Executive Summary

Key Findings

Housing

- **Household Size:** One out of three respondents (34%) lived alone (This is equivalent to 27,500 individuals in 2013), while half (50%) lived with one other person, and 15% lived with two or more other people. Thirty-nine (39%) percent of women live alone; 44 percent of those 80+ also live alone.

- **Housebound:** Most respondents were not housebound. Nearly all (96%) left their homes in the prior week, and half (51%) had left their homes seven or more times. Additionally, 86% of respondents reported that they drive. As respondents aged, nearly all still left their homes.

- **Six percent of those who are age 80+ do not leave their home in a typical week; 8 percent of those who are frail and 15 percent of those who are socially isolated do not leave their home in a typical.**

- **Specialty Housing:** Overall, 6% of respondents lived in either a senior living apartment or low-income senior housing. Additionally, 1% lived in an assisted living facility.

- **Housing Costs:** One out of four respondents (26%) indicated that their rent or house payment costs more than 30-percent of their monthly income or about 21,000 persons, and 4% had gone without heating, cooling, and/or water in the prior year because they could not afford it (estimated to be 3400 individuals age 60+).

- **Remaining in Own Home:** Overall, 21% were very concerned about being able to stay in their own homes as they aged, while another 26% were somewhat concerned. Additionally, 3% reported that either they or their spouse/partner had stayed in a nursing home in the prior two years. Notably, 14 percent of those 60+ no longer drive, this equates to approximately 11,300 individuals who are dependent on other forms of transportation to get to where they need and want to go.
Health and Frailty

- **Self-Reported Health:** One out of three respondents (34%) indicated that they were in excellent health relative to others their same age, while two out of five (40%) were in good health, 18% were in fair health, and 8% were in poor health. This equates to 21,000 individuals who may be at risk of institutionalization in the next five years.

- **Problems with Daily Functioning:** More respondents had problems with physical activities such as walking a quarter mile (30%), without resting (28%), objects as heavy as a bag did with communication normal conversation even reading a newspaper even their speech understood a telephone (3%). problems with any of had problems with one or with three or more. This who may need greater and who may be at risk of five years.

- **Need Assistance with Activities of Daily Living:** Very few respondents needed assistance with the activities of daily living. Only 4% needed assistance with grooming, 3% needed assistance with getting out of bed, 2% needed assistance with bathing, taking medications, dressing, and/or eating, while just 1% needed assistance with using the toilet. Overall, 91% did not need assistance with any of these seven activities, 6% needed assistance with just one activity, and 3% needed assistance with two or more (or about 2500 individuals.).
• **Health Care:** Nine out of ten respondents (90%) had seen a primary care physician in the prior year, while 63% had seen a dentist. Additionally, 63% had their vision checked and 21% had their hearing checked in the prior year. Overall, 11% did not seek medical care in the prior year due to cost (that equates to approximately 9000 individuals).
  
    • Among respondents age 60-64 (who are generally ineligible for Medicare), 19% did not have medical insurance. (This equates to approximately 4,700 persons ages 60-64.)

• **Additional Health-Related Factors:** Overall, 84% of respondents took at least one prescription and 59% took three or more.
  
    • One out of ten (10%) or about 8100 persons had gone without some or all of their medications in the prior year because they could not afford it.
  
    • Additionally, 27% had fallen in the prior year, (estimated to be about 22,000 individuals in the past year);
      
      • 15% experienced periods of depression, (12,100 individuals)
      • and 5% did not eat at least twice a day on average (or over 4000 individuals who eat less than 2 times per day).

• **Frailty Index:** Based on a composite score of overall frailty (as described on page 28), 28% of respondents were not frail, 44% had some/minimal frailty, and 28% had moderate to high degrees of frailty and this equates to approximately 23,000 individuals age 60+.
  
    • 39 percent of those 80+ are considered frail
    • 46% of those seniors with an annual income of less than $30,000 are considered frail
    • Projecting to 2032 there may be 30,000 seniors who are considered frail, and by 2032 this number may jump to 35,600 seniors.
Activities and Social Isolation

- **Regular Activities:** Over half the respondents reported that they visit with family/friends (85%), shop (79%), go on walks (64%), and/or do another form of physical exercise (58%) at least once or twice a week. Over one out of four use social media (45%), attend religious services or functions (35%), visit casinos (29%), and/or visit their local libraries (27%) at least once or twice a week. Additionally, 16% take classes/workshops, while 15% participate in parks and recreation programs once or twice a week. Men were more likely to go on walks or to a casino, while women were more likely to attend classes or religious services.

- **Volunteering:** Overall, 44% (or 36,000 seniors) of respondents said they volunteer.

- **Social Isolation:** Based on a composite score of overall social isolation (as described on page 34), 29% of respondents were not socially isolated, 46% had minimal social isolation, and 25% had moderate to high degrees of social isolation.

  This equates to approximately 20,000 seniors.

  - 42 percent of seniors 80+ are considered socially isolated.
  - 37 percent of unmarried seniors are socially isolated
• 40 percent of those with annual incomes of less than $30,000 per year are also considered socially isolated.

Caregiving

• **Caregiving:** One out of eleven respondents (9%) was a caregiver who provided care to another adult in the household, such as helping that person eat, bathe, or dress.

  **The total sample of caregivers was 52 seniors;** due to the small sample, there is a very high sampling error. Generally, it is difficult to make generalizations about data with this small a sample.

• **Needing Assistance:** Among the sub-group of caregivers, one out of four needed assistance with emotional care (29%), respite care (28%), financial support (27%), and/or housekeeping (27%), while 12% needed assistance with providing personal care. One out of five caregivers (19%) reported that they had major debt due to caregiving.

Awareness and Use of Senior Services

• **Awareness of Senior Services:** Respondents, collectively, had a relatively high degree of awareness regarding 4 of the 12 senior services measured: Senior centers (77%), public transportation for seniors (67%), home delivered meals (65%), and food stamps (63%). Respondents had a moderate degree of awareness about 4 services: Low-income home energy assistance (56%), senior nutrition programs (49%), adult day care (46%), and counseling/mental health services (44%). Respondents had a relatively low degree of awareness regarding respite services (32%), care coordination and case management (31%), the homemaker program (22%), and the representative payee program (21%). Older seniors age 80+ were generally less aware of available services than were those younger.
• **Use of Senior Services:** The four services with the highest degree of use were senior centers (18%), food stamps (8%), public transport (7%), and low-income home energy assistance (6%). Less than 5% had used each of the other 8 services mentioned. The lowest level of use was for adult day care; although 46% were aware of adult day care, only two respondents had personally used the program.
• Of all listed services, all vulnerable groups are most aware and likely to use Senior Centers.
• Two in five or more of seniors 80+ are unaware of the range of support service available to support their independence.
• Other than Senior Center, a third or more seniors who are moderately or highly frail are unaware of community support service; the same is true with those seniors who are moderately to highly socially isolated; nearly half or more of these seniors are unaware.
• Seniors whose annual income is less than $30,000 are only slightly more likely to use services than the other three vulnerable groups.
<table>
<thead>
<tr>
<th>Category of Service</th>
<th>Income &lt;$30,000/yr.</th>
<th>Age 80+</th>
<th>Moderate/High Frail</th>
<th>Moderate/High Socially Isolated</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Aware/Used</td>
<td>Unaware</td>
<td>Aware/Used</td>
<td>Unaware</td>
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<tr>
<td>Home Delivered Meals</td>
<td>5</td>
<td>36</td>
<td>4</td>
<td>61</td>
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<tr>
<td>Senior Nutrition Program</td>
<td>5</td>
<td>54</td>
<td>4</td>
<td>69</td>
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<td>Food Stamps</td>
<td>21</td>
<td>34</td>
<td>2</td>
<td>60</td>
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<tr>
<td>Adult Day Care</td>
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<td>54</td>
<td>1</td>
<td>61</td>
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<td>Senior Center</td>
<td><strong>32</strong></td>
<td><strong>21</strong></td>
<td><strong>23</strong></td>
<td><strong>40</strong></td>
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<td>Respite Services</td>
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<td>75</td>
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<td>Homemaker Program</td>
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<td>77</td>
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<td>Public Transportation like Access</td>
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<td>32</td>
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<td>Counseling or Mental Health Services</td>
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<td>69</td>
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<tr>
<td>Care Coordination or Case Management</td>
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<td>73</td>
<td>1</td>
<td>77</td>
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• **In the past year, have you had enough money to pay their bills:**

Twelve percent of seniors said they did not have enough money to pay their bills in the past year; this equates to approximately 9,700 individuals.
- Households with annual incomes of less than $30,000 were significantly more likely than those with higher incomes to say they did not have enough money to pay their bills (26% vs. 4%).
- Similarly, those who were considered moderately to highly frail reported that they did not have enough money to pay their bills (18%). Likewise those would are considered moderately to highly socially isolated were more likely that those not isolated to have said they have problems paying their bills (19%)