

# *Findings of the Statewide Needs Assessment*

*for the*

*2024-2028 Maine State Plan on Aging*

*Presentation to:*

*Maine Cabinet on Aging*

*Governor's Office of Policy Innovation & Future*

*February 5, 2024*

# Agenda

Who we heard from

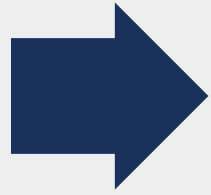
Key essential and important needs - statewide

Key strengths and success factors - statewide

Alignment with CoA priority areas

# The Project Team

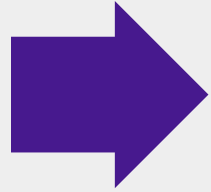




# 64 Focus group participants

## 7 Special populations

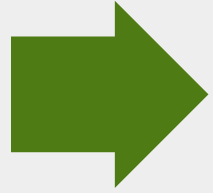
- Asian older adults
- Black or African Americans
- LGBTQ+ Portland area
- LGBTQ+ Rural Maine
- Low Income adults 75+
- New Mainers, French and Portuguese speakers
- New Mainers, Arabic and Somali speakers



# 12 Key informants

## 9 Conversations engaging experts on

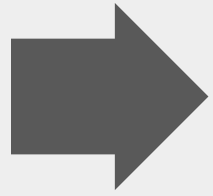
- Food insecurity
- Homelessness and housing insecurity
- Island communities
- Kinship care
- Legal issues
- Long-term care
- Low income
- Refugees/asylees



## 92 Listening session participants

**5 AAA Regions focusing on the following domains**

- Caregiving
- Food and Nutrition
- Healthcare
- Housing
- Safety
- Socialization
- Transportation



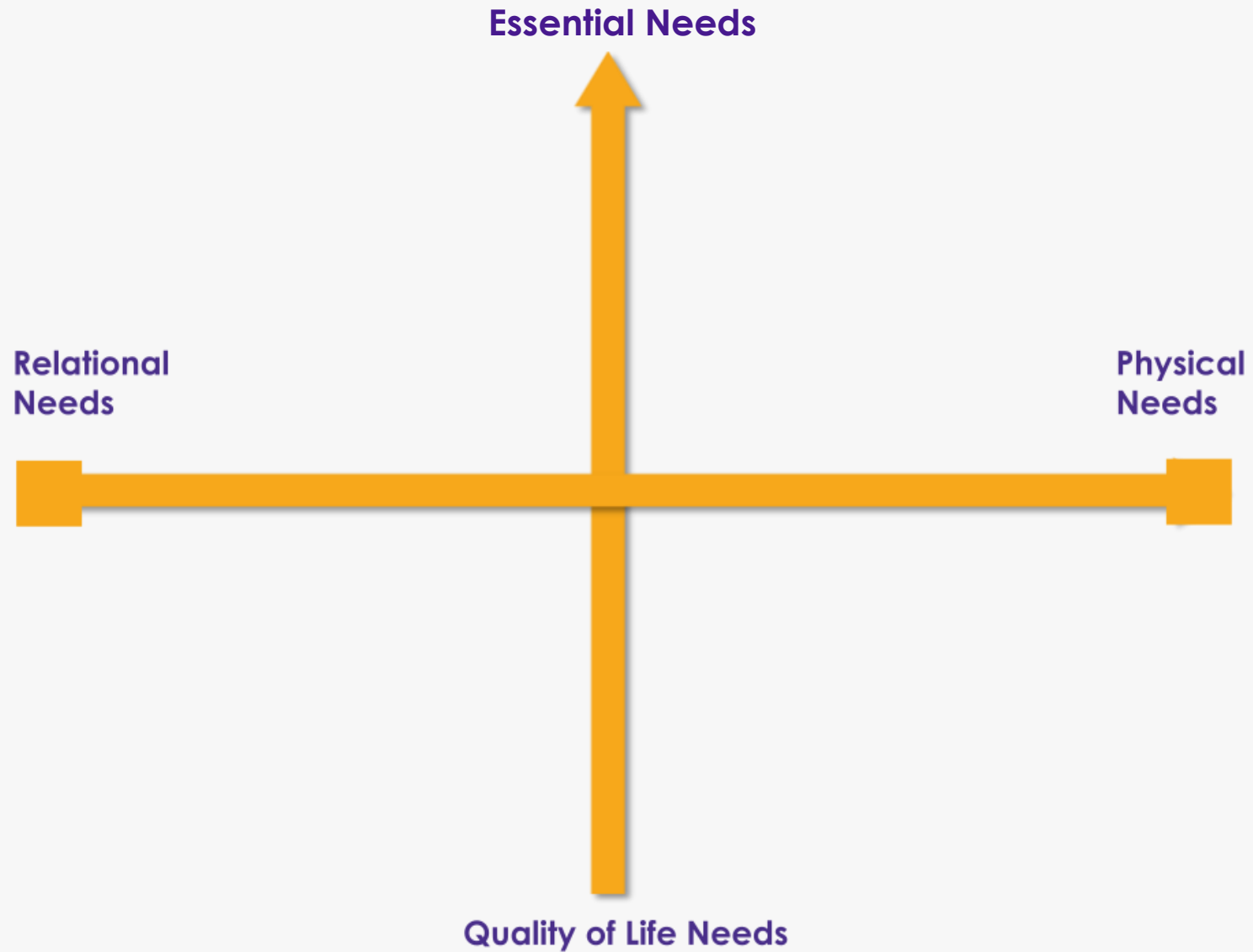
# 3,154 Survey respondents

## ▷ 3,094 55+ adults responded

- 2,358 responded by mail
- 156 responded by online link in the mailed survey
- 564 responded to the flyer
- 16 responded by telephone interview
- 1,700 respondents commented on what would make aging in their home or community easier.

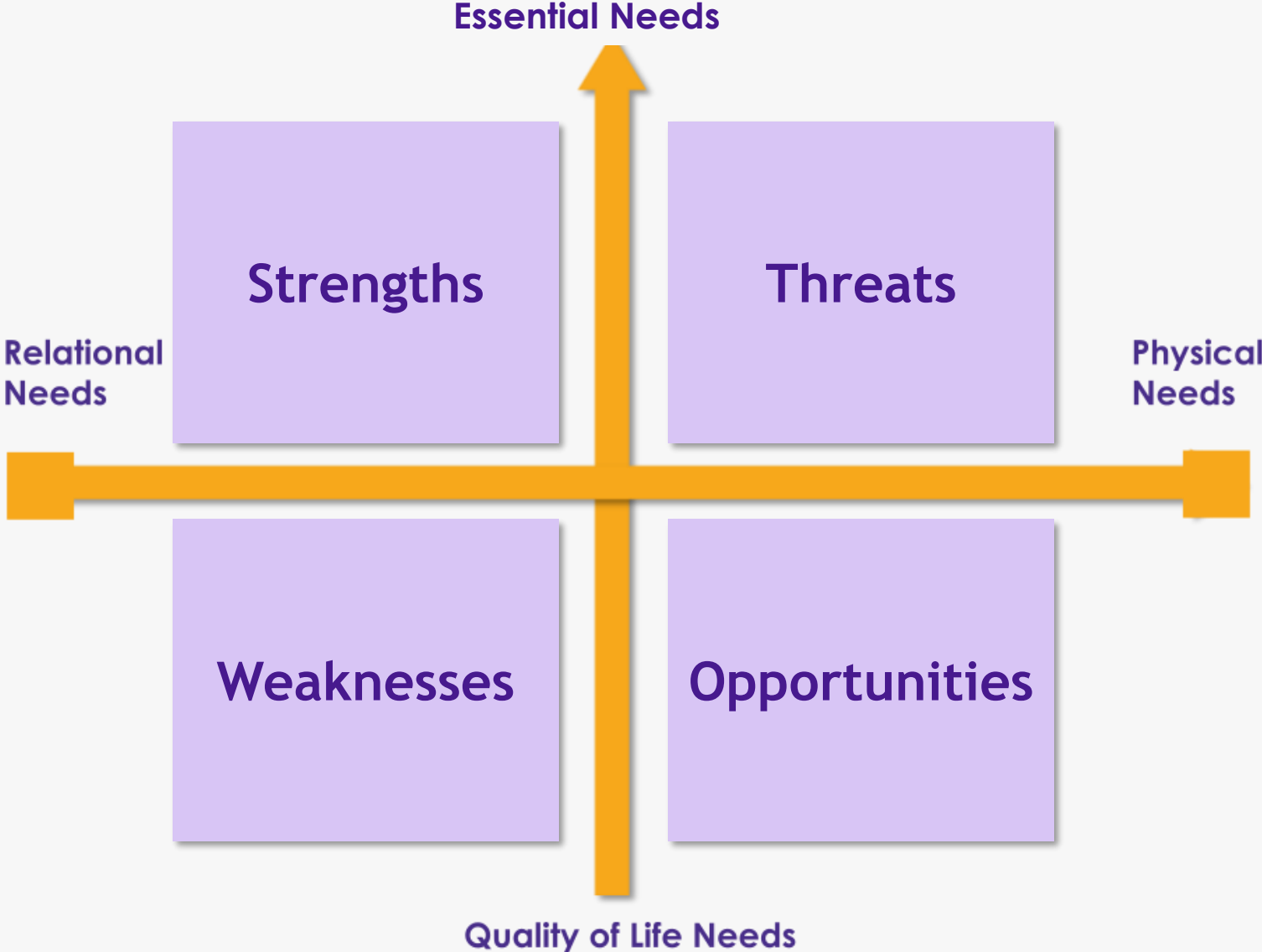
## ▷ 60 45- to 54-year-old caregivers

# Framework for organizing findings

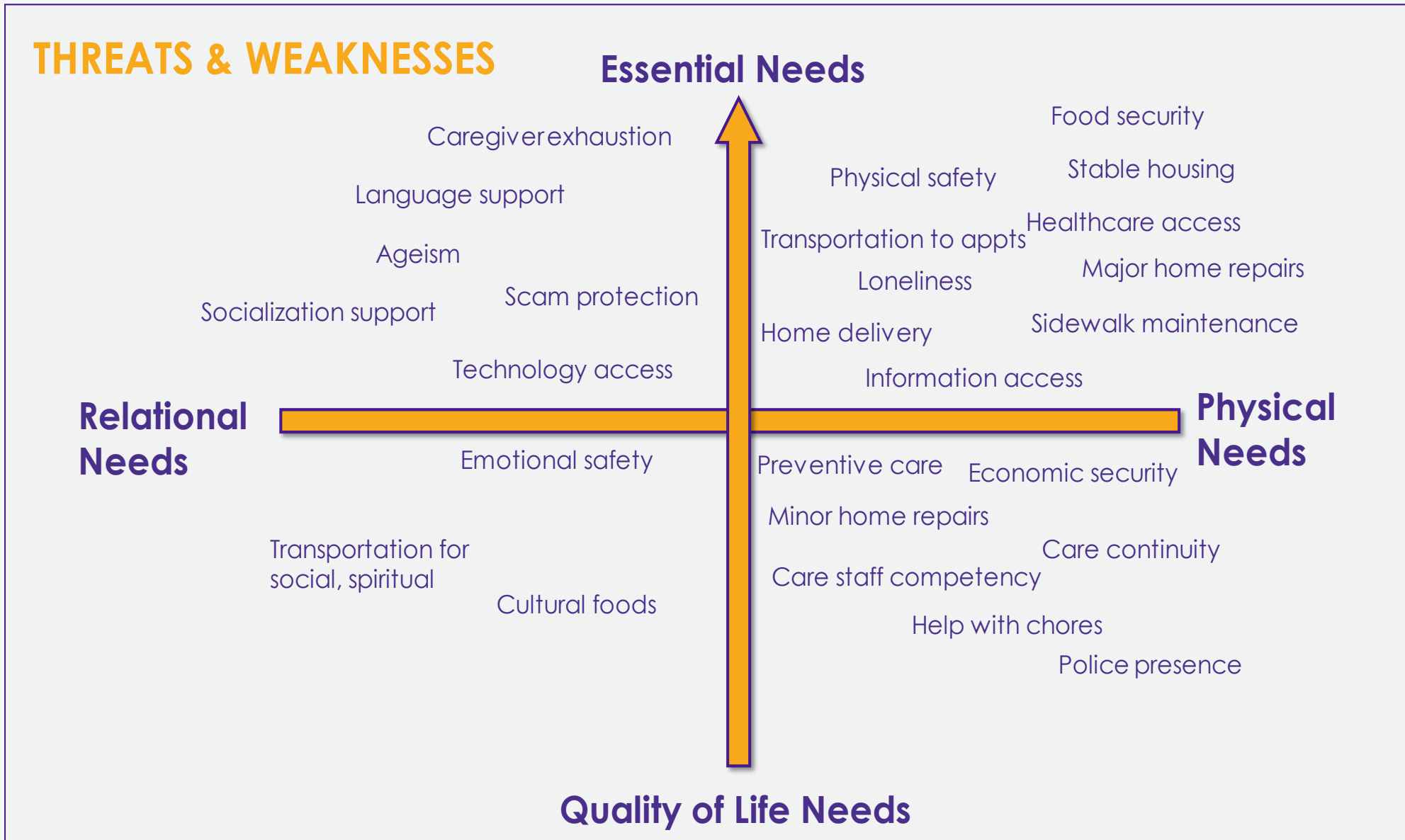




# Framework for organizing findings



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# Framework for organizing findings



# Key **essential** needs

- ◇ Affordable housing options and tax relief
- ◇ Food assistance and delivery
- ◇ Poor health
- ◇ Oral health care
- ◇ Access, affordability, ageism in care

# Housing

Does your home meet your current needs? (n=3,017)

Yes 84%

No, it needs repairs that I cannot afford 7%

No, I cannot heat my home to a comfortable temperature in winter. 6%

No, it requires too much upkeep, maintenance 5%

No, I cannot afford taxes, rent, mortgage or utilities 4%

No, I cannot cool my home to a comfortable temperature in summer. 4%

No, it needs changes to meet physical needs 4%

Other 1%

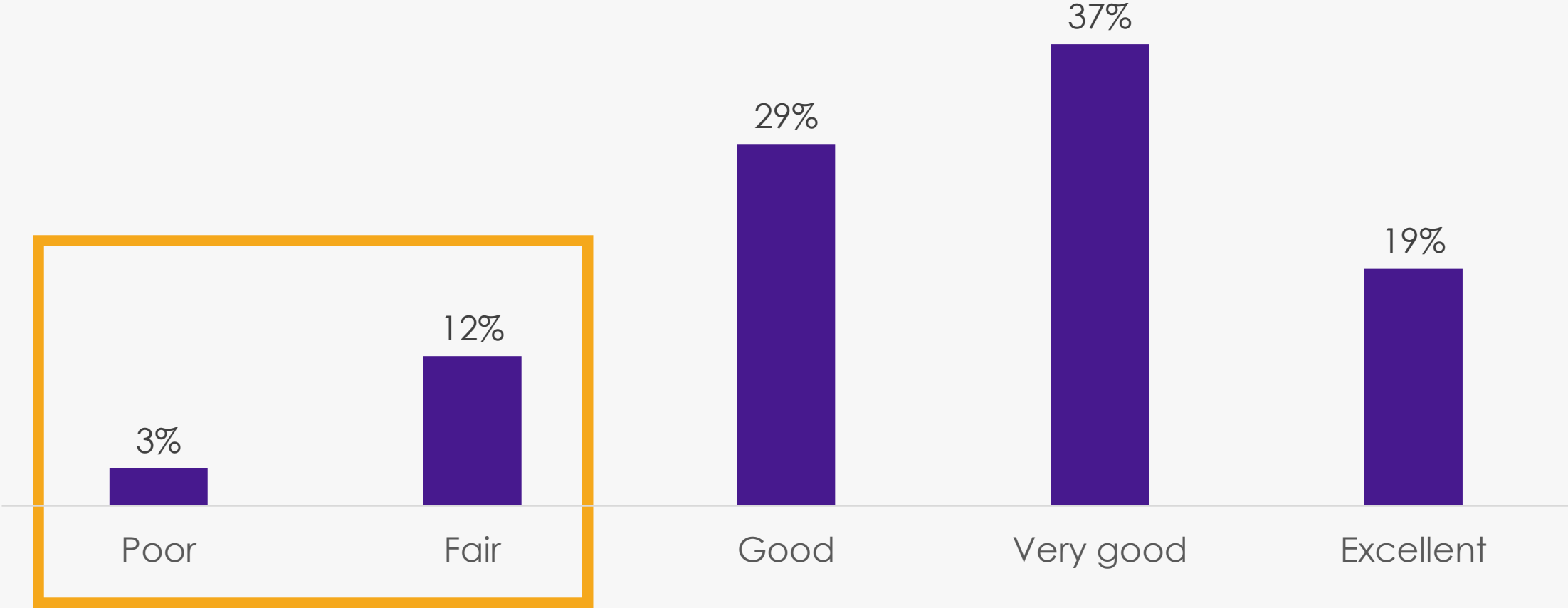
# Housing

Question	Yes	No
Q7: Do you have any fear of losing your housing for any reason? (n=3,051)	12%	88%

Question	Yes	No
Q8: Would you have other housing options if you lost your current housing? (n=2,965)	51%	49%

# Health

In general, would you say your physical health is: (n=3,072)



# Health

Question	Yes	No
Q22: Have you fallen in the last 6 months? (n=3,062)	19%	81%



# Health

Question	Yes	No
Q24: Do you have tooth or mouth problems that make it hard for you to eat? (n=3,070)	12%	88%

# Ageism in care

There's a bias against older adults, we're kind of thrown on the back burner. They no longer want to do some of the exams - the colonoscopy, breast cancer exams because you're no longer needing a cure; that's not important. From my point of view, I find that frustrating.

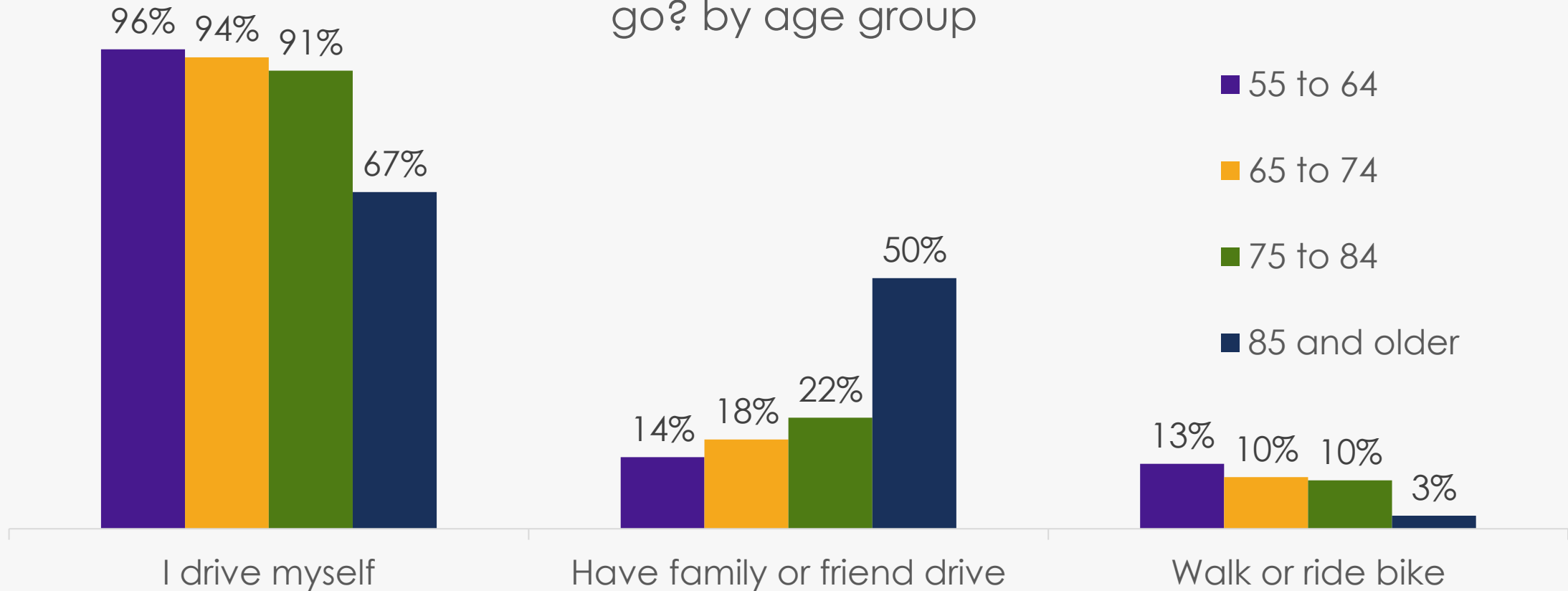
LISTENING SESSION PARTICIPANT

# Key important needs

- ◇ Healthcare system concerns: preventive care, culturally appropriate care
- ◇ Housing needs: repairs, chores, upkeep
- ◇ Finances
- ◇ Affordable and alternative transportation

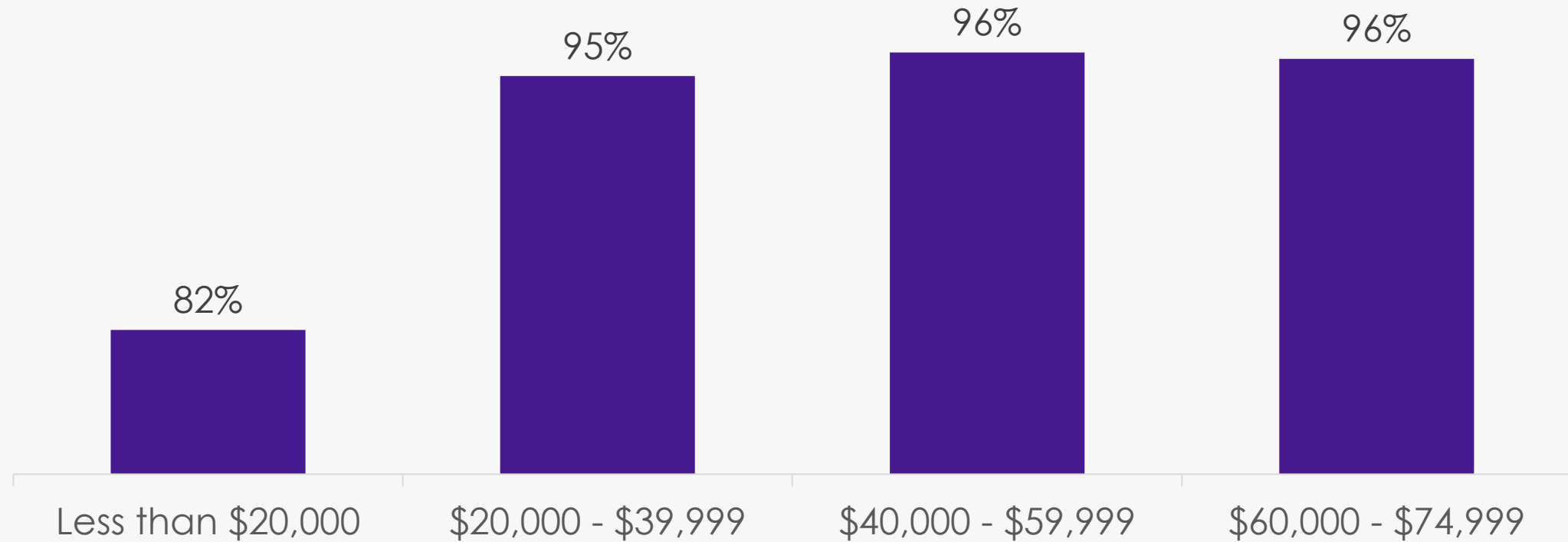
# Transportation

How do you usually get around to the places you need to go? by age group



# Transportation

In the past 90 days, I was able to go to appointments, shopping, social events, and other, by income (n=2,681)



# Key important needs, cont.

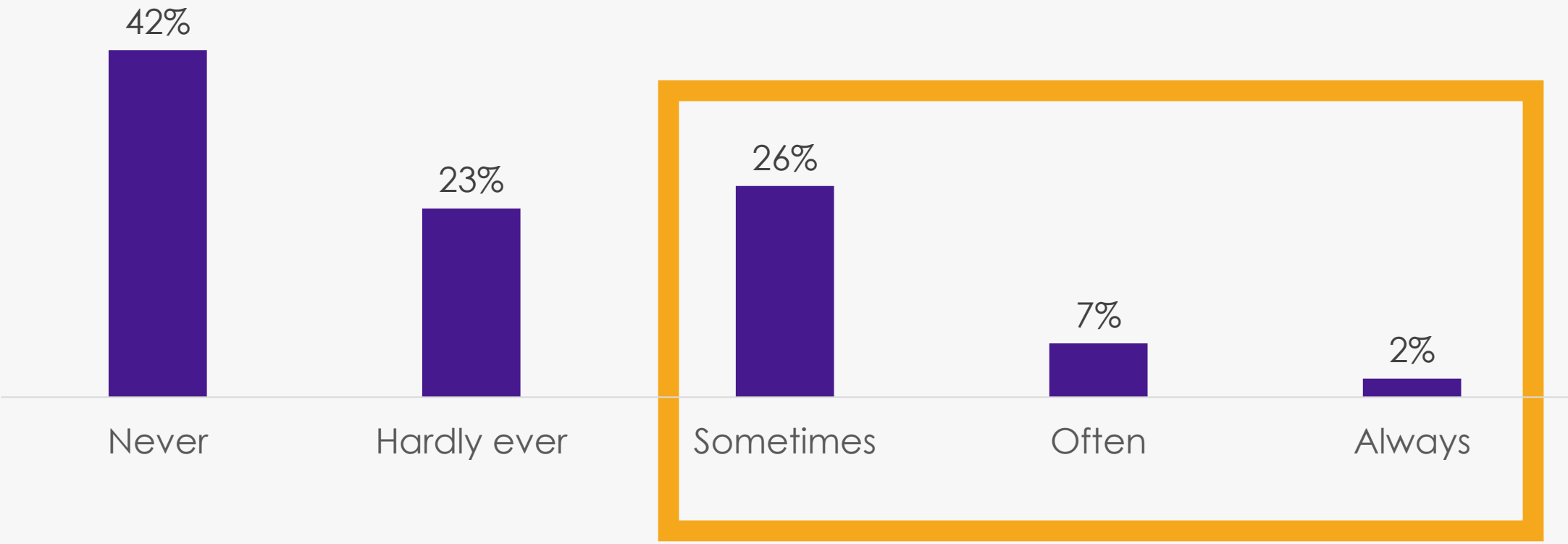
- ◇ Caregiving support
- ◇ Ageist attitudes
- ◇ Food and nutrition
- ◇ Socialization
- ◇ Information access/navigation

# Caregiving

	Not much at all	Somewhat	Very Much
How much of a physical strain would you say that caregiving is for you? (n=621)	51%	40%	9%
How emotionally stressful would you say that caregiving is for you? (n=623)	27%	50%	24%
How much of a financial strain would you say that caregiving is for you? (n=625)	60%	32%	8%

# Caregiving

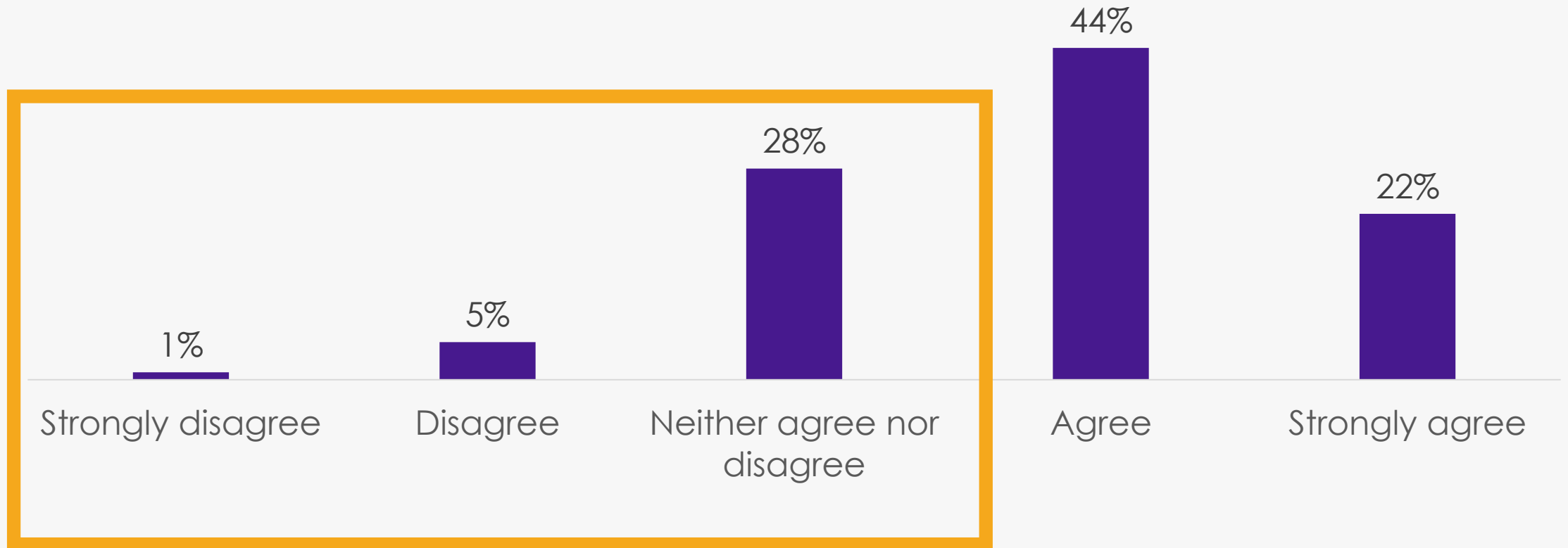
In the last 6 months, how often have you felt lonely and/or disconnected from other people because of your caregiving responsibilities? (n=623)





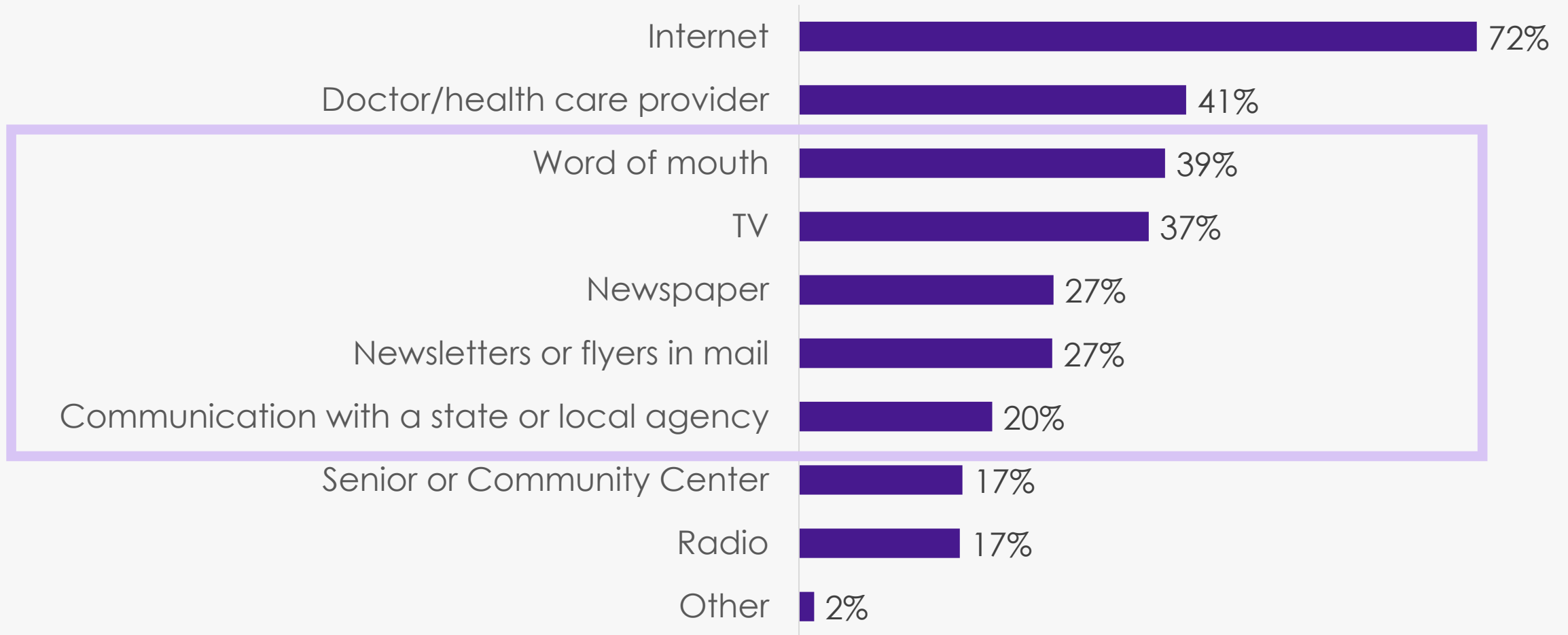
# Respect (ageism proxy)

Please tell us how strongly you agree or disagree with this statement: "At my current age I feel that other people respect me." (n=3,063)



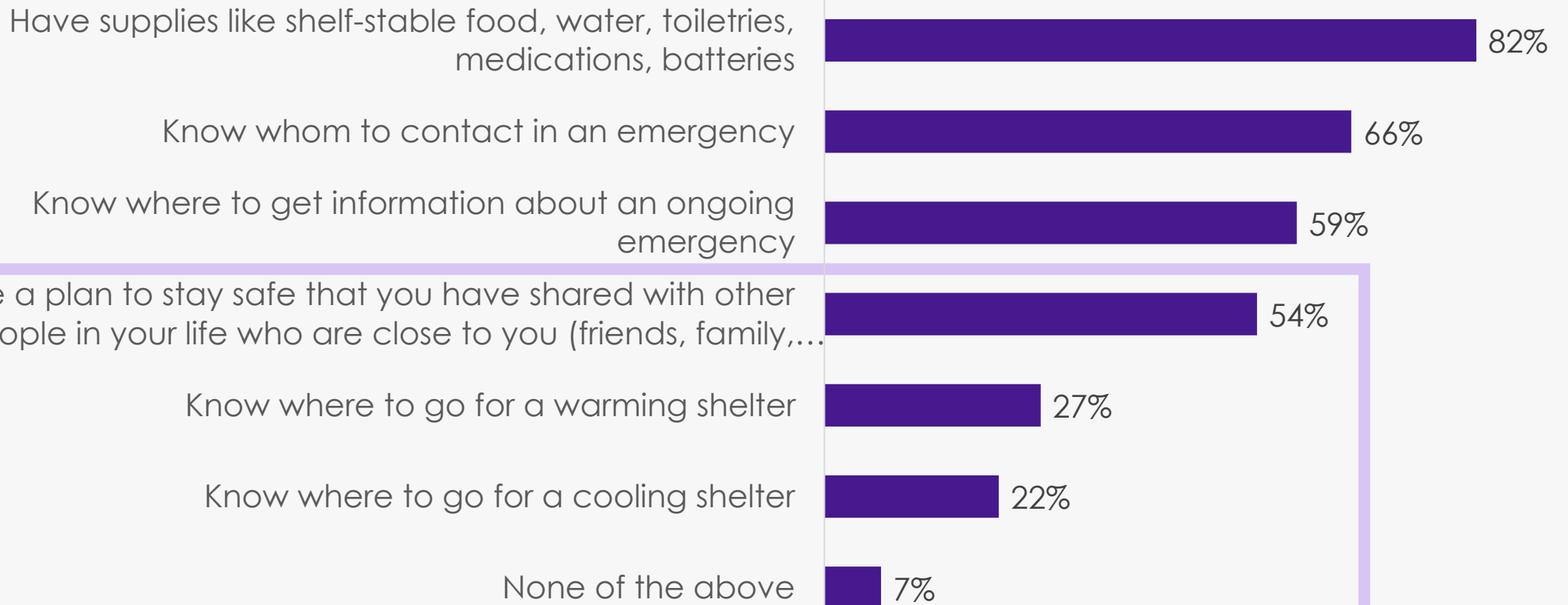
# Information

What are the best ways for you to get information about available services for older adults? (n=2,980)



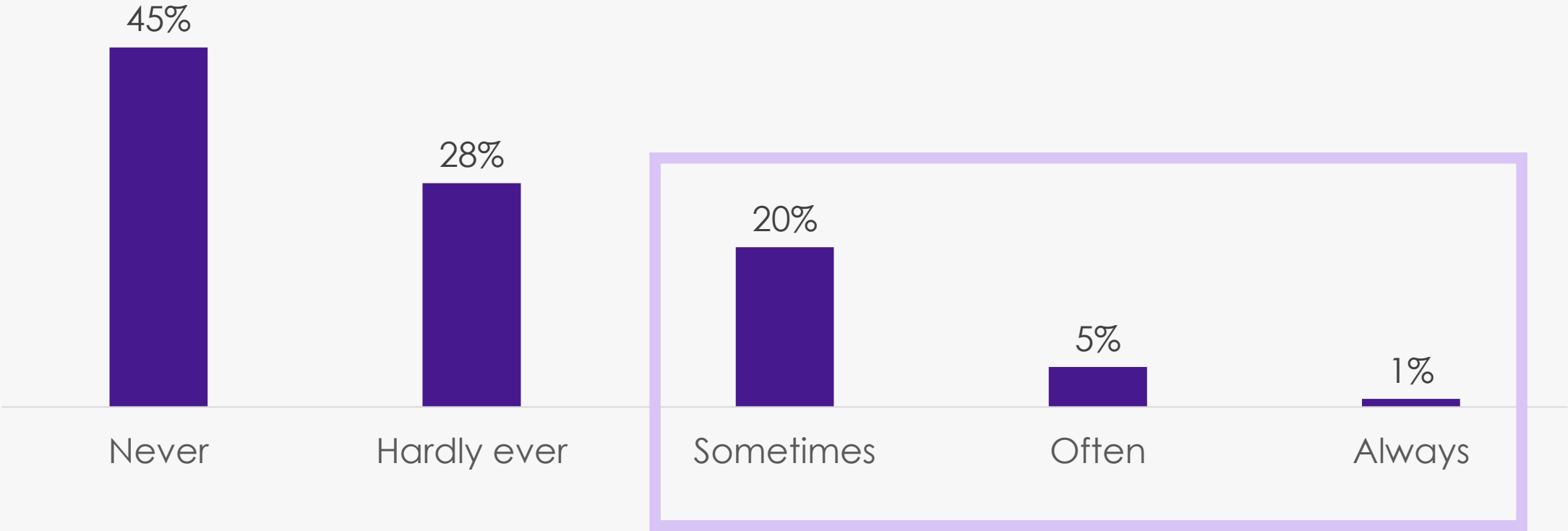
# Emergency preparedness

In case of another health emergency or an environmental emergency like a blizzard, ice storm, or heat wave, do you: (n=3,005)



# Social Connection

In the last 6 months, how often have you felt lonely and disconnected from other people? (n=3,066)



# Intersecting Needs

Examples of **small interventions** that participants suggested would have **large impacts on their daily lives**.

<b>Intervention</b>	<b>Prevents...</b>
<b>Snow removal</b>	<p>Older people are unable to leave the house to go to medical appointments, grocery shopping, etc.</p> <p>If a driveway isn't plowed, homecare or other providers can't get to them. Oil delivery may be interrupted, risking freezing.</p> <p>Slippery walkways cause falls when people go out to get mail, put trash out, get to their car</p>
<b>Trash removal</b>	<p>Inability to remove trash attracts pests; results in tripping and hygiene hazards</p>
<b>Home repair (e.g., roof, infestations, safety equipment)</b>	<p>Older people who have physical or financial difficulty maintaining their homes risk their own health and safety and others'.</p> <p>Care workers cannot enter homes that are unsafe from hoarding or infestations.</p> <p>Small repairs, if not attended to, can lead to crisis situations, e.g., small leak in roof can lead to structural damage and mold.</p>

# What would make things easier?

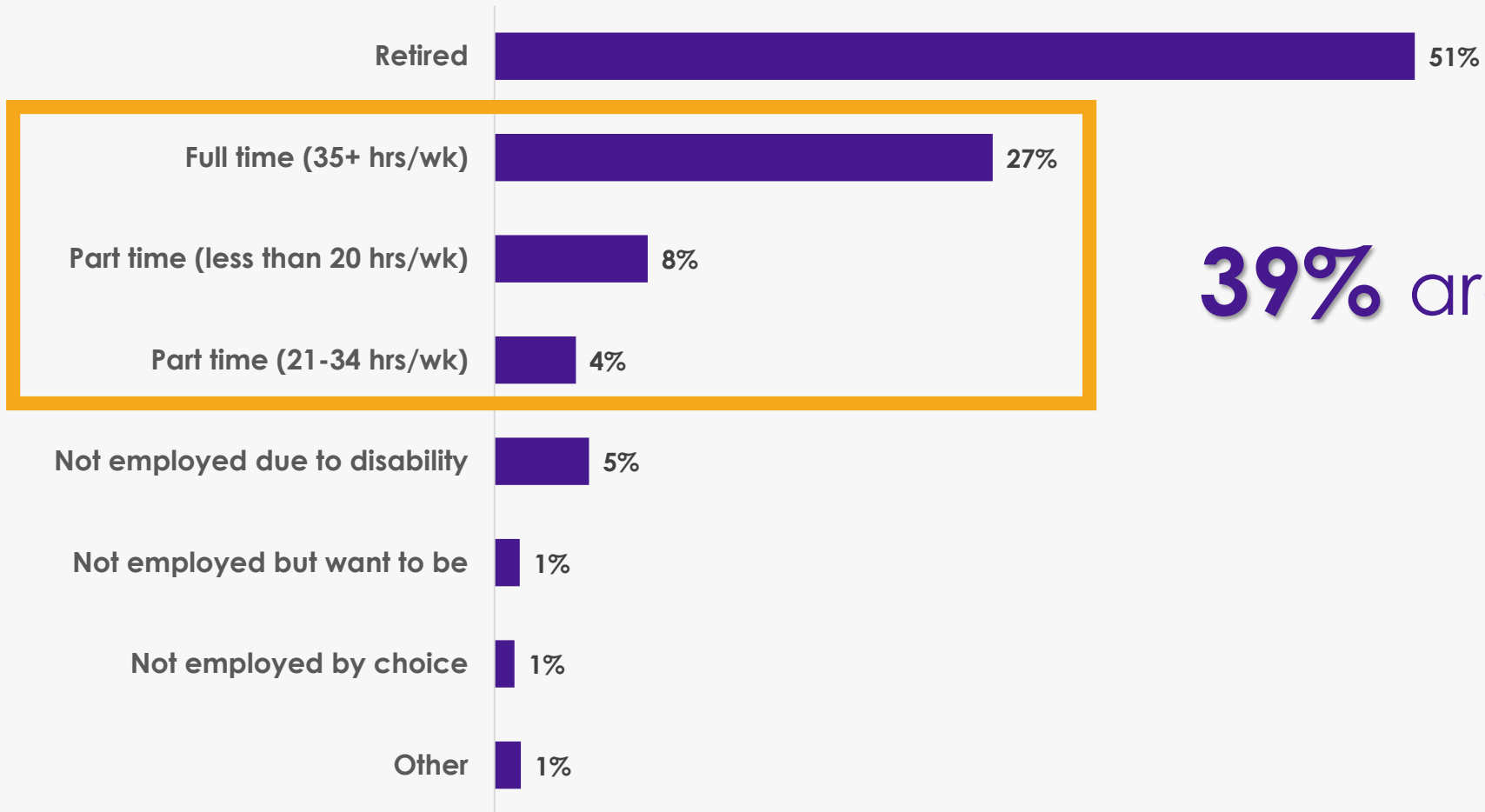
- ▷ Better transportation – including sidewalks
- ▷ Tax relief
- ▷ Help with home repair and chores
- ▷ Healthcare services
- ▷ “Senior Center”

# Employment & Volunteering



# Employment

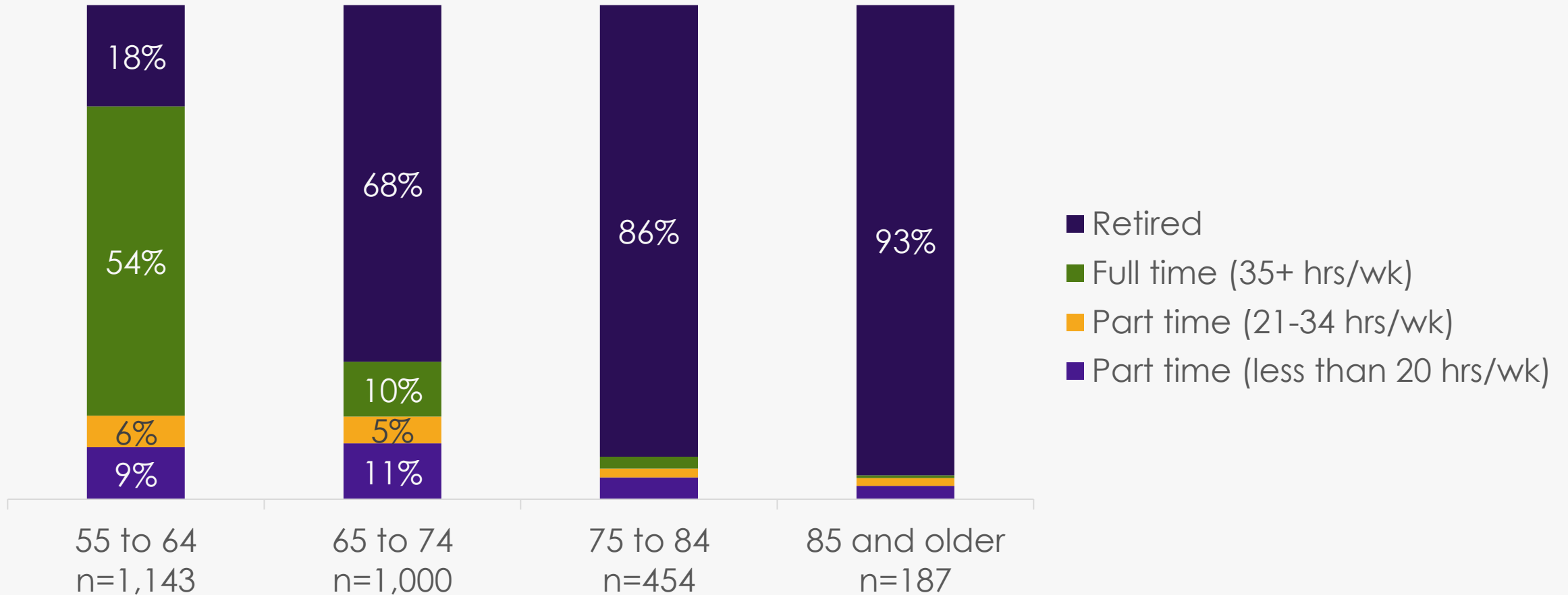
What is your employment status? (n=3,064)



**39%** are working

# Employment

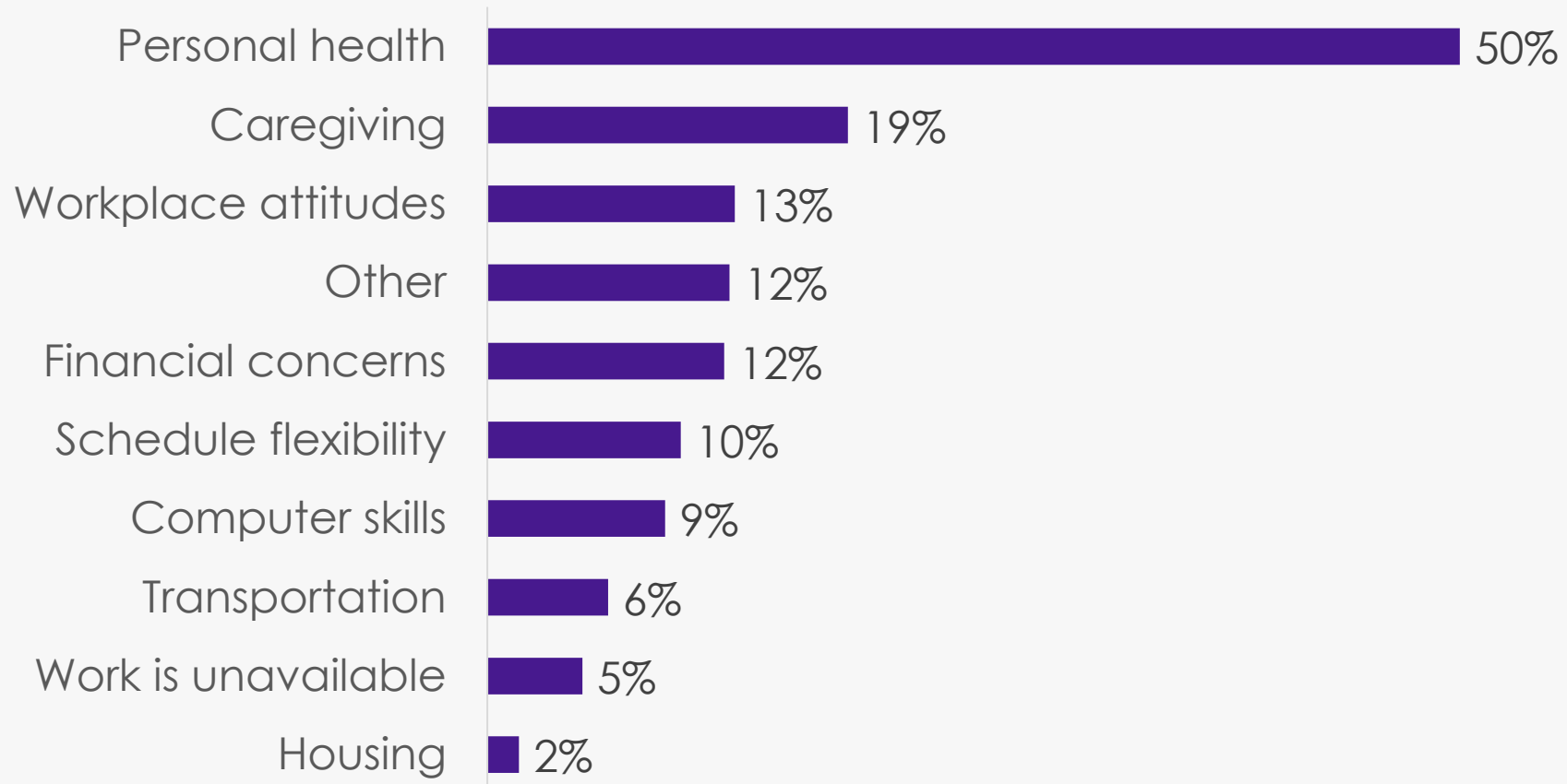
Selected employment status by age group, n=2,784



Percentages do not add to 100 as the chart does not reflect all employment statuses in the survey.

# Employment

Have any of the following impacted your current employment status? (n=867)



# Volunteering

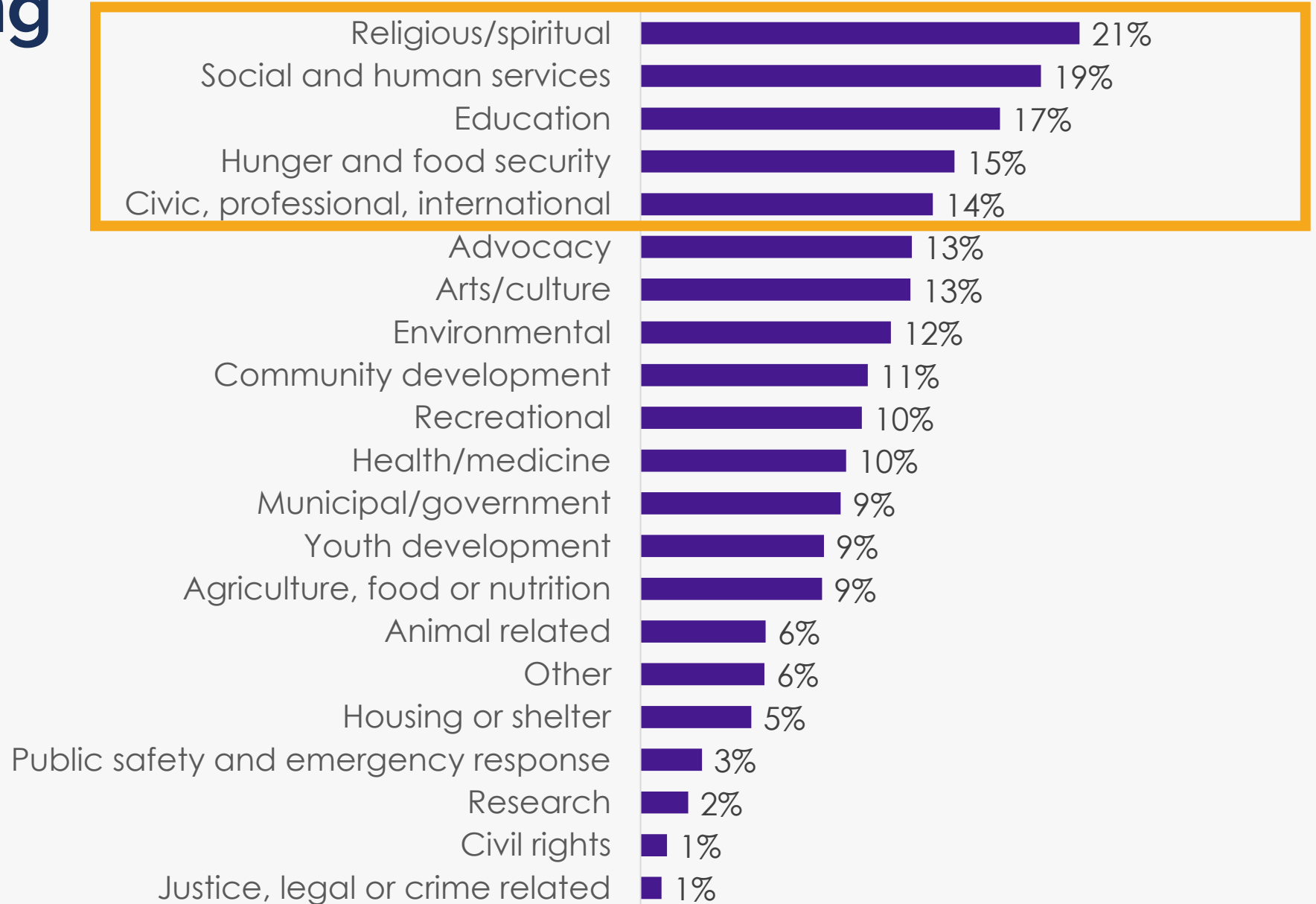
**35%** are volunteering

On average, how many hours a month do you volunteer? (n=1,061)



# Volunteering

What best describes the type of volunteer program?  
(n=1,061)



# Key strengths & success factors

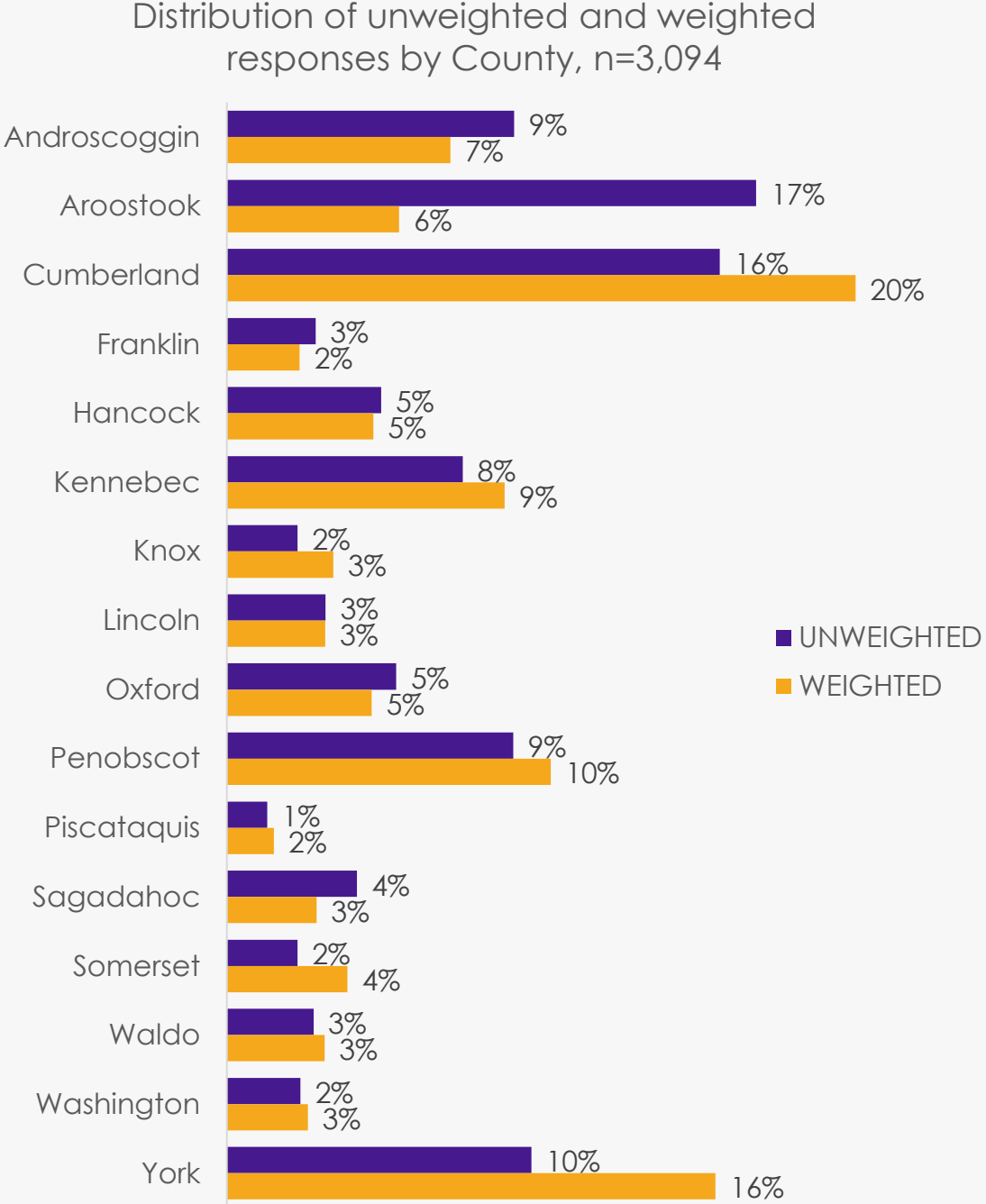
- ◇ Relationships (e.g., w/ providers, neighbors, family)
- ◇ Trusted services
- ◇ Trusted entities
- ◇ Helpful staff
- ◇ Feeling safe

# Survey Demographics

# Statewide Demographics

(survey respondents)

## County distribution

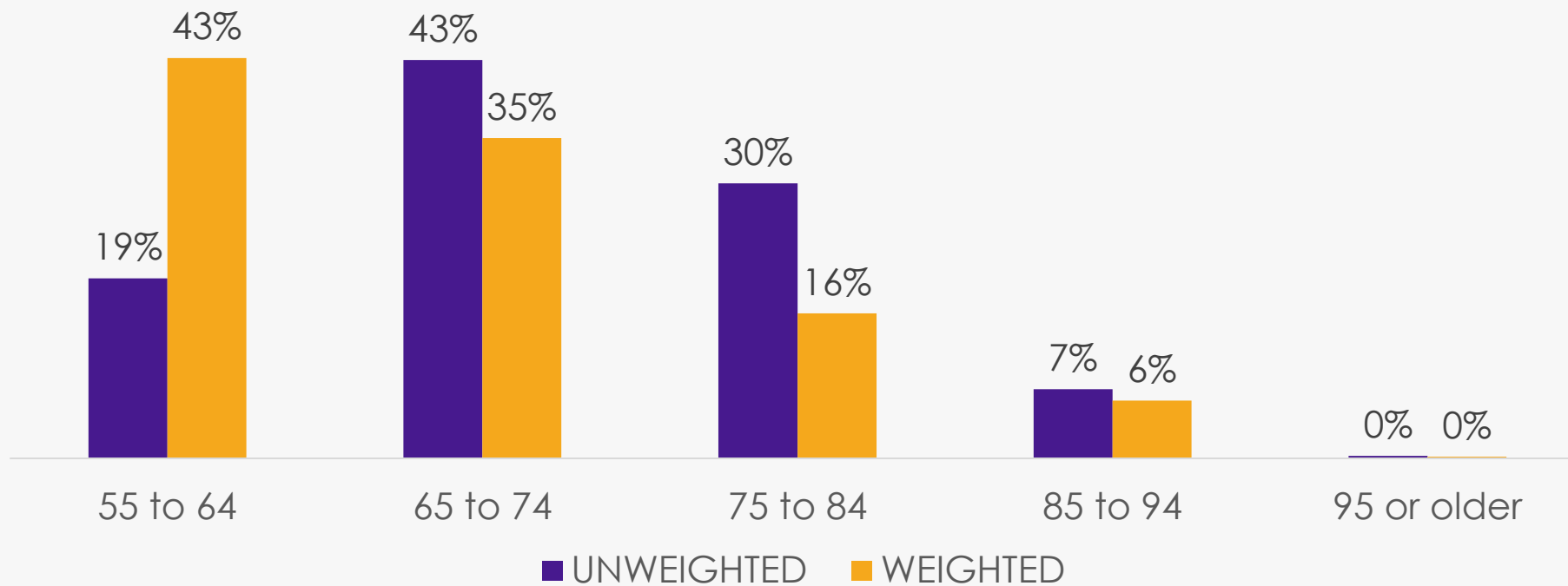




# Statewide Demographics (survey respondents)

## Age

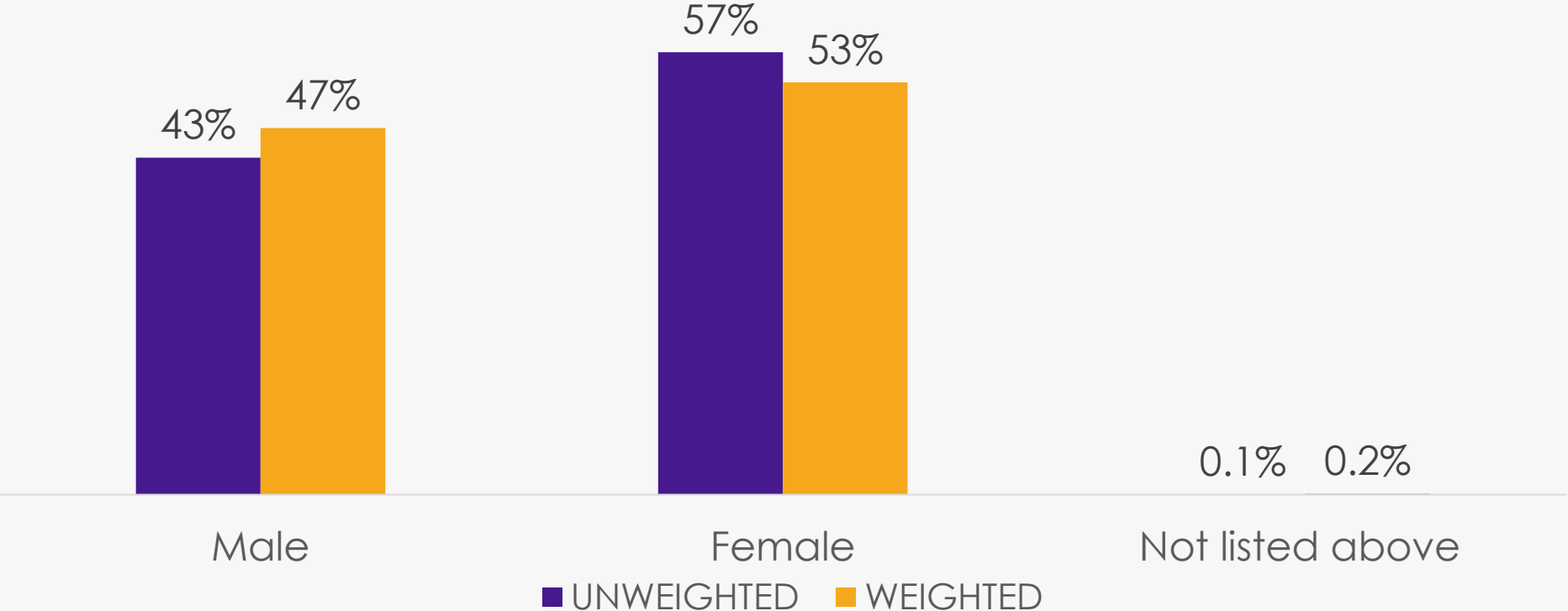
Distribution of unweighted and weighted responses by age,  
n=3,094



# Statewide Demographics (survey respondents)

## Gender

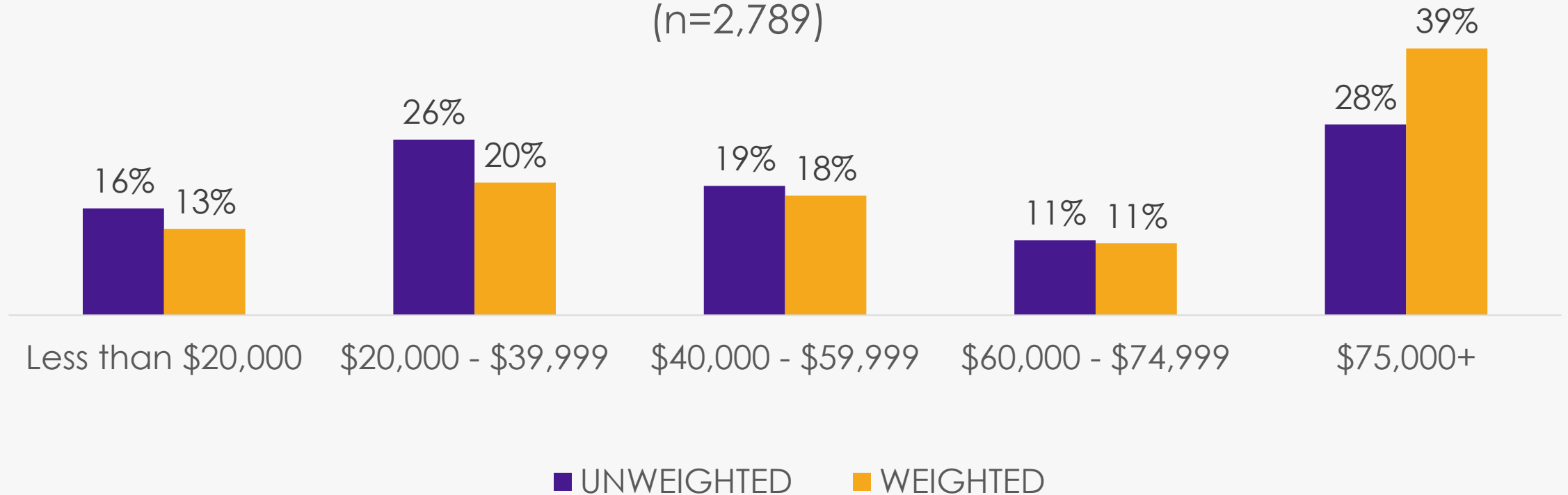
Distribution of unweighted and weighted responses by gender, n=3,094



# Statewide Demographics (survey respondents)

## Income

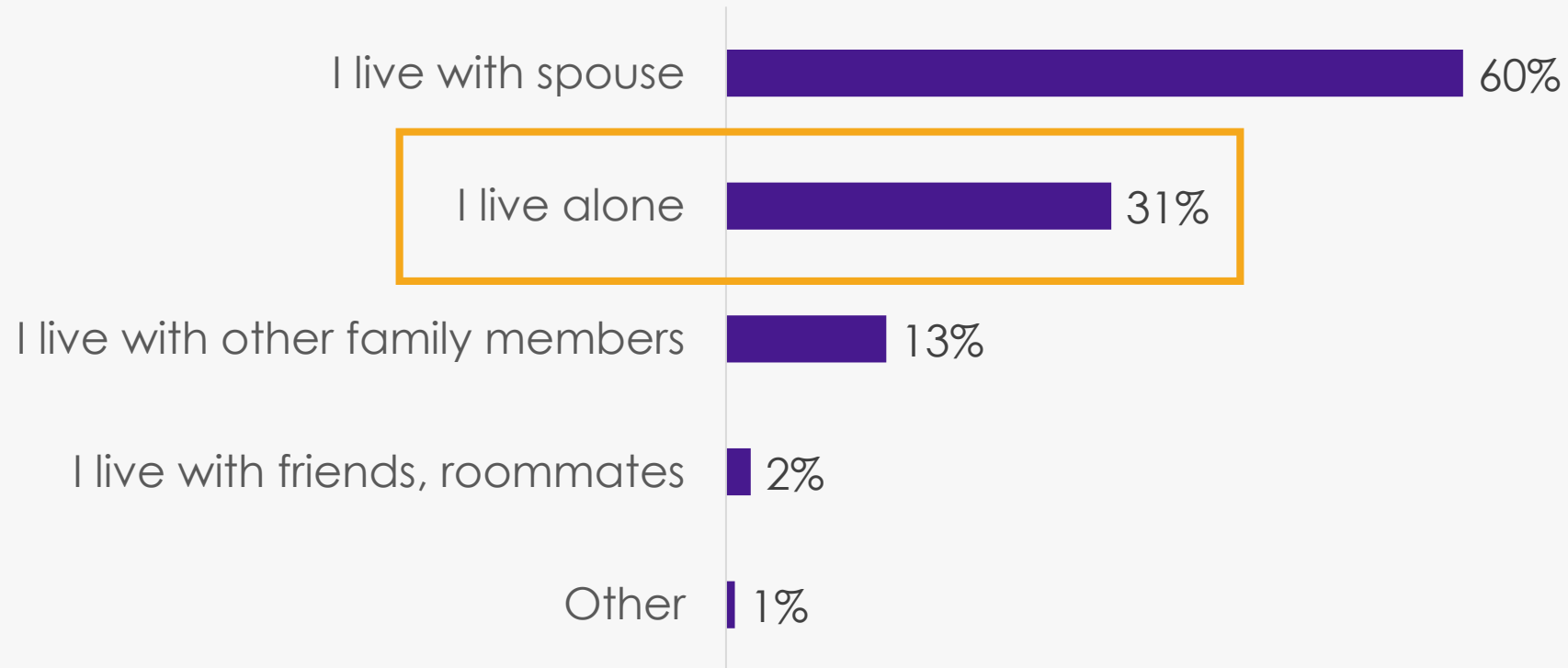
Distribution of unweighted and weighted responses by income.  
(n=2,789)



# Statewide Demographics (survey respondents)

## Living status

Which of the following statements best describes who lives with you? (n=3,048)



# Implications for Cabinet Priority Areas

# Cabinet on Aging Strategic Priorities

- ▷ Sustainable living
- ▷ Community connections
- ▷ Active retirement and work

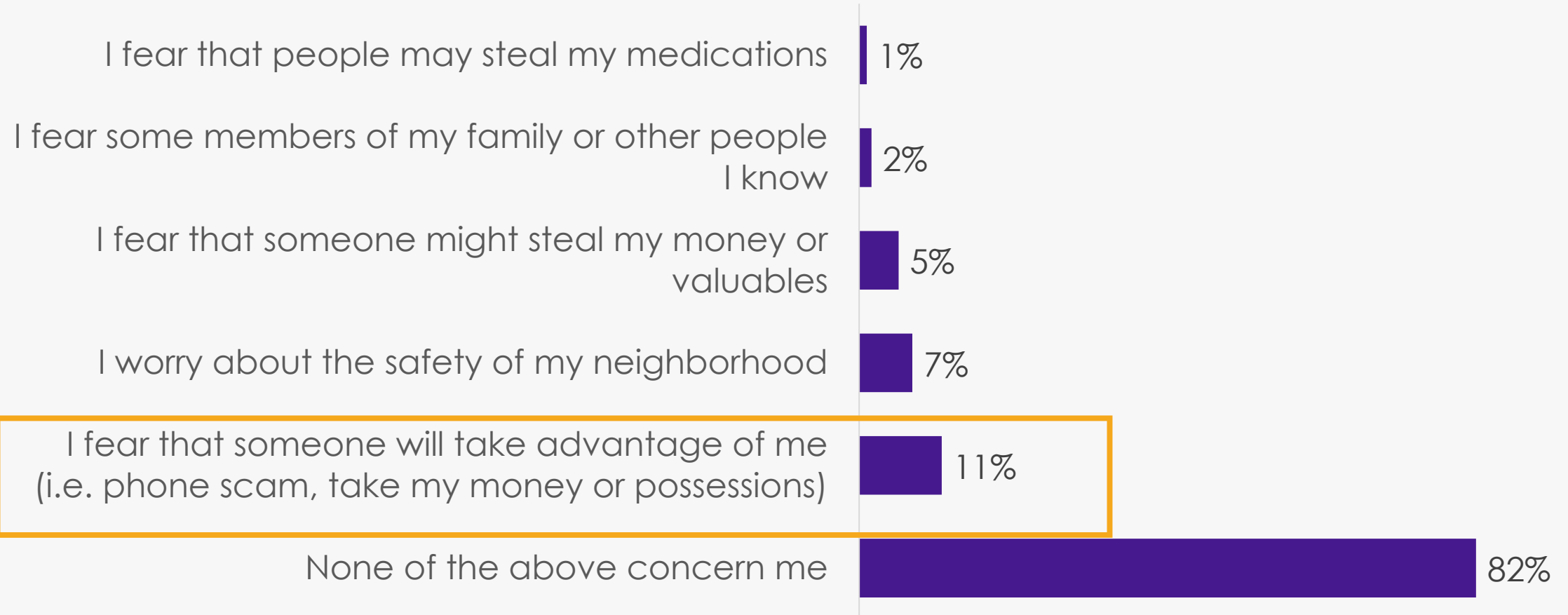
# Cabinet Priorities

## 1. Support sustainable living for older Mainers in their communities

- ▷ Affordable housing and housing with services
- ▷ Home repair and weatherization/heating assistance
- ▷ Non-emergency transportation
- ▷ Promoting financial literacy
- ▷ Building the direct care workforce
- ▷ Supporting caregivers

# Financial Literacy

Please check the statements below that reflect the concerns you have for your personal safety. (n=3,028)





# Direct Care Workforce

Do you have difficulty doing any of the following on your own? (n=3,045)

No, I do not have difficulty with any of these tasks. 90%

Daily household tasks, such as laundry and vacuuming 9%

Personal care activities, such as bathing or dressing 3%

Organizing or managing your medications 2%

If you are not receiving all the help you need with those tasks, please tell us why (n=202)

I cannot afford it 36%

I do not know how to get help 28%

I am receiving all of the help I need 23%

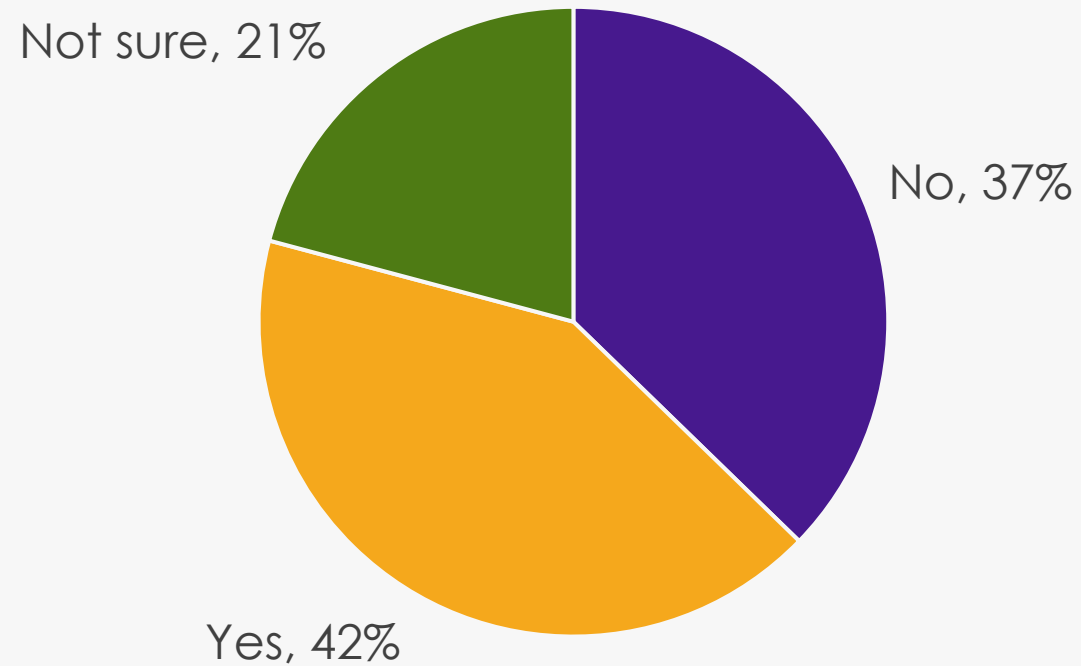
I do not want it 20%

There is no help available 11%

Other (please specify): 8%

# Supporting Caregivers

Are you currently receiving the help that you need as a caregiver? (n=607)



# Cabinet Priorities

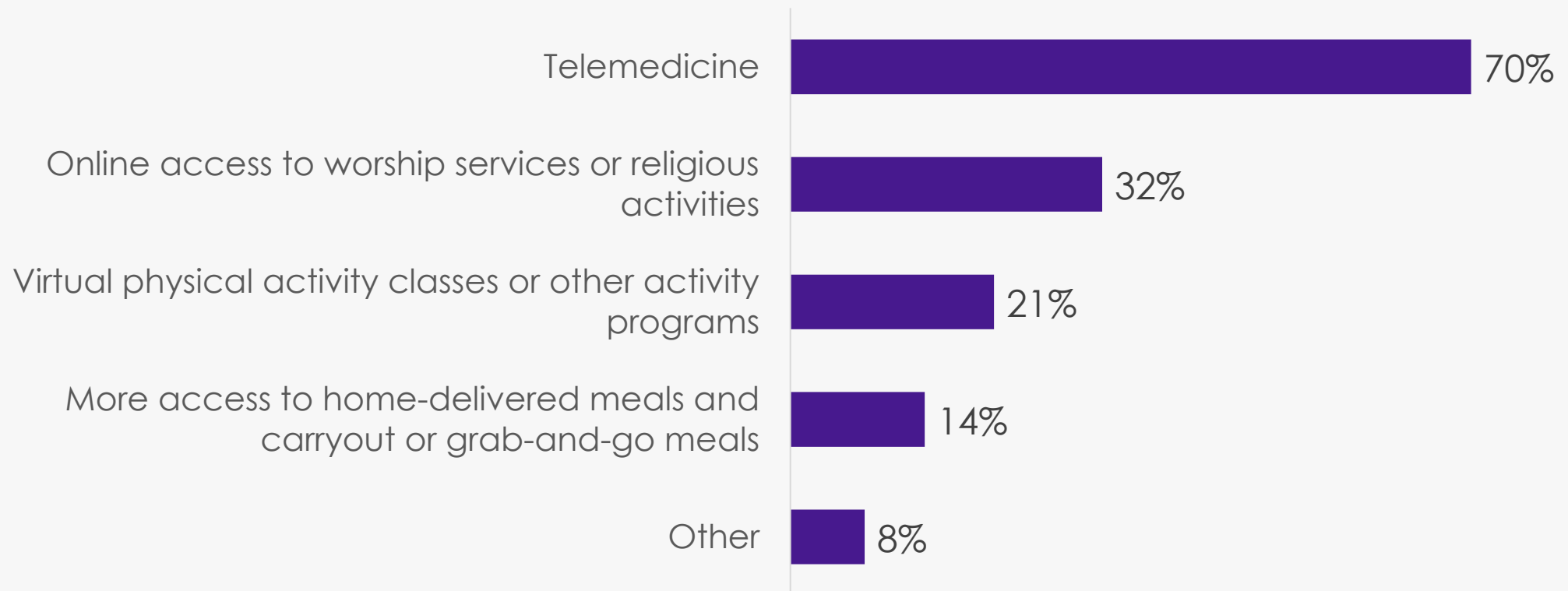
Support community connections that improve quality of life, inclusion, and engagement of older adults

- ▷ System navigation is an issue for many
- ▷ Many older adults are using technology (others need hands-on help, financial support, persuasion)
- ▷ An ongoing mix of in-person & virtual socializing
- ▷ Continue brainstorming transportation support

# Cabinet Priorities

Support community connections that improve quality of life, inclusion, and engagement of older adults

**Have any of the following options made access to services and activities easier for you since the pandemic? (n=1,435)**



# Cabinet Priorities

## 3. Engage older residents in active retirement and work

- ▷ Personal health issues
- ▷ People do have financial concerns
- ▷ Addressing ageism in the workplace  
(environment, structures, attitudes)
- ▷ Feeling wanted

# What can we look up for you?

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