



Center for the Study of Aging

Idaho Commission on Aging Needs Assessment Survey Results

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Tamra Fife, MHS
Lee Hannah, DVM, MS, MPH

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Appendices

Appendix A. Survey Instrument

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Executive Summary

The findings reported in this document are based on a statewide survey of individuals 50 and older conducted for the Idaho Commission on Aging in March 2012. The survey, based on a similar assessment conducted in 2008, was designed to provide information for future planning for the long-term care needs of older Idahoans. A unique feature of this assessment as compared to the 2008 survey was the collection of information from participants at selected congregate meal sites representing each of the six Agency on Aging Area (AAA) regions in addition to a mailed survey. A total of 4,000 surveys were distributed, 3,000 through direct mail and 1000 at congregate meal sites, and 814 surveys were returned representing a response rate of 20 %.

The demographic characteristics of this population differ slightly from the 2008 report. In 2012, the age range of respondents was 51 to 97 years, with an average age of 71 in comparison to an average age of 67 for respondents to the 2008 survey. In 2012, 55% of respondents were retired compared with 62% in 2008. In this survey an additional 28% were still working either part- or full-time. Only 48% of the respondents were married, compared to 73% in the 2008 study, and 28% were widowed. For income, 29% reported being in the less than \$20,000 income group, compared to 17% reporting that income level in the 2008 study.

For transportation, 85% of respondents indicated they drive themselves and those that indicated having problems with transportation reported health or disability as the major reasons. In the 2008 survey the question regarding transportation was asked as “Drive or ride in a car”, making direct comparison difficult but when you combine this question from the 2012 survey with “Ride with a family member or friend” at 12.4% we come close to the 98% from 2008 who “Drive or ride in a car” with about 97% in the current survey falling into these two categories.

Overall 85% of respondents indicated their community is a good place to grow old with the remaining 15% reported transportation and lack of access to health services as factors contributing to their selection of a “No” response. The majority of respondents, almost 80%, indicated they did not have trouble affording items that were needed, but among those who did report difficulties, access to dental care and eye glasses were significantly different from other items.

As in the 2008 study, respondents provided information about their ability and desire to participate in activities, their ability to perform varying levels of physical activities, and ways they obtain information about services. New to the 2012 survey, respondents were asked how often they accessed the internet for information. Respondents were also asked about long-term care planning, support from community and family members, and their current quality of health.

Key results derived from the 2012 report were very consistent with the 2008 study and include the following:

- The majority of respondents do not have long-term care insurance (79.1%) and when asked how they were going to pay for long-term care, they indicated Medicare.
- Most respondents either participate in activities as much as they would like or are not interested. Overall, 46% of respondents indicated they were not interested in attending a Senior Center, which is much lower than the 61% who were not interested in the 2008 survey.
- Of those that provide care for someone else, 68% indicated they were not aware of care giver services provided in their community.
- Overall, 42% of respondents access the internet frequently or somewhat frequently, and most do so from their homes. Between ages 50-65, about 60% of respondents reported frequently using the

internet. In the 66-74 year old age group this dropped to 42% who frequently use the internet, and in the oldest age group only 19% reported frequently using the internet.

- Some individuals receive support from family and friends, but over 85% indicated they do not get support from their community or through community services.
- The majority of respondents (80%) indicate their quality of life is good to very good, with another 11% indicating neither bad nor good.
- The top concerns among this population were the cost of healthcare, long term care, and their concern about their ability to stay in their homes as they age.

Introduction

The purpose of this study was to investigate the current and future long-term care needs of older adults in Idaho. A random sample of 3,000 individuals aged 50 and older throughout Idaho were sent a survey asking them a range of questions about their needs, abilities, preferences and activities. This document is organized in sections to report the results

First, the report begins with a description of the study and the study instrument. The sampling procedure is detailed, as well as the data collection methods and the analysis plan. Next, the report summarizes the return rate and the demographic information about the survey participants. Preferences and needs of the participants follow the description of the survey participants. These preferences are divided into seven categories: social activities, physical activities, sources of information, transportation, care giving, assistance and support, and other concerns. The report ends with a summary of the results and implications for future planning and policy development.

Survey Instrument

The survey items and format were adapted from an existing needs assessment tool administered in 2008 by the Center for the Study of Aging at Boise State University under a subcontract from the Idaho Commission on Aging (ICOA). Other questions were created based on the needs and interests of the Idaho Commission on Aging and from a review of needs assessment tools used in other states. The survey was designed to collect basic demographic and socio-economic information, transportation uses and needs, sources of support and assistance, and potential caregiver responsibilities. Specific items included frequency of attendance at such services as senior centers, exercise and fitness classes, sporting events or religious services. In addition, respondents were asked how they find out about services, items that were needed but could not be afforded, and the activities they need help with or are able to perform for themselves. The survey form is reproduced in Appendix A.

Sampling

The Center for the Study of Aging contracted with AccuData to select a population of 3,000 individuals who mirrored the percent of aged 50 and older residents from each of the six AAA areas (shown in Appendix B). These were then sorted to select 50% males and 50% females within each area. All addresses were for non-institutional settings. The area population percentages aged 50 and older were obtained from the Department of Labor statistics. The Center for the Study of Aging purchased a one time mailing option and received the list in an Excel dataset. The envelopes were printed by the BSU Printing and Graphics Department and bulk mailed after printing. Because the envelopes were bulk mailed by zipcode, we did not receive undeliverable envelopes back to BSU. Therefore we have no way to calculate the proportion of the mailing addresses which were no longer valid at the time of mailing. (Overall results from the survey are found in Appendix C).

In addition to the 3,000 randomly selected individuals who received a mail survey, 1,000 surveys were distributed to a representative sample of congregate meal sites. ICOA provided the researchers with a list of all congregate meal sites in the six AAA areas. Using the same percentage of the population in each area that was used from the random selection of mail participants, the researchers calculated the number of surveys to be sent to each Area. Using this population estimate, the researchers randomly selected small, medium, and large meal sites across the state as survey distribution points. The coordinator at each site was contacted to inform them of the purpose of the survey and distribution process and verify the mailing address. A packet of surveys and postage paid return envelopes were sent to each site and the site coordinators were asked to

give them to persons aged 50 and over receiving services at the center. The distribution of surveys by Area and meal site was as follows:

- Area 1: 6 sites selected and 165 surveys distributed;
- Area 2: 6 sites selected and 95 surveys distributed;
- Area 3: 5 sites selected and 400 surveys distributed;
- Area 4: 8 sites selected and 130 surveys distributed;
- Area 5: 7 sites selected and 100 surveys distributed; and
- Area 6: 6 sites selected and 110 surveys distributed.

Results by area, based on findings from congregate meal sites are located in Appendix D. Although these results are based on a smaller sample of the population, because they were completed by individuals receiving services, they provide insight into the needs and concerns of some of the most vulnerable Idaho elderly. This provides a snapshot of a population of high interest to ICOA and the areas.

Data Collection

Prior to contacting any persons in the sample, approval for the study was received from the Institutional Review Board (IRB), approval #EX 193-SB12-039, of Boise State University, which is the federally mandated mechanism used to protect human subjects in research. The cover letter to the survey stated that this research was approved by the IRB and provided phone and address information for both the lead researcher of the Center for the Study of Aging and the IRB staff person who could be contacted with any questions. In addition, AccuData reviewed both the survey and cover letter to ensure that we were not purchasing the list for purposes other than our stated intent. AccuData required several minor wording changes which were sent through the BSU IRB for a second time to ensure both entities were aware of all changes to the documents prior to mailing.

Response Rates and Sample and Respondent Characteristics

Of the 3,000 surveys distributed by mail, 550 or 18.8% were returned with the survey form completed in total or in part. Of the 1,000 surveys sent to congregate meal sites, 236 or 23.6%, were returned. There was also an additional 28 surveys completed using the on-line version of the survey. The respondents of the survey were slightly different than Idaho's population. For example, the female response rates are slightly higher than the population mix. In the 2010 U.S. Census, 48% of the population age 50 and older in Idaho was male and 52% was female whereas the survey respondents were 43% male and 58% female.

Table 1. Demographic information of sample population.

	Idaho Population over 50 years old (2010)	Sample Sent Survey N=4000	Respondents N=814
Male 50+	48%	50%	42%
Female 50+	52%	50%	58%

Data Preparation and Analyses

Data entry was performed by Center for the Study of Aging staff. Data entry checks were conducted after data entry was completed. Prior to analyses, data were checked for out-of-range values, appropriate skip patterns and patterns of missing responses. All analyses were conducted by staff at the Center for the Study of Aging using the statistical software package, SPSS v.19.

Demographic Characteristics

The survey respondents were generally equally represented across all demographic categories. Two participants ages were not included in the age characteristics (ages 34 & 37) as they appear to be care givers. Table 2 reports the survey participants' average age, standard deviation, and the range of ages. Overall the average age of respondents was 70 years old and participants ranged from 51-97 years old. Table 2 also represents the difference from the 2008 survey where the average age was slightly less at 67.5.

Table 2. Survey participant age

Survey Year	Average	Standard Deviation (sd)	Range
2012	70.5	11.1	51-97
2008	66.9	10.8	50-99

Table 3 provides additional demographic characteristics of the survey respondents. Approximately 61% of respondents have lived in their community for 20 years or more. Most of the respondents can be described as retired (55%), married (48%), and white (95%) and describe their health as very good or good (86%).

The income levels of respondents were 29% reporting being in the less than \$20,000 group, compared to 17% reporting that income level in the 2008 study. In addition, the income range from \$50,000-\$59,999 was only 6% of the 2012 population. Thirty percent of respondents self-reported having an educational attainment of high school or less, 33% reported some college, with the remaining 34% reporting an Associate's degree or higher. Respondents also relied heavily on private insurance (38%) and Medicare (39%) for their health insurance. Forty-three percent of respondents indicated they used a combination of Medicare and private insurance. Only 6% of the respondents indicated they only used Medicaid as their health insurance, a reduction of 3% from the 2008 study. Of the 17% that reported "other insurance", 35% of those respondents indicated having no insurance.

Table 3. Demographic characteristics of survey respondents

Characteristic (n=815)		n	2012 Results	2008 Results
Gender	Male	333	41.8	43.3
	Female	463	58.2	55.7
Health Status	Very Good	334	41.0	47.2
	Good	364	44.7	41.8
	Neither Good nor Bad	90	11.0	7.8
	Bad	6	0.7	0.7
	Very Bad	1	0.1	0.4
Household Income	Less than \$10, 000	65	8.0	4.1
	\$10,000 to \$19,999	167	20.5	13.4
	\$20,000 to \$29,999	114	14.0	14.0
	\$30,000 to \$39,999	84	10.3	11.2
	\$40,000 to \$49,999	71	8.7	10.7
	\$50,000 to \$59,999	53	6.5	6.9
	\$60,000 to \$74,999	49	6.0	10.0
Education	\$75,000 and over	100	12.3	19.3
	0-11 years, no diploma	56	6.9	6.2
	High School graduate/GED	191	23.4	22.3
	Some college/technical training	272	33.4	33.3
	Associate's degree	55	6.7	5.5
	Bachelor's degree	134	16.4	17.4
	Graduate/Professional degree	92	11.3	14.7
Employment	Retired	445	54.6	50.4
	Working part-time	78	9.6	7.9
	Working full-time	156	19.1	26.6
	Unemployed/looking for work	22	2.7	0.4
	Homemaker	32	3.9	4.6
	Disabled	44	5.4	2.9
	Other	19	2.3	1.3
Marital Status	Married	391	48.0	72.9
	Widowed	228	28.0	13.5
	Divorced	117	14.4	9.1
	Single	51	6.3	3.5
	Partnered	12	1.5	0.1
	Other	3	0.4	0.1
Ethnicity	White	771	94.6	96.2
	Black /African American	2	0.2	0.1
	American Indian /Alaskan Native	7	0.9	1.2
	Native Hawaiian/Other Pacific	0	0.0	0.1
	Other	15	1.8	1.5
	Hispanic or Latino	7	0.9	1.5
Years in Community	0-5	101	12.4	10.6
	6-10	78	9.6	8.6
	11-15	75	9.2	8.8
	16-20	48	5.9	7.7
	20 or more	495	60.7	62.4

Most respondents live in a single family home (78%) and reported owning their home (81%), with most having two people per household. Sixty-three percent live with their spouse and 17% live with at least one child (Table 4).

Table 4. Household characteristics of 2012 versus 2008 survey respondents

Household Characteristics (n=815)		n	2012 Results	2008 Results
Ownership	Rent	112	14.1	6.3
	Own	646	81.2	90.5
Type of Home	Single family home	633	77.7	86.5
	Townhouse, condo, duplex or apartment	61	7.5	6.1
	Mobile home	61	7.5	4.4
	Assisted living residence	8	1.0	0.4
	Nursing home	4	.5	0.0
	Subsidized housing	26	3.2	1.0
	Other	10	1.2	0.9
Residents	Spouse	313	63.0	72.4
	Significant Other	26	4.0	1.0
	At least one child	32	17.0	13.0
	Child(ren) and his/her/their family	2	2.0	1.7
	Other relative(s)	17	5.0	1.7
	Unrelated adults/friends	10	2.0	0.9
	Grandchildren/great-grandchildren	5	5.0	1.3
	Other	8	1.0	1.2
Number of Residents	1 person	304	37.3	23.7
	2 people	387	47.5	59.9
	3 people	57	7.0	8.5
	4 people	26	3.2	3.8
	5 or more people	24	2.9	2.7

Social Activities

Social activities can provide a plethora of benefits that can sometimes be overlooked in planning for older adults. Engaging with others can enhance the well-being of older adults, thus, survey respondents were asked about their ability to, and interest in, participating in various types of social activities.

When asked about the frequency of participating in different types of social activities, there was greater variation based on the type of activity. Remove “return” here

Table 5 illustrates the interest level as well as whether individuals are able to participate as often as they would like. The activities where respondents indicated they are not able to participate as often as they like included: exercise or fitness (21%), community events (16%), and volunteer

work (15%). Respondents also did not get to attend degree/non-degree courses (16%) or family activities (16%) as often as they would like.

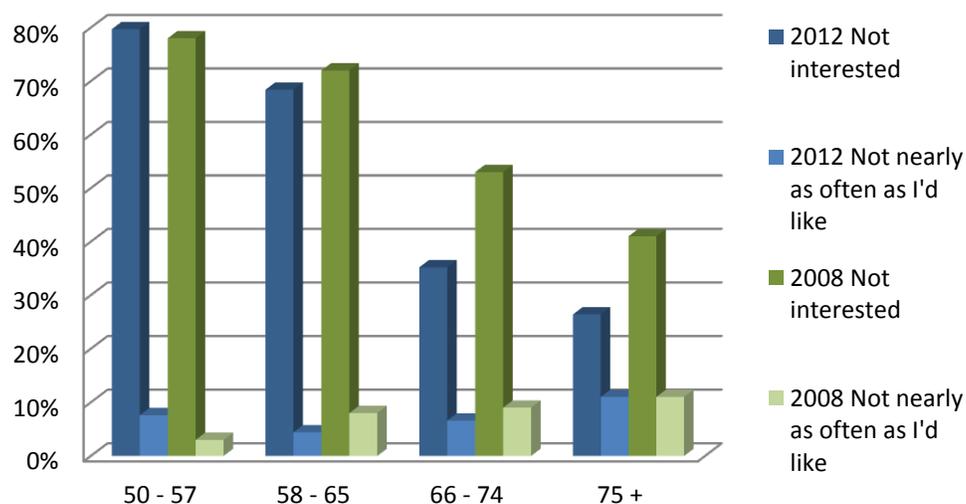
Table 5. Social activity participation from the 2012 respondents

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
Community Events/ Social Clubs	43.1%	15.1%	16.4%	25.5%
Degree/non-degree courses	16.1%	4.0%	16.0%	63.9%
Exercise / Fitness / Workouts / Activities	40.1%	11.9%	20.7%	27.3%
Family Activities	58.2%	19.5%	16.4%	5.9%
Library/Internet	48.3%	11.3%	14.3%	26.1%
Medical and pharmacy visits	76.8%	13.7%	4.0%	5.5%
Parks	58.1%	13.2%	13.8%	14.9%
Religion/worship	61.7%	8.0%	8.4%	21.9%
Senior centers	40.8%	6.8%	6.4%	46.0%
Shopping	73.4%	15.6%	7.1%	3.9%
Sporting events	42.8%	10.8%	12.8%	33.6%
Volunteer work	45.5%	10.8%	15.6%	28.1%
Working for pay	35.4%	6.4%	9.8%	48.4%

Two areas are notable, first almost half of survey respondents reported not being interested in taking degree and non-degree courses (64%) and going to senior centers (46%). Second, respondents were either not interested in working for pay (48%) or they were working for pay as often as they would like (35%).

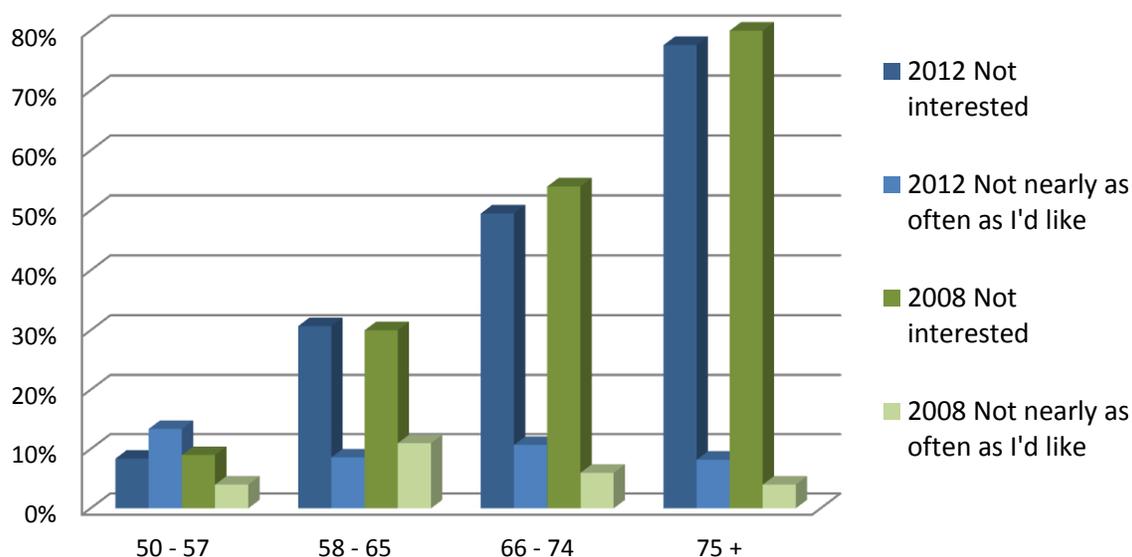
Interest in senior centers was very different by age group (Figure 1). The majority of 50-57 year olds (79%) were not interested in using senior centers, followed closely by 58-65 years olds at 69%. Yet, of the age group that had the highest interest in going to a senior center, those age 75 and older, only 9% do not get to go as often as they would like. Figure 1 shows that, compared to 2008, there was a decrease in respondents who reported that they were not interested in a senior center among the 66 years and older age groups.

Figure 1. Percentage of respondents' interest in attending a senior center by age



As might be expected, the percentage of individuals who were not interested in working for pay increased dramatically by age (Figure 2) with 78% of respondents age 75 and older not interested in working for pay compared to 9% of those 50-57 years old. Conversely, the highest percentage of individuals who were not working for pay nearly as often as they would like was found in the 50-57 year old group (11%).

Figure 2. Percentage of respondents' interest in working for pay by age



Physical Activity

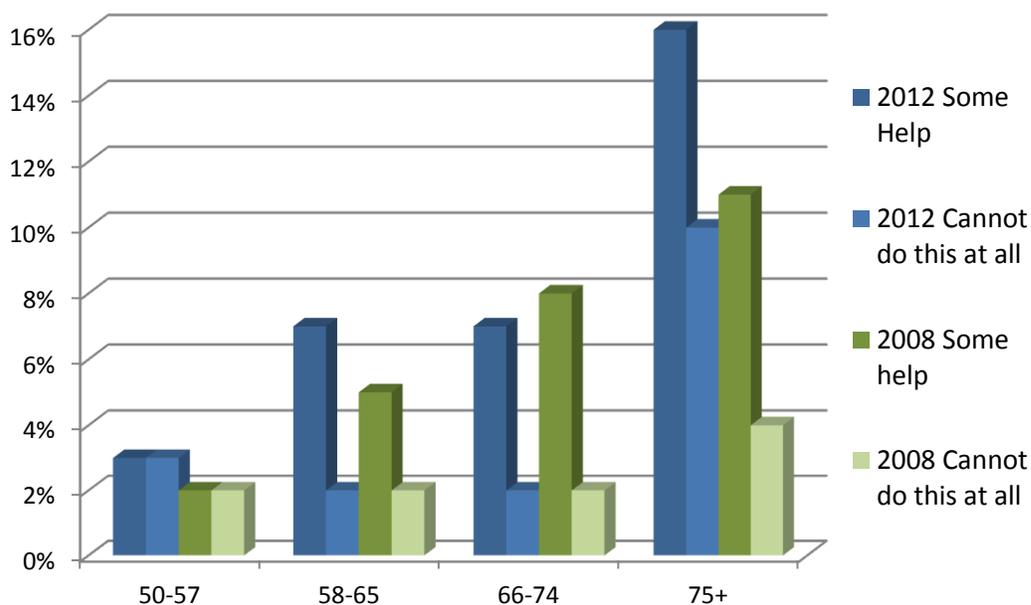
In order for older adults to remain independent, they must be able to perform a variety of tasks. These tasks can include Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). ADLs include basic personal care activities such as eating, walking and bathing. IADLs include more complex activities such as managing finances, home care and grocery shopping.

Most of the survey respondents were able to complete ADLs and IADLs without any help from others (Table 6). However, there are certain activities, particularly activities that require physical exertion, where respondents indicated more help is needed. For example, 27% of survey respondents indicated they need some help with heavy housework like moving furniture or washing windows and 15% indicated they cannot do this at all. Additionally, 34% need some help doing interior or exterior repairs and 27% need some help doing yard work and shoveling snow. The 2012 results of those able to complete ADLs and IADLs were similar to the 2008 results, with the exception that the percentage of those who cannot do activities such as interior or exterior repairs, yard work and heavy housework increased for those 65 years or older.

Table 6. Ability of respondents to perform various activities

Activity	Without any help		With some help		Cannot do this at all	
	n	%	n	%	n	%
Prepare own meals	737	90.9	56	6.9	18	2.2
Shop for personal items	735	91.1	57	7.1	15	1.9
Manage own medications	757	93.9	33	4.1	16	2.0
Manage own money	745	92.2	54	6.7	9	1.1
Use a telephone	775	96.6	19	2.4	8	1.0
Do light housework like dusting or vacuuming	688	85.3	80	9.9	39	4.8
Do heavy housework like moving furniture or washing windows	463	57.6	218	27.1	123	15.3
Do interior or exterior repairs	339	42.4	270	33.8	191	23.9
Do yard work and snow shoveling	445	55.3	217	27.0	143	17.8
Walk	720	89.6	66	8.2	18	2.2
Eat	795	98.8	8	1.0	2	.2
Dress self	786	97.3	20	2.5	2	.2
Bathe	774	95.7	29	3.6	6	.7
Use the toilet	797	98.6	9	1.1	2	.2
Get in and out of bed	795	98.1	10	1.2	2	.2
Respond to emergencies	720	90.0	63	7.9	17	2.1

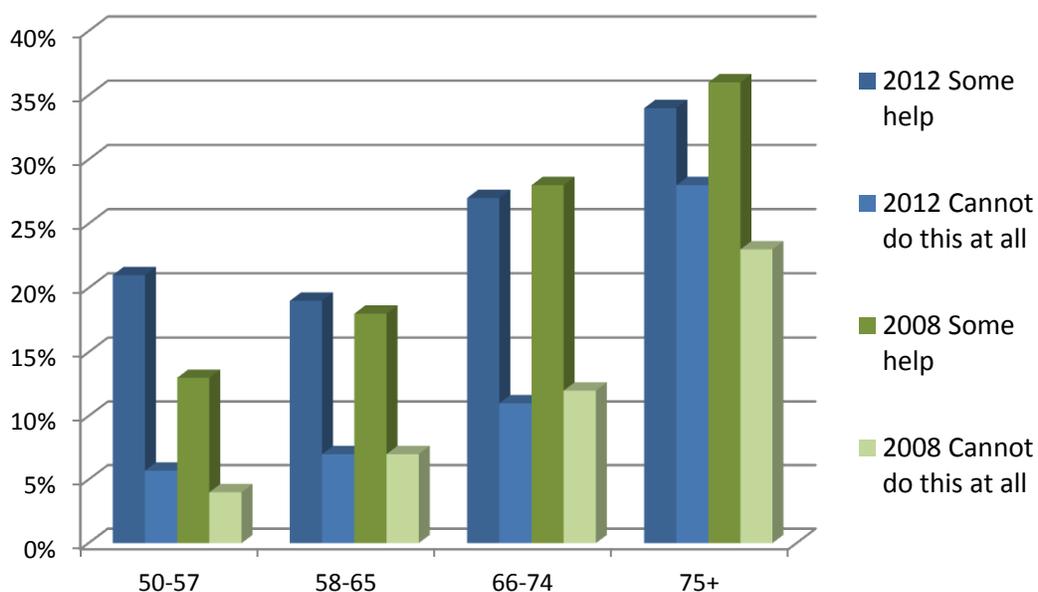
The need for assistance or the inability to perform certain activities was exacerbated for the oldest survey respondents. Light and heavy housework, interior or exterior repairs, yard work, shoveling snow and walking presented increasing challenges as age group increased. Figures 3 through 7 illustrate the percentage of individuals by age group that reported the ability to do a particular activity with some help or if they cannot perform the activity at all.

Figure 3. Respondents' level of help needed to perform light housework by age

Sixteen percent of survey respondents age 75 and older needed some help with light housework compared to 7% of 66-74 year olds and 3% of 50-57 year olds (Figure 3).

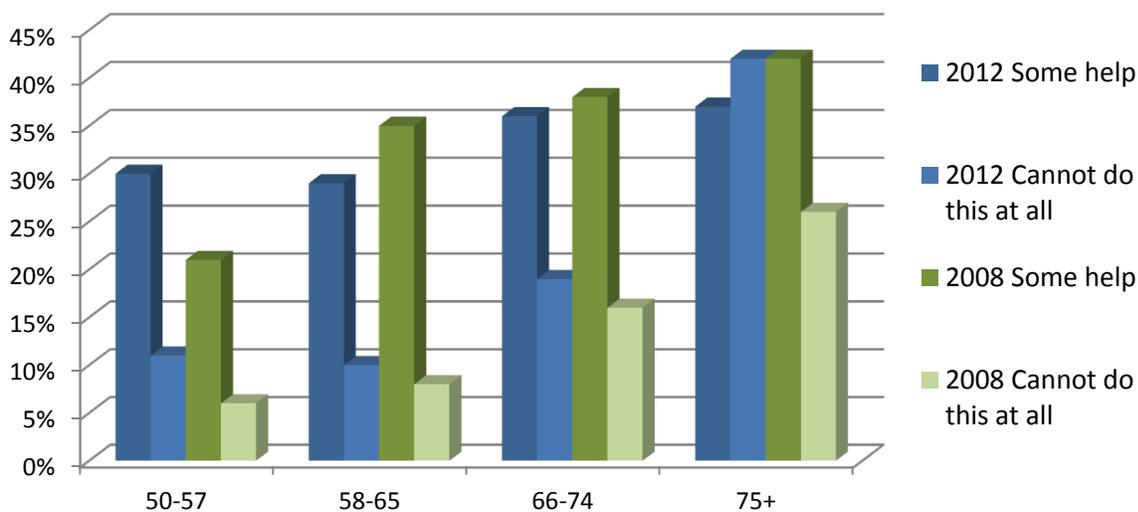
A larger proportion of survey respondents age 75 and older (34%) needed some help with heavy housework compared to 20% of individuals age 50-57. In addition, 28% of those 75 and older reported that they cannot do heavy housework, like moving furniture or washing windows at all compared to only 5% of 50-57 year olds (Figure 4).

Figure 4. Respondents' level of help needed to perform heavy housework by age



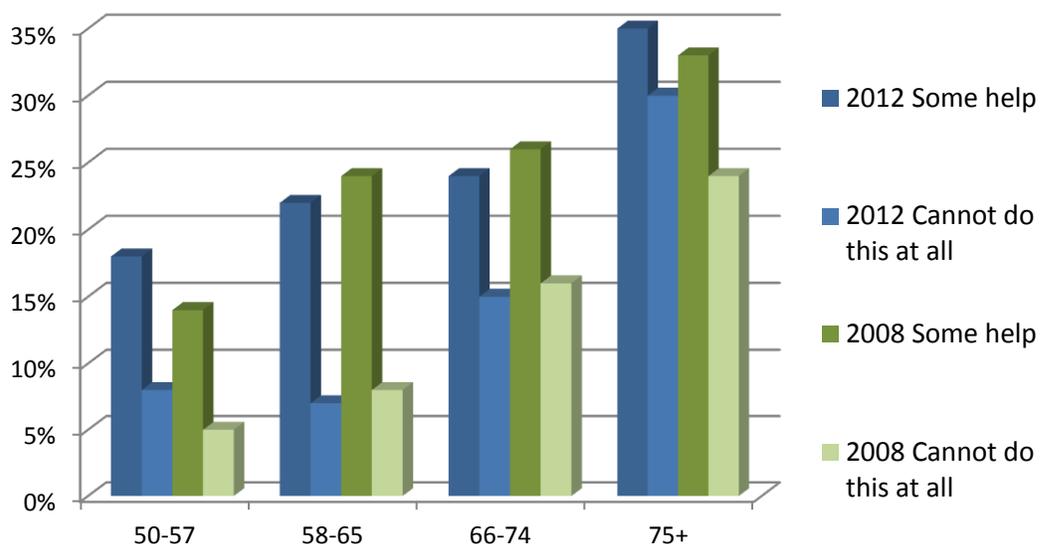
Performing interior and exterior repairs not only presents difficulties for the oldest group (37%), but also for the 66-74 (36%) and 58-65 (29%) year old groups (Figure 5). Overall, 42% of those surveyed in 2012 who self-reported being age 75 and older cannot do interior or exterior repairs at all, compared to 25% in 2008.

Figure 5. Respondents' level of help needed to perform interior or exterior repairs by age



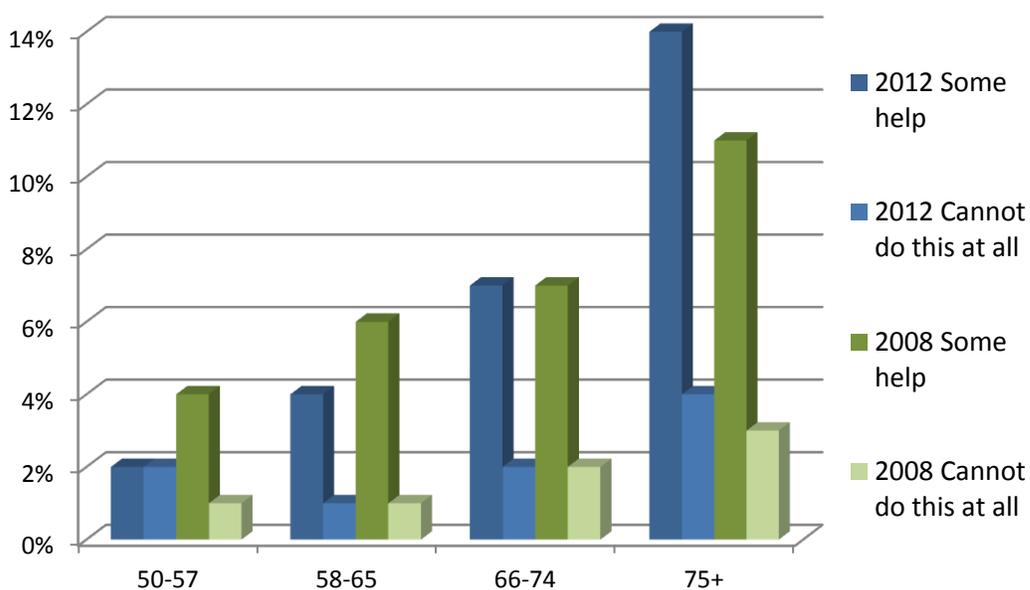
Physical work, such as yard work or shoveling snow, also presented increasing difficulties for the older groups (Figure 6). Twenty-nine percent of those age 75 and older and 14% of age 66-74 year olds cannot do any yard work or snow shoveling. More than a third (35%) of those respondents age 75 and older and another 41% of those respondents age 58-74 can perform those activities only with some help.

Figure 6. Respondents' level of help needed to do yard work or shovel snow by age



The percentage of respondents who need help walking also increased with age (Figure 7). Only 2% of 50-57 year olds needed some help with walking compared to 14% of respondents 75 and older.

Figure 7. Respondents' level of help needed to walk by age



Sources of Information

A key part of service delivery is understanding how the individuals who may require services prefer to receive information. In Idaho, respondents age 50 and older primarily use a newspaper to get information about available services and activities. Fifty-seven percent of respondents indicated they frequently use a newspaper to get information about services and activities. Another 31% sometimes use this medium. The next most frequently used sources were television (55%), word of mouth (49%) and the Internet (42%). Overall, 52% of respondents indicated they never use the library and 41% never use senior publications as a source of information for services or activities (Table 7).

Table 7. Frequency of use of information sources for services or activities

	2012 Frequently	2012 Sometimes	2012 Never	2008 Frequently	2008 Sometimes	2008 Never
Newspaper	57%	31%	11%	65%	25%	7%
Radio	30%	40%	31%	33%	38%	22%
Television	55%	34%	11%	56%	31%	9%
Library	15%	33%	52%	12%	35%	44%
Internet	42%	26%	33%	42%	24%	25%
Word of mouth	49%	46%	5%	44%	45%	6%
Senior publications	18%	41%	41%	15%	36%	42%

Across all age groups newspapers remain the most frequently used source of information for services and activities. However, there are interesting differences between the age groups. For instance, respondents age 50-57 are much more likely to frequently use the Internet (57%) as a source than respondents age 66-74 (43%) and respondents, age 75 and older (19%). Frequent library use is also higher for the older groups; 17% of respondents age 66-74 and 12% of respondents age 75 and older frequently use the library as a source of information for services and activities (Figures 8-12).

Figure 8. Respondents age 50-57 frequently used information sources

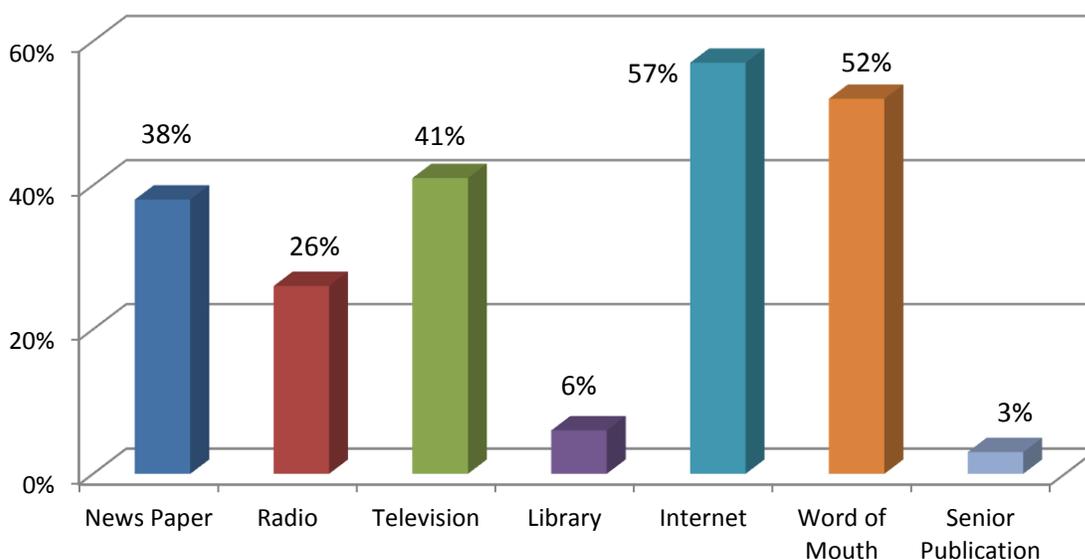


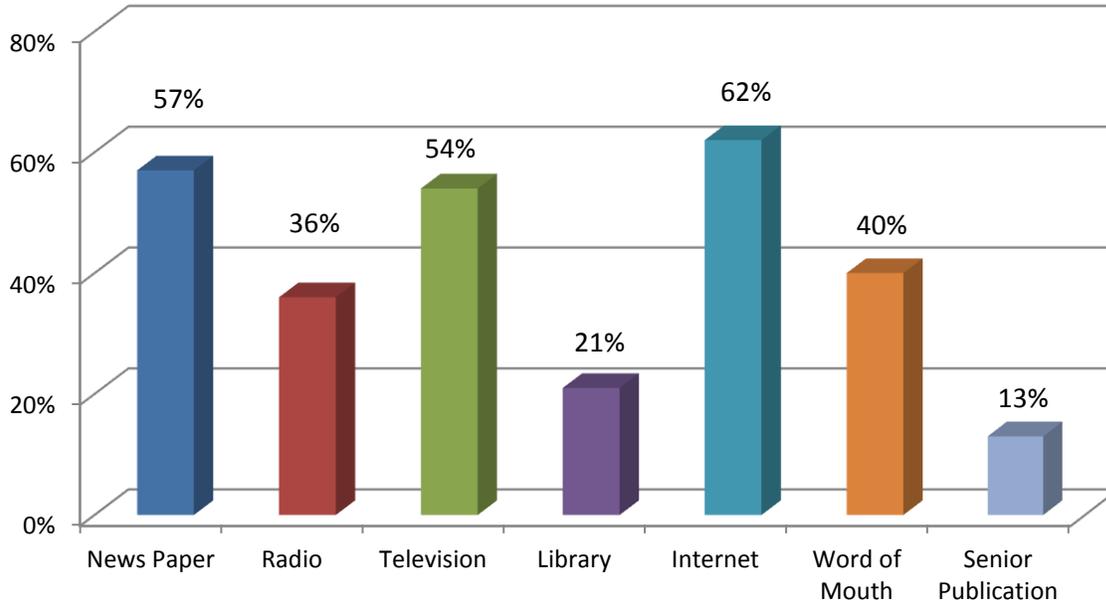
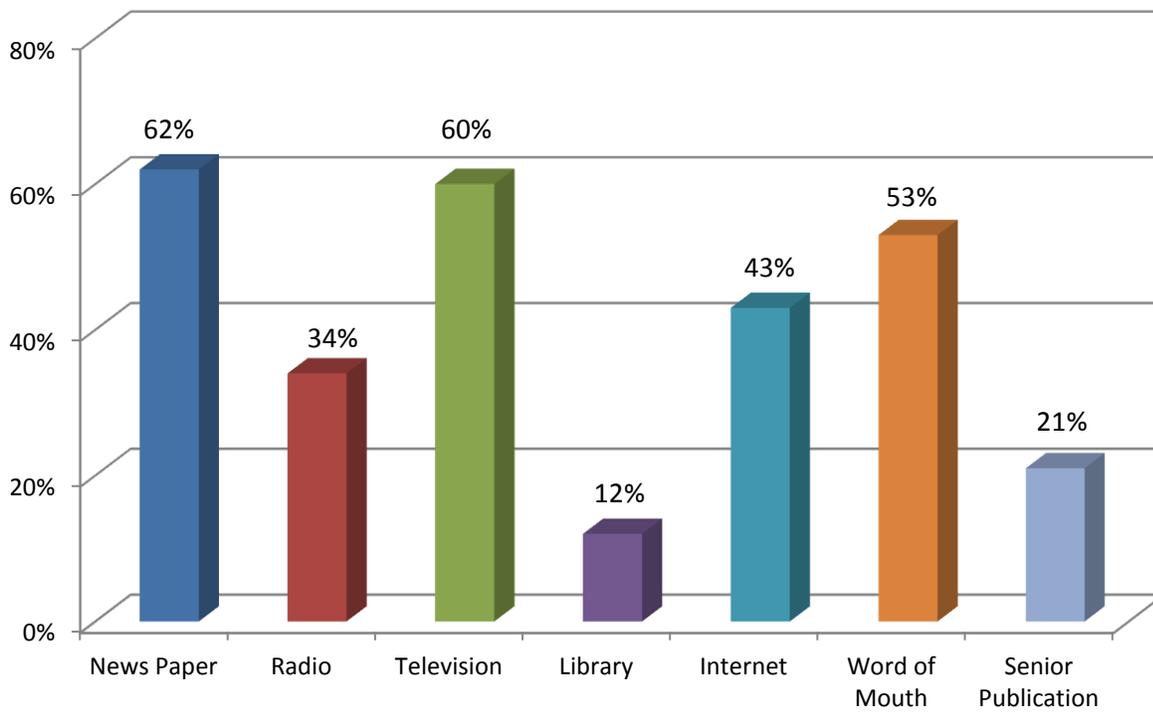
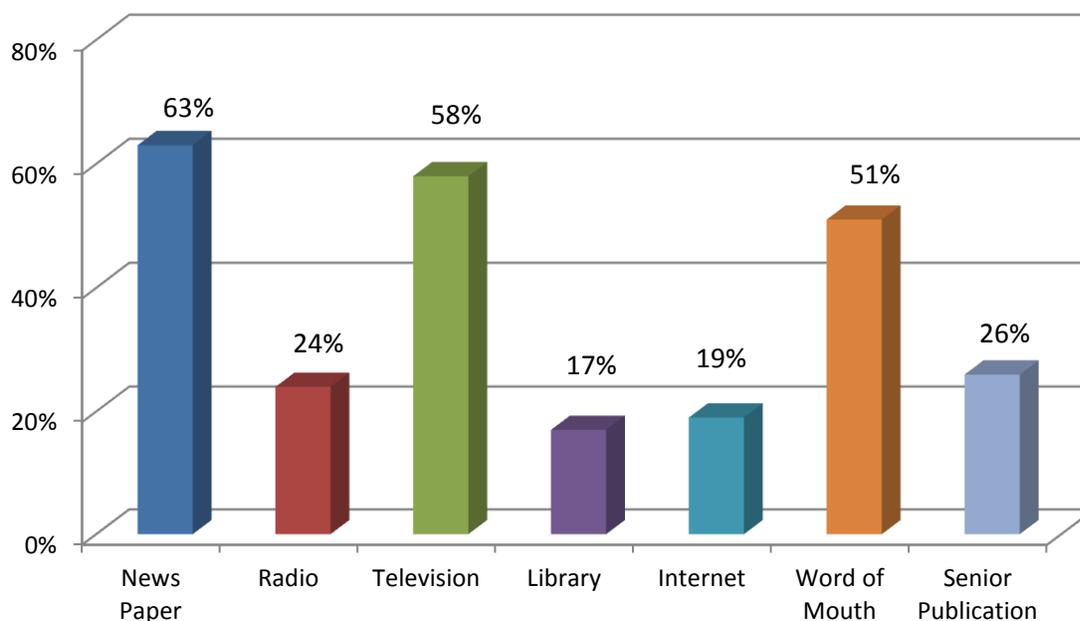
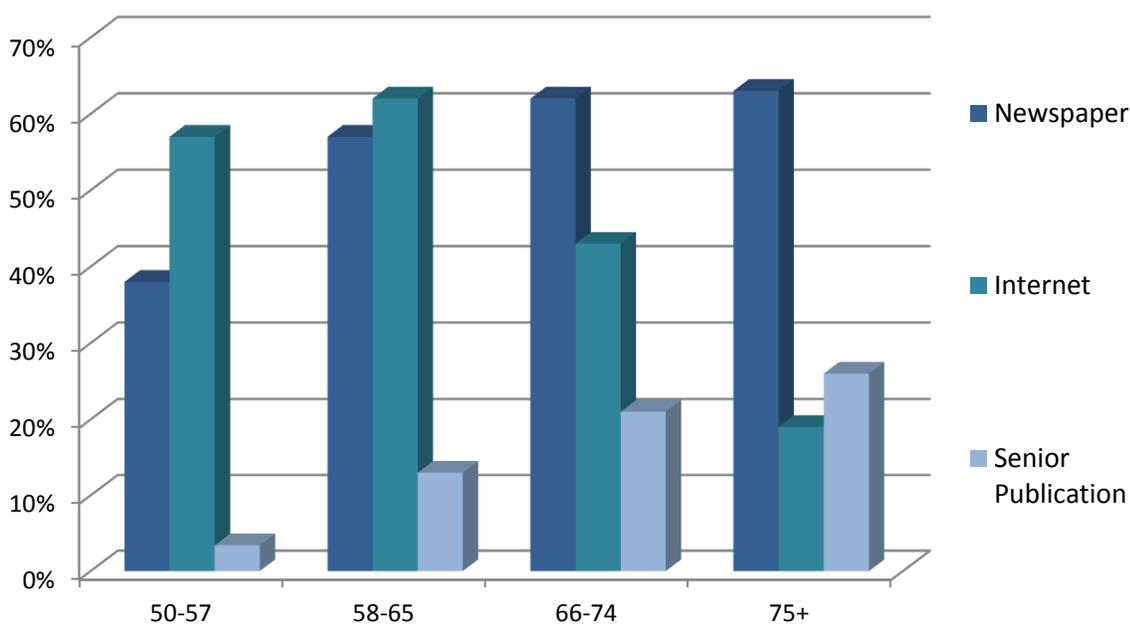
Figure 9. Respondents age 58-65 frequently used information sources**Figure 10. Respondents age 66-74 frequently used sources of information**

Figure 11. Respondents age 75+ frequently used information sources



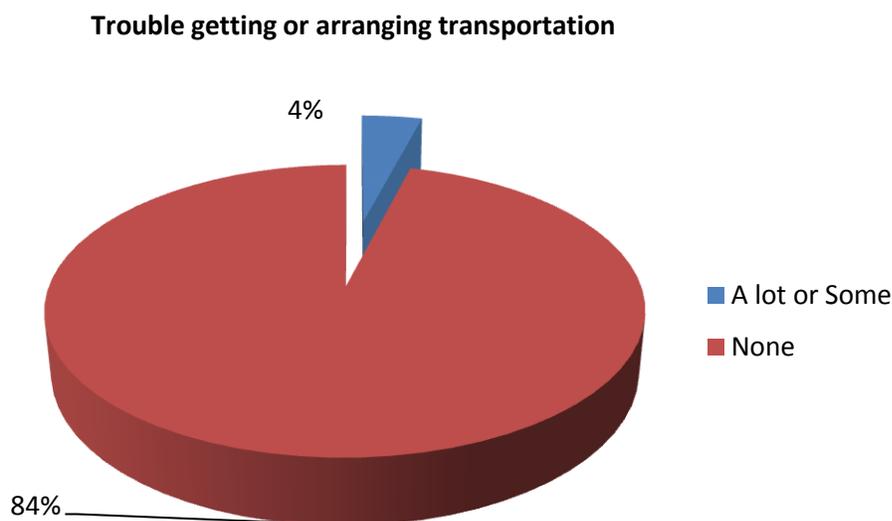
The most important differences between the age groups and the sources they frequently use for information about services and activities are TV, Internet, and senior publication use. Figure 12 shows that the use of senior publications and TV as a source of information increases as the age of the respondents' increases. The percentage of respondents using the Internet as a frequent source of information for services decreases with the increasing age, where as printed sources increase.

Figure 12. Use of newspaper, internet and senior publications for service information by age



Access to transportation is often cited as a major problem for seniors in western states like Idaho, where distances to medical facilities or locations where seniors might receive services can be many miles away. However, 84% of 2012 survey respondents indicated they have not needed any help getting or arranging transportation, down slightly compared to 88% in 2008 (Figure 13).

Figure 13. Percentage of individuals who need help getting or arranging transportation



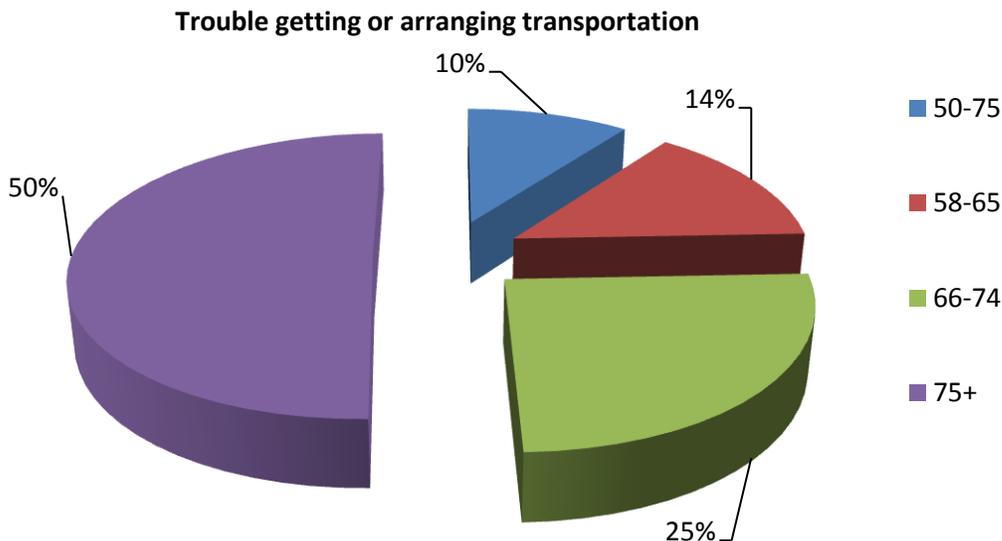
Survey respondents drive themselves (85%) or ride with friends or family members (12%) for most of their trips. Less than 1% walk, use public transportation, or take a senior van, shuttle, minibus, or taxi. Table 8 shows that when individuals do have trouble getting transportation, the most common reasons are; having to rely on others (7% vs. 15% in 2008), disability (5% vs. 5%), or weather (4% vs. 13%). Overall the 2012 respondents seemed to have much lower difficulty with transportation problems than the 2008 survey results.

Table 8. Reasons for difficulties in finding or arranging transportation

Reasons for Difficulty	n	2012 %	n	2008 %
Have to rely on other(s)	56	6.9	121	14.7
Not available when I need to go	16	2.0	46	5.6
Can't afford it	21	2.6	59	7.2
Not available in my community	16	2.0	51	6.2
Have trouble getting around without someone to help	28	3.4	26	3.2
Unfamiliar with transportation options or systems	12	1.5	45	5.5
Car doesn't work/problems with vehicle	15	1.8	78	9.5
Don't know who to call	12	1.5	23	2.8
Too far/Distance related	18	2.2	33	4.0
Weather	33	4.0	109	13.3
Transportation does not go where I need to go	22	2.7	54	7.8
Disability/health related reasons	44	5.4	44	5.4
Other	13	1.6	33	4.0

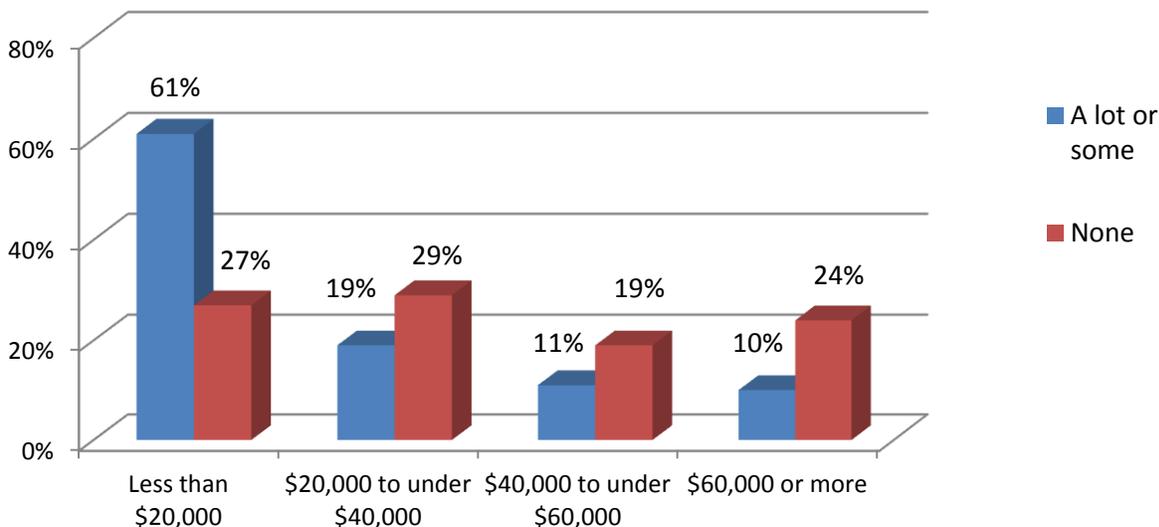
Of those individuals who indicated they needed a lot or some help getting or arranging transportation, half (50%) were age 75 and older and 25% were in the 66-74 year age group. Figure 14 illustrates how the need remains fairly stable among respondents aged 50-65.

Figure 14. Percentage of individuals who need a lot or some help finding or arranging transportation by age group



Respondents with lower household income levels had increased difficulty with transportation. Figure 15 shows that as respondents' household income increases, their need for help in finding transportation decreases. Over half (61%) of the respondents who needed a lot or some help in finding or arranging transportation had a reported household income of less than \$20,000 per year, compared to 46% in 2008. Conversely, only 10% of those with a household income of \$60,000 or more needed a lot or some help.

Figure 15. Comparison of percentage of respondents' ease in getting transportation, by income level

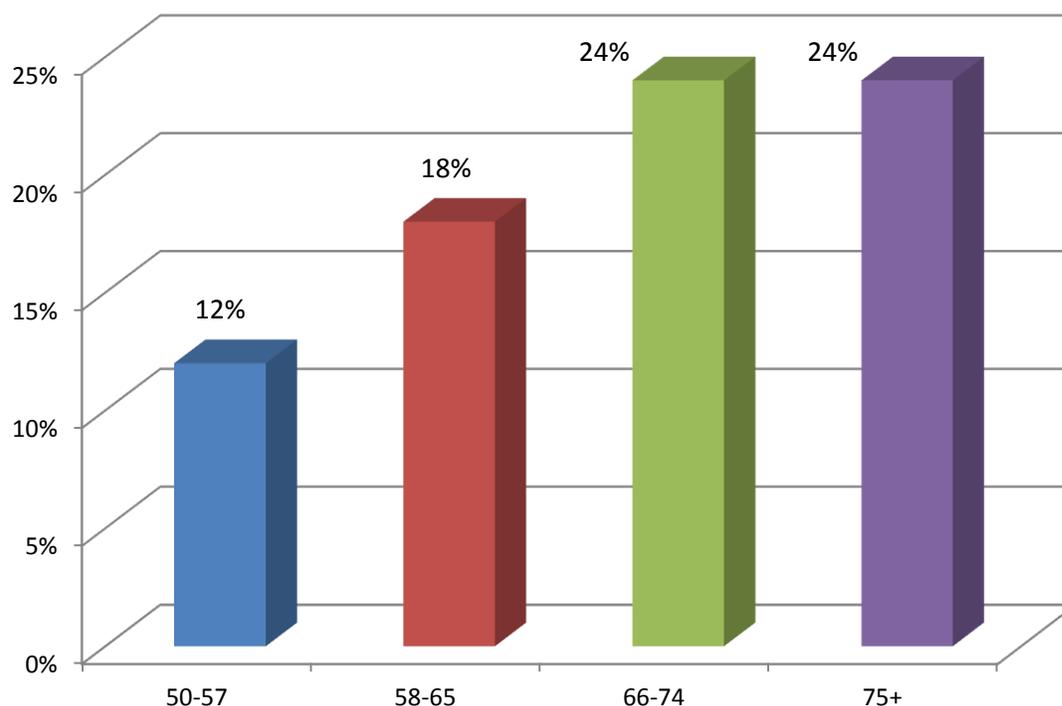


Difficulty in arranging transportation for specific trips tended to be more problematic. Over 17% of survey respondents either frequently or sometimes had trouble arranging transportation for medical trips, similar to the 2008 study (17%). Additionally, 11% and 10% frequently or sometimes had trouble arranging transportation for shopping or personal errands, respectively. Transportation difficulties can also hinder the ability for seniors to be social, with 14% noting they frequently or sometimes had difficulty arranging transportation for recreation or social trips; similar to the 15% from 2008.

Long-Term Care Insurance Plans

The majority (79%) of survey respondents do not have long-term care insurance. Most individuals (51%) noted they plan on paying for long-term care with Medicare. Additionally, 6% plan to use Medicaid (down from 15% in 2008), and of the 27% who indicated “other” (down from 32% in 2008). Overall in 2012, 30% don’t know how they will pay for long term care, 8% plan to rely on family and 35% indicate savings and investments. Ten percent of respondents responded that they will rely upon their private insurance or veteran’s benefits. Fewer respondents age 50-57 have long-term care insurance than those ages 75 and older (Figure 16). Still, over 75% of respondents age 66 and older do not have long-term care insurance, which is consistent with the 2008 survey results.

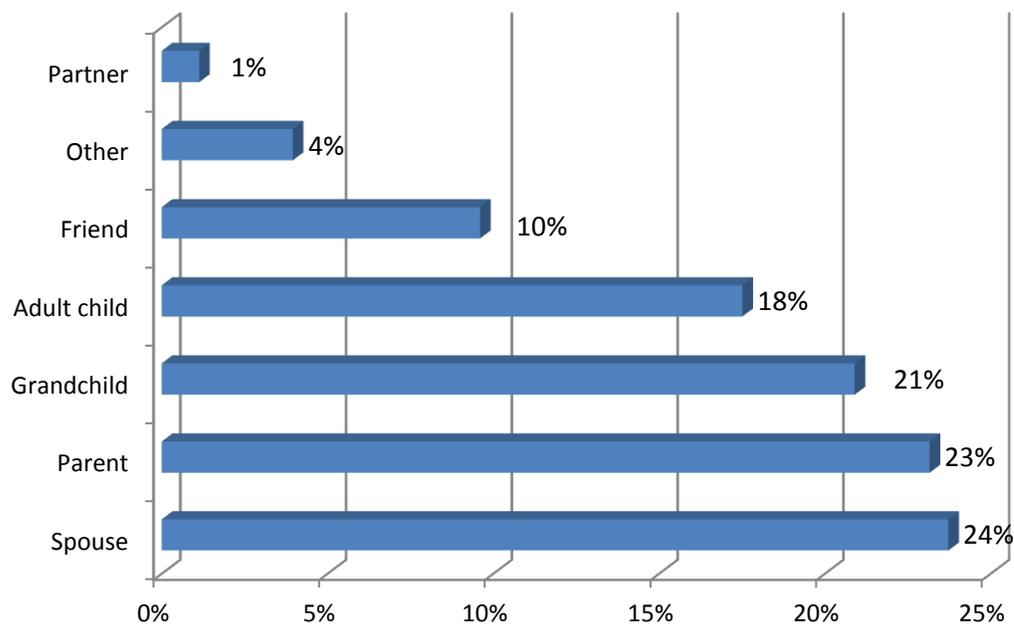
Figure 16. Percentage of respondents by age that have long-term care insurance



Care Giving

Among survey respondents, 19% (n=156) indicated they provide care for at least one friend or family member on a regular basis. Of those who provide care for friends or family members, 63% provide care for one person, 21% for two people and 16% for three or more people. Twenty-three percent of the caregivers in the sample are taking care of a parent and 24% are taking care of their spouse. In addition, 21% are taking care of a grandchild (Figure 17).

Figure 17. Percentage of care recipients among respondents who are caregivers



Caregivers who provide care for family and friends spend a great deal of time providing care. The average number of hours per week is illustrated in Table. The highest average (68 hours) is for spousal care giving, followed by caring for an adult child (49 hours), then grandchild member (35 hours).

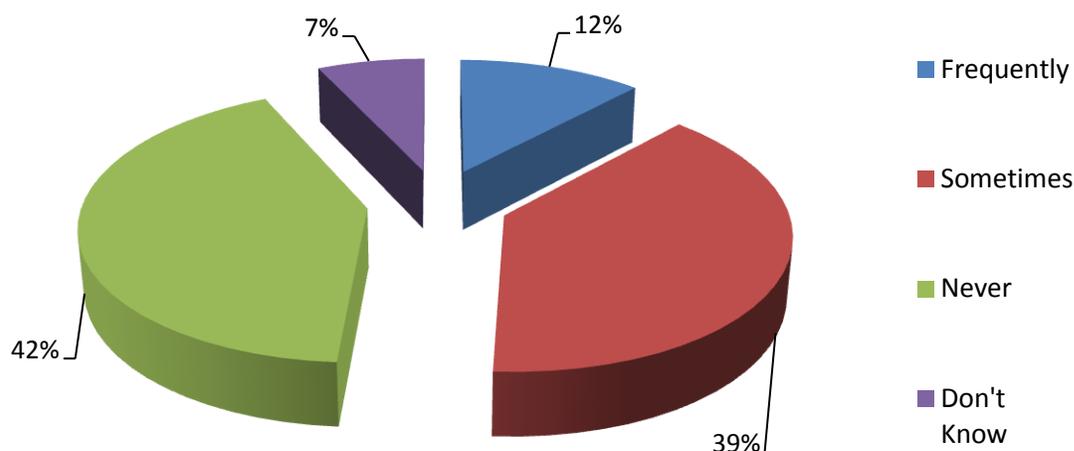
Table 9. Average number of hours of care by care recipient

Care Recipient	Average number of hours per week
Spouse	68
Parent	10
Friend/neighbor	11
Adult child	49
Grandchild	35
Partner	34
Other family member	21
Other	23

Forty-six percent of caregivers were providing care without any help from friends or family members (41% in 2008), and on average spend \$293 per month of their own money to provide this care. Over half (68%) of caregivers are not aware of services in their community that could help them provide care, compared to 54% in 2008. Of those who are aware of available services, they were familiar with include home health care and Meals on Wheels. Few were aware of respite and transportation options.

Twenty-one percent of respondents who are caregivers said they receive no help or far less help than they need; a 3% increase from 2008. For those respondents who do share caregiving responsibilities, they share duties with other family members, such as taking turns providing transportation to appointments, cooking meals, and overseeing finances. Fifty-one percent of caregivers noted they are frequently or sometimes stressed by their caregiving responsibilities, which is down slightly from 2008 (59%). (Figure 18).

Figure 18. Caregiver rate of stress experienced in the past two months



Caregivers noted numerous types of supports that would help them in their care giving role (Table). The greatest need was for services such as financial support or formal advice. In 2012, financial support became the top need for caregivers, compared to adult day care services, which was the top need in 2008. Additionally, the 2012 results indicate a stronger need for formal advice or emotional support compared to 2008, 17% and 13% respectively.

Table 10. Type of help caregivers could use in caregiving

Type of Help	2012	2008
Financial support	21%	13%
Formal advice or emotional support (from a therapist, counselor, psychologist, or doctors) on issues such as caring for grandchildren and other caregiving issues	17%	12%
Services such as adult day services, supervision, benefits, transportation	14%	20%
Equipment (such as assistive devices, ramps, rails, etc.)	10%	11%
Communication tips for people with reduced mental function (i.e. dementia, Alzheimer's)	9%	11%
Organized support groups	8%	6%
Legal Assistance	8%	10%
Physical care information (lifting, diapering, transporting, cleaning for an ill person)	4%	7%
Respite (services that allow me to have free time for myself)	7%	12%

Assistance and Support

Respondents were asked how much practical support they receive; such as being given a ride, having someone shop for them, loan them money, or do a home repair. Respondents indicated that do not receive much support. The most frequent source of support reported was from family members, with 32% receiving a lot of support, 19% some support, and 19% a little support. These findings were generally consistent with those from the 2008 survey. Table 9 illustrates the percentage of individuals receiving the different levels of support from different sources.

Table 9. Sources and level of support

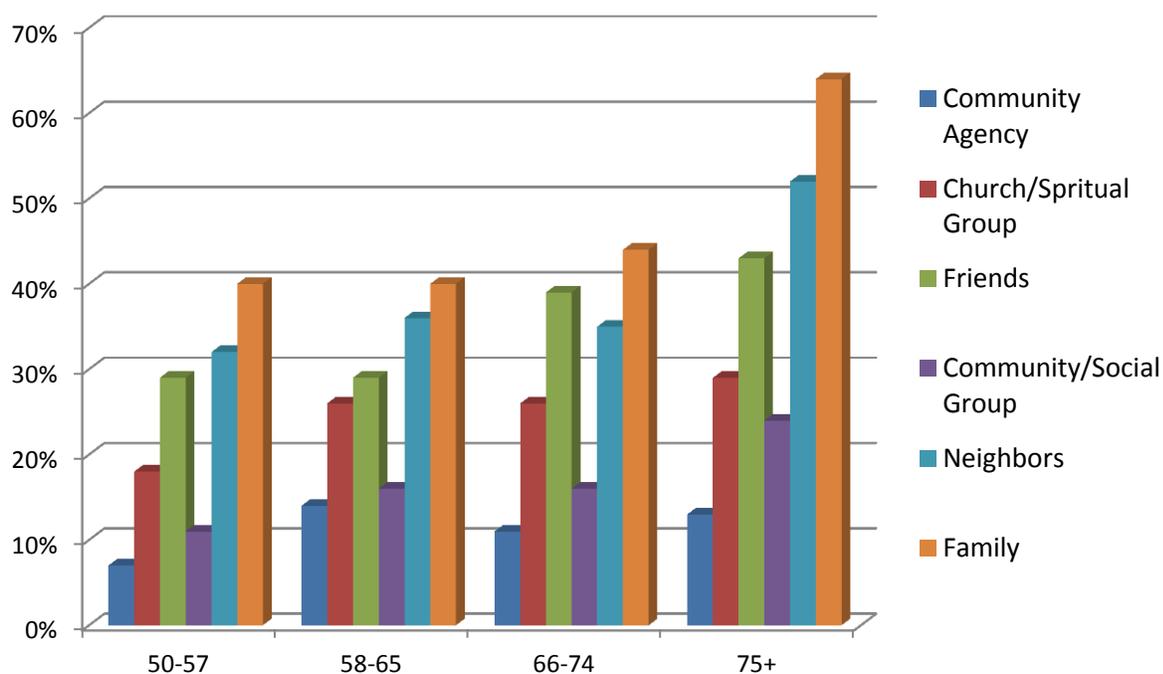
	A lot of support	Some support	A little support	No support
Your family	31.8%	18.6%	18.6%	31%
Your friends	14.8%	21.9%	25.5%	37.8%
Your neighbors	8.0%	16.5%	24.8%	50.7%
A church or spiritual group	10.5%	13.1%	12.8%	63.6%
A club or social group	3.2%	7.1%	10.4%	79.3%
A non-profit community agency	2.3%	4.9%	7.0%	85.8%

Despite reporting that they do not receive a lot of support from any one source, respondents overwhelmingly reported they could call a family member for help (74%). Fifteen percent said they had a friend or neighbor they could call. Of those who had someone they could call, 80% lived less than 10 miles from this person and 9% lived within 10-25 miles. Six percent said there was no one they could call for help. The results for assistance were consistent with the 2008 results.

Respondents of varying ages receive significantly different levels of assistance and support. As might be expected, the level of support received from all types of resources increased for the

older groups. Figure 19 shows the percentage of respondents who receive some level of assistance or support (a lot, some, or a little) by entity or organization. Family members provide the most support across all age groups followed by friends and neighbors. The percentage of respondents receiving some level of support or assistance from family members increases from the 50-57 year old group to the 58-65 year old group and again from the 66-74 year old group to the oldest group, age 75 and older. Respondents in the 58-65 year old and 66-74 year old groups are relatively consistent.

Figure 19. Percentage of respondents that receive a lot, some or a little support or assistance from various sources by age



The respondents have numerous areas of concern emotionally, physically and financially that might indicate that, while they have individuals they can call in an emergency situation, they may not be calling for help - especially for their emotionally needs. The area of most concern for respondents was their physical health. Forty-one percent said it was a minor problem and 14% said it was a major problem and an additional 4% anticipate having a problem with their health in the future representing a slight increase from 2008. While most respondents do not consider their emotional problems major, many noted feeling depressed (21%), feeling lonely, sad or isolated (19%) or having too few activities or feeling bored (16%) as a minor problem. Having financial problems (20%) and feeling lonely or depressed, 19% and 21%, respectively are among the top minor problems. The issues most concerning for respondents in the future (anticipating a problem in the future) were having financial problems (8% in 2012 and 4% in 2008), affording needed medications (6% in 2012 and 3% in 2008) and having housing suited to their needs (10% major and minor – or should this be a comparison to 2008).

Table 12 illustrates the areas respondents describe as major or minor problems. In all categories, major and minor problems increased from 2008 to 2012 with the exception of physical health, which was unchanged.

	2012 Major	2012 Minor	2008 Major	2008 Minor
Your physical health	14.8%	41.0%	14.0%	41.4%
Having housing suited to your needs	2.5%	7.2%	0.9%	5.7%
Getting the health care you need	6.9%	11.4%	3.6%	10.2%
Having inadequate transportation	3.7%	7.8%	0.7%	7.2%
Feeling lonely, sad or isolated	3.3%	18.8%	2.9%	16.5%
Having enough food to eat	4.5%	5.0%	1.2%	2.6%
Affording the medications you need	6.1%	13.0%	3.4%	13.1%
Having financial problems	5.5%	20.3%	4.0%	16.7%
Feeling depressed	3.8%	20.8%	3.5%	23.1%
Being physically or emotionally abused	1.4%	3.0%	0.0%	1.0%
Being financially exploited	1.7%	6.4%	1.0%	3.9%
Being a victim of crime	1.4%	3.8%	0.4%	2.4%
Dealing with legal issues	2.6%	10.2%	1.2%	7.8%
Performing everyday activities such as walking, bathing, or getting in and out of a chair	3.3%	9.3%	1.3%	6.3%
Having too few activities or feeling bored	3.3%	16.1%	1.8%	13.4%

Between 2008 and 2012, the percentage of respondents choosing major or minor concerns increased for every category except affording gasoline. This likely reflects the current economic problems throughout the United States. In 2008, the highest financial concern was being able to afford gasoline, whereas in the 2012 survey; affording dental care was the highest concern at 21%. Other necessities that were reported as being difficult to afford were: 16% of respondents have not been able to afford eyeglasses compared to 9% in 2008 and 10% are unable to afford hearing aids, similar to the 2008 findings. Eleven percent cannot afford insurance, compared to 8% in 2008.

Figure 20 illustrates the percentage of respondents who have needed certain necessities like dental care, eyeglasses, and insurance and have not been able to afford them.

Figure 20. Percentage of respondents not able to afford necessities



■ 2008
■ 2012

25%

Other Concerns

Many survey respondents have concerns about their future even though most (85%) consider their community a good place to grow old. Those concerns include how they will pay for health care or be able to afford other necessities, not having health insurance, and needing help with transportation, in-home repairs and caregiving. Numerous respondents also mentioned they are unnerved by the state of world affairs.

Primarily, all the concerns of respondents focused on their financial viability, even more so than in 2008. Several respondents from rural areas are concerned about having to leave their community when they need help: “I live in a rural area. I am at the point where I can no longer adequately take care of my house and yard. I do not need assisted living and do not want to live in a city or town.”

Respondents also worry they will not have enough money to pay for health care and without health insurance many noted they will not be able to pay for prescription medications. Escalating costs for utilities, rent/mortgages and food make it even more difficult for individuals to afford health care. Additionally, some respondents worry about their own declining health in the mix of being able to afford to care for others. Some are concerned who will take care of them when their spouse dies. There is a need for more services to help care for family members (spouse or parents). There are a large percentage of those who care for family members who do not know what services are available.

Summary and Implications

The Idaho Commission on Aging Needs Assessment provides numerous important findings for future planning. Respondents provided information about their ability and desire to participate in various social activities, their ability to perform varying levels of physical activities and the ways they obtain information about services. In addition, respondents were asked about transportation options within their communities, the level of support they receive from family, friends or community members, and how they will pay for long-term care. The survey closed with an opportunity for respondents to share any other issues that might be of concern.

Key results derived from this study are overall similar to the 2008 findings, with some specific changes highlighted below.

1. Respondents are most concerned about the cost of medical care, health insurance and staying in their homes as they age.

Respondents are most concerned about their ability to afford their homes, health insurance and medical care. Numerous respondents noted they were already living on a tight budget. With increasing costs for utilities and food, being able to afford dental care, eyeglasses, medications, and health care has become increasingly difficult. Individuals who are not able to perform physical activities, such as housework or home repairs, or get the assistance they need to perform such tasks, will find it increasingly difficult to remain in their own homes. Providing the assistance for these physical household chores could impact the ability of many to remain in their homes and overall could reduce the cost of their care.

2. Changes in access to information vary widely by age, and need to be considered when targeting specific segments of the over 50 population.

The method used to reach seniors needs to be carefully considered. Across all age groups, respondents lack interest in senior centers. Senior centers, as one respondent put it, need to be “cheerful and bright for active intelligent people, not just [a place] to serve cheap meals and play Bingo.” While this characterization may not be an accurate representation of many senior centers, it illustrates a perception about senior centers that may hinder participation by the younger groups or those closer to age 50. In addition, if a proposed service is to be delivered across all age groups (50 and older) then newspapers and television will reach the widest audiences. However, if the target audience is under 65, the Internet could be an effective way to reach a wide audience. Information from friends and family members carry a great deal of weight with the oldest group.

3. The oldest Idahoans have the greatest needs for assistance in finding transportation and performing the physical activities necessary to remain in their homes.

The results provide important information for service delivery planning for older adults. Key to this planning will be paying close attention to the oldest group of Idahoans (age 75 and older) as this group struggles the most to find transportation options and keep up with the physical activities necessary to keep their homes and remain in their communities. This is not to say that younger respondents do not also have difficulty; in fact, the results show an increasing percentage of individuals in each age group who struggle with these issues. Also key in planning is understanding that older adults in Idaho do not receive a significant amount of help from sources other than family members, most do not have long-term care insurance and more than half plan to pay for long-term care with Medicare.

4. Even with 74% of respondents indicated they have someone to call who lives within 10 miles, most do not receive a significant amount of help.

Only 32% of respondents receive a lot of help from family members and 36% receive some or a little support from family members. Even less receive any support from friends and neighbors or the community. However, the perception is that most have someone they can call who lives close by. Despite this perception, about 22% noted that feeling depressed, lonely, sad, or isolated was a major or minor problem and respondents overall were having more difficulty affording the necessities, including dental care (21%) and being able to afford eyeglasses (16%).

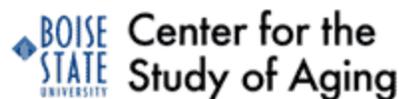
5. Fewer than 25% of survey respondents have long-term care insurance and most believe they can use Medicare or private insurance to pay for long-term care.

It is imperative that seniors receive more education about long-term care issues. Overall more than 50% of individuals plan to use Medicare to pay for their long-term care needs. Medicare does not currently cover many of the services that might be needed for long-term care and thus, a large percentage of elderly Idahoans are vulnerable should they need long-term care services.

6. Almost 25% of respondents are caregivers for family or friends and 33% of those caregivers provide care for more than one person.

Respondents who are caregivers for family or friends provide an invaluable service for those that depend upon them; however, the burden seems to be quite heavy. More than 33% of those respondents who are caregivers are caregivers for more than one person; 22% for two people and 13% care for three or more people. In addition, they spend an average of \$293 per month of their own money. The most common care recipients are spouses and parents. Caregivers spend an average of 68 hours per week for spouses and 10 hours per week for parents. Of concern is the fact that approximately 51% of respondents reported being frequently or sometimes stressed in the past two months by their caregiving role.

Appendix A
Survey Instrument



Dear Fellow Idahoan:

You have been selected to receive this survey from the Idaho Commission on Aging and the Center for the Study of Aging at Boise State University. The survey is part of our effort to identify ways to improve the quality of long-term care services for people in Idaho. Participation in this survey is completely voluntary. It should take about 20 minutes to complete.

The Idaho Commission on Aging (ICOA) is the sole state agency to administer programs and services for Idahoans 60 years of age and older funded by the federal Older Americans Act and the Idaho Senior Services Act. If you are an Idahoan age 50 years or older, we would like to ask about your opinions. Your responses will provide information for current and future planning efforts. Answering this survey gives you a chance to tell us about your values, priorities and concerns. We want to know how you feel, and what you know and think about the choices available as you age. Your responses will help shape future services provided to older Idahoans. Information from the Idaho survey will make it possible to tailor programs to specific needs in Idaho and more effectively promote services needed by you and your family.

If you choose to complete the paper survey, please return it in the pre-paid envelope by March 30, 2012. If you would prefer to complete the survey online, please type in the following web address.

https://boisestate.qualtrics.com/SE/?SID=SV_0vK4IZNcib4eLCK

For this research project, we are requesting demographic information. Due to the make-up of Idaho's population, the combined answers to these questions may make an individual person identifiable. We will make every effort to protect participants' confidentiality. However, if you are uncomfortable answering any of these questions, you may leave them blank. *All survey responses will be kept completely confidential and no individual replies will be reported.*

If you have any comments or questions about this survey, please contact Dr. Lee Hannah at (208) 426-2508, or the Institutional Review Board at Boise State University, Office of Research Administration, 1910 University Drive, Boise, ID 83725-1135 or (208) 426-1574.

We thank you for your time and appreciate your assistance with this important project.

Sincerely,

A handwritten signature in black ink that reads "Sam Haws".

Sam Haws, Administrator
Idaho Commission on Aging
www.aging.idaho.gov

A handwritten signature in black ink that reads "Lee Hannah, DVM, MS, MPH".

Lee Hannah, DVM, MS, MPH
Center for the Study of Aging

Idaho Commission on Aging Community Needs Assessment

For each survey item below, check the box that best represents your opinion or experience.

1. My community is a good place to grow old?

₁ Yes

₀ No

If No, please explain _____

2. For most of your trips, how do you travel? (select one)

₁ Drive myself

₂ Ride with a family member or friend

₃ Take public transportation

₄ Take a senior van, shuttle, or minibus

₅ Take a taxi

₆ Walk

₇ Not applicable – Never leave house

₈ Other _____

3. In the past 12 months, how much help have you needed getting or arranging transportation?

₁ A lot

₂ Some

₃ None

4. If you selected A lot or Some in Question 3, what would you say were the reason(s)? (check all that apply)

_A Have to rely on other(s)

_B Not available when I need to go

_C Can't afford it

_D Not available in my community

_E Have trouble getting around without someone to help

_F Unfamiliar with transportation options or systems

_G Car doesn't work/ problems with vehicle

_H Don't know who to call

_I Too far / Distance related

_J Weather

_K Transportation does not go where I need

_L Disability / health related reasons

_M Other

5. How often has it been difficult for you to arrange transportation for each of the following activities?

	Frequently	Sometimes	Never
a. Medical trips	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
b. Shopping	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
c. Personal errands	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
d. Recreational or social trips	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁

6. Do you have long-term care insurance (Insurance policies which pay for long-term care services such as nursing home and home care)?

₁ Yes ₀ No

7. How do you plan on paying for your long-term care in the future?

₁ Medicare ₃ Long-term care insurance policy
₂ Medicaid ₄ Other please specify _____

8. How often do you use the following services or attend/visit the following locations?

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
a. Community events / Social clubs	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
b. Degree and non-degree courses	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
c. Exercise & Fitness / Workouts / Activities	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
d. Family activities	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
e. Library	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
f. Medical/pharmacy visits	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
g. Parks	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
h. Religion / worship	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
i. Senior centers	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
j. Shopping	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
k. Sporting events	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
l. Volunteer work	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
m. Working for pay	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁

9. Following is a list of information sources. How often, if at all, do you use each source to find out about services and activities available to you?

	Frequently	Sometimes	Never
a. Newspaper	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
b. Radio	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
c. Television	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
d. Library	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
e. Internet	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
f. Word of mouth	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
g. Senior publications	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁

10. If you checked Frequently or Sometimes to Question 9e, how often do you use a computer to access information from the internet?

- ₄ Frequently, at least once per week ₂ Rarely, less than once per month
₃ Often, several times per month ₁ Never

11. If you use a computer to access information on the internet, where is the computer located? (check all that apply)

- ₁ my home ₄ the home of a family member or friend
₂ library ₅ work
₃ senior center ₆ other: _____

12. Please tell me if you can do each of the following activities without any help, with some help, or if you cannot do this at all. Can you...

	Without any help	With some help	Cannot do this at all
a. Prepare your meals	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
b. Shop for personal items	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
c. Manage your medications	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
d. Manage your money	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
e. Use a telephone	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
f. Do light housework like dusting or vacuuming	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
g. Do heavy housework like moving furniture or washing windows	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
h. Do interior or exterior repairs	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
i. Do yard work and snow shoveling	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
j. Walk	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
k. Eat	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
l. Dress yourself	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
m. Bathe	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
n. Use the toilet	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
o. Get in and out of bed	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
p. Respond to emergencies	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁

13. How much practical support do you receive from the following sources? Examples of practical support are: being given a ride, having someone shop for you, or do a home repair for you.

	A lot of support	Some support	A little support	No support
a. Your family	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
b. Your friends	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
c. Your neighbors	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
d. A church or spiritual group	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
e. A club or social group	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
f. A non-profit community agency	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁

14. Thinking back over the last 12 months, how much of a problem has each of the following been for you?

	Major problem	Minor problem	No problem	Anticipate having a problem in the future
a. Your physical health	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
b. Having housing suited to your needs	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
c. Getting the health care you need	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
d. Having inadequate transportation	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
e. Feeling lonely, sad or isolated	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
f. Having enough food to eat	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
g. Affording the medications you need	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
h. Having financial problems	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
i. Feeling depressed	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
j. Being physically or emotionally abused	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
k. Being financially exploited	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
l. Being a victim of crime	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
m. Dealing with legal issues	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
n. Performing everyday activities such as walking, bathing, or getting in and out of a chair	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁
o. Having too few activities or feeling bored	<input type="checkbox"/> ₄	<input type="checkbox"/> ₃	<input type="checkbox"/> ₂	<input type="checkbox"/> ₁

26. How many years have you been a resident of your community?

- ₁ 0-5 ₃ 11-15 ₅ 20 or more
₂ 6-10 ₄ 16-20

27. What is your year of birth? _____

28. Overall, how do you rate your quality of life?

- ₁ Very good ₂ Good ₃ Neither good nor bad ₄ Bad ₅ Very bad

29. Which of the following kinds of health insurance do you have? (*check all that apply*)

- _A Medicaid _C Private insurance
_B Medicare _D Other insurance _____

30. What is your gender?

- ₀ Male ₁ Female

31. Do you consider yourself to be Hispanic or Latino?

- ₁ Yes ₀ No

32. Which one or more of the following would you say is your race? (*check all that apply*)

- ₁ White
₂ Black or African American
₃ Native Hawaiian/Pacific Islander
₄ American Indian, Alaskan Native
₅ Other (Specify) _____

33. Do you currently rent or own your home?

- ₁ Rent ₂ Own ₃ Other _____

34. Which of the following best describes where you live?

- ₁ Single family home ₅ Nursing home
₂ Townhouse, condo, duplex, or ₆ Subsidized housing
apartment
₃ Mobile home ₇
Other _____
₄ Assisted living residence

35. How many people, including yourself, live in your household?

- ₁ 1 person ₄ 4 people
₂ 2 people ₅ 5 or more people
₃ 3 people

36. Who lives with you? (check all that apply)

- _A Spouse (wife/husband) _E Other relative(s)
_B Significant other _F Unrelated adults/friends
_C At least one child _G Grandchildren/great-grandchildren
_D Child(ren) and his/her/their _H Other _____
family

37. What is your total annual household income?

- ₁ Less than \$10,000 ₅ \$40,000 to under \$50,000
₂ \$10,000 to under \$20,000 ₆ \$50,000 to under \$60,000
₃ \$20,000 to under \$30,000 ₇ \$60,000 to under \$75,000
₄ \$30,000 to under \$40,000 ₈ \$75,000 or more

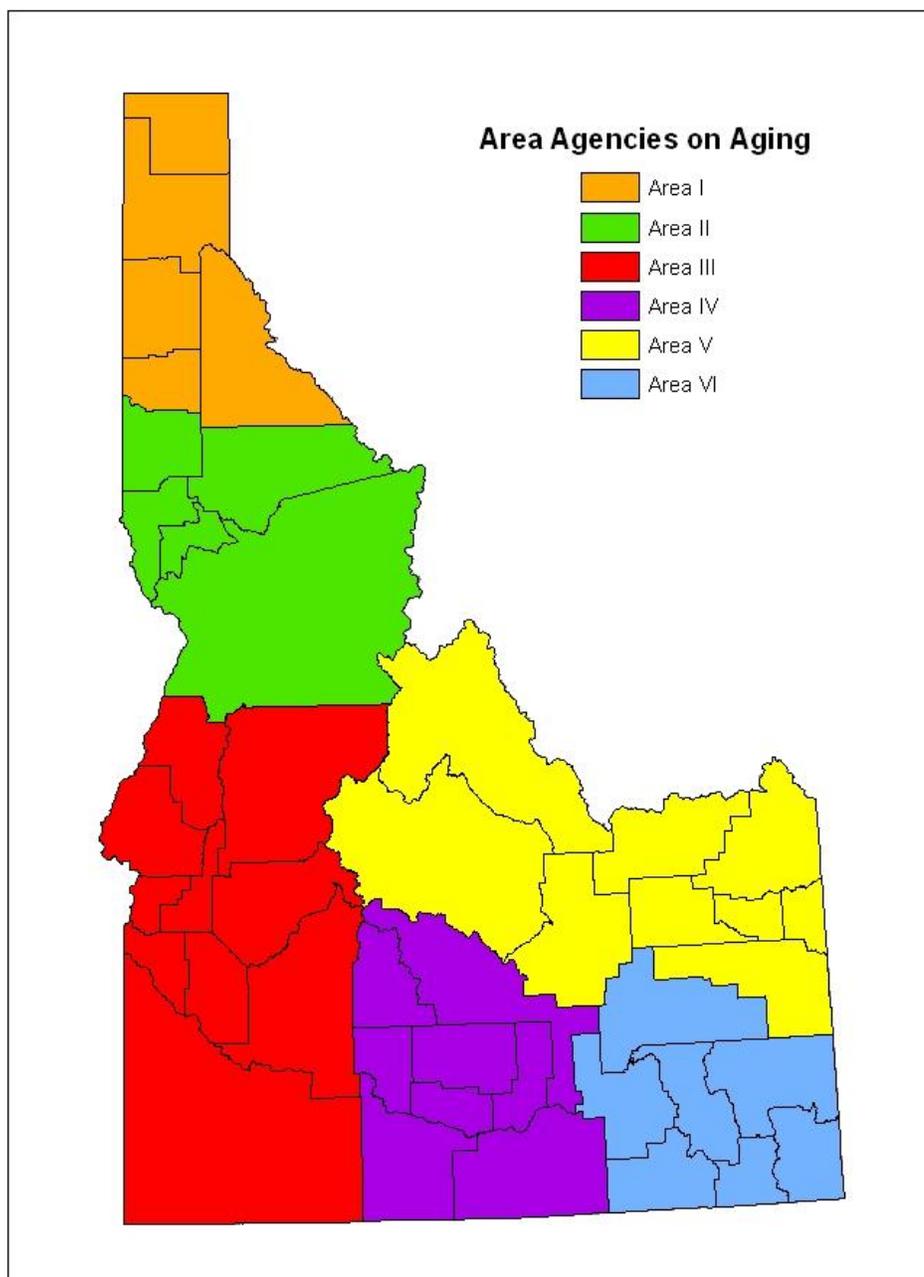
38. What is your marital status?

- ₁ Married ₄ Single
₂ Widowed ₅ Partnered
₃ Divorced ₆ Other _____

39. How much formal education have you completed?

- ₁ 0-11 years, no diploma ₄ Associate's degree
₂ High school graduate / GED ₅ Bachelor's degree
₃ Some college or technical training ₆ Graduate or professional degree

Appendix B
Idaho Commission on Aging Areas



Appendix C

Overall Results

Idaho Commission on Aging Community Needs Assessment Overall Results – 2012 Survey

1. My community is a good place to grow old?

85% Yes 15% No

2. For most of your trips, how do you travel? (*select one*)

<u>85.0%</u> Drive myself	<u>0.0%</u> Take a taxi
<u>12.4%</u> Ride with a family member or friend	<u>0.4%</u> Walk
<u>0.6%</u> Take public transportation	<u>0.0%</u> Not applicable – Never leave house
<u>1.4%</u> Take a senior van, shuttle, or minibus	<u>0.2%</u> Other

3. In the past 12 months, how much help have you needed getting or arranging transportation?

3.5% A lot 12.8 % Some 83.8% None

4. When you have trouble getting the transportation you need, what would you say are the reason(s)? (*check all that apply*)

<u>6.9 %</u>	Have to rely on other(s)
<u>1.5%</u>	Unfamiliar with transportation options or systems
<u>4.0%</u>	Weather
<u>2.0%</u>	Not available when I need to go
<u>1.8%</u>	Car doesn't work/ problems with vehicle
<u>2.7%</u>	Transportation does not go where I need to go
<u>2.6%</u>	Can't afford it
<u>1.5%</u>	Don't know who to call
<u>5.4%</u>	Disability / health related reasons
<u>2.0%</u>	Not available in my community
<u>2.2%</u>	Too far / Distance related
<u>1.6%</u>	Other
<u>3.4%</u>	Have trouble getting around without someone to help

5. How often has it been difficult for you to arrange transportation for each of the following activities?

	Frequently	Sometimes	Never
a. Medical trips	1.2%	16.4%	82.3%
b. Shopping	1.4%	10.4%	88.2%
c. Personal errands	1.4%	9.5%	89.1%
d. Recreational or social trips	2.5%	11.9%	85.7%

6. Do you have long-term care insurance (Insurance policies which pay for long-term care services such as nursing home and home care)?

20.9% Yes **79.1%** No

7. How do you plan on paying for your long-term care in the future?

51.0% Medicare **16.0%** Long-term care insurance policy
6.0% Medicaid **27.0%** Other

8. How often do you use the following services or attend the following locations?

	As often as I'd like	Almost as often as I'd like	Not nearly as often as I'd like	Not interested
a. Community events / Social clubs	43.1%	15.1%	16.4%	25.5%
b. Degree and non-degree courses	16.1%	4.0%	16.0%	63.9%
c. Exercise & Fitness / Workouts / Activities	40.1%	11.9%	20.7%	27.3%
d. Family activities	58.2%	19.5%	16.4%	5.9%
e. Library / Internet	48.3%	11.3%	14.3%	26.1%
f. Medical and pharmacy visits	76.8%	13.7%	4.0%	5.5%
g. Parks	58.1%	13.2%	13.8%	14.9%
h. Religion / worship	61.7%	8.0%	8.4%	21.9%
i. Senior centers	40.8%	6.8%	6.4%	46.0%
j. Shopping	73.4%	15.6%	7.1%	3.9%
k. Sporting events	42.8%	10.8%	12.8%	33.6%
l. Volunteer work	45.5%	10.8%	15.6%	28.1%
m. Working for pay	35.4%	6.4%	9.8%	48.4%

9. Following is a list of information sources. How often, if at all, do you use each source to find out about services and activities available to you?

		Frequently	Sometimes	Never
a.	Newspaper	57.0%	31.5%	11.5%
b.	Radio	29.6%	39.8%	30.6%
c.	Television	54.9%	33.8%	11.4%
d.	Library	14.9%	33.2%	51.9%
e.	Internet	42.0%	25.5%	32.5%
f.	Word of mouth	49.2%	45.9%	4.9%
g.	Senior publications	18.1%	40.9%	41.0%

10. If you checked frequently or Sometimes to Question 9e, how often do you use a computer to access information from the internet?

77.9% Frequently, at least once per week **8.2%** Rarely, less than once per month
12.6% Often, several times a month **1.2%** Never

11. If you use a computer to access information on the internet, where is the computer located? (check all that apply)

79% my home **2%** home of friend or family
3% library **11%** work
2% senior center **3%** other

12. Please tell me if you can do each of the following activities without any help, with some help or if you cannot do this at all. Can you...

	Without any help	With some help	Cannot do this at all
a. Prepare your meals	90.9%	6.9%	2.2%
b. Shop for personal items	91.1%	7.1%	1.9%
c. Manage your medications	93.9%	4.1%	2.0%
d. Manage your money	92.2%	6.7%	1.1%
e. Use a telephone	96.6%	2.4%	1.0%
f. Do light housework like dusting or vacuuming	85.3%	9.9%	4.8%
g. Do heavy housework like moving furniture or washing windows	57.6%	27.1%	15.3%
h. Do interior or exterior repairs	42.4%	33.8%	23.9%
i. Do yard work and snow shoveling	55.3%	27.0%	17.8%
j. Walk	89.6%	8.2%	2.2%
k. Eat	98.8%	1.0%	.2%
l. Dress yourself	97.3%	2.5%	.2%
m. Bathe	95.7%	3.6%	.7%
n. Use the toilet	98.6%	1.1%	.2%
o. Get in and out of bed	98.1%	1.6%	.2%
p. Respond to emergencies	90.0%	7.9%	2.1%

13. How much practical support do you receive these days from the following sources? Examples of practical support are: being given a ride, having someone shop for you, loan you money or do a home repair for you.

	A lot of support	Some support	A little support	No support
a. Your family	31.8%	18.6%	18.6%	31.0%
b. Your friends	14.8%	21.9%	25.5%	37.8%
c. Your neighbors	8.0%	16.5%	24.8%	50.7%
d. A church or spiritual group	10.5%	13.1%	12.8%	63.6%
e. A club or social group	3.2%	7.1%	10.4%	79.3%
f. A non-profit community agency	2.3%	4.9%	7.0%	85.8%

14. Thinking back over the last 12 months, how much of a problem has each of the following been for you?

		Major problem	Minor problem	No problem	Anticipate having a problem in the future
a.	Your physical health	14.8%	41.0%	40.1%	4.1%
b.	Having housing suited to your needs	2.5%	7.2%	84.8%	5.5%
c.	Getting the health care you need	6.9%	11.4%	76.4%	5.3%
d.	Having inadequate transportation	3.7%	7.8%	83.4%	5.1%
e.	Feeling lonely, sad or isolated	3.3%	18.8%	73.3%	4.6%
f.	Having enough food to eat	4.5%	5.0%	87.3%	3.2%
g.	Affording the medications you need	6.1%	13.0%	75.2%	5.7%
h.	Having financial problems	5.5%	20.3%	66.2%	8.0%
i.	Feeling depressed	3.8%	20.8%	71.1%	4.2%
j.	Being physically or emotionally abused	1.4%	3.0%	91.4%	4.2%
k.	Being financially exploited	1.7%	6.4%	87.9%	4.0%
l.	Being a victim of crime	1.4%	3.8%	89.9%	4.9%
m.	Dealing with legal issues	2.6%	10.2%	82.2%	5.0%
n.	Performing everyday activities such as walking, bathing, or getting in and out of a chair	3.3%	9.3%	82.5%	4.9%
o.	Having too few activities or feeling bored	3.3%	16.1%	76.5%	4.1%

15. Have you recently needed any of the following, but could not afford them?

		Yes	No
a.	Eyeglasses	16.1%	83.9%
b.	Hearing aids	10.4%	89.6%
c.	Walkers/Wheelchairs/Canes	2.0%	98.0%
d.	Dental Care	21.0%	79.0%
e.	Prescription medications	8.8%	91.2%
f.	Rent/Mortgage	5.9%	94.1%
g.	Utilities	8.0%	92.0%
h.	Taxes	7.1%	92.9%
i.	Insurance	11.3%	88.7%
j.	Food	7.4%	92.6%
k.	Gasoline	13.0%	87.0%

16. If you needed assistance, is there someone you could call for help? (*Select one*)

6.4% No

74.2% Yes, a family member

15.3% Yes, a friend or neighbor

4.1% Yes, other

If yes, how far away does this person live?

79.8% 0-9 miles

3.6% 26-50 miles

1.2% 76-100 miles

8.6% 10-25 miles

.8% 51-75 miles

4.6% Greater than 100 miles

17. Do you provide care for one or more family members or friends on a regular basis?

19.1% Yes

80.90% No

18. For how many family members or friends do you provide care?

<u>62.4%</u>	1
<u>21.8%</u>	2
<u>5.9%</u>	3
<u>3.0%</u>	4
<u>4.0%</u>	5
<u>2.0%</u>	6
<u>0.2%</u>	10

19. For whom do you provide care and about how many hours per week do you spend providing care for this person or these persons?

	Average number of hours per week		
	Range	Avg.	SD
a. Spouse	2-168	68.6	69.9
b. Parent	1-56	9.8	10.2
c. Friend/Neighbor	1-80	10.7	20.1
d. Adult Child	1-168	49.6	64.0
e. Grandchild	1-168	34.5	45.8
f. Partner	8-60	34.0	36.7
g. Other family member	1-168	20.7	51.9
h. Other	2-80	23.0	29.0

20. Are other family members or friends involved in the care of this person(s)?

54.0% Yes **46.0%** No

If Yes, how are they working together to provide care for this person(s)?

21. Think of the help you get from all your family and friends in looking after the person(s) for whom you provide care. Please identify the one response that most closely identifies your situation: (Check only one.)

17.3% I receive no help
44.9% I receive about what I need in terms of help
8.3% I receive somewhat less help than I need
3.8% I receive far less help than I need
22.4% I don't need any help

22. How much do you spend every month of your money to provide care for this person(s)?

\$0-5,000 Range **\$293.61** Avg. **\$579.74** SD:

23. How often in the past two months have you felt stressed by your care giving?

12.0% Frequently **42.0%** Never
39.2% Sometimes **6.8%** Don't know

24. Are you aware of service provided in your community that could help you provide care?

32.1% Yes **67.9%** No

If yes, what is offered in your community?

25. What kinds of help could you use more of in your caregiving? (check all that apply)

- 21%** Financial support
- 8%** Organized support groups
- 17%** Formal advice or emotional support (from a therapist, counselor, psychologist, or doctor) on issues such as caring for grandchildren and other caregiving issues
- 14%** Services such as adult day services, supervision, benefits, transportation
- 9%** Communication tips for people with reduced mental function (i.e. dementia, Alzheimer's)
- 4%** Physical care information (lifting, diapering, transporting, cleaning) for an ill person
- 7%** Respite (services that allow me to have free time for myself)
- 8%** Legal assistance
- 10%** Equipment (such as assistive devices, ramps, rails, etc.)

26. How many years have you been a resident of your community?

12.4% 0-5 **9.2%** 11-15 **60.7%** 20 or more
9.6% 6-10 **5.9%** 16-20

27. What is your age? 34-97 Range 70.36 Avg. 11.2 SD

28. Overall, how do you rate your quality of life?

41.0% Very good **44.7%** Good **11.0%** Neither good nor bad **0.7%** Bad **0.1%** Very bad

29. Which of the following kinds of health insurance do you have? (check all that apply)

- 6%** Medicaid
- 39%** Medicare
- 38%** Private insurance
- 17%** Other insurance

30. What is your gender?

41.8% Male **58.2%** Female

31. Do you consider yourself to be Hispanic or Latino?

.9% Yes **99.9%** No

32. Which one or more of the following would you say is your race?

94.6% White
0.2% Black or African American
0.0% Native Hawaiian/Other Pacific Islander
0.9% American Indian, Alaskan Native
1.8% Other (Specify)

33. Do you currently rent or own your home?

14.1% Rent 81.2% Own 4.7% Other

34. Which of the following best describes where you live?

77.7% Single family home 0.5% Nursing home
7.5% Townhouse, condo, duplex, or apartment 3.2% Subsidized housing
7.5% Mobile home 1.2% Other
1.0% Assisted living residence

35. How many people, including yourself, live in your household?

37.3% 1 person 3.2% 4 people
47.5% 2 people 2.9% 5 or more people
7.0% 3 people

36. Who lives with you? (check all that apply)

63% Spouse (wife/husband) 1% Other relative(s)
4% Significant other 2% Unrelated adults/friends
17% At least one child 5% Grandchildren/great-grandchildren
2% Child(ren) and his/her/their family 1% Other

37. What is your household income?

8.0% Less than \$10,000 8.7% \$40,000 to under \$50,000
20.5% \$10,000 to under \$20,000 6.5% \$50,000 to under \$60,000
14.0% \$20,000 to under \$30,000 6.0% \$60,000 to under \$75,000
10.3% \$30,000 to under \$40,000 12.3% \$75,000 or more

38. What is your marital status?

48.0% Married 6.3% Single
28.0% Widowed 1.5% Partnered

14.4% Divorced

0.4% Other

39. How much formal education have you completed?

6.9% 0-11 years, no diploma

6.7% Associate's degree

23.4% High school graduate / GED

16.4% Bachelor's degree

33.4% Some college or technical training

11.3% Graduate or professional degree

40. What is your employment status?

54.6% Retired

3.9% Homemaker

19.1% Working full-time

5.4% Disabled

9.6% Working part-time

2.3% Other

2.7% Unemployed, looking for work

41. If you anticipate looking for employment, would you need re-training?

6.1% Yes

93.9% No

42. Are there any other issues you are concerned about?

25.2% Yes

74.8% No

Appendix D
Area Agency on Aging Results

Table 10. Demographic information of sample population overall and by AAA area.

	Idaho Population over 50 years old (2010)	Sample Sent Survey N=3,000	Respondents N=814
Male 50+	48%	50%	42%
Female 50+	52%	50%	58%
		Congregate Sites N= 1,000	Respondents N = 236
Area I		16%	18%
Area II		9%	6%
Area III		40%	25%
Area IV		13%	20 %
Area V		10%	13%
Area VI		11%	18%

Table 11. Survey participant age from surveys, overall and by AAA area.

	Average	Standard Deviation	Range
2008	66.9	10.8	50-99
2012 Total	70.5	11.1	51-97
2012 Area	76.3	8.7	53-95
Area I	77.1	8.6	58-92
Area II	76.9	8.9	61-91
Area III	75.3	8.6	53-91
Area IV	74.7	9.3	54-92
Area V	78.6	7.5	64-95
Area VI	76.9	9.1	59-92

Social Activities Area Results

As with the 2008 data, there were very few differences across regions compared to the overall results in terms of whether individuals are able to participate in social activities as often, almost as often, or not as often as they would like. The one major exception was the interest in senior centers. Since the area specific information was collected from congregated meal sites, respondents who participate in congregated meals would be more aware of, or interested in, senior centers compared to the mail respondents.

More respondents from Area II indicated they don't attend senior centers as often as they would like (14.3%), compared to the remaining regions at less than 5% each. When asked whether respondents were interested in degree or non-degree programs, again, there was little difference across area agencies, with the exception of Area IV that had the highest percentage of respondents reporting that they do not attend nearly or as often as they would like (26.3%) compared to the remaining area agencies (average 17%).

Additionally, Area I was among the highest percentage of not interested in working for pay but they are also among the highest of not working nearly as often as they would like (17.6%). (Figures 1 and 2)

Figure 1. Percentage of respondent interest in attending senior centers by AAA area

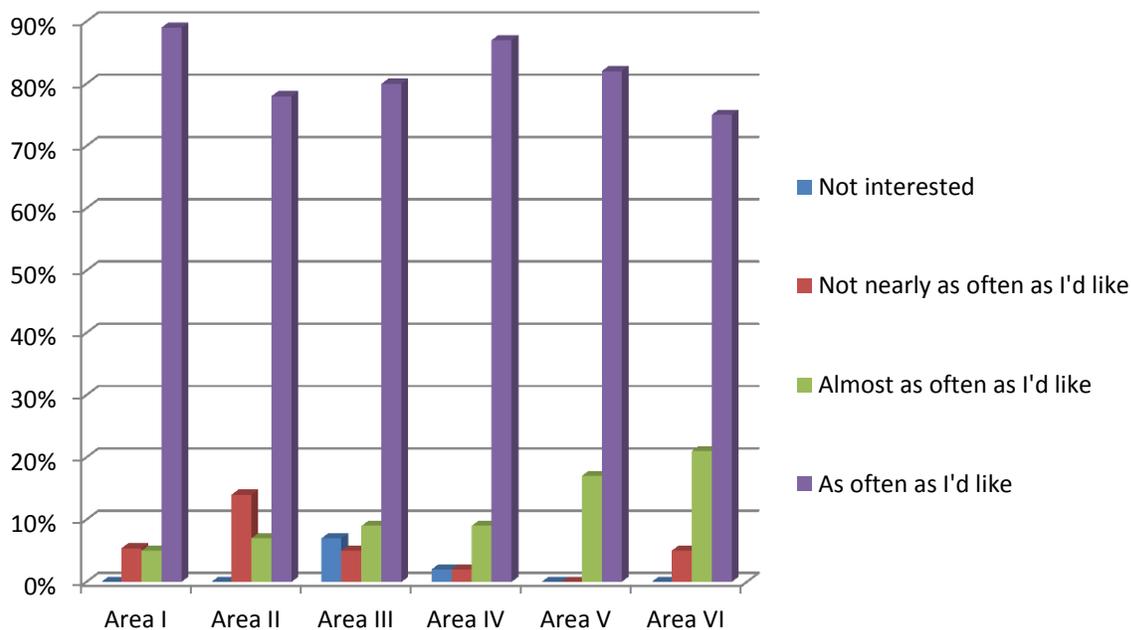
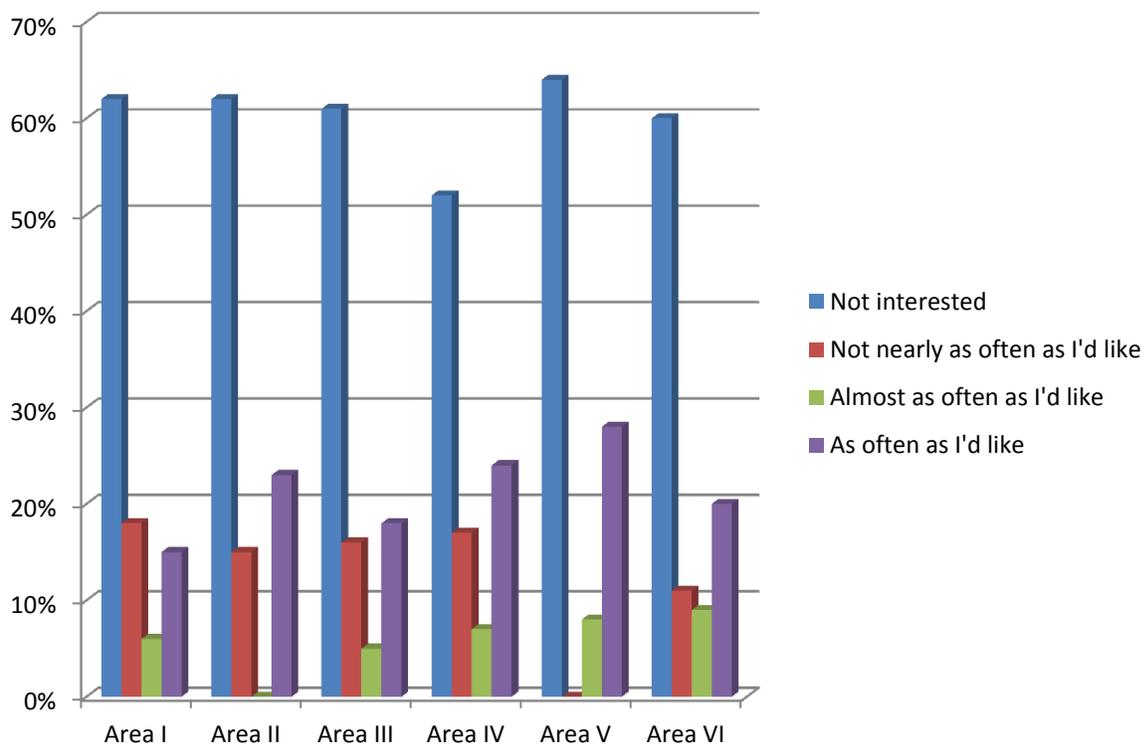


Figure 2. Percentage of respondents interested in working for pay by AAA area



Physical Activity Area Results

For most activities, the area results were similar to the overall results. There were some slight differences in ability to do light and heavy housework. Respondents in Areas I and VI have the greatest need for help with light and heavy housework. Twenty-four percent of respondents in Area I and 26% in Area VI can only do light housework like dusting and vacuuming with some help and 35% in Area VI need help with heavy housework, like moving furniture or washing windows (Figure 3 and 4). Area III and IV were among the highest areas who self-reported needing help to do tasks like yard work, 36% and 48% respectively. When asked about yard work, 40% of respondents in Area II and 38% in Area V reported they cannot do this at all (Figure 5).

Figure 3. Percentage of responses to ability to do light housework by AAA area.

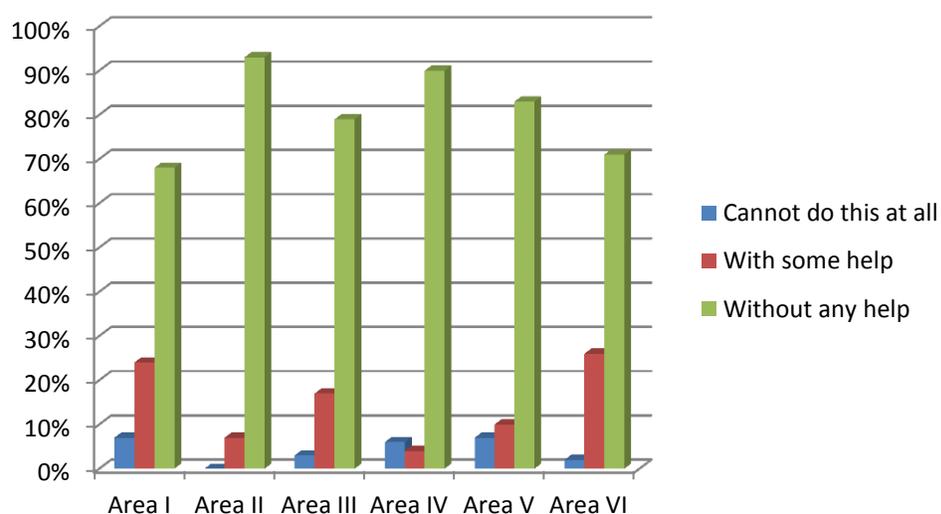


Figure 4. Percentage of responses to ability to do heavy housework by AAA area.

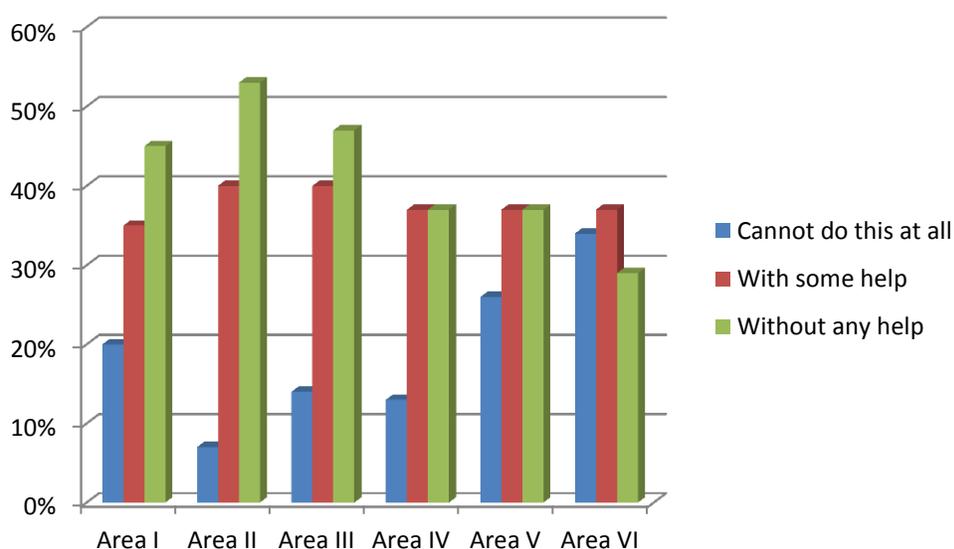
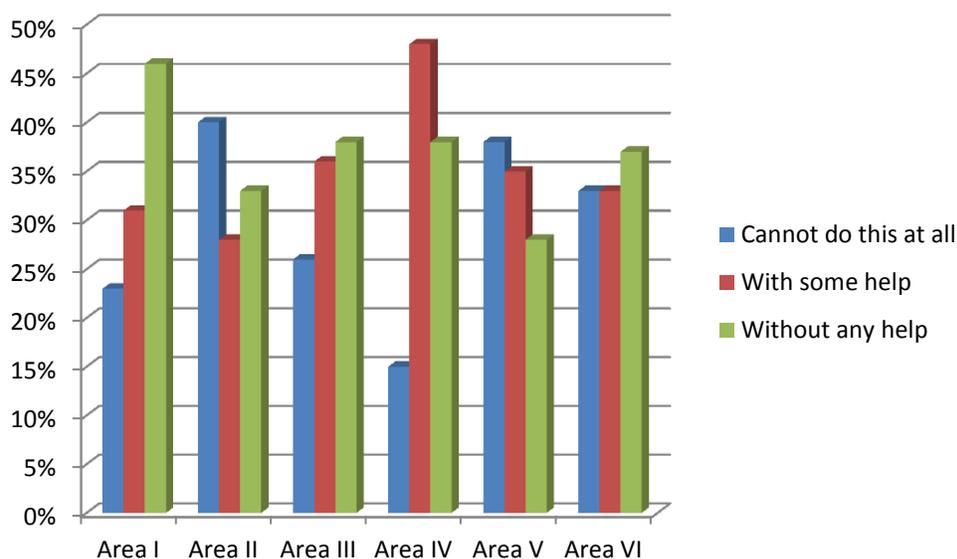


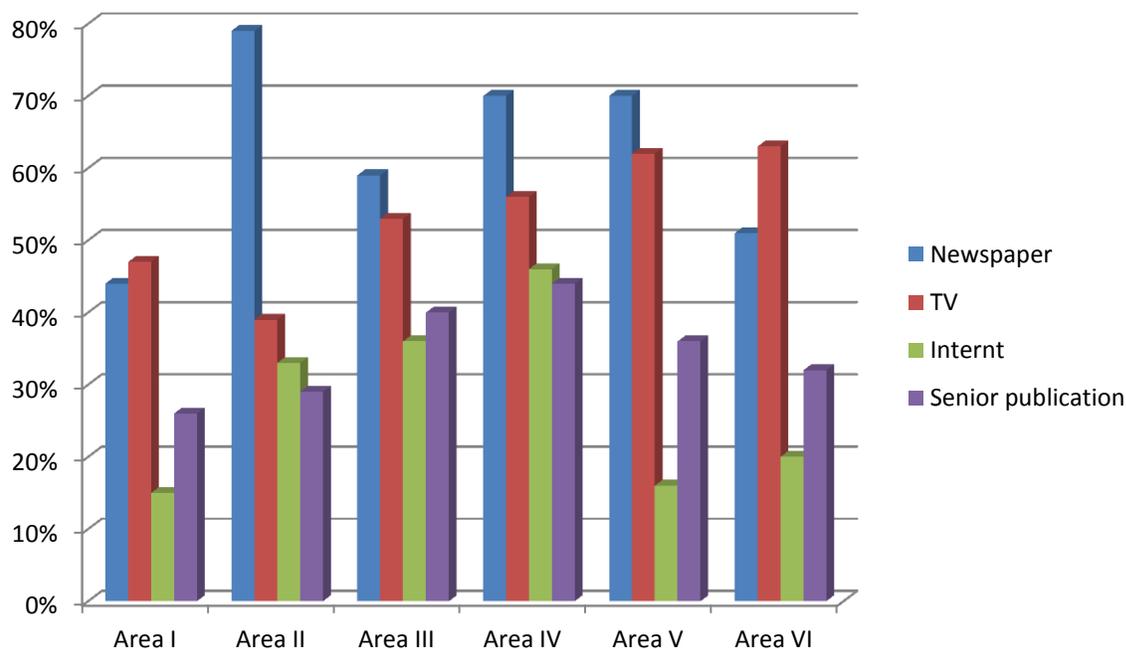
Figure 5. Percentage of responses to ability to do yard work by AAA area.



Sources of Information Area Results

Regionally, survey respondents were consistent with the sources they use most frequently to find information about services or activities. Newspapers remain the most frequently used source in all regions except region VI (**Error! Reference source not found.**). Area IV respondents use the internet as a frequently used source of information about services and activities at 46%, but still as a secondary source to newspaper. Area V indicated the lowest response to internet usage for information sources at 16%.

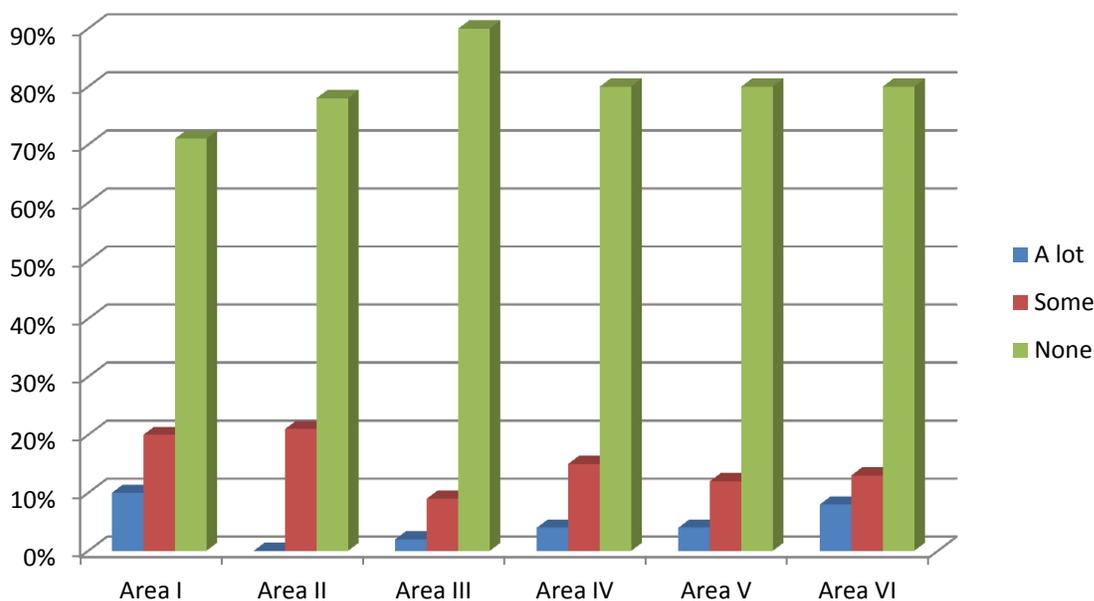
Figure 6. Percentage of responses to frequently used sources of information by AAA area.



Transportation Area Results

Areas I and VI had the highest percentage of individuals who indicated they needed a lot of help getting or arranging transportation in the past 12 months. In Area I, 10% of respondents indicated they need a lot of help and 8% in Area VI indicated this need (Figure 7). However, respondents across all regions reported some difficulty in finding transportation for specific activities such as medical trips, shopping, personal errands or recreational or social trips.

Figure 7. Percentage of responses to difficulty in getting or arranging transportation by AAA area.



The greatest difference in transportation between areas was when respondents self-reported the reasons why they had difficulty finding or arranging transportation.

illustrates the reasons by region. In all areas, “Having to rely on others” was the top reason for having difficulty arranging transportation. The second highest reason for having difficulty arranging transportation was “The transportation doesn’t go where I need it to”; Area III was the highest at 10.8% followed by Area I at 9.2%. Weather was also a top reason for Area II (13%) compared to less than 5 % for other regions.

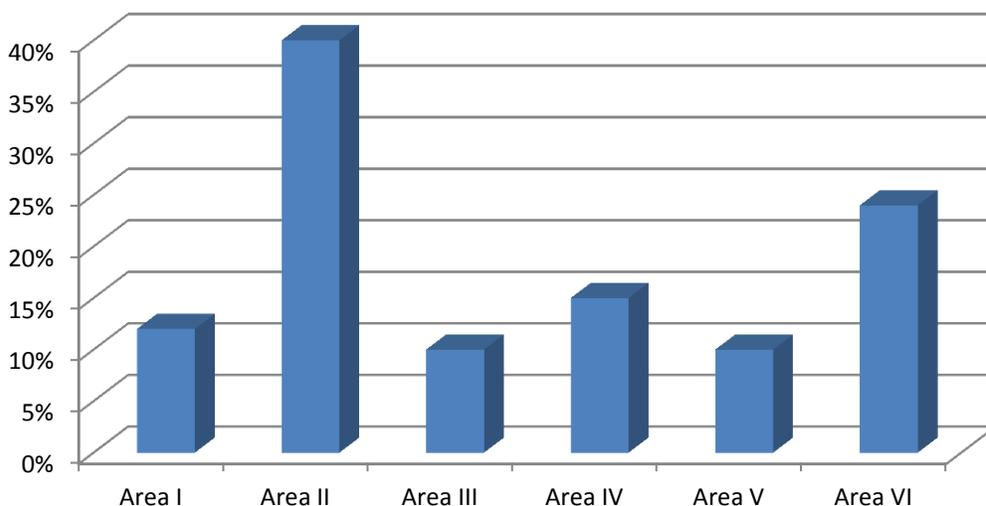
Table 3. Reasons for difficulties in finding or arranging transportation by AAA area.

	Region					
	I	II	III	IV	V	VI
Have to rely on other(s)	12%	7%	9%	10%	13%	12%
Not available when I need to go	2%	0%	3%	4%	3%	5%
Can't afford it	2%	7%	5%	2%	0%	2%
Not available in my community	10%	0%	2%	2%	3%	0%
Have trouble getting around without someone to help	2%	0%	3%	0%	7%	2%
Unfamiliar with transportation options or systems	2%	0%	2%	0%	0%	5%
Car doesn't work/problems with vehicle	0%	0%	0%	4%	0%	0%
Don't know who to call	2%	0%	2%	0%	3%	5%
Too far/Distance related	7%	0%	3%	2%	3%	2%
Weather	5%	13%	3%	2%	3%	5%
Transportation doesn't go where I need to go	9.2%	2.4%	10.8%	4.8%	6.7%	6.7%
Disability/health related reasons	5.3%	6.0%	4.9%	3.2%	7.8%	6.7%
Other	3.8%	2.4%	3.5%	4.8%	5.6%	4.8%

Caregiving Area Results

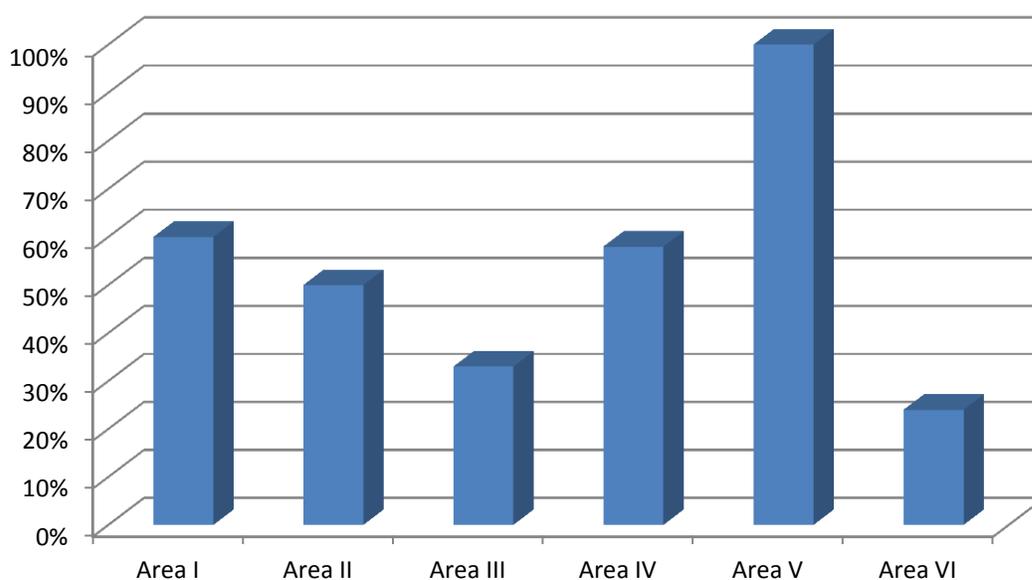
The distribution of caregivers was similar across the areas (**Error! Reference source not found.**). Area II had a higher percentage of respondents who identified themselves as caregivers (40%), however this region had the lowest number of respondents and this finding may not be representative of the larger population of Area II.

Figure 8. Percentage of respondents self-reporting being caregivers by AAA area.



One key difference in area responses was in the area of awareness of services available for caregivers. With the exception of Area V, less than 50% of caregivers were aware of services available in their area (Figure 9). Area III and VI respondents indicated that only 30% of care givers were aware of services. Area V indicated that all respondents were aware of services, but the sample size of care givers by region is too small to allow for statistical comparisons so these results may not represent the area population.

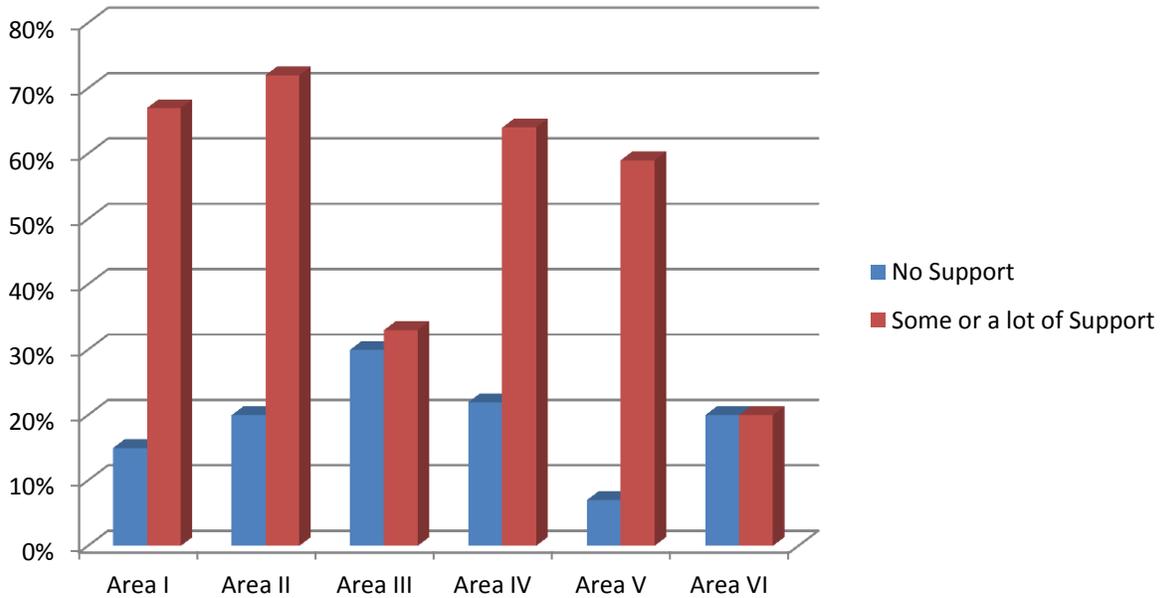
Figure 9. Percentage of caregiving respondents who are aware of services by AAA area.



Assistance and Support Area Results

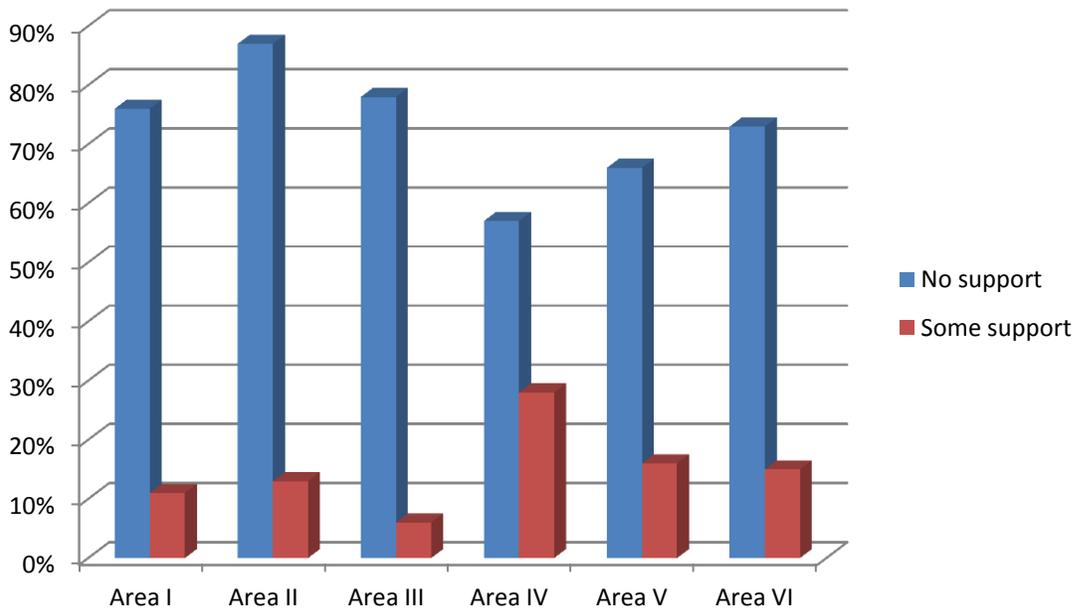
Across the regions, roughly the same percentage of respondents receive some type of support and assistance from family, church or spiritual groups, clubs or social groups, and non-profit community agencies. Figure 10 and 11 illustrates the percentage of respondents who receive some level of support from family and community agencies, respectively. Area III was highest among those that receive no or little support from family and Area II was among the highest in receiving some or a lot of support from family.

Figure 10. Percentage of respondents who reported receiving support from family, by AAA area.



The number of respondents who indicated they get some support from community agencies is very low compared to other areas of support. Area IV respondents indicated they get some or a lot of support at 28% compared to less than 16% in other regions.

Figure 11. Percentage of respondents who get support from community agencies by AAA area.



Respondents in some areas had more difficulty being able to afford needed items such as dental care, hearing aids, and utilities. Nineteen percent of respondents in Area I needed hearing aids but have been unable to afford them compared to 0% in Area II (Figure 12). Twenty-eight percent of respondents have needed dental care and could not afford it in Area III; however, consistent with the overall results, affording dental care is a concern across all regions. Thirty-three percent of respondents in Area II indicate they have difficulty affording utilities compared to 0% in Area V.

Figure 12. Percentage of respondents who had trouble affording the top three needed expenses by AAA area.

