

2015 Survey of Older Minnesotans

Summary of Key Findings

November 2015



Background

- The Survey of Older Minnesotans has been conducted six times over the past 44 years, in 1971, 1988, 1995, 2001, 2005, and 2015.
- The surveys are conducted by phone among non-institutionalized Minnesota residents
- The surveys are stratified by age group based on the most recent Census data. Because of this method and the large Baby Boom group, the 2015 Survey includes a higher proportion of young old individuals. This will likely affect many questions where age is a factor.

Background (Continued)

- Questions explore:
 - Transportation
 - Support Resources
 - Caregiving
 - Health
 - Activities of Daily Living & Instrumental Activities of Daily Living
 - Special Concerns
 - Housing
 - Retirement
- This survey is used to determine the status and needs of older adults. It also provides information on current service provision and helps the MBA and Minnesota Department of Human Services plan for the future.
- Graphs include respondents age 60 and older unless otherwise noted

Respondent Demographics

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

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

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

Respondent Demographics (Continued)

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

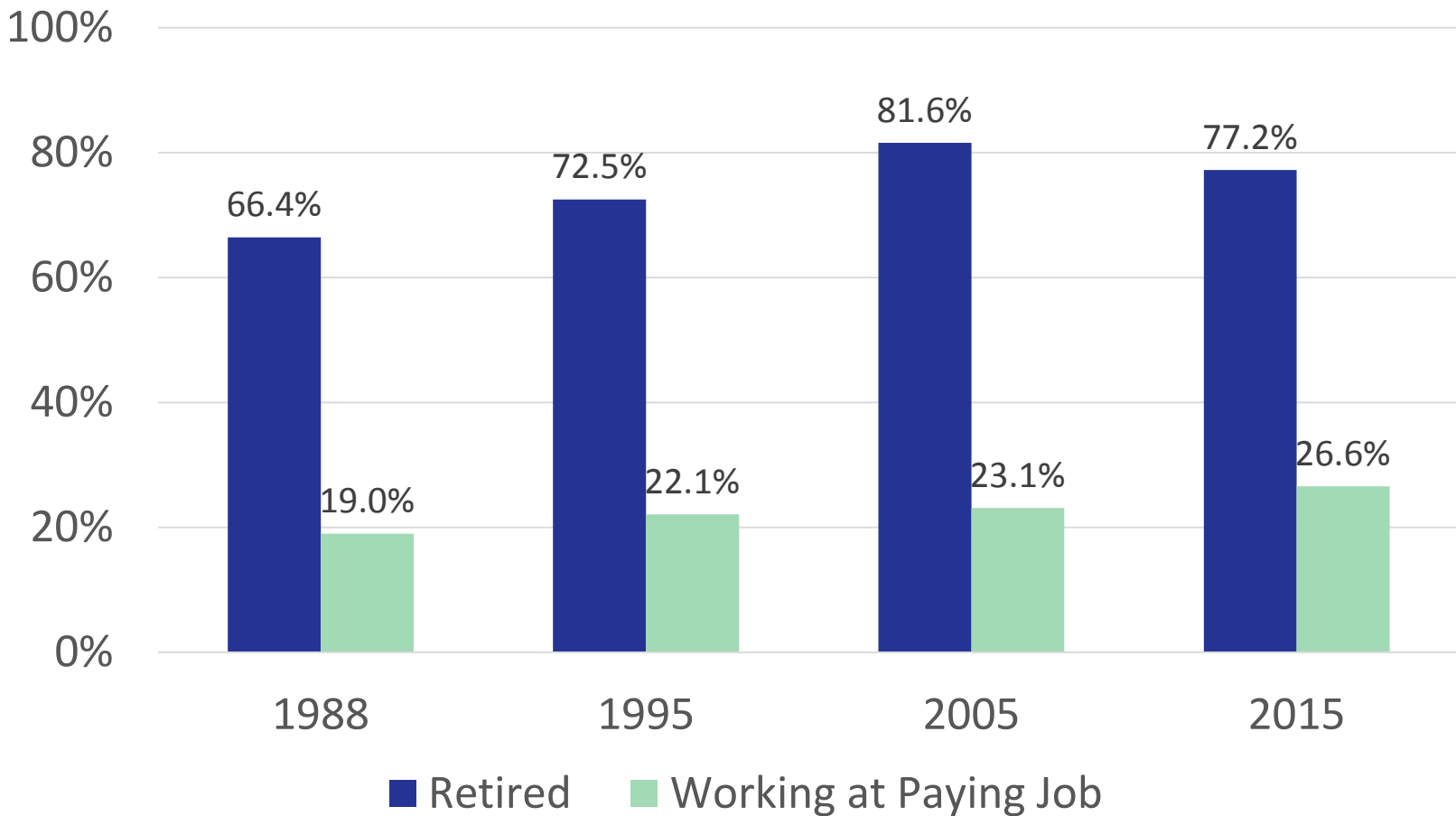
Ethnicity*	(n = 4000)
No, not of Hispanic, Latino, or Spanish origin	98.4%
Yes, Mexican, Mexican American, Chicano	0.5%
Yes, another Hispanic, Latino, or Spanish origin	0.3%
Yes, Puerto Rican	0.0%
Refused/Don't Know	0.9%

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

*See slide 28 for more discussion

Work and Retirement

Older Adults Work Longer, Delay Retirement



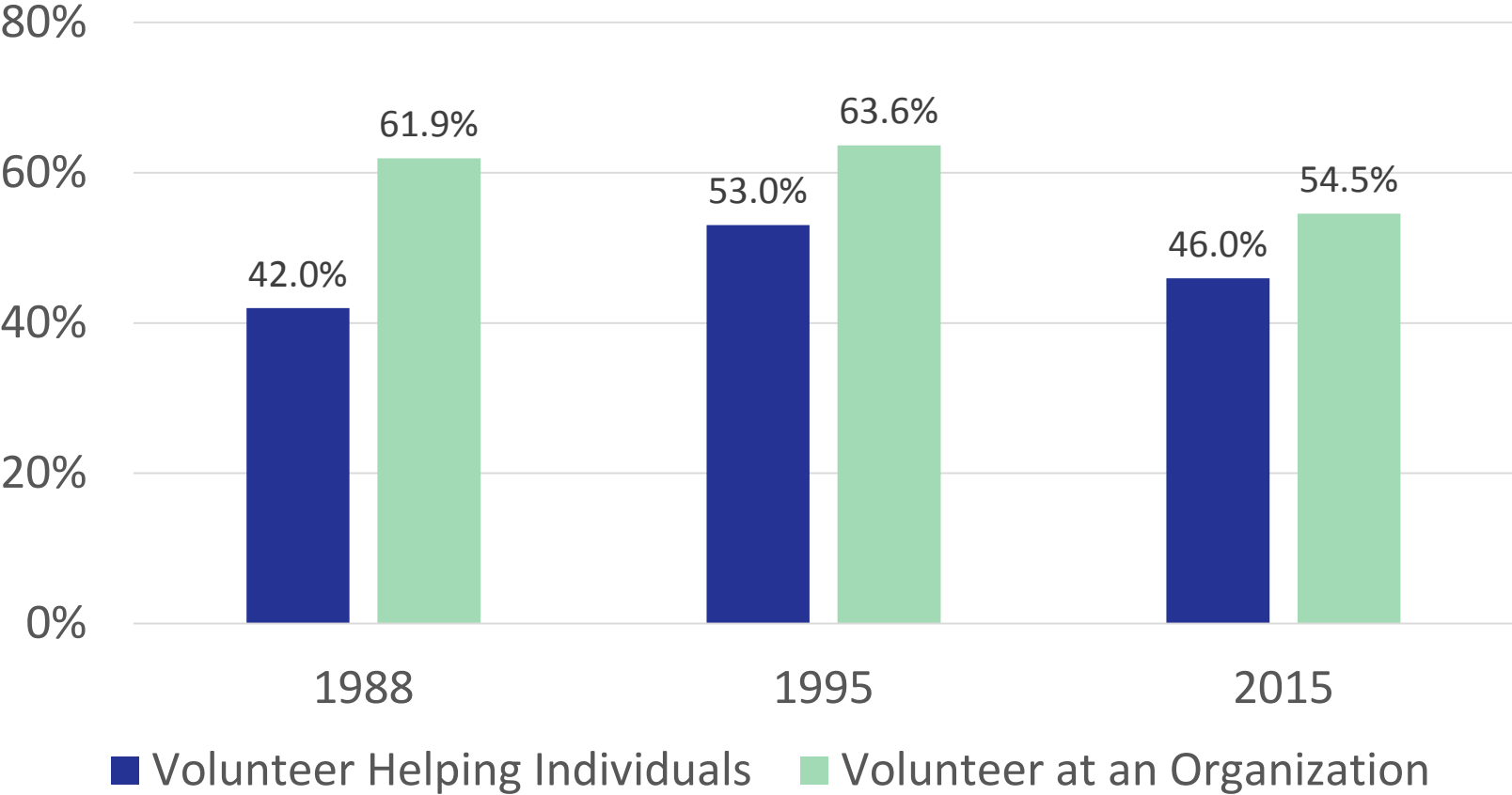
Survey Question: Do you consider yourself retired? Are you currently working at a paying job?

Older Adults Work Longer, Delay Retirement

(Continued)

- These findings mirror national trends, which show that labor force participation for Americans 65 and older has been increasing since 2002¹
- Baby boomers tend to work longer than previous generations and may need to in order to supplement their income in retirement²
- If people are working longer because of economic pressure, they may need more government support in the future. If they are working longer because they are healthier, they may need fewer services

Volunteer Rates Are Decreasing



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

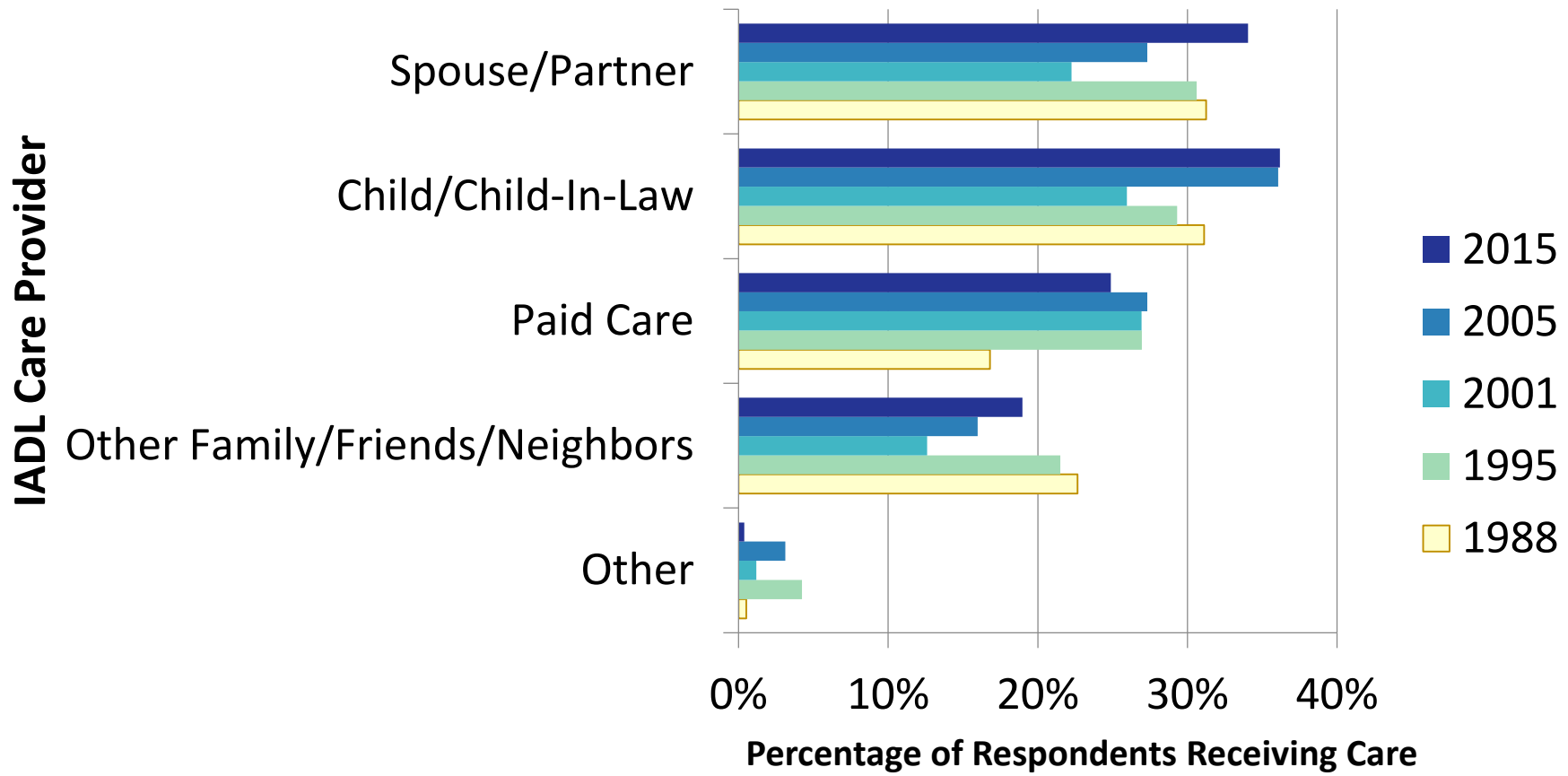
Volunteer Rates Are Decreasing

(Continued)

- Minnesotans have a long history of volunteering, including among older adults. The state has been ranked in the top 5 states for volunteering for many years³
- Volunteer rates have slightly decreased, which could be related to an increase in working among older adults
- There may not be a direct impact on services, but there is a concern that there could be less capacity for volunteer-provided services for older adults

Caregiving

Older Adults Continue Receiving Most Help from Spouse or Children



Survey Question: (If respondent has difficulty with an IADL and receives help) Who helps you?

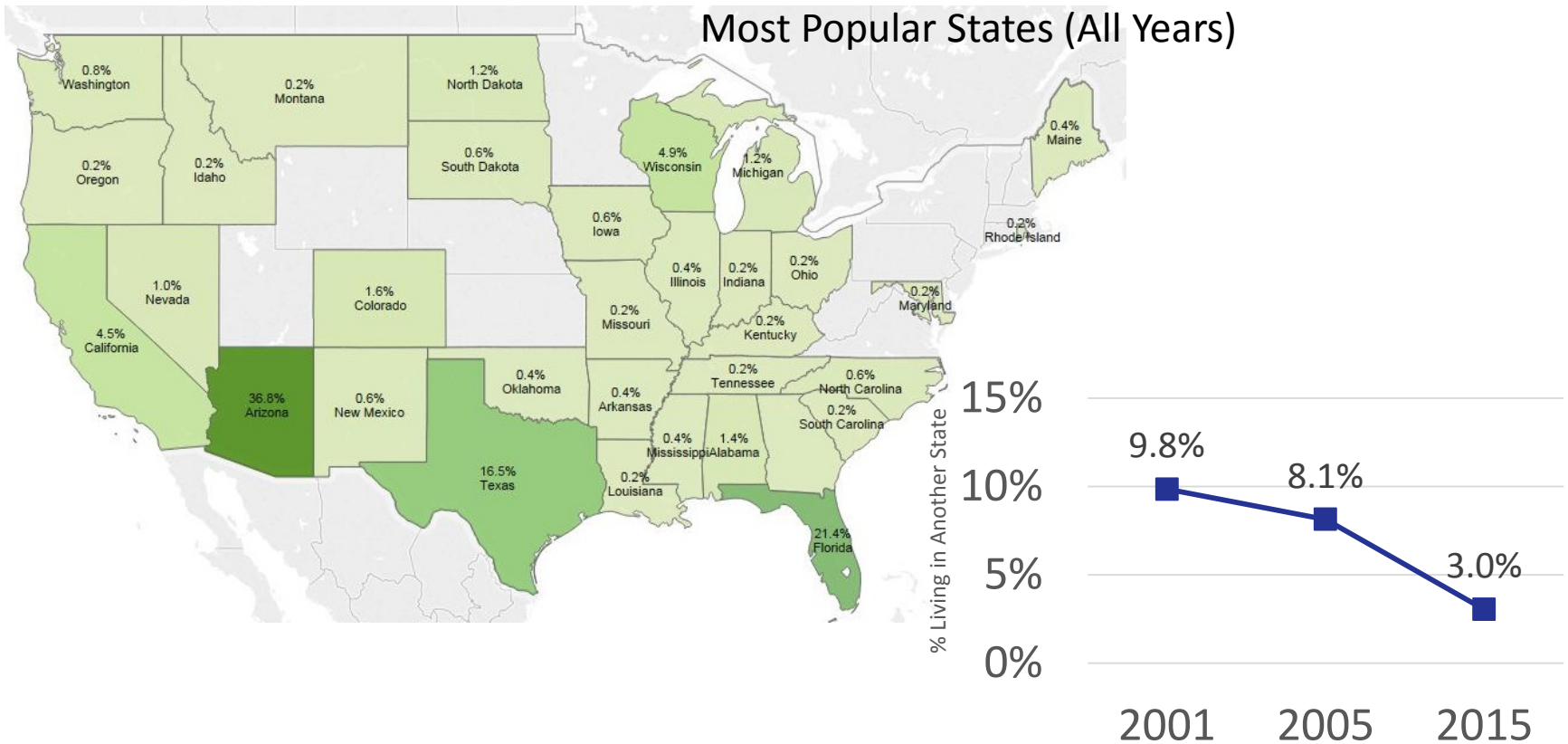
Older Adults Continue Receiving Most Help from Spouse or Children

(Continued)

- Most help with IADLs comes from family, with a notable increase in support provided by the older adult's spouse or partner
- This is similar to national trends, where an estimated two-thirds of care recipients rely solely on informal care⁴
- The value of caregiving in Minnesota has been estimated at over \$7.8 billion in 2013⁵
- These findings suggest Minnesota should continue to provide supports to caregivers so they can maintain their critical role

Communities for a Lifetime

Fewer Seniors Move South in Winter



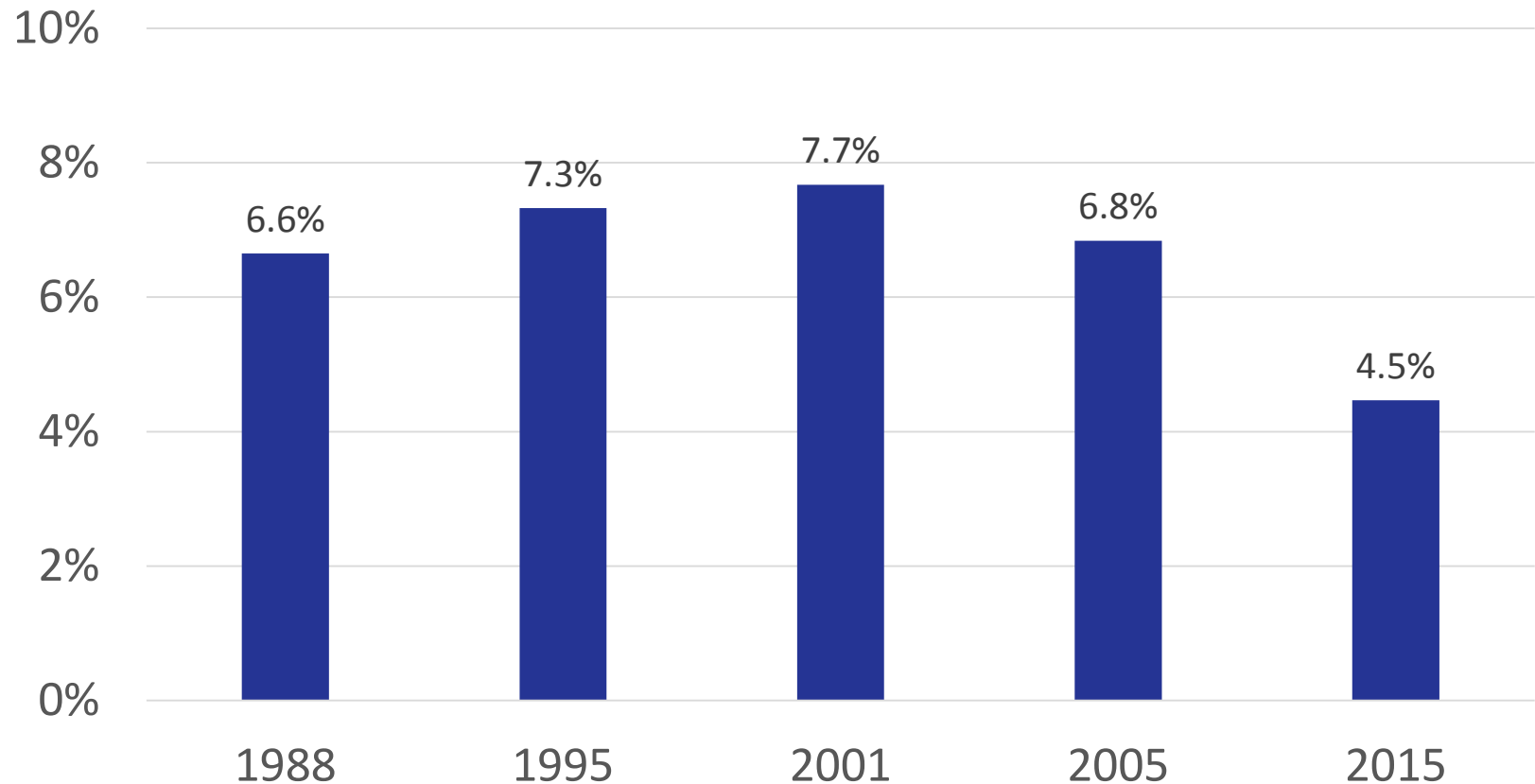
Survey Question: Do you live in a state other than Minnesota part of the year?

Fewer Seniors Move South in Winter

(Continued)

- A smaller proportion of respondents are living in another state for part of the year
- This change could be due to less severe winters in the more recent years or the recession, older adults may no longer be able to afford going south
- Another possible explanation is that during the recession, many adult children moved in with their parents, making it financially difficult to stay in another state
- More former snowbirds staying in Minnesota year-round may lead to an increased demand for services.

Smaller Proportion of Older Adults Live in Senior Housing

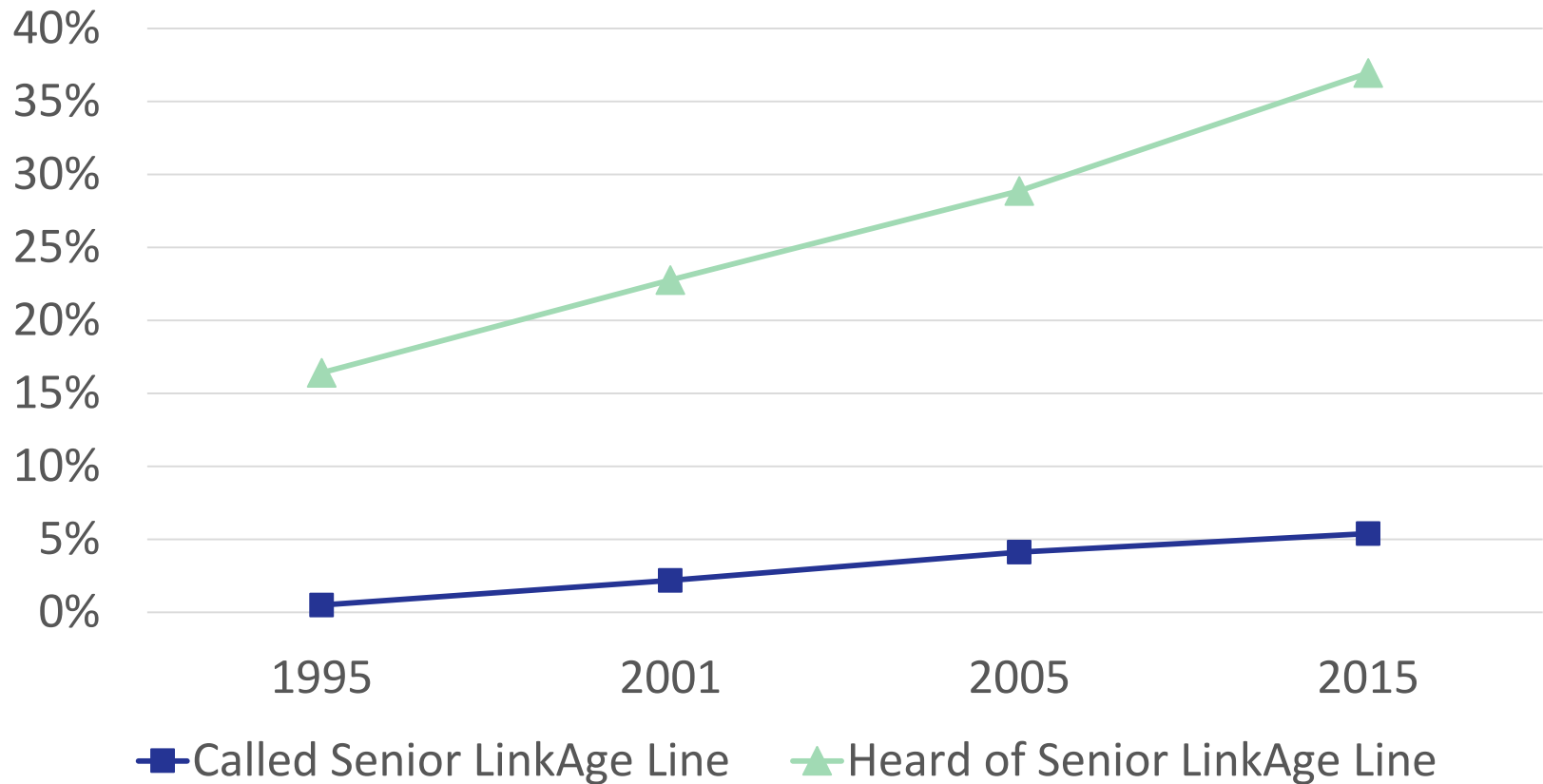


Survey Question: (If living in apartment/multi-unit building or rooming house only) Is this housing for older adults only?

Smaller Proportion of Older Adults Live in Senior Housing (Continued)

- A smaller proportion of respondents report living in housing for seniors only; however, due to an increase in the overall population, the number living in senior housing may have stayed relatively stable
- Although the proportion living in senior housing is decreasing, Minnesota still has one of the highest rates of senior housing units per 1,000 older adults in the country⁶
- It is unclear what factors are driving this change, but it could mean that more seniors are choosing to receive services in their own home rather than choosing senior-only options

More People Know and Call Senior LinkAge Line[®]



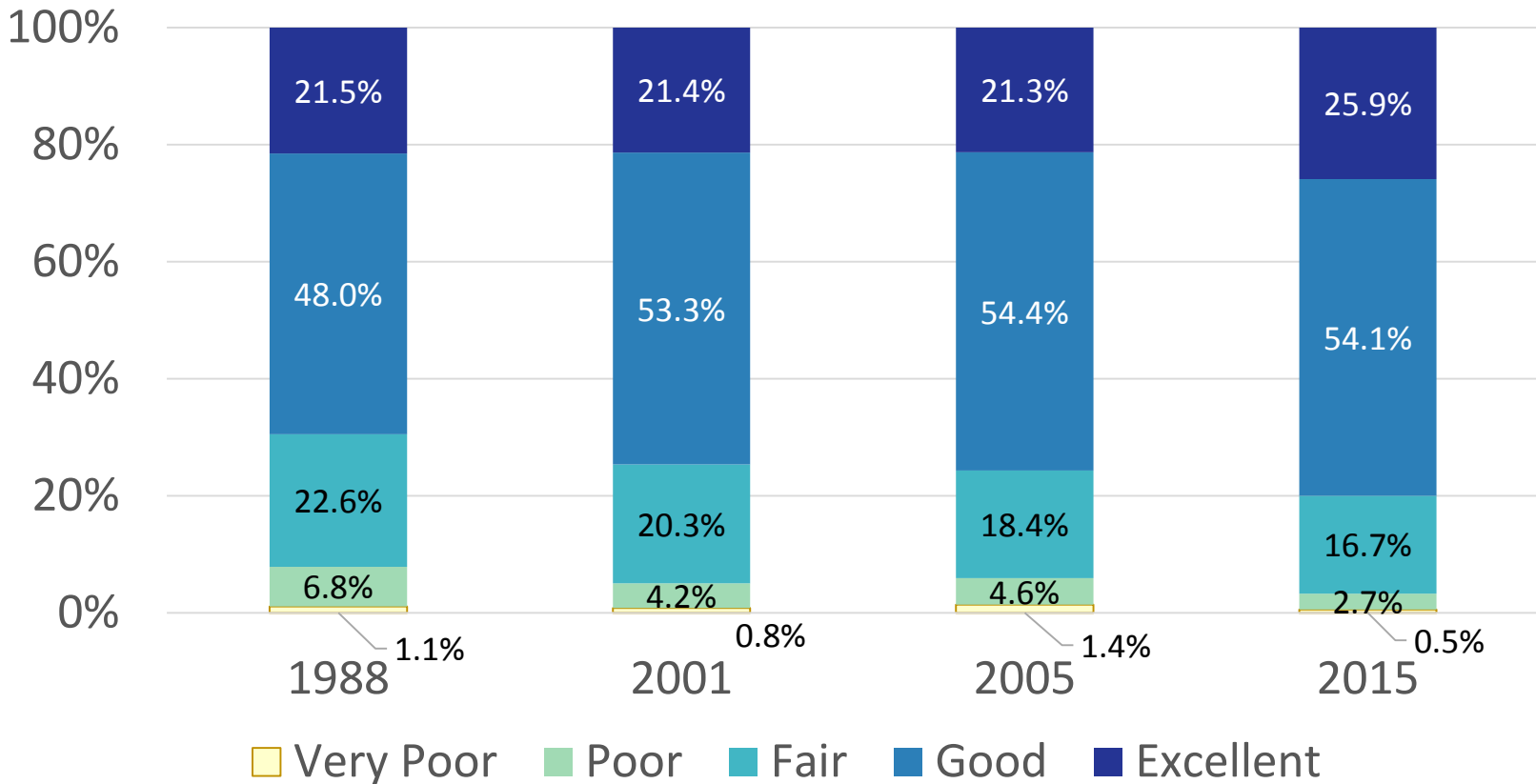
Survey Question: Have you heard of the Senior Linkage Line? Have you or your spouse or partner ever called the Senior Linkage Line?

More People Know and Call Senior LinkAge Line[®] (Continued)

- The Senior LinkAge Line[®] is a statewide toll-free number that connects individuals and their families to local services^{7, 8}
- The Survey of Older Minnesotans is one way the Minnesota Board on Aging determines the penetration rate of this service
- Results suggest more people are learning about and using the Senior LinkAge Line[®], which means more individuals are likely learning about the services available to them

Health and Long-Term Care

Older Adults Continue to be Healthy

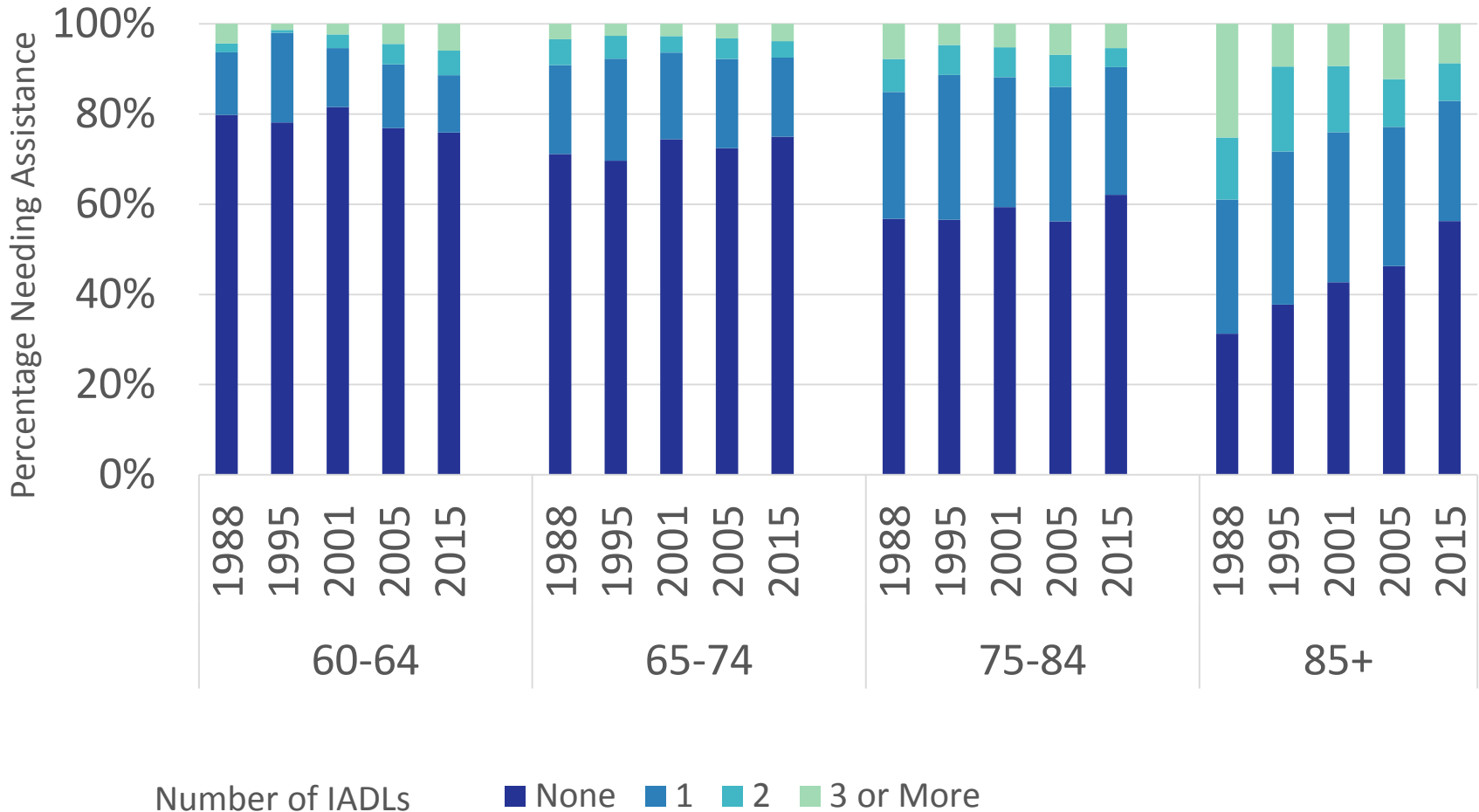


Survey Question: In general, would you describe your current health as excellent, good, fair, poor, or very poor?

Older Adults Continue to be Healthy (Continued)

- Self-reported health is generally accepted as a good indicator of mortality and morbidity⁹
- Survey findings are consistent with other sources, indicating that Minnesota's population, especially older adults, are fairly healthy^{10, 11}
- Good health for older Minnesotans may result in fewer health- and care-related services needs in the future

Oldest Minnesotans Need Less Help with IADLs



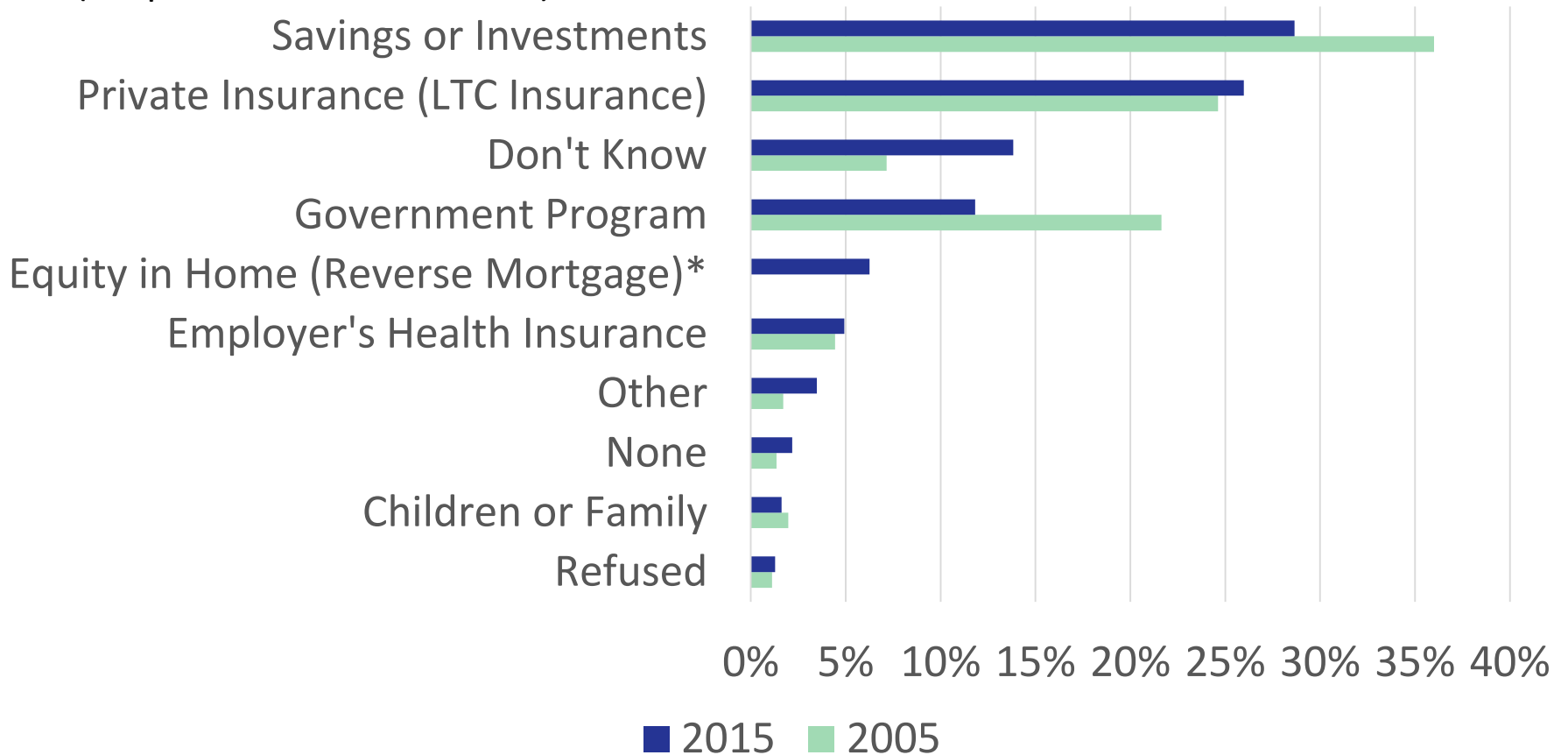
Survey Question: Do you have difficulty (shopping for groceries) because of a health or physical problem?

Oldest Minnesotans Need Less Help with IADLs (Continued)

- Instrumental Activities of Daily Living include meal preparation, grocery shopping, money management, heavy and light housework, and leaving one's home
- When broken down by age range, there has been relatively little change for younger respondents
- However, there has been an increase in the proportion of 75-84 year olds and those 85 and older who do not report needing any help with IADLs
- This could be related to improvements in self-reported health status over time and could lead to fewer individuals needing services to help them with IADLs

Many Older Adults Expect Savings or Insurance to Pay for Long-Term Care

(Respondents 50 and Older)



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

* Equity in home was not given as an option in 2005

Many Older Adults Expect Savings or Insurance to Pay for Long-Term Care

(Continued)

- Over half of the 2015 survey respondents expect savings/investments or private insurance (long-term care insurance) to pay for their long-term care, while 13 percent did not know how these services would get paid for
- In 2015, significantly fewer individuals feel that government programs will pay for these services as compared to the 2005 results
- However, the 2015 results point to an almost equal increase in the number of individuals who said they don't know how these services would get paid for
- These findings suggest that individuals continue to need assistance understanding how to plan for their long-term care needs

Race/Ethnicity Note

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

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

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

References

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

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