

State of Indiana

2013

Report of Results



Community Assessment Survey
for Older Adults™



2955 Valmont Road, Suite 300 • Boulder, Colorado 80301
www.n-r-c.com • 303-444-7863

Contents

Introduction	1
State of Indiana CASOA Methods.....	1
Structure of CASOA Report.....	2
“Don’t Know” Responses and Rounding	3
Key Findings	5
CASOA Survey Results.....	8
Overall Community Quality	8
Community and Belonging.....	11
Community Information	13
Productive Activities	15
Health and Wellness	27
Community Design and Land Use.....	35
Community Readiness.....	38
State of Indiana Opportunities and Challenges.....	39
Older Resident Needs in the State of Indiana.....	40
Populations at High Risk	42
Responses to the State of Indiana’s Custom Questions.....	43
Appendix A: Complete Set of Survey Responses.....	44
Appendix B: Survey Methodology.....	70
Appendix C: References.....	79
Appendix D: Demographic Projections	80
Appendix E: Survey Materials.....	81

Introduction

The Community Assessment Survey for Older Adults™ (CASOA) provides a statistically valid survey of the strengths and needs of older adults as reported by older adults themselves in communities across America. Used in conjunction with the CASOA Strategies and Resources Handbook (provided under separate cover), this report is intended to enable local governments, community-based organizations, the private sector and other community members to understand more thoroughly and predict more accurately the services and resources required to serve an aging population. With this report, State of Indiana stakeholders can shape public policy, educate the public and assist communities and organizations in their efforts to sustain a high quality of life for older adults. The objectives of the CASOA are to:

- Identify community strengths in serving older adults
- Articulate the specific needs of older adults in the community
- Estimate contributions made by older adults to the community
- Determine the connection of older adults to the community

The results of this exploration will provide useful information for planning and resource development as well as strengthen advocacy efforts and stakeholder engagement. The ultimate goal of the assessment is to create empowered communities that support vibrant older adult populations.

The CASOA questionnaire contains many questions related to the life of older residents in the sixteen Area Agencies on Aging (AAA) within the State of Indiana:

- Northwest Indiana Community Action
- REAL Services, Inc.
- Aging and In-Home Services of Northeast Indiana
- Area IV Agency On Aging & Community Action Programs, Inc.
- Area Five Agency
- LifeStream Services
- Area 7 Agency on Aging and Disabled/WCIEDD
- CICOA Aging & In-Home Solutions
- Area 9 In-Home & Community Services
- Area 10 Agency on Aging
- Thrive Alliance
- LifeTime Resources
- Generations
- Lifespan Resources
- Hoosier Uplands / Area 15 Area Agency on Aging
- SWIRCA & More

Survey participants were asked to rate their overall quality of life, as well as aspects of quality of life in Indiana. They also evaluated characteristics of the community and gave their perceptions of safety. The questionnaire assessed the individual needs of older residents and involvement by respondents in the civic and economic life of Indiana.

State of Indiana CASOA Methods

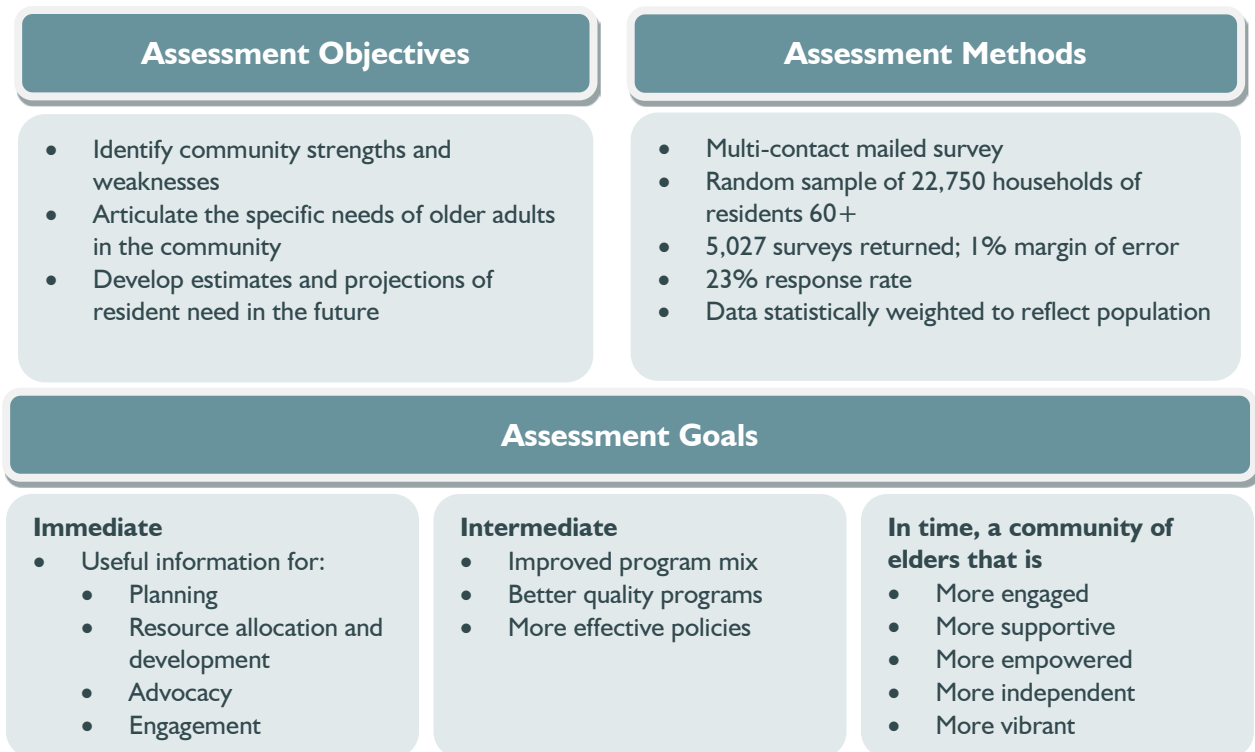
The CASOA survey and its administration are standardized to assure high quality survey methods and comparable results across communities. Participating households with residents 60 years or older were selected at random and the household member who responded was selected without

bias. Multiple mailings gave each household more than one prompt to participate with a self-addressed and postage-paid envelope to return the survey. Results were statistically weighted to reflect the proper demographic composition of older adults in the entire community.

The survey was mailed in March 2013 to a random selection of 22,750 older adult households in Indiana. Older adult households were contacted three times about participation in the survey. A total of 5,027 completed surveys were obtained, providing an overall response rate of 23% and a margin of error of plus or minus 1% around any given percent and one point around any given average rating for the entire sample.

For additional methodological information, refer to *Appendix B: Survey Methodology*.

Figure 1: CASOA Methods and Goals



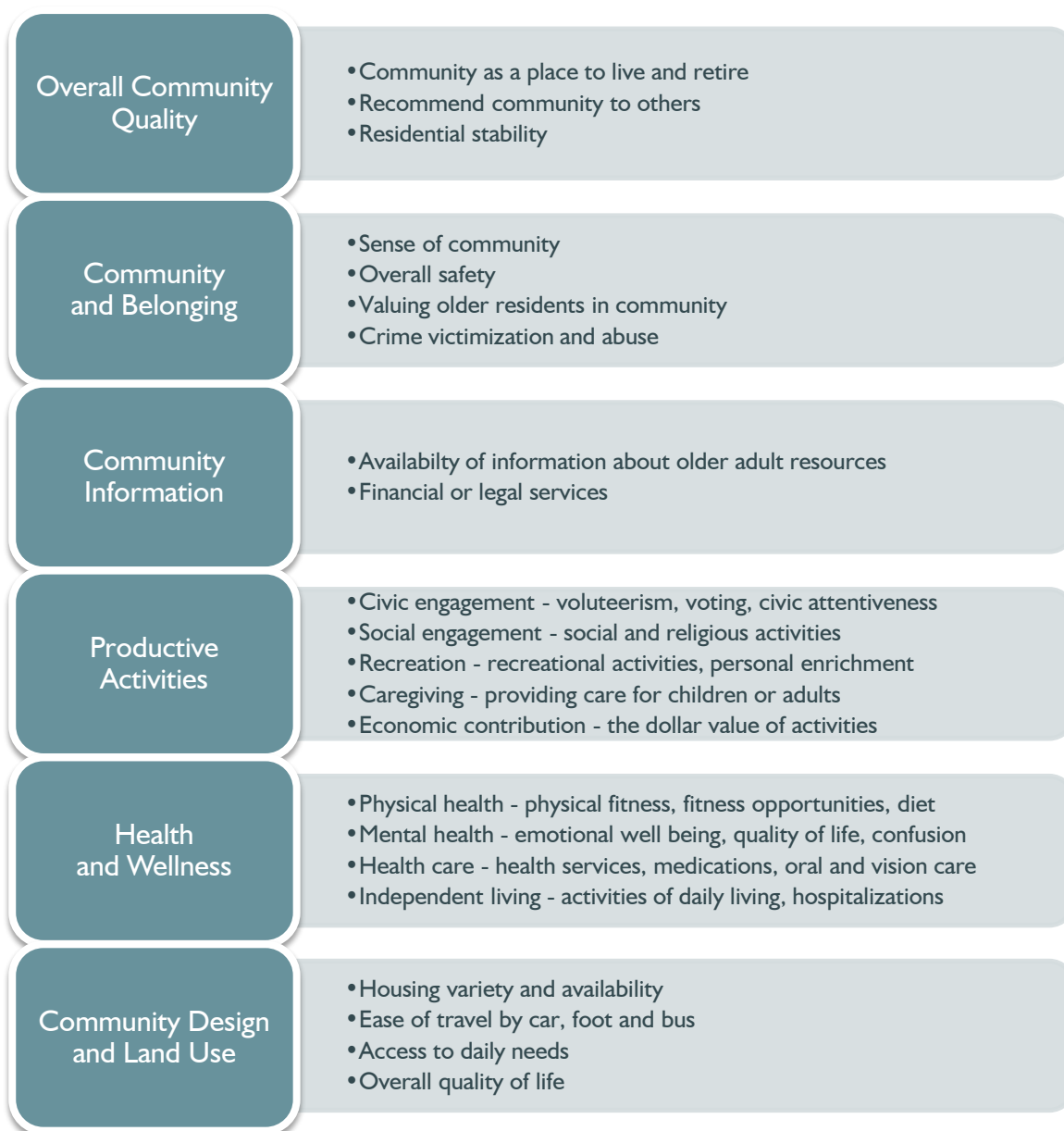
Structure of CASOA Report

This report is based around six community dimensions (Figure 2):

- Overall Community Quality
- Community and Belonging
- Community Information
- Productive Activities
- Health and Wellness
- Community Design and Land Use

Each section discusses older adult ratings of the community, participation in activities and potential problems faced by older adults as related to each of the six dimensions. The final section of the report, Community Readiness, summarizes these dimensions as index scores and provides an overall picture of Indiana as a livable community for older adults.

Figure 2: Community Dimensions Assessed through CASOA



“Don’t Know” Responses and Rounding

On many of the questions in the survey, respondents could provide an answer of “Don’t know.” The proportion of respondents giving this reply is shown in the full set of responses included in *Appendix A: Complete Set of Survey Responses*. However, these responses have been removed from the analyses presented in the body of the report, unless otherwise indicated. In other words, the majority of the tables and graphs in the body of the report display the responses from respondents who had an opinion about a specific item.

For some questions, respondents were permitted to select multiple responses. When the total exceeds 100% in a table for a multiple response question, it is because some respondents are counted in multiple categories. When a table for a question that only permitted a single response

does not total to exactly 100%, it is due to the customary practice of rounding percentages to the nearest whole number.

Key Findings

Communities that assist older adults to remain or become active community participants provide the requisite opportunities for recreation, transportation, culture, education, communication, social connection, spiritual enrichment and health care. Not all older adults complain, nor does every community leave older adults raving about the quality of community life or the services available for active living and aging in place.

Older adults, more than others, face difficulties with aspects of everyday life. For many older adults these difficulties vastly exceed the minor physical pains or small losses of function that characterize almost everyone's circumstances after a certain age. When individual problems are added together, through responses to the CASOA survey, a group picture emerges that provides a useful description of the entire community.

The results of this survey describe the State of Indiana as a livable community for older adults within six community dimensions:

- Overall Community Quality
- Community and Belonging
- Community Information
- Productive Activities
- Health and Wellness
- Community Design and Land Use

The extent to which older adults experience difficulties and problems within these dimensions is also described.

Overall Community Quality

Overall Community Quality explores how older residents view the community overall, how connected they feel to the community and how well they can access information and services offered by State of Indiana, as well as how likely residents are to recommend and remain in the community.

- Most of Indiana's older residents gave high ratings to the community as a place to live.
- Over three-quarters (76%) of older adults said they would recommend their community to others.
- Over two-thirds (69%) of respondents had lived in the community for more than 20 years and about 88% plan to stay in the area throughout their retirement.

Community and Belonging

A "community" is often greater than the sum of its parts, and having a sense of community entails not only a sense of membership and belonging, but also feelings of emotional and physical safety, trust in the other members of the community and a shared history.¹ Older residents of Indiana rated several aspects of Community and Belonging, including their sense of community and overall feelings of safety, as well as the extent to which they felt accepted and valued by others.

- Almost two-thirds (63%) of respondents reported "excellent" or "good" overall feelings of safety and between 8% and 14% had experienced safety problems related to being a victim of crime or abuse.

- About 5 in 10 (49%) older residents rated the sense of community as “excellent” or “good”; similar ratings were provided for the community’s neighborliness and valuing of older residents.

Community Information

Keeping a large community of older adults informed is not simple, but when more residents are made aware of attractive, useful and well-designed programs, more residents will benefit from becoming participants.

- About 5 in 10 (55%) survey respondents reported being somewhat or very informed about services and activities available to older adults.
- More than 3 in 10 older adults felt the agency had “excellent” or “good” information about resources for older adults (36%) and financial or legal planning services (40%).
- About 60% of respondents had problems with not knowing what services were available and feeling like their voice was heard in the community.
- About one-third (31%) reported having problems with finding meaningful volunteer work.

Productive Activities

Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality of life in later life and contribute to active aging.² In the Productive Activities section the extent of older adults’ engagement was examined along with participation in social and leisure programs and their time spent attending or viewing civic meetings, volunteering or providing help to others.

- About 7 in 10 (73%) felt Indiana had “excellent” or “good” volunteer opportunities, but only about one-third participated in some kind of volunteer work.
- About 2 in 10 (18%) respondents had used a senior center in their community.
- Almost 5 in 10 (47%) seniors said that they had at least “minor” problems having interesting social events or activities to attend.
- The majority of older residents (59%) rated the recreation opportunities in the community as “excellent” or “good.”
- About 6 in 10 (60%) older residents said they were caregivers; respondents averaged between 8 and 11 hours per week providing care for children, adults and older adults.
- About one in five older adults in Indiana felt physically (23%), emotionally (26%) or financially (20%) burdened by their caregiving.
- Almost three-quarters (72%) of respondents were fully retired, but almost 4 in 10 (38%) respondents experienced at least minor problems with having enough money to meet daily expenses.
- The value of paid (part- and full-time work) and unpaid (volunteering, providing care) contributions by older adults in Indiana totaled about \$16 billion in a 12-month period.

Health and Wellness

Of all the attributes of aging, health poses the greatest risk and the biggest opportunity for communities to ensure the independence and contributions of their aging populations. Health and Wellness, for the purposes of this study, included not only physical and mental health, but issues of independent living and health care.

- Older residents reported the most problems with maintaining their physical health (64%), doing heavy or intense housework (61%) and staying physically fit (60%).
- About 3 in 10 (34%) older residents felt there was “excellent” or “good” availability of mental health care in Indiana.

- Approximately 8 in 10 (82%) rated their overall mental health/emotional well being as “excellent” or “good.”
- The most commonly cited mental health issues included feeling bored (46%), feeling depressed (40%), and experiencing confusion or forgetfulness (40%).
- The least cited mental health issues included figuring out which medications to take and when (12%) and having friends or family to rely on (27%).
- Around 4 in 10 (40%) respondents reported at least minor problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid.
- One-third (32%) of respondents reported spending time in a hospital, and one-third (33%) had fallen and injured themselves in the 12 months prior to the survey.
- At least 16% of older adults reported at least minor problems with aspects of independent living, including 3 in 10 (36%) who reported having problems with performing regular activities, including walking, eating and preparing meals.

Community Design and Land Use

The movement in America towards designing more “livable” communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. Communities that have planned for older adults tend to emphasize access – a community design that facilitates movement and participation.

- Respondents rated the ease of getting to the places they usually have to visit (68%) and ease of car travel (73%) most positively with at least 6 in 10 rating each as “excellent” or “good.”
- About 4 in 10 respondent felt the city had “excellent” or “good” availability of affordable quality housing (43%) and variety of housing options (44%).
- Some older adults experienced problems with having safe and affordable transportation available (25%) while others experienced problems with having housing to suit their needs (18%) or having enough food to eat (12%).
- Over three-quarters (79%) of older residents rated their overall quality of life as “excellent” or “good.”

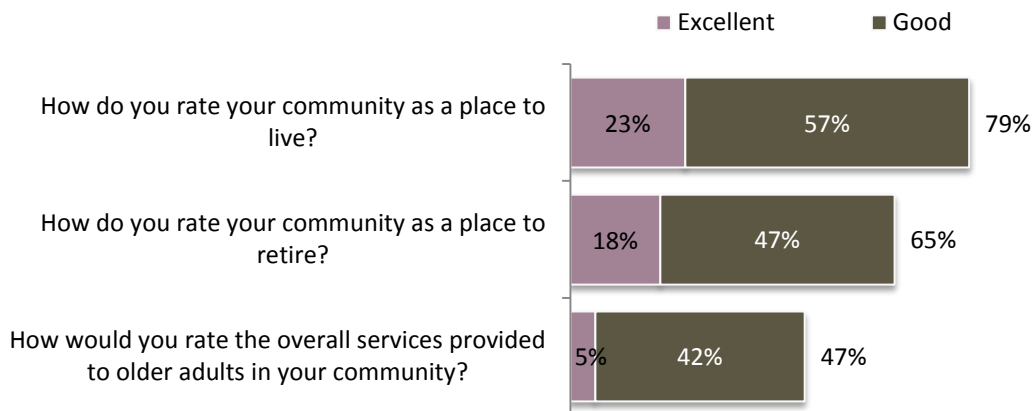
CASOA Survey Results

Overall Community Quality

CASOA contained a number of questions related to the life of older residents in the community. This section of the report explores aspects of the overall quality of the community by examining how older residents view the community overall, how connected they feel to the community and how well they can access information and services offered by AAA's in the State of Indiana. Survey participants were asked to rate their community as a place to live and to retire as well as the overall quality of services provided to older adults. As further testament to the quality of the community respondents indicated how likely they would be to not only recommend their community to other older adults but also how likely they would be to remain in the area throughout their retirement.

Most of Indiana's older residents gave high ratings to the community as a place to live and many rated Indiana as a place to retire as "excellent" or "good." Services offered to older adults were considered "excellent" or "good" by about half of older residents in Indiana.

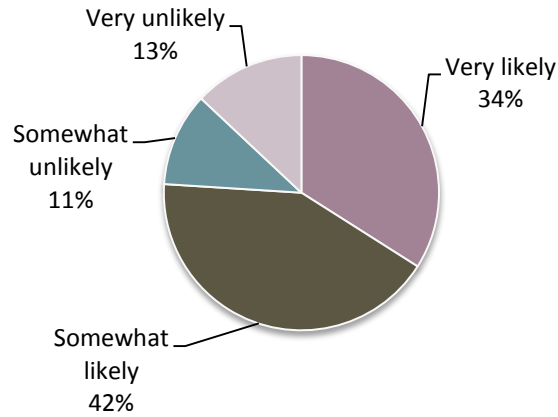
Figure 3: Indiana as a Place for Older Residents



Generally, residents will recommend a community to friends when that community is seen to be offering the right services with optimal effectiveness. Just how successful Indiana has been in creating an attractive setting for older adults can be sensed by the number of older residents that say they will recommend it to others. Overall, greater than three-quarters of older adults said they would recommend their community to others.

Figure 4: Older Residents' Likelihood of Recommending Community to Others

How likely or unlikely are you to recommend living in your community to older adults?



Residential Stability

According to a survey by AARP, more than 8 in 10 adults over age 45 want to live roughly where they live now “as long as possible.”³ In fact, Census Bureau data indicate that fewer than 5% of people 55 and older move in any given year, and the bulk of those do not go very far: 49% of movers stay within the same county and only 25% move to a different state.

In different communities, older adults have different intentions, so it is essential to understand what older adults in Indiana are anticipating in their retirement. The largest proportion of Indiana’s older residents had lived in the community for more than 20 years. Further, 88% of seniors planned to remain in Indiana throughout their retirement.

Figure 5: Length of Residency in Indiana

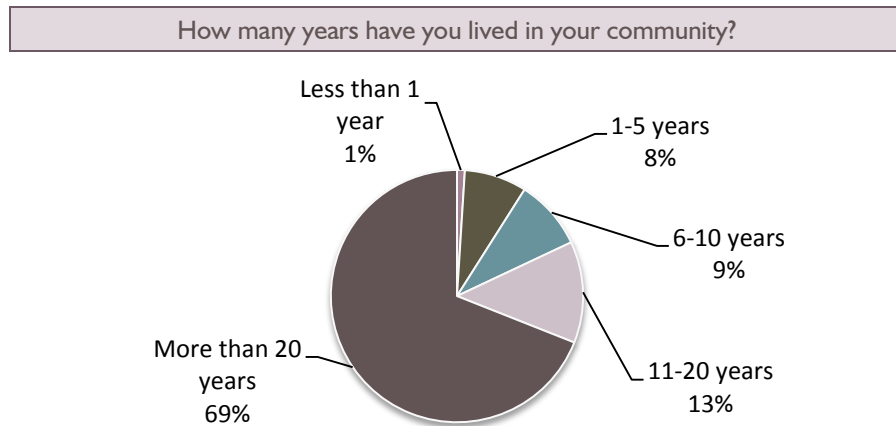
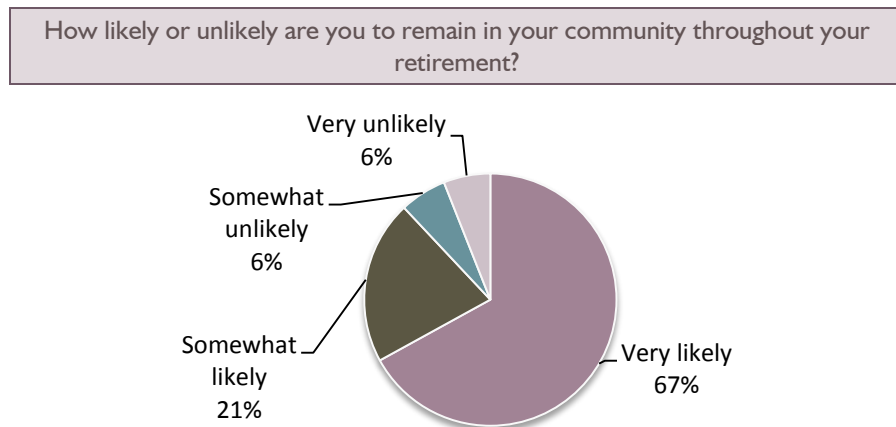


Figure 6: Likelihood of Remaining in Community throughout Retirement

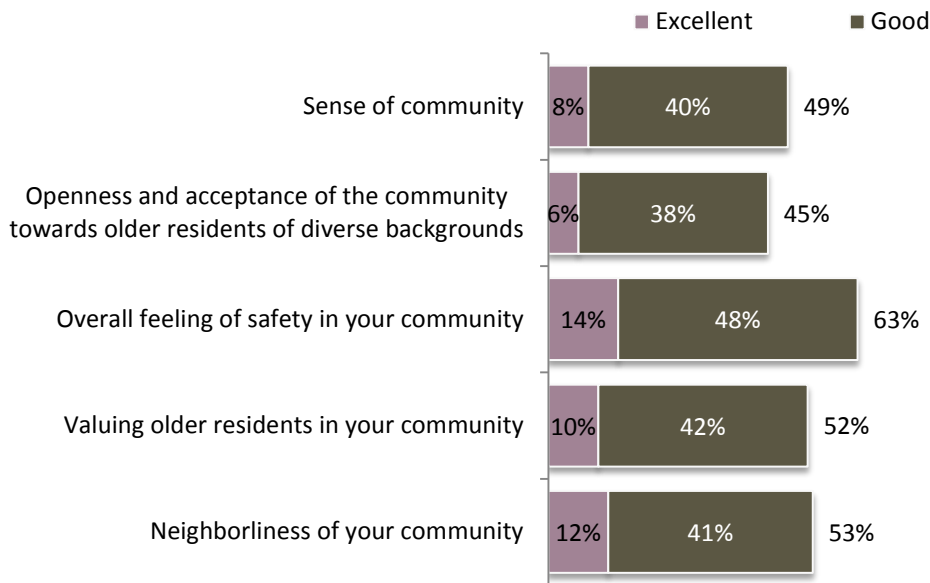


Community and Belonging

A “community” is often greater than the sum of its parts, and having a sense of community entails not only a sense of membership and belonging, but also feelings of emotional and physical safety, trust in the other members of the community and a shared history.¹ Older residents of Indiana rated several aspects of Community and Belonging, including their sense of community and overall feelings of safety, as well as the extent to which they felt accepted and valued by others.

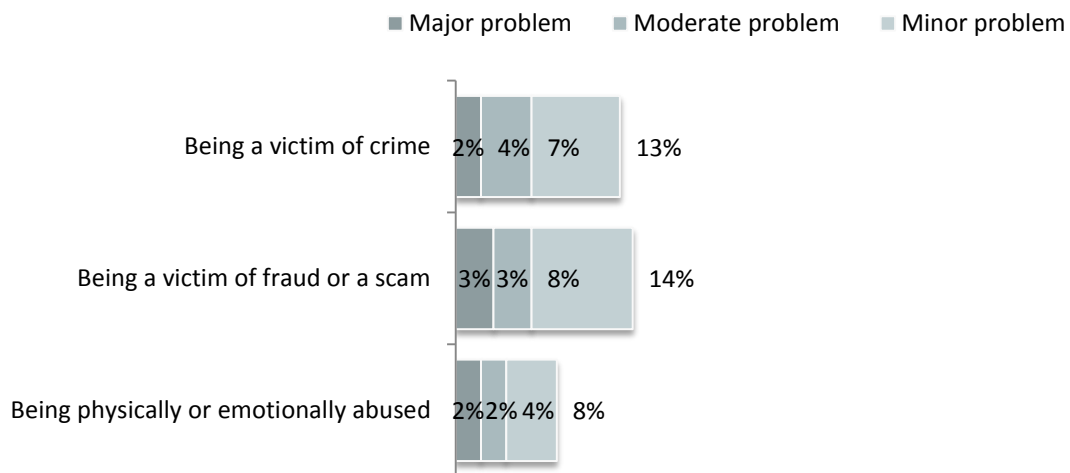
Overall, older residents rated Indiana neutrally as only 49% had an “excellent” or “good” sense of community. Feelings of safety in Indiana were higher, with 63% rating their overall feeling of safety in the community as “excellent” or “good.” About half felt the community valued older residents and felt their community was open and accepting of diverse older residents.

Figure 7: Older Adult Ratings of Community and Belonging in Indiana



The extent to which older residents have been victims of crimes can threaten their feelings of safety and overall sense of community. A small proportion of seniors in Indiana reported problems with crime or abuse in the 12 months prior to the survey.

Figure 8: Safety Problems in Indiana



Community Information

Sometimes residents of any age fail to take advantage of services offered by a community just because they are not aware of the opportunities. Informing a large community of older adults is not simple, but when more residents are made aware of attractive, useful and well-designed programs, increasing numbers of residents will benefit from becoming participants. In the communities served by the State of Indiana, about 55% of survey respondents reported being somewhat or very informed about services and activities available to older adults. A lower proportion of older adults rated the availability of information about resources for older adults and financial or legal planning services as “excellent” or “good.”

Figure 9: Awareness of Older Adult Services and Activities

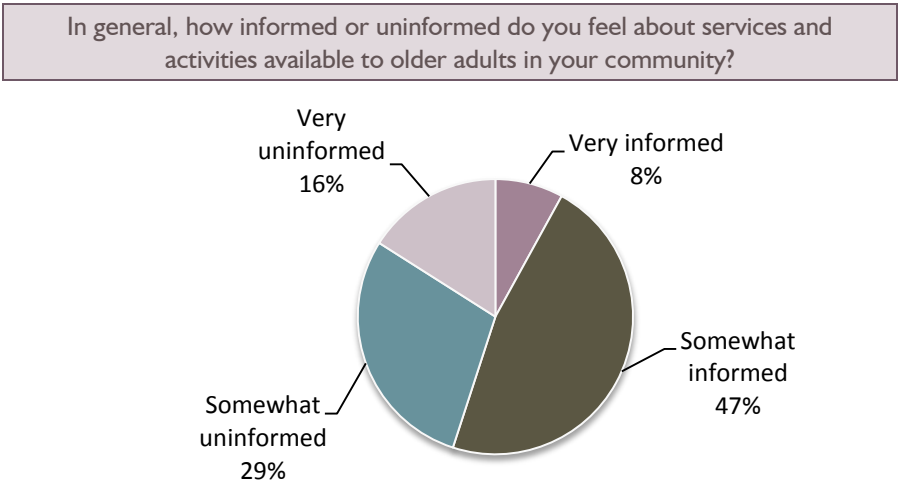
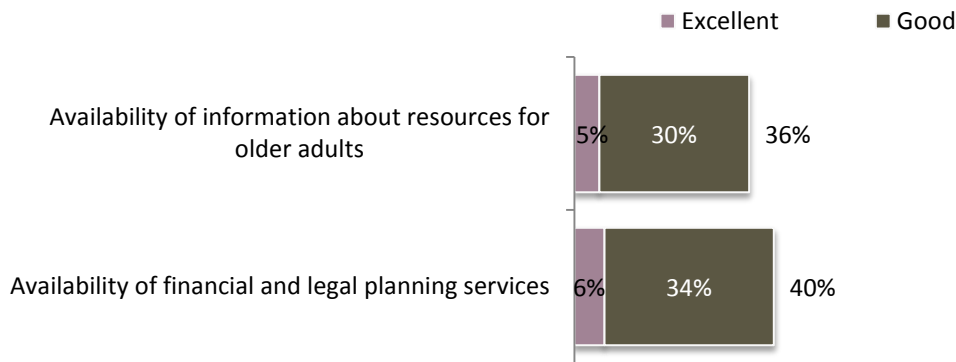
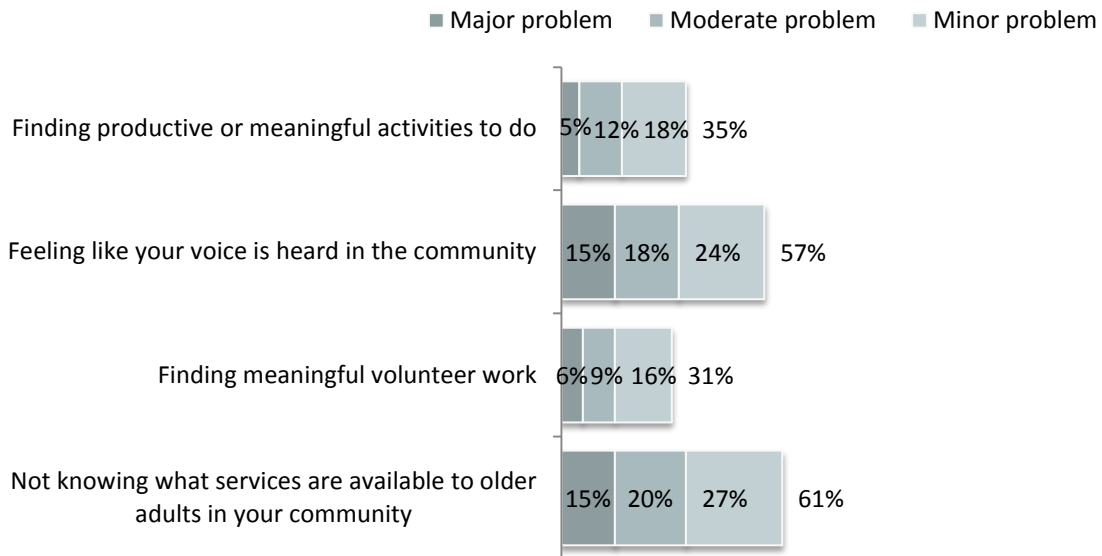


Figure 10: Availability of Information About Older Adult Resources in Indiana



Older residents who may not know how to access services may have trouble finding ways to contribute to the community. In Indiana, about 6 in 10 older residents had problems with not knowing what services were available. Fewer reported having problems with finding meaningful volunteer work and feeling like their voice was heard.

Figure 11: Meaningful Activities Problems of Older Residents in Indiana



Productive Activities

Productivity is the touchstone of a thriving old age. Productive Activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality in later life and contribute to active aging.² This section of the report examines the extent of older adults' engagement in Indiana communities as determined by their participation in social and leisure programs and their time spent attending or viewing civic meetings, volunteering or providing help to others. The economic value of these contributions to the community is explored as well.

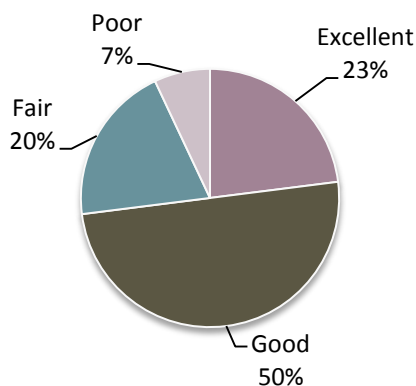
Civic Engagement

In communities where residents care about local politics and social conditions, where they feel engaged and effective, there is greater social, economic and cultural prosperity. This results in more trust of local government officials, support for community-wide solutions recommended by elected council members, re-election of those councilors⁵ and collective self-restraint in the face of community need.^{5,6} Researchers even have discovered that American states with the highest levels of resident civic engagement are “more effective and more innovative.”⁷ Where there is strong civic engagement, researchers have seen less crime, less poverty, more employment, better and more sustainable policies and more frequent resident cooperation.⁸ Civic activity, whether volunteering, participating in religious or political groups or being active in community decision-making, not only provides benefit to communities but also serves seniors themselves.

Studies have found that volunteering in later life is associated with better physical and mental health, and civically engaged seniors are less likely to become injured or to die prematurely.⁹ In Indiana, older residents rated the volunteer opportunities favorably with 7 in 10 felt they had “excellent” or “good” volunteer opportunities.

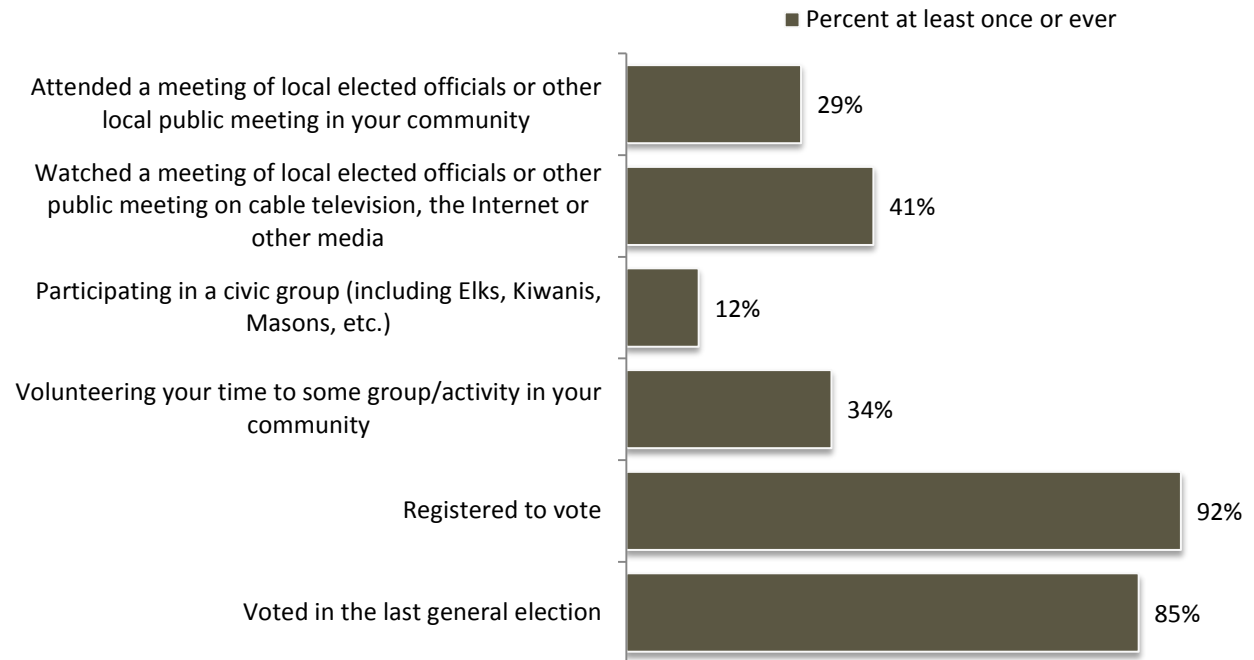
Figure 12: Volunteer Opportunities in Indiana

Please rate opportunities to volunteer as it relates to adults age 60 or older in your community



In terms of civic engagement, about one-third reported attending a public meeting of local elected officials or other local public meeting in their community and slightly more reported having watched such a meeting on television, the Internet or other media in the past year. Additionally, about one-third participated in some kind of volunteer work.

Figure 13: Participation in Civic Activities in Indiana



Note: This chart combines the results of survey questions 13 and 14 and demographic questions 15 and 16, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey Responses

Social Engagement

Communities are the foundation for social life. Sociologist Eric Klinenberg describes communities as “the soil out of which social networks grow and develop or, alternatively, wither and devolve.”^{10,11}

The State of Indiana has a great potential to strengthen the community by fostering increased social engagement of its older residents. Over half of Indiana older residents rated the opportunities to attend social activities in their community as “excellent” or “good” and a higher proportion rated opportunities to attend religious or spiritual activities this way.

Older residents in Indiana exhibited a wide range of participation in social and religious activities. Older residents preferred to spend their time engaged in religious or spiritual activities over clubs. About 2 in 10 used an Indiana senior center, which can serve as a social hub for many seniors.

Figure 14: Social Engagement Opportunities in Indiana

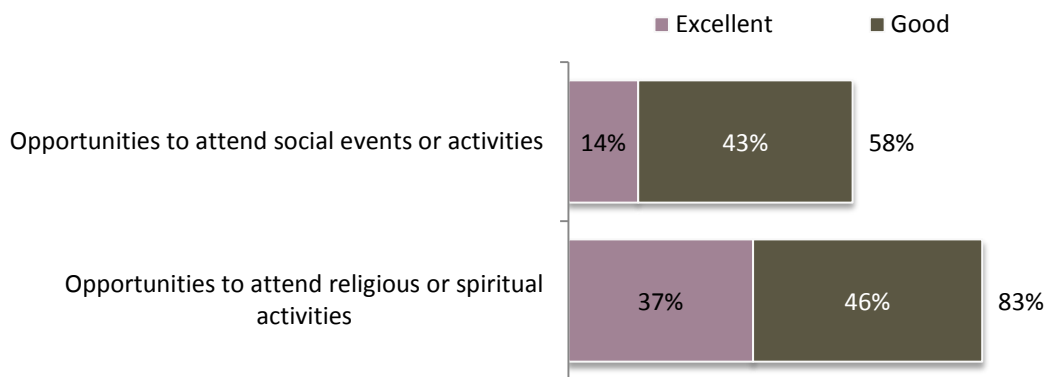
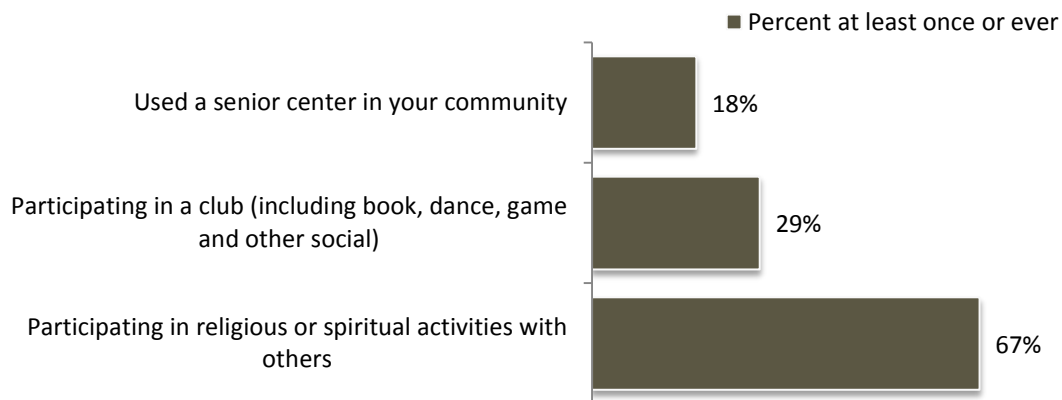


Figure 15: Participation in Social Activities in Indiana

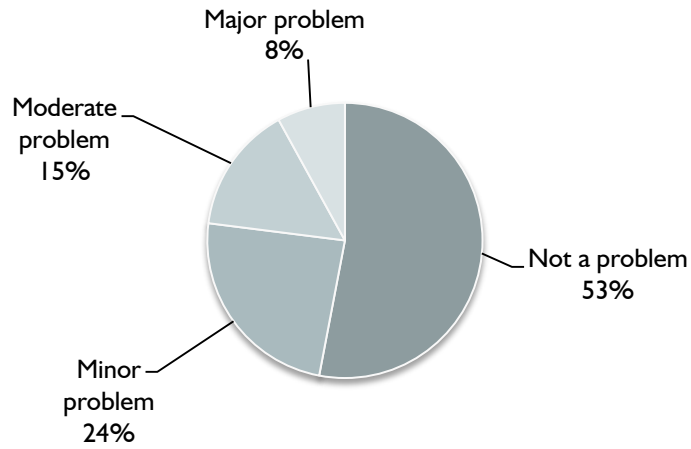


Note: This chart combines the results of survey questions 13 and 14, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey Responses.

Almost 5 in 10 of Indiana seniors said that they had at least “minor” problems finding interesting social events or activities to attend.

Figure 16: Social Engagement Problems in Indiana

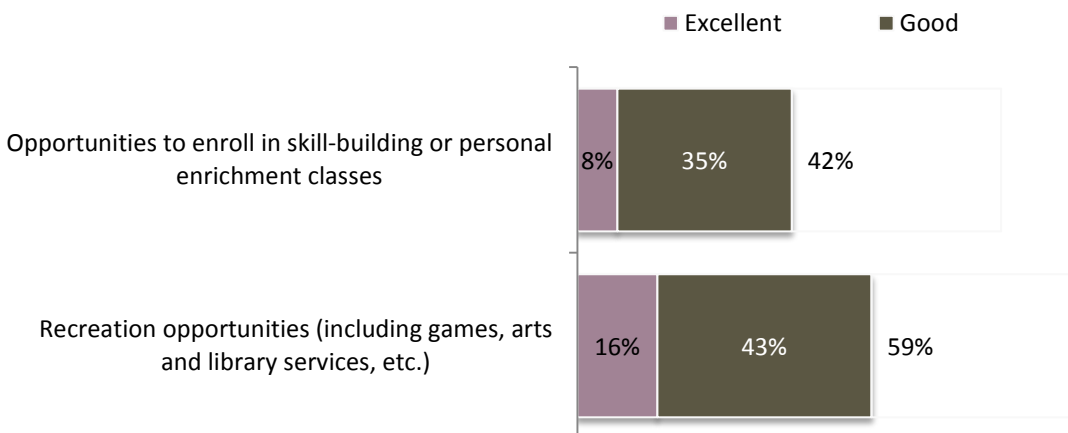
Thinking back over the last 12 months, how much of a problem has having interesting social events or activities to attend been for you?



Recreation

Once work becomes a part-time endeavor or thing of the past, residents have the time for and require the health benefits from regular leisure activities, including the stimulation derived from personal enrichment. Recreation and enrichment often replace work as the primary activity that brings older residents in contact with the outside world, and ample opportunities for these activities make a community more attractive to its residents. Many older residents of Indiana rated recreation opportunities favorably, while opportunities to enroll in skill-building or personal enrichment classes were rated less favorably.

Figure 17: Recreational and Personal Enrichment Opportunities in Indiana



Respondents indicated how much time they spent participating in various recreation- and enrichment-related activities. Generally, older residents in Indiana were most likely have visited a neighborhood park and used a public library and least likely to have used a recreation center.

Figure 18: Participation in Recreational and Personal Enrichment Activities in Indiana

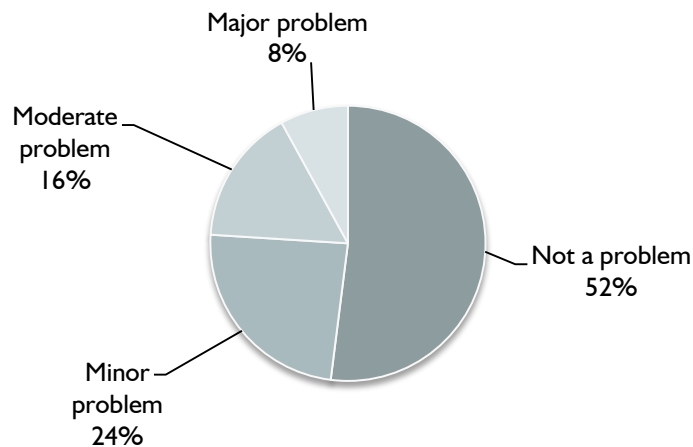


Note: This chart combines the results of survey questions 13 and 14, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey Responses.

About half of survey respondents said that they had at least “minor” problems having interesting recreational or cultural activities to attend.

Figure 19: Recreational Problems in Indiana

Thinking back over the last 12 months, how much of a problem has having interesting recreational or cultural activities to attend been for you?

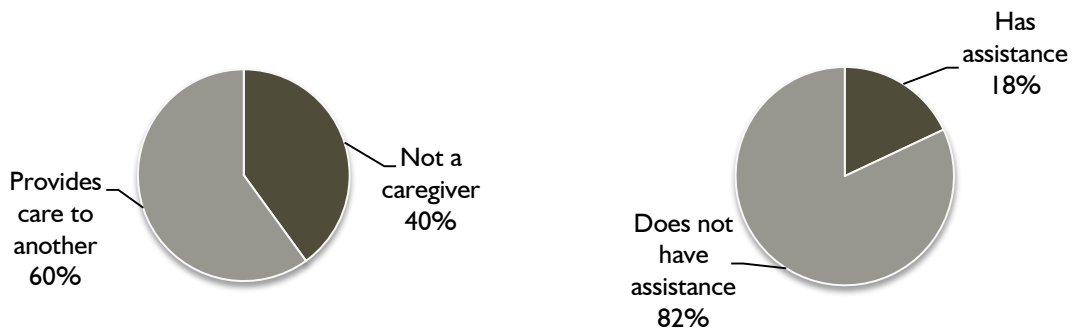


Caregiving

More than 10 million people nationwide have disabling conditions that affect their ability to live independently¹² and almost 80% of these residents are seniors. Those who provide care to a loved one or friend with such a condition often feel a sense of contribution and personal worth despite the physical, emotional and financial burden such care can produce. While care is most often provided by family members and is unpaid, its value has been estimated at \$350 billion annually.¹³

Respondents indicated the number of hours they spent in a typical week providing care to children under age 18, adults age 18 to 59 and adults age 60 and older. Overall, 60% older residents in Indiana said they were providing care for others and 18% were the recipients of care.

Figure 20: Providers and Recipients of Care in Indiana



Note: Caregivers were identified by examining the number of hours spent providing care to children under 18, adults age 18 to 59 and adults age 60 and older as described in question 15 of the survey.

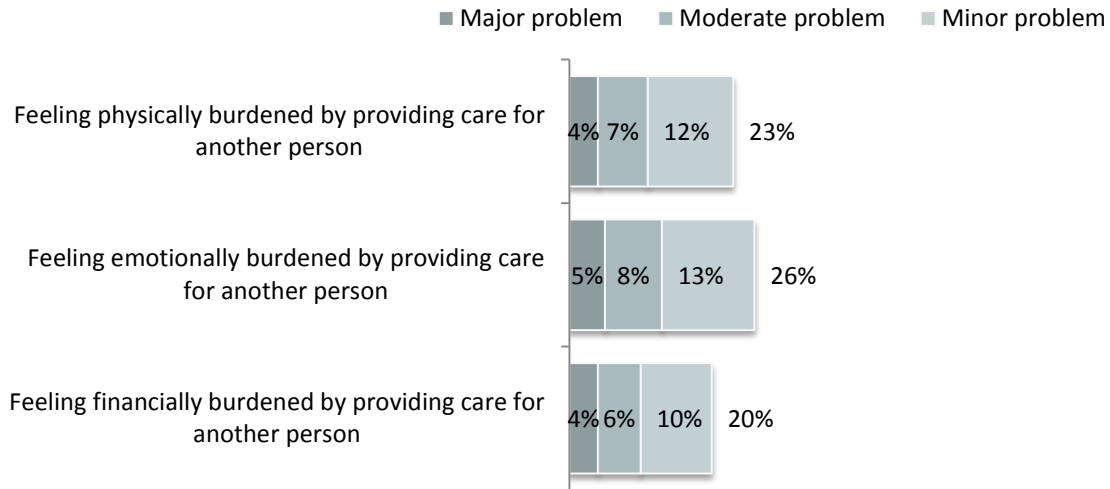
Figure 21: Caregiving Hours of Older Resident in Indiana

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant personal relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)	1 to 3 hours	4 to 5 hours	6 to 10 hours	11 to 20 hours	20 or more hours	Average number of hours of those who provide care*
One or more individuals age 60 or older	24%	29%	13%	9%	6%	19%	11
One or more individuals age 18 to 59	56%	21%	8%	6%	2%	7%	8
One or more individuals under age 18	49%	21%	9%	7%	4%	10%	10

* Average number calculated from the mid-point of the ranges of those who provide care.

A “caregiving crunch” is predicted, where the average American will spend more years caring for parents than for their own children.¹⁴ Older adults in the State of Indiana’s service area rated the extent to which they experienced physical strain, emotional stress or financial hardship as a result of being a caregiver. Overall, older adults in Indiana were most likely to feel emotionally burdened by their caregiving and least likely to feel financially burdened.

Figure 22: Caregiver Burden in Indiana



Economic Contribution

Recent studies have estimated that 70-80% of those 45 and older plan to continue working in their “retirement” years.¹⁵ Financial stability is not the only reason; one study notes that pure enjoyment of work (35% of those questioned) or just a desire to try something new (5%) also will keep people on the job.¹⁵ Survey results showed that 26% of older residents were still working for pay and about 2% said they would like to find a job. For those respondents who had not retired, the average age of expected retirement was 70 years old.

Figure 23: Employment Status of Older Residents in Indiana

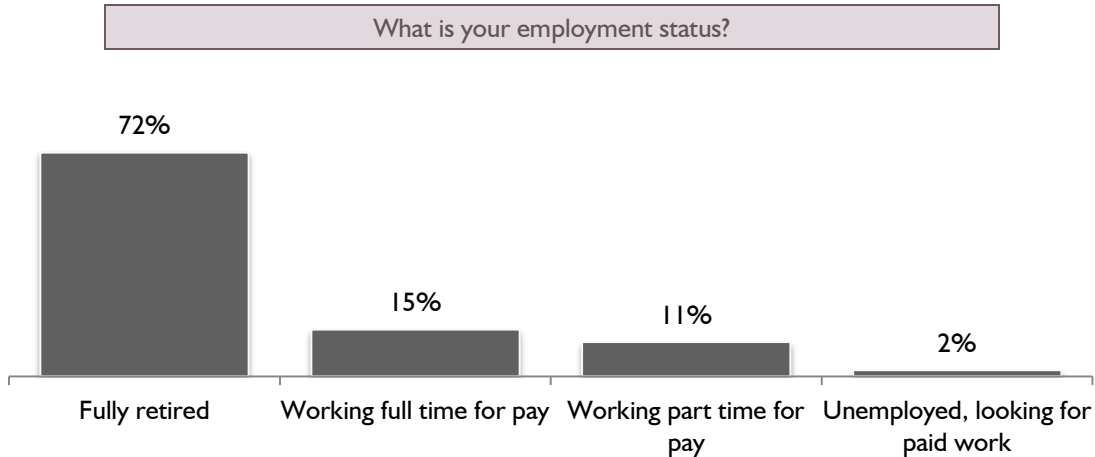


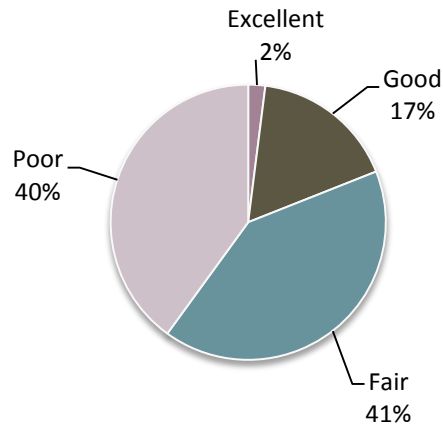
Figure 24: Expected Retirement Age of Older Residents in Indiana

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents
60 to 64	10%
65 to 69	44%
70 to 74	24%
75 or older	22%
Total	100%
Average age of expected retirement (for those not yet fully retired)	70

In Indiana, 19% of respondents rated employment opportunities as “excellent” or “good.”

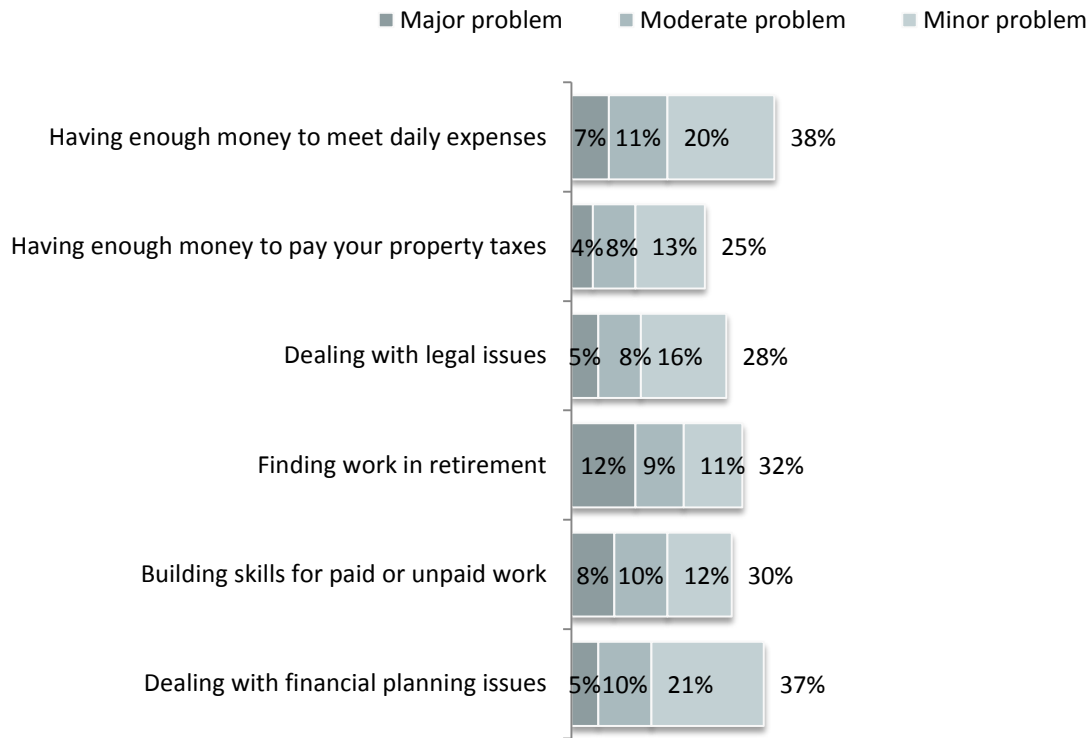
Figure 25: Employment Opportunities in Indiana

Please rate employment opportunities as it relates to adults age 60 or older in your community



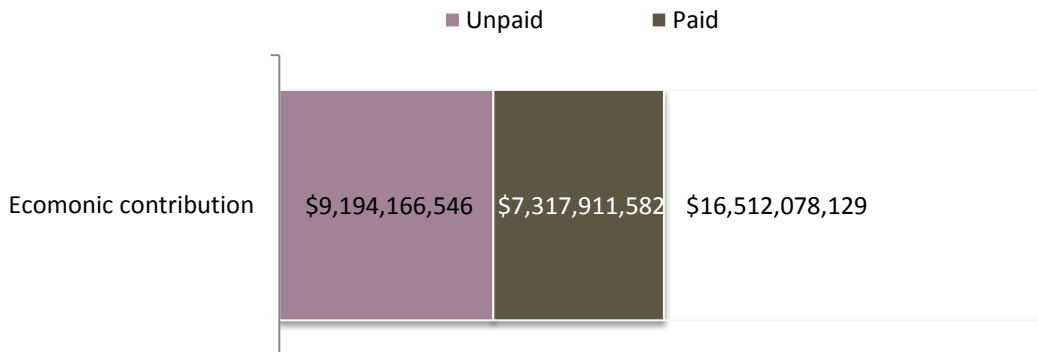
Regardless of residents' work, almost 4 in 10 older adults experienced at least "minor" problems with having enough money to meet daily expenses. Further, about one-third had problems with finding work in retirement and with building skills for paid or unpaid work.

Figure 26: Financial and Legal Problems of Older Residents in Indiana



Productive behavior is “any activity, paid or unpaid, that generates goods or services of economic value.”² Productive Activities include both paid and unpaid work of many kinds as well as services to friends, family or neighbors. Older adults provide significant contributions (paid and unpaid) to the communities in which they live. In addition to their paid work, older adults contributed to their communities through volunteering, providing informal help to family and friends and caregiving. The value of these paid and unpaid contributions by these older adults totaled nearly \$16 billion in a 12-month period (see *Appendix B: Survey Methodology* for additional detail).

Figure 27: Economic Contribution of Older Adults in Indiana



Health and Wellness

The Centers for Disease Control and Prevention have argued, “Poor health is not an inevitable consequence of aging,”¹⁶ but community supports are needed to help maintain the health and independence of a growing senior population. Of all the attributes of aging, health poses the greatest risk and the biggest opportunity. If the community cannot assist the independence of residents who experience the inevitable decline in health that accompanies aging, the potential economic contribution of older residents will be lost to hospitals and nursing homes. Health and Wellness for the purposes of this study included not only physical and mental health, but issues of independent living and health care.

Physical Health

CASOA assessed a variety of physical issues commonly affecting people as they age and provided older residents the opportunity to rate health opportunities in their communities. About 6 in 10 older residents rated fitness opportunities (including exercise classes and paths or trails, etc.) positively in Indiana; the availability of quality physical health care was rated positively by 46%. Many older residents rated their overall physical health as “excellent” or “good” (see Figure 29).

Figure 28: Physical Health Opportunities in Indiana

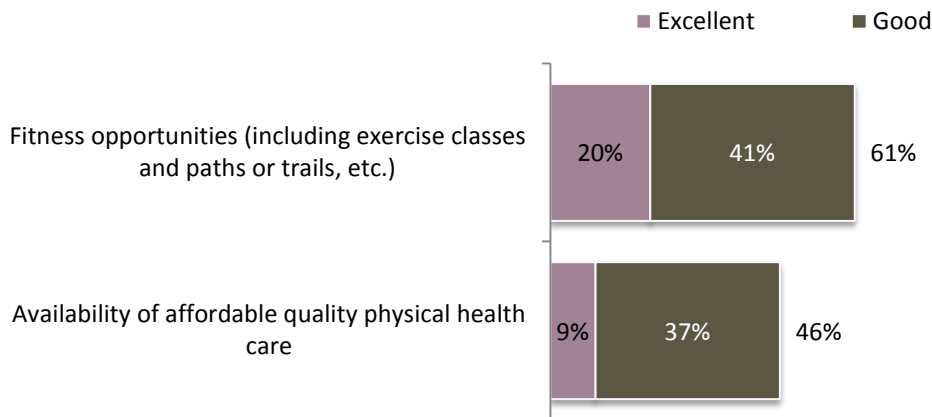
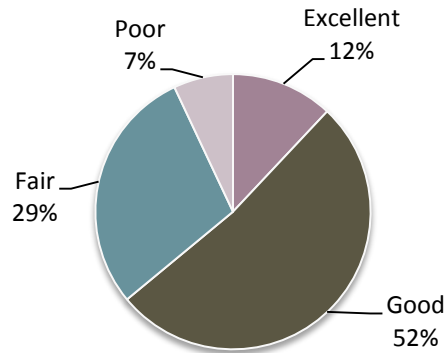


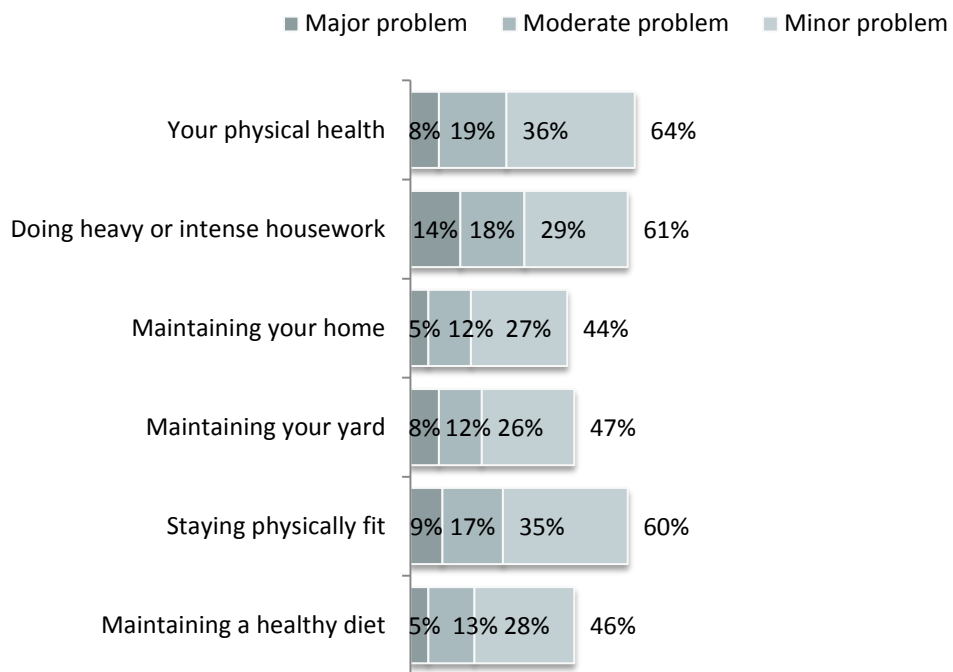
Figure 29: Overall Physical Health of Older Residents in Indiana

How would you rate your overall physical health?



Respondents reported the extent to which they had experienced problems with various physical health-related issues in the 12 months prior to the survey. Physical health, doing heavy or intense housework, and staying physically fit were reported as the highest health needs in Indiana while maintaining a healthy diet and maintaining a home were reported by the fewest respondents.

Figure 30: Physical Health Problems of Older Residents in Indiana



Mental Health

In addition to rating aspects of physical health, older residents provided insight into aspects of their mental health. About 3 in 10 older resident felt there was “excellent” or “good” availability of mental health care in Indiana while 8 in 10 rated their overall mental health/emotional wellbeing as “excellent” or “good.”

Figure 31: Availability of Mental Health Care in Indiana

Please rate the availability of affordable quality mental health care as it relates to adults age 60 or older in your community

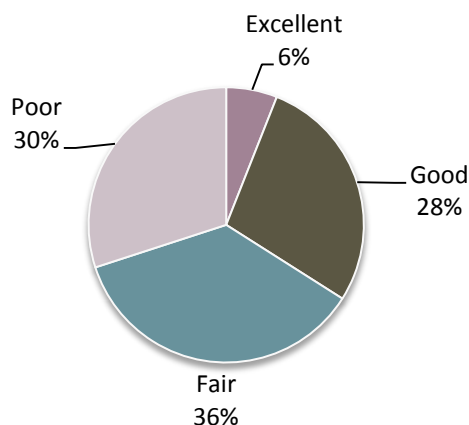
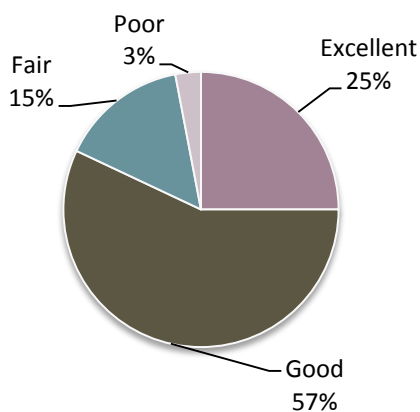


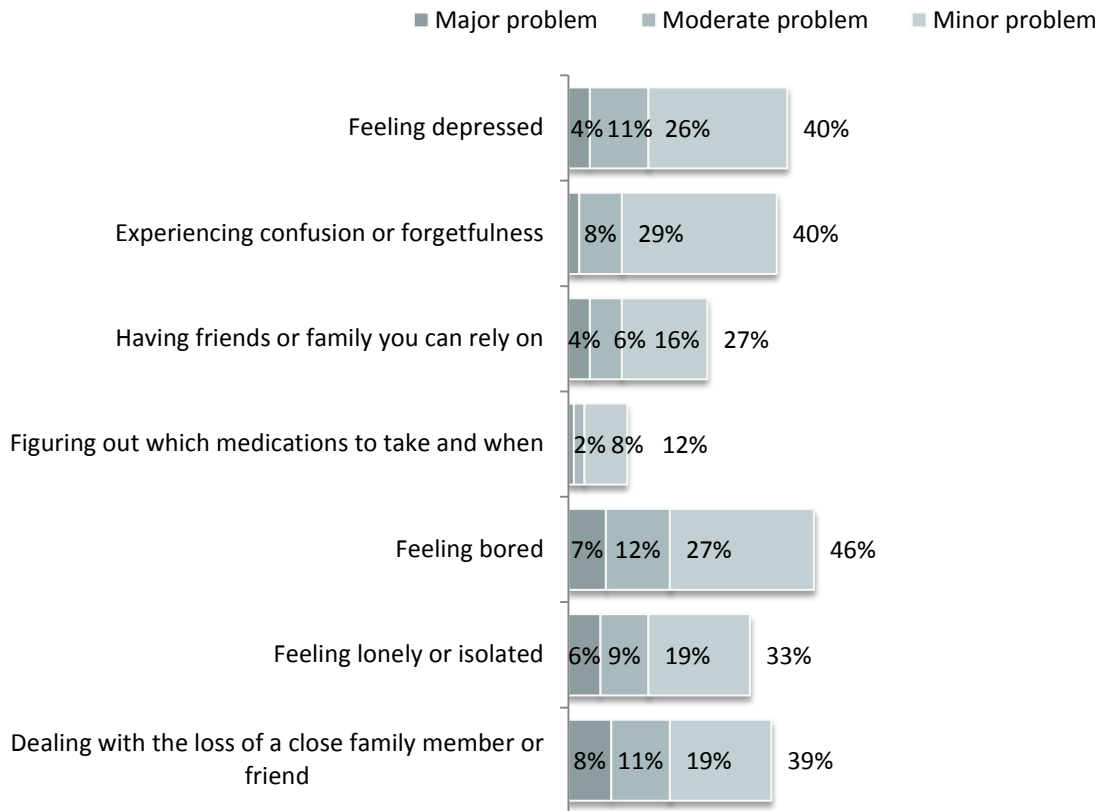
Figure 32: Emotional Wellbeing of Older Residents in Indiana

How do you rate your overall mental health/emotional wellbeing?



While few older adults in the agency’s service area reported poor emotional wellbeing, they still reported at least “minor” problems with some aspects of their mental health. The most commonly cited mental health issues included feeling bored, feeling depressed and experiencing confusion or forgetfulness, while the least cited issues included having friends or family to rely on and figuring out which medications to take and when.

Figure 33: Mental Health Problems of Older Residents in Indiana

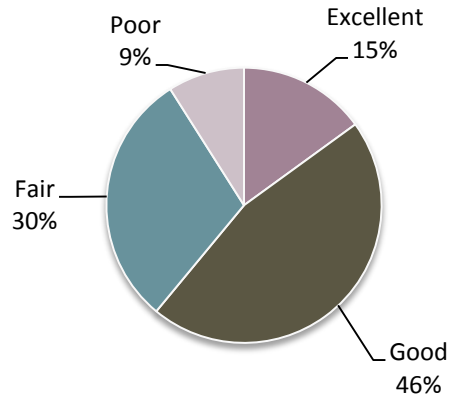


Health Care

Indiana's older residents rated the availability of preventive health services favorably as 61% felt the availability of these services were "excellent" or "good."

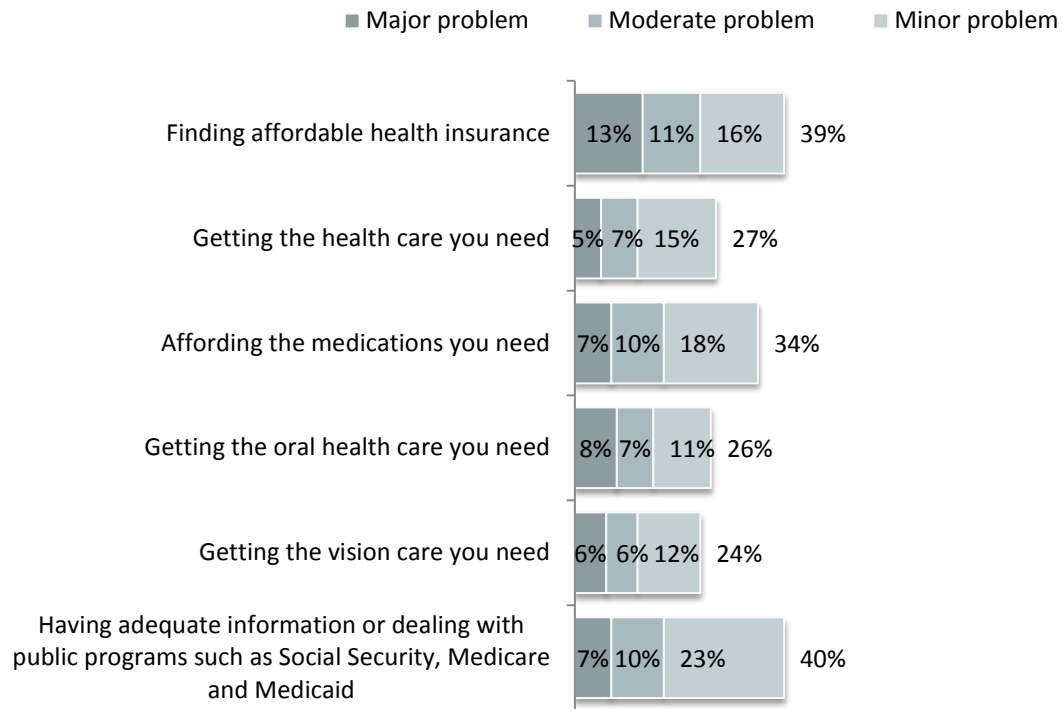
Figure 34: Availability of Preventative Health Care in Indiana

Please rate the availability of preventive health services (e.g., health screenings, flu shots, educational workshops) it relates to adults age 60 or older in your community



Older residents reported some problems with aspects of health care in their communities. The most commonly cited health care issues included having adequate information to deal with public programs and finding affordable health insurance, while the least cited issues included getting vision care and getting oral health care.

Figure 35: Health Care Problems of Older Residents in Indiana



Independent Living

For those unable to live independently (either temporarily or permanently), having care options available could mean the difference between remaining in or leaving the community. Indiana’s older residents rated the availability of long-term care options negatively; about 43% felt the availability was “excellent” or “good.” The availability of daytime care options for older adults was rated less favorably. Additionally, up to one-third of respondents reported spending time in a hospital or nursing home, and 33% had fallen and injured themselves in the 12 months prior to the survey.

Figure 36: Care Options for Older Residents in Indiana

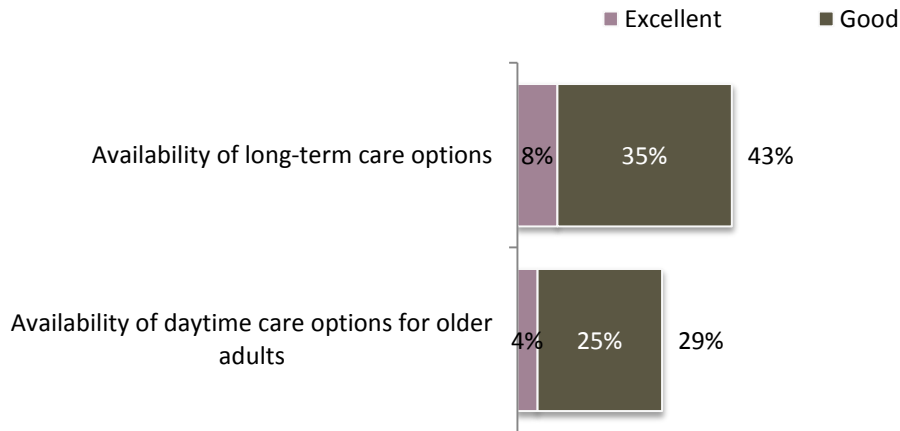
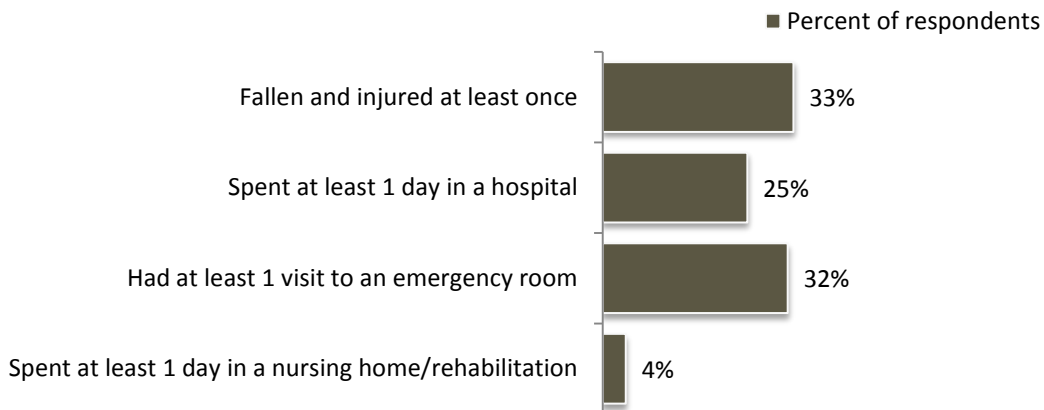
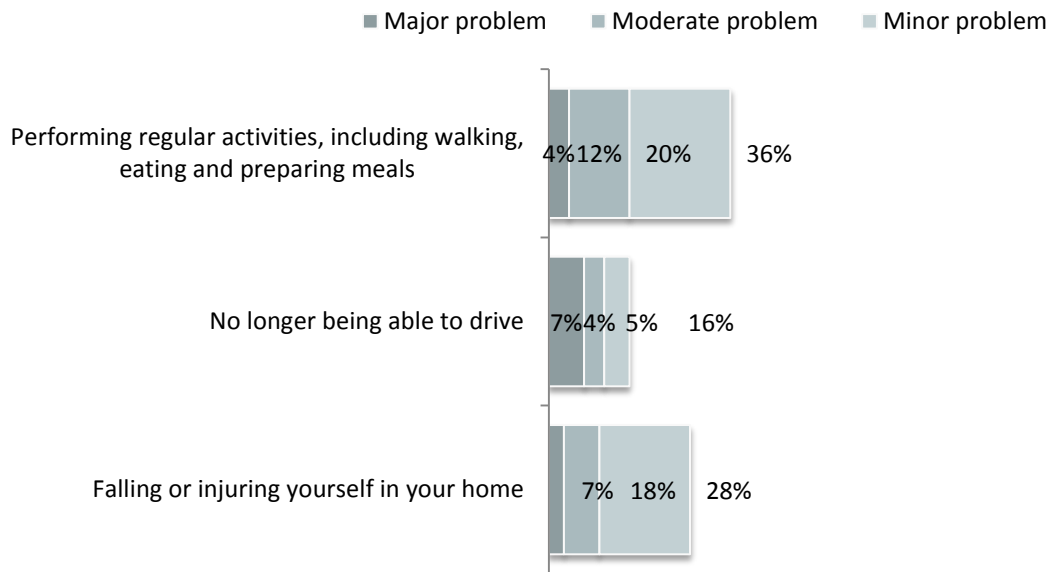


Figure 37: Falls, Hospitalizations and Institutionalizations of Older Residents in Indiana in Prior 12 Months



Activities of daily living (ADL) usually include bathing, dressing and moving from bed to chair. Other activities of daily living, usually referred to as instrumental activities of daily living (IADL), include doing laundry, preparing meals, managing the household and so on. Inability to do one or more ADL or IADL means less independence. Overall, about one-third of older adults reported at least “minor” problems with aspects of independent living. Most notably, 36% reported having problems with performing regular activities, including walking, eating and preparing meals.

Figure 38: Independent Living Problems Faced by Older Residents in Indiana



Community Design and Land Use

The movement in America towards designing more “livable” communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. “Smart growth” is not only beneficial for the environment, but holds great promise for the mobility, independence and civic life of its older residents. Generally, communities that have planned for older adults tend to emphasize access – a community design that facilitates movement and participation.

Indiana’s older adults evaluated a number of aspects of design and land use in the community. Respondents rated ease of car travel and ease of getting places usually visited most positively with at least 68% rating each as “excellent” or “good.” The availability of affordable quality food and ease of walking were also assessed positively while the availability of affordable quality housing and the variety of housing options received the lowest ratings. Additionally, respondents reported having used public transit within their communities (Figure 40).

Figure 39: Aspects of Design and Land Use in Indiana

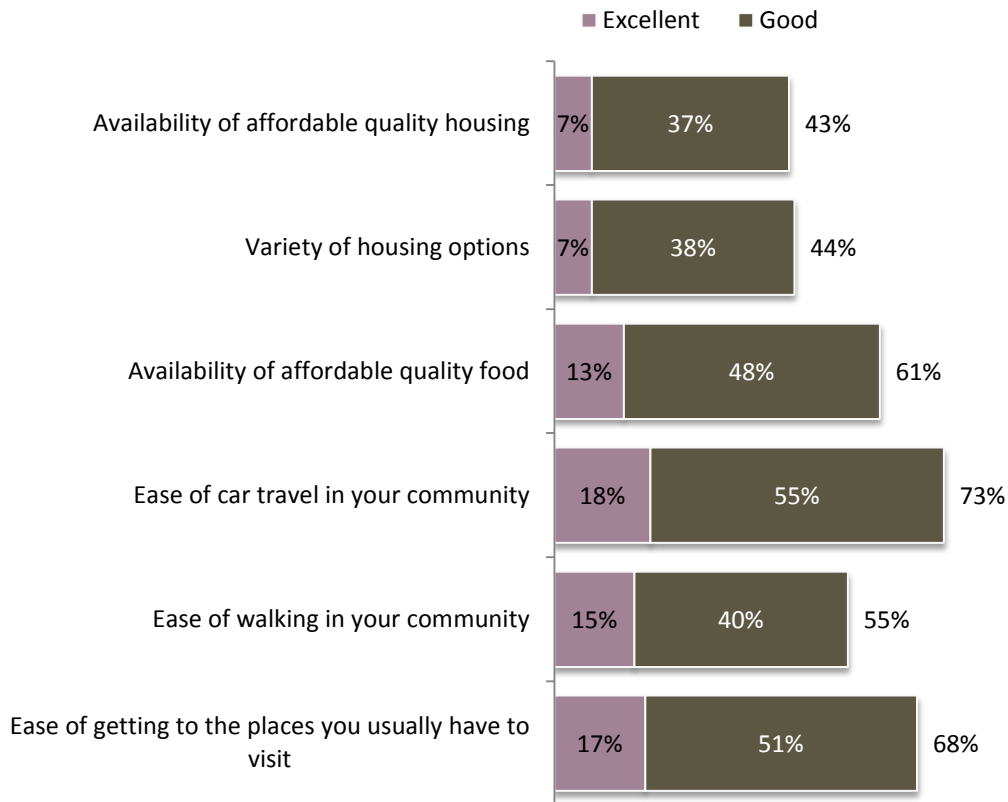
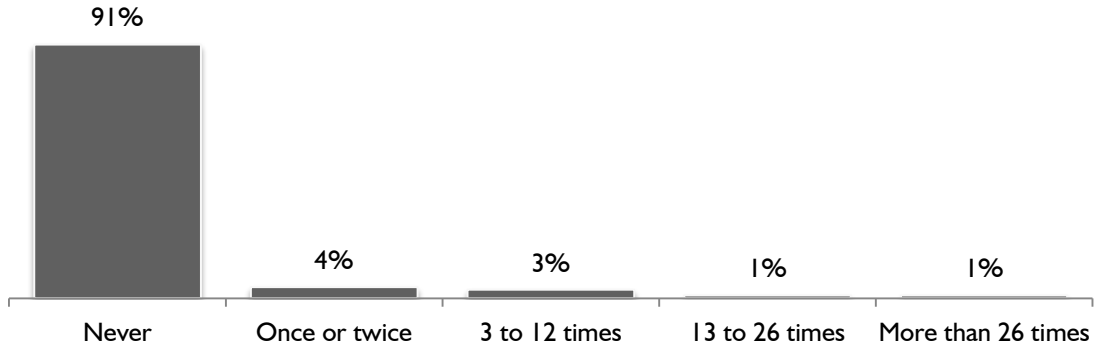


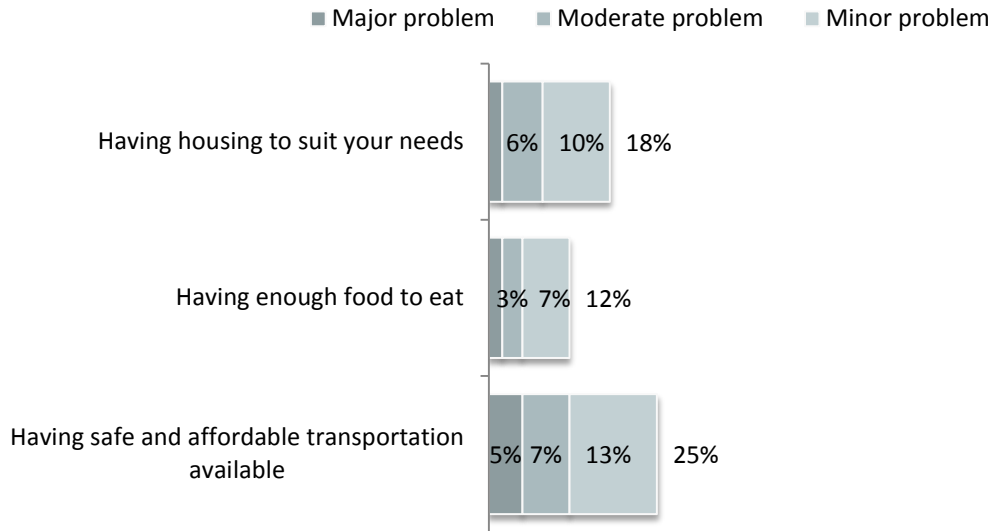
Figure 40: Public Transit of Older Residents in Indiana

In the last 12 months, about how many times, if ever, have you used public transportation (bus, rail, on-demand/senior transportation) within your community?



To help residents remain independent contributors to community quality, local government programs or policies can ease their participation in social and civic activities. This ease of participation comes from land use and economic planning that locates services in or close to residences, provides convenient transportation alternatives when services are too far to reach by walking and makes walking routes attractive. Few older adults experienced problems with having safe and affordable transportation available while slightly fewer experienced problems with having housing to suit their needs.

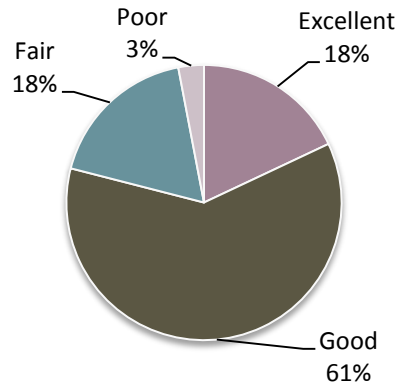
Figure 41: Basic Needs Problems of Older Residents in Indiana



Ultimately, communities that have planned well by promoting mobility, independence and meaningful engagement of its older residents provide a high quality of life for their residents of all ages. In Indiana, over three-quarters of older residents rated their overall quality of life as “excellent” or “good;” few residents felt they had a “fair” or “poor” quality of life.

Figure 42: Overall Quality of Life of Older Residents in Indiana

How do you rate your overall quality of life?



Community Readiness

Communities that assist older adults to remain or become active community participants provide the requisite opportunities for recreation, transportation, culture, education, communication, social connection, spiritual enrichment and health care. It is not a package mix, so each community must identify what its older adults seek and what the community provides. The judgments of the residents for whom community planning takes place provide the elements of an equation that describes overall community quality in Indiana (Figure 43).

The following section of this report summarizes how older residents view their community as thriving environments for its older adults within the six community dimensions of Overall Community Quality, Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use.

Further, older adults, more than others, face difficulties with aspects of everyday life. For many older adults these difficulties vastly exceed the minor physical pains or small losses of function that characterize almost everyone's circumstances after a certain age. When individual problems are added together, a group picture emerges that provides a useful description of all the communities in Indiana. Nationally, areas where older adults face the largest share of life's challenges include caregiving, health and mental health, in-home support, nutrition and food security and transportation. This study also explored specific problems or stressors encountered by older adults in Indiana, such as physical and emotional difficulties and injuries that have compromised their independence. Within the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use, the magnitude of these individual-level needs is presented in Figure 44: Older Adult Needs in Indiana by Community Dimension, culminating in an exploration of high-risk populations (Figure 46: Needs of Older Population by Sociodemographic Characteristics, Percent and Number Affected in 2010 (N=1,191,736)).

State of Indiana Opportunities and Challenges

Survey respondents were asked to rate a number of aspects of the community which were converted to an average scale of 0 (the lowest rating, e.g., “poor”) to 100 (the highest rating, e.g., “excellent”) and then combined to provide one overall rating (index¹) for each of the six dimensions of Community Readiness. (For more information on how the summary scores were calculated see *Appendix B: Survey Methodology*.)

Summary scores provide a broad picture of the perceived fit between what the State of Indiana offered to older adults and what older residents needed:

- Older residents felt the area of Overall Community Quality best met their needs
- The areas of Community Design and Land Use, Productive Activities, and Community and Belonging received slightly lower, but good average ratings
- Health and Wellness and Community Information were rated less favorably and received the lowest average ratings

Figure 43: Indiana Community Readiness Chart



Scale: 0=Lowest/most negative, 100=Highest/most positive

¹ These ratings are not to be understood like ratings from school tests. Because they are summaries of several questions that range from 0 as “poor,” 33 as “fair,” 66 as “good” and 100 as “excellent”, a score of 58, as one example, should be interpreted as closer to “good” than “fair” (with the midpoint of the scale, 50, representing equidistance between “good” and “fair”).

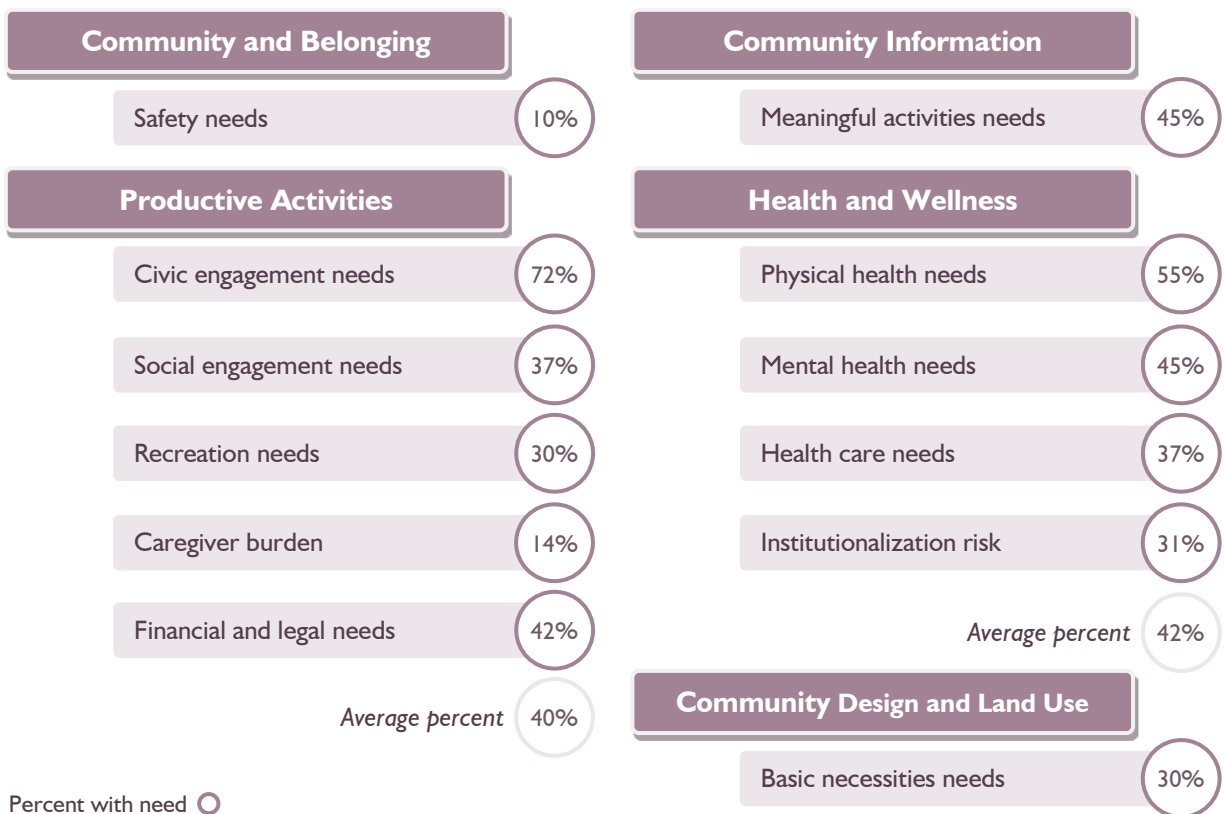
Older Resident Needs in the State of Indiana

Over 40 individual survey questions about specific problems faced by older community members, as well as participation levels and community engagement were summarized into 12 larger areas to provide a broad picture of older resident needs in the State of Indiana. Summary scores are based on the average percent of respondents who experienced problems or had low levels of participation and engagement. *Appendix B: Survey Methodology* provides detailed information on the criteria used to identify respondents as having a need in a specific area. These 12 areas have been organized into five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use (no needs areas have been defined for the community dimension of Overall Community Quality).

Typically, it is understood that the self-reported needs of older adults represent a minimum level, a conservative estimate attenuated by respondents' strong desire to feel and appear self-reliant and further reduced by the silent voice of some older adults who, no matter how sensitive the attempt, are too frail to participate in any survey enterprise. Nonetheless, clear patterns of needs and strengths emerged from this assessment:

- Older residents had the largest needs in the areas of civic engagement and physical health
- A significant portion had needs in the areas of meaningful activities and mental health
- Few reported needs in the areas of caregiver burden and safety

Figure 44: Older Adult Needs in Indiana by Community Dimension



While older residents reported the lowest prevalence of need in the areas of caregiver burden and safety, needs can be quite serious for those affected. It should be understood that the percent of the population that experiences a problem is not a measure of how difficult a problem is to endure for the people who share it. Some needs or opportunities, though rare as a percent of residents, have a particularly devastating impact on residents' quality of life – for example, needing help transferring from bed to wheelchair or having a problem with safety – so it is important to consider both the prevalence of the need or opportunity and its centrality to residents' sustained independence.

Figure 45: Older Resident Needs in Indiana

Area of need	Percent with need	Number affected in 2010 (N=1,191,736)	Number affected in 2015 (N=1,372,200)	Number affected in 2020 (N=1,569,993)
Safety	10%	115,766	133,296	152,510
Civic engagement	72%	854,499	983,895	1,125,717
Social engagement	37%	443,545	510,711	584,326
Recreation	30%	357,146	411,229	470,504
Financial and legal	42%	504,990	581,460	665,274
Meaningful activities	45%	536,027	617,198	706,162
Caregiver burden	14%	166,854	192,120	219,813
Physical health	55%	659,759	759,666	869,167
Mental health	45%	541,247	623,208	713,039
Health care	37%	444,341	511,627	585,375
Institutionalization risk	31%	372,981	429,462	491,366
Basic necessities	30%	357,966	412,172	471,584

Populations at High Risk

As people age, many learn to take better care of themselves, to plan for retirement and, generally, to move more deliberately. Aging builds wisdom but can sap resources — physical, emotional and financial. Even those blessed by good luck or those prescient enough to plan comprehensively for the best future may find themselves with unanticipated needs or with physical, emotional or financial problems they could endure only with help. Some people age better than others and aging well requires certain strengths that are inherent and others that can be supported by assistance from the private sector and government.

For Indiana’s older adults, although needs were spread across the board, residents reporting the largest percent of unresolved needs in the area were more likely to be age 60 to 74, not white, not Hispanic, report a lower income or own their homes.

Figure 46: Needs of Older Population by Sociodemographic Characteristics, Percent and Number Affected in 2010 (N=1,191,736)

	Community and Belonging		Community Information		Health and Wellness		Productive Activities		Community Design and Land Use	
Female	10%	59,727	43%	285,047	43%	284,034	40%	265,797	30%	197,434
Male	9%	44,314	47%	238,468	42%	214,913	40%	207,686	30%	154,862
60 to 74 years	9%	102,183	51%	612,800	44%	524,214	42%	499,397	31%	373,954
75 to 84 years	10%	119,912	46%	543,381	40%	474,450	40%	470,919	28%	338,654
85 or over	10%	120,074	38%	457,470	43%	515,375	38%	449,756	30%	357,440
White	9%	112,848	44%	524,732	41%	491,984	40%	471,080	29%	345,377
Not white	12%	145,930	55%	653,604	52%	622,851	41%	493,387	42%	498,262
Hispanic	5%	54,118	39%	469,380	40%	480,355	36%	434,524	18%	211,276
Not Hispanic	10%	117,671	45%	532,812	42%	503,153	40%	475,814	30%	358,911
Less than \$25,000	14%	161,342	50%	597,674	53%	633,015	48%	571,239	43%	511,811
\$25,000 to \$74,999	8%	96,476	45%	530,872	37%	444,850	36%	430,550	24%	291,881
\$75,000 or more	5%	65,317	35%	417,024	25%	292,244	29%	346,991	12%	147,267
Rent	10%	114,863	43%	514,850	39%	465,607	37%	445,717	26%	313,782
Own	10%	119,382	54%	644,777	59%	700,347	51%	605,619	49%	581,807
Lives alone	11%	128,211	45%	537,356	46%	552,350	41%	487,438	34%	404,443
Lives with others	9%	108,687	45%	533,621	40%	472,530	39%	462,709	28%	328,178
Overall	10%	115,766	45%	536,027	42%	503,997	40%	473,653	30%	357,966

Responses to the State of Indiana's Custom Questions

In addition to the uniform questions on CASOA, the AAA's in the State of Indiana all included three unique questions on the survey to aid in planning, resource allocation and policy analysis. "Don't know" responses have been removed from the analysis for the following questions, when applicable.

Figure 47: Custom Question

Were you hospitalized in the past 12 months due to any of the following conditions? (Please check all that apply.)	Percent of respondents
Congestive heart failure	4%
Heart attack	2%
Pneumonia	3%
COPD	3%
None of these	92%

Total may exceed 100% as respondents could select more than one option

Figure 48: Custom Question

How often, if at all, do you drive yourself for any reason?	Percent of respondents
All the time	72%
Most of the time	11%
Some of the time	6%
Never	11%
Total	100%

Figure 49: Custom Question

Please indicate whether you or another adult age 60 or older in your household has any of the following health conditions.	Percent of respondents
Arthritis/rheumatic disease	60%
Diabetes	30%
Heart disease	27%
High blood pressure	73%
Lung disease (asthma, emphysema, bronchitis)	19%
Cancer	10%
Osteoporosis	21%

Total may exceed 100% as respondents could select more than one option

Appendix A: Complete Set of Survey Responses

Frequencies Excluding “Don’t Know”

Table 1: Question 1: Quality of Community

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent	Good	Fair	Poor	Total
How do you rate your community as a place to live?	23%	57%	17%	3%	100%
How do you rate your community as a place to retire?	18%	47%	26%	9%	100%

Table 2: Question 2: Community Characteristics

Please rate each of the following characteristics as they relate to adults age 60 or over in your community:	Excellent	Good	Fair	Poor	Total
Opportunities to volunteer	23%	50%	20%	7%	100%
Employment opportunities	2%	17%	41%	40%	100%
Opportunities to enroll in skill-building or personal enrichment classes	8%	35%	35%	23%	100%
Recreation opportunities (including games, arts and library services, etc.)	16%	43%	30%	11%	100%
Fitness opportunities (including exercise classes and paths or trails, etc.)	20%	41%	26%	14%	100%
Opportunities to attend social events or activities	14%	43%	31%	11%	100%
Opportunities to attend religious or spiritual activities	37%	46%	14%	3%	100%
Opportunities to attend or participate in meetings about local government or community matters	11%	43%	34%	12%	100%
Availability of affordable quality housing	7%	37%	39%	18%	100%
Variety of housing options	7%	38%	37%	19%	100%
Availability of long-term care options	8%	35%	37%	20%	100%
Availability of daytime care options for older adults	4%	25%	40%	31%	100%
Availability of information about resources for older adults	5%	30%	40%	25%	100%
Availability of financial and legal planning services	6%	34%	40%	20%	100%
Availability of affordable quality physical health care	9%	37%	35%	19%	100%
Availability of affordable quality mental health care	6%	28%	36%	30%	100%
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	15%	46%	30%	9%	100%
Availability of affordable quality food	13%	48%	28%	11%	100%
Availability of support services for those providing care for family/friends	6%	31%	42%	21%	100%
Sense of community	8%	40%	38%	14%	100%

Please rate each of the following characteristics as they relate to adults age 60 or over in your community:	Excellent	Good	Fair	Poor	Total
Openness and acceptance of the community towards older residents of diverse backgrounds	6%	38%	40%	16%	100%
Ease of travel by public transportation (bus, rail, on-demand/senior transportation) in your community	5%	22%	30%	43%	100%
Ease of car travel in your community	18%	55%	23%	5%	100%
Ease of walking in your community	15%	40%	30%	15%	100%
Ease of getting to the places you usually have to visit	17%	51%	25%	7%	100%
Overall feeling of safety in your community	14%	48%	29%	9%	100%
Valuing older residents in your community	10%	42%	35%	13%	100%
Neighborliness of your community	12%	41%	35%	12%	100%

Table 3: Question 3: Overall Service to Older Adults

	Excellent	Good	Fair	Poor	Total
How would you rate the overall services provided to older adults in your community?	5%	42%	41%	12%	100%

Table 4: Question 4: Level of Informedness about Services and Activities for Older Adults

In general, how informed or uninformed do you feel about services and activities available to older adults in your community?	Percent of respondents
Very informed	8%
Somewhat informed	47%
Somewhat uninformed	29%
Very uninformed	16%
Total	100%

Table 5: Question 5: Quality of Life and Health

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent	Good	Fair	Poor	Total
How do you rate your overall physical health?	12%	52%	29%	7%	100%
How do you rate your overall mental health/emotional well being?	25%	57%	15%	3%	100%
How do you rate your overall quality of life?	18%	61%	18%	3%	100%

Table 6: Question 6: Problems Faced by Older Adults

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem	Minor problem	Moderate problem	Major problem	Total
Having housing to suit your needs	82%	10%	6%	2%	100%
Your physical health	36%	36%	19%	8%	100%
Performing regular activities, including walking, eating and preparing meals	64%	20%	12%	4%	100%
Having enough food to eat	88%	7%	3%	2%	100%
Doing heavy or intense housework	39%	29%	18%	14%	100%
Having safe and affordable transportation available	75%	13%	7%	5%	100%
No longer being able to drive	84%	5%	4%	7%	100%
Feeling depressed	60%	26%	11%	4%	100%
Experiencing confusion or forgetfulness	60%	29%	8%	2%	100%
Maintaining your home	56%	27%	12%	5%	100%
Maintaining your yard	53%	26%	12%	8%	100%
Finding productive or meaningful activities to do	65%	18%	12%	5%	100%
Having friends or family you can rely on	73%	16%	6%	4%	100%
Falling or injuring yourself in your home	72%	18%	7%	3%	100%
Finding affordable health insurance	61%	16%	11%	13%	100%
Getting the health care you need	73%	15%	7%	5%	100%
Affording the medications you need	66%	18%	10%	7%	100%
Figuring out which medications to take and when	88%	8%	2%	1%	100%
Getting the oral health care you need	74%	11%	7%	8%	100%
Getting the vision care you need	76%	12%	6%	6%	100%
Having enough money to meet daily expenses	62%	20%	11%	7%	100%
Having enough money to pay your property taxes	75%	13%	8%	4%	100%
Staying physically fit	40%	35%	17%	9%	100%
Maintaining a healthy diet	54%	28%	13%	5%	100%
Having interesting recreational or cultural activities to attend	52%	24%	16%	8%	100%
Having interesting social events or activities to attend	53%	24%	15%	8%	100%
Feeling bored	54%	27%	12%	7%	100%
Feeling like your voice is heard in the community	43%	24%	18%	15%	100%
Finding meaningful volunteer work	69%	16%	9%	6%	100%
Feeling physically burdened by providing care for another person	77%	12%	7%	4%	100%
Feeling emotionally burdened by providing care for another person	74%	13%	8%	5%	100%
Feeling financially burdened by providing care for another person	80%	10%	6%	4%	100%
Dealing with legal issues	72%	16%	8%	5%	100%
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	60%	23%	10%	7%	100%

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem	Minor problem	Moderate problem	Major problem	Total
Finding work in retirement	68%	11%	9%	12%	100%
Building skills for paid or unpaid work	70%	12%	10%	8%	100%
Not knowing what services are available to older adults in your community	39%	27%	20%	15%	100%
Feeling lonely or isolated	67%	19%	9%	6%	100%
Dealing with the loss of a close family member or friend	61%	19%	11%	8%	100%
Being a victim of crime	87%	7%	4%	2%	100%
Being a victim of fraud or a scam	86%	8%	3%	3%	100%
Being physically or emotionally abused	92%	4%	2%	2%	100%
Dealing with financial planning issues	63%	21%	10%	5%	100%

Table 7: Question 7: Days Spent in Facilities

Thinking back over the past 12 months, how many days did you spend in...	No days (zero)	One to two days	Three to five days	Six or more days	Total
A hospital	75%	8%	7%	9%	100%
An emergency room	68%	25%	6%	1%	100%
A nursing home or in-patient rehabilitation facility	96%	0%	0%	4%	100%

Table 8: Question 8: Custom Question

Were you hospitalized in the past 12 months due to any of the following conditions? (Please check all that apply.)	Percent of respondents
Congestive heart failure	4%
Heart attack	2%
Pneumonia	3%
COPD	3%
None of these	92%

Total may exceed 100% as respondents could select more than one option

Table 9: Question 9: Falls in Last 12 Months

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Percent of respondents
Never	67%
Once or twice	26%
3-5 times	5%
More than 5 times	2%
Total	100%

Table 10: Question 10: Recommend Living in Community

How likely or unlikely are you to recommend living in your community to older adults?	Percent of respondents
Very likely	34%
Somewhat likely	42%
Somewhat unlikely	11%
Very unlikely	13%
Total	100%

Table 11: Question 11: Likelihood of Remaining in Community Throughout Retirement

How likely or unlikely are you to remain in your community throughout your retirement?	Percent of respondents
Very likely	67%
Somewhat likely	21%
Somewhat unlikely	6%
Very unlikely	6%
Total	100%

Table 12: Question 12: Custom Question

How often, if at all, do you drive yourself for any reason?	Percent of respondents
All the time	72%
Most of the time	11%
Some of the time	6%
Never	11%
Total	100%

Table 13: Question 13: Participation in Activities

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	Never	Once or twice	3 to 12 times	13 to 26 times	Total
Used a senior center in your community	84%	10%	4%	2%	100%
Visited a nutrition/meal site	92%	5%	2%	1%	100%
Used a recreation center in your community	79%	12%	6%	3%	100%
Used a public library in your community	39%	28%	23%	10%	100%
Attended a meeting of local elected officials or other local public meeting in your community	71%	22%	5%	1%	100%
Watched a meeting of local elected officials or other public meeting on cable television, the Internet or other media	61%	23%	13%	3%	100%
Used public transportation (bus, rail, on-demand/senior transportation) within your community	92%	4%	3%	1%	100%
Visited a neighborhood park	30%	32%	31%	7%	100%

Table 14: Question 14: Hours Spent Doing Activities

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)	1 to 3 hours	4 to 5 hours	6 to 10 hours	11 or more hours	Total
Participating in a club (including book, dance, game and other social)	71%	19%	6%	2%	2%	100%
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	88%	8%	2%	1%	1%	100%
Communicating/ visiting with friends and/or family	7%	30%	27%	16%	21%	100%
Participating in religious or spiritual activities with others	33%	38%	13%	6%	9%	100%
Participating in a recreation program or group activity	64%	21%	8%	3%	4%	100%
Providing help to friends or relatives	16%	43%	19%	9%	13%	100%
Volunteering your time to some group/activity in your community	66%	19%	7%	3%	4%	100%
Engaging in moderate physical activity/exercise	23%	36%	19%	11%	10%	100%

Table 15: Question 15: Hours Spent Providing Care

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)	1 to 3 hours	4 to 5 hours	6 to 10 hours	11 to 20 hours	20 or more hours	Total
One or more individuals age 60 or older	55%	18%	8%	6%	3%	11%	100%
One or more individuals age 18 to 59	74%	12%	5%	3%	1%	4%	100%
One or more individuals under age 18	70%	12%	5%	4%	2%	6%	100%

Table 16: Question 16: Receives Care

Whether or not they live with you, does someone provide assistance to you almost every day?	Percent of respondents
Yes	18%
No	82%
Total	100%

Table 17: Question 17: Custom Question

Please indicate whether you or another adult age 60 or older in your household has any of the following health conditions.	Percent of respondents
Arthritis/rheumatic disease	60%
Diabetes	30%
Heart disease	27%
High blood pressure	73%
Lung disease (asthma, emphysema, bronchitis)	19%
Cancer	10%
Osteoporosis	21%

Total may exceed 100% as respondents could select more than one option

Table 18: Question D1: Length of Residency

How many years have you lived in your community?	Percent of respondents
Less than 1 year	1%
1-5 years	8%
6-10 years	9%
11-20 years	13%
More than 20 years	69%
Total	100%

Table 19: Question D2: Housing Unit Type

Which best describes the building you live in?	Percent of respondents
Single family home	82%
Townhouse, condominium, duplex or apartment	12%
Mobile home	4%
Assisted living residence	1%
Nursing home	0%
Other	2%
Total	100%

Table 20: Question D3: Tenure (Rent or Own)

Do you currently rent or own your home?	Percent of respondents
Rent	17%
Own (with a mortgage payment)	32%
Own (free and clear; no mortgage)	51%
Total	100%

Table 21: Question D4: Monthly Housing Costs

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?	Percent of respondents
Less than \$300 per month	28%
\$300 to \$599 per month	31%
\$600 to \$999 per month	23%
\$1,000 to \$1,499 per month	12%
\$1,500 to \$2,499 per month	5%
\$2,500 or more per month	1%
Total	100%

Table 22: Question D5: Total Number of Household Members

How many people, including yourself, live in your household?	Percent of respondents
1 person (live alone)	37%
2 people	51%
3 people	8%
4 or more people	4%
Total	100%

Table 23: Question D6: Number of Older Adult Household Members

How many of these people, including yourself, are 55 or older?	Percent of respondents
1 person	52%
2 people	47%
3 people	1%
4 or more people	0%
Total	100%

Table 24: Question D7: Retirement Status

What is your employment status?	Percent of respondents
Fully retired	72%
Working full time for pay	15%
Working part time for pay	11%
Unemployed, looking for paid work	2%
Total	100%

Table 25: Question D8: Expected Age of Retirement

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents
60 to 64	10%
65 to 69	44%
70 to 74	24%
75 or older	22%
5.00	0%
6.00	0%
Total	100%

Table 26: Question D9: Household Income

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent of respondents
Less than \$15,000	18%
\$15,000 to \$24,999	24%
\$25,000 to \$49,999	29%
\$50,000 to \$74,999	18%
\$75,000 to \$99,999	6%
\$100,000 or more	6%
Total	100%

Table 27: Question D10: Respondent Ethnicity/Origin

Are you Spanish/Hispanic/Latino?	Percent of respondents
Yes	1%
No	99%
Total	100%

Table 28: Question D11: Respondent Race

What is your race?	Percent of respondents
American Indian or Alaskan native	2%
Asian or Pacific Islander	0%
Black, African American	6%
White/Caucasian	92%
Other	1%

Total may exceed 100% as respondents could select more than one option

Table 29: Question D12: Respondent Age

In which category is your age?	Percent of respondents
60-64 years	29%
65-69 years	21%
70-74 years	17%
75-79 years	13%
80-84 years	11%
85-89 years	6%
90-94 years	3%
95 years or older	0%
Total	100%

Table 30: Question D13: Respondent Gender

What is your sex?	Percent of respondents
Female	56%
Male	44%
Total	100%

Table 31: Question D14: Respondent Sexual Orientation

What is your sexual orientation?	Percent of respondents
Heterosexual	98%
Lesbian	1%
Gay	1%
Bisexual	1%
Total	100%

Table 32: Question D15: Voter Registration Status

Are you registered to vote in your jurisdiction?	Percent of respondents
Yes	92%
No	8%
Ineligible to vote	0%
Total	100%

Table 33: Question D16: Voted in Last General Election

Many people don't have time to vote in elections. Did you vote in the last general election?	Percent of respondents
Yes	85%
No	15%
Ineligible to vote	0%
Total	100%

Frequencies Including “Don’t Know”

These tables contain the percentage of respondents for each response category as well as the “n” or total number of respondents for each category, next to the percentage.

Table 34: Question 1: Quality of Community

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
	%	n	%	n	%	n	%	n	%	n	%	n
How do you rate your community as a place to live?	23%	1,127	57%	2,823	17%	871	3%	159	0%	13	100%	4,994
How do you rate your community as a place to retire?	18%	859	46%	2,232	26%	1,246	9%	439	2%	96	100%	4,872

Table 35: Question 2: Community Characteristics

Please rate each of the following characteristics as they relate to adults age 60 or over in your community:	Excellent		Good		Fair		Poor		Don't know		Total	
	%	n	%	n	%	n	%	n	%	n	%	n
Opportunities to volunteer	20%	977	43%	2,169	17%	867	6%	296	14%	694	100%	5,002
Employment opportunities	2%	79	14%	672	33%	1,623	32%	1,598	20%	982	100%	4,955
Opportunities to enroll in skill-building or personal enrichment classes	6%	300	27%	1,351	27%	1,349	18%	886	22%	1,068	100%	4,953
Recreation opportunities (including games, arts and library services, etc.)	15%	727	40%	1,968	27%	1,347	11%	523	8%	376	100%	4,942
Fitness opportunities (including exercise classes and paths or trails, etc.)	18%	893	38%	1,886	24%	1,168	13%	630	7%	357	100%	4,934
Opportunities to attend social events or activities	13%	636	39%	1,941	28%	1,394	10%	507	9%	456	100%	4,933
Opportunities to attend religious or spiritual activities	35%	1,732	44%	2,161	13%	657	3%	130	5%	251	100%	4,932
Opportunities to attend or participate in meetings about local government or community matters	9%	469	37%	1,849	29%	1,464	10%	514	14%	681	100%	4,977
Availability of affordable quality housing	6%	289	31%	1,549	33%	1,634	15%	763	15%	720	100%	4,953
Variety of housing options	6%	276	32%	1,595	32%	1,579	16%	794	14%	682	100%	4,926
Availability of long-term care options	7%	327	28%	1,393	30%	1,465	16%	783	20%	985	100%	4,953
Availability of daytime care options for older adults	3%	137	17%	832	27%	1,332	21%	1,035	32%	1,546	100%	4,881
Availability of information about resources for older adults	4%	193	23%	1,146	30%	1,490	19%	939	24%	1,159	100%	4,927

Please rate each of the following characteristics as they relate to adults age 60 or over in your community:	Excellent		Good		Fair		Poor		Don't know		Total	
Availability of financial and legal planning services	4%	220	25%	1,249	30%	1,495	15%	752	25%	1,217	100%	4,934
Availability of affordable quality physical health care	8%	390	32%	1,592	31%	1,513	16%	796	13%	645	100%	4,936
Availability of affordable quality mental health care	4%	191	20%	956	25%	1,214	21%	1,009	31%	1,488	100%	4,857
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	14%	683	42%	2,095	28%	1,363	8%	413	8%	391	100%	4,944
Availability of affordable quality food	13%	606	45%	2,190	26%	1,285	11%	523	5%	245	100%	4,849
Availability of support services for those providing care for family/friends	4%	212	22%	1,058	30%	1,450	14%	705	30%	1,446	100%	4,871
Sense of community	7%	352	35%	1,687	33%	1,579	12%	577	12%	563	100%	4,758
Openness and acceptance of the community towards older residents of diverse backgrounds	5%	251	31%	1,523	32%	1,585	13%	625	19%	937	100%	4,921
Ease of travel by public transportation (bus, rail, on-demand/senior transportation) in your community	4%	214	19%	915	25%	1,237	37%	1,813	15%	752	100%	4,931
Ease of car travel in your community	17%	860	53%	2,641	22%	1,088	5%	229	3%	130	100%	4,948
Ease of walking in your community	14%	711	39%	1,914	29%	1,435	15%	744	3%	138	100%	4,941
Ease of getting to the places you usually have to visit	17%	830	50%	2,488	25%	1,218	7%	346	2%	76	100%	4,958
Overall feeling of safety in your community	14%	713	48%	2,370	28%	1,411	9%	433	1%	50	100%	4,976
Valuing older residents in your community	8%	413	37%	1,826	31%	1,533	11%	556	12%	617	100%	4,945
Neighborliness of your community	12%	596	40%	1,962	34%	1,658	12%	577	3%	154	100%	4,947

Table 36: Question 3: Overall Service to Older Adults

How would you rate the overall services provided to older adults in your community?	Percent of respondents	Number
Excellent	4%	198
Good	34%	1,585
Fair	33%	1,545
Poor	10%	466
Don't know	19%	889
Total	100%	4,683

Table 37: Question 4: Level of Informedness about Services and Activities for Older Adults

In general, how informed or uninformed do you feel about services and activities available to older adults in your community?	Percent of respondents	Number
Very informed	8%	406
Somewhat informed	47%	2,314
Somewhat uninformed	29%	1,396
Very uninformed	16%	761
Total	100%	4,878

Table 38: Question 5: Quality of Life and Health

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
How do you rate your overall physical health?	12%	583	52%	2,602	29%	1,427	7%	372	0%	17	100%	5,001
How do you rate your overall mental health/emotional well being?	25%	1,240	57%	2,849	15%	751	3%	130	1%	26	100%	4,996
How do you rate your overall quality of life?	18%	920	60%	3,016	18%	880	3%	156	0%	21	100%	4,993

Table 39: Question 6: Problems Faced by Older Adults

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
Having housing to suit your needs	80%	3,992	10%	493	5%	272	2%	107	2%	113	100%	4,978
Your physical health	36%	1,792	36%	1,773	19%	958	8%	395	0%	14	100%	4,931
Performing regular activities, including walking, eating and preparing meals	64%	3,175	20%	975	12%	568	4%	210	0%	14	100%	4,942
Having enough food to eat	88%	4,364	7%	348	3%	137	2%	107	0%	9	100%	4,965
Doing heavy or intense housework	38%	1,882	29%	1,431	18%	872	14%	696	1%	55	100%	4,936

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
Having safe and affordable transportation available	73%	3,623	12%	610	7%	328	5%	265	2%	117	100%	4,943
No longer being able to drive	79%	3,766	4%	209	4%	174	7%	324	6%	302	100%	4,774
Feeling depressed	59%	2,910	25%	1,245	10%	513	4%	210	1%	61	100%	4,940
Experiencing confusion or forgetfulness	60%	2,951	29%	1,426	8%	399	2%	119	1%	46	100%	4,942
Maintaining your home	56%	2,773	27%	1,332	12%	578	5%	249	1%	28	100%	4,960
Maintaining your yard	52%	2,531	26%	1,260	12%	575	8%	401	2%	113	100%	4,880
Finding productive or meaningful activities to do	64%	3,134	18%	879	12%	568	5%	242	2%	112	100%	4,935
Having friends or family you can rely on	73%	3,612	16%	811	6%	316	4%	208	1%	27	100%	4,973
Falling or injuring yourself in your home	71%	3,519	17%	860	7%	343	3%	155	1%	59	100%	4,936
Finding affordable health insurance	60%	2,942	16%	772	10%	517	13%	623	2%	80	100%	4,934
Getting the health care you need	72%	3,583	15%	735	7%	360	5%	250	1%	41	100%	4,969
Affording the medications you need	65%	3,226	18%	868	10%	486	7%	326	1%	45	100%	4,950
Figuring out which medications to take and when	87%	4,326	8%	394	2%	122	1%	69	1%	47	100%	4,958
Getting the oral health care you need	73%	3,587	11%	559	7%	331	8%	398	1%	63	100%	4,938
Getting the vision care you need	75%	3,741	12%	606	6%	300	6%	298	1%	28	100%	4,974
Having enough money to meet daily expenses	62%	3,076	20%	995	11%	533	7%	346	0%	19	100%	4,968
Having enough money to pay your property taxes	72%	3,476	13%	627	7%	352	4%	203	4%	186	100%	4,844
Staying physically fit	40%	1,986	34%	1,702	16%	814	9%	428	0%	23	100%	4,954
Maintaining a healthy diet	53%	2,647	28%	1,380	13%	644	5%	256	0%	22	100%	4,948
Having interesting recreational or cultural activities to attend	49%	2,412	22%	1,102	15%	714	8%	374	7%	322	100%	4,924
Having interesting social events or activities to attend	50%	2,443	22%	1,095	14%	690	8%	379	6%	299	100%	4,906
Feeling bored	53%	2,640	27%	1,316	11%	563	7%	348	1%	74	100%	4,940
Feeling like your voice is heard in the community	34%	1,641	19%	902	14%	687	12%	585	21%	1,020	100%	4,836
Finding meaningful volunteer work	55%	2,647	13%	606	8%	364	5%	231	20%	953	100%	4,801
Feeling physically burdened by providing care for another person	70%	3,436	11%	533	6%	291	4%	198	9%	426	100%	4,883
Feeling emotionally burdened by providing care for another person	68%	3,313	12%	577	7%	356	5%	230	9%	427	100%	4,903

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
Feeling financially burdened by providing care for another person	73%	3,554	9%	433	5%	267	4%	198	9%	428	100%	4,880
Dealing with legal issues	68%	3,337	15%	740	7%	354	4%	218	5%	237	100%	4,886
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	57%	2,810	22%	1,074	10%	487	6%	313	4%	210	100%	4,894
Finding work in retirement	50%	2,317	8%	366	7%	306	9%	409	27%	1,255	100%	4,654
Building skills for paid or unpaid work	49%	2,272	9%	400	7%	318	6%	276	29%	1,326	100%	4,593
Not knowing what services are available to older adults in your community	33%	1,581	23%	1,085	16%	794	12%	593	16%	760	100%	4,813
Feeling lonely or isolated	65%	3,134	18%	869	9%	408	6%	268	2%	113	100%	4,792
Dealing with the loss of a close family member or friend	58%	2,819	18%	884	11%	514	8%	367	5%	251	100%	4,836
Being a victim of crime	80%	3,851	6%	308	3%	163	2%	89	8%	382	100%	4,793
Being a victim of fraud or a scam	80%	3,833	7%	337	3%	139	3%	132	8%	377	100%	4,818
Being physically or emotionally abused	86%	4,183	4%	195	2%	81	2%	78	6%	313	100%	4,850
Dealing with financial planning issues	61%	2,948	21%	997	10%	477	5%	236	4%	197	100%	4,854

Table 40: Question 7: Days Spent in Facilities

Thinking back over the past 12 months, how many days did you spend in...	No days (zero)		One to two days		Three to five days		Six or more days		Total	
A hospital	75%	3,511	8%	389	7%	321	9%	433	100%	4,653
An emergency room	68%	3,177	25%	1,192	6%	264	1%	50	100%	4,683
A nursing home or in-patient rehabilitation facility	96%	4,267	0%	21	0%	14	4%	158	100%	4,460

Table 41: Question 8: Custom Question

Were you hospitalized in the past 12 months due to any of the following conditions? (Please check all that apply.)	Percent of respondents	Number
Congestive heart failure	4%	160
Heart attack	2%	94
Pneumonia	3%	135
COPD	3%	122
None of these	92%	4,143

Total may exceed 100% as respondents could select more than one option

Table 42: Question 9: Falls in Last 12 Months

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Percent of respondents	Number
Never	66%	3,247
Once or twice	26%	1,271
3-5 times	5%	242
More than 5 times	2%	87
Don't know	2%	85
Total	100%	4,932

Table 43: Question 10: Recommend Living in Community

How likely or unlikely are you to recommend living in your community to older adults?	Percent of respondents	Number
Very likely	30%	1,470
Somewhat likely	37%	1,798
Somewhat unlikely	9%	462
Very unlikely	11%	544
Don't know	13%	648
Total	100%	4,922

Table 44: Question 11: Likelihood of Remaining in Community Throughout Retirement

How likely or unlikely are you to remain in your community throughout your retirement?	Percent of respondents	Number
Very likely	63%	3,084
Somewhat likely	19%	950
Somewhat unlikely	5%	269
Very unlikely	6%	274
Don't know	7%	357
Total	100%	4,933

Table 45: Question 12: Custom Question

How often, if at all, do you drive yourself for any reason?	Percent of respondents	Number
All the time	72%	3,560
Most of the time	11%	540
Some of the time	6%	304
Never	11%	547
Total	100%	4,950

Table 46: Question 13: Participation in Activities

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	Never		Once or twice		3 to 12 times		13 to 26 times		More than 26 times		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Used a senior center in your community	82%	4,109	10%	488	4%	185	2%	95	3%	148	100%	5,026
Visited a nutrition/meal site	91%	4,532	5%	228	2%	109	1%	35	2%	85	100%	4,989
Used a recreation center in your community	75%	3,667	12%	567	5%	257	3%	154	5%	249	100%	4,894
Used a public library in your community	36%	1,742	25%	1,224	21%	1,023	9%	426	9%	439	100%	4,855
Attended a meeting of local elected officials or other local public meeting in your community	71%	3,542	22%	1,109	5%	262	1%	41	1%	27	100%	4,981
Watched a meeting of local elected officials or other public meeting on cable television, the Internet or other media	59%	2,965	23%	1,146	12%	620	3%	150	2%	108	100%	4,989
Used public transportation (bus, rail, on-demand/senior transportation) within your community	91%	4,542	4%	198	3%	138	1%	51	1%	49	100%	4,978
Visited a neighborhood park	29%	1,393	30%	1,463	29%	1,426	7%	332	5%	264	100%	4,878

Table 47: Question 14: Hours Spent Doing Activities

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 or more hours		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Participating in a club (including book, dance, game and other social)	71%	3,512	19%	920	6%	308	2%	112	2%	88	0%	23	100%	4,962
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	88%	4,354	8%	372	2%	100	1%	43	1%	51	0%	18	100%	4,938
Communicating/ visiting with friends and/or family	6%	315	29%	1,412	26%	1,290	15%	748	20%	987	3%	148	100%	4,900
Participating in religious or spiritual activities with others	32%	1,581	37%	1,827	13%	641	6%	298	9%	423	3%	137	100%	4,907
Participating in a recreation program or group activity	63%	3,109	21%	1,038	8%	388	3%	127	4%	203	1%	59	100%	4,924
Providing help to friends or relatives	16%	760	41%	2,013	19%	908	9%	417	12%	588	4%	200	100%	4,885
Volunteering your time to some group/activity in your community	65%	3,185	19%	918	7%	345	3%	164	4%	185	2%	95	100%	4,893
Engaging in moderate physical activity/exercise	22%	1,100	35%	1,748	19%	937	11%	544	10%	498	3%	128	100%	4,955

Table 48: Question 15: Hours Spent Providing Care

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 to 20 hours		20 or more hours		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
One or more individuals age 60 or older	54%	2,589	17%	827	7%	359	5%	262	3%	156	11%	532	2%	101	100%	4,826
One or more individuals age 18 to 59	73%	3,295	12%	539	5%	210	3%	142	1%	61	4%	182	2%	73	100%	4,502
One or more individuals under age 18	69%	3,135	12%	534	5%	225	4%	189	2%	105	6%	262	1%	68	100%	4,517

Table 49: Question 16: Receives Care

Whether or not they live with you, does someone provide assistance to you almost every day?	Percent of respondents	Number
Yes	18%	887
No	82%	4,036
Total	100%	4,923

Table 50: Question 17: Custom Question

Please indicate whether you or another adult age 60 or older in your household has any of the following health conditions.	Percent of respondents	Number
Arthritis/rheumatic disease	60%	2,495
Diabetes	30%	1,233
Heart disease	27%	1,099
High blood pressure	73%	3,010
Lung disease (asthma, emphysema, bronchitis)	19%	772
Cancer	10%	402
Osteoporosis	21%	880

Total may exceed 100% as respondents could select more than one option

Table 51: Question D1: Length of Residency

How many years have you lived in your community?	Percent of respondents	Number
Less than 1 year	1%	66
1-5 years	8%	386
6-10 years	9%	468
11-20 years	13%	655
More than 20 years	69%	3,499
Total	100%	5,075

Table 52: Question D2: Housing Unit Type

Which best describes the building you live in?	Percent of respondents	Number
Single family home	82%	4,151
Townhouse, condominium, duplex or apartment	12%	606
Mobile home	4%	178
Assisted living residence	1%	34
Nursing home	0%	5
Other	2%	87
Total	100%	5,060

Table 53: Question D3: Tenure (Rent or Own)

Do you currently rent or own your home?	Percent of respondents	Number
Rent	17%	851
Own (with a mortgage payment)	32%	1,610
Own (free and clear; no mortgage)	51%	2,569
Total	100%	5,030

Table 54: Question D4: Monthly Housing Costs

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?	Percent of respondents	Number
Less than \$300 per month	28%	1,288
\$300 to \$599 per month	31%	1,434
\$600 to \$999 per month	23%	1,083
\$1,000 to \$1,499 per month	12%	533
\$1,500 to \$2,499 per month	5%	242
\$2,500 or more per month	1%	52
Total	100%	4,632

Table 55: Question D5: Total Number of Household Members

How many people, including yourself, live in your household?	Percent of respondents	Number
1 person (live alone)	37%	1,851
2 people	51%	2,556
3 people	8%	377
4 or more people	4%	209
Don't know	0%	0
Total	100%	4,993

Table 56: Question D6: Number of Older Adult Household Members

How many of these people, including yourself, are 55 or older?	Percent of respondents	Number
1 person	52%	2,465
2 people	47%	2,255
3 people	1%	30
4 or more people	0%	22
Don't know	0%	0
Total	100%	4,772

Table 57: Question D7: Retirement Status

What is your employment status?	Percent of respondents	Number
Fully retired	72%	3,486
Working full time for pay	15%	728
Working part time for pay	11%	522
Unemployed, looking for paid work	2%	100
Total	100%	4,836

Table 58: Question D8: Expected Age of Retirement

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents	Number
60 to 64	10%	104
65 to 69	44%	442
70 to 74	24%	248
75 or older	22%	220
Total	100%	1,013

Table 59: Question D9: Household Income

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent of respondents	Number
Less than \$15,000	18%	797
\$15,000 to \$24,999	24%	1,080
\$25,000 to \$49,999	29%	1,333
\$50,000 to \$74,999	18%	799
\$75,000 to \$99,999	6%	270
\$100,000 or more	6%	263
Total	100%	4,542

Table 60: Question D10: Respondent Ethnicity/Origin

Are you Spanish/Hispanic/Latino?	Percent of respondents	Number
Yes	1%	72
No	99%	4,782
Total	100%	4,854

Table 61: Question D11: Respondent Race

What is your race?	Percent of respondents	Number
American Indian or Alaskan native	2%	78
Asian or Pacific Islander	0%	6
Black, African American	6%	323
White/Caucasian	92%	4,580
Other	1%	47

Total may exceed 100% as respondents could select more than one option

Table 62: Question D12: Respondent Age

In which category is your age?	Percent of respondents	Number
60-64 years	29%	1,437
65-69 years	21%	1,039
70-74 years	17%	848
75-79 years	13%	671
80-84 years	11%	553
85-89 years	6%	320
90-94 years	3%	131
95 years or older	0%	20
Total	100%	5,019

Table 63: Question D13: Respondent Gender

What is your sex?	Percent of respondents	Number
Female	56%	2,797
Male	44%	2,190
Total	100%	4,986

Table 64: Question D14: Respondent Sexual Orientation

What is your sexual orientation?	Percent of respondents	Number
Heterosexual	98%	4,301
Lesbian	1%	25
Gay	1%	27
Bisexual	1%	51
Total	100%	4,404

Table 65: Question D15: Voter Registration Status

Are you registered to vote in your jurisdiction?	Percent of respondents	Number
Yes	91%	4,583
No	8%	408
Ineligible to vote	0%	9
Don't know	1%	58
Total	100%	5,058

Table 66: Question D16: Voted in Last General Election

Many people don't have time to vote in elections. Did you vote in the last general election?	Percent of respondents	Number
Yes	84%	4,255
No	15%	758
Ineligible to vote	0%	11
Don't know	0%	25
Total	100%	5,049

Appendix B: Survey Methodology

Data Collection Methods Used in the CASOA

The CASOA survey instrument and its administration are standardized to assure high quality survey methods and comparable results across CASOA communities. The CASOA was customized for each AAA in the State of Indiana to reflect the correct local age definition of older adults and so that the mailing materials used official AAA graphics, contact information and signatures.

Survey Development

The CASOA questionnaire contains many questions related to the life of older residents in the community. The instrument includes questions related to overall quality of life, characteristics of the community, perceptions of safety in the community and of 40 different needs common to older adults.

The questionnaire grew from a synthesis of a number of data collection processes including a national search of needs assessments conducted by communities across the United States, a review of the literature on aging and the conduct of numerous surveys and large scale needs assessments by National Research Center, Inc. A blue-ribbon panel of national experts contributed to the concept and content of CASOA.

The items in the questionnaire were pilot tested on senior residents using a “think-aloud” method in which older adults were asked to complete the survey and describe their thought processes related to specific questions and question sets. The results of the pilot test were used to alter the questionnaire for better understanding by senior participants. The final questionnaire was tested in a set of diverse U.S. communities and modifications again were made as necessary.

Survey Sampling

“Sampling” refers to the method by which survey recipients are chosen. The “sample” refers to all those who were given a chance to participate in the survey. A sample of residents living in the Indiana area 60 years of age and older was used. Although the purchased list of known senior households contained names of the residents 60 years and older, no name was printed on the survey envelope; instead, the survey was addressed to “Resident.” The list of households was compiled from a variety of public sources.

A larger list than needed was sampled so that a process referred to as “geocoding” could be used to eliminate addresses from the list that were outside the study boundaries. Geocoding is a computerized process in which addresses are compared to electronically mapped boundaries and coded as inside or outside desired boundaries. All addresses determined to be outside the study boundaries were eliminated from the sample. An adjusted proportional, systematic sampling method was used with the remaining addresses to create a mailing list of 22,750 Indiana older adult households, with an adjusted proportion of surveys being sent to each of the sixteen AAA service areas (Northwest Indiana Community Action, REAL Services, Inc., Aging and In-Home Services of Northeast Indiana, Area IV Agency On Aging & Community Action Programs, Inc., Area Five Agency, LifeStream Services, Area 7 Agency on Aging and Disabled/WCIEDD, CICOA Aging & In-Home Solutions, Area 9 In-Home & Community Services, Area 10 Agency on Aging, Thrive Alliance, LifeTime Resources, Generations, Lifespan Resources, Hoosier Uplands / Area 15 Area Agency on Aging, SWIRCA & More).

In order to select a random individual 60 years of age and older within the household, the cover letter requested that the questionnaire be given to the person 60 years of age and older who most

recently celebrated their birthday (regardless of year of birth) to complete. This “birthday method” is a respondent selection method which helps to randomly select an individual within a household. It is similar to other more complex methodologies (e.g., “Kisch” or “Troдахl”), but easier to implement.

Survey Administration and Response

Each sampled household received three mailings beginning in March 2013. Each Indiana AAA had a choice between three different timelines to complete the mailings during. Completed surveys were collected over the course of six weeks for each AAA. The first mailing was a prenotification postcard announcing the upcoming survey. A week after the prenotification postcard mailed the first wave of the survey was sent. The second wave was mailed one week after the first. The survey mailings contained a letter from a AAA official (typically a CEO or Executive Director) inviting the household to participate in the CASOA, a questionnaire and a postage-paid envelope in which to return the questionnaire.

A total of 687 out 22,750 postcards were returned as undeliverable because they either had addresses that were undeliverable as addressed or were received by vacant housing units. Of the 22,063 households receiving the survey mailings, 5,027 completed the survey, providing a response rate of 23%. Additionally, responses were tracked geographically within each AAA. Response rates by AAA appear below.

Table 67: Survey Response Rates by AAA

	Number mailed	Undeliverable postcards	Delivered surveys	Returned surveys	Response rate
Northwest Indiana Community Action	2,250	57	2,193	493	23%
REAL Services, Inc.	2,000	79	1,921	495	26%
Ageing and In-Home Services of Northeast Indiana	2,000	90	1,910	396	21%
Area IV Agency On Aging & Community Action Programs, Inc.	1,000	32	968	294	30%
Area Five Agency	1,000	25	975	267	27%
LifeStream Services	2,000	74	1,926	339	18%
Area 7 Agency on Aging and Disabled/WCIEDD	1,500	57	1,443	393	27%
CICOA Aging & In-Home Solutions	3,000	37	2,963	452	15%
Area 9 In-Home & Community Services	1,000	34	966	298	31%
Area 10 Agency on Aging	1,000	29	971	272	28%
Thrive Alliance	1,000	32	968	203	21%
LifeTime Resources	1,000	49	951	205	22%
Generations	1,000	22	978	251	26%
Lifespan Resources	1,000	17	983	144	15%
Hoosier Uplands / Area 15 Area Agency on Aging	1,000	32	968	299	31%
SWIRCA & More	1,000	21	979	226	23%

Confidence Intervals

The 95% confidence interval (or “margin of error”) quantifies the “sampling error” or precision of the estimates made from the survey results. A 95% confidence interval can be calculated for any sample size, and indicates that in 95 of 100 surveys conducted like this one, for a particular item,

a result would be found that is within plus or minus four percentage points of the result that would be found if everyone in the population of interest was surveyed. The practical difficulties of conducting any resident survey may introduce other sources of error in addition to sampling error. Despite best efforts to boost participation and ensure potential inclusion of all households, some selected households will decline participation in the survey (potentially introducing non-response error) and some eligible households may be unintentionally excluded from the listed sources for the sample (referred to as coverage error).

While the 95 percent confidence interval for the survey is generally no greater than plus or minus one percentage points around any given percent reported for the entire sample and plus or minus one point on the 100-point scale, results for subgroups will have wider confidence intervals. Where estimates are given for subgroups, they are less precise. For each subgroup from the survey, the margin of error rises to as much as plus or minus 10% or six points (on the 100-point scale) for a sample size of 100.

Survey Processing (Data Entry)

Completed surveys received were assigned a unique identification number. Additionally, each survey was reviewed and “cleaned” as necessary. For example, a question may have asked a respondent to pick one response, but the respondent checked two; the cleaning process would involve randomly selecting one of the two selected responses to be recorded in the dataset.

Once all surveys were assigned a unique identification number, they were entered into an electronic dataset. This dataset was subject to a data entry protocol of “key and verify,” in which survey data were entered twice into an electronic dataset and then compared. Discrepancies were evaluated against the original survey form and corrected. “Range checks” (examination of the data for invalid values) as well as other forms of quality control were also performed.

Survey Data Weighting

The primary objective of weighting survey data is to make the survey sample reflective of the larger population of the study area. This is done by: 1) reviewing the sample demographics and comparing them to the population norms from the most recent Census or other sources and 2) comparing the responses to different questions for demographic subgroups. The demographic characteristics that are least similar to the Census and yield the most different results are the best candidates for data weighting. Several different weighting “schemes” are tested to ensure the best fit for the data. The data were weighted by housing tenure (rent or own), age, gender, and geographic area. The results of the weighting scheme are presented in the following table.

Table 68: Weighting Scheme for the 2013 the State of Indiana CASOA

	2010 Census ¹	Unweighted	Weighted
Own	81%	88%	83%
Rent	19%	12%	17%
Attached*	14%	12%	15%
Detached*	86%	88%	86%
White	92%	95%	91%
Not white	8%	6%	9%
Hispanic	2%	1%	2%
Not Hispanic	98%	99%	99%
Female	56%	64%	56%
Male	44%	36%	44%
Total 60 to 64	29%	23%	29%
Total 65 to 74	38%	41%	38%
Total 75 and over	33%	37%	34%
Female 60 to 64	15%	15%	15%
Female 65 to 74	20%	26%	20%
Female 75 and over	20%	24%	21%
Male 60 to 64	14%	9%	14%
Male 65 to 74	18%	15%	18%
Male 75 and over	12%	12%	13%
Area 1	12%	10%	12%
Area 2	11%	10%	11%
Area 3	10%	8%	10%
Area 4	5%	6%	5%
Area 5	4%	5%	4%
Area 6	8%	7%	8%
Area 7	4%	8%	4%
Area 8	22%	9%	22%
Area 9	3%	6%	3%
Area 10	2%	5%	2%
Area 11	3%	4%	3%
Area 12	2%	4%	2%
Area 13	3%	5%	3%
Area 14	4%	3%	4%
Area 15	2%	6%	2%
Area 16	6%	5%	6%

* Source: US Census Bureau, American Community Survey 2011 5-year Estimates; population age 65 and over.

Survey Data Analysis and Reporting

The survey dataset was analyzed using the Statistical Package for the Social Sciences (SPSS). For the most part, frequency distributions and mean ratings are presented in the body of the report. A complete set of frequencies for each survey question is presented in *Appendix A: Complete Set of Survey Responses*.

A variety of analyses were presented in the body of the report. The following sections summarize how these analyses were conducted or scores calculated.

Estimates of the Contribution of Older Adults to the Economy

The calculations of the economic contributions of older adults in the State of Indiana were rough estimates using data from the U.S. Department of Labor Bureau of Labor Statistics (Metropolitan and Nonmetropolitan Area Occupational Employment and Wage Estimates).

Table 69: Contribution of Older Adults to the Economy

	Percent of older adults	Number of older adults ¹	Average number of hours	Average hourly rate	Annual total
Providing care to older adult(s)	45%	538,780	11.1	\$9.58	\$ 2,758,789,836
Providing care to adult(s)	26%	305,137	8.4	\$9.58	\$ 1,110,770,538
Providing care to child(ren)	30%	352,137	10.0	\$9.23	\$ 1,464,652,562
Providing help to family and friends	84%	998,360	5.0	\$11.71	\$ 2,772,271,893
Volunteering	34%	400,538	4.5	\$12.37	\$ 1,087,681,718
Subtotal unpaid					\$ 9,194,166,547
Working part time	11%	128,704	15.0	\$19.38	\$ 1,841,140,621
Working full time	15%	179,461	32.0	\$19.38	\$ 5,476,770,961
Subtotal paid					\$ 7,317,911,582
Total contribution					\$ 16,512,078,129

¹ Based on U.S. Census Bureau - 2010 Census; about 1,191,736 adults age 60 and over in Indiana.

The proportion of older adults who work was estimated by examining the responses to question D7 from the survey (“What is your employment status?”). Those working full-time were assumed to work 32 hours per week and those working part-time were assumed to work 15 hours per week. The proportion of survey respondents was multiplied by the number of adults 60 and over in the community to ascertain the number of employed older adults. To determine the average paid wage, information from the Bureau of Labor Statistics for the State of Indiana was examined. Working full-time and part-time was assumed to be the equivalent of “All Occupations” (occupation code 00-0000).

The proportion of older adults doing volunteer work and providing help to friends and neighbors was determined by looking at the responses to question 14 (“During a typical week, how many hours, if any, do you spend doing the following?”), items f (“providing help to family and friends”) and g (“volunteering your time to some group/activity”). Those responding “1 to 3 hours” were assumed to spend two hours, “4 to 5 hours” were assumed to spend 4.5 hours, those responding “6 to 10 hours” were assumed to spend eight hours, and those responding “11 or more hours” were

assumed to spend 13.75 hours (125% of 11). To determine the average hourly wage, “providing help to family and friends” was assumed to be the equivalent of “Personal Care and Service Workers, All Other” (occupation code 39-9099) and volunteering was assumed to be the equivalent of “Office Clerks, General” (occupation code 43-9061).

The proportion of older adults providing care to family and friends was determined by examining the responses to question 14. Those responding “1 to 3 hours” were assumed to spend two hours, “4 to 5 hours” were assumed to spend 4.5 hours, those responding “6 to 10 hours” were assumed to spend eight hours, and those responding “11 to 19 hours” were assumed to spend 15 hours and those responding “20 or more hours” were assumed to spend 25 hours (125% of 20). To determine the average hourly wage, “providing care for older adults and adults” (items a and b) were assumed to be the equivalent of “Personal and Home Care Aides” (occupation code 39-9021) and “providing care for children” (item c) was assumed to be the equivalent of “Child Care Workers” (occupation code 39-9011).

Community Summary Scores

The community score presented in the body of the report represents the average of the questions included in the index. Although the evaluative or frequency questions were made on 4- or 5- point scales with 1 representing the best rating, the scales had different labels (e.g., “excellent,” “not a problem,” “very likely”). To calculate these average scores, the questions used in the index were converted to a common scale where 0 is the worst possible rating and 100 is the best possible rating. If everyone reported “excellent,” then the result would be 100 on the 0-100 scale. If the average rating for quality of life was right in the middle of the scale (half way between “good” and “fair”), then the result would be 50. The new scale can be thought of like the thermometer used to represent total giving to United Way. The higher the thermometer reading, the closer to the goal of 100 – in this case, the most positive response possible. The table below shows the individual questions comprising each summary score.

Index	Individual Variables Used in Index
Quality of Community	q1a. How do you rate your community as a place to live?
	q1b. How do you rate your community as a place to retire?
	q3. How would you rate the overall services provided to older adults in your community?
	q9. Recommend living in your community to older adults
	q10. Remain in your community throughout your retirement
Community and Belonging	q2s. Sense of community
	q2t. Openness and acceptance of the community towards older residents of diverse backgrounds
	q2z. Overall feeling of safety in your community
	q2aa. Valuing older residents in your community
	q2bb. Neighborliness of your community
Community Information	q2m. Availability of information about resources for older adults
	q2n. Availability of financial and legal planning services
	q4. In general, how informed or uninformed do you feel about services and activities available to older adults in your community?
Opportunities for Productive Activities	q2a. Opportunities to volunteer
	q2b. Employment opportunities
	q2c. Opportunities to enroll in skill-building or personal enrichment classes
	q2d. Recreation opportunities (including games, arts and library services, etc.)
	q2f. Opportunities to attend social events or activities
	q2g. Opportunities to attend religious or spiritual activities

Index	Individual Variables Used in Index
	q2h. Opportunities to attend or participate in meetings about local government or community matters
Health and Wellness Opportunities	q2e. Fitness opportunities (including exercise classes and paths or trails, etc.)
	q2k. Availability of long-term care options
	q2l. Availability of daytime care options for older adults
	q2o. Availability of affordable quality physical health care
	q2p. Availability of affordable quality mental health care
	q2q. Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)
Community Design and Land Use	q2i. Availability of affordable quality housing
	q2j. Variety of housing options
	q2r. Availability of affordable quality food
	q2u. Ease of bus travel in your community
	q2v. Ease of rail or subway travel in your community
	q2w. Ease of car travel in your community
	q2x. Ease of walking in your community
	q2y. Ease of getting to the places you usually have to visit

Needs Summary Scores

The needs summary scores (indices) are based on the response patterns of older adults in the community. The table below contains each question included in the index and the required response to that question. So, for example, if a respondent indicated that her overall physical health (q5a) was “fair,” she would be counted as having a physical health issue along with other respondents who may have noted that they had a moderate or major problem with falling or maintaining a healthy diet, etc. Respondents with many physical health problems are counted only once in this category so that the total percent shown in the report graph represents the percent of older adults with at least one physical problem.

Index	Individual Variables Used in Index	Required Rating
Safety	Must have at least one of the following:	
	q6(b)h. Being a victim of crime	Moderate or major problem
	q6(b)i. Being a victim of fraud or a scam	Moderate or major problem
	q6(b)j. Being physically or emotionally abused	Moderate or major problem
Civic engagement	Must have d15 and d16:	
	d15. Are you registered to vote in your jurisdiction?	No
	d16. Many people don't have time to vote in elections. Did you vote in the last general election?	No
	Or q14b and q14g	
	q14b. Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	Never (no hours)
	q14g. Volunteering your time to some group/activity in your community	Never (no hours)
	Or q13e and q13f	
	q13e. Attended a meeting of local elected officials or other local public meeting in your community	Never
q13f. Watched a meeting of local elected officials or other community-sponsored public meeting on cable television,	Never	

Index	Individual Variables Used in Index	Required Rating
	the Internet or other media	
Social engagement	Must have:	
	q6(a)z. Having interesting social events or activities to attend'	Moderate or major problem
	Or all of the following:	
	q13a. Used a senior center in your community	Never
	q14a. Participating in a club (including book, dance, game and other social)	Never (no hours)
	q14d. Participating in religious or spiritual activities with others	Never (no hours)
Recreation	Must have q6(a)y:	
	q6(a)y. Having interesting recreational or cultural activities to attend	Moderate or major problem
	Or all of the following:	
	q13d. Used a public library in your community	Never
	q13h. Visited a neighborhood park	Never
	q14e. Participating in a recreation program or group activity	Never (no hours)
Caregiver burden	Must have:	
	q6(a)dd. Feeling physically burdened by providing care for another person	Moderate or major problem
	q6(a)ee. Feeling emotionally burdened by providing care for another person	Moderate or major problem
	q6(a)ff. Feeling financially burdened by providing care for another person	Moderate or major problem
Financial and legal	Must have at least one of the following:	
	d9. How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)/ d5. How many people, including yourself, live in your household?	Income was at or below the income limits set by HUD for Section 8 programs
	q6(a)u. Having enough money to meet daily expenses	Moderate or major problem
	q6(a)v. Having enough money to pay your property taxes	Moderate or major problem
	q6(b)a. Dealing with legal issues	Moderate or major problem
	q6(b)c. Finding work in retirement	Moderate or major problem
	q6(b)d. Building skills for paid or unpaid work	Moderate or major problem
	q6(b)k. Dealing with financial planning issues	Moderate or major problem
Meaningful activities	Must have at least one of the following:	
	q6(a)l. Finding productive or meaningful activities to do	Moderate or major problem
	q6(a)bb. Feeling like your voice is heard in the community	Moderate or major problem
	q6(a)cc. Finding meaningful volunteer work	Moderate or major problem
	q6(b)e. Not knowing what services are available to older adults in your community	Moderate or major problem
Physical health	Must have at least one of the following:	
	q5a. How do you rate your overall physical health?	Fair or poor
	q6(a)b. Your physical health	Moderate or major problem

Index	Individual Variables Used in Index	Required Rating
	q6(a)e. Doing heavy or intense housework	Moderate or major problem
	q6(a)j. Maintaining your home	Moderate or major problem
	q6(a)k. Maintaining your yard	Moderate or major problem
	q6(a)w. Staying physically fit	Moderate or major problem
	q6(a)x. Maintaining a healthy diet	Moderate or major problem
Mental health	Must have at least one of the following:	
	q5b. How do you rate your overall mental health/emotional wellbeing?	Fair or poor
	q6(a)h. Feeling depressed	Moderate or major problem
	q6(a)i. Experiencing confusion or forgetfulness	Moderate or major problem
	q6(a)m. Having friends or family you can rely on	Moderate or major problem
	q6(a)r. Figuring out which medications to take and when	Moderate or major problem
	q6(a)aa. Feeling bored	Moderate or major problem
	q6(b)f. Feeling lonely or isolated	Moderate or major problem
q6(b)g. Dealing with the loss of a close family member or friend	Moderate or major problem	
Health care	Must have at least one of the following:	
	q6(a)o. Finding affordable health insurance	Moderate or major problem
	q6(a)p. Getting the health care you need	Moderate or major problem
	q6(a)q. Affording the medications you need	Moderate or major problem
	q6(a)s. Getting the oral health care you need	Moderate or major problem
	q6(a)t. Getting the vision care you need	Moderate or major problem
	q6(b)b. Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	Moderate or major problem
Institutionalization risk	Must have at least one of the following:	
	q6(a)c. Performing regular activities, including walking, eating and preparing meals	Moderate or major problem
	q6(a)g. No longer being able to drive	Moderate or major problem
	q6(a)n. Falling or injuring yourself in your home	Moderate or major problem
	q7a. A hospital	Spent 3 or more days in past 12 months
	q7c. In a long-term care facility (including nursing home or in-patient rehabilitation)	Spent 3 or more days in past 12 months
	q9. Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Fell 3 or more times in past 12 months
Basic necessities	Must have at least one of the following:	
	q5c. How do you rate your overall quality of life?	Fair or poor
	q6(a)a. Having housing to suit your needs	Moderate or major problem
	q6(a)d. Having enough food to eat	Moderate or major problem
	q6(a)f. Having safe and affordable transportation available	Moderate or major problem

Appendix C: References

1. McMillan DW. Sense of community. *Journal of Community Psychology*. 1996;24(1):315-325.
2. Rowe JW, Kahn RL. *Successful Aging*. New York: Pantheon Books; 1998.
3. Harper L. *Fixing to Stay: A National Survey of Housing and Home Modification Issues*: American Association for Retired Persons (AARP); May 2000.
4. Kochera A, Straight A, Guterbock T. *Beyond 50.05: A Report to the Nation on Livable Communities: Creating Environments for Successful Aging*. Washington, DC: AARP Public Policy Institute; May 2005.
5. Rahn WM, Randolph TJ. A Tale of Political Trust in American Cities. *Public Opinion Quarterly*. Winter 2005;69(4):530-560.
6. Tyler TR, Degoey P. Collective Restraint in Social Dilemmas: Procedural Justice and Social Identification Effects on Support for Authorities. *Journal of Personality and Social Psychology*. September 1995;69(3):482-497.
7. The American Democracy Project: Civic Engagement, Higher Education, and the 21st Century. 2003; <http://www.wku.edu/aa/civic%20engagement/adpcompleteproposal.pdf>.
8. Putnam RD. *Bowling alone: The collapse and revival of American community*. New York, NY: Simon and Schuster; 2000.
9. Namkee GC, Burr A, Mutchler JE, Caro FG. Formal and informal volunteer activity and spousal caregiving among older adults. *Research on Aging*. 2007;29:99-124.
10. Klinenberg E. *Heat Wave: A Social Autopsy of Disaster in Chicago*: University of Chicago Press; 2003.
11. Walker J, Herbitter C. *Aging in the Shadows: Social Isolation Among Seniors in New York City*. New York: United Neighborhood Houses of New York; 2005.
12. Greene LV. New Directions in Work and Family Policy. *APA Briefing Paper on Work and Family Policy 2004*; <http://www.apa.org/ppo/issues/workandfam.html>. Accessed February 5, 2008.
13. Gibson MJ, Houser AN. *Valuing the Invaluable: A New Look at the Economic Value of Family Caregiving*. Washington, DC: AARP Public Policy Institute; June 2007.
14. Dychtwald KPD. *Age Power: How the 21st Century Will Be Ruled By The New Old*. New York: Jeremy P. Tarcher/Penguin Putnam, Inc.; 1999.
15. Roper ASW & AARP. *Baby Boomers Envision Retirement II: Survey of Baby Boomers' Expectations for Retirement*: AARP; May 2004.
16. Centers for Disease Control and Prevention. *Healthy Aging: Preventing Disease and Improving Quality of Life Among Older Americans 2004*. Atlanta, GA: National Center for Health Statistics, Department of Health and Human Services; 2004.

Appendix D: Demographic Projections

Figure 50: Population by Age and Gender

Gender and Age	2010		2015		2020	
	N	PCT	N	PCT	N	PCT
TOTAL	6,483,802	100%	6,677,754	100%	6,852,120	100%
0-19	1,806,582	28%	1,817,901	27%	1,840,719	27%
20-34	1,279,371	20%	1,312,555	20%	1,327,066	19%
35-59	2,206,113	34%	2,175,098	33%	2,114,342	31%
60-74	802,963	12%	961,183	14%	1,111,393	16%
75-84	273,501	4%	280,293	4%	322,272	5%
85+	115,272	2%	130,724	2%	136,328	2%
Male	3,189,737	49%	3,287,115	49%	3,372,018	49%
0-19	924,005	14%	929,299	14%	941,398	14%
20-34	643,792	10%	660,078	10%	666,547	10%
35-59	1,095,069	17%	1,079,754	16%	1,049,269	15%
60-74	379,159	6%	456,487	7%	529,533	8%
75-84	112,065	2%	118,881	2%	139,212	2%
85+	35,647	1%	42,616	1%	46,059	1%
Female	3,294,065	51%	3,390,639	51%	3,480,102	51%
0-19	882,577	14%	888,602	13%	899,321	13%
20-34	635,579	10%	652,477	10%	660,519	10%
35-59	1,111,044	17%	1,095,344	16%	1,065,073	16%
60-74	423,804	7%	504,696	8%	581,860	8%
75-84	161,436	2%	161,412	2%	183,060	3%
85+	79,625	1%	88,108	1%	90,269	1%

Source: Indiana Business Research Center, Kelley School of Business, Indiana University, Indiana State and County Population Projections, 2010 to 2050

Appendix E: Survey Materials

Important Survey on the Way!

Dear Resident,

Your household has been selected at random to participate in an anonymous survey about the needs of older adults living in our community.

You will receive a copy of the survey next week in the mail with instructions for completing and returning it. Thank you in advance for helping us with this important study!

Thank you for your cooperation. It is deeply appreciated.

Respectfully,



Gary Olund
Chief Executive Officer
Northwest Indiana Community Action

Important Survey on the Way!

Dear Resident,

Your household has been selected at random to participate in an anonymous survey about the needs of older adults living in our community.

You will receive a copy of the survey next week in the mail with instructions for completing and returning it. Thank you in advance for helping us with this important study!

Thank you for your cooperation. It is deeply appreciated.

Respectfully,



Gary Olund
Chief Executive Officer
Northwest Indiana Community Action

Important Survey on the Way!

Dear Resident,

Your household has been selected at random to participate in an anonymous survey about the needs of older adults living in our community.

You will receive a copy of the survey next week in the mail with instructions for completing and returning it. Thank you in advance for helping us with this important study!

Thank you for your cooperation. It is deeply appreciated.

Respectfully,



Gary Olund
Chief Executive Officer
Northwest Indiana Community Action

Important Survey on the Way!

Dear Resident,

Your household has been selected at random to participate in an anonymous survey about the needs of older adults living in our community.

You will receive a copy of the survey next week in the mail with instructions for completing and returning it. Thank you in advance for helping us with this important study!

Thank you for your cooperation. It is deeply appreciated.

Respectfully,



Gary Olund
Chief Executive Officer
Northwest Indiana Community Action



Northwest Indiana Community
Action Corporation
5240 Fountain Drive
Crown Point, IN 46307

Presorted
First Class Mail
US Postage
PAID
Boulder, CO
Permit NO. 94



Northwest Indiana Community
Action Corporation
5240 Fountain Drive
Crown Point, IN 46307

Presorted
First Class Mail
US Postage
PAID
Boulder, CO
Permit NO. 94



Northwest Indiana Community
Action Corporation
5240 Fountain Drive
Crown Point, IN 46307

Presorted
First Class Mail
US Postage
PAID
Boulder, CO
Permit NO. 94



Northwest Indiana Community
Action Corporation
5240 Fountain Drive
Crown Point, IN 46307

Presorted
First Class Mail
US Postage
PAID
Boulder, CO
Permit NO. 94



April 2013

Dear Resident:

Northwest Indiana Community Action, with the assistance of the Indiana Family and Social Services Administration and the Indiana Association of Area Agencies on Aging, is conducting a Community Assessment Survey of Older Adults to learn about the current and future needs of older adults living in Jasper, Lake, Newton, Porter, Pulaski and Starke counties. Your household is one of a small number of households in our region that we chose randomly to participate in this survey.

Please take a few minutes to complete the following survey. Your answers will help us to better understand and plan for the needs of older adults in our community. You should find the questions interesting, and we will definitely find your answers useful. Please participate!

To get a representative sample of residents living in our region, the **adult age 60 years or older** in your household **who most recently had a birthday** (regardless of the year of birth) should complete this survey. Please have the appropriate member of the household spend a few minutes answering all the questions and return the survey in the enclosed postage-paid envelope. **Your responses will remain completely anonymous.**

Since we are surveying only a small number of households, your participation is very important. If you have any questions or need assistance with this survey, please call Anna Schoon at 219-794-1829.

You can help us shape the future for older adults in our region! Thank you for your time and participation.

Respectfully,

A handwritten signature in blue ink that reads "Gary Olund". The signature is fluid and cursive, with the first name being more prominent.

Gary Olund
Chief Executive Officer
Northwest Indiana Community Action



April 2013

Dear Resident:

About one week ago we sent you this survey that asks for your opinion about the needs of older adults living in our region. If you have already completed the survey and returned it, we thank you and ask you to disregard this letter. **Do not complete the survey a second time.** If you haven't had a chance to complete and mail the survey, please do so now. We are very interested in obtaining your input.

Your answers will help us to better understand and plan for the needs of older adults in our community. You should find the questions interesting and we will definitely find your answers useful. Please participate!

To get a representative sample of residents living in our region, the **adult age 60 years or older** in your household **who most recently had a birthday** (regardless of the year of birth) should complete this survey. Please have the appropriate member of the household spend a few minutes answering all the questions and return the survey in the enclosed postage-paid envelope. **Your responses will remain completely anonymous.**

Since we are surveying only a small number of households, your participation is very important. If you have any questions or need assistance with this survey, please call 219-794-1829.

You can help us shape the future for older adults in our region! Thank you for your time and participation.

Respectfully,

A handwritten signature in blue ink that reads "Gary Olund". The signature is fluid and cursive, with the first name "Gary" being more prominent than the last name "Olund".

Gary Olund
Chief Executive Officer
Northwest Indiana Community Action

Please complete this questionnaire if you are the adult (age 60 or older) in the household who most recently had a birthday. The adult's year of birth does not matter. Please circle the response that most closely represents your opinion for each question. Your responses are anonymous and will be reported in group form only.

1. Please circle the number that comes closest to your opinion for each of the following questions:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
How do you rate your community as a place to live?.....	1.....	2.....	3.....	4.....	5.....
How do you rate your community as a place to retire?	1.....	2.....	3.....	4.....	5.....

2. Please rate each of the following characteristics as they relate to adults age 60 or older in your community:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
Opportunities to volunteer.....	1.....	2.....	3.....	4.....	5.....
Employment opportunities.....	1.....	2.....	3.....	4.....	5.....
Opportunities to enroll in skill-building or personal enrichment classes.....	1.....	2.....	3.....	4.....	5.....
Recreation opportunities (including games, arts, and library services, etc.)	1.....	2.....	3.....	4.....	5.....
Fitness opportunities (including exercise classes and paths or trails, etc.).....	1.....	2.....	3.....	4.....	5.....
Opportunities to attend social events or activities	1.....	2.....	3.....	4.....	5.....
Opportunities to attend religious or spiritual activities.....	1.....	2.....	3.....	4.....	5.....
Opportunities to attend or participate in meetings about local government or community matters.....	1.....	2.....	3.....	4.....	5.....
Availability of affordable quality housing.....	1.....	2.....	3.....	4.....	5.....
Variety of housing options.....	1.....	2.....	3.....	4.....	5.....
Availability of long-term care options.....	1.....	2.....	3.....	4.....	5.....
Availability of daytime care options for older adults	1.....	2.....	3.....	4.....	5.....
Availability of information about resources for older adults	1.....	2.....	3.....	4.....	5.....
Availability of financial or legal planning services.....	1.....	2.....	3.....	4.....	5.....
Availability of affordable quality physical health care	1.....	2.....	3.....	4.....	5.....
Availability of affordable quality mental health care.....	1.....	2.....	3.....	4.....	5.....
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	1.....	2.....	3.....	4.....	5.....
Availability of affordable quality food	1.....	2.....	3.....	4.....	5.....
Availability of support services for those providing care for family/friends.....	1.....	2.....	3.....	4.....	5.....
Sense of community.....	1.....	2.....	3.....	4.....	5.....
Openness and acceptance of the community towards older residents of diverse backgrounds.....	1.....	2.....	3.....	4.....	5.....
Ease of travel by public transportation (bus, rail, on-demand/senior transportation) in your community.....	1.....	2.....	3.....	4.....	5.....
Ease of car travel in your community.....	1.....	2.....	3.....	4.....	5.....
Ease of walking in your community.....	1.....	2.....	3.....	4.....	5.....
Ease of getting to the places you usually have to visit	1.....	2.....	3.....	4.....	5.....
Overall feeling of safety in your community.....	1.....	2.....	3.....	4.....	5.....
Valuing older residents in your community	1.....	2.....	3.....	4.....	5.....
Neighborliness of your community.....	1.....	2.....	3.....	4.....	5.....

3. How would you rate the overall services provided to older adults in your community?

- Excellent
 Good
 Fair
 Poor
 Don't know

4. In general, how informed or uninformed do you feel about services and activities available to older adults in your community?

- Very informed Somewhat informed Somewhat uninformed Very uninformed

5. Please circle the number that comes closest to your opinion for each of the following questions:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
How do you rate your overall physical health?	1.....	2.....	3.....	4.....	5.....
How do you rate your overall mental health/emotional well being?	1.....	2.....	3.....	4.....	5.....
How do you rate your overall quality of life?.....	1.....	2.....	3.....	4.....	5.....

6a. The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?

	<i>Not a problem</i>	<i>Minor problem</i>	<i>Moderate problem</i>	<i>Major problem</i>	<i>Don't know</i>
Having housing to suit your needs	1.....	2.....	3.....	4.....	5.....
Your physical health	1.....	2.....	3.....	4.....	5.....
Performing regular activities, including walking, eating and preparing meals.....	1.....	2.....	3.....	4.....	5.....
Having enough food to eat.....	1.....	2.....	3.....	4.....	5.....
Doing heavy or intense housework.....	1.....	2.....	3.....	4.....	5.....
Having safe and affordable transportation available	1.....	2.....	3.....	4.....	5.....
No longer being able to drive	1.....	2.....	3.....	4.....	5.....
Feeling depressed	1.....	2.....	3.....	4.....	5.....
Experiencing confusion or forgetfulness.....	1.....	2.....	3.....	4.....	5.....
Maintaining your home	1.....	2.....	3.....	4.....	5.....
Maintaining your yard	1.....	2.....	3.....	4.....	5.....
Finding productive or meaningful activities to do.....	1.....	2.....	3.....	4.....	5.....
Having friends or family you can rely on.....	1.....	2.....	3.....	4.....	5.....
Falling or injuring yourself in your home	1.....	2.....	3.....	4.....	5.....
Finding affordable health insurance	1.....	2.....	3.....	4.....	5.....
Getting the health care you need	1.....	2.....	3.....	4.....	5.....
Affording the medications you need.....	1.....	2.....	3.....	4.....	5.....
Figuring out which medications to take and when.....	1.....	2.....	3.....	4.....	5.....
Getting the oral health care you need.....	1.....	2.....	3.....	4.....	5.....
Getting the vision care you need	1.....	2.....	3.....	4.....	5.....
Having enough money to meet daily expenses.....	1.....	2.....	3.....	4.....	5.....
Having enough money to pay your property taxes	1.....	2.....	3.....	4.....	5.....
Staying physically fit.....	1.....	2.....	3.....	4.....	5.....
Maintaining a healthy diet.....	1.....	2.....	3.....	4.....	5.....
Having interesting recreational or cultural activities to attend	1.....	2.....	3.....	4.....	5.....
Having interesting social events or activities to attend	1.....	2.....	3.....	4.....	5.....
Feeling bored.....	1.....	2.....	3.....	4.....	5.....
Feeling like your voice is heard in the community	1.....	2.....	3.....	4.....	5.....
Finding meaningful volunteer work	1.....	2.....	3.....	4.....	5.....
Feeling <u>physically</u> burdened by providing care for another person.....	1.....	2.....	3.....	4.....	5.....
Feeling <u>emotionally</u> burdened by providing care for another person.....	1.....	2.....	3.....	4.....	5.....
Feeling <u>financially</u> burdened by providing care for another person	1.....	2.....	3.....	4.....	5.....

6b. The following questions list a number of other problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?

	<i>Not a problem</i>	<i>Minor problem</i>	<i>Moderate problem</i>	<i>Major problem</i>	<i>Don't know</i>
Dealing with legal issues	1	2	3	4	5
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	1	2	3	4	5
Finding work in retirement	1	2	3	4	5
Building skills for paid or unpaid work.....	1	2	3	4	5
Not knowing what services are available to older adults in your community.....	1	2	3	4	5
Feeling lonely or isolated	1	2	3	4	5
Dealing with the loss of a close family member or friend	1	2	3	4	5
Being a victim of crime	1	2	3	4	5
Being a victim of fraud or a scam	1	2	3	4	5
Being physically or emotionally abused	1	2	3	4	5
Dealing with financial planning issues	1	2	3	4	5

7. Thinking back over the past 12 months, how many days did you spend...

As a patient in a hospital? _____ number of days

Visiting the emergency room? _____ number of times

In a long-term care facility
(including nursing home or
in-patient rehabilitation)? _____ number of days

8. Were you hospitalized in the past 12 months due to any of the following conditions? (Please check all that apply.)

- Congestive heart failure
- Heart attack
- Pneumonia
- COPD
- None of these

9. Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...

- Never
- Once or twice
- 3-5 times
- More than 5 times
- Don't know

10. How likely or unlikely are you to recommend living in your community to older adults?

- Very likely
- Somewhat likely
- Somewhat unlikely
- Very unlikely
- Don't know

11. How likely or unlikely are you to remain in your community throughout your retirement?

- Very likely
- Somewhat likely
- Somewhat unlikely
- Very unlikely
- Don't know

12. How often, if at all, do you drive yourself for any reason?

- All the time
- Most of the time
- Some of the time
- Never

13. In the last 12 months, about how many times, if ever, have you participated in or done each of the following?

	<i>Never</i>	<i>Once or twice</i>	<i>3 to 12 times</i>	<i>13 to 26 times</i>	<i>More than 26 times</i>
Used a senior center in your community	1	2	3	4	5
Visited a nutrition/meal site.....	1	2	3	4	5
Used a recreation center in your community	1	2	3	4	5
Used a public library in your community.....	1	2	3	4	5
Attended a meeting of local elected officials or other local public meeting in your community.....	1	2	3	4	5
Watched a meeting of local elected officials or other community-sponsored public meeting on cable television, the Internet or other media	1	2	3	4	5
Used public transportation (bus, rail, on-demand/senior transportation) within your community	1	2	3	4	5
Visited a neighborhood park.....	1	2	3	4	5

14. During a typical week, how many hours, if any, do you spend doing the following?

	<i>Never (no hours)</i>	<i>1 to 3 hours</i>	<i>4 to 5 hours</i>	<i>6 to 10 hours</i>	<i>11 or more hours</i>	<i>Don't know</i>
Participating in a club (including book, dance, game and other social)	1	2	3	4	5	6
Participating in a civic group (including Elks, Kiwanis, Masons, etc.).....	1	2	3	4	5	6
Communicating/visiting with friends and/or family	1	2	3	4	5	6
Participating in religious or spiritual activities with others	1	2	3	4	5	6
Participating in a recreation program or group activity	1	2	3	4	5	6
Providing help to friends or relatives	1	2	3	4	5	6
Volunteering your time to some group/activity in your community .	1	2	3	4	5	6
Engaging in moderate physical activity/exercise	1	2	3	4	5	6

15. During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant personal relationship (such as a spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?

	<i>Never (no hours)</i>	<i>1 to 3 hours</i>	<i>4 to 5 hours</i>	<i>6 to 10 hours</i>	<i>11 to 19 hours</i>	<i>20 or more hours</i>	<i>Don't know</i>
One or more individuals age 60 or older.....	1	2	3	4	5	6	7
One or more individuals age 18 to 59	1	2	3	4	5	6	7
One or more individuals under age 18	1	2	3	4	5	6	7

16. Whether or not they live with you, does someone provide assistance to you almost every day?

Yes No

17. Please indicate whether you or another adult age 60 or older in your household has any of the following health conditions.

<i>In your household...</i>	<i>You have this condition</i>	<i>Another adult 60+ has this condition</i>	<i>No one 60+ has this condition</i>
Arthritis/rheumatic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lung disease (asthma, emphysema, bronchitis) ...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cancer.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Our last questions are about you and your household. Again, all of your responses to this survey are completely anonymous and will be reported in group form only.

- D1. How many years have you lived in your community?**
 Less than 1 year
 1-5 years
 6-10 years
 11-20 years
 More than 20 years
- D2. Which best describes the building you live in?**
 Single family home
 Townhouse, condominium, duplex or apartment
 Mobile home
 Assisted living residence
 Nursing home
 Other
- D3. Do you currently rent or own your home?**
 Rent
 Own (with a mortgage payment)
 Own (free and clear; no mortgage)
- D4. About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?**
 Less than \$300 per month
 \$300 to \$599 per month
 \$600 to \$999 per month
 \$1,000 to \$1,499 per month
 \$1,500 to \$2,499 per month
 \$2,500 or more per month
- D5. How many people, including yourself, live in your household?** _____ members
- D6. How many of these people, including yourself, are 60 or older?** _____ members
- D7. What is your employment status?**
 Fully retired → *Go to Question Dg*
 Working full time for pay
 Working part time for pay
 Unemployed, looking for paid work
- D8. [IF NOT YET FULLY RETIRED]**
At what age do you expect to retire completely and not work for pay at all? _____ years old

- D9. How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)**
 Less than \$15,000
 \$15,000 to \$24,999
 \$25,000 to \$49,999
 \$50,000 to \$74,999
 \$75,000 to \$99,999
 \$100,000 or more
- D10. Are you Spanish/Hispanic/Latino?**
 Yes No
- D11. What is your race? (Mark one or more races to indicate what race you consider yourself to be.)**
 American Indian or Alaskan native
 Asian or Pacific Islander
 Black, African American
 White/Caucasian
 Other
- D12. In which category is your age?**
 60-64 years 80-84 years
 65-69 years 85-89 years
 70-74 years 90-94 years
 75-79 years 95 years or older
- D13. What is your sex?**
 Female Male
- D14. What is your sexual orientation?**
 Heterosexual Gay
 Lesbian Bi-sexual
- D15. Are you registered to vote in your jurisdiction?**
 Yes Ineligible to vote
 No Don't know
- D16. Many people don't have time to vote in elections. Did you vote in the last general election?**
 Yes Ineligible to vote
 No Don't know

Thank you for completing this survey. Please return the completed survey in the postage-paid envelope to:

**National Research Center, Inc. Data Entry
P.O. Box 549, Belle Mead NJ 08502-9922**



Northwest Indiana Community
Action Corporation
5240 Fountain Drive
Crown Point, IN 46307

Presorted
First Class Mail
US Postage
PAID
Boulder, CO
Permit NO.94

