

中華耆英會週年聯歡晚宴
Greater Boston Chinese Golden Age Center
Annual Celebration Gala



Age Strong: Boston's Growing Older Population

October 2025



City of Boston
Planning Department
RESEARCH DIVISION

City of Boston Planning Department

RESEARCH DIVISION STAFF

ALVARO LIMA

Director of Research

CHRISTINA KIM

Deputy Director

PHILLIP GRANBERRY

Senior Demographer

MICHAEL ENDALE

Senior Economist - Data Scientist

FATIMA AQEEL

Senior Economist

KEVIN KANG

Senior Research Associate

EMILY KOREST

Research Associate

CECILIA TAKACS

Research Associate Coordinator - Data Analyst

SAM KLUGHERZ

Research Associate

NA YOUNG MOON

Research Assistant

TYLER YANDT

Research Assistant

GRACE JULIEN

Research Associate - Data Analyst

SAM POLLAK

Intern

The following presentation is the work of the **City of Boston Planning Department Research Division**.

Use of our work **requires** the inclusion of the following citation: "City of Boston Planning Department Research Division Analysis."

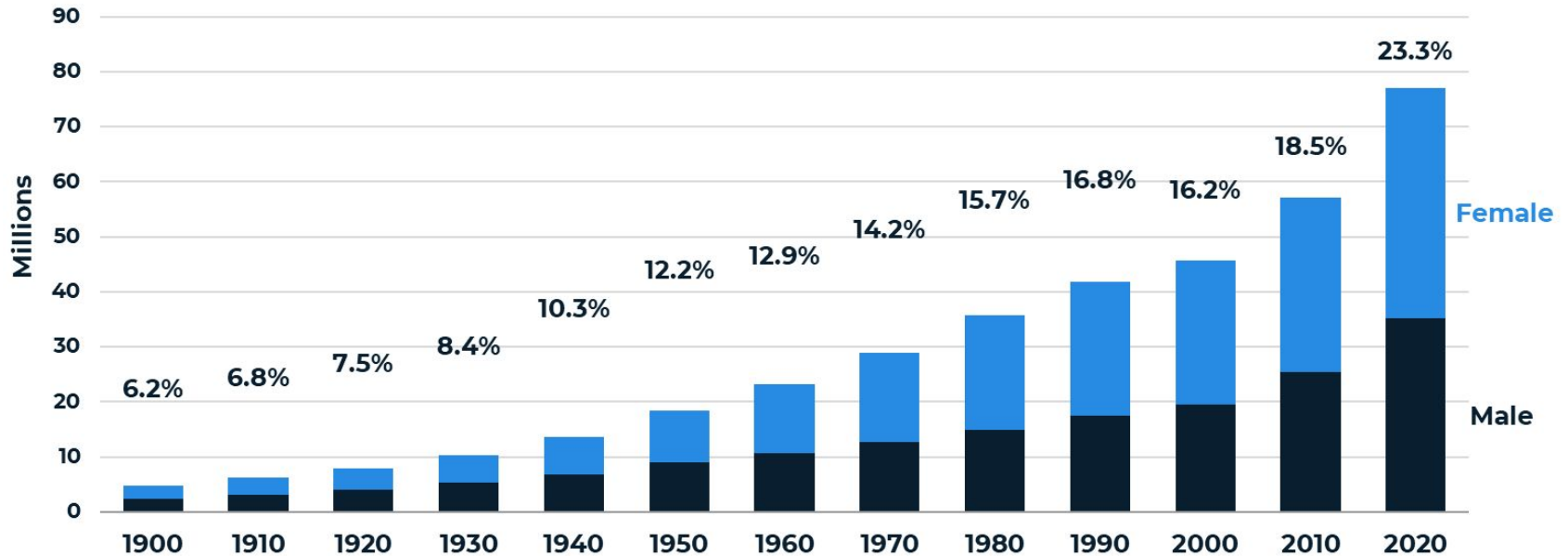
The Older Population is Growing Across the Country



City of Boston
Planning Department

Residents aged 60+ in the United States increased to 23.3% of the population by 2020

U.S. Population aged 60 and older, number and share, 1900 to 2020

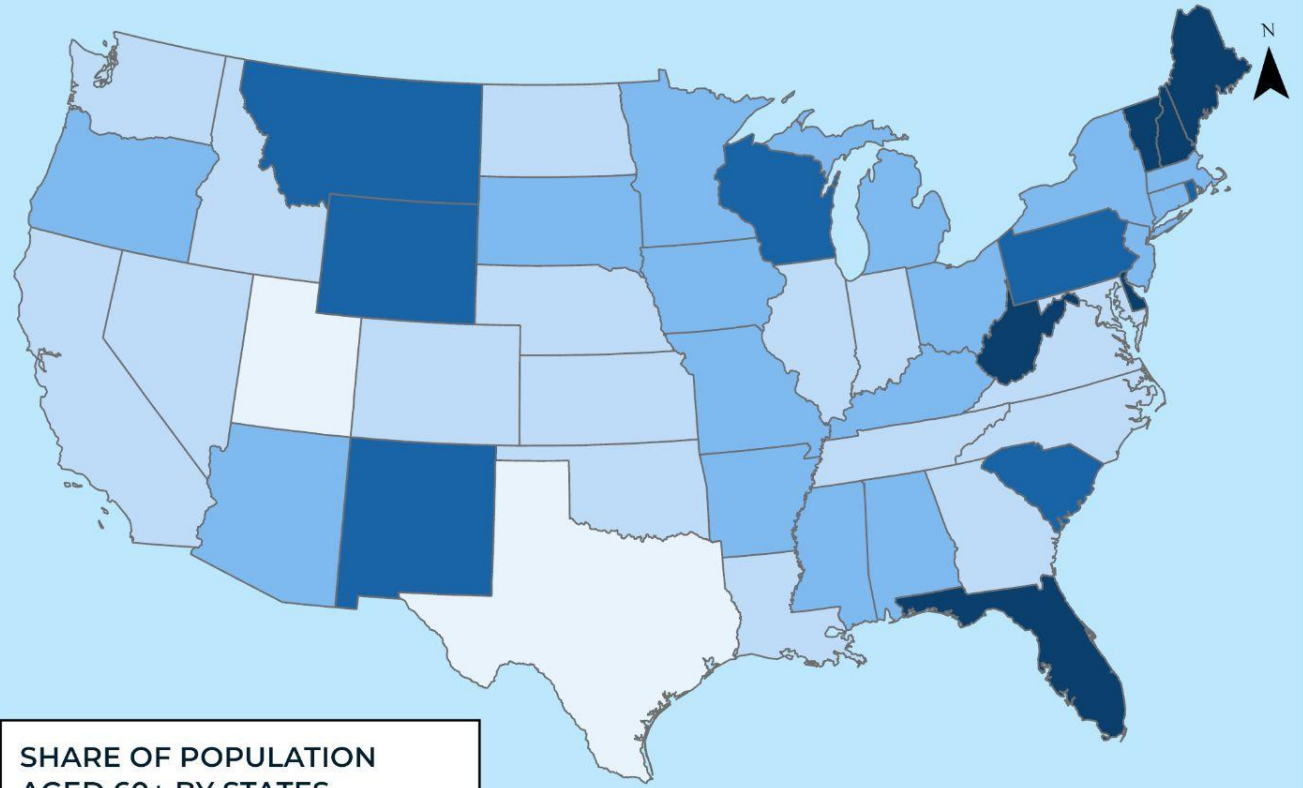


Source: 1900 to 2020 Decennial Census, City of Boston Planning Department Research Division Analysis.

Highest 60+ Population Shares:

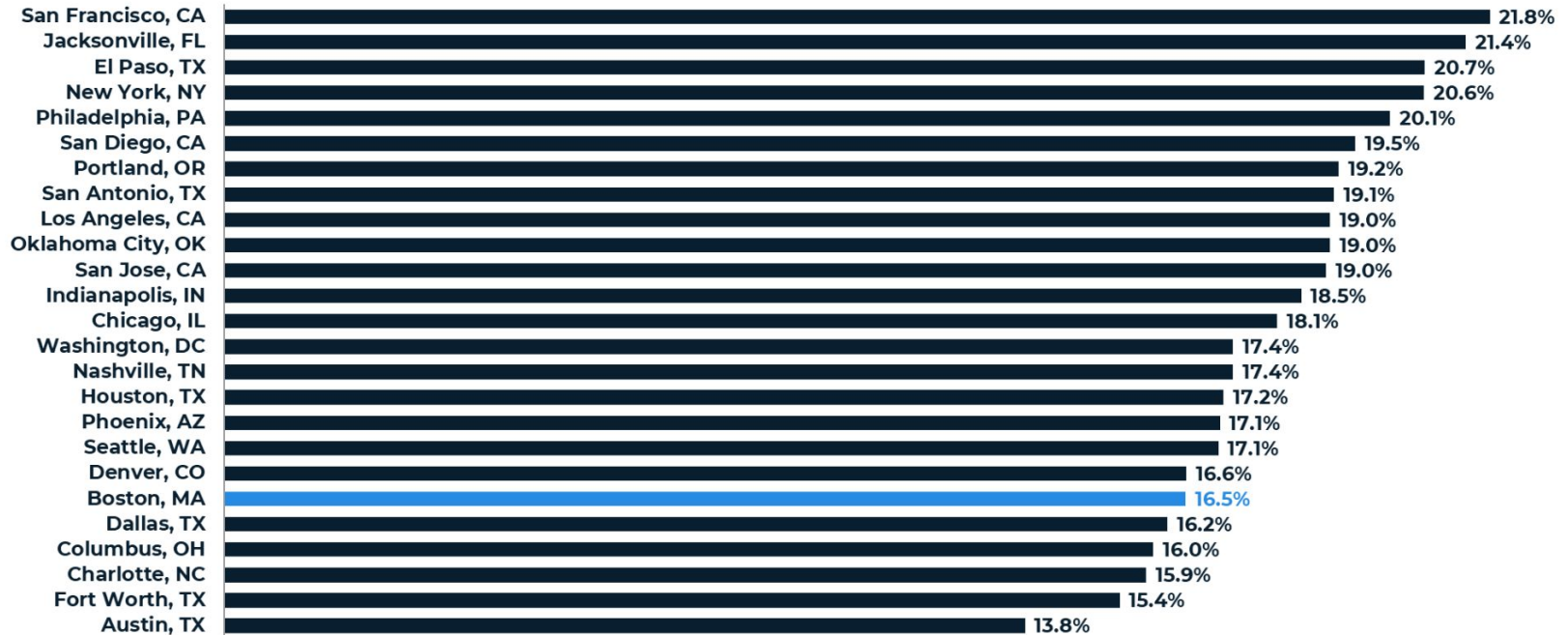
- Maine
- Vermont
- New Hampshire

Massachusetts ranks 26th, with 25% of its population aged 60 and over



Boston has a lower share of population aged 60+ than many large cities

Aged 60 and older among the 25 largest cities in the United States, 2020



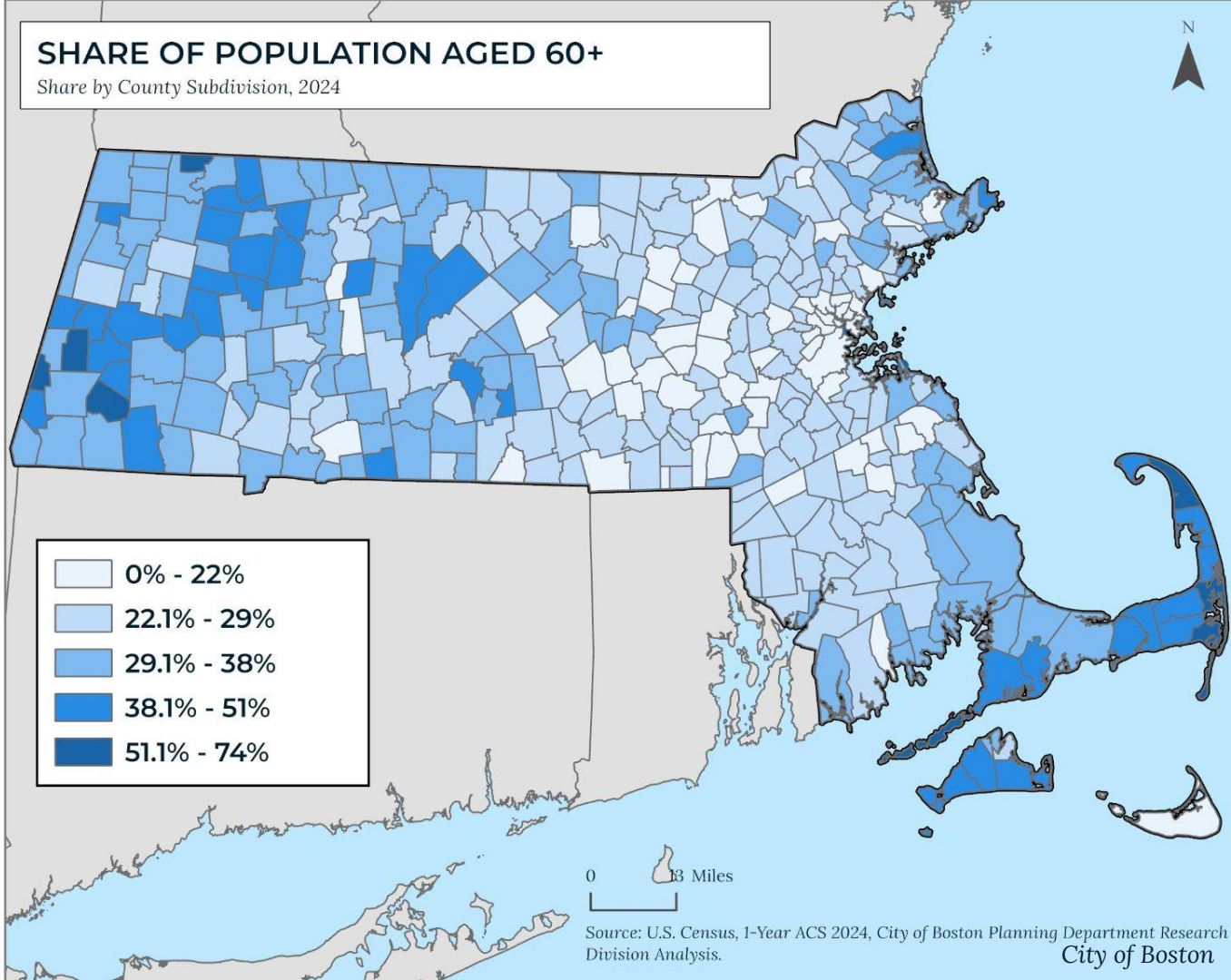
Source: 2020 Census & City of Boston Planning Department Research Division Estimate, City of Boston Planning Department Research Division Analysis.

SHARE OF POPULATION AGED 60+

Share by County Subdivision, 2024

Higher shares of 60+ population are seen in Western Mass and Cape Cod.

Central regions near Boston have lower shares.



Source: U.S. Census, 1-Year ACS 2024, City of Boston Planning Department Research Division Analysis.

City of Boston

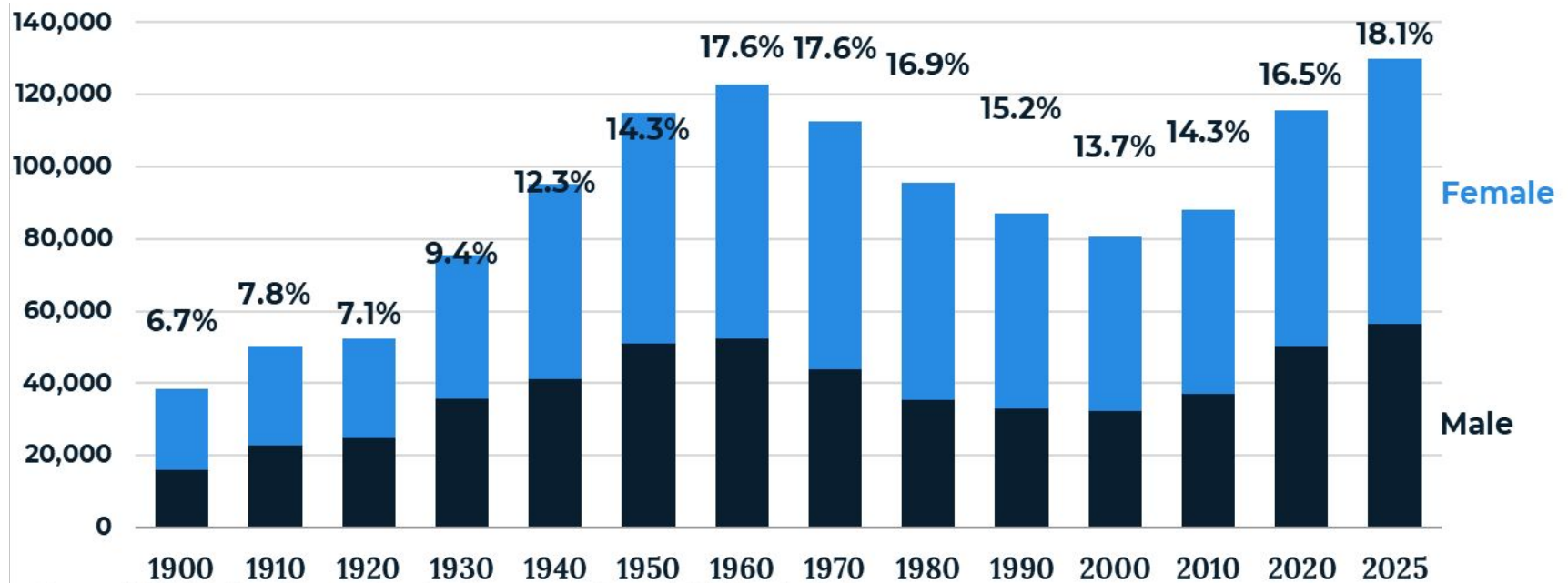
**Boston's older population is the
largest it has ever been**



City of Boston
Planning Department

The population 60 and older in Boston grew by 61% from 2000 to 2025, reaching 18.1% of the city's population

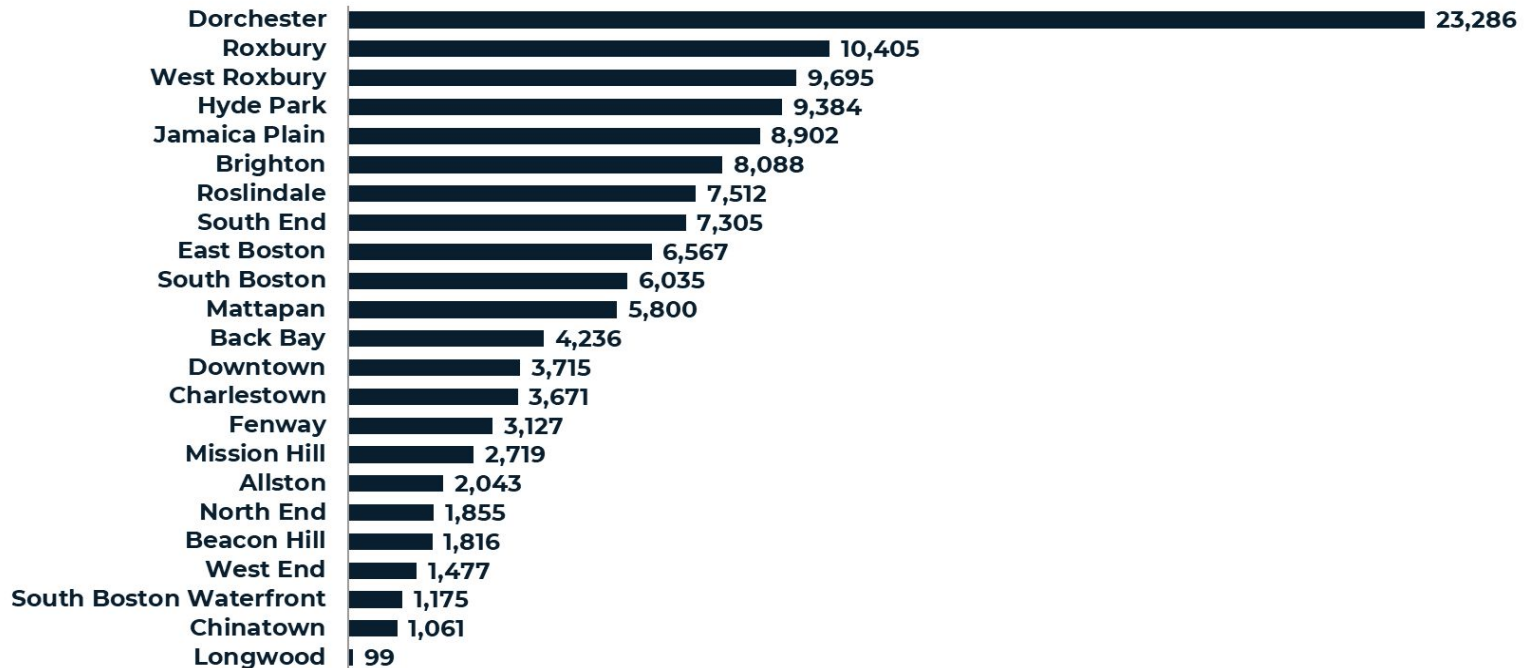
Boston aged 60 and older, number and share, 1900 to 2025



Source: 1900 to 2010 Decennial Census & 2020-2025 Research Division Population Estimate, City of Boston Planning Department Research Division Analysis.

Dorchester, Roxbury, and West Roxbury have the largest 60 and older populations in Boston in 2025

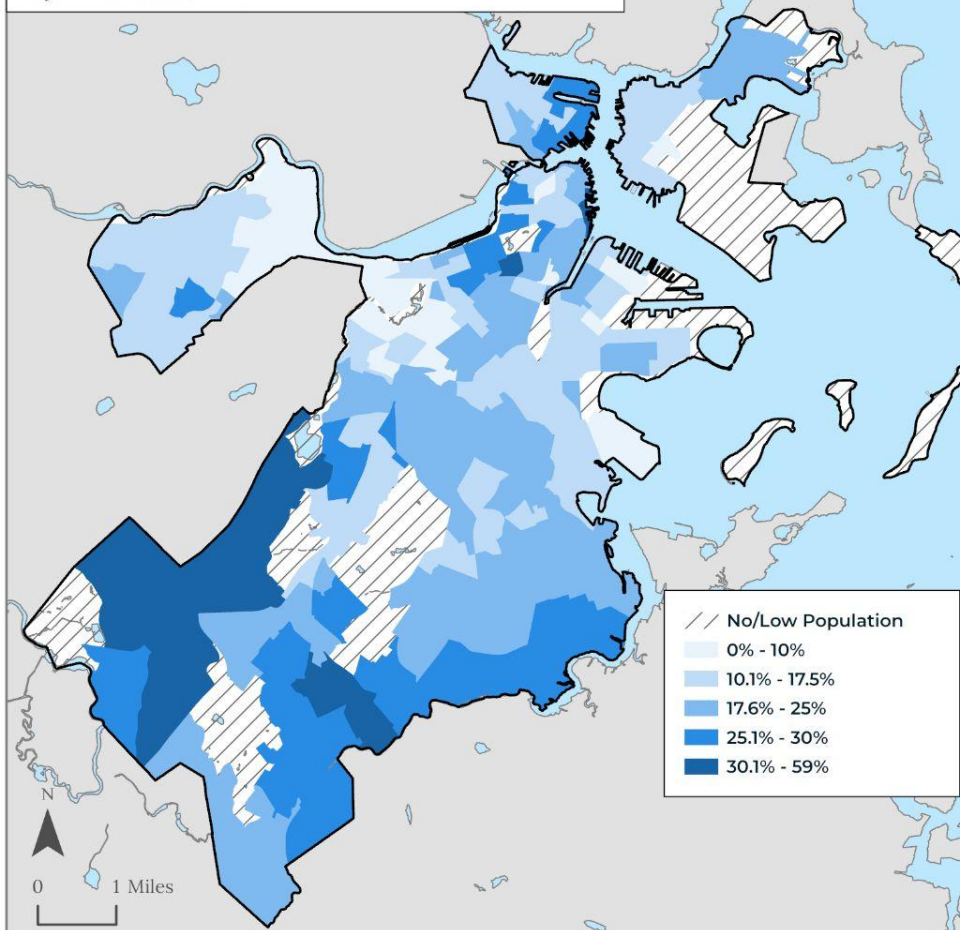
Boston 60+ population, 2025



Source: 2025 City of Boston Planning Department Research Division Population Estimate, Research Division Analysis.

SHARE OF POPULATION AGED 60+

By Census Tract, 2025



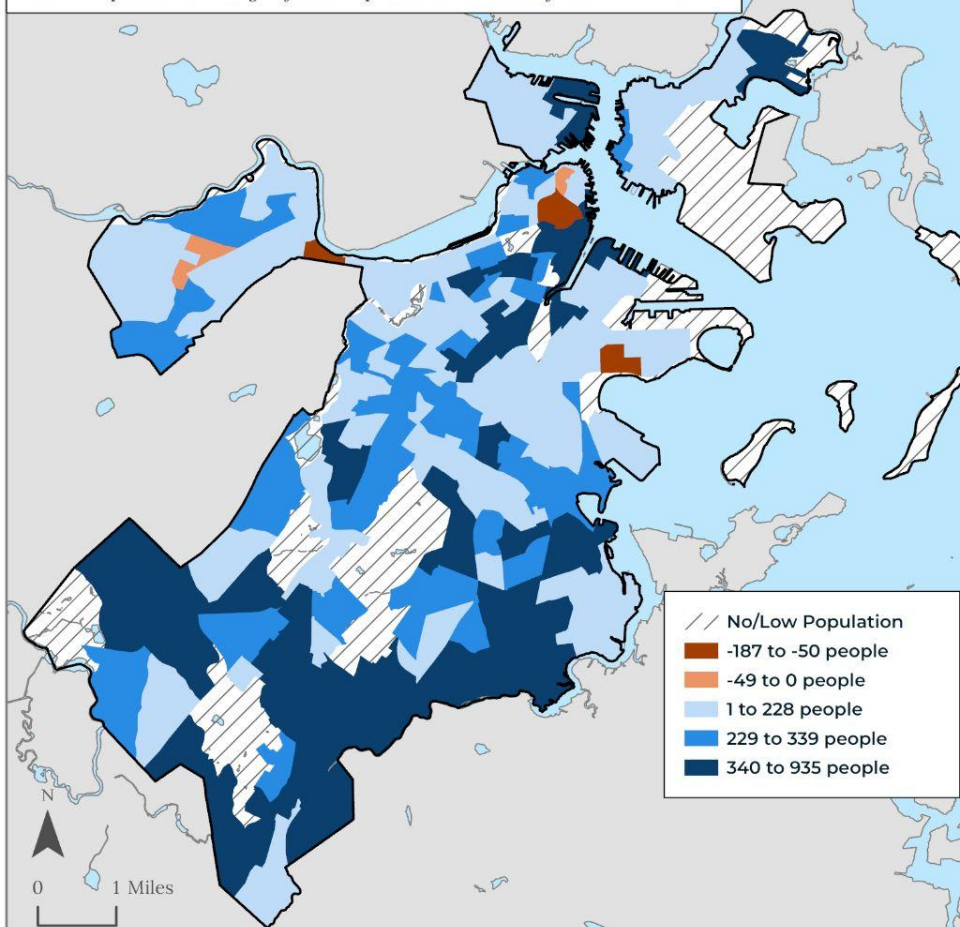
Source: City of Boston Research Division 2025 Population Estimates,
City of Boston Planning Department Research Division Analysis.

Southern parts of Boston have a higher share of older population, especially neighborhoods like

- **West Roxbury (30.9%)**
- **Hyde Park (28.0%)**
- **Roslindale (25.6%)**
- **Mattapan (23.7%)**

CHANGE OF POPULATION AGED 60+

Total Population Change of 60+ Population in Boston from 2010 to 2025



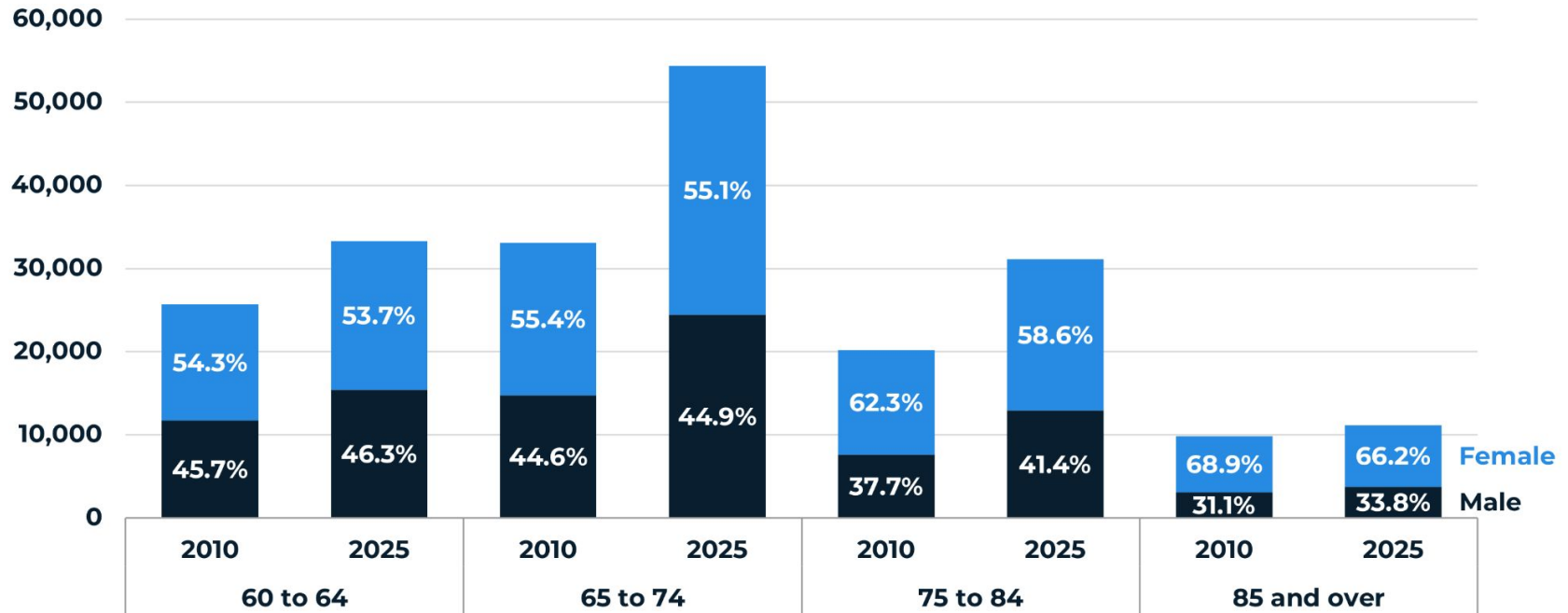
0 1 Miles

Source: U.S. Census 2010 Decennial Census & City of Boston Research Division 2025 Population Estimates, City of Boston Planning Department Research Division Analysis.

The number of Boston residents aged 60 and older grew significantly 2010-2025, with the most substantial increases occurring in neighborhoods that already had high concentrations of older adults.

The Baby Boomers drove large increases in the population aged 65-74 in 2025

Sex distribution of Boston's 60+ population, 2010 & 2025



Source: U.S Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

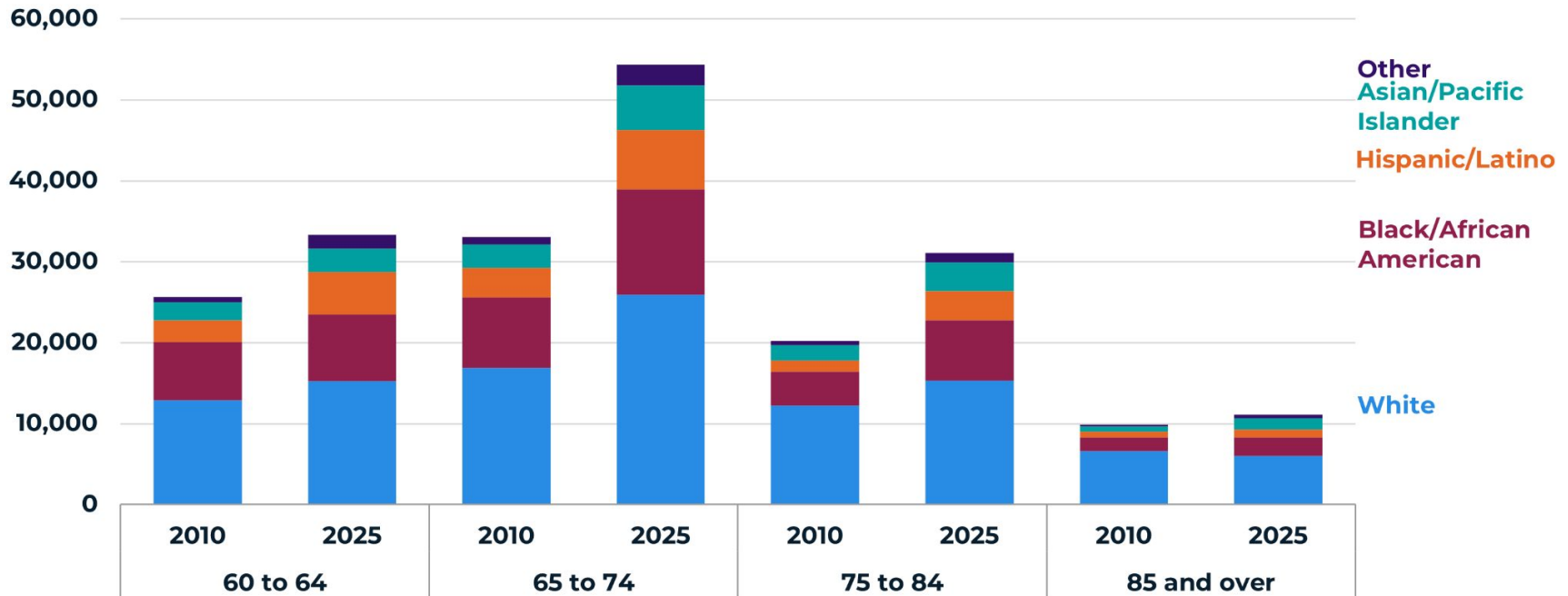
Boston's older population reflects the city's diversity



City of Boston
Planning Department

The population aged 60+ is increasingly racially diverse, being 23.8% Black, 13.3% Hispanic, and 10.3% Asian in 2025

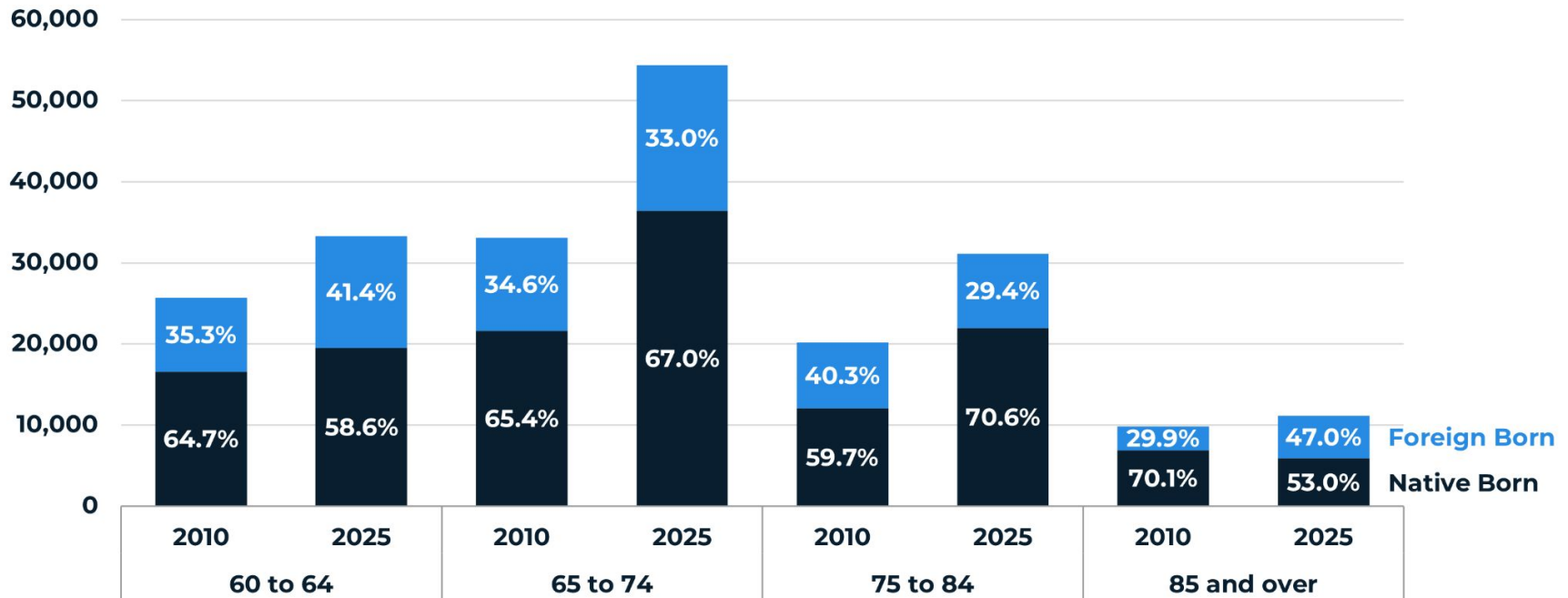
Racial/ethnic distribution of Boston's 60+ population, 2010 & 2025



Source: U.S. Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

More than 46,000 (35.5%) of Boston residents aged 60+ are foreign born in 2025

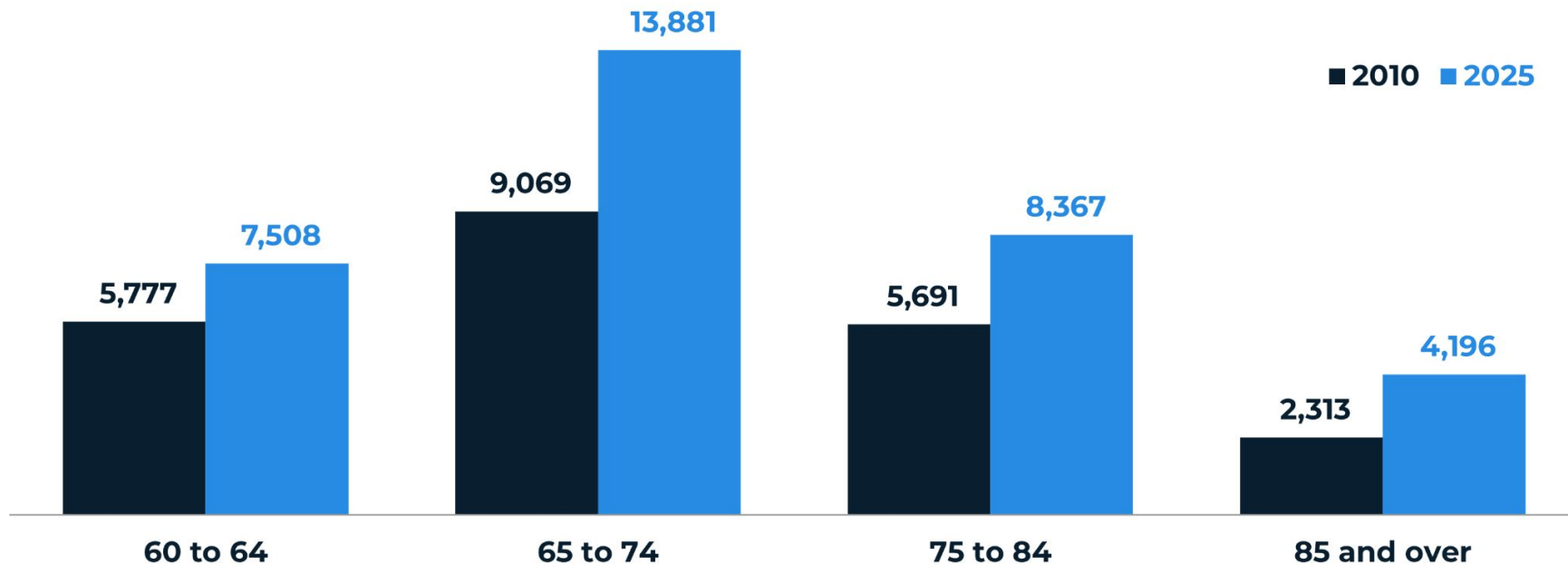
Nativity of Boston's 60+ population, 2010 & 2025



Source: U.S. Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

Almost 34,000 Boston residents aged 60+ (26.1%) speak English less than “very well” in 2025

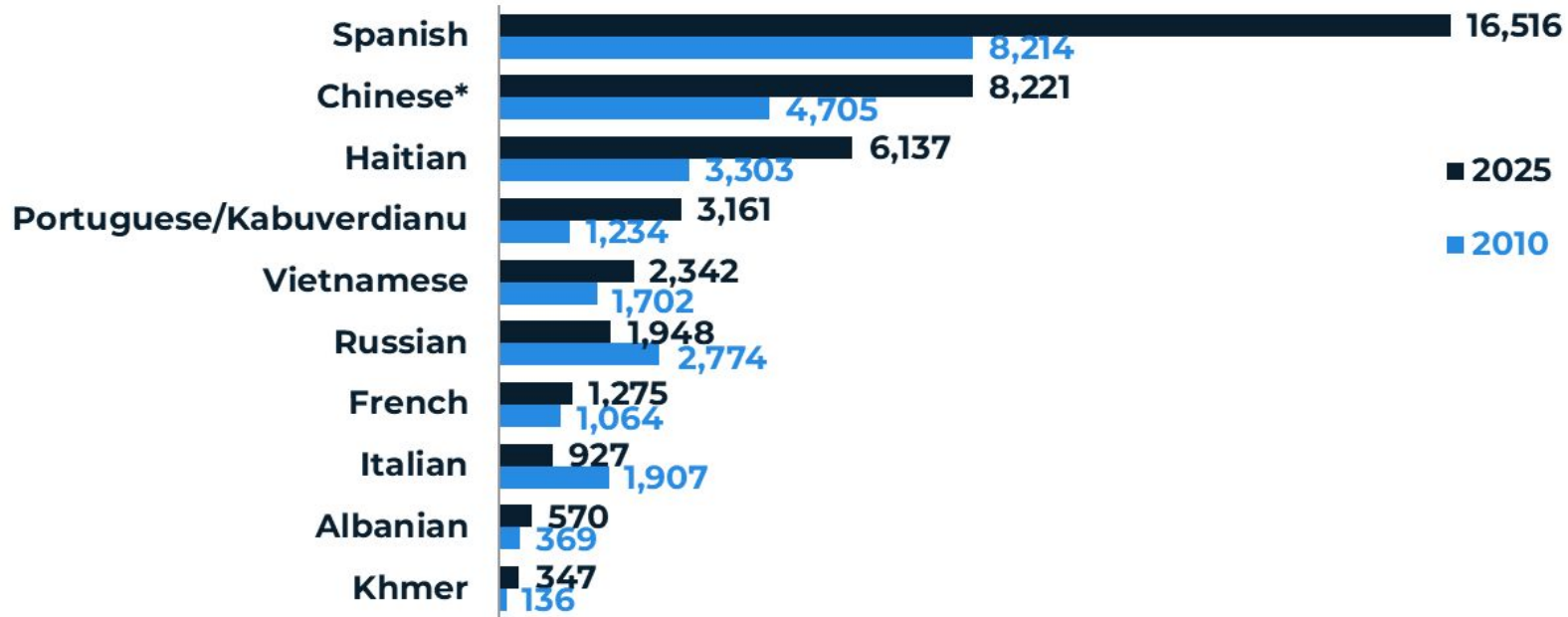
Boston’s 60+ population that speaks English less than “very well,” 2010 & 2025



Source: U.S Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

Spanish, Chinese, and Haitian are the most common non-English languages of Boston's older population

Language other than English spoken at home of Boston's 60+ population, 2010 & 2025



Source: U.S. Census 2008-2012 5-Year ACS, City of Boston Research Division 2025 Population Estimates, City of Boston Planning Department Research Division Analysis.

*Chinese includes Cantonese and Mandarin.

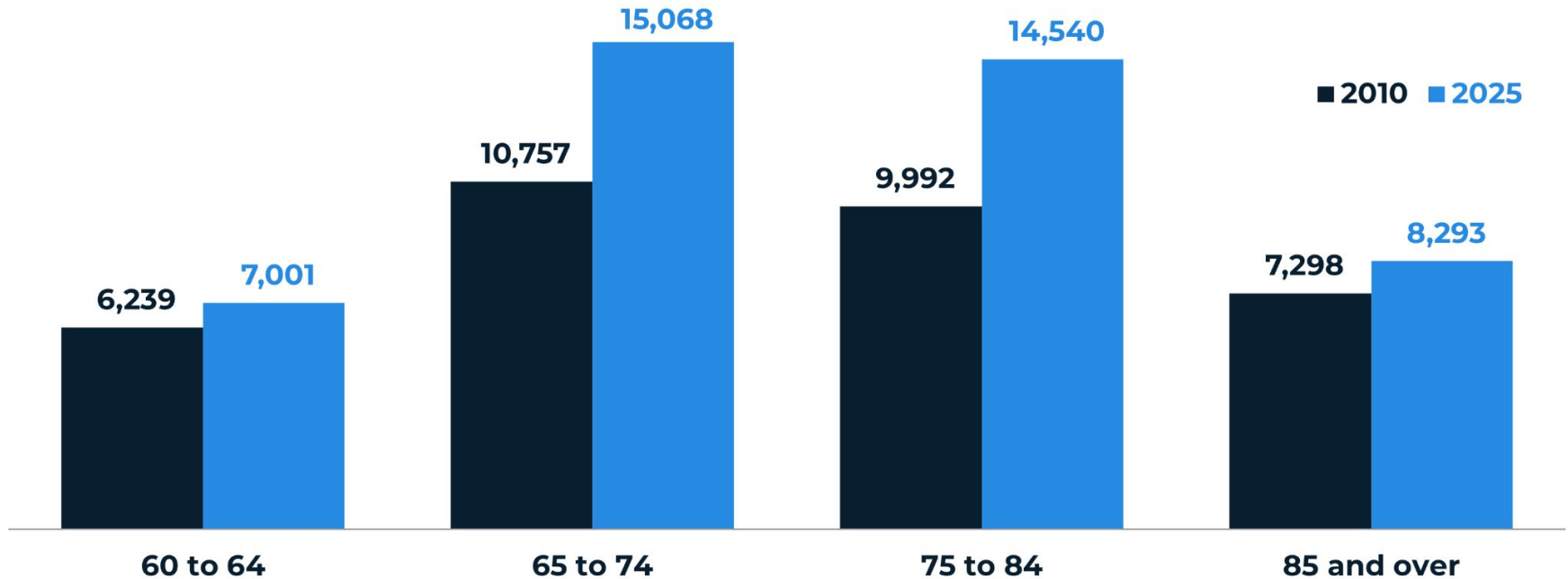
Aging brings changes to the living situations of older adults



City of Boston
Planning Department

Almost 45,000 Boston residents aged 60+ (34.6%) have at least one disability in 2025

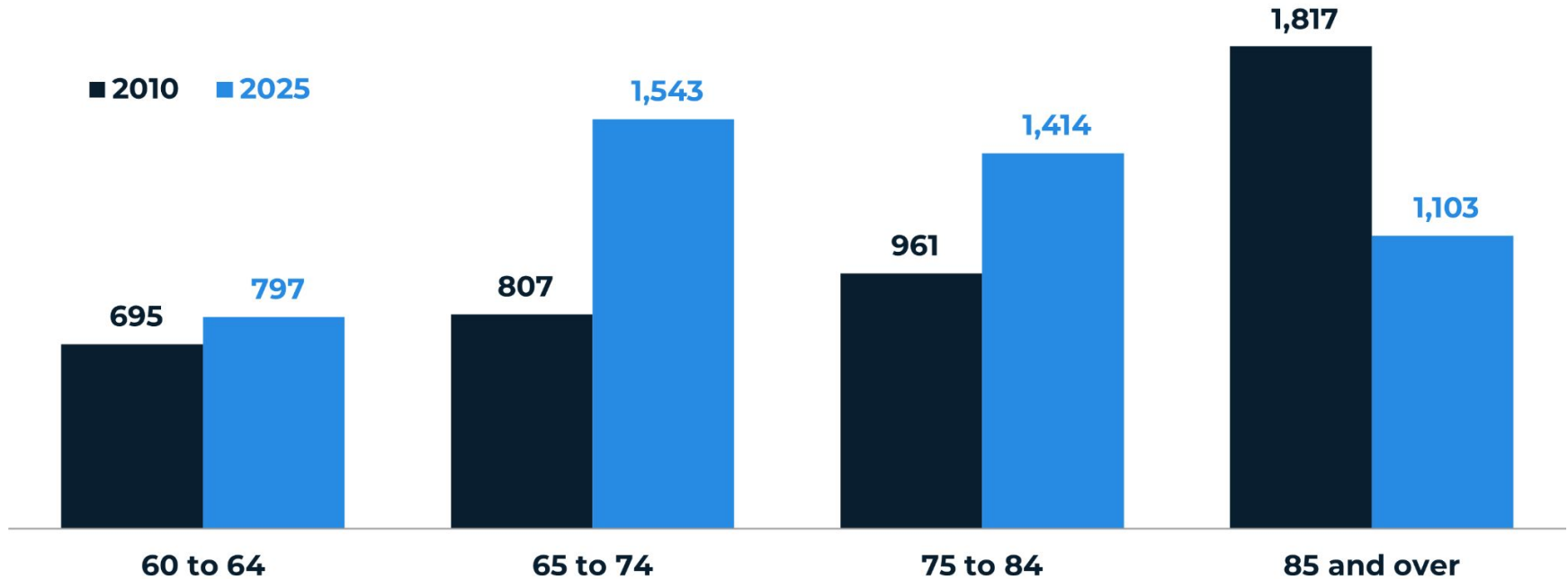
Boston's 60+ population with at least one disability, 2010 & 2025



Source: U.S Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

The share of Boston residents aged 60+ living in group quarters (such as nursing homes) was 3.7% in 2025, down from 4.8% in 2010, as more older adults remain at home

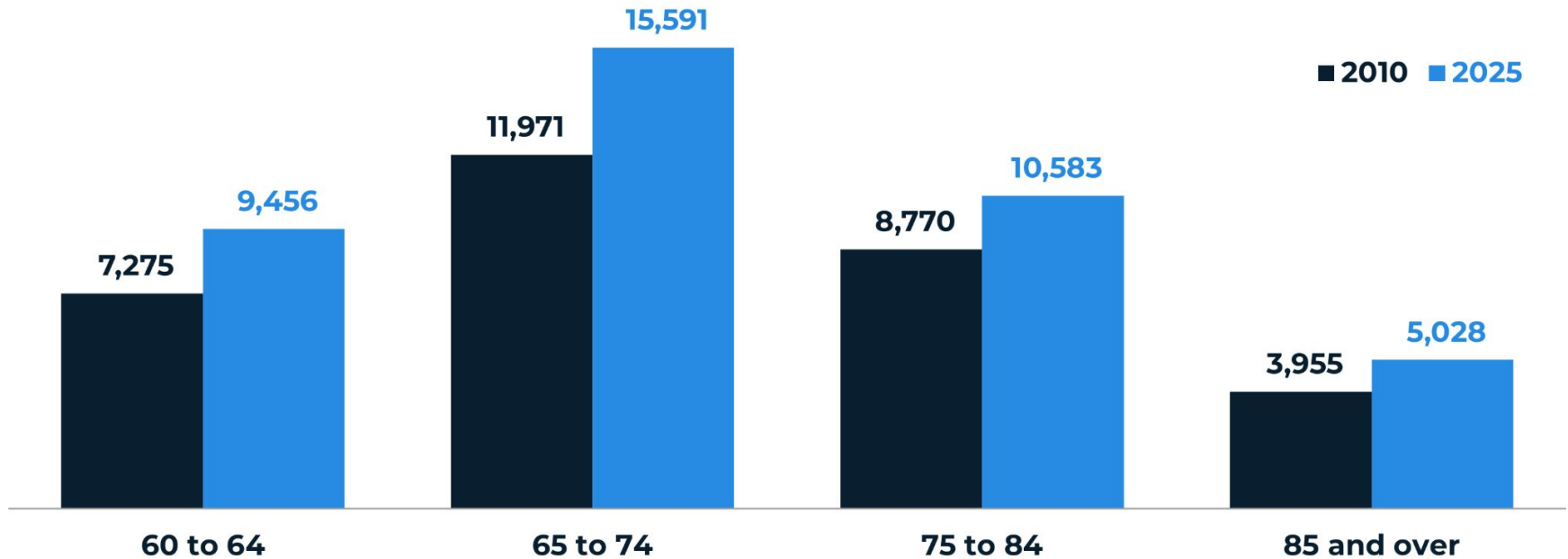
Boston's 60+ population living in group quarters, 2010 & 2025



Source: U.S. Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

More than 40,000 Boston residents aged 60+ (31.3%) live alone in 2025

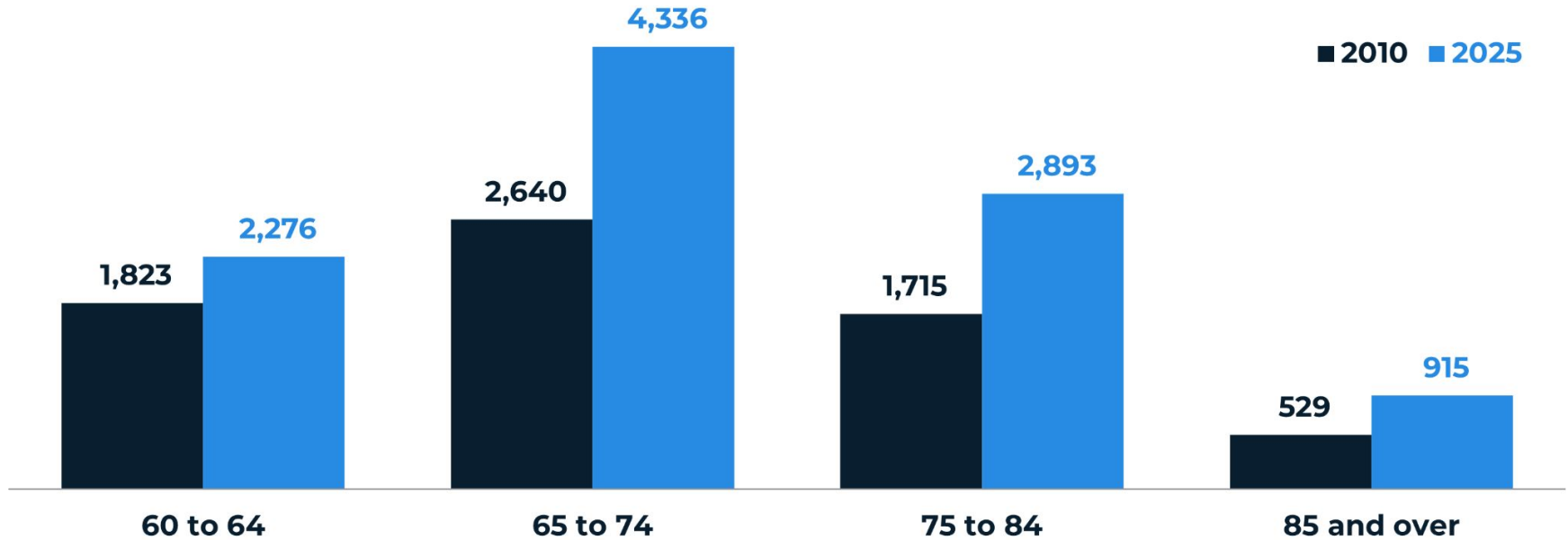
Total residents in Boston's 60+ population that are living alone, 2010 & 2025



Source: U.S Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

~10,400 Boston residents aged 60+ live in multigenerational households with two or more adult generations

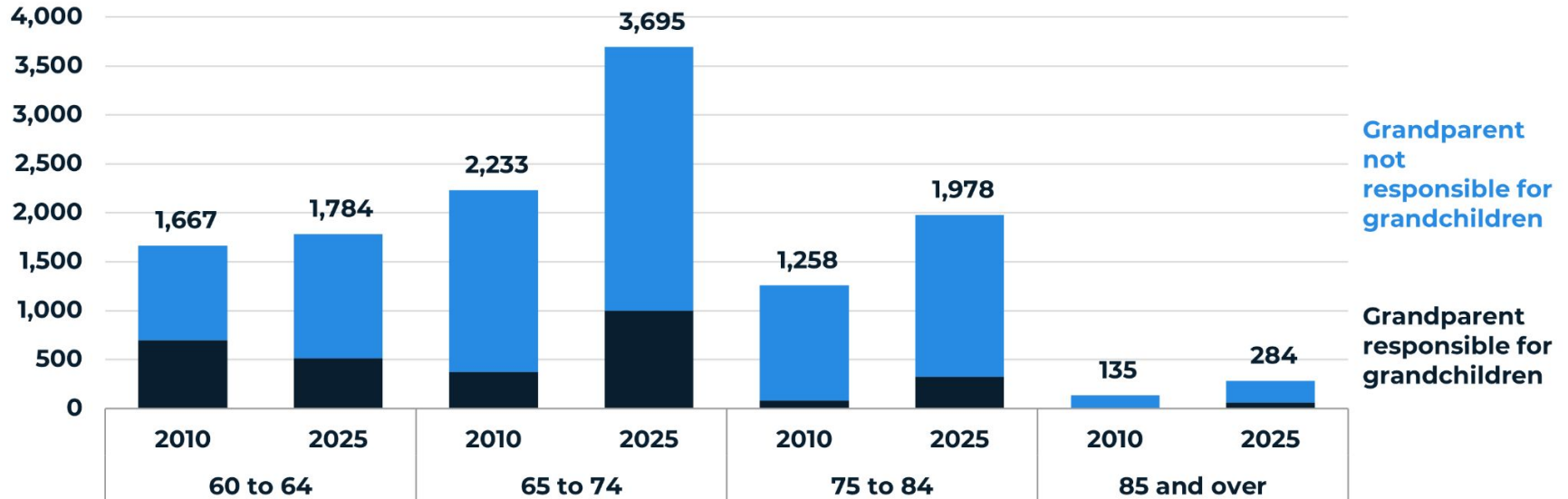
Total residents in Boston's 60+ population living in multigenerational households, 2010 & 2025



Source: U.S Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

~1,900 Boston residents aged 60+ are grandparents responsible for their grandchildren

Total grandparents living with grandchildren by responsibility in Boston's 60+ population, 2010 & 2025



Source: U.S Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

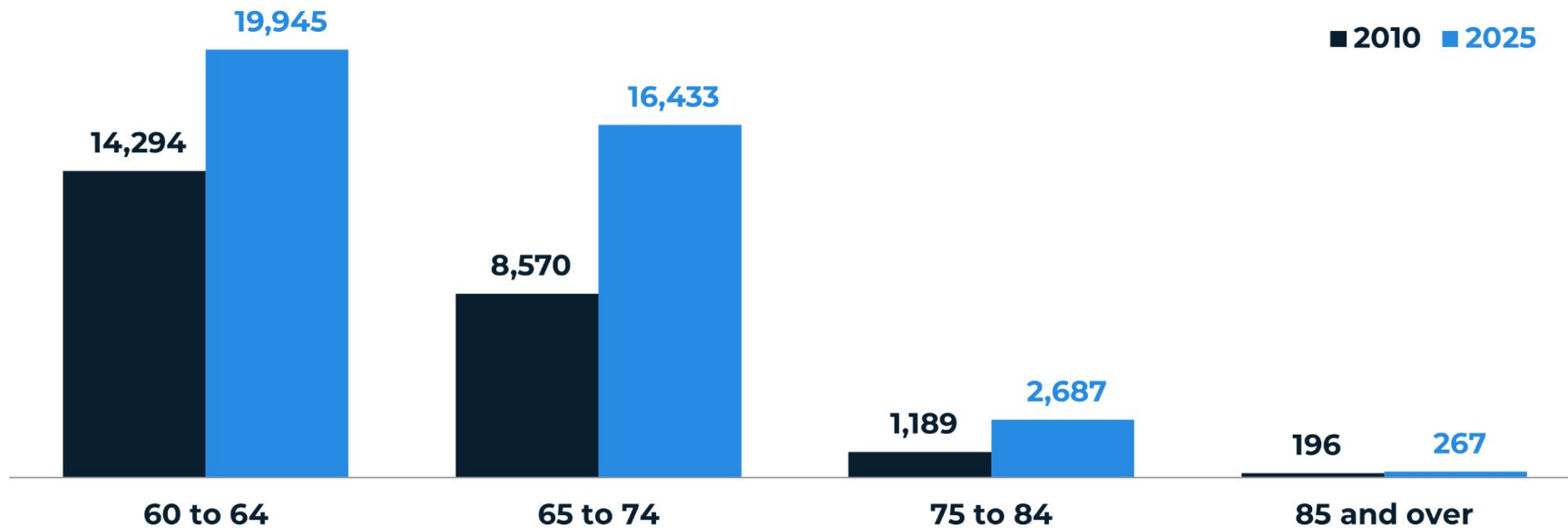
Older residents face financial challenges as they age



City of Boston
Planning Department

Almost 40,000 Boston residents aged 60+ (30.3%) are employed in 2025, but very few continue working into their 80s

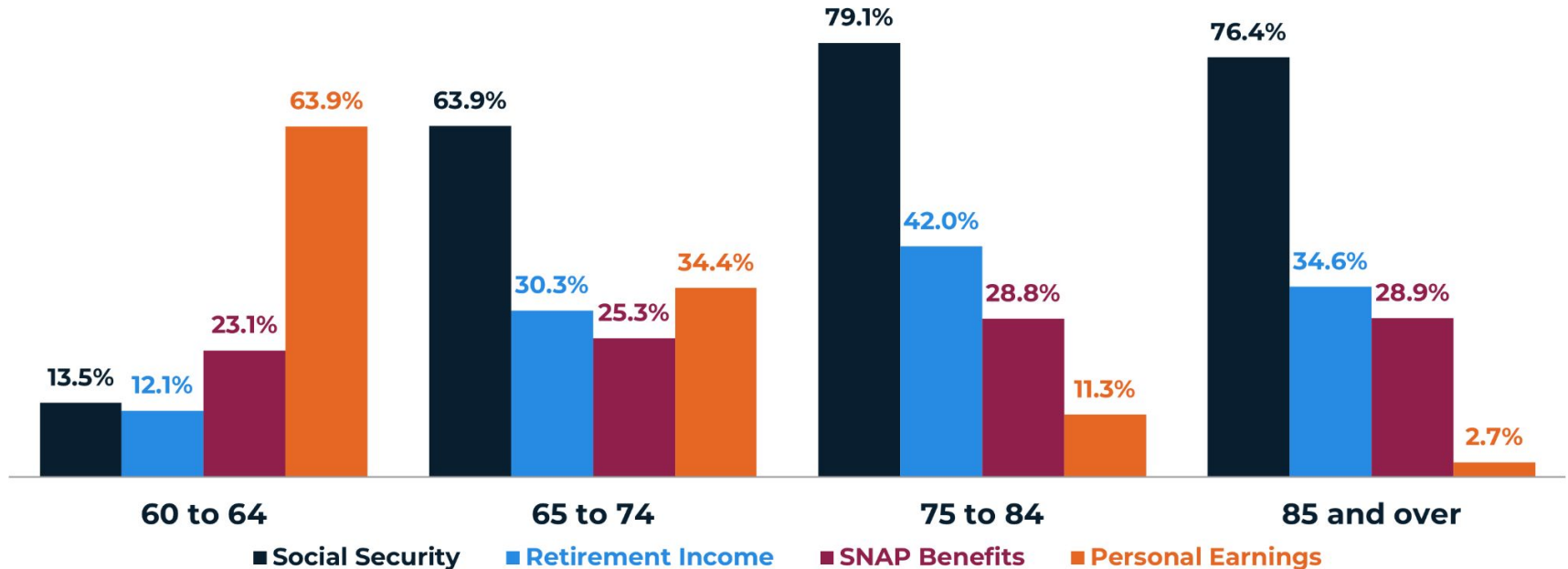
Boston's 60+ population that is employed, 2010 & 2025



Source: U.S. Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

The majority of residents over age 65 receive Social Security and more than a quarter receive SNAP benefits

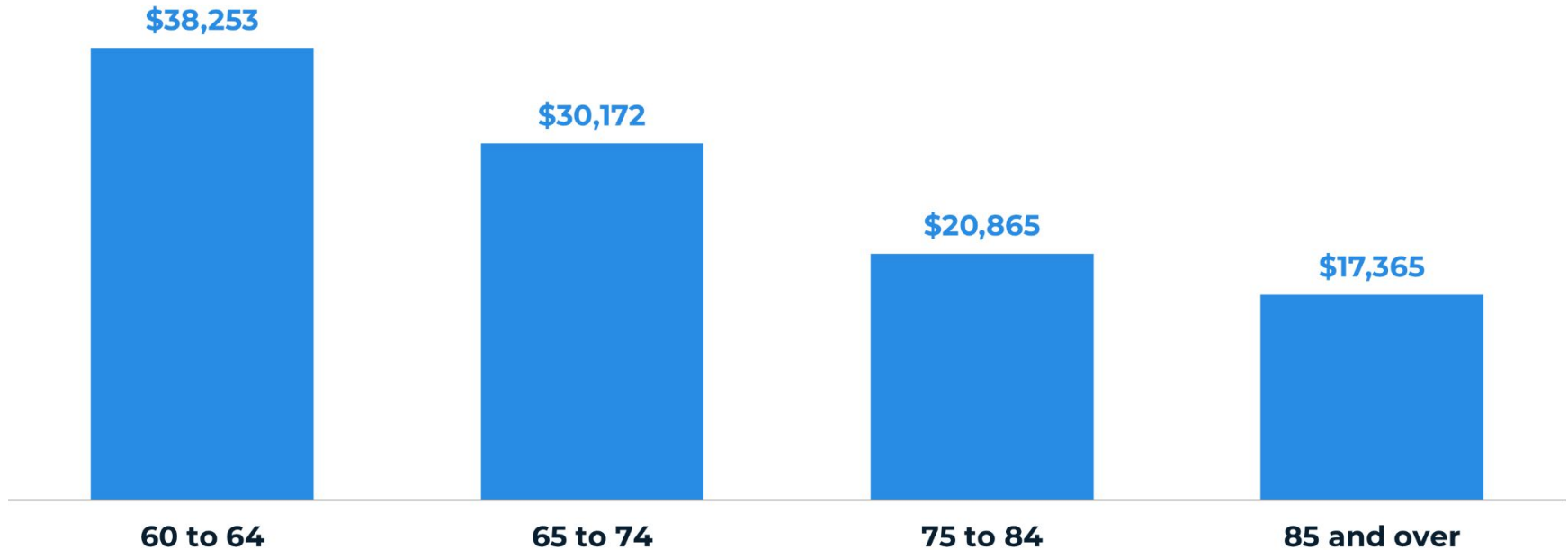
% of Boston's 60+ population receiving Social Security, Retirement Income, SNAP & Personal Earnings, 2025



Source: 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

Median personal income declines as the population ages and is less likely to be employed

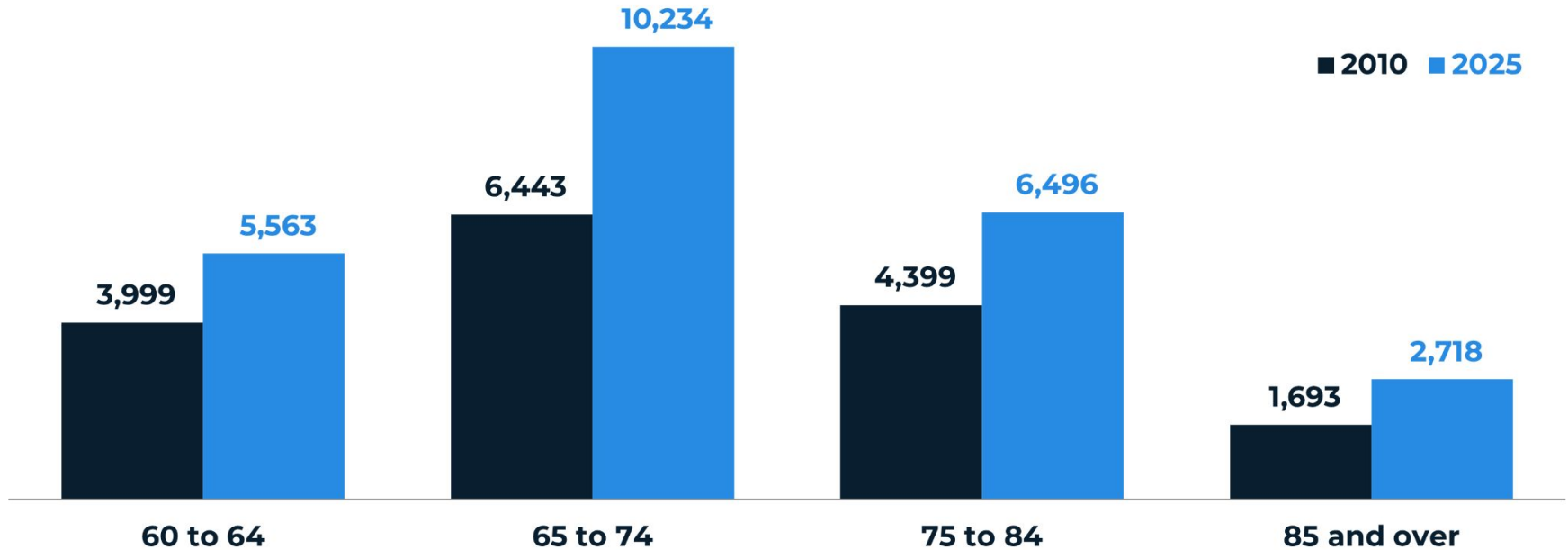
Median personal income of Boston's 60+ population reported in 2023 inflation-adjusted dollars, 2025



Source: City of Boston Planning Department Research Division 2025 Population Estimates, City of Boston Planning Department Research Division Analysis.

Boston residents aged 60+ have a poverty rate of 19.2% and ~25,000 live below the poverty line

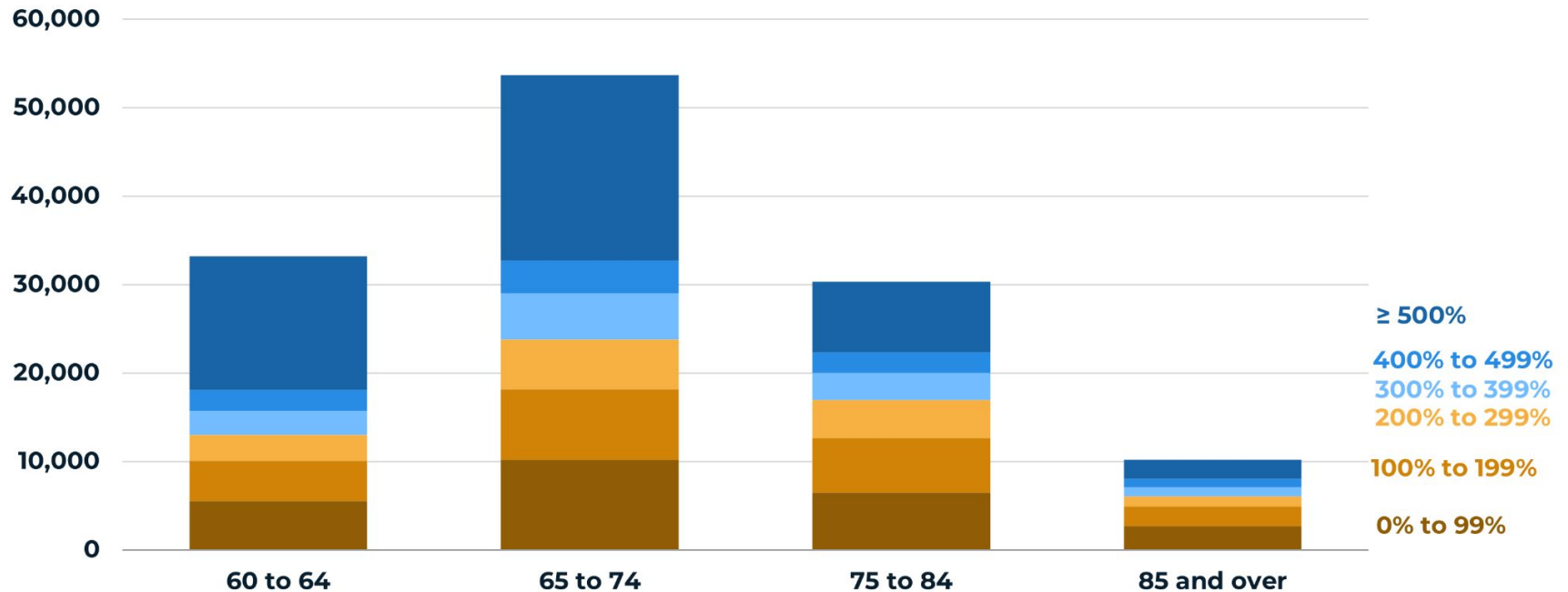
Boston's 60+ population living in poverty, 2010 & 2025



Source: U.S Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

About 25,000 older residents live in poverty, while almost 60,000 live in households earning less than 300% of the poverty line, the income research shows is needed to get by in Boston

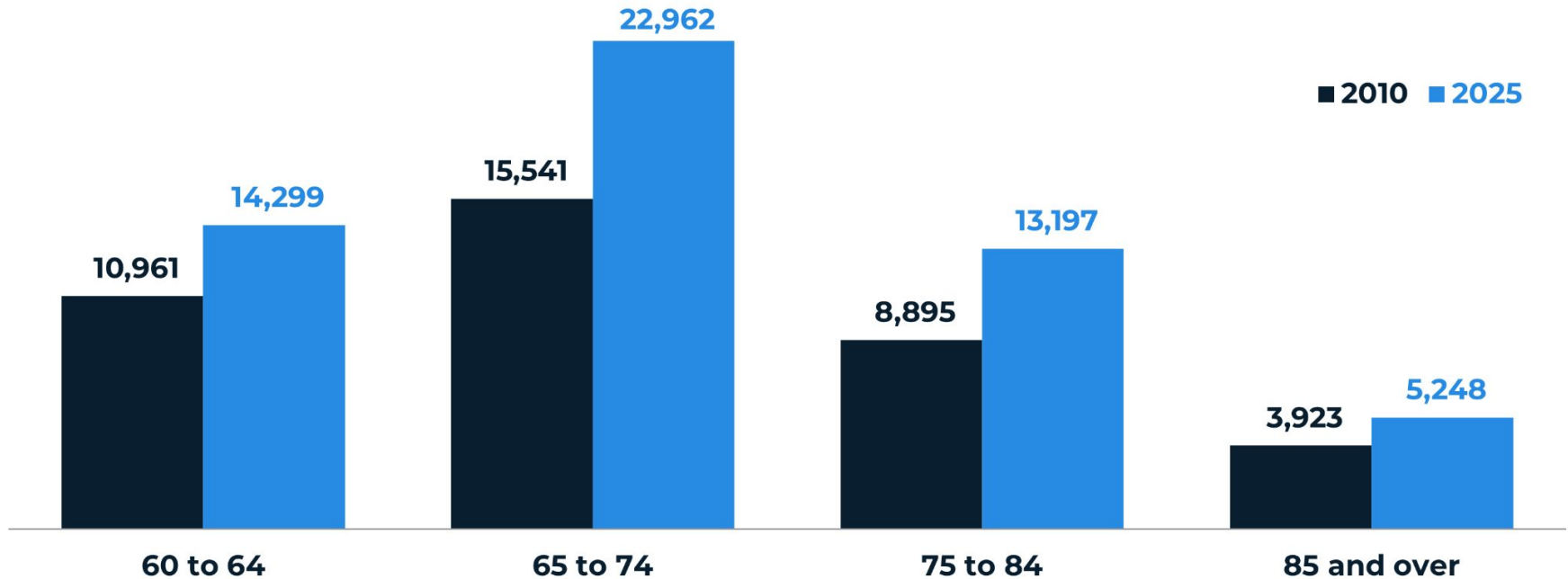
Boston's 60+ population by family income to poverty ratio, 2025



Note: 300% of poverty threshold is a proxy for the family income needed to live self sufficiently in Boston according to Research Division and [Elder Index](#) research. Source: 2025 City of Boston Planning Department Research Division Estimates, Research Division Analysis.

In 2025, 43% of Boston's population aged 60+ are renters and 45% of those renting pay more than 35% of their household income in rent

Total residents in Boston's 60+ population that are renting, 2010 & 2025



Source: U.S Census Bureau, 2008-2012 5-Year American Community Survey, 2025 City of Boston Planning Department Research Division Estimates, City of Boston Planning Department Research Division Analysis.

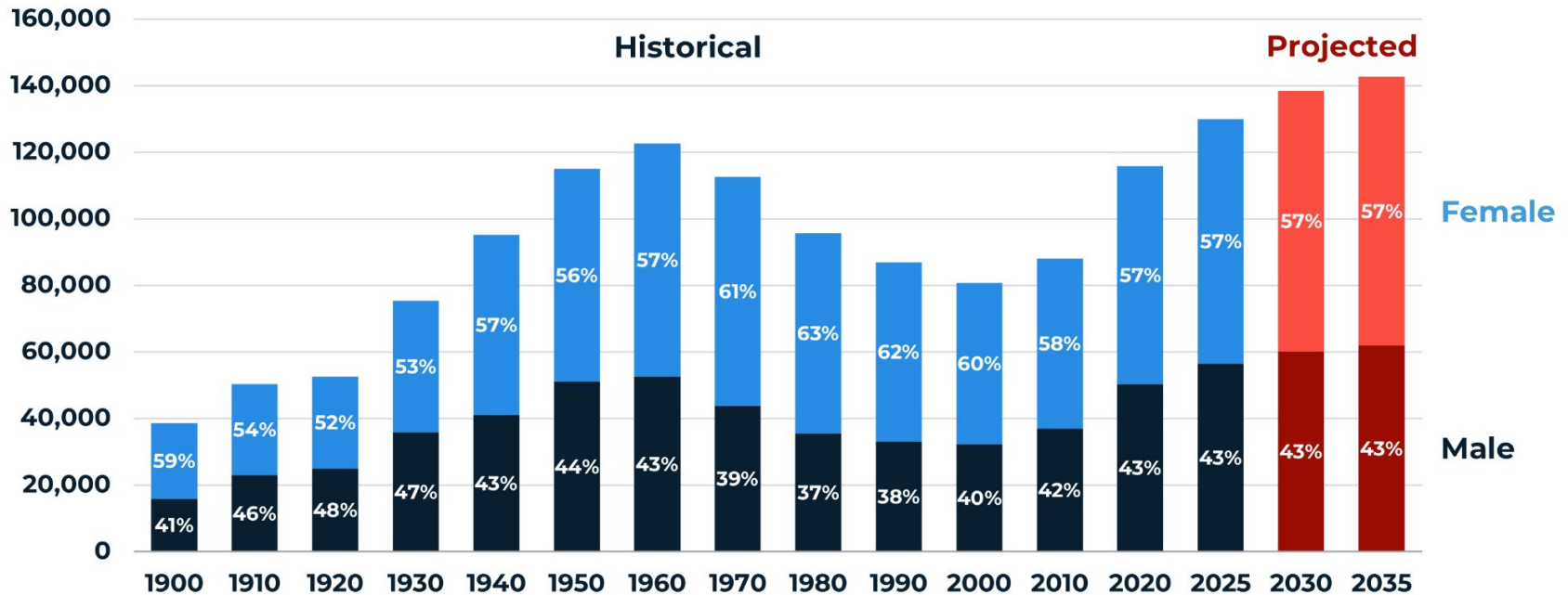
Boston's older population is projected to continue growing



City of Boston
Planning Department

The population 60 and older in Boston is projected to grow further to 143,000 by 2035

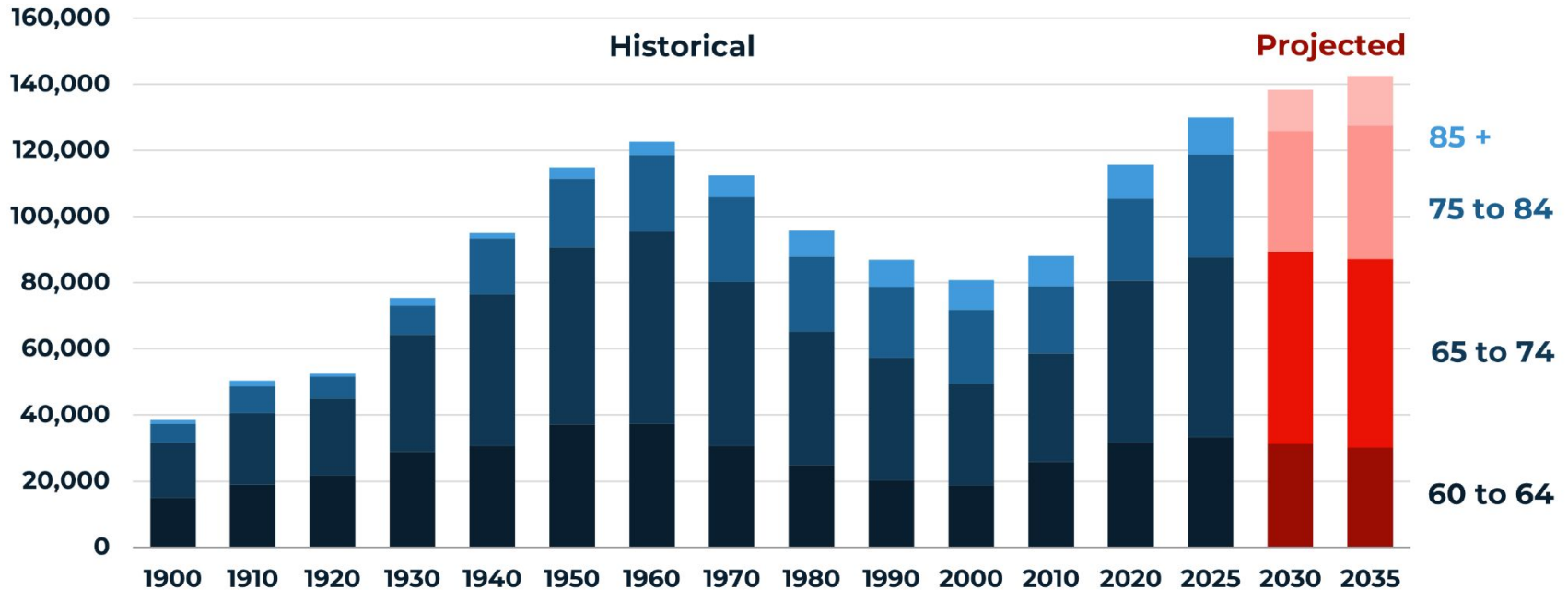
Sex distribution of Boston's 60+ population, 1900 to 2025, projected through 2035



Sources: 1900 to 2010 Decennial Census, Research Division 2020 & 2025 Population Estimates, and 2030 & 2035 Population Projections, City of Boston Planning Department Research Division Analysis.

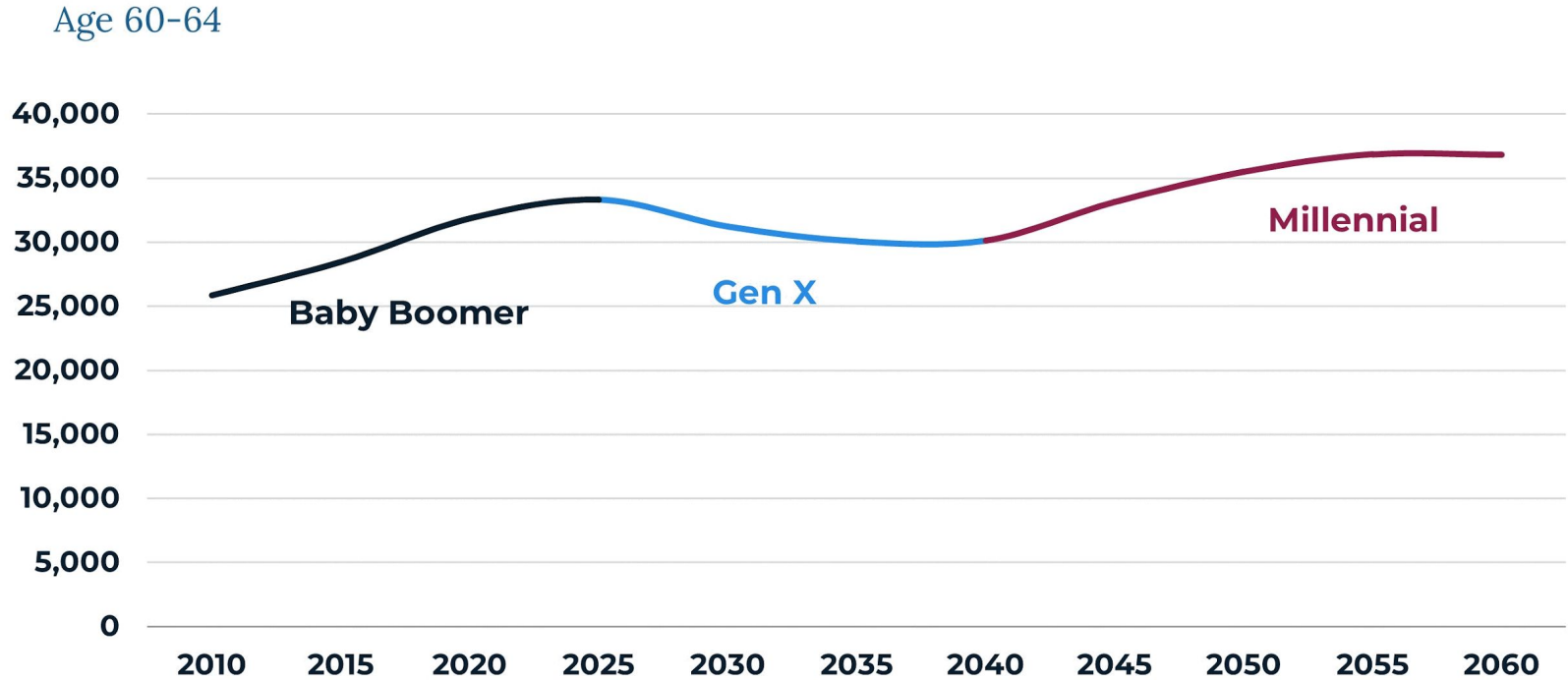
The populations 75 and older are projected to grow the fastest over the next 10 years

Age distribution of Boston's 60+ population, 1900 to 2025, projected through 2035



Sources: 1900 to 2010 Decennial Census, Research Division 2020 & 2025 Population Estimates, and 2030 & 2035 Population Projections, City of Boston Planning Department Research Division Analysis.

Generational Composition by Each Age Group, 2010 to 2060

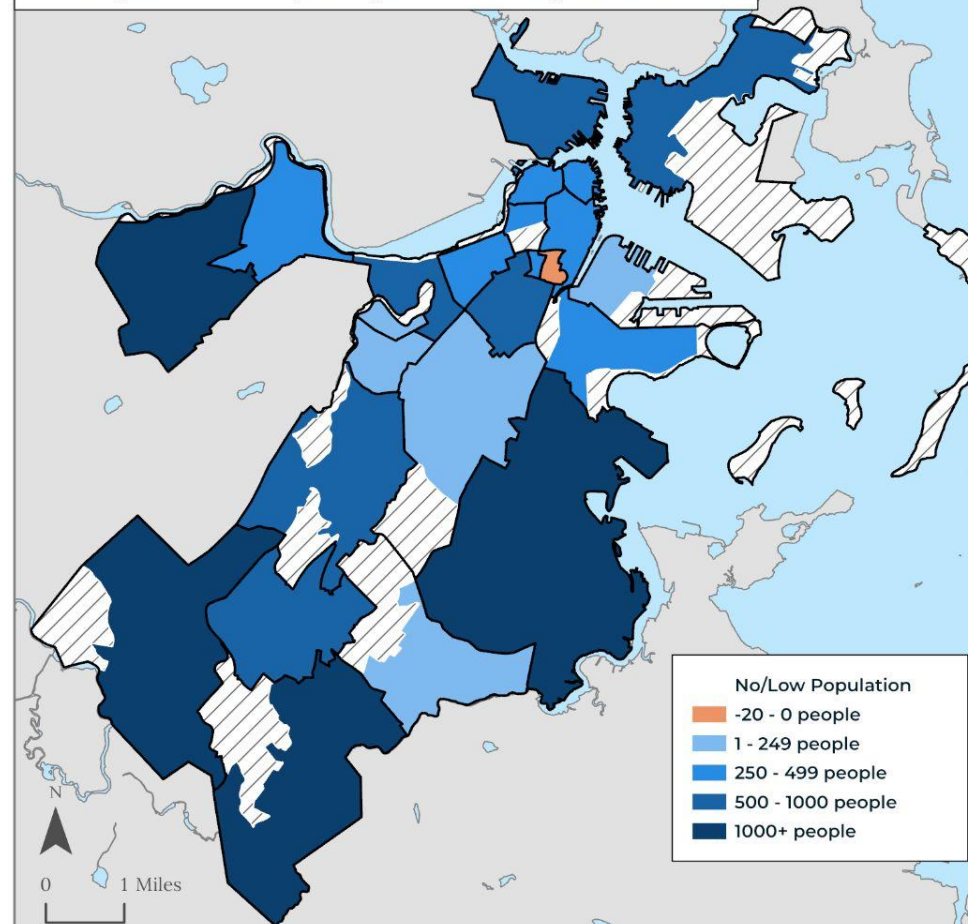


Sources: 2010 Decennial Census, 2015 American Community Survey, 2020 & 2025 City of Boston Planning Department Research Division Population Estimates, and 2030 to 2060 Research Division Population Projections, Research Division Analysis

CHANGE OF POPULATION AGED 60+

Total Population Growth of 60+ Population in Boston from 2025 to 2035

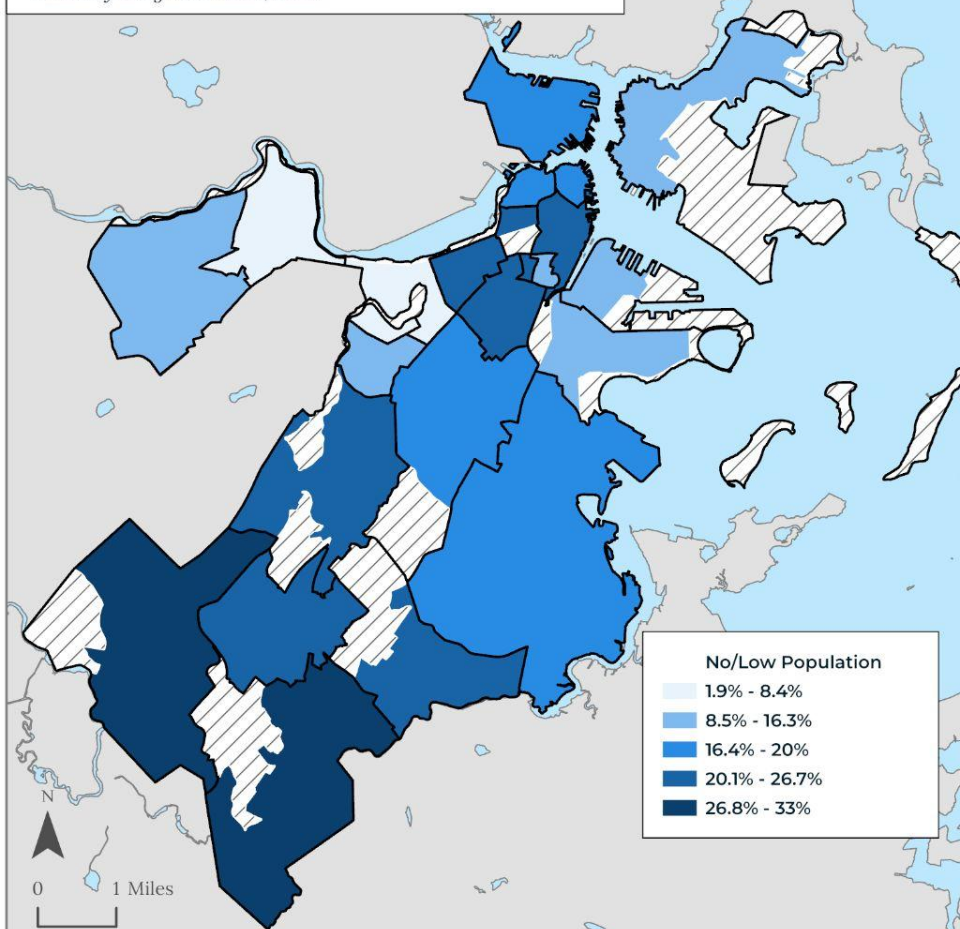
Brighton, Dorchester, Hyde Park, and West Roxbury are projected to see an increase of over 1,000 people in this age group over the next decade



Source: City of Boston Research Division 2025 Population Estimates & 2035 Population Projection, City of Boston Planning Department Research Division Analysis.

The share of residents aged 60 and over is still expected to be highest in Boston's southern neighborhoods—such as Jamaica Plain, Mattapan, Hyde Park, West Roxbury, and Roslindale—by 2035

SHARE OF POPULATION AGED 60+
Share by Neighborhoods, 2035



Source: City of Boston Research Division 2035 Population Projection,
City of Boston Planning Department Research Division Analysis.

AGE STRONG SERVES BOSTON'S OLDER ADULTS



- ★ **Events and Programming** (5 new programming sites this year, hundreds of events and programs)
- ★ **Senior Centers** (Brighton, East Boston)
- ★ **Grantmaking and Partner Management** (\$9.2 million, 60 partners)
- ★ **Behavioral Health Services** (connector to support)
- ★ **Constituent Services** (advocacy, benefits enrollment and housing - 24 upcoming Medicare Open Enrollment events)



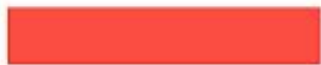
AGE STRONG SERVES BOSTON'S OLDER ADULTS



- ★ **Transportation Services** (Age Strong Shuttle, Taxi Coupons, Rideshare pilot)
- ★ **Volunteer Programs** (AmeriCorps and PTWOP)
- ★ **Information Dissemination** (Seniority magazine, social media, flyers, etc)
- ★ **Age and Dementia-Friendly** (next plan for Aging Strong in Boston)
 - Places and Spaces
 - Transportation and Walkability
 - Housing and Community Living
 - Financial Security and Economic Opportunity
 - Access to Health and Wellness
 - People and Neighbors



AGE+



You can help make Boston a better place to age!

What changes will your department make in response to our aging population?

You can be an Age Strong Connector!

Help older adults and their care partners connect to Age Strong information and services.

- ★ Call us: 617-635-4366
 - ★ Email us: agestrong@boston.gov
 - ★ Sign up for updates on our website: Boston.gov/agestrong
 - ★ Follow us on social media!
-