
Unemployment Picture Up & Down for Older Workers

50-54 Age Group Numbers Jump over December

(CLEVELAND) — The Bureau of Labor Statistics ([BLS](#)) **January** unemployment numbers fell slightly as the nation's unemployment rate dropped to 4.0 percent – adding 143,000 jobs. Data for older workers, however, was mixed.

Those unemployed between the ages of 50-54 rose 21 percent from 415,000 in December to 501,000 in January. The unemployment rate for this age group also rose from 2.6 percent to 3.1 percent.

For those 55 and older the news was better. The number of unemployed above age 55 dropped from roughly 1.2 million to 1.185 million. The percent of 55 and older unemployed also fell from December's 3.1 percent to 3.0 percent in January.

Overall the number of unemployed over age 50 rose from 1.614 million in December, to 1.685 million in January – an increase of four percent. The Laborforce Participation Rate also rose in January to 62.6 percent from 62.5 where it has stayed since October.

Three times each week at www.nifty50s.com, the Nifty50s publishes advice, news, information and resources all focused on helping the age 50+ job seeker. From self-help and how-to articles, to videos and trends as well as tips & tricks and a new resource of listings of free job search tools, the Nifty50s compiles together in one convenient location items carefully selected to assist the 1.68 million* unemployed over the age of 50. The Nifty50s is owned and operated by 158 LLC, a private, limited liability company based in Cleveland, Ohio.

* All figures according to the January, 2025 Bureau of Labor Statistics' most recent data.