



2009 Senior Survey

for people 60 and older in

Sacramento County

WITH ADDITIONAL ANALYSIS (pages 14-21)

Paper Surveys Returned = 2,022

Online Surveys Completed = 786

Total Sample Size = 2,808

June 28, 2010

Serving Nevada, Placer, Sacramento, Sierra, Sutter, Yolo & Yuba Counties

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2009 Senior Survey: The Sacramento County Sample

The Overall Sample

Population age 60+ living in Sacramento County in 2008 = 223,617

Target Sample = 2,000 surveys (roughly 0.9% of the 60+ population)

Actual Sample = 2,808 surveys (1.3% of the 60+ population); margin of error = 1.84%

Paper Survey Response Rate > 23% (it was not practical to obtain an exact count of undistributed surveys)

Demographic Targets and Results

Married couples were asked to complete a single survey; however, we cannot guarantee that those instructions were followed. It is likely that a fair number of couples submitted two surveys – one for each person in the marriage or domestic partnership. Therefore, the 2,808 total responses likely represent fewer than 2,808 separate senior households. Overall, females are over-represented by a significant margin; the margin is less when looking at reported needs data (from Parts 4 and 5 in the survey) because it includes the needs of spouses and partners. Altogether, the needs of 3,585 seniors were captured in the survey.

Sex	Target Percent (N=223,617)	Result (n=2,696)	Percent Living with Spouse/ Partner age 60+ (n=889)	Result including 60+ couples* (n=3,585)
Men	44%	29.2%	48.5%	36.1%
Women	56%	70.8%	26.6%	63.9%
TOTAL	100%	100.0%	33.0%	100.0%

*To make this calculation, we have assumed each respondent's spouse/partner is of the opposite sex; some are not.

The household income table below illustrates that persons in the highest income category were somewhat over-sampled while those just above the poverty level (100-199%) were under-sampled. The race/ethnicity table shows a fairly accurate representation of the true senior population with the exception of Hispanic/Latino elders who were under-sampled.

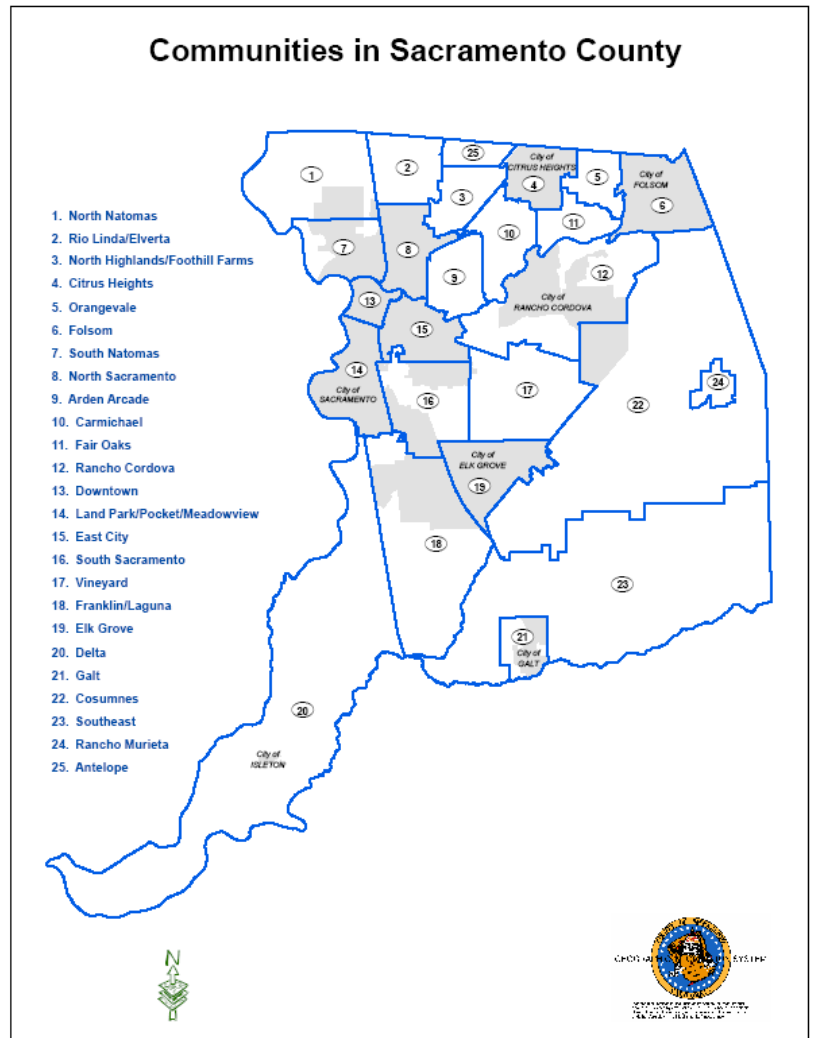
Respondents' Household Income (As a single person or as a married couple)	Target Percent (N=223,617)	Actual Percent (n=2,490)
Below poverty level**	8%	10.4%
100-199% of poverty	39%	29.1%
200-399% of poverty	31%	32.8%
400% of poverty & up	22%	27.7%
TOTAL	100%	100.0%

**In 2008 the poverty level was \$10,400 for a single person and \$14,000 for a couple.

Respondents' Race/Ethnicity	Target Percent (N=223,617)	Actual Percent (n=2,663)
White/Caucasian	67%	71.3%
Hispanic/Latino	11%	6.7%
Asian	12%	9.1%
Pacific Islander	1%	0.4%
Black/African American	6%	8.0%
Native American	1%	1.1%
Multi-racial	2%	3.3%
TOTAL	100%	99.9%

Geographic Targets and Results

The geographic targets were based upon partial information for the population within city limits. The 2009 Senior Survey uses each respondent's zip code to establish where they live. The zip codes in Sacramento County correspond to the target areas fairly well but not exactly. Overall, the table below demonstrates that a good mixture of different areas was sampled. Arden-Arcade, Citrus Heights, the Delta, Folsom, Rancho Cordova and the Remaining North Area were all under-sampled to some degree. The over-sampling of Galt can be attributed to the extraordinary efforts of numerous volunteers in that area to get surveys completed and returned.



Area where Respondent Lives	Target Percent (N=223,617)	Actual Percent (n=2,604)
Arden-Arcade 95825, 95864	10.0%	5.8%
Citrus Heights 95610, 95621	7.5%	6.2%
Delta Area 95612, 95639, 95641	1.0%	0.1%
Elk Grove (includes Wilton and portions of the City of Sacramento) 95624, 95693, 95757, 95758	7.5%	< 8.0%
Folsom 95630	5.0%	3.4%
Galt Area 95632, 95638	2.5%	6.9%
Rancho Cordova 95655, 95670, 95742	7.5%	3.0%
Sacramento City (includes a small portion of Elk Grove) 95811 thru 95838, 95851, 95853, 95860	32.5%	> 44.2%
Sloughouse Area 95683	1.0%	1.7%
Remaining North Area 95608, 95626, 95628, 95652, 95660, 95662, 95673, 95747, 95821, 95835, 95837, 95841, 95842, 95843	25.5%	20.8%
TOTAL	100%	100.1%

Distribution Plan: Targets and Results

For the purposes of reaching ALL older adults, we conceptualized three different categories of seniors: Active Seniors, Mobile Seniors, and Homebound Seniors. Our expectation was that most Active Seniors would be between the ages of 60 and 74, most Mobile Seniors would be between 75 and 84, and most Homebound Seniors would be 85 and older. What we found was a much weaker correlation between age and ability than was expected. In fact, the average age of the Active Seniors sampled was 73 (at the high end of the expected range), the average age of the Mobile Seniors was also 73 (below their expected range entirely), and the average age of the Homebound group was 79 (also below their expected range entirely). This finding appears to be caused by two emerging trends; namely that more people are turning 60 with existing disabilities, and that more people are living to advanced ages who have no disabilities.

Categories based on Ability Levels	Target Percent (N=223,617)	Actual Percent (n=2,544)
Active Seniors (no disabilities)	63%	54.3%
Mobile Seniors (some disabilities; do drive)	19%	30.9%
Homebound Seniors (some disabilities; do not drive)	18%	14.8%
TOTAL	100%	100.0%

Categories based on Ability Levels	Percent Aged 60 - 74	Percent Aged 75 - 84	Percent Aged 85+	TOTAL
Active Seniors (n=1,308)	59.3%	29.7%	11.0%	100.0%
Mobile Seniors (n=765)	56.3%	32.4%	11.2%	99.9%
Homebound Seniors (n=362)	33.7%	34.5%	31.8%	100.0%

The red font represents the cells where a majority of the cases were expected to appear for each category.

Categories based on Ability Levels	Percent Active Seniors	Percent Mobile Seniors	Percent Homebound Seniors	TOTAL
Baby Boomers (n=384) Ages 60-63 in 2009	57.8%	34.1%	8.1%	100.0%
Pre-Boomers (n=853) Ages 64-73 in 2009	59.6%	31.3%	9.1%	100.0%
Traditionalists (n=1,197) Ages 74-109 in 2009	48.2%	30.7%	21.1%	100.0%

The red font represents the cells where a majority of the cases were expected to appear for each category.

Survey Summary for Part 1: Your Health and Wellness

1) Are you filling out this survey for yourself?

90.5%	Yes
9.5%	No
<hr/>	
	Missing Data (77)
100.0%	Total (2731)

2) Overall, how would you describe your **health** right now?

18.9%	Excellent
50.4%	Good
25.8%	Fair
4.9%	Poor
<hr/>	
	Missing Data (70)
100.0%	Total (2738)

3) During the last 7 days, how many days did you do any moderate **physical activities** for at least 10 minutes? (Moderate physical activities make you breathe harder than normal.)

15.2%	None
37.5%	1-3 days
30.5%	4-6 days
16.7%	All 7 days
<hr/>	
	Missing Data (84)
99.9%	Total (2724)

4) In a typical day, how many times do you eat foods that are healthy for you (such as a piece of fruit, a glass of low-fat milk, a serving of chicken with no skin and no breading)?

2.1%	None
12.1%	1 time
26.2%	2 times
30.7%	3 times
27.3%	4 or more times
1.4%	I don't know
<hr/>	
	Missing Data (61)
99.8%	Total (2747)

5) How would you describe your **memory**?

38.7%	I have no trouble remembering things
47.3%	It takes me longer to remember things
14.0%	I sometimes forget things completely
<hr/>	
	Missing Data (114)
100.0%	Total (2694)

6) During the past 30 days, about how often did you feel **sad, lonely or depressed**?

2.0%	Always
10.0%	Often
52.8%	Sometimes
35.2%	Never
<hr/>	
	Missing Data (77)
100.0%	Total (2731)

7) Are you **limited** in any way in any activities because of physical, mental, or emotional problems?

46.7%	Yes
53.3%	No
<hr/>	
	Missing Data (214)
100.0%	Total (2594)

8) Do you have any chronic **health problems**? (Check all that apply)

44.6%	Arthritis
9.8%	Asthma
4.7%	Cancer
17.5%	Diabetes
13.9%	Eye disease
15.8%	Heart disease
35.5%	Hypertension
15.8%	Osteoporosis
5.0%	Stroke
14.9%	None of these
19.2%	Other
<hr/>	
	Total (2808)

9) How many different prescription **medications** do you take?

8.6%	0	1.8%	9
10.7%	1	2.6%	10
13.7%	2	0.7%	11
15.8%	3	1.3%	12
13.6%	4	0.7%	13
12.0%	5	0.5%	14
7.0%	6	0.4%	15
5.2%	7	1.0%	16 or more
4.2%	8	Missing Data (352)	
<hr/>			
99.8% Total (2456)			

Average # of medications = 4.6 / respondent

10) What type of **health insurance** do you have? (Check all that apply)

2.0%	No insurance
14.6%	Medi-Cal
13.6%	Long Term Care policy
25.7%	Retiree plan
8.3%	Any Type of Medicare
10.7%	Medicare Part A
11.2%	Medicare Part B
4.6%	Part C (HMO/PPO)
5.2%	Part D (Drugs)
35.3%	Other insurance
<hr/>	
	Total (2808)

11) Which **documents** do you have?

43.3%	Advance Directive
34.6%	Power of Attorney
56.2%	Will or Trust
28.2%	None of these
<hr/>	
	Total (2808)

12) In the past 12 months, has someone **taken advantage** of you in any way?

9.4%	Yes
90.6%	No
<hr/>	
	Missing Data (101)
100.0%	Total (2707)

If Yes, what did you do?

46.3%	Nothing
14.1%	Called APS
4.7%	Called police
30.6%	Other
<hr/>	
	Total (255)

13) Have you **fallen** in the past 12 months?

29.5%	Yes
70.5%	No
<hr/>	
	Missing Data (104)
100.0%	Total (2704)

If Yes, what happened?

67.9%	I did not hurt myself badly
18.4%	I saw my doctor for a minor injury
13.6%	I went to the ER for a serious injury
<hr/>	
	Missing Data (43)
100.0%	Total (755)

14) Do you provide **unpaid care** for a family member or friend?

13.6%	Yes
86.4%	No
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	Missing Data (154)
100.0%	Total (2654)

15(a) **Whom** do you help care for? (Check all that apply)

32.5%	A spouse or partner
9.4%	A disabled son or daughter
10.6%	A grandchild you are raising
20.6%	A parent or parent-in-law
29.2%	Other
<hr/>	
	Total (360)

(b) Altogether, **how often** do you help?

9.5%	Once a month
14.6%	Once a week
25.0%	Several days/week
50.9%	Every day (24/7)
<hr/>	
	Missing Data (24)
100.0%	Total (336)

Part 2: You & Your Household

1) What is your sex?

70.8%	Female
29.2%	Male
<hr/>	
	Missing Data (112)
100.0%	Total (2696)

2) What month and year were you born?

17.9%	60-64 years	Baby Boomers	
19.2%	65-69 years	(born 1946-1964)	15.0%
16.9%	70-74 years	Pre-boomers	
16.0%	75-79 years	(born 1936-1945)	35.1%
15.4%	80-84 years	Traditionalists	
10.7%	85-89 years	(born 1900-1935)	49.9%
3.9%	90 or older	Total	100.0%
<hr/>			
	Missing (173)		
100.0%	Total (2635)		

Average Age (Online Survey) = 69
 Average Age (Paper Survey) = 76
 Average Age (Overall) = 74

3) What is your racial/ethnic background?

1.1%	Alaskan Native/American Indian
9.1%	Asian (please specify)
	Japanese (39)
	Filipino (26)
	Chinese (17)
	East Indian (4)
	Korean (2)
	Other (0)
	Did not specify (154)
8.0%	Black/African American
6.7%	Hispanic/Latino
0.4%	Native Hawaiian/Pacific Islander
71.3%	White (please specify)
	European (39)
	Russian/Ukrainian (6)
	Middle Eastern (0)
	Other (293)
	Did not specify (1562)
3.3%	Multi-Racial
	Missing (145)
99.9%	Total (2663)

4) What language do you speak at home?

90.6%	English Only
2.2%	Spanish Only
2.4%	English & Spanish
4.5%	Another Language Only
0.3%	Another Language & English
	Missing (83)
100.0%	Total (2725)

5) What is your highest level of education?

4.5%	0-8th grade
22.9%	9-12th grade
29.1%	Some college
9.2%	Associate degree
16.6%	Bachelor's degree
17.7%	Graduate degree
	Missing (80)
100.0%	Total (2728)

6) Are you a veteran?

20.7%	Yes
79.3%	No
	Missing (220)
100.0%	Total (2588)

7) What is your work status?

10.2%	Full-time job
6.7%	Part-time job
4.0%	Homemaker
68.7%	Retired
8.3%	Disabled
2.1%	Looking for work
	Missing (200)
100.0%	Total (2608)

8) If you volunteer, about how many hours a month do you volunteer?

26 hours on average (843 responses)

9) What is your monthly income?

(a) As a Married Couple (before taxes):

10.5%	\$0 - \$1,166
19.2%	\$1,167 - \$2,333
30.5%	\$ 2,334 - \$4,667
39.8%	\$ 4,668 or more
100.0%	Total (1105)

(b) OR, as a Single Person (before taxes):

10.3%	\$0 - \$866
37.0%	\$867- \$1,733
34.7%	\$1,734 - \$3,467
18.1%	\$3,468 or more
100.1%	Total (1385)

(c) Combined monthly income for Married Couples and Single Persons

10.4%	Below poverty level
29.1%	100% - 199% of poverty
32.8%	200% - 399% of poverty
27.7%	400% of poverty or higher
	Missing (318)
100.0%	Total (2490)

10) Where does your income come from?

(Check all that apply)

17.2%	Wages
53.2%	Pension
23.9%	Investments
71.4%	Social Security
7.8%	SSI/SSP
7.7%	Other
	Total (2808)

11) Do you usually have enough **money** to pay for your regular expenses?

83.0% Yes
17.0% No
Missing (136)
100.0% Total (2672)

If No, what things do you cut back on?

(Check all that apply)

53.9% Food
21.0% Medicine
15.9% Medical bills
36.4% Gasoline
32.7% Credit card bills
16.8% Other

Total (453)

12) What is your **zip code**? {See page 3}

5.8% Arden-Arcade
6.2% Citrus Heights
0.1% Delta
< 8.0% Elk Grove
3.4% Folsom
6.9% Galt
3.0% Rancho Cordova
> 44.2% Sacramento City
1.7% Sloughhouse CCD
20.8% Remaining North Area
Missing (204)

100.1% Total (2604)

13) How many years have you lived in **Sacramento County**?

34 years on average (2630 responses)

14) How many years have you lived in the **United States**?

70 years on average (2645 responses)

15) What is your current **marital status**?

39.5% Married 30.6% Widowed
1.2% Separated 18.7% Divorced
8.8% Single 1.2% Domestic partner
Missing (94)

100.0% Total (2714)

16(a) **Whom** do you live with (either in your home or in theirs)? (Check all that apply)

39.6% Spouse/Partner
9.9% Son/Daughter
42.4% I live alone
5.2% Other

Total (2808)

(b) Is your spouse/partner age 60 or older?

51.4% Yes
10.1% No
38.5% Not applicable

Missing (905)

100.0% Total (1903)

17) How do you pay for **housing**?

38.2% My home is paid off
26.6% I pay a mortgage
31.5% I pay rent
3.6% Other

Missing (176)

99.9% Total (2632)

18) Do you spend more than 30% of your yearly income on housing (including rent or your mortgage and property taxes)?

30.0% Yes
56.3% No
13.7% I don't know

Missing (206)

100.0% Total (2602)

19) Do you live in a "seniors only" area?

22.1% Yes
77.9% No

Missing (149)

100.0% Total (2659)

20) What kind of **place** do you live in?

64.0% House
7.6% Mobile home or modular home
24.0% Apartment/Condominium/Townhouse
0.3% Hotel/motel or trailer/camper
1.3% Assisted Living or Board & Care home
2.7% Other

Missing (91)

99.9% Total (2717)

Part 3: Transportation

1) Could you take public transportation from where you live if you wanted to?	3) How do you <i>usually</i> get where you need to go (bank, doctor, etc.)?
69.3% Yes	2.6% Walk or bicycle
22.7% No	72.0% Drive my own car
8.0% Not available	14.3% Friends or relatives drive me
<hr/>	2.4% Someone else is paid to drive me
100.0% Total (2640) Missing (168)	2.4% Senior bus or van
2) How would you describe your driving ?	3.2% Public transportation
55.2% I drive when and where I wish	2.3% Dial-a-ride or Para-transit
14.9% I avoid driving in certain conditions (such as at night or on the freeway)	0.3% None of these are options for me
7.9% I only drive when I have to	0.5% Other
22.0% I do not drive at all	Missing (126)
<hr/>	100.0% Total (2682)
100.0% Total (2677) Missing (131)	

Part 4: Daily Activities

1) Below is a list of activities that are difficult for some people.

DAILY ACTIVITIES	I HAVE TROUBLE WITH THIS (Total = 2,808)	I GET HELP WITH THIS (Total = 2,808)	Percent of Those Who Get Help AND Still Have Trouble With This
Eating	3.2%	2.3%	46.2%
Getting up from a chair	15.4%	3.5%	78.8%
Using the toilet	4.8%	2.0%	63.2%
Getting in and out of bed	6.7%	2.4%	73.1%
Dressing and undressing	5.4%	2.8%	77.5%
Walking across a room (with a cane or walker if one is normally used)	9.4%	3.0%	73.5%
Bathing or showering	8.6%	4.6%	72.1%
Getting up and down stairs	23.9%	5.4%	82.2%
Preparing meals	10.8%	6.6%	66.8%
Shopping	13.0%	8.6%	70.1%
Using a telephone	4.3%	2.6%	71.2%
Reading (with glasses if applicable)	16.8%	4.7%	84.1%
Managing money (balancing a checkbook)	8.6%	5.7%	66.5%
Managing medications	6.3%	5.2%	63.4%
Light housework (vacuuming, dishes, etc.)	17.0%	11.3%	71.7%
Heavy housework (laundry, windows, etc.)	29.5%	16.2%	72.7%

2) Are you and/or your spouse or partner **unable** to get the help that you need with any of these daily activities for any reason?

8.7% Yes 91.3% No Total (1708) Missing (1100)

Part 5: Needs and Concerns

1) Below is a list of things that could trouble you and/or your spouse or partner.

Rank	Things that Concern Seniors	Is this an Issue for you and/or your spouse or partner Right Now? (Total = 2,808)	Do you need HELP with this? (Total = 2,808)
1	Having a serious fall	19.1%	4.9%
2	Planning for future long term care needs	17.0%	8.1%
3	Paying for dental care	16.2%	8.1%
4	Getting minor home repairs and/or modifications	15.9%	8.5%
5	Getting someone to do major home repairs	15.4%	8.3%
6	Finding services or benefits that could help me	14.9%	8.4%
7	Dealing with loneliness or depression	14.7%	5.5%
8	Getting help with wills, trusts, powers of attorney	12.2%	7.1%
9	Being able to continue living in my home	12.0%	5.0%
10	Understanding my health care options	10.9%	5.5%
11	Being able to continue driving a car safely	10.3%	3.1%
12	Paying out-of-pocket for in-home care	9.9%	5.1%
T-13	Getting transportation for medical appointments	9.7%	5.0%
T-13	Getting someone to do yard work	9.7%	5.3%
15	Paying for medicines (prescription drugs)	9.5%	4.5%
T-16	Getting transportation for errands (bank, etc.)	9.2%	4.6%
T-16	Getting the kind of medical care that I/we need	9.2%	4.2%
18	Paying for medical care (doctor/hospital bills)	9.1%	3.7%
19	Paying for housing	8.7%	4.1%
20	Finding a reliable person to do in-home care	8.0%	4.4%
21	Paying out-of-pocket for outside home care	7.2%	3.8%
T-22	Having enough food to eat	6.1%	2.9%
T-22	Dealing with dementia/Alzheimer's disease	6.1%	2.4%
24	Being taken advantage of financially	5.5%	2.1%
25	Finding a job	4.2%	2.6%
26	Being emotionally abused by someone	3.9%	1.5%
27	Caring for grandchildren	2.4%	0.6%
28	Being physically abused by someone	1.7%	0.5%

Average number of concerns per Respondent = 2.8

Average number of things each Respondent needs help with = 1.3

Part 5: Needs and Concerns (continued)

2(a) Which of the things listed on the previous page concerns you the most right now?

20.0%	NO CONCERNS	6.0%	Future Long Term Care
8.0%	Financial issues	5.7%	Transportation
7.0%	Health care	5.7%	Falling
7.0%	Dental care	4.7%	Housing concerns
6.3%	Home repairs	< 4.7%	<u>Multiple miscellaneous remarks</u>
6.0%	Depression		Total (1210)

(b) Is there anything else that concerns you a great deal right now?

40.8%	NO CONCERNS	3.0%	Housing concerns
14.2%	Financial issues	2.5%	Caregiving
8.5%	Health care	2.3%	Home repairs
4.0%	The Economy	2.3%	Transport
3.5%	Getting medical care	< 2.3%	<u>Multiple miscellaneous remarks</u>
3.2%	Finding services		Total (990)

(c) Are there any issues that are not a concern for you now, but may become a serious problem for you in the next 4 years? If so, please explain.

21.0%	NO CONCERNS	6.3%	Being able to continue driving
16.4%	Health care	4.5%	Future Long Term Care
15.0%	Financial issues	4.1%	Caregiving
7.4%	Housing concerns	< 4.1%	<u>Multiple Miscellaneous remarks</u>
6.6%	Transportation		Total (1133)

Part 6: Services You Use

1(a) Which of the following services have you and/or your spouse or partner used in the last 12 months? (Check all that apply)

1.1%	A4AA Senior Employment Program	0.7%	MSSP (UC Davis Care Management)
1.3%	Adult Day Care (social only)	0.4%	Ombudsman services
0.7%	Adult Day Health Care (social and health)	1.4%	Respite care (of any kind)
0.5%	Alzheimer's day care	17.6%	Senior center activities
5.9%	Caregiver services	2.2%	Senior Legal Hotline
3.7%	Counseling services	2.2%	Senior legal services
4.8%	Cultural center activities	10.2%	Senior lunch sites
2.1%	Friendly visiting (such as Senior Companion)	0.4%	Senior peer counseling program
1.5%	Health insurance counseling (HICAP)	4.6%	Surplus food program
1.1%	Hospice services	5.8%	Transportation
6.1%	In-Home care (IHSS)	5.5%	Fixed route bus/train
2.1%	In-Home care (private pay)	5.1%	Dial-a-ride
2.3%	InfoLine Sacramento (2-1-1)	1.7%	Medical transport
0.7%	Linkages (UC Davis Care Management)	1.6%	Taxi
6.3%	Meals on Wheels (Senior Nutrition Services)	3.3%	Veterans services
1.7%	Medication management	4.2%	Volunteer program
2.4%	Mental health services	3.2%	OTHER
3.5%	Minor home modification		Total (2808)

(a) Please make any comments about the services you received in the space below.

44.3% Positive 17.4% Negative 38.2% Neutral (327 responses)

Part 7: Seniors and Technology

1(a) Do you have **access to a computer**?

68.4% Yes	31.6% No	Missing (352)	
<hr/>			100.0% Total (2456)

(b) If no, do you feel that puts you at a disadvantage?

7.0% Always	7.3% Often	37.2% Sometimes	48.5% Never
<hr/>			Missing (150)
			100.0% Total (627)

2(a) About **how often** do you use a computer?

72.8% Every Day	14.9% Every Week	4.7% Every Month	7.5% Never
<hr/>			Missing (72)
			99.9% Total (1607)

(b) If never, why don't you use a computer? (*check all that apply*)

36.4%	I don't know how
28.9%	I don't need one
4.1%	I can't afford one
10.7%	I am afraid
<hr/>	
	Total (121)

3(a) About how often do you **need help** when you use the computer?

3.1% Always	8.0% Often	64.0% Sometimes	24.9% Never
<hr/>			Missing (88)
			100.0% Total (1470)

(b) When you do need help, who usually helps you?

23.7%	Tech Support
14.8%	Spouse
35.7%	Son/Daughter
7.6%	Grandchild
17.5%	Other
<hr/>	
	Total (1192)

4(a) About how often do you use **e-mail**?

64.1% Every Day	19.7% Every Week	6.3% Every Month	9.9% Never
<hr/>			Missing (67)
			100.0% Total (1491)

(b) With whom do you communicate by e-mail? (*check all that apply*)

83.6%	Family
84.5%	Friends
40.0%	Businesses
32.5%	Social groups/clubs
26.1%	My nurse/doctor
<hr/>	
	Total (1411)

(c) Would you like to get information by e-mail from non-profit organizations that offer free programs and services for seniors?

39.4% Yes	40.9% No	19.7% I don't know	Missing (123)
<hr/>			100.0% Total (1288)

5(a) About how often do you use the **internet**?

63.5% Every Day	20.0% Every Week	8.4% Every Month	8.1% Never
Missing (101)			100.0% Total (1457)

(b) Why do you use the internet? (*check all that apply*)

60.6%	Getting news
63.1%	Checking facts
49.7%	Health information
54.7%	Viewing maps
46.0%	Online services
2.8%	Chat rooms
44.1%	Just for fun
16.8%	Other
<hr/>	
	Total (1440)

(c) Have you ever tried to find information about local programs and services for seniors on the internet?

32.9% Yes	67.1% No	Missing (101)
<hr/>		
100.0% Total (1339)		

(d) If yes, what happened?

62.8%	I found what I needed without any trouble
26.0%	I found what I needed but had a hard time doing it
11.2%	I never found what I needed
Missing (29)	
<hr/>	
100.0%	Total (411)

6) Do you worry about being **scammed** by someone through your e-mail or the internet?

15.0% Always	11.0% Often	45.1% Sometimes	28.9% Never
Missing (115)			100.0% Total (1443)

7) How do you **prefer** to get information about senior programs and services in your area?

44.2%	Sacramento Bee
25.8%	Senior Magazine
19.8%	Senior Spectrum
20.5%	Local newsletter
18.4%	Neighborhood newsletter
12.4%	Small local newspaper
16.7%	E-mail message
8.2%	Internet posting
11.3%	Other
<hr/>	
	Total (2808)

2009 Senior Survey

for people 60 and older in

Sacramento County

ADDITIONAL ANALYSIS SECTION

Added June 28, 2010

2009 Senior Survey: Additional Analysis

Income-Related Questions

Interestingly, only about 30% of all the Respondents who said they do not usually have enough money for regular expenses were below poverty.

Respondents' (Rs') Household Income (from Part 2, Question #9)	Do Not Have Enough \$ for Regular Expenses (Part 2, Question #11) (n=412)
Below poverty level	30.3%
100-199% of poverty	48.5%
200-399% of poverty	17.2%
400% of poverty & higher	3.9%
TOTAL	99.9%

Housing-Related Questions

Just over half of the homeowners who responded to the survey have paid off their homes. Most seniors in other types of housing have not paid off their homes/residences.

How Rs Pay for Housing (Part 2, Question #17)	House (n=1,615)	Mobile Home or Modular Home (n=186)	Apartment/ Condominium/ Townhouse (n=624)	Hotel/ Motel or Camper/ Trailer (n=9)	Assisted Living or Board & Care (n=26)
My home is paid off	53.3%	42.5%	7.5%	----	7.7%
I pay a mortgage	38.0%	13.4%	7.7%	----	11.5%
I pay rent	8.8%	44.1%	84.8%	100.0%	80.8%
TOTAL	100.1%	100.0%	100.0%	100.0%	100.0%

Of all the respondents who are paying more than 30% of their incomes on housing expenses, more than one-third are mortgage holders.

How Rs Pay for Housing (Part 2, Question #17)	Paying more than 30% for housing (Part 2, Question #18) (n =742)
My home is paid off	9.8%
I pay a mortgage	34.9%
I pay rent	55.3%
TOTAL	100.0%

Transportation

Active and mobile seniors drive their own cars far more than any other means of transportation. Homebound seniors primarily rely upon friends and relatives to get them to the places they need to go, but some utilize various other options as well.

How do you usually get where you need to go? (Part 3, Question #3)	Active Seniors (n=1,327)	Mobile Seniors (n=779)	Homebound Seniors (n=368)
Walk or bicycle	3.5%	1.2%	2.4%
Drive my own car	83.2%	89.5%	0.3%
Friends/relatives drive me	7.0%	5.5%	55.4%
Someone else is paid to drive me	0.9%	1.2%	10.3%
Senior bus or van	1.3%	0.5%	9.8%
Public Transportation	2.8%	1.3%	7.3%
Dial-a-ride or Para-transit	1.1%	0.4%	11.1%
None of these are options for me	0.2%	0%	1.4%
Other	0.1%	0.5%	1.9%
TOTAL	100.1%	100.1%	99.9%

Health Insurance

At age 65, nearly all American citizens are eligible for Medicare; certain adults with disabilities may qualify for Medicare at any age (74 are included in this sample). The first chart below illustrates the relationship between income and types of health insurances for seniors age 60 to 64. Less than half of uninsured seniors AND only one-third of seniors receiving Medi-Cal are below poverty. In this age range, additional health coverage is generally limited to the higher income individuals.

Household Income (Age 60-64) (Part 2, Question #9)	Uninsured (n=28)	Medi-Cal (n=84)	Medicare (n=74)	Additional Coverage* (n=346)
Below poverty level	46.4%	33.3%	28.4%	2.6%
100-199% of poverty	35.7%	61.9%	39.2%	11.6%
200-399% of poverty	14.3%	3.6%	16.2%	30.9%
400% of poverty & higher	3.6%	1.2%	16.2%	54.9%
TOTAL	100.0%	100.0%	100.0%	100.0%

*Additional Coverage includes Retiree plans, Tricare, Long Term Care policies and other types of coverage.

Among the respondents age 65 and older, the large majority (80%) do have Medicare and 58% of those individuals do carry one or more forms of additional coverage as well. Just 22 people in this age bracket are uninsured. Of the sampled seniors age 65+ who receive Medi-Cal, 79% are also receiving Medicare; these individuals are referred to as “dual eligibles.”

Household Income (Age 65+) (Part 2, Question #9)	Uninsured (n=22)	Medi-Cal (n=290)	Medicare (n=1,557)	Additional Coverage* (n=1,191)
Below poverty level	40.9%	33.4%	10.0%	4.2%
100-199% of poverty	31.8%	51.4%	32.7%	24.5%
200-399% of poverty	18.2%	9.0%	34.2%	41.1%
400% of poverty & higher	9.1%	6.2%	23.1%	30.1%
TOTAL	100.0%	100.0%	100.0%	99.9%

*Additional Coverage includes Retiree plans, Tricare, Long Term Care policies and other types of coverage.

2009 Senior Survey: Top Concerns by Sex

Overall, the concerns expressed by male and female seniors are similar. The items that vary the most are shown in **bold red**. In short, the men appear *less* concerned than the women about paying for in-home care and getting transportation but *more* concerned about getting necessary medical care, paying for housing and having enough food to eat. On average, older women have more concerns than older men.

Overall Rank (n=2,808)	Overall Percent	Things that Concern Seniors in SACRAMENTO County	MALE SENIORS (n=788)	FEMALE SENIORS (n=1,908)
1	19.1%	Having a serious fall	4	1
2	17.0%	Planning for future long term care needs	1	2
3	16.2%	Paying for dental care	2	5
4	15.9%	Getting minor home repairs and/or modifications	T-5	3
5	15.4%	Getting someone to do major home repairs	T-5	4
6	14.9%	Finding services or benefits that could help me	3	7
7	14.7%	Dealing with loneliness or depression	9	6
8	12.2%	Getting help with wills, trusts, powers of attorney	7	T-8
9	12.0%	Being able to continue living in my home	8	T-8
10	10.9%	Understanding my health care options	11	10
11	10.3%	Being able to continue driving a car safely	10	13
12	9.9%	Paying out-of-pocket for in-home care	19	11
T-13	9.7%	Getting transportation for medical appointments	18	12
T-13	9.7%	Getting someone to do yard work	14	T-15
15	9.5%	Paying for medicines (prescription drugs)	T-15	T-15
T-16	9.2%	Getting transportation for errands (bank, etc.)	T-20	14
T-16	9.2%	Getting the kind of medical care that I/we need	12	18
18	9.1%	Paying for medical care (doctor/hospital bills)	13	17
19	8.7%	Paying for housing	T-15	20
20	8.0%	Finding a reliable person to do in-home care	T-20	19
21	7.2%	Paying out-of-pocket for outside home care	24	21
T-22	6.1%	Having enough food to eat	17	23
T-22	6.1%	Dealing with dementia/Alzheimer's disease	22	22
24	5.5%	Being taken advantage of financially	23	24
25	4.2%	Finding a job	25	26
26	3.9%	Being emotionally abused by someone	26	25
27	2.4%	Caring for grandchildren	27	27
28	1.7%	Being physically abused by someone	28	28
2.8		Average concerns per Respondent	2.3	3.0

2009 Senior Survey: Top Concerns by Ability Level

The top concerns of seniors vary according to their abilities. Homebound seniors' concerns are the most different from the overall results (see the Overall Rank). As a group, they are *less* concerned with home repairs and yard work and *more* concerned with transportation and dementia. The Active seniors were least concerned about paying out-of-pocket for in-home care. On average, Homebound respondents cited more than twice as many concerns as their Active peers.

Overall Rank (n=2,808)	Overall Percent	Things that Concern Seniors in SACRAMENTO County	ACTIVE SENIORS (n=1,382)	MOBILE SENIORS (n=786)	HOMEBOUND SENIORS (n=376)
1	19.1%	Having a serious fall	5	1	1
2	17.0%	Planning for future long term care needs	3	2	T-6
3	16.2%	Paying for dental care	4	5	T-6
4	15.9%	Getting minor home repairs and/or modifications	2	3	11
5	15.4%	Getting someone to do major home repairs	1	4	19
6	14.9%	Finding services or benefits that could help me	8	6	5
7	14.7%	Dealing with loneliness or depression	9	7	2
8	12.2%	Getting help with wills, trusts, powers of attorney	7	8	13
9	12.0%	Being able to continue living in my home	6	12	8
10	10.9%	Understanding my health care options	T-11	10	10
11	10.3%	Being able to continue driving a car safely	10	9	23
12	9.9%	Paying out-of-pocket for in-home care	17	11	9
T-13	9.7%	Getting transportation for medical appointments	19	20	3
T-13	9.7%	Getting someone to do yard work	T-11	13	T-20
15	9.5%	Paying for medicines (prescription drugs)	T-14	18	T-11
T-16	9.2%	Getting transportation for errands (bank, etc.)	T-21	21	4
T-16	9.2%	Getting the kind of medical care that I/we need	16	14	15
18	9.1%	Paying for medical care (doctor/hospital bills)	13	16	16
19	8.7%	Paying for housing	T-14	15	T-20
20	8.0%	Finding a reliable person to do in-home care	18	17	14
21	7.2%	Paying out-of-pocket for outside home care	23	19	18
T-22	6.1%	Having enough food to eat	T-21	T-23	22
T-22	6.1%	Dealing with dementia/Alzheimer's disease	25	T-23	17
24	5.5%	Being taken advantage of financially	20	22	24
25	4.2%	Finding a job	24	25	27
26	3.9%	Being emotionally abused by someone	26	26	25
27	2.4%	Caring for grandchildren	27	T-27	26
28	1.7%	Being physically abused by someone	28	T-27	28
2.8		Average concerns per Respondent	1.8	3.6	4.9

2009 Senior Survey: Top Concerns by Geography (Part 1 of 2)

The top concerns of seniors living in each of the geographic areas within Sacramento County vary considerably; however, it is not clear why they vary in the particular ways that they do. Different survey volunteers covered different parts of the County, thus some of the variation may reflect regional nuances in how and where surveys were collected (within set parameters). Respondents living in the Galt area cited the most concerns on average; those in Citrus Heights cited the fewest.

Overall Rank (n=2,808)	Overall Percent	Things that Concern Seniors in SACRAMENTO County	ARDEN-ARCADE (n=150)	CITRUS HEIGHTS (n=162)	ELK GROVE (n=208)	FOLSOM (n=88)
1	19.1%	Having a serious fall	1	1	T-3	1
2	17.0%	Planning for future long term care needs	T-2	5	5	3
3	16.2%	Paying for dental care	T-2	T-6	1	4
4	15.9%	Getting minor home repairs and/or modifications	T-11	T-2	T-3	5
5	15.4%	Getting someone to do major home repairs	6	T-2	2	T-12
6	14.9%	Finding services or benefits that could help me	T-17	T-6	6	8
7	14.7%	Dealing with loneliness or depression	5	4	8	T-18
8	12.2%	Getting help with wills, trusts, powers of attorney	4	T-13	7	T-9
9	12.0%	Being able to continue living in my home	T-15	15	T-13	T-6
10	10.9%	Understanding my health care options	T-11	T-13	T-9	T-15
11	10.3%	Being able to continue driving a car safely	T-11	T-10	20	2
12	9.9%	Paying out-of-pocket for in-home care	19	T-10	T-9	T-9
T-13	9.7%	Getting transportation for medical appointments	T-7	18	21	T-12
T-13	9.7%	Getting someone to do yard work	T-22	T-10	T-17	T-12
15	9.5%	Paying for medicines (prescription drugs)	T-11	8	T-9	T-15
T-16	9.2%	Getting transportation for errands (bank, etc.)	T-9	T-16	T-24	T-6
T-16	9.2%	Getting the kind of medical care that I/we need	T-17	T-19	T-13	T-18
18	9.1%	Paying for medical care (doctor/hospital bills)	T-9	9	T-13	T-18
19	8.7%	Paying for housing	T-7	21	16	T-9
20	8.0%	Finding a reliable person to do in-home care	T-15	T-16	19	24
21	7.2%	Paying out-of-pocket for outside home care	T-20	T-19	T-9	T-15
T-22	6.1%	Having enough food to eat	T-20	T-25	T-24	T-22
T-22	6.1%	Dealing with dementia/Alzheimer's disease	T-22	T-22	T-17	T-18
24	5.5%	Being taken advantage of financially	T-22	T-25	22	T-22
25	4.2%	Finding a job	25	T-22	26	25
26	3.9%	Being emotionally abused by someone	26	27	23	T-26
27	2.4%	Caring for grandchildren	27	24	27	28
28	1.7%	Being physically abused by someone	28	28	28	T-26
2.8		Average concerns per Respondent	2.4	2.3	2.8	2.6

2009 Senior Survey: Top Concerns by Geography (Part 2 of 2)

See commentary on the previous page.

Overall Rank (n=2,808)	Overall Percent	Things that Concern Seniors in SACRAMENTO County	GALT AREA (n=180)	NORTH AREA (n=541)	RANCHO CORDOVA (n=77)	CITY OF SACRAMENTO (n=1,151)
1	19.1%	Having a serious fall	T-3	1	T-1	1
2	17.0%	Planning for future long term care needs	6	2	T-1	3
3	16.2%	Paying for dental care	T-3	4	T-14	T-4
4	15.9%	Getting minor home repairs and/or modifications	1	6	T-1	2
5	15.4%	Getting someone to do major home repairs	5	7	T-1	7
6	14.9%	Finding services or benefits that could help me	2	5	6	T-4
7	14.7%	Dealing with loneliness or depression	9	3	T-8	T-4
8	12.2%	Getting help with wills, trusts, powers of attorney	T-11	9	7	8
9	12.0%	Being able to continue living in my home	T-18	8	T-1	9
10	10.9%	Understanding my health care options	7	13	T-14	10
11	10.3%	Being able to continue driving a car safely	15	11	T-8	14
12	9.9%	Paying out-of-pocket for in-home care	T-13	10	T-8	T-17
T-13	9.7%	Getting transportation for medical appointments	T-16	12	T-14	11
T-13	9.7%	Getting someone to do yard work	10	T-16	T-8	12
15	9.5%	Paying for medicines (prescription drugs)	T-13	19	T-17	15
T-16	9.2%	Getting transportation for errands (bank, etc.)	T-16	15	T-17	13
T-16	9.2%	Getting the kind of medical care that I/we need	T-11	14	22	16
18	9.1%	Paying for medical care (doctor/hospital bills)	8	18	T-17	20
19	8.7%	Paying for housing	T-18	20	T-8	19
20	8.0%	Finding a reliable person to do in-home care	T-20	T-16	T-23	T-17
21	7.2%	Paying out-of-pocket for outside home care	T-20	22	T-20	22
T-22	6.1%	Having enough food to eat	23	24	T-23	21
T-22	6.1%	Dealing with dementia/Alzheimer's disease	T-25	21	T-8	23
24	5.5%	Being taken advantage of financially	22	23	T-20	24
25	4.2%	Finding a job	24	26	T-23	25
26	3.9%	Being emotionally abused by someone	T-25	25	T-23	26
27	2.4%	Caring for grandchildren	27	27	28	27
28	1.7%	Being physically abused by someone	28	28	27	28
2.8		Average concerns per Respondent	4.0	2.8	3.5	2.6

