2015 Survey of Older Minnesotans
Summary of Key Findings

April 7, 2016

Presented by
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Survey of Older Minnesota: History
About

• A statewide survey
• Conducted by phone, every 5 to 10 years
• Random sample
• Non-institutionalized older adults
• Older adults defined as 50 and older

• Sample stratified into two regions = Greater Minnesota and Metro Area
Results: How are they used?

Survey results are used in multiple ways

• monitor the changing needs, assets and expectations of older persons in the state
• improve the design and targeting of public programs for older persons
• help researchers and policy makers better understand Minnesota’s older population.
Questions / Topic Areas

- Work & Retirement
- Transportation
- Communities for a Lifetime
- Support Resources
- Caregiving
- Health & Long-Term Services & Supports
- Special Concerns
Highlighted in this presentation

• Work & Retirement
• Transportation
• Communities for a Lifetime
• Support Resources
• Caregiving
• Health & Long-Term Services & Supports
• Special Concerns
### Respondent Demographics

<table>
<thead>
<tr>
<th>Age</th>
<th>(n = 4000)</th>
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</thead>
<tbody>
<tr>
<td>50-54</td>
<td>24.0%</td>
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<tr>
<td>55-59</td>
<td>20.0%</td>
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<tr>
<td>60-64</td>
<td>16.0%</td>
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<tr>
<td>65-69</td>
<td>12.0%</td>
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<tr>
<td>70-74</td>
<td>9.0%</td>
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<tr>
<td>75-84</td>
<td>13.0%</td>
<td></td>
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<tr>
<td>85+</td>
<td>6.0%</td>
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</tr>
<tr>
<td>Refused</td>
<td>0.1%</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>(n = 4000)</th>
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<tbody>
<tr>
<td>Male</td>
<td>45.2%</td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>54.7%</td>
<td></td>
</tr>
<tr>
<td>Other/Refused</td>
<td>0.1%</td>
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<table>
<thead>
<tr>
<th>Education</th>
<th>(n = 4000)</th>
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<tbody>
<tr>
<td>Less than High School</td>
<td>4.1%</td>
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<tr>
<td>High School Graduate</td>
<td>23.7%</td>
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<tr>
<td>Post-Secondary</td>
<td>72.2%</td>
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### Respondent Demographics (Continued)

<table>
<thead>
<tr>
<th>Race*</th>
<th>(n = 4000)</th>
<th>Race*</th>
<th>(n = 4000)</th>
<th>Living Arrangement</th>
<th>(n = 4000)</th>
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</thead>
<tbody>
<tr>
<td>White</td>
<td>95.3%</td>
<td>No, not of Hispanic, Latino, or Spanish origin</td>
<td>98.4%</td>
<td>Live Alone</td>
<td>27.2%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>1.1%</td>
<td>Yes, Mexican, Mexican American, Chicano</td>
<td>0.5%</td>
<td>Live with Others</td>
<td>72.8%</td>
</tr>
<tr>
<td>Other race not listed</td>
<td>0.8%</td>
<td>Yes, another Hispanic, Latino, or Spanish origin</td>
<td>0.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>0.7%</td>
<td>Yes, Puerto Rican</td>
<td>0.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asian</td>
<td>0.5%</td>
<td>Refused/Don’t Know</td>
<td>0.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pacific Islander</td>
<td>0.2%</td>
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<td></td>
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</tr>
<tr>
<td>Refused/Don’t Know</td>
<td>1.5%</td>
<td></td>
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</tbody>
</table>

*See slide 38 for more discussion.*
Work and Retirement
Older Adults Work Longer, Delay Retirement

Survey Question: Do you consider yourself retired? Are you currently working at a paying job?
Audience Question

What do you think has happened to volunteer rates?

☐ Increased
☐ Decreased
☐ Stayed the same
Volunteer Rates Are Decreasing

Survey Questions: Sometimes people help others by doing things such as driving them to appointments, .... In the past 12 months, have you provided any of this kind of help? People also help organizations such as churches, libraries, hospitals, neighborhood groups or service clubs. In the past 12 months, have you provided help to ORGANIZATIONS in your neighborhood or community?
Communities for a Lifetime
Fewer Seniors Move South in Winter

Survey Question: Do you live in a state other than Minnesota part of the year?
Most Older Adults Own Homes

![Bar chart showing ownership rates for different age groups.]

- **50-54**: Majority own homes.
- **55-59**: Most own homes.
- **60-64**: Own homes are common.
- **65-69**: High ownership rate.
- **70-74**: Own homes are still prevalent.
- **75-84**: Ownership remains high.
- **85+**: Ownership rates slightly decrease.

Categories:
- Own
- Rent
- N/A-Live With Others Rent Free
Smaller Proportion of Older Adults Live in Senior Housing

Survey Question: (If living in apartment/multi-unit building or rooming house only) Is this housing for older adults only?
Health and Long-Term Services and Supports
Older Adults Continue to be Healthy

Survey Question: In general, would you describe your current health as excellent, good, fair, poor, or very poor?
Oldest Minnesotans Need Less Help with IADLs

Survey Question: Do you have difficulty (shopping for groceries) because of a health or physical problem?
Audience Question

What source did respondents most commonly expect to pay for their long-term care?

- They didn’t know
- Private insurance (including long-term care insurance)
- Savings or investments
- A government program
Many Older Adults Expect Savings or Insurance to Pay for Long-Term Care
(Respondents 50 and Older)

Survey Question: If you need long-term care (for example: help in your home, assisted living or nursing home care) at some time in the future, how do you think that will most likely be paid for? Would you say....

* Equity in home was not given as an option in 2005
Caregiving
Unpaid Caregiving is Slightly Increasing
Unpaid and Paid Caregiving

• Split all respondents into 4 groups
  • Do not receive help with ADLs and IADLs (1714)
  • Receive unpaid help only (371)
  • Receive paid help only (91)
  • Receive combination of paid and unpaid help (63)

• Total (denominator) is everyone who receives help (535)
Unpaid and Paid Caregiving

• 71% =  
  \[
  \frac{\text{respondents who receive ONLY unpaid help (371 people)}}{\text{respondents who receive ANY help (525 people)}}
  \]

• 83% =  
  \[
  \frac{\text{respondents who receive ONLY unpaid help PLUS respondents with paid and unpaid help (434 people)}}{\text{respondents who receive ANY help (525 people)}}
  \]
Rate of Caregiving is Increasing

Proportion of caregiving older adults

1988: 9%
1995: 7%
2001: 11%
2005: 10%
2015: 12%
Audience Question

Are you seeing similar trends with caregiving?

- Yes
- No
- Unsure
Proportion of Older Adults with Prospective Caregiver is Increasing

Proportion with prospective caregiver

<table>
<thead>
<tr>
<th>Year</th>
<th>Proportion</th>
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<tbody>
<tr>
<td>1988</td>
<td>83.4%</td>
</tr>
<tr>
<td>1995</td>
<td>81.9%</td>
</tr>
<tr>
<td>2001</td>
<td>84.2%</td>
</tr>
<tr>
<td>2005</td>
<td>86.9%</td>
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<tr>
<td>2015</td>
<td>89.8%</td>
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</table>
Older Adults Receive Less Help with IADLs

Proportion of older adults needing help with IADLs that receive help

- Grocery Shopping
- Heavy Housework
- Light Housework
- Meal Prep
- Getting Outside
- Managing Money

Older Adults Continue Receiving Most Help from Spouse or Children

Percentage of Respondents Receiving Care

- Spouse/Partner
- Child/Child-In-Law
- Paid Care
- Other Family/Friends/Neighbors
- Other

Percentage of Respondents Receiving Care

0% 10% 20% 30% 40%

- 2015
- 2005
- 2001
- 1995
- 1988
Older Caregivers Less Likely to Care for People with Memory Difficulties

Proportion of caregivers caring for individuals with impairment by age range:
- 50-54: 64%
- 55-59: 61%
- 60-64: 59%
- 65-69: 52%
- 70-74: 49%
- 75-84: 44%
- 85+: 44%
Hours Spent Caregiving by Older Adults Age 60 and Older Varies Over Time

- **Proportion of older adults providing care**
- **Hours Caregiving per Week**
  - Less than 1
  - 1-8
  - 9-20
  - 21-40
  - 41 or more
Other Information Sources
Other MN Information Sources

• State Demographic Center
  • http://mn.gov/admin/demography/

• Minnesota Compass
  • http://www.mncompass.org/

• Metropolitan Council

• Census/American Community Survey
  • http://www.census.gov/
Other Aging Data Sources

• AARP Public Policy Institute
  • http://www.aarp.org/ppi/

• National Health and Aging Trends Study (NHATS)
  • http://www.nhats.org/

• Behavioral Risk Factor Surveillance System (BRFSS)
  • http://www.cdc.gov/brfss/

• National Alliance for Caregiving
  • http://www.caregiving.org/

• Survey of Income and Program Participation (SIPP)
  • http://www.census.gov/sipp/

• Health and Retirement Study (HRS)
  • http://hrsonline.isr.umich.edu/

• Wisconsin Longitudinal Study
  • http://www.ssc.wisc.edu/wlsresearch/
For More Information

Contact

Minnesota Board on Aging

mba@state.mn.us

Visit the site

http://www.mnaging.net/en/Advisor/SurveyOlderMN.aspx
References

8. www.minnesotahelp.info
11. http://www.americashealthrankings.org/reports/senior
Race/Ethnicity Note

<table>
<thead>
<tr>
<th>Survey/Statistic</th>
<th>Statewide 50+</th>
<th>White (non-Hispanic)</th>
<th>Black or African American</th>
<th>American Indian and Alaska Native*</th>
<th>Asian</th>
<th>Pacific Islander*</th>
<th>Hispanic*</th>
<th>Two or More Races</th>
<th>Other Race</th>
<th>Refused/Don’t Know</th>
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<tbody>
<tr>
<td><strong>2010 Census</strong></td>
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<tr>
<td>Count</td>
<td>1,714,180</td>
<td>1,595,867</td>
<td>41,754</td>
<td>12,035</td>
<td>32,121</td>
<td>358</td>
<td>23,782</td>
<td>8,263</td>
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<td>Proportion</td>
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<td>93%</td>
<td>2%</td>
<td>1%</td>
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<td><strong>2015 Survey of Older Minnesotans</strong></td>
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<tr>
<td>Count</td>
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<td>3,812</td>
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<td>6</td>
<td>31</td>
<td>N/A</td>
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<td>58</td>
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<tr>
<td>Proportion</td>
<td>100%</td>
<td>95.3%</td>
<td>1.1%</td>
<td>0.7%</td>
<td>0.5%</td>
<td>0.2%</td>
<td>0.8%</td>
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<td>1.5%</td>
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<tr>
<td>Margin of Error</td>
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<td>0.2%</td>
<td>0.1%</td>
<td>0.3%</td>
<td>0.3%</td>
<td>0.3%</td>
<td>0.4%</td>
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</tbody>
</table>

* The Survey of Older Minnesotans proportion does not differ significantly from the 2010 Census

The proportions of respondents within several of the race and ethnicity categories are lower than the proportions in the total population, as reported in the 2010 Census. Non-Hispanic whites are slightly over-represented in the survey results. This means that the survey results for other racial and ethnic populations should be interpreted with caution as they may not fully represent their experiences.