The United States of Aging Survey
Indianapolis Findings

In its second year, The United States of Aging Survey, conducted by the National Council on Aging (NCOA), UnitedHealthcare and USA TODAY, explores what underlies American seniors’ perspectives on aging, and how the country can better prepare for a booming senior population.

The 2013 survey comprised 4,000 telephone interviews, including nationally representative samples of Americans ages 60 and older and adults ages 18-59. To explore different perspectives on aging preparedness, the 2013 survey oversampled key audiences, including:
- Low-income seniors (ages 60 and older with a household income of less than $15,000);
- Older seniors (ages 80 and older);
- Seniors with three or more chronic health conditions (ages 60 and older);
- Seniors from five designated markets including Birmingham, Ala., Indianapolis, Los Angeles, Orlando, Fla., and San Antonio.

General Outlook
Similar to seniors nationally, Indianapolis seniors have a positive outlook on their future and the aging process. Many have prepared for their senior years and are confident in their ability to maintain a high quality of life.

- Eighty-one percent of Indianapolis seniors have done at least some preparation for their senior years, compared with 76 percent of seniors nationally.
- More than 9 in 10 (91 percent) Indianapolis seniors are somewhat or very confident they can maintain a high quality of life throughout their senior years, and the majority (63 percent) also feel that their senior years will be somewhat or much better than those of younger generations.

Health Preparedness
Regarding their health, Indianapolis seniors are more likely to have chronic health conditions, and many are not investing in activities that are important in helping them manage their health for the long term.

- Nearly 3 in 4 (72 percent) Indianapolis seniors say their health in the past year has been normal, compared with 60 percent of seniors nationally.
- Seventy-four percent of Indianapolis seniors report having two or more chronic health conditions, compared with 65 percent of seniors nationally.
- More than half (57 percent) of Indianapolis seniors have not set any specific goals to help manage their health in the past 12 months.

Financial Security
In general, Indianapolis seniors are comfortable with their current financial situation and few express concern about their long-term financial stability. Retired seniors in Indianapolis are more likely to depend on Social Security as a source of income compared with retired seniors nationally.
Seventy-six percent of Indianapolis seniors find it very or somewhat easy to pay their monthly living expenses, compared with 66 percent of seniors nationally.

Only 13 percent of Indianapolis seniors are very concerned about whether their savings and income will be sufficient to last the rest of their life, compared with 22 percent of seniors nationally.

Forty-nine percent of retired Indianapolis seniors indicate that Social Security is their primary source of income, compared with 43 percent of retired seniors nationally.

Community Support
The majority of Indianapolis seniors agree the community they live in is responsive the needs of seniors and rate the quality of community services high. Still, only 48 percent believe their community is doing enough to prepare for the needs of the growing senior population.

- Seventy-seven percent of Indianapolis seniors believe their community is responsive to the needs of seniors, compared with 71 percent of seniors nationally.
- Indianapolis seniors rate their community-based support services highly: 44 percent say they are very good or excellent, compared with 37 percent of seniors nationally.
- Indianapolis seniors believe their city or town should help seniors by investing in better transportation options, more affordable health care, and more affordable housing options (29 percent, 23 percent and 21 percent, respectively).

Wired Seniors
Four in 5 Indianapolis seniors say it is very or somewhat important for seniors to use technology, and most cite its importance in helping them stay connected to family, friends and the wider world.

- The majority (90 percent) of seniors in Indianapolis say technology is very or somewhat important in helping them stay in touch with family and friends, keep up with the world around them (84 percent), and stay mentally sharp (76 percent).
- More than 1 in 3 (35 percent) Indianapolis seniors don’t think it’s necessary to use more technology than they currently do.

To access the survey findings, visit [www.ncoa.org/UnitedStatesofAging](http://www.ncoa.org/UnitedStatesofAging). Join the conversation on Twitter at #USofAging.

About The United States of Aging Survey
The United States of Aging Survey is an annual survey conducted by the National Council on Aging, UnitedHealthcare and USA TODAY. For the 2013 survey, Penn Schoen Berland completed 4,000 telephone interviews from April 3, 2013, to May 4, 2013, including nationally representative samples of Americans ages 60 and older and adults ages 18-59. The margin of error for the national samples is +/-3.1 percent and between 3.7 percent and 5 percent for oversampled subpopulations. Data from general population samples, the regional oversampled audiences and the oversampled audience of seniors ages 80 and older are weighted to U.S. Census Bureau demographic statistics in terms of age, gender, income, marital status and race.

About the National Council On Aging
The National Council on Aging is a nonprofit service and advocacy organization headquartered in Washington, D.C. NCOA is a national voice for millions of older adults – especially those who are vulnerable and disadvantaged – and the community organizations that serve them. It brings together nonprofit organizations, businesses, and government to develop creative solutions that improve the lives of all older adults. NCOA works with thousands of organizations across the
country to help seniors find jobs and benefits, improve their health, live independently, and remain active in their communities. For more information, please visit: www.ncoa.org

About UnitedHealthcare
UnitedHealthcare is dedicated to helping people nationwide live healthier lives by simplifying the health care experience, meeting consumer health and wellness needs, and sustaining trusted relationships with care providers. The company offers the full spectrum of health benefit programs for individuals, employers and Medicare and Medicaid beneficiaries, and contracts directly with 780,000 physicians and care professionals and 5,900 hospitals and other care facilities nationwide. UnitedHealthcare serves more than 40 million people in health benefits and is one of the businesses of UnitedHealth Group (NYSE: UNH), a diversified Fortune 50 health and well-being company.