Colorado State Unit on Aging
2018

Report of Results

CASOA™

Community Assessment Survey for Older Adults™

NRC
National Research Center Inc

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Acknowledgement

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

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

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

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

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Introduction

The Community Assessment Survey for Older Adults (CASOA™), administered by National Research Center, Inc., provides a statistically valid survey of the strengths and needs of older adults as reported by older adults themselves in communities across America. Used in conjunction with the CASOA *Strategies and Resources Handbook* (provided under separate cover), this report is intended to enable local governments, community-based organizations, the private sector and other community members to understand more thoroughly and predict more accurately the services and resources required to serve an aging population. With this report, Colorado State Unit on Aging (State of Colorado) 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 Colorado:

- Northeastern Colorado Area Agency on Aging (Region 1)
- Larimer County Office on Aging (Region 2a)
- Weld County Area Agency on Aging (Region 2b)
- Denver Regional Council of Governments Area Agency on Aging (Region 3a)
- Boulder County Area Agency on Aging
- Pikes Peak Area Agency on Aging (Region 4)
- East Central Area Agency on Aging (Region 5)
- Lower Arkansas Valley Area Agency on Aging (Region 6)
- Pueblo Area Agency on Aging (Region 7)
- South-Central Colorado Seniors, Inc. (Region 8)
- San Juan Basin Area Agency on Aging (Region 9)
- Region 10 Area Agency on Aging
- Area Agency on Aging of Northwest Colorado (Region 11)
- Alpine Area Agency on Aging (Region 12)
- Upper Arkansas Area Agency on Aging (Region 13)
- South Central Council of Governments Area Agency on Aging (Region 14)

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

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

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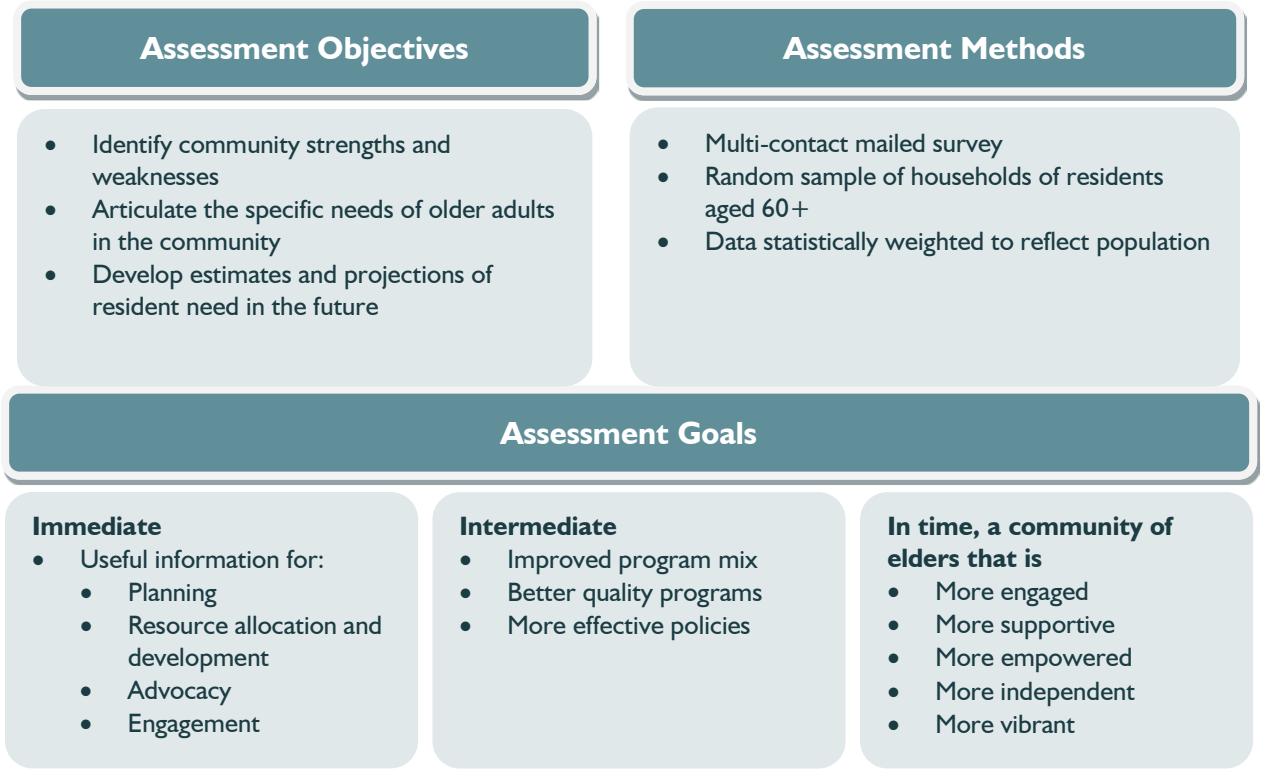
envelope to return the survey. Results were statistically weighted to reflect the proper demographic composition of older adults in the entire community.

The survey was mailed on May 25, 2018 to a random selection of 37,800 older adult households across Colorado. Older adult households were contacted three times about participation in the survey. A total of 6,247 completed surveys was obtained, providing an overall response rate of 17% 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 older adults in Colorado, the 2018 results are presented along with the prior results, when available. Differences between 2010 and 2018 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 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

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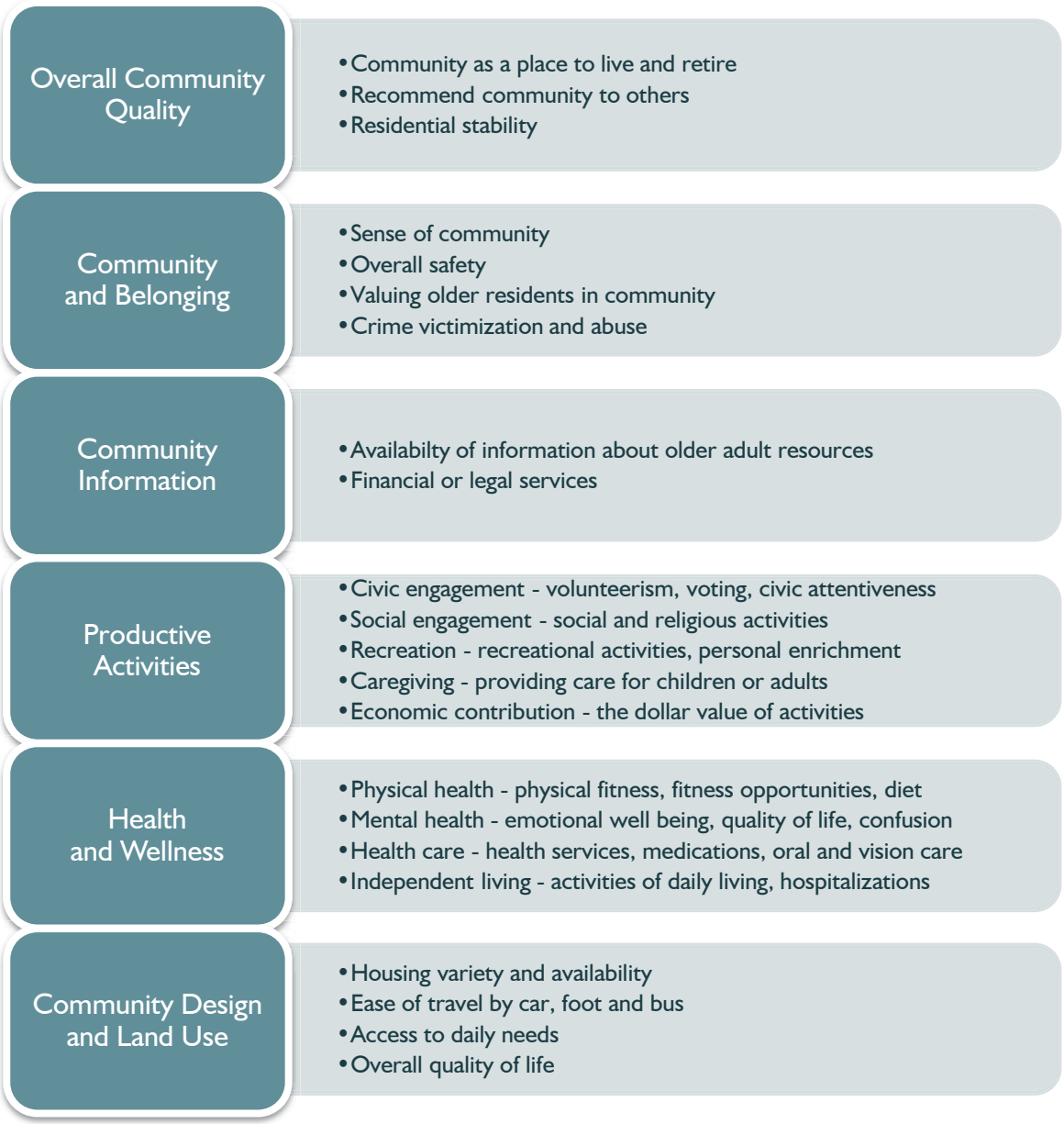
Each section discusses older adult ratings of the community, participation in activities and potential problems faced by older adults as related to each of the six dimensions. The final section of the report, Community Readiness, summarizes these dimensions as index scores and provides an overall picture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

Figure 2: Community Dimensions Assessed through CASOA



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

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

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Key Findings

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

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

The results of this survey describe Colorado 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 State of Colorado, as well as how likely residents are to recommend and remain in the community.

- Most of Colorado's older residents gave high ratings to the community as a place to live.
- Less than three-quarters of older adults would recommend Colorado to others, which was lower than the national average.
- Over half of respondents had lived in the community for more than 20 years and more than three-quarters planned to stay in the community throughout their retirement.
- Older residents from other communities across the nation and Colorado seniors tended to give similar ratings to aspects of Overall Community.

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 older residents rated the sense of community, neighborliness and feeling valued as "excellent" or "good."
- Over two-thirds of respondents reported "excellent" or "good" overall feelings of safety and between 7% and 19% had experienced safety problems related to being a victim of crime, abuse or fraud and 28% reported experiencing age-related discrimination.
- When compared to other communities in the U.S., older residents in Colorado provided lower ratings for Colorado's sense of community and overall feeling of safety, but otherwise gave similar ratings for aspects of Community and Belonging.

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Community Information

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

- Over 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 lower than the 2010 assessment.
- About 4 in 10 older adults gave "excellent" or "good" ratings to the availability of information about older adult resources and financial or legal planning services.
- About three in five respondents had problems knowing what services were available and feeling like their voice was heard in the community.
- About one-third reported having problems with finding meaningful volunteer work, a rate that was similar in Colorado and in other communities.

Productive Activities

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

- Almost four in five of elders felt they had "excellent" or "good" opportunities to volunteer, and more than one-third participated in some kind of volunteer work, a volunteer rate higher than other communities in the U.S.
- About 2 in 10 respondents had used a senior center in the community, which was similar when compared to senior center use in other communities.
- Almost half of seniors said that they had at least "minor" problems having interesting social events or activities to attend and participation in social engagement activities (e.g., participating in clubs or religious activities, communicating or helping friends and family) declined between 2010 and 2018.
- Three-quarters of older residents rated the recreation opportunities in Colorado as "excellent" or "good." Seniors used public libraries and recreation centers at rates lower than those reported elsewhere in the country, and they visited neighborhood parks and participated in recreation programs or group activities at rates similar to other communities.
- About two in five older residents in Colorado said they were caregivers; respondents spent between 9 and 12 hours per week providing care for children, adults and older adults.
- About 2 in 10 older adults in Colorado felt physically, emotionally or financially burdened by their caregiving.
- About two-thirds of respondents were fully retired and two in five 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 Colorado totaled $21 billion in a 12-month period.

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Health and Wellness

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

- About four in five older residents felt they had good fitness opportunities (including exercise classes and paths or trails, etc.) and two in five felt they had good access to quality physical health care. The availability of quality physical health care declined significantly between 2010 and 2018 to below-average levels.
- The portions of older residents reporting problems with doing heavy or intense housework (54%), maintaining their yards (43%) and staying physically fit (54%) in Colorado were similar to those in other communities.
- About one-quarter of older residents felt there was "excellent" or "good" availability of mental health care in Colorado while 86% rated their overall mental health/emotional wellbeing as "excellent" or "good."
- The most commonly cited mental health issues included feeling bored (40%) and feeling depressed (40%), while the least cited issues included figuring out which medications to take and when; these mental health problems experienced by older adults tended to be similar to the problems experienced by older adults in other communities.
- Compared to other communities across the nation, elders rated the availability of preventive health services in Colorado similar to the availability of these services found elsewhere.
- Elders reported more problems with getting needed health care in 2018 compared to 2010 and were more likely to experience this problem than their national peers.
- About 2 in 10 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 Colorado occurred at rates similar to other communities.
- Overall, at least one in six older adults reported problems with aspects of independent living. Notably, 30% reported having problems with performing regular activities, including walking, eating and preparing meals.

Community Design and Land Use

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

- Respondents rated the ease of getting to the places they usually have to visit, ease of car travel and ease of walking most positively with about two-thirds rating each as "excellent" or "good."
- Aspects of housing (affordability and variety) as well as aspects of mobility (public transportation, getting to places usually visited) received lower ratings in Colorado than in other communities.
- Some older adults experienced problems with having safe and affordable transportation available (27%) while others experienced problems with having housing to suit their needs (22%) or having enough food to eat (13%). Daily living problems tended to be similar in Colorado when compared to other communities across the nation.
- Over 8 in 10 older residents rated their overall quality of life as "excellent" or "good", and Colorado's quality of life was rated similar to other communities in the U.S.

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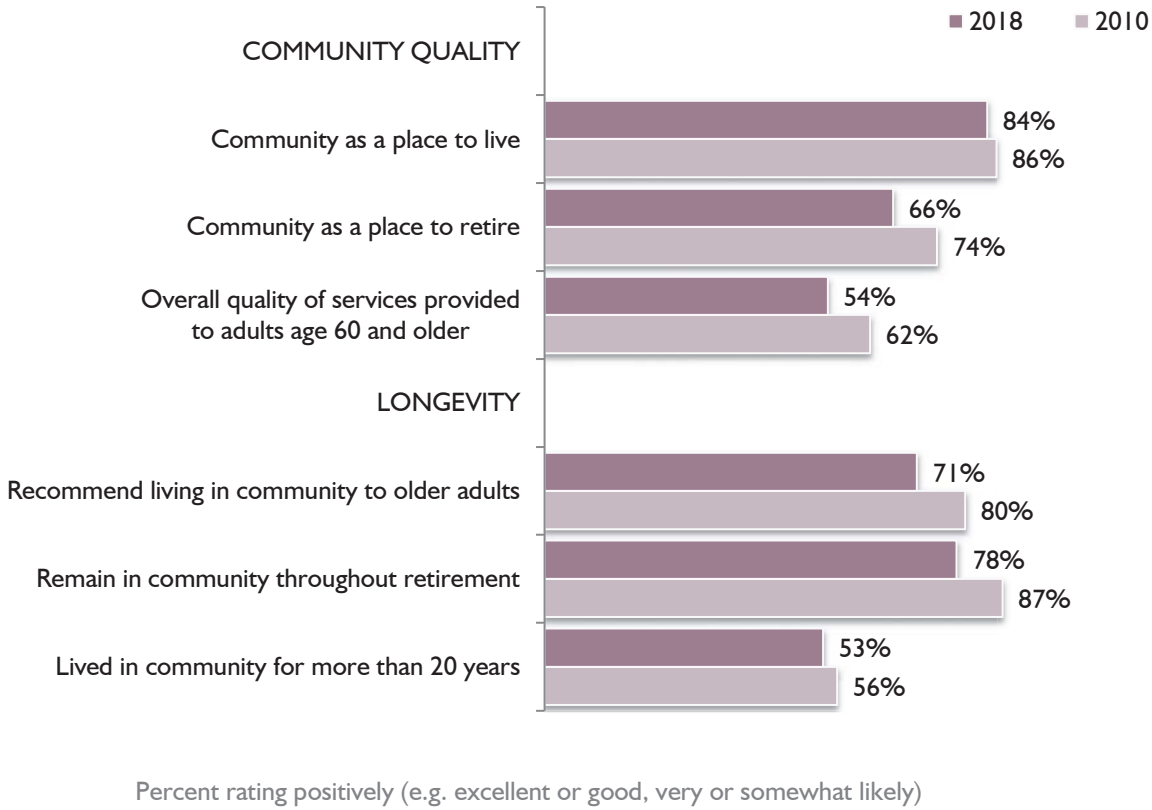
CASOA Survey Results

Overall Community Quality

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

Most of Colorado'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 half of older residents. Overall, about 7 in 10 older adults said they would recommend the community to others. About half of residents had lived in the area more than 20 years and more than three-quarters of seniors planned to remain in the area throughout their retirement. Residents were as likely to rate these aspects of the community as "excellent" or "good" as other older adults across the nation, but less likely to recommend living in Colorado (see *Appendix C: Benchmark Comparisons* for details).

Figure 3: Colorado as a Place for Older Residents



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

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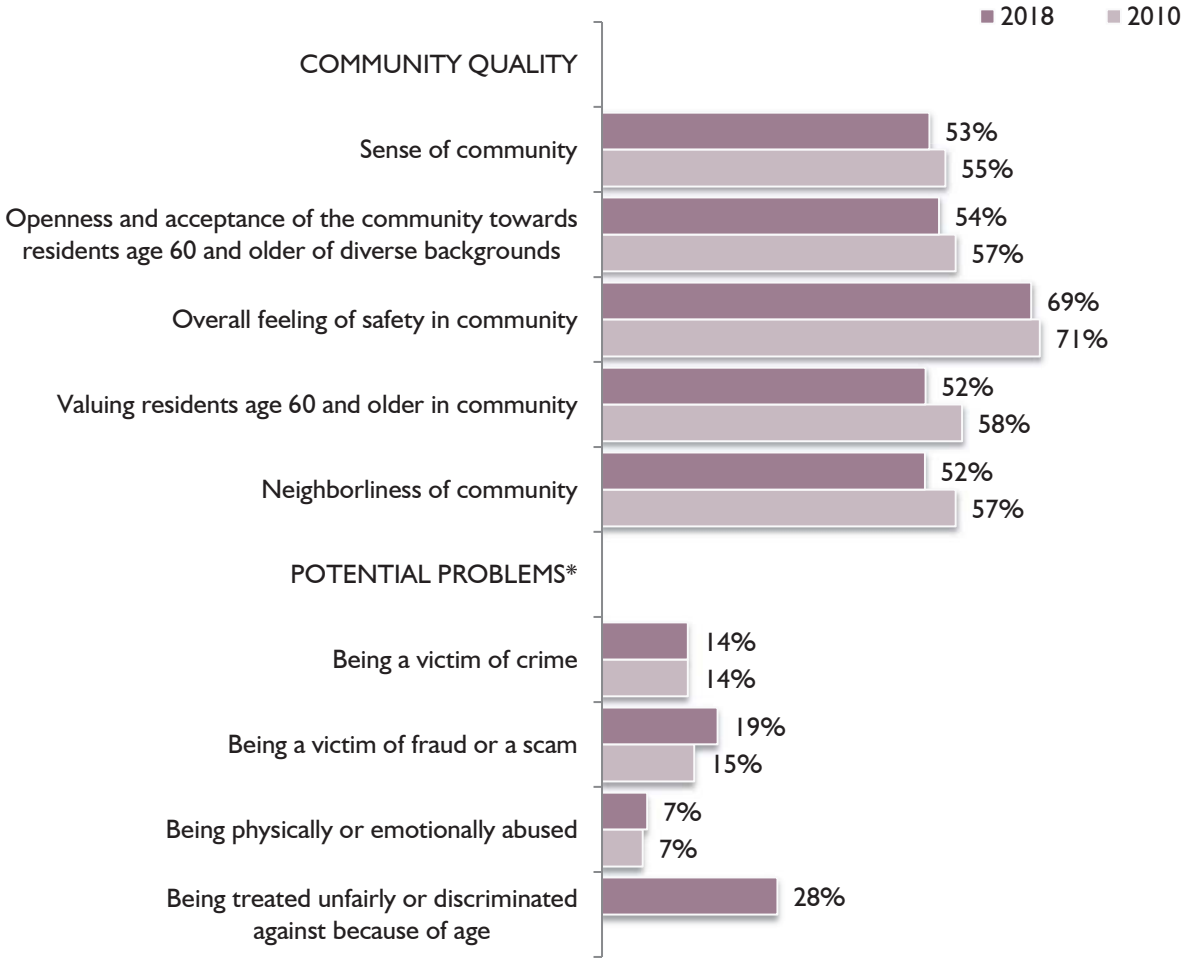
Community and Belonging

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

Overall, older residents rated Community and Belonging in Colorado positively. About half felt the community valued older residents and that the community was open and accepting of older residents with diverse backgrounds. A small proportion of seniors reported problems with crime or abuse in the 12 months prior to the survey. When compared to other communities in the U.S., older residents in Colorado provided lower ratings for Colorado's sense of community and overall feeling of safety, but otherwise gave similar ratings for aspects of Community and Belonging (see *Appendix C: Benchmark Comparisons* for details).

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



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

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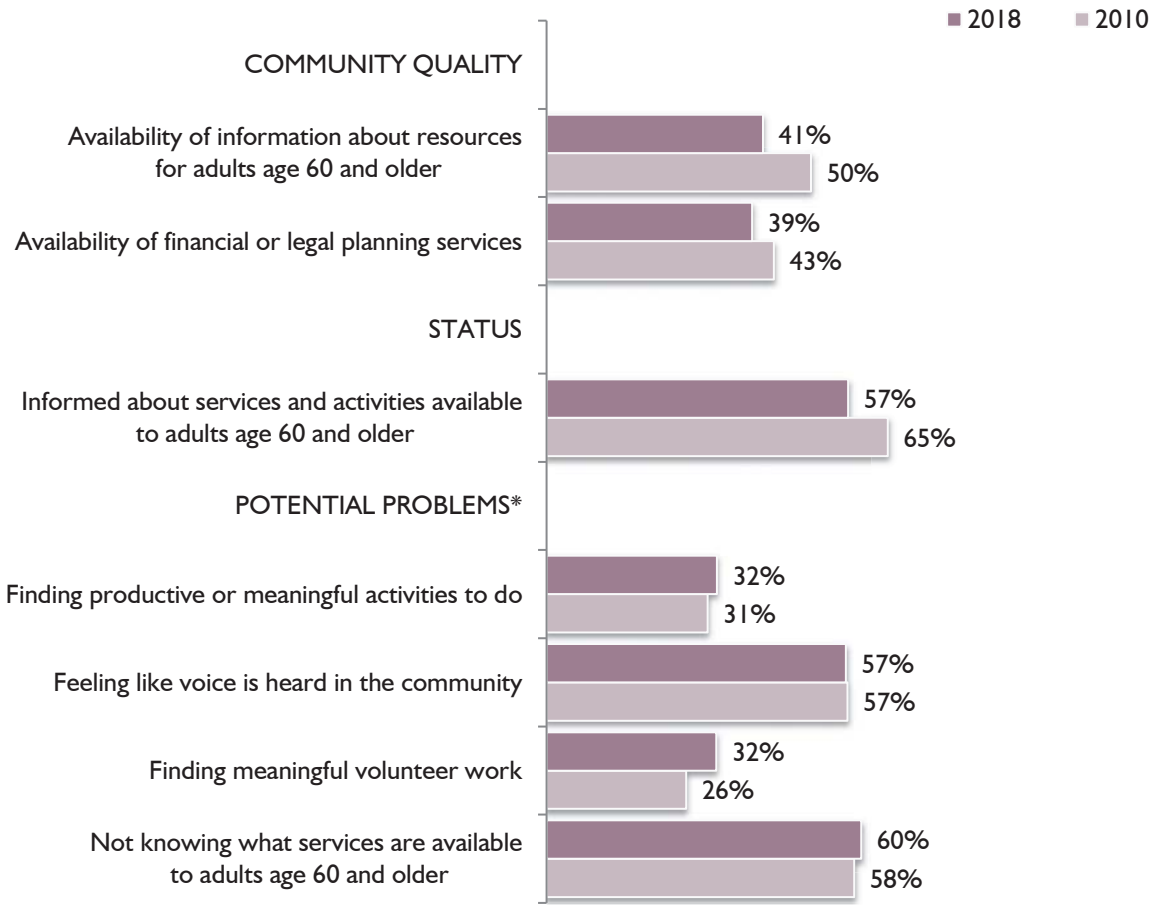
Community Information

Sometimes residents of any age fail to take advantage of services offered by a community just because they are not aware of the opportunities. The education of a large community of older adults is not simple, but when more residents are made aware of attractive, useful and well-designed programs, increasing numbers of residents will benefit from becoming participants. In Colorado, 57% of survey respondents reported being "somewhat" or "very" informed about services and activities available to older adults, down from 65% in 2010.

Older residents who may not know how to access services may have trouble finding ways to contribute to the community. In Colorado, about 6 in 10 had problems knowing what services were available. The proportion of older adults who had problems in these areas was similar to other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 5: Community Information in Colorado



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

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Productive Activities

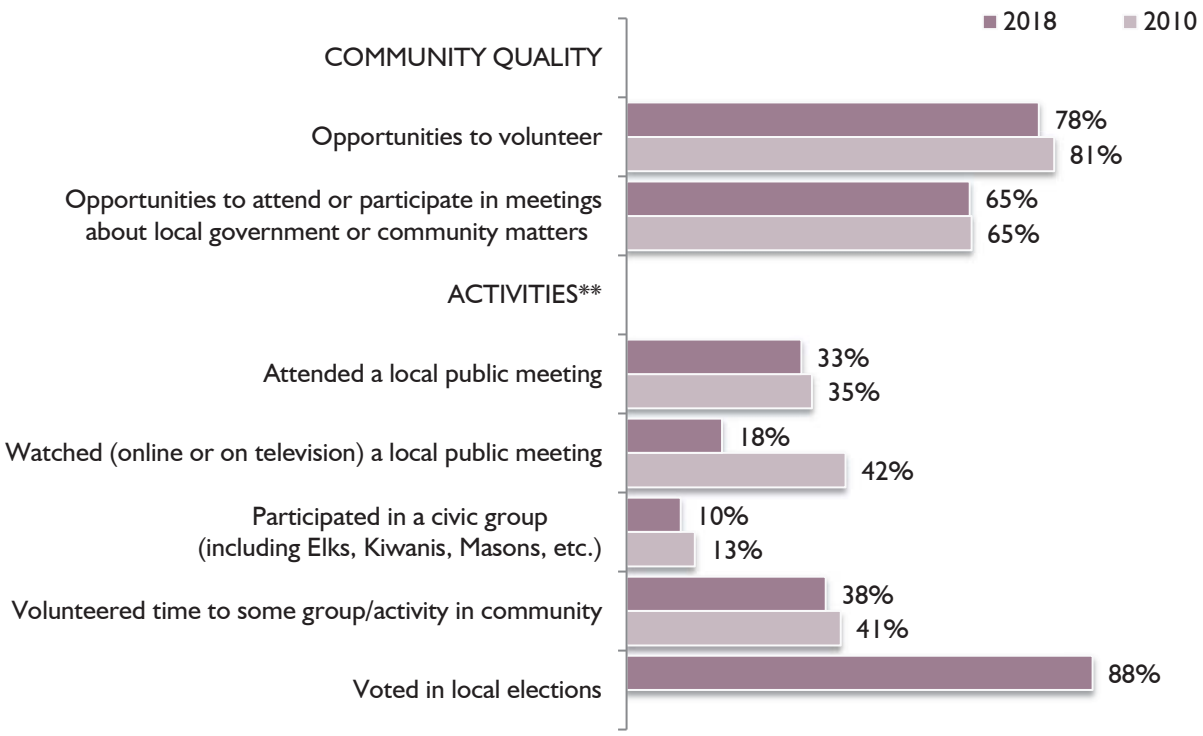
Productivity is the touchstone of a thriving old age. Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality in later life and contribute to active aging.[2] This section of the report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

Civic Engagement

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

In Colorado, over three-quarters of older residents rated the opportunities to volunteer favorably and more than one-third participated in some kind of volunteer work, a volunteer rate higher than other communities in the U.S.

Figure 6: Civic Engagement in Colorado



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

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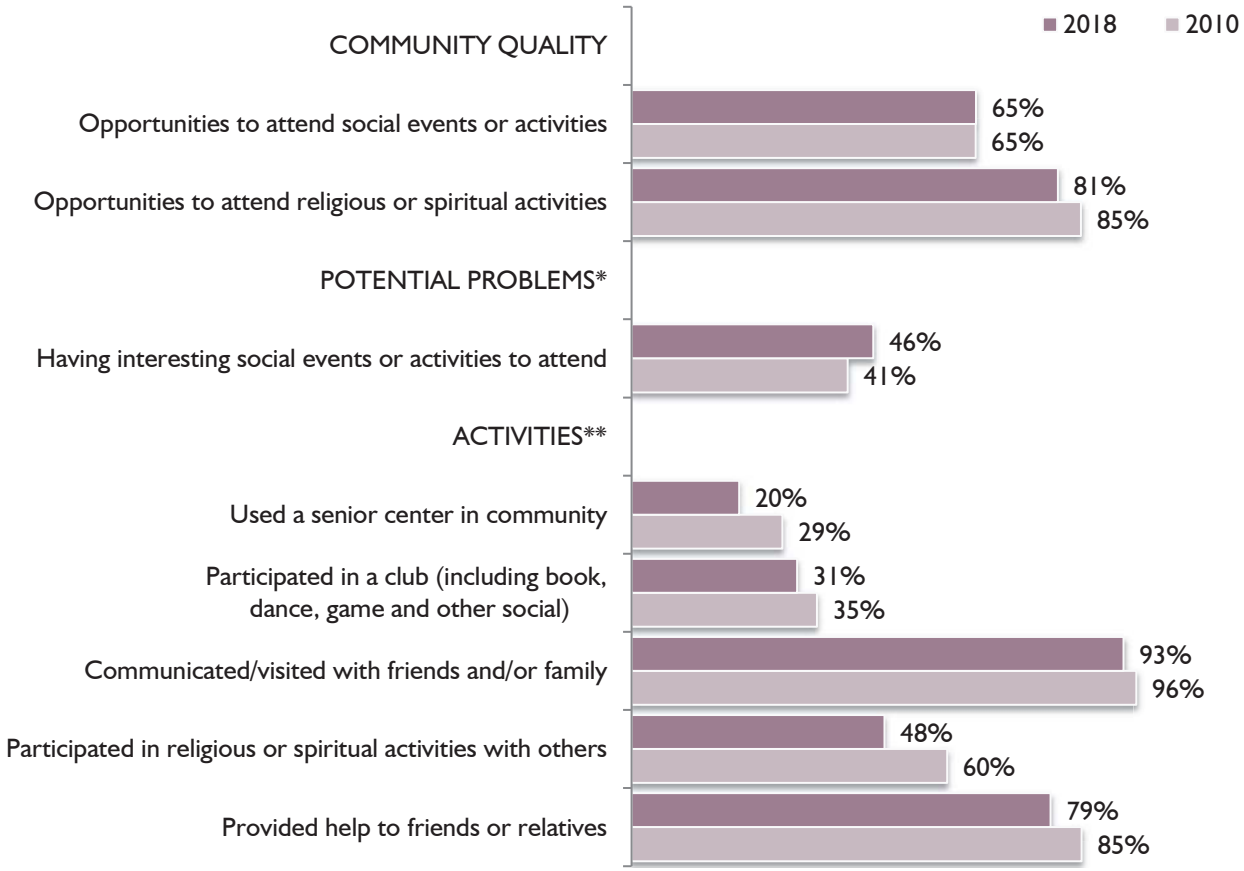
Social Engagement

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

About two-thirds of older residents rated opportunities to attend social activities as "excellent" or "good" and almost half of seniors said that they had at least "minor" problems having interesting social events or activities to attend. About 5 in 10 older residents engaged in religious or spiritual activities while 3 in 10 participated in clubs. More than 9 in 10 older adults regularly communicated or visited with friends and family, a rate much higher than elsewhere in the country. Use of a senior center (20% of respondents), which often serves as a social hub for seniors, was similar compared to use in other communities (see *Appendix C: Benchmark Comparisons*).

Figure 7: Social Engagement in Colorado



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

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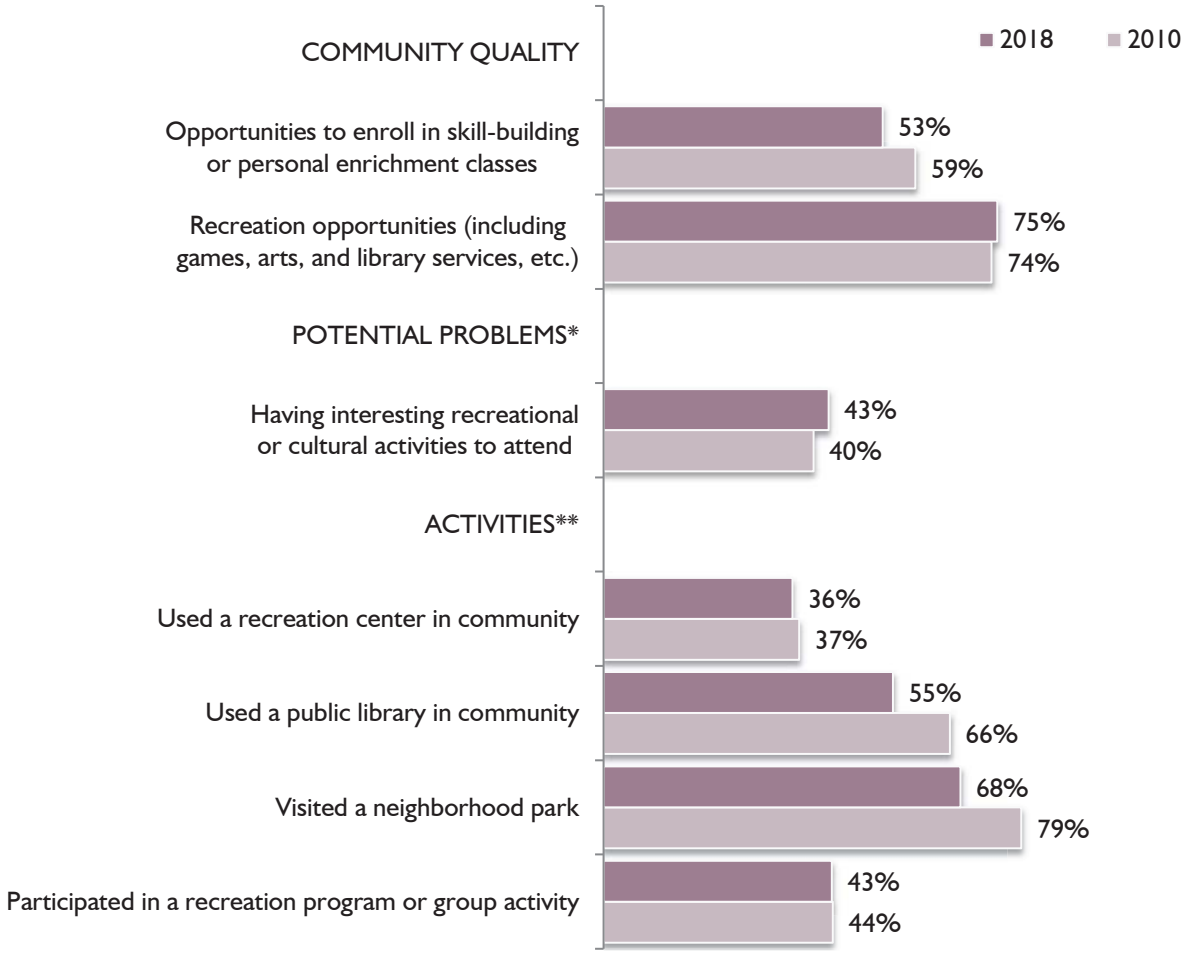
Recreation

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

Older residents were most likely have visited a neighborhood park and used a public library and least likely to have participated in a recreation program or group activity. About 4 in 10 seniors said that they had at least "minor" problems with having interesting recreational or cultural activities to attend. Respondents were as likely to rate aspects of recreation positively as other communities across the country, but they were less likely to use a recreation center or library (see *Appendix C: Benchmark Comparisons* for details).

Figure 8: Recreational and Personal Enrichment in Colorado



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

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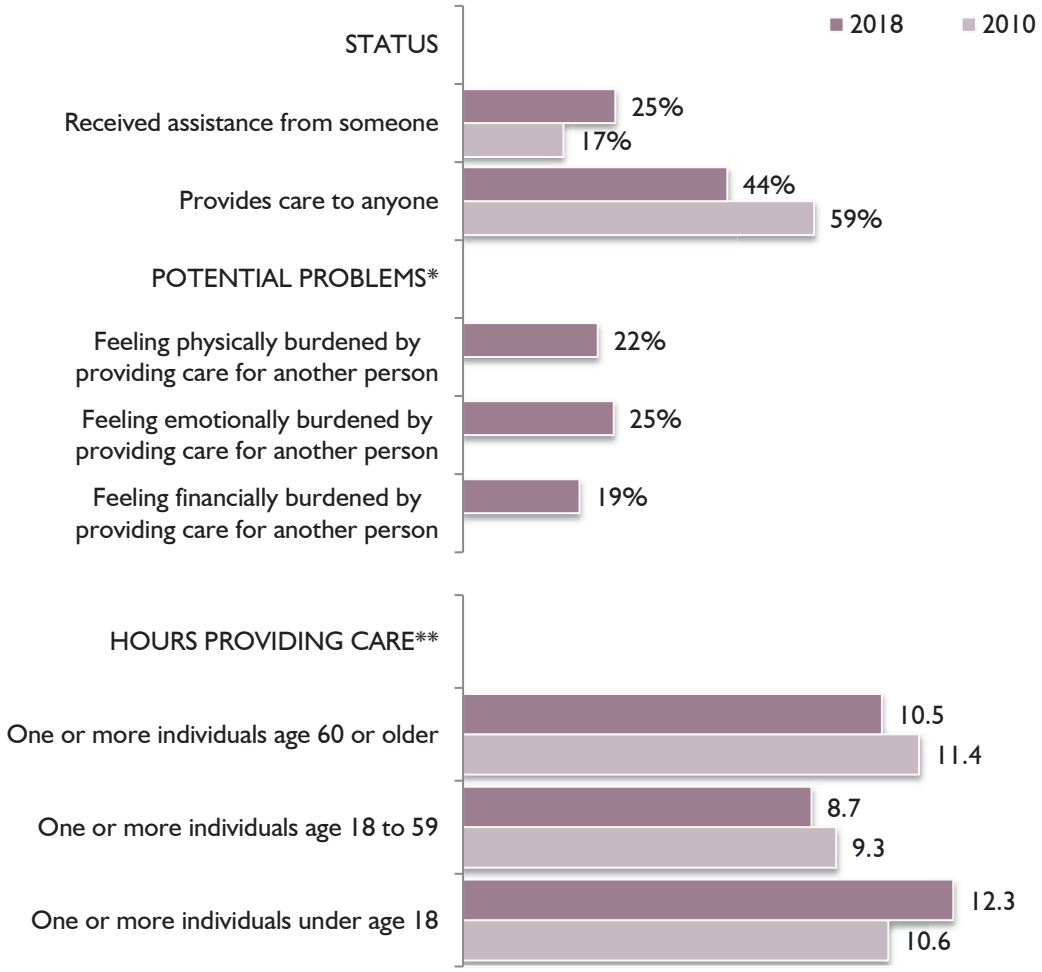
Caregiving

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

Overall, 44% older residents in Colorado said they were providing care for others and 25% were the recipients of care. Survey participants rated the extent to which they experienced physical strain, emotional stress or financial hardship as a result of being a caregiver. Generally, about 2 in 10 older adults felt burdened by their caregiving responsibilities, providing about 10 hours of care each week on average.

Figure 9: Caregiving in Colorado



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

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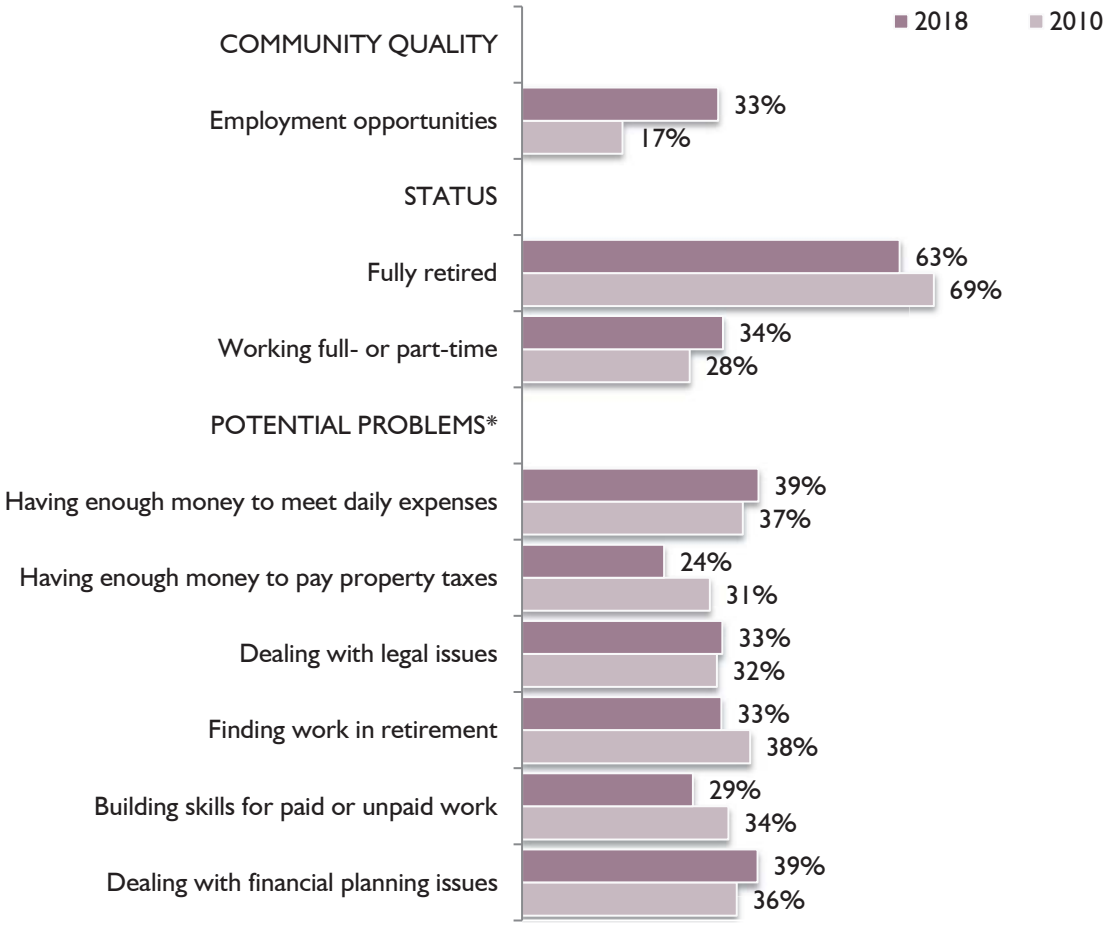
Economic Contribution

Recent studies have estimated that 70-80% of those 45 and older plan to continue working in their "retirement" years for a number of reasons including financial stability, the enjoyment of work and the desire to try something new.[7] About one-third of older residents were still working full- or part-time. For those respondents who had not retired, the average age of expected retirement was 72 years old.

Regardless of residents' work status, about one-third experienced at least "minor" problems with having enough money to meet daily expenses or finding work in retirement and one-quarter experienced problems with having enough money to pay their property taxes. The proportions of older adults that had financial problems (paying daily expenses or property taxes) were similar in both Colorado and in other communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 10: Employment in Colorado



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

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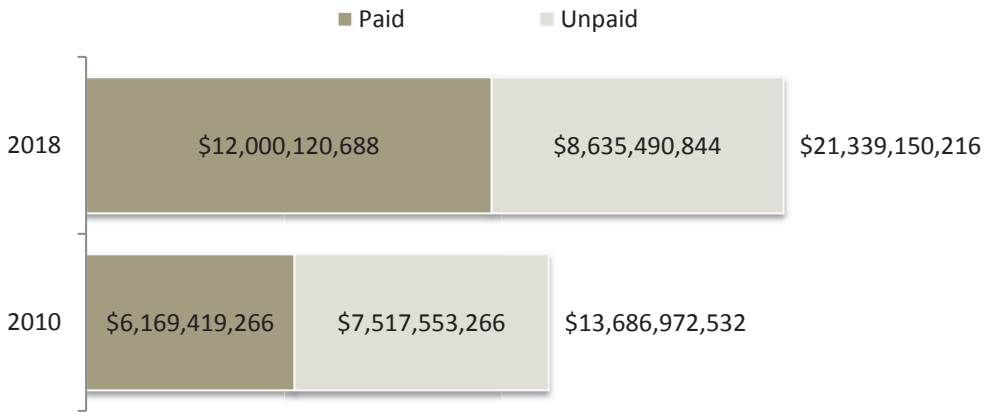
Productive behavior is "any activity, paid or unpaid, that generates goods or services of economic value."[2] Productive activities include both paid and unpaid work of many kinds as well as services to friends, family or neighbors. Older adults provide significant contributions (paid and unpaid) to the communities in which they live. In addition to their paid work, older adults contributed to Colorado's economy through volunteering, providing informal help to family and friends and caregiving. The value of these paid and unpaid contributions totaled $21 billion in a 12-month period (see *Appendix B: Survey Methodology* for additional detail).

Figure 11: Economic Contribution of Older Adults in Colorado



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Health and Wellness

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

Physical Health

Across Colorado, over three-quarters of older residents felt they had good fitness opportunities (including exercise classes and paths or trails, etc.) while 4 in 10 felt they had good access to quality physical health care (see Figure 12). The availability of quality physical health care declined significantly between 2010 and 2018 to below-average levels (see *Appendix C: Benchmark Comparisons*). Most older residents rated their overall physical health as "excellent" or "good" with many participating in healthy activities such as eating fruits and vegetables (37%) and exercising regularly (50%).

Respondents reported the extent to which they had experienced problems with various physical health-related issues in the 12 months prior to the survey. The most commonly cited problems included staying physically fit, physical health and doing heavy or intense housework. The proportions of older residents reporting physical health problems in Colorado were similar to other communities.

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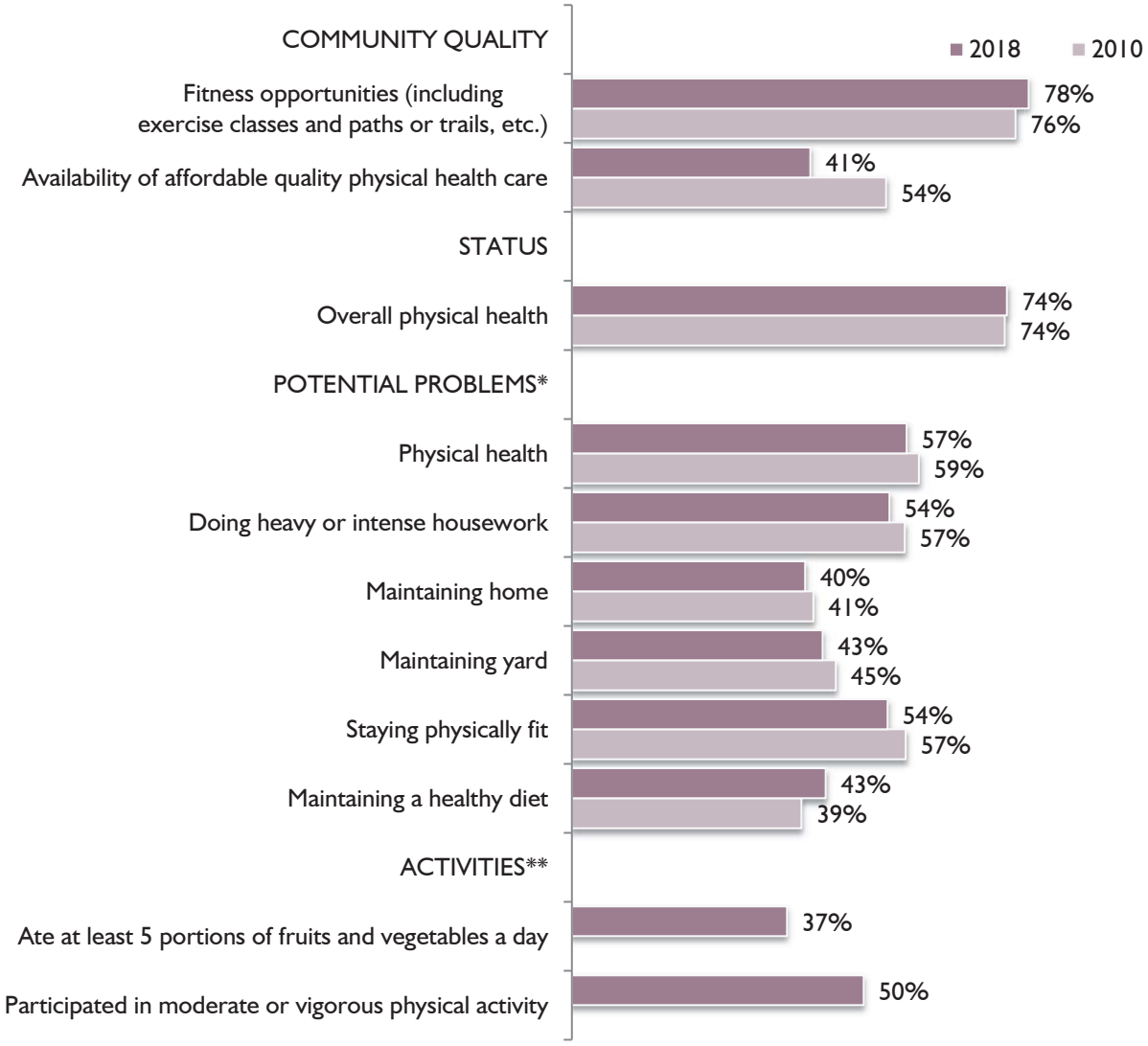
Figure 12: Physical Health in Colorado



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

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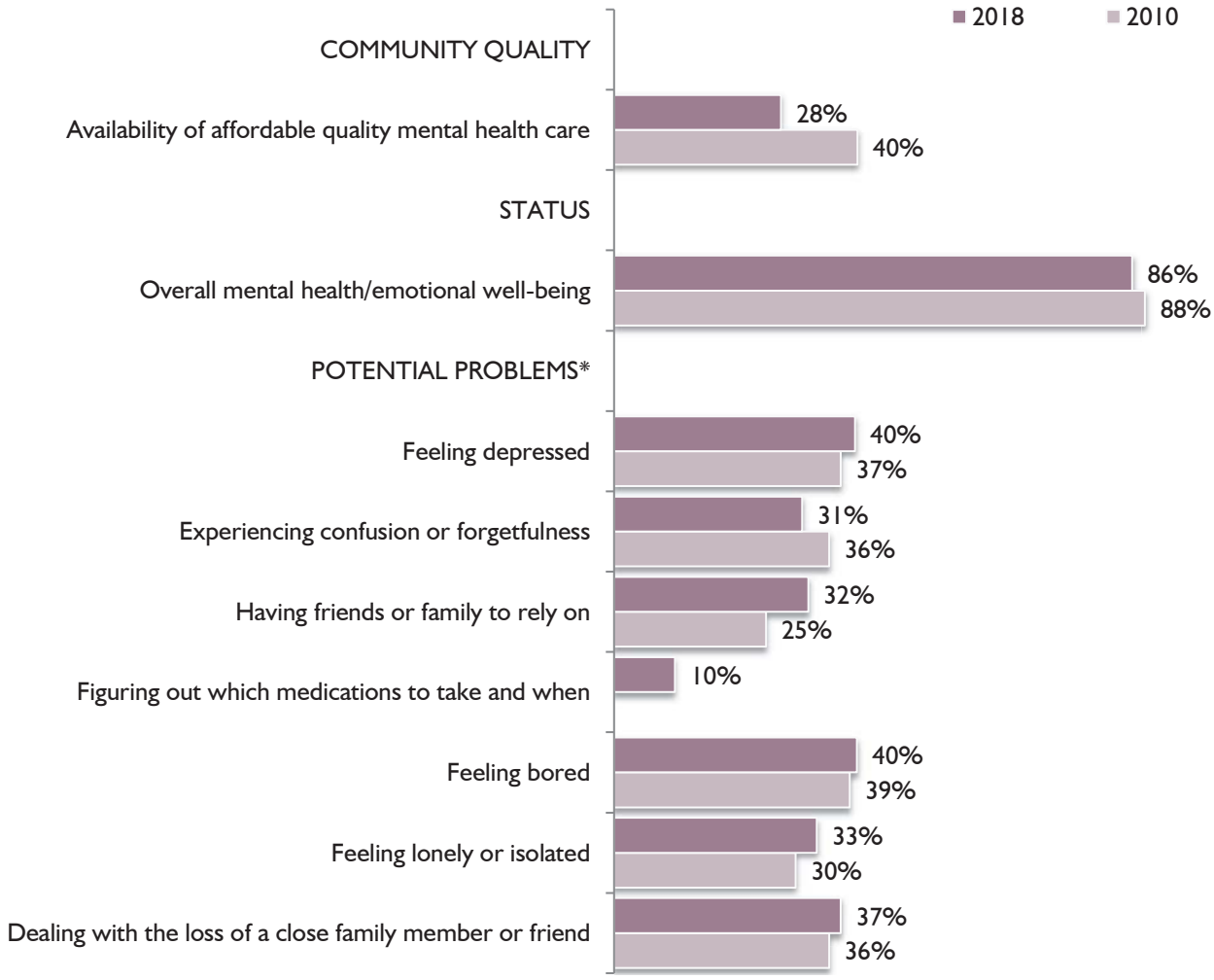
Mental Health

In addition to rating aspects of physical health, older residents provided insight into their mental health. About one-quarter of older residents felt there was "excellent" or "good" availability of mental health care in Colorado while 86% rated their overall mental health/emotional wellbeing as "excellent" or "good." The availability of affordable quality mental health care declined between survey administrations and was rated much lower than the national average s(see *Appendix C: Benchmark Comparisons* for details)

While few older adults reported poor emotional wellbeing, they still reported at least "minor" problems with some aspects of their mental health. The most commonly cited mental health issues included feeling bored, feeling depressed and dealing with the loss of someone close while the least cited issue was figuring out which medications to take and when. The proportion of people experiencing these aspects of mental health in Colorado tended to be similar to other communities across the nation.

Figure 13: Mental Health in Colorado



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

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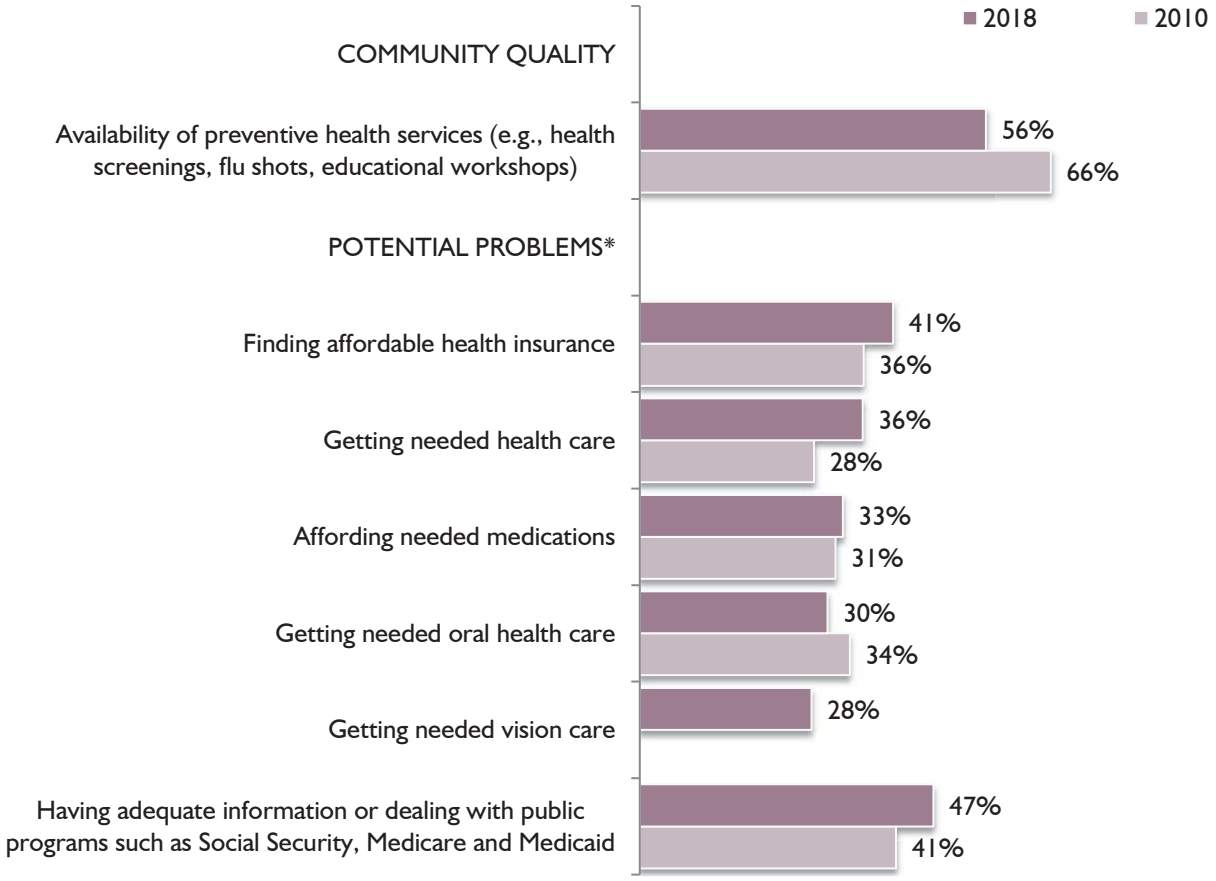
Health Care

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

Older residents reported more problems with aspects of health care in 2018 compared to 2010. The most commonly cited health care issues included finding affordable health insurance and having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid. About one-third of Colorado's older residents reported issues with getting needed care (i.e., health, oral and vision).

Figure 14: Health Care in Colorado



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

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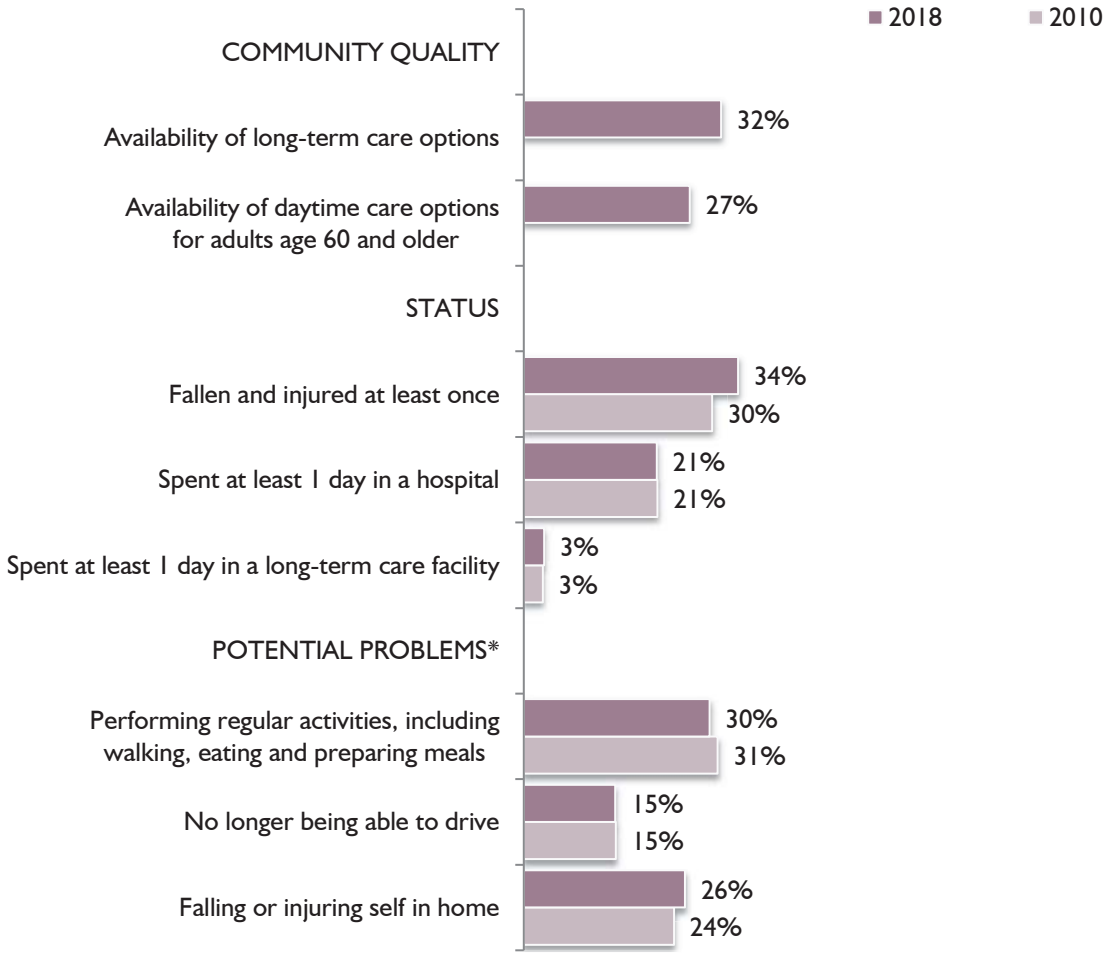
Independent Living

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

Overall, at least one in six older adults reported problems with aspects of independent living. Notably, 30% reported having problems with performing regular activities, including walking, eating and preparing meals. Colorado's older residents reported problems with aspects of independent living at rates similar to those found elsewhere (see *Appendix C: Benchmark Comparisons* for details).

Figure 15: Independent Living in Colorado



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

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Community Design and Land Use

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

Ultimately, a community that has planned well by promoting mobility, independence and meaningful engagement of its older residents provides a high quality of life for residents of all ages. In Colorado, about 8 in 10 older residents rated their overall quality of life as "excellent" or "good" (see Figure 16). Colorado's quality of life was rated similar to other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Only 15% of older residents felt they had good access to affordable quality housing, while about 27% felt positively about the cost of living in the state. Access to affordable quality food declined sharply from 2010, resulting in lower-than-average ratings. Generally, aspects of housing (affordability and variety) as well as aspects of mobility (public transportation, getting to places usually visited) received lower ratings in Colorado than in other communities. Additionally, many of these aspects declined between 2010 and 2018. About one in five survey respondents reported having used bus, rail, subway or other public transportation instead of driving.

About one-quarter of older adults experienced problems related to basic necessities of daily living including having safe and affordable transportation, having housing to suit their needs or having enough food to eat; one-third of seniors reported experiencing housing cost stress. Daily living problems tended to be similar in Colorado when compared to other communities across the nation (see *Appendix C: Benchmark Comparisons* for details).

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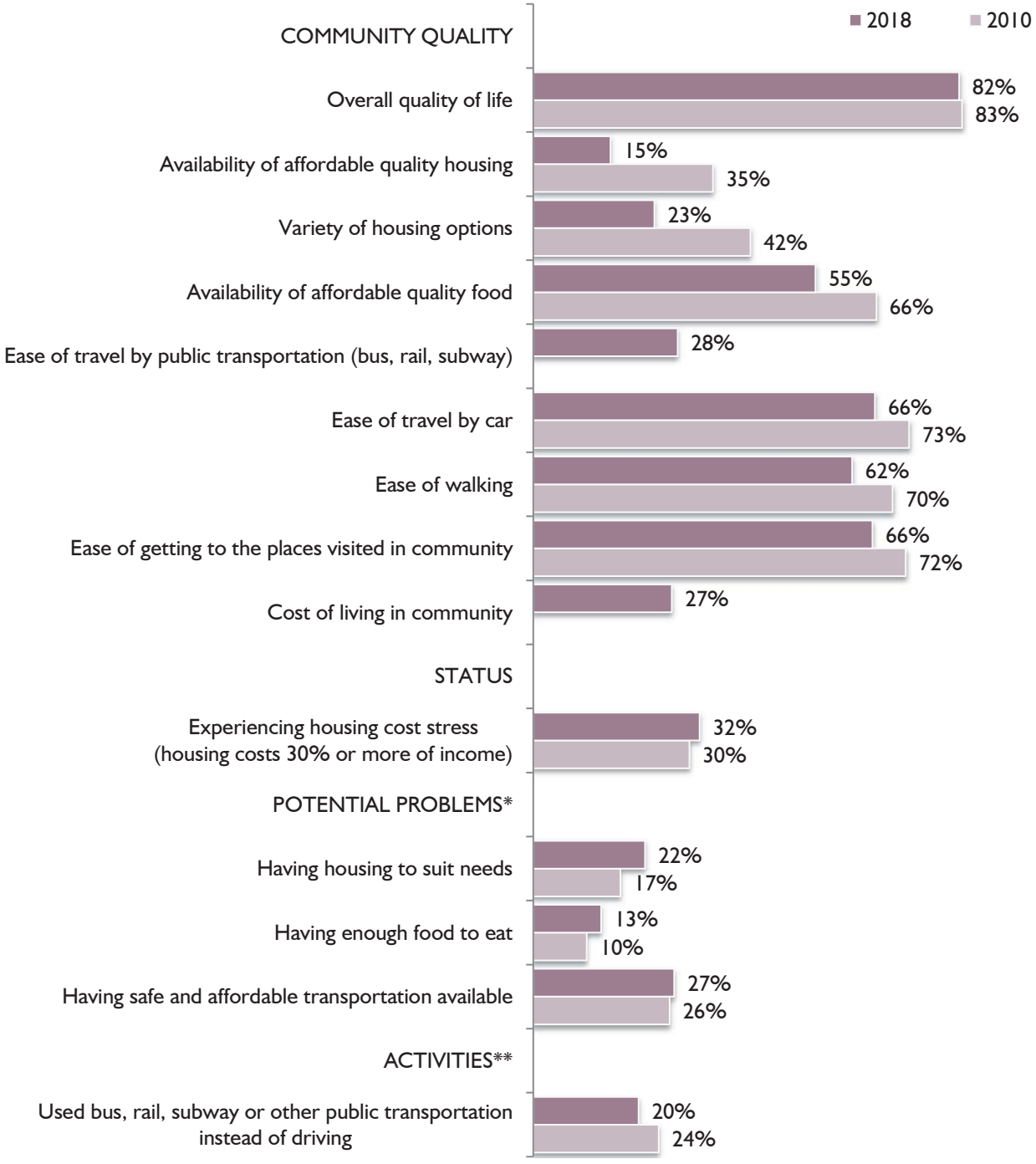
Figure 16: Community Design and Land Use in Colorado



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

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Community Readiness

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

The following section of this report summarizes how older residents view Colorado 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 Colorado, such as physical and emotional difficulties and injuries that have compromised their independence. Within the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use, the magnitude of these individual-level needs is presented (Figure 20), culminating in an exploration of high-risk populations (Figure 21).

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Opportunities and Challenges

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

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

- Older residents felt their needs were best met in the areas of Overall Community Quality and Productive Activities
- Community Information and Community Design and Land Use were rated less favorably and received the lowest average ratings
- Ratings of each of the dimensions of Community Readiness decreased between 2010 and 2018, expect for Productive Activities, which was stable over time (see Figure 18)

Figure 17: Colorado Community Readiness Chart

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

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

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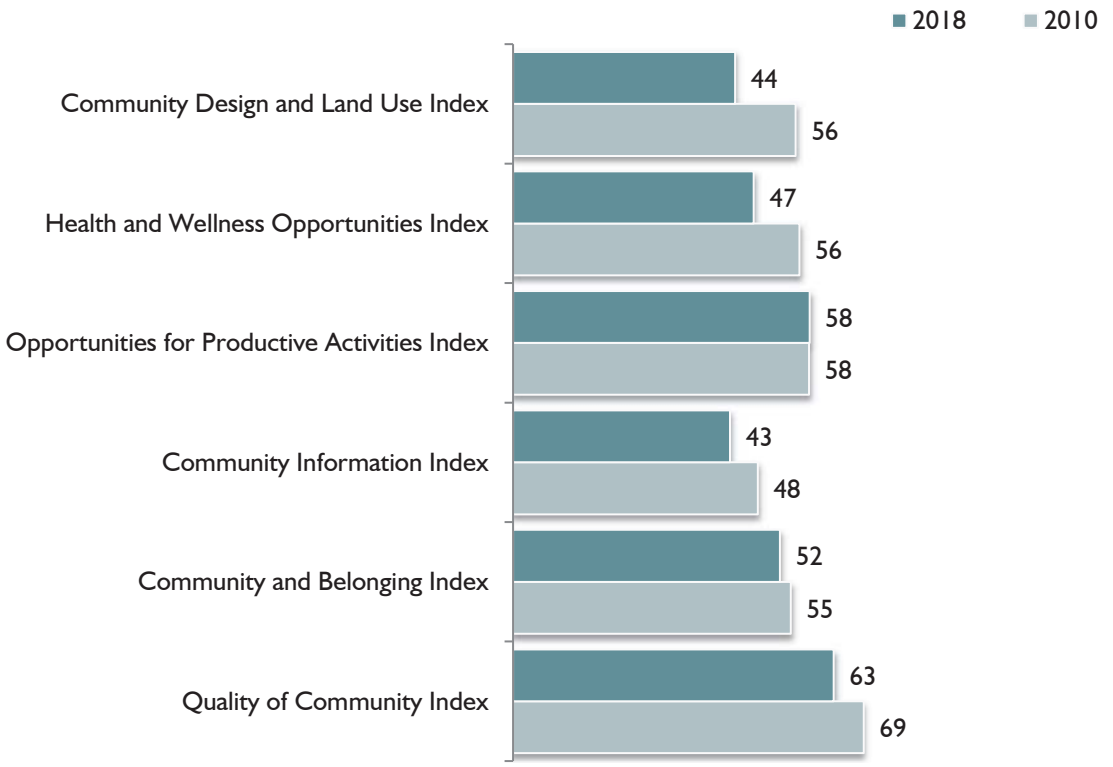
Figure 18: Colorado Community Readiness by Year



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

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Older Resident Needs in Colorado

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 Colorado. (*Appendix B: Survey Methodology* provides detailed information on the criteria used to identify respondents as having a need in a specific area.) These 12 areas have been organized into the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use (no needs areas have been defined for the community dimension of Overall Community Quality).

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

- Older residents had the largest needs in the areas of civic engagement and physical health
- Few reported needs in the areas of caregiver burden and safety
- Compared to 2010, most areas increased in need with safety, civic engagement, social engagement and physical health increasing the most (see Figure 19)

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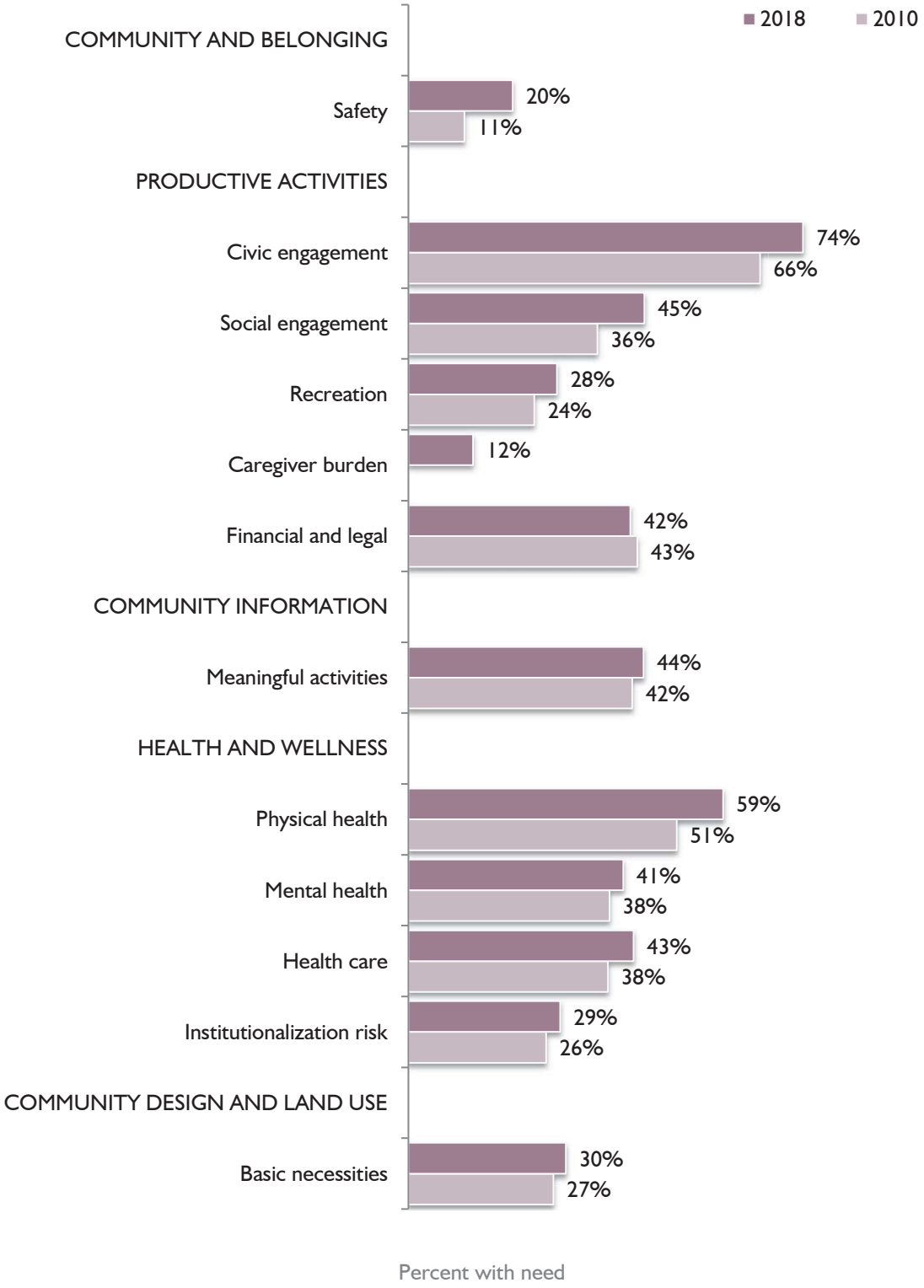
Figure 19: Older Adult Needs in Colorado by Community Dimension by Year



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

Figure 20: Older Resident Needs in Colorado

	Percent with need	Number affected in 2018 (N=1,153,330)*
COMMUNITY AND BELONGING		
Safety	20%	227,055
PRODUCTIVE ACTIVITIES		
Civic engagement	74%	859,063
Social engagement	45%	513,929
Recreation	28%	323,675
Caregiver burden	12%	140,985
Financial and legal	42%	483,476
COMMUNITY INFORMATION		
Meaningful activities	44%	512,285
HEALTH AND WELLNESS		
Physical health	59%	685,505
Mental health	41%	467,753
Health care	43%	490,394
Institutionalization risk	29%	330,361
COMMUNITY DESIGN AND LAND USE		
Basic necessities	30%	343,082

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

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Populations at High Risk

As people age, many learn to take better care of themselves, to plan for retirement and, generally, to move more deliberately. Aging builds wisdom but can sap resources — physical, emotional and financial. Even those blessed by good luck or those prescient enough to plan comprehensively for the best future may find themselves with unanticipated needs or with physical, emotional or financial strengths that could endure only with help. Some people age better than others and aging well requires certain strengths that are inherent and others that can be supported by assistance from the private sector and government. For older adults in Colorado, although needs were spread across the board, residents reporting the largest percent of unresolved needs were more likely to be 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 2018 (N=1,153,330)*

	Community and Belonging		Productive Activities		Community Information		Health and Wellness		Community Design and Land Use	
Female	20%	113,209	41%	211,543	41%	250,469	43%	264,386	32%	193,571
Male	19%	96,552	42%	179,480	48%	253,984	42%	227,672	27%	145,286
60 to 64 years	24%	82,865	46%	211,853	50%	186,998	45%	171,847	33%	126,526
65 to 74 years	16%	72,265	39%	118,475	43%	200,408	39%	183,259	28%	130,953
75 or over	20%	54,169	38%	61,184	40%	118,141	46%	138,635	28%	83,597
White	18%	176,913	40%	351,593	43%	449,626	42%	437,488	28%	296,404
Not white	33%	30,196	49%	39,440	50%	51,668	50%	54,302	43%	45,823
Hispanic	29%	29,554	48%	44,875	47%	53,606	54%	61,067	47%	53,128
Not Hispanic	18%	179,449	40%	346,139	44%	448,392	41%	431,056	28%	287,624
Less than $25,000	30%	82,863	56%	160,714	58%	175,516	59%	182,872	52%	160,205
$25,000 to $74,999	19%	88,356	40%	165,465	45%	220,409	42%	210,641	28%	140,225
$75,000 or more	12%	39,828	31%	69,610	35%	118,662	30%	103,738	12%	41,838
Own	16%	135,575	38%	169,597	41%	380,966	38%	354,683	23%	212,213
Rent	36%	75,327	53%	221,822	56%	124,003	60%	137,166	57%	128,031
Lives alone	26%	100,189	45%	155,195	48%	195,572	48%	202,154	39%	160,221
Lives with others	16%	109,937	39%	235,245	43%	309,924	39%	289,138	25%	180,041
Overall	20%	227,055	41%	391,279	44%	512,285	43%	493,286	30%	343,082

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

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Responses to Custom Questions

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

Table 1: Question 2 Custom Items

Please rate each of the following characteristics as they relate to adults age 60 or older in your community	Percent rating as excellent or good
Availability of services at the senior center	54%
Quality of senior nutrition programs	43%
Accessibility of long term care options that are open and accepting toward people of diverse backgrounds	29%
Accessibility of daytime care options that are open and accepting toward people of diverse backgrounds	27%

Table 2: Question 4 Custom Items

In general, how informed or uninformed do you feel about the following?	Percent rating as very or somewhat informed
Long term care options (i.e. nursing homes, home care)	40%
Information on planning for the future	47%

Table 3: Question 6 Custom Items

Please rate each of the following characteristics as they relate to adults age 60 or older in your community	Percent rating as at least a minor problem
Having tooth or mouth problems	37%
Feeling overwhelmed and/or exhausted when caring for another person	27%

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Table 4: Question 15

How frequently, if ever, do you do each of the following things on the Internet (using a computer, tablet, cell phone, etc.)?	Percent rating as at least monthly
Use email, texting or video to communicate	85%
Get the news or weather	85%
Research or study a topic of interest	76%
If you have a question, use Internet to the find the answer	75%
Shop, search for products and services	74%
Find directions or look up a map	63%
Banking online (paying bills, investing, etc.)	62%
Look up health and medical information	53%
Use social media (Facebook, Twitter, LinkedIn)	48%
Find info on community resources and events	46%
Share opinions, post to a blog, review a product or service	28%
Work from home	22%
Engage in civic activities (participate in a discussion about community and government issues; research information about an issue or a candidate)	21%
Communicate with government (seek services, get a license, discuss a problem)	13%
Attend an online class or training	11%
Sell goods and services online, advertise	7%

Table 5: Question 16

How comfortable are you doing each of the following?	Percent very or somewhat comfortable
Using email	93%
Accessing the Internet	92%
Using a computer laptop/desktop	91%
Locating information online (bus schedules, weather, news, etc.)	89%
Using smartphone or tablet computer	86%
Using social networking sites (Facebook, Twitter, etc.)	73%

Table 6: Question D15

Are you a grandparent raising a grandchild?	Percent of respondents
Yes	5%
No	95%
Total	100%

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Appendix A: Complete Set of Survey Responses

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

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

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Total	
How do you rate your community as a place to live?	33%	1,982	51%	3,085	13%	777	3%	191	100%	6,036
How do you rate your community as a place to retire?	24%	1,365	43%	2,466	23%	1,333	11%	632	100%	5,796

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

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
How do you rate your community as a place to live?	33%	1,982	51%	3,085	13%	777	3%	191	0%	19	100%	6,054
How do you rate your community as a place to retire?	23%	1,365	42%	2,466	23%	1,333	11%	632	2%	126	100%	5,922

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

Please rate each of the following characteristics as they relate to adults age 60 or older in your community:	Excellent		Good		Fair		Poor		Total	
Opportunities to volunteer	32%	1,640	46%	2,345	16%	800	6%	311	100%	5,096
Employment opportunities	6%	250	27%	1,220	35%	1,595	32%	1,431	100%	4,497
Opportunities to enroll in skill-building or personal enrichment classes	14%	634	39%	1,848	29%	1,372	18%	834	100%	4,688
Recreation opportunities (including games, arts, and library services, etc.)	30%	1,699	45%	2,524	19%	1,080	6%	355	100%	5,657
Fitness opportunities (including exercise classes and paths or trails, etc.)	36%	2,106	42%	2,417	15%	876	7%	408	100%	5,807
Opportunities to attend social events or activities	21%	1,160	44%	2,394	26%	1,420	9%	465	100%	5,439
Opportunities to attend religious or spiritual activities	33%	1,750	47%	2,478	15%	807	4%	194	100%	5,230
Opportunities to attend or participate in meetings about local government or	18%	970	47%	2,516	24%	1,282	11%	586	100%	5,355

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Please rate each of the following characteristics as they relate to adults age 60 or older in your community:	Excellent		Good		Fair		Poor		Total	
community matters										
Availability of affordable quality housing	3%	157	12%	632	31%	1,651	54%	2,835	100%	5,275
Variety of housing options	5%	248	19%	986	36%	1,899	40%	2,128	100%	5,261
Availability of long-term care options	5%	230	26%	1,109	33%	1,402	35%	1,483	100%	4,225
Availability of daytime care options for adults age 60 and older	5%	167	22%	753	34%	1,163	40%	1,369	100%	3,452
Availability of information about resources for adults age 60 and older	9%	392	32%	1,475	38%	1,716	21%	966	100%	4,549
Availability of financial or legal planning services	6%	240	33%	1,348	34%	1,397	27%	1,090	100%	4,074
Availability of affordable quality physical health care	10%	507	31%	1,588	33%	1,691	26%	1,365	100%	5,151
Availability of affordable quality mental health care	7%	258	21%	798	35%	1,337	38%	1,437	100%	3,829
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	15%	827	41%	2,246	29%	1,604	15%	852	100%	5,528
Availability of affordable quality food	15%	841	40%	2,307	29%	1,671	16%	939	100%	5,758
Sense of community	14%	769	39%	2,148	32%	1,779	15%	817	100%	5,513
Openness and acceptance of the community towards residents age 60 and older of diverse backgrounds	12%	607	42%	2,058	32%	1,583	13%	646	100%	4,893
Ease of travel by public transportation in your community	6%	312	22%	1,116	28%	1,433	44%	2,249	100%	5,110
Ease of travel by car in your community	20%	1,186	46%	2,760	26%	1,571	7%	447	100%	5,964
Ease of walking in your community	20%	1,177	42%	2,508	25%	1,499	13%	783	100%	5,967
Ease of getting to the places you usually have to visit	18%	1,065	48%	2,919	26%	1,549	9%	532	100%	6,065
Overall feeling of safety in your community	22%	1,327	47%	2,864	23%	1,377	8%	474	100%	6,041
Valuing residents age 60 and older in your community	12%	592	41%	2,083	35%	1,790	13%	650	100%	5,116
Neighborliness of your community	14%	844	38%	2,230	32%	1,912	15%	907	100%	5,893
Cost of living in your community	4%	242	23%	1,318	44%	2,542	29%	1,715	100%	5,818
Availability of services at the senior center	14%	506	40%	1,435	28%	1,016	18%	648	100%	3,605
Quality of senior nutrition programs	9%	239	34%	934	34%	918	23%	632	100%	2,723
Accessibility of long term care options that are open and accepting toward people of diverse backgrounds	5%	135	23%	601	39%	992	33%	838	100%	2,567
Accessibility of daytime care options that are open and accepting toward people of diverse backgrounds	5%	115	22%	528	37%	878	36%	847	100%	2,368

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

Please rate each of the following characteristics as they relate to adults age 60 or older in your community:	Excellent		Good		Fair		Poor		Don't know		Total	
Opportunities to volunteer	27%	1,640	38%	2,345	13%	800	5%	311	17%	1,052	100%	6,147
Employment opportunities	4%	250	20%	1,220	26%	1,595	23%	1,431	26%	1,612	100%	6,109
Opportunities to enroll in skill-building or personal enrichment classes	10%	634	30%	1,848	23%	1,372	14%	834	23%	1,400	100%	6,088
Recreation opportunities (including games, arts, and library services, etc.)	28%	1,699	41%	2,524	18%	1,080	6%	355	7%	439	100%	6,096
Fitness opportunities (including exercise classes and paths or trails, etc.)	34%	2,106	39%	2,417	14%	876	7%	408	6%	345	100%	6,152
Opportunities to attend social events or activities	19%	1,160	39%	2,394	23%	1,420	8%	465	11%	690	100%	6,129
Opportunities to attend religious or spiritual activities	29%	1,750	40%	2,478	13%	807	3%	194	15%	900	100%	6,131
Opportunities to attend or participate in meetings about local government or community matters	16%	970	41%	2,516	21%	1,282	10%	586	13%	769	100%	6,124
Availability of affordable quality housing	3%	157	10%	632	27%	1,651	47%	2,835	13%	801	100%	6,076
Variety of housing options	4%	248	16%	986	31%	1,899	35%	2,128	14%	824	100%	6,085
Availability of long-term care options	4%	230	18%	1,109	23%	1,402	24%	1,483	31%	1,880	100%	6,106
Availability of daytime care options for adults age 60 and older	3%	167	12%	753	19%	1,163	22%	1,369	43%	2,641	100%	6,093
Availability of information about resources for adults age 60 and older	6%	392	24%	1,475	28%	1,716	16%	966	26%	1,567	100%	6,116
Availability of financial or legal planning services	4%	240	22%	1,348	23%	1,397	18%	1,090	33%	2,016	100%	6,090
Availability of affordable quality physical health care	8%	507	26%	1,588	28%	1,691	22%	1,365	16%	962	100%	6,113
Availability of affordable quality mental health care	4%	258	13%	798	22%	1,337	24%	1,437	37%	2,221	100%	6,050
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	13%	827	37%	2,246	26%	1,604	14%	852	10%	602	100%	6,130
Availability of affordable quality food	14%	841	38%	2,307	27%	1,671	15%	939	5%	324	100%	6,082
Sense of community	13%	769	36%	2,148	30%	1,779	14%	817	8%	501	100%	6,014
Openness and acceptance of the community towards residents age 60 and older of diverse backgrounds	10%	607	34%	2,058	26%	1,583	11%	646	20%	1,224	100%	6,117
Ease of travel by public transportation in your community	5%	312	18%	1,116	24%	1,433	37%	2,249	16%	971	100%	6,081
Ease of travel by car in your community	20%	1,186	45%	2,760	26%	1,571	7%	447	2%	115	100%	6,079
Ease of walking in your community	19%	1,177	41%	2,508	24%	1,499	13%	783	3%	160	100%	6,128
Ease of getting to the places you usually have to visit	17%	1,065	48%	2,919	25%	1,549	9%	532	1%	60	100%	6,125

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Please rate each of the following characteristics as they relate to adults age 60 or older in your community:	Excellent		Good		Fair		Poor		Don't know		Total	
Overall feeling of safety in your community	22%	1,327	47%	2,864	22%	1,377	8%	474	2%	95	100%	6,136
Valuing residents age 60 and older in your community	10%	592	34%	2,083	29%	1,790	11%	650	16%	992	100%	6,108
Neighborliness of your community	14%	844	36%	2,230	31%	1,912	15%	907	4%	219	100%	6,112
Cost of living in your community	4%	242	22%	1,318	42%	2,542	28%	1,715	4%	255	100%	6,073
Availability of services at the senior center	8%	506	23%	1,435	17%	1,016	11%	648	41%	2,502	100%	6,107
Quality of senior nutrition programs	4%	239	16%	934	15%	918	11%	632	55%	3,273	100%	5,996
Accessibility of long term care options that are open and accepting toward people of diverse backgrounds	2%	135	10%	601	16%	992	14%	838	58%	3,540	100%	6,107
Accessibility of daytime care options that are open and accepting toward people of diverse backgrounds	2%	115	9%	528	14%	878	14%	847	61%	3,713	100%	6,081

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

How would you rate the overall services provided to adults age 60 and older in your community?	Percent	Number
Excellent	8%	380
Good	46%	2,261
Fair	34%	1,662
Poor	12%	614
Total	100%	4,918

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

How would you rate the overall services provided to adults age 60 and older in your community?	Percent	Number
Excellent	6%	380
Good	38%	2,261
Fair	28%	1,662
Poor	10%	614
Don't know	17%	1,013
Total	100%	5,931

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Table 13: Question 4

In general, how informed or uninformed do you feel about the following?	Very informed		Somewhat informed		Somewhat uninformed		Very uninformed		Total	
Services and activities available to adults age 60 and older in your community?	11%	662	46%	2,820	24%	1,463	19%	1,144	100%	6,089
Long term care options (i.e. nursing homes, home care)	9%	541	31%	1,878	30%	1,793	30%	1,848	100%	6,060
Information on planning for the future	12%	721	35%	2,129	28%	1,718	24%	1,472	100%	6,041

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

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Total	
How do you rate your overall physical health?	22%	1,341	52%	3,215	20%	1,239	6%	348	100%	6,144
How do you rate your overall mental health/emotional well-being?	33%	2,051	52%	3,193	12%	732	3%	153	100%	6,129
How do you rate your overall quality of life?	30%	1,866	52%	3,189	15%	900	3%	175	100%	6,130

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

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
How do you rate your overall physical health?	22%	1,341	52%	3,215	20%	1,239	6%	348	0%	6	100%	6,150
How do you rate your overall mental health/emotional well-being?	33%	2,051	52%	3,193	12%	732	2%	153	0%	17	100%	6,147
How do you rate your overall quality of life?	30%	1,866	52%	3,189	15%	900	3%	175	0%	10	100%	6,140

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

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Total	
Having housing to suit your needs	78%	4,718	10%	604	7%	437	4%	262	100%	6,021
Your physical health	43%	2,624	32%	1,981	19%	1,137	6%	370	100%	6,113
Performing regular activities, including walking, eating and preparing meals	70%	4,291	17%	1,032	10%	623	3%	167	100%	6,114
Having enough food to eat	87%	5,322	7%	446	4%	241	2%	117	100%	6,126
Doing heavy or intense housework	46%	2,793	29%	1,754	16%	955	10%	587	100%	6,089
Having safe and affordable transportation available	73%	4,270	14%	797	7%	428	6%	379	100%	5,874
No longer being able to drive	85%	4,669	5%	246	4%	227	6%	330	100%	5,473
Feeling depressed	60%	3,638	26%	1,551	10%	596	4%	255	100%	6,040
Experiencing confusion or forgetfulness	69%	4,182	23%	1,376	7%	416	2%	95	100%	6,068
Maintaining your home	60%	3,659	26%	1,606	10%	594	4%	213	100%	6,071
Maintaining your yard	57%	3,324	24%	1,403	11%	663	7%	415	100%	5,805
Finding productive or meaningful activities to do	68%	4,056	19%	1,115	10%	581	4%	242	100%	5,994
Having friends or family you can rely on	68%	4,123	17%	1,039	9%	561	6%	346	100%	6,070
Falling or injuring yourself in your home	74%	4,457	18%	1,107	5%	325	2%	125	100%	6,015
Finding affordable health insurance	59%	3,585	17%	1,021	11%	675	13%	760	100%	6,041
Getting the health care you need	64%	3,915	20%	1,235	9%	559	6%	390	100%	6,098
Affording the medications you need	67%	4,078	17%	1,025	10%	594	6%	355	100%	6,051
Figuring out which medications to take and when	90%	5,440	7%	429	2%	114	1%	66	100%	6,049
Getting the oral health care you need	70%	4,243	14%	830	8%	512	8%	488	100%	6,072
Having tooth or mouth problems	63%	3,809	20%	1,240	9%	519	8%	501	100%	6,070
Getting the vision care you need	72%	4,423	15%	900	8%	514	4%	271	100%	6,108
Having enough money to meet daily expenses	61%	3,705	22%	1,337	10%	620	7%	454	100%	6,117
Having enough money to pay your property taxes	76%	4,296	12%	691	7%	420	4%	224	100%	5,629
Staying physically fit	46%	2,821	33%	2,028	14%	862	6%	396	100%	6,107
Maintaining a healthy diet	57%	3,462	28%	1,734	11%	650	4%	257	100%	6,103
Having interesting recreational or cultural activities to attend	57%	3,304	22%	1,286	14%	804	6%	367	100%	5,761
Having interesting social events or activities to attend	54%	3,114	24%	1,394	15%	845	7%	399	100%	5,752
Feeling bored	60%	3,624	25%	1,485	10%	620	5%	321	100%	6,051
Feeling like your voice is heard in the community	43%	2,040	26%	1,236	17%	791	14%	651	100%	4,719

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The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Total	
Finding meaningful volunteer work	68%	3,119	18%	835	9%	391	6%	255	100%	4,600
Feeling physically burdened by providing care for another person	78%	4,132	12%	657	7%	379	3%	162	100%	5,330
Feeling emotionally burdened by providing care for another person	75%	4,016	14%	769	7%	381	4%	197	100%	5,362
Feeling financially burdened by providing care for another person	81%	4,305	11%	593	6%	300	3%	145	100%	5,343
Feeling overwhelmed and/or exhausted when caring for another person	73%	3,831	17%	865	7%	374	3%	153	100%	5,223
Dealing with legal issues	67%	3,629	19%	1,026	9%	507	5%	289	100%	5,451
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	53%	3,006	25%	1,416	16%	898	6%	368	100%	5,687
Finding work in retirement	67%	2,809	11%	448	11%	483	11%	470	100%	4,210
Building skills for paid or unpaid work	71%	2,956	11%	440	10%	395	8%	345	100%	4,135
Not knowing what services are available to adults age 60 and older in your community	40%	2,037	25%	1,280	20%	1,003	14%	731	100%	5,051
Feeling lonely or isolated	67%	3,826	20%	1,146	9%	500	5%	281	100%	5,753
Dealing with the loss of a close family member or friend	63%	3,488	20%	1,127	10%	573	7%	387	100%	5,575
Being a victim of crime	86%	4,688	8%	440	3%	152	3%	164	100%	5,445
Being a victim of fraud or a scam	81%	4,474	10%	559	5%	265	4%	202	100%	5,500
Being physically or emotionally abused	93%	5,099	5%	258	1%	49	2%	95	100%	5,500
Dealing with financial planning issues	61%	3,460	22%	1,264	11%	653	6%	319	100%	5,696
Being treated unfairly or discriminated against because of your age	72%	4,000	15%	843	8%	458	5%	281	100%	5,582

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

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
Having housing to suit your needs	77%	4,718	10%	604	7%	437	4%	262	2%	124	100%	6,145
Your physical health	43%	2,624	32%	1,981	19%	1,137	6%	370	0%	8	100%	6,121
Performing regular activities, including walking, eating and preparing meals	70%	4,291	17%	1,032	10%	623	3%	167	0%	17	100%	6,131
Having enough food to eat	87%	5,322	7%	446	4%	241	2%	117	0%	11	100%	6,138
Doing heavy or intense housework	46%	2,793	29%	1,754	16%	955	10%	587	1%	45	100%	6,134
Having safe and affordable transportation available	70%	4,270	13%	797	7%	428	6%	379	4%	268	100%	6,141
No longer being able to drive	78%	4,669	4%	246	4%	227	6%	330	9%	525	100%	5,998
Feeling depressed	60%	3,638	25%	1,551	10%	596	4%	255	1%	74	100%	6,114
Experiencing confusion or forgetfulness	68%	4,182	22%	1,376	7%	416	2%	95	1%	66	100%	6,134
Maintaining your home	60%	3,659	26%	1,606	10%	594	3%	213	1%	62	100%	6,134
Maintaining your yard	55%	3,324	23%	1,403	11%	663	7%	415	4%	230	100%	6,035
Finding productive or meaningful activities to do	66%	4,056	18%	1,115	10%	581	4%	242	2%	122	100%	6,116
Having friends or family you can rely on	68%	4,123	17%	1,039	9%	561	6%	346	1%	36	100%	6,106
Falling or injuring yourself in your home	73%	4,457	18%	1,107	5%	325	2%	125	2%	95	100%	6,109
Finding affordable health insurance	59%	3,585	17%	1,021	11%	675	12%	760	1%	86	100%	6,128
Getting the health care you need	64%	3,915	20%	1,235	9%	559	6%	390	0%	28	100%	6,126
Affording the medications you need	66%	4,078	17%	1,025	10%	594	6%	355	1%	84	100%	6,136
Figuring out which medications to take and when	89%	5,440	7%	429	2%	114	1%	66	1%	86	100%	6,135
Getting the oral health care you need	69%	4,243	13%	830	8%	512	8%	488	1%	80	100%	6,151
Having tooth or mouth problems	62%	3,809	20%	1,240	8%	519	8%	501	1%	63	100%	6,133
Getting the vision care you need	72%	4,423	15%	900	8%	514	4%	271	1%	34	100%	6,142
Having enough money to meet daily expenses	60%	3,705	22%	1,337	10%	620	7%	454	0%	24	100%	6,141
Having enough money to pay your property taxes	71%	4,296	11%	691	7%	420	4%	224	7%	415	100%	6,044
Staying physically fit	46%	2,821	33%	2,028	14%	862	6%	396	0%	17	100%	6,124
Maintaining a healthy diet	57%	3,462	28%	1,734	11%	650	4%	257	0%	18	100%	6,121
Having interesting recreational or cultural activities to attend	54%	3,304	21%	1,286	13%	804	6%	367	6%	347	100%	6,109
Having interesting social events or activities to attend	51%	3,114	23%	1,394	14%	845	7%	399	6%	374	100%	6,127
Feeling bored	59%	3,624	24%	1,485	10%	620	5%	321	1%	84	100%	6,135

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The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
Feeling like your voice is heard in the community	34%	2,040	20%	1,236	13%	791	11%	651	22%	1,360	100%	6,079
Finding meaningful volunteer work	52%	3,119	14%	835	6%	391	4%	255	24%	1,429	100%	6,029
Feeling physically burdened by providing care for another person	68%	4,132	11%	657	6%	379	3%	162	12%	713	100%	6,044
Feeling emotionally burdened by providing care for another person	66%	4,016	13%	769	6%	381	3%	197	12%	705	100%	6,067
Feeling financially burdened by providing care for another person	71%	4,305	10%	593	5%	300	2%	145	12%	733	100%	6,077
Feeling overwhelmed and/or exhausted when caring for another person	64%	3,831	15%	865	6%	374	3%	153	12%	722	100%	5,946
Dealing with legal issues	61%	3,629	17%	1,026	9%	507	5%	289	8%	499	100%	5,951
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	50%	3,006	24%	1,416	15%	898	6%	368	6%	334	100%	6,022
Finding work in retirement	48%	2,809	8%	448	8%	483	8%	470	28%	1,662	100%	5,872
Building skills for paid or unpaid work	51%	2,956	8%	440	7%	395	6%	345	29%	1,685	100%	5,821
Not knowing what services are available to adults age 60 and older in your community	35%	2,037	22%	1,280	17%	1,003	12%	731	14%	851	100%	5,902
Feeling lonely or isolated	64%	3,826	19%	1,146	8%	500	5%	281	3%	186	100%	5,939
Dealing with the loss of a close family member or friend	59%	3,488	19%	1,127	10%	573	7%	387	6%	365	100%	5,941
Being a victim of crime	78%	4,688	7%	440	3%	152	3%	164	9%	531	100%	5,975
Being a victim of fraud or a scam	75%	4,474	9%	559	4%	265	3%	202	8%	473	100%	5,974
Being physically or emotionally abused	86%	5,099	4%	258	1%	49	2%	95	7%	443	100%	5,943
Dealing with financial planning issues	58%	3,460	21%	1,264	11%	653	5%	319	5%	272	100%	5,968
Being treated unfairly or discriminated against because of your age	67%	4,000	14%	843	8%	458	5%	281	6%	382	100%	5,965

Table 18: Question 7

Thinking back over the past 12 months, how many days did you spend in...	No days (zero)		One to two days		Three to five days		Six or more days		Total	
A hospital	79%	4,676	9%	513	8%	449	5%	308	100%	5,946
In a long-term care facility (including nursing home or in-patient rehabilitation)	97%	5,660	0%	12	0%	26	3%	153	100%	5,851

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

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it…	Percent	Number
Never	66%	3,942
Once or twice	29%	1,772
3-5 times	4%	224
More than 5 times	1%	72
Total	100%	6,011

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

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it…	Percent	Number
Never	65%	3,942
Once or twice	29%	1,772
3-5 times	4%	224
More than 5 times	1%	72
Don't know	0%	17
Total	100%	6,028

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

How likely or unlikely are you to recommend living in your community to adults age 60 and older?	Percent	Number
Very likely	30%	1,194
Somewhat likely	40%	1,591
Somewhat unlikely	15%	603
Very unlikely	14%	556
Total	100%	3,943

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

How likely or unlikely are you to recommend living in your community to adults age 60 and older?	Percent	Number
Very likely	28%	1,194
Somewhat likely	37%	1,591
Somewhat unlikely	14%	603
Very unlikely	13%	556
Don't know	7%	303
Total	100%	4,246

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

How likely or unlikely are you to remain in your community throughout your retirement?	Percent	Number
Very likely	55%	2,214
Somewhat likely	23%	926
Somewhat unlikely	10%	409
Very unlikely	12%	469
Total	100%	4,018

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

How likely or unlikely are you to remain in your community throughout your retirement?	Percent	Number
Very likely	52%	2,214
Somewhat likely	22%	926
Somewhat unlikely	10%	409
Very unlikely	11%	469
Don't know	5%	211
Total	100%	4,229

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Table 25: Question 11

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more		2-4 times a month		Once a month or less		Not at all		Total	
Used a senior center in your community	5%	293	5%	274	11%	657	80%	4,780	100%	6,004
Used a recreation center in your community	13%	783	8%	471	15%	892	64%	3,843	100%	5,989
Used a public library in your community	11%	638	18%	1,108	26%	1,547	45%	2,703	100%	5,996
Used bus, rail, subway or other public transportation instead of driving	3%	208	5%	285	12%	729	80%	4,771	100%	5,993
Visited a neighborhood park	15%	908	21%	1,251	32%	1,881	32%	1,929	100%	5,970
Attended a local public meeting	2%	114	6%	376	25%	1,496	67%	4,005	100%	5,990
Watched (online or on television) a local public meeting	2%	119	3%	192	13%	781	82%	4,933	100%	6,024

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

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 to 20 hours		20 or more hours		Total	
One or more individuals age 60 or older	70%	4,019	11%	639	6%	316	4%	252	2%	108	7%	379	100%	5,714
One or more individuals age 18 to 59	84%	4,664	7%	401	3%	141	2%	122	1%	59	3%	140	100%	5,527
One or more individuals under age 18	84%	4,585	6%	304	2%	110	3%	155	2%	83	4%	247	100%	5,484

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

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 to 20 hours		20 or more hours		Don't know		Total	
One or more individuals age 60 or older	69%	4,019	11%	639	5%	316	4%	252	2%	108	6%	379	2%	133	100%	5,846
One or more individuals age 18 to 59	82%	4,664	7%	401	2%	141	2%	122	1%	59	2%	140	3%	173	100%	5,700
One or more individuals under age 18	81%	4,585	5%	304	2%	110	3%	155	1%	83	4%	247	3%	193	100%	5,677

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

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 or more hours		Total	
Participating in a club (including book, dance, game and other social)	69%	4,073	20%	1,175	6%	361	3%	188	2%	142	100%	5,939
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	90%	5,312	7%	416	2%	98	1%	61	1%	32	100%	5,919
Communicating/visiting with friends and/or family	7%	398	34%	2,033	26%	1,533	14%	846	19%	1,133	100%	5,942
Participating in religious or spiritual activities with others	52%	3,081	32%	1,890	8%	491	5%	274	3%	187	100%	5,923
Participating in a recreation program or group activity	57%	3,362	24%	1,443	11%	639	5%	274	4%	209	100%	5,927
Providing help to friends or relatives	21%	1,213	48%	2,812	16%	942	8%	495	7%	441	100%	5,903
Volunteering your time to some group/activity in your community	62%	3,673	22%	1,289	8%	501	5%	266	3%	173	100%	5,902

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

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 or more hours		Don't know		Total	
Participating in a club (including book, dance, game and other social)	67%	4,073	19%	1,175	6%	361	3%	188	2%	142	2%	123	100%	6,062
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	88%	5,312	7%	416	2%	98	1%	61	1%	32	2%	142	100%	6,061
Communicating/visiting with friends and/or family	7%	398	34%	2,033	25%	1,533	14%	846	19%	1,133	1%	81	100%	6,023
Participating in religious or spiritual activities with others	51%	3,081	31%	1,890	8%	491	5%	274	3%	187	2%	106	100%	6,029
Participating in a recreation program or group activity	56%	3,362	24%	1,443	11%	639	5%	274	3%	209	2%	127	100%	6,054
Providing help to friends or relatives	20%	1,213	46%	2,812	16%	942	8%	495	7%	441	3%	162	100%	6,064
Volunteering your time to some group/activity in your community	60%	3,673	21%	1,289	8%	501	4%	266	3%	173	3%	199	100%	6,101

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Table 30: Question 14

How often, if at all, do you do each of the following, considering all of the times you could?	Never		Rarely		Sometimes		Usually		Always		Total	
Eat at least 5 portions of fruits and vegetables a day	9%	572	22%	1,375	32%	1,949	27%	1,674	9%	582	100%	6,151
Participate in moderate or vigorous physical activity	7%	449	17%	1,021	26%	1,622	33%	2,044	16%	1,014	100%	6,149
Receive assistance from someone almost every day	75%	4,592	15%	952	5%	302	3%	168	2%	143	100%	6,157
Vote in local elections	6%	351	2%	117	4%	249	16%	1,000	72%	4,443	100%	6,159

Table 31: Question 15

How frequently, if ever, do you do each of the following things on the Internet (using a computer, tablet, cell phone, etc.)?	Daily		Weekly		Monthly		Less than once per month		Never/Not applicable		Total	
Use email, texting or video to communicate	74%	4,561	8%	489	2%	133	3%	164	13%	785	100%	6,132
Use social media (Facebook, Twitter, LinkedIn)	35%	2,102	10%	613	4%	216	8%	488	44%	2,664	100%	6,083
Get the news or weather	76%	4,635	8%	486	2%	93	3%	166	12%	723	100%	6,103
Shop, search for products and services	24%	1,446	37%	2,220	14%	834	12%	710	14%	853	100%	6,062
Research or study a topic of interest	33%	1,987	30%	1,838	13%	817	10%	615	14%	827	100%	6,085
Share opinions, post to a blog, review a product or service	9%	558	10%	604	9%	560	21%	1,274	51%	3,087	100%	6,083
Attend an online class or training	2%	120	3%	172	6%	364	17%	1,062	72%	4,387	100%	6,105
Work from home	11%	674	8%	470	3%	187	5%	314	73%	4,406	100%	6,051
Banking online (paying bills, investing, etc.)	16%	1,001	26%	1,612	19%	1,186	5%	283	33%	2,008	100%	6,090
Find info on community resources and events	8%	469	21%	1,230	18%	1,050	23%	1,392	30%	1,798	100%	5,940
If you have a question, use Internet to the find the answer	37%	2,251	28%	1,723	9%	567	9%	530	16%	993	100%	6,064
Engage in civic activities (participate in a discussion about community and government issues; research information about an issue or a candidate)	4%	238	8%	453	9%	555	23%	1,404	56%	3,365	100%	6,014
Look up health and medical information	6%	363	20%	1,233	27%	1,613	29%	1,738	18%	1,101	100%	6,048
Communicate with government (seek services, get a license, discuss a problem)	1%	63	3%	159	10%	594	46%	2,775	41%	2,476	100%	6,067
Sell goods and services online, advertise	2%	109	2%	122	3%	179	12%	736	81%	4,899	100%	6,045
Find directions or look up a map	9%	519	28%	1,726	26%	1,577	21%	1,292	16%	950	100%	6,064

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

How comfortable, if at all, are you at each of the following?	Very comfortable		Somewhat comfortable		Not at all comfortable		Total	
Using a computer laptop/desktop	62%	3,465	30%	1,691	8%	445	100%	5,601
Using smartphone or tablet computer	55%	2,805	33%	1,672	12%	586	100%	5,063
Accessing the Internet	71%	3,939	22%	1,225	7%	380	100%	5,544
Using email	77%	4,216	17%	918	6%	333	100%	5,467
Locating information online (bus schedules, weather, news, etc.)	68%	3,519	23%	1,204	9%	453	100%	5,177
Using social networking sites (Facebook, Twitter, etc.)	49%	1,873	27%	1,048	24%	921	100%	3,842

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

How comfortable, if at all, are you at each of the following?	Very comfortable		Somewhat comfortable		Not at all comfortable		Don't know		Not applicable		Total	
Using a computer laptop/desktop	56%	3,465	27%	1,691	7%	445	1%	54	8%	500	100%	6,155
Using smartphone or tablet computer	46%	2,805	27%	1,672	10%	586	2%	137	15%	932	100%	6,132
Accessing the Internet	64%	3,939	20%	1,225	6%	380	1%	60	9%	534	100%	6,138
Using email	69%	4,216	15%	918	5%	333	1%	76	10%	590	100%	6,133
Locating information online (bus schedules, weather, news, etc.)	57%	3,519	20%	1,204	7%	453	2%	153	13%	808	100%	6,138
Using social networking sites (Facebook, Twitter, etc.)	31%	1,873	17%	1,048	15%	921	3%	178	34%	2,110	100%	6,130

Table 34: Question D1

How many years have you lived in your community?	Percent	Number
Less than 1 year	2%	153
1-5 years	15%	944
6-10 years	12%	728
11-20 years	18%	1,122
More than 20 years	52%	3,236
Total	100%	6,183

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Table 35: Question D2

Which best describes the building you live in?	Percent	Number
Single family home	78%	4,821
Townhouse, condominium, duplex or apartment	16%	959
Mobile home	4%	226
Assisted living residence	1%	61
Nursing home	0%	0
Other	2%	108
Total	100%	6,175

Table 36: Question D3

Do you currently rent or own your home?	Percent	Number
Rent	20%	1,206
Own (with a mortgage payment)	37%	2,239
Own (free and clear; no mortgage)	44%	2,671
Total	100%	6,116

Table 37: Question D4

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?	Percent	Number
Less than $300 per month	18%	1,044
$300 to $599 per month	22%	1,321
$600 to $999 per month	20%	1,190
$1,000 to $1,499 per month	18%	1,030
$1,500 to $2,499 per month	16%	957
$2,500 or more per month	6%	329
Total	100%	5,871

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Table 38: Question D5

How many people, including yourself, live in your household?	Percent	Number
1 person (live alone)	36%	2,195
2 people	51%	3,079
3 people	8%	477
4 or more people	5%	303
Total	100%	6,054
Average number of household members	2.1	6,054

Table 39: Question D6

How many of these people, including yourself, are…	1 person		2 people		3 people		4 or more people		Total		Average number of household members
60 or older	100%	3,099	100%	2,567	100%	41	100%	23	100%	5,730	1.6
17 or younger	100%	163	100%	72	100%	31	100%	2	100%	268	.4
18-59 years old	100%	987	100%	305	100%	118	100%	43	100%	1,453	1.3

Table 40: Question D7

What is your employment status?	Percent	Number
Fully retired	63%	3,787
Working full time for pay	20%	1,205
Working part time for pay	13%	811
Unemployed, looking for paid work	3%	208
Total	100%	6,011

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Table 41: Question D8

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent	Number
60 to 64	7%	135
65 to 69	34%	617
70 to 74	31%	570
75 or older	27%	497
Total	100%	1,819
Average age of expected retirement	71.8	1,836

Table 42: Question D9

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent	Number
Less than $15,000	12%	712
$15,000 to $24,999	15%	853
$25,000 to $49,999	24%	1,382
$50,000 to $74,999	19%	1,111
$75,000 to $99,999	13%	737
$100,000 or more	17%	1,000
Total	100%	5,794

Table 43: Question D10

Are you Spanish, Hispanic or Latino?	Percent	Number
Yes	10%	598
No	90%	5,463
Total	100%	6,061

Table 44: Question D11

What is your race?	Percent	Number
American Indian or Alaskan Native	2%	126
Asian, Asian Indian or Pacific Islander	1%	48
Black or African American	2%	95
White	92%	5,583
Other	5%	316

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

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Table 45: Question D12

In which category is your age?	Percent	Number
60-64 years	33%	2,016
65-69 years	24%	1,438
70-74 years	17%	1,057
75-79 years	13%	803
80-84 years	7%	399
85-89 years	4%	243
90-94 years	2%	121
95 years or older	0%	22
Total	100%	6,100

Table 46: Question D13

What is your sex?	Percent	Number
Female	53%	3,244
Male	47%	2,868
Other/non-conforming	0%	13
Total	100%	6,125

Table 47: Question D14

What is your sexual orientation?	Percent	Number
Heterosexual	97%	5,487
Lesbian	1%	43
Gay	1%	85
Bisexual	1%	55
Total	100%	5,670

Table 48: Question D15

Are you a grandparent raising a grandchild?	Percent	Number
Yes	5%	289
No	95%	5,840
Total	100%	6,129

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Appendix B: Survey Methodology

Data Collection Methods

The Community Assessment Survey for Older Adults (CASOA)™, conducted by National Research Center, Inc., was developed to provide an accurate, affordable and easy way to assess and interpret the experience of older adults in the community. The CASOA™ survey instrument and its administration are standardized to assure high quality survey methods and comparable results across CASOA™ communities. The CASOA™ was customized for Colorado State Unit on Aging to reflect the correct local age definition of older adults and so that the mailing materials used official graphics, contact information and signatures for each of the AAAs in the state. The State of Colorado, in association with the Colorado Association of Area Agencies on Aging (C4A) and with funding from NextFifty Initiative, sponsored this research. Please contact Sherry Leach of the Boulder County Area Agency on Aging at 303-441-4450 if you have any questions about the survey.

Survey Development

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

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

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

Selecting Survey Recipients

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

The target population for this survey was residents in households age 60 years or older within State of Colorado’s service area. Since it is cost prohibitive to survey every person age 60 years or older in Colorado, 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 Go-Dog Direct. These lists to do not provide complete coverage of all members of the target population, but do provide a fairly complete coverage. The lists provided by Go-Dog Direct cannot be mapped directly to political boundaries such as municipalities or counties, but to United States Postal Service (USPS) boundaries such as zip codes or carrier routes. To ensure all eligible households are included, they randomly selected households from their entire list for the target population for all the zip codes that contain even a part of the study boundaries. They provided a greater

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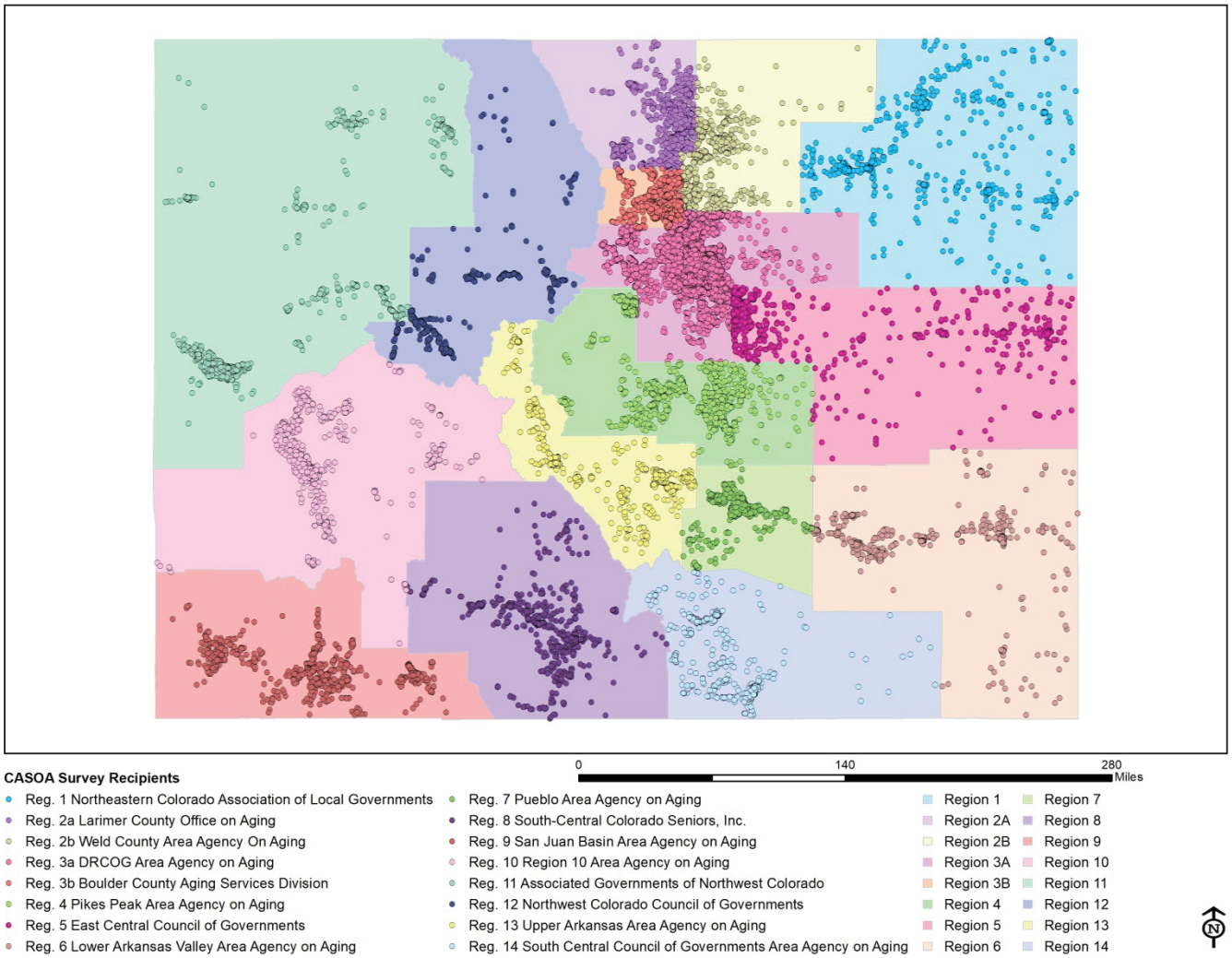
number of households than needed so that a process referred to as "geocoding" could be used to eliminate addresses from the list that were outside the study boundaries. Geocoding is a computerized process in which addresses are compared to electronically mapped boundaries and coded as inside or outside desired boundaries. All addresses determined to be outside the study boundaries were eliminated from the list. A stratified, systematic sampling method was used with the remaining addresses to create a mailing list of older adult households with a surveys being sent to each county within the agency's service area (see Figure 22, Table 49 and Table 50). Systematic sampling is a procedure whereby a complete list of all possible households is culled, selecting every Nth one, giving each eligible household a known probability of selection, until the appropriate number of households is selected.

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

Figure 22: Location of Survey Recipients



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Survey Administration and Response

Each sampled household received three mailings, about one week apart, beginning May 25, 2018. The first mailing was a prenotification postcard announcing the upcoming survey. The next mailing contained a letter from the AAA director inviting the household to participate, a questionnaire and a postage-paid return envelope. The final mailing contained a reminder letter, another survey and a postage-paid return envelope. The second cover letter asked those who had not completed the survey to do so and those who had already done so to refrain from turning in another survey. The cover letter included URL, which allowed respondents to complete the survey online if they preferred. The survey was available in English and Spanish (online only). Completed surveys were collected over the following six weeks.

About 3% of the 37,800 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, 6,247 completed the survey, providing an overall response rate of 17%. Of the 6,247 completed surveys, 248 were completed online and zero were completed in Spanish. Additionally, responses were tracked by AAA and are displayed in the tables below. The response rates were calculated using AAPOR's response rate #2[2] for mailed surveys of unnamed persons.

Table 49: Survey Response Rates Region 1 to Region 7

	Region 1	Region 2A	Region 2B	Region 3A	Region 3B	Region 4	Region 5	Region 6	Region 7
Total sample used	1,400	3,000	1,900	10,400	3,700	2,400	1,400	1,400	1,400
I=Complete Interviews	256	839	342	1,234	679	338	243	265	200
P=Partial Interviews	2	8	4	12	7	0	4	3	0
R=Refusal and break off	0	0	0	1	1	0	0	0	0
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	1,142	1,999	1,518	8,827	2,917	1,955	1,076	1,068	1,200
Response rate: (I+P)/(I+P) + (R+NC+O) + (UH+UO)	18%	30%	19%	12%	19%	15%	19%	20%	14%

Table 50: Survey Response Rates Region 8 to Region 14 and Overall

	Region 8	Region 9	Region 10	Region 11	Region 12	Region 13	Region 14	Overall
Total sample used	1,400	1,400	1,400	1,800	2,000	1,400	1,400	37,800
I=Complete Interviews	228	203	266	252	228	322	294	6,189
P=Partial Interviews	5	2	2	4	0	1	4	58
R=Refusal and break off	0	0	0	0	0	0	0	2
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	1,167	1,195	1,045	1,544	1,597	1,014	1,102	30,366
Response rate: (I+P)/(I+P) + (R+NC+O) + (UH+UO)	17%	15%	20%	14%	12%	24%	21%	17%

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

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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 State of Colorado survey report is no greater than plus or minus 1% around any given percent and one point around any given average rating reported for all respondents (6,247 completed surveys).

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

Survey Processing (Data Entry)

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

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

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

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

Survey Data Weighting

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

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

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Table 51: Weighting Scheme

	Population norm*	Unweighted	Weighted
Housing**			
Own	80%	89%	80%
Rent	20%	11%	20%
Attached	19%	15%	18%
Detached	81%	85%	82%
Race and ethnicity**			
White	92%	92%	91%
Not white	8%	8%	9%
Hispanic	10%	7%	10%
Not Hispanic	90%	93%	90%
Sex and Age			
Female	54%	59%	53%
Male	46%	41%	47%
60 to 64 years	32%	23%	33%
65 to 74 years	40%	47%	41%
75 or over	28%	31%	26%
Female 60 to 64	16%	14%	17%
Female 65 to 74	21%	27%	21%
Female 75+	16%	18%	14%
Male 60 to 64 years	16%	9%	16%
Male 65 to 74 years	19%	19%	20%
Male 75+	11%	12%	11%
AAA			
Region 1 Northeastern Colorado Association of Local Governments	2%	4%	2%
Region 2a Larimer County Office on Aging	6%	14%	6%
Region 2b Weld County Area Agency On Aging	5%	6%	5%
Region 3a DRCOG Area Agency on Aging	47%	20%	47%
Region 3b Boulder County Aging Services Division	6%	11%	6%
Region 4 Pikes Peak Area Agency on Aging	12%	5%	12%
Region 5 East Central Council of Governments	1%	4%	1%
Region 6 Lower Arkansas Valley Area Agency on Aging	1%	4%	1%
Region 7 Pueblo Area Agency on Aging	4%	3%	4%
Region 8 South-Central Colorado Seniors, Inc.	1%	4%	1%
Region 9 San Juan Basin Area Agency on Aging	2%	3%	2%
Region 10 Region 10 Area Agency on Aging	3%	4%	3%
Region 11 Associated Governments of Northwest Colorado	5%	4%	5%
Region 12 Northwest Colorado Council of Governments	2%	4%	2%
Region 13 Upper Arkansas Area Agency on Aging	2%	5%	2%
Region 14 South Central Council of Governments Area Agency on Aging	1%	5%	1%

** 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*

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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 State of Colorado's service area were rough estimates using data from the U.S. Department of Labor Bureau of Labor Statistics (Metropolitan and Nonmetropolitan Area Occupational Employment and Wage Estimates).

Table 52: 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)	30%	342,101	10.5	$12.15	$1,952,194,509
Providing care to adult(s)	16%	179,998	8.7	$12.15	$791,967,814
Providing care to child(ren)	16%	188,940	12.3	$12.97	$1,297,759,274
Providing help to family and friends	79%	916,412	4.2	$14.10	$2,656,818,214
Volunteering	38%	435,594	4.2	$18.52	$1,588,315,121
Subtotal unpaid	*13%*				*$8,635,490,844*
Working part time	20%	155,604	15.0	$25.35	$2,790,381,053
Working full time		231,226	32.0	$25.35	$9,103,947,674
Subtotal paid					*$12,000,120,688*
Total contribution					**$21,339,150,216**

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

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

***The economic value of an hour worked was assumed to be the same as the average hourly wage as calculated by the Bureau of Labor statistics for similar types of work in Colorado. 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

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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 was examined. Working full-time and part-time was assumed to be the equivalent of "All Occupations" (occupation code 00-0000).

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

The proportion of older adults providing care to family and friends was determined by examining the responses to question 12. Those responding "1 to 3 hours" were assumed to spend two hours, "4 to 5 hours" were assumed to spend 4.5 hours, those responding "6 to 10 hours" were assumed to spend eight hours, and those responding "11 to 19 hours" were assumed to spend 15 hours and those responding "20 or more hours" were assumed to spend 25 hours (125% of 20). To determine the average hourly wage, "providing care for older adults and adults" (items a and b) were assumed to be the equivalent of "Personal and Home Care Aides" (occupation code 39-9021) and "providing care for children" (item c) was assumed to be the equivalent of "Child Care Workers" (occupation code 39-9011).

Community Summary Scores

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

Index	Individual Variables Used in Index
Quality of Community	How do you rate your community as a place to live?
	How do you rate your community as a place to retire?
	How would you rate the overall services provided to older adults in your community?
	Recommend living in your community to older adults
	Remain in your community throughout your retirement
Community and Belonging	Sense of community
	Openness and acceptance of the community towards older residents of diverse backgrounds
	Overall feeling of safety in your community
	Valuing older residents in your community
	Neighborliness of your community
Community Information	Availability of information about resources for older adults
	Availability of financial and legal planning services

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Index	Individual Variables Used in Index
	In general, how informed or uninformed do you feel about services and activities available to older adults in your community?
Opportunities for Productive Activities	Opportunities to volunteer
	Employment opportunities
	Opportunities to enroll in skill-building or personal enrichment classes
	Recreation opportunities (including games, arts and library services, etc.)
	Opportunities to attend social events or activities
	Opportunities to attend religious or spiritual activities
	Opportunities to attend or participate in meetings about local government or community matters
Health and Wellness Opportunities	Fitness opportunities (including exercise classes and paths or trails, etc.)
	Availability of long-term care options
	Availability of daytime care options for older adults
	Availability of affordable quality physical health care
	Availability of affordable quality mental health care
	Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)
Community Design and Land Use	Availability of affordable quality housing
	Variety of housing options
	Availability of affordable quality food
	Ease of travel by public transportation in your community
	Ease of car travel in your community
	Ease of walking in your community
	Ease of getting to the places you usually have to visit
	Cost of living in your community

Needs Summary Scores

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

Index	Individual Variables Used in Index	Required Rating
Safety	Must have at least one of the following:	
	- Being a victim of crime	Moderate or major problem
	- Being a victim of fraud or a scam	Moderate or major problem
	- Being physically or emotionally abused	Moderate or major problem
	- Being treated unfairly or discriminated against because of your age	Moderate or major problem
Civic engagement	Must	
	- Vote in local elections	Never or rarely
	Or	

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Index	Individual Variables Used in Index	Required Rating
	- Participating in a civic group (including Elks, Kiwanis, Masons, etc.) and Volunteering your time to some group/activity in your community	Never (no hours)
	Or	
	- Attended local public meeting and Watched (online or on television) a local public meeting	Not at all
Social engagement	Must have:	
	- Having interesting social events or activities to attend	Moderate or major problem
	Or all of the following:	
	- Used a senior center in your community	Not at all
	- Participating in a club (including book, dance, game and other social)	Never (no hours)
	- Participating in religious or spiritual activities with others	Never (no hours)
Recreation	Must have q6(b)c:	
	- Having interesting recreational or cultural activities to attend	Moderate or major problem
	Or all of the following:	
	- Used a recreation center in your community	Not at all
	- Used a public library in your community	Not at all
	- Visited a neighborhood park	Not at all
	- Participating in a recreation program or group activity	Never (no hours)
Caregiver burden	Must have:	
	- Feeling physically burdened by providing care for another person	Moderate or major problem
	- Feeling emotionally burdened by providing care for another person	Moderate or major problem
	- Feeling financially burdened by providing care for another person	Moderate or major problem
Financial and legal	Must have at least one of the following:	
	- [Ratio] How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.) / How many people, including yourself, live in your household?	Income was at or below the income limits set by HUD for Section 8 programs
	- Having enough money to meet daily expenses	Moderate or major problem
	- Having enough money to pay your property taxes	Moderate or major problem
	- Dealing with legal issues	Moderate or major problem
	- Finding work in retirement	Moderate or major problem
	- Building skills for paid or unpaid work	Moderate or major problem
	- Dealing with financial planning issues	Moderate or major problem
Meaningful activities	Must have at least one of the following:	
	- Finding productive or meaningful activities to do	Moderate or major problem
	- Feeling like your voice is heard in the community	Moderate or major problem
	- Finding meaningful volunteer work	Moderate or major problem
	- Not knowing what services are available to older adults in your community	Moderate or major problem
Physical health	Must have at least one of the following:	
	- How do you rate your overall physical health?	Fair or poor
	- Your physical health	Moderate or major problem
	- Doing heavy or intense housework	Moderate or major problem

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Index	Individual Variables Used in Index	Required Rating
	- Maintaining your home	Moderate or major problem
	- Maintaining your yard	Moderate or major problem
	- Staying physically fit	Moderate or major problem
	- Maintaining a healthy diet	Moderate or major problem
	- Eat at least 5 portions of fruits and vegetables a day	Never or rarely
	- Participate in moderate or vigorous physical activity	Never or rarely
Mental health	Must have at least one of the following:	
	- How do you rate your overall mental health/emotional wellbeing?	Fair or poor
	- Feeling depressed	Moderate or major problem
	- Experiencing confusion or forgetfulness	Moderate or major problem
	- Having friends or family you can rely on	Moderate or major problem
	- Figuring out which medications to take and when	Moderate or major problem
	- Feeling bored	Moderate or major problem
	- Feeling lonely or isolated	Moderate or major problem
	- Dealing with the loss of a close family member or friend	Moderate or major problem
Health care	Must have at least one of the following:	
	- Finding affordable health insurance	Moderate or major problem
	- Getting the health care you need	Moderate or major problem
	- Affording the medications you need	Moderate or major problem
	- Getting the oral health care you need	Moderate or major problem
	- Getting the vision care you need	Moderate or major problem
	- Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	Moderate or major problem
Institutionalization risk	Must have at least one of the following:	
	- Performing regular activities, including walking, eating and preparing meals	Moderate or major problem
	- No longer being able to drive	Moderate or major problem
	- Falling or injuring yourself in your home	Moderate or major problem
	- A hospital	Spent 3 or more days in past 12 months
	- In a long-term care facility (including nursing home or in-patient rehabilitation)	Spent 3 or more days in past 12 months
	- Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it…	Fell 3 or more times in past 12 months
	- Receive assistance from someone almost every day	Sometimes, usually or always
Basic necessities	Must have at least one of the following:	
	- How do you rate your overall quality of life?	Fair or poor
	- Having housing to suit your needs	Moderate or major problem
	- Having enough food to eat	Moderate or major problem
	- Having safe and affordable transportation available	Moderate or major problem

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Appendix C: Benchmark Comparisons

NRC has developed a database that collates responses to CASOA and related surveys administered in other communities, which allows the results from Colorado 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 Colorado'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 Colorado's rating (column one) to the benchmark.

Where comparisons for ratings were available, Colorado'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 Colorado'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 53: Community as a Place for Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Community as an excellent or good place to live	84%	214	331	Similar
Community as an excellent or good place to retire	66%	219	329	Similar
Excellent or good overall services provided to older adults	54%	4	7	Similar

Table 54: Recommendation of Community to Others Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to recommend living to older adults	71%	237	253	Lower

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Table 55: Remaining in Community Throughout Retirement Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to remain throughout retirement	78%	5	7	Similar

Table 56: Older Adult Community and Belonging Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good sense of community	53%	274	330	Lower
Excellent or good openness and acceptance of the community towards older residents of diverse backgrounds	54%	242	314	Similar
Excellent or good overall feeling of safety	69%	109	140	Lower
Excellent or good valuing of older residents	52%	4	6	Similar
Excellent or good neighborliness	52%	114	137	Similar

Table 57: Safety Problems Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with being a victim of crime	14%	3	7	Similar
Problems with being a victim of fraud or a scam	19%	3	6	Similar
Problems with being physically or emotionally abused	7%	3	6	Similar
Problems with being treated unfairly or discriminated against because of age	28%	Not available	Not available	Not available

Table 58: Awareness of Older Adult Services and Activities Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Informed about services and activities available to older adults	57%	3	7	Similar

Table 59: Availability of Information About Older Adult Resource Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of information about resources for older adults	41%	5	7	Similar
Excellent or good availability of financial and legal planning services	39%	3	6	Similar

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Table 60: Meaningful Activities Needs Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding productive or meaningful activities to do	32%	3	6	Similar
Problems with feeling like your voice is heard in the community	57%	4	7	Similar
Problems with finding meaningful volunteer work	32%	4	7	Similar
Problems with not knowing what services are available to older adults in your community	60%	6	7	Similar

Table 61: Civic Engagement Opportunities Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to volunteer	78%	114	245	Similar
Excellent or good opportunities to attend or participate in meetings about local government or community matters	65%	4	7	Similar

Table 62: Participation in Civic Activities Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Attended a local public meeting at least once in past 12 months	33%	102	329	Similar
Watched (online or on television) a least once in past 12 months	18%	247	260	Much lower
Participating in a civic group (including Elks, Kiwanis, Masons, etc.) for one hour or more per week	10%	4	7	Similar
Volunteering your time to some group/activity for one hour or more per week	38%	1	7	Higher
Voted in the last local election	88%	86	328	Similar

Table 63: Social Engagement Opportunities Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to attend social events or activities	65%	114	241	Similar
Excellent or good opportunities to attend religious or spiritual activities	81%	128	205	Similar

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Table 64: Participation in Social Activities Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a senior center at least once in past 12 months	20%	3	7	Similar
Participating in a club (including book, dance, game and other social) for one hour or more per week	31%	3	7	Similar
Communicating/ visiting with friends and/or family for one hour or more per week	93%	6	137	Much higher
Participating in religious or spiritual activities with others for one hour or more per week	48%	203	204	Much lower
Providing help to friends or relatives for one hour or more per week	79%	39	132	Similar

Table 65: Social Engagement Problems Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting social events or activities to attend	46%	4	7	Similar

Table 66: Recreational and Personal Enrichment Opportunities Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to enroll in skill-building or personal enrichment classes	53%	5	7	Similar
Excellent or good recreation opportunities (including games, arts and library services, etc.)	75%	102	327	Similar

Table 67: Participation in Recreational and Personal Enrichment Activities Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a recreation center at least once in past 12 months	36%	258	279	Lower
Used a public library at least once in past 12 months	55%	242	288	Lower
Visited a neighborhood park at least once in past 12 months	68%	252	327	Similar
Participating in a recreation program or group activity for one hour or more per week	43%	4	7	Similar

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Table 68: Recreational Problems Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting recreational or cultural activities to attend	43%	5	7	Similar

Table 69: Caregiver Burden Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling physically burdened by providing care for another person	22%	Not available	Not available	Not available
Problems with feeling emotionally burdened by providing care for another person	25%	Not available	Not available	Not available
Problems with feeling financially burdened by providing care for another person	19%	Not available	Not available	Not available

Table 70: Employment Opportunities Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good employment opportunities	33%	151	314	Similar

Table 71: Financial and Legal Problems of Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having enough money to meet daily expenses	39%	3	7	Similar
Problems with having enough money to pay your property taxes	24%	6	7	Similar
Problems with dealing with legal issues	33%	2	6	Similar
Problems with finding work in retirement	33%	3	7	Similar
Problems with building skills for paid or unpaid work	29%	3	7	Similar
Problems with dealing with financial planning issues	39%	2	6	Similar

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Table 72: Physical Health Opportunities Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good fitness opportunities (including exercise classes and paths or trails, etc.)	78%	49	139	Similar
Excellent or good availability of affordable quality physical health care	41%	253	285	Much lower

Table 73: Overall Physical Health of Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall physical health	74%	5	140	Higher

Table 74: Participation in Healthy Activities Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Always or usually eats at least 5 portions of fruits and vegetables a day	37%	117	135	Similar
Always or usually participates in moderate or vigorous physical activity	50%	57	136	Similar

Table 75: Physical Health Problems of Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with your physical health	57%	5	7	Similar
Problems with problems with doing heavy or intense housework	54%	4	6	Similar
Problems with maintaining your home	40%	3	7	Similar
Problems with maintaining your yard	43%	3	7	Similar
Problems with staying physically fit	54%	5	7	Similar
Problems with maintaining a healthy diet	43%	3	7	Similar

Table 76: Availability of Mental Healthcare Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality mental health care	28%	115	123	Much lower

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Table 77: Emotional Wellbeing of Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall mental health/emotional well being	86%	5	7	Similar

Table 78: Mental Health Problems of Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling depressed	40%	2	6	Similar
Problems with experiencing confusion or forgetfulness	31%	4	6	Similar
Problems with having friends or family you can rely on	32%	2	7	Similar
Problems with figuring out which medications to take and when	10%	Not available	Not available	Not available
Problems with feeling bored	40%	4	6	Similar
Problems with feeling lonely or isolated	33%	3	6	Similar
Problems with dealing with the loss of a close family member or friend	37%	3	7	Similar

Table 79: Availability of Preventative Health Care Benchmarks

	Colorado 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)	56%	166	223	Similar

Table 80: Health Care Problems of Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding affordable health insurance	41%	2	7	Similar
Problems with getting the health care you need	36%	2	7	Higher
Problems with affording the medications you need	33%	2	6	Similar
Problems with getting the oral health care you need	30%	2	5	Similar
Problems with getting the vision care you need	28%	Not available	Not available	Not available
Problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	47%	2	7	Similar

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Table 81: Care Options for Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of long-term care options	32%	4	5	Similar
Excellent or good availability of daytime care options for older adults	27%	Not available	Not available	Not available

Table 82: Falls, Hospitalizations and Institutionalizations of Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Spent at least 1 day in a hospital in past 12 months	21%	5	6	Similar
Spent at least 1 day in a nursing home or in-patient rehabilitation facility	3%	4	6	Similar
Had at least 1 fall in the past 12 months	34%	2	6	Similar

Table 83: Independent Living Problems of Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with performing regular activities, including walking, eating and preparing meals	30%	5	7	Similar
Problems with no longer being able to drive	15%	4	7	Similar
Problems with falling or injuring yourself in your home	26%	3	6	Similar

Table 84: Aspects of Design and Land Use Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality housing	15%	304	321	Much lower
Excellent or good variety of housing options	23%	238	247	Much lower
Excellent or good availability of affordable quality food	55%	215	249	Lower
Excellent or good ease of bus, rail, subway or other public transit	28%	109	143	Lower
Excellent or good ease of car travel	66%	145	315	Similar
Excellent or good ease of walking	62%	177	312	Similar
Excellent or good ease of getting to the places usually visited	66%	118	140	Lower
Excellent or good cost of living	27%	116	137	Lower

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Table 85: Public Transportation Use by Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used bus, rail, subway or other public transportation instead of driving at least once	20%	49	115	Similar

Table 86: Basic Needs Problems of Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having housing to suit your needs	22%	2	6	Similar
Problems with having enough food to eat	13%	3	6	Similar
Problems with having safe and affordable transportation available	27%	2	7	Similar

Table 87: Overall Quality of Life of Older Residents Benchmarks

	Colorado percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall quality of life	82%	5	7	Similar

Jurisdictions Included in Benchmark Comparisons

- Fort Smith, AR
- Siloam Springs, AR
- Apache Junction, AZ
- Casa Grande, AZ
- Dewey-Humboldt, AZ
- Gilbert, AZ
- Goodyear, AZ
- Mesa, AZ
- Peoria, AZ
- Prescott Valley, AZ
- Safford, AZ
- Sahuarita, AZ
- Scottsdale, AZ
- Sedona, AZ
- Surprise, AZ
- Tucson, AZ
- Yuma, AZ
- American Canyon, CA
- Benicia, CA
- Burlingame, CA
- Chula Vista, CA
- Clovis, CA
- Coronado, CA
- Dublin, CA
- El Cerrito, CA
- Elk Grove, CA
- Galt, CA
- Laguna Beach, CA
- Livermore, CA
- Lodi, CA
- Martinez, CA
- Menlo Park, CA
- Monterey, CA
- Oceanside, CA
- Palm Springs, CA
- Palo Alto, CA
- Richmond, CA
- Ridgecrest, CA
- San Jose, CA
- San Luis Obispo County, CA
- San Ramon, CA
- Santa Barbara County, CA
- Saratoga, CA
- Seaside, CA
- South Lake Tahoe, CA
- Stockton, CA
- Tracy, CA
- Walnut Creek, CA
- 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
- Montrose County, CO
- Rout County, CO
- State of Colorado, CO
- 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

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- Delray Beach, FL
- Destin, FL
- Gainesville, FL
- Jupiter, FL
- Key West, FL
- Lee County, FL
- Melbourne, FL
- Miami, FL
- Oakland Park, FL
- Ocoee, FL
- Oldsmar, FL
- Oviedo, FL
- Palm Bay, FL
- Palm Coast, FL
- Pasco County, FL
- Pinellas County, FL
- Port St. Lucie, FL
- Sanford, FL
- Sarasota, FL
- South Daytona, FL
- Titusville, FL
- Walton County, FL
- Winter Garden, FL
- Albany, GA
- Cartersville, GA
- Conyers, GA
- Decatur, GA
- McDonough, GA
- Milton, GA
- Sandy Springs, GA
- Smyrna, GA
- Snellville, GA
- Suwanee, GA
- Honolulu, HI
- Ankeny, IA
- Bettendorf, IA
- Clive, IA
- Iowa City, IA
- Muscatine, IA
- Newton, IA
- Polk County, IA
- Urbandale, IA
- Pocatello, ID
- Post Falls, ID
- Twin Falls, ID
- Collinsville, IL
- Crystal Lake, IL
- DeKalb, IL
- Evanston, IL
- Highland Park, IL
- Homewood, IL
- Lake Zurich, IL
- Libertyville, IL
- Lincolnwood, IL
- Oak Park, IL
- O'Fallon, IL
- Orland Park, IL
- Palatine, IL
- Park Ridge, IL
- Peoria County, IL
- Peoria, IL
- Riverside, IL
- Schaumburg, IL
- Shorewood, IL
- Skokie, IL
- St. Charles, IL
- Sugar Grove, IL
- Western Springs, IL
- Wilmington, IL
- Brownsburg, IN
- East Chicago, IN
- Fishers, IN
- Munster, IN
- Noblesville, IN
- State of Indiana, 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

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- 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

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Appendix D: References

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Appendix E: Survey Instrument

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

60 or older..... _____ members

17 or younger..... _____ members

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

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

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

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

Please respond to both questions D10 and D11.

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

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

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

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

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

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

Thank you for completing this survey. Please return the completed survey in the postage-paid envelope to:
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