

United Way of Metropolitan Dallas

*serving Dallas, Collin, Rockwall Counties
and Greater Lewisville*



what matters.™

2006 Community Needs Assessment Increasing Self-Sufficiency

Community Involvement

Community Involvement

Regular social interaction and activities outside the home are important elements in maintaining both physical and mental health for seniors. “More than 25 percent of older Texans report that loneliness is a problem. About 60 percent report spending time daily with family, friends, or neighbors.” (Aging Texas Well Indicators Survey Results 2005, p1)

To remain active and contribute to the community “Nearly 60% of older Texans either currently participate in organized volunteer programs or have in the past.” (Aging Texas Well Indicators Survey Results 2005, p1) Results from this same survey show that of those who volunteer, one third indicated they had been volunteering for more than 20 years.

Remaining employed is another way to remain involved in the community. “About 15 percent of older Texans are employed. Ten percent of those who are not working are currently looking or plan to look for a job.” (Aging Texas Well Indicators Survey Results 2005, p1)

Notes:

Due to a lack of sufficient regional data for North Texas for select indicators in this chapter, national studies will be cited as relevant. It is assumed that these national numbers will hold true locally, but this may not always be the case.

Different age requirements are in place for the definition of the beginning age of older adults for the purpose of statistical analysis. This is because the data sources use different definitions.

Trends

- Seniors involved in community or volunteer service programs around the region continued to grow slightly from 2004 to 2005.

County-level data is not available for this section