

Aging in Place: Growing Need, Statewide Reach

- An **estimated 27% of the population is now age 60 or older.**
- Consumers in the ASAP Home Care Program:
 - have an **average age of 80**
 - many are **from low-income communities** and suffer from **multiple chronic conditions**
 - **42% receive MassHealth**
 - **56% live alone** and **80% have been identified as having a high risk of falls**
- Aging Services Access Points (ASAPs) provide in-home services and supports to older adults age 60+ and people with disabilities in every city and town across Massachusetts, helping them to remain independent at home - where they want to be.



ASAP Programs Deliver Measurable Cost Savings: Caregiver Support



Family caregivers are foundational to helping older adults remain

healthy and safely at home. By reducing caregiver burnout, ASAP programs help prevent avoidable hospitalizations and delay nursing home placement - driving meaningful cost avoidance across the health care system.

“Being a full-time caregiver is exhausting, lonely, and incredibly stressful, but it’s much better than the alternative, which is my mom living alone. The other alternative is her living in a nursing home, which I really don’t want. Having her at home gives me a sense of peace, knowing she is safe all the time. Once I had you guys on my team, it was just great to have a place to call when I had a question, and I feel more confident and a little more prepared.”

-- Vance, Family Caregiver & ASAP consumer

ROI Snapshot: Stabilizing Caregiving to Prevent Costly Care Transitions

An October 2025 brief from AARP & National Alliance for Caregiving highlights that within Massachusetts:

- 1.4 million residents are family caregivers
- 73% balance caregiving with paid work
- 40% experience negative financial impacts
- 43% report high emotional stress - key drivers of caregiver burnout

Why this matters: Caregiver burnout is a leading cause of avoidable nursing home placement.

ASAP caregiver supports include:

- Information and referrals
- Respite scholarships
- Evidence-based caregiver training (e.g., Powerful Tools for Caregivers)
- In-home ADL support
- Nursing education and coaching

Cost impact:

- Average annual MassHealth nursing home cost: **\$92,710 per person**
- If caregiver supports help approximately 1,000 individuals statewide delay or avoid nursing home placement in a given year, **the Commonwealth could avoid more than \$92 million in annual nursing facility costs.**

Bottom line: Modest investments in caregiver supports prevent far more costly institutional care.