Older Americans have been more likely than other age groups to return their U.S. census forms and make sure they were counted.

But as the country gears up for the 2020 census next March — the first that will be completed largely online — experts say there will be challenges in getting older people to participate.

A recent U.S. Census Bureau survey found that 56 percent of those 65 and older aren’t comfortable with an online response and prefer to fill out a paper census form. “The concerns over privacy and cybersecurity will have to be overcome, and those concerns are highest for those over 50,” says Steve Jost, a former Census Bureau official.
Why the Census is Required?

Protesters gather outside the U.S. Supreme Court on April 23, 2019 in Washington, D.C. regarding citizenship and the census. On June, 27, 2019, the Supreme Court decided to block that question about U.S. citizenship in the 2020 census.

Getting a complete and accurate census count is critically important. That’s why your response is required by law. If you do not respond, the U.S. Census Bureau will follow up in person to collect your response.

Why is the census so important? The results are used to determine how much funding local communities receive for key public services and how many seats each state gets in Congress. State and local officials also use census counts to draw boundaries for congressional, state legislative, and school districts.

And while you are required by law to participate, the Census Bureau does not disclose any personal information.

Who to Count?

The 2020 Census will count everyone living in the United States and the five U.S. territories.
People Who Move on Census Day

People who are moving should be sure to count themselves just once, in one home.

- If they move into their new residence on April 1, 2020, they should count themselves at that residence.
- If they move out of their old residence on April 1, 2020, but have not yet moved into their new home, they should count themselves at their old residence.

Visitors on Census Day

Whether to count a visitor depends on the type of visitor. Visitors who are in your home on April 1, 2020, but who will return to their usual residence, should be counted where they live and sleep most of the time. Citizens of foreign countries who are visiting the United States on vacation or business on April 1, 2020, should not be counted.

Foreign Citizens in the United States

Citizens of foreign countries who are living in the United States, including members of the diplomatic community, should be counted at the U.S. residence where they live and sleep most of the time. Citizens of foreign countries who are visiting the United States on vacation or business on April 1, 2020, should not be counted.

Students

- Boarding school students below the college level should be counted at the home of their parents or guardians.
- College students who are living at home should be counted at their home address.
- College students who live away from home should count themselves at the on- or off-campus residence where they live and sleep most of the time, even if they are home on April 1, 2020.
- U.S. college students who are living and attending college outside the United States are not counted in the census.
- Foreign students living and attending college in the United States should be counted at the on- or off-campus residence where they live and sleep most of the time.

Who Counts as Part of Your Home?

If you are filling out the census for your home, you should count everyone who is living there as of April 1, 2020. This includes anyone who is living and sleeping there most of the time. If someone is staying in your home on April 1, and has no usual home elsewhere, you should count them in your response to the 2020 Census.

Counting Young Children

It is important to remember to count any children who are living with you. This includes:

- All children who live in your home, including foster children, grandchildren, nieces and nephews, and the children of friends (even if they are living with you temporarily).
- Children who split their time between homes, if they are living with you on April 1, 2020.
- Newborn babies, even those who are born on April 1, 2020, or who are still in the hospital on this date.

U.S. Census & Special Circumstances

Babies Who Are Born on Census Day

Babies born on or before April 1, 2020, should be counted at the home where they will live or sleep most of the time, even if they are still in the hospital. Babies born after April 1, 2020, should not be counted in the 2020 Census.

People Who Die on Census Day

People who are alive for any part of the day on April 1, 2020, should be counted in the census. People who die before April 1, 2020, should not be included.
People in Health Care Facilities

The following patients should be counted at the residence where they live and sleep most of the time, rather than at the facility:

- Patients in hospitals for routine stays.
- Patients at Department of Veterans Affairs hospitals (except for psychiatric units).
- Patients at in-patient hospice facilities.
- Newborn babies (who should be counted where they will live).

The following patients should be counted at the health care facility in which they’re staying on April 1, 2020:

- People with no usual home.
- People in psychiatric hospitals or psychiatric units for long-term, non-acute care.
- People in nursing facilities.

Ways to Respond to the 2020 Census

There are three ways to respond to the 2020 Census. By April 1, 2020, every home will receive an invitation to participate in the 2020 Census. You will have three options for responding:

- Online
- By phone
- By mail

People in Prisons and Correctional Facilities

April 1, 2020, should be counted at the facility:

- Correctional residential facilities.
- Federal detention centers.
- Federal and state prisons.
- Local jails and other municipal confinement facilities.

The 2020 Census marks the first time you’ll have the option to respond online. You can even respond on your mobile device.
The 2020 Census is accessible for everyone.

We’re making sure that **however you choose to respond**—online, by phone, or by mail—that **the census is accessible**. You’ll receive an invitation to respond **beginning in mid-March**. You choose how you want to respond.

You can respond **online** in English or in 12 additional languages. The online questionnaire is accessible, following the latest web accessibility guidelines. We’ll also have a video in **American Sign Language** available to guide you through responding online.

You can respond by **phone** in English or in 12 additional languages. You can also respond in English by **TDD** at 844-467-2020.

By mid-April, we’ll mail a **paper questionnaire** to every household that hasn’t already responded. (Some households will receive a paper questionnaire along with the first invitation in March.) We’ll have **braille and large print guides** available online to assist you with completing the paper questionnaire.

If necessary, you can respond **in person** beginning in mid-May. Census takers will visit all households that have not yet responded. We’ll have census takers available who can communicate in **American Sign Language** and additional languages. When the census taker visits to help you respond, you can request that another census taker who communicates in American Sign Language returns, if you prefer. If you prefer, you may also choose to have another member of your household interact with the census taker.

**Responding is important.** A complete count helps ensure that services like Medicare, Medicaid, social security, and public transportation can support those who need them. **Responding is safe.** All of the information you share with us is protected by law and cannot be used against you. **Responding is accessible.** We’re doing everything we can to ensure the ways to respond are accessible for everyone.

Any questions? Please visit **2020census.gov**. This website is 508 compliant and accessible to people of all abilities.

**Shape your future**
**START HERE >**
In advance of the 2020 Census, the U.S. Census Bureau is recruiting thousands of people for temporary jobs across the country.

Overview
This is your chance to play a part in history! Temporary census positions offer the perfect opportunity to earn extra income, while at the same time, helping your community.

Did you know: The results of the 2020 Census help determine how billions of dollars in federal funding are spent locally for schools, hospitals, roads, and more. So, it’s important that everyone is counted!

Job Descriptions
With just one job application, you may be considered for one, some, or all of the 2020 Census positions described below. Which positions you are considered for depends on your answers to the application questions and the availability of work in your area.

Bilingual applicants are needed and are encouraged to apply. Noncitizens will be considered for positions that require proficiency in a particular language if no qualified citizens are available. If selected for a position, noncitizens must present documentation of employment eligibility.

U.S. Census Job Descriptions

Census Takers
Census takers will interview household residents and update address lists using electronic devices (such as smartphones and tablets) issued by the Census Bureau. Applicants who are hired will attend paid training before beginning work.

Prior to the census, census takers will use maps and address lists to determine if the addresses are correct. Later, they will visit households that haven’t responded to the census, speaking with residents and using electronic devices to collect census data.

Number of Positions: Hundreds of thousands
Hours: Schedules are flexible and dependent on the area. Many of the positions require availability to work in the evenings and on weekends.
Location: Work is done in the field.
Timeline: Most job offers will be made between January and April 2020. Paid training will be conducted between March and mid-May. Census takers will help collect responses from households that have not yet responded to the census between May and July 2020.

Census Field Supervisors
Census field supervisors will supervise census takers, monitor their progress and performance, and ensure that the quality of work is maintained, and that work is completed on time. Census field supervisors will use electronic devices issued by the Census Bureau to conduct their work.

Number of Positions: Thousands
Hours: Schedules typically follow regular business hours but can be flexible and dependent on the area. This position may require work on specific days, evenings, and/or weekends.
Location: Work is done in the field and at home.
Timeline: Most job offers will be made in January and February 2020.
Recruiting Assistants

Recruiting assistants will give impromptu presentations and meet with representatives from the community, media outlets, employment agencies, and other groups to promote census employment opportunities and recruit residents. They may also help applicants complete the online job application. Recruiting assistants will use electronic devices issued by the Census Bureau to conduct their work.

**Number of Positions:** Thousands

**Hours:** Schedules typically follow regular business hours but can be flexible and dependent on the area. This position may require some work in the evenings and on weekends.

**Location:** Work is done in the field.

**Timeline:** Most job offers were made in the summer of 2019, and more may be made periodically as necessary.

Office Operations Supervisor

Office operations supervisors are needed in or near area census offices to assist in the management of office functions and day-to-day activities required to support field operations.

The person in this position supervises clerks, oversees office operations, develops work schedules, oversees assignment preparation and tracking, conducts quality checks, does data entry, and oversees shipment activities. Office operations supervisors will use desktop or laptop computers or other electronic devices (such as smartphones and tablets) issued by the Census Bureau to conduct their work.

**Number of Positions:** Thousands

**Hours:** Schedules typically follow regular business hours but can be flexible and dependent on the area. This position may require some work in the evenings and on weekends.

**Location:** Work is done in an office.

**Timeline:** Job offers will be made periodically throughout the 2020 Census.

Clerk

Clerks are needed in or near area census offices to perform administrative and clerical tasks in support of various functions, including payroll, personnel, recruiting, and field operations. Clerks will use a desktop, laptop computer or other electronic devices issued by the Census Bureau (such as smartphones and tablets) to conduct their work.

**Number of Positions:** Thousands

**Hours:** Schedules typically follow regular business hours but can be flexible and dependent on the area. This position may require some work in the evenings and on weekends.

**Location:** Work is done in an office.

**Timeline:** Job offers will be made periodically throughout the 2020 Census.

U.S. Census Job Qualifications

To be eligible for a 2020 Census job, you must:

- Be at least 18 years old.
- Have a valid Social Security number.
- Be a U.S. citizen.
- Have a valid email address.
- Complete an application and answer assessment questions. (Some assessment questions are available in Spanish. However, an English proficiency test may also be required.)
- Be registered with the Selective Service System or have a qualifying exemption, if you are a male born after Dec. 31, 1959.
- Pass a Census-performed criminal background check and a review of criminal records, including fingerprinting.
- Commit to completing training.
- Be available to work flexible hours, which can include days, evenings, and/or weekends.
Most jobs require employees to:

- Have access to a vehicle and a valid driver’s license, unless public transportation is readily available.
- Have access to a computer with internet and an email account (to complete training).

If you are employed elsewhere, your current job must be compatible with Census Bureau employment and not create conflicts of interest. These will be reviewed on a case-by-case basis. Also, you must not engage in any partisan political activity while on duty.

The Census Bureau is an equal opportunity employer. For more information, visit the Equal Employment Opportunity site at https://www.census.gov/about/census-careers/working/eeo.html.

If you are a veteran who served on active duty in the U.S. armed forces and were separated under honorable conditions, you may be eligible for veterans’ preference. Documentation supporting your claim for preference must accompany your application.

Every year, thousands of Americans still suffer serious health problems, are hospitalized, and even die from diseases that could be prevented by vaccines. Protect your health and the health of your family. Make sure you and your loved ones are up-to-date on recommended vaccines.

Here’s why you shouldn’t wait:

- Many vaccine-preventable diseases are still common in the U.S.
- Those that are not common here are still found in other parts of the world and can still be a threat.
- Some of these diseases are very contagious.
- Any of these diseases could be serious – even for healthy people.
- Certain people may be at higher risk for getting some diseases or having more serious illness if they were to get sick, like young children, older adults, and those with health conditions.

Vaccines are our best protection against several serious, and sometimes deadly, diseases. Every year, the Centers for Disease Control and Prevention (CDC) and other medical experts update vaccine recommendations for children, teens, and adults based on the latest research and evidence-based science on vaccine safety, effectiveness, and patterns of vaccine-preventable diseases.

You have the power to protect yourself and the ones you love. Talk to your healthcare professional about which vaccines are right for you and your family.

Getting Vaccinated

Most private health insurance plans cover the cost of recommended vaccines. The Vaccines for Children (VFC) Program helps provide vaccines to children whose parents or guardians may not be able to afford them. Medicare and Medicaid also cover several vaccines for adults.

Vaccines are available at private doctor offices, as well as other convenient locations such as pharmacies, workplaces, community health clinics, and health departments.

To learn more about vaccines and take a quick quiz to find out which vaccines you may need, visit: www.cdc.gov/vaccines/adults
Aging in Place: What Every Senior Should Know

By 2030 every Baby Boomer will be over 65 and will make up 21 percent of the population. And by 2060, almost 25 percent of Americans will be 65 and older. The aging population will have many far-reaching implications for American society, and how to care for older citizens is one of the most important to plan for and consider now.

Until recently, senior citizens would typically go into an assisted living facility when they became too infirm to care for themselves or an aging partner. But there’s a growing trend for older Americans to stay in their homes throughout the aging process, known as “aging in place.” Almost 90% of those people over age 65 want to stay in their homes if possible, according to an AARP survey.

Aging in place isn’t a new concept; after all, before nursing homes existed, the elderly would be looked after by family members or other caretakers at home. But the modern twist on this idea is that healthy senior citizens retrofit their own homes to accommodate for when they need more help with daily tasks while still living in their home.

Not only can aging in place be a comfort, it can make a lot of sense from a financial standpoint, too. For many Americans, their home is their single biggest asset, and it can be used to leverage future health care costs through different types of loans such as reverse mortgages or home equity lines of credit.

How to Grow Older at Home

There are many important considerations when aging in place at home. For example, you need to make sure there are grab bars in bathroom showers, install security systems to call for a medical emergency, potentially hire housekeepers or nurses, and more.

If you want to stay in your home as long as possible in your older years, it’s important to have a strategy in place that will address your changing needs as you age. Read on to get all the tips, tricks, and ideas you need for the ultimate guide to aging in place.

Home Renovations to Age in Place

While there are many things to consider when it comes to aging in place, nothing is more important than retrofitting your home to suit your future needs. What that means can vary widely, depending on your home’s layout and your personal needs and preferences. There are, however, a few common adjustments, improvements, and modifications you should consider when thinking about home projects to increase accessibility and assist your plans for aging in place:

- Replace doorknobs with door lever pulls
- Install rocker light switches, which are easier to use than toggle switches
• Switch your windows to awning-style openings
• Consider installing smart home technology, such as video doorbells, security systems and alarms, automated lighting, and thermostats, which can easily be monitored and controlled remotely via apps on a phone or tablet
• Install wainscotting or chair rails to help with standing and balance (ensure that they’re properly installed and can accommodate extra weight, though!)
• Install more direct and automated lighting to reduce glare and illuminate any trip hazards in the main pathways of your house
• Soft and smooth materials like cork, linoleum, vinyl, and rubber work best for flooring and are preferable to carpet, which can pose a trip hazard
• Install grab bars in bathrooms
• Consider raising electrical outlets so they’re easier to reach
• Install adjustable-height showerheads to make it easier to bathe
• Use an app to remind you to take your medicine and use special pill boxes to set out your medications for an entire week
• Make sure your water heater is set to a safe temperature (120 degrees is recommended)
• Consider the installation of a stairlift, wheelchair lift or home elevator to make it safe and easy to navigate between the floor levels of your home.

Many of these projects can be done yourself over a weekend, or you could hire a handyman to do them for you. Some may require permits depending on your state and local laws. Visit your county web site and search for permits to learn more. Depending on the complexity of the project, some permits are issued immediately, while others may require formal architectural plans and an inspection before being issued.

And if you’re wondering how much your project might cost, there are free project cost guides online that can help you find out how much hundreds of different types of home projects typically cost in your area.

**Home Maintenance to Keep and Your Home Safe**

Before you do anything else, we recommend you perform a complete safety assessment, checking for things like slippery steps, loose stair railings, furniture obstructions, or area rugs where you could trip and fall.

Other ongoing maintenance you should consider for aging in place:

• Check and test smoke and carbon monoxide detectors at least once every six months or as recommended by the manufacturer
• Replace any burned-out light bulbs, inside and outside
• Clean up your yard to make sure there’s a clear path to the house and no loose branches or wet leaves pose trip hazards wants to check in on you — this is particularly useful for people who live alone.

As an added bonus, investing in a home security system will also likely lower your home insurance rates.

**In-Home Services and Assistance**

You may find that you need additional household help with even the most accessible, safe, and secure home. If you can afford it, consider outsourcing some chores, such as:

• Hire a house cleaner
• Schedule regular yard maintenance
• Get your groceries and other necessities delivered
• If it’s available in your area, have some meals delivered and consider hiring a service for your laundry and/or dry cleaning
• Hire a trustworthy money manager who specializes in elderly clients. They can help with everything from managing investments to making sure that bills are paid on time.
Home Insurance for Aging in Place

Seniors should make sure they have adequate insurance for their homes. Many senior citizens are on fixed incomes, which means it’s important to plan for the worst and make sure your home is properly insured. Many home insurers give discounts to seniors, so it’s worth it to shop around for the best deals. Here are some options to look for:

- Deductible forgiveness: if there’s a big loss on the property, the insurance company may waive the deductible for the homeowner.
- Lifetime renewability: this protects homeowners from insurance cancellation even if they file a claim against their insurance.
- Protection for full cost: your insurance company will replace your belongings no matter the condition and state with items of similar quality.

Is Aging in Place Right for You?

Aging in place isn’t right for everyone. But if you’re someone who’s relatively healthy and independent, it can be a viable option for growing older on your own terms. With the right planning, modifications, and equipment, you can rest assured knowing that you’ll be safe and secure in your home for years to come.

For more information visit, https://porch.com/advice/aging-in-place-what-every-senior-should-know#Home Insurance for Aging in Place

6 “Must Have” Products for Seniors Living Alone

More and more seniors are choosing to age in place. With the high cost of senior care, some families see this as their only option.

What are some of the “must-have” products for any senior citizen who is living alone? Here is a list of some of our favorites.

Large Print Clocks for Seniors

It’s sometimes difficult for senior citizens to keep track of what day it is. Eliminate this problem by purchasing a large-print clock. Some on the market also display the day and date in an easy-to-read font.

Some large-print alarm clocks can also be used to set reminders for your loved one to take prescription meds. Look for an alarm clock that sets itself automatically and runs on a battery.

Medical Alert System

If your aging loved one lives independently, you probably always worry whether your parent is safe and secure. One way to reduce your worry is to request that your parents have a medical alert system.

These devices have come a long way since the “I’ve fallen, and I can’t get up” era. Since many systems, such as Medical Guardian’s, come with a fall detector, you can be alerted about a fall, whether your loved one can push a button or not.

These guardian medical systems start at around $30 per month, and can have a range of over 1,300 feet.
Grabber with Long Handle

Just as you made your home safe for toddlers when you had young kids, you should also make your aging parent’s house safe for seniors. Look for tripping hazards, install grab bars in the bathroom, and make sure all daily items are easy to reach. Even if you think that everything your parents would need is within reach, they may try to obtain something on occasion that is on a low or high shelf. Since you don’t want your aging parent to stand on a step stool, purchase a grabber with a long handle.

Easy to Use Cell Phone

As people age, technology becomes harder to learn. Make sure your aging parent is still able to use a cell phone. If their current smartphone seems too complicated, purchase a phone that is more senior-friendly. Some phones have large, easy-to-read buttons that are perfect for someone who doesn’t see as well anymore. Some allow you to program five or six contacts whose names are displayed on the front page of the screen.

Pill Dispenser

We have all seen plastic pill containers that allow you to organize your medication for every day of the week. Look for high-tech versions of pharmaceutical dispensers if your aging parent has a difficult time remembering to take medication. Some products will alert loved ones if the medication is not taken on time.

Beside Urinal

Older adults often go to the bathroom in the middle of the night. If your aging father makes frequent trips, you may encourage him to use a plastic urinal that he can keep by the side of the bed. Not only will this eliminate constant trips from the bedroom to the bathroom, but it may also reduce the likelihood of your father falling while stumbling through the dark. It’s natural to worry about an aging parent living independently at home. That said, there are many products available to help relieve some of that stress. This short list may be a good place to start.

For more information, visit https://www.medicalalertadvice.com/articles/6-products-for-seniors-living-alone/
NCBA Supportive Services

The National Caucus & Center on Black Aging, Inc., (NCBA) one of our country’s oldest organizations dedicated to aging issues related to African American older adults. NCBA is also a leading authority when it comes to offering supportive services for older adults, including but not limited to safe and affordable housing; job training and employment opportunities; and health and wellness programming that promotes vitality at a mature age.

NCBA Supportive Services include:

**Employment Opportunities**

NCBA provides programs and services including employment training through its Senior Environmental Employment (SEE) Program and its Senior Community Service Employment Program (SCSEP).

To learn more about the Senior Community Service Employment Program (SCSEP), visit: [https://www.ncba-aged.org/employment-program-resources](https://www.ncba-aged.org/employment-program-resources).

To learn more about the Senior Employment Environment Program (SEE), visit: [https://www.ncba-aged.org/environmental-employment-program-resources](https://www.ncba-aged.org/environmental-employment-program-resources).

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NCBA Health & Wellness

NCBA’s Health and Wellness Program advances the principles of health and wellness, vitality, and activity at a mature age.

The NCBA Health and Wellness Program promotes healthy living and disease prevention through nutrition, physical activity, early detection and screening with the intent of changing behaviors. The program addresses many health issues, including: cancer (breast, cervical and prostate); cardiovascular disease; hypertension; HIV/AIDS; substance abuse; medication usage; Alzheimer’s Disease; nutrition; physical activity; access barriers (services and Care) and more.

To learn more about NCBA Health Program, visit: [https://www.ncba-aged.org/health-and-wellness/](https://www.ncba-aged.org/health-and-wellness/)

**Housing**

Established in 1977, the NCBA Housing Management Corporation (NCBA-HMC) is the organization’s largest program and service to seniors. NCBA-HMC provides senior housing for over 500 low-income seniors with operations in Washington, DC, Jackson, MS, Hernando, MS, Marks, MS, Mayersville, MS and Reidsville, NC.

To learn more about NCBA Housing Program, visit [https://www.ncba-aged.org/affordable-housing/](https://www.ncba-aged.org/affordable-housing/)

*Samuel J. Simmons NCBA Estates located in Washington, DC*
Dear NCBA Family,

I hope this newsletter finds you in the “spirit of the holiday season”.

It’s hard to believe 2019 will soon end!

Before the year ends, I want to express my gratitude to you for being a part of the NCBA family. I know NCBA would not be where it is without each of you. Thank you. My door is always open to you!

In 2020, NCBA will celebrate its 50th Anniversary. For five decades, NCBA has advocated lawmakers, enhanced and changed local, state, and federal policy, spearheaded and published research, hosted educational symposia, and achieved its organizational mission to bring equity and access to safe and affordable housing, training and employment opportunities, and health and wellness programs that promote vitality at a mature age to thousands of older adults across the country.

As NCBA embarks upon its milestone birthday, its important for all of us to remember the millions of older adults around the country who live with daily challenges and an unsure future, yet these individuals continue to contribute their wisdom, knowledge, and experiences to their communities and to our nation.

As the aging population continues to grow and the demand for home and community based supportive services increases, the NCBA Board of Directors, program directors, and I stand ready as ever to address, create synergy, and meet the fundamental and unique needs of African American older adults, their caregivers, and loved ones. – Happy Birthday, NCBA!

Happy Holidays to you and your family,

Karyne