

An Assessment of the Needs of Tompkins County Residents Sixty Years of Age and Older



*Completed by:
Lisa Horn
Horn Research LLC*

*For:
Tompkins County Office for the Aging
September 24, 2012*

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Introduction

The Tompkins County Office for the Aging (COFA) makes ongoing efforts to assess the needs of County residents age 60 and older, as mandated under the Older Americans Act. Furthermore, COFA attempts to determine the extent to which those needs are being met, and to the extent possible and appropriate, to develop systems and resources to meet unmet needs.

In 1995, COFA conducted a needs assessment of the 60+ population in Tompkins County, which provided a wealth of information on the status of local senior citizens. In 2004, as part of the New York State Office for the Aging (NYSOFA) Project 2015, COFA conducted a follow-up survey to obtain a snapshot of seniors' current situations, to consider needs in terms of current resources, and to make recommendations accordingly.

Now in 2012, COFA has implemented a comparable survey to identify current trends in needs and resources, as well as to determine areas of change relative to previous assessment data to assist with long-range planning. It is hoped that these data will provide needed information not only for COFA's planning process, but also for that of other private and public entities and agencies as they plan for their senior clients.

Since the last assessment done in 2004, the first of the baby boomers has started to reach senior status. Overall, Tompkins County has seen a 34% increase in population of people age 60 and over between 2000 and 2010. This group now represents 15.8% of the total county population, up from 12.4% in 2000. The first wave of the baby boomers accounts for the largest part of this growth: between 2000 and 2010, there was an 88.7% increase in persons age 60-64 in Tompkins County. As this large generation continues to age, they will place demands on government, service systems, and the community-at-large in a multitude of ways. Tompkins County is no exception to these trends.

Methodology

This survey attempted, wherever possible and appropriate, to replicate the 2004 needs assessment for comparability purposes. Some questions were revised, eliminated and added, but as many variables as possible were retained as written for comparability.

As in 2004, the survey was conducted by telephone, but an additional option for completing the survey online was offered for individuals unable or unwilling to complete the telephone survey. Telephone surveys typically have higher response rates than mail surveys and offer the opportunity for interviewers to probe when necessary and clarify questions. While internet surveys present similar problems as mail survey do (typically low response rates, more missing data, and fewer opportunities for question clarification and interview probing), offering an additional survey mode increased

response rate overall. The most in-depth information could be obtained in a personal, face-to-face interview, but it is too costly in terms of available resources to engage this methodology.

The most serious drawback in conducting a telephone or internet survey is that people without telephones or internet access are by definition not contacted, and these individuals may be among the most needy. Additionally those who are too frail or hard-of-hearing to participate in a telephone survey are excluded. As a result of these limitations, one can hypothesize that the results of the study are to some unspecified degree more positive than the actual situation in the County.

Instrument Development

The majority of the questions on the survey were taken from the needs assessment conducted by COFA in 2004. The survey questions concerned demographic information, employment, housing, transportation, isolation, activities, physical and mental health, nutrition, care-giving, awareness and use of services, health insurance and crime. Through meetings and contacts with local health and human service providers, COFA made changes and additions to the survey questions. A copy of the questionnaire may be seen in Appendix A.

Sample Selection

It was estimated that 366 interviews were needed to obtain results with no more than 5% error at the 95% level of confidence. A total of 402 interviews were actually completed.

The sample was drawn randomly from the mailing list of the Senior Circle newsletter. This publication circulates to over 10,600 of the 16,042 residents of Tompkins County who are 60 years of age and older. The list is comprised of all County residents 60 years of age and older who are registered to vote, plus those seniors who come to COFA or Lifelong for services who are not registered to vote. This latter group is almost always low-income, and consequently, any bias of the voter registration list towards higher incomes is reduced to some unspecified degree.

A letter from the Director of COFA was sent to each person drawn from the list explaining the purpose of the survey and alerting the recipient to the fact that they would be called (Appendix B).

Table 1 details the results of each individual in the sample. A total of 1,001 individuals were called with 402 completed surveys. Three hundred seventy-four surveys were completed with income data provided by respondents (considered a key variable for analysis.) One hundred thirty-one individuals refused to participate resulting in a 75.4% response rate. Two hundred fourteen telephone numbers were disconnected or incorrect. Sixty-two individuals were deemed ineligible to participate (e.g. deceased, too ill or no longer Tompkins County residents.) One hundred ninety-two individuals in the sample were deemed unable to contact after a minimum of 4 calls were made to the number at varying times of the day and week.

| Table 1 Survey Sample Results | |
|--|----------|
| Outcome | N |
| Complete (total) | 402 |
| with income data | 374 |
| no income data | 28 |
| Refused | 131 |
| Ineligible | 62 |
| Number out of service | 214 |
| Unable to contact | 192 |
| Total | 1,001 |

Mode of Completion

Two thirds of the interviews were conducted by telephone and one third of interviews were self-administered online (Table 2.) It appears that offering the online survey option was helpful in increasing participation among males. Males were much more likely than females to complete the online survey than the telephone survey (Table 3.) Income was a clear predictor of mode of participation with 100% of individuals below poverty completing by telephone and approximately half of individuals above median completing online (Table 4.) Correspondingly, as age increased so did the likelihood that respondents completed the survey by telephone rather than online (Table 5.)

| Table 2 Completions by Survey Mode | | |
|---|------------|----------------|
| | N | Percent |
| Telephone | 266 | 66.2% |
| Online | 136 | 33.8% |
| <i>Total</i> | <i>402</i> | <i>100%</i> |

| Table 3 Completions by Mode and Gender | | | | |
|---|-------------|---------------|----------------|----------------|
| Mode | Male | Female | Total N | Percent |
| Telephone | 100 | 166 | 266 | 66.2% |
| Online | 76 | 60 | 136 | 33.8% |
| <i>Total N</i> | <i>176</i> | <i>226</i> | <i>402</i> | |
| Percent | 43.8% | 56.2% | | 100.0% |

| Table 4 | | | | |
|--|------------------|---------------|----------------|----------------|
| Completions by Mode and Income Category | | | | |
| | Telephone | Online | Total N | Percent |
| Below 100% Poverty | 17 | 0 | 17 | 4.6% |
| Between 100-220% Poverty | 64 | 14 | 78 | 20.9% |
| Between 220% Poverty and Median Income | 77 | 23 | 100 | 26.7% |
| Above Median Income | 94 | 85 | 179 | 47.9% |
| <i>Total N</i> | 252 | 122 | 374 | |
| Percent | 67.4% | 32.6% | | 100.0% |

| Table 5 | | | | |
|---|------------------|---------------|----------------|----------------|
| Completions by Mode and Age Category | | | | |
| | Telephone | Online | Total N | Percent |
| 60-64 | 54 | 43 | 97 | 24.4% |
| 65-69 | 51 | 42 | 93 | 23.4% |
| 70-74 | 46 | 30 | 76 | 19.1% |
| 75-79 | 42 | 8 | 50 | 12.6% |
| 80-84 | 43 | 8 | 51 | 12.8% |
| 85-89 | 27 | 0 | 27 | 6.8% |
| 90-94 | 3 | 1 | 4 | 1.0% |
| <i>Total N</i> | 266 | 132 | 398 | |
| Percent | 66.8% | 33.2% | | 100.0% |

Interviewer Training

Five individuals were hired to conduct interviews on a part-time, temporary basis. It was important that these individuals be carefully trained in order to obtain valid and complete interviews. Interviewers familiarized themselves with the interview and the instructions (Appendix C) in a training session. Each interviewer practiced the survey instrument on a peer interviewer, and then the pair switched roles. Interviewers conducted further practice interviews with the Project Director as deemed necessary. The interviewers were observed as they proceeded with actual interviews until they were judged to be ready.

Limitations of the Study

All survey data are limited by factors which need to be considered when evaluating results. The sample size in this study is adequate for generalizing to the 60+ senior population in Tompkins County to the extent that if this study were repeated with other same size samples, 95% of the time the same results would be obtained within an error rate of plus or minus 5%. However, the size of the subgroups within the sample is not large enough to make similar generalizations.

Secondly, it is possible that those who refused to be interviewed would have given significantly different responses than those who completed the interview. The same consideration applies to those who were out of town.

Thirdly, while a very high percentage of the County's seniors were on the list from which the sample was drawn, those who were not may well be from a poorer economic group than most of those in the sample.

Finally, the validity of all surveys is diminished to the extent that respondents may not be willing or able to give valid responses, by interview error, by data entry error, and other factors. We have tried in our development of the instrument, in our pre-testing and in our training of interviewers and data entry staff, to obtain as valid information as possible.

Results

Statistical Interpretation of Results

The responses to each question in the survey may be seen in Appendix D in frequencies and percentages. Unless otherwise noted, results described in the text can be seen in Appendix D. In order to estimate the situation of seniors in Tompkins County from the survey responses, the percentage response needs only to be multiplied by 16,042 the number of seniors 60 and older in the County according to the 2010 Census of the United States. The extent to which a sample is representative of the population from which it is drawn is an essential consideration in every scientific survey. A comparison of the age, gender and race percentages of the sample with those of the Tompkins County population as well as to the 2004 sample may be seen in the Demographic Data section below.

Demographic Data

As seen in Tables 6-10, most of the survey percentages correspond reasonably well to those from the 2010 Census, with the following exceptions: the sample under-represents the 60-64 age group and slightly over-represents the 70-74 age group; seniors from Groton are under-represented; and minorities are slightly under-represented. Statistically, the size of these differences is not large enough to be further analyzed.

We saw a significant improvement over 2004 when females were over-represented in the sample. The 2012 survey achieved a very representative sample based on gender. Additionally, the 2012 survey data more accurately reflects county poverty rates than in 2004.

| Age | 2000 Census | 2004 Survey Sample | 2010 Census | 2012 Survey Sample |
|------------|--------------------|-------------------------------|--------------------|-------------------------------|
| 60-64 | 22.6% | 21.2% | 31.8% | 24.4% |
| 65-69 | 20.1% | 13.0% | 21.6% | 24.4% |
| 70-74 | 18.6% | 17.9% | 14.0% | 19.1% |
| 75-79 | 16.4% | 21.7% | 11.5% | 12.6% |
| 80-84 | 11.7% | 14.8% | 9.8% | 12.8% |
| 85+ | 10.5% | 11.5% | 11.2% | 7.8% |

| Table 7 | | | | |
|--|--------------------|---------------------------|--------------------|---------------------------|
| Gender by Population and Sample for 2004 and 2012 Assessments | | | | |
| Gender | 2000 Census | 2004 Survey Sample | 2010 Census | 2012 Survey Sample |
| Male | 42.4% | 39.7% | 45.1% | 43.8% |
| Female | 57.6% | 60.3% | 54.9% | 56.2% |

| Table 8 | | | | |
|--|--------------------|---------------------------|--------------------|---------------------------|
| Race by Population and Sample for 2004 and 2012 Assessments | | | | |
| Race | 2000 Census | 2004 Survey Sample | 2010 Census | 2012 Survey Sample |
| White | 95.8% | 94.9% | 94.7% | 97.9% |
| Black | 1.8% | 1.8% | 2.0% | 0.3% |
| Native American | 0.1% | 0.5% | 0.2% | 0.0% |
| Asian | 1.5% | 0.8% | 2.1% | 0.5% |
| Native Hawaiian/ Pacific Islander | 0.0% | 0.0% | 0.0% | 0.0% |
| Other | 0.2% | 0.0% | 0.2% | 0.3% |
| 2 or More Races | 0.6% | 1.5% | 0.8% | 1.0% |
| Total Minority | 4.2% | 4.6% | 5.3% | 2.1% |
| Spanish Origin | 0.5% | 2.0% | 1.1% | 2.6% |

| Table 9 | | | | |
|--|--------------------|---------------------------|--------------------|---------------------------|
| Township Residence by Population and Sample for 2004 and 2012 Assessments | | | | |
| Location | 2000 Census | 2004 Survey Sample | 2010 Census | 2012 Survey Sample |
| Caroline | 3.4% | 3.1% | 4.1% | 5.0% |
| Danby | 3.5% | 3.6% | 4.4% | 5.8% |
| Dryden | 14.5% | 19.3% | 16.3% | 15.3% |
| Enfield | 3.6% | 3.8% | 4.2% | 5.0% |
| Groton | 8.3% | 5.6% | 7.3% | 4.5% |
| Ithaca City | 18.9% | 19.6% | 15.8% | 14.1% |
| Ithaca Town | 23.3% | 20.1% | 21.1% | 19.9% |
| Lansing | 11.7% | 11.7% | 13.0% | 14.8% |
| Newfield | 5.3% | 5.3% | 6.1% | 7.8% |
| Ulysses | 7.5% | 7.9% | 7.7% | 7.8% |

| Table 10 | | | | |
|--|----------------------------------|-------------------------------|----------------------------------|-------------------------------|
| Poverty Status by Population and Sample for 2004 and 2012 Assessments | | | | |
| | 2000 Census (age 65+) | 2004 Survey Sample | 2010 Census (Age 60+) | 2012 Survey Sample |
| At/ Below Poverty | 5.2% | 7.7% | 5.5% | 4.6% |

Characteristics of the Sample Respondents

Age and Gender

Table 11 reflects a breakdown of the respondents by age and gender.

| Table 11 | | | | | | | | | |
|--------------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|
| Age and Gender of Respondents | | | | | | | | | |
| | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 | Total N | Percent |
| Male | 43 | 40 | 42 | 17 | 22 | 10 | 2 | 176 | 44.2% |
| Female | 54 | 53 | 34 | 33 | 29 | 17 | 2 | 222 | 55.8% |
| <i>Total N</i> | <i>97</i> | <i>93</i> | <i>76</i> | <i>50</i> | <i>51</i> | <i>27</i> | <i>4</i> | <i>398</i> | |
| Percent | 24.4% | 23.4% | 19.1% | 12.6% | 12.8% | 6.8% | 1.0% | | 100.0% |

Marital Status

Respondents were asked about their marital status. A cross-tabulation of marital status of respondents by age and gender can be seen in Tables 12 and 13.

| Table 12 | | | | | | | | | |
|-------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|
| Age and Marital Status | | | | | | | | | |
| | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 | Total N | Percent |
| Married | 74 | 69 | 57 | 29 | 26 | 9 | 1 | 265 | 66.9% |
| Partnered | 1 | 4 | 1 | 0 | 3 | 0 | 0 | 9 | 2.3% |
| Widowed | 6 | 5 | 7 | 13 | 14 | 12 | 2 | 59 | 14.9% |
| Divorced | 9 | 11 | 5 | 6 | 6 | 3 | 1 | 41 | 10.4% |
| Separated | 0 | 2 | 1 | 1 | 1 | 0 | 0 | 5 | 1.3% |
| Never Married | 6 | 1 | 5 | 1 | 1 | 3 | 0 | 17 | 4.3% |
| <i>Total N</i> | <i>96</i> | <i>93</i> | <i>76</i> | <i>50</i> | <i>51</i> | <i>27</i> | <i>4</i> | <i>397</i> | |
| Percent | 24.2% | 23.2% | 19.2% | 12.6% | 12.9% | 6.8% | 1.0% | | 100.0% |

| Table 13 Gender and Marital Status | | | | |
|---|-------------|---------------|----------------|----------------|
| | Male | Female | Total N | Percent |
| Married | 137 | 131 | 268 | 67.0% |
| Partnered | 6 | 3 | 9 | 2.3% |
| Widowed | 13 | 46 | 59 | 14.8% |
| Divorced | 10 | 31 | 41 | 10.3% |
| Separated | 4 | 1 | 5 | 1.3% |
| Never Married | 5 | 13 | 18 | 4.5% |
| <i>Total N</i> | <i>175</i> | <i>226</i> | <i>401</i> | |
| Percent | 43.8% | 56.3% | | 100.0% |

Number in Household

The numbers of individuals in each household cross-tabulated with their age and gender are presented in Tables 14 and 15. It is of interest to note that 78 of the 104 respondents living alone were women (75%).

| Table 14 Age and Number in Household | | | | | | | | | |
|---|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|
| | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 | Total N | Percent |
| 1 | 18 | 16 | 14 | 16 | 20 | 16 | 3 | 103 | 25.9% |
| 2 | 62 | 72 | 58 | 32 | 29 | 11 | 1 | 265 | 66.6% |
| 3 | 9 | 3 | 3 | 2 | 2 | 0 | 0 | 19 | 4.8% |
| 4 | 7 | 1 | 1 | 0 | 0 | 0 | 0 | 9 | 2.3% |
| 5 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0.3% |
| 6 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0.3% |
| <i>Total N</i> | <i>97</i> | <i>93</i> | <i>76</i> | <i>50</i> | <i>51</i> | <i>27</i> | <i>4</i> | <i>398</i> | |
| Percent | 24.4% | 23.4% | 19.1% | 12.6% | 12.8% | 6.8% | 1.0% | | 100.0% |

| Table 15 Gender and Number in Household | | | | |
|--|-------------|---------------|----------------|----------------|
| | Male | Female | Total N | Percent |
| 1 | 26 | 78 | 104 | 25.9% |
| 2 | 136 | 132 | 268 | 66.7% |
| 3 | 10 | 9 | 19 | 4.7% |
| 4 | 3 | 6 | 9 | 2.2% |
| 5 | 1 | 0 | 1 | 0.3% |
| 6 | 0 | 1 | 1 | 0.3% |
| <i>Total N</i> | <i>176</i> | <i>226</i> | <i>402</i> | |
| Percent | 43.8% | 56.2% | | 100.0% |

Income of Respondents

Table 16 shows the income of all respondents broken down by gender. Female respondents were more likely to have low incomes than male respondents.

| Table 16 Gender and Income¹ | | | | |
|---|-------------|---------------|----------------|----------------|
| | Male | Female | Total N | Percent |
| Below 100% Poverty | 2 | 15 | 17 | 4.6% |
| Between 100-220% Poverty | 25 | 53 | 78 | 20.9% |
| Between 220% Poverty and Median Income ² | 44 | 56 | 100 | 26.7% |
| Above Median Income | 94 | 85 | 179 | 47.9% |
| <i>Total N</i> | 165 | 209 | 374 | |
| Percent | 44.1% | 55.9% | | 100.0% |

Table 17 shows the income of respondents who live alone broken down by gender. It reveals that all of the people living alone with incomes below the poverty level were women (100%).

| Table 17 Gender and Income of Respondents who Live Alone | | | | |
|---|----------|----------|----------------|----------------|
| | M | F | Total N | Percent |
| Below 100% Poverty | 0 | 10 | 10 | 10.0% |
| Between 100-220% Poverty | 6 | 29 | 35 | 35.0% |
| Between 220% Poverty and Median Income | 13 | 22 | 35 | 35.0% |
| Above Median Income | 6 | 14 | 20 | 20.0% |
| <i>Total N</i> | 25 | 75 | 100 | |
| Percent | 25.0% | 75.0% | | 100.0% |

Education and Occupation

Table 18 below shows the high level of education in the County with 55.1% of respondents reporting having at least a college degree. Comparing this to the 2004 assessment's finding of 40.2% with at least a college degree suggest that Tompkins County seniors are exhibiting, overall, a higher level of educational attainment. Table 19 below adds support to this supposition by showing a distinctly larger proportion of respondents with a college degree in the younger age groups.

¹ 100% Federal Poverty Level in 2012 is \$11,170 for a household of 1, and adjusted as household size increases. Median income for Tompkins County in 2012 is \$72,800 for a household of 1, and adjusted as household size increases.

| Table 18 | | | | |
|--|----------|----------|----------------|----------------|
| Educational Attainment | | | | |
| | M | F | Total N | Percent |
| Eight years or less | 1 | 0 | 1 | 0.3% |
| Some high school | 9 | 8 | 17 | 4.2% |
| Completed high school | 26 | 57 | 83 | 20.7% |
| Some college (including community college/ vocational school) | 36 | 43 | 79 | 19.7% |
| College degree | 37 | 35 | 72 | 18.0% |
| Some graduate work | 8 | 13 | 21 | 5.2% |
| Master's degree | 23 | 52 | 75 | 18.7% |
| Doctorate or Senior Professional Degree | 36 | 17 | 53 | 13.2% |
| <i>Total N</i> | 176 | 225 | 401 | |
| Percent | 43.9% | 56.1% | | 100.0% |

| Table 19 | | |
|--|----------|----------------|
| Percent of Respondents with a College Degree by Age Group | | |
| | N | Percent |
| 60-64 | 60 | 27.4% |
| 65-69 | 55 | 25.1% |
| 70-74 | 42 | 19.2% |
| 75-79 | 20 | 9.1% |
| 80-84 | 27 | 12.3% |
| 85+ | 15 | 6.9% |
| All ages | 219 | 54.6% |

The occupational sector most frequently (31%) reported as being the primary job respondents had engaged in most of their life was the educational, health and social services field. Table 20 shows primary job by gender with data revealing a trend of occupations following traditional gender roles.

| Table 20 | | | | |
|--|------------|------------|----------------|----------------|
| Occupation by Gender | | | | |
| | M | F | Total N | Percent |
| Educational, health and social services | 43 | 79 | 122 | 31.0% |
| Professional, scientific, management, administrative and waste management services | 32 | 46 | 78 | 19.9% |
| Arts, entertainment, recreation, accommodation and food services | 4 | 25 | 29 | 7.4% |
| Manufacturing | 17 | 9 | 26 | 6.6% |
| Finances, insurance, real estate, and rental and leasing | 9 | 15 | 24 | 6.1% |
| Retail trade | 9 | 10 | 19 | 4.8% |
| Never worked | 0 | 19 | 19 | 4.8% |
| Transportation and warehousing and utilities | 13 | 2 | 15 | 3.8% |
| Information | 9 | 5 | 14 | 3.6% |
| Other services | 8 | 4 | 12 | 3.1% |
| Construction | 9 | 0 | 9 | 2.3% |
| Public administration | 6 | 3 | 9 | 2.3% |
| Agriculture, forestry, fishing and hunting, and mining | 5 | 0 | 5 | 1.3% |
| Wholesale trade | 0 | 2 | 2 | 0.5% |
| <i>Total N</i> | <i>169</i> | <i>224</i> | <i>393</i> | |
| Percent | 43.0% | 57.0% | | 100.0% |

Race and Ethnicity

Racial minorities represent approximately 2.1% of the survey sample. In addition, 2.6% of respondents said they were of Spanish or Latino origin or descent. The small size of the non-white population does not allow for further detailed analysis by racial or ethnic status.

| Table 21 | | | | |
|---------------------------|-------------------------------|-----------------------------------|----------------|----------------|
| Race and Ethnicity | | | | |
| Location | Spanish/Latino Descent | Not Spanish/Latino Descent | Total N | Percent |
| White | 7 | 373 | 380 | 98.2% |
| Black | 1 | 0 | 1 | 0.3% |
| Native American | 0 | 0 | 0 | 0.0% |
| Asian | 0 | 2 | 2 | 0.5% |
| Native Hawaiian/ Pacific | 0 | 0 | 0 | 0.0% |
| Other | 1 | 0 | 1 | 0.3% |
| 2 or More Races | 1 | 2 | 3 | 0.8% |
| <i>Total N</i> | <i>10</i> | <i>377</i> | <i>387</i> | |
| Percent | 2.6% | 97.4% | | 100.0% |

Township Residence

Respondents were asked in which town or village in the County they lived, or whether they lived in the City of Ithaca. Table 22 below shows the geographical distribution of respondents cross-tabulated with gender. The gender breakdown is generally fairly even in all townships except the City of Ithaca where more than 3 times as many women completed the survey than men. Table 23 shows respondents have, overall, a long length of residence in Tompkins County with an average of 47.7 years.

| | Male | Female | Total N | All |
|----------------|-------------|---------------|----------------|------------|
| Caroline | 7 | 13 | 20 | 5.0% |
| Danby | 11 | 12 | 23 | 5.8% |
| Dryden | 28 | 33 | 61 | 15.3% |
| Enfield | 10 | 10 | 20 | 5.0% |
| Groton | 8 | 10 | 18 | 4.5% |
| Ithaca City | 13 | 43 | 56 | 14.1% |
| Ithaca Town | 33 | 46 | 79 | 19.9% |
| Lansing | 29 | 30 | 59 | 14.8% |
| Newfield | 17 | 14 | 31 | 7.8% |
| Ulysses | 16 | 15 | 31 | 7.8% |
| <i>Total N</i> | <i>172</i> | <i>226</i> | <i>398</i> | |
| Percent | 43.2% | 56.8% | | 100.0% |

| Years | Frequency | Percent |
|--------------|------------------|----------------|
| Less than 10 | 5 | 1.2% |
| 10-24 | 48 | 12.0% |
| 25-49 | 175 | 43.6% |
| 50-74 | 128 | 31.9% |
| 75+ | 45 | 11.2% |
| <i>Total</i> | <i>401</i> | <i>100%</i> |
| Mean | 47.7 | |
| Median | 45 | |

Employment

Respondents were asked whether they were currently in paid part- or full-time employment. They were also asked whether they would like to be in part- or full-time work, and whether or not they have sought employment during the last six months. Nearly 71% of respondents (N=283) said were not employed. Of the 29% (N=118) who were employed, 59% (N=70) were in full-time employment, while 41% (N=48) were in part-time employment.

Of the respondents who were not employed, over 13% (N=38) stated that they would like to be employed. Those who would like employment were far more likely to want part-time employment (92%; N=35) rather than full-time employment (8%; N=3). However, only 5.0% (N=21) of the sample had actually been looking for work in the previous six months. While a small fraction of the sample, this figure is twice as high as in the 2004 assessment when only 2.5% reported having been looking for work.

The 35 respondents who said they would like to be employed came from a broad range of work experiences, as shown in Table 24.

| | N | Percent |
|--|-----------|----------------|
| Manufacturing | 5 | 13.2% |
| Retail trade | 2 | 5.3% |
| Information | 1 | 2.6% |
| Finances, insurance, real estate, and rental and leasing | 2 | 5.3% |
| Professional, scientific, management, administrative and waste management services | 6 | 15.8% |
| Educational, health and social services | 8 | 12.1% |
| Arts, entertainment, recreation, accommodation and food services | 6 | 15.8% |
| Public administration | 1 | 2.6% |
| Other services | 1 | 2.6% |
| Never worked | 3 | 7.9% |
| No answer to work experience | 3 | 7.9% |
| <i>Total</i> | <i>38</i> | <i>100.0%</i> |

Not surprisingly, younger respondents were more likely to say they would be like to employed than older respondents. As Table 25 shows, 27% of seniors aged 60-64 who were not working said they would like to be employed at least part-time.

| | Would like to be employed | Not working | Percent would like to be employed |
|----------|----------------------------------|--------------------|--|
| 60-64 | 12 | 44 | 27.3% |
| 65-69 | 10 | 55 | 18.2% |
| 70-74 | 8 | 57 | 14.0% |
| 75-79 | 5 | 46 | 10.9% |
| 80-84 | 2 | 48 | 4.2% |
| 85+ | 1 | 31 | 3.2% |
| All Ages | 38 | 281 | 13.5% |

Housing

Type of Housing and Rate of Ownership

When asked about the type of housing respondents lived in, the majority of respondents (79.5%; N=318) said they lived in a single family home. Thirty-three (8.3%) live in an apartment; 23 (5.8%) live in a two- or three-family home; 19 (4.8%) live in a mobile home; and 7 (1.8%) live in a condominium. No respondents reported living in the home of a relative or friend. Homeownership is high among respondent with 88.3% (N=353) reporting owning their own homes.

Housing Conditions

When asked whether their homes needed any major repairs, 33% percent (N=132) said their homes needed at least one major repair. The most frequently reported reason (42%, N=55) for the lack of repair was that respondents had "not gotten to it." Another 50 respondents (38.2%) cited the high cost of repairs as the primary reason it had not been completed. It can be estimated from these figures that approximately 5,294 seniors in Tompkins County have not carried out needed major home repairs, and about 1,996 have not done so because of the cost involved in the repairs.

Respondents were also asked if their home needed any small repairs they were unable to take care of themselves. Eighty-eight respondents (22.1%) stated that their homes needed at least one small repair. Again, the most frequently (N=45, 51.7%) noted reason respondents said the lack of repair was because they "haven't gotten around to it." Twenty-three (26.4%) respondents said the barrier to repair was having no one to do it and 10 (11.5%) said high cost was the reason for the lack of repair. From these figures, it can be estimated that approximately 3,545 Tompkins County seniors have a need for small home repairs, and of these 399 have issues with the cost of repair.

Fifty-seven seniors (14.3%) said their homes needed insulation or other weatherization assistance. Another 23 seniors (5.8%) said they did not know whether they needed further weatherization. This finding can be extrapolated to suggest that about 2,294 seniors live in residences which are not fully insulated and 930 could use support in determining their weatherization needs.

Plans to Move

Respondents were asked if they were planning to move in the next 5 years. They were also asked their main reason for moving, whether they planned to stay in Tompkins County, and into what type of housing they planned to move. Fifty-one respondents (12.9%) stated that they were planning to move in the next five years. As with the 2004 assessment, the most frequently cited reason for moving was "to reduce maintenance and upkeep" (47.1%; N=24). Most respondents with plans to move intend to stay in Tompkins County (63%; N=34). Of those who plan to stay within the County, 32.5% (N=11) were planning to move into single family homes while 27% (N=9) were planning to move into a senior housing complex (Table 26). Notably another 8 seniors (24%) were still undecided on the type of housing into which they were likely to move.

| | Total N | All |
|---|----------------|---------------|
| Single family home | 11 | 32.4% |
| Apartment | 4 | 11.8% |
| Townhouse | 2 | 5.9% |
| Senior housing (including Kendal, Longview, McGraw House) | 9 | 26.5% |
| Undecided | 8 | 23.5% |
| <i>Total</i> | <i>34</i> | <i>100.0%</i> |

Respondents were also asked to rank the importance of various factors related to their future home. By far, respondents said affordable cost, single floor design and energy efficient design were the most important factors. Table 27 below shows the breakdown of all factors. Tables 28, 29 and 30 detail respondent preferences for number of bedrooms, bathrooms, and cost.

| | 1 Least important | 2 | 3 | 4 | 5 Most important | Mean | N |
|---|----------------------------------|----------|----------|----------|---------------------------------|-------------|----------|
| Affordable cost | 0.0% | 0.0% | 9.7% | 25.8% | 64.5% | 4.55 | 31 |
| Single floor design | 0.0% | 9.7% | 9.7% | 35.5% | 45.2% | 4.16 | 31 |
| Energy efficient design | 6.7% | 0.0% | 23.3% | 26.7% | 43.3% | 4.00 | 30 |
| Sense of community | 0.0% | 9.7% | 22.6% | 35.5% | 32.3% | 3.90 | 31 |
| Having outdoor green space or garden | 6.7% | 6.7% | 20.0% | 30.0% | 36.7% | 3.83 | 30 |
| Close to grocery/drug stores | 10.7% | 14.3% | 21.4% | 17.9% | 35.7% | 3.53 | 28 |
| Privacy/separation from neighbors | 3.3% | 13.3% | 36.7% | 26.7% | 20.0% | 3.47 | 30 |
| Easy access to public transportation | 9.7% | 16.1% | 25.8% | 16.1% | 32.3% | 3.45 | 31 |
| Close to restaurants, entertainment, shopping | 3.3% | 30.0% | 23.3% | 13.3% | 30.0% | 3.37 | 30 |
| Having a garage or carport | 20.0% | 13.3% | 13.3% | 33.3% | 20.0% | 3.20 | 30 |
| Able to have pets | 26.7% | 10.0% | 13.3% | 23.3% | 26.7% | 3.13 | 30 |
| Handicapped accessibility | 19.4% | 9.7% | 38.7% | 12.9% | 19.4% | 3.03 | 31 |
| Walking distance to town center | 23.3% | 20.0% | 16.7% | 16.7% | 23.3% | 2.97 | 30 |

| Table 28 | | | | |
|--|------------------|----------------|------------------|----------------|
| Preferences for Number of Bedrooms and Bathrooms in Future Home | | | | |
| | Bedrooms | | Bathrooms | |
| Number | Frequency | Percent | Frequency | Percent |
| 1 | 5 | 16.1% | 9 | 29.0% |
| 2 | 15 | 48.4% | 22 | 71.0% |
| 3 | 11 | 35.5% | 0 | 0.0% |
| <i>Total</i> | <i>31</i> | <i>100.0%</i> | <i>31</i> | <i>100.0%</i> |

| Table 29 | | |
|-----------------------------|------------------|----------------|
| Price Range - Buying | | |
| | Frequency | Percent |
| Less than \$90,000 | 2 | 12.5% |
| \$90,000-\$150,000 | 3 | 18.8% |
| \$150,000-\$250,000 | 6 | 37.5% |
| More than \$250,000 | 5 | 31.3% |
| <i>Total</i> | <i>16</i> | <i>100.0%</i> |

| Table 30 | | |
|------------------------------|------------------|----------------|
| Price Range – Renting | | |
| | Frequency | Percent |
| Less than \$100/month | 0 | 0.0% |
| \$100-\$500/month | 0 | 0.0% |
| \$500-\$1,000/month | 9 | 56.3% |
| \$1,000-\$2,000/month | 4 | 25.0% |
| More than \$2,000/month | 3 | 18.8% |
| <i>Total N</i> | <i>16</i> | <i>100.0%</i> |

Housing Costs

Respondents were asked their costs for rent/mortgages, utilities, taxes and homeowners insurance, and then those costs were summed. An index of Housing Cost Burden was created through a ratio of total costs to income. Income data in the survey were obtained within a range for each respondent rather than in exact amounts. Income for index construction purposes was defined as the average of the low and high figures for a particular range. According to the Department of Housing and Urban Development (HUD), housing which takes up more than 30% of a household's gross income is classified as "unaffordable." Households spending between 30 and 50 percent of their incomes on housing costs have "moderate cost burdens." Households spending more than 50% of their incomes on housing have "severe cost burdens." As may be seen in Table 31, 21.6% or 75 respondents have housing cost burdens in excess of 30%. Nearly 10% of respondents (N=34) have severe cost burdens. Extrapolating to the entire County, approximately 3,465 seniors are paying too high a percentage of their income on housing costs. Table 30 also shows that 48 (64%) of those with unaffordable housing costs were women.

| Table 31 Housing Cost Burden by Gender | | | | |
|---|----------|----------|----------------|------------|
| | M | F | Total N | All |
| Below 30% | 133 | 139 | 272 | 78.4% |
| 30-50% | 13 | 28 | 41 | 11.8% |
| Above 50% | 14 | 20 | 34 | 9.8% |
| <i>Total N</i> | 160 | 187 | 347 | |
| Percent | 46.1% | 53.9% | | 100.0% |
| Mean | 21.8% | 24.4% | 347 | 23.2% |
| Median | 16.2% | 17.8% | 347 | 16.9% |

Table 32 cross-tabulates Housing Cost Burden with the age of respondents. Analysis of Table 32 indicates respondents aged 80-84 were most likely to have unaffordable housing costs with 31.7% (N=13) with housing cost burdens in excess of 30% followed closely by seniors aged 75-79 with 25% (N=11) of respondents with unaffordable housing costs.

| Table 32 Housing Cost Burden by Age | | | | | | | | | |
|--|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|
| | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 | Total N | Percent |
| <30% | 67 | 71 | 51 | 33 | 28 | 17 | 2 | 269 | 78.2% |
| 30-50% | 12 | 7 | 7 | 6 | 8 | 1 | 0 | 41 | 11.9% |
| > 50% | 5 | 7 | 6 | 5 | 5 | 5 | 1 | 34 | 9.9% |
| <i>N</i> | 84 | 85 | 64 | 44 | 41 | 23 | 3 | 344 | |
| Percent | 24.4% | 24.7% | 18.6% | 12.8% | 11.9% | 6.7% | 0.9% | | 100.0% |
| Mean | 22.5% | 20.6% | 22.2% | 27.4% | 24.4% | 28.2% | 33.2% | 334 | |
| Median | 18.0% | 14.8% | 16.2% | 18.6% | 18.7% | 17.2% | 29.4% | 334 | |

As expected, those respondents with lower incomes had higher housing cost burden. Table 33 indicates that 75.1% (N=16) of those with incomes below 100% of poverty had housing cost burdens over 30%.

| Table 33 Housing Cost Burden by Income | | | | | | |
|---|--------------------------------|--------------------------|--------------------------|-------------------------|----------------|------------------------|
| | Below 100% Pov. | 100-220% Pov. | 220% - Median | Above Median | Total N | All Incomes |
| <30% | 4 | 40 | 78 | 150 | 272 | 78.4% |
| 30-50% | 5 | 17 | 10 | 9 | 41 | 11.8% |
| >50% | 7 | 13 | 7 | 7 | 34 | 9.8% |
| <i>Total N</i> | <i>16</i> | <i>70</i> | <i>95</i> | <i>166</i> | <i>347</i> | |
| Percent | 4.6% | 20.2% | 27.4% | 47.8% | | 100.0% |
| Mean | 50.8% | 30.6% | 23.3% | 17.3% | 347 | 23.2% |
| Median | 47.0% | 23.8% | 17.1% | 13.9% | 347 | 16.9% |

Seniors living alone are especially affected with high housing cost burdens. Table 34 illustrates that 32.6% (N=30) of those living alone had housing cost burdens over 30%.

| Table 34 Housing Cost Burden by Number in Household | | | | | | |
|--|-----------|------------|-----------|-----------|----------------|----------------|
| | 1 | 2 | 3 | 4+ | Total N | Percent |
| < 30% | 62 | 192 | 13 | 5 | 272 | 78.4% |
| 30-50% | 18 | 18 | 1 | 4 | 41 | 11.8% |
| > 50% | 12 | 21 | 0 | 1 | 34 | 9.8% |
| <i>Total N</i> | <i>92</i> | <i>231</i> | <i>14</i> | <i>10</i> | <i>347</i> | |
| Percent | 26.5% | 66.6% | 4.0% | 2.9% | | 100.0% |
| Mean | 28.5% | 21.1% | 18.3% | 27.9% | 347 | 23.2% |
| Median | 23.4% | 14.8% | 17.3% | 30.3% | 347 | 16.9% |

Transportation#

Respondents were asked a series of questions about transportation. The vast majority of respondents, 87.9% (N=350) said they drove themselves when they needed to go somewhere in or around the County. Twenty-seven respondents (6.8%) relied on relatives or friends; equal numbers (N=9, 2.3%) said they relied on Gadabout or walked, respectively; only three (0.8%) relied on the bus.

When asked whether transportation was a problem, 4 respondents (1.0%) answered "most of the time." In addition, 24 individuals (6.0%) answered "sometimes." This would suggest that approximately 160 seniors in the County are experiencing serious transportation problems and another 963 are having problems some of the time. Out of the 28 people who experienced problems, when asked why, 7 (25.0%) stated they had no one to drive them; 4 (14.3%) referred to inconvenient schedule for public transportation; 1 (3.6%) said inconvenient Gadabout schedule; 1 cited cost (3.6%); other comments included needing to coordinate with other family members, not being able to drive; disability, weather and car repair issues.

Respondents were asked whether they had a problem getting to an out-of-town medical appointment in the past year. Fifteen (3.8%) stated they had experienced a problem. This implies that out-of-town medical transportation is a problem for approximately 610 seniors in the County.

Isolation

Several questions were asked which related to isolation. A very small minority, (N=4, 1.0%) said they usually don't get out of the house; a higher percentage (N=25, 6.2%) don't get out as often as they would like; 56 (14.0%) didn't have a neighbor on whom to call if they suddenly needed help; a similar proportion, (N=55, 13.7%) didn't know one or more of their neighbors well enough to visit with; 40 (10.0%) had not visited in person with anyone either at their own or someone else's house within the past week; 45 (11.3%) indicated that they did not have as much contact as they would like with a person what they feel close to: "somebody that they can trust and confide in."

An Isolation Index was created by adding "no, never and none" responses to the aforementioned questions. Table 35 reveals that 14 individuals (3.5%) scored three or more on this index, 10 of whom were women. Based on the Isolation Index, it can be estimated that approximately 561 seniors in Tompkins County are too isolated.

| | M | F | Total N | All |
|----------------|----------|----------|----------------|------------|
| 0 | 107 | 146 | 253 | 62.9% |
| 1 | 42 | 51 | 93 | 23.1% |
| 2 | 23 | 19 | 42 | 10.5% |
| 3 | 3 | 5 | 8 | 2.0% |
| 4 | 1 | 5 | 6 | 1.5% |
| <i>Total N</i> | 176 | 226 | 402 | |
| Percent | 43.8% | 56.2% | | 100.0% |

Activities

Respondents were then asked when they last attended or participated in each of a list of activities. As Table 36 shows respondents most frequently reported recently going shopping, going to a restaurant or to the home of a friend, neighbor or relative. Two thirds of respondents said they had never attended an activity at Lifelong or other local senior group. Respondents were much more likely to participate in other types of clubs or organizations. Anecdotally, comments from many respondents suggest that they did not consider themselves "seniors" despite their age and did not feel connected to the idea of senior activities.

A large proportion of respondents (42%) said they had volunteered at least some time during the last month or two (Table 37). Women were somewhat more likely to participate in volunteer activities (47.6%) than men (34.9%.)

| | Day or two | Week or two | Month ago | 2-3 Months ago | Longer than 3 months | Never | Total N |
|---|-------------------|--------------------|------------------|-----------------------|-----------------------------|--------------|----------------|
| Movie | 2.8% | 12.8% | 10.3% | 14.8% | 49.5% | 10.0% | 400 |
| Shopping | 65.8% | 29.5% | 0.5% | 1.0% | 2.3% | 1.0% | 400 |
| Activity at Lifelong or local senior group activity | 5.0% | 9.0% | 4.0% | 3.0% | 14.0% | 64.9% | 399 |
| Other club or civic organization | 12.3% | 18.4% | 14.6% | 5.5% | 16.1% | 33.0% | 397 |
| Restaurant | 35.1% | 46.4% | 7.5% | 4.3% | 6.3% | 0.5% | 399 |
| Place of worship | 13.5% | 26.1% | 4.8% | 3.8% | 31.6% | 20.3% | 399 |
| Library | 8.8% | 15.9% | 6.6% | 9.6% | 38.4% | 20.7% | 396 |
| Home of a friend, neighbor, or relative | 40.0% | 43.2% | 7.3% | 4.5% | 5.0% | 0.0% | 398 |

| | M | F | Total N | All |
|------------------|----------|----------|----------------|------------|
| Hardly any | 114 | 118 | 232 | 58.0% |
| 1-3 hours/week | 26 | 57 | 83 | 20.8% |
| 4-6 hours/week | 14 | 24 | 38 | 9.5% |
| 7-9 hours/week | 9 | 9 | 18 | 4.5% |
| 10-12 hours/week | 5 | 5 | 10 | 2.5% |
| 13+ hours/week | 7 | 12 | 19 | 4.8% |
| <i>Total N</i> | 175 | 225 | 400 | |
| Percent | 43.8% | 56.3% | | 100.0% |

Technology and Information Sources#

Tompkins County seniors are significantly more connected with technology than the national average. In 2012, the Pew Research Center found 53% of seniors use the internet² whereas in Tompkins County, the vast majority of survey respondents (81.6%) said they have a computer with internet access in their home. The likelihood of not having a computer increased with age (Table 38), with the highest proportion (24.3%) of respondents without a computer being 85 or older. This trend is mirrored nationally. Respondents were most likely to use their computer for email and researching topics of interest (Table 39). Other frequently noted uses included bill paying, banking and finances, online shopping, weather, news and sports, work related activities, and games and entertainment.

² Zickuhr, Kathryn & Mary Madden, *Older Adults and Internet Use*, Pew Research Center, June 6, 2012.

| | Frequency | Percent |
|--------------|------------------|----------------|
| 60-64 | 7 | 9.5% |
| 65-69 | 9 | 12.2% |
| 70-74 | 10 | 13.5% |
| 75-79 | 15 | 20.3% |
| 80-84 | 15 | 20.3% |
| 85+ | 18 | 24.3% |
| <i>Total</i> | <i>74</i> | <i>100.0%</i> |

| | A lot | Sometimes | Rarely | Never | Total N |
|-----------------------------------|--------------|------------------|---------------|--------------|----------------|
| Email to family/friends | 68.7% | 18.1% | 4.9% | 8.3% | 326 |
| Video/phone to family/friends | 9.5% | 16.8% | 15.6% | 58.1% | 327 |
| Social networking | 16.6% | 13.2% | 15.1% | 55.1% | 325 |
| Researching health/medical topics | 14.4% | 48.8% | 23.6% | 13.2% | 326 |
| Researching topics of interest | 50.0% | 35.3% | 8.6% | 6.1% | 326 |

Respondents most frequently reported getting information from the newspaper or from television with over 70% saying they get their information from these sources a lot of the time (Table 40). Nearly 80% of respondents indicated they had both a land line and a cell phone for their telephone service (Table 41), almost 16% only have a landline and 4.5% have only a cell phone. Nationally, 69% of seniors report having a cell phone.³ Not surprisingly, lower income respondents were much less likely to have cell phone access than higher income respondents, but still over half reported having both a cell phone and a land line.

| | A lot | | Sometimes | | Rarely | | Never | | Total N | Missing |
|-------------------|--------------|----------|------------------|----------|---------------|----------|--------------|----------|----------------|----------------|
| | N | % | N | % | N | % | N | % | | |
| Newspaper | 281 | 70.3% | 63 | 15.8% | 31 | 7.8% | 25 | 6.3% | 400 | 2 |
| Radio | 200 | 50.3% | 99 | 25.9% | 54 | 13.6% | 45 | 11.3% | 398 | 4 |
| Television | 282 | 70.5% | 67 | 16.8% | 25 | 6.3% | 26 | 6.5% | 400 | 2 |
| Senior Newsletter | 41 | 10.3% | 142 | 35.8% | 131 | 33.0% | 83 | 20.9% | 397 | 5 |
| Pennysaver | 45 | 11.5% | 76 | 19.3% | 106 | 27.0% | 166 | 42.2% | 393 | 9 |
| Internet | 198 | 49.9% | 73 | 18.4% | 39 | 9.8% | 87 | 21.9% | 397 | 5 |
| Email list-serves | 96 | 24.6% | 74 | 18.9% | 54 | 13.8% | 167 | 42.7% | 391 | 11 |
| Word of mouth | 201 | 51.2% | 161 | 41.0% | 26 | 6.6% | 5 | 1.3% | 393 | 9 |

³ Zickuhr, Kathryn & Mary Madden, *Older Adults and Internet Use*, Pew Research Center, June 6, 2012.

| | Below 100% Pov. | 100- 220% Pov. | 220% - Median | Above Median | Total N | Percent |
|------------------------|--------------------------------|-------------------------------|--------------------------|-------------------------|----------------|----------------|
| Landline only | 8 | 30 | 14 | 8 | 60 | 16.0% |
| Cell only | 0 | 0 | 4 | 12 | 16 | 4.3% |
| Both landline and cell | 9 | 48 | 82 | 159 | 298 | 79.7% |
| <i>Total N</i> | <i>17</i> | <i>78</i> | <i>100</i> | <i>179</i> | <i>374</i> | |
| Percent | 4.6% | 20.9% | 26.7% | 47.9% | | 100.0% |

Fear of Crime

Three sets of questions were asked to ascertain whether or not fear of crime was a substantial factor in limiting seniors' activities. Participants were asked if they avoid going out at night. If their answers were "yes" or "sometimes," they were asked for the reason. One hundred (25.1%) stated they avoid going out at night, while another 40 (10.%) indicated they sometimes avoid going out at night. The most frequent reason cited was "poor driving vision" (36.5%; N=50), followed by "likes to be at home" (9.5%, N=13), "no need or interest" (8.2%; N=11) and "disability/illness" (6.6%; N=9). Only five respondents (3.6%) indicated fear of crime as their reason.

Respondents were also asked if they avoided using public transportation. If the response was "yes," they were asked for the reason. One hundred thirty-seven respondents (34.7%) stated they avoid using public transportation, while another 14 (3.5%) said they sometimes avoided it. The most frequently cited reason was because they "didn't need it" (61.8%; N=94), inconvenience of times, proximity, and length of time to use (13.9%; N=21), seven respondents (4.6%) said it was too difficult for health reasons and 4 (2.6%) said they didn't know how to use it. No respondents mentioned fear of crime as their reason for avoidance.

Lastly, respondents were asked, "Do you avoid leaving home?" Again, if the answers were in the affirmative, they were asked for the reason. Only eight respondents (2.0%) said they avoided leaving home, and an additional 17 respondents (4.3%) sometimes avoid leaving home. The most frequently mentioned reason was "disability/illness" (24.0%; N=6) followed by "having no place to go" (20.0%; N=5). No respondents named fear of crime as the reason.

These responses suggest that fear of crime was not a major factor for the majority of those who avoided going out of the home.

Emergency Planning#

Respondents were asked whether they would have adequate supplies for three days in the event of an emergency such as a winter storm which might disrupt the power supply. Three hundred sixty-two respondents (90.5%) stated yes, while 38 respondents (9.5%) stated no. Extrapolated to the County, approximately 1,524 seniors would not be prepared in the event of an emergency. Of those who stated they were unprepared, 12 (31.6%) live alone, and 18 (47.4%) were under age 65 (Tables 42 and 43).

| # in HH | 1 | 2 | 3 | 4+ | Total N | Percent |
|---------|-------|-------|------|------|---------|---------|
| Yes | 91 | 247 | 16 | 8 | 362 | 90.5% |
| No | 12 | 20 | 3 | 3 | 38 | 9.5% |
| Total N | 103 | 267 | 19 | 11 | 400 | |
| Percent | 25.8% | 66.8% | 4.8% | 2.8% | | 100.0% |

| | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85+ | Total N | All |
|---------|-------|-------|-------|-------|-------|------|---------|--------|
| Yes | 79 | 85 | 71 | 49 | 49 | 25 | 358 | 90.4% |
| No | 18 | 8 | 5 | 1 | 2 | 4 | 38 | 9.6% |
| Total N | 97 | 93 | 76 | 50 | 51 | 29 | 396 | |
| Percent | 24.5% | 23.5% | 19.2% | 12.6% | 12.9% | 7.3% | | 100.0% |

Health

Frequency of Various Health Conditions

Respondents were asked to indicate whether they had any of a list of health problems (Table 44). The most frequently reported health conditions were arthritis (53.0%), high blood pressure (45.3%), and eye problems (27.9%). In addition, 27.6% of women reported having osteoporosis and 27.9% of men said they had heart disease.

| | Male | Female | Total N | All |
|--|------|--------|---------|-------|
| Arthritis | 78 | 132 | 210 | 53.0% |
| High blood pressure | 76 | 104 | 180 | 45.3% |
| Other eye problems | 44 | 66 | 110 | 27.9% |
| Hearing problems | 57 | 43 | 100 | 25.3% |
| Heart disease | 48 | 35 | 83 | 20.9% |
| Problems with your feet | 32 | 51 | 83 | 20.9% |
| Osteoporosis | 5 | 62 | 67 | 16.9% |
| Teeth problems | 32 | 29 | 61 | 15.4% |
| Breathing or lung problems | 25 | 36 | 61 | 15.4% |
| Memory problems | 29 | 29 | 58 | 14.6% |
| Feeling anxious | 23 | 34 | 57 | 14.4% |
| Feeling depressed | 16 | 34 | 50 | 12.7% |
| Diabetes | 21 | 27 | 48 | 12.1% |
| Unintentional weight gain/loss >10 pounds in the last 6 months | 9 | 23 | 32 | 8.1% |
| Cancer | 16 | 15 | 31 | 7.8% |
| Glaucoma | 9 | 16 | 25 | 6.3% |
| Effects of a stroke | 3 | 1 | 4 | 1.0% |
| Parkinson's disease | 1 | 1 | 2 | 0.5% |
| Multiple Sclerosis | 0 | 2 | 2 | 0.5% |

Nearly 23% of respondents said they had recently or were afraid to fall. Only 8 (2.0%) respondents said there was someone aged 60 or older in the household suffering from Alzheimer's or other dementia. This figure is lower than the 13% of persons over the age of 65 estimated to have dementia as reported by Alzheimer's Association⁴Disease International.

As noted in Table 44, "feeling depressed" and "feeling anxious" were included among a list of health conditions. Results show 50 individuals (12.7%) reported feeling depressed, while 57 (14.4%) reported feeling anxious. As Table 43 above shows, women (15.2%, N=34) were much more likely than men (9.4%, N=16) to report feeling depressed. Similar proportions of women (15.1%, N=34) and men (13.4%, N=23) reported feeling anxious. Table 45 indicates that income is not necessarily a predictor of depression within the survey sample, but Table 46 shows that respondents with incomes between poverty and the median income (19.3%, N=34) were much more likely to report feeling anxious than either respondents with incomes below poverty (12.5%, N=2) or above median (10.1%, N=18).

| | Below 100% Pov. | 100-220% Pov. | 220% - Median | Above Median | Total N | Percent |
|----------------|------------------------|----------------------|----------------------|---------------------|----------------|----------------|
| Yes | 2 | 13 | 12 | 20 | 47 | 12.8% |
| No | 14 | 64 | 86 | 157 | 321 | 87.2% |
| <i>Total N</i> | <i>16</i> | <i>77</i> | <i>98</i> | <i>177</i> | <i>368</i> | |
| Percent | 4.4% | 20.9% | 26.6% | 48.1% | | 100.0% |

| | Below 100% Pov. | 100-220% Pov. | 220% - Median | Above Median | Total N | Percent |
|----------------|------------------------|----------------------|----------------------|---------------------|----------------|----------------|
| Yes | 2 | 15 | 19 | 18 | 54 | 14.6% |
| No | 14 | 62 | 80 | 160 | 316 | 85.4% |
| <i>Total N</i> | <i>16</i> | <i>77</i> | <i>99</i> | <i>178</i> | <i>370</i> | |
| Percent | 4.3% | 20.8% | 26.8% | 48.1% | | 100.0% |

Activities of Daily Living

Respondents were presented with a list of activities of daily living and asked if they could perform each of the activities "alone," "with some assistance," or "not at all." They were also asked who, if anyone, provides needed assistance, and whether or not that helper was paid. Of the 402 respondents, 156 respondents (38.3%) and 75 (25.2%) of other household members aged 60 and over required assistance with at least one activity. The most frequent activity that respondents needed help with was heavy chores, such as snow shoveling (35.1%; N=138). Thirty-five respondents (8.7%) and 20 (6.7%) of other household members needed help with three or more activities. Extrapolated to the entire County, we can estimate that 1,396 senior citizens need help with three or more of their activities of daily living.

⁴ Alzheimer's Diseases Facts and Figures, 2010, Alzheimer's Association, www.alz.org/documents_custom/report_alzfactsfigures2010.pdf

Table 47 shows that women more frequently need support for at least one activity (50.9%) than men (23.3%), but approximately equal proportions of men (7.4%) and women (9.7%) require assistance with 3 or more activities of daily living.

| Table 47 | | | | |
|---|-------------|---------------|----------------|------------|
| Activities of Daily Living by Gender | | | | |
| | Male | Female | Total N | All |
| 0 | 135 | 111 | 246 | 61.2% |
| 1 | 22 | 69 | 91 | 22.6% |
| 2 | 6 | 24 | 30 | 7.5% |
| 3 or more | 13 | 22 | 35 | 8.7% |
| <i>Total N</i> | 176 | 226 | 402 | |
| Percent | 43.8% | 56.2% | | 100.0% |

With increasing age comes the increasing likelihood of needing assistance. Table 48 shows activities of daily living with the age breakdown of respondents.

| Table 48 | | | | | | | | |
|--|--------------|--------------|--------------|--------------|--------------|------------|----------------|----------------|
| Activities of Daily Living by Age | | | | | | | | |
| | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85+ | Total N | Percent |
| 0 | 79 | 67 | 51 | 19 | 19 | 8 | 243 | 61.2% |
| 1 | 11 | 22 | 15 | 18 | 17 | 7 | 90 | 22.6% |
| 2 | 1 | 1 | 8 | 6 | 10 | 4 | 30 | 7.5% |
| 3 or more | 6 | 3 | 2 | 7 | 5 | 12 | 35 | 8.8% |
| <i>N</i> | 97 | 93 | 76 | 50 | 51 | 31 | 398 | |
| Percent | 24.4% | 23.4% | 19.1% | 12.6% | 12.8% | 7.8% | | 100.0% |

Table 49 indicates that of those 35 seniors requiring assistance with three or more activities, 15 (14.4%) lived alone.

| Table 49 | | | | | | |
|--|----------------------------|----------|----------|-----------|----------------|----------------|
| Activities of Daily Living by Number in Household | | | | | | |
| | Number in Household | | | | Total N | Percent |
| | 1 | 2 | 3 | 4+ | | |
| 0 | 48 | 181 | 12 | 5 | 246 | 61.2% |
| 1 | 28 | 56 | 4 | 3 | 91 | 22.6% |
| 2 | 13 | 15 | 1 | 1 | 30 | 7.5% |
| 3 or more | 15 | 16 | 2 | 2 | 35 | 8.7% |
| <i>N</i> | 104 | 268 | 19 | 11 | 402 | |
| Percent | 25.9% | 66.7% | 4.7% | 2.2% | | 100.0% |

Table 50 shows that respondents with lower incomes are more likely to need assistance with activities than respondents with higher incomes.

| | Below 100% Pov. | 100-220% Pov. | 220% - Median | Above Median | Total N | Percent |
|----------------|----------------------------|--------------------------|--------------------------|-------------------------|----------------|----------------|
| 0 | 5 | 34 | 70 | 122 | 231 | 61.8% |
| 1 | 3 | 24 | 20 | 38 | 85 | 22.7% |
| 2 | 2 | 10 | 3 | 13 | 28 | 7.5% |
| 3 or more | 7 | 10 | 7 | 6 | 30 | 8.0% |
| <i>Total N</i> | <i>17</i> | <i>78</i> | <i>100</i> | <i>179</i> | <i>374</i> | |
| Percent | 4.6% | 20.9% | 26.7% | 47.9% | | 100.0% |

In regard to who provides the needed assistance, the most common single helper was the spouse (N=75). In addition, 15 households indicated their son was a helper for different needs. Fifty-six individuals (13.9%) paid for assistance with heavy chores such as snow shoveling. Twenty-nine (7.2%) paid for assistance cutting toenails. Eleven (2.7%) paid for light housekeeping chores and five (1.2%) paid for help washing.

Use of Health Related Services

Respondents were asked about their usage of various health-related services (Table 51). The most frequently utilized service (5.8%) was a physical, occupational or speech therapist.

| | Frequency | Percent |
|--|------------------|----------------|
| Nursing care | 6 | 1.5% |
| Home health aides, personal care aides or homemakers | 10 | 2.5% |
| Physical, occupational or speech therapist | 23 | 5.8% |
| FoodNet/Meals on Wheels | 13 | 3.3% |

Access to Care

Twenty respondents (5.0%) said they did not have a regular physician who coordinates all their health care needs. Of these 20, 14 were men and 13 were under age 69.

Respondents were also asked if they have difficulty in obtaining needed health care services. Only nine individuals (2.3%) responded affirmatively. Correspondingly when asked how long it had been since they had last seen or talked to a doctor or other health professional, 96.5% said within the last year. Nine individuals (2.3%) responded "within the last two years." Five individuals (1.3%) responded "longer than two years." Extrapolating to the county as a whole, we estimate that 209 seniors fall into that latter category.

Tobacco Usage

Respondents were asked to describe their use of cigarettes based on questions from the Center for Disease Control's National Health Interview Survey. Over half (53.9%) were non-smokers; 41% were former smokers and 5% were current smokers (Table 52). Of current smokers, 11% (N=20) smoke either every day (N=15) or some days (N=5). Thirty percent of current smokers smoke 5 or fewer cigarettes per day; 25% smoke 6-19 cigarettes per day; and 45% smoke a pack or more per day.

Table 52 also shows that of the 20 respondents who currently smoke, 11 (55.0%) are men and 9 (45.0%) are women. Table 53 shows that of the 20 respondents who currently smoke, half are under age 70.

| | Male | Female | Total N | Percent |
|--|-------|--------|---------|---------|
| Non-smoker (less than 100 cigarettes in lifetime) | 77 | 138 | 215 | 53.9% |
| Former smoker (at least 100 cigarettes in lifetime, but not currently smoking) | 87 | 77 | 164 | 41.1% |
| Current smoker | 11 | 9 | 20 | 5.0% |
| Total N | 175 | 224 | 399 | |
| Percent | 43.9% | 56.1% | | 100.0% |

| | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85+ | Total N | Percent |
|----------------|-------|-------|-------|-------|-------|------|---------|---------|
| Non-smoker | 60 | 51 | 36 | 25 | 27 | 15 | 214 | 54.2% |
| Former smoker | 32 | 37 | 34 | 23 | 21 | 14 | 161 | 40.8% |
| Current smoker | 5 | 5 | 5 | 2 | 3 | 0 | 20 | 5.1% |
| Total N | 97 | 93 | 75 | 50 | 51 | 29 | 395 | |
| Percent | 24.6% | 23.5% | 19.0% | 12.7% | 12.9% | 7.3% | | 100.0% |

Food and Nutrition

A series of questions were asked regarding nutrition, food security and alcohol consumption (please see Appendix D for the full series of questions and responses.) The short-form USDA food security scale of questions was included to determine level of food security among respondents. This series of 5 questions is a standardized scale which results in an index for establishing whether a respondent has high food security, marginal food security, low food security, or very low food security. Table 54 below shows that approximately 4.7% (N=19) of respondents are at risk of hunger (defined as respondents with very low food security, low food security, and marginal food security.) This translates to 754 of the County's senior population. Tompkins County's level of food insecurity among seniors is low compared to national figures. According to the Meals on Wheels Research Foundation, in 2010, 14.9% of seniors in the United States are at risk for hunger – nearly triple Tompkins County's rate.⁵

Slightly more females than males were food insecure (Table 54.) Unsurprisingly, when comparing income level, respondents with incomes below poverty or between poverty and 220% of poverty were much more likely to be at risk for hunger (Table 55). Seven of the 19 respondents at risk for hunger live alone (Table 56) and 14 were under age 69 (Table 57).

⁵ Ziliak, James & Gunderson, Craig. *Senior Hunger in America 2010: An Annual Report*. Meals on Wheels Research Foundation (2010)

| Table 54 | | | | |
|---|-------------|---------------|----------------|----------------|
| Level of Food Security by Gender | | | | |
| | Male | Female | Total N | Percent |
| High | 168 | 215 | 383 | 95.3% |
| Marginal | 5 | 8 | 13 | 3.2% |
| Low | 2 | 2 | 4 | 1.0% |
| Very low | 1 | 1 | 2 | 0.5% |
| <i>Total N</i> | <i>176</i> | <i>226</i> | <i>402</i> | |
| Percent | 43.8% | 56.2% | | 100.0% |
| <i>At risk of hunger</i> | | | | |
| N | 8 | 11 | 19 | |
| Percent | 3.9% | 4.8% | 4.7% | |

| Table 55 | | | | | | |
|---|--------------------------------|-------------------------------|--------------------------|-------------------------|----------------|--------|
| Level of Food Security by Income | | | | | | |
| | Below 100% Pov. | 100- 220% Pov. | 220% - Median | Above Median | Total N | |
| High | 15 | 68 | 96 | 177 | 356 | 95.2% |
| Marginal | 1 | 7 | 2 | 2 | 12 | 3.2% |
| Low | 1 | 2 | 1 | 0 | 4 | 1.1% |
| Very low | 0 | 1 | 1 | 0 | 2 | 0.5% |
| <i>Total N</i> | <i>17</i> | <i>78</i> | <i>100</i> | <i>179</i> | <i>374</i> | |
| Percent | 4.6% | 20.9% | 26.7% | 47.9% | | 100.0% |
| <i>At risk of hunger</i> | | | | | | |
| N | 2 | 10 | 4 | 2 | 18 | |
| Percent | 11.8% | 12.9% | 4.0% | 1.1% | 4.8% | |

| Table 56 | | | | | | |
|---|------------|------------|-----------|-----------|----------------|--------|
| Level of Food Security by Household Size | | | | | | |
| | 1 | 2 | 3 | 4+ | Total N | |
| High | 97 | 262 | 17 | 7 | 383 | 95.3% |
| Marginal | 4 | 6 | 1 | 2 | 13 | 3.2% |
| Low | 2 | 0 | 1 | 1 | 4 | 1.0% |
| Very low | 1 | 0 | 0 | 1 | 2 | 0.5% |
| <i>Total N</i> | <i>104</i> | <i>268</i> | <i>19</i> | <i>11</i> | <i>402</i> | |
| Percent | 25.9% | 66.7% | 4.7% | 2.7% | | 100.0% |
| <i>At risk of hunger</i> | | | | | | |
| N | 7 | 6 | 2 | 4 | 19 | |
| Percent | 6.7% | 2.2% | 10.5% | 36.4% | 4.7% | |

| Table 57 | | | | | | | | |
|--------------------------------------|--------------|--------------|--------------|--------------|--------------|------------|----------------|----------------|
| Level of Food Security by Age | | | | | | | | |
| | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85+ | Total N | Percent |
| High | 89 | 87 | 73 | 49 | 51 | 30 | 379 | 95.2% |
| Marginal | 6 | 3 | 2 | 1 | 0 | 1 | 13 | 3.3% |
| Low | 1 | 3 | 0 | 0 | 0 | 0 | 4 | 1.0% |
| Very low | 1 | 0 | 1 | 0 | 0 | 0 | 2 | 0.5% |
| <i>Total N</i> | 97 | 93 | 76 | 50 | 51 | 31 | 398 | |
| Percent | 24.4% | 23.4% | 19.1% | 12.6% | 12.8% | 7.8% | | 100.0% |
| <i>At risk of hunger</i> | | | | | | | | |
| N | 8 | 6 | 3 | 1 | 0 | 1 | 19 | |
| Percent | 0.8% | 0.7% | 0.4% | 0.2% | 0.0% | 0.3% | 4.8% | |

In addition to the USDA food security scale, respondents were asked whether they usually eat at least two balanced meals including fruits and vegetables every day. Forty-three individuals (10.8%) stated they did not which is more than double the percent of respondents (4.8%) who were found to be at risk of hunger on the food security scale. This may suggest that a higher proportion of seniors are at risk for hunger, but are reticent to answer affirmatively to the food security scale questions. As expected, those individuals saying they do not eat two balanced meals per day were much more likely to be at risk of hunger (14.0%) than those who do (3.7%) (Table 58). About equal proportions of respondents not eating two balanced meals per day were men (N=23) and women (N=20).

| Table 58 | | | | |
|---|------------|-----------|----------------|----------------|
| Level of Food Security by Balanced Meals | | | | |
| Eats 2 Balanced Meals/Day | Yes | No | Total N | Percent |
| High | 342 | 37 | 379 | 95.2% |
| Marginal | 11 | 2 | 13 | 3.3% |
| Low | 0 | 4 | 4 | 1.0% |
| Very low | 2 | 0 | 2 | 0.5% |
| <i>Total N</i> | 355 | 43 | 398 | |
| Percent | 89.2% | 10.8% | | 100.0% |
| <i>At risk of hunger</i> | | | | |
| N | 13 | 6 | 19 | |
| Percent | 3.7% | 14.0% | 4.8% | |

Half of the respondents who reported not eating balanced meals had incomes below 220% poverty (N=21); however, eleven respondents (26.2%) had incomes above the median, indicating that balanced nutrition is not wholly dependent upon income (Table 59). Respondents living alone (17.7%, N=18) were more likely not to eat balanced meals compared with households with two or more individuals (8.4%, N=25) (Table 60).

| | Below 100% Pov. | 100-220% Pov. | 220% - Median | Above Median | N | Percent |
|----------------|----------------------------|--------------------------|--------------------------|-------------------------|------------|----------------|
| Yes | 10 | 61 | 89 | 168 | 328 | 88.7% |
| No | 5 | 16 | 10 | 11 | 42 | 11.4% |
| <i>Total N</i> | <i>15</i> | <i>77</i> | <i>99</i> | <i>179</i> | <i>370</i> | |
| Percent | 4.1% | 20.8% | 26.8% | 48.4% | | 100.0% |

| | 1 | 2 | 3 | 4+ | Total N | Percent |
|----------------|------------|------------|-----------|-----------|----------------|----------------|
| Yes | 84 | 244 | 17 | 10 | 355 | 89.2% |
| No | 18 | 22 | 2 | 1 | 43 | 10.8% |
| <i>Total N</i> | <i>102</i> | <i>266</i> | <i>19</i> | <i>11</i> | <i>398</i> | |
| Percent | 25.6% | 66.8% | 4.8% | 2.8% | | 100.0% |

Alcohol

Respondents were asked "How many alcoholic beverages do you consume on an average day?" The majority of respondents (68.8%; N=269) stated "none." Eighty-three respondents (21.3%) reported drinking one alcoholic beverage per day. Twenty-seven respondents (6.9%) reported drinking two per day. Twelve individuals (3.1%) reported consuming three or more alcoholic beverages per day.

According to the U.S. Department of Health and Human Services, drinking alcohol in moderation is defined as one drink per day for women and two drinks per day for men, due to differences in metabolism. Additionally, alcohol consumption is particularly problematic for seniors with health conditions such as diabetes and seniors who are on medications. Table 61 shows that 13 women report drinking two per day and 9 men report drinking 3 or more per day, which is considered excessive. It has also been shown that alcohol consumption is an area that individuals tend to under-report. Using this figure as a floor, we can estimate that at least 5.6% of seniors in Tompkins County, or 898 individuals may drink alcohol to excess. Tables 62 and 63 respectively show that alcohol consumption was reported across all age categories, and heavier consumption was more frequently reported among households of two.

| | Male | Female | Total N | Percent |
|-------------------|-------------|---------------|----------------|----------------|
| 0 | 109 | 160 | 269 | 68.8% |
| 1 per day | 36 | 47 | 83 | 21.2% |
| 2 per day | 17 | 10 | 27 | 6.9% |
| 3 or more per day | 9 | 3 | 12 | 3.1% |
| <i>Total N</i> | <i>171</i> | <i>220</i> | <i>391</i> | |
| Percent | 43.7% | 56.3% | | 100.0% |

| | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85+ | Total N | Percent |
|-------------------|--------------|--------------|--------------|--------------|--------------|------------|----------------|----------------|
| 0 | 63 | 61 | 52 | 35 | 30 | 25 | 266 | 68.7% |
| 1 per day | 21 | 19 | 11 | 11 | 16 | 4 | 82 | 21.2% |
| 2 per day | 6 | 8 | 8 | 3 | 2 | 0 | 27 | 7.0% |
| 3 or more per day | 6 | 3 | 1 | 0 | 2 | 0 | 12 | 3.1% |
| <i>Total N</i> | <i>96</i> | <i>91</i> | <i>72</i> | <i>49</i> | <i>50</i> | <i>29</i> | <i>387</i> | |
| Percent | 24.8% | 23.5% | 18.6% | 12.7% | 12.9% | 7.5% | | 100.0% |

| | 1 | 2 | 3 | 4+ | Total N | Percent |
|-------------------|------------|------------|-----------|-----------|----------------|----------------|
| 0 | 76 | 171 | 14 | 8 | 269 | 68.8% |
| 1 per day | 20 | 60 | 1 | 2 | 83 | 21.2% |
| 2 per day | 4 | 21 | 2 | 0 | 27 | 6.9% |
| 3 or more per day | 1 | 9 | 1 | 1 | 12 | 3.1% |
| <i>Total N</i> | <i>101</i> | <i>261</i> | <i>18</i> | <i>11</i> | <i>391</i> | |
| Percent | 25.8% | 66.8% | 4.6% | 2.8% | | 100.0% |

Caregiving

One of the results of large numbers of people living longer is that there are more people requiring long term care assistance. It is believed that seniors themselves provide a great deal of care for younger people as well as for other seniors. In an effort to ascertain the prevalence of this, respondents were asked if they were caring for any grandchildren, or for anyone 60 or older in their own household, elsewhere in the County, or farther away. Fifty-five respondents (14.8%) reported that they were caring for grandchildren. Of those, 28 (53.9%) provide less than 10 hours of care per week, 19 (36.5%) provide between 10 and 40 hours of care per week, and 5 (9.6%) provide more than 40 hours per week. Eight respondents (14.8%) consider themselves to be the primary caregiver. Applying these numbers to the County as a whole, we can estimate that 2,374 seniors provide care for grandchildren, and 319 seniors are the primary caregivers of grandchildren.

Thirty-five respondents (8.8%) reported caring for someone 60 or older in or near Tompkins County (no more than an hour away). Another twelve (3.0%) reported caring for a senior more than an hour away. Thirty-four (8.6%) reported caring for someone 60 or older in their own household. A total of 74 respondents provide care for another older person and 7 of those individuals care for more than one older person. This data suggests 2,953 Tompkins County seniors provide care for at least one other older person.

Awareness of Services

Respondents were asked if they knew about the existence of a series of local services (Table 64). The services which were familiar to most respondents included Hospice Care, Suicide Prevention Telephone Hotline, HEAP, Gadabout, and Foodnet's Meals on Wheels. About half of respondents were aware of the Adult Day Program, Respite Care, EPIC, and Health Insurance Counseling. The services that were known by the fewest number of respondents were Foodnet's Congregate Meals, NY Connects Long Term Care Services, and the Long Term Home Health Care Program.

| Table 64 Awareness of Services | | |
|---|------------------|---------------------------------|
| | Frequency | Percent saying Aware |
| Gadabout | 380 | 95.5% |
| Hospice Care | 372 | 93.2% |
| Foodnet Meals on Wheels | 369 | 92.7% |
| Suicide Prevention Telephone Hotline | 340 | 85.2% |
| HEAP (Home Energy Assistance Program) | 318 | 79.9% |
| Adult Day Program | 219 | 55.3% |
| Respite Care | 207 | 52.3% |
| EPIC (Elder Pharmaceutical Insurance Coverage) | 169 | 42.6% |
| Health Insurance Counseling | 160 | 40.5% |
| Foodnet Congregate Meals | 158 | 39.8% |
| The Long Term Home Health Care Program (also known as “Nursing Home Without Walls”) | 104 | 26.1% |
| NY Connects Long Term Care Services | 103 | 25.9% |

Health Insurance

Coverage

Respondents were asked a series of questions about their health insurance coverage (Table 65). One hundred seven (27.4%) stated that they were not covered by Medicare Part A, and 124 seniors (31.6%) stated that they were not covered by Medicare Part B. Thirty-two individuals (8.3%) reported having Medicaid coverage. One hundred nine respondents (28.4%) said they had Medigap coverage and two hundred eighty-eight respondents (73.3%) reported having other medical insurance coverage. One hundred eleven respondents (28.5%) stated they had long term care insurance policies. All respondents reported having some sort of health insurance coverage.

| Table 65 Insurance Coverage | | |
|--|------------------|-------------------------------|
| | Frequency | Percent saying Yes |
| Medicare Part A coverage for hospital bills | 284 | 72.6% |
| Medicare Part B coverage for doctor bills | 269 | 68.5% |
| Medicare Part D coverage for prescriptions | 105 | 27.1% |
| Medigap coverage | 109 | 28.4% |
| Medicaid coverage for health care | 32 | 8.3% |
| A separate long term care insurance policy | 111 | 28.5% |
| EPIC (Elder Pharmaceutical Insurance Coverage) | 14 | 3.7% |
| Any other medical insurance coverage | 288 | 73.3% |

The figure of 28.5% of respondents reporting private long term care insurance coverage seems very high, given that estimates of New Yorkers’ covered by long-term care insurance are closer to 10.8%,

according to information from the American Association for Long-Term Care Insurance (2008). One factor contributing to this inflated number could be that Cornell, the County's largest employer, offers long-term care insurance to 475 employees and retirees over age 60. A closer look at the respondents who reported having long term care insurance reveals that 38 (36.2%) had incomes below the median (See Table 66). Two respondents who reported receiving Medicaid answered this question affirmatively (Medicaid can be considered publicly funded long-term care insurance for persons with very low incomes). Because private long term care insurance is expensive to finance, and is fairly uncommon for people in lower income brackets to purchase, it is also suspected that many respondents did not understand what was meant by "long term care insurance" coverage.

| Table 66 | | | | | |
|---|------------------------|----------------------|---------------------|---------------------|--------------|
| Long Term Care Insurance by Income | | | | | |
| | Below 100% Pov. | 100-220% Pov. | 220% -Median | Above Median | Total |
| N | 4 | 15 | 19 | 67 | 105 |
| Percent | 3.8% | 14.3% | 18.1% | 63.8% | 100% |

Help with Health Insurance Matters

Respondents were asked "Do you need help in understanding your health insurance coverage, or in deciding whether to purchase additional coverage?" Fifty-three individuals (13.4%) answered affirmatively, suggesting that 2,150 seniors across the County need such assistance. When asked, "Do you need help in filling out your claim forms?" 18 (4.5%) stated that they did. Extrapolating to the County as a whole, it can be estimated that 723 seniors need such assistance. Coupled with the fact that less than half of respondents (40.5%, N=160) were aware of the Health Insurance Counseling program (HIICAP), these results indicate that continued attention is needed in this arena.

Prescriptions

A total of 42 seniors (10.4%) indicated⁶ that they were not enrolled in insurance or a program that provides prescription drug coverage. These individuals were of various ages and income levels (see Tables 67 and 68). From these numbers, we estimate that 1,668 seniors in Tompkins County do not have prescription drug coverage.

| Table 67 | | | | | | | | |
|--|--------------|--------------|--------------|--------------|--------------|------------|----------------|----------------|
| Prescription Drug Coverage by Age | | | | | | | | |
| | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85+ | Total N | Percent |
| Yes | 97 | 80 | 66 | 41 | 47 | 25 | 356 | 89.4% |
| No | 0 | 13 | 10 | 9 | 4 | 6 | 42 | 10.6% |
| Total N | 97 | 93 | 76 | 50 | 51 | 31 | 398 | |
| Percent | 24.4% | 23.4% | 19.1% | 12.6% | 12.8% | 7.8% | | 100.0% |

⁶ Lack of prescription drug coverage was assumed if respondents said they did not have Medicare Part D, Medicaid, EPIC, or other medical insurance coverage. Because other medical insurance coverage may not include prescription coverage, this figure may represent an underreport of the number of seniors without prescription drug coverage.

| Table 68 Prescription Drug Coverage by Income | | | | | | |
|--|----------------------------|--------------------------|--------------------------|-------------------------|----------------|----------------|
| | Below 100% Pov. | 100-220% Pov. | 220% - Median | Above Median | Total N | Percent |
| Yes | 13 | 71 | 86 | 165 | 335 | 89.6% |
| No | 4 | 7 | 14 | 14 | 39 | 10.4% |
| <i>Total N</i> | <i>17</i> | <i>78</i> | <i>100</i> | <i>179</i> | <i>374</i> | |
| Percent | 4.6% | 20.9% | 26.7% | 47.9% | | 100.0% |

A vast majority of respondents (81.9%, N=325) take prescription medications daily (Table 69). About a third of respondents take 1 or 2 prescriptions daily, while almost 43% take 3 to 5 prescriptions daily (Table 70). Of respondents who do not have prescription coverage, 85.7% (N=36) report taking medications daily. Sixty-two percent of those with no coverage and taking daily medications have incomes below median. This suggests as many as 1,437 Tompkins County seniors may face challenges in affording medications.

| Table 69 Take Prescriptions on Daily Basis | | |
|---|------------------|----------------|
| | Frequency | Percent |
| Yes | 325 | 81.9% |
| No | 72 | 18.1% |
| <i>Total</i> | <i>397</i> | <i>100.0%</i> |

| Table 70 How Many Different Prescriptions Daily | | |
|--|------------------|----------------|
| | Frequency | Percent |
| 1-2 | 100 | 30.9% |
| 3-5 | 138 | 42.6% |
| 6-8 | 50 | 15.4% |
| 9-10 | 23 | 7.1% |
| More than 10 | 13 | 4.0% |
| <i>Total</i> | <i>324</i> | <i>100.0%</i> |
| | | |
| Mean | 4.5 | |
| Median | 4 | |

Finally, all respondents were asked "Do you ever fail to fill a prescription or stretch out your medications to make them last longer than they should because of the cost?" Twelve individuals (3.7%) answered affirmatively. Of these, the majority (66.7%, N=8) were women. The individuals ranged across all age groups. The majority (66.7%, N=8) had incomes below 220% of poverty, but all reportedly had prescription drug coverage (see Tables 71 and 72). Extrapolating across Tompkins County, an estimated 594 seniors are failing to fill prescriptions or stretching out their medications because of the cost.

| Table 71 | | | | | |
|--|----------------------------|--------------------------|--------------------------|-------------------------|--------------|
| Fail to Fill Prescription/Stretch Medications by Income | | | | | |
| | Below 100% Pov. | 100-220% Pov. | 220% - Median | Above Median | Total |
| N | 1 | 7 | 2 | 2 | 12 |
| Percent | 8.3% | 58.3% | 16.7% | 16.7% | 100% |

| Table 72 | | |
|---|-----------------------------------|-----------|
| Failed to Fill Prescription/Stretch Medication by Prescription Drug Coverage | | |
| | Prescription Drug Coverage | |
| | Yes | No |
| N | 12 | 0 |
| Percent | 4.2% | 0.0% |

2004 & 2012: A Comparison #

As stated previously, the majority of questions in the 2012 needs assessment were taken from the 2004 needs assessment in order to compare results and examine trends. In both studies, random samples of the 60+ population in Tompkins County were drawn, with very little likelihood of the same respondents participating in both surveys. The 2004 survey consisted of 393 completed interviews, as compared with 402 completed interviews in 2012. Both were statistically significant to the 95% confidence level. The following comparisons and trends are noteworthy:

Age

The respective ages of respondents in 2004 and 2012 can be seen in Table 73. The 2012 sample shows a distinct shift toward younger seniors with almost a third more respondents aged 69 and under.

| Table 73 | | | | |
|--|----------------|------------|----------------|------------|
| Age of Respondents in 2004 & 2012 | | | | |
| | 2004 | | 2012 | |
| | Percent | N | Percent | N |
| 60-64 | 21.1% | 83 | 24.4% | 97 |
| 65-69 | 13.0% | 51 | 24.4% | 93 |
| 70-74 | 17.8% | 70 | 19.1% | 76 |
| 75-79 | 21.7% | 85 | 12.6% | 50 |
| 80-84 | 14.8% | 58 | 12.8% | 51 |
| 85+ | 11.5% | 45 | 7.8% | 31 |
| <i>Total</i> | <i>100.0%</i> | <i>392</i> | <i>100.0%</i> | <i>398</i> |

Employment

A greater number of respondents were employed full-time in 2012 than in 2004 with about equal proportions being employed part-time (Table 74). Also, a greater percentage of respondents 2012 who were not employed said they would like to be (13.0%) than in 2004 (9.5%).

| Table 74 Employment in 2004 & 2012 | | | | |
|---|----------------|------------|----------------|------------|
| | 2004 | | 2012 | |
| | Percent | N | Percent | % |
| Not Employed | 75.9% | 296 | 70.6% | 70 |
| Employed Part Time | 12.3% | 48 | 12.0% | 48 |
| Employed Full Time | 11.8% | 46 | 17.5% | 70 |
| <i>Total</i> | <i>100.0%</i> | <i>390</i> | <i>100.0%</i> | <i>401</i> |

Housing Issues

The vast majority of respondents continue to live in single family dwellings and own their own homes. There continued to be a high incidence of housing in need of major repairs (Table 75) and cost continued to be a primary reason for the lack of repairs.

| Table 75 Need for Major Housing Repairs in 2004 & 2012 | | | | |
|---|----------------|------------|----------------|------------|
| | 2004 | | 2012 | |
| | Percent | N | Percent | N |
| Yes | 31.6% | 121 | 33.0% | 132 |
| No | 68.4 % | 262 | 67.0% | 268 |
| <i>Total</i> | <i>100.0%</i> | <i>383</i> | <i>100.0%</i> | <i>400</i> |

In both 2004 and 2012, respondents were asked their costs for rent/mortgages, utilities, taxes and insurance, and an index of Housing Cost Burden was created through a ratio of costs to income. In 2004, 36% of respondents had Housing Cost Burdens over 30% (N=91) as compared to 21.6% of respondents (N=75) in 2012 (Table 76).

The decrease in the number of households with a high Housing Cost Burden is a positive sign for seniors in Tompkins County.

| Table 76 Housing Cost Burden in 2004 & 2012 | | | | |
|--|----------------|------------|----------------|------------|
| | 2004 | | 2012 | |
| | Percent | N | Percent | N |
| Below 30% | 63.9% | 234 | 78.4% | 272 |
| 30-50% | 19.9% | 73 | 11.8% | 41 |
| Above 50% | 16.1% | 59 | 9.8% | 34 |
| <i>Total</i> | <i>100.0%</i> | <i>366</i> | <i>100.0%</i> | <i>347</i> |

Plans to Move

Respondents in both assessments were asked about their plans to move in the next 5 years. Similar proportions of respondents indicated they were planning to move in 2004 and in 2012 and were planning to stay in Tompkins County (Table 77). In 2004 and 2012, the primary reason for moving, to reduce maintenance and upkeep, was the same and the respondents in both surveys most frequently said they planned to move into a single family home.

| Table 77 Plans to Move | | | | |
|---|----------------|------------|----------------|------------|
| | 2004 | | 2012 | |
| | Percent | N | Percent | N |
| Planning to move within 5 years | 14.0% | 55 | 12.9% | 51 |
| Staying within Tompkins County | 63.6% | 35 | 63.0% | 34 |
| Main reason for move (top choice): Reduce maintenance and upkeep | 30.9% | 17 | 47.1% | 24 |
| Where moving to (top choice): Single family home | 24.3% | 9 | 32.5% | 11 |
| <i>Total</i> | <i>100.0%</i> | <i>366</i> | <i>100.0%</i> | <i>347</i> |

Transportation

The main form of transportation for respondents continues to be by automobile: in both surveys, approximately 95% of respondents drove themselves or were driven by relatives or friends. However, in 2012, a smaller percentage of respondents (6.8%; N=27) were driven by others than in 2004 (16.3%; N=64). This could be due to the higher number of younger seniors included in the 2012 sample.

The percentage of respondents reporting transportation problems either "most of the time" or "sometimes" decreased between 2004 (11.0%; N=42) and 2012 (7.0%, N=28). This too could be related to the higher ratio of younger seniors in the 2012 sample.

Volunteering

In 2012, over 40% of respondents said they volunteered at least 1 hour per week in the past few months. This is up slightly from 2004 when about 35% said they volunteered at least 1 hour per week.

Isolation

In both 2004 and 2012, a series of questions relating to isolation were asked, and an Isolation Index was created. Results revealed that in 2004, 5.9% of respondents (N=23) scored three or more on this Isolation Index, as compared to 3.5% (N=14) in 2012 suggesting that isolation among seniors has decreased.

Fear of Crime

Respondents were asked a series of questions to ascertain whether fear of crime was a factor in limiting seniors' activities. It would appear that fear of crime has decreased. In 2004, to 2.3% (N=9) respondents avoided going out at night due to fear of crime, as compared to 1.5% (N=6) in 2012. In both 2004 and 2012, no respondents avoided using public transportation due to fear of crime. Lastly, in 2004, 0.3% (N=1) avoided leaving home due to fear of crime as compared to none in 2012.

Emergency Planning

In both the 2004 and 2012 assessment, respondents were asked whether they had adequate supplies for three days in the case of an emergency. The vast majority of respondents in both assessments indicated they were prepared (2004, 88.8%; 2012; 90.5%).

Health

A comparison between health conditions reported in 2004 and 2012 (Table 78) reveals that rates of incidence decreased or stayed the same under all categories. This may be due in part to the high number of people in the older age categories in the 2004 sample.

| | 2004 | | 2012 | |
|----------------------------|---------|-----|---------|-----|
| | Percent | N | Percent | N |
| Arthritis | 57.8% | 227 | 53.0% | 210 |
| High blood pressure | 47.6% | 187 | 45.3% | 180 |
| Other eye problems | 32.6% | 128 | 27.9% | 110 |
| Hearing problems | 35.6% | 140 | 25.3% | 100 |
| Heart disease | 24.2% | 95 | 20.9% | 83 |
| Problems with your feet | 26.2% | 103 | 20.9% | 83 |
| Osteoporosis | 20.1% | 79 | 16.9% | 67 |
| Teeth problems | 17.1% | 67 | 15.4% | 61 |
| Breathing or lung problems | 22.7% | 89 | 15.4% | 61 |
| Memory problems | 15.8% | 62 | 14.6% | 58 |
| Feeling anxious | 20.9% | 51 | 14.4% | 57 |
| Feeling depressed | 16.8% | 66 | 12.7% | 50 |
| Diabetes | 12.0% | 47 | 12.1% | 48 |
| Cancer | 14.5% | 57 | 7.8% | 31 |
| Glaucoma | 6.1% | 24 | 6.3% | 25 |
| Effects of a stroke | 4.6% | 18 | 1.0% | 4 |
| Parkinson's disease | 1.0% | 4 | 0.5% | 2 |
| Multiple Sclerosis | 0.5% | 2 | 0.5% | 2 |

The percentage of respondents reporting anyone 60 or older in the household suffering from dementia decreased from 4.8% (N=19) in 2004 to 2.0% (N=8) in 2012.

Respondents were presented with a list of activities of daily living, and asked if they could perform each of the activities "alone," "with some assistance" or "not at all." These questions were also asked for everyone in the household 60 years of age and older. In 2004, 16.2% of respondents and householders over age 60 (N=99) needed assistance. In 2012, this decreased to 7.9% who required the same level of assistance. Once again, this could be related in part to the younger participants in the 2012 sample.

The percentage of respondents who report that they have regular physicians decreased slightly from 97.7% (N=384) in 2004 to 95.0% (N=379) in 2012. The percentage of respondents who reported having difficulty in obtaining needed health care services also decreased from 5.1% (N=20) in 2004 to 2.3 (N=9) in 2012.

Tobacco Use

The number of non-smokers has increased and the number of current smokers has decreased significantly between 2004 and 2012 (Table 79). This is a positive trend for the health for Tompkins County's seniors.

| Table 79 Tobacco Use in 2004 & 2012 | | | | |
|--|----------------|------------|----------------|------------|
| | 2004 | | 2012 | |
| | Percent | N | Percent | N |
| Non-smoker | 46.8% | 184 | 53.9% | 215 |
| Former smoker | 43.8% | 172 | 41.1% | 164 |
| Current smoker | 9.4% | 37 | 5.0% | 20 |
| <i>Total</i> | <i>100.0%</i> | <i>393</i> | <i>100.0%</i> | <i>399</i> |

Nutrition and Food Security

In 2004, two questions were asked regarding nutrition and food security. In 2012, these questions were expanded to include the USDA's short-form food security scale to more fully assess the incidence hunger among Tompkins County seniors. In comparing responses to the two questions asked in both surveys, we found that in 2004 and 2012 nearly identical proportions (2004, 10.9%; 2012, 10.8%) of respondents said they did not eat two balanced meals per day. In 2004, 2% of respondents said they had either they or another adult in their household had cut the size of meals or skipped meals because there wasn't enough money for food. In 2012, this percentage reduced to 0.6%.

Alcohol Consumption

In 2004, an estimated 4.1% of seniors in Tompkins County drink alcohol to excess. In 2012, this increased slightly to 5.6% of seniors. This may be related to the relatively younger sample of the 2012 survey.

Caregiving

The rate of respondents who were caring for grandchildren decreased from 2004 to 2012, as did the rate of those caregiving at a distance whereas caregiving for someone in the county or in the household increased. A comparison of caregiving activities in 2004 and 2012 can be seen in Table 80.

| Table 80 Caregiving in 2004 & 2012 | | | | |
|---|----------------|----------|----------------|----------|
| | 2004 | | 2012 | |
| | Percent | N | Percent | N |
| <i>Caregiving for:</i> | | | | |
| Grandchildren | 19.6% | 77 | 13.8% | 55 |
| Someone 60+ in Tompkins County | 7.6% | 30 | 8.7% | 35 |
| Someone 60+ More Than 1 Hour Away | 3.8% | 15 | 3.0% | 12 |
| Someone 60+ in Household | 5.9% | 23 | 8.6% | 34 |

Awareness of Services

Respondents were read a list of services and programs available in Tompkins County, and asked whether they knew about each of them. Table 81 displays the rates of response for knowledge of each service which were asked in both surveys. Public awareness of the Adult Day Program and HEAP decreased by somewhat while awareness of EPIC decreased dramatically.

| Table 81 Knowledge of Services and Programs in 2004 & 2012 | | | | |
|---|----------------|----------|----------------|----------|
| | 2004 | | 2012 | |
| | Percent | N | Percent | N |
| Gadabout | 95.2% | 374 | 95.5% | 380 |
| Hospice Care | 92.6% | 364 | 93.2% | 372 |
| Foodnet Home Delivered Meals | 92.1% | 362 | 92.7% | 369 |
| Suicide Prevention Telephone Hotline | 84.5% | 332 | 85.2% | 340 |
| HEAP (Home Energy Assistance Program) | 82.4% | 324 | 79.9% | 318 |
| Adult Day Program | 59.8% | 235 | 55.3% | 219 |
| Respite Care | 52.4% | 206 | 52.3% | 207 |
| EPIC (Elderly Pharmaceutical Insurance Coverage) | 57.3% | 225 | 42.6% | 169 |

Health Insurance

Rates of insurance coverage under Medicare Part A and B decreased from 2004 to 2012, while those covered by Long Term Care Insurance and Medicaid increased (Table 82).

| Table 82 Health Insurance Coverage in 2004 & 2012 | | | | |
|--|----------------|----------|----------------|----------|
| | 2004 | | 2012 | |
| | Percent | N | Percent | N |
| Medicare Part A coverage for hospital bills | 77.1% | 303 | 72.6% | 284 |
| Medicare Part B coverage for doctor bills | 74.3% | 292 | 68.5% | 269 |
| Medicaid coverage for health care | 4.3% | 17 | 8.3% | 32 |
| Other health insurance | 76.8% | 302 | 73.3% | 288 |
| Long Term Care Insurance | 18.6% | 73 | 28.5% | 111 |
| No insurance reported | 0.8% | 3 | 0.0% | 0 |

Respondents were asked whether they needed help in understanding their health insurance or in deciding whether to purchase additional coverage. In 2004, 19.1% of respondents (N=75) reported a need for help while in 2012 only 13.4% (N=53) did.

Conclusion

This survey was conducted in order to gauge the current situation of the 60+ population in Tompkins County, to examine trends since the previous survey, to consider needs in terms of current resources, and to make recommendations accordingly.

Baseline Data

The survey collected baseline data in a number of new areas, including: more details on housing needs in respondents' plans to move, computer access and usage, and food security.

Positive Trends

The survey uncovered trends which point toward incremental improvements in the following areas: employment, isolation, depression, health, daily activities and fear of crime.

The percentage of employed seniors increased by 23 % between 2004 and 2012, with the largest increase being in full-time employment. This can be interpreted to mean that as seniors are living longer and healthier lives, they are working well into the traditional retirement years. It may also indicate that more seniors need to continue working out of financial necessity.

In 2012, the percentage of respondents reporting a Housing Cost Burden in excess of 30% of household income dropped dramatically from 36% to 21.6% indicating more stable housing and energy costs for a larger portion of Tompkins County seniors.

In 2012, the percent of people who scored three or more on the Isolation Index dropped to nearly half of that in 2004. Additionally, the incidence of health problems decreased or stayed the same between 2004 and 2012. Also, fewer respondents reported that they or another member of their household aged 60 or over needed assistance in daily activities.

Taken together, these trends point toward a senior population that is on the whole, more involved in the workforce, somewhat less isolated, healthier, and more active.

Problem Areas

Results from the needs assessment show continued problem areas in the arenas of housing quality, caregiving and food security.

In 2004, 30.9% of respondents stated a need for major home repair, and in 2012, this increased even further to 33% of respondents reporting that same need. Cost continues to be the major factor why these repairs are not completed. For seniors who are "house rich" but "cash poor," and living on fixed incomes, the cost of home repair can be prohibitive.

The survey revealed that 18.4% of respondents provided care for another older person, either in their household, in Tompkins County, or at a distance. Extrapolated to the County as a whole, some 2,952 seniors are providing unpaid care for other seniors. As the baby boom generation reaches its elder years, and the ratio of younger caregivers to older adults decreases, it will become more important than ever to support these informal caregivers who provide the majority of care to seniors.

With the addition of the USDA food security module, the needs assessment has a more robust method of determining the number of seniors in Tompkins County at risk for hunger and food insecurity. Data suggest that at minimum, 4.7% of seniors are at risk for hunger and nearly 11% of respondents did not regularly eat at least 2 balanced meals per day.

Appendix A. Survey Instrument

Hello, my name is _____. May I speak with _____? I am calling on behalf of the Tompkins County Office for the Aging. We recently sent you a letter saying that we would be calling. Do you remember getting that letter? We are concerned about the needs of Tompkins County's older residents, and we're conducting a telephone survey of households in the County where someone 60 or older lives. Your telephone number was selected by Office for the Aging staff at random from a list of residents 60 and older. I want to assure you that your answers will be kept completely confidential. We will need about 30 minutes of your time. Is now a good time? (If yes, enter ID number below)

First, I just want to make sure that you're eligible for the survey. Are you age 60 or over and do you live in Tompkins County?

Yes

No (If no, "I'm sorry, you're not eligible. Thanks so much for your time.")

- Which town do you live in, or do you live in the City of Ithaca?

| | | |
|-------------|----------------|-------------|
| 01 Caroline | 05 Groton | 09 Newfield |
| 02 Danby | 06 Ithaca City | 10 Ulysses |
| 03 Dryden | 07 Ithaca Town | |
| 04 Enfield | 08 Lansing | |

- Who lives in your household on a regular basis? We don't need names, just ages, sex and their relationship to you. (Confirm respondent's age)

| | <u>Household Composition</u> | <u>Age</u> | <u>Sex</u> |
|----|------------------------------|------------|------------|
| a. | <u>Respondent=01</u> | _____ | _____ |
| b. | _____ | _____ | _____ |
| c. | _____ | _____ | _____ |
| d. | _____ | _____ | _____ |
| e. | _____ | _____ | _____ |

| <u>Household Composition</u> | <u>Age</u> | <u>Sex</u> |
|------------------------------|-------------|-------------|
| Respondent | 01 Under 18 | 01 Male 1 |
| Spouse or Partner | 02 18-30 | 02 Female 2 |
| Child | 03 31-39 | 03 |
| Grandchild | 04 40-49 | 04 |
| Sibling | 05 50-59 | 05 |
| Parent of respondent | 06 60-64 | 06 |

| | | | |
|----------------|----|-------|----|
| or spouse | 06 | 65-69 | 07 |
| Other relative | 07 | 70-74 | 08 |
| Non-relative | 08 | 75-79 | 09 |
| | | 80-84 | 10 |
| | | 85-89 | 11 |
| | | 90-94 | 12 |
| | | 95+ | 13 |

3. (Unless already established) Are you now married, partnered, widowed, divorced, separated, or never married?

- | | | | |
|-----------|-----------------|-------------|-------------|
| 1 Married | 4 Divorced | 2 Partnered | 5 Separated |
| 3 Widowed | 6 Never Married | | |

4. What is the highest level of education you have completed?

1. Eight years or less
 2. Some high school
 3. Completed high school
 4. Some college (including community college or vocational school)
 5. College degree
 6. Some graduate work
 7. Master's Degree
 8. Doctorate or Senior Professional Degree
- Q40th Other

5. About your employment, are you currently in paid employment?

1. Yes, employed full-time
2. Yes, employed part-time
3. Not employed

If 1 or 2 (employed), go to 7

6. (If person not employed) Would you like to be employed?

1. Yes, would like to be employed full-time
2. Yes, would like to be employed part-time
3. No, would not like to be employed

Q60th - Other

7. During the last six months, have you been looking for part or full time work?

1. Yes, full-time (35+ hours per week)
2. Yes, part-time
3. Yes, either full or part-time
4. No, not looking

8. What is the job you did most of your life? Record response

Post-data collection coding

01 Agriculture, forestry, fishing and hunting, and mining

- 02 Construction
- 03 Manufacturing
- 04 Wholesale trade
- 05 Retail trade
- 06 Transportation and warehousing and utilities
- 07 Information
- 08 Finance, insurance, real estate and rental and leasing
- 44 Professional, scientific, management, administrative and waste management services
- 55 Educational, health and social services
- 66 Arts, entertainment, recreation, accommodation and food services
- 77 Public administration
- 88 Other services
- 99 Never worked

9. How long have you been a resident of Tompkins County? _____ Years
(Record response)

10. Do you live in:
- 1. A single family home
 - 2. Two or three family home
 - 3. Apartment
 - 4. Condominium
 - 5. Mobile Home
 - 6. The home of a relative or friend
 - 7. Other (specify)_____

11. Do you own or pay rent on your house (apartment) or is rent provided free?

- 1. Own
 - 2. Rent (go to Q. 16)
 - 3. Rent free (go to Q. 1)
- (If mobile home, include rent on lot)

12. **If Home Owner**
Can you tell me how much your monthly mortgage payment is? _____

Post-data collection coding annualized

13. **If Home Owner**
About how much is your yearly home insurance payment?

14. **If Home Owner**
About how much do you pay each month for:

- a. Electric & Gas _____
- b. Oil _____
- c. Propane _____
- d. Wood _____
- e. Other _____

Post-data collection coding annualized Total

15. **If Home Owner**

About how much property tax (including school tax) do you pay per year?

15A. Is that figure included in the monthly mortgage figure already provided?

1 Yes

2 No

Post-data collection coding: (If yes, subtract amount from total in #20)

Go to Question 19.

16. **If Renter**

How much rent do you pay per month? _____

17. **If Renter**

Are electric and gas included in monthly rental?

1 Yes

2 No

4 Combo

18. **If Renter**

If not included in the rent, how much do you pay each month for:

a. Electric & Gas _____

b. Oil _____

c. Propane _____

d. Wood _____

e. Other _____

Post-data collection coding annualized Total

19. Does your home need any major repairs, that is, something you think would cost \$500 or more to fix, like a new roof, heating system or septic?

1. Yes

2. No (Go to Q.21)

20. Why hasn't this been repaired?

1. High cost

2. No one to do it

3. Haven't gotten around to it

Q20oth Other (specify) _____

21. Does your home need any small repairs, like a leaky faucet, that you yourself are unable to take care of?

1. Yes

2. No (Go to Q.23)

22. Why hasn't this been repaired?
1. High Cost
 2. No one to do it
 3. Haven't gotten around to it
- Q22oth Other (specify) _____
23. Does your home need insulation or other weatherization assistance?
1. Yes
 2. No
 3. Don't Know
24. Are you planning to move in the next 5 years?
1. Yes
 2. No (go to Q. 32)
25. What is your main reason for moving? (choose one)
1. To be closer to family
 2. To be in a warmer climate
 3. To reduce maintenance and upkeep/downsizing
 4. Because of changes in my health
 5. Because of changes in my finances
- Q25oth Other (specify) _____
26. Do you plan to stay in Tompkins County?
1. Yes
 2. No (go to Q.32)
27. Into what kind of housing do you plan to move: (Interviewer, do not read list – record answer – if unsure, record response in other category.
- a. Moving in with family member (Go to Q.32)
 - b. Single-family home
 - c. Duplex
 - d. Townhouse
 - e. Condominium
 - f. Mobile home
 - g. Senior housing complex
 - h. Kendall
 - i. Longview
 - j. Titus Towers
 - k. McGraw House
 - l. Assisted living
- Q27 oth Other
28. In regard to your future home, please rate each of the following factors in terms of importance to you, with 1 being least important and 5 being most important:
- a. Privacy/ separation from neighbors
 - b. Walking distance to town center

- c. Close to grocery and drug stores
 - d. Close to restaurants, entertainment and shopping
 - e. Easy access to public transportation
 - f. Single floor design
 - g. Having a garage or carport
 - h. Handicapped accessibility
 - i. Energy efficiency design
 - j. Having outdoor green space or garden space
 - k. Able to have pets
 - l. Affordable cost
 - m. Sense of community
- Oth. Other _____

29. How many bedrooms do you want for your future home? _____

30. How many bathrooms do you want for your future home? _____

31. What price range do you expect to pay or spend on your future home?

a. Buying:

- 1. Less than \$90,000
- 1. Between \$90,000-\$150,000
- 2. Between \$150,000-\$250,000
- 3. More than \$250,000

b. Renting:

- 1. Less than \$100 /month
- 2. Between \$100 and \$500 /month
- 3. Between \$500 and \$1,000 /month
- 4. Between \$1,000 and \$2,000 /month
- 5. More than \$2,000 month

Now I'm going to ask you some questions about getting around.

32. When you need to go somewhere in or around the county, what type of transportation do you usually use?

- 1. Car-- drive myself
- 2. Car-- relative or friend drives
- 3. Bus
- 4. Taxi
- 5. Gadabout
- 6. Walk
- 7. Other (specify)_____
- 8. Does not travel

33. Is transportation a problem for you?

- 1. Most of the time
- 2. Sometimes
- 3. Seldom (Go to Q.35)
- 4. Never (go to Q.35)

34. Why is that?
- a. No one to drive me
 - b. Inconvenient schedule for public transportation
 - c. Inconvenient Gadabout schedule
 - d. Costs too much
 - oth. Other (specify)_____
35. Have you had a problem getting to an out-of-town medical appointment in the past year?
1. Yes
 2. No
36. About how many days per week do you get out of the house?
1. Every Day
 2. Almost every day
 3. One to 3 days
 4. Usually don't get out
37. When weather permits, do you get outside of your home as often as you would like?
1. Yes
 2. No
38. Do you have a neighbor on whom you could call if you suddenly needed help?
1. Yes
 2. No
39. Do you know one or more of your neighbors well enough to visit with?
1. Yes
 2. No
40. During the past week, how many times did you visit in person with anyone (friends, neighbors, or a relative who does not live with you) either at your house or their house?
1. Not at all
 2. Once
 3. 2-6 times
 4. Every day
 5. 8 or more times
41. Do you have as much contact as you would like with a person that you feel close to-- somebody that you can trust and confide in?
1. Yes
 2. No

42. When did you last attend each of the following? Within the last day or two, within the last week or two, a month ago, two or three months ago, longer than that, or never

| | 1. Day or two | 2. Week or two | 3. Month ago | 4. 2-3 Months ago | 5. Longer than 3 months | 6. Never |
|--|---------------|----------------|--------------|-------------------|-------------------------|----------|
| a. Movie | | | | | | |
| b. Shopping | | | | | | |
| c. Activity at Lifelong or local senior group activity | | | | | | |
| d. Other club or civic organization | | | | | | |
| e. Restaurant | | | | | | |
| f. Place of worship | | | | | | |
| g. Library | | | | | | |
| h. Home of a friend, neighbor, or relative | | | | | | |

43. During the past month or two, how many hours a week have you spent in volunteer activities-- either in your home, at a church, club, organization or anywhere else? Would you say:

1. Hardly any
2. 1-3 hours per week
3. 4-6 hours per week
4. 7-9 hours per week
5. 10-12 hours per week
6. 13 or more hours per week

44. Do you have a computer with internet access in your home?

1. Yes
2. No (Go to Q.46)

45. How frequently do you use the internet for the following activities using the following scale: A lot, sometimes, rarely, never.

- a. E-mail communication with friends and family
- b. Video/phone communication with friends and family (like Skype)
- c. Social networking (like Facebook)
- d. Researching health or medical information
- e. Researching topics of interest

Q45Oth. Other _____

9. No answer

46. How frequently do you receive information from the following sources? A lot, sometimes, rarely, never
- a. Newspaper
 - b. Radio
 - c. Television
 - d. Senior Newsletter
 - e. Pennysaver
 - f. Internet
 - g. E-mail listserves
 - h. Word of mouth
47. In terms of telephone service, do you have a
- 1. Land line telephone
 - 2. Cell Phone
 - 3. Both a land line telephone and a cell phone
48. Do you avoid going out at night?
- 1. Yes
 - 2. No
 - 3. Sometimes
- 48A. If "yes" or "sometimes," why?
- 1. Poor driving vision
 - 2. Lack of transportation
 - 3. No one to go with
 - 4. Fear of crime
 - 5. Winter weather
 - Q48oth Other _____
49. Do you avoid using public transportation?
- 1. Yes
 - 2. No
 - 3. Sometimes
- 49A. If "yes" or "sometimes," why?
- 1. Not available
 - 2. Doesn't come at convenient times
 - 3. Fear of crime
 - 4. Don't need to
 - 5. Cost
 - 6. Other (specify) _____
50. Do you avoid leaving home?
- 1. Yes
 - 2. No
 - 3. Sometimes

50A. If "yes" or "sometimes," why?

1. Lack of transportation
2. No place to go
3. Fear of crime
4. Fear of snow and ice
5. Disability, sickness

Q50oth Other (specify) _____

51. Now I want to ask you a question about emergency planning for an event such as a severe winter storm which might disrupt the power supply. If this kind of event occurred, do you have adequate supplies for three days including water, non-perishable food, medicines, tools and supplies, clothing and bedding?

1. Yes
2. No

Now a few questions about your health:

52. Do you have any of the following health problems?

| | 1 Yes | 2 No |
|--|-------|------|
| a. Diabetes | | |
| b. Glaucoma | | |
| c. Other eye problems | | |
| d. Hearing problems | | |
| e. Effects of a stroke | | |
| f. High blood pressure | | |
| g. Arthritis | | |
| h. Osteoporosis | | |
| i. Teeth problems | | |
| j. Cancer | | |
| k. Heart disease | | |
| l. Breathing or lung problems | | |
| m. Memory problems | | |
| n. Problems with your feet | | |
| o. Parkinson's disease | | |
| p. Multiple Sclerosis | | |
| q. Feeling depressed | | |
| r. Feeling anxious | | |
| s. Unintentional weight gain or loss of more than 10 pounds in the last 6 months | | |

53. Have you fallen recently or are you afraid that you might fall?

1. Yes
2. No

54. Is there anyone 60 or older in the household who is suffering from Alzheimer's or other dementia?
1. Yes
 2. No
55. Do you have a regular physician who coordinates all your health care needs?
1. Yes
 2. No
56. Do you have difficulty in obtaining needed health care services?
1. Yes
 2. No
- If "yes," go to 56A
- 56A. Why?
1. Lack of transportation
 2. Financial problems
 3. Can't get in to see the physician
 4. Not sure where to obtain care
 5. Can't get a primary care physician
- Q56oth Other _____
57. About how long has it been since you last saw or talked to a medical doctor or other health professional?
1. Within the last year
 2. Within the last 2 years
 3. Longer than 2 years
 4. Don't know
58. Have you smoked at least 100 cigarettes in your entire life? (100 cigarettes=5 packs)
- a. Yes
 - b. No (Go to Q.61)
 - c. Don't know/no answer
59. Do you now smoke cigarettes every day, some days, or not at all?
1. Every day
 2. Some days
 3. Not at all (Go to Q.61)
60. On average, about how many cigarettes a day do you now smoke?

Next are several statements that people have made about their food situation. For these statements, please indicate whether the statement was often true, sometimes true, or never true for you and your household in the last 12 months—that is, since last July.

61. The first statement is, "The food that I bought just didn't last, and I didn't have money to get more." Was that often, sometimes, or never true for you in the last 12 months?

Often true Sometimes true Never true Don't know

62. "I couldn't afford to eat balanced meals." Was that often, sometimes, or never true for you/your household in the last 12 months?

Often true Sometimes true Never true Don't know

63. In the last 12 months, since last July, did you/you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

- Yes, almost every month
- Yes, some months but not every month
- Yes, only 1 or 2 months
- No

64. (If yes to 63) When you feel you don't have enough to eat, where do you turn?

- a. Friend
- b. Family
- c. Soup kitchen/Loaves and Fishes
- d. Congregate senior program
- e. Meals on Wheels
- f. Food pantry
- Oth. Other

65. (If yes to 63) When you feel you don't have enough to eat, are you looking for:

- a. Prepared meals
- b. Items to stock your pantry
- c. Other _____

66. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

Yes No Don't know

67. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

Yes No Don't know

68. Do you usually eat at least two balanced meals including fruits and vegetables every day?

- 1. Yes
- 2. No

69. How many alcoholic beverages do you consume on an average day?
_____ (record number)
0 None

And now I'm going to ask a few questions about caregiving.

70. Are you caring for any grandchildren? (If asked, includes "baby-sitting")
1. Yes
2. No (go to Q.71)

70A For how many hours per week?

1. Less than 10
2. 10-20 hours per week
3. 20-40 hours per week
4. More than 40 hours per week

70B. Are you the primary caregiver for this grandchild?

1. Yes
2. No

71. Are you caring for anyone 60 or older in or near Tompkins County, say, no more than an hour away? "Caring for" includes any of the following: assistance with filling out insurance and legal forms, direct financial support or managing a person's finances, household chores inside or outside, help in searching for new living arrangements, shopping, making or receiving phone calls for the person, transportation, administering medicines, providing help with moving around, dressing, bathing or help toileting.
1. Yes
2. No

72. Are you caring for anyone 60 or older more than an hour away?
1. Yes
2. No

73. Are you caring for anyone 60 or older in your household?
1. Yes
2. No

74. I'm going to read a list of services or programs we have in the County, and ask if you know about each of them:

| | 1. Yes | 2. No |
|--|--------|-------|
| a. Adult Day Program | | |
| b. Hospice Care | | |
| c. Respite Care | | |
| d. Suicide Prevention Telephone Hotline | | |
| e. HEAP (Home Energy Assistance Program) | | |
| f. Gadabout | | |
| g. Health Insurance Counseling | | |
| h. EPIC (Elder Pharmaceutical Insurance Coverage) | | |
| i. Foodnet Meals on Wheels | | |
| j. Foodnet Congregate Meals | | |
| k. NY Connects Long Term Care Services | | |
| l. The Long Term Home Health Care Program (also known as "Nursing Home Without Walls") | | |

And now I'm going to ask a few questions about health care coverage.

75. Do you have:

| | 1. Yes | 2. No |
|--|--------|-------|
| a. Medicare Part A coverage for hospital bills? | | |
| b. Medicare Part B coverage for doctor bills? | | |
| c. Medicare Part D coverage for prescriptions? | | |
| d. Medigap coverage? (insurance that pays some or all of your Medicare co-pays and deductibles for you after Medicare pays its part of the bill) | | |
| e. Medicaid coverage for health care? | | |
| f. A separate long term care insurance policy? | | |
| g. EPIC (Elder Pharmaceutical Insurance Coverage) | | |
| oth. Any other medical insurance coverage? | | |

76. Do you need help in understanding your health insurance coverage, or in deciding whether to purchase additional health insurance?

1. Yes
2. No

77. Do you need help in filling out your claim forms?

1. Yes
2. No

78. Do you take prescription medicines on a daily basis?

1. Yes
2. No (go to Q.81)

79. About how many different prescription medicines do you take on a daily basis?

_____ (record number)

80. Do you ever fail to fill a prescription or stretch out your medications to make them last longer than they should because of the cost?

1. Yes
2. No

81. Now I'm going to read you a list of activities. After I read each one, please tell me whether (a) you can do it alone, (b) you require some assistance, or (c) you cannot do it at all.

| | 1. Can do it Alone | 2. With Some Assist. | 3. Can't do it | 4. Who Assists you? | 5. Is Helper Paid? |
|--|--------------------|----------------------|----------------|---------------------|--------------------|
| a. Walk about the house | | | | | |
| b. Go up and down stairs | | | | | |
| c. Get out of the house | | | | | |
| d. Use transportation | | | | | |
| e. Wash and bathe | | | | | |
| f. Dress and put on shoes | | | | | |
| g. Cut your toenails | | | | | |
| h. Feed yourself | | | | | |
| i. Manage your medications | | | | | |
| j. Use the telephone | | | | | |
| k. Get to the toilet | | | | | |
| l. Shop | | | | | |
| m. Cook meals | | | | | |
| n. Other light housekeeping chores | | | | | |
| o. Handling money or keeping accounts | | | | | |
| p. Heavy chores (e.g. shoveling snow off walk) | | | | | |

Code for "Who assists"

- | | |
|--------------------|---|
| Spouse | 1 |
| Son | 2 |
| Daughter | 3 |
| Other relative | 4 |
| Friend or neighbor | 5 |
| Home health aide | 6 |
| Other | 7 |
| Equal Combination | 8 |

Code for "Is Helper Paid"

- | | |
|-------------|---|
| Yes | 1 |
| No | 2 |
| Combination | 3 |

82. Do you receive any of the following services?

| | 1. Yes | 2. No |
|---|--------|-------|
| a. Nursing care | | |
| b. Home health aides, personal care aides or homemakers | | |
| c. Physical, occupational or speech therapist | | |
| d. FoodNet/Meals on Wheels | | |
| oth. Other (specify) | | |

83. What about anyone else in the house over 60? Can he or she (a) do it alone, (b) require some assistance or (c) cannot do it at all.

| | 1. Can do it Alone | 2. With Some Assist. | 3. Can't do it | 4. Who Assists you? | 5. Is Helper Paid? |
|--|--------------------|----------------------|----------------|---------------------|--------------------|
| a. Walk about the house | | | | | |
| b. Go up and down stairs | | | | | |
| c. Get out of the house | | | | | |
| d. Use transportation | | | | | |
| e. Wash and bathe | | | | | |
| f. Dress and put on shoes | | | | | |
| g. Cut your toenails | | | | | |
| h. Feed yourself | | | | | |
| i. Manage your medications | | | | | |
| j. Use the telephone | | | | | |
| k. Get to the toilet | | | | | |
| l. Shop | | | | | |
| m. Cook meals | | | | | |
| n. Other light housekeeping chores | | | | | |
| o. Handling money or keeping accounts | | | | | |
| p. Heavy chores (e.g. shoveling snow off walk) | | | | | |

84. Does s/he receive any of the following services?

| | 1. Yes | 2. No |
|---|--------|-------|
| a. Nursing care | | |
| b. Home health aides, personal care aides or homemakers | | |
| c. Physical, occupational or speech therapist | | |
| d. FoodNet/Meals on Wheels | | |
| oth. Other (specify) | | |

85. a. Now, let's see, there are ____ number of people in your household (including yourself). What is your household's total yearly income before taxes, including your social security?

b. (If refuses to answer) It's very important that we have this information – I want to remind you that all the information you provide is kept completely confidential. If you feel more comfortable putting it into a range, I can do that, would you say your total yearly income falls in which range: (ask figures corresponding to number in household): Stop when respondent says "yes."

| <u>Household of 1</u> | | <u>Household of 2</u> | | <u>Household of 3</u> | |
|---------------------------|--------------------|---------------------------|-------------------|---------------------------|--------------------|
| 1. | Under \$11,170 | 6. | Under \$15,130 | 11. | Under \$19,090 |
| 2. | \$11,171-\$25,752 | 7. | \$15,131-\$33,672 | 12. | \$19,091-\$41,592 |
| 3. | \$25,753- \$50,000 | 8. | \$33,673-\$56,090 | 13. | \$41,593-\$62,900 |
| 4. | \$50,001-\$72,800 | 9. | \$56,091-\$78,500 | 14. | \$62,901-\$84,200 |
| 5. | Over \$72,800 | 10. | Over \$78,500 | 15. | Over \$84,200 |
| <u>Household of 4</u> | | <u>Household of 5</u> | | <u>Household of 6</u> | |
| 16. | Under \$23,050 | 21. | Under \$27,010 | 26. | Under \$30,970 |
| 17. | \$23,051-\$49,524 | 22. | \$27,011-\$57,444 | 27. | \$30,971-\$65,364 |
| 18. | \$49,525-\$69,700 | 23. | \$57,445-\$76,600 | 28. | \$65,365-\$83,300 |
| 19. | \$69,701-\$89,900 | 24. | \$76,601-\$95,600 | 29. | \$83,301-\$101,300 |
| 20. | Over \$89,900 | 25. | Over \$95,600 | 30. | Over \$101,300 |

86. Are you of Spanish/Latino origin or descent?

1. Yes
2. No

87. Do you mind telling me, what is your race?

1. White or Caucasian
2. Black or African-American
3. American Indian/Alaska Native
4. Asian
5. Native Hawaiian/Pacific Islander
6. Some Other Race
7. Two or more races

NOW FINALLY: I'd like to give you the number of the Tompkins County Office for the Aging in case you have any questions about this interview or would like to know about services available. It is: 274-5482. Would you like a follow-up call from the Office for the Aging to answer questions? Thank you very much for your cooperation.

Appendix B. Announcement Letter

**Tompkins County
Office for the Aging**

320 N. Tioga Street
Ithaca, NY 14850
607-274-5482

www.tompkins-co.org/cofa

Name
Address
City, State, Zip

Dear Name:

The Tompkins County Office for the Aging is conducting a telephone survey of County residents 60 years and older about their experiences, needs, and supports. Your name was selected at random from a list of older residents. We will need about 30 minutes of your time to complete the survey.

It is important that you personally participate in this survey. Without each of the 366 selected individuals' responses, we will not be able to get a complete picture of Tompkins County seniors. You will soon be receiving a call from an interviewer from Horn Research, a local business conducting the survey on behalf of the Office for the Aging. If you would like to schedule a time to complete the survey ahead of time or if you have any questions, please call Horn Research at (607) 351-7704. Please refer to your ID # 1 and let them know the best time to reach you. We expect to be calling throughout the month of July, 2012.

In this age of telemarketing, the Office for the Aging realizes that many people are wary of telephone interviews. Please know that this is not a telemarketing call. Your answers will be kept completely confidential and we will never release any of your personal information in any way.

If you would prefer to complete the survey online you can do so at: www.surveymonkey.com/s/COFA – you will be prompted to enter your ID# 1. Again, please be assured your information will be kept completely confidential.

I hope you will be willing to help with this project, and am extremely grateful for your cooperation.

Sincerely,



Lisa Holmes
Director

Inclusion Through Diversity

Appendix C. Interviewer Training Resources

Basic Survey Technique

The Don't's

- 1) Do not interpret responses – Sometimes respondents will answer a question with a range of options (i.e. “oh, I’d probably say 2 or 3”) – as an interviewer you can’t interpret their answer by either a) just choosing an answer or b) by suggesting an answer (i.e. “so is that a 2?”), instead you have to prompt the interviewer in a neutral way to provide a response. A good way to do that would be to say, “Oh, I’m sorry, the computer only allows me to put in one number – which one would you say is closer/the best answer for you?”
- 2) Do not lead to a response – If a respondent is having a hard time coming up with an answer, do not offer one or two options to try to prompt them. Instead offer to read the full-range of options. It is also good to remind them that there are no right or wrong answers, that we’re just looking for their opinion and experience.
- 3) Do not give definitions – Sometimes a respondent won’t know what something means or will want further clarification. Unless there is a definition provided to you, simply say “Whatever it means to you....” If they still don’t have an answer, just move onto the next question.

The Do's

- 4) Read all questions and options as written – It’s very important that every question is read to each respondent in the same way to avoid inserting bias into the survey results. Do NOT read “No answer”, “Don’t know” or “Refused” options. Pay attention to Interviewer Instructions throughout the survey – marked by (INVR:....)
- 5) Speaking with a low, even tone makes it easier for a respondent to hear/understand what you are saying. We will be interviewing a wide age-range of seniors from 60 to 90+. Be aware of who you are speaking to and what their needs are. Be patient, be clear, and speak slowly.
- 6) It’s better to have an “intro” that is your own – we do offer some text, but it’s better to not sound like you’re reading – it’s easy to hang up on someone who is reading from a piece of paper! A good bit of information is that the data we are gathering will actually inform both policy and funding decisions and this is their opportunity to let community leaders know about their needs and experiences.
- 7) If someone doesn’t want to answer a question, remind them that the information is completely confidential and/or that there is no right or wrong answer (depending on why they don’t want to answer), if they still don’t want to answer the question, say “OK, I’ll just move onto the next question.” A key variable in this survey is the income question. Do your best to get them to answer this question – if they don’t, we can’t include the survey in our total.

Making Calls

Accessing the Survey

We are using SurveyMonkey as our data collector. Some important notes:

- 1) You have to put in the ID# from the case - we need to have this put in correctly in order to do the analysis properly and to keep track of the completions.
- 2) You will also have to put in your interviewer ID# - this will help me track how many bonus dollars you get from completed surveys!
- 3) The initial question gets at eligibility – we are only interviewing seniors aged 60 and over who live in Tompkins County – if they don't fit those 2 criteria, they are considered ineligible and will not complete the survey.
- 4) There is routing in the survey which means there will be times that you will hit questions that you might not get other times. It all depends on how people answer the questions.
- 5) Lists of activities – there are several activities and 3 different questions to answer about each one. If someone answers “can do it alone”, you don't have to answer who assists or is helper paid.
- 6) Income – this is a very important variable for us. If we don't get this information, we can't count it as a completed survey. We've set it up so that first we ask their total household income as a number figure. If they refuse to answer, you are then routed to ask it in ranges. This is a little more complicated because it requires you to know how many are in the household so you can read the right ranges – you know this from very early in the survey, so it might help to take a note and confirm that number with the respondent. Then read the ranges related to the number in the household (including the respondent) and enter the number corresponding to that category.
- 7) At the end of the survey, we're giving them the COFA phone number and asking if they'd like COFA to follow-up with them about their services. Remind them that their survey data isn't linked with their personal information and that it will all be kept completely confidential.

Using the Sample List

For each case you call, you will enter your Interviewer ID #, the date and time of your call, the outcome of your call, the callback date, the callback time, and notes in the relevant column. Be conscientious, clear and concise when filling out the outcomes of your calls and notes. The notes you leave will help the next interviewer to be most prepared when they call back. We will be calling each case a maximum of four times. Once we hit that total, we won't call them again unless there is a callback scheduled.

Making the Calls

We use a priority system to decide which cases to call in what order. Please use the following system:

- 1) Scheduled callbacks (see below)
- 2) Fresh cases – cases that haven't been called yet
- 3) Answering machines (AM) and No answers (NA) that haven't been called during the time frame of your shift.

NOTE: We are sending letters and making calls in stages

Call Outcomes

The following are acceptable outcome codes and their definitions:

- AM – Answering machine – please note whether you left a message or not in the notes section
- NA – No answer
- BZ – Busy – you should try this number back in a few minutes
- BAD# - Disconnected, out of service, or wrong number
- CB – Callback (see below for details on how to set a call back)
- REF – Refused to participate – hopefully this won't happen too often. Use your persuasive skills to keep the number to a minimum
- INEL – Ineligible – this would be people who don't pass the eligibility question at the start of the survey (60+ and live in Tompkins County), are deceased, have a language barrier that is too significant to do a phone survey or are too ill to complete the survey. Please detail the situation in the notes.
- COMP – Complete! Hooray!

Answering Machines

Leave a message (see Answering Machine Message page) if you get a voice mail/answering machine – but don't leave them day after day – please stagger them at least 2 days apart. Please read clearly – if you talk too fast people can't understand the message.

Callbacks

If someone can't do the survey when you call, we can call them back. When you set a callback with someone:

- 1) Ask when a good time to reach them would be
- 2) Set the appointment with the caller
- 3) Get off the phone
- 4) Set it the callback on the Calendar and on the sample list spreadsheet

Refusals

Obviously, we want to minimize the number of refusals as best we can. It's a fine line between being encouraging and convincing and being irritating and harassing. The key is to be authentic and friendly and to know your stuff. Know why we're doing the survey and why it's important for them to participate. Some answers are provided in the Frequently Asked Questions. One other point: many men do not want to do surveys and try to pass it off to their wives – unfortunately we can't do that in this survey. We are looking for the specific person in the list in order to maintain the randomness of the sample.

Appendix D. Frequencies and Proportions by Question

Q1. First of all, in which town do you live, or do you live in the City of Ithaca?

| Town | Frequency | Percent |
|-------------|-----------|---------|
| Caroline | 20 | 5.0% |
| Danby | 23 | 5.8% |
| Dryden | 61 | 15.3% |
| Enfield | 20 | 5.0% |
| Groton | 18 | 4.5% |
| Ithaca City | 56 | 14.1% |
| Ithaca Town | 79 | 19.9% |
| Lansing | 59 | 14.8% |
| Newfield | 31 | 7.8% |
| Ulysses | 31 | 7.8% |
| Total | 398 | 100% |

Missing=4

Q2. Who lives in your household on a regular basis?

| Household Composition | Male | | Female | | Total N |
|--------------------------------|-----------|---------|-----------|---------|---------|
| | Frequency | Percent | Frequency | Percent | |
| Primary Respondent | 176 | 43.8% | 226 | 56.2% | 402 |
| Spouse or Partner | 127 | 46.9% | 144 | 53.1% | 271 |
| Child | 24 | 63.2% | 14 | 36.8% | 38 |
| Grandchild | 7 | 53.8% | 6 | 46.2% | 13 |
| Sibling | 2 | 100.0% | 0 | 0.0% | 2 |
| Parent of Respondent or Spouse | 2 | 66.7% | 1 | 33.3% | 3 |
| Other Relative | 2 | 66.7% | 1 | 33.3% | 3 |
| Non-Relative | 3 | 50.0% | 3 | 50.0% | 6 |
| Total | 343 | 46.5% | 394 | 53.5% | 738 |

Missing = 7

| Household Size | Frequency | Percent |
|----------------|-----------|---------|
| 1 | 104 | 25.9 |
| 2 | 267 | 66.4 |
| 3 | 20 | 5.0 |
| 4 | 9 | 2.2 |
| 5 | 1 | 0.3 |
| 6 | 1 | 0.3 |
| Total | 402 | 100 |

Q3. Are you now married, partnered, widowed, divorced, separated, or never married?

| Marital Status | Frequency | Percent |
|----------------|-----------|---------|
| Married | 268 | 66.8% |
| Partnered | 9 | 2.2% |
| Widowed | 59 | 14.7% |
| Divorced | 41 | 10.2% |
| Separated | 5 | 1.3% |
| Never Married | 18 | 4.5% |
| Total | 401 | 100% |

Missing = 1

Q4. What is the highest level of education you have completed?

| Educational Level | Frequency | Percent |
|---|-----------|---------|
| Eight years or less | 1 | 0.3% |
| Some high school | 17 | 4.2% |
| Completed high school | 83 | 20.7% |
| Some college | 79 | 19.7% |
| College degree | 72 | 18.0% |
| Some graduate work | 21 | 5.3% |
| Master's degree | 75 | 18.7% |
| Doctorate or Senior Professional degree | 53 | 18.2% |
| Total | 401 | 100% |

Missing = 1

Q5. About your employment, are you currently in paid employment?

| Employment Status | Frequency | Percent |
|-------------------|-----------|---------|
| Yes, full-time | 70 | 17.5% |
| Yes, part-time | 48 | 12.0% |
| No | 283 | 70.6% |
| Total | 401 | 100% |

Missing = 1

Skip to Q7 if employed FT or PT

Q6. (If person not employed) Would you like to be employed?

| Want employment? | Frequency | Percent |
|------------------|-----------|---------|
| Yes, full-time | 3 | 1.1% |
| Yes, part-time | 35 | 12.6% |
| No | 240 | 86.3% |
| Total | 278 | 100% |

Missing = 6

Skipped = 118

Q7. During the last six months, have you been looking for part or full time work?

| Looking for work | Frequency | Percent |
|-------------------------------|-----------|---------|
| Yes, full time | 8 | 2.0 |
| Yes, part time | 9 | 2.2 |
| Yes, either full or part-time | 4 | 1.0 |
| No, not looking | 381 | 94.8 |
| Total | 402 | 100 |

Missing = 0

Q8. What is the job you did most of your life?

| Life Job | Frequency | Percent |
|--|-----------|---------|
| Agriculture, forestry, fishing and hunting, and mining | 5 | 1.3% |
| Construction | 9 | 2.3% |
| Manufacturing | 26 | 6.6% |
| Wholesale trade | 2 | 0.5% |
| Retail trade | 19 | 4.8% |
| Transportation and warehousing and utilities | 15 | 3.8% |
| Information | 14 | 3.6% |
| Finances, insurance, real estate, and rental and leasing | 24 | 6.1% |
| Professional, scientific, management, administrative and waste management services | 78 | 19.9% |
| Educational, health and social services | 122 | 31.0% |
| Arts, entertainment, recreation, accommodation and food services | 29 | 7.4% |
| Public administration | 9 | 2.3% |
| Other services | 12 | 3.1% |
| Never worked | 19 | 4.8% |
| Total N | 393 | 100.0% |

Missing = 9

Q9. How long have you been a resident of Tompkins County?

| Years | Frequency | Percent |
|--------------|-----------|---------|
| Less than 10 | 5 | 1.2% |
| 10-24 | 48 | 12.0% |
| 25-49 | 175 | 43.6% |
| 50-74 | 128 | 31.9% |
| 75+ | 45 | 11.2% |
| Total | 401 | 100% |
| Mean | 47.7 | |
| Median | 45 | |

Missing = 1

Q10. Do you live in:

| Housing Type | Frequency | Percent |
|----------------------------|-----------|---------|
| A single family home | 318 | 79.0% |
| Two or three family home | 23 | 5.8% |
| Apartment | 33 | 8.3% |
| Condominium | 7 | 1.8% |
| Mobile home | 19 | 4.8% |
| Home of relative or friend | 0 | 0.0% |
| Other | 0 | 0.0% |
| Total | 400 | 100% |

Missing = 2

Q11. Do you own or pay rent on your house (apartment) or is rent provided free?

| Ownership Status | Frequency | Percent |
|------------------|-----------|---------|
| Own | 353 | 88.3% |
| Rent | 38 | 9.5% |
| Rent free | 9 | 2.3% |
| Total | 400 | 100% |

Missing = 2

Q12. (Homeowner) Can you tell me how much your monthly mortgage payment is?

| Monthly Mortgage | All (N=333) | With Mortgage Payment > 0 (N=102) |
|------------------|-------------|-----------------------------------|
| Mean | \$293 | \$957 |
| Median | \$0 | \$815 |

Q13. (Homeowner) About how much is your yearly home insurance payment?

| Yearly Home Ins. | All (N=287) | With Insurance > 0 (N=283) |
|------------------|-------------|----------------------------|
| Mean | \$805.4 | \$816.7 |
| Median | \$700 | \$700 |

Q14. (Homeowner) About how much do you pay each month for:

| Utilities | All | | | With Cost > 0 | | |
|-------------------|---------|--------|-----|---------------|--------|-----|
| | Mean | Median | N | Mean | Median | N |
| a. Electric & Gas | \$170.2 | \$136 | 317 | \$170.7 | \$136 | 316 |
| b. Oil | \$74.7 | \$0 | 206 | \$236.9 | \$200 | 65 |
| c. Propane | \$42.4 | \$0 | 209 | \$126.6 | \$58.5 | 70 |
| d. Wood | \$13.1 | \$0 | 193 | \$68.2 | \$50 | 37 |
| e. Other | \$13.0 | \$0 | 167 | \$197.3 | \$117 | 11 |

Q15. About how much property tax (including school tax) do you pay per year?

| Property tax | All (N=300) | With Tax > 0 (N=292) |
|---------------------|--------------------|--------------------------------|
| Mean | \$4,935 | \$5,069.8 |
| Median | \$4,100 | \$4,425 |

Q15a. Is that figure included in the monthly mortgage figure already provided?

| | Frequency | Percent |
|-------|------------------|----------------|
| Yes | 39 | 11.7% |
| No | 295 | 88.3% |
| Total | 334 | 100.0% |

Q16. (Renter) How much rent do you pay per month?

| Monthly Rent | All (N=44) | With Rent > 0 (N=37) |
|---------------------|-------------------|--------------------------------|
| Mean | \$1,375.6 | \$1,635.9 |
| Median | \$600 | \$865 |

Q17. (Renter) Are electric and gas including in monthly rental?

| | Frequency | Percent |
|-------|------------------|----------------|
| Yes | 19 | 48.7% |
| No | 20 | 51.3% |
| Total | 39 | 100.0% |

Missing:

Skipped:

Q18. (Renter) About how much do you pay each month for:

| | All | | | With Cost > 0 | | |
|-------------------|-------------|---------------|----------|-------------------------|---------------|----------|
| | Mean | Median | N | Mean | Median | N |
| a. Electric & Gas | \$81.6 | \$70 | 22 | \$89.8 | \$87.5 | 20 |
| b. Oil | 0 | 0 | 13 | | | 0 |
| c. Propane | \$11.4 | 0 | 14 | \$80 | \$80 | 2 |
| d. Wood | \$1.9 | 0 | 13 | \$25 | \$25 | 1 |
| e. Other | 0 | 0 | 13 | | | 0 |

Q19. Does your home need any major repairs, that is, something you think would cost \$500 or more to fix, like a new roof, heating system or septic?

| Major Repairs | Frequency | Percent |
|----------------------|------------------|----------------|
| Yes | 132 | 33.0% |
| No | 268 | 67.0% |
| Total | 400 | 100% |

Missing: 2

Q20. Why hasn't this been repaired?

| Why not repaired, major | Frequency | Percent |
|---|------------------|----------------|
| High cost | 50 | 38.2% |
| No one to do it | 5 | 3.8% |
| Haven't gotten around to it | 55 | 42.0% |
| Other | 21 | 16.0% |
| Disability/sickness | 1 | |
| Haven't gotten to yet/putting off | 2 | |
| Difficulty finding good contractor | 1 | |
| In progress/scheduled | 14 | |
| Just recently an issue/not urgent/researching | 3 | |
| Total | 131 | 100.0% |

Missing: 3

Skipped: 268

Q21. Does your home need any small repairs that you yourself are unable to take care of?

| Small Repairs | Frequency | Percent |
|----------------------|------------------|----------------|
| Yes | 88 | 22.1% |
| No | 311 | 77.9% |
| Total | 399 | 100% |

Missing: 3

Q22. Why hasn't this been repaired?

| Why not repaired, small | Frequency | Percent |
|-----------------------------------|------------------|----------------|
| High cost | 10 | 11.5% |
| No one to do it | 23 | 26.4% |
| Haven't gotten around to it | 45 | 51.7% |
| Other | 9 | 10.3% |
| In progress/scheduled | 6 | |
| Just recently an issue/not urgent | 1 | |
| Don't have skills | 1 | |
| Not worth it/home too far gone | 1 | |
| Total | 87 | 100.0% |

Missing: 4

Skipped: 311

Q23. Does your home need insulation or other weatherization assistance?

| Home insulated | Frequency | Percent |
|-----------------------|------------------|----------------|
| Yes | 57 | 14.3% |
| No | 320 | 80.0% |
| Don't know | 23 | 5.8% |
| Total | 400 | 100% |

Missing: 2

Q24. Are you planning to move in the next 5 years?

| Planning to move | Frequency | Percent |
|------------------|-----------|---------|
| Yes | 51 | 12.9% |
| No | 346 | 87.2% |
| Total | 397 | |

Missing: 5

(If no, go to Q32)

Q25. What is your main reason for moving?

| Main reason for moving | Frequency | Percent |
|-----------------------------------|-----------|---------|
| To be closer to family | 5 | 9.8% |
| To be in a warmer climate | 6 | 11.8% |
| To reduce maintenance and upkeep | 24 | 47.1% |
| Because of changes in my health | 3 | 5.9% |
| Because of changes in my finances | 0 | 0.0% |
| Other | 13 | 25.5% |
| Don't like it here | 2 | |
| Losing home | 1 | |
| More energy efficient house | 1 | |
| One level house | 2 | |
| Upgrade housing | 1 | |
| Retiring | 2 | |
| Spouse health issues | 1 | |
| Taxes too high | 1 | |
| Moving to senior living housing | 1 | |
| Too old | 1 | |
| Total | 51 | 100.0% |

Missing: 5

Skipped: 346

Q26. Do you plan to stay in Tompkins County?

| Staying in Tompkins County | Frequency | Percent |
|----------------------------|-----------|---------|
| Yes | 34 | 63.0 |
| No | 20 | 37.0 |
| Total | 54 | |

Missing: 2

Skipped: 346

(If no, go to Q32)

Q27. Into what kind of housing do you plan to move?

| Type of housing | Frequency | Percent |
|------------------------------|-----------|---------|
| Moving in with family member | 0 | 0.0% |
| Single family home | 11 | 32.5% |
| Duplex | 0 | 0.0% |
| Townhouse | 2 | 5.9% |
| Condominium | 0 | 0.0% |
| Mobile home | 0 | 0.0% |
| Senior housing complex | 1 | 2.9% |
| Kendal | 3 | 8.8% |
| Longview | 4 | 11.8% |
| Titus Towers | 0 | 0.0% |
| McGraw House | 1 | 2.9% |
| Assisted living | 0 | 0.0% |
| Apartment | 4 | 11.8% |
| Undecided | 8 | 23.5% |
| Total | 34 | 100.0% |

Missing: 2

Skipped: 366

Q28. In regard to your future home, please rate each of the following factors in terms of importance to you, with 1 being least important and 5 being most important:

| | 1 Least important | | 2 | | 3 | | 4 | | 5 Most important | |
|---|---|-------|---|-------|----|-------|----|-------|---------------------|-------|
| | N | % | N | % | N | % | N | % | N | % |
| Privacy/separation from neighbors | 1 | 3.3% | 4 | 13.3% | 11 | 36.7% | 8 | 27.7% | 6 | 20.0% |
| Walking distance to town center | 7 | 23.3% | 6 | 20.0% | 5 | 16.7% | 5 | 16.7% | 7 | 23.3% |
| Close to grocery/drug stores | 3 | 10.7% | 4 | 14.3% | 6 | 21.4% | 5 | 17.9% | 10 | 35.7% |
| Close to restaurants, entertainment, shopping | 1 | 3.3% | 9 | 30.0% | 7 | 23.3% | 4 | 13.3% | 9 | 30.0% |
| Easy access to public transportation | 3 | 9.7% | 5 | 16.1% | 8 | 25.8% | 5 | 16.1% | 10 | 32.3% |
| Single floor design | 0 | 0.0% | 3 | 9.7% | 3 | 9.7% | 11 | 35.5% | 14 | 45.2% |
| Having a garage or carport | 6 | 20.0% | 4 | 13.3% | 4 | 13.3% | 10 | 33.3% | 6 | 20.0% |
| Handicapped accessibility | 6 | 19.4% | 3 | 9.7% | 12 | 38.7% | 4 | 12.9% | 6 | 19.4% |
| Energy efficient design | 2 | 6.7% | 0 | 0.0% | 7 | 23.3% | 8 | 26.7% | 13 | 43.3% |
| Having outdoor green space or garden | 2 | 6.7% | 2 | 6.7% | 6 | 20.0% | 9 | 30.0% | 11 | 36.7% |
| Able to have pets | 8 | 26.7% | 3 | 10.0% | 4 | 13.3% | 7 | 23.3% | 8 | 26.7% |
| Affordable cost | 0 | 0.0% | 0 | 0.0% | 3 | 9.7% | 8 | 25.8% | 20 | 64.5% |
| Sense of community | 0 | 0.0% | 3 | 9.7% | 7 | 22.6% | 11 | 35.5% | 10 | 32.3% |
| Other | Township; Bicycle friendliness; Easy commute to hospital; Mobility within development; Ground floor apartment; Long-term health care; Near grandchildren; Outdoor/recreation activities; Meal provided each day; Proximity to Cornell; Safety; Near church; Determined by financial situation | | | | | | | | | |

Q29. How many bedrooms do you want for your future home?

| Bedrooms | Frequency | Percent |
|-----------------|------------------|----------------|
| 1 | 5 | 16.1% |
| 2 | 15 | 48.4% |
| 3 | 11 | 35.5% |
| Total | 31 | 100.0% |

Missing: 5

Skipped: 366

Q30. How many bathrooms do you want for your future home?

| Bathrooms | Frequency | Percent |
|------------------|------------------|----------------|
| 1 | 9 | 29.0% |
| 2 | 22 | 71.0% |
| Total | 31 | 100.0% |

Missing: 5

Skipped: 366

Q31. What price range do you expect to pay or spend on your future home?

| a. Buying | Frequency | Percent |
|---------------------|------------------|----------------|
| Less than \$90,000 | 2 | 12.5% |
| \$90,000-\$149,999 | 3 | 18.8% |
| \$150,000-\$250,000 | 6 | 37.5% |
| More than \$250,000 | 5 | 31.3% |
| Total | 16 | 100.0% |

Missing: 5

Skipped: 366

| b. Renting | Frequency | Percent |
|-------------------------|------------------|----------------|
| Less than \$100/month | 0 | 0.0% |
| \$100-\$499/month | 0 | 0.0% |
| \$500-\$999/month | 9 | 56.3% |
| \$1,000-\$2,000/month | 4 | 25.0% |
| More than \$2,000/month | 3 | 18.8% |
| Total | 16 | 100.0% |

Missing: 5

Skipped: 366

Q32. When you need to go somewhere in or around the county, what type of transportation do you usually use?

| Transportation type | Frequency | Percent |
|--------------------------------|-----------|---------|
| Car—drive myself | 350 | 87.9% |
| Car--relative or friend drives | 27 | 6.8% |
| Bus | 3 | 0.8% |
| Taxi | 0 | 0% |
| Gadabout | 9 | 2.3% |
| Walk | 9 | 2.3% |
| Total | 398 | 100.0% |

Missing: 4

Q33. Is transportation a problem for you?

| Transportation a problem | Frequency | Percent |
|--------------------------|-----------|---------|
| Most of the time | 4 | 1.0% |
| Sometimes | 24 | 6.0% |
| Seldom | 45 | 11.2% |
| Never | 329 | 81.8% |
| Total | 402 | 100.0% |

Missing: 0

(If "seldom" or "never" go to Q35)

Q34. Why is that?

| Why transportation problem | Frequency | Percent |
|---|-----------|---------|
| No one to drive me | 7 | 25.0% |
| Inconvenient public transportation schedule | 4 | 14.3% |
| Inconvenient Gadabout schedule | 1 | 3.6% |
| Costs too much | 1 | 3.6% |
| Other | 15 | 53.6% |
| Disability/health problems | 4 | |
| Don't drive/Too hard to drive | 3 | |
| Sharing car | 4 | |
| Weather issues | 2 | |
| Too much advanced planning required | 1 | |
| Car trouble | 1 | |
| Total | 28 | 100.0% |

Missing: 0

Skipped: 374

Q35. Have you had a problem getting to an out-of-town medical appointment in the past year?

| Medical transportation problem | Frequency | Percent |
|--------------------------------|-----------|---------|
| Yes | 15 | 3.8% |
| No | 383 | 96.2% |
| Total | 398 | 100.0% |

Missing: 4

Q36. About how many days per week do you get out of the house?

| Days per week out of the house | Frequency | Percent |
|--------------------------------|-----------|---------|
| Every day | 234 | 58.4% |
| Almost every day | 116 | 28.9% |
| One to 3 days | 47 | 11.7% |
| Usually don't get out | 4 | 1.0% |
| Total | 401 | 100.0% |

Missing: 1

Q37. When weather permits, do you get outside of your home as often as you would like?

| Get out as often as would like | Frequency | Percent |
|--------------------------------|-----------|---------|
| Yes | 376 | 93.8% |
| No | 25 | 6.2% |
| Total | 401 | 100.0% |

Missing: 1

Q38. Do you have a neighbor on whom you could call if you suddenly needed help?

| Neighbor to call for help | Frequency | Percent |
|---------------------------|-----------|---------|
| Yes | 343 | 86.0% |
| No | 56 | 14.0% |
| Total | 399 | 100.0% |

Missing: 3

Q39. Do you know one or more of your neighbors well enough to visit with?

| Know neighbor to visit | Frequency | Percent |
|------------------------|-----------|---------|
| Yes | 346 | 86.3% |
| No | 55 | 13.7% |
| Total | 401 | 100.0% |

Missing: 1

Q40. During the past week, how many times did you visit in person with anyone (friends, neighbors, or a relative who does not live with you) either at your house or their house?

| How many times visit in past week | Frequency | Percent |
|-----------------------------------|-----------|---------|
| Not at all | 40 | 10.0% |
| Once | 61 | 15.3% |
| 2-6 times | 200 | 50.1% |
| Every day | 80 | 20.1% |
| 8 or more times | 18 | 4.5% |
| Total | 399 | 100.0% |

Missing: 3

Q41. Do you have as much contact as you would like with a person that you feel close to-- somebody that you can trust and confide in?

| Contact with close person | Frequency | Percent |
|---------------------------|-----------|---------|
| Yes | 354 | 88.7% |
| No | 45 | 11.3% |
| Total | 399 | 100.0% |

Missing: 3

Q42. When did you last attend each of the following?

| | Day or two | | Week or two | | Month ago | | 2-3 Months ago | | Longer than 3 months | | Never | | Tot | Miss |
|---|------------|------|-------------|------|-----------|------|----------------|------|----------------------|------|-------|------|-----|------|
| | # | % | # | % | # | % | # | % | # | % | # | % | | |
| Movie | 11 | 2.8 | 51 | 12.8 | 41 | 10.3 | 59 | 14.8 | 198 | 49.5 | 40 | 10.0 | 400 | 2 |
| Shopping | 263 | 65.8 | 118 | 29.5 | 2 | 0.5 | 4 | 1.0 | 9 | 2.3 | 4 | 1.0 | 400 | 2 |
| Senior Citizens' Center, Group, Unit Activity | 20 | 5.0 | 36 | 9.0 | 16 | 14.0 | 12 | 3.0 | 56 | 14.0 | 259 | 64.9 | 399 | 3 |
| Other Clubs | 49 | 12.3 | 73 | 18.4 | 58 | 14.6 | 22 | 5.5 | 64 | 16.1 | 131 | 33.0 | 397 | 5 |
| Restaurant | 140 | 35.1 | 185 | 46.4 | 30 | 7.5 | 17 | 4.3 | 25 | 6.3 | 2 | 0.5 | 399 | 3 |
| Place of worship | 54 | 13.5 | 104 | 26.1 | 19 | 4.8 | 15 | 3.8 | 126 | 31.6 | 81 | 20.3 | 399 | 3 |
| Library | 35 | 8.8 | 63 | 15.9 | 26 | 6.6 | 38 | 9.6 | 158 | 38.4 | 82 | 20.7 | 396 | 6 |
| Home of a friend, neighbor, or relative | 159 | 40.0 | 172 | 43.2 | 29 | 7.3 | 18 | 4.5 | 20 | 5.0 | 0 | 0 | 398 | 4 |

Q43. During the past month or two, how many hours a week have you spent in volunteer activities-- either in your home, at a church, club, organization or anywhere else? Would you say:

| Hours volunteering per week | Frequency | Percent |
|-----------------------------|-----------|---------|
| Hardly any | 232 | 58.0% |
| 1-3 hours per week | 83 | 20.8% |
| 4-6 hours per week | 38 | 9.5% |
| 7-9 hours per week | 18 | 4.5% |
| 10-12 hours per week | 10 | 2.5% |
| 13 or more hours per week | 19 | 4.8% |
| Total | 400 | 100.0% |

Missing: 2

Q44. Do you have a computer with internet access in your home?

| Computer access | Frequency | Percent |
|-----------------|-----------|---------|
| Yes | 327 | 81.6% |
| No | 74 | 18.5% |
| Total | 401 | 100.0% |

Missing: 1

(If no, go to Q46)

Q45. How frequently do you use the internet for the following activities?

| | A lot | | Sometimes | | Rarely | | Never | | Tot | Miss |
|--|-------|-------|-----------|-------|--------|-------|-------|-------|-----|------|
| | # | % | # | % | # | % | # | % | | |
| E-mail communication | 224 | 68.7% | 59 | 18.1% | 16 | 4.9% | 27 | 8.3% | 326 | 1 |
| Video/phone communication | 31 | 9.5% | 55 | 16.8% | 51 | 15.6% | 190 | 58.1% | 327 | 0 |
| Social networking | 54 | 16.6% | 43 | 13.2% | 49 | 15.1% | 179 | 55.1% | 325 | 2 |
| Researching health/medical info | 47 | 14.4% | 159 | 48.8% | 77 | 23.6% | 43 | 13.2% | 326 | 1 |
| Researching topics of interest | 163 | 50.0% | 115 | 35.3% | 28 | 8.6% | 20 | 6.1% | 326 | 1 |
| Other: Finances/banking/bill pay (13); Blog/website (3); Dating (1); Education (1); Employment search (1); Entertainment (32); News/Sports (17); Other Research (8); Shopping (32); Travel (5); Weather (4); Work (25) | | | | | | | | | | |

Q46. How frequently do you receive information from the following sources?

| | A lot | | Sometimes | | Rarely | | Never | | Tot | Miss |
|-------------------|-------|-------|-----------|-------|--------|-------|-------|-------|-----|------|
| | # | % | # | % | # | % | # | % | | |
| Newspaper | 281 | 70.3% | 63 | 15.8% | 31 | 7.8% | 25 | 6.3% | 400 | 2 |
| Radio | 200 | 50.3% | 99 | 25.9% | 54 | 13.6% | 45 | 11.3% | 398 | 4 |
| Television | 282 | 70.5% | 67 | 16.8% | 25 | 6.3% | 26 | 6.5% | 400 | 2 |
| Senior Newsletter | 41 | 10.3% | 142 | 35.8% | 131 | 33.0% | 83 | 20.9% | 397 | 5 |
| Pennysaver | 45 | 11.5% | 76 | 19.3% | 106 | 27.0% | 166 | 42.2% | 393 | 9 |
| Internet | 198 | 49.9% | 73 | 18.4% | 39 | 9.8% | 87 | 21.9% | 397 | 5 |
| Email list-serves | 96 | 24.6% | 74 | 18.9% | 54 | 13.8% | 167 | 42.7% | 391 | 11 |
| Word of mouth | 201 | 51.2% | 161 | 41.0% | 26 | 6.6% | 5 | 1.3% | 393 | 9 |

Q47. In terms of telephone service, do you have?

| Telephone service | Frequency | Percent |
|------------------------|-----------|---------|
| Landline telephone | 64 | 15.9% |
| Cell phone | 18 | 4.5% |
| Both landline and cell | 320 | 79.6% |
| Total | 402 | 100.0% |

Missing: 0

Q48. Do you avoid going out at night?

| Avoid going out at night | Frequency | Percent |
|--------------------------|-----------|---------|
| Yes | 100 | 25.1% |
| No | 259 | 64.9% |
| Sometimes | 40 | 10.0% |
| Total | 399 | 100.0% |

Missing: 3

(if no, go to Q49)

Q48a. Why?

| Why avoid going out at night | Frequency | Percent |
|-------------------------------------|------------------|----------------|
| Poor driving vision | 50 | 36.5% |
| Lack of transportation | 2 | 1.5% |
| No one to go with | 3 | 2.2% |
| Fear of crime | 5 | 3.6% |
| Winter weather | 12 | 8.8% |
| Other | 65 | 47.4% |
| Disability/health issues | 9 | |
| Don't like to drive/bus at night | 7 | |
| Can't drive | 1 | |
| Cost too high | 2 | |
| Early rise/early to bed | 4 | |
| Family request | 1 | |
| Fear of falling | 1 | |
| Likes being home | 13 | |
| No interest | 11 | |
| Not comfortable/security | 2 | |
| Prefer daytime outings | 1 | |
| Planning issues | 1 | |
| Too tired | 6 | |
| Too old | 2 | |
| Weather concerns | 1 | |
| Wildlife concerns | 2 | |
| Young drivers | 1 | |
| Total | 137 | 100.0% |

Missing: 6

Skipped: 259

Q49. Do you avoid using public transportation?

| Avoid using public transportation | Frequency | Percent |
|--|------------------|----------------|
| Yes | 137 | 34.7% |
| No | 244 | 61.8% |
| Sometimes | 14 | 3.5% |
| Total | 395 | 100.0% |

Missing: 7

(if no, go to Q50)

Q49a. Why?

| Why avoid using public transportation | Frequency | Percent |
|---------------------------------------|-----------|---------|
| Not available | 23 | 15.1% |
| Doesn't come at convenient times | 13 | 8.6% |
| Fear of crime | 0 | 0.0% |
| Don't need to | 94 | 61.8% |
| Cost | 0 | 0.0% |
| Other | 22 | 14.5% |
| Disability/health issues | 7 | |
| Doesn't know enough about it | 4 | |
| Don't like it/crowds | 2 | |
| Inconvenient to where I live | 6 | |
| Takes too long/too many changes | 2 | |
| Safety | 1 | |
| Total | 152 | 100.0% |

Missing: 6

Skipped: 244

Q50. Do you avoid leaving home?

| Avoid leaving home | Frequency | Percent |
|--------------------|-----------|---------|
| Yes | 8 | 2.0% |
| No | 374 | 93.7% |
| Sometimes | 17 | 4.3% |
| Total | 399 | 100.0% |

Missing: 3

Q50a. Why?

| Why avoid leaving home | Frequency | Percent |
|---|-----------|---------|
| Lack of transportation | 1 | 4.0% |
| No place to go | 5 | 20.0% |
| Fear of crime | 0 | 0.0% |
| Fear of snow and ice | 3 | 12.0% |
| Disability, illness | 6 | 24.0% |
| Other | 10 | 40.0% |
| Likes home | 4 | |
| Lives in country | 1 | |
| Mobility problems | 1 | |
| Cost | 1 | |
| Weather | 1 | |
| Busy at home | 1 | |
| Combination of disability/transportation issues | 1 | |
| Total | 25 | 100.0% |

Missing: 3

Skipped: 374

Q51. Now I want to ask you a question about emergency planning for an event such as a severe winter storm which might disrupt the power supply. If this kind of event occurred, would you be prepared with adequate supplies for three days including water, non-perishable food, medicines, tools and supplies, clothing and bedding?

| Prepared for emergency | Frequency | Percent |
|-------------------------------|------------------|----------------|
| Yes | 362 | 90.5% |
| No | 38 | 9.5% |
| Total | 400 | 100.0% |

Missing: 2

Q52. Do you have any of the following health problems?

| | Yes | | No | | Total | Missing |
|--|------------|----------|-----------|----------|--------------|----------------|
| | # | % | # | % | | |
| Diabetes | 48 | 12.1% | 349 | 87.9% | 397 | 5 |
| Glaucoma | 25 | 6.3% | 370 | 93.7% | 395 | 7 |
| Other eye problems | 110 | 27.9% | 285 | 72.2% | 395 | 7 |
| Hearing problems | 100 | 25.3% | 296 | 74.8% | 396 | 6 |
| Effects of a stroke | 4 | 1.0% | 391 | 99.0% | 395 | 7 |
| High blood pressure | 180 | 45.3% | 217 | 54.7% | 397 | 5 |
| Arthritis | 210 | 53.0% | 186 | 47.0% | 396 | 6 |
| Osteoporosis | 67 | 16.9% | 330 | 83.1% | 397 | 5 |
| Teeth problems | 61 | 15.4% | 336 | 84.6% | 397 | 5 |
| Cancer | 31 | 7.8% | 366 | 92.2% | 397 | 5 |
| Heart disease | 83 | 20.9% | 314 | 79.1% | 397 | 5 |
| Breathing or lung problems | 61 | 15.4% | 336 | 84.6% | 397 | 5 |
| Memory problems | 58 | 14.6% | 340 | 85.4% | 398 | 4 |
| Problems with your feet | 83 | 20.9% | 314 | 79.1% | 397 | 5 |
| Parkinson's disease | 2 | 0.5% | 395 | 99.5% | 397 | 5 |
| Multiple Sclerosis | 2 | 0.5% | 395 | 99.5% | 397 | 5 |
| Feeling depressed | 50 | 12.7% | 345 | 87.3% | 395 | 7 |
| Feeling anxious | 57 | 14.4% | 340 | 85.6% | 397 | 5 |
| Unintentional weight gain or loss of more than 10 lbs in the last 6 months | 32 | 8.1% | 363 | 91.9% | 395 | 7 |

Q53. Have you fallen recently or are afraid to fall?

| Fallen/afraid to fall | Frequency | Percent |
|------------------------------|------------------|----------------|
| Yes | 90 | 22.6% |
| No | 309 | 77.4% |
| Total | 399 | 100.0% |

Missing: 3

Q54. Is there anyone 60 or older in the household who is suffering from Alzheimer's or other dementia?

| Alzheimer's/dementia in household | Frequency | Percent |
|--|------------------|----------------|
| Yes | 8 | 2.0% |
| No | 390 | 98.0% |
| Total | 398 | 100.0% |

Missing: 4

Q55. Do you have a regular physician who coordinates all your health care needs?

| Regular physician | Frequency | Percent |
|--------------------------|------------------|----------------|
| Yes | 379 | 95.0% |
| No | 20 | 5.0% |
| Total | 399 | 100.0% |

Missing:3

Q56. Do you have difficulty in obtaining needed health care services?

| Difficulty Obtaining Health Care | Frequency | Percent |
|---|------------------|----------------|
| Yes | 9 | 2.3% |
| No | 391 | 97.8% |
| Total | 400 | 100.0% |

Missing: 2

(If no, go to Q48)

Q56a. Why?

| Why difficulty obtaining health care | Frequency | Percent |
|---|------------------|----------------|
| Lack of transportation | 1 | 11.1% |
| Financial problems | 2 | 22.2% |
| Can't get in to see the physician | 1 | 11.1% |
| Not sure where to obtain care | 0 | |
| Can't get a primary care physician | 1 | 11.1% |
| Other | 4 | 44.4% |
| Prescription cost too high | 1 | |
| Poor quality physician | 1 | |
| Lack of doctors taking Medicare | 1 | |
| Local rural availability of doctor | 1 | |
| Total | 9 | 100.0% |

Missing: 2

Skipped: 391

Q57. About how long has it been since you last saw or talked to a medical doctor or other health professional?

| How long since visited doctor | Frequency | Percent |
|--------------------------------------|------------------|----------------|
| Within the last year | 383 | 96.5% |
| Within the last 2 years | 9 | 2.3% |
| Longer than 2 years | 5 | 1.3% |
| Total | 397 | 100.0% |

Missing: 5

Q58. Have you smoked at least 100 cigarettes in your entire life?

| 100 Cigarettes | Frequency | Percent |
|-----------------------|------------------|----------------|
| Yes | 184 | 46.1% |
| No | 215 | 53.9% |
| Total | 399 | 100.0% |

Missing: 3
(if no, go to Q61)

Q59. Do you now smoke cigarettes every day, some days, or not at all?

| Currently smoke | Frequency | Percent |
|------------------------|------------------|----------------|
| Every day | 15 | 8.2% |
| Some days | 5 | 2.7% |
| Not at all | 164 | 89.1% |
| Total | 184 | 100.0% |

Missing: 3
Skipped: 215

Q60. On average, how many cigarettes a day do you smoke?

| Smoke per day | Frequency | Percent |
|------------------------------|------------------|----------------|
| 5 or less | 6 | 30.0% |
| Between 6 and 19 | 5 | 25.0% |
| About a pack (20 cigarettes) | 7 | 35.0% |
| Between 1 and 2 packs a day | 2 | 10.0% |
| Total | 20 | 100.0% |

Missing: 0

Q61. Next are several statements that people have made about their food situation. For these statements, please indicate whether the statement was often true, sometimes true, or never true for you and your household in the last 12 months—that is, since last July.

The first statement is, “The food that I bought just didn’t last, and I didn’t have money to get more.” Was that often, sometimes, or never true for you in the last 12 months?

| Food didn’t last | Frequency | Percent |
|-------------------------|------------------|----------------|
| Often true | 0 | 0.0% |
| Sometimes true | 12 | 3.0% |
| Never true | 387 | 97.0% |
| Total | 399 | 100.0% |

Missing: 3

Q62. "I couldn't afford to eat balanced meals." Was that often, sometimes, or never true for you/your household in the last 12 months?

| Couldn't afford | Frequency | Percent |
|-----------------|-----------|---------|
| Often true | 0 | 0.0% |
| Sometimes true | 10 | 2.5% |
| Never true | 388 | 97.5% |
| Total | 398 | 100.0% |

Missing: 4

Q63. In the last 12 months, since last July, did you/you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

| Cut size/skip meals | Frequency | Percent |
|----------------------------|-----------|---------|
| Yes, almost every month | 0 | 0.0% |
| Yes, some months not every | 1 | 0.3% |
| Yes, only 1 or 2 months | 1 | 0.3% |
| No | 397 | 99.5% |
| Total | 399 | 100.0% |

Missing: 3

Q63. In the last 12 months, since last July, did you/you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

| Cut size/skip meals | Frequency | Percent |
|----------------------------|-----------|---------|
| Yes, almost every month | 0 | 0.0% |
| Yes, some months not every | 1 | 0.3% |
| Yes, only 1 or 2 months | 1 | 0.3% |
| No | 397 | 99.5% |
| Total | 399 | 100.0% |

Missing: 3

(if no, go to Q66)

Q64. When you feel you don't have enough to eat, where do you turn?

| Where turn | Frequency | Percent |
|------------------------------|-----------|---------|
| Friend | 0 | 0.0% |
| Family | 0 | 0.0% |
| Soup Kitchen/Loaves & Fishes | 0 | 0.0% |
| Congregate senior program | 0 | 0.0% |
| Meals on Wheels | 0 | 0.0% |
| Food Pantry | 2 | 100.0% |
| Total | 2 | 100.0% |

Missing: 3

Skipped: 397

Q65. When you feel you don't have enough to eat, are you looking for:

| Looking for | Frequency | Percent |
|----------------------------|-----------|---------|
| Prepared meals | 1 | 50.0% |
| Items to stock your pantry | 2 | 100.0% |
| Other | 0 | 0.0% |

Missing: 3

Skipped: 397

Q66. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

| Not enough money | Frequency | Percent |
|------------------|-----------|---------|
| Yes | 4 | 1.0% |
| No | 393 | 99.0% |
| Total | 397 | 100.0 |

Missing: 5

Q67. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

| Hungry and didn't eat | Frequency | Percent |
|-----------------------|-----------|---------|
| Yes | 3 | 0.8% |
| No | 392 | 99.2% |
| Total | 395 | 100.0% |

Missing: 7

Q68. Do you usually eat at least two balanced meals including fruits and vegetables every day?

| Eat two balanced meals | Frequency | Percent |
|------------------------|-----------|---------|
| Yes | 355 | 89.2% |
| No | 43 | 10.8% |
| Total | 398 | 100.0% |

Missing: 4

Q69. How many alcoholic beverages do you consume on an average day?

| Alcoholic beverages per day | Frequency | Percent |
|-----------------------------|-----------|---------|
| None | 269 | 68.8% |
| 1 | 83 | 21.3% |
| 2 | 27 | 6.9% |
| 3 | 7 | 1.8% |
| 4 | 2 | 0.5% |
| 5 | 1 | 0.3% |
| 6 | 2 | 0.5% |
| Total | 391 | 100.0% |

Missing: 11

Q70. Are you caring for any grandchildren?

| Caring for grandchildren | Frequency | Percent |
|--------------------------|-----------|---------|
| Yes | 55 | 14.8% |
| No | 344 | 86.2% |
| Total | 399 | 100.0% |

Missing: 3

(if no, go to Q71)

Q70a. For how many hours per week?

| Hours caring for grandchildren | Frequency | Percent |
|--------------------------------|-----------|---------|
| Less than 10 | 28 | 53.9% |
| 10-20 hours per week | 15 | 28.9% |
| 20-40 hours per week | 4 | 7.7% |
| More than 40 hours per week | 5 | 9.6% |
| Total | 52 | 100.0% |

Missing: 3

Skipped: 344

Q70b. Are you the primary caregiver for this grandchild?

| Primary caregiver for grandchild | Frequency | Percent |
|----------------------------------|-----------|---------|
| Yes | 8 | 14.8% |
| No | 46 | 85.2% |
| Total | 54 | 100.0% |

Missing: 1

Skipped: 344

Q71. Are you caring for anyone 60 or older in or near Tompkins County, say, no more than an hour away?

| Caregiving in Tompkins County | Frequency | Percent |
|-------------------------------|-----------|---------|
| Yes | 35 | 8.8% |
| No | 364 | 91.2% |
| Total | 399 | 100.0% |

Missing: 3

Q72. Are you caring for anyone 60 or older more than an hour away?

| Caregiving more than hour away | Frequency | Percent |
|--------------------------------|-----------|---------|
| Yes | 12 | 3.0% |
| No | 387 | 97.0% |
| Total | 399 | 100.0% |

Missing: 3

Q73. Are you caring for anyone 60 or older in your household?

| Caregiving in household | Frequency | Percent |
|-------------------------|-----------|---------|
| Yes | 34 | 8.6% |
| No | 363 | 91.4% |
| Total | 397 | 100.0% |

Missing: 5

Q74. I'm going to read a list of services or programs we have in the County, and ask if you know about each of them:

| | Yes | | No | | Total | Missing |
|---|-----|-------|-----|-------|-------|---------|
| | # | % | # | % | | |
| Adult Day Program | 219 | 55.3% | 177 | 44.7% | 396 | 6 |
| Hospice Care | 372 | 93.2% | 27 | 6.8% | 399 | 3 |
| Respite Care | 207 | 52.3% | 189 | 47.7% | 396 | 6 |
| Suicide Prevention Telephone Hotline | 340 | 85.2% | 59 | 14.8% | 399 | 3 |
| HEAP (Home Energy Assistance Program) | 318 | 79.9% | 80 | 20.1% | 398 | 4 |
| Gadabout | 380 | 95.5% | 18 | 4.5% | 398 | 4 |
| Health Insurance Counseling | 160 | 40.5% | 235 | 59.5% | 395 | 7 |
| EPIC (Elderly Pharmaceutical Insurance Coverage) | 169 | 42.6% | 228 | 57.4% | 397 | 5 |
| Foodnet Home Delivered Meals | 369 | 92.7% | 29 | 7.3% | 398 | 4 |
| Foodnet Congregate Meals | 158 | 39.8% | 239 | 60.2% | 397 | 5 |
| NY Connects Long Term Care Services | 103 | 25.9% | 295 | 74.1% | 398 | 4 |
| The Long Term Home Health Care Program (also known as "Nursing Home Without Walls") | 104 | 26.1% | 294 | 73.9% | 398 | 4 |

Q75. And now I'm going to ask a few questions about health care coverage. Do you have:

| | Yes | | No | | Total | Missing |
|--|-----|-------|-----|-------|-------|---------|
| | # | % | # | % | | |
| Medicare Part A coverage for hospital bills | 284 | 72.6% | 107 | 27.4% | 391 | 11 |
| Medicare Part B coverage for doctor bills | 269 | 68.5% | 124 | 31.6% | 393 | 9 |
| Medicare Part D coverage for prescriptions | 105 | 27.1% | 282 | 73.9% | 387 | 15 |
| Medigap coverage | 109 | 28.4% | 275 | 71.6% | 384 | 18 |
| Medicaid coverage for health care | 32 | 8.3% | 352 | 91.7% | 384 | 18 |
| A separate long term care insurance policy | 111 | 28.5% | 278 | 71.5% | 389 | 13 |
| EPIC (Elder Pharmaceutical Insurance Coverage) | 14 | 3.7% | 368 | 96.3% | 382 | 20 |
| Any other Medical Insurance coverage? | 288 | 73.3% | 105 | 26.7% | 393 | 9 |

Q76. Do you need help in understanding your health insurance coverage, or in deciding whether to purchase additional health insurance?

| Need help with insurance | Frequency | Percent |
|--------------------------|-----------|---------|
| Yes | 53 | 13.4% |
| No | 344 | 86.7% |
| Total | 397 | 100.0% |

Missing: 5

Q77. Do you need help in filling out your claim forms?

| Need help with claim forms | Frequency | Percent |
|----------------------------|-----------|---------|
| Yes | 18 | 4.5% |
| No | 380 | 95.5% |
| Total | 398 | 100.0% |

Missing: 4

Q78. Do you take prescriptions on a daily basis?

| Take prescriptions on daily basis | Frequency | Percent |
|-----------------------------------|-----------|---------|
| Yes | 325 | 81.9% |
| No | 72 | 18.1% |
| Total | 397 | 100.0% |

Missing: 5

(if no, go to Q81)

Q79. About how many different prescription medications do you take on a daily basis?

| How many different prescriptions daily | Frequency | Percent |
|--|-----------|---------|
| 1-2 | 100 | 30.9% |
| 3-5 | 138 | 42.6% |
| 6-8 | 50 | 15.4% |
| 9-10 | 23 | 7.1% |
| More than 10 | 13 | 4.0% |
| Total | 324 | 100.0% |
| Mean | 4.5 | |
| Median | 4 | |

Missing: 6

Skipped: 72

Q80. Do you ever fail to fill a prescription or stretch out your medications to make them last longer than they should because of the cost?

| Fail to fill prescriptions | Frequency | Percent |
|----------------------------|-----------|---------|
| Yes | 12 | 3.7% |
| No | 313 | 96.3% |
| Total | 325 | 100.0% |

Missing: 5

Skipped: 72

Q81. Now I'm going to read you a list of important activities. After I read each one, please tell me whether (a) you can do it alone, (b) you require some assistance, or (c) you cannot do it at all.

| | Can do it Alone | | With Some Assistance | | Cannot do it at all | | Total | Missing |
|---|-----------------|-------|----------------------|-------|---------------------|-------|-------|---------|
| | # | % | # | % | # | % | | |
| Walk about the house | 393 | 99.0% | 3 | 0.8% | 1 | 0.3% | 397 | 5 |
| Go up and down stairs | 377 | 95.2% | 14 | 3.5% | 5 | 1.3% | 396 | 6 |
| Get out of the house | 382 | 96.7% | 12 | 3.0% | 1 | 0.3% | 395 | 7 |
| Use transportation | 381 | 96.0% | 12 | 3.0% | 4 | 1.0% | 397 | 5 |
| Wash and bathe | 388 | 97.7% | 9 | 2.3% | 0 | 0.0% | 397 | 5 |
| Dress and put on shoes | 393 | 99.0% | 3 | 0.8% | 1 | 0.3% | 397 | 5 |
| Cut your toenails | 350 | 88.4% | 29 | 7.3% | 17 | 4.3% | 396 | 6 |
| Feed yourself | 396 | 99.8% | 1 | 0.3% | 0 | 0.0% | 397 | 5 |
| Manage your medications | 384 | 98.2% | 5 | 1.3% | 2 | 0.5% | 391 | 11 |
| Use the telephone | 396 | 99.8% | 1 | 0.3% | 0 | 0.0% | 397 | 5 |
| Get to the toilet | 395 | 99.8% | 1 | 0.3% | 0 | 0.0% | 396 | 6 |
| Shop | 372 | 93.7% | 19 | 4.8% | 6 | 1.5% | 397 | 5 |
| Cook meals | 377 | 95.4% | 10 | 2.5% | 8 | 2.0% | 395 | 7 |
| Other light housekeeping chores | 375 | 94.5% | 18 | 4.5% | 4 | 1.0% | 397 | 5 |
| Handling money or keeping accounts | 384 | 97.2% | 10 | 2.5% | 1 | 0.3% | 395 | 7 |
| Heavy chores (e.g. shoveling snow off walk) | 255 | 64.9% | 64 | 16.3% | 74 | 18.8% | 393 | 9 |

| Who assists you: | Spouse | Son | Daughter | Other Rel. | Friend | Aide | Other | Combo | Missing |
|---|--------|-----|----------|------------|--------|------|-------|-------|---------|
| Walk about house | 3 | | | | | | 1 | | 0 |
| Go up and down stairs | 5 | 1 | | | | | 2 | 2 | 9 |
| Get out of the house | 7 | 1 | | | 2 | | | 2 | 1 |
| Use transportation | 5 | 1 | 1 | 2 | 2 | | 2 | | 3 |
| Wash and bathe | 2 | | | | 1 | 6 | | | 1 |
| Dress and put on shoes | 4 | | | | | | | | 0 |
| Cut your toenails | 7 | | | 1 | 2 | 2 | 29 | | 5 |
| Feed yourself | | | | | | | 1 | | 0 |
| Manage your medications | 5 | | 1 | | | | | | 1 |
| Use the telephone | 1 | | | | | | | | 0 |
| Get to the toilet | | | | | | | 1 | | 0 |
| Shop | 6 | 4 | 3 | | 5 | 3 | 2 | 1 | 1 |
| Cook meals | 10 | 1 | | 1 | 2 | 1 | 1 | 2 | 0 |
| Other light housekeeping chores | 5 | 1 | | 2 | 1 | 5 | 6 | 1 | 1 |
| Handling money or keeping accounts | 10 | | 1 | | | | | 1 | 0 |
| Heavy chores (e.g. shoveling snow off walk) | 32 | 11 | 3 | 6 | 18 | | 42 | 7 | 19 |

| Is Helper Paid? | Yes | No | Combo | Missing |
|---|-----|----|-------|---------|
| Walk about house | | 5 | | 0 |
| Go up and down stairs | | 9 | 1 | 9 |
| Get out of the house | 1 | 11 | 1 | 0 |
| Use transportation | 3 | 11 | | 2 |
| Wash and bathe | 5 | 4 | | 0 |
| Dress and put on shoes | | 5 | | 0 |
| Cut your toenails | 29 | 11 | | 6 |
| Feed yourself | 1 | 1 | | 0 |
| Manage your medications | | 5 | | 2 |
| Use the telephone | | 2 | | 0 |
| Get to the toilet | | 1 | | 0 |
| Shop | 4 | 20 | | 1 |
| Cook meals | 2 | 13 | | 3 |
| Other light housekeeping chores | 11 | 9 | | 2 |
| Handling money or keeping accounts | | 10 | | 1 |
| Heavy chores (e.g. shoveling snow off walk) | 51 | 58 | 5 | 24 |

Q82. Do you receive any of the following services?

| | Yes | | No | | Total | Missing |
|--|-----|------|-----|-------|-------|---------|
| | # | % | # | % | | |
| Nursing care | 6 | 1.5% | 392 | 98.5% | 398 | 4 |
| Home health aides, personal care aides or homemakers | 10 | 2.5% | 386 | 97.5% | 396 | 6 |
| Physical, occupational or speech therapist | 23 | 5.8% | 374 | 94.2% | 397 | 5 |
| FoodNet/Meals on Wheels | 13 | 3.3% | 384 | 96.7% | 397 | 5 |
| Other | 14 | 4.3% | 315 | 95.7% | 329 | 73 |

Q82. What about anyone else in the house over 60? Can he or she (a) do it alone, (b) require some assistance or (c) cannot do it at all.

| | Can do it Alone | | With Some Assistance | | Cannot do it at all | | Total | Missing |
|---|-----------------|-------|----------------------|-------|---------------------|-------|-------|---------|
| | # | % | # | % | # | % | | |
| Walk about the house | 247 | 98.4% | 3 | 1.2% | 1 | 0.4% | 251 | 151 |
| Go up and down stairs | 241 | 96.4% | 8 | 3.2% | 1 | 0.4% | 250 | 152 |
| Get out of the house | 247 | 98.4% | 4 | 1.6% | 0 | 0.0% | 251 | 151 |
| Use transportation | 240 | 95.6% | 9 | 3.6% | 2 | 0.8% | 251 | 151 |
| Wash and bathe | 246 | 98.8% | 3 | 1.2% | 0 | 0.0% | 249 | 153 |
| Dress and put on shoes | 243 | 97.2% | 7 | 2.8% | 0 | 0.0% | 250 | 152 |
| Cut your toenails | 229 | 91.6% | 12 | 4.8% | 9 | 3.6% | 250 | 152 |
| Feed yourself | 249 | 99.6% | 0 | 0.0% | 1 | 0.4% | 250 | 152 |
| Manage your medications | 239 | 96.4% | 9 | 3.6% | 0 | 0.0% | 248 | 154 |
| Use the telephone | 249 | 99.6% | 1 | 0.4% | 0 | 0.0% | 250 | 152 |
| Get to the toilet | 249 | 99.6% | 1 | 0.4% | 0 | 0.0% | 250 | 152 |
| Shop | 236 | 94.4% | 11 | 4.4% | 3 | 1.2% | 250 | 152 |
| Cook meals | 235 | 94.0% | 8 | 3.2% | 7 | 2.8% | 250 | 152 |
| Other light housekeeping chores | 239 | 95.6% | 5 | 2.0% | 6 | 2.4% | 250 | 152 |
| Handling money or keeping accounts | 236 | 94.0% | 10 | 4.0% | 5 | 2.0% | 251 | 151 |
| Heavy chores (e.g. shoveling snow off walk) | 185 | 74.6% | 33 | 13.3% | 30 | 12.1% | 248 | 154 |

| Who assists: | Spouse | Son | Daughter | Other Rel. | Friend | Aide | Other | Combo | Missing |
|---|---------------|------------|-----------------|-------------------|---------------|-------------|--------------|--------------|----------------|
| Walk about house | 3 | | | | | | | | 1 |
| Go up and down stairs | 6 | | | | | | 1 | | 2 |
| Get out of the house | 4 | | | | | | | | 0 |
| Use transportation | 7 | 1 | 1 | | | | | | 2 |
| Wash and bathe | 2 | | | | | | | | 1 |
| Dress and put on shoes | 6 | | | | | | | | 1 |
| Cut your toenails | 10 | | | | | | 8 | | 3 |
| Feed yourself | 1 | | | | | | | | 0 |
| Manage your medications | 6 | | | | | | | | 3 |
| Use the telephone | 1 | | | | | | | | 0 |
| Get to the toilet | 1 | | | | | | | | 0 |
| Shop | 8 | 1 | | | | | | | 5 |
| Cook meals | 8 | 1 | | | | | 1 | | 5 |
| Other light housekeeping chores | 4 | 1 | | | | 1 | | | 5 |
| Handling money or keeping accounts | 8 | 1 | | | | | | | 6 |
| Heavy chores (e.g. shoveling snow off walk) | 21 | 2 | | | 6 | | 16 | 4 | 14 |

| Is Helper Paid? | Yes | No | Combo | Missing |
|---|------------|-----------|--------------|----------------|
| Walk about house | 0 | 3 | | 1 |
| Go up and down stairs | 0 | 6 | | 3 |
| Get out of the house | 0 | 3 | | 1 |
| Use transportation | 0 | 8 | | 3 |
| Wash and bathe | 0 | 1 | | 2 |
| Dress and put on shoes | 0 | 5 | | 2 |
| Cut your toenails | 7 | 11 | | 3 |
| Feed yourself | 0 | 1 | | 0 |
| Manage your medications | 0 | 5 | | 4 |
| Use the telephone | 0 | 1 | | 0 |
| Get to the toilet | 0 | 0 | | 1 |
| Shop | 0 | 9 | | 5 |
| Cook meals | 1 | 9 | | 5 |
| Other light housekeeping chores | 1 | 5 | | 5 |
| Handling money or keeping accounts | 0 | 7 | | 8 |
| Heavy chores (e.g. shoveling snow off walk) | 19 | 24 | | 20 |

Q84. Does s/he receive any of the following services?

| | Yes | | No | | Total | Missing |
|--|------------|----------|-----------|----------|--------------|----------------|
| | # | % | # | % | | |
| Nursing care | 1 | 0.4% | 264 | 99.6% | 265 | 137 |
| Home health aides, personal care aides or homemakers | 1 | 0.4% | 263 | 99.6% | 264 | 138 |
| Physical, occupational or speech therapist | 17 | 6.5% | 246 | 93.5% | 263 | 139 |
| FoodNet/Meals on Wheels | 2 | 0.8% | 262 | 99.2% | 264 | 138 |
| Other (specify) | 3 | 1.3% | 224 | 98.7% | 227 | 175 |

Q85. Thinking about your household's total yearly income before taxes, does it fall: (ask figures corresponding to number in household):

| Household of 1 | Frequency | Percent |
|-------------------|-----------|---------|
| Under \$11,170 | 10 | 10.0% |
| \$11,171-\$25,752 | 35 | 35.0% |
| \$25,753-\$50,000 | 35 | 35.0% |
| \$50,001-\$72,800 | 10 | 10.0% |
| Over \$72,800 | 10 | 10.0% |
| Total | 100 | 100.0% |

Missing:4

| Household of 2 | Frequency | Percent |
|-------------------|-----------|---------|
| Under \$15,130 | 6 | 2.4% |
| \$15,131-\$33,672 | 36 | 14.6% |
| \$33,673-\$56,090 | 59 | 24.0% |
| \$56,091-\$78,500 | 42 | 17.1% |
| Over \$78,500 | 103 | 41.9% |
| Total | 246 | 100.0% |

Missing: 22

| Household of 3 | Frequency | Percent |
|-------------------|-----------|---------|
| Under \$19,090 | 1 | 5.9% |
| \$19,091-\$41,592 | 2 | 11.8% |
| \$41,593-\$62,900 | 4 | 23.5% |
| \$62,901-\$84,200 | 1 | 5.9% |
| Over \$84,200 | 9 | 52.9% |
| Total | 17 | 100.0% |

Missing: 2

| Household of 4 | Frequency | Percent |
|-------------------|-----------|---------|
| Under \$23,050 | 0 | 0.0% |
| \$23,051-\$49,524 | 4 | 44.4% |
| \$49,525-\$69,700 | 1 | 11.1% |
| \$69,701-\$89,900 | 2 | 22.2% |
| Over \$89,900 | 2 | 22.2% |
| Total | 9 | 100.0% |

Missing: 0

| Household of 5 | Frequency | Percent |
|-----------------------|------------------|----------------|
| Under \$27,010 | 0 | 0.0% |
| \$27,011-\$57,444 | 0 | 0.0% |
| \$57,445-\$76,600 | 1 | 100.0% |
| \$76,601-\$95,600 | 0 | 0.0% |
| Over \$95,600 | 0 | 0.0% |
| Total | 1 | 100.0% |

Missing: 0

| Household of 6 | Frequency | Percent |
|-----------------------|------------------|----------------|
| Under \$30,970 | 0 | 0.0% |
| \$30,971-\$65,364 | 1 | 100.0% |
| \$65,365-\$83,300 | 0 | 0.0% |
| \$83,301-\$101,300 | 0 | 0.0% |
| Over \$101,300 | 0 | 0.0% |
| Total | 1 | 100.0% |

Missing: 0

Q86. Are you of Spanish/Latino origin or descent?

| Spanish origin | Frequency | Percent |
|-----------------------|------------------|----------------|
| Yes | 10 | 2.6% |
| No | 382 | 97.5% |
| Total | 392 | 100.0% |

Missing: 10

Q87. Do you mind telling me, what is your race?

| Race | Frequency | Percent |
|----------------------------------|------------------|----------------|
| White or Caucasian | 383 | 98.0% |
| Black or African-American | 1 | 0.3% |
| American Indian/Alaska Native | 0 | 0.0% |
| Asian | 2 | 0.5% |
| Native Hawaiian/Pacific Islander | 0 | 0.0% |
| Some other race | 1 | 0.3% |
| Two or more races | 4 | 1.0% |
| Total | 391 | 100.0% |

Missing: 11