



2008 Senior Survey

for people 60 and older in
Nevada County

Paper Surveys Returned = 692

Online Surveys Completed = 110

Total Sample Size = 802

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

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2008 Senior Survey: The Nevada County Sample

The Overall Sample

Population age 60+ living in Nevada County in 2008 = 26,501

Target Sample = 400 surveys (roughly 1.5% of the 60+ population)

Actual Sample = 802 surveys (3.1% of the 60+ population); margin of error = 3.4%

Paper Survey Response Rate = 35%

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 802 total responses likely represent fewer than 802 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.

Sex of the Respondent (R)	Target Percent (N=26,501)	Actual Percent (n=775)	Percent of Rs with a 60+ Spouse/Partner (n=312)	Actual Percent including couples* (n=1087)
Male	48%	29.0%	51.1%	38.8%
Female	52%	71.0%	35.8%	61.2%
TOTAL	100%	100.0%	-----	100.0%

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

The household income table below illustrates that persons in the highest and lowest income categories were somewhat oversampled. 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=26,501)	Actual Percent (n=737)	Respondents' Race/Ethnicity	Target Percent (N=26,501)	Actual Percent (n=772)
Below poverty level*	4%	7.9%	White/Caucasian	94%	96.5%
100-199% of poverty	39%	26.6%	Hispanic/Latino	3%	0.6%
200-399% of poverty	35%	35.1%	Asian	1%	-----
400% of poverty & up	22%	30.4%	Pacific Islander	-----	0.1%
TOTAL	100%	100.0%	Black/African American	-----	-----
			Native American	1%	2.1%
			Multi-racial	1%	0.6%
			TOTAL	100%	99.9%

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

Geographic Targets and Results

The geographic targets were based upon partial information for the population within city limits. The 2008 Senior Survey uses each respondent’s zip code to establish where they live. The zip codes in Nevada County only loosely correspond to the target areas. With the exception of the southernmost region, the table below demonstrates that a good mixture of different areas was sampled. The “Rural area South of Grass Valley” category, as we defined it, does include portions of the Grass Valley and Alta Sierra zip codes. The “<” and “>” signs indicate these variations from the original targets.

Area where Respondent Lives	Target Percent (N=26,501)	Actual Percent (n=762)
Greater Truckee Area (includes all areas East of Donner Pass) 96160, 96161, 96162, 96111	7%	11.5%
Greater Nevada City Area (including rural areas North and East) 95939, 95948, 95954, 95959, 95960, 95986	13%	23.1%
Grass Valley Area (does include rural area to the Southeast) 95924, 95945	>14%	29.4%
Lake Wildwood & Penn Valley Areas 95946, 95975, 95977	13%	8.0%
Alta Sierra Area (does include rural area to the South) 95949	>10%	23.5%
Rural Area South of Alta Sierra 95602, 95603	<43%	4.5%
TOTAL	100%	100.0%



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 72 (at the high end of the expected range), the average age of the Mobile Seniors was 74 (below the range entirely), and the average age of the Homebound group was 84 (also below the 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=26,501)	Actual Percent (n=751)
Active Seniors (no disabilities)	71%	49.7%
Mobile Seniors (some disabilities; do drive)	18%	36.9%
Homebound (some disabilities; do not drive)	11%	13.4%
TOTAL	100%	100.0%

Categories based on Ability Levels	Percent Aged 60 - 74	Percent Aged 75 - 84	Percent Aged 85+	TOTAL
Active Seniors (n=359)	64.1%	27.9%	8.1%	100.1%
Mobile Seniors (n=264)	50.0%	36.4%	13.6%	100.0%
Homebound (n=101)	14.9%	28.7%	56.4%	100.0%

Categories based on Ability Levels	Percent Active Seniors	Percent Mobile Seniors	Percent Homebound Seniors	TOTAL
Baby Boomers (n=86) Ages 60-62 in 2008	70.9%	25.6%	3.5%	100.0%
Pre-Boomers (n=247) Ages 63-72 in 2008	57.5%	38.9%	3.6%	100.0%
Traditionalists (n=391) Ages 73-108 in 2008	49.6%	36.5%	14.0%	100.1%

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

2008 Senior Survey: Additional Analysis

Income-Related Questions

Interestingly, less than 20% of all the Respondents who said they do not usually have enough money for regular expenses were below poverty.

Respondents' (Rs') Household Income (from Question #24)	Do Not Have Enough \$ for Regular Expenses (Question #26) (n=117)
Below poverty level	18.8%
100-199% of poverty	51.3%
200-399% of poverty	26.5%
400% of poverty & higher	3.4%
TOTAL	100.0%

Housing-Related Questions

About 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 (Question #32)	House (n=506)	Mobile Home or Modular home (n=110)	Apartment/Condominium/Townhouse (n=114)	Hotel/Motel or Camper/Trailer (n=2)	Assisted Living or Board & Care (n=25)
My home is paid off	52.4%	40.9%	4.4%	0%	0%
I pay a mortgage	42.1%	20.0%	12.3%	0%	0%
I pay rent	5.5%	39.1%	83.3%	100%	100%
TOTAL	100%	100%	100%	100%	100%

Of all the respondents who are paying more than 30% of their incomes on housing expenses, most are either mortgage holders or property owners, not renters.

How Rs Pay for Housing (Question #32)	Paying more than 30% for housing (Question #33) (n =198)
My House is paid off	5.1%
My Mobile Home/Modular Home is paid off	4.5%
I pay a mortgage	50.5%
I pay rent	39.9%
TOTAL (203)	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.

How do you usually get where you need to go? (Question #38)	Active Seniors (n=358)	Mobile Seniors (n=268)	Homebound Seniors (n=99)
Walk or bicycle	1.6%	0.4%	3.0%
Drive my own car	86.8%	94.4%	0%
Friends/relatives drive me	4.7%	3.4%	54.5%
Someone else is paid to drive me	0.5%	0%	13.1%
Senior bus or van	1.1%	0.4%	13.1%
Public Transportation	2.7%	0.4%	4.0%
Dial-a-ride or Para-transit	0.3%	0.7%	6.1%
None of these are options for me	2.2%	0%	3.0%
Other	0%	0.4%	3.0%
TOTAL	99.9%	100.1%	99.8%

Health Insurance

At age 65, nearly all American citizens are eligible for Medicare; certain adults with disabilities may qualify for Medicare at any age (15 are included in this sample). The first chart below illustrates the relationship between income and types of health insurances for seniors between the ages of 60 and 65. Less than half of uninsured seniors AND seniors receiving Medi-Cal are below poverty. Additional health coverage is generally limited to the higher income individuals in this age range.

Household Income (Age 60-64) (Question #24)	Uninsured (n=13)	Medi-Cal (n=9)	Medicare (n=15)	Additional Coverage* (n=104)
Below poverty level	46.2%	44.4%	26.7%	2.9%
100-199% of poverty	23.1%	33.3%	33.3%	8.7%
200-399% of poverty	23.1%	22.2%	20.0%	35.6%
400% of poverty & higher	7.7%	0%	20.0%	52.9%
TOTAL	100%	100%	100%	100%

Among the respondents age 65 and older, the large majority do have Medicare and about three-quarters of those individuals do carry one or more forms of additional coverage as well. Just six people in this age bracket are uninsured. Nearly all (95%) of the sampled seniors age 65+ who receive Medi-Cal are also receiving Medicare; these individuals are referred to as “dual eligibles.”

Household Income (Age 65+) (Question #24)	Uninsured (n=6)	Medi-Cal (n=66)	Medicare (n=497)	Additional Coverage* (n=376)
Below poverty level	0%	30.3%	7.6%	4.3%
100-199% of poverty	66.7%	42.4%	30.8%	23.4%
200-399% of poverty	16.7%	18.2%	35.8%	39.1%
400% of poverty & higher	16.7%	9.1%	25.8%	33.2%
TOTAL	100%	100%	100%	100%

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

Part 1: Your Health and Wellness

1) Are you filling out this survey for yourself?

93.5%	Yes
6.5%	No
	<u>Missing Data (1)</u>
100.0%	Total (801)

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

24.0%	Excellent
52.8%	Good
20.2%	Fair
3.1%	Poor
	<u>Missing Data (18)</u>
100.1%	Total (784)

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.)

12.0%	None
33.8%	1-3 days
32.5%	4-6 days
21.7%	All 7 days
	<u>Missing Data (20)</u>
100.0%	Total (782)

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)?

1.3%	None
7.8%	1 time
24.1%	2 times
32.4%	3 times
33.4%	4 or more times
1.0%	I don't know
	<u>Missing Data (15)</u>
100.0%	Total (787)

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

35.1%	I have no trouble remembering things
50.6%	It takes me longer to remember things
14.2%	I sometimes forget things completely
	<u>Missing Data (22)</u>
99.9%	Total (780)

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

0.9%	Always
10.1%	Often
48.5%	Sometimes
40.6%	Never
	<u>Missing Data (18)</u>
100.1%	Total (784)

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

50.3%	Yes
49.7%	No
	<u>Missing Data (51)</u>
100.0%	Total (751)

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

39.5%	Arthritis
8.9%	Asthma
5.1%	Cancer
10.7%	Diabetes
14.5%	Eye disease
13.7%	Heart disease
27.1%	Hypertension
17.7%	Osteoporosis
4.5%	Stroke
17.8%	None of these
17.2%	Other
	<u>Total (802)</u>

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

12.7%	0	1.8%	9
12.8%	1	1.9%	10
14.1%	2	0.8%	11
16.2%	3	1.1%	12
14.9%	4	0.3%	13
8.6%	5	0.4%	14
7.2%	6	0.1%	15
4.6%	7	0.1%	23
2.3%	8		<u>Missing (78)</u>
		99.9%	Total (724)

Average # of medications = 3.6 / respondent

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

2.4%	No insurance
10.3%	Medi-Cal
11.3%	Long Term Care policy
20.7%	Retiree plan
3.1%	Tricare
70.9%	Any Type of Medicare
57.7%	Medicare Part A
57.1%	Medicare Part B
8.7%	Part C (HMO/PPO)
25.6%	Part D (Drugs)
40.3%	Other insurance
<hr/>	
	Total (802)

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

54.0%	Advance Directive
42.9%	Power of Attorney
68.1%	Will or Trust
17.5%	None of these
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	Total (802)

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

9.5%	Yes
90.5%	No
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	Missing Data (31)
100.0%	Total (771)

If Yes, what did you do?

46.6%	Nothing
5.5%	Called APS
11.0%	Called police
27.4%	Other
<hr/>	
	Total (73)

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

34.7%	Yes
65.3%	No
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	Missing Data (24)
100.0%	Total (778)

If Yes, what happened?

68.2%	I did not hurt myself badly
17.4%	I saw my doctor for a minor injury
14.3%	I went to the ER for a serious injury
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	Missing Data (12)
99.9%	Total (270)

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

15.1%	Yes
84.9%	No
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	Missing Data (36)
100.0%	Total (766)

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

26.7%	A spouse or partner
13.8%	A disabled son or daughter
9.5%	A grandchild you are raising
48.3%	Other
<hr/>	
	Total (116)

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

16.2%	Once a month
16.2%	Once a week
28.6%	Several days/week
39.0%	Every day (24/7)
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	Missing Data (11)
100.0%	Total (105)

Part 2: You & Your Household

16) What is your sex?

71.0%	Female
29.0%	Male
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	Missing Data (27)
100.0%	Total (775)

17) What month and year were you born?

18.6%	60-64 years	Baby Boomers	
18.0%	65-69 years	(age 60-62)	11.7%
14.7%	70-74 years	Pre-boomers	
15.2%	75-79 years	(age 63-72)	33.6%
16.3%	80-84 years	Traditionalists	
10.9%	85-89 years	(age 73+)	54.8%
6.4%	90 or older	Total	100.1%
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	Missing Data (39)		
100.1%	Total (763)		

Average Age (Online Survey) = 66

Average Age (Paper Survey) = 76

Average Age (Overall) = 75

18) What is your racial/ethnic background?	
2.1%	Alaskan Native/American Indian
0%	Asian
0%	Black/ African American
0.6%	Hispanic/ Latino
0.1%	Native Hawaiian/ Pacific Islander
96.5%	White
0.6%	Multi-racial
	Missing (30)
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99.9%	Total (772)

19) What language do you speak at home?	
99.7%	English Only
0%	Spanish Only
0.8%	Spanish & English
0.3%	Another Language Only
0.9%	Another Language & English
	Missing (18)
<hr/>	
	Total (784)

20) What is your highest level of education?	
1.7%	0-8th grade
20.1%	9-12th grade
28.5%	Some college
8.6%	Associate degree
22.0%	Bachelor's degree
19.2%	Graduate degree
	Missing Data (24)
<hr/>	
100.1%	Total (778)

21) Are you a veteran?	
18.3%	Yes
81.7%	No
	Missing Data (79)
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100.0%	Total (723)

22) What is your work status?	
9.4%	Full-time job
9.1%	Part-time job
3.6%	Homemaker
70.4%	Retired
6.0%	Disabled
1.4%	Looking for work
	Missing Data (25)
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99.9%	Total (777)

23) If you volunteer, about how many hours a month do you volunteer?
17 hours on average

24) What is your monthly income?	
(a) As a Married Couple (before taxes):	
7.0%	\$0— \$1,166
14.2%	\$1,167— \$2,333
35.5%	\$ 2,334— \$4,667
43.3%	\$ 4,668 or more
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100.0%	Total (372)

(b) OR, as a Single Person (before taxes):	
8.8%	\$0 - \$866
39.2%	\$867- \$1,733
34.8%	\$1,734 - \$3,467
17.3%	\$3,468 or more
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100.1%	Total (365)

(c) Combined monthly income for Married Couples and Single Persons	
7.9%	Below poverty level
26.6%	100% - 199% of poverty
35.1%	200% - 399% of poverty
30.4%	400% of poverty or higher
	Missing (65)
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100.0%	Total (737)

25) Where does your income come from?	
21.2%	Wages
49.5%	Pension
35.8%	Investments
76.6%	Social Security
4.4%	SSI/SSP
7.2%	Other
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	Total (802)

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

84.4%	Yes
15.6%	No
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	Missing Data (34)
100.0%	Total (768)

If No, what things do you cut back on?

50.8%	Food
22.5%	Medicine
18.3%	Medical bills
53.3%	Gasoline
44.2%	Credit card bills
13.3%	Other
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	Total (120)

27) What is your **zip code**?

11.5%	Greater Truckee Area
23.1%	Greater Nevada City Area
29.4%	Grass Valley Area
8.0%	Lake Wildwood & Penn V.
23.5%	Alta Sierra Area
4.5%	Rural area Farther South
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	Missing Data (40)
100.0%	Total (762)

28) How many years have you lived in **Nevada County**?

22 years on average

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

72 years on average

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

46.8%	Married	29.4%	Widowed
1.0%	Separated	12.5%	Divorced
7.7%	Single	2.6%	Domestic partner
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			Missing Data (24)
100.0%			Total (778)

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

48.6%	Spouse/Partner
5.2%	Son/Daughter
40.1%	I live alone
4.7%	Other
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	Total (802)

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

85.5%	Yes
14.5%	No
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100.0%	Total (401)

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

41.5%	My home is paid off
32.9%	I pay a mortgage
25.4%	I pay rent
0.1%	Other
<hr/>	
	Missing (39)
99.9%	Total (763)

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

26.7%	Yes
59.7%	No
13.7%	I don't know
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	Missing Data (41)
100.1%	Total (761)

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

22.5%	Yes
77.5%	No
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	Missing Data (33)
100.0%	Total (769)

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

66.7%	House
14.7%	Mobile home or modular home
14.8%	Apartment/Condominium/Townhouse
0.3%	Hotel/motel or trailer/camper
3.3%	Assisted Living or Board & Care home
0.3%	Other
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	Missing (19)
100.1%	Total (783)

Part 3: Transportation

36) Could you take **public transportation** from where you live if you wanted to?

47.2% Yes

29.5% No

23.3% Not available

100.0% Total (756) Missing Data (46)

37) How would you describe your **driving**?

62.2% I drive when and where I wish

14.1% I avoid driving in certain conditions (such as at night or on the freeway)

6.2% I only drive when I have to

17.5% I do not drive at all

100% Total (764) Missing Data (38)

38) How do you *usually* get where you need to go (bank, doctor, etc.)?

1.6% Walk or bicycle

77.9% Drive my own car

11.6% Friends or relatives drive me

2.1% Someone else is paid to drive me

2.6% Senior bus or van

1.9% Public transportation

1.8% Dial-a-ride or Para-transit

0.5% None of these are options for me

Missing (32)

100.0% Total (770)

Part 4: Daily Activities

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

	DAILY ACTIVITIES	I HAVE TROUBLE WITH THIS (Total = 802)	I GET HELP WITH THIS (Total = 802)	Percent of Those Who Get Help AND Still Have Trouble With This
1	Heavy housework (laundry, windows, etc.)	30.5%	19.0%	68.4%
2	Getting up and down stairs	21.3%	4.2%	82.4%
3	Getting up from a chair	15.2%	1.5%	50.0%
4	Light housework (vacuuming, dishes, etc.)	14.6%	10.0%	67.5%
5	Reading (with glasses if applicable)	13.8%	3.7%	80.0%
6	Shopping	10.6%	7.1%	68.4%
7	Preparing meals	9.4%	4.4%	68.6%
8	Managing money (balancing a checkbook)	8.7%	6.2%	66.0%
9	Walking across a room (with a cane or walker if one is normally used)	5.6%	1.6%	69.2%
10	Getting in and out of bed	5.5%	0.7%	66.7%
11	Bathing or showering	4.9%	2.2%	50.0%
12	Managing medications	4.9%	4.6%	54.1%
13	Using a telephone	3.9%	2.1%	70.6%
14	Dressing and undressing	3.4%	1.0%	62.5%
15	Using the toilet	3.1%	0.9%	71.4%
16	Eating	2.9%	1.5%	33.3%

40) 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?

6.8% Yes 93.2% No Total (473) Missing Data (329)

Part 5: Needs and Concerns

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

	Things that Concern Seniors	Is this an Issue for you and/or your spouse or partner Right Now? (Total = 802)	Do you need HELP with this? (Total = 802)
1	Planning for future long term care needs	23.1%	8.4%
2	Getting someone to do major home repairs	22.2%	10.5%
3	Having a serious fall	22.1%	4.4%
4	Getting minor home repairs and/or modifications	21.9%	10.8%
5	Paying for dental care	21.8%	8.9%
6	Getting someone to do yard work	18.3%	9.6%
7	Being able to continue living in my home	15.8%	4.1%
8	Dealing with loneliness or depression	15.3%	3.7%
9	Finding services or benefits that could help me	14.7%	6.4%
10	Getting the kind of medical care that I/we need	13.2%	4.2%
11	Understanding my health care options	13.2%	5.1%
12	Paying for medicines (prescription drugs)	12.8%	5.1%
13	Paying for medical care (doctor/hospital bills)	12.2%	4.0%
14	Getting help with wills, trusts, powers of attorney	11.8%	6.5%
15	Being able to continue driving a car safely	11.2%	2.7%
16	Paying out-of-pocket for in-home care	10.5%	4.4%
17	Paying for housing	9.4%	3.2%
18	Getting transportation for errands (bank, etc.)	9.2%	4.1%
19	Getting transportation for medical appointments	8.9%	3.9%
20	Dealing with dementia/Alzheimer's disease	8.5%	2.6%
21	Paying out-of-pocket for outside home care	8.4%	2.5%
22	Finding a reliable person to do in-home care	6.9%	3.0%
23	Being taken advantage of financially	6.6%	2.1%
24	Finding a job	5.0%	2.4%
25	Having enough food to eat	3.9%	1.5%
26	Being emotionally abused by someone	3.5%	1.0%
27	Caring for grandchildren	2.1%	0.7%
28	Being physically abused by someone	1.0%	0.2%

Average number of concerns per Respondent = 3.3

Average number of things each Respondent needs help with = 1.3

Part 5: Needs and Concerns (continued)

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

20.7%	Financial issues	6.2%	Future Long Term Care
18.0%	Health care	4.6%	Staying at home/independent
11.9%	NO CONCERNS	2.4%	Depression
10.5%	Home repairs	2.2%	Will/Trust
9.9%	Transportation	7.5%	<u>Miscellaneous remarks</u>
6.2%	Falling	100.1%	Total (455)

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

25.4%	NO CONCERNS	2.8%	Housing concerns
21.4%	Financial issues	2.5%	Social contact
11.8%	Health care	2.2%	Falling
10.6%	The Economy	2.2%	Staying at home/independent
6.5%	Transportation	10.9%	<u>Miscellaneous remarks</u>
3.7%	Home repairs	100.0%	Total (322)

(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.

21.4%	Financial issues	5.2%	Home repairs
20.5%	Health care	5.2%	Future Long Term Care
13.7%	Transportation	2.4%	Dealing with dementia
8.9%	NO CONCERNS	2.2%	Falling
7.0%	Staying @ home/independent	8.3%	<u>Miscellaneous remarks</u>
5.2%	Needing care	100.0%	Total (459)

Part 6: Services You Use

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

1.2%	Adult Day Services (Lutz Center)	7.2%	Helpline (Information & Assistance)
1.1%	Adult Protective Services (APS)	4.1%	Home-Delivered Meals
0.6%	Caregiver Respite (Del Oro CRC)	4.0%	In-Home Supportive Services (IHSS)
1.4%	Other Caregiver Services (Del Oro)	2.5%	Legal Services of Northern CA
0.4%	Family Resource Center (Truckee)	0.4%	Ombudsman Services
6.1%	Fire Safe Program (clearing land)	9.6%	Public Transportation Services
3.7%	FREED Center for Ind. Living	3.1%	Retired & Sr. Volunteer Program
1.0%	Friendly Visitor Program	9.7%	Senior Lunch Program
9.7%	Gold Country Telecare	2.6%	Senior Outreach Nurses Program
10.7%	Gold country Community Center	4.9%	Sierra Services for the Blind
2.5%	Health Insurance Counseling (HICAP)	2.7%	Sierra Senior Services (Truckee)
0.6%	Helping Hands (Adult Day Care)	3.2%	<u>Other</u>
			Total (802)

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

64.6%	Positive	12.6%	Negative	22.9%	Neutral	Total (175)
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Part 7: Additional Nevada County Questions

44) In your opinion, how important is it that each of these are available to local seniors?

	Very important	Somewhat important	Not important	I don't know	Total
(a) Having someone make phone calls to check on older people who are lonely. (Total = 743)	63.7%	27.3%	4.0%	5.0%	100.0%
(b) Having someone visit older people in their homes. (Total = 742)	56.5%	34.4%	3.1%	6.1%	100.1%
(c) Having counselors for older people who are feeling down or depressed. (Total = 739)	66.0%	26.4%	2.2%	5.4%	100.0%
(d) Having support groups for older people who have suffered a loss. (Total = 736)	65.8%	27.6%	1.9%	4.8%	100.1%
(e) Having professional help for older people who are having a personal crisis. (Total = 724)	73.9%	21.7%	1.1%	3.3%	100.0%

45) If they were available to you, check which programs you would be interested in using?

30.4%	Stretching classes for seniors	16.1%	Treks for health
32.2%	Strength training classes for seniors	23.4%	Walking classes
24.2%	Tai chi classes for seniors	14.5%	Chronic disease self-management
19.5%	Yoga classes for seniors	7.6%	Other
Total (802)			

46) Do you feel older people are able to walk safely around your neighborhood?

74.4% Yes 25.6% No Total (743) Missing Data (59)

47) In case of an emergency such as fire, do you have a plan to evacuate from your home?

75.9% Yes 18.1% No 6.0% I do not know Total (750) Missing Data (59)

48) Do you know where you would go if you had to evacuate from your home?

70.9% Yes 20.1% No 9.0% I do not know Total (753) Missing Data (59)

If yes, could you get to that location on your own if you had to?

80.8% Yes 12.0% No 7.2% I do not know Total (525) Missing Data (59)

49) In case of an emergency that left you without electricity in your home, about how many days could you safely stay in your home before you would need to get food, water, medicine or heat?

2.3%	None
9.0%	1 day
32.7%	2-3 days
23.3%	4-5 days
12.4%	6-7 days
20.4%	More than 7 days
	<u>Missing Data (58)</u>
100.1%	Total (744)

50) During the winter months, what do you need help with? (check all that apply)

8.2%	Paying for snow removal
15.0%	Removing snow by hand
3.5%	Paying for wood
5.6%	Stacking wood by hand
12.5%	Paying for propane
16.2%	Paying for electricity
6.1%	<u>Other</u>
	Total (802)

2008 Senior Survey: Top Concerns by Sex

Overall, the concerns expressed by male and female seniors are quite similar. Because such small percentages separate each item, only large differences in ranking are significant. In short, the men appear *less* concerned than the women about minor home repairs and paying for housing but *more* concerned about getting necessary medical care, paying for in-home care, dealing with dementia and being taken advantage of financially. On average, older women have more concerns than older men.

Overall Rank (n=802)	Overall Percent	Things that Concern Seniors in Nevada County	MALE SENIORS (n=225)	FEMALE SENIORS (n=550)
1	23.1%	Planning for future long term care needs	T-1	4
2	22.2%	Getting someone to do major home repairs	4	T-1
3	22.1%	Having a serious fall	3	3
4	21.9%	Getting minor home repairs and/or modifications	T-8	T-1
5	21.8%	Paying for dental care	T-1	5
6	18.3%	Getting someone to do yard work	T-6	6
7	15.8%	Being able to continue living in my home	5	T-7
8	15.3%	Dealing with loneliness or depression	11	T-7
9	14.7%	Finding services or benefits that could help me	T-8	9
10	13.2%	Getting the kind of medical care that I/we need	T-6	11
11	13.2%	Understanding my health care options	10	T-12
12	12.8%	Paying for medicines (prescription drugs)	14	10
13	12.2%	Paying for medical care (doctor/hospital bills)	T-12	14
14	11.8%	Getting help with wills, trusts, powers of attorney	15	T-12
15	11.2%	Being able to continue driving a car safely	T-16	15
16	10.5%	Paying out-of-pocket for in-home care	T-12	17
17	9.4%	Paying for housing	T-21	16
18	9.2%	Getting transportation for errands (bank, etc.)	T-19	18
19	8.9%	Getting transportation for medical appointments	23	19
20	8.5%	Dealing with dementia/Alzheimer's disease	T-16	21
21	8.4%	Paying out-of-pocket for care outside the home	T-21	20
22	6.9%	Finding a reliable person to do in-home care	T-19	22
23	6.6%	Being taken advantage of financially	T16	T-23
24	5.0%	Finding a job	25	T-23
25	3.9%	Having enough food to eat	26	25
26	3.5%	Being emotionally abused by someone	24	26
27	2.1%	Caring for grandchildren	T-27	27
28	1.0%	Being physically abused by someone	T-27	28
3.3		Average concerns per Respondent	2.8	3.6

2008 Senior Survey: Top Concerns by Ability Level

The top concerns of seniors vary according to their abilities. The mobile seniors' concerns are the most similar the overall results (see the Overall Rank) while the needs of homebound individuals are the most different. Active senior Respondents cited the lowest number of concerns on average; homebound respondents cited more than twice as many.

Overall Rank (n=802)	Overall Percent	Things that Concern Seniors in Nevada County	ACTIVE SENIORS (n=373)	MOBILE SENIORS (n=277)	HOMEBOUND SENIORS (n=101)
1	23.1%	Planning for future long term care needs	1	2	6
2	22.2%	Getting someone to do major home repairs	2	1	11
3	22.1%	Having a serious fall	T-7	T-4	1
4	21.9%	Getting minor home repairs and/or modifications	3	3	10
5	21.8%	Paying for dental care	4	T-4	2
6	18.3%	Getting someone to do yard work	5	6	T-14
7	15.8%	Being able to continue living in my home	12	8	T-7
8	15.3%	Dealing with loneliness or depression	T-13	7	T-7
9	14.7%	Finding services or benefits that could help me	T-13	10	4
10	13.2%	Getting the kind of medical care that I/we need	T-7	12	9
11	13.2%	Understanding my health care options	T-13	11	T-12
12	12.8%	Paying for medicines (prescription drugs)	T-9	9	T-18
13	12.2%	Paying for medical care (doctor/hospital bills)	6	T-14	21
14	11.8%	Getting help with wills, trusts, powers of attorney	T-9	13	T-18
15	11.2%	Being able to continue driving a car safely	T-9	17	T-14
16	10.5%	Paying out-of-pocket for in-home care	T-18	T-14	T-12
17	9.4%	Paying for housing	17	16	T-22
18	9.2%	Getting transportation for errands (bank, etc.)	21	24	3
19	8.9%	Getting transportation for medical appointments	T-23	T-22	5
20	8.5%	Dealing with dementia/Alzheimer's disease	16	T-22	T-16
21	8.4%	Paying out-of-pocket for care outside the home	20	19	T-18
22	6.9%	Finding a reliable person to do in-home care	T-18	18	T-16
23	6.6%	Being taken advantage of financially	22	T-20	T-22
24	5.0%	Finding a job	T-23	T-20	27
25	3.9%	Having enough food to eat	26	25	T-25
26	3.5%	Being emotionally abused by someone	25	26	24
27	2.1%	Caring for grandchildren	27	27	T-25
28	1.0%	Being physically abused by someone	28	28	28
3.3		Average concerns per Respondent	2.3	4.0	5.1

2008 Senior Survey: Top Concerns by Geography

The top concerns of seniors living in each of the geographic areas within Nevada County are fairly consistent with those of all senior respondents (see the Overall Rank). At the same time, there are some interesting differences. Respondents in the Lake Wildwood/Penn Valley area cited the most concerns on average; those in Nevada City cited the fewest.

Overall Rank (n=802)	Overall Percent	Things that Concern Seniors in Nevada County	Lake Wildwood & Penn V. (n=61)	Alta Sierra Area (n=179)	Grass Valley Area (n=224)	Greater Truckee Area (n=88)	S. of Alta Sierra (n=34)	Nevada City Area (n=176)
1	23.1%	Planning for future long term care needs	1	T-4	T-3	2	T-3	T-2
2	22.2%	Getting someone to do major home repairs	T-5	1	T-3	T-4	T-5	5
3	22.1%	Having a serious fall	T-3	T-4	2	6	T-3	T-2
4	21.9%	Getting minor home repairs and/or modifications	T-7	2	5	3	T-1	1
5	21.8%	Paying for dental care	T-5	6	1	1	T-5	6
6	18.3%	Getting someone to do yard work	2	3	T-10	16	T-5	T-2
7	15.8%	Being able to continue living in my home	T-3	10	T-10	T-4	T-13	8
8	15.3%	Dealing with loneliness or depression	T-7	7	6	T-12	T-5	T-10
9	14.7%	Finding services or benefits that could help me	T-7	T-11	14	7	T-1	7
10	13.2%	Getting the kind of medical care that I/we need	T-7	T-18	9	9	T-5	9
11	13.2%	Understanding my health care options	T-17	9	7	T-10	T-18	14
12	12.8%	Paying for medicines (prescription drugs)	T-14	13	8	T-12	T-5	T-15
13	12.2%	Paying for medical care (doctor/hospital bills)	T-14	14	T-12	T-12	T-13	13
14	11.8%	Getting help with wills, trusts, powers of attorney	13	T-18	T-12	8	T-13	T-17
15	11.2%	Being able to continue driving a car safely	T-14	8	16	T-21	T-18	T-10
16	10.5%	Paying out-of-pocket for in-home care	T-24	T-11	15	15	T-18	T-17
17	9.4%	Paying for housing	T-22	T-15	18	T-17	T-11	T-10
18	9.2%	Getting transportation for errands (bank, etc.)	T-11	T-18	T-19	T-17	T-25	T-15
19	8.9%	Getting transportation for medical appointments	T-17	T-18	T-19	T-17	T-18	19
20	8.5%	Dealing with dementia/Alzheimer's disease	T-11	T-15	22	T-21	T-13	T-20
21	8.4%	Paying out-of-pocket for care outside the home	T-24	T-15	17	T-21	T-18	T-20
22	6.9%	Finding a reliable person to do in-home care	T-20	23	23	T-10	27	23
23	6.6%	Being taken advantage of financially	T-17	24	21	24	T-18	22
24	5.0%	Finding a job	T-20	22	26	25	T-11	T-25
25	3.9%	Having enough food to eat	T-24	26	T-24	20	T-13	24
26	3.5%	Being emotionally abused by someone	T-22	25	T-24	26	T-25	T-25
27	2.1%	Caring for grandchildren	27	27	27	27	T-18	T-27
28	1.0%	Being physically abused by someone	28	28	28	28	28	T-27
3.3		Average concerns per Respondent	4.4	4.0	3.2	3.2	2.8	2.7