

2015 Survey of Older Minnesotans

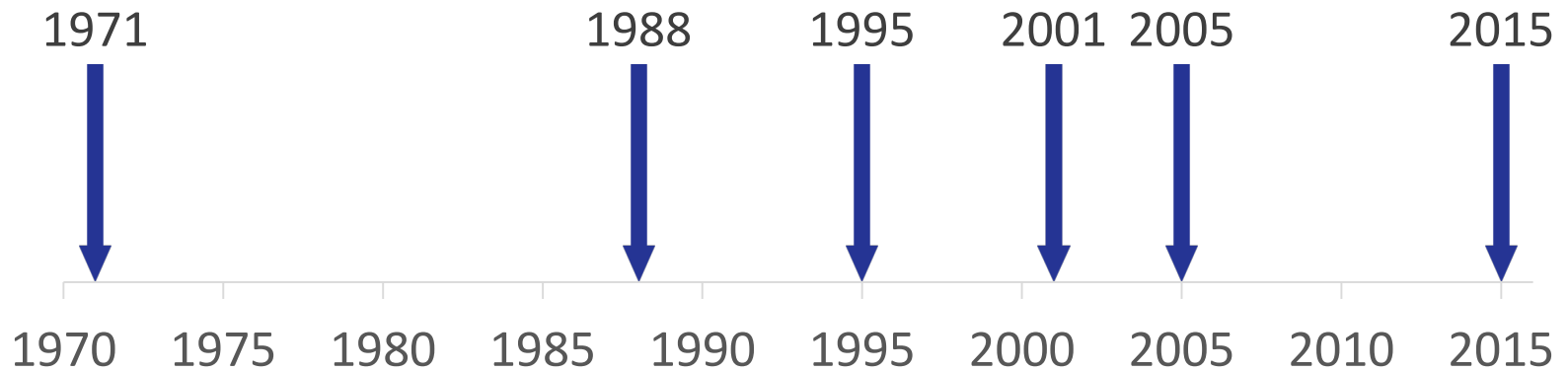
Summary of Key Findings

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

Age	(n = 4000)
50-54	24.0%
55-59	20.0%
60-64	16.0%
65-69	12.0%
70-74	9.0%
75-84	13.0%
85+	6.0%
Refused	0.1%

Gender	(n = 4000)
Male	45.2%
Female	54.7%
Other/ Refused	0.1%

Education	(n = 4000)
Less than High School	4.1%
High School Graduate	23.7%
Post-Secondary	72.2%

Respondent Demographics (Continued)

Race*	(n = 4000)
White	95.3%
Black or African American	1.1%
Other race not listed	0.8%
American Indian or Alaska Native	0.7%
Asian	0.5%
Pacific Islander	0.2%
Refused/Don't Know	1.5%

Ethnicity*	(n = 4000)
No, not of Hispanic, Latino, or Spanish origin	98.4%
Yes, Mexican, Mexican American, Chicano	0.5%
Yes, another Hispanic, Latino, or Spanish origin	0.3%
Yes, Puerto Rican	0.0%
Refused/Don't Know	0.9%

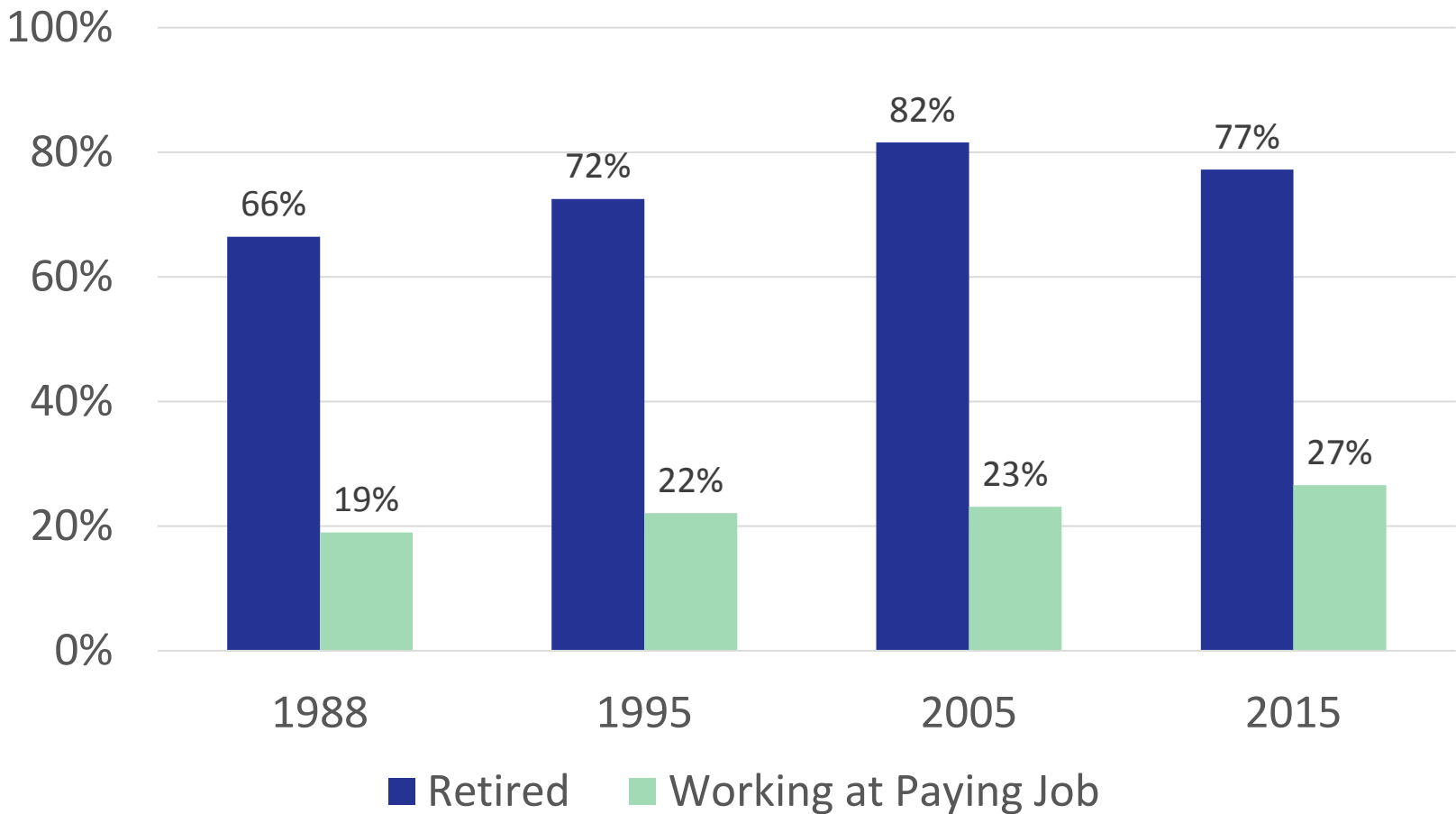
Living Arrangement	(n = 4000)
Live Alone	27.2%
Live with Others	72.8%

*See slide 38 for more discussion

Work and Retirement



Older Adults Work Longer, Delay Retirement



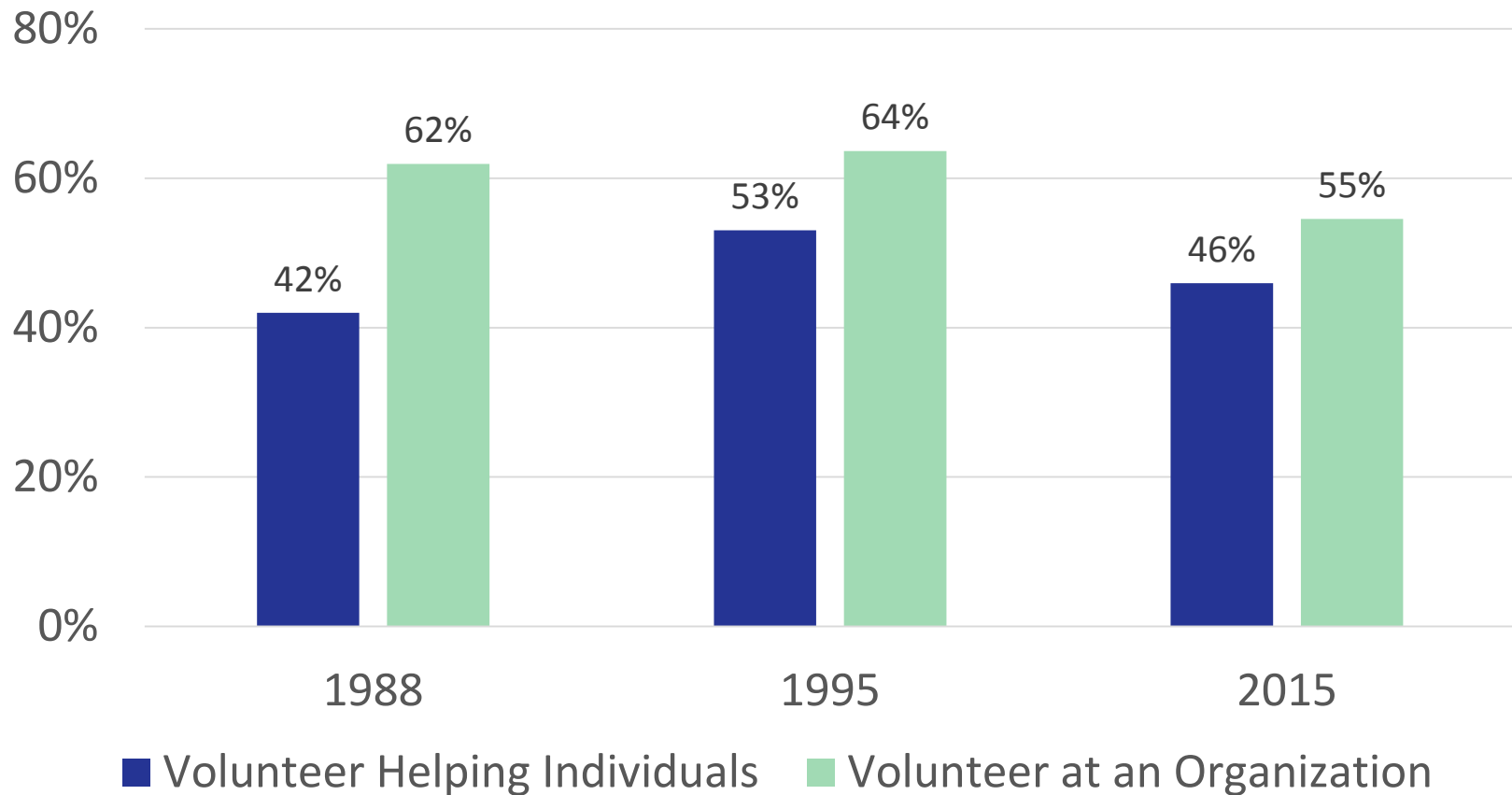
Survey Question: Do you consider yourself retired? Are you currently working at a paying job?

Audience Question

What do you think has happened to volunteer rates?

- Increased
- Decreased
- Stayed the same

Volunteer Rates Are Decreasing

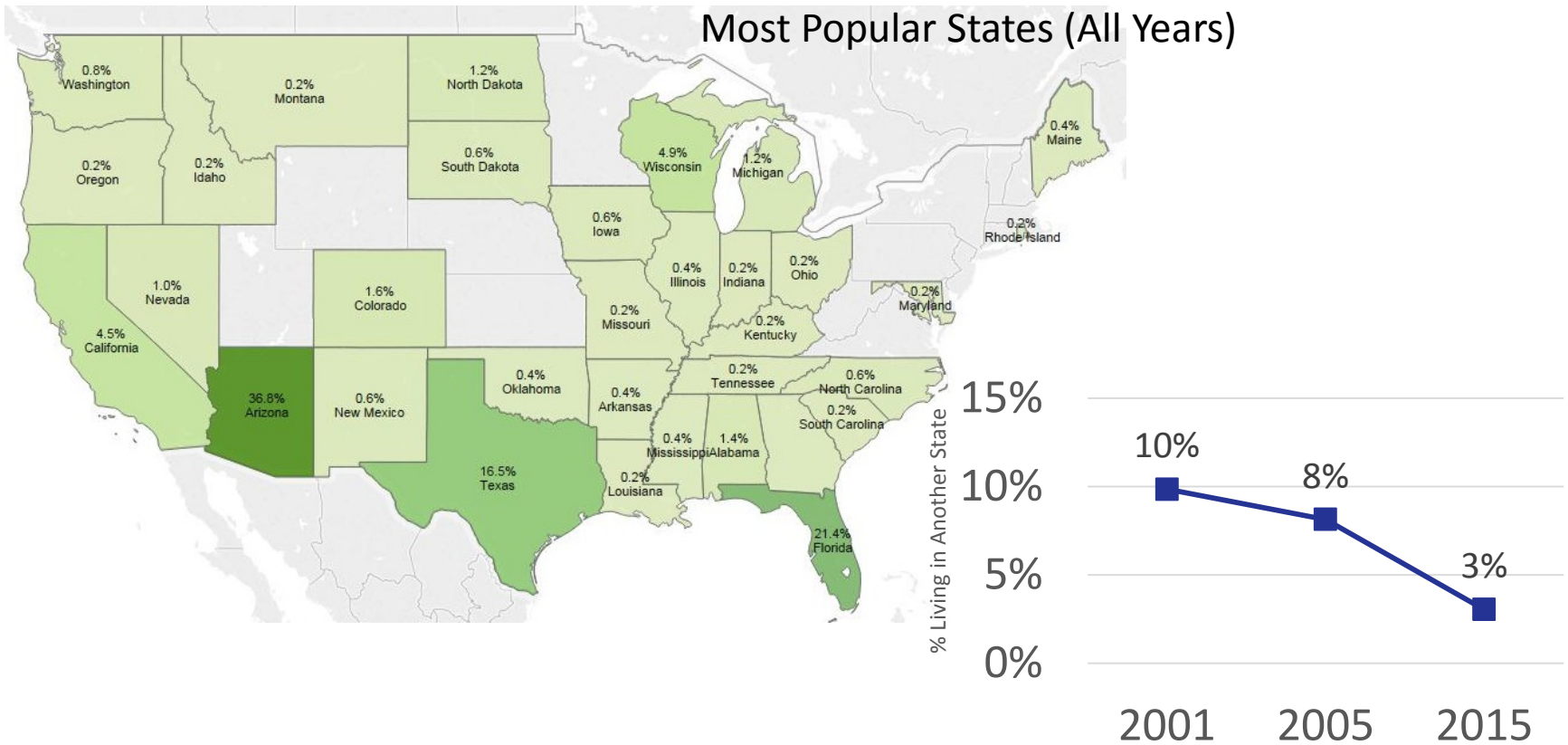


Survey Questions: Sometimes people help others by doing things such as driving them to appointments, In the past 12 months, have you provided any of this kind of help? People also help organizations such as churches, libraries, hospitals, neighborhood groups or service clubs. In the past 12 months, have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

Communities for a Lifetime

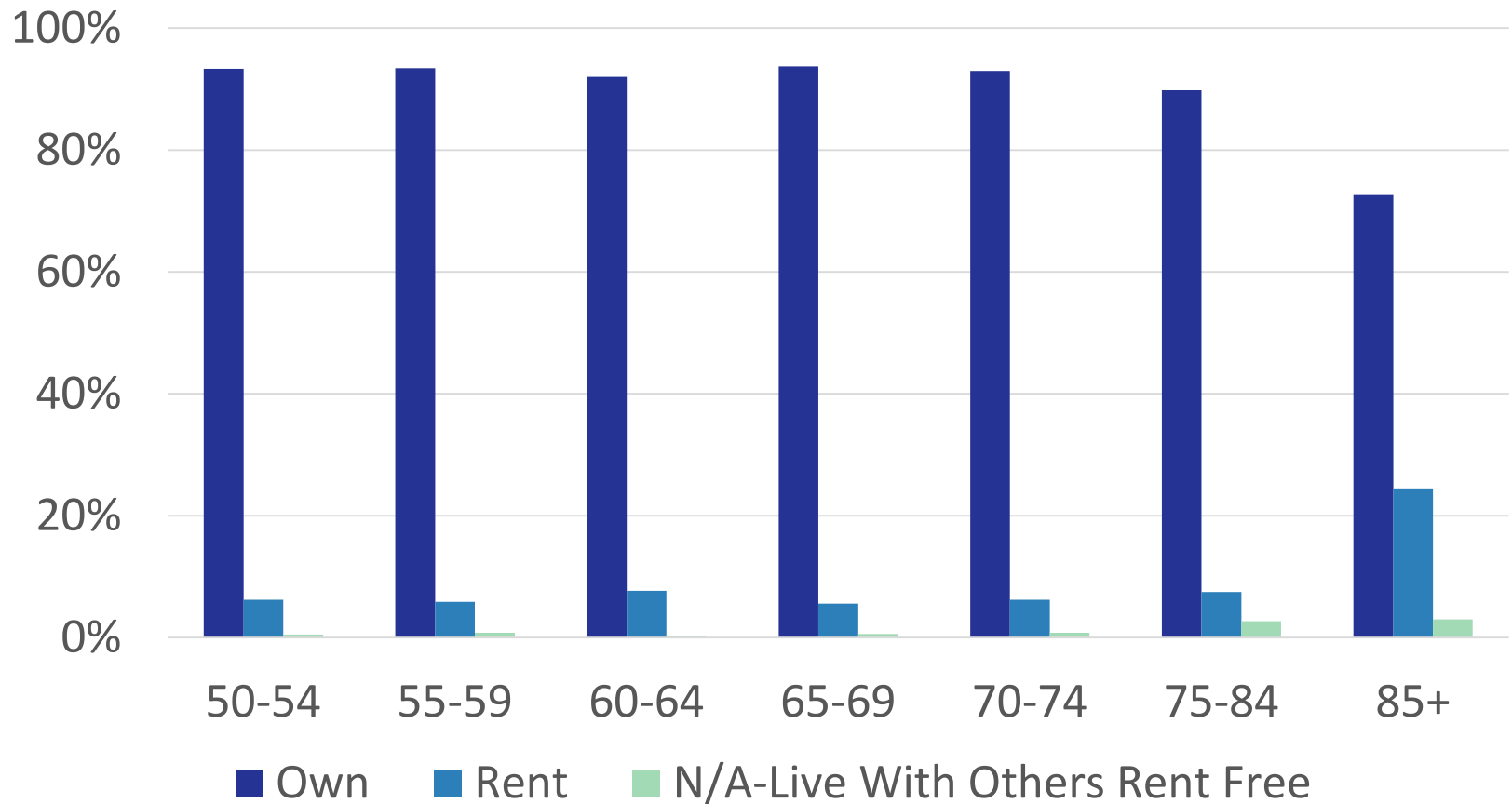


Fewer Seniors Move South in Winter

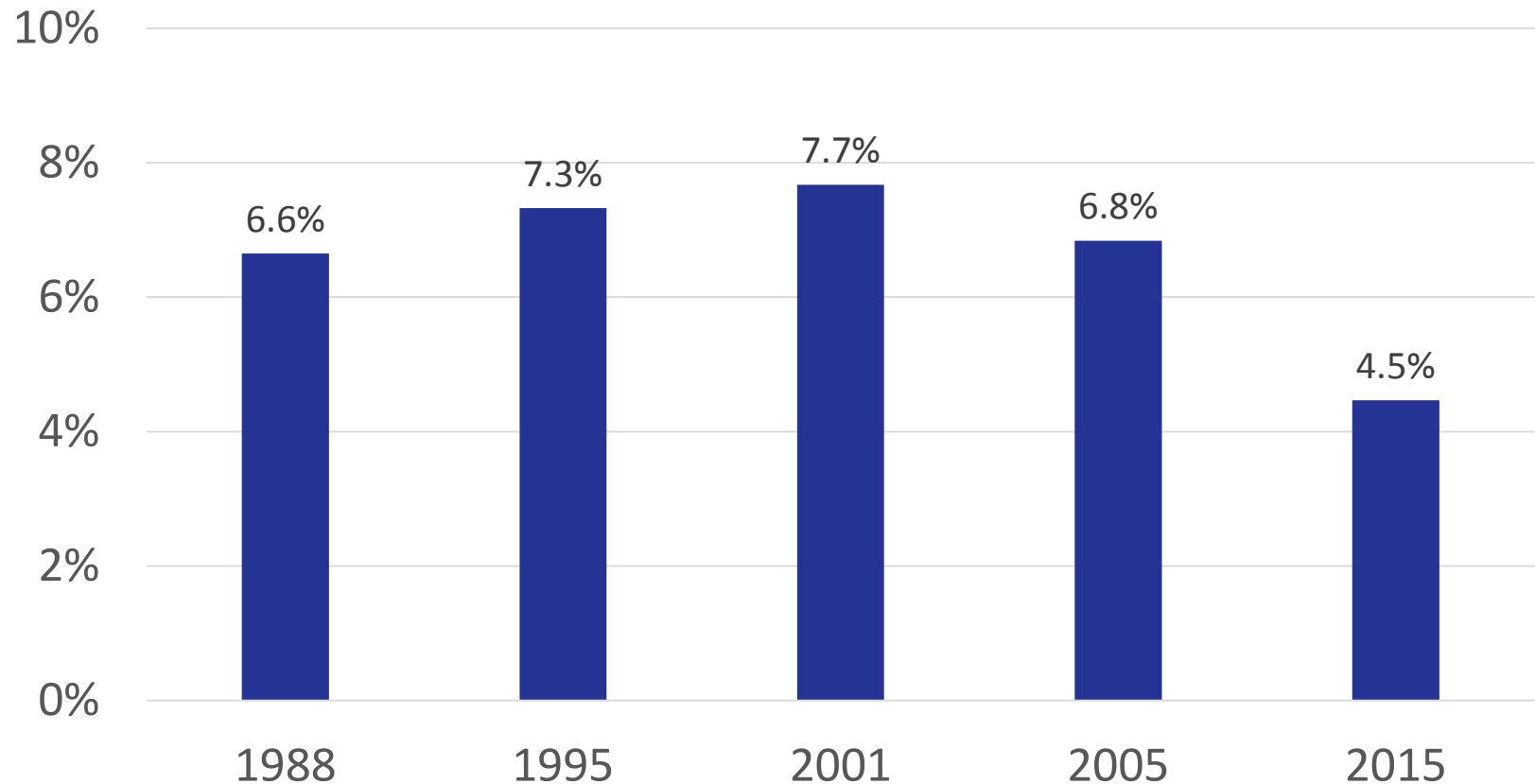


Survey Question: Do you live in a state other than Minnesota part of the year?

Most Older Adults Own Homes

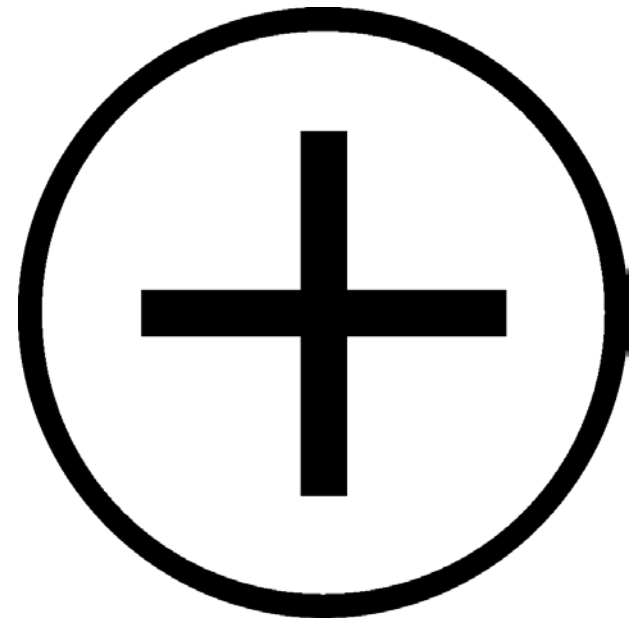


Smaller Proportion of Older Adults Live in Senior Housing

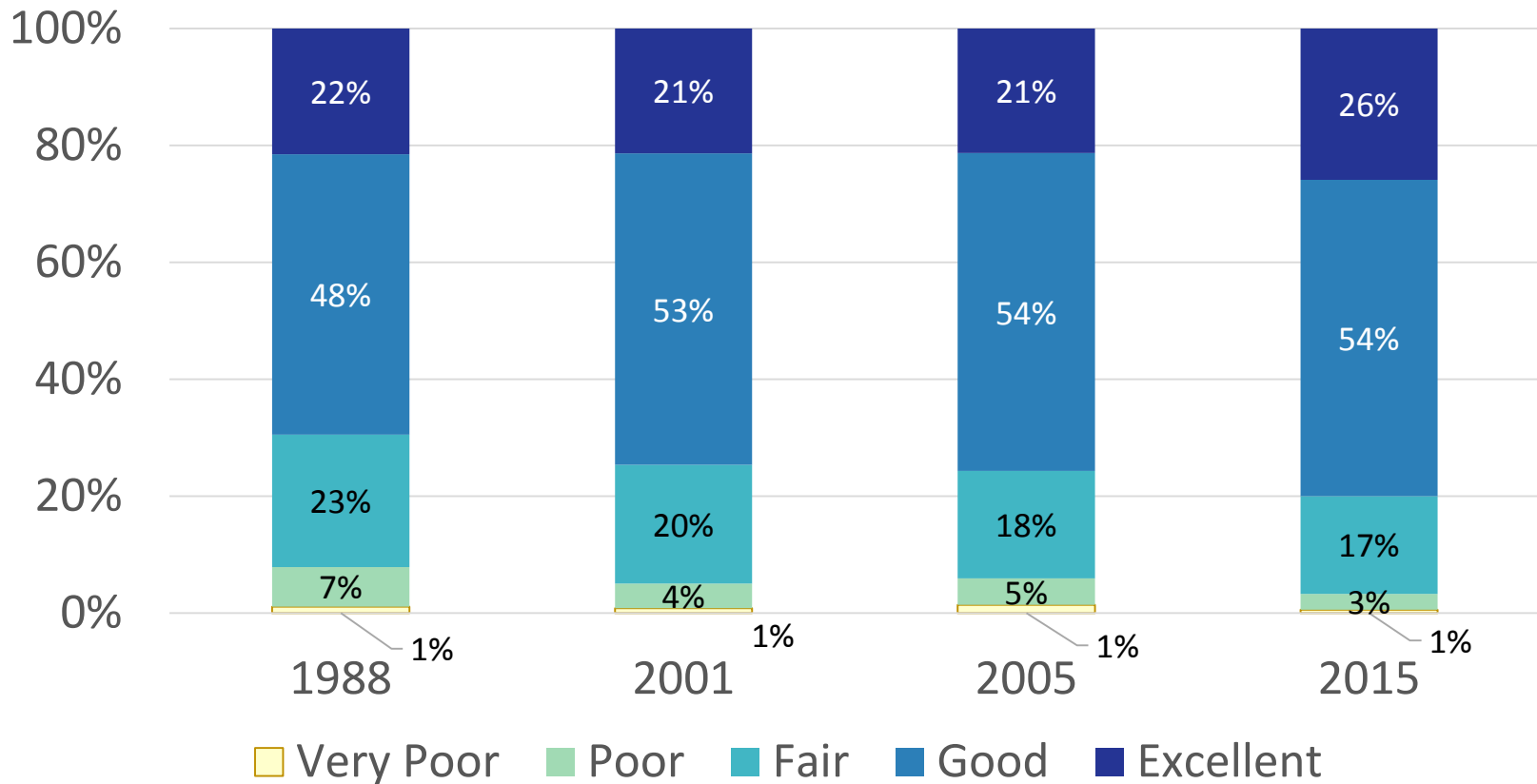


Survey Question: (If living in apartment/multi-unit building or rooming house only) Is this housing for older adults only?

Health and Long-Term Services and Supports

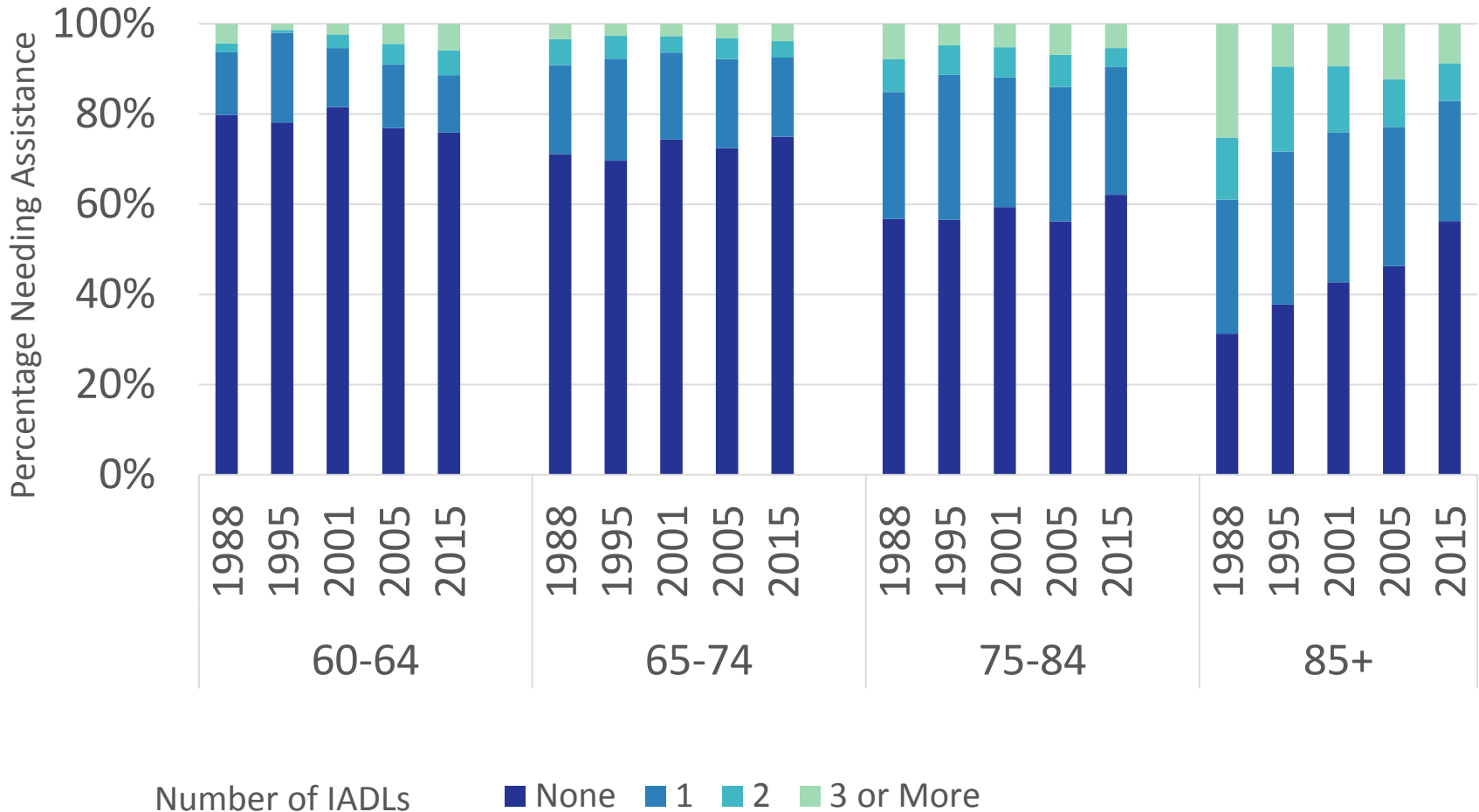


Older Adults Continue to be Healthy



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?

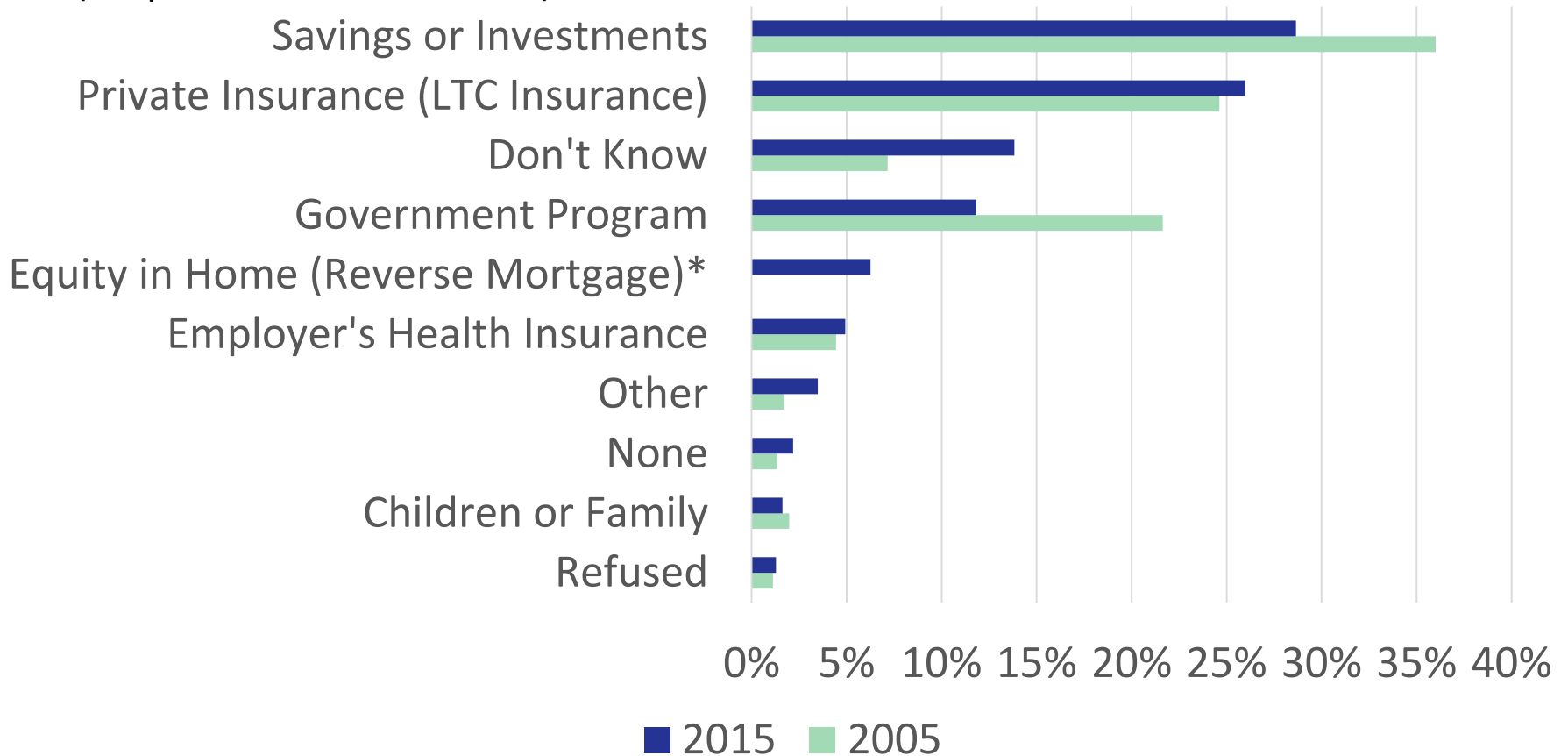
Audience Question

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



YOU CALL IT

**“refilling
prescriptions
for my mom.”**

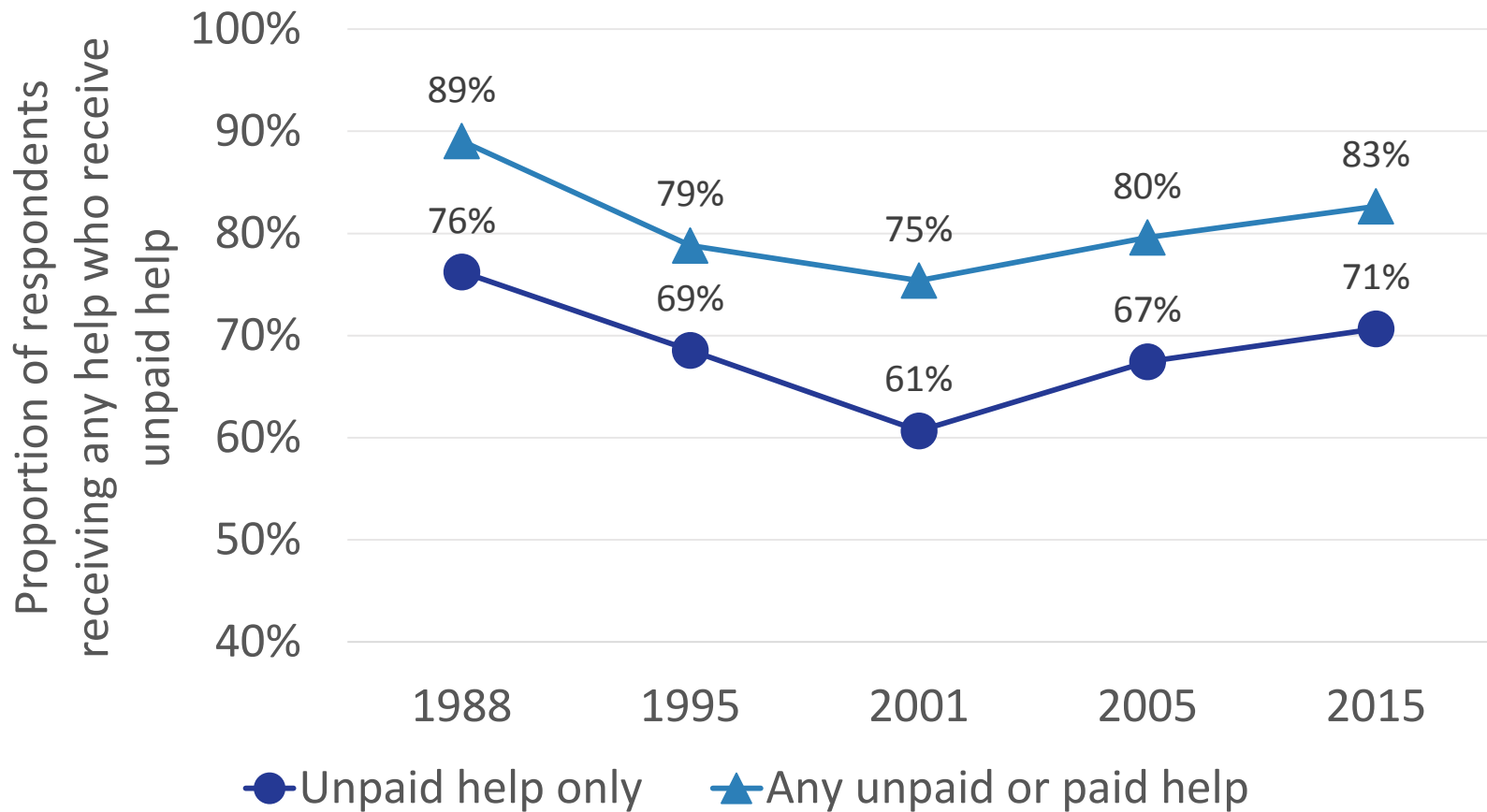
WE CALL IT

caregiving.

You or someone you know may be a caregiver.
WhatIsACaregiver.org

 AMHERST H.
WILDER
FOUNDATION
Here for good.

Unpaid Caregiving is Slightly Increasing



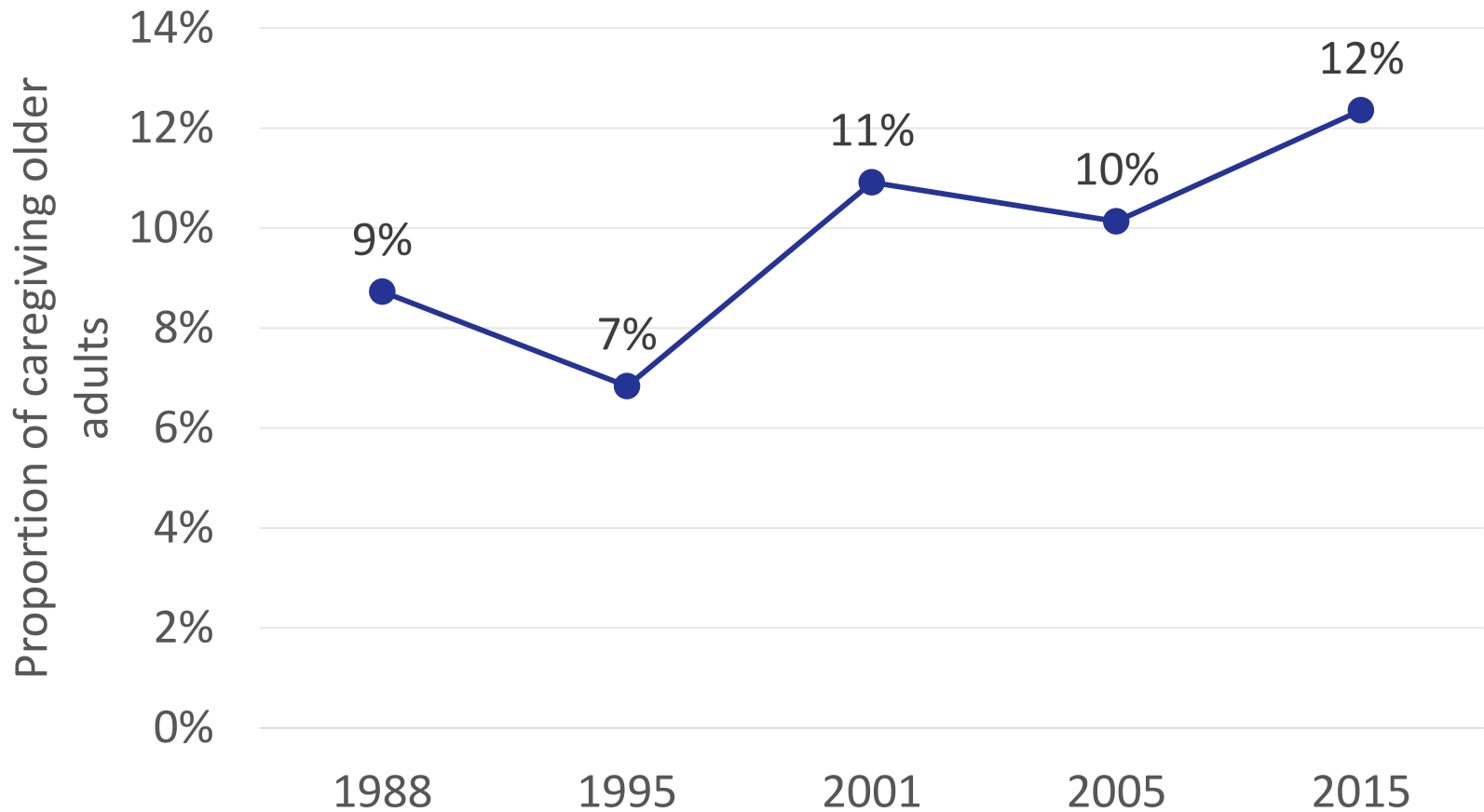
Unpaid and Paid Caregiving

- 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% =
$$\frac{\text{respondents who receive ONLY unpaid help} \\ \text{PLUS respondents with paid and unpaid help (434 people)}}{\text{respondents who receive ANY help (525 people)}}$$

Rate of Caregiving is Increasing

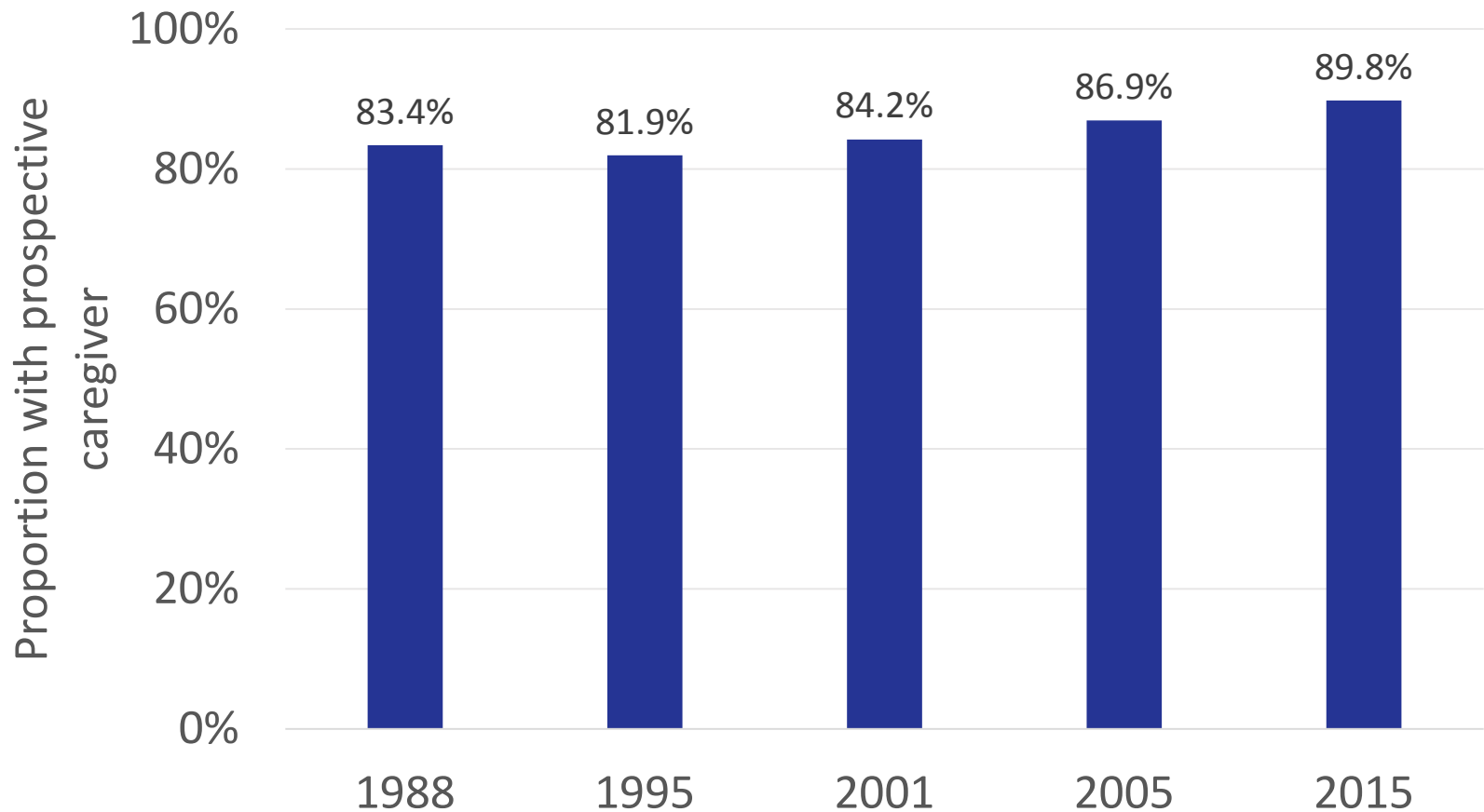


Audience Question

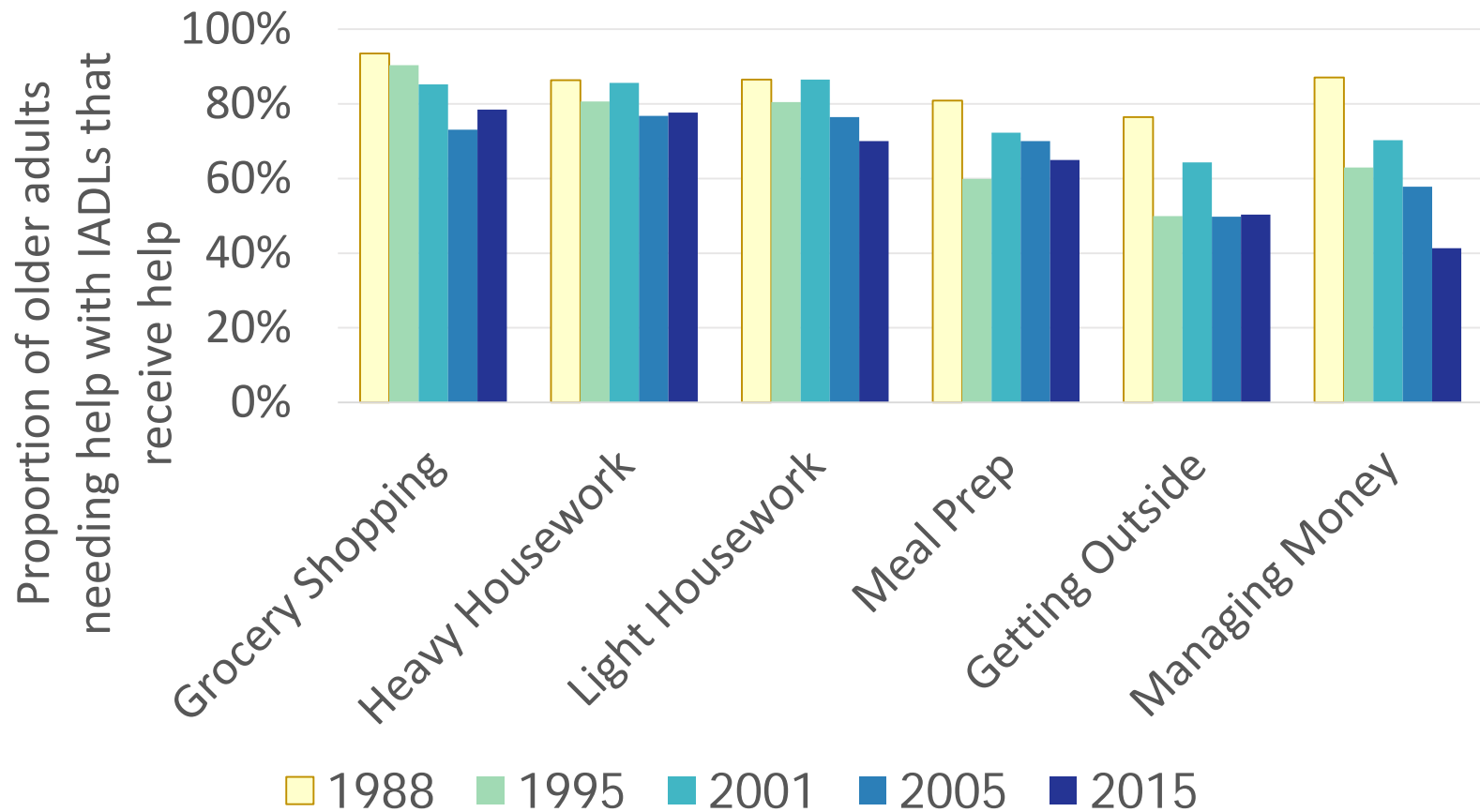
Are you seeing similar trends with caregiving?

- Yes
- No
- Unsure

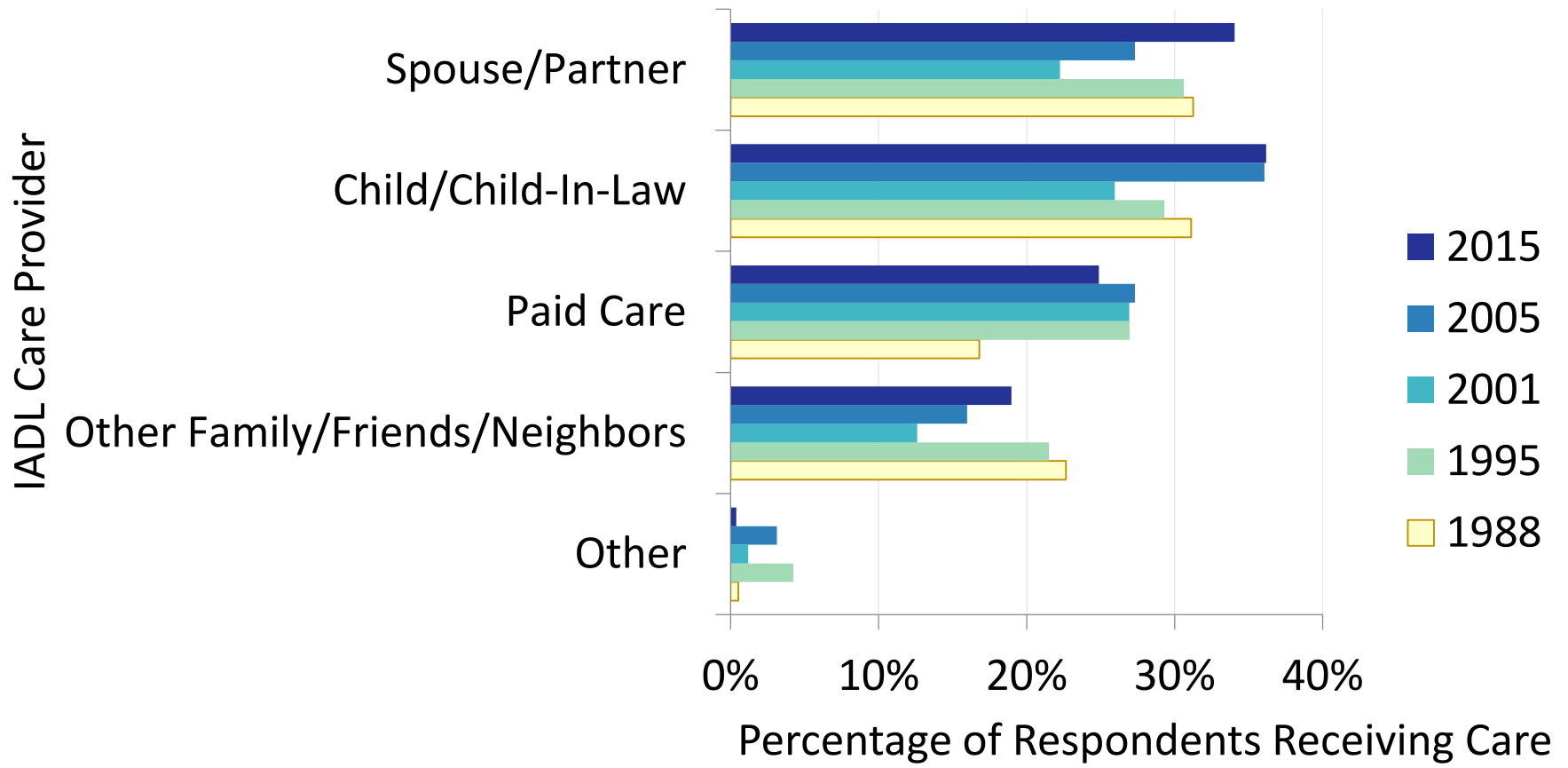
Proportion of Older Adults with Prospective Caregiver is Increasing



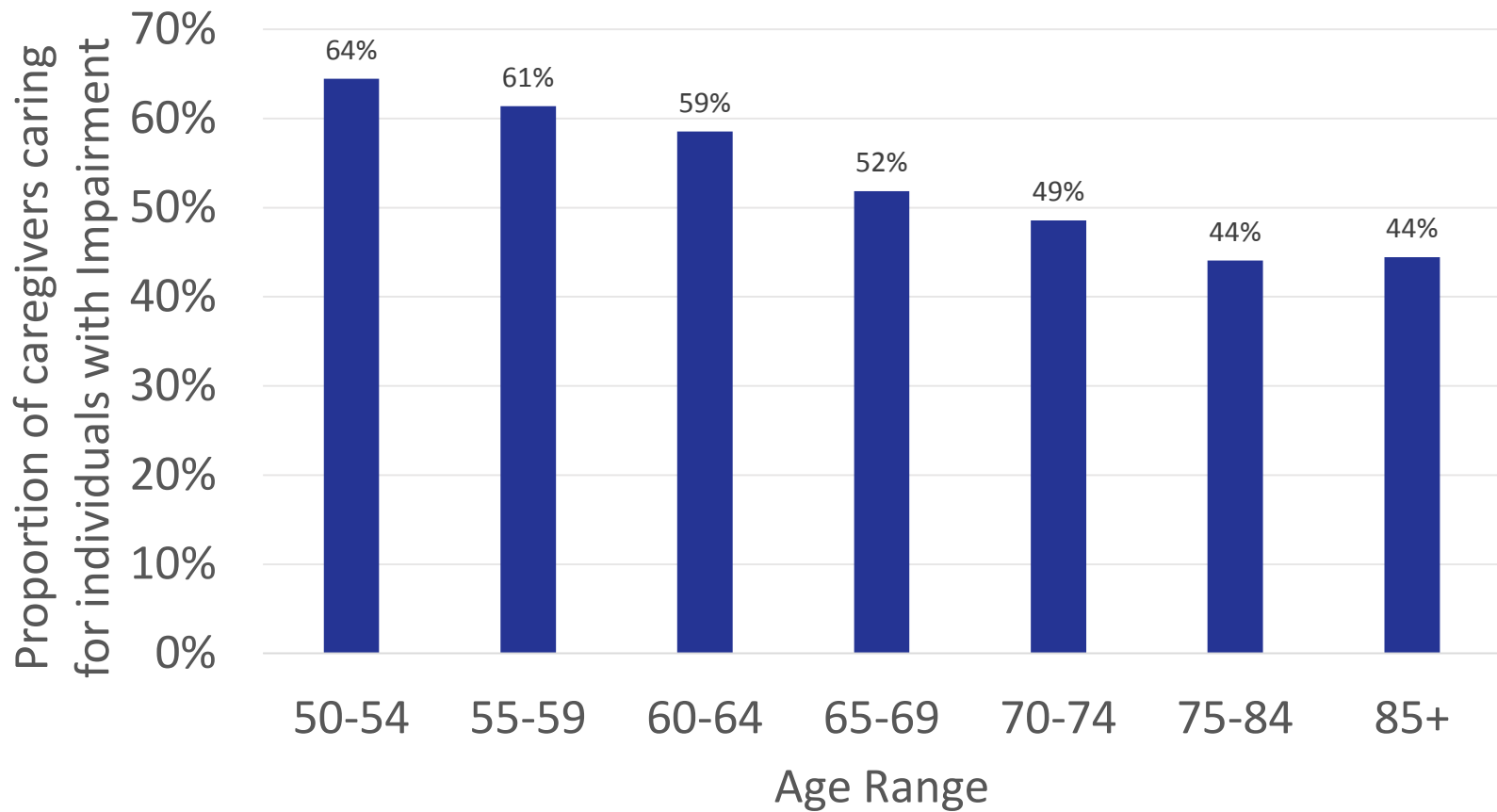
Older Adults Receive Less Help with IADLs



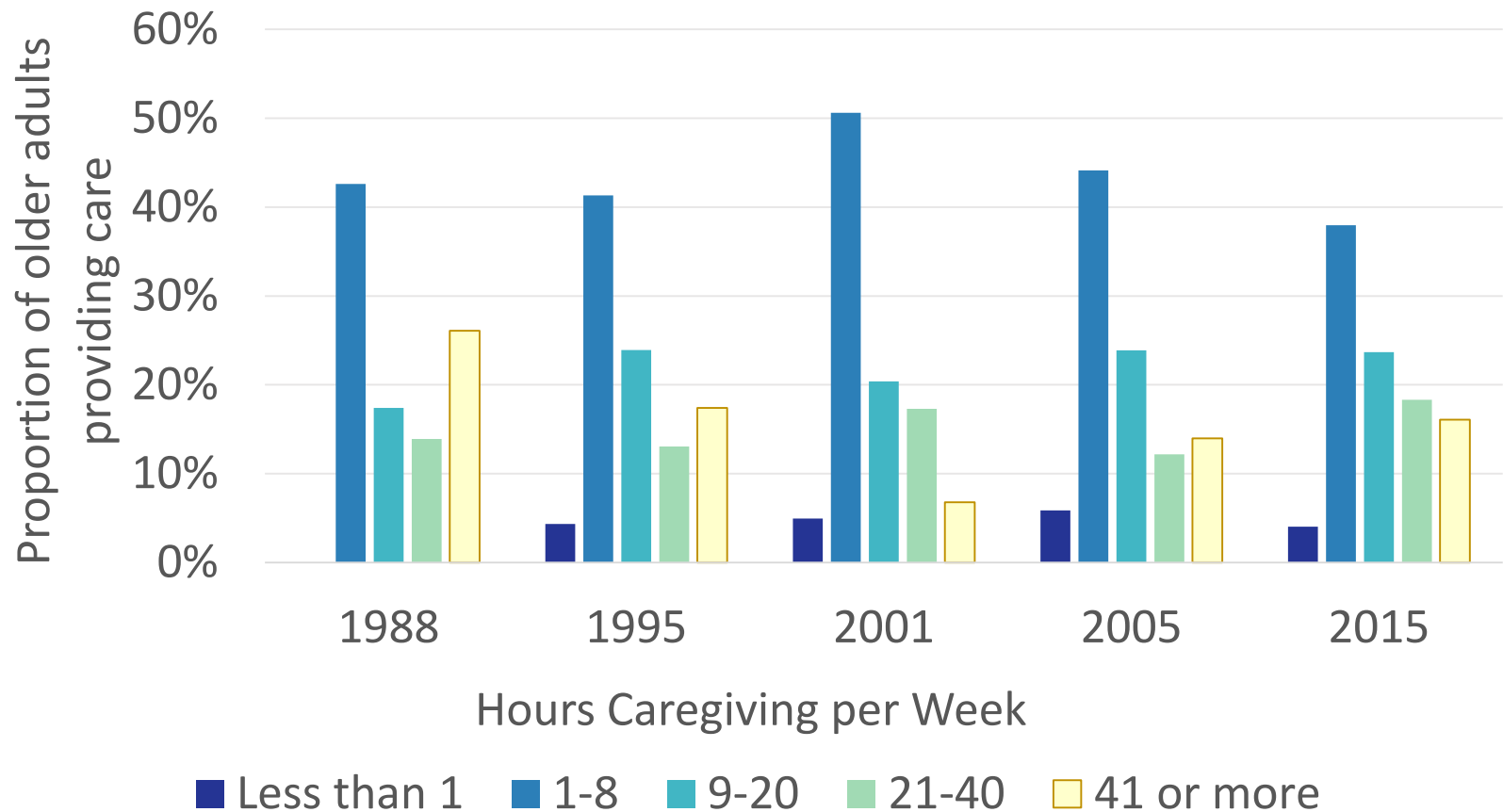
Older Adults Continue Receiving Most Help from Spouse or Children



Older Caregivers Less Likely to Care for People with Memory Difficulties



Hours Spent Caregiving by Older Adults Age 60 and Older Varies Over Time



Other Information Sources



Other MN Information Sources

- State Demographic Center
 - <http://mn.gov/admin/demography/>
- Minnesota Compass
 - <http://www.mncompass.org/>
- Metropolitan Council
 - <http://metro council.org/Data-and-Maps.aspx>
- 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

1. http://www.aoa.acl.gov/Aging_Statistics/Profile/2014/docs/2014-Profile.pdf
2. <http://www.aarp.org/work/working-after-retirement/info-2015/work-over-retirement-happiness.html>
3. <http://www.volunteeringinamerica.gov/rankings/States/Volunteer-Rates/2013>
4. http://www.benrose.org/kpi/PP&AR_Vol20_%20No1_2010.pdf
5. <http://www.aarp.org/content/dam/aarp/ppi/2015/valuing-the-invaluable-2015-update-new.pdf>
6. <http://www.longtermscorecard.org/databydimension/bar-chart?ind=730&tf=49#.VkYggnarTcs>
7. <http://www.mnaging.net/Advisor/SLL.aspx>
8. www.minnesotahelp.info
9. http://www.medscape.com/viewarticle/719816_1
10. <http://www.americashealthrankings.org/reports/annual>
11. <http://www.americashealthrankings.org/reports/senior>

Race/Ethnicity Note

Survey/Statistic	Statewide 50+	White (non-Hispanic)	Black or African American	American Indian and Alaska Native*	Asian	Pacific Islander*	Hispanic*	Two or More Races	Other Race	Refused/ Don't Know
2010 Census										
Count	1,714,180	1,595,867	41,754	12,035	32,121	358	23,782	8,263	N/A	N/A
Proportion	100%	93%	2%	1%	2%	0%	1%	0%		
Margin of Error	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%		
2015 Survey of Older Minnesotans										
Count	4,000	3,812	45	29	20	6	31	N/A	30	58
Proportion	100%	95.3%	1.1%	0.7%	0.5%	0.2%	0.8%		0.8%	1.5%
Margin of Error		0.7%	0.3%	0.3%	0.2%	0.1%	0.3%		0.3%	0.4%

* 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.