

Larimer County Office on Aging 2018

Report of Results

CASOATM
**Community Assessment Survey
for Older AdultsTM**



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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, Larimer County Office on Aging (Larimer County) 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 Larimer County. Survey participants were asked to rate their overall quality of life, as well as aspects of quality of life in Larimer County. 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 Larimer County.

Study Methods

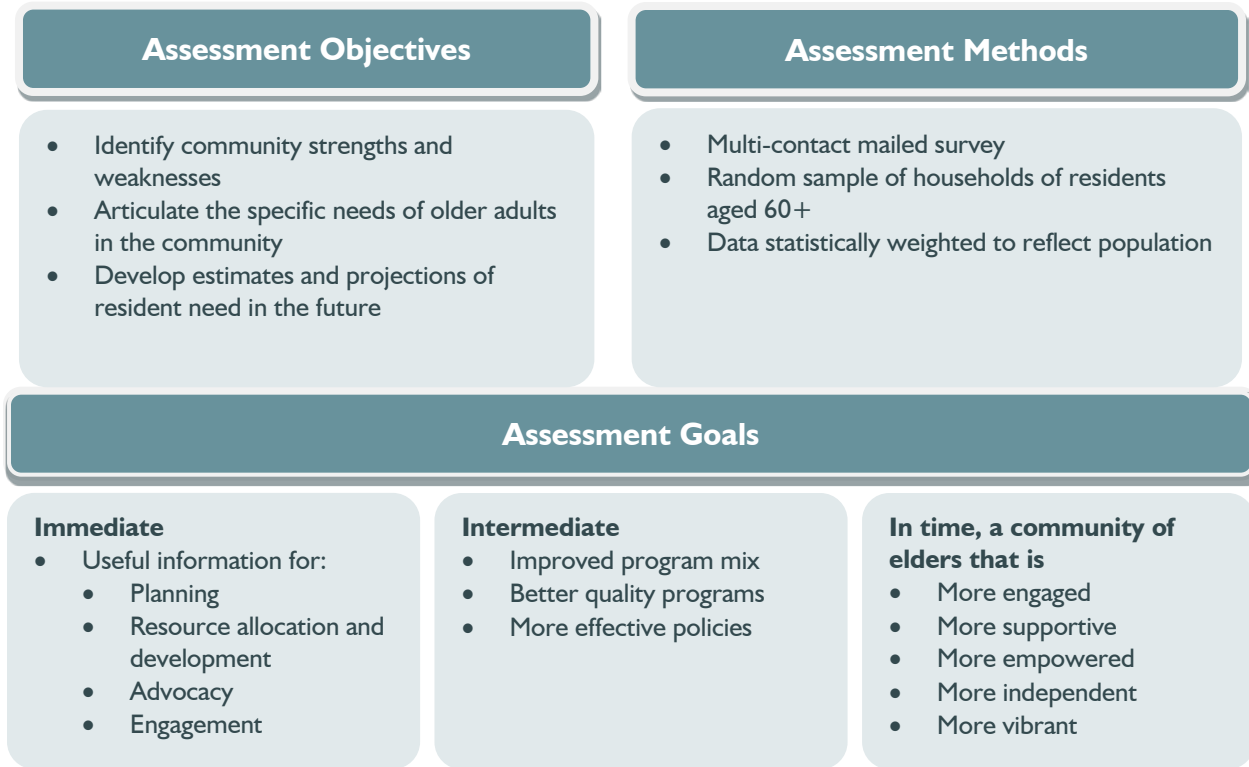
The CASOA survey and its administration are standardized to assure high quality survey methods and comparable results across communities. Participating households with residents 60 years or older were selected at random and the household member who responded was selected without bias. Multiple mailings 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 21, 2018 to a random selection of 3,000 older adult households in Larimer County's service area. Older adult households were contacted three times about participation in the survey. A total of 847 completed surveys was obtained, providing an overall response rate of 30% 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.

Since this was the third CASOA of older adults, the 2018 results are presented along with the prior results, when available. Differences between 2014 and 2018 can be considered "statistically significant" if they are five percentage points or greater than any given percent and three points or greater than any given average rating. Trend data represent important comparisons and should be examined for improvements or declines.

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

Figure 1: CASOA Methods and Goals



Structure of CASOA Report

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

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

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

Figure 2: Community Dimensions Assessed through CASOA

Overall Community Quality	<ul style="list-style-type: none"> •Community as a place to live and retire •Recommend community to others •Residential stability
Community and Belonging	<ul style="list-style-type: none"> •Sense of community •Overall safety •Valuing older residents in community •Crime victimization and abuse
Community Information	<ul style="list-style-type: none"> •Availability of information about older adult resources •Financial or legal services
Productive Activities	<ul style="list-style-type: none"> •Civic engagement - volunteerism, voting, civic attentiveness •Social engagement - social and religious activities •Recreation - recreational activities, personal enrichment •Caregiving - providing care for children or adults •Economic contribution - the dollar value of activities
Health and Wellness	<ul style="list-style-type: none"> •Physical health - physical fitness, fitness opportunities, diet •Mental health - emotional well being, quality of life, confusion •Health care - health services, medications, oral and vision care •Independent living - activities of daily living, hospitalizations
Community Design and Land Use	<ul style="list-style-type: none"> •Housing variety and availability •Ease of travel by car, foot and bus •Access to daily needs •Overall quality of life

“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.

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 Larimer 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 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 other communities in which the question was asked. Where comparisons for ratings were available, Larimer County’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*.

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 Larimer 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 Larimer County, as well as how likely residents are to recommend and remain in the community.

- Most of Larimer County's older residents gave high ratings to the community as a place to live.
- Over three-quarters of older adults would recommend Larimer County to others, although this rating was lower in 2018 compared to 2014.
- More than 4 in 10 respondents had lived in the community for more than 20 years and about 8 in 10 planned to stay in the community throughout their retirement.
- When compared to other communities across the nation, Larimer County older residents tended to rate aspects of Community Quality higher or similar; however, ratings for many aspects declined from 2014 to 2018.

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.

- More than three-quarters of respondents reported "excellent" or "good" overall feelings of safety and between 4% and 23% had experienced safety problems related to being a victim of crime, abuse, fraud or discrimination.
- About 6 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 Larimer County provided similar ratings for aspects of Community and Belonging.

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 than reports from other communities in the U.S. Reports of feeling informed about services and activities has been trending down since 2010.
- 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. Both of these evaluations decreased from 2014 to 2018.
- Over half of respondents had problems knowing what services were available and feeling like their voice was heard in the community.
- About one-quarter reported having problems with finding meaningful volunteer work, a rate that was similar in Larimer County compared to 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.

- Almost 9 in 10 elders felt they had “excellent” or “good” opportunities to volunteer, and more than one-third participated in some kind of volunteer work, a volunteer rate similar than other communities in the U.S.
- Almost 3 in 10 respondents had used a senior center in the community, which was similar when compared to senior center use in other communities.
- About 4 in 10 seniors said that they had at least “minor” problems having interesting social events or activities to attend.
- The majority of older residents (80%) rated the recreation opportunities in Larimer County as “excellent” or “good”, a decrease from 2014. Participation in recreational and personal enrichment activities tended to be similar in Larimer County than in other communities.
- Half of older residents in Larimer County said they were caregivers; and respondents averaged between 9 and 10 hours per week providing care for children, adults and older adults.
- About one in five older adults in Larimer County felt physically, emotionally or financially burdened by their caregiving.
- Over half of respondents were fully retired and at least one-quarter of respondents experienced at least minor problems with having enough money to meet daily expenses or to pay their property taxes. Fewer older adults in 2018 compared to 2014 had problems finding work in retirement.
- The value of paid (part- and full-time work) and unpaid (volunteering, providing care) contributions by older adults in Larimer County totaled about \$1.5 billion in a 12-month period.

Health and Wellness

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

- Overall, the older adults in Larimer County rated aspects of physical health higher than other communities in the U.S. including ratings of fitness opportunities and their own overall physical health. While the availability of affordable physical health care was similar to the national average, Larimer County's rating declined from 2014 to 2018.
- The portions of older residents reporting problems with doing heavy or intense housework (48%) and staying physically fit (47%) was lower in Larimer County than elsewhere in the country while maintaining their yards (39%) was similar.
- About 3 in 10 older residents felt there was "excellent" or "good" availability of mental health care in Larimer County (a decrease from more than 4 in 10 in 2014), while 9 in 10 rated their overall mental health/emotional wellbeing as "excellent" or "good" (similar to 2014).
- The most commonly cited mental health issues included feeling bored (35%) and feeling depressed (34%), while the least cited issue was figuring out which medications to take and when (7%); these mental health problems experienced by older adults 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 Larimer County similar to the availability of these services found elsewhere, but ratings declined from 2014 to 2018.
- More than one-third of older adults reported at least minor problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid.
- Less than 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 Larimer County compared to other communities.
- At least 1 in 10 of older adults reported at least minor problems with aspects of independent living, including one-quarter who reported having problems with performing regular activities, including walking, eating and preparing meals.

Community Design and Land Use

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

- Respondents rated the ease of getting to the places they usually have to visit, ease of car travel and ease of walking most positively with at least 6 in 10 rating each as "excellent" or "good."
- About 1 in 10 respondents felt they had "excellent" or "good" availability of affordable quality housing and almost 3 in 10 felt positively about the variety of housing options. Ratings for both of these services have been declining since 2010.
- Some older adults experienced problems with having safe and affordable transportation available (21%) while others experienced problems with having housing to suit their needs (18%) or having enough food to eat (8%). Daily living problems tended to be similar in Larimer County when compared to other communities across the nation and ratings have remained stable over time.
- Close to 9 in 10 of older residents rated their overall quality of life as "excellent" or "good", making Larimer County's quality of life rated similar to other communities in the U.S. and stable over time.

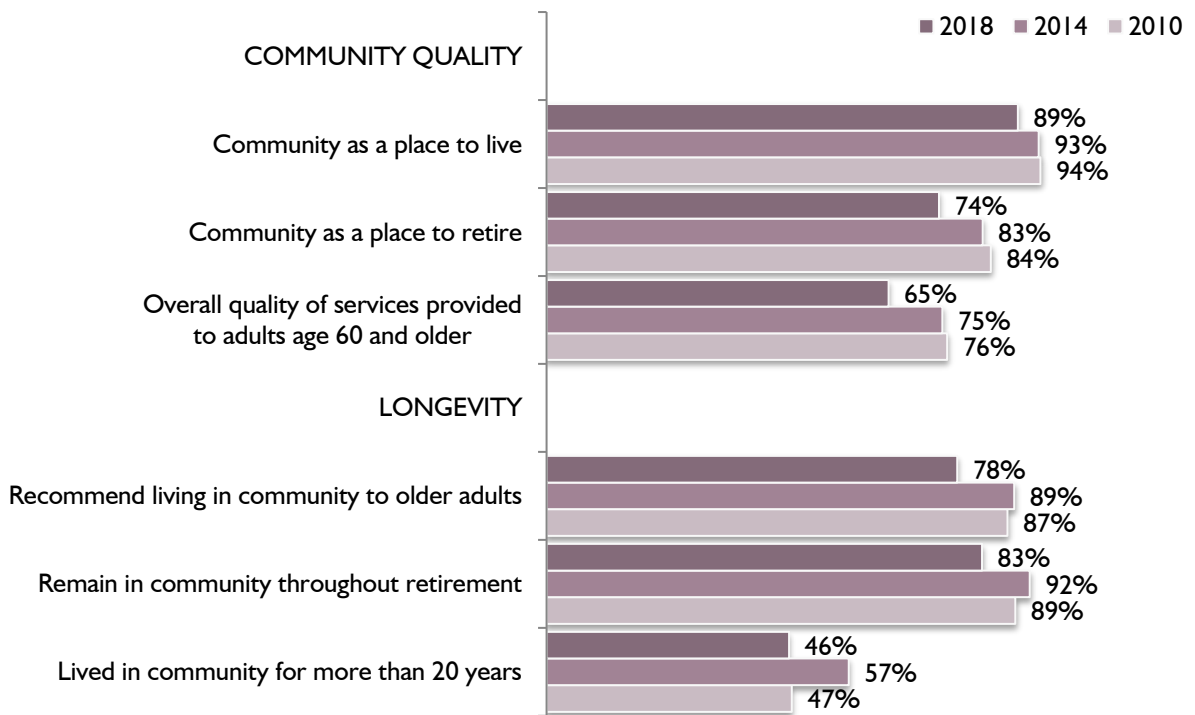
CASOA Survey Results

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 Larimer County. 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 Larimer 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 about two-thirds of older residents. Overall, over three-quarters of older adults said they would recommend the community to others; however, this rating decreased from 2014 to 2018. About half of residents had lived in the area more than 20 years and 83% of seniors planned to remain in the area throughout their retirement. Generally, residents were as likely to rate these aspects of the community as "excellent" or "good" as other older adults across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 3: Larimer County as a Place for Older Residents



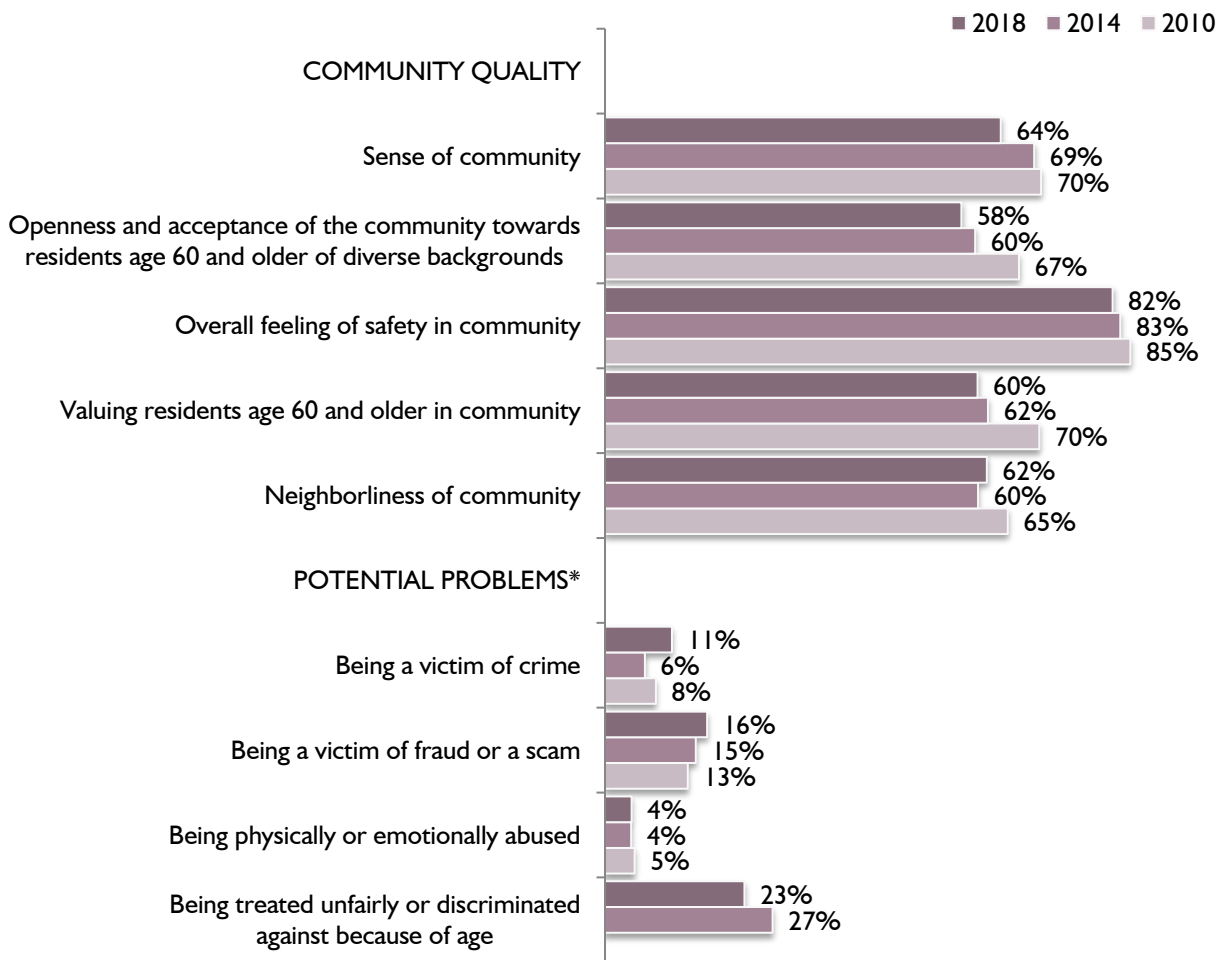
Percent rating positively (e.g., excellent or good, very or somewhat likely)

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 Larimer County positively. More than half felt the community valued older residents and was open and accepting of older residents with diverse backgrounds. 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 Larimer County’s service area provided similar ratings for aspects of Community and Belonging (see *Appendix C: Benchmark Comparisons* for details).

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



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

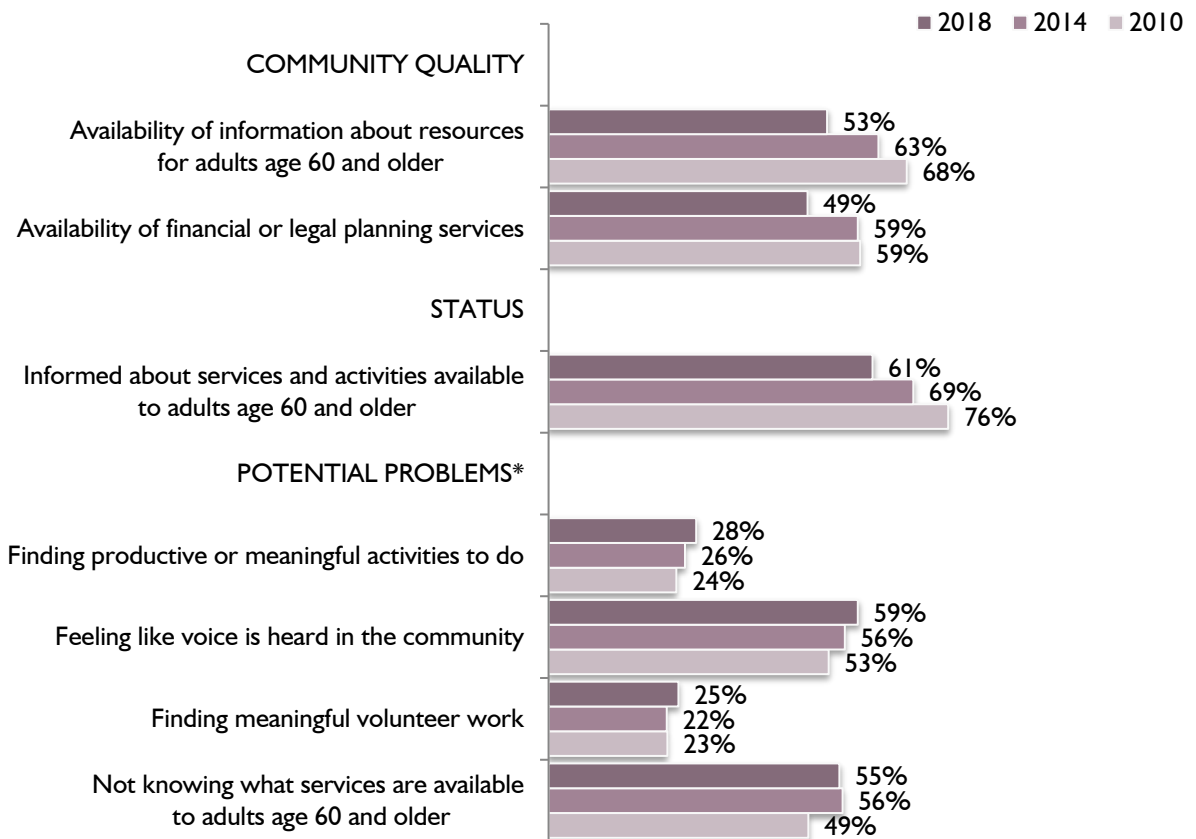
*Percent rating as at least a minor problem

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 Larimer County, 61% of survey respondents reported being “somewhat” or “very” informed about services and activities available to older adults, a rating that was lower compared to 2014 (69%).

Older residents who may not know how to access services may have trouble finding ways to contribute to the community. In Larimer County, about half 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 Larimer County



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

*Percent rating as at least a minor problem

Productive Activities

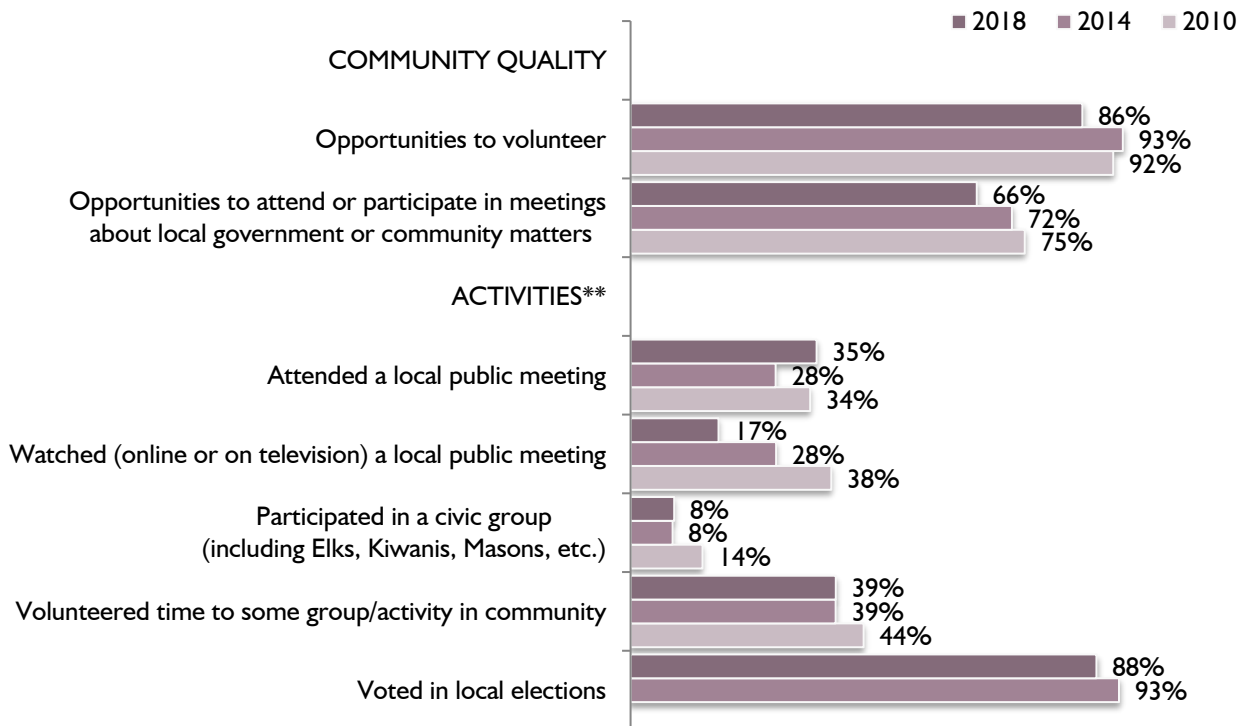
Productivity is the touchstone of a thriving old age. Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality in later life and contribute to active aging.² This section of the report examines the extent of older adults' engagement in Larimer 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 Larimer County, 86% older residents rated the opportunities to volunteer favorably and more than 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 Larimer County



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

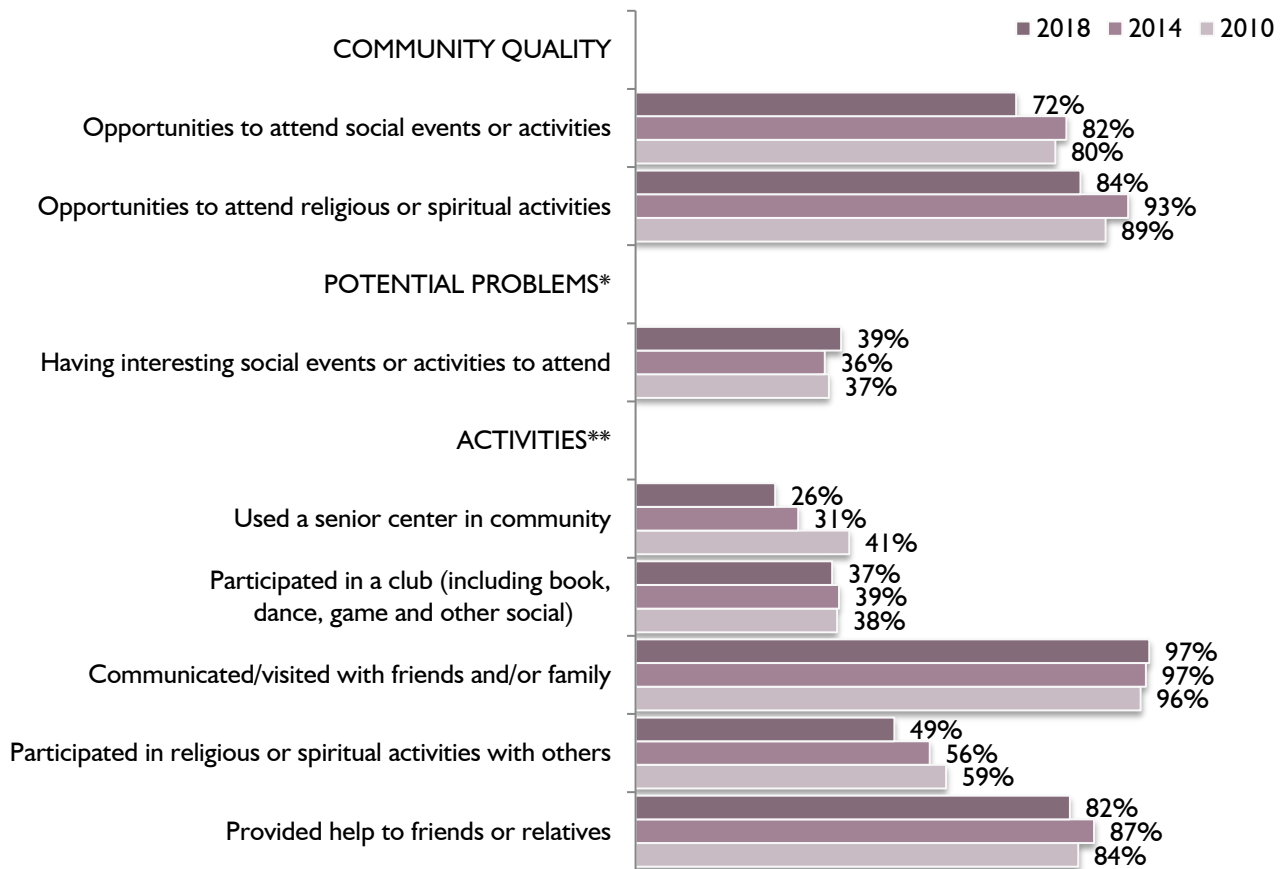
**Percent at least once, ever or always or usually

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 Larimer County has a great potential to strengthen the community by fostering increased social engagement of its older residents.

About three-quarters of older residents rated opportunities to attend social activities as “excellent” or “good” and a higher proportion rated opportunities to attend religious or spiritual activities this way. About 4 in 10 seniors said that they had at least “minor” problems having interesting social events or activities to attend. About 5 in 10 older residents engaged in religious or spiritual activities while 4 in 10 participated in clubs. Use of a senior center (26% of respondents), which often serves as a social hub for seniors, was similar compared to use in other communities (see *Appendix C: Benchmark Comparisons*). However, use of a senior center has been trending down since 2010.

Figure 7: Social Engagement in Larimer County



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

*Percent rating as at least a minor problem

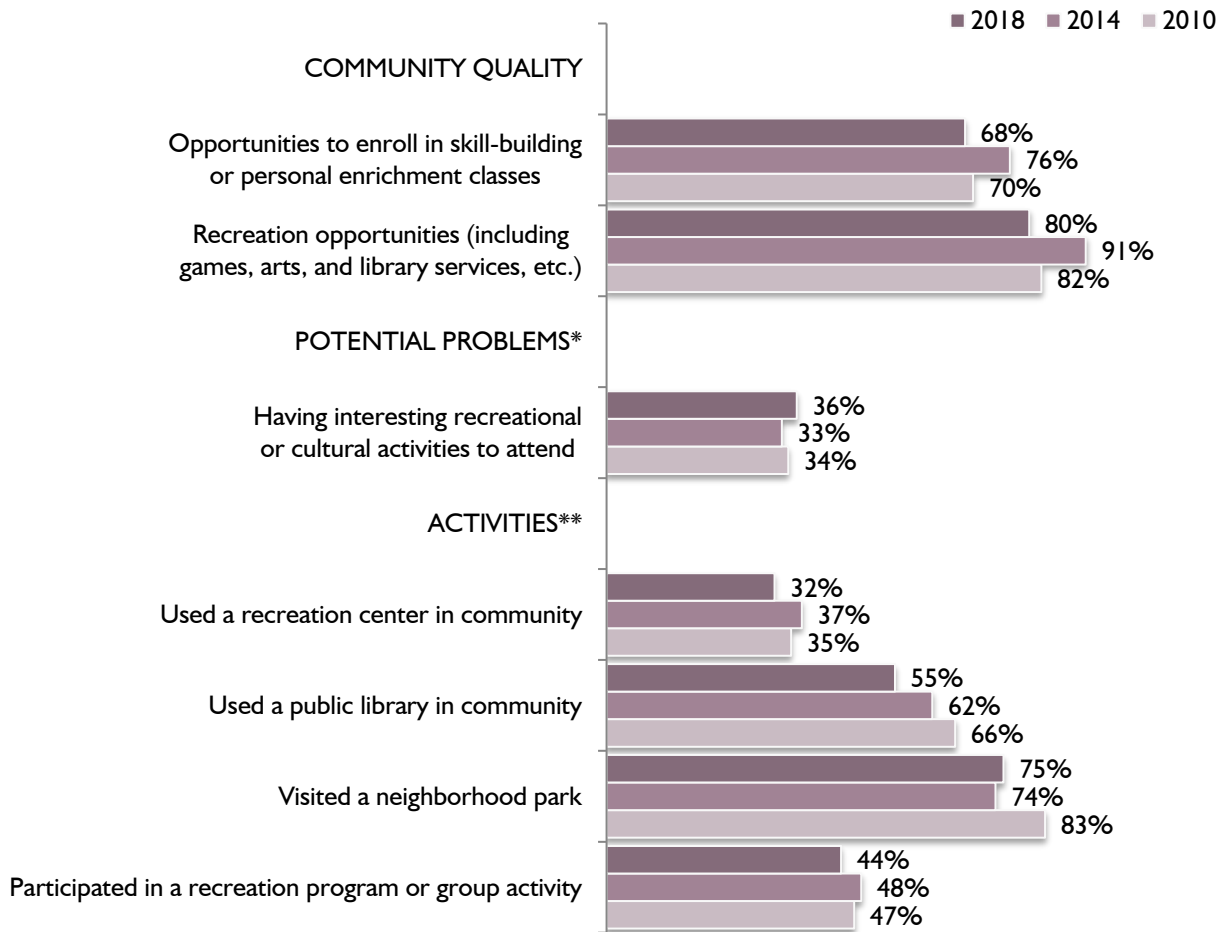
**Percent at least once or ever

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. Many older residents in Larimer County viewed both recreation opportunities and opportunities to enroll in skill-building or personal enrichment classes favorably. Evaluations for both of these aspects of the community declined from 2014 to 2018.

Older residents were most likely to have visited a neighborhood park and used a public library and least likely to have used a recreation center in the community. About one-third of seniors said that they had at least “minor” problems with having interesting recreational or cultural activities to attend. Respondents participated in recreation activities at a rate similar to other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 8: Recreational and Personal Enrichment in Larimer County



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

*Percent rating as at least a minor problem

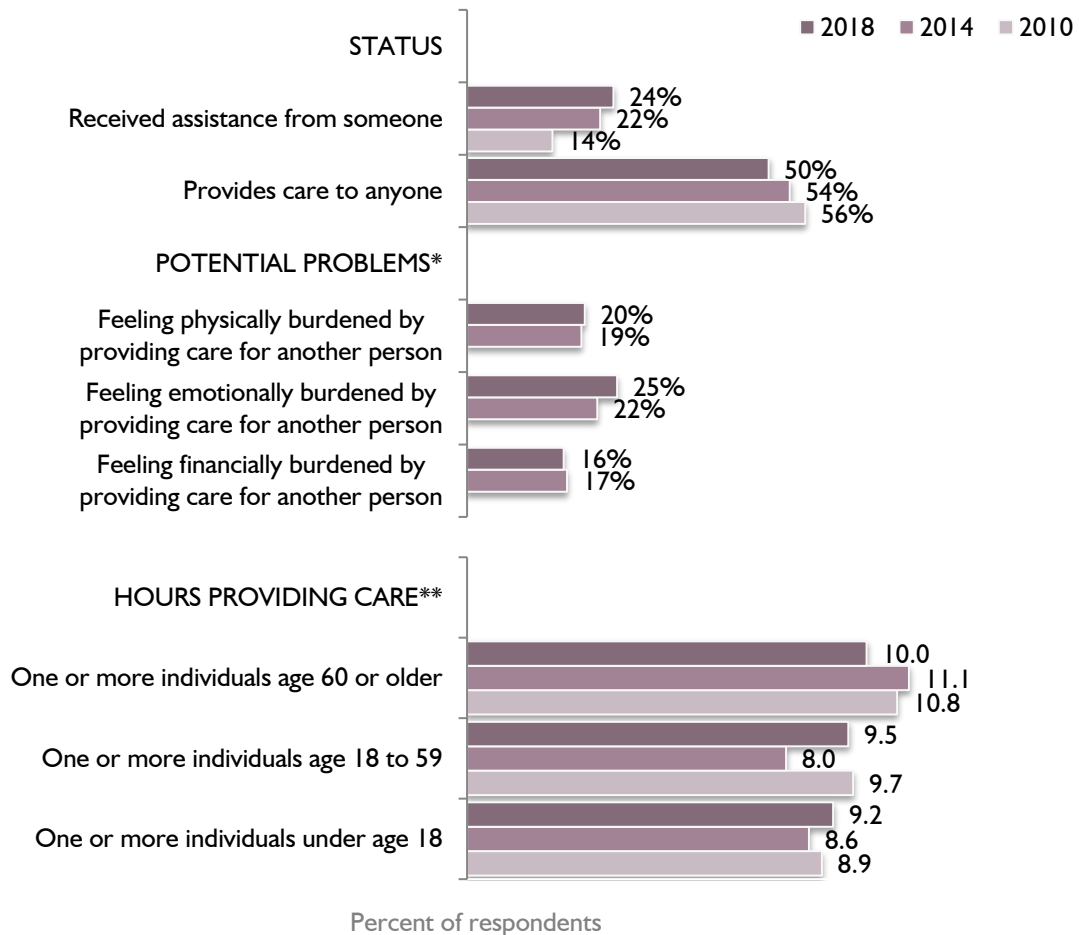
**Percent at least once or ever

Caregiving

More than 10 million people nationwide have disabling conditions that affect their ability to live independently⁵ 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, 50% older residents in Larimer County said they were providing care for others and 24% 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 20% felt burdened by their caregiving responsibilities, providing about 10 hours of care each week on average.

Figure 9: Caregiving in Larimer County



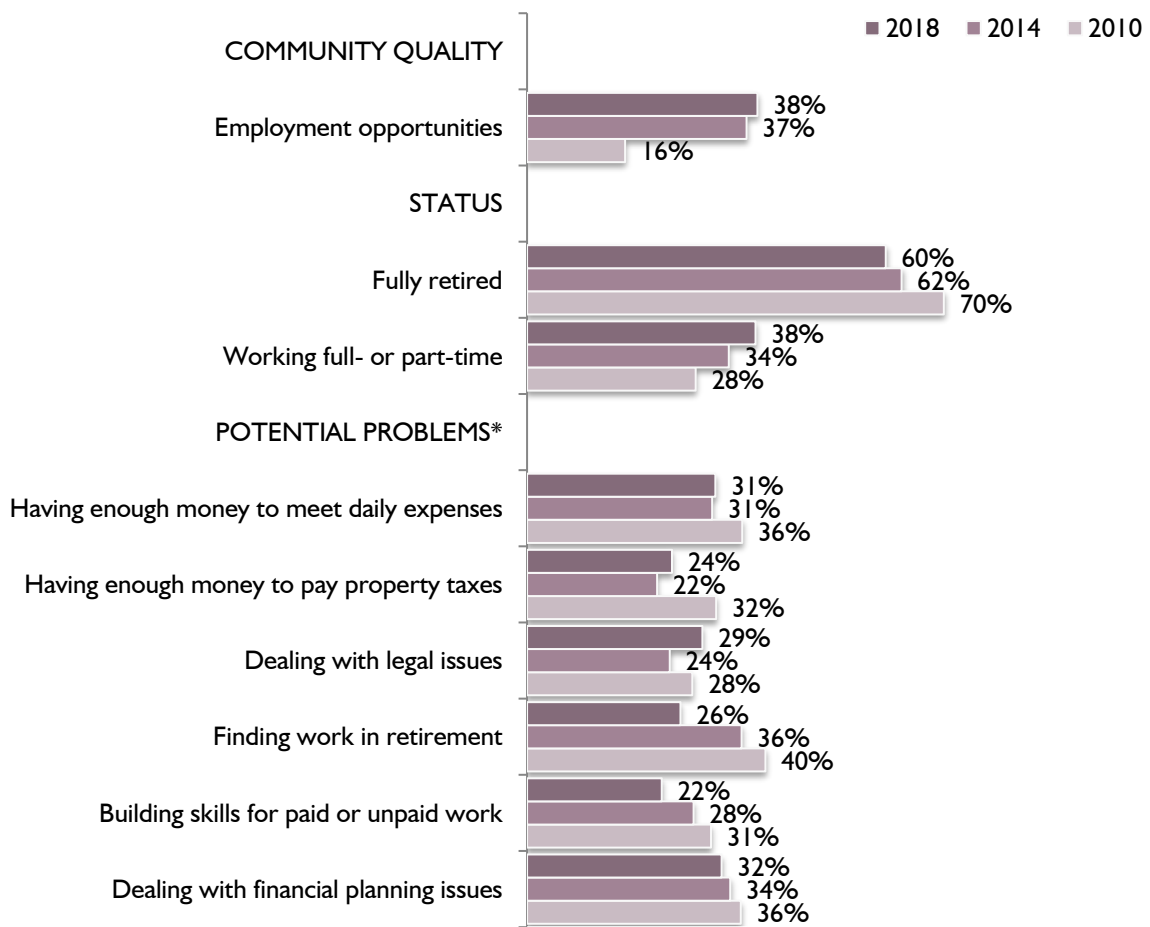
Percent of respondents
 *Percent rating as at least a minor problem
 **Average number of hours of those who provide care

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 38% 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, at least one-quarter experienced at least “minor” problems with having enough money to meet daily expenses or dealing with financially planning issues. Further, about 3 in 10 had problems with finding work in retirement (which was less of a problem compared to 2014) and slightly fewer 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 similar in Larimer County compared to other communities (see *Appendix C: Benchmark Comparisons* for details).

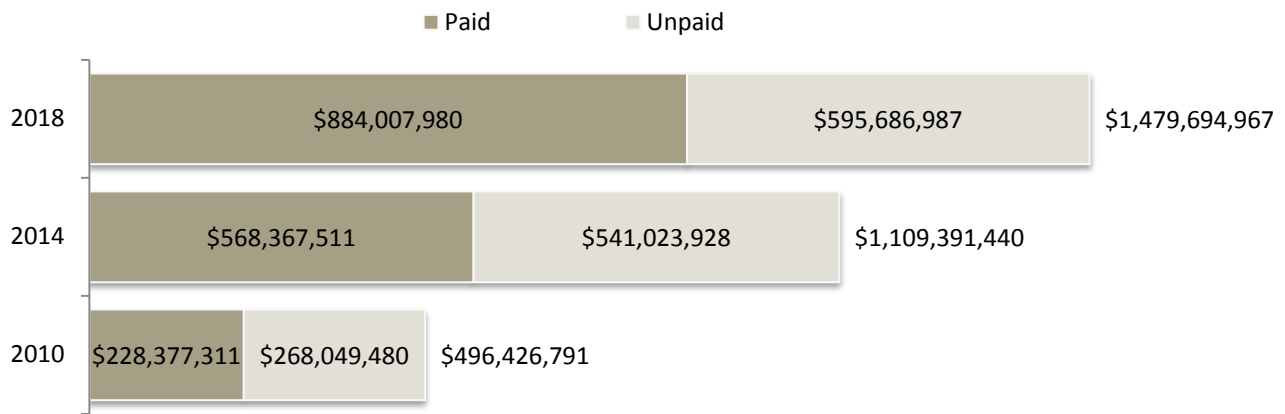
Figure 10: Employment in Larimer County



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

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 Larimer County’s economy through volunteering, providing informal help to family and friends and caregiving. The value of these paid and unpaid contributions totaled nearly \$1.5 billion in a 12-month period (see *Appendix B: Survey Methodology* for additional detail).

Figure 11: Economic Contribution of Older Adults in Larimer County



Health and Wellness

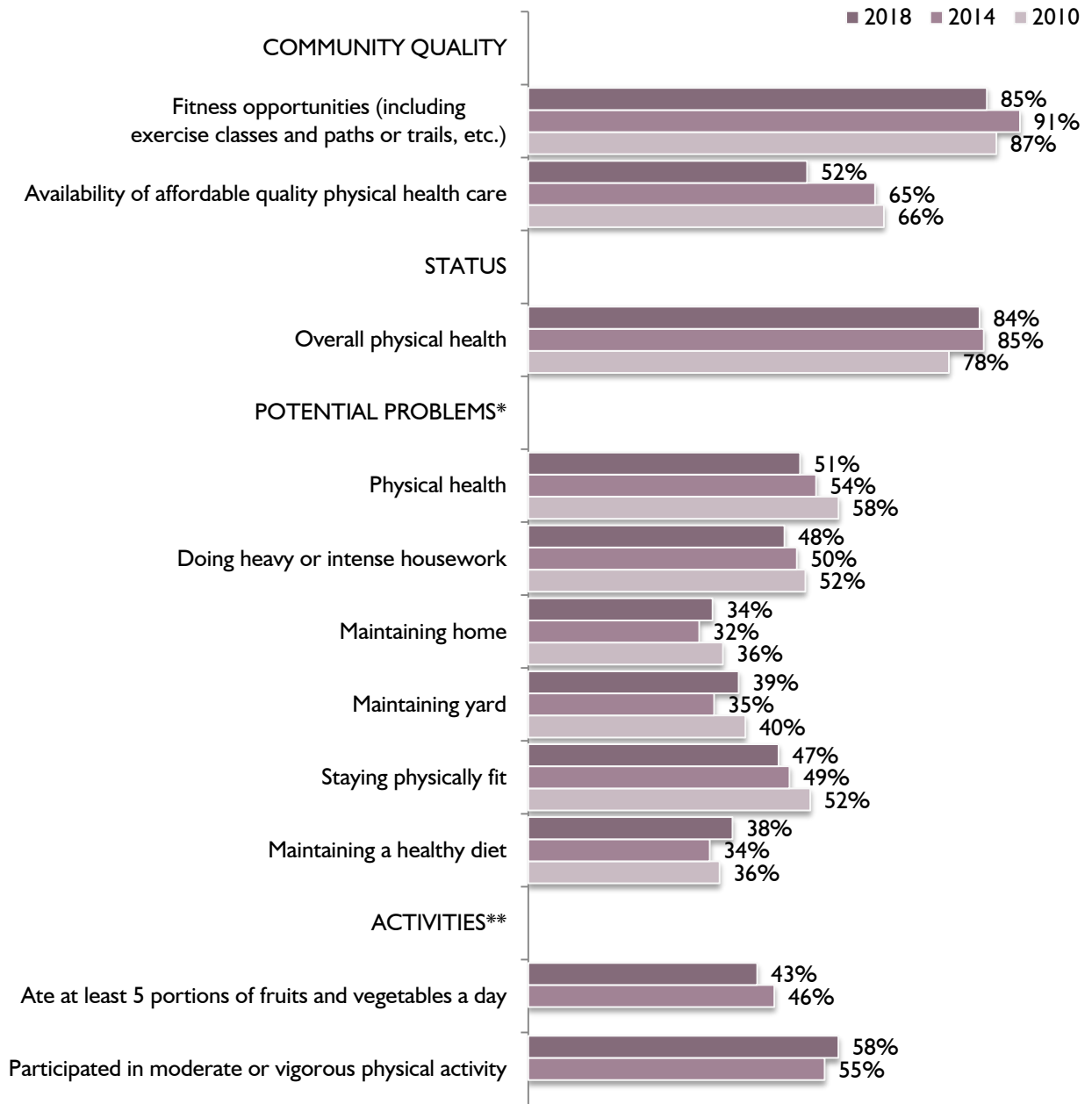
A growing senior population needs community supports to maintain the health and independence of its members. Health and wellness for the purposes of this study included not only physical and mental health, but issues of independent living and health care.

Physical Health

Across Larimer County, about 8 in 10 older residents felt they had good fitness opportunities (including exercise classes and paths or trails, etc.) and about 52% felt they had good access to quality physical health care (a decrease from 2014, see Figure 12). Most older residents rated their overall physical health as “excellent” or “good” with fewer participating in healthy activities such as eating fruits and vegetables (43%) and exercising regularly (58%).

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 physical health, heavy or intense housework, and staying physically fit. The proportions of older residents reporting physical health problems tended to be similar in Larimer County compared to elsewhere (see *Appendix C: Benchmark Comparisons*).

Figure 12: Physical Health in Larimer County



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

*Percent rating as at least a minor problem

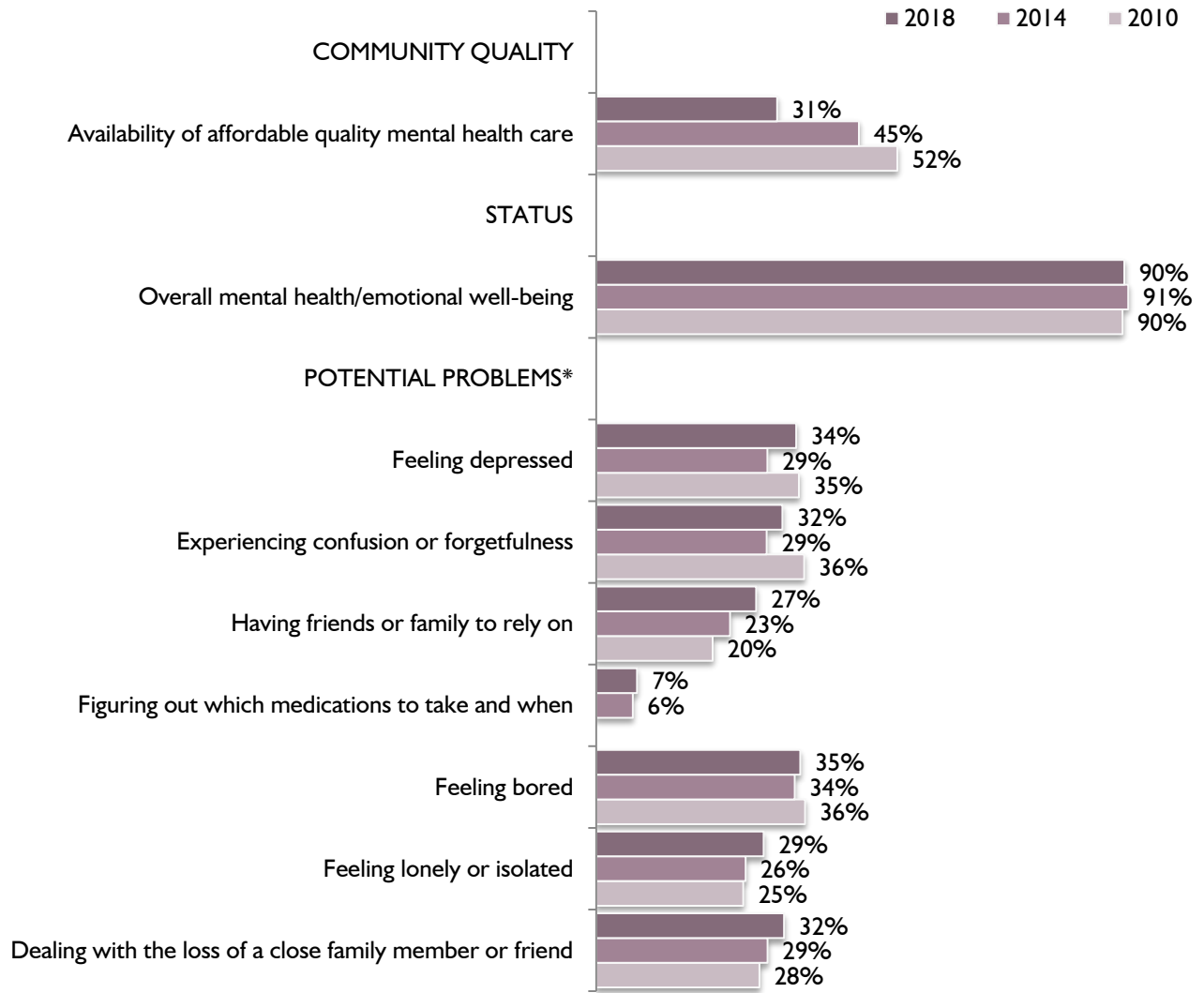
**Percent at least always or usually

Mental Health

In addition to rating aspects of physical health, older residents provided insight into their mental health. About 3 in 10 older residents felt there was “excellent” or “good” availability of mental health care in Larimer County while 9 in 10 rated their overall mental health/emotional wellbeing as “excellent” or “good.” Evaluations of the availability of mental health care have been decreasing since 2010 while ratings of emotional well-being have remained stable.

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 feeling bored, feeling depressed, experiencing confusion or forgetfulness, and dealing with the loss of someone close. The least cited issue was figuring out which medications to take and when. The proportion of people experiencing these aspects of mental health in Larimer County tended to be similar to other communities across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 13: Mental Health in Larimer County



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

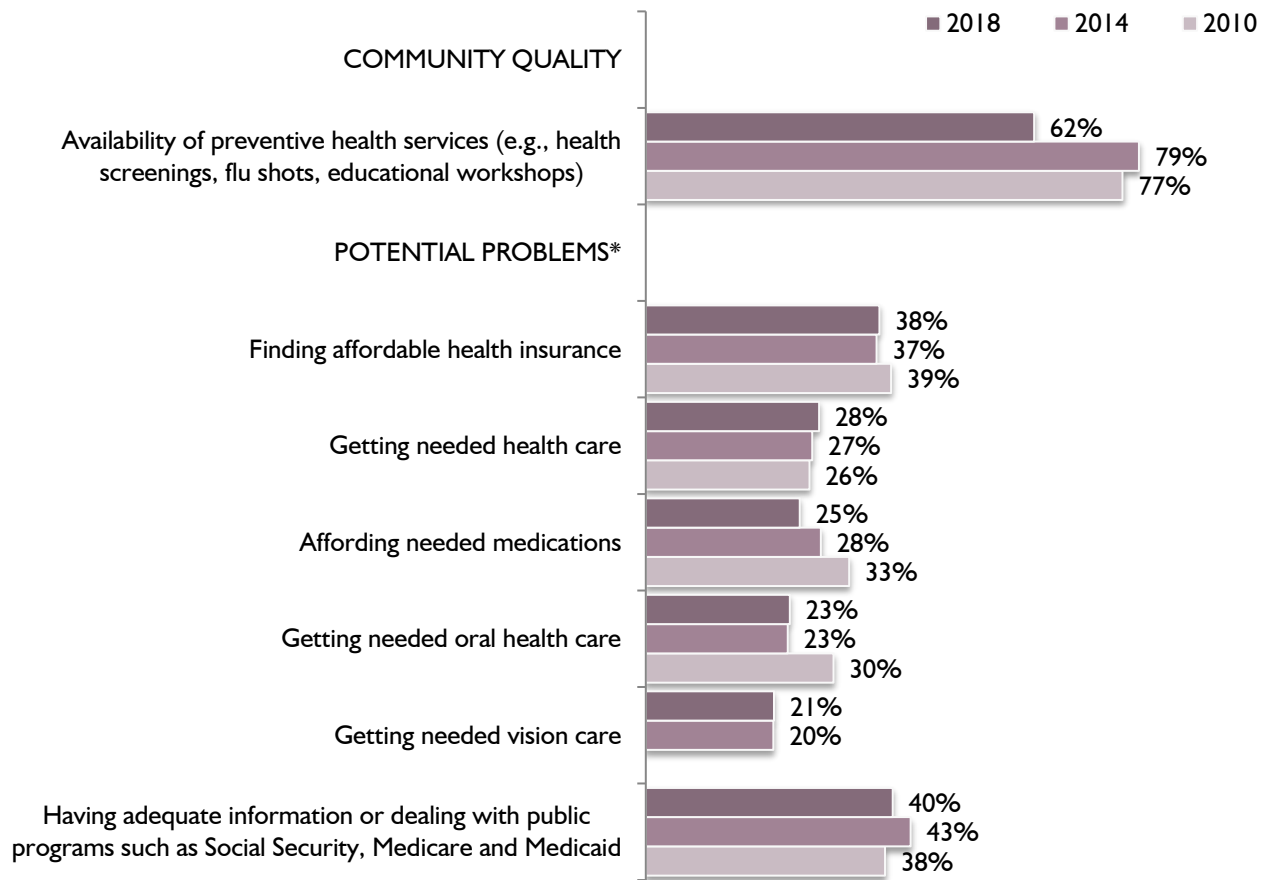
*Percent rating as at least a minor problem

Health Care

About 62% of Larimer 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 Larimer County similar to the availability of these services found elsewhere (see *Appendix C: Benchmark Comparisons* for details), although this rating declined from 2014.

Older residents reported about the same amount of problems with aspects of health care in 2018 compared to 2014. The most commonly cited health care issues included having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid, finding affordable health care, and getting needed health care. About 2 in 10 Larimer County older residents reported issues with getting needed care (i.e., health, oral and vision).

Figure 14: Health Care in Larimer County



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

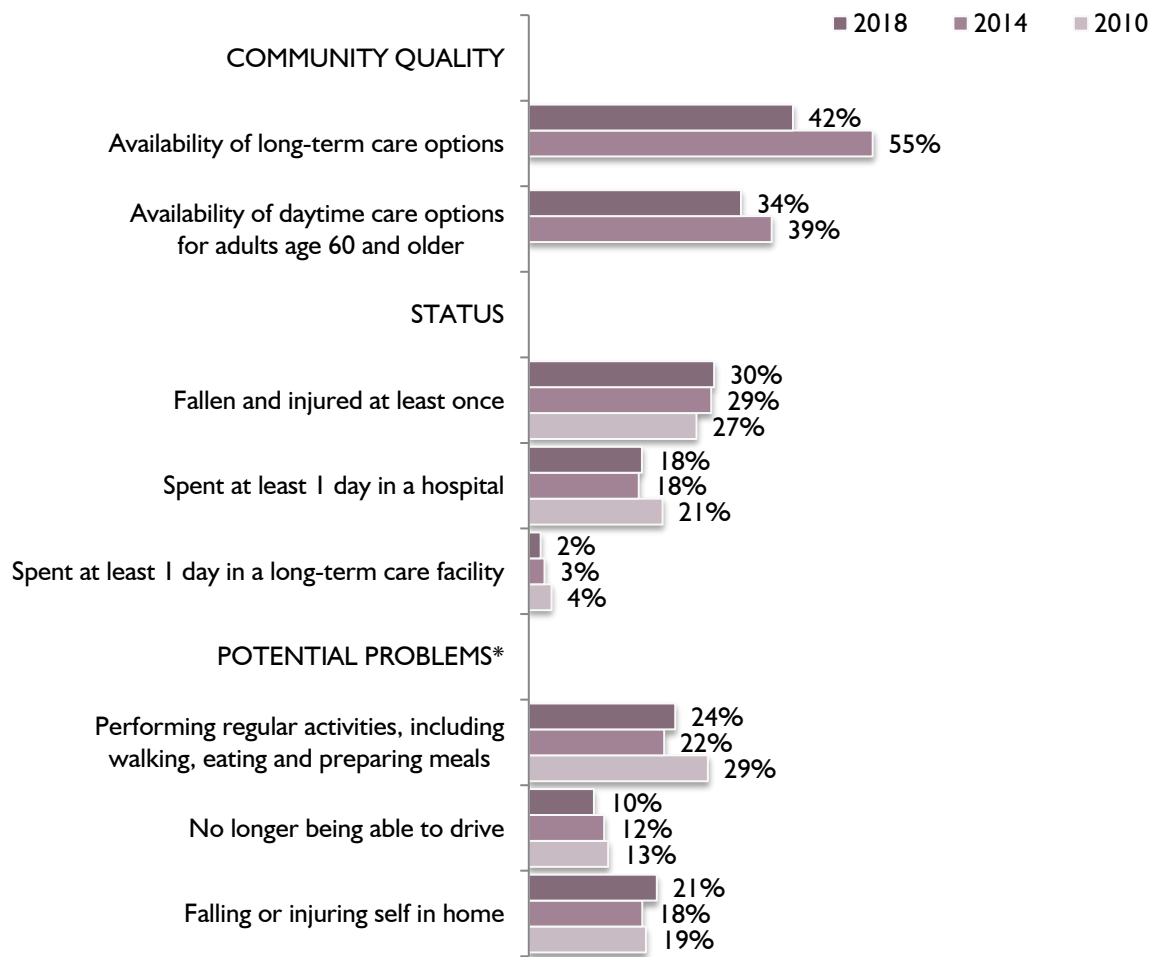
*Percent rating as at least a minor problem

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. Less than half of Larimer County's older residents rated the availability of long-term care options favorably and fewer felt positive about the availability of daytime care options. As for hospitalizations, less than one-quarter of respondents reported spending time in a hospital, although 30% had fallen and injured themselves in the 12 months prior to the survey.

Overall, less than one-quarter of older adults reported at least “minor” problems with aspects of independent living. Notably, 24% reported having problems with performing regular activities, including walking, eating and preparing meals. Problems with aspects of independent living tended to be similar to other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Figure 15: Independent Living in Larimer County



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

*Percent rating as at least a minor problem

Community Design and Land Use

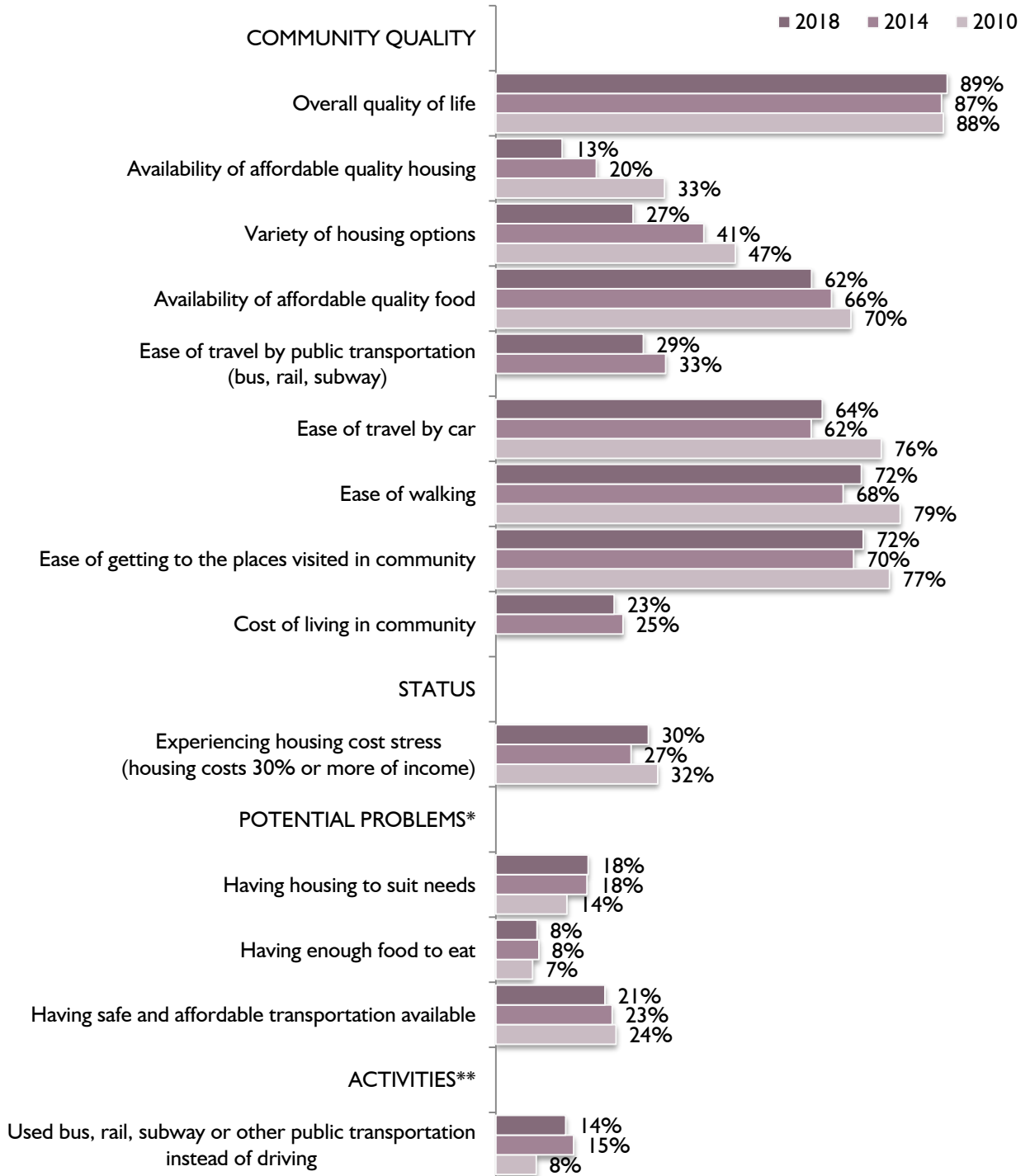
The movement in America towards designing more “livable” communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. Generally, communities that 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, a community that has planned well by promoting mobility, independence and meaningful engagement of its older residents provides a high quality of life for residents of all ages. In Larimer County, close to 9 in 10 of older residents rated their overall quality of life as “excellent” or “good” (see Figure 16). Larimer County’s elders’ quality of life was rated similar to other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details) and was stable over time.

Only 13% of older residents felt they had good access to affordable quality housing, while 62% had good access to affordable quality food; about 23% felt positively about the cost of living in the community. Evaluations of aspects of housing have been declining since 2010. Generally, aspects of transportation (ease of bus, car and public transportation and walking) in Larimer County received ratings similar to communities across the U.S., while aspects of housing (affordable quality and variety) were much less favorable (see *Appendix C: Benchmark Comparisons* for details). About 1 in 10 survey respondents reported having used bus, rail, subway or other public transportation instead of driving.

At least 1 in 10 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 Larimer County when compared to other communities across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 16: Community Design and Land Use in Larimer County



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

*Percent rating as at least a minor problem

**Percent at least once or ever

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 Larimer County (Figure 17).

The following section of this report summarizes how older residents view Larimer 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 Larimer County'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).

Opportunities and Challenges

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

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

- Older residents felt their needs were best met in the areas of Overall Community Quality and Productive Activities
- Community Information and Design and Land Use were rated less favorably and received the lowest average ratings
- Ratings of most of the dimensions of Community Readiness declined between 2014 and 2018, with ratings of Community Belonging and Community Design remaining stable between the two administrations (see Figure 18)

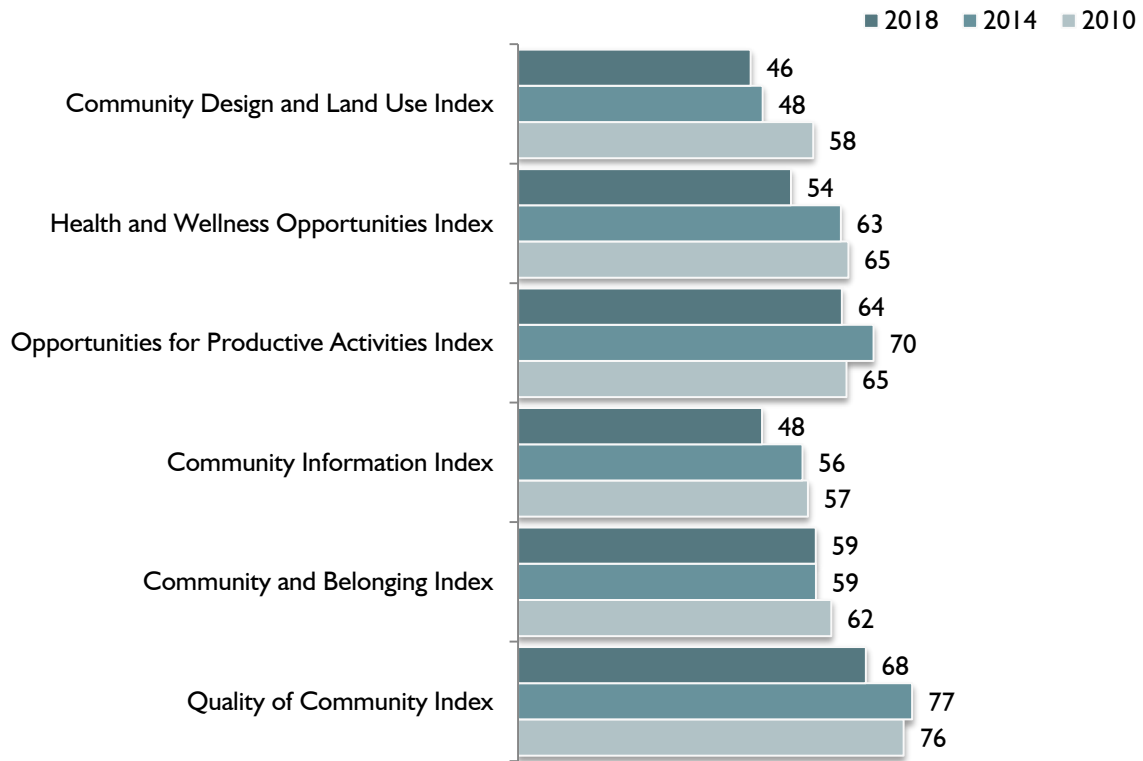
Figure 17: Larimer County Community Readiness Chart



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”).

Figure 18: Larimer County Community Readiness by Year



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

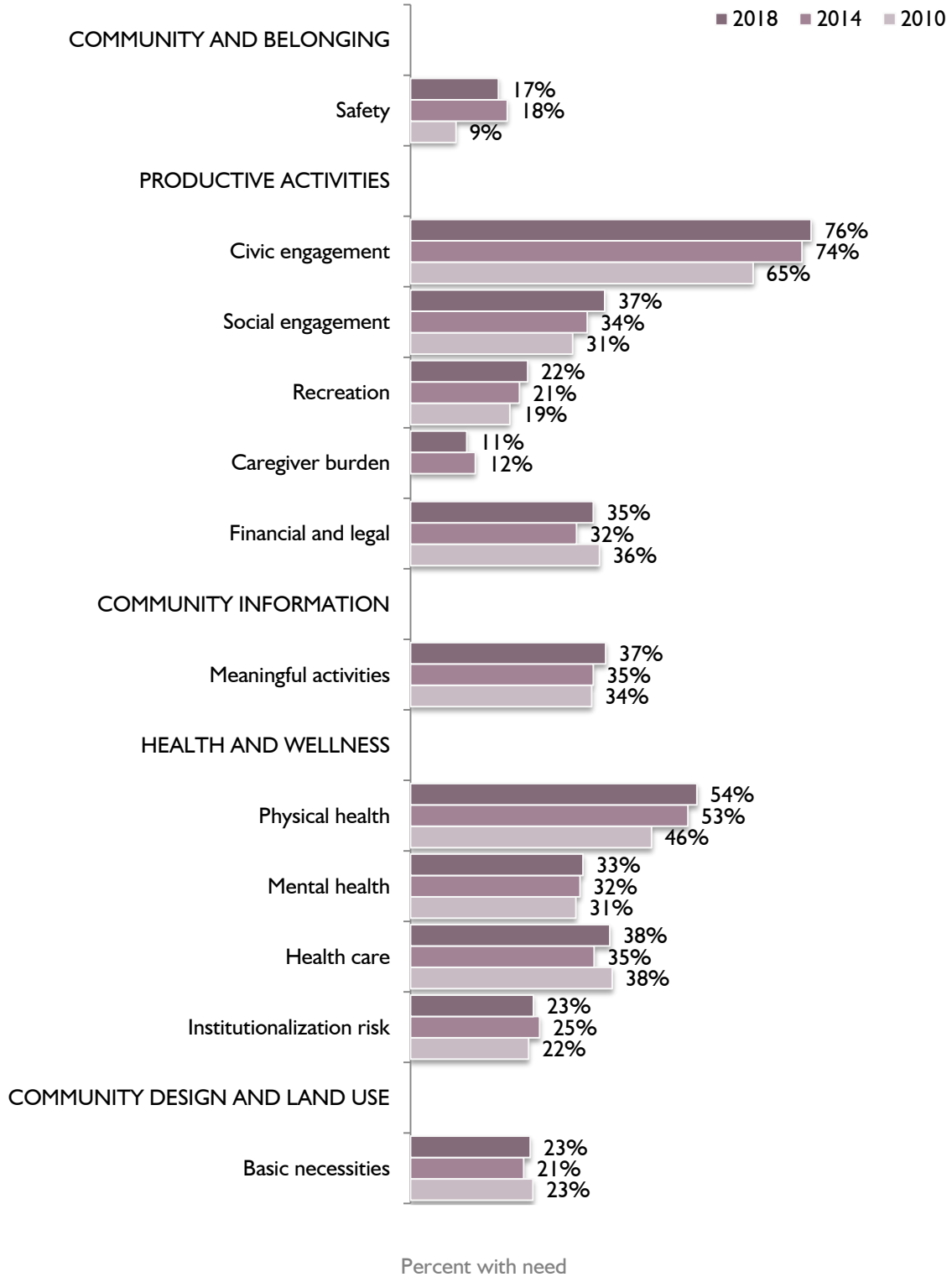
Older Resident Needs in Larimer County

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 Larimer 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 2014, needs in 2018 were similar (see Figure 19)

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



While older residents reported the lowest prevalence of need in the areas of institutionalization risk, 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 Larimer County

	Percent with need	Number affected in 2018 (N=76,765)*
COMMUNITY AND BELONGING	17%	12,805
Safety	76%	58,359
PRODUCTIVE ACTIVITIES	37%	28,304
Civic engagement	22%	17,067
Social engagement	35%	26,630
Recreation	37%	28,437
Caregiver burden	23%	17,917
Financial and legal	11%	8,194
COMMUNITY INFORMATION	54%	41,722
Meaningful activities	33%	25,134
HEALTH AND WELLNESS	38%	29,039
Physical health	23%	17,446
Mental health	17%	12,805
Health care	76%	58,359
Institutionalization risk	37%	28,304
COMMUNITY DESIGN AND LAND USE	22%	17,067
Basic necessities	35%	26,630

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

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 Larimer County, although needs were spread across the board, residents reporting the largest percent of unresolved needs were more likely to be Hispanic, report a lower income, rent their homes or live alone.

Figure 21: Needs of Older Population by Sociodemographic Characteristics, Percent and Number affected in 2018 (N=76,765)*

	Community and Belonging		Productive Activities		Community Information		Health and Wellness		Community Design and Land Use	
Female	17%	6,202	35%	14,711	38%	14,141	36%	15,770	23%	9,650
Male	16%	5,351	39%	13,485	36%	13,676	38%	12,698	22%	7,598
60 to 64 years	23%	5,309	34%	9,089	37%	7,871	39%	8,706	24%	5,656
65 to 74 years	14%	4,190	40%	10,887	33%	12,421	35%	10,377	23%	7,072
75 or over	13%	2,314	35%	8,478	43%	7,602	38%	9,550	22%	4,809
White	17%	11,450	37%	27,206	37%	27,098	37%	27,555	22%	16,321
Not white	16%	378	32%	1,111	37%	871	39%	1,108	43%	1,267
Hispanic	32%	776	52%	1,165	46%	1,534	38%	1,415	47%	1,441
Not Hispanic	16%	11,239	36%	27,199	37%	26,573	37%	27,169	22%	16,114
Less than \$25,000	31%	4,039	52%	7,755	53%	7,805	50%	8,143	39%	5,887
\$25,000 to \$74,999	15%	4,797	37%	12,750	38%	12,628	37%	13,035	22%	7,680
\$75,000 or more	13%	3,315	31%	8,234	28%	8,334	31%	7,575	16%	4,191
Own	16%	9,477	34%	22,526	35%	21,686	35%	22,337	20%	12,972
Rent	23%	2,429	49%	5,926	47%	6,239	45%	6,145	34%	4,407
Lives alone	17%	3,351	42%	9,540	43%	9,487	41%	10,077	28%	6,514
Lives with others	16%	8,307	35%	18,820	34%	18,395	35%	18,321	20%	10,721
Overall	17%	12,805	37%	28,372	37%	28,437	37%	28,437	23%	17,446

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

Responses to Custom Questions

In addition to the uniform questions on CASOA, Larimer County 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	65%
Quality of senior nutrition programs	49%
Accessibility of long term care options that are open and accepting toward people of diverse backgrounds	33%
Accessibility of daytime care options that are open and accepting toward people of diverse backgrounds	32%

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)	43%
Information on planning for the future	56%

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	31%
Feeling overwhelmed and/or exhausted when caring for another person	27%

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	90%
Use email, texting or video to communicate	89%
Research or study a topic of interest	82%
If you have a question, use Internet to find the answer	81%
Shop, search for products and services	80%
Find directions or look up a map	72%
Banking online (paying bills, investing, etc.)	67%
Look up health and medical information	57%
Find info on community resources and events	55%
Use social media (Facebook, Twitter, LinkedIn)	48%
Share opinions, post to a blog, review a product or service	27%
Work from home	25%
Engage in civic activities (participate in a discussion about community and government issues; research information about an issue or a candidate)	21%
Communicate with government (seek services, get a license, discuss a problem)	14%
Attend an online class or training	10%
Sell goods and services online, advertise	9%

Table 5: Question 16

How comfortable, if at all, are you at each of the following?	Percent rating as very or somewhat comfortable
Accessing the Internet	95%
Using email	95%
Using a computer laptop/desktop	93%
Locating information online (bus schedules, weather, news, etc.)	92%
Using smartphone or tablet computer	90%
Using social networking sites (Facebook, Twitter, etc.)	77%

Table 6: Question D15

Are you a grandparent raising a grandchild?	Percent of respondents
Yes	2%
No	98%
Total	100%

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?	43%	N=349	46%	N=374	10%	N=79	1%	N=7	100%	N=808
How do you rate your community as a place to retire?	32%	N=247	43%	N=331	19%	N=147	7%	N=52	100%	N=776

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?	43%	N=349	46%	N=374	10%	N=79	1%	N=7	0%	N=3	100%	N=812
How do you rate your community as a place to retire?	31%	N=247	41%	N=331	18%	N=147	6%	N=52	3%	N=22	100%	N=798

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	42%	N=299	44%	N=311	12%	N=84	3%	N=18	100%	N=712
Employment opportunities	9%	N=53	29%	N=162	34%	N=189	28%	N=154	100%	N=558
Opportunities to enroll in skill-building or personal enrichment classes	21%	N=137	47%	N=299	21%	N=136	11%	N=69	100%	N=641
Recreation opportunities (including games, arts, and library services, etc.)	38%	N=294	42%	N=321	14%	N=110	5%	N=42	100%	N=768
Fitness opportunities (including exercise classes and paths or trails, etc.)	47%	N=373	38%	N=302	10%	N=80	5%	N=36	100%	N=792
Opportunities to attend social events or activities	27%	N=201	45%	N=332	21%	N=157	7%	N=48	100%	N=739
Opportunities to attend religious or spiritual activities	44%	N=295	41%	N=275	12%	N=78	4%	N=27	100%	N=675

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	21%	N=150	44%	N=312	25%	N=175	9%	N=66	100%	N=704
Availability of affordable quality housing	4%	N=25	9%	N=67	29%	N=207	58%	N=404	100%	N=702
Variety of housing options	5%	N=37	22%	N=156	35%	N=247	38%	N=274	100%	N=714
Availability of long-term care options	11%	N=57	32%	N=170	29%	N=156	28%	N=152	100%	N=536
Availability of daytime care options for adults age 60 and older	7%	N=31	27%	N=117	32%	N=139	34%	N=147	100%	N=434
Availability of information about resources for adults age 60 and older	13%	N=78	40%	N=247	30%	N=182	18%	N=108	100%	N=615
Availability of financial or legal planning services	10%	N=54	39%	N=218	32%	N=174	19%	N=107	100%	N=552
Availability of affordable quality physical health care	18%	N=125	34%	N=239	27%	N=187	21%	N=150	100%	N=701
Availability of affordable quality mental health care	7%	N=33	24%	N=116	26%	N=124	43%	N=208	100%	N=480
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	20%	N=144	43%	N=315	25%	N=187	12%	N=90	100%	N=736
Availability of affordable quality food	20%	N=161	42%	N=329	27%	N=211	11%	N=90	100%	N=791
Sense of community	20%	N=151	44%	N=342	28%	N=214	8%	N=64	100%	N=771
Openness and acceptance of the community towards residents age 60 and older of diverse backgrounds	14%	N=87	44%	N=284	31%	N=202	11%	N=71	100%	N=644
Ease of travel by public transportation in your community	4%	N=25	25%	N=158	32%	N=204	39%	N=245	100%	N=632
Ease of travel by car in your community	16%	N=134	48%	N=393	27%	N=225	9%	N=70	100%	N=822
Ease of walking in your community	25%	N=203	47%	N=379	21%	N=170	7%	N=60	100%	N=812
Ease of getting to the places you usually have to visit	19%	N=154	53%	N=439	24%	N=194	4%	N=35	100%	N=823
Overall feeling of safety in your community	28%	N=229	54%	N=452	16%	N=132	2%	N=17	100%	N=829
Valuing residents age 60 and older in your community	12%	N=83	48%	N=324	32%	N=214	8%	N=55	100%	N=676
Neighborliness of your community	19%	N=153	43%	N=341	27%	N=220	11%	N=87	100%	N=801
Cost of living in your community	3%	N=23	20%	N=161	45%	N=359	32%	N=251	100%	N=795
Availability of services at the senior center	25%	N=132	40%	N=209	24%	N=127	11%	N=60	100%	N=529
Quality of senior nutrition programs	10%	N=29	39%	N=118	29%	N=85	22%	N=67	100%	N=299
Accessibility of long term care options that are open and accepting toward people of diverse backgrounds	6%	N=16	26%	N=70	38%	N=100	30%	N=79	100%	N=266
Accessibility of daytime care options that are open and accepting toward people of diverse backgrounds	5%	N=14	26%	N=67	38%	N=97	31%	N=79	100%	N=257

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	36%	N=299	37%	N=311	10%	N=84	2%	N=18	15%	N=129	100%	N=841
Employment opportunities	6%	N=53	20%	N=162	23%	N=189	19%	N=154	33%	N=271	100%	N=829
Opportunities to enroll in skill-building or personal enrichment classes	16%	N=137	36%	N=299	16%	N=136	8%	N=69	23%	N=189	100%	N=830
Recreation opportunities (including games, arts, and library services, etc.)	35%	N=294	38%	N=321	13%	N=110	5%	N=42	8%	N=67	100%	N=835
Fitness opportunities (including exercise classes and paths or trails, etc.)	45%	N=373	36%	N=302	10%	N=80	4%	N=36	6%	N=46	100%	N=838
Opportunities to attend social events or activities	24%	N=201	40%	N=332	19%	N=157	6%	N=48	12%	N=97	100%	N=836
Opportunities to attend religious or spiritual activities	35%	N=295	33%	N=275	9%	N=78	3%	N=27	19%	N=159	100%	N=834
Opportunities to attend or participate in meetings about local government or community matters	18%	N=150	37%	N=312	21%	N=175	8%	N=66	16%	N=132	100%	N=836
Availability of affordable quality housing	3%	N=25	8%	N=67	25%	N=207	49%	N=404	16%	N=130	100%	N=832
Variety of housing options	4%	N=37	19%	N=156	30%	N=247	33%	N=274	13%	N=110	100%	N=824
Availability of long-term care options	7%	N=57	20%	N=170	19%	N=156	18%	N=152	36%	N=300	100%	N=836
Availability of daytime care options for adults age 60 and older	4%	N=31	14%	N=117	17%	N=139	18%	N=147	48%	N=393	100%	N=827
Availability of information about resources for adults age 60 and older	9%	N=78	30%	N=247	22%	N=182	13%	N=108	26%	N=220	100%	N=836
Availability of financial or legal planning services	7%	N=54	26%	N=218	21%	N=174	13%	N=107	33%	N=273	100%	N=825
Availability of affordable quality physical health care	15%	N=125	29%	N=239	23%	N=187	18%	N=150	15%	N=129	100%	N=830
Availability of affordable quality mental health care	4%	N=33	14%	N=116	15%	N=124	26%	N=208	41%	N=329	100%	N=808
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	17%	N=144	38%	N=315	22%	N=187	11%	N=90	12%	N=98	100%	N=835
Availability of affordable quality food	20%	N=161	40%	N=329	26%	N=211	11%	N=90	4%	N=34	100%	N=825
Sense of community	18%	N=151	41%	N=342	26%	N=214	8%	N=64	7%	N=56	100%	N=827
Openness and acceptance of the community towards residents age 60 and older of diverse backgrounds	11%	N=87	34%	N=284	25%	N=202	9%	N=71	22%	N=182	100%	N=826
Ease of travel by public transportation in your community	3%	N=25	19%	N=158	24%	N=204	29%	N=245	24%	N=202	100%	N=833
Ease of travel by car in your community	16%	N=134	47%	N=393	27%	N=225	8%	N=70	1%	N=7	100%	N=829

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 walking in your community	24%	N=203	46%	N=379	20%	N=170	7%	N=60	2%	N=20	100%	N=833
Ease of getting to the places you usually have to visit	18%	N=154	53%	N=439	23%	N=194	4%	N=35	1%	N=10	100%	N=833
Overall feeling of safety in your community	27%	N=229	54%	N=452	16%	N=132	2%	N=17	1%	N=10	100%	N=840
Valuing residents age 60 and older in your community	10%	N=83	39%	N=324	26%	N=214	7%	N=55	18%	N=153	100%	N=830
Neighborliness of your community	18%	N=153	41%	N=341	27%	N=220	10%	N=87	3%	N=28	100%	N=830
Cost of living in your community	3%	N=23	20%	N=161	44%	N=359	30%	N=251	4%	N=30	100%	N=825
Availability of services at the senior center	16%	N=132	25%	N=209	15%	N=127	7%	N=60	36%	N=293	100%	N=822
Quality of senior nutrition programs	4%	N=29	15%	N=118	11%	N=85	8%	N=67	63%	N=509	100%	N=808
Accessibility of long term care options that are open and accepting toward people of diverse backgrounds	2%	N=16	9%	N=70	12%	N=100	10%	N=79	68%	N=558	100%	N=824
Accessibility of daytime care options that are open and accepting toward people of diverse backgrounds	2%	N=14	8%	N=67	12%	N=97	10%	N=79	69%	N=561	100%	N=817

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	11%	N=75
Good	54%	N=363
Fair	27%	N=183
Poor	8%	N=54
Total	100%	N=675

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	9%	N=75
Good	45%	N=363
Fair	23%	N=183
Poor	7%	N=54
Don't know	17%	N=135
Total	100%	N=810

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?	12%	N=95	50%	N=410	23%	N=192	15%	N=125	100%	N=821
Long term care options (i.e. nursing homes, home care)	10%	N=84	33%	N=271	28%	N=231	28%	N=231	100%	N=818
Information on planning for the future	11%	N=89	45%	N=366	27%	N=218	18%	N=143	100%	N=816

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?	27%	N=225	57%	N=477	14%	N=120	2%	N=13	100%	N=835
How do you rate your overall mental health/emotional well-being?	40%	N=333	50%	N=419	9%	N=76	0%	N=3	100%	N=832
How do you rate your overall quality of life?	39%	N=327	49%	N=411	10%	N=82	2%	N=13	100%	N=833

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?	27%	N=225	57%	N=477	14%	N=120	2%	N=13	0%	N=1	100%	N=837
How do you rate your overall mental health/emotional well-being?	40%	N=333	50%	N=419	9%	N=76	0%	N=3	0%	N=4	100%	N=836
How do you rate your overall quality of life?	39%	N=327	49%	N=411	10%	N=82	2%	N=13	0%	N=1	100%	N=835

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	82%	N=666	9%	N=74	6%	N=46	3%	N=27	100%	N=814
Your physical health	49%	N=410	35%	N=292	12%	N=103	3%	N=24	100%	N=830
Performing regular activities, including walking, eating and preparing meals	76%	N=639	15%	N=124	8%	N=64	1%	N=9	100%	N=835
Having enough food to eat	92%	N=762	4%	N=34	4%	N=29	0%	N=3	100%	N=829
Doing heavy or intense housework	52%	N=433	27%	N=222	14%	N=120	6%	N=52	100%	N=827
Having safe and affordable transportation available	79%	N=615	12%	N=93	7%	N=52	3%	N=23	100%	N=783
No longer being able to drive	90%	N=651	4%	N=28	3%	N=19	4%	N=29	100%	N=727
Feeling depressed	66%	N=535	24%	N=197	8%	N=69	2%	N=12	100%	N=813
Experiencing confusion or forgetfulness	68%	N=556	27%	N=218	4%	N=31	1%	N=11	100%	N=816
Maintaining your home	66%	N=547	23%	N=196	9%	N=76	2%	N=14	100%	N=833
Maintaining your yard	61%	N=493	25%	N=205	10%	N=78	4%	N=34	100%	N=810
Finding productive or meaningful activities to do	72%	N=587	19%	N=154	8%	N=62	2%	N=12	100%	N=815
Having friends or family you can rely on	73%	N=605	19%	N=155	6%	N=52	3%	N=21	100%	N=833
Falling or injuring yourself in your home	79%	N=640	13%	N=106	6%	N=47	2%	N=13	100%	N=806
Finding affordable health insurance	62%	N=514	15%	N=122	9%	N=75	14%	N=111	100%	N=822
Getting the health care you need	72%	N=596	15%	N=122	11%	N=88	2%	N=20	100%	N=825
Affording the medications you need	75%	N=617	12%	N=102	8%	N=68	4%	N=33	100%	N=820
Figuring out which medications to take and when	93%	N=760	5%	N=40	1%	N=12	1%	N=6	100%	N=817
Getting the oral health care you need	77%	N=637	12%	N=95	6%	N=52	5%	N=45	100%	N=829
Having tooth or mouth problems	69%	N=572	18%	N=152	9%	N=71	4%	N=36	100%	N=831
Getting the vision care you need	79%	N=662	12%	N=102	6%	N=52	2%	N=18	100%	N=833
Having enough money to meet daily expenses	69%	N=571	18%	N=154	7%	N=55	6%	N=52	100%	N=833
Having enough money to pay your property taxes	76%	N=582	13%	N=101	8%	N=64	3%	N=21	100%	N=767
Staying physically fit	53%	N=444	33%	N=276	11%	N=90	3%	N=21	100%	N=832
Maintaining a healthy diet	62%	N=518	29%	N=242	8%	N=66	1%	N=9	100%	N=835
Having interesting recreational or cultural activities to attend	64%	N=495	22%	N=170	11%	N=89	3%	N=21	100%	N=774
Having interesting social events or activities to attend	61%	N=478	24%	N=189	12%	N=93	3%	N=24	100%	N=784
Feeling bored	65%	N=537	26%	N=213	7%	N=60	2%	N=15	100%	N=826

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	
Feeling like your voice is heard in the community	41%	N=253	29%	N=177	19%	N=115	11%	N=67	100%	N=611
Finding meaningful volunteer work	75%	N=438	17%	N=97	5%	N=31	3%	N=15	100%	N=581
Feeling physically burdened by providing care for another person	80%	N=584	12%	N=86	6%	N=41	2%	N=16	100%	N=726
Feeling emotionally burdened by providing care for another person	75%	N=547	15%	N=110	7%	N=48	3%	N=24	100%	N=729
Feeling financially burdened by providing care for another person	84%	N=611	9%	N=63	5%	N=33	3%	N=22	100%	N=729
Feeling overwhelmed and/or exhausted when caring for another person	73%	N=522	16%	N=114	8%	N=56	3%	N=19	100%	N=711
Dealing with legal issues	71%	N=525	20%	N=149	6%	N=45	3%	N=23	100%	N=742
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	60%	N=472	23%	N=181	13%	N=100	4%	N=29	100%	N=782
Finding work in retirement	74%	N=381	8%	N=40	8%	N=43	9%	N=49	100%	N=513
Building skills for paid or unpaid work	78%	N=386	12%	N=59	7%	N=34	4%	N=19	100%	N=498
Not knowing what services are available to adults age 60 and older in your community	45%	N=293	30%	N=193	18%	N=116	8%	N=51	100%	N=654
Feeling lonely or isolated	71%	N=565	19%	N=154	6%	N=51	3%	N=23	100%	N=793
Dealing with the loss of a close family member or friend	68%	N=507	17%	N=126	11%	N=83	4%	N=32	100%	N=748
Being a victim of crime	89%	N=638	7%	N=47	3%	N=23	1%	N=7	100%	N=715
Being a victim of fraud or a scam	84%	N=608	10%	N=70	5%	N=39	2%	N=11	100%	N=728
Being physically or emotionally abused	96%	N=693	2%	N=14	2%	N=12	1%	N=5	100%	N=724
Dealing with financial planning issues	68%	N=521	20%	N=153	9%	N=71	3%	N=26	100%	N=771
Being treated unfairly or discriminated against because of your age	77%	N=566	13%	N=92	5%	N=34	5%	N=38	100%	N=730

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	80%	N=666	9%	N=74	6%	N=46	3%	N=27	2%	N=18	100%	N=832
Your physical health	49%	N=410	35%	N=292	12%	N=103	3%	N=24	0%	N=1	100%	N=831
Performing regular activities, including walking, eating and preparing meals	76%	N=639	15%	N=124	8%	N=64	1%	N=9	0%	N=2	100%	N=838

CASOA™ Report of Results

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 enough food to eat	92%	N=762	4%	N=34	4%	N=29	0%	N=3	0%	N=1	100%	N=830
Doing heavy or intense housework	52%	N=433	27%	N=222	14%	N=120	6%	N=52	1%	N=6	100%	N=834
Having safe and affordable transportation available	74%	N=615	11%	N=93	6%	N=52	3%	N=23	6%	N=51	100%	N=834
No longer being able to drive	80%	N=651	3%	N=28	2%	N=19	4%	N=29	11%	N=86	100%	N=813
Feeling depressed	64%	N=535	24%	N=197	8%	N=69	1%	N=12	2%	N=16	100%	N=830
Experiencing confusion or forgetfulness	67%	N=556	26%	N=218	4%	N=31	1%	N=11	2%	N=19	100%	N=836
Maintaining your home	65%	N=547	23%	N=196	9%	N=76	2%	N=14	0%	N=3	100%	N=836
Maintaining your yard	60%	N=493	25%	N=205	9%	N=78	4%	N=34	2%	N=17	100%	N=827
Finding productive or meaningful activities to do	71%	N=587	19%	N=154	8%	N=62	2%	N=12	1%	N=11	100%	N=826
Having friends or family you can rely on	72%	N=605	19%	N=155	6%	N=52	3%	N=21	0%	N=2	100%	N=836
Falling or injuring yourself in your home	77%	N=640	13%	N=106	6%	N=47	2%	N=13	3%	N=25	100%	N=831
Finding affordable health insurance	62%	N=514	15%	N=122	9%	N=75	13%	N=111	1%	N=10	100%	N=832
Getting the health care you need	72%	N=596	15%	N=122	11%	N=88	2%	N=20	1%	N=7	100%	N=832
Affording the medications you need	74%	N=617	12%	N=102	8%	N=68	4%	N=33	2%	N=13	100%	N=833
Figuring out which medications to take and when	91%	N=760	5%	N=40	1%	N=12	1%	N=6	2%	N=15	100%	N=833
Getting the oral health care you need	76%	N=637	11%	N=95	6%	N=52	5%	N=45	1%	N=10	100%	N=838
Having tooth or mouth problems	69%	N=572	18%	N=152	9%	N=71	4%	N=36	1%	N=4	100%	N=835
Getting the vision care you need	79%	N=662	12%	N=102	6%	N=52	2%	N=18	1%	N=5	100%	N=839
Having enough money to meet daily expenses	68%	N=571	18%	N=154	7%	N=55	6%	N=52	0%	N=2	100%	N=835
Having enough money to pay your property taxes	72%	N=582	12%	N=101	8%	N=64	3%	N=21	5%	N=44	100%	N=811
Staying physically fit	53%	N=444	33%	N=276	11%	N=90	3%	N=21	0%	N=1	100%	N=833
Maintaining a healthy diet	62%	N=518	29%	N=242	8%	N=66	1%	N=9	0%	N=1	100%	N=836
Having interesting recreational or cultural activities to attend	60%	N=495	20%	N=170	11%	N=89	2%	N=21	7%	N=56	100%	N=830
Having interesting social events or activities to attend	57%	N=478	23%	N=189	11%	N=93	3%	N=24	6%	N=52	100%	N=836
Feeling bored	64%	N=537	26%	N=213	7%	N=60	2%	N=15	1%	N=11	100%	N=836
Feeling like your voice is heard in the community	31%	N=253	22%	N=177	14%	N=115	8%	N=67	26%	N=212	100%	N=824
Finding meaningful volunteer work	53%	N=438	12%	N=97	4%	N=31	2%	N=15	29%	N=240	100%	N=821
Feeling physically burdened by providing care for another person	71%	N=584	10%	N=86	5%	N=41	2%	N=16	12%	N=100	100%	N=826

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
Feeling emotionally burdened by providing care for another person	66%	N=547	13%	N=110	6%	N=48	3%	N=24	12%	N=98	100%	N=827
Feeling financially burdened by providing care for another person	74%	N=611	8%	N=63	4%	N=33	3%	N=22	12%	N=98	100%	N=827
Feeling overwhelmed and/or exhausted when caring for another person	65%	N=522	14%	N=114	7%	N=56	2%	N=19	12%	N=96	100%	N=807
Dealing with legal issues	65%	N=525	18%	N=149	6%	N=45	3%	N=23	8%	N=68	100%	N=811
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	58%	N=472	22%	N=181	12%	N=100	3%	N=29	4%	N=35	100%	N=818
Finding work in retirement	47%	N=381	5%	N=40	5%	N=43	6%	N=49	36%	N=292	100%	N=805
Building skills for paid or unpaid work	49%	N=386	7%	N=59	4%	N=34	2%	N=19	37%	N=289	100%	N=786
Not knowing what services are available to adults age 60 and older in your community	36%	N=293	24%	N=193	14%	N=116	6%	N=51	19%	N=151	100%	N=806
Feeling lonely or isolated	70%	N=565	19%	N=154	6%	N=51	3%	N=23	2%	N=17	100%	N=810
Dealing with the loss of a close family member or friend	62%	N=507	15%	N=126	10%	N=83	4%	N=32	8%	N=67	100%	N=815
Being a victim of crime	79%	N=638	6%	N=47	3%	N=23	1%	N=7	12%	N=97	100%	N=812
Being a victim of fraud or a scam	75%	N=608	9%	N=70	5%	N=39	1%	N=11	10%	N=84	100%	N=813
Being physically or emotionally abused	85%	N=693	2%	N=14	1%	N=12	1%	N=5	11%	N=87	100%	N=811
Dealing with financial planning issues	64%	N=521	19%	N=153	9%	N=71	3%	N=26	5%	N=45	100%	N=815
Being treated unfairly or discriminated against because of your age	70%	N=566	11%	N=92	4%	N=34	5%	N=38	10%	N=77	100%	N=808

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	82%	N=664	10%	N=81	6%	N=49	2%	N=18	100%	N=811
In a long-term care facility (including nursing home or in-patient rehabilitation)	98%	N=781	0%	N=0	0%	N=0	2%	N=15	100%	N=796

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	70%	N=577
Once or twice	26%	N=210
3-5 times	3%	N=25
More than 5 times	1%	N=10
Total	100%	N=821

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	70%	N=577
Once or twice	26%	N=210
3-5 times	3%	N=25
More than 5 times	1%	N=10
Don't know	0%	N=0
Total	100%	N=821

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	33%	N=180
Somewhat likely	44%	N=240
Somewhat unlikely	12%	N=66
Very unlikely	10%	N=53
Total	100%	N=539

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	31%	N=180
Somewhat likely	41%	N=240
Somewhat unlikely	11%	N=66
Very unlikely	9%	N=53
Don't know	8%	N=48
Total	100%	N=587

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	57%	N=313
Somewhat likely	26%	N=142
Somewhat unlikely	11%	N=59
Very unlikely	7%	N=37
Total	100%	N=552

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	54%	N=313
Somewhat likely	25%	N=142
Somewhat unlikely	10%	N=59
Very unlikely	6%	N=37
Don't know	5%	N=26
Total	100%	N=578

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	7%	N=57	5%	N=43	14%	N=117	74%	N=601	100%	N=818
Used a recreation center in your community	13%	N=103	6%	N=50	13%	N=106	68%	N=553	100%	N=812
Used a public library in your community	9%	N=74	19%	N=155	26%	N=214	45%	N=366	100%	N=808
Used bus, rail, subway or other public transportation instead of driving	2%	N=14	2%	N=19	10%	N=79	86%	N=702	100%	N=813
Visited a neighborhood park	15%	N=125	23%	N=192	37%	N=299	25%	N=202	100%	N=817
Attended a local public meeting	2%	N=16	4%	N=35	29%	N=236	65%	N=526	100%	N=812
Watched (online or on television) a local public meeting	1%	N=11	3%	N=23	12%	N=102	83%	N=683	100%	N=820

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	65%	N=509	14%	N=110	7%	N=54	4%	N=28	3%	N=21	7%	N=56	100%	N=777
One or more individuals age 18 to 59	85%	N=623	6%	N=44	3%	N=19	2%	N=18	2%	N=13	2%	N=18	100%	N=735
One or more individuals under age 18	80%	N=590	7%	N=55	5%	N=35	3%	N=21	2%	N=15	3%	N=23	100%	N=740

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	64%	N=509	14%	N=110	7%	N=54	3%	N=28	3%	N=21	7%	N=56	3%	N=23	100%	N=800
One or more individuals age 18 to 59	82%	N=623	6%	N=44	2%	N=19	2%	N=18	2%	N=13	2%	N=18	4%	N=27	100%	N=762
One or more individuals under age 18	77%	N=590	7%	N=55	5%	N=35	3%	N=21	2%	N=15	3%	N=23	3%	N=25	100%	N=765

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)	63%	N=502	22%	N=175	9%	N=73	4%	N=33	2%	N=17	100%	N=800
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	92%	N=727	6%	N=46	2%	N=12	1%	N=6	0%	N=2	100%	N=793
Communicating/visiting with friends and/or family	3%	N=20	34%	N=275	26%	N=204	20%	N=161	17%	N=140	100%	N=801
Participating in religious or spiritual activities with others	51%	N=404	32%	N=257	10%	N=77	4%	N=35	3%	N=20	100%	N=792
Participating in a recreation program or group activity	56%	N=441	25%	N=196	11%	N=84	6%	N=48	3%	N=26	100%	N=795
Providing help to friends or relatives	18%	N=139	48%	N=379	17%	N=133	9%	N=75	8%	N=64	100%	N=790
Volunteering your time to some group/activity in your community	61%	N=478	23%	N=177	8%	N=65	4%	N=34	4%	N=29	100%	N=783

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)	61%	N=502	21%	N=175	9%	N=73	4%	N=33	2%	N=17	2%	N=18	100%	N=819
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	89%	N=727	6%	N=46	1%	N=12	1%	N=6	0%	N=2	3%	N=24	100%	N=817
Communicating/visiting with friends and/or family	3%	N=20	34%	N=275	25%	N=204	20%	N=161	17%	N=140	1%	N=11	100%	N=812
Participating in religious or spiritual activities with others	50%	N=404	32%	N=257	9%	N=77	4%	N=35	2%	N=20	3%	N=22	100%	N=815
Participating in a recreation program or group activity	54%	N=441	24%	N=196	10%	N=84	6%	N=48	3%	N=26	3%	N=27	100%	N=822
Providing help to friends or relatives	17%	N=139	47%	N=379	16%	N=133	9%	N=75	8%	N=64	3%	N=22	100%	N=812
Volunteering your time to some group/activity in your community	59%	N=478	22%	N=177	8%	N=65	4%	N=34	4%	N=29	4%	N=32	100%	N=815

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	9%	N=76	17%	N=136	32%	N=261	34%	N=281	9%	N=70	100%	N=824
Participate in moderate or vigorous physical activity	5%	N=43	14%	N=112	24%	N=194	39%	N=320	19%	N=156	100%	N=826
Receive assistance from someone almost every day	76%	N=622	16%	N=133	5%	N=44	2%	N=16	1%	N=8	100%	N=823
Vote in local elections	6%	N=51	2%	N=20	3%	N=25	19%	N=159	69%	N=573	100%	N=829

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	82%	N=671	6%	N=45	1%	N=10	2%	N=18	9%	N=73	100%	N=818
Use social media (Facebook, Twitter, LinkedIn)	36%	N=291	10%	N=82	2%	N=16	6%	N=49	46%	N=376	100%	N=813
Get the news or weather	84%	N=686	6%	N=46	1%	N=7	1%	N=12	8%	N=68	100%	N=818
Shop, search for products and services	28%	N=231	39%	N=318	13%	N=102	10%	N=80	10%	N=79	100%	N=811
Research or study a topic of interest	37%	N=297	35%	N=281	10%	N=83	8%	N=62	11%	N=87	100%	N=810
Share opinions, post to a blog, review a product or service	6%	N=50	11%	N=86	10%	N=82	19%	N=155	54%	N=435	100%	N=808
Attend an online class or training	2%	N=15	2%	N=15	6%	N=52	19%	N=151	71%	N=580	100%	N=813
Work from home	13%	N=108	6%	N=52	5%	N=42	4%	N=35	71%	N=566	100%	N=803
Banking online (paying bills, investing, etc.)	18%	N=145	30%	N=245	18%	N=149	5%	N=38	29%	N=231	100%	N=809
Find info on community resources and events	9%	N=71	26%	N=210	20%	N=160	21%	N=164	24%	N=192	100%	N=797
If you have a question, use Internet to find the answer	42%	N=341	30%	N=243	9%	N=73	8%	N=67	10%	N=84	100%	N=809
Engage in civic activities (participate in a discussion about community and government issues; research information about an issue or a candidate)	2%	N=19	9%	N=72	10%	N=80	24%	N=197	55%	N=442	100%	N=810
Look up health and medical information	5%	N=45	22%	N=182	29%	N=232	27%	N=222	16%	N=130	100%	N=811
Communicate with government (seek services, get a license, discuss a problem)	1%	N=8	3%	N=24	10%	N=83	48%	N=390	38%	N=307	100%	N=811
Sell goods and services online, advertise	2%	N=16	3%	N=26	4%	N=29	15%	N=121	76%	N=620	100%	N=813
Find directions or look up a map	9%	N=76	35%	N=282	28%	N=228	20%	N=159	8%	N=68	100%	N=814

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	66%	N=505	29%	N=219	6%	N=45	100%	N=770
Using smartphone or tablet computer	63%	N=443	29%	N=203	8%	N=59	100%	N=706
Accessing the Internet	75%	N=577	21%	N=159	4%	N=32	100%	N=769
Using email	83%	N=630	13%	N=96	4%	N=31	100%	N=757
Locating information online (bus schedules, weather, news, etc.)	72%	N=528	22%	N=161	6%	N=41	100%	N=730
Using social networking sites (Facebook, Twitter, etc.)	54%	N=266	26%	N=130	20%	N=100	100%	N=496

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	61%	N=505	27%	N=219	5%	N=45	1%	N=8	5%	N=45	100%	N=823
Using smartphone or tablet computer	54%	N=443	25%	N=203	7%	N=59	2%	N=13	13%	N=104	100%	N=823
Accessing the Internet	70%	N=577	19%	N=159	4%	N=32	1%	N=7	5%	N=44	100%	N=820
Using email	77%	N=630	12%	N=96	4%	N=31	1%	N=8	6%	N=53	100%	N=818
Locating information online (bus schedules, weather, news, etc.)	64%	N=528	20%	N=161	5%	N=41	3%	N=21	8%	N=69	100%	N=820
Using social networking sites (Facebook, Twitter, etc.)	32%	N=266	16%	N=130	12%	N=100	2%	N=20	37%	N=306	100%	N=821

Table 34: Question D1

How many years have you lived in your community?	Percent	Number
Less than 1 year	3%	N=22
1-5 years	18%	N=152
6-10 years	11%	N=93
11-20 years	23%	N=189
More than 20 years	45%	N=380
Total	100%	N=836

Table 35: Question D2

Which best describes the building you live in?	Percent	Number
Single family home	82%	N=683
Townhouse, condominium, duplex or apartment	13%	N=109
Mobile home	3%	N=26
Assisted living residence	1%	N=5
Nursing home	0%	N=0
Other	2%	N=13
Total	100%	N=837

Table 36: Question D3

Do you currently rent or own your home?	Percent	Number
Rent	17%	N=142
Own (with a mortgage payment)	37%	N=308
Own (free and clear; no mortgage)	46%	N=382
Total	100%	N=831

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	12%	N=97
\$300 to \$599 per month	23%	N=181
\$600 to \$999 per month	22%	N=173
\$1,000 to \$1,499 per month	20%	N=161
\$1,500 to \$2,499 per month	18%	N=140
\$2,500 or more per month	6%	N=46
Total	100%	N=798

Table 38: Question D5

How many people, including yourself, live in your household?	Percent	Number
1 person (live alone)	31%	N=251
2 people	59%	N=488
3 people	6%	N=52
4 or more people	4%	N=30
Average number of household members	1.8	N=821

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=368	100%	N=412	100%	N=8	100%	N=2	100%	N=790	1.6
17 or younger	100%	N=13	100%	N=14	100%	N=3	0%	N=0	100%	N=29	0.3
18-59 years old	100%	N=128	100%	N=33	100%	N=6	100%	N=1	100%	N=168	0.8

Table 40: Question D7

What is your employment status?	Percent	Number
Fully retired	60%	N=486
Working full time for pay	23%	N=186
Working part time for pay	15%	N=123
Unemployed, looking for paid work	2%	N=17
Total	100%	N=812

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	8%	N=20
65 to 69	34%	N=82
70 to 74	30%	N=71
75 or older	28%	N=67
Total	100%	N=241
Average age of expected retirement	70.2	N=248

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	7%	N=51
\$15,000 to \$24,999	13%	N=104
\$25,000 to \$49,999	23%	N=180
\$50,000 to \$74,999	22%	N=167
\$75,000 to \$99,999	13%	N=100
\$100,000 or more	22%	N=173
Total	100%	N=775

Table 43: Question D10

Are you Spanish, Hispanic or Latino?	Percent	Number
Yes	4%	N=33
No	96%	N=791
Total	100%	N=823

Table 44: Question D11

What is your race?	Percent	Number
American Indian or Alaskan Native	1%	N=8
Asian, Asian Indian or Pacific Islander	1%	N=5
Black or African American	0%	N=1
White	97%	N=799
Other	2%	N=18

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

Table 45: Question D12

In which category is your age?	Percent	Number
60-64 years	30%	N=251
65-69 years	22%	N=184
70-74 years	18%	N=151
75-79 years	14%	N=111
80-84 years	8%	N=68
85-89 years	5%	N=40
90-94 years	2%	N=18
95 years or older	0%	N=0
Total	100%	N=824

Table 46: Question D13

What is your sex?	Percent	Number
Female	54%	N=444
Male	46%	N=383
Other/non-conforming	0%	N=2
Total	100%	N=829

Table 47: Question D14

What is your sexual orientation?	Percent	Number
Heterosexual	98%	N=768
Lesbian	1%	N=7
Gay	1%	N=5
Bisexual	1%	N=4
Total	100%	N=784

Table 48: Question D15

Are you a grandparent raising a grandchild?	Percent	Number
Yes	2%	N=18
No	98%	N=761
Total	100%	N=779

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 Larimer County Office on Aging (Larimer County) to reflect the correct local age definition of older adults and so that the mailing materials used official Larimer County graphics, contact information and signatures. Larimer County, in association with the Colorado Association of Area Agencies on Aging (C4A) and with funding from NextFifty Initiative, sponsored this research. Please contact Lynda Meyer of Larimer County Office on Aging at 970-498-7755 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.

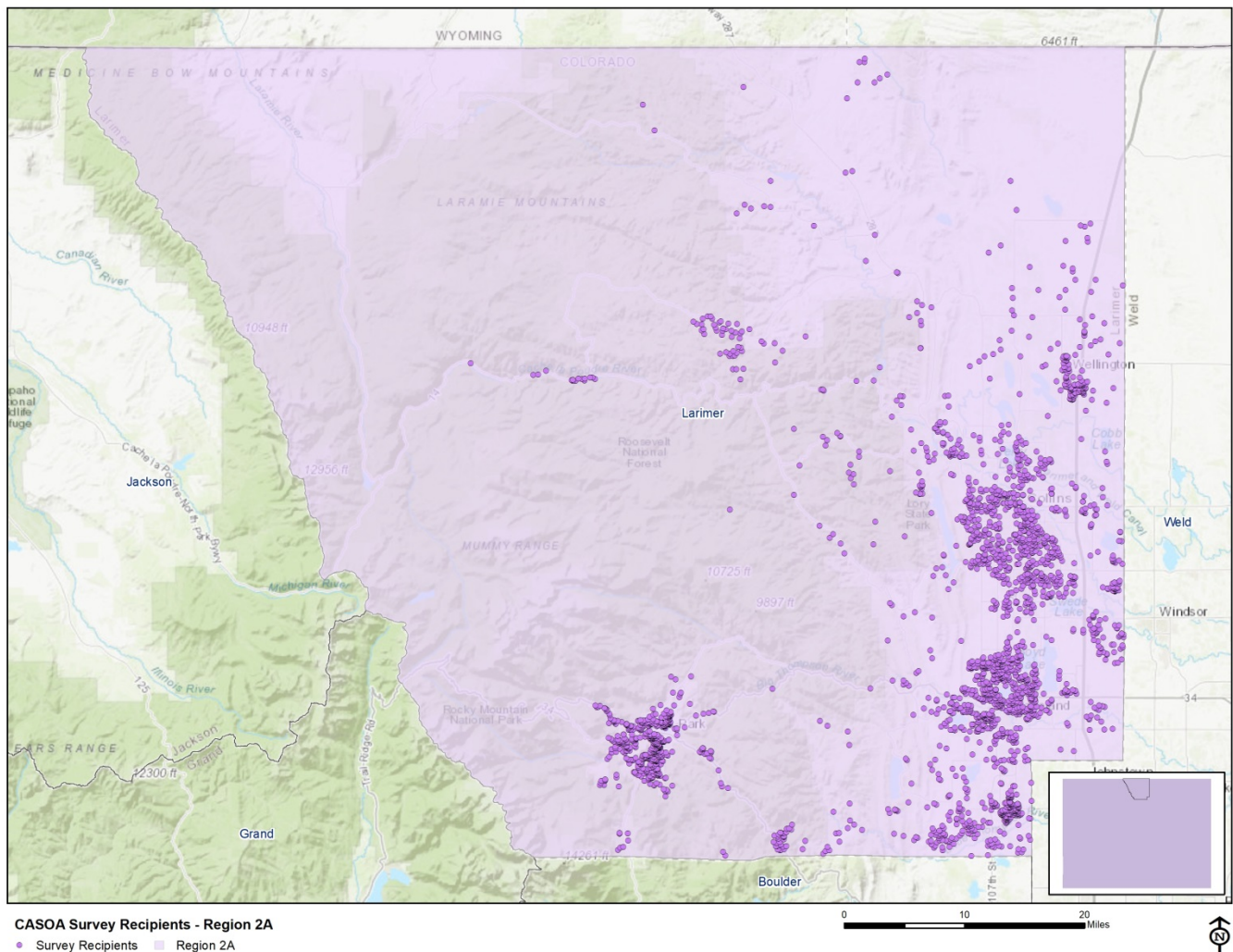
The target population for this survey was residents in households age 60 years or older within Larimer County’s service area. Since it is cost prohibitive to survey every person age 60 years or older in Larimer County, a random selection of records from the sampling frame was made. An example that may 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 Larimer County’s service area from Go-Dog Direct. These lists 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

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



Survey Administration and Response

Each sampled household received three mailings, about one week apart, beginning May 21, 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 5% of the 3,000 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, 847 completed the survey, providing an overall response rate of 30%. Of the 847 completed surveys, 52 were completed online and zero were completed in Spanish. Additionally, responses were tracked by city and are displayed in the table below.

The response rates were calculated using AAPOR's response rate #2² for mailed surveys of unnamed persons.

Table 49: Survey Response Rates

	Estes Park	Fort Collins	Loveland	Other Larimer County	AAA Overall
Total sample used	600	750	750	900	3,000
I=Complete Interviews	154	215	220	250	839
P=Partial Interviews	3	2	2	1	8
R=Refusal and break off	0	0	0	0	0
NC=Non Contact	0	0	0	0	0
O=Other	0	0	0	0	0
UH=Unknown household	0	0	0	0	0
UO=Unknown other	351	521	515	610	1,997
Response rate: (I+P)/(I+P) + (R+NC+O) + (UH+UO)	31%	29%	30%	29%	30%

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

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

The margin of error for the Larimer County 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 (847 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.

Table 50: Weighting Scheme

	Population norm*	Unweighted	Weighted
Housing**			
Own	81%	91%	83%
Rent	19%	9%	17%
Attached	16%	14%	15%
Detached	84%	86%	85%
Race and ethnicity**			
White	97%	95%	96%
Not white	3%	5%	4%
Hispanic	4%	2%	4%
Not Hispanic	96%	98%	96%
Sex and Age			
Female	53%	58%	54%
Male	47%	42%	46%
60 to 64 years	31%	24%	31%
65 to 74 years	41%	45%	41%
75 or over	28%	32%	29%
Female 60 to 64	15%	15%	15%
Female 65 to 74	21%	25%	21%
Female 75+	17%	17%	17%
Male 60 to 64 years	16%	9%	15%
Male 65 to 74 years	19%	20%	19%
Male 75+	12%	14%	12%
Area			
Estes Park	4%	18%	4%
Fort Collins	34%	26%	34%
Loveland	26%	26%	27%
Other Larimer County	35%	30%	35%

* 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.

Estimates of the Contribution of Older Adults to the Economy

The calculations of the economic contributions of older adults in Larimer County'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 5 I: 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)	35%	26,517	10.0	\$11.98	\$151,530,886
Providing care to adult(s)	15%	11,694	9.5	\$11.98	\$60,361,309
Providing care to child(ren)	20%	15,509	9.2	\$11.61	\$74,947,374
Providing help to family and friends	82%	63,234	4.4	\$15.09	\$201,984,362
Volunteering	39%	29,878	4.3	\$17.22	\$106,863,056
<i>Subtotal unpaid</i>					<i>\$595,686,987</i>
Working part time	15%	11,657	15.0	\$24.01	\$209,427,317
Working full time	23%	17,601	32.0	\$24.01	\$674,580,663
<i>Subtotal paid</i>	35%	26,517	10.0	\$11.98	<i>\$884,007,980</i>
Total contribution	15%	11,694	9.5	\$11.98	\$1,479,694,967

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 Fort Collins, 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 Fort Collins, 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 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

Index	Individual Variables Used in Index
	Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)
	Availability of affordable quality housing
	Variety of housing options
	Availability of affordable quality food
Community Design and Land Use	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
	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
	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
	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)
	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

Index	Individual Variables Used in Index	Required Rating
	- Used a public library in your community	Not at all
	- Visited a neighborhood park	Not at all
	- 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
Health care	- Dealing with the loss of a close family member or friend	Moderate or major problem
	Must have at least one of the following:	

Index	Individual Variables Used in Index	Required Rating
	- Finding affordable health insurance	Moderate or major problem
	- Getting the health care you need	Moderate or major problem
	- 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

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 Larimer 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 Larimer 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 Larimer County's rating (column one) to the benchmark.

Where comparisons for ratings were available, Larimer 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 Larimer County's rating to the benchmark where a rating is considered "similar" if it is within 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

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Community as an excellent or good place to live	89%	164	361	Similar
Community as an excellent or good place to retire	74%	140	359	Similar
Excellent or good overall services provided to older adults	65%	2	37	Higher

Table 53: Recommendation of Community to Others Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to recommend living to older adults	78%	221	283	Similar

Table 54: Remaining in Community Throughout Retirement Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to remain throughout retirement	83%	28	37	Similar

Table 55: Older Adult Community and Belonging Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good sense of community	64%	194	360	Similar
Excellent or good openness and acceptance of the community towards older residents of diverse backgrounds	58%	217	344	Similar
Excellent or good overall feeling of safety	82%	79	170	Similar
Excellent or good valuing of older residents	60%	5	36	Similar
Excellent or good neighborliness	62%	73	167	Similar

Table 56: Safety Problems Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with being a victim of crime	11%	26	37	Similar
Problems with being a victim of fraud or a scam	16%	26	36	Similar
Problems with being physically or emotionally abused	4%	34	36	Similar
Problems with being treated unfairly or discriminated against because of age	23%	23	34	Similar

Table 57: Awareness of Older Adult Services and Activities Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Informed about services and activities available to older adults	61%	6	37	Similar

Table 58: Availability of Information About Older Adult Resource Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of information about resources for older adults	53%	3	37	Higher
Excellent or good availability of financial and legal planning services	49%	2	36	Higher

Table 59: Meaningful Activities Needs Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding productive or meaningful activities to do	28%	32	36	Similar
Problems with feeling like your voice is heard in the community	59%	16	37	Similar
Problems with finding meaningful volunteer work	25%	33	37	Similar
Problems with not knowing what services are available to older adults in your community	55%	33	37	Similar

Table 60: Civic Engagement Opportunities Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to volunteer	86%	46	275	Higher
Excellent or good opportunities to attend or participate in meetings about local government or community matters	66%	9	37	Similar

Table 61: Participation in Civic Activities Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Attended a local public meeting at least once in past 12 months	35%	89	359	Similar
Watched (online or on television) a least once in past 12 months	17%	265	290	Much lower
Participating in a civic group (including Elks, Kiwanis, Masons, etc.) for one hour or more per week	8%	31	37	Similar
Volunteering your time to some group/activity for one hour or more per week	39%	11	37	Similar
Voted in the last local election	88%	97	358	Similar

Table 62: Social Engagement Opportunities Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to attend social events or activities	72%	70	271	Similar
Excellent or good opportunities to attend religious or spiritual activities	84%	103	235	Similar

Table 63: Participation in Social Activities Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a senior center at least once in past 12 months	26%	4	37	Similar
Participating in a club (including book, dance, game and other social) for one hour or more per week	37%	3	37	Similar
Communicating/ visiting with friends and/or family for one hour or more per week	97%	2	167	Much higher
Participating in religious or spiritual activities with others for one hour or more per week	49%	226	234	Much lower
Providing help to friends or relatives for one hour or more per week	82%	24	162	Similar

Table 64: Social Engagement Problems Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting social events or activities to attend	39%	33	37	Lower

Table 65: Recreational and Personal Enrichment Opportunities Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to enroll in skill-building or personal enrichment classes	68%	3	37	Much higher
Excellent or good recreation opportunities (including games, arts and library services, etc.)	80%	62	357	Higher

Table 66: Participation in Recreational and Personal Enrichment Activities Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a recreation center at least once in past 12 months	32%	275	309	Lower
Used a public library at least once in past 12 months	55%	256	318	Similar
Visited a neighborhood park at least once in past 12 months	75%	161	357	Similar
Participating in a recreation program or group activity for one hour or more per week	44%	7	37	Similar

Table 67: Recreational Problems Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting recreational or cultural activities to attend	36%	33	37	Lower

Table 68: Caregiver Burden Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling physically burdened by providing care for another person	20%	30	34	Similar
Problems with feeling emotionally burdened by providing care for another person	25%	26	34	Similar
Problems with feeling financially burdened by providing care for another person	16%	29	34	Similar

Table 69: Employment Opportunities Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good employment opportunities	38%	112	344	Similar

Table 70: Financial and Legal Problems of Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having enough money to meet daily expenses	31%	33	37	Similar
Problems with having enough money to pay your property taxes	24%	21	37	Similar
Problems with dealing with legal issues	29%	19	36	Similar
Problems with finding work in retirement	26%	28	37	Similar
Problems with building skills for paid or unpaid work	22%	33	37	Similar
Problems with dealing with financial planning issues	32%	27	36	Similar

Table 71: Physical Health Opportunities Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good fitness opportunities (including exercise classes and paths or trails, etc.)	85%	20	169	Higher
Excellent or good availability of affordable quality physical health care	52%	210	315	Similar

Table 72: Overall Physical Health of Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall physical health	84%	3	170	Much higher

Table 73: Participation in Healthy Activities Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Always or usually eats at least 5 portions of fruits and vegetables a day	43%	94	165	Similar
Always or usually participates in moderate or vigorous physical activity	58%	32	166	Higher

Table 74: Physical Health Problems of Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with your physical health	51%	35	37	Lower
Problems with problems with Doing heavy or intense housework	48%	34	36	Lower
Problems with maintaining your home	34%	36	37	Similar
Problems with maintaining your yard	39%	32	37	Similar
Problems with staying physically fit	47%	33	37	Lower
Problems with maintaining a healthy diet	38%	32	37	Similar

Table 75: Availability of Mental Healthcare Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality mental health care	31%	115	153	Lower

Table 76: Emotional Wellbeing of Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall mental health/emotional well being	90%	3	37	Similar

Table 77: Mental Health Problems of Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling depressed	34%	28	36	Similar
Problems with experiencing confusion or forgetfulness	32%	30	36	Similar
Problems with having friends or family you can rely on	27%	27	37	Similar
Problems with figuring out which medications to take and when	7%	31	34	Similar
Problems with feeling bored	35%	31	36	Similar
Problems with feeling lonely or isolated	29%	31	36	Similar
Problems with dealing with the loss of a close family member or friend	32%	30	37	Similar

Table 78: Availability of Preventative Health Care Benchmarks

	AAA 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)	62%	140	253	Similar

Table 79: Health Care Problems of Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding affordable health insurance	38%	26	37	Similar
Problems with getting the health care you need	28%	29	37	Similar
Problems with affording the medications you need	25%	35	36	Similar
Problems with getting the oral health care you need	23%	31	35	Similar
Problems with getting the vision care you need	21%	31	34	Similar
Problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	40%	32	37	Similar

Table 80: Care Options for Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of long-term care options	42%	10	35	Similar
Excellent or good availability of daytime care options for older adults	34%	3	34	Similar

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

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Spent at least 1 day in a hospital in past 12 months	18%	30	36	Similar
Spent at least 1 day in a nursing home or in-patient rehabilitation facility	2%	31	36	Similar
Had at least 1 fall in the past 12 months	30%	30	36	Similar

Table 82: Independent Living Problems of Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with performing regular activities, including walking, eating and preparing meals	24%	34	37	Lower
Problems with no longer being able to drive	10%	33	37	Similar
Problems with falling or injuring yourself in your home	21%	32	36	Similar

Table 83: Aspects of Design and Land Use Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality housing	13%	336	351	Much lower
Excellent or good variety of housing options	27%	249	277	Much lower
Excellent or good availability of affordable quality food	62%	190	279	Similar
Excellent or good ease of bus, rail, subway or other public transit	29%	120	173	Lower
Excellent or good ease of car travel	64%	183	345	Similar
Excellent or good ease of walking	72%	114	342	Similar
Excellent or good ease of getting to the places usually visited	72%	104	170	Similar
Excellent or good cost of living	23%	149	167	Lower

Table 84: Public Transportation Use by Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used bus, rail, subway or other public transportation instead of driving at least once	14%	70	145	Similar

Table 85: Basic Needs Problems of Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having housing to suit your needs	18%	25	36	Similar
Problems with having enough food to eat	8%	31	36	Similar
Problems with having safe and affordable transportation available	21%	31	37	Similar

Table 86: Overall Quality of Life of Older Residents Benchmarks

	AAA percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall quality of life	89%	3	37	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
- 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
- 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
- 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

Appendix D: References

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2. Rowe JW, Kahn RL. *Successful Aging*. New York: Pantheon Books; 1998.
3. Namkee GC, Burr A, Mutchler JE, Caro FG. Formal and informal volunteer activity and spousal caregiving among older adults. *Research on Aging*. 2007;29:99-124.
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5. Greene LV. New Directions in Work and Family Policy. *APA Briefing Paper on Work and Family Policy* 2004; <http://www.apa.org/ppo/issues/workandfam.html>. Accessed February 5, 2008.
6. Gibson MJ, Houser AN. *Valuing the Invaluable: A New Look at the Economic Value of Family Caregiving*. Washington, DC: AARP Public Policy Institute; June 2007.
7. Roper ASW & AARP. *Baby Boomers Envision Retirement II: Survey of Baby Boomers' Expectations for Retirement*: AARP; May 2004.

Appendix E: Survey Materials

Dear Resident,

Estimado Residente,

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

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

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

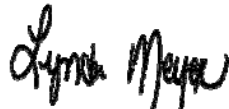
Su hogar ha sido elegido al azar para participar en una encuesta sobre su comunidad. Su encuesta le llegará dentro de pocos días.

Thank you for helping us with this important study!

¡Gracias por ayudarnos con este importante estudio!

Sincerely,

Atentamente,



Lynda Meyer

Program Manager/Administradora del Programa

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Atentamente,



Lynda Meyer

Program Manager/Administradora del Programa



Larimer County Office on Aging
1501 Blue Spruce Drive
Fort Collins, CO 80524

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



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DEPARTMENT OF HUMAN SERVICES

Office on Aging

1501 Blue Spruce Drive
Fort Collins, Colorado 80524
(970) 498-7750
Fax (970) 498-7625

May 2018

Dear Resident:

The Larimer County Office on Aging, 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 the county.

La Oficina del Condado de Larimer 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 970-498-7755.

Thank you for your time and participation.

Respectfully,

Lynda Meyer, Program manager



DEPARTMENT OF HUMAN SERVICES

Office on Aging

1501 Blue Spruce Drive
Fort Collins, Colorado 80524
(970) 498-7750
Fax (970) 498-7625

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 Larimer County Office on Aging, 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 the county.

La Oficina del Condado de Larimer 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!

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- **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 970-498-7755.

Thank you for your time and participation.

Respectfully,

Lynda Meyer, Program manager

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 as they relate to adults age 60 or older in your community:

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

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

	<i>Very informed</i>	<i>Somewhat informed</i>	<i>Somewhat uninformed</i>	<i>Very uninformed</i>
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:

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

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

	<i>Not a problem</i>	<i>Minor problem</i>	<i>Moderate problem</i>	<i>Major problem</i>	<i>Don't know</i>
Having housing to suit your needs	1	2	3	4	5
Your physical health.....	1	2	3	4	5
Performing regular activities, including walking, eating and preparing meals	1	2	3	4	5
Having enough food to eat.....	1	2	3	4	5
Doing heavy or intense housework	1	2	3	4	5
Having safe and affordable transportation available.....	1	2	3	4	5
No longer being able to drive.....	1	2	3	4	5
Feeling depressed	1	2	3	4	5
Experiencing confusion or forgetfulness.....	1	2	3	4	5
Maintaining your home	1	2	3	4	5
Maintaining your yard	1	2	3	4	5
Finding productive or meaningful activities to do.....	1	2	3	4	5
Having friends or family you can rely on.....	1	2	3	4	5
Falling or injuring yourself in your home.....	1	2	3	4	5
Finding affordable health insurance.....	1	2	3	4	5
Getting the health care you need	1	2	3	4	5
Affording the medications you need	1	2	3	4	5
Figuring out which medications to take and when	1	2	3	4	5
Getting the oral health care you need.....	1	2	3	4	5
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

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

	<i>Not a problem</i>	<i>Minor problem</i>	<i>Moderate problem</i>	<i>Major problem</i>	<i>Don't know</i>
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?

	<i>2 times a week or more</i>	<i>2-4 times a month</i>	<i>Once a month or less</i>	<i>Not at all</i>
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?

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

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

Never *1 to 3* *4 to 5* *6 to 10* *11 or more* *Don't*
(no hours) *hours* *hours* *hours* *hours* *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 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

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?

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> 60-64 years | <input type="checkbox"/> 80-84 years |
| <input type="checkbox"/> 65-69 years | <input type="checkbox"/> 85-89 years |
| <input type="checkbox"/> 70-74 years | <input type="checkbox"/> 90-94 years |
| <input type="checkbox"/> 75-79 years | <input type="checkbox"/> 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