Pew Research Center

FOR RELEASE NOVEMBER 6, 2025

How Americans Are Thinking About Aging

For older adults, income largely shapes the aging experience

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RECOMMENDED CITATION

Pew Research Center, November 2025, "How Americans Are Thinking About Aging"

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About this research

This Pew Research Center report looks at how Americans are thinking about aging and how things are going for adults ages 65 and older.

Why did we do this?

Pew Research Center does research to help the public, the media and decision-makers understand important topics.

This research is part of our ongoing effort to study how the U.S. is changing socially and demographically and how the public is reacting to these changes. It also builds on previous work we've done on older adults and aging.

How did we do this?

For this study, we surveyed 8,750 adults from Sept. 2 to 8, 2025. The survey included 6,156 adults under 65 and 2,582 adults ages 65 and older. Everyone who took part is a member of the Center's American Trends Panel. The survey represents the views of the full U.S. adult population.

Here are the survey questions used for this report, the detailed responses and the survey methodology.

How Americans Are Thinking About Aging

For older adults, income largely shapes the aging experience

The U.S. population is aging rapidly. From 2004 to 2024, the share of Americans ages 65 and older increased from 12.4% to 18.0%, according to the U.S. Census Bureau. This is due in part to the country's declining birth rate and increased life expectancy, but also because Baby Boomers – whose generation is defined by the increase of births in the U.S. following World War II – are now well into their 60s and 70s.

Against this backdrop, we surveyed 8,750 U.S. adults from Sept. 2 to 8, 2025, to understand how they're thinking about aging:

- How are things going for older Americans as they age?
- What do younger adults think life will be like in their later years?
- Are there aspects of aging that Americans think people can control?
- What have Americans done, or what would they consider doing, to look younger than they are?

This research is part of our ongoing effort to study how the U.S. is changing socially and demographically and how the public is reacting to these changes. It also builds on our previous work about older adults and aging.

Key takeaways:

- **Perceptions of aging:** 49% of adults ages 65 and older say they are aging extremely or very well. By comparison, 30% of those younger than 65 *expect to* age similarly well. Among those in the younger group who say they think about what life may be like in their 70s and beyond at least sometimes, more are worried about their later years (67%) than excited (51%).

- **Income and the aging experience:** Among adults ages 65 and older, experiences with getting older differ vastly by income. About six-in-ten older adults in the upper income tier (61%) say they're aging extremely or very well. This compares with 51% of those in the middle income tier and 39% of those in the lower income tier. Older adults in the upper income tier are also more likely to rate their physical and mental health highly, to spend time pursuing hobbies and socializing with friends extremely or very often, and to be active in a civic group or interest club.

- **Aging and financial concerns:** More than four-in-ten U.S. adults under 65 (45%) aren't confident they'll have enough income and assets to last through their retirement years or say that they won't be able to retire at all. Among those who are worried when they think about what their life will be like in their 70s and beyond, financial concerns are one of the most commonly cited reasons for this feeling.

- **Control over aging:** More Americans say people have control over their physical health and mobility as they grow older than over their mental sharpness or how old they look. Three-in-ten say people have at least a fair amount of control over the aging process overall, with adults ages 65 and older among the most likely to hold this view (40%).

How much control do people have over the aging process?

A majority of Americans think people have *a great deal or a fair amount* of control over:

- Their physical health (67%)
- Their physical mobility (60%)

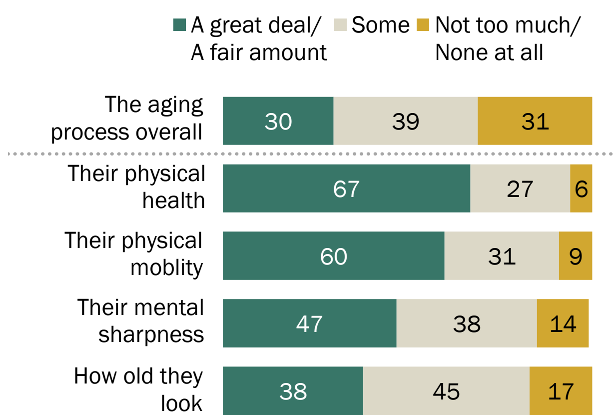
Fewer than half say people have at least a fair amount of control over:

- Their mental sharpness (47%)
- How old they look (38%)

When asked what age they would want to live to if they had a choice, most Americans (76%) say they would want to live until at least 80, including 29% who say they would want to make it to 100. On average, Americans say they want to live to be 91 years old.

Most Americans say people have at least a fair amount of control over their physical health and mobility as they age

% saying that, in general, people have ____ (of) control over the each of the following as they age



Note: Shares of respondents who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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What steps have Americans taken to look younger?

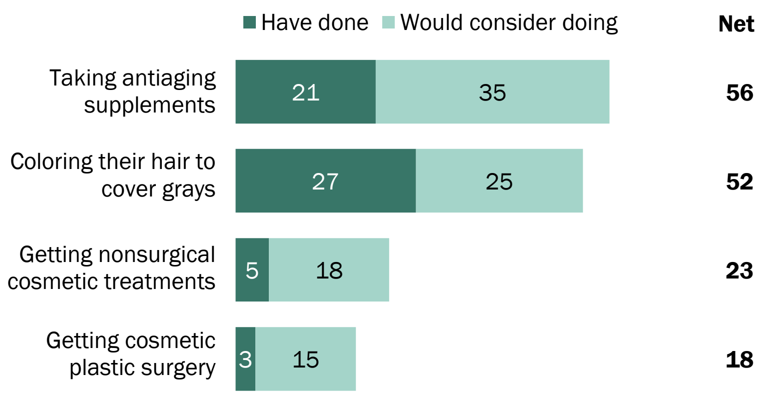
While fewer than half of U.S. adults think people have a lot of control over how old they look as they age, about half or more say they *have done or would consider doing* the following to look younger than they are:

- Taking antiaging supplements, such as collagen or antioxidants (56%)
- Coloring their hair to cover grays (52%)

About a quarter (23%) have gotten or would consider getting **nonsurgical cosmetic treatments** such as Botox, dermal fillers or laser therapies. And 18% have gotten or would consider getting **cosmetic plastic surgery.**

About 1 in 5 adults have taken antiaging supplements like collagen or antioxidants to look younger

% saying they ***have done/would consider doing*** *each of the following in order to look younger than they are*



Note: Figures may not add to subtotals due to rounding. Refer to the topline for full question wording.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Differences by gender

Women are far more likely than men to say they have done or would consider:

- Taking antiaging supplements (66% vs. 46%)
- Coloring their hair to cover grays (73% vs. 29%)
- Getting nonsurgical cosmetic treatments (33% vs. 13%)
- Getting cosmetic plastic surgery (26% vs. 10%)

Read more about measures to look younger.

What adults under 65 expect from their later years

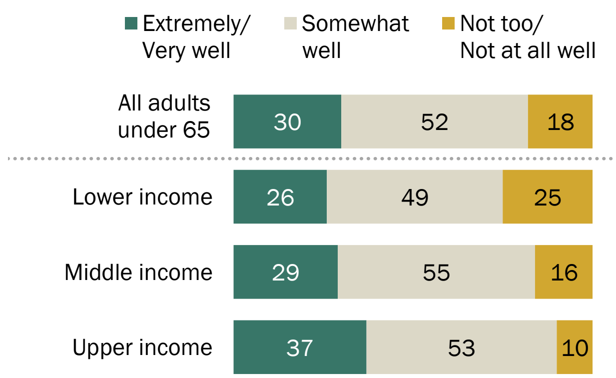
Three-in-ten U.S. adults under 65 think they will age *extremely or very well*. Most (78%) say they are actively taking steps in their daily life to improve their chances of aging well. These findings don't vary much among adults ages 18 to 29, 30 to 49 and 50 to 64.

People in the upper income tier are the most likely to say they expect to age extremely or very well (37%). In turn, those in the lower income tier are the most likely to predict they *won't* age well (25%).

When we asked adults under 65 how often they think about what life will be like in their 70s and beyond, 60% say they think about it at least sometimes, including 18% who think about it often.

3 in 10 adults under 65 expect to age extremely or very well

Among adults younger than 65, % saying that, overall, they think they will age …



Note: Shares of respondents who didn't offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Among those who think about it at least sometimes, **more say they are worried about life in their later years (67%) than say they are excited (51%).** About three-in-ten (28%) are both worried *and* excited.

What are people worried and excited about as they think about aging?

We asked people under 65 to explain, in their own words, what they are worried or excited about as they think about life in their 70s and beyond.

These findings are based on those who say they *think about their later years at least sometimes* and are *at least somewhat worried or excited* when they think about it.

Among those who feel **worried,** the top answers concern:

- Health, including physical and mental health (42%)
- Finances, including concerns about the future of Social Security (30%)
- Family relationships, including loneliness, losing loved ones or becoming a burden (16%)

Among those who feel **excited,** the top answers focus on:

- Having more time to spend with family and friends (42%)
- Having more time for activities and travel (30%)
- Retiring and not having to work (19%)

Concerns about finances were echoed in a separate question that asked U.S. adults of all ages how confident they are that they will have enough income and assets to last throughout their retirement years.

Read more about Americans' financial concerns as they age.

How things are going for older Americans

Most Americans ages 65 and older feel positive about key aspects of their lives:

- 60% rate their mental health as excellent or very good.
- 66% say they feel optimistic about their life all or most of the time.
- 70% say they have people they can turn to for support all or most of the time.

Still, they report facing challenges. Fewer than half (37%) rate their *physical health* as excellent or very good, and shares of roughly one-in-six or more say:

- They feel lonely or isolated from others at least sometimes (35%)
- They experience mental confusion or memory loss at least sometimes (24%)
- It is difficult for them to carry out everyday activities, like walking, climbing stairs or carrying groceries (22%)
- They need help handling their affairs or caring for themselves at least sometimes (16%)

Some of these challenges are more common among those in their 80s and older. Within this older group, 31% say they experience mental confusion or memory loss and 24% say they need help handling their affairs or caring for themselves at least sometimes.

A note about surveying older adults

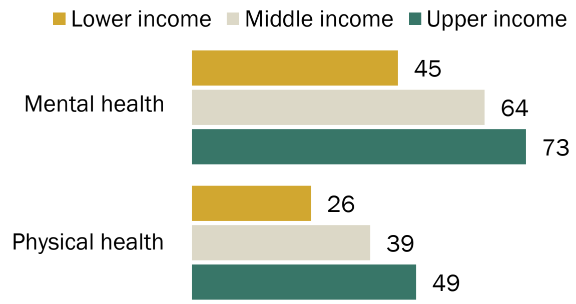
When looking at these findings about older adults, it is important to keep in mind that the experiences of those who may be too ill or unwell to take part in a survey are not included. The survey sample also excludes those who live in a group setting, such as a nursing home. According to the 2020 U.S. decennial census, 3% of Americans ages 65 and older have these types of living arrangements. That share rises to 10% among those ages 85 and older.

How experiences differ by income

In many ways, the experiences of older adults differ widely by income. For example, 49% of those ages 65 and older in the upper income tier say their physical health is excellent or very good, and 73% say the same about their mental health. These shares drop to 26% and 45%, respectively, among older adults in the lower income tier. Those with upper incomes are also more likely to say they spend time pursuing hobbies or socializing with friends extremely or very often.

Older adults' health assessments differ widely by income

Among adults ages 65 and older, % saying each aspect of their health is ***excellent/very good***



Note: Other response options included, "Good," "Fair" and "Poor.". Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Read more about:

- *Experiences of older Americans and the dimensions of aging well*
- *Advice on aging from older Americans*
- *Experiences with estate planning and discussing end-of-life preferences*

1. Aging well: How income and health shape the experiences of older Americans

About one-in-five adults in the U.S. today (18%) are ages 65 and older. To understand **how these older Americans are aging** and the **factors associated with aging well,** we asked them a series of questions about how things are going in their lives and how they spend their time.

These questions are part of a larger survey on aging conducted Sept. 2-8, 2025, among 8,750 U.S. adults of all ages. *Read key findings from the full study.*

Factors associated with older adults' sense of aging extremely or very well include:

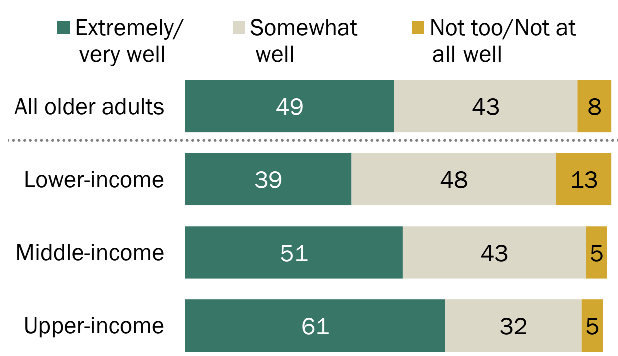
- Physical and mental health
- Cognitive health
- Financial security
- Social support

Some activities, such as hobbies and learning new skills, are also linked with their sense of aging well.[1]

Overall, **income is central to the aging experience.** From how well they think they're aging to how they rate their physical and mental health and financial security, **older adults with upper incomes are doing better than those with middle or lower incomes.**

Fewer than half of older adults with lower incomes say they are aging extremely or very well

Among adults ages 65 and older, % saying they are aging …



Note: Shares of respondents who didn't offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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There are also income differences in how adults ages 65 and older spend their time. Those with upper incomes are more likely than those with middle and lower incomes to say they often spend time pursuing hobbies and other interests or socializing with friends. They're also more likely to be working full time.

[1] Based on results from logistic regressions that control for respondents' gender, age, race and ethnicity, income level, household size (whether older adults are living alone), community type (urban, suburban or rural), employment, and religious activity (such as frequency of praying and religious service attendance).

Jump to the sections about:

- How older adults rate different aspects of their lives
- How older adults spend their time
- How income shapes the aging experience

A note about surveying older adults

When looking at these findings about older adults, it is important to keep in mind that the experiences of those who may be too ill or unwell to take part in a survey are not included. The survey sample also excludes those who live in a group setting, such as a nursing home. According to the 2020 decennial census, 3% of Americans ages 65 and older have these types of living arrangements. That share rises to 10% among those ages 85 and older.

How older adults rate different aspects of their lives

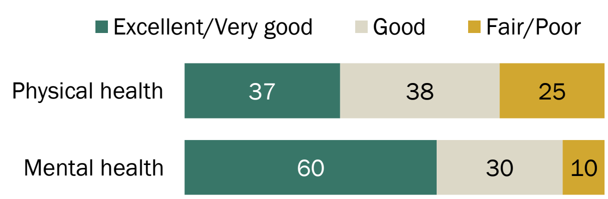
Health and mobility

Six-in-ten adults ages 65 and older say their **mental health** is excellent or very good. Far fewer (37%) say the same about their **physical health.**

While most say they need little to no help handling their affairs or caring for themselves, 16% say they do. And about a quarter say they experience mental confusion or memory loss at least sometimes (24%) and that it's difficult for them to carry out everyday physical activities, such as walking, climbing stairs or carrying groceries (22%).

Older adults give better ratings to their mental health than their physical health

Among adults ages 65 and older, % saying each aspect of their health is …



Note: Shares of respondents who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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For the most part, older adults' ratings of their overall physical and mental health don't differ by age, but there are age differences on self-assessments of cognitive health and physical mobility. Americans ages 80 and older are more likely than those ages 65 to 79 to say they experience mental confusion or memory loss at least sometimes (31% vs. 22%). And those ages 75 and older are more likely than those ages 65 to 74 to say they find it difficult to carry out everyday physical activities (28% vs. 18%).

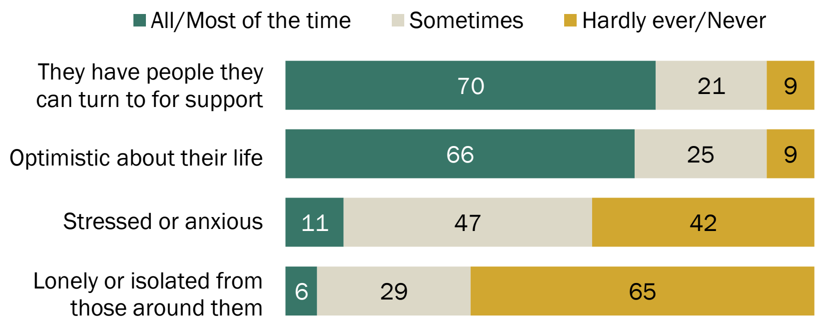
Emotional well-being and social connection

Older adults generally feel positive about the emotional and social aspects of their lives. Seven-in-ten say they feel they **have people they can turn to for support all or most of the time.** And a similar share (65%) say they **rarely or never feel lonely or isolated from those around them.** Still, about a third of older adults (35%) say they do feel lonely or isolated at times, and that share is particularly high among those who live alone (51%).

On their more general outlook, 66% say they feel **optimistic about their life** all or most of the time. And relatively small shares (11%) frequently feel **stressed or anxious,** though 58% feel this way at least sometimes.

Most older adults say they feel they have people they can turn to for support all or most of the time

Among adults ages 65 and older, % saying that as they think about different aspects of their life, they feel each of the following …



Note: Shares of respondents who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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These findings don't vary much when looking at those ages 65 to 74 versus those ages 75 and older.

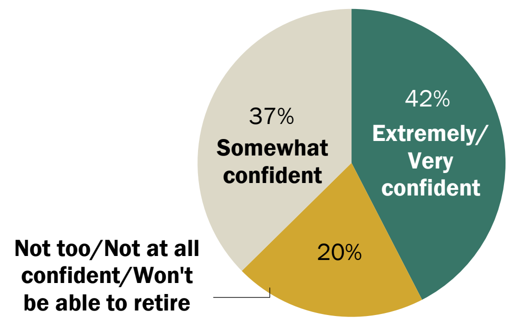
Financial outlook

About four-in-ten Americans ages 65 and older (42%) are highly confident that they'll **have enough income and assets to last throughout their retirement years.** But one-in-five express uncertainty about their financial future.

This uncertainty is most pronounced among those ages 65 to 69, about a quarter of whom (26%) are not too or not at all confident they'll have enough money to last throughout their retirement years or say they won't be able to retire at all. This compares with 18% of adults in their 70s and 13% of those in their 80s and older.

1 in 5 older adults are uncertain about their financial future

Among adults ages 65 and older, % saying they are ____ that they will have enough income or assets to last throughout their retirement years



Note: Share of respondents who didn't offer an answer (<.5%) is not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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How older adults spend their time

Family and social life

Among older Americans with adult children, 71% say they are **in touch with their adult children** at least a few times a week. This includes seeing them in person, talking on the phone or texting.

Smaller shares are in contact with their **grandchildren** (41% among those who have grandchildren) and **extended family** (30% among those who have other extended family) with the same frequency.

When it comes to **socializing with friends,** 36% of adults ages 65 and older say they do this extremely or very often.

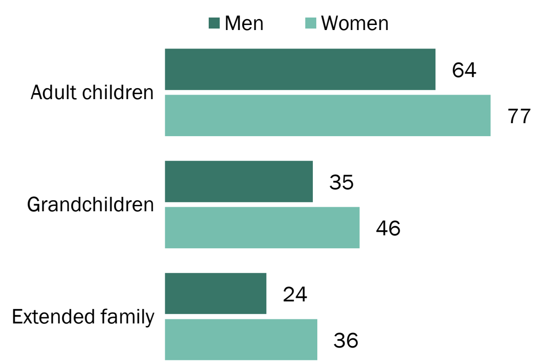
These findings differ by gender. Older women are more likely than older men to say they are in touch with each of the following at least a few times a week:

- Their adult children (77% vs. 64%)
- Their grandchildren (46% vs. 35%)
- Their extended family (36% vs. 24%)

Older women are also somewhat more likely than older men to say they socialize with their friends often (38% vs. 33%).

Older women more likely than older men to be in touch with family members

*Among adults ages 65 and older, % saying they are in touch with any of the following **at least a few times a week***



Note: Shares are based on those who say they have adult children, grandchildren and other extended family, respectively. Full question wording asked about "seeing them in person, talking on the phone or texting." Other response options included "A few times a month," "Once a month" and "Less than once a month."
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Hobbies and new skills

About half of Americans ages 65 and older (48%) say they spend time on **hobbies and other interests** extremely or very often. A smaller share (12%) say they often try **learning new skills,** such as speaking a new language, doing a new sport or physical activity, or using new technology; another 37% say they do this sometimes.

Community engagement

Many older adults engage in community activities. Four-in-ten say they are **active members of civic groups or interest clubs,** such as neighborhood associations, religious or spiritual groups, sports or recreation leagues, or book clubs.

About a third (32%) say they spend time on **volunteer work** at least sometimes.

Religious practices

More than half of adults ages 65 and older (56%) say they **pray at least daily.** And 36% **attend religious services in person** at least monthly.

To read about how the religious practices of older adults compare with those of younger adults, refer to Pew Research Center's U.S. Religious Landscape Study.

Employment

About one-in-ten adults ages 65 and older (9%) say they are **employed full time**. Another 7% say they are **working part time.** Adults ages 65 to 69 are the most likely to be working: 31% in this group are employed, compared with 12% of adults in their 70s and 3% of those in their 80s and older.

Older adults who are employed are more likely than those who are not to say they **feel their contributions to society at this stage of life are valued a great deal or a fair amount** (47% vs. 33%). Overall, about a third of older adults (35%) feel their contributions to society are highly valued.

How income shapes the aging experience

There is a large income gap in older adults' overall assessments of how well they're aging. About six-in-ten of those in the upper income tier (61%) say they are aging extremely or very well. This compares with 51% among those with middle incomes and 39% among those with lower incomes.

Older adults with upper incomes also have a clear advantage on each of the key factors associated with aging well:

- **Physical health:** Older Americans with upper incomes are about twice as likely as those with lower incomes to say their physical health is excellent or very good (49% vs. 26%).

- **Mental health:** About three-quarters of older adults with upper incomes (73%) rate their mental health highly. A much smaller share of those with lower incomes (45%) do the same.

- **Cognitive health:** 87% of upper-income older adults say they rarely or never experience mental confusion or memory loss. This compares with 77% of those with middle incomes and 68% of those with lower incomes.

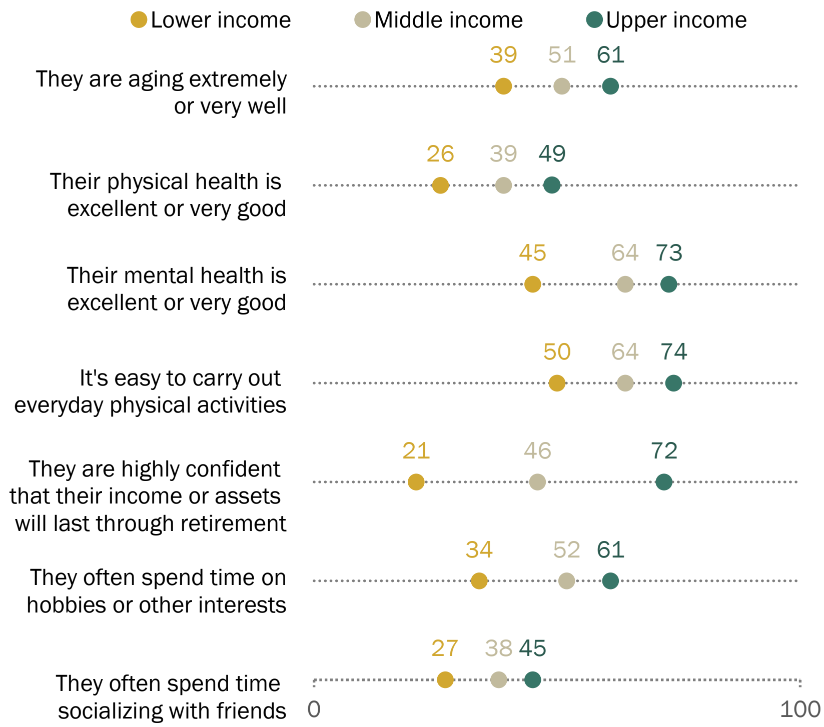
- **Financial security:** Those with upper incomes are more than three times as likely as those with lower incomes to feel highly confident they'll have enough income and assets to last throughout their retirement years (72% vs. 21%).

When it comes to **social support,** older Americans in the middle and upper income tiers are equally likely to say they feel they have people they can turn to for support all or most of the time (75% each). A much smaller share of those with lower incomes say the same (57%).

How older adults spend their time also varies widely by income. For example, those with upper incomes are more likely to be employed full time (18% vs. 10% of those with middle incomes and 6% of those with lower incomes). They are also more likely to spend time pursuing hobbies and other interests and socializing with friends.

Wide income gaps in the aging experience

Among adults ages 65 and older, % saying ...



* Refer to the topline for full question wording.
Note: Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Refer to the appendix for detailed tables showing how these responses differ by gender and age.

2. How Americans are feeling about their finances as they age

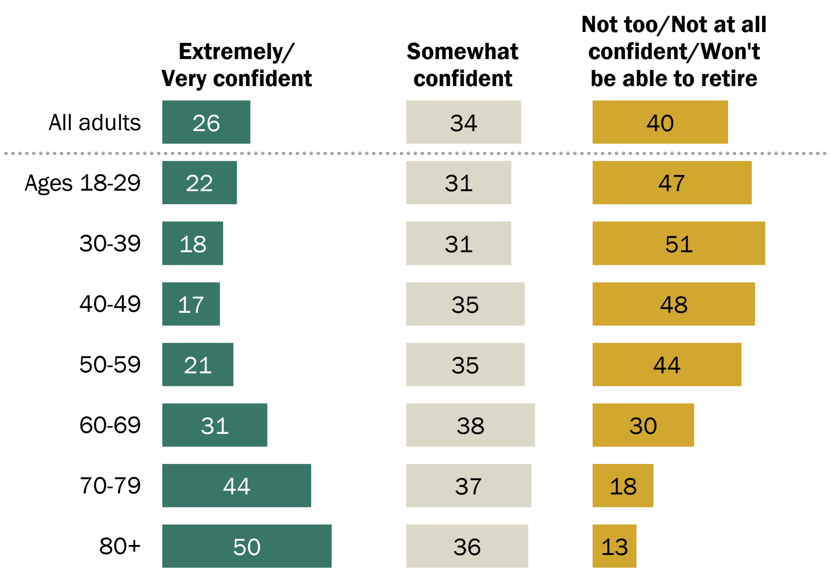
Amid a dwindling Social Security retirement trust and increased national life expectancy, many Americans are uncertain about their financial future.

Four-in-ten U.S. adults say they aren't confident they'll have enough income and assets to last throughout their retirement years or say they won't be able to retire at all. Only about a quarter (26%) are extremely or very confident.

Older adults are the most confident about their finances in retirement. Still, fewer than half of those in their 60s and 70s are highly confident, compared with 50% of people in their 80s and older.

4 in 10 Americans aren't confident they'll have enough money to last through their retirement years or say they won't be able to retire

% saying they are ____ that they will have enough income and assets to last throughout their retirement years



Note: Shares of respondents who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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These findings are based on a survey of 8,750 U.S. adults conducted Sept. 2-8, 2025, aimed at understanding how Americans are thinking about and experiencing aging. *Read key findings from the full study*.

How uncertainty about finances differs by groups

The share of U.S. adults who are uncertain – that is, they aren't too confident or aren't confident at all that they'll have enough income and assets to last throughout their retirement years or say they won't be able to retire – varies by demographic group.

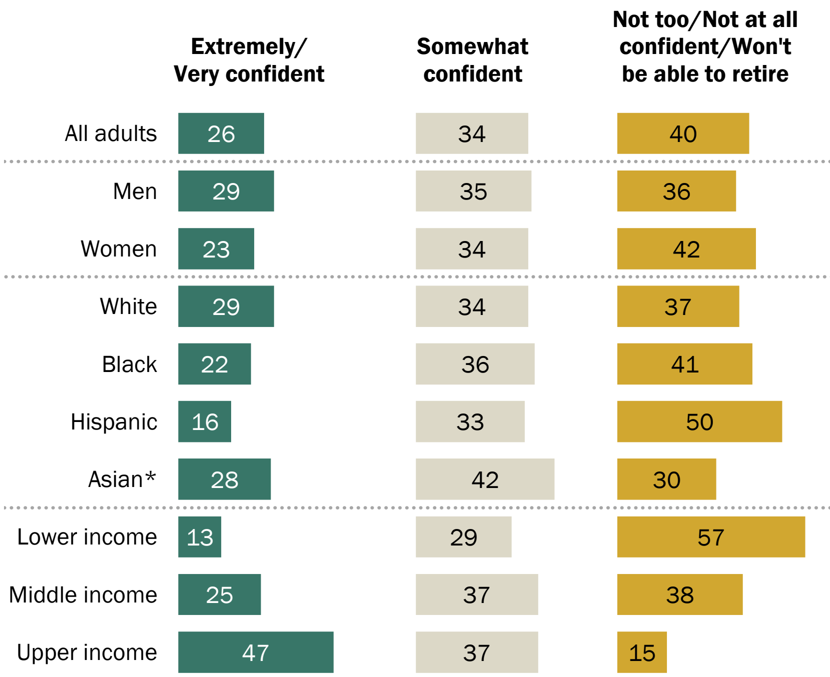
- **Income:** 57% of adults with lower incomes express uncertainty about their retirement finances. This compares with 38% of adults with middle incomes and 15% of those with upper incomes.

- **Race and ethnicity:** Half of Hispanic adults are uncertain about this, compared with 41% of Black adults, 37% of White adults and 30% of Asian adults.

- **Gender:** Women are more uncertain than men (42% vs. 36%). Notably, men ages 75 and older are the most confident about their retirement finances. About six-in-ten (61%) in this group are highly confident, compared with 40% or fewer among men and women in younger age groups and women ages 75 and older.

More than half of adults in the lower income tier are uncertain about their retirement finances

% saying they are ____ that they will have enough income and assets to last throughout their retirement years



* Estimates for Asian adults are representative of English speakers only.
Note: Shares of respondents who didn't offer an answer are not shown. White, Black and Asian adults include those who report being only one race and are not Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Financial worries as younger adults look ahead – and older adults look back

We asked adults under 65 who say they're worried when they think about what life will be like in their 70s and beyond to tell us, in their own words, what they're worried about.

While health concerns topped the list, financial worries were the second-most common response. Three-in-ten cited concerns about not having enough money in retirement, the availability of Social Security or the increasing cost of living.

Similarly, when we asked adults ages 65 and older what advice they have for younger people to prepare them for getting older, 37% mentioned habits like saving money, investing and living frugally. Only health-related advice was more common, offered by 49% of older adults.

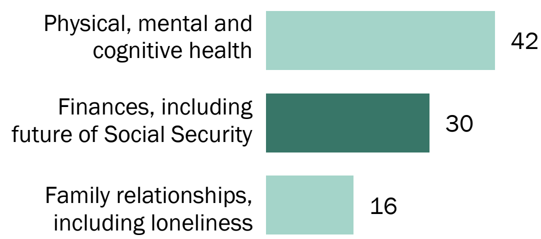
On both questions, the third-most common theme trailed finances by more than 10 percentage points.

About a quarter of older adults (24%) gave general advice, such as "Live life to the fullest," "Be true to yourself" and "Be kind to others."

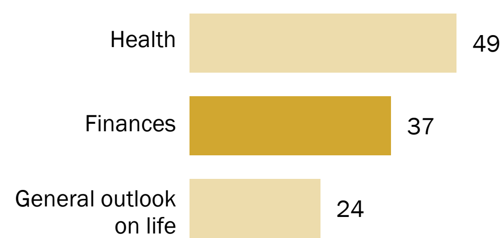
And among adults under 65 who feel worried when they think about life in their later years, 16% said they worried about things related to family relationships, such as loneliness, losing loved ones or becoming a burden.

3 in 10 adults under 65 who feel worried about aging cite financial concerns

*Among adults under 65, % citing ___ when asked **what they worry about** when they think about life in their 70s and beyond* **[open-end]***



*Among adults ages 65 and older, % whose answers relate to ___ when asked **what advice on aging they would give younger people [open-end]***



* Based on those who say they think about what life will be like at least sometimes and feel at least somewhat worried when they think about it.
Note: Open-ended questions. Up to three responses were coded per respondent. The three most common coded themes are shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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Read more about advice adults ages 65 and older would give to younger adults.

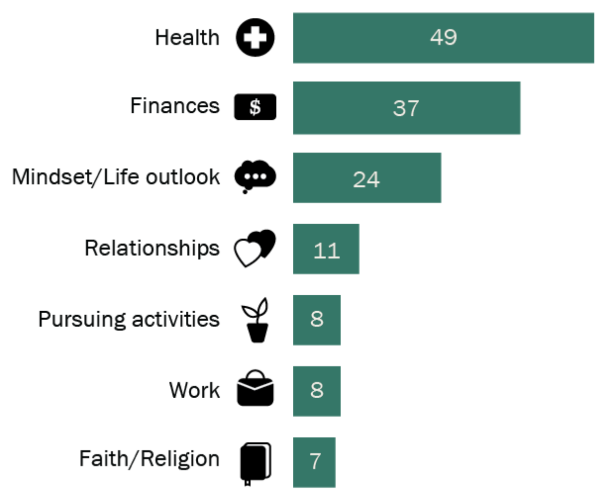
3. Advice on aging from older Americans

As part of a survey of 8,750 U.S. adults aimed at understanding how Americans are thinking about and experiencing aging, we asked 2,582 Americans ages 65 and older the following question: *"Based on your own experiences, what advice would you give to younger people to help them prepare for getting older?"*

Respondents answered this question in their own words. We then coded their responses into categories based on the themes they mentioned, up to three per person. *Read key findings from the full study.*

Health tops the list of advice older Americans offer younger people to prepare for aging

Among adults ages 65 and older, % whose answers relate to ___ when asked ***what advice on aging they would give younger people [open-end]***



Note: Open-ended question. Refer to topline for full question wording and themes coded. Up to three responses were coded per respondent.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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About half of older Americans (49%) offered advice related to **health,** such as having a nutritious diet, engaging in regular exercise and keeping up with medical appointments. Older women are more likely than older men to offer health advice (52% vs. 46%).

The second-most common type of advice related to **finances** (37%). While many older adults simply stressed the necessity of saving money, some went into more detail about investment strategies.

About a quarter of older Americans (24%) talked about having a particular **mindset or outlook toward life,** advising that younger people enjoy their life, cherish every moment or live with gratitude. This theme also encompasses various general life advice, such as being true to oneself, being independent and helping others.

Smaller shares of older adults offered advice about:

- **Relationships:** 11% mentioned things like building a family and spending time with loved ones or having good friends and an active social life.

- **Activities:** 8% gave advice related to hobbies, interests and volunteer work, including 2% who specifically mentioned travel.

- **Work:** 8% mentioned working hard or having a good, stable or fulfilling job.

- **Religious faith:** 7% gave advice related to religion, with many specifically mentioning prayer, going to church or living a spiritual life.

The advice from older adults aligns with the worries that people under 65 have about aging. Among younger adults who feel worried when they think about their lives in their 70s and beyond at least sometimes, **health and finances top the list** of things they worry about.

Read more about younger adults' worry and excitement about aging.

4. Experiences with estate planning and discussing end-of-life preferences

As part of our survey aimed at understanding how Americans are thinking about and experiencing aging, we asked U.S. adults some questions to learn:

- Who has done estate planning, such as creating a will or a living will
- Who has discussed their end-of-life preferences with their adult children
- Who says their aging parents have discussed their end-of-life preferences with them

The survey of 8,750 U.S. adults was conducted Sept. 2-8, 2025. *Read key findings from the full study*.

Who has done estate planning

About three-in-ten U.S. adults say they have created:

- **A will** that describes what to do with their assets and belongings after they die (32%)
- **A living will or advance health care directive** in case they are unable to make their own medical decisions (31%)

Fewer say they have made arrangements for their own burial or funeral (20%).

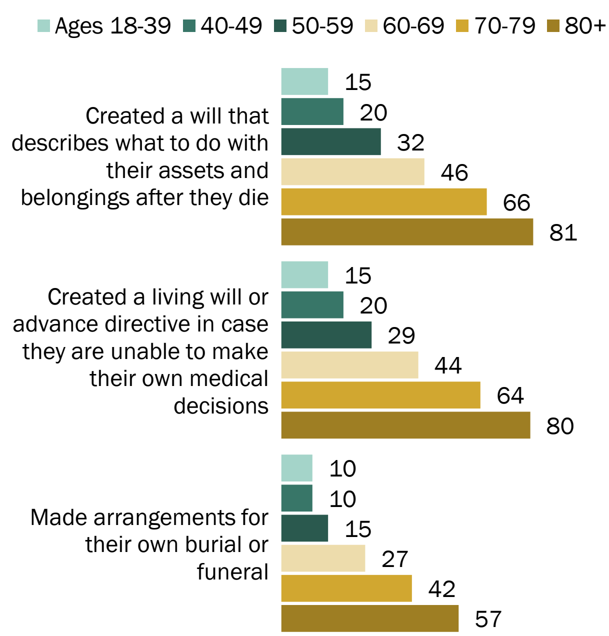
Differences by age

Most Americans don't have a will or a living will until they are in their 70s.

Roughly two-thirds of adults in their **70s** (66%) say they have created a will and 64% have a living will or advance directive. About eight-in-ten of those in their **80s or older** have done these things.

Most adults ages 70 and older have a will *and* a living will or advance directive

% saying they have done each of the following in planning for their own needs as they age



Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Among adults in their **60s,** 46% have a will and 44% have a living will or advance directive. About a third or fewer among adults **under 60** have created these documents.

A majority of adults in their **80s and older** (57%) also say they have made arrangements for their own burial or funeral. About four-in-ten of those in their **70s** (42%) say the same, as do far smaller shares of adults under 70.

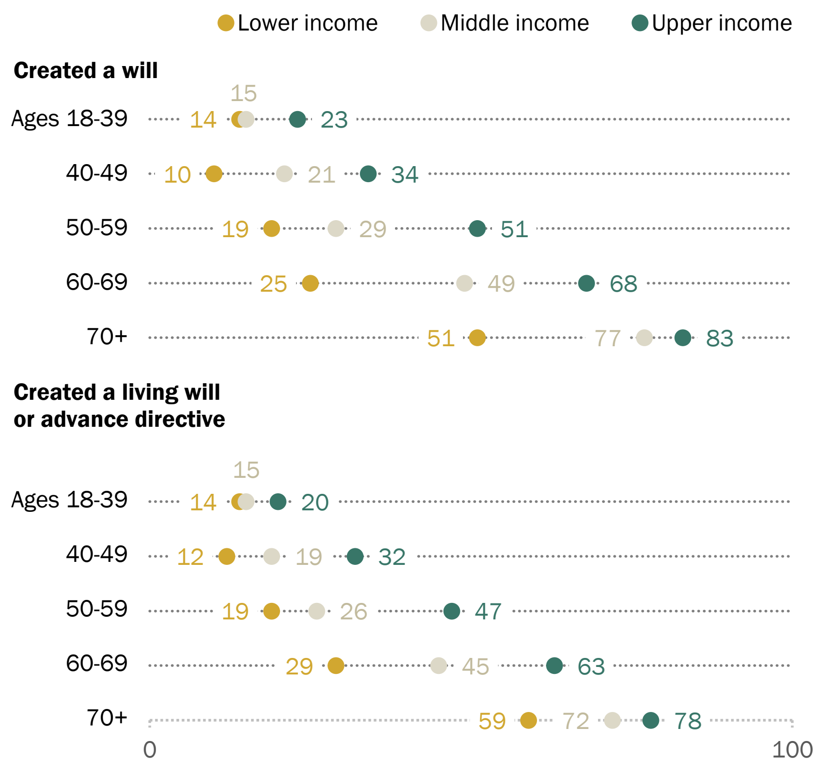
Differences by income

Across age groups, people in higher income tiers are more likely to say they have a will, as well as a living will or advance directive.

For example, 83% of adults ages 70 and older with upper incomes say they have a will, and 78% have a living will or advance directive. By comparison, 51% of adults in this age group with lower incomes have a will, and 59% have a living will or advance directive.

Across age groups, adults with higher incomes are more likely to have a will or a living will

% saying they have done each of the following in planning for their own needs as they age



Note: Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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Aging parents and conversations about end-of-life planning

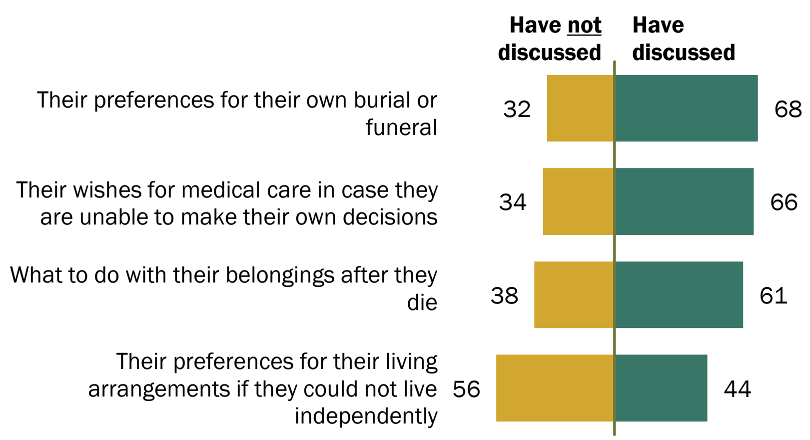
Most parents ages 65 and older say they have talked to their adult children about their end-of-life preferences.

- 68% say they have discussed their burial or funeral preferences.
- 66% have shared their wishes for medical care in case they are unable to make their own decisions.
- 61% have discussed what to do with their belongings after they die.

Fewer (44%) say they have discussed their preference for their living arrangements if they couldn't live independently.

Sizable shares of older adults have not discussed end-of-life preferences with their adult children

Among adults ages 65 and older with adult children, % saying they ___ each of the following with them



Note: Shares of respondents who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Parents ages 75 and older are more likely than those ages 65 to 74 to say they have discussed end-of-life preferences with their adult children. There are also differences by gender, with mothers more likely than fathers to say they have had these conversations.

Looking at age and gender together, women ages 75 and older are the most likely, and men ages 65 to 74 the least likely, to have talked to their adult children about these things.

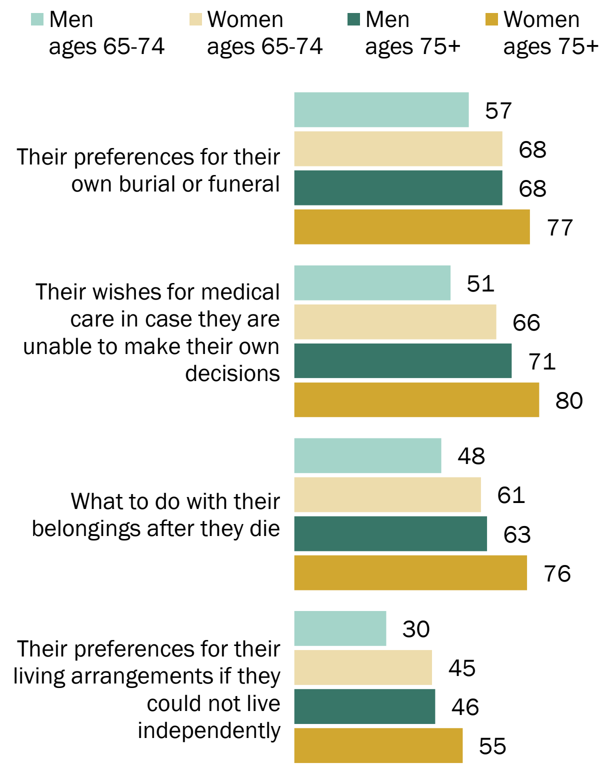
We also asked adults under 65 with parents ages 65 and older whether their aging parents have discussed end-of-life preferences with them.

A majority (59%) say a parent has discussed preferences for their burial or funeral with them. About half say a parent has discussed what to do with their belongings after they die (51%) or their wishes for medical care if they are unable to make their own decisions (50%).

Fewer than half (43%) say a parent has discussed preferences for their living arrangements if they couldn't live independently.

Older women are more likely than older men to have discussed end-of-life preferences with their adult children

Among adults ages 65 and older with adult children, % saying they have discussed each of the following with them



Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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On each of these questions, people with at least one parent age 75 or older are more likely than those with parents ages 65 to 74 to say their parents have discussed these preferences with them.

5. Who's had plastic surgery or taken other measures to look younger?

As part of a survey aimed at understanding how Americans are thinking about and experiencing aging, we asked people if they have ever done or would consider doing each of the following to look younger than they are:

- Taking antiaging supplements, such as collagen or antioxidants
- Coloring their hair to cover grays
- Getting nonsurgical cosmetic treatments, such as Botox, dermal fillers or laser therapies
- Getting cosmetic plastic surgery

Key takeaways:

- Hair coloring and taking antiaging supplements are the steps Americans are most likely to have taken or to consider taking. Still, some say they either have gotten or would consider getting nonsurgical treatments (23%) or cosmetic plastic surgery (18%) to look younger.

- Women are more likely than men to say they have done or would consider doing these things to look younger. For example, women are more than five times as likely as men to say they have colored their hair to cover grays, and they are four times as likely to say they have gotten nonsurgical treatments or cosmetic plastic surgery.

- Given the cost associated with some antiaging treatments, it's perhaps not surprising that women in the upper income tier are more likely than women in the middle or lower income tiers to say they have taken any of these measures to look younger.

It's important to note that we asked specifically if people have done or would consider taking these steps *in order to look younger than they are*. It is not meant to account for everyone who has done or would consider doing these things.

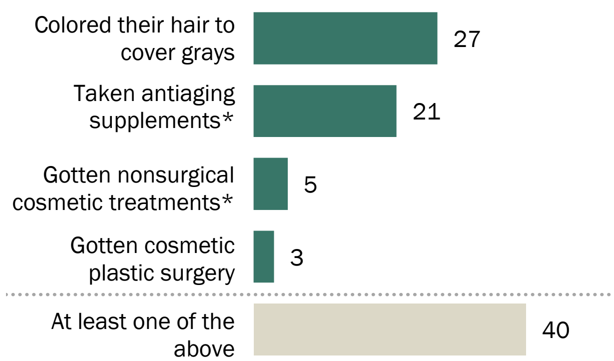
The survey of 8,750 U.S. adults was conducted Sept. 2-8, 2025. *Read key findings from the full study*.

What steps have Americans taken to look younger?

Of the four things we asked about, **coloring hair to cover grays** is the most common step Americans have taken to look younger than they are (27% say they've done this). About one-in-five (21%) say they have taken **antiaging supplements.**

4 in 10 adults have taken at least one of these steps to look younger

*% saying they **have done** each of the following in order to look younger than they are*



* Refer to topline for full item wording.
Note: Other response options included, "No, but would consider it" and "No, and would not consider it."
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Far smaller shares say they have gotten **nonsurgical cosmetic treatments** (5%) or **cosmetic plastic surgery** (3%).

In total, 40% of U.S. adults say they have done *at least one* of these to look younger than they are.

Some people who haven't done these things say they would at least *consider* doing them. Taken together:

- 56% have taken or would consider taking antiaging supplements.
- 52% have colored or would consider coloring their hair to cover grays.
- 23% have gotten or would consider getting nonsurgical cosmetic treatments.
- 18% have gotten or would consider getting cosmetic plastic surgery.

Differences by gender

Women are far more likely than men to say they have taken or would consider taking these steps to look younger.

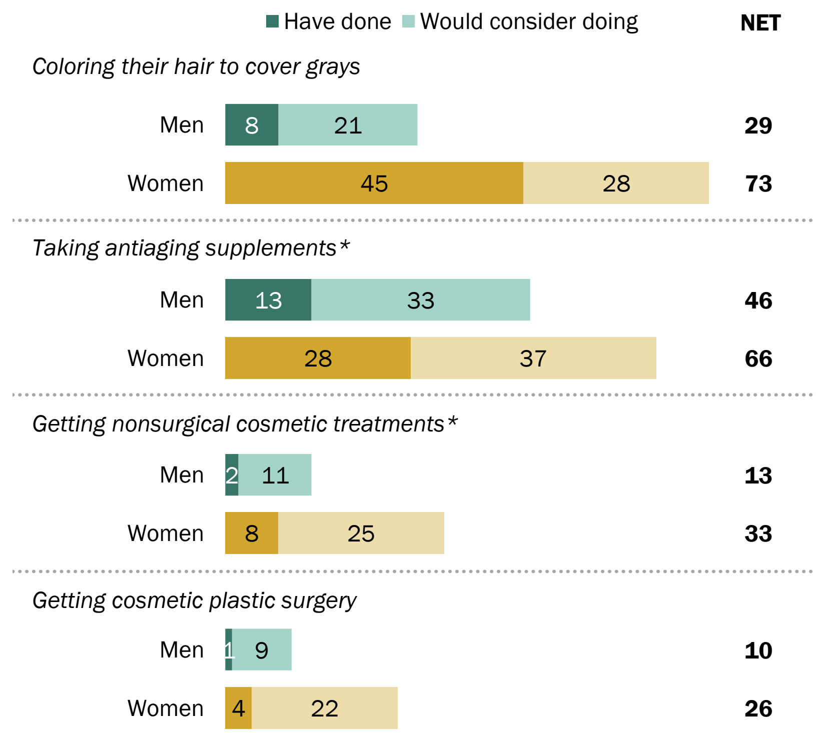
For example, 45% of women say they have **colored their hair to cover grays** and 28% say they have taken **antiaging supplements.** Among men, 8% and 13% have done these things, respectively.

Relatively small shares of men and women say they have gotten **nonsurgical cosmetic treatments** or **cosmetic plastic surgery** to look younger. Still, women are four times as likely as men to say they have done these things.

Women are also more likely than men to say they would consider taking these steps. For example, 25% of women say they haven't had nonsurgical cosmetic treatments but would consider them, and 22% say the same about cosmetic plastic surgery. About one-in-ten men say they haven't had these procedures but would consider them.

Wide gender differences in who has done or would consider doing certain things to look younger

*% saying they **have done/would consider doing** the following in order to look younger than they are*



* Refer to topline for full item wording.
Note: Figures may not add to subtotals due to rounding. Other response options included, "No, and would not consider it."
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Differences by income, race and ethnicity among women

While women are more likely than men to have taken steps to look younger than they are, there are differences *among demographic subgroups of women.*

Differences by income

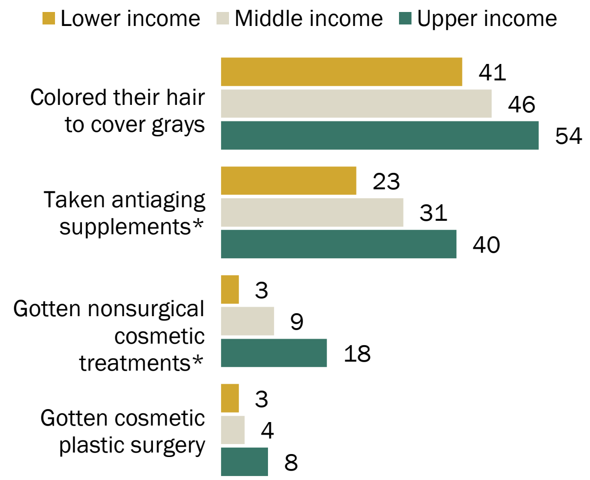
Many women across income groups say they have colored their hair to cover grays. But this is more common among those with upper incomes (54%) than among those with middle (46%) or lower (41%) incomes.

About a quarter of women with lower incomes say they have taken antiaging supplements, a share that rises to 40% among women with upper incomes.

Nonsurgical cosmetic treatments and cosmetic plastic surgery are less common across income groups. Still, about one-in-five women with upper incomes say they have gotten nonsurgical treatments and about one-in-ten say they have had cosmetic plastic surgery to look younger. These shares are much lower among women with middle and lower incomes.

Among women, those with more income are more likely to say they have taken certain steps to look younger

*Among women, % saying they **have done** each of the following in order to look younger than they are*



* Refer to topline for full item wording.
Note: Family income tiers are based on adjusted 2024 earnings. Other response options included, "No, but would consider it" and "No, and would not consider it."
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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Differences by race and ethnicity

Black women are less likely than White, Hispanic and Asian women to say they have:

- Colored their hair to cover grays: 35% of Black women, 47% of White women, 47% of Hispanic women and 45% of Asian women have done this.
- Taken antiaging supplements: 19% of Black women, 29% of White women, 32% of Hispanic women and 33% of Asian women have done this.

Small shares across racial and ethnic groups say they have had nonsurgical cosmetic treatments or cosmetic plastic surgery to look younger. But while 41% of Hispanic women and about a third of

White women (32%) and Asian women (35%) say they have gotten nonsurgical treatments or would consider it, that share drops to 23% among Black women.

Hispanic women (31%) are more likely than White women (25%), Black women (22%) and Asian women (21%) to say they have gotten cosmetic plastic surgery or would consider it to look younger than they are.

Acknowledgments

This report is a collaborative effort based on the input and analysis of the following individuals. Find related reports online at pewresearch.org/topic/generations-age/age/older-adults-aging/

Kim Parker, *Director of Social Trends Research*
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Anna Jackson, *Editorial Specialist*
Julia O'Hanlon, *Communications Manager*
DeVonte Smith, *Communications Associate*
Leah Tucker, *Senior Program Coordinator*

In addition, the project benefited greatly from the guidance of the Pew Research Center methodology team: Courtney Kennedy, Andrew Mercer, Ashley Amaya, Dorene Asare-Marfo, Dana Popky, Anna Brown, Arnold Lau and Thomas May.

Pew Research Center also received invaluable advice in developing this study from Lois M. Collins, reporter at Deseret News; Paula Span, New Old Age columnist at The New York Times and KFF Health News; and Diane Ty, managing director, Future of Aging at the Milken Institute.

Methodology

The American Trends Panel survey methodology

Overview

Data in this report comes from Wave 178 of the American Trends Panel (ATP), Pew Research Center's nationally representative panel of randomly selected U.S. adults. The survey was conducted Sept. 2-8, 2025. A total of 8,750 panelists responded out of 9,928 who were sampled, for a survey-level response rate of 88%.

The cumulative response rate accounting for nonresponse to the recruitment surveys and attrition is 3%. The break-off rate among panelists who logged on to the survey and completed at least one item is 1%. The margin of sampling error for the full sample of 8,750 respondents is plus or minus 1.4 percentage points.

The survey includes an oversample of non-Hispanic Asian adults in order to provide more precise estimates of the opinions and experiences of this smaller demographic subgroup. These oversampled groups are weighted back to reflect their correct proportions in the population.

SSRS conducted the survey for Pew Research Center via online (n=8,452) and live telephone (n=298) interviewing. Interviews were conducted in both English and Spanish.

To learn more about the ATP, read "About the American Trends Panel."

Panel recruitment

Since 2018, the ATP has used address-based sampling (ABS) for recruitment. A study cover letter and a pre-incentive are mailed to a stratified, random sample of households selected from the U.S. Postal Service's Computerized Delivery Sequence File. This Postal Service file has been estimated to cover 90% to 98% of the population.[2] Within each sampled household, the adult with the next birthday is selected to participate. Other details of the ABS recruitment protocol have changed over time but are available upon request.[3] Prior to 2018, the ATP was recruited using landline and cellphone random-digit-dial surveys administered in English and Spanish.

A national sample of U.S. adults has been recruited to the ATP approximately once per year since 2014. In some years, the recruitment has included additional efforts (known as an "oversample")

[2] AAPOR Task Force on Address-based Sampling. 2016. "AAPOR Report: Address-based Sampling."
[3] Email pewsurveys@pewresearch.org.

to improve the accuracy of data for underrepresented groups. For example, Hispanic adults, Black adults and Asian adults were oversampled in 2019, 2022 and 2023, respectively.

Sample design

The overall target population for this survey was noninstitutionalized persons ages 18 and older living in the United States. It featured a stratified random sample from the ATP in which non-Hispanic Asian adults were selected with certainty. The remaining panelists were sampled at rates designed to ensure that the share of respondents in each stratum is proportional to its share of the U.S. adult population to the greatest extent possible. Respondent weights are adjusted to account for differential probabilities of selection as described in the Weighting section below.

Questionnaire development and testing

The questionnaire was developed by Pew Research Center in consultation with SSRS. The web program used for online respondents was rigorously tested on both PC and mobile devices by the SSRS project team and Pew Research Center researchers. The SSRS project team also populated test data that was analyzed in SPSS to ensure the logic and randomizations were working as intended before launching the survey.

Incentives

All respondents were offered a post-paid incentive for their participation. Respondents could choose to receive the post-paid incentive in the form of a check or gift code to Amazon.com, Target.com or Walmart.com. Incentive amounts ranged from $5 to $20 depending on whether the respondent belongs to a part of the population that is harder or easier to reach. Differential incentive amounts were designed to increase panel survey participation among groups that traditionally have low survey response propensities.

Data collection protocol

The data collection field period for this survey was Sept. 2-8, 2025. Surveys were conducted via self-administered web survey or by live telephone interviewing.

For panelists who take surveys online:[4] Postcard notifications were mailed to a subset on Sept. 2.[5] Survey invitations were sent out in two separate launches: soft launch and full launch. Sixty panelists were included in the soft launch, which began with an initial invitation sent on

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[4] The ATP does not use routers or chains in any part of its online data collection protocol, nor are they used to direct respondents to additional surveys.
[5] Postcard notifications for web panelists are sent to 1) panelists who were recruited within the last two years and 2) panelists recruited prior to the last two years who opt to continue receiving postcard notifications.

Sept. 2. All remaining English- and Spanish-speaking sampled online panelists were included in the full launch and were sent an invitation on Sept. 3.

Invitation and reminder dates for web respondents, ATP Wave 178

	Soft launch	Full launch
Initial invitation	Sept. 2, 2025	Sept. 3, 2025
First reminder	Sept. 5, 2025	Sept. 5, 2025
Final reminder	Sept. 6, 2025	Sept. 6, 2025

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Panelists participating online were sent an email invitation and up to two email reminders if they did not respond to the survey. ATP panelists who consented to SMS messages were sent an SMS invitation with a link to the survey and up to two SMS reminders.

For panelists who take surveys over the phone with a live interviewer: Prenotification postcards were mailed on Aug. 29. Soft launch took place on Sept. 2 and involved dialing until a total of 18 interviews had been completed. All remaining English- and Spanish-speaking sampled phone panelists' numbers were dialed throughout the remaining field period. Panelists who take surveys via phone can receive up to six calls from trained SSRS interviewers.

Data quality checks

To ensure high-quality data, Center researchers performed data quality checks to identify any respondents showing patterns of satisficing. This includes checking for whether respondents left questions blank at very high rates or always selected the first or last answer presented. As a result of this checking, two ATP respondents were removed from the survey dataset prior to weighting and analysis.

Weighting

The ATP data is weighted in a process that accounts for multiple stages of sampling and nonresponse that occur at different points in the panel survey process. First, each panelist begins with a base weight that reflects their probability of recruitment into the panel. These weights are then calibrated to align with the population benchmarks in the accompanying table to correct for nonresponse to recruitment surveys and panel attrition. If only a subsample of panelists was invited to participate in the wave, this weight is adjusted to account for any differential probabilities of selection.

Among the panelists who completed the survey, this weight is then calibrated again to align with the population benchmarks identified in the accompanying table and trimmed at the 1st and 99th percentiles to reduce the loss in precision stemming from variance in the weights. Sampling errors and tests of statistical significance take into account the effect of weighting.

American Trends Panel weighting dimensions

Variable	Benchmark source
Age (detailed) Age x Gender Education x Gender Education x Age Race/Ethnicity x Education Race/Ethnicity x Gender Race/Ethnicity x Age Born inside vs. outside the U.S. among Hispanics and Asian Americans Years lived in the U.S. Census region x Metropolitan status	2023 American Community Survey (ACS)
Volunteerism	2023 CPS Volunteering & Civic Life Supplement
Frequency of internet use Religious affiliation Party affiliation x Race/Ethnicity Party affiliation x Age	2025 National Public Opinion Reference Survey (NPORS)
Validated 2024 presidential election turnout and vote choice	Candidate vote share is based on official results from the Federal Election Commission. Turnout is based on estimates from the Election Lab at the University of Florida. The size of the voting-eligible population is based on the 2023 ACS.

Note: Estimates from the ACS are based on noninstitutionalized adults. For weighting to the 2024 presidential election results, panelists are considered validated voters if their self-report of having voted was confirmed after matching to a national voter registry.

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The following table shows the unweighted sample sizes and the error attributable to sampling that would be expected at the 95% level of confidence for different groups in the survey.

Sample sizes and margins of error, ATP Wave 178

Group	Unweighted sample size	Plus or minus …
Total sample	8,750	1.4 percentage points
Adults ages 18-64	6,156	1.6 percentage points
Adults ages 65 and older	2,582	2.4 percentage points

Note: This survey includes oversamples of Non-Hispanic Asian respondents. Unweighted sample sizes do not account for the sample design or weighting and do not describe a group's contribution to weighted estimates. See the Sample design and Weighting sections above for details.

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Sample sizes and sampling errors for other subgroups are available upon request. In addition to sampling error, one should bear in mind that question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of opinion polls.

Dispositions and response rates

Final dispositions, ATP Wave 178

	AAPOR code	Total
Completed interview	1.1	8,750
Logged in (web) / Contacted (CATI), but did not complete any items	2.11	228
Started survey; broke off before completion	2.12	59
Never logged on (web) / Never reached on phone (CATI)	2.20	889
Survey completed after close of the field period	2.27	0
Other noninterview	2.30	0
Completed interview but was removed for data quality	2.90	2
Total panelists sampled for the survey		**9,928**
Completed interviews	I	8,750
Partial interviews	P	0
Refusals	R	287
Noncontact	NC	889
Other	O	2
Unknown household	UH	0
Unknown other	UO	0
Not eligible	NE	0
Total		**9,928**
AAPOR RR1 = I / (I+P+R+NC+O+UH+UO)		88%

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Cumulative response rate, ATP Wave 178

	Total
Weighted response rate to recruitment surveys	12%
% of recruitment survey respondents who agreed to join the panel, among those invited	74%
% of those agreeing to join who were active panelists at start of Wave 178	40%
Response rate to Wave W178 survey	88%
Cumulative response rate	**3%**

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How family income tiers are calculated

Family income data reported in this study is adjusted for household size and cost-of-living differences by geography. Panelists then are assigned to income tiers that are based on the median adjusted family income of all American Trends Panel members. The process uses the following steps:

1. First, panelists are assigned to the midpoint of the income range they selected in a family income question that was measured on either the most recent annual profile survey or, for newly recruited panelists, their recruitment survey. This provides an approximate income value that can be used in calculations for the adjustment.

2. Next, these income values are adjusted for the cost of living in the geographic area where the panelist lives. This is calculated using price indexes published by the U.S. Bureau of Economic Analysis. These indexes, known as Regional Price Parities (RPP), compare the prices of goods and services across all U.S. metropolitan statistical areas as well as non-metro areas with the national average prices for the same goods and services. The most recent available data at the time of the annual profile survey is from 2023. Those who fall outside of metropolitan statistical areas are assigned the overall RPP for their state's non-metropolitan area.

3. Family incomes are further adjusted for the number of people in a household using the methodology from Pew Research Center's previous work on the American middle class. This is done because a four-person household with an income of say, $50,000, faces a tighter budget constraint than a two-person household with the same income.

4. Panelists are then assigned an income tier. "Middle-income" adults are in families with adjusted family incomes that are between two-thirds and double the median adjusted family income for the full ATP at the time of the most recent annual profile survey. The median adjusted family income for the panel is roughly $77,800. Using this median income, the middle-income range is about $51,900 to $155,600. Lower-income families have adjusted incomes less than $51,900 and upper-income families have adjusted incomes greater than $155,600 (all figures expressed in 2024 dollars and scaled to a household size of three). A panelist is assigned "no answer" in the income tier variable if they did not provide all three pieces of information needed to calculate their tier (family income, household size and residential address).

Two examples of how a given area's cost-of-living adjustment was calculated are as follows: the Pine Bluff metropolitan area in Arkansas is a relatively inexpensive area, with a price level that is 19.7% less than the national average. The San Francisco-Oakland-Berkeley metropolitan area in

California is one of the most expensive areas, with a price level that is 18.2% higher than the national average. Income in the sample is adjusted to make up for this difference. As a result, a family with an income of $40,200 in the Pine Bluff area is as well off financially as a family of the same size with an income of $59,100 in San Francisco.

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Appendix: Detailed tables on Americans ages 65 and older, by demographic group

Older Americans' self-assessments on aging well

Among adults ages 65 and older, % saying they are aging …

	Extremely/Very well	Somewhat well	Not too/ Not at all well
All older adults	49	43	8
Men	48	44	8
Women	50	43	7
Ages 65-74	45	46	8
75+	54	39	7
Lower income	39	48	13
Middle income	51	43	5
Upper income	61	32	5

Note: Shares of respondents who didn't offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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Older Americans' self-assessments on health

*Among adults ages 65 and older, % saying their **physical health** is …*

	Excellent/Very good	Good	Fair/Poor
All older adults	37	38	25
Men	34	38	27
Women	39	38	23
Ages 65-74	37	38	24
75+	36	38	27
Lower income	26	37	37
Middle income	39	39	22
Upper income	49	38	13

*Among adults ages 65 and older, % saying their **mental health** is …*

	Excellent/Very good	Good	Fair/Poor
All older adults	60	30	10
Men	61	29	10
Women	59	30	11
Ages 65-74	59	31	11
75+	62	28	10
Lower income	45	37	17
Middle income	64	27	9
Upper income	73	22	5

Note: Shares of respondents who didn't offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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How older Americans feel about different aspects of their lives

*Among adults ages 65 and older, % saying they feel **lonely or isolated from those around them** …*

	All/Most of the time	Sometimes	Hardly ever/Never
All older adults	6	29	65
Men	5	27	68
Women	6	30	63
Ages 65-74	7	27	66
75+	5	30	64
Lower income	11	35	54
Middle income	4	26	69
Upper income	4	24	72

*Among adults ages 65 and older, % saying they feel **optimistic about their life** …*

	All/Most of the time	Sometimes	Hardly ever/Never
All older adults	66	25	9
Men	63	27	10
Women	67	24	9
Ages 65-74	64	26	9
75+	67	24	9
Lower income	50	35	15
Middle income	71	22	7
Upper income	79	16	5

Note: Shares of respondents who didn't offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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How older Americans feel about different aspects of their lives (continued)

Among adults ages 65 and older, % saying they feel ***they have people they can turn to for support*** *…*

	All/Most of the time	Sometimes	Hardly ever/Never
All older adults	70	21	9
Men	66	22	12
Women	73	21	6
Ages 65-74	67	24	9
75+	74	18	8
Lower income	57	28	16
Middle income	75	19	6
Upper income	75	19	6

Among adults ages 65 and older, % saying they feel ***stressed or anxious*** *…*

	All/Most of the time	Sometimes	Hardly ever/Never
All older adults	11	47	42
Men	8	43	49
Women	13	50	37
Ages 65-74	11	48	41
75+	10	46	44
Lower income	15	45	40
Middle income	8	49	43
Upper income	11	41	48

Note: Shares of respondents who didn’t offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
“How Americans Are Thinking About Aging”

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Older Americans' self-assessments on confidence

Among adults ages 65 and older, % saying that as they have gotten older, they have become …

	A lot/Somewhat more self-confident	Neither more nor less self-confident	A lot/Somewhat less self-confident
All older adults	50	32	17
Men	46	38	16
Women	54	27	19
Ages 65-74	53	30	16
75+	45	35	19
Lower income	50	32	17
Middle income	49	32	19
Upper income	52	33	15

Note: Shares of respondents who didn't offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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Do older Americans see their contributions to society as valued?

Among adults ages 65 and older, % saying that at this stage of their life, their contributions to society are valued …

	A great deal/ A fair amount	Some	Not too much/ Not at all
All older adults	35	38	26
Men	35	37	27
Women	36	38	24
Ages 65-74	35	37	26
75+	36	38	24
Lower income	33	36	29
Middle income	34	38	26
Upper income	43	37	18

Note: Shares of respondents who didn't offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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Older Americans’ self-assessments on the amount of help they need

Among adults ages 65 and older, % saying they need ___ (of) help handling their affairs or caring for themselves

	A great deal/ A fair amount	Some	Not too much/ Not at all
All older adults	6	11	82
Men	4	11	83
Women	7	10	82
Ages 65-74	4	9	85
75+	8	13	78
Lower income	11	15	73
Middle income	3	10	86
Upper income	4	7	89

Note: Shares of respondents who didn’t offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
“How Americans Are Thinking About Aging”

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Older Americans' self-assessments on confusion and memory loss

Among adults ages 65 and older, % saying they experience mental confusion or memory loss ...

	Extremely/ Very often	Sometimes	Rarely/Never
All older adults	2	22	75
Men	2	22	76
Women	3	22	75
Ages 65-74	2	19	79
75+	3	26	70
Lower income	4	28	68
Middle income	2	21	77
Upper income	1	12	87

Note: Shares of respondents who didn't offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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What share of older Americans say they've had to stop driving?

Among adults ages 65 and older, % saying they've had to stop driving because of issues related to aging

All older adults	4
Men	4
Women	5
Ages 65-74	2
75+	8
Lower income	6
Middle income	4
Upper income	4

Note: Shares of respondents who say they didn't have to stop driving and those who didn't offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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Older Americans’ self-assessments on physical ability

Among adults ages 65 and older, % saying carrying out everyday physical activities, such as walking, climbing stairs or carrying groceries is …

	Very/Somewhat easy	Neither easy nor difficult	Very/Somewhat difficult
All older adults	61	17	22
Men	63	18	19
Women	60	16	24
Ages 65-74	65	17	18
75+	54	18	28
Lower income	50	21	29
Middle income	64	15	21
Upper income	74	13	12

Note: Shares of respondents who didn’t offer an answer are not shown. Family income tiers are based on adjusted 2024 earnings.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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How often do older Americans exercise?

Among adults ages 65 and older, % saying they engage in exercise, such as walking, jogging, biking or playing a sport, for at least 30 minutes …

	Every day/A few times a week	A few times a month	A few times a year/Never
All older adults	64	15	20
Men	65	14	20
Women	62	17	21
Ages 65-74	65	16	19
75+	61	15	23
Lower income	57	15	28
Middle income	65	16	18
Upper income	72	15	12

Note: Shares of respondents who didn’t offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
“How Americans Are Thinking About Aging”

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How often do older Americans contact their family members?

*Among adults 65 and older with **adult children,** % saying they are in contact with any of their adult children ___, including seeing them in person, talking on the phone or texting*

	At least once a day/ A few times a week	A few times a month	Once a month/Less than once a month
All older adults	71	19	9
Men	64	23	13
Women	77	16	6
Ages 65-74	69	20	9
75+	74	17	9
Lower income	76	13	10
Middle income	69	21	10
Upper income	69	25	6

*Among adults 65 and older with **grandchildren,** % saying they are in contact with any of their grandchildren ___, including seeing them in person, talking on the phone or texting*

	At least once a day/ A few times a week	A few times a month	Once a month/Less than once a month
All older adults	41	28	30
Men	35	30	35
Women	46	27	26
Ages 65-74	45	28	26
75+	36	29	35
Lower income	44	22	35
Middle income	40	29	30
Upper income	39	37	23

Note: Shares of respondents who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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How often do older Americans contact their family members? (continued)

*Among adults 65 and older with **extended family members** other than children or grandchildren, % saying they are in contact with any of their extended family ___, including seeing them in person, talking on the phone or texting*

	At least once a day/ A few times a week	A few times a month	Once a month/Less than once a month
All older adults	30	31	38
Men	24	31	44
Women	36	31	33
Ages 65-74	34	29	37
75+	26	33	40
Lower income	37	23	39
Middle income	27	34	38
Upper income	27	32	40

Note: Shares of respondents who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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How often do older Americans socialize with friends, pursue hobbies or volunteer?

Among adults ages 65 and older, % saying they spend time ***socializing with friends*** *…*

	Extremely/ Very often	Sometimes	Rarely/Never
All older adults	36	43	21
Men	33	44	23
Women	38	42	20
Ages 65-74	33	44	23
75+	41	41	19
Lower income	27	43	30
Middle income	38	43	19
Upper income	45	41	14

Among adults ages 65 and older, % saying they spend time on ***hobbies or other interests*** *…*

	Extremely/ Very often	Sometimes	Rarely/Never
All older adults	48	36	15
Men	47	36	17
Women	50	36	14
Ages 65-74	47	37	15
75+	50	34	15
Lower income	34	39	26
Middle income	52	36	12
Upper income	61	30	9

Note: Shares of respondents who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
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How often do older Americans socialize with friends, pursue hobbies or volunteer? (continued)

*Among adults ages 65 and older, % saying they spend time on **volunteer work** …*

	Extremely/ Very often	Sometimes	Rarely/Never
All older adults	12	20	68
Men	11	21	67
Women	12	20	68
Ages 65-74	11	21	68
75+	12	20	67
Lower income	7	16	77
Middle income	13	22	64
Upper income	13	27	60

Note: Shares of respondents who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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How often do older Americans try learning a new skill?

Among adults ages 65 and older, % saying they try learning a new skill, such as speaking a new language, doing a new sport or physical activity, or using new technology …

	Extremely/ Very often	Sometimes	Rarely/Never
All older adults	12	37	52
Men	11	36	53
Women	12	37	50
Ages 65-74	13	40	47
75+	10	32	58
Lower income	7	30	63
Middle income	12	38	50
Upper income	17	43	40

Note: Shares of respondents who didn’t offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
“How Americans Are Thinking About Aging”

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What share of older Americans are active in civic groups or interest clubs?

Among adults ages 65 and older, % saying they are currently a member of any civic groups or clubs, such as neighborhood associations, religious or spiritual groups, sports or recreation leagues, or book clubs

All older adults	40
Men	37
Women	43
Ages 65-74	37
75+	44
Lower income	29
Middle income	43
Upper income	49

Note: Shares of respondents who say they aren't an active member of any civic groups or clubs and those who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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Older Americans' self-assessment on income, assets

Among adults ages 65 and older, % saying they are ___ that they will have enough income and assets to last throughout their retirement years

	Extremely/ Very confident	Somewhat confident	Not too/Not at all confident/I will not be able to retire
All older adults	42	37	20
Men	48	33	19
Women	38	42	20
Ages 65-74	38	37	24
75+	49	37	14
Lower income	21	40	38
Middle income	46	40	14
Upper income	72	24	4

Note: Shares of respondents who didn't offer an answer are not shown.
Source: Survey of U.S. adults conducted Sept. 2-8, 2025.
"How Americans Are Thinking About Aging"

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