

COUNTY OF MARIN, HEALTH AND HUMAN SERVICES

# Marin County Older Adult Needs Assessment

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Davis Research LLC

October 2019



# Background

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- Marin County Health and Human Services, Aging and Adult Services contracted Davis Research to conduct a thorough needs assessment of older adult residents to better understand their current needs and concerns.
- All interviewing was conducted using a random sample of telephone numbers in Marin County.
- Of the 400 completed telephone surveys, 202 were conducted via a landline number and 198 were conducted via a mobile telephone.
- Contact was made on behalf of Marin County Health and Human Services and respondents were screened to identify an adult age 60 and over.
- Interviews were conducted between August 14 and September 5, 2019.
- The average interview length was 16.75 minutes.
- A representative sample of gender, race, ethnicity, income levels, education levels (baseline demographics collected from American Community Survey 2013-2017) are included in the survey analysis.
  - Some data has been weighted to provide a more accurate distribution across these demographics.
- Significance testing was performed at a 90% and 95% confidence level.

# Definitions

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## **Food insecurity:**

- The USDA defines food insecurity as “limited access to adequate food for an active, healthy life due to a lack of money or other resources.” To determine the food insecurity of older adults, the AAA utilized the two Validated Hunger Vital Sign screening questions. A person needed to answer “some of the time” or “all of the time” at least one of the following:
  - Within the past 12 months, I was worried whether our food would run out before I got money to buy more.
  - Within the past 12 months the food we bought just didn't last and we didn't have money to get more.

## **Low-income:**

- In Marin County, the threshold for economic self-sufficiency among older adults is 300% of the Federal Poverty Level (FPL). Throughout this report, “low-income” refers to those at or below 300% FPL. “Mid to high income” refers to those above 300% FPL.
- In 2019, 300% FPL was \$37,470 for one person and \$50,730 for a couple.

## **Frail:**

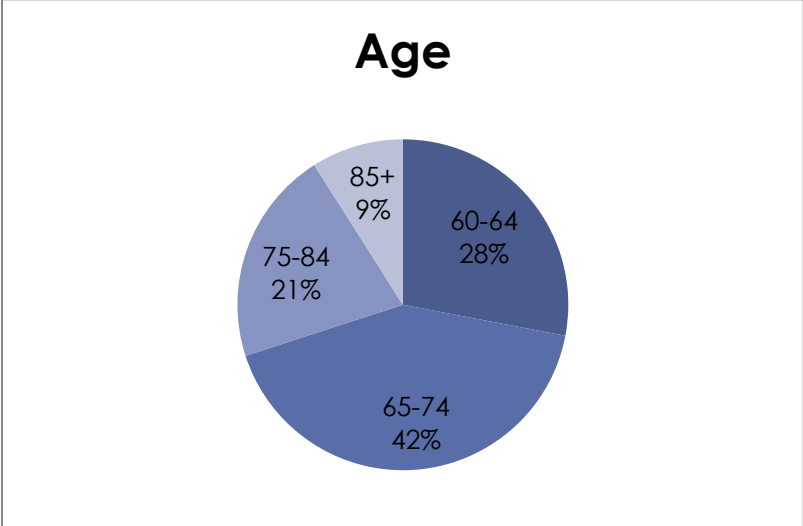
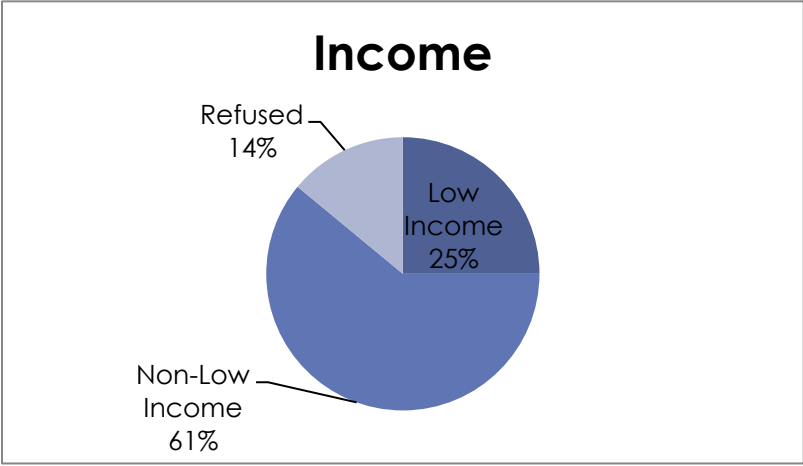
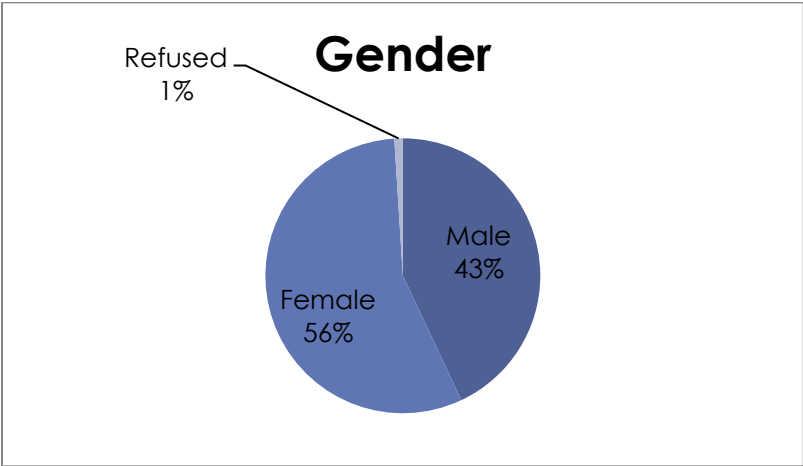
- Respondents indicating needing “some” or “a lot” of help in three or more Activities of Daily Living (ADLs). ADLs include needing help with shopping, cooking, showering, housework, etc.

## **People of Color (POC):**

- Includes all races not Caucasian/ White.

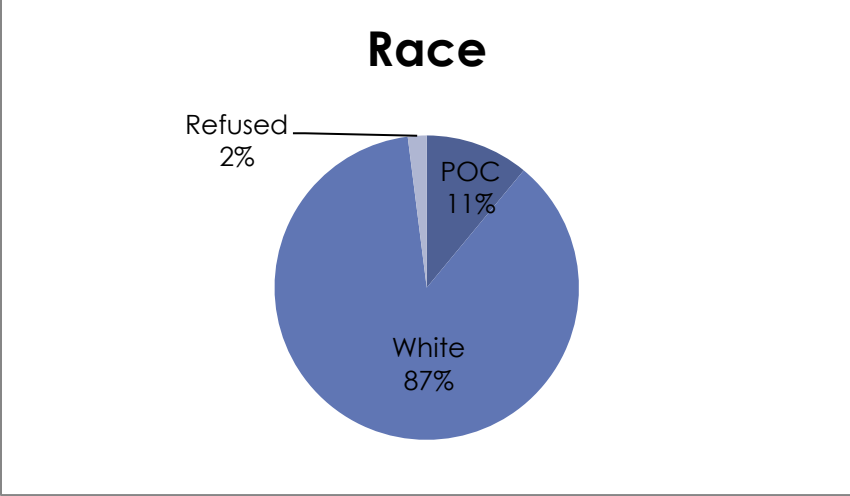
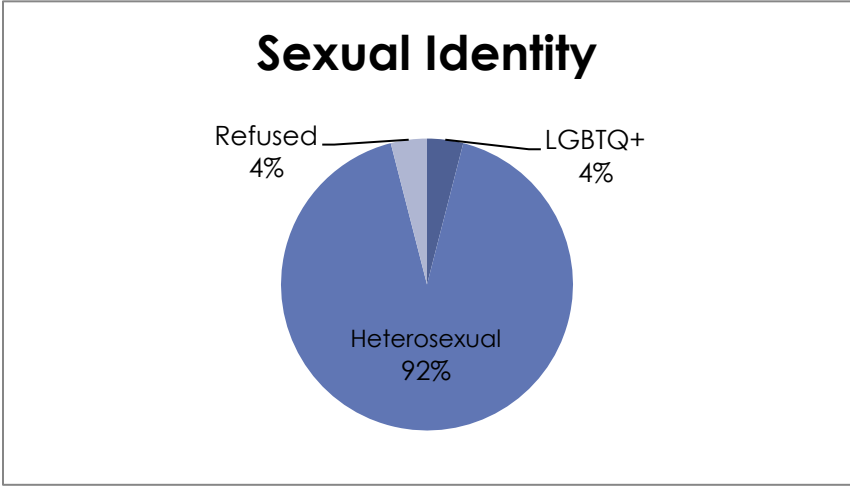
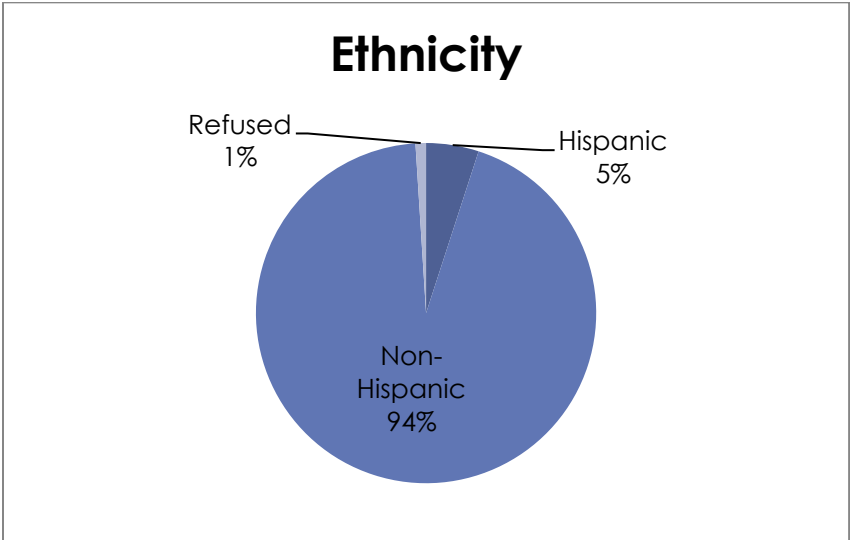
# Demographic Breakdown

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Note: These charts reflect the weighted survey data

# Demographic Breakdown Cont'd



# Topline Observations

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- The majority of older adults in Marin County report that their health and quality of life is very good to excellent (health: 63%; quality of life: 69%).
- About 1 in 5 older adults state that they are an unpaid caregiver for another older adult or an adult with disabilities. Unpaid caregivers skewed more affluent and more educated. About half of these caregivers provide daily care.
- Of 18 listed concerns in the survey, *Climate change* is the top ranked issue and is considered a concern by 58% of the respondents. In fact, 44% of older adults state they are very concerned about Climate change. Climate change has more than twice as much concern as the second ranked issue, Disasters. All other issues skew more heavily as a non-concern rather than a concern.
- Despite Disasters being ranking number two among several issues, there is still an opportunity for increased preparedness (emergency kits and communication plans). While women show more concern for this, they are not as prepared as men. About a quarter of low-income adults do not have a neighbor they would contact in case of an emergency.
- One-third of older adults sustained a fall in the last year. Approximately 7% of them called 911 as a result of their fall and 20% of them visited an emergency department.
- Six percent of older adults are considered frail and 2% qualify for home delivered meals.
- Ten percent of older adults are food insecure. Twenty-five percent are at risk of being food insecure.

+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample

# Topline Observations

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- 92% of older adults report having the transportation they need all the time while just 1% says they never have it. 93% of older adults still drive. However, 20% low-income adults<sup>◇</sup> and 10% of women<sup>◇</sup> do not drive.
- About 15% of older adults report eating alone all of the time. Women are three times as likely to eat alone all the time versus men (21% vs. 7%).<sup>◇</sup> More than a third of low-income adults<sup>◇</sup> report eating alone all the time. A quarter of 75-85 year olds and 30% of those 85 years old or older report eating alone all of the time.

+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample

# Topline Observations: Disparities

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The most notable disparities in needs and concerns are along gender, income, age and (to a lesser degree) racial lines. In addition to the points on the previous slides, here are some additional disparities among these groups.

## **Low-income adults:**

- They live a more isolated life vs. mid to high income older adults.
- 57%◇ are living alone vs. 27% of mid to high income older adults
- They socialize with others (face-to-face) less frequently than mid to high income adults
  - Every day: 42% vs. 71%◇; 3-4 x per week: 40% vs. 26% ◇; 3-4 x per month: 14% vs.2%◇
- They are more likely to feel that they don't feel respected as a member of the community compared to mid to high income adults (12% vs. 3%).◇
- Over a quarter of low-income adults describe their quality of life and their health as fair or low (vs. 4% and 7% respectively of mid to high income adults).◇
- They are more dependent on others for activities such as cooking (9% vs. 1%), using transportation (14% vs. 1%), exercising (11% vs. 1%), heavy housework (23% vs. 4%)◇, medication management (8% vs. 0%), and shopping (10% vs. 1%).

+ 90% confidence; ◇ 95% confidence; \*small sample



# Topline Observations: Disparities

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**Those adults aged 75 or older have significant differences in a few key areas versus those aged 60-74.**

- They live more isolated lives
  - Living alone at higher rates: 41%<sup>◊</sup> vs 36% (60-64) and 30% (65-74)
  - Eating alone all the time at higher rates: 27%<sup>◊</sup> vs 10% (60-64) and 11% (65-74)
  - Less daily social interaction: 51%<sup>◊</sup> vs 69% (60-64) and 70% (65-74)
  - Nearly a quarter of 75+ residents<sup>◊</sup> are widowed versus about 10% of 60-74 year olds.
- Transportation needs are slightly different
  - Although 84%<sup>◊</sup> report that they still drive, it is significantly less than their younger counterparts at about 95%.
  - While about 95%<sup>◊</sup> of those who are 60-74 say their transportation needs are met all of the time, that figure goes down to 86% for those aged 75 or older.
- 82%<sup>◊</sup> of those aged 75 and higher cite Social Security as a source of income, while only 25% of those 60-64 and 63% of those 65-74 state the same. Conversely, only 18% of those 75+ cite work as a source of income while 62% of those 60-64 and 47% of those 65-74 mention paid work as a source of income.

# Topline Observations: Disparities

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- **Women**

- Women state that they have at least sometimes felt excluded or devalued because of their age (since turning 60) significantly more than men (29% vs. 17%).<sup>◇</sup>
- They express a significantly higher rate of concern on most of the listed issues versus men.
- Men report receiving the most help for daily tasks from their spouses (33%). However women receive only 9% help from their spouses. They receive more help from “other”, other family members and friends. “Other” help primarily consists of hired help from housekeepers, gardeners, handymen and sometimes financial advisors.

- **People of Color (POC)**

- 19% feel that they are not valued and respected as a member of the community. This is higher than low-income adults and about 6 times higher than older white adults.<sup>◇</sup>
- About half are still employed for pay (vs. 38% of their white counterparts) and about 19%+ have looked for employment in the past year without finding a job (about 5x more than older white adults).
- 21% are food insecure in comparison to 8% of those who are White/Caucasian.

+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample

# Unpaid Older Adult Caregivers

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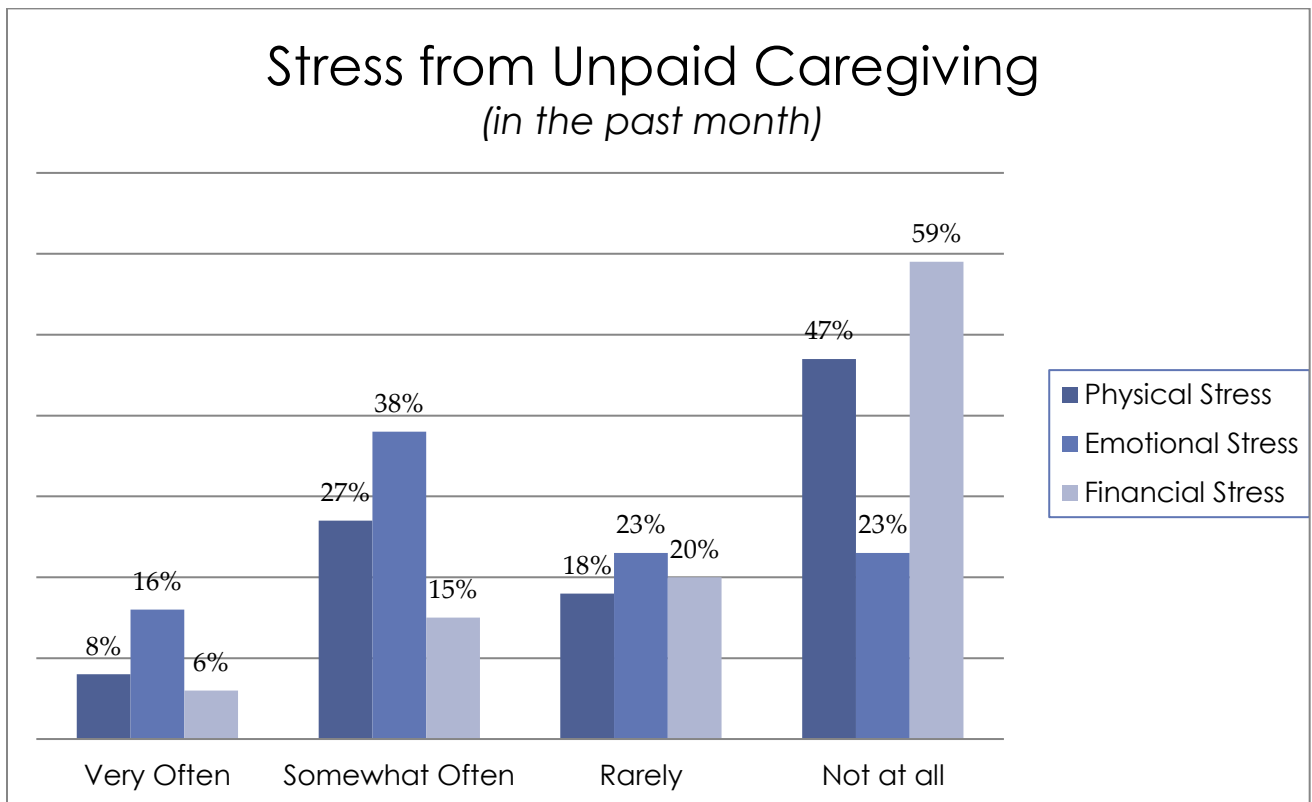
- Approximately 20% of older adults report being caregivers to an older adult or an adult with a disability.
  - Of these caregivers, half provide daily care to a family member or friend
    - Among older caregivers of color, they are almost twice as likely to provide daily care than white caregivers.<sup>◇</sup>
  - Men and Women are equally likely to report being such a caregiver (~20-22%).
  - Older adults of mid to high income are significantly more likely to be a caregiver (26% vs. 9%).<sup>◇</sup>
  - Also, those with a college degree are more likely to give care to an older adult or an adult with a disability (24% vs. 14%).<sup>◇</sup>
  - Of older adults who need assistance with daily tasks, men were more likely to receive help from their spouse than any other source of help (33%). However, among women who need help, they are more likely to receive help from “other” (18%), followed by a non-spouse family member (15%), friends (10%) and then spouse (9%).
    - “Other” help primarily consists of hired help from housekeepers, gardeners, handymen and sometimes financial advisors.

+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample

# Unpaid Older Adult Caregivers

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- The amount of stress as a result of caregiving varies and comes in different forms.



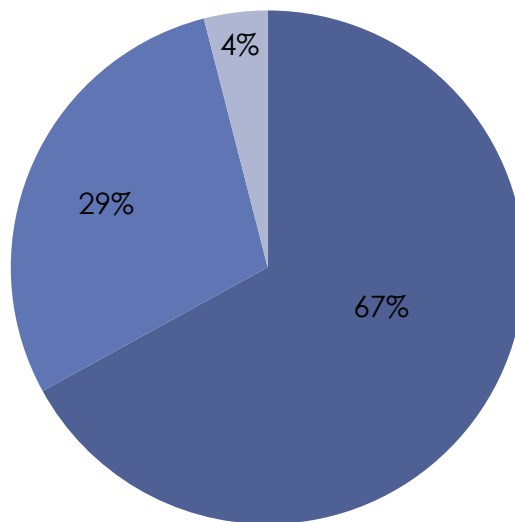
# Needs Pertaining to Falls

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- About 9% of older adults say they are concerned about falling either at or away from home.
  - Lower-income adults are more concerned than those who are not low-income higher incomes (15% vs. 6%) +
- About a third of older adults reports falling in the past year.
  - Of older adults who fell in the past year, 7% called 911.
  - About 1 in 5 older adults who fell in the past year report going to the emergency department.

## In the past year, how many times did you fall?

■ None ■ 1-2 Times ■ 3+ Times

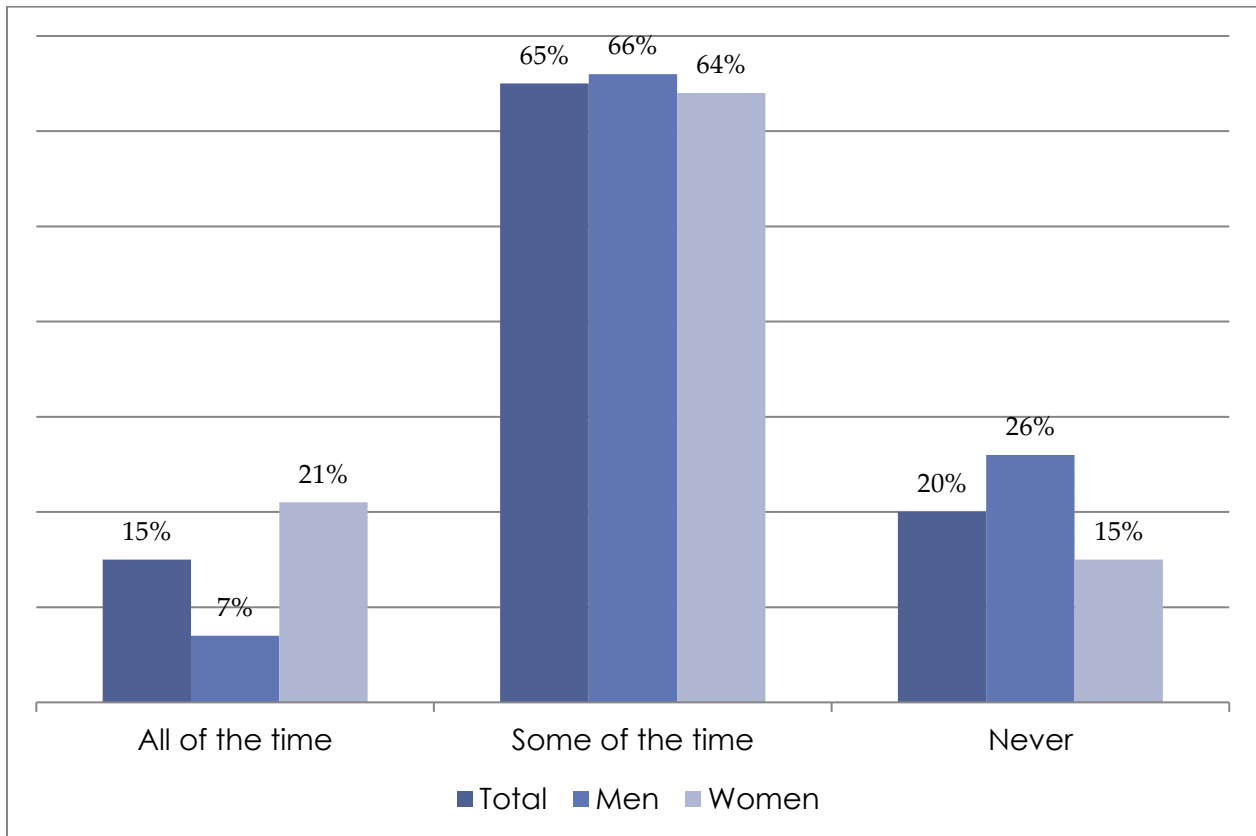


+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample

# Eating Alone

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- Adults 75+ are significantly more likely to report that they eat alone.
- There are some notable disparities between men and women.
  - Men are more likely to report never eating alone than women (26% vs. 15%).<sup>◇</sup>
  - Conversely, women are three times as likely to eat alone all the time versus men (21% vs. 7%).<sup>◇</sup>
  - More than a third of low-income adults<sup>◇</sup> report eating alone all the time.



+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample

# Tooth or Mouth Problems

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- 86% of older adults report *never* having tooth or mouth problems that make it difficult to eat or chew.
- 12% of older adults report *sometimes* having these problems
  - Low-income adults are more than twice as likely to report sometimes having these problems (21% vs. 9%).<sup>◇</sup>
- Less than 3% of older adults report having tooth or mouth problems *all the time* that impact their ability to eat or chew.

# Transportation

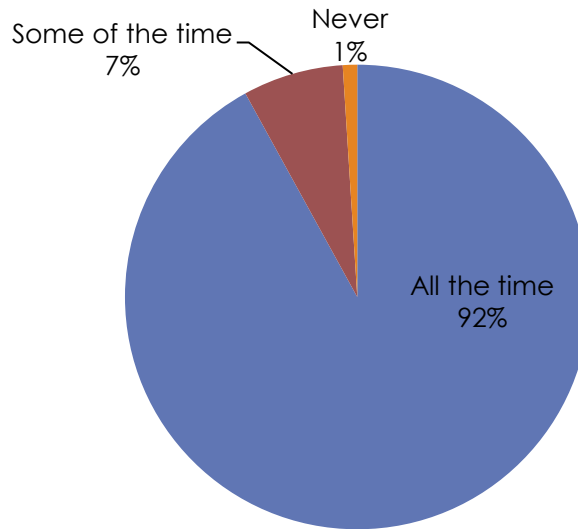
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- 92% of older adults report having the transportation they need all the time while just 1% says they never have it.
- Only 6% cite *Having adequate transportation* as a concern
  - However, 16% of low-income respondents<sup>◇</sup> are concerned about having adequate transportation.
- 93% of older adults surveyed still drive.
- 7% do not drive
  - Nearly 20% of low-income adults reports not driving.<sup>◇</sup>
  - Women are more likely not to drive versus men.\*

+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample

# Transportation

Within the last month, how often have you had the transportation that you needed?



- Most older adults heavily rely on driving their own vehicle to get around.
- The only significant differences between low-income and mid to high income groups were related to driving their own car and using a Taxi/Lyft/Uber.

Transportation Method	Low-Income	Mid to high income
My own car	<b>76%</b>	<b>97%</b> <sup>◇</sup>
Walk/Bike	67%	70%
Friends/Family	46%	53%
Taxi/Lyft/Uber	<b>15%</b>	<b>36%</b> <sup>◇</sup>
Public Transit	24%	24%
Paratransit*	8%	2%
Volunteer Drivers*	9%	1%
Other*	1%	1%

+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample



# 5 Most Frequently Indicated Concerns

- The overwhelming most frequently indicated concern among older adults is *Climate change* (more than twice as concerning as the next ranked concern).
- Even across income levels, race, age, education levels, *Climate change* remains the most frequently indicated concern among older adults in Marin County.

Rank	Issue	% Concerned
1	Climate Change	58%
2	Disasters (fire, flood, earthquake)	25%
3	Affording healthcare	15%
4	Losing memory/cognition	14%
5	Financial security	13%

- While affording healthcare concerns just 15% of the respondents, over a quarter of low-income earners<sup>◇</sup> are concerned about *Affording healthcare*.
- Among lower income older adults the top 5 concerns remain the same, however *End of Life Planning* ties for the 5<sup>th</sup> position. *Affording healthcare*, while still ranked in third position, is an area that low-income individuals are concerned about significantly more mid to high income individuals.

+ 90% confidence; ◇ 95% confidence; \*small sample

# 10 Most Frequently Indicated Concerns

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- Women are significantly more concerned than men on 8 of the top 11 concerns.
- Men are not significantly more concerned than women on any concern listed in the survey.
- Among respondents 85 years of age or older, their third highest concern is *how to use a cellphone, internet, or tablet* (20% are concerned; significantly higher than those 60-75 YO) <sup>◇</sup>
- Aside from Climate Change, all other listed issues were not commonly indicated as concerns.
- Women are concerned significantly more than men.
- Most of the listed concerns in the survey are considered non-concerns by 70 to 80% of the respondents.

Rank	Issue	% Concerned
1	Climate change	58%
2	Disasters (fire, flood, earthquake) <sup>◇</sup>	25%
3	Affording healthcare <sup>◇</sup>	15%
4	Losing memory/cognition <sup>◇</sup>	14%
5	Financial security <sup>◇</sup>	13%
6	Crime, financial abuse, scams	13%
7	End of life planning and issues <sup>◇</sup>	12%
8	Affording rent/mortgage <sup>◇</sup>	10%
9	Getting healthcare/meds needed	9%
	Affording medications <sup>◇</sup>	9%
10	Accidents in/out of the home (falling) <sup>◇</sup>	9%

(+ 90% confidence; <sup>◇</sup> 95% confidence)

# Most Frequently Indicated Concerns Among Low-Income Adults

- There are two of the top 10 concerns that are significantly higher among lower-income older adults versus mid to high income older adults:
  - *Affording Healthcare*
  - *Accidents / Falls*

Rank	Issue	Low-Income % Concerned	Mid to High Income % Concerned
1	Climate change	66%	56%
2	Disasters (fire, flood, earthquake)	29%	21%
3	Affording healthcare <sup>◊</sup>	26%	11%
4	Losing memory/cognition	19%	12%
5 & 6	Financial security	18%	11%
	End of life planning and issues	18%	10%
7 & 8	Accidents/Falls <sup>+</sup>	15%	6%
	Getting the healthcare/meds needed	15%	7%
9 & 10	Crime, financial abuse, scams	14%	13%
	Affording rent/mortgage	14%	8%

(<sup>+</sup> 90% confidence; <sup>◊</sup> 95% confidence)

# Most Frequently Indicated Concerns Among Older Adults 75+

- There are two top 10 concerns among those who are 75+ that are significantly higher than those who are 60+
  - *How to use a cellphone, internet, or tablet*
  - *Having adequate transportation*
- Neither of these concerns are among top 10 concerns for older adults 60+.
- Although *Climate Change* is still the most frequently indicated, it is significantly lower than for those aged 60+.

Rank	Issue	75+ % Concerned	60+ % Concerned
1	Climate change	46%	58% <sup>◇</sup>
2	Disasters (fire, flood, earthquake)	27%	25%
3 & 4	Crime, financial abuse, scams	14%	13%
	Losing memory/cognition	14%	14%
5 & 6	Financial security	13%	13%
	End of life planning and issues	13%	12%
7, 8 & 9	<b>How to use a cellphone, internet, or tablet</b>	12% <sup>◇</sup>	5%
	Affording healthcare	12%	15%
	<b>Having adequate transportation</b>	12% <sup>◇</sup>	6%
10	Accidents/Falls	11%	9%

+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample

# Emergency Preparedness

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- **Disasters** are the second highest concern among older adults in Marin County (25%).
  - Women are twice as likely to say they are concerned about *disasters* versus men (32% vs 16%).<sup>◇</sup>
- About half of older adults have prepared a disaster supply kit for their home.
  - However, men state having prepared a kit significantly more than women (56% vs. 45%).<sup>+</sup>
- About 38% say they have prepared such a kit that can be easily transported in a hurry (like a go bag).
- The majority of older adults (59%) say they don't have a specific communication plan if they were separated from their family or caregiver in an emergency.
- Almost a quarter of low-income adults<sup>+</sup> say they do not have a neighbor they would contact in case of an emergency.

# Differences in Populations:

## Low-Income Adults

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Older adults at or below 300% of the FPL report struggles related to quality of life, health, mobility, and living an isolated life.

### Isolated Lives

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- Over half of low-income adults are living alone (57%)<sup>◇</sup>, two times more than mid to high income adults.
- They have less frequent face-to-face interaction than mid to high income adults<sup>◇</sup> and about a quarter of low-income adults<sup>◇</sup> do not have a neighbor they would contact in case of an emergency (see chart).
- More than a third of low-income older adult<sup>◇</sup> eat alone all of the time (vs. 7% of mid to high income older adults).
- They are more likely to state that they don't feel respected as a member of the community as mid to high income adults (12% vs. 3%).<sup>◇</sup>

### Quality of Life & Health

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- Over a quarter of low-income adults describe their quality of life and their health as fair or low relative to mid to high income adults
  - Health: 26% vs. 7%<sup>◇</sup>
  - Quality of Life: 27% vs. 4%<sup>◇</sup>
- They are more dependent on others for several daily activities (see chart).
- Falling is also an issue that is more concerning to this group (15% vs. 6%).<sup>+</sup>

Activity	Low-Income Dependent	Mid to high income Dependent
Cooking	9%	1%
Using Transport	14%	1%
Walking	14%	1%
Exercising	11%	1%
Heavy Housework	23% <sup>◇</sup>	4%
Light Housework	8%	1%
Medication Management	8%	0%
Shopping	10%	1%

+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample

## Financial Outlook

- About 14% of these individuals reside in low-income housing.
- 80% are no longer employed for pay (vs. 52% of mid to high income adults)<sup>◇</sup>. However they are more likely to say they have looked for a job in the past year, but unable to find one (11% vs. 4%).<sup>+</sup>
- *Affording healthcare* is an issue that is more concerning to this group (27% vs. 11%).<sup>◇</sup>
- Although *Affording housing* is almost twice as concerning for this group (14%) vs. (8%) for mid to high income older adults.

## Transportation

- Having adequate transportation is an issue that is more concerning to this group (16% vs. 2%).<sup>◇</sup>
- 14% of this group cites that they are dependent on others in order to use transportation.
- One in five do not drive (significantly higher than mid to high income adults).

+ 90% confidence; <sup>◇</sup> 95% confidence; \*small sample

# Older adults aged 75+ years

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- In comparison to those 60-74, older adults aged 75+:
  - Live more isolated lives
  - Living and eating alone at higher rates
  - Less daily social interaction
  - More likely to be widowed
  - Drive less
  - Have a slightly higher need for transportation
- Source of income shifts from work to Social Security and half live in a home without a mortgage

	% (60-64)	% (65-74)	% (75+)
Live alone	36%	30%	<b>41%<sup>◊</sup></b>
Eat alone all the time	10%	11%	<b>27%<sup>◊</sup></b>
Daily face-to-face social interaction	69%	70%	<b>51%<sup>◊</sup></b>
Widowed	11%	9%	<b>24%<sup>◊</sup></b>
Still driving	98%	96%	<b>84%<sup>◊</sup></b>
Had needed transportation all the time in the last month	95%	94%	<b>86%<sup>◊</sup></b>
Have prepared a disaster supply kit	55%	53%	<b>40%<sup>◊</sup></b>
Provide unpaid care to others	25%	24%	<b>13%<sup>◊</sup></b>
Source of Income: Social Security	25%	63%	<b>82%<sup>◊</sup></b>
Source of Income: Work	62%	47%	<b>18%<sup>◊</sup></b>
Own a home without a mortgage	25%	32%	<b>49%<sup>◊</sup></b>



# People of Color (POC)

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- Older POC adults are more than twice as likely to be food insecure versus older white adults (21% vs. 8%)<sup>◇</sup>. \*\*
- 19% feel that they are not valued and respected as a member of the community. This is higher than low-income adults (12%) and more than 6 times higher<sup>+</sup> than older white adults (3%).<sup>◇</sup>
- After *Climate change*, the issue that POC adults are most concerned about is *Losing Their Memory*. This issue is twice as concerning for this group versus their white counterparts (29% vs. 12%).<sup>◇</sup>
- Of those who are unpaid caregivers, they are almost twice as likely to provide daily care versus their white counterparts. (88% vs. 45%)<sup>◇</sup>
- About half are still employed for pay (vs. 38% of their white counterparts)<sup>◇</sup> and 19% have looked for employment in the past year without finding a job (almost 5x more than older white adults at 4%).<sup>◇</sup>

+ 90% confidence; <sup>◇</sup> 95% confidence

# Race and Ethnicity Breakdown

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<b>Race</b> <i>(self-reported)</i>	<b>#</b>	<b>%</b>
White (incl Hispanic)	354	87.8%
Filipino	7	1.7%
Chinese	7	1.6%
Black	6	1.5%
Multiple Race	5	1.4%
Asian Indian	4	1.0%
Other Race	8	2.0%
Japanese	2	0.4%
Am. Indian/Alaska Native	1	0.2%
Other Pacific Islander	1	0.2%
Refused	9	2.2%

<b>Ethnicity</b> <i>(self-reported)</i>	<b>#</b>	<b>%</b>
Hispanic	18	4.6%
Non-Hispanic	376	94.0%
Refused	6	1.4%