

EXECUTIVE SUMMARY OF DANBURY SENIOR SURVEY

Methodology- Sixty-two individuals participated, surveys conducted in person by service providers. All participants lived in Danbury, most in affordable senior housing and were receiving some type of homecare assistance from AIP Committee members.

Due to survey not translated into Spanish, it limited the number of Hispanic participants.

Individuals that were willing to sit and be interviewed tended to represent a more socially interactive group.

Socio-demographics

13: Sociodemographic		
<i>a) Age:</i>	<i>N</i>	<i>% (of 60)</i>
61-64	4	7%
65-70	9	15%
71-75	17	28%
76-80	9	15%
81+	21	35%

<i>b) Sex:</i>	<i>N</i>	<i>% (of 62)</i>
Male	15	24%
Female	47	76%

<i>h) Annual household income from all sources</i>	<i>N</i>	<i>% (of 60)</i>
Less than \$25,000	50	83%
\$25,000 to less than \$50,000	6	10%
Over \$50,000	4	7%

<i>i) Race</i>	<i>N</i>	<i>% (of 60)</i>
White	47	78%
Black or African-American	11	18%
Hispanic	2	4%

Key Themes

General Health

- 66% in good to fair health – Note most were receiving some form of home care services
- 73% said health was about the same or worse than last year
- Chronic Health Conditions – 70% Arthritis or mobility issues, 40% Heart Disease, 22% Diabetes

Quality of Life

- Less than 5% attend public meetings
- 45% attend church and/or organizational meetings
- 80% have friends over to their homes during the year, 14% on a regular basis
- 100% rely on home phone to communicate with others
- 21% use computers to communicate with others
- 31% have a cell phone
- 63% do not own a computer

Health and Wellness

- Over 50% use walkers, shower seats, grab rails in bathroom
- Less than 50% use personal emergency response system, medication reminder
- 44% did not exercise, of those who did exercise 40% walked
- 80% report no falls within the last 3 months
- 75% report health, limits social activities
- 55% eat alone most of the time, majority eat 3 times a day – note question was not if they eat full meals
- 37% last dental visit more than 2 years ago, 28% due to not being able afford care
- 90% have vision problems, 33% hearing
- 98% have healthcare insurance, 80% felt it was adequate
- 80% see 1 or more doctors a month
- 60% take 4 or more prescriptions a month, 70% say insurance adequate to cover, 96% say they understand purpose and dosage of medicines.

Housing

- 75% Live alone – note most were living in subsidized housing
- 90% have sufficient resources to pay for living expenses – group primarily lived in subsidized housing
- 95% feel safe in the community
- 90% expect to live a long time in the community

Supportive Services

- 74% depend on someone to drive
- 60% have someone they could they could ask for help and advise
- 61% use homecare assistance
- Most common areas of assistance –80% housekeeping;80% taking medicine correctly;70% shopping; 70% managing finances; 60% cooking/eating