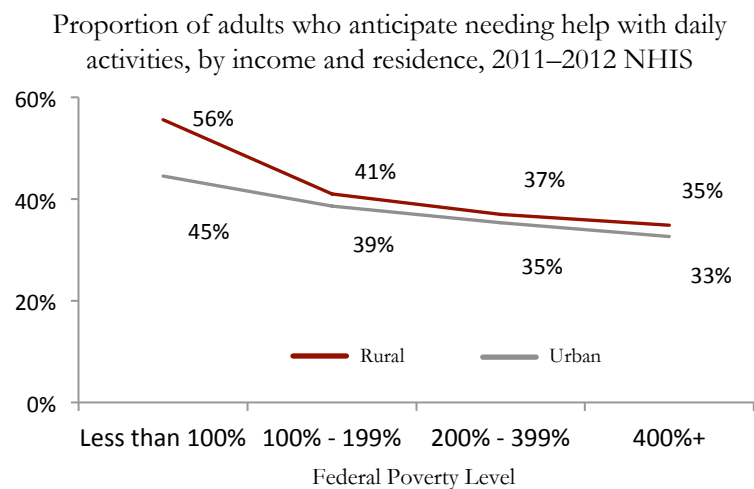


## Looking Ahead: Rural-Urban Differences in Anticipated Need for Aging-Related Assistance

Experts note that as the U.S. population ages, increasing numbers of persons will require assistance with activities of daily living. Less clear, however, is how members of the general public view their own future needs. The South Carolina Rural Health Research Center used nationally representative information from the 2011 and 2012 National Health Interview Surveys to examine how rural and urban persons ages 40 – 64 see their future. Key findings:

*Slightly more than a third of pre-retirement age adults anticipate needing assistance with daily activities; greater need among rural adults*

- Nationally 35.8% of pre-retirement adults anticipated that they would need assistance with daily activities such as bathing, dressing, eating or using the toilet due to a long-term condition at some point in their lives.
- Rural adults (39.0%) were more likely than urban adults (35.3%) to anticipate needing help due to a long-term condition.
- Anticipated need for help varies with income.



*Both rural and urban adults plan to get help from a family member if they need assistance*

- A substantial majority of adults (69.9% rural and 70.7% urban) anticipate that they will obtain help with daily activities from family members, if needed.

Rural pre-retirement age adults were more likely to anticipate needing assistance than urban adults, but were equally likely to anticipate turning to family for help. Further research is needed to ascertain whether family help is available and effective for rural residents requiring support for activities of daily living, and whether community resources can address remaining needs.