Presentation Outline

1. Purpose and background of the 2016 Elder Needs Assessment Survey
2. Changes made to the Needs Assessment Survey since 2010
3. Review demographic profile and living situation of respondents
4. Results of the Needs Assessment Survey
5. Conclusions and Q&A
To determine the needs of Floridians ages 60 and older, from self-care limitations, health, and nutrition to modes of information, transportation, and housing

- Special note: the Needs Assessment Survey reflects the needs of the general elder population in Florida, not the needs of DOEA program clients

To identify major changes in elder Floridians’ needs that may have occurred since the last survey was conducted in 2010

To assist professional services planners, agency directors, and policy-makers with their services, outreach, and planning regarding the elder population

- Especially for high-need populations: low-income, minority, and rural
The DOEA contracted with the Bureau of Business and Economic Research at the University of Florida to conduct the survey.

2,000 elders ages 60 and older were interviewed in March through June of 2016:
• 1,100 in the initial sample, with approximately 100 elders from each of the 11 Planning and Service Areas (PSAs); and
• 900 in oversample for minority, rural, and low-income elders.

The statewide data was weighted to reflect the proper proportion of elders from each PSA in Florida. It combines the initial sample data and the oversample data.
Based on the 2010 survey, the 2016 survey questionnaire was improved, including more comprehensive answer choices.

Additional questions were added to the survey, expanding the following sections:
• Demographic Profile,
• Caregiving,
• Information Assistance/Technology,
• Transportation, and
• Housing.

Both surveys included an initial sample and an oversample of 300 low-income, 300 minority, and 300 rural respondents age 60 and older.

Total number of respondents in 2010: 1,850
Total number of respondents in 2016: 2,000
Differences Between 2010 and 2016 Surveys

Compared to the needs of elders identified in the 2010 survey, elders in 2016:

- were more often caregivers (20% in 2010 versus 36% in 2016),
- experienced different barriers to moving,
- had more access to the Internet (72% in 2010 versus 82% in 2016) and less interest in receiving computer and Internet training (38% in 2010 versus 26% in 2016),
- were less concerned about becoming a victim of consumer fraud (83% in 2010 versus 61% in 2016), and
- had different concerns about legal issues.
Demographic Profile

The average respondent was a non-Hispanic white woman in her early 70s, with an income between $40,000 and $49,000.

Minority elders were among the oldest surveyed (largest proportion were 75 to 84), while the rural elders were among the youngest (largest proportion were age 65 to 74).
Demographic Profile

1 in 10 elders identified as Hispanic or Latinx.

Income Groups of Statewide, Minority, and Rural Respondents

- Total Statewide
- Minority Oversample
- Rural Oversample

- Under $20,000
  - 25% Total Statewide
  - 7% Minority Oversample
  - 5% Rural Oversample

- $20,000 - $49,999
  - 44% Total Statewide
  - 39% Minority Oversample
  - 14% Rural Oversample

- $50,000 - $99,999
  - 44% Total Statewide
  - 37% Minority Oversample
  - 11% Rural Oversample

- $100,000+
  - 39% Total Statewide
  - 39% Minority Oversample
  - 11% Rural Oversample

Demographic Profile:

- White / Caucasian: 17%
- Black / African-American: 2%
- American Indian / Alaska Native: 3%
- Asian: 2%
- Native Hawaiian / Pacific Islander: 2%
- Other: 2%

1 in 10 elders identified as Hispanic or Latinx.

33% of elders identified as Hispanic or Latinx.

75% of elders are aged 60 or older.

3% of elders are aged 80 or older.

67% of elders are aged 70 or older.
Demographic Profile

Marital Status of Respondents

<table>
<thead>
<tr>
<th>Sample Type</th>
<th>Married</th>
<th>Partnered</th>
<th>Single</th>
<th>Widowed</th>
<th>Separated</th>
<th>Divorced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Statewide</td>
<td>48%</td>
<td>7%</td>
<td>28%</td>
<td>14%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rural Oversample</td>
<td>58%</td>
<td>4%</td>
<td>26%</td>
<td>9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low-Income Oversample</td>
<td>30%</td>
<td>10%</td>
<td>33%</td>
<td>22%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minority Oversample</td>
<td>41%</td>
<td>13%</td>
<td>28%</td>
<td>15%</td>
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</tr>
</tbody>
</table>

Respondents Living Alone

- Total Statewide: 32% Married, 28% Widowed, 42% Single
- Minority Oversample: 28% Married, 15% Widowed, 42% Single
- Low-Income Oversample: 26% Married, 9% Widowed, 42% Single
- Rural Oversample: 26% Married, 9% Widowed, 42% Single
## ADL Limitations

### ADL Limitations Among Respondents

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Light</th>
<th>Moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-64</td>
<td>88.0%</td>
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<td>65-69</td>
<td>91.5%</td>
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<td>70-74</td>
<td>91.7%</td>
<td>6.3%</td>
<td>2.0%</td>
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<tr>
<td>75-79</td>
<td>91.0%</td>
<td>4.9%</td>
<td>4.0%</td>
</tr>
<tr>
<td>80-84</td>
<td>85.6%</td>
<td>7.0%</td>
<td>7.4%</td>
</tr>
<tr>
<td>85+</td>
<td>78.8%</td>
<td>13.3%</td>
<td>7.8%</td>
</tr>
</tbody>
</table>
IADL Limitations Among Respondents

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Light</th>
<th>Moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-64</td>
<td>73.9%</td>
<td>20.7%</td>
<td>5.4%</td>
</tr>
<tr>
<td>65-69</td>
<td>81.8%</td>
<td>13.5%</td>
<td>4.7%</td>
</tr>
<tr>
<td>70-74</td>
<td>82.4%</td>
<td>15.0%</td>
<td>2.7%</td>
</tr>
<tr>
<td>75-79</td>
<td>73.5%</td>
<td>20.9%</td>
<td>5.5%</td>
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<tr>
<td>80-84</td>
<td>70.1%</td>
<td>20.9%</td>
<td>9.0%</td>
</tr>
<tr>
<td>85+</td>
<td>51.4%</td>
<td>33.6%</td>
<td>15.0%</td>
</tr>
</tbody>
</table>

Legend: Light, Moderate, Severe
Comparison Between 2010 and 2016 Surveys

**ADL Limitations**
- Walking: 12% (2010), 19% (2016)
- Transferring: 9% (2010), 13% (2016)
- Bathroom: 6% (2010), 10% (2016)
- Eating: 9% (2010), 8% (2016)
- Dressing: 10% (2010), 13% (2016)
- Bathing: 11% (2010), 16% (2016)

**IADL Limitations**
- Using transportation: 16% (2010), 23% (2016)
- Taking medication: 10% (2010), 12% (2016)
- Shopping: 19% (2010), 26% (2016)
- Preparing meals: 16% (2010), 23% (2016)
- Managing money: 15% (2010), 12% (2016)
- Using the phone: 7% (2010), 9% (2016)
- Light housekeeping: 32% (2010), 26% (2016)
- Heavy chores: 45% (2010), 54% (2016)
When seeking assistance, elders look to friends and family (34%), a health care professional (16%), or a paid attendant (9%).

Low-income elders (12%) were more likely to look to a government agency for assistance than other groups (6%).

Approximately 1 in 4 elders got the assistance they needed with ADLs and IADLs “always” or “most of the time.”

ADLs: $N = 549$
IADLs: $N = 1190$
Basic Caregiving Information

- 36% Provide care for someone who is unable to care for themselves
- 60% Provide care at least once a week
- 82% Provide care for another elder (age 60 or older)
**Assistance with Caregiving**

**Types of Help Needed by Caregiving Elders**

- **17%** Respite
- **13%** Household chores
- **13%** Personal care tasks
- **12%** Financial help
- **12%** Emotional support
- **11%** Transportation
- **5%** Information
- **2%** Training on how to provide care
- **2%** Other

- **32%** of caregivers receive help with their caregiving responsibilities
- **23%** of caregivers need help with their caregiving responsibilities
- **12%** of caregivers are interested in receiving caregiver training

*N = 161*
Do you need assistance with your caregiving responsibilities?

- **Total Statewide**: 23% Yes, 77% No
- **Rural Oversample**: 17% Yes, 83% No
- **Low-Income Oversample**: 33% Yes, 67% No
- **Minority Oversample**: 31% Yes, 69% No

*N = 707*
Assistance with Caregiving

Reasons Why Caregivers Haven't Received Help

- Can't afford the expense
- Don't like asking for help
- Services are not available
- Don't have time to check out options
- Care recipient won't allow someone new to help
- Don't want strangers in my house
- Would not be satisfied with the available help
- Other

N = 134
51% of elders surveyed were interested in taking a health class

18% attended an event offering free health information in the past year

87% were physically active at least 3 times per week
Of those who do not get medical care when needed, these were the main barriers to receiving medical care.

Low-income (29%), minority (28%), and rural (30%) elders cited the expense as being a main barrier more than the total statewide sample (23%).

One in five (21%) of respondents cited lack of transportation as a barrier to medical care.
Access to Medical Care

- **11%** split a pill or skipped medication because of the price
- **8%** delayed or went without assistance for an emotional or mental health problem
- **37%** of low-income elders delayed their prescription medications more than three months, as compared to **27%** of statewide elders
Delays in Medical Care

Length of Delays in Filling Prescription Medications

<table>
<thead>
<tr>
<th></th>
<th>Total Statewide</th>
<th>Minority Oversample</th>
<th>Low-Income Oversample</th>
<th>Rural Oversample</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 month</td>
<td>22%</td>
<td>17%</td>
<td>15%</td>
<td>17%</td>
</tr>
<tr>
<td>1-2 months</td>
<td>17%</td>
<td>10%</td>
<td>22%</td>
<td>3%</td>
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<tr>
<td>3-6 months</td>
<td>10%</td>
<td>27%</td>
<td>25%</td>
<td>17%</td>
</tr>
<tr>
<td>Longer than 6 months</td>
<td>10%</td>
<td>6%</td>
<td>12%</td>
<td>13%</td>
</tr>
</tbody>
</table>

$N = 276$
Delays in Medical Care

Limitations in Respondents' Ability to Get Prescriptions, Dental Care, or Eyeglasses

- Insurance does not cover what I need: 29%
- Can’t afford it: 27%
- Don't have insurance: 11%
- Appointment or scheduling issues: 9%
- Lack of transportation: 8%
- Health limitations: 6%
- Other: 6%
- Provider, services or supplies not available: 5%

N = 796
Sources of Information about Services for Elders

**Preferred Ways of Receiving Information About Services for Elders**

- Medical provider: 22%
- Family or friends: 20%
- Aging agency, senior centers, or Elder Helpline: 12%
- Internet: 11%
- National organizations such as AARP: 11%
- Government agency: 8%
- Church: 7%
- Newspaper, magazines: 5%
- Other: 3%
- Don't know: 1%

**Sources of Information About Services for Elders**
were interested in receiving computer and Internet training

1 in 4 elders used a computer regularly

Percent of Respondents with No Internet Access

Total Statewide: 2010 - 31%, 2016 - 18%
Low-Income Oversample: 2010 - 48%, 2016 - 32%
Rural Oversample: 2010 - 32%, 2016 - 12%
Minority Oversample: 2010 - 49%, 2016 - 35%

26%
Respondents Interested in Receiving Computer and Internet Training, 2010 and 2016

- **Total Statewide**: 38% (2010), 26% (2016)
- **Low-Income Oversample**: 42% (2010), 37% (2016)
- **Rural Oversample**: 34% (2010), 19% (2016)
- **Minority Oversample**: 52% (2010), 39% (2016)
Frequency of Eating Needed Food Among Respondents

- **Nutrition Risks**
- **Frequency of Eating Needed Food Among Respondents**
- **Always**:
  - Minority Oversample: 77%
  - Low-Income Oversample: 59%
  - Rural Oversample: 55%
  - Total Statewide: 70%
- **Most of the time**:
  - Minority Oversample: 29%
  - Low-Income Oversample: 29%
  - Rural Oversample: 18%
  - Total Statewide: 21%
- **Sometimes**:
  - Minority Oversample: 12%
  - Low-Income Oversample: 9%
  - Rural Oversample: 5%
  - Total Statewide: 7%
- **Hardly ever / never**:
  - Minority Oversample: 4%
  - Low-Income Oversample: 3%
  - Rural Oversample: 1%
  - Total Statewide: 2%
Nutrition Risks

Reasons for Inadequate Nutrition Among Respondents

- Little or no appetite and forget: 21%
- Physical or health issues: 17%
- Too tired or weak: 14%
- Can't afford it: 13%
- Don't like to eat alone: 10%
- Food I want is not available nearby: 8%
- No transportation: 7%
- Other: 6%
- Don't know: 3%
- Appliances don't work: 2%

N = 524
Of those who receive food assistance, more than half (52%) receive SNAP benefits. Other sources of food assistance received include:
- family and friends (16%),
- community groups (12%), and
- Meals on Wheels / Home-Delivered Meals (12%).

When asked about the Electronic Benefits Transfer (EBT) card, most elders who did not have it said it was because they:
- didn’t need it (36%),
- didn’t think they would qualify for it (14%), or
- didn’t know about the program (13%).
## Have you recently purchased food from a farmer's market?

<table>
<thead>
<tr>
<th>Sample Type</th>
<th>Yes (%)</th>
<th>No (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Statewide (N=2,000)</td>
<td>34%</td>
<td>66%</td>
</tr>
<tr>
<td>Rural Oversample (N=300)</td>
<td>38%</td>
<td>62%</td>
</tr>
<tr>
<td>Low-Income Oversample (N=300)</td>
<td>26%</td>
<td>74%</td>
</tr>
<tr>
<td>Minority Oversample (N=300)</td>
<td>29%</td>
<td>71%</td>
</tr>
</tbody>
</table>

## Why haven't you recently purchased food from a farmer's market?

- There isn't a market close by: 36%
- Shopping at a market is too inconvenient: 20%
- I don't like to shop at a farmer's market: 11%
- I don't have extra money for the market: 9%
- Food is too expensive: 9%
- I am too busy: 7%
- Don't know: 6%
- I don't like the food sold at the market: 2%

N = 1241
1 in 10 elders visited a senior center “often” or “sometimes”
Minority and low-income elders were significantly more likely to use public transportation.

Of the respondents that used public transport, 23% were dissatisfied with the service.

Top three reasons for not using public transportation:
- Don’t need it (45%)
- Limited availability of public transportation / Doesn’t go where I need it to go (19%)
- Inconvenience (13%)

13% of elders preferred to bicycle or walk

69% of elders preferred to drive or be driven in a car
Most respondents (93%) were able to get where they needed to go.

Among those who weren’t, nearly two-thirds (58%) cited health issues as the main reason.

When asked what limits their driving, respondents also cited illness or physical problems as the largest reason (18%).
Home Ownership and Maintenance

Problems with Respondents' Homes

- Too much upkeep, minor repairs: 31%
- Roofing or plumbing issue: 21%
- Hard to pay rent / mortgage / taxes / dues: 16%
- Major repairs are needed: 16%
- It is not accessible: 8%
- Other: 4%
- Flooding or other environmental problems: 3%
- Landlord issues: 1%

8 in 10 respondents owned their own home, which was especially common among rural respondents.

Of elders who cited problems with their home, one-third (31%) mentioned too much upkeep or minor repairs were needed.

N = 555
Moving

Desired Home Location If Respondent Could Move

- To downsize to a smaller or lower maintenance residence
- To go back home / closer to family
- To live in a retirement community (seniors only)
- Centrally located to be able to walk to services
- To live in a more secluded, more rural setting
- To live in a family neighborhood (all ages)
- To live in a more urban setting
- Assisted living
- Other

N = 502
Moving

Reasons that Prevent Respondents from Moving

- Packing and moving is too overwhelming: 18%
- Not enough money or help with moving: 17%
- I don't know what options are available: 11%
- My home has devalued: 10%
- Affordable housing option not available: 10%
- Attached to my current residence (memories): 9%
- Spouse / children / family doesn't want to move: 8%
- Health issues: 8%
- Other: 5%
- Tried or trying to sell, but unable to sell: 4%

N = 279
The large majority of all groups surveyed felt safe in their homes and properties (96%) and in their neighborhoods (90%) “always” or “most of the time.”

Minority (20%) and rural elders (19%) cited health limitations more often than other groups as a reason for feeling unsafe.
One-third of elders volunteered. Of those who volunteered, two-thirds volunteer at least once a week.

The organizations for which elders were most likely to volunteer were faith-based (26%), community- or arts-based (17%), civic-based (10%), or health-based (10%).

Of those who did not volunteer, lack of time (18%) and health issues (17%) were among the most-cited reasons.
One-half of respondents were retired, while about 18% were currently employed.

14% were interested in switching to part-time or full-time work.

Only 6% of elders were interested in receiving job training. Of those interested, computer-related job training was most cited (36%).
Thought they were a victim of consumer fraud or a swindle

Are concerned about becoming the victim of consumer fraud or a swindle

Were aware of programs to assist elders in keeping themselves protected from abuse, neglect and financial exploitation
**Legal Assistance**

- **28%** of elders sought legal help in the last five years
- **86%** of them were able to get the legal help they needed
- **20%** of elders think it would be difficult to find legal help in the future

<table>
<thead>
<tr>
<th>Respondents Able to Get the Legal Help They Needed</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Statewide</td>
<td>86%</td>
<td>14%</td>
</tr>
<tr>
<td>Rural Oversample</td>
<td>93%</td>
<td>7%</td>
</tr>
<tr>
<td>Low-Income Oversample</td>
<td>73%</td>
<td>27%</td>
</tr>
<tr>
<td>Minority Oversample</td>
<td>78%</td>
<td>22%</td>
</tr>
</tbody>
</table>

*N = 550*
Of those not able to get legal help when they needed it, cost (25%) and lack of information about resources (27%) were the biggest reasons.

22% of elders did not know where they would seek help with a legal need. Of those who did, most would go to the Florida Department of Elder Affairs (18%) or the Florida Bar Lawyer Referral Service (19%).
Disaster Preparedness

Percent of Respondents Interested in Learning about Special Needs Shelter in Emergencies

Total Statewide
N=2,000
33% Yes 67% No

Rural Oversample
N=300
23% Yes 77% No

Low-Income Oversample
N=300
42% Yes 58% No

Minority Oversample
N=300
52% Yes 48% No
Compared to the initial sample, elders in the minority and low-income groups:

- were more interested in receiving information on any subject;
- expressed more need for assistance with ADLs, IADLs, and caregiving responsibilities;
- delayed filling prescription medications, eye care, and dental care for longer periods;
- had less access to the Internet (65% and 68% versus 87%);
- got the food they needed less often (84% and 88% versus 93%);
- needed more financial and physical assistance with moving homes; and
- did not receive the legal help they needed as often.

Compared to the initial sample, elders in the rural group:

- have higher incomes,
- are less interested in receiving information on most subjects,
- express less need for assistance with ADLs, IADLs, and caregiving responsibilities,
- have fewer problems with their homes, and
- are not as limited in mobility.
Interesting statewide findings:

- Respite and emotional support were the main kinds of help needed by caregivers.

- Expense was one of the primary barriers to both medical care and legal help.

- About one-fifth of elders preferred to find out about services for elders through the Internet or email (20%) as well as through visits with their physician (18%).

- The main barriers to moving for respondents were the fact that packing is too overwhelming and that they don’t have enough money or help with moving.

- Over one-fifth (22%) of elders did not know where they could seek help with a legal need.