2023

Community Assessment Survey of Older Adults

Humboldt County California

CONDUCTED BY POLCO FOR AREA 1 AGENCY ON AGING

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Area 1 Agency on Aging
Community Assessment Survey of Older Adults – Humboldt County

I.   Introduction

The Community Assessment Survey for Older Adults (CASOA)® provides a statistically valid survey of the strengths and needs of older adults as reported by older adults themselves. The results can be used by local governments, community-based organizations, the private sector, and community members to better understand older residents' views of their community and more accurately predict the services and resources required to serve an aging population.

The information can shape public policy, educate the public, and assist communities and organizations in their efforts to sustain a high quality of life for older adults. Communities that are able to provide opportunities for recreation, transportation, culture, education, communication, social connection, spiritual enrichment, and health care assist older adults in maintaining connection to and participating in their communities.

The CASOA was conducted from March 27 through June 29, 2023. The process included two phases. Phase One: a random sample of older adults from each county received the survey in the mail to ensure that survey results represented older adults at a 95% confidence level. Phase two: invited additional community members aged 55 and older to complete the survey. A total of 613 surveys were received and analyzed.

A1AA will use survey results to:

    A. Plan services
    B. Develop resources
    C. Develop the next four-year Area Plan, 2024-2028
    D. Advocate for needed services
    E. Increase stakeholder engagement and empower communities

II.   National Benchmark Comparison

The National Research Center at Polco developed a database that collates responses to CASOA and related surveys administered in other communities and enables Humboldt County results to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in over 331 communities across the nation.

Ratings are compared when similar questions are included in Polco's database and when there are at least five other communities in which the question was asked. Where comparisons for ratings are available, Humboldt County's results are shown as more favorable than the

benchmark, less favorable than the benchmark or similar to the benchmark. In instances where ratings are considerably more or less favorable than the benchmark, these ratings have been further demarcated by the attribute of "much" (for example, much more favorable or much less favorable). (For a detailed list of benchmarked items, see page 57.)

Comparisons to the benchmark database can also be made for the proportion of residents experiencing a variety of challenges. The following chart indicates the value attached to each benchmark icon.

Use this as a reference to understand the benchmark results for each item in the domain.

Benchmarks

Much more favorable
At least 20 points more favorable than benchmark

More favorable
10-20 points more favorable than benchmark

Similar
No statistically significant difference

Less favorable
10-20 points less favorable than benchmark

Much less favorable
At least 20 points less favorable than benchmark

III.   Dimensions of Community "Livability"

The report begins with an assessment of Overall Community Quality in Humboldt County. Next, the views of older residents are assigned to six domains of livability, then further analyzed related to seventeen "community livability topics" within each of the six community domains: Community Design, Employment and Finances, Equity and Inclusivity, Health and Wellness, Information and Assistance, and Productive Activities. Detailed survey results are then provided for each domain/topic area to allow for benchmark comparison and greater respondent detail.

The report also includes sections summarizing identified needs, survey demographics and community readiness.

The chart on the following page provides details of each livability domain and the topics related to that domain.:

Domain of Community Livability	Description	Community Livability Topics
Overall Community Quality	Measuring community livability starts with assessing the quality of life of those who live there, and ensuring that the community is attractive, accessible, and welcoming to residents of all ages.	• Place to Live and Retire • Recommend and Remain in Community
Community Design	A well-designed community enhances the quality of life for its residents by encouraging smart land use and zoning, ensuring that affordable housing is accessible to all, and providing mobility options to support residents aging in place.	• Housing • Mobility • Land Use
Employment and Finances	Communities that work to foster sustainable growth, create jobs and workforce training for persons of all ages, and promote equitable economies ensure older adults are able to sustain their financial well-being through retirement and not outlive their life investments.	• Employment • Finances
Equity and Inclusivity	A community is often greater than the sum of its parts. Having a sense of community entails not only a sense of membership and belonging, but also feelings of safety and trust in the other members of the community.	• Equity • Community Inclusivity
Health and Wellness	The amenities available in the communities have a direct impact on the health and wellness of residents, and thus, on their quality of life overall.	• Safety • Physical Health • Mental Health • Health Care • Independent Living
Information and Assistance	Government programs, policies and information assistance can support successful aging initiatives allowing older residents to remain independent contributors to community quality.	• Quality of Older Adult Services • Information on Available Older Adult Services
Productive Activities	Productivity is the touchstone of a thriving old age. Older adults' engagement and contribution to the community can be determined by their time spent in civic meetings and social activities or providing help to others.	• Civic Engagement • Social Engagement • Caregiving

IV.   Recommend and Remain in Community

A strong testament to the quality of a community is the likelihood of residents recommending and remaining in the community. Generally, residents will not recommend a community to friends unless they believe that community is offering the right amenities and services. Furthermore, communities that do a good job supporting seniors allow their residents to remain throughout their retirement years.

Livability score
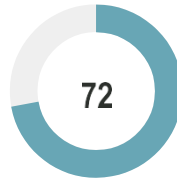
Average of community quality items

72

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting *excellent* or *good*.

Characteristic	% Positive	National Benchmark
Your neighborhood as a place to live	82%	–
Your community as a place to live	77%	–
The overall quality of life in your community	73%	–
Your community as a place to retire	54%	–

Percent reporting *very likely* or *somewhat likely*.

Characteristic	% Likely	National Benchmark
Remain in your community throughout your retirement	81%	–
Recommend living in your community to older adults	63%	⌄

Status Indicators – Personal Quality of Life

Percent reporting *excellent* or *good*.

Characteristic	% positive	National Benchmark
Your overall quality of life	80%	–

Detailed Survey Responses:

How would you rate:

Characteristic	Excellent	Good	Fair	Poor
Your community as a place to live	24% (145)	53% (320)	18% (107)	5% (30)
Your neighborhood as a place to live	37% (214)	45% (257)	15% (88)	2% (13)
Your community as a place to retire	16% (88)	38% (214)	35% (195)	11% (64)
Sense of community in your community	19% (106)	39% (217)	32% (177)	9% (52)
The overall quality of life in your community	17% (98)	56% (315)	23% (132)	4% (21)

How likely are you to:

Characteristic	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely
Recommend living in your community to older adults	17% (97)	46% (270)	22% (126)	15% (89)
Remain in your community throughout your retirement	47% (266)	33% (187)	10% (57)	9% (50)

V.   Humboldt Community Design

A. Land Use

The movement in America towards designing more livable communities (which include mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design) will become a necessity for communities to age successfully. Communities that have planned and been designed for older adults tend to emphasize access, helping to facilitate movement and participation.

Livability score

Average of community quality items

41

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting *excellent* or *good*.

Characteristic	% Positive	National Benchmark
Overall quality of the utility infrastructure in your community (water, sewer, storm water, electric/gas, broadband)	50%	–
Overall design or layout of your community's residential and commercial areas (e.g., homes, buildings, streets, parks, etc.)	48%	–
Public places where people want to spend time	40%	–
Availability of mixed-use neighborhoods where people live close to places where they can eat, shop, work, and receive services	23%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Overall quality of the utility infrastructure in your community (water, sewer, storm water, electric/gas, broadband.	8% (45)	42% (247)	33% (191)	17% (102)
Overall design or layout of your community's residential and commercial areas (e.g., homes, buildings, streets, parks, etc.)	6% (36)	42% (250)	42% (248)	10% (58)
Availability of mixed-use neighborhoods where people live close to places where they can eat, shop, work, and receive services	1% (6)	22% (116)	40% (214)	37% (198)
Public places where people want to spend time	7% (39)	33% (190)	41% (236)	19% (111)

B. Housing

Most older adults want to age in place; however, many do not have homes that feature universal design allowing access for walkers and wheelchairs and providing safety for those who are frail or experiencing mobility impairments. Ensuring the availability of housing stock that is both affordable and suitable for seniors is necessary as a community's population ages.

Livability score

Average of community quality items

10
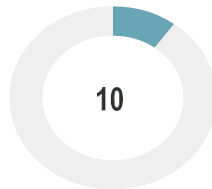
Related survey results

These tables display the ratings given by respondents, and a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting *excellent* or *good*.

Characteristic	% Problematic	National Benchmark
Availability of accessible housing (e.g., homes with a no step entry, single floor living, wide hallways, and doorways)	11%	–
Variety of housing options	10%	⌄
Availability of affordable quality housing	8%	⌄

Potential Problems

Percent reporting *minor problem*, *moderate problem,* or *major problem*.

Characteristic	% Problematic	National Benchmark
Maintaining your home	67%	–
Doing heavy or intense housework	65%	–
Maintaining your yard	64%	⌄
Having housing to suit your needs	36%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Availability of affordable quality housing	1% (4)	7% (40)	26% (142)	66% (364)
Variety of housing options	1% (5)	9% (49)	32% (168)	58% (309)
Availability of accessible housing (e.g., homes with a no step entry, single-floor living, wide hallways, and doorways)	1% (2)	10% (40)	33% (132)	56% (221)
Availability of mixed-use neighborhoods where people live close to places where they can eat, shop, work, and receive services	1% (6)	22% (116)	40% (214)	37% (198)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Having housing to suit your needs	64% (375)	15% (91)	11% (67)	10% (57)
Doing heavy or intense housework	35% (207)	32% (184)	20% (116)	13% (77)
Maintaining your home	33% (195)	36% (211)	21% (124)	9% (55)
Maintaining your yard	36% (205)	28% (159)	22% (127)	14% (83)

C. Mobility

The ease with which older residents can move about their communities, whether for commuting, leisure, or recreation, plays a major role in the quality of life for all who live, work, and play in the community. Those who reside in livable communities where they can reach their destinations easily and comfortably by autonomous or public transportation are more likely to remain engaged in their communities and to demonstrate signs of successful aging. Residents that must give up driving are more likely to be able to age in place if other modes of transportation are easily accessed in their neighborhood and community.

Livability score

Average of community quality items   58

Related survey results

Items on the survey related to this topic are shown below. These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation) and, if available, comparisons to ratings from the most recently implemented survey.

Quality of Community

Percent reporting *excellent* or *good*.

Characteristic	% Positive	National Benchmark
Overall quality of the transportation system (auto, bicycle, foot, bus) in your community	39%	–
Ease of travel by public transportation in your community	25%	–
Ease of travel by car in your community	81%	–
Ease of walking in your community	65%	–
Ease of bicycling in your community	51%	–
Ease of getting to the places you usually have to visit	79%	–

Potential Problems

Percent reporting *minor problem*, *moderate problem,* or *major problem*.

Characteristic	% Problematic	National Benchmark
Having safe and affordable transportation available	35%	–
No longer being able to drive	18%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Overall quality of the transportation system (auto, bicycle, foot, bus) in your community	7% (39)	32% (181)	42% (235)	19% (110)
Ease of travel by public transportation in your community	5% (26)	20% (98)	39% (191)	36% (178)
Ease of travel by car in your community	22% (132)	59% (352)	17% (101)	2% (11)
Ease of walking in your community	16% (92)	49% (292)	22% (132)	13% (75)
Ease of bicycling in your community	9% (50)	42% (220)	35% (184)	14% (75)
Ease of getting to the places you usually have to visit	19% (111)	60% (347)	17% (100)	4% (22)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Having safe and affordable transportation available	65% (355)	15% (80)	12% (67)	8% (45)
No longer being able to drive	82% (427)	4% (23)	8% (43)	5% (28)

VI.   Humboldt Employment & Finances
A. Employment

People in the U.S. are working longer and retiring at an older age than they have in the past. Older adults are postponing retirement for a variety of reasons: improved health, the desire to accumulate additional wealth and/or benefit from delayed pension plans, and because the information age–based economy is less physically demanding than jobs from the industrial age. Older workers are an untapped resource for many communities seeking economic stability and growth.

Livability score
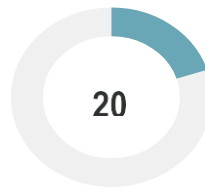
Average of community quality items

20

Related survey results

Items on the survey related to this topic are shown below. These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation) and, if available, comparisons to ratings from the most recently implemented survey.

Quality of Community

Percent reporting *excellent* or *good*.

Characteristic	% Positive	National Benchmark
Opportunities to build work skills	33%	–
Quality of employment opportunities for older adults	16%	˅
Variety of employment opportunities for older adults	9%	–

Potential Problems

Percent reporting minor problem, moderate problem, or major problem.

Characteristic	%Problematic	National Benchmark
Building skills for paid or unpaid work	42%	–
Finding work in retirement	32%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Opportunities to build work skills	7% (25)	26% (88)	43% (148)	24% (81)
Quality of employment opportunities for older adults	4% (14)	12% (37)	39% (124)	45% (142)
Variety of employment opportunities for older adults	1% (4)	8% (25)	40% (127)	51% (166)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Finding work in retirement	68% (258)	6% (21)	14% (53)	12% (45)
Building skills for paid or unpaid work	58% (193)	17% (56)	17% (55)	8% (27)

Employment Status	% (n)
Fully Retired	60% (356)
Working full time for pay	21% (125)
Working part time for pay	16% (94)
Unemployed, looking for paid work	3% (20)

B. Finances

With longer life spans, the importance of financial well-being in old age has increased dramatically. Financial independence and the ability to economically contribute to a community have become critical factors in enhancing the quality of life of older adults.

Livability score
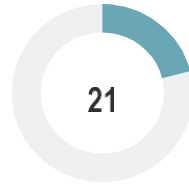
Average of community quality items

21

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting *excellent* or *good*.

Characteristic	% Positive	National Benchmark
Overall economic health of your community	27%	⌄
Cost of living in your community	14%	–

Status Indicators - Household Financial Status

Percent reporting *very positive* or *somewhat positive*.

Characteristic	% Positive	National Benchmark
What impact, if any, do you think the economy will have on your family income in the next 6 months?	10%	–

Potential Problems

Percent reporting minor problem, moderate problem, or major problem.

Characteristic	% Problematic	National Benchmark
Having enough money to meet daily expenses	46%	–
Having enough money to pay your property taxes	32%	–

Detailed Survey Results:

Characteristic	Excellent	Good	Fair	Poor
Overall economic health of your community	4% (22)	23% (135)	50% (286)	23% (133)
Cost of living in your community	1% (8)	13% (77)	56% (329)	30% (175)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Having enough money to meet daily expenses	54% (322)	17% (104)	16% (95)	12% (74)
Having enough money to pay your property taxes	68% (360)	11% (58)	11% (61)	10% (53)

Characteristic	Very Positive	Somewhat Positive	Neutral	Somewhat Negative	Very Negative
Impact of economy on family income in the next 6 months	1% (8)	9% (53)	46% (276)	34% (206)	10% (61)

VII.   Humboldt Community Inclusivity & Equity

  A. Community Inclusivity

Inclusivity refers to a cultural and environmental feeling of belonging. Creating places in which any individual or group can be and feel welcomed, respected, supported, and valued increases the overall livability of communities.

Livability score
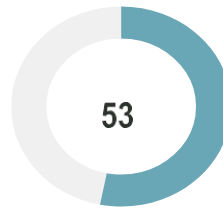
Average of community quality items

53

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting excellent or good.

Characteristic	% Problematic	Benchmark
Sense of community in your community	59%	–
Neighborliness of your community	51%	–
Making all residents feel welcome	48%	–

Potential Problems

Percent reporting minor problem, moderate problem, or major problem.

Characteristic	% Problematic	Benchmark
Feeling lonely or isolated	39%	–
Having friends or family you can rely on	36%	–
Feeling like you don't fit in or belong	34%	–

Detailed Responses:

Characteristic	Excellent	Good	Fair	Poor
Sense of community in your community	19% (106)	39% (217)	32% (177)	9% (52)
Making all residents feel welcome	8% (44)	40% (206)	38% (196)	14% (73)
Neighborliness of your community	9% (52)	42% (242)	38% (221)	10% (60)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Having friends or family you can rely on	64% (385)	19% (115)	11% (68)	5% (30)
Feeling lonely or isolated	61% (363)	26% (154)	6% (35)	7% (42)
Feeling like you don't fit in or belong	66% (383)	22% (128)	8% (47)	4% (23)

B. Equity

Opportunities for health, income, housing, and other life circumstances are often disproportionate. Strong communities work to decrease inequalities so that all residents can successfully age in place.

Livability score
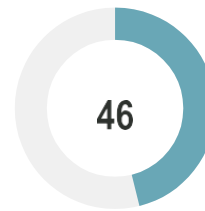
Average of community quality items

46

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting excellent or good.

Characteristic	% Positive	Benchmark
Openness and acceptance of the community towards older residents of diverse backgrounds	51%	–
Valuing older residents in your community	41%	–

Potential Problems

Percent reporting minor problem, moderate problem, or major problem.

Characteristic	% Problematic	Benchmark
Being treated unfairly or discriminated against because of your age	23%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Openness and acceptance of the community towards older residents of diverse backgrounds	12% (56)	39% (186)	35% (166)	14% (65)
Valuing older residents in your community	10% (50)	31% (152)	45% (223)	15% (73)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Being treated unfairly or discriminated against because of your age	77% (444)	15% (85)	4% (22)	4% (23)

VIII.   Humboldt Health & Wellness

A. Health Care

Poor health does not need to be an inevitable consequence of aging. Adoptions of healthy lifestyles and the use of preventive services will reduce the risk of morbidity and increase healthy longevity of older residents.

Livability score
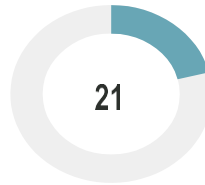
Average of community quality items

21

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting excellent or good.

Characteristic	% Problematic	Benchmark
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	33%	⌄
Availability of affordable quality physical health care	10%	⌄⌄

Potential Problems

Percent reporting minor problem, moderate problem, or major problem.

Characteristic	% Problematic	Benchmark
Getting the health care you need	71%	⌄⌄
Getting the oral health care you need	57%	⌄
Finding affordable health insurance	49%	–
Getting the vision care you need	46%	–
Affording the medications you need	39%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Availability of affordable quality physical health care	1% (4)	9% (49)	34% (183)	57% (308)
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	3% (16)	30% (164)	45% (248)	22% (120)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Finding affordable health insurance	51% (296)	17% (95)	15% (86)	17% (100)
Getting the health care you need	29% (175)	23% (135)	24% (142)	24% (142)
Getting the oral health care you need	43% (244)	17% (96)	13% (76)	27% (158)
Getting the vision care you need	54% (311)	19% (107)	12% (68)	15% (85)
Affording the medications you need	61% (361)	18% (106)	11% (66)	10% (57)

B. Independent Living

If the community cannot help maintain the independence of residents who experience the decline in health that often accompanies aging, the potential contribution of older residents will be lost to hospitals and nursing homes.

Livability score

Average of community quality items

10
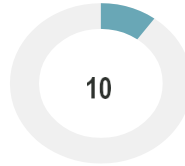
Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting excellent or good.

Characteristic	% Positive	National Benchmark
Availability of daytime care options for older adults	13%	–
Availability of long-term care options	7%	˅

Status Indicator

Percent reporting one or more hours receiving assistance during a week.

Characteristic	% of Respondents	National Benchmark
Receiving assistance, paid or unpaid (e.g., with shopping, cooking, etc.)	14%	–

Potential Problems

Percent reporting minor problem, moderate problem, or major problem.

Characteristic	% Problematic	National Benchmark
Performing regular activities, including walking, eating, and preparing meals	31%	–

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Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Availability of long-term care options	1% (4)	6% (28)	30% (131)	62% (269)
Availability of daytime care options for older adults	4% (14)	10% (37)	46% (177)	40% (153)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Performing regular activities, including walking, eating, and preparing meals	69% (414)	20% (119)	8% (47)	3% (19)

Thinking back over the past 12 months, how much time did you spend in each of the following?

Characteristic	0 days	1-2 days	Five or More Days	Six or More Days
In a long-term care facility (including nursing home or in-patient rehabilitation facility)	98% (574)	0% (2)	0% (1)	1% (5)

During a typical week, how many hours do you spend:

Characteristic	Never	1-3 Hours	4-5 Hours	6-10 Hours	11-19 Hours	20 or More
Receiving assistance, paid or unpaid (e.g., with shopping, cooking, etc.)	86% (513)	8% (46)	3% (18)	1% (8)	2% (9)	1% (5)

C. Mental Health

Mental health plays a vital role in the well-being of residents. Depression, isolation, anxiety, and memory loss can have a direct and profound effect on older adults' quality of life.

Livability score
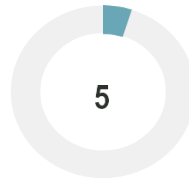
Average of community quality items

5

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting excellent or good.

Characteristic	% positive	National Benchmark
Availability of affordable quality mental health care	5%	⌄

Status Indicators - Personal Health Status

Percent reporting *excellent* or *good*.

Characteristic	% positive	National Benchmark
Your overall mental health/emotional wellbeing	79%	–

Potential Problems

Percent reporting *minor problem*, *moderate problem,* or *major problem*.

Characteristic	% Problematic	National Benchmark
Feeling depressed	49%	–
Dealing with the loss of a close family member or friend	39%	–
Experiencing confusion or forgetfulness	38%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Your overall mental health/emotional well being	25% (150)	53% (318)	19% (110)	3% (18)
Availability of affordable quality mental health care	1% (3)	4% (18)	27% (123)	68% (307)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Experiencing confusion or forgetfulness	62% (366)	28% (166)	7% (42)	3% (19)
Feeling depressed	51% (302)	31% (188)	12% (70)	6% (38)
Dealing with the loss of a close family member or friend	61% (344)	20% (111)	12% (68)	8% (44)

D. Physical Health

Of all the attributes of aging, health poses the greatest risk and the biggest opportunity. When good health is sustained, individuals benefit by living a life of better quality, friends, and family benefit from reduced caregiving burdens, and the community benefits by harnessing the power of older adults' contributions.

Livability score
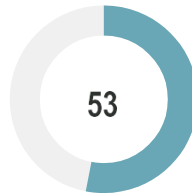
Average of community quality items

53

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting excellent or good.

Characteristic	% Positive	National Benchmark
Overall quality of natural environment in your community	83%	–
Fitness opportunities (including exercise classes and paths or trails, etc.)	60%	–
Availability of affordable quality food	39%	–
Overall health and wellness opportunities in your community	33%	⌄

Status Indicators - Falls

Percent reporting *1 to 2 times*, *3 to 5 times* or *more than 5 times*.

Characteristic	% of respondents	National Benchmark
Thinking back over the past 12 months, how many times have you fallen and injured yourself?	36%	–

Status Indicators - Hospitalizations

Percent reporting *1-2 days*,*3-5 days,* or *6 or more days*.

Characteristic	% of respondents	National Benchmark
As a patient in a hospital	20%	–

Status Indicators - Personal Health Status

Percent reporting *excellent* or *good*.

Characteristic	% positive	National Benchmark
Your overall physical health	73%	–

Potential Problems

Percent reporting *minor problem, moderate problem, or major problem*.

Characteristic	% Problematic	National Benchmark
Your physical health	65%	–
Staying physically fit	60%	–
Maintaining a healthy diet	41%	–
Falling or injuring yourself in your home	32%	–
Having enough food to eat	14%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Overall quality of natural environment in your community	47% (274)	36% (209)	12% (67)	5% (32)
Overall health and wellness opportunities in your community	7% (40)	26% (148)	40% (234)	27%(157)
Your overall physical health	21% (124)	52% (315)	20% (121)	7% (42)
Availability of affordable quality food	5% (28)	34% (202)	46% (274)	15% (89)
Fitness opportunities (including exercise classes and paths or trails, etc.)	18% (99)	42% (229)	31% (168)	9% (50)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Your physical health	36% (211)	34% (204)	21% (127)	9% (53)
Falling or injuring yourself in your home	68% (399)	17% (103)	9% (52)	6% (35)
Staying physically fit	40% (239)	32% (192)	21% (122)	6% (38)
Maintaining a healthy diet	59% (352)	27% (159)	11% (68)	3% (18)
Having enough food to eat	86% (513)	8% (47)	5% (29)	2% (10)

Thinking back over the past 12 months, how much time did you spend in the following?

Characteristic	0 days	1-2 days	Five or More Days	Six or More Days
As a patient in a hospital	80% (474)	14% (81)	4% (23)	3% (15)

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

Characteristic	Never	1-2 times	3-5 times	More than 5 times
Fallen and injured yourself	64% (381)	28% (168)	6% (33)	2% (11)

E. Safety

If the community cannot help maintain the independence of residents who experience the decline in health that often accompanies aging, the potential contribution of older residents will be lost to hospitals and nursing homes.

Livability score

Average of community quality items

56
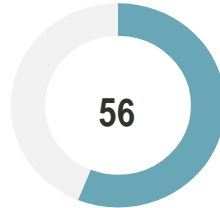
Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting excellent or good.

Characteristic	% positive	National Benchmark
Overall feeling of safety in your community	56%	⌄

Potential Problems

Percent reporting minor problem, moderate problem, or major problem.

Characteristic	% Problematic	National Benchmark
Being a victim of fraud or a scam	23%	–
Being a victim of crime	23%	–
Being physically or emotionally abused	7%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Overall feeling of safety in your community	11% (66)	45% (268)	31% (188)	13% (76)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Being a victim of crime	77% (435)	13% (73)	4% (20)	6% (33)
Being a victim of fraud or a scam	77% (440)	14% (79)	6% (32)	3% (19)
Being physically or emotionally abused	93% (539)	4% (25)	2% (9)	1% (7)

IX.   Information & Assistance

A. Information

Sometimes residents of any age fail to take advantage of services offered by a community solely because they are not aware of the opportunities that exist. Educating a large community of older adults is not simple, but raising awareness about attractive, useful, and well-designed programs will lead more residents to benefit from becoming participants.

Livability score
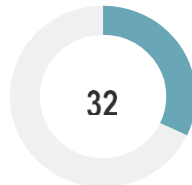
Average of community quality items

32

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting excellent or good.

Characteristic	% Problematic	National Benchmark
Availability of information about resources for older adults	39%	–
Availability of financial or legal planning services	24%	–

Status Indicators - Informed about Services

Percent reporting *very informed* or *somewhat informed*.

Characteristic	% informed	National Benchmark
In general, how informed, or uninformed do you feel about services and activities available to older adults in your community?	56%	–

Status Indicators - Use of Technology

Percent reporting *yes*.

Characteristic	% Yes	National Benchmark
I have high-speed internet/broadband at home	85%	–

Status Indicators - Use of Technology

Characteristic	% of Respondents	National Benchmark
Use or check email	89%	–
Access the internet from your home using a computer, laptop, or tablet computer	87%	–
Access the internet from your cell phone	76%	–
Visit social media sites such as Facebook, Twitter, Nextdoor, etc.	56%	–
Shop online	25%	–
Share your opinions online	24%	–

Potential Problems

Percent reporting minor problem, moderate problem, or major problem.

Characteristic	% Problematic	National Benchmark
Not knowing what services are available to older adults in your community	69%	–
Having adequate information or dealing with public programs such as Social Security, Medicare, and Medicaid	59%	–

Detailed Survey Responses:

In general, how informed, or uninformed do you feel about services and activities available to older adults in your community?

Very Informed	Somewhat Informed	Somewhat Uninformed	Very Uninformed
13% (76)	43% (263)	30% (183)	14% (83)

Characteristic	Excellent	Good	Fair	Poor
Availability of information about resources for older adults	5% (26)	34% (166)	43% (213)	18% (87)
Availability of financial or legal planning services	4% (14)	20% (79)	48% (190)	28% (111)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Having adequate information or dealing with public programs such as Social Security, Medicare, and Medicaid	41% (215)	22% (116)	25% (128)	12% (61)
Not knowing what services are available to older adults in your community	31% (161)	32% (170)	21% (112)	15% (81)

Characteristic	Several times a day	Once a day	A few times a week	Every few weeks	Less often or never
Access the internet from your home using a computer, laptop, or tablet computer	66% (383)	13% (75)	8% (46)	2% (12)	11% (65)
Access the internet from your cell phone	59% (340)	6% (35)	11% (66)	3% (19)	21% (119)
Visit social media sites such as Facebook, Twitter, Nextdoor, etc.	35% (207)	13% (76)	8% (45)	5% (31)	39% (231)
Use or check email	57% (339)	24% (141)	9% (51)	1% (6)	9% (56)
Share your opinions online	8% (47)	4% (25)	11% (63)	11% (61)	65% (371)
Shop online	4% (26)	3% (18)	17% (100)	46% (265)	30% (171)

B. **Quality of Older Adult Services**

Strong local governments play a significant role in producing communities that meet the needs of older residents while making the best use of available resources. Providing services that are responsive to the present and future needs of the older community is an important responsibility and a vital component of livable communities.

Livability score
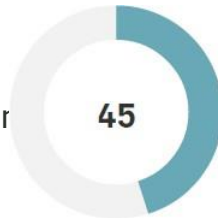
Average of community quality item **45**

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting excellent or good.

Characteristic	% Positive	National Benchmark
How would you rate the overall services provided to older adults in your community?	45%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
How would you rate the overall services provided to older adults in your community?	6% (26)	39% (185)	42% (197)	13% (59)

X.   Productive Activities

A. Caregiving

According to the Centers for Disease Control, about 2 in 5 adults 65 years and older have a disabling condition that affects their ability to live independently[1]. Those who provide care for a loved one or friend with such a condition often feel a sense of contribution and personal worth despite the physical, emotional and financial burden such care can produce. While such caregiving is most often provided by family members and is unpaid, AARP researchers estimate the value of the care as $470 billion annually. A caregiving crunch is predicted in the future, where the average American will spend more years caring for their parents than for their own children[2].

[1] PrevalenceofDisabilitiesandHealthCareAccessbyDisabilityStatusand Type Among Adults ,United States, 2016

[2] AARP Family Caregiver Contribution study

> **Livability scoring is not applicable.**
> Data for this topic are informational and not evaluative.

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Status Indicators - Activities

Percent reporting one or more hours providing care.

Characteristic	% of Respondents	National Benchmark
Providing care to someone age 55+	38%	–
Providing care to someone age 18 to 54	21%	–
Providing care someone under age 18	15%	–

Average Number of Hours Providing Care

Average number of hours spent per respondent in a typical week

Characteristic	Average # of Hours	National Benchmark
Providing care to someone age 55+	3.3	–
Providing care to someone age 18 to 54	1.4	–
Providing care someone under age 18	1.2	–

Potential Problems

Percent reporting *minor problem*, *moderate problem,* or *major problem*.

Characteristic	% Problematic	National Benchmark
Feeling EMOTIONALLY burdened by providing care for another person	33%	–
Feeling FINANCIALLY burdened by providing care for another person	25%	–
Feeling PHYSICALLY burdened by providing care for another person	24%	–

Detailed Survey Responses:

Characteristic	Never	1-3 Hours	4-5 Hours	6-10 Hours	11-19 Hours	20 or More
Providing care to someone age 55+	62% (359)	16% (94)	7% (38)	5% (31)	3% (16)	7% (41)
Providing care to someone age 18 to 54	79% (465)	11% (63)	3% (20)	3% (20)	0% (2)	3% (18)
Providing care someone under age 18	85% (500)	7% (39)	2% (13)	3% (19)	1% (5)	2% (14)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Feeling PHYSICALLY burdened by providing care for another person	76% (435)	14% (82)	5% (30)	5% (26)
Feeling EMOTIONALLY burdened by providing care for another person	67% (387)	19% (112)	7% (41)	6% (35)
Feeling FINANCIALLY burdened by providing care for another person	75% (428)	12% (72)	9% (49)	4% (25)

B. Civic Engagement

In communities where residents care about local politics and social conditions, where they feel engaged and effective, there tends to be greater social, economic, and cultural prosperity. Civic activity of any kind, such as volunteering, participating in political groups or being active in community decision-making, benefits both communities and seniors themselves.

Livability score
Average of community quality items
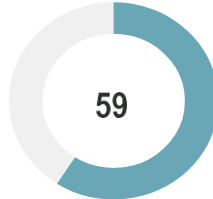
59

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting *excellent* or *good.*

Characteristic	% Positive	National Benchmark
Opportunities to volunteer	70%	–
Opportunities to participate in community matters	58%	–
Residents' connection and engagement with their community	50%	–

Status Indicators - Activities

Percent reporting one or more hours.

Characteristic	% of Respondents	National Benchmark
Volunteering your time	48%	–

Average Number of Hours Providing Care

Average number of hours spent per respondent in a typical week

Characteristic	Average # of Hours	National Benchmark
Volunteering your time	2	–

Potential Problems

Percent reporting minor problem, moderate problem, or major problem.

Characteristic	% Problematic	National Benchmark
Feeling like your voice is heard in the community	45%	–
Finding productive or meaningful activities todo	33%	–
Finding meaningful volunteer work	23%	–

Status Indicators - Participation

Percent reporting *yes*.

Characteristic	% Yes	National Benchmark
Voted in your most recent local election	84%	–
Watched(online on television) a local public meeting	39%	^
Attended a local public meeting (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.)	23%	–
Participated in civic group (including Elks, Kiwanis, Masons, etc.)	18%	–

Detailed Survey Responses:

Characteristic	Never	1-3 Hours	4-5 Hours	6-10 Hours	11-19 Hours	20 or More
Volunteering your time:	52% (301)	32% (183)	9% (54)	4% (21)	1% (7)	2% (11)

Characteristic	Excellent	Good	Fair	Poor
Residents' connection and engagement with their community	9% (51)	41% (220)	37% (199)	14% (74)
Opportunities to participate in community matters	13% (61)	45% (216)	35% (170)	7% (33)
Opportunities to volunteer	22% (109)	48% (238)	24% (119)	7% (33)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Feeling like your voice is heard in the community	55% (266)	23% (110)	13% (63)	9% (43)
Finding meaningful volunteer work	77% (332)	13% (57)	6% (26)	4% (19)
Finding productive or meaningful activities to do	67% (382)	21% (119)	6% (36)	5% (30)

C. Social Engagement

It is well documented that social support also has many mental and physical health benefits. Extensive opportunities for recreation, the arts and social interaction make a community more attractive, especially to older adults.

Livability score
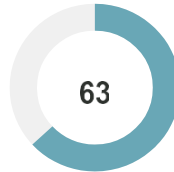
Average of community quality items

63

Related survey results

These tables display the ratings given by respondents, as well as a comparison to the national benchmark (average ratings from communities across the nation.)

Quality of Community

Percent reporting *excellent* or *good.*

Characteristic	% Positive	National Benchmark
Opportunities to attend religious or spiritual activities	78%	–
Overall quality of parks and recreation opportunities	78%	–
Overall opportunities for education, culture, and the arts	62%	–
Opportunities to attend social events or activities	57%	–
Recreation opportunities (including games, arts, library services, etc.)	51%	–
Opportunities to enroll in skill-building or personal enrichment classes	49%	^

Status Indicators - Activities

Percent reporting one or more hours.

Characteristic	% Respondents	National Benchmark
Talking or visiting with friends/family	94%	–
Assisting friends, relatives, or neighbors	78%	–

Status Indicators - Participation

Percent reporting *yes*.

Characteristic	% Positive	National Benchmark
Used a public library in your community	35%	⌄
Participated in a recreation program or group activity	34%	–
Participated in religious or spiritual activities with others	32%	⌄
Participated in a club (including book, dance, game, and other social)	29%	–
Used a recreation center in your community	28%	–
Used a senior center in your community	16%	–

Average Number of Hours Providing Care

Average number of hours spent per respondent in a typical week

Characteristic	Average % Hours	National Benchmark
Talking or visiting with friends/family	6.4	–
Assisting friends, relatives, or neighbors	3.6	–

Potential Problems

Percent reporting *minor problem, moderate problem, or major problem*.

Characteristic	% Problematic	National Benchmark
Having interesting social events or activities to attend	44%	–
Having interesting recreational or cultural activities to attend	42%	–
Feeling bored	38%	–

Detailed Survey Responses:

Characteristic	Excellent	Good	Fair	Poor
Overall quality of parks and recreation opportunities	39% (230)	39% (229)	16% (95)	5% (31)
Overall opportunities for education, culture, and the arts	17% (98)	45% (260)	30% (171)	8% (47)
Recreation opportunities (including games, arts, library services, etc.)	14% (75)	37% (191)	39% (203)	9% (49)
Opportunities to enroll in skill-building or personal enrichment classes	10% (42)	39% (154)	32% (125)	19% (75)
Opportunities to attend social events or activities	12% (59)	45% (229)	32% (163)	11% (55)
Opportunities to attend religious or spiritual activities	23% (112)	55% (260)	19% (89)	3% (15)

Characteristic	Not a Problem	Minor Problem	Moderate Problem	Major Problem
Feeling bored	62% (370)	27% (163)	7% (39)	4% (24)
Having interesting recreational or cultural activities to attend	58% (327)	22% (122)	13% (75)	7% (40)
Having interesting social events or activities to attend	56% (311)	25% (140)	11% (63)	7% (39)

During a typical week, how many hours do you spend:

Characteristic	Never	1-3 Hours	4-5 Hours	6-10 Hours	11-19 Hours	20 or More
Assisting friends, relatives, or neighbors	22% (131)	52% (307)	10% (61)	9% (54)	1% (8)	4% (26)
Talking or visiting with friends/family	6% (34)	34% (205)	26% (154)	19% (113)	9% (54)	7% (40)

XI.   Humboldt County Older Adults Estimated Economic Contributions

Productive behavior is "any activity, paid or unpaid, that generates goods or services of economic value." Productive activities include many types of paid and unpaid work, as well as services provided to friends, family, or neighbors. Older adults make significant contributions (paid and unpaid) to the communities in which they live. In addition to their paid work, older adults contribute to the economy through volunteering, providing informal help to family and friends, and caregiving.

	■ Unpaid	■ Paid	
2023	$463,871,057	$488,183,998	**$952,055,055**

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

XII.   Summary of Community Needs

Each livability topic in the survey includes a summary of needs identified by respondents. For almost all of these needs summaries, a respondent was counted as having a need if they had a major problem or moderate problem with any of the items examined in each score area. The one exception is for the independent living topic: for this needs score, a respondent was counted as having a need if they reported spending any time in a hospital or in a long-term care facility in the last year. The table below shows the percentage of respondents who reported that one or more items within each of these 17 areas was a major or moderate problem.[1]

Topic	Domain	Percent With Need	Number Affected (n = 42,570*)
Health Care	Health & Wellness	67%	28,361
Housing	Community Design	55%	23,371
Physical Health	Health & Wellness	43%	18,344
Information on Available Older Adult Services	Information & Assistance	41%	17,423
Finances	Employment & Finances	30%	12,857
Mental Health	Health & Wellness	30%	12,765
Social Engagement	Productive Activities	28%	11,745
Civic Engagement	Productive Activities	27%	11,522
Community Inclusivity	Equity & Inclusivity	25%	10,719
Mobility	Community Design	24%	10,217
Employment	Employment & Finances	21%	9,016
Caregiving	Productive Activities	17%	7,119
Safety	Health & Wellness	14%	5,944
Independent Living	Health & Wellness	11%	4,690
Equity	Equity & Inclusivity	7%	3,171
*Source: U.S. Census Bureau, 2021 American Community Survey 5-Year Estimates			

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[1] Often, the self-reported needs of older adults represent a conservative estimate offset by respondents' need to feel and appear self-reliant. The result may be further reduced by the lack of input from older adults who are too frail to participate in any survey enterprise.

XIII. Humboldt Community Readiness

How prepared is Humboldt County for an aging population? Survey respondents were asked to rate a number of aspects of the community. These ratings were converted to an average scale of 0 (the lowest rating, such as poor) to 100 (the highest rating, such as excellent) and then combined to provide one overall rating (index1) for each of the six dimensions of Community Readiness, as well as an overall rating of the Quality of the Community.

Dimension	Community Livability Topic	Score (Out of 100)
Overall Community Quality	• Place to Live and Retire • Would Recommend and Remain in Community	62
Community Design	• Housing • Mobility • Land Use	38
Employment and Finances	• Employment • Finances	22
Community Inclusivity and Equity	• Community Inclusivity • Equity	44
Health and Wellness	• Health Care • Independent Living • Mental Health • Physical Health • Safety	34
Information and Assistance	• Information on Available Older Adult Services • Quality of Older Adult Services	31
Productive Activities	• Caregiving • Civic Engagement • Social Engagement	48

XIV.   CASOA: Humboldt Demographics

In which category is your age?	Percent
50-54 years	0% (0)
55-59 years	15% (93)
60-64 years	27% (163)
65-69 years	16% (100)
70-74 years	21% (130)
75-79 years	11% (67)
80-84 years	5% (29)
85-89 years	4% (23)
90-94 years	1% (5)
95 years or older	0% (3)

What is your gender?	Percent
Woman	53% (317)
Man	47% (284)
Identify in another way	0% (1)

What is your sexual orientation?	Percent
Heterosexual	88% (494)
Lesbian	2% (9)
Gay	5% (30)
Bisexual	2% (11)
Identify in another way	3% (19)

If you identify in another way, how would you describe your sexual orientation?	Percent
Asexual	35% (6)
Pansexual	8% (1)
Queer	9% (2)
Questioning	10% (2)
Identify in another way	38% (7)

What is your race? (Mark one or more races to indicate what race you consider yourself to be.)	Percent
American Indian or Alaska Native	4% (24)
Asian	3% (19)
Black or African American	1% (7)
Native Hawaiian or Other Pacific Islander	0% (1)
White	88% (539)
A race not listed	3% (19)

Are you Spanish, Hispanic, or Latino?	Percent
No, not of Hispanic, Latino/a/x, or Spanish origin	97% (563)
Yes, I consider myself to be of Hispanic, Latino/a/x, or Spanish origin	3% (17)

How many years have you lived in your community	Percent
Less than 2 years	8% (47)
2-5 years	8% (48)
6-10 years	7% (40)
11-20 years	16% (97)
More than 20 years	62% (372)

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent
Less than $25,000	20% (118)
$25,000 to $49,999	30% (172)
$50,000 to $74,999	16% (92)
$75,000 to $99,999	12% (69)
$100,000 to $149,999	15% (88)
$150,000 to $199,999	5% (28)
$200,000 to $299,999	2% (10)
$300,000 or more	0% (2)

What is your employment status?	Percent
Fully retired	60% (356)
Working full time for pay	21% (125)
Working part time for pay	16% (94)
Unemployed, looking for paid work	3% (20)

At what age do you expect to retire completely and not work for pay at all?	Percent
55-59	1% (3)
60-64	8% (20)
65-67	31% (74)
68-69	15% (35)
70-72	19% (44)
73 or older	26% (62)

How many people, including yourself, live in your household?	Percent
1 person (live alone)	38% (229)
2 people	47% (283)
3 people	12% (74)
4 or more people	3% (18)

How many of these people, including yourself, are 55 or older?	Percent
1 person	49% (297)
2 people	48% (292)
3 people	2% (15)
4 or more people	0% (0)

How many years have you lived in your community?	Percent
Less than 2 years	8% (47)
2-5 years	8% (48)
6-10 years	7% (40)
11-20 years	16% (97)
More than 20 years	62% (372)

Do you rent or own your home?	Percent
Rent	25% (152)
Own (with a mortgage payment)	29% (174)
Own (free and clear; no mortgage)	46% (273)

. Which best describes the building you live in?	Percent
Single-family detached home	76% (457)
Townhouse or duplex (may share walls but no units above or below you)	4% (26)
Condominium or apartment (have units above or below you)	7% (43)
Mobile home	11% (64)
Assisted living residence	0% (0)
Nursing home	0% (0)
Other	2% (14)

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance, and homeowners' association (HOA) fees)?	Percent
Less than $300	13% (72)
$300 to $599	20% (115)
$600 to $999	20% (116)
$1,000 to $1,499	20% (117)
$1,500 to $2,499	18% (101)
$2,500 to $3,999	8% (44)
$4,000 to $6,999	1% (7)
$7,000 to $9,999	0% (1)
$10,000 or more	0% (0)

XV. Methods

About the Community Assessment Survey for Older Adults (CASOA)®

The Community Assessment Survey for Older Adults (CASOA)® was developed by National Research Center at Polco (NRC) to provide an accurate, affordable and easy way to assess and interpret the experience of older adults in the community. The CASOA® survey instrument and its administration are standardized to assure high-quality survey methods and comparable results across CASOA communities. The CASOA was customized for Area 1 Agency on Aging to reflect the correct local age definition of older adults and to use official agency graphics, contact information and signatures on survey invitation mailing materials. Area 1 Agency on Aging sponsored and funded this research. Please contact Maren Rose of the Area 1 Agency on Aging at mrose@a1aa.org if you have any questions about the survey.

Questionnaire Development

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

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

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

Random (Probability) Sample Survey

Selecting Survey Recipients

One of the first steps taken to ensure survey results are representative of the target population is to use a source from which survey recipients are selected that provides adequate to good coverage of the target population. This source is referred to as the sampling frame.

The target population for this survey was residents age 55 years or older in households within the Humboldt County boundaries.

Since it would be cost prohibitive to survey every person age 55 years or older in Humboldt County, a random selection of records from the sampling frame was made. This process can be illustrated using an example that may be familiar from a math or statistics class of a jar of marbles of various colors. If the jar has two-thirds red marbles and one-third blue marbles, a random selection of marbles from that jar should result in a similar proportion (although perhaps not identical) of red and blue marbles as in the original jar.

The sampling frame used for this survey was a list of households with a high likelihood of having a resident age 55 years or older within the Humboldt County boundaries from Marketing Systems Group. These lists, compiled by sampling and marketing firms based on data from multiple sources (such as warranty information, voting lists, and more), provide fairly complete coverage of all members of the target population.

Data Collection

Each randomly selected household received two mailings, about one week apart, beginning on April 27, 2023. The first mailing was a prenotification postcard announcing the upcoming survey. This half-sheet postcard included a URL so that recipients could immediately go online to complete the survey if they wished. The second mailing contained a letter from the Executive Director inviting the household to participate, a printed questionnaire and a postage-paid return envelope. The survey was available in English, Spanish, Vietnamese, Korean, Arabic, Traditional Chinese, Simplified Chinese, and Hindi. Completed surveys were collected over the following 13 weeks.

About 118 (4%) of the 2,800 surveys mailed were returned because the housing unit was vacant or the postal service was unable to deliver the survey as addressed. Of the remaining 2,682 households that received the survey, 441 completed the survey, providing an overall response rate of 16%. Of the total surveys received, 324 were completed using the hard copy surveys while 117 were submitted online. Response rates are calculated using AAPOR's response rate #2[1] for mailed surveys of unnamed persons.

Open Participation Survey

In addition to the random sample "probability" survey described above, an open participation survey was conducted, in which all older adults age 55 years or older were invited to participate. The open participation survey instrument was identical to the probability sample survey. This survey was conducted entirely online. For the open participation survey a single URL was provided to contacts from Area 1 Agency on Aging to share with constituents through email lists, social media accounts, service settings and community partners. The URL directed community members to the survey. Area 1 Agency on Aging conducted all outreach, after receiving guidance on best practices for conducting such outreach from Polco. This guidance suggested the use of social media, press releases, newsletters and e-newsletters, existing resident email lists, printed materials, and invitations publicized at local and virtual meetings. This

survey became available to all residents on 3/27/24 and remained open until 6/29/24. A total of 172 surveys were completed by open participation survey respondents.

Analysis and Reporting

The 172 open participation survey responses were combined with the 441 responses from the probability sample survey, for a total of 613 completed surveys. The results in this report are based on the responses from both data collection efforts.

Confidence Intervals

It is customary to describe the precision of estimates made from probability surveys by a "level of confidence" and accompanying "confidence interval" (or margin of error). A traditional level of confidence, and the one used here, is 95%. The 95% confidence interval can be any size and quantifies the sampling error or imprecision of the survey results because some residents' opinions are relied on to estimate all residents' opinions.[2]

The margin of error for the Humboldt County survey is no greater than plus or minus 5 percentage points around any given percent reported for all probability survey respondents (441). For subgroups of responses, the margin of error increases because the number of respondents for each subgroup is smaller. For subgroups of approximately 100 respondents, the margin of error is plus or minus 10 percentage points.

With the inclusion of the open participation survey participants, it is likely that the precision of the responses would be even greater (and thus the margin of error smaller).

Survey Processing (Data Entry)

Upon receipt, completed hard copy surveys were assigned a unique identification number. Additionally, each survey was reviewed and "cleaned" as necessary. An example of cleaning would be if a question asked a respondent to pick two items out of a list of five, but the respondent checked three; in this case, NRC would use protocols to randomly choose two of the three selected items for inclusion in the dataset.

All surveys then were entered twice into an electronic dataset; any discrepancies were resolved in comparison to the original survey form. Range checks as well as other forms of quality control were also performed.

The online survey data was collected on Polco, an online civic engagement platform. Use of Polco means all collected data are entered into the dataset immediately when the respondents submit the surveys. Skip patterns are programmed into the system so respondents are automatically directed to the appropriate question (skipping irrelevant questions, when applicable) based on the individual responses given.

A series of quality control checks were also performed in order to ensure the integrity of the web data. Steps may include (and are not limited to) reviewing the data for clusters of repeat IP addresses and time stamps (indicating duplicate responses) and removing empty submissions (questionnaires submitted with no questions answered).

Survey Data Weighting

The primary objective of weighting survey data is to make the survey sample reflective of the larger population of Humboldt County. This is done by reviewing the demographic profile of respondents and comparing it to the demographic profile of older adults based on the most recent Census data. Those respondent subgroups that were less likely to respond are statistically adjusted to be given more weight, while those subgroups that were more likely to respond are given less weight. The characteristics used for weighting were age, gender, race, Hispanic origin, housing type, rent or own home, and area. No adjustments were made for design effects. Weights were calculated using an iterative, multiplicative raking model known as the ANES Weighting Algorithm (see https://surveyinsights.org/wp-content/uploads/2014/07/Full-anesrake-paper.pdf for more details). The results of the weighting scheme are presented in the following table.

Weighting Scheme for the 2023 Humboldt County CASOA

Demographic Group	Unweighted	Weighted	Population Target[*]
Rent or Own Home			
Rent	13.2 %	25.4 %	25.4 %
Own	86.8 %	74.6 %	74.6 %
Housing Type			
Detached	89.4 %	81.9 %	81.9 %
Attached	10.6 %	18.1 %	18.1 %
Race			
White	92.8 %	88.2 %	88.2 %

Not white	7.2 %	11.8 %	11.8 %
Ethnicity			
Hispanic	2.8 %	3 %	4.8 %
Not Hispanic	97.2 %	97 %	95.2 %
Gender			
Female	72.9 %	52.8 %	52.8 %
Male	27.1 %	47.2 %	47.2 %
Age			
Age 55 to 64	18.6 %	41.8 %	41.8 %
Age 65 to 74	45.2 %	37.5 %	37.5 %
Age 75 and over	36.2 %	20.6 %	20.6 %
Gender and Age			
Female 55 to 64	14.1 %	21.5 %	21.5 %
Female 65 to 74	34.1 %	19.4 %	19.4 %
Female 75 and over	24.7 %	11.8 %	11.8 %
Male 55 to 64	3.9 %	20.3 %	20.3 %
Male 65 to 74	11.2 %	18.1 %	18.1 %
Male 75 and over	12 %	8.8 %	8.8 %

Reporting

For the most part, the percentages presented in the reports represent the "percent positive." The percent positive is the combination of the top two most positive response options (i.e., excellent, and good, very safe and somewhat safe, essential and very important, etc.), or, in the case of resident behaviors/participation, the percent positive represents the proportion of respondents indicating yes or participating in an activity at least once a month.

On many of the questions in the survey respondents may answer don't know. The proportion of respondents giving this reply is shown in the full set of responses included in the Responses tab. However, these responses have been removed from the analyses presented in the main body of the report. In other words, the tables and graphs display the responses from respondents who had an opinion about a specific item.

Multiple Response Questions

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

Rounding

Excluding the Participants tab, percentages shown are rounded to the nearest whole number. This can sometimes mean that the percentage of responses across all the possible response categories may sum to something other than exactly 100%. It also means that in some instances, the "percent positive," "percent problem," or other summaries of data may not equal the rounded percentages of the two categories. For example, if 30.4% of respondents rated quality of life as excellent, and 20.4% of respondents rated it as good, a display of all the responses will show 30% excellent and 20% good. However, a display of the percent rating quality of life as excellent or good will show 51% (as 30.4% + 20.4% equals 50.8%, which rounds to 51%).

Making Comparisons to Benchmarks

National Research Center at Polco has developed a database that collates responses to CASOA and related surveys administered in other communities, which allows the results from Humboldt County to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in over 331 communities across the nation.

Ratings are compared when similar questions are included in Polco's database, and there are at least five other communities in which the question was asked. Where comparisons for ratings were available, Humboldt County's results are shown as being more favorable than the benchmark, less favorable than the benchmark or similar to the benchmark. In instances where ratings are considerably more or less favorable than the

benchmark, these ratings have been further demarcated by the attribute of "much," (for example, much more favorable or much less favorable).

Community Characteristics Benchmarks

To better provide context to the survey data, resident responses for the county were compared to Polco's national benchmark database or older adult opinion. Of the 52 assessments of community livability that were compared to the benchmark database, 41 were similar, 1 above, and 10 below the benchmark comparisons.

The areas in which the county ratings were lower than benchmark comparisons were:

· Overall economic health of your community

· Overall feeling of safety in your community

· Overall health and wellness opportunities in your community

· Quality of employment opportunities for older adults

· Availability of affordable quality housing

· Variety of housing options

· Availability of long-term care options

· Availability of affordable quality physical health care

· Availability of affordable quality mental health care

· Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)

The one area in which the county rating was higher than benchmark comparisons was:

· Opportunities to enroll in skill-building or personal enrichment classes

Older Adult Challenges Benchmarks

Comparisons to the benchmark database can also be made for the proportion of residents experiencing a variety of challenges. In the county, there was a lower proportion of older adults experiencing challenges for 0 item(s), a greater proportion of older adults experiencing challenges for 3 item(s), and a similar proportion experiencing challenges for 39 item(s).

The challenges for which a **greater** proportion of residents reported a problem compared to benchmarks were:

· Maintaining your yard

· Getting the health care you need

· Getting the oral health care you need

Reporting Statistical Significance

 For the crosstabs of survey results by selected respondent characteristic, chi-square or ANOVA (Analysis of Variance) tests of significance were applied to these breakdowns of selected survey questions. A p-value of 0.05 or less indicates that there is less than a 5% probability that differences observed between groups are due to chance; or in other words, a greater than 95% probability that the differences observed in the selected

categories of the sample represent "real" differences among those populations. However, it should be noted that while these tests of statistical significance were used to help guide readers and policy makers to differences that are likely not due to chance alone, these types of probabilistic inferences were designed for use when results come from random sampling alone (for more information, see Hirschauer, N., Gruner, S., Mußhoff, O., Becker, C., & Jantsch, A. (2020). Can p-values be meaningfully interpreted without random sampling? Statistics Surveys, 14, 71-91).

 Community Readiness Scores

The community readiness scores presented in Community Readiness represents the average of the questions included in the index. Although the evaluative or frequency questions were made on 4- or 5- point scales, with 1 representing the best rating, the scales had different labels (e.g., excellent, very likely). To calculate these average scores, the questions used in the index were converted to a common scale where 0 is the worst possible rating and 100 is the best possible rating. If everyone answered "excellent" then the result would be 100 on the 0-100 scale. If the average rating for quality of life was right in the middle of the scale (halfway between good and fair), then the result would be 50. This scale can be thought of like the thermometer that is often used to illustrate total donations received by charitable organizations—the higher the thermometer reading, the closer to the goal. In this case, 100 (the top of the thermometer) would represent the most positive response possible. The table below shows the individual questions comprising each summary score for the six dimensions of community readiness, as well as the overall rating for the Quality of the Community.

Dimension of Community Readiness	Items Included in Community Readiness Score
Overall Community Quality	• Your community as a place to live • Your neighborhood as a place to live • Your community as a place to retire
Overall Community Quality	• The overall quality of life in your community • Recommend living in your community to older adults • Remain in your community throughout your retirement
Community Design	• Housing • Mobility • Land Use

Dimension of Community Readiness	• Items Included in Community Readiness Score
Employment and Finances	• Employment • Finances
Equity and Inclusivity	• Equity • Community Inclusivity
Health and Wellness	• Overall feeling of safety in your community • Overall quality of natural environment in your community • Overall health and wellness opportunities in your community • Availability of affordable quality food • Availability of long-term care options • Availability of daytime care options for older adults • Availability of affordable quality physical health care • Availability of affordable quality mental health care
Health and Wellness	• Availability of preventive health services (e.g., health screenings, flu shots, educational workshops) • Fitness opportunities (including exercise classes and paths or trails, etc.)
Information and Assistance	• How would you rate the overall services provided to older adults in your community? • Availability of information about resources for older adults • Availability of financial or legal planning services

Dimension of Community Readiness	• Items Included in Community Readiness Score
Productive Activities	• Overall quality of parks and recreation opportunities • Overall opportunities for education, culture, and the arts • Residents' connection and engagement with their community • Recreation opportunities (including games, arts, library services, etc.) • Opportunities participate in community matters

Needs Summary

Each livability topic covered in the survey includes a summary of needs identified by respondents. For almost all of these needs summaries, a respondent was counted as having a need if they had a major problem or moderate problem with any of the items examined in each score area. The one exception is for the independent living topic; for this needs score, a respondent was counted as having a need if they reported spending any time in a hospital or in a long-term care facility in the last year.

Needs Score	Items Included in the Score
Caregiving	• Any of the following were a major or moderate problem: • Feeling PHYSICALLY burdened by providing care for another person • Feeling EMOTIONALLY burdened by providing care for another person • Feeling FINANCIALLY burdened by providing care for another person
Civic Engagement	• Any of the following were a major or moderate problem: • Feeling like your voice is heard in the community

Needs Score	• Items Included in the Score
Community Inclusivity	• Any of the following were a major or moderate problem: • Having friends or family you can rely on • Feeling lonely or isolated • Feeling like you don't fit in or belong
Employment	• Any of the following were a major or moderate problem: • Finding work in retirement • Building skills for paid or unpaid work
Equity	• Any of the following were a major or moderate problem: • Being treated unfairly or discriminated against because of your age
Finances	• Any of the following were a major or moderate problem: • Having enough money to meet daily expenses
Finances	• Having enough money to pay your property taxes
Health Care	• Any of the following were a major or moderate problem: • Finding affordable health insurance • Getting the health care you need • Getting the oral health care you need • Getting the vision care you need • Affording the medications you need

Needs Score	• Items Included in the Score
Housing	• Any of the following were a major or moderate problem: • Having housing to suit your needs • Doing heavy or intense housework • Maintaining your home • Maintaining your yard
Independent Living	• Spent one or more days: • In a long-term care facility (including nursing home or in-patient rehabilitation facility) • As a patient in a hospital
Information and Assistance	• Any of the following were a major or moderate problem: • Having adequate information or dealing with public programs such as Social Security, Medicare, and Medicaid • Not knowing what services are available to older adults in your community
Mental Health	• Any of the following were a major or moderate problem:
Mental Health	• Experiencing confusion or forgetfulness • Feeling depressed • Dealing with the loss of a close family member or friend
Mobility	• Any of the following were a major or moderate problem: • Having safe and affordable transportation available • No longer being able to drive

Needs Score	• Items Included in the Score
Physical Health	• Any of the following were a major or moderate problem: • Your physical health • Falling or injuring yourself in your home • Staying physically fit • Maintaining a healthy diet • Having enough food to eat
Safety	• Any of the following were a major or moderate problem: • Being a victim of crime • Being a victim of fraud or a scam • Being physically or emotionally abused
Social Engagement	• Any of the following were a major or moderate problem: • Feeling bored

XVI. Study Limitations

All public opinion research is subject to unmeasured error. While the methodologies employed for this survey were designed to minimize this error as much as possible, these other sources of potential error should be acknowledged, and can include non-response error, coverage error, recall bias and social desirability bias. Non-response error arises when those who were selected to participate in the survey did not do so and may have different opinions or experiences that survey responders. For CASOA, where the results are meant to be generalized to the entire older adult population living in households, the lists used to select households with older adults may not contain every household with an older adult, and some households that do not include an older adult member may be included (coverage error). Respondents may not perfectly remember their experiences in the past year (e.g., the number of falls they had, or the number of hospitalizations), and for some survey items they may answer in ways they think cast their responses in a more favorable light (recall bias and social desirability bias).