

# Senior Housing Perspectives

*Housing Needs in New Hampshire*

*Part 2*

*March 2014*

## **Authors**

Dennis Delay

Economist, New Hampshire Center for Public Policy Studies

Russ Thibeault

President, Applied Economic Research

## **About this paper**

This report is one in a series of three that was prepared for the New Hampshire Housing Finance Authority by the New Hampshire Center for Public Policy Studies. It may be downloaded and reproduced without permission and is available from either the New Hampshire Housing website ([www.nhhfa.org](http://www.nhhfa.org)) or the New Hampshire Center for Public Policy Studies' website ([www.nhpolicy.org](http://www.nhpolicy.org)). Indeed, the Center and the NHHFA welcome individuals' and groups' efforts to expand the paper's circulation.

Questions concerning the report may be directed to Dennis Delay, New Hampshire Center for Public Policy Studies, Economist ([ddelay@nhpolicy.org](mailto:ddelay@nhpolicy.org), 603-226-2500), or Daniel Smith, New Hampshire Housing, Director of Housing Research ([dsmith@nhhfa.org](mailto:dsmith@nhhfa.org), 603-310-9251).

## TABLE OF CONTENTS

Executive Summary .....	1
Dynamic Demographics.....	2
National Perspective.....	3
New Hampshire’s Aging Population.....	6
Limitations on Aging in Place .....	17
Disability .....	19
Income Constraints.....	20
Housing affordability .....	22
Patterns of assistance.....	24
Housing Characteristics.....	25
Declining Caregiving Support Ratio .....	26
Table 1: Disability by Age Group in US and New Hampshire.....	4
Table 2: AARP Survey Housing Unit Characteristics.....	6
Table 3: New Hampshire Households by Age, 2000, 2010 and 2025 .....	9
Table 4: Demand for Nursing Home Beds by County.....	16
Table 5: Demand for Assisted Living Beds by County .....	17
Table 6: New Hampshire Elders by Disability Status .....	20
Table 7: Median Household Net Worth by Age .....	21
Table 8: Value of Household Assets by Age .....	22
Table 9: Where Do New Hampshire Seniors Live?.....	25
Table 10: New Hampshire Caregiver Support Ratio .....	27
Table 11: Projection of Elder Living Arrangements by County.....	28
Table 12: New Hampshire Elder Population Forecast by County.....	29
Table 13: 2010 Population Age 50 and Over by State.....	33
Table 14: United States Population Age 60 and Over; Actual and Forecast.....	34
Table 15: Mobility of the Elder Population by Age .....	35
Table 16: Licensed Senior Support Facilities by County .....	35
Figure 1: US Population Over Age 65.....	3
Figure 2: Percent of US Population by Age Group .....	4
Figure 3: AARP Survey Results on Aging in Place .....	5
Figure 4: New Hampshire Population Age 65 and Over .....	7
Figure 5: Change in New Hampshire Population Age 65 and Over.....	7
Figure 6: New Hampshire Population Over Age 65 by Age Group .....	8
Figure 7: New Hampshire Elder Population as a Share of Total Population.....	8
Figure 8: New Hampshire Senior Households as Portion of Total Households.....	9
Figure 9: New Hampshire Housing Inventory by Number of Bedrooms.....	10
Figure 10: New Hampshire Elder Households by Tenure .....	11
Figure 11: Northeast Mobility Rates.....	12
Figure 12: Household Mobility by Age Group in New Hampshire.....	13
Figure 13: Elder Living Arrangements by Age Group .....	14

Figure 14: New Hampshire Population Age 85 and Older .....	15
Figure 15: Demand for Assisted Living and Long Term Care .....	16
Figure 16: Preference for Remaining in Current Residence, AARP .....	18
Figure 17: Elder Expenditures by Type .....	23
Figure 18: New Hampshire Elder Overpayment for Housing .....	24
Figure 19: 2010 Median Age by State .....	32

## **Housing Needs in New Hampshire Summary of Three Reports March 2014**

In the decades before the Great Recession, New Hampshire's housing market was a major driver in the state's expanding economy. But with recent shifts in the state's demographic and economic trends, New Hampshire's current housing infrastructure could end up becoming a drag on future economic growth and stability.

The reasons are multiple: an aging population, shifts in housing preferences among younger generations, a misalignment between housing supply and future demand, and changes in traditional financing paths for homeownership. In the 1970s, 1980s, and 1990s, housing demand was driven by the Baby Boomers moving to New Hampshire. But as we have seen in many policy areas, much of New Hampshire's housing industry (builders, planners, public officials, etc.) have yet to fully transition away from the mindset of the past, in which consistent rates of high population growth (especially among young families) was the norm. Instead, they need to prepare for a housing model defined by less growth overall, more senior households, fewer young households, financially strained first-time buyers, and changing lending standards. Using updated population forecasts, the report projects New Hampshire's future housing needs, by age group and by type of housing. In addition, numerous focus groups were consulted, representing a broad swath of the state's people and businesses: builders, lenders, realtors, young professionals, senior groups, regional planners, workforce housing groups, and others. Finally, as a way of assessing the potential impact of New Hampshire's aging population on the housing market, national analyses of housing needs and preferences among senior populations were reviewed.

Among the major findings from this work:

**Overall homeownership demand in New Hampshire is declining.** The reasons for this include the weak economy, lower rates of in-migration, and difficulties in obtaining financing. Among older homeowners, low levels of liquidity continue to pose problems, while high levels of student debt and mediocre wage growth limit home-buying options for younger generations. In the more rural parts of the state this decline in demand has been particularly apparent in communities that are more than two towns removed from major transportation networks. Real estate professionals, in particular, noted significant differences in demand geographically. Moreover, growth in low-wage service jobs and housing costs are described as creating a growing affordability problem, particularly north of Concord.

**New Hampshire's current housing supply is poorly aligned with evolving preferences among different age groups.** This mismatch exists both for aging Baby Boomers and younger workers. Older residents are likely to seek to "down-size" to smaller living arrangements, yet housing units of 3+ bedrooms far outnumber one- and two-bedroom units in the state. Given the relatively small number of young households in the state, it's unclear whether the larger units built for Boomers during their child-rearing years will draw sufficient interest from buyers in future years.

In addition, younger age groups are, in general, less likely to be homeowners compared to previous generations. In fact, each new group of young people is increasingly less likely to be

homeowners. Moreover, financial pressures cause younger generations to gravitate toward more non-conventional housing solutions, including co-ownership and “doubling up,” and a preference for the flexibility associated with renting.

**Affordability and the New Hampshire advantage.** These factors have an impact on the affordability of housing in New Hampshire, something which may have been a big part of New Hampshire’s attraction to new migrants from higher-priced states over the past four decades. While the median price of homes is more affordable than just a few years ago, this is not necessarily true for first-time buyers, who have traditionally provided important liquidity to the housing market. The home purchases of first-time buyers enabled those who were selling their homes to “move up” or “down-size.” But younger residents now face inferior job prospects and high levels of student debt, and they are delaying marriage, and are unsure of the benefits of homeownership—including the ability to easily resell at a later date.

In addition, the state’s rental market has grown less affordable in recent years. New Hampshire Housing Finance Authority’s (NHHFA) 2013 rental housing survey indicated that since 2006, the median monthly gross rent rose by 4 percent (in contrast to the 40 percent drop in the monthly mortgage cost) and vacancy rates decreased, meaning renters were paying more, with fewer options to choose from. This reflects a national pattern for a growing percentage of households in rental housing.

**Seniors Will Occupy a Growing Proportion of the State’s Housing Units.** New Hampshire’s senior population is expected to nearly double between 2010 and 2015, from 178,000 to 323,000 people, a change that is not matched among younger age groups. As a result, seniors will occupy a growing proportion of the state’s housing units, filling one in three units by 2025. The number of senior households in the state, both owners and renters, will nearly double by 2025.

While seniors generally want to age in place, this desire is complicated by several factors, including high rates of disability, lower median income and savings, declining caregiver population and other factors. The median income of the state’s senior homeowners is barely half that of the state median, and their home equity has been significantly reduced by the state’s housing downturn.

**New construction will likely be limited in a projected era of slower population growth.** The rehabilitation of the existing housing stock may become more needed, yet much of New Hampshire’s housing regulations, including local planning and zoning ordinances, are not currently geared towards this segment of the market.

## Executive Summary

The New Hampshire Housing Finance Authority (NHHFA) has requested an analysis of housing needs and production over the next five to ten years, including a qualitative analysis of housing preferences for young adults and for New Hampshire's increasing senior population. Slower state population and job growth have resulted in a dramatically reduced demand for new housing, as reflected in trends in occupied units in the state. As many state economists and demographers see this slower growth continuing, the housing market is facing a fundamental shift. This report—part two of three—examines senior (age 65+) housing needs.

The major findings of this analysis are:

**Seniors Are Significant.** New Hampshire has the fourth oldest median age population in the country and a concomitant higher ratio of seniors to total population than is typical among the 50 states.

**Seniors Will Occupy a Growing Proportion of the State's Housing Units.** There were 178,000 seniors in the state in 2010. By 2025 this demographic group will nearly double to 323,000. This change is largely attributable to the aging in place of the state's Baby Boomer generation. Seniors represent 14 percent of the state's population today. This ratio will double in the coming decades. Seniors now fill one in five of the state's occupied housing units. This will grow to one in three by 2025. The number of senior households in the state, both owners and renters, will nearly double by 2025.

**There is a Housing Mismatch.** There is a mismatch between the characteristics of the state's seniors and its housing inventory—too many small households in too many large housing units. One- and two-person households dominate the profile of the state's seniors, many of which are ideally served by two bedroom units. But, there are only 188,500 two-bedroom units in the state (most of which are rental units) versus more than 300,000 units with three or more bedrooms. Given the relative paucity of young households in the state, it is unclear whether the larger units built for boomers during their child-rearing years will draw sufficient interest from buyers in future years.

**Seniors Prefer to Age in Place.** Only 3 percent of seniors move annually, based on regional data. Only 18 percent of the state's seniors moved in the past five years, versus 55 percent of those aged 18-46. The notion that as soon as seniors retire they will move to smaller units is not borne out by the data.

**Aging in Place has Limits.** There are important limits on the ability of seniors to age in place:

- **Disability:** 42 percent of the state's seniors have at least one significant disability. One in six seniors living in conventional housing report difficulty living independently. Social service agencies are striving to help these seniors remain independent, but resources remain scarce and the funding transition has been slow.

- **Income/Savings:** The median income of the state's senior homeowners is barely half that of the state average. Although senior owners tend to have more assets (home equity and financial) than income, their home equity has been significantly reduced by the state's housing downturn, which has seen prices fall by 20 percent since peaking in 2006. Income issues are especially severe for the state's senior renters. The median income of New Hampshire's senior (65 and older) renters was only \$19,000 in 2009, one-fourth of the state average. Almost 20 percent of the state's senior renter households live below the poverty line, leaving few resources to pay for home health aides, transportation, etc. Going forward on the national level, nearly half of the members of the boomer generation have not saved enough to maintain their current lifestyle.
- **Overpayment:** 54 percent of the state's senior renters and owners with a mortgage pay 30 percent or more of their income on housing costs (mortgage, taxes, utilities, etc.).
- **Social Service Agencies:** Agencies are moving toward more flexible benefit plans to help needy seniors age in place, but resources remain scarce.
- **Community Setting:** 76 percent of the state's seniors live in suburbs or rural communities, most of which lack public transportation, and other support services. It can be expensive, inefficient and, in some cases, impossible to provide appropriate services to support aging in place in rural settings.
- **Unit Characteristics:** Many New Hampshire housing units, especially rental units, are older and multi-floored. They lack characteristics conducive to aging in place such as bedrooms and baths at street level, entrances without steps, wide doorways, etc.
- **Declining Caregiver Population:** Currently there are seven potential family caregivers for every person over age 80. Family caregivers are the single largest source of support for aging in place. As the boomers age, they move out of the caregiver ages and into the cohort that needs care. In the next 15 years the family caregiver ratio will drop to four potential family caregivers for every person over age 80.

***There is a Demand for Supportive Living Arrangements.*** If current ratios remain constant, the demand for long term care (nursing home) beds will rise from 7,000 today to 11,300 by 2025. The current occupancy rate in New Hampshire's nursing homes is essentially 100 percent, and the state has been reluctant to authorize expanded supply. The demand for assisted living will climb from a current 4,400 to 7,400. Additional support for aging in place could reduce this demand if some of the above limitations subside. But, there is an unknown factor at play as well—the state has 64,000 second homes, many of which are owned by boomers who may opt to retire in New Hampshire.

## Dynamic Demographics

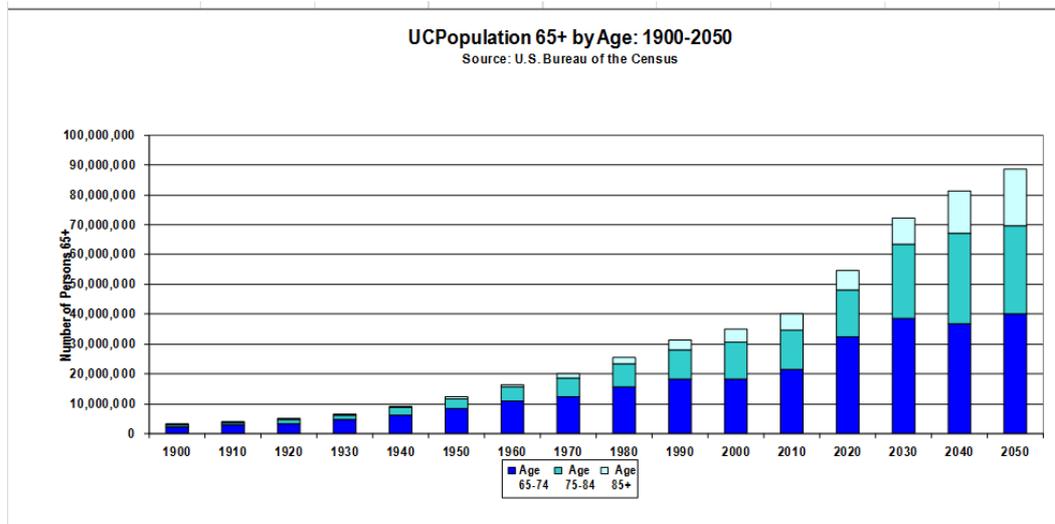
Demographic shifts and the state's changing growth prospects are two of the primary considerations in the analysis of housing needs of New Hampshire's senior citizens. The first of the Baby Boom generation (born between 1946 and 1964) turned 65 in 2011. During the next 20

years, this generation will move firmly into the senior age category (age 65+) with significant implications for the state’s housing markets and its social needs.

**National Perspective**

National population projections point to dramatic aging of the U.S. population in the year 2020 and extending into the future:

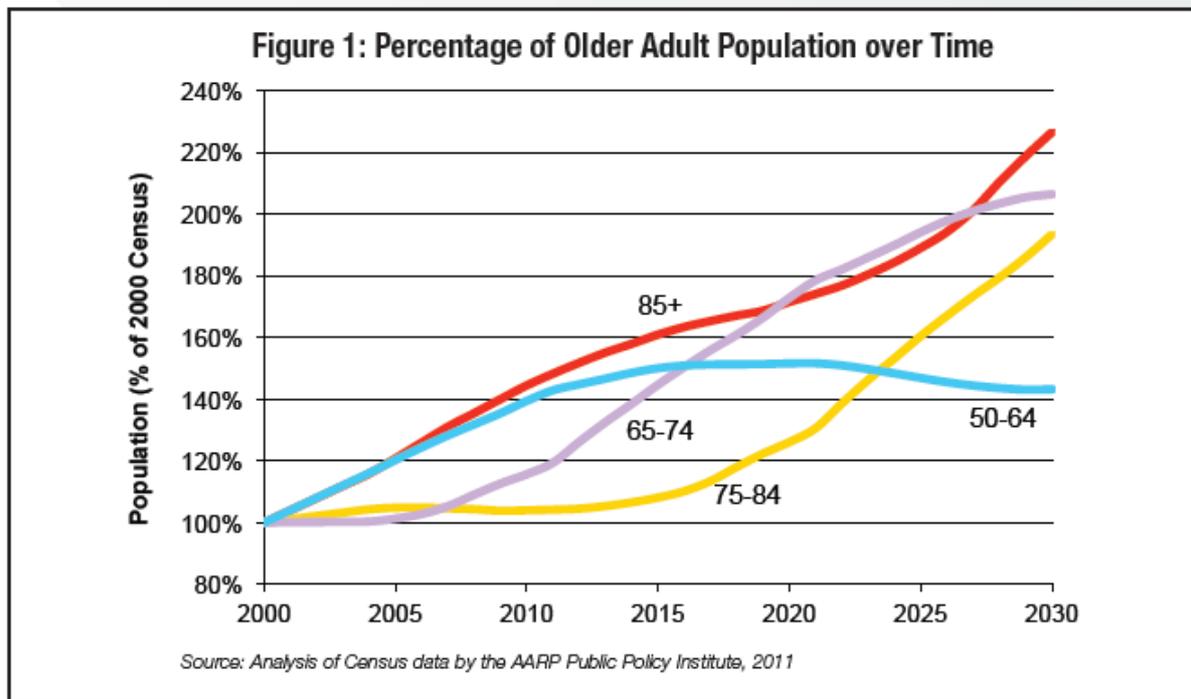
**Figure 1: US Population Over Age 65**



**Sources:**  
 Projections for 2010 through 2050 are from: Table 12. Projections of the Population by Age and Sex for the United States: 2010 to 2050 (NP2008-T12), Population Division, U.S. Census Bureau; Release Date: August 14, 2008  
 The source of the data for 1900 to 2000 is Table 5. Population by Age and Sex for the United States: 1900 to 2000, Part A Number, Hobbs, Frank and Nicole Stoops, U.S. Census Bureau, Census 2000 Special Reports, Series CENSR-4, Demographic Trends in the 2  
 This table was compiled by the U.S. Administration on Aging using the Census data noted.

The increase during the next decade will be most dramatic in the 65-74 year old age category as the front end of the Baby Boomer generation hits the 65+ age category. Gradually the Boomer population will enter the subsequent elderly age categories. This is evident in the following chart reflecting the national aging factors:

Figure 2: Percent of US Population by Age Group



The distinction between these various subgroups of the aging population is important to bear in mind. National data indicates that the prevalence of disability increases as one moves through these age groups:

Table 1: Disability by Age Group in US and New Hampshire<sup>1</sup>

Disability By Age, 2011		
	US	NH
All Ages	12%	11%
65-74	26%	25%
75-84	51%	48%

The aging of the Boomer population will have significant housing implications. As noted in a recent national overview of Boomer housing demand:

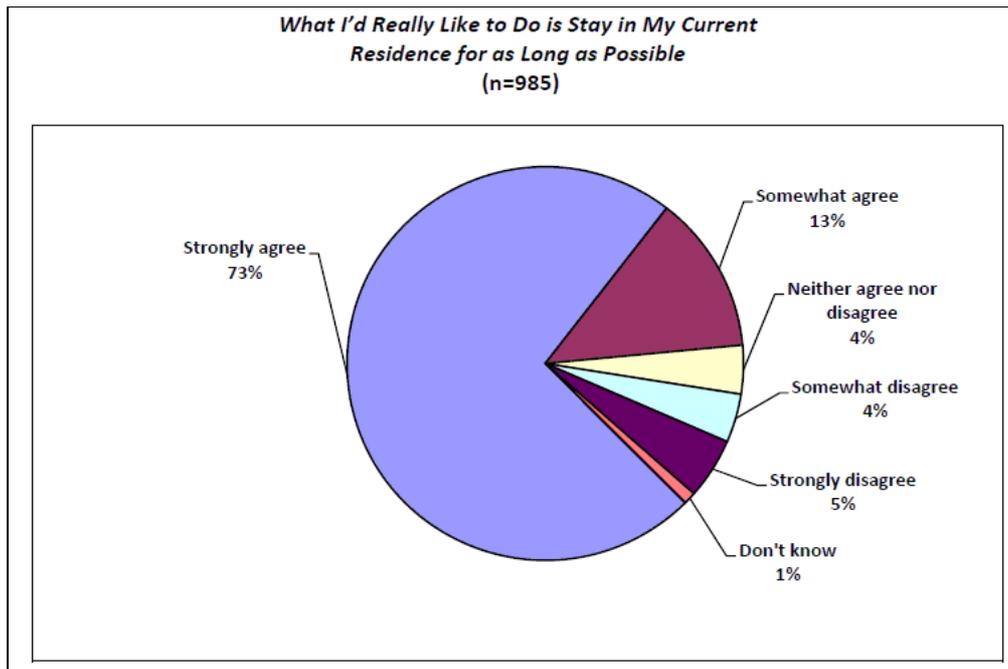
“For decades, the massive baby-boom generation has shaped multiple aspects of American life, including the housing market... Now, the boomers have begun to retire in large numbers, and once again will reshape US housing markets by setting up a huge increase in elderly housing needs... The entrance of Baby Boomers into the older elderly age category will increase the need for a variety of specialized housing services and support services”<sup>2</sup>

<sup>1</sup> Source: Cornell University: <http://www.disabilitystatistics.org/reports/acs.cfm?statistic=1>

<sup>2</sup> See, FannieMae, “Coming Surge in Housing Needs of the Older Elderly” June 2012. Older elderly means the 75-and-older age group

This anticipated increase in the *demand* for specialized housing and support services conflicts with senior housing preferences. AARP has surveyed the nation's older (age 45+) population and its housing preferences.<sup>3</sup> Not surprisingly, the vast majority (86 percent) of seniors agreed or strongly agreed with the statement "What I'd really like to do is stay in my current residence as long as possible."

**Figure 3: AARP Survey Results on Aging in Place**



A nearly identical percentage indicated they preferred to remain in their same community, so as to be close to friends, churches, established shopping, etc.

Not only do aging Americans want to stay in their home as long as possible, most expect to do exactly that. In a recent survey of older Americans, 85 percent of respondents indicated it was either very likely or likely they would be able to stay in their current home as they get older.<sup>4</sup>

As to housing unit characteristics, the survey revealed a relevant dichotomy between residents of the Northeast U.S. versus other areas of the country, wherein only a smaller proportion of Northeast residents reported their housing unit has the characteristics (bath and bedroom on the main level) conducive to supporting aging in place. This may be attributable to the age of the Northeast's housing stock and the generally higher incidence of rental versus ownership units:

<sup>3</sup> See AARP, *Home and Community Preferences of the 45+ Population*, 2010. <http://www.aarp.org/home-garden/livable-communities/info-11-2010/home-community-services-10.html>

<sup>4</sup> AARP. *Effect of the Economy on Housing Choices*. 2009. Page 5.

Table 2: AARP Survey Housing Unit Characteristics

**Aspects of Home  
By Respondents' Region of Residence**

	Region			
	Northeast	Midwest	South	West
	A	B	C	D
	(n=201)	(n=237)	(n=351)	(n=196)
Full bath on main level	69%	<b>83%<sup>a</sup></b>	<b>88%<sup>a</sup></b>	<b>85%<sup>a</sup></b>
Half bath on main level	39%	45%	45%	42%
Bedroom on main level	69%	<b>82%<sup>a</sup></b>	<b>85%<sup>a</sup></b>	<b>84%<sup>a</sup></b>
Doorways wider than standard	28%	25%	26%	28%
Door handle levers instead of knobs	31%	33%	34%	40%
Entrance without steps	32%	29%	<b>40%<sup>ab</sup></b>	<b>40%<sup>ab</sup></b>
Sidewalk in front of house	63%	<b>68%<sup>c</sup></b>	59%	<b>69%<sup>c</sup></b>

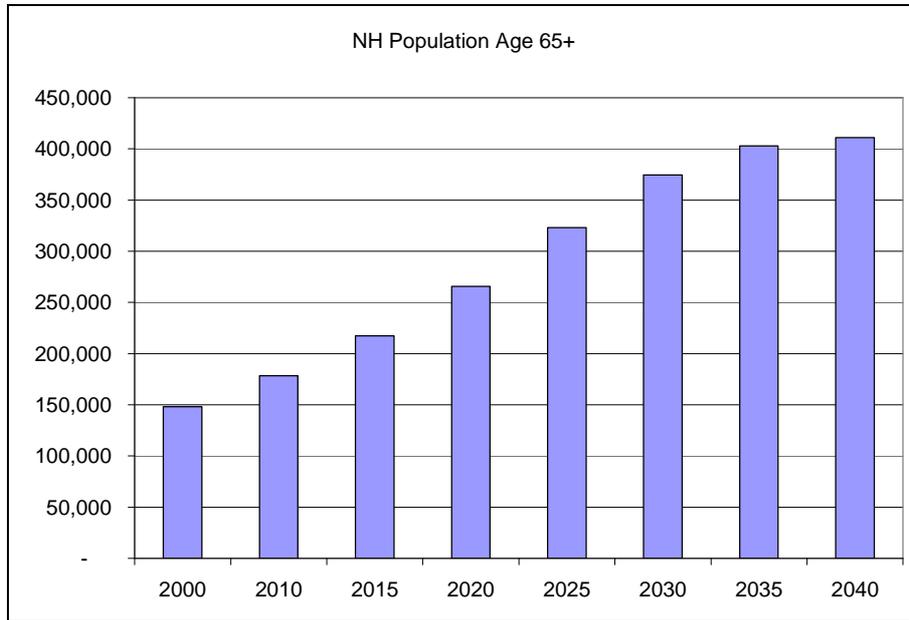
### ***New Hampshire's Aging Population***

New Hampshire's population is generally older than typical for the nation. In 2012, New Hampshire ranked 40<sup>th</sup> in total population among the 50 states, but 17<sup>th</sup> in terms of population age 65+.<sup>5</sup>

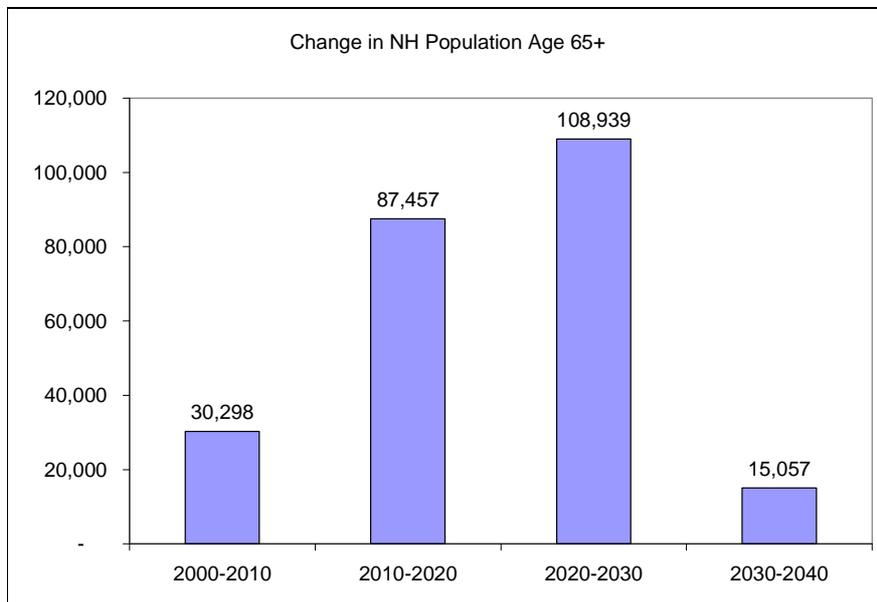
The state's senior population will increase dramatically in the coming years. New Hampshire had 178,000 seniors in 2010. By the year 2025, this demographic group will nearly double to 323,000:

<sup>5</sup> AARP Across the States 2012: Profile of Long Term Services and Support, 2013.

**Figure 4: New Hampshire Population Age 65 and Over**

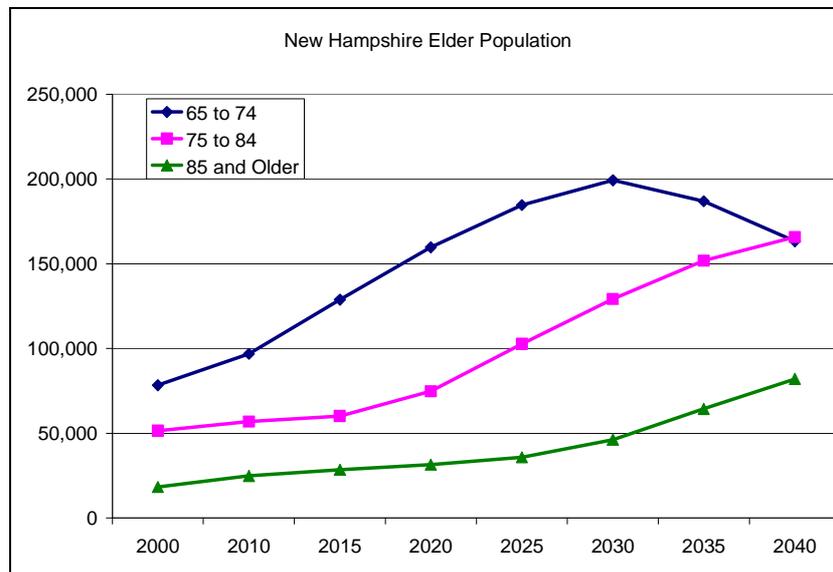


**Figure 5: Change in New Hampshire Population Age 65 and Over**



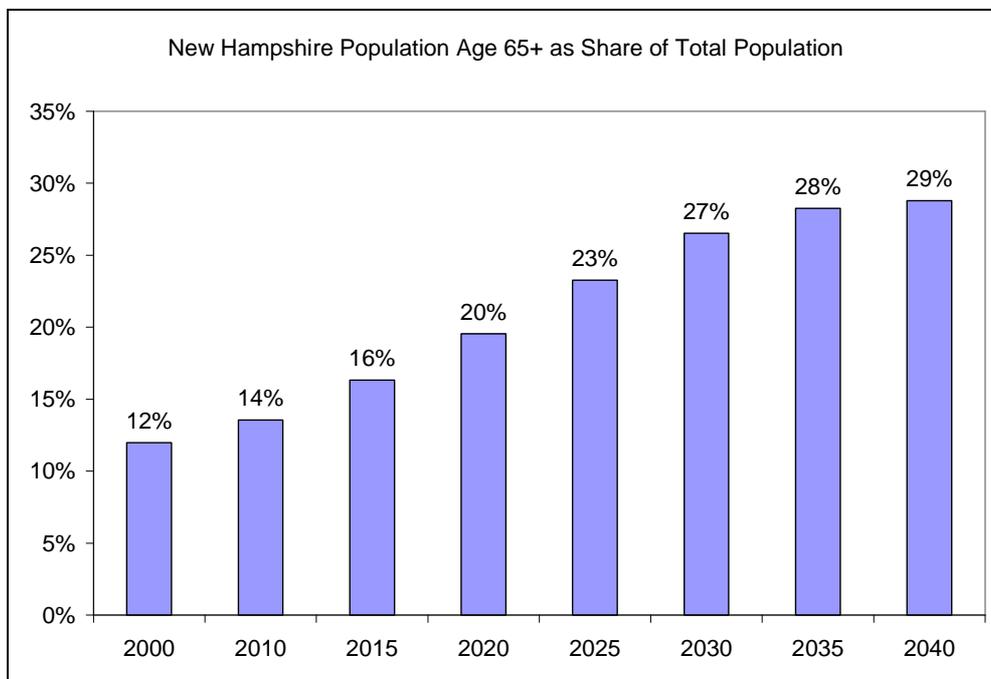
During the early years of the coming decades, growth will be primarily in the population aged 65-74 age, most of who will continue to live independently. As time progresses, however, that age group will progress to the older senior age categories, wherein it is more difficult to maintain an independent lifestyle and difficult for many to afford either assisted living or nursing home care:

**Figure 6: New Hampshire Population Over Age 65 by Age Group**



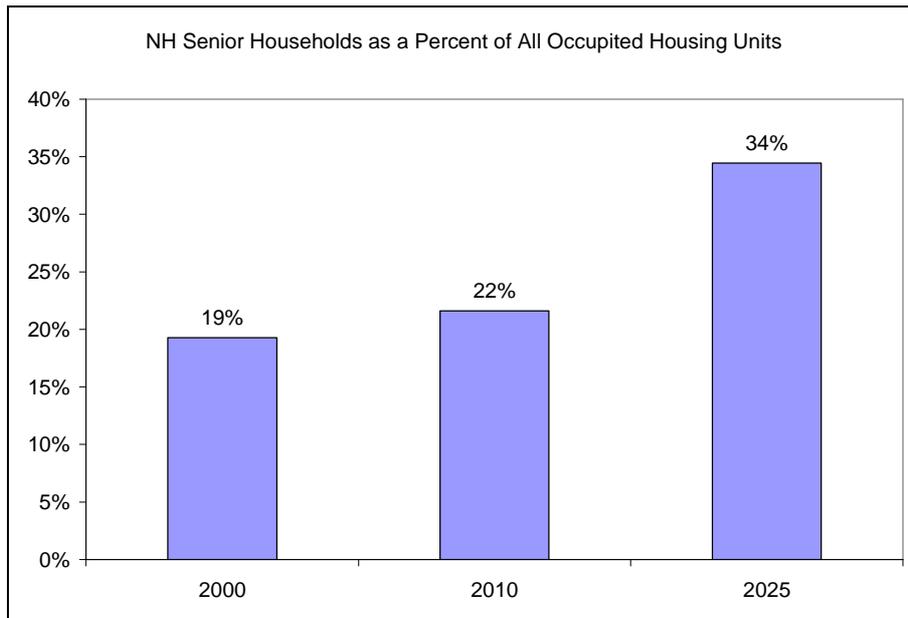
These figures, in absolute terms, are manifestly important. However, their implications are yet more significant viewed in the context of the slower overall population growth anticipated in the state. The senior age population will rise from about 16 percent of the state’s total population to nearly a quarter of the total by 2025 (in about 10 years) and nearly a third of the state’s population by the year 2035.

**Figure 7: New Hampshire Elder Population as a Share of Total Population**



Senior households (a household is defined as one or more persons occupying a housing unit) tend to have fewer people than other age categories – about 1.5 per occupied unit versus 2.5. As a result, the housing demand impact of this rising senior population will be magnified in the coming decades. By 2025, the number of senior households in the state will nearly double and will come to occupy one-third of the state’s housing units, versus about one-fifth today:

**Figure 8: New Hampshire Senior Households as Portion of Total Households**



**Table 3: New Hampshire Households by Age, 2000, 2010 and 2025**

NH Occupied Housing Units (Households) By Age					
	2000	2010	2025	Change	
Age 65+				2010-25	% Change
Owner	69,185	86,151	157,430	71,279	83%
Renter	22,213	26,059	46,053	19,994	77%
<b>Total Age 65+</b>	<b>91,398</b>	<b>112,210</b>	<b>203,483</b>	<b>91,273</b>	<b>81%</b>
<b>Total Households</b>	<b>474,606</b>	<b>518,973</b>	<b>590,674</b>	<b>71,701</b>	<b>14%</b>
<b>Age 65+ Share of Total</b>	<b>19%</b>	<b>22%</b>	<b>34%</b>		

Although these demographic trends point to significant changes in housing occupancy/demand in the state during the coming years, the same is not true for the supply of housing. The supply of housing is relatively fixed. Based on the figures in the above, overall household growth will average about 6,100 households per year on a base of 519,000 occupied units (excluding second homes). New housing construction will be somewhat higher than that to account for vacancy and replacement of units taken off the market for various reasons. But overall household growth

means that the housing inventory will increase by well under 1 percent per year, versus the dramatic growth in senior households.

How does the state’s growing senior population square with its housing inventory? Not very well. Our senior population consists almost exclusively of one- and two-person households, many of whom are well suited to two bedroom units, but our housing inventory is skewed to larger units. New Hampshire has over 110,000 housing units with four or more bedrooms, going into the coming decades where growth will be dominated by smaller, senior households:

**Figure 9: New Hampshire Housing Inventory by Number of Bedrooms**

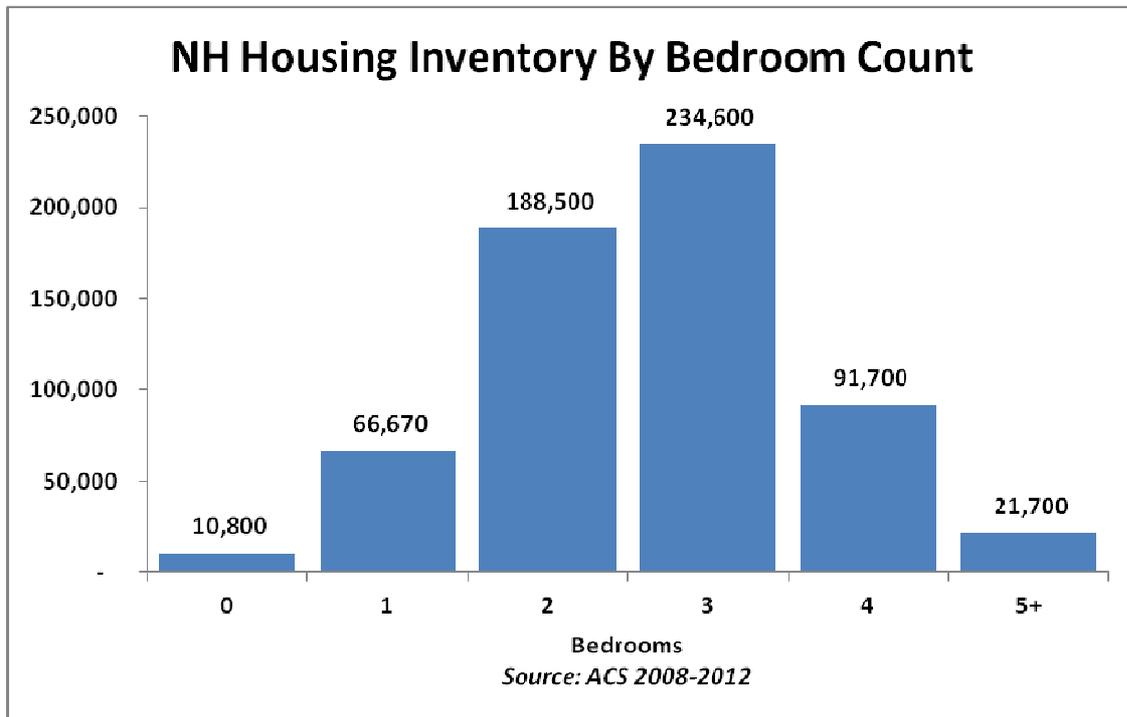
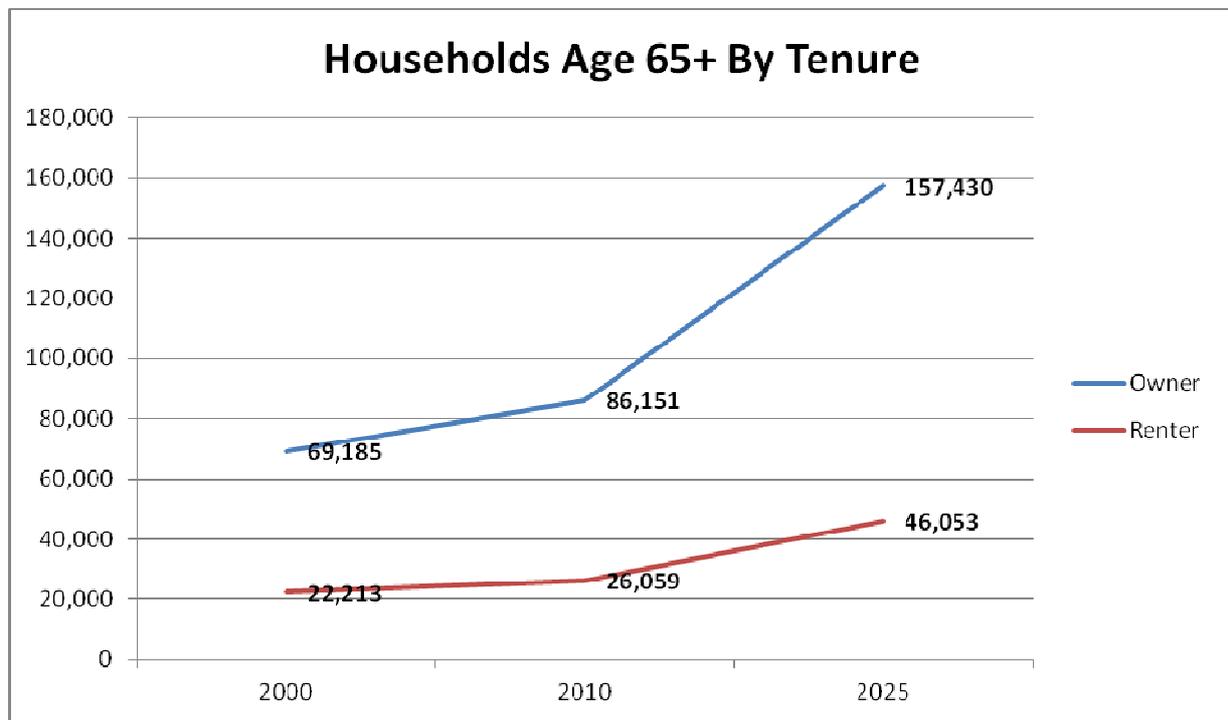


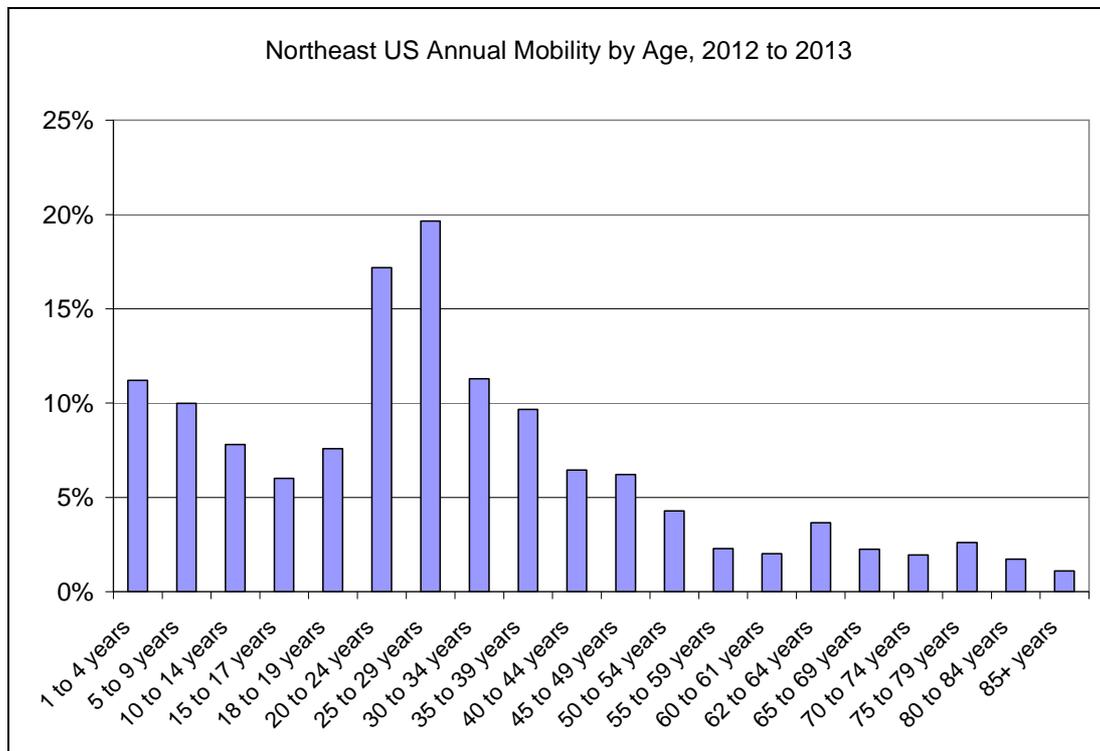
Figure 10: New Hampshire Elder Households by Tenure



In short, there is a misfit between the growing ranks of small, Baby Boomer senior households on the one hand, and the supply of larger units built for those same Baby Boomers when they were raising families.

The conventional wisdom holds that senior households readily downsize into smaller units once their children leave home and/or once they retire. But “aging in place” is quite literally the preference of most senior households. In fact, senior households are among the most stable and least likely to move age group.

**Figure 11: Northeast Mobility Rates**



Source: American Community Survey.

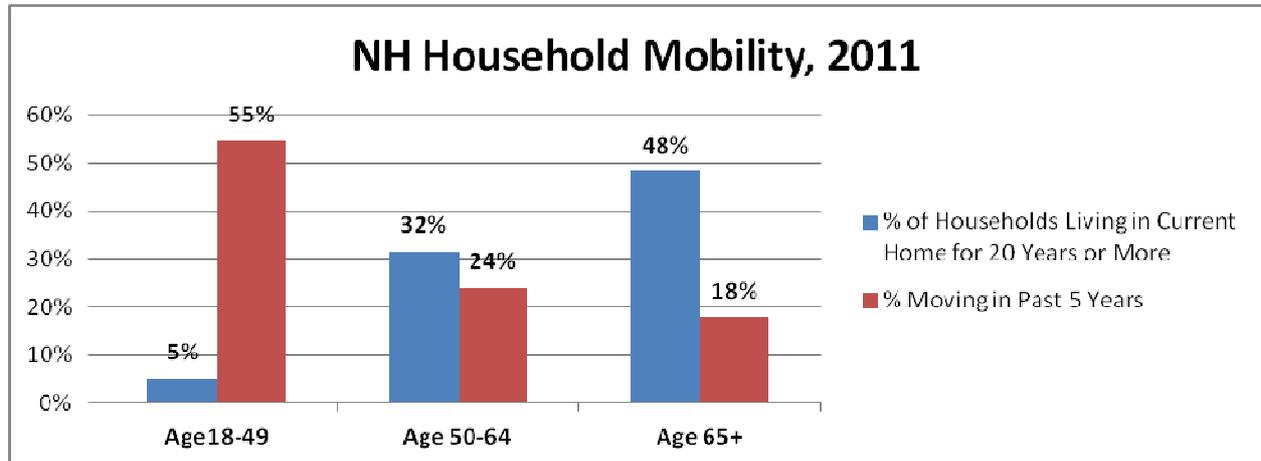
Moreover, when seniors do move they are unlikely to move very far. One-year mobility statistics from the American Community Survey indicate that when U.S. seniors do move, more than half will move within the same county.<sup>6</sup> Meanwhile, the mobility rate of older (age 55+) households declined the most during the 2005-09 housing downturn, dropping by 37.5 percent versus 21 percent for households under age 25.<sup>7</sup>

This pattern of limited mobility holds true for New Hampshire’s households. According to 2011 American Community Survey data compiled by the AARP Public Policy Institute, fewer than one in five New Hampshire households over the age of 65 moved in the prior five years, in contrast to more than half among younger households:

<sup>6</sup> See American Community Survey, 2012, Table B07001. Synopsis of this data is in the Addendum to this report.

<sup>7</sup> Joint Center for Housing Studies, Harvard University “Housing Turnover By Older Owners: Implications for Home Improvement Spending as Baby Boomers Age Into Retirement”, 2011. Page 10.

Figure 12: Household Mobility by Age Group in New Hampshire

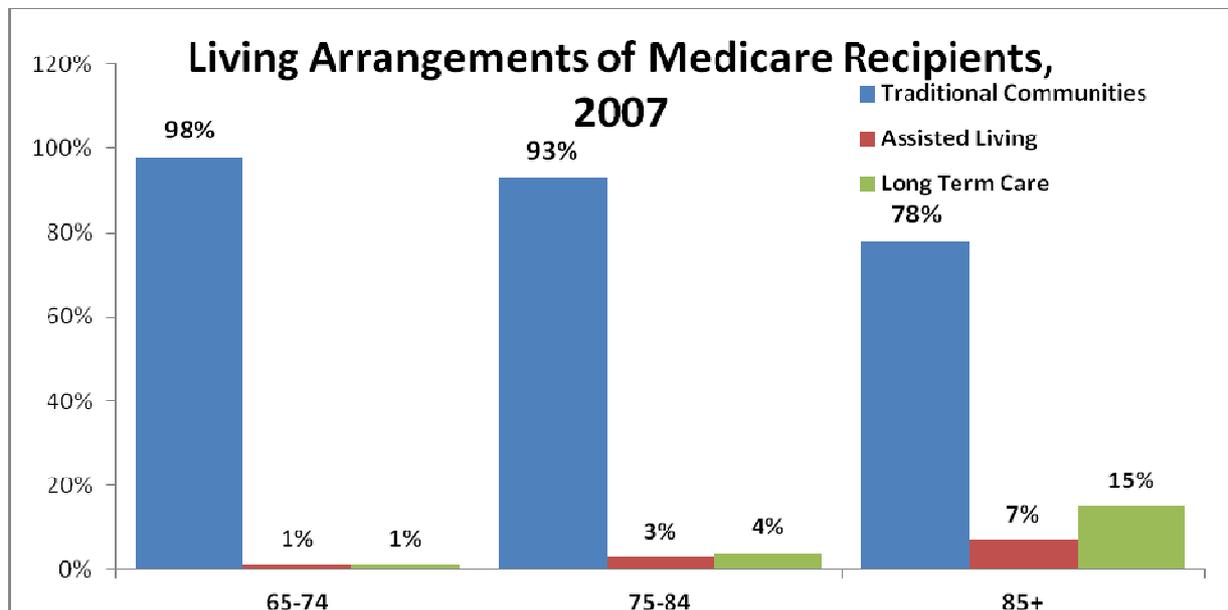


While some senior households are looking to downsize when they move, national survey research indicates that not *all* senior households looking to move are interested in downsizing. Less than one-fourth of households surveyed on behalf of the National Association of Homebuilders indicated they would trade a single family home for multifamily, even if it allowed them to move to a more desirable location or have nicer home features. Most indicated a desire to maximize the square footage in their new unit, subject to price constraints.<sup>8</sup>

Another common assumption is that New Hampshire's aging population will immediately overwhelm assisted living facilities and nursing homes, but this does not appear to be the case based on available data. A survey of Medicare recipients conducted in 2007 indicates that it is not until over age 85 that a significant proportion of the senior population moves into either assisted living or long term care (nursing home) housing, and even among those age 85 and over, 78 percent remain in their traditional community setting. Significant increases in the population over 85 will occur, but not immediately.

<sup>8</sup> National Association of Home Builders, *Right House Right Place Right Time*. 2008. Page 96.

Figure 13: Elder Living Arrangements by Age Group



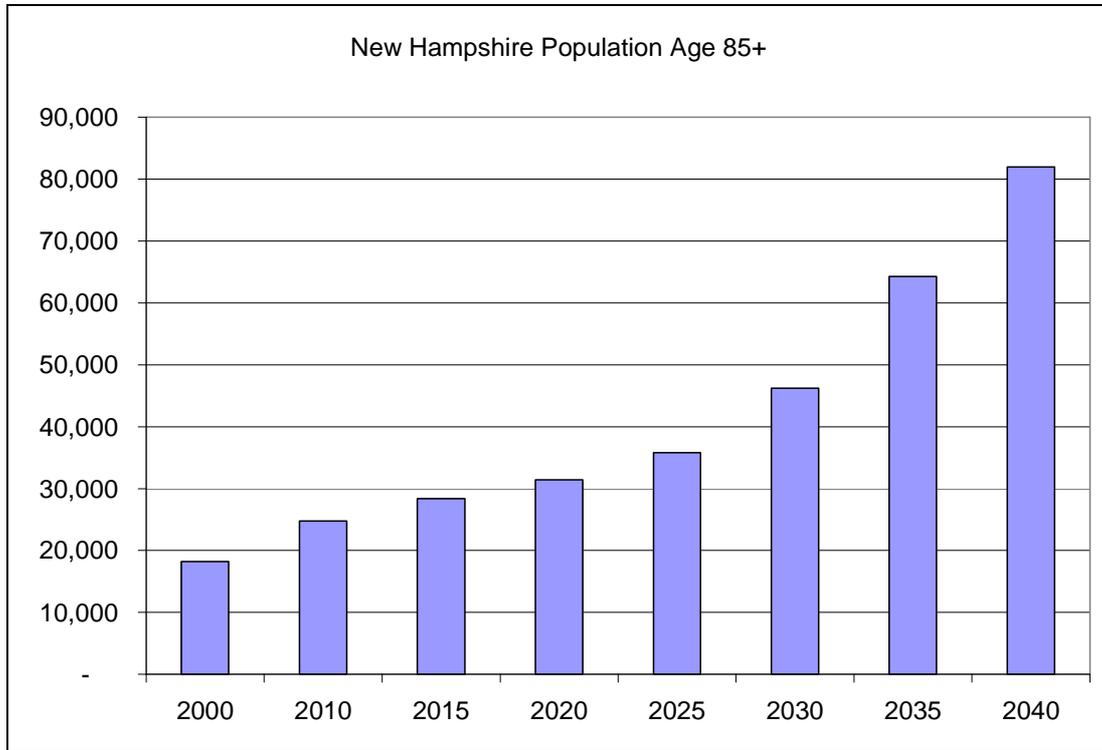
Source: Centers for Medicare and Medicaid Services, Medicare Beneficiary Survey, 2007.  
 Cited in ULI, *Housing In America: The Baby Boomers Turn 65*. 2012. Page 38.

Most seniors live in conventional communities, but many will spend at least some of their years in some form of long-term-care arrangement. An estimated 70 percent of people over the age of 65 will require some amount of long-term care and more than 40 percent will require care in a nursing home for some portion of their life.<sup>9</sup>

The population age 85+ will increase in New Hampshire during the coming years, but less dramatically than some think – until after year 2025:

<sup>9</sup> U.S. Department of Health and Human Services, cited in Society of Certified Senior Advisors, “State of the Senior Housing Market.” 2013. Page 9.

**Figure 14: New Hampshire Population Age 85 and Older**

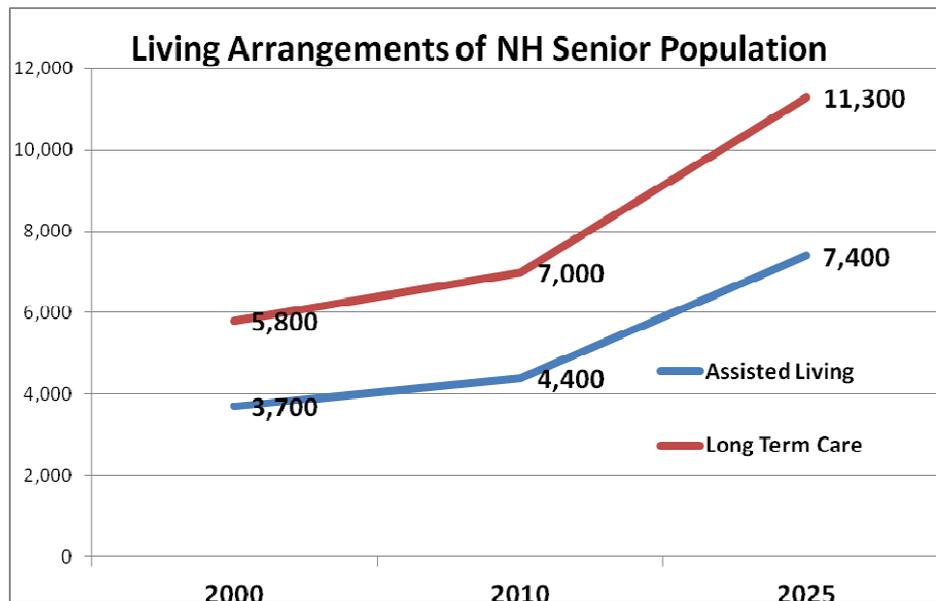


Nonetheless, assuming no change in these living patterns, there will be a significant increase in the demand for assisted living and nursing home beds in New Hampshire<sup>10</sup>:

---

<sup>10</sup> We have tested these ratios against New Hampshire’s demographics and group home/assisted living populations and they appear to hold true here. In 2013 there were 7,500 nursing home beds and 3,900 supported residential care beds in New Hampshire licensed by the NH Department of Health and Human Services. Assisted living is a long-term care option that combines housing, support services and health care, as needed. Nursing homes and skilled nursing facilities provide healthcare to people who are unable to manage independently in the community.

Figure 15: Demand for Assisted Living and Long Term Care



Unless these living patterns change, the demand for nursing home beds will rise to 11,300 from its current 7,000, and the demand for assisted living facilities will rise from a current 4,400 to 7,400. In both cases, however, we suspect that the demand will be blunted by rising costs. The average cost of a nursing home stay in New Hampshire is \$80,000 per year, and the average cost of assisted living is \$60,000 per year.

We have analyzed the current supply of nursing home and assisted living beds by county with the projected county-specific demand (applying the above ratios) with the following results:

Table 4: Demand for Nursing Home Beds by County

County	NH Nursing Home Beds		
	Nursing Home Beds 2013	Projected Need: 2025	Additional Beds Needed
Belknap	445	600	155
Carroll	339	640	301
Cheshire	521	640	119
Coos	420	360	(60)
Grafton	422	900	478
Hillsborough	2,326	3,020	694
Merrimack	1,025	1,330	305
Rockingham	1,149	2,560	1,411
Strafford	598	840	242
Sullivan	277	420	143
<b>Grand Total</b>	<b>7,522</b>	<b>11,310</b>	<b>3,788</b>

**Table 5: Demand for Assisted Living Beds by County**

County	NH Assisted Living Beds				
	Supported			Projected Need: 2025	Additional Beds Needed
	Residential Care Home Facility Beds 2013	Residential Care Facility Beds 2013	Subtotal		
Belknap	66	198	264	400	136
Carroll	18	84	102	420	318
Cheshire	160	236	396	420	24
Coos	36	32	68	230	162
Grafton	75	413	488	580	92
Hillsborough	413	973	1,386	1,990	604
Merrimack	201	514	715	870	155
Rockingham	114	1,002	1,116	1,670	554
Strafford	225	401	626	560	(66)
Sullivan	44	48	92	280	188
<b>Grand Total</b>	<b>1,352</b>	<b>3,901</b>	<b>5,253</b>	<b>9,154</b>	<b>3,901</b>

All of the state's counties, with the exception of Coos, will experience a need for more nursing home beds. All of the state's counties, with the exception of Strafford, will experience a need for more assisted living beds. Projections anticipate a declining population in Coos County, and Strafford County has a significant current supply of assisted living beds relative to calculated demand. As noted, these projections assume a continuation of the likelihood of someone needing nursing home or assisted living at current ratios. These ratios may decline if additional effective support for aging in place is realized. Conversely, the demand may increase if the migration of senior households into the state increases in, for example, the state's housing units now occupied seasonally as vacation homes.

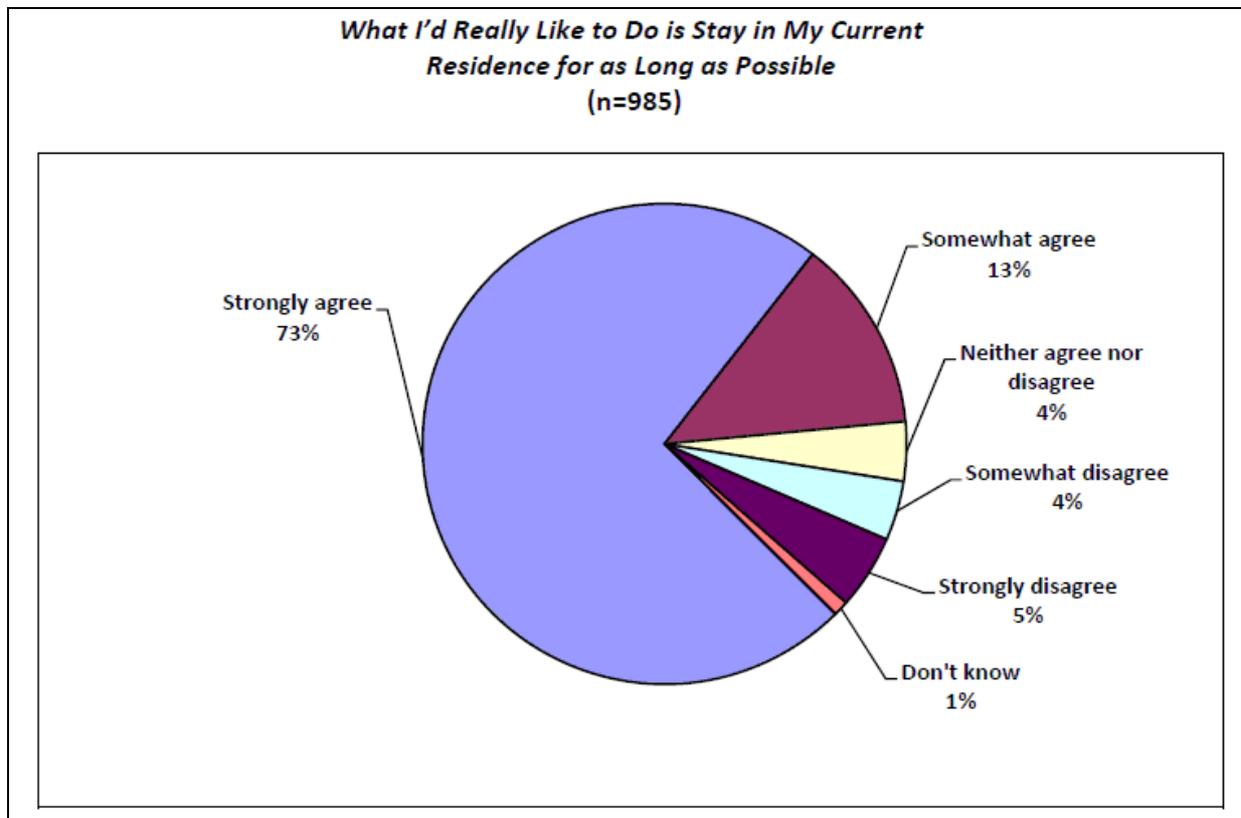
## Limitations on Aging in Place

The preference for seniors to live independently is well established and cited in the introduction to this section of the report. Most seniors are, in fact, doing just that: 93 percent of Medicare recipients age 65+ are aging in place.<sup>11</sup> As noted in a 2010 AARP survey of age 45+ individuals, 86 percent of the respondents indicated a preference to continue living in their current home as long as possible and 85 percent indicated they would like to remain in their current community.<sup>12</sup>

<sup>11</sup> See: Federal Interagency Forum on Aging-Related Statistics, 2012: Older Americans 2012: Key indicators of Well-Being.

<sup>12</sup> <http://www.aarp.org/home-garden/livable-communities/info-11-2010/home-community-services-10.html>

Figure 16: Preference for Remaining in Current Residence, AARP



The reasons to prefer aging in place are fairly transparent and include maintaining friendships and social connections, maintaining housing continuity and avoiding the costs of supporting services. Genworth Financial, an insurance provider, surveys the cost of supporting services for the aging population. Their most recent survey, in 2013, indicated that for New Hampshire the median cost for an assisted living facility was \$43,000 and the median cost of a semi-private room in a nursing home was \$107,000.<sup>13</sup> These costs can quickly consume the net worth of many of the state's senior population.

There are challenges in delivering services supportive of aging in place in New Hampshire. As noted in the state's Plan on Aging:

*“The state is facing unprecedented challenges in its ability to provide home and community-based services and supports. The current infrastructure continues to lack the capacity to address the unprecedented growth in the older population that will require care in the public sector. State funding for rate increases has not been available for years for some services. Service providers statewide are experiencing significant losses in their additional funding streams – towns, cities, counties and other sources of local funds. The lack of state rate increases,*

<sup>13</sup> See: Genworth: [Genworth 2013 Cost of Care Survey](https://www.genworth.com/corporate/about-genworth/industry-expertise/cost-of-care.html). <https://www.genworth.com/corporate/about-genworth/industry-expertise/cost-of-care.html>

*coupled with the loss of local funding, is having a devastating effect on many agencies, forcing them to scale back their operations, discontinue providing certain services or close down altogether.*<sup>14</sup>

There are therefore limits on the ability of seniors to remain in their home as they age, as noted in the following paragraphs.

### **Disability**

Americans are living longer, and with that longevity comes new challenges. As noted in a recent study by the Center for Housing Policy:

*“An older population with health and mobility issues will drive demand for home modifications, and services to help residents age in place, and housing options that facilitate the delivery of services and help prevent premature entry into nursing homes. Thanks to changes in lifestyle and technology, both men and women are living longer. It also means more older adults will be living with disabilities. While about one – quarter of older households age 65–74 included someone with a disability, the proportion climbed to nearly two–thirds among households with a member 85+. Older adults almost universally say they want to age in their current homes, but many lack access to the services needed to ensure this outcome.”*<sup>15</sup>

According to tabulations of the American Community Survey,<sup>16</sup> 42 percent of New Hampshire’s seniors (age 65+) currently living independently have at least one disability:

---

<sup>14</sup> NH Department of Health and Human Services, Bureau of Elderly and Adult Services, NH State Plan on Aging, 2011, Page 7.

<sup>15</sup> Center for Housing Policy. *Housing an Aging Population: Are We Prepared?* 2011. Page 1

<sup>16</sup> The data cited in this section of the analysis is from American Community Survey tabulations appearing in AARP Public Policy Institute, “New Hampshire Housing Profiles, 2011”. See <http://www.aarp.org/home-garden/housing/info-09-2011/state-hp-2011.html>

**Table 6: New Hampshire Elders by Disability Status**

<b>Senior Households With At Least One Disability</b>		
	<b>Households</b>	<b>% of Senior Households</b>
Vision Difficulty	3,570	8.0%
Hearing Difficulty	9,818	22.0%
Physical Difficulty	11,380	25.5%
Cognitive Difficulty	4,463	10.0%
Self-Care Difficulty	3,302	7.4%
Independent Living Difficulty	7,006	15.7%
<b>With At Least One Disability</b>	<b>44,626</b>	<b>42.1%</b>
Total Households Age 65+	106,000	
Source: ACS, 2011 Cited in AARP State Housing Profiles, 2011		

Of particular concern are the households with self-care difficulties (difficulty bathing or dressing) and independent living difficulties (because of a physical, mental, or emotional problem, having difficulty doing errands alone such as visiting a doctor's office or shopping). Due to survey design, there may be some double counting among these two significant categories, but they nonetheless demonstrate that at least 1 in 6 (15.7 percent) of New Hampshire's senior households living independently now express having difficulty in continuing to live independently due to disability issues.

Senior renter households are much more likely to report at least one disability than owner households—58 percent versus 38 percent.

### ***Income Constraints***

The median household income of New Hampshire's senior households owning their home in 2009 was \$45,100, barely half of the overall state average (\$76,750). The comparative figure for the state's senior renters (which constitute one-fourth of the state's senior households) was only \$19,000—one-fourth of the state average. This is a particular difficulty for the state's senior renter households. Not only do these senior renters have low incomes, but they also lack the home equity benefitting senior owners (half of which have no mortgage).

According to AARP, 96 percent of senior New Hampshire residents (186,216 people) received Social Security in 2012. The average benefit was \$15,700 and Social Security accounted for 81 percent of the typical income of the state's low and moderate income elderly households.<sup>17</sup> By some measures, nearly half of the Baby Boomer generation has not saved enough for retirement.<sup>18</sup> The difficulty in measuring overpayment among senior households is complicated by the lack of available data regarding net worth. There is some national data available regarding

<sup>17</sup> See AARP, "Why Social Security and Medicare Are Vital to Older Americans in New Hampshire". 2013.

<sup>18</sup> Calculations by the Employee Benefits Research Institution cited in Senior Housing News "Top 10 Trends in Senior Housing for 2013." January 2013.

net worth and, although dated, it is worthy of note. As seen in the table below, the net worth of senior households nationally has increased over time, but it decreases as age advances. Moreover, the principal source of that net worth is home equity. In 2007, the median net worth of households age 65+ was \$220,800, of which savings and financial assets represented only \$61,000. That is less than enough to fund one year in a nursing home.<sup>19</sup>

**Table 7: Median Household Net Worth by Age**

**Table 10a. Median household net worth of head of household, in 2007 dollars, by selected characteristics and selected years 1983–2007**

Selected characteristic	In dollars							
	1983	1989	1992	1995	1998	2001	2004	2007
Age of family head								
65 and over	\$103,750	\$122,510	\$132,780	\$136,530	\$175,040	\$196,960	\$195,380	\$220,800
45–54	109,360	157,930	113,310	125,320	134,490	157,100	159,030	185,000
55–64	136,880	158,040	164,680	156,160	162,840	216,700	276,770	253,700
65–74	121,110	124,930	142,830	150,000	186,520	208,190	208,890	239,400
75 and over	71,080	116,800	125,750	125,730	160,170	182,870	179,130	213,200
Marital status, family head age 65 and over <sup>a</sup>								
Married	139,870	216,130	219,390	216,570	270,300	332,050	311,030	300,500
Unmarried	67,240	67,620	92,760	103,800	115,770	108,770	132,400	165,090
Race, family head age 65 and over								
White	122,320	154,870	157,590	158,310	200,400	252,400	231,110	248,300
Black	17,960	36,770	40,270	33,800	35,960	57,140	57,660	87,800
Education, family head age 65 and over								
No high school diploma	58,030	64,400	56,310	77,600	69,260	85,850	59,830	101,800
High school diploma only	132,980	128,790	157,280	144,260	186,270	191,980	193,080	187,200
Some college or more	283,200	392,960	284,930	274,160	307,730	464,630	394,280	510,750

<sup>a</sup> Married includes legally married couples; unmarried includes cohabitating couples, separated, divorced, widowed, and never married.

NOTE: The Survey of Consumer Finances has replaced the Panel Study of Income Dynamics as the data source for this indicator. Median net worth is measured in constant 2007 dollars. Net worth includes housing wealth, financial assets, and investment retirement accounts such as IRAs, Keoghs, and 401(k) type plans. Data are weighted. The term "household" here is similar to the Census Bureau's household definition. See Indicator 10 data source for more detail.

Reference population: These data refer to the civilian noninstitutionalized population.

SOURCE: Survey of Consumer Finances.

<sup>19</sup> See [http://www.agingstats.gov/agingstatsdotnet/main\\_site/default.aspx](http://www.agingstats.gov/agingstatsdotnet/main_site/default.aspx), Table 10.

**Table 8: Value of Household Assets by Age****Table 10b. Value of household financial assets held in retirement investment accounts by selected characteristics, 2007**

<i>Selected characteristic</i>	<i>In dollars</i>			<i>Percent holding</i>
	<i>25th percentile (for households with positive values)</i>	<i>Median (for households with positive values)</i>	<i>75th percentile (for households with positive values)</i>	
<i>Age of family head</i>				
65 and over	\$16,000	\$61,000	\$180,000	40.8
45–54	21,000	66,000	176,000	64.9
55–64	29,000	98,000	267,000	60.9
65–74	20,000	77,000	206,000	51.7
75 and over	13,000	35,000	110,000	30.0
<i>Marital status, family head age 65 and over<sup>a</sup></i>				
Married	15,000	61,000	177,000	64.7
Unmarried	7,000	27,000	82,000	40.1
<i>Race, family head age 65 and over</i>				
White	13,000	51,000	157,000	57.4
Black	7,000	25,000	65,000	36.6
<i>Education, family head age 65 and over</i>				
No high school diploma	5,000	15,000	48,000	21.6
High school diploma only	7,000	29,000	78,000	43.2
Some college or more	15,000	60,000	181,000	66.2

<sup>a</sup> Married includes legally married couples; unmarried includes cohabitating couples, separated, divorced, widowed, and never married.

NOTE: The Survey of Consumer Finances has replaced the Panel Study of Income Dynamics as the data source for this indicator. Values are measured in 2007 dollars. Financial assets held in retirement investment accounts include IRAs, Keoghs, and 401(k) type plans. Data are weighted. The term "household" here is similar to the Census Bureau's household definition. See Indicator 10 data source for more detail.

Reference population: These data refer to the civilian noninstitutionalized population.

SOURCE: Survey of Consumer Finances.

The median value of New Hampshire's senior ownership units was \$249,000 (the same as for all households) in 2009—pointing to significant potential home equity among the state's senior homeowners—two-thirds of those over age 65 have no mortgage. That home ownership equity can be tapped to pay for assisted living or nursing home care if it is no longer possible to live independently. Of course, home equity is not available to senior renters, unless they recently moved from ownership to renter status. Even among senior homeowners, the value of that equity has shrunk in the face of falling home values in the state since 2006.

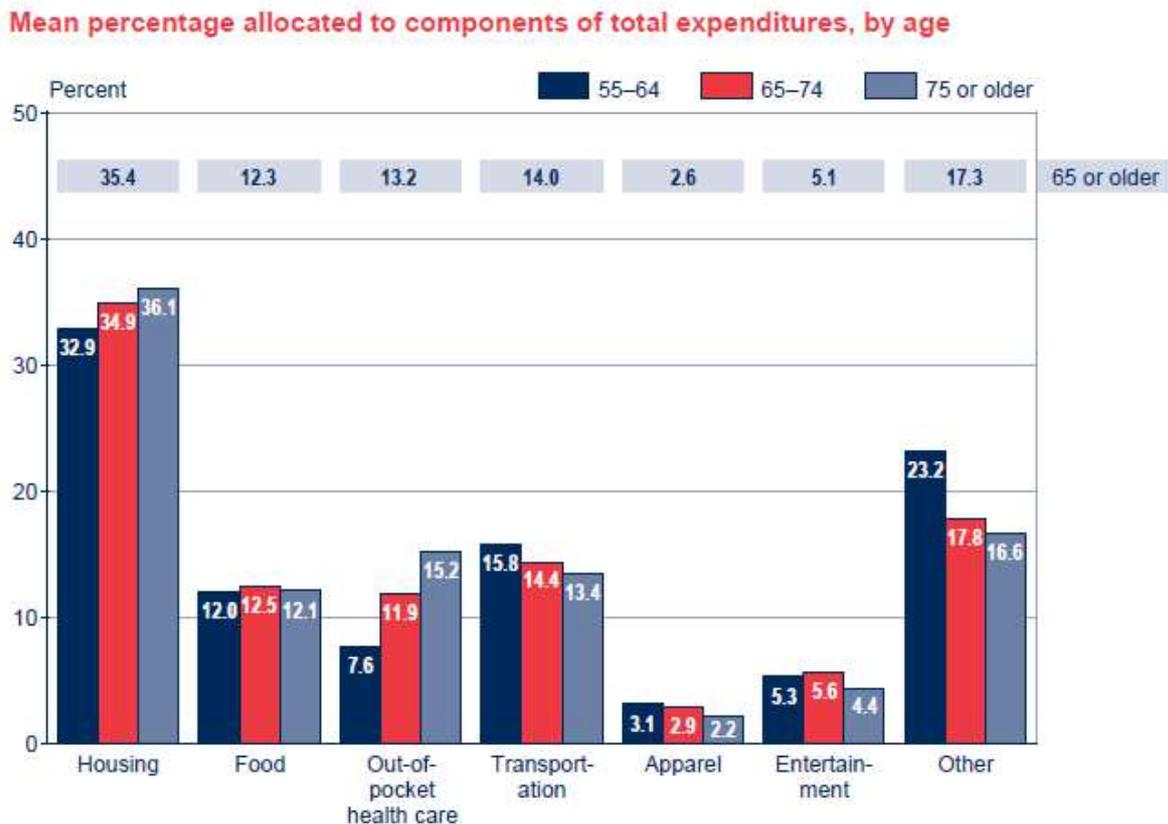
The income crunch, then, is especially significant among the state's senior renters—5 percent of the state's senior owners live in poverty, but 19 percent of its senior renters do.

### ***Housing affordability***

Housing overpayment is the conventional measure of housing need. National data indicates that housing is the single largest expense that seniors face, accounting for about one-third of their total expenditures<sup>20</sup>:

<sup>20</sup> U.S. Social Security Administration, *Expenditures of the Aged Chartbook*, 2013. Page 14

Figure 17: Elder Expenditures by Type



SOURCE: Interview and diary portions of the 2010 Consumer Expenditure Survey.

One measure of housing affordability is the share of households paying more than 30 percent (considered overpayment) and 50 percent (considered severe overpayment) of their income for housing costs.

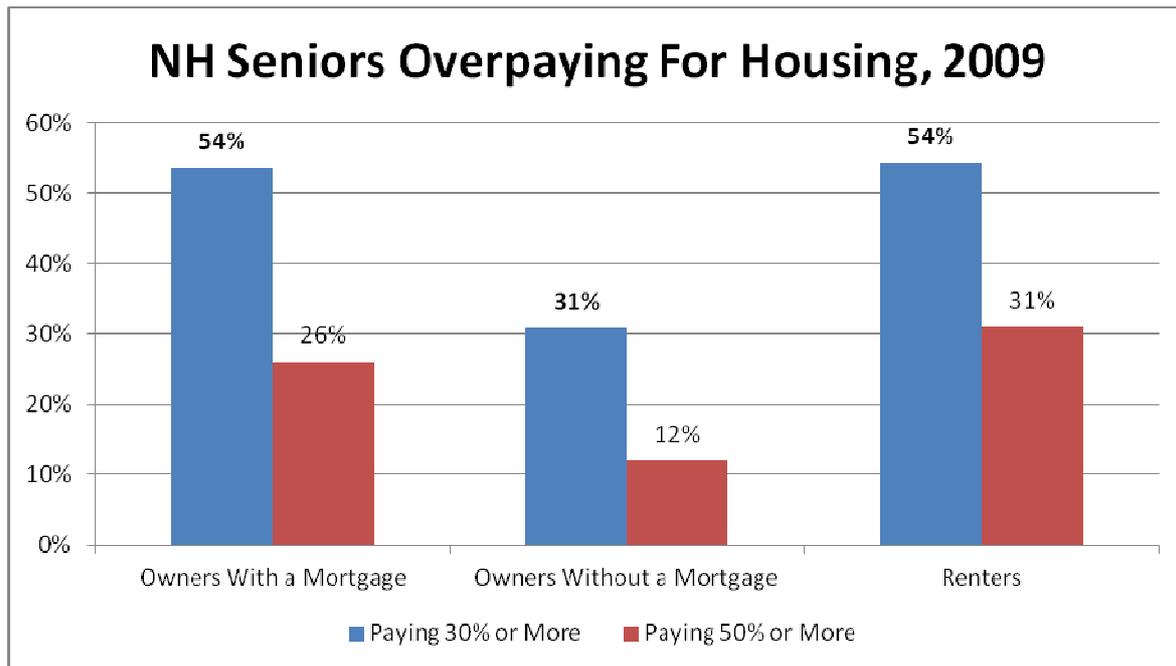
AARP reports that nationally the percentage of owners and renters paying more than 30 percent of their income for rents increased from 20 percent in the year 2000, to 29 percent in 2009, and that one out of seven senior owners with a mortgage owed more than their house was worth.<sup>21</sup> In that study AARP concluded:

*“Housing affordability for middle – class older adults is in jeopardy. The lack of affordable housing options already threatens the financial stability of older households and will likely worsen as the population age 50+ grows over the coming decades.”*

<sup>21</sup> See AARP, Middle Class Security Project, Loss of Housing Affordability Threatens Financial Stability for Older Middle-Class Adults. 2013. <http://www.aarp.org/research/ppi/security/loss-of-housing-affordability-threatens-financial-stability-for-older-middle-income-AARP-ppi-sec.html>

Looking to New Hampshire, more than half of the state's senior households with a mortgage are paying more than 30 percent of their income for housing costs. Even senior households with no mortgage have a proclivity for housing costs to absorb a disproportionate amount of their income—in the form of taxes, insurance and utilities. Median property taxes in the state in 2009 for senior owners were \$4,200 per year, for example, according to the AARP profile of senior housing in New Hampshire.

Figure 18: New Hampshire Elder Overpayment for Housing



More than half of the state's senior owners with a mortgage and its senior renters are paying over 30 percent of their income for housing, and 25 percent or more of these subsets are paying over 50 percent of their income for housing.

### ***Patterns of assistance***

There continues to be misalignment between the desire of seniors to age in place and the assistance available to support independent living. Medicare does not provide financial help for long term care. Medicaid does provide assistance as a matter of course, but only when most household assets are depleted (down to \$2,500 exclusive of house and car).

There are efforts underway to provide home health care, both because it is preferred by seniors and because it is usually a less expensive form of assistance. These efforts are evolving and remain less than adequate.

Services (public transportation, accessible drop in centers, meals on wheels, etc.) to support aging in place can more readily and efficiently be provided in a densely populated setting. As noted in one recent account:

*“Providing appropriate health and other support services in rural areas to low and moderate income seniors will require creativity. The population density of multifamily housing sites, which are prevalent in urban and suburban settings, is not available in rural America. Even where there are multi-family settings, they are usually not of a scale able to support an array of services on-site unless they serve the entire community. Most (rural) senior households reside in single-family homes that may not be in a neighborhood or communal setting; rather, they are scattered. Further transportation to and from health and other supported services, such as meal programs, community hospitals, senior centers, even doctor’s offices and other primary care, is not readily available”.*<sup>22</sup>

76 percent of the state’s seniors, however, live in suburban or rural settings.

**Table 9: Where Do New Hampshire Seniors Live?**

Community Setting of New Hampshire's Senior Population, 2010							
Principal City	65-69 yrs	70-74 yrs	75-79 yrs	80-84 yrs	over 85 yrs	Total	% of Total
In metropolitan area, principal city	6,808	5,104	4,346	3,776	3,900	23,934	13%
In micropolitan area, principal city	4,694	3,545	3,306	3,102	3,630	18,277	10%
Subtotal	11,502	8,649	7,652	6,878	7,530	42,211	24%
<b>Not Principal City</b>							
In metropolitan area, not principal city	25,552	17,098	13,426	9,983	9,603	75,662	42%
In micropolitan area, not principal city	16,920	11,550	8,883	6,770	6,434	50,557	28%
Not in metropolitan or micropolitan area	3,202	2,289	1,813	1,340	1,194	9,838	6%
	45,674	30,937	24,122	18,093	17,231	136,057	76%
New Hampshire Total	57,176	39,586	31,774	24,971	24,761	178,268	100%

### Housing Characteristics

In addition to conventional community settings, there are a wide variety of housing options available for seniors. These include:

**Age Restricted Developments.** These are apartment complexes, condominiums, cooperatives and other such retirement communities offering private, separate residences designed for the independent senior. Typically these are age restricted communities limiting occupancy to individuals age 55+ or 65+ or over depending on specific considerations.

**Assisted Living.** Assisted living offers help with nonmedical aspects of daily activities in an atmosphere of separate, private living units. It can be likened to congregate living for residents less able to function independently in all aspects of their daily lives. In some states, including New Hampshire, licensing is required.

**Continuing Care Retirement Communities.** The communities offer seniors a facility that combines housing, services and healthcare, allowing seniors to enjoy a private residential lifestyle with the opportunity of independence in the assurances of long-term health care, including nursing home.

<sup>22</sup> Housing Assistance Council. Rural Voices, “Affordable Rural Senior Housing”. Winter 2011/12. Page 5.

**Skilled Nursing Facility.** Skilled nursing facilities (commonly referred to as nursing homes) offer the most intensive level of care on the residential care spectrum. Skilled nursing facilities are equipped to handle individuals with 24 hour nursing needs, post-operative recuperation or complex medical care demands as well as chronically ill individuals who can no longer live independently. Skilled nursing facilities must be licensed by the state to meet standards of safety, staffing and care procedures. Such facilities may be freestanding or part of a senior community. Skilled nursing facilities may specialize in short-term or acute nursing care, intermediate or long – term skilled nursing care.

**Alzheimer’s Facilities.** Early-stage Alzheimer’s patients may be accommodated in a congregate or independent wing of a multi-level campus. Many assisted living communities will accept and successfully house early-stage residence. As the disease progresses, patients may develop argumentative behavior and wandering habits. Generally the communities best equipped to deal effectively with this type of patient are those with a particular focus on assisting these individuals.

**Senior Day Care Centers.** Senior day care centers offer a variety of services, ranging from custodial care with programs for stimulation and rehabilitation to day care providing medical and procedures.

**Housing Needs of Seniors.** The housing needs of seniors, particularly those of an advanced age can be more specialized than those of non-senior households. Some of the preferred characteristics include:

- A bedroom on the first floor
- A bathroom on the first floor
- Few or no entry steps
- Door levers rather than door knobs
- Wider than standard entry and interior doors
- Lower than standard counters

Many New Hampshire housing units lack these characteristics and modification to meet the preferences/needs of the senior population is not always cost effective, particularly in some of the state’s older housing stock.

### ***Declining Caregiving Support Ratio***

AARP defines the caregiver support ratio as the ratio between (1) the potential caregiver population (ages 45-64) and (2) the age 80 and over population. Currently the ratio nationally is 7.0, meaning there are 7 potential caregivers for each person over the age of 80. These caregivers, primarily Baby Boomers at this time, provide substantial support for the over-age 80

population, who otherwise might not be able to live independently. AARP estimates that family caregivers in New Hampshire numbered 183,000 in 2009 and that their services provided an estimated \$2.2 billion of support at \$12 per hour to the state's elderly population.<sup>23</sup> This is nearly four times the amount of Medicaid funds disbursed in the state for long term care.

As the Boomer population ages, it will move out of age categories *providing* support and into the age categories *needing* support. AARP estimates that in 15 years, by the year 2030, the caregiver support ratio will drop from its current 7.0, to 4.0 – meaning that there will be half as many caregivers in relation to the elderly population as is now the case.<sup>24</sup> This could have the effect of shifting more care to institutions including assisted living and nursing home facilities.

These same forces are at play in New Hampshire—the data shows that the State's current and projected caregiver support ratio closely parallels that of the Nation, indicating more pressure on fewer caregivers to provide assistance to our expanding aging population in the coming years:

**Table 10: New Hampshire Caregiver Support Ratio**

	<b>2010</b>	<b>2015</b>	<b>2025</b>
Caregivers (Ages 45-64)	404,204	409,172	360,609
Ages 80+	49,732	53,896	74,423
Caregiving Support Ratio	8.1	7.6	4.8
Source: US Census and NH Office of Energy and Planning			

<sup>23</sup> AARP. *Across the States*. 2012. Page 217

<sup>24</sup> AARP, *In Brief* August 2013: "The Aging of the Baby Boom and the Growing Care Gap: A Look at Future Declines in the Availability of Family Caregivers",

## Addendum

**Table 11: Projection of Elder Living Arrangements by County**

**Calculated Demand:  
Living Arrangements of the Senior Population By County**

<b>Belknap County</b>			<b>Hillsborough County</b>		
	<b>2010</b>	<b>2025</b>		<b>2010</b>	<b>2025</b>
Traditional Communities	9,420	16,430	Traditional Communities	44,450	81,260
Assisted Living	240	400	Assisted Living	1,190	1,990
Long Term Care	400	600	Long Term Care	1,890	3,020
<b>Carroll County</b>			<b>Merrimack County</b>		
	<b>2010</b>	<b>2025</b>		<b>2010</b>	<b>2025</b>
Traditional Communities	9,240	16,910	Traditional Communities	18,660	35,240
Assisted Living	220	420	Assisted Living	510	870
Long Term Care	360	640	Long Term Care	830	1,330
<b>Cheshire County</b>			<b>Rockingham County</b>		
	<b>2010</b>	<b>2025</b>		<b>2010</b>	<b>2025</b>
Traditional Communities	10,620	17,210	Traditional Communities	35,170	68,760
Assisted Living	280	420	Assisted Living	880	1,670
Long Term Care	440	640	Long Term Care	1,370	2,560
<b>Coos County</b>			<b>Strafford County</b>		
	<b>2010</b>	<b>2025</b>		<b>2010</b>	<b>2025</b>
Traditional Communities	5,970	9,270	Traditional Communities	13,700	24,120
Assisted Living	160	230	Assisted Living	370	560
Long Term Care	260	360	Long Term Care	570	840
<b>Grafton County</b>			<b>Sullivan County</b>		
	<b>2010</b>	<b>2025</b>		<b>2010</b>	<b>2025</b>
Traditional Communities	12,910	23,360	Traditional Communities	6,760	11,770
Assisted Living	340	580	Assisted Living	180	280
Long Term Care	550	900	Long Term Care	270	420

Source: Based on Ratios in the US Survey of Medicare Recipient Living Arrangements, 2007  
Applied to Age-Specific County Population Ages 65 and Over

**Table 12: New Hampshire Elder Population Forecast by County**

<b>Belknap County, New Hampshire</b>								<b>Change</b>					
	<b>2010</b>	<b>2015</b>	<b>2020</b>	<b>2025</b>	<b>2030</b>	<b>2035</b>	<b>2040</b>	<b>2010-15</b>	<b>2015-20</b>	<b>2020-25</b>	<b>2025-30</b>	<b>2030-35</b>	<b>2035-40</b>
65 to 74	5,457	7,289	8,912	9,982	10,509	9,758	8,714	1,832	1,623	1,070	527	-751	-1,044
75 to 84	3,156	3,170	3,986	5,586	6,932	7,897	8,393	14	816	1,600	1,346	965	496
85 & older	1,444	1,593	1,688	1,878	2,437	3,440	4,294	149	95	190	559	1,003	854
Total Population	60,088	60,671	62,678	64,460	65,852	66,796	67,269	583	2,007	1,782	1,392	944	473
Total Age 65+	10,057	12,052	14,586	17,446	19,878	21,095	21,401	1,995	2,534	2,860	2,432	1,217	306
Age 65+ % of Total	17%	20%	23%	27%	30%	32%	32%						

<b>Carroll County, New Hampshire</b>								<b>Change</b>					
	<b>2010</b>	<b>2015</b>	<b>2020</b>	<b>2025</b>	<b>2030</b>	<b>2035</b>	<b>2040</b>	<b>2010-15</b>	<b>2015-20</b>	<b>2020-25</b>	<b>2025-30</b>	<b>2030-35</b>	<b>2035-40</b>
65 to 74	5,491	7,120	8,706	10,029	10,756	10,080	8,878	1,629	1,586	1,323	727	-676	-1,202
75 to 84	3,153	3,389	4,313	5,913	7,408	8,732	9,475	236	924	1,600	1,495	1,324	743
85 & older	1,194	1,432	1,686	2,025	2,732	3,833	4,959	238	254	339	707	1,101	1,126
Total Population	47,818	48,377	50,115	51,945	53,484	54,522	54,997	559	1,738	1,830	1,539	1,038	475
Total Age 65+	9,838	11,941	14,705	17,967	20,896	22,645	23,312	2,103	2,764	3,262	2,929	1,749	667
Age 65+ % of Total	21%	25%	29%	35%	39%	42%	42%						

<b>Cheshire County, New Hampshire</b>								<b>Change</b>					
	<b>2010</b>	<b>2015</b>	<b>2020</b>	<b>2025</b>	<b>2030</b>	<b>2035</b>	<b>2040</b>	<b>2010-15</b>	<b>2015-20</b>	<b>2020-25</b>	<b>2025-30</b>	<b>2030-35</b>	<b>2035-40</b>
65 to 74	6,086	7,785	9,444	10,277	10,260	9,325	8,087	1,699	1,659	833	-17	-935	-1,238
75 to 84	3,744	3,811	4,535	6,003	7,439	8,287	8,434	67	724	1,468	1,436	848	147
85 & older	1,512	1,683	1,820	1,996	2,509	3,406	4,332	171	137	176	513	897	926
Total Population	77,117	77,128	78,052	79,085	79,861	80,381	80,471	11	924	1,033	776	520	90
Total Age 65+	11,342	13,279	15,799	18,276	20,208	21,018	20,853	1,937	2,520	2,477	1,932	810	-165
Age 65+ % of Total	15%	17%	20%	23%	25%	26%	26%						

<b>Coos County, New Hampshire</b>								<b>Change</b>					
	<b>2010</b>	<b>2015</b>	<b>2020</b>	<b>2025</b>	<b>2030</b>	<b>2035</b>	<b>2040</b>	<b>2010-15</b>	<b>2015-20</b>	<b>2020-25</b>	<b>2025-30</b>	<b>2030-35</b>	<b>2035-40</b>
65 to 74	3,291	4,092	5,074	5,650	5,571	4,974	4,286	801	982	576	-79	-597	-688
75 to 84	2,144	2,056	2,359	3,037	3,845	4,353	4,348	-88	303	678	808	508	-5
85 & older	964	1,090	1,095	1,167	1,375	1,793	2,296	126	5	72	208	418	503
Total Population	33,055	32,292	31,791	31,233	30,442	29,461	28,209	-763	-501	-558	-791	-981	-1,252
Total Age 65+	6,399	7,238	8,528	9,854	10,791	11,120	10,930	839	1,290	1,326	937	329	-190
Age 65+ % of Total	19%	22%	27%	32%	35%	38%	39%						

**Grafton County, New Hampshire**

	2010	2015	2020	2025	2030	2035	2040
65 to 74	7,437	9,747	12,153	13,823	14,174	12,997	11,732
75 to 84	4,325	4,647	5,940	8,107	10,350	12,003	12,428
85 & older	2,049	2,279	2,511	2,910	3,874	5,370	6,999
Total Population	89,118	89,666	91,614	93,224	94,359	95,018	95,275
Total Age 65+	13,811	16,673	20,604	24,840	28,398	30,370	31,159
Age 65+ % of Total	15%	19%	22%	27%	30%	32%	33%

Change					
2010-15	2015-20	2020-25	2025-30	2030-35	2035-40
2,310	2,406	1,670	351	-1,177	-1,265
322	1,293	2,167	2,243	1,653	425
230	232	399	964	1,496	1,629
548	1,948	1,610	1,135	659	257
2,862	3,931	4,236	3,558	1,972	789

**Hillsborough County, New Hampshire**

	2010	2015	2020	2025	2030	2035	2040
65 to 74	25,560	34,087	42,176	49,224	54,671	52,070	45,653
75 to 84	15,119	16,174	20,047	27,517	34,441	40,716	45,713
85 & older	6,848	7,685	8,341	9,532	12,142	16,861	21,219
Total Population	400,721	405,380	414,356	423,117	429,776	433,266	433,381
Total Age 65+	47,527	57,946	70,564	86,273	101,254	109,647	112,585
Age 65+ % of Total	12%	14%	17%	20%	24%	25%	26%

Change					
2010-15	2015-20	2020-25	2025-30	2030-35	2035-40
8,527	8,089	7,048	5,447	-2,601	-6,417
1,055	3,873	7,470	6,924	6,275	4,997
837	656	1,191	2,610	4,719	4,358
4,659	8,976	8,761	6,659	3,490	115
10,419	12,618	15,709	14,981	8,393	2,938

**Merrimack County, New Hampshire**

	2010	2015	2020	2025	2030	2035	2040
65 to 74	10,467	14,183	18,173	21,361	22,728	21,118	18,542
75 to 84	6,400	6,755	8,344	11,725	15,370	18,295	19,654
85 & older	3,141	3,530	3,862	4,366	5,651	7,958	10,507
Total Population	146,445	148,043	150,652	154,354	157,495	159,377	159,845
Total Age 65+	20,008	24,468	30,379	37,452	43,749	47,371	48,703
Age 65+ % of Total	14%	17%	20%	24%	28%	30%	30%

Change					
2010-15	2015-20	2020-25	2025-30	2030-35	2035-40
3,716	3,990	3,188	1,367	-1,610	-2,576
355	1,589	3,381	3,645	2,925	1,359
389	332	504	1,285	2,307	2,549
1,598	2,609	3,702	3,141	1,882	468
4,460	5,911	7,073	6,297	3,622	1,332

**Rockingham County, New Hampshire**

	2010	2015	2020	2025	2030	2035	2040
65 to 74	21,216	28,958	35,851	41,785	46,089	43,255	36,332
75 to 84	11,571	12,964	16,605	23,166	28,801	34,018	37,987
85 & older	4,637	5,727	6,810	8,034	10,598	14,904	18,779
Total Population	295,223	299,278	306,867	313,619	319,065	321,840	321,226
Total Age 65+	37,424	47,649	59,266	72,985	85,488	92,177	93,098
Age 65+ % of Total	13%	16%	19%	23%	27%	29%	29%

Change					
2010-15	2015-20	2020-25	2025-30	2030-35	2035-40
7,742	6,893	5,934	4,304	-2,834	-6,923
1,393	3,641	6,561	5,635	5,217	3,969
1,090	1,083	1,224	2,564	4,306	3,875
4,055	7,589	6,752	5,446	2,775	-614
10,225	11,617	13,719	12,503	6,689	921

**Strafford County, New Hampshire**

	2010	2015	2020	2025	2030	2035	2040
65 to 74	7,786	10,308	12,725	15,236	16,795	15,825	14,119
75 to 84	4,841	4,828	5,707	7,756	9,732	11,914	13,273
85 & older	2,018	2,228	2,406	2,543	3,180	4,352	5,551
Total Population	123,143	125,489	128,219	131,197	133,867	135,972	137,176
Total Age 65+	14,645	17,364	20,838	25,535	29,707	32,091	32,943
Age 65+ % of Total	12%	14%	16%	19%	22%	24%	24%

Change					
2010-15	2015-20	2020-25	2025-30	2030-35	2035-40
2,522	2,417	2,511	1,559	-970	-1,706
-13	879	2,049	1,976	2,182	1,359
210	178	137	637	1,172	1,199
2,346	2,730	2,978	2,670	2,105	1,204
2,719	3,474	4,697	4,172	2,384	852

**Sullivan County, New Hampshire**

	2010	2015	2020	2025	2030	2035	2040
65 to 74	3,971	5,250	6,425	7,250	7,692	7,462	6,916
75 to 84	2,292	2,346	2,815	3,866	4,876	5,626	6,045
85 & older	954	1,107	1,216	1,357	1,727	2,395	3,054
Total Population	43,742	44,511	45,493	46,650	47,840	48,724	49,249
Total Age 65+	7,217	8,703	10,456	12,473	14,295	15,483	16,015
Age 65+ % of Total	16%	20%	23%	27%	30%	32%	33%

Change					
2010-15	2015-20	2020-25	2025-30	2030-35	2035-40
1,279	1,175	825	442	-230	-546
54	469	1,051	1,010	750	419
153	109	141	370	668	659
769	982	1,157	1,190	884	525
1,486	1,753	2,017	1,822	1,188	532

**State of New Hampshire**

	2010	2015	2020	2025	2030	2035	2040
65 to 74	96,762	128,819	159,639	184,617	199,245	186,864	163,259
75 to 84	56,745	60,140	74,651	102,676	129,194	151,841	165,750
85 & older	24,761	28,354	31,435	35,808	46,225	64,312	81,990
Total Population	1,316,470	1,330,835	1,359,837	1,388,884	1,412,041	1,425,357	1,427,098
Total Age 65+	178,268	217,313	265,725	323,101	374,664	403,017	410,999
Age 65+ % of Total	14%	16%	20%	23%	27%	28%	29%

Change					
2010-15	2015-20	2020-25	2025-30	2030-35	2035-40
32,057	30,820	24,978	14,628	-12,381	-23,605
3,395	14,511	28,025	26,518	22,647	13,909
3,593	3,081	4,373	10,417	18,087	17,678
14,365	29,002	29,047	23,157	13,316	1,741
39,045	48,412	57,376	51,563	28,353	7,982

Figure 19: 2010 Median Age by State

### Median Age, 2010

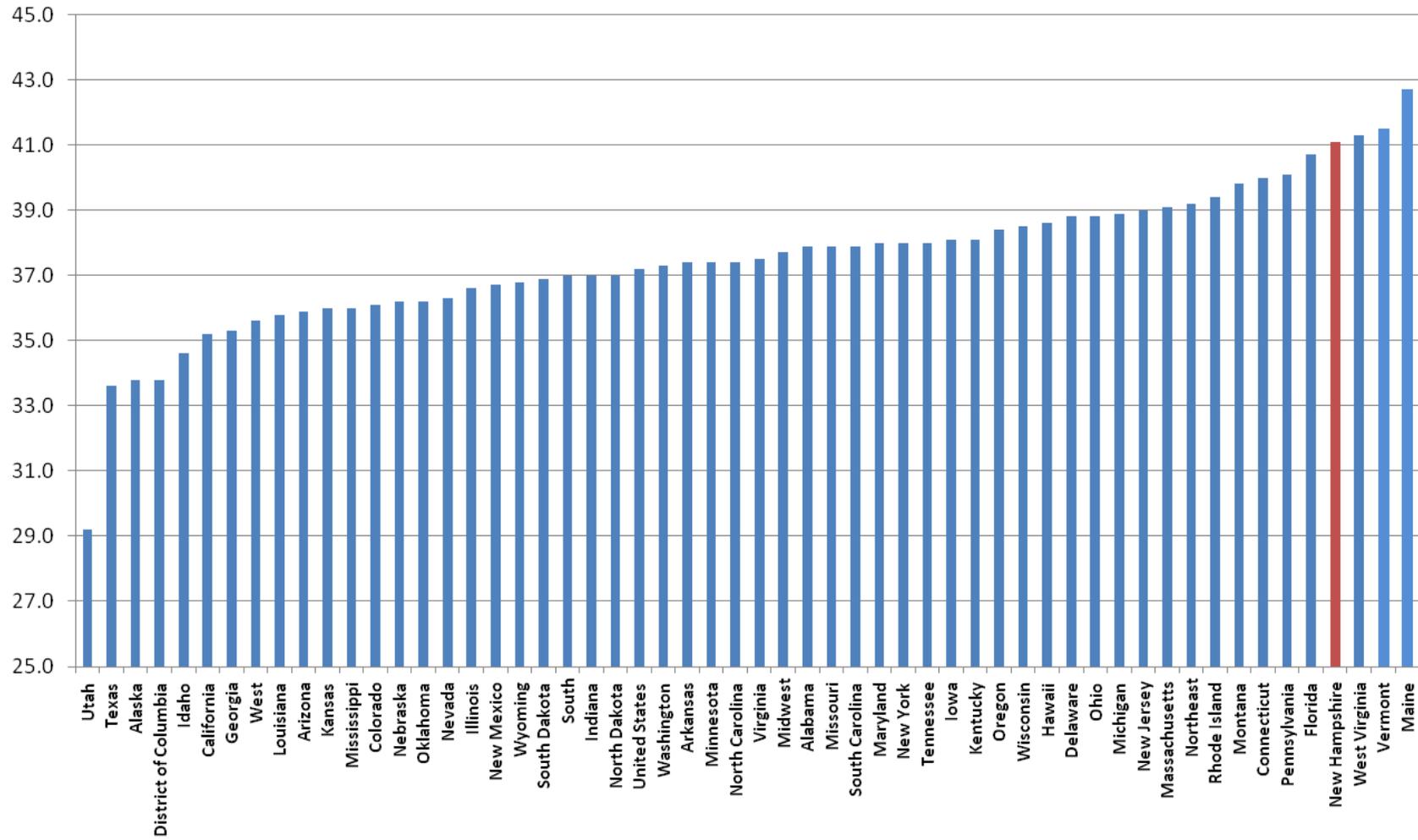


Table 13: 2010 Population Age 50 and Over by State

## Population for States by Five Year Age Group - April 1, 2010

	Total All Ages	50 to 54 years	55 to 59 years	60 to 64 years	65 to 69 years	70 to 74 years	75 to 79 years	80 to 84 years	85 years and over	
United States Total (50 states + DC)	308,745,538	22,298,125	19,664,805	16,817,924	12,435,263	9,278,166	7,317,795	5,743,327	5,493,433	13.0%
Alaska	710,231	56,300	49,971	35,938	22,202	13,148	8,892	5,985	4,711	7.7%
Utah	2,763,885	152,133	133,122	107,119	79,480	58,744	45,835	34,412	30,991	9.0%
Texas	25,145,561	1,674,869	1,422,924	1,174,767	853,100	619,156	477,245	347,206	305,179	10.3%
Georgia	9,687,653	668,591	573,551	496,006	356,007	250,422	182,735	129,048	113,823	10.7%
Colorado	5,029,196	371,063	328,364	269,280	182,492	127,468	96,908	73,144	69,613	10.9%
California	37,253,956	2,562,552	2,204,296	1,832,197	1,303,558	971,778	766,971	603,239	600,968	11.4%
District of Columbia	601,723	37,164	34,274	29,703	21,488	15,481	11,820	9,705	10,315	11.4%
Nevada	2,700,551	182,737	164,575	150,924	115,501	82,280	57,503	38,888	30,187	12.0%
Virginia	8,001,024	592,845	512,595	442,369	320,302	229,502	173,929	130,801	122,403	12.2%
Maryland	5,773,552	440,619	377,989	317,779	226,596	159,761	124,579	98,580	98,126	12.3%
Louisiana	4,533,372	329,329	292,567	242,995	178,365	133,629	102,876	77,301	65,686	12.3%
Washington	6,724,540	495,296	453,078	382,087	270,474	186,746	142,068	111,118	117,271	12.3%
Idaho	1,567,582	104,977	96,997	83,316	63,428	46,106	34,278	25,614	25,242	12.4%
Wyoming	563,626	44,105	40,946	32,567	22,974	16,594	12,492	9,428	8,602	12.4%
Illinois	12,830,632	930,785	807,778	665,429	485,060	364,475	289,385	235,381	234,912	12.5%
Mississippi	2,967,297	208,607	186,569	160,756	120,523	93,946	69,876	51,703	44,359	12.8%
Minnesota	5,303,925	401,695	349,589	279,775	202,570	151,857	122,114	99,916	106,664	12.9%
North Carolina	9,535,483	669,893	600,722	538,039	403,024	294,543	223,655	165,396	147,461	12.9%
Indiana	6,483,802	472,822	418,515	350,628	259,057	193,278	151,843	121,658	115,272	13.0%
Kansas	2,853,118	204,434	182,512	148,735	107,755	82,634	69,466	56,943	59,318	13.2%
New Mexico	2,059,179	147,170	136,799	120,137	87,890	65,904	50,230	36,238	31,993	13.2%
Kentucky	4,339,367	319,455	288,027	250,966	185,664	139,650	105,392	78,313	69,208	13.3%
Tennessee	6,346,105	459,349	414,991	370,724	280,538	206,536	154,517	111,954	99,917	13.4%
New Jersey	8,791,894	674,680	565,623	480,542	350,972	260,462	215,715	179,233	179,611	13.5%
Nebraska	1,826,341	130,235	117,686	95,490	68,834	54,292	46,435	37,808	39,308	13.5%
Oklahoma	3,751,351	264,369	235,969	204,513	159,392	121,075	95,051	69,284	61,912	13.5%
New York	19,378,102	1,419,928	1,237,408	1,066,260	773,211	587,391	474,807	391,660	390,874	13.5%
<b>New Hampshire</b>	<b>1,316,470</b>	<b>112,397</b>	<b>96,289</b>	<b>81,954</b>	<b>57,176</b>	<b>39,586</b>	<b>31,774</b>	<b>24,971</b>	<b>24,761</b>	<b>13.5%</b>
South Carolina	4,625,364	326,662	303,240	280,555	215,561	153,482	113,248	78,866	70,717	13.7%
Wisconsin	5,686,986	436,126	385,986	313,825	227,029	173,467	141,252	117,061	118,505	13.7%
Alabama	4,779,736	347,485	311,906	276,127	209,637	160,864	122,836	88,771	75,684	13.8%
Michigan	9,883,640	765,452	683,186	568,811	418,625	306,084	244,085	200,855	191,881	13.8%
Massachusetts	6,547,629	497,001	432,822	370,547	264,459	192,001	162,592	138,473	145,199	13.8%
Arizona	6,392,017	415,524	375,268	350,960	282,866	215,026	162,261	118,278	103,400	13.8%
Oregon	3,831,074	276,196	273,423	236,143	169,847	120,194	91,601	74,019	77,872	13.9%
Missouri	5,988,927	443,806	389,985	333,293	257,053	193,437	155,271	118,754	113,779	14.0%
Ohio	11,536,504	887,057	786,857	665,409	478,864	371,370	297,519	243,833	230,429	14.1%
Connecticut	3,574,097	284,325	240,157	203,295	149,281	105,663	89,252	77,465	84,898	14.2%
South Dakota	814,180	59,399	54,231	43,573	31,944	25,683	21,724	18,004	19,226	14.3%
Hawaii	1,360,301	97,978	93,340	82,222	59,170	41,353	34,675	29,702	30,238	14.3%
Delaware	897,934	65,998	57,816	53,113	41,809	30,644	23,885	17,195	15,744	14.4%
Arkansas	2,915,918	201,722	183,960	167,031	133,367	101,235	77,741	56,236	51,402	14.4%
Rhode Island	1,052,567	81,050	70,634	59,955	42,802	31,077	26,645	24,607	26,750	14.4%
North Dakota	672,591	50,277	45,946	35,873	26,028	20,845	18,368	15,548	16,688	14.5%
Puerto Rico	3,725,789	239,821	223,607	218,077	175,411	136,251	100,740	67,000	62,596	14.5%
Vermont	625,741	52,493	48,739	41,234	29,390	20,148	15,960	12,783	12,797	14.6%
Montana	989,415	78,811	75,915	62,943	46,556	34,186	25,637	20,342	20,021	14.8%
Iowa	3,046,355	223,244	204,393	168,357	124,365	100,291	83,387	70,187	74,658	14.9%
Pennsylvania	12,702,379	984,641	879,048	743,296	553,002	426,536	362,332	311,761	305,676	15.4%
Maine	1,328,361	110,956	102,441	89,660	65,014	47,637	38,894	30,399	29,136	15.9%
West Virginia	1,852,994	143,232	139,368	125,457	91,728	71,792	54,725	43,238	35,921	16.0%
Florida	18,801,310	1,340,291	1,202,418	1,135,250	959,233	768,707	615,514	482,023	434,125	17.3%

Source: U.S. Census Bureau, 2010 Census.

DP-1 - United States: Profile of General Population and Housing Characteristics: 2010  
2010 Demographic Profile Data

Retrieved from the Census Bureau American FactFinder system on June 6, 2011.

See: <http://factfinder2.census.gov/faces/nav/jsf/pages/searchresults.xhtml?refresh=t>

Tables compiled by the U.S. Administration on Aging

File: stterr2010-v1.xls: 2010-50+x5

**Table 14: United States Population Age 60 and Over; Actual and Forecast**

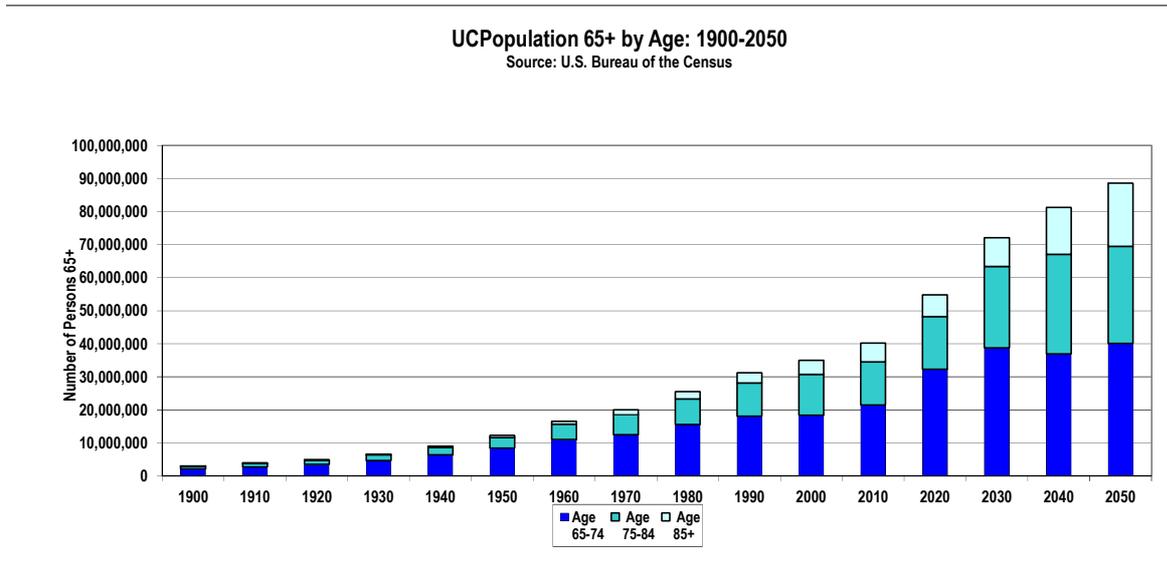
Older Population by Age Group: 1900 to 2050 with Chart of the 65+ Population

[\[Return to Main Menu\]](#)

Census Year	Age 60-64	Age 65-74	Age 75-84	Age 85+	Age 60 and older	Age 65 and older	Total, all ages
1900	1,791,363	2,186,767	771,369	122,362	4,871,861	3,080,498	75,994,575
1910	2,267,150	2,793,231	989,056	167,237	6,216,674	3,949,524	91,972,266
1920	2,982,548	3,463,511	1,259,339	210,365	7,915,763	4,933,215	105,710,620
1930	3,751,221	4,720,609	1,641,066	272,130	10,385,026	6,633,805	122,775,046
1940	4,728,340	6,376,189	2,278,373	364,752	13,747,654	9,019,314	131,669,275
1950	6,059,475	8,414,885	3,277,751	576,901	18,329,012	12,269,537	150,697,361
1960	7,142,452	10,996,842	4,633,486	929,252	23,702,032	16,559,580	179,323,175
1970	8,616,784	12,435,456	6,119,145	1,510,901	28,682,286	20,065,502	203,211,926
1980	10,087,621	15,580,605	7,728,755	2,240,067	35,637,048	25,549,427	226,545,805
1990	10,616,167	18,106,558	10,055,108	3,080,165	41,857,998	31,241,831	248,709,873
2000	10,805,447	18,390,986	12,361,180	4,239,587	45,797,200	34,991,753	281,421,906
2010	16,757,689	21,462,599	13,014,814	5,751,299	56,986,401	40,228,712	310,232,863
2020	21,008,851	32,312,186	15,895,265	6,597,019	75,813,321	54,804,470	341,386,665
2030	20,079,650	38,784,325	24,562,604	8,744,986	92,171,565	72,091,915	373,503,674
2040	20,512,884	36,895,223	30,145,467	14,197,701	101,751,275	81,238,391	405,655,295
2050	23,490,423	40,112,637	29,393,295	19,041,041	112,037,396	88,546,973	439,010,253
Change 2010-2050	6,732,734	18,650,038	16,378,481	13,289,742	55,050,995	48,318,261	128,777,390
% Change 2010-2050	40%	87%	126%	231%	97%	120%	42%

**Chart of Population 65 and over by age: 1900 to 2050**

This chart shows the large increases in the population 65 and older from 3.1 million people in 1900 to 35 million in 2000 and projected to 72 million in 2030.



**Sources:**

Projections for 2010 through 2050 are from: Table 12. Projections of the Population by Age and Sex for the United States: 2010 to 2050 (NP2008-T12), Population Division, U.S. Census Bureau; Release Date: August 14, 2008

The source of the data for 1900 to 2000 is Table 5. Population by Age and Sex for the United States: 1900 to 2000, Part A. Number, Hobbs, Frank and Nicole Stoops, U.S. Census Bureau, Census 2000 Special Reports, Series CENSR-4, Demographic Trends in the 2

This table was compiled by the U.S. Administration on Aging using the Census data noted.

**Table 15: Mobility of the Elder Population by Age**

<b>One Year Mobility of Senior Population By Age, 2012</b>				
	<b>65-69</b>	<b>70-74</b>	<b>75+</b>	<b>Total 65+</b>
Total Population	13,892,087	10,112,673	19,135,717	43,140,477
Moved Within Past Year				
Moved Within Same County	445,680	288,629	788,584	1,522,893
Moved From Different County, Same State	152,920	99,983	258,436	511,339
Moved From Different State	176,264	98,798	195,676	470,738
Moved from Different Country	46,627	33,561	46,261	126,449
<b>Total Moved</b>	<b>821,491</b>	<b>520,971</b>	<b>1,288,957</b>	<b>2,631,419</b>
	<b>65-69</b>	<b>70-74</b>	<b>75+</b>	<b>Total 65+</b>
Total Population	100.0%	100.0%	100.0%	100.0%
Moved Within Past Year	0.0%	0.0%	0.0%	0.0%
Moved Within Same County	3.2%	2.9%	4.1%	3.5%
Moved From Different County, Same State	1.1%	1.0%	1.4%	1.2%
Moved From Different State	1.3%	1.0%	1.0%	1.1%
Moved from Different Country	0.3%	0.3%	0.2%	0.3%
<b>Total Moved</b>	<b>5.9%</b>	<b>5.2%</b>	<b>6.7%</b>	<b>6.1%</b>

Source: American Community Survey, 1 Year Estimates, 2012, Table B07001

**Table 16: Licensed Senior Support Facilities by County**

**Licensed Senior Support Facilities in New Hampshire, 2013**

<b>Sum of BEDS</b>			
	<b>Nursing Home</b>	<b>Residential</b>	<b>Supported</b>
<b>County</b>	<b>Beds</b>	<b>Care Home</b>	<b>Residential Care</b>
		<b>Facility</b>	<b>Facility</b>
Belknap	445	66	198
Carroll	339	18	84
Cheshire	521	160	236
Coos	420	36	32
Grafton	422	75	413
Hillsborough	2326	413	973
Merrimack	1025	201	514
Rockingham	1149	114	1002
Strafford	598	225	401
Sullivan	277	44	48
<b>Grand Total</b>	<b>7522</b>	<b>1352</b>	<b>3901</b>

Source: NH Department of Health and Human Services  
 //licensed facilities under rsa 151 11 13 bycounty