Area Agency on Aging
For San Luis Obispo and
Santa Barbara Counties

Acknowledgements and Message from the Director

Identification of the needs of senior citizens and family caregivers in our region is an important task of the Area Agency on Aging. The Older Americans Act establishes a goal that the Area Agency on Aging prepare an assessment of the needs every four years. This is then to assist the Area Agency on Aging in their development of an action plan, known as the Area Plan.

To accomplish this important task, the Area Agency on Aging engages the community as well as its internal resources. The internal resources include the Advisory Council, Board of Directors members and staff. The members of the Advisory Council and Board of Directors revised the survey tool used four years ago. This was done to allow for comparison with prior results.

Members of the Council, Board and staff also worked to ensure geographical representation and made efforts to reach all populations of older persons and family caregivers. This year's efforts achieved responses from several target populations.

A needs assessment is a way to determine if the Area Agency on Aging is on track – are we addressing the identified needs? With responses from over 900 local senior citizens, it is comforting to know that our work to ensure the independence of older persons through effective community services is on target.

Based on projections, by the Year 2030, 29% of the County of San Luis Obispo population will be over 60 years and 27% of the County of Santa Barbara County will be over age 60. This is a 61% increase from 2010. As a result, the Area Agency on Aging plan now for not only the needs current needs of seniors, but also the needs of the future.

It is important to acknowledge that there are many partners who we will work with to continue the work of the Older Americans Act and continue to meet the needs in the coming decades. Together we will develop a vision for our community that ensures independence, dignity and safety – the hallmark of the Older Americans Act.

Senior citizens in the Central Coast have spoken. We are listening. On behalf of the Area Agency on Aging I want to affirm to this community, that the Area Agency on Aging is committed to building a 'senior friendly' community.

Gary Suter
Executive Director

Introduction

The Central Coast Commission for Senior Citizens, Area Agency on Aging (AAA), is one of the state-designated agencies (665 AAAs nationwide), established in 1975 as a result of the passage of the Older Americans Act of 1965. The Central Coast Commission for Senior Citizens has served as the designated AAA for San Luis Obispo and Santa Barbara Counties since 1975.

The AAA is responsible for planning, coordinating and implementing programs that promote the health, dignity, and well-being of older adults. These activities are articulated in the Older Americans and Older Californians Acts, which authorize the Area Agency on Aging and its programs.

The AAA has four major goals:
- Identify needs and services that benefit older adults
- Coordinate existing programs, services, and funding sources that serve older persons
- Explore and plan new resources and funds to meet and expand services for the senior population
- Monitor and evaluate senior service programs

The Central Coast Commission for Senior Citizens is required to periodically conduct an assessment of its population, and in 2022, a survey was conducted. Our survey was designed to learn about the needs of seniors in our community today and in the future.

Methodology

The survey was distributed to individuals and agencies throughout Santa Barbara and San Luis Obispo Counties to be completed by individuals aged 60 and above. Five thousand paper copies were distributed. A digital survey was available on the Central Coast Commission for Senior Citizens website as well as via an emailed link

A total of 933 surveys were received. Of those surveys, 28 surveys were deleted because respondents self-reported their age as under 59 or as out of the two-county service area. As a result, the total number of surveys used for our analysis was 905.

SECTION I: WHO ARE THE SURVEY RESPONDENTS?

According to the Area Agency on Aging Operational Plan for Fiscal Years 2022/ 2023, total aged 60 and above population for the combined San Luis Obispo and Santa Barbara Counties is 184,463. Our survey included responses from 905 respondents aged 59 and older. Note: the Area Agency on Aging Board of Directors and Advisory Council included survey results from those aged 59 since they would

be 60 during the period the results would impact. This represents a similar response rate to the prior survey administered.

A quick snapshot of the typical survey respondent shows the following, among those providing a response:

- Somewhat more likely to be from Santa Barbara County than from San Luis Obispo County (53% vs. 47%)
- Average age of 76 years
- Female (72% female versus 27% male)
- Most respondents were likely to be married/have a domestic partner (39%) compared to divorced/separated (26%) or widowed (24%)
- Heterosexual (95% among those providing a response and 80% among total respondents)
- Well-educated (60% of self-reported respondents have had some college or above)
- Not a caregiver (66%)
- More were likely to have some physical impairment (55%) than no self-reported impairments (37%)
- Average annual income of $30,253, well above the poverty level of $18,310
- Average monthly mortgage/rental/HOA of $574
- Retired (76%)
- More likely to be living alone (49%) versus living with one or more other people (46%)
- Self-identify as Not Hispanic (71%), white (81%) and speaking English "very well" (88%)

While results were very consistent with the 2017 Survey, there were several notable differences:

- There were a higher percentage of respondents from Santa Barbara County than from San Luis Obispo County. In the 2017 Survey, 41% of respondents resided in Santa Barbara County and 59% in San Luis Obispo County. In the 2022 Survey, 53% of respondents resided in Santa Barbara County and 47% in San Luis Obispo County. This may be due to a difference in fielding efforts.
- More respondents self-reported that they were living alone or were divorced or separated in the 2017 Survey compared with the 2022 Survey. In 2017, 58% were living alone, compared with 49% in 2022. In 2017, 30% self-reported that they were divorced or separated, compared with 24% in 2022.
- One question was added and two questions were modified in the 2022 Survey:
  - ***Living with HIV?*** was added to 2022 survey.
  - ***Computer skills*** was added to ***Social Isolation/loneliness*** under ***Things that concern me***.

- o *HOA or mobile home space fee* was added to *Approximate cost of rent/mortgage.*
- Concerns regarding staying physically fit was identified more frequently throughout the 2022 Survey compared with the 2017 Survey.

As in the 2017 Study, there were many questions answered as "decline to state" or had blank responses. The breakdown of each of the major demographic areas is below, listed both as a percentage of total respondents and as a percentage of total respondents who provided a response. The largest differences in results occurred in the following demographic areas: annual income, monthly rent, ethnicity, impairments, sexual orientation and caregiver status.

Each demographic area will be described below.

Geography/County of Residence:
The Area Agency on Aging Operational Plan for Fiscal Year 2022/23 identifies the county split at 55% from Santa Barbara County versus 45% from San Luis Obispo County. Our senior needs assessment survey represented a similar percentage among those who identified their City/Town of Residence with 53% from Santa Barbara County, and 47% from San Luis Obispo County.

Table A: Comparison of County of Residence for Total Respondents and Excluding "Decline to State" Responses

Geography/County of Residence	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=891)
Santa Barbara County	53%	53%
San Luis Obispo County	46%	47%
Declined to State	2%	

As in the 2017 Needs Assessment survey, there were notable differences by County of Residence. San Luis Obispo County residents were generally more likely to be married, were more educated, were less likely to be living alone, and had higher levels of income. Santa Barbara County residents were more likely to be employed full time and more likely to self-identify as Hispanic/Latino. Santa Barbara County residents were less likely to speak English very well and were more likely to not to speak English at all. Statistically significant differences by County of Residence are listed below:

Table B: Statistically Significant Demographic Differences by County of Residence

Demographic Category	Santa Barbara County Residents	San Luis Obispo County Residents
Marital Status		
Married/Domestic Partner	34%	43%
Education		
Postgraduate degree	19%	26%
Mean Income	$30,387	$38,221
Employment Status		
Full Time	7%	2%
Living Arrangement		
Live Alone	60%	43%
Live with Another Person	36%	41%
Race/Ethnicity/Language		
Hispanic/Latino	24%	6%

White	78%	82%
Speak English "Very well"	82%	92%
Speak English "Not at all"	7%	2%

<u>Age:</u>
Average age of respondents was 75.6 years. Average age by county was nearly identical, with an average age of 72.4 among Santa Barbara County residents and an average age of 74.9 years among San Luis Obispo County residents.

TABLE C: Comparison of Age for Total Respondents and Excluding "Decline to State" Responses

Age	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=899)
59	4%	4%
60-69	23%	23%
70-79	42%	43%
80-89	25%	25%
90+	4%	4%
Declined to State	1%	

There were a number of statistically significant differences by average age among the respondents as identified below:

TABLE D: Average Age by Demographic Category

Demographic Category	Average Age
Gender	
Female*	72.2
Male*	74.8
Other (non-binary)	67.5
Marital Status	
Divorced/Separated	73.0
Married/Domestic Partner	72.5
Single**	70.0
Widowed	75.6
Caregiver Status	
Caregiver	73.5
Not a caregiver	73.6
Impairments	
Physical	76.6
Cognitive	76.0
None***	72.5
Employment	

Full-time	64.7
Part-time	68.1
Unemployed	70.5
Retired****	74.5
Living Arrangements	
Alone	72.9
With other person/caregiver	73.4
With more than one person	72.0
Homeless*****	70.8
Race	
White	73.5
Non-White	74.6

*: Statistically significantly different from the Other group
**: Statistically significantly different from divorced/separated, married/domestic partner and widowed groups
***: Statistically significantly different from physical and cognitive impairments groups
****: Statistically significantly different from full time, part time and unemployed groups
*****: Statistically significantly different from those living alone and those living with one or more other people

Gender:
Approximately seven out of ten respondents self-identified as female. Two respondents self-identified as Other.

TABLE E: Comparison of Gender for Total Respondents and Excluding "Decline to State" Responses

Gender	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=892)
Female	71%	72%
Male	27%	27%
Other	0.2%	0.2%
Declined to State	2%	

Overall, women in the survey were more likely to be widowed and living alone.   In terms of marital status, 25% of women were widowed, compared with 18% of men while 44% of men were married or had a domestic partner, compared with 33% of women, all statistically significant differences.   Women were statistically significantly more likely to be living alone, at 51% for women and 44% for men.

Marital Status:
TABLE F: Comparison of Marital Status for Total Respondents and Excluding "Decline to State" Responses

Marital Status	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=894)

Divorced/Separated	26%	26%
Married/Domestic Partner	38%	39%
Single	10%	10%
Widowed	23%	24%
Declined to State	1%	

As expected, income is higher and impairments are lower among married respondents. Married/domestic partner income is statistically significantly higher than divorced/separated, single and widowed respondents. Self-identifying with no impairments was statistically significantly higher for married/domestic partner respondents than all other groups by marital status.

TABLE G: Comparison of Impairments and Average Household Income by Marital Status

	Divorced/ Separated	**Married/ Domestic Partner**	**Single**	**Widowed**
Impairments				
Physical	55%	39%	57%	54%
Cognitive	6%	10%	5%	8%
None	34%	48%	30%	30%
Average Household Income*	$21,863	$64,271	$20,438	$22,866

Excludes major outliers

Sexual Orientation:
Among those that provided a response, only 1% self-identified as either bisexual, gay or lesbian. 15% of respondents did not provide a response to this question.

TABLE H: Comparison of Sexual Orientation for Total Respondents and Excluding "Decline to State" Responses

Sexual Orientation	**Total Respondents** **(n=905)**	**Excluding "Decline to State" Responses** **(n=766)**
Heterosexual	78%	95%
Bisexual/Gay/Lesbian	3%	1%
Declined to State	15%	

Similar to the 2017 Needs Assessment Survey, there were no statistically significant socio-economic differences between those who self-identified as heterosexual versus those who self-identified as bisexual, gay or lesbian.

Education:
Education levels in our communities are high, with over 56% self-reporting either a college or postgraduate degree.

TABLE I: Comparison of Highest Education Level Achieved for Total Respondents and Excluding "Decline to State" Responses

Education: Highest Grade Level Completed	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=862)
0-8th Grade	4%	4%
9-12th Grade	11%	12%
Some College	26%	28%
College Degree	31%	33%
Postgraduate Degree	22%	24%
Declined to State	5%	

Annual income is statistically significantly higher for self-reported Postgraduate Degree respondents than those of the other respondents. 0-8th Grade respondents report the highest level of "no" self-reported impairments, statistically significantly higher than those of high school, some college, college degree, and Postgraduate degree respondents.

TABLE J: Comparison of Impairments and Average Household Income by Highest Education Level Completed

	0-8th Grade	High School	Some College	College Degree	Postgraduate Degree
"No" Impairments	58%	25%	33%	39%	38%
Annual Income*	$14,514	$18,349	$31,733	$44,156	$73,592

*Excludes major outliers

Caregiver Status:
The majority of respondents did not self-identify as being a caregiver. 8% of respondents did not provide a response to this question.

TABLE K: Comparison of Caregiver Status for Total Respondents and Excluding "Decline to State" Responses

Caregiver Status	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=835)

Caregiver	25%	28%
Not a Caregiver	66%	72%
Declined to State	8%	

As expected, Caregivers were statistically significantly more likely to be married or have a domestic partner, at 59% versus 29% among non-caregivers. Caregivers are statistically the same age as non-caregivers, at 73.4 years versus 73.6 years for non-caregivers. Caregivers are statistically are as likely to be retired, at 76% versus non-caregivers at 77%.

Impairments

Very few respondents reported cognitive impairments. This may be due to the survey data collection methodology. Additionally, over 40% of those who responded self-reported that they had "no" impairments.

TABLE L: Comparison of Impairments for Total Respondents and Excluding "Decline to State" Responses

Impairments	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=830)
Physical	46%	51%
Cognitive	8%	9%
None	36%	40%
Declined to State	8%	

Those who self-report physical impairments are more likely to be older, widowed and have lower annual income than those who self-report "no" impairments.

Average age of those with physical impairments is 74.8 years versus 71.3 years for those with "no" self-reported impairments, a statistically significant difference. 27% of those with physical impairments are widowed compared with 19% of those with "no" self-reported impairments, a statistically significant difference. Income for those with physical impairments is $36,366 versus $49,982 who self-reported "no" impairments, also a statistically significant difference.

Annual Income:

Among those who self-report annual income, nearly one-fourth reside at or below the $12,140 level, and 38% report income at or below $18,210. As a comparison, the Area Agency on Aging Operational Plan for Fiscal Year 2022/2023 data identified a population of 9% "below the poverty level" for 2022.

TABLE M: Comparison of Approximate Annual Household Income for Total Respondents and Excluding "Decline to State" Responses

Approximate Annual Household Income ($)	Total Respondents (n=905)*	Excluding "Decline to State" Responses (n=567)*
Less than $13,580	17%	27%
$13,580-$18,310	6%	9%
More than $18,310	24%	38%
Declined to State	38%	

* Excludes major outliers

For all annual income reported, data from 5 major outliers have been excluded. These 5 respondents had an annual income of $300,000 or greater.

When all self-reporting respondents were included, including the 5 major outliers, average annual income was $41,210 among those self-reporting. Among those self-reporting, excluding the 5 major outliers as identified above, average annual income was $30,253.

Income levels are highest among those in San Luis Obispo County, and those who are married, with an education level of college or higher, and with "no" self-reported impairments. Average household income levels are highest among those working full-time who do not live alone and those who self-identify as White/Non-Hispanic, identify English as their primary language and self-report speaking English "very well".

There were a number of statistically significant differences by average annual income among the respondents as identified below:

TABLE N: Average Annual Income by Demographic Category, Excluding Major Outliers

Demographic Category	Average Annual Income
County of Residence	
Santa Barbara*	$14,776
San Luis Obispo	$16,687
Gender	
Female	$27,747
Male	$37,435
Marital Status	
Divorced/Separated	$22,859
Married/Domestic Partner**	$49,277
Single	$0
Widowed	$23,514
Sexual Orientation	

2022 NEEDS ASSESSMENT REPORT

Area
Agency on
Aging
For San Luis Obispo and
Santa Barbara Counties

Heterosexual	$31,771
Bisexual/Gay/Lesbian	$38,682
Caregiver	
Yes	$40,199
No	$27,770
Impairments	
Physical	$26,838
Cognitive	$18,678
None***	$37,838
Living Arrangements	
Alone	$22,151
With one other person/caregiver****	$47,951
With more than one other person	$36,307
Homeless	$18,800
Ethnicity	
Not Hispanic*	$33,950
Hispanic Total	$19,841
Race	
White*	$32,546
Non-White	$21,070
Primary Language	
English*	$32,109
Spanish	$10,197
Ability to Speak English	
Very Well*	$32,623
Less than Very Well/Not at All	$14,227

*: Statistically significant different
**: Statistically significantly different from divorced/separated, single and widowed groups
***: Statistically significantly different from physical impairments and cognitive impairments groups
****: Statistically significantly different from those living alone, those living with more than one other person and those who are homeless

Monthly Rent/Mortgage/HOA/Space Fee:
The monthly rent question was expanded in the 2022 Needs Assessment survey, to include homeowners association fees and mobile home space fees burden among seniors. 5% self-report as paying no rent. 49% of respondents did not provide a response to this question.

TABLE O: Comparison of Monthly Rent for Total Respondents and Excluding "Decline to State" Responses

Monthly Rent	**Total Respondents**	**Excluding "Decline to State" Responses**

2022 NEEDS ASSESSMENT REPORT

Area
Agency on
Aging
For San Luis Obispo and
Santa Barbara Counties

	(n=905)	(n=467)
$0	5%	10%
$1-$499	13%	26%
$500-$999	16%	32%
$1,000 and above	16%	32%
Decline to State	48%	

The average monthly rent, mortgage, HOA, or mobile home space fee among all self-reporting was $576.

As expected, monthly rent was statistically significantly different for those who self-identified as homeless versus all other living arrangements, for those who self-identified as full-time employed versus all other employment status situations, and for those whose total annual income was greater than $18,210 versus those earning below $12,140.

Employment:
Only 5% of respondents self-reported working on a full-time basis and over 80% are retired.

TABLE P: Comparison of Employment Status for Total Respondents and Excluding "Decline to State" Responses

Employment	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=843)
Full Time	4%	5%
Part Time	6%	6%
Unemployed	7%	7%
Retired	76%	82%
Declined to State	5%	

As one of the largest population groups within our survey, the characteristics of retirees are similar to those of the average base. Average age is 74.5 years and average income is $30,307. 69% are female, 38% are married, 25% are widowed and 24% are divorced. 25% are caregivers. 44% report having physical impairments while 35% report having "no" impairments.

Living Arrangements:
Nearly half of those self-reporting live alone. These results are substantially different from the Area Agency on Aging Operational Plan for Fiscal Year 2022/2023 data, which identified 19% living alone. The number of respondents

who self-reported living alone dropped from 58% in the 2017 Needs Assessment Survey to 49% in the 2022 Survey.

TABLE Q: Comparison of Living Arrangements for Total Respondents and Excluding "Decline to State" Responses

Living Arrangements	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=864)
Alone	49%	51%
With Other Person	38%	40%
With More Than One Person	9%	9%
Homeless	0%	0%
Declined to State	5%	

4 respondents self-reported as homeless. Self-reported average annual income is $18,800.

Ethnicity and Race:

Over 80% of those who provided responses to the survey self-identified as not Hispanic or Latino, from both race and ethnicity questions. As a comparison, the Area Agency on Aging Operational Plan for Fiscal Year 2022/2023 data identified a minority population of 45%.

TABLE R: Comparison of Ethnicity for Total Respondents and Excluding "Decline to State" Responses

Ethnicity	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=768)
Not Hispanic/Latino	70%	84%
Hispanic Total (Latino, Cuban, Mexican, Puerto Rican)	14%	16%
Declined to State	15%	

TABLE S: Comparison of Race for Total Respondents and Excluding "Decline to State" Responses

Race	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=817)

American Indian/Alaska Native	1%	1%
Asian Total	2%	2%
Black	1%	1%
Multiple Races	1%	1%
Pacific Islander Total	0%	0%
White	80%	90%
Other	4%	4%
Declined to State	10%	

Ability to Speak English:

Among those responding, only 7.6% report that they do not speak English "at all" or they speak "less than very well." This is higher than the Area Agency on Aging Operational Plan for Fiscal Year 2022/2023 data, where 2% were non English-speaking.

TABLE T: Comparison of Ability to Speak English for Total Respondents and Excluding "Decline to State" Responses

Ability to Speak English	Total Respondents (n=905)	Excluding "Decline to State" Responses (n=865)
Not at All	4%	4%
Less than Very Well	3%	4%
Very Well	86%	92%
Declined to State	4%	

2022 NEEDS ASSESSMENT REPORT

Area
Agency on
Aging
For San Luis Obispo and
Santa Barbara Counties

SECTION II: WHAT ARE THE NEEDS OF SENIORS IN OUR COMMUNITY?

Survey respondents were asked to "check all that apply" in response to six questions:

- Things I need help with now
- Support services where I currently receive help
- Things I might need help with in the future
- Things that concern me now
- Things that concern me in the future
- Things that make it difficult to get help

For each question, respondents were also given the opportunity to write in "other" additional responses.

Seniors need help with and are concerned about areas that will impact their level of independence. As with the 2017 Survey, seniors need more information and help in accessing basic services. More than one third of seniors cite "don't know who to ask" as their top reason for difficulty in getting help. Today, seniors need help with home repair, housekeeping, social activities, and understanding Medicare and are most concerned today with staying fit. In the future, seniors will need help with housekeeping and transportation and are most concerned about Alzheimer's, dementia and memory loss.

An analysis of each of these questions is below.

Things I Need Help With

Based on 2022 Survey results, housing is an area that appears to be of greater concern today than during the 2017 Study.

Today, respondents currently receive the most help with meals and food, housing, housekeeping, home repair, and affordable housing.

TABLE U: Top Services Where Respondent Currently Receives Help

Top 11 Services Where I Currently Receive Help*	
1	Meals/food (20%)
2	Housekeeping/Shopping/Errands/Chores (12%)
3	Home Repair & Yard Maintenance (11%)
4	Affordable Housing (10%)
5	Understand Medicare (10%)
6	Transportation (10%)
7	Managing Finances/Filing Taxes (9%)
8	Finding A Healthcare Provider (9%)
9	Care for Parent/Family Member (8%)

| 10 | Finding Friends/Social Activities (8%) |
| 11 | Managing finances/filing taxes (9%) |

*As a percentage of All Respondents

Respondents identified home repair, housekeeping/shopping, finding friends and social activities, understanding Medicare as areas where they need the most help now. As a comparison, housekeeping was identified as the seventh largest area in the 2017 Survey. In the future, respondents will need the most help with housekeeping, transportation, caring for a parent or family member and information & referral services.

TABLE V: Top Things Respondents Need Help With Now and In The Future

TOP 10 Things I Need Help With NOW*		Top 10 Things I Might Need Help With IN THE FUTURE*	
1	Home Repair & Yard Maintenance (17%)	1	Housekeeping/Shopping/Chores (31%)
2	Housekeeping/Shopping/Chores (16%)	2	Transportation (31%)
3	Finding Friends/Social Activities (15%)	3	Care for Parent/Family Member (28%)
4	Understand Medicare (14%)	4	Information & Referral Services (28%)
5	Emotional Support/Counseling (14%)	5	Eating/Dressing/Bathing (27%)
5	Transportation (14%)	5	Home Repair & Yard Maintenance (27%)
7	Legal/Advanced Care Planning (13%)	7	Legal/Advanced Care Planning (25%)
7	Meals/Food (11%)	8	Meals/Food (24%)
9	Information & Referral Services (11%)	9	Adult Day Care/Respite Care (24%)
10	Senior Center Services (9%)	10	Care Planning/Service Coordination (23%)

*As a percentage of All Respondents

There were 23 open-ended responses representing approximately 3% of respondents who listed "Other" things I need help with. No new issues were identified by the open-ended responses that were not covered in the question.

TABLE W: Top 3 Things That I Need Help With: Other Responses

Things I Need Help With: Other Responses (n=23)	Percentage of "Other" responses
Medical Concerns / Medicare-PACE	22%
Counseling & Support Groups/Grief Support	13%
Respite/Companion Care	13%

Each question has also been examined by selected demographic groupings to identify particular issues or needs.

Support Services Currently Used
Both by gender and by county of residence, affordable housing and meals and food are the services most widely used today.

2022 NEEDS ASSESSMENT REPORT

TABLE X: Support Services Where I Currently Receive Help by Residence and Gender

	Total Sample	**Santa Barbara County Residents**	**San Luis Obispo County Residents**	**Female**	**Male**
Ranked 1st	Meals/Food (20%)	Meals/Food (22%)	Meals/Food (17%)	Meals/Food (19%)	Meals/Food (27%)
Ranked 2nd	Housekeeping Shopping Chores (12%)	Affordable Housing (13%)	Home Repair Yard Maintenance (12%)	Home Repair Yard Maintenance (12%)	Housekeeping Shopping Chores (16%)
Ranked 3rd	Home Repair Yard Maintenance (11%)	Housekeeping Shopping Chores (12%)	Housekeeping Shopping Chores (11%)	Housekeeping Shopping Chores (11%)	Finding a Healthcare Provider (15%)

As expected, the services most used today are affordable housing and meals and food for the most vulnerable seniors by income.

TABLE Y: Support Services Where I Currently Receive Help by Annual Income

	Total Sample	**Annual Income <$12,140**	**Annual Income $12,140 - $18,210**	**Annual Income >$18,210**
Ranked 1st	Meals/Food (20%)	Meals/Food (27%)	Meals/Food (37%)	Meals/Food (16%)
Ranked 2nd	Housekeeping/ Shopping/ Chores/ (12%)	Affordable Housing (19%)	Housekeeping/ Shopping/ Chores/ (23%)	Home Repair/ Yard Maintenance (11%)
Ranked 3rd	Home Repair/ Yard Maintenance (11%)	Housekeeping/ Shopping/ Chores (16%)	Affordable Housing (21%)	Housekeeping/ Shopping/ Chores (9%)

Things Respondents Need Help with Now
Both by gender and by county of residence, legal affairs/advanced care planning and home repair/yard maintenance, housekeeping/shopping/chores are top priorities for respondents today. Home repair/yard maintenance is a top priority for women while finding friends/social activities is a top priority for men.

TABLE Z: Things Respondents Need Help With Now by County and Gender

Page **18** of **26**

	Total Sample	Santa Barbara County Residents	San Luis Obispo County Residents	Female	Male
Ranked 1st	Home Repair/ Yard Maintenance (17%)	Legal Affairs/ Advanced Care Planning (17%)	Home Repair/ Yard Maintenance (20%)	Home Repair/ Yard Maintenance (14%)	Find Friends/ Social Activities (18%)
Ranked 2nd	Housekeeping/ Shopping/ Chores (16%)	Housekeeping/ Shopping/ Chores (17%)	Find Friends/ Social Activities (15%)	Housekeeping/ Shopping/ Chores (13%)	Understanding Medicare (16%)
Ranked 3rd	Find Friends/ Social Activities (15%)	Understanding Medicare (17%)	Housekeeping/ Shopping/ Chores (16%)	Transportation (11%)	Home Repair/ Yard Maintenance (16%)

Needing help with housekeeping/shopping/chores ranks highest among those living alone. Home repair/yard maintenance ranks highest among those living with another person, and for both those who are and are not currently caregivers.

TABLE AA: Things Respondents Need Help With Now by Living Arrangements and By Caregiver Status

	Total Sample	Live Alone	Live with Other Person/ Caregiver	Caregiver	Not a Caregiver
Ranked 1st	Home Repair/ Yard Maintenance (17%)	Housekeeping/ Shopping/ Chores (21%)	Home Repair/ Yard Maintenance (16%)	Home Repair/ Yard Maintenance (22%)	Home Repair/ Yard Maintenance (16%)
Ranked 2nd	Housekeeping/ Shopping/ Chores (16%)	Home Repair/ Yard Maintenance (19%)	Understanding Medicare (14%)	Care for Parent/Family Member (19%)	Housekeeping/ Shopping/ Chores (15%)
Ranked 3rd	Find Friends/ Social Activities (15%)	Transportation (19%)	Find Friends/ Social Activities (13%)	Emotional Support/ Counseling (19%)	Find Friends/ Social Activities (15%)

Things Respondents Need Help with In the Future
For respondents, the biggest anticipated need in the future is housekeeping/shopping/chores both women and men as well as in San Luis Obispo County. Housekeeping/shopping/chores is the second biggest anticipated need among residents in Santa Barbara County, behind transportation.

TABLE AB: Things Respondents Need Help With In The Future by County and Gender

	Total Sample	**Santa Barbara County Residents**	**San Luis Obispo County Residents**	**Female**	**Male**
Ranked 1st	Housekeeping/ Shopping/ Chores (31%)	Transportation (30%)	Housekeeping/ Shopping/ Chores (33%)	Housekeeping/ Shopping/ Chores (22%)	Housekeeping/ Shopping/ Chores (38%)
Ranked 2nd	Transportation (31%)	Housekeeping/ Shopping/ Chores (29%)	Transportation (31%)	Transportation (22%)	Transportation (36%)
Ranked 3rd	Care for Parent/Family Member (28%)	Eating, Dressing, and Bathing (28%)	Home Repair/ Yard Maintenance (30%)	Care for Parent/Family Member (20%)	Eating, Dressing, and Bathing (34%)

Both those who self-reported as Hispanic and as caregivers identified care for parent/family member as their biggest anticipated need. Both those that reported as not a caregiver and not Hispanic identified Housekeeping/shopping/chores as their biggest anticipated need.

TABLE AC: Things Respondents Need Help With In The Future by Caregiver Status and Ethnicity

	Total Sample	**Caregiver**	**Not a Caregiver**	**Ethnicity Not Hispanic**	**Ethnicity Hispanic (Total)**
Ranked 1st	Housekeeping/ Shopping/ Chores (31%)	Care for Parent/Family Member (37%)	Housekeeping/ Shopping/ Chores (31%)	Housekeeping/ Shopping/ Chores (32%)	Care for Parent/Family Member (29%)
Ranked 2nd	Transportation (31%)	Housekeeping/ Shopping/ Chores (32%)	Transportation (31%)	Transportation (32%)	Eating, Dressing, and Bathing (28%)
Ranked 3rd	Care for Parent/Family Member (28%)	Transportation (31%)	Information & Referral Services (27%)	Care for Parent/Family Member (28%)	Housekeeping/ Shopping/ Chores (27%)

Things that Concern Me

Today, respondents are most concerned about staying physically fit, accidents in and out of the home and social isolation/loneliness/computer skills. In the future, they are most concerned with Alzheimer's/dementia, nursing home placement, and staying physically fit. These results are similar with results from the 2017 Study.

2022 NEEDS ASSESSMENT REPORT

Area
Agency on
Aging
For San Luis Obispo and
Santa Barbara Counties

TABLE AD: Top Things Respondents are Concerned About Now and In The Future

	TOP 10 Things That Concern Me NOW*		Top 10 Things That Concern Me IN THE FUTURE*
1	Staying Physically Fit (42%)	1	Alzheimer's/Dementia/Memory Loss (45%)
2	Accidents In/Out of Home (23%)	2	Nursing Home Placement (35%)
3	Social Isolation/Loneliness/Computer Skills (22%)	3	Staying Physically Fit (30%)
4	Dependence Upon Others (20%)	4	Health Care (29%)
5	Health Care (19%)	5	Financial Security (26%)
6	Financial Security (18%)	6	Crime/Fraud/Abuse (23%)
7	Crime/Fraud/Abuse (17%)	7	Accidents In/Out of Home (23%)
8	Alzheimer's/Dementia/Memory Loss (17%)	8	Depend on Others (20%)
9	Transportation (16%)	9	Transportation (16%)
10	Disaster Preparedness (15%)	10	Staying Home (13%)

*As a percentage of All Respondents

There were 95 open-ended responses representing approximately 11% of respondents who listed "Other" things that concern me now/in the future.

Income and rising costs was by far the greatest "other" concern of respondents, with nearly one-fourth of respondents identifying it as a related concern.

TABLE AE: Top Things That Concern Me: Other Responses

Thing that make it difficult to get help: Other Response (n=95)	Percentage of "Other" responses
Income/Rising Costs	23%
Technical Help (computer/cell phone)	16%
Social/Home Isolation	13%

Each question has also been examined by selected demographic groupings to identify particular issues or needs.

<u>Areas of Concern Now</u>
Staying fit is by far the biggest area of concern for respondents by county of residence and gender.

TABLE AF: Things Respondents Are Concerned With Now by County and Gender

	Total Sample	Santa Barbara County Residents	San Luis Obispo County Residents	Female	Male
Ranked 1st	Staying Physically Fit	Staying Physically Fit	Staying Physically Fit	Staying Physically Fit	Staying Physically Fit

	(42%)	(40%)	(42%)	(44%)	(40%)
Ranked 2nd	Accidents In/Out of Home (23%)	Accidents In/Out of Home (23%)	Social Isolation/ Loneliness/ Computer Skills (22%)	Social Isolation/ Loneliness/ Computer Skills (24%)	Accidents In/Out of Home (24%)
Ranked 3rd	Social Isolation/ Loneliness/ Computer Skills (22%)	Social Isolation/ Loneliness/ Computer Skills (22%)	Accidents In/Out of Home (21%)	Accidents In/Out of Home (23%)	Social Isolation/ Loneliness/ Computer Skills (21%)

Of the forty-seven sub-groups measured only seven sub-groups – those who self-reported as Hawaiian/Other Pacific Islander, homeless, worked full-time, unemployed, 0-8th grade education, cognitive impairments, and those aged 90 or greater – did not rank staying fit as their biggest area of concern today.

Areas of Concern in the Future

Alzheimer's/dementia, dependence upon others and nursing home placement are consistently the biggest concerns of the future by gender and by county of residence.

TABLE AG: Things Respondents Are Concerned With In The Future by County of Residence and Gender

	Total Sample	**Santa Barbara County Residents**	**San Luis Obispo County Residents**	**Female**	**Male**
Ranked 1st	Alzheimer's/ Dementia/ Memory Loss (45%)	Alzheimer's/ Dementia/ Memory Loss (44%)	Alzheimer's/ Dementia/ Memory Loss (44%)	Alzheimer's/ Dementia/ Memory Loss (45%)	Alzheimer's/ Dementia/ Memory Loss (47%)
Ranked 2nd	Nursing home placement (35%)	Nursing home placement (36%)	Dependence on others (34%)	Dependence on others (32%)	Nursing home placement (45%)
Ranked 3rd	Staying Physically Fit (30%)	Dependence Upon Others (32%)	Transportation (33%)	Nursing home placement (32%)	Dependence Upon Others (40%)

Similarly of the forty-seven sub-groups measured only 8 sub-groups did not identify Alzheimer's/dementia as their biggest are of concern in the future. Those aged 90 or older, those employed full time, those who self-identified their race as black and Asian, those who identified their marital status as either separated or domestic partner, those living with more than one person, and those with cognitive impairments. Of these groups nursing home placement and transportation were the biggest area of concern for the future.

Things that Make It Difficult to Get Help

The top things that make it difficult for seniors to get help are: don't know who to ask, prefer not to ask for help and can't afford it.

TABLE AH: Top Things That Make It Difficult to Get Help

Top 8 Things that Make it Difficult to Get Help*	
1	Don't know who to ask (35%)
2	Prefer not to ask for help (22%)
3	Don't qualify (22%)
4	Can't afford It (20%)
5	Transportation is difficult (16%)
6	Wait lists (14%)
7	Service is not available where I live (9%)
8	Previous bad experiences (3%)

*As a percentage of All Respondents

There were 11 open-ended responses, for a total of approximately 1% of the total respondent base.

TABLE AI: Top Things That Make It Difficult to Get Help: Other Responses

Thing that make it difficult to get help: Other Responses (n=11)	Percentage of "Other" responses
Memory issues/care	18%
Awareness of needs	18%
Obtaining help	18%

Both by county of residence and by gender, over one-third of seniors report that not knowing who to ask is the biggest issue making it difficult to get help.

TABLE AJ: Things that Make It Difficult to Get Help by County of Residence and Gender

	Total Sample	Santa Barbara County Residents	San Luis Obispo County Residents	Female	Male
Ranked 1st	Don't know who to ask (35%)	Don't know who to ask (33%)	Don't know who to ask (36%)	Don't know who to ask (36%)	Don't know who to ask (36%)
Ranked 2nd	Prefer not to ask for help (22%)	Can't afford (22%)	Prefer not to ask for help (23%)	Can't afford (21%)	Prefer not to ask for help (29%)

Ranked 3rd	Don't Qualify (20%)	Prefer not to ask for help (20%)	Don't Qualify (18%)	Prefer not to ask for help (20%)	Can't afford (22%)

Other Concerns

There were 95 open-ended responses, for a total of approximately 11% of the total respondent base. Concerns regarding income and rising were identified by 15% of those responding and medical concerns/Medicare-PACE was identified by 14% of those responding.

TABLE AK: Other Concerns

Other Concerns: (n=95)	Percentage of "Other" responses
Income/Rising Costs	15%
Medical Concerns/Medicare-PACE	14%
Housing Issues/Affordable Housing	8%
Caregiving/Respite Care	6%
Home Repairs/Yard Work	6%
Social Activities-Interaction/Home Isolation	5%
Traffic/Transportation	5%

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
Senior Demographics Summary
Among those who provided a response, the typical senior in our survey can be characterized by the following demographics:
- Somewhat more likely to be from Santa Barbara County than from San Luis Obispo County (53% vs. 47%)
- Average age of 75.6 years
- Female (72% female versus 27% male)
- More likely to be married/have a domestic partner (39%)
- Heterosexual (95% among those providing a response and 78% among total respondents)
- Well-educated (84% of self-reported respondents have had some college or above)
- Not a caregiver (72%)
- More likely to have some physical impairment (51%) than no self-reported impairments (40%)
- Average annual income of $30,253, well above the poverty level of $18,310
- Average monthly rental of $863
- Retired (82%)
- More likely to be living alone (51%) versus living with one or more other people (49%)
- Self-identify as Not Hispanic (84%), white (80%) and speaking English "very well" (92%)

On a positive note, the percentage of respondents reporting they lived alone dropped in 2022 and more respondents were likely to be married. In 2017, 58% were living alone, compared with 51% in 2022. In 2017, 31% self-reported that they were married/domestic partner, compared with 39% in 2022.

Needs and Concerns of Seniors Summary
Seniors appear to be more concerned about physical well-being in 2022. Concerns regarding staying physically fit were identified more frequently in the 2022 Survey compared with the 2017 Survey.

Seniors need help with and are concerned about areas that will impact their level of independence. As with the 2017 Survey, seniors need more information and help in accessing basic services. More than a third of seniors cite "don't know who to ask" as their top reason for difficulty in getting help. Today, seniors need help with home repair, housekeeping and social interaction and are most concerned today with staying fit. In the future, seniors will need help with housekeeping as well as transportation which was a recurring item. Seniors most concerned in the future about Alzheimer's, dementia and memory loss.

Conclusions and Recommendations:

How can the Area Agency on Aging (AAA) support all seniors in our community?

The AAA should continue offering access to the programs and services *it already provides*, with a focus on *helping seniors maintain their independence*. The AAA must also address the emerging concern of: social isolation/loneliness.

Specifically, the AAA should:
- Improve the level of awareness of AAA's services and how to access them. Consider a repositioning of current service offerings as a means to help seniors *maintain their independence.*
- Continue to provide access to basic services for those most in need.
- Gather additional information regarding *senior loneliness*. Consider working with health care providers, other funders and other service providers to begin to address this issue.
- Gather additional information regarding *senior transportation*.   Consider working with government organizations, other funders and other service providers to begin to address this issue.