

Boulder County, CO

2014

Report of Results



Community Assessment Survey
for Older Adults™



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Introduction

The Community Assessment Survey for Older Adults (CASOA™) provides a statistically valid survey of the strengths and needs of older adults as reported by older adults themselves in communities across America. Used in conjunction with the *CASOA Strategies and Resources Handbook* (provided under separate cover), this report is intended to enable local governments, community-based organizations, the private sector and other community members to understand more thoroughly and predict more accurately the services and resources required to serve an aging population. With this report, Boulder County stakeholders can shape public policy, educate the public and assist communities and organizations in their efforts to sustain a high quality of life for older adults. The objectives of the CASOA are to:

- Identify community strengths in serving older adults
- Articulate the specific needs of older adults in the community
- Estimate contributions made by older adults to the community
- Determine the connection of older adults to the community

The results of this exploration will provide useful information for planning and resource development as well as strengthen advocacy efforts and stakeholder engagement. The ultimate goal of the assessment is to create empowered communities that support vibrant older adult populations.

The CASOA questionnaire contains many questions related to the life of older residents in the community. Survey participants were asked to rate their overall quality of life, as well as aspects of quality of life in Boulder County. They also evaluated characteristics of the community and gave their perceptions of safety in Boulder County. The questionnaire assessed the individual needs of older residents and involvement by respondents in the civic and economic life of Boulder County.

Boulder County CASOA Methods

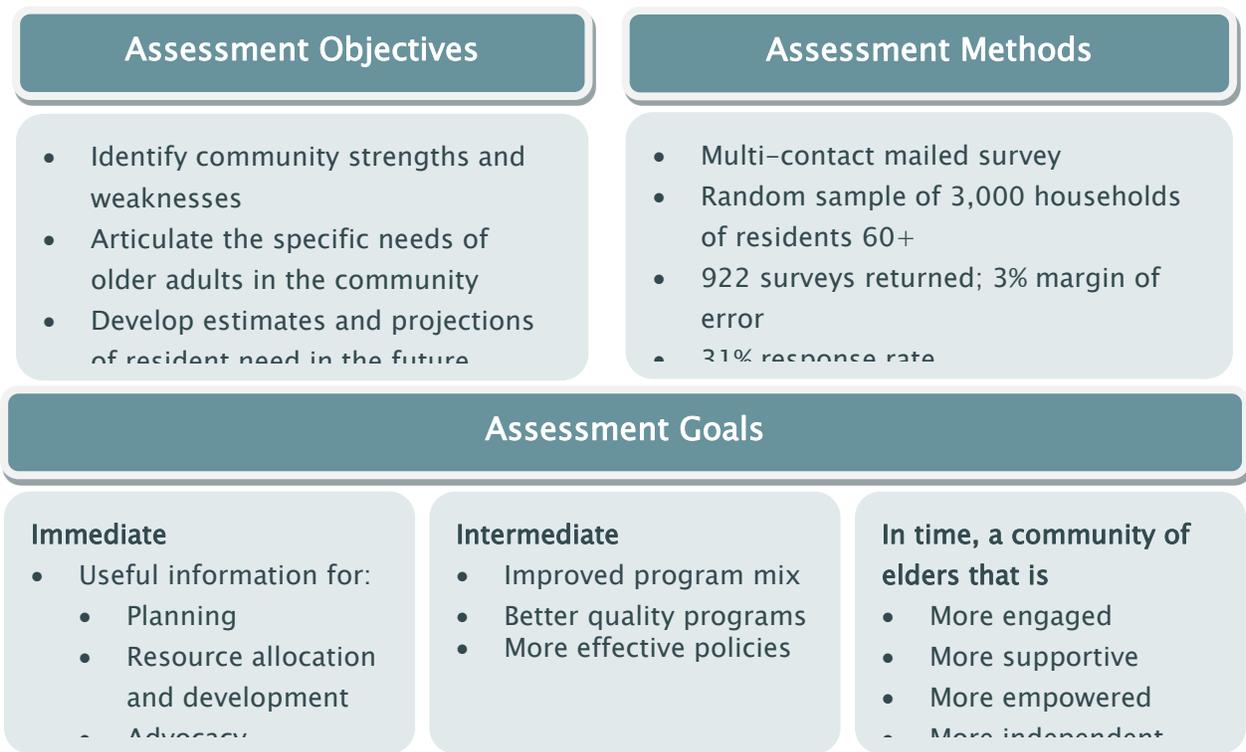
The CASOA survey and its administration are standardized to assure high quality survey methods and comparable results across communities. Participating households with residents 60 years or older were selected at random and the household member who responded was selected without bias. Multiple mailings gave each household more than one prompt to participate with a self-addressed and postage-paid envelope to return the survey. Results were statistically weighted to reflect the proper demographic composition of older adults in the entire community.

The survey was mailed in July 2014 to a random selection of 3,000 older adult households in Boulder County. Older adult households were contacted three times about participation in the survey. A total of 922 completed surveys were obtained, providing an overall response rate of 31% and a margin of error of plus or minus 3% around any given percent and two points around any given average rating for the entire sample.

Since this was the second CASOA of Boulder County older adults, the 2014 results are presented along with the 2010 ratings, when available. Differences between 2010 and 2014 can be considered “statistically significant” if they are four percentage points or greater than any given percent and three points or greater than any given average rating. Trend data for Boulder County represent important comparisons and should be examined for improvements or declines.

For additional methodological information, refer to *Appendix B: Survey Methodology*.

Figure 1: CASOA Methods and Goals



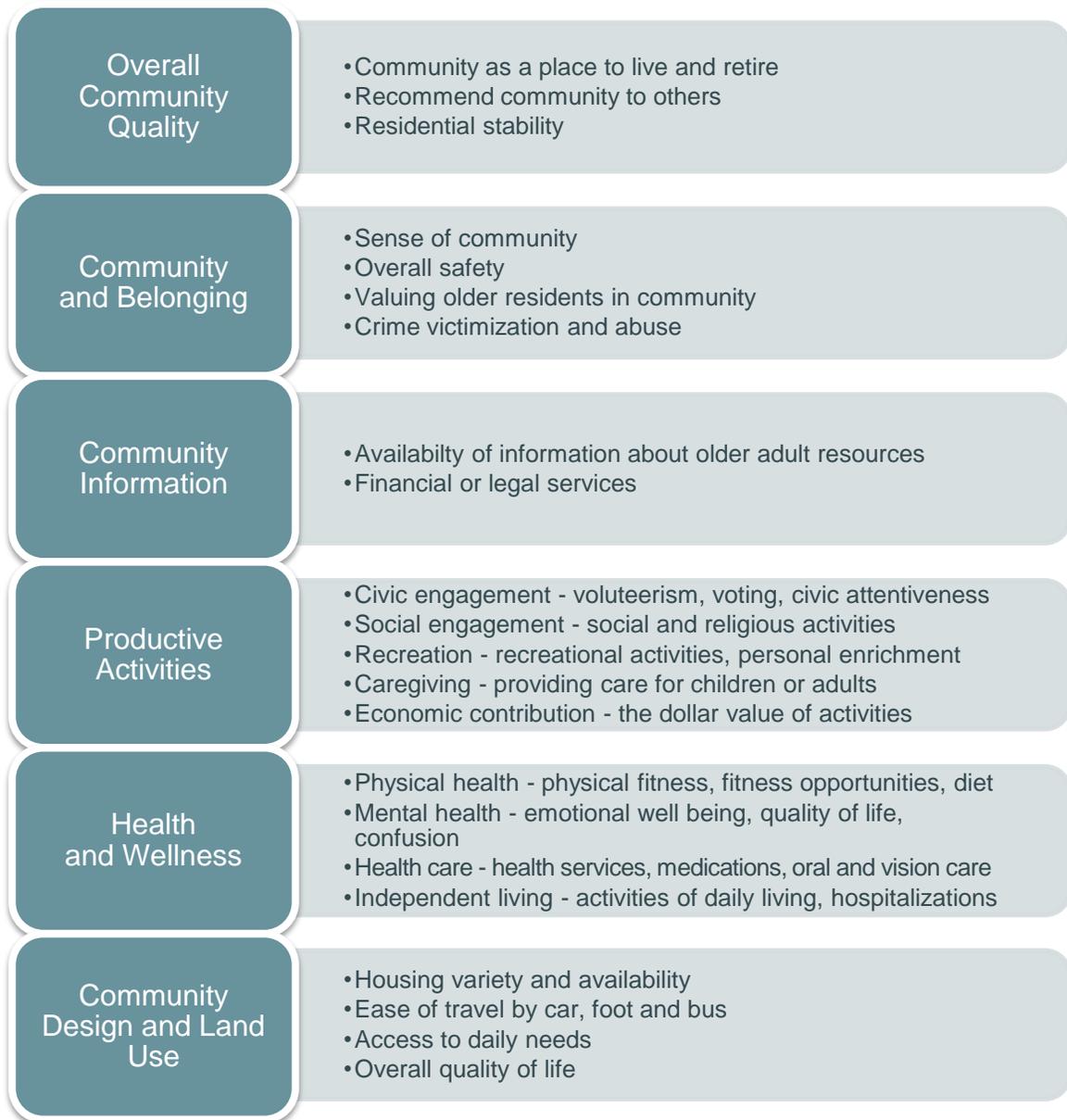
Structure of CASOA Report

This report is based around eight community dimensions (Figure 2):

- Overall Community Quality
- Community and Belonging
- Community Information
- Productive Activities
- Health and Wellness
- Community Design and Land Use

Each section discusses older adult ratings of Boulder County, participation in activities and potential problems faced by older adults as related to each of the eight dimensions. The final section of the report, Community Readiness, summarizes these dimensions as index scores and provides an overall picture of Boulder County as a livable community for older adults.

Figure 2: Community Dimensions Assessed through CASOA



“Don’t Know” Responses and Rounding

On many of the questions in the survey, respondents could provide an answer of “Don’t know.” The proportion of respondents giving this reply is shown in the full set of responses included in *Appendix A: Complete Set of Survey* and is discussed in the body of this report if it is 20% or greater. However, these responses have been removed from the analyses presented in the body of the report, unless otherwise indicated. In other words, the majority of the tables and graphs in the body of the report display the responses from respondents who had an opinion about a specific item.

For some questions, respondents were permitted to select multiple responses. When the total exceeds 100% in a table for a multiple response question, it is because some respondents are counted in multiple

categories. When a table for a question that only permitted a single response does not total to exactly 100%, it is due to the customary practice of rounding percentages to the nearest whole number.

Benchmark Comparison Data

NRC has developed a database that collates responses to CASOA and related surveys administered in other communities, which allows the results from Boulder County to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in over 175 communities across the nation. The demographics of NRC's database match the demographics in the nation, based on the U.S. Census estimates.

Ratings are compared when similar questions are included in NRC's database, and there are at least five communities in which the question was asked. Where comparisons for ratings were available, Boulder County's results are generally discussed in the report as being "higher" than the benchmark, "lower" than the benchmark or "similar" to the benchmark. In instances where ratings are considerably higher or lower than the benchmark, these ratings have been further demarcated by the attribute of "much," (for example, "much higher" or "much lower"). Detailed benchmark information can be found in *Appendix C: Benchmark Comparisons*.

Key Findings

Not all older adults complain, nor does every community leave older adults raving about the quality of community life or the services available for active living and aging in place. Communities that assist older adults to remain or become active community participants provide the requisite opportunities for recreation, transportation, culture, education, communication, social connection, spiritual enrichment and health care.

Further, older adults, more than others, face difficulties with aspects of everyday life. For many older adults these difficulties vastly exceed the minor physical pains or small losses of function that characterize almost everyone's circumstances after a certain age. When individual problems are added together, a group picture emerges that provides a useful description of the entire community of Boulder County.

The results of this survey describe the Boulder County as a livable community for older adults within six community dimensions of Overall Community Quality, Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use. The extent to which older adults experience difficulties and problems within these dimensions is also described.

Overall Community Quality

Overall Community Quality explores how older residents view the community overall, how connected they feel to the community and how well they can access information and services offered by Boulder County, as well as how likely residents are to recommend and remain in the community.

- Almost all of Boulder County's older residents gave high ratings to the community as a place to live.
- About three-quarters of older adults would recommend Boulder County to others.
- Around 75% of respondents had lived in the community for more than 20 years and almost 9 in 10 plan to stay in Boulder County throughout their retirement.

Community and Belonging

A "community" is often greater than the sum of its parts, and having a sense of community entails not only a sense of membership and belonging, but also feelings of emotional and physical safety, trust in the other members of the community and a shared history.¹ Older residents of Boulder County rated several aspects of Community and Belonging, including their sense of community and overall feelings of safety, as well as the extent to which they felt accepted and valued by others.

- Over three-quarters of respondents reported "excellent" or "good" overall feelings of safety, a rating that is higher than what's reported in other communities across the nation. Also, between 8% and 11% had experience safety problems related to being a victim of crime or abuse, which is a lower amount compared to the nation.
- About 6 in 10 older residents rated the sense of community as "excellent" or "good"; about half of respondents gave positive ratings the County's neighborliness and valuing of older residents.
- When compared to other communities in the U.S., older residents in Boulder County tended to provide much lower ratings for aspects of Community and Belonging.

Community Information

The education of a large community of older adults is not simple, but when more residents are made aware of attractive, useful and well-designed programs, more residents will benefit from becoming participants.

- About 5 in 10 survey respondents reported being “somewhat” or “very” informed about services and activities available to older adults, which was much lower than reports from other communities in the U.S.
- Almost two-thirds of older adults felt the city had “excellent” or “good” information about resources for older adults and financial or legal planning services.
- Less than one-quarter of respondents had problems finding productive or meaningful activities to do or finding volunteer work.
- About 6 in 10 respondents had problems with feeling like their voice was heard in the community, which was a much higher amount than experienced elsewhere.

Productive Activities

Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality of life in later life and contribute to active aging.² Productive Activities examined the extent of older adults’ engagement participation in social and leisure programs and their time spent attending or viewing civic meetings, volunteering or providing help to others.

- About 9 in 10 felt Boulder County had “excellent” or “good” volunteer opportunities, and about 37% participated in some kind of volunteer work, a volunteer rate much higher than other communities in the U.S.
- About one-quarter of respondents had used a Boulder County senior center, which was much higher when compared to senior center use in other communities.
- Only 3 in 10 Boulder County seniors said that they had at least “minor” problems having interesting social events or activities to attend.
- Almost all older residents (91%) rated the recreation opportunities in Boulder County as “excellent” or “good”; participation in recreational and personal enrichment activities were much higher in Boulder County than in other communities.
- About half of older residents in Boulder County said they are caregivers; respondents averaged between 7 and 12 hours per week providing care for children, adults and older adults.
- About one-quarter of older adults in Boulder County felt physically, emotionally or financially burdened by their caregiving.
- Three in 5 of respondents were fully retired, but one-third of respondents experienced at least minor problems with having enough money to meet daily expenses or to pay their property taxes.
- The value of paid (part- and full-time work) and unpaid (volunteering, providing care) contributions by older adults in Boulder County totaled about \$1.2 billion in a 12-month period.

Health and Wellness

Of all the attributes of aging, health poses the greatest risk and the biggest opportunity for communities to ensure the independence and contributions of their aging populations. Health and wellness, for the purposes of this study, included not only physical and mental health, but issues of independent living and health care.

- Overall, the older adults in Boulder County rated aspects of physical health much higher than other communities in the U.S. including ratings of fitness opportunities and their own overall physical health.
- The portions of older residents reporting problems with maintaining their yards (41%) was higher in Boulder County than elsewhere in the country. Problems with staying physically fit (50%) however, was less of a problem in Boulder County than in other areas across the nation.
- About 5 in 10 older residents felt there was “excellent” or “good” availability of mental health care in Boulder County while over 8 in 10 rated their overall mental health/emotional wellbeing as “excellent” or “good.”
- The most commonly cited mental health issues included feeling depressed (36%) and dealing with the loss of a close family member or friend (34%), while the least cited issues included figuring out which medications to take and when (8%) and having friends or family to rely on (26%).
- Boulder County’s preventative health services were rated much higher than the services provided by its peers.
- One-third of responses reported at least minor problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid.
- About 2 in 10 of respondents reported spending time in a hospital, and one-third had fallen and injured themselves in the 12 months prior to the survey. Falls and hospitalizations occurred at similar rates in Boulder County than in other communities.
- Around one-quarter of older adults reported at least minor problems with aspects of independent living, which was lower than what’s reported nationwide.

Community Design and Land Use

The movement in America towards designing more “livable” communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. Communities that have planned for older adults tend to emphasize access – a community design that facilitates movement and participation.

- Respondents gave the highest ratings for the overall ease of walking, ease of getting places and ease of car travel. Ease of walking was rated much higher than the benchmark. A similar number of older adults use RTD (public transportation) compared to other communities.
- Very few respondents (13%) felt there was excellent or good availability of affordable quality housing and only one-third of respondents gave positive ratings for the variety of housing options. Both of these aspects were rated much lower than peer communities.
- About 1 in 5 participants had problems with having housing to suit their needs and having safe and affordable transportation available.
- Almost 9 in 10 of older residents in Boulder County rated their overall quality of life as “excellent” or “good,” and Boulder County’s quality of life was rated higher than other communities in the U.S.

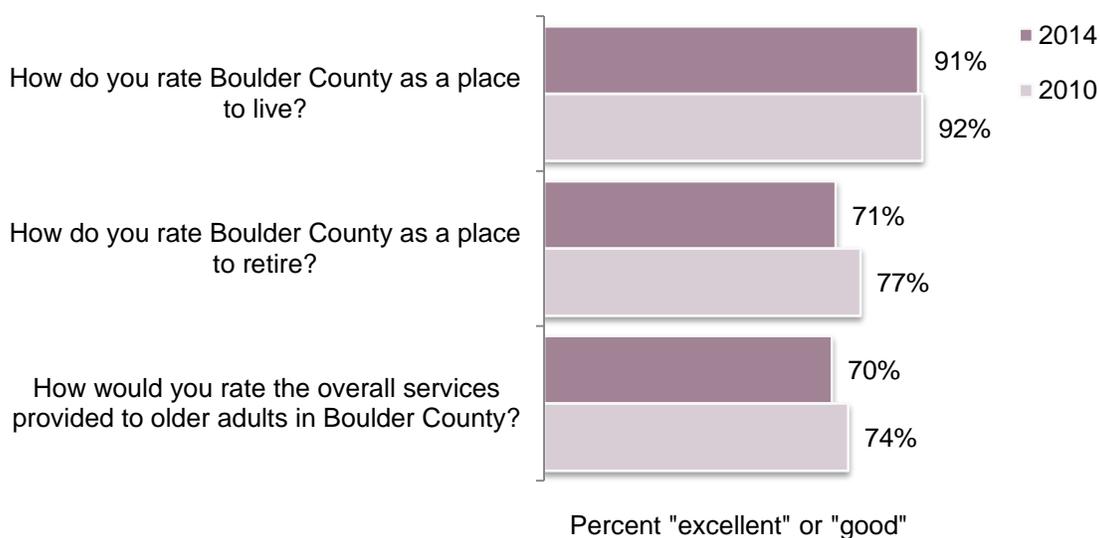
CASOA Survey Results

Overall Community Quality

CASOA contained a number of questions related to the life of older residents in the community. This section of the report explores aspects of the overall quality of the community by examining how older residents view the community overall, how connected they feel to the community and how well they can access information and services offered by Boulder County. Survey participants were asked to rate the County as a place to live and to retire as well as the overall quality of services provided to older adults. Further testament to the quality of a community is the likelihood of residents recommending and remaining in a community; respondents indicated how likely they would be to not only recommend Boulder County to other older adults but also how likely they would be to remain in Boulder County throughout their retirement.

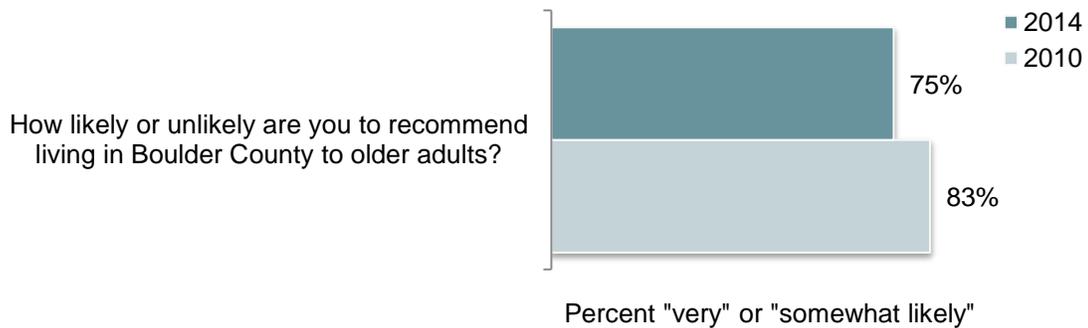
Almost all of Boulder County's older residents gave high ratings to the community as a place to live and many rated Boulder County as a place to retire as "excellent" or "good." Ratings for Boulder County as a place to retire however decreased compared to 2010. Services offered to older adults were considered "excellent" or "good" by about 7 in 10 older residents in Boulder County. Generally, residents in Boulder County were more likely to rate these aspects of the community as "excellent" or "good" than other older adults across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 3: Boulder County as a Place for Older Residents



Generally, residents will not recommend a community to friends unless that community is seen to be offering the right services with optimal effectiveness. Just how successful Boulder County has been in creating an attractive setting for older adults can be sensed by the number of older residents that say they will recommend it to others. Overall, about three-quarters of older adults said they would recommend Boulder County to others, a rating that decreased compared to the previous survey. This portion of older adults that would recommend the community was much lower than other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for more information).

Figure 4: Older Residents' Likelihood of Recommending Boulder County to Others



Residential Stability

According to a survey by AARP, more than 8 in 10 adults over age 45 want to live roughly where they live now “as long as possible.”³ In fact, Census Bureau data indicate that fewer than 5% of people 55 and older move in any given year, and the bulk of those do not go very far: 49% of movers stay within the same county and only 25% move to a different state. Of those who do cross state lines, the major lure is not weather, tax relief or a new adventure: people usually move to be closer to family.⁴

In different communities, older adults have different intentions, so it is essential to understand what older adults in Boulder County are anticipating in their retirement. The largest proportion of Boulder County’s older residents had lived in the community for more than 20 years. Further, 90% of seniors planned to remain in Boulder County throughout their retirement. When compared to ratings given by older residents in other communities across the nation, Boulder County residents were more likely to report that they would remain in the County throughout retirement (see *Appendix C: Benchmark Comparisons* for details).

Figure 5: Length of Residency in Boulder County

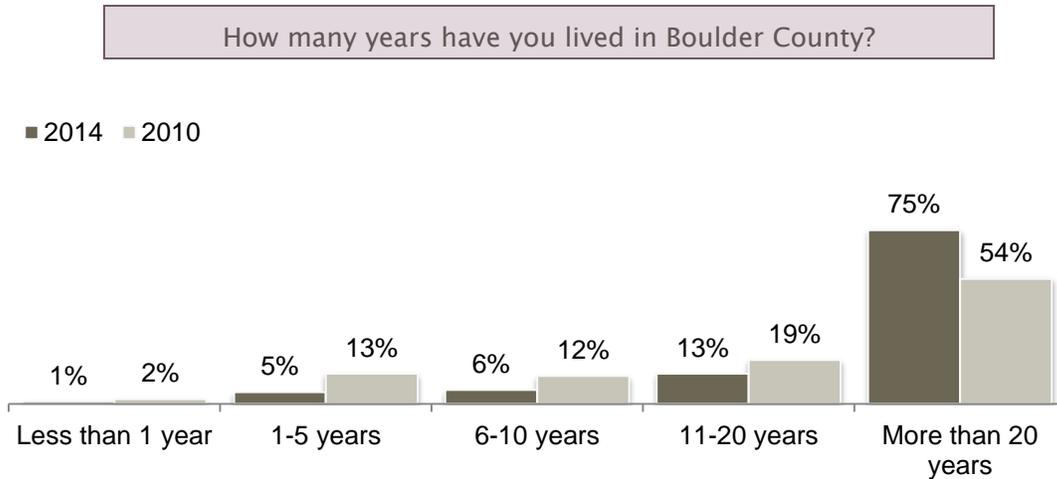
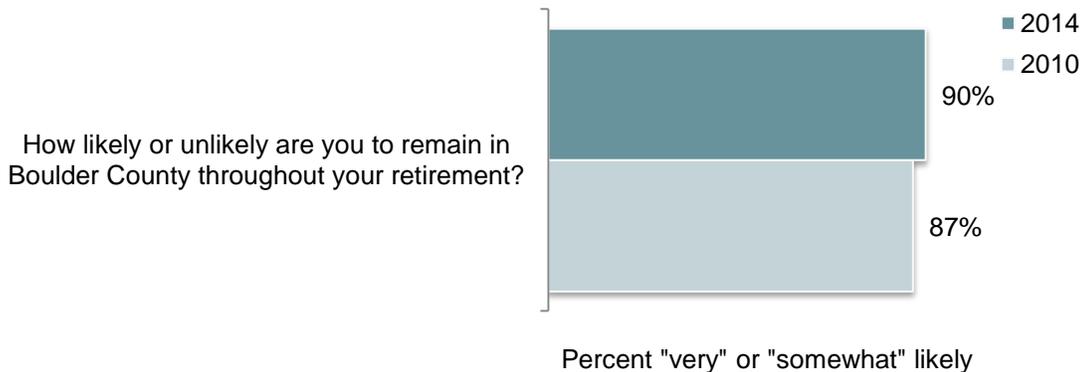


Figure 6: Likelihood of Remaining in Boulder County throughout Retirement

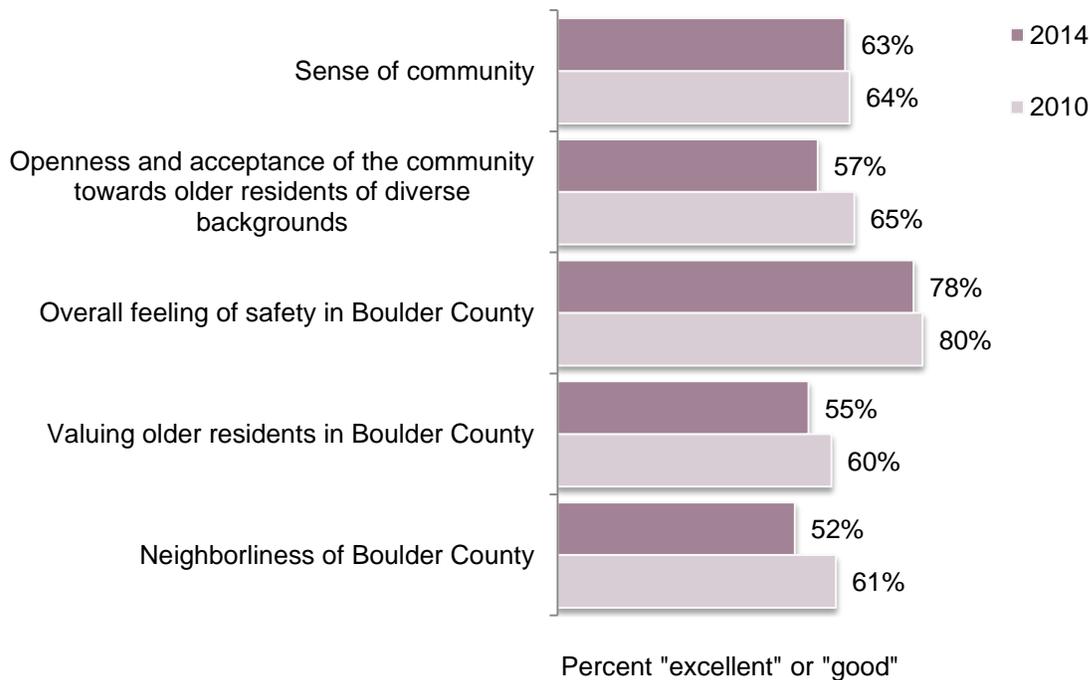


Community and Belonging

A “community” is often greater than the sum of its parts, and having a sense of community entails not only a sense of membership and belonging, but also feelings of emotional and physical safety, trust in the other members of the community and a shared history.¹ Older residents of Boulder County rated several aspects of Community and Belonging, including their sense of community and overall feelings of safety, as well as the extent to which they felt accepted and valued by others.

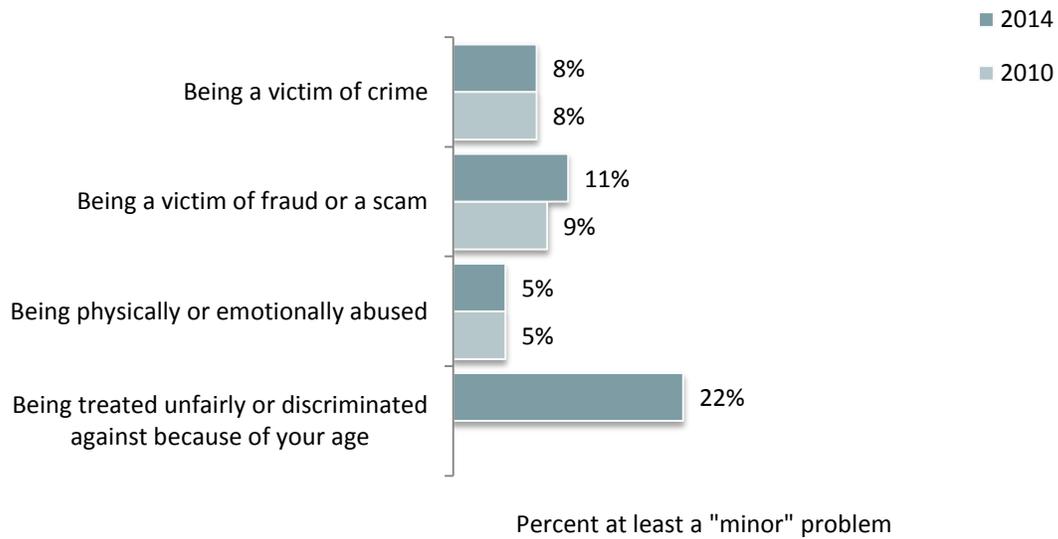
Overall, older residents rated Community and Belonging in Boulder County positively as 63% had an “excellent” or “good” sense of community. Feelings of safety in Boulder County were higher, with 78% rating their overall feeling of safety in the community as “excellent” or “good.” About half felt the community valued older residents and about the same amount felt Boulder County was open and accepting of diverse older residents. Three of the five aspects of Community and Belonging in Boulder County decreased compared to the 2010 survey. When compared to other communities in the U.S., older residents in Boulder County provided much lower ratings for aspects of Community and Belonging, with the exception of the overall feeling of safety, which was rated much higher than other communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 7: Older Adult Ratings of Community and Belonging in Boulder County



The extent to which older residents have been victims of crimes can threaten their feelings of safety and overall sense of community. A small proportion of seniors in Boulder County reported problems with crime or abuse in the 12 months prior to the survey. Reports of crime or abuse were mostly lower than reports from other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 8: Safety Problems in Boulder County



Community Information

Sometimes residents of any age fail to take advantage of services offered by a community just because they are not aware of the opportunities. The education of a large community of older adults is not simple, but when more residents are made aware of attractive, useful and well-designed programs, increasing numbers of residents will benefit from becoming participants. In Boulder County, about 55% of survey respondents reported being “somewhat” or “very” informed about services and activities available to older adults, which had decreased since the previous survey and was much lower than reports from other communities in the U.S (see *Appendix C: Benchmark Comparisons* for details). Further, a higher proportion of older adults rated the availability of information about resources for older adults and financial or legal planning services as “excellent” or “good.” Ratings for the availability of financial and legal planning services increased compared to 2010.

Figure 9: Awareness of Older Adult Services and Activities

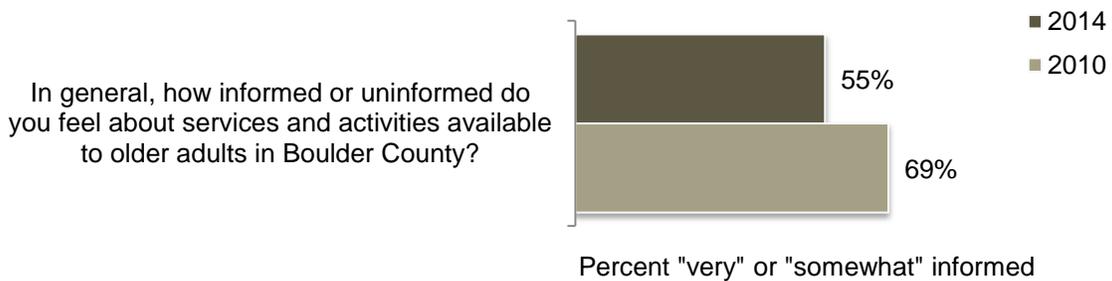
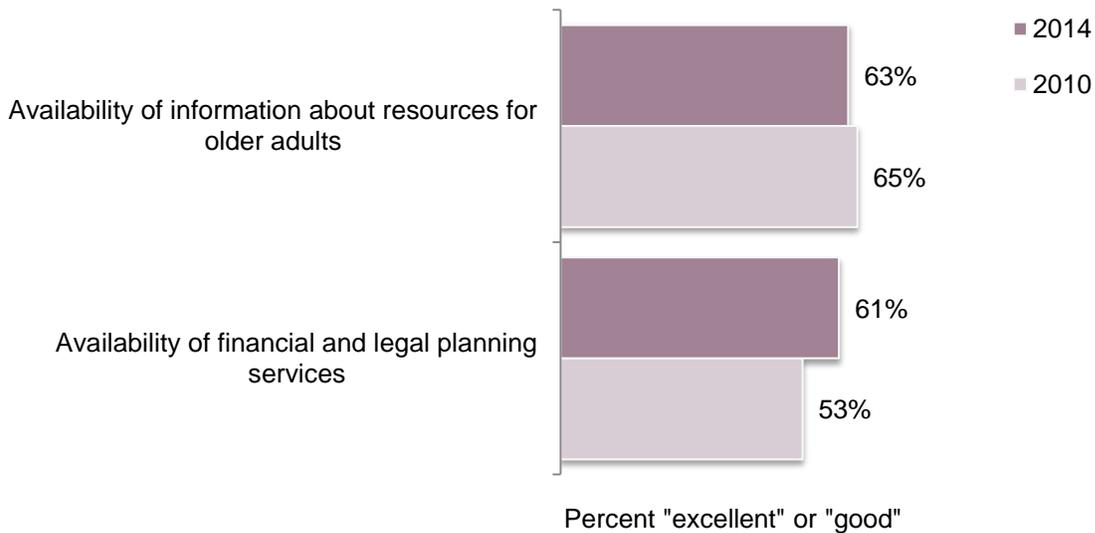
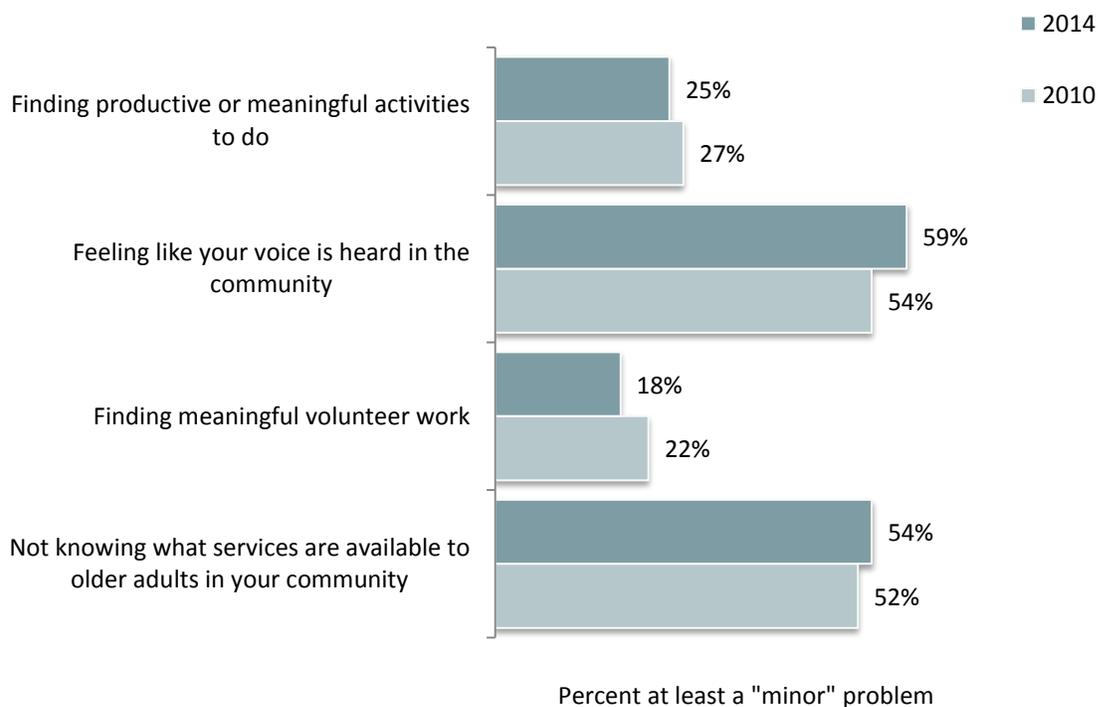


Figure 10: Availability of Information About Older Adult Resources in Boulder County



Older residents who may not know how to access services may have troubling finding ways to contribute to the community. In Boulder County, about half of respondents had problems with not knowing what services were available. However, fewer reported having problems with finding meaningful volunteer work. More participants felt like their voice was being heard in the community when compared to the 2010 survey. The proportion of older adults in Boulder County who had problems in these areas was generally lower than other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 11: Meaningful Activities Problems of Older Residents in Boulder County



Productive Activities

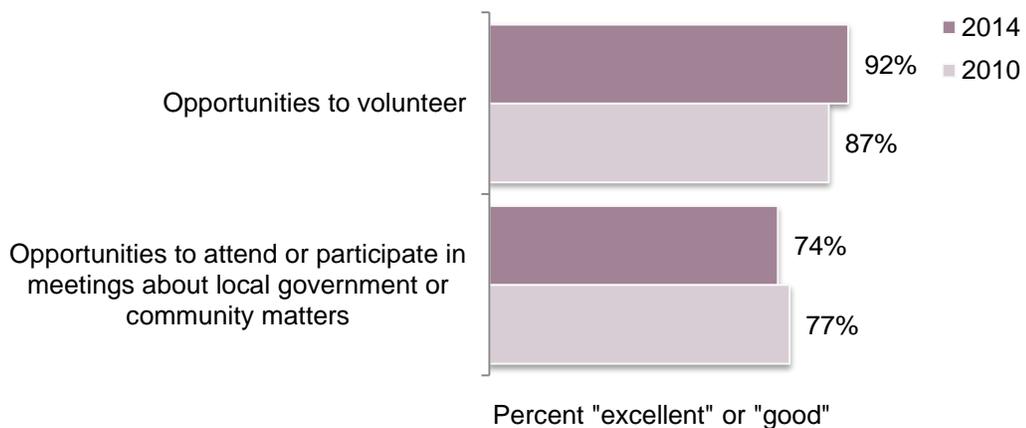
Productivity is the touchstone of a thriving old age. Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality in later life and contribute to active aging.² This section of the report examines the extent of older adults' engagement in the Boulder County community as determined by their participation in social and leisure programs and their time spent attending or viewing civic meetings, volunteering or providing help to others. The economic value of these contributions to the community is explored as well.

Civic Engagement

In communities where residents care about local politics and social conditions, where they feel engaged and effective, there is greater social, economic and cultural prosperity. This results in more trust of local government officials, support for community-wide solutions recommended by elected council members, re-election of those councilors⁵ and collective self-restraint in the face of community need.^{5,6} Researchers even have discovered that American states with the highest levels of resident civic engagement are "more effective and more innovative."⁷ Where there is strong civic engagement, researchers have seen less crime, less poverty, more employment, better and more sustainable policies and more frequent resident cooperation.⁸ Civic activity, whether volunteering, participating in religious or political groups or being active in community decision-making, not only provides benefit to communities but also serves seniors themselves.

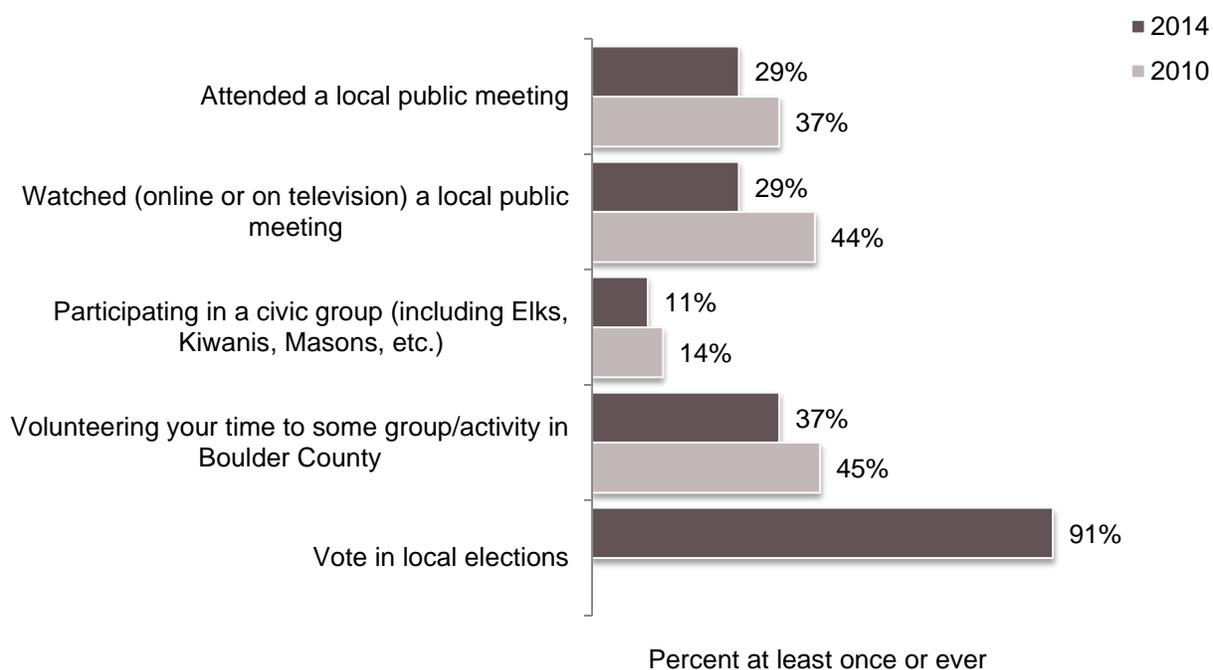
Studies have found that volunteering in later life is associated with better physical and mental health, and civically engaged seniors are less likely to become injured or to die prematurely.⁹ In Boulder County, older residents rated the volunteer opportunities favorably. About 9 in 10 felt Boulder County had "excellent" or "good" volunteer opportunities, a rating that was much higher than other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 12: Civic Engagement Opportunities in Boulder County



In terms of civic engagement, a little more than one quarter reported attending a public meeting of local elected officials or other local public meeting in Boulder County and a similar proportion reported watching such a meeting on television, the Internet or other media in the past year. Additionally, about one-third participated in some kind of volunteer work, a volunteer rate much higher than other communities in the U.S. Almost all survey respondents indicated that they were registered to vote and had voted in the last general election. Participation in local public meetings, viewing of public meetings and participation in volunteer activities decreased compared to the 2010 survey.

Figure 13: Participation in Civic Activities in Boulder County



Note: This chart combines the results of survey questions 11 and 12 and demographic questions 14 and 15, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey

Social Engagement

Communities are the foundation for social life. Sociologist Eric Klinenberg describes communities as “the soil out of which social networks grow and develop or, alternatively, wither and devolve.”^{10,11} Boulder County has a great potential to strengthen the community by fostering increased social engagement of its older residents. Over three-quarters of Boulder County older residents rated the opportunities to attend social activities in Boulder County as “excellent” or “good,” a rating that increased compared to the previous survey. A higher proportion rated opportunities to attend religious or spiritual activities in Boulder County this way. Ratings for social activities and religious activities in Boulder County were much higher than the benchmark. See *Appendix C: Benchmark Comparisons* for additional details.

Older residents in Boulder County exhibited a varied level of participation in social and religious activities. Older residents preferred to spend their time engaged in family activities over clubs or religious or spiritual activities. About 1 in 4 (fewer participants than in 2010) used a Boulder County senior center; its use by Boulder County older adults was much higher compared to senior center use in other communities (see *Appendix C: Benchmark Comparisons*).

Figure 14: Social Engagement Opportunities in Boulder County

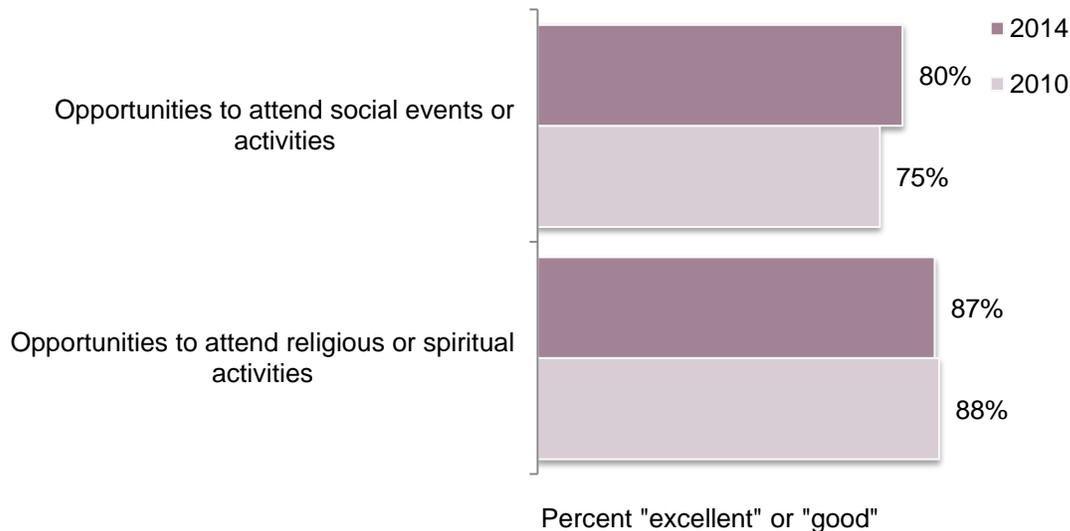
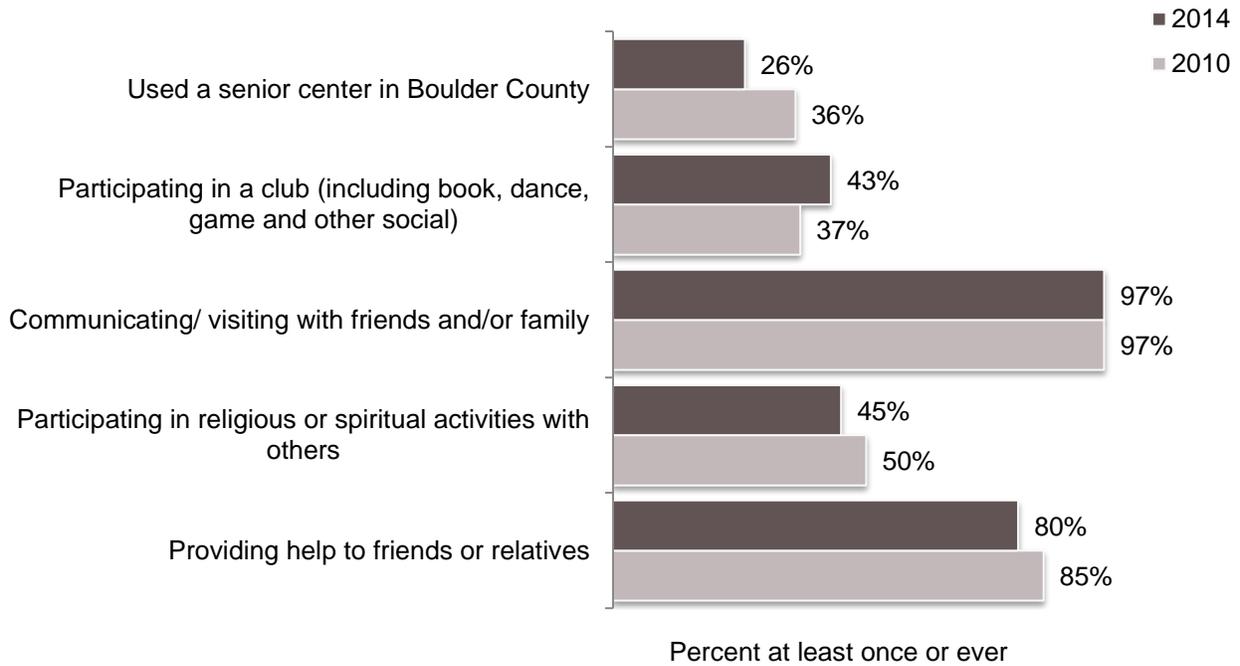


Figure 15: Participation in Social Activities in Boulder County

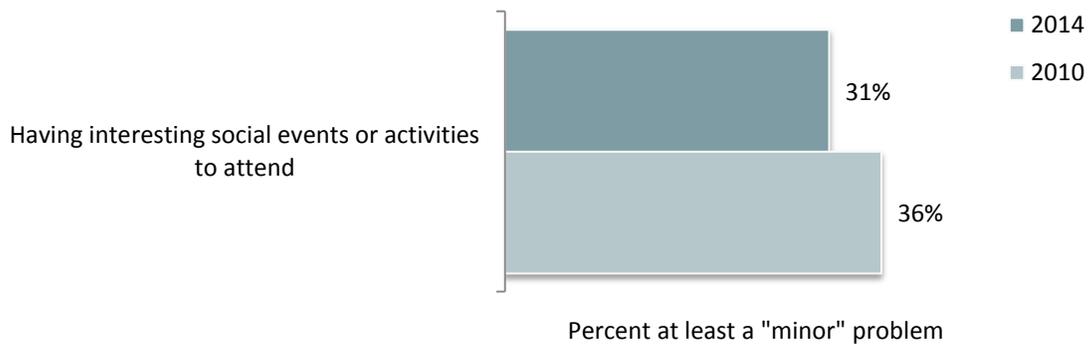


Note: This chart combines the results of survey questions 13 and 14, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey Responses.

About 3 in 10 of Boulder County seniors said that they had at least “minor” problems having interesting social events or activities to attend, a rating that has decreased over time. These problems were much lower in Boulder County than in other communities (see *Appendix C: Benchmark Comparisons*).

Figure 16: Social Engagement Problems in Boulder County

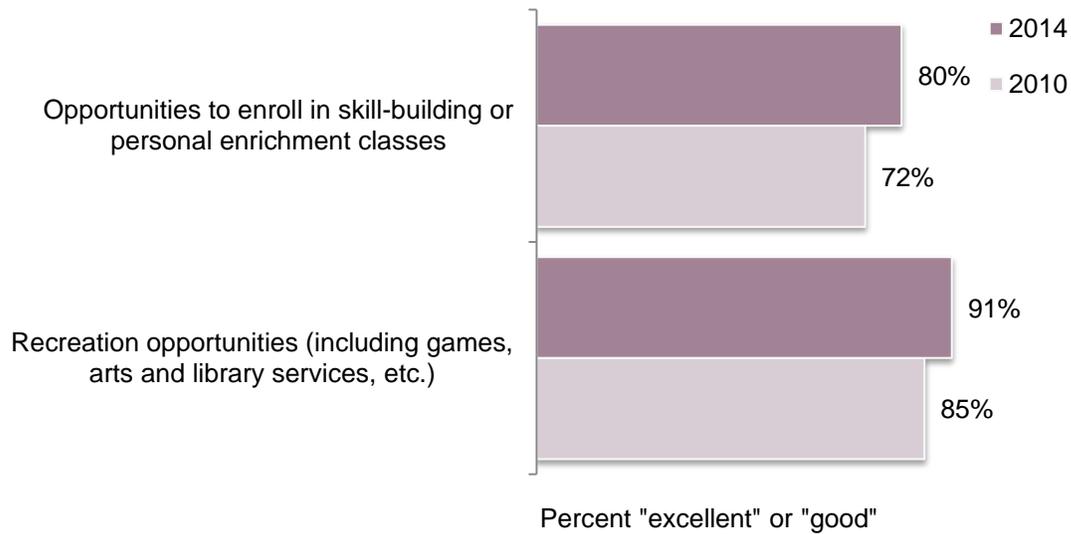
Thinking back over the last 12 months, how much of a problem has having interesting social events or activities to attend been for you?



Recreation

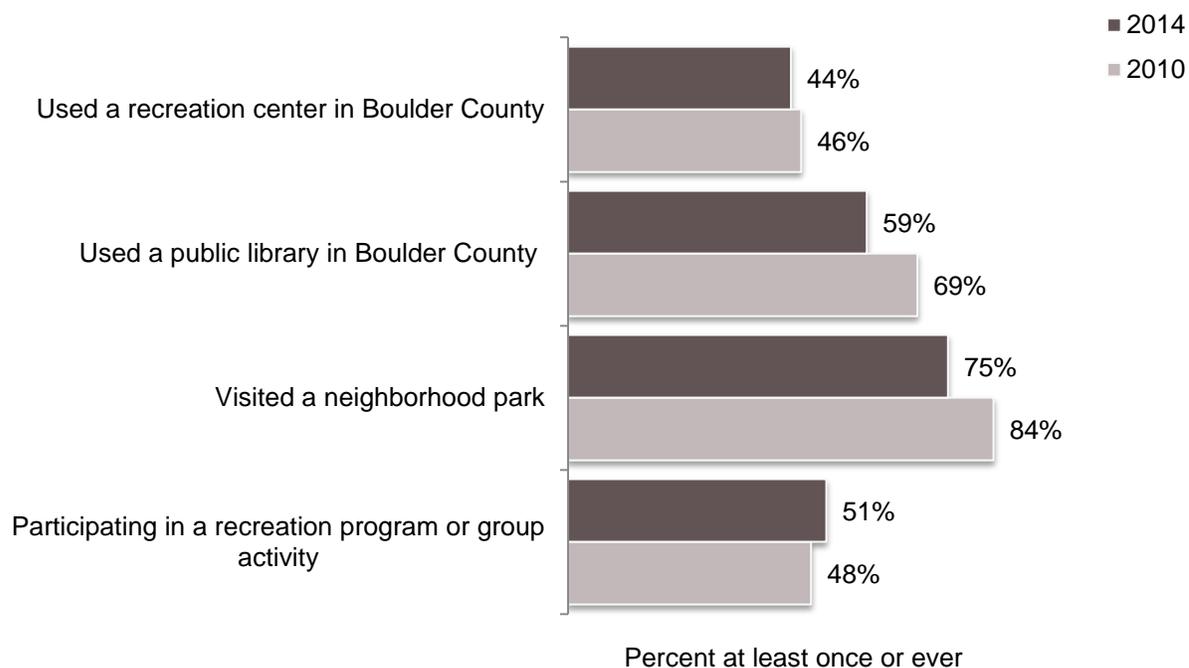
Once work becomes a part-time endeavor or thing of the past, residents have the time for and require the health benefits from regular leisure activities, including the stimulation derived from personal enrichment. Recreation and enrichment often replace work as the primary activity that brings older residents in contact with the outside world, while ample opportunities for these activities make a community more attractive to its residents. Most older residents of Boulder County viewed both recreation opportunities and opportunities to enroll in skill-building or personal enrichment classes favorably, ratings which have increased compared to the previous survey. Respondents in Boulder County were much more likely to rate these aspects of recreation as higher than other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 17: Recreational and Personal Enrichment Opportunities in Boulder County



Respondents indicated how much time they spent participating in various recreation- and enrichment-related activities. Generally, older residents in Boulder County were most likely have visited a neighborhood park and used a public library and least likely to have used recreation center. However, fewer participants were using the public library and visiting neighborhood parks when compared to 2010. Rates of participation and use were much higher in Boulder County when compared to other communities in the country (see *Appendix C: Benchmark Comparisons* for details).

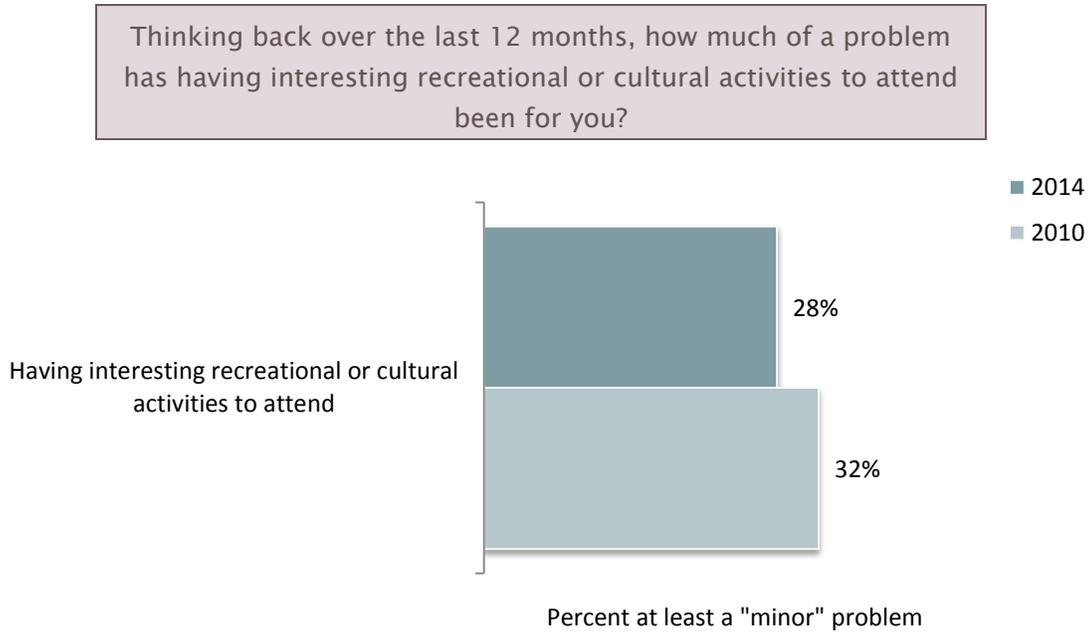
Figure 18: Participation in Recreational and Personal Enrichment Activities in Boulder County



Note: This chart combines the results of survey questions 11 and 13, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey Responses Appendix A: Complete Set of Survey .

One-quarter of Boulder County seniors said that they had at least “minor” problems having interesting recreational or cultural activities to attend. These problems were much lower in Boulder County than in other communities (see *Appendix C: Benchmark Comparisons*).

Figure 19: Recreational Problems in Boulder County

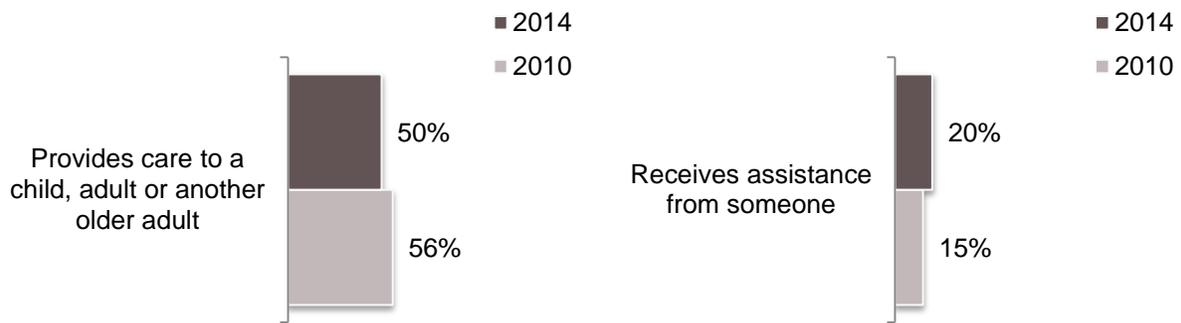


Caregiving

More than 10 million people nationwide have disabling conditions that affect their ability to live independently¹² and almost 80% of these residents are seniors. Those who provide care to a loved one or friend with such a condition often feel a sense of contribution and personal worth despite the physical, emotional and financial burden such care can produce. The value nationally of the unpaid care provided by family members and friends has been estimated at \$350 billion annually.¹³

Respondents indicated the number of hours they spent in a typical week providing care to children under 18, adults age 18 to 60 and adults age 60 and older. Overall, 50% of older residents in Boulder County said they were providing care for others (most likely for adults age 60 or older) and 20% were the recipients of care.

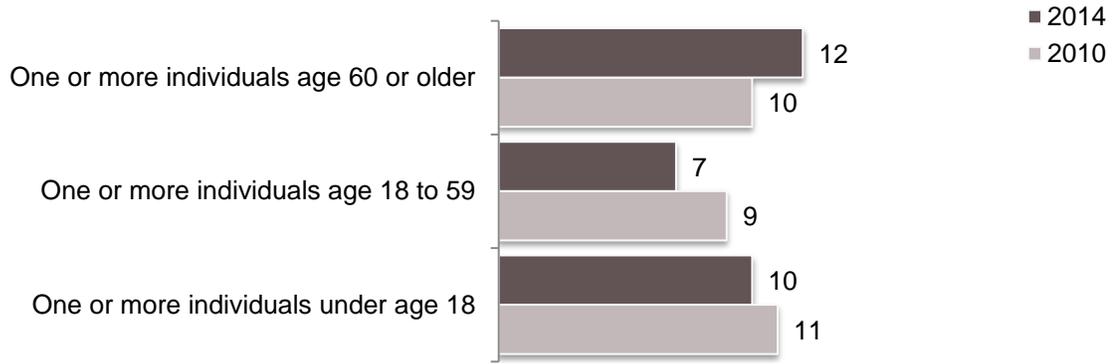
Figure 20: Providers and Recipients of Care in Boulder County



Note: Caregivers were identified by examining the number of hours spent providing care to children under 18, adults age 18 to 59 and adults age 60 and older as described in question 15 of the survey.

Figure 21: Caregiving Hours of Older Resident in Boulder County

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant personal relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?

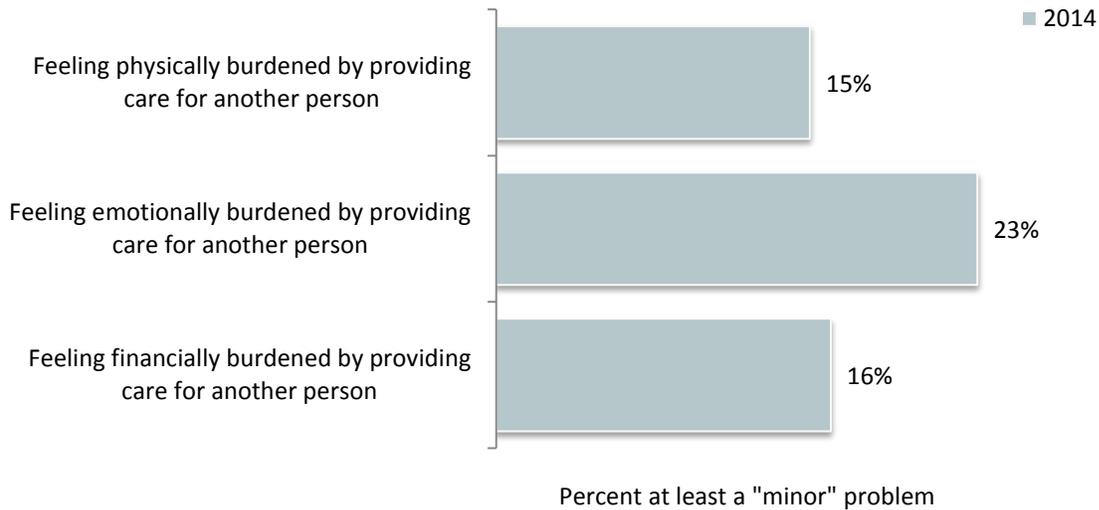


Average number of hours spent providing care*

* Average number of hours calculated from the mid-point of the ranges of those who provide care. See Appendix B: Survey Methodology for more information.

A “caregiving crunch” is predicted, where the average American will spend more years caring for parents than for their own children.¹⁴ Older adults in Boulder County rated the extent to which they experienced physical strain, emotional stress or financial hardship as a result of being a caregiver. Overall, older adults in Boulder County were most likely to feel emotionally burdened by their caregiving and least likely to feel physically or financially burdened.

Figure 22: Caregiver Burden in Boulder County



Economic Contribution

Recent studies have estimated that 70-80% of those 45 and older plan to continue working in their “retirement” years.¹⁵ Financial stability is not the only reason; one study notes that pure enjoyment of work (35% of those questioned) or just a desire to try something new (5%) also will keep people on the job.¹⁵ Boulder County CASOA results showed that 36% of older residents were still working for pay and about 3% said they would like to find a job. For those respondents who had not retired, the average age of expected retirement was 72 years old.

Figure 23: Employment Status of Older Residents in Boulder County

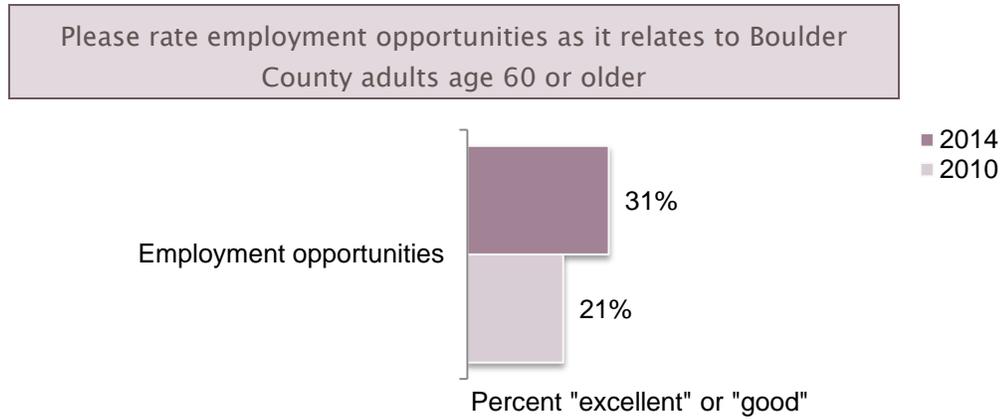


Figure 24: Expected Retirement Age of Older Residents in Boulder County

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	2014	2010
60 to 64	7%	7%
65 to 69	29%	35%
70 to 74	35%	23%
75 or older	29%	36%
Total	100%	100%
Average age of expected retirement (for those not yet fully retired)	72	73

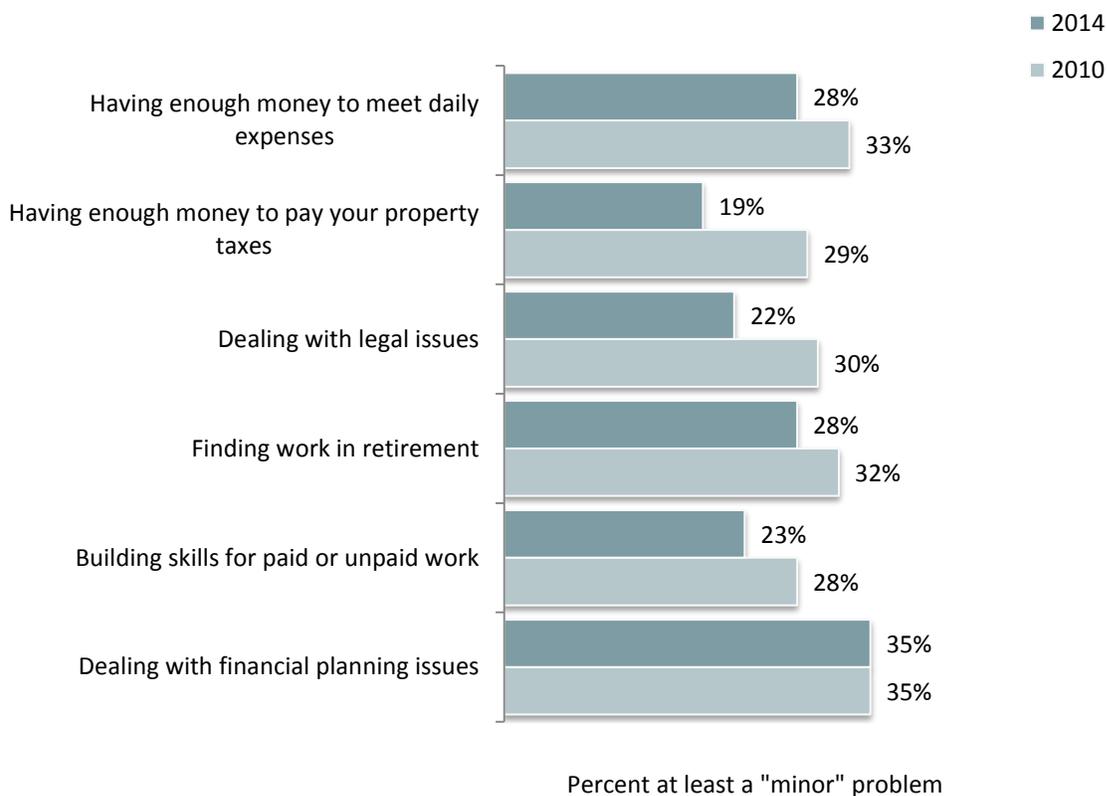
In Boulder County, 31% of respondents rated employment opportunities as “excellent” or “good” ratings that have increased over time and were similar to other communities across the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Figure 25: Employment Opportunities in Boulder County



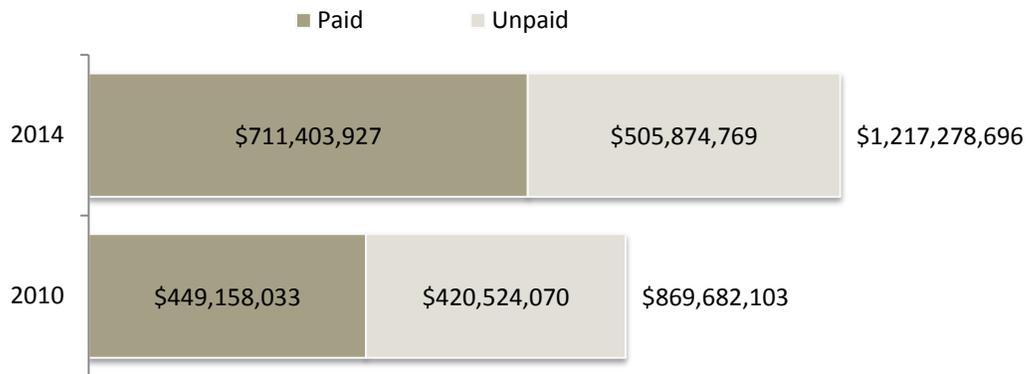
Regardless of residents' work status, around one quarter experienced at least "minor" problems with having enough money to meet daily expenses and to pay their property taxes. Further, about 3 in 10 had problems with finding work in retirement and slightly fewer had problems with building skills for paid or unpaid work. Fewer participants than in 2010 were having problems with most financial and legal problems featured on the survey. The proportions of older adults that had financial and legal problems were mostly much lower in Boulder County than in other communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 26: Financial and Legal Problems of Older Residents in Boulder County



Productive behavior is “any activity, paid or unpaid, that generates goods or services of economic value.”² Productive activities include both paid and unpaid work of many kinds as well as services to friends, family or neighbors. Older adults provide significant contributions (paid and unpaid) to the communities in which they live. In addition to their paid work, older adults contributed to Boulder County through volunteering, providing informal help to family and friends and caregiving. The value of these paid and unpaid contributions by older adults in Boulder County totaled nearly \$1.2 billion in a 12-month period (see *Appendix B: Survey Methodology* for additional detail).

Figure 27: Economic Contribution of Older Adults in Boulder County



Health and Wellness

The Centers for Disease Control and Prevention have argued, "Poor health is not an inevitable consequence of aging,"¹⁶ yet community supports are needed to help maintain the health and independence of a growing senior population. Of all the attributes of aging, health poses the greatest risk and the biggest opportunity. If the community cannot assist the independence of residents who experience the inevitable decline in health that accompanies aging, the potential economic contribution of older residents will be lost to hospitals and nursing homes. Health and wellness for the purposes of this study included not only physical and mental health, but issues of independent living and health care.

Physical Health

CASOA assessed a variety of physical issues commonly affecting people as they age as well as provided older residents the opportunity to rate health opportunities in Boulder County. About 9 in 10 older residents rated fitness opportunities (including exercise classes and paths or trails, etc.) positively in Boulder County; the availability of quality physical health care was rated positively by 56%. Most older residents rated their overall physical health as "excellent" or "good" (see Figure 29). Overall, the older adults in Boulder County rated fitness opportunities and their overall physical health much higher than other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Figure 28: Physical Health Opportunities in Boulder County

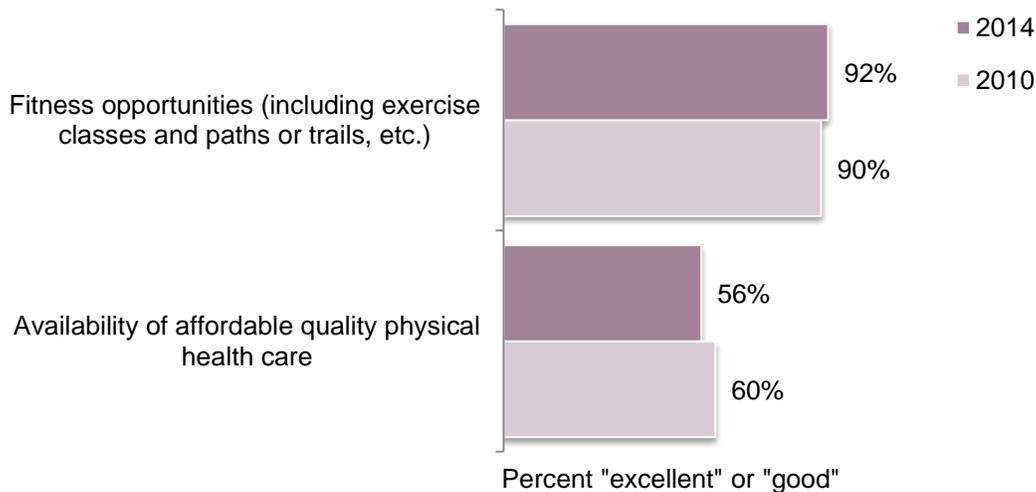
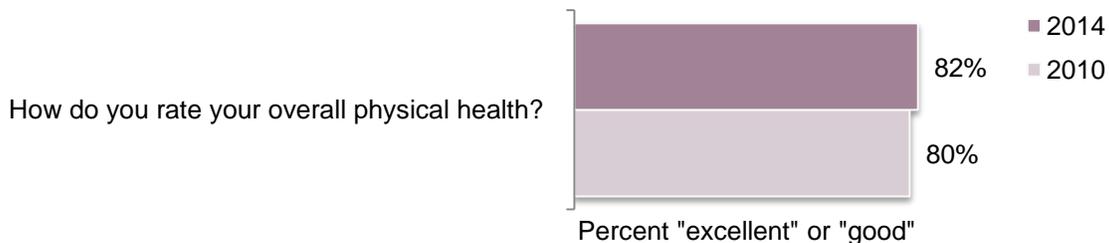
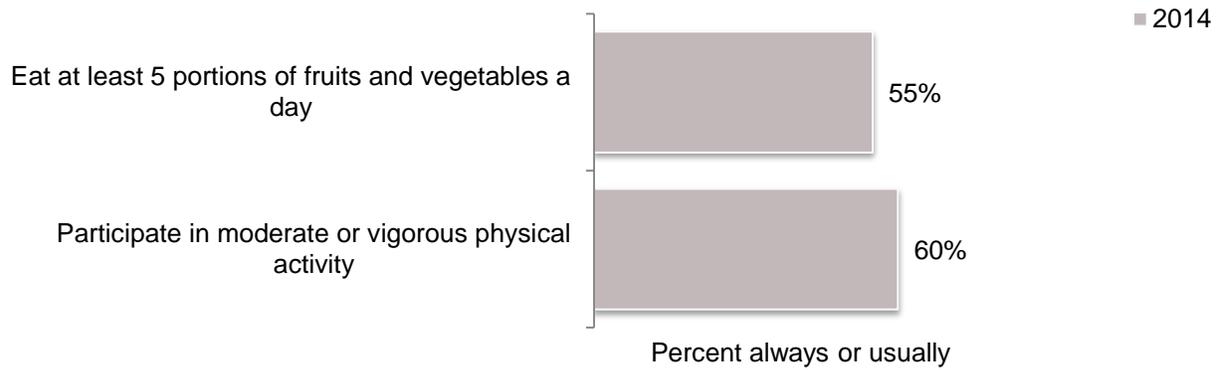


Figure 29: Overall Physical Health of Older Residents in Boulder County



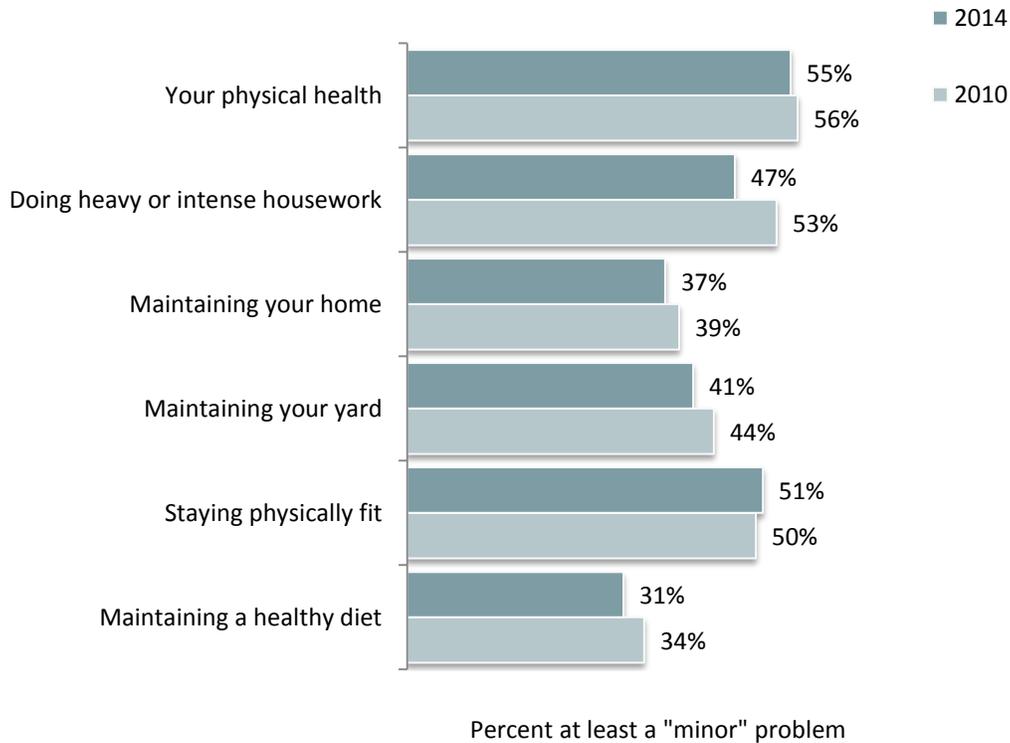
Respondents indicated how much time they spent participating in healthy activities. Generally, about half of older residents in Boulder County ate the recommended number of servings of fruits and vegetables, but more were able to exercise regularly. Rates of these healthy behaviors tended to be much lower in Boulder County when compared to other communities in the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 30: Participation in Healthy Activities in Boulder County



Respondents reported the extent to which they had experienced problems with various physical health-related issues in the 12 months prior to the survey. Physical health and staying physically fit were reported as the highest health needs in Boulder County while maintaining a healthy diet and maintaining the home were considered problems by the fewest respondents. The proportions of older residents reporting problems with doing heavy or intense housework and maintaining a healthy diet were much lower in Boulder County than elsewhere while maintaining the yard was more problematic. Additional comparisons are available in *Appendix C: Benchmark Comparisons*.

Figure 31: Physical Health Problems of Older Residents in Boulder County



Mental Health

In addition to rating aspects of physical health, older residents provided insight into aspects of their mental health. About 4 in 10 older residents felt there was “excellent” or “good” availability of mental health care in Boulder County while 9 in 10 rated their overall mental health/emotional wellbeing as “excellent” or “good”. Ratings in Boulder County for the availability of mental health care were much lower than in other communities while respondents ratings for their overall mental health were higher than other communities across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 32: Availability of Mental Health Care in Boulder County

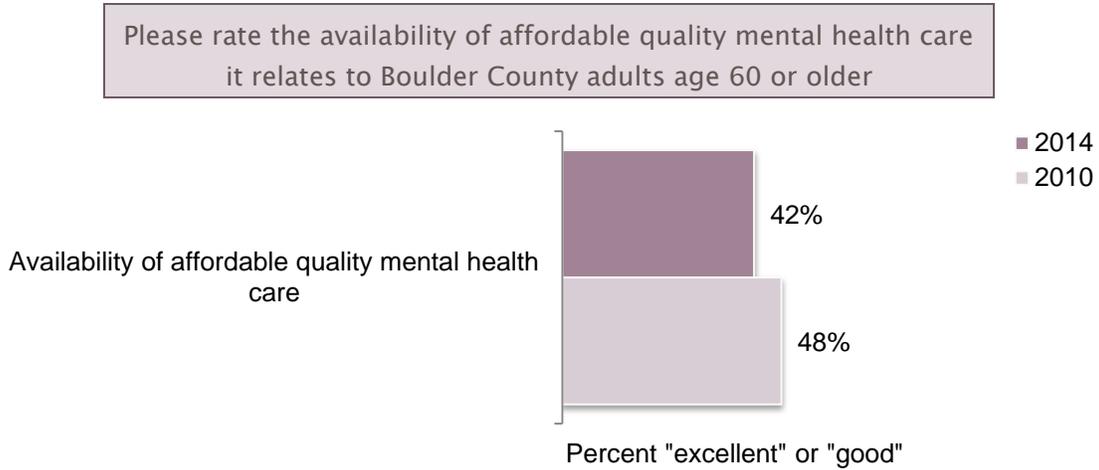
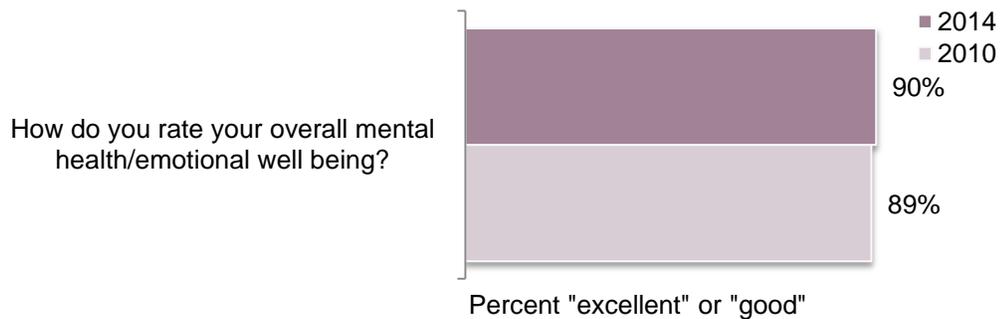
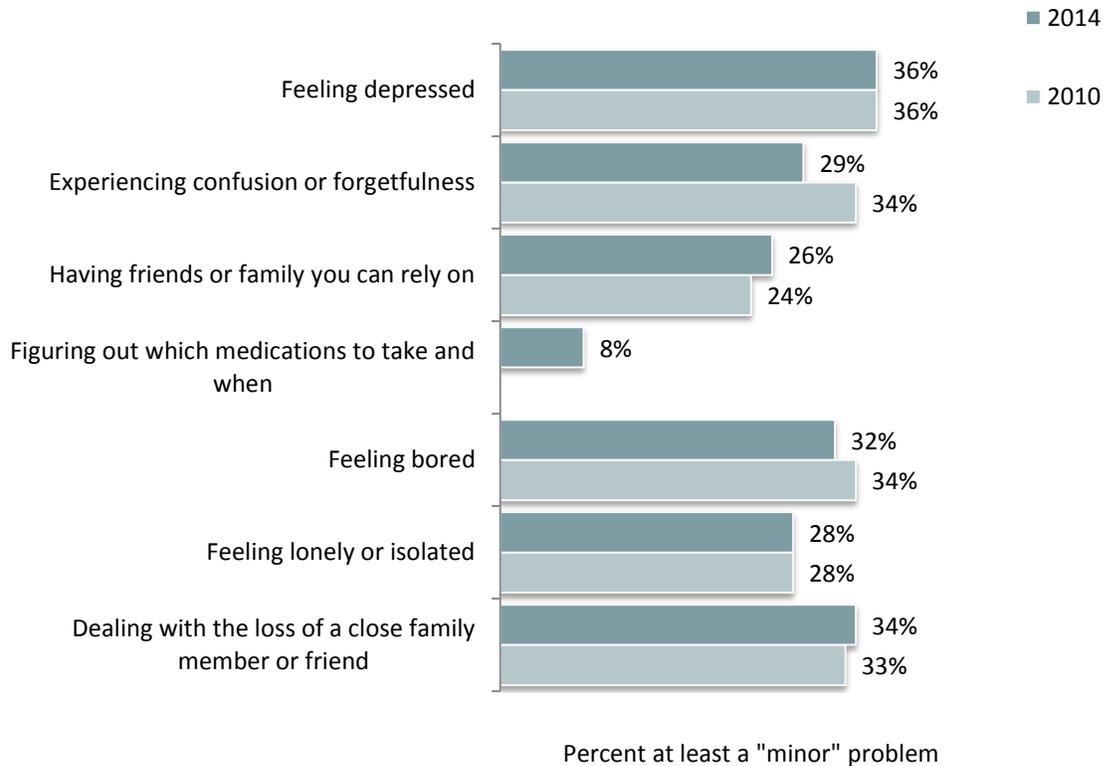


Figure 33: Emotional Wellbeing of Older Residents in Boulder County



While few older adults in Boulder County reported poor emotional wellbeing, they still reported at least “minor” problems with some aspects of their mental health. The most commonly cited mental health issues included feeling depressed and dealing with the loss of a close family member or friend, while the least cited issues included figuring out which medications to take and when and having friends or family to rely on. Fewer participants reported having problems experiencing confusion or forgetfulness compared to the previous survey. The mental health problems experienced by Boulder County older adults varied compared to other communities (see *Appendix C: Benchmark Comparisons* for details).

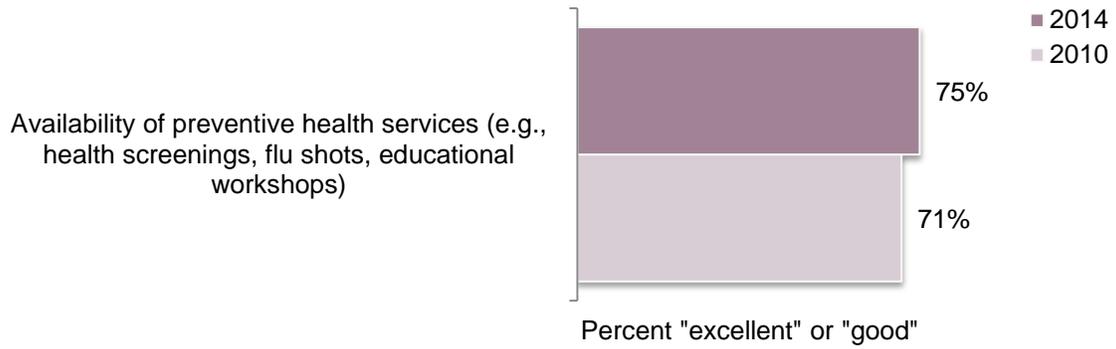
Figure 34: Mental Health Problems of Older Residents in Boulder County



Health Care

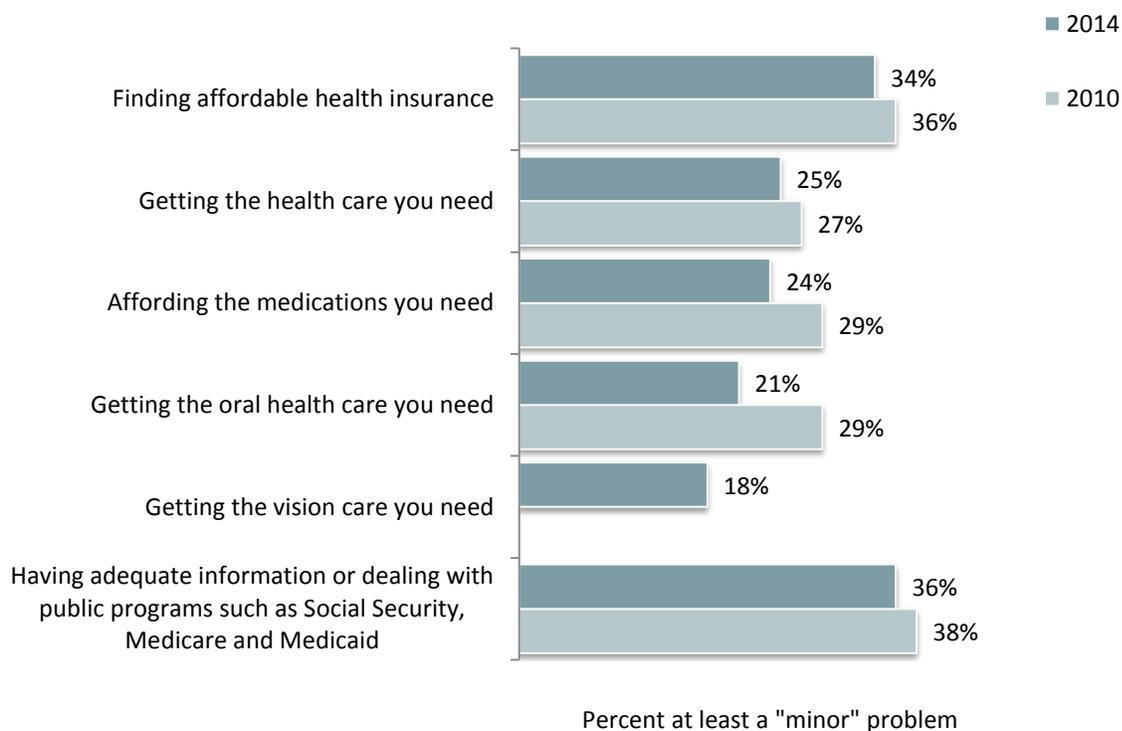
Boulder County's older residents rated the availability of preventive health services favorably as 75% felt the availability of these services were "excellent" or "good." Compared to other communities across the nation, Boulder County's preventative health services were much higher than the services provided by its peers (see *Appendix C: Benchmark Comparisons* for details).

Figure 35: Availability of Preventative Health Care in Boulder County



Older residents reported some problems with aspects of health care in Boulder County. The most commonly cited health care issues included finding affordable health insurance and having adequate information to deal with public programs, while the least cited issues included getting vision care and oral health care. Compared to 2010, fewer participants had problems with affording medications and getting oral health care. Boulder County’s older residents reported these health care problems at mostly similar rates than the older residents of other communities across the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Figure 36: Health Care Problems of Older Residents in Boulder County



Independent Living

For those unable to live independently (either temporarily or permanently), having care options available could mean the difference between remaining in or leaving the community. Boulder County’s older residents rated the availability of long-term care options impartially; about 47% felt the availability was “excellent” or “good.” The availability of daytime care options for older adults was rated similarly. Additionally, less than one-quarter of respondents reported spending time in a hospital or nursing home, although 30% had fallen and injured themselves in the 12 months prior to the survey.

Figure 37: Care Options for Older Residents in Boulder County

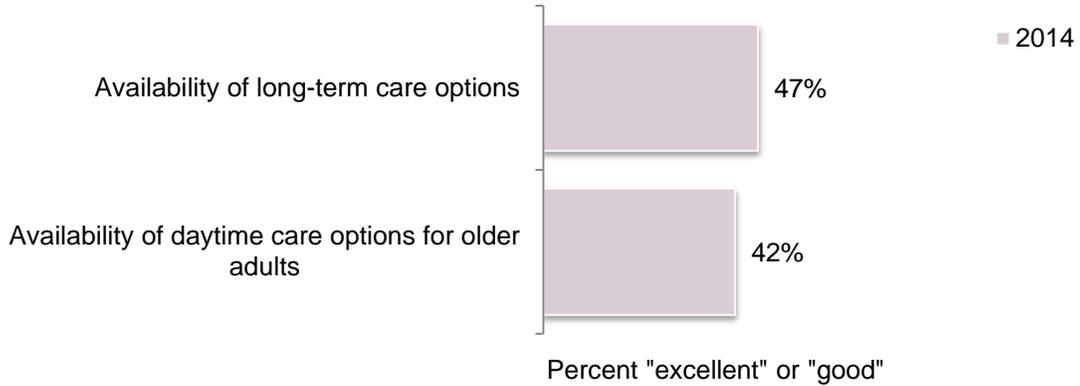
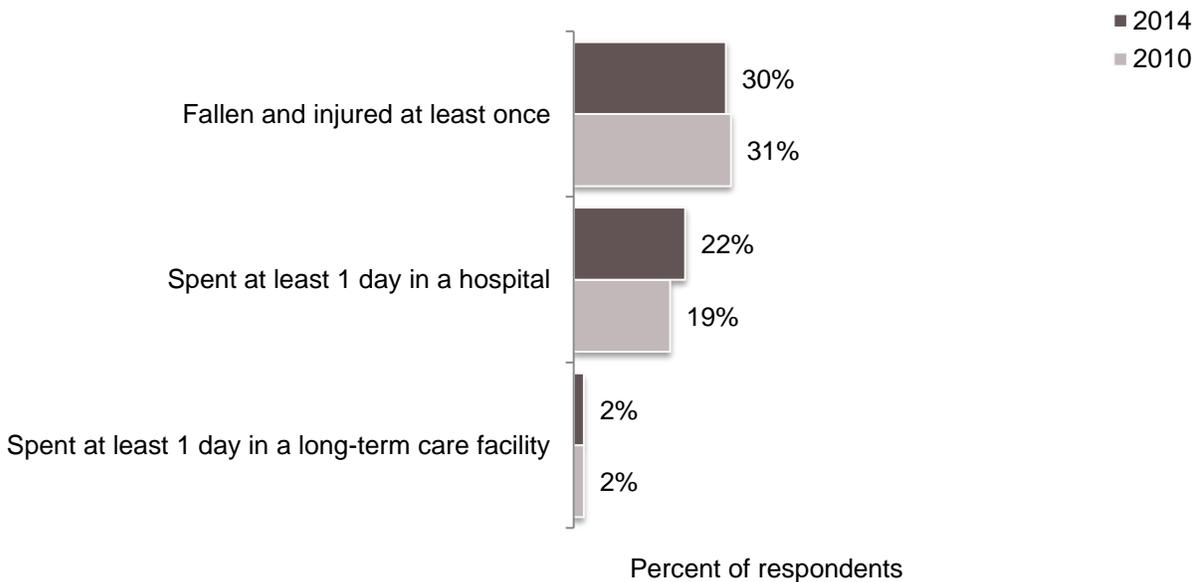
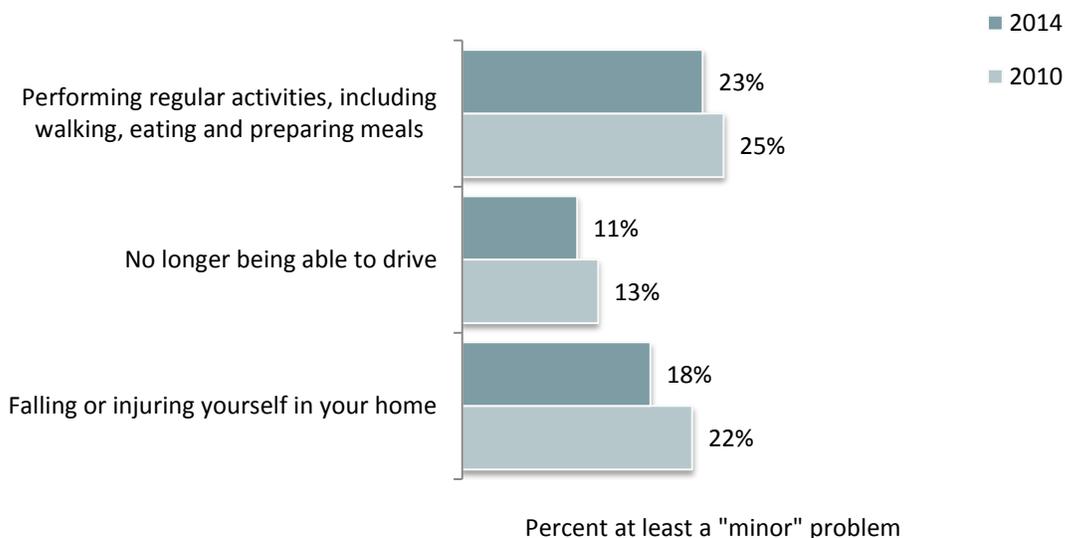


Figure 38: Falls, Hospitalizations and Institutionalizations of Older Residents in Boulder County in Prior 12 Months



Activities of daily living (ADL) usually include bathing, dressing and moving from bed to chair. Other activities of daily living, usually referred to as instrumental activities of daily living (IADL), include doing laundry, preparing meals, managing the household and so on. Inability to do one or more ADL or IADL means less independence. Overall, about one quarter of older adults reported at least “minor” problems with aspects of independent living. Most notably, 23% reported having problems with performing regular activities, including walking, eating and preparing meals. Independent living problems tended to be lower in Boulder County than in peer communities see *Appendix C: Benchmark Comparisons* for details).

Figure 39: Independent Living Problems Faced by Older Residents in Boulder County



Community Design and Land Use

The movement in America towards designing more “livable” communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. “Smart growth” is not only beneficial for the environment, but holds great promise for the mobility, independence and civic life of its older residents. Generally, communities that have planned for older adults tend to emphasize access – a community design that facilitates movement and participation.

Boulder County’s older adults evaluated a number of aspects of design and land use in the community. Respondents rated ease of walking and ease of getting places most positively with at least 73% rating each as “excellent” or “good.” The availability of affordable quality food and ease of car travel were also assessed positively while cost of living and the availability of affordable quality housing received the lowest ratings. Generally, aspects of housing and cost of living were rated lower than in other communities, but ease of car travel was rated similarly and ease of walking was rated much higher (see *Appendix C: Benchmark Comparisons* for details). Additionally, few (about one-third) respondents reported having used public transit within Boulder County (Figure 41).

Figure 40: Aspects of Design and Land Use in Boulder County

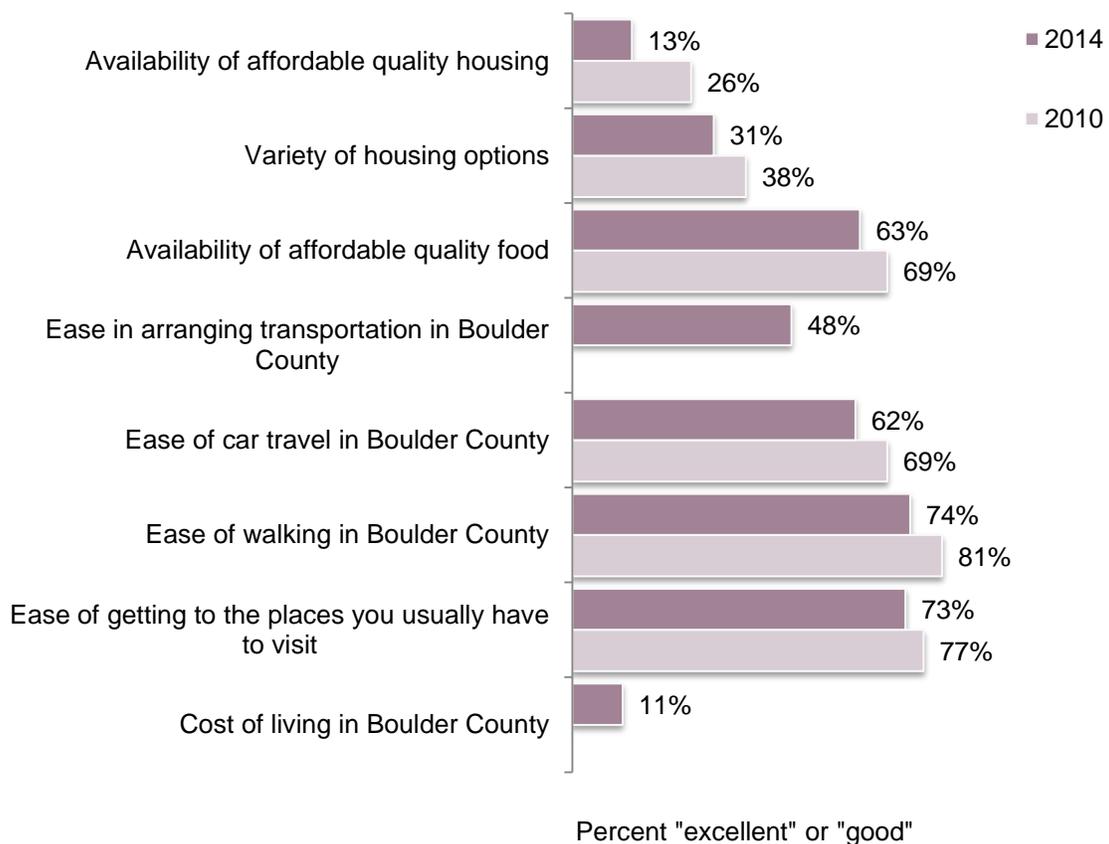
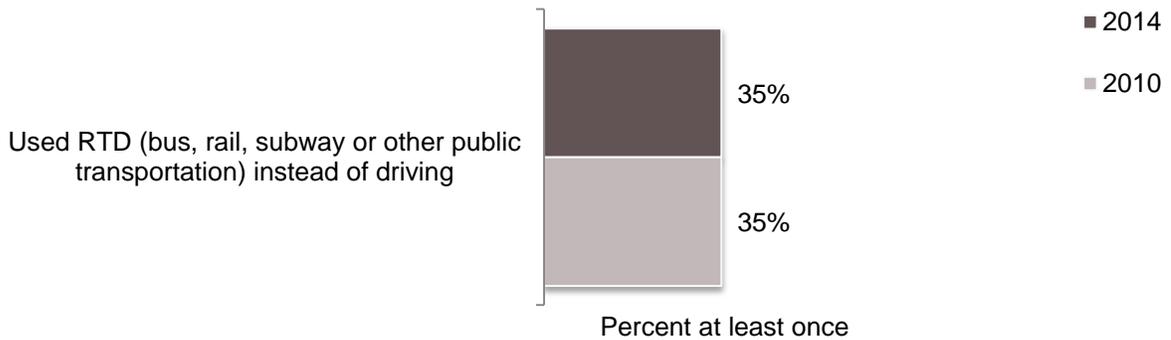
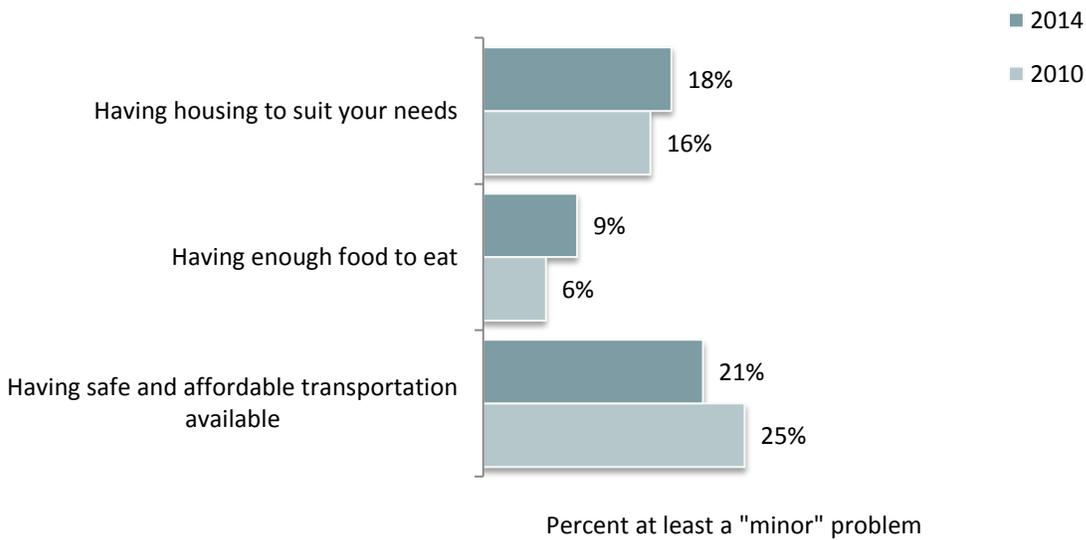


Figure 41: Bus Ridership of Older Residents in Boulder County



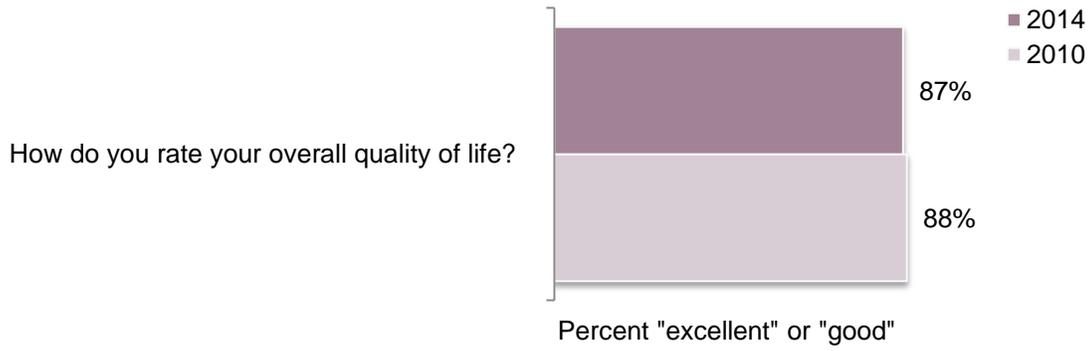
For residents to remain independent contributors to community quality, local government programs or policies can ease their participation in social and civic activities. This ease of participation comes from land use and economic planning that locates services in or close to residences, provides convenient transportation alternatives when services are too far to reach by walking and makes walking routes attractive. Few older adults in Boulder County experienced problems with having safe and affordable transportation available and having housing to suit their needs. Daily living problems tended to be similar in Boulder County when compared to other communities across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 42: Basic Needs Problems of Older Residents in Boulder County



Ultimately, communities that have planned well by promoting mobility, independence and meaningful engagement of its older residents provide a high quality of life for their residents of all ages. In Boulder County, about 8 in 10 of older residents rated their overall quality of life as “excellent” or “good;” few residents felt they had a poor quality of life. Boulder County’s quality of life was rated higher than other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Figure 43: Overall Quality of Life of Older Residents in Boulder County



Community Readiness

Communities that assist older adults to remain or become active community participants provide the requisite opportunities for recreation, transportation, culture, education, communication, social connection, spiritual enrichment and health care. It is not a package mix, so each community must identify what its older adults seek and what the community provides. The judgments of the residents for whom community planning takes place provide the elements of an equation that describes overall community quality in Boulder County (Figure 44).

The following section of this report summarizes how older residents view Boulder County as a community that creates a thriving environment for its older adults within the six community dimensions of Overall Community Quality, Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use.

- Further, older adults, more than others, face difficulties with aspects of everyday life. For many adults these difficulties vastly exceed the minor physical pains or small losses of function that characterize almost everyone's circumstances after a certain age. When individual problems are together, a group picture emerges that provides a useful description of the entire community of County. Nationally, areas where older adults face the largest share of life's challenges include health and mental health, in-home support, nutrition and food security and transportation. The County CASOA also explored specific problems or stressors encountered by older adults in County, such as physical and emotional difficulties and injuries that have compromised their independence. Within the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use, magnitude of these individual-level needs is presented (Figure 46) Older residents had the largest needs in the areas of civic engagement and physical health
- A significant portion had needs in the areas of meaningful activities and financial and legal needs
- Few reported needs in the areas of recreation and caregiving

Figure 46), culminating in an exploration of high-risk populations (Figure 49).

Boulder County Opportunities and Challenges

Survey respondents were asked to rate a number of aspects of the community which were converted to an average scale of 0 (the lowest rating, e.g., “poor”) to 100 (the highest rating, e.g., “excellent”) and then combined to provide one overall rating (index¹) for each of the six dimensions of Community Readiness. (For more information on how the summary scores were calculated see *Appendix B: Survey Methodology*.)

Summary scores provide a broad picture of the perceived fit between what the Boulder County offered to older adults and what older residents needed:

- Older residents felt the areas of Overall Community Quality and Productive Activities best met their needs
- The areas of Productive Activities, Health and Wellness and Community and Belonging received slightly lower, but good average ratings
- Community Information and Community Design and Land Use were rated less favorably and received the lowest average ratings
- Ratings of each of the dimensions of Community Readiness remained stable or decreased between 2014 and 2010 (see Figure 45)

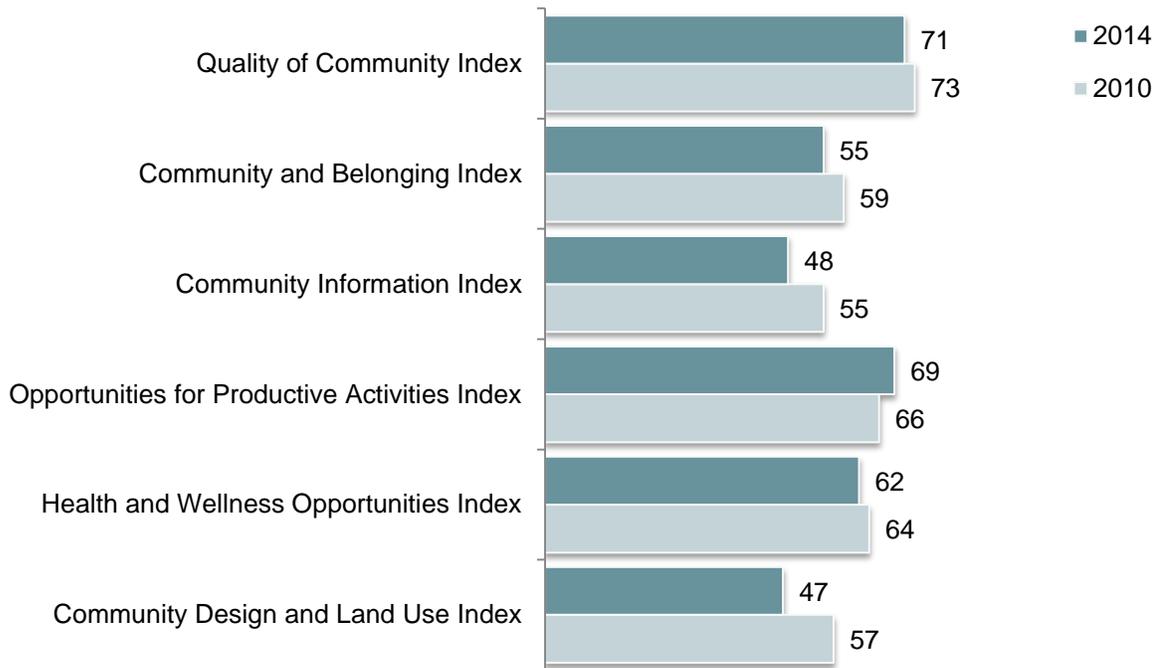
Figure 44: Boulder County Community Readiness Chart



Scale: 0=Lowest/most negative,

¹ These ratings are not to be understood like ratings from school tests. Because they are summaries of several questions that range from 0 as “poor,” 33 as “fair,” 66 as “good” and 100 as “excellent”, a score of 58, as one example, should be interpreted as closer to “good” than “fair” (with the midpoint of the scale, 50, representing equidistance between “good” and “fair”).

Figure 45: Boulder County Community Readiness by Year



Scale: 0=Lowest/most negative, 100=Highest/most positive

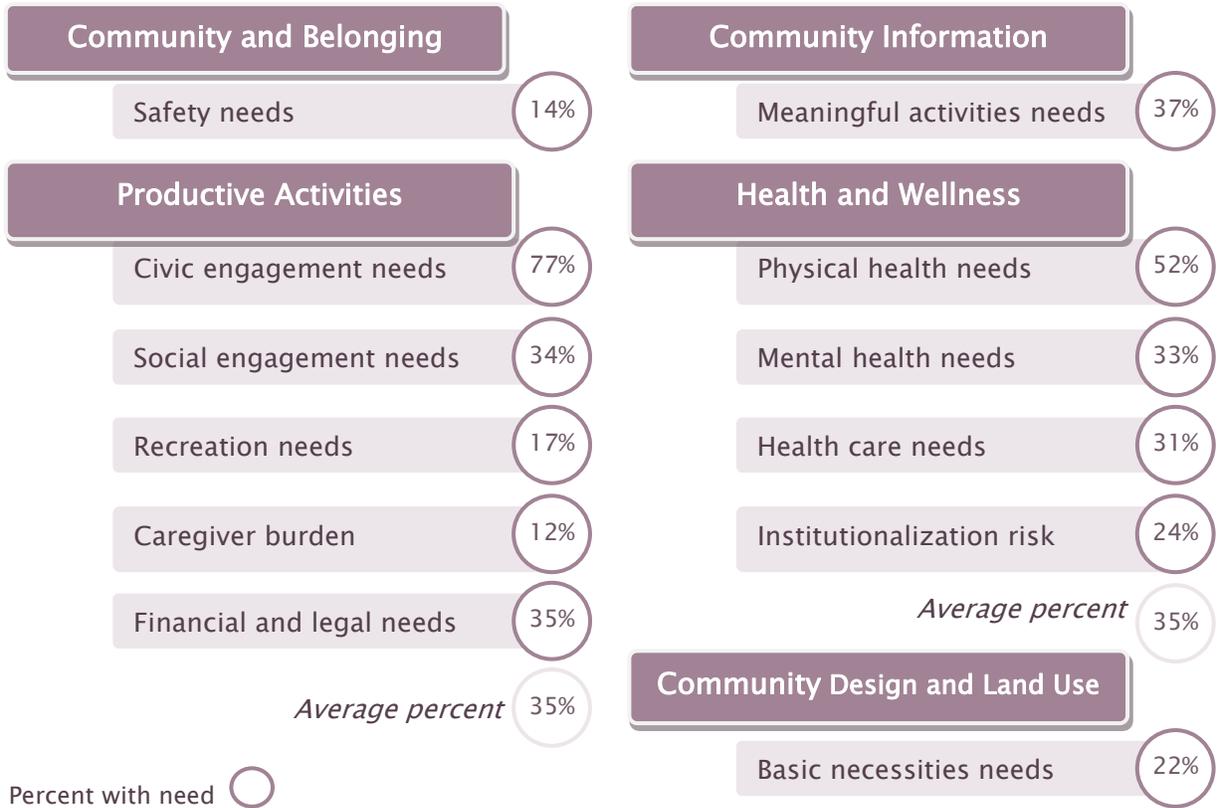
Older Resident Needs in Boulder County

Over forty individual survey questions about specific problems faced by older community members, as well as participation levels and community engagement were summarized into 12 larger areas to provide a broad picture of older resident needs in Boulder County. Summary scores are based on the average percent of respondents who experienced problems or had low levels of participation and engagement. *Appendix B: Survey Methodology* provides detailed information on the criteria used to identify respondents as having a need in a specific area. These 12 areas have been organized into the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use (no needs areas have been defined for the community dimension of Overall Community Quality).

Typically, it is understood that the self-reported needs of older adults represent a minimum level, a conservative estimate attenuated by respondents' strong desire to feel and appear self-reliant and further reduced by the silent voice of some older adults who, no matter how sensitive the attempt, are too frail to participate in any survey enterprise. Nonetheless, clear patterns of needs and strengths emerged from this assessment:

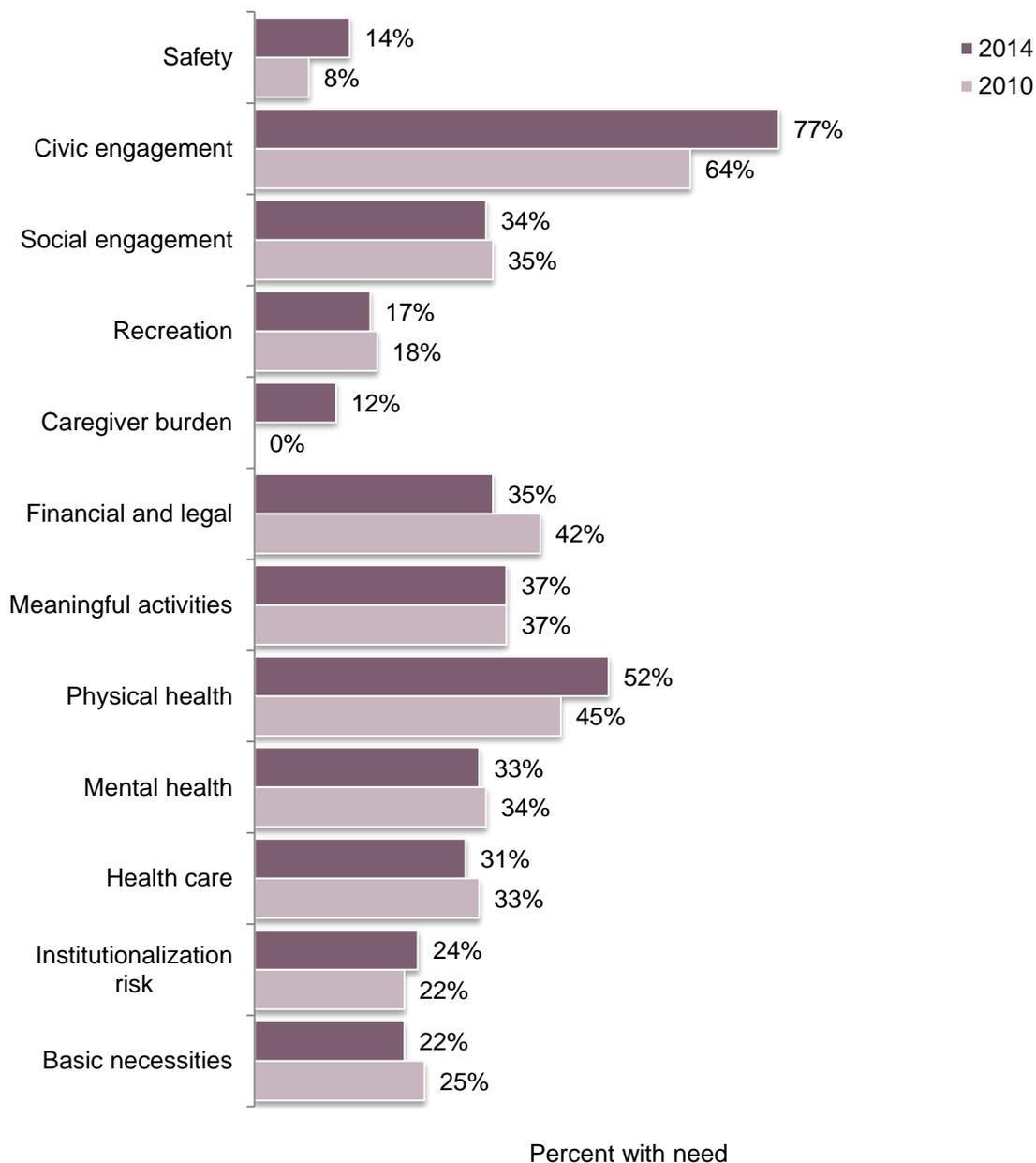
- Older residents had the largest needs in the areas of civic engagement and physical health
- A significant portion had needs in the areas of meaningful activities and financial and legal needs
- Few reported needs in the areas of recreation and caregiving

Figure 46: Older Adult Needs in Boulder County by Community Dimension



Compared to 2010, the level of need in Boulder County varied in 2014. Areas of need showing an increase included safety, civic engagement, caregiver burden and physical health. The area showing a decrease was financial and legal needs.

Figure 47: Older Adult Needs in Boulder County by Community Dimension by Year



While older residents reported the lowest prevalence of need in the areas of caregiving burden and safety, needs can be quite serious for those affected. It should be understood that the percent of the population that experiences a problem is not a measure of how difficult a problem is to endure for the people who share it. Some needs or opportunities, though rare as a percent of residents, have a particularly devastating impact on residents' quality of life – for example, needing help transferring from bed to wheelchair or having a problem with safety, so it is important to consider both the prevalence of the need or opportunity and its centrality to residents' sustained independence.

Figure 48: Older Resident Needs in Boulder County

Area of need	Percent with need	Number affected in 2014 (N= 56,668)
Safety	14%	8,162
Civic engagement	77%	43,428
Social engagement	34%	19,052
Recreation	17%	9,751
Financial and legal	35%	19,974
Meaningful activities	37%	21,237
Caregiver burden	12%	6,629
Physical health	52%	29,642
Mental health	33%	18,690
Health care	31%	17,564
Institutionalization risk	24%	13,506
Basic necessities	22%	12,605

Populations at High Risk

As people age, many learn to take better care of themselves, to plan for retirement and, generally, to move more deliberately. Aging builds wisdom but can sap resources — physical, emotional and financial. Even those blessed by good luck or those prescient enough to plan comprehensively for the best future may find themselves with unanticipated needs or with physical, emotional or financial strengths that could endure only with help. Some people age better than others and aging well requires certain strengths that are inherent and others that can be supported by assistance from the private sector and government. For Boulder County’s older adults, although needs were spread across the board, residents reporting the largest percent of unresolved needs in Boulder County were more likely to be not white, Hispanic, report a lower income or rent their homes.

Figure 49: Needs of Older Population by Sociodemographic Characteristics, Percent and Number affected in 2014 (N=56,668)*

	Community and Belonging		Community Information		Health and Wellness		Productive Activities		Community Design and Land Use	
Female	14%	3,956	37%	11,153	37%	11,202	34%	10,335	24%	7,157
Male	15%	3,891	38%	9,845	32%	8,589	37%	9,658	20%	5,368
60 to 64 years	15%	8,747	44%	24,968	33%	18,718	36%	20,683	16%	9,271
65 to 74 years	16%	8,976	36%	20,285	32%	18,092	34%	19,497	25%	14,256
75 or over	11%	6,226	31%	17,721	42%	23,826	36%	20,301	26%	14,797
White	13%	7,229	36%	20,407	33%	18,720	35%	19,674	20%	11,422
Not white	31%	17,673	60%	33,732	60%	33,779	44%	24,814	50%	28,143
Hispanic	32%	18,193	56%	31,784	49%	28,030	51%	29,130	37%	21,234
Not Hispanic	14%	7,675	37%	20,799	34%	19,388	35%	19,649	22%	12,221
Less than \$25,000	42%	23,592	57%	32,139	61%	34,295	57%	32,280	58%	32,732
\$25,000 to \$74,999	9%	5,316	36%	17,742	34%	19,503	33%	18,659	21%	11,897
\$75,000 or more	6%	3,643	31%	28,587	24%	13,491	29%	16,321	7%	4,134
Rent	31%	17,783	50%	19,981	62%	35,206	50%	28,061	68%	38,712
Own	11%	6,503	35%	22,800	31%	17,317	33%	18,903	15%	8,412
Lives alone	21%	12,105	40%	20,451	45%	25,269	42%	23,531	37%	20,731
Lives with others	11%	6,094	36%	21,237	30%	17,034	32%	18,330	15%	8,556
Overall	14%	8,162	37%	11,153	35%	19,824	35%	20,106	22%	12,605

* Source: Colorado Division of Local Government State Demography Office Population Estimates and Forecasts by Age and Gender

Responses to Boulder County's Custom Questions

In addition to the uniform questions on CASOA, Boulder County included its own unique questions on the survey to aid in planning, resource allocation and policy analysis. "Don't know" responses have been removed from the analysis for the following questions, when applicable.

Figure 50: Custom items in Question 2

Please rate each of the following characteristics as they relate to Boulder County adults age 60 or over:	Excellent	Good	Fair	Poor	Total
Availability of services at the senior center	23%	55%	17%	5%	100%
Quality of senior nutrition programs	15%	43%	30%	11%	100%

Figure 51: Custom item in Question 6

Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you? Having tooth or mouth problems	Percent of respondents
Not a problem	67%
Minor problem	20%
Moderate problem	7%
Major problem	6%
Total	100%

Figure 52: Custom item in Question 11

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?: Called for information about resources for older adults	Percent of respondents
2 times a week or more	1%
2-4 times a month	2%
Once a month or less	14%
Not at all	82%
Total	100%

Appendix A: Complete Set of Survey Responses

Frequencies Excluding “Don’t Know”

Table 1: Question 1: Quality of Community

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent	Good	Fair	Poor	Total
How do you rate Boulder County as a place to live?	49%	43%	7%	1%	100%
How do you rate Boulder County as a place to retire?	29%	41%	22%	7%	100%

Table 2: Question 2: Community Characteristics

Please rate each of the following characteristics as they relate to Boulder County adults age 60 or over:	Excellent	Good	Fair	Poor	Total
Opportunities to volunteer	51%	42%	7%	1%	100%
Employment opportunities	4%	27%	46%	23%	100%
Opportunities to enroll in skill-building or personal enrichment classes	34%	46%	17%	3%	100%
Recreation opportunities (including games, arts and library services, etc.)	51%	39%	8%	1%	100%
Fitness opportunities (including exercise classes and paths or trails, etc.)	64%	28%	7%	2%	100%
Opportunities to attend social events or activities	34%	46%	17%	3%	100%
Opportunities to attend religious or spiritual activities	45%	42%	10%	3%	100%
Opportunities to attend or participate in meetings about local government or community matters	25%	49%	22%	5%	100%
Availability of affordable quality housing	2%	11%	42%	45%	100%
Variety of housing options	6%	26%	43%	26%	100%
Availability of long-term care options	6%	41%	38%	15%	100%
Availability of daytime care options for older adults	7%	35%	42%	16%	100%
Availability of information about resources for older adults	14%	50%	26%	10%	100%
Availability of financial and legal planning services	11%	49%	29%	10%	100%
Availability of affordable quality physical health care	15%	41%	31%	13%	100%
Availability of affordable quality mental health care	9%	33%	39%	19%	100%

Please rate each of the following characteristics as they relate to Boulder County adults age 60 or over:	Excellent	Good	Fair	Poor	Total
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	24%	50%	20%	5%	100%
Availability of affordable quality food	20%	43%	30%	7%	100%
Sense of community	13%	49%	28%	10%	100%
Openness and acceptance of the community towards older residents of diverse backgrounds	12%	45%	32%	11%	100%
Ease in arranging transportation in Boulder County	10%	38%	32%	19%	100%
Ease of car travel in Boulder County	15%	47%	27%	11%	100%
Ease of walking in Boulder County	26%	48%	21%	5%	100%
Ease of getting to the places you usually have to visit	20%	53%	22%	5%	100%
Overall feeling of safety in Boulder County	22%	56%	18%	3%	100%
Valuing older residents in Boulder County	10%	45%	32%	13%	100%
Neighborliness of Boulder County	11%	41%	36%	12%	100%
Cost of living in Boulder County	1%	11%	40%	49%	100%
Availability of services at the senior center	23%	55%	17%	5%	100%
Quality of senior nutrition programs	15%	43%	30%	11%	100%

Table 3: Question 3: Overall Service to Older Adults

	Excellent	Good	Fair	Poor	Total
How would you rate the overall services provided to older adults in Boulder County?	13%	57%	25%	5%	100%

Table 4: Question 4: Level of Informedness about Services and Activities for Older Adults

In general, how informed or uninformed do you feel about services and activities available to older adults in Boulder County?	Percent of respondents
Very informed	9%
Somewhat informed	46%
Somewhat uninformed	25%
Very uninformed	20%
Total	100%

Table 5: Question 5: Quality of Life and Health

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent	Good	Fair	Poor	Total
How do you rate your overall physical health?	28%	54%	14%	4%	100%

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent	Good	Fair	Poor	Total
How do you rate your overall mental health/emotional well being?	40%	49%	9%	1%	100%
How do you rate your overall quality of life?	37%	50%	10%	3%	100%

Table 6: Question 6: Problems Faced by Older Adults

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem	Minor problem	Moderate problem	Major problem	Total
Having housing to suit your needs	82%	7%	6%	5%	100%
Your physical health	45%	31%	17%	6%	100%
Performing regular activities, including walking, eating and preparing meals	77%	12%	8%	3%	100%
Having enough food to eat	91%	5%	3%	1%	100%
Doing heavy or intense housework	53%	27%	12%	8%	100%
Having safe and affordable transportation available	79%	12%	5%	3%	100%
No longer being able to drive	89%	4%	2%	5%	100%
Feeling depressed	64%	25%	9%	2%	100%
Experiencing confusion or forgetfulness	71%	22%	5%	1%	100%
Maintaining your home	63%	25%	9%	4%	100%
Maintaining your yard	59%	26%	10%	5%	100%
Finding productive or meaningful activities to do	75%	15%	8%	2%	100%
Having friends or family you can rely on	74%	16%	7%	3%	100%
Falling or injuring yourself in your home	82%	11%	4%	2%	100%
Finding affordable health insurance	66%	15%	12%	8%	100%
Getting the health care you need	75%	15%	7%	3%	100%
Affording the medications you need	76%	15%	6%	3%	100%
Figuring out which medications to take and when	92%	5%	2%	1%	100%
Getting the oral health care you need	79%	9%	6%	5%	100%
Getting the vision care you need	82%	10%	4%	4%	100%
Having enough money to meet daily expenses	72%	15%	7%	6%	100%

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem	Minor problem	Moderate problem	Major problem	Total
Having enough money to pay your property taxes	81%	10%	5%	3%	100%
Having tooth or mouth problems	67%	20%	7%	6%	100%
Staying physically fit	49%	33%	12%	6%	100%
Maintaining a healthy diet	69%	21%	7%	3%	100%
Having interesting recreational or cultural activities to attend	72%	17%	7%	3%	100%
Having interesting social events or activities to attend	69%	19%	9%	3%	100%
Feeling bored	68%	22%	8%	2%	100%
Feeling like your voice is heard in the community	41%	28%	17%	14%	100%
Finding meaningful volunteer work	82%	10%	5%	3%	100%
Feeling physically burdened by providing care for another person	85%	8%	5%	2%	100%
Feeling emotionally burdened by providing care for another person	77%	13%	8%	3%	100%
Feeling financially burdened by providing care for another person	84%	9%	4%	3%	100%
Dealing with legal issues	78%	14%	5%	4%	100%
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	64%	22%	10%	4%	100%
Finding work in retirement	72%	8%	10%	11%	100%
Building skills for paid or unpaid work	77%	9%	9%	5%	100%
Not knowing what services are available to older adults in your community	46%	30%	15%	9%	100%
Feeling lonely or isolated	72%	18%	7%	3%	100%
Dealing with the loss of a close family member or friend	66%	19%	9%	5%	100%
Being a victim of crime	92%	3%	2%	2%	100%
Being a victim of fraud or a scam	89%	6%	3%	2%	100%
Being physically or emotionally abused	95%	3%	2%	0%	100%
Dealing with financial planning issues	65%	22%	9%	4%	100%

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem	Minor problem	Moderate problem	Major problem	Total
Being treated unfairly or discriminated against because of your age	78%	12%	7%	4%	100%

Table 7: Question 7: Days Spent in Facilities

Thinking back over the past 12 months, how many days did you spend in...	No days (zero)	One to two days	Three to five days	Six or more days	Total
A hospital	78%	10%	5%	7%	100%
A nursing home or in-patient rehabilitation facility	98%	0%	0%	2%	100%

Table 8: Question 8: Falls in Last 12 Months

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Percent of respondents
Never	70%
Once or twice	25%
3-5 times	2%
More than 5 times	2%
Total	100%

Table 9: Question 9: Recommend Living in Community

How likely or unlikely are you to recommend living in Boulder County to older adults?	Percent of respondents
Very likely	32%
Somewhat likely	44%
Somewhat unlikely	13%
Very unlikely	12%
Total	100%

Table 10: Question 10: Likelihood of Remaining in Community Throughout Retirement

How likely or unlikely are you to remain in Boulder County throughout your retirement?	Percent of respondents
Very likely	67%

How likely or unlikely are you to remain in Boulder County throughout your retirement?	Percent of respondents
Somewhat likely	24%
Somewhat unlikely	5%
Very unlikely	5%
Total	100%

Table 11: Question 11: Participation in Activities

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more	2-4 times a month	Once a month or less	Not at all	Total
Used a senior center in Boulder County	6%	6%	15%	74%	100%
Used a recreation center in Boulder County	15%	11%	18%	56%	100%
Used a public library in Boulder County	10%	19%	30%	41%	100%
Used RTD (bus, rail, subway or other public transportation) instead of driving	6%	6%	22%	65%	100%
Visited a neighborhood park	24%	22%	29%	25%	100%
Called for information about resources for older adults	1%	2%	14%	82%	100%

Table 12: Question 12: Attendance of Public Meetings

Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?	2 times a week or more	2-4 times a month	Once a month or less	Not at all	Total
Attended a local public meeting	1%	3%	25%	71%	100%
Watched (online or on television) a local public meeting	2%	4%	23%	71%	100%

Table 13: Question 13: Hours Spent Doing Activities

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)	1 to 3 hours	4 to 5 hours	6 to 10 hours	11 or more hours	Total
Participating in a club (including book, dance, game and other social)	57%	30%	7%	4%	2%	100%
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	89%	7%	2%	1%	1%	100%
Communicating/ visiting with friends and/or family	3%	23%	25%	22%	27%	100%
Participating in religious or spiritual activities with others	55%	30%	8%	4%	3%	100%
Participating in a recreation program or group activity	49%	27%	14%	6%	4%	100%
Providing help to friends or relatives	20%	45%	16%	9%	11%	100%
Volunteering your time to some group/activity in Boulder County	63%	21%	8%	4%	4%	100%

Table 14: Question 14: Hours Spent Providing Care

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)	1 to 3 hours	4 to 5 hours	6 to 10 hours	11 to 20 hours	20 or more hours	Total
One or more individuals age 60 or older	65%	14%	4%	5%	2%	9%	100%
One or more individuals age 18 to 59	78%	12%	3%	3%	2%	2%	100%
One or more individuals under age 18	78%	8%	5%	3%	2%	4%	100%

Table 15: Question 15: Regularity Doing Activities

How often, if at all, do you do each of the following, considering all of the times you could?	Never	Rarely	Sometimes	Usually	Always	Total
Eat at least 5 portions of fruits and vegetables a day	6%	11%	27%	38%	17%	100%
Participate in moderate or vigorous physical activity	6%	12%	21%	36%	24%	100%
Receive assistance from someone almost every day	80%	11%	4%	3%	2%	100%
Vote in local elections	4%	1%	4%	14%	77%	100%

Table 16: Question D1: Length of Residency

How many years have you lived in Boulder County?	Percent of respondents
Less than 1 year	1%
1-5 years	5%
6-10 years	6%
11-20 years	13%
More than 20 years	75%
Total	100%

Table 17: Question D2: Housing Unit Type

Which best describes the building you live in?	Percent of respondents
Single family home	77%
Townhouse, condominium, duplex or apartment	19%
Mobile home	2%
Assisted living residence	1%
Nursing home	0%
Other	1%
Total	100%

Table 18: Question D3: Tenure (Rent or Own)

Do you currently rent or own your home?	Percent of respondents
Rent	13%
Own (with a mortgage payment)	41%
Own (free and clear; no mortgage)	46%
Total	100%

Table 19: Question D4: Monthly Housing Costs

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?	Percent of respondents
Less than \$300 per month	13%
\$300 to \$599 per month	24%
\$600 to \$999 per month	18%
\$1,000 to \$1,499 per month	21%
\$1,500 to \$2,499 per month	15%
\$2,500 or more per month	9%
Total	100%

Table 20: Question D5: Total Number of Household Members

How many people, including yourself, live in your household?	Percent of respondents
1 person (live alone)	33%
2 people	54%
3 people	8%
4 or more people	4%
Total	100%

Table 21: Question D6: Number of Older Adult Household Members

How many of these people, including yourself, are 60 or older?	Percent of respondents
1 person	48%
2 people	51%
3 people	1%
4 or more people	0%

How many of these people, including yourself, are 60 or older?	Percent of respondents
Total	100%

Table 22: Question D7: Retirement Status

What is your employment status?	Percent of respondents
Fully retired	60%
Working full time for pay	22%
Working part time for pay	14%
Unemployed, looking for paid work	3%
Total	100%

Table 23: Question D8: Expected Age of Retirement

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents
60 to 64	7%
65 to 69	29%
70 to 74	35%
75 or older	29%
Total	100%

Table 24: Question D9: Household Income

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent of respondents
Less than \$15,000	8%
\$15,000 to \$24,999	12%
\$25,000 to \$49,999	22%
\$50,000 to \$74,999	21%
\$75,000 to \$99,999	14%
\$100,000 or more	24%
Total	100%

Table 25: Question D10: Respondent Ethnicity/Origin

Are you Spanish/Hispanic/Latino?	Percent of respondents
Yes	5%
No	95%
Total	100%

Table 26: Question D11: Respondent Race

What is your race?	Percent of respondents
American Indian or Alaskan native	2%
Asian or Pacific Islander	1%
Black, African American	1%
White/Caucasian	95%
Other	3%

Total may exceed 100% as respondents could select more than one option.

Table 27: Question D12: Respondent Age

In which category is your age?	Percent of respondents
60–64 years	36%
65–69 years	20%
70–74 years	18%
75–79 years	12%
80–84 years	8%
85–89 years	5%
90–94 years	2%
95 years or older	0%
Total	100%

Table 28: Question D13: Respondent Gender

What is your sex?	Percent of respondents
Female	53%
Male	47%
Total	100%

Table 29: Question D14: Respondent Sexual Orientation

What is your sexual orientation?	Percent of respondents
Heterosexual	97%
Lesbian	1%
Gay	2%
Bisexual	1%
Total	100%

Table 30: Question D15: Respondent Disability Status

Do you have a disability?	Percent of respondents
Yes	16%
No	84%
Total	100%

Frequencies Including “Don’t Know”

Table 31: Question 1: Quality of Community

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
	%	N	%	N	%	N	%	N	%	N	%	N
How do you rate Boulder County as a place to live?	48%	434	42%	380	7%	66	1%	12	0%	4	100%	897
How do you rate Boulder County as a place to retire?	28%	252	40%	354	22%	191	7%	60	4%	31	100%	889

Table 32: Question 2: Community Characteristics

Please rate each of the following characteristics as they relate to Boulder County adults age 60 or over:	Excellent		Good		Fair		Poor		Don't know		Total	
	%	N	%	N	%	N	%	N	%	N	%	N
Opportunities to volunteer	43%	394	36%	323	6%	52	1%	7	14%	130	100%	906
Employment opportunities	3%	26	18%	159	30%	270	15%	137	34%	305	100%	898
Opportunities to enroll in skill-building or personal enrichment classes	28%	255	38%	342	14%	128	2%	19	18%	162	100%	906
Recreation opportunities (including games, arts and library services, etc.)	49%	442	37%	336	8%	69	1%	12	5%	46	100%	904
Fitness opportunities (including exercise classes and paths or trails, etc.)	61%	556	27%	243	6%	57	2%	16	4%	36	100%	908
Opportunities to attend social events or activities	30%	273	41%	371	16%	140	2%	22	11%	96	100%	902
Opportunities to attend religious or spiritual activities	36%	328	33%	301	8%	74	2%	20	20%	177	100%	901
Opportunities to attend or participate in meetings about local government or community matters	22%	200	43%	389	19%	173	4%	36	11%	98	100%	895
Availability of affordable quality housing	2%	16	9%	79	34%	312	37%	331	18%	167	100%	905
Variety of housing options	5%	44	21%	191	35%	319	22%	194	17%	155	100%	903

Please rate each of the following characteristics as they relate to Boulder County adults age 60 or over:	Excellent		Good		Fair		Poor		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Availability of long-term care options	4%	33	25%	227	24%	213	9%	85	38%	343	100%	900
Availability of daytime care options for older adults	3%	28	16%	140	19%	169	7%	64	55%	491	100%	892
Availability of information about resources for older adults	10%	88	36%	321	19%	169	7%	67	28%	254	100%	899
Availability of financial and legal planning services	7%	60	30%	266	18%	157	6%	55	40%	355	100%	893
Availability of affordable quality physical health care	13%	113	34%	309	26%	233	11%	99	16%	148	100%	902
Availability of affordable quality mental health care	5%	43	18%	163	21%	188	11%	95	45%	401	100%	890
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	21%	189	43%	393	17%	158	4%	38	14%	126	100%	905
Availability of affordable quality food	19%	171	41%	373	29%	258	7%	63	4%	39	100%	903
Sense of community	12%	109	45%	399	25%	226	9%	77	9%	78	100%	889
Openness and acceptance of the community towards older residents of diverse backgrounds	10%	87	36%	323	26%	229	9%	78	20%	179	100%	897
Ease in arranging transportation in Boulder County	7%	59	26%	231	22%	195	13%	118	33%	293	100%	896
Ease of car travel in Boulder County	15%	132	45%	408	27%	240	11%	95	3%	23	100%	897
Ease of walking in Boulder County	25%	229	47%	423	20%	184	5%	43	3%	27	100%	905
Ease of getting to the places you usually have to visit	20%	176	52%	469	22%	199	5%	42	1%	12	100%	898
Overall feeling of safety in Boulder County	22%	198	55%	501	18%	160	3%	31	2%	15	100%	905
Valuing older residents in Boulder County	8%	71	37%	329	26%	230	11%	97	19%	171	100%	898
Neighborliness of Boulder County	10%	91	39%	351	34%	309	11%	101	5%	46	100%	899
Cost of living in Boulder County	1%	7	10%	90	38%	340	47%	418	4%	36	100%	889
Availability of services at the senior center	14%	123	32%	288	10%	91	3%	24	42%	373	100%	899
Quality of senior nutrition programs	6%	50	16%	141	11%	99	4%	35	64%	577	100%	902

Table 33: Question 3: Overall Service to Older Adults

How would you rate the overall services provided to older adults in Boulder County?	Percent of respondents	Count
Excellent	9%	78
Good	38%	343
Fair	17%	152
Poor	3%	30
Don't know	33%	299
Total	100%	902

Table 34: Question 4: Level of Informedness about Services and Activities for Older Adults

In general, how informed or uninformed do you feel about services and activities available to older adults in Boulder County?	Percent of respondents	Count
Very informed	9%	85
Somewhat informed	46%	417
Somewhat uninformed	25%	224
Very uninformed	20%	180
Total	100%	907

Table 35: Question 5: Quality of Life and Health

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
How do you rate your overall physical health?	28%	253	54%	488	14%	129	4%	35	0%	0	100%	906
How do you rate your overall mental health/emotional well being?	40%	365	49%	445	9%	84	1%	8	0%	0	100%	902
How do you rate your overall quality of life?	37%	332	50%	457	10%	89	3%	27	0%	0	100%	905

Table 36: Question 6: Problems Faced by Older Adults

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Having housing to suit your needs	81%	736	7%	67	6%	52	5%	46	1%	11	100%	912
Your physical health	45%	411	31%	285	17%	154	6%	57	0%	1	100%	908
Performing regular activities, including walking, eating and preparing meals	77%	692	12%	111	8%	72	3%	25	0%	2	100%	902
Having enough food to eat	91%	823	5%	47	3%	26	1%	12	0%	0	100%	907
Doing heavy or intense housework	53%	472	26%	237	11%	103	8%	73	1%	13	100%	899
Having safe and affordable transportation available	74%	667	11%	104	5%	46	3%	27	7%	61	100%	905
No longer being able to drive	82%	733	3%	31	2%	15	5%	41	8%	71	100%	891
Feeling depressed	64%	578	25%	224	8%	77	2%	18	1%	10	100%	906
Experiencing confusion or forgetfulness	71%	647	22%	202	5%	48	1%	8	1%	7	100%	911
Maintaining your home	63%	568	25%	223	8%	77	4%	32	1%	6	100%	906
Maintaining your yard	57%	512	25%	226	10%	88	5%	43	3%	25	100%	896
Finding productive or meaningful activities to do	74%	671	15%	136	8%	69	2%	16	1%	11	100%	904
Having friends or family you can rely on	74%	672	16%	147	7%	61	3%	29	0%	1	100%	910
Falling or injuring yourself in your home	81%	741	11%	96	4%	40	2%	21	1%	13	100%	912
Finding affordable health insurance	64%	587	15%	135	11%	104	7%	68	2%	17	100%	910
Getting the health care you need	74%	675	15%	137	7%	66	3%	24	0%	4	100%	906
Affording the medications you need	76%	688	15%	136	6%	51	3%	32	0%	4	100%	910
Figuring out which medications to take and when	91%	826	5%	46	2%	15	1%	11	1%	9	100%	906
Getting the oral health care you need	79%	719	9%	84	6%	57	5%	48	0%	3	100%	911

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
	%	N	%	N	%	N	%	N	%	N	%	N
Getting the vision care you need	81%	734	10%	93	4%	32	4%	40	1%	5	100%	905
Having enough money to meet daily expenses	72%	656	15%	141	7%	60	6%	53	0%	2	100%	911
Having enough money to pay your property taxes	78%	695	10%	89	5%	46	3%	29	4%	35	100%	894
Having tooth or mouth problems	67%	611	20%	183	7%	61	6%	51	0%	3	100%	910
Staying physically fit	49%	442	33%	294	12%	108	6%	57	0%	3	100%	904
Maintaining a healthy diet	69%	622	21%	190	7%	64	3%	26	0%	0	100%	901
Having interesting recreational or cultural activities to attend	69%	611	16%	145	7%	62	3%	27	5%	45	100%	890
Having interesting social events or activities to attend	65%	585	18%	165	9%	78	3%	24	5%	45	100%	898
Feeling bored	67%	605	21%	191	8%	70	2%	22	1%	10	100%	898
Feeling like your voice is heard in the community	31%	279	21%	188	13%	119	11%	98	23%	207	100%	891
Finding meaningful volunteer work	61%	543	7%	65	3%	30	2%	22	25%	223	100%	884
Feeling physically burdened by providing care for another person	77%	685	7%	65	4%	38	2%	19	9%	79	100%	886
Feeling emotionally burdened by providing care for another person	70%	625	12%	104	7%	62	3%	25	9%	82	100%	897
Feeling financially burdened by providing care for another person	77%	685	8%	73	3%	30	3%	27	9%	79	100%	894
Dealing with legal issues	73%	660	13%	116	4%	40	4%	32	6%	50	100%	898
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	60%	539	20%	183	9%	84	3%	31	7%	65	100%	903

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Finding work in retirement	51%	444	6%	49	7%	59	7%	65	30%	262	100%	880
Building skills for paid or unpaid work	53%	466	6%	55	6%	57	4%	31	31%	274	100%	883
Not knowing what services are available to older adults in your community	39%	351	26%	233	13%	117	7%	66	15%	133	100%	899
Feeling lonely or isolated	71%	643	18%	162	6%	58	3%	27	1%	11	100%	901
Dealing with the loss of a close family member or friend	64%	577	19%	167	9%	78	5%	46	3%	30	100%	898
Being a victim of crime	86%	773	3%	28	2%	20	2%	17	6%	58	100%	896
Being a victim of fraud or a scam	83%	750	6%	53	3%	25	2%	14	7%	62	100%	903
Being physically or emotionally abused	90%	808	3%	26	2%	18	0%	2	5%	48	100%	901
Dealing with financial planning issues	64%	575	22%	195	8%	75	4%	33	3%	26	100%	904
Being treated unfairly or discriminated against because of your age	73%	665	11%	102	6%	57	4%	33	5%	48	100%	904

Table 37: Question 7: Days Spent in Facilities

Thinking back over the past 12 months, how many days did you spend in...	No days (zero)		One to two days		Three to five days		Six or more days		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
A hospital	78%	694	10%	92	5%	45	7%	60	100%	891
A nursing home or in-patient rehabilitation facility	98%	797	0%	0	0%	1	2%	18	100%	816

Table 38: Question 8: Falls in Last 12 Months

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Percent of respondents	Count
Never	70%	640
Once or twice	25%	229
3-5 times	2%	23
More than 5 times	2%	16
Don't know	0%	4
Total	100%	912

Table 39: Question 9: Recommend Living in Community

How likely or unlikely are you to recommend living in Boulder County to older adults?	Percent of respondents	Count
Very likely	29%	261
Somewhat likely	40%	360
Somewhat unlikely	12%	108
Very unlikely	11%	97
Don't know	9%	77
Total	100%	903

Table 40: Question 10: Likelihood of Remaining in Community Throughout Retirement

How likely or unlikely are you to remain in Boulder County throughout your retirement?	Percent of respondents	Count
Very likely	62%	565
Somewhat likely	22%	202
Somewhat unlikely	5%	42
Very unlikely	4%	38
Don't know	6%	57

How likely or unlikely are you to remain in Boulder County throughout your retirement?	Percent of respondents	Count
Total	100%	905

Table 41: Question 11: Participation in Activities

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more		2-4 times a month		Once a month or less		Not at all		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
Used a senior center in Boulder County	6%	53	6%	50	15%	133	74%	674	100%	910
Used a recreation center in Boulder County	15%	133	11%	99	18%	159	56%	499	100%	890
Used a public library in Boulder County	10%	90	19%	175	30%	272	41%	367	100%	904
Used RTD (bus, rail, subway or other public transportation) instead of driving	6%	56	6%	58	22%	201	65%	587	100%	901
Visited a neighborhood park	24%	221	22%	201	29%	258	25%	223	100%	903
Called for information about resources for older adults	1%	13	2%	20	14%	127	82%	750	100%	909

Table 42: Question 12: Attendance of Public Meetings

Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?	2 times a week or more		2-4 times a month		Once a month or less		Not at all		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
Attended a local public meeting	1%	10	3%	28	25%	228	71%	644	100%	910
Watched (online or on television) a local public meeting	2%	15	4%	32	23%	207	71%	631	100%	884

Table 43: Question 13: Hours Spent Doing Activities

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 or more hours		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Participating in a club (including book, dance, game and other social)	57%	496	30%	256	7%	62	4%	36	2%	13	100%	865
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	89%	773	7%	65	2%	15	1%	8	1%	7	100%	868
Communicating/ visiting with friends and/or family	3%	22	23%	207	25%	224	22%	190	27%	240	100%	883
Participating in religious or spiritual activities with others	55%	473	30%	260	8%	68	4%	34	3%	30	100%	866
Participating in a recreation program or group activity	49%	432	27%	242	14%	128	6%	50	4%	31	100%	883
Providing help to friends or relatives	20%	169	45%	395	16%	136	9%	75	11%	93	100%	868
Volunteering your time to some group/activity in Boulder County	63%	558	21%	185	8%	70	4%	36	4%	39	100%	888

Table 44: Question 14: Hours Spent Providing Care

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 to 20 hours		20 or more hours		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
One or more individuals age 60 or older	65%	579	14%	122	4%	38	5%	47	2%	22	9%	84	100%	892
One or more individuals age 18 to 59	78%	672	12%	101	3%	28	3%	24	2%	17	2%	21	100%	863
One or more individuals under age 18	78%	675	8%	69	5%	47	3%	25	2%	15	4%	35	100%	867

Table 45: Question 15: Regularity Doing Activities

How often, if at all, do you do each of the following, considering all of the times you could?	Never		Rarely		Sometimes		Usually		Always		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Eat at least 5 portions of fruits and vegetables a day	6%	59	11%	102	27%	243	38%	348	17%	153	100%	906
Participate in moderate or vigorous physical activity	6%	59	12%	109	21%	191	36%	330	24%	216	100%	904
Receive assistance from someone almost every day	80%	722	11%	101	4%	38	3%	29	2%	16	100%	907
Vote in local elections	4%	35	1%	12	4%	36	14%	127	77%	698	100%	908

Table 46: Question D1: Length of Residency

How many years have you lived in Boulder County?	Percent of respondents	Count
Less than 1 year	1%	6
1-5 years	5%	50
6-10 years	6%	54
11-20 years	13%	124
More than 20 years	75%	686
Total	100%	919

Table 47: Question D2: Housing Unit Type

Which best describes the building you live in?	Percent of respondents	Count
Single family home	77%	707
Townhouse, condominium, duplex or apartment	19%	177
Mobile home	2%	19
Assisted living residence	1%	5
Nursing home	0%	0
Other	1%	7
Total	100%	916

Table 48: Question D3: Tenure (Rent or Own)

Do you currently rent or own your home?	Percent of respondents	Count
Rent	13%	121
Own (with a mortgage payment)	41%	376
Own (free and clear; no mortgage)	46%	415
Total	100%	912

Table 49: Question D4: Monthly Housing Costs

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?	Percent of respondents	Count
Less than \$300 per month	13%	114
\$300 to \$599 per month	24%	210
\$600 to \$999 per month	18%	161
\$1,000 to \$1,499 per month	21%	186
\$1,500 to \$2,499 per month	15%	135
\$2,500 or more per month	9%	75
Total	100%	881

Table 50: Question D5: Total Number of Household Members

How many people, including yourself, live in your household?	Percent of respondents	Count
1 person (live alone)	33%	304
2 people	54%	497
3 people	8%	74
4 or more people	4%	40
Don't know	0%	0

How many people, including yourself, live in your household?	Percent of respondents	Count
Total	100%	915

Table 51: Question D6: Number of Older Adult Household Members

How many of these people, including yourself, are 60 or older?	Percent of respondents	Count
1 person	48%	422
2 people	51%	447
3 people	1%	6
4 or more people	0%	0
Don't know	0%	0
Total	100%	874

Table 52: Question D7: Retirement Status

What is your employment status?	Percent of respondents	Count
Fully retired	60%	537
Working full time for pay	22%	200
Working part time for pay	14%	128
Unemployed, looking for paid work	3%	29
Total	100%	894

Table 53: Question D8: Expected Age of Retirement

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents	Count
60 to 64	7%	22
65 to 69	29%	84
70 to 74	35%	102

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents	Count
75 or older	29%	85
Total	100%	293

Table 54: Question D9: Household Income

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent of respondents	Count
Less than \$15,000	8%	66
\$15,000 to \$24,999	12%	98
\$25,000 to \$49,999	22%	187
\$50,000 to \$74,999	21%	174
\$75,000 to \$99,999	14%	116
\$100,000 or more	24%	207
Total	100%	848

Table 55: Question D10: Respondent Ethnicity/Origin

Are you Spanish/Hispanic/Latino?	Percent of respondents	Count
Yes	5%	41
No	95%	867
Total	100%	908

Table 56: Question D11: Respondent Race

What is your race?	Percent of respondents	Count
American Indian or Alaskan native	2%	13
Asian or Pacific Islander	1%	11

What is your race?	Percent of respondents	Count
Black, African American	1%	6
White/Caucasian	95%	847
Other	3%	24

Total may exceed 100% as respondents could select more than one option.

Table 57: Question D12: Respondent Age

In which category is your age?	Percent of respondents	Count
60-64 years	36%	327
65-69 years	20%	185
70-74 years	18%	161
75-79 years	12%	105
80-84 years	8%	71
85-89 years	5%	49
90-94 years	2%	16
95 years or older	0%	1
Total	100%	916

Table 58: Question D13: Respondent Gender

What is your sex?	Percent of respondents	Count
Female	53%	484
Male	47%	423
Total	100%	907

Table 59: Question D14: Respondent Sexual Orientation

What is your sexual orientation?	Percent of respondents	Count
Heterosexual	97%	836
Lesbian	1%	8
Gay	2%	15
Bisexual	1%	7
Total	100%	865

Table 60: Question D15: Respondent Disability Status

Do you have a disability?	Percent of respondents	Count
Yes	16%	149
No	84%	764
Total	100%	913

Appendix B: Survey Methodology

Data Collection Methods Used in the CASOA

The CASOA™ survey instrument and its administration are standardized to assure high quality survey methods and comparable results across CASOA™ communities. The CASOA™ was customized for Boulder County to reflect the correct local age definition of older adults and so that the mailing materials used official Boulder County Area Agency on Aging graphics, contact information and signatures.

Survey Development

The CASOA™ questionnaire contains many questions related to the life of older residents in the community. The instrument includes questions related to overall quality of life, characteristics of the community, perceptions of safety in the community and of 40 different needs common to older adults.

The questionnaire grew from a synthesis of a number of data collection processes including a national search of needs assessments conducted by communities across the United States, a review of the literature on aging and the conduct of numerous surveys and large scale needs assessments by NRC. A blue-ribbon panel of national experts contributed to the concept and content of CASOA™.

The items in the questionnaire were pilot tested on senior residents using a “think-aloud” method in which older adults were asked to complete the survey and describe their thought processes related to specific questions and question sets. The results of the pilot test were used to alter the questionnaire for better understanding by senior participants. The final questionnaire was tested in a set of diverse U.S. communities and modifications again were made as necessary.

Survey Sampling

“Sampling” refers to the method by which survey recipients are chosen. The “sample” refers to all those who were given a chance to participate in the survey. A sample of residents in the County 60 years of age and older was used. Although the purchased list of known senior households contained names of the residents 60 years and older, no name was printed on the survey envelope; instead, the survey was addressed to “Resident.” The list of households was compiled from a variety of public sources.

A larger list than needed was sampled so that a process referred to as “geocoding” could be used to eliminate addresses from the list that were outside the study boundaries. Geocoding is a computerized process in which addresses are compared to electronically mapped boundaries and coded as inside or outside desired boundaries. All addresses determined to be outside the study boundaries were eliminated from the sample. A stratified, systematic sampling method was used with the remaining addresses to create a mailing list of 3,000 Boulder County older adult households, with 600 surveys being sent to each of the five County areas (Boulder, Lafayette, Longmont, Louisville and all other areas within Boulder County).

In order to select a random individual 60 years of age and older within the household, the cover letter requested that the questionnaire be given to the person 60 years of age and older who most recently celebrated their birthday (regardless of year of birth) to complete. This “birthday method” is a respondent selection method which helps to randomly select an individual within a household. It is similar to other more complex methodologies (e.g., “Kisch” or “Trodahl”), but easier to implement.

Survey Administration and Response

Each sampled household received three mailings beginning in July 2014. Completed surveys were collected over the following six weeks. The first mailing was a prenotification postcard announcing the upcoming survey. A week after the prenotification postcard mailed the first wave of the survey was sent. The second wave was mailed one week after the first. The survey mailings contained a letter from the manager of the Area Agency on Aging Sherry Leach and Boulder County Aging Advisory Council Co-Chairs Debby Fahey and Ellen Taxman inviting the household to participate in the CASOA, a questionnaire and postage-paid envelope in which to return the questionnaire.

A total of 51 out 3,000 postcards were returned as undeliverable because they either had addresses that were undeliverable as addressed or were received by vacant housing units. Of the 2,949 households receiving the survey mailings, 922 completed the survey, providing a response rate of 31%. Additionally, responses were tracked by area. Response rates by area appear below.

Table 61: Survey Response Rates by Area

	Number mailed	Undeliverable postcards	Delivered surveys	Returned surveys	Response rate
Boulder	600	18	582	221	38%
Lafayette	600	8	592	172	29%
Longmont	600	4	596	177	30%
Louisville	600	7	593	190	32%
Other	600	14	586	162	28%
Total	3,000	51	2,949	922	31%

Confidence Intervals

The 95% confidence interval (or “margin of error”) quantifies the “sampling error” or precision of the estimates made from the survey results. A 95% confidence interval can be calculated for any sample size, and indicates that in 95 of 100 surveys conducted like this one, for a particular item, a result would be found that is within plus or minus four percentage points of the result that would be found if everyone in the population of interest was surveyed. The practical difficulties of conducting any resident survey may introduce other sources of error in addition to sampling error. Despite best efforts to boost participation and ensure potential inclusion of all households, some selected households will decline participation in the survey (potentially introducing non-response error) and some eligible households may be unintentionally excluded from the listed sources for the sample (referred to as coverage error).

While the 95 percent confidence interval for the survey is generally no greater than plus or minus three percentage points around any given percent reported for the entire sample and plus or minus two points on the 100-point scale, results for subgroups will have wider confidence intervals. Where estimates are given for subgroups, they are less precise. For each subgroup from the survey, the margin of error rises to as much as plus or minus 10% or six points (on the 100-point scale) for a sample size of 100.

Survey Processing (Data Entry)

Completed surveys received were assigned a unique identification number. Additionally, each survey was reviewed and “cleaned” as necessary. For example, a question may have asked a respondent to pick one response, but the respondent checked two; the cleaning process would involve randomly selecting one of the two selected responses to be recorded in the dataset.

Once all surveys were assigned a unique identification number, they were entered into an electronic dataset. This dataset was subject to a data entry protocol of “key and verify,” in which survey data were entered twice into an electronic dataset and then compared. Discrepancies were evaluated against the original survey form and corrected. “Range checks” (examination of the data for invalid values) as well as other forms of quality control were also performed.

Survey Data Weighting

The primary objective of weighting survey data is to make the survey sample reflective of the larger population of the County. This is done by: 1) reviewing the sample demographics and comparing them to the population norms from the most recent Census or other sources and 2) comparing the responses to different questions for demographic subgroups. The demographic characteristics that are least similar to the Census and yield the most different results are the best candidates for data weighting. Several different weighting “schemes” are tested to ensure the best fit for the data. The data were weighted by housing tenure (rent or own), housing unit type, race, ethnicity, age, gender, and area (Boulder, Lafayette, Longmont, Louisville, Other). The results of the weighting scheme are presented in the following table.

Table 62: Weighting Scheme for the 2014 Boulder County CASOA

	2010 Census ¹	Unweighted	Weighted
Rent	21%	8%	13%
Own	79%	92%	87%
Detached ²	81%	81%	79%
Attached ²	19%	19%	21%
White	95%	94%	94%
Not white	5%	6%	6%
Hispanic	5%	4%	4%
Not Hispanic	95%	96%	96%
Female	54%	60%	53%
Male	46%	40%	47%
Age 60 to 64	35%	30%	36%
Age 65 to 74	38%	41%	38%
Age 75 and over	27%	29%	27%
Female 60 to 64	18%	17%	18%
Female 65 to 74	20%	26%	20%
Female 75 and over	16%	18%	16%
Male 60 to 64	18%	12%	17%
Male 65 to 74	18%	16%	18%
Male 75 and over	11%	12%	11%
Boulder	28%	24%	28%
Lafayette	7%	19%	7%
Longmont	31%	19%	31%
Louisville	6%	21%	6%
Other	28%	18%	28%

¹Source: U.S. Census Bureau – Census 2010

²Source: U.S. Census Bureau – Census 2010, householder age 65 and over

Survey Data Analysis and Reporting

The survey dataset was analyzed using the Statistical Package for the Social Sciences (SPSS). For the most part, frequency distributions and mean ratings are presented in the body of the report. A complete set of frequencies for each survey question is presented in *Appendix B: Complete Set of Survey Frequencies*.

A variety of analyses were presented in the body of the report. The following sections summarize how these analyses were conducted or scores calculated.

Estimates of the Contribution of Older Adults to the Economy

The calculations of the economic contributions of older adults in Boulder County were rough estimates using data from the U.S. Department of Labor Bureau of Labor Statistics (Metropolitan and Nonmetropolitan Area Occupational Employment and Wage Estimates).

Table 63: Contribution of Older Adults to the Economy

	Percent of older adults	Number of older adults ¹	Average number of hours*	Average hourly rate**	Annual total
Providing care to older adult(s)	35%	19,893	11.7	\$11.48	\$133,807,130
Providing care to adult(s)	22%	12,536	7.4	\$11.48	\$51,784,303
Providing care to child(ren)	22%	12,518	9.6	\$11.03	\$64,564,386
Providing help to family and friends	80%	45,608	4.7	\$16.20	\$169,796,238
Volunteering	37%	21,080	4.6	\$17.84	\$85,922,712
Subtotal unpaid					\$505,874,769
Working part time	14%	8,136	15.0	\$26.76	\$164,657,302
Working full time	22%	12,663	32.0	\$26.76	\$546,746,626
Subtotal paid					\$711,403,927
Total contribution					\$1,217,278,696

¹Based on Colorado Division of Local Government State Demography Office Population Estimates and Forecasts by Age and Gender; about 56,668 adults age 60 and over in Boulder County in 2014.

The proportion of older adults who work was estimated by examining the responses to question D7 from the survey (“What is your employment status?”). Those working full-time were assumed to work 32 hours per week and those working part-time were assumed to work 15 hours per week. The proportion of survey respondents was multiplied by the number of adults 60 and over in the community to ascertain the number of employed older adults. To determine the average paid wage, information from the Bureau of Labor Statistics for the Boulder County, CO MSA was examined. Working full-time and part-time was assumed to be the equivalent of “All Occupations” (occupation code 00-0000).

The proportion of older adults doing volunteer work and providing help to friends and neighbors was determined by looking at the responses to question 12 (“During a typical week, how many hours, if any,

do you spend doing the following?”), items f (“providing help to family and friends”) and g (“volunteering your time to some group/activity”). Those responding “1 to 3 hours” were assumed to spend two hours, “4 to 5 hours” were assumed to spend 4.5 hours, those responding “6 to 10 hours” were assumed to spend eight hours, and those responding “11 or more hours” were assumed to spend 13.75 hours (125% of 11). To determine the average hourly wage, “providing help to family and friends” was assumed to be the equivalent of “Personal Care and Service Workers, All Other” (occupation code 39-9099) and volunteering was assumed to be the equivalent of “Office Clerks, General” (occupation code 43-9061).

The proportion of older adults providing care to family and friends was determined by examining the responses to question 12. Those responding “1 to 3 hours” were assumed to spend two hours, “4 to 5 hours” were assumed to spend 4.5 hours, those responding “6 to 10 hours” were assumed to spend eight hours, and those responding “11 to 19 hours” were assumed to spend 15 hours and those responding “20 or more hours” were assumed to spend 25 hours (125% of 20). To determine the average hourly wage, “providing care for older adults and adults” (items a and b) were assumed to be the equivalent of “Personal and Home Care Aides” (occupation code 39-9021) and “providing care for children” (item c) was assumed to be the equivalent of “Child Care Workers” (occupation code 39-9011).

Community Summary Scores

The community score presented in the body of the report represents the average of the questions included in the index. Although the evaluative or frequency questions were made on 4- or 5- point scales with 1 representing the best rating, the scales had different labels (e.g., “excellent,” “not a problem,” “very likely”). To calculate these average scores, the questions used in the index were converted to a common scale where 0 is the worst possible rating and 100 is the best possible rating. If everyone reported “excellent,” then the result would be 100 on the 0-100 scale. If the average rating for quality of life was right in the middle of the scale (half way between “good” and “fair”), then the result would be 50. The new scale can be thought of like the thermometer used to represent total giving to United Way. The higher the thermometer reading, the closer to the goal of 100 – in this case, the most positive response possible. The table below shows the individual questions comprising each summary score.

Index	Individual Variables Used in Index
Quality of Community	q1a. How do you rate Boulder County as a place to live?
	q1b. How do you rate Boulder County as a place to retire?
	q3. How would you rate the overall services provided to older adults in Boulder County?
	q9. Recommend living in Boulder County to older adults
	q10. Remain in Boulder County throughout your retirement
Community and Belonging	q2s. Sense of community
	q2t. Openness and acceptance of the community towards older residents of diverse backgrounds
	q2z. Overall feeling of safety in Boulder County
	q2aa. Valuing older residents in Boulder County
	q2bb. Neighborliness of Boulder County
Community	q2m. Availability of information about resources for older adults

Index	Individual Variables Used in Index
Information	q2n. Availability of financial and legal planning services
	q4. In general, how informed or uninformed do you feel about services and activities available to older adults in Boulder County?
Opportunities for Productive Activities	q2a. Opportunities to volunteer
	q2b. Employment opportunities
	q2c. Opportunities to enroll in skill-building or personal enrichment classes
	q2d. Recreation opportunities (including games, arts and library services, etc.)
	q2f. Opportunities to attend social events or activities
	q2g. Opportunities to attend religious or spiritual activities
	q2h. Opportunities to attend or participate in meetings about local government or community matters
Health and Wellness Opportunities	q2e. Fitness opportunities (including exercise classes and paths or trails, etc.)
	q2k. Availability of long-term care options
	q2l. Availability of daytime care options for older adults
	q2o. Availability of affordable quality physical health care
	q2p. Availability of affordable quality mental health care
	q2q. Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)
Community Design and Land Use	q2i. Availability of affordable quality housing
	q2j. Variety of housing options
	q2r. Availability of affordable quality food
	q2u. Ease of travel by public transportation in Community Boulder County
	q2v. Ease of car travel in Boulder County
	q2w. Ease of walking in Boulder County
	q2x. Ease of getting to the places you usually have to visit
	q2bb. Cost of living in Boulder County

Needs Summary Scores

The needs summary scores (indices) are based on the response patterns of older adults in the community. The table below contains each question included in the index and the required response to that question. So, for example, if a respondent indicated that her overall physical health (q5a) was “fair,” she would be counted as having a physical health issue along with other respondents who may have noted that they had a moderate or major problem with falling or maintaining a healthy diet, etc. Respondents with many physical health problems are counted only once in this category so that the total percent shown in the report graph represents the percent of older adults with at least one physical problem.

Index	Individual Variables Used in Index	Required Rating
Safety	Must have at least one of the following:	
	q6(b)r. Being a victim of crime	Moderate or major problem
	q6(b)s. Being a victim of fraud or a scam	Moderate or major problem
	q6(b)t. Being physically or emotionally abused	Moderate or major problem
	q6(b)v. Being treated unfairly or discriminated against because of your age	Moderate or major problem
Civic engagement	Must q15d	
	q15d. Vote in local elections	Never or rarely
	Or q13b and q13g	
	q13b. Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	Never (no hours)
	q13g. Volunteering your time to some group/activity in Boulder County	Never (no hours)
	Or q12a and q12b	
	q12a. Attended local public meeting	Not at all
q12b. Watched (online or on television) a local public meeting	Not at all	
Social engagement	Must have:	
	q6(b)d. Having interesting social events or activities to attend'	Moderate or major problem
	Or all of the following:	
	q11a. Used a senior center in Boulder County	Not at all
	q13a. Participating in a club (including book, dance, game and other social)	Never (no hours)
q13d. Participating in religious or spiritual activities with others	Never (no hours)	
Recreation	Must have q6(b)c:	
	q6(b)c. Having interesting recreational or cultural activities to attend	Moderate or major problem
	Or all of the following:	
	q11b. Used a recreation center in Boulder County	Not at all
	q11c. Used a public library in Boulder County	Not at all
q11e. Visited a neighborhood park	Not at all	

Index	Individual Variables Used in Index	Required Rating
	q13e. Participating in a recreation program or group activity	Never (no hours)
Caregiver burden	Must have:	
	q6(b)h. Feeling physically burdened by providing care for another person	Moderate or major problem
	q6(b)i. Feeling emotionally burdened by providing care for another person	Moderate or major problem
	q6(b)j. Feeling financially burdened by providing care for another person	Moderate or major problem
Financial and legal	Must have at least one of the following:	
	d9. How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)/ d5. How many people, including yourself, live in your household?	Income was at or below the income limits set by HUD for Section 8 programs
	q6(a)u. Having enough money to meet daily expenses	Moderate or major problem
	q6(a)v. Having enough money to pay your property taxes	Moderate or major problem
	q6(b)k. Dealing with legal issues	Moderate or major problem
	q6(b)m. Finding work in retirement	Moderate or major problem
	q6(b)n. Building skills for paid or unpaid work	Moderate or major problem
	q6(b)u. Dealing with financial planning issues	Moderate or major problem
Meaningful activities	Must have at least one of the following:	
	q6(a)l. Finding productive or meaningful activities to do	Moderate or major problem
	q6(b)f. Feeling like your voice is heard in the community	Moderate or major problem
	q6(b)g. Finding meaningful volunteer work	Moderate or major problem
	q6(b)o. Not knowing what services are available to older adults in your community	Moderate or major problem

Index	Individual Variables Used in Index	Required Rating
Physical health	Must have at least one of the following:	
	q5a. How do you rate your overall physical health?	Fair or poor
	q6(a)b. Your physical health	Moderate or major problem
	q6(a)e. Doing heavy or intense housework	Moderate or major problem
	q6(a)j. Maintaining your home	Moderate or major problem
	q6(a)k. Maintaining your yard	Moderate or major problem
	q6(a)w. Staying physically fit	Moderate or major problem
	q6(a)x. Maintaining a healthy diet	Moderate or major problem
	q15a. Eat at least 5 portions of fruits and vegetables a day	Never or rarely
	q15b. Participate in moderate or vigorous physical activity	Never or rarely
Mental health	Must have at least one of the following:	
	q5b. How do you rate your overall mental health/emotional wellbeing?	Fair or poor
	q6(a)h. Feeling depressed	Moderate or major problem
	q6(a)i. Experiencing confusion or forgetfulness	Moderate or major problem
	q6(a)m. Having friends or family you can rely on	Moderate or major problem
	q6(a)r. Figuring out which medications to take and when	Moderate or major problem
	q6(b)e. Feeling bored	Moderate or major problem
q6(b)p. Feeling lonely or isolated	Moderate or major problem	
q6(b)q. Dealing with the loss of a close family member or friend	Moderate or major problem	
Health care	Must have at least one of the following:	

Index	Individual Variables Used in Index	Required Rating
	q6(a)o. Finding affordable health insurance	Moderate or major problem
	q6(a)p. Getting the health care you need	Moderate or major problem
	q6(a)q. Affording the medications you need	Moderate or major problem
	q6(a)s. Getting the oral health care you need	Moderate or major problem
	q6(a)t. Getting the vision care you need	Moderate or major problem
	q6(b)l. Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	Moderate or major problem
Institutionalization risk	Must have at least one of the following:	
	q6(a)c. Performing regular activities, including walking, eating and preparing meals	Moderate or major problem
	q6(a)g. No longer being able to drive	Moderate or major problem
	q6(a)n. Falling or injuring yourself in your home	Moderate or major problem
	q7a. A hospital	Spent 3 or more days in past 12 months
	q7b. In a long-term care facility (including nursing home or in-patient rehabilitation)	Spent 3 or more days in past 12 months
	q8. Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Fell 3 or more times in past 12 months
q15c. Receive assistance from someone almost every day	Sometimes, usually or always	
Basic necessities	Must have at least one of the following:	
	q5c. How do you rate your overall quality of life?	Fair or poor
	q6(a)a. Having housing to suit your needs	Moderate or major problem
	q6(a)d. Having enough food to eat	Moderate or major problem

Index	Individual Variables Used in Index	Required Rating
	q6(a)f. Having safe and affordable transportation available	Moderate or major problem

Appendix C: Benchmark Comparisons

NRC has developed a database that collates responses to CASOA and related surveys administered in other communities, which allows the results from the Boulder County to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in 175+ communities across the nation. The demographics of NRC’s database match the demographics in the nation, based on the U.S. Census 2010 estimates.

Interpreting the Results

Ratings are compared when similar questions are included in NRC’s database and there are at least five communities in which the question was asked. Where comparisons are available, three numbers are provided in the table. The first column is Boulder County’s proportion of the population responding in a particular way (e.g., percent “likely” to recommend living in Boulder County). The second column is the rank assigned to this rating among communities where a similar question was asked. The third column is the number of communities that asked a similar question. The fourth column shows the comparison of Boulder County’s rating (column one) to the benchmark.

Where comparisons for ratings were available, Boulder County’s results were generally noted as being “higher” than the benchmark, “lower” than the benchmark or “similar” to the benchmark. In instances where ratings are considerably higher or lower than the benchmark, these ratings have been further demarcated by the attribute of “much,” (for example, “much higher” or “much lower”). These labels come from a statistical comparison of Boulder County’s rating to the benchmark where a rating is considered “similar” if it is within than the margin of error; “higher” or “lower” if the difference between your community’s rating and the benchmark is greater the margin of error; and “much higher” or “much lower” if the difference between your community’s rating and the benchmark is more than twice the margin of error.

Table 64: Boulder County as a Place for Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Boulder County as an excellent or good place to live	91%	115	286	Much higher
Boulder County as an excellent or good place to retire	71%	157	284	Similar
Excellent or good overall services provided to older adults in Boulder County	70%	4	9	Much higher

Table 65: Recommendation of Boulder County to Others Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to recommend living in Boulder County to older adults	75%	190	207	Much lower

Table 66: Remaining in Boulder County Throughout Retirement Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to remain in Boulder County throughout retirement	90%	3	9	Much higher

Table 67: Older Adult Community and Belonging Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good sense of community	63%	188	285	Much lower
Excellent or good openness and acceptance of the community towards older residents of diverse backgrounds	57%	204	269	Much lower
Excellent or good overall feeling of safety in Boulder County	78%	10	24	Much higher
Excellent or good valuing of older residents in Boulder County	55%	Not available	Not available	Not available
Excellent or good neighborliness in Boulder County	52%	20	24	Much lower

Table 68: Safety Problems Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with being a victim of crime	8%	9	9	Much lower
Problems with being a victim of fraud or a scam	11%	9	9	Much lower
Problems with being physically or emotionally abused	5%	4	9	Similar
Problems with being treated unfairly or discriminated against because of age	22%	Not available	Not available	Not available

Table 69: Awareness of Older Adult Services and Activities Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Informed about services and activities available to older adults in Boulder County	55%	6	9	Much lower

Table 70: Availability of Information About Older Adult Resource Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of information about resources for older adults	63%	3	9	Much higher
Excellent or good availability of financial and legal planning services	61%	Not available	Not available	Not available

Table 71: Meaningful Activities Needs Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding productive or meaningful activities to do	25%	6	9	Much lower
Problems with feeling like your voice is heard in the community	59%	2	9	Much higher
Problems with finding meaningful volunteer work	18%	9	9	Much lower
Problems with not knowing what services are available to older adults in your community	54%	6	9	Lower

Table 72: Civic Engagement Opportunities Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to volunteer	92%	11	202	Much higher
Excellent or good opportunities to attend or participate in meetings about local government or community matters	74%	5	9	Much higher

Table 73: Participation in Civic Activities Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Attended a local public meeting in Boulder County at least once in past 12 months	29%	4	284	Much higher
Watched (online or on television) a least once in past 12 months	29%	9	221	Much higher
Participating in a civic group (including Elks, Kiwanis, Masons, etc.) for one hour or more per week	11%	8	9	Lower
Volunteering your time to some group/activity in Boulder County for one hour or more per week	37%	2	9	Much higher
Voted in the last local election	91%	59	284	Much higher

Table 74: Social Engagement Opportunities Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to attend social events or activities	80%	29	197	Much higher
Excellent or good opportunities to attend religious or spiritual activities	87%	49	173	Much higher

Table 75: Participation in Social Activities Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a senior center in Boulder County at least once in past 12 months	26%	2	9	Much higher

Participating in a club (including book, dance, game and other social) for one hour or more per week	43%	2	9	Much higher
Communicating/ visiting with friends and/or family for one hour or more per week	97%	2	9	Higher
Participating in religious or spiritual activities with others for one hour or more per week	45%	9	9	Much lower
Providing help to friends or relatives for one hour or more per week	80%	8	9	Lower

Table 76: Social Engagement Problems Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting social events or activities to attend	31%	7	9	Much lower

Table 77: Recreational and Personal Enrichment Opportunities Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to enroll in skill-building or personal enrichment classes	80%	3	9	Much higher
Excellent or good recreation opportunities (including games, arts and library services, etc.)	91%	6	283	Much higher

Table 78: Participation in Recreational and Personal Enrichment Activities Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a recreation center in Boulder County at least once in past 12 months	44%	2	238	Much higher
Used a public library in Boulder County at least once in past 12 months	59%	6	250	Much higher
Visited a neighborhood park at least once in past 12 months	75%	2	282	Much higher
Participating in a recreation program or group activity for one hour or more per week	51%	3	9	Much higher

Table 79: Recreational Problems Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting recreational or cultural activities to attend	28%	8	9	Much lower

Table 80: Caregiver Burden in Boulder County Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling physically burdened by providing care for another person	15%	Not available	Not available	Not available
Problems with feeling emotionally burdened by providing care for another person	23%	Not available	Not available	Not available
Problems with feeling financially burdened by providing care for another person	16%	Not available	Not available	Not available

Table 81: Employment Opportunities Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good employment opportunities	31%	136	271	Similar

Table 82: Financial and Legal Problems of Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having enough money to meet daily expenses	28%	7	9	Much lower
Problems with having enough money to pay your property taxes	19%	8	9	Much lower
Problems with dealing with legal issues	22%	9	9	Much lower
Problems with finding work in retirement	28%	8	9	Much lower

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with building skills for paid or unpaid work	23%	9	9	Much lower
Problems with dealing with financial planning issues	35%	5	9	Similar

Table 83: Physical Health Opportunities Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good fitness opportunities (including exercise classes and paths or trails, etc.)	92%	2	29	Much higher
Excellent or good availability of affordable quality physical health care	56%	144	242	Lower

Table 84: Overall Physical Health of Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall physical health	82%	3	29	Much higher

Table 85: Participation in Healthy Activities Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Always or usually eats at least 5 portions of fruits and vegetables a day	55%	21	21	Much lower

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Always or usually participates in moderate or vigorous physical activity	60%	21	21	Much lower

Table 86: Physical Health Problems of Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with your physical health	55%	6	9	Similar
Problems with problems with doing heavy or intense housework	47%	8	9	Much lower
Problems with maintaining your home	37%	4	9	Similar
Problems with maintaining your yard	41%	4	9	Higher
Problems with staying physically fit	51%	6	9	Lower
Problems with maintaining a healthy diet	31%	8	9	Much lower

Table 87: Availability of Mental Healthcare Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality mental health care	42%	14	28	Much lower

Table 88: Emotional Wellbeing of Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall mental health/emotional well being	90%	3	9	Higher

Table 89: Mental Health Problems of Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling depressed	36%	4	9	Higher
Problems with experiencing confusion or forgetfulness	29%	6	9	Lower
Problems with having friends or family you can rely on	26%	3	9	Higher
Problems with figuring out which medications to take and when	8%	Not available	Not available	Not available
Problems with feeling bored	32%	8	9	Much lower
Problems with feeling lonely or isolated	28%	5	9	Similar
Problems with dealing with the loss of a close family member or friend	34%	6	9	Similar

Table 90: Availability of Preventative Health Care Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	75%	3	9	Much higher

Table 91: Health Care Problems of Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding affordable health insurance	34%	6	9	Similar
Problems with getting the health care you need	25%	4	9	Similar
Problems with affording the medications you need	24%	9	9	Much lower
Problems with getting the oral health care you need	21%	Not available	Not available	Not available
Problems with getting the vision care you need	18%	Not available	Not available	Not available
Problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	36%	6	9	Similar

Table 92: Care Options for Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of long-term care options	47%	Not available	Not available	Not available
Excellent or good availability of daytime care options for older adults	42%	Not available	Not available	Not available

Table 93: Falls, Hospitalizations and Institutionalizations of Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Spent at least 1 day in a hospital in past 12 months	22%	5	8	Lower
Spent at least 1 day in a nursing home or in-patient rehabilitation facility	2%	6	8	Similar
Had at least 1 fall in the past 12 months	30%	4	8	Similar

Table 94: Independent Living Problems of Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with performing regular activities, including walking, eating and preparing meals	23%	8	9	Much lower
Problems with no longer being able to drive	11%	8	9	Lower
Problems with falling or injuring yourself in your home	18%	8	9	Much lower

Table 95: Aspects of Design and Land Use Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality housing	13%	267	275	Much lower
Excellent or good variety of housing options	31%	194	198	Much lower

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good ease of arranging public transit travel in Boulder County	48%	37	68	Much lower
Excellent or good ease of car travel in Boulder County	62%	136	269	Similar
Excellent or good ease of walking in Boulder County	74%	80	268	Much higher
Excellent or good ease of getting to the places you usually have to visit	73%	15	24	Lower
Excellent or good cost of living	11%	20	21	Much lower

Table 96: Public Transportation Use by Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used RTD (bus, rail, subway or other public transportation) instead of driving at least once	35%	3	21	Much higher

Table 97: Basic Needs Problems of Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having housing to suit your needs	18%	4	9	Similar
Problems with having enough food to eat	9%	5	9	Similar
Problems with having safe and affordable transportation available	21%	7	9	Lower

Table 98: Overall Quality of Life of Older Residents Benchmarks

	Boulder County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall quality of life	87%	3	9	Higher

Appendix D: References

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Appendix E: Survey Materials

Important Survey on the Way!

Dear Boulder County Resident,

Your household has been selected at random to participate in an anonymous survey about the needs of older adults in Boulder County.

You will receive a copy of the survey next week in the mail with instructions for completing and returning it. Thank you in advance for helping us better serve older adults in Boulder County by participating in this important study!

Thank you for your cooperation. It is deeply appreciated.

Sincerely,



Sherry Leach
Manager, Area Agency on Aging

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Sincerely,



Sherry Leach
Manager, Area Agency on Aging



Area Agency on Aging

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Area Agency on Aging

A Division of Community Services

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Mailing Address: P.O. Box 471 • Boulder, Colorado 80306 • www.BoulderCountyAging.org

July 2014

Dear Boulder County Resident:

Boulder County is conducting a Community Assessment Survey of Older Adults to learn about their current and future needs. Your household is one of a small number of households in the county that we chose randomly to participate in this survey.

Please take a few minutes to complete the following survey. Your answers will help the County to better understand and plan for the needs of older adults in our community. You should find the questions interesting and we will definitely find your answers useful. Please participate!

To get a representative sample of county residents, the **adult 60 years or older** in your household **who most recently had a birthday** (regardless of the year of birth) should complete this survey. Please have the appropriate member of the household spend a few minutes to answer all the questions and return the survey in the enclosed postage-paid envelope. **Your responses will remain completely anonymous.**

Since only a small number of households are being surveyed, your participation is very important. If you have any questions or need assistance with this survey, please call 303-441-3570.

You can help us shape the future for older adults in Boulder County. Thank you for your time and participation.

Sincerely,

Sherry Leach
Manager, Area Agency on Aging

Debby Fahey
Boulder County Aging Advisory Council Co-Chair

Ellen Taxman
Boulder County Aging Advisory Council Co-Chair



Area Agency on Aging

A Division of Community Services

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Mailing Address: P.O. Box 471 • Boulder, Colorado 80306 • www.BoulderCountyAging.org

July 2014

Dear Boulder County Resident:

About one week ago we sent you this survey that asks for your opinion about the needs of older adults in Boulder County. If you have already completed the survey and returned it, we thank you and ask you to disregard this letter. **Do not complete the survey a second time.** If you haven't had a chance complete and mail the survey, please do so now. We are very interested in obtaining your input.

Please take a few minutes to complete the following survey. Your answers will help the County to better understand and plan for the needs of older adults in our community. You should find the questions interesting and we will definitely find your answers useful. Please participate!

To get a representative sample of county residents, the **adult 60 years or older** in your household **who most recently had a birthday** (regardless of the year of birth) should complete this survey. Please have the appropriate member of the household spend a few minutes to answer all the questions and return the survey in the enclosed postage-paid envelope. **Your responses will remain completely anonymous.**

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Sincerely,

Sherry Leach
Manager, Area Agency on Aging

Debby Fahey
Boulder County Aging Advisory Council Co-Chair

Ellen Taxman
Boulder County Aging Advisory Council Co-Chair

Please complete this questionnaire if you are the adult (age 60 or older) in the household who most recently had a birthday. The adult's year of birth does not matter. Please circle the response that most closely represents your opinion for each question. Your responses are anonymous and will be reported in group form only.

1. Please circle the number that comes closest to your opinion for each of the following questions:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
How do you rate Boulder County as a place to live?	1	2	3	4	5
How do you rate Boulder County as a place to retire?.....	1	2	3	4	5

2. Please rate each of the following characteristics as they relate to Boulder County adults age 60 or older:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
Opportunities to volunteer	1	2	3	4	5
Employment opportunities	1	2	3	4	5
Opportunities to enroll in skill-building or personal enrichment classes	1	2	3	4	5
Recreation opportunities (including games, arts, and library services, etc.)	1	2	3	4	5
Fitness opportunities (including exercise classes and paths or trails, etc.)	1	2	3	4	5
Opportunities to attend social events or activities	1	2	3	4	5
Opportunities to attend religious or spiritual activities	1	2	3	4	5
Opportunities to attend or participate in meetings about local government or community matters	1	2	3	4	5
Availability of affordable quality housing	1	2	3	4	5
Variety of housing options	1	2	3	4	5
Availability of long-term care options	1	2	3	4	5
Availability of daytime care options for older adults	1	2	3	4	5
Availability of information about resources for older adults	1	2	3	4	5
Availability of financial or legal planning services	1	2	3	4	5
Availability of affordable quality physical health care	1	2	3	4	5
Availability of affordable quality mental health care	1	2	3	4	5
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	1	2	3	4	5
Availability of affordable quality food	1	2	3	4	5
Sense of community	1	2	3	4	5
Openness and acceptance of the community towards older residents of diverse backgrounds	1	2	3	4	5
Ease in arranging transportation in Boulder County	1	2	3	4	5
Ease of travel by car in Boulder County	1	2	3	4	5
Ease of walking in Boulder County	1	2	3	4	5
Ease of getting to the places you usually have to visit	1	2	3	4	5
Overall feeling of safety in Boulder County	1	2	3	4	5
Valuing older residents in Boulder County	1	2	3	4	5
Neighborliness of Boulder County	1	2	3	4	5
Cost of living in Boulder County	1	2	3	4	5
Availability of services at the senior center	1	2	3	4	5
Quality of senior nutrition programs	1	2	3	4	5

3. How would you rate the overall services provided to older adults in Boulder County?

- Excellent
- Good
- Fair
- Poor
- Don't know

4. In general, how informed or uninformed do you feel about services and activities available to older adults in Boulder County?

- Very informed
- Somewhat informed
- Somewhat uninformed
- Very uninformed

5. Please circle the number that comes closest to your opinion for each of the following questions:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
How do you rate your overall physical health?	1	2	3	4	5
How do you rate your overall mental health/emotional well being?	1	2	3	4	5
How do you rate your overall quality of life?	1	2	3	4	5

6a. The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?

	<i>Not a problem</i>	<i>Minor problem</i>	<i>Moderate problem</i>	<i>Major problem</i>	<i>Don't know</i>
Having housing to suit your needs.....	1	2	3	4	5
Your physical health	1	2	3	4	5
Performing regular activities, including walking, eating and preparing meals.....	1	2	3	4	5
Having enough food to eat.....	1	2	3	4	5
Doing heavy or intense housework.....	1	2	3	4	5
Having safe and affordable transportation available.....	1	2	3	4	5
No longer being able to drive	1	2	3	4	5
Feeling depressed	1	2	3	4	5
Experiencing confusion or forgetfulness	1	2	3	4	5
Maintaining your home	1	2	3	4	5
Maintaining your yard.....	1	2	3	4	5
Finding productive or meaningful activities to do	1	2	3	4	5
Having friends or family you can rely on.....	1	2	3	4	5
Falling or injuring yourself in your home	1	2	3	4	5
Finding affordable health insurance	1	2	3	4	5
Getting the health care you need	1	2	3	4	5
Affording the medications you need	1	2	3	4	5
Figuring out which medications to take and when.....	1	2	3	4	5
Getting the oral health care you need.....	1	2	3	4	5
Getting the vision care you need	1	2	3	4	5
Having enough money to meet daily expenses	1	2	3	4	5
Having enough money to pay your property taxes	1	2	3	4	5
Having tooth or mouth problems.....	1	2	3	4	5

6b. The following questions list a number of other problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?

	<i>Not a problem</i>	<i>Minor problem</i>	<i>Moderate problem</i>	<i>Major problem</i>	<i>Don't know</i>
Staying physically fit	1	2	3	4	5
Maintaining a healthy diet.....	1	2	3	4	5
Having interesting recreational or cultural activities to attend	1	2	3	4	5
Having interesting social events or activities to attend.....	1	2	3	4	5
Feeling bored	1	2	3	4	5
Feeling like your voice is heard in the community.....	1	2	3	4	5
Finding meaningful volunteer work.....	1	2	3	4	5
Feeling <u>physically</u> burdened by providing care for another person	1	2	3	4	5
Feeling <u>emotionally</u> burdened by providing care for another person.....	1	2	3	4	5
Feeling <u>financially</u> burdened by providing care for another person	1	2	3	4	5
Dealing with legal issues	1	2	3	4	5
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	1	2	3	4	5
Finding work in retirement.....	1	2	3	4	5
Building skills for paid or unpaid work	1	2	3	4	5
Not knowing what services are available to older adults in your community	1	2	3	4	5
Feeling lonely or isolated	1	2	3	4	5
Dealing with the loss of a close family member or friend	1	2	3	4	5
Being a victim of crime.....	1	2	3	4	5
Being a victim of fraud or a scam	1	2	3	4	5
Being physically or emotionally abused.....	1	2	3	4	5
Dealing with financial planning issues.....	1	2	3	4	5
Being treated unfairly or discriminated against because of your age	1	2	3	4	5

7. Thinking back over the past 12 months, how many days did you spend...

As a patient in a hospital? _____ number of days

In a long-term care facility (including nursing home or in-patient rehabilitation)? _____ number of days

8. Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...

- Never
- Once or twice
- 3-5 times
- More than 5 times
- Don't know

9. How likely or unlikely are you to recommend living in Boulder County to older adults?

- Very likely
- Somewhat likely
- Somewhat unlikely
- Very unlikely
- Don't know

10. How likely or unlikely are you to remain in Boulder County throughout your retirement?

- Very likely
- Somewhat likely
- Somewhat unlikely
- Very unlikely
- Don't know

11. In the last 12 months, about how many times, if ever, have you participated in or done each of the following?

	<i>2 times a week or more</i>	<i>2-4 times a month</i>	<i>Once a month or less</i>	<i>Not at all</i>
Used a senior center in Boulder County	1	2	3	4
Used a recreation center in Boulder County	1	2	3	4
Used a public library in Boulder County	1	2	3	4
Used RTD (bus, rail, subway or other public transportation) instead of driving	1	2	3	4
Visited a neighborhood park.....	1	2	3	4
Called for information about resources for older adults	1	2	3	4

12. Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?

	<i>2 times a week or more</i>	<i>2-4 times a month</i>	<i>Once a month or less</i>	<i>Not at all</i>
Attended a local public meeting	1	2	3	4
Watched (online or on television) a local public meeting	1	2	3	4

13. During a typical week, how many hours, if any, do you spend doing the following?

	<i>Never (no hours)</i>	<i>1 to 3 hours</i>	<i>4 to 5 hours</i>	<i>6 to 10 hours</i>	<i>11 or more hours</i>	<i>Don't know</i>
Participating in a club (including book, dance, game and other social)	1	2	3	4	5	6
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	1	2	3	4	5	6
Communicating/visiting with friends and/or family.....	1	2	3	4	5	6
Participating in religious or spiritual activities with others	1	2	3	4	5	6
Participating in a recreation program or group activity	1	2	3	4	5	6
Providing help to friends or relatives	1	2	3	4	5	6
Volunteering your time to some group/activity in Boulder County	1	2	3	4	5	6

14. During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant personal relationship (such as a spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?

	<i>Never (no hours)</i>	<i>1 to 3 hours</i>	<i>4 to 5 hours</i>	<i>6 to 10 hours</i>	<i>11 to 19 hours</i>	<i>20 or more hours</i>	<i>Don't know</i>
One or more individuals age 60 or older.....	1	2	3	4	5	6	7
One or more individuals age 18 to 54	1	2	3	4	5	6	7
One or more individuals under age 18	1	2	3	4	5	6	7

15. How often, if at all, do you do each of the following, considering all of the times you could?

	<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Usually</i>	<i>Always</i>
Eat at least 5 portions of fruits and vegetables a day	1	2	3	4	5
Participate in moderate or vigorous physical activity.....	1	2	3	4	5
Receive assistance from someone almost every day	1	2	3	4	5
Vote in local elections	1	2	3	4	5

Our last questions are about you and your household. Again, all of your responses to this survey are completely anonymous and will be reported in group form only.

D1. How many years have you lived in Boulder County?

- Less than 1 year
- 1-5 years
- 6-10 years
- 11-20 years
- More than 20 years

D2. Which best describes the building you live in?

- Single family home
- Townhouse, condominium, duplex or apartment
- Mobile home
- Assisted living residence
- Nursing home
- Other

D3. Do you currently rent or own your home?

- Rent
- Own (with a mortgage payment)
- Own (free and clear; no mortgage)

D4. About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?

- Less than \$300 per month
- \$300 to \$599 per month
- \$600 to \$999 per month
- \$1,000 to \$1,499 per month
- \$1,500 to \$2,499 per month
- \$2,500 or more per month

D5. How many people, including yourself, live in your household? _____ **members**

D6. How many of these people, including yourself, are 60 or older? _____ **members**

D7. What is your employment status?

- Fully retired → *Go to Question D9*
- Working full time for pay
- Working part time for pay
- Unemployed, looking for paid work

D8. [IF NOT YET FULLY RETIRED]

At what age do you expect to retire completely and not work for pay at all? _____ **years old**

D9. How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)

- Less than \$15,000
- \$15,000 to \$24,999
- \$25,000 to \$49,999
- \$50,000 to \$74,999
- \$75,000 to \$99,999
- \$100,000 or more

Please respond to both questions D10 and D11.

D10. Are you Spanish/Hispanic/Latino?

- Yes
- No

D11. What is your race? (Mark one or more races to indicate what race you consider yourself to be.)

- American Indian or Alaskan native
- Asian or Pacific Islander
- Black, African American
- White/Caucasian
- Other

D12. In which category is your age?

- 60-64 years
- 65-69 years
- 70-74 years
- 75-79 years
- 80-84 years
- 85-89 years
- 90-94 years
- 95 years or older

D13. What is your sex?

- Female
- Male

D14. What is your sexual orientation?

- Heterosexual
- Lesbian
- Gay
- Bi-sexual

D15. Do you have a disability?

- Yes
- No

Thank you for completing this survey. Please return the completed survey in the postage-paid envelope to:
National Research Center, Inc. Data Entry
P.O. Box 549, Belle Mead NJ 08502-9922



Area Agency on Aging

A Division of Community Services

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