



2008 Senior Survey

for people 60 and older in
Sierra County

Total Sample size = 153

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

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2008 Senior Survey: The Sierra County Sample

The Overall Sample

Population age 60+ living in Sierra County in 2008 = 1,078

Target Sample = 100 surveys (roughly 10% of the 60+ population)

Actual Sample = 153 surveys (14.2% of the 60+ population); margin of error = 7.3%

Paper Survey Response Rate = 25.5%

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 153 total responses likely represent fewer than 153 separate senior households. Overall, females are over-represented, but 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=1,078)	Actual Percent (n=150)	Percent of Rs with a 60+ Spouse/Partner (n=60)	Actual Percent including couples* (n=210)
Male	48%	38.7%	41.4%	44.8%
Female	52%	61.3%	39.1%	55.2%
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 oversampled; those between 100 and 199% of poverty were under sampled. The race/ethnicity table shows a fairly accurate representation of the true senior population.

Respondents' Household Income (As a single person or as a married couple)	Target Percent (N=1,078)	Actual Percent (n=140)
Below poverty level*	5%	17.1%
100-199% of poverty	56%	31.4%
200-399% of poverty	28%	30.7%
400% of poverty & up	11%	20.7%
TOTAL	100%	99.9%

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

Respondents' Race/Ethnicity	Target Percent (N=1,078)	Actual Percent (n=142)
White/Caucasian	94%	94.4%
Hispanic/Latino	4%	2.8%
Asian	-----	-----
Pacific Islander	-----	-----
Black/African American	-----	-----
Native American	1%	1.4%
Multi-racial	1%	1.4%
TOTAL	100%	100.0%

Geographic Targets and Results

The geographic targets for the east side of the county were based upon partial information for the population within Loyalton’s city limits. The 2008 Senior Survey uses each respondent’s zip code to establish where they live. The 96118 zip code covers not only the city of Loyalton but much of the eastern side of the county as well. Therefore, it is not possible to determine how closely the targets were met in the east. The “<” and “>” signs indicate these variations from the original targets.

Area where Respondent Lives	Target Percent (N=1,078)	Actual Percent (n=147)
Loyalton (city limits) Part of 96118	20%	<45.6%
Remaining Eastern Sierra County 96124, 96126, and part of 96118	44%	>10.9%
Western Sierra County 95910, 95922, 95936, 96125	36%	43.5%
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 71 (at the high end of the expected range), the average age of the Mobile Seniors was 72 (below the range entirely), and the average age of the Homebound group was 81 (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=133)
Active Seniors (no disabilities)	70%	47.4%
Mobile Seniors (some disabilities; do drive)	14%	37.6%
Homebound (some disabilities; do not drive)	16%	15.1%
TOTAL	100%	100.1%

Categories based on Ability Levels	Percent Aged 60 - 74	Percent Aged 75 - 84	Percent Aged 85+	TOTAL
Active Seniors (n=63)	<u>75.9%</u>	19.0%	5.2%	100.1%
Mobile Seniors (n=50)	61.7%	<u>29.8%</u>	8.5%	100.0%
Homebound (n=20)	36.8%	15.8%	<u>47.4%</u>	100.0%

Categories based on Ability Levels	Percent Active Seniors	Percent Mobile Seniors	Percent Homebound Seniors	TOTAL
Baby Boomers (n=14) Ages 60-62 in 2008	<u>41.7%</u>	50.0%	8.3%	100.0%
Pre-Boomers (n=68) Ages 63-72 in 2008	<u>56.9%</u>	34.5%	8.6%	100.0%
Traditionalists (n=59) Ages 73-108 in 2008	37.0%	<u>38.9%</u>	24.1%	100.0%

The underlined figures represent 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 32% 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 Enough \$ for Regular Expenses (Question #26) (n=19)
Below poverty level	31.6%
100-199% of poverty	47.4%
200-399% of poverty	15.8%
400% of poverty & higher	5.3%
TOTAL	100.1%

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 (Question #32)	House (n=104)	Mobile Home or Modular home (n=16)	Apartment/ Condominium/ Townhouse (n=8)	Hotel/ Motel or Camper/ Trailer (n=2)
My home is paid off	55.8%	25.0%	-----	-----
I pay a mortgage	38.5%	62.5%	-----	-----
I pay rent	5.8%	12.5%	100.0%	100%
TOTAL	100.1%	100.0%	100.0%	100%

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

How Rs Pay for Housing (Question #32)	Paying more than 30% for housing (Question #33) (n=30)
My home is paid off	11.1%
I pay a mortgage	63.0%
I pay rent	22.2%
None of these	3.7%
TOTAL	100.0%

Transportation

Active and mobile seniors drive their own cars far more than any other means of transportation. About half of the homebound seniors captured in this survey utilize a senior bus; the other half 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=62)	Mobile Seniors (n=50)	Homebound Seniors (n=19)
Walk or bicycle	6.5%	-----	-----
Drive my own car	87.1%	92.0%	-----
Friends/relatives drive me	3.2%	8.0%	47.4%
Senior bus or van	3.2%	-----	52.6%
Public transportation	-----	-----	-----
TOTAL	100.0%	100.0%	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 (7 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. Additional health coverage is generally limited to the higher income individuals in this age range.

Household Income (Age 60-64) Question #24)	Uninsured (n=1)	Medi-Cal (n=3)	Medicare (n=7)	Additional Coverage (n=17)
Below poverty level	----	33.3%	14.3%	5.9%
100-199% of poverty	----	66.7%	42.9%	23.5%
200-399% of poverty	----	----	42.9%	35.3%
400% of poverty & higher	100.0%	----	14.3%	35.3%
TOTAL	100.0%	100.0%	100%	100%

Among the respondents age 65 and older, the large majority do have Medicare and most of those individuals do carry one or more forms of additional coverage as well. Most (80%) 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=1)	Medi-Cal (n=15)	Medicare (n=95)	Additional Coverage (n=59)
Below poverty level	100.0%	86.7%	17.9%	10.2%
100-199% of poverty	----	13.3%	30.5%	28.8%
200-399% of poverty	----	----	33.7%	40.7%
400% of poverty & higher	-----	----	17.9%	20.3%
TOTAL	100.0%	100.0%	100.0%	100.0%

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

Part 1: Your Health and Wellness

1) Are you filling out this survey for yourself?

86.9%	Yes
13.1%	No
	Missing Data (0)
100.0%	Total (153)

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

21.9%	Excellent
49.0%	Good
23.2%	Fair
6.0%	Poor
	Missing Data (2)
100.1%	Total (151)

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.)

13.5%	None
29.1%	1-3 days
25.0%	4-6 days
32.4%	All 7 days
	Missing Data (5)
100.0%	Total (148)

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)?

2.6%	None
13.2%	1 time
25.0%	2 times
27.0%	3 times
31.6%	4 or more times
0.7%	I don't know
	Missing Data (1)
100.1%	Total (152)

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

36.7%	I have no trouble remembering things
42.7%	It takes me longer to remember things
20.7%	I sometimes forget things completely
	Missing Data (3)
100.1%	Total (150)

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

0.7%	Always
10.1%	Often
53.4%	Sometimes
35.8%	Never
	Missing Data (5)
100.0%	Total (148)

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

53.3%	Yes
46.7%	No
	Missing Data (18)
100.0%	Total (135)

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

33.3%	Arthritis
9.2%	Asthma
4.6%	Cancer
16.3%	Diabetes
9.8%	Eye disease
15.0%	Heart disease
31.4%	Hypertension
15.0%	Osteoporosis
4.6%	Stroke
19.6%	None of these
4.6%	Other
	Total (153)

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

8.6%	0	2.1%	8
15.0%	1	0.7%	9
13.6%	2	2.9%	10
17.1%	3	0.7%	11
18.6%	4	0.7%	12
9.3%	5	0.7%	15
7.9%	6		
2.1%	7		
			Missing Data (13)
		100.0%	Total (140)

Average # of medications = 4 / respondent

10) What type of health insurance do you have? (<i>Check all that apply</i>)	
1.3%	No insurance
14.4%	Medi-Cal
7.2%	Long Term Care policy
15.0%	Retiree plan
79.7%	Medicare (<i>Any Medicare</i>)
64.1%	Part A
62.1%	Part B
5.2%	Part C (HMO/PPO)
22.9%	Part D (Drugs)
24.8%	Other insurance
<hr/>	
	Total (153)

11) Which documents do you have?	
47.1%	Advance Directive (for health care)
34.6%	Power of Attorney (for finances)
53.6%	Will or Trust
28.8%	None of these
<hr/>	
	Total (153)

12) In the past 12 months, has someone taken advantage of you in any way?	
6.0%	Yes
94.0%	No
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	Missing Data (3)
100.0%	Total (150)

If Yes, what did you do?	
33.3%	Nothing
11.1%	Called Adult Protective Services
22.2%	Called police
22.2%	Other
<hr/>	
	Total (9)

13) Have you fallen in the past 12 months?	
27.2%	Yes
72.8%	No
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	Missing Data (2)
100.0%	Total (151)

If Yes, what happened?	
72.5%	I did not hurt myself badly
17.5%	I saw my doctor for a minor injury
10.0%	I went to the ER for a serious injury
<hr/>	
	Missing Data (1)
100.0%	Total (40)

14) Do you provide unpaid care for a family member or friend?	
8.8%	Yes
91.2%	No
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	Missing Data (5)
100.0%	Total (148)

15(a) Whom do you help care for? (<i>Check all that apply</i>)	
45.5%	A spouse or partner
9.1%	A disabled son or daughter
9.1%	A grandchild you are raising
36.4%	Other
<hr/>	
	Total (13)

(b) Altogether, how often do you help?	
9.1%	Once a month
9.1%	Once a week
36.4%	Several days/week
45.5%	Every day (24/7)
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	Missing Data (2)
100.0%	Total (11)

Part 2: You and Your Household

16) What is your sex?	
61.3%	Female
38.7%	Male
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	Missing Data (3)
100.0%	Total (150)

17) What month and year were you born?	
22.0%	60-64 years
25.5%	65-69 years
19.1%	70-74 years
14.2%	75-79 years
7.8%	80-84 years
4.3%	85-89 years
7.1%	90 or older
<hr/>	
	Missing Data (12)
100.0%	Total (141)

Baby Boomers (age 60-62)	9.9%
Pre-Boomers (age 63-72)	48.2%
Traditionalists (age 73+)	41.8%
Total	99.9%

Average Age = 73

18) What is your racial/ethnic background?	
1.4%	Alaskan Native/American Indian
—	Asian
—	Black/ African American
2.8%	Hispanic/ Latino
—	Native Hawaiian/ Pacific Islander
94.4%	White
1.4%	Multi-racial
—	Missing (11)
100.0%	Total (142)

19) What language do you speak at home?	
99.3%	English
0.7%	Spanish
—	Missing Data (0)
100.0%	Total (153)

20) What is your highest level of education?	
4.7%	0-8th grade
27.7%	9-12th grade
30.4%	Some college
9.5%	Associate degree
15.5%	Bachelor's degree
12.2%	Graduate degree
—	Missing Data (5)
100.0%	Total (148)

21) Are you a veteran?	
27.3%	Yes
72.7%	No
—	Missing Data (43)
100.0%	Total (110)

22) What is your work status?	
8.9%	Full-time job
13.0%	Part-time job
3.4%	Homemaker
70.5%	Retired
4.1%	Disabled
—	Looking for work
—	Missing Data (7)
99.9%	Total (146)

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

24) What is your monthly income?	
(a) As a Married Couple (before taxes):	
14.5%	\$0— \$1,166
26.5%	\$1,167— \$2,333
36.1%	\$ 2,334— \$4,667
22.9%	\$ 4,668 or more
100.0%	Total (83)

(b) OR, as a Single Person (before taxes):	
21.1%	\$0 - \$866
38.6%	\$867- \$1,733
22.8%	\$1,734 - \$3,467
17.5%	\$3,468 or more
100.0%	Total (57)

(c) Combined monthly income for Married Couples and Single Persons	
17.1%	Below poverty level
31.4%	100% - 199% of poverty
30.7%	200% - 399% of poverty
20.7%	400% of poverty or higher
—	Missing Data (13)
99.9%	Total (140)

25) Where does your income come from?	
20.3%	Wages
47.7%	Pension
20.3%	Investments
77.1%	Social Security
3.9%	SSI/SSP
7.2%	Other
—	Total (153)

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

87.3% Yes

12.7% No

Missing Data (3)

100.0% Total (150)

If No, what things do you cut back on?

36.8% Food

10.5% Medicine

5.3% Medical bills

52.6% Gasoline

36.8% Credit card bills

5.3% Other (propane)

Total (19)

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

45.6% Loyalton (city limits)

10.9% Remaining Eastern County

43.5% Western County

Missing Data (6)

100.0% Total (147)

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

26 years on average

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

71 years on average

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

51.7% Married 6.6% Single

27.2% Widowed 0.7% Separated

13.2% Divorced 0.7% Domestic Partner

Missing Data (2)

100.1% Total (151)

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

55.1% Spouse/Partner

4.8% Son/Daughter

29.9% I live alone

10.2% Other

Total (153)

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

63.1% Yes

16.5% No

20.4% Not applicable

Missing Data (50)

100.0% Total (103)

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

43.2% My home is paid off

34.9% I pay a mortgage

12.3% I pay rent

9.6% None of these

Missing Data (7)

100.0% Total (146)

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

21.0% Yes

70.6% No

8.4% I don't know

Missing Data (10)

100.0% Total (143)

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

7.4% Yes

92.6% No

Missing Data (5)

100.0% Total (148)

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

75.2% House

10.7% Mobile home or modular home

5.4% Apartment/Condominium/Townhouse

1.3% Hotel/motel or trailer/camper

7.4% Assisted Living or Board & Care home

Missing (4)

100.0% Total (149)

Part 3: Transportation

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

33.8% -Yes, 26.2% -No, 40.0% -Not available

100.0% Total (145); Missing (8)

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

65.3% I drive when and where I wish

10.2% I avoid driving in certain conditions
(such as at night or on the freeway)

8.8% I only drive when I have to

15.6% I do not drive at all

99.9 % Total (148); Missing (5)

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

3.0% Walk or bicycle

69.1% Drive my own car

9.7% Friends or relatives drive me

— Someone else is paid to drive me

9.7% Senior bus or van

— Public transportation

— Dial-a-ride or Para-transit

— Other

8.5% Miscellaneous remarks

100.0% Total (151); Missing (2)

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 = 153)	I GET HELP WITH THIS (TOTAL = 153)	Percent of Those Who Get Help AND Still Have Trouble With This
1	Getting up and down stairs	22.2%	6.5%	60.0%
2	Getting up from a chair	20.3%	7.8%	91.7%
3	Heavy housework (laundry, windows, etc.)	20.3%	14.4%	72.7%
4	Shopping	17.0%	12.4%	78.9%
5	Bathing or showering	13.7%	7.2%	81.8%
6	Walking across a room	11.8%	5.2%	87.5%
7	Reading (with glasses if applicable)	11.1%	4.6%	85.7%
8	Getting in and out of bed	11.1%	4.6%	100.0%
9	Dressing and undressing	10.5%	6.5%	90.0%
10	Preparing meals	8.5%	3.9%	66.7%
11	Using a telephone	8.5%	7.2%	72.7%
12	Light housework (vacuuming, dishes, etc.)	7.8%	7.2%	54.5%
13	Using the toilet	7.2%	4.6%	85.7%
14	Managing money (balancing a checkbook)	5.2%	5.2%	75.0%
15	Managing medications	4.6%	5.9%	55.6%
16	Eating	4.6%	2.6%	50.0%

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?

7.4% Yes 92.6% No

100.0% Total (81); Missing Data (72)

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?	Do you need HELP with this?
1	Getting someone to do major home repairs	23.5%	9.8%
T-2	Getting minor home repairs and/or modifications	20.3%	9.8%
T-2	Getting someone to do yard work	20.3%	9.8%
4	Getting help with wills, trusts, powers of attorney	17.6%	13.1%
5	Planning for future long term care needs	17.0%	7.8%
6	Having a serious fall	15.0%	1.3%
7	Being able to continue living in my home	14.4%	2.6%
T-8	Paying for dental care	13.1%	5.2%
T-8	Dealing with loneliness or depression	13.1%	2.0%
T-10	Finding services or benefits that could help me	12.4%	7.8%
T-10	Understanding my health care options	12.4%	3.9%
T-12	Paying for medicines (prescription drugs)	11.8%	3.9%
T-12	Getting the kind of medical care that I/we need	11.8%	4.6%
T-14	Getting transportation for medical appointments	10.5%	5.2%
T-14	Paying for medical care (doctor/hospital bills)	10.5%	2.0%
16	Paying out-of-pocket for in-home care	9.8%	1.3%
T-17	Paying for housing	7.8%	1.3%
T-17	Dealing with dementia/Alzheimer's disease	7.8%	2.6%
T-17	Getting transportation for errands (bank, etc.)	7.8%	3.9%
20	Being able to continue driving a car safely	6.5%	2.0%
21	Finding a reliable person to do in-home care	5.9%	2.0%
22	Having enough food to eat	5.2%	2.0%
23	Being taken advantage of financially	4.6%	0.7%
T-24	Caring for grandchildren	2.0%	—
T-24	Finding a job	2.0%	0.7%
T-26	Being emotionally abused by someone	1.3%	0.7%
T-26	Being physically abused by someone	1.3%	0.7%

Average number of concerns per Respondent = 2.8

Average number of things each Respondent needs help with = 1.1

Part 5: Needs and Concerns (continued)

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

22.7%	NO CONCERNS
16.0%	Health Care
10.7%	Home Repair
10.7%	Financial issues
8.0%	Transportation
6.7%	Staying at home/independent
4.0%	Will/Trust
4.0%	Yard Work
17.3%	Miscellaneous remarks
100.1%	Total (75)

(b) 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?

15.3%	Transportation
13.9%	NO CONCERNS
13.9%	Health Care
11.1%	Home Repair
9.7%	Staying at home/independent
6.9%	Falling
5.6%	CONCERN RE: ALL ISSUES
5.6%	Future Long Term Care
18.1%	Miscellaneous remarks
100.1%	Total (72)

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)

0.7%	Adult Day Program/Respite Care (Downieville)	17.0%	Income tax assistance
—	Adult Protective Services (APS)	2.6%	Legal Services of N. CA
2.6%	Al-Anon support group	4.6%	Meals on Wheels
0.7%	Alcoholics/Narcotics Anonymous group	0.7%	Medical equipment loans
—	Alzheimer's Day Care (Downieville)	—	Ombudsman services
1.3%	Bereavement support group	1.3%	Plumas Community
3.3%	Caregiver services (Del Oro Res. Center)	3.9%	Senior Info. & Assistance
—	Drug and alcohol services	1.3%	Senior Legal Hotline
5.2%	HEAP (Home Energy Assistance Program)	17.6%	Senior meals
23.5%	Health clinics	—	Wooden Rose Trans. Living
0.7%	Health Insurance Counseling (HICAP)	7.2%	Other (miscellaneous)
5.2%	Homeowners/Renters Assistance		Total (153)
2.0%	Hospice support group		
0.7%	In-Home Supportive Services (IHSS)		

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

85.7%	Positive
—	Negative
14.3%	Neutral
100.0%	Total (20)

Part 7: Additional Sierra County Questions

44(a) This past winter, did you have trouble **clearing snow** so that you could get out?

45.8%	No
30.6%	It was a small problem
23.6%	It was a big problem
	Missing Data (9)
100.0%	Total (144)

(b) Why was it a problem for you? *(Check all that apply)*

73.1%	It was hard work for me to do
11.5%	I had to wait too long for it to get done
14.1%	It was too expensive for me to pay for
14.1%	Other
	Total (78)

45(a) This past winter, did you have trouble **heating your home**?

72.7%	No
23.8%	It was a small problem
3.5%	It was a big problem
	Missing Data (10)
100.0%	Total (143)

(b) Why was it a problem for you? *(Check all that apply)*

7.7%	It was hard work for me
64.1%	It was too expensive for me
25.6%	My home doesn't stay as warm as it should
15.4%	Other
	Total (39)

46) Read each of the following statements, then check the best answer.

	Strongly Agree	Agree	Disagree	I don't know	It doesn't apply to me	Total
(a) Having a noon meal delivered to my home would help me to live independently. <i>(Total=145)</i>	3.4%	6.2%	7.6%	3.4%	79.3%	99.9%
(b) Having surplus food items would help me to live independently. <i>(Total=148)</i>	6.8%	12.8%	4.7%	5.4%	70.3%	100.0%
(c) Having a nurse who could come to my house would help me to live independently. <i>(Total=147)</i>	1.4%	6.8%	6.8%	4.1%	81.0%	100.1%
(d) Having a place where the disabled or frail adult whom I care for could go during the day would help me. <i>(Total=145)</i>	5.5%	5.5%	2.8%	1.4%	84.8%	100.0%

47) If there were an **organized senior volunteer program**, how would you use it?

ACTIVITY	I would volunteer to do this (Total = 153)	I would like a volunteer to help me with this (Total = 153)
Snow and ice removal	7.8%	37.9%
Stacking wood	7.2%	15.0%
Minor home repairs	11.8%	20.9%
Yard work	9.2%	22.9%
Shopping and errands	20.9%	4.6%
Housekeeping	7.8%	13.1%
Preparing meals	11.8%	2.0%

48) How do you prefer to get information about senior programs?

- 32.0% Newspaper
- 45.1% Senior newsletter
- 4.6% By telephone
- 49.7% By mail
- 5.2% With my utility bill
- 15.0% Post office bulletin board
- 5.9% Internet
- 8.5% E-mail

Total (153)

2008 Senior Survey: Top Concerns by Sex

Overall, the concerns expressed by male and female seniors vary considerably. 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 having a serious fall and being able to continue driving but *more* concerned about paying for medicines and medical care and getting necessary medical care. On average, older men and women have about the same number of concerns.

Overall Rank (n=153)	Overall Percent	Things that Concern Seniors in Sierra County	MALE SENIORS (n=58)	FEMALE SENIORS (n=92)
1	23.5%	Getting someone to do major home repairs	1	T-1
T-2	20.3%	Getting help with wills, trusts, powers of attorney	2	T-1
T-2	20.3%	Paying for medicines (prescription drugs)	3	T-17
4	17.6%	Getting minor home repairs and/or modifications	T-4	T-1
5	17.0%	Getting someone to do yard work	T-4	T-1
6	15.0%	Finding services or benefits that could help me	T-6	T-11
7	14.4%	Getting the kind of medical care that I/we need	T-6	14
T-8	13.1%	Paying for medical care (doctor/hospital bills)	T-6	T-17
T-8	13.1%	Being able to continue living in my home	T-9	7
T-10	12.4%	Planning for future long term care needs	T-9	4
T-10	12.4%	Understanding my health care options	T-9	10
T-12	11.8%	Dealing with loneliness or depression	T-9	9
T-12	11.8%	Having a serious fall	T-13	5
T-14	10.5%	Paying for dental care	T-13	8
T-14	10.5%	Getting transportation for errands (bank, etc.)	T-15	T-20
16	9.8%	Getting transportation for medical appointments	T-15	T-11
T-17	7.8%	Paying out-of-pocket for in-home care	T-17	T-11
T-17	7.8%	Dealing with dementia/Alzheimer's disease	T-17	T-17
T-17	7.8%	Paying for housing	T-19	T-15
20	6.5%	Having enough food to eat	T-19	T-22
21	5.9%	Finding a reliable person to do in-home care	T-21	T-20
22	5.2%	Being taken advantage of financially	T-21	T-22
23	4.6%	Being able to continue driving a car safely	23	T-15
T-24	2.0%	Finding a job	T-24	24
T-24	2.0%	Caring for grandchildren	T-24	T-25
T-26	1.3%	Being physically abused by someone	T-24	T-25
T-26	1.3%	Being emotionally abused by someone	T-24	T-25
2.8		Average concerns per Respondent	3.0	2.9

2008 Senior Survey: Top Concerns by Ability Level

The top concerns of seniors vary somewhat according to their abilities. The active seniors' concerns are similar to the overall results with two exceptions: they are less concerned about falling and more concerned about housing. The mobile seniors' concerns vary from the norm in that falling is one of their top concerns. Homebound individuals differ the most. For them, getting transportation for medical appointments and dealing with depression and dementia were among their top concerns.

Overall Rank (n=153)	Overall Percent	Things that Concern Seniors in Sierra County	ACTIVE SENIORS (n=63)	MOBILE SENIORS (n=50)	HOME-BOUND SENIORS (n=20)
1	23.5%	Getting someone to do major home repairs	1	T-1	T-2
T-2	20.3%	Getting minor home repairs and/or modifications	T-2	3	T-5
T-2	20.3%	Getting someone to do yard work	T-2	T-4	T-5
4	17.6%	Getting help with wills, trusts, powers of attorney	4	T-6	T-5
5	17.0%	Planning for future long term care needs	6	T-4	T-10
6	15.0%	Having a serious fall	T-17	T-1	T-5
7	14.4%	Being able to continue living in my home	T-8	T-9	T-2
T-8	13.1%	Finding services or benefits that could help me	5	T-14	T-18
T-8	13.1%	Dealing with loneliness or depression	T-10	T-9	T-2
T-10	12.4%	Paying for dental care	T-10	8	T-10
T-10	12.4%	Paying for medicines (prescription drugs)	7	13	T-10
T-12	11.8%	Understanding my health care options	T-10	T-9	T-10
T-12	11.8%	Getting the kind of medical care that I/we need	T-8	12	T-10
T-14	10.5%	Paying for medical care (doctor/hospital bills)	T-17	T-6	T-18
T-14	10.5%	Getting transportation for medical appointments	T-17	T-17	1
16	9.8%	Paying out-of-pocket for in-home care	T-14	T-14	T-10
T-17	7.8%	Paying for housing	T-10	T-17	T-18
T-17	7.8%	Dealing with dementia/Alzheimer's disease	T-14	T-20	T-5
T-17	7.8%	Getting transportation for errands (bank, etc.)	T-17	T-17	T-10
20	6.5%	Finding a reliable person to do in-home care	22	T-14	T-18
21	5.9%	Being able to continue driving a car safely	T-14	T-20	—
22	5.2%	Having enough food to eat	T-17	24	T-10
23	4.6%	Being taken advantage of financially	T-23	T-20	T-18
T-24	2.0%	Finding a job	27	23	—
T-24	2.0%	Caring for grandchildren	T-23	—	T-18
T-26	1.3%	Being physically abused by someone	T-23	—	—
T-26	1.3%	Being emotionally abused by someone	T-23	—	—
2.8		Average concern per Respondent	2.8	3.3	2.7

2008 Senior Survey: Top Concerns by Geography

The top concerns of seniors vary according to where they live. Those residing in the western portion of the county had concerns similar to those observed in the overall rankings. For residents of Loyalton, their concerns differ from the norm in that there is *more* concern about getting transportation for medical appointments and being able to drive and *less* concern about paying for dental care. Seniors living in the eastern part of the county are far more concerned with paying for housing.

Overall Rank (n=153)	Overall Percent	Things that Concern Seniors in Sierra County	Loyalton (city limits) (n=67)	Remaining Eastern County (n=15)	Western County (n=64)
1	23.5%	Getting someone to do major home repairs	T-3	T-2	1
T-2	20.3%	Getting minor home repairs and/or modifications	T-3	T-2	T-2
T-2	20.3%	Getting someone to do yard work	T-5	1	T-2
4	17.6%	Getting help with wills, trusts, powers of attorney	1	T-10	T-6
5	17.0%	Planning for future long term care needs	T-5	T-7	T-2
6	15.0%	Having a serious fall	2	T-12	T-6
7	14.4%	Being able to continue living in my home	T-13	T-2	T-6
T-8	13.1%	Finding services or benefits that could help me	T-7	T-7	T-12
T-8	13.1%	Dealing with loneliness or depression	T-7	T-7	T-16
T-10	12.4%	Paying for medicines (prescription drugs)	T-7	T-12	T-12
T-10	12.4%	Paying for dental care	T-19	6	5
T-12	11.8%	Getting the kind of medical care that I/we need	T-11	T-19	T-9
T-12	11.8%	Understanding my health care options	T-11	T-12	T-9
T-14	10.5%	Paying for medical care (doctor/hospital bills)	T-13	T-12	11
T-14	10.5%	Getting transportation for medical appointments	T-7	T-19	T-12
16	9.8%	Paying out-of-pocket for in-home care	T-22	T-12	T-12
T-17	7.8%	Paying for housing	T-22	T-2	20
T-17	7.8%	Dealing with dementia/Alzheimer's disease	18	T-12	19
T-17	7.8%	Getting transportation for errands (bank, etc.)	T-16	T-19	T-17
20	6.5%	Finding a reliable person to do in-home care	T-22	T-19	T-17
21	5.9%	Being able to continue driving a car safely	T-13	T-19	T-21
22	5.2%	Having enough food to eat	T-19	T-12	T-21
23	4.6%	Being taken advantage of financially	T-19	T-19	T-21
T-24	2.0%	Finding a job	—	T-10	—
T-24	2.0%	Caring for grandchildren	—	T-19	24
T-26	1.3%	Being physically abused by someone	25	—	25
T-26	1.3%	Being emotionally abused by someone	T-22	—	—
2.8		Average concern per Respondent	2.3	5.1	3.0