

# Lewis-Mason-Thurston Area Agency on Aging 2012-2015 Community Needs Survey Results



Area Agency on Aging

The survey was issued on May 4, 2011, and ended on June 15, 2011. 980 surveys were distributed to various locations throughout the 3-county area to groups and sites that serve seniors and disabled adults. Surveys were also completed electronically via the LMTAAA web site. This was not a scientific sampling. A total of 286 responses were received. The following is a summary of the results for all three counties. Not all respondents answered all questions, so percentages are of those who answered the question. Some questions allowed multiple answers.

## 1. Top Needs of Older Adults

What do you think are the top three needs of older adults and adults with disabilities in your area?

1. transportation
2. personal care
3. companionship/social activities

## 2. Unpaid Family Caregiving

Do you provide unpaid care for a family member, friend or other loved one?

**Yes** 24.2%      **No** 75.6%

If yes, how many hours per week do you provide care?

**0-10** 55.1%    **11-30** 15.4%    **31-40** 5.1%    **40+** 24.4%

Do you need help with any of the following? (Respondents could check all that apply)

**Information & Assistance** 51.3%

**Caregiver training** 17.9%

**A break from caregiving** (a few hours per week or month) 28.2%

**Housework and errands** 48.7%

What kind of caregiver training would be most helpful for you? (Respondents could check all that apply)

**Hands-on care** 46.9%    **Behavior management** 42%    **Disease specific information** 28.4%

**Stress management** 59.3%    **Financial management** 29.6%

## 3. Transportation

How do you get where you need to go? (Respondents could check all that apply)

**Drive** 77.5%      **Taxi** .8%      **Public Transportation** 9.1%      **Family or friends** 29.6%

**Community Transit Program** 9.9%      **Volunteer Transit Program** 5.1%

What is your biggest transportation challenge? Cost of fuel (driving conditions, ie night, freeway, heavy traffic, and availability of a driver were distant #2 and #3 challenges)

#### 4. Information and Assistance

How do you get your information about aging programs and/or services? (Respondents could check all that apply)

**Family** 26.9%    **Friends** 37.2%    **LMTAAA Info and Assistance** 24.8%  
**Television or Radio** 21.1%    **Newspaper** 28.1%  
**Church or community bulletins** 19.8%    **Senior Center** 54.1%    **Other: Internet**

#### 5. Healthy Aging

What type of wellness/health program do you regularly participate in? (Respondents could check all that apply)

**Exercise class** 13.7%    **Exercise at a gym** 8.1%    **Exercise on my own** 56.8%  
**Fall Prevention** 6.4%    **Managing chronic illness class** 3.8%    **Nutrition education** 9.0%  
**Physical Therapy** 7.3%    **None** 29.9%

What health and wellness opportunities would you like to see in your community?

Exercise classes, swimming pool/water aerobics

#### 6. Emergency Preparedness

In the event of an emergency or natural disaster, how many days are you prepared for?

**None** 14.3%    **3 days** 31.9%    **7 days** 30.3%    **2-4 weeks** 15.5%    **1 month or more** 9.2%

What information or supplies do you need help with in order to be prepared for emergencies?

Water/water storage, medical supplies/medication, food

#### 7. About You

What is your gender?    **Male** 25.0%    **Female** 75.0%

How old are you?

**59 or under** 21.5%    **60-74** 39.2%    **75 to 84** 21.9%    **85 or older** 17.4%

What county do you live in?    **Lewis** 30.4%    **Mason** 45.4%    **Thurston** 24.2%

What is your ethnicity?

**Caucasian/White** 90.3%    **Hispanic** 2.3%    **Native American** 4.3%  
**Asian/Pacific Islander** 2.3%    **African American/Black** .8%

Are you:    **Single** 49.8%    **Married** 47.9%    **Domestic Partnership** 2.3%

What is your housing situation?

**Home owner, no mortgage** 39.4%    **Home owner with mortgage** 30.9%  
**Renter** 29.3%            **Homeless** .4%

What is your total monthly household income?

**Single: 0 - \$1,527** 47.2%    **\$1,528 - \$1,790** 11.1%    **\$1,791 - \$2,384** 19.4%    **\$2,385+** 22.2%  
**Couple: 0 - \$2,341** 21.6%    **\$2,342 - \$2,604** 16.7%    **\$2,605 - \$3,198** 15.7%    **\$3,199+** 46.1%

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