



## 2004 Senior Survey

# Summary of Findings: Placer County

With County-Specific Data (Part 6)

612 Completed Surveys

Compiled August 15, 2005

## Part 1: Your Health and Wellness

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1) Are you filling out this survey for someone else?

**7.8%** Yes (45)

**92.2%** No (530)

\*\*\*\* Missing Data (37)

Total (612)

2) Which age group are you in?

**11.1%** 60 - 64 years

**16.5%** 65 - 69 years

**18.9%** 70 - 74 years

**19.4%** 75 - 79 years

**19.3%** 80 - 84 years

**14.8%** 85 or older

\*\*\*\* Missing Data (25)

Total (612)

3) How often do you get at least 20 minutes of exercise (walking, golfing, gardening, etc.)?

**36.1%** Daily

**37.8%** 3-4 times/week

**12.2%** 3 - 4 times/month

**13.9%** Not at all

\*\*\*\* Missing Data (28)

Total (612)

4) Which box best describes how often you socialize with other people?

**45.7%** Daily

**38.0%** 3-4 times/week

**14.4%** 3-4 times/month

**1.9%** Not at all

\*\*\*\* Missing Data (23)

Total (612)

5) Which box best describes your memory?

**35.5%** I have no trouble remembering things

**49.6%** It takes me longer to remember things

**14.9%** I sometimes forget things completely

\*\*\*\* Missing Data (50)

Total (612)

6) Overall, how do you feel about your life?

**65.8%** I am happy

**31.7%** I am getting by

**1.9%** I am not happy

**0.7%** I wish I could die

\*\*\*\* Missing Data (28)

Total (612)

7) Do you have any chronic health problems?

*(Check all boxes that apply)*

**21.9%** Heart Disease

**12.6%** Diabetes

**4.4%** Cancer

**8.3%** Asthma

**41.3%** Arthritis

**12.7%** Osteoporosis

**15.4%** Eye Disease

**25.3%** Other \_\_\_\_\_

**20.1%** None of these

Total (612)

8)(a) Do you currently have any disabilities that cause you to need help to get things done?

**32.2%** Yes

**67.8%** No

\*\*\*\* Missing Data (28)

Total (612)

(b) If yes, what type of disability is it?

**178 responses**

\*\*\*\* Missing Data (10)

Total (188)

9) Overall, how would you describe your health right now?

**23.5%** Very Good

**64.8%** Good

**10.4%** Poor

**1.2%** Very poor

\*\*\*\* Missing Data (26)

Total (612)

10) How do you expect your health to change in the next 3 or 4 years?

- 14.4% I expect to get better
- 64.0% I expect to stay the same
- 21.6% I expect to get worse

\*\*\*\* Missing Data (37)

Total (612)

11) What type of health insurance do you have? (*Check all boxes that apply*)

- 14.1% Medi-Cal
- 25.7% Retiree Group Plan
- 58.5% Medicare
- 42.3% HMO
- 6.9% Medigap Plan
- 1.1% No Insurance

Total (612)

12) Check which documents you have.

- 41.3% Advance Directive (for Health Care)
- 40.7% Power of Attorney (for Finances)
- 66.2% Will or Trust
- 15.0% None of these

Total (612)

13) Are you a veteran?

- 18.2% Yes
- 81.8% No

\*\*\*\* Missing Data (41)

Total (612)

14) When a problem comes up, are you comfortable speaking up for yourself if you need to?

- 42.3% All the Time
- 40.2% Most Times
- 15.7% Sometimes
- 1.9% Not at all

\*\*\*\* Missing Data (37)

Total (612)

15) Who would you call for help if you had a problem you could not solve by yourself?

- 90.2% Friend or Relative
- 2.0% Nobody
- 7.8% Other \_\_\_\_\_

\*\*\*\* Missing Data (20)

Total (612)

16)(a) Do you provide care for someone?

- 13.5% Yes
- 86.5% No

\*\*\*\* Missing Data (41)

Total (612)

(b) If yes, are you paid?

- 11.7% Yes
- 88.3% No

\*\*\*\* Missing Data (17)

Total (77)

(c) Who do you take care of?

(*Check all boxes that apply*)

- 62.3% A spouse or family member
- 46.8% A person age 60 or over
- 40.3% A person with disabilities

74.2% physical

29.0% dementia (memory loss)

6.5% Developmental

16.1% psychiatric

12.9% Sensory

Total (31)

15.6% A child (under age 18)

5.2% A grandchild you are raising

Total (77)

(d) About how many hours a week do you spend providing care? **64 responses**

\*\*\*\* Missing Data (13)

Total (77)

## Part 2: Your Background Information

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17) What is your sex?

**77.8%** Female  
**22.2%** Male  
\*\*\*\* Missing Data (36)  
Total (612)

18) What is your racial/ethnic background?

**4.5%** American Indian/Alaskan Native  
**0.5%** Asian (from Far East, Southeast, or India)  
Please specify: **1 Far East**  
**0.7%** Black/African American  
**3.2%** Hispanic/Latino  
**0.7%** Native Hawaiian/Pacific Islander  
**81.8%** White (Europe, Russia, or Middle East)  
Please specify: **2 Russian**  
**8.6%** Other: **All white people**  
\*\*\*\* Missing Data (51)  
Total (612)

19) What is your primary language?

**98.5%** English  
**0.8%** Spanish  
**0.7%** Other: **Arabic, German, Tagolog, Vietnamese/Cantonese**  
\*\*\*\* Missing Data (1)  
Total (612)

20) What is your current marital status?

**39.2%** Married  
**39.2%** Widowed  
**1.0%** Separated  
**14.2%** Divorced  
**4.4%** Single  
**1.9%** Domestic Partner  
\*\*\*\* Missing Data (26)  
Total (612)

21) What is your zip code?

<b>1.9%</b> Applegate	<b>3.5%</b> Loomis
<b>24.9%</b> Auburn	<b>1.7%</b> Meadow Vista
<b>2.4%</b> Colfax	<b>3.7%</b> Newcastle
<b>3.5%</b> Foresthill	<b>10.6%</b> Rocklin
<b>3.3%</b> Granite Bay	<b>28.6%</b> Roseville
<b>7.3%</b> Lincoln	<b>8.9%</b> Others
**** <u>Missing Data (38)</u>	
Total (612)	

22) About how many years have you lived in your current community?

**7.3%** One year or less  
**12.8%** 1.5 to 3 years  
**11.7%** 3.5 to 5 years  
**20.5%** 5.5 to 10 years  
**20.5%** 10.5 to 20 years  
**27.3%** More than 20 years  
\*\*\*\* Missing Data (40)  
Total (612)

23) How do you pay for housing?

**39.1%** My home is paid off  
**35.0%** I pay rent  
**23.7%** I pay a mortgage  
**0.2%** I'm homeless  
**2.0%** I stay someplace rent-free  
\*\*\*\* Missing Data (26)  
Total (612)

24) What kind of place do you live in?

**60.5%** House  
**9.0%** Mobile Home/Modular Home  
**24.8%** Apartment  
**2.6%** Condominium/Townhouse  
**0%** Hotel/Motel  
**0.2%** Trailer/Camper  
**2.0%** Care Home (Assisted Living/B&C)  
**0.9%** Other: **duplex, box, bed&breakfast**  
\*\*\*\* Missing Data (24)  
Total (612)

25) Do you live alone?

**50.0%** Yes  
**50.0%** No  
\*\*\*\* Missing Data (28)  
Total (612)

26) What is your highest level of education?

**2.9%** 0 - 8th grade  
**25.3%** 9 - 12th grade  
**33.2%** Some College  
**9.3%** Associate Degree  
**16.9%** Bachelors Degree  
**12.4%** Graduate Degree  
\*\*\*\* Missing Data (31)  
Total (612)

27) What is your work status?

**2.0%** Full-time job

**6.7%** Part-time job

**1.3%** Looking for work

**82.5%** Retired

**8.0%** Disabled

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Total (612)

28) If you volunteer, about how many hours a week do you volunteer? **186 responses; Average = 7hrs/week**

\*\*\*\* *Missing Data (407)*

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Total (612)

29) What is your monthly income?

(a) As a Single Person:

**8.8%** \$0 - \$776

**17.1%** \$777 - \$970

**18.0%** \$971 - \$1164

**25.4%** \$1165-\$1552

**17.7%** \$1553-\$2328

**13.0%** \$2329 or more

\*\*\*\* *Missing Data (63)*

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Total (402)

(b) As a Couple (if applicable):

**1.9%** \$0 - \$1,041

**2.4%** \$1,042 - \$1,301

**6.7%** \$1,302 - \$1562

**10.0%** \$1563 - \$2082

**23.8%** \$2083 - \$3123

**55.2%** \$3124 or more

\*\*\*\* *Missing Data (402)*

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Total (210)

30) Where does your income come from?

*(Check all boxes that apply)*

**9.6%** Employment

**36.9%** Savings/Investments

**52.1%** Pension *(check which types)*

**43.6%** Company

**53.7%** Federal, State or Local Govt.

**2.8%** Railroad

\*\*\*\* *Missing Data (32)*

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Total (319)

**82.7%** Social Security

**7.4%** SSI Payments

**0.8%** SSD Payments

**3.8%** Veteran's Benefits

**4.7%** Other: **29 responses**

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Total (612)

31) Are you able to take public transportation from where you live if you wanted to?

**56.8%** Yes

**30.8%** No

**12.4%** Not Available

\*\*\*\* *Missing Data (40)*

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Total (612)

32) How do you *usually* get to the places you need to go (bank, grocery store, doctor, etc.)?

**6.4%** Walk or Bicycle

**69.0%** Drive my own car

**24.8%** Friends/Relatives drive me

**4.2%** Someone else is paid to drive me

**4.2%** Senior Bus/Van

**2.3%** Public transportation

**6.1%** Dial-a-ride/Para-transit

**3.3%** Other \_\_\_\_\_

**0.3%** None of these are options for me

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Total (612)

## Part 3: Your Activities

ACTIVITY	NO DIFFICULTY	SOME DIFFICULTY	SERIOUS DIFFICULTY	CANNOT DO ALONE	SOMEONE HELPS ME
a) Walking (with a cane or walker if you use one)	75.8%	18.8%	3.2%	2.2%	1.9%
b) Getting in and out of Bed	85.1%	12.1%	0.9%	1.9%	1.7%
c) Getting up and down Stairs	61.3%	26.4%	6.1%	6.1%	2.4%
d) Using the Toilet	89.6%	7.3%	1.3%	1.9%	0.9%
e) Bathing	83.8%	10.6%	1.7%	3.9%	4.3%
f) Dressing/Undressing	86.4%	10.2%	0.6%	2.8%	2.2%
g) Eating	94.2%	3.4%	0.9%	1.5%	1.5%
h) Preparing Meals	79.9%	11.7%	2.4%	6.0%	5.4%
i) Grocery Shopping	73.0%	14.2%	4.7%	8.2%	9.7%
j) Shopping for personal items	76.7%	11.2%	4.1%	8.0%	8.6%
k) Driving	82.9%	6.0%	1.3%	9.9%	6.0%
l) Arranging Rides	83.2%	9.1%	2.2%	5.4%	4.8%
m) Using a Telephone	90.3%	6.1%	1.1%	2.4%	1.7%
n) Reading (with glasses)	83.4%	13.2%	1.5%	1.9%	1.3%
o) Managing Money (paying bills/balancing a checkbook)	83.6%	10.2%	1.1%	5.0%	5.0%
p) Managing Medications	89.2%	5.0%	0.2%	5.6%	5.6%
q) Doing Light Housework (vacuuming, dishes, etc.)	72.1%	17.7%	3.4%	6.9%	8.9%
r) Doing Heavy Housework (laundry, windows, etc.)	49.7%	25.7%	11.0%	13.6%	15.8%
s) Home Maintenance (light bulbs, gutters, etc.)	39.1%	25.9%	10.4%	24.6%	25.9%
t) Home Repairs (plumbing, roof, etc.)	29.2%	16.0%	10.6%	44.1%	34.6%

34) If someone helps you with any of the activities above, who helps you most often?

**24.2%** Spouse or partner      **11.4%** Other family member      **3.1%** A volunteer  
**27.9%** Son or daughter      **13.0%** A friend or neighbor      **20.4%** Some other person

\*\*\*\* *Missing Data (103); Total (612)*

(b) Do any of the people who help you get paid to help you?      **40.2%** Yes      **59.8%** No

\*\*\*\* *Missing Data (216); Total (612)*

## Part 4: Your Needs and Concerns

<b>Things that concern Seniors</b>	<b>Not an issue For Me</b>	<b>A Small issue For Me</b>	<b>A Big issue For Me</b>	<b>I Need Help With This</b>
Being able to continue Driving a car safely	67.2%	18.1%	14.7%	3.7%
Caregivers being able to take Time Off (Respite)	89.0%	6.0%	5.0%	2.0%
Dealing with Alcohol or Drug Abuse	95.7%	2.8%	1.5%	0.4%
Dealing with Depression or Mental Illness	76.9%	17.3%	5.8%	1.5%
Dealing with Loneliness or Isolation	72.1%	22.3%	5.6%	1.3%
Finding Affordable Housing	84.7%	7.1%	8.2%	1.1%
Finding Work (Employment)	93.7%	2.8%	3.5%	0.9%
Getting someone to do Home Repairs	66.3%	23.6%	10.1%	5.4%
Getting someone to do Household Chores	78.8%	14.7%	6.5%	5.6%
Getting someone to do Personal Care at home	90.7%	5.2%	4.1%	3.4%
Getting Legal Advice or Assistance	77.3%	15.8%	6.9%	3.0%
Getting Services for Grandchildren	95.0%	3.0%	2.0%	0.9%
Getting Transportation for Errands (bank, etc.)	82.9%	11.4%	5.8%	3.0%
Getting Transportation for Medical Appointments	80.4%	13.2%	6.3%	3.5%
Having enough Food to Eat	94.6%	4.1%	1.3%	0.6%
Having enough Money to Live On	74.1%	17.7%	8.2%	2.0%
Knowing what Services are Available	67.6%	22.5%	9.9%	5.0%
Paying for Dental Care	68.3%	16.2%	15.5%	2.6%
Paying for Health Care	76.4%	14.0%	9.7%	1.3%
Paying for heating and air conditioning (Utilities)	83.6%	11.4%	5.0%	0.7%
Paying for Medicines (Prescription Drugs)	73.0%	18.1%	8.9%	2.4%
Planning for Future Care needs (legal or financial)	65.4%	21.0%	13.6%	4.3%
Stopping or preventing Crime	72.3%	15.3%	12.5%	2.4%
Stopping or preventing Elder Abuse	80.4%	9.3%	10.2%	1.9%
Stopping or preventing Falls in the Home	65.5%	25.0%	9.5%	2.6%
<b>OTHER: 40 responses</b>				
**** <i>Missing Data (75)</i> Total (612)				

## Part 4: Your Needs and Concerns (Continued)

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36) Which of the things listed on the previous page concerns you the most right now?

### Top 10 Concerns:

- 1) **8.0% Being able to continue driving**
  - 2) **6.5% Other: Concerns about having health problems**
  - 3) **6.2% Transportation for errands/medical appointments**
  - 4) **6.2% Finding affordable housing**
  - 5) **5.6% Getting someone to do home repairs**
  - 6) **5.6% Having enough money to live on**
  - 7) **5.6% Paying for health care**
  - 8) **5.3% Paying for medicines**
  - 9) **5.3% Planning for future care needs**
  - 10) **5.0% Paying for dental care**
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**Total (339)**

## Part 5: Services You Use

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37) Please check which of these Placer County services you have used in the last year.

<b>0.3%</b> A4AA Senior Employment Program	<b>6.8%</b> In-Home care (Personalized Home Care)
<b>0.6%</b> Adult Protective Services	<b>6.5%</b> In-Home Supportive Services (IHSS)
<b>1.8%</b> Alcoholic Anonymous	<b>0.6%</b> Indian Health Services
<b>1.8%</b> Alzheimer's Day Care (Health for All)	<b>10.3%</b> Information & Assistance (Seniors First)
<b>2.7%</b> Brown Bag Program (Community Resources Council)	<b>1.5%</b> Medication Management (Home Health Care Mgt)
<b>0%</b> Care coordination (Linkages - UC Davis)	<b>2.4%</b> Mental Health Services
<b>4.7%</b> Caregiver Respite (Del Oro CRC)	<b>0.9%</b> Ombudsman Services
<b>4.7%</b> Caregiver Respite (Personalized Home Care)	<b>9.4%</b> Senior Legal Services (LSNC)
<b>0%</b> Disease Prevention (Tahoe Forest Hospital)	<b>13.6%</b> Senior Meal Sites (Foothill Volunteer Center)
<b>0.6%</b> Drug and Alcohol Services	<b>4.1%</b> Senior Peer Counseling
<b>12.4%</b> Home-Delivered Meals (Foothill Volunteer Center)	<b>0.9%</b> Transitional Living Services
<b>3.2%</b> Home Modification (Foothill Volunteer Center)	<b>7.1%</b> Transportation (Foothill Volunteer Center)
<b>0.6%</b> Homeless Services	<b>9.4%</b> Other: <b>32 responses</b>
<b>4.7%</b> Health Insurance Counseling (HICAP)	

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**Total (339)**

(a) Please make any comments about the services you received in the space below.

**50.0% positive comments**      **12.8% negative comments**      **37.2% other**

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**Total (86)**

38) Are there any senior services that you would use that are NOT Available in your community? If so, what are they?

<b>36.3% No/None</b>	<b>8.1% Don't Know</b>	
<b>25.0% Transportation</b>	<b>4.8% Health Screenings</b>	<b>25.8% Others</b>
		<b>Total (124)</b>

39) Are there any senior services you use in your community that are not meeting your needs? If not, why not?

<b>53.4% No/None</b>	<b>12.5% Transportation/Dial-a-ride</b>	<b>35.2% Others</b>
		<b>Total (88)</b>

## Part 6: Staying Healthy

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40) How far do you have to travel to see your regular doctor (primary care physician)?

Number of Miles (roughly) Average = 11 miles *Total Responses (497)*

Time it takes to drive there Average = 22.5 minutes *Total Responses (450)*

41) How often do you see your regular doctor for checkups? *Missing Data (72)/Total (612)*

<b>3.1%</b> Not at all	<b>27.8%</b> Once each year	<b>19.6%</b> 4-6 times each year
<b>6.9%</b> Once every few years	<b>34.1%</b> 2-3 times each year	<b>8.5%</b> More than 6 times/year

42) Do you wish you could spend more time talking to a doctor or nurse about your health concerns?

**35.1%** Yes      **64.9%** No      *Missing Data (97)/Total (612)*

(b) If yes, what would you talk with them about? *Missing Data (43)/Total (181)*

<b>36.2%</b> A specific disease/condition	<b>5.1%</b> Little things I'm concerned about
<b>16.7%</b> My health in general	<b>4.3%</b> I want the doctor to listen to me
<b>13.8%</b> Better info from the doctor	<b>2.9%</b> I want a diagnosis
<b>10.1%</b> Medications and side effects	<b>2.2%</b> Alternative medicine/treatment
<b>8.7%</b> How to stay healthy	

(c) Would you attend classes on how to communicate better with your doctor?

**32.4%** Yes      **67.6%** No      *Missing Data (276)/Total (612)*

43) What kinds of things do you do on a regular basis to try to stay healthy? *Total (612)*

<b>80.2%</b> Eat healthy foods	<b>77.1%</b> Keep my mind active	<b>74.0%</b> I don't drink to excess
<b>61.8%</b> Exercise	<b>77.6%</b> I Don't smoke	<b>13.2%</b> Other (See Below)

<b>14.8%</b> Socialize	<b>8.6%</b> Have a positive attitude
<b>13.6%</b> Pray/Meditate	<b>3.7%</b> Get enough sleep/rest
<b>11.1%</b> Vitamins/Supplements	<b>39.5%</b> Miscellaneous comments
<b>8.6%</b> Work/Volunteer	<i>Total Responses (81)</i>

## Part 6: Staying Healthy (continued)

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44) Check which wellness checkups you have received in the last 3 years. *Total (612)*

<b>32.4%</b> Diabetes Screening	<b>32.7%</b> Colo-rectal Exam	<b>16.0%</b> Prostate Check
<b>8.5%</b> Balance Check	<b>24.5%</b> Hearing Test	<b>5.7%</b> Strength Test
<b>80.9%</b> Blood Pressure Check	<b>48.5%</b> Mammogram (women)	<b>71.1%</b> Vision Test
<b>35.3%</b> Bone Density Test	<b>3.4%</b> Memory Test	<b>6.0%</b> Other ( <u>below</u> )
<b>66.7%</b> Cholesterol Screening	<b>29.7%</b> Pap smears (women)	

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**35.1%** Heart Tests  
**10.8%** Dental Exams  
**54.1%** Miscellaneous  
*Total Responses (37)*

45) Where do you usually go to have wellness checkups done? *Total (612)*

<b>76.3%</b> My regular doctor's office	<b>2.1%</b> I don't get checkups
<b>15.5%</b> A health clinic or hospital	<b>0.8%</b> I don't want checkups
<b>6.4%</b> Senior health fairs	
<b>0.7%</b> A nurse comes to my home	

46) About how much do you have to pay (out-of-pocket) for wellness checkups?

<b>15.8%</b> Did not specify an amount
<b>17.5%</b> \$0
<b>24.9%</b> \$10 or less
<b>29.5%</b> \$11 to \$25
<b>12.3%</b> \$26 or more

*Missing Data (246)/Total (612)*