Focused on multiple facets of their life and have strong expectations that they will see improvements in finances, relationships and quality of life. Despite being the group with the lowest incidence of serious health conditions, cancer is a big fear around aging among this age cohort. They are among the highest when it comes to the fear of death and prefer a longer passing that would allow them time to prepare.
Ongoing trends in improvement in finances, relationships and quality of life are established and as things improve the expectation of further improvement begins to soften. Many of the concerns about aging start to lose intensity. Physical health begins to decline. By the time people reach 40-49, most have at least one serious health condition.

OUTLOOK ON LIFE

Quality of life now (mean) 6.3
10 years from now (mean) 7.9

Very happy 16%
Optimistic 51%

HEALTH

Excellent/very good overall health 37%
Have at least one serious condition 55%

TOP HEALTH CONCERN AREAS AS YOU GET OLDER
28% Recurring Pains
27% Cancer Risk
25% Emotional Health

TOP HEALTH PROBLEM FEARS AS YOU GET OLDER
54% Cancer
53% Loss of Memory
46% Diminished Eyesight

RELATIONSHIPS

Relationships excellent/very good 59%
Improved in the last five years 34%

WEALTH / RETIREMENT

Finances are excellent/very good 25%
Improved in the last 10 years 22%

Retirement Age...
Retirement age wanted 61.4
Retirement age expected 65.1

LIFE EXPECTANCY

Would Take a Pill to...
Slow aging 51%
Add 10 years 61%

Age to Live to...
Age wanted to live to 89.6
Age expected to live to 80.7

END OF LIFE

Prepared for death 8%
Afraid of death 22%

NOTE: Gray dots on continuums represent metrics for the other age groups
A stronger focus on the importance of mobility and independence emerges. Primary health concerns shift from disease to mobility. Expectations on retirement travel begin to drop. Finances continue to improve and personal choice being the main driver of retirement starts to become clear. Fear of death begins to decline.
Retirement becomes a reality for most and it allows more time for other priorities. Relationships become more meaningful. There is an increase in the desire to slow aging and that is reflected in taking actions/steps to improve/maintain health. Engagement in end-of-life planning (financial and medical documents) sees a noticeable increase and an upswing in feeling prepared for death is observed.

### Health

**TOP HEALTH CONCERN AREAS AS YOU GET OLDER**
- 34% Stamina, Strength, Flexibility
- 28% Recurring Pains
- 27% Heart Health

**TOP HEALTH PROBLEM FEARS AS YOU GET OLDER**
- 58% Loss of Memory
- 54% Loss of Mobility
- 47% Loss of Cognitive Abilities

### Outlook on Life

<table>
<thead>
<tr>
<th>Quality of life now (mean)</th>
<th>Very happy</th>
<th>Optimistic</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.9</td>
<td>21%</td>
<td>44%</td>
</tr>
</tbody>
</table>

### Relationships

<table>
<thead>
<tr>
<th>Relationships excellent/very good</th>
<th>69%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improved in the last five years</td>
<td>28%</td>
</tr>
</tbody>
</table>

### Wealth / Retirement

| Finances are excellent/very good | 43% |
| Improved in the last 10 years   | 18% |

### Life Expectancy

<table>
<thead>
<tr>
<th>Would Take a Pill to…</th>
<th>72%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slow aging</td>
<td>52%</td>
</tr>
<tr>
<td>Add 10 years</td>
<td>52%</td>
</tr>
</tbody>
</table>

### End of Life

<table>
<thead>
<tr>
<th>Prepared for death</th>
<th>22%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afraid of death</td>
<td>7%</td>
</tr>
</tbody>
</table>

**NOTE:** Gray dots on continuums represent metrics for the other age groups.
Outlook on Life

Quality of life now (mean) 7.4
10 years from now (mean) 7.3

Very happy 27%
Optimistic 51%

Top Health Concern Areas As You Get Older
25% Stamina, Strength, Flexibility
21% Heart Health
20% Recurring Pains

Top Health Problem Fears As You Get Older
53% Loss of Memory
51% Loss of Mobility
49% Loss of Strength

Relationships

Relationships excellent/very good 81%

Improved in the last five years 25%

Financials are excellent/very good 51%

Improved in the last 10 years 15%

Wealth / Retirement

Retirement Age...

60% 70% 80%

Age wanted 76.7
Age expected 77.6

Life Expectancy

Slow aging 55%
Add 10 years 55%

Age to Live to...

Age wanted to live to 92.0
Age expected to live to 37.3

End of Life

Prepared for death 30%

Afraid of death 10%

NOTE: Gray dots on continuums represent metrics for the other age groups

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OUTLOOK ON LIFE

Quality of life now (mean) 7.7
10 years from now (mean) 7.0
Very happy 34%
Optimistic 46%

TOP CONCERNS FOR SECOND HALF OF LIFE

- Relationships
- Brain Health
- Independence
- Living Where I Want

TOP HEALTH CONCERN AREAS AS YOU GET OLDER
30% Stamina, Strength, Flexibility
26% Heart Health
18% Recurring Pains

TOP HEALTH PROBLEM FEARS AS YOU GET OLDER
64% Loss of Mobility
56% Loss of Memory
55% Loss of Strength

80-plus

Relationships, wealth and quality of life all peak with the 80-plus cohort as does the level of concern with loss of mobility and independence. Relationships become the clear centerpiece. There is less of a desire to slow aging or add 10 years as compared to earlier age groups. Most have completed end-of-life documents, including death related documents. This age group feels the most prepared for death.

OUTLOOK ON LIFE

Quality of life now (mean) 7.7
10 years from now (mean) 7.0
Very happy 34%
Optimistic 46%

TOP CONCERNS FOR SECOND HALF OF LIFE

- Relationships
- Brain Health
- Independence
- Living Where I Want

TOP HEALTH CONCERN AREAS AS YOU GET OLDER
30% Stamina, Strength, Flexibility
26% Heart Health
18% Recurring Pains

TOP HEALTH PROBLEM FEARS AS YOU GET OLDER
64% Loss of Mobility
56% Loss of Memory
55% Loss of Strength

HEALTH

Excellent/very good overall health 49%
Have at least one serious condition 81%

RELATIONSHIPS

Relationships excellent/very good 85%
Improved in the last five years 19%

WEALTH / RETIREMENT

Finances are excellent/very good 52%
Improved in the last 10 years 16%

LIFE EXPECTANCY

Would Take a Pill to…
Slow aging 50%
Add 10 years 52%

END OF LIFE

Prepared for death 47%
Afraid of death 4%

NOTE: Gray dots on continuums represent metrics for the other age groups.