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.

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.

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.
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.
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)