

2015 Survey of Older Minnesotans Summary of Key Findings

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Presented by
Kari Benson &
Julie Koehler



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Minnesota Board on Aging

The mission of the Minnesota Board on Aging is to:

ensure that older Minnesotans and their families are effectively served by state and local policies and programs – in order to age well and live well.

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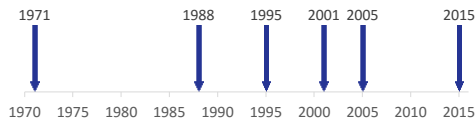
Minnesota's Aging Network

An infrastructure that annually supports over 202,750 older Minnesotans and caregivers



A One Stop Shop for Minnesota Seniors

Background (1 of 3)



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Background (2 of 3)



- Work & Retirement
- Transportation
- Communities for a Lifetime
- Support Resources
- Caregiving
- Health & Long-Term Services & Supports
- Special Concerns

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Background (3 of 3)



- **Work & Retirement**
- Transportation
- **Communities for a Lifetime**
- Support Resources
- **Caregiving**
- **Health & Long-Term Services & Supports**
- Special Concerns

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Respondent Demographics

Age	(n = 4000)	Gender	(n = 4000)	Education	(n = 4000)
50-54	24.0%	Male	45.2%	Less than High School	4.1%
55-59	20.0%	Female	54.7%	High School Graduate	23.7%
60-64	16.0%	Other/Refused	0.1%	Post-Secondary	72.2%
65-69	12.0%				
70-74	9.0%				
75-84	13.0%				
85+	6.0%				
Refused	0.1%				

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Respondent Demographics (Continued)

Race*	(n = 4000)	Ethnicity*	(n = 4000)	Living Arrangement	(n = 4000)
White	95.3%	No, not of Hispanic, Latino, or Spanish origin	98.4%	Live Alone	27.2%
Black or African American	1.1%	Yes, Mexican, Mexican American, Chicano	0.5%	Live with Others	72.8%
Other race not listed	0.8%	Yes, another Hispanic, Latino, or Spanish origin	0.3%		
American Indian or Alaska Native	0.7%	Yes, Puerto Rican	0.0%		
Asian	0.5%	Refused/Don't Know	0.9%		
Pacific Islander	0.2%				
Refused/Don't Know	1.5%				

*See slide 28 for more discussion

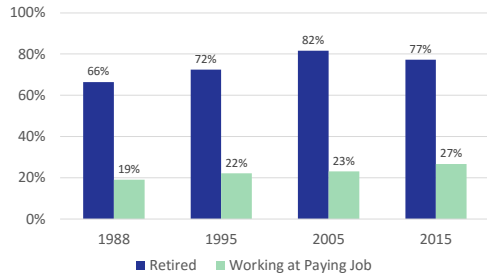
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Work and Retirement



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Older Adults Work Longer, Delay Retirement



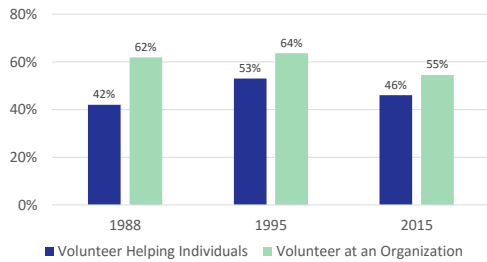
Survey Question: Do you consider yourself retired? Are you currently working at a paying job?

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Audience Question

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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?

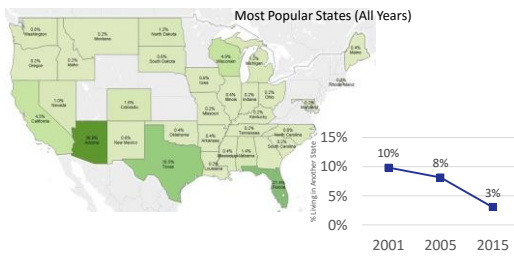
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Communities for a Lifetime



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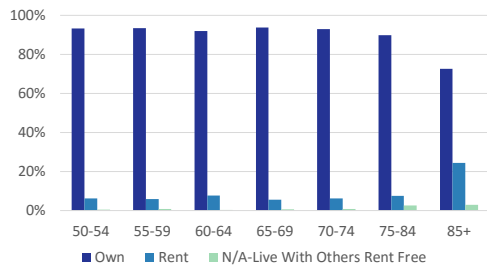
Fewer Seniors Move South in Winter



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

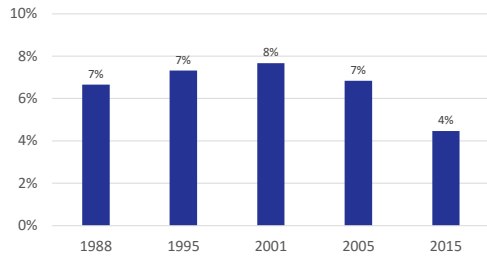
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Most Older Adults Own Homes



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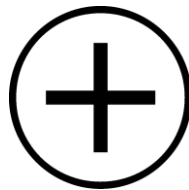
Smaller Proportion of Older Adults Live in Senior Housing



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

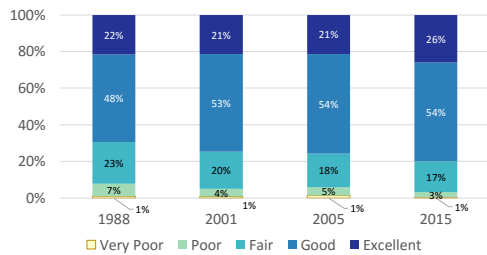
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Health and Long-Term Services and Supports



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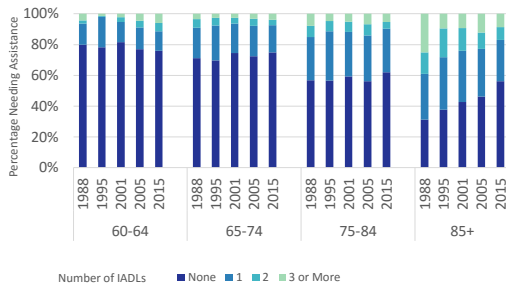
Older Adults Continue to be Healthy



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

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Oldest Minnesotans Need Less Help with IADLs



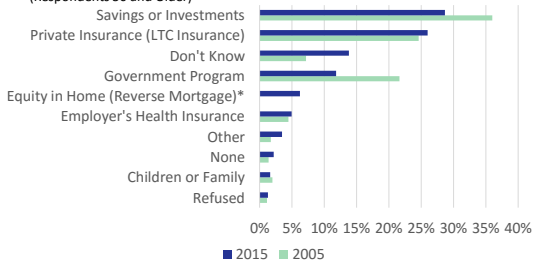
Survey Question: Do you have difficulty (shopping for groceries) because of a health or physical problem?

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Audience Question

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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

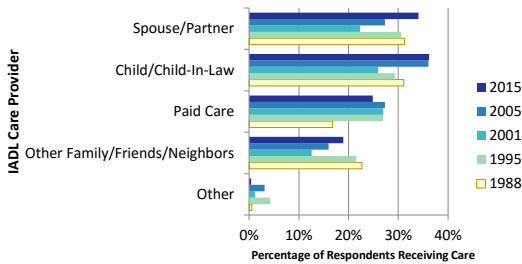
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Caregiving



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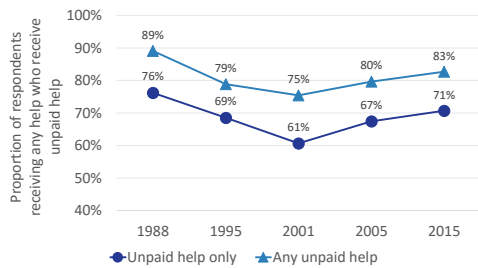
Older Adults Continue Receiving Most Help from Spouse or Children



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

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Unpaid Caregiving is Slightly Increasing



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Unpaid and Paid Caregiving

- Split all respondents into 4 groups
 - Do not receive help with ADLs and IADLs (1714)
 - Receive unpaid help only (371)
 - Receive paid help only (91)
 - Receive combination of paid and unpaid help (63)
- Total (denominator) is everyone who receives help (535)

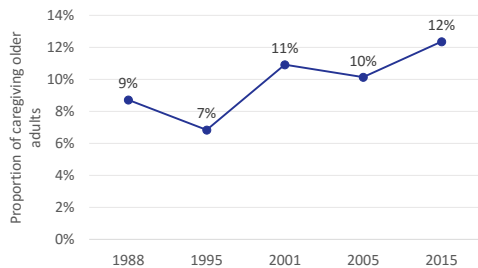
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Unpaid and Paid Caregiving

- 71% = $\frac{\text{respondents who receive ONLY unpaid help (371 people)}}{\text{respondents who receive ANY help (525 people)}}$
- 83% = $\frac{\text{respondents who receive ONLY unpaid help PLUS respondents with paid and unpaid help (434 people)}}{\text{respondents who receive ANY help (525 people)}}$

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Rate of Caregiving is Increasing

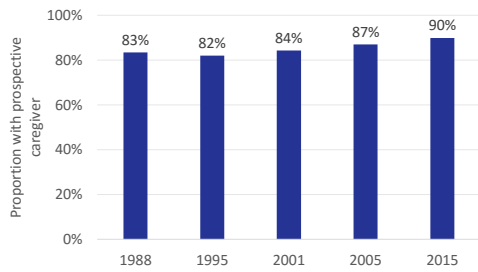


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Audience Question

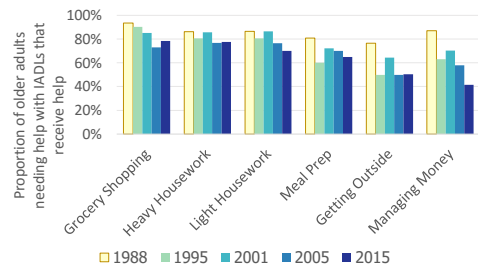
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Proportion of Older Adults with Prospective Caregiver is Increasing



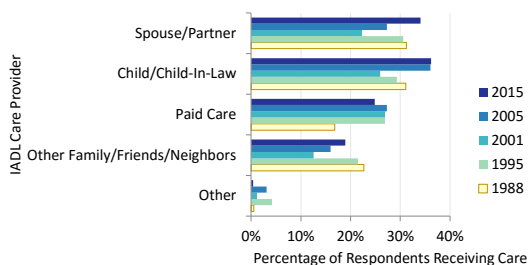
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Older Adults Receive Less Help with IADLs



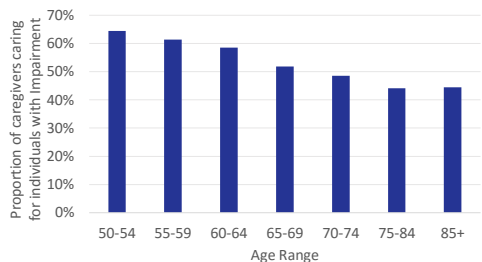
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Older Adults Continue Receiving Most Help from Spouse or Children



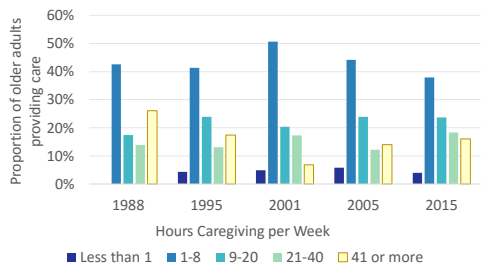
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Older Caregivers Less Likely to Care for People with Memory Difficulties



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Hours Spent Caregiving by Older Adults Age 60 and Older Varies Over Time



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Other Information Sources



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Other MN Information Sources

- State Demographic Center
 - <http://mn.gov/admin/demography/>
- Minnesota Compass
 - <http://www.mncompass.org/>
- Metropolitan Council
 - <http://metro council.org/Data-and-Maps.aspx>
- Census/American Community Survey
 - <http://www.census.gov/>

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Other Aging Data Sources

- AARP Public Policy Institute
 - <http://www.aarp.org/ppi/>
- National Health and Aging Trends Study (NHATS)
 - <http://www.nhats.org/>
- Behavioral Risk Factor Surveillance System (BRFSS)
 - <http://www.cdc.gov/brfss/>
- National Alliance for Caregiving
 - <http://www.caregiving.org/>
- Survey of Income and Program Participation (SIPP)
 - <http://www.census.gov/sipp/>
- Health and Retirement Study (HRS)
 - <http://hrsonline.isr.umich.edu/>
- Wisconsin Longitudinal Study
 - <http://www.ssc.wisc.edu/wlsresearch/>

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For More Information

Contact

Julie Koehler

Julie.Koehler@state.mn.us

Visit the site

<http://www.mnaging.net/en/Advisor/SurveyOlderMN.aspx>

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References

1. http://www.aaa.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#VkvgnarTcs>
7. <http://www.mnaging.net/Advisor/SLL.aspx>
8. www.minnesotahelp.info
9. http://www.medscape.com/viewarticle/719816_1
10. <http://www.americashealthrankings.org/reports/annual>
11. <http://www.americashealthrankings.org/reports/senior>

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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	8,262	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.

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