

# 60+ Survey of Washtenaw County

**September 23, 2014**

**Presentation to the Community Health  
Committee & Health Improvement Plan  
Partners**

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# Washtenaw County Partnership

Blueprint for Aging

University of Michigan School of Social Work

Washtenaw County Health Department

Washtenaw Coordinated Funders

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# **Community Level Expected Outcome for Older Adults**

To increase or maintain independent living factors for vulnerable, low income adults 60 years of age or older

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# Our Task

To establish a baseline of older adults residing in Washtenaw.

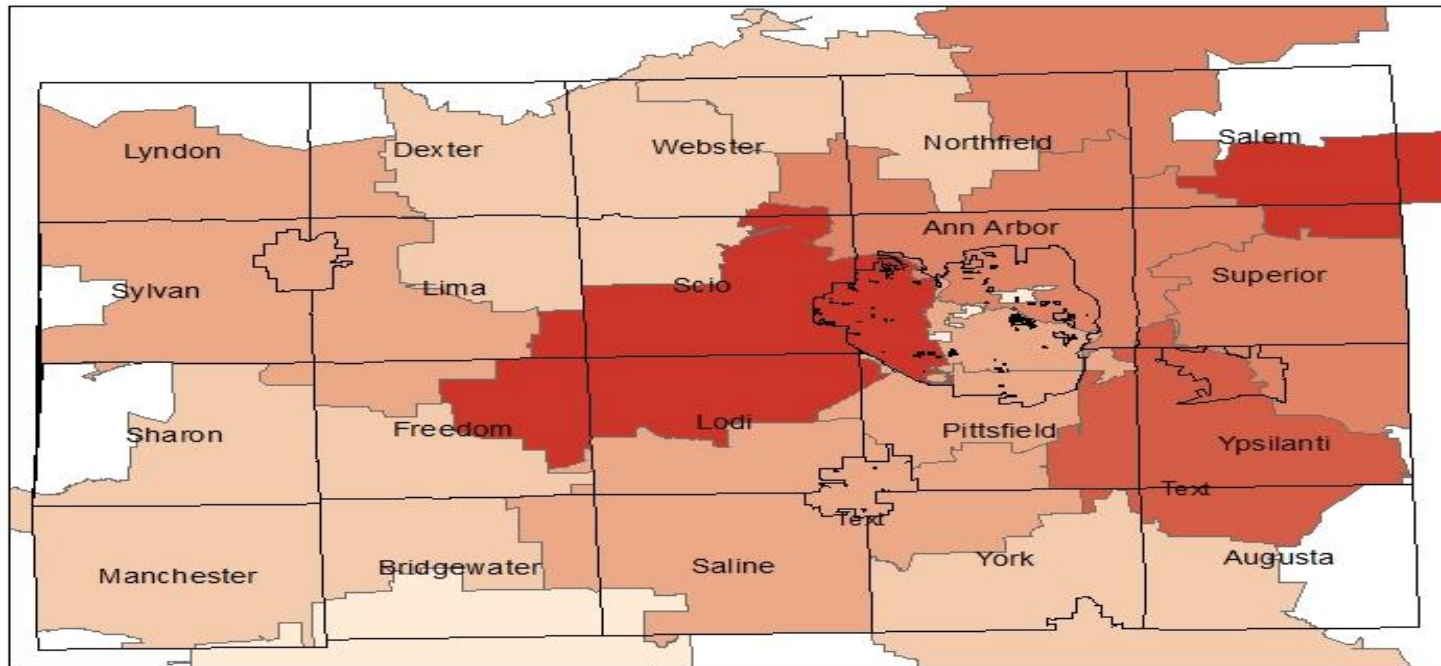
To report results to the community for planning.

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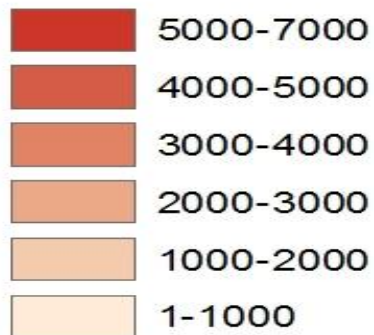
# Washtenaw County Census Data (2010)

<b>General Population</b>	<b>344,791</b>
<b>Adults 60+</b>	52,685 <i>9,612 are 80+</i>
<b>Adults 65+ living in rural communities</b>	7,721
<b>Adult 60+ living at or below 125% of the Federal Poverty Level</b>	4,300 (estimated)

# Washtenaw County Population 65+



## Population by Zip Code



This map was created using 2010 US Census Data.

# Survey Development

Factors linked to “aging in place.”

Reviewed research literature.

Searched for survey items in the public domain.

Standardized scales: UCLA Loneliness Scale.

Local expert opinion from BFA network of providers.

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# Independent Living Domains

- Housing
  - Finances
  - Social Activity
  - Social Connectedness
  - Physical Health
  - Mental Health
  - Caregiving Responsibilities
  - Mobility
  - Neighbors and Neighborhood
  - Working, Volunteering
  - Barriers to Activities & Interactions
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# Survey Method

54-item paper survey, one open-ended question

15 minutes to complete

Guided completion or self-administered

Large print version

5<sup>th</sup> grade reading level, English

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# Survey Collectors

University of Michigan MSW graduate students  
enrolled in a Program Evaluation Course

Blueprint for Aging staff and interns

Local providers serving older adults

Other community volunteers

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# Met our Collection Goals

- ✓ 500 to 600 surveys completed by Washtenaw County residents (588)
  - ✓ 60 years and older (31% of the sample 80 years of age and older)
  - ✓ Outreach to rural communities (31% of the sample)
  - ✓ Outreach to those living with financial hardship (16% Medicaid, 11% Rent assistance)
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# Partial list of collection sites

Housing: Carpenter Place, Ann Arbor and Ypsilanti Meals on Wheels, Towne Center, Woodhill

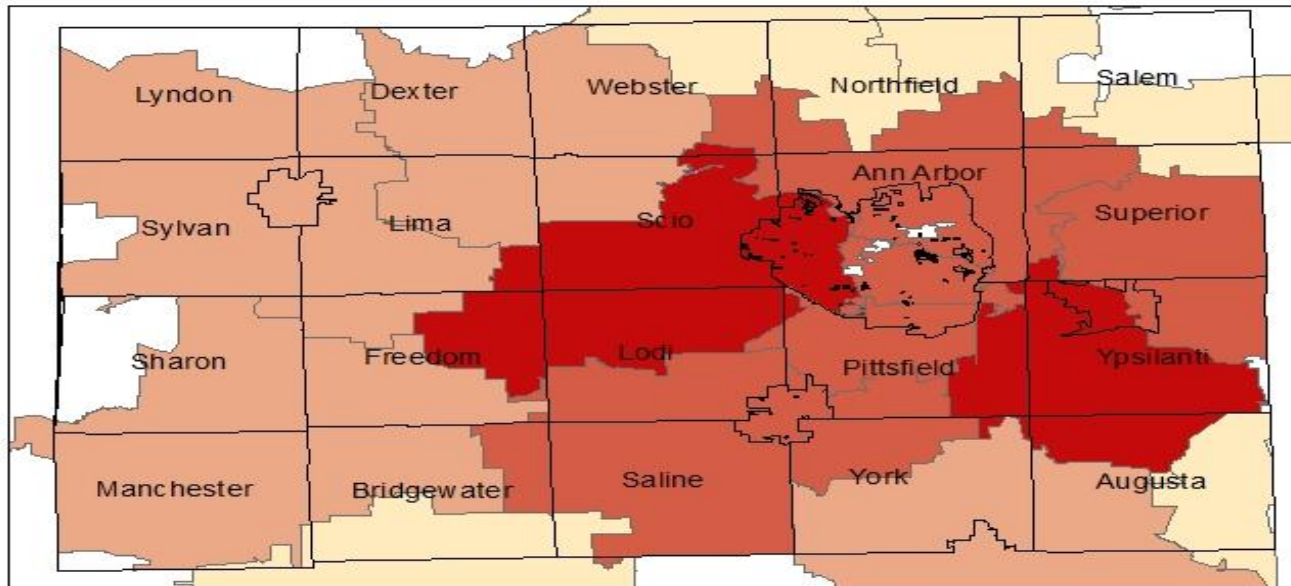
Senior Centers: Chelsea, Dexter, Lincoln, Milan, Northfield, Pittsfield

Agencies: Catholic Social Services, Jewish Family Services, Housing Bureau for Seniors

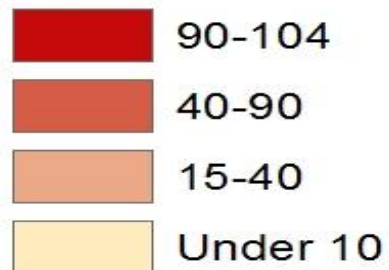
Community: OSHER Lifelong Learning Institute, UM Turner Senior Resource Center, UM Turner Geriatric Clinic, foster grandparents, churches, exercise classes, Caregiver Fair

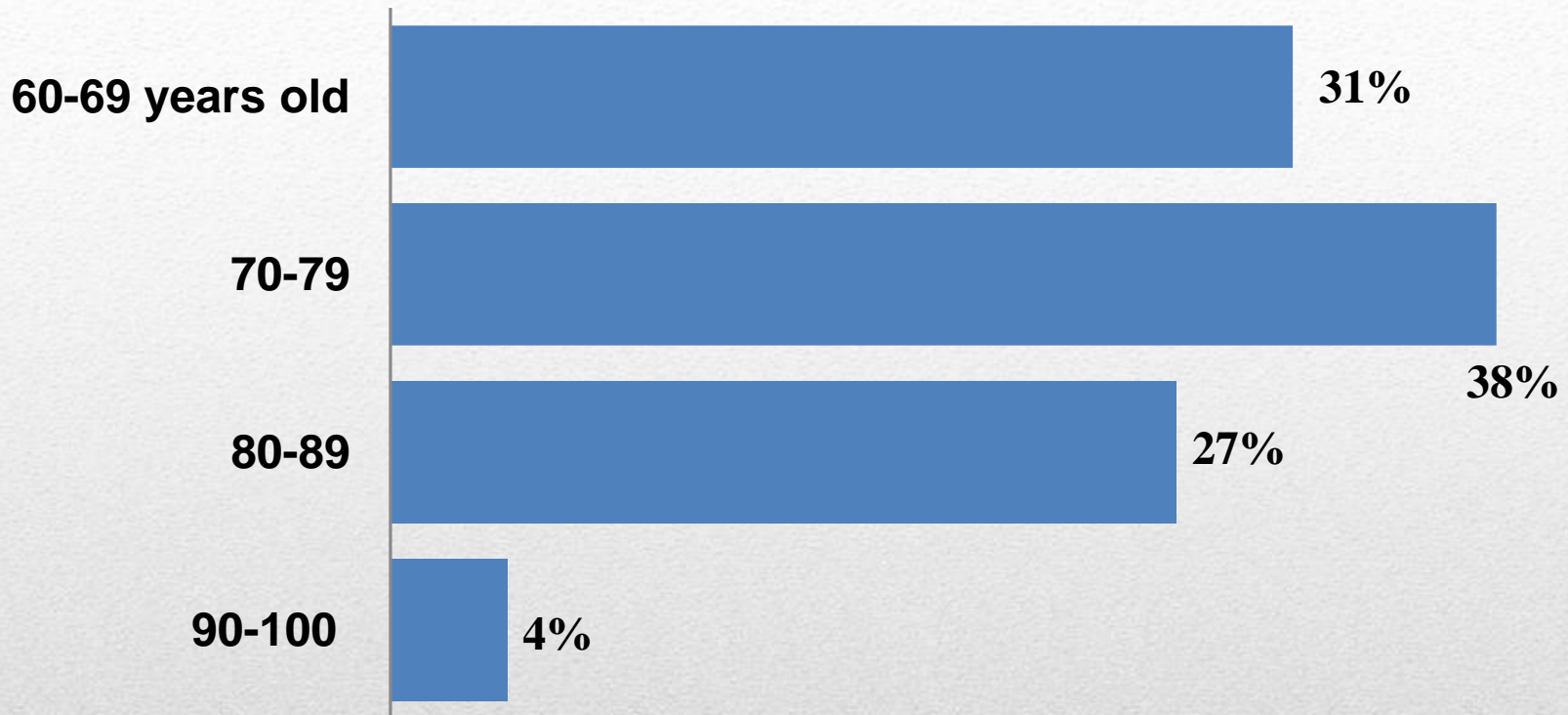
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# Washtenaw County 60+ Survey Responses



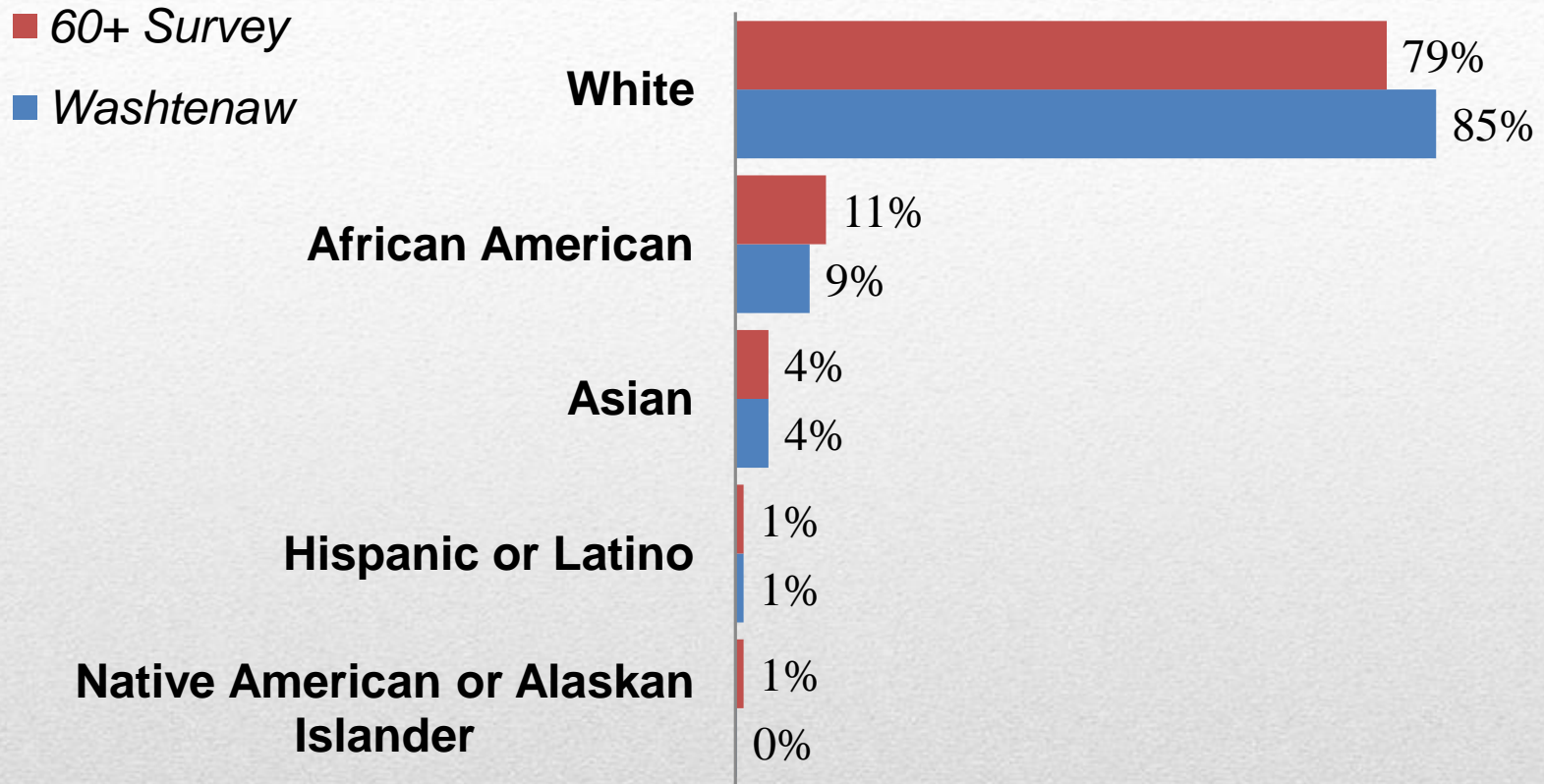
## Number of Respondents by Zip Code





**Sample: 31% are 80 years of age or older, compared to 18% for the county.**

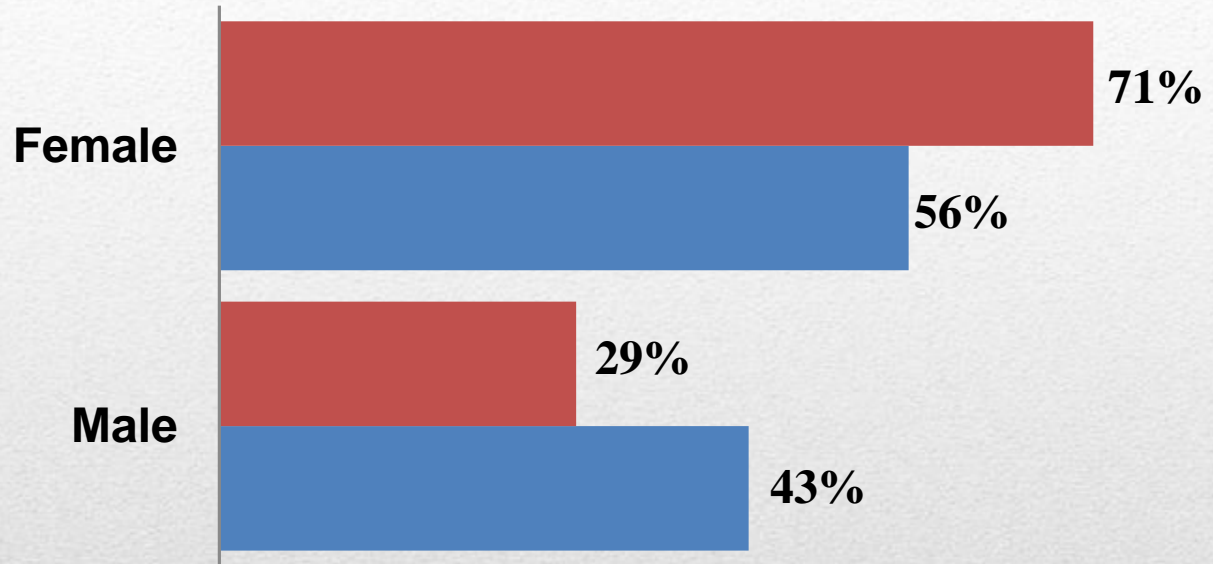
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**Sample: Greater racial/ethnic diversity compared to county.**

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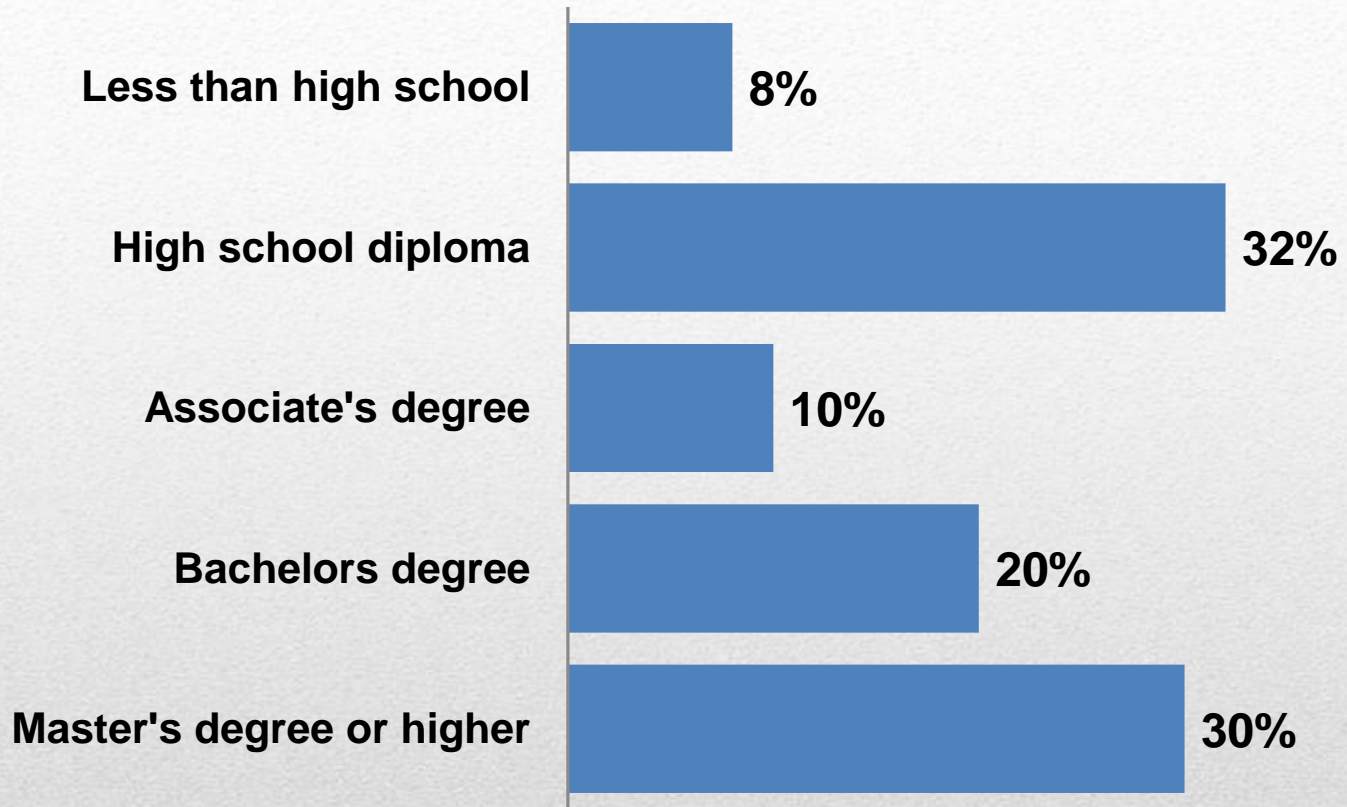
■ 60+ Survey  
■ Washtenaw



**Sample: Males are under-represented compared to county.**

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**Sample: 50% have Bachelors degrees or higher, compared to 40% for the county.**

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# Housing and Aging in Place

**90%** Want to live in the same place next year

**56%** Live in a single home

**52%** Live alone

**8%** Worried about losing their housing (in the past year)

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# Financial Hardship

- 11%** Rent assistance based on income
  - 7%** Did not have enough money to purchase food they need (in past 3 months)
  - 7%** Had trouble paying utilities (in past 3 months)
  - 6%** Did not have enough money to purchase prescribed medications
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# Income-based rent assistance

47% reported not having someone they could borrow \$100 from in an emergency

Worry about losing their housing

Have trouble buying food, paying utilities

Social isolation

Don't drive, transportation difficulties

Less mobility

Energy and pain prevent interactions

Lower levels of neighborhood trust

\*  $p < .05$

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# Social Activity

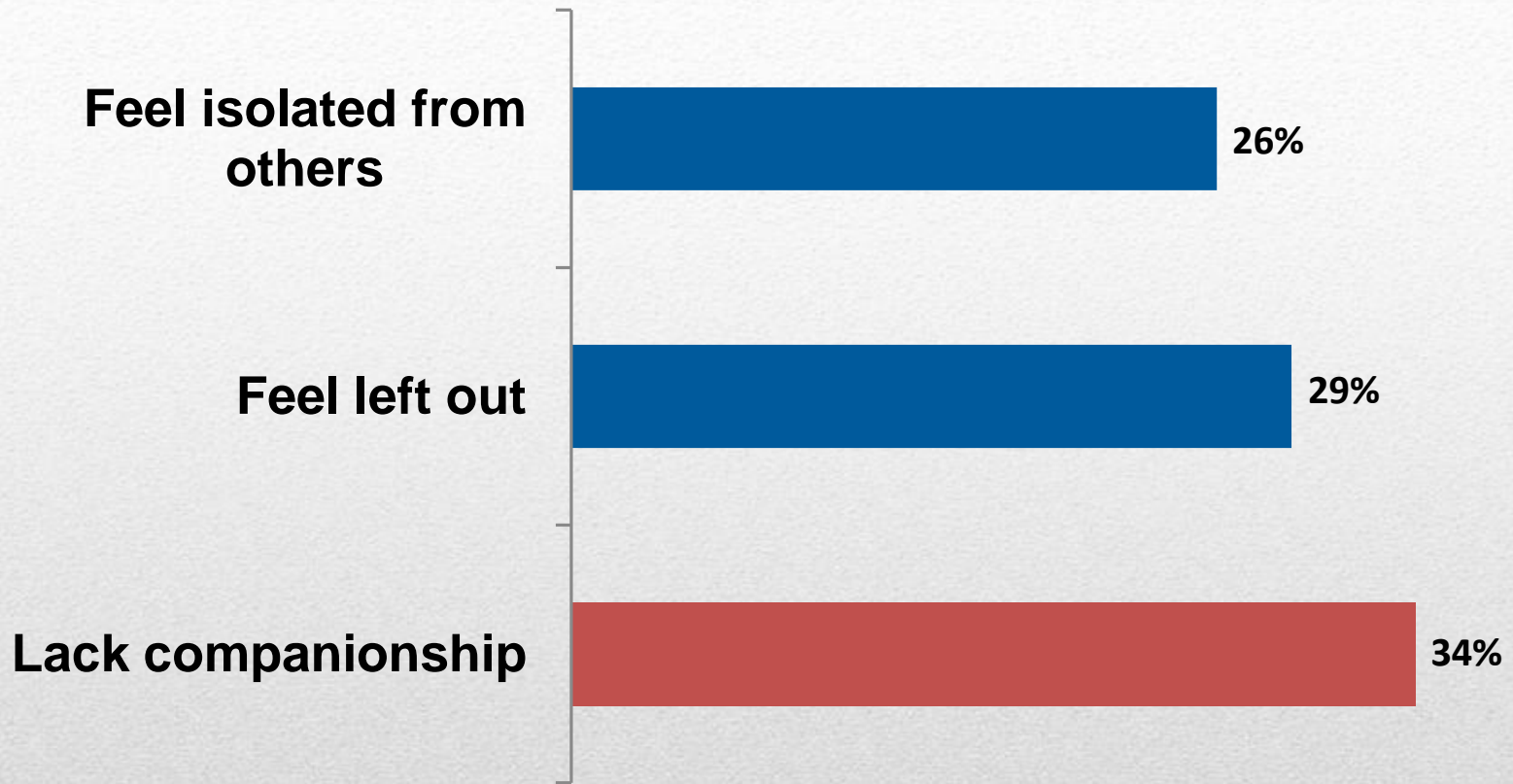
**77%** Participated in social groups within past month

**69%** Attended a religious service or spiritual activity within past month

**25%** Energy level kept them from participating in activities

**21%** Pain kept them from participating in activities

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## Social Isolation

Results for “some of the time” and “often” responses.

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# Connectedness

**70%** Living near a relative they frequently see

**74%** Connected to the internet

**79%** Report having someone they can borrow \$100 from in an emergency

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# Neighbors and Neighborhood

**70%** Generally trust neighbors to look out for them

**74%** Neighbors help each other out

**88%** Feel safe walking around their neighborhood

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# Physical Health

**90%** Seen a doctor in past year for routine check

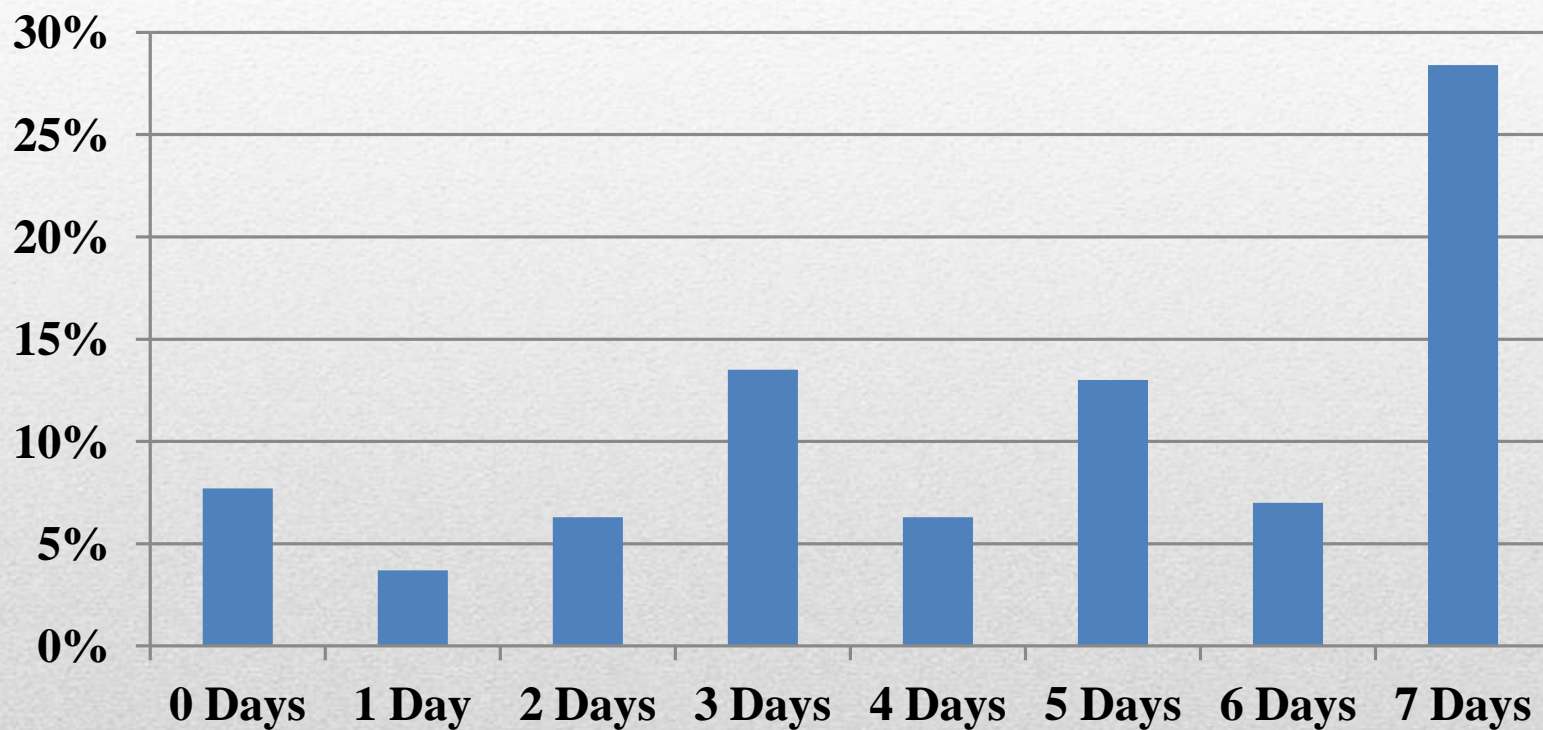
**77%** Seen a dentist in past year for routine check

**66%** Told they have a chronic condition by a physician

**4%** Currently smoking

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## Moderate Activities for At least 30 Minutes Days Per Week



# Slips and Falls

**46%** Talked to someone about preventing slips and falls

**17%** Reported having a fall that resulted in an injury in the past year

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# Mental Health Factors

- 83%** **Able to cheer up and get in a better mood**
  - 14%** **Seen a mental health professional in the past year**
  - 14%** **Grief or loss changed their typical routine**
  - 12%** **Conflict with family or friends limited interactions**
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# Working and/or Volunteering

**83% Retired**

**51% Volunteering**

**2% Full time work**

**8% Part time work**

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# Caregiving

15% are caregivers

73 years of age (average age of caregiver)

50% Caregiving responsibilities limited their social interactions

32% ...affected their health

23% ...caused financial strain

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# Difficulty with Home Care

35% Yard work

30% Minor home repairs

23% Housework

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# Mobility

**81%**    **Driving**

**21%**    **Use a cane, walker, wheelchair or other  
assisted device**

**7%**    **Difficulty getting to groceries, medical appointments  
and activities**

**6%**    **Trouble moving to other rooms of their home besides  
the room where they sleep**

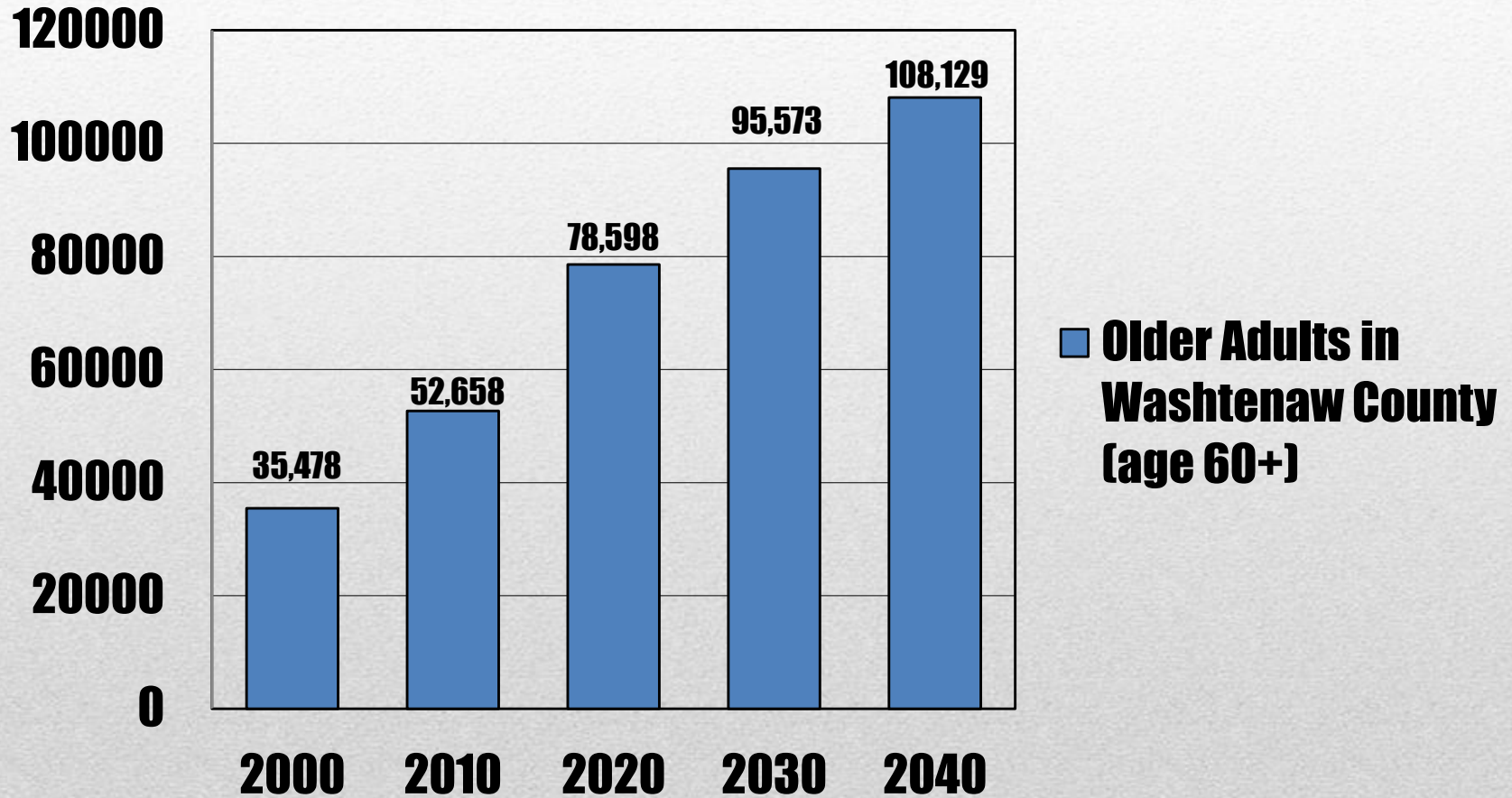
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# “What do you do to stay healthy, happy and independent?”

Category	Percent	Quote
Self-care through individual activities	46%	“Read, sew, internet computer” “Pray” “[My] dog keeps me feeling loved” “Stay mentally active and challenged”
Social connectedness	45%	“Call my kids” “Visit with friends”
Physical health care and activities	43%	“Visit doctors frequently” “Tai chi, yoga, walk” “Keep moving”
Community resources	11%	“Take classes (lifelong learning)” “Be involved with the senior center”

# Projections: Older Adults in Washtenaw County





# Washtenaw County Implications:

Survey collection?  
Programming?  
Other?

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