Denver Regional Council of Governments Area Agency on Aging

2018

Adams County
Report of Results

CASOA™

Community Assessment Survey for Older Adults™

NRC
National Research Center Inc

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Acknowledgement

The 2018 Community Assessment Survey for Older Adults™ (CASOA) in Colorado was sponsored by the Colorado Association of Area Agencies on Aging (C4A) and funded by NextFifty Initiative.

The Colorado Association of Area Agencies on Aging (C4A) advocates for programs and services for older adults on behalf of the state's 16 Area Agencies on Aging (AAAs). The AAAs coordinate programs and services for the aging and disabled populations, ensuring those in need maintain a high quality of life.

NextFifty Initiative is an independent, Colorado-based, nonprofit organization, dedicated to funding mission-driven initiatives that improve community services for the elderly population and caregivers.

Learn more at https://www.next50initiative.org

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Introduction

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

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

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

The CASOA questionnaire contains many questions related to the life of older residents in the counties served by DRCOG (Adams, Arapahoe, Clear Creek, Douglas, Gilpin, and Jefferson Counties, as well as the City and County of Broomfield and the City and County of Denver). Survey participants were asked to rate their overall quality of life, as well as aspects of quality of life in the Denver Metro Region. They also evaluated characteristics of the community and gave their perceptions of safety. The questionnaire was used to assess the individual needs of older residents and involvement by respondents in the civic and economic life of the Denver Metro Region. This report provides the results for Adams County.

Study Methods

The CASOA survey and its administration are standardized to assure high quality survey methods and comparable results across communities. Participating households with residents 60 years or older were selected at random and the household member who responded was selected without bias. Multiple mailings gave each household more than one prompt to participate with a self-addressed and postage-paid envelope to return the survey. Results were statistically weighted to reflect the proper demographic composition of older adults in the entire community.

The survey was mailed on May 7, 2018 to a random selection of 10,400 older adult households in DRCOG's service area. Older adult households were contacted three times about participation in the survey. A total of 1,246 completed surveys was obtained, providing an overall response rate of 12% and a margin of error of plus or minus 3% around any given percent and two points around any given average rating for the entire sample. A total of 158 completed surveys was received for Adams County for a response rate of 11% and a margin of error of plus or minus 8% around any given percent and five points around any given average rating for all Adams County respondents.

Since this was the third CASOA of Adams County older adults, the 2018 results are presented along with the prior results, when available. Differences between 2015 and 2018 can be considered "statistically significant" if they are nine percentage points or greater than any given percent and five points or greater than any given average rating. Trend data for the County represent important comparisons and should be examined for improvements or declines.

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

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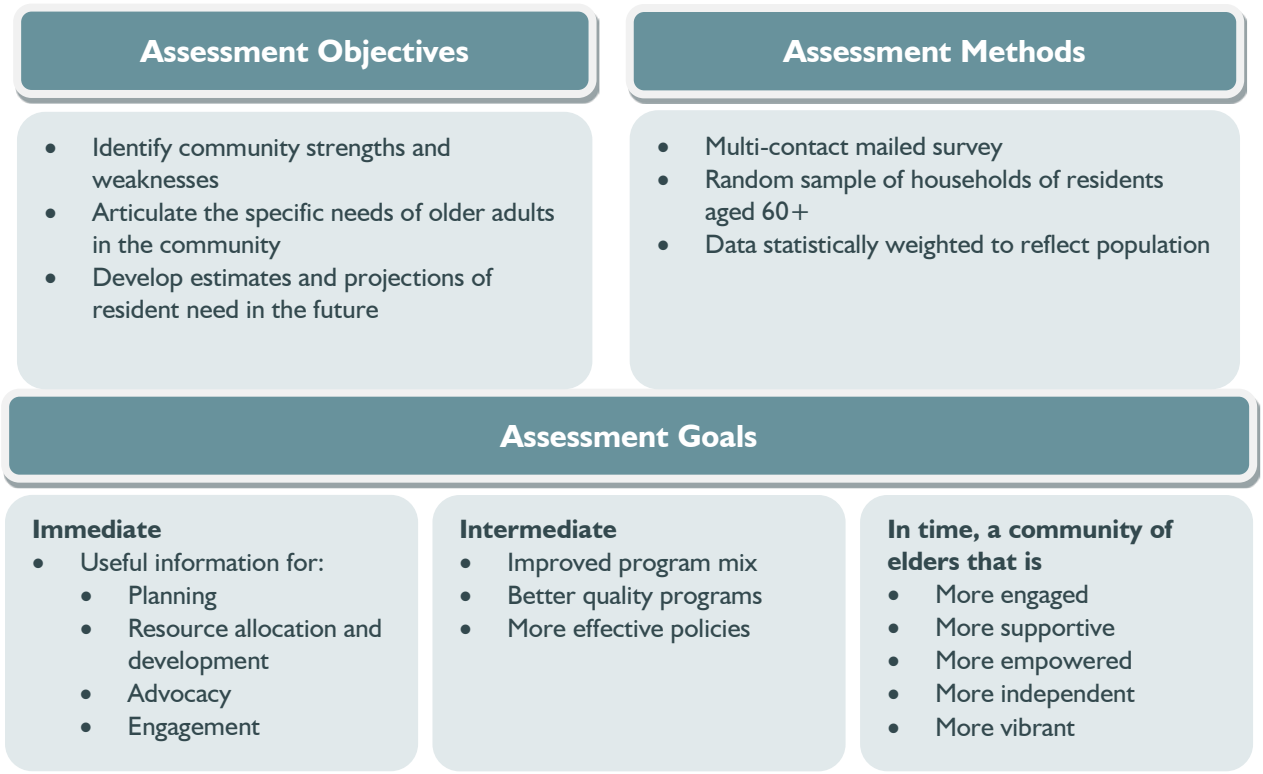
Figure 1: CASOA Methods and Goals



Structure of CASOA Report

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

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

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

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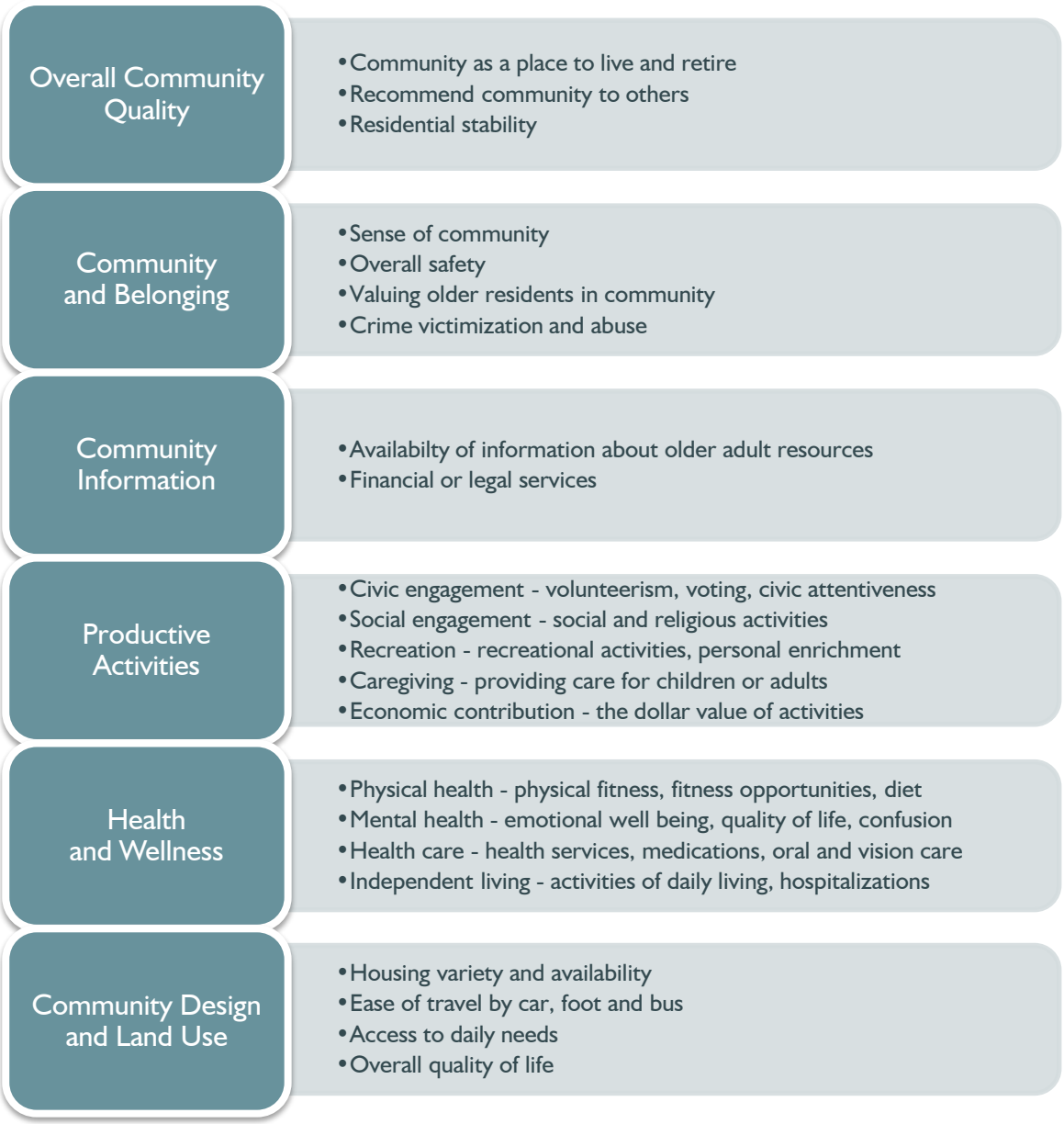
Figure 2: Community Dimensions Assessed through CASOA



"Don't Know" Responses and Rounding

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

For some questions, respondents were permitted to select multiple responses. When the total exceeds 100% in a table for a multiple response question, it is because some respondents are counted in multiple categories. When a table for a question that only permitted a single response does not total to exactly 100%, it is due to the customary practice of rounding percentages to the nearest whole number.

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Benchmark Comparison Data

NRC has developed a database that collates responses to CASOA and related surveys administered in other communities, which allows the results from DRCOG to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in over 175 communities across the nation. The demographics of NRC's database match the demographics in the nation, based on the U.S. Census estimates.

Ratings are compared when similar questions are included in NRC's database, and there are at least five communities in which the question was asked. Where comparisons for ratings were available, DRCOG's results are generally discussed in the report as being "higher" than the benchmark, "lower" than the benchmark or "similar" to the benchmark. In instances where ratings are considerably higher or lower than the benchmark, these ratings have been further demarcated by the attribute of "much," (for example, "much higher" or "much lower"). Detailed benchmark information can be found in *Appendix C: Benchmark Comparisons*.

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Key Findings

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

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

The results of this survey describe Adams County as a livable community for older adults within six community dimensions of Overall Community Quality, Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use. The extent to which older adults experience difficulties and problems within these dimensions is also described.

Overall Community Quality

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

- Most of Adams County's s older residents gave high ratings to the community as a place to live.
- About two-thirds of older adults would recommend Adams County to others.
- Half of respondents had lived in the community for more than 20 years and almost 8 in 10 planned to stay in the community throughout their retirement.
- When compared to other communities across the nation, Adams County older residents tended to rate aspects of Overall Community similar or lower.

Community and Belonging

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

- About 7 in 10 respondents reported "excellent" or "good" overall feelings of safety and between 16% and 22% had experienced safety problems related to being a victim of crime, abuse, fraud or discrimination.
- About 4 in 10 older residents rated the sense of community as "excellent" or "good"; similar ratings were provided for the County's neighborliness and valuing of older residents.
- When compared to other communities in the U.S., older residents in Adams County provided similar or lower ratings for aspects of Community and Belonging.

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Community Information

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

- About 6 in 10 survey respondents reported being "somewhat" or "very" informed about services and activities available to older adults, which was similar to reports from other communities in the U.S.
- About half of older adults gave "excellent" or "good" ratings to the availability of information about older adult resources and financial or legal planning services.
- Six in 10 respondents had problems knowing what services were available and feeling like their voice was heard in the community.
- About 4 in 10 reported having problems with finding meaningful volunteer work, a rate that was higher in Adams County than in other communities.

Productive Activities

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

- About 7 in 10 elders felt they had "excellent" or "good" opportunities to volunteer, but only about one-third participated in some kind of volunteer work, a volunteer rate similar to other communities in the U.S.
- About 3 in 10 respondents had used a senior center in the community, which was higher when compared to senior center use in other communities.
- About half of seniors said that they had at least "minor" problems having interesting social events or activities to attend.
- The majority of older residents (73%) rated the recreation opportunities in Adams County as "excellent" or "good"; participation in recreational and personal enrichment activities tended to be similar or lower in Adams County than in other communities.
- Almost half of older residents in Adams County said they were caregivers; respondents averaged about 12 hours per week providing care for children, adults and older adults.
- About 3 in 10 older adults in Adams County felt physically, emotionally or financially burdened by their caregiving.
- About two-thirds of respondents were fully retired and half of respondents experienced at least minor problems with having enough money to meet daily expenses.
- The value of paid (part- and full-time work) and unpaid (volunteering, providing care) contributions by older adults in Adams County totaled about $1.6 billion in a 12-month period.

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Health and Wellness

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

- Overall, the older adults in Adams County rated aspects of physical health similar or better than other communities in the U.S. including ratings of fitness opportunities, physical health care and their own overall physical health.
- The proportions of older residents in Adams County reporting problems with staying physically fit (56%), doing heavy or intense housework (55%) and maintaining their yards (42%) was similar to other communities in the country while problems with physical health was lower.
- About half of older residents felt there was "excellent" or "good" availability of mental health care in Adams County while over 8 in 10 rated their overall mental health/emotional wellbeing as "excellent" or "good."
- The most commonly cited mental health issues included dealing with the loss of a close family member or friend (45%), feeling lonely or isolated (42%) and feeling depressed (42%), while the least cited issues included figuring out which medications to take and when (8%) experiencing confusion or forgetfulness (24%); these mental health problems experienced by older adults in Adams County tended to be similar to the problems experienced by older adults in other communities.
- Compared to other communities across the nation, elders rated the availability of preventive health services in Adams County similar to the availability of these services found elsewhere.
- Half of older adults reported at least minor problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid.
- One-quarter of respondents reported spending time in a hospital, and one-third had fallen and injured themselves in the 12 months prior to the survey. Falls and hospitalizations occurred at similar rates in Adams County as in other communities.
- About 3 in 10 older adults reported at least minor problems with aspects of independent living, including one-third who reported having problems with falling or injuring themselves at home.

Community Design and Land Use

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

- Respondents rated the ease of getting to the places they usually have to visit, ease of car travel and ease of walking positively with about 6 in 10 rating each as "excellent" or "good."
- About 2 in 10 respondents felt they had "excellent" or "good" availability of affordable quality housing and one-third positively rated the variety of housing options.
- Some older adults experienced problems with having safe and affordable transportation available (29%) while others experienced problems with having housing to suit their needs (33%) or having enough food to eat (19%). Daily living problems in Adams County tended to be similar when compared to other communities across the nation, but problems with having housing to suit your needs were more frequent.
- Three-quarters of older residents rated their overall quality of life as "excellent" or "good", which was similar to other communities in the U.S.

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CASOA Survey Results

Overall Community Quality

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

Most of Adams County's older residents gave high ratings to the community as a place to live. Services offered to older adults were considered "excellent" or "good" by more than half of older residents. Overall, about two-thirds of older adults said they would recommend the community to others. Half of residents had lived in the area more than 20 years and 78% of seniors planned to remain in the area throughout their retirement. Generally, residents had similar or lower ratings for these aspects of the community compared to other older adults across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 3: Adams County as a Place for Older Residents

Percent rating positively (e.g. excellent or good, very or somewhat likely)

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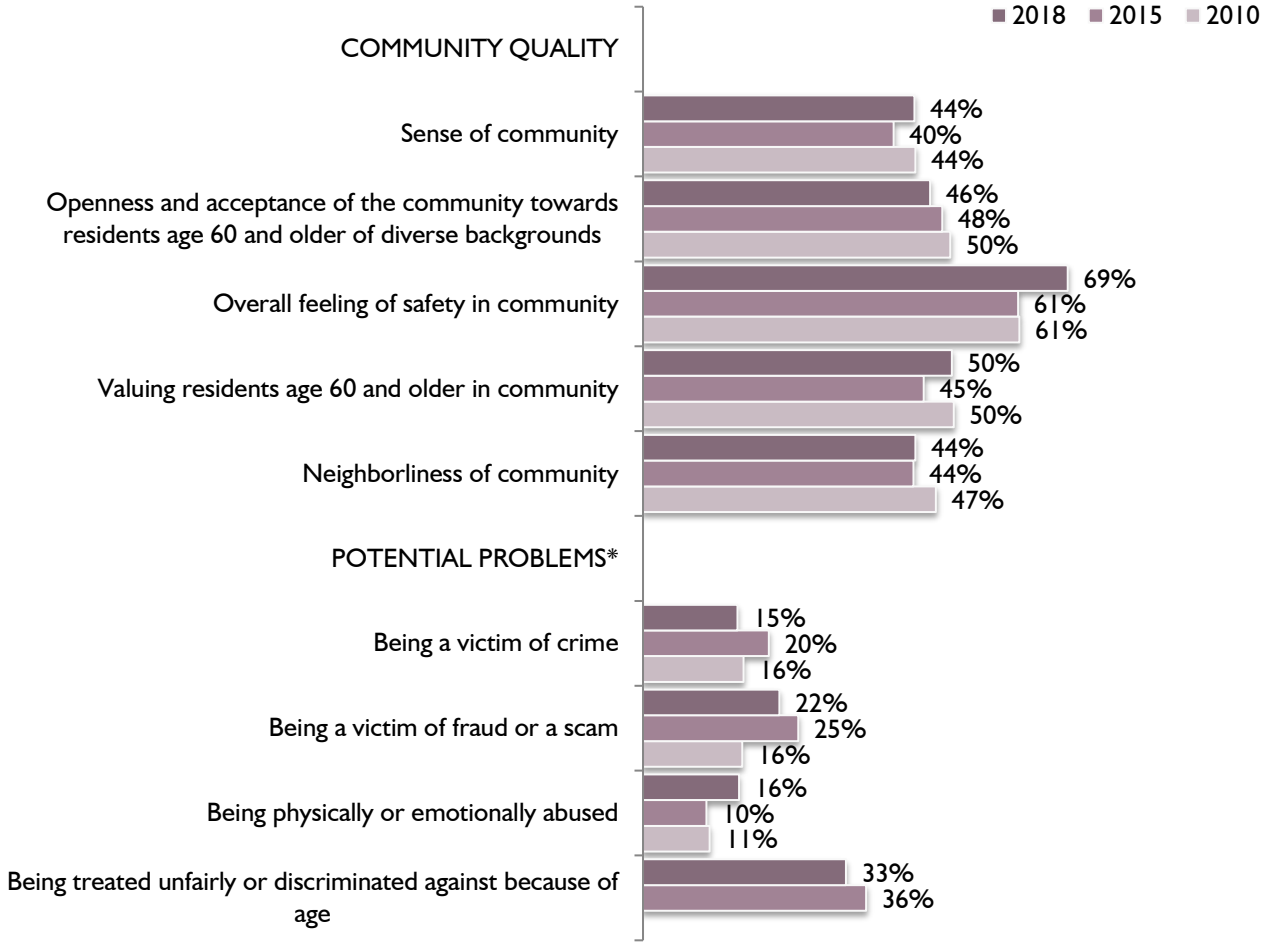
Community and Belonging

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

Overall, older residents rated Community and Belonging in Adams County neutrally. About half felt the community valued older residents and slightly fewer felt the community was open and accepting of diverse older residents. A small proportion of seniors reported problems with crime or abuse in the 12 months prior to the survey. When compared to other communities in the U.S., older residents in Adams County provided similar or lower ratings for aspects of Community and Belonging (see *Appendix C: Benchmark Comparisons* for details).

Figure 4: Older Adult Ratings of Community and Belonging in Adams County



Percent rating positively (e.g. excellent or good, very or somewhat likely)
*Percent rating as at least a minor problem

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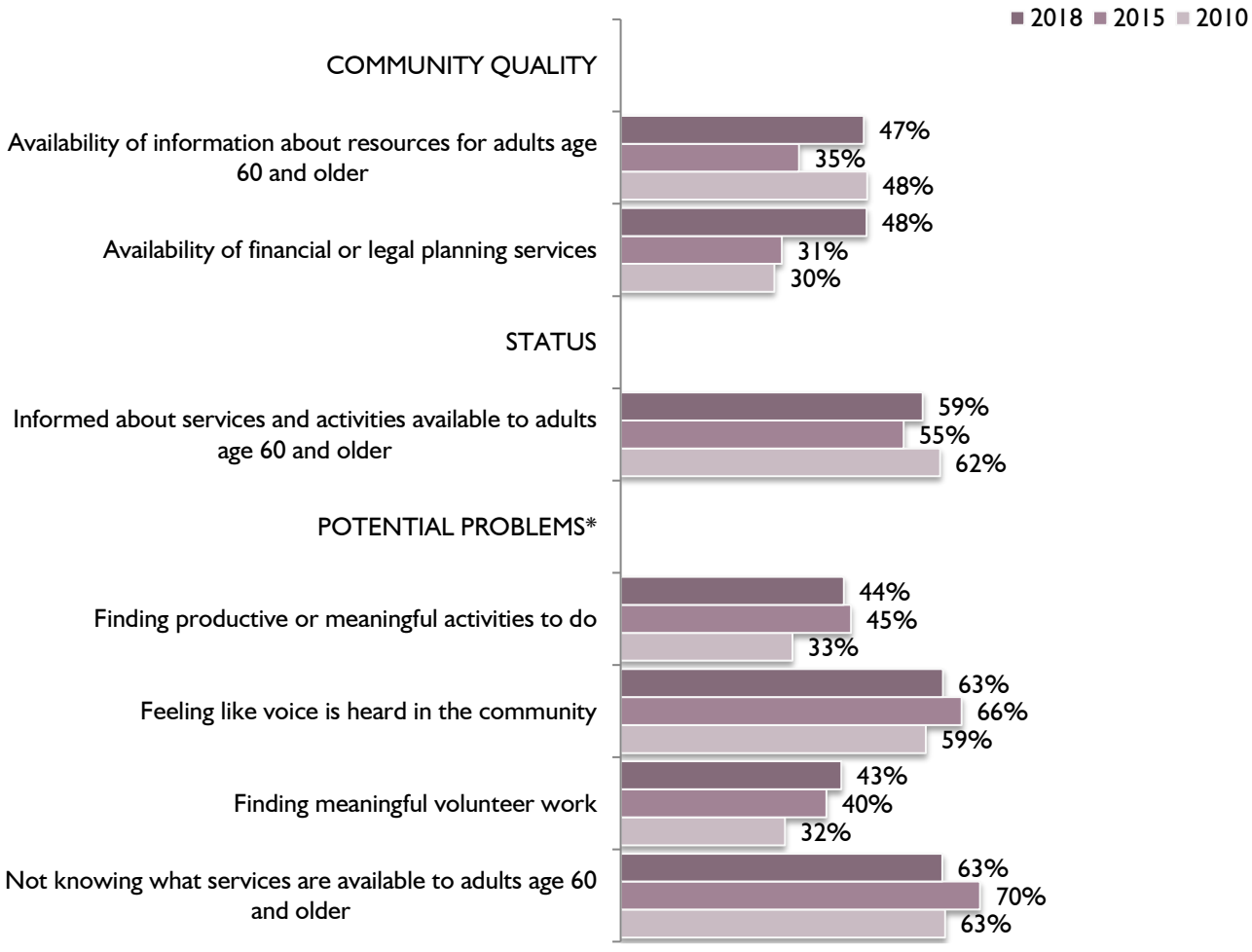
Community Information

Sometimes residents of any age fail to take advantage of services offered by a community just because they are not aware of the opportunities. The education of a large community of older adults is not simple, but when more residents are made aware of attractive, useful and well-designed programs, increasing numbers of residents will benefit from becoming participants. In Adams County, about 59% of survey respondents reported being "somewhat" or "very" informed about services and activities available to older adults.

Older residents who may not know how to access services may have trouble finding ways to contribute to the community. In Adams County, almost two-thirds had problems knowing what services were available. The proportion of older adults who had problems in these areas was generally similar to other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 5: Community Information in Adams County



Percent rating positively (e.g. excellent or good, very or somewhat informed)
*Percent rating as at least a minor problem

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Productive Activities

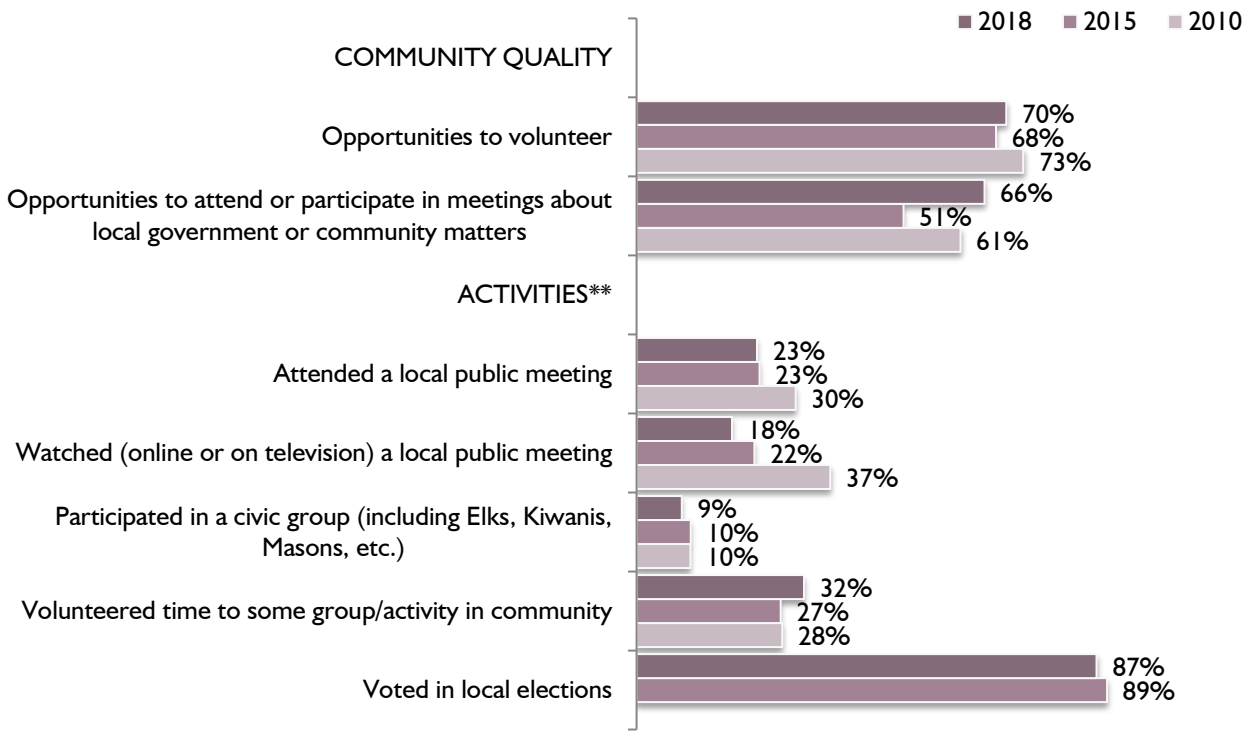
Productivity is the touchstone of a thriving old age. Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality in later life and contribute to active aging.[2] This section of the report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

Civic Engagement

In communities where residents care about local politics and social conditions, where they feel engaged and effective, there is greater social, economic and cultural prosperity. Civic activity, whether volunteering, participating in religious or political groups or being active in community decision-making, not only provides benefit to communities but also serves seniors themselves, namely, civically engaged seniors are less likely to become injured or to die prematurely.[3]

In Adams County, 70% of older residents rated the opportunities to volunteer favorably and about one-third participated in some kind of volunteer work, a volunteer rate similar to other communities in the U.S.

Figure 6: Civic Engagement in Adams County



Percent rating positively (e.g. excellent or good)
**Percent at least once, ever or always or usually

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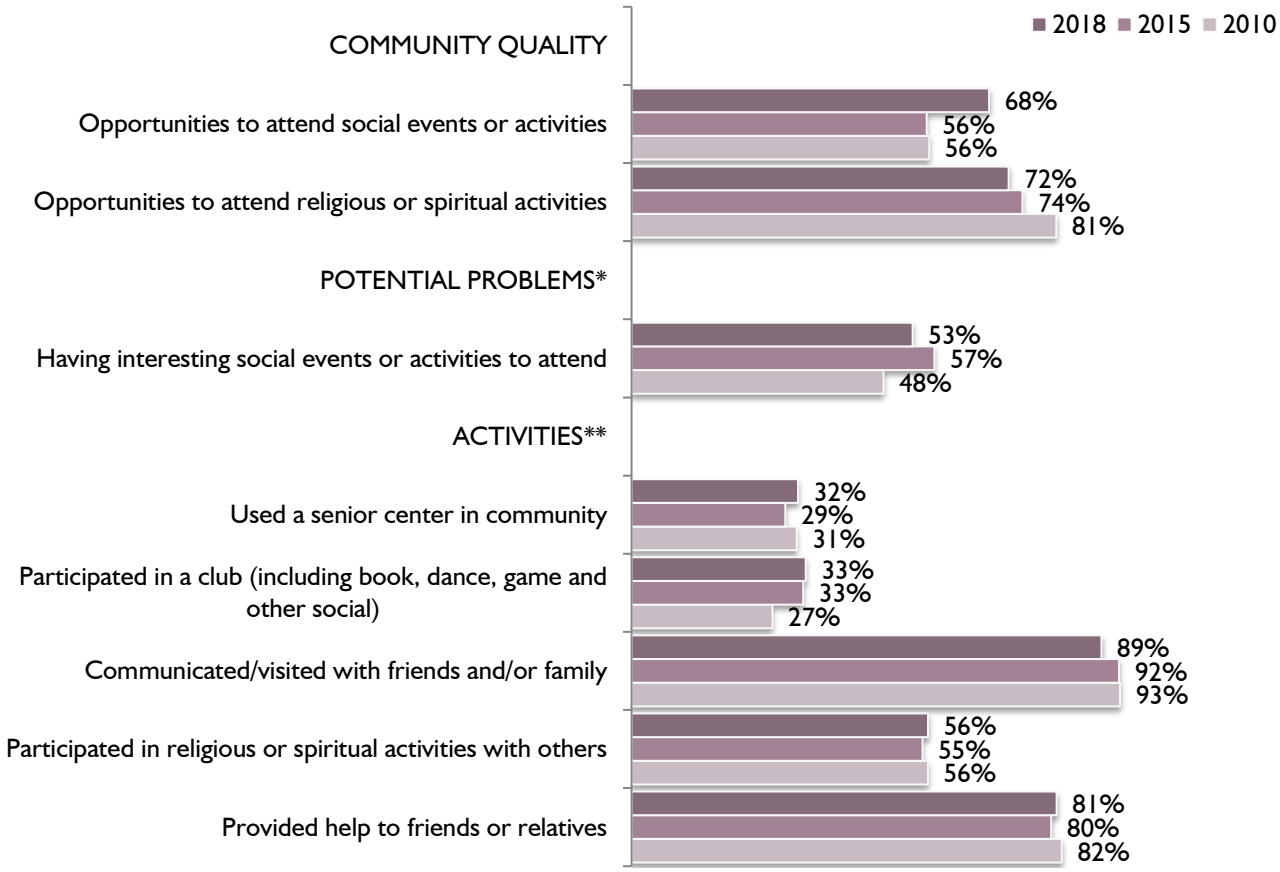
Social Engagement

Communities are the foundation for social life. Sociologist Eric Klinenberg describes communities as "the soil out of which social networks grow and develop or, alternatively, wither and devolve."[4] DRCOG has a great potential to strengthen the community by fostering increased social engagement of its older residents.

About two-thirds of older residents rated opportunities to attend social activities as "excellent" or "good" and slightly more rated opportunities to attend religious or spiritual activities this way. About half of seniors said that they had at least "minor" problems having interesting social events or activities to attend. About half of older residents engaged in religious or spiritual activities while one-third participated in clubs. Use of a senior center (32% of respondents), which can often serve as a social hub for many seniors was higher compared to senior center use in other communities (see *Appendix C: Benchmark Comparisons*).

Figure 7: Social Engagement in Adams County



Percent rating positively (e.g. excellent or good)
*Percent rating as at least a minor problem
**Percent at least once or ever

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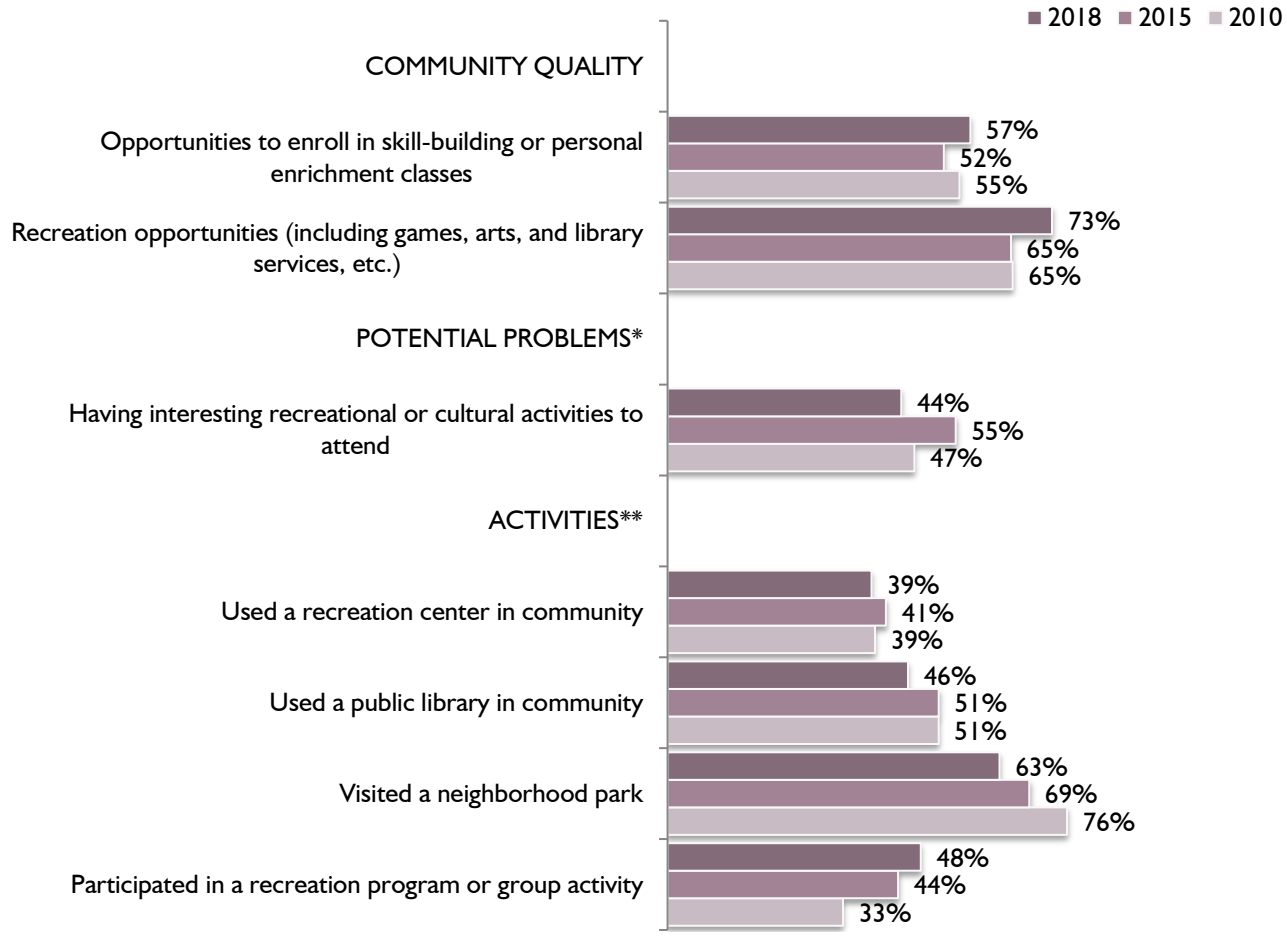
Recreation

Once work becomes a part-time endeavor or thing of the past, residents have the time for and require the health benefits from regular leisure activities, including the stimulation derived from personal enrichment. Ample opportunities for these activities make a community more attractive to its residents. A majority of older residents in Adams County viewed both recreation opportunities and opportunities to enroll in skill-building or personal enrichment classes favorably.

Older residents were most likely to have visited a neighborhood park or participated in a recreation program or group activity and least likely to have used a recreation center in the community. Four in 10 seniors said that they had at least "minor" problems with having interesting recreational or cultural activities to attend. Respondents rated aspects of recreation similar to other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 8: Recreational and Personal Enrichment in Adams County



Percent rating positively (e.g. excellent or good)
*Percent rating as at least a minor problem
**Percent at least once or ever

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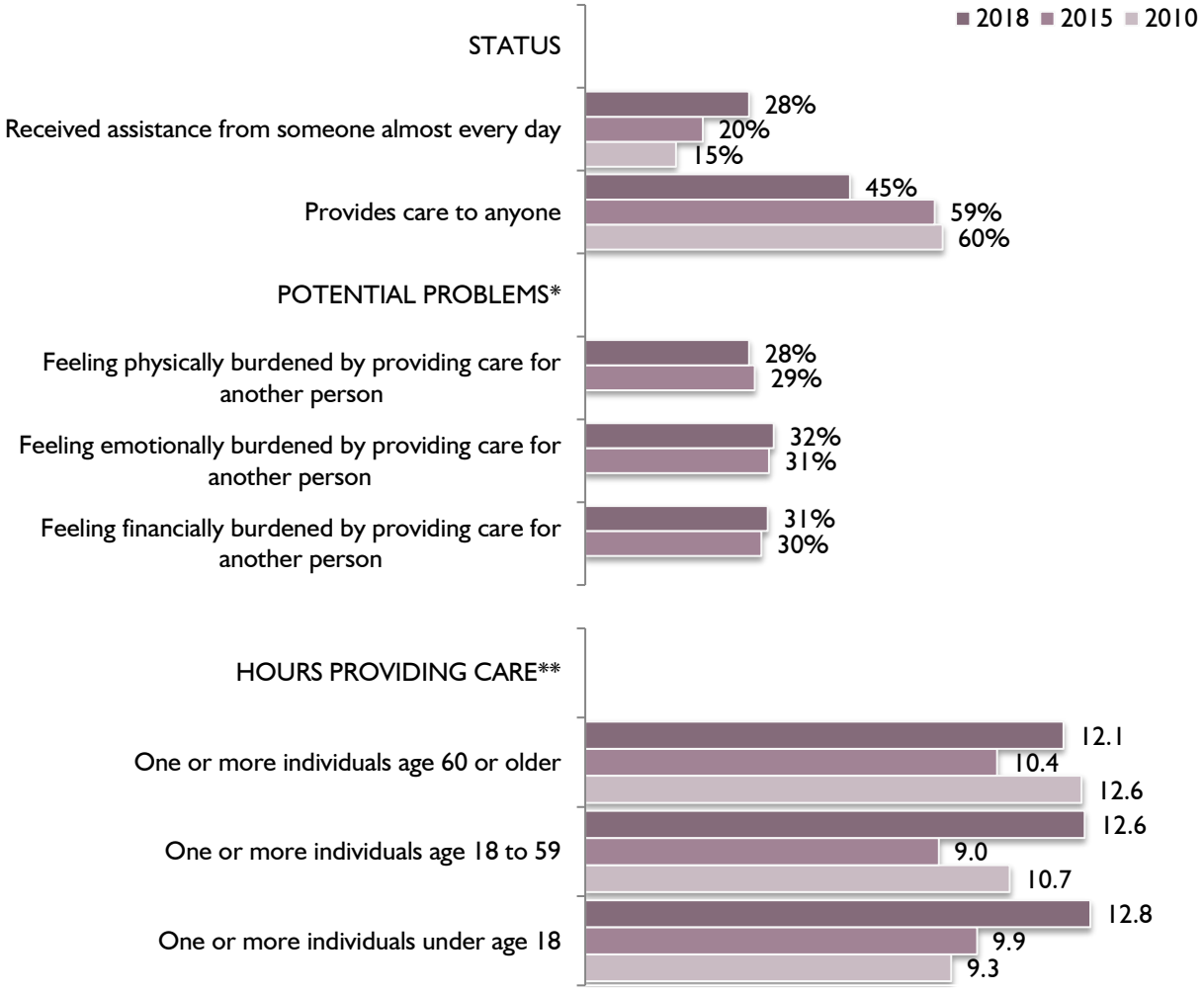
Caregiving

More than 10 million people nationwide have disabling conditions that affect their ability to live independently[5] and almost 80% of these residents are seniors. Those who provide care to a loved one or friend with such a condition often feel a sense of contribution and personal worth despite the physical, emotional and financial burden such care can produce. While care is most often provided by family members and is unpaid, its value has been estimated at $350 billion annually.[6]

Overall, 45% of older residents in Adams County said they were providing care for others and 28% were the recipients of care. Survey participants rated the extent to which they experienced physical strain, emotional stress or financial hardship as a result of being a caregiver. Generally, about 3 in 10 felt burdened by their caregiving responsibilities, providing about 12 hours of care each week on average.

Figure 9: Caregiving in Adams County



Percent of respondents
*Percent rating as at least a minor problem
**Average number of hours of those who provide care

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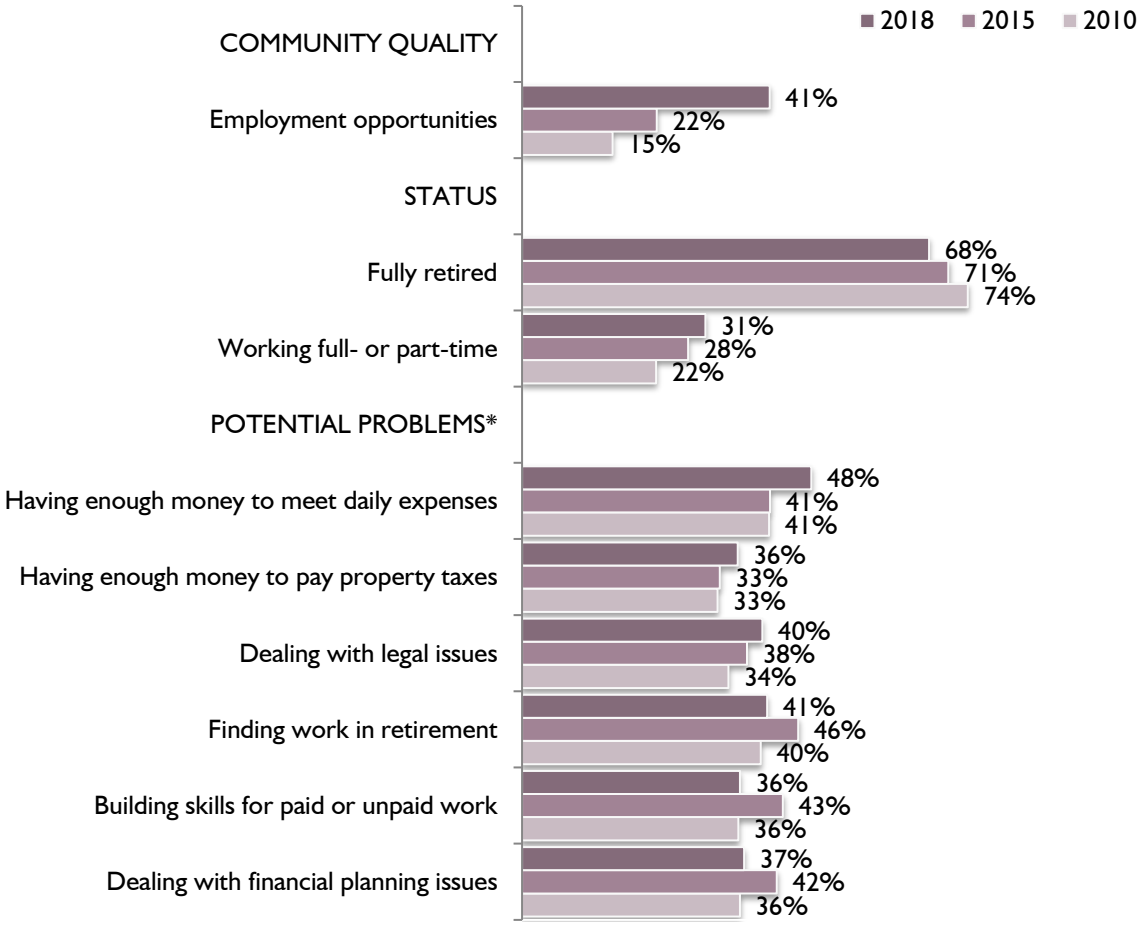
Economic Contribution

Recent studies have estimated that 70-80% of those 45 and older plan to continue working in their "retirement" years for a number of reasons including financial stability, the enjoyment of work and the desire to try something new.[7] About 31% of older residents were still working full- or part-time. For those respondents who had not retired, the average age of expected retirement was 71 years old.

Regardless of residents' work status, half experienced at least "minor" problems with having enough money to meet daily expenses and one-third had problems with having enough money to pay their property taxes. Further, about 4 in 10 had problems with finding work in retirement and about the same proportion had problems with building skills for paid or unpaid work. The proportions of older adults that had financial problems (paying daily expenses or property taxes) were higher in Adams County than in other communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 10: Employment in Adams County



Percent of respondents
Percent rating positively (e.g. excellent or good)
*Percent rating as at least a minor problem

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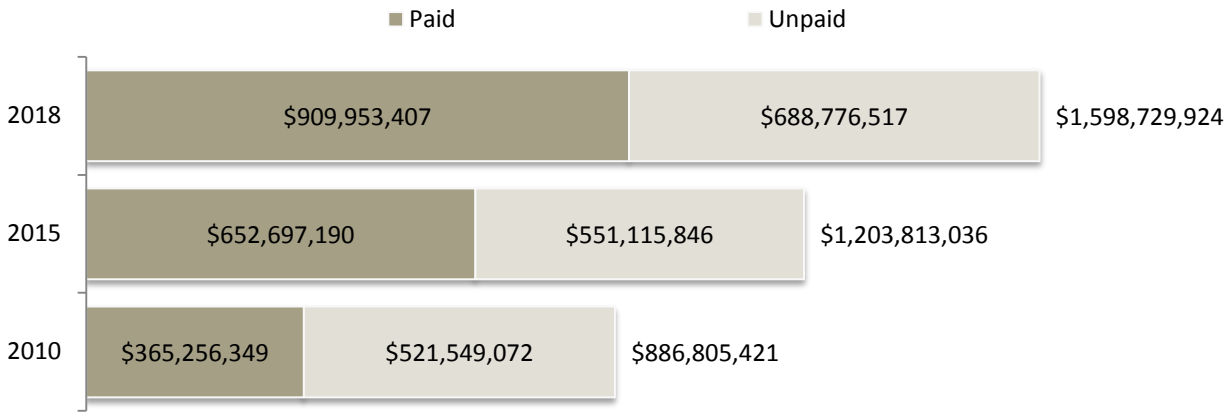
Productive behavior is "any activity, paid or unpaid, that generates goods or services of economic value."[2] Productive activities include both paid and unpaid work of many kinds as well as services to friends, family or neighbors. Older adults provide significant contributions (paid and unpaid) to the communities in which they live. In addition to their paid work, older adults contributed to Adams County's economy through volunteering, providing informal help to family and friends and caregiving. The value of these paid and unpaid contributions totaled nearly $1.6 billion in a 12-month period (see *Appendix B: Survey Methodology* for additional detail).

Figure 11: Economic Contribution of Older Adults in Adams County



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Health and Wellness

A growing senior population needs community supports to maintain the health and independence of its members. Health and wellness for the purposes of this study included not only physical and mental health, but issues of independent living and health care.

Physical Health

Across Adams County, about three-quarters of older residents felt they had good fitness opportunities (including exercise classes and paths or trails, etc.) and about 6 in 10 felt they had good access to quality physical health care (see Figure 12). Most older residents rated their overall physical health as "excellent" or "good" with about 4 in 10 participating in healthy activities such as eating fruits and vegetables and exercising regularly.

Respondents reported the extent to which they had experienced problems with various physical health-related issues in the 12 months prior to the survey. The most commonly cited problems included staying physical fit and doing heavy or intense housework. The proportions of older residents reporting physical health problems tended to be on par or lower in Adams County than elsewhere (see *Appendix C: Benchmark Comparisons*).

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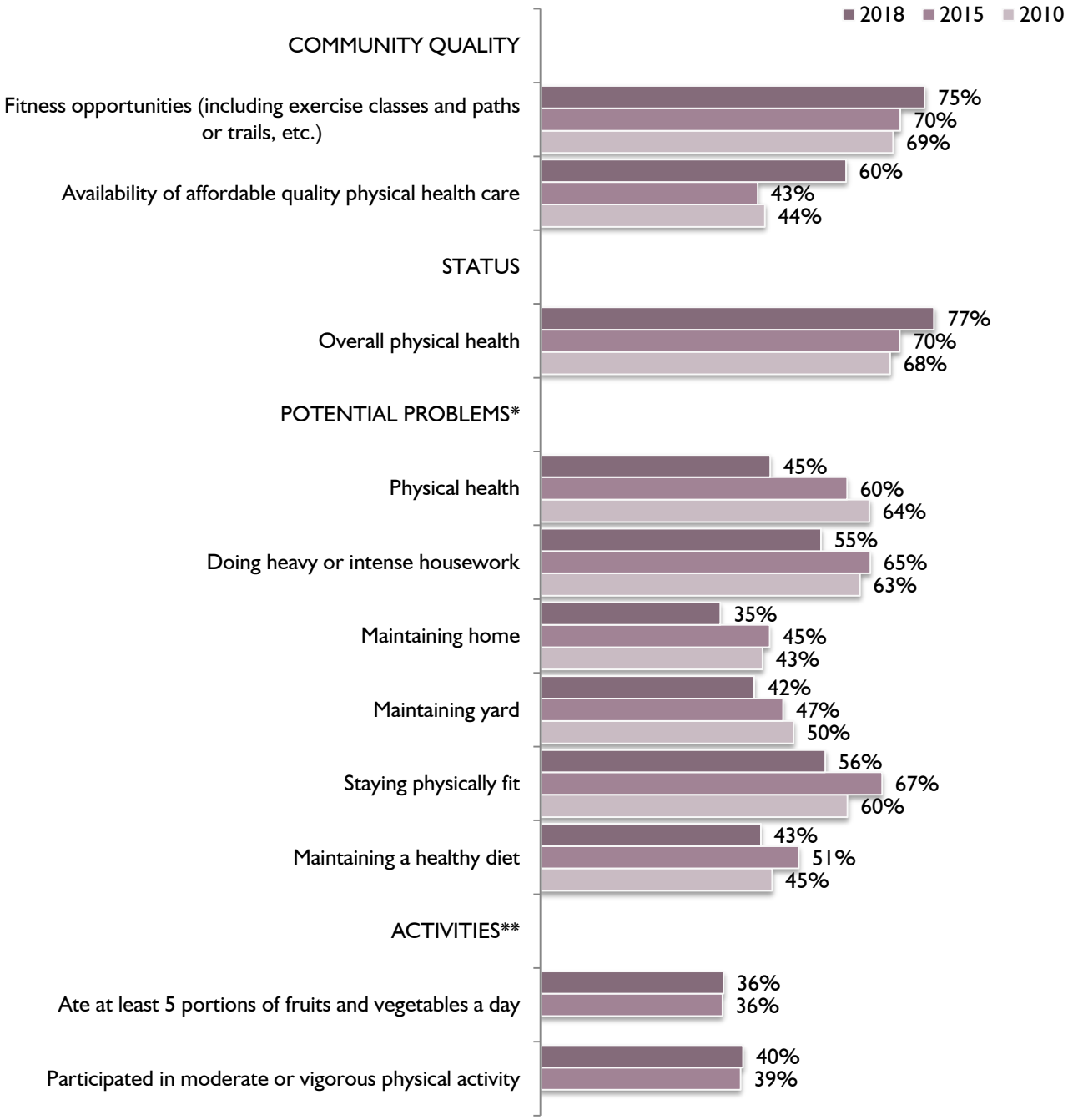
Figure 12: Physical Health in Adams County



Percent rating positively (e.g. excellent or good)
*Percent rating as at least a minor problem
**Percent at least always or usually

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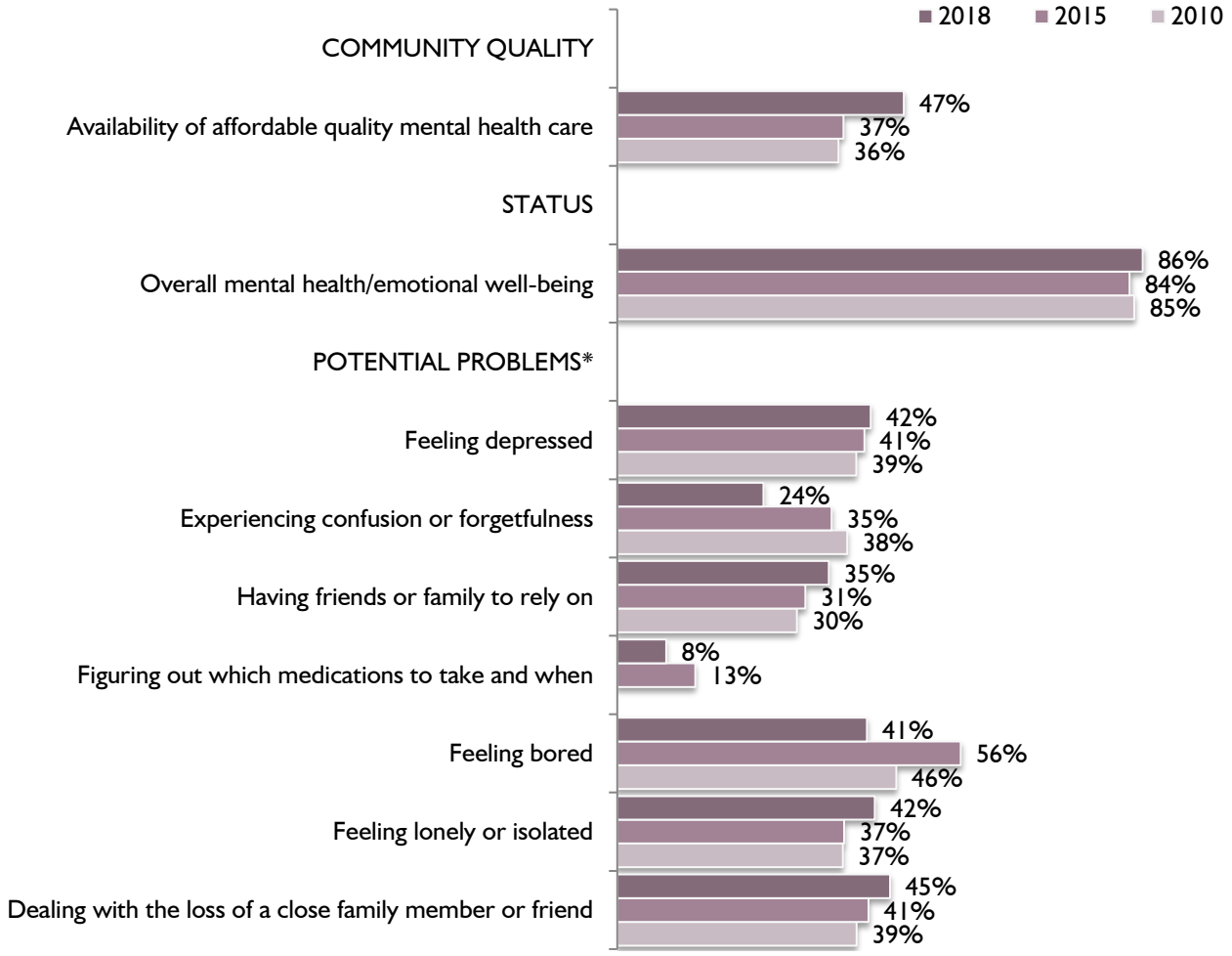
Mental Health

In addition to rating aspects of physical health, older residents provided insight into their mental health. About half of older residents felt there was "excellent" or "good" availability of mental health care in Adams County while more than 8 in 10 rated their overall mental health/emotional wellbeing as "excellent" or "good."

While few older adults reported poor emotional wellbeing, they still reported at least "minor" problems with some aspects of their mental health. The most commonly cited mental health issues included dealing with the loss of a close family member or friend, feeling lonely or isolated or feeling depressed, while the least cited issues included figuring out which medications to take and when and experiencing confusion or forgetfulness. The proportion of people experiencing these aspects of mental health in Adams County tended to be similar to other communities across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 13: Mental Health in Adams County



Percent rating positively (e.g. excellent or good)
*Percent rating as at least a minor problem

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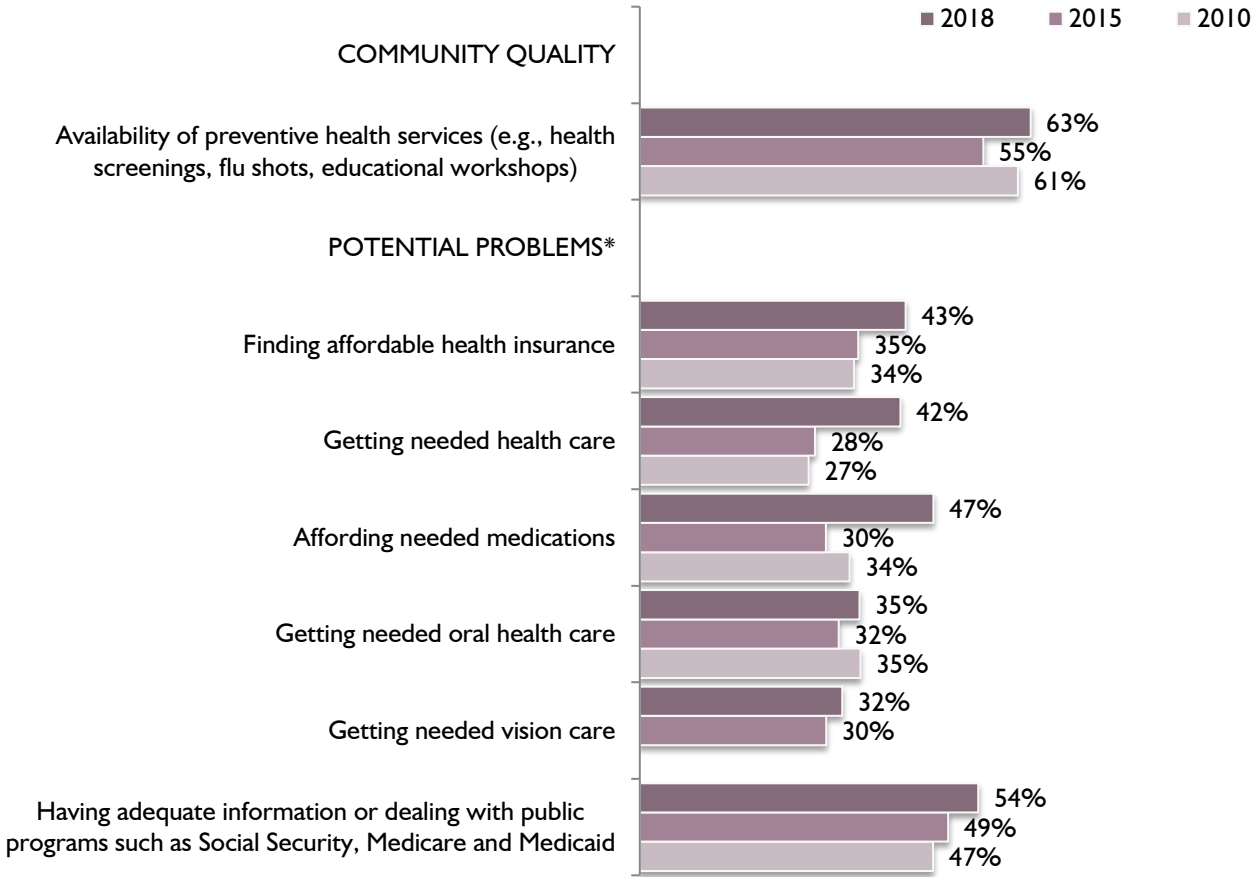
Health Care

About 63% of Adams County's older residents rated the availability of preventive health services favorably. Compared to other communities across the nation, elders rated the availability of preventive health services in Adams County similar to the availability of these services found elsewhere (see *Appendix C: Benchmark Comparisons* for details).

Older residents reported more problems with aspects of health care in 2018 compared to 2015. The most commonly cited health care issues included having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid, affording needed medications and finding affordable health insurance. About 3 in 10 or more Adams County older residents reported issues with getting needed care (i.e., health, oral and vision).

Figure 14: Health Care in Adams County



Percent rating positively (e.g. excellent or good)
*Percent rating as at least a minor problem

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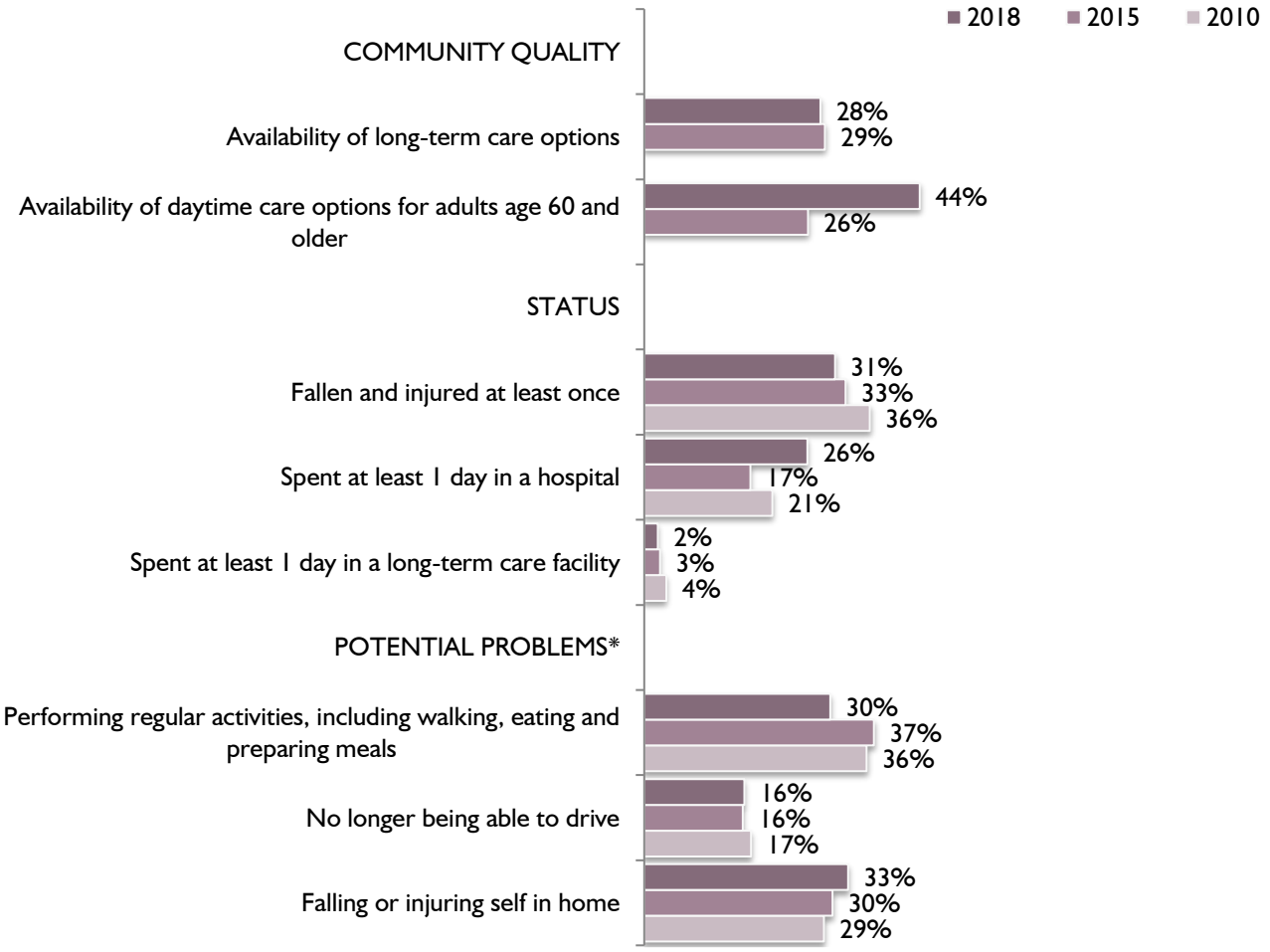
Independent Living

For those unable to live independently (either temporarily or permanently), having care options available could mean the difference between remaining in or leaving the community. About one-quarter of Adams County's older residents rated the availability of long-term care options favorably and more felt positive about the availability of daytime care options. As for hospitalizations, about one-quarter of respondents reported spending time in a hospital, although 31% had fallen and injured themselves in the 12 months prior to the survey.

Overall, about 3 in 10 older adults reported at least "minor" problems with aspects of independent living. Notably, 33% reported having problems with falling or injuring themselves at home. Aspects of independent living tended to be similar in Adams County and peer communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 15: Independent Living in Adams County



Percent rating positively (e.g. excellent or good)
*Percent rating as at least a minor problem

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Community Design and Land Use

The movement in America towards designing more "livable" communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. Generally, communities that have planned for older adults tend to emphasize access and to facilitate movement and participation by locating services in or close to residences, providing convenient transportation alternatives and making walking routes attractive.

Ultimately, communities that have planned well by promoting mobility, independence and meaningful engagement of its older residents provide a high quality of life for their residents of all ages. In Adams County, about three-quarters of older residents rated their overall quality of life as "excellent" or "good" (see Figure 16). Adams County's elders' quality of life was rated similar to other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details).

About 20% of older residents felt they had good access to affordable quality housing and 60% felt they had good access to affordable quality food; about 29% felt positively about the cost of living in the community. Generally, aspects of motorized transportation (ease car travel and public transportation) in Adams County received ratings similar to communities across the U.S., while aspects of housing (affordable quality and variety) were less favorable (see *Appendix C: Benchmark Comparisons* for details). About 3 in 10 survey respondents reported having used bus, rail, subway or other public transportation instead of driving.

One-third or fewer older adults experienced problems related to basic necessities of daily living including having safe and affordable transportation, having housing to suit their needs or having enough food to eat. Daily living problems tended to be similar in Adams County when compared to other communities across the nation, but there were more frequent problems with having suitable housing in Adams County (see *Appendix C: Benchmark Comparisons* for details).

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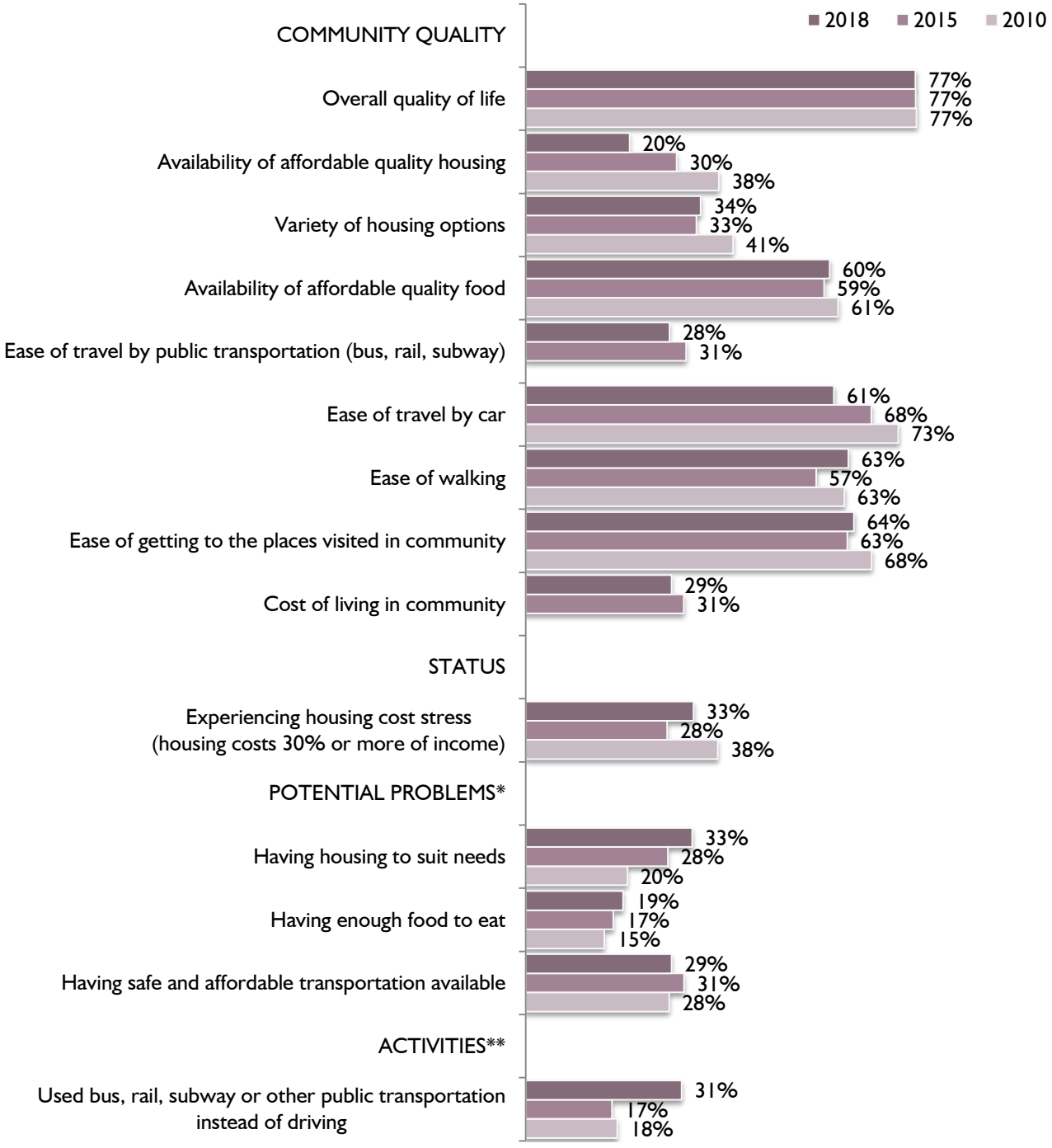
Figure 16: Community Design and Land Use in Adams County



Percent rating positively (e.g. excellent or good)
*Percent rating as at least a minor problem
**Percent at least once or ever

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Community Readiness

Communities that assist older adults to remain or become active community participants provide the requisite opportunities for recreation, transportation, culture, education, communication, social connection, spiritual enrichment and health care. It is not a package mix, so each community must identify what its older adults seek and what the community provides. The judgments of the residents for whom community planning takes place provide the elements of an equation that describes overall community quality in Adams County (Figure 17).

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

Further, older adults, more than others, face difficulties with aspects of everyday life. For many older adults these difficulties vastly exceed the minor physical pains or small losses of function that characterize almost everyone's circumstances after a certain age. When individual problems are added together, a group picture emerges that provides a useful description of the entire community. Nationally, areas where older adults face the largest share of life's challenges include caregiving, health and mental health, in-home support, nutrition and food security and transportation. This study also explored specific problems or stressors encountered by older adults in DRCOG's service area, such as physical and emotional difficulties and injuries that have compromised their independence. Within the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use, the magnitude of these individual-level needs is presented (Figure 20), culminating in an exploration of high-risk populations (Figure 21).

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Opportunities and Challenges

Survey respondents were asked to rate a number of aspects of the community which were converted to an average scale of 0 (the lowest rating, e.g., "poor") to 100 (the highest rating, e.g., "excellent") and then combined to provide one overall rating (index[1]) for each of the six dimensions of Community Readiness. (For more information on how the summary scores were calculated see *Appendix B: Survey Methodology*.)

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

- Older residents felt their needs were best met in the areas of Overall Community Quality and Productive Activities
- Community Information and Community and Belonging were rated less favorably and received the lowest average ratings
- Ratings of each of the dimensions of Community Readiness remained stable or declined between 2015 and 2018 (see Figure 18)

Figure 17: Adams County Community Readiness Chart

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

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

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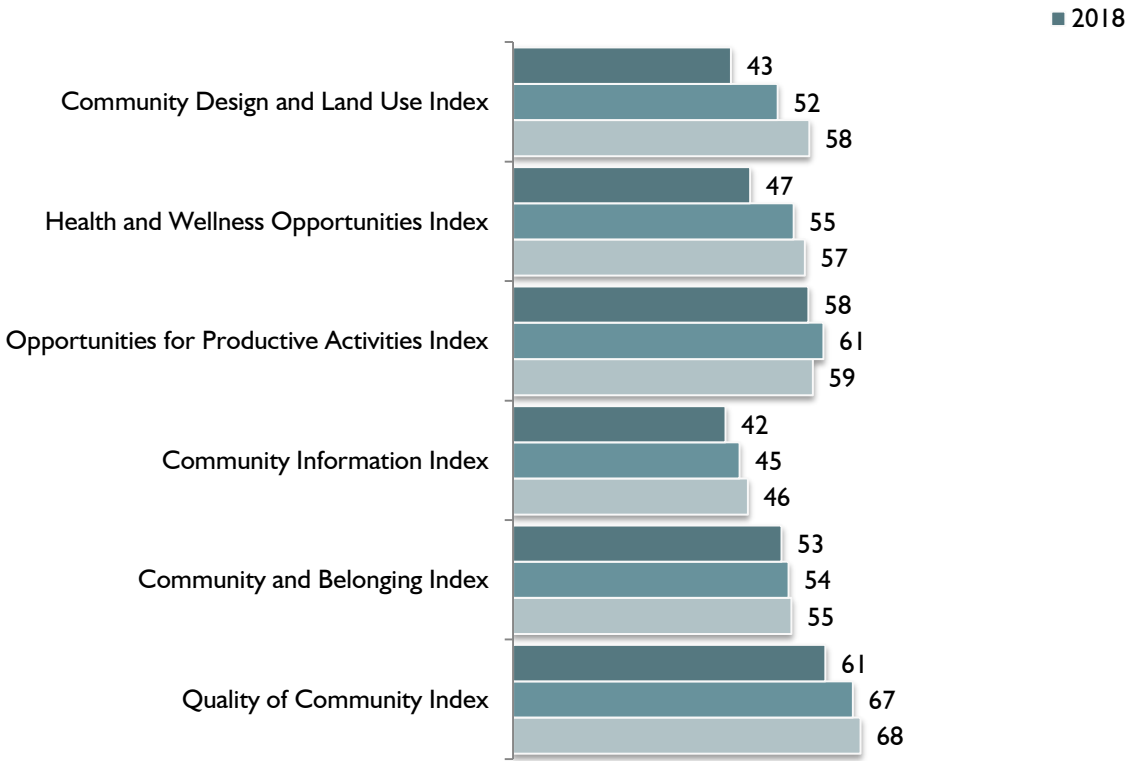
Figure 18: Adams County Community Readiness by Year



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

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Older Resident Needs in Adams County

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

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

- Older residents had the largest needs in the areas of civic engagement and physical health
- Few reported needs in the areas of caregiver burden and safety
- Compared to 2015, the areas of social engagement, financial and legal, health care and institutionalization risk and increased in need in 2018; no areas decreased in need (see Figure 19)

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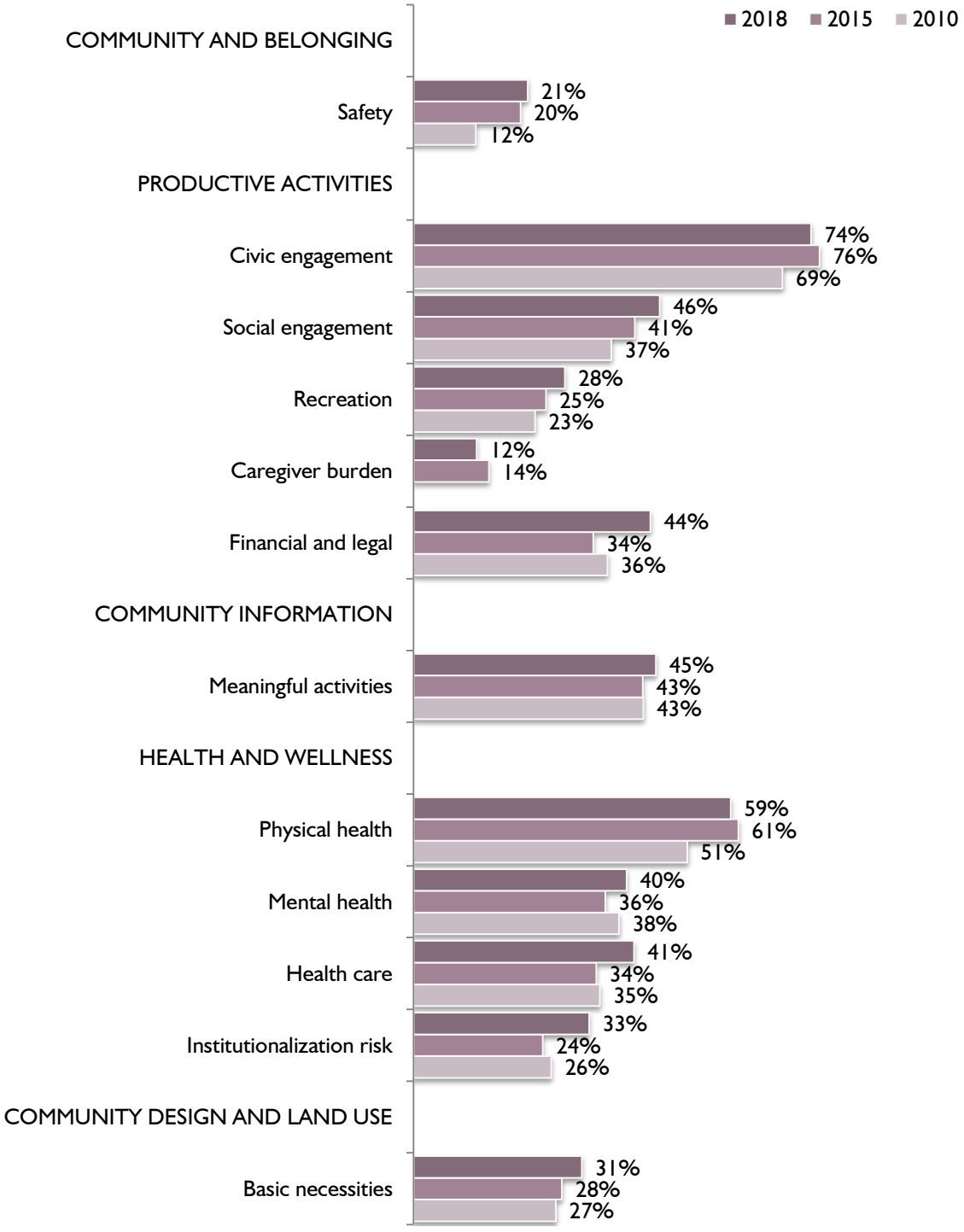
Figure 19: Older Adult Needs in Adams County by Community Dimension by Year



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While older residents reported the lowest prevalence of need in the areas of safety and caregiver burden, needs can be quite serious for those affected. Some needs, however rare, can have a particularly devastating impact on residents' quality of life (e.g., needing help transferring from bed to wheelchair or feeling unsafe), so it is important to consider both the prevalence of the need and its centrality to residents' sustained independence.

Figure 20: Older Resident Needs in Adams County

	Percent with need	Number affected in 2018 (N=79,719)*
COMMUNITY AND BELONGING		
Safety	24%	19,442
PRODUCTIVE ACTIVITIES		
Civic engagement	76%	60,981
Social engagement	34%	27,413
Recreation	30%	24,274
Caregiver burden	11%	8,719
Financial and legal	44%	35,153
COMMUNITY INFORMATION		
Meaningful activities	46%	36,665
HEALTH AND WELLNESS		
Physical health	56%	44,440
Mental health	48%	38,110
Health care	48%	38,158
Institutionalization risk	31%	25,009
COMMUNITY DESIGN AND LAND USE		
Basic necessities	34%	27,492

** Estimated, based on Colorado State Demography Office, Single Year of Age Data 1990-2050*

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Populations at High Risk

As people age, many learn to take better care of themselves, to plan for retirement and, generally, to move more deliberately. Aging builds wisdom but can sap resources — physical, emotional and financial. Even those blessed by good luck or those prescient enough to plan comprehensively for the best future may find themselves with unanticipated needs or with physical, emotional or financial strengths that could endure only with help. Some people age better than others and aging well requires certain strengths that are inherent and others that can be supported by assistance from the private sector and government. For older adults in Adams County, although needs were spread across the board, residents reporting the largest percent of unresolved needs were more likely to be age 60 to 64, report a lower income or rent their homes.

Figure 21: Needs of Older Population by Sociodemographic Characteristics, Percent and Number affected in 2018 (N=79,719)*

	Community and Belonging		Productive Activities		Community Information		Health and Wellness		Community Design and Land Use	
Female	26%	9,952	39%	16,798	40%	17,340	47%	20,218	37%	15,854
Male	24%	8,493	41%	14,820	52%	18,916	44%	16,142	32%	11,656
60 to 64 years	45%	9,424	47%	11,328	63%	15,049	55%	13,235	44%	10,508
65 to 74 years	13%	4,458	37%	12,940	35%	12,060	39%	13,451	30%	10,492
75 or over	19%	3,612	38%	7,994	44%	9,392	47%	10,053	34%	7,234
White	26%	16,309	41%	26,634	43%	27,250	47%	30,257	38%	24,590
Not white	11%	1,416	35%	5,390	54%	8,423	41%	6,384	26%	3,992
Hispanic	30%	4,399	34%	6,094	64%	11,567	45%	8,083	26%	4,770
Not Hispanic	23%	13,879	42%	25,764	41%	24,888	46%	28,478	37%	22,760
Less than $25,000	29%	5,070	52%	10,229	71%	13,692	63%	12,277	61%	11,889
$25,000 to $74,999	26%	9,189	36%	13,832	43%	16,558	40%	15,553	25%	9,756
$75,000 or more	19%	4,000	28%	6,111	39%	8,434	33%	7,093	15%	3,223
Own	19%	11,412	35%	22,611	42%	27,439	38%	24,555	25%	15,928
Rent	44%	6,499	63%	9,381	60%	8,817	79%	11,672	82%	12,116
Lives alone	20%	5,515	42%	12,383	41%	12,016	57%	16,721	47%	13,684
Lives with others	25%	11,745	38%	19,444	50%	25,047	37%	18,914	26%	13,368
Overall	24%	19,442	40%	31,938	46%	36,665	46%	36,429	34%	27,492

** Estimated, based on Colorado State Demography Office, Single Year of Age Data 1990-2050*

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Responses to Custom Questions

In addition to the uniform questions on CASOA, DRCOG included its own unique questions on the survey to aid in planning, resource allocation and policy analysis. "Don't know" responses have been removed from the analysis for the following questions, when applicable.

Table 1: Question 2 Custom Items

Please rate each of the following characteristics as they relate to adults age 60 or older in your community	Percent rating as excellent or good
Availability of services at the senior center	61%
Quality of senior nutrition programs	58%
Accessibility of long term care options that are open and accepting toward people of diverse backgrounds	54%
Accessibility of daytime care options that are open and accepting toward people of diverse backgrounds	54%

Table 2: Question 4 Custom Items

In general, how informed or uninformed do you feel about the following?	Percent rating as very or somewhat informed
Long term care options (i.e. nursing homes, home care)	35%
Information on planning for the future	42%

Table 3: Question 6 Custom Items

Please rate each of the following characteristics as they relate to adults age 60 or older in your community	Percent rating as at least a minor problem
Having tooth or mouth problems	37%
Feeling overwhelmed and/or exhausted when caring for another person	32%

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Table 4: Question 15

How frequently, if ever, do you do each of the following things on the Internet (using a computer, tablet, cell phone, etc.)?	Percent rating as at least monthly
Get the news or weather	86%
Use email, texting or video to communicate	71%
Research or study a topic of interest	69%
Shop, search for products and services	68%
If you have a question, use Internet to the find the answer	60%
Find directions or look up a map	58%
Banking online (paying bills, investing, etc.)	56%
Look up health and medical information	42%
Use social media (Facebook, Twitter, LinkedIn)	40%
Find info on community resources and events	32%
Share opinions, post to a blog, review a product or service	24%
Engage in civic activities (participate in a discussion about community and government issues; research information about an issue or a candidate)	15%
Work from home	11%
Communicate with government (seek services, get a license, discuss a problem)	11%
Sell goods and services online, advertise	7%
Attend an online class or training	5%

Table 5: Question 16

How comfortable, if at all, are you at each of the following?	Percent rating as very or somewhat comfortable
Using email	90%
Using smartphone or tablet computer	89%
Locating information online (bus schedules, weather, news, etc.)	86%
Accessing the Internet	85%
Using a computer laptop/desktop	84%
Using social networking sites (Facebook, Twitter, etc.)	72%

Table 6: Question D15

Are you a grandparent raising a grandchild?	Percent of respondents
Yes	4%
No	96%
Total	100%

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Appendix A: Complete Set of Survey Responses

The following pages contain a complete set of responses to each question on the survey. The percent of respondents giving a particular response is shown followed by the number of respondents (denoted with "N="). When respondents had the option to select "don't know" on a question, two tables are presented. The first shows the frequency of responses excluding "don't know" and the second shows the frequency including "don't know."

Table 7: Question 1 (excluding "don't know")

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Total	
How do you rate your community as a place to live?	21%	N=31	55%	N=82	21%	N=31	3%	N=5	100%	N=149
How do you rate your community as a place to retire?	17%	N=24	43%	N=63	27%	N=39	13%	N=19	100%	N=145

Table 8: Question 1 (including "don't know")

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
How do you rate your community as a place to live?	21%	N=31	55%	N=82	21%	N=31	3%	N=5	0%	N=0	100%	N=149
How do you rate your community as a place to retire?	16%	N=24	42%	N=63	26%	N=39	13%	N=19	3%	N=4	100%	N=149

Table 9: Question 2 (excluding "don't know")

Please rate each of the following characteristics as they relate to adults age 60 or older in your community:	Excellent		Good		Fair		Poor		Total	
Opportunities to volunteer	17%	N=20	53%	N=61	22%	N=25	8%	N=9	100%	N=115
Employment opportunities	1%	N=1	40%	N=42	45%	N=47	14%	N=15	100%	N=104
Opportunities to enroll in skill-building or personal enrichment classes	13%	N=15	45%	N=53	34%	N=40	9%	N=10	100%	N=118
Recreation opportunities (including games, arts, and library services, etc.)	27%	N=38	46%	N=64	23%	N=32	5%	N=6	100%	N=140
Fitness opportunities (including exercise classes and paths or trails, etc.)	33%	N=48	42%	N=60	21%	N=30	4%	N=5	100%	N=143
Opportunities to attend social events or activities	22%	N=28	45%	N=57	25%	N=31	7%	N=9	100%	N=124
Opportunities to attend religious or spiritual activities	18%	N=23	54%	N=68	26%	N=33	3%	N=3	100%	N=127

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Please rate each of the following characteristics as they relate to adults age 60 or older in your community:	Excellent		Good		Fair		Poor		Total	
Opportunities to attend or participate in meetings about local government or community matters	14%	N=19	52%	N=67	23%	N=30	11%	N=14	100%	N=129
Availability of affordable quality housing	1%	N=1	19%	N=23	35%	N=42	45%	N=53	100%	N=119
Variety of housing options	6%	N=7	28%	N=33	40%	N=47	26%	N=30	100%	N=117
Availability of long-term care options	0%	N=0	28%	N=26	42%	N=38	30%	N=27	100%	N=92
Availability of daytime care options for adults age 60 and older	6%	N=5	38%	N=31	31%	N=25	25%	N=20	100%	N=81
Availability of information about resources for adults age 60 and older	9%	N=9	39%	N=40	30%	N=31	23%	N=23	100%	N=103
Availability of financial or legal planning services	0%	N=0	48%	N=42	32%	N=29	20%	N=17	100%	N=89
Availability of affordable quality physical health care	16%	N=19	44%	N=51	26%	N=31	14%	N=16	100%	N=117
Availability of affordable quality mental health care	9%	N=8	38%	N=36	29%	N=27	24%	N=22	100%	N=94
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	18%	N=24	45%	N=61	26%	N=35	12%	N=16	100%	N=137
Availability of affordable quality food	11%	N=15	49%	N=68	24%	N=34	16%	N=22	100%	N=140
Sense of community	6%	N=8	38%	N=48	36%	N=46	20%	N=25	100%	N=127
Openness and acceptance of the community towards residents age 60 and older of diverse backgrounds	5%	N=6	41%	N=48	34%	N=39	19%	N=22	100%	N=115
Ease of travel by public transportation in your community	2%	N=2	26%	N=32	35%	N=43	36%	N=44	100%	N=121
Ease of travel by car in your community	20%	N=27	41%	N=56	28%	N=38	12%	N=16	100%	N=137
Ease of walking in your community	12%	N=17	52%	N=73	26%	N=37	10%	N=15	100%	N=142
Ease of getting to the places you usually have to visit	19%	N=28	45%	N=66	24%	N=35	12%	N=18	100%	N=147
Overall feeling of safety in your community	10%	N=15	59%	N=85	18%	N=27	13%	N=19	100%	N=146
Valuing residents age 60 and older in your community	4%	N=5	46%	N=55	36%	N=44	14%	N=17	100%	N=121
Neighborliness of your community	8%	N=11	36%	N=52	34%	N=49	22%	N=31	100%	N=143
Cost of living in your community	1%	N=1	28%	N=40	46%	N=66	25%	N=36	100%	N=143
Availability of services at the senior center	13%	N=16	48%	N=59	29%	N=35	10%	N=12	100%	N=122
Quality of senior nutrition programs	2%	N=1	56%	N=43	27%	N=20	15%	N=11	100%	N=76
Accessibility of long term care options that are open and accepting toward people of diverse backgrounds	0%	N=0	54%	N=34	36%	N=22	11%	N=7	100%	N=62
Accessibility of daytime care options that are open and accepting toward people of diverse backgrounds	2%	N=1	52%	N=33	26%	N=16	20%	N=13	100%	N=63

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Table 10: Question 2 (including "don't know")

Please rate each of the following characteristics as they relate to adults age 60 or older in your community:	Excellent		Good		Fair		Poor		Don't know		Total	
Opportunities to volunteer	13%	N=20	40%	N=61	17%	N=25	6%	N=9	24%	N=37	100%	N=152
Employment opportunities	1%	N=1	28%	N=42	31%	N=47	10%	N=15	30%	N=45	100%	N=149
Opportunities to enroll in skill-building or personal enrichment classes	10%	N=15	35%	N=53	26%	N=40	7%	N=10	22%	N=33	100%	N=150
Recreation opportunities (including games, arts, and library services, etc.)	26%	N=38	43%	N=64	21%	N=32	4%	N=6	5%	N=8	100%	N=148
Fitness opportunities (including exercise classes and paths or trails, etc.)	31%	N=48	39%	N=60	20%	N=30	4%	N=5	6%	N=9	100%	N=152
Opportunities to attend social events or activities	18%	N=28	38%	N=57	21%	N=31	6%	N=9	17%	N=26	100%	N=150
Opportunities to attend religious or spiritual activities	15%	N=23	45%	N=68	21%	N=33	2%	N=3	17%	N=25	100%	N=152
Opportunities to attend or participate in meetings about local government or community matters	13%	N=19	46%	N=67	20%	N=30	10%	N=14	11%	N=16	100%	N=145
Availability of affordable quality housing	1%	N=1	16%	N=23	29%	N=42	36%	N=53	19%	N=27	100%	N=146
Variety of housing options	5%	N=7	23%	N=33	32%	N=47	21%	N=30	19%	N=28	100%	N=145
Availability of long-term care options	0%	N=0	18%	N=26	27%	N=38	19%	N=27	36%	N=51	100%	N=143
Availability of daytime care options for adults age 60 and older	4%	N=5	21%	N=31	17%	N=25	14%	N=20	44%	N=64	100%	N=145
Availability of information about resources for adults age 60 and older	6%	N=9	27%	N=40	21%	N=31	16%	N=23	29%	N=42	100%	N=145
Availability of financial or legal planning services	0%	N=0	29%	N=42	20%	N=29	12%	N=17	39%	N=57	100%	N=146
Availability of affordable quality physical health care	12%	N=19	34%	N=51	20%	N=31	11%	N=16	23%	N=34	100%	N=151
Availability of affordable quality mental health care	6%	N=8	24%	N=36	18%	N=27	15%	N=22	37%	N=56	100%	N=150
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	16%	N=24	41%	N=61	23%	N=35	10%	N=16	9%	N=14	100%	N=150
Availability of affordable quality food	10%	N=15	46%	N=68	23%	N=34	15%	N=22	5%	N=7	100%	N=147
Sense of community	6%	N=8	33%	N=48	32%	N=46	17%	N=25	12%	N=17	100%	N=144
Openness and acceptance of the community towards residents age 60 and older of diverse backgrounds	4%	N=6	33%	N=48	28%	N=39	16%	N=22	19%	N=28	100%	N=143
Ease of travel by public transportation in your community	2%	N=2	22%	N=32	29%	N=43	30%	N=44	18%	N=26	100%	N=147
Ease of travel by car in your community	19%	N=27	39%	N=56	27%	N=38	11%	N=16	5%	N=7	100%	N=144
Ease of walking in your community	11%	N=17	49%	N=73	25%	N=37	10%	N=15	6%	N=9	100%	N=151

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Please rate each of the following characteristics as they relate to adults age 60 or older in your community:	Excellent		Good		Fair		Poor		Don't know		Total	
Ease of getting to the places you usually have to visit	19%	N=28	44%	N=66	23%	N=35	12%	N=18	3%	N=4	100%	N=151
Overall feeling of safety in your community	10%	N=15	57%	N=85	18%	N=27	12%	N=19	4%	N=5	100%	N=151
Valuing residents age 60 and older in your community	3%	N=5	37%	N=55	29%	N=44	11%	N=17	19%	N=29	100%	N=150
Neighborliness of your community	8%	N=11	35%	N=52	33%	N=49	21%	N=31	4%	N=6	100%	N=149
Cost of living in your community	1%	N=1	27%	N=40	44%	N=66	24%	N=36	5%	N=7	100%	N=150
Availability of services at the senior center	11%	N=16	39%	N=59	24%	N=35	8%	N=12	19%	N=28	100%	N=150
Quality of senior nutrition programs	1%	N=1	29%	N=43	14%	N=20	8%	N=11	48%	N=71	100%	N=147
Accessibility of long term care options that are open and accepting toward people of diverse backgrounds	0%	N=0	22%	N=34	15%	N=22	4%	N=7	58%	N=88	100%	N=150
Accessibility of daytime care options that are open and accepting toward people of diverse backgrounds	1%	N=1	22%	N=33	11%	N=16	8%	N=13	58%	N=87	100%	N=150

Table 11: Question 3 (excluding "don't know")

How would you rate the overall services provided to adults age 60 and older in your community?	Percent	Number
Excellent	8%	N=9
Good	49%	N=62
Fair	25%	N=32
Poor	18%	N=22
Total	100%	N=125

Table 12: Question 3 (including "don't know")

How would you rate the overall services provided to adults age 60 and older in your community?	Percent	Number
Excellent	6%	N=9
Good	41%	N=62
Fair	21%	N=32
Poor	15%	N=22
Don't know	16%	N=24
Total	100%	N=149

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Table 13: Question 4

In general, how informed or uninformed do you feel about the following?	Very informed		Somewhat informed		Somewhat uninformed		Very uninformed		Total	
Services and activities available to adults age 60 and older in your community?	11%	N=17	47%	N=72	18%	N=27	23%	N=35	100%	N=151
Long term care options (i.e. nursing homes, home care)	6%	N=9	29%	N=43	32%	N=48	33%	N=49	100%	N=150
Information on planning for the future	6%	N=9	36%	N=54	32%	N=47	26%	N=39	100%	N=150

Table 14: Question 5 (excluding "don't know")

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Total	
How do you rate your overall physical health?	13%	N=20	64%	N=96	18%	N=28	5%	N=7	100%	N=151
How do you rate your overall mental health/emotional well-being?	23%	N=34	64%	N=93	14%	N=20	0%	N=0	100%	N=147
How do you rate your overall quality of life?	22%	N=33	54%	N=82	23%	N=35	0%	N=0	100%	N=150

Table 15: Question 5 (including "don't know")

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
How do you rate your overall physical health?	13%	N=20	64%	N=96	18%	N=28	5%	N=7	0%	N=0	100%	N=151
How do you rate your overall mental health/emotional well-being?	22%	N=34	62%	N=93	13%	N=20	0%	N=0	2%	N=3	100%	N=150
How do you rate your overall quality of life?	22%	N=33	54%	N=82	23%	N=35	0%	N=0	1%	N=1	100%	N=151

Table 16: Question 6 (excluding "don't know")

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Total	
Having housing to suit your needs	67%	N=101	17%	N=25	10%	N=15	6%	N=8	100%	N=149
Your physical health	55%	N=83	26%	N=39	16%	N=24	3%	N=5	100%	N=150
Performing regular activities, including walking, eating and preparing meals	70%	N=106	19%	N=29	9%	N=13	2%	N=3	100%	N=151
Having enough food to eat	81%	N=123	7%	N=11	6%	N=8	6%	N=9	100%	N=152
Doing heavy or intense housework	45%	N=67	25%	N=37	21%	N=31	10%	N=15	100%	N=149

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The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Total	
Having safe and affordable transportation available	71%	N=104	13%	N=19	14%	N=20	2%	N=3	100%	N=146
No longer being able to drive	84%	N=107	1%	N=1	5%	N=6	10%	N=13	100%	N=128
Feeling depressed	58%	N=87	31%	N=46	9%	N=14	1%	N=2	100%	N=149
Experiencing confusion or forgetfulness	76%	N=114	14%	N=21	8%	N=12	2%	N=3	100%	N=150
Maintaining your home	65%	N=94	23%	N=33	10%	N=15	2%	N=3	100%	N=145
Maintaining your yard	58%	N=81	24%	N=34	13%	N=18	5%	N=7	100%	N=140
Finding productive or meaningful activities to do	56%	N=81	29%	N=41	13%	N=19	2%	N=2	100%	N=144
Having friends or family you can rely on	65%	N=94	14%	N=21	12%	N=17	8%	N=12	100%	N=144
Falling or injuring yourself in your home	67%	N=97	23%	N=33	8%	N=12	2%	N=3	100%	N=144
Finding affordable health insurance	57%	N=86	20%	N=30	10%	N=15	13%	N=20	100%	N=150
Getting the health care you need	58%	N=88	23%	N=35	13%	N=20	5%	N=8	100%	N=151
Affording the medications you need	53%	N=78	24%	N=36	9%	N=14	14%	N=20	100%	N=148
Figuring out which medications to take and when	92%	N=140	4%	N=5	4%	N=6	0%	N=1	100%	N=152
Getting the oral health care you need	65%	N=95	13%	N=19	9%	N=14	13%	N=19	100%	N=146
Having tooth or mouth problems	63%	N=90	19%	N=27	7%	N=10	11%	N=16	100%	N=142
Getting the vision care you need	68%	N=99	15%	N=22	11%	N=16	6%	N=9	100%	N=146
Having enough money to meet daily expenses	52%	N=78	27%	N=40	13%	N=19	9%	N=13	100%	N=151
Having enough money to pay your property taxes	64%	N=90	15%	N=22	12%	N=17	8%	N=12	100%	N=141
Staying physically fit	44%	N=67	35%	N=53	14%	N=21	7%	N=11	100%	N=151
Maintaining a healthy diet	57%	N=86	27%	N=40	15%	N=22	2%	N=3	100%	N=152
Having interesting recreational or cultural activities to attend	56%	N=76	28%	N=38	11%	N=15	5%	N=7	100%	N=136
Having interesting social events or activities to attend	47%	N=61	34%	N=44	13%	N=16	7%	N=9	100%	N=130
Feeling bored	59%	N=87	28%	N=41	11%	N=17	2%	N=3	100%	N=148
Feeling like your voice is heard in the community	37%	N=41	33%	N=37	19%	N=20	11%	N=12	100%	N=110
Finding meaningful volunteer work	57%	N=57	27%	N=27	12%	N=12	4%	N=4	100%	N=101
Feeling physically burdened by providing care for another person	72%	N=91	18%	N=22	9%	N=11	1%	N=2	100%	N=126
Feeling emotionally burdened by providing care for another person	68%	N=85	21%	N=26	8%	N=10	2%	N=3	100%	N=124
Feeling financially burdened by providing care for another person	69%	N=86	17%	N=21	12%	N=15	1%	N=2	100%	N=124
Feeling overwhelmed and/or exhausted when caring for another person	68%	N=75	25%	N=27	7%	N=8	0%	N=0	100%	N=110
Dealing with legal issues	60%	N=76	22%	N=28	9%	N=12	8%	N=11	100%	N=127

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The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Total	
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	46%	N=60	24%	N=31	23%	N=31	7%	N=9	100%	N=131
Finding work in retirement	59%	N=54	12%	N=11	18%	N=16	11%	N=10	100%	N=91
Building skills for paid or unpaid work	64%	N=65	10%	N=10	20%	N=20	6%	N=6	100%	N=102
Not knowing what services are available to adults age 60 and older in your community	37%	N=45	19%	N=23	12%	N=15	32%	N=39	100%	N=121
Feeling lonely or isolated	58%	N=82	21%	N=30	20%	N=28	1%	N=2	100%	N=142
Dealing with the loss of a close family member or friend	55%	N=78	16%	N=23	21%	N=29	8%	N=11	100%	N=141
Being a victim of crime	85%	N=115	8%	N=11	1%	N=1	6%	N=8	100%	N=136
Being a victim of fraud or a scam	78%	N=107	10%	N=13	5%	N=7	7%	N=10	100%	N=138
Being physically or emotionally abused	84%	N=118	10%	N=14	0%	N=1	5%	N=7	100%	N=139
Dealing with financial planning issues	63%	N=89	18%	N=26	12%	N=17	7%	N=10	100%	N=142
Being treated unfairly or discriminated against because of your age	67%	N=94	15%	N=21	12%	N=16	6%	N=8	100%	N=140

Table 17: Question 6 (including "don't know")

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
Having housing to suit your needs	67%	N=101	17%	N=25	10%	N=15	5%	N=8	1%	N=2	100%	N=151
Your physical health	55%	N=83	26%	N=39	16%	N=24	3%	N=5	0%	N=0	100%	N=150
Performing regular activities, including walking, eating and preparing meals	70%	N=106	19%	N=29	9%	N=13	2%	N=3	0%	N=0	100%	N=151
Having enough food to eat	81%	N=123	7%	N=11	6%	N=8	6%	N=9	0%	N=0	100%	N=152
Doing heavy or intense housework	45%	N=67	24%	N=37	20%	N=31	10%	N=15	1%	N=1	100%	N=151
Having safe and affordable transportation available	69%	N=104	12%	N=19	13%	N=20	2%	N=3	4%	N=6	100%	N=152
No longer being able to drive	73%	N=107	1%	N=1	4%	N=6	9%	N=13	14%	N=20	100%	N=148
Feeling depressed	58%	N=87	31%	N=46	9%	N=14	1%	N=2	1%	N=2	100%	N=151
Experiencing confusion or forgetfulness	75%	N=114	14%	N=21	8%	N=12	2%	N=3	1%	N=1	100%	N=151
Maintaining your home	62%	N=94	22%	N=33	10%	N=15	2%	N=3	4%	N=6	100%	N=151

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The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
Maintaining your yard	55%	N=81	23%	N=34	12%	N=18	5%	N=7	5%	N=7	100%	N=147
Finding productive or meaningful activities to do	56%	N=81	28%	N=41	13%	N=19	2%	N=2	2%	N=2	100%	N=146
Having friends or family you can rely on	64%	N=94	14%	N=21	12%	N=17	8%	N=12	2%	N=3	100%	N=147
Falling or injuring yourself in your home	66%	N=97	22%	N=33	8%	N=12	2%	N=3	1%	N=2	100%	N=146
Finding affordable health insurance	56%	N=86	20%	N=30	10%	N=15	13%	N=20	1%	N=2	100%	N=152
Getting the health care you need	58%	N=88	23%	N=35	13%	N=20	5%	N=8	1%	N=1	100%	N=152
Affording the medications you need	52%	N=78	23%	N=36	9%	N=14	13%	N=20	2%	N=4	100%	N=152
Figuring out which medications to take and when	92%	N=140	4%	N=5	4%	N=6	0%	N=1	0%	N=0	100%	N=152
Getting the oral health care you need	62%	N=95	13%	N=19	9%	N=14	12%	N=19	4%	N=6	100%	N=152
Having tooth or mouth problems	61%	N=90	18%	N=27	7%	N=10	11%	N=16	3%	N=5	100%	N=147
Getting the vision care you need	67%	N=99	15%	N=22	11%	N=16	6%	N=9	1%	N=1	100%	N=147
Having enough money to meet daily expenses	51%	N=78	26%	N=40	13%	N=19	9%	N=13	1%	N=1	100%	N=152
Having enough money to pay your property taxes	59%	N=90	14%	N=22	11%	N=17	8%	N=12	7%	N=11	100%	N=152
Staying physically fit	44%	N=67	35%	N=53	14%	N=21	7%	N=11	1%	N=1	100%	N=152
Maintaining a healthy diet	57%	N=86	27%	N=40	15%	N=22	2%	N=3	0%	N=0	100%	N=152
Having interesting recreational or cultural activities to attend	50%	N=76	25%	N=38	10%	N=15	5%	N=7	10%	N=14	100%	N=150
Having interesting social events or activities to attend	40%	N=61	29%	N=44	11%	N=16	6%	N=9	15%	N=22	100%	N=152
Feeling bored	58%	N=87	28%	N=41	11%	N=17	2%	N=3	1%	N=2	100%	N=150
Feeling like your voice is heard in the community	28%	N=41	25%	N=37	14%	N=20	8%	N=12	25%	N=38	100%	N=148
Finding meaningful volunteer work	38%	N=57	18%	N=27	8%	N=12	3%	N=4	33%	N=50	100%	N=151
Feeling physically burdened by providing care for another person	62%	N=91	15%	N=22	8%	N=11	1%	N=2	14%	N=20	100%	N=146
Feeling emotionally burdened by providing care for another person	56%	N=85	18%	N=26	7%	N=10	2%	N=3	18%	N=27	100%	N=151
Feeling financially burdened by providing care for another person	57%	N=86	14%	N=21	10%	N=15	1%	N=2	18%	N=27	100%	N=151
Feeling overwhelmed and/or exhausted when caring for another person	51%	N=75	19%	N=27	5%	N=8	0%	N=0	24%	N=36	100%	N=146
Dealing with legal issues	52%	N=76	19%	N=28	8%	N=12	7%	N=11	14%	N=21	100%	N=147

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The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	41%	N=60	21%	N=31	21%	N=31	6%	N=9	11%	N=16	100%	N=147
Finding work in retirement	38%	N=54	7%	N=11	11%	N=16	7%	N=10	36%	N=51	100%	N=141
Building skills for paid or unpaid work	46%	N=65	7%	N=10	14%	N=20	4%	N=6	28%	N=40	100%	N=142
Not knowing what services are available to adults age 60 and older in your community	31%	N=45	16%	N=23	10%	N=15	26%	N=39	17%	N=25	100%	N=146
Feeling lonely or isolated	56%	N=82	21%	N=30	19%	N=28	1%	N=2	2%	N=3	100%	N=145
Dealing with the loss of a close family member or friend	54%	N=78	16%	N=23	20%	N=29	7%	N=11	3%	N=4	100%	N=145
Being a victim of crime	79%	N=115	8%	N=11	1%	N=1	6%	N=8	7%	N=10	100%	N=146
Being a victim of fraud or a scam	74%	N=107	9%	N=13	5%	N=7	7%	N=10	5%	N=8	100%	N=146
Being physically or emotionally abused	81%	N=118	10%	N=14	0%	N=1	5%	N=7	4%	N=6	100%	N=146
Dealing with financial planning issues	62%	N=89	18%	N=26	11%	N=17	7%	N=10	2%	N=3	100%	N=145
Being treated unfairly or discriminated against because of your age	64%	N=94	15%	N=21	11%	N=16	6%	N=8	4%	N=6	100%	N=146

Table 18: Question 7

Thinking back over the past 12 months, how many days did you spend in...	No days (zero)		One to two days		Three to five days		Six or more days		Total	
A hospital	68%	N=104	13%	N=20	8%	N=13	10%	N=15	100%	N=152
In a long-term care facility (including nursing home or in-patient rehabilitation)	89%	N=135	0%	N=0	0%	N=0	11%	N=17	100%	N=152

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Table 19: Question 8 (excluding "don't know")

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it…	Percent	Number
Never	69%	N=100
Once or twice	28%	N=40
3-5 times	0%	N=1
More than 5 times	3%	N=4
Total	100%	N=145

Table 20: Question 8 (including "don't know")

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it…	Percent	Number
Never	69%	N=100
Once or twice	28%	N=40
3-5 times	0%	N=1
More than 5 times	3%	N=4
Don't know	0%	N=0
Total	100%	N=145

Table 21: Question 9 (excluding "don't know")

How likely or unlikely are you to recommend living in your community to adults age 60 and older?	Percent	Number
Very likely	30%	N=33
Somewhat likely	33%	N=35
Somewhat unlikely	12%	N=13
Very unlikely	25%	N=27
Total	100%	N=108

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Table 22: Question 9 (including "don't know")

How likely or unlikely are you to recommend living in your community to adults age 60 and older?	Percent	Number
Very likely	29%	N=33
Somewhat likely	31%	N=35
Somewhat unlikely	12%	N=13
Very unlikely	24%	N=27
Don't know	5%	N=6
Total	100%	N=114

Table 23: Question 10 (excluding "don't know")

How likely or unlikely are you to remain in your community throughout your retirement?	Percent	Number
Very likely	56%	N=61
Somewhat likely	22%	N=24
Somewhat unlikely	9%	N=10
Very unlikely	14%	N=15
Total	100%	N=109

Table 24: Question 10 (including "don't know")

How likely or unlikely are you to remain in your community throughout your retirement?	Percent	Number
Very likely	53%	N=61
Somewhat likely	21%	N=24
Somewhat unlikely	8%	N=10
Very unlikely	13%	N=15
Don't know	5%	N=5
Total	100%	N=114

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Table 25: Question 11

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more		2-4 times a month		Once a month or less		Not at all		Total	
Used a senior center in your community	6%	N=9	11%	N=16	14%	N=20	68%	N=100	100%	N=146
Used a recreation center in your community	12%	N=18	7%	N=10	19%	N=29	61%	N=90	100%	N=146
Used a public library in your community	14%	N=21	7%	N=10	24%	N=35	54%	N=78	100%	N=144
Used bus, rail, subway or other public transportation instead of driving	3%	N=5	9%	N=13	19%	N=27	69%	N=102	100%	N=147
Visited a neighborhood park	14%	N=21	25%	N=37	24%	N=34	37%	N=54	100%	N=146
Attended a local public meeting	2%	N=2	3%	N=4	18%	N=27	77%	N=112	100%	N=146
Watched (online or on television) a local public meeting	1%	N=1	3%	N=4	15%	N=22	82%	N=120	100%	N=147

Table 26: Question 12 (excluding "don't know")

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 to 20 hours		20 or more hours		Total	
One or more individuals age 60 or older	69%	N=94	12%	N=16	3%	N=4	4%	N=5	3%	N=5	8%	N=11	100%	N=135
One or more individuals age 18 to 59	84%	N=113	6%	N=7	3%	N=4	2%	N=2	1%	N=1	5%	N=7	100%	N=135
One or more individuals under age 18	75%	N=98	6%	N=8	3%	N=4	7%	N=9	2%	N=3	7%	N=9	100%	N=131

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Table 27: Question 12 (including "don't know")

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 to 20 hours		20 or more hours		Don't know		Total	
One or more individuals age 60 or older	67%	N=94	11%	N=16	3%	N=4	4%	N=5	3%	N=5	8%	N=11	3%	N=5	100%	N=140
One or more individuals age 18 to 59	82%	N=113	5%	N=7	3%	N=4	2%	N=2	1%	N=1	5%	N=7	3%	N=4	100%	N=139
One or more individuals under age 18	73%	N=98	6%	N=8	3%	N=4	6%	N=9	2%	N=3	7%	N=9	3%	N=4	100%	N=135

Table 28: Question 13 (excluding "don't know")

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 or more hours		Total	
Participating in a club (including book, dance, game and other social)	67%	N=97	21%	N=30	5%	N=7	5%	N=7	3%	N=4	100%	N=144
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	91%	N=128	5%	N=7	1%	N=1	1%	N=1	2%	N=3	100%	N=140
Communicating/visiting with friends and/or family	11%	N=16	41%	N=58	17%	N=25	12%	N=17	19%	N=27	100%	N=142
Participating in religious or spiritual activities with others	44%	N=64	41%	N=60	5%	N=8	7%	N=10	2%	N=4	100%	N=146
Participating in a recreation program or group activity	52%	N=74	28%	N=40	14%	N=20	4%	N=6	2%	N=3	100%	N=143
Providing help to friends or relatives	19%	N=28	53%	N=76	12%	N=17	11%	N=16	4%	N=6	100%	N=142
Volunteering your time to some group/activity in your community	68%	N=92	15%	N=20	10%	N=13	3%	N=4	5%	N=6	100%	N=135

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Table 29: Question 13 (including "don't know")

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 or more hours		Don't know		Total	
Participating in a club (including book, dance, game and other social)	64%	N=97	20%	N=30	5%	N=7	5%	N=7	2%	N=4	5%	N=7	100%	N=152
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	85%	N=128	5%	N=7	1%	N=1	1%	N=1	2%	N=3	7%	N=10	100%	N=150
Communicating/visiting with friends and/or family	10%	N=16	39%	N=58	17%	N=25	11%	N=17	18%	N=27	4%	N=6	100%	N=148
Participating in religious or spiritual activities with others	42%	N=64	40%	N=60	5%	N=8	7%	N=10	2%	N=4	3%	N=5	100%	N=151
Participating in a recreation program or group activity	49%	N=74	26%	N=40	13%	N=20	4%	N=6	2%	N=3	6%	N=10	100%	N=152
Providing help to friends or relatives	18%	N=28	50%	N=76	11%	N=17	11%	N=16	4%	N=6	6%	N=9	100%	N=151
Volunteering your time to some group/activity in your community	61%	N=92	13%	N=20	9%	N=13	2%	N=4	4%	N=6	11%	N=16	100%	N=152

Table 30: Question 14

How often, if at all, do you do each of the following, considering all of the times you could?	Never		Rarely		Sometimes		Usually		Always		Total	
Eat at least 5 portions of fruits and vegetables a day	7%	N=11	21%	N=32	36%	N=54	27%	N=42	9%	N=13	100%	N=152
Participate in moderate or vigorous physical activity	14%	N=21	19%	N=29	28%	N=42	28%	N=42	12%	N=18	100%	N=151
Receive assistance from someone almost every day	72%	N=110	16%	N=24	3%	N=5	4%	N=7	4%	N=7	100%	N=152
Vote in local elections	8%	N=13	1%	N=1	4%	N=5	12%	N=19	75%	N=114	100%	N=152

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Table 31: Question 15

How frequently, if ever, do you do each of the following things on the Internet (using a computer, tablet, cell phone, etc.)?	Daily		Weekly		Monthly		Less than once per month		Never/Not applicable		Total	
Use email, texting or video to communicate	64%	N=97	5%	N=8	2%	N=3	9%	N=14	20%	N=31	100%	N=152
Use social media (Facebook, Twitter, LinkedIn)	29%	N=44	8%	N=12	3%	N=5	8%	N=12	52%	N=80	100%	N=152
Get the news or weather	75%	N=114	10%	N=15	1%	N=1	2%	N=3	12%	N=18	100%	N=151
Shop, search for products and services	19%	N=29	34%	N=51	15%	N=22	14%	N=21	18%	N=28	100%	N=149
Research or study a topic of interest	22%	N=34	29%	N=44	18%	N=27	11%	N=16	21%	N=31	100%	N=152
Share opinions, post to a blog, review a product or service	7%	N=11	11%	N=17	6%	N=10	16%	N=24	60%	N=91	100%	N=152
Attend an online class or training	1%	N=2	1%	N=1	4%	N=5	12%	N=19	82%	N=125	100%	N=152
Work from home	4%	N=6	6%	N=8	2%	N=3	2%	N=3	86%	N=128	100%	N=148
Banking online (paying bills, investing, etc.)	18%	N=28	25%	N=38	13%	N=19	3%	N=5	41%	N=62	100%	N=152
Find info on community resources and events	5%	N=7	17%	N=26	10%	N=16	19%	N=29	49%	N=74	100%	N=151
If you have a question, use Internet to the find the answer	31%	N=46	20%	N=30	10%	N=15	10%	N=15	30%	N=46	100%	N=152
Engage in civic activities (participate in a discussion about community and government issues; research information about an issue or a candidate)	2%	N=3	6%	N=9	6%	N=9	15%	N=23	70%	N=105	100%	N=150
Look up health and medical information	7%	N=11	11%	N=16	24%	N=36	28%	N=43	30%	N=45	100%	N=152
Communicate with government (seek services, get a license, discuss a problem)	2%	N=2	2%	N=3	8%	N=11	33%	N=49	56%	N=85	100%	N=151
Sell goods and services online, advertise	2%	N=4	3%	N=4	2%	N=3	7%	N=10	86%	N=131	100%	N=151
Find directions or look up a map	9%	N=14	20%	N=31	29%	N=44	18%	N=27	24%	N=36	100%	N=152

Table 32: Question 16 (excluding "don't know" and "not applicable")

How comfortable, if at all, are you at each of the following?	Very comfortable		Somewhat comfortable		Not at all comfortable		Total	
Using a computer laptop/desktop	59%	N=78	25%	N=33	15%	N=20	100%	N=131
Using smartphone or tablet computer	57%	N=66	35%	N=41	8%	N=9	100%	N=116
Accessing the Internet	65%	N=84	21%	N=27	14%	N=19	100%	N=129
Using email	79%	N=94	15%	N=17	6%	N=7	100%	N=119
Locating information online (bus schedules, weather, news, etc.)	67%	N=73	27%	N=29	7%	N=8	100%	N=110
Using social networking sites (Facebook, Twitter, etc.)	56%	N=43	23%	N=18	21%	N=16	100%	N=78

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Table 33: Question 16 (including "don't know" and "not applicable")

How comfortable, if at all, are you at each of the following?	Very comfortable		Somewhat comfortable		Not at all comfortable		Don't know		Not applicable		Total	
Using a computer laptop/desktop	51%	N=78	22%	N=33	13%	N=20	1%	N=2	13%	N=20	100%	N=152
Using smartphone or tablet computer	45%	N=66	28%	N=41	6%	N=9	2%	N=3	19%	N=27	100%	N=147
Accessing the Internet	55%	N=84	17%	N=27	12%	N=19	0%	N=0	15%	N=23	100%	N=152
Using email	62%	N=94	11%	N=17	5%	N=7	3%	N=5	18%	N=28	100%	N=152
Locating information online (bus schedules, weather, news, etc.)	48%	N=73	19%	N=29	5%	N=8	6%	N=9	22%	N=33	100%	N=152
Using social networking sites (Facebook, Twitter, etc.)	29%	N=43	12%	N=18	11%	N=16	5%	N=8	43%	N=66	100%	N=152

Table 34: Question D1

How many years have you lived in your community?	Percent	Number
Less than 1 year	4%	N=6
1-5 years	18%	N=28
6-10 years	13%	N=19
11-20 years	14%	N=22
More than 20 years	51%	N=78
Total	100%	N=152

Table 35: Question D2

Which best describes the building you live in?	Percent	Number
Single family home	73%	N=110
Townhouse, condominium, duplex or apartment	11%	N=16
Mobile home	11%	N=17
Assisted living residence	0%	N=0
Nursing home	0%	N=0
Other	5%	N=8
Total	100%	N=151

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Table 36: Question D3

Do you currently rent or own your home?	Percent	Number
Rent	19%	N=28
Own (with a mortgage payment)	37%	N=55
Own (free and clear; no mortgage)	45%	N=67
Total	100%	N=149

Table 37: Question D4

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?	Percent	Number
Less than $300 per month	14%	N=20
$300 to $599 per month	19%	N=27
$600 to $999 per month	15%	N=21
$1,000 to $1,499 per month	24%	N=33
$1,500 to $2,499 per month	23%	N=32
$2,500 or more per month	4%	N=5
Total	100%	N=138

Table 38: Question D5

How many people, including yourself, live in your household?	Percent	Number
1 person (live alone)	37%	N=54
2 people	50%	N=73
3 people	8%	N=11
4 or more people	6%	N=9
Total	100%	N=146
Average number of household members	1.8	N=146

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Table 39: Question D6

How many of these people, including yourself, are…	1 person		2 people		3 people		4 or more people		Total		Average number of household members
60 or older	100%	N=70	100%	N=64	100%	N=0	0%	N=0	100%	N=134	1.5
17 or younger	100%	N=8	100%	N=1	0%	N=0	0%	N=0	100%	N=9	.3
18-59 years old	100%	N=26	100%	N=4	100%	N=8	0%	N=0	100%	N=38	1.0

Table 40: Question D7

What is your employment status?	Percent	Number
Fully retired	68%	N=98
Working full time for pay	23%	N=33
Working part time for pay	8%	N=11
Unemployed, looking for paid work	2%	N=2
Total	100%	N=144

Table 41: Question D8

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent	Number
60 to 64	5%	N=3
65 to 69	32%	N=17
70 to 74	23%	N=12
75 or older	40%	N=22
Total	100%	N=54
Average age of expected retirement	70.4	N=37

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Table 42: Question D9

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent	Number
Less than $15,000	17%	N=23
$15,000 to $24,999	7%	N=10
$25,000 to $49,999	33%	N=45
$50,000 to $74,999	15%	N=21
$75,000 to $99,999	15%	N=20
$100,000 or more	13%	N=17
Total	100%	N=137

Table 43: Question D10

Are you Spanish, Hispanic or Latino?	Percent	Number
Yes	23%	N=33
No	77%	N=113
Total	100%	N=146

Table 44: Question D11

What is your race?	Percent	Number
American Indian or Alaskan Native	5%	N=7
Asian, Asian Indian or Pacific Islander	2%	N=3
Black or African American	0%	N=0
White	84%	N=120
Other	12%	N=17

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

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Table 45: Question D12

In which category is your age?	Percent	Number
60-64 years	30%	N=44
65-69 years	24%	N=36
70-74 years	19%	N=29
75-79 years	15%	N=22
80-84 years	7%	N=11
85-89 years	5%	N=7
90-94 years	0%	N=0
95 years or older	0%	N=0
Total	100%	N=148

Table 46: Question D13

What is your sex?	Percent	Number
Female	54%	N=81
Male	46%	N=68
Other/non-conforming	0%	N=0
Total	100%	N=149

Table 47: Question D14

What is your sexual orientation?	Percent	Number
Heterosexual	100%	N=138
Lesbian	0%	N=0
Gay	0%	N=0
Bisexual	0%	N=0
Total	100%	N=138

Table 48: Question D15

Are you a grandparent raising a grandchild?	Percent	Number
Yes	4%	N=7
No	96%	N=145
Total	100%	N=151

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Appendix B: Survey Methodology

Data Collection Methods

The Community Assessment Survey for Older Adults (CASOA)™, conducted by National Research Center, Inc., was developed to provide an accurate, affordable and easy way to assess and interpret the experience of older adults in the community. The CASOA™ survey instrument and its administration are standardized to assure high quality survey methods and comparable results across CASOA™ communities. The CASOA™ was customized for Denver Regional Council of Governments Area Agency on Aging (DRCOG) to reflect the correct local age definition of older adults and so that the mailing materials used official DRCOG graphics, contact information and signatures. DRCOG, in association with the Colorado Association of Area Agencies on Aging (C4A) and with funding from NextFifty Initiative, sponsored this research. Please contact Jayla Sanchez-Warren of the Denver Regional Council of Governments Area Agency on Aging at 303-445-1000 if you have any questions about the survey.

Survey Development

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

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

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

Selecting Survey Recipients

One of the first steps taken to ensure survey results are representative of the target population is to use a source from which you select survey recipients that provides adequate to good "coverage" of the target population. This source is referred to as the "sampling frame" in survey research lingo.

The target population for this survey was residents in households age 60 years or older within DRCOG’s service area. Since it is cost prohibitive to survey every person age 60 years or older in Adams County, a random selection of records from the sampling frame was made. An example that may be familiar from a math or statistics class is the jar or bowl of marbles of various colors. If the jar has two-thirds red marbles and one-third blue marbles, a random selection of marbles from that jars should result in a similar proportion (although perhaps not identical) of red and blue marbles as in the original jar.

The sampling frame used for this survey was a list of households with a high likelihood of having a resident age 60 years or older within DRCOG’s service area from Go-Dog Direct. These lists to do not provide complete coverage of all members of the target population, but do provide a fairly complete coverage. The lists provided by Go-Dog Direct cannot be mapped directly to political boundaries such as municipalities or counties, but to United States Postal Service (USPS) boundaries such as zip codes or carrier routes. To ensure all eligible households are included, they randomly selected households from their entire list for the target population for all the zip codes that contain even a part of the study

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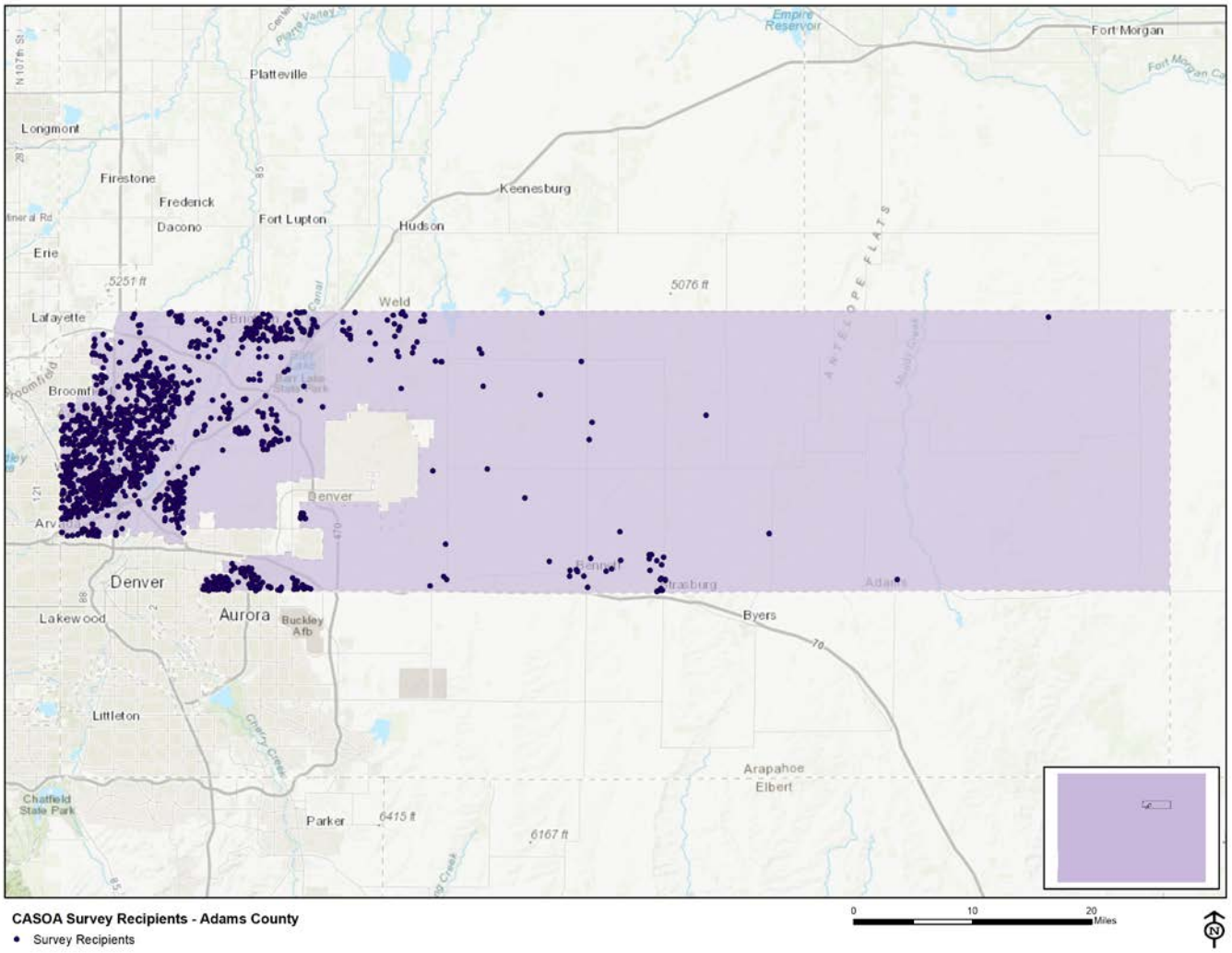
boundaries. They provided a greater number of households than needed so that a process referred to as "geocoding" could be used to eliminate addresses from the list that were outside the study boundaries. Geocoding is a computerized process in which addresses are compared to electronically mapped boundaries and coded as inside or outside desired boundaries. All addresses determined to be outside the study boundaries were eliminated from the list. A stratified, systematic sampling method was used with the remaining addresses to create a mailing list of older adult households with a surveys being sent to each county within the agency's service area (see Figure 22 and Table 49). Systematic sampling is a procedure whereby a complete list of all possible households is culled, selecting every Nth one, giving each eligible household a known probability of selection, until the appropriate number of households is selected.

Although the purchased list of known senior households contained names of the residents 60 years and older, no name was printed on the survey envelope; instead, the survey was addressed to "Resident." In order to select a random individual 60 years of age and older within the household, the cover letter requested that the questionnaire be given to the person 60 years of age and older who most recently celebrated their birthday (regardless of year of birth) to complete. The underlying assumption in this method is that day of birth has no relationship to the way people respond to surveys. This instruction was contained in the cover letter accompanying the questionnaire.

Figure 22: Location of Survey Recipients



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Survey Administration and Response

Each sampled household received three mailings, about one week apart, beginning May 7, 2018. The first mailing was a prenotification postcard announcing the upcoming survey. The next mailing contained a letter from the AAA director inviting the household to participate, a questionnaire and a postage-paid return envelope. The final mailing contained a reminder letter, another survey and a postage-paid return envelope. The second cover letter asked those who had not completed the survey to do so and those who had already done so to refrain from turning in another survey. The cover letter included URL, which allowed respondents to complete the survey online if they preferred. The survey was available in English and Spanish (online only). Completed surveys were collected over the following six weeks.

About 3% of the 10,400 surveys mailed were returned because the housing unit was vacant or the postal service was unable to deliver the survey as addressed. Of the remaining households that received the survey, 1,246 completed the survey, providing an overall response rate of 12%. Of the 1,246 completed surveys, 65 were completed online and zero were completed in Spanish. Additionally, responses were tracked by county and are displayed in the table below. For Adams County, 2% of the 1,525 surveys mailed were returned because the housing unit was vacant or the postal service was unable to deliver the survey as addressed. Of the remaining households that received the survey, 158 completed the survey, providing an overall response rate of 11%. Of the 158 completed surveys, 12 were completed online and zero were completed in Spanish.

The response rates were calculated using AAPOR's response rate #2[2] for mailed surveys of unnamed persons.

Table 49: Survey Response Rates

	Adams County	Arapahoe County	City and County of Broomfield	Clear Creek County	City and County of Denver	Douglas County	Gilpin County	Jefferson County	AAA Overall
Total sample used	1,525	1,665	1,200	1,200	1,200	1,210	1,200	1,200	10,400
I=Complete Interviews	157	158	158	188	138	126	176	133	1,234
P=Partial Interviews	1	2	1	1	2	2	2	1	12
R=Refusal and break off	0	0	0	0	0	0	0	1	1
NC=Non Contact	0	0	0	0	0	0	0	0	0
O=Other	0	0	0	0	0	0	0	0	0
UH=Unknown household	0	0	0	0	0	0	0	0	0
UO=Unknown other	1,337	1,471	1,009	934	1,025	1,063	947	1,041	8,827
Response rate: (I+P)/(I+P) + (R+NC+O) + (UH+UO)	11%	10%	14%	17%	12%	11%	16%	11%	12%

Confidence Intervals

It is customary to describe the precision of estimates made from surveys by a "level of confidence" and accompanying "confidence interval" (or margin of error). A traditional level of confidence, and the one used here, is 95%. The 95% confidence interval can be any size and quantifies the sampling error or

[2] See AAPOR's Standard Definitions here: http://www.aapor.org/Standards-Ethics/Standard-Definitions-(1).aspx for more information

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imprecision of the survey results because some residents' opinions are relied on to estimate all residents' opinions.[3]

The margin of error for the DRCOG survey report is no greater than plus or minus 3% around any given percent and two points around any given average rating reported for all respondents (1,246 completed surveys). The a margin of error for this survey report for Adams County is no greater than plus or minus 8% around any given percent and five points around any given average rating for all respondents (158 completed surveys).

For subgroups of responses, the margin of error increases because the number of respondents for the subgroup is smaller. For subgroups of approximately 100 respondents, the margin of error is plus or minus 10 percentage points.

Survey Processing (Data Entry)

Upon receipt, completed surveys were assigned a unique identification number. Additionally, each survey was reviewed and "cleaned" as necessary. For example, a question may have asked a respondent to pick two items out of a list of five, but the respondent checked three; in this case, NRC would use protocols to randomly choose two of the three selected items for inclusion in the dataset.

All surveys then were entered twice into an electronic dataset; any discrepancies were resolved in comparison to the original survey form. Range checks as well as other forms of quality control were also performed.

NRC used Qualtrics, a web-based survey and analytics platform, to collect the online survey data. Use of an online system means all collected data are entered into the dataset when the respondents submit the surveys. Skip patterns are programmed into system so respondents are automatically "skipped" to the appropriate question based on the individual responses being given. Online programming also allows for more rigid control of the data format, making extensive data cleaning unnecessary.

A series of quality control checks were also performed in order to ensure the integrity of the web data. Steps may include and not be limited to reviewing the data for clusters of repeat IP addresses and time stamps (indicating duplicate responses) and removing empty submissions (questionnaires submitted with no questions answered).

Survey Data Weighting

The primary objective of weighting survey data is to make the survey sample reflective of the larger population of the study area. This is done by: 1) reviewing the sample demographics and comparing them to the population norms from the most recent Census or other sources and 2) comparing the responses to different questions for demographic subgroups. The demographic characteristics that are least similar to the Census and yield the most different results are the best candidates for data weighting. Several different weighting "schemes" are tested to ensure the best fit for the data. The characteristics used for weighting were tenure, housing unit, race, ethnicity, sex, age and area. No adjustments were made for design effects. The results of the weighting scheme are presented in the following table.

[3] A 95% confidence interval indicates that for every 100 random samples of this many residents, 95 of the confidence intervals created will include the "true" population response. This theory is applied in practice to mean that the "true" perspective of the target population lies within the confidence interval created for a single survey. For example, if 75% of residents rate a service as "excellent" or "good," then the 4% margin of error (for the 95% confidence interval) indicates that the range of likely responses for the entire community is between 71% and 79%. This source of uncertainty is called sampling error. In addition to sampling error, other sources of error may affect any survey, including the non-response of residents with opinions different from survey responders. Though standardized on CASOA, on other surveys, differences in question wording, order, translation and data entry, as examples, can lead to somewhat varying results.

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Table 50: Weighting Scheme

	Population norm*	Unweighted	Weighted
Housing**			
Own	78%	95%	81%
Rent	22%	5%	19%
Attached	18%	13%	16%
Detached	82%	87%	84%
Race and ethnicity**			
White	89%	87%	81%
Not white	11%	13%	19%
Hispanic	21%	14%	23%
Not Hispanic	79%	86%	77%
Sex and Age			
Female	54%	60%	54%
Male	46%	40%	46%
60 to 64 years	33%	27%	30%
65 to 74 years	41%	44%	43%
75 or over	26%	29%	27%
Female 60 to 64	17%	17%	16%
Female 65 to 74	22%	26%	22%
Female 75+	16%	17%	16%
Male 60 to 64 years	16%	10%	14%
Male 65 to 74 years	19%	17%	20%
Male 75+	11%	13%	11%
Area			
Rural	19%	37%	19%
Urban	81%	63%	81%

** Source: U.S. Census Bureau, 2011-2015 American Community Survey 5-Year Estimates*

*** Source: U.S. Census Bureau, 2011-2015 American Community Survey 5-Year Estimates, householder age 65 and over*

Survey Data Analysis and Reporting

The survey dataset was analyzed using the Statistical Package for the Social Sciences (SPSS). For the most part, the percentages presented in the reports represent the "percent positive." The percent positive is the combination of the top two most positive response options (i.e., "excellent" and "good," "very safe" and "somewhat safe," "essential" and "very important," etc.), or, in the case of resident behaviors/participation, the percent positive represents the proportion of respondents indicating "yes" or participating in an activity at least once a month.

On many of the questions in the survey respondents may answer "don't know." The proportion of respondents giving this reply is shown in the full set of responses included in *Appendix B: Complete Set of Survey Frequencies*. However, these responses have been removed from the analyses presented in the reports. In other words, the tables and graphs display the responses from respondents who had an opinion about a specific item.

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

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Estimates of the Contribution of Older Adults to the Economy

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

Table 51: Contribution of Older Adults to the Economy

	Percent of older adults	Number of older adults[1]	Average number of hours*	Average hourly rate**	Annual total
Providing care to older adult(s)	31%	24,333	12.1	$12.26	$165,381,470
Providing care to adult(s)	16%	12,740	12.6	$12.26	$90,470,612
Providing care to child(ren)	25%	19,882	12.8	$13.43	$151,962,322
Providing help to family and friends	81%	64,259	3.8	$14.10	$166,008,321
Volunteering	32%	25,332	5.0	$19.71	$114,953,792
Subtotal unpaid					**$688,776,517**
Working part time	8%	6,335	15.0	$27.60	$128,486,862
Working full time	23%	18,062	32.0	$27.60	$781,466,545
Subtotal paid					**$909,953,407**
Total contribution					**$1,598,729,924**

[1] Based on Colorado State Demography Office, Single Year of Age Data 1990-2050.

** Respondents were asked to select a range of hours. The average number of hours was calculated from the mid-point of the response scale. For example, a response of "1 to 3 hours" equated to 2 hours and a response of "never" was assumed to be zero hours. In cases where the respondent chose a response that indicated "11 or more hours" or "20 or more hours", the number of hours was calculated as 125% of 11 and 125% of 20 (i.e., 13.75 and 25 respectively). Working full time was assumed to be 32 hours per week and working part time was assumed to be 15 hours per week.*

***The economic value of an hour worked was assumed to be the same as the average hourly wage as calculated by the Bureau of Labor statistics for similar types of work in the Denver-Aurora-Lakewood, CO MSA. Providing care for older adults and adults was assumed to be the equivalent of "Personal and Home Care Aides." Providing care for children was assumed to be the equivalent of "Child Care Workers." Providing help to family and friends was assumed to be the equivalent of "Personal Care and Service Occupations." Volunteering was assumed to be the equivalent of "Office Clerks, General." Working full time and part time was assumed to be the equivalent of "All Occupations."*

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

The proportion of older adults doing volunteer work and providing help to friends and neighbors was determined by looking at the responses to question 12 ("During a typical week, how many hours, if any, do you spend doing the following?"), items f ("providing help to family and friends") and g ("volunteering your time to some group/activity"). Those responding "1 to 3 hours" were assumed to spend two hours, "4 to 5 hours" were assumed to spend 4.5 hours, those responding "6 to 10 hours" were assumed to spend eight hours, and those responding "11 or more hours" were assumed to spend 13.75 hours (125% of 11). To determine the average hourly wage, "providing help to family and friends" was assumed to be the equivalent of "Personal Care and Service Workers, All Other" (occupation code 39-9099) and volunteering was assumed to be the equivalent of "Office Clerks, General" (occupation code 43-9061).

The proportion of older adults providing care to family and friends was determined by examining the responses to question 12. Those responding "1 to 3 hours" were assumed to spend two hours, "4 to 5 hours" were assumed to spend 4.5 hours, those responding "6 to 10 hours" were assumed to spend eight

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hours, and those responding "11 to 19 hours" were assumed to spend 15 hours and those responding "20 or more hours" were assumed to spend 25 hours (125% of 20). To determine the average hourly wage, "providing care for older adults and adults" (items a and b) were assumed to be the equivalent of "Personal and Home Care Aides" (occupation code 39-9021) and "providing care for children" (item c) was assumed to be the equivalent of "Child Care Workers" (occupation code 39-9011).

Community Summary Scores

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

Index	Individual Variables Used in Index
Quality of Community	How do you rate your community as a place to live?
	How do you rate your community as a place to retire?
	How would you rate the overall services provided to older adults in your community?
	Recommend living in your community to older adults
	Remain in your community throughout your retirement
Community and Belonging	Sense of community
	Openness and acceptance of the community towards older residents of diverse backgrounds
	Overall feeling of safety in your community
	Valuing older residents in your community
	Neighborliness of your community
Community Information	Availability of information about resources for older adults
	Availability of financial and legal planning services
	In general, how informed or uninformed do you feel about services and activities available to older adults in your community?
Opportunities for Productive Activities	Opportunities to volunteer
	Employment opportunities
	Opportunities to enroll in skill-building or personal enrichment classes
	Recreation opportunities (including games, arts and library services, etc.)
	Opportunities to attend social events or activities
	Opportunities to attend religious or spiritual activities
	Opportunities to attend or participate in meetings about local government or community matters
Health and Wellness Opportunities	Fitness opportunities (including exercise classes and paths or trails, etc.)
	Availability of long-term care options
	Availability of daytime care options for older adults
	Availability of affordable quality physical health care
	Availability of affordable quality mental health care
	Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)

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Index	Individual Variables Used in Index
Community Design and Land Use	Availability of affordable quality housing
	Variety of housing options
	Availability of affordable quality food
	Ease of travel by public transportation in your community
	Ease of car travel in your community
	Ease of walking in your community
	Ease of getting to the places you usually have to visit
	Cost of living in your community

Needs Summary Scores

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

Index	Individual Variables Used in Index	Required Rating
Safety	Must have at least one of the following:	
	- Being a victim of crime	Moderate or major problem
	- Being a victim of fraud or a scam	Moderate or major problem
	- Being physically or emotionally abused	Moderate or major problem
	- Being treated unfairly or discriminated against because of your age	Moderate or major problem
Civic engagement	Must	
	- Vote in local elections	Never or rarely
	Or	
	- Participating in a civic group (including Elks, Kiwanis, Masons, etc.) and Volunteering your time to some group/activity in your community	Never (no hours)
	Or	
	- Attended local public meeting and Watched (online or on television) a local public meeting	Not at all
Social engagement	Must have:	
	- Having interesting social events or activities to attend	Moderate or major problem
	Or all of the following:	
	- Used a senior center in your community	Not at all
	- Participating in a club (including book, dance, game and other social)	Never (no hours)
	- Participating in religious or spiritual activities with others	Never (no hours)
Recreation	Must have q6(b)c:	
	- Having interesting recreational or cultural activities to attend	Moderate or major problem
	Or all of the following:	
	- Used a recreation center in your community	Not at all
	- Used a public library in your community	Not at all
	- Visited a neighborhood park	Not at all

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Index	Individual Variables Used in Index	Required Rating
	- Participating in a recreation program or group activity	Never (no hours)
Caregiver burden	Must have:	
	- Feeling physically burdened by providing care for another person	Moderate or major problem
	- Feeling emotionally burdened by providing care for another person	Moderate or major problem
	- Feeling financially burdened by providing care for another person	Moderate or major problem
Financial and legal	Must have at least one of the following:	
	- [Ratio] How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.) / How many people, including yourself, live in your household?	Income was at or below the income limits set by HUD for Section 8 programs
	- Having enough money to meet daily expenses	Moderate or major problem
	- Having enough money to pay your property taxes	Moderate or major problem
	- Dealing with legal issues	Moderate or major problem
	- Finding work in retirement	Moderate or major problem
	- Building skills for paid or unpaid work	Moderate or major problem
	- Dealing with financial planning issues	Moderate or major problem
Meaningful activities	Must have at least one of the following:	
	- Finding productive or meaningful activities to do	Moderate or major problem
	- Feeling like your voice is heard in the community	Moderate or major problem
	- Finding meaningful volunteer work	Moderate or major problem
	- Not knowing what services are available to older adults in your community	Moderate or major problem
Physical health	Must have at least one of the following:	
	- How do you rate your overall physical health?	Fair or poor
	- Your physical health	Moderate or major problem
	- Doing heavy or intense housework	Moderate or major problem
	- Maintaining your home	Moderate or major problem
	- Maintaining your yard	Moderate or major problem
	- Staying physically fit	Moderate or major problem
	- Maintaining a healthy diet	Moderate or major problem
	- Eat at least 5 portions of fruits and vegetables a day	Never or rarely
	- Participate in moderate or vigorous physical activity	Never or rarely
Mental health	Must have at least one of the following:	
	- How do you rate your overall mental health/emotional wellbeing?	Fair or poor
	- Feeling depressed	Moderate or major problem
	- Experiencing confusion or forgetfulness	Moderate or major problem
	- Having friends or family you can rely on	Moderate or major problem
	- Figuring out which medications to take and when	Moderate or major problem
	- Feeling bored	Moderate or major problem
	- Feeling lonely or isolated	Moderate or major problem
	- Dealing with the loss of a close family member or friend	Moderate or major problem
Health care	Must have at least one of the following:	
	- Finding affordable health insurance	Moderate or major problem
	- Getting the health care you need	Moderate or major problem

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Index	Individual Variables Used in Index	Required Rating
	- Affording the medications you need	Moderate or major problem
	- Getting the oral health care you need	Moderate or major problem
	- Getting the vision care you need	Moderate or major problem
	- Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	Moderate or major problem
Institutionalization risk	Must have at least one of the following:	
	- Performing regular activities, including walking, eating and preparing meals	Moderate or major problem
	- No longer being able to drive	Moderate or major problem
	- Falling or injuring yourself in your home	Moderate or major problem
	- A hospital	Spent 3 or more days in past 12 months
	- In a long-term care facility (including nursing home or in-patient rehabilitation)	Spent 3 or more days in past 12 months
	- Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it…	Fell 3 or more times in past 12 months
	- Receive assistance from someone almost every day	Sometimes, usually or always
Basic necessities	Must have at least one of the following:	
	- How do you rate your overall quality of life?	Fair or poor
	- Having housing to suit your needs	Moderate or major problem
	- Having enough food to eat	Moderate or major problem
	- Having safe and affordable transportation available	Moderate or major problem

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Appendix C: Benchmark Comparisons

NRC has developed a database that collates responses to CASOA and related surveys administered in other communities, which allows the results from Adams County to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in 175+ communities across the nation. The demographics of NRC's database match the demographics in the nation, based on the U.S. Census 2010 estimates.

Interpreting the Results

Ratings are compared when similar questions are included in NRC's database and there are at least five communities in which the question was asked. Where comparisons are available, three numbers are provided in the table. The first column is Adams County's proportion of the population responding in a particular way (e.g., percent "likely" to recommend living in the community). The second column is the rank assigned to this rating among communities where a similar question was asked. The third column is the number of communities that asked a similar question. The fourth column shows the comparison of Adams County's rating (column one) to the benchmark.

Where comparisons for ratings were available, Adams County's results were generally noted as being "higher" than the benchmark, "lower" than the benchmark or "similar" to the benchmark. In instances where ratings are considerably higher or lower than the benchmark, these ratings have been further demarcated by the attribute of "much," (for example, "much higher" or "much lower"). These labels come from a statistical comparison of the Adams County's rating to the benchmark where a rating is considered "similar" if it is within than the margin of error; "higher" or "lower" if the difference between your community's rating and the benchmark is greater the margin of error; and "much higher" or "much lower" if the difference between your community's rating and the benchmark is more than twice the margin of error.

Table 52: Community as a Place for Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Community as an excellent or good place to live	76%	332	393	Lower
Community as an excellent or good place to retire	60%	313	391	Similar
Excellent or good overall services provided to older adults	57%	20	69	Similar

Table 53: Recommendation of Community to Others Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to recommend living to older adults	63%	303	315	Much lower

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Table 54: Remaining in Community Throughout Retirement Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to remain throughout retirement	78%	48	69	Similar

Table 55: Older Adult Community and Belonging Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good sense of community	44%	360	392	Much lower
Excellent or good openness and acceptance of the community towards older residents of diverse backgrounds	46%	331	376	Lower
Excellent or good overall feeling of safety	69%	148	202	Similar
Excellent or good valuing of older residents	50%	50	68	Similar
Excellent or good neighborliness	44%	187	199	Lower

Table 56: Safety Problems Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with being a victim of crime	15%	18	69	Similar
Problems with being a victim of fraud or a scam	22%	15	68	Similar
Problems with being physically or emotionally abused	16%	1	68	Similar
Problems with being treated unfairly or discriminated against because of age	33%	7	61	Similar

Table 57: Awareness of Older Adult Services and Activities Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Informed about services and activities available to older adults	59%	27	69	Similar

Table 58: Availability of Information About Older Adult Resource Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of information about resources for older adults	47%	16	69	Similar
Excellent or good availability of financial and legal planning services	48%	14	68	Higher

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Table 59: Meaningful Activities Needs Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding productive or meaningful activities to do	44%	5	68	Higher
Problems with feeling like your voice is heard in the community	63%	9	69	Similar
Problems with finding meaningful volunteer work	43%	4	69	Higher
Problems with not knowing what services are available to older adults in your community	63%	38	69	Similar

Table 60: Civic Engagement Opportunities Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to volunteer	70%	225	307	Similar
Excellent or good opportunities to attend or participate in meetings about local government or community matters	66%	28	69	Similar

Table 61: Participation in Civic Activities Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Attended a local public meeting at least once in past 12 months	23%	284	391	Similar
Watched (online or on television) a least once in past 12 months	18%	275	322	Lower
Participating in a civic group (including Elks, Kiwanis, Masons, etc.) for one hour or more per week	9%	49	69	Similar
Volunteering your time to some group/activity for one hour or more per week	32%	52	69	Similar
Voted in the last local election	87%	150	390	Similar

Table 62: Social Engagement Opportunities Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to attend social events or activities	68%	115	303	Similar
Excellent or good opportunities to attend religious or spiritual activities	72%	239	267	Lower

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Table 63: Participation in Social Activities Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a senior center at least once in past 12 months	32%	6	69	Higher
Participating in a club (including book, dance, game and other social) for one hour or more per week	33%	21	69	Similar
Communicating/ visiting with friends and/or family for one hour or more per week	89%	65	199	Much higher
Participating in religious or spiritual activities with others for one hour or more per week	56%	227	266	Lower
Providing help to friends or relatives for one hour or more per week	81%	64	194	Similar

Table 64: Social Engagement Problems Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting social events or activities to attend	53%	13	69	Similar

Table 65: Recreational and Personal Enrichment Opportunities Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to enroll in skill-building or personal enrichment classes	57%	30	69	Similar
Excellent or good recreation opportunities (including games, arts and library services, etc.)	73%	147	389	Similar

Table 66: Participation in Recreational and Personal Enrichment Activities Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a recreation center at least once in past 12 months	39%	260	341	Similar
Used a public library at least once in past 12 months	46%	331	350	Lower
Visited a neighborhood park at least once in past 12 months	63%	332	389	Lower
Participating in a recreation program or group activity for one hour or more per week	48%	14	69	Similar

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Table 67: Recreational Problems Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting recreational or cultural activities to attend	44%	36	69	Similar

Table 68: Caregiver Burden Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling physically burdened by providing care for another person	28%	15	61	Similar
Problems with feeling emotionally burdened by providing care for another person	32%	7	61	Similar
Problems with feeling financially burdened by providing care for another person	31%	4	61	Higher

Table 69: Employment Opportunities Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good employment opportunities	41%	105	376	Similar

Table 70: Financial and Legal Problems of Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having enough money to meet daily expenses	48%	3	69	Higher
Problems with having enough money to pay your property taxes	36%	2	69	Higher
Problems with dealing with legal issues	40%	3	68	Higher
Problems with finding work in retirement	41%	5	69	Higher
Problems with building skills for paid or unpaid work	36%	6	69	Similar
Problems with dealing with financial planning issues	37%	27	68	Similar

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Table 71: Physical Health Opportunities Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good fitness opportunities (including exercise classes and paths or trails, etc.)	75%	97	201	Similar
Excellent or good availability of affordable quality physical health care	60%	169	347	Similar

Table 72: Overall Physical Health of Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall physical health	77%	30	202	Higher

Table 73: Participation in Healthy Activities Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Always or usually eats at least 5 portions of fruits and vegetables a day	36%	146	192	Similar
Always or usually participates in moderate or vigorous physical activity	40%	147	193	Similar

Table 74: Physical Health Problems of Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with your physical health	45%	64	69	Lower
Problems with problems with Doing heavy or intense housework	55%	36	68	Similar
Problems with maintaining your home	35%	55	69	Similar
Problems with maintaining your yard	42%	39	69	Similar
Problems with staying physically fit	56%	33	69	Similar
Problems with maintaining a healthy diet	43%	35	69	Similar

Table 75: Availability of Mental Healthcare Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality mental health care	47%	70	185	Similar

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Table 76: Emotional Wellbeing of Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall mental health/emotional well being	86%	35	69	Similar

Table 77: Mental Health Problems of Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling depressed	42%	24	68	Similar
Problems with experiencing confusion or forgetfulness	24%	61	68	Similar
Problems with having friends or family you can rely on	35%	14	69	Similar
Problems with figuring out which medications to take and when	8%	42	61	Similar
Problems with feeling bored	41%	38	68	Similar
Problems with feeling lonely or isolated	42%	1	68	Higher
Problems with dealing with the loss of a close family member or friend	45%	7	69	Similar

Table 78: Availability of Preventative Health Care Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	63%	152	285	Similar

Table 79: Health Care Problems of Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding affordable health insurance	43%	28	69	Similar
Problems with getting the health care you need	42%	16	69	Similar
Problems with affording the medications you need	47%	2	68	Higher
Problems with getting the oral health care you need	35%	8	67	Similar
Problems with getting the vision care you need	32%	9	61	Similar
Problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	54%	3	69	Higher

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Table 80: Care Options for Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of long-term care options	28%	43	62	Similar
Excellent or good availability of daytime care options for older adults	44%	4	61	Higher

Table 81: Falls, Hospitalizations and Institutionalizations of Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Spent at least 1 day in a hospital in past 12 months	26%	13	68	Similar
Spent at least 1 day in a nursing home or in-patient rehabilitation facility	2%	44	68	Similar
Had at least 1 fall in the past 12 months	31%	47	68	Similar

Table 82: Independent Living Problems of Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with performing regular activities, including walking, eating and preparing meals	30%	37	69	Similar
Problems with no longer being able to drive	16%	23	69	Similar
Problems with falling or injuring yourself in your home	33%	6	68	Similar

Table 83: Aspects of Design and Land Use Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality housing	20%	312	383	Lower
Excellent or good variety of housing options	34%	242	309	Lower
Excellent or good availability of affordable quality food	60%	225	311	Similar
Excellent or good ease of bus, rail, subway or other public transit	28%	135	200	Lower
Excellent or good ease of car travel	61%	242	377	Similar
Excellent or good ease of walking	63%	196	374	Similar
Excellent or good ease of getting to the places usually visited	64%	163	202	Similar
Excellent or good cost of living	29%	142	194	Lower

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Table 84: Public Transportation Use by Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used bus, rail, subway or other public transportation instead of driving at least once	31%	40	177	Higher

Table 85: Basic Needs Problems of Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having housing to suit your needs	33%	2	68	Higher
Problems with having enough food to eat	19%	4	68	Similar
Problems with having safe and affordable transportation available	29%	15	69	Similar

Table 86: Overall Quality of Life of Older Residents Benchmarks

	Adams County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall quality of life	77%	53	69	Similar

Jurisdictions Included in Benchmark Comparisons

- Fort Smith, AR
- Siloam Springs, AR
- Apache Junction, AZ
- Casa Grande, AZ
- Dewey-Humboldt, AZ
- Gilbert, AZ
- Goodyear, AZ
- Mesa, AZ
- Peoria, AZ
- Prescott Valley, AZ
- Safford, AZ
- Sahuarita, AZ
- Scottsdale, AZ
- Sedona, AZ
- Surprise, AZ
- Tucson, AZ
- Yuma, AZ
- American Canyon, CA
- Benicia, CA
- Burlingame, CA
- Chula Vista, CA
- Clovis, CA
- Coronado, CA
- Dublin, CA
- El Cerrito, CA
- Elk Grove, CA
- Galt, CA
- Laguna Beach, CA
- Livermore, CA
- Lodi, CA
- Martinez, CA
- Menlo Park, CA
- Monterey, CA
- Oceanside, CA
- Palm Springs, CA
- Palo Alto, CA
- Richmond, CA
- Ridgecrest, CA
- San Jose, CA
- San Luis Obispo County, CA
- San Ramon, CA
- Santa Barbara County, CA
- Saratoga, CA
- Seaside, CA
- South Lake Tahoe, CA
- Stockton, CA
- Tracy, CA
- Walnut Creek, CA
- Adams County, CO
- Arapahoe County, CO
- Archuleta County, CO
- Associated Governments of Northwest Colorado (Reg. 11), CO
- Aurora, CO
- Boulder County Area Agency on Aging (Reg. 3b), CO
- Boulder County, CO
- Brighton, CO
- Broomfield, CO
- Carbon Valley, CO
- Clear Creek County, CO
- Colorado Springs, CO
- Craig, CO
- Crested Butte, CO
- Delta County, CO
- Denver, CO
- Douglas County, CO
- DRCOG Area Agency on Aging (Reg. 3a), CO
- Eagle County, CO
- East Central Council of Governments (Reg. 5), CO
- El Paso County, CO
- Englewood, CO
- Erie, CO

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- Estes Park, CO
- Garfield County, CO
- Gilpin County, CO
- Gunnison County, CO
- Hinsdale County, CO
- Jefferson County, CO
- Lafayette, CO
- Larimer County Office on Aging (Reg. 2a), CO
- Lower Arkansas Valley AAA (Reg. 6), CO
- Mesa County, CO
- Montrose County, CO
- Northeastern Colorado Association of Local Governments (Reg. 1), CO
- Northwest Colorado Council of Governments (NWCOG) (Reg. 12), CO
- Ouray County, CO
- Park County, CO
- Pikes Peak Area Agency on Aging (Reg. 4), CO
- Pitkin County, CO
- Pueblo AAA Southern Region (Reg. 7), CO
- Region 10 AAA, CO
- Routt County, CO
- San Juan Basin AAA (Reg. 9), CO
- San Miguel County, CO
- South Central Council of Governments AAA (Reg. 14), CO
- South-Central Colorado Seniors, Inc. (Reg. 8), CO
- Teller County, CO
- Thornton, CO
- Upper Arkansas AAA (Reg. 13), CO
- Weld County Area Agency on Aging (Reg. 2b), CO
- Windsor, CO
- Coventry, CT
- Dover, DE
- Bonita Springs, FL
- Brevard County, FL
- Cape Coral, FL
- Charlotte County, FL
- Clearwater, FL
- Cooper City, FL
- Dania Beach, FL
- Daytona Beach, FL
- Delray Beach, FL
- Destin, FL
- Gainesville, FL
- Jupiter, FL
- Key West, FL
- Lee County, FL
- Melbourne, FL
- Miami, FL
- Oakland Park, FL
- Ocoee, FL
- Oldsmar, FL
- Oviedo, FL
- Palm Bay, FL
- Palm Coast, FL
- Pasco County, FL
- Pinellas County, FL
- Port St. Lucie, FL
- Sanford, FL
- Sarasota, FL
- South Daytona, FL
- Titusville, FL
- Walton County, FL
- Winter Garden, FL
- Albany, GA
- Cartersville, GA
- Conyers, GA
- Decatur, GA
- McDonough, GA
- Milton, GA
- Sandy Springs, GA
- Smyrna, GA
- Snellville, GA
- Suwanee, GA
- Honolulu, HI
- Ankeny, IA
- Bettendorf, IA
- Clive, IA
- Iowa City, IA
- Muscatine, IA
- Newton, IA
- Polk County, IA
- Urbandale, IA
- Pocatello, ID
- Post Falls, ID
- Twin Falls, ID
- Collinsville, IL
- Crystal Lake, IL
- DeKalb, IL
- Evanston, IL
- Highland Park, IL
- Homewood, IL
- Lake Zurich, IL
- Libertyville, IL
- Lincolnwood, IL
- Oak Park, IL
- O'Fallon, IL
- Orland Park, IL
- Palatine, IL
- Park Ridge, IL
- Peoria County, IL
- Peoria, IL
- Riverside, IL
- Schaumburg, IL
- Shorewood, IL
- Skokie, IL
- St. Charles, IL
- Sugar Grove, IL
- Western Springs, IL
- Wilmington, IL
- Aging and In-Home Services of Northeast Indiana, IN
- Area 10 Agency on Aging, IN
- Area 7 Agency on Aging and Disabled/WCIEDD, IN
- Area Five Agency, IN
- Area IV Agency on Aging & Community Action Programs, Inc., IN
- Boone County, IN
- Brownsburg, IN
- CICOA Aging and In-Home Solutions, IN
- East Chicago, IN
- Fishers, IN
- Generations, IN
- Hamilton County, IN
- Hancock County, IN
- Hendricks County, IN
- Hoosier Uplands/Area 15 Area Agency on Aging, IN
- Johnson County, IN
- Lifespan Resources, IN
- LifeStream Services - Area 6, IN
- LifeStream Services - Area 9, IN
- LifeTime Resources, IN
- Marion County, IN
- Morgan County, IN
- Munster, IN
- Noblesville, IN
- Northwest Indiana Community Action, IN
- REAL Services, Inc., IN
- Shelby County, IN
- SWIRCA & More, IN
- Thrive Alliance, IN
- Yorktown, IN
- Arkansas City, KS
- Lindsborg, KS

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- Salina, KS
- Wichita, KS
- Ashland, KY
- Bowling Green, KY
- Danville, KY
- Daviess County, KY
- Paducah, KY
- Bedford, MA
- Brookline, MA
- Hopkinton, MA
- Needham, MA
- Weston, MA
- Annapolis, MD
- Gaithersburg, MD
- La Plata, MD
- Ocean City, MD
- Ann Arbor, MI
- Battle Creek, MI
- Delhi Township, MI
- Farmington Hills, MI
- Howell, MI
- Jackson County, MI
- Kalamazoo County, MI
- Meridian Charter Township, MI
- Midland, MI
- Novi, MI
- Oakland Township, MI
- Petoskey, MI
- Rochester, MI
- South Haven, MI
- Troy, MI
- Albert Lea, MN
- Bloomington, MN
- Chanhassen, MN
- Duluth, MN
- Hutchinson, MN
- Inver Grove Heights, MN
- Lakeville, MN
- Maplewood, MN
- Ramsey, MN
- Victoria, MN
- Maryville, MO
- Richmond Heights, MO
- Billings, MT
- Bozeman, MT
- Asheville, NC
- Charlotte, NC
- Davidson, NC
- Mooresville, NC
- Morrisville, NC
- Winston-Salem, NC
- Grand Island, NE
- La Vista, NE
- Papillion, NE
- Dover, NH
- Hooksett, NH
- Lebanon, NH
- Summit, NJ
- Willingboro Township, NJ
- Alamogordo, NM
- Bloomfield, NM
- Farmington, NM
- Las Cruces, NM
- Rio Rancho, NM
- San Juan County, NM
- Santa Fe County, NM
- Taos, NM
- North Las Vegas, NV
- Geneva, NY
- Hanau, Germany
- Rye, NY
- Watertown, NY
- Delaware, OH
- Hamilton, OH
- Hudson, OH
- Piqua, OH
- Sandusky, OH
- Broken Arrow, OK
- Stillwater, OK
- Ashland, OR
- Corvallis, OR
- Gresham, OR
- Hermiston, OR
- Lane County, OR
- McMinnville, OR
- Tualatin, OR
- Wilsonville, OR
- Chambersburg, PA
- Cranberry Township, PA
- Cumberland County, PA
- Ephrata Borough, PA
- Kennett Square, PA
- Kutztown Borough, PA
- Lower Providence Township, PA
- Peters Township, PA
- State College, PA
- West Chester, PA
- East Providence, RI
- Clinton, SC
- Columbia, SC
- Greer, SC
- Horry County, SC
- Mauldin, SC
- Rock Hill, SC
- Canton, SD
- Rapid City, SD
- Sioux Falls, SD
- Bristol, TN
- Johnson City, TN
- Morristown, TN
- Sevierville, TN
- White House, TN
- Benbrook, TX
- Burleson, TX
- Denison, TX
- Denton, TX
- Duncanville, TX
- Flower Mound, TX
- Galveston, TX
- Grand Prairie, TX
- La Porte, TX
- League City, TX
- McAllen, TX
- Missouri City, TX
- New Braunfels, TX
- Pasadena, TX
- Pearland, TX
- Plano, TX
- Rosenberg, TX
- Temple, TX
- Watauga, TX
- Farmington, UT
- Park City, UT
- Washington City, UT
- Albemarle County, VA
- Ashland, VA
- Blacksburg, VA
- Charlottesville, VA
- Chesterfield County, VA
- Fredericksburg, VA
- Hampton, VA
- Hanover County, VA
- Harrisonburg, VA
- Hopewell, VA
- Lexington, VA
- Lynchburg, VA
- Montgomery County, VA
- Norfolk, VA
- Northampton County, VA
- Radford, VA
- Williamsburg, VA
- Montpelier, VT
- Airway Heights, WA
- Bainbridge Island, WA
- Federal Way, WA
- Gig Harbor, WA

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- Issaquah, WA
- Kenmore, WA
- Lakewood, WA
- Lynnwood, WA
- Marysville, WA
- Mountlake Terrace, WA
- Pasco, WA
- Renton, WA
- Spokane Valley, WA
- Tacoma, WA
- Yakima, WA
- Appleton, WI
- Eau Claire, WI
- Merrill, WI
- Milton, WI
- River Falls, WI
- Wauwatosa, WI
- Whitewater, WI
- Morgantown, WV
- Casper, WY
- Cheyenne, WY
- Teton County, WY

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Appendix D: References

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Appendix E: Survey Materials

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Dear Resident,

It won't take much of your time to make a big difference!

Your household has been randomly selected to participate in a survey about your community. Your survey will arrive in a few days.

Thank you for helping us with this important study!

Sincerely,

Estimado Residente,

¡No le tomará mucho de su tiempo para marcar una gran diferencia!

Su hogar ha sido elegido al azar para participar en una encuesta sobre su comunidad. Su encuesta le llegará dentro de pocos días.

¡Gracias por ayudarnos con este importante estudio!

Atentamente,

Jayla Sanchez-Warren
Director/Directora

Dear Resident,

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Jayla Sanchez-Warren
Director/Directora

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DENVER REGIONAL COUNCIL OF GOVERNMENTS

Executive Committee
Herb Atchison, Chair
Bob Fifer, Vice Chair
John Diak, Secretary
Ashley Stolzmann, Treasurer
Bob Roth, Immediate Past Chair
Douglas W. Rex, Executive Director

May 2018

Dear Resident:

The Denver Regional Council of Governments, in association with the Colorado Association of Area Agencies on Aging (C4A) and with funding from NextFifty Initiative, is conducting a survey to learn about the current and future needs of older adults living in Adams, Arapahoe, Clear Creek, Douglas, Gilpin, and Jefferson Counties, as well as the City and County of Broomfield and the City and County of Denver.

El Consejo Regional de Denver de la Agencia de Área de Gobiernos Locales sobre el Envejecimiento está llevando a cabo una encuesta en su comunidad para enterarse de sus necesidades actuales y futuras. Usted ha sido elegido al azar para participar en la encuesta. Si usted prefiere completar la encuesta en Español, puede hacerlo en el sitio de red escrito abajo. Por favor escriba el vínculo exactamente como aparece. ¡Gracias por participar!

Please take a few minutes to complete the enclosed survey. Your participation in this survey is very important – especially since your household is one of only a small number of households being surveyed. Your feedback will help us to better understand and plan for the needs of older adults in our community.

A few things to remember:

- **Your responses are completely anonymous.**
- In order to hear from a diverse group of older residents, the **adult 60 years or older** in your household who most recently had a birthday should complete this survey.
- **Please return the survey by mail in the enclosed postage-paid envelope, or you can complete the survey online at:**

If you have any questions or need assistance with this survey, please call Mindy Patton at 303-480-6723.

Thank you for your time and participation.

Respectfully,

Jayla Sanchez-Warren
Director, Area Agency on Aging

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DENVER REGIONAL COUNCIL OF GOVERNMENTS

Executive Committee
Herb Atchison, Chair
Bob Fifer, Vice Chair
John Diak, Secretary
Ashley Stolzmann, Treasurer
Bob Roth, Immediate Past Chair
Douglas W. Rex, Executive Director

May 2018

Dear Resident:

Here's a second chance if you haven't already responded to our 2018 community survey! **(If you completed it and sent it back, we thank you for your time and ask you to recycle this survey. Please do not respond twice.)**

The Denver Regional Council of Governments, in association with the Colorado Association of Area Agencies on Aging (C4A) and with funding from NextFifty Initiative, is conducting a survey to learn about the current and future needs of older adults living in Adams, Arapahoe, Clear Creek, Douglas, Gilpin, and Jefferson Counties, as well as the City and County of Broomfield and the City and County of Denver.

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A few things to remember:

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If you have any questions or need assistance with this survey, please call Mindy Patton at 303-480-6723.

Thank you for your time and participation.

Respectfully,

Jayla Sanchez-Warren
Director, Area Agency on Aging

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

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

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

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

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

3. How would you rate the overall services provided to adults age 60 or older in your community?

- ❑ Excellent
- ❑ Good
- ❑ Fair
- ❑ Poor
- ❑ Don't know

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4. In general, how informed or uninformed do you feel about the following?

	Very informed	*Somewhat informed*	*Somewhat uninformed*	*Very uninformed*
Services and activities available to older adults in your community	1	2	3	4
Long term care options (i.e. nursing homes, home care)	1	2	3	4
Information on planning for the future	1	2	3	4

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

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

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

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

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

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

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

As a patient in a hospital?..... _____ number of days

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

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

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

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

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

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

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

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

	2 times a week or more	*2-4 times a month*	*Once a month or less*	*Not at all*
Used a senior center in your community	1	2	3	4
Used a recreation center in your community	1	2	3	4
Used a public library in your community	1	2	3	4
Used bus, rail, subway or other public transportation instead of driving	1	2	3	4
Visited a neighborhood park	1	2	3	4
Attended a local public meeting	1	2	3	4
Watched (online or on television) a local public meeting	1	2	3	4

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

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

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

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

14. How often, if at all, do you do each of the following, considering all of the times you could?

	Never	*Rarely*	*Sometimes*	*Usually*	*Always*
Eat at least 5 portions of fruits and vegetables a day	1	2	3	4	5
Participate in moderate or vigorous physical activity	1	2	3	4	5
Receive assistance from someone almost every day	1	2	3	4	5
Vote in local elections	1	2	3	4	5

15. How frequently, if ever, do you do each of the following things on the Internet (using a computer, tablet, cell phone, etc.)?

	Daily	*Weekly*	*Monthly*	*Less than once per month*	*Never/Not applicable*
Use email, texting or video to communicate	1	2	3	4	5
Use social media (Facebook, Twitter, LinkedIn)	1	2	3	4	5
Get the news or weather	1	2	3	4	5
Shop, search for products and services	1	2	3	4	5
Research or study a topic of interest	1	2	3	4	5
Share opinions, post to a blog, review a product or service	1	2	3	4	5
Attend an online class or training	1	2	3	4	5
Work from home	1	2	3	4	5
Banking online (paying bills, investing, etc.)	1	2	3	4	5
Find info on community resources and events	1	2	3	4	5
If you have a question, use Internet to the find the answer	1	2	3	4	5
Engage in civic activities (participate in a discussion about community and government issues; research information about an issue or a candidate)	1	2	3	4	5
Look up health and medical information	1	2	3	4	5
Communicate with government (seek services, get a license, discuss a problem)	1	2	3	4	5
Sell goods and services online, advertise	1	2	3	4	5
Find directions or look up a map	1	2	3	4	5

16. How comfortable, if at all, are you at each of the following?

	Very comfortable	*Somewhat comfortable*	*Not at all comfortable*	*Don't know*	*Not applicable*
Using a computer laptop/desktop	1	2	3	4	5
Using a smartphone or tablet computer	1	2	3	4	5
Accessing the Internet	1	2	3	4	5
Using email	1	2	3	4	5
Locating information online (bus schedules, weather, news, etc.)	1	2	3	4	5
Using social networking sites (Facebook, Twitter, etc.)	1	2	3	4	5

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

D1. How many years have you lived in your community?
- ❑ Less than 1 year
- ❑ 1-5 years
- ❑ 6-10 years
- ❑ 11-20 years
- ❑ More than 20 years

D2. Which best describes the building you live in?
- ❑ Single family home
- ❑ Townhouse, condominium, duplex or apartment
- ❑ Mobile home
- ❑ Assisted living residence
- ❑ Nursing home
- ❑ Other

D3. Do you currently rent or own your home?
- ❑ Rent
- ❑ Own (with a mortgage payment)
- ❑ Own (free and clear; no mortgage)

D4. About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?
- ❑ Less than $300 per month
- ❑ $300 to $599 per month
- ❑ $600 to $999 per month
- ❑ $1,000 to $1,499 per month
- ❑ $1,500 to $2,499 per month
- ❑ $2,500 or more per month

D5. How many people, including yourself, live in your household? ..... _____ members

D6. How many of these people, including yourself, are…

60 or older..... _____ members

17 or younger..... _____ members

18-59 years old..... _____ members

D7. What is your employment status?
- ❑ Fully retired ➔ *Go to Question D9*
- ❑ Working full time for pay
- ❑ Working part time for pay
- ❑ Unemployed, looking for paid work

D8. [IF NOT YET FULLY RETIRED] At what age do you expect to retire completely and not work for pay at all? …… _____ years old

D9. How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)
- ❑ Less than $15,000
- ❑ $15,000 to $24,999
- ❑ $25,000 to $49,999
- ❑ $50,000 to $74,999
- ❑ $75,000 to $99,999
- ❑ $100,000 or more

Please respond to both questions D10 and D11.

D10. Are you Spanish/Hispanic/Latino?
- ❑ Yes
- ❑ No

D11. What is your race? (Mark one or more races to indicate what race you consider yourself to be.)
- ❑ American Indian or Alaskan native
- ❑ Asian or Pacific Islander
- ❑ Black, African American
- ❑ White/Caucasian
- ❑ Other

D12. In which category is your age?
- ❑ 60-64 years
- ❑ 65-69 years
- ❑ 70-74 years
- ❑ 75-79 years
- ❑ 80-84 years
- ❑ 85-89 years
- ❑ 90-94 years
- ❑ 95 years or older

D13. What is your sex?
- ❑ Female
- ❑ Male
- ❑ Other/non-conforming

D14. What is your sexual orientation?
- ❑ Heterosexual
- ❑ Lesbian
- ❑ Gay
- ❑ Bi-sexual

D15. Are you a grandparent raising a grandchild?
- ❑ Yes
- ❑ No

Thank you for completing this survey. Please return the completed survey in the postage-paid envelope to:
National Research Center, Inc. Data Entry
P.O. Box 549, Belle Mead NJ 08502-9922

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