

ABOUT THIS CONVERSATION

By 2030, one in four residents in metro Atlanta will be over the age of 60. People who age in their communities and have adequate access to services generally have better health and quality of life. Achieving policies and practices that fully include older individuals in community life begins with challenging common negative stereotypes—and that's where this conversation starts.

QUICK FACTS



Metro Atlanta has one of the nation's fastest-growing populations of older persons. The 65+ population in metro Atlanta is forecast to reach **1.2 million by 2040**.



Atlanta is predicted to have the worst transit access in the nation for older adults. **90 percent of metro Atlanta's older adults** ages 65-79 were predicted to have poor transit access in a 2011 study.



The cost of maintaining a home can be prohibitive, especially for low-income older adults who own older homes that require more upkeep. Financial stresses can increase with age due to limited paychecks, fixed income, or reliance on modest Social Security income. About **25% of metro Atlanta residents** age 65+ have an annual income less than two-times the poverty level (\$23,512 if living alone or \$29,656 for two people).



According to the AARP, four million older adults enrolled in Medicare have **poor social networks** — and prolonged isolation can be as bad for your health as smoking 15 cigarettes a day.

ABOUT CIVIC DINNERS

A Civic Dinner follows a simple structure, with 6-10 people gathering over a meal to discuss a specific topic. The host follows a simple guide with three big questions, allowing everyone equal time to share with one voice at a time. This format is designed to avoid debate or dominant voices, and instead encourages listening and understanding of different perspectives.

HOW TO GET INVOLVED

[SIGN UP](#)[ATTEND A DINNER](#)[HOST A DINNER](#)

BE BRAVE
enough
TO START A
A CONVERSATION
that matters

HOST A DINNER

It's easy. We provide you with everything you need. First, sign up to host a dinner at cividdinners.com and we'll send you the host guide with questions. You select the date, time, location, number of guests, and we provide a digital invite you can share with friends.

ATTEND A DINNER

Search and RSVP to dinners happening in your neighborhoods by visiting www.cividdinners.com/ARC-aging and clicking on "attend a dinner."

SPREAD THE WORD

The Atlanta Regional Commission is the regional planning agency for the 10-county Atlanta region. In short, ARC helps to focus the region's attention and resources on critical issues. That's why ARC has partnered with Civic Dinners, to give metro Atlanta residents the opportunity to sit down together and break bread.



POWERED BY



Atlanta Regional Commission