

Larimer County, CO

2014

Report of Results

CASOATM

**Community Assessment Survey
for Older AdultsTM**



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Introduction

The Community Assessment Survey for Older Adults (CASOA™) provides a statistically valid survey of the strengths and needs of older adults as reported by older adults themselves in communities across America. Used in conjunction with the *CASOA Strategies and Resources Handbook* (provided under separate cover), this report is intended to enable local governments, community-based organizations, the private sector and other community members to understand more thoroughly and predict more accurately the services and resources required to serve an aging population. With this report, Larimer County stakeholders can shape public policy, educate the public and assist communities and organizations in their efforts to sustain a high quality of life for older adults. The objectives of the CASOA are to:

- Identify community strengths in serving older adults
- Articulate the specific needs of older adults in the community
- Estimate contributions made by older adults to the community
- Determine the connection of older adults to the community

The results of this exploration will provide useful information for planning and resource development as well as strengthen advocacy efforts and stakeholder engagement. The ultimate goal of the assessment is to create empowered communities that support vibrant older adult populations.

The CASOA questionnaire contains many questions related to the life of older residents in the community. Survey participants were asked to rate their overall quality of life, as well as aspects of quality of life in Larimer County. They also evaluated characteristics of the community and gave their perceptions of safety in Larimer County. The questionnaire assessed the individual needs of older residents and involvement by respondents in the civic and economic life of Larimer County.

Larimer County CASOA Methods

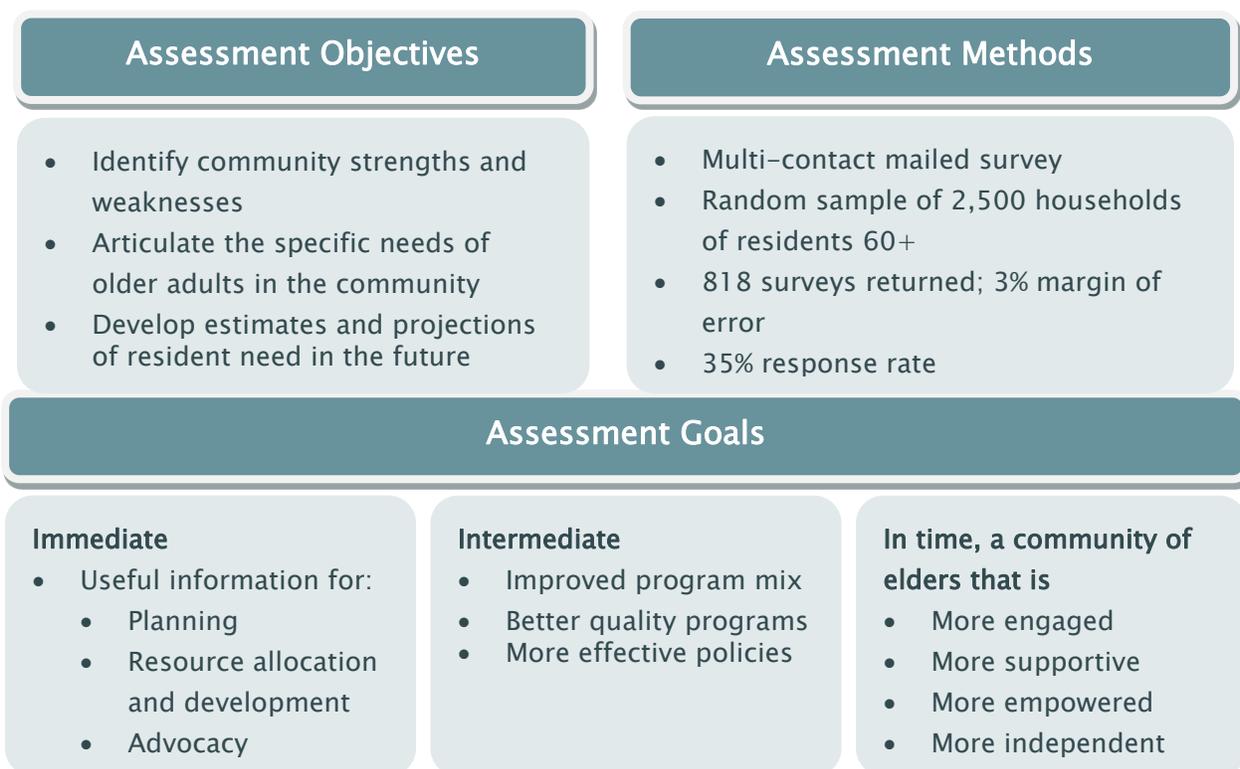
The CASOA survey and its administration are standardized to assure high quality survey methods and comparable results across communities. Participating households with residents 60 years or older were selected at random and the household member who responded was selected without bias. Multiple mailings gave each household more than one prompt to participate with a self-addressed and postage-paid envelope to return the survey. Results were statistically weighted to reflect the proper demographic composition of older adults in the entire community.

The survey was mailed in October 2014 to a random selection of 2,500 older adult households in Larimer County. Older adult households were contacted three times about participation in the survey. A total of 818 completed surveys were obtained, providing an overall response rate of 35% and a margin of error of plus or minus 3% around any given percent and two points around any given average rating for the entire sample.

Since this was the second CASOA of Larimer County older adults, the 2014 results are presented along with the 2010 ratings, when available. Differences between 2010 and 2014 can be considered “statistically significant” if they are four percentage points or greater than any given percent and three points or greater than any given average rating. Trend data for Larimer County represent important comparisons and should be examined for improvements or declines.

For additional methodological information, refer to *Appendix B: Survey Methodology*.

Figure 1: CASOA Methods and Goals



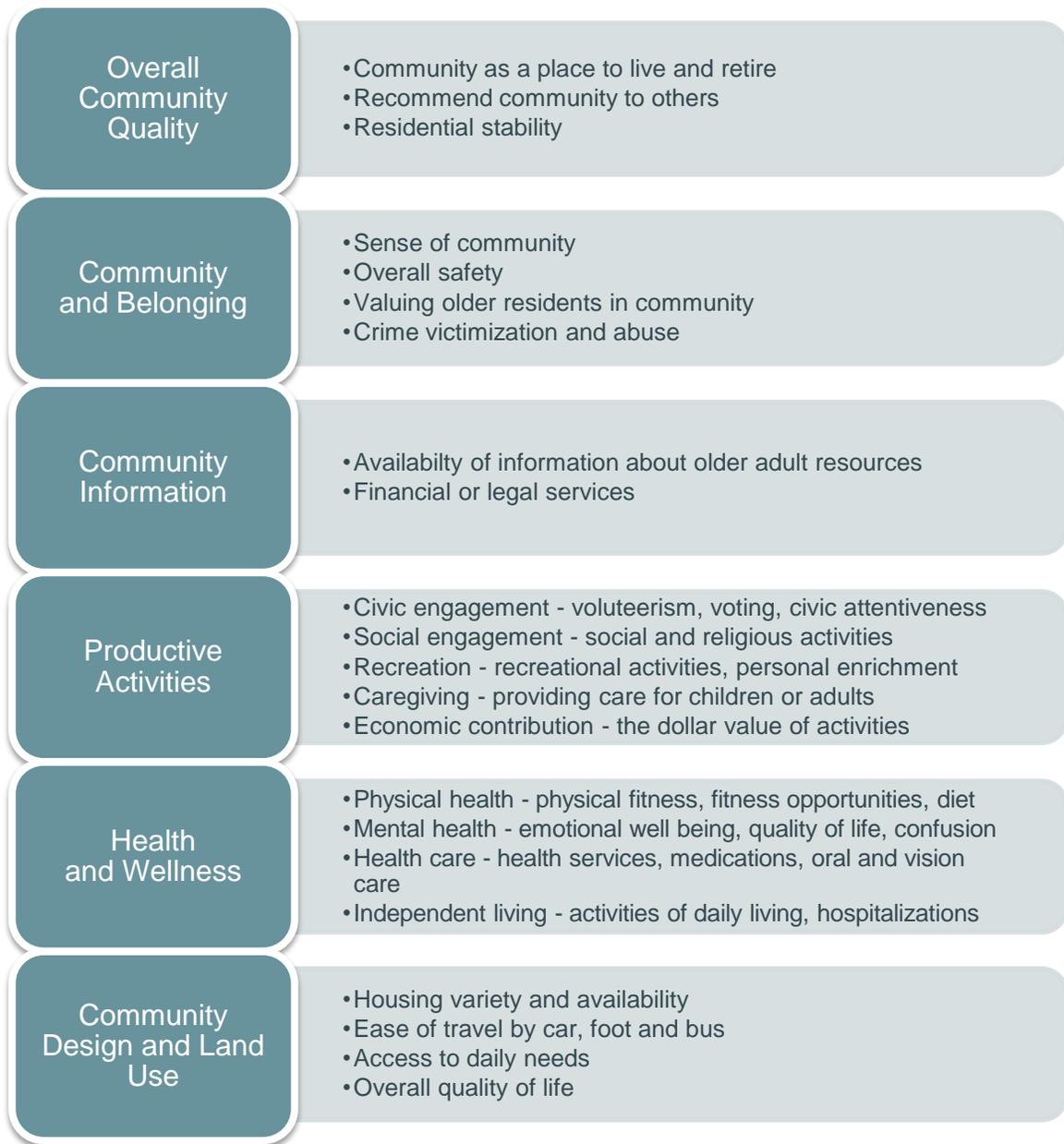
Structure of CASOA Report

This report is based around eight community dimensions (Figure 2):

- Overall Community Quality
- Community and Belonging
- Community Information
- Productive Activities
- Health and Wellness
- Community Design and Land Use

Each section discusses older adult ratings of Larimer County, participation in activities and potential problems faced by older adults as related to each of the eight dimensions. The final section of the report, Community Readiness, summarizes these dimensions as index scores and provides an overall picture of Larimer County as a livable community for older adults.

Figure 2: Community Dimensions Assessed through CASOA



“Don’t Know” Responses and Rounding

On many of the questions in the survey, respondents could provide an answer of “Don’t know.” The proportion of respondents giving this reply is shown in the full set of responses included in *Appendix A: Complete Set of Survey* and is discussed in the body of this report if it is 20% or greater. However, these responses have been removed from the analyses presented in the body of the report, unless otherwise indicated. In other words, the majority of the tables and graphs in the body of the report display the responses from respondents who had an opinion about a specific item.

For some questions, respondents were permitted to select multiple responses. When the total exceeds 100% in a table for a multiple response question, it is because some respondents are counted in multiple

categories. When a table for a question that only permitted a single response does not total to exactly 100%, it is due to the customary practice of rounding percentages to the nearest whole number.

Benchmark Comparison Data

NRC has developed a database that collates responses to CASOA and related surveys administered in other communities, which allows the results from Larimer County to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in over 175 communities across the nation. The demographics of NRC's database match the demographics in the nation, based on the U.S. Census estimates.

Ratings are compared when similar questions are included in NRC's database and there are at least five communities in which the question was asked. Where comparisons for ratings were available, Larimer County's results are generally discussed in the report as being "higher" than the benchmark, "lower" than the benchmark or "similar" to the benchmark. In instances where ratings are considerably higher or lower than the benchmark, these ratings have been further demarcated by the attribute of "much," (for example, "much higher" or "much lower"). Detailed benchmark information can be found in *Appendix C: Benchmark Comparisons*.

Key Findings

Not all older adults complain, nor does every community leave older adults raving about the quality of community life or the services available for active living and aging in place. Communities that assist older adults to remain or become active community participants provide the requisite opportunities for recreation, transportation, culture, education, communication, social connection, spiritual enrichment and health care.

Further, older adults, more than others, face difficulties with aspects of everyday life. For many older adults these difficulties vastly exceed the minor physical pains or small losses of function that characterize almost everyone's circumstances after a certain age. When individual problems are added together, a group picture emerges that provides a useful description of the entire older adult community of Larimer County.

The results of this survey describe Larimer County as a livable community for older adults within six community dimensions of Overall Community Quality, Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use. The extent to which older adults experience difficulties and problems within these dimensions is also described.

Overall Community Quality

Overall Community Quality explores how older residents view the community, how connected they feel to the community and how well they can access information and services offered by Larimer County, as well as how likely residents are to recommend and remain in the community.

- Almost all of Larimer County's older residents gave high ratings to the community as a place to live.
- About 9 in 10 older adults would recommend Larimer County to others.
- Over half of respondents had lived in the community for more than 20 years and about 9 in 10 plan to stay in Larimer County throughout their retirement.
- When compared to other communities across the nation, Larimer County's older residents tended to rate aspects of Overall Community much higher.

Community and Belonging

A "community" is often greater than the sum of its parts, and having a sense of community entails not only a sense of membership and belonging, but also feelings of emotional and physical safety, trust in the other members of the community and a shared history.¹ Older residents of Larimer County rated several aspects of Community and Belonging, including their sense of community and overall feelings of safety, as well as the extent to which they felt accepted and valued by others.

- Over three-quarters of respondents reported "excellent" or "good" overall feelings of safety and between 4% and 27% had experienced safety problems related to being a victim of crime, abuse or discrimination.
- At least 6 in 10 respondents gave positive ratings for sense of community, openness and acceptance of the community towards older adults with diverse backgrounds, valuing of older residents in Larimer County and neighborliness. However, compared to 2010, ratings decreased for the openness and acceptance of the community toward people of diverse backgrounds, valuing of older residents and neighborliness.

- When compared to other communities in the U.S., Larimer County older residents' ratings for aspects of Community and Belonging varied. Overall, safety and valuing of older residents was much higher in Larimer County, while acceptance of older residents of diverse backgrounds was much lower.

Community Information

The education of a large community of older adults is not simple, but when more residents are made aware of attractive, useful and well-designed programs, more residents will benefit from becoming participants.

- About 7 in 10 survey respondents reported being “somewhat” or “very” informed about services and activities available to older adults. This rating had decreased compared to the previous survey, but was still much higher rating than the national benchmark.
- About two-thirds of older adults felt the city had “excellent” or “good” information about resources for older adults and financial or legal planning services, both of which were much higher than the national benchmark.
- Over half of respondents had difficulty feeling that their voice was heard in the community, whereas only one-quarter of respondents had difficulty finding productive or meaningful activities to do or finding volunteer work.

Productive Activities

Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality of life in later life and contribute to active aging.² Productive Activities examined the extent of older adults' engagement participation in social and leisure programs and their time spent attending or viewing civic meetings, volunteering or providing help to others.

- About 9 in 10 felt Larimer County had “excellent” or “good” volunteer opportunities and 39% participated in some kind of volunteer work. Both the rating for volunteer opportunities and the number of participants actively volunteering was higher in Larimer County than other communities in the U.S.
- Compared to the previous survey, participation in civic activities (such as the attendance of local public meetings, watching local meetings, participating in clubs and volunteering) decreased among older adults.
- Most participants (at least 8 in 10) gave positive ratings for opportunities to attend social events or activities and religious or spiritual activities; these ratings were much higher than the national benchmark.
- Participation in social activities varied, with as many as 97% of respondents communicating or visiting with friends or family and as few as 12% of respondents using a senior center. Senior center use has declined over time and use of senior centers in Larimer County was much lower than elsewhere across the nation.
- Almost all older residents (91%) rated the recreation opportunities in Larimer County as “excellent” or “good” and about three-quarters of respondents also gave positive ratings for opportunities to enroll in skill-building or personal enrichment classes; participation in recreational and personal enrichment activities tended to be much higher in Larimer County than in other communities.
- Over half of older residents in Larimer County said they were caregivers; respondents averaged between 8 and 11 hours per week providing care for children, adults and older adults.
- About one in five older adults in Larimer County felt physically, emotionally or financially burdened by their caregiving.

- Slightly less than two-thirds of respondents were fully retired, but one-third of respondents experienced at least minor problems finding work in retirement or problems with financial planning issues.
- Ratings for employment opportunities in Larimer County increased compared to 2010 and were much higher in Larimer County than elsewhere in the nation.
- The value of paid (part- and full-time work) and unpaid (volunteering, providing care) contributions by older adults in Larimer County totaled about \$1.1 billion in a 12-month period.

Health and Wellness

Of all the attributes of aging, health poses the greatest risk and the biggest opportunity for communities to ensure the independence and contributions of their aging populations. Health and wellness, for the purposes of this report, included not only physical and mental health, but also issues of independent living and health care.

- Overall, the older adults in Larimer County rated aspects of physical health much higher than other communities in the U.S. including ratings of fitness opportunities, physical health care and their own overall physical health. However, participation in health activities such as eating at least 5 portions of fruits and vegetables and participating in moderate or vigorous physical activity were much lower in Larimer County than other communities.
- The most often cited health problems for older adults in Larimer County were problems with physical health, problems doing heavy or intense housework and problems staying physically fit. In general, physical health problems were much lower for older adults in Larimer County than elsewhere across the nation.
- In 2014, as in 2010, about 9 in 10 older residents rated their overall mental health/emotional wellbeing as “excellent” or “good,” a rating that was higher than the benchmark. Slightly less than half of respondents rated the availability of mental health care in Larimer County as “excellent” or “good.”
- The most commonly cited mental health issue was feeling bored (34%), while the least cited issue was figuring out which medications to take and when (6%); these mental health problems experienced by Larimer County older adults tended to be similar to or lower than the problems experienced by older adults in other communities. Compared to 2010, fewer respondents reported feeling depressed or experiencing confusion or forgetfulness.
- The availability of Larimer County’s preventative health services were rated much higher than the services provided by its peers.
- About 4 in 10 respondents reported at least minor problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid, a number that increased compared to 2010.
- Slightly fewer than 2 in 10 respondents reported spending time in a hospital, and slightly more than one-quarter had fallen and injured themselves in the 12 months prior to the survey.
- At least one in five of older adults reported at least minor problems with aspects of independent living; problems with independent living tended to be lower in Larimer County than in other communities.

Community Design and Land Use

The movement in America towards designing more “livable” communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. Communities that have planned for older adults tend to emphasize access – a community design that facilitates movement and participation.

- While a majority of participants think it is easy to get to the places they usually have to visit and are pleased with aspects of travel and transportation (such as ease of walking, and ease of car travel), ratings for these features tended to decrease over time. More participants in 2014 than in 2010 are using public transportation and about one-third of participants rated ease of public transportation positively, a rating which was much lower than the national benchmark.
- Older adults’ ratings of the availability of affordable quality housing and the variety of housing in Larimer County were much lower than what has been reported in other communities. Cost of living was also rated much lower than other communities, with 25% of respondents rating this feature of Larimer County positively.
- Almost all residents (87%) rated their overall quality of life positively; ratings for overall quality of life were higher in Larimer County than elsewhere in the nation.

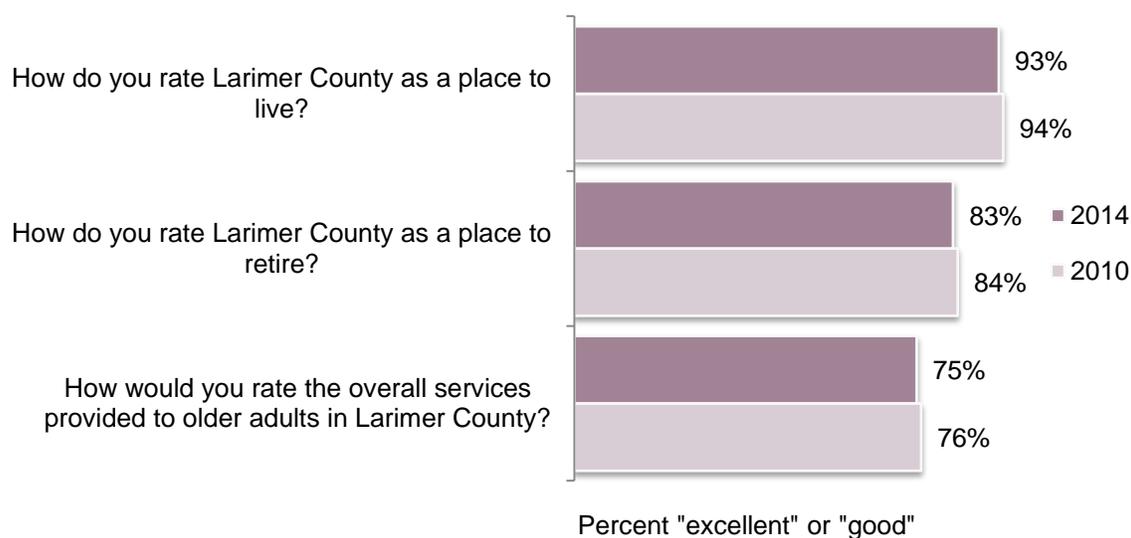
CASOA Survey Results

Overall Community Quality

CASOA contained a number of questions related to the life of older residents in the community. This section of the report explores aspects of the overall quality of the community by examining how older residents view the community overall, how connected they feel to the community and how well they can access information and services offered by Larimer County. Survey participants were asked to rate the County as a place to live and to retire as well as the overall quality of services provided to older adults. Further testament to the quality of a community is the likelihood of residents recommending and remaining in a community; respondents indicated how likely they would be to not only recommend Larimer County to other older adults but also how likely they would be to remain in Larimer County throughout their retirement.

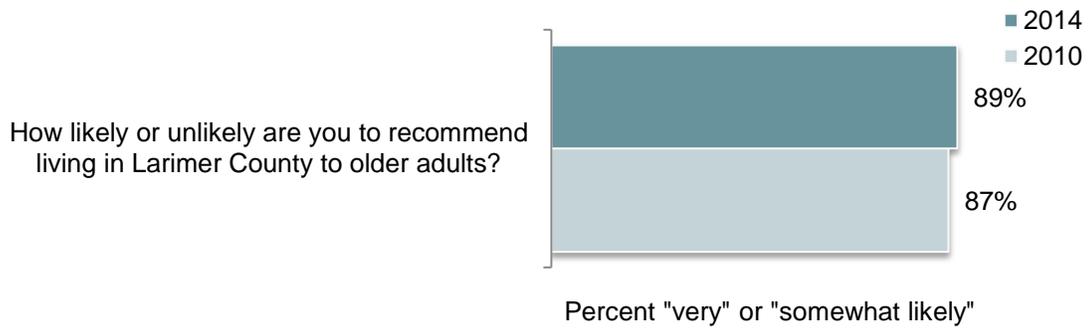
Almost all Larimer County older residents gave high ratings to the community as a place to live and most rated Larimer County as a place to retire as “excellent” or “good.” Services offered to older adults were considered “excellent” or “good” by about three-quarters of older residents in Larimer County. Generally, residents in Larimer County were much more likely to rate these aspects of the community as “excellent” or “good” as other older adults across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 3: Larimer County as a Place for Older Residents



Generally, residents will not recommend a community to friends unless that community is perceived as offering the right services with optimal effectiveness. Just how successful Larimer County has been in creating an attractive setting for older adults can be approximated by the number of older residents that say they will recommend it to others. Overall, almost 9 in 10 older adults said they would recommend Larimer County to others. This portion of older adults that would recommend the community was similar to other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for more information).

Figure 4: Older Residents' Likelihood of Recommending Larimer County to Others



Residential Stability

According to a survey by AARP, more than 8 in 10 adults over age 45 want to live roughly where they live now “as long as possible.”³ In fact, Census Bureau data indicate that fewer than 5% of people 55 and older move in any given year, and the bulk of those do not go very far: 49% of movers stay within the same county and only 25% move to a different state. Of those who do cross state lines, the major lure is not weather, tax relief or a new adventure; people usually move to be closer to family.⁴

In different communities, older adults have different intentions, so it is essential to understand what older adults in Larimer County are anticipating in their retirement. The largest proportion of Larimer County’s older residents had lived in the community for more than 20 years. Further, 92% of seniors planned to remain in Larimer County throughout their retirement. When compared to ratings given by older residents in other communities across the nation, Larimer County residents were much more likely to report that they would remain in the County throughout retirement (see *Appendix C: Benchmark Comparisons* for details).

Figure 5: Length of Residency in Larimer County

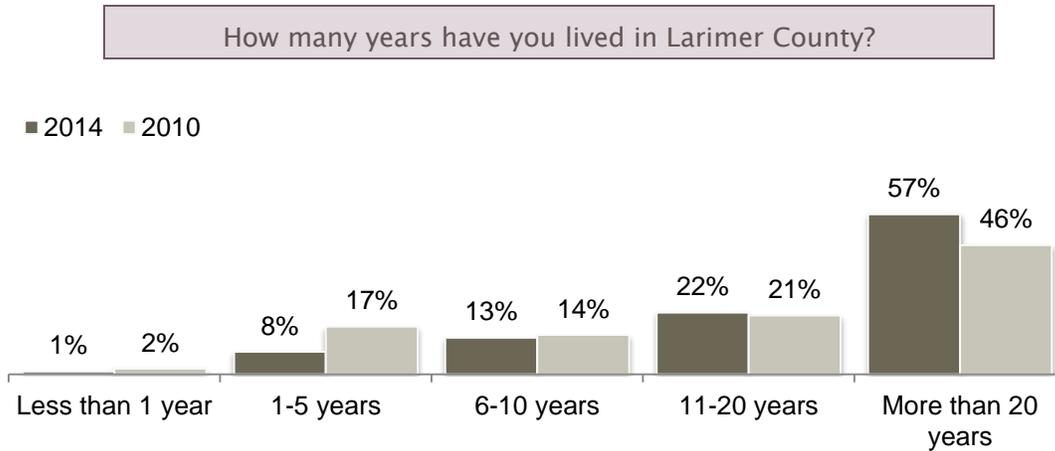
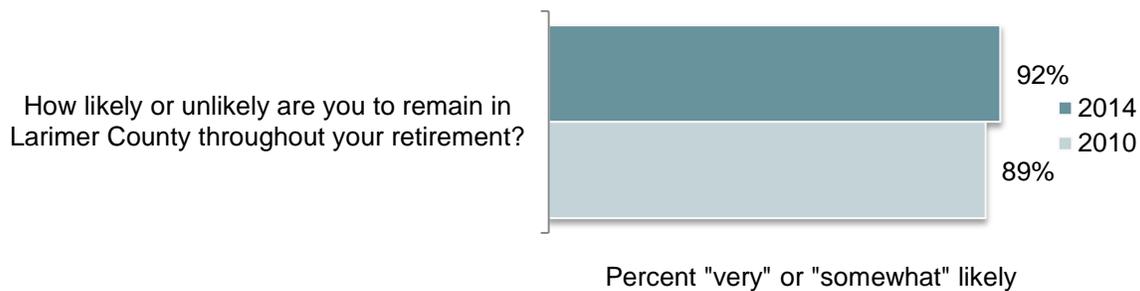


Figure 6: Likelihood of Remaining in Larimer County throughout Retirement

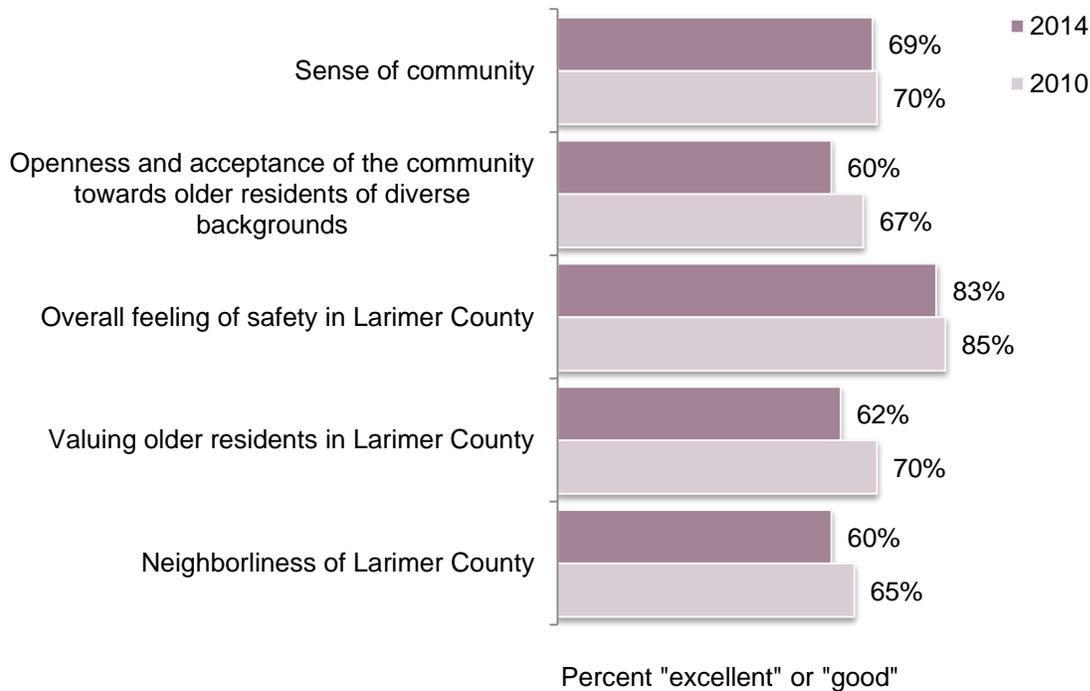


Community and Belonging

A “community” is often greater than the sum of its parts, and having a sense of community entails not only a sense of membership and belonging, but also feelings of emotional and physical safety, trust in the other members of the community and a shared history.¹ Older residents of Larimer County rated several aspects of Community and Belonging, including their sense of community and overall feelings of safety, as well as the extent to which they felt accepted and valued by others.

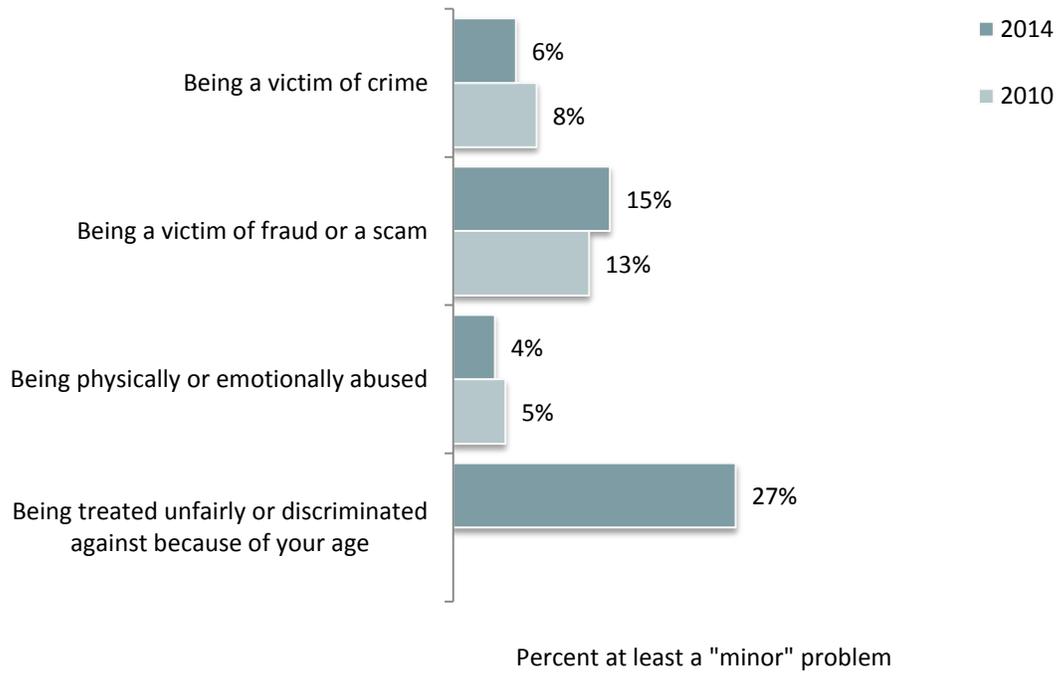
Overall, older residents rated Community and Belonging in Larimer County positively as 69% had an “excellent” or “good” sense of community. Feelings of safety in Larimer County were higher, with 83% rating their overall feeling of safety in the community as “excellent” or “good.” Almost two-thirds felt the community valued older residents and a similar number felt Larimer County was open and accepting of diverse older residents. Ratings for the openness and acceptance of the community toward people of diverse backgrounds decreased compared to 2010 along with ratings for valuing of older residents and neighborliness of residents. When compared to other communities in the U.S., older residents in Larimer County provided a mix of ratings for aspects of Community and Belonging; for example, safety and the valuing of older residents garnered much higher ratings in Larimer County than elsewhere across the country, while the openness and acceptance of the community towards people of diverse backgrounds garnered much lower ratings (see *Appendix C: Benchmark Comparisons* for details).

Figure 7: Older Adult Ratings of Community and Belonging in Larimer County



The extent to which older residents have been victims of crime can threaten their feelings of safety and overall sense of community. A small proportion of seniors in Larimer County reported problems with crime or abuse in the 12 months prior to the survey. Reports of crime or abuse were mostly similar to reports from other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 8: Safety Problems in Larimer County



Community Information

Sometimes residents of any age fail to take advantage of services offered by a community just because they are not aware of the opportunities. The education of a large community of older adults is not a simple task, but when more residents are made aware of attractive, useful and well-designed programs, increasing numbers of residents will benefit from becoming participants. In Larimer County, about 69% of survey respondents reported being “somewhat” or “very” informed about services and activities available to older adults, a decreased rating compared to the previous survey, but still a rating which was much higher than reports from other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details). Further, a similar proportion of older adults rated the availability of information about resources for older adults and financial or legal planning services as “excellent” or “good.”

Figure 9: Awareness of Older Adult Services and Activities

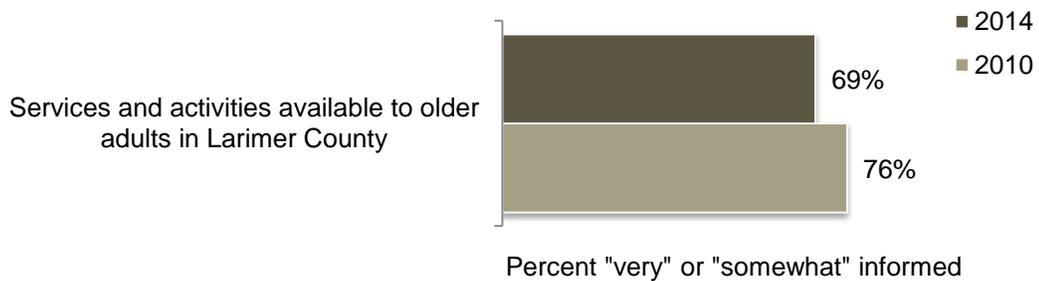
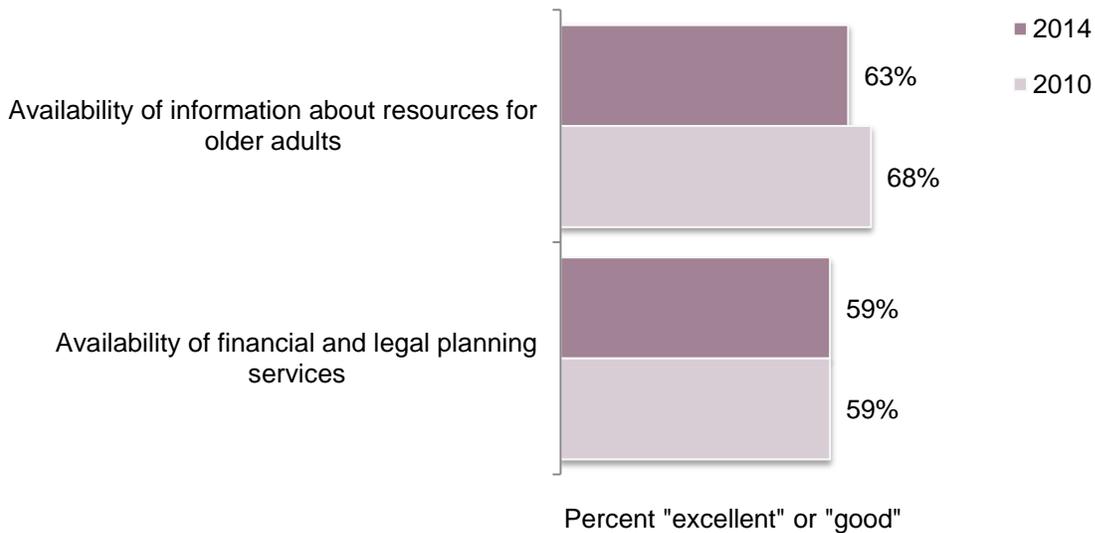
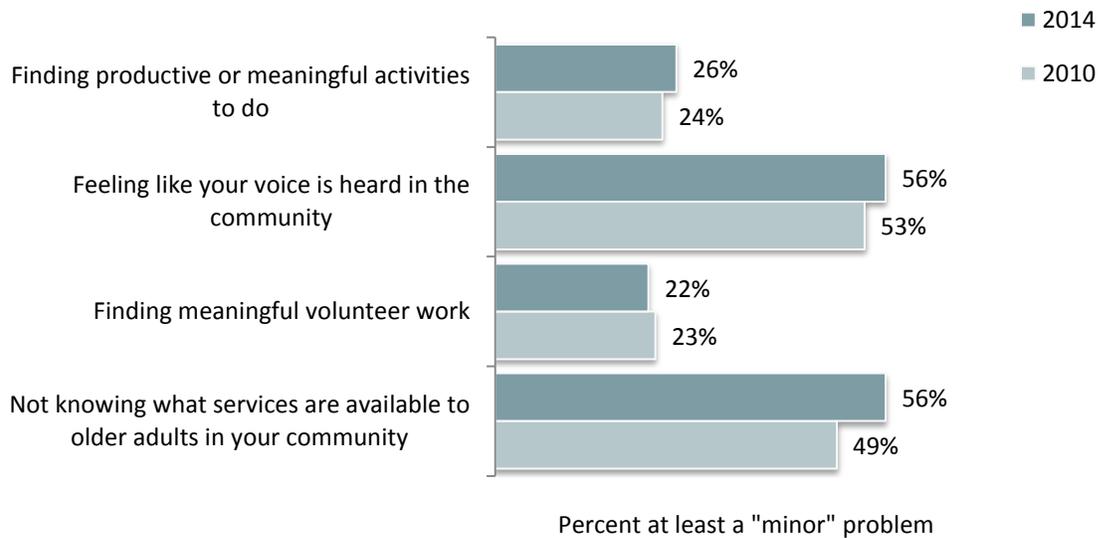


Figure 10: Availability of Information About Older Adult Resources in Larimer County



Older residents who may not know how to access services may have trouble finding ways to contribute to the community. In Larimer County, a little more than half had problems with not knowing what services were available; this number had increased since 2010. Almost one-quarter reported having problems with finding meaningful volunteer work and over half had problems feeling that their voice was heard. The proportion of older adults in Larimer County who had problems in these areas was varied compared to other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 11: Meaningful Activities Problems of Older Residents in Larimer County



Productive Activities

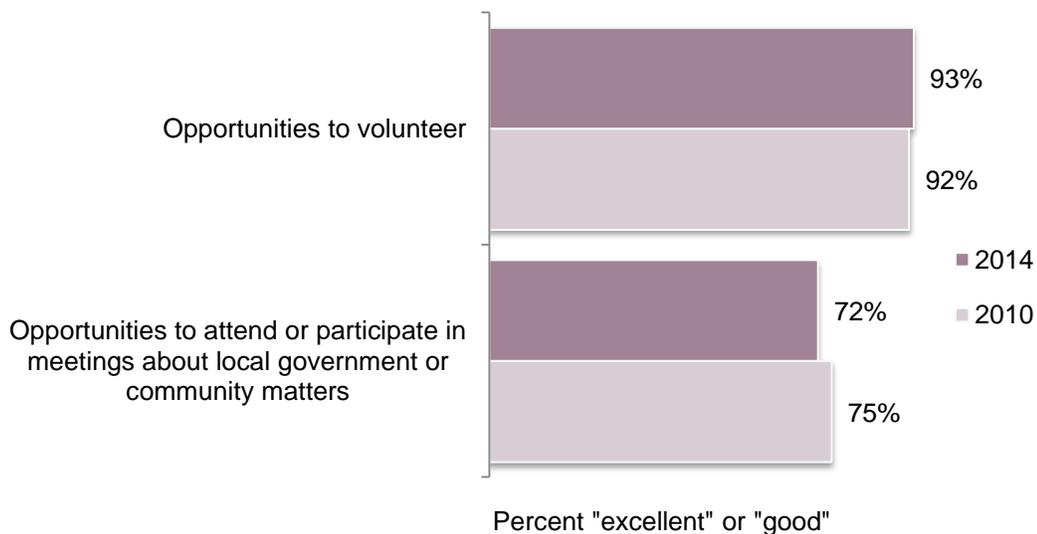
Productivity is the touchstone of thriving in old age. Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality of life in later life and contribute to active aging.² This section of the report examines the extent of older adults' engagement in the Larimer County community as determined by their participation in social and leisure programs and their time spent attending or viewing civic meetings, volunteering or providing help to others. The economic value of these contributions to the community is explored as well.

Civic Engagement

In communities where residents care about local politics and social conditions, where they feel engaged and effective, there is greater social, economic and cultural prosperity. This results in more trust in local government officials, support for community-wide solutions recommended by elected council members, re-election of those councilors⁵ and collective self-restraint in the face of community need.^{5,6} Researchers even have discovered that American states with the highest levels of resident civic engagement are "more effective and more innovative."⁷ Where there is strong civic engagement, researchers have seen less crime, less poverty, more employment, better and more sustainable policies and more frequent resident cooperation.⁸ Civic activity, whether volunteering, participating in religious or political groups or being active in community decision-making, not only provides benefit to communities but also serves seniors themselves.

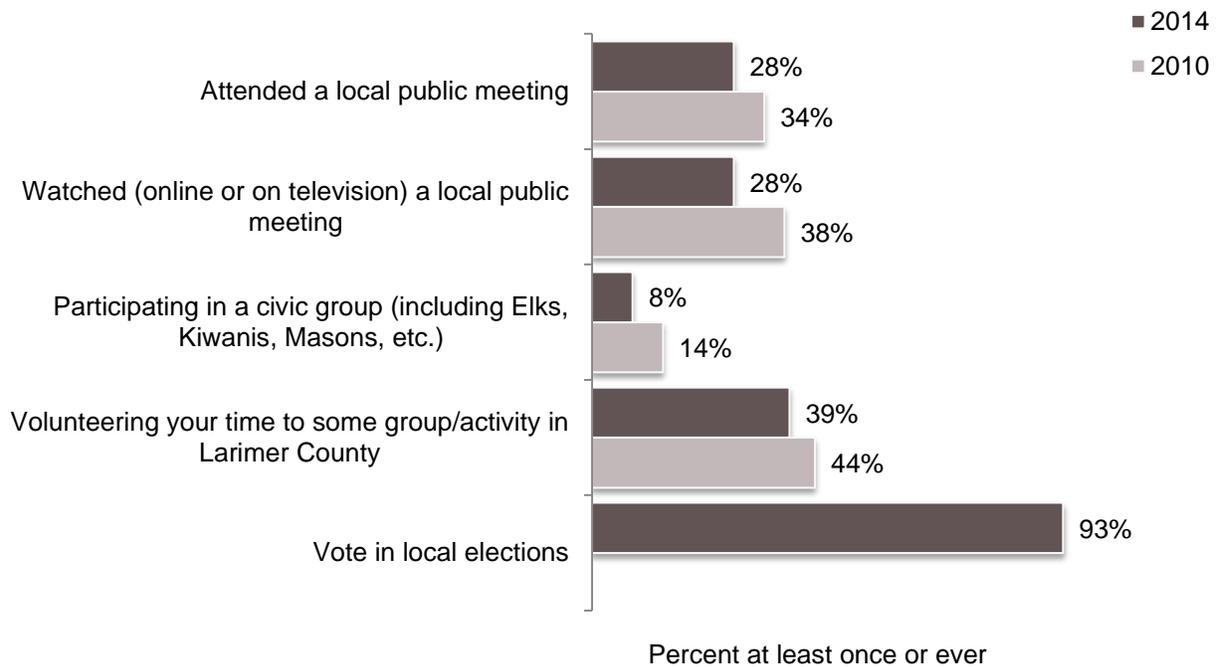
Studies have found that volunteering in later life is associated with better physical and mental health, and civically engaged seniors are less likely to become injured or to die prematurely.⁹ In Larimer County, older residents rated the volunteer opportunities favorably. About 9 in 10 felt Larimer County had "excellent" or "good" volunteer opportunities, a rating that was much higher than other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 12: Civic Engagement Opportunities in Larimer County



In terms of civic engagement, about one quarter reported attending a public meeting of local elected officials or other local public meeting in Larimer County and a similar proportion reported watching such a meeting on television, the Internet or other media in the past year; participation in both of these activities decreased when compared to the previous survey. Participation also decreased for civic groups and volunteer activities. Additionally, more than one-third participated in some kind of volunteer work, a volunteer rate much higher than other communities in the U.S. Almost all survey respondents indicated that they had voted in the last general election.

Figure 13: Participation in Civic Activities in Larimer County



Note: This chart combines the results of survey questions 11 and 12 and demographic questions 14 and 15, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey Responses.

Social Engagement

Communities are the foundation for social life. Sociologist Eric Klinenberg describes communities as “the soil out of which social networks grow and develop or, alternatively, wither and devolve.”^{10,11} Larimer County has a great potential to strengthen the community by fostering increased social engagement of its older residents. About 8 in 10 of Larimer County older residents rated the opportunities to attend social activities in Larimer County as “excellent” or “good” and a slightly higher proportion rated opportunities to attend religious or spiritual activities in Larimer County this way. Ratings for social activities and religious activities in Larimer County were much higher than the benchmark. See *Appendix C: Benchmark Comparisons* for additional details.

Older residents in Larimer County exhibited a high level of participation in social activities, particularly activities involving friends or family. Older residents preferred to spend their time engaged in religious or spiritual activities over clubs. About 3 in 10 used a Larimer County senior center, a number which has decreased since 2010; senior center use by Larimer County older adults was much lower compared to senior center use in other communities (see *Appendix C: Benchmark Comparisons*).

Figure 14: Social Engagement Opportunities in Larimer County

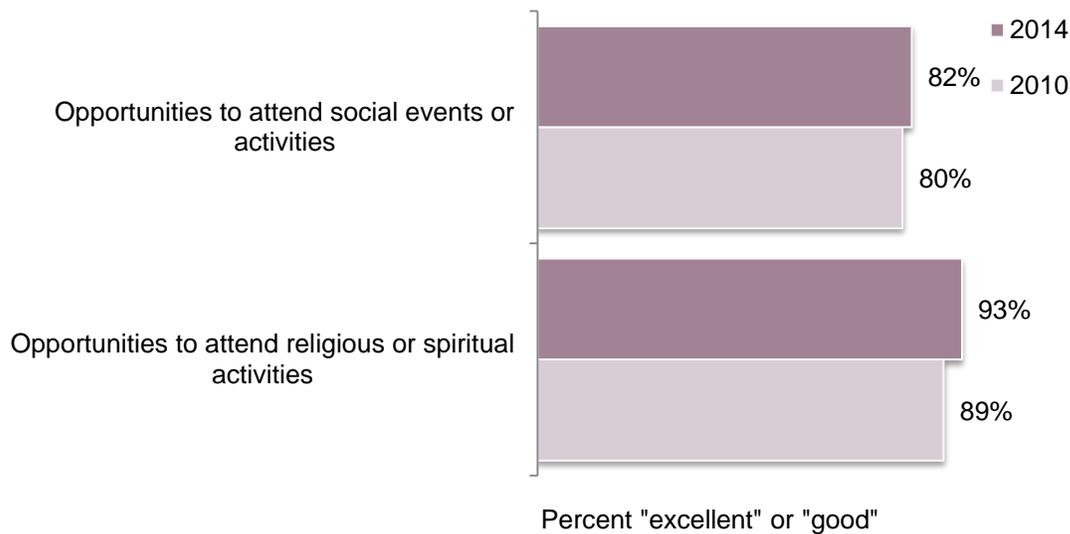
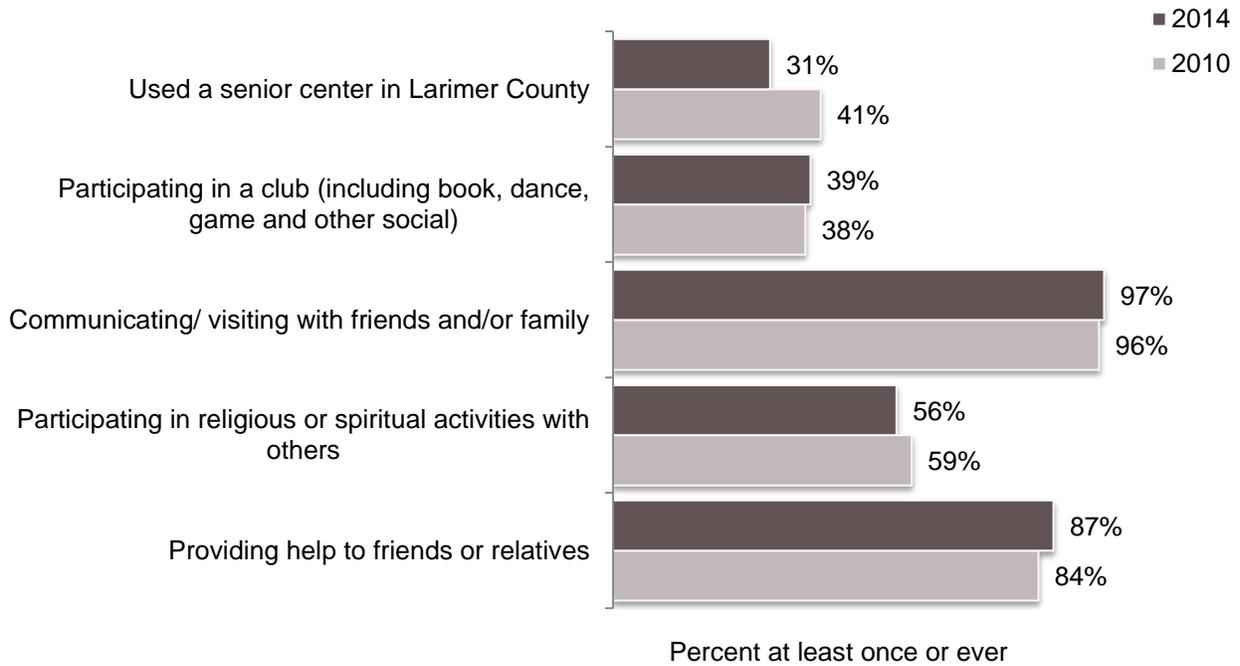


Figure 15: Participation in Social Activities in Larimer County

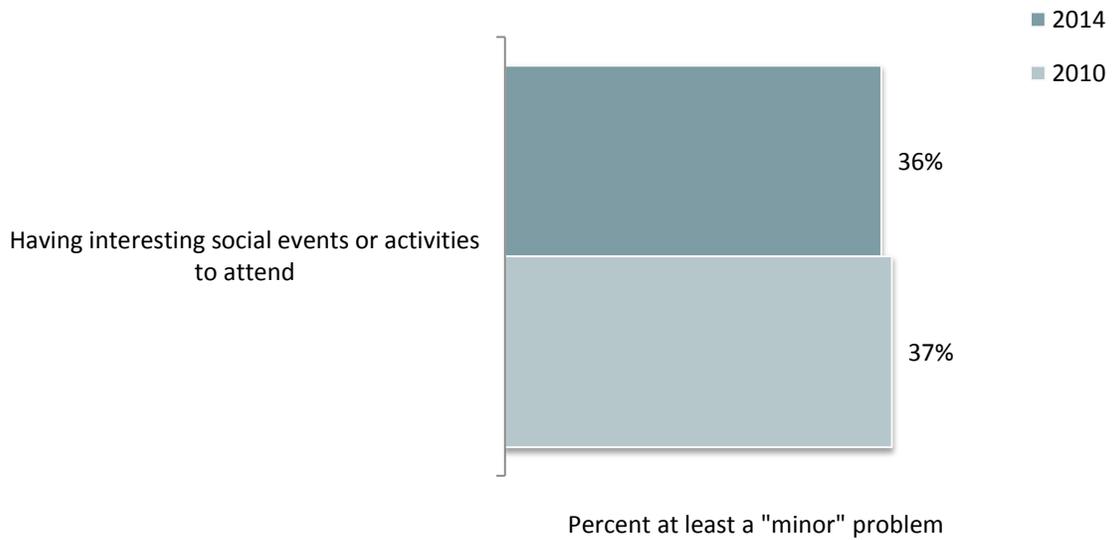


Note: This chart combines the results of survey questions 13 and 14, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey Responses.

About one-third of Larimer County seniors said that they had at least “minor” problems having interesting social events or activities to attend. These problems were lower in Larimer County than in other communities (see *Appendix C: Benchmark Comparisons*).

Figure 16: Social Engagement Problems in Larimer County

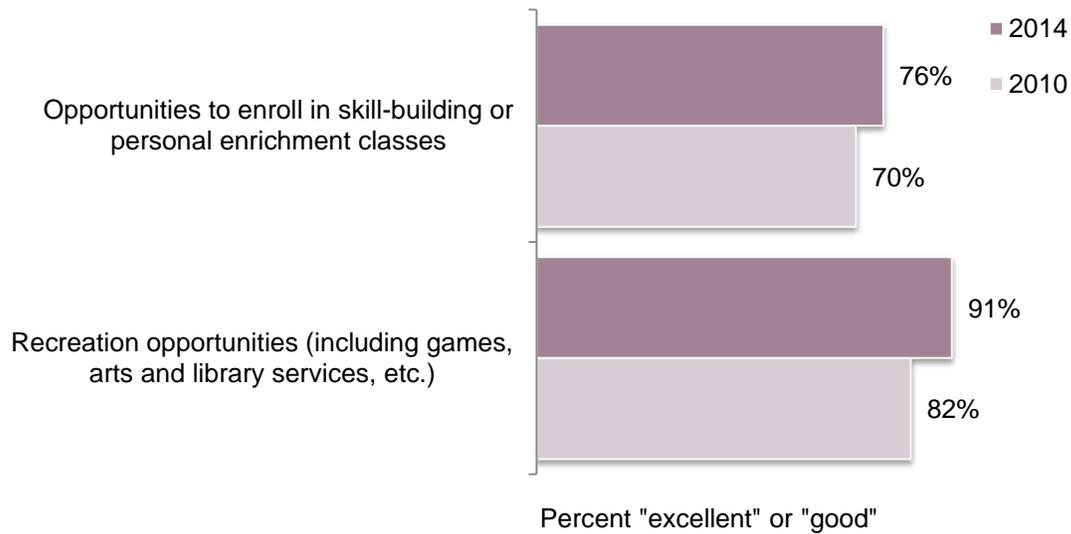
Thinking back over the last 12 months, how much of a problem has having interesting social events or activities to attend been for you?



Recreation

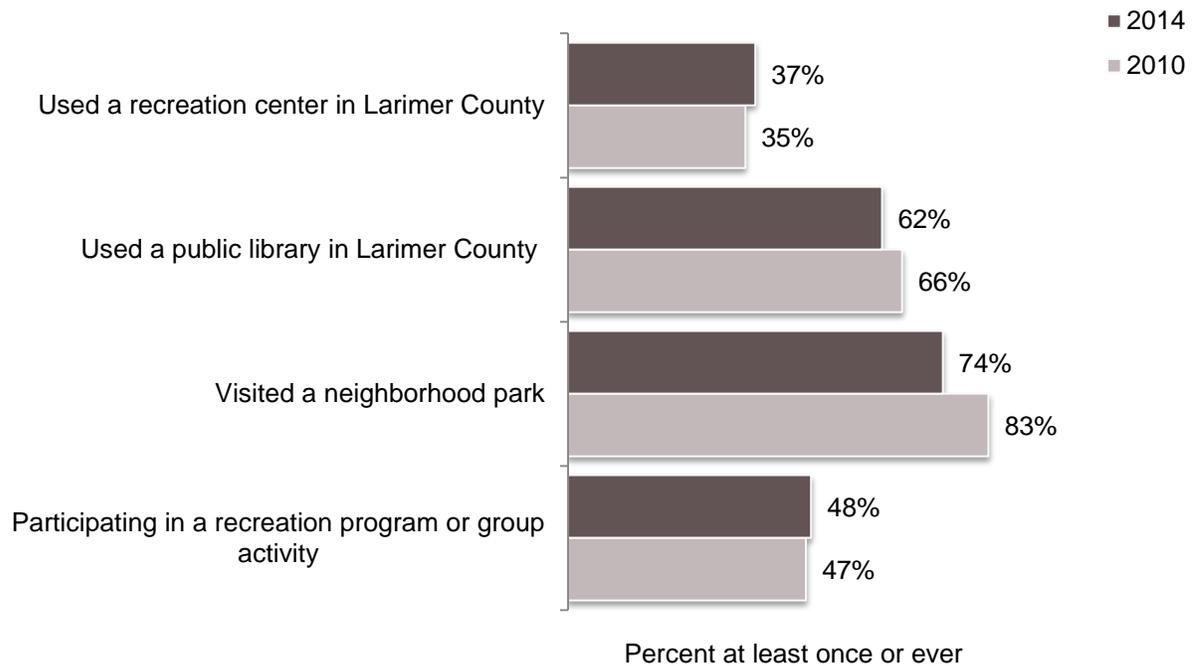
Once work becomes a part-time endeavor or thing of the past, residents have the time for and require the health benefits from regular leisure activities, including the stimulation derived from personal enrichment. Recreation and enrichment often replace work as the primary activity that brings older residents in contact with the outside world, while ample opportunities for these activities make a community more attractive to its residents. Most older residents of Larimer County viewed both recreation opportunities and opportunities to enroll in skill-building or personal enrichment classes favorably and ratings for both of these features increased since 2010. Respondents in Larimer County were much more likely to rate these aspects of recreation higher than other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 17: Recreational and Personal Enrichment Opportunities in Larimer County



Respondents indicated how much time they spent participating in various recreation- and enrichment-related activities. Generally, older residents in Larimer County were most likely to have visited a neighborhood park and used a public library and least likely to have used a recreation center. Compared to the previous survey, the number of older adults visiting neighborhood parks decreased. Rates of participation and use tended to be much higher in Larimer County when compared to other communities in the country (see *Appendix C: Benchmark Comparisons* for details).

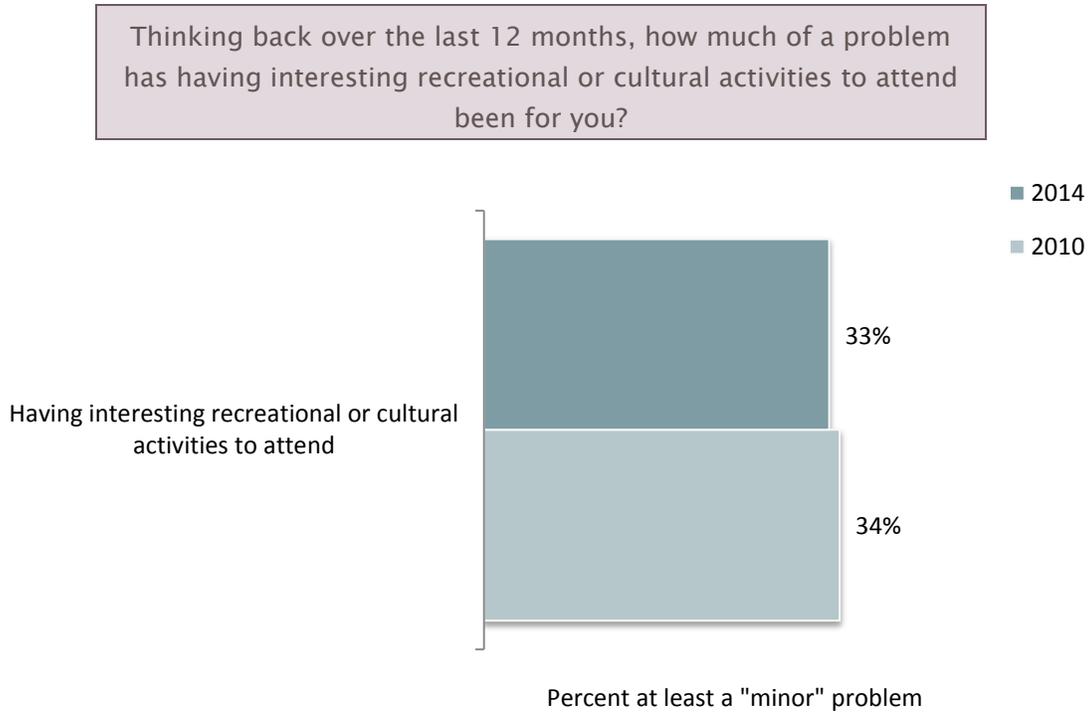
Figure 18: Participation in Recreational and Personal Enrichment Activities in Larimer County



Note: This chart combines the results of survey questions 11 and 13, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey.

One-third of Larimer County seniors said that they had at least “minor” problems having interesting recreational or cultural activities to attend. This percentage was much lower in Larimer County than in other communities (see *Appendix C: Benchmark Comparisons*).

Figure 19: Recreational Problems in Larimer County

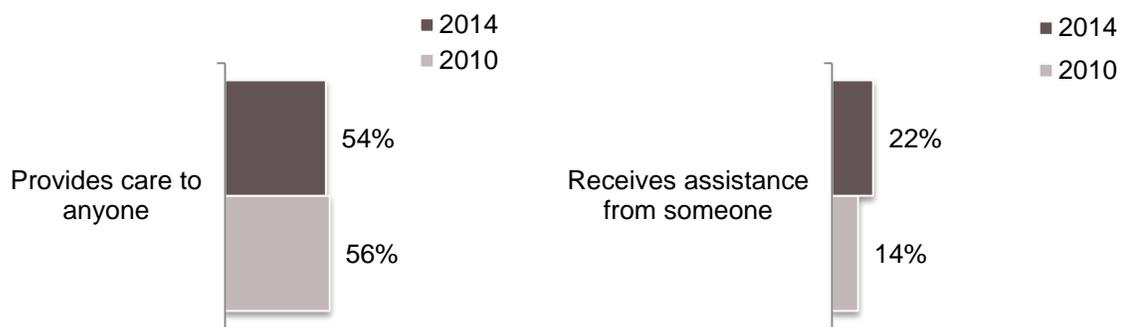


Caregiving

More than 10 million people nationwide have disabling conditions that affect their ability to live independently¹² and almost 80% of these residents are seniors. Those who provide care to a loved one or friend with such a condition often feel a sense of contribution and personal worth despite the physical, emotional and financial burden such care can produce. While care is most often provided by family members and is unpaid, its value has been estimated at \$350 billion annually.¹³

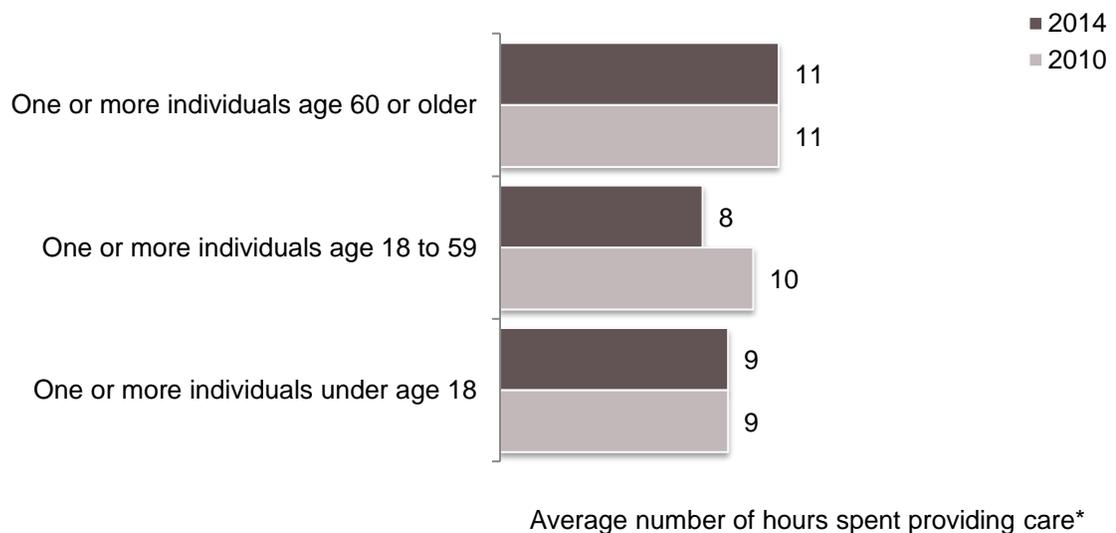
Respondents indicated the number of hours they spent in a typical week providing care to children under 18, adults age 18 to 60 and adults age 60 and older. Overall, 54% older residents in Larimer County said they were providing care for others (typically for adults age 60 or older) and 22% were the recipients of care.

Figure 20: Providers and Recipients of Care in Larimer County



Note: Caregivers were identified by examining the number of hours spent providing care to children under 18, adults age 18 to 59 and adults age 60 and older as described in question 14 of the survey.

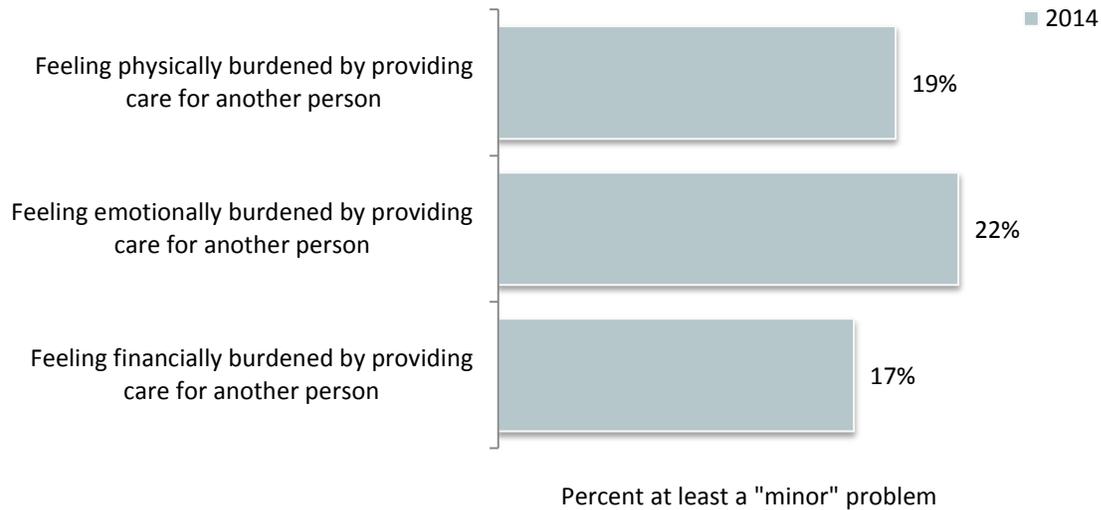
Figure 21: Caregiving Hours of Older Resident in Larimer County



* Average number of hours calculated from the mid-point of the ranges of those who provide care. See Appendix B: Survey Methodology for more information.

A “caregiving crunch” is predicted in which the average American will spend more years caring for parents than for their own children.¹⁴ Older adults in Larimer County rated the extent to which they experienced physical strain, emotional stress or financial hardship as a result of being a caregiver. Overall, older adults in Larimer County were most likely to feel emotionally burdened by their caregiving and least likely to feel financially burdened.

Figure 22: Caregiver Burden in Larimer County



Economic Contribution

Recent studies have estimated that 70-80% of those 45 and older plan to continue working in their “retirement” years.¹⁵ Financial stability is not the only reason; one study notes that pure enjoyment of work (35% of those questioned) or just a desire to try something new (5%) also will keep people on the job.¹⁵ CASOA results showed that 34% of older residents were still working for pay and 4% said they would like to find a job. The number of respondents indicating they are fully retired decreased compared to 2010. For those respondents who had not retired, the average age of expected retirement was 72 years old.

Figure 23: Employment Status of Older Residents in Larimer County

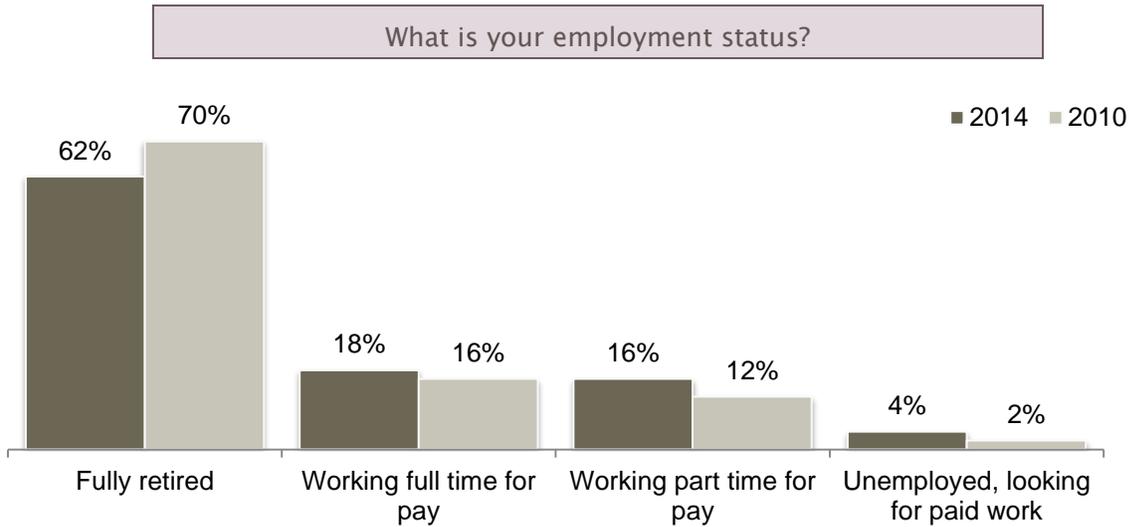
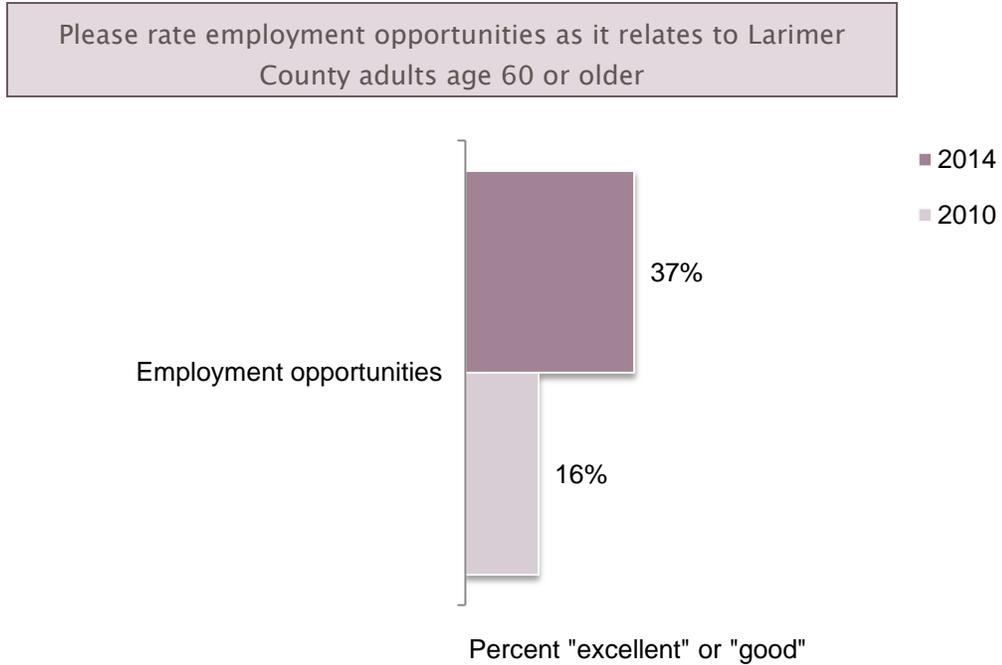


Figure 24: Expected Retirement Age of Older Residents in Larimer County

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	2014	2010
60 to 64	4%	10%
65 to 69	39%	37%
70 to 74	26%	24%
75 or older	31%	28%
Total	100%	100%
Average age of expected retirement (for those not yet fully retired)	72	71

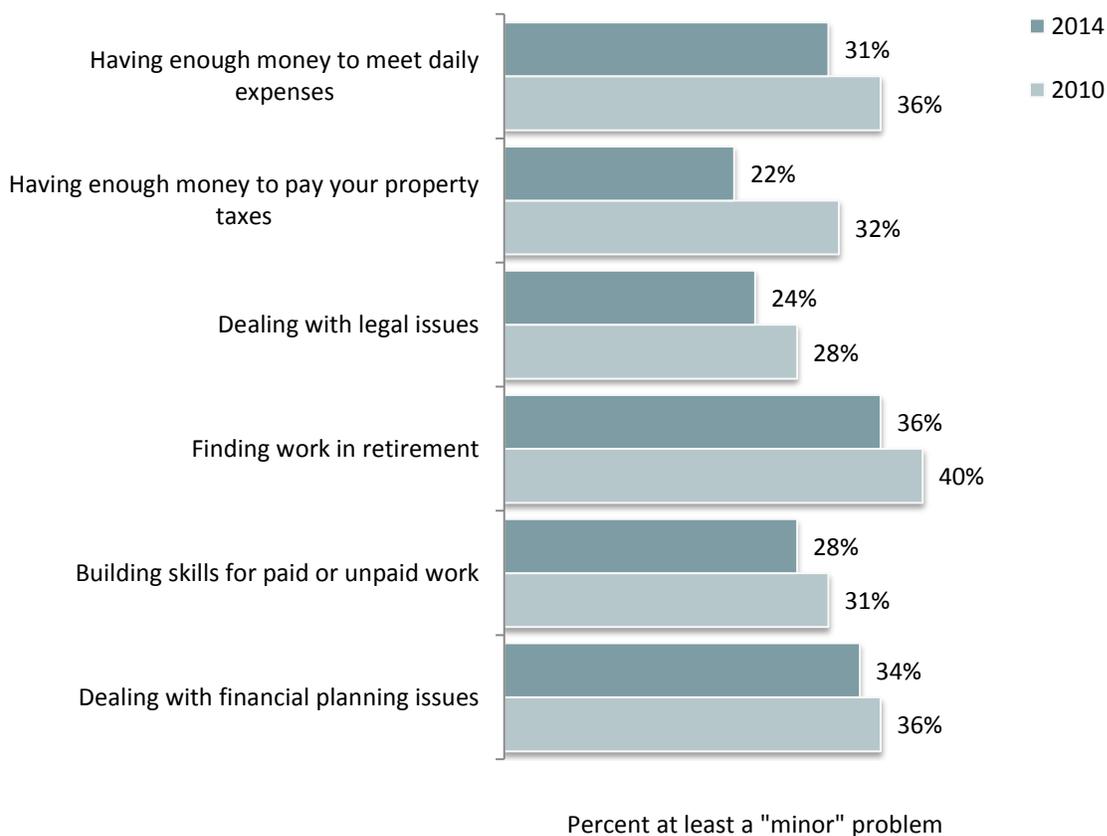
In Larimer County, 37% of respondents rated employment opportunities as “excellent” or “good”; these ratings were much higher than other communities across the U.S. (see *Appendix C: Benchmark Comparisons* for details). Ratings increased for employment opportunities in Larimer County.

Figure 25: Employment Opportunities in Larimer County



Regardless of residents' work status, around one-third experienced at least "minor" problems with having enough money to meet daily expenses, finding work in retirement and dealing with financial planning issues. Further, about one-quarter had problems with having enough money to pay property taxes, dealing with legal issues, and building skills for paid or unpaid work. Compared to 2010, the number of older adults with problems having enough money to meet daily expenses or pay property taxes decreased. The proportion of older adults that had problems finding work in retirement was higher in Larimer County than in other communities, while the proportion of respondents that had problems paying property taxes and dealing with legal issues was much lower in Larimer County (see *Appendix C: Benchmark Comparisons* for details).

Figure 26: Financial and Legal Problems of Older Residents in Larimer County



Productive behavior is “any activity, paid or unpaid, that generates goods or services of economic value.”² Productive activities include both paid and unpaid work of many kinds as well as services to friends, family or neighbors. Older adults provide significant contributions (paid and unpaid) to the communities in which they live. In addition to their paid work, older adults contributed to Larimer County through volunteering, providing informal help to family and friends and caregiving. The value of these paid and unpaid contributions by older adults in Larimer County totaled nearly \$1.1 billion in a 12-month period (see *Appendix B: Survey Methodology* for additional detail).

Figure 27: Economic Contribution of Older Adults in Larimer County



Health and Wellness

The Centers for Disease Control and Prevention have argued that “Poor health is not an inevitable consequence of aging,”¹⁶ yet community supports are needed to help maintain the health and independence of a growing senior population. Of all the attributes of aging, health poses the greatest risk and the biggest opportunity. If the community cannot assist the independence of residents who experience the inevitable decline in health that accompanies aging, the potential economic contribution of older residents will decline, leading to greater strain on hospitals and nursing homes. Health and wellness for the purposes of this study included not only physical and mental health, but issues of independent living and health care.

Physical Health

CASOA assessed a variety of physical issues commonly affecting people as they age as well as provided older residents the opportunity to rate health opportunities in Larimer County. About 9 in 10 older residents rated fitness opportunities (including exercise classes and paths or trails, etc.) positively in Larimer County; the availability of quality physical health care was rated positively by 65% of respondents. Most (85%) older residents rated their overall physical health as “excellent” or “good” (see Figure 29), a rating that increased compared to 2010. Overall, the older adults in Larimer County rated these aspects of physical health much higher than other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Figure 28: Physical Health Opportunities in Larimer County

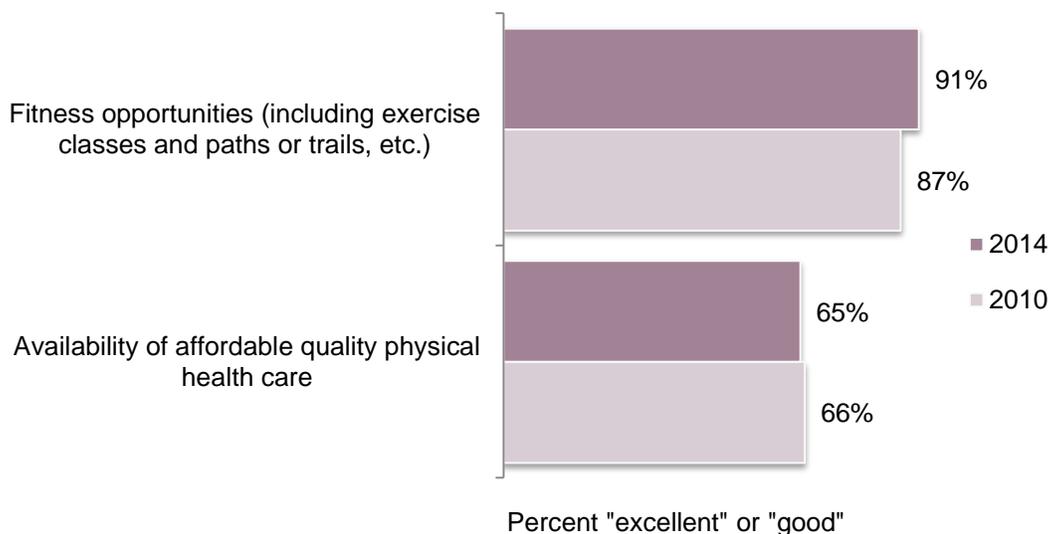
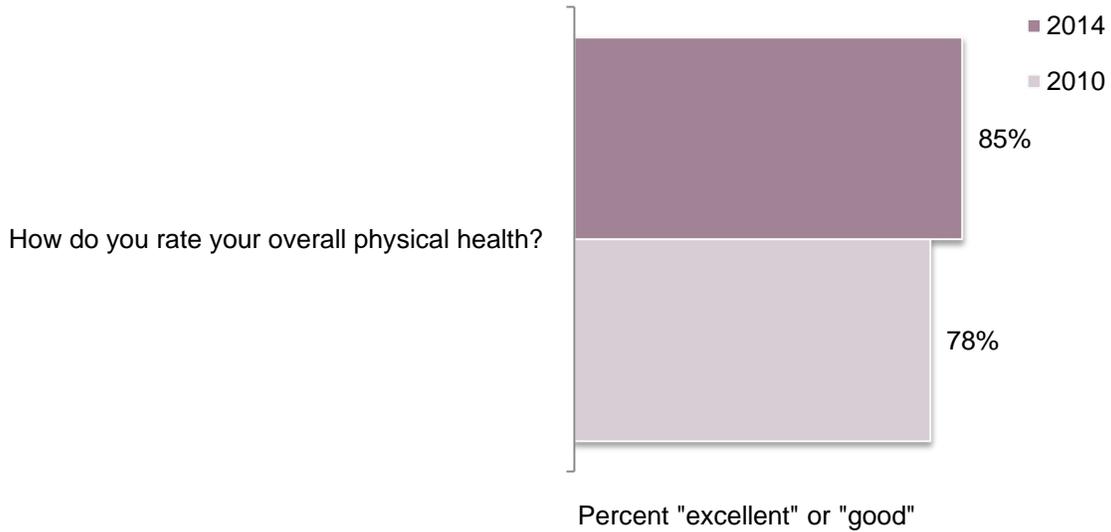
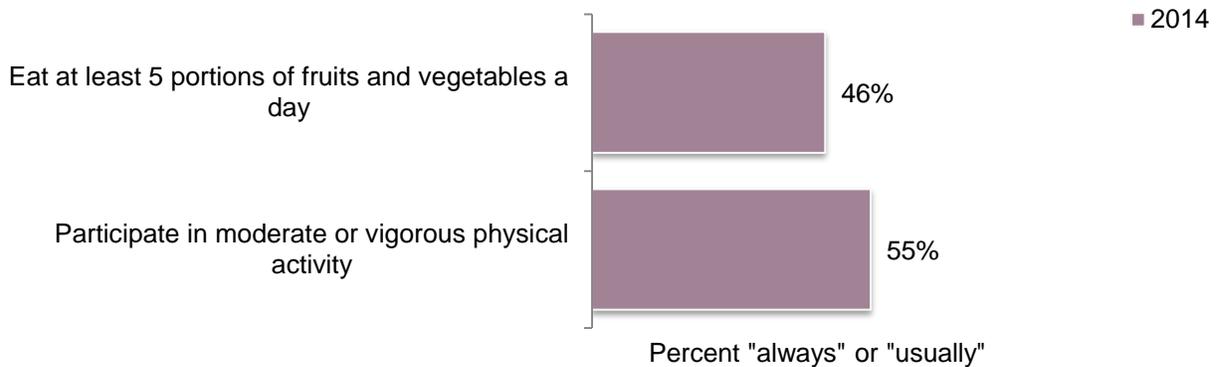


Figure 29: Overall Physical Health of Older Residents in Larimer County



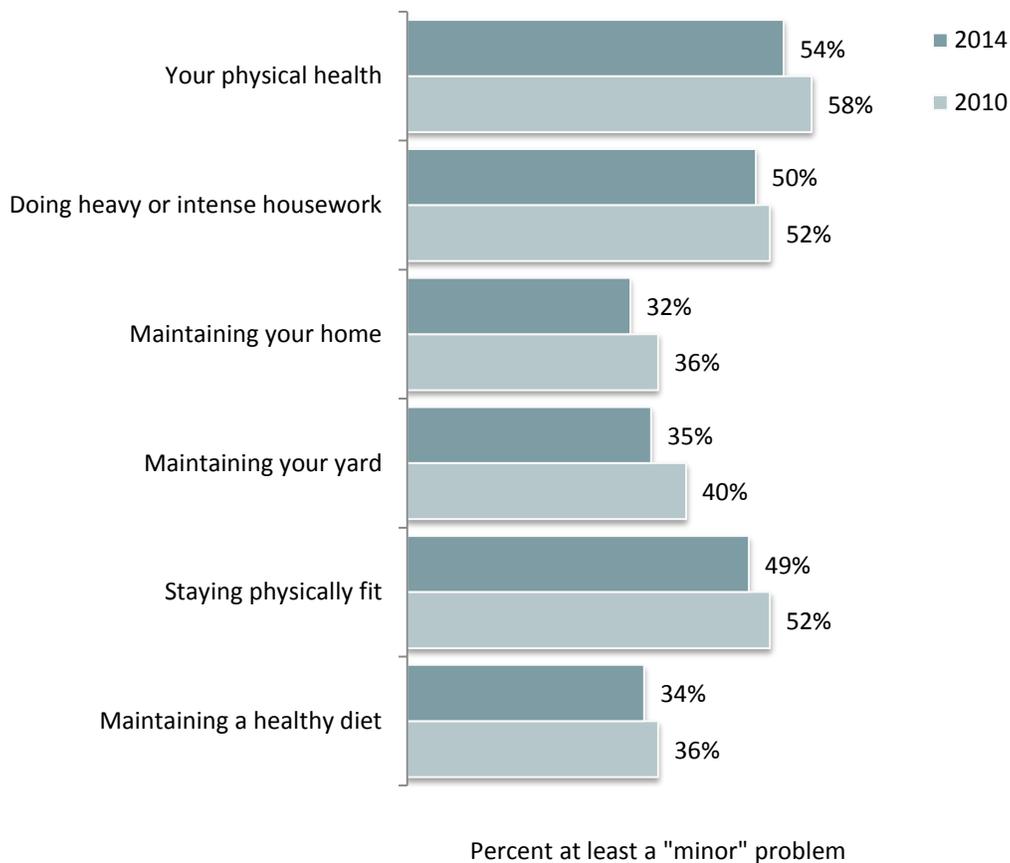
Respondents indicated how much time they spent participating in healthy activities. Less than half of older residents in Larimer County ate the recommended number of servings of fruits and vegetables, but more than half were able to exercise regularly. Rates of these healthy behaviors tended to be much lower in Larimer County when compared to other communities in the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 30: Participation in Healthy Activities in Larimer County



Respondents reported the extent to which they had experienced problems with various physical health-related issues in the 12 months prior to the survey. Physical health and doing heavy or intense housework were reported as the highest health needs in Larimer County while problems maintaining a healthy diet and maintaining their home were reported by the fewest respondents. The number of respondents having trouble maintaining their yard decreased compared to the previous survey. The proportions of older residents reporting problems with any of the below aspects were lower in Larimer County than elsewhere across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 31: Physical Health Problems of Older Residents in Larimer County



Mental Health

In addition to rating aspects of physical health, older residents provided insight into aspects of their mental health. About 4 in 10 older residents felt there was “excellent” or “good” availability of mental health care in Larimer County, a rating which has decreased over time. However, about 9 in 10 older adults rated their overall mental health/emotional wellbeing as “excellent” or “good”. Mental health ratings for older adults in Larimer County tended to be higher than other communities across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 32: Availability of Mental Health Care in Larimer County

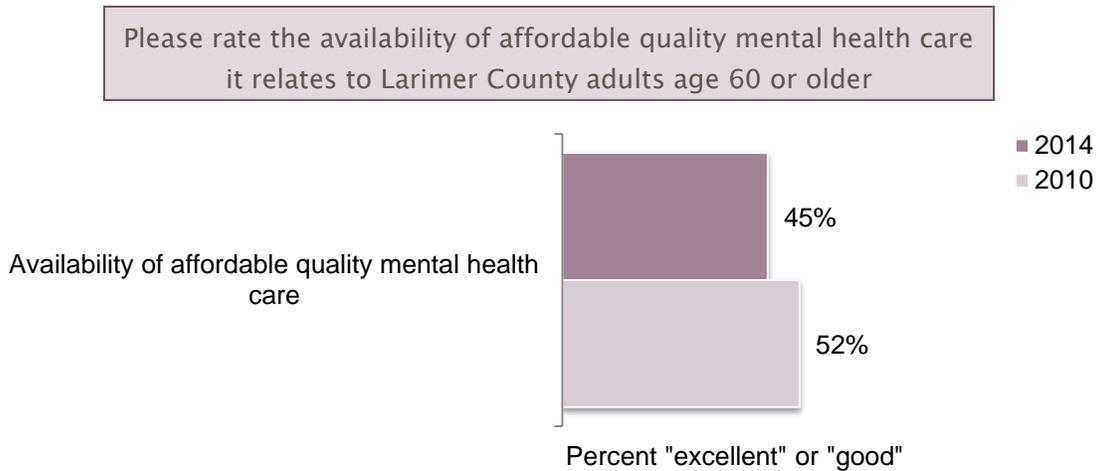
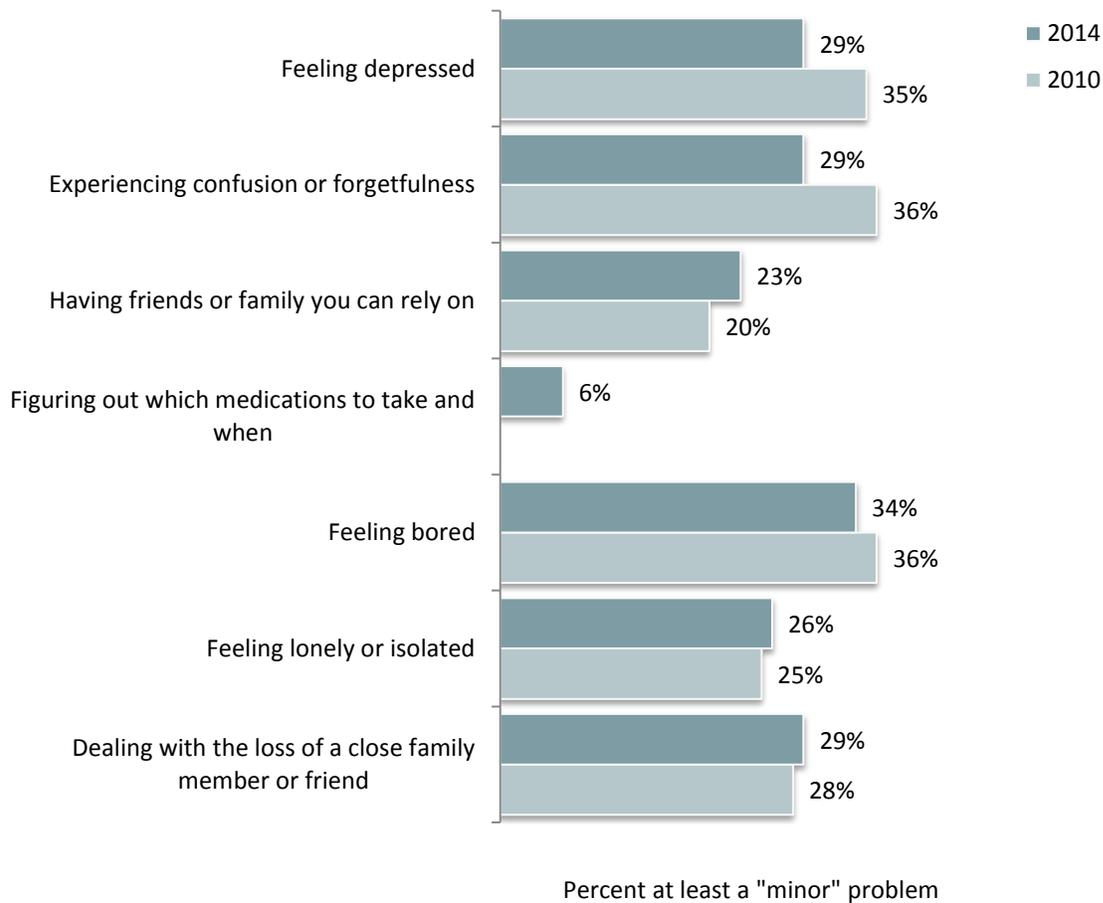


Figure 33: Emotional Wellbeing of Older Residents in Larimer County



While few older adults in Larimer County reported poor emotional wellbeing, they still reported at least “minor” problems with some aspects of their mental health. The most commonly cited mental health issue was feelings of boredom, while the least cited issue was figuring out which medications to take and when. Compared to 2010, fewer respondents reported feeling depressed or experiencing confusion or forgetfulness. The mental health problems experienced by Larimer County older adults tended to be similar to or less common than the problems experienced by older adults in other communities (see *Appendix C: Benchmark Comparisons* for details).

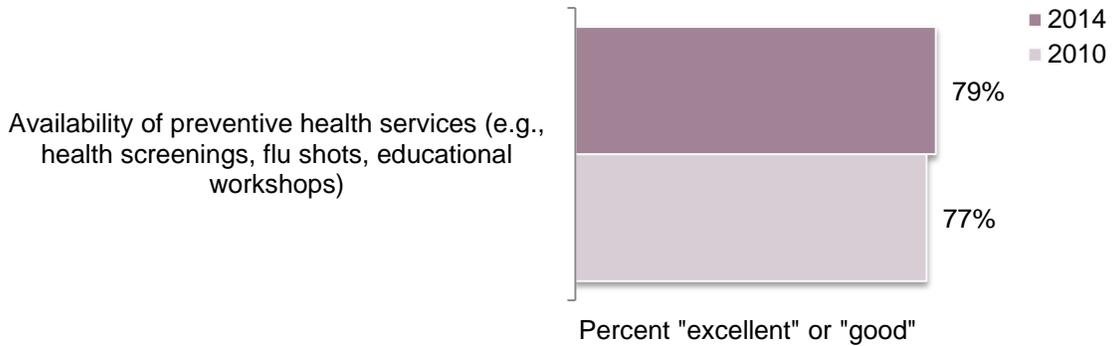
Figure 34: Mental Health Problems of Older Residents in Larimer County



Health Care

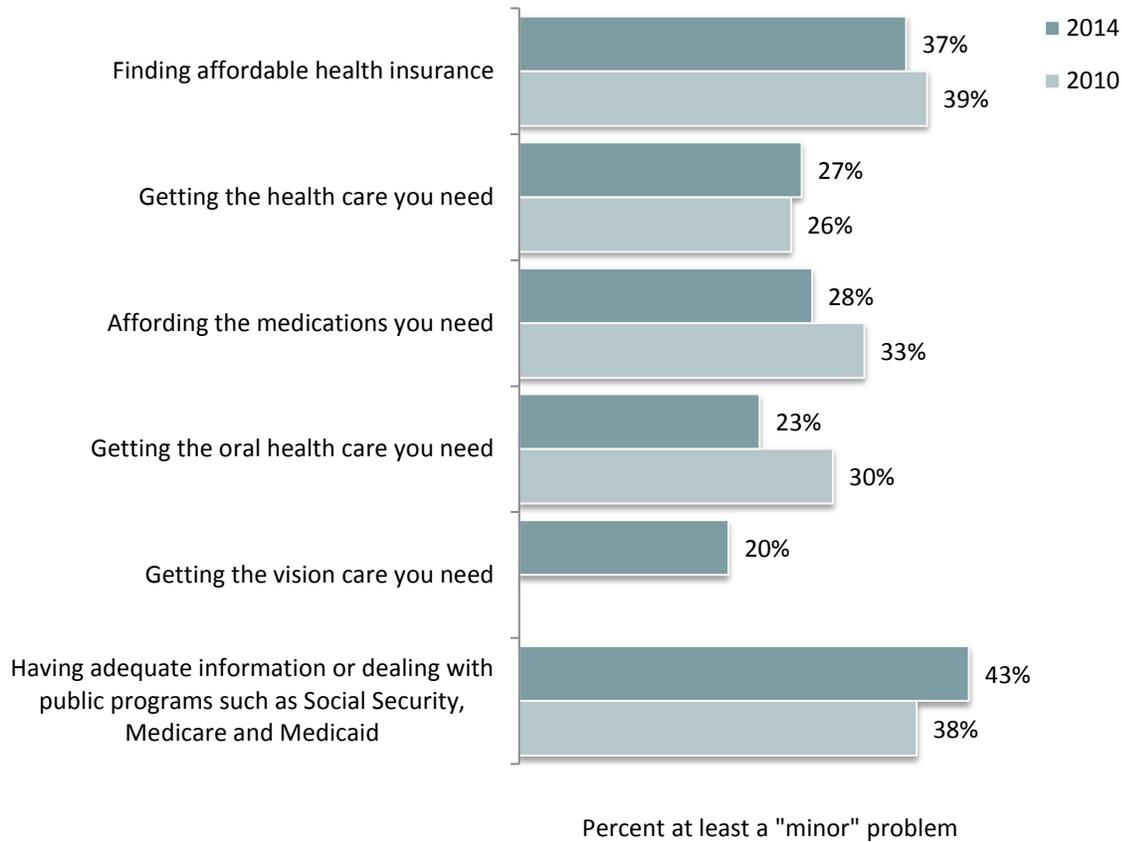
Larimer County's older residents rated the availability of preventive health services favorably, as 79% felt the availability of these services were "excellent" or "good." Compared to other communities across the nation, the availability of Larimer County's preventative health services was rated much more highly than that of peer communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 35: Availability of Preventative Health Care in Larimer County



Older residents reported some problems with aspects of health care in Larimer County. The most commonly cited health care issues included finding affordable health insurance and having adequate information about or dealing with public programs, while the least cited issues included getting vision care or oral health care. When compared to the previous survey, more older adults reported having problems having adequate information or dealing with public programs, while fewer older adults had problems affording medication and getting oral health care. Larimer County's older residents' health care problems varied compared to other communities across the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Figure 36: Health Care Problems of Older Residents in Larimer County



Independent Living

For those unable to live independently (either temporarily or permanently), having care options available could mean the difference between remaining in or leaving the community. Larimer County’s older residents rated the availability of long-term care options impartially; 55% felt the availability was “excellent” or “good.” The availability of daytime care options for older adults was rated less favorably. Additionally, less than 20% of respondents reported spending time in a hospital or nursing home, although 29% had fallen and injured themselves at least once in the 12 months prior to the survey.

Figure 37: Care Options for Older Residents in Larimer County

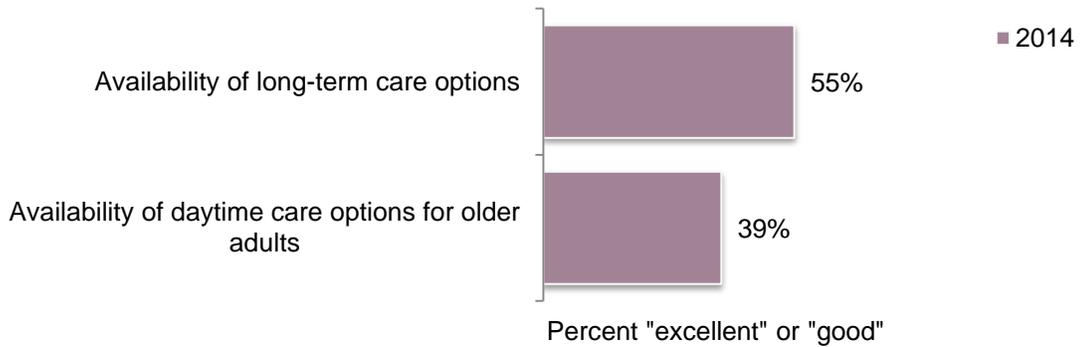
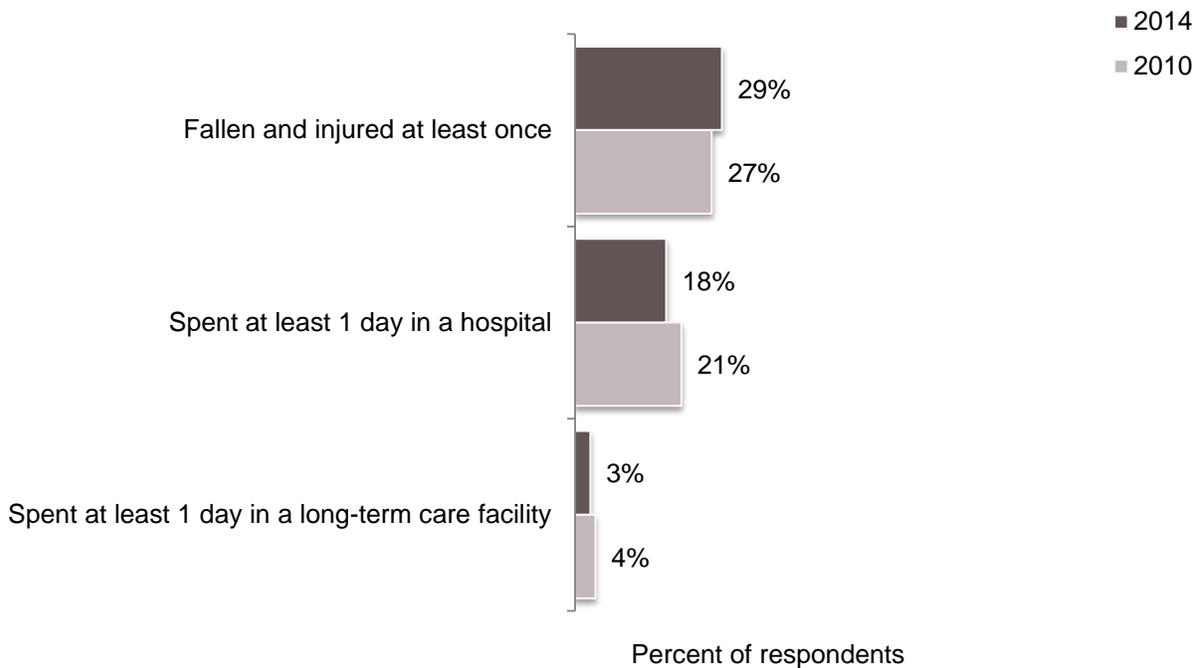
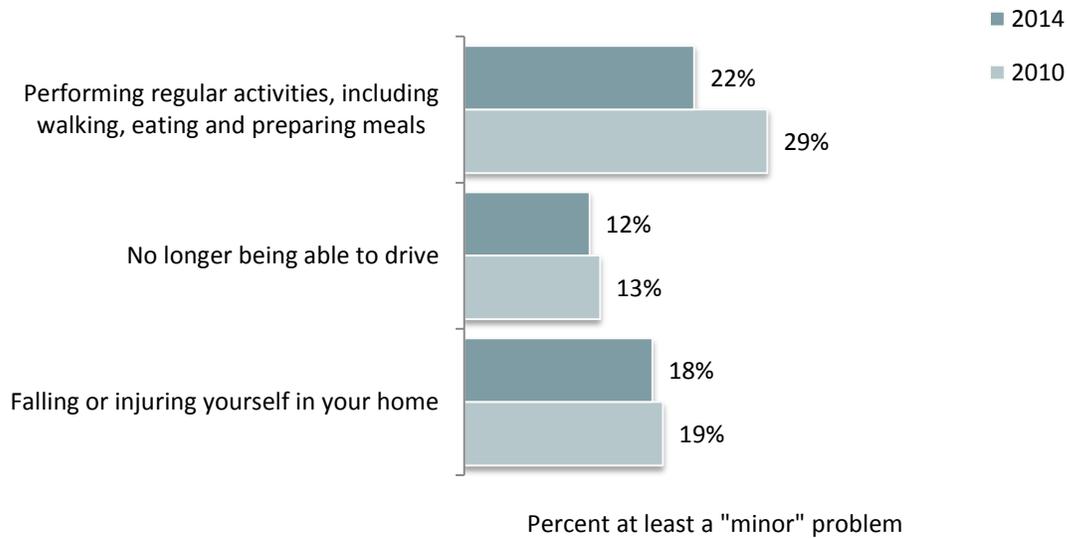


Figure 38: Falls, Hospitalizations and Institutionalizations of Older Residents in Larimer County in Prior 12 Months



Activities of daily living (ADL) usually include bathing, dressing and moving from bed to chair. Other activities of daily living, usually referred to as instrumental activities of daily living (IADL), include doing laundry, preparing meals, managing the household and so on. Inability to do one or more ADL or IADL means less independence. About 2 in 10 older adults reported at least “minor” problems with aspects of independent living. Most notably, 22% reported having problems with performing regular activities, including walking, eating and preparing meals; however, this number decreased since 2010. Independent living problems tended to be lower in Larimer County than in peer communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 39: Independent Living Problems Faced by Older Residents in Larimer County



Community Design and Land Use

The movement in America towards designing more “livable” communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. “Smart growth” is not only beneficial for the environment, but holds great promise for the mobility, independence and civic life of its older residents. Generally, communities that have planned for older adults tend to emphasize access – a community design that facilitates movement and participation.

Larimer County’s older adults evaluated a number of aspects of design and land use in the community. Respondents rated ease of walking and ease of getting to their most visited places positively with at least 68% rating each as “excellent” or “good,” while cost of living and the availability of affordable quality housing received the lowest ratings. Compared to the previous survey, ratings decreased for the availability of affordable quality housing, variety of housing, ease of car travel, ease of walking and ease of getting to places usually visited. Ratings for aspects of design and land use tended to be lower compared to other communities in the nation (see *Appendix C: Benchmark Comparisons* for details). Additionally, few respondents (15%) reported having used public transit within Larimer County, but compared to 2010 this number has increased (Figure 41).

Figure 40: Aspects of Design and Land Use in Larimer County

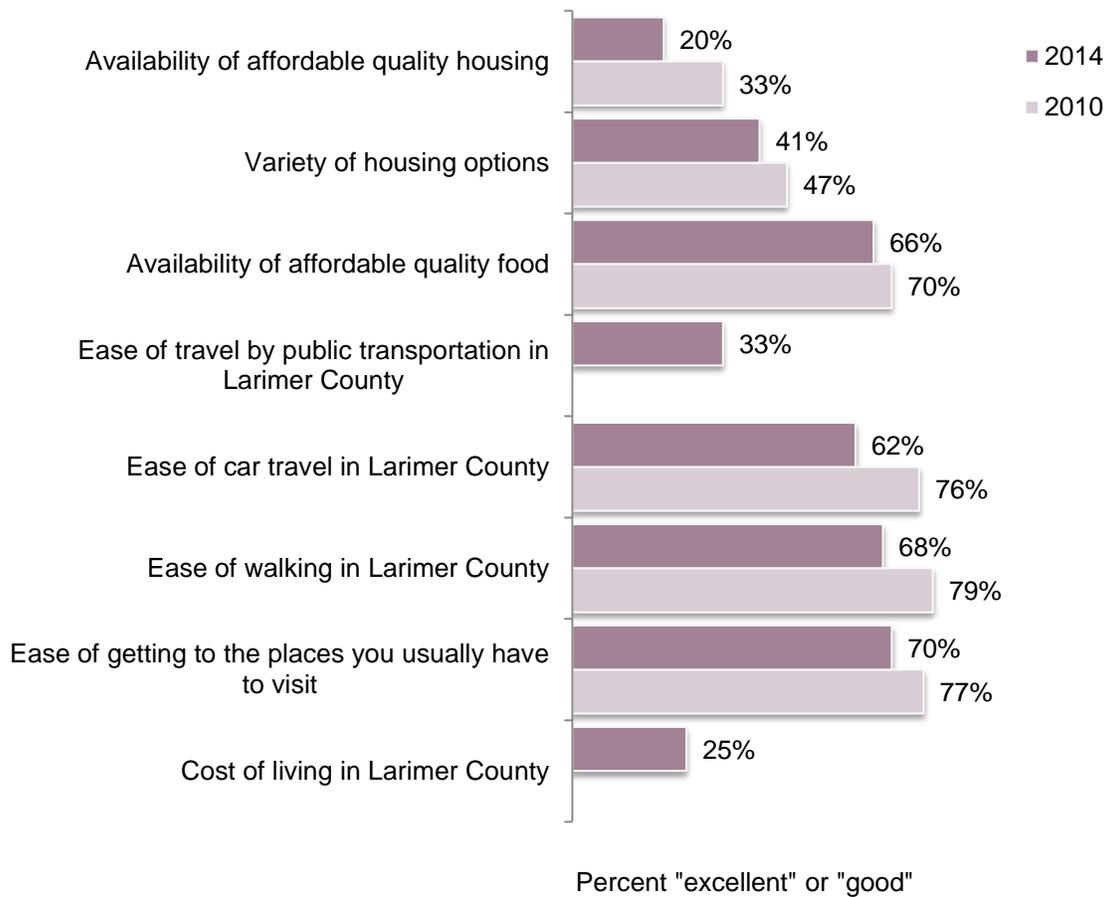
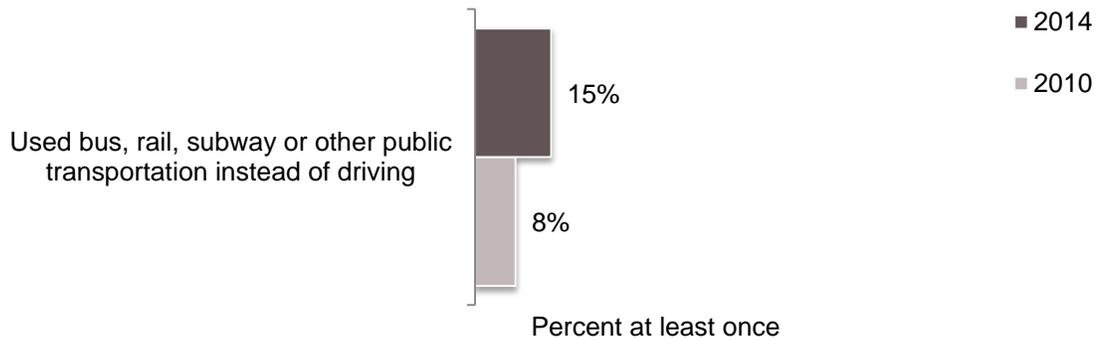
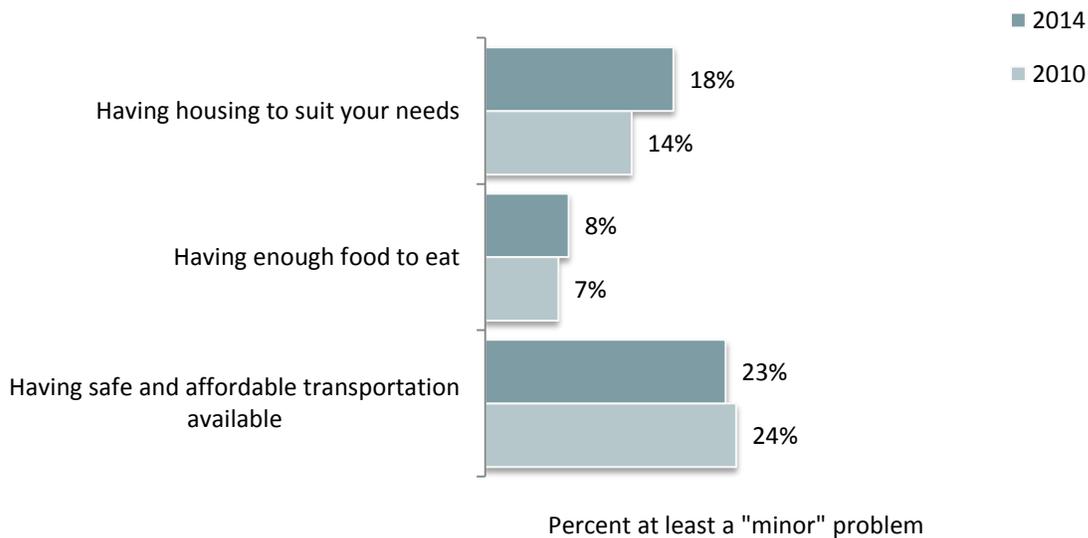


Figure 41: Public Transportation Ridership of Older Residents in Larimer County



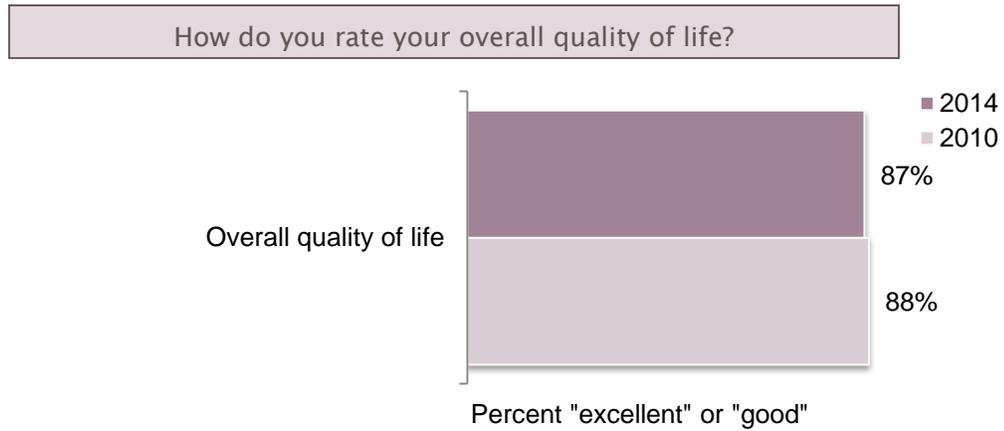
For residents to remain independent contributors to community quality, local government programs or policies can ease their participation in social and civic activities. This ease of participation comes from land use and economic planning that locates services in or close to residences, provides convenient transportation alternatives when services are too far to reach by walking and makes walking routes attractive. Some older adults experienced problems with having safe and affordable transportation available while slightly fewer experienced problems with having housing to suit their needs. Daily living problems in Larimer County tended to be similar when compared to other communities across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 42: Basic Needs Problems of Older Residents in Larimer County



Ultimately, communities that have planned well by promoting mobility, independence and meaningful engagement of its older residents provide a high quality of life for their residents of all ages. In Larimer County, almost all older residents rated their overall quality of life as “excellent” or “good”; few residents felt they had a poor quality of life. Larimer County’s quality of life was rated higher than other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details) and this rating has remained stable over time.

Figure 43: Overall Quality of Life of Older Residents in Larimer County



Community Readiness

Communities that assist older adults to remain or become active community participants provide the requisite opportunities for recreation, transportation, culture, education, communication, social connection, spiritual enrichment and health care. It is not a package mix, so each community must identify what its older adults seek and what the community provides. The judgments of the residents for whom community planning takes place provide the elements of an equation that describes overall community quality in Larimer County (Figure 44).

The following section of this report summarizes how older residents view Larimer County as a community that creates a thriving environment for its older adults within the six community dimensions of Overall Community Quality, Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use.

Further, older adults, more than others, face difficulties with aspects of everyday life. For many older adults these difficulties vastly exceed the minor physical pains or small losses of function that characterize almost everyone's circumstances after a certain age. When individual problems are added together, a group picture emerges that provides a useful description of the entire community of Larimer County. Nationally, areas where older adults face the largest share of life's challenges include caregiving, health and mental health, in-home support, nutrition and food security and transportation. This study also explored specific problems or stressors encountered by older adults in Larimer County, such as physical and emotional difficulties and injuries that have compromised their independence. Within the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use, the magnitude of these individual-level needs is presented (Figure 46), culminating in an exploration of high-risk populations (Figure 49).

Larimer County Opportunities and Challenges

Survey respondents were asked to rate a number of aspects of the community which were converted to an average scale of 0 (the lowest rating, e.g., “poor”) to 100 (the highest rating, e.g., “excellent”) and then combined to provide one overall rating (index¹) for each of the six dimensions of Community Readiness. (For more information on how the summary scores were calculated see *Appendix B: Survey Methodology*.)

Summary scores provide a broad picture of the perceived fit between what Larimer County offers to older adults and what older residents need:

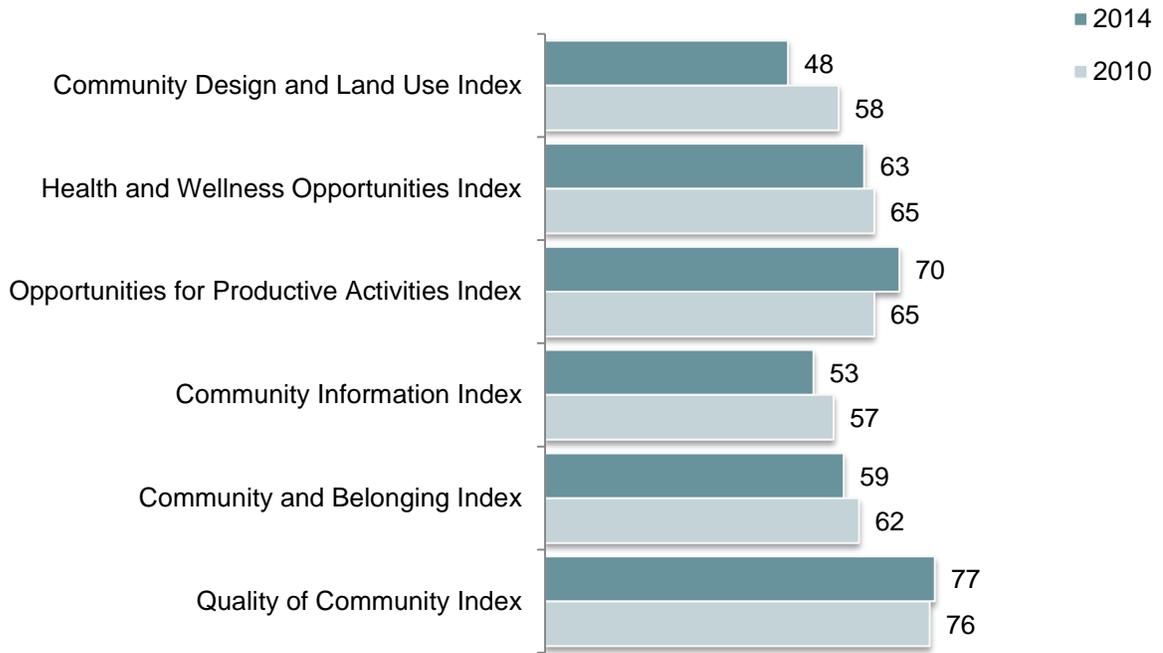
- Older residents felt the areas of Community Quality and Productive Activities best met their needs
- The areas of Health and Wellness, Community and Belonging and Community Information received slightly lower, but good average ratings
- Community Design and Land Use were rated less favorably and received the lowest average ratings
- Ratings of some of the dimensions of Community Readiness remained stable between 2014 and 2010 (see Figure 45). However, ratings decreased for Community Design and Land Use and Community Information, but increased for Productive Activities

Figure 44: Larimer County Community Readiness Chart



¹ These ratings are not to be understood like ratings from school tests. Because they are summaries of several questions that range from 0 as “poor,” 33 as “fair,” 66 as “good” and 100 as “excellent”, a score of 58, as one example, should be interpreted as closer to “good” than “fair” (with the midpoint of the scale, 50, representing equidistance between “good” and “fair”).

Figure 45: Larimer County Community Readiness by Year



Scale: 0=Lowest/most negative, 100=Highest/most positive

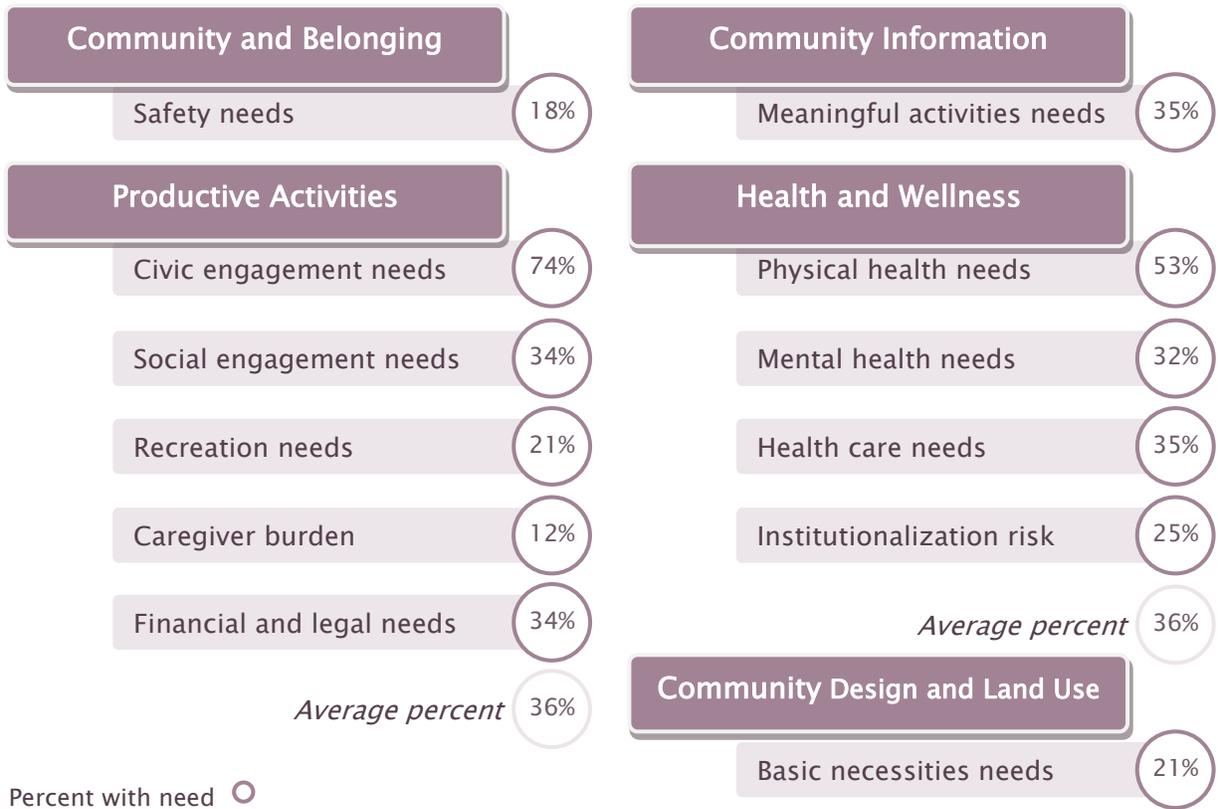
Older Resident Needs in Larimer County

Over 40 individual survey questions about specific problems faced by older community members, as well as participation levels and community engagement, were summarized into 12 larger areas to provide a broad picture of older resident needs in Larimer County. Summary scores are based on the average percent of respondents who experienced problems or had low levels of participation and engagement. *Appendix B: Survey Methodology* provides detailed information on the criteria used to identify respondents as having a need in a specific area. These 12 areas have been organized into the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use (no needs areas have been defined for the community dimension of Overall Community Quality).

Typically, it is understood that the self-reported needs of older adults represent a minimum level, a conservative estimate attenuated by respondents' strong desire to feel and appear self-reliant and further reduced by the silent voice of some older adults who, no matter how sensitive the attempt, are too frail to participate in any survey enterprise. Nonetheless, clear patterns of needs and strengths emerged from this assessment:

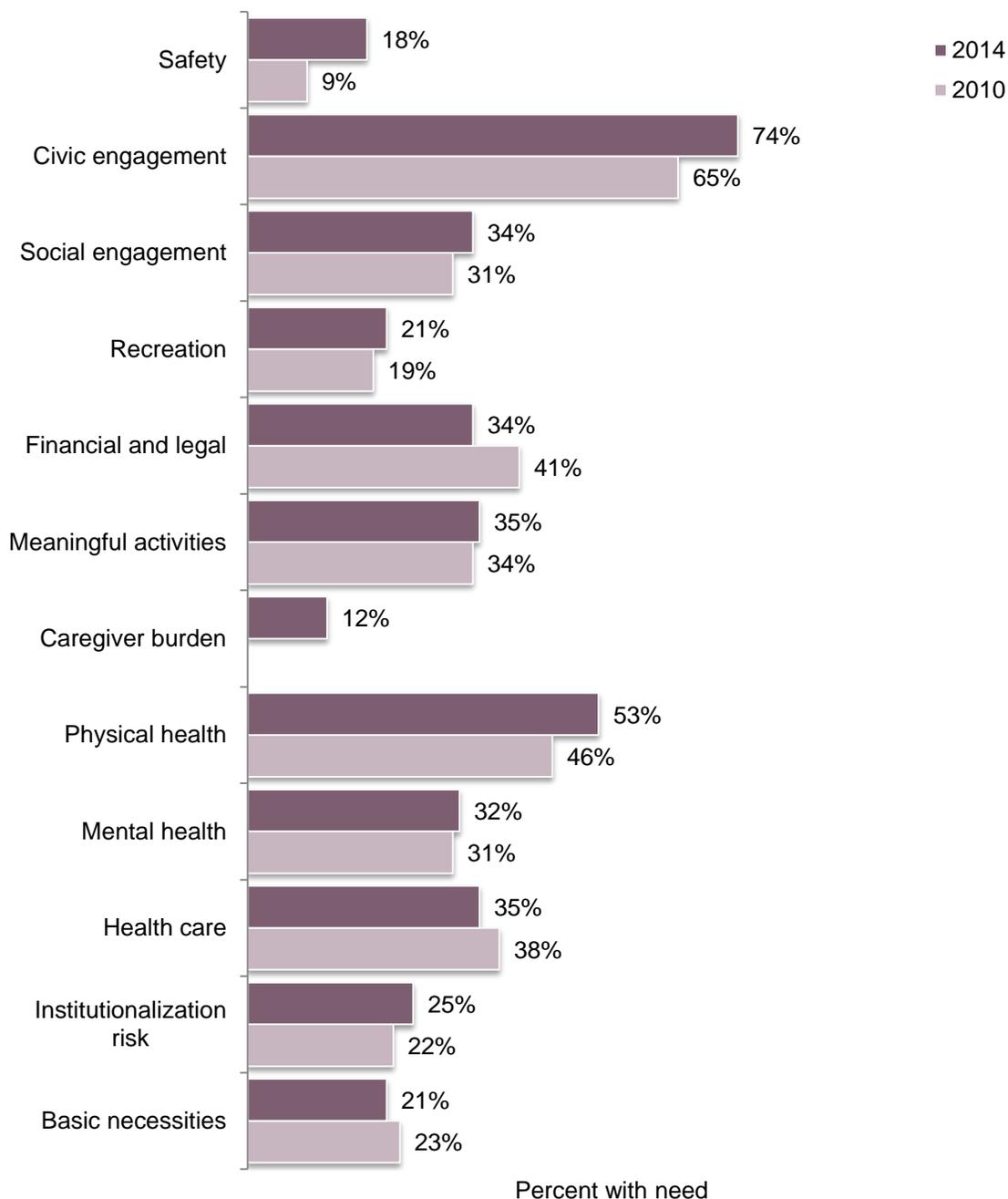
- Older residents had the largest needs in the areas of Civic Engagement and Physical Health
- A significant portion had needs in the areas of Meaningful Activities and Health Care
- Few reported needs in the areas of Safety and Caregiving

Figure 46: Older Adult Needs in Larimer County by Community Dimension



Compared to 2010, the level of need in Larimer County mostly remained stable in 2014. Areas of need showing change included safety, civic engagement and physical health all increasing while financial and legal needs decreased.

Figure 47: Older Adult Needs in Larimer County by Community Dimension by Year



While older residents reported the lowest prevalence of need in the areas of safety and caregiving, needs can be quite serious for those affected. It should be understood that the percent of the population that experiences a problem is not a measure of how difficult a problem is to endure for the people who share it. Some needs or opportunities, though rare as a percent of residents, have a particularly devastating impact on residents' quality of life – for example, needing help transferring from bed to wheelchair or having a problem with safety—so it is important to consider both the prevalence of the need or opportunity and its centrality to residents' sustained independence.

Figure 48: Older Resident Needs in Larimer County

Area of need	Percent with need	Number affected in 2014 (63,966)	Number affected in 2019 (N=78,086)	Number affected in 2024 (N=90,408)
Safety	18%	11,752	14,346	16,610
Civic engagement	74%	47,530	58,021	67,177
Social engagement	34%	21,456	26,192	30,325
Recreation	21%	13,232	16,153	18,702
Financial and legal	34%	21,895	26,728	30,946
Meaningful activities	35%	22,199	27,099	31,375
Caregiver burden	12%	7,873	9,611	11,127
Physical health	53%	33,684	41,119	47,608
Mental health	32%	20,578	25,120	29,084
Health care	35%	22,294	27,215	31,510
Institutionalization risk	25%	15,682	19,144	22,165
Basic necessities	21%	13,730	16,761	19,406

Populations at High Risk

As people age, many learn to take better care of themselves, to plan for retirement and, generally, to move more deliberately. Aging builds wisdom but can sap resources — physical, emotional and financial. Even those blessed by good luck or those prescient enough to plan comprehensively for the best future may find themselves with unanticipated needs or with physical, emotional or financial strengths that could endure only with help. Some people age better than others and aging well requires certain strengths that are inherent and others that can be supported by assistance from the private sector and government. For Larimer County’s older adults, although needs were spread across the board, residents reporting the largest percent of unresolved needs in Larimer County were more likely to be age 60 to 74, not Hispanic, report a lower income, rent their homes or live alone.

**Figure 49: Needs of Older Population by Sociodemographic Characteristics,
Percent and Number Affected in 2014 (N=63,966)**

	Community and Belonging		Community Information		Health and Wellness		Productive Activities		Community Design and Land Use	
	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number
Female	17%	5,567	31%	10,643	37%	12,779	34%	11,702	23%	8,093
Male	20%	5,696	39%	11,402	35%	10,251	38%	11,170	19%	5,600
60 to 74 years	26%	16,796	37%	23,634	34%	21,455	37%	23,954	16%	10,072
75 to 84 years	18%	11,403	37%	23,662	33%	21,039	36%	22,847	21%	13,315
85 or over	10%	6,473	29%	18,757	43%	27,603	34%	21,878	29%	18,263
White	18%	11,269	34%	22,057	36%	23,124	36%	22,908	22%	14,068
Not white	47%	29,750	57%	36,703	34%	21,832	38%	24,414	10%	6,715
Hispanic	22%	14,378	20%	13,027	38%	24,122	35%	22,256	7%	4,291
Not Hispanic	18%	11,774	35%	22,616	36%	23,193	36%	22,962	22%	14,211
Less than \$25,000	32%	20,250	47%	29,822	51%	32,681	46%	29,193	41%	26,384
\$25,000 to \$74,999	16%	9,949	37%	16,482	35%	22,387	35%	22,476	19%	12,303
\$75,000 or more	12%	7,572	26%	31,703	26%	16,779	30%	19,247	8%	5,299
Rent	35%	22,122	50%	20,241	56%	35,619	47%	29,967	58%	37,401
Own	15%	9,767	32%	21,534	32%	20,212	33%	21,324	14%	8,697
Lives alone	17%	10,715	34%	22,791	44%	27,901	39%	24,862	28%	17,692

	Community and Belonging		Community Information		Health and Wellness		Productive Activities		Community Design and Land Use	
Lives with others	19%	12,128	36%	22,199	32%	20,682	34%	21,991	18%	11,703
Overall	18%	11,752	35%	10,643	36%	23,074	36%	22,868	21%	13,730

Responses to Larimer County's Custom Questions

In addition to the uniform questions on CASOA, Larimer County included its own unique questions on the survey to aid in planning, resource allocation and policy analysis. "Don't know" responses have been removed from the analysis for the following questions, when applicable.

Table 1: Custom item in Question 2

Please rate each of the following characteristics as they relate to Larimer County adults age 60 or older:	Excellent	Good	Fair	Poor	Total
Quality of senior nutrition programs	11%	44%	34%	12%	100%

Table 2: Custom items in Question 4

In general, how informed or uninformed do you feel about the following?	Very informed	Somewhat informed	Somewhat uninformed	Very uninformed	Total
Long term care options (i.e. nursing homes, home care)	11%	43%	25%	21%	100%
Information on planning for the future	13%	46%	26%	15%	100%

Table 3: Custom item in Question 11

In the last 12 months, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more	2-4 times a month	Once a month or less	Not at all	Total
Participated in a senior nutrition program	1%	1%	2%	97%	100%

Table 4: Custom demographic question: Grandparents Raising Grandchildren

Are you a grandparent raising a grandchild?	Percent of respondents
Yes	3%
No	97%
Total	100%

Appendix A: Complete Set of Survey Responses

Frequencies Excluding “Don’t Know”

Table 5: Question 1: Quality of Community

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent	Good	Fair	Poor	Total
How do you rate Larimer County as a place to live?	53%	40%	6%	1%	100%
How do you rate Larimer County as a place to retire?	46%	37%	14%	3%	100%

Table 6: Question 2: Community Characteristics

Please rate each of the following characteristics as they relate to Larimer County adults age 60 or over:	Excellent	Good	Fair	Poor	Total
Opportunities to volunteer	54%	39%	6%	1%	100%
Employment opportunities	3%	33%	43%	21%	100%
Opportunities to enroll in skill-building or personal enrichment classes	27%	49%	20%	3%	100%
Recreation opportunities (including games, arts and library services, etc.)	49%	41%	8%	1%	100%
Fitness opportunities (including exercise classes and paths or trails, etc.)	58%	33%	8%	0%	100%
Opportunities to attend social events or activities	32%	49%	15%	3%	100%
Opportunities to attend religious or spiritual activities	52%	42%	6%	1%	100%
Opportunities to attend or participate in meetings about local government or community matters	23%	50%	23%	5%	100%
Availability of affordable quality housing	3%	17%	46%	34%	100%
Variety of housing options	7%	34%	36%	23%	100%
Availability of long-term care options	11%	44%	34%	11%	100%
Availability of daytime care options for older adults	7%	32%	46%	15%	100%
Availability of information about resources for older adults	15%	48%	29%	8%	100%
Availability of financial and legal planning services	13%	46%	32%	10%	100%
Availability of affordable quality physical health care	22%	42%	26%	10%	100%
Availability of affordable quality mental health care	8%	37%	33%	22%	100%

Please rate each of the following characteristics as they relate to Larimer County adults age 60 or over:	Excellent	Good	Fair	Poor	Total
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	26%	53%	17%	4%	100%
Availability of affordable quality food	18%	48%	26%	8%	100%
Sense of community	20%	49%	25%	6%	100%
Openness and acceptance of the community towards older residents of diverse backgrounds	13%	47%	29%	11%	100%
Ease of travel by public transportation in Larimer County	6%	28%	36%	30%	100%
Ease of car travel in Larimer County	12%	50%	29%	9%	100%
Ease of walking in Larimer County	20%	48%	24%	8%	100%
Ease of getting to the places you usually have to visit	15%	55%	25%	5%	100%
Overall feeling of safety in Larimer County	22%	62%	14%	2%	100%
Valuing older residents in Larimer County	11%	51%	29%	9%	100%
Neighborliness of Larimer County	13%	48%	33%	7%	100%
Cost of living in Larimer County	3%	22%	51%	24%	100%
Quality of senior nutrition programs	11%	44%	34%	12%	100%

Table 7: Question 3: Overall Service to Older Adults

	Excellent	Good	Fair	Poor	Total
How would you rate the overall services provided to older adults in Larimer County?	13%	62%	21%	4%	100%

Table 8: Question 4: Level of Informedness about Services and Activities for Older Adults

In general, how informed or uninformed do you feel about the following?	Very informed	Somewhat informed	Somewhat uninformed	Very uninformed	Total
Services and activities available to older adults in Larimer County	13%	56%	18%	13%	100%
Long term care options (i.e. nursing homes, home care)	11%	43%	25%	21%	100%
Information on planning for the future	13%	46%	26%	15%	100%

Table 9: Question 5: Quality of Life and Health

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent	Good	Fair	Poor	Total
How do you rate your overall physical health?	30%	55%	12%	3%	100%
How do you rate your overall mental health/emotional well being?	43%	48%	8%	1%	100%
How do you rate your overall quality of life?	40%	48%	11%	1%	100%

Table 10: Question 6: Problems Faced by Older Adults

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem	Minor problem	Moderate problem	Major problem	Total
Having housing to suit your needs	82%	9%	6%	3%	100%
Your physical health	46%	35%	13%	5%	100%
Performing regular activities, including walking, eating and preparing meals	78%	13%	8%	2%	100%
Having enough food to eat	92%	6%	1%	1%	100%
Doing heavy or intense housework	50%	31%	13%	6%	100%
Having safe and affordable transportation available	77%	13%	8%	2%	100%
No longer being able to drive	88%	3%	3%	6%	100%
Feeling depressed	71%	20%	8%	2%	100%
Experiencing confusion or forgetfulness	71%	24%	4%	2%	100%
Maintaining your home	68%	22%	8%	2%	100%
Maintaining your yard	65%	23%	8%	4%	100%
Finding productive or meaningful activities to do	74%	19%	4%	3%	100%
Having friends or family you can rely on	77%	14%	6%	3%	100%
Falling or injuring yourself in your home	82%	12%	4%	2%	100%
Finding affordable health insurance	63%	16%	11%	10%	100%
Getting the health care you need	73%	18%	6%	3%	100%
Affording the medications you need	72%	18%	7%	4%	100%
Figuring out which medications to take and when	94%	4%	1%	1%	100%
Getting the oral health care you need	77%	12%	6%	5%	100%
Getting the vision care you need	80%	11%	6%	3%	100%

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem	Minor problem	Moderate problem	Major problem	Total
Having enough money to meet daily expenses	69%	17%	9%	5%	100%
Having enough money to pay your property taxes	78%	11%	8%	3%	100%
Staying physically fit	51%	32%	13%	4%	100%
Maintaining a healthy diet	66%	25%	8%	2%	100%
Having interesting recreational or cultural activities to attend	67%	21%	10%	3%	100%
Having interesting social events or activities to attend	64%	23%	10%	3%	100%
Feeling bored	66%	24%	7%	2%	100%
Feeling like your voice is heard in the community	44%	24%	21%	12%	100%
Finding meaningful volunteer work	78%	16%	4%	2%	100%
Feeling physically burdened by providing care for another person	81%	9%	7%	3%	100%
Feeling emotionally burdened by providing care for another person	78%	11%	9%	2%	100%
Feeling financially burdened by providing care for another person	83%	8%	5%	3%	100%
Dealing with legal issues	76%	16%	6%	2%	100%
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	57%	27%	10%	5%	100%
Finding work in retirement	64%	10%	12%	14%	100%
Building skills for paid or unpaid work	72%	13%	9%	5%	100%
Not knowing what services are available to older adults in your community	44%	35%	14%	6%	100%
Feeling lonely or isolated	74%	16%	8%	2%	100%
Dealing with the loss of a close family member or friend	71%	14%	10%	5%	100%
Being a victim of crime	94%	4%	1%	1%	100%
Being a victim of fraud or a scam	85%	8%	4%	3%	100%
Being physically or emotionally abused	96%	3%	1%	1%	100%

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem	Minor problem	Moderate problem	Major problem	Total
Dealing with financial planning issues	66%	22%	8%	5%	100%
Being treated unfairly or discriminated against because of your age	73%	12%	9%	6%	100%

Table 11: Question 7: Days Spent in Facilities

Thinking back over the past 12 months, how many days did you spend in...	No days (zero)	One to two days	Three to five days	Six or more days	Total
A hospital	82%	9%	5%	3%	100%
A nursing home or in-patient rehabilitation facility	97%	0%	1%	2%	100%

Table 12: Question 8: Falls in Last 12 Months

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Percent of respondents
Never	71%
Once or twice	26%
3-5 times	3%
More than 5 times	1%
Total	100%

Table 13: Question 9: Recommend Living in Community

How likely or unlikely are you to recommend living in Larimer County to older adults?	Percent of respondents
Very likely	53%
Somewhat likely	36%
Somewhat unlikely	7%
Very unlikely	5%
Total	100%

Table 14: Question 10: Likelihood of Remaining in Community Throughout Retirement

How likely or unlikely are you to remain in Larimer County throughout your retirement?	Percent of respondents
Very likely	74%
Somewhat likely	18%
Somewhat unlikely	5%
Very unlikely	3%
Total	100%

Table 15: Question 11: Participation in Activities

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more	2-4 times a month	Once a month or less	Not at all	Total
Used a senior center in Larimer County	7%	6%	19%	69%	100%
Used a recreation center in Larimer County	10%	9%	18%	63%	100%
Used a public library in Larimer County	7%	24%	30%	38%	100%
Used bus, rail, subway or other public transportation instead of driving	3%	3%	10%	85%	100%
Visited a neighborhood park	15%	23%	35%	26%	100%
Participated in a senior nutrition program	1%	1%	2%	97%	100%

Table 16: Question 12: Attendance of Public Meetings

Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?	2 times a week or more	2-4 times a month	Once a month or less	Not at all	Total
Attended a local public meeting	0%	2%	25%	72%	100%
Watched (online or on television) a local public meeting	1%	5%	21%	72%	100%

Table 17: Question 13: Hours Spent Doing Activities

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)	1 to 3 hours	4 to 5 hours	6 to 10 hours	11 or more hours	Total
Participating in a club (including book, dance, game and other social)	61%	26%	7%	4%	2%	100%
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	92%	6%	1%	1%	0%	100%
Communicating/ visiting with friends and/or family	3%	25%	30%	19%	23%	100%
Participating in religious or spiritual activities with others	44%	33%	11%	6%	6%	100%
Participating in a recreation program or group activity	52%	28%	9%	6%	5%	100%
Providing help to friends or relatives	13%	48%	18%	9%	11%	100%
Volunteering your time to some group/activity in Larimer County	61%	22%	8%	4%	6%	100%

Table 18: Question 14: Hours Spent Providing Care

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)	1 to 3 hours	4 to 5 hours	6 to 10 hours	11 to 20 hours	20 or more hours	Total
One or more individuals age 60 or older	60%	17%	6%	4%	3%	10%	100%
One or more individuals age 18 to 59	77%	10%	6%	1%	2%	3%	100%
One or more individuals under age 18	76%	12%	4%	3%	2%	4%	100%

Table 19: Question 15: Regularity Doing Activities

How often, if at all, do you do each of the following, considering all of the times you could?	Never	Rarely	Sometimes	Usually	Always	Total
Eat at least 5 portions of fruits and vegetables a day	6%	16%	32%	37%	9%	100%
Participate in moderate or vigorous physical activity	6%	12%	27%	35%	20%	100%
Receive assistance from someone almost every day	78%	13%	6%	2%	1%	100%
Vote in local elections	5%	1%	1%	10%	83%	100%

Table 20: Question D1: Length of Residency

How many years have you lived in Larimer County?	Percent of respondents
Less than 1 year	1%
1-5 years	8%
6-10 years	13%
11-20 years	22%
More than 20 years	57%
Total	100%

Table 21: Question D2: Housing Unit Type

Which best describes the building you live in?	Percent of respondents
Single family home	79%
Townhouse, condominium, duplex or apartment	14%
Mobile home	4%
Assisted living residence	1%
Nursing home	0%
Other	2%
Total	100%

Table 22: Question D3: Tenure (Rent or Own)

Do you currently rent or own your home?	Percent of respondents
Rent	17%
Own (with a mortgage payment)	38%
Own (free and clear; no mortgage)	45%

Do you currently rent or own your home?	Percent of respondents
Total	100%

Table 23: Question D4: Monthly Housing Costs

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?	Percent of respondents
Less than \$300 per month	17%
\$300 to \$599 per month	25%
\$600 to \$999 per month	19%
\$1,000 to \$1,499 per month	20%
\$1,500 to \$2,499 per month	15%
\$2,500 or more per month	4%
Total	100%

Table 24: Question D5: Total Number of Household Members

How many people, including yourself, live in your household?	Percent of respondents
1 person (live alone)	33%
2 people	55%
3 people	9%
4 or more people	3%
Total	100%

Table 25: Question D6: Number of Older Adult Household Members

How many of these people, including yourself, are 55 or older?	Percent of respondents
1 person	45%
2 people	53%
3 people	1%
4 or more people	0%
Total	100%

Table 26: Question D7: Retirement Status

What is your employment status?	Percent of respondents
Fully retired	62%
Working full time for pay	18%
Working part time for pay	16%
Unemployed, looking for paid work	4%

What is your employment status?	Percent of respondents
Total	100%

Table 27: Question D8: Expected Age of Retirement

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents
60 to 64	4%
65 to 69	39%
70 to 74	26%
75 or older	31%
Total	100%

Table 28: Question D9: Household Income

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent of respondents
Less than \$15,000	7%
\$15,000 to \$24,999	15%
\$25,000 to \$49,999	26%
\$50,000 to \$74,999	22%
\$75,000 to \$99,999	16%
\$100,000 or more	15%
Total	100%

Table 29: Question D10: Respondent Ethnicity/Origin

Are you Spanish/Hispanic/Latino?	Percent of respondents
Yes	3%
No	97%
Total	100%

Table 30: Question D11: Respondent Race

What is your race?	Percent of respondents
American Indian or Alaskan native	1%
Asian or Pacific Islander	1%
Black, African American	0%
White/Caucasian	98%

What is your race?	Percent of respondents
Other	2%

Total may exceed 100% as respondents could select more than one option.

Table 31: Question D12: Respondent Age

In which category is your age?	Percent of respondents
60-64 years	32%
65-69 years	23%
70-74 years	15%
75-79 years	14%
80-84 years	9%
85-89 years	4%
90-94 years	2%
95 years or older	0%
Total	100%

Table 32: Question D13: Respondent Gender

What is your sex?	Percent of respondents
Female	54%
Male	46%
Total	100%

Table 33: Question D14: Respondent Sexual Orientation

What is your sexual orientation?	Percent of respondents
Heterosexual	98%
Lesbian	1%
Gay	0%
Bisexual	1%
Total	100%

Table 34: Question D15: Grandparents Raising Grandchildren

Are you a grandparent raising a grandchild?	Percent of respondents
Yes	3%
No	97%
Total	100%

Frequencies Including “Don’t Know”

Table 35: Question 1: Quality of Community

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
	%	n	%	n	%	n	%	n	%	n	%	n
How do you rate Larimer County as a place to live?	53%	426	40%	318	6%	46	1%	7	0%	2	100%	798
How do you rate Larimer County as a place to retire?	45%	356	36%	281	13%	106	3%	27	2%	19	100%	788

Table 36: Question 2: Community Characteristics

Please rate each of the following characteristics as they relate to Larimer County adults age 60 or over:	Excellent		Good		Fair		Poor		Don't know		Total	
	%	n	%	n	%	n	%	n	%	n	%	n
Opportunities to volunteer	47%	380	34%	274	5%	40	1%	6	13%	104	100%	805
Employment opportunities	2%	18	22%	178	28%	228	14%	111	33%	265	100%	799
Opportunities to enroll in skill-building or personal enrichment classes	22%	174	40%	315	16%	129	3%	21	20%	157	100%	795
Recreation opportunities (including games, arts and library services, etc.)	46%	370	39%	310	7%	58	1%	10	6%	50	100%	798
Fitness opportunities (including exercise classes and paths or trails, etc.)	56%	451	32%	258	8%	62	0%	4	4%	31	100%	805
Opportunities to attend social events or activities	29%	232	45%	354	14%	110	3%	21	10%	77	100%	794
Opportunities to attend religious or spiritual activities	44%	353	36%	284	5%	40	1%	5	14%	114	100%	796
Opportunities to attend or participate in meetings about local government or community matters	19%	152	42%	333	19%	152	4%	33	16%	126	100%	796
Availability of affordable quality housing	2%	20	14%	110	38%	302	28%	225	18%	142	100%	798
Variety of housing options	6%	46	28%	226	30%	241	19%	154	16%	126	100%	794

Please rate each of the following characteristics as they relate to Larimer County adults age 60 or over:	Excellent		Good		Fair		Poor		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Availability of long-term care options	7%	54	28%	224	21%	169	7%	56	36%	289	100%	793
Availability of daytime care options for older adults	3%	27	16%	124	23%	179	7%	57	51%	401	100%	788
Availability of information about resources for older adults	11%	89	36%	288	22%	175	6%	51	24%	194	100%	796
Availability of financial and legal planning services	9%	69	31%	247	21%	171	6%	52	32%	259	100%	799
Availability of affordable quality physical health care	19%	154	36%	288	22%	175	8%	68	15%	118	100%	801
Availability of affordable quality mental health care	4%	34	20%	153	17%	137	12%	92	47%	368	100%	783
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	23%	186	47%	375	15%	118	4%	29	11%	88	100%	797
Availability of affordable quality food	17%	135	45%	359	25%	197	7%	59	6%	44	100%	794
Sense of community	19%	150	45%	358	23%	183	5%	42	8%	60	100%	793
Openness and acceptance of the community towards older residents of diverse backgrounds	10%	83	38%	306	24%	190	9%	72	19%	148	100%	800
Ease of travel by public transportation in Larimer County	4%	30	19%	154	25%	201	21%	168	30%	240	100%	792
Ease of car travel in Larimer County	12%	96	48%	384	29%	228	9%	68	2%	19	100%	795
Ease of walking in Larimer County	19%	151	44%	353	22%	178	7%	58	7%	58	100%	797
Ease of getting to the places you usually have to visit	15%	116	55%	438	25%	196	5%	39	1%	7	100%	797
Overall feeling of safety in Larimer County	21%	170	61%	487	14%	114	2%	18	2%	15	100%	804
Valuing older residents in Larimer County	9%	73	42%	337	24%	195	7%	58	17%	139	100%	801
Neighborliness of Larimer County	12%	94	45%	361	31%	247	7%	53	6%	46	100%	801
Cost of living in Larimer County	2%	20	22%	172	50%	395	23%	182	3%	24	100%	792
Quality of senior nutrition programs	4%	32	16%	131	12%	99	4%	34	63%	502	100%	798

Table 37: Question 3: Overall Service to Older Adults

How would you rate the overall services provided to older adults in Larimer County?	Percent of respondents	Count
Excellent	10%	76
Good	45%	356
Fair	15%	121
Poor	3%	23
Don't know	27%	211
Total	100%	787

Table 38: Question 4: Level of Informedness about Services and Activities for Older Adults

In general, how informed or uninformed do you feel about the following?	Very informed		Somewhat informed		Somewhat uninformed		Very uninformed		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
Services and activities available to older adults in Larimer County	13%	102	56%	451	18%	143	13%	103	100%	800
Long term care options (i.e. nursing homes, home care)	11%	89	43%	341	25%	196	21%	168	100%	794
Information on planning for the future	13%	101	46%	367	26%	208	15%	121	100%	797

Table 39: Question 5: Quality of Life and Health

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
How do you rate your overall physical health?	30%	238	55%	445	12%	97	3%	26	0%	0	100%	807
How do you rate your overall mental health/emotional well being?	43%	347	48%	387	8%	65	1%	7	0%	1	100%	806
How do you rate your overall quality of life?	40%	320	48%	383	11%	89	1%	12	0%	1	100%	805

Table 40: Question 6: Problems Faced by Older Adults

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Having housing to suit your needs	80%	636	9%	71	6%	47	3%	20	3%	24	100%	799
Your physical health	46%	373	35%	283	13%	105	5%	43	0%	0	100%	803
Performing regular activities, including walking, eating and preparing meals	78%	627	13%	100	8%	61	2%	13	0%	2	100%	803
Having enough food to eat	92%	736	6%	50	1%	9	1%	9	0%	0	100%	804
Doing heavy or intense housework	50%	400	31%	248	13%	101	6%	50	1%	7	100%	806
Having safe and affordable transportation available	73%	580	12%	95	7%	59	2%	17	6%	47	100%	798
No longer being able to drive	78%	614	3%	20	3%	23	5%	42	11%	87	100%	785
Feeling depressed	70%	557	19%	154	8%	61	2%	16	1%	11	100%	799
Experiencing confusion or forgetfulness	70%	564	23%	189	4%	31	2%	14	1%	9	100%	806
Maintaining your home	68%	547	22%	174	8%	62	2%	19	0%	1	100%	803
Maintaining your yard	64%	502	22%	175	8%	61	4%	30	3%	21	100%	789
Finding productive or meaningful activities to do	74%	587	19%	152	4%	32	3%	22	1%	4	100%	796
Having friends or family you can rely on	77%	617	14%	114	6%	48	3%	22	0%	4	100%	805
Falling or injuring yourself in your home	80%	637	12%	95	4%	29	2%	18	3%	21	100%	800
Finding affordable health insurance	62%	497	16%	129	11%	85	10%	79	2%	16	100%	805
Getting the health care you need	72%	582	18%	143	6%	45	3%	25	1%	10	100%	804
Affording the medications you need	72%	577	18%	142	7%	54	4%	29	0%	1	100%	803
Figuring out which medications to take and when	93%	746	4%	35	1%	7	1%	7	1%	8	100%	803
Getting the oral health care you need	77%	616	12%	93	6%	48	5%	41	1%	6	100%	804

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Getting the vision care you need	79%	639	11%	92	6%	49	3%	24	0%	2	100%	806
Having enough money to meet daily expenses	69%	555	17%	138	9%	71	5%	39	0%	1	100%	804
Having enough money to pay your property taxes	73%	576	10%	79	7%	57	3%	24	7%	52	100%	787
Staying physically fit	51%	414	32%	257	13%	106	4%	29	0%	2	100%	807
Maintaining a healthy diet	66%	534	25%	199	8%	61	2%	13	0%	2	100%	808
Having interesting recreational or cultural activities to attend	64%	516	20%	161	9%	75	3%	21	4%	29	100%	801
Having interesting social events or activities to attend	61%	487	22%	175	10%	77	3%	21	5%	36	100%	797
Feeling bored	65%	525	24%	194	7%	57	2%	20	1%	7	100%	801
Feeling like your voice is heard in the community	32%	258	18%	142	15%	121	9%	68	26%	206	100%	795
Finding meaningful volunteer work	59%	468	12%	96	3%	25	2%	14	24%	196	100%	799
Feeling physically burdened by providing care for another person	72%	568	8%	67	6%	47	3%	21	11%	88	100%	790
Feeling emotionally burdened by providing care for another person	70%	551	9%	74	8%	62	2%	17	11%	87	100%	792
Feeling financially burdened by providing care for another person	74%	589	7%	59	5%	37	3%	21	11%	87	100%	793
Dealing with legal issues	71%	567	15%	121	5%	42	2%	14	7%	54	100%	798
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	54%	433	25%	204	10%	77	5%	39	6%	50	100%	802
Finding work in retirement	45%	359	7%	58	8%	66	10%	76	29%	231	100%	790

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Building skills for paid or unpaid work	49%	383	9%	71	6%	47	4%	29	32%	255	100%	786
Not knowing what services are available to older adults in your community	38%	305	30%	240	12%	99	6%	45	13%	104	100%	793
Feeling lonely or isolated	73%	587	16%	126	8%	60	2%	16	1%	10	100%	799
Dealing with the loss of a close family member or friend	67%	529	13%	106	10%	75	5%	39	5%	43	100%	791
Being a victim of crime	84%	664	4%	30	1%	9	1%	7	10%	82	100%	792
Being a victim of fraud or a scam	78%	619	7%	59	3%	27	3%	20	9%	69	100%	794
Being physically or emotionally abused	89%	710	3%	22	1%	6	0%	4	7%	55	100%	796
Dealing with financial planning issues	63%	508	21%	166	7%	58	5%	36	4%	32	100%	800
Being treated unfairly or discriminated against because of your age	69%	547	11%	90	8%	66	6%	47	6%	45	100%	795

Table 41: Question 7: Days Spent in Facilities

Thinking back over the past 12 months, how many days did you spend in...	No days (zero)		One to two days		Three to five days		Six or more days		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
A hospital	82%	659	9%	73	5%	42	3%	26	100%	800
A nursing home or in-patient rehabilitation facility	97%	695	0%	1	1%	5	2%	12	100%	713

Table 42: Question 8: Falls in Last 12 Months

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Percent of respondents	Count
Never	71%	572
Once or twice	26%	210
3-5 times	3%	20
More than 5 times	1%	6
Don't know	0%	0
Total	100%	809

Table 43: Question 9: Recommend Living in Community

How likely or unlikely are you to recommend living in Larimer County to older adults?	Percent of respondents	Count
Very likely	49%	391
Somewhat likely	33%	268
Somewhat unlikely	6%	49
Very unlikely	4%	35
Don't know	7%	58
Total	100%	800

Table 44: Question 10: Likelihood of Remaining in Community Throughout Retirement

How likely or unlikely are you to remain in Larimer County throughout your retirement?	Percent of respondents	Count
Very likely	70%	561
Somewhat likely	17%	135
Somewhat unlikely	5%	38
Very unlikely	3%	26
Don't know	5%	44

How likely or unlikely are you to remain in Larimer County throughout your retirement?	Percent of respondents	Count
Total	100%	803

Table 45: Question 11: Participation in Activities

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more		2-4 times a month		Once a month or less		Not at all		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
Used a senior center in Larimer County	7%	53	6%	46	19%	150	69%	558	100%	807
Used a recreation center in Larimer County	10%	80	9%	73	18%	144	63%	504	100%	801
Used a public library in Larimer County	7%	59	24%	196	30%	240	38%	306	100%	801
Used bus, rail, subway or other public transportation instead of driving	3%	22	3%	20	10%	80	85%	675	100%	797
Visited a neighborhood park	15%	124	23%	189	35%	280	26%	211	100%	804
Participated in a senior nutrition program	1%	5	1%	9	2%	12	97%	779	100%	806

Table 46: Question 12: Attendance of Public Meetings

Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?	2 times a week or more		2-4 times a month		Once a month or less		Not at all		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
Attended a local public meeting	0%	1	2%	16	25%	205	72%	584	100%	806
Watched (online or on television) a local public meeting	1%	7	5%	42	21%	167	72%	568	100%	784

Table 47: Question 13: Hours Spent Doing Activities

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 or more hours		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Participating in a club (including book, dance, game and other social)	61%	474	26%	198	7%	55	4%	29	2%	15	100%	772
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	92%	704	6%	44	1%	10	1%	5	0%	2	100%	764
Communicating/ visiting with friends and/or family	3%	25	25%	196	30%	230	19%	149	23%	178	100%	779
Participating in religious or spiritual activities with others	44%	342	33%	254	11%	89	6%	45	6%	45	100%	775
Participating in a recreation program or group activity	52%	402	28%	216	9%	73	6%	43	5%	42	100%	777
Providing help to friends or relatives	13%	100	48%	373	18%	141	9%	71	11%	86	100%	771
Volunteering your time to some group/activity in Larimer County	61%	474	22%	167	8%	58	4%	31	6%	45	100%	775

Table 48: Question 14: Hours Spent Providing Care

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 to 20 hours		20 or more hours		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
One or more individuals age 60 or older	60%	462	17%	131	6%	42	4%	30	3%	25	10%	76	100%	767
One or more individuals age 18 to 59	77%	585	10%	80	6%	48	1%	11	2%	15	3%	24	100%	763
One or more individuals under age 18	76%	571	12%	90	4%	28	3%	22	2%	12	4%	29	100%	752

Table 49: Question 15: Regularity Doing Activities

How often, if at all, do you do each of the following, considering all of the times you could?	Never		Rarely		Sometimes		Usually		Always		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Eat at least 5 portions of fruits and vegetables a day	6%	47	16%	132	32%	255	37%	293	9%	74	100%	803
Participate in moderate or vigorous physical activity	6%	46	12%	96	27%	217	35%	280	20%	162	100%	801
Receive assistance from someone almost every day	78%	622	13%	102	6%	44	2%	19	1%	12	100%	799
Vote in local elections	5%	40	1%	9	1%	10	10%	81	83%	662	100%	802

Table 50: Question D1: Length of Residency

How many years have you lived in Larimer County?	Percent of respondents	Count
Less than 1 year	1%	6
1-5 years	8%	61
6-10 years	13%	103
11-20 years	22%	179
More than 20 years	57%	461
Total	100%	811

Table 51: Question D2: Housing Unit Type

Which best describes the building you live in?	Percent of respondents	Count
Single family home	79%	639
Townhouse, condominium, duplex or apartment	14%	114
Mobile home	4%	34
Assisted living residence	1%	6
Nursing home	0%	0
Other	2%	18

Which best describes the building you live in?	Percent of respondents	Count
Total	100%	812

Table 52: Question D3: Tenure (Rent or Own)

Do you currently rent or own your home?	Percent of respondents	Count
Rent	17%	138
Own (with a mortgage payment)	38%	308
Own (free and clear; no mortgage)	45%	360
Total	100%	807

Table 53: Question D4: Monthly Housing Costs

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?	Percent of respondents	Count
Less than \$300 per month	17%	128
\$300 to \$599 per month	25%	192
\$600 to \$999 per month	19%	147
\$1,000 to \$1,499 per month	20%	154
\$1,500 to \$2,499 per month	15%	119
\$2,500 or more per month	4%	31
Total	100%	771

Table 54: Question D5: Total Number of Household Members

How many people, including yourself, live in your household?	Percent of respondents	Count
1 person (live alone)	33%	266
2 people	55%	442
3 people	9%	76

How many people, including yourself, live in your household?	Percent of respondents	Count
4 or more people	3%	22
Don't know	0%	0
Total	100%	805

Table 55: Question D6: Number of Older Adult Household Members

How many of these people, including yourself, are 55 or older?	Percent of respondents	Count
1 person	45%	357
2 people	53%	417
3 people	1%	10
4 or more people	0%	2
Don't know	0%	0
Total	100%	786

Table 56: Question D7: Retirement Status

What is your employment status?	Percent of respondents	Count
Fully retired	62%	493
Working full time for pay	18%	143
Working part time for pay	16%	122
Unemployed, looking for paid work	4%	31
Total	100%	790

Table 57: Question D8: Expected Age of Retirement

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents	Count
60 to 64	4%	10
65 to 69	39%	89
70 to 74	26%	59
75 or older	31%	71
Total	100%	229

Table 58: Question D9: Household Income

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent of respondents	Count
Less than \$15,000	7%	54
\$15,000 to \$24,999	15%	107
\$25,000 to \$49,999	26%	187
\$50,000 to \$74,999	22%	157
\$75,000 to \$99,999	16%	114
\$100,000 or more	15%	105
Total	100%	724

Table 59: Question D10: Respondent Ethnicity/Origin

Are you Spanish/Hispanic/Latino?	Percent of respondents	Count
Yes	3%	20
No	97%	780
Total	100%	800

Table 60: Question D11: Respondent Race

What is your race?	Percent of respondents	Count
American Indian or Alaskan native	1%	6
Asian or Pacific Islander	1%	6
Black, African American	0%	0
White/Caucasian	98%	773
Other	2%	12

Total may exceed 100% as respondents could select more than one option.

Table 61: Question D12: Respondent Age

In which category is your age?	Percent of respondents	Count
60-64 years	32%	259
65-69 years	23%	190
70-74 years	15%	122
75-79 years	14%	116
80-84 years	9%	70
85-89 years	4%	32
90-94 years	2%	20
95 years or older	0%	2
Total	100%	810

Table 62: Question D13: Respondent Gender

What is your sex?	Percent of respondents	Count
Female	54%	438
Male	46%	366
Total	100%	804

Table 63: Question D14: Respondent Sexual Orientation

What is your sexual orientation?	Percent of respondents	Count
Heterosexual	98%	724
Lesbian	1%	7
Gay	0%	2
Bisexual	1%	6
Total	100%	739

Table 64: Question D15: Grandparents Raising Grandchildren

Are you a grandparent raising a grandchild?	Percent of respondents	Count
Yes	3%	22
No	97%	786
Total	100%	808

Appendix B: Survey Methodology

Data Collection Methods Used in the CASOA

The CASOA™ survey instrument and its administration are standardized to assure high quality survey methods and comparable results across CASOA™ communities. The CASOA™ was customized for Larimer County to reflect the correct local age definition of older adults and so that the mailing materials used official Larimer County graphics, contact information and signatures.

Survey Development

The CASOA™ questionnaire contains many questions related to the life of older residents in the community. The instrument includes questions related to overall quality of life, characteristics of the community, perceptions of safety in the community and of 40 different needs common to older adults.

The questionnaire grew from a synthesis of a number of data collection processes including a national search of needs assessments conducted by communities across the United States, a review of the literature on aging and the conduct of numerous surveys and large scale needs assessments by NRC. A blue-ribbon panel of national experts contributed to the concept and content of CASOA™.

The items in the questionnaire were pilot tested on senior residents using a “think-aloud” method in which older adults were asked to complete the survey and describe their thought processes related to specific questions and question sets. The results of the pilot test were used to alter the questionnaire for better understanding by senior participants. The final questionnaire was tested in a set of diverse U.S. communities and modifications again were made as necessary.

Survey Sampling

“Sampling” refers to the method by which survey recipients are chosen. The “sample” refers to all those who were given a chance to participate in the survey. A sample of residents in the County 60 years of age and older was used. Although the purchased list of known senior households contained names of the residents 60 years and older, no name was printed on the survey envelope; instead, the survey was addressed to “Resident.” The list of households was compiled from a variety of public sources.

A larger list than needed was sampled so that a process referred to as “geocoding” could be used to eliminate addresses from the list that were outside the study boundaries. Geocoding is a computerized process in which addresses are compared to electronically mapped boundaries and coded as inside or outside desired boundaries. All addresses determined to be outside the study boundaries were eliminated from the sample. A stratified, systematic sampling method was used with the remaining addresses to create a mailing list of 2,500 Larimer County older adult households, with 500 surveys being sent to Estes Park, 625 surveys being sent to Fort Collins, 625 surveys being sent to Loveland and 750 surveys being sent to the remaining areas within Larimer County.

In order to select a random individual 60 years of age and older within the household, the cover letter requested that the questionnaire be given to the person 60 years of age and older who most recently celebrated their birthday (regardless of year of birth) to complete. This “birthday method” is a respondent selection method which helps to randomly select an individual within a household. It is similar to other more complex methodologies (e.g., “Kisch” or “Trodahl”), but easier to implement.

Survey Administration and Response

Each sampled household received three mailings beginning in October 2014. Completed surveys were collected over the following seven weeks. The first mailing was a prenotification postcard announcing the upcoming survey. A week after the prenotification postcard mailed the first wave of the survey was sent. The second wave was mailed one week after the first. The survey mailings contained a letter from Department of Human Services representative Lynda Meyer inviting the household to participate in the CASOA, a questionnaire and a postage-paid envelope in which to return the questionnaire.

A total of 166 out 2,500 postcards were returned as undeliverable because they either had addresses that were undeliverable as addressed or were received by vacant housing units. Of the 2,334 households receiving the survey mailings, 818 completed the survey, providing a response rate of 35%. Additionally, responses were tracked by several areas within Larimer County. Response rates by area appear below.

Table 65: Survey Response Rates by Area

	Number mailed	Undeliverable postcards	Delivered surveys	Returned surveys	Response rate
Estes Park	500	89	411	154	37%
Fort Collins	625	8	617	214	35%
Loveland	625	8	617	219	35%
Other	750	61	689	231	34%
Total	2,500	166	2,334	818	35%

Confidence Intervals

The 95% confidence interval (or “margin of error”) quantifies the “sampling error” or precision of the estimates made from the survey results. A 95% confidence interval can be calculated for any sample size, and indicates that in 95 of 100 surveys conducted like this one, for a particular item, a result would be found that is within plus or minus four percentage points of the result that would be found if everyone in the population of interest was surveyed. The practical difficulties of conducting any resident survey may introduce other sources of error in addition to sampling error. Despite best efforts to boost participation and ensure potential inclusion of all households, some selected households will decline participation in the survey (potentially introducing non-response error) and some eligible households may be unintentionally excluded from the listed sources for the sample (referred to as coverage error).

While the 95 percent confidence interval for the survey is generally no greater than plus or minus three percentage points around any given percent reported for the entire sample and plus or minus two points on the 100-point scale, results for subgroups will have wider confidence intervals. Where estimates are given for subgroups, they are less precise. For each subgroup from the survey, the margin of error rises to as much as plus or minus 10% or six points (on the 100-point scale) for a sample size of 100.

Survey Processing (Data Entry)

Completed surveys received were assigned a unique identification number. Additionally, each survey was reviewed and “cleaned” as necessary. For example, a question may have asked a respondent to pick one response, but the respondent checked two; the cleaning process would involve randomly selecting one of the two selected responses to be recorded in the dataset.

Once all surveys were assigned a unique identification number, they were entered into an electronic dataset. This dataset was subject to a data entry protocol of “key and verify,” in which survey data were entered twice into an electronic dataset and then compared. Discrepancies were evaluated against the original survey form and corrected. “Range checks” (examination of the data for invalid values) as well as other forms of quality control were also performed.

Survey Data Weighting

The primary objective of weighting survey data is to make the survey sample reflective of the larger population of the County. This is done by: 1) reviewing the sample demographics and comparing them to the population norms from the most recent Census or other sources and 2) comparing the responses to different questions for demographic subgroups. The demographic characteristics that are least similar to the Census and yield the most different results are the best candidates for data weighting. Several different weighting “schemes” are tested to ensure the best fit for the data. The data were weighted by housing tenure (rent or own), age, gender, and area. The results of the weighting scheme are presented in the following table.

Table 66: Weighting Scheme for the 2014 Larimer County CASOA

	2010 Census ¹	Unweighted	Weighted
Rent	17%	11%	17%
Own	83%	89%	83%
Detached ²	85%	80%	83%
Attached ²	15%	20%	17%
White	97%	97%	97%
Not white	3%	3%	3%
Hispanic	4%	2%	3%
Not Hispanic	96%	98%	97%
Female	54%	54%	54%
Male	46%	46%	46%
Age 60 to 64	32%	25%	32%
Age 65 to 74	39%	46%	39%
Age 75 and over	29%	30%	30%
Female 60 to 64	17%	14%	17%
Female 65 to 74	20%	25%	20%
Female 75 and over	17%	15%	18%
Male 60 to 64	16%	10%	15%
Male 65 to 74	18%	21%	18%
Male 75 and over	12%	15%	12%

¹Source: U.S. Census Bureau – Census 2010

²Source: U.S. Census Bureau – Census 2010, householder age 65 and over

Survey Data Analysis and Reporting

The survey dataset was analyzed using the Statistical Package for the Social Sciences (SPSS). For the most part, frequency distributions and mean ratings are presented in the body of the report. A complete set of frequencies for each survey question is presented in *Appendix B: Complete Set of Survey Frequencies*.

A variety of analyses were presented in the body of the report. The following sections summarize how these analyses were conducted or scores calculated.

Estimates of the Contribution of Older Adults to the Economy

The calculations of the economic contributions of older adults in Larimer County were rough estimates using data from the U.S. Department of Labor Bureau of Labor Statistics (Metropolitan and Nonmetropolitan Area Occupational Employment and Wage Estimates).

Table 67: Contribution of Older Adults to the Economy

	Percent of older adults	Number of older adults ¹	Average number of hours*	Average hourly rate**	Annual total
Providing care to older adult(s)	40%	25,446	11.1	\$10.12	\$138,889,477
Providing care to adult(s)	23%	14,928	8.0	\$10.12	\$58,490,202
Providing care to child(ren)	24%	15,430	8.6	\$10.63	\$67,101,797
Providing help to family and friends	87%	55,636	4.7	\$14.63	\$186,145,036
Volunteering	39%	24,887	4.8	\$15.21	\$90,397,417
Subtotal unpaid					\$541,023,929
Working part time	16%	9,922	15.0	\$21.78	\$162,714,589
Working full time	18%	11,595	32.0	\$21.78	\$405,652,922
Subtotal paid					\$568,367,511
Total contribution					\$1,109,391,440

¹Based on U.S. Census Bureau – 2010 Census; about adults age 60 and over in Larimer County

*Respondents were asked to select a range of hours. The average number of hours was calculated from the mid-point of the response scale. For example, a response of "1 to 3 hours" equated to 2 hours and a response of "never" was assumed to be zero hours. In cases where the respondent chose a response that indicated "11 or more hours" or "20 or more hours", the number of hours was calculated as 125% of 11 and 125% of 20 (i.e., 13.75 and 25 respectively). Working full time was assumed to be 32 hours per week and working part time was assumed to be 15 hours per week.

***The economic value of an hour worked was assumed to be the same as the average hourly wage as calculated by the Bureau of Labor statistics for similar types of work in the Fort Collins–Loveland, CO MSA (Metropolitan and Nonmetropolitan Area Occupational Employment and Wage Estimates). Providing care for older adults and adults was assumed to be the equivalent of "Personal and Home Care Aides." Providing care for children was assumed to be the equivalent of "Child Care Workers." Providing help to family and friends was assumed to be the equivalent of "Personal Care and Service Workers, All Other." Volunteering was assumed to be the equivalent of "Office Clerks, General." Working full time and part time was assumed to be the equivalent of "All Occupations."*

The proportion of older adults who work was estimated by examining the responses to question D7 from the survey ("What is your employment status?"). Those working full-time were assumed to work 32 hours per week and those working part-time were assumed to work 15 hours per week. The proportion of survey respondents was multiplied by the number of adults 60 and over in the community to ascertain the number of employed older adults. To determine the average paid wage, information from the Bureau of Labor Statistics for Fort Collins-Loveland, CO MSA was examined. Working full-time and part-time was assumed to be the equivalent of "All Occupations" (occupation code 00-0000).

The proportion of older adults doing volunteer work and providing help to friends and neighbors was determined by looking at the responses to question 12 ("During a typical week, how many hours, if any, do you spend doing the following?"), items f ("providing help to family and friends") and g ("volunteering your time to some group/activity"). Those responding "1 to 3 hours" were assumed to spend two hours, "4 to 5 hours" were assumed to spend 4.5 hours, those responding "6 to 10 hours" were assumed to spend eight hours, and those responding "11 or more hours" were assumed to spend 13.75 hours (125% of 11). To determine the average hourly wage, "providing help to family and friends" was assumed to be the equivalent of "Personal Care and Service Workers, All Other" (occupation code 39-9099) and volunteering was assumed to be the equivalent of "Office Clerks, General" (occupation code 43-9061).

The proportion of older adults providing care to family and friends was determined by examining the responses to question 12. Those responding "1 to 3 hours" were assumed to spend two hours, "4 to 5 hours" were assumed to spend 4.5 hours, those responding "6 to 10 hours" were assumed to spend eight hours, and those responding "11 to 19 hours" were assumed to spend 15 hours and those responding "20 or more hours" were assumed to spend 25 hours (125% of 20). To determine the average hourly wage, "providing care for older adults and adults" (items a and b) were assumed to be the equivalent of "Personal and Home Care Aides" (occupation code 39-9021) and "providing care for children" (item c) was assumed to be the equivalent of "Child Care Workers" (occupation code 39-9011).

Community Summary Scores

The community score presented in the body of the report represents the average of the questions included in the index. Although the evaluative or frequency questions were made on 4- or 5- point scales with 1 representing the best rating, the scales had different labels (e.g., "excellent," "not a problem," "very likely"). To calculate these average scores, the questions used in the index were converted to a common scale where 0 is the worst possible rating and 100 is the best possible rating. If everyone reported "excellent," then the result would be 100 on the 0-100 scale. If the average rating for quality of life was right in the middle of the scale (half way between "good" and "fair"), then the result would be 50. The new scale can be thought of like the thermometer used to represent total giving to United Way. The higher the thermometer reading, the closer to the goal of 100 – in this case, the most positive response possible. The table below shows the individual questions comprising each summary score.

Index	Individual Variables Used in Index
Quality of Community	q1a. How do you rate Larimer County as a place to live?
	q1b. How do you rate Larimer County as a place to retire?
	q3. How would you rate the overall services provided to older adults in Larimer County?
	q9. Recommend living in Larimer County to older adults
	q10. Remain in Larimer County throughout your retirement
Community and Belonging	q2s. Sense of community
	q2t. Openness and acceptance of the community towards older residents of diverse backgrounds
	q2z. Overall feeling of safety in Larimer County
	q2aa. Valuing older residents in Larimer County
	q2bb. Neighborliness of Larimer County
Community Information	q2m. Availability of information about resources for older adults
	q2n. Availability of financial and legal planning services
	q4. In general, how informed or uninformed do you feel about services and activities available to older adults in Larimer County?
Opportunities for Productive Activities	q2a. Opportunities to volunteer
	q2b. Employment opportunities
	q2c. Opportunities to enroll in skill-building or personal enrichment classes
	q2d. Recreation opportunities (including games, arts and library services, etc.)
	q2f. Opportunities to attend social events or activities
	q2g. Opportunities to attend religious or spiritual activities
	q2h. Opportunities to attend or participate in meetings about local government or community matters
Health and Wellness Opportunities	q2e. Fitness opportunities (including exercise classes and paths or trails, etc.)
	q2k. Availability of long-term care options
	q2l. Availability of daytime care options for older adults
	q2o. Availability of affordable quality physical health care
	q2p. Availability of affordable quality mental health care
	q2q. Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)
Community Design and Land Use	q2i. Availability of affordable quality housing
	q2j. Variety of housing options
	q2r. Availability of affordable quality food
	q2u. Ease of travel by public transportation in Community Larimer County

Index	Individual Variables Used in Index
	q2v. Ease of car travel in Larimer County
	q2w. Ease of walking in Larimer County
	q2x. Ease of getting to the places you usually have to visit
	q2bb. Cost of living in Larimer County

Needs Summary Scores

The needs summary scores (indices) are based on the response patterns of older adults in the community. The table below contains each question included in the index and the required response to that question. So, for example, if a respondent indicated that her overall physical health (q5a) was “fair,” she would be counted as having a physical health issue along with other respondents who may have noted that they had a moderate or major problem with falling or maintaining a healthy diet, etc. Respondents with many physical health problems are counted only once in this category so that the total percent shown in the report graph represents the percent of older adults with at least one physical problem.

Index	Individual Variables Used in Index	Required Rating
Safety	Must have at least one of the following:	
	q6(b)r. Being a victim of crime	Moderate or major problem
	q6(b)s. Being a victim of fraud or a scam	Moderate or major problem
	q6(b)t. Being physically or emotionally abused	Moderate or major problem
	q6(b)v. Being treated unfairly or discriminated against because of your age	Moderate or major problem
Civic engagement	Must have:	
	q15d. Vote in local elections	Never or rarely
	Or q13b and q13g:	
	q13b. Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	Never (no hours)
	q13g. Volunteering your time to some group/activity in Larimer County	Never (no hours)
	Or q12a and q12b:	
	q12a. Attended local public meeting	Not at all
	q12b. Watched (online or on television) a local public meeting	Not at all
Social engagement	Must have:	
	q6(b)d. Having interesting social events or activities to attend'	Moderate or major problem

Index	Individual Variables Used in Index	Required Rating
	Or all of the following:	
	q11a. Used a senior center in Larimer County	Not at all
	q13a. Participating in a club (including book, dance, game and other social)	Never (no hours)
	q13d. Participating in religious or spiritual activities with others	Never (no hours)
Recreation	Must have q6(b)c:	
	q6(b)c. Having interesting recreational or cultural activities to attend	Moderate or major problem
	Or all of the following:	
	q11b. Used a recreation center in Larimer County	Not at all
	q11c. Used a public library in Larimer County	Not at all
	q11e. Visited a neighborhood park	Not at all
	q13e. Participating in a recreation program or group activity	Never (no hours)
Caregiver burden	Must have:	
	q6(b)h. Feeling physically burdened by providing care for another person	Moderate or major problem
	q6(b)i. Feeling emotionally burdened by providing care for another person	Moderate or major problem
	q6(b)j. Feeling financially burdened by providing care for another person	Moderate or major problem
Financial and legal	Must have at least one of the following:	
	d9. How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)/ d5. How many people, including yourself, live in your household?	Income was at or below the income limits set by HUD for Section 8 programs
	q6(a)u. Having enough money to meet daily expenses	Moderate or major problem
	q6(a)v. Having enough money to pay your property taxes	Moderate or major problem
	q6(b)k. Dealing with legal issues	Moderate or major problem

Index	Individual Variables Used in Index	Required Rating
	q6(b)m. Finding work in retirement	Moderate or major problem
	q6(b)n. Building skills for paid or unpaid work	Moderate or major problem
	q6(b)u. Dealing with financial planning issues	Moderate or major problem
Meaningful activities	Must have at least one of the following:	
	q6(a)l. Finding productive or meaningful activities to do	Moderate or major problem
	q6(b)f. Feeling like your voice is heard in the community	Moderate or major problem
	q6(b)g. Finding meaningful volunteer work	Moderate or major problem
	q6(b)o. Not knowing what services are available to older adults in your community	Moderate or major problem
Physical health	Must have at least one of the following:	
	q5a. How do you rate your overall physical health?	Fair or poor
	q6(a)b. Your physical health	Moderate or major problem
	q6(a)e. Doing heavy or intense housework	Moderate or major problem
	q6(a)j. Maintaining your home	Moderate or major problem
	q6(a)k. Maintaining your yard	Moderate or major problem
	q6(a)w. Staying physically fit	Moderate or major problem
	q6(a)x. Maintaining a healthy diet	Moderate or major problem
	q15a. Eat at least 5 portions of fruits and vegetables a day	Never or rarely
	q15b. Participate in moderate or vigorous physical activity	Never or rarely
Mental health	Must have at least one of the following:	
	q5b. How do you rate your overall mental health/emotional wellbeing?	Fair or poor

Index	Individual Variables Used in Index	Required Rating
	q6(a)h. Feeling depressed	Moderate or major problem
	q6(a)i. Experiencing confusion or forgetfulness	Moderate or major problem
	q6(a)m. Having friends or family you can rely on	Moderate or major problem
	q6(a)r. Figuring out which medications to take and when	Moderate or major problem
	q6(b)e. Feeling bored	Moderate or major problem
	q6(b)p. Feeling lonely or isolated	Moderate or major problem
	q6(b)q. Dealing with the loss of a close family member or friend	Moderate or major problem
Health care	Must have at least one of the following:	
	q6(a)o. Finding affordable health insurance	Moderate or major problem
	q6(a)p. Getting the health care you need	Moderate or major problem
	q6(a)q. Affording the medications you need	Moderate or major problem
	q6(a)s. Getting the oral health care you need	Moderate or major problem
	q6(a)t. Getting the vision care you need	Moderate or major problem
	q6(b)l. Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	Moderate or major problem
Institutionalization risk	Must have at least one of the following:	
	q6(a)c. Performing regular activities, including walking, eating and preparing meals	Moderate or major problem
	q6(a)g. No longer being able to drive	Moderate or major problem
	q6(a)n. Falling or injuring yourself in your home	Moderate or major problem
	q7a. A hospital	Spent 3 or more days in past 12 months

Index	Individual Variables Used in Index	Required Rating
	q7b. In a long-term care facility (including nursing home or in-patient rehabilitation)	Spent 3 or more days in past 12 months
	q8. Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Fell 3 or more times in past 12 months
	q15c. Receive assistance from someone almost every day	Sometimes, usually or always
Basic necessities	Must have at least one of the following:	
	q5c. How do you rate your overall quality of life?	Fair or poor
	q6(a)a. Having housing to suit your needs	Moderate or major problem
	q6(a)d. Having enough food to eat	Moderate or major problem
	q6(a)f. Having safe and affordable transportation available	Moderate or major problem

Appendix C: Benchmark Comparisons

NRC has developed a database that collates responses to CASOA and related surveys administered in other communities, which allows the results from Larimer County to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in 175+ communities across the nation. The demographics of NRC’s database match the demographics in the nation based on the U.S. Census 2010 estimates.

Interpreting the Results

Ratings are compared when similar questions are included in NRC’s database and there are at least five communities in which the question was asked. Where comparisons are available, three numbers are provided in the table. The first column is Larimer County’s proportion of the population responding in a particular way (e.g., percent “likely” to recommend living in Larimer County). The second column is the rank assigned to this rating among communities where a similar question was asked. The third column is the number of communities that asked a similar question. The fourth column shows the comparison of Larimer County’s rating (column one) to the benchmark.

Where comparisons for ratings were available, Larimer County’s results were generally noted as being “higher” than the benchmark, “lower” than the benchmark or “similar” to the benchmark. In instances where ratings are considerably higher or lower than the benchmark, these ratings have been further demarcated by the attribute of “much,” (for example, “much higher” or “much lower”). These labels come from a statistical comparison of Larimer County’s rating to the benchmark where a rating is considered “similar” if it is within than the margin of error; “higher” or “lower” if the difference between your community’s rating and the benchmark is greater the margin of error; and “much higher” or “much lower” if the difference between your community’s rating and the benchmark is more than twice the margin of error.

Table 68: Larimer County as a Place for Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Larimer County as an excellent or good place to live	93%	84	287	Much higher
Larimer County as an excellent or good place to retire	83%	42	285	Much higher
Excellent or good overall services provided to older adults in Larimer County	75%	3	10	Much higher

Table 69: Recommendation of Larimer County to Others Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to recommend living in Larimer County to older adults	89%	116	208	Similar

Table 70: Remaining in Larimer County Throughout Retirement Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to remain in Larimer County throughout retirement	92%	3	10	Much higher

Table 71: Older Adult Community and Belonging Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good sense of community	69%	141	286	Similar
Excellent or good openness and acceptance of the community towards older residents of diverse backgrounds	60%	189	270	Much lower
Excellent or good overall feeling of safety in Larimer County	83%	9	25	Much higher
Excellent or good valuing of older residents in Larimer County	62%	1	5	Much higher
Excellent or good neighborliness in Larimer County	60%	10	25	Similar

Table 72: Safety Problems Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with being a victim of crime	6%	10	10	Much lower
Problems with being a victim of fraud or a scam	15%	4	10	Similar
Problems with being physically or emotionally abused	4%	9	10	Similar
Problems with being treated unfairly or discriminated against because of age	27%	Not available	Not available	Not available

Table 73: Awareness of Older Adult Services and Activities Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Informed about services and activities available to older adults in Larimer County	69%	3	10	Much higher

Table 74: Availability of Information About Older Adult Resource Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of information about resources for older adults	63%	4	10	Much higher
Excellent or good availability of financial and legal planning services	59%	3	5	Much higher

Table 75: Meaningful Activities Needs Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding productive or meaningful activities to do	26%	6	10	Lower
Problems with feeling like your voice is heard in the community	56%	4	10	Higher
Problems with finding meaningful volunteer work	22%	7	10	Lower
Problems with not knowing what services are available to older adults in your community	56%	6	10	Similar

Table 76: Civic Engagement Opportunities Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to volunteer	93%	6	203	Much higher
Excellent or good opportunities to attend or participate in meetings about local government or community matters	72%	6	10	Higher

Table 77: Participation in Civic Activities Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Attended a local public meeting in Larimer County at least once in past 12 months	2%	147	285	Similar
Watched (online or on television) a least once in past 12 months	6%	119	222	Lower
Participating in a civic group (including Elks, Kiwanis, Masons, etc.) for one hour or more per week	8%	10	10	Much lower

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Volunteering your time to some group/activity in Larimer County for one hour or more per week	39%	2	10	Much higher
Voted in the last local election	93%	29	285	Much higher

Table 78: Social Engagement Opportunities Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to attend social events or activities	82%	25	198	Much higher
Excellent or good opportunities to attend religious or spiritual activities	93%	9	174	Much higher

Table 79: Participation in Social Activities Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a senior center in Larimer County at least once in past 12 months	12%	9	10	Much lower
Participating in a club (including book, dance, game and other social) for one hour or more per week	39%	3	10	Higher
Communicating/ visiting with friends and/or family for one hour or more per week	97%	3	10	Similar
Participating in religious or spiritual activities with others for one hour or more per week	56%	7	10	Lower
Providing help to friends or relatives for one hour or more per week	87%	2	10	Higher

Table 80: Social Engagement Problems Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting social events or activities to attend	36%	6	10	Lower

Table 81: Recreational and Personal Enrichment Opportunities Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to enroll in skill-building or personal enrichment classes	76%	4	10	Much higher
Excellent or good recreation opportunities (including games, arts and library services, etc.)	91%	6	284	Much higher

Table 82: Participation in Recreational and Personal Enrichment Activities Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a recreation center in Larimer County at least once in past 12 months	19%	33	239	Much higher
Used a public library in Larimer County at least once in past 12 months	32%	40	251	Much higher
Visited a neighborhood park at least once in past 12 months	39%	22	283	Much higher
Participating in a recreation program or group activity for one hour or more per week	48%	4	10	Higher

Table 83: Recreational Problems Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting recreational or cultural activities to attend	33%	7	10	Much lower

Table 84: Caregiver Burden in Larimer County Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling physically burdened by providing care for another person	19%	Not available	Not available	Not available
Problems with feeling emotionally burdened by providing care for another person	22%	Not available	Not available	Not available
Problems with feeling financially burdened by providing care for another person	17%	Not available	Not available	Not available

Table 85: Employment Opportunities Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good employment opportunities	37%	100	272	Much higher

Table 86: Financial and Legal Problems of Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having enough money to meet daily expenses	31%	6	10	Similar

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having enough money to pay your property taxes	22%	7	10	Much lower
Problems with dealing with legal issues	24%	8	10	Much lower
Problems with finding work in retirement	36%	5	10	Higher
Problems with building skills for paid or unpaid work	28%	5	10	Similar
Problems with dealing with financial planning issues	34%	6	10	Similar

Table 87: Physical Health Opportunities Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good fitness opportunities (including exercise classes and paths or trails, etc.)	91%	3	30	Much higher
Excellent or good availability of affordable quality physical health care	65%	88	243	Much higher

Table 88: Overall Physical Health of Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall physical health	85%	1	30	Much higher

Table 89: Participation in Healthy Activities Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Always or usually eats at least 5 portions of fruits and vegetables a day	46%	22	22	Much lower
Always or usually participates in moderate or vigorous physical activity	55%	22	22	Much lower

Table 90: Physical Health Problems of Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with your physical health	54%	8	10	Lower
Problems with problems with Doing heavy or intense housework	50%	8	10	Much lower
Problems with maintaining your home	32%	9	10	Much lower
Problems with maintaining your yard	35%	8	10	Much lower
Problems with staying physically fit	49%	7	10	Much lower
Problems with maintaining a healthy diet	34%	6	10	Lower

Table 91: Availability of Mental Healthcare Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality mental health care	45%	14	29	Similar

Table 92: Emotional Wellbeing of Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall mental health/emotional well being	91%	2	10	Higher

Table 93: Mental Health Problems of Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling depressed	29%	9	10	Lower
Problems with experiencing confusion or forgetfulness	29%	6	10	Similar
Problems with having friends or family you can rely on	23%	5	10	Similar
Problems with figuring out which medications to take and when	6%	Not available	Not available	Not available
Problems with feeling bored	34%	7	10	Lower
Problems with feeling lonely or isolated	26%	7	10	Similar
Problems with dealing with the loss of a close family member or friend	29%	10	10	Much lower

Table 94: Availability of Preventative Health Care Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of preventative health services (e.g., health screenings, flu shots, educational workshops)	79%	2	10	Much higher

Table 95: Health Care Problems of Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding affordable health insurance	37%	4	10	Higher
Problems with getting the health care you need	27%	4	10	Similar
Problems with affording the medications you need	28%	5	10	Similar
Problems with getting the oral health care you need	23%	4	5	Much lower
Problems with getting the vision care you need	20%	Not available	Not available	Not available
Problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	43%	1	10	Much higher

Table 96: Care Options for Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of long-term care options	55%	Not available	Not available	Not available
Excellent or good availability of daytime care options for older adults	39%	Not available	Not available	Not available

Table 97: Falls, Hospitalizations and Institutionalizations of Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Spent at least 1 day in a hospital in past 12 months	18%	8	9	Much lower
Spent at least 1 day in a nursing home or in-patient rehabilitation facility	3%	6	9	Similar

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Had at least 1 fall in the past 12 months	29%	5	9	Similar

Table 98: Independent Living Problems of Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with performing regular activities, including walking, eating and preparing meals	22%	9	10	Much lower
Problems with no longer being able to drive	12%	7	10	Similar
Problems with falling or injuring yourself in your home	18%	8	10	Lower

Table 99: Aspects of Design and Land Use Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality housing	20%	251	276	Much lower
Excellent or good variety of housing options	41%	176	199	Much lower
Excellent or good ease of bus travel in Larimer County	Not available	Not available	Not available	Not available
Excellent or good ease of public transit travel in Larimer County	33%	51	69	Much lower
Excellent or good ease of car travel in Larimer County	62%	134	270	Similar
Excellent or good ease of walking in Larimer County	68%	108	269	Much higher
Excellent or good ease of getting to the places you usually have to visit	70%	17	25	Much lower

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good cost of living	25%	18	22	Much lower

Table 100: Public Transportation Use by Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used bus, rail, subway or other public transportation instead of driving at least once	5%	16	22	Much lower

Table 101: Basic Needs Problems of Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having housing to suit your needs	18%	5	10	Similar
Problems with having enough food to eat	8%	7	10	Similar
Problems with having safe and affordable transportation available	23%	6	10	Similar

Table 102: Overall Quality of Life of Older Residents Benchmarks

	Larimer County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall quality of life	87%	3	10	Higher

Appendix D: References

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Appendix E: Survey Materials

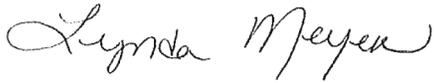
Important Survey on the Way!

Dear Resident,

It only takes a few minutes to make a big difference!

Your household has been randomly selected to participate in a survey about our community. Your survey will arrive in a few days.

Thank you for helping create a better County!



Lynda Meyer
Department of Human Services
Office on Aging

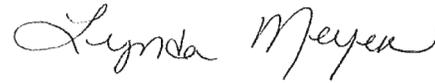
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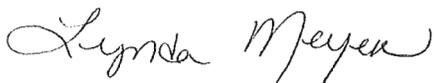
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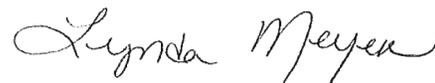
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Thank you for helping create a better County!



Lynda Meyer
Department of Human Services
Office on Aging



DEPARTMENT OF HUMAN SERVICES

Office on Aging

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DEPARTMENT OF HUMAN SERVICES

Office on Aging

2601 Midpoint Drive, Suite 112
Fort Collins, Colorado 80525
(970) 498-7750
Fax (970) 498-7625

October 2014

Dear Resident:

Please help us shape the future of Larimer County! You have been selected at random to participate in the 2014 Larimer County Community Assessment Survey for Older Adults.

Please take a few minutes to complete the enclosed survey. Your participation in this survey is very important – especially since your household is one of only a small number of households being surveyed. Your feedback will help the Department of Human Services to better understand and plan for the needs of older adults in our community.

A few things to remember:

- **Your responses are completely anonymous.**
- In order to hear from a diverse group of older residents, the **adult age 60 years or older** in your household who most recently had a birthday should complete this survey.
- **Please return the survey by mail in the enclosed postage-paid envelope.**

If you have any questions or need assistance with this survey, please call 970-498-7755.

Thank you for your time and participation!

Respectfully,

A handwritten signature in cursive script that reads 'Lynda Meyer'.

Lynda Meyer
Department of Human Services
Office on Aging



DEPARTMENT OF HUMAN SERVICES

Office on Aging

2601 Midpoint Drive, Suite 112
Fort Collins, Colorado 80525
(970) 498-7750
Fax (970) 498-7625

October 2014

Dear Resident:

Here's a second chance if you haven't already responded to the 2014 Larimer County Community Assessment Survey for Older Adults! **(If you completed it and sent it back, we thank you for your time and ask you to recycle this survey. Please do not respond twice.)**

Please help us shape the future of Larimer County! You have been selected at random to participate in the 2014 Larimer County Community Assessment Survey of Older Adults.

Please take a few minutes to complete the enclosed survey. Your participation in this survey is very important – especially since your household is one of only a small number of households being surveyed. Your feedback will help the Department of Human Services to better understand and plan for the needs of older adults in our community.

A few things to remember:

- **Your responses are completely anonymous.**
- In order to hear from a diverse group of older residents, the **adult age 60 years or older** in your household who most recently had a birthday should complete this survey.
- **Please return the survey by mail in the enclosed postage-paid envelope.**

If you have any questions or need assistance with this survey, please call 970-498-7755.

Thank you for your time and participation!

Respectfully,

A handwritten signature in cursive script that reads 'Lynda Meyer'.

Lynda Meyer
Department of Human Services
Office on Aging

Please complete this questionnaire if you are the adult (age 60 or older) in the household who most recently had a birthday. The adult's year of birth does not matter. Please circle the response that most closely represents your opinion for each question. Your responses are anonymous and will be reported in group form only.

1. Please circle the number that comes closest to your opinion for each of the following questions:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
How do you rate Larimer County as a place to live?.....	1	2	3	4	5
How do you rate Larimer County as a place to retire?.....	1	2	3	4	5

2. Please rate each of the following characteristics as they relate to Larimer County adults age 60 or older:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
Opportunities to volunteer.....	1	2	3	4	5
Employment opportunities.....	1	2	3	4	5
Opportunities to enroll in skill-building or personal enrichment classes.....	1	2	3	4	5
Recreation opportunities (including games, arts, and library services, etc.).....	1	2	3	4	5
Fitness opportunities (including exercise classes and paths or trails, etc.).....	1	2	3	4	5
Opportunities to attend social events or activities.....	1	2	3	4	5
Opportunities to attend religious or spiritual activities.....	1	2	3	4	5
Opportunities to attend or participate in meetings about local government or community matters.....	1	2	3	4	5
Availability of affordable quality housing.....	1	2	3	4	5
Variety of housing options.....	1	2	3	4	5
Availability of long-term care options.....	1	2	3	4	5
Availability of daytime care options for older adults.....	1	2	3	4	5
Availability of information about resources for older adults.....	1	2	3	4	5
Availability of financial or legal planning services.....	1	2	3	4	5
Availability of affordable quality physical health care.....	1	2	3	4	5
Availability of affordable quality mental health care.....	1	2	3	4	5
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops).....	1	2	3	4	5
Availability of affordable quality food.....	1	2	3	4	5
Sense of community.....	1	2	3	4	5
Openness and acceptance of the community towards older residents of diverse backgrounds.....	1	2	3	4	5
Ease of travel by public transportation in Larimer County.....	1	2	3	4	5
Ease of travel by car in Larimer County.....	1	2	3	4	5
Ease of walking in Larimer County.....	1	2	3	4	5
Ease of getting to the places you usually have to visit.....	1	2	3	4	5
Overall feeling of safety in Larimer County.....	1	2	3	4	5
Valuing older residents in Larimer County.....	1	2	3	4	5
Neighborliness of Larimer County.....	1	2	3	4	5
Cost of living in Larimer County.....	1	2	3	4	5
Quality of senior nutrition programs.....	1	2	3	4	5

3. How would you rate the overall services provided to older adults in Larimer County?

- Excellent
- Good
- Fair
- Poor
- Don't know

4. In general, how informed or uninformed do you feel about the following?

	<i>Very informed</i>	<i>Somewhat informed</i>	<i>Somewhat uninformed</i>	<i>Very uninformed</i>
Services and activities available to older adults in Larimer County.....	1	2	3	4
Long term care options (i.e. nursing homes, home care)	1	2	3	4
Information on planning for the future.....	1	2	3	4

5. Please circle the number that comes closest to your opinion for each of the following questions:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
How do you rate your overall physical health?	1	2	3	4	5
How do you rate your overall mental health/emotional well being?	1	2	3	4	5
How do you rate your overall quality of life?	1	2	3	4	5

6a. The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?

	<i>Not a problem</i>	<i>Minor problem</i>	<i>Moderate problem</i>	<i>Major problem</i>	<i>Don't know</i>
Having housing to suit your needs	1	2	3	4	5
Your physical health.....	1	2	3	4	5
Performing regular activities, including walking, eating and preparing meals	1	2	3	4	5
Having enough food to eat.....	1	2	3	4	5
Doing heavy or intense housework	1	2	3	4	5
Having safe and affordable transportation available.....	1	2	3	4	5
No longer being able to drive.....	1	2	3	4	5
Feeling depressed	1	2	3	4	5
Experiencing confusion or forgetfulness.....	1	2	3	4	5
Maintaining your home	1	2	3	4	5
Maintaining your yard	1	2	3	4	5
Finding productive or meaningful activities to do.....	1	2	3	4	5
Having friends or family you can rely on.....	1	2	3	4	5
Falling or injuring yourself in your home.....	1	2	3	4	5
Finding affordable health insurance.....	1	2	3	4	5
Getting the health care you need	1	2	3	4	5
Affording the medications you need	1	2	3	4	5
Figuring out which medications to take and when	1	2	3	4	5
Getting the oral health care you need.....	1	2	3	4	5
Getting the vision care you need.....	1	2	3	4	5
Having enough money to meet daily expenses	1	2	3	4	5
Having enough money to pay your property taxes.....	1	2	3	4	5

6b. The following questions list a number of other problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?

	<i>Not a problem</i>	<i>Minor problem</i>	<i>Moderate problem</i>	<i>Major problem</i>	<i>Don't know</i>
Staying physically fit.....	1	2	3	4	5
Maintaining a healthy diet.....	1	2	3	4	5
Having interesting recreational or cultural activities to attend.....	1	2	3	4	5
Having interesting social events or activities to attend.....	1	2	3	4	5
Feeling bored.....	1	2	3	4	5
Feeling like your voice is heard in the community.....	1	2	3	4	5
Finding meaningful volunteer work.....	1	2	3	4	5
Feeling <u>physically</u> burdened by providing care for another person ...	1	2	3	4	5
Feeling <u>emotionally</u> burdened by providing care for another person .	1	2	3	4	5
Feeling <u>financially</u> burdened by providing care for another person ..	1	2	3	4	5
Dealing with legal issues.....	1	2	3	4	5
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	1	2	3	4	5
Finding work in retirement	1	2	3	4	5
Building skills for paid or unpaid work	1	2	3	4	5
Not knowing what services are available to older adults in your community	1	2	3	4	5
Feeling lonely or isolated.....	1	2	3	4	5
Dealing with the loss of a close family member or friend	1	2	3	4	5
Being a victim of crime	1	2	3	4	5
Being a victim of fraud or a scam.....	1	2	3	4	5
Being physically or emotionally abused	1	2	3	4	5
Dealing with financial planning issues	1	2	3	4	5
Being treated unfairly or discriminated against because of your age..	1	2	3	4	5

7. Thinking back over the past 12 months, how many days did you spend...

As a patient in a hospital?..... _____ number of days

In a long-term care facility (including nursing home or in-patient rehabilitation)?..... _____ number of days

8. Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...

- Never
- Once or twice
- 3-5 times
- More than 5 times
- Don't know

9. How likely or unlikely are you to recommend living in Larimer County to older adults?

- Very likely
- Somewhat likely
- Somewhat unlikely
- Very unlikely
- Don't know

10. How likely or unlikely are you to remain in Larimer County throughout your retirement?

- Very likely
- Somewhat likely
- Somewhat unlikely
- Very unlikely
- Don't know

11. In the last 12 months, about how many times, if ever, have you participated in or done each of the following?

	<i>2 times a week or more</i>	<i>2-4 times a month</i>	<i>Once a month or less</i>	<i>Not at all</i>
Used a senior center in Larimer County.....	1	2	3	4
Used a recreation center in Larimer County.....	1	2	3	4
Used a public library in Larimer County.....	1	2	3	4
Used bus, rail, subway or other public transportation instead of driving.....	1	2	3	4
Visited a neighborhood park.....	1	2	3	4
Participated in a senior nutrition program.....	1	2	3	4

12. Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?

	<i>2 times a week or more</i>	<i>2-4 times a month</i>	<i>Once a month or less</i>	<i>Not at all</i>
Attended a local public meeting.....	1	2	3	4
Watched (online or on television) a local public meeting.....	1	2	3	4

13. During a typical week, how many hours, if any, do you spend doing the following?

	<i>Never (no hours)</i>	<i>1 to 3 hours</i>	<i>4 to 5 hours</i>	<i>6 to 10 hours</i>	<i>11 or more hours</i>	<i>Don't know</i>
Participating in a club (including book, dance, game and other social).....	1	2	3	4	5	6
Participating in a civic group (including Elks, Kiwanis, Masons, etc.).....	1	2	3	4	5	6
Communicating/visiting with friends and/or family.....	1	2	3	4	5	6
Participating in religious or spiritual activities with others.....	1	2	3	4	5	6
Participating in a recreation program or group activity.....	1	2	3	4	5	6
Providing help to friends or relatives.....	1	2	3	4	5	6
Volunteering your time to some group/activity in Larimer County ...	1	2	3	4	5	6

14. During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant personal relationship (such as a spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?

	<i>Never (no hours)</i>	<i>1 to 3 hours</i>	<i>4 to 5 hours</i>	<i>6 to 10 hours</i>	<i>11 to 19 hours</i>	<i>20 or more hours</i>	<i>Don't know</i>
One or more individuals age 60 or older.....	1	2	3	4	5	6	7
One or more individuals age 18 to 59.....	1	2	3	4	5	6	7
One or more individuals under age 18.....	1	2	3	4	5	6	7

15. How often, if at all, do you do each of the following, considering all of the times you could?

	<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Usually</i>	<i>Always</i>
Eat at least 5 portions of fruits and vegetables a day.....	1	2	3	4	5
Participate in moderate or vigorous physical activity.....	1	2	3	4	5
Receive assistance from someone almost every day.....	1	2	3	4	5
Vote in local elections.....	1	2	3	4	5

Our last questions are about you and your household. Again, all of your responses to this survey are completely anonymous and will be reported in group form only.

D1. How many years have you lived in Larimer County?

- Less than 1 year
- 1-5 years
- 6-10 years
- 11-20 years
- More than 20 years

D2. Which best describes the building you live in?

- Single family home
- Townhouse, condominium, duplex or apartment
- Mobile home
- Assisted living residence
- Nursing home
- Other

D3. Do you currently rent or own your home?

- Rent
- Own (with a mortgage payment)
- Own (free and clear; no mortgage)

D4. About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?

- Less than \$300 per month
- \$300 to \$599 per month
- \$600 to \$999 per month
- \$1,000 to \$1,499 per month
- \$1,500 to \$2,499 per month
- \$2,500 or more per month

D5. How many people, including yourself, live in your household?

_____ members

D6. How many of these people, including yourself, are 60 or older?

_____ members

D7. What is your employment status?

- Fully retired → *Go to Question D9*
- Working full time for pay
- Working part time for pay
- Unemployed, looking for paid work

D8. [IF NOT YET FULLY RETIRED]

At what age do you expect to retire completely and not work for pay at all?..... _____ years old

D9. How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)

- Less than \$15,000 \$50,000 to \$74,999
- \$15,000 to \$24,999 \$75,000 to \$99,999
- \$25,000 to \$49,999 \$100,000 or more

Please respond to both questions D10 and D11.

D10. Are you Spanish/Hispanic/Latino?

- Yes No

D11. What is your race? (Mark one or more races to indicate what race you consider yourself to be.)

- American Indian or Alaskan native
- Asian or Pacific Islander
- Black, African American
- White/Caucasian
- Other

D12. In which category is your age?

- 60-64 years 80-84 years
- 65-69 years 85-89 years
- 70-74 years 90-94 years
- 75-79 years 95 years or older

D13. What is your sex?

- Female Male

D14. What is your sexual orientation?

- Heterosexual Gay
- Lesbian Bi-sexual

D15. Are you a grandparent raising a grandchild?

- Yes No

**Thank you for completing this survey. Please return the completed survey in the postage-paid envelope to:
National Research Center, Inc. Data Entry
P.O. Box 549, Belle Mead NJ 08502-9922**



LCHS 2481

DEPARTMENT OF HUMAN SERVICES

Office on Aging

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