New Futures

Healthy Aging



NHAHA
NEW HAMPSHIRE ALLIANCE
FOR HEALTHY AGING
ADVOCACY

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State Demographics

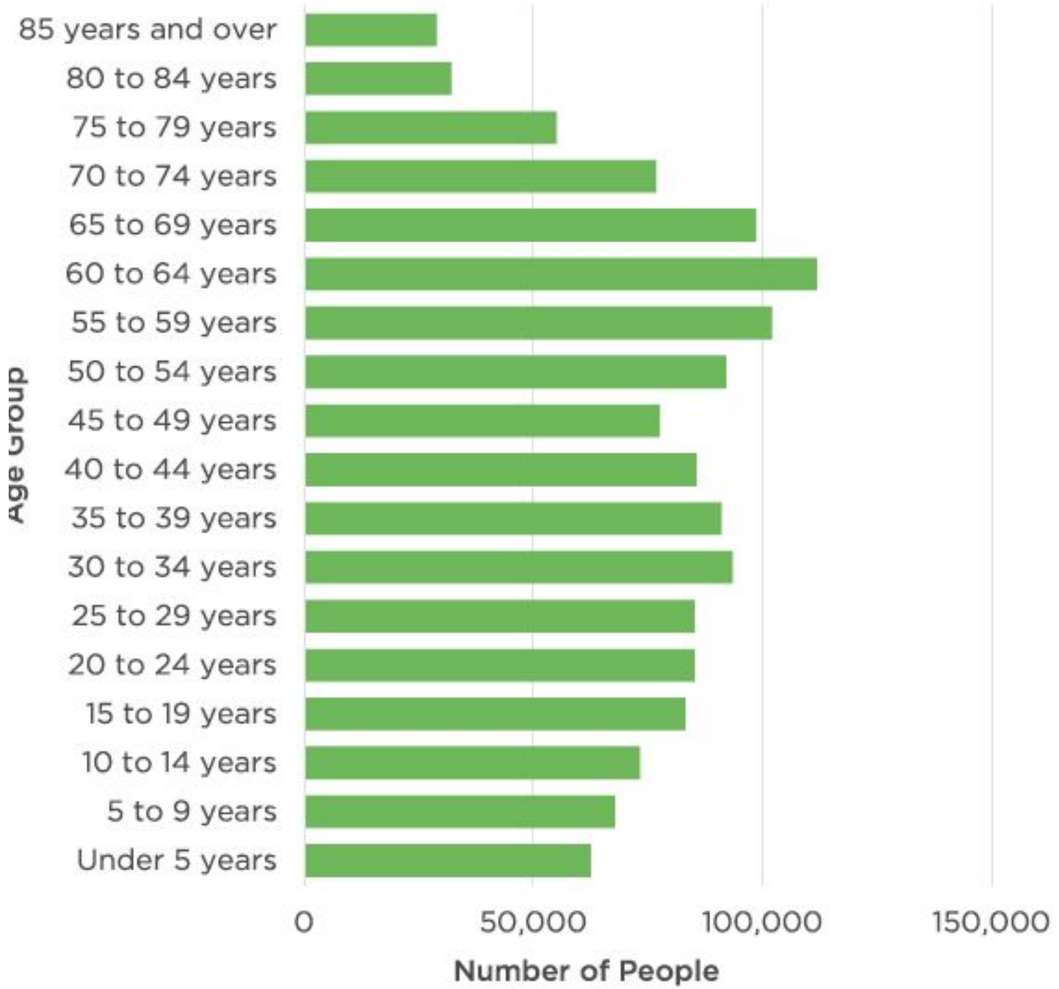
- NH is tied with Vermont as the second oldest state in the U.S by median age---Maine is the oldest state
- As of 2023, individuals aged 65 and older comprised about 20.8% of the population in NH
- By 2050, one in four NH residents will be over the age of 65

State Demographics

FIGURE 3

New Hampshire Population By Age Group

Source: U.S. Census Bureau, Population Estimates Program, July 1, 2023 Estimates



NH Fiscal Policy Institute, February 2025

https://nhfpi.org/blog/new-hampshire-policy-points-2025-population-and-demographics/

Demographics as an **Opportunity**

Mentorship, Community Contributions, Innovation, Economic Benefit

- **Volunteerism** – 2023 data shows over 28% of New Hampshire adults 65+ volunteered
- **Workforce Contributions** - Older adults are expected to increase their labor force participation rate over the decade and account for 57% of labor force growth
- **Economic Benefits** - An aging demographic also means a higher number of active workers, consumers, taxpayers, caregivers and volunteers

How Do We Think, Talk and Feel about Aging?

Ageism

- Aging stereotypes are often so ingrained in our culture that we often don't even notice. Think of the common cultural message telling us that aging is something to avoid.
- The National Center to Reframe Aging provides proven communication strategies that equip organizations and individuals with actionable resources to advance initiatives that benefit us all as we age.



The National Center to Reframe Aging at https://www.reframingaging.org/.

Friendly

munities

What is an Age Friendly Community?

- An age-friendly community describes an inclusive, supportive living environment that allows us to thrive as we age.

- Age-friendly communities include resources such as access to health care, transportation, housing, communication, community supports, outdoor spaces, social participation & inclusion, and civic participation.

Access to **Health Care**

System of Care for Healthy Aging

- 2023 multifaceted legislation, known the System of Care for Healthy Aging, established a comprehensive framework to rebalance NH's long term supports and services system, emphasizing individual choice and respecting what older adults want, which is to age at home

- Targets reimbursement rates, IT, access, coordination, data informed service delivery, community options

NH DHHS Website - Implementation of the System of Care for Healthy Aging
https://www.dhhs.nh.gov/programs-services/adult-aging-care/system-care-healthy-aging

orkforce

Strengthen the Health Care Workforce

- New Hampshire has a high-performing overall health care system, but its medical sector faces a systemic workforce shortage.
- As the population of New Hampshire ages, access to health care services will become even more critical. Complicating recruitment and retention is the aging of the state's primary care workforce.

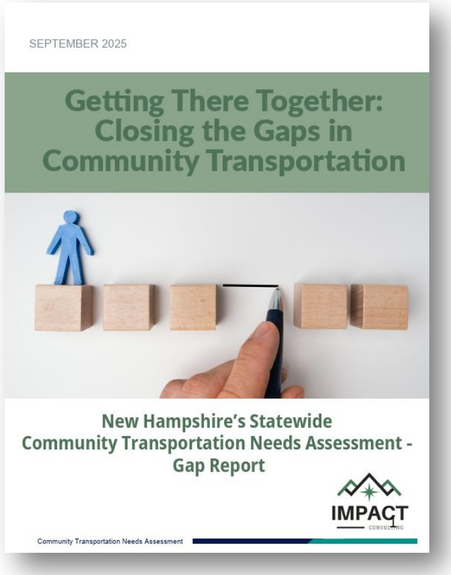
https://healthforcenh.org/.

Gaps in Community Transportation

Transportation

The **New Hampshire Commission on Aging** newly released the Community Transportation Needs Assessment (CTNA) Executive Summary highlights:

- People want to work, volunteer, and age in place—but they can't if they can't get there.
- Transportation is healthcare.
- Volunteer driver programs are lifelines, but stretched thin.
- Funding is complex and uncoordinated.
- Rural regions feel it the hardest.



NH Commission on Aging
https://mm.nh.gov/files/uploads/aging/documents/community-transportation-needs-assessment-gap-report-coa.pdf

Financial Security

Facing Greater Financial Hardship

Poverty among individuals 65 and older is increasing in New Hampshire. Analysis from the NH Fiscal Policy Institute shows that the poverty rate for older adults, unlike the general population, has increased relative to pre-COVID-19 levels.

The cost of living in New Hampshire is higher than the average Social Security Retirement payment. In 2026, the average Social Security payment was $2,071 yet the cost of meeting basic needs for a single individual who is renting and in poor health is $2,840 in Cheshire County, $3,215 in Rockingham County, and $3,140 in Hillsborough County.

Gerontology Institute at the University of Massachusetts Boston, Elder Economic Security Standard Index. https://elderindex.org/

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Greater Housing Insecurity

- NH adults age 65 and older in renter households 56% (20,000 individuals) pay more than 30% of income in rent and utilities (2019 to 2023)
- About 23% of adults age 65 and older (50,000 people) live in homeowner households with owner costs were greater than 30% of income (2019 to 2023))

NH Fiscal Policy Institute, NH Economy, Older Adults & Recent Policy Changes, Sept.2025, pg. 12.
https://nhfpi.org/resource/the-new-hampshire-economy-older-adults-and-recent-policy-changes/#:~:text=The%20New%20Hampshire%20Fiscal%20Policy,to%20the%20State%20budget%2C%20the

Solutions



- Support for the System of Care for Healthy Aging
- Focus on services that keep people in their homes-transportation, adult day services, caregiver support & respite, housing
- Support Caregivers (Respite, training) and Volunteer programs (RSVP, Senior Companions)
- Promote and Expand the Medicare Savings Program
- Promote and leverage existing federal programs-Older Americans Act, Medicare (PT for balance, caregiver training, Low Income Subsidy LIS), Rural Transformation Act

Resources

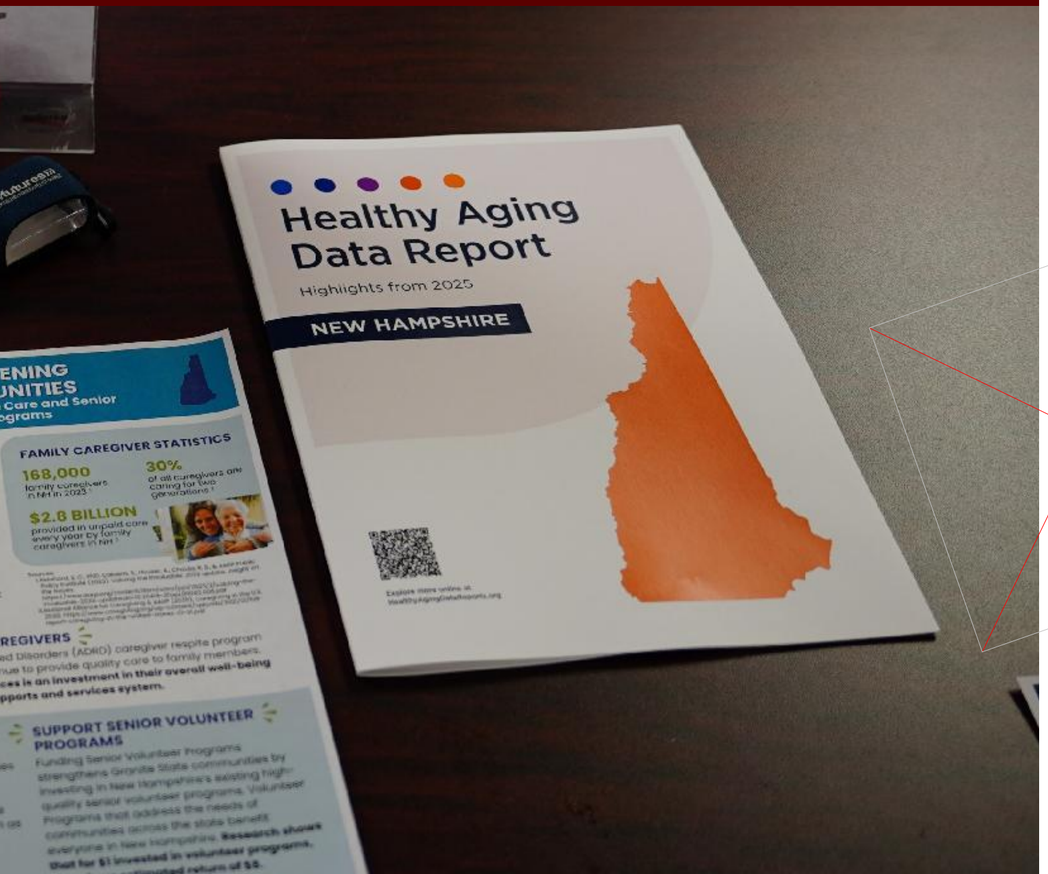


Justice in Aging, Supporting Older Americans' Basic Needs: Healthcare, Income, Housing and Food, March 2025.
This article provides a helpful overview of basic federal public benefit programs.
https://justiceinaging.org/supporting-older-americans-basic-needs/

NH System of Care for Healthy Aging: This NH DHHS web page provides links to legislation, reports and presentations that summarize the status of implementation of the System of Care for Healthy Aging.
https://www.dhhs.nh.gov/programs-services/adult-aging-care/system-care-healthy-aging

Commission on Aging 2025 Annual Report: The Commission's report provides a summary of issues with recommendations for moving forward.
https://mm.nh.gov/files/uploads/aging/documents/2025-coa-annual-report.pdf

Resources



The NH Commission on Aging - AgeWell NH Community Engagement Report
https://mm.nh.gov/files/uploads/aging/documents/agewellnh-community-engagement-report.pdf

Elder Index: A tool that shows by county how much income older adults need to meet their basic needs and age in place with dignity. https://elderindex.org/

NH Healthy Aging Data Report: 2025 New Hampshire Healthy Aging Data Report includes: 244 community profiles (every city and town); 152 maps listing community rates for each indicator (organized alphabetically and ranked high to low); 18 interactive web maps; Infographic summarizing key findings; Report Highlights; and technical documentation.
https://healthyagingdatareports.org/nh/new-hampshire-healthy-aging-data-report/

Resources



NH Commission on Aging Community Transportation Needs Assessment 2026
https://mm.nh.gov/files/uploads/aging/documents/community-transportation-needs-assessment-gap-report-coa.pdf

How U.S. Adults 50 and Older are Reshaping Work, Spending, and the Future of the U.S. Economy, AARP, The Longevity Economy 2026.
https://www.aarp.org/content/dam/aarp/thought-leadership/topics/aging-experience/longevity-economy-outlook-2026.doi.10.26419-2fint.00401.001.pdf

NH Fiscal Policy Institute, The NH Economy Older Adults and Recent Policy Changes, September 2025.
https://nhfpi.org/resource/the-new-hampshire-economy-older-adults-and-recent-policy-changes

Healthcare Workforce https://healthforcenh.org/

Sign Up for **Action**



www.new-futures.org/training/sign-up