



AARP STATE FACT SHEET **MAINE**

AARP is working to help Americans 50+ in Maine live life to the fullest. We advocate for our members on critical priorities, such as strengthening Social Security, protecting seniors' access to their doctors, and ensuring all Americans have independence and choice as they age.

AARP serves as a one-stop resource for information on the age 50+ population in Maine and public opinion research. In addition to serving as a clearinghouse for information about older Americans, we also offer programs and tools that help Americans age 50+ make the best decisions about their health and financial security. We hope the data below and the programs on the reverse side will be helpful to you and your constituents.

Maine at a Glance

AARP Members

Total number of AARP members in Maine: 228,753

Social Security

Social Security Beneficiaries: 299,875

Retirees: 185,849

Widow(er)s: 22,473

Disabled Workers: 55,525

Social Security recipients who rely on Social Security for 90% or more of their income: 24.6%

Social Security recipients who rely on Social Security for 50% or more of their income: 54.5%

Medicare

Total Medicare Beneficiaries: 267,012

Long-Term Services and Supports

Percent of Medicaid spending for home and community-based services (HCBS): 25.4%

Percent of Medicaid spending for nursing homes: 74.6%

Estimated number of family caregivers at any time during the year: 279,000

Unpaid contributions of family caregivers are valued at: \$2.3 billion

Contact Information

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AARP: Helping Americans 50+ Live Their Best Lives

AARP is working to ensure Americans 50+ have choice, control and independence through every stage of their lives.

Finding A Job

AARP is helping older workers find jobs through our online job board. This tool allows users to search among more than 1 million job listings. The jobs are searchable by state and zip code, part-time and full-time status, specific company and further broken down by industry, occupation and title. The job board can be found at <http://jobs.aarp.org>.

Preparing For Your Retirement

AARP is helping Americans prepare for retirement by providing a retirement calculator that will allow them to answer key questions: Am I saving enough? When can I afford to stop working? How long will my money last? The calculator can be found at www.aarp.org/retirementcalculator.

Affording And Understanding Your Prescriptions

AARP's guide, **Medicines Made Easy**, shows consumers how to safely and effectively manage their medications. They'll learn the right questions to ask health care professionals, the importance of tracking medications, and how to compare drugs for effectiveness and cost. A personal medication record to complete and share at doctor and pharmacy visits is included and can be downloaded from AARP's web page: www.aarp.org/medicationrecord.

AARP's **Doughnut Hole Calculator** is a four-step online tool to help people with Medicare Part D save money. This powerful tool calculates when a person with Medicare Part D insurance will fall into the prescription drug coverage gap, or "doughnut hole" and directs users to lower cost, therapeutically similar drugs available in their Part D plan. Using the tool, consumers may be able to reduce their time in the coverage gap or possibly avoid it altogether. Go to: www.aarp.org/doughnuthole.

AARP's **Drug Savings Tool** helps consumers better understand their prescription drug choices. The new, three-step tool allows users to select the drug they want to compare from Consumer Reports Health's database of about 500 drugs in 26 drug classes. The tool then provides consumers with recommendations on their drug options based on the medications' safety, effectiveness, cost and convenience. Users are also provided with a discussion sheet to help guide conversations with their health care professional. Go to: www.aarp.org/drugsavings.

Preserving Your Independence And Choices

Decide.Create.ShareSM is AARP's national campaign dedicated to increasing awareness among boomer women about long-term care planning. The campaign website offers timely, relevant news on long-term care, interactive tools and information tailored to women interested in planning for their long-term care, including glossaries, polls, and an online community for women who are considering their options and planning for their future. Go to: www.aarp.org/decide.

Driving Safely As You Age

Even though older drivers are generally safe drivers, cars have changed. So have traffic rules, driving conditions, and the roads we drive on every day. Older drivers can sharpen their driving skills and refresh their knowledge of the rules of the road by taking the **AARP Driver Safety Program** classroom or online course. To learn more visit www.aarp.org/drive or call 1-888-AARP NOW (1-888-227-7669). Also available is the **Getting Around Guide** (www.aarp.org/gettingaround) for those who no longer drive or are interested in going "car-lite."