

SeniorLink

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OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

May is Older Americans Month, and it serves to recognize the contributions of older adults all over the U.S. Throughout their lives, older Americans have contributed to society by working, volunteering, voting, raising children, and engaging in about a hundred other activities that help their families and their communities.

However, while we're observing this month, we can't forget the epidemic of elder abuse that is happening all across the country. As a society, we must all come together to protect our older Americans and shield them from neglect and abuse. While we're celebrating their achievements during this month, let's not forget our obligation to them and their need for our help now.

The History of Older Americans Month - Older Americans Month was originally created by a presidential proclamation. It was established when then-U.S. President Gerald Ford announced the month to raise awareness of the collective experience that these Americans hold and how their contributions have shaped American society. While the original sentiment of this month is still observed to this day, an increasing number of advocacy groups have also used the month to raise the public's awareness about elder abuse and neglect.

Interesting Facts About Older Adults - Want to know more about older adults? If so, then you've come to the right place. We've scoured the Internet for the latest facts and figures about older adults and placed them below for everyone's entertainment. Let's take a look at them.

- Approximately 3.6% of people over the age of 65 years old live in nursing homes. Elderly men are more likely to live with their significant others, while elderly women are more likely to live alone. Approximately 80% of older adults will battle at least one chronic health condition.
- Approximately 50% of older adults will battle two chronic health conditions.
- Common chronic conditions among older Americans include arthritis, osteoporosis, heart disease, and cancer.
- When the elderly are socially isolated, they become more vulnerable to elder abuse.
- More than 1 million seniors are serviced by over 11,000 senior centers across the U.S.