

RRR Senior Gap Analysis: Update

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Discussion Today

- Update on gap analysis activities and data sources
- Discussion of project components
- Discussion of community livability for seniors in the Rural Resort Region

Gap Analysis





Policies Fueling this Gap Analysis

- Develop services for the aging population that are not tied to an institutional setting
- Insert visitability standards into Uniform Building Code or local building codes
- Determine if a PACE (Program for All-inclusive Care for the Elderly) is needed in RRR



Gap Analysis Scope and Design

Demography and Trends

RRR
National trends and predictions

Home-Based Services

Caregiver support, respite services,
home-health care, elder care,
homemaking/housekeeping, home
modification

Community Land Use and Design

Land use, mobility, housing

Health and Wellness Opportunities

Physical health, mental health, health
care, safety

Community Information

Information, resources, referral, case
management, planning

Opportunities for Productive Activities

Social engagement, civic engagement,
employment and education, recreation,
culture and arts



Assessment Methods

- Stakeholder survey
- Home-based service inventory
- Document studies
- Synthesis of national literature
- Caregiver surveys
- CASOA
- Web survey of key informants
- Focus groups/interviews of seniors
- Discussion today with key leaders



Caregiver Survey Topics

- Time commitment and length of care
- Types of care provided
- Challenges to providing care
- Types of help received
- Services of interest
- Alternate care options for care recipient
- Socio-demographics of provider and care recipient



CASOA

Community Assessment Survey for Older Adults™

- Low-cost turnkey older adult household survey
- Primary purposes of the survey
 - Gauge community strengths and needs
 - Identify older adult needs
 - Measure older resident participation in local activities
- Normative database has opinions of 38,900 older residents (55 years +)
- 11 AAAs in state of Colorado implementing in now
- State of Colorado is planning to fund other 5 later this fall*



CASOA in RRR

- Mailed survey to:
 - 1,500 older adults in Alpine area (estimated response of 600)
 - 1,000 older adults in Associated Governments of Northwest Colorado AAA (response ~ 400)
 - 1,000 older adults in Upper Arkansas AAA (pending state funding)
- Final reports will include national and state benchmarks



Older Adult Benchmark Database

- National database has opinions of 38,900 older residents (55 years +)
- 2010 Colorado Benchmarks estimated to include 12,000-15,000 older adults
- Compilation of CASOA communities, The National Citizen Survey™ communities, and custom needs assessment communities



Needs and Strengths Assessed through CASOA

Health and Wellness

Physical health

Overall health status, nutrition, fitness, falls, days institutionalized

Mental health

Overall mental health, depression, confusion or forgetfulness

Health Care

Medications, affordable health insurance

Safety

Violent crime, property crime, fraud or scam, environmental hazards

Independent Living

ADLs, caregiver burden

Community Design and Land Use

Land use

Convenience of services and activities of daily need

Mobility

Safe and affordable, ability to get around

Housing

Suitable housing, affordable housing, home maintenance

Information and Planning

Information

Services for older adults, Social Security and Medicaid, planning, legal, financial

Productive Activities

Civic Engagement

Volunteerism, civic attentiveness, voting

Social Engagement

Social activities, social support, proximity to friends and family, current supports, neighborliness

Employment & Education

Work in retirement, skill building, income

Recreation, Arts & Culture

Participation in leisure activities

Caregiving contribution

Economic contribution



2010 Survey Methods and Goals

Assessment Objectives

- Identify community strengths and weaknesses
- Articulate the greatest needs of older adults in communities
- Provide strategies on best practices to meet older adult needs

Assessment Methods

- Multi-contact mailed survey
- Representative sample of xx older resident households
- Response rates range: 41%-58% surveys; 3-5% margin of error
- Data statistically weighted to reflect older adult population norms in community



Assessment Goals

Immediate

Provide useful information for:

- Planning
- Resource allotment, development and leverage
- Advocacy efforts
- Stakeholder engagement

Long-term

- Empowered communities
- Vibrant older adult populations
- Sustainable services for older adult populations



Community Needs Benchmarks

Percent at least a "minor" problem	Community Average Rating	National Average Rating	Community Compared to the Nation
Having housing to suit your needs	27	56	○
Your physical health	62	89	○
Performing regular activities, including walking, eating and preparing meals	48	32	★
Having enough food to eat	60	62	◎
Doing heavy or intense housework	38	84	○
Having safe and affordable transportation available	51	65	○
No longer being able to drive	45	76	○
Feeling depressed	43	25	★
Experiencing confusion or forgetfulness	74	68	★
Maintaining your home	41	36	◎
Maintaining your yard	25	38	○
Finding productive or meaningful activities to do	64	72	○
Having friends or family you can rely on	24	57	○
Falling or injuring yourself in your home	44	88	○

Key: ★ Above benchmark

◎ Similar to benchmark

○ Below benchmark



Older Resident Needs

Area of need	Percent with need	Number affected in 2010 (n=5,564)
Civic engagement needs	87%	4,826
Information and planning needs	67%	3,732
Physical health needs	41%	2,264
Social Engagement needs	36%	1,985
Mental health needs	31%	1,718
Housing needs	31%	1,700
Financial needs	28%	1,584
Home maintenance needs	28%	1,556
Social support needs	25%	1,391
Recreation, arts and culture needs	22%	1,251
Employment and education needs	21%	1,167
Health care needs	21%	1,160
Institutionalization risk needs	14%	776
Caregiver burden needs	11%	633
Mobility needs	10%	549
Safety needs	9%	507



Community Participation Benchmarks

Activity participated at least once or at least one hour	Community Average Rating	National Average Rating	Community Compared to the Nation
Used a senior center	32	23	⊕
Used a recreation center	40	56	○
Used a public library	75	69	⊕
Attended a meeting of local elected officials or other local public meeting	19	25	○
Used public transit (e.g., bus, subway, light rail, etc.)	32	23	⊕
Participating in a club (book, dance, game, etc.)	23	22	⊙
Participating in a civic group (Elks, Kiwanis, Masons, etc.)	28	32	⊙
Communicating/ visiting with friends and/or family	78	82	⊙
Participating in religious or spiritual activities with others	62	54	⊕
Participating in a recreation program or group activity	32	49	○
Volunteering your time to some group/activity in Appledale	23	19	⊙



Ratings of Community Amenities

Area	Appledale Average Rating	National Average Rating	Appledale Compared to the Nation
Productive Activities	53	60	○
Opportunities to volunteer	48	49	⊙
Employment opportunities	84	94	○
Opportunities to enroll in skill-building or personal enrichment classes	52	56	⊙
Recreation opportunities (including games, arts and library services, etc.)	39	45	○
Opportunities to attend social events or activities	59	65	○
Opportunities to attend religious or spiritual activities	59	59	⊙
Opportunities to attend or participate in meetings about local government or community matters	32	52	○

Key: ⊕ Above benchmark

⊙ Similar to benchmark

○ Below benchmark



Community Readiness Action Chart

Community Design

- Above Benchmark: Overall appearance
- Similar to Benchmark: Quality of new development
- Similar to Benchmark: Quality of businesses
- Similar to Benchmark: Shopping
- Key Driver: Employment opportunities
- Below Benchmark: Variety of housing
- Below Benchmark: Affordable, quality housing

Legend

- Above Benchmark
- Similar to Benchmark
- Below Benchmark

Key Driver

Recreation, Education and Culture

- Similar to Benchmark: Cultural activities
- Key Driver: Social opportunities
- Below Benchmark: Religious opportunities
- Above Benchmark: Educational opportunities
- Similar to Benchmark: Recreational opportunities

Transportation

- Below Benchmark: Ease of car travel
- Key Driver: Paths and walking trails
- Below Benchmark: Ease of bus travel
- Ease of walking
- Below Benchmark: Ease of bicycle travel
- Below Benchmark: Traffic flow on major streets
- Below Benchmark: Public parking

Community Inclusiveness

- Key Driver: Sense of community
- Community openness
- Above Benchmark: Volunteer opportunities
- Similar to Benchmark: Community matters

Health and Wellness

- Above Benchmark: Safety
- Key Driver: Affordable, quality food
- Above Benchmark: Fitness opportunities
- Similar to Benchmark: Affordable, quality health care
- Similar to Benchmark: Preventive health services
- Below Benchmark: Mental health care

Physical Environment

- Similar to Benchmark: Air quality
- Above Benchmark: Natural Environment
- Above Benchmark: Cleanliness



Web Survey

- Key “Informants”: senior coordinators, service providers, community leaders, government staff
- Administered via Web in early August
- Closed and open-ended questions about community strengths, needs and gaps to be filled



Discussion of Study Methods and Parameters

- Is the scope of issues studied appropriate?
- Are the methods proposed adequate?
- Are there missing pieces of information/data to consider?

Key Leader Discussion

