

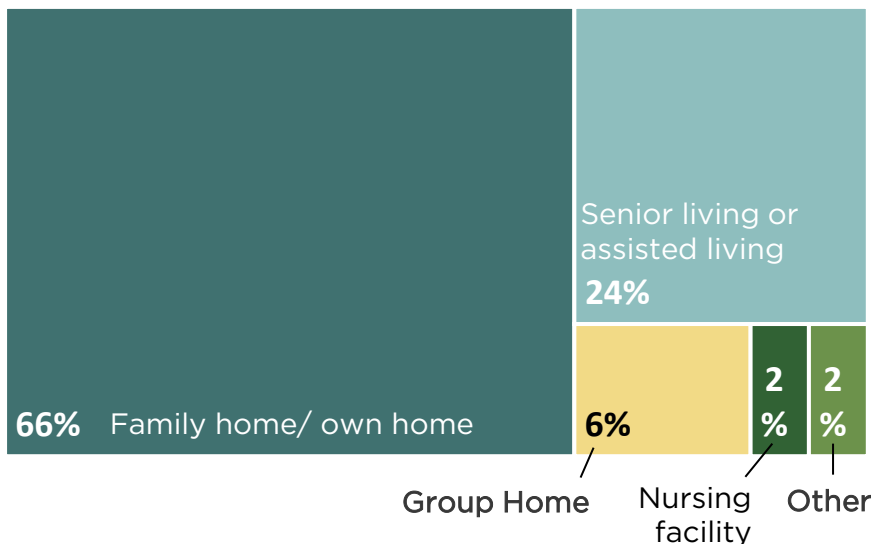
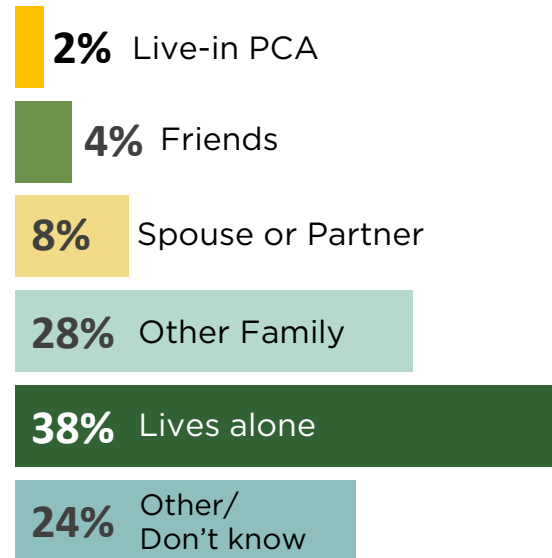
# NCI AGING AND DISABILITIES 2024-25 ADULT CONSUMER SURVEY

## ABOUT THE SURVEY

## AT-A-GLANCE SURVEY RESULTS FOR NORTH CAROLINA

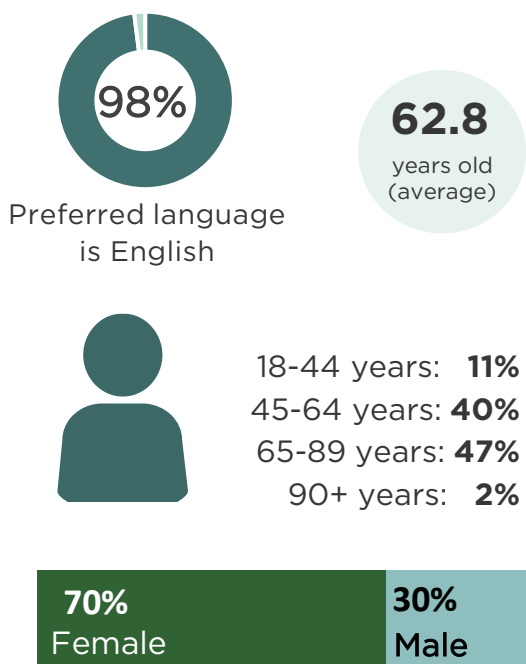
The survey data in this summary represent 376 older adults and people with physical disabilities receiving publicly funded long-term services and supports programs—known as LTSS. For more information, visit: [nci-ad.org](https://nci-ad.org)

### RESIDENCE TYPE & LOCATION

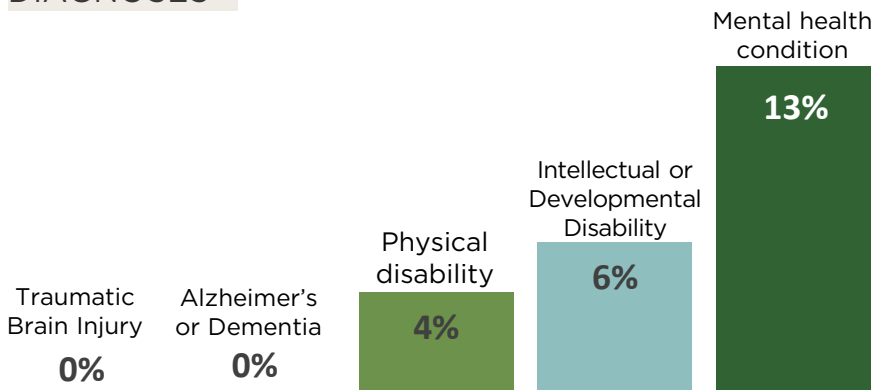


54% Metropolitan 32% Micropolitan 14% Small town/Rural

### PERSONAL CHARACTERISTICS



### DIAGNOSES\*



\*Note: Diagnoses are not mutually exclusive

### RACE AND ETHNICITY

- 51%: Black or African American
- 45%: White
- 1%: American Indian/Alaska Native
- 0%: Hispanic/Latino
- 0%: Asian
- 1%: Other

# NCI AGING AND DISABILITIES 2024-25 ADULT CONSUMER SURVEY

## AT-A-GLANCE SURVEY RESULTS FOR NORTH CAROLINA

### ACCESS TO COMMUNITY

89%

Always have transportation to get to medical appointments

62%

Always have transportation to do things they want outside the home

59%

Take part in activities with others as much as they want to

### Spotlight on Transportation



Among those who cannot take part in activities, **56% say the reason is transportation**

Among those who have unmet needs, **43% say they need help with transportation**



Among those who cannot always see friends or family, **fewer than 20 respondents say the reason is transportation**

### RELATIONSHIPS

**83%** Have friends or family *they do not live with* who are part of their life

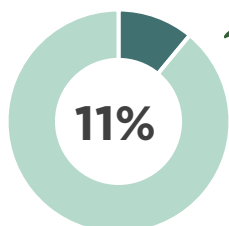


**88%** Always able to see or talk to friends or family when they want

**13%** Often feel lonely

### WORK

**6%** Have a paid job in the community



Wants a paid job

Of the 11% of people that want a job, **40%** had someone talked with them about job options.

40%

### HEALTH AND HEALTHCARE

**83%** Had a physical exam/wellness visit in the past 12 months

**77%** Have access to healthy foods when they want them

**53%** Went to the emergency room in the past 12 months

**47%** Had dental exam in past 12 months

**36%** Stayed overnight in a hospital or rehab/nursing facility in past 12 months

**14%** Describe overall health as poor

# NCI AGING AND DISABILITIES 2024-25 ADULT CONSUMER SURVEY

## AT-A-GLANCE SURVEY RESULTS FOR NORTH CAROLINA

### CHOICE AND RIGHTS

**75%** can choose or change their services

**63%** can choose or change the people who provide paid supports

**53%** can choose or change when and how often they receive services

**88%** can have visitors at any time if living in a group setting

**39%** can eat meals when they want

**17%** use self-directed supports

### UNMET NEEDS

**90%**

Services and supports help them live the life they want

**62%**

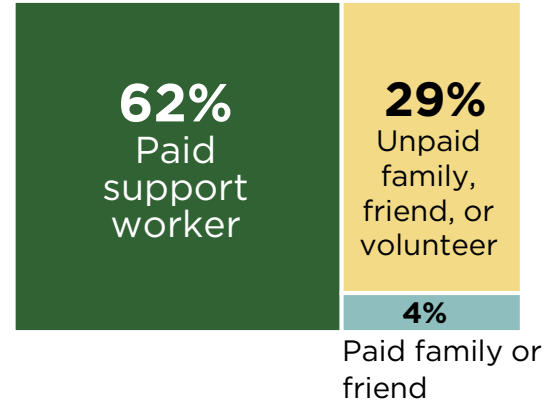
Case manager has talked to them about services to help with unmet needs

**56%**

Services meet all current needs and goals

### WORKFORCE

Who helps person most often...



**94%**

say the people who are paid to help them treat them with respect

**83%**

say the people who are paid to help them always do things the way they want

**81%**

have a back-up plan if people who are paid to help do not show up

**34%**

say their paid staff change too much

**29%**

say their case manager/care coordinator changes too much

# NCI AGING AND DISABILITIES 2024-25 ADULT CONSUMER SURVEY

## AT-A-GLANCE SURVEY RESULTS FOR NORTH CAROLINA

### SPOTLIGHT ON FALLS

Although falls can be common for older adults, falls are usually avoidable. Falls can occur at any age when people have unmet needs for home modifications, assistive devices, and supports generally. In this spotlight, we take a closer look at what NCI-AD data tells us about those with a frequent history of falls.

### OVERVIEW



**One out of every three** NCI-AD respondents (30%) **have a history of frequent falls** (more than 2 falls in a six-month period).

### FREQUENT FALLS BY AGE

18-44: **25.6%**

45-64: **39.5%**

65-89: **32.6%**

90+: **41.7%**

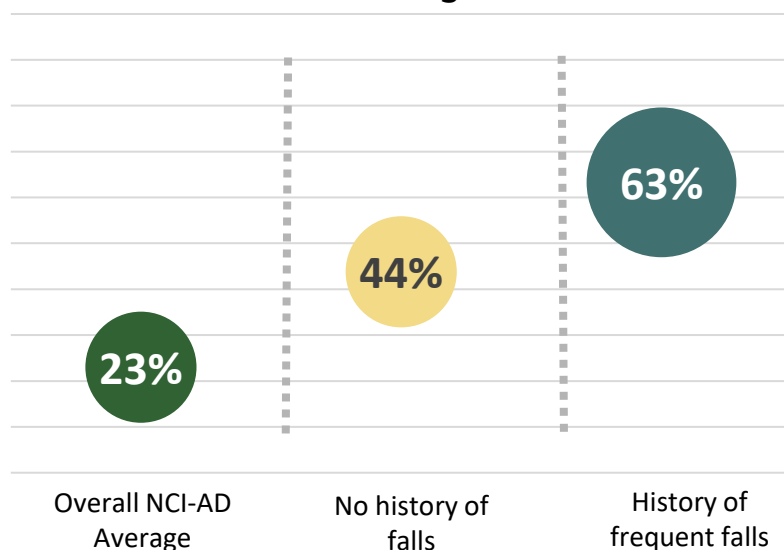
Those who are 90+ years old have the highest rates of frequent falls.

Among those with a history of frequent falls, about **4 out of every 5 people (82%) had talked to or worked with somebody to reduce risk of falls.**

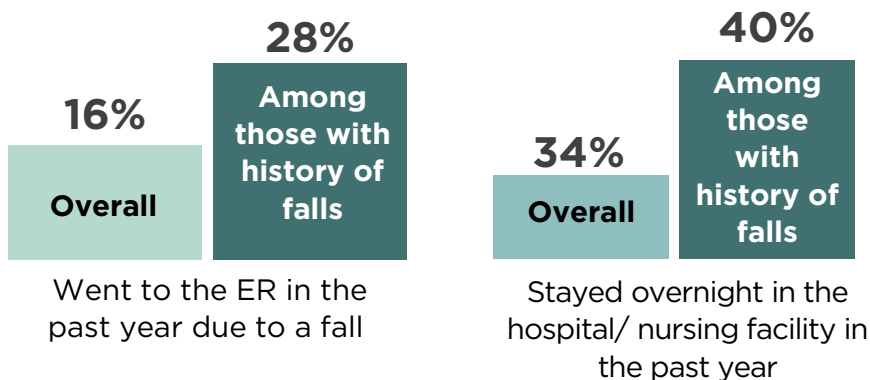
**82%**

### UNMET NEEDS AND FALLS

**Services do not meet all needs and goals**



### ACUTE HEALTH CARE USE



In addition to having higher rates of unmet needs, those with a **history of frequent falls have higher rates of acute health care use, including ER visits and hospitalizations.**