

Indiana Family and Social Services Administration 2017

Report of Results

CASOATM
**Community Assessment Survey
for Older Adults**TM



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CASOA™ Report of Results



NRC is a charter member of the AAPOR Transparency Initiative, providing clear disclosure of our sound and ethical survey research practices.

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, Indiana Family and Social Services Administration (IFSSA) stakeholders can shape public policy, educate the public and assist communities and organizations in their efforts to sustain a high quality of life for older adults. The objectives of the CASOA are to:

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

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

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

- Northwest Indiana Community Action Corporation
- REAL Services, Inc.
- Aging and In-Home Services of Northeast Indiana (AIHS)
- Area IV Agency on Aging and Community Action Programs, Inc.
- Area Five Agency on Aging
- LifeStream Services, Inc. (Area 6)
- Area 7 Agency on Aging and Disabled/WCIEDD
- CICOA Aging and In-Home Solutions
- LifeStream Services, Inc. (Area 9)
- Area 10 Agency on Aging
- Thrive Alliance
- LifeTime Resources, Inc.
- Generations Vincennes University
- LifeSpan Resources, Inc.
- Hoosier Uplands
- SWIRCA & More

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

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

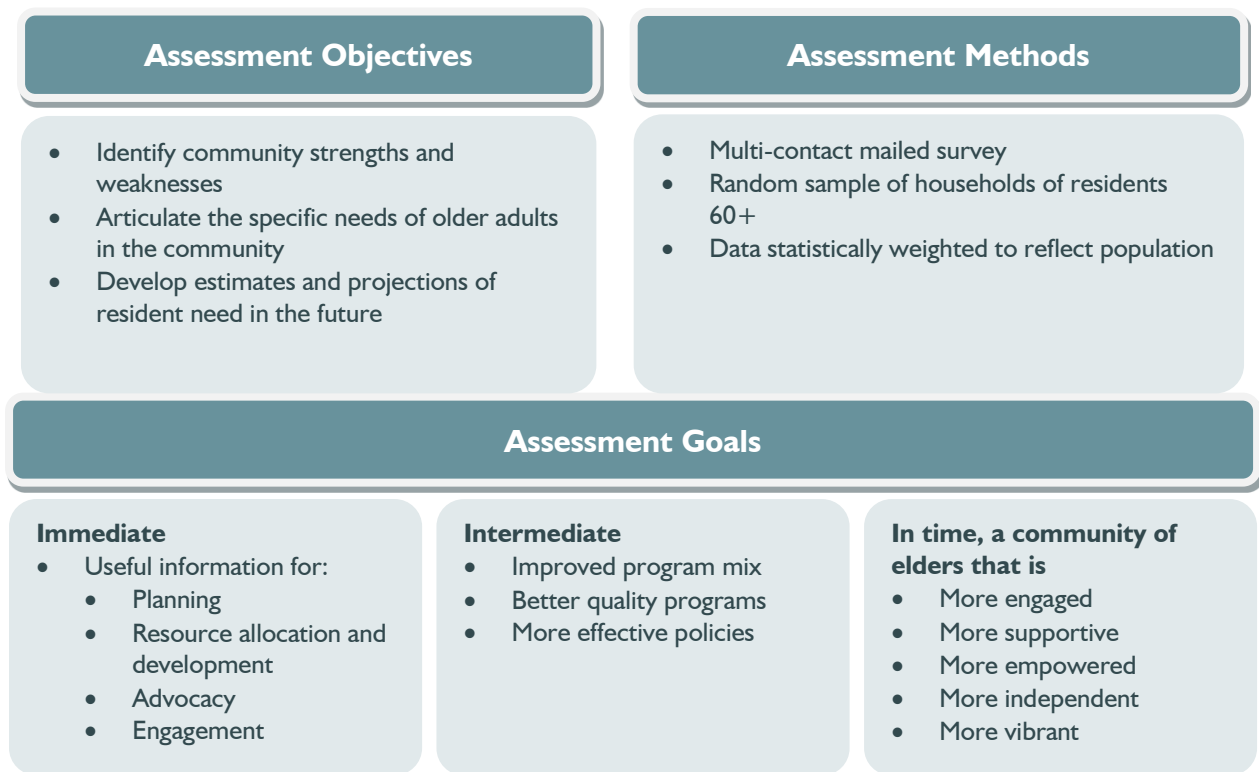
envelope to return the survey. Results were statistically weighted to reflect the proper demographic composition of older adults in the entire community.

The survey was mailed on September 14, 2017 to a random selection of 31,805 older adult households in Indiana. Older adult households were contacted three times about participation in the survey. A total of 4,766 completed surveys was obtained, providing an overall response rate of 16% and a margin of error of plus or minus 1% around any given percent and one point around any given average rating for the entire sample.

Since this was the second CASOA of Indiana older adults, the 2017 results are presented along with the 2013 ratings, when available. Differences between 2013 and 2017 can be considered “statistically significant” if they are two percentage points or greater than any given percent and one point or greater than any given average rating. Trend data for the AAA 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 Indiana as a livable community for older adults.

Figure 2: Community Dimensions Assessed through CASOA



“Don’t Know” Responses and Rounding

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

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

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 Indiana to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in over 175 communities across the nation. The demographics of NRC’s database match the demographics in the nation, based on the U.S. Census estimates.

Ratings are compared when similar questions are included in NRC’s database, and there are at least five communities in which the question was asked. Where comparisons for ratings were available, IFSSA’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 Indiana 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 IFSSA, as well as how likely residents are to recommend and remain in the community.

- Over three-quarters of Indiana'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 in five of older residents.
- Most residents had lived in the area more than 20 years and almost 9 in 10 seniors planned to remain in the area throughout their retirement.
- Generally, residents rated these aspects of the community similar to or lower than the national average.

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.

- Almost two-thirds of respondents reported "excellent" or "good" overall feelings of safety and between 7% and 23% had experienced safety problems related to being a victim of crime, abuse or discrimination.
- The proportion of elders reporting problems with being the victim of fraud or a scam increased from 14% in 2013 to 20% in 2017
- About half of older residents rated the sense of community as "excellent" or "good"; similar ratings were provided for neighborliness and valuing of older residents.
- When compared to other communities in the U.S., older residents in Indiana tended to assess aspects of the community lower than the national average and experienced problems at rates similar to the national average.

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 half of survey respondents reported being “somewhat” or “very” informed about services and activities available to older adults, which was similar to reports from other communities in the U.S., but a slight drop from 2013 (56%) to 2017 (52%).
- One-third of older adults felt they had good information about resources for older adults and about two in five felt they had good financial or legal planning services.
- Almost two-thirds of respondents had problems knowing what services were available, which was similar to reports from other communities in the U.S., but a slight increase from 2013 (61%) to 2017 (64%).

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.

- While elders rated the opportunities to participate in community matters higher in 2017 than in 2013, they attended or watched fewer local public meetings in 2017 than in 2013.
- About 1 in 10 used a senior center, which can often serve as a social hub for many seniors; its use by older residents was lower in 2017 than in 2013, yet similar to senior center use in other communities.
- Half seniors said that they had at least “minor” problems having interesting social events or activities to attend, which was similar to other communities.
- The majority of older residents (59%) rated the recreation opportunities in their communities as “excellent” or “good”; participation in recreational and personal enrichment activities tended to be lower in Indiana than in other communities.
- About three in five older residents in Indiana said they were caregivers and they averaged between 9 and 11 hours per week providing care for children, adults and older adults.
- Over one-quarter of older adults felt physically, emotionally or financially burdened by their caregiving.
- About 7 in 10 respondents were fully retired and just over one-third of all respondents experienced at least minor problems with having enough money to meet daily expenses.
- The value of paid (part- and full-time work) and unpaid (volunteering, providing care) contributions by older adults in Indiana totaled about \$19 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.

- Most older residents rated their overall physical health as “excellent” or “good” with about one-third participating in healthy activities such as eating fruits and vegetables and exercising regularly. Survey respondents in Indiana engaged in these healthy activities less frequently than elders in other communities across the nation.
- The most common physical health problems, cited by about three in five respondents, included respondents’ own physical health, doing heavy or intense housework and staying physically fit. Seniors in Indiana experienced these problems at rates similar to the national averages, but reported more problems with maintaining a healthy diet in 2017 than in 2013.
- About 3 in 10 older residents felt there was “excellent” or “good” availability of mental health care in Indiana while 8 in 10 rated their overall mental health/emotional wellbeing as “excellent” or “good.”
- Elders in Indiana were more likely than their national peers to cite problems with feeling bored and experiencing confusion or forgetfulness.
- In Indiana, about three in five older residents rated the availability of preventive health services favorably which was similar to other communities.
- Older residents reported fewer problems with finding affordable health insurance in 2017 than in 2013 but more problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid.
- One-quarter of respondents reported spending time in a hospital and one-third had fallen and injured themselves in the 12 months prior to the survey. Falls and hospitalizations in Indiana occurred at rates similar to the national average.
- Many older adults reported problems with aspects of independent living, including having problems with performing regular activities, including walking, eating and preparing meals (37%); no longer being able to drive (17%); or falling and injuring themselves in their homes (29%).

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.

- Three-quarters of older residents rated their overall quality of life as “excellent” or “good”, though IFSSA’s quality of life was rated lower than other communities in the U.S.
- Most respondents rated the ease of getting to the places they usually have to visit (67%), ease of car travel (72%) and ease of walking (55%) as “excellent” or “good.” Ratings of these aspects of travel were similar to the national average.
- Some older adults experienced problems related to basic necessities of daily living including having safe and affordable transportation available (26%), having housing to suit their needs (19%) or having enough food to eat (14%). Daily living problems in Indiana were similar to other communities across the nation.

CASOA Survey Results

Overall Community Quality

CASOA contained a number of questions related to the life of older residents in the community. This section of the report explores aspects of the overall quality of the community by examining how older residents view the community overall, how connected they feel to the community and how well they can access information and services offered by IFSSA. 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. Further testament to the quality of a community is the likelihood of residents recommending and remaining in 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.

Over three-quarters of Indiana'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 in five of older residents. Overall, about three-quarters of older adults said they would recommend the community to others. Most residents had lived in the area more than 20 years and almost 9 in 10 seniors planned to remain in the area throughout their retirement. Generally, residents rated these aspects of the community similar to or lower than the national average (see *Appendix C: Benchmark Comparisons* for details). Overall, elders rated most aspects of the community lower in 2017 than in 2013.

Figure 3: Indiana as a Place for Older Residents



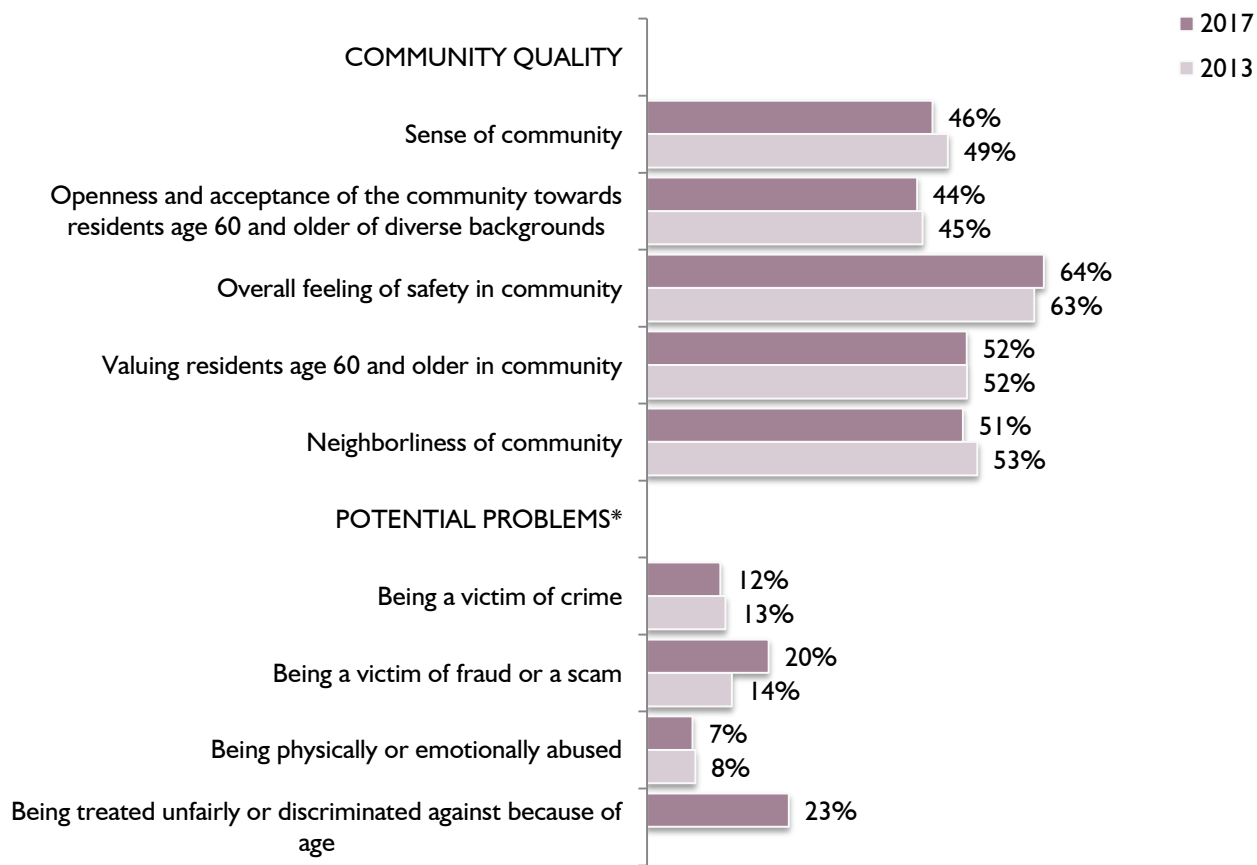
Percent rating positively (e.g., excellent or good, very or somewhat likely)

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.

About half of survey respondents felt the community valued older residents and less than half felt the community was open and accepting of diverse older residents. A small proportion of seniors reported problems with crime or abuse in the 12 months prior to the survey; though the proportion of elders reporting problems with being the victim of fraud or a scam increased from 14% in 2013 to 20% in 2017. When compared to other communities in the U.S., older residents in Indiana tended to assess aspects of the community lower than the national average and experienced problems at rates similar to the national average (see *Appendix C: Benchmark Comparisons* for details).

Figure 4: Older Adult Ratings of Community and Belonging in Indiana



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

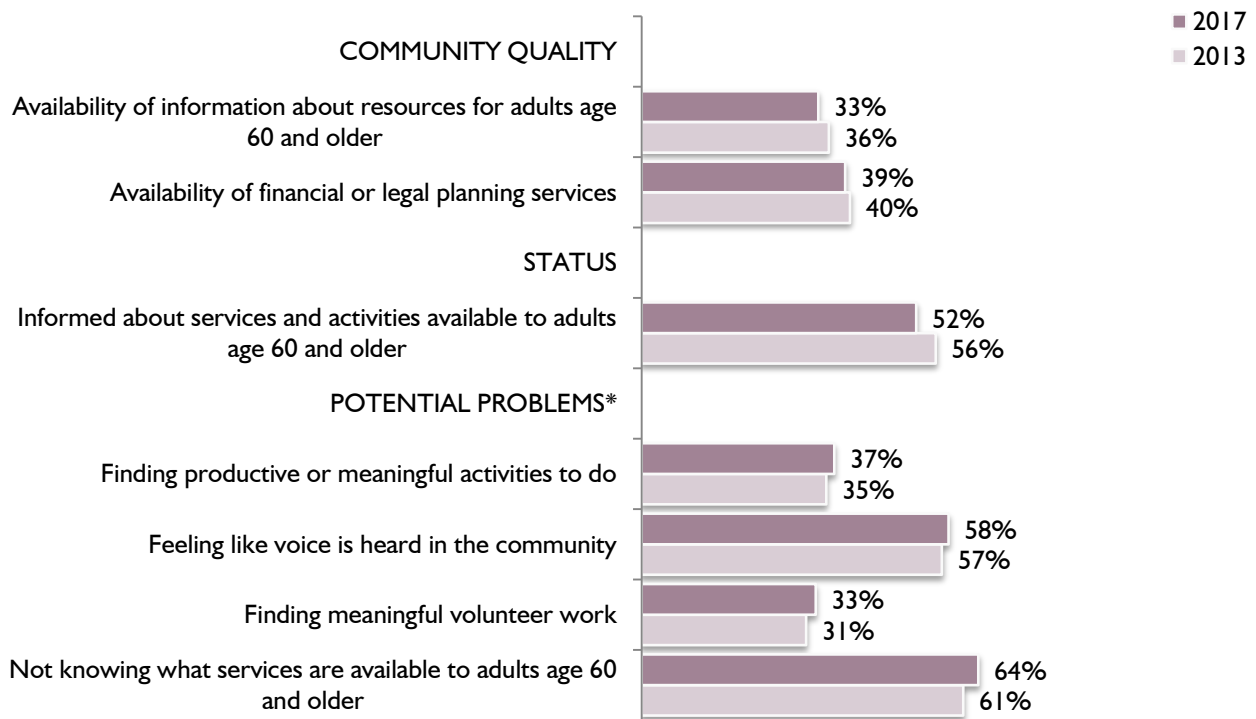
*Percent rating as at least a minor problem

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 Indiana, one-third of older adults felt they had good information about resources for older adults and about two in five felt they had good financial or legal planning services; about half of survey respondents reported being “somewhat” or “very” informed about services and activities available to older adults.

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

Figure 5: Community Information in Indiana



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

*Percent rating as at least a minor problem

Productive Activities

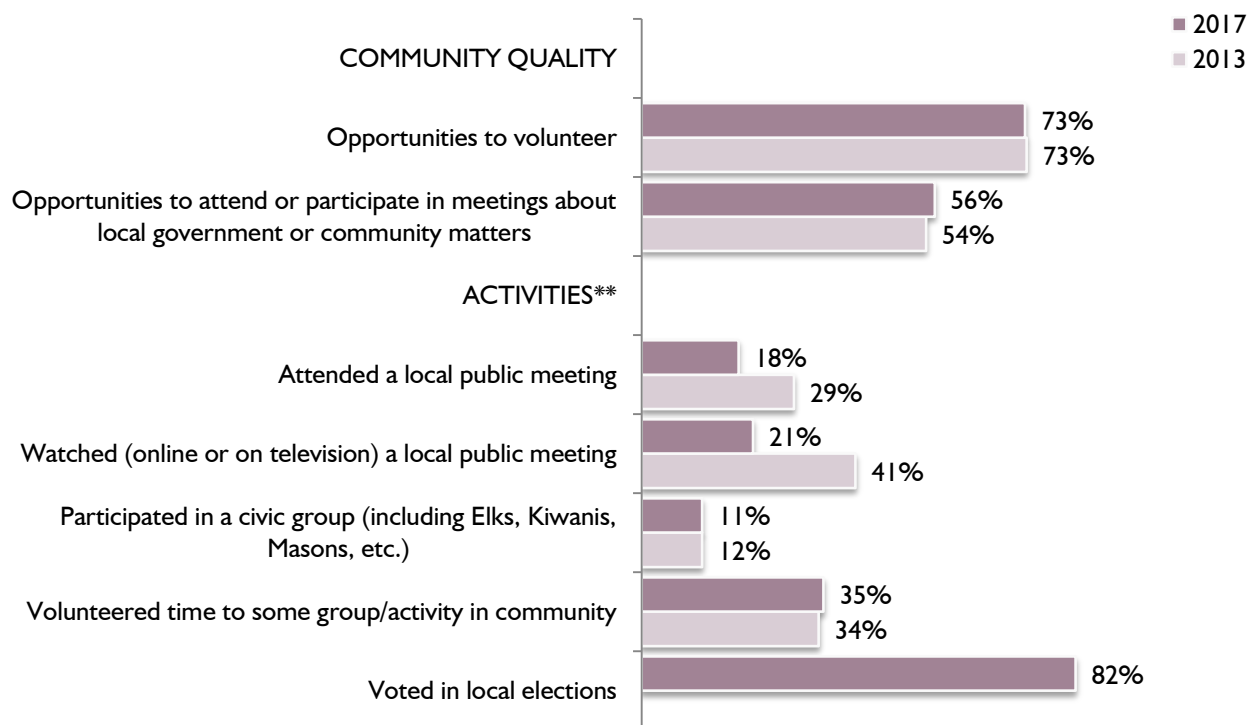
Productivity is the touchstone of a thriving old age. Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality in later life and contribute to active aging.² This section of the report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

Civic Engagement

In communities where residents care about local politics and social conditions, where they feel engaged and effective, there is greater social, economic and cultural prosperity. 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 Indiana, about three-quarters of older residents rated the volunteer opportunities favorably and over one-third participated in some kind of volunteer work, a volunteer rate lower other communities in the U.S. While elders rated the opportunities to participate in community matters higher in 2017 than in 2013, they attended or watched fewer local public meetings in 2017 than in 2013.

Figure 6: Civic Engagement in Indiana



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

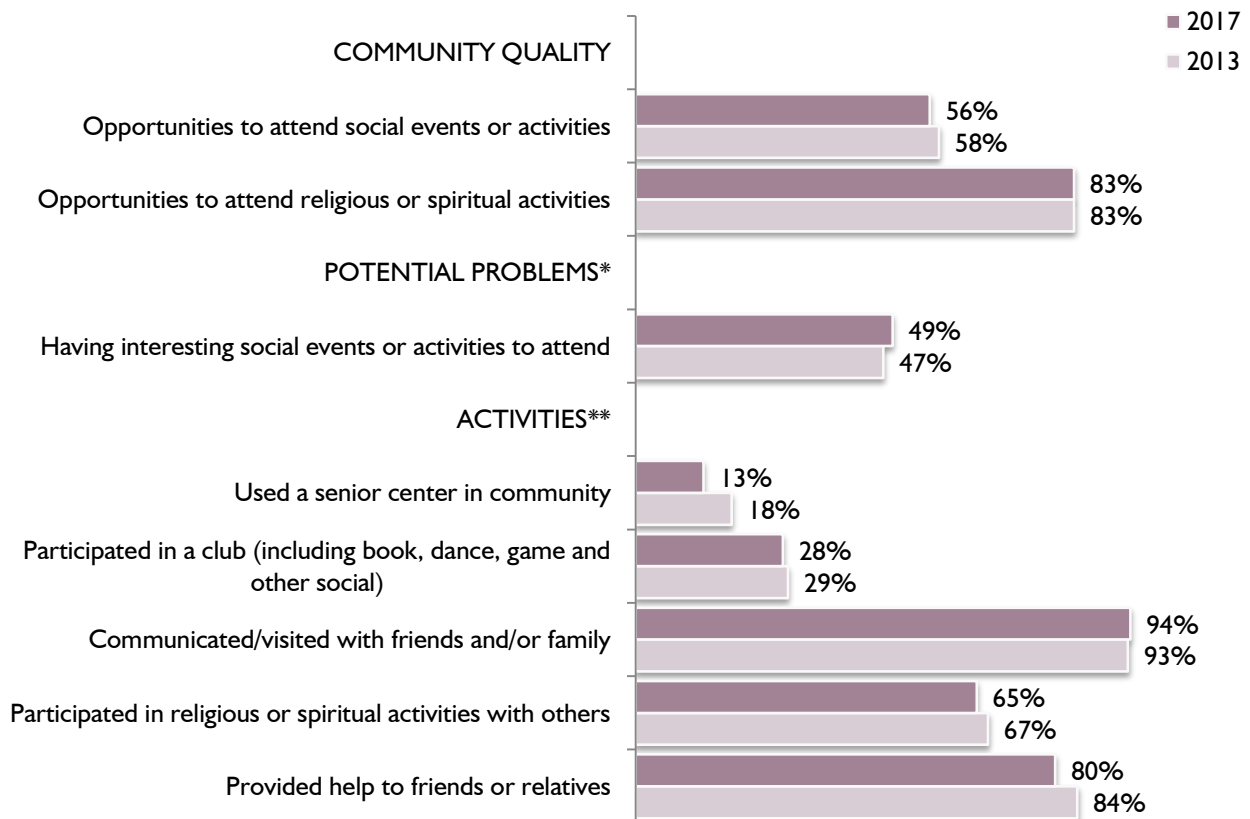
**Percent at least once, ever or always or usually

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

Almost three in five older residents rated opportunities to attend social activities as “excellent” or “good” and about four in five rated opportunities to attend religious or spiritual activities this way. Half of seniors said that they had at least “minor” problems having interesting social events or activities to attend. Older residents preferred to spend their time engaged with friends and family, either communicating or providing help or participating in religious or spiritual activities. About 1 in 10 used a senior center, which can often serve as a social hub for many seniors; its use by older residents was lower in 2017 than in 2013, yet similar to senior center use in other communities (see *Appendix C: Benchmark Comparisons*).

Figure 7: Social Engagement in Indiana



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

*Percent rating as at least a minor problem

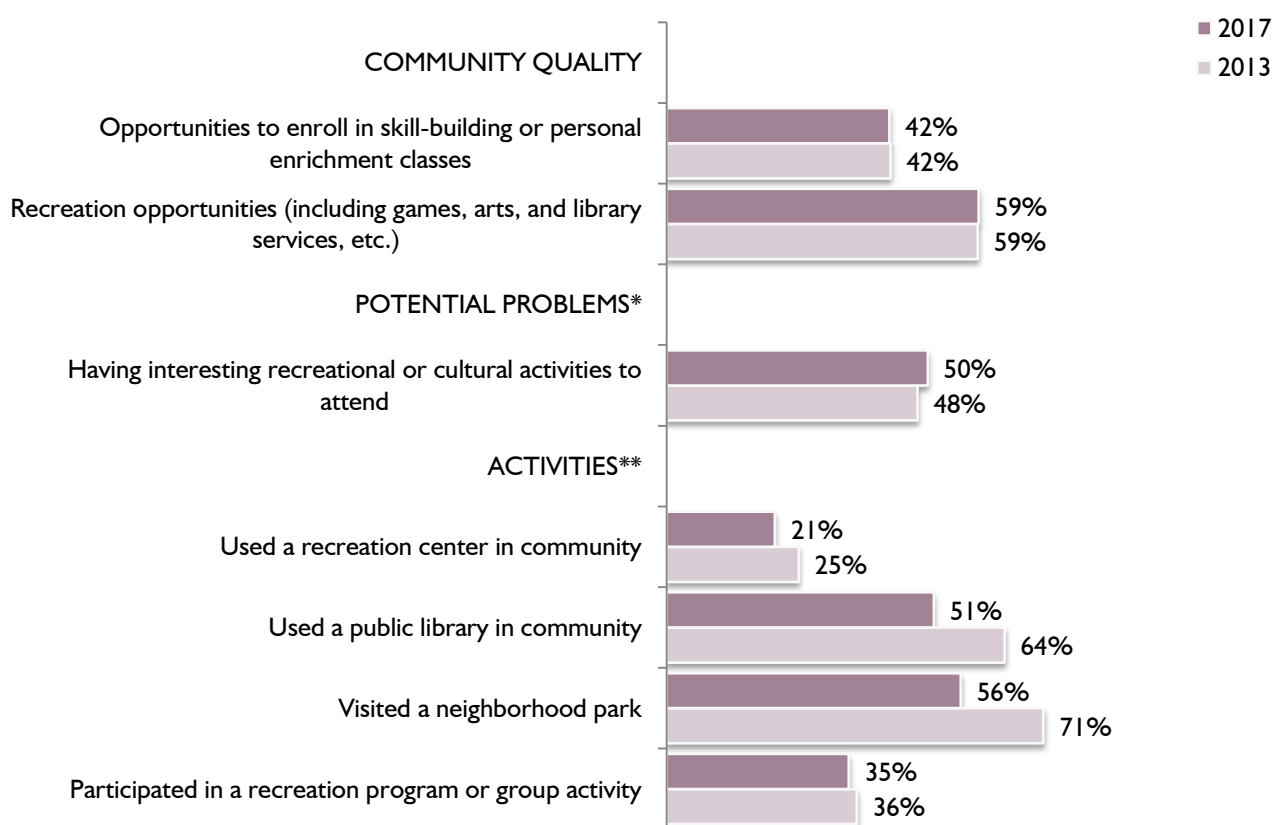
**Percent at least once or ever

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. About three in five older residents in Indiana viewed both recreation opportunities favorably and about two in five viewed opportunities to enroll in skill-building or personal enrichment classes favorably.

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. Half of seniors said that they had at least “minor” problems with having interesting recreational or cultural activities to attend. Seniors’ use of recreation facilities (centers, libraries and neighborhood parks) were lower in 2017 than in 2013 and lower the national average (see *Appendix C: Benchmark Comparisons* for details).

Figure 8: Recreational and Personal Enrichment in Indiana



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

*Percent rating as at least a minor problem

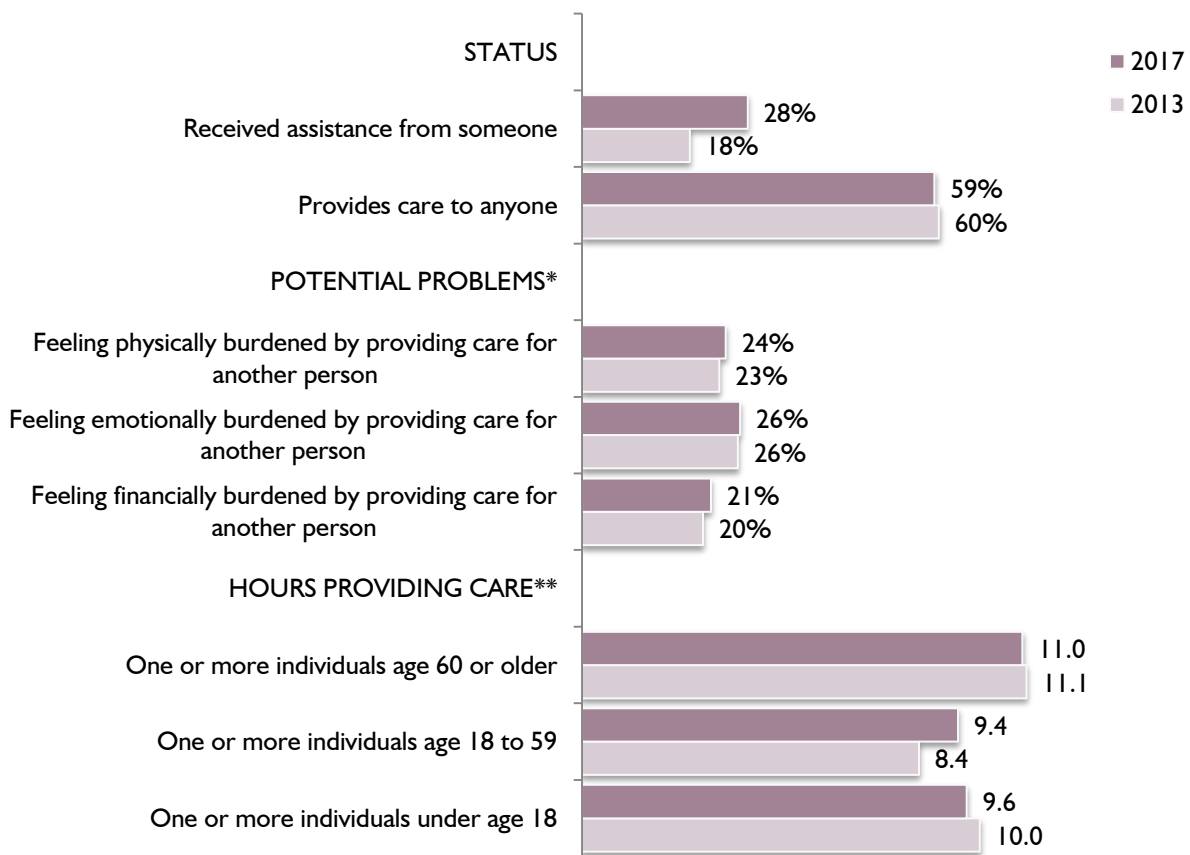
**Percent at least once or ever

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, three in five older residents in Indiana said they were providing care for others (most likely for adults age 60 or older) and over one-quarter were the recipients of care at least sometimes. 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 one in four elders felt burdened by their caregiving responsibilities, providing about 10 hours of care each week on average.

Figure 9: Caregiving in Indiana



Percent of respondents

*Percent rating as at least a minor problem

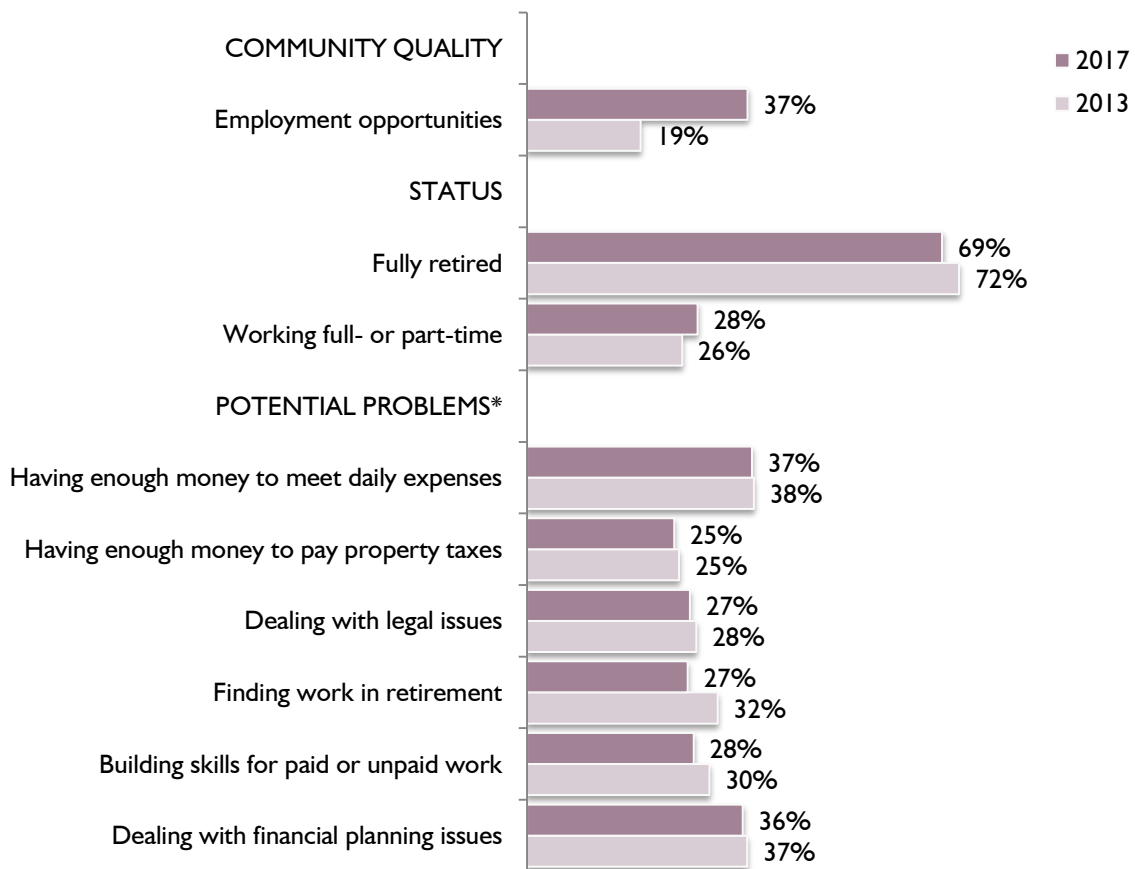
**Average number of hours of those who provide care

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 3 in 10 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, about two in five experienced at least “minor” problems with having enough money to meet daily expenses and about one-quarter had problems with having enough money to pay their property taxes. While ratings for employment opportunities increased between 2013 and 2017, more than one-quarter of elders had problems with finding work in retirement and with building skills for paid or unpaid work. The proportions of older adults that had financial problems (paying daily expenses or property taxes) in Indiana were similar to other communities (see *Appendix C: Benchmark Comparisons* for details).

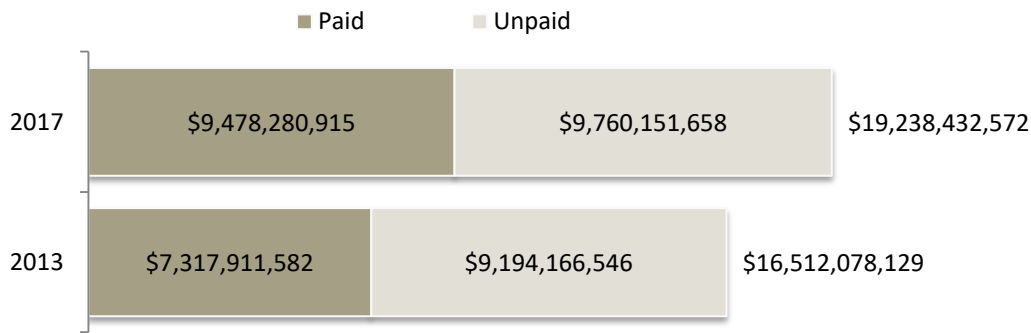
Figure 10: Employment in Indiana



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 Indiana’s economy through volunteering, providing informal help to family and friends and caregiving. The value of these paid and unpaid contributions totaled about \$19 billion in a 12-month period (see *Appendix B: Survey Methodology* for additional detail).

Figure 11: Economic Contribution of Older Adults in Indiana



Health and Wellness

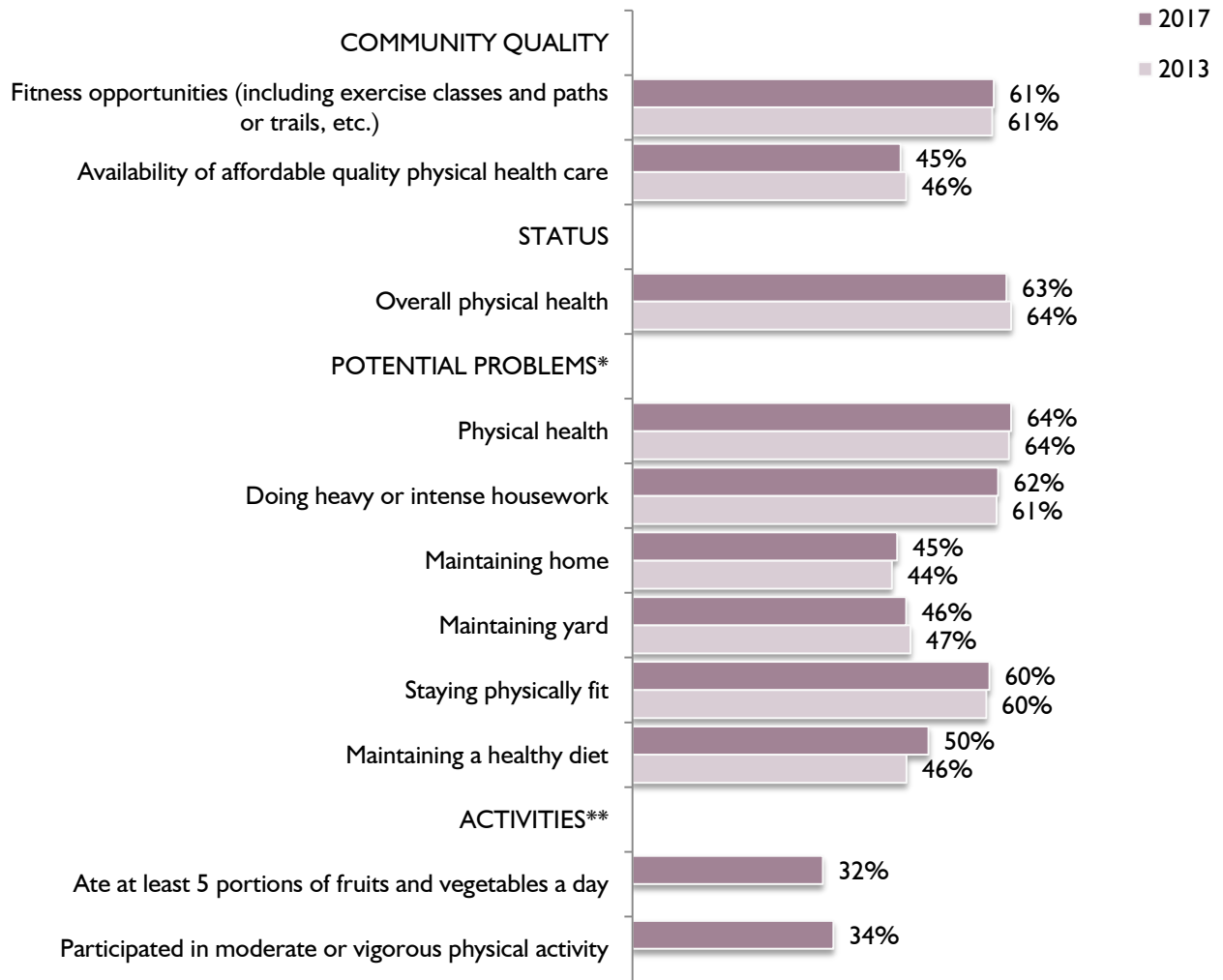
A growing senior population needs community supports to maintain the health and independence of its members. Health and wellness for the purposes of this study included not only physical and mental health, but issues of independent living and health care.

Physical Health

Across Indiana, three in five older residents felt they had good fitness opportunities (including exercise classes and paths or trails, etc.) and 45% rated access to quality physical health care as “excellent” or “good” (see Figure 12). Most older residents (63%) rated their overall physical health as “excellent” or “good” with about one-third participating in healthy activities such as eating fruits and vegetables and exercising regularly. Survey respondents in Indiana engaged in these healthy activities less frequently than elders in other communities across the nation (see *Appendix C: Benchmark Comparisons*).

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 common problems, cited by about three in five respondents, were respondents’ own physical health, doing heavy or intense housework and staying physically fit. Seniors reported more problems with maintaining a healthy diet in 2017 than in 2013. The proportions of older residents reporting physical health problems in Indiana were on par with the national average.

Figure 12: Physical Health in Indiana



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

*Percent rating as at least a minor problem

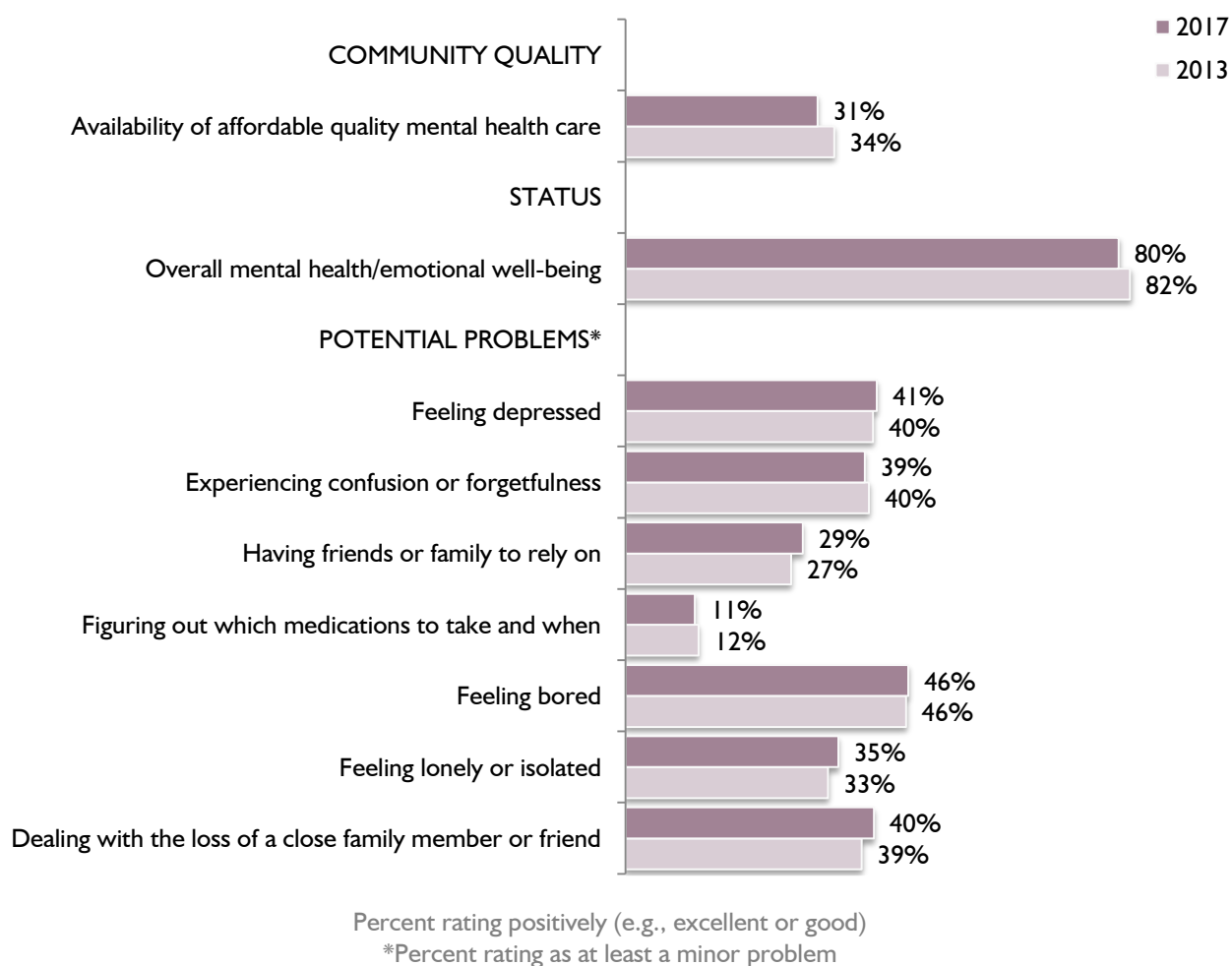
**Percent at least always or usually

Mental Health

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

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 and feeling depressed, while the least cited issue included figuring out which medications to take and when. Feelings of isolation increased for seniors in 2017 as did dealing with the loss of a close family member or friend. Elders in Indiana were more likely than their national peers to cite problems with feeling bored and experiencing confusion or forgetfulness (see *Appendix C: Benchmark Comparisons* for details).

Figure 13: Mental Health in Indiana

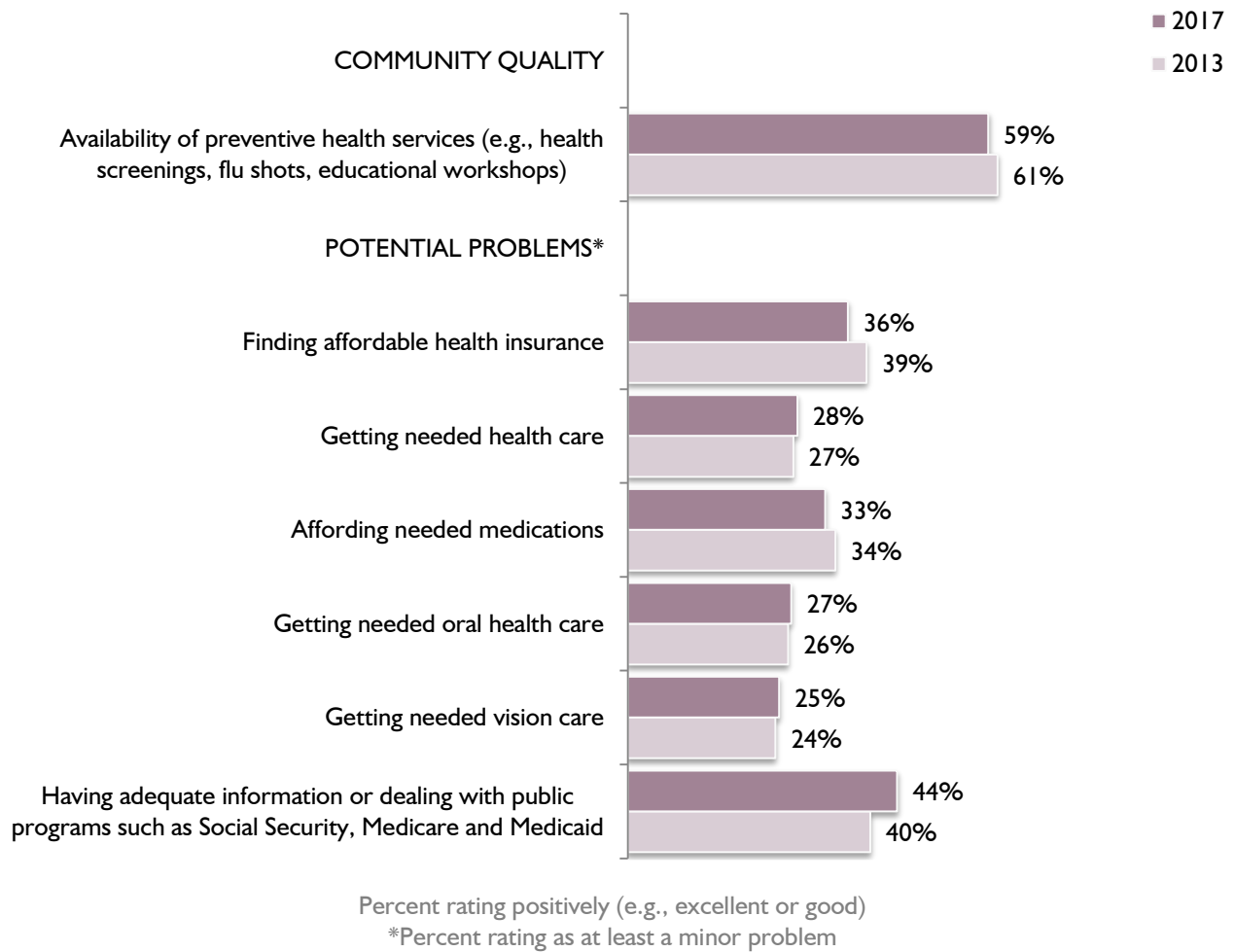


Health Care

About three in five 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 Indiana similar to the services provided elsewhere (see *Appendix C: Benchmark Comparisons* for details).

Older residents reported fewer problems with finding affordable health insurance in 2017 than in 2013 but more problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid. About one-quarter of older residents reported issues with getting needed care (i.e., health, oral and vision).

Figure 14: Health Care in Indiana

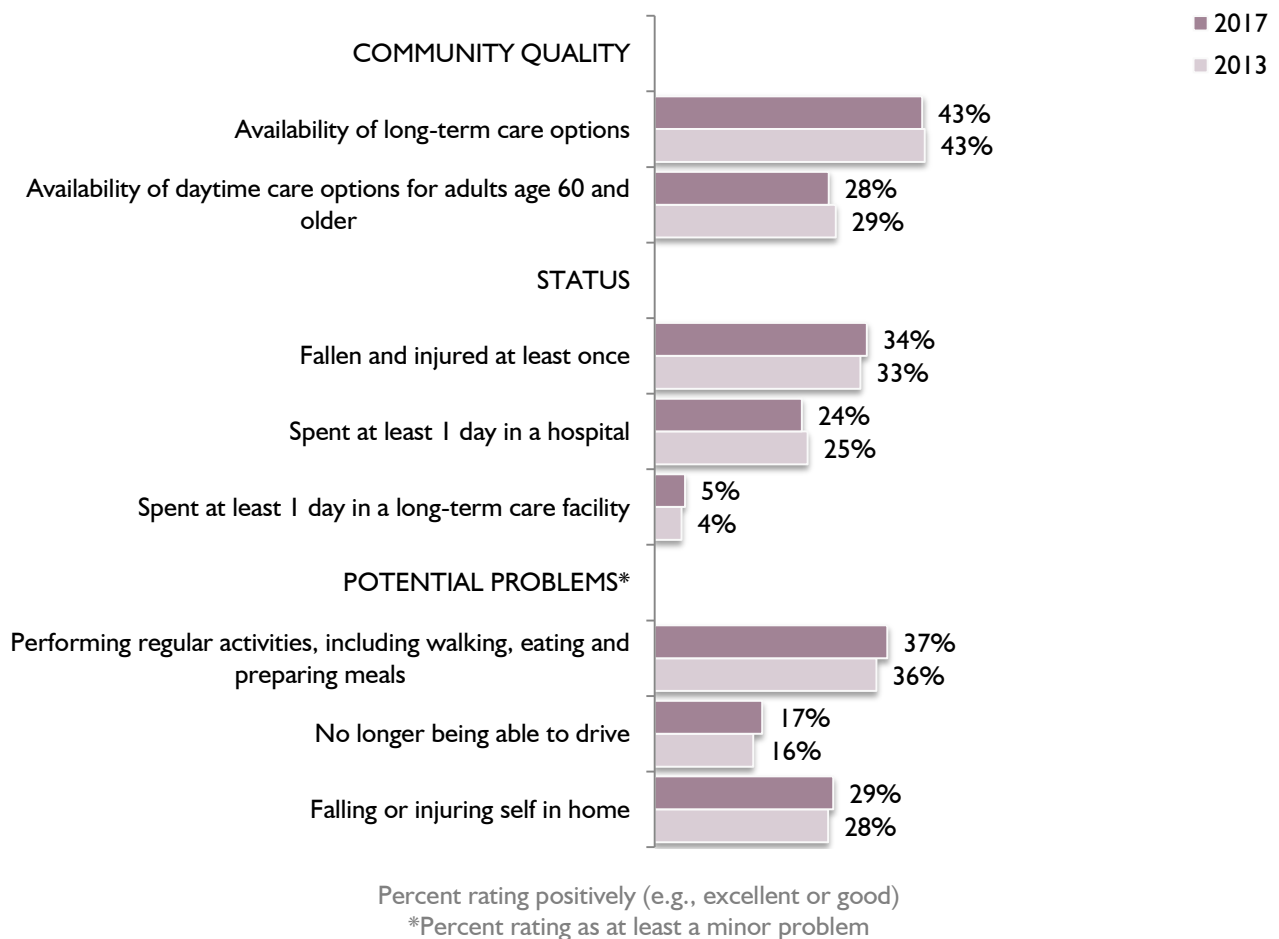


Independent Living

For those unable to live independently (either temporarily or permanently), having care options available could mean the difference between remaining in or leaving the community. About two in five 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, 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.

Many older adults reported at least “minor” problems with aspects of independent living. Notably, over one-third reported had problems with performing regular activities, including walking, eating and preparing meals. Ratings for these aspects of independent living in Indiana were similar to peer communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 15: Independent Living in Indiana



Community Design and Land Use

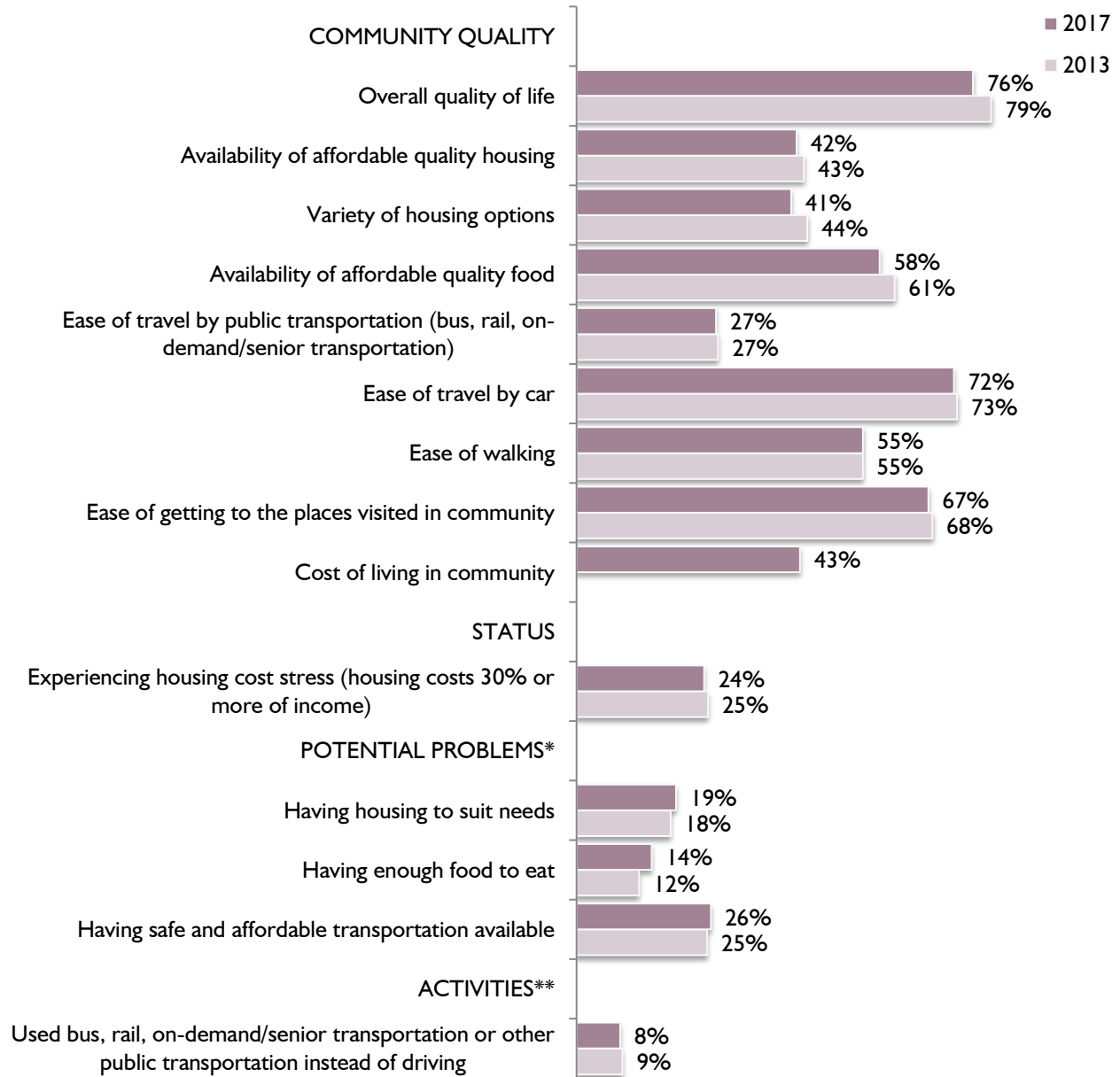
The movement in America towards designing more “livable” communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. Generally, communities that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

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

About two in five respondents felt they had good access to affordable quality housing and good variety of housing options. A similar proportion felt positively about the cost of living in the community and one in four was experiencing housing cost stress (housing costs 30% or more of income). A majority of respondents rated the ease of getting to the places they usually have to visit, ease of car travel and ease of walking positively. Survey respondents rated these aspects of travel similar to the national average. Less than 1 in 10 survey respondents reported having used bus, rail, on-demand/senior transportation or other public transportation instead of driving, which was lower than the usage rate reported in other communities across the nation.

Some older adults experienced problems related to basic necessities of daily living including having safe and affordable transportation available (26%), having housing to suit their needs (19%) or having enough food to eat (14%). Daily living problems in Indiana were similar to other communities across the nation.

Figure 16: Community Design and Land Use in Indiana



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 Indiana (Figure 17).

The following section of this report summarizes how older residents view Indiana 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 Indiana, such as physical and emotional difficulties and injuries that have compromised their independence. Within the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use, the magnitude of these individual-level needs is presented (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 IFSSA offered to older adults and what older residents needed:

- Older residents felt their needs were best met the area of Overall Community Quality
- Community Information was rated least favorably
- Ratings of Community and Belonging, Community Information and Community Design and Land Use decreased slightly between 2013 and 2017 while Opportunities for Productive Activities increased slightly (see Figure 18)

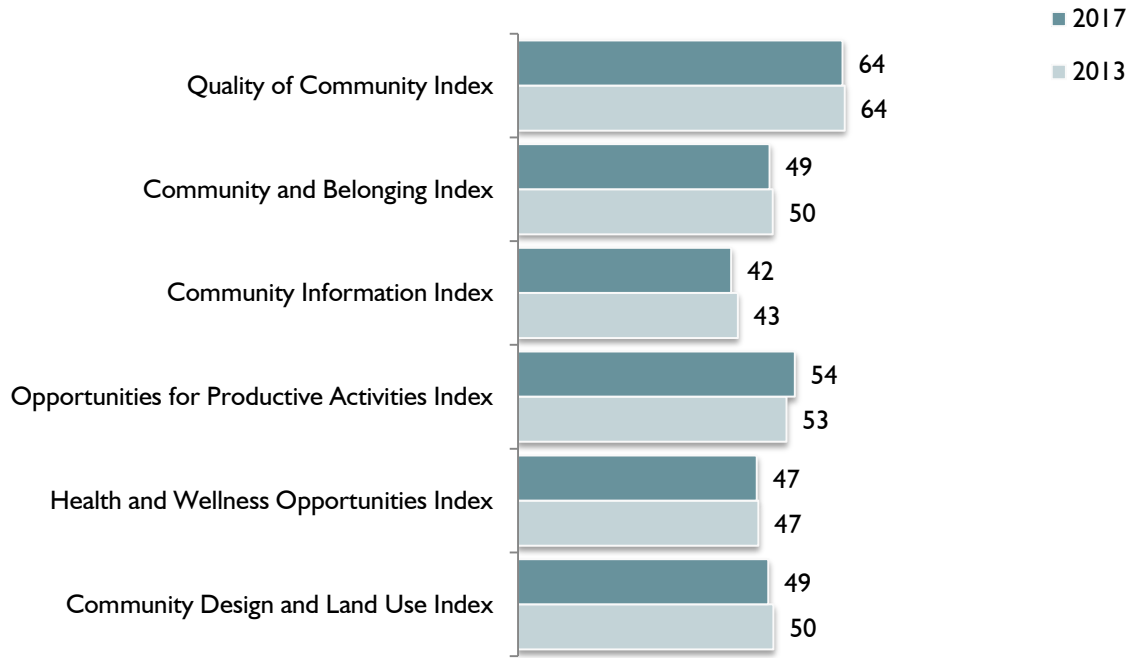
Figure 17: Indiana Community Readiness Chart



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

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

Figure 18: Indiana Community Readiness by Year



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

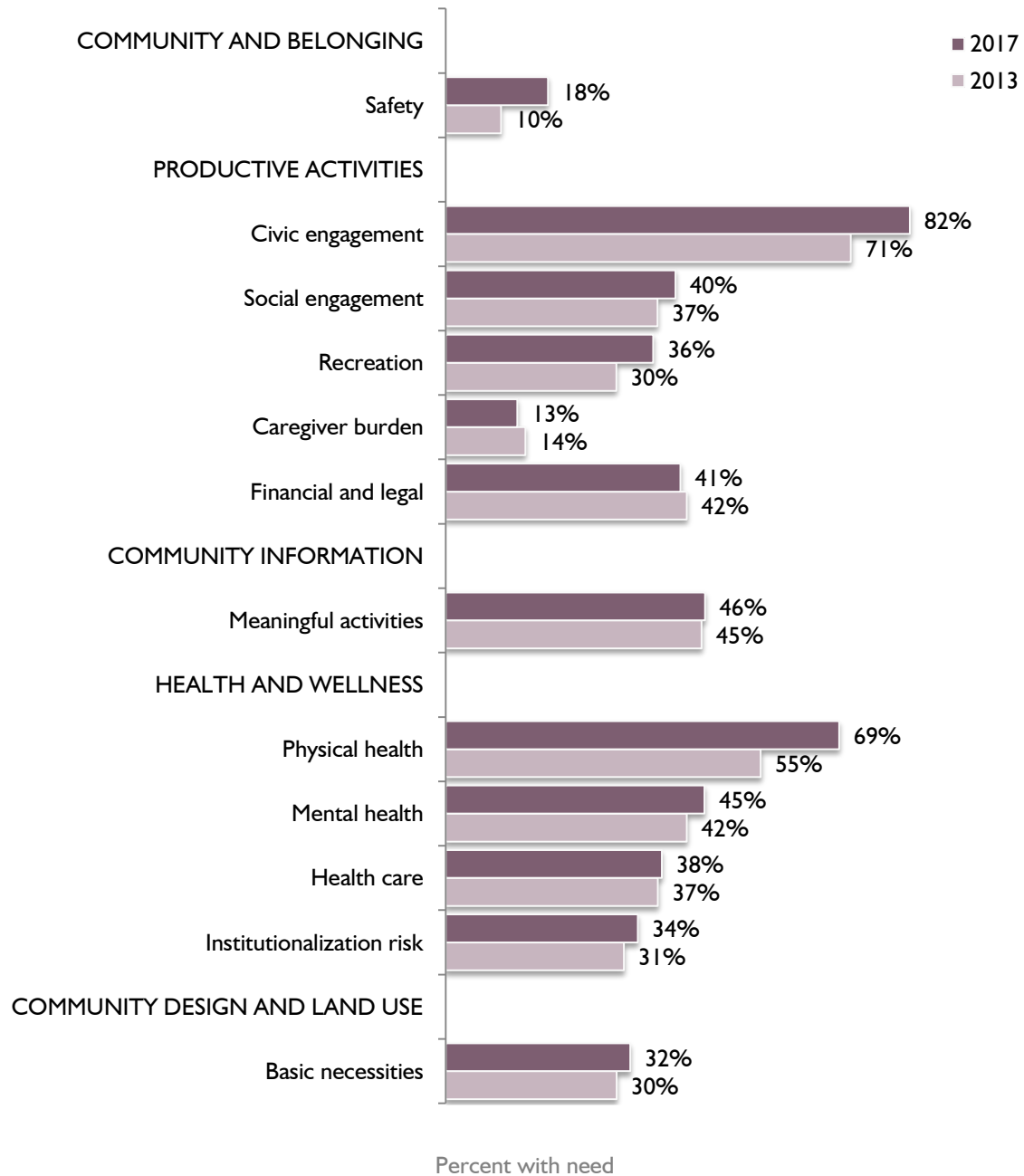
Older Resident Needs in Indiana

Over 40 individual survey questions about specific problems faced by older community members, as well as participation levels and community engagement were summarized into 12 larger areas to provide a broad picture of older resident needs in Indiana. (*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
- Fewer reported needs in the areas of Safety and Caregiver Burden
- Compared to 2013, Safety, Civic Engagement, Social Engagement, Recreation, Physical Health, Mental Health, Institutionalization Risk and Basic Necessities increased in need in 2017 while the remaining areas showed stability (see Figure 19)

Figure 19: Older Adult Needs in Indiana by Community Dimension by Year



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

Figure 20: Older Resident Needs in Indiana

	Percent with need	Number affected in 2015 (N= 1,296,896)*
Safety	18%	233,098
Civic engagement	82%	1,057,750
Social engagement	40%	523,467
Recreation	36%	472,889
Financial and legal	41%	535,047
Meaningful activities	46%	590,858
Caregiver burden	13%	163,226
Physical health	69%	896,706
Mental health	45%	589,822
Health care	38%	492,522
Institutionalization risk	34%	437,610
Basic necessities	32%	420,536

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

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 Indiana, although needs were spread across the board, residents reporting the largest percent of unresolved needs were more likely to be age 60 to 74, not white, 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 2015 (1,296,896)*

	Community and Belonging		Community Information		Health and Wellness		Productive Activities		Community Design and Land Use	
Female	16%	107,876	45%	315,208	46%	328,255	43%	286,873	30%	214,306
Male	20%	109,963	46%	263,992	48%	274,877	44%	229,190	35%	202,566
60 to 64 years	24%	82,546	51%	184,542	48%	175,012	48%	159,155	37%	135,437
65 to 74 years	17%	84,999	47%	240,863	44%	229,488	43%	197,849	28%	144,795
75 or over	13%	50,621	39%	155,173	48%	196,290	39%	156,437	33%	133,314
White	17%	187,488	45%	522,738	46%	540,907	43%	464,115	31%	362,933
Not white	29%	31,172	54%	60,592	55%	63,321	52%	51,898	49%	56,644
Hispanic	23%	4,638	49%	10,359	48%	10,153	46%	8,065	37%	7,814
Not Hispanic	18%	214,688	46%	572,669	46%	590,488	43%	508,536	32%	407,958
Less than \$25,000	23%	99,317	57%	263,549	61%	285,986	56%	248,196	48%	222,005
\$25,000 to \$74,999	18%	108,899	43%	267,396	43%	267,206	40%	224,156	28%	170,241
\$75,000 or more	8%	16,242	30%	61,940	26%	52,550	30%	50,218	13%	26,349
Rent	23%	46,896	52%	108,978	62%	133,854	54%	247,778	53%	114,155
Own	17%	171,816	44%	472,754	43%	468,266	41%	267,103	28%	303,941
Lives alone	21%	93,530	48%	225,882	52%	252,390	46%	200,824	37%	178,630
Lives with others	16%	126,216	44%	354,231	43%	349,718	41%	312,878	29%	236,232
Overall	18%	233,098	46%	590,858	47%	604,309	43%	515,473	32%	420,536

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

Responses to Custom Questions

In addition to the uniform questions on CASOA, IFSSA 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 Item

Please rate each of the following characteristics as they relate to adults age 60 or older in your community: Availability of support services for those providing care for family/friends	2013	2017
Excellent	6%	7%
Good	31%	28%
Fair	42%	38%
Poor	21%	27%
Total	100%	100%

Table 2: Question 7 Custom Item

Thinking back over the past 12 months, how many days did you spend... Visiting the emergency room	2013	2017
None/zero times	68%	69%
One to two times	25%	24%
Three to five times	6%	6%
Six or more times	1%	1%
Total	100%	100%

Table 3: Question 8 Custom Question

Were you hospitalized in the past 12 months due to any of the following conditions? (Please check all that apply.)	2013	2017
Congestive heart failure	4%	3%
Heart attack	2%	2%
Pneumonia	3%	2%
COPD	3%	3%
None of these	91%	93%

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

Table 4: Question 12 Custom Question

How often, if at all, do you drive yourself for any reason	2013	2017
All of the time	72%	75%
Most of the time	11%	10%
Some of the time	6%	6%
Never	11%	10%
Total	100%	100%

Table 5: Question 13 Custom Item

In the last 12 months, about how many times, if ever, have you visited a nutrition/meal site?	2013	2017
2 times a week or more	2%	1%
2-4 times a month	1%	2%
Once a month or less	7%	5%
Not at all	91%	91%
Total	100%	100%

Note: Prior to 2017, this question was asked on 5-point frequency scale, ranging from "none/zero times" to "more than 26 times."

Table 6: Question 17 Custom Question

Please indicate whether you or another adult age 60 or older in your household has any of the following health conditions.	2013	2017
Arthritis/rheumatic disease	57%	59%
Diabetes	34%	32%
Heart disease	30%	31%
High blood pressure	72%	68%
Lung disease (asthma, emphysema, bronchitis)	21%	22%
Cancer	11%	11%
Osteoporosis	24%	24%
None/no health conditions in household	10%	10%

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

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. 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.”

Figure 22: 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	
	%	Count	%	Count	%	Count	%	Count	%	Count
How do you rate your community as a place to live?	24%	1,088	53%	2,471	19%	883	4%	182	100%	4,625
How do you rate your community as a place to retire?	19%	844	45%	2,036	25%	1,116	11%	490	100%	4,486

Figure 23: 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	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
How do you rate your community as a place to live?	23%	1,088	53%	2,471	19%	883	4%	182	1%	31	100%	4,656
How do you rate your community as a place to retire?	18%	844	45%	2,036	24%	1,116	11%	490	2%	81	100%	4,567

Figure 24: 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	
	%	Count	%	Count	%	Count	%	Count	%	Count
Opportunities to volunteer	27%	1,052	46%	1,808	20%	781	7%	291	100%	3,931
Employment opportunities	7%	254	30%	1,102	36%	1,322	27%	1,009	100%	3,687
Opportunities to enroll in skill-building or personal enrichment classes	9%	310	33%	1,166	34%	1,203	23%	814	100%	3,494
Recreation opportunities (including games, arts and library services, etc.)	17%	728	42%	1,769	28%	1,167	13%	553	100%	4,218
Fitness opportunities (including exercise classes and paths or trails, etc.)	21%	909	40%	1,753	24%	1,063	15%	640	100%	4,365
Opportunities to attend social events or activities	15%	645	41%	1,734	31%	1,340	13%	544	100%	4,262
Opportunities to attend religious or spiritual activities	36%	1,592	47%	2,086	14%	602	3%	143	100%	4,422
Opportunities to attend or participate in meetings about local government or community matters	13%	502	43%	1,712	31%	1,246	13%	524	100%	3,984
Availability of affordable quality housing	8%	306	34%	1,362	35%	1,400	23%	905	100%	3,973
Variety of housing options	8%	309	33%	1,332	36%	1,447	23%	918	100%	4,007
Availability of long-term care options	10%	373	33%	1,200	33%	1,219	24%	871	100%	3,663
Availability of daytime care options for older adults	6%	172	22%	670	37%	1,117	35%	1,058	100%	3,016

Please rate each of the following characteristics as they relate to adults age 60 or older in your community:	Excellent		Good		Fair		Poor		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
Availability of information about resources for older adults	7%	222	27%	912	38%	1,302	28%	949	100%	3,384
Availability of financial and legal planning services	9%	330	29%	1,019	39%	1,373	22%	769	100%	3,491
Availability of affordable quality physical health care	12%	477	34%	1,371	34%	1,385	21%	853	100%	4,086
Availability of affordable quality mental health care	7%	237	24%	774	36%	1,172	32%	1,047	100%	3,230
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	16%	707	43%	1,884	29%	1,277	11%	489	100%	4,357
Availability of affordable quality food	15%	688	42%	1,883	29%	1,290	13%	582	100%	4,443
Availability of support services for those providing care for family/friends	7%	232	28%	894	38%	1,220	27%	862	100%	3,208
Sense of community	10%	397	36%	1,434	37%	1,464	17%	672	100%	3,968
Openness and acceptance of the community towards older residents of diverse backgrounds	8%	317	35%	1,318	39%	1,449	18%	663	100%	3,747
Ease of travel by public transportation (bus, rail, on-demand/senior transportation) in your community	6%	245	20%	763	30%	1,122	44%	1,656	100%	3,786
Ease of car travel in your community	21%	972	51%	2,286	22%	1,013	6%	252	100%	4,523
Ease of walking in your community	17%	752	38%	1,689	28%	1,267	17%	754	100%	4,461
Ease of getting to the places you usually have to visit	19%	868	48%	2,199	26%	1,165	7%	334	100%	4,565
Overall feeling of safety in your community	15%	695	49%	2,274	26%	1,202	10%	459	100%	4,630
Valuing older residents in your community	11%	435	41%	1,658	34%	1,389	14%	569	100%	4,051
Neighborliness of your community	12%	547	39%	1,741	35%	1,570	14%	625	100%	4,483
Cost of living in your community	7%	307	36%	1,617	42%	1,913	15%	671	100%	4,507

Figure 25: 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	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Opportunities to volunteer	22%	1,052	39%	1,808	17%	781	6%	291	16%	751	100%	4,682
Employment opportunities	5%	254	24%	1,102	29%	1,322	22%	1,009	20%	948	100%	4,635
Opportunities to enroll in skill-building or personal enrichment classes	7%	310	25%	1,166	26%	1,203	18%	814	25%	1,138	100%	4,631
Recreation opportunities (including games, arts and library services, etc.)	16%	728	38%	1,769	25%	1,167	12%	553	9%	396	100%	4,614
Fitness opportunities (including exercise classes and paths or trails, etc.)	20%	909	38%	1,753	23%	1,063	14%	640	6%	290	100%	4,655
Opportunities to attend social events or activities	14%	645	37%	1,734	29%	1,340	12%	544	8%	367	100%	4,628
Opportunities to attend religious or spiritual activities	34%	1,592	45%	2,086	13%	602	3%	143	5%	243	100%	4,665
Opportunities to attend or participate in meetings about local	11%	502	37%	1,712	27%	1,246	11%	524	14%	671	100%	4,654

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	
government or community matters												
Availability of affordable quality housing	7%	306	29%	1,362	30%	1,400	19%	905	15%	691	100%	4,665
Variety of housing options	7%	309	29%	1,332	31%	1,447	20%	918	14%	640	100%	4,647
Availability of long-term care options	8%	373	26%	1,200	26%	1,219	19%	871	21%	993	100%	4,656
Availability of daytime care options for older adults	4%	172	14%	670	24%	1,117	23%	1,058	35%	1,608	100%	4,624
Availability of information about resources for older adults	5%	222	20%	912	28%	1,302	20%	949	27%	1,259	100%	4,643
Availability of financial and legal planning services	7%	330	22%	1,019	30%	1,373	17%	769	24%	1,127	100%	4,618
Availability of affordable quality physical health care	10%	477	30%	1,371	30%	1,385	18%	853	12%	558	100%	4,644
Availability of affordable quality mental health care	5%	237	17%	774	26%	1,172	23%	1,047	30%	1,358	100%	4,587
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	15%	707	40%	1,884	27%	1,277	10%	489	7%	308	100%	4,665
Availability of affordable quality food	15%	688	41%	1,883	28%	1,290	13%	582	3%	161	100%	4,604
Availability of support services for those providing care for family/friends	5%	232	19%	894	26%	1,220	19%	862	30%	1,404	100%	4,612
Sense of community	9%	397	32%	1,434	33%	1,464	15%	672	12%	534	100%	4,502
Openness and acceptance of the community towards older residents of diverse backgrounds	7%	317	28%	1,318	31%	1,449	14%	663	20%	915	100%	4,662
Ease of travel by public transportation (bus, rail, on-demand/senior transportation) in your community	5%	245	16%	763	24%	1,122	35%	1,656	19%	885	100%	4,671
Ease of car travel in your community	21%	972	49%	2,286	22%	1,013	5%	252	2%	113	100%	4,636
Ease of walking in your community	16%	752	36%	1,689	27%	1,267	16%	754	4%	170	100%	4,631
Ease of getting to the places you usually have to visit	19%	868	47%	2,199	25%	1,165	7%	334	2%	75	100%	4,640
Overall feeling of safety in your community	15%	695	49%	2,274	26%	1,202	10%	459	1%	54	100%	4,684
Valuing older residents in your community	9%	435	36%	1,658	30%	1,389	12%	569	13%	596	100%	4,646
Neighborliness of your community	12%	547	37%	1,741	34%	1,570	13%	625	4%	174	100%	4,657
Cost of living in your community	7%	307	35%	1,617	41%	1,913	14%	671	3%	156	100%	4,663

Figure 26: Question 3 (excluding "don't know")

How would you rate the overall services provided to older adults in your community?	Percent	Number
Excellent	6%	201
Good	38%	1,291
Fair	40%	1,353
Poor	16%	538
Total	100%	3,382

Figure 27: Question 3 (including "don't know")

How would you rate the overall services provided to older adults in your community?	Percent	Number
Excellent	5%	201
Good	30%	1,291
Fair	32%	1,353
Poor	13%	538
Don't know	21%	893
Total	100%	4,275

Figure 28: Question 4

In general, how informed or uninformed do you feel about services and activities available to older adults in your community?	Percent	Number
Very informed	8%	370
Somewhat informed	44%	2,050
Somewhat uninformed	31%	1,426
Very uninformed	17%	798
Total	100%	4,645

Figure 29: 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	
	%	Count	%	Count	%	Count	%	Count	%	Count
How do you rate your overall physical health?	12%	548	51%	2,397	29%	1,376	7%	344	100%	4,665
How do you rate your overall mental health/emotional wellbeing?	26%	1,236	54%	2,521	16%	766	3%	147	100%	4,670
How do you rate your overall quality of life?	20%	928	56%	2,605	21%	971	4%	165	100%	4,668

Figure 30: 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	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
How do you rate your overall physical health?	12%	548	51%	2,397	29%	1,376	7%	344	0%	9	100%	4,674
How do you rate your overall mental health/emotional wellbeing?	26%	1,236	54%	2,521	16%	766	3%	147	0%	15	100%	4,685
How do you rate your overall quality of life?	20%	928	56%	2,605	21%	971	4%	165	0%	9	100%	4,677

Figure 31: 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	
	%	Count	%	Count	%	Count	%	Count	%	Count
Having housing to suit your needs	81%	3,713	9%	424	7%	315	3%	133	100%	4,584
Your physical health	36%	1,668	33%	1,539	23%	1,070	8%	347	100%	4,625
Performing regular activities, including walking, eating and preparing meals	63%	2,910	20%	915	11%	532	6%	287	100%	4,644
Having enough food to eat	86%	3,994	9%	404	4%	187	2%	78	100%	4,663
Doing heavy or intense housework	38%	1,759	31%	1,420	17%	787	14%	631	100%	4,597
Having safe and affordable transportation available	74%	3,333	13%	572	8%	342	5%	235	100%	4,482
No longer being able to drive	83%	3,472	6%	252	4%	163	7%	308	100%	4,196
Feeling depressed	59%	2,714	25%	1,167	11%	505	5%	213	100%	4,599
Experiencing confusion or forgetfulness	61%	2,812	28%	1,304	8%	352	3%	143	100%	4,612
Maintaining your home	55%	2,554	27%	1,255	12%	552	6%	257	100%	4,618
Maintaining your yard	54%	2,405	25%	1,132	12%	547	9%	384	100%	4,468
Finding productive or meaningful activities to do	63%	2,877	21%	943	11%	483	5%	230	100%	4,534
Having friends or family you can rely on	71%	3,289	15%	709	9%	396	5%	232	100%	4,627
Falling or injuring yourself in your home	71%	3,251	19%	867	6%	291	3%	147	100%	4,556
Finding affordable health insurance	64%	2,908	16%	748	10%	459	10%	452	100%	4,567
Getting the health care you need	72%	3,328	16%	743	7%	339	5%	210	100%	4,620
Affording the medications you need	67%	3,111	17%	763	10%	444	6%	294	100%	4,611
Figuring out which medications to take and when	89%	4,094	7%	331	3%	125	1%	66	100%	4,616
Getting the oral health care you need	73%	3,357	12%	563	7%	313	8%	361	100%	4,594
Getting the vision care you need	75%	3,464	12%	562	7%	320	6%	269	100%	4,616
Having enough money to meet daily expenses	63%	2,901	19%	865	12%	549	7%	327	100%	4,641
Having enough money to pay your property taxes	75%	3,264	13%	541	7%	299	5%	220	100%	4,325
Staying physically fit	40%	1,834	36%	1,650	16%	753	8%	375	100%	4,610
Maintaining a healthy diet	50%	2,309	33%	1,501	13%	599	4%	206	100%	4,615
Having interesting recreational or cultural activities to attend	50%	2,195	24%	1,060	16%	697	9%	397	100%	4,349
Having interesting social events or activities to attend	51%	2,211	23%	1,001	17%	730	9%	371	100%	4,312
Feeling bored	54%	2,458	27%	1,219	12%	565	7%	321	100%	4,564
Feeling like your voice is heard in the community	42%	1,491	24%	841	17%	610	18%	627	100%	3,570
Finding meaningful volunteer work	67%	2,374	15%	537	11%	378	7%	255	100%	3,544
Feeling physically burdened by providing care for another person	76%	3,141	14%	566	6%	255	4%	170	100%	4,132
Feeling emotionally burdened by providing care for another person	74%	3,057	15%	625	7%	284	4%	186	100%	4,151
Feeling financially burdened by providing care for another person	79%	3,263	12%	486	6%	247	4%	161	100%	4,156
Dealing with legal issues	73%	3,091	16%	662	7%	286	5%	205	100%	4,244

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	
	%	Count	%	Count	%	Count	%	Count	%	Count
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	56%	2,479	24%	1,089	13%	559	7%	334	100%	4,462
Finding work in retirement	73%	2,322	9%	286	9%	276	9%	288	100%	3,171
Building skills for paid or unpaid work	72%	2,192	11%	334	10%	300	7%	210	100%	3,035
Not knowing what services are available to older adults in your community	36%	1,339	28%	1,026	20%	749	16%	591	100%	3,705
Feeling lonely or isolated	65%	2,862	19%	851	10%	443	5%	227	100%	4,383
Dealing with the loss of a close family member or friend	60%	2,564	19%	811	13%	564	9%	370	100%	4,310
Being a victim of crime	88%	3,671	5%	225	4%	170	2%	100	100%	4,165
Being a victim of fraud or a scam	80%	3,397	11%	446	5%	214	4%	172	100%	4,229
Being physically or emotionally abused	93%	3,951	5%	200	1%	62	1%	53	100%	4,266
Dealing with financial planning issues	64%	2,783	22%	961	8%	364	5%	239	100%	4,347
Being treated unfairly or discriminated against because of your age	77%	3,291	13%	537	7%	281	4%	160	100%	4,269

Figure 32: 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	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Having housing to suit your needs	80%	3,713	9%	424	7%	315	3%	133	2%	74	100%	4,658
Your physical health	36%	1,668	33%	1,539	23%	1,070	7%	347	0%	9	100%	4,633
Performing regular activities, including walking, eating and preparing meals	63%	2,910	20%	915	11%	532	6%	287	0%	8	100%	4,652
Having enough food to eat	86%	3,994	9%	404	4%	187	2%	78	0%	4	100%	4,667
Doing heavy or intense housework	38%	1,759	31%	1,420	17%	787	14%	631	1%	57	100%	4,654
Having safe and affordable transportation available	72%	3,333	12%	572	7%	342	5%	235	3%	148	100%	4,630
No longer being able to drive	76%	3,472	6%	252	4%	163	7%	308	8%	347	100%	4,543
Feeling depressed	58%	2,714	25%	1,167	11%	505	5%	213	1%	48	100%	4,647
Experiencing confusion or forgetfulness	61%	2,812	28%	1,304	8%	352	3%	143	1%	36	100%	4,648
Maintaining your home	55%	2,554	27%	1,255	12%	552	6%	257	1%	31	100%	4,650
Maintaining your yard	52%	2,405	25%	1,132	12%	547	8%	384	3%	130	100%	4,598
Finding productive or meaningful activities to do	62%	2,877	20%	943	10%	483	5%	230	2%	94	100%	4,628
Having friends or family you can rely on	71%	3,289	15%	709	9%	396	5%	232	1%	34	100%	4,660
Falling or injuring yourself in your home	70%	3,251	19%	867	6%	291	3%	147	1%	60	100%	4,616
Finding affordable health insurance	63%	2,908	16%	748	10%	459	10%	452	2%	75	100%	4,642

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	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Getting the health care you need	72%	3,328	16%	743	7%	339	5%	210	1%	29	100%	4,649
Affording the medications you need	67%	3,111	16%	763	10%	444	6%	294	1%	27	100%	4,638
Figuring out which medications to take and when	88%	4,094	7%	331	3%	125	1%	66	1%	32	100%	4,649
Getting the oral health care you need	72%	3,357	12%	563	7%	313	8%	361	1%	45	100%	4,640
Getting the vision care you need	75%	3,464	12%	562	7%	320	6%	269	1%	25	100%	4,641
Having enough money to meet daily expenses	62%	2,901	19%	865	12%	549	7%	327	1%	24	100%	4,666
Having enough money to pay your property taxes	72%	3,264	12%	541	7%	299	5%	220	5%	228	100%	4,553
Staying physically fit	40%	1,834	36%	1,650	16%	753	8%	375	1%	30	100%	4,640
Maintaining a healthy diet	50%	2,309	32%	1,501	13%	599	4%	206	1%	27	100%	4,642
Having interesting recreational or cultural activities to attend	48%	2,195	23%	1,060	15%	697	9%	397	6%	260	100%	4,609
Having interesting social events or activities to attend	48%	2,211	22%	1,001	16%	730	8%	371	6%	286	100%	4,598
Feeling bored	53%	2,458	26%	1,219	12%	565	7%	321	2%	79	100%	4,643
Feeling like your voice is heard in the community	33%	1,491	18%	841	13%	610	14%	627	22%	1,003	100%	4,573
Finding meaningful volunteer work	53%	2,374	12%	537	8%	378	6%	255	21%	971	100%	4,515
Feeling physically burdened by providing care for another person	69%	3,141	13%	566	6%	255	4%	170	9%	396	100%	4,528
Feeling emotionally burdened by providing care for another person	67%	3,057	14%	625	6%	284	4%	186	9%	389	100%	4,541
Feeling financially burdened by providing care for another person	72%	3,263	11%	486	5%	247	4%	161	9%	393	100%	4,549
Dealing with legal issues	68%	3,091	15%	662	6%	286	5%	205	6%	291	100%	4,535
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	53%	2,479	23%	1,089	12%	559	7%	334	4%	193	100%	4,655
Finding work in retirement	51%	2,322	6%	286	6%	276	6%	288	30%	1,338	100%	4,509
Building skills for paid or unpaid work	49%	2,192	7%	334	7%	300	5%	210	32%	1,432	100%	4,468
Not knowing what services are available to older adults in your community	30%	1,339	23%	1,026	17%	749	13%	591	18%	820	100%	4,525
Feeling lonely or isolated	64%	2,862	19%	851	10%	443	5%	227	2%	101	100%	4,484
Dealing with the loss of a close family member or friend	57%	2,564	18%	811	12%	564	8%	370	5%	227	100%	4,537
Being a victim of crime	81%	3,671	5%	225	4%	170	2%	100	8%	355	100%	4,521
Being a victim of fraud or a scam	75%	3,397	10%	446	5%	214	4%	172	7%	314	100%	4,544
Being physically or emotionally abused	87%	3,951	4%	200	1%	62	1%	53	6%	295	100%	4,561
Dealing with financial planning issues	61%	2,783	21%	961	8%	364	5%	239	5%	209	100%	4,557
Being treated unfairly or discriminated against because of your age	72%	3,291	12%	537	6%	281	3%	160	7%	310	100%	4,579

Figure 33: 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	76%	3,410	8%	360	7%	326	8%	368	100%	4,464
Visiting the emergency room (number of times)	69%	2,984	24%	1,057	6%	249	1%	28	100%	4,317
In a long-term care facility (including nursing home or in-patient rehabilitation)	95%	4,129	1%	28	0%	19	4%	165	100%	4,341

Figure 34: Question 8

Were you hospitalized in the past 12 months due to any of the following conditions? (Please check all that apply.)	Percent	Number
Congestive heart failure	3%	138
Heart attack	2%	90
Pneumonia	2%	89
COPD	3%	113
None of these	93%	4,073

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

Figure 35: Question 9 (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	66%	3,030
Once or twice	28%	1,294
3-5 times	4%	203
More than 5 times	1%	66
Total	100%	4,593

Figure 36: Question 9 (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	65%	3,030
Once or twice	28%	1,294
3-5 times	4%	203
More than 5 times	1%	66
Don't know	1%	57
Total	100%	4,650

Figure 37: Question 10 (excluding "don't know")

How likely or unlikely are you to recommend living in your community to older adults?	Percent	Number
Very likely	35%	1,415
Somewhat likely	39%	1,575
Somewhat unlikely	13%	513
Very unlikely	14%	549
Total	100%	4,052

Figure 38: Question 10 (including "don't know")

How likely or unlikely are you to recommend living in your community to older adults?	Percent	Number
Very likely	31%	1,415
Somewhat likely	34%	1,575
Somewhat unlikely	11%	513
Very unlikely	12%	549
Don't know	12%	548
Total	100%	4,600

Figure 39: Question 11 (excluding "don't know")

How likely or unlikely are you to remain in your community throughout your retirement?	Percent	Number
Very likely	67%	2,847
Somewhat likely	20%	870
Somewhat unlikely	8%	329
Very unlikely	5%	226
Total	100%	4,272

Figure 40: Question 11 (including "don't know")

How likely or unlikely are you to remain in your community throughout your retirement?	Percent	Number
Very likely	61%	2,847
Somewhat likely	19%	870
Somewhat unlikely	7%	329
Very unlikely	5%	226
Don't know	8%	359
Total	100%	4,632

Figure 41: Question 12

How often, if at all, do you drive yourself for any reason?	Percent	Number
All of the time	75%	3,458
Most of the time	10%	457
Some of the time	6%	274
Never	10%	441
Total	100%	4,630

Figure 42: Question 13

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	3%	134	3%	145	7%	322	87%	4,059	100%	4,661
Used a recreation center in your community	7%	319	5%	221	9%	410	79%	3,673	100%	4,623
Used a public library in your community	6%	278	16%	744	29%	1,332	49%	2,290	100%	4,644
Used bus, rail, on-demand/senior transportation or other public transportation instead of driving	1%	70	2%	116	4%	203	92%	4,274	100%	4,663
Visited a neighborhood park	7%	324	15%	716	33%	1,547	44%	2,046	100%	4,633
Visited a nutrition/meal site	1%	69	2%	108	5%	226	91%	4,268	100%	4,671

Figure 43: Question 14

Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?	2 times a week or more		2-4 times a month		Once a month or less		Not at all		Total	
Attended a local public meeting	0%	20	3%	124	15%	709	82%	3,787	100%	4,639
Watched (online or on television) a local public meeting	2%	102	4%	187	15%	674	79%	3,591	100%	4,554

Figure 44: Question 15 (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)	72%	3,138	18%	762	6%	276	3%	112	2%	68	100%	4,355
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	89%	3,892	8%	344	2%	74	1%	33	1%	55	100%	4,398
Communicating/ visiting with friends and/or family	6%	276	32%	1,414	26%	1,150	16%	723	20%	915	100%	4,477
Participating in religious or spiritual activities with others	35%	1,559	39%	1,705	13%	572	6%	277	7%	305	100%	4,418

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 recreation program or group activity	65%	2,870	21%	925	7%	298	4%	170	3%	125	100%	4,388
Providing help to friends or relatives	20%	884	45%	1,961	17%	723	8%	349	10%	417	100%	4,334
Volunteering your time to some group/activity in your community	65%	2,901	21%	941	7%	313	3%	131	3%	143	100%	4,430

Figure 45: Question 15 (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)	68%	3,138	17%	762	6%	276	2%	112	1%	68	5%	232	100%	4,587
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	84%	3,892	7%	344	2%	74	1%	33	1%	55	5%	222	100%	4,620
Communicating/ visiting with friends and/or family	6%	276	31%	1,414	25%	1,150	16%	723	20%	915	2%	89	100%	4,566
Participating in religious or spiritual activities with others	34%	1,559	37%	1,705	13%	572	6%	277	7%	305	3%	158	100%	4,576
Participating in a recreation program or group activity	62%	2,870	20%	925	6%	298	4%	170	3%	125	5%	212	100%	4,600
Providing help to friends or relatives	19%	884	43%	1,961	16%	723	8%	349	9%	417	4%	204	100%	4,537
Volunteering your time to some group/activity in your community	63%	2,901	20%	941	7%	313	3%	131	3%	143	4%	187	100%	4,617

Figure 46: Question 16 (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	56%	2,502	17%	756	7%	315	6%	271	3%	127	11%	480	100%	4,450
One or more individuals age 18 to 59	74%	3,195	12%	504	5%	198	3%	128	2%	71	5%	216	100%	4,312
One or more individuals under age 18	73%	3,129	12%	525	4%	190	3%	149	2%	93	5%	229	100%	4,315

Figure 47: Question 16 (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	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
One or more individuals age 60 or older	55%	2,502	17%	756	7%	315	6%	271	3%	127	11%	480	3%	115	100%	4,565
One or more individuals age 18 to 59	72%	3,195	11%	504	4%	198	3%	128	2%	71	5%	216	3%	116	100%	4,428
One or more individuals under age 18	71%	3,129	12%	525	4%	190	3%	149	2%	93	5%	229	2%	99	100%	4,414

Figure 48: Question 17 Custom Question

Please indicate whether you or another adult age 60 or older in your household has any of the following health conditions.	Percent of respondents	Number
Arthritis/rheumatic disease	59%	2,738
Diabetes	32%	1,500
Heart disease	31%	1,442
High blood pressure	68%	3,157
Lung disease (asthma, emphysema, bronchitis)	22%	1,035
Cancer	11%	521
Osteoporosis	24%	1,128
None/no health conditions in household	10%	466

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

Figure 49: Question 18

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	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Eat at least 5 portions of fruits and vegetables a day	10%	446	22%	1,001	37%	1,712	27%	1,250	5%	244	100%	4,653
Participate in moderate or vigorous physical activity	13%	602	22%	1,043	31%	1,420	24%	1,112	10%	459	100%	4,636
Receive assistance from someone almost every day	72%	3,360	15%	708	6%	272	3%	144	3%	159	100%	4,643
Vote in local elections	9%	435	3%	153	5%	235	14%	651	68%	3,174	100%	4,648

Figure 50: Question D1

How many years have you lived in your community?	Percent	Number
Less than 1 year	2%	108
1-5 years	10%	463
6-10 years	7%	314
11-20 years	14%	665
More than 20 years	67%	3,162
Total	100%	4,712

Figure 51: Question D2

Which best describes the building you live in?	Percent	Number
Single family home	82%	3,852
Townhouse, condominium, duplex or apartment	12%	582
Mobile home	3%	148
Assisted living residence	1%	60
Nursing home	0%	2
Other	1%	55
Total	100%	4,699

Figure 52: Question D3

Do you currently rent or own your home?	Percent	Number
Rent	17%	771
Own (with a mortgage payment)	33%	1,551
Own (free and clear; no mortgage)	50%	2,339
Total	100%	4,660

Figure 53: 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	25%	1,089
\$300 to \$599 per month	30%	1,320
\$600 to \$999 per month	25%	1,071
\$1,000 to \$1,499 per month	12%	515
\$1,500 to \$2,499 per month	6%	245
\$2,500 or more per month	2%	95
Total	100%	4,335

Figure 54: Question D5

How many people, including yourself, live in your household?	Percent	Number
1 person (live alone)	37%	1,737
2 people	51%	2,379
3 people	7%	339
4 or more people	4%	188
Total	100%	4,643
Average number of household members	1.8	4,643

Figure 55: Question D6

How many of these people, including yourself, are 60 or older?	Percent	Number
1 person	51%	2,267
2 people	48%	2,120
3 people	1%	47
4 or more people	0%	20
Total	100%	4,453
Average number of household members age 60 or older	1.6	4,575

Figure 56: Question D7

What is your employment status?	Percent	Number
Fully retired	69%	3,150
Working full time for pay	17%	768
Working part time for pay	12%	526
Unemployed, looking for paid work	2%	105
Total	100%	4,548

Figure 57: 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	9%	96
65 to 69	44%	473
70 to 74	26%	272
75 or older	21%	223
Total	100%	1,064
Average age of expected retirement	68.6	1,097

Figure 58: 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	15%	631
\$15,000 to \$24,999	21%	889
\$25,000 to \$49,999	29%	1,220
\$50,000 to \$74,999	19%	788
\$75,000 to \$99,999	8%	327
\$100,000 or more	8%	334
Total	100%	4,188

Figure 59: Question D10

Are you Spanish/Hispanic/Latino?	Percent	Number
Yes	2%	74
No	98%	4,477
Total	100%	4,551

Figure 60: Question D11

What is your race?	Percent	Number
American Indian or Alaskan native	1%	62
Asian or Pacific Islander	0%	20
Black, African American	5%	235
White/Caucasian	92%	4,296
Other	2%	105

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

Figure 61: Question D12

In which category is your age?	Percent	Number
60-64 years	28%	1,323
65-69 years	22%	1,026
70-74 years	18%	830
75-79 years	14%	635
80-84 years	9%	423
85-89 years	6%	297
90-94 years	2%	106
95 years or older	0%	19
Total	100%	4,659

Figure 62: Question D13

What is your sex?	Percent	Number
Female	55%	2,588
Male	45%	2,084
Total	100%	4,672

Figure 63: Question D14

What is your sexual orientation?	Percent	Number
Heterosexual	98%	4,161
Lesbian	0%	10
Gay	0%	18
Bisexual	1%	48
Total	100%	4,237

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 Indiana Family and Social Services Administration (IFSSA) to reflect the correct local age definition of older adults and so that the mailing materials used official graphics for each of the 16 AAAs in the state, contact information and signatures. Each AAA, with the assistance of the Indiana Family and Social Services Administration and the Indiana Association of Area Agencies on Aging sponsored and funded this research. Please contact the Indiana Family and Social Services Administration at (888) 673-0002 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 in Indiana. Since it is cost prohibitive to survey every person age 60 years or older in Indiana, 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 in Indiana 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. An adjusted proportional, systematic sampling method was used with the remaining addresses to create a mailing list of 31,805 Indiana older adult households, with an adjusted proportion of surveys being sent to each of the sixteen AAA service areas (Northwest Indiana Community Action Corporation; REAL Services, Inc. ; Aging and In-Home Services of Northeast Indiana (AIHS); Area IV Agency on Aging and Community Action Programs, Inc. ; Area Five Agency on Aging; LifeStream Services, Inc. (Area 6); Area 7 Agency on Aging and Disabled/WCIEDD; CICOA Aging and In-Home Solutions; LifeStream Services, Inc. (Area 9) ; Area 10 Agency on Aging ; Thrive Alliance ; LifeTime Resources, Inc.; Generations Vincennes University; LifeSpan Resources, Inc.; Hoosier Uplands; and SWIRCA & More; see Figure 64, Table 7 and Table 8). 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.

Survey Administration and Response

Each sampled household received three mailings, about one week apart, beginning September 14, 2017. 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 only English. Completed surveys were collected over the following six weeks.

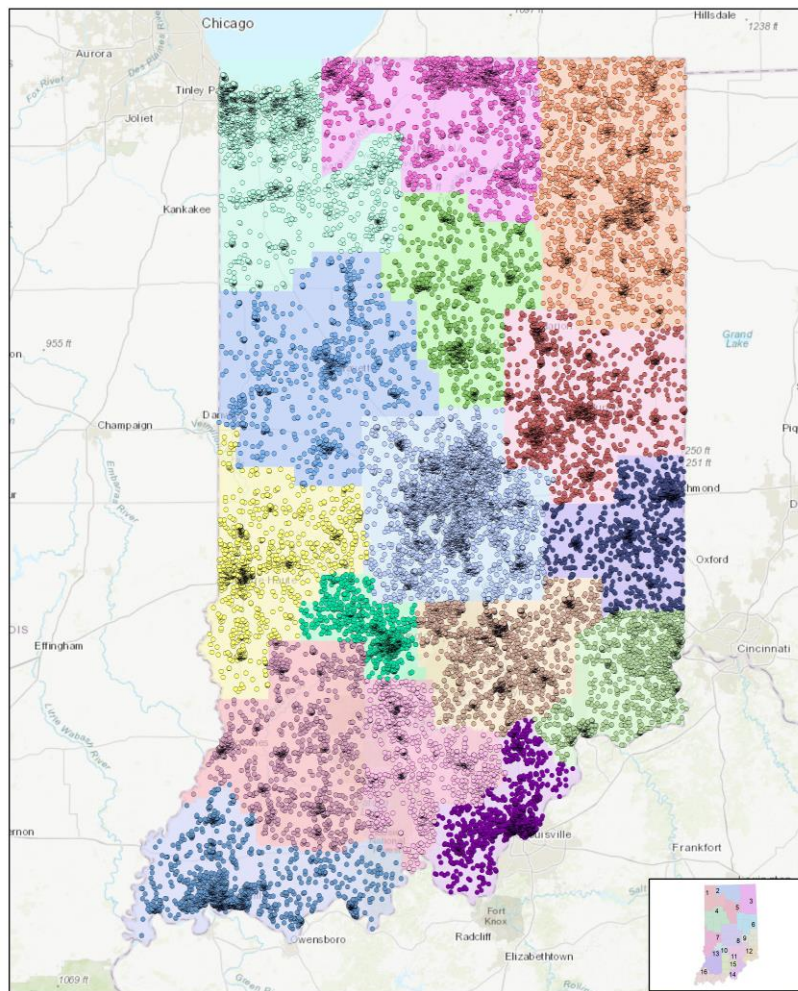
About 4% of the 31,805 surveys mailed were returned because the housing unit was vacant or the postal service was unable to deliver the survey as addressed. Of the remaining households that received the survey, 4,766 completed the survey, providing an overall response rate of 16%. Of the 4,766 completed surveys, 113 were completed online. Additionally, responses were tracked by AAA and are displayed in Table 7 and Table 8 (page 52). The response rates were calculated using AAPOR’s response rate #2² for mailed surveys of unnamed persons.

² See AAPOR’s Standard Definitions here: [http://www.aapor.org/Standards-Ethics/Standard-Definitions-\(1\).aspx](http://www.aapor.org/Standards-Ethics/Standard-Definitions-(1).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 this survey report is no greater than plus or minus 1% around any given percent and one points around any given average rating reported for all respondents (4,766 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.

Figure 64: Location of Survey Recipients



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 7: Survey Response Rates, AAAs 1-8

	Area 1 - Northwest Indiana Community Action	Area 2 - REAL Services, Inc.	Area 3 - Aging and In-Home Services of Northeast Indiana	Area 4 - Area IV Agency On Aging & Community Action Programs, Inc.	Area 5 - Area Five Agency	Area 6 - LifeStream Services, Inc.	Area 7 - Agency on Aging and Disabled/WCIEDD	Area 8 - CICOA Aging & In-Home Solutions
Total sample used	2,715	2,275	2,880	1,300	1,300	2,535	1,700	4,480
I=Complete Interviews	453	334	374	247	245	277	334	481
P=Partial Interviews	3	8	4	2	3	3	10	7
R=Refusal and break off	0	2	1	1	0	0	13	0
NC=Non Contact	0	0	0	0	0	0	0	0
O=Other	0	0	0	0	0	0	0	0
UH=Unknown household	0	0	0	0	0	0	0	0
UO=Unknown other	2,172	1,869	2,413	993	1,010	2,163	1,271	3,895
Response rate: (I+P)/(I+P) + (R+NC+O) + (UH+UO)	17%	15%	14%	20%	20%	11%	21%	11%

Table 8: Survey Response Rates, AAAs 9-16

	Area 9 - LifeStream Services, Inc.	Area 10 - Agency on Aging	Area 11 - Thrive Alliance	Area 12 - LifeTime Resources	Area 13 - Generations	Area 14 - LifeSpan Resources	Area 15 - Hoosier Uplands	Area 16 - SWIRCA & More	Overall
Total sample used	1,500	1,300	2,480	1,300	1,560	1,400	1,300	1,780	31,805
I=Complete Interviews	183	232	364	200	261	164	253	308	4,710
P=Partial Interviews	3	0	2	1	3	0	3	4	56
R=Refusal and break off	0	0	0	0	0	0	0	0	17
NC=Non Contact	0	0	0	0	0	0	0	0	0
O=Other	0	0	0	0	0	0	0	0	0
UH=Unknown household	0	0	0	0	0	0	0	0	0
UO=Unknown other	1,259	1,027	1,930	1,054	1,165	1,180	1,007	1,409	25,817
Response rate: (I+P)/(I+P) + (R+NC+O) + (UH+UO)	13%	18%	16%	16%	18%	12%	20%	18%	16%

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 sex, age, housing unit type, housing tenure, race, ethnicity and area of residence. No adjustments were made for design effects. The results of the weighting scheme are presented in the following table.

Table 9: Weighting Scheme

	Population norm	Unweighted	Weighted
Housing**			
Own	82%	88%	83%
Rent	18%	12%	17%
Attached	14%	14%	15%
Detached	86%	86%	85%
Race and ethnicity**			
White	92%	94%	91%
Not white	8%	6%	9%
Hispanic	2%	1%	2%
Not Hispanic	98%	99%	98%
Sex and Age			
Female	55%	66%	55%
Male	45%	34%	45%
60 to 64 years	30%	19%	28%
65 to 74 years	40%	43%	40%
75 or over	31%	38%	32%
Female 60 to 64	15%	12%	15%
Female 65 to 74	21%	28%	22%
Female 75 +	19%	25%	19%
Male 60 to 64 years	14%	7%	14%
Male 65 to 74 years	18%	15%	18%
Male 75 +	12%	12%	13%
Area Agency on Aging			
Area 1 - Northwest Indiana Community Action	12%	10%	12%
Area 2 - REAL Services, Inc.	11%	7%	11%
Area 3 - Aging and In-Home Services of Northeast Indiana	10%	8%	10%
Area 4 - Area IV Agency on Aging & Community Action Programs	5%	5%	5%
Area 5 - Area 5 Agency on Aging	4%	5%	4%
Area 6 - LifeStream Services, Inc.	7%	6%	7%
Area 7 - Agency on Aging and Disabled/WCIEDD	4%	7%	4%
Area 8 - CICOA Aging and In-Home Solutions	23%	10%	23%
Area 9 - LifeStream Services, Inc.	3%	4%	3%
Area 10 - Area 10 Agency on Aging	2%	5%	2%
Area 11 - Thrive Alliance	3%	8%	3%
Area 12 - Lifetime Resources, Inc.	2%	4%	2%
Area 13 - Generations Vincennes University	3%	6%	3%
Area 14 - LifeSpan Resources, Inc.	4%	3%	4%
Area 15 - Hoosier Uplands	2%	5%	2%
Area 16 - SWIRCA & More	6%	7%	6%

* 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 Indiana were rough estimates using data from the U.S. Department of Labor Bureau of Labor Statistics (Metropolitan and Nonmetropolitan Area Occupational Employment and Wage Estimates).

Table 10: 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)	44%	567,835	11.0	\$9.89	\$3,004,646,810
Providing care to adult(s)	26%	336,165	9.4	\$9.89	\$1,471,339,026
Providing care to child(ren)	27%	356,312	9.6	\$9.89	\$1,596,436,531
Providing help to family and friends	80%	1,032,261	4.6	\$10.59	\$2,352,182,080
Volunteering	35%	447,616	4.1	\$14.96	\$1,335,547,211
<i>Subtotal unpaid</i>					<i>\$9,760,151,658</i>
Working part time	12%	149,904	15.0	\$20.64	\$2,303,209,684
Working full time	17%	218,901	32.0	\$20.64	\$7,175,071,231
<i>Subtotal paid</i>					<i>\$9,478,280,915</i>
Total contribution					\$19,238,432,572

¹Based on U.S. Census Bureau - 2015 American Community Survey; about 1,296,896 adults age 60 and over in the state.

* 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 Indiana. 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 state of Indiana was examined. Working full-time and part-time was assumed to be the equivalent of “All Occupations” (occupation code 00-0000).

The proportion of older adults doing volunteer work and providing help to friends and neighbors was determined by looking at the responses to question 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” were assumed to be the equivalent of “Personal and Home Care Aides” (occupation code 39-9021) and “providing care for children” 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?

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

Needs Summary Scores

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

Index	Individual Variables Used in Index	Required Rating
Safety	Must have at least one of the following:	
	- Being a victim of crime	Moderate or major problem
	- Being a victim of fraud or a scam	Moderate or major problem
	- Being physically or emotionally abused	Moderate or major problem
Civic engagement	- 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)
Social engagement	Or	
	- Attended local public meeting and Watched (online or on television) a local public meeting	Not at all
Social engagement	Must have:	
	- Having interesting social events or activities to attend	Moderate or major problem

Index	Individual Variables Used in Index	Required Rating
	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)
Recreation	- 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
	- Used a public library in your community	Not at all
Caregiver burden	- Visited a neighborhood park	Not at all
	- Participating in a recreation program or group activity	Never (no hours)
	Must have:	
	- Feeling physically burdened by providing care for another person	Moderate or major problem
Financial and legal	- 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
	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
Meaningful activities	- 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
	Must have at least one of the following:	
	- Finding productive or meaningful activities to do	Moderate or major problem
Physical health	- 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
	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	
Mental health	- 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
	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	

Index	Individual Variables Used in Index	Required Rating
	- Feeling bored	Moderate or major problem
	- Feeling lonely or isolated	Moderate or major problem
	- Dealing with the loss of a close family member or friend	Moderate or major problem
Health care	Must have at least one of the following:	
	- Finding affordable health insurance	Moderate or major problem
	- Getting the health care you need	Moderate or major problem
	- 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 Indiana Family and Social Services Administration 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 the state’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 the state’s rating (column one) to the benchmark.

Where comparisons for ratings were available, Indiana’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 state’s rating to the benchmark where a rating is considered “similar” if it is within than the margin of error; “higher” or “lower” if the difference between your community’s rating and the benchmark is greater the margin of error; and “much higher” or “much lower” if the difference between your community’s rating and the benchmark is more than twice the margin of error.

Table 11: Community as a Place for Older Residents Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Community as an excellent or good place to live	77%	277	331	Similar
Community as an excellent or good place to retire	64%	236	329	Similar
Excellent or good overall services provided to older adults	44%	7	7	Lower
Likely to recommend living to older adults	74%	234	253	Lower
Likely to remain throughout retirement	87%	2	7	Similar

Table 12: Community and Belonging Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good sense of community	46%	306	330	Lower
Excellent or good openness and acceptance of the community towards older residents of diverse backgrounds	44%	297	314	Lower
Excellent or good overall feeling of safety	64%	116	139	Lower
Excellent or good valuing of older residents	52%	5	5	Similar
Excellent or good neighborliness	51%	116	136	Lower
Problems with being a victim of crime	12%	5	7	Similar
Problems with being a victim of fraud or a scam	20%	1	6	Similar
Problems with being physically or emotionally abused	7%	1	6	Similar
Problems with being treated unfairly or discriminated against because of age	23%	Not available	Not available	Not available

Table 13: Community Information Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of information about resources for older adults	33%	7	7	Lower
Excellent or good availability of financial and legal planning services	39%	4	5	Similar
Informed about services and activities available to older adults	52%	5	7	Similar
Problems with finding productive or meaningful activities to do	37%	1	6	Similar
Problems with feeling like your voice is heard in the community	58%	2	7	Similar
Problems with finding meaningful volunteer work	33%	2	7	Similar
Problems with not knowing what services are available to older adults in your community	64%	2	7	Similar

Table 14: Civic Engagement Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to volunteer	73%	159	245	Similar
Excellent or good opportunities to attend or participate in meetings about local government or community matters	56%	7	7	Lower
Attended a local public meeting at least once in past 12 months	18%	289	329	Lower
Watched (online or on television) a least once in past 12 months	21%	235	260	Much lower
Participating in a civic group (including Elks, Kiwanis, Masons, etc.) for one hour or more per week	11%	5	7	Similar
Volunteering your time to some group/activity for one hour or more per week	35%	320	324	Much lower
Voted in the last local election	82%	199	328	Similar

Table 15: Social Engagement Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to attend social events or activities	56%	174	241	Similar
Excellent or good opportunities to attend religious or spiritual activities	83%	108	205	Similar
Problems with having interesting social events or activities to attend	49%	2	7	Similar
Used a senior center at least once in past 12 months	13%	6	7	Similar
Participating in a club (including book, dance, game and other social) for one hour or more per week	28%	231	231	Much lower
Communicating/ visiting with friends and/or family for one hour or more per week	94%	6	137	Much higher
Participating in religious or spiritual activities with others for one hour or more per week	65%	189	204	Lower
Providing help to friends or relatives for one hour or more per week	80%	36	132	Similar

Table 16: Recreational and Personal Enrichment Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to enroll in skill-building or personal enrichment classes	42%	7	7	Much lower
Excellent or good recreation opportunities (including games, arts and library services, etc.)	59%	223	327	Similar
Problems with having interesting recreational or cultural activities to attend	50%	2	7	Similar
Used a recreation center at least once in past 12 months	21%	278	279	Much lower
Used a public library at least once in past 12 months	51%	263	288	Lower
Visited a neighborhood park at least once in past 12 months	56%	317	327	Lower
Participating in a recreation program or group activity for one hour or more per week	35%	7	7	Lower

Table 17: Caregiving Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Always or usually receives assistance from someone almost every day	7%	2	6	Similar
Problems with feeling physically burdened by providing care for another person	24%	Not available	Not available	Not available
Problems with feeling emotionally burdened by providing care for another person	26%	Not available	Not available	Not available
Problems with feeling financially burdened by providing care for another person	21%	Not available	Not available	Not available
Provides care to older adult for one hour or more per week	44%	3	6	Similar
Provides care to adult for one hour or more per week	26%	4	6	Similar
Provides care to child for one hour or more per week	27%	5	6	Similar

Table 18: Employment Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good employment opportunities	37%	122	314	Similar
Problems with having enough money to meet daily expenses	37%	2	7	Similar
Problems with having enough money to pay your property taxes	25%	5	7	Similar
Problems with dealing with legal issues	27%	5	6	Similar
Problems with finding work in retirement	27%	7	7	Lower
Problems with building skills for paid or unpaid work	28%	4	7	Similar
Problems with dealing with financial planning issues	36%	2	6	Similar

Table 19: Physical Health Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good fitness opportunities (including exercise classes and paths or trails, etc.)	61%	117	139	Lower
Excellent or good availability of affordable quality physical health care	45%	242	285	Lower
Excellent or good overall physical health	63%	42	140	Similar
Problems with your physical health	64%	1	7	Similar
Problems with doing heavy or intense housework	62%	1	6	Similar
Problems with maintaining your home	45%	1	7	Similar
Problems with maintaining your yard	46%	1	7	Similar
Problems with staying physically fit	60%	1	7	Similar
Problems with maintaining a healthy diet	50%	1	7	Higher
Always or usually eats at least 5 portions of fruits and vegetables a day	32%	128	133	Lower
Always or usually participates in moderate or vigorous physical activity	34%	125	134	Lower

Table 20: Mental Health Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality mental health care	31%	113	123	Lower
Excellent or good overall mental health/emotional well being	80%	7	7	Similar
Problems with feeling depressed	41%	1	6	Similar
Problems with experiencing confusion or forgetfulness	39%	1	6	Higher
Problems with having friends or family you can rely on	29%	1	7	Similar
Problems with figuring out which medications to take and when	11%	Not available	Not available	Not available
Problems with feeling bored	46%	1	6	Higher
Problems with feeling lonely or isolated	35%	1	6	Similar
Problems with dealing with the loss of a close family member or friend	40%	1	7	Similar

Table 21: Health Care Benchmarks

	Indiana 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)	59%	151	223	Similar
Problems with finding affordable health insurance	36%	2	7	Similar
Problems with getting the health care you need	28%	2	7	Similar
Problems with affording the medications you need	33%	1	6	Similar
Problems with getting the oral health care you need	27%	Not available	Not available	Not available
Problems with getting the vision care you need	25%	Not available	Not available	Not available
Problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	44%	2	7	Similar

Table 22: Independent Living Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of long-term care options	43%	Not available	Not available	Not available
Excellent or good availability of daytime care options for older adults	28%	Not available	Not available	Not available
Spent at least 1 day in a hospital in past 12 months	24%	3	5	Similar
Spent at least 1 day in a nursing home or in-patient rehabilitation facility	5%	1	5	Similar
Had at least 1 fall in the past 12 months	34%	1	5	Similar
Problems with performing regular activities, including walking, eating and preparing meals	37%	1	7	Similar
Problems with no longer being able to drive	17%	2	7	Similar
Problems with falling or injuring yourself in your home	29%	1	6	Similar

Table 23: Community Design and Land Use Benchmarks

	Indiana percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall quality of life	76%	7	7	Lower
Excellent or good availability of affordable quality housing	42%	168	321	Similar
Excellent or good variety of housing options	41%	209	247	Lower
Excellent or good availability of affordable quality food	58%	210	249	Lower
Excellent or good ease of bus, rail, on-demand/senior transportation or other public transit	27%	110	141	Lower
Excellent or good ease of car travel	72%	94	315	Similar
Excellent or good ease of walking	55%	219	312	Similar
Excellent or good ease of getting to the places you usually have to visit	67%	113	139	Similar
Excellent or good cost of living	43%	73	135	Similar
Experiencing housing cost stress (housing costs 30% or more of income)	24%	Not available	Not available	Not available
Problems with having housing to suit your needs	19%	2	6	Similar
Problems with having enough food to eat	14%	1	6	Similar
Problems with having safe and affordable transportation available	26%	4	7	Similar
Used bus, rail, on-demand/senior transportation or other public transportation instead of driving at least once	8%	90	115	Lower

Jurisdictions Included in Benchmark Comparisons

- 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 Mateo, CA
- San Ramon, CA
- Santa Barbara County, CA
- Saratoga, CA
- Seaside, CA
- South Lake Tahoe, CA
- Stockton, CA
- Sunnyvale, CA
- Tracy, CA
- Walnut Creek, CA
- Archuleta County, CO
- Boulder County, CO
- Brighton, CO
- Craig, CO
- Crested Butte, CO
- Denver, CO
- Englewood, CO
- Erie, CO
- Estes Park, CO
- Gunnison County, CO
- Jefferson County, CO
- Lafayette, CO
- State of Colorado
- Thornton, 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
- Savannah, 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
- Brownsburg, IN
- Fishers, IN
- Indiana, IN
- Munster, IN
- Noblesville, 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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Appendix E: Survey Materials

The survey, cover letter and mailing materials were customized for each AAA using their logos and local contact information. The basic survey (with no customization) is shown on the following pages.

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

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

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

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

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

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

- Excellent
 Good
 Fair
 Poor
 Don't know

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

- Very informed Somewhat informed Somewhat uninformed Very uninformed

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

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

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

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

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>
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

Visiting the emergency room? _____ number of times

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

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

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

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

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

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

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

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

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

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

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

Community Survey

13. 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, on-demand/senior transportation or other public transportation instead of driving.....	1	2	3	4
Visited a neighborhood park.....	1	2	3	4
Visited a nutrition/meal site	1	2	3	4

14. Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?

	<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>
Attended a local public meeting	1	2	3	4
Watched (online or on television) a local public meeting.....	1	2	3	4

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

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

16. 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

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

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

18. 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

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

- D1. How many years have you lived in your community?**
 Less than 1 year
 1-5 years
 6-10 years
 11-20 years
 More than 20 years
- D2. Which best describes the building you live in?**
 Single family home
 Townhouse, condominium, duplex or apartment
 Mobile home
 Assisted living residence
 Nursing home
 Other
- D3. Do you currently rent or own your home?**
 Rent
 Own (with a mortgage payment)
 Own (free and clear; no mortgage)
- D4. About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?**
 Less than \$300 per month
 \$300 to \$599 per month
 \$600 to \$999 per month
 \$1,000 to \$1,499 per month
 \$1,500 to \$2,499 per month
 \$2,500 or more per month
- D5. How many people, including yourself, live in your household?** _____ members
- D6. How many of these people, including yourself, are 60 or older?** _____ members
- D7. What is your employment status?**
 Fully retired → *Go to Question 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 \$50,000 to \$74,999
 \$15,000 to \$24,999 \$75,000 to \$99,999
 \$25,000 to \$49,999 \$100,000 or more

Please respond to both questions D10 and D11.

- D10. Are you Spanish/Hispanic/Latino?**
 Yes No
- D11. What is your race? (Mark one or more races to indicate what race you consider yourself to be.)**
 American Indian or Alaskan native
 Asian or Pacific Islander
 Black, African American
 White/Caucasian
 Other
- D12. In which category is your age?**
 60-64 years 80-84 years
 65-69 years 85-89 years
 70-74 years 90-94 years
 75-79 years 95 years or older
- D13. What is your sex?**
 Female Male
- D14. What is your sexual orientation?**
 Heterosexual Gay
 Lesbian Bi-sexual

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