What Makes a Community Livable for Older Adults?

June 2019

What parts of your community foster older adult aging in place?
• What parts most hinder it?

Resident-centric Decision making
Data-influenced Decision making

2019 Colorado CASOA™

Assessment Objectives
• Identify community strengths and weaknesses
• Articulate the specific needs of older adults in the community
• Develop estimates and projections of resident need in the future

Assessment Goals

Immediate
- Useful information for:
  ✓ Planning
  ✓ Resource allocation and development
  ✓ Advocacy
  ✓ Engagement

Intermediate
- Improved program mix
- Better quality programs
- More effective policies

Assessment Methods
• Multi-contact mailed survey
• Representative sample of 37,800 households of residents age 60+
• 6,247 surveys returned; 1% margin of error
• 17% response rate
• Data statistically weighted to reflect population

Assessment Objectives

In time, a community of elders that is
• More engaged
• More supportive
• More empowered
• More independent
• More vibrant

Community Dimensions Assessed

Overall Community Quality
• Community as a place to live and retire
• repostion
• Residential stability

Community and Belonging
• Sense of community
• Overall safety
• Living older residents in community
• Living older residents living in community and alone

Community Information
• Availability of information about older adults
• Financial or legal services

Productive Activities
• Civic engagement
• Social engagement
• Recreation
• Volunteering
• Economic contribution

Health and Wellness
• Physical health
• Mental health
• Healthy aging
• Independent living

Community Design and Land Use
• Housing variety and availability
• Ease of travel by car, foot, and bus
• Access to daily needs
• Overall quality of life
Overall Community Quality

- Their community as a place to live
- Likely to remain in their community
- Overall quality of life

2 in 3

- Place to retire

Similar to the nation

8 in 10

Excellent or good

Community as a Place for Older Residents

- Community as a place to live
- Community as a place to retire
- Overall quality of services provided to adults age 60 and older

Percent “excellent” or “good”

2018

2010

National Research Center, Inc.

Recommending Community

How likely are you to recommend living in the community to older adults?

71% 80%

2018 2010

Below the Nation

National Research Center, Inc.

Community Livability

Community Readiness

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

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

National Research Center, Inc.
Community Livability

Top Rated Aspects
- Opportunities to attend religious or spiritual activities
- Opportunities to volunteer
- Fitness opportunities (including exercise classes and paths or trails, etc.)
- Recreation opportunities (including games, arts, and library services, etc.)
- Overall feeling of safety in your community
- Ease of travel by car in your community
- Ease of getting to the places you usually have to visit

Lowest Rated Aspects
- Availability of affordable quality housing
- Variety of housing options
- Availability of daytime care options for adults age 60 and older
- Cost of living in your community
- Accessibility of long-term care options that are open and accepting toward people of diverse backgrounds
- Ease of travel by public transportation in your community
- Accessibility of daytime care options that are open and accepting toward people of diverse backgrounds
- Accessibility of affordable quality mental health
- Accessibility of long-term care

Top Needs
- Not knowing services available
- Your physical health
- Feeling like voice is heard
- Doing heavy/intense housework
- Staying physically fit
- Having interesting social events or activities to attend
- Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid
- Maintaining a healthy diet
- Maintaining your yard
- Having interesting recreational or cultural activities to attend
- Finding affordable health insurance
- Feeling depressed
- Maintaining your home
- Dealing with financial planning issues

Lower in 2018
- Employment Opportunities

Higher in 2018
- Opportunities to enroll in skill-building or personal enrichment classes
- Availability of affordable quality housing
- Variety of housing options
- Availability of affordable quality physical health care
- Availability of affordable quality mental health
- Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)
- Availability of affordable quality food
- Ease of travel by car in your community
- Ease of getting to the places you usually have to visit
- Ease of travel by car in your community
- Ease of walking in your community
- Availability of information about resources for adults age 60 and older

Above the Nation
- Volunteering your time to some group/activity
- Communicating/visiting with friends and/or family
- Overall physical health

Below the Nation
- Likely to recommend living to older adults
- Sense of community
- Overall feeling of safety
- Availability of affordable quality physical health care
- Availability of affordable quality mental health care
- Availability of affordable quality housing
- Variety of housing options
- Availability of affordable quality food
- Ease of bus, rail, subway or other public transit
- Ease of getting to the places usually visited
- Cost of living

Caregiving in Colorado

- Status
- Received assistance from someone
- Provides care to anyone
- Potential Problems*
- Feeling physically burdened by providing care for another person
- Feeling emotionally burdened by providing care for another person
- Feeling financially burdened by providing care for another person

% minor, major or moderate problem
Since you cover some of these needs under the next couple of slides, I didn't include them here (slide 17)
Morgan Adams, 3/21/2017
**Employment and Finances**

<table>
<thead>
<tr>
<th>COMMUNITY QUALITY</th>
<th>2018</th>
<th>2010</th>
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<tbody>
<tr>
<td>Employment opportunities</td>
<td>17%</td>
<td>22%</td>
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<tr>
<td>Status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fully retired</td>
<td>13%</td>
<td>13%</td>
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<tr>
<td>Working full or part-time</td>
<td>34%</td>
<td>38%</td>
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<tr>
<td>Potential problems*</td>
<td></td>
<td></td>
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<tr>
<td>Having enough money to meet daily needs</td>
<td>24%</td>
<td>29%</td>
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<tr>
<td>Dealing with legal issues</td>
<td>32%</td>
<td>32%</td>
</tr>
<tr>
<td>Finding work in retirement</td>
<td>36%</td>
<td>38%</td>
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<tr>
<td>Building skills for paid or unpaid work</td>
<td>32%</td>
<td>31%</td>
</tr>
<tr>
<td>Dealing with financial planning issues</td>
<td>31%</td>
<td>32%</td>
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**Colorado Older Adult Needs**

- **Community and Belonging**
  - Sense of community
  - Openness and acceptance
  - Valuing older residents
  - Neighborhood and safety
- **Community Information**
  - Older adult resources
  - Legal or financial planning
  - Finding meaningful activities

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<thead>
<tr>
<th>Status</th>
<th>2018</th>
<th>2010</th>
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<tbody>
<tr>
<td>Employment opportunities</td>
<td>227K</td>
<td>201K</td>
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<tr>
<td>Paid</td>
<td>$12K</td>
<td>$12K</td>
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<tr>
<td>Unpaid</td>
<td>475K</td>
<td>493K</td>
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<tr>
<td>Unpaid</td>
<td>41%</td>
<td>43%</td>
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<td>Health and Wellness</td>
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<td>34K</td>
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<td>Paid</td>
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<tr>
<td>Unpaid</td>
<td>43%</td>
<td>34%</td>
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<tr>
<td>Community Design and Land Use</td>
<td>30%</td>
<td>30%</td>
</tr>
<tr>
<td>Paid</td>
<td>$6,169,419,266</td>
<td>$6,169,419,266</td>
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<tr>
<td>Unpaid</td>
<td>30%</td>
<td>22%</td>
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**2018 Comparisons**

- Having friends or family you can rely on
- Getting the health care you need
- Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid

**Economic Contribution**

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<th>Year</th>
<th>Paid</th>
<th>Unpaid</th>
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<tr>
<td>2018</td>
<td>$12,000,120,888</td>
<td>$8,635,490,844</td>
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<tr>
<td>2010</td>
<td>$6,169,419,266</td>
<td>$7,517,553,266</td>
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- **Paid**
  - Working part-time
  - Working full-time
- **Unpaid**
  - Providing care to older adults
  - Providing care to adults
  - Providing care to children
  - Providing help to family and friends
  - Volunteering

**Website**

- www.n-r-c.com

Michelle Kobayashi, Vice President
Michelle@n-r-c.com

Getting the health care needed more problematic for Colorado seniors
Since you cover some of these needs under the next couple of slides, I didn't include them here (slide 17)

Morgan Adams, 3/21/2017