



Data Innovation Project

Maine Data Dive: Seniors and Aging in Maine

This data dive is all about research and reports covering seniors and aging in Maine. Data is broken into general categories such as demographics, long term support services, health, and housing/income for convenience when researching specific topics related to seniors and aging.

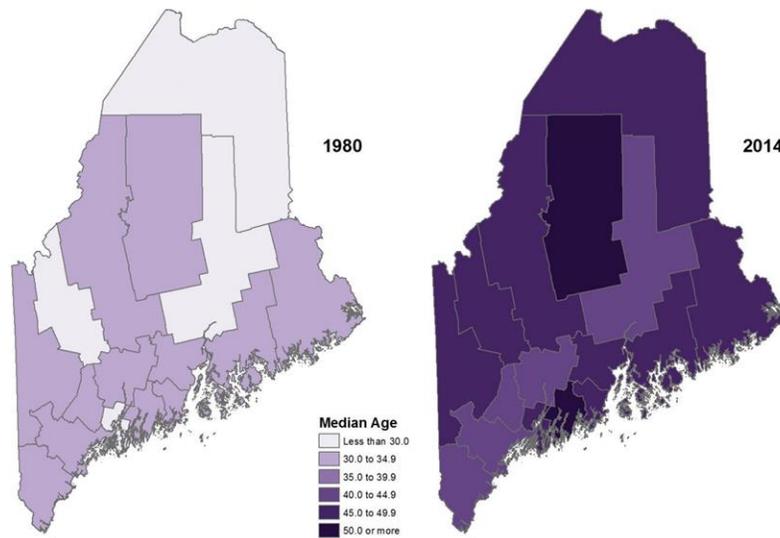
Where does the data come from?

Much of the data regarding seniors in Maine comes from the U.S. Census Bureau and the American Community Survey. Other sources include the Social Security Administration, Medicare data, Maine Department of Health and Human Services, AARP, and the Genworth Survey.

Why are we featuring this topic?

According to United Health Foundation's America's Health Rankings [2017 Senior report](#), Maine is the "oldest" state in the nation with a median age of 44.5. As such, it has become increasingly important as a society to understand the aging population in Maine in order to best meet their needs in the coming years.

Figure 1. Median Age in Maine from 1980 to 2014.



The maps from Figure 1 are an analysis by the University of New Hampshire's Carsey School of Public Policy and show how the age of Mainers on a county-by-county basis has changed drastically over the past few decades.

Source: Carsey School. (2016). Analysis of 1980 Decennial Census & 2014 Census Population Estimates. https://www.maine philanthropy.org/sites/default/files/files/pages/PPC16_Session_Who_Do_We_Think_We_Are_Presentation.pdf

General Demographics

The U.S. Census Bureau's [American FactFinder](#) is a great resource for finding data for all demographics on seniors in Maine and around the country.



The AARP's [Data Explorer](#) is a great tool for demographic research, including topics that are especially relevant to seniors.



Health

Maine DHHS Office of Aging and Disabilities Adult Protective Services [Report](#) (2016)

- # of seniors reporting allegations
- # of substantiated/unsubstantiated claims regarding senior safety
- Includes different risk factors/ medical conditions as they relate to safety

America's Health Rankings (United Health Foundation) [Senior Report and Chartpack](#) (2017) - Explores and ranks states based on measures of health such as food security, healthcare, hospice care, obesity, etc.

Maine DHHS
[Dementia Chartbook](#) (2013)

AARP
[Gay, Lesbian, Bisexual and Transgender \(GLBT\) Aging in Maine Community Needs Assessment](#) (2013)

UNH Carsey School of Public Service
A Portrait of Wellbeing: The Status of Seniors in Maine [Report](#) (2016) - Includes demographic information informing senior wellbeing such as income/poverty, housing, & social.



Did you know...

These sources and more can be found on the Data Innovation Project's comprehensive Data Scan! Visit our [website](#) for more information!

Housing & Income

Muskie School of Public Service Capstone: An [Assessment](#) of the Built Environment and Inclusivity of Older Adults in Community Planning in Portland, Maine. (2015)

Maine Housing Coalition
A [Profile](#) of Maine's Older Population and housing Stock (2016)

UNH Carsey School of Public Service
Research [Data Brief](#) (2015) – Critically evaluates the Official Poverty Measure, most commonly used to describe poverty.

Long Term Support Services

Genworth
[Cost of Care Survey](#) (2017)

Maine DHHS
[Chartbook](#) – Adults Using Long Term Services and Supports (2016) – Covers trends in disability in Maine seniors, Medicare and Social Security, focusing on Maine seniors who use Long Term Support Services.

AARP
Long Term Services and Supports State by State [Scorecard](#) – Ranks states based on different factors of long term services and supports such as affordability and access, quality of life/quality of care, effective transitions and more.

How can I use these sources?

All of this thoroughly researched information can be used in grant applications when crafting a needs statement, or when creating your theory of change or logic model.

These reports could come in handy when planning for policy, health or housing to help seniors have a high quality of life in Maine.

Contact Us

For more information about this resource or other helpful data resources, please contact:
Emilie Swenson at emilie.swenson@maine.edu or (207) 228-8295.

The **Data Innovation Project** is located at the University of Southern Maine
Muskie School of Public Service •Wishcamper Center
34 Bedford Street •Portland, Maine 04104
www.datainnovationproject.org

EXPLORE THE DATA!



Now you try! Answer these questions as a way to get familiar with the different sources and help you think about what questions you might ask.

1. What percentage of Maine seniors would be considered poor without Social Security Benefits?

(hint: Carsey data brief)

2. What percentage of Maine seniors over 60 in poverty participated in SNAP in 2017? How does this compare to the national percentage?

(hint: America's Health Rankings)

3. In which setting are MaineCare payments for people with dementia most concentrated?

(hint: Dementia Chartbook)

4. Which "region" in Maine has the highest rate of low income seniors?

(hint: Carsey School Senior Wellbeing report)

5. What was the median cost of a Home Health Aide in 2017 in Maine?

(hint: Genworth)

