



**Understanding the Needs of
Seniors in Washoe County, Nevada:
A Random Survey of
600 Seniors Age 60+**

August 2013



**Conducted By
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Understanding the Needs of Seniors in Washoe County

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Objectives & Methodology

Objectives

Washoe County Senior Services is currently developing the “Washoe County Aging Services Master Plan,” which is an update to the 2006 strategic plan. As one phase of a multi-phase planning process, the Senior Services department requested a random survey of 600 Washoe County citizens age 60 and older in order to better understand their challenges and needs.

The primary objectives of the survey were to:

- Identify housing issues for Washoe County seniors including the percentage who live alone, who are housebound, who reside in specialty housing, who are challenged by housing-related costs, and who are concerned about remaining in their own homes as they age,
- Identify the overall health status of Washoe County seniors including the percentage who have problems with daily functioning, who need assistance with activities of daily living, who have not received basic medical care due to cost, and who are frail,
- Identify the overall engagement of Washoe County seniors including the percentage who regularly participate in a variety of social and physical activities, who volunteer, and who are socially isolated,
- Identify the percentage of Washoe County seniors who care for another adult in their household and who either need assistance and/or have major debt related to caregiving,
- Identify Washoe County seniors' level of awareness and use of 12 different senior services (e.g., home delivered meals), and identify what problems, if any, seniors may have had when using those services,
- Identify if there are significant differences among sub-groups of Washoe County seniors based on: (1) age group, (2) gender, (3) annual household income, (4) race/ethnicity, (5) marital status, (6) self-reported health status, (7) living alone, (8) caregiver status, and (9) geographic area.

Methodology

A total of 600 citizens were interviewed by telephone for the 2013 Washoe County Senior Needs Assessment. The sample was derived from a random digit dialing (RDD) methodology within the designated 775 area code rather than from a listed sample or voter-based sample, so that it included both unlisted numbers and phone numbers for seniors who are not registered to vote.

The random distribution of respondents in terms of age group, gender, race/ethnicity, and geographic area was roughly proportionate to the 2013 County population as a whole, as shown below.

	Proportion in County – Age 60+	Proportion in Survey – Age 60+
Age Group – 60 to 69	57%	51%
Age Group – 70 to 79	29%	34%
Age Group – 80 and older	14%	15%
Gender – Male	47%	40%
Gender – Female	53%	60%
Race/Ethnicity – White (non-Hispanic)	85%	88%
Race/Ethnicity – Minority	15%	12%
Geographic Area* – Sun Valley, North Valleys	16%	16%
Geographic Area – North, Northwest Reno	20%	18%
Geographic Area – Central Reno	21%	21%
Geographic Area – South Reno, Washoe Valley	13%	16%
Geographic Area – Central, East Sparks	16%	15%
Geographic Area – Spanish Springs, Pyramid	12%	12%
Geographic Area – Incline Village, Crystal Bay	2%	1%

Source for age, gender, and race/ethnicity: Nevada State Demographer, 2013 projections for age 60+.

Source for geographic area: United States Census Bureau, 2010 Zip Code data; see page 51 for zip codes in each area.

The study was in the field for 18 days from August 14 to 31, 2013. Telephone interviews took, on average, 12 minutes each to complete. Interviews were conducted by NSON, a research partner of InfoSearch International. The study was conducted in English; just 2% of all usable numbers were ineligible due to a language barrier. The overall response rate of eligible, qualified respondents who completed the survey was 31%.

The study was designed as a general community study and did not attempt to include the hardest-to-reach seniors, such as those who were exceptionally frail, in an institutional setting, or without a telephone. Additionally, the findings were based on self-report and some respondents may have elected to not disclose that they had certain problems and/or needed assistance.

The confidence interval for the general community study of seniors was $\pm 4.0\%$; this range of variability was calculated at the standard 95% confidence level. Additionally, this report references certain segments of the sample population for comparative purposes; however, the sample size of the sub-groups does not carry the same confidence interval as the overall data.

Totals, in both the tables and the text, may be affected by rounding (generally $\pm 1\%$). The Detailed Findings section focuses on two demographics: age group and gender. Tables for additional demographics are presented in the supplemental Tables Report. Percentages that round down to zero in the Tables Report, but are not actually zero, are shown as $<1\%$ in this report. Unless otherwise specified, only statistically significant findings are included in the text.

Executive Summary

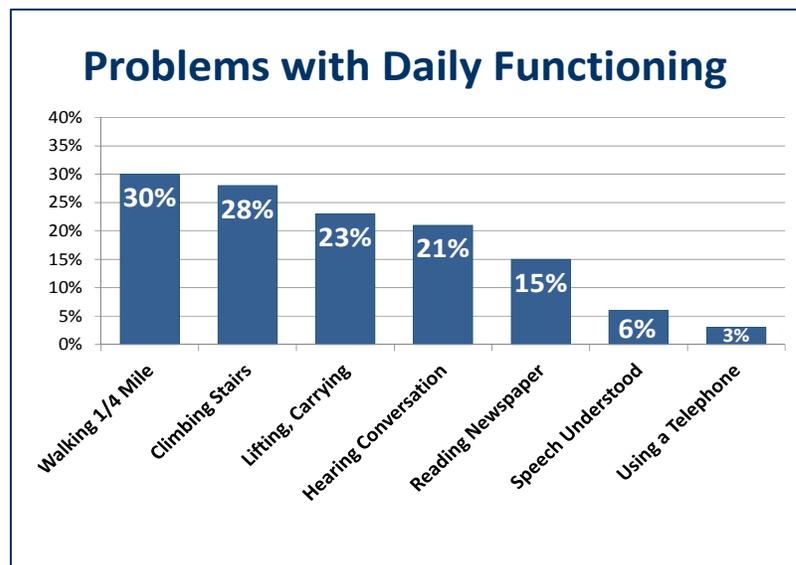
Key Findings

Housing

- **Household Size:** One out of three respondents (34%) lived alone, while half (50%) lived with one other person, and 15% lived with two or more other people. Older seniors and women were more likely to 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.
- **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, and 4% had gone without heating, cooling, and/or water in the prior year because they could not afford it.
- **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.

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.
- **Problems with Daily Functioning:** More respondents had problems with physical activities such as walking a quarter mile (30%), climbing a flight of stairs without resting (28%), and/or lifting or carrying objects as heavy as a bag of groceries (23%) than they did with communication activities such as hearing a normal conversation even with a hearing aid (21%), reading a newspaper even with glasses (15%), having their speech understood by others (6%), and/or using a telephone (3%). Overall, 45% did not have problems with any of these seven activities, 34% had problems with one or two, and 21% had problems with three or more.

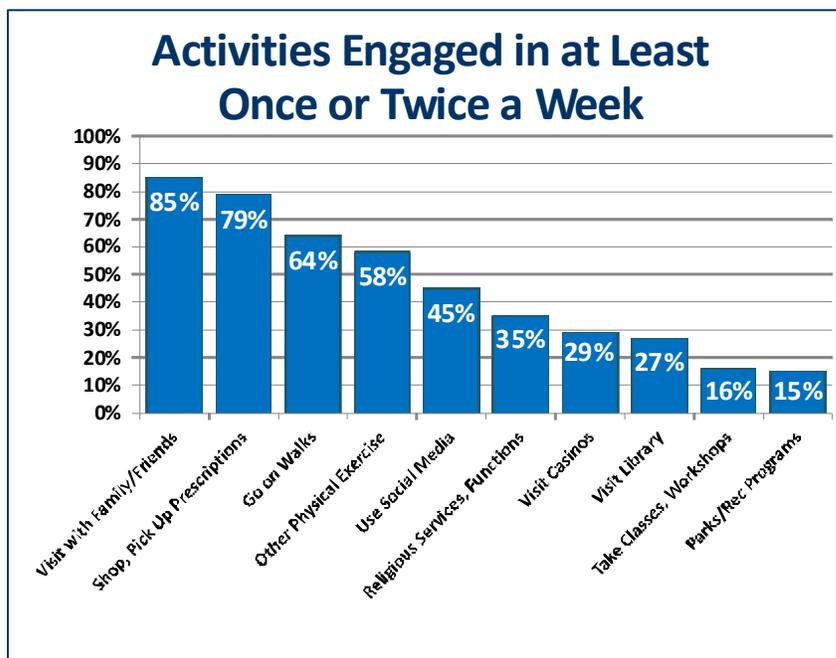


- **Need Assistance with Activities of Daily Living:** Very few respondents needed assistance with the activities of daily living. Only 4% needed assistance with grooming, 3% needed assistance with getting out of bed, 2% needed assistance with bathing, taking medications, dressing, and/or eating, while 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.
- **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. Among respondents age 60-64 (who are generally ineligible for Medicare), 19% did not have medical insurance.
- **Additional Health-Related Factors:** Overall, 84% of respondents took at least one prescription and 59% took three or more. One out of ten (10%) 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, 15% experienced periods of depression, and 5% did not eat at least twice a day on average.
- **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. Older seniors and seniors with lower incomes tended to be more frail.

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.



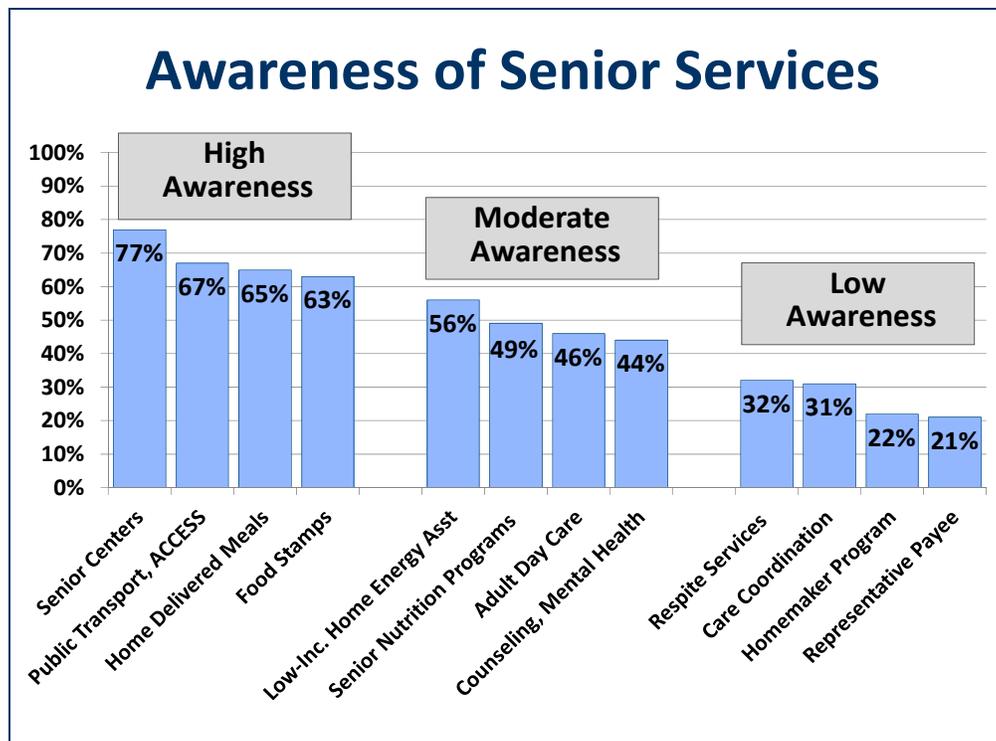
- **Volunteering:** Overall, 44% of respondents said they volunteer including 24% who volunteer at least monthly.
- **Social Isolation:** Based on a composite score of overall social isolation (as described on page 34), 29% of respondents were not socially isolated, 46% had minimal social isolation, and 25% had moderate to high degrees of social isolation. Older seniors, unmarried seniors, and seniors with lower incomes tended to have higher social isolation scores.

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.
- **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 younger seniors.



- **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.

Summary of Key Differences by Groups

NOTE: The Detailed Findings section of this report shows the percentages by age group and gender, while the supplemental Tables Report contains the percentages by household income, race/ethnicity, marital status, self-reported health status, living alone, caregiver status, and geographic area. All differences mentioned are statistically significant.

Age Group

- **Younger seniors** were more likely than were older seniors to:
 - Drive themselves,
 - Report that they did not seek medical care and/or did not take some or all of their medications in the prior year due to cost,
 - Have experienced depression that lasted longer than one week in the prior year,
 - Go on walks, participate in other forms of exercise, and/or communicate on social media, and
 - Be aware of 7 senior services: Home delivered meals, senior nutrition programs, food stamps, senior centers, public transportation for seniors, counseling/ mental health services, and low-income home energy assistance.
- **Older seniors** were more likely than were younger seniors to:
 - Live alone,
 - Have problems hearing, lifting/carrying heavy objects, climbing stairs, and/or walking a quarter mile,
 - Need assistance with bathing and/or grooming,
 - Have been seen by a physician,
 - Have had their hearing checked in the prior year,
 - Take more prescriptions,
 - Have devices in their homes to help prevent falls,
 - Attend religious services/functions,
 - Be frail, and
 - Be socially isolated.

Gender

- **Males seniors** were more likely than were female seniors to:
 - Leave their homes more often and drive themselves, and
 - Go on walks and/or go to casinos.
- **Female seniors** were more likely than were male seniors to:
 - Live alone,
 - Be concerned about being able to stay in their homes as they age,
 - Have problems with lifting/carrying heavy objects, climbing stairs, and/or walking a quarter mile,
 - Have gone without taking some or all medications due to cost,
 - Have experienced depression that lasted longer than one week in the prior year,
 - Have devices in their homes to help prevent falls (but were not more likely to have fallen),
 - Attend religious services, attend classes/workshops, and/or communicate on social media,
 - Have used senior centers, and
 - Be aware of adult day care, counseling/mental health services, and low-income home energy assistance.

Annual Household Income

- **Seniors with an income less than \$30,000** were more likely than were higher-income seniors to:
 - Live alone,
 - Live in a senior living apartment or in low-income senior housing,
 - Report that their rent/house payment was more than 30-percent of their monthly income,
 - Have gone without heating, cooling, and/or water in their home because they could not afford it,
 - Be concerned about being able to stay in their own home as they age,
 - Have problems lifting/carrying heavy objects, climbing stairs, and/or walking a quarter mile,
 - Have problems with reading a newspaper, hearing a normal conversation, having their speech being understood, and/or using a telephone,
 - Need assistance with bathing, grooming, and/or getting out of bed,
 - Report that they did not seek medical care and/or have gone without some or all of their medications because they could not afford it,
 - Have experienced periods of depression that lasted longer than one week in the prior year,
 - Have fallen in the prior year,
 - Be frail,
 - Be socially isolated, and
 - Have used senior services such as home delivered meals, senior nutrition programs, food stamps, senior centers, public transportation, and low-income home energy assistance.
- **Seniors with an income of \$30,000 or more** were more likely than were low-income seniors to:
 - Leave their homes more often and drive themselves,
 - Describe themselves as being in excellent health relative to others their same age,
 - Have medical insurance, if age 60-64,
 - Have seen a dentist and/or had their vision checked in the prior year,
 - Eat, on average, at least twice a day,
 - Go on walks, do a form of exercise other than walking, take classes/workshops, go shopping, and/or communicate on social media, and
 - Volunteer.

Race/Ethnicity

- **White (Non-Hispanic) seniors** were more likely than were minority seniors to:
 - Leave their homes more often and drive themselves, and
 - Visit with family or friends,
- **Minority seniors** were more likely than were white (non-Hispanic) seniors to:
 - Live in a senior living apartment or in low-income senior housing,
 - Have gone without heating, cooling, and/or water in their home because they could not afford it,
 - Need assistance with grooming,
 - Participate in parks and recreation programs, and
 - Have major debt due to caregiving, if a caregiver.

NOTE: Minority respondents were less likely than white respondents to be aware of senior centers, but were more likely to have used senior centers if aware of them.

Marital Status

- **Married seniors** were more likely than were unmarried seniors to:
 - Leave their homes more often and drive themselves,
 - Describe themselves as being in excellent health relative to others their same age,
 - Have seen a dentist in the prior year,
 - Eat, on average, at least twice a day,
 - Go on walks, do another form of physical exercise, and/or volunteer,
 - Be a caregiver to another adult in their household.
- **Unmarried seniors** were more likely than were married seniors to:
 - Live alone (69% of unmarried seniors in this study lived alone),
 - Live in a senior living apartment or in low-income senior housing,
 - Report that their rent/house payment was more than 30-percent of their monthly income,
 - Be concerned about being able to stay in their own home as they age,
 - Have problems lifting/carrying heavy objects, climbing stairs, and/or walking a quarter mile,
 - Have experienced periods of depression that lasted longer than one week in the prior year,
 - Have not sought medical care and/or have not taken some or all medications due to cost,
 - Be frail,
 - Be socially isolated,
 - Need assistance, if a caregiver, with emotional care and respite care, and
 - Have used food stamps, senior centers, public transport for seniors, and/or the low-income home energy assistance program.

Self-Reported Health Status

- **Seniors in excellent health** were more likely than were those in fair/poor health to:
 - Leave their homes more often and drive themselves,
 - Have seen a dentist in the prior year,
 - Eat, on average, at least twice a day,
 - Visit with family or friends, go on walks, do another form of physical exercise, take classes/workshops, visit the library, communicate on social media, and/or volunteer,
 - Be aware of respite services and/or care coordination/case management, and
 - Be employed.
- **Seniors in fair/poor health** were more likely than were those in excellent health to:
 - Live in a senior living apartment or in low-income senior housing,
 - Report that their rent/house payment was more than 30-percent of their monthly income,
 - Be concerned about being able to stay in their homes as they age,
 - Have reported that they or their spouse/partner stayed in a nursing home in the prior 2 years,
 - Have problems with reading, hearing, lifting/carrying, climbing stairs, and/or walking a quarter mile,
 - Need assistance with bathing, grooming, eating, getting out of bed, and/or taking medications,
 - Take more prescriptions,
 - Have not sought medical care and/or have not taken some/all medications due to cost,
 - Have had periods of depression that lasted longer than one week in the prior year,
 - Have devices to help prevent falls and to have fallen,
 - Be frail (included in the definition) and/or be socially isolated,
 - Need assistance, if a caregiver, with emotional care, and
 - Have used food stamps, senior centers, public transport, and/or low-income home energy assistance.

Live Alone

- *Seniors who **live alone*** were more likely than were those who live with others to:
 - Live in a senior living apartment or in low-income senior housing,
 - Report that their rent/house payment was more than 30-percent of their monthly income,
 - Be concerned about being able to stay in their own home as they age,
 - Have problems with hearing, lifting/carrying, climbing stairs, walking a quarter mile, and/or having their speech understood,
 - Have had periods of depression that lasted longer than one week in the prior year,
 - Be frail,
 - Be socially isolated (included in the definition), and
 - Have used food stamps, senior centers, public transport, and/or low-income energy assistance.
- *Seniors who **live with others*** were more likely than were those who live alone to:
 - Leave their home more often and drive themselves,
 - Have seen a dentist in the prior year,
 - Eat, on average, at least twice a day,
 - Do a form of exercise other than walking and/or volunteer,
 - Be caregivers and be aware of the care coordination/case management program.

Caregiver Status

- *Seniors who were **caregivers*** were more likely than were those who were not caregivers to:
 - Report that their rent/house payment was more than 30-percent of their monthly income,
 - Have gone without heating, cooling, and/or water in their home because they could not afford it,
 - Have had a spouse/partner who stayed in a nursing home in the prior two years,
 - Have gone without some or all of their medications because they could not afford it,
 - Have devices to help prevent falls and to have fallen (perhaps while caring for another person),
 - Shop or pick up prescriptions at least once or twice a week,
 - Be aware of the care coordination/case management service, and
 - Be married.
- *Seniors who were **not caregivers*** were more likely than were caregivers to:
 - Live alone, and
 - Have medical insurance, if age 60-64.

Geographic Area *(Excludes Incline Village/Crystal Bay with 8 respondents; examples given)*

- Of the 6 geographic areas studied, respondents from North/Northwest Reno were the most likely to live alone; those from Sun Valley/North Valleys were the least likely.
- Respondents from Central Reno were the most likely to have left their homes in the prior week; those from Sun Valley/North Valleys were the least likely.
- Respondents from North/Northwest Reno were the most likely to live in a senior living apartment or in low-income senior housing; those from Spanish Springs/Pyramid were the least likely.
- Respondents from South Reno/Washoe Valley were the most likely to describe their health as excellent; those from Central/East Sparks were the least likely.
- Respondents from South Reno/Washoe Valley were the most likely to go on walks once or twice a week; those from Sun Valley/North Valleys were the least likely.
- Respondents from Central/East Sparks were the most likely to have used food stamps; those from Spanish Springs/Pyramid were the least likely.

Detailed Findings

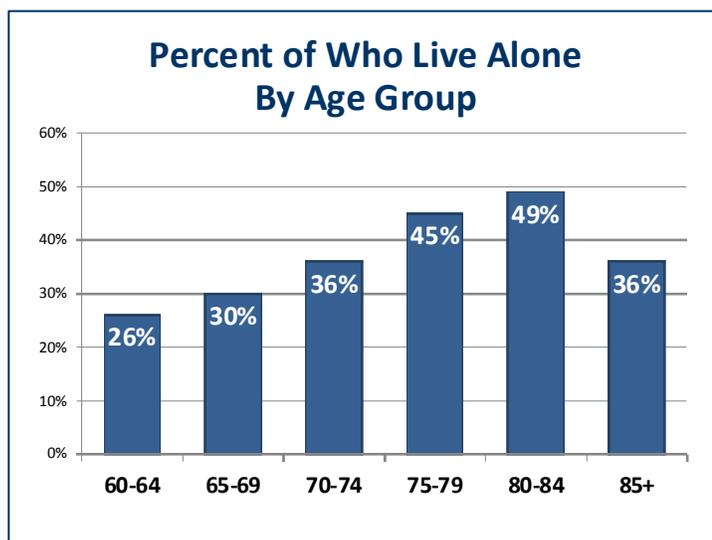
HOUSING

Number of People in Household

How many people, including yourself, live in your home?

Number of People in Household	TOTAL (n=597)	AGE GROUP			GENDER	
		60-69 (n=305)	70-79 (n=203)	80+ (n=89)	Male (n=238)	Female (n=359)
1 (Live alone)	34%	28%	39%	44%	27%	39%
2	50%	53%	49%	42%	58%	45%
3	9%	10%	8%	11%	7%	11%
4 or More	6%	9%	3%	3%	8%	6%

- One out of three respondents (34%) reported that they live alone, while half (50%) reported two people in the household, 9% reported three people, and 6% said that four or more people live in the household.
- The highest number of people in the household was seven, which was mentioned by three respondents.
- Older seniors were significantly more likely to live alone; 44% of respondents age 80 or older lived alone compared to 28% of those age 60-69.
- By more specific age sub-groups, the percentage who lived alone increased steadily up until age 80-84, at which point half (49%) lived alone; however, at age 85 or older, the percentage who lived alone dropped to just 36%, as shown in the chart at the right.
- Two out of five women (39%) lived alone compared to about one out of four men (27%).
- Low-income seniors and/or unmarried seniors were more likely to live alone.



Being Housebound

How many times did you leave your home in the past week? (*Open-ended*)

Number of Times Left Home in Prior Week	TOTAL (n=588)	AGE GROUP			GENDER	
		60-69 (n=300)	70-79 (n=199)	80+ (n=89)	Male (n=235)	Female (n=353)
0 (<i>Did Not Leave</i>)	4%	4%	4%	6%	2%	6%
1-6 (<i>Some but Less than Daily</i>)	45%	41%	46%	57%	36%	51%
7 or More (<i>Average Daily or More</i>)	51%	55%	50%	37%	62%	43%
<i>Means</i>	7.1	7.6	6.7	6.5	8.2	6.3

- The majority of respondents (96%) left their homes in the prior week, only 4% did not. Additionally, 45% left one to six times (less than daily), while 51% left seven or more times (on average, daily or more).
- In general, as respondents aged, nearly all still left their homes; the differences by age were not statistically significant.
- Additionally, 62% of men left their homes seven or more times in the prior week compared to 43% of women.

Do you drive yourself to where you want or need to go?

Drive Yourself	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	86%	88%	91%	67%	90%	83%
No	14%	12%	9%	33%	10%	17%

- Overall, 86% of respondents reported that they drive, while 14% do not.
- One out of three respondents age 80 or older did not drive (33%) compared to about one out of ten respondents younger than 80 (12% age 60-69; 9% age 70-79).
- One out of ten men (10%) did not drive compared to one out of six women (17%).
- Nearly all respondents (98%) who were able to drive left their homes in the prior week, and over half (56%) of them left seven or more times. By contrast, 83% of respondents who did not drive nonetheless left their homes in the prior week, although just one out of five (20%) left seven or more times.
- One out of five seniors (20%) who lived alone did not drive, compared to just 11% of those who lived with others.

Special Types of Senior Housing

Do you live in a senior living apartment or in low-income senior housing?

Live in Senior Living Apartment or Low-Income Senior Housing	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	6%	5%	8%	8%	4%	8%
No	94%	95%	92%	92%	96%	93%

- Overall, 6% of respondents reported that they live in either a senior living apartment or low-income senior housing.
- Low-income respondents, minorities, unmarried respondents, those in fair or poor health, and those who lived alone were more likely to live in senior living apartments or in low-income senior housing.

Do you live in an assisted living facility?

Live in Assisted Living Facility	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=202)	80+ (n=90)	Male (n=240)	Female (n=359)
Yes	1%	1%	<1%	1%	1%	1%
No	99%	99%	100%	99%	99%	99%

- Additionally, 1% (four respondents) reported that they live in an assisted living facility.
- Two of these four respondents had also indicated in the prior question that they live in either a senior living apartment or low-income senior housing.

Cost Issues Related to Housing

Does your rent or house payment cost more than 30-percent of your monthly income?

Rent or House Payment Costs > 30% of Monthly Income	TOTAL (n=554)	AGE GROUP			GENDER	
		60-69 (n=287)	70-79 (n=188)	80+ (n=79)	Male (n=230)	Female (n=324)
Yes	26%	28%	25%	22%	22%	29%
No	74%	72%	75%	78%	78%	71%

- One out of four respondents (26%) indicated that their rent or house payment costs more than 30-percent of their monthly income.
- Nearly half (44%) of those with household incomes less than \$30,000 reported that their rent or house payment cost more than 30-percent of their monthly income compared to 26% with an income of \$30,000-\$49,999 and just 8% of those with an income of \$50,000 or more.
- One-third (32%) of those who live alone reported that their rent or house payment cost more than 30-percent of their monthly income, compared to 23% of those who lived with others.

In the past year, have you gone without heating, cooling, and/or water because you could not afford it?

Went Without Heating, Cooling, and/or Water Because Could Not Afford It	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=203)	80+ (n=90)	Male (n=239)	Female (n=360)
Yes	4%	5%	2%	2%	4%	3%
No	96%	95%	98%	98%	96%	97%

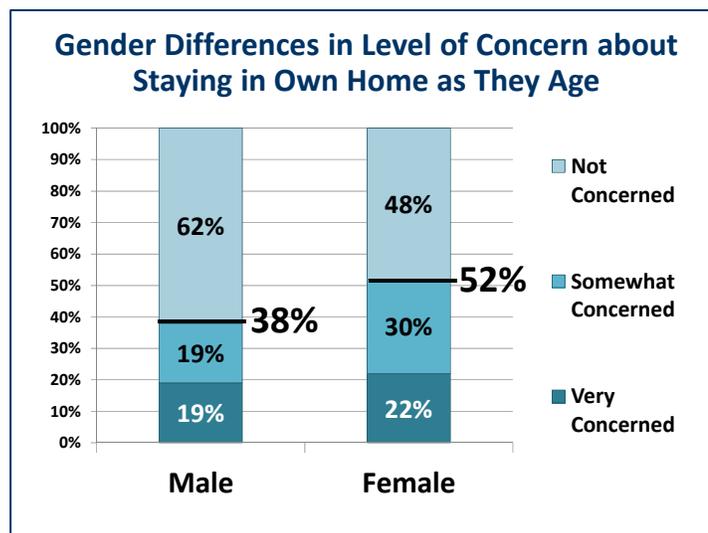
- One out of 25 respondents (4%) indicated that they had gone without heating, cooling, and/or water because they could not afford it.
- In combination:
 - 2% reported that their rent or house payment cost more than 30-percent of their monthly income and that they had gone without heating, cooling, and/or water because they could not afford it.
 - 24% reported that their rent or house payment cost more than 30-percent of their monthly income, but they had not gone without heating, cooling, and/or water because they could not afford it.
 - 1% reported that their rent or house payment was not more than 30-percent of their monthly income, but that they had gone without heating, cooling, and/or water because they could not afford it.
 - 73% said “no” to both items.

Concern about Staying in Own Home

How concerned are you about being able to stay in your own home as you age?

Concern Level about Staying in Own Home	TOTAL (n=597)	AGE GROUP			GENDER	
		60-69 (n=305)	70-79 (n=202)	80+ (n=90)	Male (n=239)	Female (n=358)
Very Concerned	21%	22%	20%	20%	19%	22%
Somewhat Concerned	26%	26%	26%	23%	19%	30%
Not Concerned	53%	51%	54%	57%	62%	48%

- One out of five respondents (21%) reported that they were very concerned about being able to stay in their own home as they aged, while another one out of four (26%) were somewhat concerned, and over half (53%) were not concerned.
- Additionally, half the women (52%) were either very or somewhat concerned about being able to stay in their homes compared to just 38% of the men.
- Low-income respondents and those in fair or poor health were more concerned about being able to stay in their own home as they age.



Have you, or your spouse/partner, stayed in a nursing home in the past two years?

Self/Spouse Stayed in Nursing Home in Prior Two Years	TOTAL (n=598)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=202)	80+ (n=89)	Male (n=240)	Female (n=358)
Yes	3%	2%	4%	6%	3%	3%
No	97%	98%	96%	94%	97%	97%

- Overall, 3% (or 20 respondents) reported that either they or their spouse/partner had stayed in a nursing home in the prior two years.
- Additionally, 15 of these 20 respondents (75%) with recent nursing home experience were either very or somewhat concerned about being able to stay in their own homes as the age compared to 46% of the rest of the respondents.

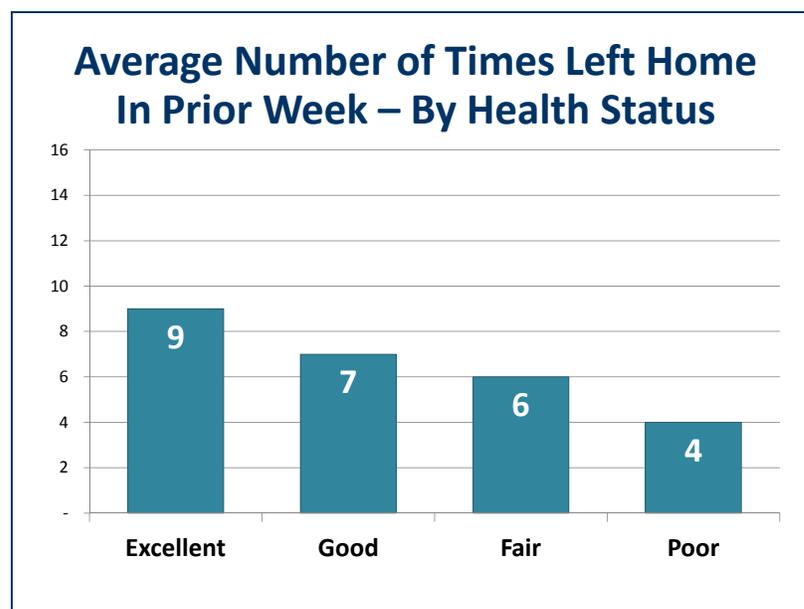
HEALTH AND FRAILTY

Self-Reported Health Status

Compared to others your same age, would you say that your health is excellent, good, fair, or poor?

Self-Reported Health Status	TOTAL (n=597)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=203)	80+ (n=88)	Male (n=239)	Female (n=358)
Excellent	34%	34%	35%	33%	37%	32%
Good	40%	41%	40%	40%	39%	41%
Fair	18%	17%	19%	18%	15%	20%
Poor	8%	8%	6%	9%	9%	7%

- One out of three respondents (34%) reported that they were in excellent health compared to others their same age. Two out of five (40%) indicated that they were in good health. Additionally, 18% described their health as fair, and 8% said it was poor.
- The differences in health status by age group were not statistically significant, perhaps because the question asked respondents to rate their health relative to others their “same age.” (The differences in health status by gender were also not statistically significant.)
- As shown below, respondents who described themselves as being in excellent health left their homes, on average, 9 times in the prior week compared to 7 times for those in good health, 6 times for those in fair health, and just 4 times for those in poor health.



Problems with Daily Functioning

In general, do you have problems reading a newspaper, even when wearing glasses?

Problems Reading Newspaper, Even with Glasses	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=89)	Male (n=240)	Female (n=359)
Yes	15%	14%	15%	16%	12%	16%
No	85%	86%	85%	84%	88%	84%

- Overall, 15% of respondents reported having problems reading a newspaper, even when wearing glasses.

In general, do you have problems hearing during a normal conversation, even when wearing a hearing aid?

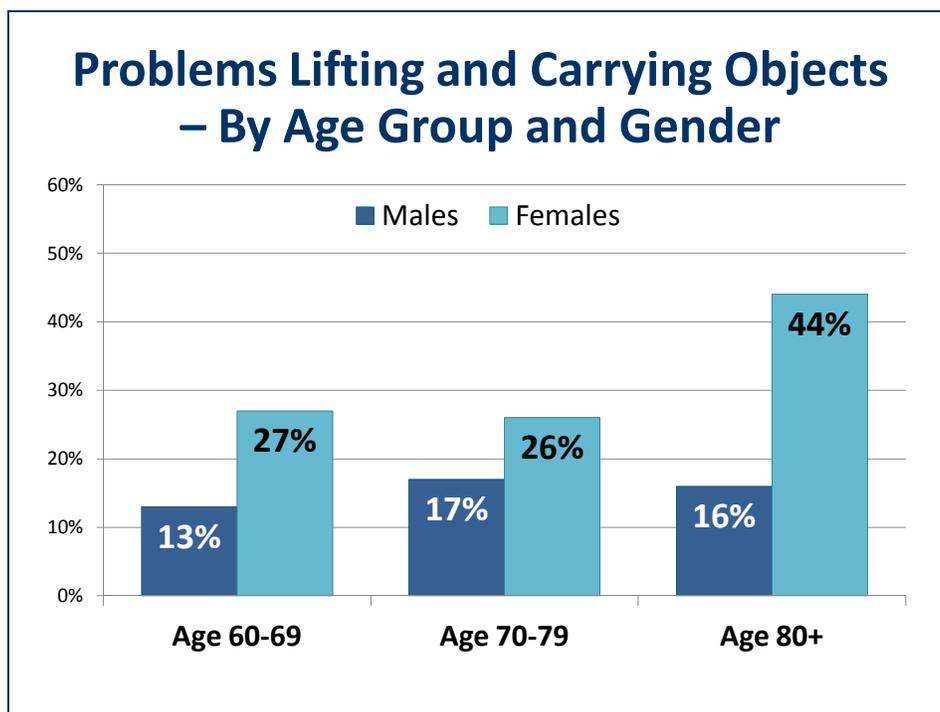
Problems Hearing, Even with Hearing Aid	TOTAL (n=598)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=202)	80+ (n=90)	Male (n=239)	Female (n=359)
Yes	21%	16%	26%	23%	23%	19%
No	79%	84%	74%	77%	77%	81%

- One out of five respondents (21%) reported having problems hearing during a normal conversation, even when wearing a hearing aid.
- One out of four respondents age 70 or older (26% age 70-79 and 23% age 80+) had problems hearing during a normal conversation compared to 16% of those age 60-69.

In general, do you have problems lifting or carrying something as heavy as a bag of groceries?

Problems Lifting, Carrying Items as Heavy as a Bag of Groceries	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=89)	Male (n=240)	Female (n=359)
Yes	23%	21%	23%	33%	15%	29%
No	77%	79%	77%	67%	85%	71%

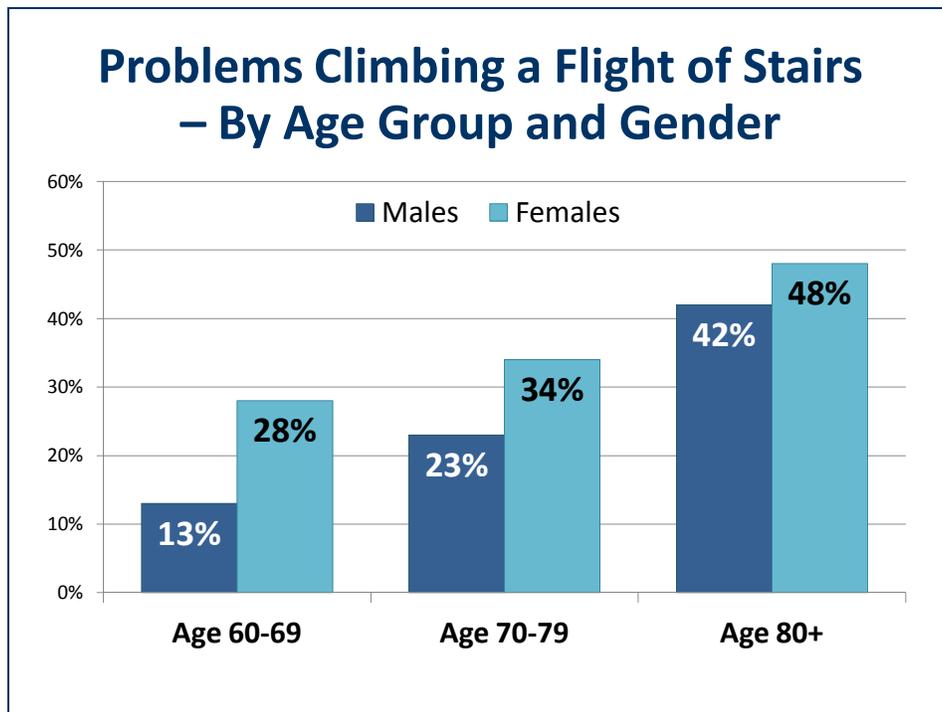
- Nearly one out of four respondents (23%) reported having problems lifting or carrying something as heavy as a bag of groceries.
- One out of three (33%) of respondents age 80+ had problems lifting or carrying objects compared to one out of five (21%) of those age 60-69.
- More women (29%) than men (15%) had problems lifting or carrying objects as heavy as a bag of groceries.
- Men’s ability to lift and carry objects did not vary significantly by age, while women’s ability did. More specifically, 44% of women age 80+ had problems with lifting and carrying objects as heavy as a bag of groceries compared to about one out of four women age 60-69 (27%) and age 70-79 (26%).



In general, do you have problems climbing a flight of stairs without resting?

Problems Climbing a Flight of Stairs w/o Rest	TOTAL (n=593)	AGE GROUP			GENDER	
		60-69 (n=304)	70-79 (n=201)	80+ (n=88)	Male (n=235)	Female (n=358)
Yes	28%	22%	30%	45%	20%	33%
No	72%	78%	70%	55%	80%	67%

- Over one out of four respondents (28%) reported having problems climbing a flight of stairs without resting.
- Nearly half (45%) of the respondents age 80+ had problems climbing a flight of stairs without resting compared to 30% of those age 70-79, and just 22% of those age 60-69.
- One out of three women (33%) had problems climbing a flight of stairs without resting compared to one out of five men (20%).
- Difficulty climbing stairs increased with age for both males and females, as shown below.



In general, do you have problems walking a quarter of a mile or about three blocks?

Problems Walking a Quarter Mile	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=89)	Male (n=240)	Female (n=359)
Yes	30%	25%	33%	38%	25%	33%
No	70%	75%	67%	62%	75%	67%

- Three out of ten respondents (30%) reported having problems walking a quarter mile or about three blocks.
- Additionally, 38% of the respondents age 80+ had problems walking a quarter mile compared to 25% of those age 60-69.
- One out of three women (33%) had problems walking a quarter mile compared to one out of four men (25%).

In general, do you have problems having your speech understood by others?

Problems Having Speech Understood	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	6%	5%	7%	10%	8%	5%
No	94%	95%	93%	90%	93%	95%

- Only 6% of respondents reported having problems regarding their speech being understood by others.
- *People with speech problems are generally unlikely to participate in a telephone survey, so this figure may be low.*

In general, do you have problems using a telephone?

Problems Using a Telephone	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	3%	1%	3%	7%	3%	2%
No	97%	99%	97%	93%	97%	98%

- Only 3% of respondents reported having problems using a telephone.
- Additionally, 7% of respondents age 80+ reported having problems using a telephone compared to just 1% of respondents age 60-69.
- *People with problems using the telephone are generally unlikely to participate in a telephone survey, so this figure may be low.*

Need Assistance with Activities of Daily Living

Do you need assistance with bathing?

Need Assistance with Bathing	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	2%	1%	2%	7%	2%	3%
No	98%	99%	98%	93%	98%	98%

- Just 2% (14 respondents) reported needing assistance with bathing.
- Additionally, 7% of respondents age 80+ needed assistance with bathing compared to just 1% of those age 60-69.

Do you need assistance with grooming such as shaving or taking care of your hair?

Need Assistance with Grooming	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	4%	2%	3%	10%	2%	5%
No	96%	98%	97%	90%	98%	95%

- Additionally, 4% (22 respondents) reported needing assistance with grooming, such as shaving or taking care of their hair.
- One out of ten respondents (10%) who were age 80+ needed assistance with grooming compared to just 2% of those age 60-69.

Do you need assistance with dressing?

Need Assistance with Dressing	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	2%	1%	2%	4%	2%	2%
No	98%	99%	98%	96%	98%	98%

- Only 2% (11 respondents) reported needing assistance with dressing.

Do you need assistance with eating?

Need Assistance with Eating	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	2%	2%	1%	2%	1%	2%
No	99%	98%	99%	98%	99%	98%

- Only 2% (9 respondents) reported needing assistance with eating.

Do you need assistance with getting out of bed?

Need Assistance with Getting Out of Bed	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	3%	4%	1%	3%	2%	4%
No	97%	96%	99%	97%	98%	96%

- Overall, 3% (18 respondents) reported needing assistance with getting out of bed.

Do you need assistance with taking medications?

Need Assistance with Taking Medications	TOTAL (n=598)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=203)	80+ (n=89)	Male (n=239)	Female (n=359)
Yes	2%	2%	1%	6%	3%	2%
No	98%	98%	99%	94%	97%	98%

- Additionally, 2% (14 respondents) reported needing assistance with taking medications.

Do you need assistance with using the toilet?

Need Assistance with Using the Toilet	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	1%	1%	1%	2%	1%	1%
No	99%	99%	99%	98%	99%	99%

- Only 1% (6 respondents) reported needing assistance with using the toilet.

Health Care

In the past year, have you seen a primary care physician?

Seen Primary Care Physician in Prior Year	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	90%	87%	93%	92%	90%	90%
No	10%	13%	7%	8%	10%	10%

- Overall, 90% of respondents – 90% of men as well as 90% of women – had seen a primary care physician in the prior year.
- Respondents in the age 60-64 sub-group (generally pre-Medicare) were less likely to have seen a physician (83%) than were respondents who were age 65-69 (91%), 70-70 (93%), or 80+ (92%).

In the past year, have you seen a dentist?

Seen Dentist in Prior Year	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	63%	65%	65%	52%	63%	64%
No	37%	35%	35%	48%	38%	36%

- Nearly two out of three respondents (63%) had seen a dentist in the prior year.
- Low-income respondents, those who were not married, and/or those who lived alone were less likely to have seen a dentist in the prior year.

In the past year, have you had your vision checked?

Had Vision Checked in Prior Year	TOTAL (n=598)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=202)	80+ (n=90)	Male (n=239)	Female (n=359)
Yes	63%	60%	66%	66%	62%	63%
No	37%	40%	34%	34%	38%	37%

- Nearly two out of three respondents (63%) had their vision checked in the prior year.
- Respondents who had problems reading a newspaper were not significantly more likely to have had their vision checked (64%) than were those who did not have problems reading a newspaper (62%).

In the past year, have you had your hearing checked?

Had Hearing Checked In Prior Year	TOTAL (n=597)	AGE GROUP			GENDER	
		60-69 (n=304)	70-79 (n=203)	80+ (n=90)	Male (n=239)	Female (n=358)
Yes	21%	17%	22%	32%	24%	19%
No	79%	83%	78%	68%	76%	81%

- One out of five respondents (21%) had their hearing checked in the prior year.
- One out of three respondents (32%) age 80+ had their hearing checked compared to one out of six respondents (17%) age 60-69.
- Respondents who had problems hearing during a normal conversation were not significantly more likely to have had their hearing checked (24%) than were those who did not have problems hearing during a normal conversation (20%).

In the past year, did you not seek medical care because of cost?

Did Not Seek Medical Care Because of Cost	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	11%	14%	9%	7%	10%	12%
No	89%	86%	91%	93%	90%	88%

- One out of nine respondents (11%) did not seek medical care in the prior year due to cost.
- Additionally, 14% of respondents age 60-69 did not seek medical care due to cost; this was driven by the age 60-64 sub-group (19%) more than the 65-69 sub-group (11%).
- Moreover, 23% of respondents with a household income less than \$30,000 did not seek medical care because of cost, compared to just 5% of those with an income of \$30,000 or more.

Do you have medical insurance? (Asked only if age 60-64)?

Have Medical Insurance If Age 60-64	TOTAL (n=135)	AGE GROUP			GENDER	
		60-69 (n=135)	70-79 (n=0)	80+ (n=0)	Male (n=64)	Female (n=71)
Yes	81%	81%	n/a	n/a	80%	83%
No	19%	19%	n/a	n/a	20%	17%

- Among respondents age 60-64, 81% had health insurance and 19% did not. (The question was not asked of older respondents because they are generally eligible for Medicare.)

Additional Health-Related Factors

In the past month, how many different prescriptions have you taken?

Number of Prescriptions Taken in Past Month	TOTAL (n=594)	AGE GROUP			GENDER	
		60-69 (n=304)	70-79 (n=202)	80+ (n=88)	Male (n=236)	Female (n=358)
Zero (none)	16%	22%	10%	11%	22%	13%
1-2	25%	27%	26%	14%	23%	26%
3-4	24%	21%	27%	31%	22%	26%
5-7	19%	16%	21%	25%	15%	22%
8-10	9%	8%	11%	10%	11%	9%
11+	6%	6%	4%	9%	8%	4%
<i>Mean</i>	4.0	<i>3.6</i>	<i>4.1</i>	<i>4.9</i>	<i>3.9</i>	<i>4.0</i>

- Overall, 16% of respondents reported that they took no prescriptions in the prior month, 25% took 1-2 prescriptions, 24% took 3-4, 19% took 5-7, and 15% took 8 or more prescriptions. The highest number given was 20 different prescriptions, mentioned by 7 respondents.
- The number of prescriptions increased with age. Half (51%) of respondents age 60-69 took three or more prescriptions compared to 64% of those age 70-79 and 75% of those age 80+. The mean number of prescriptions was 3.63 for age 60-69, compared to 4.86 for age 80+.
- More women (87%) than men (78%) took *at least one* prescription, although the means were almost identical for women (3.958) and men (3.949).

In the past year, have you gone without taking some or all of your medications because you could not afford it?

Went without Medications, Could Not Afford	TOTAL (n=596)	AGE GROUP			GENDER	
		60-69 (n=305)	70-79 (n=202)	80+ (n=89)	Male (n=237)	Female (n=359)
Yes	10%	14%	6%	7%	7%	13%
No	90%	86%	94%	93%	93%	87%

- One out of ten respondents (10%) indicated that they had gone without some or all of their medications in the prior year because they could not afford it.
- Respondents age 60-69 (15% age 60-64 and 13% age 65-69) were more likely to have gone without taking medications due to cost than were older seniors.
- More women (13%) than men (7%) went without some or all of their medications due to cost.
- Respondents who had gone without some or all of their medications averaged more prescriptions (5.3) than those who did not go without medications (3.8).

On average, do you eat at least twice a day?

Eat at Least Twice a Day	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=359)
Yes	95%	94%	97%	92%	95%	95%
No	5%	6%	3%	8%	5%	5%

- Overall, 5% (31 respondents) reported that they do not typically eat at least twice a day.
- Low-income seniors, unmarried seniors, those who lived alone, and/or those in poor health were more likely to not eat, on average, at least twice a day.

In the past year, have you had periods of depression that have lasted longer than one week?

Had Depression that Lasted More than One Week	TOTAL (n=596)	AGE GROUP			GENDER	
		60-69 (n=304)	70-79 (n=203)	80+ (n=89)	Male (n=238)	Female (n=358)
Yes	15%	19%	11%	9%	11%	17%
No	85%	81%	89%	91%	89%	83%

- Overall, 15% reported that they had periods of depression that lasted longer than one week in the prior year.
- Respondents age 60-69 were more likely to have had periods of depression (19%) than were those either age 70-79 (11%) or 80+ (9%).
- Women were more likely to report having periods of depression (17%) than were men (11%).
- Low-income seniors, unmarried seniors, those who lived alone, and/or those in poor health were more likely to have had periods of depression.

In the past year, have you fallen?

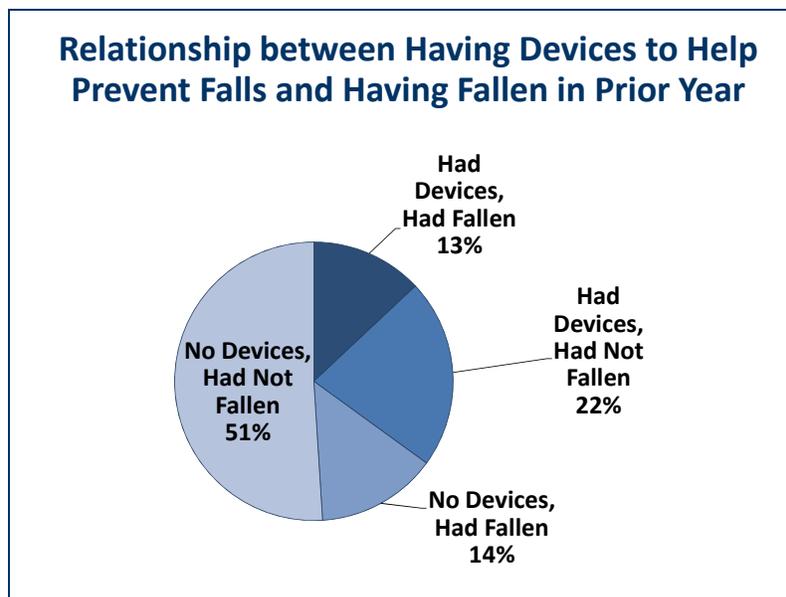
Fallen in the Past Year	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	27%	25%	26%	33%	24%	29%
No	73%	75%	74%	67%	76%	71%

- Over one out of four respondents (27%) reported that they had fallen in the prior year.
- People who had a lower household income, who were in fair or poor health, and/or who were caregivers to others were more likely to have fallen.

In your home, to help prevent falls, do you have devices like grab bars, hand rails, high toilets, or non-slip tiles?

Have Devices in Home to Help Prevent Falls	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	36%	28%	40%	51%	30%	39%
No	65%	72%	60%	49%	70%	61%

- Over one out of three respondents (36%) had devices in their homes such as grab bars, hand rails, high toilets, or non-slip tiles to help prevent falls.
- Half (51%) of respondents age 80+ had devices to help prevent falls compared to 40% of those age 70-79, and 28% of those age 60-69.
- Women (39%) were more likely than were men (30%) to have devices to help prevent falls.



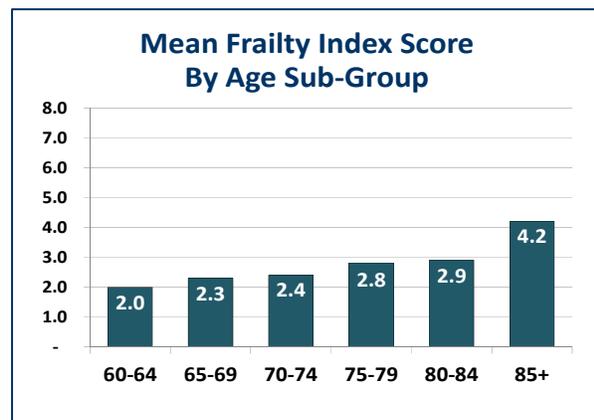
Frailty Index

Methodology: 18 Survey Items		Coding (Higher number indicates more frailty)
1.	Self-rating of overall health	Poor = 2; Fair = 1; Good or Excellent = 0
2.	Problems with: Reading a newspaper, even with glasses	Yes = 1; No = 0
3.	Problems with: Hearing during a normal conversation, even with a hearing aid	Yes = 1; No = 0
4.	Problems with: Lifting or carrying something as heavy as a bag of groceries	Yes = 1; No = 0
5.	Problems with: Climbing a flight of stairs without resting	Yes = 1; No = 0
6.	Problems with: Walking a quarter of a mile, three blocks	Yes = 1; No = 0
7.	Problems with: Having your speech understood by others	Yes = 1; No = 0
8.	Problems with: Using a telephone	Yes = 1; No = 0
9.	Need assistance with: Bathing	Yes = 1; No = 0
10.	Need assistance with: Grooming such as shaving or taking care of your hair	Yes = 1; No = 0
11.	Need assistance with: Dressing	Yes = 1; No = 0
12.	Need assistance with: Eating	Yes = 1; No = 0
13.	Need assistance with: Getting out of bed	Yes = 1; No = 0
14.	Need assistance with: Taking medications	Yes = 1; No = 0
15.	Need assistance with: Using the toilet	Yes = 1; No = 0
16.	Number of different prescriptions taken in the prior month	10+ prescriptions = 2; 5-9 prescriptions = 1; 0-4 prescriptions = 0
17.	Eat at least twice a day	No = 1; Yes = 0 (reverse coding)
18.	Have fallen in the past year	Yes = 1; No = 0

- The Frailty Index was developed as a composite score based on the ratings for 18 different attributes measured in the study, as shown in the chart above.
- The attributes were related to the self-rating for overall health; problems with daily functioning; needing assistance with activities of daily living; the number of prescriptions taken; infrequent eating; and having fallen in the prior year.
- The Frailty Index has a potential range from zero to 20. Missing data was rare and was assigned a value of zero.
- For analysis purposes, a score of zero indicated respondents were not frail, 1-3 indicated some/minimal frailty, 4-8 indicated moderate frailty, 9-14 indicated high frailty, and 15-20 indicated very high frailty.

Frailty Index Groups	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Not Frail, Index = 0	28%	36%	24%	12%	30%	26%
Some/Minimal Frailty, Index = 1-3	44%	40%	47%	49%	46%	42%
Moderate Frailty, Index = 4-8	24%	20%	26%	31%	19%	26%
High Frailty, Index = 9-14	5%	5%	3%	8%	5%	5%
Very High Frailty Index = 15-20	0%	0%	0%	0%	0%	0%
<i>Mean Index Score</i>	2.5	2.2	2.6	3.4	2.3	2.6

- Overall, 28% of respondents were not frail (score of zero), 44% had some/minimal frailty (score 1-3), 24% had moderate frailty (score 4-8), and 5% had high frailty (score 9-14). The mean Frailty Index score was 2.5.
- None of the survey respondents fell into the very high frailty range (score 15-20). Seniors in this group were probably either in specialty housing (including a hospital setting) that was not reached by this survey methodology and/or too frail to take a telephone survey.
- As expected, older seniors tended to be more frail; 88% of respondents age 80+ had at least some degree of frailty (score of 1 or more) compared to 64% of those age 60-69. Additionally, 39% of respondents age 80+ had moderate to high frailty (score of 4 or more) compared to 25% of those age 60-69.
- The mean frailty index scores were 2.2 for age 60-69, 2.6 for age 70-79, and 3.4 for age 80+.
- By more specific age sub-groups, the mean frailty index scores increased steadily from 2.0 for age 60-64 to 2.9 for age 80-84, and then jumped to 4.2 for age 85+, as shown in the graph at the right.
- The differences between men and women in the Frailty Index scores were not statistically significant.
- The lower the annual household income, the higher the mean Frailty Index score:
 - Less than \$10,000 = 4.4.
 - \$10,000-\$19,999 = 3.8.
 - \$20,000-\$29,999 = 3.2.
 - \$30,000-\$49,999 = 2.3.
 - \$50,000 or More = 1.4.
 - The relationship between cause and effect is unclear in this case; a lower income may contribute to frailty and/or frailty may contribute to having a lower income. Even after controlling for age, the same pattern between income and frailty persists.



ACTIVITIES AND SOCIAL ISOLATION

Regular Activities

Do you visit in-person with family or friends at least once or twice a week?

Visit In-Person with Family or Friends	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	85%	87%	80%	86%	83%	86%
No	16%	13%	20%	14%	17%	14%

- The majority of respondents (85%) reported visiting in-person with family or friends at least once or twice a week.

Do you go on walks at least once or twice a week?

Go on Walks	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	64%	68%	63%	53%	70%	60%
No	36%	32%	37%	47%	30%	40%

- Nearly two out of three respondents (64%) reported that they go on walks at least once or twice a week.
- Younger seniors were more likely to go on walks than were older seniors, although half (53%) of respondents age 80+ still went on walks.
- Seven out of ten men (70%) went on walks once or twice a week compared to six out of ten women (60%).

Do you do another form of physical exercise at least once or twice a week?

Do Another Form of Physical Exercise	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	58%	62%	56%	48%	60%	56%
No	42%	38%	44%	52%	40%	44%

- Over half the respondents (58%) reported that they did another form of physical exercise (other than going on walks) at least once or twice a week.
- Additionally, 62% of respondents age 60-69 did another form of physical exercise at least once or twice a week compared to 48% of those age 80+.

Do you participate in parks and recreation programs at least once or twice a week?

Participate in Parks/Recreation Programs	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	15%	15%	14%	14%	13%	15%
No	86%	85%	86%	86%	87%	85%

- Overall, 15% of respondents reported that they participate in parks and recreation programs at least once or twice a week.
- Nearly one out of four minority respondents (23%) participated in parks and recreation programs, compared to 14% of white (non-Hispanic) respondents.

Do you attend religious services or functions at least once or twice a week?

Attend Religious Services or Functions	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	35%	29%	37%	50%	30%	38%
No	65%	71%	63%	50%	70%	62%

- One out of three respondents (35%) reported that they attend religious services or functions at least once or twice a week.
- Half (50%) of the respondents age 80+ attend religious services or functions at least once or twice a week compared to 37% of respondents age 70-79, and 29% of respondents age 60-69.
- Women (38%) were more likely than men (30%) to attend religious services or functions at least once or twice a week.

Do you visit casinos at least once or twice a week?

Visit Casinos	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	29%	27%	31%	29%	33%	26%
No	72%	73%	69%	71%	67%	74%

- Overall, 29% of respondents reported that they visit casinos at least once or twice a week.
- One out of three men (33%) visited casinos at least once or twice a week compared to one out of four women (26%).

Do you take classes or workshops at least once or twice a week?

Take Classes or Workshops	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	16%	19%	15%	10%	11%	20%
No	84%	81%	85%	90%	89%	80%

- One out of six respondents (16%) indicated that they attend classes or workshops at least once or twice a week.
- Women (20%) were more likely than were men (11%) to attend classes or workshops at least once or twice a week.
- Respondents in excellent or good health were more likely to attend classes or workshops than were those in fair or poor health.

Do you visit your local library at least once or twice a week?

Visit Local Library	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Yes	27%	27%	30%	21%	25%	29%
No	73%	73%	70%	79%	75%	71%

- About one out of four respondents (27%) reported that they visit their local library at least once or twice a week.

Do you shop or pick up prescriptions at least once or twice a week?

Shop or Pick Up Prescriptions	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=359)
Yes	79%	81%	81%	71%	76%	82%
No	21%	19%	19%	29%	24%	18%

- Four out of five respondents (79%) reported that they shop or pick up prescriptions at least once or twice a week.
- Nearly all caregivers (92%) shopped or picked up prescriptions once or twice a week, compared to 78% of non-caregivers.

Do you communicate on Facebook or other forms of social media at least once or twice a week?

Communicate on Facebook, Other Social Media	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=359)
Yes	45%	50%	48%	20%	40%	48%
No	55%	50%	52%	80%	60%	52%

- Nearly half (45%) of the respondents reported that they communicate on Facebook or other forms of social media at least once or twice a week.
- Half the respondents age 60-69 (50%) and age 70-79 (48%) reported that they communicate on Facebook or other social media sites compared to 20% of those age 80+.
- Women (48%) were more likely than men (40%) to communicate on Facebook or other forms of social media.
- Over half (53%) of respondents with at least \$30,000 in annual household income communicated on social media, compared to 34% of those with less than \$30,000.

Volunteering

About how often do you volunteer?

Frequency of Volunteering	TOTAL (n=597)	AGE GROUP			GENDER	
		60-69 (n=304)	70-79 (n=203)	80+ (n=90)	Male (n=239)	Female (n=358)
Never	56%	54%	52%	71%	54%	57%
Few Times a Year	21%	22%	22%	13%	24%	19%
Monthly	9%	10%	9%	1%	8%	9%
Weekly or More	15%	13%	17%	14%	14%	15%

- Overall, 56% of respondents reported that they do not volunteer, while 44% do, including 21% who volunteer a few times a year, 9% who volunteer monthly, and 15% who volunteer weekly or more.
- Respondents who lived alone and/or who were unmarried were less likely to volunteer.

Social Isolation Index

Methodology: 13 Survey Items		Coding (<i>Higher number indicates more social isolation</i>)
1.	Number of people, including yourself, who live in your home	1 person (live alone) = 2; 2 people = 1; 3 or more people = 0
2.	Number of times you left your home in the past week	0 (don't leave) = 2; 1-2 times = 1; 3 or more times = 0
3.	Drive yourself where you want or need to go	No = 1; Yes = 0 (<i>reverse coding</i>)
4.	Problems with: Hearing during a normal conversation, even with a hearing aid	Yes = 1; No = 0
5.	Problems with: Having your speech understood	Yes = 1; No = 0
6.	Problems with: Using a telephone	Yes = 1; No = 0
7.	Had periods of depression that have lasted longer than one week in past year	Yes = 1; No = 0
8.	Do at least once or twice a week: Visit in-person with family or friends	No = 1; Yes = 0 (<i>reverse coding</i>)
9.	Do at least once or twice a week: Attend religious services or functions	No = 1; Yes = 0 (<i>reverse coding</i>)
10.	Do at least once or twice a week: Communicate on Facebook/social media	No = 1; Yes = 0 (<i>reverse coding</i>)
11.	Participate in parks & rec; visit casinos; take classes/workshops; and/or visit local library	No to all = 1; Yes to 1 or more = 0 (<i>reverse coding</i>)
12.	Frequency of volunteering	Never = 2; A few times a year/Monthly = 1; Weekly or more = 0
13.	Employed	No = 1; Yes = 0 (<i>reverse coding</i>)

- A Social Isolation Index was developed as a composite score based on the ratings for 13 different attributes measured in the study, as shown in the chart above.
- The attributes were related to the number of people in the household; not being homebound; having problems with hearing, speech, or using a telephone; feeling depressed; engaging in social activities; volunteering; and employment status.
- The Social Isolation Index has a potential range from zero to 16. Missing data was rare and was assigned a value of zero.
- For analysis purposes, a score of 0-4 was considered not socially isolated, as it was understood that even socially active people would likely not participate in all the activities listed. A score of 5-7 indicated some/minimal social isolation, while a score of 8-10 indicated moderate social isolation, and 11-16 indicated high social isolation.
- The Social Isolation Index is imperfect and is provided as a general indicator. It is acknowledged that there are additional opportunities for interactions that are not measured, as well as that someone may have a lot of interactions but still feel socially isolated and/or have social challenges.

Social Isolation Index	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Not Socially Isolated, Index = 0-4	29%	33%	28%	19%	30%	29%
Some/Minimal Social Isolation, Index = 5-7	46%	48%	46%	39%	50%	43%
Moderate Social Isolation, Index = 8-10	20%	16%	22%	32%	15%	23%
High Social Isolation, Index = 11-16	5%	4%	4%	10%	5%	5%
<i>Mean Index Score</i>	6.0	5.7	6.1	6.9	5.8	6.1

- Based on the Social Isolation Index methodology, 29% of respondents were not socially isolated (score of 0-4), 46% had some/minimal social isolation (score of 5-7), 20% were in the moderate social isolation range (index 8-10), and 5% were in the high social isolation range (score 11-16). The mean social isolation score was 6.0.
 - With a potential range of 0 to 16, only one respondent had a score of zero suggesting a relatively high degree of social *interaction*. The highest social isolation score was 14, shared by two respondents.
 - Older seniors tended to be more socially isolated; 81% of respondents age 80+ had some degree of social isolation (score of 5 or more) compared to 67% of those age 60-69. Moreover, 42% of those age 80+ had moderate to high social isolation (score of 8 or more) compared to 20% of those age 60-69.
 - By specific age sub-groups, the mean social isolation index scores increased steadily from 5.5 for age 60-64 to 6.4 for age 80-84, and then jumped to 7.8 for age 85+, as shown in the graph above.
- | Age Sub-Group | Mean Score |
|---------------|------------|
| 60-64 | 5.5 |
| 65-69 | 5.7 |
| 70-74 | 6.0 |
| 75-79 | 6.2 |
| 80-84 | 6.4 |
| 85+ | 7.8 |
- The differences between men and women in Social Isolation Index scores were not statistically significant.
 - Respondents who were married had, on average, less social isolation (mean = 5.3) than did those who were single (6.8), widowed (6.8), or separated/divorced (6.9).
 - As income increased, the mean Social Isolation Index scores decreased:
 - Less than \$10,000 = 7.9.
 - \$10,000-\$19,999 = 7.0.
 - \$20,000-\$29,999 = 6.6.
 - \$30,000-\$49,999 = 5.9.
 - \$50,000 or More = 4.9.
 - Even after controlling for age, the negative correlation between income and social isolation persists; in general, as income increases, social isolation decreases.

Relationship between Frailty and Social Isolation		FRAILITY INDEX			Row Totals
		Not Frail	Some Frailty	Moderate to High Frailty	
SOCIAL ISOLATION INDEX	Not Socially Isolated	14%	13%	3%	29%
	Some Social Isolation	13%	22%	12%	46%
	Moderate to High Social Isolation	2%	9%	14%	25%
Column Totals		28%	44%	28%	100%

- The Frailty Index and Social Isolation Index had a significant and moderately-strong correlation ($r = .52$).
- Among all respondents:
 - 14% were not frail and were also not socially isolated.
 - 13% were not frail but had some social isolation.
 - 2% were not frail but had a moderate-to-high degree of social isolation.
 - 13% had some frailty but were not socially isolated.
 - 22% had some frailty and also some social isolation.
 - 9% had some frailty and a moderate-to-high degree of social isolation.
 - 3% had a moderate-to-high degree of frailty but were not socially isolated.
 - 12% had a moderate-to-high degree of frailty and some isolation.
 - 14% had a moderate-to-high degree of both frailty and social isolation.
- Based on this methodology, 86% of all respondents had *at least some degree* of either frailty and/or social isolation.
- Additionally, 39% of all respondents had *at least a moderate degree* of either frailty and/or social isolation.

CAREGIVING

Are you currently providing care to another adult in your household to help that person eat, bathe, or dress?

Caregiver to Another Adult in Household	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=202)	80+ (n=90)	Male (n=240)	Female (n=359)
Yes	9%	9%	8%	8%	6%	10%
No	91%	91%	92%	92%	94%	90%

- Overall, 9% (52 respondents) reported that they provide care to another adult in their household, such as helping that person eat, bathe, or dress.
- Additionally, 12% of respondents who were married were caregivers, compared to 5% of respondents who were not married.

As a caregiver, do you need assistance with financial support?

As a Caregiver, Need Assistance with Financial Support	TOTAL (n=51)	AGE GROUP			GENDER	
		60-69 (n=28)	70-79 (n=16)	80+ (n=7)	Male (n=15)	Female (n=36)
Yes	27%	32%	19%	29%	27%	28%
No	73%	68%	81%	71%	73%	72%

- Among those who were caregivers, 27% (14 respondents) indicated that they need assistance with financial support.

As a caregiver, do you need assistance with personal care?

As a Caregiver, Need Assistance with Personal Care	TOTAL (n=51)	AGE GROUP			GENDER	
		60-69 (n=28)	70-79 (n=16)	80+ (n=7)	Male (n=15)	Female (n=36)
Yes	12%	14%	13%	0%	13%	11%
No	88%	86%	88%	100%	87%	89%

- Overall 12% of caregivers (6 respondents) reported that they need assistance with providing personal care.

As a caregiver, do you need assistance with housekeeping?

As a Caregiver, Need Assistance with Housekeeping	TOTAL (n=52)	AGE GROUP			GENDER	
		60-69 (n=28)	70-79 (n=17)	80+ (n=7)	Male (n=15)	Female (n=37)
Yes	27%	36%	24%	0%	27%	27%
No	73%	64%	77%	100%	73%	73%

- Additionally, 27% of caregivers (14 respondents) indicated that they need assistance with housekeeping.

As a caregiver, do you need assistance with emotional care?

As a Caregiver, Need Assistance with Emotional Care	TOTAL (n=52)	AGE GROUP			GENDER	
		60-69 (n=28)	70-79 (n=17)	80+ (n=7)	Male (n=15)	Female (n=37)
Yes	29%	39%	24%	0%	33%	27%
No	71%	61%	77%	100%	67%	73%

- Overall, 29% of caregivers (15 respondents) indicated that they need assistance with emotional care.
- Caregivers who were not married and/or who were in fair/poor health were more likely to need assistance with emotional care.

As a caregiver, do you need assistance with respite care?

As a Caregiver, Need Assistance with Respite Care	TOTAL (n=47)	AGE GROUP			GENDER	
		60-69 (n=25)	70-79 (n=16)	80+ (n=6)	Male (n=15)	Female (n=32)
Yes	28%	28%	31%	17%	20%	31%
No	72%	72%	69%	83%	80%	69%

- Overall, 28% of caregivers (13 of the 47 who provided a response) indicated that they need assistance with respite care; 5 of the 52 respondents did not provide feedback, suggesting that they may not be familiar with the concept of respite care.

Do you have major debt due to caregiving?

Have Major Debt Due to Caregiving	TOTAL (n=52)	AGE GROUP			GENDER	
		60-69 (n=28)	70-79 (n=17)	80+ (n=7)	Male (n=15)	Female (n=37)
Yes	19%	21%	12%	29%	27%	16%
No	81%	79%	88%	71%	73%	84%

- Out of the 52 caregivers in the study, 10 (19%) indicated that they have major debt due to caregiving.
- In other words, 1 out of every 60 seniors in the study was a caregiver who faced major debt due to caregiving.
- Interestingly, of the 10 respondents who reported that they have major debt due to caregiving, 5 indicated that they need assistance with financial support, while the other 5 said they do not.
- Minority respondents and those who were themselves frail were more likely to have major debt due to caregiving.

AWARENESS AND USE OF SENIOR SERVICES

Food and Nutrition Programs

Are you aware of home delivered meals for seniors? If aware, have you ever used the service?

Home Delivered Meals for Seniors	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=203)	80+ (n=90)	Male (n=239)	Female (n=360)
Aware and Have Used	3%	1%	4%	4%	3%	3%
Aware but Have Not Used	62%	72%	60%	34%	61%	63%
Not Aware	35%	27%	36%	61%	37%	34%

- Overall, 3% (15 respondents) had used the home delivered meals service, while 62% were aware of the service but had not used it, and another 35% were not aware of the service.
- Older seniors were less likely to be aware of the program; 61% of respondents age 80+ were unaware of home delivered meals compared to 36% of those age 70-79, and 27% of those age 60-69.
- Lower-income respondents were more likely to have used home delivered meals.
- Of the 15 respondents who had used the home delivered meals program, just 3 indicated that they had experienced a problem:
 1. *“Didn't deliver when I wanted the meals and delivered when I didn't want the meals. Also delivered spicy food instead of non-spicy food, so I couldn't eat it.”*
 2. *“I think that the food tastes really lousy and could be better.”*
 3. *“They're not any good anymore. They just bring you a microwave dinner. I don't consider that to be adequate. They used to have a meal with a dome over it that had been cooked. Now, they just bring you a frozen TV dinner.”*

Are you aware of senior nutrition programs? If aware, have you ever used the service?

Senior Nutrition Programs	TOTAL (n=598)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=202)	80+ (n=90)	Male (n=238)	Female (n=360)
Aware and Have Used	3%	3%	2%	4%	3%	2%
Aware but Have Not Used	46%	50%	50%	27%	44%	48%
Not Aware	51%	47%	49%	69%	53%	50%

- Overall, 3% (16 respondents) had used senior nutrition programs, while 46% were aware but had not used senior nutrition programs, and half (51%) were unaware of the programs.
- Older seniors were less aware of the program. Two out of three (69%) of respondents age 80+ were unaware of senior nutrition programs compared to nearly half of those age 70-79 (49%) and age 60-69 (47%).
- Low-income respondents were more likely to have used senior nutrition programs.
- Of the 16 respondents who had used senior nutrition programs, just 2 indicated that they had experienced a problem:
 1. *“I got sick on the salads; I did report it.”*
 2. *“My issue is with the building. The heating and air conditioning don't work at all from what it seems and it gets so hot I can't breathe. And the lighting in the 9th Street Center is messed and the maintenance is not kept up.”*

Are you aware of food stamps? If aware, have you ever used the service as a senior?

Food Stamps (as a Senior)	TOTAL (n=599)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=203)	80+ (n=90)	Male (n=239)	Female (n=360)
Aware and Have Used	8%	10%	6%	2%	7%	9%
Aware but Have Not Used	55%	60%	54%	38%	53%	56%
Not Aware	37%	29%	39%	60%	40%	35%

- Overall, 8% (47 respondents) had used food stamps as seniors, while over half (55%) were aware of the program but had not used it, and 37% were not aware of the program.
- Three out of five (60%) of the respondents age 80+ were unaware of food stamps being available for seniors compared to 39% of those age 70-79, and 29% of those age 60-69.
- Additionally, low-income respondents, unmarried respondents, those in fair/poor health, and those who live alone were more likely to have used food stamps.
- Of the 47 respondents who had used food stamps as a senior, 14 indicated that they had experienced a problem:
 1. *"Delayed it for 60 days."*
 2. *"I had money on my card and couldn't use it because I changed my pin to one I could remember and it didn't change in the system. I cannot get a live person on the phone, so I gave up."*
 3. *"I only get \$16, so it would be nice to get more on my food stamps."*
 4. *"I think the amount, which is only \$18, is not enough. It was just \$10 when there were budget cutbacks."*
 5. *"I will give my paperwork in time, but they will not put it on the system and they will cut off my food stamps."*
 6. *"It is hard for me to fill out paperwork to receive help. Due to my illness my hands are numb."*
 7. *"Miscalculated amount of food monies. Too a long time to get it figured out."*
 8. *"Not much [money] when my rent went up and the food stamps went down."*
 9. *"Screw up all the time."*
 10. *"So complicated to fulfill all the requirements."*
 11. *"Suspended off of them for one year because of job changes, and they charged me for the time between jobs and giving me nothing but a hassle about the time between them."*
 12. *"They've canceled us. I need to go in and talk to them about it."*
 13. *"They always want you to run down there; fuel is too costly."*
 14. *"They don't give me enough; it's rough."*

Adult Day Care, Senior Centers, Respite Care, and Homemaker Programs

Are you aware of adult day care? If aware, have you ever used the service?

Adult Day Care	TOTAL (n=598)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=203)	80+ (n=89)	Male (n=239)	Female (n=359)
Aware and Have Used	<1%	0%	<1%	1%	<1%	<1%
Aware but Have Not Used	46%	50%	44%	38%	37%	52%
Not Aware	54%	50%	56%	61%	63%	48%

- Overall, less than 1% (2 respondents) had used the adult day care program, 46% were aware of adult day care but had not used it, and over half (54%) were unaware of adult day care.
- Men were less aware of the program; 63% of men were unaware of adult day care compared to 48% of women.
- Of the 2 respondents who had used adult day care, neither one experienced a problem with the service.

Are you aware of senior centers? If aware, have you ever used the service?

Senior Centers	TOTAL (n=598)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=202)	80+ (n=90)	Male (n=239)	Female (n=359)
Aware and Have Used	18%	15%	19%	23%	10%	23%
Aware but Have Not Used	59%	65%	61%	37%	64%	56%
Not Aware	23%	20%	20%	40%	26%	21%

- Overall, 18% (106 respondents) had used senior centers, while 59% were aware of senior centers but had not used them, and 23% were not aware of senior centers.
- More women (23%) than men (10%) had used senior centers.
- Two out of five (40%) of the respondents age 80+ were unaware of senior centers compared to one out of five (20%) of those age 60-69 and 70-79.
- Additionally, low-income respondents, unmarried respondents, those in fair/poor health, and those who live alone were more likely to have used senior centers.
- Minority respondents were less likely than were white (non-Hispanic) respondents to be aware of senior centers, but were more likely to have used senior centers if aware of them.
- Of the 106 respondents who had used senior centers, only 8 indicated that they had experienced a problem:
 1. *"I didn't like the clientele."*
 2. *"I don't like it. The people were too old."*
 3. *"It's kind of cliquish."*
 4. *"Monitor it better."*
 5. *"The food is good but the other food is not good, too fatty."*
 6. *"The people in charge of the senior center put my husband to work, so that we did not have any time to enjoy activities at the center. So, we stopped going."*
 7. *"The problem is I need help for my wife. She has Alzheimer's. I took her to the senior center to get help and had to bring her back home because I can't afford it and I need help getting my wife into a senior center. I'm on a very limited budget."*
 8. *"Very limited on what's going on."*

Are you aware of respite services? If aware, have you ever used respite services?

Respite Services	TOTAL (n=582)	AGE GROUP			GENDER	
		60-69 (n=296)	70-79 (n=198)	80+ (n=88)	Male (n=237)	Female (n=345)
Aware and Have Used	1%	1%	2%	1%	1%	1%
Aware but Have Not Used	31%	34%	29%	24%	27%	34%
Not Aware	68%	64%	69%	75%	72%	64%

- Overall, 1% (7 respondents) had used respite services, 31% were aware but had not used respite services, and two out of three respondents (68%) were not aware of the program.
- Of the 7 respondents who had used respite services, none experienced a problem with the program.

Are you aware of the homemaker program? If aware, have you ever used the homemaker program?

Homemaker Program	TOTAL (n=592)	AGE GROUP			GENDER	
		60-69 (n=305)	70-79 (n=199)	80+ (n=88)	Male (n=238)	Female (n=354)
Aware and Have Used	1%	<1%	2%	2%	<1%	2%
Aware but Have Not Used	21%	22%	22%	15%	21%	21%
Not Aware	78%	77%	76%	83%	79%	77%

- Overall, 1% (7 respondents) had used the homemaker program, 21% were aware but had not used the homemaker program, and three out of four respondents (78%) were not aware of the homemaker program.
- Of the 7 respondents who had used the homemaker program, 2 had experienced a problem:
 1. *“The person who came to clean was abusive verbally. She was reported.”*
 2. *“They were supposed to come and never did.”*

Additional Programs and Services for Seniors

Are you aware of public transportation for seniors such as ACCESS? If aware, have you ever used the service?

Public Transportation for Seniors	TOTAL (n=598)	AGE GROUP			GENDER	
		60-69 (n=305)	70-79 (n=203)	80+ (n=90)	Male (n=238)	Female (n=360)
Aware and Have Used	7%	8%	4%	11%	6%	8%
Aware but Have Not Used	60%	66%	59%	41%	58%	61%
Not Aware	33%	26%	37%	48%	36%	31%

- Overall, 7% (42 respondents) had used public transportation for seniors, while three out of five (60%) were aware of the program but had not used it, and one out of three (33%) were not aware of the program.
- Nearly half (48%) of respondents age 80+ were unaware of public transportation for seniors compared to 37% of those age 70-79, and 26% of those age 60-69.
- Additionally, low-income respondents, unmarried respondents, those in fair/poor health, and those who live alone were more likely to have used public transportation for seniors.
- Of the 42 respondents who had used public transportation for seniors, 8 indicated that they had experienced a problem:
 1. *“Getting in or out of the bus. Only the bus driver has no one else to help.”*
 2. *“Hard for the driver to find my apartment, sometimes late getting to apartment and being picked up. Have had to wait as long as 2 hours to be picked up.”*
 3. *“Have to call 24 hours ahead of time.”*
 4. *“It takes more than one bus to get to where I want to go. However, this is from the past. There are changes in place.”*
 5. *“Long wait if you are incontinent. They need more buses”.*
 6. *“One time they missed me, but they came back and got me.”*
 7. *“They need new suspensions.”*
 8. *“Times were an issue.”*

Are you aware of counseling or mental health services for seniors? If aware, have you ever used the service?

Counseling, Mental Health Services	TOTAL (n=597)	AGE GROUP			GENDER	
		60-69 (n=305)	70-79 (n=202)	80+ (n=90)	Male (n=239)	Female (n=358)
Aware and Have Used	4%	4%	5%	3%	2%	6%
Aware but Have Not Used	40%	46%	36%	28%	33%	44%
Not Aware	56%	50%	58%	69%	65%	50%

- Overall, 4% (25 respondents) had used counseling or mental health services for seniors, while 40% were aware but had not used the service, and over half (56%) were unaware of the service.
- Additionally, 69% of respondents age 80+ were unaware of counseling or mental health services for seniors compared to 58% of those age 70-79, and 50% of those age 60-69.
- Two out of three men (65%) were unaware of this service compared to half of the women (50%).
- Of the 25 respondents who had used counseling or mental health services for seniors, just 3 indicated that they had experienced a problem:
 1. *“Hard to get without insurance.”*
 2. *“I used to be married to a Psychiatrist and I had access to outstanding health care and where I'm located isn't as good.”*
 3. *“Substandard experience. Social worker had a different way of handling things compared to my daughter, who is also a social worker.”*

Are you aware of care coordination or case management for seniors? If aware, have you ever used the service?

Care Coordination, Case Management	TOTAL (n=594)	AGE GROUP			GENDER	
		60-69 (n=305)	70-79 (n=201)	80+ (n=88)	Male (n=238)	Female (n=356)
Aware and Have Used	2%	1%	3%	1%	1%	3%
Aware but Have Not Used	29%	34%	25%	22%	25%	31%
Not Aware	69%	65%	72%	77%	74%	66%

- Overall, 2% (11 respondents) had used care coordination or case management for seniors, while 29% were aware of but had not used the service, and two out of three (69%) were not aware of the service.
- Respondents who lived with others and/or those who were caregivers were more likely to be aware of the care coordination/case management program.
- Of the 11 respondents who had used care coordination or case management for seniors, just 1 indicated a problem:
 1. *“Their caseload is too big to help you. The structure of the organization is difficult for families. There aren't enough case management workers. They don't provide sufficient info.”*

Are you aware of representative payee services for money management? If aware, have you ever used the service?

Representative Payee Services	TOTAL (n=595)	AGE GROUP			GENDER	
		60-69 (n=304)	70-79 (n=202)	80+ (n=89)	Male (n=238)	Female (n=357)
Aware and Have Used	1%	1%	<1%	0%	0%	1%
Aware but Have Not Used	20%	21%	17%	21%	21%	19%
Not Aware	79%	78%	82%	79%	79%	80%

- Overall, 1% (3 respondents) had used representative payee services, 20% were aware but had not used the service, and four out of five (79%) were unaware of the service.
- Of the 3 respondents who had used representative payee services, none of them had experienced a problem.

Are you aware of low-income home energy assistance? If aware, have you ever used the program?

Low-Income Home Energy Assistance Program	TOTAL (n=598)	AGE GROUP			GENDER	
		60-69 (n=306)	70-79 (n=202)	80+ (n=90)	Male (n=239)	Female (n=359)
Aware and Have Used	6%	6%	6%	3%	4%	6%
Aware but Have Not Used	51%	60%	47%	27%	45%	54%
Not Aware	44%	34%	47%	70%	51%	39%

- Overall, 6% (33 respondents) had used the low-income home energy assistance program, while half (51%) were aware of the program but had not used it, and 44% were not aware of the program.
- Additionally, 70% of respondents age 80+ were unaware of the low-income home energy assistance program compared to 47% of those age 70-79 and 34% of those age 60-69.
- More men (51%) were unaware of the low-income home energy assistance program than women (39%).
- Among respondents with less than \$10,000 in annual household income, 33% had used the low-income home energy assistance program, 40% were aware of the program but had not used it, and 28% were unaware of the program.
- Of the 33 respondents who had used the low income home energy assistance program, 6 had experienced a problem:
 1. *"I'm not sure where to go to apply again and I really need help. This is a big problem for me. I had the help and I really need to get and keep the help again with energy assistance. I'm struggling very bad."*
 2. *"I had to register my RV, so it was a little difficult."*
 3. *"I was removed last year and that was a little upsetting. But now, I qualify again this year."*
 4. *"Sometimes they delay it for months."*
 5. *"They are understaffed when I go to apply. They take a while to get the services going, about a couple of months, but other than that, everything is fine. It takes a minute to get a representative to help you when applying."*
 6. *"They do ask for verification but my income doesn't change, so it's annoying sometimes to repeat, repeat, repeat."*

DEMOGRAPHICS OF RESPONDENTS

General Demographics

What is your age group?

Age Group	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
60-64	23%	44%	0%	0%	27%	20%
65-69	29%	56%	0%	0%	26%	30%
70-74	21%	0%	63%	0%	20%	22%
75-79	13%	0%	37%	0%	12%	13%
80-84	9%	0%	0%	60%	9%	9%
85+	6%	0%	0%	40%	6%	6%

- Overall, 23% of respondents were age 60-64, 29% were age 65-69, 21% were age 70-74, 13% were age 75-59, 9% were age 80-84, and 6% were age 85 or older.

Gender (Recorded by interviewer, not asked)

Gender	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Male	40%	41%	37%	41%	100%	0%
Female	60%	59%	63%	59%	0%	100%

- Overall, 40% of the respondents were male and 60% were female.

Are you of Hispanic, Latino, or Spanish origin? ... Which of the following best describes your race? (Combined.)

Race/Ethnicity	TOTAL (n=588)	AGE GROUP			GENDER	
		60-69 (n=305)	70-79 (n=197)	80+ (n=86)	Male (n=236)	Female (n=352)
White – Non-Hispanic	88%	88%	89%	87%	88%	88%
Black – Non Hispanic	1%	2%	0%	1%	1%	1%
American Indian – Non Hispanic	1%	2%	1%	0%	2%	1%
Asian, Pac. Island – Non-Hispanic	1%	1%	2%	0%	1%	1%
Hispanic (Any Race)	8%	8%	6%	12%	8%	8%
Multi-Racial (Volunteered)	1%	0%	2%	0%	<1%	1%

- Overall, 88% of respondents were white (non-Hispanic), and 12% were minorities.

What is your current marital status? (Response choices were read to respondents.)

Marital Status	TOTAL (n=596)	AGE GROUP			GENDER	
		60-69 (n=305)	70-79 (n=203)	80+ (n=88)	Male (n=238)	Female (n=358)
Married	53%	58%	51%	38%	67%	43%
Unmarried Couple – Different Sex*	1%	2%	<1%	0%	1%	1%
Widowed	19%	10%	21%	45%	11%	24%
Single	13%	15%	12%	10%	13%	13%
Separated/Divorced	14%	15%	16%	7%	8%	18%

*Unmarried couple – same sex was an option but no one selected it.

- Overall, half the respondents (53%) were married, 1% of respondents were part of an unmarried couple (different sex), 19% were widowed, 13% were single, and 14% were separated or divorced.
- The percentage of respondents who were widowed increased from one-in-ten (10%) at age 60-69 to one-in-five (21%) at age 70-79, to nearly half (45%) at age 80+.
- Two out of three men (67%) were married compared to about two out of five women (43%). Additionally, women were more likely than men to be either widowed or separated/ divorced.

What is your 5-digit zip code? (Used to calculate geographic area.)

Geographic Area Based on Zip Code	TOTAL (n=588)	AGE GROUP			GENDER	
		60-69 (n=303)	70-79 (n=199)	80+ (n=86)	Male (n=236)	Female (n=352)
Sun Valley, North Valleys (89433, 89506, 89508)	16%	21%	15%	5%	15%	18%
North, Northwest Reno (89439, 89503, 89512, 8923)	18%	15%	20%	22%	17%	18%
Central Reno (89501, 89502, 89505, 89509, 89519)	21%	20%	21%	24%	19%	22%
South Reno, Washoe Valley (89511, 89521, 89704)	16%	16%	18%	14%	18%	15%
Central, East Sparks (89431, 89432, 89434, 89442)	15%	16%	13%	21%	14%	16%
Spanish Springs, Pyramid (89405, 89412, 89424, 89436, 89441, 89510)	12%	12%	12%	12%	14%	11%
Incline Village, Crystal Bay (89450, 89451, 89402)	1%	1%	2%	2%	3%	1%

- Overall, 16% of respondents were from the Sun Valley/North Valleys area, 18% were from North/Northwest Reno, 21% were from Central Reno, 16% were from South Reno/Washoe Valley, 15% were from Central/East Sparks, 12% were from Spanish Springs/Pyramid, and 1% of respondents were from Incline Village/Crystal Bay. (Note: The Tables Report does not include Incline Village/Crystal Bay in the tables or percentages.)

Financially-Related Demographics

Are you currently employed? ... If not, would you like to be employed?

Employment Status	TOTAL (n=600)	AGE GROUP			GENDER	
		60-69 (n=307)	70-79 (n=203)	80+ (n=90)	Male (n=240)	Female (n=360)
Employed	21%	32%	11%	6%	27%	17%
Not Employed, Want to Be	15%	15%	17%	7%	11%	17%
Not Employed, Do Not Want to Be	65%	53%	72%	88%	63%	66%

- One out of five respondents (21%) was employed, 15% were not employed but wanted to be, and 65% were not employed and did not want to be.
- One out of three respondents (32%) age 60-69 was employed (including 37% of the age 60-64 sub-group and 27% of the age 65-69 sub-group). Additionally, 11% of respondents age 70-79 and 6% of respondents age 80+ were employed.
- Men (27%) were more likely than women (17%) to be employed; women (17%) were more likely than men (11%) to be unemployed but want to work.

Which of the following five categories best describes your annual household income?

Annual Household Income	TOTAL (n=473)	AGE GROUP			GENDER	
		60-69 (n=253)	70-79 (n=165)	80+ (n=55)	Male (n=191)	Female (n=282)
Less than \$10,000	9%	9%	7%	18%	7%	11%
\$10,000-\$19,999	17%	15%	20%	20%	11%	22%
\$20,000-\$29,999	15%	13%	13%	25%	13%	16%
\$30,000-\$49,999	22%	21%	25%	15%	26%	18%
\$50,000 or More	37%	42%	35%	22%	43%	34%

- A total of 473 respondents (79%) provided information about their annual household income; 21% did not provide a response.
- Older seniors tended to have lower annual household incomes; 63% of respondents age 80+ had an annual household income less than \$30,000 compared to 37% of respondents age 60-69.
- Nearly half of the women (48%) had an annual household income less than \$30,000 compared to 31% of men.

In the past year, have you had enough money to pay your bills?

Have Enough Money to Pay Bills	TOTAL (n=590)	AGE GROUP			GENDER	
		60-69 (n=302)	70-79 (n=201)	80+ (n=87)	Male (n=237)	Female (n=353)
Yes	88%	86%	93%	87%	91%	87%
No	12%	14%	7%	13%	9%	13%

- Overall, 88% of respondents reported that they had enough money to pay their bills; 12% did not.
- The lower the income, the more likely respondents were to not have enough money to pay their bills. By annual household income categories, the following percentages reported that they did not have enough money to pay their bills:
 - Less than \$10,000 = 45%
 - \$10,000 - \$19,999 = 30%
 - \$20,000 - \$29,999 = 10%
 - \$30,000 - \$49,999 = 7%
 - \$50,000 or more = 2%
- One out of four respondents (24%) who were unemployed but wanted to be employed did not have enough money to pay their bills. By contrast, 9% of respondents who were employed and 10% of respondents who were willingly unemployed did not have enough money to pay their bills.
- One out of four respondents (25%) who were single (never married) reported that they did not have enough money to pay their bills compared to 13% of respondents who were either widowed, separated, or divorced, and just 7% of respondents who were either married or part of an unmarried couple.
- One out of five minority respondents (20%) indicated that they did not have enough money to pay their bills compared to one out of ten white (non-Hispanic) respondents (10%).
- Additionally, 22% of respondents who reside in the Sun Valley/North Valleys geographic area reported that they did not have enough money to pay their bills compared to 9% of respondents who lived elsewhere in Washoe County.