

An Assessment of the Needs of Tompkins County Residents Sixty Years of Age and Older



*Completed by:
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*For:
Tompkins County Office for the Aging
September 24, 2012*

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Introduction

The Tompkins County Office for the Aging (COFA) makes ongoing efforts to assess the needs of County residents age 60 and older, as mandated under the Older Americans Act. Furthermore, COFA attempts to determine the extent to which those needs are being met, and to the extent possible and appropriate, to develop systems and resources to meet unmet needs.

In 1995, COFA conducted a needs assessment of the 60+ population in Tompkins County, which provided a wealth of information on the status of local senior citizens. In 2004, as part of the New York State Office for the Aging (NYSOFA) Project 2015, COFA conducted a follow-up survey to obtain a snapshot of seniors' current situations, to consider needs in terms of current resources, and to make recommendations accordingly.

Now in 2012, COFA has implemented a comparable survey to identify current trends in needs and resources, as well as to determine areas of change relative to previous assessment data to assist with long-range planning. It is hoped that these data will provide needed information not only for COFA's planning process, but also for that of other private and public entities and agencies as they plan for their senior clients.

Since the last assessment done in 2004, the first of the baby boomers has started to reach senior status. Overall, Tompkins County has seen a 34% increase in population of people age 60 and over between 2000 and 2010. This group now represents 15.8% of the total county population, up from 12.4% in 2000. The first wave of the baby boomers accounts for the largest part of this growth: between 2000 and 2010, there was an 88.7% increase in persons age 60-64 in Tompkins County. As this large generation continues to age, they will place demands on government, service systems, and the community-at-large in a multitude of ways. Tompkins County is no exception to these trends.

Methodology

This survey attempted, wherever possible and appropriate, to replicate the 2004 needs assessment for comparability purposes. Some questions were revised, eliminated and added, but as many variables as possible were retained as written for comparability.

As in 2004, the survey was conducted by telephone, but an additional option for completing the survey online was offered for individuals unable or unwilling to complete the telephone survey. Telephone surveys typically have higher response rates than mail surveys and offer the opportunity for interviewers to probe when necessary and clarify questions. While internet surveys present similar problems as mail survey do (typically low response rates, more missing data, and fewer opportunities for question clarification and interview probing), offering an additional survey mode increased

response rate overall. The most in-depth information could be obtained in a personal, face-to-face interview, but it is too costly in terms of available resources to engage this methodology.

The most serious drawback in conducting a telephone or internet survey is that people without telephones or internet access are by definition not contacted, and these individuals may be among the most needy. Additionally those who are too frail or hard-of-hearing to participate in a telephone survey are excluded. As a result of these limitations, one can hypothesize that the results of the study are to some unspecified degree more positive than the actual situation in the County.

Instrument Development

The majority of the questions on the survey were taken from the needs assessment conducted by COFA in 2004. The survey questions concerned demographic information, employment, housing, transportation, isolation, activities, physical and mental health, nutrition, care-giving, awareness and use of services, health insurance and crime. Through meetings and contacts with local health and human service providers, COFA made changes and additions to the survey questions. A copy of the questionnaire may be seen in Appendix A.

Sample Selection

It was estimated that 366 interviews were needed to obtain results with no more than 5% error at the 95% level of confidence. A total of 402 interviews were actually completed.

The sample was drawn randomly from the mailing list of the Senior Circle newsletter. This publication circulates to over 10,600 of the 16,042 residents of Tompkins County who are 60 years of age and older. The list is comprised of all County residents 60 years of age and older who are registered to vote, plus those seniors who come to COFA or Lifelong for services who are not registered to vote. This latter group is almost always low-income, and consequently, any bias of the voter registration list towards higher incomes is reduced to some unspecified degree.

A letter from the Director of COFA was sent to each person drawn from the list explaining the purpose of the survey and alerting the recipient to the fact that they would be called (Appendix B).

Table 1 details the results of each individual in the sample. A total of 1,001 individuals were called with 402 completed surveys. Three hundred seventy-four surveys were completed with income data provided by respondents (considered a key variable for analysis.) One hundred thirty-one individuals refused to participate resulting in a 75.4% response rate. Two hundred fourteen telephone numbers were disconnected or incorrect. Sixty-two individuals were deemed ineligible to participate (e.g. deceased, too ill or no longer Tompkins County residents.) One hundred ninety-two individuals in the sample were deemed unable to contact after a minimum of 4 calls were made to the number at varying times of the day and week.

Table 1 Survey Sample Results	
Outcome	N
Complete (total)	402
with income data	374
no income data	28
Refused	131
Ineligible	62
Number out of service	214
Unable to contact	192
Total	1,001

Mode of Completion

Two thirds of the interviews were conducted by telephone and one third of interviews were self-administered online (Table 2.) It appears that offering the online survey option was helpful in increasing participation among males. Males were much more likely than females to complete the online survey than the telephone survey (Table 3.) Income was a clear predictor of mode of participation with 100% of individuals below poverty completing by telephone and approximately half of individuals above median completing online (Table 4.) Correspondingly, as age increased so did the likelihood that respondents completed the survey by telephone rather than online (Table 5.)

Table 2 Completions by Survey Mode		
	N	Percent
Telephone	266	66.2%
Online	136	33.8%
<i>Total</i>	<i>402</i>	<i>100%</i>

Table 3 Completions by Mode and Gender				
Mode	Male	Female	Total N	Percent
Telephone	100	166	266	66.2%
Online	76	60	136	33.8%
<i>Total N</i>	<i>176</i>	<i>226</i>	<i>402</i>	
Percent	43.8%	56.2%		100.0%

Table 4 Completions by Mode and Income Category				
	Telephone	Online	Total N	Percent
Below 100% Poverty	17	0	17	4.6%
Between 100-220% Poverty	64	14	78	20.9%
Between 220% Poverty and Median Income	77	23	100	26.7%
Above Median Income	94	85	179	47.9%
<i>Total N</i>	252	122	374	
Percent	67.4%	32.6%		100.0%

Table 5 Completions by Mode and Age Category				
	Telephone	Online	Total N	Percent
60-64	54	43	97	24.4%
65-69	51	42	93	23.4%
70-74	46	30	76	19.1%
75-79	42	8	50	12.6%
80-84	43	8	51	12.8%
85-89	27	0	27	6.8%
90-94	3	1	4	1.0%
<i>Total N</i>	266	132	398	
Percent	66.8%	33.2%		100.0%

Interviewer Training

Five individuals were hired to conduct interviews on a part-time, temporary basis. It was important that these individuals be carefully trained in order to obtain valid and complete interviews. Interviewers familiarized themselves with the interview and the instructions (Appendix C) in a training session. Each interviewer practiced the survey instrument on a peer interviewer, and then the pair switched roles. Interviewers conducted further practice interviews with the Project Director as deemed necessary. The interviewers were observed as they proceeded with actual interviews until they were judged to be ready.

Limitations of the Study

All survey data are limited by factors which need to be considered when evaluating results. The sample size in this study is adequate for generalizing to the 60+ senior population in Tompkins County to the extent that if this study were repeated with other same size samples, 95% of the time the same results would be obtained within an error rate of plus or minus 5%. However, the size of the subgroups within the sample is not large enough to make similar generalizations.

Secondly, it is possible that those who refused to be interviewed would have given significantly different responses than those who completed the interview. The same consideration applies to those who were out of town.

Thirdly, while a very high percentage of the County's seniors were on the list from which the sample was drawn, those who were not may well be from a poorer economic group than most of those in the sample.

Finally, the validity of all surveys is diminished to the extent that respondents may not be willing or able to give valid responses, by interview error, by data entry error, and other factors. We have tried in our development of the instrument, in our pre-testing and in our training of interviewers and data entry staff, to obtain as valid information as possible.

Results

Statistical Interpretation of Results

The responses to each question in the survey may be seen in Appendix D in frequencies and percentages. Unless otherwise noted, results described in the text can be seen in Appendix D. In order to estimate the situation of seniors in Tompkins County from the survey responses, the percentage response needs only to be multiplied by 16,042 the number of seniors 60 and older in the County according to the 2010 Census of the United States. The extent to which a sample is representative of the population from which it is drawn is an essential consideration in every scientific survey. A comparison of the age, gender and race percentages of the sample with those of the Tompkins County population as well as to the 2004 sample may be seen in the Demographic Data section below.

Demographic Data

As seen in Tables 6-10, most of the survey percentages correspond reasonably well to those from the 2010 Census, with the following exceptions: the sample under-represents the 60-64 age group and slightly over-represents the 70-74 age group; seniors from Groton are under-represented; and minorities are slightly under-represented. Statistically, the size of these differences is not large enough to be further analyzed.

We saw a significant improvement over 2004 when females were over-represented in the sample. The 2012 survey achieved a very representative sample based on gender. Additionally, the 2012 survey data more accurately reflects county poverty rates than in 2004.

Age	2000 Census	2004 Survey Sample	2010 Census	2012 Survey Sample
60-64	22.6%	21.2%	31.8%	24.4%
65-69	20.1%	13.0%	21.6%	24.4%
70-74	18.6%	17.9%	14.0%	19.1%
75-79	16.4%	21.7%	11.5%	12.6%
80-84	11.7%	14.8%	9.8%	12.8%
85+	10.5%	11.5%	11.2%	7.8%

Table 7				
Gender by Population and Sample for 2004 and 2012 Assessments				
Gender	2000 Census	2004 Survey Sample	2010 Census	2012 Survey Sample
Male	42.4%	39.7%	45.1%	43.8%
Female	57.6%	60.3%	54.9%	56.2%

Table 8				
Race by Population and Sample for 2004 and 2012 Assessments				
Race	2000 Census	2004 Survey Sample	2010 Census	2012 Survey Sample
White	95.8%	94.9%	94.7%	97.9%
Black	1.8%	1.8%	2.0%	0.3%
Native American	0.1%	0.5%	0.2%	0.0%
Asian	1.5%	0.8%	2.1%	0.5%
Native Hawaiian/ Pacific Islander	0.0%	0.0%	0.0%	0.0%
Other	0.2%	0.0%	0.2%	0.3%
2 or More Races	0.6%	1.5%	0.8%	1.0%
Total Minority	4.2%	4.6%	5.3%	2.1%
Spanish Origin	0.5%	2.0%	1.1%	2.6%

Table 9				
Township Residence by Population and Sample for 2004 and 2012 Assessments				
Location	2000 Census	2004 Survey Sample	2010 Census	2012 Survey Sample
Caroline	3.4%	3.1%	4.1%	5.0%
Danby	3.5%	3.6%	4.4%	5.8%
Dryden	14.5%	19.3%	16.3%	15.3%
Enfield	3.6%	3.8%	4.2%	5.0%
Groton	8.3%	5.6%	7.3%	4.5%
Ithaca City	18.9%	19.6%	15.8%	14.1%
Ithaca Town	23.3%	20.1%	21.1%	19.9%
Lansing	11.7%	11.7%	13.0%	14.8%
Newfield	5.3%	5.3%	6.1%	7.8%
Ulysses	7.5%	7.9%	7.7%	7.8%

Table 10				
Poverty Status by Population and Sample for 2004 and 2012 Assessments				
	2000 Census (age 65+)	2004 Survey Sample	2010 Census (Age 60+)	2012 Survey Sample
At/ Below Poverty	5.2%	7.7%	5.5%	4.6%

Characteristics of the Sample Respondents

Age and Gender

Table 11 reflects a breakdown of the respondents by age and gender.

Table 11									
Age and Gender of Respondents									
	60-64	65-69	70-74	75-79	80-84	85-89	90-94	Total N	Percent
Male	43	40	42	17	22	10	2	176	44.2%
Female	54	53	34	33	29	17	2	222	55.8%
<i>Total N</i>	<i>97</i>	<i>93</i>	<i>76</i>	<i>50</i>	<i>51</i>	<i>27</i>	<i>4</i>	<i>398</i>	
Percent	24.4%	23.4%	19.1%	12.6%	12.8%	6.8%	1.0%		100.0%

Marital Status

Respondents were asked about their marital status. A cross-tabulation of marital status of respondents by age and gender can be seen in Tables 12 and 13.

Table 12									
Age and Marital Status									
	60-64	65-69	70-74	75-79	80-84	85-89	90-94	Total N	Percent
Married	74	69	57	29	26	9	1	265	66.9%
Partnered	1	4	1	0	3	0	0	9	2.3%
Widowed	6	5	7	13	14	12	2	59	14.9%
Divorced	9	11	5	6	6	3	1	41	10.4%
Separated	0	2	1	1	1	0	0	5	1.3%
Never Married	6	1	5	1	1	3	0	17	4.3%
<i>Total N</i>	<i>96</i>	<i>93</i>	<i>76</i>	<i>50</i>	<i>51</i>	<i>27</i>	<i>4</i>	<i>397</i>	
Percent	24.2%	23.2%	19.2%	12.6%	12.9%	6.8%	1.0%		100.0%

Table 13				
Gender and Marital Status				
	Male	Female	Total N	Percent
Married	137	131	268	67.0%
Partnered	6	3	9	2.3%
Widowed	13	46	59	14.8%
Divorced	10	31	41	10.3%
Separated	4	1	5	1.3%
Never Married	5	13	18	4.5%
<i>Total N</i>	<i>175</i>	<i>226</i>	<i>401</i>	
Percent	43.8%	56.3%		100.0%

Number in Household

The numbers of individuals in each household cross-tabulated with their age and gender are presented in Tables 14 and 15. It is of interest to note that 78 of the 104 respondents living alone were women (75%).

Table 14									
Age and Number in Household									
	60-64	65-69	70-74	75-79	80-84	85-89	90-94	Total N	Percent
1	18	16	14	16	20	16	3	103	25.9%
2	62	72	58	32	29	11	1	265	66.6%
3	9	3	3	2	2	0	0	19	4.8%
4	7	1	1	0	0	0	0	9	2.3%
5	1	0	0	0	0	0	0	1	0.3%
6	0	1	0	0	0	0	0	1	0.3%
<i>Total N</i>	<i>97</i>	<i>93</i>	<i>76</i>	<i>50</i>	<i>51</i>	<i>27</i>	<i>4</i>	<i>398</i>	
Percent	24.4%	23.4%	19.1%	12.6%	12.8%	6.8%	1.0%		100.0%

Table 15				
Gender and Number in Household				
	Male	Female	Total N	Percent
1	26	78	104	25.9%
2	136	132	268	66.7%
3	10	9	19	4.7%
4	3	6	9	2.2%
5	1	0	1	0.3%
6	0	1	1	0.3%
<i>Total N</i>	<i>176</i>	<i>226</i>	<i>402</i>	
Percent	43.8%	56.2%		100.0%

Respondents were asked whether they had a problem getting to an out-of-town medical appointment in the past year. Fifteen (3.8%) stated they had experienced a problem. This implies that out-of-town medical transportation is a problem for approximately 610 seniors in the County.

Isolation

Several questions were asked which related to isolation. A very small minority, (N=4, 1.0%) said they usually don't get out of the house; a higher percentage (N=25, 6.2%) don't get out as often as they would like; 56 (14.0%) didn't have a neighbor on whom to call if they suddenly needed help; a similar proportion, (N=55, 13.7%) didn't know one or more of their neighbors well enough to visit with; 40 (10.0%) had not visited in person with anyone either at their own or someone else's house within the past week; 45 (11.3%) indicated that they did not have as much contact as they would like with a person what they feel close to: "somebody that they can trust and confide in."

An Isolation Index was created by adding "no, never and none" responses to the aforementioned questions. Table 35 reveals that 14 individuals (3.5%) scored three or more on this index, 10 of whom were women. Based on the Isolation Index, it can be estimated that approximately 561 seniors in Tompkins County are too isolated.

	M	F	Total N	All
0	107	146	253	62.9%
1	42	51	93	23.1%
2	23	19	42	10.5%
3	3	5	8	2.0%
4	1	5	6	1.5%
<i>Total N</i>	176	226	402	
Percent	43.8%	56.2%		100.0%

Activities

Respondents were then asked when they last attended or participated in each of a list of activities. As Table 36 shows respondents most frequently reported recently going shopping, going to a restaurant or to the home of a friend, neighbor or relative. Two thirds of respondents said they had never attended an activity at Lifelong or other local senior group. Respondents were much more likely to participate in other types of clubs or organizations. Anecdotally, comments from many respondents suggest that they did not consider themselves "seniors" despite their age and did not feel connected to the idea of senior activities.

A large proportion of respondents (42%) said they had volunteered at least some time during the last month or two (Table 37). Women were somewhat more likely to participate in volunteer activities (47.6%) than men (34.9%.)

	Day or two	Week or two	Month ago	2-3 Months ago	Longer than 3 months	Never	Total N
Movie	2.8%	12.8%	10.3%	14.8%	49.5%	10.0%	400
Shopping	65.8%	29.5%	0.5%	1.0%	2.3%	1.0%	400
Activity at Lifelong or local senior group activity	5.0%	9.0%	4.0%	3.0%	14.0%	64.9%	399
Other club or civic organization	12.3%	18.4%	14.6%	5.5%	16.1%	33.0%	397
Restaurant	35.1%	46.4%	7.5%	4.3%	6.3%	0.5%	399
Place of worship	13.5%	26.1%	4.8%	3.8%	31.6%	20.3%	399
Library	8.8%	15.9%	6.6%	9.6%	38.4%	20.7%	396
Home of a friend, neighbor, or relative	40.0%	43.2%	7.3%	4.5%	5.0%	0.0%	398

	M	F	Total N	All
Hardly any	114	118	232	58.0%
1-3 hours/week	26	57	83	20.8%
4-6 hours/week	14	24	38	9.5%
7-9 hours/week	9	9	18	4.5%
10-12 hours/week	5	5	10	2.5%
13+ hours/week	7	12	19	4.8%
Total N	175	225	400	
Percent	43.8%	56.3%		100.0%

Technology and Information Sources#

Tompkins County seniors are significantly more connected with technology than the national average. In 2012, the Pew Research Center found 53% of seniors use the internet² whereas in Tompkins County, the vast majority of survey respondents (81.6%) said they have a computer with internet access in their home. The likelihood of not having a computer increased with age (Table 38), with the highest proportion (24.3%) of respondents without a computer being 85 or older. This trend is mirrored nationally. Respondents were most likely to use their computer for email and researching topics of interest (Table 39). Other frequently noted uses included bill paying, banking and finances, online shopping, weather, news and sports, work related activities, and games and entertainment.

² Zickuhr, Kathryn & Mary Madden, *Older Adults and Internet Use*, Pew Research Center, June 6, 2012.

	Frequency	Percent
60-64	7	9.5%
65-69	9	12.2%
70-74	10	13.5%
75-79	15	20.3%
80-84	15	20.3%
85+	18	24.3%
<i>Total</i>	<i>74</i>	<i>100.0%</i>

	A lot	Sometimes	Rarely	Never	Total N
Email to family/friends	68.7%	18.1%	4.9%	8.3%	326
Video/phone to family/friends	9.5%	16.8%	15.6%	58.1%	327
Social networking	16.6%	13.2%	15.1%	55.1%	325
Researching health/medical topics	14.4%	48.8%	23.6%	13.2%	326
Researching topics of interest	50.0%	35.3%	8.6%	6.1%	326

Respondents most frequently reported getting information from the newspaper or from television with over 70% saying they get their information from these sources a lot of the time (Table 40). Nearly 80% of respondents indicated they had both a land line and a cell phone for their telephone service (Table 41), almost 16% only have a landline and 4.5% have only a cell phone. Nationally, 69% of seniors report having a cell phone.³ Not surprisingly, lower income respondents were much less likely to have cell phone access than higher income respondents, but still over half reported having both a cell phone and a land line.

	A lot		Sometimes		Rarely		Never		Total N	Missing
	N	%	N	%	N	%	N	%		
Newspaper	281	70.3%	63	15.8%	31	7.8%	25	6.3%	400	2
Radio	200	50.3%	99	25.9%	54	13.6%	45	11.3%	398	4
Television	282	70.5%	67	16.8%	25	6.3%	26	6.5%	400	2
Senior Newsletter	41	10.3%	142	35.8%	131	33.0%	83	20.9%	397	5
Pennysaver	45	11.5%	76	19.3%	106	27.0%	166	42.2%	393	9
Internet	198	49.9%	73	18.4%	39	9.8%	87	21.9%	397	5
Email list-serves	96	24.6%	74	18.9%	54	13.8%	167	42.7%	391	11
Word of mouth	201	51.2%	161	41.0%	26	6.6%	5	1.3%	393	9

³ Zickuhr, Kathryn & Mary Madden, *Older Adults and Internet Use*, Pew Research Center, June 6, 2012.

Table 41 Telephone Service by Income Category						
	Below 100% Pov.	100- 220% Pov.	220% - Median	Above Median	Total N	Percent
Landline only	8	30	14	8	60	16.0%
Cell only	0	0	4	12	16	4.3%
Both landline and cell	9	48	82	159	298	79.7%
<i>Total N</i>	<i>17</i>	<i>78</i>	<i>100</i>	<i>179</i>	<i>374</i>	
Percent	4.6%	20.9%	26.7%	47.9%		100.0%

Fear of Crime

Three sets of questions were asked to ascertain whether or not fear of crime was a substantial factor in limiting seniors' activities. Participants were asked if they avoid going out at night. If their answers were "yes" or "sometimes," they were asked for the reason. One hundred (25.1%) stated they avoid going out at night, while another 40 (10.%) indicated they sometimes avoid going out at night. The most frequent reason cited was "poor driving vision" (36.5%; N=50), followed by "likes to be at home" (9.5%, N=13), "no need or interest" (8.2%; N=11) and "disability/illness" (6.6%; N=9). Only five respondents (3.6%) indicated fear of crime as their reason.

Respondents were also asked if they avoided using public transportation. If the response was "yes," they were asked for the reason. One hundred thirty-seven respondents (34.7%) stated they avoid using public transportation, while another 14 (3.5%) said they sometimes avoided it. The most frequently cited reason was because they "didn't need it" (61.8%; N=94), inconvenience of times, proximity, and length of time to use (13.9%; N=21), seven respondents (4.6%) said it was too difficult for health reasons and 4 (2.6%) said they didn't know how to use it. No respondents mentioned fear of crime as their reason for avoidance.

Lastly, respondents were asked, "Do you avoid leaving home?" Again, if the answers were in the affirmative, they were asked for the reason. Only eight respondents (2.0%) said they avoided leaving home, and an additional 17 respondents (4.3%) sometimes avoid leaving home. The most frequently mentioned reason was "disability/illness" (24.0%; N=6) followed by "having no place to go" (20.0%; N=5). No respondents named fear of crime as the reason.

These responses suggest that fear of crime was not a major factor for the majority of those who avoided going out of the home.

Emergency Planning#

Respondents were asked whether they would have adequate supplies for three days in the event of an emergency such as a winter storm which might disrupt the power supply. Three hundred sixty-two respondents (90.5%) stated yes, while 38 respondents (9.5%) stated no. Extrapolated to the County, approximately 1,524 seniors would not be prepared in the event of an emergency. Of those who stated they were unprepared, 12 (31.6%) live alone, and 18 (47.4%) were under age 65 (Tables 42 and 43).

# in HH	1	2	3	4+	Total N	Percent
Yes	91	247	16	8	362	90.5%
No	12	20	3	3	38	9.5%
Total N	103	267	19	11	400	
Percent	25.8%	66.8%	4.8%	2.8%		100.0%

	60-64	65-69	70-74	75-79	80-84	85+	Total N	All
Yes	79	85	71	49	49	25	358	90.4%
No	18	8	5	1	2	4	38	9.6%
Total N	97	93	76	50	51	29	396	
Percent	24.5%	23.5%	19.2%	12.6%	12.9%	7.3%		100.0%

Health

Frequency of Various Health Conditions

Respondents were asked to indicate whether they had any of a list of health problems (Table 44). The most frequently reported health conditions were arthritis (53.0%), high blood pressure (45.3%), and eye problems (27.9%). In addition, 27.6% of women reported having osteoporosis and 27.9% of men said they had heart disease.

	Male	Female	Total N	All
Arthritis	78	132	210	53.0%
High blood pressure	76	104	180	45.3%
Other eye problems	44	66	110	27.9%
Hearing problems	57	43	100	25.3%
Heart disease	48	35	83	20.9%
Problems with your feet	32	51	83	20.9%
Osteoporosis	5	62	67	16.9%
Teeth problems	32	29	61	15.4%
Breathing or lung problems	25	36	61	15.4%
Memory problems	29	29	58	14.6%
Feeling anxious	23	34	57	14.4%
Feeling depressed	16	34	50	12.7%
Diabetes	21	27	48	12.1%
Unintentional weight gain/loss >10 pounds in the last 6 months	9	23	32	8.1%
Cancer	16	15	31	7.8%
Glaucoma	9	16	25	6.3%
Effects of a stroke	3	1	4	1.0%
Parkinson's disease	1	1	2	0.5%
Multiple Sclerosis	0	2	2	0.5%

Nearly 23% of respondents said they had recently or were afraid to fall. Only 8 (2.0%) respondents said there was someone aged 60 or older in the household suffering from Alzheimer's or other dementia. This figure is lower than the 13% of persons over the age of 65 estimated to have dementia as reported by Alzheimer's Association⁴Disease International.

As noted in Table 44, "feeling depressed" and "feeling anxious" were included among a list of health conditions. Results show 50 individuals (12.7%) reported feeling depressed, while 57 (14.4%) reported feeling anxious. As Table 43 above shows, women (15.2%, N=34) were much more likely than men (9.4%, N=16) to report feeling depressed. Similar proportions of women (15.1%, N=34) and men (13.4%, N=23) reported feeling anxious. Table 45 indicates that income is not necessarily a predictor of depression within the survey sample, but Table 46 shows that respondents with incomes between poverty and the median income (19.3%, N=34) were much more likely to report feeling anxious than either respondents with incomes below poverty (12.5%, N=2) or above median (10.1%, N=18).

	Below 100% Pov.	100-220% Pov.	220% - Median	Above Median	Total N	Percent
Yes	2	13	12	20	47	12.8%
No	14	64	86	157	321	87.2%
<i>Total N</i>	<i>16</i>	<i>77</i>	<i>98</i>	<i>177</i>	<i>368</i>	
Percent	4.4%	20.9%	26.6%	48.1%		100.0%

	Below 100% Pov.	100-220% Pov.	220% - Median	Above Median	Total N	Percent
Yes	2	15	19	18	54	14.6%
No	14	62	80	160	316	85.4%
<i>Total N</i>	<i>16</i>	<i>77</i>	<i>99</i>	<i>178</i>	<i>370</i>	
Percent	4.3%	20.8%	26.8%	48.1%		100.0%

Activities of Daily Living

Respondents were presented with a list of activities of daily living and asked if they could perform each of the activities "alone," "with some assistance," or "not at all." They were also asked who, if anyone, provides needed assistance, and whether or not that helper was paid. Of the 402 respondents, 156 respondents (38.3%) and 75 (25.2%) of other household members aged 60 and over required assistance with at least one activity. The most frequent activity that respondents needed help with was heavy chores, such as snow shoveling (35.1%; N=138). Thirty-five respondents (8.7%) and 20 (6.7%) of other household members needed help with three or more activities. Extrapolated to the entire County, we can estimate that 1,396 senior citizens need help with three or more of their activities of daily living.

⁴ Alzheimer's Diseases Facts and Figures, 2010, Alzheimer's Association, www.alz.org/documents_custom/report_alzfactsfigures2010.pdf

Table 47 shows that women more frequently need support for at least one activity (50.9%) than men (23.3%), but approximately equal proportions of men (7.4%) and women (9.7%) require assistance with 3 or more activities of daily living.

	Male	Female	Total N	All
0	135	111	246	61.2%
1	22	69	91	22.6%
2	6	24	30	7.5%
3 or more	13	22	35	8.7%
<i>Total N</i>	176	226	402	
Percent	43.8%	56.2%		100.0%

With increasing age comes the increasing likelihood of needing assistance. Table 48 shows activities of daily living with the age breakdown of respondents.

	60-64	65-69	70-74	75-79	80-84	85+	Total N	Percent
0	79	67	51	19	19	8	243	61.2%
1	11	22	15	18	17	7	90	22.6%
2	1	1	8	6	10	4	30	7.5%
3 or more	6	3	2	7	5	12	35	8.8%
<i>N</i>	97	93	76	50	51	31	398	
Percent	24.4%	23.4%	19.1%	12.6%	12.8%	7.8%		100.0%

Table 49 indicates that of those 35 seniors requiring assistance with three or more activities, 15 (14.4%) lived alone.

	Number in Household				Total N	Percent
	1	2	3	4+		
0	48	181	12	5	246	61.2%
1	28	56	4	3	91	22.6%
2	13	15	1	1	30	7.5%
3 or more	15	16	2	2	35	8.7%
<i>N</i>	104	268	19	11	402	
Percent	25.9%	66.7%	4.7%	2.2%		100.0%

Table 50 shows that respondents with lower incomes are more likely to need assistance with activities than respondents with higher incomes.

Table 50						
Activities of Daily Living by Income						
	Below 100% Pov.	100-220% Pov.	220% - Median	Above Median	Total N	Percent
0	5	34	70	122	231	61.8%
1	3	24	20	38	85	22.7%
2	2	10	3	13	28	7.5%
3 or more	7	10	7	6	30	8.0%
<i>Total N</i>	<i>17</i>	<i>78</i>	<i>100</i>	<i>179</i>	<i>374</i>	
Percent	4.6%	20.9%	26.7%	47.9%		100.0%

In regard to who provides the needed assistance, the most common single helper was the spouse (N=75). In addition, 15 households indicated their son was a helper for different needs. Fifty-six individuals (13.9%) paid for assistance with heavy chores such as snow shoveling. Twenty-nine (7.2%) paid for assistance cutting toenails. Eleven (2.7%) paid for light housekeeping chores and five (1.2%) paid for help washing.

Use of Health Related Services

Respondents were asked about their usage of various health-related services (Table 51). The most frequently utilized service (5.8%) was a physical, occupational or speech therapist.

Table 51		
Use of Health Services		
	Frequency	Percent
Nursing care	6	1.5%
Home health aides, personal care aides or homemakers	10	2.5%
Physical, occupational or speech therapist	23	5.8%
FoodNet/Meals on Wheels	13	3.3%

Access to Care

Twenty respondents (5.0%) said they did not have a regular physician who coordinates all their health care needs. Of these 20, 14 were men and 13 were under age 69.

Respondents were also asked if they have difficulty in obtaining needed health care services. Only nine individuals (2.3%) responded affirmatively. Correspondingly when asked how long it had been since they had last seen or talked to a doctor or other health professional, 96.5% said within the last year. Nine individuals (2.3%) responded "within the last two years." Five individuals (1.3%) responded "longer than two years." Extrapolating to the county as a whole, we estimate that 209 seniors fall into that latter category.

Tobacco Usage

Respondents were asked to describe their use of cigarettes based on questions from the Center for Disease Control's National Health Interview Survey. Over half (53.9%) were non-smokers; 41% were former smokers and 5% were current smokers (Table 52). Of current smokers, 11% (N=20) smoke either every day (N=15) or some days (N=5). Thirty percent of current smokers smoke 5 or fewer cigarettes per day; 25% smoke 6-19 cigarettes per day; and 45% smoke a pack or more per day.

Table 52 also shows that of the 20 respondents who currently smoke, 11 (55.0%) are men and 9 (45.0%) are women. Table 53 shows that of the 20 respondents who currently smoke, half are under age 70.

	Male	Female	Total N	Percent
Non-smoker (less than 100 cigarettes in lifetime)	77	138	215	53.9%
Former smoker (at least 100 cigarettes in lifetime, but not currently smoking)	87	77	164	41.1%
Current smoker	11	9	20	5.0%
Total N	175	224	399	
Percent	43.9%	56.1%		100.0%

	60-64	65-69	70-74	75-79	80-84	85+	Total N	Percent
Non-smoker	60	51	36	25	27	15	214	54.2%
Former smoker	32	37	34	23	21	14	161	40.8%
Current smoker	5	5	5	2	3	0	20	5.1%
Total N	97	93	75	50	51	29	395	
Percent	24.6%	23.5%	19.0%	12.7%	12.9%	7.3%		100.0%

Food and Nutrition

A series of questions were asked regarding nutrition, food security and alcohol consumption (please see Appendix D for the full series of questions and responses.) The short-form USDA food security scale of questions was included to determine level of food security among respondents. This series of 5 questions is a standardized scale which results in an index for establishing whether a respondent has high food security, marginal food security, low food security, or very low food security. Table 54 below shows that approximately 4.7% (N=19) of respondents are at risk of hunger (defined as respondents with very low food security, low food security, and marginal food security.) This translates to 754 of the County's senior population. Tompkins County's level of food insecurity among seniors is low compared to national figures. According to the Meals on Wheels Research Foundation, in 2010, 14.9% of seniors in the United States are at risk for hunger – nearly triple Tompkins County's rate.⁵

Slightly more females than males were food insecure (Table 54.) Unsurprisingly, when comparing income level, respondents with incomes below poverty or between poverty and 220% of poverty were much more likely to be at risk for hunger (Table 55). Seven of the 19 respondents at risk for hunger live alone (Table 56) and 14 were under age 69 (Table 57).

⁵ Ziliak, James & Gunderson, Craig. *Senior Hunger in America 2010: An Annual Report*. Meals on Wheels Research Foundation (2010)☐

Table 54				
Level of Food Security by Gender				
	Male	Female	Total N	Percent
High	168	215	383	95.3%
Marginal	5	8	13	3.2%
Low	2	2	4	1.0%
Very low	1	1	2	0.5%
<i>Total N</i>	<i>176</i>	<i>226</i>	<i>402</i>	
Percent	43.8%	56.2%		100.0%
<i>At risk of hunger</i>				
N	8	11	19	
Percent	3.9%	4.8%	4.7%	

Table 55						
Level of Food Security by Income						
	Below 100% Pov.	100- 220% Pov.	220% - Median	Above Median	Total N	
High	15	68	96	177	356	95.2%
Marginal	1	7	2	2	12	3.2%
Low	1	2	1	0	4	1.1%
Very low	0	1	1	0	2	0.5%
<i>Total N</i>	<i>17</i>	<i>78</i>	<i>100</i>	<i>179</i>	<i>374</i>	
Percent	4.6%	20.9%	26.7%	47.9%		100.0%
<i>At risk of hunger</i>						
N	2	10	4	2	18	
Percent	11.8%	12.9%	4.0%	1.1%	4.8%	

Table 56						
Level of Food Security by Household Size						
	1	2	3	4+	Total N	
High	97	262	17	7	383	95.3%
Marginal	4	6	1	2	13	3.2%
Low	2	0	1	1	4	1.0%
Very low	1	0	0	1	2	0.5%
<i>Total N</i>	<i>104</i>	<i>268</i>	<i>19</i>	<i>11</i>	<i>402</i>	
Percent	25.9%	66.7%	4.7%	2.7%		100.0%
<i>At risk of hunger</i>						
N	7	6	2	4	19	
Percent	6.7%	2.2%	10.5%	36.4%	4.7%	

Who assists you:	Spouse	Son	Daughter	Other Rel.	Friend	Aide	Other	Combo	Missing
Walk about house	3						1		0
Go up and down stairs	5	1					2	2	9
Get out of the house	7	1			2			2	1
Use transportation	5	1	1	2	2		2		3
Wash and bathe	2				1	6			1
Dress and put on shoes	4								0
Cut your toenails	7			1	2	2	29		5
Feed yourself							1		0
Manage your medications	5		1						1
Use the telephone	1								0
Get to the toilet							1		0
Shop	6	4	3		5	3	2	1	1
Cook meals	10	1		1	2	1	1	2	0
Other light housekeeping chores	5	1		2	1	5	6	1	1
Handling money or keeping accounts	10		1					1	0
Heavy chores (e.g. shoveling snow off walk)	32	11	3	6	18		42	7	19

Is Helper Paid?	Yes	No	Combo	Missing
Walk about house		5		0
Go up and down stairs		9	1	9
Get out of the house	1	11	1	0
Use transportation	3	11		2
Wash and bathe	5	4		0
Dress and put on shoes		5		0
Cut your toenails	29	11		6
Feed yourself	1	1		0
Manage your medications		5		2
Use the telephone		2		0
Get to the toilet		1		0
Shop	4	20		1
Cook meals	2	13		3
Other light housekeeping chores	11	9		2
Handling money or keeping accounts		10		1
Heavy chores (e.g. shoveling snow off walk)	51	58	5	24

Q82. Do you receive any of the following services?

	Yes		No		Total	Missing
	#	%	#	%		
Nursing care	6	1.5%	392	98.5%	398	4
Home health aides, personal care aides or homemakers	10	2.5%	386	97.5%	396	6
Physical, occupational or speech therapist	23	5.8%	374	94.2%	397	5
FoodNet/Meals on Wheels	13	3.3%	384	96.7%	397	5
Other	14	4.3%	315	95.7%	329	73

Q82. What about anyone else in the house over 60? Can he or she (a) do it alone, (b) require some assistance or (c) cannot do it at all.

	Can do it Alone		With Some Assistance		Cannot do it at all		Total	Missing
	#	%	#	%	#	%		
Walk about the house	247	98.4%	3	1.2%	1	0.4%	251	151
Go up and down stairs	241	96.4%	8	3.2%	1	0.4%	250	152
Get out of the house	247	98.4%	4	1.6%	0	0.0%	251	151
Use transportation	240	95.6%	9	3.6%	2	0.8%	251	151
Wash and bathe	246	98.8%	3	1.2%	0	0.0%	249	153
Dress and put on shoes	243	97.2%	7	2.8%	0	0.0%	250	152
Cut your toenails	229	91.6%	12	4.8%	9	3.6%	250	152
Feed yourself	249	99.6%	0	0.0%	1	0.4%	250	152
Manage your medications	239	96.4%	9	3.6%	0	0.0%	248	154
Use the telephone	249	99.6%	1	0.4%	0	0.0%	250	152
Get to the toilet	249	99.6%	1	0.4%	0	0.0%	250	152
Shop	236	94.4%	11	4.4%	3	1.2%	250	152
Cook meals	235	94.0%	8	3.2%	7	2.8%	250	152
Other light housekeeping chores	239	95.6%	5	2.0%	6	2.4%	250	152
Handling money or keeping accounts	236	94.0%	10	4.0%	5	2.0%	251	151
Heavy chores (e.g. shoveling snow off walk)	185	74.6%	33	13.3%	30	12.1%	248	154

Who assists:	Spouse	Son	Daughter	Other Rel.	Friend	Aide	Other	Combo	Missing
Walk about house	3								1
Go up and down stairs	6						1		2
Get out of the house	4								0
Use transportation	7	1	1						2
Wash and bathe	2								1
Dress and put on shoes	6								1
Cut your toenails	10						8		3
Feed yourself	1								0
Manage your medications	6								3
Use the telephone	1								0
Get to the toilet	1								0
Shop	8	1							5
Cook meals	8	1					1		5
Other light housekeeping chores	4	1				1			5
Handling money or keeping accounts	8	1							6
Heavy chores (e.g. shoveling snow off walk)	21	2			6		16	4	14

Is Helper Paid?	Yes	No	Combo	Missing
Walk about house	0	3		1
Go up and down stairs	0	6		3
Get out of the house	0	3		1
Use transportation	0	8		3
Wash and bathe	0	1		2
Dress and put on shoes	0	5		2
Cut your toenails	7	11		3
Feed yourself	0	1		0
Manage your medications	0	5		4
Use the telephone	0	1		0
Get to the toilet	0	0		1
Shop	0	9		5
Cook meals	1	9		5
Other light housekeeping chores	1	5		5
Handling money or keeping accounts	0	7		8
Heavy chores (e.g. shoveling snow off walk)	19	24		20

Q84. Does s/he receive any of the following services?

	Yes		No		Total	Missing
	#	%	#	%		
Nursing care	1	0.4%	264	99.6%	265	137
Home health aides, personal care aides or homemakers	1	0.4%	263	99.6%	264	138
Physical, occupational or speech therapist	17	6.5%	246	93.5%	263	139
FoodNet/Meals on Wheels	2	0.8%	262	99.2%	264	138
Other (specify)	3	1.3%	224	98.7%	227	175

Q85. Thinking about your household's total yearly income before taxes, does it fall: (ask figures corresponding to number in household):

Household of 1	Frequency	Percent
Under \$11,170	10	10.0%
\$11,171-\$25,752	35	35.0%
\$25,753-\$50,000	35	35.0%
\$50,001-\$72,800	10	10.0%
Over \$72,800	10	10.0%
Total	100	100.0%

Missing:4

Household of 2	Frequency	Percent
Under \$15,130	6	2.4%
\$15,131-\$33,672	36	14.6%
\$33,673-\$56,090	59	24.0%
\$56,091-\$78,500	42	17.1%
Over \$78,500	103	41.9%
Total	246	100.0%

Missing: 22

Household of 3	Frequency	Percent
Under \$19,090	1	5.9%
\$19,091-\$41,592	2	11.8%
\$41,593-\$62,900	4	23.5%
\$62,901-\$84,200	1	5.9%
Over \$84,200	9	52.9%
Total	17	100.0%

Missing: 2

Household of 4	Frequency	Percent
Under \$23,050	0	0.0%
\$23,051-\$49,524	4	44.4%
\$49,525-\$69,700	1	11.1%
\$69,701-\$89,900	2	22.2%
Over \$89,900	2	22.2%
Total	9	100.0%

Missing: 0

Household of 5	Frequency	Percent
Under \$27,010	0	0.0%
\$27,011-\$57,444	0	0.0%
\$57,445-\$76,600	1	100.0%
\$76,601-\$95,600	0	0.0%
Over \$95,600	0	0.0%
Total	1	100.0%

Missing: 0

Household of 6	Frequency	Percent
Under \$30,970	0	0.0%
\$30,971-\$65,364	1	100.0%
\$65,365-\$83,300	0	0.0%
\$83,301-\$101,300	0	0.0%
Over \$101,300	0	0.0%
Total	1	100.0%

Missing: 0

Q86. Are you of Spanish/Latino origin or descent?

Spanish origin	Frequency	Percent
Yes	10	2.6%
No	382	97.5%
Total	392	100.0%

Missing: 10

Q87. Do you mind telling me, what is your race?

Race	Frequency	Percent
White or Caucasian	383	98.0%
Black or African-American	1	0.3%
American Indian/Alaska Native	0	0.0%
Asian	2	0.5%
Native Hawaiian/Pacific Islander	0	0.0%
Some other race	1	0.3%
Two or more races	4	1.0%
Total	391	100.0%

Missing: 11