



\*\*\*For Immediate Release\*\*\*

## Advocates for Older Adults Recognize One Year Since Release of New York Master Plan for Aging, Urge Continued Progress

**NEW YORK STATE (July 2, 2026)** — One year ago, Governor Kathy Hochul released New York's Master Plan for Aging, a comprehensive roadmap charting how the state can support older adults for decades to come. On this anniversary, LeadingAge NY, AARP NY, Selfhelp and LiveOn NY commend the Governor for that vision and for recognizing what so many of us already know: New York's growing population of older adults and their family caregivers need the sustainable in-home, community-based, and congregate residential services envisioned by the Governor's Master Plan for Aging.

This milestone is more than a moment to look back – it is an opportunity to recommit to the work that lies ahead. Advocates remain optimistic about what can be accomplished when the Governor, the Legislature and stakeholders across the aging services community work in partnership.

The need for action has never been more urgent. The statistics paint a sobering picture, and older adults across the state require deeper, more sustained investment from Albany. As the Master Plan for Aging highlights, the State has 4.8 million individuals aged 60 and over, which ranks New York fourth in the nation. By 2030, this population is expected to reach 5.3 million. Long-term care providers are struggling to keep their doors open amid mounting financial pressures and workforce shortages. Recruitment, retention and training for the homecare workforce is critical to help fulfill the promise of aging in place. Family caregivers are the backbone of New York's long-term care system and they need our help. Families are being pushed to their limits with the emotional and financial stress of keeping a loved one at home.

As lawmakers look ahead to the months to come, full implementation of the Master Plan for Aging must rise to the top of the state's agenda. New York has the blueprint to lead the way – what remains is the will and the resources to bring it to life.

"Reflecting on the past year, New York State has taken meaningful steps toward strengthening care for older adults," **says Sebrina Barrett, President and CEO of LeadingAge New York.** "The FY 2026 budget included new funding for nursing homes, Naturally-Occurring Retirement Communities, the Medicaid Assisted Living Program, and Caregiver Flexibility Training Centers – taking meaningful steps toward supporting the most vulnerable and medically-complex older adults. But achieving the goals of the Master Plan for Aging will require a far greater commitment from state leaders to ensure every older

New Yorker has access to the care, services and support they need to age with dignity, independence and purpose.”

"The Master Plan for Aging set a historic vision for New York's rapidly aging population. One year marks meaningful strides, but the urgency has only grown. Today, one in five New Yorkers is a family caregiver, providing 2.6 billion hours of unpaid care valued at nearly \$58 billion each year," said **Beth Finkel, AARP New York State Director**. "Behind those numbers are families making impossible choices and unsustainable sacrifices to help their loved ones age at home. The Master Plan laid the foundation. Now it's time to fund the future, ensuring every older New Yorker can age with dignity, independence and purpose.

"New York's Master Plan for Aging reflects a shared commitment to ensuring that older adults can live with dignity, independence and connection in the communities they call home," said **Stuart C. Kaplan, Chief Executive Officer of Selfhelp Community Services**. "But as New York's older adult population continues to grow across the state, the need for action is becoming more urgent every day. At Selfhelp, we see firsthand the rising demand for affordable housing with onsite social services, Naturally Occurring Retirement Communities, home care, social services and caregiver supports that help older New Yorkers remain healthy, engaged and supported. The blueprint is in place. The need now is to match that vision with sustained resources and a clear commitment to meet the growing needs of New York's older adults today and in the years ahead."

"The Master Plan for Aging was a foundational effort that reflects the urgent needs of older New Yorkers, and we are grateful to Governor Hochul for her leadership in creating it," said **Allison Nickerson, Executive Director at LiveOn NY**. "However, now is the time to act. There were meaningful victories in this year's budget, but to fulfill the promise of the MPA we must make transformative investments in evidence-based preventive care. Not only would this save us billions on Medicaid, it would deliver a New York that we can all age with dignity and support the daughters and sons who today must quit their jobs, deplete their savings, and sacrifice their futures to support the ones they love. We look forward to continuing to work with Governor Hochul and the State Legislature to commit the funding necessary to enact the Master Plan for Aging."

The Master Plan for Aging is a critical roadmap, developed with the input of a diversity of stakeholders who dedicated countless hours to the initiative. The plan seeks to ensure older New Yorkers can live their best lives, with access to the care, housing, and community supports they need – no matter their income or where they live. Achieving this vision requires urgent and sustained commitment.

We urge policymakers to prioritize the MPA and confront the immediate challenges of affordability, social engagement, and access to housing and services. While the state has made investments in these areas, there is significant work to be done and the need is immediate. Advancing the MPA must be a priority for New York's policymakers this year.

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