

# Boulder County, CO

2014

Geographic Subgroup Comparisons



Community Assessment Survey  
for Older Adults™



2955 Valmont Road, Suite 300 • Boulder, Colorado 80301  
[www.n-r-c.com](http://www.n-r-c.com) • 303-444-7863

# C o n t e n t s

Survey Background..... 1

# Survey Background

## About the Community Assessment Survey for Older Adults™

Boulder County Area Agency on Aging contracted with National Research Center, Inc. (NRC) to conduct an assessment of the strengths and needs of its older residents. The Community Assessment Survey for Older Adults (CASOA™) is a statistically valid survey of older adults used by staff, elected officials and other stakeholders to plan for older adult services, programs and facilities. The ultimate goal of the assessment is to create an empowered community that supports a vibrant older adult population in Boulder County.

The survey and its administration are standardized to assure high quality survey methods and comparable results across CASOA™ communities. Participating older adult households 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 and a self-addressed and postage paid envelope was included to facilitate the mailing of completed surveys. Survey results were statistically weighted to reflect the proper demographic composition of older adults in the entire community.

Communities conducting CASOA™ can choose from a number of optional services to customize the reporting of survey results. Boulder County's Report of Geographic Subgroup Comparisons is one of the custom options and additional reports are available under separate cover. This report contains the results of crosstabulations of survey questions 1 through 15 by respondents' geographic location.

## “Don't Know” Responses

On many of the questions in the survey respondents may answer “don't know.” The proportion of respondents giving this reply is shown in the full set of responses included in Appendix A of the Full Report (under separate cover). However, these responses have been removed from the Geographic Subgroup Comparisons analyses presented in this report. In other words, the tables display the responses from respondents who had an opinion about a specific item.

## Understanding the Tables

In this report, comparisons between demographic subgroups are shown. For most of the questions, we have shown only one number for each question. We have summarized responses to show only the proportion of respondents giving a certain answer; for example, the percent of respondents who rated the quality of life as “excellent” or “good,” or the percent of respondents who participated in an activity at least once.

ANOVA and chi-square tests of significance were applied to these comparisons of survey questions by demographic subgroups. A “p-value” of 0.05 or less indicates that there is less than a 5% probability that differences observed between subgroups are due to chance; or in other words, a greater than 95% probability that the differences observed are “real.” Where differences were statistically significant, they are marked in grey.

## Precision of Estimates

It is customary to describe the precision of estimates made from surveys by a “level of confidence” (or margin of error). A traditional level of confidence, and the one used here, is 95%. The margin of error for Boulder County overall was plus or minus 3% around any given percent for the entire sample. Where estimates are given for subgroups, they are less precise. Generally the 95% confidence interval is plus or

minus 10 percentage points for samples of 100, and for smaller sample sizes (i.e., 50), the margin of error rises to plus or minus 14%. The significance testing for the following comparisons is more precise than the general rule of thumb.

For each geographic area (Boulder, Lafayette, Longmont, Louisville and other areas within Boulder County), the margin of error rises to approximately plus or minus 8% since sample sizes were 221 for Boulder, 172 for Lafayette, 177 for Longmont, 190 for Louisville and 162 for other areas within Boulder County.

## Subgroup Comparisons

Responses in the following tables show only the proportion of respondents giving a certain answer; for example, the percent of respondents who rated the quality of life as “excellent” or “good.” ANOVA and chi-square tests of significance were applied to these comparisons of survey questions. A “p-value” of 0.05 or less indicates that there is less than a 5% probability that differences observed between areas are due to chance; or in other words, a greater than 95% probability that the differences observed are “real.” Where differences were statistically significant, they have been shaded grey.

### Comparisons by Geography

**Table 1: Question 1: Quality of Community**

Percent of respondents who rated the following as "excellent" or "good":	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
How do you rate Boulder County as a place to live?	96%	94%	85%	96%	91%	91%
How do you rate Boulder County as a place to retire?	79%	74%	66%	70%	68%	71%

**Table 2: Question 2: Community Characteristics**

Percent of respondents who rated the following as "excellent" or "good":	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Opportunities to volunteer	97%	93%	89%	89%	92%	92%
Employment opportunities	26%	39%	33%	33%	32%	31%
Opportunities to enroll in skill-building or personal enrichment classes	85%	77%	73%	81%	84%	80%
Recreation opportunities (including games, arts and library services, etc.)	96%	87%	87%	90%	89%	91%
Fitness opportunities (including exercise classes and paths or trails, etc.)	96%	90%	85%	92%	95%	92%
Opportunities to attend social events or activities	85%	78%	75%	86%	80%	80%
Opportunities to attend religious or spiritual activities	93%	87%	79%	91%	89%	87%
Opportunities to attend or participate in meetings about local government or community matters	81%	77%	63%	74%	78%	74%

Percent of respondents who rated the following as "excellent" or "good":	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Availability of affordable quality housing	10%	15%	19%	10%	9%	13%
Variety of housing options	23%	32%	39%	30%	32%	31%
Availability of long-term care options	50%	40%	41%	54%	50%	47%
Availability of daytime care options for older adults	37%	39%	43%	64%	41%	42%
Availability of information about resources for older adults	69%	53%	56%	75%	67%	63%
Availability of financial and legal planning services	65%	48%	56%	66%	64%	61%
Availability of affordable quality physical health care	57%	54%	53%	70%	57%	56%
Availability of affordable quality mental health care	44%	41%	42%	45%	40%	42%
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	75%	73%	72%	82%	77%	75%
Availability of affordable quality food	65%	63%	62%	70%	61%	63%
Sense of community	69%	54%	63%	66%	56%	63%
Openness and acceptance of the community towards older residents of diverse backgrounds	58%	53%	54%	57%	61%	57%
Ease in arranging transportation in Boulder County	58%	42%	41%	68%	43%	48%
Ease of car travel in Boulder County	62%	58%	62%	62%	62%	62%
Ease of walking in Boulder County	82%	67%	68%	85%	73%	74%
Ease of getting to the places you usually have to visit	79%	73%	67%	77%	72%	73%
Overall feeling of safety in Boulder County	89%	78%	66%	89%	79%	78%
Valuing older residents in Boulder County	59%	54%	50%	61%	56%	55%
Neighborliness of Boulder County	56%	47%	46%	69%	52%	52%
Cost of living in Boulder County	12%	11%	12%	9%	10%	11%
Availability of services at the senior center	82%	72%	79%	90%	71%	78%
Quality of senior nutrition programs	59%	52%	58%	77%	57%	59%

**Table 3: Question 3: Overall Services to Older Adults**

	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Percent of respondents who rated the overall quality of services to older adults as "excellent" or "good"	76%	71%	64%	89%	67%	70%

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

	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Percent of respondents who felt "somewhat" or "very" informed about the services and activities for older adults	56%	62%	62%	66%	44%	55%

**Table 5: Question 5: Quality of Life and Health**

Percent of respondents who rated the following as "excellent" or "good":	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
How do you rate your overall physical health?	83%	77%	75%	81%	90%	82%
How do you rate your overall mental health/emotional well being?	94%	86%	84%	90%	93%	90%
How do you rate your overall quality of life?	91%	84%	81%	87%	91%	87%

**Table 6: Question 6: Problems Faced by Older Adults**

Percent of respondents who reported at least a "minor" problem with the following:	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Having housing to suit your needs	16%	26%	24%	21%	13%	18%
Your physical health	57%	63%	62%	51%	42%	55%
Performing regular activities, including walking, eating and preparing meals	17%	33%	31%	21%	18%	23%
Having enough food to eat	6%	9%	17%	18%	2%	9%
Doing heavy or intense housework	42%	47%	55%	51%	41%	47%

Percent of respondents who reported at least a "minor" problem with the following:	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Having safe and affordable transportation available	17%	19%	26%	24%	19%	21%
No longer being able to drive	7%	10%	16%	15%	7%	11%
Feeling depressed	34%	41%	42%	35%	29%	36%
Experiencing confusion or forgetfulness	27%	37%	33%	28%	23%	29%
Maintaining your home	33%	43%	40%	40%	35%	37%
Maintaining your yard	37%	42%	45%	35%	42%	41%
Finding productive or meaningful activities to do	23%	30%	30%	30%	19%	25%
Having friends or family you can rely on	28%	27%	23%	21%	28%	26%
Falling or injuring yourself in your home	13%	22%	26%	21%	11%	18%
Finding affordable health insurance	34%	39%	37%	28%	32%	34%
Getting the health care you need	26%	27%	29%	18%	21%	25%
Affording the medications you need	21%	29%	33%	16%	18%	24%
Figuring out which medications to take and when	5%	8%	14%	11%	4%	8%
Getting the oral health care you need	16%	19%	32%	22%	13%	21%
Getting the vision care you need	13%	19%	29%	19%	12%	18%
Having enough money to meet daily expenses	22%	39%	37%	31%	21%	28%
Having enough money to pay your property taxes	15%	21%	21%	14%	21%	19%
Having tooth or mouth problems	26%	36%	43%	35%	26%	33%
Staying physically fit	42%	60%	63%	48%	45%	51%
Maintaining a healthy diet	22%	40%	42%	36%	25%	31%
Having interesting recreational or cultural activities to attend	18%	39%	39%	29%	23%	28%
Having interesting social events or activities to attend	25%	42%	40%	32%	27%	31%
Feeling bored	24%	42%	41%	38%	26%	32%
Feeling like your voice is heard in the community	59%	61%	61%	45%	61%	59%

Percent of respondents who reported at least a "minor" problem with the following:	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Finding meaningful volunteer work	12%	25%	27%	12%	12%	18%
Feeling physically burdened by providing care for another person	12%	22%	19%	10%	13%	15%
Feeling emotionally burdened by providing care for another person	27%	28%	20%	17%	23%	23%
Feeling financially burdened by providing care for another person	11%	23%	20%	11%	16%	16%
Dealing with legal issues	19%	23%	28%	20%	20%	22%
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	27%	45%	39%	35%	39%	36%
Finding work in retirement	20%	34%	40%	32%	21%	28%
Building skills for paid or unpaid work	19%	28%	29%	21%	22%	23%
Not knowing what services are available to older adults in your community	47%	58%	56%	51%	58%	54%
Feeling lonely or isolated	23%	35%	33%	33%	25%	28%
Dealing with the loss of a close family member or friend	30%	29%	37%	29%	35%	34%
Being a victim of crime	4%	13%	13%	4%	6%	8%
Being a victim of fraud or a scam	9%	15%	13%	7%	11%	11%
Being physically or emotionally abused	4%	8%	8%	1%	5%	5%
Dealing with financial planning issues	32%	39%	42%	37%	28%	35%
Being treated unfairly or discriminated against because of your age	16%	28%	28%	25%	20%	22%

**Table 7: Question 7: Days Spent in Facilities**

Percent of respondents who spent at least 1 day...	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
As a patient in a hospital	19%	23%	26%	27%	20%	22%
In a nursing home or in-patient rehabilitation facility	3%	4%	2%	7%	1%	2%

**Table 8: Question 8: Falls in Last 12 Months**

Percent of respondents who had at least 1 fall.	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it?	27%	34%	36%	32%	23%	30%

**Table 9: Question 9: Recommend Living in Community**

	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Percent of respondents "somewhat" or "very" likely to recommend living in Boulder County	81%	77%	77%	83%	65%	75%

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

	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Percent of respondents "somewhat" or "very" likely to remain in Boulder County throughout their retirement	92%	93%	89%	88%	90%	90%

**Table 11: Question 11: Participation in Activities**

Percent of respondents who participated in or did the following at least once:	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Used a senior center in Boulder County	27%	27%	32%	33%	17%	26%
Used a recreation center in Boulder County	50%	48%	37%	56%	41%	44%
Used a public library in Boulder County	65%	70%	54%	68%	55%	59%
Used RTD (bus, rail, subway or other public transportation) instead of driving	56%	28%	22%	38%	29%	35%
Visited a neighborhood park	82%	83%	72%	82%	70%	75%
Called for information about resources for older adults	17%	20%	23%	23%	11%	18%

**Table 12: Question 12: Attendance of Public Meetings**

Percent of respondents who attended at least once:	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Attended a local public meeting	5%	2%	4%	2%	5%	4%
Watched (online or on television) a local public meeting	5%	3%	7%	3%	5%	5%

**Table 13: Question 13: Hours Spent Doing Activities**

Percent of respondents who spent at least 1 hour doing the following:	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Participating in a club (including book, dance, game and other social)	41%	32%	41%	53%	46%	43%
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	6%	7%	15%	14%	12%	11%
Communicating/ visiting with friends and/or family	98%	97%	96%	94%	99%	97%
Participating in religious or spiritual activities with others	38%	51%	59%	46%	36%	45%
Participating in a recreation program or group activity	60%	48%	38%	57%	56%	51%
Providing help to friends or relatives	83%	80%	78%	87%	80%	80%
Volunteering your time to some group/activity in Boulder County	41%	37%	33%	41%	37%	37%

**Table 14: Question 14: Hours Spent Providing Care**

Percent of respondents who provided at least 1 hour of care to...	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
One or more individuals age 60 or older	37%	34%	35%	35%	34%	35%
One or more individuals age 18 to 59	21%	17%	24%	18%	24%	22%
One or more individuals under age 18	21%	24%	23%	25%	21%	22%

**Table 15: Question 15: Regularity Doing Activities**

Percent of respondents who always or usually doing the following:	Area					Overall
	Boulder	Lafayette	Longmont	Louisville	Other	
Eat at least 5 portions of fruits and vegetables a day	66%	53%	46%	53%	56%	55%
Participate in moderate or vigorous physical activity	69%	49%	51%	64%	65%	60%
Receive assistance from someone almost every day	4%	9%	8%	4%	2%	5%
Vote in local elections	96%	90%	85%	94%	92%	91%