



Empowering Seniors and Caregivers
Senior Helpline 1-800-642-5119

DEMOGRAPHIC SHIFTS 2016

- There are over 100,000 Vermonters over the age of 65, or about 1 in 6.
- Seniors are the fastest growing demographic in the state.
- 23 Vermonters turn 65 each day, and many live well into 80s and 90s.
- The number of Vermonters age 65-74 will grow by 63% over the next 10 years.
- Vermont is second oldest state in nation.
- One in three households include someone over the age of 60
- Vermont seniors are at high risk of chronic disease, sickness and hospitalization. They are the most frequent users of the health care system.
- For the cost of caring for one senior in a nursing home, three can be cared for at home with home and community based services.
- The demand for home based services continues to rise. Policymakers have emphasized the availability of in-home care as an alternative to nursing home placement.