
<b>Residential setting</b>												
Traditional community setting	13.2	12.0	12.5	15.1	15.0	16.2	17.0	16.9	17.0	18.1	19.0	0.000
Retirement community/senior housing	18.3	16.0	13.0	16.0	16.4	16.3	18.4	16.4	17.6	15.9	17.7	0.677
Residential care other than nursing home	4.7	4.4	4.5	7.0	3.1	5.6	2.5	2.6	5.8	4.3	6.4	0.926
Nursing home	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	--
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study

**Table 2c\_2: Trends in receiving assistance with household activities for health or functioning reasons**

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	33.4	34.1	32.1	31.4	31.6	30.3	30.1	28.7	27.9	25.9	25.7	0.000
Age												
72-74	16.7	15.3	14.6	17.0	17.3	16.6	15.8	13.4	14.6	14.0	13.0	0.100
75-79	24.0	24.1	21.7	22.5	21.3	20.3	21.3	20.0	19.7	19.2	18.7	0.004
80-84	34.3	37.1	34.9	32.2	35.2	32.2	33.4	32.8	30.8	26.2	26.1	0.000
85-89	54.3	53.2	49.5	47.2	48.2	48.4	46.8	46.4	47.6	44.4	44.2	0.001
90+	73.1	74.6	75.1	70.5	73.0	71.5	70.7	68.3	68.0	66.0	69.8	0.006
Gender												
Men	23.2	24.5	22.5	21.7	23.0	22.1	21.6	21.2	21.0	19.4	18.3	0.001
Women	40.3	40.7	38.8	38.4	37.9	36.2	36.5	34.3	33.0	30.9	31.5	0.000
Race												
White, non-Hispanic	31.4	31.6	30.0	29.4	29.7	27.6	28.0	26.7	24.9	23.0	23.3	0.000
Black, non-Hispanic	42.9	45.7	40.5	40.3	40.6	43.4	41.9	42.2	40.9	38.1	37.4	0.060
Hispanic	45.6	48.5	44.7	38.9	39.3	41.4	38.7	34.8	41.5	42.4	40.4	0.278
Other	34.2	38.3	35.8	43.9	40.2	40.5	35.4	29.8	38.4	31.3	24.8	0.169
Region												
Northeast	35.0	36.2	34.6	35.1	34.3	33.7	33.8	28.3	29.3	28.8	29.7	0.004
Midwest	30.5	31.8	30.4	31.3	30.4	29.3	29.8	30.9	29.9	25.8	25.9	0.033
South	35.0	34.8	31.8	29.6	30.4	28.8	28.3	27.4	25.9	25.6	24.8	0.000
West	32.2	33.4	32.0	31.1	32.6	30.8	30.8	29.0	28.2	24.1	23.7	0.000
Residential setting												
Traditional community setting	25.8	26.7	25.0	24.5	24.2	23.0	23.0	21.7	21.7	19.5	19.8	0.000
Retirement community/senior housing	29.0	30.7	27.3	28.5	28.8	28.2	29.8	32.8	29.1	32.3	35.2	0.237
Residential care other than nursing home	79.6	78.1	80.1	79.0	86.6	82.9	84.0	83.2	78.6	83.3	80.1	0.545
Nursing home	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	--
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study



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

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	14.3	12.6	12.9	12.9	13.1	12.6	12.4	11.9	11.8	11.4	11.3	0.001
<b>Age</b>												
72-74	9.5	5.8	8.7	5.4	8.5	8.4	8.6	7.2	9.1	7.6	7.1	0.968
75-79	11.3	9.8	10.9	10.9	10.7	9.0	10.0	8.1	7.8	8.1	9.6	0.021
80-84	13.8	14.2	12.4	15.8	14.5	12.1	12.7	13.9	12.7	10.8	11.9	0.055
85-89	22.5	18.5	18.5	18.5	17.4	20.0	16.7	18.8	18.4	20.6	17.0	0.378
90+	27.5	27.2	24.8	24.6	26.6	29.4	26.7	26.9	26.4	26.9	24.4	0.791
<b>Gender</b>												
Men	10.8	8.6	9.0	9.2	8.8	9.9	8.8	8.9	9.1	8.7	8.6	0.311
Women	16.7	15.4	15.8	15.6	16.4	14.6	15.1	14.2	13.8	13.5	13.5	0.003
<b>Race</b>												
White, non-Hispanic	12.7	11.3	11.4	11.6	11.9	11.4	11.3	10.6	10.4	9.8	9.8	0.001
Black, non-Hispanic	19.1	17.0	17.5	14.9	18.1	17.1	17.8	16.7	18.9	17.4	18.7	0.636
Hispanic	25.8	21.9	24.2	22.2	18.6	18.3	19.3	20.8	21.0	23.1	19.5	0.456
Other	17.9	15.4	17.9	22.1	19.3	17.8	12.7	14.3	10.3	11.8	12.7	0.079
<b>Education</b>												
0-12 years, no diploma	21.6	18.5	20.5	20.9	19.9	18.9	20.3	20.5	21.1	22.0	21.1	0.629
High school graduate	12.5	10.5	10.9	11.7	14.4	13.3	12.7	12.6	12.3	12.8	12.4	0.429
Some college	13.4	11.6	11.7	10.8	10.5	11.7	11.6	10.1	11.2	9.3	9.6	0.033
Bachelor's degree	9.9	10.2	10.5	10.0	10.8	9.0	9.2	8.3	7.8	8.2	9.2	0.198
Graduate degree	7.2	9.6	7.6	9.0	6.7	7.2	6.7	8.4	6.8	6.8	7.5	0.417
<b>Region</b>												
Northeast	15.5	12.5	14.1	14.9	14.1	14.4	13.2	13.1	10.8	11.1	13.0	0.089
Midwest	11.4	10.6	10.5	11.9	11.6	10.2	12.7	11.5	13.7	11.0	10.6	0.620
South	15.5	13.5	14.0	12.6	13.2	11.7	11.7	11.2	11.5	11.7	10.3	0.001
West	14.2	13.4	12.8	12.5	13.9	15.2	12.5	12.6	11.4	11.4	12.4	0.206
<b>Assistance with activities</b>												
No assistance	2.0	1.8	2.3	1.9	2.0	1.7	2.3	1.9	1.7	2.1	1.9	0.721
Assistance with HH activities only	13.5	9.4	10.5	11.1	10.9	11.8	11.5	12.0	15.1	15.1	15.6	0.016
Any assistance with SCM activities	50.1	45.7	45.9	48.1	47.6	45.1	44.3	44.4	43.8	43.1	42.4	0.004
<b>Dementia</b>												
No dementia	10.7	8.9	9.8	9.6	10.1	9.3	9.6	8.8	9.2	8.4	--	0.037
Probable dementia	40.7	39.7	36.4	38.2	36.5	39.7	35.3	38.8	37.5	39.9	--	0.783

Table 3 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	11.1	9.3	9.0	9.5	9.9	10.2	9.6	8.6	7.2	8.2	8.4	0.010
Divorced/separated	14.1	13.5	15.1	11.5	14.8	11.6	11.7	10.8	17.4	13.0	11.6	0.663
Widowed	18.6	16.8	17.8	17.6	17.6	16.6	16.8	17.5	16.6	15.3	15.2	0.054
Never married	16.5	11.8	12.2	18.2	10.7	12.3	13.6	11.5	14.2	17.1	21.4	0.357
<b>Number of children</b>												
Zero	13.3	12.3	11.3	13.0	10.9	10.1	9.3	9.7	12.8	13.0	12.8	0.931
One	16.2	12.5	17.5	11.9	10.6	13.3	10.5	12.4	10.8	10.7	9.4	0.005
Two or more	14.1	12.6	12.5	13.0	13.8	12.7	13.0	12.1	11.8	11.3	11.5	0.009
<b>Living arrangement</b>												
Alone	14.7	12.3	13.9	13.2	13.4	13.2	13.1	13.1	12.9	13.6	13.2	0.666
With spouse only	9.7	7.4	7.2	7.4	8.9	8.9	8.8	7.0	6.4	6.7	7.5	0.072
With spouse and others	16.8	16.3	14.6	17.4	14.7	14.0	11.3	13.7	11.0	14.4	11.7	0.072
With others only	24.3	23.2	23.3	23.0	22.7	19.8	20.5	20.6	24.1	17.5	17.9	0.011
<b>Residential setting</b>												
Traditional community setting	13.3	11.8	12.1	12.1	12.1	11.4	11.8	11.1	10.9	10.3	10.3	0.001
Retirement community/senior housing	15.3	12.3	12.5	11.0	13.7	14.9	12.7	11.6	13.3	11.5	11.7	0.486
Residential care other than nursing home	23.7	21.4	23.8	24.9	25.2	24.9	19.6	23.4	23.3	29.4	26.8	0.332
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	6.8	7.1	5.8	6.9	6.8	6.1	6.7	7.5	7.4	5.6	6.5	0.739
Age												
72-74	4.7	5.4	3.4	5.3	6.6	4.5	5.1	6.9	7.1	5.1	6.5	0.116
75-79	5.6	5.6	5.7	7.1	5.8	5.2	6.4	6.9	6.0	4.9	6.2	0.916
80-84	6.9	7.4	6.4	7.4	6.5	6.9	6.8	7.4	7.5	6.0	5.6	0.418
85-89	11.5	10.7	8.8	7.7	7.7	8.1	8.2	8.8	9.4	6.8	6.8	0.016
90+	8.0	10.7	6.2	8.0	10.9	9.0	10.5	10.4	11.2	7.4	9.7	0.421
Gender												
Men	5.4	5.3	3.9	6.3	5.3	5.0	6.1	7.0	6.8	5.4	5.3	0.209
Women	7.7	8.4	7.2	7.3	7.9	6.8	7.2	8.0	7.8	5.7	7.4	0.211
Race												
White, non-Hispanic	6.2	6.6	5.6	6.6	6.3	5.5	6.5	7.1	6.2	5.2	5.7	0.366
Black, non-Hispanic	8.0	7.2	7.0	6.7	7.6	8.2	7.3	8.8	9.5	5.8	7.5	0.874
Hispanic	11.8	12.9	6.2	9.6	11.0	7.8	6.4	11.1	16.1	10.5	14.2	0.254
Other	7.0	9.4	7.8	9.8	9.1	10.6	10.0	8.4	12.4	5.2	6.3	0.744
Education												
0-12 years, no diploma	9.0	8.8	7.3	7.3	7.5	7.0	7.9	8.4	10.5	10.1	8.0	0.488
High school graduate	5.1	5.6	4.6	6.2	7.0	5.2	6.1	6.7	5.5	4.1	4.0	0.251
Some college	6.6	7.9	6.0	7.0	6.5	6.1	6.5	7.5	6.6	5.8	7.1	0.836
Bachelor's degree	6.8	6.4	4.3	7.6	6.4	5.0	5.3	7.6	7.3	3.7	7.1	0.946
Graduate degree	5.8	6.4	6.8	6.7	6.1	7.7	8.2	8.1	8.9	5.6	7.2	0.502
Region												
Northeast	6.2	6.0	6.0	4.7	5.8	6.7	7.4	5.7	7.4	5.4	9.2	0.152
Midwest	6.1	6.2	5.3	6.4	6.7	6.0	6.0	7.1	7.1	5.9	7.5	0.302
South	7.0	7.5	6.3	7.8	6.4	5.6	6.1	7.7	6.7	5.7	5.2	0.103
West	7.7	8.7	5.4	7.9	8.4	6.5	7.9	9.2	8.9	5.2	5.3	0.226
Assistance with activities												
No assistance	2.8	2.7	2.8	3.0	3.2	2.3	3.1	3.3	3.1	2.3	3.1	0.786
Assistance with HH activities only	12.3	11.4	10.2	16.9	13.5	14.2	11.2	18.7	20.0	13.5	15.4	0.011
Any assistance with SCM activities	15.5	17.6	12.6	13.4	14.1	13.5	15.8	15.4	15.9	14.0	13.9	0.716
Dementia												
No dementia	6.0	6.3	5.3	6.4	6.3	5.3	6.0	7.1	6.8	5.0	--	0.905
Probable dementia	12.4	13.4	9.8	10.7	11.0	12.0	12.8	11.5	12.9	11.0	--	0.975

Table 4 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	4.8	5.5	4.0	5.5	5.2	4.4	5.1	4.8	5.0	4.5	4.4	0.474
Divorced/separated	9.1	7.6	9.0	9.2	9.6	8.6	9.7	12.7	13.5	8.9	9.4	0.252
Widowed	8.6	9.1	7.3	8.1	8.3	7.8	7.9	9.2	8.4	6.0	8.3	0.377
Never married	8.7	7.7	6.2	7.5	4.5	4.9	8.9	13.3	9.8	5.2	11.5	0.438
<b>Number of children</b>												
Zero	7.4	7.5	6.8	7.1	6.8	5.7	5.8	9.3	9.0	5.5	7.0	0.991
One	6.2	7.4	4.9	7.0	5.9	8.0	7.1	8.8	10.4	5.4	9.0	0.127
Two or more	6.8	7.1	5.8	6.9	6.9	5.8	6.7	7.2	6.8	5.6	6.0	0.327
<b>Living arrangement</b>												
Alone	8.6	8.9	8.2	8.7	8.6	8.7	9.0	11.3	10.2	7.2	9.8	0.360
With spouse only	4.3	5.2	3.2	4.7	5.1	4.0	4.5	4.4	4.5	4.0	4.6	0.994
With spouse and others	7.5	7.2	6.5	7.9	5.6	4.7	7.0	5.3	6.7	7.3	3.0	0.167
With others only	8.9	8.3	6.2	7.8	7.9	6.6	7.3	8.8	9.4	5.8	6.6	0.448
<b>Residential setting</b>												
Traditional community setting	6.1	6.6	5.3	6.7	6.5	5.4	6.3	7.2	7.0	5.0	6.0	0.806
Retirement community/senior housing	11.2	9.6	7.9	7.6	8.5	8.9	10.3	10.4	9.5	10.9	10.1	0.605
Residential care other than nursing home	9.7	11.0	9.2	8.0	8.8	11.2	8.5	8.1	11.1	8.3	9.0	0.709
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	19.7	20.1	23.9	24.6	22.6	23.8	25.9	26.9	28.4	--	--	0.000
Age												
72-74	34.6	38.7	40.9	41.5	37.6	39.6	44.1	43.8	44.4	--	--	0.004
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	--	--	0.062
85-89	5.7	4.9	7.7	9.5	6.9	8.6	8.5	9.4	8.5	--	--	0.020
90+	1.6	2.7	2.8	1.9	2.0	1.3	2.4	1.4	2.6	--	--	0.815
Gender												
Men	37.7	38.1	42.6	43.0	38.7	39.5	42.6	43.1	44.6	--	--	0.007
Women	7.0	7.3	10.3	11.2	10.4	12.0	13.1	14.5	16.2	--	--	0.000
Race												
White, non-Hispanic	21.0	21.9	25.7	26.8	24.9	26.3	27.9	29.0	30.9	--	--	0.000
Black, non-Hispanic	12.0	11.0	12.4	13.9	11.6	11.2	13.7	15.2	14.6	--	--	0.090
Hispanic	10.2	10.4	14.6	13.3	9.9	10.0	12.2	13.2	17.5	--	--	0.246
Other	24.5	17.1	25.7	20.6	19.4	21.5	32.0	32.4	23.7	--	--	0.285
Education												
0-12 years, no diploma	10.9	9.4	11.5	12.4	8.7	9.8	13.2	13.1	12.7	--	--	0.221
High school graduate	16.1	16.3	19.0	17.0	14.7	16.8	18.2	19.4	18.7	--	--	0.201
Some college	19.3	21.1	24.5	25.1	24.0	23.1	23.6	26.2	26.5	--	--	0.017
Bachelor's degree	31.3	31.9	35.8	37.5	35.8	36.9	39.0	37.0	42.7	--	--	0.011
Graduate degree	41.1	40.4	46.7	47.6	48.1	47.9	47.7	47.6	49.9	--	--	0.044
Region												
Northeast	18.3	19.4	22.6	23.3	19.6	22.7	25.8	24.6	27.4	--	--	0.004
Midwest	22.0	22.1	24.9	25.6	24.3	25.8	26.7	27.5	27.6	--	--	0.012
South	18.1	18.7	22.3	22.8	21.2	23.0	25.0	26.4	26.7	--	--	0.000
West	20.9	21.1	26.7	27.9	25.7	24.3	26.7	29.2	33.1	--	--	0.000
Assistance with activities												
No assistance	28.4	29.5	33.9	35.3	32.5	33.8	36.3	37.6	38.9	--	--	0.000
Assistance with HH activities only	6.0	4.8	6.9	5.3	5.2	4.7	6.5	6.9	4.2	--	--	0.858
Any assistance with SCM activities	1.4	1.5	2.6	1.9	1.9	3.0	3.5	2.5	4.5	--	--	0.002
Dementia												
No dementia	21.9	22.3	26.5	27.1	25.1	26.3	28.4	29.6	30.8	--	--	0.000
Probable dementia	3.4	3.7	3.9	5.9	3.2	3.7	5.2	3.6	5.5	--	--	0.457

Table 5a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	29.6	30.0	33.8	35.0	32.0	33.1	36.8	38.7	40.8	--	--	0.000
Divorced/separated	15.9	18.2	22.7	23.7	20.2	20.4	23.7	23.9	25.1	--	--	0.030
Widowed	7.3	7.8	10.9	10.8	10.6	11.8	11.1	11.2	11.5	--	--	0.004
Never married	16.3	13.4	17.1	18.9	11.9	17.3	14.3	16.3	11.7	--	--	0.654
<b>Number of children</b>												
Zero	17.0	16.9	22.6	22.2	18.3	26.1	26.8	25.4	26.9	--	--	0.008
One	14.9	18.0	20.7	20.9	20.7	20.1	25.4	26.6	25.7	--	--	0.002
Two or more	20.7	20.8	24.5	25.4	23.3	24.2	25.9	27.1	29.0	--	--	0.000
<b>Living arrangement</b>												
Alone	10.9	12.4	15.4	16.1	15.3	16.2	16.2	16.8	17.7	--	--	0.001
With spouse only	31.7	31.8	37.0	38.2	34.2	35.1	39.3	40.8	42.4	--	--	0.000
With spouse and others	20.9	22.2	22.8	23.1	23.6	26.3	27.7	30.1	34.8	--	--	0.003
With others only	7.1	7.1	12.3	11.0	8.4	10.0	11.2	11.7	10.7	--	--	0.072
<b>Residential setting</b>												
Traditional community setting	21.1	21.7	25.7	26.1	24.4	25.4	27.7	28.6	30.3	--	--	0.000
Retirement community/senior housing	17.5	17.5	21.7	21.6	19.1	21.9	22.6	23.2	26.1	--	--	0.077
Residential care other than nursing home	6.4	5.8	5.0	9.6	4.3	7.1	6.6	8.5	3.5	--	--	0.890
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	52.6	53.8	51.1	50.4	51.5	52.6	52.3	52.4	51.5	--	--	0.725
Age												
72-74	51.1	51.1	48.6	47.6	49.1	50.3	45.3	47.1	46.9	--	--	0.109
75-79	56.8	56.7	52.7	51.1	54.5	57.6	56.9	54.4	52.2	--	--	0.495
80-84	57.2	58.9	53.0	54.2	55.3	55.7	58.2	59.1	59.8	--	--	0.165
85-89	47.8	52.9	55.0	52.0	53.0	51.0	54.5	53.6	53.4	--	--	0.263
90+	32.7	35.5	38.8	42.0	34.0	34.5	39.6	41.1	40.0	--	--	0.113
Gender												
Men	46.7	46.7	43.2	43.3	45.7	46.2	45.4	44.5	43.3	--	--	0.346
Women	56.6	58.8	56.7	55.6	55.9	57.4	57.6	58.4	57.7	--	--	0.529
Race												
White, non-Hispanic	53.6	54.4	51.5	50.9	51.8	52.9	52.5	52.6	51.7	--	--	0.405
Black, non-Hispanic	49.7	51.6	51.9	50.0	49.0	50.5	50.0	48.1	51.7	--	--	0.772
Hispanic	45.1	45.5	46.1	46.4	54.7	53.4	55.4	57.8	49.5	--	--	0.029
Other	48.7	59.9	48.2	46.4	44.6	50.4	47.2	46.3	51.9	--	--	0.723
Education												
0-12 years, no diploma	47.3	50.2	48.4	49.1	50.1	50.7	48.6	50.8	49.4	--	--	0.482
High school graduate	56.1	57.8	55.3	54.4	56.7	57.2	56.9	54.6	57.7	--	--	0.865
Some college	56.8	56.9	55.1	53.7	54.2	57.0	57.0	56.0	55.0	--	--	0.894
Bachelor's degree	51.5	51.6	46.4	46.7	46.5	47.7	47.4	51.9	45.4	--	--	0.477
Graduate degree	46.8	46.2	42.7	41.0	41.1	41.8	44.0	43.5	42.6	--	--	0.577
Region												
Northeast	53.5	53.0	50.3	48.6	53.0	51.7	51.8	55.8	54.2	--	--	0.415
Midwest	51.3	52.1	51.5	51.2	52.1	53.7	53.1	52.7	53.8	--	--	0.351
South	53.3	55.4	53.2	52.7	52.8	53.3	53.0	52.6	52.4	--	--	0.450
West	51.8	53.6	47.4	47.2	47.4	51.2	50.6	49.0	45.4	--	--	0.145
Assistance with activities												
No assistance	63.9	63.3	59.3	57.6	60.1	61.2	59.0	57.6	56.1	--	--	0.000
Assistance with HH activities only	50.7	57.0	56.6	56.5	55.1	55.2	56.2	56.1	62.3	--	--	0.076
Any assistance with SCM activities	20.9	24.3	23.6	24.5	23.9	26.1	29.4	33.6	31.7	--	--	0.000
Dementia												
No dementia	56.5	57.0	53.5	52.8	54.2	55.5	54.4	54.2	53.1	--	--	0.081
Probable dementia	23.5	29.7	32.6	31.7	30.3	29.1	34.8	36.2	36.2	--	--	0.002

Table 5b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	52.1	53.4	50.5	49.3	51.6	52.1	49.7	49.3	47.5	--	--	0.025
Divorced/separated	57.2	54.0	53.0	52.6	54.2	56.6	59.2	60.2	55.5	--	--	0.266
Widowed	52.2	54.3	51.1	51.2	49.8	51.9	53.6	53.8	56.4	--	--	0.136
Never married	49.9	52.8	52.7	49.7	59.4	54.2	54.3	55.4	51.6	--	--	0.646
<b>Number of children</b>												
Zero	51.8	53.3	48.3	48.4	50.6	50.8	52.7	54.9	51.2	--	--	0.668
One	51.8	54.4	50.8	50.6	50.4	52.6	50.1	53.4	54.9	--	--	0.669
Two or more	52.8	53.7	51.4	50.5	51.8	52.8	52.6	52.0	51.1	--	--	0.479
<b>Living arrangement</b>												
Alone	55.5	56.3	54.8	54.4	53.9	54.7	57.6	57.2	58.2	--	--	0.156
With spouse only	52.3	53.4	50.4	49.1	50.9	52.3	48.7	49.4	47.2	--	--	0.024
With spouse and others	53.3	54.2	50.6	49.3	54.8	52.2	53.6	49.8	47.7	--	--	0.375
With others only	46.3	49.5	44.5	45.6	45.9	49.3	49.9	51.6	50.9	--	--	0.049
<b>Residential setting</b>												
Traditional community setting	54.2	55.6	52.1	51.6	53.0	54.3	53.4	53.5	52.1	--	--	0.363
Retirement community/senior housing	52.7	50.4	49.3	49.1	49.3	49.8	50.0	51.0	48.9	--	--	0.731
Residential care other than nursing home	34.8	37.5	40.5	37.0	35.4	35.1	40.7	38.7	46.6	--	--	0.145
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	27.8	26.1	25.1	25.0	25.9	23.5	21.8	20.7	20.0	--	--	0.000
<b>Age</b>												
72-74	14.2	10.3	10.5	11.0	13.3	10.2	10.5	9.1	8.7	--	--	0.027
75-79	19.5	19.6	19.3	19.9	18.4	14.7	13.5	12.9	13.5	--	--	0.000
80-84	29.0	27.9	28.6	27.4	28.8	27.3	25.5	23.5	21.8	--	--	0.002
85-89	46.5	42.3	37.4	38.5	40.1	40.3	37.1	37.0	38.1	--	--	0.020
90+	65.7	61.8	58.4	56.2	64.0	64.2	58.0	57.5	57.4	--	--	0.136
<b>Gender</b>												
Men	15.6	15.2	14.2	13.7	15.6	14.3	12.0	12.4	12.1	--	--	0.004
Women	36.3	33.9	33.0	33.3	33.7	30.5	29.3	27.1	26.0	--	--	0.000
<b>Race</b>												
White, non-Hispanic	25.4	23.7	22.8	22.3	23.3	20.8	19.5	18.4	17.4	--	--	0.000
Black, non-Hispanic	38.4	37.3	35.7	36.1	39.4	38.3	36.3	36.6	33.7	--	--	0.321
Hispanic	44.8	44.2	39.4	40.4	35.4	36.5	32.4	29.0	32.9	--	--	0.001
Other	26.8	23.0	26.0	32.9	36.0	28.2	20.8	21.4	24.4	--	--	0.437
<b>Education</b>												
0-12 years, no diploma	41.8	40.4	40.1	38.6	41.3	39.5	38.2	36.1	37.9	--	--	0.094
High school graduate	27.8	25.9	25.8	28.6	28.6	26.1	24.9	26.0	23.6	--	--	0.151
Some college	23.9	22.0	20.4	21.2	21.8	19.8	19.4	17.9	18.5	--	--	0.008
Bachelor's degree	17.2	16.5	17.9	15.8	17.7	15.4	13.7	11.1	11.9	--	--	0.005
Graduate degree	12.1	13.4	10.6	11.3	10.8	10.3	8.3	8.8	7.4	--	--	0.007
<b>Region</b>												
Northeast	28.1	27.6	27.1	28.1	27.4	25.6	22.4	19.6	18.4	--	--	0.000
Midwest	26.6	25.7	23.6	23.2	23.6	20.5	20.2	19.8	18.6	--	--	0.000
South	28.6	26.0	24.5	24.5	26.0	23.8	22.0	21.1	20.8	--	--	0.000
West	27.2	25.3	25.9	24.8	26.9	24.4	22.7	21.8	21.5	--	--	0.010
<b>Assistance with activities</b>												
No assistance	7.7	7.3	6.7	7.1	7.4	5.0	4.7	4.8	5.0	--	--	0.000
Assistance with HH activities only	43.3	38.2	36.5	38.2	39.7	40.1	37.3	37.0	33.6	--	--	0.085
Any assistance with SCM activities	77.7	74.2	73.7	73.6	74.2	70.8	67.2	63.9	63.8	--	--	0.000
<b>Dementia</b>												
No dementia	21.6	20.7	20.0	20.1	20.7	18.2	17.2	16.2	16.2	--	--	0.000
Probable dementia	73.1	66.6	63.5	62.4	66.5	67.2	60.0	60.1	58.2	--	--	0.001

Table 5c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	18.3	16.6	15.7	15.7	16.4	14.8	13.5	12.0	11.7	--	--	0.000
Divorced/separated	26.9	27.8	24.3	23.7	25.6	23.0	17.1	15.8	19.4	--	--	0.000
Widowed	40.5	37.8	38.0	38.0	39.5	36.3	35.3	35.1	32.1	--	--	0.000
Never married	33.8	33.8	30.1	31.5	28.7	28.5	31.4	28.2	36.7	--	--	0.911
<b>Number of children</b>												
Zero	31.2	29.8	29.1	29.3	31.1	23.1	20.4	19.7	21.9	--	--	0.000
One	33.3	27.6	28.5	28.5	28.9	27.3	24.4	20.0	19.4	--	--	0.000
Two or more	26.5	25.5	24.2	24.1	24.9	23.0	21.6	20.9	20.0	--	--	0.000
<b>Living arrangement</b>												
Alone	33.6	31.3	29.8	29.5	30.8	29.1	26.1	26.0	24.1	--	--	0.000
With spouse only	16.1	14.8	12.6	12.7	14.9	12.5	12.1	9.8	10.4	--	--	0.000
With spouse and others	25.8	23.6	26.6	27.6	21.6	21.5	18.7	20.1	17.5	--	--	0.009
With others only	46.5	43.4	43.2	43.5	45.6	40.7	38.9	36.7	38.3	--	--	0.001
<b>Residential setting</b>												
Traditional community setting	24.7	22.8	22.2	22.3	22.6	20.3	18.8	17.8	17.6	--	--	0.000
Retirement community/senior housing	29.8	32.1	28.9	29.3	31.6	28.3	27.4	25.8	25.0	--	--	0.122
Residential care other than nursing home	58.9	56.7	54.5	53.4	60.3	57.8	52.7	52.8	50.0	--	--	0.178
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	25.9	26.0	27.5	25.0	26.0	26.3	27.7	27.8	28.0	29.6	31.6	0.000
<b>Age</b>												
72-74	37.8	39.3	39.7	37.2	37.4	37.3	39.7	40.0	38.8	42.6	46.1	0.029
75-79	29.6	30.4	32.0	29.6	30.8	30.5	30.2	31.6	32.0	32.2	33.5	0.166
80-84	23.0	21.8	23.9	20.0	20.7	22.0	23.5	23.1	23.1	24.7	25.9	0.115
85-89	13.4	12.5	14.7	13.1	12.9	13.9	16.3	13.8	13.4	14.8	15.3	0.331
90+	6.8	8.0	7.1	6.0	7.4	6.2	6.5	7.9	6.8	6.8	9.8	0.453
<b>Gender</b>												
Men	43.8	42.5	44.7	41.4	41.0	41.0	43.7	42.6	41.7	43.9	45.1	0.574
Women	13.4	14.3	14.9	12.9	14.8	15.3	15.4	16.5	17.6	18.5	20.8	0.000
<b>Race</b>												
White, non-Hispanic	26.7	26.8	29.0	26.4	27.2	28.1	29.0	28.8	28.8	30.7	32.4	0.001
Black, non-Hispanic	23.1	19.2	18.8	20.3	20.6	19.0	20.0	22.0	22.0	22.4	23.9	0.203
Hispanic	17.6	20.0	18.6	13.8	18.9	15.3	17.4	20.0	21.0	24.8	27.6	0.047
Other	29.3	33.1	29.7	23.2	25.0	22.5	32.5	33.9	34.4	30.9	40.0	0.197
<b>Education</b>												
0-12 years, no diploma	18.2	17.2	15.9	14.6	16.5	15.5	17.9	17.0	17.1	19.6	22.5	0.191
High school graduate	22.6	21.1	22.0	17.4	18.9	18.5	19.9	19.6	19.1	20.3	21.5	0.651
Some college	25.4	26.9	28.6	26.0	26.2	27.1	23.4	25.4	26.0	28.3	31.1	0.271
Bachelor's degree	35.3	38.2	40.6	37.3	37.6	38.1	42.0	40.5	40.7	38.8	41.5	0.258
Graduate degree	46.9	44.2	47.4	44.3	46.9	45.7	48.6	47.3	45.2	46.4	45.1	0.952
<b>Region</b>												
Northeast	25.0	24.5	25.7	24.5	22.6	23.1	27.9	26.8	27.2	30.1	29.0	0.056
Midwest	28.1	27.8	30.7	25.4	27.5	27.2	26.3	27.2	24.9	26.7	29.8	0.739
South	25.2	25.3	26.2	24.4	25.1	26.7	28.0	28.6	27.8	29.3	31.3	0.003
West	25.7	26.4	27.7	26.0	29.0	27.4	28.5	27.9	32.2	32.8	36.2	0.001
<b>Assistance with activities</b>												
No assistance	36.5	37.1	37.7	34.9	36.6	37.0	38.4	37.9	37.9	39.3	41.7	0.006
Assistance with HH activities only	12.3	11.9	15.2	10.0	9.4	6.1	10.1	12.6	9.5	10.9	12.2	0.542
Any assistance with SCM activities	2.5	1.5	3.3	2.3	3.0	3.9	3.2	2.9	3.3	3.5	5.7	0.017
<b>Dementia</b>												
No dementia	28.3	28.1	29.7	27.0	28.2	28.7	29.9	29.8	29.6	31.5	--	0.024
Probable dementia	8.5	9.9	10.8	9.2	9.4	7.1	9.4	10.6	12.2	11.7	--	0.288

Table 5d (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	34.3	35.0	35.6	34.1	33.6	34.9	36.5	35.8	36.6	37.9	39.7	0.011
Divorced/separated	24.8	26.2	27.3	23.1	25.2	26.1	24.9	25.1	24.2	26.5	30.2	0.426
Widowed	14.6	14.4	16.2	13.0	15.7	14.6	16.5	17.1	16.4	18.1	18.3	0.016
Never married	26.8	16.2	26.7	22.0	20.8	15.4	14.7	23.3	20.6	24.6	29.6	0.633
<b>Number of children</b>												
Zero	29.6	24.6	27.3	24.9	23.8	26.9	26.2	29.5	29.0	35.5	33.2	0.088
One	22.1	23.0	26.3	22.1	27.1	24.3	31.3	31.0	28.5	25.6	30.6	0.032
Two or more	26.1	26.5	27.7	25.4	26.1	26.6	27.3	27.2	27.8	29.7	31.6	0.001
<b>Living arrangement</b>												
Alone	19.7	19.0	21.3	17.5	20.4	19.8	20.4	21.7	21.4	23.3	25.3	0.006
With spouse only	36.0	36.7	37.9	36.8	35.3	37.7	37.6	37.7	38.3	40.0	40.5	0.052
With spouse and others	26.2	27.0	28.1	23.6	26.8	24.7	31.9	28.2	29.6	28.7	36.3	0.065
With others only	13.3	13.9	16.4	13.0	14.4	12.3	15.5	15.9	13.9	15.9	17.5	0.190
<b>Residential setting</b>												
Traditional community setting	27.7	27.9	29.1	26.4	27.8	28.2	29.0	29.1	29.3	31.1	33.4	0.000
Retirement community/senior housing	22.4	21.3	25.2	22.5	22.9	21.8	26.5	23.5	25.8	24.8	24.5	0.479
Residential care other than nursing home	10.8	9.4	10.6	10.8	7.7	8.6	13.2	15.9	11.0	12.9	12.3	0.216
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	47.8	49.7	49.2	51.0	50.2	50.6	50.7	51.4	51.7	51.4	49.6	0.091
Age												
72-74	48.0	50.8	49.6	51.0	49.9	51.0	48.7	49.5	51.2	49.2	44.2	0.313
75-79	50.9	50.5	49.8	51.1	52.1	54.0	54.9	54.8	54.0	55.6	52.9	0.031
80-84	49.5	51.6	49.4	53.7	52.1	51.6	51.8	53.3	54.1	53.5	54.9	0.047
85-89	45.3	49.7	52.2	51.2	52.4	49.3	49.8	51.2	50.4	49.5	50.2	0.601
90+	32.4	37.0	38.8	42.5	34.7	35.2	40.2	38.4	39.5	38.2	39.5	0.291
Gender												
Men	40.4	42.4	41.1	44.5	44.8	44.1	43.5	44.2	44.9	44.2	42.9	0.205
Women	52.9	54.9	55.0	55.8	54.3	55.6	56.3	56.9	56.9	56.9	55.0	0.125
Race												
White, non-Hispanic	49.1	51.3	49.9	52.2	51.5	51.3	51.6	53.2	53.6	53.0	51.5	0.049
Black, non-Hispanic	40.1	43.3	45.7	44.6	43.1	44.8	45.3	42.3	45.1	46.1	43.0	0.516
Hispanic	41.0	39.3	45.3	47.5	46.6	49.9	49.6	46.2	44.6	40.8	40.4	0.837
Other	45.8	47.2	48.8	43.9	43.6	49.1	45.5	42.4	39.1	47.8	42.1	0.523
Education												
0-12 years, no diploma	42.9	44.7	46.2	48.2	45.8	47.2	46.5	45.1	44.2	42.7	40.9	0.429
High school graduate	50.8	54.9	54.4	55.8	55.1	55.5	54.5	55.4	57.9	55.8	54.8	0.226
Some college	51.6	53.2	52.2	52.7	53.6	53.0	57.2	56.6	55.3	55.1	52.1	0.336
Bachelor's degree	47.7	45.7	43.1	47.8	46.1	46.8	44.6	48.6	48.3	51.4	45.9	0.403
Graduate degree	42.4	43.2	42.6	45.5	43.2	44.1	42.4	43.5	45.4	45.3	47.8	0.259
Region												
Northeast	49.7	50.9	49.6	48.7	53.0	54.3	51.5	54.3	54.9	51.9	52.7	0.175
Midwest	46.9	48.9	47.1	52.4	50.1	52.6	53.1	53.1	56.5	55.3	53.3	0.001
South	46.5	49.6	49.5	51.5	50.2	49.6	50.0	50.0	50.2	50.9	48.5	0.593
West	49.2	49.8	50.5	50.9	48.0	47.2	49.0	49.8	46.9	47.9	45.3	0.177
Assistance with activities												
No assistance	56.2	56.3	56.2	58.6	57.2	57.8	56.9	57.0	56.8	56.2	53.9	0.310
Assistance with HH activities only	46.3	54.2	52.5	52.7	53.7	57.0	50.6	49.8	57.3	54.9	49.9	0.484
Any assistance with SCM activities	24.3	27.9	26.6	26.4	27.7	26.6	31.4	34.0	32.6	32.6	34.5	0.000
Dementia												
No dementia	50.9	52.5	51.7	53.5	52.9	53.3	52.9	53.7	53.9	54.0	--	0.062
Probable dementia	24.2	28.7	29.9	32.0	29.4	28.9	33.0	31.1	30.8	26.7	--	0.390

Table 5e (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	48.5	49.2	49.2	50.7	51.0	49.8	49.3	51.3	51.2	51.3	49.9	0.326
Divorced/separated	48.2	48.6	49.0	53.0	51.3	50.9	56.4	57.9	54.3	52.1	47.1	0.530
Widowed	47.1	50.6	49.5	51.1	48.7	51.1	50.2	49.5	52.3	51.6	51.7	0.120
Never married	43.3	51.8	45.6	48.5	50.8	57.4	57.5	48.2	44.3	47.0	37.0	0.426
<b>Number of children</b>												
Zero	42.6	49.4	47.0	48.2	49.6	50.7	53.9	51.0	49.2	46.6	45.6	0.716
One	46.7	51.9	46.3	53.0	46.3	48.9	46.0	49.0	51.6	57.4	50.0	0.197
Two or more	48.6	49.4	49.8	51.0	50.9	50.9	51.1	51.8	52.0	50.9	50.0	0.205
<b>Living arrangement</b>												
Alone	48.5	52.1	51.1	54.1	51.8	52.5	54.2	53.8	54.7	51.8	48.4	0.761
With spouse only	48.9	49.4	50.0	50.5	51.0	49.3	49.8	52.0	50.6	50.7	49.9	0.553
With spouse and others	49.0	49.4	45.8	51.2	52.6	53.2	48.6	49.3	53.3	54.5	50.4	0.393
With others only	42.5	45.9	44.7	45.8	43.5	48.5	47.2	46.5	47.8	50.7	51.0	0.012
<b>Residential setting</b>												
Traditional community setting	48.9	50.8	50.1	52.1	51.3	51.9	52.2	52.8	52.7	52.2	50.9	0.111
Retirement community/senior housing	49.1	47.3	45.6	48.5	49.9	50.9	46.5	51.1	50.1	51.3	43.3	0.971
Residential care other than nursing home	34.2	40.3	42.2	40.2	38.1	34.9	37.0	32.6	39.5	37.6	37.3	0.670
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

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

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	26.3	24.3	23.4	24.0	23.7	23.1	21.6	20.8	20.3	19.0	18.7	0.000
Age												
72-74	14.2	9.8	10.7	11.7	12.6	11.7	11.6	10.5	10.0	8.2	9.7	0.046
75-79	19.5	19.1	18.2	19.3	17.1	15.5	14.9	13.7	14.0	12.2	13.6	0.000
80-84	27.5	26.6	26.7	26.3	27.3	26.5	24.7	23.5	22.8	21.8	19.1	0.000
85-89	41.3	37.8	33.0	35.7	34.7	36.8	33.9	35.0	36.2	35.7	34.5	0.227
90+	60.9	55.0	54.0	51.4	57.9	58.6	53.3	53.7	53.7	55.1	50.6	0.171
Gender												
Men	15.7	15.1	14.1	14.1	14.3	15.0	12.8	13.3	13.4	11.9	12.0	0.005
Women	33.7	30.9	30.1	31.2	30.9	29.2	28.3	26.5	25.5	24.5	24.2	0.000
Race												
White, non-Hispanic	24.1	21.9	21.2	21.3	21.3	20.6	19.3	18.0	17.5	16.3	16.2	0.000
Black, non-Hispanic	36.8	37.5	35.5	35.1	36.4	36.2	34.7	35.7	32.9	31.6	33.1	0.067
Hispanic	41.4	40.7	36.1	38.7	34.5	34.8	33.0	33.7	34.4	34.3	31.9	0.106
Other	25.0	19.7	21.5	32.9	31.4	28.4	21.9	23.7	26.5	21.3	17.9	0.435
Education												
0-12 years, no diploma	38.9	38.1	37.8	37.2	37.7	37.2	35.6	37.9	38.7	37.7	36.7	0.682
High school graduate	26.6	24.0	23.6	26.8	26.0	26.0	25.6	25.0	23.0	24.0	23.7	0.338
Some college	23.0	19.8	19.2	21.3	20.2	19.9	19.4	18.0	18.8	16.6	16.8	0.007
Bachelor's degree	17.0	16.1	16.2	15.0	16.3	15.2	13.4	10.9	11.0	9.7	12.6	0.002
Graduate degree	10.7	12.7	10.0	10.2	10.0	10.3	8.9	9.2	9.4	8.4	7.1	0.043
Region												
Northeast	25.3	24.6	24.7	26.8	24.4	22.6	20.6	18.9	17.9	18.0	18.3	0.000
Midwest	25.0	23.3	22.2	22.2	22.4	20.2	20.6	19.7	18.5	18.0	16.9	0.000
South	28.4	25.1	24.3	24.1	24.7	23.7	22.1	21.4	22.0	19.8	20.2	0.000
West	25.1	23.8	21.8	23.1	23.0	25.4	22.6	22.2	20.9	19.3	18.4	0.014
Assistance with activities												
No assistance	7.3	6.6	6.1	6.5	6.2	5.2	4.7	5.1	5.3	4.5	4.4	0.000
Assistance with HH activities only	41.5	33.9	32.3	37.3	37.0	36.9	39.2	37.5	33.1	34.3	38.0	0.789
Any assistance with SCM activities	73.3	70.6	70.1	71.2	69.3	69.5	65.3	63.2	64.1	63.8	59.8	0.000
Dementia												
No dementia	20.8	19.4	18.6	19.5	18.9	18.0	17.2	16.5	16.5	14.5	--	0.000
Probable dementia	67.2	61.4	59.3	58.8	61.1	64.1	57.6	58.3	57.0	61.7	--	0.161

Table 5f (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	17.2	15.8	15.2	15.2	15.4	15.3	14.2	12.9	12.2	10.8	10.4	0.000
Divorced/separated	27.0	25.1	23.7	23.9	23.5	23.0	18.7	17.0	21.5	21.3	22.6	0.101
Widowed	38.3	35.0	34.2	36.0	35.6	34.3	33.3	33.5	31.3	30.3	30.0	0.000
Never married	29.8	32.0	27.7	29.5	28.4	27.1	27.8	28.5	35.1	28.3	33.4	0.733
<b>Number of children</b>												
Zero	27.8	26.0	25.7	26.9	26.7	22.3	19.9	19.5	21.8	17.9	21.1	0.012
One	31.2	25.1	27.3	25.0	26.6	26.8	22.8	20.0	19.9	17.0	19.4	0.000
Two or more	25.4	24.0	22.5	23.6	23.0	22.6	21.6	21.0	20.2	19.4	18.4	0.000
<b>Living arrangement</b>												
Alone	31.8	28.9	27.5	28.4	27.8	27.7	25.4	24.5	24.0	24.9	26.3	0.002
With spouse only	15.1	13.8	12.2	12.7	13.8	13.0	12.6	10.3	11.1	9.2	9.5	0.000
With spouse and others	24.8	23.6	26.1	25.2	20.7	22.1	19.5	22.5	17.1	16.8	13.3	0.001
With others only	44.2	40.2	38.9	41.2	42.1	39.2	37.3	37.6	38.2	33.3	31.4	0.000
<b>Residential setting</b>												
Traditional community setting	23.4	21.3	20.8	21.5	20.9	19.9	18.8	18.0	17.9	16.7	15.7	0.000
Retirement community/senior housing	28.5	31.4	29.2	29.0	27.3	27.3	27.0	25.3	24.1	23.9	32.2	0.437
Residential care other than nursing home	55.0	50.3	47.2	49.0	54.2	56.5	49.9	51.6	49.5	49.5	50.4	0.707
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility



**Table 5g: Trends in low balance score**  
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	38.9	38.3	38.1	35.6	35.5	34.3	32.8	32.3	32.2	--	27.3	0.000
Age												
72-74	22.1	17.4	22.7	19.6	19.3	17.7	14.8	17.9	16.8	--	13.4	0.000
75-79	30.4	29.7	30.9	28.4	26.3	26.0	26.9	21.9	24.7	--	21.7	0.000
80-84	42.4	43.6	41.9	38.5	41.4	39.4	37.1	37.1	36.1	--	30.0	0.000
85-89	59.5	60.4	52.7	52.9	54.1	53.4	52.9	54.6	57.4	--	48.0	0.007
90+	76.4	75.4	74.2	73.3	76.0	75.8	73.4	74.2	71.8	--	64.4	0.003
Gender												
Men	29.4	29.7	31.2	28.0	29.1	29.7	28.0	28.7	27.4	--	24.0	0.003
Women	45.5	44.4	43.1	41.2	40.3	37.8	36.6	35.0	35.8	--	29.9	0.000
Race												
White, non-Hispanic	37.8	36.8	36.2	33.2	33.6	32.3	31.3	30.5	30.3	--	25.8	0.000
Black, non-Hispanic	46.8	47.9	47.1	45.0	45.7	45.6	47.6	44.7	46.0	--	37.4	0.007
Hispanic	45.2	49.1	49.4	50.1	45.7	46.4	36.1	38.1	41.2	--	31.0	0.000
Other	35.1	30.6	37.5	45.5	36.9	31.7	27.9	33.1	27.6	--	29.1	0.169
Education												
0-12 years, no diploma	49.9	50.1	52.2	49.6	49.5	50.2	50.0	47.8	47.9	--	42.1	0.033
High school graduate	41.1	39.0	39.1	39.4	39.8	38.0	36.0	38.6	36.1	--	31.2	0.001
Some college	35.1	35.6	34.5	31.2	31.6	29.7	29.9	28.1	29.9	--	24.9	0.000
Bachelor's degree	27.2	29.7	28.4	26.4	24.7	27.4	24.7	25.1	27.6	--	23.1	0.140
Graduate degree	25.8	24.8	24.6	22.3	21.0	19.3	19.4	18.9	19.0	--	18.2	0.004
Region												
Northeast	41.8	40.3	41.1	38.1	37.7	35.4	34.0	32.0	29.9	--	28.2	0.000
Midwest	37.8	36.2	38.5	35.2	33.7	32.3	31.7	30.8	32.6	--	24.1	0.000
South	38.6	38.7	37.9	34.9	35.6	35.9	32.9	32.0	33.4	--	29.2	0.000
West	37.6	38.3	34.9	35.2	35.3	32.7	33.0	34.7	31.4	--	26.3	0.000
Assistance with activities												
No assistance	22.1	22.4	22.6	18.8	19.2	18.6	18.1	17.2	17.3	--	14.2	0.000
Assistance with HH activities only	56.2	52.1	53.1	54.3	54.2	51.7	50.8	51.1	57.9	--	46.1	0.103
Any assistance with SCM activities	78.3	77.1	76.3	77.9	74.7	72.8	69.6	71.8	70.0	--	63.9	0.000
Dementia												
No dementia	33.5	33.3	33.4	31.1	30.0	29.4	28.4	28.0	27.9	--	--	0.000
Probable dementia	78.2	75.9	73.4	70.4	77.9	74.4	69.9	69.8	73.8	--	--	0.070

Table 5g (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	29.2	27.6	29.6	25.9	25.8	25.6	22.8	23.3	22.6	--	19.5	0.000
Divorced/separated	41.8	40.1	35.2	34.4	36.1	34.3	31.8	30.0	32.9	--	30.8	0.003
Widowed	50.8	51.3	50.0	49.3	49.5	46.8	47.4	45.9	46.1	--	38.0	0.000
Never married	44.9	49.9	45.9	40.5	33.8	40.8	44.2	42.1	45.1	--	37.4	0.354
<b>Number of children</b>												
Zero	41.8	41.9	43.4	39.5	41.2	34.5	31.7	35.0	35.3	--	27.6	0.000
One	46.4	42.4	43.4	42.2	36.8	39.5	36.5	31.1	34.2	--	28.1	0.000
Two or more	37.4	37.3	36.7	34.4	34.7	33.5	32.4	32.2	31.6	--	27.1	0.000
<b>Living arrangement</b>												
Alone	45.6	45.0	43.9	41.2	42.0	40.7	40.4	39.1	38.9	--	33.2	0.000
With spouse only	26.9	26.2	26.3	23.6	24.6	23.3	22.0	21.4	21.0	--	17.8	0.000
With spouse and others	37.5	32.0	41.5	34.3	29.7	32.6	25.0	30.7	29.0	--	27.4	0.007
With others only	55.9	56.5	51.1	53.6	52.4	49.7	48.7	46.0	49.2	--	40.8	0.000
<b>Residential setting</b>												
Traditional community setting	35.9	35.2	35.2	32.9	32.2	31.2	29.5	28.9	29.2	--	24.3	0.000
Retirement community/senior housing	40.7	43.5	42.5	39.3	40.9	38.0	39.2	41.2	39.6	--	37.8	0.417
Residential care other than nursing home	68.2	67.4	67.0	65.5	70.2	67.7	67.1	66.9	66.1	--	61.2	0.324
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

**Table 5h: Trends in low walking score**  
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	41.1	39.6	37.4	37.3	40.0	35.9	34.1	33.6	30.7	--	29.3	0.000
<b>Age</b>												
72-74	25.2	19.5	19.4	20.5	22.3	20.3	18.1	16.7	16.5	--	14.9	0.000
75-79	33.5	33.6	30.9	30.8	33.6	27.3	25.2	25.2	22.8	--	22.0	0.000
80-84	42.5	42.6	42.2	41.5	45.3	40.6	40.9	41.5	35.8	--	33.4	0.000
85-89	63.1	59.9	52.2	54.9	57.3	56.5	54.7	53.4	53.0	--	50.8	0.001
90+	76.2	74.5	75.9	70.2	78.2	73.1	72.1	70.4	68.9	--	71.8	0.052
<b>Gender</b>												
Men	31.6	30.6	27.6	28.3	32.4	29.2	27.0	27.8	24.7	--	22.8	0.000
Women	47.7	46.1	44.6	44.0	45.8	40.9	39.6	38.0	35.2	--	34.5	0.000
<b>Race</b>												
White, non-Hispanic	38.1	36.3	33.7	33.5	35.9	31.8	31.0	30.2	27.1	--	25.4	0.000
Black, non-Hispanic	58.6	58.2	56.2	57.0	64.3	59.2	57.0	58.7	51.7	--	54.9	0.089
Hispanic	61.2	58.5	58.4	56.4	60.2	54.7	46.7	46.4	44.0	--	44.0	0.000
Other	34.2	39.8	39.4	46.3	40.7	39.5	30.7	27.7	41.1	--	31.0	0.263
<b>Education</b>												
0-12 years, no diploma	56.2	57.1	56.8	55.5	60.8	56.3	53.5	52.6	51.7	--	49.8	0.015
High school graduate	41.8	39.3	39.9	43.4	45.3	38.2	39.3	39.9	35.7	--	36.8	0.020
Some college	35.7	34.5	30.4	32.7	34.0	32.8	32.2	31.0	28.8	--	26.8	0.001
Bachelor's degree	29.8	28.8	26.0	23.1	27.5	24.9	22.3	22.6	22.1	--	19.8	0.001
Graduate degree	25.0	23.9	19.5	17.5	17.9	18.2	15.9	16.6	14.0	--	16.0	0.001
<b>Region</b>												
Northeast	44.0	44.4	40.9	43.7	47.1	41.1	36.6	35.8	31.4	--	28.3	0.000
Midwest	42.5	39.2	36.4	37.9	36.5	35.4	35.2	36.0	32.5	--	28.9	0.000
South	41.4	40.7	38.1	35.6	40.2	35.4	34.5	33.5	30.8	--	32.9	0.000
West	36.1	33.7	34.3	33.7	37.0	32.6	30.3	29.3	28.2	--	24.1	0.000
<b>Assistance with activities</b>												
No assistance	23.1	21.0	19.6	19.3	22.7	18.1	16.6	16.9	14.9	--	14.3	0.000
Assistance with HH activities only	57.9	59.9	53.0	56.7	60.5	57.0	58.5	57.1	54.6	--	58.3	0.868
Any assistance with SCM activities	84.3	82.7	82.6	82.9	81.0	78.8	76.2	75.7	72.5	--	67.7	0.000
<b>Dementia</b>												
No dementia	35.4	34.1	32.0	32.2	34.7	30.6	29.1	28.6	26.5	--	--	0.000
Probable dementia	83.1	81.2	78.6	76.9	81.5	78.2	75.7	77.3	71.7	--	--	0.004

Table 5h (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	31.3	29.8	27.1	27.6	29.1	27.0	24.7	22.9	20.4	--	18.2	0.000
Divorced/separated	42.1	38.1	35.4	34.8	42.1	35.9	32.5	33.7	32.0	--	33.1	0.018
Widowed	53.3	52.4	51.7	50.7	54.1	48.7	48.0	48.1	45.2	--	44.7	0.000
Never married	50.5	51.2	46.5	50.5	52.5	40.1	45.8	50.7	46.8	--	50.4	0.831
<b>Number of children</b>												
Zero	47.1	47.1	41.9	41.0	45.8	35.4	35.8	32.8	34.9	--	29.7	0.000
One	46.6	41.7	40.4	41.0	43.3	43.8	35.8	30.6	29.3	--	30.5	0.000
Two or more	39.5	38.5	36.6	36.5	38.9	34.7	33.7	34.1	30.5	--	29.1	0.000
<b>Living arrangement</b>												
Alone	47.3	44.7	42.0	41.7	46.7	41.0	39.5	39.4	36.7	--	39.1	0.000
With spouse only	29.3	27.3	23.7	24.1	27.7	23.8	22.7	21.3	19.1	--	16.6	0.000
With spouse and others	38.8	38.2	39.6	39.8	32.1	37.6	31.1	28.8	26.5	--	25.1	0.000
With others only	59.4	59.1	58.6	58.7	61.1	54.6	53.3	54.0	51.0	--	46.2	0.000
<b>Residential setting</b>												
Traditional community setting	38.3	36.8	34.9	34.8	36.9	32.8	31.3	30.8	28.3	--	25.9	0.000
Retirement community/senior housing	44.5	45.2	41.1	40.4	43.1	40.4	36.2	32.9	31.9	--	47.2	0.222
Residential care other than nursing home	66.9	65.5	62.9	65.1	73.6	67.8	66.6	70.6	64.0	--	61.0	0.677
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

**Table 5i: Trends in low chair stand score**  
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	49.5	47.2	43.5	42.8	43.9	41.9	39.2	37.1	37.3	--	34.5	0.000
<b>Age</b>												
72-74	34.9	29.7	26.1	25.2	28.3	26.4	23.8	22.4	23.2	--	20.5	0.000
75-79	42.1	40.7	39.3	39.7	36.0	34.7	31.0	28.5	30.1	--	28.3	0.000
80-84	53.3	49.6	47.0	44.3	50.0	46.2	46.5	44.5	42.3	--	38.2	0.000
85-89	67.0	67.1	58.4	59.1	62.4	62.4	59.4	57.0	59.5	--	55.3	0.000
90+	81.0	78.7	74.2	75.4	76.7	74.9	71.3	69.0	71.5	--	72.6	0.002
<b>Gender</b>												
Men	40.9	40.4	37.0	35.9	37.9	38.9	35.1	33.8	33.9	--	32.7	0.000
Women	55.6	52.0	48.2	47.9	48.4	44.2	42.3	39.7	39.8	--	36.0	0.000
<b>Race</b>												
White, non-Hispanic	47.6	45.1	40.8	40.5	41.3	39.3	36.7	35.3	34.8	--	32.3	0.000
Black, non-Hispanic	63.6	61.0	60.1	56.8	62.7	60.9	58.7	55.6	54.5	--	50.6	0.000
Hispanic	60.8	60.9	58.1	53.6	53.0	48.1	49.0	39.8	42.5	--	39.6	0.000
Other	42.3	38.9	39.7	45.3	43.6	47.6	32.7	32.9	43.5	--	38.3	0.559
<b>Education</b>												
0-12 years, no diploma	61.9	61.1	58.6	56.2	57.9	57.6	54.7	51.3	51.1	--	49.7	0.000
High school graduate	50.0	46.3	44.3	47.4	49.1	44.8	43.2	42.7	43.4	--	38.2	0.000
Some college	48.2	44.3	38.9	39.7	40.9	39.3	36.6	33.4	35.6	--	32.3	0.000
Bachelor's degree	39.0	40.5	36.8	32.0	33.1	33.4	31.4	31.8	28.7	--	29.1	0.001
Graduate degree	30.7	31.4	27.9	27.8	25.2	26.5	24.8	23.7	24.9	--	26.4	0.096
<b>Region</b>												
Northeast	47.7	48.2	44.3	46.2	46.0	42.7	39.2	37.6	36.3	--	35.8	0.000
Midwest	50.0	48.0	43.5	44.1	40.4	38.5	39.8	37.4	35.0	--	32.7	0.000
South	51.1	47.6	43.9	40.8	44.9	42.9	38.3	37.2	38.0	--	35.7	0.000
West	48.0	44.7	42.1	41.7	44.0	43.1	40.0	36.4	39.1	--	33.1	0.000
<b>Assistance with activities</b>												
No assistance	33.5	30.1	27.9	27.1	27.5	25.6	23.1	21.6	22.5	--	20.7	0.000
Assistance with HH activities only	69.1	68.2	59.3	59.2	64.2	60.5	60.1	58.7	56.6	--	60.1	0.003
Any assistance with SCM activities	85.7	85.4	81.8	82.8	82.2	81.7	78.6	76.3	77.4	--	70.3	0.000
<b>Dementia</b>												
No dementia	45.0	42.7	39.1	38.7	39.1	37.1	34.8	32.7	33.4	--	--	0.000
Probable dementia	83.0	80.7	76.5	75.0	80.8	81.4	75.5	75.8	74.7	--	--	0.034

Table 5i (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	40.8	38.6	35.0	33.6	34.7	34.7	31.4	28.2	28.8	--	26.7	0.000
Divorced/separated	50.4	47.5	43.1	42.7	45.8	40.9	35.4	34.6	37.0	--	37.9	0.000
Widowed	60.8	58.2	54.3	55.1	56.0	52.3	51.6	50.3	49.6	--	44.3	0.000
Never married	55.4	54.9	56.2	52.6	51.1	48.9	47.3	51.7	50.7	--	54.8	0.620
<b>Number of children</b>												
Zero	50.7	51.1	47.8	50.4	50.4	44.2	38.7	37.3	38.3	--	36.3	0.000
One	57.2	49.7	50.7	51.2	48.8	46.9	43.7	37.4	38.2	--	34.6	0.000
Two or more	48.2	46.4	42.0	40.9	42.5	40.9	38.5	37.1	37.0	--	34.3	0.000
<b>Living arrangement</b>												
Alone	56.2	50.9	47.6	49.1	49.9	46.8	44.2	44.0	43.4	--	43.2	0.000
With spouse only	39.1	36.9	32.5	30.7	32.4	32.0	30.0	26.7	27.3	--	25.4	0.000
With spouse and others	46.6	44.0	44.9	44.7	42.5	43.5	36.3	33.3	36.6	--	32.6	0.000
With others only	63.5	65.5	59.6	57.8	60.9	55.9	53.3	50.6	51.1	--	42.5	0.000
<b>Residential setting</b>												
Traditional community setting	47.1	44.6	41.3	40.8	41.0	39.1	36.6	34.5	34.8	--	31.0	0.000
Retirement community/senior housing	50.9	47.1	46.0	43.1	45.6	42.6	43.2	39.1	43.6	--	52.3	0.785
Residential care other than nursing home	73.9	75.9	66.3	67.5	77.3	74.8	66.1	68.9	65.8	--	67.4	0.090
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility

**Table 5j: Trends in low grip strength**  
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	42.5	41.0	39.4	37.6	40.5	39.1	36.9	36.8	37.8	--	33.6	0.000
<b>Age</b>												
72-74	29.0	26.6	24.5	23.3	28.1	26.6	26.0	27.0	28.4	--	19.4	0.083
75-79	34.8	34.3	32.7	31.3	32.0	31.0	29.4	29.7	31.0	--	29.7	0.020
80-84	46.1	43.5	43.5	41.5	44.9	44.8	41.7	38.8	38.5	--	38.8	0.003
85-89	58.7	57.5	55.3	52.1	57.6	52.9	48.5	52.1	57.3	--	51.8	0.051
90+	75.1	70.9	68.7	68.7	72.7	73.7	71.7	68.1	69.5	--	62.1	0.013
<b>Gender</b>												
Men	15.2	13.7	14.0	13.6	17.9	15.8	12.7	13.0	15.4	--	12.3	0.138
Women	61.6	60.3	57.8	55.3	57.6	56.7	55.5	55.0	54.7	--	50.6	0.000
<b>Race</b>												
White, non-Hispanic	41.6	39.9	38.5	36.7	39.1	38.0	35.9	36.4	37.2	--	33.0	0.000
Black, non-Hispanic	42.0	40.5	38.6	37.6	40.9	39.8	37.2	35.3	35.3	--	32.2	0.000
Hispanic	56.0	55.2	51.1	47.4	53.7	50.3	47.6	43.6	52.3	--	42.4	0.038
Other	38.6	41.7	40.3	40.7	47.5	42.1	39.6	34.4	30.3	--	32.0	0.101
<b>Education</b>												
0-12 years, no diploma	50.5	48.9	49.5	45.3	49.6	47.0	46.4	43.9	49.9	--	41.9	0.045
High school graduate	46.0	43.6	43.5	43.1	45.4	42.5	41.2	42.7	41.9	--	43.4	0.301
Some college	40.6	40.2	37.3	36.8	39.3	40.7	39.0	36.6	38.3	--	32.2	0.014
Bachelor's degree	33.3	33.7	31.1	30.2	31.0	30.8	29.0	30.1	27.9	--	27.5	0.071
Graduate degree	26.1	25.5	22.3	22.2	25.9	25.4	21.1	24.7	27.7	--	21.1	0.604
<b>Region</b>												
Northeast	44.2	42.7	40.4	39.4	43.4	44.3	37.4	38.1	41.0	--	33.7	0.011
Midwest	40.2	37.4	38.7	36.7	38.6	36.1	35.0	36.2	34.2	--	32.6	0.008
South	41.9	41.0	37.7	37.2	38.6	36.8	35.9	34.4	36.7	--	32.0	0.000
West	44.6	43.5	42.3	37.9	43.3	41.7	40.2	40.6	40.7	--	37.3	0.052
<b>Assistance with activities</b>												
No assistance	30.2	28.7	26.9	25.4	28.5	28.4	26.5	27.3	28.4	--	24.4	0.025
Assistance with HH activities only	55.2	55.1	52.1	52.8	52.4	53.5	50.2	47.1	49.0	--	50.9	0.054
Any assistance with SCM activities	71.5	69.0	69.9	67.6	70.2	64.1	62.4	62.3	63.9	--	57.6	0.000
<b>Dementia</b>												
No dementia	38.6	37.4	35.9	34.2	36.5	36.0	34.2	34.0	35.1	--	--	0.007
Probable dementia	71.3	67.9	65.9	64.5	71.8	64.0	59.0	60.9	63.7	--	--	0.004

Table 5j (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	31.2	29.2	28.5	26.2	28.9	28.5	25.7	25.5	27.3	--	22.8	0.000
Divorced/separated	40.8	40.6	32.8	36.5	41.9	38.4	36.4	35.7	35.3	--	32.9	0.089
Widowed	58.1	56.7	56.1	53.7	56.9	54.3	53.5	53.7	54.4	--	51.8	0.014
Never married	47.8	45.9	44.8	43.4	41.0	47.3	44.9	42.6	51.3	--	42.3	0.873
<b>Number of children</b>												
Zero	45.5	43.4	38.0	38.8	40.7	37.5	34.1	34.9	37.1	--	33.2	0.010
One	49.7	50.4	44.2	40.1	42.9	44.9	41.7	39.2	43.8	--	38.0	0.009
Two or more	41.1	39.4	38.8	37.2	40.1	38.4	36.5	36.6	37.0	--	33.0	0.000
<b>Living arrangement</b>												
Alone	51.4	50.0	48.0	47.1	49.6	47.9	46.9	47.6	46.7	--	43.9	0.008
With spouse only	29.9	28.5	26.7	24.3	27.6	27.4	24.2	24.2	26.1	--	20.9	0.000
With spouse and others	36.1	30.5	33.1	33.7	34.3	32.0	31.6	30.5	32.0	--	32.3	0.569
With others only	59.0	57.7	53.4	51.8	57.0	54.3	51.2	49.1	53.0	--	47.9	0.002
<b>Residential setting</b>												
Traditional community setting	39.3	37.9	36.2	34.8	37.5	36.4	34.5	34.0	35.4	--	31.2	0.000
Retirement community/senior housing	50.5	49.3	46.9	44.8	45.1	44.3	39.3	45.7	43.3	--	42.8	0.112
Residential care other than nursing home	68.1	66.6	68.1	64.2	71.6	66.7	63.9	63.3	65.6	--	60.6	0.166
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

Source: National Health and Aging Trends Study

Notes: Excludes nursing home residents

HH = household; SCM = self-care and mobility



**Table 5k: Trends in low lung airflow**  
(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	35.9	34.1	30.2	29.7	34.0	29.4	28.2	26.2	26.9	--	--	0.000
<b>Age</b>												
72-74	22.7	19.9	16.5	16.2	19.9	15.1	14.1	14.9	15.8	--	--	0.003
75-79	27.9	28.2	23.6	24.5	26.3	22.0	23.5	19.7	20.5	--	--	0.000
80-84	40.2	34.0	34.3	31.7	39.7	34.6	32.9	31.5	32.2	--	--	0.018
85-89	51.7	52.2	45.1	42.8	49.8	45.4	40.1	37.9	40.9	--	--	0.000
90+	66.7	63.6	57.4	61.1	66.8	64.9	62.1	57.7	59.3	--	--	0.145
<b>Gender</b>												
Men	15.8	14.4	13.3	13.2	19.7	14.8	13.0	12.7	14.0	--	--	0.188
Women	49.9	48.0	42.5	41.8	44.7	40.4	39.8	36.6	36.6	--	--	0.000
<b>Race</b>												
White, non-Hispanic	34.2	32.3	28.4	26.8	31.4	26.8	25.7	23.8	24.2	--	--	0.000
Black, non-Hispanic	46.1	44.4	40.0	39.9	44.9	42.3	41.4	40.0	42.0	--	--	0.208
Hispanic	40.8	41.0	38.3	44.9	47.0	43.9	42.4	38.4	39.5	--	--	0.785
Other	43.3	38.2	34.8	45.6	43.8	33.5	26.9	26.2	29.7	--	--	0.015
<b>Education</b>												
0-12 years, no diploma	48.5	46.5	42.4	45.6	50.0	45.6	43.2	45.0	43.7	--	--	0.253
High school graduate	37.4	36.9	32.5	33.9	40.6	34.0	33.4	30.1	31.8	--	--	0.007
Some college	33.1	31.1	28.4	25.2	29.5	26.5	26.6	23.9	27.5	--	--	0.006
Bachelor's degree	23.9	20.3	19.1	20.3	21.5	18.0	17.7	15.0	13.8	--	--	0.001
Graduate degree	18.5	19.2	15.8	12.3	13.5	13.3	12.7	14.0	13.8	--	--	0.067
<b>Region</b>												
Northeast	39.4	35.5	32.2	30.6	34.0	30.3	30.1	29.7	27.8	--	--	0.001
Midwest	34.9	33.8	28.4	27.6	35.7	30.9	26.9	25.9	25.1	--	--	0.000
South	36.7	36.7	32.2	31.2	33.4	28.5	28.6	26.2	28.5	--	--	0.000
West	32.1	28.4	26.9	28.5	33.2	28.8	27.1	23.8	24.9	--	--	0.011
<b>Assistance with activities</b>												
No assistance	24.5	23.0	19.4	19.1	22.4	18.0	17.4	16.3	17.6	--	--	0.000
Assistance with HH activities only	47.3	42.5	39.8	38.6	45.8	41.9	43.7	37.5	36.2	--	--	0.030
Any assistance with SCM activities	62.7	61.5	57.3	57.8	62.5	57.6	53.6	52.6	53.4	--	--	0.000
<b>Dementia</b>												
No dementia	31.6	30.4	26.5	26.1	29.2	25.3	24.6	22.8	23.0	--	--	0.000
Probable dementia	67.4	61.4	57.8	57.3	71.2	62.6	57.3	55.7	64.8	--	--	0.314

Table 5k (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	22.7	21.6	19.2	19.3	23.3	18.6	18.0	16.3	18.1	--	--	0.000
Divorced/separated	38.5	35.3	27.6	28.4	36.2	31.4	28.8	26.2	28.1	--	--	0.010
Widowed	52.3	49.5	45.5	44.4	48.5	44.2	42.4	40.0	38.8	--	--	0.000
Never married	45.4	45.6	39.5	33.1	37.5	37.4	38.4	40.2	45.2	--	--	0.771
<b>Number of children</b>												
Zero	40.1	43.0	33.1	32.9	35.8	28.8	28.8	26.4	33.8	--	--	0.004
One	41.2	41.3	36.8	35.7	36.5	33.6	31.5	28.0	27.7	--	--	0.000
Two or more	34.5	32.0	28.9	28.5	33.4	28.8	27.6	26.0	26.1	--	--	0.000
<b>Living arrangement</b>												
Alone	45.8	43.0	38.0	36.7	41.7	37.1	35.4	33.1	32.9	--	--	0.000
With spouse only	21.4	19.9	17.3	16.3	20.5	16.4	16.0	13.8	16.8	--	--	0.000
With spouse and others	26.8	27.3	26.5	31.0	32.5	26.1	24.8	25.5	23.8	--	--	0.272
With others only	56.2	52.7	45.2	46.3	52.3	48.1	45.3	42.9	42.7	--	--	0.000
<b>Residential setting</b>												
Traditional community setting	33.6	32.4	28.8	27.9	31.7	27.1	26.1	24.3	25.2	--	--	0.000
Retirement community/senior housing	38.7	32.6	32.9	30.5	36.6	33.0	33.7	28.9	29.7	--	--	0.124
Residential care other than nursing home	56.8	54.2	43.4	50.7	59.2	53.7	47.7	48.4	47.7	--	--	0.191
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	11.9	11.8	11.7	11.5	11.4	11.0	10.8	10.3	9.2	9.6	--	0.000
<b>Age</b>												
72-74	3.5	3.5	4.9	4.7	4.1	4.6	4.3	3.6	2.5	2.2	--	0.062
75-79	8.1	6.9	6.4	6.5	7.1	6.3	7.6	6.8	6.2	6.9	--	0.627
80-84	12.9	13.8	14.2	13.3	13.5	13.0	12.3	12.5	11.1	8.9	--	0.014
85-89	21.7	21.2	19.5	19.2	20.3	20.1	19.5	19.4	18.6	21.5	--	0.651
90+	32.7	31.7	30.9	32.1	30.6	29.9	27.2	26.4	27.8	31.8	--	0.221
<b>Gender</b>												
Men	10.0	10.5	10.7	10.4	10.9	10.8	10.7	9.8	8.3	8.4	--	0.063
Women	13.2	12.7	12.4	12.3	11.8	11.1	10.8	10.7	9.9	10.5	--	0.002
<b>Race</b>												
White, non-Hispanic	10.7	10.6	10.2	10.2	9.9	9.5	9.1	8.6	8.0	8.4	--	0.000
Black, non-Hispanic	18.3	17.1	15.7	14.6	14.9	15.5	16.1	15.9	15.1	14.9	--	0.328
Hispanic	18.8	20.0	23.2	21.2	21.6	21.2	23.9	21.4	17.0	16.9	--	0.489
Other	13.6	14.0	15.3	15.9	18.6	16.2	13.0	14.5	10.5	9.3	--	0.295
<b>Education</b>												
0-12 years, no diploma	20.5	20.7	22.0	20.2	20.9	21.8	23.2	21.1	19.8	20.2	--	0.981
High school graduate	12.0	11.5	10.1	11.3	12.2	11.5	10.2	11.0	9.7	10.7	--	0.354
Some college	7.4	7.9	8.1	8.3	7.5	8.1	8.4	8.5	7.0	6.9	--	0.600
Bachelor's degree	7.9	7.4	8.4	9.1	8.1	5.6	6.8	5.3	5.9	6.9	--	0.172
Graduate degree	4.5	6.0	5.9	5.7	5.0	5.3	5.2	5.5	5.8	6.1	--	0.726
<b>Region</b>												
Northeast	11.4	11.4	10.3	10.7	11.4	11.4	9.8	8.9	6.3	7.0	--	0.003
Midwest	9.0	9.1	8.2	8.0	8.6	8.7	9.3	10.1	10.0	10.6	--	0.183
South	13.4	13.5	13.3	12.1	12.0	10.8	10.7	9.3	9.2	9.5	--	0.000
West	13.0	12.5	14.1	14.9	13.1	13.3	13.3	13.6	11.0	10.8	--	0.193
<b>Assistance with activities</b>												
No assistance	2.4	2.5	2.9	3.6	2.5	2.7	3.0	2.8	2.3	2.2	--	0.446
Assistance with HH activities only	20.5	19.0	18.7	17.5	18.6	14.8	18.2	18.1	18.5	16.0	--	0.287
Any assistance with SCM activities	34.9	35.0	34.4	32.5	34.3	33.7	31.2	30.5	28.1	32.9	--	0.028

Table 6\_1 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	8.4	8.1	8.6	8.1	8.8	8.5	8.6	7.8	6.3	6.5	--	0.036
Divorced/separated	9.6	9.5	10.8	10.7	9.9	8.5	9.1	8.9	7.9	9.1	--	0.399
Widowed	16.9	17.0	15.8	16.1	15.9	15.7	14.9	14.6	14.1	14.4	--	0.045
Never married	17.6	17.2	17.5	14.2	8.9	9.3	9.6	10.2	13.0	12.9	--	0.179
<b>Number of children</b>												
Zero	12.5	13.6	14.4	12.5	10.9	8.0	8.4	7.3	11.6	11.2	--	0.172
One	14.2	11.4	12.9	13.1	12.9	12.7	10.6	10.0	8.1	9.0	--	0.017
Two or more	11.5	11.7	11.2	11.1	11.2	11.0	11.0	10.6	9.2	9.5	--	0.006
<b>Living arrangement</b>												
Alone	12.0	12.1	11.5	12.1	11.0	10.8	10.7	10.8	9.9	11.7	--	0.284
With spouse only	7.0	6.7	7.1	6.3	7.6	6.8	7.3	6.4	6.1	6.0	--	0.343
With spouse and others	13.4	13.0	12.6	13.5	12.0	12.3	11.6	11.4	6.9	8.3	--	0.021
With others only	23.9	22.6	22.5	21.4	21.5	21.1	19.2	18.1	17.5	15.1	--	0.000
<b>Residential setting</b>												
Traditional community setting	10.5	10.4	10.3	10.4	9.8	9.6	9.4	9.0	7.8	8.0	--	0.000
Retirement community/senior housing	10.1	8.6	11.4	7.7	6.9	7.1	7.8	9.9	9.2	8.9	--	0.812
Residential care other than nursing home	29.0	30.7	28.0	29.1	34.8	30.7	31.1	28.5	30.5	35.9	--	0.436
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	--	

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 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	14.5	14.5	14.1	14.0	13.5	13.1	12.9	12.3	11.2	11.0	--	0.000
<b>Age</b>												
72-74	4.4	5.0	5.6	5.0	4.6	5.1	5.0	3.6	3.4	2.9	--	0.039
75-79	9.4	8.0	7.9	7.3	8.1	7.4	8.3	8.0	7.3	7.9	--	0.511
80-84	15.3	16.0	16.0	15.6	16.2	15.1	14.1	14.6	12.4	9.6	--	0.002
85-89	25.3	25.9	23.2	23.3	23.0	22.9	23.3	23.2	22.3	24.3	--	0.429
90+	38.8	36.9	36.8	39.8	36.3	36.7	33.3	31.0	32.9	35.6	--	0.055
<b>Gender</b>												
Men	11.6	12.7	12.2	12.1	12.3	12.1	11.7	10.8	9.7	9.5	--	0.015
Women	16.4	15.7	15.5	15.2	14.4	13.9	13.7	13.4	12.3	12.2	--	0.000
<b>Race</b>												
White, non-Hispanic	13.3	13.2	12.6	12.9	12.1	11.7	11.3	10.6	9.8	9.8	--	0.000
Black, non-Hispanic	21.9	21.1	18.6	17.6	17.7	18.2	19.0	18.9	18.0	16.9	--	0.113
Hispanic	20.5	21.4	25.0	21.4	22.6	22.3	24.2	21.8	18.6	19.0	--	0.506
Other	14.5	16.4	17.2	17.8	19.1	17.8	13.9	15.8	12.6	10.5	--	0.291
<b>Region</b>												
Northeast	13.8	14.1	12.9	14.0	13.7	13.6	12.8	11.9	9.3	9.9	--	0.014
Midwest	12.3	12.1	11.8	11.3	11.8	11.9	11.6	12.4	12.2	12.3	--	0.850
South	16.3	16.5	15.6	14.5	14.3	12.9	12.8	11.2	11.2	10.8	--	0.000
West	14.3	14.0	15.2	16.0	14.0	14.5	14.5	14.5	11.7	11.1	--	0.078
<b>Residential setting</b>												
Traditional community setting	10.5	10.4	10.3	10.4	9.8	9.6	9.4	9.0	7.8	8.0		0.000
Retirement community/senior housing	10.1	8.6	11.4	7.7	6.9	7.1	7.8	9.9	9.2	8.9	--	0.812
Residential care other than nursing home	29.0	30.7	28.0	29.1	34.8	30.7	31.1	28.5	30.5	35.9	--	0.436
Nursing home	70.1	69.7	71.8	74.5	70.5	72.5	74.1	77.8	70.9	66.7	--	0.841
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	--	

Source: National Health and Aging Trends Study

**Table 7: Trends in poor vision**

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	10.7	10.5	10.4	9.3	10.4	9.3	9.9	9.4	9.6	8.8	9.4	0.024
<b>Age</b>												
72-74	5.7	4.3	5.7	5.2	7.1	5.3	7.5	5.7	5.7	4.9	6.0	0.796
75-79	7.9	7.8	6.1	6.6	8.3	6.8	7.4	8.5	7.3	6.3	8.6	0.729
80-84	10.2	11.0	11.5	9.9	9.1	9.1	8.0	7.5	10.8	9.1	7.8	0.052
85-89	17.5	16.1	16.2	12.2	15.5	14.6	13.7	13.5	14.3	15.4	14.7	0.292
90+	27.2	27.2	27.5	25.3	23.8	24.5	26.0	23.9	22.7	22.6	21.5	0.045
<b>Gender</b>												
Men	8.1	7.8	7.6	7.3	7.8	7.7	7.4	7.8	8.5	7.0	7.5	0.756
Women	12.6	12.4	12.5	10.8	12.3	10.6	11.7	10.7	10.4	10.2	10.8	0.017
<b>Race</b>												
White, non-Hispanic	9.6	8.9	8.9	8.2	8.9	7.9	8.6	8.5	8.4	7.7	8.5	0.156
Black, non-Hispanic	13.5	13.6	14.4	12.2	14.4	12.7	12.5	10.5	11.5	11.7	10.4	0.025
Hispanic	19.9	25.0	19.0	19.0	21.8	21.7	19.5	19.0	17.5	15.6	18.4	0.164
Other	12.3	14.4	19.9	11.9	13.0	11.8	14.3	9.1	15.0	12.0	8.9	0.329
<b>Education</b>												
0-12 years, no diploma	17.1	18.3	18.5	16.5	18.6	17.4	17.3	16.0	15.8	17.3	17.7	0.577
High school graduate	10.2	8.9	9.8	10.4	10.7	10.2	12.0	11.4	11.8	11.9	11.4	0.079
Some college	8.3	8.8	6.8	5.9	7.6	6.5	7.7	7.6	9.2	6.7	8.9	0.528
Bachelor's degree	7.8	6.5	7.4	5.5	7.2	6.0	6.0	5.6	5.5	5.0	6.7	0.317
Graduate degree	4.6	5.4	6.5	5.4	4.8	4.6	4.5	5.8	4.4	3.8	3.2	0.105
<b>Region</b>												
Northeast	9.7	8.5	9.7	8.6	9.1	9.6	9.1	7.3	7.1	8.4	10.7	0.784
Midwest	10.2	9.4	9.1	9.6	9.2	7.6	7.5	7.4	8.7	8.1	8.2	0.130
South	11.6	12.1	11.4	9.3	11.6	10.1	11.2	10.0	11.2	9.2	9.2	0.057
West	10.8	11.0	11.0	9.8	10.7	9.6	10.7	12.1	9.5	8.9	9.7	0.398
<b>Assistance with activities</b>												
No assistance	4.7	4.4	3.7	3.3	4.7	3.8	4.2	4.5	5.2	3.7	3.8	0.922
Assistance with HH activities only	16.5	17.6	18.5	16.4	15.6	18.4	15.5	15.6	17.5	16.2	18.1	0.942
Any assistance with SCM activities	25.2	24.2	26.3	24.2	24.7	21.7	24.6	22.2	20.3	23.4	24.6	0.182
<b>Dementia</b>												
No dementia	8.2	8.2	8.2	7.2	8.0	7.4	7.7	7.5	7.9	6.7	--	0.102
Probable dementia	29.2	27.7	27.3	25.5	28.8	25.2	27.5	26.4	26.0	28.5	--	0.699

Table 7 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	7.7	7.1	6.4	6.7	7.1	6.1	6.7	6.2	7.0	6.0	6.6	0.346
Divorced/separated	8.9	10.7	10.8	7.9	9.4	10.8	10.2	10.1	10.0	8.6	11.5	0.734
Widowed	14.7	15.2	15.7	13.2	15.3	13.5	14.7	13.5	13.0	12.8	12.8	0.052
Never married	17.2	9.9	12.5	13.3	12.1	10.8	9.8	14.0	14.2	13.7	11.8	0.878
<b>Number of children</b>												
Zero	13.3	12.1	10.4	11.3	11.1	7.2	11.5	10.7	10.0	8.9	10.1	0.255
One	12.9	10.8	12.8	11.0	12.3	10.0	8.7	9.9	8.7	7.9	9.8	0.032
Two or more	10.1	10.3	10.1	8.9	10.0	9.4	9.9	9.2	9.6	8.9	9.2	0.189
<b>Living arrangement</b>												
Alone	12.0	11.6	12.0	10.2	11.8	10.6	11.7	11.4	10.6	10.2	11.4	0.443
With spouse only	6.5	5.7	4.9	5.0	6.4	5.4	6.0	5.6	6.6	5.7	6.1	0.626
With spouse and others	13.3	12.1	12.0	11.9	10.0	8.0	8.6	9.2	8.9	6.9	9.0	0.023
With others only	17.7	18.8	19.2	16.4	17.5	17.2	16.3	14.9	15.5	14.6	14.4	0.016
<b>Residential setting</b>												
Traditional community setting	9.8	9.6	9.8	8.5	9.3	8.5	8.9	8.5	8.7	7.8	8.2	0.011
Retirement community/senior housing	10.3	11.1	6.4	6.4	11.0	9.4	8.7	9.4	10.8	9.2	10.9	0.601
Residential care other than nursing home	20.7	19.7	21.6	22.9	22.7	19.2	23.2	21.3	20.0	23.9	25.8	0.382
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	17.8	16.3	15.9	16.1	14.2	14.0	13.1	12.9	13.3	14.2	12.7	0.000
<b>Age</b>												
72-74	10.5	14.4	10.7	11.8	8.6	8.7	7.6	7.5	8.8	11.5	8.0	0.057
75-79	15.0	11.6	12.3	12.7	10.1	10.4	11.2	10.5	10.6	11.1	12.5	0.203
80-84	17.8	15.1	16.3	15.2	16.3	15.1	13.1	12.6	13.7	13.7	11.5	0.001
85-89	26.5	24.7	21.7	24.1	20.0	19.4	17.3	19.9	19.4	19.6	17.4	0.000
90+	36.7	29.3	34.2	30.6	33.4	33.2	32.6	30.3	32.0	30.5	27.7	0.105
<b>Gender</b>												
Men	20.4	17.6	16.2	18.1	15.5	15.7	14.8	14.6	15.1	16.4	14.2	0.002
Women	16.1	15.4	15.7	14.6	13.3	12.6	11.8	11.6	12.0	12.5	11.4	0.000
<b>Race</b>												
White, non-Hispanic	18.0	16.3	15.4	15.9	13.9	13.6	12.7	12.6	12.8	13.8	11.9	0.000
Black, non-Hispanic	10.5	10.3	10.8	8.1	8.8	8.0	6.4	8.1	6.8	7.3	9.0	0.027
Hispanic	23.6	22.5	24.6	26.4	24.5	25.6	24.8	22.0	28.2	25.7	24.6	0.680
Other	18.5	19.1	23.8	20.8	15.7	13.8	15.7	13.4	12.4	16.1	14.2	0.148
<b>Education</b>												
0-12 years, no diploma	24.8	22.9	23.8	24.0	22.2	20.9	19.4	20.9	22.6	24.6	22.4	0.413
High school graduate	18.0	15.7	17.1	16.9	14.5	14.2	13.0	14.3	17.1	16.8	16.0	0.556
Some college	14.5	13.7	12.3	14.9	11.9	11.3	12.5	11.9	10.9	12.3	11.4	0.059
Bachelor's degree	14.2	11.8	11.5	10.2	11.0	13.0	10.6	10.9	8.1	11.2	9.1	0.071
Graduate degree	11.2	14.2	9.5	9.5	8.4	9.5	9.2	5.8	7.8	7.6	6.0	0.002
<b>Region</b>												
Northeast	17.6	15.9	14.6	13.6	12.6	11.3	12.5	10.5	13.6	12.3	13.7	0.057
Midwest	18.7	16.0	14.9	16.7	14.6	14.5	11.1	13.2	10.8	12.7	11.2	0.000
South	16.8	16.8	16.9	17.3	13.8	13.2	12.6	12.0	13.6	14.9	12.5	0.001
West	18.9	16.4	16.6	15.7	16.2	17.2	16.8	16.3	15.4	16.0	13.8	0.136
<b>Assistance with activities</b>												
No assistance	13.2	11.8	11.3	12.0	9.9	9.6	9.9	9.4	9.5	10.4	8.9	0.000
Assistance with HH activities only	23.3	20.7	20.5	16.8	19.2	20.2	15.1	16.0	19.6	17.5	17.3	0.042
Any assistance with SCM activities	28.4	27.1	27.3	28.6	24.6	24.1	22.3	22.9	23.3	26.4	23.7	0.013
<b>Dementia</b>												
No dementia	15.7	14.5	13.7	14.0	12.0	12.1	11.4	11.3	11.7	12.4	--	0.000
Probable dementia	33.5	29.8	32.5	32.0	31.4	29.2	27.0	27.0	29.4	31.4	--	0.190



Table 8 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	16.6	15.4	14.4	15.1	13.2	12.7	12.5	11.6	12.2	13.2	11.7	0.000
Divorced/separated	16.9	12.7	12.4	14.4	9.9	11.2	10.8	14.0	13.1	14.0	11.7	0.625
Widowed	20.2	18.8	19.9	19.2	17.5	16.8	15.0	15.1	15.7	16.3	15.3	0.000
Never married	14.2	14.2	7.8	3.3	10.5	12.7	12.2	8.2	8.7	10.2	9.2	0.448
<b>Number of children</b>												
Zero	16.5	16.8	16.4	13.9	13.9	13.2	12.6	10.1	12.5	11.6	9.3	0.003
One	17.1	17.1	17.5	14.8	13.6	12.5	13.3	14.8	12.9	12.2	11.5	0.010
Two or more	18.1	16.2	15.6	16.5	14.4	14.3	13.1	13.0	13.5	14.8	13.2	0.000
<b>Living arrangement</b>												
Alone	18.6	15.9	16.0	15.4	14.0	13.9	11.9	12.4	13.3	13.4	13.3	0.000
With spouse only	15.9	14.8	13.8	13.9	11.9	11.8	11.5	11.5	11.1	11.7	11.0	0.000
With spouse and others	19.0	17.3	15.6	17.7	18.9	16.6	16.7	12.0	16.7	21.1	14.2	0.542
With others only	20.7	20.4	20.8	21.9	17.9	18.1	17.8	17.8	17.6	18.9	15.3	0.029
<b>Residential setting</b>												
Traditional community setting	17.0	15.5	15.5	15.5	13.5	13.2	13.0	12.7	12.5	13.6	12.1	0.000
Retirement community/senior housing	17.9	16.3	12.9	17.4	16.3	15.9	12.5	12.0	15.4	15.5	13.8	0.341
Residential care other than nursing home	27.1	25.5	24.1	22.2	20.9	21.6	15.5	16.9	22.8	22.4	20.6	0.063
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	84.2	84.6	84.9	85.3	85.9	85.9	85.9	86.0	86.5	87.0	87.5	0.002
Age												
72-74	88.9	90.8	90.2	90.6	92.4	92.4	92.0	91.0	91.5	91.6	93.8	0.103
75-79	89.2	88.7	87.9	87.7	89.8	89.6	89.8	90.4	90.1	90.2	90.6	0.131
80-84	84.5	84.7	85.5	86.3	83.8	84.8	84.3	83.7	85.9	86.4	86.7	0.466
85-89	76.4	78.0	79.5	79.1	79.0	76.3	77.4	79.0	76.5	78.3	76.3	0.717
90+	61.4	61.6	65.6	68.0	66.7	68.7	67.6	67.9	70.3	70.7	69.0	0.025
Gender												
Men	88.0	88.2	88.0	88.8	88.6	88.4	88.1	88.3	88.7	88.9	90.1	0.295
Women	81.5	82.0	82.7	82.8	83.8	83.9	84.2	84.2	84.9	85.5	85.3	0.003
Race												
White, non-Hispanic	83.4	83.9	84.2	84.5	85.2	85.6	85.1	85.4	86.1	86.6	87.4	0.001
Black, non-Hispanic	88.8	89.1	89.4	90.5	89.1	87.1	88.1	88.5	87.0	88.5	87.4	0.322
Hispanic	89.3	88.7	90.8	91.8	92.1	90.2	92.6	90.2	90.8	89.4	89.1	0.902
Other	83.9	80.8	79.9	79.2	83.1	82.1	86.1	85.1	87.3	86.6	86.4	0.208
Education												
0-12 years, no diploma	86.0	86.1	86.2	87.3	85.8	86.2	87.0	88.1	87.4	87.9	88.5	0.245
High school graduate	84.1	85.0	85.7	85.8	86.3	86.7	86.6	85.9	86.8	86.8	86.2	0.294
Some college	82.1	81.9	82.9	83.0	85.0	84.4	84.9	85.9	86.0	86.9	87.6	0.002
Bachelor's degree	81.7	83.3	82.2	84.0	85.4	86.8	85.0	84.7	86.7	87.0	88.0	0.045
Graduate degree	88.0	87.1	87.7	86.7	87.1	85.4	86.0	85.0	86.0	86.5	87.7	0.768
Region												
Northeast	85.7	86.0	86.3	87.6	86.6	87.5	88.2	88.8	88.7	89.6	89.2	0.061
Midwest	87.0	86.5	86.5	86.5	88.5	87.7	87.4	87.2	87.9	88.6	87.8	0.388
South	85.1	85.1	85.5	85.9	86.5	86.5	86.0	86.8	87.2	87.3	88.4	0.060
West	78.0	80.0	80.7	80.8	81.3	81.4	82.1	80.8	82.1	82.5	84.2	0.065
Assistance with activities												
No assistance	89.6	89.8	89.8	90.3	91.7	91.8	91.7	91.5	91.3	92.1	92.7	0.002
Assistance with HH activities only	70.3	70.9	69.0	67.8	68.8	68.8	66.5	66.0	72.3	67.3	67.7	0.485
Any assistance with SCM activities	75.7	77.1	78.5	79.3	77.3	76.1	77.9	78.0	77.1	77.4	78.6	0.690
Dementia												
No dementia	85.6	85.9	86.2	86.3	87.4	87.2	87.3	87.2	87.9	88.5	--	0.006
Probable dementia	74.0	74.5	75.0	77.3	73.8	75.3	74.6	74.8	73.1	72.6	--	0.608

Table 9a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	90.5	91.0	90.8	91.2	91.4	90.9	90.9	91.3	91.8	91.7	92.3	0.202
Divorced/separated	76.3	75.0	79.6	80.0	83.7	84.2	84.8	84.8	84.8	82.8	83.1	0.020
Widowed	78.5	79.2	79.5	79.9	79.5	80.2	79.6	79.3	79.7	82.0	82.0	0.147
Never married	75.1	77.4	72.7	72.5	76.0	72.6	75.5	74.8	77.0	77.7	78.5	0.608
<b>Number of children</b>												
Zero	80.4	80.2	78.0	77.3	77.7	79.2	80.0	83.0	84.6	84.2	83.2	0.110
One	83.5	87.6	87.7	88.3	86.0	84.4	84.4	82.3	82.3	83.1	85.8	0.277
Two or more	84.7	84.6	85.2	85.7	86.7	86.8	86.7	86.8	87.3	87.8	88.2	0.001
<b>Living arrangement</b>												
Alone	69.3	70.5	68.9	71.9	73.5	73.2	73.2	72.5	74.5	75.6	75.7	0.001
With spouse only	90.1	90.1	93.6	90.7	90.0	89.7	89.9	90.3	90.6	90.9	91.3	0.967
With spouse and others	97.7	96.6	98.1	97.6	98.8	98.9	98.1	97.3	99.3	97.8	99.0	0.307
With others only	95.3	93.3	93.1	94.3	95.3	95.1	95.1	95.7	94.5	94.5	94.6	0.553
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	7.9	7.8	7.8	7.8	6.9	6.9	7.1	7.5	7.6	7.6	7.1	0.510
Age												
72-74	8.5	6.5	6.8	7.2	5.3	5.1	6.0	7.7	7.5	7.2	4.4	0.419
75-79	6.8	8.2	8.9	9.1	7.2	6.9	7.3	7.2	7.3	7.6	7.4	0.602
80-84	8.1	8.4	6.9	7.2	8.2	8.7	8.6	8.6	8.0	8.7	7.9	0.664
85-89	7.6	6.8	8.0	7.8	7.2	7.4	6.8	7.6	8.9	7.6	10.5	0.290
90+	10.6	10.3	8.4	6.7	7.4	7.1	6.2	5.7	5.9	6.2	8.1	0.083
Gender												
Men	6.8	6.7	6.7	7.0	6.3	6.5	6.3	6.9	6.9	6.7	5.8	0.656
Women	8.6	8.6	8.6	8.4	7.4	7.2	7.7	8.0	8.1	8.3	8.1	0.678
Race												
White, non-Hispanic	7.9	7.7	7.7	7.8	7.0	6.8	7.1	7.4	7.5	7.6	6.9	0.537
Black, non-Hispanic	6.3	6.4	6.7	6.5	6.5	7.7	7.7	7.4	8.4	7.7	8.3	0.157
Hispanic	7.7	7.2	7.1	6.5	5.7	5.6	5.1	8.4	7.8	8.2	8.0	0.689
Other	11.8	16.1	15.0	15.1	9.5	10.0	8.2	8.2	6.7	6.3	7.0	0.033
Education												
0-12 years, no diploma	7.6	7.5	7.9	7.5	7.7	7.7	7.2	7.8	7.8	7.5	6.9	0.833
High school graduate	8.0	8.1	8.1	8.0	6.4	6.4	7.0	7.1	7.2	7.4	7.8	0.649
Some college	9.0	9.6	9.1	9.6	7.7	7.8	7.8	8.1	8.2	8.2	7.3	0.261
Bachelor's degree	6.6	5.9	6.9	6.2	5.7	5.4	6.2	6.9	7.1	7.3	5.8	0.839
Graduate degree	6.9	5.8	5.1	6.2	6.6	6.6	6.4	7.7	7.3	7.3	6.9	0.409
Region												
Northeast	6.5	6.9	6.2	5.8	5.6	5.1	4.1	5.1	4.8	4.2	4.6	0.061
Midwest	4.7	5.0	5.2	5.2	4.6	4.9	5.2	5.4	5.9	5.8	5.8	0.380
South	7.1	7.3	8.0	8.1	7.5	7.4	7.9	7.7	8.0	8.7	7.6	0.584
West	14.2	12.7	11.9	12.2	9.6	9.7	9.9	11.4	11.0	10.4	9.5	0.089
Assistance with activities												
No assistance	8.2	7.9	8.1	7.6	6.9	6.6	6.9	7.0	7.1	6.7	5.8	0.033
Assistance with HH activities only	7.9	8.7	8.3	10.4	8.2	9.1	9.2	11.4	9.2	11.9	12.1	0.061
Any assistance with SCM activities	7.1	7.2	6.5	7.1	6.3	6.9	6.5	7.1	8.4	9.0	9.0	0.113
Dementia												
No dementia	8.0	8.1	7.8	8.2	7.3	7.2	7.3	7.6	7.6	7.7	--	0.494
Probable dementia	6.7	5.7	7.6	5.3	4.2	4.5	5.1	7.2	7.6	7.1	--	0.658

Table 9b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	5.6	5.5	5.5	5.5	5.3	5.7	5.6	6.0	5.7	5.9	5.0	0.965
Divorced/separated	15.7	17.3	13.6	12.7	9.5	9.3	10.4	10.9	11.0	12.8	12.7	0.286
Widowed	9.0	8.6	9.1	9.6	8.4	7.6	7.8	8.4	9.0	8.3	8.4	0.623
Never married	6.2	5.2	7.9	7.0	7.2	10.4	10.3	10.2	8.9	6.8	4.8	0.788
<b>Number of children</b>												
Zero	6.3	7.4	8.6	7.9	8.3	8.1	8.3	6.8	6.9	6.7	7.0	0.772
One	8.0	6.4	5.9	5.1	6.9	7.1	9.0	11.0	11.7	11.1	9.0	0.035
Two or more	8.1	8.1	8.0	8.2	6.8	6.7	6.7	7.1	7.1	7.2	6.8	0.118
<b>Living arrangement</b>												
Alone	12.6	12.9	11.2	12.1	10.5	10.0	10.6	11.8	11.8	11.4	11.5	0.602
With spouse only	6.3	6.0	6.4	6.2	6.4	6.7	6.4	6.7	6.7	6.6	5.8	0.945
With spouse and others	1.8	3.1	1.9	2.4	1.2	1.1	1.9	2.7	0.7	2.2	1.0	0.443
With others only	4.6	4.4	6.6	5.4	3.8	4.2	4.3	3.8	4.6	5.4	4.9	0.889
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	7.9	7.6	7.3	6.9	7.2	7.2	7.0	6.5	5.9	5.4	5.5	0.000
<b>Age</b>												
72-74	2.5	2.7	3.0	2.3	2.3	2.5	1.9	1.3	1.0	1.2	1.8	0.076
75-79	4.0	3.1	3.2	3.1	3.0	3.5	2.9	2.4	2.6	2.1	2.0	0.042
80-84	7.4	6.9	7.6	6.5	8.0	6.5	7.1	7.7	6.1	4.9	5.4	0.122
85-89	16.0	15.2	12.5	13.1	13.8	16.3	15.8	13.5	14.5	14.1	13.3	0.708
90+	27.9	28.2	26.0	25.3	25.9	24.2	26.2	26.4	23.8	23.0	22.9	0.171
<b>Gender</b>												
Men	5.2	5.0	5.3	4.2	5.1	5.1	5.6	4.9	4.4	4.4	4.1	0.277
Women	9.9	9.5	8.8	8.8	8.7	8.9	8.2	7.8	7.0	6.2	6.5	0.000
<b>Race</b>												
White, non-Hispanic	8.8	8.4	8.2	7.7	7.9	7.7	7.8	7.2	6.4	5.7	5.7	0.000
Black, non-Hispanic	4.9	4.5	3.9	3.0	4.4	5.2	4.2	4.1	4.6	3.8	4.2	0.896
Hispanic	3.0	4.2	2.1	1.7	2.2	4.2	2.3	1.4	1.4	2.5	3.0	0.684
Other	4.3	3.1	5.1	5.7	7.5	7.9	5.7	6.7	6.0	7.1	6.6	0.505
<b>Education</b>												
0-12 years, no diploma	6.3	6.3	5.9	5.2	6.4	6.2	5.8	4.1	4.8	4.6	4.6	0.152
High school graduate	7.9	6.8	6.2	6.3	7.2	6.9	6.4	7.1	6.0	5.8	5.9	0.305
Some college	8.9	8.5	8.0	7.3	7.3	7.8	7.3	6.0	5.7	4.9	5.0	0.001
Bachelor's degree	11.8	10.9	10.9	9.9	8.9	7.8	8.8	8.4	6.2	5.7	6.1	0.003
Graduate degree	5.0	7.1	7.3	7.1	6.3	8.0	7.6	7.3	6.7	6.1	5.4	0.650
<b>Region</b>												
Northeast	7.8	7.1	7.5	6.6	7.8	7.5	7.6	6.1	6.6	6.2	6.2	0.391
Midwest	8.3	8.5	8.3	8.3	6.9	7.3	7.4	7.3	6.2	5.6	6.5	0.051
South	7.9	7.5	6.5	6.0	5.9	6.2	6.1	5.5	4.8	4.0	4.0	0.000
West	7.8	7.3	7.4	7.0	9.1	8.9	7.9	7.9	6.9	7.1	6.3	0.481
<b>Assistance with activities</b>												
No assistance	2.3	2.4	2.1	2.1	1.4	1.7	1.4	1.4	1.6	1.2	1.4	0.011
Assistance with HH activities only	21.8	20.4	22.7	21.8	23.0	22.1	24.3	22.6	18.5	20.7	20.2	0.624
Any assistance with SCM activities	17.1	15.7	15.0	13.6	16.4	17.0	15.7	14.8	14.5	13.6	12.4	0.088
<b>Dementia</b>												
No dementia	6.4	6.0	6.0	5.5	5.3	5.6	5.4	5.2	4.5	3.8	--	0.001
Probable dementia	19.3	19.8	17.5	17.5	21.9	20.2	20.3	18.0	19.4	20.3	--	0.775

Table 9c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	3.8	3.6	3.7	3.3	3.3	3.4	3.5	2.7	2.5	2.4	2.7	0.030
Divorced/separated	8.0	7.7	6.8	7.3	6.8	6.5	4.9	4.3	4.2	4.4	4.2	0.013
Widowed	12.5	12.2	11.4	10.6	12.1	12.3	12.6	12.3	11.2	9.7	9.6	0.152
Never married	18.8	17.4	19.5	20.5	16.8	17.0	14.2	15.0	14.1	15.5	16.7	0.509
<b>Number of children</b>												
Zero	13.3	12.4	13.4	14.8	14.0	12.7	11.7	10.2	8.5	9.2	9.9	0.089
One	8.5	6.0	6.5	6.6	7.1	8.4	6.5	6.7	6.1	5.8	5.2	0.348
Two or more	7.2	7.3	6.8	6.1	6.5	6.5	6.6	6.1	5.6	5.0	5.0	0.001
<b>Living arrangement</b>												
Alone	18.1	16.6	19.9	16.0	16.0	16.8	16.2	15.7	13.7	13.0	12.8	0.000
With spouse only	3.6	3.9	0.0	3.1	3.6	3.5	3.7	3.0	2.7	2.6	2.9	0.844
With spouse and others	0.5	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.250
With others only	0.1	2.3	0.3	0.3	0.9	0.7	0.6	0.4	0.8	0.1	0.4	0.060
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	80.5	80.6	81.5	81.9	82.7	82.8	83.1	83.4	83.9	84.7	85.8	0.000
Age												
72-74	87.4	88.7	89.1	89.5	91.2	91.4	91.3	90.9	90.4	90.7	93.2	0.033
75-79	87.3	87.0	86.4	86.2	88.5	88.2	88.6	89.0	88.8	88.7	90.0	0.054
80-84	81.3	81.0	82.9	83.3	80.6	81.9	81.3	81.0	82.8	84.4	85.2	0.156
85-89	70.5	71.9	73.7	74.0	74.2	71.6	72.7	74.3	72.4	74.5	73.7	0.470
90+	51.5	52.1	55.2	57.4	57.5	59.5	59.3	60.3	62.3	64.4	62.0	0.000
Gender												
Men	85.8	85.5	86.2	86.4	86.8	86.7	86.8	87.2	87.0	87.6	89.0	0.050
Women	76.9	77.3	78.3	78.7	79.8	80.0	80.3	80.6	81.5	82.6	83.2	0.000
Race												
White, non-Hispanic	79.7	80.1	80.8	81.1	82.0	82.5	82.3	82.9	83.5	84.5	85.6	0.000
Black, non-Hispanic	83.0	82.9	84.6	85.5	84.9	82.5	83.2	84.0	83.1	85.4	85.3	0.587
Hispanic	86.5	86.1	88.6	91.0	90.6	88.9	91.3	89.1	88.4	86.3	88.2	0.973
Other	81.2	77.2	77.1	77.0	80.0	80.4	85.2	83.9	85.3	85.5	85.3	0.091
Region												
Northeast	82.0	82.0	82.3	83.5	83.1	83.2	84.2	85.2	84.6	86.2	86.6	0.031
Midwest	82.3	82.1	81.8	81.8	84.0	83.8	84.1	83.9	84.5	85.6	86.1	0.026
South	80.9	80.6	82.2	82.6	83.6	83.6	83.3	84.3	84.6	85.1	86.5	0.002
West	76.1	77.6	79.2	79.3	79.7	80.1	80.6	79.8	81.3	81.9	83.5	0.013
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study



**Table 9b\_2: Trends in living in retirement communities or senior housing**  
(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	7.5	7.4	7.5	7.5	6.7	6.7	6.8	7.3	7.4	7.4	6.9	0.682
<b>Age</b>												
72-74	8.4	6.4	6.7	7.1	5.3	5.0	6.0	7.7	7.4	7.1	4.4	0.449
75-79	6.6	8.1	8.8	9.0	7.1	6.8	7.2	7.0	7.2	7.5	7.4	0.637
80-84	7.8	8.0	6.7	6.9	7.8	8.4	8.3	8.3	7.7	8.5	7.8	0.596
85-89	7.1	6.2	7.4	7.3	6.7	6.9	6.3	7.1	8.4	7.3	10.1	0.220
90+	8.9	8.7	7.1	5.7	6.4	6.2	5.4	5.0	5.3	5.7	7.2	0.160
<b>Gender</b>												
Men	6.6	6.5	6.6	6.8	6.1	6.4	6.2	6.8	6.8	6.6	5.7	0.725
Women	8.2	8.1	8.1	8.0	7.1	6.9	7.3	7.7	7.8	8.0	7.9	0.863
<b>Race</b>												
White, non-Hispanic	7.5	7.3	7.4	7.4	6.7	6.5	6.9	7.2	7.3	7.4	6.8	0.691
Black, non-Hispanic	5.9	6.0	6.3	6.1	6.2	7.3	7.3	7.0	8.0	7.5	8.1	0.116
Hispanic	7.5	7.0	7.0	6.4	5.6	5.5	5.0	8.3	7.6	7.9	7.9	0.678
Other	11.4	15.4	14.5	14.7	9.1	9.8	8.1	8.0	6.5	6.2	6.9	0.038
<b>Region</b>												
Northeast	6.3	6.6	5.9	5.5	5.4	4.8	3.9	4.9	4.5	4.1	4.5	0.068
Midwest	4.4	4.7	5.0	4.9	4.3	4.7	5.0	5.2	5.6	5.6	5.7	0.312
South	6.7	7.0	7.6	7.7	7.3	7.1	7.6	7.5	7.8	8.5	7.5	0.478
West	13.9	12.4	11.7	12.0	9.4	9.5	9.8	11.2	10.9	10.4	9.4	0.113
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study

**Table 9c\_2: Trends in living in residential care settings other than nursing home**

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	7.6	7.3	7.0	6.6	6.9	7.0	6.8	6.3	5.7	5.3	5.3	0.000
Age												
72-74	2.5	2.6	3.0	2.2	2.3	2.5	1.9	1.3	1.0	1.2	1.8	0.080
75-79	3.9	3.1	3.1	3.1	3.0	3.4	2.8	2.4	2.6	2.1	1.9	0.045
80-84	7.2	6.6	7.3	6.3	7.7	6.3	6.9	7.5	5.9	4.8	5.3	0.146
85-89	14.7	14.0	11.6	12.2	13.0	15.3	14.8	12.7	13.7	13.4	12.8	0.898
90+	23.4	23.9	21.9	21.4	22.3	21.0	23.0	23.5	21.1	20.9	20.6	0.474
Gender												
Men	5.0	4.9	5.2	4.1	5.0	5.0	5.5	4.8	4.3	4.3	4.0	0.317
Women	9.3	8.9	8.3	8.4	8.3	8.4	7.8	7.5	6.7	6.0	6.4	0.000
Race												
White, non-Hispanic	8.4	8.0	7.9	7.4	7.6	7.4	7.5	7.0	6.2	5.6	5.6	0.000
Black, non-Hispanic	4.6	4.2	3.7	2.8	4.2	4.9	3.9	3.8	4.4	3.7	4.1	0.983
Hispanic	2.9	4.0	2.0	1.7	2.2	4.2	2.3	1.3	1.4	2.4	3.0	0.690
Other	4.2	3.0	4.9	5.5	7.2	7.7	5.7	6.6	5.9	7.0	6.5	0.482
Region												
Northeast	7.4	6.8	7.2	6.3	7.5	7.1	7.3	5.9	6.3	6.0	6.0	0.418
Midwest	7.9	8.1	7.8	7.8	6.5	7.0	7.1	7.1	6.0	5.4	6.3	0.076
South	7.5	7.1	6.3	5.8	5.7	5.9	5.9	5.3	4.7	3.9	3.9	0.000
West	7.6	7.1	7.3	6.9	8.9	8.7	7.8	7.8	6.8	7.0	6.3	0.546
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study

**Table 9d\_2: Trends in living in nursing home settings**

(Medicare beneficiaries ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	4.4	4.6	4.0	4.0	3.6	3.5	3.3	2.9	3.1	2.6	1.9	0.000
Age												
72-74	1.7	2.3	1.2	1.2	1.3	1.1	0.8	0.1	1.2	1.0	0.6	0.046
75-79	2.2	1.9	1.7	1.7	1.4	1.6	1.3	1.6	1.5	1.7	0.7	0.086
80-84	3.8	4.3	3.0	3.5	3.9	3.5	3.5	3.2	3.5	2.3	1.7	0.030
85-89	7.7	7.9	7.2	6.5	6.0	6.2	6.2	5.9	5.4	4.8	3.4	0.003
90+	16.2	15.3	15.8	15.5	13.7	13.3	12.4	11.2	11.3	9.0	10.2	0.000
Gender												
Men	2.5	3.1	2.1	2.6	2.1	2.0	1.5	1.3	2.0	1.5	1.3	0.001
Women	5.7	5.7	5.3	4.9	4.8	4.7	4.6	4.2	3.9	3.4	2.5	0.000
Race												
White, non-Hispanic	4.4	4.5	4.0	4.1	3.7	3.6	3.3	2.9	3.0	2.5	2.0	0.000
Black, non-Hispanic	6.6	7.0	5.4	5.6	4.7	5.3	5.6	5.1	4.5	3.5	2.5	0.001
Hispanic	3.1	2.9	2.4	0.9	1.7	1.5	1.5	1.2	2.7	3.4	1.0	0.651
Other	3.2	4.5	3.6	2.8	3.7	2.1	1.0	1.5	2.3	1.3	1.3	0.130
Region												
Northeast	4.4	4.6	4.6	4.6	4.1	4.8	4.6	4.1	4.7	3.8	2.9	0.273
Midwest	5.4	5.0	5.4	5.4	5.1	4.5	3.8	3.8	3.9	3.4	1.9	0.000
South	4.9	5.3	3.9	3.8	3.5	3.3	3.2	2.9	3.0	2.5	2.2	0.000
West	2.4	2.9	1.9	1.8	2.0	1.6	1.8	1.2	1.1	0.8	0.8	0.001
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study

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

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	38.3	37.5	38.0	37.6	36.8	36.8	37.3	38.0	37.7	36.8	37.4	0.666
Age												
72-74	36.6	36.9	38.8	38.0	38.2	38.4	37.2	39.0	37.7	37.4	38.9	0.771
75-79	41.3	39.3	37.9	37.5	37.3	37.1	37.9	38.9	39.0	37.6	38.2	0.626
80-84	38.6	40.1	41.3	39.5	35.6	35.9	38.3	38.0	37.0	36.5	36.4	0.171
85-89	37.3	34.5	35.8	36.3	36.1	35.3	36.7	36.3	36.7	35.5	35.5	0.956
90+	31.4	30.4	30.1	33.1	34.0	34.9	33.5	34.2	35.7	34.5	32.8	0.258
Gender												
Men	36.6	35.8	36.2	35.4	35.6	36.1	36.1	37.8	38.2	35.8	36.8	0.597
Women	39.5	38.8	39.3	39.1	37.6	37.3	38.2	38.3	37.3	37.7	37.8	0.319
Race												
White, non-Hispanic	36.5	35.7	36.1	35.2	34.8	34.7	34.9	36.3	36.1	34.8	35.9	0.831
Black, non-Hispanic	44.1	44.9	43.6	42.6	41.3	43.4	42.8	42.3	42.2	42.1	39.6	0.237
Hispanic	55.6	53.8	56.4	61.4	54.9	53.0	55.5	53.5	51.3	52.9	50.9	0.333
Other	34.9	32.8	34.5	36.4	37.6	39.3	43.2	38.7	38.5	40.6	38.2	0.481
Education												
0-12 years, no diploma	43.8	43.6	45.2	46.3	44.1	43.8	46.3	45.3	45.6	45.2	47.3	0.476
High school graduate	37.5	36.9	38.1	38.3	36.5	38.7	40.3	41.9	39.6	39.9	40.6	0.132
Some college	38.9	38.3	38.2	38.4	38.1	37.3	37.1	40.6	41.5	39.0	39.3	0.523
Bachelor's degree	33.1	31.8	31.8	28.3	30.5	29.9	28.7	27.9	28.3	28.1	29.5	0.281
Graduate degree	30.6	29.7	29.4	29.2	28.4	28.2	29.1	27.8	28.6	29.3	29.0	0.806
Region												
Northeast	8.0	6.9	7.9	7.1	6.2	5.4	5.4	4.3	4.5	5.0	6.6	0.087
Midwest	21.8	21.9	21.0	19.5	19.9	18.4	19.0	19.6	18.4	17.5	17.2	0.041
South	57.5	55.6	56.6	56.9	54.3	54.3	54.3	55.0	55.2	54.6	55.1	0.389
West	52.8	53.8	53.2	52.4	51.5	52.8	52.5	53.8	53.6	50.6	52.3	0.766
Assistance with activities												
No assistance	38.3	38.1	38.4	38.0	36.9	37.3	36.8	37.9	36.1	36.0	36.9	0.223
Assistance with HH activities only	35.3	34.2	34.0	30.9	34.9	32.9	31.6	32.0	36.4	35.4	30.7	0.692
Any assistance with SCM activities	39.9	37.7	38.9	39.7	37.4	36.8	41.7	41.7	43.6	40.5	42.2	0.087
Dementia												
No dementia	38.0	37.0	37.1	37.0	36.3	36.1	36.1	37.3	36.9	36.5	--	0.584
Probable dementia	40.6	41.7	44.6	42.2	40.6	42.5	46.8	44.6	45.7	39.8	--	0.587

Table 10a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	38.9	38.6	37.8	36.3	35.8	36.0	37.0	37.4	37.1	35.6	37.2	0.430
Divorced/separated	32.5	32.5	35.0	36.9	38.2	37.9	38.4	39.3	38.3	38.9	37.1	0.193
Widowed	39.9	38.4	39.9	40.5	38.3	37.9	37.5	39.1	39.1	38.8	39.0	0.737
Never married	30.8	27.4	30.1	26.6	30.5	32.2	34.0	32.5	30.0	28.3	25.1	0.839
<b>Number of children</b>												
Zero	36.0	33.5	34.4	33.8	35.9	34.4	32.1	35.4	36.3	34.1	35.2	0.946
One	39.4	42.1	41.6	40.8	39.1	40.6	45.1	44.6	41.4	39.6	40.2	0.929
Two or more	38.4	37.3	37.9	37.5	36.5	36.4	36.6	37.4	37.3	36.7	37.1	0.569
<b>Living arrangement</b>												
Alone	35.8	33.8	35.8	37.6	36.0	36.0	34.7	35.7	36.0	36.4	35.7	0.834
With spouse only	39.9	39.2	37.8	35.4	35.3	35.1	36.8	36.7	37.4	36.4	38.9	0.718
With spouse and others	35.4	34.6	38.9	40.2	38.7	39.2	39.6	42.7	34.9	32.3	29.9	0.298
With others only	41.3	42.2	42.8	41.4	41.0	41.2	42.4	43.5	43.2	41.0	40.7	0.950
<b>Residential setting</b>												
Traditional community setting	40.1	39.6	39.5	39.4	38.5	38.3	38.6	39.6	39.1	38.0	38.4	0.348
Retirement community/senior housing	36.2	35.1	37.9	34.0	35.6	38.6	39.5	38.4	36.3	37.7	40.2	0.479
Residential care other than nursing home	21.6	17.0	21.3	19.0	16.6	16.7	19.3	16.9	18.9	17.4	17.6	0.541
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	33.4	33.2	32.9	34.3	35.2	34.2	33.9	33.8	34.6	35.8	35.3	0.112
Age												
72-74	35.1	33.5	33.7	34.7	35.6	33.0	35.8	33.8	36.3	38.3	38.5	0.156
75-79	33.6	34.3	33.8	35.0	37.7	36.9	35.5	35.0	35.7	35.4	34.8	0.660
80-84	34.6	34.0	31.6	34.8	36.1	36.4	33.1	35.1	34.7	36.4	36.0	0.379
85-89	30.4	33.1	33.7	34.1	31.6	30.6	32.3	33.6	31.9	34.6	32.6	0.709
90+	28.3	25.8	29.9	29.1	27.7	27.8	26.0	25.1	27.6	27.8	28.0	0.772
Gender												
Men	37.5	37.1	36.4	38.8	39.8	37.5	37.1	36.6	37.0	37.3	37.1	0.750
Women	30.4	30.5	30.4	31.0	31.8	31.7	31.5	31.6	32.8	34.6	33.9	0.023
Race												
White, non-Hispanic	35.7	35.7	35.4	36.8	37.6	36.8	36.1	35.9	36.7	38.1	37.4	0.269
Black, non-Hispanic	26.4	26.8	29.1	29.9	28.3	26.0	27.3	27.3	28.9	30.5	31.3	0.221
Hispanic	17.4	14.4	14.9	15.1	18.1	17.4	19.2	15.3	17.8	16.3	16.3	0.807
Other	23.2	24.1	19.5	19.8	29.4	25.1	27.5	35.5	31.4	34.2	36.7	0.047
Education												
0-12 years, no diploma	26.4	25.3	23.7	25.3	27.0	26.6	25.0	22.5	23.2	25.4	24.7	0.554
High school graduate	35.7	37.3	37.2	38.6	38.6	36.5	35.0	34.1	35.9	36.4	34.6	0.337
Some college	33.7	32.3	33.3	33.8	35.5	36.0	36.4	35.5	33.4	36.7	36.5	0.221
Bachelor's degree	37.7	38.3	38.5	39.8	36.8	36.5	35.2	36.7	39.8	38.6	37.3	0.952
Graduate degree	38.9	36.7	34.3	35.0	38.6	34.5	36.7	39.1	40.7	39.4	40.7	0.182
Region												
Northeast	50.2	50.8	49.3	52.2	50.0	50.6	50.5	53.1	52.0	53.3	50.7	0.537
Midwest	52.9	50.9	53.8	55.1	56.1	54.7	53.7	52.5	53.9	56.0	55.5	0.403
South	18.7	19.3	18.4	18.8	21.6	20.8	21.0	21.8	22.5	23.6	22.7	0.009
West	20.5	20.2	19.3	21.2	23.5	22.0	22.2	20.2	22.2	22.9	24.0	0.234
Assistance with activities												
No assistance	36.4	35.6	35.7	36.4	38.3	36.5	37.2	36.6	38.5	39.1	38.1	0.089
Assistance with HH activities only	27.2	28.1	25.6	28.5	27.4	26.2	26.1	25.1	23.8	24.2	28.1	0.447
Any assistance with SCM activities	27.8	29.1	28.4	30.9	30.1	31.0	27.7	28.8	26.7	29.2	29.1	0.798
Dementia												
No dementia	34.4	34.7	34.2	35.1	36.5	35.2	35.4	34.9	36.0	36.9	--	0.154
Probable dementia	25.8	22.6	23.5	27.9	25.1	25.9	21.3	23.4	21.3	25.2	--	0.511

Table 10b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	39.3	38.9	38.7	40.5	41.5	39.8	39.6	40.8	40.8	42.2	41.4	0.191
Divorced/separated	23.8	20.2	21.1	21.0	22.5	21.5	21.9	19.4	20.6	21.3	23.6	0.953
Widowed	28.3	29.1	28.8	29.7	31.3	31.1	30.3	29.5	31.0	32.3	30.8	0.177
Never married	28.2	33.2	31.0	36.3	25.7	24.6	25.8	22.7	29.8	30.5	30.2	0.714
<b>Number of children</b>												
Zero	30.6	29.9	27.7	28.9	28.5	28.2	31.8	32.7	32.2	32.0	30.0	0.557
One	30.4	29.9	31.5	31.5	32.0	29.9	28.6	27.9	29.8	31.7	31.4	0.973
Two or more	34.1	34.1	33.7	35.2	36.4	35.5	34.9	34.7	35.5	36.8	36.5	0.120
<b>Living arrangement</b>												
Alone	23.5	24.7	23.9	23.8	25.6	24.5	25.0	23.6	24.8	26.1	24.1	0.632
With spouse only	38.6	37.6	40.0	40.7	41.2	40.1	40.3	41.2	40.2	40.8	39.0	0.585
With spouse and others	45.9	47.7	42.0	42.6	43.1	41.3	38.5	38.9	43.9	48.8	51.7	0.446
With others only	35.4	32.6	31.7	36.6	36.4	35.6	33.5	32.9	35.5	35.8	39.2	0.279
<b>Residential setting</b>												
Traditional community setting	38.6	38.3	37.8	39.0	40.1	38.9	38.6	38.5	39.0	40.3	39.7	0.350
Retirement community/senior housing	5.0	5.4	5.8	6.4	6.3	7.0	7.3	7.6	9.9	7.8	7.2	0.154
Residential care other than nursing home	6.2	5.3	5.1	7.9	4.3	4.8	4.0	1.9	1.2	2.5	1.7	0.001
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	8.0	8.2	8.3	8.4	8.0	8.6	9.1	8.4	8.7	8.3	8.6	0.536
Age												
72-74	9.1	11.0	10.0	11.8	10.1	12.6	12.5	11.3	11.1	8.6	9.8	0.770
75-79	9.4	8.7	8.6	9.7	8.5	8.4	9.2	9.3	9.2	10.5	10.2	0.348
80-84	6.5	6.5	7.8	5.4	7.2	7.6	7.9	6.3	7.3	6.6	7.3	0.671
85-89	7.0	7.3	7.7	6.4	6.2	6.1	6.6	6.4	6.9	6.1	4.7	0.229
90+	6.0	5.1	5.0	5.3	4.4	4.1	5.0	4.3	4.1	5.4	7.0	0.798
Gender												
Men	8.4	8.4	8.5	9.0	7.6	8.9	9.8	9.0	8.8	10.0	10.2	0.171
Women	7.8	8.1	8.2	8.0	8.3	8.4	8.6	8.0	8.7	6.9	7.4	0.625
Race												
White, non-Hispanic	8.3	8.5	8.6	9.0	8.5	9.0	9.7	9.0	9.0	9.0	9.2	0.411
Black, non-Hispanic	9.6	8.4	8.6	7.9	8.0	7.5	7.2	8.2	7.3	6.5	6.0	0.066
Hispanic	2.5	5.4	5.0	2.6	2.4	4.1	4.1	4.2	5.7	3.8	5.9	0.361
Other	8.3	6.5	6.9	6.0	8.1	11.8	9.1	4.7	11.0	5.7	6.6	0.918
Education												
0-12 years, no diploma	6.1	4.6	4.7	3.6	3.7	4.0	3.8	4.9	5.6	3.1	2.9	0.126
High school graduate	8.1	7.1	7.0	6.3	5.7	5.7	6.8	5.6	6.1	5.0	6.2	0.144
Some college	7.4	8.9	8.7	8.3	8.2	8.5	8.6	7.5	8.5	7.8	7.5	0.687
Bachelor's degree	9.7	12.4	10.9	13.6	13.0	14.1	15.7	14.3	13.4	15.3	15.3	0.120
Graduate degree	13.0	13.4	15.3	16.0	15.2	16.7	14.7	13.5	12.2	11.9	12.2	0.227
Region												
Northeast	16.8	17.0	17.3	16.3	16.3	16.5	18.0	15.7	19.1	16.7	17.7	0.731
Midwest	9.2	9.6	8.2	8.4	8.1	9.6	10.3	10.3	9.9	8.4	8.8	0.841
South	4.8	5.3	5.8	6.3	5.6	6.3	6.4	5.9	5.6	5.6	6.0	0.673
West	3.8	3.0	4.3	4.9	4.6	4.9	5.6	5.2	4.6	5.9	5.6	0.108
Assistance with activities												
No assistance	9.5	10.1	9.3	10.4	9.6	10.6	10.8	10.5	10.4	9.6	10.3	0.592
Assistance with HH activities only	5.8	5.4	6.0	4.7	5.7	4.8	5.9	3.2	6.1	5.8	4.3	0.564
Any assistance with SCM activities	5.0	4.3	6.5	4.3	4.5	4.8	5.5	4.3	4.5	4.6	4.9	0.680
Dementia												
No dementia	8.4	8.6	8.7	9.1	8.4	9.2	9.7	8.9	9.3	8.8	--	0.459
Probable dementia	5.5	4.9	5.2	3.1	4.8	3.9	4.5	3.8	3.1	3.4	--	0.094



Table 10c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	9.3	9.5	10.1	10.5	10.1	10.8	11.6	10.5	11.1	11.2	11.4	0.137
Divorced/separated	7.6	8.0	6.0	8.9	6.8	7.7	7.4	7.8	8.9	7.1	6.5	0.876
Widowed	6.2	6.4	6.7	5.6	5.6	6.1	6.6	5.7	5.3	4.6	5.2	0.140
Never married	10.9	8.1	6.5	5.2	4.9	5.6	3.4	5.4	3.7	3.2	4.7	0.071
<b>Number of children</b>												
Zero	6.5	5.5	3.2	4.5	4.6	7.5	8.2	6.6	7.4	7.1	7.4	0.268
One	7.3	7.3	5.8	8.5	8.2	7.5	7.7	7.5	8.1	8.7	7.3	0.688
Two or more	8.3	8.6	9.2	8.8	8.3	8.9	9.4	8.7	8.9	8.3	9.0	0.860
<b>Living arrangement</b>												
Alone	5.7	6.2	5.4	6.7	4.9	5.8	5.9	5.7	6.2	5.1	4.9	0.518
With spouse only	9.2	10.2	10.4	11.1	10.3	11.1	11.1	10.9	10.8	11.2	11.5	0.301
With spouse and others	10.8	7.4	11.1	9.5	10.0	10.2	13.9	9.8	13.7	11.7	11.7	0.262
With others only	8.9	7.8	8.4	5.1	7.7	7.4	8.1	6.8	6.0	5.6	6.7	0.129
<b>Residential setting</b>												
Traditional community setting	9.4	9.5	9.6	9.7	9.2	10.0	10.5	9.8	10.0	9.4	9.7	0.718
Retirement community/senior housing	1.4	1.4	2.5	1.4	0.8	1.3	1.7	0.3	0.8	0.3	0.7	0.157
Residential care other than nursing home	---	---	---	---	---	---	---	---	---	---	---	--
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	4.4	4.9	5.0	4.5	4.1	4.5	4.7	4.7	4.4	4.5	3.8	0.397
Age												
72-74	5.7	5.3	4.8	3.3	4.8	5.3	6.0	6.3	4.4	4.1	3.4	0.348
75-79	4.4	6.0	6.3	5.8	4.2	5.3	5.2	5.4	5.7	6.4	5.4	0.679
80-84	3.9	4.2	4.7	5.1	3.8	3.8	4.3	3.8	3.9	3.7	3.2	0.311
85-89	3.7	3.8	3.5	3.6	3.8	3.1	2.4	3.2	3.5	3.2	2.5	0.401
90+	3.1	3.6	3.7	3.5	3.4	3.1	3.3	1.9	1.8	2.1	1.8	0.048
Gender												
Men	4.8	5.3	5.2	4.2	4.1	4.6	4.5	4.4	4.2	4.4	3.7	0.285
Women	4.1	4.6	4.8	4.8	4.2	4.5	4.9	5.0	4.5	4.6	3.9	0.858
Race												
White, non-Hispanic	4.9	5.5	5.6	4.9	4.5	4.8	5.0	5.0	4.7	4.7	3.9	0.165
Black, non-Hispanic	1.4	1.5	1.9	1.9	1.8	2.0	1.6	1.5	1.6	1.8	2.6	0.571
Hispanic	2.8	3.0	2.7	3.6	4.0	3.7	4.7	5.6	4.9	5.5	3.8	0.324
Other	1.3	1.5	2.1	3.7	3.0	4.4	5.3	4.2	3.7	4.0	3.5	0.404
Education												
0-12 years, no diploma	6.5	7.7	7.9	7.7	6.5	6.7	7.1	8.5	7.9	9.3	6.6	0.646
High school graduate	4.6	5.1	5.0	4.5	4.9	5.8	6.4	6.3	6.6	6.4	5.8	0.172
Some college	4.2	4.8	5.2	5.1	4.0	4.7	4.7	4.5	4.2	4.4	4.0	0.569
Bachelor's degree	2.1	2.3	2.9	2.6	1.9	1.8	1.8	1.9	1.2	1.7	1.5	0.332
Graduate degree	1.3	1.0	0.6	0.3	0.9	0.9	1.6	1.0	0.6	0.5	0.6	0.657
Region												
Northeast	1.7	1.6	1.4	1.5	1.6	2.3	2.8	2.2	1.6	1.6	2.0	0.649
Midwest	1.4	2.0	2.1	2.2	3.0	3.3	3.3	3.2	3.4	2.9	2.4	0.180
South	5.9	6.5	6.8	5.6	5.1	5.5	5.5	5.3	5.0	5.3	4.4	0.131
West	7.9	8.6	8.4	8.0	6.0	6.0	6.4	7.3	6.8	7.2	5.7	0.212
Assistance with activities												
No assistance	4.7	5.3	5.1	4.2	4.2	4.7	5.0	5.1	4.7	4.4	4.0	0.476
Assistance with HH activities only	3.3	2.4	4.5	5.4	3.1	4.2	3.3	3.6	3.2	3.4	3.2	0.755
Any assistance with SCM activities	4.2	5.1	4.8	5.1	4.6	4.1	4.7	4.2	3.8	5.5	3.3	0.489
Dementia												
No dementia	4.5	5.0	5.1	4.6	4.3	4.7	4.9	5.0	4.4	4.2	--	0.633
Probable dementia	3.7	4.3	4.2	4.0	2.8	2.8	3.1	2.2	4.0	7.2	--	0.537

Table 10d (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	3.7	4.3	4.5	3.9	3.8	4.1	3.4	3.5	3.1	3.5	2.7	0.073
Divorced/separated	7.8	7.7	7.0	5.7	6.0	7.3	8.6	9.3	8.9	9.4	8.9	0.250
Widowed	4.6	5.2	5.4	5.3	4.2	4.5	5.6	5.2	4.9	4.4	3.7	0.452
Never married	2.4	1.7	0.6	0.6	1.8	1.8	2.0	2.2	0.9	0.8	0.8	0.608
<b>Number of children</b>												
Zero	3.4	4.5	4.8	4.7	4.0	4.5	3.9	3.9	3.6	3.8	3.4	0.693
One	4.3	4.4	4.7	3.1	2.5	3.1	3.4	3.7	3.5	2.8	3.9	0.609
Two or more	4.5	5.0	5.0	4.7	4.4	4.7	5.0	5.0	4.6	4.8	3.8	0.515
<b>Living arrangement</b>												
Alone	4.5	5.2	4.5	3.8	3.9	4.1	5.9	5.5	5.6	5.0	5.4	0.298
With spouse only	3.9	4.2	4.6	4.0	3.9	4.1	3.6	3.8	3.3	3.8	2.8	0.171
With spouse and others	3.3	4.8	4.8	4.1	3.7	3.7	2.5	2.4	2.1	2.3	3.3	0.247
With others only	6.0	6.0	6.9	7.7	5.6	6.9	6.4	6.8	5.7	6.5	3.7	0.299
<b>Residential setting</b>												
Traditional community setting	3.8	4.3	4.5	3.7	3.6	4.3	4.4	4.2	3.7	3.8	3.3	0.381
Retirement community/senior housing	14.8	15.1	14.4	17.0	14.3	11.6	14.1	15.3	15.2	16.3	12.6	0.875
Residential care other than nursing home	--	--	--	--	--	--	--	--	--	--	--	--
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	15.9	16.1	15.8	15.2	15.9	15.9	15.0	15.0	14.6	14.6	14.9	0.131
<b>Age</b>												
72-74	13.4	13.3	12.6	12.2	11.2	10.6	8.5	9.6	10.5	11.6	9.3	0.077
75-79	11.3	11.8	13.3	12.0	12.3	12.4	12.3	11.4	10.4	10.0	11.3	0.288
80-84	16.4	15.3	14.6	15.2	17.3	16.4	16.4	16.9	17.1	16.9	17.1	0.384
85-89	21.5	21.4	19.5	19.6	22.3	25.0	22.0	20.5	21.0	20.6	24.6	0.508
90+	31.2	35.2	31.3	29.0	30.5	30.1	32.2	34.4	30.8	30.1	30.4	0.735
<b>Gender</b>												
Men	12.7	13.4	13.7	12.6	12.9	12.9	12.6	12.2	11.8	12.5	12.2	0.378
Women	18.2	18.1	17.2	17.1	18.2	18.1	16.8	17.2	16.7	16.2	17.0	0.285
<b>Race</b>												
White, non-Hispanic	14.5	14.6	14.3	14.1	14.8	14.7	14.2	13.8	13.6	13.5	13.6	0.277
Black, non-Hispanic	18.4	18.5	16.8	17.6	20.5	21.0	21.1	20.7	19.9	19.1	20.4	0.306
Hispanic	21.7	23.4	21.0	17.3	20.7	21.8	16.4	21.3	20.3	21.5	23.0	0.928
Other	32.4	35.1	37.1	34.2	21.8	19.4	14.8	16.9	15.3	15.5	15.0	0.000
<b>Education</b>												
0-12 years, no diploma	17.2	18.8	18.5	17.1	18.6	18.8	17.9	18.8	17.6	17.1	18.6	0.986
High school graduate	14.1	13.6	12.6	12.2	14.2	13.3	11.5	12.1	11.7	12.3	12.8	0.350
Some college	15.8	15.7	14.6	14.4	14.2	13.6	13.1	11.9	12.5	12.0	12.7	0.041
Bachelor's degree	17.4	15.2	15.9	15.8	17.9	17.8	18.6	19.3	17.3	16.3	16.3	0.824
Graduate degree	16.2	19.1	20.4	19.6	16.9	19.8	17.9	18.5	17.8	18.8	17.5	0.810
<b>Region</b>												
Northeast	23.3	23.7	24.1	22.9	25.8	25.3	23.3	24.7	22.9	23.4	23.0	0.841
Midwest	14.6	15.6	14.9	14.8	12.9	14.0	13.7	14.4	14.4	15.1	16.1	0.791
South	13.1	13.3	12.4	12.4	13.4	13.2	12.7	12.0	11.8	10.9	11.7	0.195
West	15.0	14.5	14.7	13.5	14.4	14.3	13.4	13.5	12.9	13.3	12.3	0.260
<b>Assistance with activities</b>												
No assistance	11.2	10.9	11.4	11.0	11.1	10.9	10.2	9.9	10.4	10.9	10.6	0.465
Assistance with HH activities only	28.4	29.9	29.9	30.6	28.9	31.9	33.1	36.1	30.5	31.1	33.7	0.158
Any assistance with SCM activities	23.1	23.7	21.4	20.0	23.4	23.3	20.4	21.0	21.5	20.2	20.6	0.220
<b>Dementia</b>												
No dementia	14.8	14.8	14.9	14.2	14.5	14.8	13.8	13.8	13.4	13.5	--	0.135
Probable dementia	24.4	26.5	22.5	22.8	26.7	24.8	24.3	26.0	25.9	24.5	--	0.776

Table 10e (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	8.8	8.6	8.8	8.7	8.8	9.3	8.3	7.8	7.8	7.6	7.4	0.125
Divorced/separated	28.4	31.6	31.0	27.6	26.5	25.6	23.7	24.2	23.4	23.3	23.9	0.030
Widowed	21.0	20.9	19.1	18.9	20.6	20.3	20.0	20.4	19.7	19.8	21.2	0.954
Never married	27.7	29.5	31.7	31.2	37.0	35.8	34.8	37.3	35.6	37.3	39.2	0.187
<b>Number of children</b>												
Zero	23.5	26.6	29.9	28.1	27.1	25.4	23.9	21.4	20.5	23.0	24.0	0.238
One	18.5	16.3	16.4	16.1	18.2	18.9	15.1	16.3	17.2	17.2	17.2	0.921
Two or more	14.6	15.0	14.2	13.8	14.4	14.5	14.0	14.2	13.7	13.4	13.6	0.276
<b>Living arrangement</b>												
Alone	30.5	30.1	30.4	28.1	29.5	29.6	28.4	29.5	27.4	27.4	29.9	0.361
With spouse only	8.4	8.7	7.1	8.9	9.3	9.6	8.2	7.4	8.2	7.8	7.8	0.508
With spouse and others	4.6	5.5	3.1	3.6	4.4	5.6	5.4	6.2	5.5	4.9	3.4	0.892
With others only	8.4	11.4	10.2	9.3	9.2	8.8	9.6	10.0	9.5	11.0	9.7	0.831
<b>Residential setting</b>												
Traditional community setting	8.2	8.3	8.7	8.2	8.5	8.5	8.0	8.0	8.2	8.5	8.9	0.798
Retirement community/senior housing	42.6	43.0	39.3	41.2	43.0	41.5	37.5	38.3	37.8	38.0	39.3	0.323
Residential care other than nursing home	71.1	76.0	72.9	72.9	78.6	78.4	76.7	81.1	79.2	78.7	79.4	0.070
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	72.8	74.1	75.6	76.9	76.3	79.3	79.5	80.1	79.9	81.7	80.6	0.000
Age												
72-74	60.7	64.2	65.2	65.7	67.5	71.8	71.9	72.1	72.6	76.1	72.2	0.000
75-79	69.4	69.7	71.3	73.9	72.1	75.2	75.1	76.3	77.3	79.3	80.7	0.000
80-84	76.2	77.8	81.8	81.8	80.3	84.1	85.5	85.4	83.8	84.4	81.9	0.001
85-89	84.4	84.0	83.5	87.1	86.7	87.7	88.2	89.0	89.2	89.5	90.9	0.000
90+	91.9	90.4	90.6	90.2	92.1	93.7	92.5	93.5	93.5	93.2	92.5	0.124
Gender												
Men	68.8	70.8	70.4	72.1	73.1	76.4	77.6	79.1	78.9	79.7	78.1	0.000
Women	75.6	76.5	79.4	80.4	78.7	81.5	80.9	80.9	80.7	83.2	82.7	0.000
Race												
White, non-Hispanic	74.2	75.3	76.3	77.4	78.1	80.3	81.0	81.6	81.3	83.0	81.9	0.000
Black, non-Hispanic	69.2	71.8	74.0	75.2	71.3	75.8	75.8	76.1	75.4	78.3	77.8	0.003
Hispanic	64.4	65.8	68.6	70.6	63.9	75.6	71.8	72.0	69.4	74.5	73.5	0.086
Other	64.4	66.5	76.5	81.8	68.5	73.3	69.3	71.1	78.9	74.4	73.8	0.388
Education												
0-12 years, no diploma	71.9	72.8	76.4	75.2	74.3	78.7	78.9	78.7	76.9	80.9	79.8	0.003
High school graduate	71.6	73.2	76.0	77.8	77.5	80.5	81.4	82.5	82.7	83.4	83.3	0.000
Some college	75.4	74.3	76.0	76.7	76.6	81.4	80.1	80.4	78.8	82.5	79.2	0.007
Bachelor's degree	73.6	75.7	75.9	79.5	77.6	78.0	78.5	77.5	79.8	79.0	81.2	0.088
Graduate degree	71.2	77.6	71.5	75.6	74.7	74.8	76.5	78.9	80.6	80.6	79.6	0.012
Region												
Northeast	69.0	71.3	73.4	73.0	71.0	75.1	76.6	75.9	74.9	80.3	79.6	0.001
Midwest	73.0	74.6	76.6	79.1	79.1	81.5	81.8	83.6	83.6	84.3	83.5	0.000
South	72.6	74.5	75.8	77.4	76.9	79.4	79.5	80.8	80.8	81.4	80.3	0.000
West	76.5	75.6	76.2	77.2	76.9	80.6	79.3	78.4	78.8	80.5	79.3	0.111
Assistance with activities												
No assistance	65.9	67.0	69.7	70.4	70.2	73.6	73.8	74.2	75.2	77.5	76.1	0.000
Assistance with HH activities only	83.1	82.5	83.2	88.1	85.8	87.2	89.8	92.8	90.6	90.8	89.4	0.000
Any assistance with SCM activities	87.3	90.0	89.1	91.1	89.5	92.8	92.0	92.9	90.7	92.5	92.3	0.002
Dementia												
No dementia	71.3	72.9	74.3	75.7	75.0	78.1	78.3	78.8	78.9	80.8	--	0.000
Probable dementia	83.7	83.0	85.4	85.8	86.2	89.3	89.0	91.5	90.5	90.0	--	0.000

Table 11 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	70.8	72.2	73.4	75.5	76.1	79.3	80.0	80.4	80.2	81.1	80.4	0.000
Divorced/separated	64.8	66.4	69.0	66.5	65.3	70.6	70.2	70.7	72.3	77.3	74.8	0.001
Widowed	78.3	79.5	80.9	82.7	80.6	82.7	82.1	82.7	82.4	84.5	83.9	0.005
Never married	68.5	67.2	73.8	71.7	72.2	76.2	79.6	84.2	84.1	82.6	79.3	0.005
<b>Number of children</b>												
Zero	71.0	73.9	75.1	75.6	76.5	77.7	79.3	79.2	80.6	85.1	82.0	0.002
One	71.8	72.9	77.1	74.5	72.2	78.9	77.4	76.6	78.3	82.1	77.4	0.031
Two or more	73.2	74.3	75.4	77.4	76.9	79.5	79.8	80.7	80.1	81.3	81.0	0.000
<b>Living arrangement</b>												
Alone	76.1	76.0	79.7	80.0	78.4	80.3	79.9	80.8	80.9	83.8	81.6	0.001
With spouse only	71.5	72.5	71.8	75.3	77.0	79.1	80.2	79.8	80.5	81.6	81.2	0.000
With spouse and others	64.4	70.0	73.6	75.1	72.0	79.5	78.3	82.7	77.6	77.5	78.9	0.004
With others only	72.9	76.2	76.3	75.1	72.3	77.7	77.4	78.1	77.8	79.7	78.2	0.051
<b>Residential setting</b>												
Traditional community setting	69.1	70.5	71.9	73.6	73.1	76.5	76.6	77.4	77.3	79.5	78.4	0.000
Retirement community/senior housing	88.5	90.3	93.7	93.1	93.1	94.0	94.7	94.3	95.1	93.8	94.8	0.049
Residential care other than nursing home	96.7	97.9	99.3	99.2	97.7	98.9	99.0	99.3	99.0	99.6	97.8	0.327
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	12.4	12.7	12.9	13.4	12.9	13.1	12.9	12.7	12.6	14.4	13.6	0.233
Age												
72-74	9.1	9.6	9.4	10.4	10.1	10.2	10.3	10.8	10.8	11.8	9.1	0.518
75-79	10.5	11.0	12.2	12.8	10.5	11.7	9.8	9.9	10.2	12.9	13.6	0.416
80-84	13.3	13.4	14.0	13.8	14.6	13.4	14.2	14.0	13.1	14.1	14.2	0.800
85-89	16.5	15.4	15.2	14.8	16.3	17.8	17.5	17.8	18.3	19.4	16.9	0.124
90+	20.3	20.8	18.9	21.6	20.5	19.1	22.6	19.2	18.7	23.9	24.7	0.228
Gender												
Men	11.0	11.9	11.5	11.4	12.0	12.0	12.2	11.8	12.0	12.1	11.8	0.624
Women	13.4	13.2	14.0	14.9	13.5	14.0	13.4	13.4	13.0	16.2	15.1	0.221
Race												
White, non-Hispanic	11.8	12.2	12.5	13.3	12.7	12.7	13.1	12.7	12.3	13.3	13.3	0.308
Black, non-Hispanic	13.9	13.9	11.9	11.3	12.3	11.9	11.8	13.5	14.1	16.4	15.6	0.107
Hispanic	15.9	17.1	13.3	12.0	11.4	17.0	10.0	9.5	13.1	23.0	15.6	0.577
Other	17.4	12.6	23.6	24.3	20.2	17.7	14.9	16.8	14.2	18.1	12.1	0.319
Education												
0-12 years, no diploma	16.2	16.8	18.0	16.7	17.6	17.8	18.0	17.0	17.5	20.3	17.7	0.352
High school graduate	11.5	11.0	11.7	13.3	11.5	11.7	11.8	13.8	13.5	14.1	13.9	0.073
Some college	10.4	11.6	12.4	13.2	11.6	13.3	12.2	10.3	10.3	13.8	12.9	0.567
Bachelor's degree	10.7	10.6	10.0	9.4	11.9	9.6	10.3	10.4	11.1	11.5	13.5	0.297
Graduate degree	12.1	12.4	9.9	12.8	12.0	12.5	12.8	12.8	11.8	13.6	11.8	0.742
Region												
Northeast	12.5	12.0	11.2	11.9	11.6	12.7	13.0	11.9	12.1	14.2	12.8	0.460
Midwest	11.4	11.9	11.5	13.0	11.3	9.9	12.4	12.4	13.1	14.3	13.7	0.137
South	13.1	13.6	14.0	13.4	13.8	14.7	13.8	14.3	13.7	16.2	15.0	0.174
West	12.3	12.5	14.3	15.3	14.1	14.0	11.7	10.8	10.2	11.4	11.8	0.114
Assistance with activities												
No assistance	7.7	8.0	8.7	9.2	8.7	9.7	9.0	9.0	9.3	10.8	10.5	0.007
Assistance with HH activities only	18.4	17.3	16.2	19.2	17.5	14.4	15.6	18.6	18.6	19.6	20.7	0.330
Any assistance with SCM activities	23.1	23.6	23.9	23.5	22.8	22.6	23.7	21.8	20.7	25.1	21.1	0.450
Dementia												
No dementia	11.3	11.5	11.8	12.0	11.5	11.7	11.9	12.3	12.0	13.5	--	0.087
Probable dementia	20.4	21.7	21.6	24.8	23.7	24.9	21.3	16.5	18.4	22.8	--	0.445



Table 11a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	9.7	11.2	11.1	11.6	11.2	11.3	11.4	11.6	11.0	11.8	10.8	0.578
Divorced/separated	14.0	12.6	13.3	14.8	11.6	12.6	11.0	11.4	10.3	16.3	14.9	0.712
Widowed	15.5	14.7	15.2	15.8	15.5	16.2	15.4	14.0	15.3	17.3	17.0	0.348
Never married	14.8	11.7	15.2	11.2	15.3	11.9	16.2	21.3	19.0	20.2	23.5	0.082
<b>Number of children</b>												
Zero	17.6	20.5	19.4	18.8	15.3	13.9	15.3	13.6	14.0	13.1	18.3	0.166
One	12.3	11.4	11.5	12.5	12.6	12.0	12.2	10.2	9.1	13.8	8.7	0.354
Two or more	11.8	12.0	12.4	13.0	12.7	13.2	12.7	13.0	12.9	14.6	13.9	0.030
<b>Living arrangement</b>												
Alone	14.5	13.2	14.7	15.6	14.5	15.8	14.3	14.3	13.7	16.9	15.9	0.340
With spouse only	9.4	10.2	10.5	10.4	10.1	9.7	11.0	10.7	10.3	11.2	10.8	0.358
With spouse and others	10.4	13.3	12.8	14.7	14.2	14.8	11.3	13.1	12.7	13.9	11.3	0.897
With others only	16.7	16.8	14.8	15.4	15.6	15.1	15.4	14.4	15.8	18.0	18.1	0.505
<b>Residential setting</b>												
Traditional community setting	10.7	11.5	11.4	12.0	11.2	11.3	11.4	11.5	11.4	13.4	12.8	0.056
Retirement community/senior housing	13.0	16.7	18.2	17.9	19.4	19.4	17.3	16.9	16.1	20.7	18.1	0.419
Residential care other than nursing home	30.5	21.4	25.1	25.9	26.0	28.6	27.0	23.2	24.5	22.1	21.4	0.214
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	66.1	67.4	68.4	68.9	68.9	72.1	72.1	72.5	72.4	73.3	72.6	0.000
Age												
72-74	53.2	56.3	57.5	55.0	59.1	63.0	63.1	63.0	64.9	64.6	63.1	0.000
75-79	61.1	62.0	62.0	65.3	62.9	67.2	67.0	67.8	68.7	70.1	70.3	0.000
80-84	70.9	71.9	75.6	73.8	74.6	77.3	78.4	77.8	75.4	77.5	75.8	0.015
85-89	79.1	78.4	78.3	82.3	80.5	81.9	83.5	83.9	84.1	84.6	86.3	0.000
90+	86.9	87.1	86.4	87.4	88.4	90.6	87.1	90.6	90.0	91.1	88.3	0.089
Gender												
Men	62.1	64.3	63.5	63.9	65.6	70.1	69.6	70.6	70.2	71.6	70.0	0.000
Women	68.8	69.7	72.0	72.6	71.4	73.6	74.0	74.0	74.1	74.7	74.6	0.001
Race												
White, non-Hispanic	67.8	69.0	69.2	69.8	71.1	73.6	73.8	74.5	74.1	75.3	74.4	0.000
Black, non-Hispanic	57.3	61.1	62.8	65.0	60.2	65.4	65.0	63.6	65.9	65.7	68.3	0.006
Hispanic	59.2	58.3	63.1	63.5	56.9	66.4	64.7	64.8	62.0	61.7	60.6	0.703
Other	59.0	62.0	72.3	68.7	60.9	63.0	62.9	63.9	69.0	69.6	64.4	0.602
Education												
0-12 years, no diploma	64.1	64.2	67.3	66.1	65.0	70.2	72.1	70.7	69.7	72.3	70.9	0.004
High school graduate	65.4	66.6	68.2	69.9	70.9	73.4	74.1	75.2	75.4	76.4	76.0	0.000
Some college	68.5	68.7	69.6	69.0	69.4	73.2	72.5	73.9	72.0	72.9	71.0	0.107
Bachelor's degree	68.0	69.1	69.4	72.3	70.5	72.9	70.6	69.7	71.4	71.3	73.1	0.380
Graduate degree	64.6	72.4	67.6	67.7	67.7	68.8	68.7	69.4	72.0	72.0	71.1	0.197
Region												
Northeast	63.2	65.0	66.4	66.4	66.2	69.4	71.9	69.3	68.4	71.4	73.0	0.006
Midwest	66.2	67.7	69.4	71.0	70.2	73.9	74.6	76.0	76.0	76.0	74.9	0.000
South	65.9	67.3	67.4	68.5	68.5	71.9	70.6	71.8	72.7	73.0	72.5	0.000
West	69.1	69.7	70.9	69.7	70.6	72.8	72.0	72.7	71.7	72.9	70.0	0.439
Assistance with activities												
No assistance	59.3	59.6	61.8	61.2	61.7	65.2	65.5	65.6	66.7	67.6	66.4	0.000
Assistance with HH activities only	74.7	78.7	77.5	81.6	80.1	81.1	85.2	88.0	84.3	87.8	84.5	0.000
Any assistance with SCM activities	81.3	83.9	83.3	86.0	84.6	88.2	85.8	86.9	86.0	87.3	88.5	0.001
Dementia												
No dementia	64.6	66.1	67.0	67.7	67.4	70.5	70.7	70.8	71.2	72.2	--	0.000
Probable dementia	77.3	77.5	79.2	78.6	80.6	84.9	83.1	87.3	84.9	84.2	--	0.000

Table 11b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	64.0	65.1	65.5	67.0	68.2	72.2	71.9	72.5	72.2	72.5	72.0	0.000
Divorced/separated	57.3	61.2	62.3	59.2	56.0	62.4	61.7	61.7	63.5	66.8	65.4	0.048
Widowed	72.0	73.2	74.8	75.2	74.4	75.4	76.1	76.6	76.5	77.2	76.7	0.023
Never married	59.6	57.5	63.0	65.8	65.9	69.4	72.2	72.2	73.2	76.8	74.0	0.004
<b>Number of children</b>												
Zero	61.7	62.5	66.9	66.9	67.1	70.3	72.2	70.3	72.2	78.3	75.9	0.000
One	65.0	66.5	68.7	64.5	63.4	71.0	67.9	67.8	69.3	68.9	68.9	0.294
Two or more	66.8	68.1	68.5	69.7	69.9	72.4	72.7	73.4	72.9	73.5	72.8	0.000
<b>Living arrangement</b>												
Alone	69.9	70.9	74.3	73.4	71.4	73.1	73.7	73.2	73.4	75.8	74.7	0.058
With spouse only	65.0	65.7	63.6	66.9	69.2	72.6	72.1	72.6	72.5	73.4	72.7	0.000
With spouse and others	57.0	61.3	65.8	66.7	63.6	69.9	69.6	72.1	69.9	66.6	70.4	0.024
With others only	65.0	67.6	67.9	65.7	65.4	70.0	70.0	71.2	71.4	71.4	69.2	0.045
<b>Residential setting</b>												
Traditional community setting	61.9	63.1	64.1	65.1	65.1	68.4	68.5	69.2	69.0	70.3	69.8	0.000
Retirement community/senior housing	84.6	86.9	89.0	86.7	88.4	91.0	91.0	89.5	92.4	89.9	88.6	0.138
Residential care other than nursing home	91.7	95.7	96.0	96.9	94.8	97.2	96.9	96.8	96.5	97.8	96.6	0.041
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	39.3	41.9	43.6	44.4	46.2	47.8	50.1	51.2	51.4	52.1	52.4	0.000
Age												
72-74	27.4	29.6	33.2	35.2	36.5	40.7	41.5	44.5	43.7	42.8	43.7	0.000
75-79	35.3	38.9	39.3	39.1	41.6	42.6	45.2	44.6	47.2	49.4	51.0	0.000
80-84	39.6	41.1	47.9	47.9	49.1	48.6	52.2	55.4	55.4	56.3	53.4	0.000
85-89	53.3	54.2	50.4	54.3	55.2	58.5	61.0	62.6	62.2	62.2	65.7	0.000
90+	66.0	68.8	66.7	65.3	72.6	71.5	74.6	71.0	69.7	71.8	67.8	0.239
Gender												
Men	34.0	37.0	38.0	37.9	41.6	43.7	46.6	47.5	48.5	48.8	47.2	0.000
Women	43.0	45.5	47.7	49.2	49.7	50.9	52.7	54.0	53.5	54.7	56.6	0.000
Race												
White, non-Hispanic	39.9	42.7	44.1	45.0	47.1	48.1	51.0	52.5	53.0	53.4	53.3	0.000
Black, non-Hispanic	44.6	44.0	48.3	46.1	49.5	49.8	50.8	51.5	51.5	55.0	54.6	0.000
Hispanic	32.0	33.9	35.7	34.2	34.8	43.0	42.0	38.6	34.1	37.9	43.1	0.122
Other	26.4	34.0	35.7	46.6	40.8	45.8	42.9	47.1	47.7	45.8	46.1	0.034
Education												
0-12 years, no diploma	41.5	44.3	46.2	46.1	48.8	51.6	52.0	52.3	50.0	51.6	55.1	0.000
High school graduate	39.3	41.0	45.7	45.6	47.2	50.3	52.6	55.1	55.3	58.5	58.3	0.000
Some college	39.3	42.7	42.3	44.1	47.1	50.2	52.2	52.9	52.0	53.1	51.9	0.000
Bachelor's degree	39.9	40.5	42.2	43.1	43.4	43.6	48.1	48.1	50.1	45.6	48.9	0.013
Graduate degree	31.9	39.1	37.4	40.9	40.8	36.4	40.7	42.6	46.2	47.1	45.8	0.001
Region												
Northeast	33.0	36.0	38.0	37.8	40.4	40.7	45.3	45.8	45.7	47.8	46.8	0.000
Midwest	43.4	45.7	47.3	48.3	51.9	52.2	53.9	56.8	61.0	62.2	62.9	0.000
South	40.1	42.9	45.7	46.9	47.5	48.8	51.0	50.9	51.4	51.3	51.8	0.000
West	39.3	41.8	41.1	42.1	43.3	47.9	48.2	50.1	46.0	47.1	47.4	0.004
Assistance with activities												
No assistance	29.6	31.9	34.8	35.4	37.0	39.1	42.0	43.0	45.5	46.2	46.1	0.000
Assistance with HH activities only	51.7	51.4	51.0	58.8	57.5	60.2	61.5	67.6	60.9	62.4	62.5	0.000
Any assistance with SCM activities	60.8	65.9	65.9	64.7	68.0	67.9	69.3	69.4	66.4	68.7	69.5	0.008
Dementia												
No dementia	36.9	40.0	41.7	42.8	44.1	45.8	48.3	49.4	49.9	50.8	--	0.000
Probable dementia	57.2	56.8	58.4	57.3	62.4	64.4	64.6	67.2	65.5	65.1	--	0.001

Table 11c (Continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	35.9	38.4	41.2	41.9	44.5	46.7	49.7	50.5	51.4	50.4	50.4	0.000
Divorced/separated	31.9	35.7	36.0	35.3	35.3	37.7	38.8	38.0	36.7	42.6	42.3	0.019
Widowed	45.8	48.5	49.7	51.6	52.7	53.2	54.9	57.2	57.2	59.3	60.5	0.000
Never married	41.8	41.9	39.7	36.9	43.1	44.6	47.0	52.3	53.0	50.7	52.8	0.034
<b>Number of children</b>												
Zero	41.6	45.8	48.0	44.8	44.0	44.4	42.3	46.1	50.2	52.7	57.2	0.018
One	41.6	41.5	45.2	44.0	44.2	45.7	49.0	52.0	49.9	52.3	51.3	0.002
Two or more	38.6	41.6	42.9	44.4	46.8	48.5	51.0	51.6	51.7	52.0	52.1	0.000
<b>Living arrangement</b>												
Alone	44.9	45.3	47.5	47.5	49.8	50.9	52.0	54.3	52.9	55.7	56.9	0.000
With spouse only	35.1	38.3	39.6	42.5	45.4	46.6	49.3	49.8	51.6	50.6	50.4	0.000
With spouse and others	34.7	38.1	39.1	38.1	41.0	45.8	50.2	53.0	49.9	47.7	49.7	0.000
With others only	40.0	45.6	46.8	46.0	43.4	45.6	47.8	47.6	48.4	51.2	50.2	0.006
<b>Residential setting</b>												
Traditional community setting	34.6	37.2	39.3	40.7	41.8	43.7	46.0	47.0	48.1	48.8	49.0	0.000
Retirement community/senior housing	46.3	52.9	53.4	54.0	61.2	62.5	62.0	67.2	63.0	65.6	70.0	0.000
Residential care other than nursing home	81.8	83.2	82.7	80.3	84.3	82.4	88.0	87.7	84.9	85.9	84.3	0.186
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	29.5	33.0	36.0	40.6	43.1	47.9	51.9	56.3	61.5	65.4	68.3	0.000
Age												
72-74	43.1	49.5	53.3	59.1	61.4	66.0	71.1	74.2	78.3	80.9	82.0	0.000
75-79	32.3	37.4	41.4	45.2	48.1	54.2	57.8	66.0	70.2	73.5	75.6	0.000
80-84	26.0	28.2	29.3	34.0	36.9	42.2	43.6	45.1	51.3	57.9	62.2	0.000
85-89	16.7	18.6	20.8	24.9	23.9	26.2	30.9	35.5	39.0	42.5	49.0	0.000
90+	10.2	9.8	11.3	14.4	14.3	16.5	19.4	20.6	24.1	28.6	31.1	0.000
Gender												
Men	34.4	37.8	38.8	43.8	44.8	49.2	51.7	57.4	61.6	64.9	67.1	0.000
Women	26.0	29.6	34.0	38.3	41.8	46.9	52.1	55.4	61.4	65.8	69.3	0.000
Race												
White, non-Hispanic	33.3	37.0	40.4	45.7	47.8	52.4	56.3	60.8	66.5	70.5	73.9	0.000
Black, non-Hispanic	12.1	14.3	17.8	19.6	22.0	24.8	28.4	32.2	36.3	41.9	44.1	0.000
Hispanic	8.8	10.7	11.4	10.0	15.7	19.2	23.6	26.7	33.1	38.2	36.7	0.000
Other	18.0	22.4	22.9	25.5	35.0	50.8	57.5	64.0	55.9	56.9	61.7	0.000
Education												
0-12 years, no diploma	6.3	7.5	7.6	9.4	10.3	12.1	12.8	18.7	23.0	27.0	30.4	0.000
High school graduate	18.6	22.1	25.4	28.6	31.8	36.9	41.6	44.6	48.9	52.1	56.6	0.000
Some college	41.5	45.1	47.7	51.9	53.4	57.5	59.2	63.7	69.5	74.4	75.1	0.000
Bachelor's degree	54.9	58.9	59.4	62.4	66.6	72.5	74.9	76.7	80.4	81.0	82.1	0.000
Graduate degree	63.7	66.0	69.3	74.6	79.4	80.1	83.3	84.7	86.6	87.9	89.4	0.000
Region												
Northeast	25.5	30.7	34.6	35.8	39.0	42.6	46.6	52.5	58.3	61.8	63.4	0.000
Midwest	28.4	30.7	32.9	38.2	41.4	45.4	49.5	54.0	57.9	64.3	68.4	0.000
South	29.3	33.1	36.0	41.3	43.8	49.6	53.6	56.8	61.8	65.1	68.7	0.000
West	34.7	37.6	41.0	46.6	47.1	52.2	55.8	60.6	67.2	70.2	71.8	0.000
Assistance with activities												
No assistance	38.0	42.6	46.2	50.6	53.3	58.8	62.4	67.0	72.2	75.3	78.0	0.000
Assistance with HH activities only	16.4	17.3	15.9	24.9	28.3	29.2	35.5	38.1	41.5	48.9	49.1	0.000
Any assistance with SCM activities	11.3	13.7	16.0	18.3	20.3	24.2	27.6	30.6	34.7	37.3	43.8	0.000
Dementia												
No dementia	33.0	36.7	39.9	44.7	47.7	52.8	56.9	61.1	66.3	70.4	--	0.000
Probable dementia	3.3	5.1	7.0	9.4	7.4	8.2	10.9	13.8	14.3	17.7	--	0.000

Table 12 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	36.8	42.0	44.6	49.2	52.6	57.7	61.5	66.9	70.6	74.5	75.8	0.000
Divorced/separated	30.8	31.3	39.2	42.2	44.4	49.4	53.0	55.7	61.9	63.7	70.9	0.000
Widowed	19.8	21.9	24.1	28.9	29.4	34.0	38.2	41.8	48.2	52.8	56.4	0.000
Never married	21.5	25.7	25.1	30.2	36.6	35.2	38.5	40.7	44.6	50.7	47.4	0.000
<b>Number of children</b>												
Zero	26.7	32.5	36.6	41.5	40.0	45.1	49.3	53.3	62.3	66.9	67.0	0.000
One	22.9	27.2	31.1	32.5	40.5	43.8	49.1	55.7	58.5	64.2	66.4	0.000
Two or more	30.8	33.9	36.7	41.7	43.8	48.8	52.6	56.6	61.8	65.4	68.8	0.000
<b>Living arrangement</b>												
Alone	26.1	28.8	32.9	36.6	37.5	41.9	46.0	48.7	56.8	59.6	63.3	0.000
With spouse only	39.0	45.3	48.0	53.1	56.3	61.2	65.3	70.1	73.2	76.4	78.3	0.000
With spouse and others	26.5	27.6	31.1	33.3	37.8	44.9	46.0	54.0	59.3	65.1	63.9	0.000
With others only	13.4	15.2	17.3	23.1	24.8	28.9	33.8	38.8	41.4	48.5	53.8	0.000
<b>Residential setting</b>												
Traditional community setting	29.9	33.9	36.8	41.2	44.6	49.6	53.4	57.9	63.3	67.3	70.1	0.000
Retirement community/senior housing	35.1	34.9	39.7	44.2	46.3	49.9	55.0	61.1	60.0	64.5	67.4	0.000
Residential care other than nursing home	19.1	21.1	23.2	29.1	21.6	25.7	30.7	29.5	35.6	36.2	40.7	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	30.9	35.3	38.8	42.3	43.9	47.7	50.9	53.3	57.3	60.4	63.1	0.000
<b>Age</b>												
72-74	45.3	51.1	56.7	61.1	61.8	65.9	68.0	71.2	73.6	76.1	78.5	0.000
75-79	35.5	41.3	44.6	47.3	49.1	53.1	56.1	59.9	64.0	67.0	68.2	0.000
80-84	26.4	30.3	33.5	37.0	39.8	43.1	46.1	45.9	50.3	53.2	56.7	0.000
85-89	15.7	19.2	20.5	23.8	22.4	26.4	30.5	34.3	37.3	40.6	44.5	0.000
90+	9.4	10.7	12.4	14.0	14.9	15.4	17.6	18.4	18.6	23.4	28.1	0.000
<b>Gender</b>												
Men	36.6	41.8	44.2	48.1	49.2	51.7	54.9	57.8	60.7	62.8	65.6	0.000
Women	26.8	30.6	35.0	38.0	40.0	44.6	47.8	49.9	54.8	58.5	61.0	0.000
<b>Race</b>												
White, non-Hispanic	34.5	39.3	43.7	47.4	49.0	53.0	56.2	59.1	63.3	66.7	69.6	0.000
Black, non-Hispanic	13.5	15.8	16.9	20.9	20.6	22.4	23.7	26.0	30.3	33.7	35.2	0.000
Hispanic	10.8	11.0	11.6	10.4	15.9	16.1	18.6	20.1	26.5	27.3	28.0	0.000
Other	21.4	29.7	28.4	31.3	34.6	42.1	50.1	49.3	42.4	44.0	47.9	0.001
<b>Education</b>												
0-12 years, no diploma	7.2	8.4	10.3	11.3	10.7	12.5	14.8	17.3	20.7	22.0	23.9	0.000
High school graduate	20.1	23.8	28.9	29.2	31.7	35.9	38.8	41.3	42.2	42.4	47.1	0.000
Some college	42.9	48.6	49.5	52.6	54.2	56.7	57.9	59.2	65.5	69.6	70.9	0.000
Bachelor's degree	56.2	62.5	60.3	65.2	69.6	72.6	73.1	73.5	78.0	79.6	78.7	0.000
Graduate degree	66.4	68.8	75.1	78.6	81.2	81.7	82.9	84.1	83.2	86.5	87.7	0.000
<b>Region</b>												
Northeast	27.5	34.1	38.0	40.8	40.1	44.2	48.5	52.9	57.2	59.7	65.8	0.000
Midwest	28.5	31.4	35.1	38.9	43.1	46.7	49.5	53.8	54.5	58.9	61.2	0.000
South	31.1	35.3	39.3	42.1	44.0	48.4	51.3	52.3	56.2	58.8	60.9	0.000
West	36.4	40.8	43.2	47.8	48.0	50.5	53.4	55.2	62.4	65.6	66.4	0.000
<b>Assistance with activities</b>												
No assistance	40.1	44.8	48.9	52.7	54.5	58.5	61.3	64.0	68.2	70.2	72.3	0.000
Assistance with HH activities only	16.1	18.5	18.8	23.8	27.5	29.3	33.8	33.2	34.1	39.1	41.7	0.000
Any assistance with SCM activities	11.6	17.0	19.1	19.9	20.8	24.2	27.0	29.0	31.8	34.8	40.9	0.000
<b>Dementia</b>												
No dementia	34.5	39.2	42.9	46.3	48.4	52.4	55.6	58.0	61.6	65.0	--	0.000
Probable dementia	4.0	5.6	8.0	10.9	8.9	9.8	11.2	13.1	15.2	17.0	--	0.000



Table 13 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	38.9	45.5	48.2	52.0	54.5	58.4	62.3	65.0	68.6	71.7	73.0	0.000
Divorced/separated	32.1	32.4	37.7	42.9	42.7	43.0	47.2	47.1	52.3	53.3	59.5	0.000
Widowed	20.3	23.1	27.4	29.5	30.0	34.2	36.3	39.4	42.8	47.1	50.1	0.000
Never married	22.4	25.6	24.9	29.1	33.6	39.3	34.8	37.3	42.9	41.0	37.9	0.012
<b>Number of children</b>												
Zero	28.1	33.3	36.8	41.0	37.1	47.4	50.2	52.9	57.6	61.2	59.2	0.000
One	24.4	30.3	32.6	34.6	42.9	44.5	50.5	51.9	56.2	60.8	64.4	0.000
Two or more	32.1	36.2	40.0	43.5	44.8	48.2	51.0	53.6	57.5	60.3	63.3	0.000
<b>Living arrangement</b>												
Alone	26.4	29.4	34.8	36.4	36.6	40.2	42.7	44.1	49.2	52.0	54.2	0.000
With spouse only	40.8	48.0	50.4	56.3	58.3	62.1	66.1	68.6	72.7	74.6	76.3	0.000
With spouse and others	31.2	35.2	38.9	37.0	40.8	44.8	47.5	51.9	50.9	58.9	57.5	0.000
With others only	14.4	17.1	20.5	23.7	25.3	28.9	31.2	35.2	37.0	41.2	48.1	0.000
<b>Residential setting</b>												
Traditional community setting	31.6	36.4	39.8	43.1	45.8	49.6	52.5	55.2	59.1	62.2	64.8	0.000
Retirement community/senior housing	35.2	36.0	38.8	44.0	44.0	47.7	51.8	53.8	59.1	59.3	58.5	0.000
Residential care other than nursing home	18.3	21.3	27.3	30.1	21.8	25.1	29.4	27.8	29.4	33.0	41.4	0.001
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	--	--	15.0	17.3	19.6	22.8	26.1	28.5	31.8	35.4	36.4	0.000
<b>Age</b>												
72-74	--	--	24.3	26.8	30.1	33.7	38.9	42.8	44.1	45.6	48.8	0.000
75-79	--	--	18.2	21.0	22.9	25.4	28.0	31.4	35.6	41.1	40.1	0.000
80-84	--	--	11.1	12.4	15.4	19.4	22.2	22.3	26.3	29.2	30.4	0.000
85-89	--	--	5.3	9.0	7.5	11.0	13.9	15.6	17.0	20.2	21.2	0.000
90+	--	--	4.4	3.5	5.1	6.2	5.7	6.7	7.6	12.8	13.1	0.000
<b>Gender</b>												
Men	--	--	15.4	15.1	17.7	21.6	24.8	26.6	29.5	31.6	34.2	0.000
Women	--	--	14.8	19.0	21.0	23.6	27.2	29.9	33.5	38.3	38.2	0.000
<b>Race</b>												
White, non-Hispanic	--	--	17.4	19.7	21.9	25.3	28.9	31.5	35.4	39.5	40.0	0.000
Black, non-Hispanic	--	--	4.5	7.8	8.0	9.9	12.4	13.3	14.2	16.8	18.6	0.000
Hispanic	--	--	4.5	3.0	8.7	7.3	8.7	11.5	14.5	15.9	17.7	0.000
Other	--	--	5.2	10.6	13.4	21.8	26.8	26.4	21.6	23.3	32.1	0.001
<b>Education</b>												
0-12 years, no diploma	--	--	4.0	3.9	3.9	5.5	6.4	10.3	10.5	13.1	15.4	0.000
High school graduate	--	--	12.0	14.1	14.7	17.6	21.1	24.6	25.3	25.6	28.6	0.000
Some college	--	--	18.1	21.2	24.7	27.9	31.4	32.4	38.3	40.3	41.0	0.000
Bachelor's degree	--	--	21.3	23.2	31.7	34.3	36.3	37.9	41.4	46.2	44.4	0.000
Graduate degree	--	--	31.5	33.1	34.2	37.3	40.2	38.7	41.9	50.4	48.0	0.000
<b>Region</b>												
Northeast	--	--	13.4	13.3	15.6	18.2	23.2	23.6	28.8	30.0	36.0	0.000
Midwest	--	--	14.2	16.4	18.9	22.5	26.5	30.7	31.2	35.6	36.6	0.000
South	--	--	15.5	18.4	20.6	24.2	26.7	29.4	32.1	35.0	35.4	0.000
West	--	--	16.7	20.2	22.1	24.5	27.2	28.4	34.4	40.3	38.0	0.000
<b>Assistance with activities</b>												
No assistance	--	--	19.5	21.5	24.0	27.9	31.3	33.8	38.4	41.8	41.7	0.000
Assistance with HH activities only	--	--	5.7	11.4	13.1	13.1	18.4	17.7	19.1	20.7	24.6	0.000
Any assistance with SCM activities	--	--	6.6	7.6	9.8	12.0	13.9	16.7	15.5	18.8	23.5	0.000
<b>Dementia</b>												
No dementia	--	--	16.6	19.1	21.7	25.2	28.9	31.3	34.5	38.3	--	0.000
Probable dementia	--	--	3.2	3.6	2.7	3.2	3.4	3.8	4.7	7.2	--	0.031

Table 13a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	--	--	18.7	20.3	24.7	28.9	32.3	34.4	37.9	41.6	41.2	0.000
Divorced/separated	--	--	16.3	18.5	19.8	19.6	23.5	25.4	29.4	29.2	33.2	0.000
Widowed	--	--	10.5	13.5	13.0	15.8	18.7	21.9	24.4	29.6	31.7	0.000
Never married	--	--	4.4	8.6	8.7	11.9	14.6	13.9	16.8	19.7	15.2	0.023
<b>Number of children</b>												
Zero	--	--	8.6	9.9	11.3	16.4	19.9	23.4	28.9	28.2	27.6	0.000
One	--	--	10.4	11.0	18.3	17.9	21.7	23.4	26.2	32.3	33.8	0.000
Two or more	--	--	16.4	18.9	20.6	24.1	27.4	29.7	32.9	36.5	37.7	0.000
<b>Living arrangement</b>												
Alone	--	--	13.6	15.8	16.1	18.0	21.2	23.7	27.8	30.3	32.0	0.000
With spouse only	--	--	19.4	22.1	26.8	31.2	33.9	36.6	39.7	44.2	43.1	0.000
With spouse and others	--	--	16.7	14.4	17.2	19.5	26.8	26.1	30.8	30.2	32.0	0.000
With others only	--	--	7.2	10.6	10.1	13.4	16.6	19.3	19.8	25.2	29.4	0.000
<b>Residential setting</b>												
Traditional community setting	--	--	15.2	17.3	20.2	23.7	27.1	29.6	32.6	36.4	37.5	0.000
Retirement community/senior housing	--	--	16.8	20.3	19.8	23.4	25.7	29.1	34.7	36.0	34.9	0.000
Residential care other than nursing home	--	--	10.7	14.0	12.0	11.3	15.3	13.2	16.6	17.1	20.3	0.031
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	16.1	19.3	22.7	25.0	27.6	31.4	34.7	37.1	42.3	48.6	50.0	0.000
Age												
72-74	24.1	29.6	36.1	37.1	41.1	46.9	49.9	50.6	57.8	65.5	67.3	0.000
75-79	19.5	23.3	26.3	29.4	31.7	34.4	38.6	43.2	46.6	52.9	53.6	0.000
80-84	12.7	14.9	17.4	20.5	22.1	26.6	28.2	30.1	36.1	41.7	42.8	0.000
85-89	8.0	10.0	10.8	12.5	13.0	15.4	19.2	22.5	24.5	28.7	31.4	0.000
90+	4.0	4.5	5.4	7.7	8.0	8.4	10.2	9.3	11.3	16.3	17.6	0.000
Gender												
Men	19.8	24.7	27.3	31.2	32.4	36.5	38.4	41.3	46.2	50.9	53.3	0.000
Women	13.5	15.4	19.3	20.5	23.9	27.5	31.9	33.8	39.4	46.7	47.3	0.000
Race												
White, non-Hispanic	18.0	21.3	25.6	28.1	31.1	34.7	38.2	41.2	46.9	54.0	55.5	0.000
Black, non-Hispanic	6.9	9.4	10.0	12.3	12.8	14.9	17.2	18.4	21.5	25.5	25.2	0.000
Hispanic	4.6	7.1	4.9	5.3	7.6	12.3	14.6	13.0	18.0	20.3	20.3	0.000
Other	14.3	18.0	16.8	18.0	19.3	27.3	32.4	32.6	31.4	33.1	42.7	0.000
Education												
0-12 years, no diploma	3.1	2.7	3.6	4.5	5.4	5.8	7.1	8.0	13.3	15.4	16.1	0.000
High school graduate	8.5	11.0	13.3	15.9	17.2	20.2	22.4	24.8	28.4	30.7	33.3	0.000
Some college	22.1	26.9	30.8	31.7	32.2	36.9	40.3	41.5	48.4	56.0	55.8	0.000
Bachelor's degree	33.3	39.2	41.9	42.2	49.2	51.4	53.1	56.8	60.4	67.1	68.0	0.000
Graduate degree	38.7	41.1	45.9	48.6	57.6	61.5	63.7	64.1	65.2	73.8	73.1	0.000
Region												
Northeast	13.9	15.6	21.9	22.1	24.4	28.8	31.0	32.0	37.9	45.8	48.3	0.000
Midwest	13.4	17.4	18.2	22.8	24.6	28.1	30.7	34.8	37.4	45.4	44.9	0.000
South	16.5	19.8	22.9	25.8	28.4	32.5	35.7	38.0	43.2	48.5	50.0	0.000
West	20.8	24.2	27.9	29.0	32.0	35.0	40.1	41.8	49.6	54.2	56.6	0.000
Assistance with activities												
No assistance	21.0	24.6	29.5	31.7	34.4	38.8	42.4	45.1	51.7	57.5	57.7	0.000
Assistance with HH activities only	7.8	9.4	7.8	12.7	16.8	17.4	19.9	19.8	17.7	27.8	29.2	0.000
Any assistance with SCM activities	6.3	9.4	9.9	11.1	12.7	15.7	18.4	19.8	22.4	26.0	32.9	0.000
Dementia												
No dementia	18.1	21.6	25.2	27.7	30.6	34.6	38.3	40.4	45.7	52.7	--	0.000
Probable dementia	1.7	2.2	3.6	4.8	4.2	5.1	5.2	7.9	9.7	9.8	--	0.000

Table 13b (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	20.5	25.9	29.5	32.6	35.1	39.2	43.1	46.6	51.5	59.0	59.6	0.000
Divorced/separated	19.7	20.1	24.5	24.7	27.3	27.8	34.2	32.6	37.4	41.8	46.3	0.000
Widowed	9.8	11.0	13.4	15.6	17.5	21.3	23.2	25.8	31.0	36.5	37.1	0.000
Never married	9.3	9.1	13.3	12.7	18.8	25.9	22.6	20.8	28.3	30.2	29.4	0.000
<b>Number of children</b>												
Zero	12.7	17.4	20.2	21.7	20.8	33.5	33.1	36.0	41.1	46.7	49.1	0.000
One	13.9	15.6	17.1	18.7	26.1	26.7	34.3	36.3	42.8	48.5	47.6	0.000
Two or more	16.9	20.0	23.7	26.3	28.5	31.9	34.9	37.3	42.4	48.8	50.5	0.000
<b>Living arrangement</b>												
Alone	13.2	14.6	18.7	18.8	21.3	25.0	28.3	29.6	35.8	39.8	41.3	0.000
With spouse only	21.7	27.3	30.8	36.0	37.3	41.8	46.1	49.8	53.8	61.9	62.0	0.000
With spouse and others	15.7	20.0	23.6	20.5	27.6	29.4	31.3	34.3	42.5	45.9	48.3	0.000
With others only	8.4	9.2	11.7	14.2	16.7	19.6	21.1	22.5	25.5	33.0	36.0	0.000
<b>Residential setting</b>												
Traditional community setting	16.2	19.5	22.9	25.4	28.6	32.7	35.9	38.1	43.4	49.9	51.3	0.000
Retirement community/senior housing	21.8	24.0	28.2	29.6	29.4	32.0	37.6	41.8	46.4	52.3	48.7	0.000
Residential care other than nursing home	9.6	11.7	14.2	16.0	13.1	15.1	16.9	18.4	22.0	21.2	31.3	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	12.7	15.7	17.2	20.2	22.4	24.3	27.3	28.0	34.0	39.9	40.9	0.000
Age												
72-74	17.9	24.1	24.8	28.0	33.0	35.2	38.6	38.5	44.7	52.3	53.1	0.000
75-79	14.2	17.6	19.4	24.7	25.9	27.0	30.3	32.0	39.5	45.3	44.8	0.000
80-84	11.7	12.9	15.2	16.7	17.6	21.2	23.8	22.9	27.4	34.1	35.7	0.000
85-89	7.2	9.1	10.2	11.3	11.0	11.9	14.4	17.3	19.8	21.7	25.6	0.000
90+	3.5	4.0	4.6	4.7	6.9	7.9	8.0	8.3	10.3	14.5	15.1	0.000
Gender												
Men	15.5	18.6	20.0	23.8	26.1	28.4	28.9	30.8	36.8	43.3	42.4	0.000
Women	10.6	13.5	15.1	17.5	19.5	21.2	26.1	25.9	31.8	37.3	39.6	0.000
Race												
White, non-Hispanic	14.2	17.7	19.5	22.9	25.5	27.2	30.2	31.2	38.2	44.4	45.8	0.000
Black, non-Hispanic	4.8	5.6	7.2	9.6	9.2	10.3	12.0	13.2	15.7	20.1	22.5	0.000
Hispanic	4.8	5.4	5.9	2.4	5.3	7.2	7.9	8.0	11.3	17.3	12.4	0.001
Other	7.9	9.2	8.6	13.5	13.9	23.5	31.4	28.4	23.1	28.6	28.7	0.000
Education												
0-12 years, no diploma	2.4	2.6	2.9	2.9	3.0	3.6	4.2	5.5	6.3	9.5	7.9	0.000
High school graduate	6.4	9.5	10.2	10.4	12.8	13.4	16.0	18.4	21.2	25.1	25.7	0.000
Some college	17.4	21.1	20.9	23.0	26.9	28.3	29.8	28.2	36.3	42.4	43.2	0.000
Bachelor's degree	25.1	29.4	29.5	33.3	39.5	40.9	43.5	44.2	51.5	57.6	54.7	0.000
Graduate degree	32.3	35.3	42.0	51.3	50.9	53.7	56.8	54.5	61.1	67.6	70.9	0.000
Region												
Northeast	11.1	13.6	14.5	17.0	19.4	19.6	23.8	23.9	29.6	38.8	37.8	0.000
Midwest	11.2	13.7	13.9	19.1	21.3	23.4	25.9	26.5	31.7	35.4	38.3	0.000
South	12.6	16.2	18.3	20.8	22.4	24.1	28.2	28.9	34.9	40.2	41.0	0.000
West	15.8	18.8	21.5	23.2	26.0	29.7	30.0	31.2	38.2	44.9	45.8	0.000
Assistance with activities												
No assistance	16.1	19.5	21.4	24.9	28.3	29.7	33.0	33.7	40.2	46.4	46.8	0.000
Assistance with HH activities only	6.8	8.5	7.2	12.9	12.5	14.8	18.0	14.0	18.4	28.0	25.5	0.000
Any assistance with SCM activities	5.7	8.4	9.7	9.4	9.7	12.8	14.3	16.6	20.2	22.1	27.4	0.000
Dementia												
No dementia	14.1	17.5	19.1	22.5	24.7	26.7	30.0	30.7	36.7	43.0	--	0.000
Probable dementia	1.6	1.7	2.6	2.4	4.1	5.3	5.2	4.9	7.3	10.7	--	0.000

Table 13c (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	16.9	21.0	22.4	26.5	30.6	32.7	35.3	36.7	42.1	49.1	48.1	0.000
Divorced/separated	11.4	13.1	18.8	20.8	18.1	21.0	22.9	20.2	30.8	34.6	37.4	0.000
Widowed	7.5	10.1	10.5	11.8	12.9	14.4	17.4	18.8	23.4	28.8	31.4	0.000
Never married	8.9	4.9	4.9	12.3	10.2	10.4	19.2	16.9	22.5	26.0	24.8	0.001
<b>Number of children</b>												
Zero	11.2	11.8	15.1	20.1	16.6	22.7	27.1	29.3	33.2	44.3	42.5	0.000
One	9.8	12.9	12.3	16.1	20.6	22.8	27.7	25.3	34.8	38.3	43.1	0.000
Two or more	13.3	16.5	18.1	20.7	23.2	24.7	27.3	28.3	33.9	39.7	40.3	0.000
<b>Living arrangement</b>												
Alone	9.9	12.5	15.8	15.9	16.4	17.8	20.6	21.5	28.0	33.6	34.6	0.000
With spouse only	17.6	22.7	23.2	29.5	33.4	35.2	38.9	39.3	44.4	51.1	50.2	0.000
With spouse and others	14.1	13.9	16.8	14.6	20.4	23.0	21.3	26.0	32.2	39.4	38.3	0.000
With others only	5.1	6.4	6.4	9.7	8.5	11.5	15.4	14.6	19.7	23.8	29.4	0.000
<b>Residential setting</b>												
Traditional community setting	12.7	15.9	17.5	20.0	23.0	25.1	27.9	28.6	34.8	40.8	41.8	0.000
Retirement community/senior housing	14.1	17.6	18.1	26.0	26.0	27.4	32.7	34.3	38.2	43.2	43.4	0.000
Residential care other than nursing home	10.2	10.8	13.0	15.5	10.9	12.4	15.3	13.6	16.6	21.7	22.6	0.003
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	92.2	93.2	92.6	92.4	91.8	92.4	92.3	92.8	92.7	79.1	90.4	0.000
<b>Age</b>												
72-74	95.5	95.4	94.2	96.5	95.1	94.9	95.2	94.2	93.5	83.0	93.1	0.000
75-79	93.4	94.0	94.5	92.6	93.2	93.0	92.7	94.2	95.1	81.7	92.0	0.000
80-84	92.0	93.9	92.6	92.7	90.9	92.1	90.5	92.8	90.2	76.5	89.4	0.000
85-89	88.1	90.5	88.8	89.2	88.7	90.0	90.9	90.1	90.7	73.3	86.7	0.000
90+	85.0	85.8	87.9	83.8	83.1	86.4	87.9	87.3	89.0	69.0	81.6	0.001
<b>Gender</b>												
Men	91.7	92.6	92.0	91.7	90.9	90.9	91.0	92.0	91.1	79.4	89.6	0.000
Women	92.5	93.6	93.1	92.9	92.4	93.5	93.3	93.5	93.9	78.8	91.1	0.000
<b>Race</b>												
White, non-Hispanic	93.4	94.2	94.2	94.4	93.1	93.7	93.7	94.3	94.2	82.4	93.0	0.000
Black, non-Hispanic	87.8	89.9	88.2	84.6	86.6	89.1	87.1	88.3	88.4	67.6	81.0	0.000
Hispanic	84.8	84.5	81.5	79.6	84.1	82.7	83.4	82.7	81.9	61.0	72.1	0.000
Other	86.1	92.3	89.1	85.9	86.9	88.1	89.9	90.8	88.7	66.9	89.9	0.087
<b>Education</b>												
0-12 years, no diploma	86.0	86.5	84.4	82.0	83.5	83.4	82.3	83.6	80.9	60.7	75.7	0.000
High school graduate	92.5	95.0	94.2	93.1	91.2	92.6	91.7	91.8	92.5	79.0	89.4	0.000
Some college	94.8	94.7	95.2	95.2	94.3	93.6	94.6	94.8	94.0	80.4	91.1	0.000
Bachelor's degree	96.7	96.2	95.5	97.0	95.9	96.8	96.1	96.9	98.2	86.1	96.1	0.005
Graduate degree	95.7	96.7	97.0	98.2	97.5	98.1	97.5	97.0	96.4	85.9	96.6	0.000
<b>Region</b>												
Northeast	90.6	92.1	91.5	89.2	91.2	91.4	92.1	93.4	95.0	76.9	90.6	0.010
Midwest	93.4	95.8	95.7	94.4	93.9	94.2	95.0	95.7	93.0	83.0	94.1	0.000
South	92.2	93.1	91.8	92.9	92.3	92.4	91.8	90.9	92.1	77.4	89.0	0.000
West	92.2	91.3	91.9	92.2	89.2	91.2	90.5	92.9	91.5	80.0	89.0	0.000
<b>Assistance with activities</b>												
No assistance	96.0	96.3	96.7	96.4	95.8	96.0	95.5	96.6	95.7	84.7	95.0	0.000
Assistance with HH activities only	90.2	90.7	88.2	87.4	89.0	88.2	89.0	87.6	87.9	73.1	84.4	0.000
Any assistance with SCM activities	82.1	85.4	82.8	82.5	81.1	83.5	84.0	83.4	84.6	61.7	77.4	0.000
<b>Dementia</b>												
No dementia	94.1	94.8	94.4	94.1	93.7	94.3	93.6	94.9	94.1	81.0	--	0.000
Probable dementia	77.8	81.2	79.5	79.4	76.5	76.8	81.9	75.0	78.3	60.7	--	0.000



Table 14a (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	94.4	94.6	94.4	94.9	94.3	93.9	95.4	95.5	95.4	83.0	94.5	0.000
Divorced/separated	89.7	92.4	89.7	91.0	87.4	90.7	87.3	88.0	89.2	74.0	85.1	0.000
Widowed	89.9	91.5	91.0	89.6	90.1	90.9	89.9	91.0	90.8	76.2	87.1	0.000
Never married	90.9	92.0	93.0	89.7	85.8	89.5	87.0	88.7	82.0	66.0	77.6	0.000
<b>Number of children</b>												
Zero	89.1	93.9	91.4	90.8	86.5	89.7	89.6	91.8	85.3	74.1	89.0	0.001
One	88.4	90.2	90.2	91.5	87.8	90.4	88.5	90.0	92.9	73.2	86.5	0.001
Two or more	93.1	93.5	93.1	92.7	92.9	92.9	93.1	93.3	93.3	80.4	91.2	0.000
<b>Living arrangement</b>												
Alone	92.1	93.3	93.4	92.3	91.2	92.2	90.9	92.6	92.1	77.7	88.2	0.000
With spouse only	95.0	95.7	96.0	96.0	95.6	95.0	96.0	96.4	95.9	84.9	95.4	0.000
With spouse and others	92.0	90.5	87.3	90.1	90.3	90.9	93.5	92.9	93.2	73.9	90.5	0.073
With others only	84.9	88.2	86.0	85.2	84.1	86.9	85.3	84.9	85.2	69.1	81.2	0.000
<b>Residential setting</b>												
Traditional community setting	92.3	93.4	92.7	92.7	92.4	92.8	92.5	93.3	92.8	80.0	91.0	0.000
Retirement community/senior housing	91.2	92.2	94.0	92.6	90.1	91.4	91.8	92.1	92.3	78.1	86.3	0.002
Residential care other than nursing home	92.3	91.7	91.1	88.9	85.9	88.6	90.4	87.9	91.3	65.1	85.6	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	27.1	25.5	26.2	26.0	25.1	25.2	24.3	22.7	22.9	17.0	21.1	0.000
Age												
72-74	20.3	16.5	19.2	17.9	20.1	18.3	17.8	15.9	14.5	14.8	15.3	0.007
75-79	24.5	22.9	24.0	21.5	21.0	20.9	20.9	19.3	20.6	14.8	20.9	0.000
80-84	26.8	27.5	27.6	31.3	26.6	26.7	26.6	25.6	24.6	15.6	20.8	0.000
85-89	36.1	33.0	33.7	34.5	32.0	36.5	33.3	31.9	35.0	24.7	26.3	0.000
90+	42.9	41.2	38.1	37.7	41.1	41.1	38.8	36.6	40.7	26.4	37.6	0.004
Gender												
Men	20.9	19.8	19.0	19.3	18.4	19.3	19.9	18.4	17.8	14.1	17.7	0.002
Women	31.4	29.5	31.5	31.0	30.1	29.5	27.7	26.0	26.7	19.3	23.9	0.000
Race												
White, non-Hispanic	25.9	24.6	25.3	24.7	24.2	24.5	23.5	21.4	21.7	15.7	20.3	0.000
Black, non-Hispanic	32.5	32.4	30.5	28.3	29.9	30.7	32.3	33.0	30.7	20.9	25.4	0.001
Hispanic	37.2	32.0	31.0	33.8	28.4	28.7	24.5	27.8	29.7	24.7	25.2	0.021
Other	23.8	17.5	27.9	37.5	28.2	21.4	24.9	20.0	21.3	21.1	21.5	0.287
Education												
0-12 years, no diploma	36.7	32.6	34.3	34.6	29.4	30.9	28.9	31.5	31.1	26.0	27.5	0.000
High school graduate	25.6	24.8	25.6	26.7	27.2	28.2	27.4	25.1	23.6	17.9	23.0	0.007
Some college	25.3	24.1	25.2	26.0	23.6	24.5	24.6	21.9	24.3	16.8	21.3	0.001
Bachelor's degree	21.1	19.8	23.9	19.5	22.1	19.2	19.0	17.5	17.2	12.4	18.9	0.006
Graduate degree	17.1	20.2	15.8	17.3	18.7	17.5	17.5	15.2	16.7	12.6	15.1	0.047
Region												
Northeast	25.5	25.2	19.3	19.8	22.4	25.3	22.4	20.2	22.2	15.9	23.7	0.114
Midwest	26.2	25.6	24.2	25.3	23.8	23.8	25.1	22.1	21.7	16.3	19.8	0.000
South	29.6	26.5	31.2	27.0	26.8	25.4	24.8	23.1	24.2	18.3	21.9	0.000
West	25.1	23.9	26.3	31.0	25.7	26.2	24.1	24.7	22.4	16.3	19.0	0.000
Assistance with activities												
No assistance	13.6	12.2	13.9	13.9	12.7	12.4	11.8	11.5	11.1	7.6	11.4	0.000
Assistance with HH activities only	39.1	35.9	37.5	37.0	37.9	36.0	36.4	36.8	39.3	30.2	33.4	0.113
Any assistance with SCM activities	59.8	58.3	56.9	57.9	55.3	58.1	57.0	51.9	54.6	44.9	49.1	0.000
Dementia												
No dementia	23.7	22.3	23.1	22.8	22.3	21.9	21.9	20.6	20.4	14.2	--	0.000
Probable dementia	52.1	49.3	49.4	50.9	46.5	51.2	43.9	41.4	47.7	43.1	--	0.005

Table 14b continued

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	22.5	20.4	21.7	20.7	20.7	20.7	20.3	17.8	18.6	12.8	17.1	0.000
Divorced/separated	27.7	28.2	28.1	28.3	26.2	30.0	24.5	26.2	25.6	23.1	25.1	0.123
Widowed	33.1	31.7	32.3	33.0	32.0	30.3	30.9	28.5	28.2	20.4	26.0	0.000
Never married	28.1	24.9	22.4	25.7	14.4	24.0	18.9	26.3	27.1	24.3	22.9	0.889
<b>Number of children</b>												
Zero	25.3	25.4	23.7	27.1	23.2	21.5	20.3	22.7	24.8	18.1	23.3	0.188
One	26.1	23.9	28.3	24.8	25.2	28.9	25.1	23.4	20.0	16.3	19.8	0.000
Two or more	27.4	25.7	26.2	26.1	25.2	24.9	24.6	22.6	23.1	17.0	21.1	0.000
<b>Living arrangement</b>												
Alone	30.3	29.1	29.8	30.8	28.9	28.3	26.7	27.7	25.3	20.5	25.2	0.000
With spouse only	20.8	19.1	20.3	18.8	19.4	19.2	19.1	15.8	17.4	11.6	16.4	0.000
With spouse and others	28.4	25.6	26.1	27.0	26.1	25.2	24.7	24.9	24.8	19.1	19.1	0.016
With others only	35.8	33.4	32.3	33.0	30.6	33.5	32.2	28.6	31.5	22.9	26.8	0.000
<b>Residential setting</b>												
Traditional community setting	25.7	23.9	24.7	24.6	23.7	23.3	23.2	21.4	21.9	16.1	20.1	0.000
Retirement community/senior housing	31.6	30.2	32.2	29.6	29.3	34.6	29.7	29.6	28.8	22.0	25.3	0.050
Residential care other than nursing home	37.5	38.4	36.9	40.1	37.4	37.9	32.7	32.2	30.8	24.8	31.5	0.003
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	--	33.8	26.2	21.9	32.8	26.9	29.9	39.4	31.9	41.9	--	0.004
Age at death												
72-79	--	34.7	32.9	29.5	50.2	25.3	28.7	49.7	34.0	47.4	--	0.372
80-89	--	35.4	22.1	22.4	28.9	28.6	32.3	39.5	34.3	36.6	--	0.037
90+	--	29.8	26.5	14.5	25.5	25.0	27.8	32.6	25.7	44.7	--	0.014
Gender												
Men	--	34.5	29.0	23.1	33.5	32.9	32.4	42.8	31.0	36.7	--	0.236
Women	--	33.1	24.1	21.0	32.4	21.8	28.1	36.8	32.7	45.6	--	0.005
n	--	474	433	328	379	465	408	372	341	208	--	

Source: National Health and Aging Trends Study

**Table 15b: Trends in dying in a hospital**

(Medicare decedents ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	--	27.7	29.6	32.5	28.1	31.7	26.6	28.0	22.6	20.0	--	0.011
Age at death												
72-79	--	32.2	30.1	41.1	30.3	40.7	35.2	28.9	31.6	22.5	--	0.487
80-89	--	27.0	33.4	32.4	31.1	32.0	25.1	31.2	21.6	26.1	--	0.149
90+	--	24.1	22.6	25.6	21.1	23.7	21.0	23.5	12.7	9.7	--	0.002
Gender												
Men	--	29.2	33.6	36.1	31.0	31.7	25.8	30.4	29.5	26.8	--	0.385
Women	--	26.4	26.7	30.0	26.0	31.6	27.1	26.1	17.0	15.2	--	0.006
n	--	474	433	328	379	465	408	372	341	208	--	

Source: National Health and Aging Trends Study

**Table 15c: Trends in dying in a nursing home**

(Medicare decedents ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	--	25.8	29.7	26.3	23.2	25.0	24.5	21.1	28.1	22.1	--	0.228
Age at death												
72-79	--	19.1	24.8	8.4	9.6	15.6	16.7	12.4	21.5	10.5	--	0.668
80-89	--	23.1	29.5	29.6	22.6	22.7	24.0	18.7	26.5	26.8	--	0.587
90+	--	38.0	34.9	36.6	35.3	36.7	32.1	29.4	38.6	25.5	--	0.136
Gender												
Men	--	22.2	24.1	21.1	19.0	17.7	22.4	18.6	24.3	16.7	--	0.607
Women	--	28.8	33.8	30.1	26.3	31.1	26.1	22.9	31.0	25.9	--	0.230
n	--	474	433	328	379	465	408	372	341	208	--	

Source: National Health and Aging Trends Study

**Table 15d: Trends in dying in another location**

(Medicare decedents ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	--	12.7	14.5	19.3	15.9	16.5	19.0	11.6	17.5	15.9	--	0.533
Age at death												
72-79	--	14.0	12.2	21.1	9.9	18.4	19.5	9.0	12.8	19.6	--	0.913
80-89	--	14.5	15.0	15.6	17.4	16.7	18.6	10.5	17.6	10.6	--	0.693
90+	--	8.2	15.9	23.3	18.2	14.6	19.0	14.5	23.0	20.1	--	0.084
Gender												
Men	--	14.1	13.3	19.7	16.6	17.7	19.3	8.2	15.1	19.7	--	0.894
Women	--	11.6	15.4	19.0	15.3	15.4	18.7	14.1	19.3	13.3	--	0.463
n	--	474	433	328	379	465	408	372	341	208	--	

Source: National Health and Aging Trends Study

**Table 16: Trends in receiving hospice care in the last month of life**  
(Medicare decedents ages 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	--	--	48.3	54.4	56.0	52.9	57.1	57.0	62.9	67.7	--	0.000
Age at death												
72-79	--	--	40.0	53.5	52.3	35.5	53.4	54.4	48.7	65.2	--	0.155
80-89	--	--	49.6	49.4	54.4	58.1	52.9	54.4	69.3	63.1	--	0.002
90+	--	--	53.9	62.6	61.7	57.8	66.0	61.8	70.9	75.8	--	0.001
Gender												
Men	--	--	42.5	53.5	54.6	53.4	53.9	47.7	64.1	57.0	--	0.033
Women	--	--	52.5	55.1	57.1	52.6	59.5	64.0	61.9	75.1	--	0.000
n	--	--	433	328	379	465	408	372	341	208	--	

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 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Total	--	82.8	82.1	78.5	81.9	73.5	72.9	81.7	83.1	76.0	--	0.293
Age at death												
72-79	--	82.3	77.6	75.2	79.4	59.3	61.7	73.4	78.8	66.4	--	0.224
80-89	--	80.0	84.7	73.3	80.4	76.5	69.8	80.3	83.4	72.7	--	0.404
90+	--	88.6	82.0	89.0	86.5	79.7	86.6	88.6	87.8	88.6	--	0.453
Gender												
Men	--	83.1	79.9	73.2	83.8	70.9	69.4	78.7	82.8	82.6	--	0.946
Women	--	82.6	83.7	82.4	80.5	75.7	75.4	83.9	83.3	71.5	--	0.191
n	--	474	433	328	379	465	408	372	341	208	--	

Source: National Health and Aging Trends Study

**Table 18: Trends in demographic variables**

(Medicare beneficiaries ages 72 and older)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Age</b>												
72-74	23.2	22.2	23.5	24.5	25.2	25.5	27.3	25.3	28.1	28.0	27.7	0.000
75-79	31.1	31.6	30.8	30.1	31.8	32.2	30.8	33.2	31.9	32.3	33.0	0.125
80-84	23.9	23.6	23.3	23.1	21.5	20.6	20.9	21.0	20.7	20.5	20.3	0.001
85-89	14.9	15.2	14.5	14.5	13.8	13.8	13.0	12.7	12.0	11.9	11.9	0.000
90+	6.9	7.5	7.8	7.8	7.8	7.8	8.0	7.8	7.3	7.3	7.1	0.723
<b>Gender</b>												
Men	41.2	41.5	42.1	42.4	43.0	42.9	43.4	43.4	43.0	43.8	44.5	0.053
Women	58.8	58.5	57.9	57.6	57.0	57.1	56.6	56.6	57.0	56.2	55.5	0.053
<b>Race</b>												
White, non-Hispanic	82.2	82.2	81.7	82.1	81.4	81.6	81.2	81.0	81.2	81.1	81.0	0.243
Black, non-Hispanic	7.6	8.0	8.2	8.0	8.2	8.2	8.1	8.1	7.9	7.9	8.0	0.910
Hispanic	6.8	6.6	6.8	6.6	6.7	6.6	6.6	6.9	6.8	7.0	7.2	0.549
Other race & ethnicity	3.4	3.3	3.3	3.3	3.7	3.7	4.0	4.0	4.1	4.0	3.7	0.274
<b>Education</b>												
Less than high school	25.9	24.5	23.3	21.3	20.5	19.2	17.4	15.8	15.0	14.0	12.8	0.000
High school graduate	28.8	29.3	28.2	27.8	29.1	28.3	27.8	27.4	25.8	25.2	24.6	0.000
Some college	23.9	23.9	24.3	25.1	25.7	26.2	26.6	28.0	29.0	29.1	30.1	0.000
College degree	12.0	12.0	12.8	13.1	12.7	13.3	14.0	13.9	14.7	15.2	15.9	0.000
Graduate degree	9.3	10.3	11.3	12.7	12.0	13.0	14.3	14.8	15.5	16.5	16.6	0.000
<b>Region</b>												
Northeast	20.0	20.0	19.5	19.5	19.1	18.8	17.6	17.1	17.8	18.0	18.0	0.024
Midwest	23.4	23.6	23.5	23.2	22.5	22.3	22.9	22.7	22.1	21.5	22.2	0.131
South	36.1	36.0	36.3	36.2	36.7	37.4	38.0	39.0	38.7	39.1	38.0	0.021
West	20.6	20.5	20.7	21.1	21.7	21.5	21.6	21.2	21.4	21.4	21.8	0.375
<b>Assistance with activities</b>												
No assistance	65.6	65.1	66.3	66.8	66.3	67.0	67.3	68.2	69.6	71.2	70.2	0.000
Assistance with HH activities only	11.6	12.6	11.4	11.7	11.5	10.4	11.1	10.7	9.4	8.9	9.7	0.000
Any assistance with SCM activities	22.8	22.3	22.3	21.5	22.2	22.6	21.5	21.1	21.0	19.9	20.0	0.007
<b>Dementia</b>												
No dementia	88.1	88.2	88.3	88.5	88.6	89.0	89.2	89.7	90.8	90.4	--	0.000
Probable dementia	11.9	11.8	11.7	11.5	11.4	11.0	10.8	10.3	9.2	9.6	--	0.000

Table 18 (continued)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Marital Status</b>												
Married/partnered	50.1	49.8	49.8	49.9	50.4	50.9	51.1	50.9	51.4	51.3	52.6	0.092
Divorced/separated	10.1	10.1	11.2	11.6	11.7	11.6	12.2	12.5	13.4	14.1	14.0	0.000
Widowed	36.2	36.7	35.7	35.3	34.7	34.1	33.4	33.3	32.1	31.5	30.2	0.000
Never married	3.6	3.4	3.3	3.2	3.2	3.4	3.3	3.3	3.0	3.1	3.2	0.475
<b>Number of children</b>												
Zero	9.6	8.9	8.4	8.1	8.1	7.9	8.2	8.2	7.7	7.9	8.2	0.179
One	11.8	11.6	11.6	11.1	12.4	12.4	11.8	11.3	11.4	11.8	12.1	0.882
Two or more	78.6	79.6	80.0	80.8	79.5	79.7	80.0	80.6	80.9	80.3	79.8	0.407
<b>Living arrangement</b>												
Alone	35.3	33.8	36.4	35.0	34.9	33.9	33.4	33.1	33.4	33.0	32.4	0.025
With spouse only	41.2	40.3	38.7	39.8	40.2	40.6	41.1	41.0	42.4	42.6	43.1	0.028
With spouse and others	7.9	8.4	8.5	8.7	9.1	9.4	9.0	8.8	8.0	8.0	8.8	0.950
With others only	15.6	17.4	16.5	16.5	15.7	16.1	16.6	17.2	16.1	16.4	15.7	0.790
<b>Residential setting</b>												
Traditional community setting	84.2	84.6	84.9	85.3	85.9	85.9	85.9	86.0	86.5	87.0	87.5	0.002
Retirement community/senior housing	7.9	7.8	7.8	7.8	6.9	6.9	7.1	7.5	7.6	7.6	7.1	0.510
Residential care other than nursing home	7.9	7.6	7.3	6.9	7.2	7.2	7.0	6.5	5.9	5.4	5.5	0.000
n	5549	4615	3880	3332	5696	5084	4658	4263	3997	3688	3303	

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 72 and older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
<b>Age</b>												
72-74	22.5	21.7	22.9	23.8	24.6	24.9	26.6	24.6	27.6	27.6	27.3	0.000
75-79	30.4	30.7	30.1	29.4	31.0	31.6	30.2	32.7	31.3	32.0	32.6	0.054
80-84	23.8	23.5	23.1	23.0	21.5	20.6	20.9	21.1	20.8	20.4	20.3	0.001
85-89	15.4	15.7	15.1	14.9	14.2	14.2	13.4	13.1	12.3	12.2	12.1	0.000
90+	7.9	8.4	8.9	8.9	8.7	8.7	8.8	8.5	8.0	7.8	7.7	0.227
<b>Gender</b>												
Men	40.4	40.8	41.3	41.8	42.3	42.3	42.7	42.7	42.5	43.3	44.2	0.025
Women	59.6	59.2	58.7	58.2	57.7	57.7	57.3	57.3	57.5	56.7	55.8	0.025
<b>Race</b>												
White, non-Hispanic	82.1	82.1	81.7	82.2	81.5	81.6	81.2	81.0	81.2	81.0	81.1	0.230
Black, non-Hispanic	7.8	8.2	8.3	8.1	8.3	8.3	8.3	8.3	8.0	8.0	8.1	0.945
Hispanic	6.7	6.5	6.7	6.4	6.5	6.4	6.5	6.8	6.7	7.1	7.2	0.445
Other race & ethnicity	3.4	3.3	3.3	3.3	3.7	3.6	3.9	3.9	4.1	3.9	3.7	0.274
<b>Region</b>												
Northeast	20.0	20.0	19.6	19.6	19.2	19.1	17.8	17.3	18.1	18.3	18.2	0.035
Midwest	23.6	23.7	23.8	23.6	22.9	22.5	23.0	22.9	22.3	21.7	22.2	0.087
South	36.3	36.2	36.3	36.2	36.6	37.4	37.9	39.0	38.7	39.1	38.1	0.023
West	20.2	20.1	20.2	20.6	21.3	21.0	21.2	20.8	21.0	21.0	21.5	0.326
<b>Assistance with activities</b>												
None	62.7	62.1	63.6	64.2	63.9	64.6	65.1	66.2	67.4	69.3	68.9	0.000
Help with HH activities only	11.1	12.0	11.0	11.3	11.1	10.0	10.8	10.4	9.1	8.7	9.5	0.000
Any help with SCM activities	26.2	25.9	25.4	24.6	25.0	25.4	24.1	23.4	23.5	22.0	21.6	0.000
<b>Dementia</b>												
No dementia	85.5	85.5	85.9	86.0	86.5	86.9	87.1	87.7	88.8	89.0	--	0.000
Probable dementia	14.5	14.5	14.1	14.0	13.5	13.1	12.9	12.3	11.2	11.0	--	0.000
<b>Residential setting</b>												
Traditional community setting	80.5	80.6	81.5	81.9	82.7	82.8	83.1	83.4	83.9	84.7	85.8	0.000
Retirement community/senior housing	7.5	7.4	7.5	7.5	6.7	6.7	6.8	7.3	7.4	7.4	6.9	0.682
Residential care other than nursing home	7.6	7.3	7.0	6.6	6.9	7.0	6.8	6.3	5.7	5.3	5.3	0.000
Nursing home	4.4	4.6	4.0	4.0	3.6	3.5	3.3	2.9	3.1	2.6	1.9	0.000
n	5999	4996	4165	3565	6035	5370	4884	4453	4171	3813	3384	

Source: National Health and Aging Trends Study

**Table 19: Trends in demographic variables**

(Medicare decedents who died at ages 72 or older including nursing home residents)

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	p-value
Age												
72-79	--	27.7	26.4	25.3	23.1	22.5	27.3	22.2	33.4	26.3	--	0.525
80-89	--	46.6	46.3	44.6	48.7	49.8	41.4	42.7	40.0	42.4	--	0.051
90+	--	25.7	27.3	30.1	28.2	27.7	31.3	35.0	26.6	31.3	--	0.118
Gender												
Men	--	45.6	42.1	41.7	42.9	45.8	42.4	43.0	44.1	41.0	--	0.762
Women	--	54.4	57.9	58.3	57.1	54.2	57.6	57.0	55.9	59.0	--	0.762
n	--	474	433	328	379	465	408	372	341	208		

Source: National Health and Aging Trends Study

