

JEWISH AGING IN GREATER ORLANDO

*Key research findings and strategic implications
for the community*

MAY 2026



MESSAGE OF GRATITUDE

The insights within these pages are more than a collection of research findings. It is the voice of our community. It reflects the experiences, aspirations, concerns, and generosity of hundreds of Jewish older adults and family caregivers.

To every person who completed the survey, participated in a focus group, or shared their experiences, thank you.

We extend our sincere appreciation to the members of the **S'firot Foundation Advisory Committee** for their guidance, wisdom, and commitment throughout this project. We are equally grateful to the many synagogues, community organizations, agencies, and partners that encouraged participation and helped us reach older adults and caregivers.

We also thank **ImpactNPO** for their outstanding partnership in developing, conducting, and analyzing this needs assessment. Their expertise in research and evaluation, combined with their extensive experience working with Jewish communities across the United States, has produced a rigorous and meaningful body of work that will help guide our community well into the future.

Together with our community partners, we are committed to supporting high-impact programs and services that enhance well-being, strengthen community connections, and help Jewish older adults age with dignity, independence, purpose, and belonging. This report is the foundation for that work and the beginning of a shared commitment to creating lasting change.

With sincere gratitude,
Rhonda Pearlman
Board Chair & President
S'firot Foundation



EXECUTIVE SUMMARY

OVERVIEW

This research was designed to better understand the experiences, evolving needs, and priorities of Jewish older adults and caregivers across the Greater Orlando region. It examines the current landscape of aging, identifies opportunities for support and provides an evidence base to guide the S'firot Foundation's strategic grantmaking and investments in healthy, connected aging.



The findings reveal a diverse community with varying needs. Some older adults are aging with financial security and strong support networks, while others face challenges related to health, caregiving, housing, transportation, financial insecurity, and social isolation. Among many, there is growing recognition that aging well will require greater planning, accessible support, and stronger community connections.

MAJOR FINDINGS

While many Jewish older adults in Greater Orlando remain healthy, active, and deeply engaged in family and community life, the research revealed significant differences in how individuals experience aging and prepare for the future.

Across this diverse population, several important themes emerged consistently:

- A strong preference for aging in place and remaining independent for as long as possible
- The need for trusted information, guidance, and referrals related to aging-related services and caregiving
- Strong interest in opportunities for social connection, Jewish communal engagement, and meaningful relationships
- Practical assistance that helps older adults remain safely in their homes, including transportation, home modifications, care management, and meal delivery
- Jewish spiritual guidance, communal experiences, and emotional support related to caregiving, and life transitions
- The need for trusted guidance and coordinated resources to help family caregivers navigate medical, financial, housing, and support decisions for older relatives

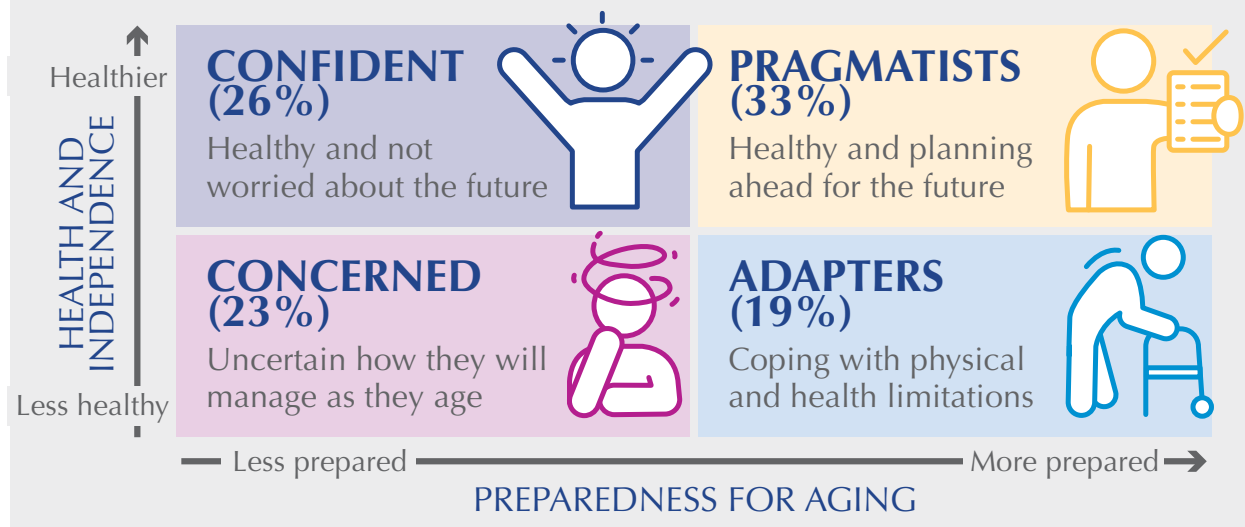
APPROACHES TO AGING

While Jewish older adults in Greater Orlando share common experiences, the research reveals differing perspectives on aging and the future, shaped by factors such as health, financial security, family support, and life stage. The research identified four distinct groups—or segments—of older adults, differentiated primarily by:

- **Confident older adults (26%)** and **Pragmatists (33%)** are generally healthy and active today, but differ considerably in how prepared and secure they feel about the future.
- **Concerned older adults (23%)** and **Adapters (19%)** are already experiencing greater physical, financial, mobility, or social challenges that shape their day-to-day lives and future needs.



FOUR DISTINCT APPROACHES TO AGING



EXECUTIVE SUMMARY

DISTINCT NEEDS

Each of the four segments exhibited different strengths, vulnerabilities, and priorities:

- **Confident (26%)** older adults are financially secure, socially connected, and optimistic about maintaining their current lifestyles, though many may underestimate future aging-related needs.
- **Pragmatists (33%)** are healthy and active but more realistic about future financial, caregiving, and emotional challenges, making them especially receptive to planning and support resources.
- **Concerned (23%)** older adults face significant uncertainty related to finances, health, transportation, loneliness, and support networks, placing them at heightened risk for isolation and unmet needs.
- **Adapters (19%)**, the oldest and frailest segment, are already coping with physical or cognitive limitations and increasingly rely on family support, transportation assistance, and care-related services.

STRATEGIC IMPLICATIONS

The research findings collectively reveal that older adults are seeking not only programs and services, but also trusted guidance, meaningful connections, and practical assistance to help them age with dignity, independence, and a continued sense of belonging within the Jewish community.

These results highlight the central role the community can play in supporting older adults and caregivers as needs evolve over time. They point to the importance of a multi-layered community response that includes:

- A centralized, trusted source of aging-related information and referral resources
- Increased opportunities for social and Jewish communal engagement
- Expanded supports that help older adults age in place, along with caregiver assistance
- More targeted interventions for older adults facing greater physical, financial, or social vulnerability

The report that follows explores these findings in greater detail and outlines opportunities for the community to respond to the changing needs of Jewish older adults in Greater Orlando.

“As we age, and maybe our health declines, will we be able to continue living independently at home, or be able to afford to live in a residence? It’s something I think about a lot.” **Focus group respondent**

ABOUT THE STUDY

The needs assessment was conducted by ImpactNPO, an independent research organization, between March and June 2025. The project included a demographic and community landscape analysis, a survey of Jewish older adults and family caregivers in Greater Orlando, and follow-up focus groups.

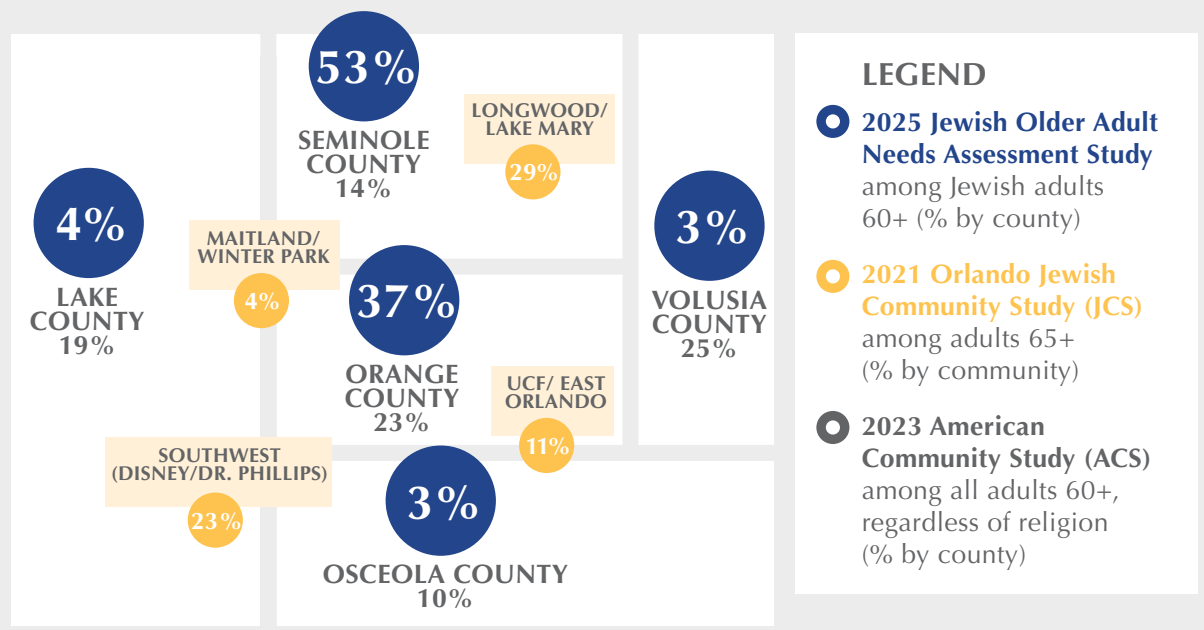
A total of 680 individuals participated in the survey across five counties in the Greater Orlando metropolitan area: Orange, Seminole, Lake, Osceola, and Volusia. Participants included self-identified Jewish older adults age 60+ and family caregivers of Jewish older adults.

Based on the 2021 Orlando Jewish Community Study, the estimated Jewish population age 60+ in Greater Orlando today is approximately 15,000–17,000 Jewish older adults.

Respondents were recruited through synagogues, Jewish and non-Jewish organizations, social service agencies, social media, and local Jewish publications. Five follow-up focus groups were conducted to explore participants' experiences and needs in greater depth.

Respondent data suggest that 90% of Jewish older adults age 60+ in Greater Orlando currently reside in Orange and Seminole counties. This aligns closely with findings from the 2021 Orlando Jewish Community Study, which also found the older Jewish community to be fairly concentrated. In contrast, the overall older adult population in Greater Orlando (primarily non-Jewish) is much more geographically dispersed, according to the 2023 American Community Survey.

OLDER ADULT POPULATION BY GEOGRAPHIC AREA



PROFILE OF JEWISH OLDER ADULTS

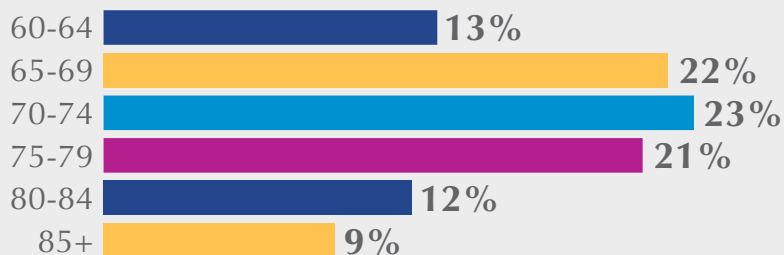
Respondents were primarily in their mid-60s or 70s and most lived independently in single-family homes. The majority identified as Conservative or Reform Jews and reported strong family and community connections.



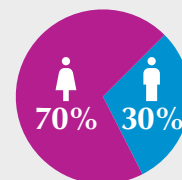
Housing preferences among older adults remain strongly oriented toward traditional housing, with nearly three-quarters (74%) living in single-family homes. Relatively few respondents have transitioned to senior-focused housing, with just 19% residing in a 55+ community or Continuing Care Retirement Community (CCRC).

DEMOGRAPHICS

AGE DISTRIBUTION



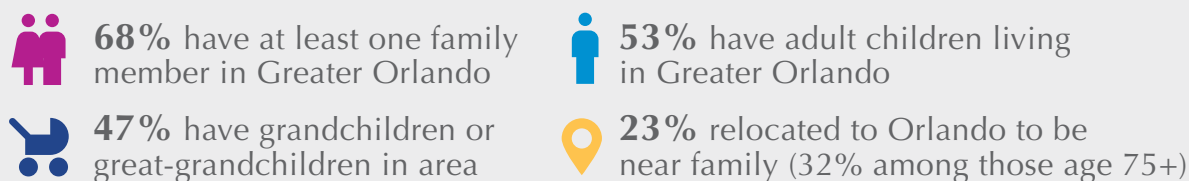
GENDER



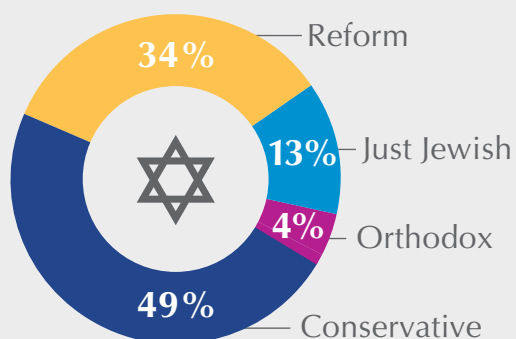
MARITAL STATUS



FAMILY NETWORKS



JEWISH IDENTITY



COMMUNITY PARTICIPATION



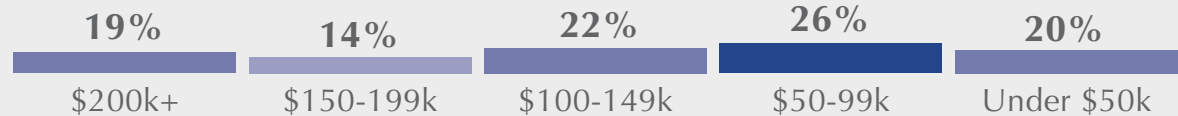
PROFILE OF JEWISH OLDER ADULTS

ECONOMIC SITUATION

EMPLOYMENT



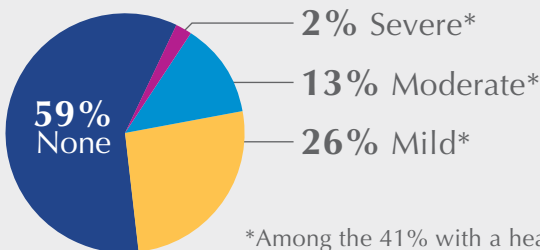
HOUSEHOLD INCOME*



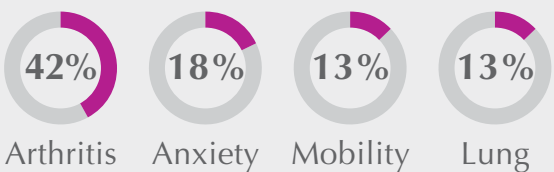
*40% of respondents chose not to answer this question, likely reflecting both privacy concerns and the complexity of estimating annual income in retirement.

HEALTH STATUS

DEGREE OF HEALTH LIMITATION



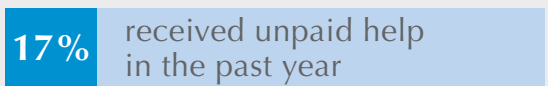
SPECIFIC HEALTH LIMITATION



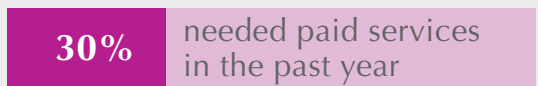
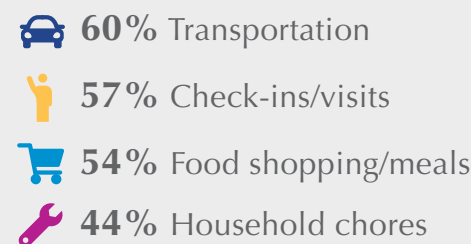
*Among the 41% with a health limitation, arthritis was by far the most common ailment.

While many currently report good health and relatively few need or use formal support services, a significant number expressed concern about future aging-related challenges and anticipated needing additional support as they grow older. These concerns included transportation, home maintenance, food shopping, financial assistance, and help navigating available resources and services.

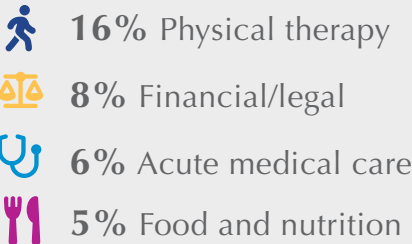
CURRENT SUPPORT NEEDS



TOP TYPES OF UNPAID HELP



TOP PAID SERVICES NEEDED



PROFILE OF FAMILY CAREGIVERS

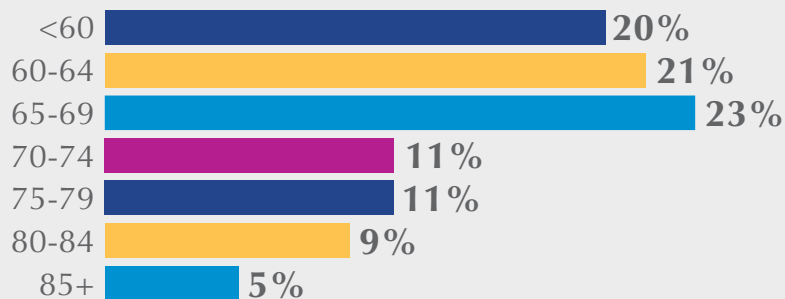
To better understand the needs of more frail older adults, the study included 158 family caregivers, most of whom (n=126) were themselves older adults. There were 32 family caregivers under age 60. Just over half of the caregivers cared for a parent or in-law.



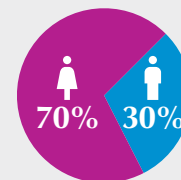
In focus groups, many caregivers described feeling overwhelmed by the complexity of navigating medical, financial, and housing decisions for their loved ones. They sought a centralized place where they could go to access information, as well as professional guidance and support.

CAREGIVER PROFILE

CAREGIVER AGE



GENDER



MARITAL STATUS



EMPLOYMENT

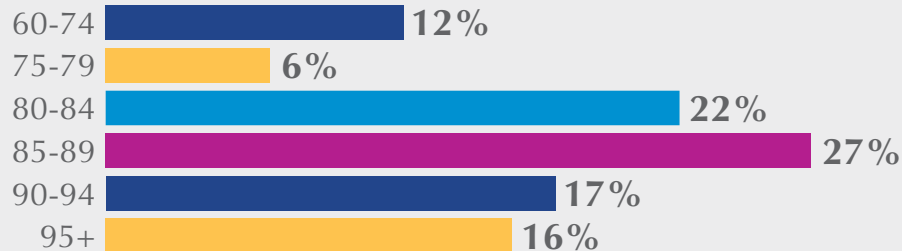


"[As a caregiver for my mom,] I need guidance and advice. I mean, literally, I just don't know what to do. She needs rehab, she needs help with her medicines... I need help, but I don't know where to go." **Focus group respondent**

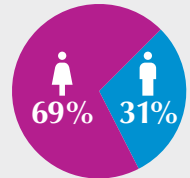
PROFILE OF FAMILY CAREGIVERS

WHO THEY ARE CARING FOR

AGE OF CARE RECIPIENT



GENDER

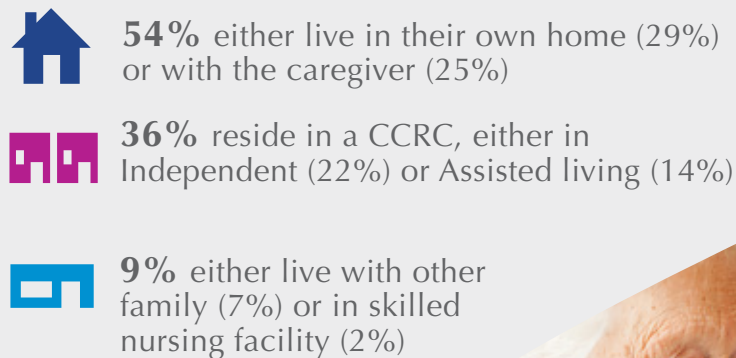


RELATIONSHIP TO CAREGIVER



CARE RECIPIENT'S LIVING SITUATION

WHERE THE CARE RECIPIENT LIVES



SEGMENTATION OVERVIEW

While Jewish older adults in Greater Orlando share many experiences, the research also highlights important differences in how they approach aging and view the future. Factors such as health, financial security, family support, and life stage influence how individuals perceive the challenges and opportunities associated with growing older.

To better understand these differences and help inform the development of community-based programs, services, and supports, multivariate segmentation analysis was used to group respondents into segments based on their attitudes, expectations, and circumstances.

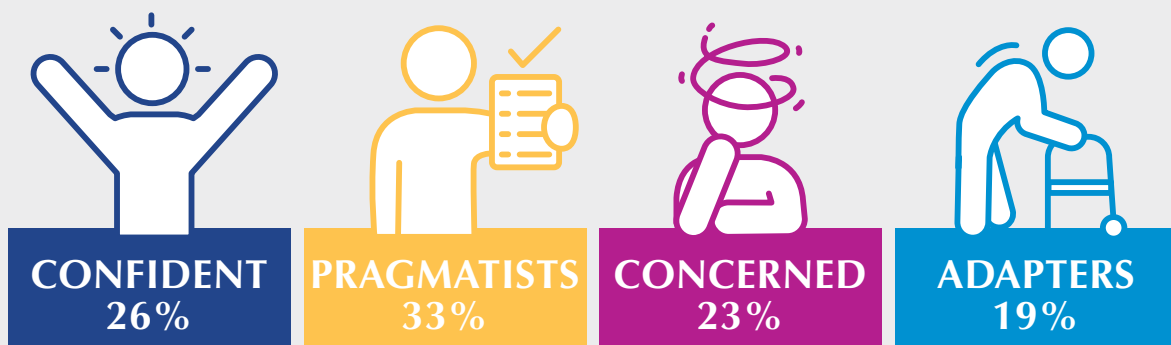
The segmentation identified four distinct groups of older adults, based on two main factors—their current health and independence, and their preparedness for aging-related challenges.

This analysis was conducted using responses from all surveyed older adults age 60+ (n=648).

- **Confident** older adults (who account for 26% of total respondents) and **Pragmatists** (33% of total respondents) are both generally healthy and active today, but they differ considerably in how prepared and secure they feel about the future.
- In contrast, **Concerned** older adults (23% of total respondents) and **Adapters** (19%) are already experiencing health, mobility, financial, or social challenges that shape their day-to-day lives and influence their current and future needs and expectations.

Taken together, the findings suggest that factors such as preparedness, support systems, and attitudes toward aging may play an important role in how older adults navigate the transition from healthy independence to greater vulnerability over time.

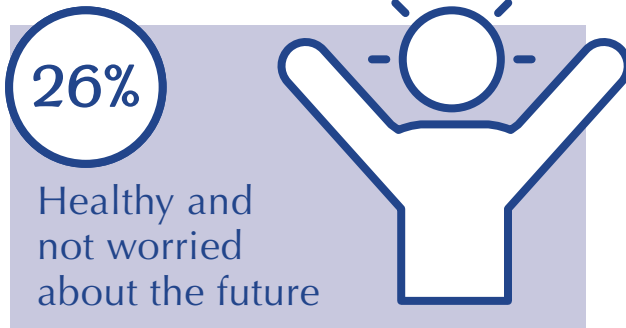
FOUR DISTINCT APPROACHES TO AGING



Detailed descriptions of each segment appear on pages 12-13.

INDIVIDUAL SEGMENT PROFILES

CONFIDENT



Healthy, financially secure, and strongly connected to family, community, and Jewish life, **Confident** older adults expect to remain active and independent as they age. They feel supported by strong social networks and are generally optimistic about their future quality of life.

Key Characteristics

- Most report no significant health limitations (87%)
- Deeply connected to Jewish and communal life (89% feel connected to the Jewish community)
- Feel confident they have people who will support them if needed (80%)
- Rarely worry about loneliness, financial hardship, or becoming a burden on family
- More financially secure than other segments (33% report household incomes above \$200,000)
- May not have fully considered future aging-related challenges and support needs

PRAGMATISTS



The youngest segment, **Pragmatists**, are active and healthy today but more realistic about the future than Confident older adults. Many are still balancing work, caregiving responsibilities, and long-term planning, making them especially aware of the challenges that aging may bring.

Key Characteristics

- Nearly half are still in their 60s (47%)
- Often balancing work and caregiving responsibilities (24% currently care for an aging relative)
- Healthy and engaged in current activities, but concerned about future loneliness and loss of independence.
- More likely than others to worry about financial stability (45%) and burdening family members as they age (48%)
- Continue to participate in Jewish and community life, though Jewish identity tends to play a less central role than among other segments
- Recognize that maintaining independence may require planning and preparation

CONCERNED



Concerned older adults face significant uncertainty about how they will manage as they age. Many lack nearby family support, experience financial strain, or struggle with loneliness and chronic health challenges that make them feel vulnerable about the future.

Key Characteristics

- More likely to face financial strain and limited household support (54% report household incomes below \$50,000)
- Frequently worry about finances, declining health, loneliness, and burdening family members
- More likely to experience social isolation and limited family support
- Often face transportation barriers, chronic health conditions, or difficulty maintaining their homes
- Less connected to Jewish communal life than other segments (37%)
- Particularly vulnerable to unmet emotional, practical, and support needs

ADAPTERS



The oldest and frailest segment, **Adapters**, are already coping with significant physical or cognitive limitations and changing care needs. Despite these challenges, many benefit from nearby family support and financial resources that help them maintain stability and quality of life.

Key Characteristics

- More likely than other segments to be age 80+ (34%) and retired (83%)
- Report health or chronic conditions that limit or restrict their ability to live a normal life and care for themselves (74%)
- Some already live in independent or assisted living settings (33%)
- More likely to have nearby children, grandchildren, and family support networks
- Continue to value social, cultural, and Jewish communal activities
- Often require transportation or caregiving support to remain active and connected

INTEREST IN PROGRAMS & SERVICES

After answering questions about their attitudes and beliefs, older adult respondents were asked about their interest in a variety of program and service ideas designed to address unmet needs related to aging. The ideas generating the strongest interest reflected two themes that also emerged repeatedly in focus groups:

- The perceived lack of a centralized source of information and guidance on aging-related matters
- Interest in opportunities for Jewish spiritual guidance and support in navigating aging, caregiving, grief, and life transitions.

While most respondents across all four segments showed interest in an informational website or educational sessions, interest in aging-related information, resources, and Jewish spiritual guidance was especially strong among Concerned respondents. They also demonstrated the greatest interest in guidance on financial and legal issues, as well as housing repairs. Additionally, half of the Concerned and Adapters expressed a desire for training and support in using technology.

SOCIAL AND COMMUNAL PROGRAMS

% Very/Somewhat Interested

PROGRAM OR SERVICE	TOTAL (n=648)	 26%	 33%	 23%	 19%
		CONFIDENT	PRAGMATISTS	CONCERNED	ADAPTERS
Website with info on older adult resources in Greater Orlando	81%	69%	82%	89%	88%
Educational sessions or webinars on topics related to aging	64%	57%	66%	68%	61%
Dedicated information and ref. phone line for older adults	62%	42%	62%	84%	61%
Jewish spiritual guidance and/or support	55%	46%	51%	70%	56%
Making housing repairs/modifications	50%	36%	51%	67%	44%
Training and support in using technology	43%	34%	34%	56%	53%
Assistance with financial or legal matters	40%	15%	43%	64%	41%

SOCIAL CONNECTION & COMMUNITY ENGAGEMENT

Across all four segments, respondents expressed strong interest in opportunities for social engagement and community connection that could help reduce loneliness and social isolation while fostering meaningful relationships—factors known to support health and well-being among older adults. These included outings to cultural events, hands-on volunteering, and Jewish communal programs for holidays and Shabbat. Intergenerational activities were especially appealing to those segments most likely to have grandchildren or great-grandchildren nearby (Pragmatists & Adapters).

In focus groups, participants frequently emphasized the importance of connecting with Jewish peers who shared similar backgrounds, interests, and life experiences, as well as the need for informal, central gathering spaces where older adults could come to socialize and build relationships. Many also spoke nostalgically about senior programs that existed prior to the COVID-19 pandemic and expressed interest in seeing similar opportunities return.

“That’s what we had here [at the Roth Family JCC]. Before COVID, 150 seniors would come on Mondays. We had fabulous programs!” **Focus group respondent**

SOCIAL AND COMMUNAL PROGRAMS

% Very/Somewhat Interested

PROGRAM OR SERVICE	TOTAL (n=648)	 26%	 33%	 23%	 19%
		CONFIDENT	PRAGMATISTS	CONCERNED	ADAPTERS
Outings to museums or events specifically for Jewish adults 60+	79%	72%	78%	87%	84%
Communal holiday celebrations with other Jewish adults 60+	75%	66%	75%	82%	81%
Communal Shabbat dinners with other Jewish adults 60+	70%	61%	66%	79%	76%
Volunteering in a Jewish community service program	67%	64%	76%	71%	53%
Grandparent-grandchild activities or day trips	63%	53%	70%	60%	70%
Volunteering with young children (e.g., Jewish day school)	44%	40%	50%	48%	38%

AGING IN PLACE

Relatively few older adults, especially in the Confident segment, showed interest in moving to retirement communities or assisted living facilities at some point in the future. This isn't surprising, as a large majority of respondents (73%) said they prefer to remain in their own homes as they age.

Aging in place provides many physical, mental, and emotional benefits for older adults. It also helps them maintain independence and is generally more affordable than assisted living. However, aging in place often requires additional support, such as home repairs, accessibility modifications, care management services, transportation assistance, friendly visiting to reduce social isolation, and meal delivery that meets nutritional requirements. Addressing these needs is essential to helping older adults remain safely in their homes, particularly those in the Concerned segment and, to a lesser extent, Adapters.

"Both of my kids want me to go into assisted living. I have one of those long-term care policies, so I could do it. But I visit people in assisted living, and I'm praying to keep myself active enough and have short-term memory enough to stay in my own home."

Focus group respondent

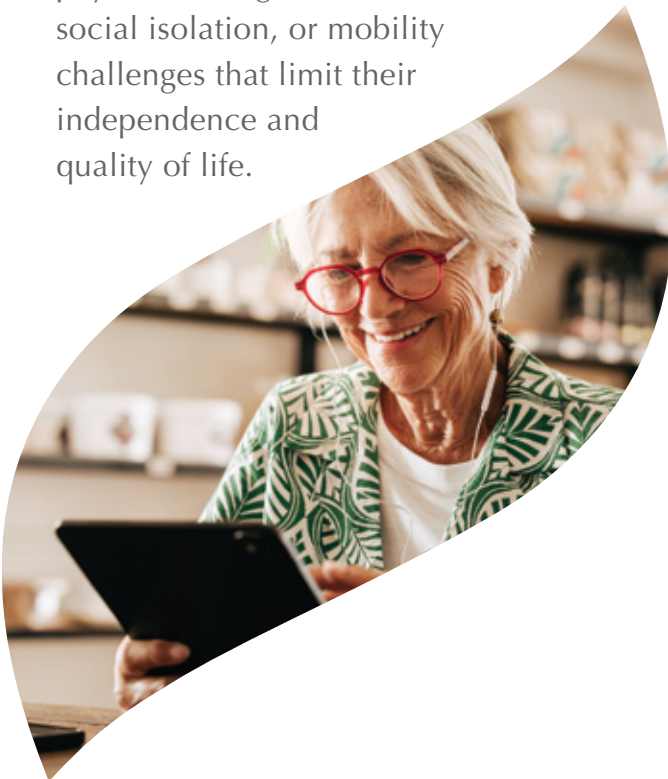
SUPPORTS FOR AGING IN PLACE					
% Very/Somewhat Interested					
		 26%	 33%	 23%	 19%
PROGRAM OR SERVICE	TOTAL (n=648)	CONFIDENT	PRAGMATISTS	CONCERNED	ADAPTERS
Care management	39%	23%	34%	60%	43%
Home safety audits to reduce trips and falls	37%	23%	36%	50%	47%
Transportation to appointments or activities	34%	17%	20%	58%	50%
Friendly visiting (volunteers who visit regularly)	29%	11%	23%	54%	36%
Home delivered meals	28%	15%	24%	49%	31%
Food shopping or meal preparation	23%	11%	18%	49%	16%

KEY INSIGHTS & IMPLICATIONS

The range of current and future aging needs and expectations identified in this study highlights the importance of a community response that employs multiple strategies.

Although most Jewish older adults age 60+ in Greater Orlando currently live independently and remain active in family and community life, many are increasingly aware that maintaining their independence, social connections, and overall well-being as they age may require additional planning, support, and community resources.

At the same time, others are facing physical or cognitive health issues, social isolation, or mobility challenges that limit their independence and quality of life.



SHARED PRIORITIES

All four older adult segments expressed a strong interest in:

- A centralized, trusted source of information, guidance, and referrals related to aging and caregiving resources in Greater Orlando, addressing the challenges many older adults and caregivers face in navigating available resources
- Social engagement opportunities that reduce loneliness and social isolation while fostering meaningful connections with Jewish peers who share similar backgrounds, interests, and life experiences, as well as informal gathering spaces where older adults can build relationships and community
- Access to Jewish spiritual guidance, support, and communal experiences that foster meaning, reflection, and connection while helping older adults navigate aging, caregiving, grief, and life transitions
- Services and supports that help older adults remain safely and independently in their homes, including home repairs, accessibility modifications, transportation assistance, care management, friendly visiting, and meal delivery

The findings confirm that older adults seek trusted guidance, meaningful connections, and practical support to age with dignity, independence, and belonging within the Jewish community.

KEY INSIGHTS & IMPLICATIONS

SEGMENT-SPECIFIC IMPLICATIONS

Additionally, each segment would benefit from targeted programs and services designed to address its unique aging-related needs and expectations.

- **Confident (26%)** – Community programs that combine social activities with education on aging-related topics may help encourage this group to begin planning more proactively for their long-term aging needs.
- **Pragmatists (33%)** – Educational programs, planning resources, caregiver support services, and community volunteering opportunities are likely to be especially valuable for this segment.
- **Concerned (23%)** – Housing repairs, financial and legal assistance, transportation, and other aging-in-place supports may help this segment remain safely in their homes, while communal programs and volunteering may foster connection and purpose.
- **Adapters (19%)** – Care management, mobility and falls prevention supports, and transportation may help this segment maintain independence and quality of life, while continuing to participate in social and communal programs.

COMMUNITY CONSIDERATIONS

Because 90% of Jewish older adults age 60+ in Greater Orlando currently live in Orange and Seminole counties, it makes sense to focus efforts in those areas and partner with existing Jewish communal organizations, such as the JCCs and synagogues, as well as non-Jewish community agencies that serve Jewish older adults in those counties.

By focusing on both broad and targeted opportunities, the S'firot Foundation and its community partners can play a vital role in helping Jewish older adults and their caregivers preserve their independence, dignity, and quality of life.

This approach can help ensure that the region's growing older adult population has access to the resources, services, and social connections necessary for healthy and meaningful aging.



ABOUT US

S'FIROT FOUNDATION

The S'firot Foundation is a philanthropic organization grounded in Jewish values. Its mission is to transform the lives of those who cared for others by investing in the wellness and well-being of communities of Jewish older adults and their caregivers across Central Florida.

S'firot was founded in 2024, following the sale of a housing complex for Jewish older adults in downtown Orlando. Proceeds from this sale were used to create a permanent fund through which the Foundation will operate and provide grants to benefit the community.

With a focus on Jewish older adults in Central Florida, the S'firot Foundation is dedicated to advancing programs and initiatives that enhance their well-being and quality of life, and reflect the tenets of Judaism, tzedakah, and honoring our elders.

More information is available at www.SfirotFoundation.org



*Honoring our elders.
Strengthening our community.
Investing in a future where
every Jewish older adult
can age with dignity, purpose,
belonging, and the opportunity
to thrive.*



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