



**Commission on Aging**

[www.aging.idaho.gov](http://www.aging.idaho.gov)



2023

# NEEDS ASSESSMENT

**IDAHO COMMISSION ON AGING**

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# Methods

## Survey Data Collection & Analysis

- Surveys available to submit online, paper/mail, or phone
- Available to complete June 20, 2023 - October 15, 2023
- 14 In Person Events at Idaho Senior Centers with ICOA Staff & Leadership:
  - Fernwood
  - Rathdrum
  - Lewiston
  - Nez Perce
  - Weiser
  - Boise
  - Gooding
  - Twin Falls
  - Bingham County
  - Pocatello
  - St. Anthony
  - Madison County

Data is categorized into 4 population categories and compared within each category:

All  
n=1,109

High  
Risk  
n=229

Urban  
n=594

Rural  
n=470

## Categories Defined

- All Responses:
  - Defined by the total number of survey submissions
    - Some questions were partially answered or skipped entirely
- High Risk Responses:
  - Defined by those that answered Question 1 and chose the response of fair, poor, or very poor
- Urban & Rural
  - Defined only if respondents provided their zip code



# Key Highlights

Statewide respondents identified Home and Congregate Meals, Adult Protective Services, and Information and Assistance services as very important in their communities. This aligns with ICOA's budgeted spending priorities. An unexpected priority to respondents is helping to apply for benefits.

Respondents report wanting more opportunity for exercise, socialization, and time in nature. Older Idahoans are worried about living in pain, falling, loneliness, and developing dementia or other memory issues.

Respondents identified Senior Centers as a place they are very likely to get information to stay healthy and locate services. This dovetails into our strategic emphasis on supporting our 96 meal sites across the state as hubs for healthy aging and ADRC partners.

## High Risk Respondents

- Urban residents twice as likely to report fair/poor/very poor quality of life than Rural
- Majority are caregivers that struggle to care for themselves
- 28% could not utilize technology for either fun and socialization or healthcare or other supports
- Over 1/3 worry about living in pain
- Home maintenance (indoor/outdoor)

Urban dwellers are more isolated and disconnected from their communities. They also report not having the help they need for successfully aging in place, with many unmet needs. Urban dwellers report a high percentage of very frequent daily worries. Falling was the second most frequent worry.

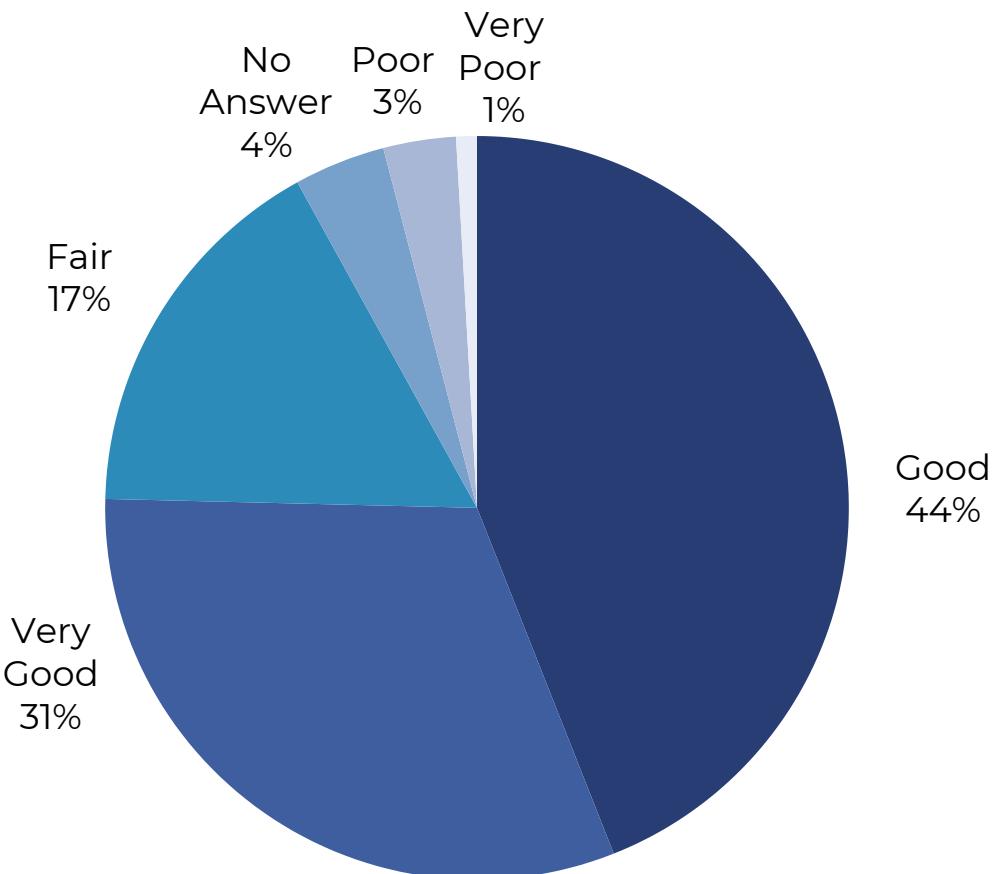
The ability to pay bills was the number one risk for rural dwellers. Often rural dwellers' wealth is tied in their property which may be farms or ranches. Rural resident's may be unable or unwilling to sell to fund their needs. A new focus on benefits and options counseling may help close this gap.



## Question 1

How would you rate your overall quality of life?

**All 1,109 Responses**



Response Choice	#	%
Very Good	348	31%
Good	488	44%
Fair	184	17%
Poor	35	3%
Very Poor	10	1%
No Answer	44	4%

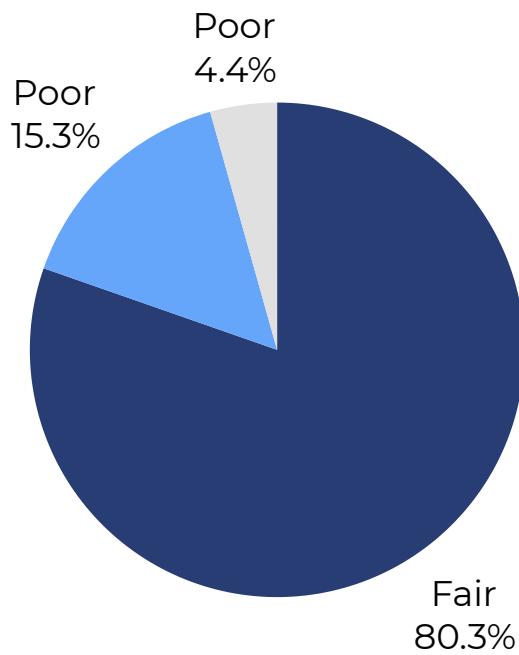


## Question 1

How would you rate your overall quality of life?

### Responses considered “High Risk”

Response Choice	#	% of All
Fair	184	17%
Poor	35	3%
Very Poor	10	1%
<b>Total</b>	<b>229</b>	<b>21%</b>



### Urban/Rural

Response Choice	Urban #	Urban %	Rural #	Rural %
Good	263	44%	200	36%
Very Good	165	28%	167	43%
Fair	118	20%	64	14%
Poor	27	5%	8	2%
Very Poor	6	1%	4	1%
No Answer	15	3%	27	6%
<b>Total</b>	<b>594</b>	<b>56%</b>	<b>470</b>	<b>44%</b>



## Question 2

How often are you able to participate in the following? Please choose one response in each row.

	As often as I want		Not quite as often as I want		Not interested in this	
	Count	Percent	Count	Percent	Count	Percent
Community Events, Social Clubs, Support Groups	627	57%	290	26%	166	15%
Education Programs	398	36%	288	26%	352	32%
Exercise, Fitness, Physical Activities	519	47%	419	38%	124	11%
Family Visits/Activities	641	58%	383	35%	54	5%
Library Visits	451	41%	233	21%	369	33%
Park/Nature Visits	511	46%	400	36%	149	13%
Religion Services	665	60%	202	18%	202	18%
Restaurants	662	60%	337	30%	76	7%
Senior Center: Meals and Activities	730	66%	211	19%	139	13%
Shopping	680	61%	294	27%	102	9%
Sporting Events	373	34%	262	24%	422	38%
Volunteer Work	488	44%	272	25%	296	27%



## Question 2

How often are you able to participate in the following?

*Response choice analyzed: Not quite as often as I want*

	All		High Risk		Urban		Rural	
	#	%	#	%	#	%	#	%
Community Events, Social Clubs, Support Groups	290	26%	112	49%	187	31%	93	20%
Education Programs	288	26%	90	39%	167	28%	111	24%
Exercise, Fitness, Physical Activities	419	38%	139	61%	255	43%	151	32%
Family Visits/Activities	383	35%	146	64%	245	41%	130	28%
Library Visits	233	21%	74	32%	139	23%	86	18%
Park/Nature Visits	400	36%	142	62%	237	40%	149	32%
Religion Services	202	18%	87	38%	126	21%	69	15%
Restaurants	337	30%	135	59%	211	36%	115	24%
Senior Center: Meals and Activities	211	19%	86	38%	138	23%	69	15%
Shopping	294	27%	113	49%	185	31%	103	22%
Sporting Events	262	25%	78	34%	147	25%	106	23%
Volunteer Work	272	25%	88	38%	160	27%	103	22%

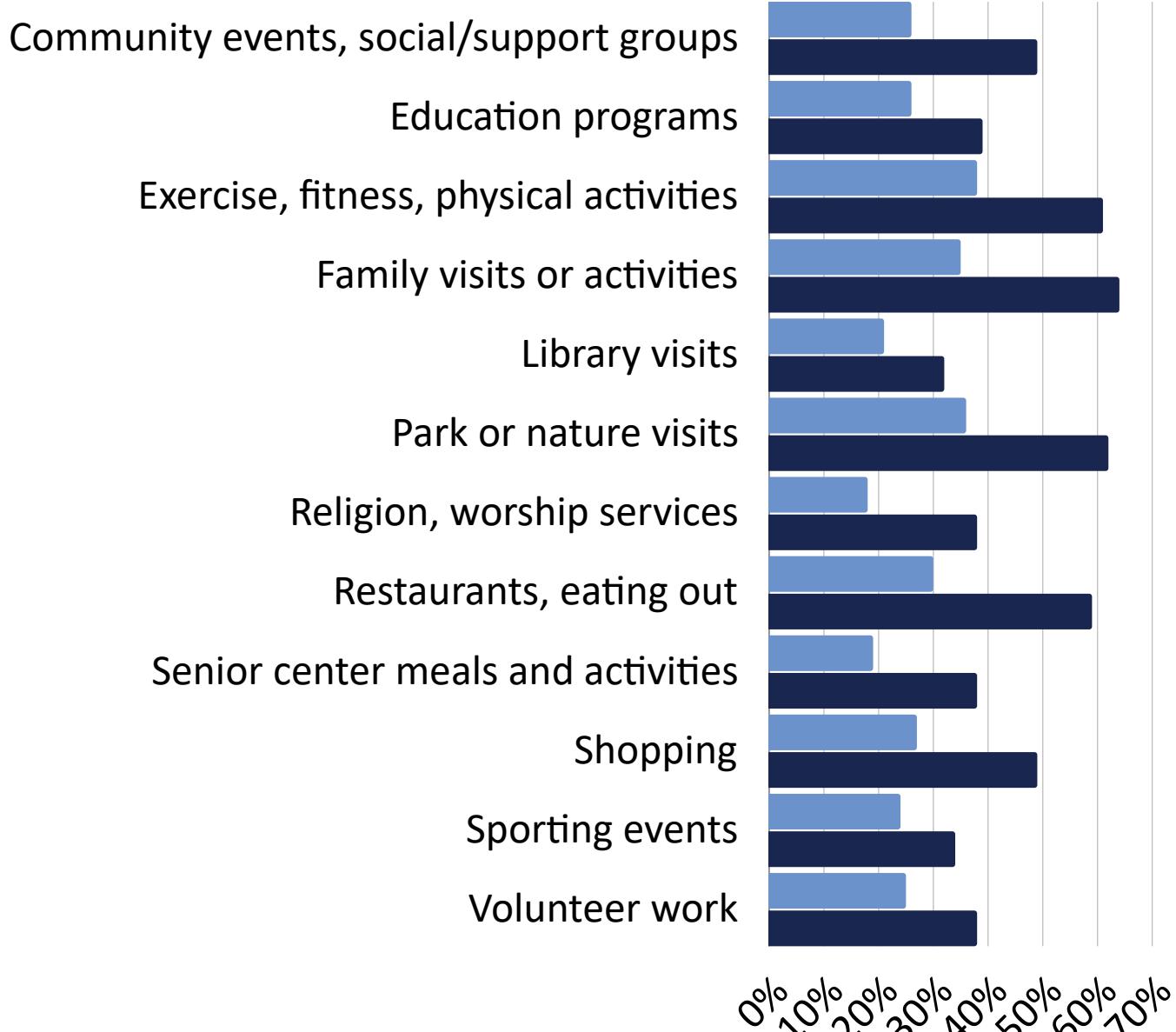


## Question 2

How often are you able to participate in the following?

*Response choice analyzed: Not quite as often as I want*

All     High Risk





## Question 2

How often are you able to participate in the following?

*Response choice analyzed: Not quite as often as I want*

Urban     Rural





## Question 3

Are you able to do the following activities by yourself or with help? Please choose one response in each row.

	I am currently able		I am not able, but I have the help I need		I am not able, and I do not have the help I need	
	#	%	#	%	#	%
Afford necessities	847	76%	164	15%	41	4%
Care for another w/out hurting health	615	55%	204	18%	153	14%
Cleaning the house	744	67%	234	21%	70	6%
Cooking meals	883	80%	133	12%	42	4%
Finding info about support services	735	66%	224	20%	90	8%
Home maintenance	514	46%	397	36%	117	11%
Meet my social needs	809	73%	164	15%	72	6%
Protect myself from abuse & fraud	863	78%	140	13%	46	4%
Shopping for necessities	848	76%	169	15%	40	4%
Take care of my chronic health needs	839	76%	147	13%	34	3%
Transportation	834	75%	200	18%	28	3%
Technology for fun	701	63%	148	13%	167	15%
Technology for healthcare	653	59%	204	18%	165	15%
Yard maintenance	508	46%	386	35%	132	12%



## Question 3

Are you able to do the following activities by yourself or with help?

*Response choice analyzed: I am not able, and I do not have the help I need*

	All		High Risk		Urban		Rural	
	#	%	#	%	#	%	#	%
Afford necessities	41	4%	24	10%	26	4%	14	3%
Care for another w/out hurting my health	153	14%	75	33%	98	16%	49	10%
Cleaning the house	70	6%	35	15%	48	8%	22	5%
Cooking meals	42	4%	25	11%	31	5%	11	2%
Finding info about support services	90	8%	45	20%	56	9%	32	7%
Home maintenance	117	11%	55	24%	77	13%	38	8%
Meet my social needs	72	6%	42	18%	50	8%	21	4%
Protect myself from abuse & fraud	46	4%	28	12%	31	5%	14	3%
Shopping for necessities	40	4%	27	12%	26	4%	13	3%
Take care of my chronic health needs	34	3%	18	8%	28	5%	5	1%
Transportation	28	3%	16	7%	19	3%	8	2%
Technology for fun	167	15%	64	28%	90	15%	72	15%
Technology for healthcare	165	15%	63	28%	91	15%	69	15%
Yard maintenance	132	12%	55	26%	78	61%	49	39%

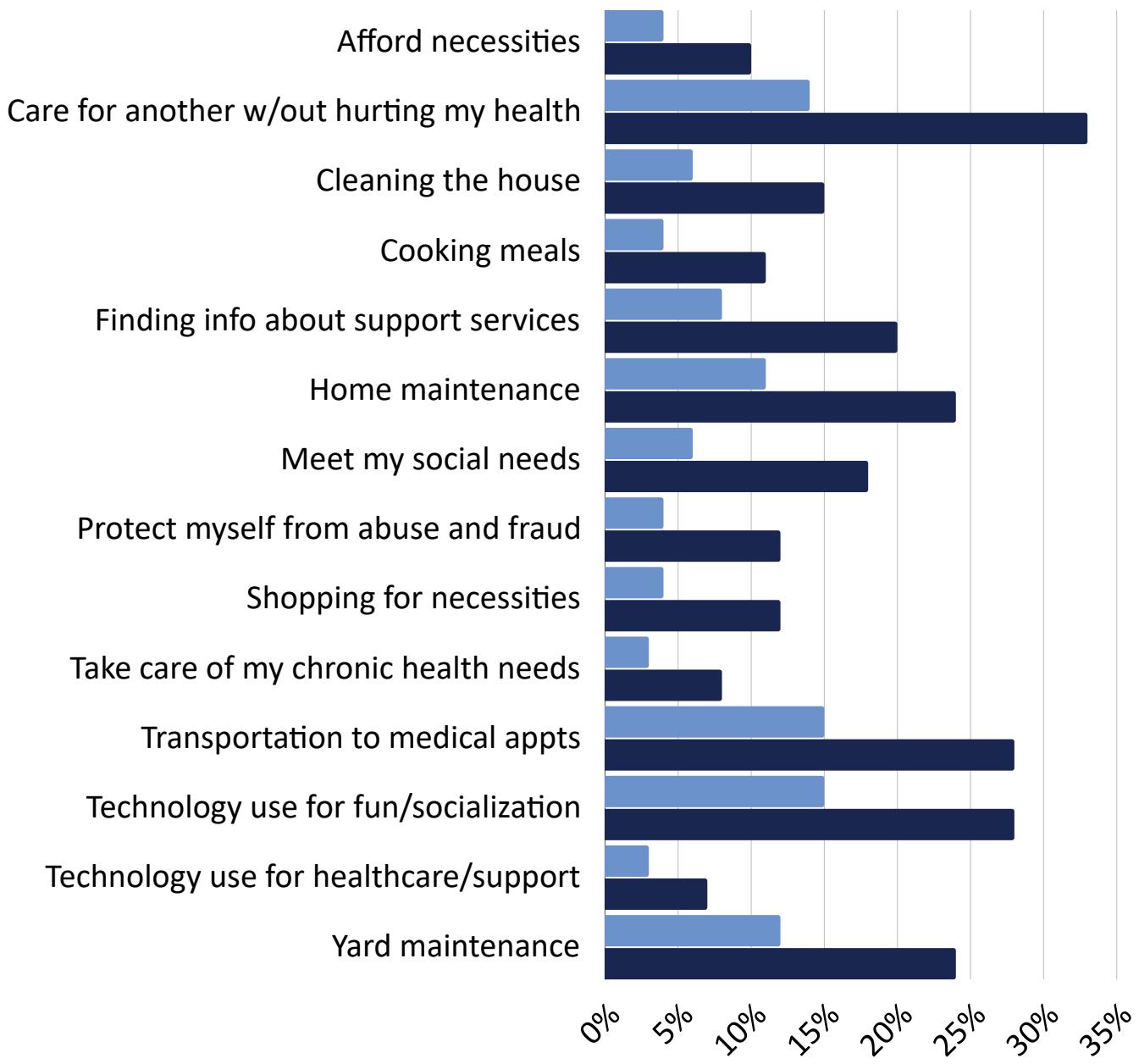


## Question 3

Are you able to do the following activities by yourself or with help?

*Response choice analyzed: I am not able, and I do not have the help I need*

All     High Risk



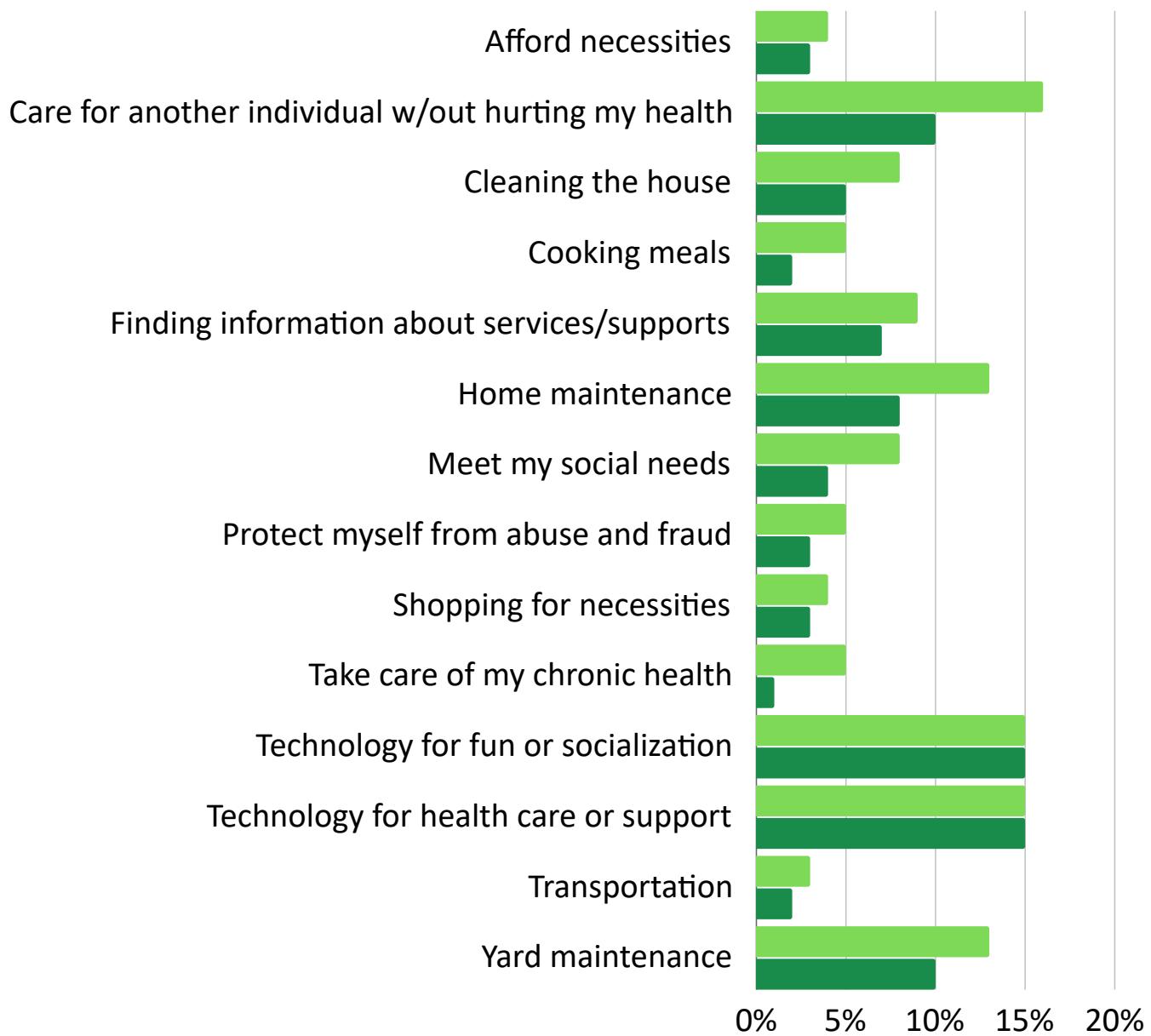


## Question 3

Are you able to do the following activities by yourself or with help?

*Response choice analyzed: I am not able, and I do not have the help I need*

Urban     Rural





## Question 4

How often do you worry about the following topics?  
Please choose one response in each row.

	Very Frequently		Frequently		Not Often		Never	
	#	%	#	%	#	%	#	%
Being Lonely	106	10%	182	16%	447	40%	309	28%
Being prepared for a natural disaster	74	7%	241	22%	489	44%	232	21%
Bowel or bladder accidents	86	8%	197	18%	415	37%	355	32%
Crime in your area	75	7%	168	15%	605	55%	205	18%
Falling while walking	143	13%	277	25%	404	36%	225	20%
Friends/Family becoming drug addicted	51	5%	87	8%	404	36%	512	46%
Friends/Family committing suicide	32	3%	72	6%	403	36%	535	48%
Living in pain	192	17%	283	26%	398	36%	179	16%
Losing my housing	41	4%	95	9%	280	25%	621	56%
Paying my bills	156	14%	161	15%	345	31%	383	35%
Problems with memory	97	9%	237	21%	519	47%	204	18%



## Question 4

How often do you worry about the following topics?

*Response choice analyzed: Very Frequently*

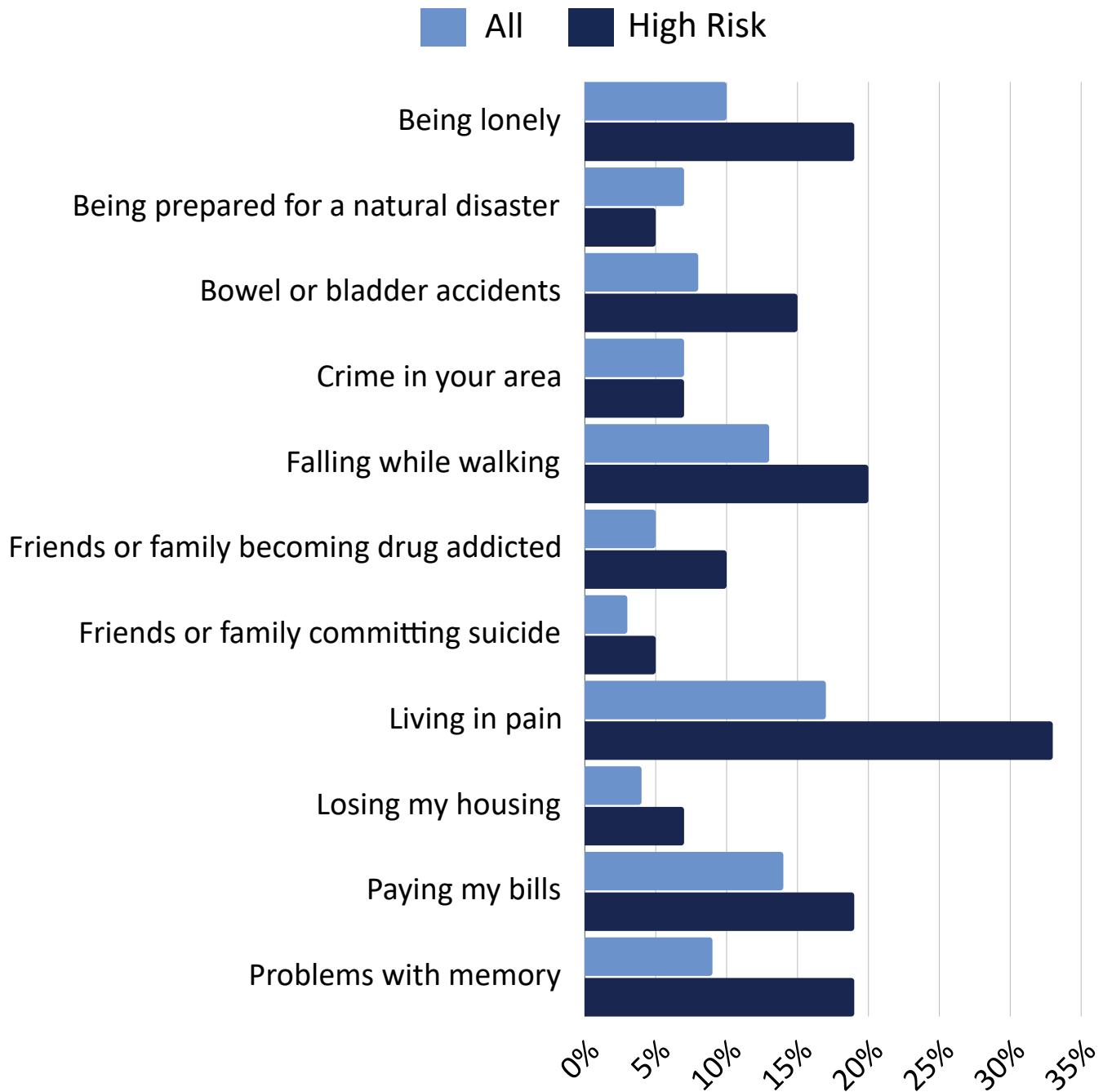
	All		High Risk		Urban		Rural	
	#	%	#	%	#	%	#	%
Being Lonely	106	10%	43	19%	62	10%	43	9%
Being prepared for a natural disaster	74	7%	11	5%	40	7%	30	6%
Bowel or bladder accidents	86	8%	34	15%	57	10%	26	6%
Crime in your area	75	7%	17	7%	39	7%	33	7%
Falling while walking	143	13%	45	20%	89	15%	52	11%
Friends/Family becoming drug addicted	51	5%	22	10%	30	5%	18	4%
Friends/Family committing suicide	32	3%	11	5%	19	3%	13	3%
Living in pain	192	17%	75	33%	119	20%	70	15%
Losing my housing	41	4%	17	7%	24	4%	17	4%
Paying my bills	156	14%	43	19%	76	13%	73	16%
Problems with memory	97	9%	43	19%	54	9%	40	9%



## Question 4

How often do you worry about the following topics?

*Response choice analyzed: Very Frequently*

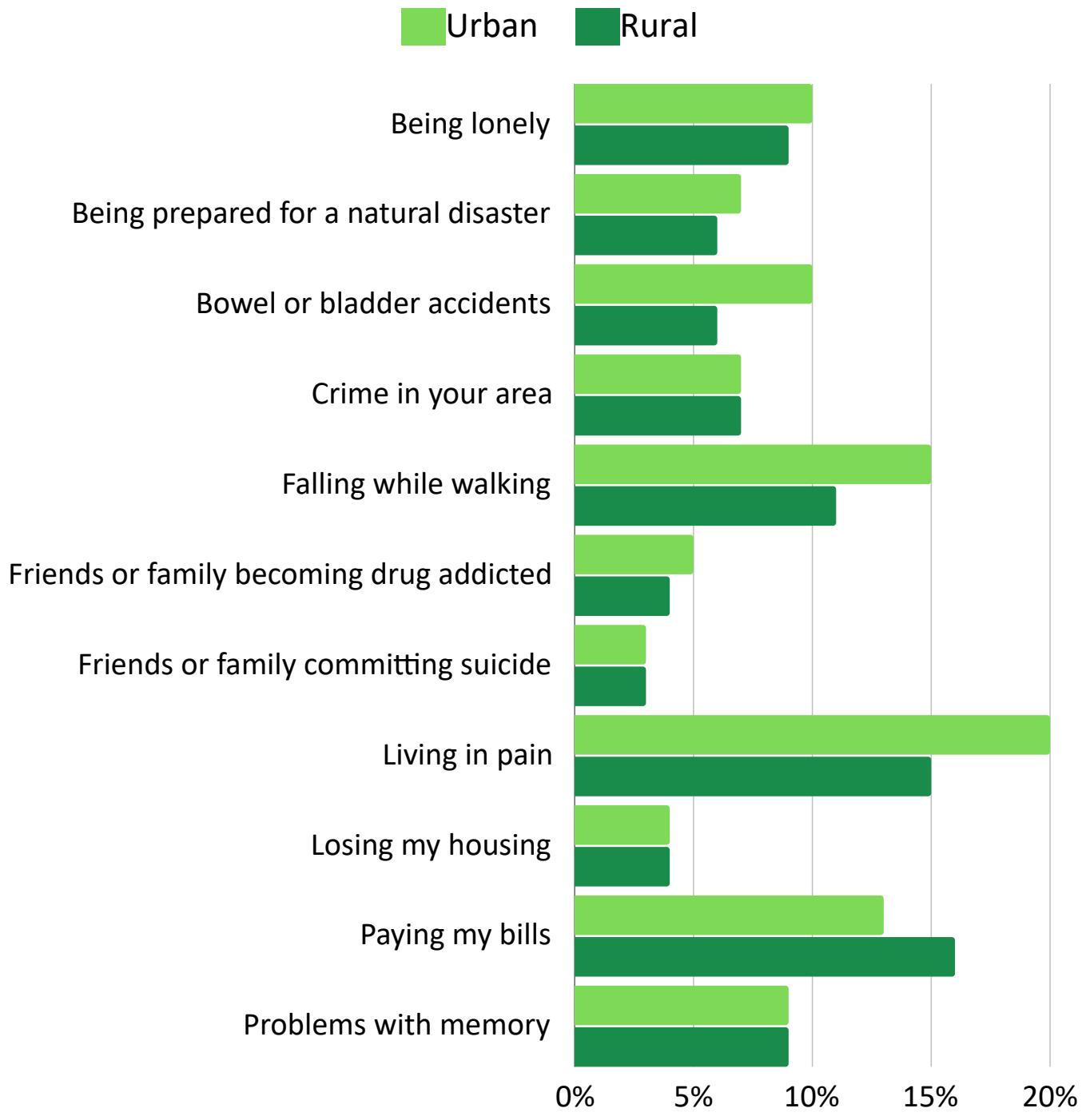




## Question 4

How often do you worry about the following topics?

*Response choice analyzed: Very Frequently*





## Question 5

How likely are you to use this method to get information on services to stay healthy and get the help you need? Please choose one response in each row.

	Very Likely		Likely		Not Likely	
	#	%	#	%	#	%
2-1-1 Idaho Careline	89	8%	228	21%	623	56%
Area Agency on Aging	217	20%	378	34%	387	35%
Church	378	34%	258	23%	355	32%
Commission on Aging website	114	10%	269	24%	602	54%
Health fair or community event	151	14%	360	32%	472	43%
Individuals (family, friends, neighbors)	540	49%	371	33%	94	8%
Internet search like Google	332	30%	321	29%	339	31%
Library	151	14%	277	25%	534	48%
Newspaper	181	16%	252	23%	550	50%
Radio	178	16%	266	24%	533	48%
Senior Center	409	37%	340	31%	245	22%
Social media like Facebook	206	19%	262	24%	510	46%
Television	343	31%	336	30%	321	29%



## Question 5

How likely are you to use this method to get information on services to stay healthy and get the help you need?

*Response choice analyzed: Very Likely*

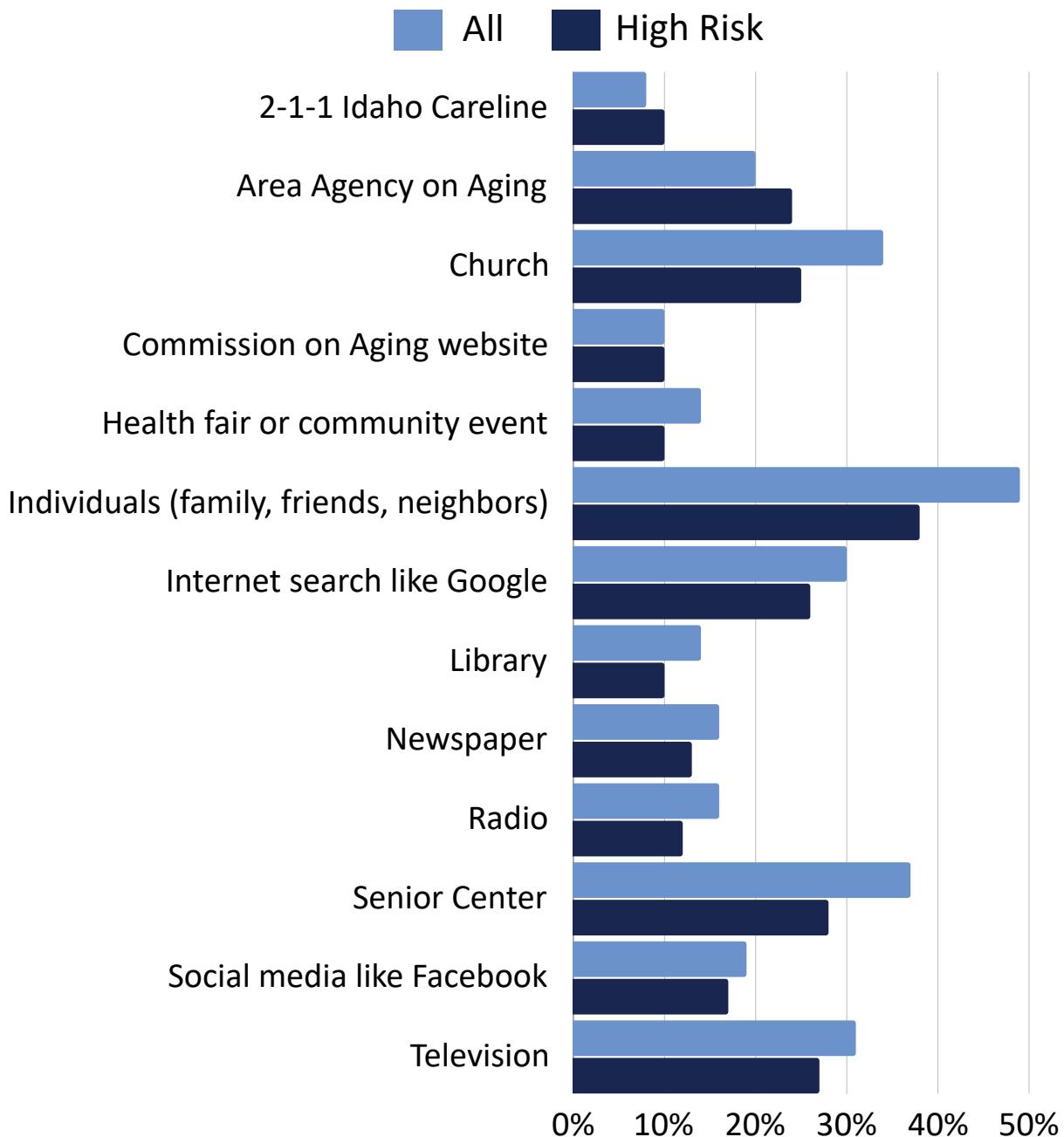
	All		High Risk		Urban		Rural	
	#	%	#	%	#	%	#	%
2-1-1 Idaho Careline	89	8%	23	10%	50	8%	37	8%
Area Agency on Aging	217	20%	54	24%	133	22%	81	17%
Church	378	34%	58	25%	190	32%	176	37%
Commission on Aging website	114	10%	23	10%	61	10%	52	11%
Health fair or community event	151	14%	23	10%	77	13%	67	14%
Individuals (family, friends, neighbors)	540	49%	87	38%	296	50%	236	50%
Internet search like Google	332	30%	59	26%	187	31%	142	30%
Library	151	14%	24	10%	81	14%	66	14%
Newspaper	181	16%	29	13%	95	16%	80	17%
Radio	178	16%	27	12%	96	16%	78	17%
Senior Center	409	37%	65	28%	209	35%	186	40%
Social media like Facebook	206	19%	39	17%	115	19%	87	19%
Television	343	31%	62	27%	185	31%	147	31%



## Question 5

How likely are you to use this method to get information on services to stay healthy and get the help you need?

*Response choice analyzed: Very Likely*



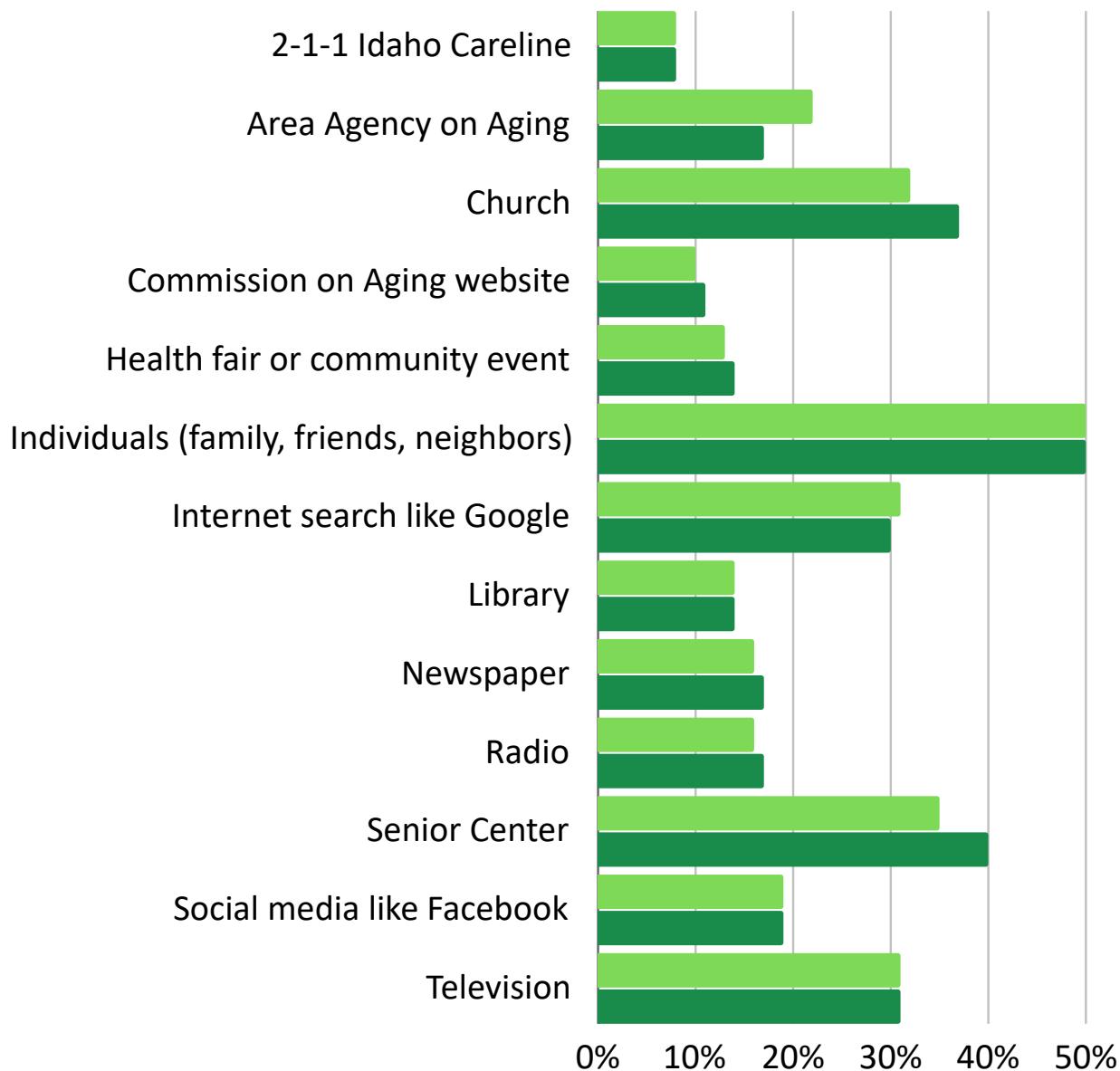


## Question 5

How likely are you to use this method to get information on services to stay healthy and get the help you need?  
Please choose one response in each row.

*Response choice analyzed: Very Likely*

Urban     Rural





## Question 6

Please choose how important you believe this service is to older Idahoans in your community.  
Please choose one response in each row.

	Very Important		Somewhat Important		Not Important	
	#	%	#	%	#	%
Adult Protective Services	695	63%	211	19%	86	8%
Assistance with legal problems	617	56%	302	27%	74	7%
Classes to prevent or manage disease	451	41%	406	37%	132	12%
Congregate meals in senior centers	788	71%	172	16%	48	4%
Friendly calls/visits to people living alone or lonely	686	62%	262	24%	52	5%
In person support groups	510	46%	362	33%	109	10%
Information & Assistance	776	70%	181	16%	38	3%
Meals delivered to homes	771	70%	151	14%	78	7%
Ombudsman services	636	57%	239	22%	110	10%
Respite	533	48%	266	24%	176	16%
Someone to do heavy outside work	657	59%	257	23%	89	8%
Someone to help people apply for benefits	744	67%	193	17%	59	5%
Someone to shop or clean homes	597	54%	298	27%	107	10%
Transportation to appts	663	60%	217	20%	122	11%
Virtual support groups	401	36%	385	35%	189	17%



## Question 6

Please choose how important you believe this service is to older Idahoans in your community.

*Response choice analyzed: Very Important*

	All		High Risk		Urban		Rural	
	#	%	#	%	#	%	#	%
Adult Protective Services	695	63%	160	70%	412	69%	271	58%
Assistance w/ legal problems	617	56%	133	58%	352	59%	258	55%
Classes to prevent or manage disease	451	41%	93	41%	250	42%	194	41%
Congregate meals in senior centers	788	71%	146	64%	428	72%	348	74%
Friendly calls/visits to people living alone	686	62%	144	63%	382	64%	293	62%
In person support groups	510	46%	105	46%	284	48%	216	46%
Information & Assistance	776	70%	165	72%	441	74%	323	69%
Meals delivered to homes	771	70%	173	76%	419	71%	342	73%
Ombudsman services	636	57%	146	64%	375	63%	252	54%
Respite	533	48%	117	51%	310	52%	214	46%
Someone to do heavy outside work	657	59%	154	67%	370	62%	277	59%
Someone to help people apply for benefits	744	67%	169	74%	432	73%	302	64%
Someone to shop or clean homes	597	54%	151	66%	347	58%	242	51%
Transportation to appts	663	60%	150	66%	374	63%	278	59%
Virtual support groups	401	36%	84	37%	219	37%	172	37%

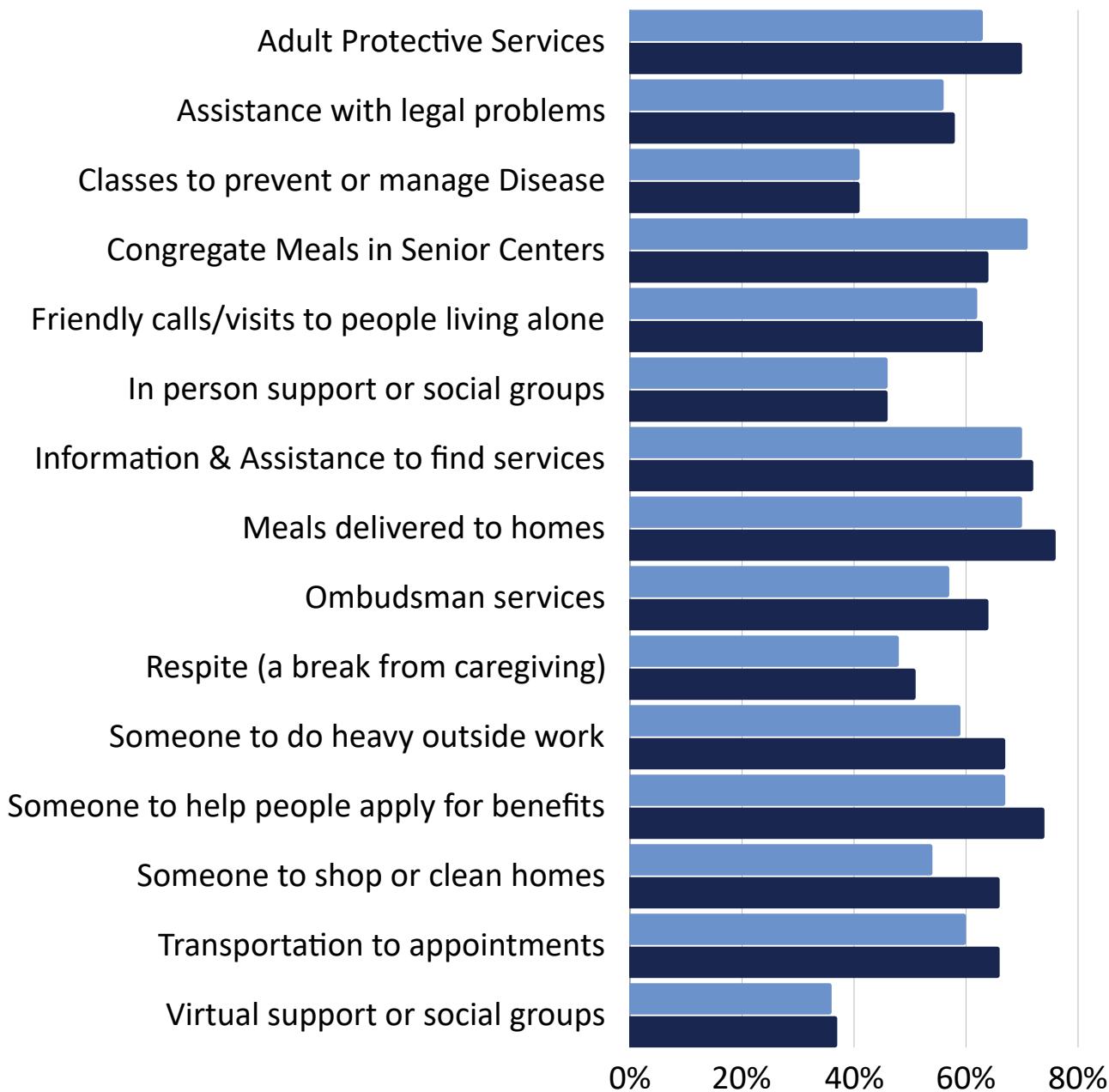


## Question 6

Please choose how important you believe this service is to older Idahoans in your community.

*Response choice analyzed: Very Important*

All     High Risk



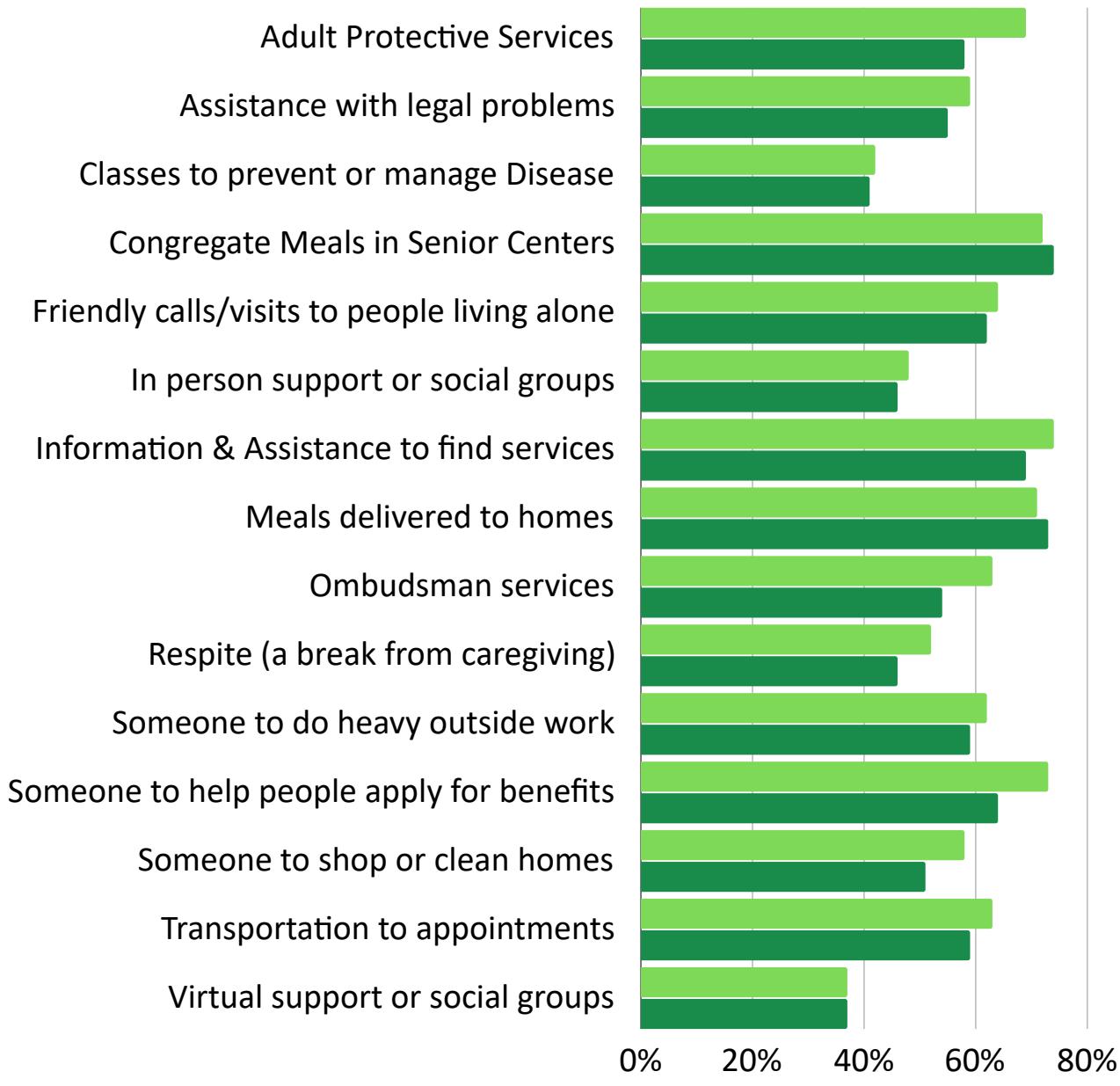


## Question 6

Please choose how important you believe this service is to older Idahoans in your community.

*Response choice analyzed: Very Important*

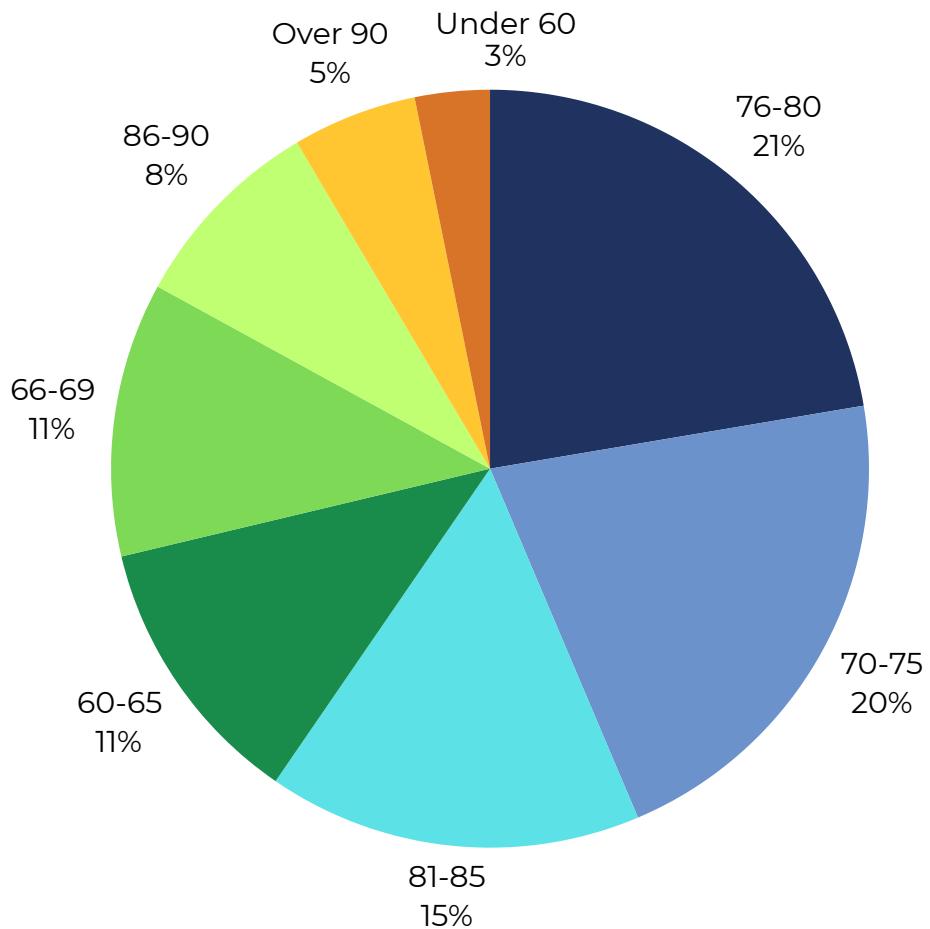
Urban     Rural



# Demographics

## Age

Data Based on All 1,109 Responses

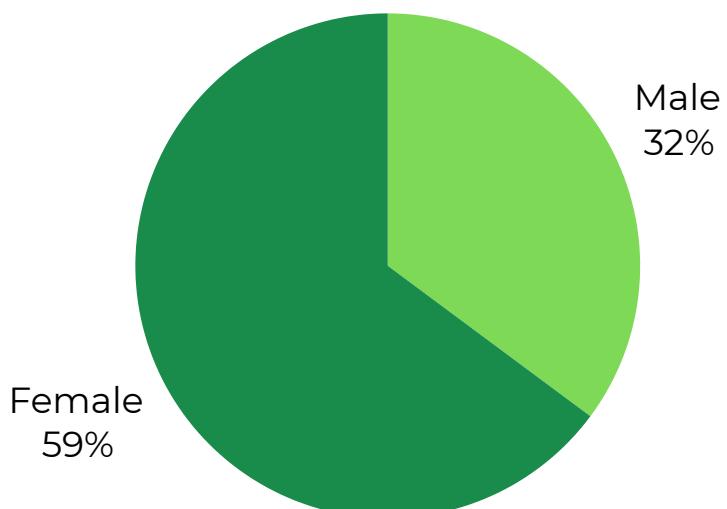


Age Category	#
Under 60	32
60-65	123
66-69	117
70-75	219

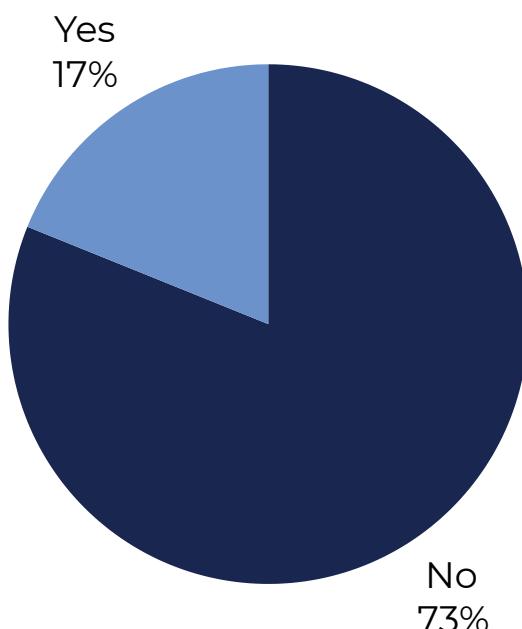
Age Category	#
76-80	232
81-85	168
86-90	84
Over 90	55

# Demographics

## Gender



## Veteran Status



Data Based on All 1,109 Responses

Gender	#
Female	653
Male	358

Veteran	#
No	808
Yes	193

## High Risk

Data Based on 229 Responses

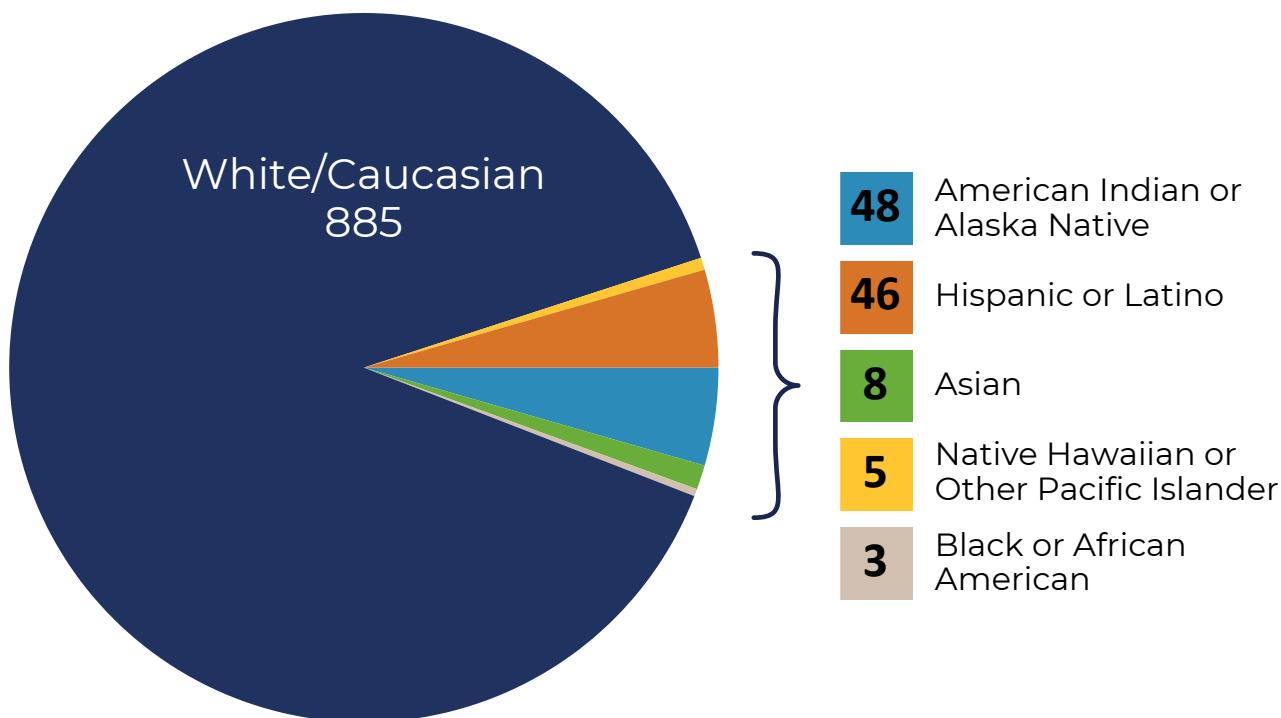
Gender	#	%
Female	134	59%
Male	78	34%

Veteran	#	%
No	178	78%
Yes	34	15%

# Demographics

## Racial Background

Data Based on All 1,109 Responses



## High Risk

Data Based on 229 Responses

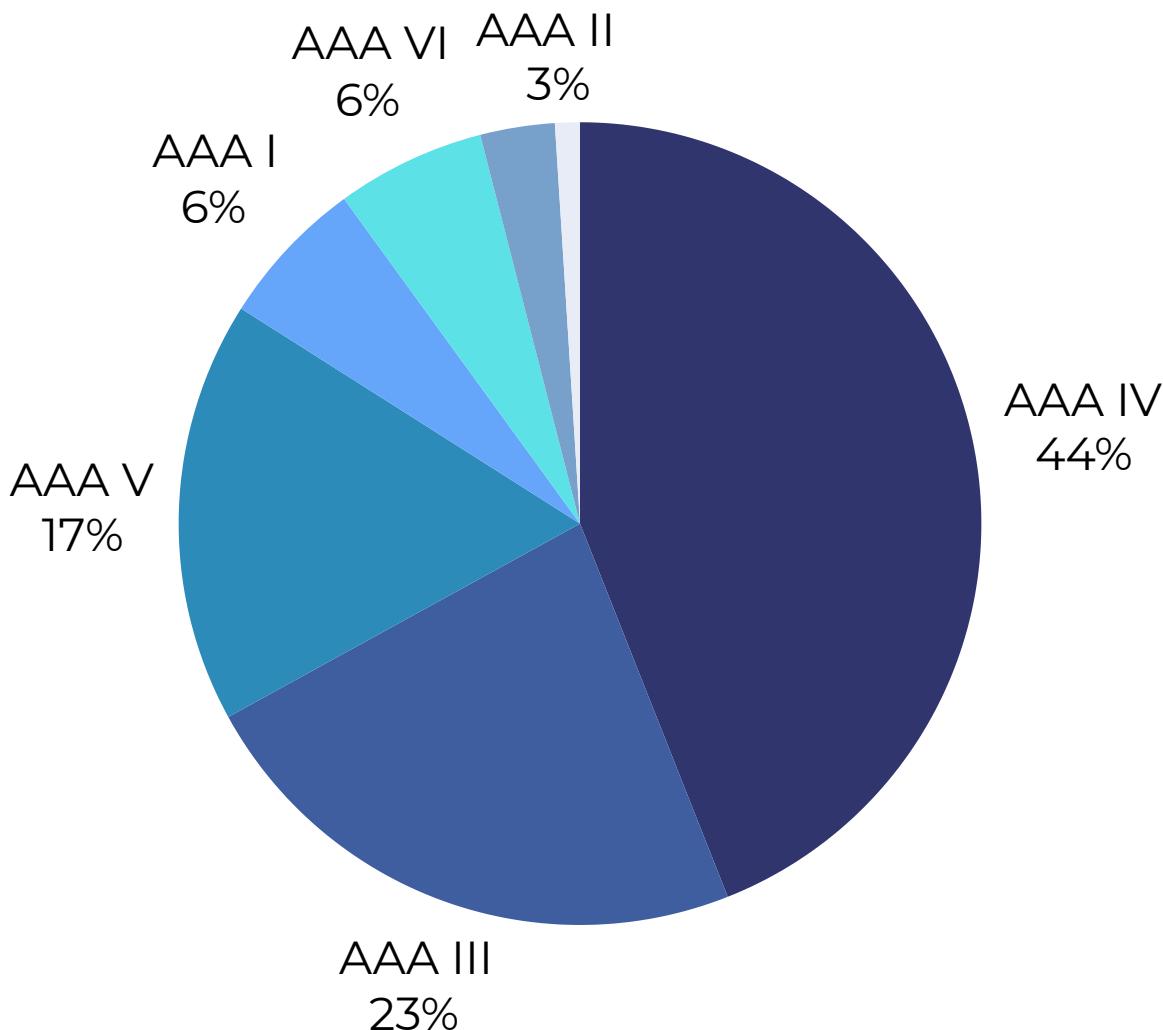
Race	#	%
White/Caucasian	188	82%
American Indian or Alaska Native	16	7%
Hispanic or Latino	12	5%
Asian	1	0.4%
Black or African American	0	0%
Native Hawaiian or other Pacific Islander	0	0%



## Location

### Location of Survey Respondents

Data Based on All 1,109 Responses



AAA	#
AAA I	65
AAA II	34
AAA III	243
AAA IV	473

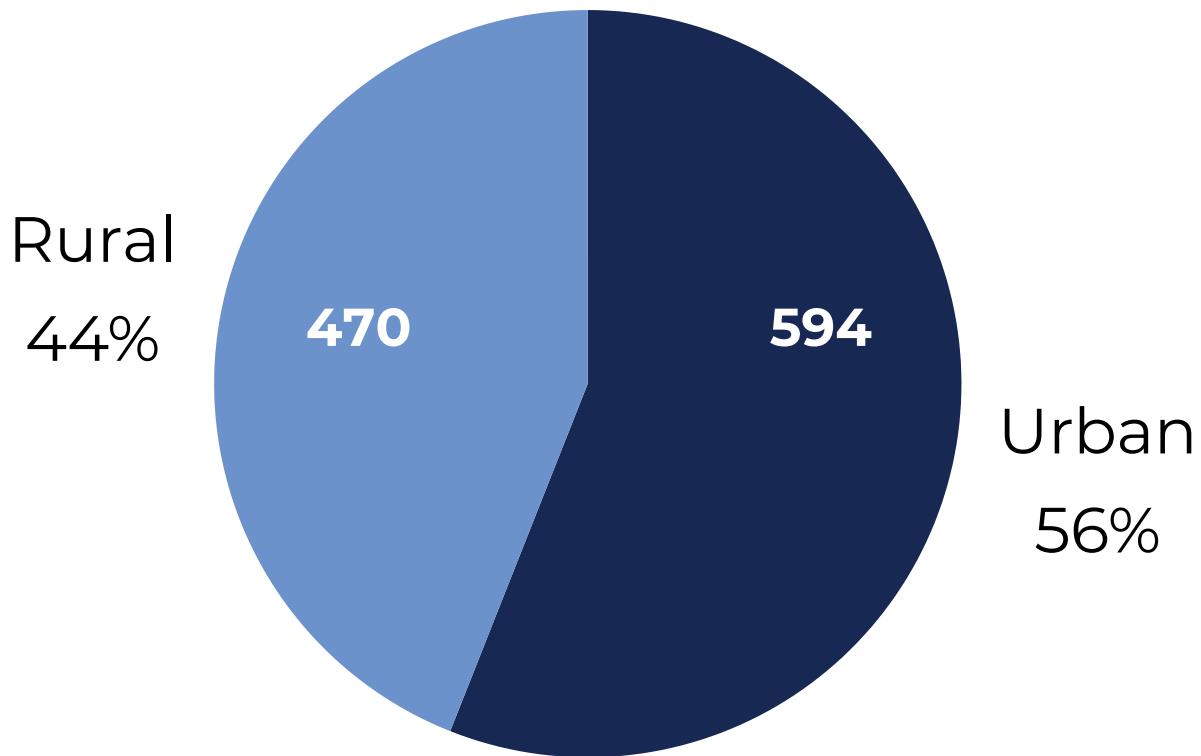
AAA	#
AAA V	185
AAA VI	64
Not Valid	12
<b>Total</b>	<b>1064</b>



## Location

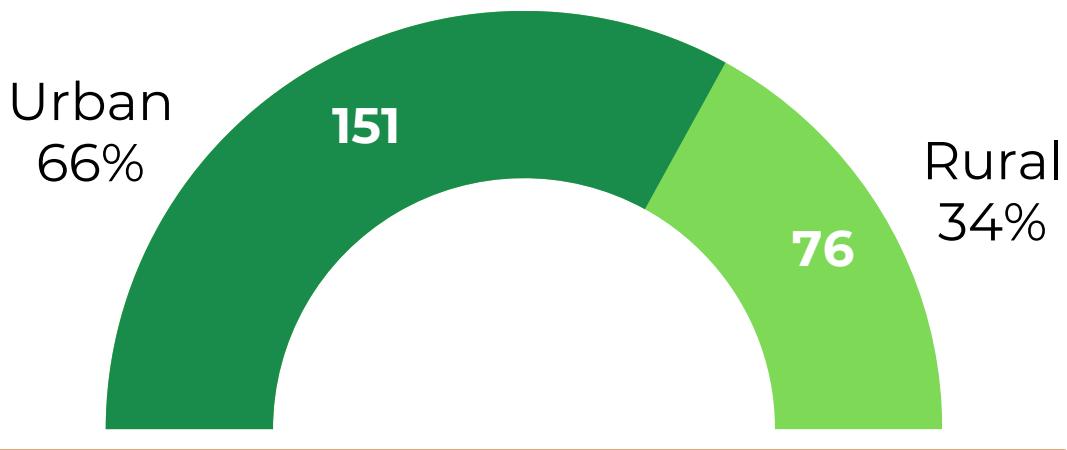
### Location of Survey Respondents

Data Based on All 1,109 Responses



### High Risk

Data Based on 229 Responses





# Location

## Location of Survey Respondents

37 of 44 Idaho Counties Represented

Counties			
Twin Falls	223	Madison	12
Ada	94	Nez Perce	10
Canyon	89	Camas	6
Bannock	87	Boise	5
Gooding	85	Latah	5
Cassia	67	Idaho	4
Jerome	58	Caribou	2
Bingham	54	Custer	2
Kootenai	34	Franklin	2
Benewah	30	Jefferson	2
Payette	26	Lemhi	2
Washington	26	Owyhee	2
Fremont	23	Teton	2
Power	21	Butte	1
Bonneville	20	Clearwater	1
Minidoka	20	Gem	1
Bear Lake	19	Lincoln	1
Lewis	14	Shoshone	1
Blaine	13		



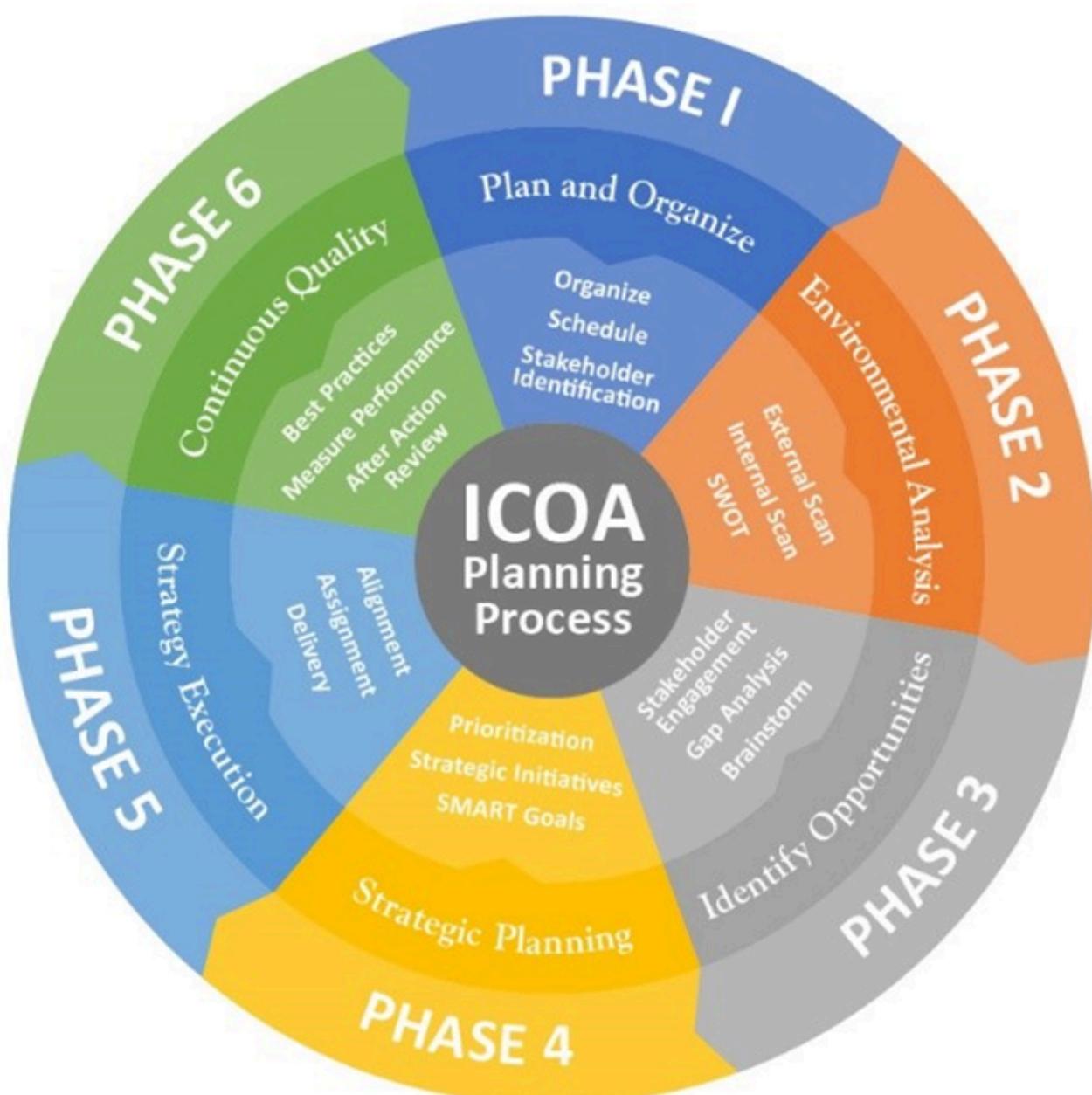
## Location

### Location of Survey Respondents Zipcodes

<b>Zip Code</b>	<b>#</b>								
83301	128	83858	17	83440	9	83716	3	83353	1
83318	51	83274	15	83333	8	83616	3	83320	1
83341	44	83854	15	83687	8	83404	3	83629	1
83201	38	83328	15	83866	7	83401	3	83213	1
83221	36	83346	14	83325	7	83607	3	83323	1
83332	32	83543	14	83327	6	83448	3	83311	1
83338	31	83334	14	83336	6	83236	2	83553	1
83686	30	83661	13	83705	6	83631	2	83420	1
83330	28	83204	13	83641	6	83622	2	83617	1
83355	24	83350	12	83861	5	83276	2	83314	1
83202	24	83709	11	83814	5	83226	2	83549	1
83672	23	83706	11	83713	5	83263	2	83539	1
83316	22	83651	11	83406	5	83522	2	83442	1
83211	21	83655	10	83843	5	83347	2	83431	1
83335	20	83702	10	83712	4	83610	2	83467	1
83445	19	83203	10	83642	4	83628	2	83253	1
83830	18	83501	10	83676	4	83669	2	83352	1
83704	17	83646	9	83340	3	83261	2	83839	1
83254	17	83402	9	83438	3	83835	2	83455	1
83605	17	83660	9	83619	3	83218	1	83422	1

# ICOA Six Phase Planning Process

ICOA has embraced evidence based and explicit standards as the foundation in becoming a highly reliable, learning organization. This expectation is carried throughout Idaho's aging network through the six-phase planning process.



# ICOA State Plan Stakeholder Outreach & Engagement





## SUPPORTING WELL-BEING FOR AGING IDAHOANS



### KEEP LEARNING

Successful people never quit learning.



### STAY HEALTHY

Maximize your ability to enjoy life.



### STAY CONNECTED

Plans and decisions for successful aging.



### STAY HOME

Fortify your ability to remain independent at home.



### STAY SAFE

Enhance your security now and later.

[www.aging.idaho.gov](http://www.aging.idaho.gov)

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