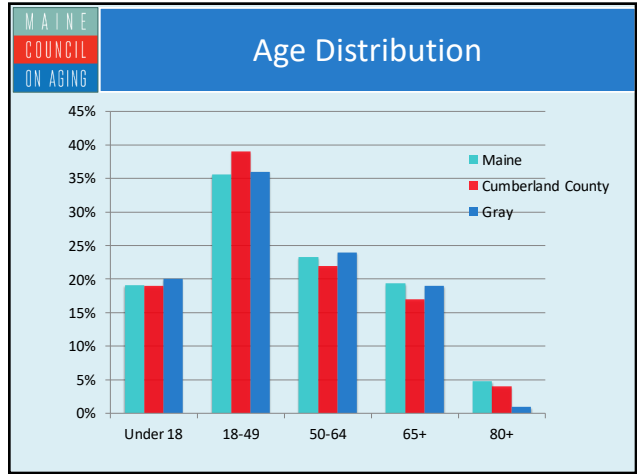
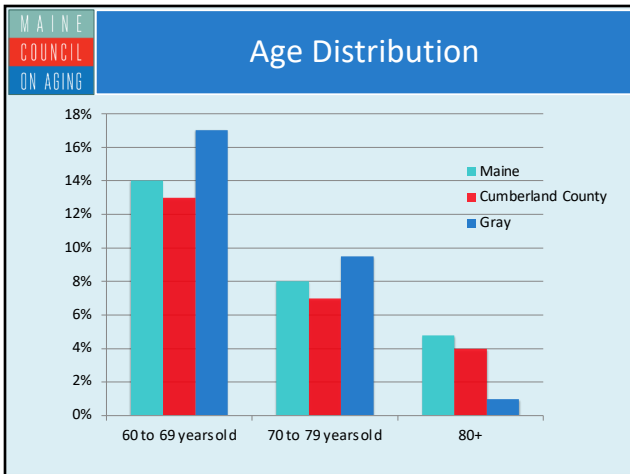


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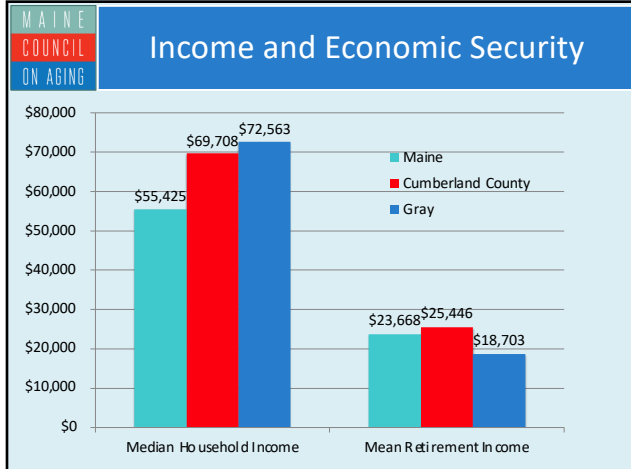


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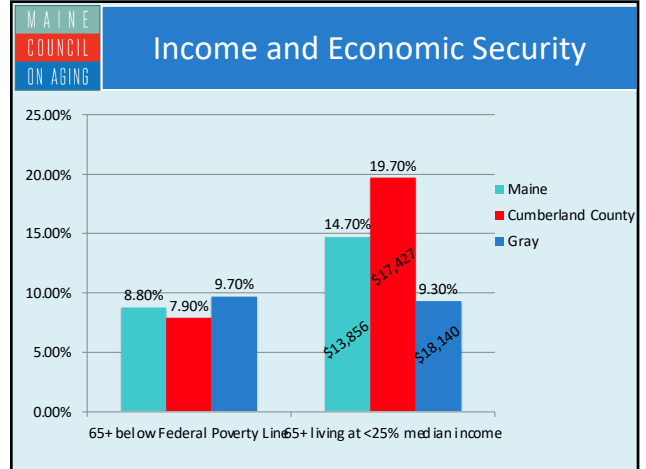
### Median Age

Maine	44.6
Cumberland County	42.1
Gray	42.9

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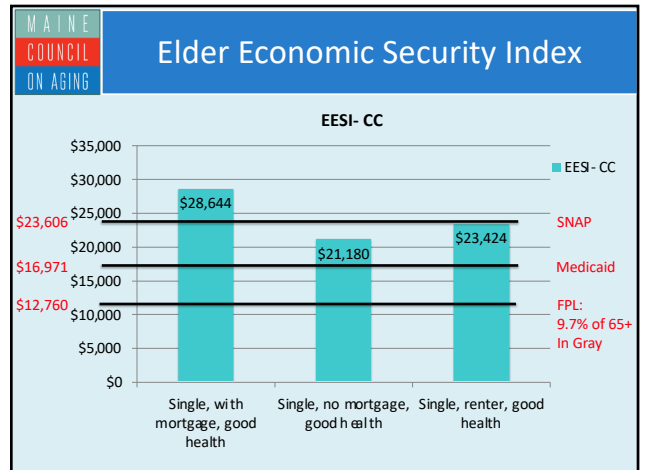


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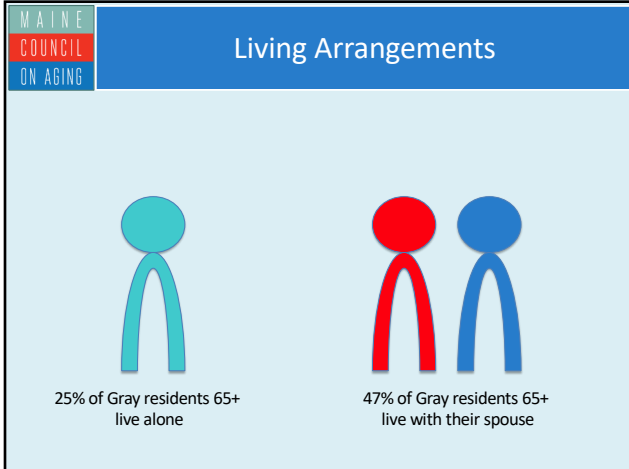
**Elder Economic Security Index**

[www.elderindex.org](http://www.elderindex.org)

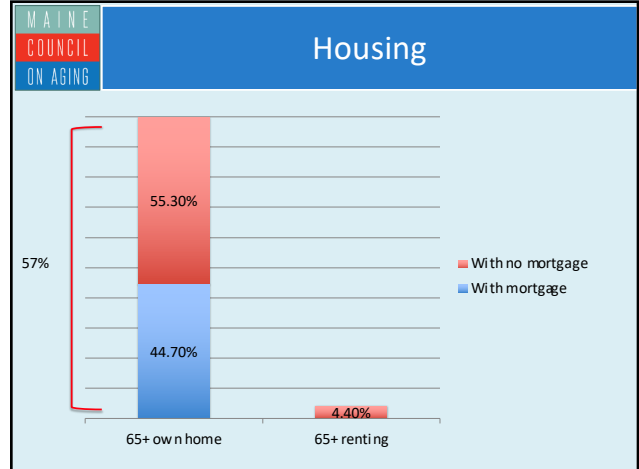
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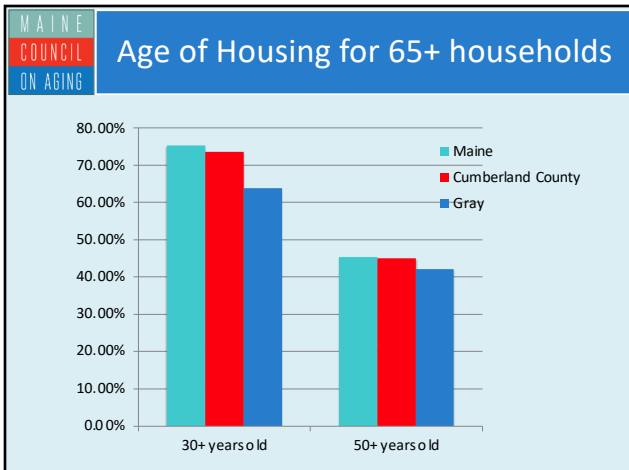
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**MAINE COUNCIL ON AGING**

## Food Security

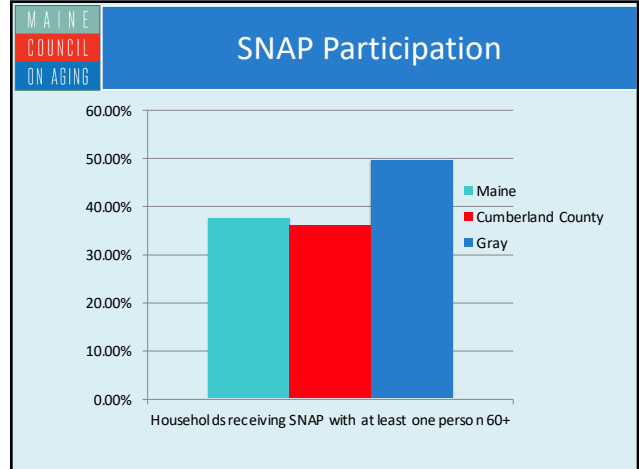
### As America ages, hunger pains grow

The rate of hunger among seniors aged 60 and older has increased by 38% since 2001, a lingering effect of the 2008-09 recession. At the current rate, the number of food-insecure seniors may grow to more than 8 million by 2050. And hunger pains can be increasingly painful as we age:

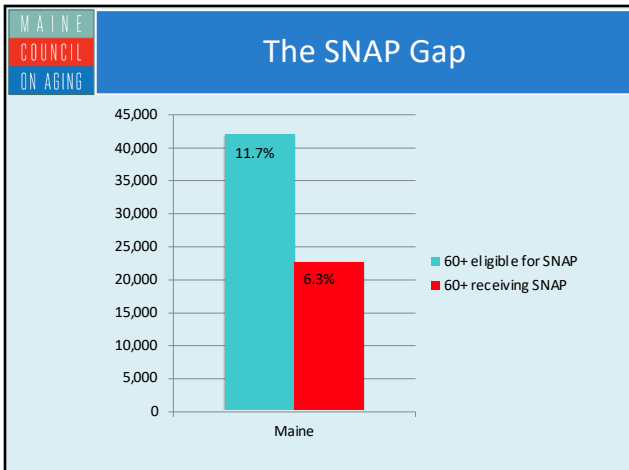
- 63% of senior households served by the Feeding America network are forced to choose between food and medical care.
- Households served by the Feeding America network that includes an adult of the age 50 or older are at an increased risk of having someone with a chronic health condition, including diabetes (41%) and high blood pressure (70%) – conditions that can be mitigated by healthy food options.
- Only 48% of eligible seniors are enrolled and receiving SNAP benefits (formerly Food Stamps) – making assistance programs for SNAP enrollment that much more important for seniors.



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## Other Food Assistance Programs

- Commodity Supplemental Food Program (CSFP)
- Meals on Wheels
- Congregate dining
- Charitable food pantry network

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**MAINE COUNCIL ON AGING**

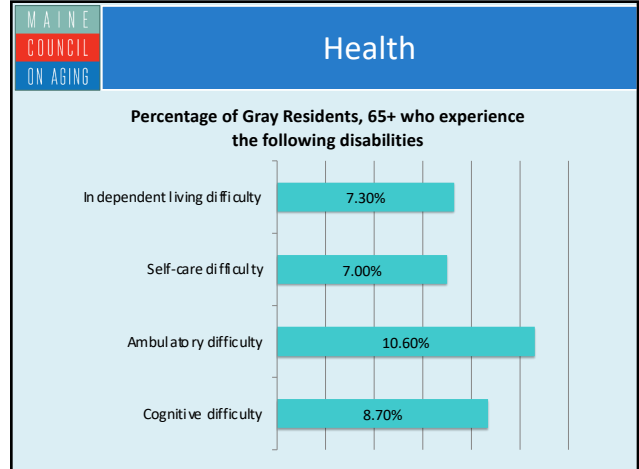
## Health

About 30% of people 65 and older in Gray are living with at least one disability:

- Hearing
- Vision
- Cognitive
- Ambulatory
- Self-care
- Independent living

More than 21% of people 65 and over have 2 or more disabilities.

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## 2020 Life-Long Living Survey Findings

“To what extent are the following problems for you in your home?”

- 120 Respondents = Home Maintenance
- 99 Respondents = Financial Demands
- 55 Respondents = Physical Mobility
- 28 Respondents = Socialization
- 27 Respondents = Daily Living
- 17 Respondents = Transportation

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## Falls

More than 17% of EMS calls in Gray in 2019 were for falls.

Of the 85 EMS calls for falls, more than 30% of those were for someone 80-89 years old.

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## 2020 Life-Long Living Survey Findings

*“What kinds of services would be useful to you?”*

- 73 Respondents = Home Maintenance
- 55 Respondents = Home Repair
- 26 Respondents = Home Care
- 23 Respondents = Wellness Class or Program
- 20 Respondents = Home Health Care
- 8 Respondents = Access to Free Food
- 6 Respondents = Daily Phone Check-in
- 6 Respondents = Rides

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## 2020 Life-Long Living Survey Findings

*“In addition to what we’ve asked above, are there things that you feel would help older Gray residents to age in place, or is there anything we didn’t address here, or anything else you would want to share?”*

- 33% of the respondents requested Tax Relief.
- 24% of the responses related to Bike/Ped or Traffic concerns.
- 7% of the responses related to affordable/senior housing.
- 4% of the responses related to trash pick up.
- 2% of the responses related to community policing.

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