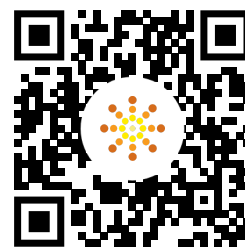


Utah is Getting Older.

Here is What That Means for All of Us.



Scan here for
the full report.

Utah Foundation research shows most communities acknowledge their aging residents, but few are planning for them.

The Numbers

- By 2060, nearly 1 in 4 Utahns will be over 65, up from 12% in 2020.
- Only one-third of counties and about one-third of municipalities have general plans that include concrete aging strategies.

What "Aging in Place" Really Means – Why This Affects Everyone

- Aging in place doesn't necessarily mean staying in the same house. It means being able to thrive in a suitable living situation, in the same or a familiar community, close to the people and places that matter most.
- Age-friendly planning benefits residents of every age. The features that make a community work well for older adults, such as walkable streets, accessible transit, and a range of housing options, also make it work better for children, young families, and people without cars.

The Challenges Older Utahns Face

- Isolation: One in five older Utahns lives alone. Lacking social connection carries health risks similar to smoking 15 cigarettes a day.
- Housing: Most older adults want to stay in their homes, but many need smaller, more manageable, or more accessible housing as they age.
- Transportation: Older adults spend an average of seven to ten of their final years unable to drive. Transportation options need to be available to those without cars.
- Healthcare and food access: About 11% of older Utahns face hunger or the threat of it. Further, long-term care is expensive and Medicare may not cover it.

Get Involved

Aging well is a community effort. Attend a general plan meeting, support local senior services, or simply check in on an older neighbor. Small actions add up to more connected, age-friendly communities for everyone.

Learn More

Read the full report series, *Preparing for Utah's Aging Population*, at utahfoundation.org.



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