

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Live Alone		Live w/Others	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>195</b>	<b>47</b>	<b>270</b>	<b>53</b>
Most people in this neighborhood are willing to help if you need it						
Strongly agree	241	51				
Agree	180	35				
Disagree/strongly disagree	22	9				
DK/RF	23	5				
Number of statements about helping communities that people “agreed” <sup>9</sup> with <sup>10</sup>						
Agreed with three	382	78	147	73	234	82
Agreed with two	46	11	30	17	16	5
Agreed with one	24	4	12	5	12	4
Agreed with none	13	7	6	5	7	9
DK/RF	1	<1	0	0	1	<1
<b>Appropriate work is available to those who want it</b>						
33. Percentage of people age 65+ who would like to be working for pay						
Current employment status <sup>11</sup>						
Working full time	34	6				
Working part time	53	12				
Not working	377	82				
DK/RF	2	<1				
Would like to work for pay <sup>12</sup>						
Base includes people currently not working.						
Would like to work for pay	86	22	40	23	45	20
Would not like to work for pay	289	78				
DK/RF	2	<1				

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> Analyses exclude the <1% of people age 65+ who refused to disclose their household type.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked if they got together with friends or neighbors during the past week.

<sup>5</sup> People were asked if they went to church, temple, or another place of worship for services or other activities during the past week.

<sup>6</sup> People were asked if they went to a movie, play, concert, restaurant, sporting event, club meeting, card game, or other social activity during the past week.

<sup>7</sup> People were asked if they do volunteer work and if so what type of volunteer work they do.

<sup>8</sup> People who said they volunteer were asked how many hours they usually spend per week doing volunteer work.

<sup>9</sup> Percentage of people who “agreed” includes those who said they “strongly agree” and those who said they “agree.”

<sup>10</sup> People were asked whether they strongly agree, agree, disagree, or strongly disagree with the following 3 statements: “Most people in this neighborhood are basically honest and can be trusted”; “If I have a problem there is always someone to help me in this neighborhood”; “Most people in this neighborhood are willing to help you if you need it.”

<sup>11</sup> People were asked what their current employment status is.

<sup>12</sup> People who were not working were asked whether they would like to be working for pay.

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**TABLE 6d: PROMOTES SOCIAL AND CIVIC ENGAGEMENT BY HOUSEHOLD TYPE<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Live Alone		Live w/Others	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>195</b>	<b>47</b>	<b>270</b>	<b>53</b>
<b>PROMOTES SOCIAL AND CIVIC ENGAGEMENT</b>						
<b>Residents maintain connections with friends and neighbors</b>						
27. Percentage of people age 65+ who socialized with friends or neighbors in the past week <sup>4</sup>						
Socialized	319	68	139	72	179	65
Did not socialize	146	31				
RF/DK	1	<1				
<b>Civic, cultural, religious, and recreational activities include older residents</b>						
28. Percentage of people age 65+ who attended church, temple, or other in the past week <sup>5</sup>						
Attended	313	69	129	67	183	71
Did not attend	151	30				
RF/DK	2	<1				
29. Percentage of people age 65+ who attended movies, sports events, clubs, or group events in the past week <sup>6</sup>						
Attended	285	59	114	60	170	58
Did not attend	180	41				
RF/DK	1	<1				
30. Percentage of people age 65+ who engaged in at least one social, religious, or cultural activity in the past week						
Engaged in one or more activity	430	92	181	91	248	93
None	36	8	14	9	22	7
<b>Opportunities for volunteer work are readily available</b>						
31. Percentage of people age 65+ who participate in volunteer work <sup>7</sup>						
Participate in volunteer work	178	35	61	29	116	41
Do not participate in volunteer work	288	65	134	71	154	59
Number of hours people age 65+ spend volunteering, among those who volunteer <sup>8</sup> <i>Base includes people who said they do volunteer work.</i>						
Less than five hours per week	89	47				
Five to nine hours per week	43	26				
Ten hours or more per week	34	20				
Don't know	12	7				
<b>Community residents help and trust each other</b>						
32. Percentage of people age 65+ who live in "helping communities"						
Most people in the neighborhood are basically honest and can be trusted						
Strongly agree	247	50				
Agree	167	36				
Disagree/strongly disagree	29	10				
DK/RF	23	4				
If I have a problem there is always someone to help me in this neighborhood						
Strongly agree	231	48				
Agree	196	41				
Disagree/strongly disagree	33	10				
DK/RF	6	1				

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<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked whether public transportation is available in their community.

<sup>5</sup> People were asked how often they have used public transportation during the past two months.

<sup>6</sup> People were asked which means of transportation they use most frequently.

<sup>7</sup> Includes taxi, walk, special transportation, and other.

<sup>8</sup> People were asked whether they need assistance with the following activities (ADLs): taking a bath or a shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>9</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>10</sup> People were asked whether they need assistance with the following activities (IADLs): going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>11</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>12</sup> People were asked whether they provide help or care, or arrange for help or care, for a relative or friend who is unable to do some things for him/herself due to illness or disability.

<sup>13</sup> People who said they provide care were asked “What is this person’s relationship to you?”

<sup>14</sup> People who said they provide care were asked “In total, how long have you been caring for ...”

<sup>15</sup> People who said they provide care were asked “On average how many hours per week are you caring for ...”

<sup>16</sup> People were asked whether they get relief from their caregiving responsibilities.

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	<b>466</b>	<b>100</b>	<b>195</b>	<b>47</b>	<b>270</b>	<b>53</b>
Percentage of people age 65+ who need assistance with each IADL <sup>1</sup> <i>Base includes full sample. Response categories are not mutually exclusive.</i>						
Doing light housework	19	4				
Going outside the home	18	4				
Driving or public transportation	17	4				
Keeping track of money or bills	13	3				
Preparing meals	12	3				
Taking the right amount of medication	12	3				
<b>Caregivers are mobilized to complement the formal service system</b>						
25. Percentage of people age 65+ who provide help to the frail or disabled <sup>12</sup>						
Do not provide care	369	77				
Provide care	95	22	31	21	64	24
Don't know	2	1				
Relationship between caregivers age 65+ and care recipients <sup>13</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
Non-relative friend	36	50				
Another relative	28	26				
Parent or in-law	15	11				
Spouse/partner	10	8				
Child	4	4				
Other	2	1				
Number of years people age 65+ provide help to the frail or disabled among those who provide help <sup>14</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
More than 3 years	41	47				
1-3 years	32	31				
<1 year	17	15				
Don't know number of years	5	7				
Number of hours per week spent on caregiving among people age 65+ who provide help to the frail or disabled <sup>15</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
More than 10 hours	19	17				
4-10 hours	21	15				
1-3 hours	40	35				
Don't know number of hours	15	32				
26. Percentage of people age 65+ who get respite/relief from their caregiving activity <sup>16</sup> <i>Base includes people age 65+ who provide caregiving</i>						
Get respite	70	72	22	71	48	73
No respite	25	28	9	29	16	27

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

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<sup>1</sup> Analyses exclude the <1% of people age 65+ who refused to disclose their household type.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

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**TABLE 6c: MAXIMIZES INDEPENDENCE BY HOUSEHOLD TYPE<sup>1</sup>**  
 Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Live Alone		Live w/Others	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
<b>MAXIMIZES INDEPENDENCE</b>	<b>466</b>	<b>100</b>	<b>195</b>	<b>47</b>	<b>270</b>	<b>53</b>
<b>Transportation is accessible and affordable</b>						
22. Percentage of people age 65+ who have access to public transportation <sup>4</sup>						
Yes	248	62				
Yes, but too limited to be useful	24	4				
No	177	27				
Don't know	17	8				
Frequency of use of public transportation in the past two months <sup>5</sup>						
Never	254	62				
Public transportation does not exist/DK/RF	194	35				
Once or twice/month	4	1				
Less than once/month	5	1				
About once/week	5	2				
Two or more days/week	4	1				
Means of transportation used most frequently <sup>6</sup>						
Drive a car	395	84	159	79	235	88
Ride in a car	51	11	22	12	29	10
Public transportation	11	3	8	5	3	1
Other <sup>7</sup>	9	2	6	3	3	<1
<b>The community service system enables people to live comfortably and safely at home</b>						
23. Percentage of people age 65+ with adequate assistance in activities of daily living (ADL) <sup>8</sup>						
ADL limitations						
No limitations	440	93				
1+ADL	26	7				
Adequate assistance with ADLs						
<i>Base includes full sample.</i>						
All needs are met	8	2				
1 or more unmet need	18	6				
Percentage of people age 65+ who need assistance with each ADL <sup>9</sup>						
<i>Base includes full sample. Response categories are not mutually exclusive.</i>						
Taking a bath or shower	10	4				
Dressing	9	3				
Getting in/out of bed/chair	9	3				
Getting around the home	7	3				
Eating	3	2				
Using/getting to the toilet	4	1				
24. Percentage of people age 65+ with adequate assistance in instrumental activities of daily living (IADL) <sup>10</sup>						
IADL limitations						
No limitations	414	89				
1+IADL	52	11				
Adequate assistance with IADLs						
<i>Base includes full sample.</i>						
All needs are met	20	5				
1 or more unmet need	32	7				

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- <sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.
- <sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.
- <sup>4</sup> People were asked whether they had any of the listed preventive measures or tests in the past 12 months.
- <sup>5</sup> Mammogram for women only.
- <sup>6</sup> PSA (prostate cancer screening) test for men only.
- <sup>7</sup> People were asked whether in the past year, there was a time when they thought they needed the help of a health professional or a counselor because they felt depressed or anxious.
- <sup>8</sup> People who answered “yes” were asked whether they obtained the professional help or counseling they thought they needed.
- <sup>9</sup> The number of “unhealthy” days is based on a summary index from the following two questions: 1. “Now, thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?” and 2. “Now, thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”
- <sup>10</sup> People who had one or more “unhealthy days” were asked “During the past 30 days, for how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”
- <sup>11</sup> People were asked: “Would you say that, in general, your health is Excellent, Very good, Good, Fair, Poor, or Very poor?”
- <sup>12</sup> Includes people who said their health was Fair, Poor, or Very poor.
- <sup>13</sup> “Regular leisure time activity” is defined as 1) light or moderate activity that causes light sweating or a light to moderate increase in breathing or heart rate and occurs five or more times per week for at least 30 minutes each time, and/or 2) vigorous activity that causes heavy sweating or large increases in breathing or heart rate and occurs three or more times per week for at least 20 minutes each time. People who engage in other combinations of the two types of physical activities described above are included in the category “some activity.” Those who are unable to or do not engage in physical activity are included in the category “no activity.”
- <sup>14</sup> People were asked whether there is a place that they usually go when they are sick or need advice about their health.
- <sup>15</sup> People were asked what kind of place they go to most often – a clinic, doctor’s office, emergency room, or some other place.
- <sup>16</sup> People were asked whether in the past year there was a time when they thought they needed medical care because they felt sick.
- <sup>17</sup> People who answered “yes” were asked whether they saw a medical professional when they felt sick.
- <sup>18</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to follow up on tests or treatment recommended by a doctor.
- <sup>19</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to fill a prescription for medicine.
- <sup>20</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to obtain dental care (including checkups) and whether there was a time in the past 12 months when they did not have enough money to obtain eyeglasses.
- <sup>21</sup> People were asked whether end of life or hospice care service is available in their area.
- <sup>22</sup> People were asked whether they had used end of life or hospice care in the last 12 months.

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Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Live Alone		Live w/Others	
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	<b>466</b>	<b>100</b>	<b>195</b>	<b>47</b>	<b>270</b>	<b>53</b>
<b>Opportunities for physical activity are available and used</b>						
15. Percentage of people age 65+ who participate in regular leisure time activity <sup>13</sup>						
Regular leisure time activity	233	57	56	23	73	24
Some activity	103	20	46	20	56	20
No activity	129	23	93	58	140	56
DK/RF	1	<1	0	0	1	<1
<b>Obstacles to use of necessary medical care are minimized</b>						
16. Percentage of people age 65+ with a usual source of care <sup>14</sup>						
Have a usual source of care	434	94	182	94	251	95
No usual source of care	30	5	11	5	19	5
More than one place	1	<1	1	<1	0	0
Don't know	1	<1	1	1	0	0
Source of care used most often <sup>15</sup>						
Doctor's office	375	81				
Clinic/health center	62	13				
Emergency room	13	4				
Hospital outpatient	3	1				
VA facility	2	<1				
Not one place/other/dk	11	2				
17. Percentage of people age 65+ who failed to obtain needed medical care <sup>16</sup>						
Did not need medical care	275	61				
Needed medical care	185	37				
Don't know	6	2				
Failed to obtain needed medical care <sup>17</sup>						
<i>Base includes people who said they needed medical care.</i>						
Obtained care	178	98				
Did not obtain care	7	2				
18. Percentage of people age 65+ who had problems paying for medical care <sup>18</sup>						
No problem paying for medical care	429	94				
Problem paying for medical care	34	6	11	4	23	8
DK/RF	3	<1				
19. Percentage of people age 65+ who had problems paying for prescription drugs <sup>19</sup>						
No problem paying for prescription drugs	419	92				
Problem paying for prescription drugs	42	7	20	7	22	7
DK/RF	5	1				
20. Percentage of people age 65+ who had problems paying for dental care or eyeglasses <sup>20</sup>						
No problem paying for dental care or eyeglasses	415	86				
Problem paying for dental care or eyeglasses	49	14	26	20	23	7
DK/RF	2	<1				
<b>Palliative care services are available and advertised</b>						
21. Percentage of people age 65+ who know whether palliative care services are available <sup>21</sup>						
Yes, service available	378	77				
Not available	48	11				
Don't know if service available	40	12				
Have not used <sup>22</sup>	460	98				
Have used	6	2				

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 6b: OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING BY HOUSEHOLD TYPE<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Live Alone		Live w/Others	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	466	100	195	47	270	53
<b>OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING</b>						
<b>Community promotes and provides access to necessary and preventive health services</b>						
11. Rates of screening and vaccination for various conditions among people 65+ <sup>4</sup> <i>Response categories are not mutually exclusive.</i>						
Blood pressure	442	95				
Eye exam	334	74	136	74	197	74
Physical exam	336	67	129	60	206	72
Mammogram <sup>5</sup>	179	66	83	60	95	73
PSA test <sup>6</sup>	118	62	24	43	94	71
Flu shot	257	53	92	47	165	58
Hearing test	117	28	44	25	73	30
Bone density test	124	26	61	29	62	22
12. Percentage of people age 65+ who (a) thought they needed the help of a health care professional because they felt depressed or anxious and (b) have not seen one (for those symptoms) <sup>7</sup>						
(a) Thought they needed the help of a health care professional						
Did not need professional help	426	88				
Needed professional help	39	12	21	11	18	12
DK/RF	1	<1				
(b) Have not seen a health professional <sup>8</sup>						
<i>Base includes people who said they needed professional help because they felt depressed or anxious.</i>						
Has seen a health professional	23	43				
Has not seen a health professional	16	57				
13. Percentage of people age 65+ whose physical or mental health interfered with their activities in the past month <sup>9</sup>						
Number of unhealthy days in the past month						
None	295	61				
1 or more unhealthy days in the past month	151	34				
DK/RF	20	5				
Number of days that physical or mental health interfered with activities in the past month <sup>10</sup>						
<i>Base includes people who said they had one or more "unhealthy days."</i>						
None	102	70	57	73	45	64
1-6 days	23	17	9	14	14	21
7 or more days	21	11	9	9	12	14
DK/RF	5	2	5	4	0	0
14. Percentage of people age 65+ who report being in good to excellent health <sup>11</sup>						
Excellent/very good/good	378	83	149	81	228	84
Fair/poor <sup>12</sup>	85	16	44	16	41	16
DK/RF	3	1	2	3	1	<1

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- <sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.
- <sup>4</sup> Annual housing expenditure was calculated based on outlays for rent or mortgage, real estate taxes, association/condo fees, and utilities as a percentage of income. People for whom sufficient information was not available were classified in the category expenditure unknown.
- <sup>5</sup> We asked respondents whether they agree or disagree with the following statement: “*What I’d really like to do is stay in my current residence for as long as possible.*” For people who answered “agree” we calculated the percentage of adults age 65+ who were very confident/not very confident that they will be able to afford to live in their current residence for as long as they would like.
- <sup>6</sup> Agree includes those who said Strongly agree or Somewhat agree.
- <sup>7</sup> Not very confident includes those who said Somewhat confident, Not too confident, Not confident at all, Don’t know, or Refused.
- <sup>8</sup> People were asked whether their current residence needs any significant repairs, modifications, or changes to improve their ability to live there over the next five years.
- <sup>9</sup> People who said that their homes need modification were asked if they plan to make the change over the next five years.
- <sup>10</sup> People were asked whether safety in their neighborhood is excellent, very good, good, fair, or poor.
- <sup>11</sup> People were read a list of fourteen neighborhood problems and were asked to indicate whether each item posed a big problem, small problem, or no problem in their neighborhood.
- <sup>12</sup> The top four neighborhood problems are analyzed by demographic characteristics.
- <sup>13</sup> People were asked how satisfied they are with their neighborhood as a place to live.
- <sup>14</sup> The category “Not very satisfied” includes those who said they were somewhat satisfied, somewhat dissatisfied, or very dissatisfied with their neighborhood.
- <sup>15</sup> People were asked if in the past 12 months they or another adult in their household cut the size of or skipped meals because there wasn’t enough money for food.
- <sup>16</sup> People were asked to indicate the best resource, such as a person or an organization, in their city, town, or county to get information on various services.
- <sup>17</sup> Respondents were asked whether these 10 services are available in their area.
- <sup>18</sup> Most selected services is defined as 6 or more services. Respondents were asked whether the following 10 services exist in their community: Respite; Home repair service; Homemaker service; Home health aide; Congregate meals; Hospice; Senior center; Visiting nurse; Meals-on-wheels; Special transportation service.
- <sup>19</sup> People were asked whether they need assistance with the following activities: ADLs – taking a bath or shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home and IADLs – going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills.
- <sup>20</sup> People who answered “yes” were asked whether they get enough assistance with these activities. Unmet need was defined as not getting help or not getting enough help for one or more ADLs and/or IADLs for which assistance was needed.

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	<b>466</b>	<b>100</b>	<b>195</b>	<b>47</b>	<b>270</b>	<b>53</b>
Meals-on-wheels						
Yes	349	75				
No	69	13				
Don't know	48	11				
Senior Center						
Yes	315	68				
No	96	17				
Don't know	55	15				
Home health aide						
Yes	306	65				
No	69	13				
Don't know	91	22				
Special transportation						
Yes	283	63				
No	94	19				
Don't know	89	18				
Homemaker service						
Yes	286	60				
No	89	17				
Don't know	91	23				
Congregate meals						
Yes	286	60				
No	89	22				
Don't know	91	18				
Home repair service						
Yes	192	41				
No	119	26				
Don't know	154	33				
Refused	1	<1				
Respite						
Yes	180	37				
No	106	23				
Don't know	179	39				
Refused	1	<1				
Unaware of most selected services <sup>18</sup>	34	9	13	5	21	13
10. Percentage of people age 65+ with adequate assistance in ADL and/or IADL activities <sup>19</sup>						
No limitations	405	86				
One or more ADL/IADL	61	14	36	21	25	8
Adequate assistance in ADL and/or IADL activities <sup>20</sup>						
Base includes people who have one or more ADL/IADL limitations.						
All needs are met	19	30	9	21	10	51
One or more unmet need	42	70	27	79	15	49

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Live Alone		Live w/Others	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>195</b>	<b>47</b>	<b>270</b>	<b>53</b>
5. Percentage of people age 65+ who report few/multiple problems in the neighborhood <sup>11</sup> Prevalence of perceived neighborhood problems <sup>12</sup> <i>Response categories are not mutually exclusive.</i>						
Crime	165	42	76	46	89	38
Heavy traffic	147	32	59	29	87	35
Streets too dark	132	32	53	31	78	33
People don't get involved	156	31	71	33	84	28
Streets need repair	135	31				
Noise	125	28				
Not enough arts/culture	88	25				
Public transportation	111	24				
Rundown buildings	88	21				
Distance from shopping	78	19				
Lack of affordable housing	94	18				
Distance from parks	77	18				
Traffic lights too few/too fast	87	17				
Poor public service	63	13				
6. Percentage of people age 65+ who are satisfied with the neighborhood as a place to live <sup>13</sup>						
Very satisfied	365	74	145	74	220	75
Not very satisfied <sup>14</sup>	100	26	49	26	50	25
DK/RF	1	<1	1	<1	0	0
<b>People have enough to eat</b>						
7. Percentage of people age 65+ who report cutting the size of or skipping meals due to lack of money <sup>15</sup>						
Did not cut or skip meals	449	96				
Cut the size of or skipped meals	15	4				
DK/RF	2	<1				
<b>Assistance services are available and residents know how to access them</b>						
8. Percentage of people age 65+ who do not know whom to call if they need information about services in their community <sup>16</sup>						
Do not know whom to call	155	36	66	35	89	37
City/county/office of aging/social services/other agency	128	27				
Phone book/other media	63	11				
Medical center/health professional	47	10				
Senior center	27	6				
Family/neighbors	18	5				
Church/synagogue	19	3				
Other	9	2				
9. Percentage of people age 65+ who are aware/unaware of selected services in their community <sup>17</sup>						
Hospice						
Yes	378	77				
No	48	11				
Don't know	40	12				
Visiting nurse						
Yes	354	75				
No	70	12				
Don't know	42	13				

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

**TABLE 6a: ADDRESSES BASIC NEEDS BY HOUSEHOLD TYPE<sup>1</sup>**  
 Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Live Alone		Live w/Others	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>195</b>	<b>47</b>	<b>270</b>	<b>53</b>
<b>ADDRESSES BASIC NEEDS</b>						
<b>Affordable housing is available to community residents</b>						
1. Percentage of people age 65+ who spend >30%/<30% of their income on housing <sup>4</sup>						
30 percent or less of income	118	27	40	17	78	35
More than 30% of income	73	17	41	26	31	9
Expenditure unknown	275	56	114	57	161	55
2. Percentage of people age 65+ who (a) want to remain in their current residence and (b) are confident they will be able to afford to do so <sup>5</sup>						
(a) Want to remain in their current residence						
Agree <sup>6</sup>	440	95				
Disagree	17	3				
Neither	9	3				
(b) Confident they will be able to afford to do so						
<i>Base includes people who want to remain in their current residence for as long as possible.</i>						
Very confident	262	57	111	52	150	62
Not very confident <sup>7</sup>	178	43	73	48	105	38
<b>Housing is modified to accommodate mobility and safety</b>						
3. Percentage of householders age 65+ in housing units with home modification needs <sup>8</sup>						
No modifications needed	375	79				
One or more modification needed	91	21	49	29	42	14
Type of modification needed						
<i>Response categories are not mutually exclusive.</i>						
Cosmetic/minor repairs	59	14				
Structural changes/major repairs	43	9				
Bathroom modification	30	9				
Better heating in the winter	32	5				
Medical emergency response system	28	5				
Better cooling in the summer	24	4				
Accommodations for disabilities	20	4				
Fix problem with insects/rodents	15	3				
Other	6	1				
Planning home modifications <sup>9</sup>						
<i>Base includes those who said their homes need modification.</i>						
Planning to modify	69	78				
Not planning to modify	15	14				
DK/RF	7	8				
<b>The neighborhood is livable and safe</b>						
4. Percentage of people age 65+ who feel safe/unsafe in their neighborhood <sup>10</sup>						
Safety – Excellent/Very Good	294	60	107	53	186	65
Safety – Good	122	26	64	32	58	20
Safety – Fair/Poor	46	14	22	14	24	14
DK/RF	4	1	2	1	2	<1

# HOUSEHOLD TYPE

The Household Type demographic compares seniors in the following two categories:

- 1) Live Alone
- 2) Live with Others

The following four tables break out the data by age by the survey's 33 indicators. The indicators are divided into the following four domains:

- 1) Addresses Basic Needs (10 indicators)
- 2) Optimizes Physical & Mental Health and Well-Being (11 indicators)
- 3) Maximizes Independence (5 indicators)
- 4) Promotes Social & Civic Engagement (7 indicators)

These indicators measure the essential elements of an Elder Friendly Community. For a list of the indicators, see page 2.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		White Non-Hispanic		Black Non-Hispanic	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>368</b>	<b>76</b>	<b>79</b>	<b>12</b>
Most people in this neighborhood are willing to help if you need it						
Strongly agree	241	51				
Agree	180	35				
Disagree/strongly disagree	22	9				
DK/RF	23	5				
Number of statements about helping communities that people “agreed” <sup>9</sup> with <sup>10</sup>						
Agreed with three	382	78	323	85	42	55
Agreed with two	46	11	29	9	16	20
Agreed with one	24	4	8	3	16	19
Agreed with none	13	7	8	3	4	5
DK/RF	1	<1	0	0	1	1
<b>Appropriate work is available to those who want it</b>						
33. Percentage of people age 65+ who would like to be working for pay						
Current employment status <sup>11</sup>						
Working full time	34	6				
Working part time	53	12				
Not working	377	82				
DK/RF	2	<1				
Would like to work for pay <sup>12</sup>						
Base includes people currently not working.						
Would like to work for pay	86	22	54	18	31	49
Would not like to work for pay	289	78				
DK/RF	2	<1				

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> Analyses exclude the 12% of people age 65+ who classified themselves as Hispanic of any race, American Indian or Alaska Native, Asian, other, mixed race, and people who refused to disclose their race.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked if they got together with friends or neighbors during the past week.

<sup>5</sup> People were asked if they went to church, temple, or another place of worship for services or other activities during the past week.

<sup>6</sup> People were asked if they went to a movie, play, concert, restaurant, sporting event, club meeting, card game, or other social activity during the past week.

<sup>7</sup> People were asked if they do volunteer work and if so what type of volunteer work they do.

<sup>8</sup> People who said they volunteer were asked how many hours they usually spend per week doing volunteer work.

<sup>9</sup> Percentage of people who “agreed” includes those who said they “strongly agree” and those who said they “agree.”

<sup>10</sup> People were asked whether they strongly agree, agree, disagree, or strongly disagree with the following 3 statements: “Most people in this neighborhood are basically honest and can be trusted”; “If I have a problem there is always someone to help me in this neighborhood”; “Most people in this neighborhood are willing to help you if you need it.”

<sup>11</sup> People were asked what their current employment status is.

<sup>12</sup> People who were not working were asked whether they would like to be working for pay.

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 5d: PROMOTES SOCIAL AND CIVIC ENGAGEMENT BY RACE<sup>1</sup>**  
 Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		White Non-Hispanic		Black Non-Hispanic	
	N	W % <sup>3</sup>	N	W % <sup>3</sup>	N	W % <sup>3</sup>
	466	100	368	76	79	12
<b>PROMOTES SOCIAL AND CIVIC ENGAGEMENT</b>						
<b>Residents maintain connections with friends and neighbors</b>						
27. Percentage of people age 65+ who socialized with friends or neighbors in the past week <sup>4</sup>						
Socialized	319	68	265	73	41	52
Did not socialize	146	31				
RF/DK	1	<1				
<b>Civic, cultural, religious, and recreational activities include older residents</b>						
28. Percentage of people age 65+ who attended church, temple, or other in the past week <sup>5</sup>						
Attended	313	69	245	67	55	69
Did not attend	151	30				
RF/DK	2	<1				
29. Percentage of people age 65+ who attended movies, sports events, clubs, or group events in the past week <sup>6</sup>						
Attended	285	59	239	62	33	42
Did not attend	180	41				
RF/DK	1	<1				
30. Percentage of people age 65+ who engaged in at least one social, religious, or cultural activity in the past week						
Engaged in one or more activity	430	92	346	94	66	84
None	36	8	22	6	13	16
<b>Opportunities for volunteer work are readily available</b>						
31. Percentage of people age 65+ who participate in volunteer work <sup>7</sup>						
Participate in volunteer work	178	35	151	41	22	27
Do not participate in volunteer work	288	65	217	59	57	73
Number of hours people age 65+ spend volunteering, among those who volunteer <sup>8</sup> <i>Base includes people who said they do volunteer work.</i>						
Less than five hours per week	89	47				
Five to nine hours per week	43	26				
Ten hours or more per week	34	20				
Don't know	12	7				
<b>Community residents help and trust each other</b>						
32. Percentage of people age 65+ who live in "helping communities" Most people in the neighborhood are basically honest and can be trusted						
Strongly agree	247	50				
Agree	167	36				
Disagree/strongly disagree	29	10				
DK/RF	23	4				
If I have a problem there is always someone to help me in this neighborhood						
Strongly agree	231	48				
Agree	196	41				
Disagree/strongly disagree	33	10				
DK/RF	6	1				

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

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<sup>1</sup> Analyses exclude the 12% of people age 65+ who classified themselves as Hispanic of any race, American Indian or Alaska Native, Asian, other, mixed race, and people who refused to disclose their race.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked whether public transportation is available in their community.

<sup>5</sup> People were asked how often they have used public transportation during the past two months.

<sup>6</sup> People were asked which means of transportation they use most frequently.

<sup>7</sup> Includes taxi, walk, special transportation, and other.

<sup>8</sup> People were asked whether they need assistance with the following activities (ADLs): taking a bath or a shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>9</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>10</sup> People were asked whether they need assistance with the following activities (IADLs): going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>11</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>12</sup> People were asked whether they provide help or care, or arrange for help or care, for a relative or friend who is unable to do some things for him/herself due to illness or disability.

<sup>13</sup> People who said they provide care were asked “What is this person’s relationship to you?”

<sup>14</sup> People who said they provide care were asked “In total, how long have you been caring for ...”

<sup>15</sup> People who said they provide care were asked “On average how many hours per week are you caring for ...”

<sup>16</sup> People were asked whether they get relief from their caregiving responsibilities.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		White Non-Hispanic		Black Non-Hispanic	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>368</b>	<b>76</b>	<b>79</b>	<b>12</b>
Percentage of people age 65+ who need assistance with each IADL <sup>11</sup> <i>Base includes full sample. Response categories are not mutually exclusive.</i>						
Doing light housework	19	4				
Going outside the home	18	4				
Driving or public transportation	17	4				
Keeping track of money or bills	13	3				
Preparing meals	12	3				
Taking the right amount of medication	12	3				
<b>Caregivers are mobilized to complement the formal service system</b>						
25. Percentage of people age 65+ who provide help to the frail or disabled <sup>12</sup>						
Do not provide care	369	77				
Provide care	95	22	73	21	18	21
Don't know	2	1				
Relationship between caregivers age 65+ and care recipients <sup>13</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
Non-relative friend	36	50				
Another relative	28	26				
Parent or in-law	15	11				
Spouse/partner	10	8				
Child	4	4				
Other	2	1				
Number of years people age 65+ provide help to the frail or disabled among those who provide help <sup>14</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
More than 3 years	41	47				
1-3 years	32	31				
<1 year	17	15				
Don't know number of years	5	7				
Number of hours per week spent on caregiving among people age 65+ who provide help to the frail or disabled <sup>15</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
More than 10 hours	19	17				
4-10 hours	21	15				
1-3 hours	40	35				
Don't know number of hours	15	32				
26. Percentage of people age 65+ who get respite/relief from their caregiving activity <sup>16</sup> <i>Base includes people age 65+ who provide caregiving</i>						
Get respite	70	72	52	63	15	84
No respite	25	28	21	37	3	16

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

Note: Percentages may not add up to 100% due to rounding and/or missing information.

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 5c: MAXIMIZES INDEPENDENCE BY RACE<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		White Non-Hispanic		Black Non-Hispanic	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
<b>MAXIMIZES INDEPENDENCE</b>	<b>466</b>	<b>100</b>	<b>368</b>	<b>76</b>	<b>79</b>	<b>12</b>
<b>Transportation is accessible and affordable</b>						
22. Percentage of people age 65+ who have access to public transportation <sup>4</sup>						
Yes	248	62				
Yes, but too limited to be useful	24	4				
No	177	27				
Don't know	17	8				
Frequency of use of public transportation in the past two months <sup>5</sup>						
Never	254	62				
Public transportation does not exist/DK/RF	194	35				
Once or twice/month	4	1				
Less than once/month	5	1				
About once/week	5	2				
Two or more days/week	4	1				
Means of transportation used most frequently <sup>6</sup>						
Drive a car	395	84	317	84	62	79
Ride in a car	51	11	38	11	10	12
Public transportation	11	3	6	3	5	6
Other <sup>7</sup>	9	2	7	2	2	3
<b>The community service system enables people to live comfortably and safely at home</b>						
23. Percentage of people age 65+ with adequate assistance in activities of daily living (ADL) <sup>8</sup>						
ADL limitations						
No limitations	440	93				
1+ADL	26	7				
Adequate assistance with ADLs						
<i>Base includes full sample.</i>						
All needs are met	8	2				
1 or more unmet need	18	6				
Percentage of people age 65+ who need assistance with each ADL <sup>9</sup>						
<i>Base includes full sample. Response categories are not mutually exclusive.</i>						
Taking a bath or shower	10	4				
Dressing	9	3				
Getting in/out of bed/chair	9	3				
Getting around the home	7	3				
Eating	3	2				
Using/getting to the toilet	4	1				
24. Percentage of people age 65+ with adequate assistance in instrumental activities of daily living (IADL) <sup>10</sup>						
IADL limitations						
No limitations	414	89				
1+IADL	52	11				
Adequate assistance with IADLs						
<i>Base includes full sample.</i>						
All needs are met	20	5				
1 or more unmet need	32	7				

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> Analyses exclude the 12% of people age 65+ who classified themselves as Hispanic of any race, American Indian or Alaska Native, Asian, other, mixed race, and people who refused to disclose their race.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked whether they had any of the listed preventive measures or tests in the past 12 months.

<sup>5</sup> Mammogram for women only.

<sup>6</sup> PSA (prostate cancer screening) test for men only.

<sup>7</sup> People were asked whether in the past year, there was a time when they thought they needed the help of a health professional or a counselor because they felt depressed or anxious.

<sup>8</sup> People who answered “yes” were asked whether they obtained the professional help or counseling they thought they needed.

<sup>9</sup> The number of “unhealthy” days is based on a summary index from the following two questions: 1. “Now, thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?” and 2. “Now, thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

<sup>10</sup> People who had one or more “unhealthy days” were asked “During the past 30 days, for how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”

<sup>11</sup> People were asked: “Would you say that, in general, your health is Excellent, Very good, Good, Fair, Poor, or Very poor?”

<sup>12</sup> Includes people who said their health was Fair, Poor, or Very poor.

<sup>13</sup> “Regular leisure time activity” is defined as 1) light or moderate activity that causes light sweating or a light to moderate increase in breathing or heart rate and occurs five or more times per week for at least 30 minutes each time, and/or 2) vigorous activity that causes heavy sweating or large increases in breathing or heart rate and occurs three or more times per week for at least 20 minutes each time. People who engage in other combinations of the two types of physical activities described above are included in the category “some activity.” Those who are unable to or do not engage in physical activity are included in the category “no activity.”

<sup>14</sup> People were asked whether there is a place that they usually go when they are sick or need advice about their health.

<sup>15</sup> People were asked what kind of place they go to most often – a clinic, doctor’s office, emergency room, or some other place.

<sup>16</sup> People were asked whether in the past year there was a time when they thought they needed medical care because they felt sick.

<sup>17</sup> People who answered “yes” were asked whether they saw a medical professional when they felt sick.

<sup>18</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to follow up on tests or treatment recommended by a doctor.

<sup>19</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to fill a prescription for medicine.

<sup>20</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to obtain dental care (including checkups) and whether there was a time in the past 12 months when they did not have enough money to obtain eyeglasses.

<sup>21</sup> People were asked whether end of life or hospice care service is available in their area.

<sup>22</sup> People were asked whether they had used end of life or hospice care in the last 12 months.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		White Non-Hispanic		Black Non-Hispanic	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>368</b>	<b>76</b>	<b>79</b>	<b>12</b>
<b>Opportunities for physical activity are available and used</b>						
15. Percentage of people age 65+ who participate in regular leisure time activity <sup>13</sup>						
Regular leisure time activity	233	57	193	55	28	36
Some activity	103	20	82	22	16	20
No activity	129	23	92	23	35	45
DK/RF	1	<1	1	<1	0	0
<b>Obstacles to use of necessary medical care are minimized</b>						
16. Percentage of people age 65+ with a usual source of care <sup>14</sup>						
Have a usual source of care	434	94	349	95	69	88
No usual source of care	30	5	17	4	10	12
More than one place	1	<1	1	<1	0	0
Don't know	1	<1	1	1	0	0
Source of care used most often <sup>15</sup>						
Doctor's office	375	81				
Clinic/health center	62	13				
Emergency room	13	4				
Hospital outpatient	3	1				
VA facility	2	<1				
Not one place/other/dk	11	2				
17. Percentage of people age 65+ who failed to obtain needed medical care <sup>16</sup>						
Did not need medical care	275	61				
Needed medical care	185	37				
Don't know	6	2				
Failed to obtain needed medical care <sup>17</sup>						
<i>Base includes people who said they needed medical care.</i>						
Obtained care	178	98				
Did not obtain care	7	2				
18. Percentage of people age 65+ who had problems paying for medical care <sup>18</sup>						
No problem paying for medical care	429	94				
Problem paying for medical care	34	6	22	6	10	12
DK/RF	3	<1				
19. Percentage of people age 65+ who had problems paying for prescription drugs <sup>19</sup>						
No problem paying for prescription drugs	419	92				
Problem paying for prescription drugs	42	7	21	5	21	26
DK/RF	5	1				
20. Percentage of people age 65+ who had problems paying for dental care or eyeglasses <sup>20</sup>						
No problem paying for dental care or eyeglasses	415	86				
Problem paying for dental care or eyeglasses	49	14	28	7	18	22
DK/RF	2	<1				
<b>Palliative care services are available and advertised</b>						
21. Percentage of people age 65+ who know whether palliative care services are available <sup>21</sup>						
Yes, service available	378	77				
Not available	48	11				
Don't know if service available	40	12				
Have not used <sup>22</sup>	460	98				
Have used	6	2				

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 5b: OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING BY RACE<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		White Non-Hispanic		Black Non-Hispanic	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	466	100	368	76	79	12
<b>OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING</b>						
<b>Community promotes and provides access to necessary and preventive health services</b>						
11. Rates of screening and vaccination for various conditions among people 65+ <sup>4</sup> <i>Response categories are not mutually exclusive.</i>						
Blood pressure	442	95				
Eye exam	334	74	270	73	49	62
Physical exam	336	67	266	73	59	75
Mammogram <sup>5</sup>	179	66	139	62	33	66
PSA test <sup>6</sup>	118	62	95	62	18	63
Flu shot	257	53	219	60	28	35
Hearing test	117	28	96	27	17	22
Bone density test	124	26	102	28	18	22
12. Percentage of people age 65+ who (a) thought they needed the help of a health care professional because they felt depressed or anxious and (b) have not seen one (for those symptoms) <sup>7</sup>						
(a) Thought they needed the help of a health care professional						
Did not need professional help	426	88				
Needed professional help	39	12	29	7	5	6
DK/RF	1	<1				
(b) Have not seen a health professional <sup>8</sup>						
<i>Base includes people who said they needed professional help because they felt depressed or anxious.</i>						
Has seen a health professional	23	43				
Has not seen a health professional	16	57				
13. Percentage of people age 65+ whose physical or mental health interfered with their activities in the past month <sup>9</sup>						
Number of unhealthy days in the past month						
None	295	61				
1 or more unhealthy days in the past month	151	34				
DK/RF	20	5				
Number of days that physical or mental health interfered with activities in the past month <sup>10</sup>						
<i>Base includes people who said they had one or more "unhealthy days."</i>						
None	102	70	76	63	21	74
1-6 days	23	17	21	22	2	7
7 or more days	21	11	16	12	5	16
DK/RF	5	2	4	3	1	3
14. Percentage of people age 65+ who report being in good to excellent health <sup>11</sup>						
Excellent/very good/good	378	83	310	84	51	64
Fair/poor <sup>12</sup>	85	16	56	15	28	36
DK/RF	3	1	2	<1	0	0

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

<sup>1</sup> Analyses exclude the 12% of people age 65+ who classified themselves as Hispanic of any race, American Indian or Alaska Native, Asian, other, mixed race, and people who refused to disclose their race.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> Annual housing expenditure was calculated based on outlays for rent or mortgage, real estate taxes, association/condo fees, and utilities as a percentage of income. People for whom sufficient information was not available were classified in the category expenditure unknown.

<sup>5</sup> We asked respondents whether they agree or disagree with the following statement: “*What I’d really like to do is stay in my current residence for as long as possible.*” For people who answered “*agree*” we calculated the percentage of adults age 65+ who were very confident/not very confident that they will be able to afford to live in their current residence for as long as they would like.

<sup>6</sup> Agree includes those who said Strongly agree or Somewhat agree.

<sup>7</sup> Not very confident includes those who said Somewhat confident, Not too confident, Not confident at all, Don’t know, or Refused.

<sup>8</sup> People were asked whether their current residence needs any significant repairs, modifications, or changes to improve their ability to live there over the next five years.

<sup>9</sup> People who said that their homes need modification were asked if they plan to make the change over the next five years.

<sup>10</sup> People were asked whether safety in their neighborhood is excellent, very good, good, fair, or poor.

<sup>11</sup> People were read a list of fourteen neighborhood problems and were asked to indicate whether each item posed a big problem, small problem, or no problem in their neighborhood.

<sup>12</sup> The top four neighborhood problems are analyzed by demographic characteristics.

<sup>13</sup> People were asked how satisfied they are with their neighborhood as a place to live.

<sup>14</sup> The category “Not very satisfied” includes those who said they were somewhat satisfied, somewhat dissatisfied, or very dissatisfied with their neighborhood.

<sup>15</sup> People were asked if in the past 12 months they or another adult in their household cut the size of or skipped meals because there wasn’t enough money for food.

<sup>16</sup> People were asked to indicate the best resource, such as a person or an organization, in their city, town, or county to get information on various services.

<sup>17</sup> Respondents were asked whether these 10 services are available in their area.

<sup>18</sup> Most selected services is defined as 6 or more services. Respondents were asked whether the following 10 services exist in their community: Respite; Home repair service; Homemaker service; Home health aide; Congregate meals; Hospice; Senior center; Visiting nurse; Meals-on-wheels; Special transportation service.

<sup>19</sup> People were asked whether they need assistance with the following activities: ADLs – taking a bath or shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home and IADLs – going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills.

<sup>20</sup> People who answered “yes” were asked whether they get enough assistance with these activities. Unmet need was defined as not getting help or not getting enough help for one or more ADLs and/or IADLs for which assistance was needed.

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		White Non-Hispanic		Black Non-Hispanic	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>368</b>	<b>76</b>	<b>79</b>	<b>12</b>
Meals-on-wheels						
Yes	349	75				
No	69	13				
Don't know	48	11				
Senior Center						
Yes	315	68				
No	96	17				
Don't know	55	15				
Home health aide						
Yes	306	65				
No	69	13				
Don't know	91	22				
Special transportation						
Yes	283	63				
No	94	19				
Don't know	89	18				
Homemaker service						
Yes	286	60				
No	89	17				
Don't know	91	23				
Congregate meals						
Yes	286	60				
No	89	22				
Don't know	91	18				
Home repair service						
Yes	192	41				
No	119	26				
Don't know	154	33				
Refused	1	<1				
Respite						
Yes	180	37				
No	106	23				
Don't know	179	39				
Refused	1	<1				
Unaware of most selected services <sup>18</sup>	34	9	29	7	2	2
10. Percentage of people age 65+ with adequate assistance in ADL and/or IADL activities <sup>19</sup>						
No limitations	405	86				
One or more ADL/IADL	61	14	45	14	12	16
Adequate assistance in ADL and/or IADL activities <sup>20</sup>						
<i>Base includes people who have one or more ADL/IADL limitations.</i>						
All needs are met	19	30	14	32	4	37
One or more unmet need	42	70	31	68	8	63

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		White Non-Hispanic		Black Non-Hispanic	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>368</b>	<b>76</b>	<b>79</b>	<b>12</b>
5. Percentage of people age 65+ who report few/multiple problems in the neighborhood <sup>11</sup>						
Prevalence of perceived neighborhood problems <sup>12</sup>						
<i>Response categories are not mutually exclusive.</i>						
Crime	165	42	116	35	44	55
Heavy traffic	147	32	107	29	35	45
Streets too dark	132	32	97	25	29	37
People don't get involved	156	31	107	30	47	59
Streets need repair	135	31				
Noise	125	28				
Not enough arts/culture	88	25				
Public transportation	111	24				
Rundown buildings	88	21				
Distance from shopping	78	19				
Lack of affordable housing	94	18				
Distance from parks	77	18				
Traffic lights too few/too fast	87	17				
Poor public service	63	13				
6. Percentage of people age 65+ who are satisfied with the neighborhood as a place to live <sup>13</sup>						
Very satisfied	365	74	308	80	42	55
Not very satisfied <sup>14</sup>	100	26	59	19	37	45
DK/RF	1	<1	1	<1	0	0
<b>People have enough to eat</b>						
7. Percentage of people age 65+ who report cutting the size of or skipping meals due to lack of money <sup>15</sup>						
Did not cut or skip meals	449	96				
Cut the size of or skipped meals	15	4				
DK/RF	2	<1				
<b>Assistance services are available and residents know how to access them</b>						
8. Percentage of people age 65+ who do not know whom to call if they need information about services in their community <sup>16</sup>						
Do not know whom to call	155	36	125	32	26	34
City/county/office of aging/social services/other agency	128	27				
Phone book/other media	63	11				
Medical center/health professional	47	10				
Senior center	27	6				
Family/neighbors	18	5				
Church/synagogue	19	3				
Other	9	2				
9. Percentage of people age 65+ who are aware/unaware of selected services in their community <sup>17</sup>						
Hospice						
Yes	378	77				
No	48	11				
Don't know	40	12				
Visiting nurse						
Yes	354	75				
No	70	12				
Don't know	42	13				

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

**TABLE 5a: ADDRESSES BASIC NEEDS BY RACE<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		White Non-Hispanic		Black Non-Hispanic	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>368</b>	<b>76</b>	<b>79</b>	<b>12</b>
<b>ADDRESSES BASIC NEEDS</b>						
<b>Affordable housing is available to community residents</b>						
1. Percentage of people age 65+ who spend >30%/<30% of their income on housing <sup>4</sup>						
30 percent or less of income	118	27	103	27	11	14
More than 30% of income	73	17	47	12	21	27
Expenditure unknown	275	56	218	61	47	59
2. Percentage of people age 65+ who (a) want to remain in their current residence and (b) are confident they will be able to afford to do so <sup>5</sup>						
(a) Want to remain in their current residence						
Agree <sup>6</sup>	440	95				
Disagree	17	3				
Neither	9	3				
(b) Confident they will be able to afford to do so						
<i>Base includes people who want to remain in their current residence for as long as possible.</i>						
Very confident	262	57	210	58	40	54
Not very confident <sup>7</sup>	178	43	138	42	35	46
<b>Housing is modified to accommodate mobility and safety</b>						
3. Percentage of householders age 65+ in housing units with home modification needs <sup>8</sup>						
No modifications needed	375	79				
One or more modification needed	91	21	52	15	38	48
Type of modification needed						
<i>Response categories are not mutually exclusive.</i>						
Cosmetic/minor repairs	59	14				
Structural changes/major repairs	43	9				
Bathroom modification	30	9				
Better heating in the winter	32	5				
Medical emergency response system	28	5				
Better cooling in the summer	24	4				
Accommodations for disabilities	20	4				
Fix problem with insects/rodents	15	3				
Other	6	1				
Planning home modifications <sup>9</sup>						
<i>Base includes those who said their homes need modification.</i>						
Planning to modify	69	78				
Not planning to modify	15	14				
DK/RF	7	8				
<b>The neighborhood is livable and safe</b>						
4. Percentage of people age 65+ who feel safe/unsafe in their neighborhood <sup>10</sup>						
Safety – Excellent/Very Good	294	60	251	63	30	39
Safety – Good	122	26	93	28	25	32
Safety – Fair/Poor	46	14	22	8	22	27
DK/RF	4	1	2	<1	2	2

# RACE

The Race demographic compares seniors in the following two categories:

- 1) White Non-Hispanic
- 2) Black Non-Hispanic

(Please note that Latinos or Hispanics were not measured due to there being a low number of Latino seniors living in St. Joseph County according to Census data.)

The following four tables break out the data by age by the survey's 33 indicators. The indicators are divided into the following four domains:

- 1) Addresses Basic Needs (10 indicators)
- 2) Optimizes Physical & Mental Health and Well-Being (11 indicators)
- 3) Maximizes Independence (5 indicators)
- 4) Promotes Social & Civic Engagement (7 indicators)

These indicators measure the essential elements of an Elder Friendly Community. For a list of the indicators, see page 2.

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

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<sup>6</sup> People were asked if they went to a movie, play, concert, restaurant, sporting event, club meeting, card game, or other social activity during the past week.

<sup>7</sup> People were asked if they do volunteer work and if so what type of volunteer work they do.

<sup>8</sup> People who said they volunteer were asked how many hours they usually spend per week doing volunteer work.

<sup>9</sup> Percentage of people who “agreed” includes those who said they “strongly agree” and those who said they “agree.”

<sup>10</sup> People were asked whether they strongly agree, agree, disagree, or strongly disagree with the following 3 statements: “Most people in this neighborhood are basically honest and can be trusted”; “If I have a problem there is always someone to help me in this neighborhood”; “Most people in this neighborhood are willing to help you if you need it.”

<sup>11</sup> People were asked what their current employment status is.

<sup>12</sup> People who were not working were asked whether they would like to be working for pay.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Excellent/Very Good/ Good		Fair/Poor/ Very Poor	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>378</b>	<b>83</b>	<b>85</b>	<b>16</b>
If I have a problem there is always someone to help me in this neighborhood						
Strongly agree	231	48				
Agree	196	41				
Disagree/strongly disagree	33	10				
DK/RF	6	1				
Most people in this neighborhood are willing to help if you need it						
Strongly agree	241	51				
Agree	180	35				
Disagree/strongly disagree	22	9				
DK/RF	23	5				
Number of statements about helping communities that people “agreed” <sup>9</sup> with <sup>10</sup>						
Agreed with three	382	78	322	81	59	69
Agreed with two	46	11	33	9	12	14
Agreed with one	24	4	13	3	11	11
Agreed with none	13	7	9	7	3	6
DK/RF	1	<1	1	<1	0	0
<b>Appropriate work is available to those who want it</b>						
33. Percentage of people age 65+ who would like to be working for pay						
Current employment status <sup>11</sup>						
Working full time	34	6				
Working part time	53	12				
Not working	377	82				
DK/RF	2	<1				
Would like to work for pay <sup>12</sup>						
Base includes people currently not working.						
Would like to work for pay	86	22	55	17	30	35
Would not like to work for pay	289	78				
DK/RF	2	<1				

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> People were asked: “Would you say that, in general, your health is Excellent, Very good, Good, Fair, Poor, or Very poor?” Analyses exclude the 1% of people age 65+ who refused to disclose their health status.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked if they got together with friends or neighbors during the past week.

<sup>5</sup> People were asked if they went to church, temple, or another place of worship for services or other activities during the past week.

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 4d: PROMOTES SOCIAL AND CIVIC ENGAGEMENT BY HEALTH STATUS<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Excellent/Very Good/ Good		Fair/Poor/Very Poor	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>378</b>	<b>83</b>	<b>85</b>	<b>16</b>
<b>PROMOTES SOCIAL AND CIVIC ENGAGEMENT</b>						
<b>Residents maintain connections with friends and neighbors</b>						
27. Percentage of people age 65+ who socialized with friends or neighbors in the past week <sup>4</sup>						
Socialized	319	68	265	71	54	63
Did not socialize	146	31				
RF/DK	1	<1				
<b>Civic, cultural, religious, and recreational activities include older residents</b>						
28. Percentage of people age 65+ who attended church, temple, or other in the past week <sup>5</sup>						
Attended	313	69	265	73	47	56
Did not attend	151	30				
RF/DK	2	<1				
29. Percentage of people age 65+ who attended movies, sports events, clubs, or group events in the past week <sup>6</sup>						
Attended	285	59	244	62	40	47
Did not attend	180	41				
RF/DK	1	<1				
30. Percentage of people age 65+ who engaged in at least one social, religious, or cultural activity in the past week						
Engaged in one or more activity	430	92	356	95	72	87
None	36	8	22	5	13	13
<b>Opportunities for volunteer work are readily available</b>						
31. Percentage of people age 65+ who participate in volunteer work <sup>7</sup>						
Participate in volunteer work	178	35	157	38	21	26
Do not participate in volunteer work	288	65	221	62	64	74
Number of hours people age 65+ spend volunteering, among those who volunteer <sup>8</sup> <i>Base includes people who said they do volunteer work.</i>						
Less than five hours per week	89	47				
Five to nine hours per week	43	26				
Ten hours or more per week	34	20				
Don't know	12	7				
<b>Community residents help and trust each other</b>						
32. Percentage of people age 65+ who live in "helping communities" Most people in the neighborhood are basically honest and can be trusted						
Strongly agree	247	50				
Agree	167	36				
Disagree/strongly disagree	29	10				
DK/RF	23	4				

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

<sup>1</sup> People were asked: “Would you say that, in general, your health is Excellent, Very good, Good, Fair, Poor, or Very poor?” Analyses exclude the 1% of people age 65+ who refused to disclose their health status.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked whether public transportation is available in their community.

<sup>5</sup> People were asked how often they have used public transportation during the past two months.

<sup>6</sup> People were asked which means of transportation they use most frequently.

<sup>7</sup> Includes taxi, walk, special transportation, and other.

<sup>8</sup> People were asked whether they need assistance with the following activities (ADLs): taking a bath or a shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>9</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>10</sup> People were asked whether they need assistance with the following activities (IADLs): going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>11</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>12</sup> People were asked whether they provide help or care, or arrange for help or care, for a relative or friend who is unable to do some things for him/herself due to illness or disability.

<sup>13</sup> People who said they provide care were asked “What is this person’s relationship to you?”

<sup>14</sup> People who said they provide care were asked “In total, how long have you been caring for ...”

<sup>15</sup> People who said they provide care were asked “On average how many hours per week are you caring for ...”

<sup>16</sup> People were asked whether they get relief from their caregiving responsibilities.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Excellent/Very Good/ Good		Fair/Poor/Very Poor	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>378</b>	<b>83</b>	<b>85</b>	<b>16</b>
Percentage of people age 65+ who need assistance with each IADL <sup>11</sup> <i>Base includes full sample. Response categories are not mutually exclusive.</i>						
Doing light housework	19	4				
Going outside the home	18	4				
Driving or public transportation	17	4				
Keeping track of money or bills	13	3				
Preparing meals	12	3				
Taking the right amount of medication	12	3				
<b>Caregivers are mobilized to complement the formal service system</b>						
25. Percentage of people age 65+ who provide help to the frail or disabled <sup>12</sup>						
Do not provide care	369	77				
Provide care	95	22	81	24	14	17
Don't know	2	1				
Relationship between caregivers age 65+ and care recipients <sup>13</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
Non-relative friend	36	50				
Another relative	28	26				
Parent or in-law	15	11				
Spouse/partner	10	8				
Child	4	4				
Other	2	1				
Number of years people age 65+ provide help to the frail or disabled among those who provide help <sup>14</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
More than 3 years	41	47				
1-3 years	32	31				
<1 year	17	15				
Don't know number of years	5	7				
Number of hours per week spent on caregiving among people age 65+ who provide help to the frail or disabled <sup>15</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
More than 10 hours	19	17				
4-10 hours	21	15				
1-3 hours	40	35				
Don't know number of hours	15	32				
26. Percentage of people age 65+ who get respite/relief from their caregiving activity <sup>16</sup> <i>Base includes people age 65+ who provide caregiving</i>						
Get respite	70	72	61	74	9	60
No respite	25	28	20	26	5	40

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

Note: Percentages may not add up to 100% due to rounding and/or missing information.

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 4c: MAXIMIZES INDEPENDENCE BY HEALTH STATUS<sup>1</sup>**  
 Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Excellent/Very Good/ Good		Fair/Poor/ Very Poor	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
<b>MAXIMIZES INDEPENDENCE</b>	<b>466</b>	<b>100</b>	<b>378</b>	<b>83</b>	<b>85</b>	<b>16</b>
<b>Transportation is accessible and affordable</b>						
22. Percentage of people age 65+ who have access to public transportation <sup>4</sup>						
Yes	248	62				
Yes, but too limited to be useful	24	4				
No	177	27				
Don't know	17	8				
Frequency of use of public transportation in the past two months <sup>5</sup>						
Never	254	62				
Public transportation does not exist/DK/RF	194	35				
Once or twice/month	4	1				
Less than once/month	5	1				
About once/week	5	2				
Two or more days/week	4	1				
Means of transportation used most frequently <sup>6</sup>						
Drive a car	395	84	332	87	61	73
Ride in a car	51	11	32	8	18	21
Public transportation	11	3	7	3	4	4
Other <sup>7</sup>	9	2	7	2	2	2
<b>The community service system enables people to live comfortably and safely at home</b>						
23. Percentage of people age 65+ with adequate assistance in activities of daily living (ADL) <sup>8</sup>						
ADL limitations						
No limitations	440	93				
1+ADL	26	7				
Adequate assistance with ADLs						
<i>Base includes full sample.</i>						
All needs are met	8	2				
1 or more unmet need	18	6				
Percentage of people age 65+ who need assistance with each ADL <sup>9</sup>						
<i>Base includes full sample. Response categories are not mutually exclusive.</i>						
Taking a bath or shower	10	4				
Dressing	9	3				
Getting in/out of bed/chair	9	3				
Getting around the home	7	3				
Eating	3	2				
Using/getting to the toilet	4	1				
24. Percentage of people age 65+ with adequate assistance in instrumental activities of daily living (IADL) <sup>10</sup>						
IADL limitations						
No limitations	414	89				
1+IADL	52	11				
Adequate assistance with IADLs						
<i>Base includes full sample.</i>						
All needs are met	20	5				
1 or more unmet need	32	7				

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> People were asked: “Would you say that, in general, your health is Excellent, Very good, Good, Fair, Poor, or Very poor?” Analyses exclude the 1% of people age 65+ who refused to disclose their health status.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked whether they had any of the listed preventive measures or tests in the past 12 months.

<sup>5</sup> Mammogram for women only.

<sup>6</sup> PSA (prostate cancer screening) test for men only.

<sup>7</sup> People were asked whether in the past year, there was a time when they thought they needed the help of a health professional or a counselor because they felt depressed or anxious.

<sup>8</sup> People who answered “yes” were asked whether they obtained the professional help or counseling they thought they needed.

<sup>9</sup> The number of “unhealthy” days is based on a summary index from the following two questions: 1. “Now, thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?” and 2. “Now, thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

<sup>10</sup> People who had one or more “unhealthy days” were asked “During the past 30 days, for how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”

<sup>11</sup> People were asked: “Would you say that, in general, your health is Excellent, Very good, Good, Fair, Poor, or Very poor?”

<sup>12</sup> Includes people who said their health was Fair, Poor, or Very poor.

<sup>13</sup> “Regular leisure time activity” is defined as 1) light or moderate activity that causes light sweating or a light to moderate increase in breathing or heart rate and occurs five or more times per week for at least 30 minutes each time, and/or 2) vigorous activity that causes heavy sweating or large increases in breathing or heart rate and occurs three or more times per week for at least 20 minutes each time. People who engage in other combinations of the two types of physical activities described above are included in the category “some activity.” Those who are unable to or do not engage in physical activity are included in the category “no activity.”

<sup>14</sup> People were asked whether there is a place that they usually go when they are sick or need advice about their health.

<sup>15</sup> People were asked what kind of place they go to most often – a clinic, doctor’s office, emergency room, or some other place.

<sup>16</sup> People were asked whether in the past year there was a time when they thought they needed medical care because they felt sick.

<sup>17</sup> People who answered “yes” were asked whether they saw a medical professional when they felt sick.

<sup>18</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to follow up on tests or treatment recommended by a doctor.

<sup>19</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to fill a prescription for medicine.

<sup>20</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to obtain dental care (including checkups) and whether there was a time in the past 12 months when they did not have enough money to obtain eyeglasses.

<sup>21</sup> People were asked whether end of life or hospice care service is available in their area.

<sup>22</sup> People were asked whether they had used end of life or hospice care in the last 12 months.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Excellent/Very Good/ Good		Fair/Poor/Very Poor	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>378</b>	<b>83</b>	<b>85</b>	<b>16</b>
<b>Opportunities for physical activity are available and used</b>						
15. Percentage of people age 65+ who participate in regular leisure time activity <sup>13</sup>						
Regular leisure time activity	233	57	209	62	22	26
Some activity	103	20	87	19	16	25
No activity	129	23	81	18	47	49
DK/RF	1	<1	1	<1	0	0
<b>Obstacles to use of necessary medical care are minimized</b>						
16. Percentage of people age 65+ with a usual source of care <sup>14</sup>						
Have a usual source of care	434	94	351	95	81	91
No usual source of care	30	5	25	4	4	9
More than one place	1	<1	1	<1	0	0
Don't know	1	<1	1	<1	0	0
Source of care used most often <sup>15</sup>						
Doctor's office	375	81				
Clinic/health center	62	13				
Emergency room	13	4				
Hospital outpatient	3	1				
VA facility	2	<1				
Not one place/other/dk	11	2				
17. Percentage of people age 65+ who failed to obtain needed medical care <sup>16</sup>						
Did not need medical care	275	61				
Needed medical care	185	37				
Don't know	6	2				
Failed to obtain needed medical care <sup>17</sup>						
<i>Base includes people who said they needed medical care.</i>						
Obtained care	178	98				
Did not obtain care	7	2				
18. Percentage of people age 65+ who had problems paying for medical care <sup>18</sup>						
No problem paying for medical care	429	94				
Problem paying for medical care	34	6	22	5	12	14
DK/RF	3	<1				
19. Percentage of people age 65+ who had problems paying for prescription drugs <sup>19</sup>						
No problem paying for prescription drugs	419	92				
Problem paying for prescription drugs	42	7	24	4	17	18
DK/RF	5	1				
20. Percentage of people age 65+ who had problems paying for dental care or eyeglasses <sup>20</sup>						
No problem paying for dental care or eyeglasses	415	86				
Problem paying for dental care or eyeglasses	49	14	30	11	17	18
DK/RF	2	<1				
<b>Palliative care services are available and advertised</b>						
21. Percentage of people age 65+ who know whether palliative care services are available <sup>21</sup>						
Yes, service available	378	77				
Not available	48	11				
Don't know if service available	40	12				
Have not used <sup>22</sup>	460	98				
Have used	6	2				

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 4b: OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING BY HEALTH STATUS<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Excellent/Very Good/ Good		Fair/Poor/Very Poor	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	466	100	378	83	85	16
<b>OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING</b>						
<b>Community promotes and provides access to necessary and preventive health services</b>						
11. Rates of screening and vaccination for various conditions among people 65+ <sup>4</sup> <i>Response categories are not mutually exclusive.</i>						
Blood pressure	442	95				
Eye exam	334	74	274	75	58	70
Physical exam	336	67	274	66	62	74
Mammogram <sup>5</sup>	179	66	153	70	25	49
PSA test <sup>6</sup>	118	62	98	66	20	47
Flu shot	257	53	211	52	45	54
Hearing test	117	28	106	30	11	20
Bone density test	124	26	103	25	20	24
12. Percentage of people age 65+ who (a) thought they needed the help of a health care professional because they felt depressed or anxious and (b) have not seen one (for those symptoms) <sup>7</sup>						
(a) Thought they needed the help of a health care professional						
Did not need professional help	426	88				
Needed professional help	39	12	24	10	13	12
DK/RF	1	<1				
(b) Have not seen a health professional <sup>8</sup>						
<i>Base includes people who said they needed professional help because they felt depressed or anxious.</i>						
Has seen a health professional	23	43				
Has not seen a health professional	16	57				
13. Percentage of people age 65+ whose physical or mental health interfered with their activities in the past month <sup>9</sup>						
Number of unhealthy days in the past month						
None	295	61				
1 or more unhealthy days in the past month	151	34				
DK/RF	20	5				
Number of days that physical or mental health interfered with activities in the past month <sup>10</sup>						
<i>Base includes people who said they had one or more "unhealthy days."</i>						
None	102	70	68	76	34	58
1-6 days	23	17	16	16	7	18
7 or more days	21	11	8	6	13	22
DK/RF	5	2	2	2	2	2
14. Percentage of people age 65+ who report being in good to excellent health <sup>11</sup>						
Excellent/very good/good	378	83	--	--	--	--
Fair/poor <sup>12</sup>	85	16	--	--	--	--
DK/RF	3	1	--	--	--	--

## AdvantAge Initiative Community Survey in St. Joseph County, IN

<sup>1</sup> People were asked: “Would you say that, in general, your health is Excellent, Very good, Good, Fair, Poor, or Very poor?” Analyses exclude the 1% of people age 65+ who refused to disclose their health status.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> Annual housing expenditure was calculated based on outlays for rent or mortgage, real estate taxes, association/condo fees, and utilities as a percentage of income. People for whom sufficient information was not available were classified in the category expenditure unknown.

<sup>5</sup> We asked respondents whether they agree or disagree with the following statement: “*What I’d really like to do is stay in my current residence for as long as possible.*” For people who answered “agree” we calculated the percentage of adults age 65+ who were very confident/not very confident that they will be able to afford to live in their current residence for as long as they would like.

<sup>6</sup> Agree includes those who said Strongly agree or Somewhat agree.

<sup>7</sup> Not very confident includes those who said Somewhat confident, Not too confident, Not confident at all, Don’t know, or Refused.

<sup>8</sup> People were asked whether their current residence needs any significant repairs, modifications, or changes to improve their ability to live there over the next five years.

<sup>9</sup> People who said that their homes need modification were asked if they plan to make the change over the next five years.

<sup>10</sup> People were asked whether safety in their neighborhood is excellent, very good, good, fair, or poor.

<sup>11</sup> People were read a list of fourteen neighborhood problems and were asked to indicate whether each item posed a big problem, small problem, or no problem in their neighborhood.

<sup>12</sup> The top four neighborhood problems are analyzed by demographic characteristics.

<sup>13</sup> People were asked how satisfied they are with their neighborhood as a place to live.

<sup>14</sup> The category “Not very satisfied” includes those who said they were somewhat satisfied, somewhat dissatisfied, or very dissatisfied with their neighborhood.

<sup>15</sup> People were asked if in the past 12 months they or another adult in their household cut the size of or skipped meals because there wasn’t enough money for food.

<sup>16</sup> People were asked to indicate the best resource, such as a person or an organization, in their city, town, or county to get information on various services.

<sup>17</sup> Respondents were asked whether these 10 services are available in their area.

<sup>18</sup> Most selected services is defined as 6 or more services. Respondents were asked whether the following 10 services exist in their community: Respite; Home repair service; Homemaker service; Home health aide; Congregate meals; Hospice; Senior center; Visiting nurse; Meals-on-wheels; Special transportation service.

<sup>19</sup> People were asked whether they need assistance with the following activities: ADLs – taking a bath or shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home and IADLs – going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills.

<sup>20</sup> People who answered “yes” were asked whether they get enough assistance with these activities. Unmet need was defined as not getting help or not getting enough help for one or more ADLs and/or IADLs for which assistance was needed.

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Excellent/Very Good/ Good		Fair/Poor/Very Poor	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>378</b>	<b>83</b>	<b>85</b>	<b>16</b>
Meals-on-wheels						
Yes	349	75				
No	69	13				
Don't know	48	11				
Senior Center						
Yes	315	68				
No	96	17				
Don't know	55	15				
Home health aide						
Yes	306	65				
No	69	13				
Don't know	91	22				
Special transportation						
Yes	283	63				
No	94	19				
Don't know	89	18				
Homemaker service						
Yes	286	60				
No	89	17				
Don't know	91	23				
Congregate meals						
Yes	286	60				
No	89	22				
Don't know	91	18				
Home repair service						
Yes	192	41				
No	119	26				
Don't know	154	33				
Refused	1	<1				
Respite						
Yes	180	37				
No	106	23				
Don't know	179	39				
Refused	1	<1				
Unaware of most selected services <sup>18</sup>	34	9	29	10	5	6
10. Percentage of people age 65+ with adequate assistance in ADL and/or IADL activities <sup>19</sup>						
No limitations	405	86				
One or more ADL/IADL	61	14	36	10	24	29
Adequate assistance in ADL and/or IADL activities <sup>20</sup>						
<i>Base includes people who have one or more ADL/IADL limitations.</i>						
All needs are met	19	30	12	33	7	32
One or more unmet need	42	70	24	67	17	68

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Excellent/Very Good/ Good		Fair/Poor/Very Poor	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>378</b>	<b>83</b>	<b>85</b>	<b>16</b>
5. Percentage of people age 65+ who report few/multiple problems in the neighborhood <sup>11</sup> Prevalence of perceived neighborhood problems <sup>12</sup> <i>Response categories are not mutually exclusive.</i>						
Crime	165	42	124	39	39	52
Heavy traffic	147	32	112	31	34	40
Streets too dark	132	32	98	31	32	37
People don't get involved	156	31	115	28	39	45
Streets need repair	135	31				
Noise	125	28				
Not enough arts/culture	88	25				
Public transportation	111	24				
Rundown buildings	88	21				
Distance from shopping	78	19				
Lack of affordable housing	94	18				
Distance from parks	77	18				
Traffic lights too few/too fast	87	17				
Poor public service	63	13				
6. Percentage of people age 65+ who are satisfied with the neighborhood as a place to live <sup>13</sup>						
Very satisfied	365	74	317	80	46	49
Not very satisfied <sup>14</sup>	100	26	60	20	39	51
DK/RF	1	<1	1	<1	0	0
<b>People have enough to eat</b>						
7. Percentage of people age 65+ who report cutting the size of or skipping meals due to lack of money <sup>15</sup>						
Did not cut or skip meals	449	96				
Cut the size of or skipped meals	15	4				
DK/RF	2	<1				
<b>Assistance services are available and residents know how to access them</b>						
8. Percentage of people age 65+ who do not know whom to call if they need information about services in their community <sup>16</sup>						
Do not know whom to call	155	36	122	37	32	34
City/county/office of aging/social services/other agency	128	27				
Phone book/other media	63	11				
Medical center/health professional	47	10				
Senior center	27	6				
Family/neighbors	18	5				
Church/synagogue	19	3				
Other	9	2				
9. Percentage of people age 65+ who are aware/unaware of selected services in their community <sup>17</sup>						
Hospice						
Yes	378	77				
No	48	11				
Don't know	40	12				
Visiting nurse						
Yes	354	75				
No	70	12				
Don't know	42	13				

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

**TABLE 4a: ADDRESSES BASIC NEEDS BY HEALTH STATUS<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Excellent/Very Good/ Good		Fair/Poor/ Very Poor	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>378</b>	<b>83</b>	<b>85</b>	<b>16</b>
<b>ADDRESSES BASIC NEEDS</b>						
<b>Affordable housing is available to community residents</b>						
1. Percentage of people age 65+ who spend >30%/<30% of their income on housing <sup>4</sup>						
30 percent or less of income	118	27	106	30	12	11
More than 30% of income	73	17	48	16	25	27
Expenditure unknown	275	56	224	54	48	62
2. Percentage of people age 65+ who (a) want to remain in their current residence and (b) are confident they will be able to afford to do so <sup>5</sup>						
(a) Want to remain in their current residence						
Agree <sup>6</sup>	440	95				
Disagree	17	3				
Neither	9	3				
(b) Confident they will be able to afford to do so						
<i>Base includes people who want to remain in their current residence for as long as possible.</i>						
Very confident	262	57	235	61	26	35
Not very confident <sup>7</sup>	178	43	128	39	49	65
<b>Housing is modified to accommodate mobility and safety</b>						
3. Percentage of householders age 65+ in housing units with home modification needs <sup>8</sup>						
No modifications needed	375	79				
One or more modification needed	91	21	52	17	39	43
Type of modification needed						
<i>Response categories are not mutually exclusive.</i>						
Cosmetic/minor repairs	59	14				
Structural changes/major repairs	43	9				
Bathroom modification	30	9				
Better heating in the winter	32	5				
Medical emergency response system	28	5				
Better cooling in the summer	24	4				
Accommodations for disabilities	20	4				
Fix problem with insects/rodents	15	3				
Other	6	1				
Planning home modifications <sup>9</sup>						
<i>Base includes those who said their homes need modification.</i>						
Planning to modify	69	78				
Not planning to modify	15	14				
DK/RF	7	8				
<b>The neighborhood is livable and safe</b>						
4. Percentage of people age 65+ who feel safe/unsafe in their neighborhood <sup>10</sup>						
Safety – Excellent/Very Good	294	60	259	65	34	36
Safety – Good	122	26	95	25	27	31
Safety – Fair/Poor	46	14	21	9	23	33
DK/RF	4	1	3	<1	1	1

# HEALTH STATUS

The Health Status demographic compares seniors in the following two categories with regard to their perception of their overall health:

- 1) Excellent/Very Good/Good
- 2) Fair/Poor/Very Poor

The following four tables break out the data by age by the survey's 33 indicators. The indicators are divided into the following four domains:

- 1) Addresses Basic Needs (10 indicators)
- 2) Optimizes Physical & Mental Health and Well-Being (11 indicators)
- 3) Maximizes Independence (5 indicators)
- 4) Promotes Social & Civic Engagement (7 indicators)

These indicators measure the essential elements of an Elder Friendly Community. For a list of the indicators, see page 2.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		High School or Less		More than High School	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>265</b>	<b>57</b>	<b>191</b>	<b>40</b>
Most people in this neighborhood are willing to help if you need it						
Strongly agree	241	51				
Agree	180	35				
Disagree/strongly disagree	22	9				
DK/RF	23	5				
Number of statements about helping communities that people “agreed” <sup>9</sup> with <sup>10</sup>						
Agreed with three	382	78	205	77	170	80
Agreed with two	46	11	32	13	12	6
Agreed with one	24	4	18	5	5	3
Agreed with none	13	7	9	4	4	11
DK/RF	1	<1	1	<1	0	0
<b>Appropriate work is available to those who want it</b>						
33. Percentage of people age 65+ who would like to be working for pay						
Current employment status <sup>11</sup>						
Working full time	34	6				
Working part time	53	12				
Not working	377	82				
DK/RF	2	<1				
Would like to work for pay <sup>12</sup>						
Base includes people currently not working.						
Would like to work for pay	86	22	54	23	32	22
Would not like to work for pay	289	78				
DK/RF	2	<1				

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> Analyses exclude the 3% of people age 65+ who refused to disclose their education.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked if they got together with friends or neighbors during the past week.

<sup>5</sup> People were asked if they went to church, temple, or another place of worship for services or other activities during the past week.

<sup>6</sup> People were asked if they went to a movie, play, concert, restaurant, sporting event, club meeting, card game, or other social activity during the past week.

<sup>7</sup> People were asked if they do volunteer work and if so what type of volunteer work they do.

<sup>8</sup> People who said they volunteer were asked how many hours they usually spend per week doing volunteer work.

<sup>9</sup> Percentage of people who “agreed” includes those who said they “strongly agree” and those who said they “agree.”

<sup>10</sup> People were asked whether they strongly agree, agree, disagree, or strongly disagree with the following 3 statements: “Most people in this neighborhood are basically honest and can be trusted”; “If I have a problem there is always someone to help me in this neighborhood”; “Most people in this neighborhood are willing to help you if you need it.”

<sup>11</sup> People were asked what their current employment status is.

<sup>12</sup> People who were not working were asked whether they would like to be working for pay.

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 3d: PROMOTES SOCIAL AND CIVIC ENGAGEMENT BY EDUCATION<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		High School or Less		More than High School	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	466	100	265	57	191	40
<b>PROMOTES SOCIAL AND CIVIC ENGAGEMENT</b>						
<b>Residents maintain connections with friends and neighbors</b>						
27. Percentage of people age 65+ who socialized with friends or neighbors in the past week <sup>4</sup>						
Socialized	319	68	174	69	141	69
Did not socialize	146	31				
RF/DK	1	<1				
<b>Civic, cultural, religious, and recreational activities include older residents</b>						
28. Percentage of people age 65+ who attended church, temple, or other in the past week <sup>5</sup>						
Attended	313	69	170	65	139	78
Did not attend	151	30				
RF/DK	2	<1				
29. Percentage of people age 65+ who attended movies, sports events, clubs, or group events in the past week <sup>6</sup>						
Attended	285	59	152	57	129	61
Did not attend	180	41				
RF/DK	1	<1				
30. Percentage of people age 65+ who engaged in at least one social, religious, or cultural activity in the past week						
Engaged in one or more activity	430	92	241	90	183	97
None	36	8	24	10	8	3
<b>Opportunities for volunteer work are readily available</b>						
31. Percentage of people age 65+ who participate in volunteer work <sup>7</sup>						
Participate in volunteer work	178	35	79	26	96	47
Do not participate in volunteer work	288	65	186	74	95	53
Number of hours people age 65+ spend volunteering, among those who volunteer <sup>8</sup> <i>Base includes people who said they do volunteer work.</i>						
Less than five hours per week	89	47				
Five to nine hours per week	43	26				
Ten hours or more per week	34	20				
Don't know	12	7				
<b>Community residents help and trust each other</b>						
32. Percentage of people age 65+ who live in "helping communities"						
Most people in the neighborhood are basically honest and can be trusted						
Strongly agree	247	50				
Agree	167	36				
Disagree/strongly disagree	29	10				
DK/RF	23	4				
If I have a problem there is always someone to help me in this neighborhood						
Strongly agree	231	48				
Agree	196	41				
Disagree/strongly disagree	33	10				
DK/RF	6	1				

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked whether public transportation is available in their community.

<sup>5</sup> People were asked how often they have used public transportation during the past two months.

<sup>6</sup> People were asked which means of transportation they use most frequently.

<sup>7</sup> Includes taxi, walk, special transportation, and other.

<sup>8</sup> People were asked whether they need assistance with the following activities (ADLs): taking a bath or a shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>9</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>10</sup> People were asked whether they need assistance with the following activities (IADLs): going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>11</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>12</sup> People were asked whether they provide help or care, or arrange for help or care, for a relative or friend who is unable to do some things for him/herself due to illness or disability.

<sup>13</sup> People who said they provide care were asked “What is this person’s relationship to you?”

<sup>14</sup> People who said they provide care were asked “In total, how long have you been caring for ...”

<sup>15</sup> People who said they provide care were asked “On average how many hours per week are you caring for ...”

<sup>16</sup> People were asked whether they get relief from their caregiving responsibilities.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		High School or Less		More than High School	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>265</b>	<b>57</b>	<b>191</b>	<b>40</b>
Percentage of people age 65+ who need assistance with each IADL <sup>11</sup> <i>Base includes full sample. Response categories are not mutually exclusive.</i>						
Doing light housework	19	4				
Going outside the home	18	4				
Driving or public transportation	17	4				
Keeping track of money or bills	13	3				
Preparing meals	12	3				
Taking the right amount of medication	12	3				
<b>Caregivers are mobilized to complement the formal service system</b>						
25. Percentage of people age 65+ who provide help to the frail or disabled <sup>12</sup>						
Do not provide care	369	77				
Provide care	95	22	53	25	41	19
Don't know	2	1				
Relationship between caregivers age 65+ and care recipients <sup>13</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
Non-relative friend	36	50				
Another relative	28	26				
Parent or in-law	15	11				
Spouse/partner	10	8				
Child	4	4				
Other	2	1				
Number of years people age 65+ provide help to the frail or disabled among those who provide help <sup>14</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
More than 3 years	41	47				
1-3 years	32	31				
<1 year	17	15				
Don't know number of years	5	7				
Number of hours per week spent on caregiving among people age 65+ who provide help to the frail or disabled <sup>15</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
More than 10 hours	19	17				
4-10 hours	21	15				
1-3 hours	40	35				
Don't know number of hours	15	32				
26. Percentage of people age 65+ who get respite/relief from their caregiving activity <sup>16</sup> <i>Base includes people age 65+ who provide caregiving</i>						
Get respite	70	72	35	64	34	85
No respite	25	28	18	36	7	15

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> Analyses exclude the 3% of people age 65+ who refused to disclose their education.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 3c: MAXIMIZES INDEPENDENCE BY EDUCATION<sup>1</sup>**  
 Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		High School or Less		More than High School	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	466	100	265	57	191	40
<b>MAXIMIZES INDEPENDENCE</b>						
<b>Transportation is accessible and affordable</b>						
22. Percentage of people age 65+ who have access to public transportation <sup>4</sup>						
Yes	248	62				
Yes, but too limited to be useful	24	4				
No	177	27				
Don't know	17	8				
Frequency of use of public transportation in the past two months <sup>5</sup>						
Never	254	62				
Public transportation does not exist/DK/RF	194	35				
Once or twice/month	4	1				
Less than once/month	5	1				
About once/week	5	2				
Two or more days/week	4	1				
Means of transportation used most frequently <sup>6</sup>						
Drive a car	395	84	214	79	174	91
Ride in a car	51	11	37	16	13	5
Public transportation	11	3	9	5	1	<1
Other <sup>7</sup>	9	2	5	1	3	3
<b>The community service system enables people to live comfortably and safely at home</b>						
23. Percentage of people age 65+ with adequate assistance in activities of daily living (ADL) <sup>8</sup>						
ADL limitations						
No limitations	440	93				
1+ADL	26	7				
Adequate assistance with ADLs						
<i>Base includes full sample.</i>						
All needs are met	8	2				
1 or more unmet need	18	6				
Percentage of people age 65+ who need assistance with each ADL <sup>9</sup>						
<i>Base includes full sample. Response categories are not mutually exclusive.</i>						
Taking a bath or shower	10	4				
Dressing	9	3				
Getting in/out of bed/chair	9	3				
Getting around the home	7	3				
Eating	3	2				
Using/getting to the toilet	4	1				
24. Percentage of people age 65+ with adequate assistance in instrumental activities of daily living (IADL) <sup>10</sup>						
IADL limitations						
No limitations	414	89				
1+IADL	52	11				
Adequate assistance with IADLs						
<i>Base includes full sample.</i>						
All needs are met	20	5				
1 or more unmet need	32	7				

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

- 
- <sup>1</sup> Analyses exclude the 3% of people age 65+ who refused to disclose their education.
- <sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.
- <sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.
- <sup>4</sup> People were asked whether they had any of the listed preventive measures or tests in the past 12 months.
- <sup>5</sup> Mammogram for women only.
- <sup>6</sup> PSA (prostate cancer screening) test for men only.
- <sup>7</sup> People were asked whether in the past year, there was a time when they thought they needed the help of a health professional or a counselor because they felt depressed or anxious.
- <sup>8</sup> People who answered “yes” were asked whether they obtained the professional help or counseling they thought they needed.
- <sup>9</sup> The number of “unhealthy” days is based on a summary index from the following two questions: 1. “Now, thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?” and 2. “Now, thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”
- <sup>10</sup> People who had one or more “unhealthy days” were asked “During the past 30 days, for how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”
- <sup>11</sup> People were asked: “Would you say that, in general, your health is Excellent, Very good, Good, Fair, Poor, or Very poor?”
- <sup>12</sup> Includes people who said their health was Fair, Poor, or Very poor.
- <sup>13</sup> “Regular leisure time activity” is defined as 1) light or moderate activity that causes light sweating or a light to moderate increase in breathing or heart rate and occurs five or more times per week for at least 30 minutes each time, and/or 2) vigorous activity that causes heavy sweating or large increases in breathing or heart rate and occurs three or more times per week for at least 20 minutes each time. People who engage in other combinations of the two types of physical activities described above are included in the category “some activity.” Those who are unable to or do not engage in physical activity are included in the category “no activity.”
- <sup>14</sup> People were asked whether there is a place that they usually go when they are sick or need advice about their health.
- <sup>15</sup> People were asked what kind of place they go to most often – a clinic, doctor’s office, emergency room, or some other place.
- <sup>16</sup> People were asked whether in the past year there was a time when they thought they needed medical care because they felt sick.
- <sup>17</sup> People who answered “yes” were asked whether they saw a medical professional when they felt sick.
- <sup>18</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to follow up on tests or treatment recommended by a doctor.
- <sup>19</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to fill a prescription for medicine.
- <sup>20</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to obtain dental care (including checkups) and whether there was a time in the past 12 months when they did not have enough money to obtain eyeglasses.
- <sup>21</sup> People were asked whether end of life or hospice care service is available in their area.
- <sup>22</sup> People were asked whether they had used end of life or hospice care in the last 12 months.

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		High School or Less		More than High School	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>265</b>	<b>57</b>	<b>191</b>	<b>40</b>
<b>Opportunities for physical activity are available and used</b>						
15. Percentage of people age 65+ who participate in regular leisure time activity <sup>13</sup>						
Regular leisure time activity	233	57	116	51	113	65
Some activity	103	20	65	22	36	18
No activity	129	23	83	27	42	17
DK/RF	1	<1	1	<1	0	0
<b>Obstacles to use of necessary medical care are minimized</b>						
16. Percentage of people age 65+ with a usual source of care <sup>14</sup>						
Have a usual source of care	434	94	247	94	179	95
No usual source of care	30	5	17	5	11	5
More than one place	1	<1	0	0	1	<1
Don't know	1	<1	1	1	0	0
Source of care used most often <sup>15</sup>						
Doctor's office	375	81				
Clinic/health center	62	13				
Emergency room	13	4				
Hospital outpatient	3	1				
VA facility	2	<1				
Not one place/other/dk	11	2				
17. Percentage of people age 65+ who failed to obtain needed medical care <sup>16</sup>						
Did not need medical care	275	61				
Needed medical care	185	37				
Don't know	6	2				
Failed to obtain needed medical care <sup>17</sup>						
<i>Base includes people who said they needed medical care.</i>						
Obtained care	178	98				
Did not obtain care	7	2				
18. Percentage of people age 65+ who had problems paying for medical care <sup>18</sup>						
No problem paying for medical care	429	94				
Problem paying for medical care	34	6	21	7	12	5
DK/RF	3	<1				
19. Percentage of people age 65+ who had problems paying for prescription drugs <sup>19</sup>						
No problem paying for prescription drugs	419	92				
Problem paying for prescription drugs	42	7	29	8	12	5
DK/RF	5	1				
20. Percentage of people age 65+ who had problems paying for dental care or eyeglasses <sup>20</sup>						
No problem paying for dental care or eyeglasses	415	86				
Problem paying for dental care or eyeglasses	49	14	30	17	18	9
DK/RF	2	<1				
<b>Palliative care services are available and advertised</b>						
21. Percentage of people age 65+ who know whether palliative care services are available <sup>21</sup>						
Yes, service available	378	77				
Not available	48	11				
Don't know if service available	40	12				
Have not used <sup>22</sup>	460	98				
Have used	6	2				

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 3b: OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING BY EDUCATION<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		High School or Less		More than High School	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	466	100	265	57	191	40
<b>OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING</b>						
<b>Community promotes and provides access to necessary and preventive health services</b>						
11. Rates of screening and vaccination for various conditions among people 65+ <sup>4</sup> <i>Response categories are not mutually exclusive.</i>						
Blood pressure	442	95				
Eye exam	334	74	188	73	143	79
Physical exam	336	67	192	68	140	66
Mammogram <sup>5</sup>	179	66	108	65	71	71
PSA test <sup>6</sup>	118	62	54	58	61	70
Flu shot	257	53	133	50	119	58
Hearing test	117	28	61	24	53	33
Bone density test	124	26	72	28	50	23
12. Percentage of people age 65+ who (a) thought they needed the help of a health care professional because they felt depressed or anxious and (b) have not seen one (for those symptoms) <sup>7</sup>						
(a) Thought they needed the help of a health care professional						
Did not need professional help	426	88				
Needed professional help	39	12	24	9	15	15
DK/RF	1	<1				
(b) Have not seen a health professional <sup>8</sup>						
<i>Base includes people who said they needed professional help because they felt depressed or anxious.</i>						
Has seen a health professional	23	43				
Has not seen a health professional	16	57				
13. Percentage of people age 65+ whose physical or mental health interfered with their activities in the past month <sup>9</sup>						
Number of unhealthy days in the past month						
None	295	61				
1 or more unhealthy days in the past month	151	34				
DK/RF	20	5				
Number of days that physical or mental health interfered with activities in the past month <sup>10</sup>						
<i>Base includes people who said they had one or more "unhealthy days."</i>						
None	102	70	66	71	35	67
1-6 days	23	17	14	18	9	15
7 or more days	21	11	11	10	9	14
DK/RF	5	2	2	1	2	4
14. Percentage of people age 65+ who report being in good to excellent health <sup>11</sup>						
Excellent/very good/good	378	83	205	77	164	89
Fair/poor <sup>12</sup>	85	16	58	20	26	11
DK/RF	3	1	2	2	1	<1

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

<sup>1</sup> Analyses exclude the 3% of people age 65+ who refused to disclose their education.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> Annual housing expenditure was calculated based on outlays for rent or mortgage, real estate taxes, association/condo fees, and utilities as a percentage of income. People for whom sufficient information was not available were classified in the category expenditure unknown.

<sup>5</sup> We asked respondents whether they agree or disagree with the following statement: “*What I’d really like to do is stay in my current residence for as long as possible.*” For people who answered “agree” we calculated the percentage of adults age 65+ who were very confident/not very confident that they will be able to afford to live in their current residence for as long as they would like.

<sup>6</sup> Agree includes those who said Strongly agree or Somewhat agree.

<sup>7</sup> Not very confident includes those who said Somewhat confident, Not too confident, Not confident at all, Don’t know, or Refused.

<sup>8</sup> People were asked whether their current residence needs any significant repairs, modifications, or changes to improve their ability to live there over the next five years.

<sup>9</sup> People who said that their homes need modification were asked if they plan to make the change over the next five years.

<sup>10</sup> People were asked whether safety in their neighborhood is excellent, very good, good, fair, or poor.

<sup>11</sup> People were read a list of fourteen neighborhood problems and were asked to indicate whether each item posed a big problem, small problem, or no problem in their neighborhood.

<sup>12</sup> The top four neighborhood problems are analyzed by demographic characteristics.

<sup>13</sup> People were asked how satisfied they are with their neighborhood as a place to live.

<sup>14</sup> The category “Not very satisfied” includes those who said they were somewhat satisfied, somewhat dissatisfied, or very dissatisfied with their neighborhood.

<sup>15</sup> People were asked if in the past 12 months they or another adult in their household cut the size of or skipped meals because there wasn’t enough money for food.

<sup>16</sup> People were asked to indicate the best resource, such as a person or an organization, in their city, town, or county to get information on various services.

<sup>17</sup> Respondents were asked whether these 10 services are available in their area.

<sup>18</sup> Most selected services is defined as 6 or more services. Respondents were asked whether the following 10 services exist in their community: Respite; Home repair service; Homemaker service; Home health aide; Congregate meals; Hospice; Senior center; Visiting nurse; Meals-on-wheels; Special transportation service.

<sup>19</sup> People were asked whether they need assistance with the following activities: ADLs – taking a bath or shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home and IADLs – going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills.

<sup>20</sup> People who answered “yes” were asked whether they get enough assistance with these activities. Unmet need was defined as not getting help or not getting enough help for one or more ADLs and/or IADLs for which assistance was needed.

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		High School or Less		More than High School	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>265</b>	<b>57</b>	<b>191</b>	<b>40</b>
Meals-on-wheels						
Yes	349	75				
No	69	13				
Don't know	48	11				
Senior Center						
Yes	315	68				
No	96	17				
Don't know	55	15				
Home health aide						
Yes	306	65				
No	69	13				
Don't know	91	22				
Special transportation						
Yes	283	63				
No	94	19				
Don't know	89	18				
Homemaker service						
Yes	286	60				
No	89	17				
Don't know	91	23				
Congregate meals						
Yes	286	60				
No	89	22				
Don't know	91	18				
Home repair service						
Yes	192	41				
No	119	26				
Don't know	154	33				
Refused	1	<1				
Respite						
Yes	180	37				
No	106	23				
Don't know	179	39				
Refused	1	<1				
Unaware of most selected services <sup>18</sup>	34	9	13	4	19	17
10. Percentage of people age 65+ with adequate assistance in ADL and/or IADL activities <sup>19</sup>						
No limitations	405	86				
One or more ADL/IADL	61	14	37	14	22	13
Adequate assistance in ADL and/or IADL activities <sup>20</sup>						
<i>Base includes people who have one or more ADL/IADL limitations.</i>						
All needs are met	19	30	8	22	11	45
One or more unmet need	42	70	29	78	11	55

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		High School or Less		More than High School	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>265</b>	<b>57</b>	<b>191</b>	<b>40</b>
5. Percentage of people age 65+ who report few/multiple problems in the neighborhood <sup>11</sup> Prevalence of perceived neighborhood problems <sup>12</sup> <i>Response categories are not mutually exclusive.</i>						
Crime	165	42	102	45	62	40
Heavy traffic	147	32	85	29	59	37
Streets too dark	132	32	74	30	57	36
People don't get involved	156	31	96	33	58	28
Streets need repair	135	31				
Noise	125	28				
Not enough arts/culture	88	25				
Public transportation	111	24				
Rundown buildings	88	21				
Distance from shopping	78	19				
Lack of affordable housing	94	18				
Distance from parks	77	18				
Traffic lights too few/too fast	87	17				
Poor public service	63	13				
6. Percentage of people age 65+ who are satisfied with the neighborhood as a place to live <sup>13</sup>						
Very satisfied	365	74	197	72	160	76
Not very satisfied <sup>14</sup>	100	26	68	28	31	24
DK/RF	1	<1	0	0	0	0
<b>People have enough to eat</b>						
7. Percentage of people age 65+ who report cutting the size of or skipping meals due to lack of money <sup>15</sup>						
Did not cut or skip meals	449	96				
Cut the size of or skipped meals	15	4				
DK/RF	2	<1				
<b>Assistance services are available and residents know how to access them</b>						
8. Percentage of people age 65+ who do not know whom to call if they need information about services in their community <sup>16</sup>						
Do not know whom to call	155	36	99	39	51	31
City/county/office of aging/social services/other agency	128	27				
Phone book/other media	63	11				
Medical center/health professional	47	10				
Senior center	27	6				
Family/neighbors	18	5				
Church/synagogue	19	3				
Other	9	2				
9. Percentage of people age 65+ who are aware/unaware of selected services in their community <sup>17</sup>						
Hospice						
Yes	378	77				
No	48	11				
Don't know	40	12				
Visiting nurse						
Yes	354	75				
No	70	12				
Don't know	42	13				

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

**TABLE 3a: ADDRESSES BASIC NEEDS BY EDUCATION<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		High School or Less		More than High School	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>265</b>	<b>57</b>	<b>191</b>	<b>40</b>
<b>ADDRESSES BASIC NEEDS</b>						
<b>Affordable housing is available to community residents</b>						
1. Percentage of people age 65+ who spend >30%/<30% of their income on housing <sup>4</sup>						
30 percent or less of income	118	27	54	18	64	41
More than 30% of income	73	17	50	24	23	8
Expenditure unknown	275	56	161	58	104	51
2. Percentage of people age 65+ who (a) want to remain in their current residence and (b) are confident they will be able to afford to do so <sup>5</sup>						
(a) Want to remain in their current residence						
Agree <sup>6</sup>	440	95				
Disagree	17	3				
Neither	9	3				
(b) Confident they will be able to afford to do so						
<i>Base includes people who want to remain in their current residence for as long as possible.</i>						
Very confident	262	57	151	56	107	60
Not very confident <sup>7</sup>	178	43	100	44	73	40
<b>Housing is modified to accommodate mobility and safety</b>						
3. Percentage of householders age 65+ in housing units with home modification needs <sup>8</sup>						
No modifications needed	375	79				
One or more modification needed	91	21	60	26	27	13
Type of modification needed						
<i>Response categories are not mutually exclusive.</i>						
Cosmetic/minor repairs	59	14				
Structural changes/major repairs	43	9				
Bathroom modification	30	9				
Better heating in the winter	32	5				
Medical emergency response system	28	5				
Better cooling in the summer	24	4				
Accommodations for disabilities	20	4				
Fix problem with insects/rodents	15	3				
Other	6	1				
Planning home modifications <sup>9</sup>						
<i>Base includes those who said their homes need modification.</i>						
Planning to modify	69	78				
Not planning to modify	15	14				
DK/RF	7	8				
<b>The neighborhood is livable and safe</b>						
4. Percentage of people age 65+ who feel safe/unsafe in their neighborhood <sup>10</sup>						
Safety – Excellent/Very Good	294	60	157	60	134	61
Safety – Good	122	26	68	23	48	27
Safety – Fair/Poor	46	14	37	17	9	12
DK/RF	4	1	3	1	0	0

# EDUCATION

The Education demographic compares seniors in the following two categories with regard to educational attainment:

- 1) High School or Less
- 2) More than High School

The following four tables break out the data by age by the survey's 33 indicators. The indicators are divided into the following four domains:

- 1) Addresses Basic Needs (10 indicators)
- 2) Optimizes Physical & Mental Health and Well-Being (11 indicators)
- 3) Maximizes Independence (5 indicators)
- 4) Promotes Social & Civic Engagement (7 indicators)

These indicators measure the essential elements of an Elder Friendly Community. For a list of the indicators, see page 2.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Age 65-74		Age 75+	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>236</b>	<b>46</b>	<b>229</b>	<b>54</b>
Most people in this neighborhood are willing to help if you need it						
Strongly agree	241	51				
Agree	180	35				
Disagree/strongly disagree	22	9				
DK/RF	23	5				
Number of statements about helping communities that people “agreed” <sup>9</sup> with <sup>10</sup>						
Agreed with three	382	78	206	88	175	70
Agreed with two	46	11	18	7	28	13
Agreed with one	24	4	7	2	17	6
Agreed with none	13	7	4	2	9	11
DK/RF	1	<1	1	<1	0	0
<b>Appropriate work is available to those who want it</b>						
33. Percentage of people age 65+ who would like to be working for pay						
Current employment status <sup>11</sup>						
Working full time	34	6				
Working part time	53	12				
Not working	377	82				
DK/RF	2	<1				
Would like to work for pay <sup>12</sup>						
Base includes people currently not working.						
Would like to work for pay	86	22	47	29	39	17
Would not like to work for pay	289	78				
DK/RF	2	<1				

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> Analyses exclude the <1% of people age 65+ who refused to disclose their exact age.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked if they got together with friends or neighbors during the past week.

<sup>5</sup> People were asked if they went to church, temple, or another place of worship for services or other activities during the past week.

<sup>6</sup> People were asked if they went to a movie, play, concert, restaurant, sporting event, club meeting, card game, or other social activity during the past week.

<sup>7</sup> People were asked if they do volunteer work and if so what type of volunteer work they do.

<sup>8</sup> People who said they volunteer were asked how many hours they usually spend per week doing volunteer work.

<sup>9</sup> Percentage of people who “agreed” includes those who said they “strongly agree” and those who said they “agree.”

<sup>10</sup> People were asked whether they strongly agree, agree, disagree, or strongly disagree with the following 3 statements: “Most people in this neighborhood are basically honest and can be trusted”; “If I have a problem there is always someone to help me in this neighborhood”; “Most people in this neighborhood are willing to help you if you need it.”

<sup>11</sup> People were asked what their current employment status is.

<sup>12</sup> People who were not working were asked whether they would like to be working for pay.

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

**TABLE 2d: PROMOTES SOCIAL AND CIVIC ENGAGEMENT BY AGE<sup>1</sup>**  
 Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Age 65-74		Age 75+	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
<b>PROMOTES SOCIAL AND CIVIC ENGAGEMENT</b>	<b>466</b>	<b>100</b>	<b>236</b>	<b>46</b>	<b>229</b>	<b>54</b>
<b>Residents maintain connections with friends and neighbors</b>						
27. Percentage of people age 65+ who socialized with friends or neighbors in the past week <sup>4</sup>						
Socialized	319	68	168	74	150	63
Did not socialize	146	31				
RF/DK	1	<1				
<b>Civic, cultural, religious, and recreational activities include older residents</b>						
28. Percentage of people age 65+ who attended church, temple, or other in the past week <sup>5</sup>						
Attended	313	69	155	70	157	69
Did not attend	151	30				
RF/DK	2	<1				
29. Percentage of people age 65+ who attended movies, sports events, clubs, or group events in the past week <sup>6</sup>						
Attended	285	59	155	67	130	52
Did not attend	180	41				
RF/DK	1	<1				
30. Percentage of people age 65+ who engaged in at least one social, religious, or cultural activity in the past week						
Engaged in one or more activity	430	92	220	94	209	91
None	36	8	16	6	20	9
<b>Opportunities for volunteer work are readily available</b>						
31. Percentage of people age 65+ who participate in volunteer work <sup>7</sup>						
Participate in volunteer work	178	35	90	37	88	34
Do not participate in volunteer work	288	65	146	63	141	66
Number of hours people age 65+ spend volunteering, among those who volunteer <sup>8</sup> <i>Base includes people who said they do volunteer work.</i>						
Less than five hours per week	89	47				
Five to nine hours per week	43	26				
Ten hours or more per week	34	20				
Don't know	12	7				
<b>Community residents help and trust each other</b>						
32. Percentage of people age 65+ who live in "helping communities"						
Most people in the neighborhood are basically honest and can be trusted						
Strongly agree	247	50				
Agree	167	36				
Disagree/strongly disagree	29	10				
DK/RF	23	4				
If I have a problem there is always someone to help me in this neighborhood						
Strongly agree	231	48				
Agree	196	41				
Disagree/strongly disagree	33	10				
DK/RF	6	1				

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

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<sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>4</sup> People were asked whether public transportation is available in their community.

<sup>5</sup> People were asked how often they have used public transportation during the past two months.

<sup>6</sup> People were asked which means of transportation they use most frequently.

<sup>7</sup> Includes taxi, walk, special transportation, and other.

<sup>8</sup> People were asked whether they need assistance with the following activities (ADLs): taking a bath or a shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>9</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>10</sup> People were asked whether they need assistance with the following activities (IADLs): going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>11</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>12</sup> People were asked whether they provide help or care, or arrange for help or care, for a relative or friend who is unable to do some things for him/herself due to illness or disability.

<sup>13</sup> People who said they provide care were asked “What is this person’s relationship to you?”

<sup>14</sup> People who said they provide care were asked “In total, how long have you been caring for ...”

<sup>15</sup> People who said they provide care were asked “On average how many hours per week are you caring for ...”

<sup>16</sup> People were asked whether they get relief from their caregiving responsibilities.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Age 65-74		Age 75+	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>236</b>	<b>46</b>	<b>229</b>	<b>54</b>
Percentage of people age 65+ who need assistance with each IADL <sup>1</sup> <i>Base includes full sample. Response categories are not mutually exclusive.</i>						
Doing light housework	19	4				
Going outside the home	18	4				
Driving or public transportation	17	4				
Keeping track of money or bills	13	3				
Preparing meals	12	3				
Taking the right amount of medication	12	3				
<b>Caregivers are mobilized to complement the formal service system</b>						
25. Percentage of people age 65+ who provide help to the frail or disabled <sup>12</sup>						
Do not provide care	369	77				
Provide care	95	22	52	29	43	17
Don't know	2	1				
Relationship between caregivers age 65+ and care recipients <sup>13</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
Non-relative friend	36	50				
Another relative	28	26				
Parent or in-law	15	11				
Spouse/partner	10	8				
Child	4	4				
Other	2	1				
Number of years people age 65+ provide help to the frail or disabled among those who provide help <sup>14</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
More than 3 years	41	47				
1-3 years	32	31				
<1 year	17	15				
Don't know number of years	5	7				
Number of hours per week spent on caregiving among people age 65+ who provide help to the frail or disabled <sup>15</sup> <i>Base includes people age 65+ who provide caregiving.</i>						
More than 10 hours	19	17				
4-10 hours	21	15				
1-3 hours	40	35				
Don't know number of hours	15	32				
26. Percentage of people age 65+ who get respite/relief from their caregiving activity <sup>16</sup> <i>Base includes people age 65+ who provide caregiving</i>						
Get respite	70	72	38	82	32	58
No respite	25	28	14	18	11	42

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> Analyses exclude the <1% of people age 65+ who refused to disclose their exact age.

<sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

**TABLE 2c: MAXIMIZES INDEPENDENCE BY AGE<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Age 65-74		Age 75+	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
<b>MAXIMIZES INDEPENDENCE</b>	<b>466</b>	<b>100</b>	<b>236</b>	<b>46</b>	<b>229</b>	<b>54</b>
<b>Transportation is accessible and affordable</b>						
22. Percentage of people age 65+ who have access to public transportation <sup>4</sup>						
Yes	248	62				
Yes, but too limited to be useful	24	4				
No	177	27				
Don't know	17	8				
Frequency of use of public transportation in the past two months <sup>5</sup>						
Never	254	62				
Public transportation does not exist/DK/RF	194	35				
Once or twice/month	4	1				
Less than once/month	5	1				
About once/week	5	2				
Two or more days/week	4	1				
Means of transportation used most frequently <sup>6</sup>						
Drive a car	395	84	216	91	178	78
Ride in a car	51	11	17	8	34	14
Public transportation	11	3	2	1	9	5
Other <sup>7</sup>	9	2	1	<1	8	3
<b>The community service system enables people to live comfortably and safely at home</b>						
23. Percentage of people age 65+ with adequate assistance in activities of daily living (ADL) <sup>8</sup>						
ADL limitations						
No limitations	440	93				
1+ADL	26	7				
Adequate assistance with ADLs						
<i>Base includes full sample.</i>						
All needs are met	8	2				
1 or more unmet need	18	6				
Percentage of people age 65+ who need assistance with each ADL <sup>9</sup>						
<i>Base includes full sample. Response categories are not mutually exclusive.</i>						
Taking a bath or shower	10	4				
Dressing	9	3				
Getting in/out of bed/chair	9	3				
Getting around the home	7	3				
Eating	3	2				
Using/getting to the toilet	4	1				
24. Percentage of people age 65+ with adequate assistance in instrumental activities of daily living (IADL) <sup>10</sup>						
IADL limitations						
No limitations	414	89				
1+IADL	52	11				
Adequate assistance with IADLs						
<i>Base includes full sample.</i>						
All needs are met	20	5				
1 or more unmet need	32	7				

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

- <sup>1</sup> Analyses exclude the <1% of people age 65+ who refused to disclose their exact age.
- <sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.
- <sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.
- <sup>4</sup> People were asked whether they had any of the listed preventive measures or tests in the past 12 months.
- <sup>5</sup> Mammogram for women only.
- <sup>6</sup> PSA (prostate cancer screening) test for men only.
- <sup>7</sup> People were asked whether in the past year, there was a time when they thought they needed the help of a health professional or a counselor because they felt depressed or anxious.
- <sup>8</sup> People who answered “yes” were asked whether they obtained the professional help or counseling they thought they needed.
- <sup>9</sup> The number of “unhealthy” days is based on a summary index from the following two questions: 1. “Now, thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?” and 2. “Now, thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”
- <sup>10</sup> People who had one or more “unhealthy days” were asked “During the past 30 days, for how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”
- <sup>11</sup> People were asked: “Would you say that, in general, your health is Excellent, Very good, Good, Fair, Poor, or Very poor?”
- <sup>12</sup> Includes people who said their health was Fair, Poor, or Very poor.
- <sup>13</sup> “Regular leisure time activity” is defined as 1) light or moderate activity that causes light sweating or a light to moderate increase in breathing or heart rate and occurs five or more times per week for at least 30 minutes each time, and/or 2) vigorous activity that causes heavy sweating or large increases in breathing or heart rate and occurs three or more times per week for at least 20 minutes each time. People who engage in other combinations of the two types of physical activities described above are included in the category “some activity.” Those who are unable to or do not engage in physical activity are included in the category “no activity.”
- <sup>14</sup> People were asked whether there is a place that they usually go when they are sick or need advice about their health.
- <sup>15</sup> People were asked what kind of place they go to most often – a clinic, doctor’s office, emergency room, or some other place.
- <sup>16</sup> People were asked whether in the past year there was a time when they thought they needed medical care because they felt sick.
- <sup>17</sup> People who answered “yes” were asked whether they saw a medical professional when they felt sick.
- <sup>18</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to follow up on tests or treatment recommended by a doctor.
- <sup>19</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to fill a prescription for medicine.
- <sup>20</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to obtain dental care (including checkups) and whether there was a time in the past 12 months when they did not have enough money to obtain eyeglasses.
- <sup>21</sup> People were asked whether end of life or hospice care service is available in their area.
- <sup>22</sup> People were asked whether they had used end of life or hospice care in the last 12 months.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Age 65-74		Age 75+	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>236</b>	<b>46</b>	<b>229</b>	<b>54</b>
<b>Opportunities for physical activity are available and used</b>						
15. Percentage of people age 65+ who participate in regular leisure time activity <sup>13</sup>						
Regular leisure time activity	233	57	127	62	106	52
Some activity	103	20	48	15	54	24
No activity	129	23	60	22	69	24
DK/RF	1	<1	1	<1	0	0
<b>Obstacles to use of necessary medical care are minimized</b>						
16. Percentage of people age 65+ with a usual source of care <sup>14</sup>						
Have a usual source of care	434	94	220	95	214	94
No usual source of care	30	5	16	5	13	5
More than one place	1	<1	0	0	1	<1
Don't know	1	<1	0	0	1	1
Source of care used most often <sup>15</sup>						
Doctor's office	375	81				
Clinic/health center	62	13				
Emergency room	13	4				
Hospital outpatient	3	1				
VA facility	2	<1				
Not one place/other/dk	11	2				
17. Percentage of people age 65+ who failed to obtain needed medical care <sup>16</sup>						
Did not need medical care	275	61				
Needed medical care	185	37				
Don't know	6	2				
Failed to obtain needed medical care <sup>17</sup>						
<i>Base includes people who said they needed medical care.</i>						
Obtained care	178	98				
Did not obtain care	7	2				
18. Percentage of people age 65+ who had problems paying for medical care <sup>18</sup>						
No problem paying for medical care	429	94				
Problem paying for medical care	34	6	16	7	18	5
DK/RF	3	<1				
19. Percentage of people age 65+ who had problems paying for prescription drugs <sup>19</sup>						
No problem paying for prescription drugs	419	92				
Problem paying for prescription drugs	42	7	18	6	24	7
DK/RF	5	1				
20. Percentage of people age 65+ who had problems paying for dental care or eyeglasses <sup>20</sup>						
No problem paying for dental care or eyeglasses	415	86				
Problem paying for dental care or eyeglasses	49	14	26	17	23	10
DK/RF	2	<1				
<b>Palliative care services are available and advertised</b>						
21. Percentage of people age 65+ who know whether palliative care services are available <sup>21</sup>						
Yes, service available	378	77				
Not available	48	11				
Don't know if service available	40	12				
Have not used <sup>22</sup>						
Have not used <sup>22</sup>	460	98				
Have used	6	2				

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 2b: OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING BY AGE<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Age 65-74		Age 75+	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	466	100	236	46	229	54
<b>OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING</b>						
<b>Community promotes and provides access to necessary and preventive health services</b>						
11. Rates of screening and vaccination for various conditions among people 65+ <sup>4</sup> <i>Response categories are not mutually exclusive.</i>						
Blood pressure	442	95				
Eye exam	334	74	159	70	175	79
Physical exam	336	67	176	69	160	65
Mammogram <sup>5</sup>	179	66	85	69	94	63
PSA test <sup>6</sup>	118	62	70	69	48	54
Flu shot	257	53	125	49	132	56
Hearing test	117	28	55	22	62	33
Bone density test	124	26	67	27	57	24
12. Percentage of people age 65+ who (a) thought they needed the help of a health care professional because they felt depressed or anxious and (b) have not seen one (for those symptoms) <sup>7</sup>						
(a) Thought they needed the help of a health care professional						
Did not need professional help	426	88				
Needed professional help	39	12	18	7	21	16
DK/RF	1	<1				
(b) Have not seen a health professional <sup>8</sup>						
<i>Base includes people who said they needed professional help because they felt depressed or anxious.</i>						
Has seen a health professional	23	43				
Has not seen a health professional	16	57				
13. Percentage of people age 65+ whose physical or mental health interfered with their activities in the past month <sup>9</sup>						
Number of unhealthy days in the past month						
None	295	61				
1 or more unhealthy days in the past month	151	34				
DK/RF	20	5				
Number of days that physical or mental health interfered with activities in the past month <sup>10</sup>						
<i>Base includes people who said they had one or more "unhealthy days."</i>						
None	102	70	47	75	55	66
1-6 days	23	17	9	15	14	19
7 or more days	21	11	8	7	13	14
DK/RF	5	2	3	4	2	1
14. Percentage of people age 65+ who report being in good to excellent health <sup>11</sup>						
Excellent/very good/good	378	83	201	87	176	79
Fair/poor <sup>12</sup>	85	16	35	13	50	19
DK/RF	3	1	0	0	3	3

## AdvantAge Initiative Community Survey in St. Joseph County, IN

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- <sup>1</sup> Analyses exclude the <1% of people age 65+ who refused to disclose their exact age.
- <sup>2</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.
- <sup>3</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.
- <sup>4</sup> Annual housing expenditure was calculated based on outlays for rent or mortgage, real estate taxes, association/condo fees, and utilities as a percentage of income. People for whom sufficient information was not available were classified in the category expenditure unknown.
- <sup>5</sup> We asked respondents whether they agree or disagree with the following statement: “*What I’d really like to do is stay in my current residence for as long as possible.*” For people who answered “agree” we calculated the percentage of adults age 65+ who were very confident/not very confident that they will be able to afford to live in their current residence for as long as they would like.
- <sup>6</sup> Agree includes those who said Strongly agree or Somewhat agree.
- <sup>7</sup> Not very confident includes those who said Somewhat confident, Not too confident, Not confident at all, Don’t know, or Refused.
- <sup>8</sup> People were asked whether their current residence needs any significant repairs, modifications, or changes to improve their ability to live there over the next five years.
- <sup>9</sup> People who said that their homes need modification were asked if they plan to make the change over the next five years.
- <sup>10</sup> People were asked whether safety in their neighborhood is excellent, very good, good, fair, or poor.
- <sup>11</sup> People were read a list of fourteen neighborhood problems and were asked to indicate whether each item posed a big problem, small problem, or no problem in their neighborhood.
- <sup>12</sup> The top four neighborhood problems are analyzed by demographic characteristics.
- <sup>13</sup> People were asked how satisfied they are with their neighborhood as a place to live.
- <sup>14</sup> The category “Not very satisfied” includes those who said they were somewhat satisfied, somewhat dissatisfied, or very dissatisfied with their neighborhood.
- <sup>15</sup> People were asked if in the past 12 months they or another adult in their household cut the size of or skipped meals because there wasn’t enough money for food.
- <sup>16</sup> People were asked to indicate the best resource, such as a person or an organization, in their city, town, or county to get information on various services.
- <sup>17</sup> Respondents were asked whether these 10 services are available in their area.
- <sup>18</sup> Most selected services is defined as 6 or more services. Respondents were asked whether the following 10 services exist in their community: Respite; Home repair service; Homemaker service; Home health aide; Congregate meals; Hospice; Senior center; Visiting nurse; Meals-on-wheels; Special transportation service.
- <sup>19</sup> People were asked whether they need assistance with the following activities: ADLs – taking a bath or shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home and IADLs – going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills.
- <sup>20</sup> People who answered “yes” were asked whether they get enough assistance with these activities. Unmet need was defined as not getting help or not getting enough help for one or more ADLs and/or IADLs for which assistance was needed.

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Age 65-74		Age 75+	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	466	100	236	46	229	54
Meals-on-wheels						
Yes	349	75				
No	69	13				
Don't know	48	11				
Senior Center						
Yes	315	68				
No	96	17				
Don't know	55	15				
Home health aide						
Yes	306	65				
No	69	13				
Don't know	91	22				
Special transportation						
Yes	283	63				
No	94	19				
Don't know	89	18				
Homemaker service						
Yes	286	60				
No	89	17				
Don't know	91	23				
Congregate meals						
Yes	286	60				
No	89	22				
Don't know	91	18				
Home repair service						
Yes	192	41				
No	119	26				
Don't know	154	33				
Refused	1	<1				
Respite						
Yes	180	37				
No	106	23				
Don't know	179	39				
Refused	1	<1				
Unaware of most selected services <sup>18</sup>	34	9	18	5	15	13
10. Percentage of people age 65+ with adequate assistance in ADL and/or IADL activities <sup>19</sup>						
No limitations	405	86				
One or more ADL/IADL	61	14	22	9	39	19
Adequate assistance in ADL and/or IADL activities <sup>20</sup>						
Base includes people who have one or more ADL/IADL limitations.						
All needs are met	19	30	5	28	14	31
One or more unmet need	42	70	17	72	25	69

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Age 65-74		Age 75+	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
	<b>466</b>	<b>100</b>	<b>236</b>	<b>46</b>	<b>229</b>	<b>54</b>
5. Percentage of people age 65+ who report few/multiple problems in the neighborhood <sup>11</sup> Prevalence of perceived neighborhood problems <sup>12</sup> <i>Response categories are not mutually exclusive.</i>						
Crime	165	42	86	44	79	41
Heavy traffic	147	32	64	24	83	39
Streets too dark	132	32	70	35	62	29
People don't get involved	156	31	73	28	83	33
Streets need repair	135	31				
Noise	125	28				
Not enough arts/culture	88	25				
Public transportation	111	24				
Rundown buildings	88	21				
Distance from shopping	78	19				
Lack of affordable housing	94	18				
Distance from parks	77	18				
Traffic lights too few/too fast	87	17				
Poor public service	63	13				
6. Percentage of people age 65+ who are satisfied with the neighborhood as a place to live <sup>13</sup>						
Very satisfied	365	74	193	83	171	67
Not very satisfied <sup>14</sup>	100	26	43	17	57	33
DK/RF	1	<1	0	0	1	<1
<b>People have enough to eat</b>						
7. Percentage of people age 65+ who report cutting the size of or skipping meals due to lack of money <sup>15</sup>						
Did not cut or skip meals	449	96				
Cut the size of or skipped meals	15	4				
DK/RF	2	<1				
<b>Assistance services are available and residents know how to access them</b>						
8. Percentage of people age 65+ who do not know whom to call if they need information about services in their community <sup>16</sup>						
Do not know whom to call	155	36	77	35	78	37
City/county/office of aging/social services/other agency	128	27				
Phone book/other media	63	11				
Medical center/health professional	47	10				
Senior center	27	6				
Family/neighbors	18	5				
Church/synagogue	19	3				
Other	9	2				
9. Percentage of people age 65+ who are aware/unaware of selected services in their community <sup>17</sup>						
Hospice						
Yes	378	77				
No	48	11				
Don't know	40	12				
Visiting nurse						
Yes	354	75				
No	70	12				
Don't know	42	13				

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

**TABLE 2a: ADDRESSES BASIC NEEDS BY AGE<sup>1</sup>**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>2</sup>		Age 65-74		Age 75+	
	N	W% <sup>3</sup>	N	W% <sup>3</sup>	N	W% <sup>3</sup>
<b>ADDRESSES BASIC NEEDS</b>	<b>466</b>	<b>100</b>	<b>236</b>	<b>46</b>	<b>229</b>	<b>54</b>
<b>Affordable housing is available to community residents</b>						
1. Percentage of people age 65+ who spend >30%/<30% of their income on housing <sup>4</sup>						
30 percent or less of income	118	27	70	28	48	26
More than 30% of income	73	17	38	21	35	14
Expenditure unknown	275	56	128	52	146	60
2. Percentage of people age 65+ who (a) want to remain in their current residence and (b) are confident they will be able to afford to do so <sup>5</sup>						
(a) Want to remain in their current residence						
Agree <sup>6</sup>	440	95				
Disagree	17	3				
Neither	9	3				
(b) Confident they will be able to afford to do so						
Base includes people who want to remain in their current residence for as long as possible.						
Very confident	262	57	137	55	124	58
Not very confident <sup>7</sup>	178	43	82	45	96	42
<b>Housing is modified to accommodate mobility and safety</b>						
3. Percentage of householders age 65+ in housing units with home modification needs <sup>8</sup>						
No modifications needed	375	79				
One or more modification needed	91	21	40	25	51	18
Type of modification needed						
Response categories are not mutually exclusive.						
Cosmetic/minor repairs	59	14				
Structural changes/major repairs	43	9				
Bathroom modification	30	9				
Better heating in the winter	32	5				
Medical emergency response system	28	5				
Better cooling in the summer	24	4				
Accommodations for disabilities	20	4				
Fix problem with insects/rodents	15	3				
Other	6	1				
Planning home modifications <sup>9</sup>						
Base includes those who said their homes need modification.						
Planning to modify	69	78				
Not planning to modify	15	14				
DK/RF	7	8				
<b>The neighborhood is livable and safe</b>						
4. Percentage of people age 65+ who feel safe/unsafe in their neighborhood <sup>10</sup>						
Safety – Excellent/Very Good	294	60	164	70	129	51
Safety – Good	122	26	54	23	68	29
Safety – Fair/Poor	46	14	18	7	28	20
DK/RF	4	1	0	0	4	1

# AGE

The Age demographic compares seniors in the following two categories:

- 1) Age 65-74
- 2) Age 75+

The following four tables break out the data by age by the survey's 33 indicators. The indicators are divided into the following four domains:

- 1) Addresses Basic Needs (10 indicators)
- 2) Optimizes Physical & Mental Health and Well-Being (11 indicators)
- 3) Maximizes Independence (5 indicators)
- 4) Promotes Social & Civic Engagement (7 indicators)

These indicators measure the essential elements of an Elder Friendly Community. For a list of the indicators, see page 2.

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

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<sup>7</sup> People who said they volunteer were asked how many hours they usually spend per week doing volunteer work.

<sup>8</sup> Percentage of people who “agreed” includes those who said they “strongly agree” and those who said they “agree.”

<sup>9</sup> People were asked whether they strongly agree, agree, disagree, or strongly disagree with the following 3 statements: “Most people in this neighborhood are basically honest and can be trusted”; “If I have a problem there is always someone to help me in this neighborhood”; “Most people in this neighborhood are willing to help you if you need it.”

<sup>10</sup> People were asked what their current employment status is.

<sup>11</sup> People who were not working were asked whether they would like to be working for pay.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>1</sup>		Mishawaka		South Bend		Other St. Joseph	
	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>
	<b>466</b>	<b>100</b>	<b>111</b>	<b>22</b>	<b>181</b>	<b>63</b>	<b>174</b>	<b>15</b>
If I have a problem there is always someone to help me in this neighborhood								
Strongly agree	231	48						
Agree	196	41						
Disagree/strongly disagree	33	10						
DK/RF	6	1						
Most people in this neighborhood are willing to help if you need it								
Strongly agree	241	51						
Agree	180	35						
Disagree/strongly disagree	22	9						
DK/RF	23	5						
Number of statements about helping communities that people “agreed” <sup>8</sup> with <sup>9</sup>								
Agreed with three	382	78	96	83	124	73	162	93
Agreed with two	46	11	7	11	28	11	11	6
Agreed with one	24	4	4	3	19	6	1	1
Agreed with none	13	7	4	3	9	10	0	0
DK/RF	1	<1	0	0	1	<1	0	0
<b>Appropriate work is available to those who want it</b>								
33. Percentage of people age 65+ who would like to be working for pay								
Current employment status <sup>10</sup>								
Working full time	34	6						
Working part time	53	12						
Not working	377	82						
DK/RF	2	<1						
Would like to work for pay <sup>11</sup>								
Base includes people currently not working.								
Would like to work for pay	86	22	12	16	49	24	25	18
Would not like to work for pay	289	78						
DK/RF	2	<1						

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>2</sup> Note: Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>3</sup> People were asked if they got together with friends or neighbors during the past week.

<sup>4</sup> People were asked if they went to church, temple, or another place of worship for services or other activities during the past week.

<sup>5</sup> People were asked if they went to a movie, play, concert, restaurant, sporting event, club meeting, card game, or other social activity during the past week.

<sup>6</sup> People were asked if they do volunteer work and if so what type of volunteer work they do.

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 1d: PROMOTES SOCIAL AND CIVIC ENGAGEMENT BY GEOGRAPHY**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>1</sup>		Mishawaka		South Bend		Other St. Joseph	
	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>
	466	100	111	22	181	63	174	15
<b>PROMOTES SOCIAL AND CIVIC ENGAGEMENT</b>								
<b>Residents maintain connections with friends and neighbors</b>								
27. Percentage of people age 65+ who socialized with friends or neighbors in the past week <sup>3</sup>								
Socialized	319	68	80	69	118	68	121	67
Did not socialize	146	31						
RF/DK	1	<1						
<b>Civic, cultural, religious, and recreational activities include older residents</b>								
28. Percentage of people age 65+ who attended church, temple, or other in the past week <sup>4</sup>								
Attended	313	69	68	59	126	74	119	68
Did not attend	151	30						
RF/DK	2	<1						
29. Percentage of people age 65+ who attended movies, sports events, clubs, or group events in the past week <sup>5</sup>								
Attended	285	59	70	58	97	57	118	66
Did not attend	180	41						
RF/DK	1	<1						
30. Percentage of people age 65+ who engaged in at least one social, religious, or cultural activity in the past week								
Engaged in one or more activity	430	92	106	91	163	93	161	90
None	36	8	5	9	18	7	13	10
<b>Opportunities for volunteer work are readily available</b>								
31. Percentage of people age 65+ who participate in volunteer work <sup>6</sup>								
Participate in volunteer work	178	35	37	31	65	35	76	41
Do not participate in volunteer work	288	65	74	69	116	65	98	59
Number of hours people age 65+ spend volunteering, among those who volunteer <sup>7</sup>								
<i>Base includes people who said they do volunteer work.</i>								
Less than five hours per week	89	47						
Five to nine hours per week	43	26						
Ten hours or more per week	34	20						
Don't know	12	7						
<b>Community residents help and trust each other</b>								
32. Percentage of people age 65+ who live in "helping communities"								
Most people in the neighborhood are basically honest and can be trusted								
Strongly agree	247	50						
Agree	167	36						
Disagree/strongly disagree	29	10						
DK/RF	23	4						

## AdvantAge Initiative Community Survey in St. Joseph County, IN

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<sup>1</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>2</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>3</sup> People were asked whether public transportation is available in their community.

<sup>4</sup> People were asked how often they have used public transportation during the past two months.

<sup>5</sup> People were asked which means of transportation they use most frequently.

<sup>6</sup> Includes taxi, walk, special transportation, and other.

<sup>7</sup> People were asked whether they need assistance with the following activities (ADLs): taking a bath or a shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>8</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>9</sup> People were asked whether they need assistance with the following activities (IADLs): going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills. Those who answered “yes” were asked whether they get enough assistance with these activities.

<sup>10</sup> People were asked whether they have a problem or need help with each of the listed activities.

<sup>11</sup> People were asked whether they provide help or care, or arrange for help or care, for a relative or friend who is unable to do some things for him/herself due to illness or disability.

<sup>12</sup> People who said they provide care were asked “What is this person’s relationship to you?”

<sup>13</sup> People who said they provide care were asked “In total, how long have you been caring for ...”

<sup>14</sup> People who said they provide care were asked “On average how many hours per week are you caring for ...”

<sup>15</sup> People were asked whether they get relief from their caregiving responsibilities.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>1</sup>		Mishawaka		South Bend		Other St. Joseph	
	N	W % <sup>2</sup>	N	W % <sup>2</sup>	N	W % <sup>2</sup>	N	W % <sup>2</sup>
	<b>466</b>	<b>100</b>	<b>111</b>	<b>22</b>	<b>181</b>	<b>63</b>	<b>174</b>	<b>15</b>
Adequate assistance with IADLs <i>Base includes full sample.</i>								
All needs are met	20	5						
1 or more unmet need	32	7						
Percentage of people age 65+ who need assistance with each IADL <sup>10</sup> <i>Base includes full sample. Response categories are not mutually exclusive.</i>								
Doing light housework	19	4						
Going outside the home	18	4						
Driving or public transportation	17	4						
Keeping track of money or bills	13	3						
Preparing meals	12	3						
Taking the right amount of medication	12	3						
<b>Caregivers are mobilized to complement the formal service system</b>								
25. Percentage of people age 65+ who provide help to the frail or disabled <sup>11</sup>								
Do not provide care	369	77						
Provide care	95	22	23	20	40	25	32	17
Don't know	2	1						
Relationship between caregivers age 65+ and care recipients <sup>12</sup> <i>Base includes people age 65+ who provide caregiving.</i>								
Non-relative friend	36	50						
Another relative	28	26						
Parent or in-law	15	11						
Spouse/partner	10	8						
Child	4	4						
Other	2	1						
Number of years people age 65+ provide help to the frail or disabled among those who provide help <sup>13</sup> <i>Base includes people age 65+ who provide caregiving.</i>								
More than 3 years	41	47						
1-3 years	32	31						
<1 year	17	15						
Don't know number of years	5	7						
Number of hours per week spent on caregiving among people age 65+ who provide help to the frail or disabled <sup>14</sup> <i>Base includes people age 65+ who provide caregiving.</i>								
More than 10 hours	19	17						
4-10 hours	21	15						
1-3 hours	40	35						
Don't know number of hours	15	32						
26. Percentage of people age 65+ who get respite/relief from their caregiving activity <sup>15</sup> <i>Base includes people age 65+ who provide caregiving</i>								
Get respite	70	72	19	79	28	70	23	72
No respite	25	28	4	21	12	30	9	28

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

Note: Percentages may not add up to 100% due to rounding and/or missing information.

AdvantAge Initiative Community Survey in St. Joseph County, IN

**TABLE 1c: MAXIMIZES INDEPENDENCE BY GEOGRAPHY**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>1</sup>		Mishawaka		South Bend		Other St. Joseph	
	N	W % <sup>2</sup>	N	W % <sup>2</sup>	N	W % <sup>2</sup>	N	W % <sup>2</sup>
	466	100	111	22	181	63	174	15
<b>MAXIMIZES INDEPENDENCE</b>								
<b>Transportation is accessible and affordable</b>								
22. Percentage of people age 65+ who have access to public transportation <sup>3</sup>								
Yes	248	62						
Yes, but too limited to be useful	24	4						
No	177	27						
Don't know	17	8						
Frequency of use of public transportation in the past two months <sup>4</sup>								
Never	254	62						
Public transportation does not exist/DK/RF	194	35						
Once or twice/month	4	1						
Less than once/month	5	1						
About once/week	5	2						
Two or more days/week	4	1						
Means of transportation used most frequently <sup>5</sup>								
Drive a car	395	84	94	81	146	84	155	87
Ride in a car	51	11	15	17	21	9	15	11
Public transportation	11	3	1	1	10	5	0	0
Other <sup>6</sup>	9	2	1	1	4	2	4	2
<b>The community service system enables people to live comfortably and safely at home</b>								
23. Percentage of people age 65+ with adequate assistance in activities of daily living (ADL) <sup>7</sup>								
ADL limitations								
No limitations	440	93						
1+ADL	26	7						
Adequate assistance with ADLs								
<i>Base includes full sample.</i>								
All needs are met	8	2						
1 or more unmet need	18	6						
Percentage of people age 65+ who need assistance with each ADL <sup>8</sup>								
<i>Base includes full sample. Response categories are not mutually exclusive.</i>								
Taking a bath or shower	10	4						
Dressing	9	3						
Getting in/out of bed/chair	9	3						
Getting around the home	7	3						
Eating	3	2						
Using/getting to the toilet	4	1						
24. Percentage of people age 65+ with adequate assistance in instrumental activities of daily living (IADL) <sup>9</sup>								
IADL limitations								
No limitations	414	89						
1+IADL	52	11						

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

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<sup>13</sup> People were asked whether there is a place that they usually go when they are sick or need advice about their health.

<sup>14</sup> People were asked what kind of place they go to most often – a clinic, doctor’s office, emergency room, or some other place.

<sup>15</sup> People were asked whether in the past year there was a time when they thought they needed medical care because they felt sick.

<sup>16</sup> People who answered “yes” were asked whether they saw a medical professional when they felt sick.

<sup>17</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to follow up on tests or treatment recommended by a doctor.

<sup>18</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to fill a prescription for medicine.

<sup>19</sup> People were asked whether there was a time in the past 12 months when they did not have enough money to obtain dental care (including checkups) and whether there was a time in the past 12 months when they did not have enough money to obtain eyeglasses.

<sup>20</sup> People were asked whether end of life or hospice care service is available in their area.

<sup>21</sup> People were asked whether they had used end of life or hospice care in the last 12 months.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>1</sup>		Mishawaka		South Bend		Other St. Joseph	
	N	W % <sup>2</sup>	N	W % <sup>2</sup>	N	W % <sup>2</sup>	N	W % <sup>2</sup>
	466	100	111	22	181	63	174	15
<b>Palliative care services are available and advertised</b>								
21. Percentage of people age 65+ who know whether palliative care services are available <sup>20</sup>								
Yes, service available	378	77						
Not available	48	11						
Don't know if service available	40	12						
Have not used <sup>21</sup>	460	98						
Have used	6	2						

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>2</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>3</sup> People were asked whether they had any of the listed preventive measures or tests in the past 12 months.

<sup>4</sup> Mammogram for women only.

<sup>5</sup> PSA (prostate cancer screening) test for men only.

<sup>6</sup> People were asked whether in the past year, there was a time when they thought they needed the help of a health professional or a counselor because they felt depressed or anxious.

<sup>7</sup> People who answered “yes” were asked whether they obtained the professional help or counseling they thought they needed.

<sup>8</sup> The number of “unhealthy” days is based on a summary index from the following two questions: 1. “Now, thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?” and 2. “Now, thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

<sup>9</sup> People who had one or more “unhealthy days” were asked “During the past 30 days, for how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”

<sup>10</sup> People were asked: “Would you say that, in general, your health is Excellent, Very good, Good, Fair, Poor, or Very poor?”

<sup>11</sup> Includes people who said their health was Fair, Poor, or Very poor.

<sup>12</sup> “Regular leisure time activity” is defined as 1) light or moderate activity that causes light sweating or a light to moderate increase in breathing or heart rate and occurs five or more times per week for at least 30 minutes each time, and/or 2) vigorous activity that causes heavy sweating or large increases in breathing or heart rate and occurs three or more times per week for at least 20 minutes each time. People who engage in other combinations of the two types of physical activities described above are included in the category “some activity.” Those who are unable to or do not engage in physical activity are included in the category “no activity.”

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>1</sup>		Mishawaka		South Bend		Other St. Joseph	
	N	W % <sup>2</sup>	N	W % <sup>2</sup>	N	W % <sup>2</sup>	N	W % <sup>2</sup>
	<b>466</b>	<b>100</b>	<b>111</b>	<b>22</b>	<b>181</b>	<b>63</b>	<b>174</b>	<b>15</b>
14. Percentage of people age 65+ who report being in good to excellent health <sup>10</sup>								
Excellent/very good/good	378	83	89	77	139	84	150	85
Fair/poor <sup>11</sup>	85	16	20	17	42	16	23	14
DK/RF	3	1	2	6	0	0	1	<1
<b>Opportunities for physical activity are available and used</b>								
15. Percentage of people age 65+ who participate in regular leisure time activity <sup>12</sup>								
Regular leisure time activity	233	57	46	44	94	63	93	51
Some activity	103	20	31	28	33	16	39	22
No activity	129	23	34	27	54	21	41	26
DK/RF	1	<1	0	0	0	0	1	1
<b>Obstacles to use of necessary medical care are minimized</b>								
16. Percentage of people age 65+ with a usual source of care <sup>13</sup>								
Have a usual source of care	434	94	103	93	168	95	163	93
No usual source of care	30	5	7	5	13	5	10	6
More than one place	1	<1	0	0	0	0	1	1
Don't know	1	<1	1	2	0	0	0	0
Source of care used most often <sup>14</sup>								
Doctor's office	375	81						
Clinic/health center	62	13						
Emergency room	13	4						
Hospital outpatient	3	1						
VA facility	2	<1						
Not one place/other/dk	11	2						
17. Percentage of people age 65+ who failed to obtain needed medical care <sup>15</sup>								
Did not need medical care	275	61						
Needed medical care	185	37						
Don't know	6	2						
Failed to obtain needed medical care <sup>16</sup>								
<i>Base includes people who said they needed medical care.</i>								
Obtained care	178	98						
Did not obtain care	7	2						
18. Percentage of people age 65+ who had problems paying for medical care <sup>17</sup>								
No problem paying for medical care	429	94						
Problem paying for medical care	34	6	9	7	15	6	10	6
DK/RF	3	<1						
19. Percentage of people age 65+ who had problems paying for prescription drugs <sup>18</sup>								
No problem paying for prescription drugs	419	92						
Problem paying for prescription drugs	42	7	8	6	23	7	11	7
DK/RF	5	1						
20. Percentage of people age 65+ who had problems paying for dental care or eyeglasses <sup>19</sup>								
No problem paying for dental care or eyeglasses	415	86						
Problem paying for dental care or eyeglasses	49	14	9	12	26	15	14	9
DK/RF	2	<1						

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

**TABLE 1b: OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING BY GEOGRAPHY**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>1</sup>		Mishawaka		South Bend		Other St. Joseph	
	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>
	466	100	111	22	181	63	174	15
<b>OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING</b>								
<b>Community promotes and provides access to necessary and preventive health services</b>								
11. Rates of screening and vaccination for various conditions among people 65+ <sup>3</sup>								
<i>Response categories are not mutually exclusive.</i>								
Blood pressure	442	95						
Eye exam	334	74	78	73	123	74	133	76
Physical exam	336	67	78	67	131	65	127	73
Mammogram <sup>4</sup>	179	66	39	50	73	71	67	66
PSA test <sup>5</sup>	118	62	26	56	44	64	48	63
Flu shot	257	53	51	49	92	52	114	66
Hearing test	117	28	26	23	45	30	46	26
Bone density test	124	26	32	31	49	24	43	23
12. Percentage of people age 65+ who (a) thought they needed the help of a health care professional because they felt depressed or anxious and (b) have not seen one (for those symptoms) <sup>6</sup>								
(a) Thought they needed the help of a health care professional								
Did not need professional help	426	88						
Needed professional help	39	12	7	12	13	11	19	11
DK/RF	1	<1						
(b) Have not seen a health professional <sup>7</sup>								
<i>Base includes people who said they needed professional help because they felt depressed or anxious.</i>								
Has seen a health professional	23	43						
Has not seen a health professional	16	57						
13. Percentage of people age 65+ whose physical or mental health interfered with their activities in the past month <sup>8</sup>								
Number of unhealthy days in the past month								
None	295	61						
1 or more unhealthy days in the past month	151	34						
DK/RF	20	5						
Number of days that physical or mental health interfered with activities in the past month <sup>9</sup>								
<i>Base includes people who said they had one or more "unhealthy days."</i>								
None	102	70	23	71	43	70	36	67
1-6 days	23	17	3	7	11	20	9	17
7 or more days	21	11	8	19	7	8	6	13
DK/RF	5	2	1	2	2	2	2	3

## *AdvantAge Initiative Community Survey in St. Joseph County, IN*

<sup>1</sup> Analyses for the AdvantAge Initiative Community Survey in St. Joseph County correspond to the analyses for the AdvantAge Initiative National Survey. Analyses of demographic sub-groups are included only where comparable analyses from the national survey exist.

<sup>2</sup> Ns are unweighted; All percentages are based on the weighted population estimates. Percentages based on fewer than 20 respondents (N<20) should be interpreted with caution.

<sup>3</sup> Annual housing expenditure was calculated based on outlays for rent or mortgage, real estate taxes, association/condo fees, and utilities as a percentage of income. People for whom sufficient information was not available were classified in the category expenditure unknown.

<sup>4</sup> We asked respondents whether they agree or disagree with the following statement: “*What I’d really like to do is stay in my current residence for as long as possible.*” For people who answered “*agree*” we calculated the percentage of adults age 65+ who were very confident/not very confident that they will be able to afford to live in their current residence for as long as they would like.

<sup>5</sup> Agree includes those who said Strongly agree or Somewhat agree.

<sup>6</sup> Not very confident includes those who said Somewhat confident, Not too confident, Not confident at all, Don’t know, or Refused.

<sup>7</sup> People were asked whether their current residence needs any significant repairs, modifications, or changes to improve their ability to live there over the next five years.

<sup>8</sup> People who said that their homes need modification were asked if they plan to make the change over the next five years.

<sup>9</sup> People were asked whether safety in their neighborhood is excellent, very good, good, fair, or poor.

<sup>10</sup> People were read a list of fourteen neighborhood problems and were asked to indicate whether each item posed a big problem, small problem, or no problem in their neighborhood.

<sup>11</sup> The top four neighborhood problems are analyzed by demographic characteristics.

<sup>12</sup> People were asked how satisfied they are with their neighborhood as a place to live.

<sup>13</sup> The category “Not very satisfied” includes those who said they were somewhat satisfied, somewhat dissatisfied, or very dissatisfied with their neighborhood.

<sup>14</sup> People were asked if in the past 12 months they or another adult in their household cut the size of or skipped meals because there wasn’t enough money for food.

<sup>15</sup> People were asked to indicate the best resource, such as a person or an organization, in their city, town, or county to get information on various services.

<sup>16</sup> Respondents were asked whether these 10 services are available in their area.

<sup>17</sup> Most selected services is defined as 6 or more services. Respondents were asked whether the following 10 services exist in their community: Respite; Home repair service; Homemaker service; Home health aide; Congregate meals; Hospice; Senior center; Visiting nurse; Meals-on-wheels; Special transportation service.

<sup>18</sup> People were asked whether they need assistance with the following activities: ADLs – taking a bath or shower, dressing, eating, getting in/out of bed/chair, using/getting to a toilet, getting around inside the home and IADLs – going outside the home, doing light housework, preparing meals, driving a car/using public transportation, taking the right amount of prescribed medication, keeping track of money and bills.

<sup>19</sup> People who answered “yes” were asked whether they get enough assistance with these activities. Unmet need was defined as not getting help or not getting enough help for one or more ADLs and/or IADLs for which assistance was needed.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>1</sup>		Mishawaka		South Bend		Other St. Joseph	
	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>
	<b>466</b>	<b>100</b>	<b>111</b>	<b>22</b>	<b>181</b>	<b>63</b>	<b>174</b>	<b>15</b>
Meals-on-wheels								
Yes	349	75						
No	69	13						
Don't know	48	11						
Senior Center								
Yes	315	68						
No	96	17						
Don't know	55	15						
Home health aide								
Yes	306	65						
No	69	13						
Don't know	91	22						
Special transportation								
Yes	283	63						
No	94	19						
Don't know	89	18						
Homemaker service								
Yes	286	60						
No	89	17						
Don't know	91	23						
Congregate meals								
Yes	286	60						
No	89	22						
Don't know	91	18						
Home repair service								
Yes	192	41						
No	119	26						
Don't know	154	33						
Refused	1	<1						
Respite								
Yes	180	37						
No	106	23						
Don't know	179	39						
Refused	1	<1						
Unaware of most selected services <sup>17</sup>	34	9	5	4	9	10	20	12
10. Percentage of people age 65+ with adequate assistance in ADL and/or IADL activities <sup>18</sup>								
No limitations	405	86						
One or more ADL/IADL	61	14	15	16	29	14	17	11
Adequate assistance in ADL and/or IADL activities <sup>19</sup>								
Base includes people who have one or more ADL/IADL limitations.								
All needs are met	19	30	4	18	10	36	5	26
One or more unmet need	42	70	11	82	19	64	12	74

Source: AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005

Note: Percentages may not add up to 100% due to rounding and/or missing information.

**AdvantAge Initiative Community Survey in St. Joseph County, IN**

Domain/Dimension/Indicator	Total Sample <sup>1</sup>		Mishawaka		South Bend		Other St. Joseph	
	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>
	<b>466</b>	<b>100</b>	<b>111</b>	<b>22</b>	<b>181</b>	<b>63</b>	<b>174</b>	<b>15</b>
5. Percentage of people age 65+ who report few/multiple problems in the neighborhood <sup>10</sup> Prevalence of perceived neighborhood problems <sup>11</sup> <i>Response categories are not mutually exclusive.</i>								
Crime	165	42	39	37	86	49	40	21
Heavy traffic	147	32	39	33	64	33	44	27
Streets too dark	132	32	25	22	56	36	51	28
People don't get involved	156	31	34	29	78	32	44	25
Streets need repair	135	31						
Noise	125	28						
Not enough arts/culture	88	25						
Public transportation	111	24						
Rundown buildings	88	21						
Distance from shopping	78	19						
Lack of affordable housing	94	18						
Distance from parks	77	18						
Traffic lights too few/too fast	87	17						
Poor public service	63	13						
6. Percentage of people age 65+ who are satisfied with the neighborhood as a place to live <sup>12</sup>								
Very satisfied	365	74	90	76	121	71	154	86
Not very satisfied <sup>13</sup>	100	26	21	25	60	29	19	12
DK/RF	1	<1	0	0	0	0	1	1
<b>People have enough to eat</b>								
7. Percentage of people age 65+ who report cutting the size of or skipping meals due to lack of money <sup>14</sup>								
Did not cut or skip meals	449	96						
Cut the size of or skipped meals	15	4						
DK/RF	2	<1						
<b>Assistance services are available and residents know how to access them</b>								
8. Percentage of people age 65+ who do not know whom to call if they need information about services in their community <sup>15</sup>								
Do not know whom to call	155	36	36	30	57	38	62	36
City/county/office of aging/social services/other agency	128	27						
Phone book/other media	63	11						
Medical center/health professional	47	10						
Senior center	27	6						
Family/neighbors	18	5						
Church/synagogue	19	3						
Other	9	2						
9. Percentage of people age 65+ who are aware/unaware of selected services in their community <sup>16</sup>								
Hospice								
Yes	378	77						
No	48	11						
Don't know	40	12						
Visiting nurse								
Yes	354	75						
No	70	12						
Don't know	42	13						

*AdvantAge Initiative Community Survey in St. Joseph County, IN*

**TABLE 1a: ADDRESSES BASIC NEEDS BY GEOGRAPHY**

Unweighted N=466; Weighted Population Estimate=34,805

Domain/Dimension/Indicator	Total Sample <sup>1</sup>		Mishawaka		South Bend		Other St. Joseph	
	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>	N	W% <sup>2</sup>
<b>ADDRESSES BASIC NEEDS</b>	<b>466</b>	<b>100</b>	<b>111</b>	<b>22</b>	<b>181</b>	<b>63</b>	<b>174</b>	<b>15</b>
<b>Affordable housing is available to community residents</b>								
1. Percentage of people age 65+ who spend >30%/<30% of their income on housing <sup>3</sup>								
30 percent or less of income	118	27	34	30	37	26	47	26
More than 30% of income	73	17	15	14	34	19	24	13
Expenditure unknown	275	56	62	56	110	55	103	61
2. Percentage of people age 65+ who (a) want to remain in their current residence and (b) are confident they will be able to afford to do so <sup>4</sup>								
(a) Want to remain in their current residence								
Agree <sup>5</sup>	440	95						
Disagree	17	3						
Neither	9	3						
(b) Confident they will be able to afford to do so								
<i>Base includes people who want to remain in their current residence for as long as possible.</i>								
Very confident	262	57	59	56	98	55	105	65
Not very confident <sup>6</sup>	178	43	45	44	77	45	56	35
<b>Housing is modified to accommodate mobility and safety</b>								
3. Percentage of householders age 65+ in housing units with home modification needs <sup>7</sup>								
No modifications needed	375	79						
One or more modification needed	91	21	12	10	57	27	22	14
Type of modification needed								
<i>Response categories are not mutually exclusive.</i>								
Cosmetic/minor repairs	59	14						
Structural changes/major repairs	43	9						
Bathroom modification	30	9						
Better heating in the winter	32	5						
Medical emergency response system	28	5						
Better cooling in the summer	24	4						
Accommodations for disabilities	20	4						
Fix problem with insects/rodents	15	3						
Other	6	1						
Planning home modifications <sup>8</sup>								
<i>Base includes those who said their homes need modification.</i>								
Planning to modify	69	78						
Not planning to modify	15	14						
DK/RF	7	8						
<b>The neighborhood is livable and safe</b>								
4. Percentage of people age 65+ who feel safe/unsafe in their neighborhood <sup>9</sup>								
Safety – Excellent/Very Good	294	60	78	67	90	55	126	69
Safety – Good	122	26	23	20	57	27	42	28
Safety – Fair/Poor	46	14	10	13	32	17	4	2
DK/RF	4	1	0	0	2	<1	2	2

# GEOGRAPHY

The Geography demographic compares seniors living in the following three sectors:

- 1) South Bend
- 2) Mishawaka
- 3) Other St. Joseph County (the remainder of the county)

The following four tables break out the data by geography by the survey's 33 indicators. The indicators are divided into the following four domains:

- 1) Addresses Basic Needs (10 indicators)
- 2) Optimizes Physical & Mental Health and Well-Being (11 indicators)
- 3) Maximizes Independence (5 indicators)
- 4) Promotes Social & Civic Engagement (7 indicators)

These indicators measure the essential elements of an Elder Friendly Community. For a list of the indicators, see page 2.

## Demographic Characteristics of Community Dwelling Population Age 65 and Older

Characteristics	Total Sample	Mishawaka	South Bend	Other St. Joseph County
Sample Size (Unweighted N) <sup>1</sup>	466	111	181	174
Population Size (Weighted N) <sup>2</sup>	34,805	7,700	21,794	5,311
Percent (%) <sup>3</sup>				
<b>Number of Living Children</b>				
None	12	13	13	9
One or more	88	87	87	91
<b>Own/Rent Home</b>				
Own	88	81	90	92
Rent	10	17	9	7
<b>Number of Years in the Community</b>				
Less than 10	8	8	7	15
10 or more	91	92	92	85
<b>Number of Friends in the Community</b>				
None	26	21	27	27
Some/quite a few/nearly all	73	78	71	71
<b>Employment Status</b>				
Working full time/part time	18	13	19	20
Not working	82	87	81	79

Source: *AdvantAge Initiative Community Survey in St. Joseph County, IN, 2005.*

Note: Percentages may not add up to 100% due to rounding and/or missing information.

<sup>1</sup> The unweighted N represents the actual number of adults age 65 and older interviewed.

<sup>2</sup> The weighted N represents the non-institutional population of adults aged 65 and older in St. Joseph County, and is based on Census 2000 data.

<sup>3</sup> All percentages are based on the weighted N.

<sup>4</sup> All others includes Hispanic of any race, American Indian or Alaska Native, Asian, other, mixed race, and people who refused to disclose their race.

<sup>5</sup> A federal poverty measure based on poverty guidelines issued each year in the Federal Register by the U.S. Department of Health and Human Services. According to the 2004 guidelines, a person in a one-person household was considered below 200% of poverty if his/her annual income was below \$18,120.

**Table: St. Joseph County Survey Sample**  
**ADVANTAGE INITIATIVE COMMUNITY SURVEY IN ST. JOSEPH COUNTY,**  
**Demographic Characteristics of Community Dwelling Population Age 65 and Older**

Characteristics	Total Sample	Mishawaka	South Bend	Other St. Joseph County
Sample Size (Unweighted N) <sup>1</sup>	466	111	181	174
Population Size (Weighted N) <sup>2</sup>	34,805	7,700	21,794	5,311
Percent (%) <sup>3</sup>				
<b>Gender</b>				
Male	40	38	39	45
Female	60	62	61	55
<b>Age</b>				
65-74	46	45	44	54
75 and older	54	55	56	45
<b>Race</b>				
White Non-Hispanic	76	89	70	86
Black Non-Hispanic	12	--	18	2
All others/DK/RF <sup>4</sup>	12	11	12	11
<b>Marital Status</b>				
Married	48	50	43	64
Not married	52	49	56	36
<b>Education</b>				
High school or less	57	65	57	46
Some college or higher	40	34	40	51
<b>Poverty Status</b> <sup>5</sup>				
Less than 200 percent of poverty	30	28	31	27
200 percent of poverty or above	33	33	33	32
Poverty level unknown	37	39	36	41
<b>Housing Expenditure as a Percent of Income</b>				
30 percent of income or less	27	30	26	26
More than 30 percent of income	17	14	19	13
Expenditure unknown	56	56	55	61
<b>Health Status</b>				
Excellent/very good/good	83	77	84	85
Fair/poor/very poor	16	17	16	14
RF/DK	1	6	--	<1
<b>Activities of Daily Living (ADL) Limitations</b>				
None	93	89	93	96
One or more	7	11	7	4
<b>Instrumental Activities of Daily Living (IADL) Limitations</b>				
None	89	85	90	89
One or more	11	15	10	11
<b>ADL or IADL Limitations</b>				
None	86	84	86	89
One or more	14	16	14	11
<b>Household Type</b>				
Lives alone	47	46	51	34
Lives with others	53	54	49	66

percent or less of income” and moving across the row, we see that 118 respondents representing 27% of people age 65+ in St. Joseph County as a whole spend 30 percent or less of their income on housing. If we want to calculate the number of people this represents in St. Joseph County, we would take 27% of 34,805, which is 9,397 people age 65+.

Similarly, 30% of people aged 65+ living in Mishawaka spend 30 percent or less of their income on housing. To calculate the number of people this represents, we would take 22% of 34,805 (because 22% of people age 65+ in St. Joseph County live in Mishawaka) which is 7,657, and then calculate 30% of 7,657, which is 2,297. We can then say that 2,297 people aged 65+ living in Mishawaka spend 30 percent or less of their income on housing.

The tables are organized in ways that allow comparisons between the national survey results and the St. Joseph County survey results. Therefore, the tables may appear to have missing data for some indicators. In addition, it is important to note that analyses are generally not calculated for demographic subgroups if the N for the total population is small and therefore will yield fewer than 20 respondents in the subgroup categories.

Finally, we urge readers to pay careful attention to the footnotes in the tables as the footnotes provide useful information in understanding how the indicators were calculated.

The demographic table contains the demographic profile of the community dwelling population aged 65 and older in St. Joseph County as a whole and in Mishawaka, South Bend and “Other St. Joseph County.”

## Reading and Understanding the Tables

There are 24 tables that display the detailed results of the survey in St. Joseph County. These tables are broken down by domain and demographic characteristics so that there are 4 tables for each of the 6 demographic characteristics mentioned above. For example, for the first demographic characteristic – geography – the tables are labeled as follows:

- Table 1a: Addresses Basic Needs by Geography
- Table 1b: Optimizes Physical and Mental Health and Well Being by Geography
- Table 1c: Maximizes Independence by Geography
- Table 1d: Promotes Social and Civic Engagement by Geography

This same template is used in reporting the results for the five remaining demographic characteristics (age, education, health status, race, and household type). Each table includes both the “Unweighted N” and the “Weighted N.” The “Unweighted N” is also known as the “Community Sample” and indicates the actual number of respondents interviewed in St. Joseph County. The “Weighted N” is also known as the “Community Population” and indicates the total number of adults age 65 and older in St. Joseph County that the surveyed respondents represent.

The column headings display the Total Sample, and one of the six demographic characteristics analyzed. For example, Table 1a displays the Total Sample and the three geographic areas: Mishawaka, South Bend, and Other St. Joseph County. The second row in the table shows an “N” and a “W%” for each of the four headings. The footnote alongside the “W%” informs the reader that the “N” represents the unweighted number of people who provided a valid response, and the “W%” represents the weighted population estimate. As a rule of thumb, the lower the N, the wider the margin of error, which is the reason that the N’s are listed. Percentages based on fewer than 20 respondents (i.e.,  $N < 20$ ) should be interpreted with caution. ***When making comparisons among demographic subgroups, always use the percentages.***

The third row of the table shows that 466 respondents represent 100% of the weighted population estimate of 34,805 adults aged 65+ in St. Joseph County. Similarly, 111 respondents in Mishawaka represent 22% of the 34,805 adults aged 65+ in St. Joseph County, 181 respondents in South Bend represent 63% of the 34,805 adults aged 65+ in St. Joseph County, and 174 respondents in other parts of St. Joseph County represent 15% of the 34,805 adults aged 65+ in St. Joseph County.

The first column lists the domain, dimension, and indicator under analysis. For example, in Table 1a, the domain is “Addresses Basic Needs” and the dimension is “Affordable housing is available to community residents.” Indicator 1 is, “Percentage of people aged 65+ who spend  $>30\%$ / $\leq 30\%$  of their income on housing.” Footnote three in the table describes how “annual expenditure” was calculated.

This indicator is analyzed according to three categories: “30 percent or less of income,” “More than 30% of income,” and “Expenditure unknown.” Looking at the category “30

## Exhibit 2

## Indicators List: Essential Elements of an Elder Friendly Community

### Percentage of people age 65+ who report their community is a good place to live

#### ADDRESSES BASIC NEEDS

- **Affordable housing is available to community residents**
  1. Percentage of people age 65+ who spend  $>30\%$ / $\leq 30\%$  of their income on housing
  2. Percentage of people age 65+ who want to remain in their current residence and are confident they will be able to afford to do so
- **Housing is modified to accommodate mobility and safety**
  3. Percentage of householders age 65+ in housing units with home modification needs
- **The neighborhood is livable and safe**
  4. Percentage of people age 65+ who feel safe/unsafe in their neighborhood
  5. Percentage of people age 65+ who report few/multiple problems in the neighborhood
  6. Percentage of people age 65+ who are satisfied with the neighborhood as a place to live
- **People have enough to eat**
  7. Percentage of people age 65+ who report cutting the size of or skipping meals due to lack of money
- **Assistance services are available and residents know how to access them**
  8. Percentage of people age 65+ who do not know whom to call if they need information about services in their community
  9. Percentage of people age 65+ who are aware/unaware of selected services in their community
  10. Percentage of people age 65+ with adequate assistance in ADL and/or IADL activities

#### OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING

- **Community promotes and provides access to necessary and preventive health services**
  11. Rates of screening and vaccination for various conditions among people 65+
  12. Percentage of people age 65+ who thought they needed the help of a health care professional because they felt depressed or anxious and have not seen one (for those symptoms)
  13. Percentage of people age 65+ whose physical or mental health interfered with their activities in the past month
  14. Percentage of people age 65+ who report being in good to excellent health
- **Opportunities for physical activity are available and used**
  15. Percentage of people age 65+ who participate in regular physical exercise
- **Obstacles to use of necessary medical care are minimized**
  16. Percentage of people age 65+ with a usual source of care
  17. Percentage of people age 65+ who failed to obtain needed medical care
  18. Percentage of people age 65+ who had problems paying for medical care
  19. Percentage of people age 65+ who had problems paying for prescription drugs
  20. Percentage of people age 65+ who had problems paying for dental care or eyeglasses
- **Palliative care services are available and advertised**
  21. Percentage of people age 65+ who know whether palliative care services are available

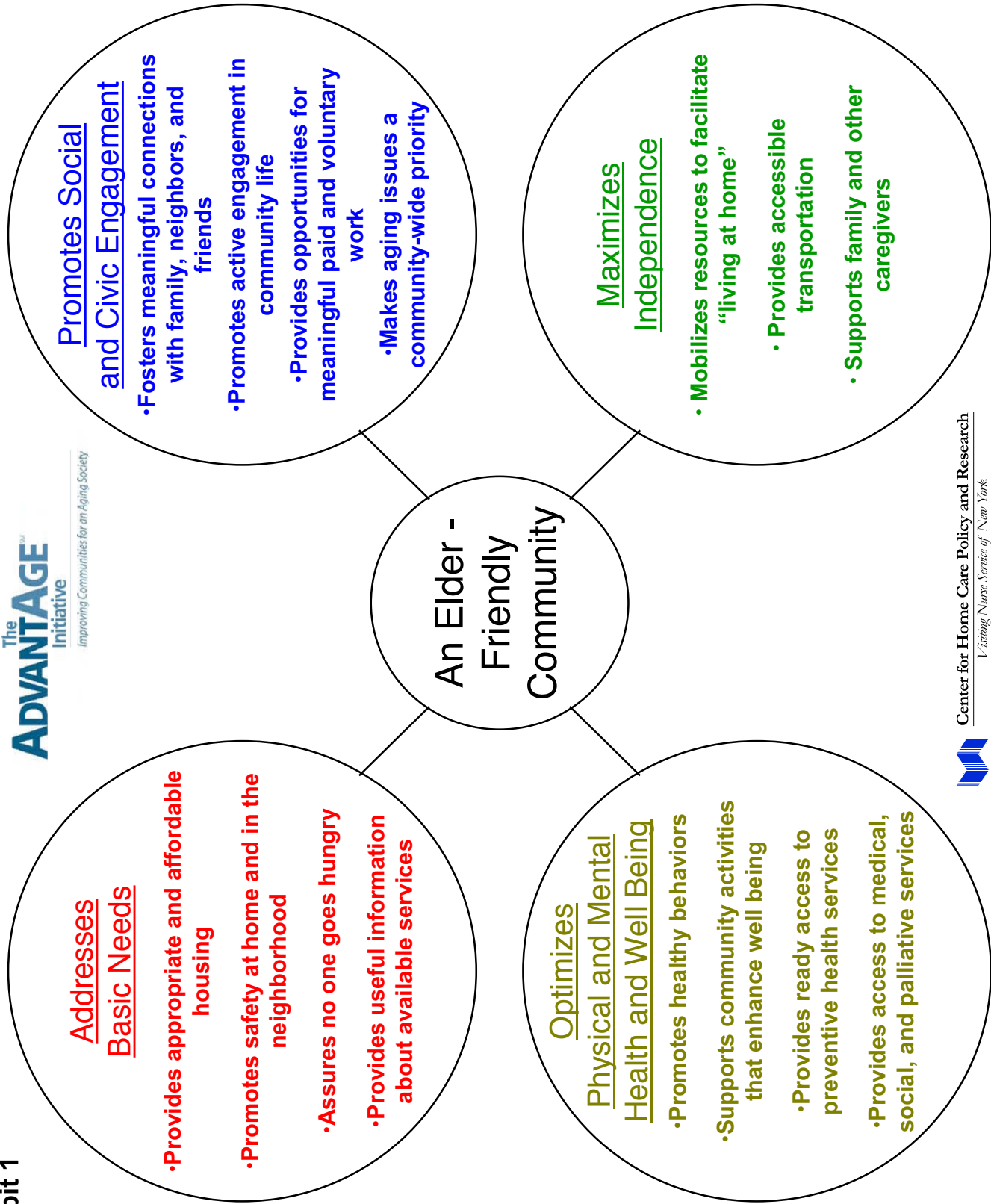
#### MAXIMIZES INDEPENDENCE

- **Transportation is accessible and affordable**
  22. Percentage of people age 65+ who have access to public transportation
- **The community service system enables people to live comfortably and safely at home**
  23. Percentage of people age 65+ with adequate assistance in activities of daily living (ADL)
  24. Percentage of people age 65+ with adequate assistance in instrumental activities of daily living (IADL)
- **Caregivers are mobilized to complement the formal service system**
  25. Percentage of people age 65+ who provide help to the frail or disabled
  26. Percentage of people age 65+ who get respite/relief from their caregiving activity

#### PROMOTES SOCIAL AND CIVIC ENGAGEMENT

- **Residents maintain connections with friends and neighbors**
  27. Percentage of people age 65+ who socialized with friends or neighbors in the past week
- **Civic, cultural, religious, and recreational activities include older residents**
  28. Percentage of people age 65+ who attended church, temple, or other in the past week
  29. Percentage of people age 65+ who attended movies, sports events, clubs, or group events in the past week
  30. Percentage of people age 65+ who engaged in at least one social, religious, or cultural activity in the past week
- **Opportunities for volunteer work are readily available**
  31. Percentage of people age 65+ who participate in volunteer work
- **Community residents help and trust each other**
  32. Percentage of people age 65+ who live in “helping communities”
- **Appropriate work is available to those who want it**
  33. Percentage of people age 65+ who would like to be working for pay

# Exhibit 1



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# THE ADVANTAGE INITIATIVE<sup>®</sup>

*Improving Communities for an Aging Society*

## **DATA TABLES**

### **2005 Community Survey of Adults Aged 65 and Older in St. Joseph County**

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