



**Ramsey County
Community Human Services**

Ramsey County Older Adult Survey – Service Needs

- Summary of Service Needs
- African American Older Adults in Ramsey County
- Hmong Older Adults in Ramsey County
- Latino Older Adults in Ramsey County

December, 2003

**Office of Performance Measurement & Evaluation
Ramsey County Community Human Services**

For more information about this report please call (651) 266-4322.

RAMSEY COUNTY OLDER ADULT SURVEY SUMMARY OF SERVICE NEEDS

In response to the long-term care reform efforts passed by the Legislature in 2001, Ramsey County implemented a Gaps Analysis and Service Development Planning process aimed at identifying underdeveloped services for older adults. A telephone survey of Ramsey County seniors was implemented in the Spring of 2003 to identify service needs and preferences of seniors. The survey was developed/implemented in collaboration between Ramsey County Human Services, Wilder Senior Services, and Wilder Research Center. This summary presents key findings from the Senior Survey and the 2000 Census data related to service needs. Data is presented to help understand issues related to providing services to low-income seniors in Ramsey County. An additional report entitled Survey of Older Adults in Ramsey County: Quality of Life explores topics related to quality of life and participation in community. This report will be available through Wilder Research Center.

I. BACKGROUND DATA - U.S. CENSUS 2000 AND RAMSEY COUNTY EVALUATION

Population projections by Minnesota Planning Data Net-Census 2000 forecast a dramatic growth in senior population from 2000 to 2030. See Figure 1. Over the 30 year span, the 65-74 year old age group is projected to grow by 103%, the 75-84 age group by 85% and the 85+ age group by 92%.

Figure 1: Expected Growth in Ramsey County Senior (65+) Population 2000-2030)

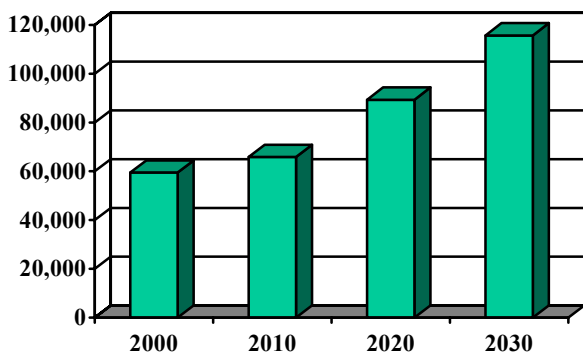
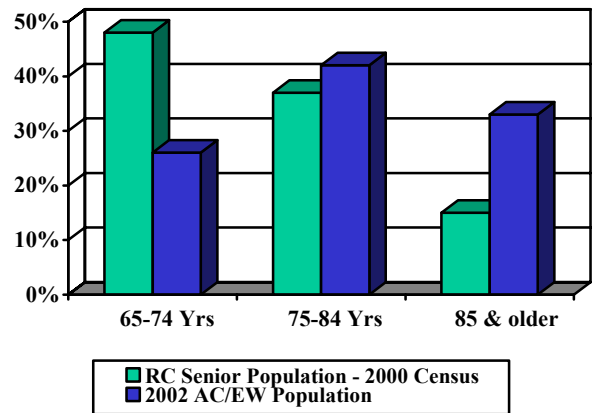
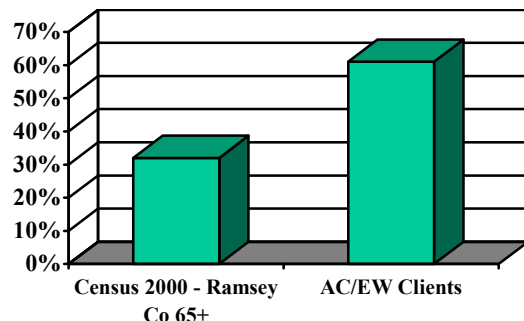


Figure 2: 2000 Census Senior Age Groups Compared to Age Groups of AC/EW Population



61% of AC/EW clients in 2002 were living alone compared to 32% of the 65+ senior population in Ramsey County. See Figure 3. Overall, AC/EW clients served by Ramsey County can be described as living alone, older (75+), female, and low-income.

Figure 3: Living Alone - Proportion of Ramsey County AC/EW Clients Compared to Ramsey County Seniors



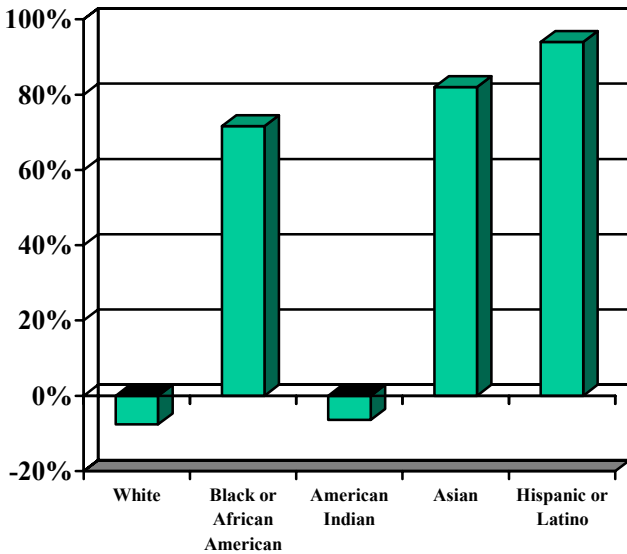
RC Alternative Care/Elderly Waiver Population

Alternative Care/Elderly Waiver(AC/EW) programs target low income seniors and fund home and community-based services for people 65 and older who require medical care in a nursing home but choose to reside in the community. In 2002, 2.6% of Ramsey County seniors or 1,654 people received AC/EW services. Seniors receiving AC/EW services are more likely to be older than the general population of older adults in Ramsey County. See Figure 2.

Race and Ethnicity

Since 1990, White and American Indian populations have decreased (in number) in Ramsey County, while Black, Asian and Latino populations have increased. There has been a 94% increase in Hispanic or Latino ethnicity reported from 1990 to 2000. See Figure 4.

Figure 4: 1990-2000 Percent Increase or Decrease in Ramsey County Population by Race/Ethnicity¹

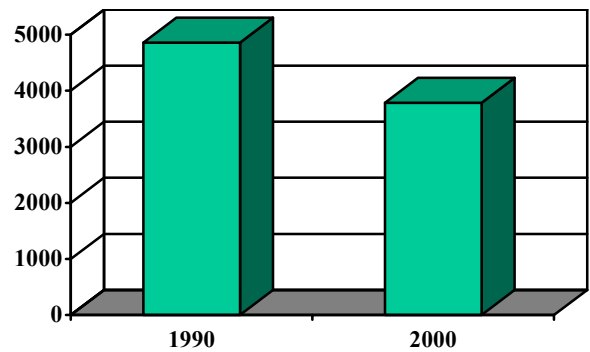


While the senior population in Ramsey County has less racial and ethnic diversity than younger groups, Wilder Research reports that in St. Paul over the last decade, African American seniors (65+) have increased by 23%, Asian by 93% and Latino by 23%. These increases suggest continued implementation of culturally and linguistically appropriate senior services.

Poverty

The number of seniors in poverty has decreased since 1990. See Figure 5. In 2000, 6.8% or 3,786 Ramsey County seniors were considered living in poverty. Currently, 71% of low-income Ramsey seniors live in the City of St. Paul. Wilder Research reports, that between 1990 and 2000 the number of Asian low-income households nearly doubled and the number of Black or African American low-income households increased by 26 percent. The number of Hispanic or Latino low-income households more than doubled.

Figure 5: Number of RC Seniors Living in Poverty



II. SENIOR SURVEY FINDINGS

During the Spring of 2003, 499 older adults living in Ramsey County were surveyed by Wilder Research Center to assess their needs and use of services, their social supports, and other facets of their lives, such as housing, transportation and finances. Survey respondents were randomly selected to represent the population of older adults in Ramsey County. Therefore, the survey results from the random sample can be generalized to give an overall picture of the typical older adult in Ramsey County.

The random sample respondents can be described as predominantly white, female, and speaking English at home. Tables 1 and 2 on the following page highlight demographic characteristics of the random sample and low-income seniors in the random sample.

- The average age of a respondent is 76 years. Forty nine percent of the respondents fall in the 65-74 age group and 11% in the 85+ age group.
- About half (49%) of the respondents are married or in a marriage like relationship, and a significant proportion widowed.
- Over half (57%) of the random sample have 3 or more children, while 10% have no children.
- About a third (28%) of seniors report annual incomes of \$50,000 or more. Twenty nine percent have incomes between \$25,000 - \$49,000 and 44% have incomes below \$25,000.

¹ Hispanic or Latino persons may be represented in more than one group. The U.S. Census considers race and Hispanic origin to be two separate and distinct concepts.

- Three fourths of the random sample are homeowners and close to four fifths are retired.
- Eighty-eight percent (88%) are high school graduates.

Table 1: Demographics

| VARIABLES | RANDOM SAMPLE (N=499) | LOW-INCOME SUBSET (N=91) |
|------------------------------|-----------------------|--------------------------|
| Gender | | |
| Male | 32% | 19% |
| Female | 68% | 81% |
| Race/ethnicity | | |
| White | 95% | 91% |
| Black or African American | 2% | 4% |
| Asian | 2% | 1% |
| Latino | 2% | 3% |
| Other | 2% | 3% |
| Age | | |
| 65-74 yrs | 49% | 35% |
| 75-84 | 41% | 45% |
| 85+ | 11% | 19% |
| Marital status | | |
| Single, never married | 6% | 8% |
| Married or marriage-like | 49% | 18% |
| Widowed | 35% | 59% |
| Divorced | 10% | 13% |
| Separated | <1% | 2% |
| Number of children | | |
| None | 10% | 10% |
| 1-2 children | 33% | 31% |
| 3-4 children | 34% | 29% |
| 5+ children | 23% | 28% |
| Speak English in home | 98% | 98% |

Low-income seniors compared to all seniors in the random sample are more likely to be:

- Female (81% vs. 68%)
- 75 years of age or older (64% vs. 52%)
- Living alone (69% vs. 41%)
- Widowed or divorced (72% vs. 45%).

Table 2: Demographics

| VARIABLES | RANDOM SAMPLE (N=499) | LOW-INCOME SUBSET (N=91) |
|---------------------------------|-----------------------|--------------------------|
| Home ownership | | |
| Own | 71% | 56% |
| Rent | 29% | 36% |
| Income | | |
| Under \$10,000 | 8% | 35% |
| \$10,000-\$14,999 | 15% | 65% |
| \$15,000-\$24,999 | 21% | 0% |
| \$25,000-\$34,999 | 15% | 0% |
| \$35,000-\$49,999 | 14% | 0% |
| \$50,000+ | 28% | 0% |
| Employment status | | |
| Not retired and working | 6% | 0% |
| Retired, but working | 9% | 9% |
| Retired, not working | 84% | 91% |
| Education | | |
| Less than high school | 12% | 22% |
| High school grad/GED | 29% | 41% |
| Some college/technical training | 28% | 30% |
| College graduate | 16% | 7% |
| Some graduate school | 3% | 0% |
| Graduate or professional degree | 13% | 1% |
| Living arrangement | | |
| Live alone | 41% | 69% |
| With spouse or partner only | 44% | 18% |
| With adult children only | 6% | 14% |

SERVICE USE AND NEED

Respondents from the overall sample are quite independent, with the exception of heavy cleaning and chore services. Service use varies with age and income. An older adult using services is typically living alone, older(75+) and female. See Table 3.

- Heavy cleaning, transportation and housekeeping are the most often used services across senior respondents.
- Generally, a higher proportion of low-income seniors use services compared to seniors with incomes over \$15,000.
- Older seniors (85+) report a statistically significant higher use of self-care services (home health aide, home health nurse).

- Older seniors (85+) also report a statistically significant higher use of home and life management services (home delivered meals, shopping help, help preparing meals, housekeeping, transportation.)

Table 3: Service Utilization

| SERVICES | Respondents w/ income \$15,000+ N=310 | | Respondents w/income less than \$15,000 N=91 | |
|---|--|------------|---|------------|
| | Count | Percentage | Count | Percentage |
| Heavy cleaning/chore | 109/310 | 35% | 37/91 | 41% |
| Public bus/special transportation service | 27/310 | 9% | 37/91 | 41% |
| Housekeeping | 45/310 | 15% | 23/91 | 25% |
| Help w/ forms | 16/310 | 5% | 18/91 | 20% |
| Shopping help | 17/310 | 5% | 17/91 | 19% |
| Congregate dining | 17/310 | 5% | 14/91 | 15% |
| Managing bills | 9/310 | 3% | 9/91 | 10% |
| Home health nursing | 6/310 | 2% | 14/91 | 15% |
| Meal preparation | 13/310 | 4% | 6/91 | 7% |
| Home delivered meals | 3/310 | 1% | 6/91 | 7% |
| Home health aide | 6/310 | 2% | 6/91 | 7% |
| Home health nurse after hospitalization | 8/310 | 3% | 4/91 | 4% |

The respondents who did not use services were asked if they felt they needed services.

- Ten percent or less of the respondents who do not receive services said they needed them.
- The top three services needed by those who do not currently use services are: housekeeping, chore and transportation.

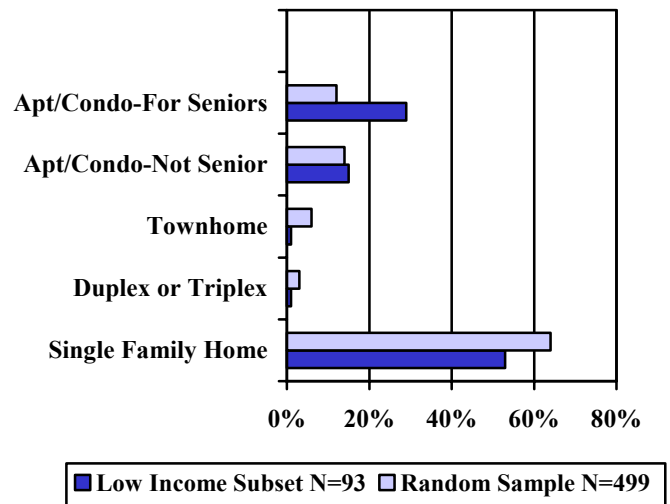
HOUSING

Most respondents are fairly stable in their housing. Generally, older adults want to live in their current homes.

- On average, respondents have been at their current address for 26 years.
- About a fifth (17%) have lived at their current address for five years or less.

- Low-income respondents have lived at their current address for slightly less time (23 years).
- Affordability is an issue for some respondents in terms of both their reasons to consider moving and their barriers to moving.
- Overall, respondents report living in a variety of housing types: single-family homes (64%), apartments or condominiums not for seniors (14%) and apartments or condos for seniors (12%). See Figure 6.
- Compared to the overall sample, a higher proportion of low-income respondents live in apartments or condo for seniors, and fewer live in single family homes. See Figure 6.

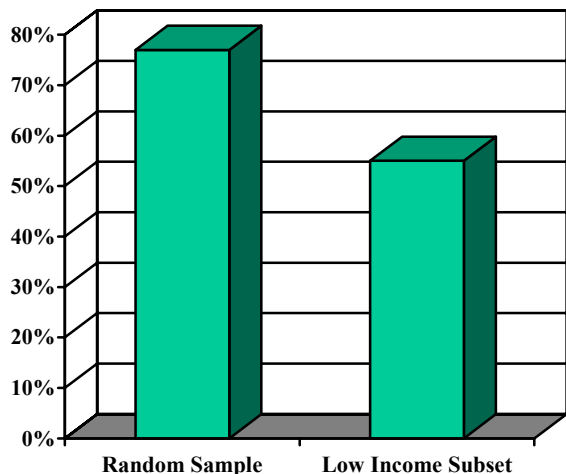
Figure 6: Current Housing



The 2000 Census reports homeownership rates for individuals between 62-74 at 81% and ages 75-84 at 77%. Rates of homeownership among survey respondents mirror national statistics.

- Three fourths of the random sample are home-owners.
- Over half (56%) of the low-income respondents are homeowners. See Figure 7.

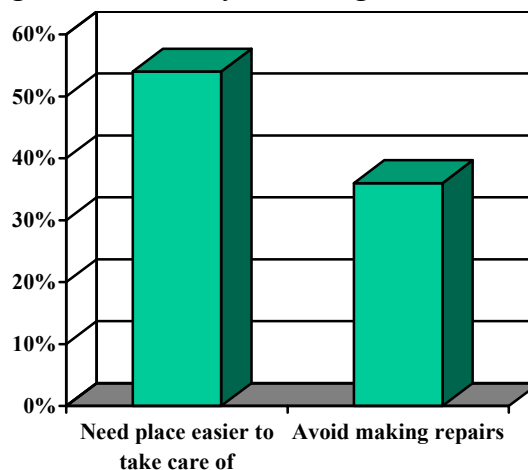
Figure 7: Home Ownership



Sixteen percent of respondents (79/483) are considering moving within the next two years, and of those 61% would like to stay in Ramsey County (N=48).

- Over half who said they are planning to move said it was important to stay in their current neighborhoods.
- Of the forty eight respondents considering moving within Ramsey County in the next two years, many said they would move because they need a place that is easier to take care of (54%) or to avoid making repairs (36%). See Figure 8. Currently there are no senior services available through the AC/EW waiver for home maintenance and home repairs.
- Other reasons for moving include: affordability, accessibility, closer to shopping, closer to shopping, closer to children, closer to doctor or hospital and closer to church.

Figure 8: Reasons for Moving – Random Sample



When asked about ways to make their community a better place to live, 10% of respondents commented on housing affordability or housing alternatives.

“If we had an apartment building for seniors in the neighborhood, I could stay in the neighborhood.”

“The price of rent is too high. It would be nice to be able to get an apartment where you didn’t have to depend on the government to help you out.”

“They should have some better housing for when people can’t own their own housing any more, more like cottage-type housing, and not the high-rise sort of thing. It should be housing that’s more independent until they need assistance. But not housing you own, because if you had to buy something, you still have the same problem owning that you had before.”

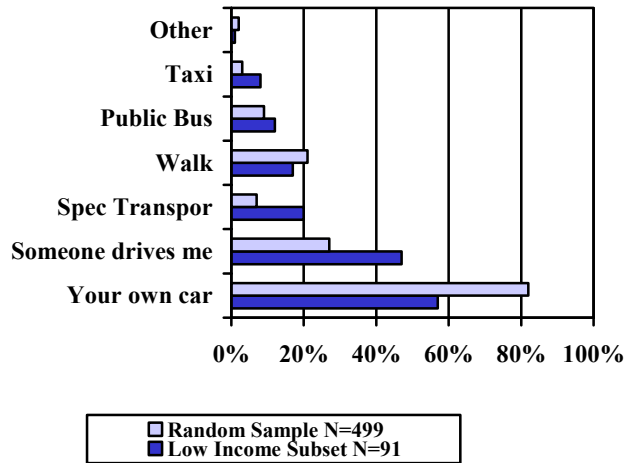
TRANSPORTATION

Respondents were asked what means of transportation they use most frequently. Respondents in the random sample were more likely to use their own car (82%) compared to the low-income group (56%). See Figure 9.

Low-income respondents are more likely to report use of other transportation options:

- Someone drives me (47%)
- Special transportation service (19%)
- Walk (18%)
- Public bus (12%)
- Taxi (8%)

Figure 9: Means of Transportation



When asked about ways to make their community a better place to live, 10% of respondents commented on transportation issues. Individual respondents recommend addressing issues such as:

- Transportation to and from services outside of their direct community
- Availability of transportation services for specific reasons such as:
 - Grocery shopping
 - Shopping in general
 - Doctor’s appointments
 - Attendance at religious services

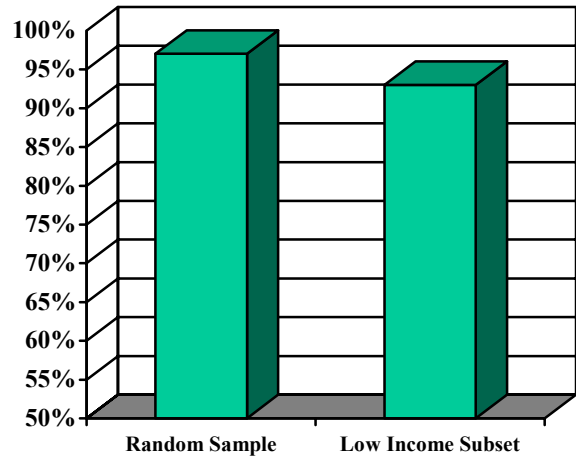
Seniors are looking for transportation services that reach across larger geographic areas and that are available on weekends and evenings. Many older adults mentioned the need for better transportation services, such as door-to-door service that can accommodate a range of physical conditions including ambulation and vision problems.

Seniors also expressed concerns related to road safety and sidewalks.

QUALITY OF LIFE

Wilder Research analyzed survey data to assess various quality of life factors from senior perceptions of health status and connectedness to family and friends to perceptions of their health and safety. Overall, Ramsey County seniors report high satisfaction with their lives. See Figure 10 for results by income groups.

Figure 10: Overall Satisfaction with Life



Generally seniors with annual incomes of \$15,000 or more are positive about the following areas in their lives:

- Seniors have high satisfaction with their lives (51% very satisfied, 46% satisfied).
- Seniors have someone to call on to help right away (97%).
- Seniors trust neighbors to look out for each other (91%).
- Seniors perceive people in their neighborhood as willing to help each other out (93%).
- Seniors had enough money in the last year to pay for medical services, medications (96%+).

Senior respondents with annual incomes of \$15,000 or more expressed financial and health concerns.

- Seniors are very or somewhat concerned about paying for long term care for themselves or a loved one (55%).
- Seniors are very or somewhat concerned about outliving their financial resources (43%).
- Seniors have someone who could care for them if sick or disabled indefinitely (43%).

- Seniors have insurance covering prescription drugs (67%).

Low-income seniors (<\$15,000 annually) express greater concerns compared to higher income seniors about health, safety and finances:

- Have good or very good health (63% low income vs. 83% all others)
- Feel safe to walk in the neighborhood at night (56% low income vs. 86% all others)
- Insurance covers prescription drugs (51% low income vs. 74% all others)
- Are somewhat or very concerned about outliving the financial resources (62% low income vs. 40% all others)

Table 4: Quality of Life Factors

| | Respondents with Income \$15,000+ Sub-sample | | Respondents with Income <\$15,000 Sub-sample | |
|--|--|------------|--|------------|
| | N | % | N | % |
| Health very good/ good | 255/309 | 83% | 57/91 | 63% |
| Close relationships with family and friends rated as very important | 268/310 | 87% | 74/90 | 82% |
| Face to face contact w/ family or friends 1x wk | 250/310 | 81% | 76/89 | 85% |
| Have someone you could call on to help you right away | 303/309 | 98% | 86/91 | 95% |
| Have someone who could care for you if sick or disabled indefinitely | 128/292 | 44% | 29/84 | 35% |
| Trust neighbors to look out for you | 273/301 | 91% | 77/89 | 87% |
| People in neighborhood willing to help each other out | 274/292 | 94% | 74/83 | 89% |
| Safe to walk in neighborhood at night | 265/309 | 86% | 43/77 | 56% |
| Safe to walk in neighborhood during day | 307/310 | 99% | 83/90 | 92% |
| In past year, had enough money to pay for food | 304/310 | 98% | 84/91 | 92% |
| In past year, had enough money to pay for needed medical services | 303/310 | 98% | 80/90 | 89% |
| In past year, had enough money to pay for needed medications | 299/305 | 98% | 77/90 | 86% |
| Insurance covers prescription drugs | 206/278 | 74% | 40/79 | 51% |
| Somewhat or Very concerned about outliving financial resources | 123/308 | 40% | 56/91 | 62% |
| Very or somewhat concerned about how to pay for long term care for self or loved one | 168/308 | 55% | 56/91 | 62% |
| Helps out in community | 165/310 | 53% | 31/91 | 34% |
| What prevents you helping out-physically unable | 37/145 | 26% | 29/59 | 49% |
| Provides help or arranges help for relative or friend | 77/309 | 25% | 17/91 | 19% |
| Cares for grandchild | 93/310 | 30% | 23/91 | 25% |
| Exchanges e-mail w/ family or friends from 1x/week to at least 1x every few months | 125/309 | 40% | 15/92 | 17% |

Close to half of seniors (47%) in the random sample help out in their community and those that do not help often cannot due to physical limitations.

older adults as they age are needed. As the senior population grows, the senior service delivery system will increasingly need to be further supplemented by informal supports from community and family caregivers.

III. SERVICE SYSTEM PLANNING

Survey results suggest the following areas continue to be addressed in service delivery planning.

Cultural capacity - The growth in the number of Latino, Asian and African American seniors in Ramsey County will require increasing services that respond to language and culture.

Healthcare and housekeeping personnel - With the projected increase in the senior population who are more likely to utilize supportive services, challenges in availability of healthcare personnel will need to be addressed. Turnover is high in service industries that rely on low wage positions to deliver services such as housekeeping, personal care and chore.

Housing repair and home maintenance - Chore and housekeeping services were identified as the most used and needed service areas. While these services are funded through the waivers, home maintenance and repair services are not. Home maintenance and repair beyond chore and housekeeping services were expressed as concerns by older adult survey respondents. Currently there is no public resource available to address the aging housing stock of seniors who either rent or own their own home. They cannot afford to maintain their property yet cannot afford to move.

Transportation – While transportation services are currently available, survey respondents cited difficulties in accessing available services: ability to get door to door medical service, obtaining rides on weekends and evenings, and securing transportation across geographical boundaries of any one transportation service. Such issues will need to be addressed as Ramsey County continues to work with contracted transportation services.

Public education – Public education to inform policy-makers and citizens about senior needs and ways to develop and refine informal supports to

SUMMARY REPORT: African American Older Adults in Ramsey County

In response to long-term care reform efforts passed by the Minnesota Legislature in 2001, Ramsey County Human Services implemented a Gaps Analysis and Service Development Plan aimed at identifying and strengthening underdeveloped services for older adults. A telephone survey of Ramsey County seniors was conducted in Spring 2003 to identify the service needs and preferences of seniors. The survey was developed and implemented in collaboration between Ramsey County Human Services, Wilder Senior Services, and Wilder Research Center. Over 600 older adults living in Ramsey County were surveyed. Survey respondents were asked about their housing, service use and needs, their opinions about their community and how to improve it, their relationships with family and friends, and their social activities and quality of life. This summary presents key findings from the African American seniors who participated in the survey (N=53).

BACKGROUND

Black or African American older adults represent 3% (N= 1564) of the older adult Ramsey County population according to the U.S. Census 2000. Over the last decade, the African American older adult population increased by 23% in Saint Paul. Ramsey County Human Services and Wilder Foundation were interested in the service use and needs of older African Americans and the other race/ethnic groups with large representation in Ramsey County (Hmong and Latino).

Random sample survey procedures resulted in a sample of 499 seniors. Over 90 percent of the sample was White. Survey procedures did not reach enough non-White seniors for a sample that was large enough to report results. Additional sampling procedures (randomly selecting respondents out of census tracts known to have high concentrations of African Americans) were used. This technique results in a sample of 53 African American adults over the age of 65. Respondents do not statistically represent the overall population of African American seniors in Ramsey County. Data from this sample can be used to illustrate issues or problems facing African American seniors.

The African American respondent is most likely a woman, about 75 years of age, who owns her own home and is widowed. See Table 1 for demographic characteristics of African American respondents.

Table 1. Characteristics of African American survey respondents

| Age: | Percent |
|---------------------------------|----------------|
| Under 75 | 50% |
| 75 to 94 | 44% |
| 95 or older | 6% |
| | |
| % female | 80% |
| | |
| Annual household income: | |
| Less than \$15,000 | 43% |
| \$15,000 to \$34,999 | 38% |
| \$35,000 or more | 19% |
| | |
| % homeowners | 72% |
| | |
| Marital status: | |
| Never married | 0% |
| Married or living with partner | 30% |
| Divorced/separated | 24% |
| Widowed | 46% |
| | |
| Number of children: | |
| None | 3% |
| 1 to 4 children | 81% |
| 5 or more children | 16% |

Service use and needs

Survey respondents were asked about a variety of services ranging from home health services to heavy chores to help with managing their bills. They were asked if they had received these

services in the past month, and if not, they were asked if they needed the service. See Table 2.

The top services used by senior respondents were:

- Chore services (45%)
- Help with transportation (23%)
- Help with shopping (23%)
- Help with housekeeping (13%)
- Home health nurse (13%)
- Help with managing finances (13%)

Services are provided through informal and formal means. Family/friends more often provide the following services: transportation, help with forms and meals, shopping assistance and help with finances. Organizations more often help with nursing or health aide services, home delivered meals and congregating dining.

About 24% of African American older adults did not know who to ask for information about available services.

- For those who had not received services in the last month, housekeeping, chore and transportation were the top three needed services.

Table 2. African American respondents' service use and needs

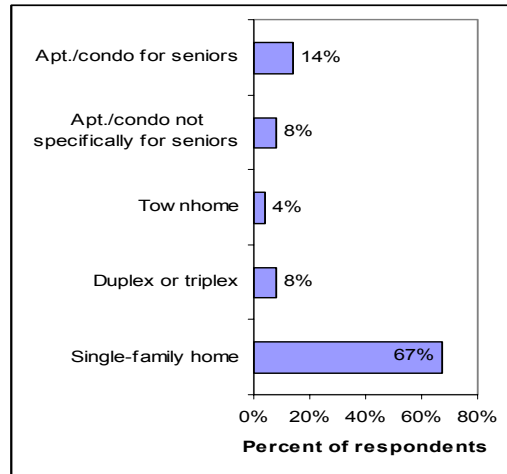
| Service | Number who used this service in the past month | Number who needed this service* |
|---|--|---------------------------------|
| Heavy chores | 24 | 6 |
| Transportation | 12 | 3 |
| Shopping help | 12 | 1 |
| Housekeeping help | 7 | 10 |
| Home health nurse | 7 | 2 |
| Managing finances | 7 | 0 |
| Congregate dining | 5 | 2 |
| Meal preparation | 4 | 2 |
| Help with forms | 4 | 2 |
| Home health nurse after hospitalization | 4 | 1 |
| Home delivered meals | 2 | 1 |
| Home health aide | 2 | 1 |

*Of those who did not receive the service.

Housing

Two-thirds (67%) of African American senior respondents live in single-family homes, and nearly three-quarters (72%) are homeowners. See Figure 1 for an illustration of the types of housing African American respondents currently live in.

Figure 1. Type of housing



- Over one-third (37%) of African American respondents live alone.
- Two-thirds (65%) have lived in their current address for 20 years or more.
- One-fifth (20%) are considering moving in the next two years.
- The most common reasons why respondents would consider moving are to avoid making repairs or to have a home that is easier to take care of.

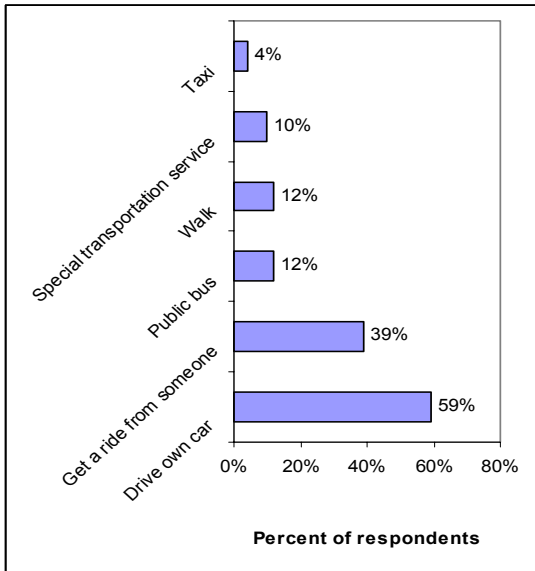
Interestingly, a much larger proportion of African American respondents who said they were planning to move in the next two years were interested in living in town homes.

Transportation

One-quarter (25%) of African American respondents said they had received help with transportation in the past month. Three of the respondents who did not receive help with transportation said they needed this type of help.

When asked specifically about the means of transportation used most frequently, 59% of respondents said they drive their own car, over one-third get a ride from someone else and 12% use public bus and/or walk. See Figure 2.

Figure 2. Modes of transportation*



*Note: Respondents were allowed to say “yes” to more than one mode of transportation, so totals do not add up to 100%.

Quality of life

African American respondents report high satisfaction with their lives and also report financial and health concerns. See Table 3.

- Seniors have high satisfaction with their lives (54% very satisfied, 40% satisfied).
- Seniors have someone to call on to help right away (96%).
- Seniors trust their neighbors to look out for each other (84%).
- Seniors perceive people in their neighborhood as willing to help each other out (93%).
- Seniors perceive it’s safe to walk in neighborhood at night (46%).
- Seniors have enough money in the last year to pay for food (90%), medical services (90%), medications (88%).

- Two-thirds (64%) of seniors rated their health as very good or good.
- Seniors have insurance covering prescription drugs (68%).
- Seniors are somewhat or very concerned about suffering from poor health (58%).
- Seniors have someone who could care for them if sick or disabled indefinitely (54%).
- Seniors are very or somewhat concerned about paying for long term care for themselves or loved one (49%).
- Seniors are very or somewhat concerned about outliving their financial resources (44%).

Table 3. Quality of life factors

| | African American respondents | |
|---|------------------------------|---------|
| | Number | Percent |
| Rated health good or very good | 32 | 64% |
| Have someone you could call to get help right away | 49 | 96% |
| Have someone who could care for you if you were sick or disabled indefinitely | 26 | 54% |
| Trust your neighbors to look out for you | 37 | 84% |
| People in your neighborhood are willing to help each other out | 38 | 93% |
| Safe to walk in neighborhood at night | 19 | 46% |
| In past year, had enough money to pay for needed medical services | 44 | 90% |
| In past year, had enough money to pay for needed medications | 43 | 88% |
| In past year, had enough money to pay for food | 44 | 90% |
| Insurance covers prescription drug | 25 | 68% |
| “Somewhat” or “very concerned” about outliving financial resources | 22 | 44% |
| “Somewhat” or “very concerned” about suffering from poor health | 28 | 58% |
| Helps out in community | 8 | 16% |
| “Physical health” prevents you from helping out | 11 | 35% |
| Provides help or arranges for help for a friend or family member | 8 | 17% |

Recommendations for improving the community

Respondents were asked, "What would you recommend to improve your community for older adults?" African American respondents' comments indicate a need for home maintenance services, improved access to grocery stores and other shopping, and attention to safety and social needs. Following are recommendations from older adults:

Safety related

- *Police to enforce laws such as noise, drug & prostitution, actually issue a citation make violators pay - asking them to stop just do not work.*
- *If we didn't have people selling drugs that would make it better.*
- *If they had more police protection.*
- *Get rid of young folks who don't care about anything, like having their pants way down. There are three families that are disruptive, loud.*
- *If it was safer, it's ok on the grounds of our building it's not farther out into the neighborhood.*
- *I don't know - drugs and violence are in all communities, but it's ok over her.*
- *I don't know - my neighbors tells me when things are going on in the community - I had a slight stroke in 1998 - those young boys are standing on the corner I learned what they're doing, my neighbor calls the police.*
- *Keeping the young folks quiet and keep kids from riding their bicycles on the grass.*
- *More police protection, cruising neighborhood.*
- *Get rid of the children. They are unruly.*
- *Get rid of the drug dealers and there is too much noise from loud music at all hours of the night.*
- *Keep kids from parking in the middle of the street and blocking the way.*

- *The quality of safety issues with the budget cuts - police services, medical/ambulance service, if they are kept at the level they are now that would be okay, worried with the budget cuts that they might not be.*
- *Well, for older adults, make it safer - well drugs or prostitution. Get that crime out of our neighborhood.*

General satisfaction

- *I think it's fine the way it is.*
- *I don't know. Where I live everything is available.*
- *Peace and understanding, and cooperation.*
- *We have a lot of untapped resources in the senior community - it would be better if the seniors were on planning councils to tap into some of their wisdom - seniors are the most unused resource that we have.*
- *It nice here.*
- *I can't think of anything I'm satisfied.*
- *I couldn't say looks like they done alright.*
- *I don't know. I'm satisfied.*

Other

- *The neighbors should get together more - they all work and gone all day - 15 to 20 years ago I knew the whole block - now I've had 6-7 different people live next door to me I don't know any of them.*
- *My only problem is the meddling. It's irritating to have some of the older adults that feel they are entitled to meddle. I try to ignore that. I spend my time writing my poetry. I've had it published.*
- *I couldn't really say what would make it better. That's all.*
- *I can't answer that question, because people have changed too much. They keep changing too fast.*

Housing related

- *Well, I really don't know. There are townhouses across the street but very few houses left. I don't really know too many people any more. I wish I could find that thing that gives grants to older people to fix up their houses.*
- *I don't have complaints, maybe being into a building that was for seniors only.*
- *No, they do everything at the high-rise.*
- *Home owners and less rentals - rentals seems not to have much care in upkeep of property.*
- *I don't know. Its not like it use to be, this block use to be older people it use to be real nice neighborhood but its not like it use to be. If older adults could live in a community of older adults.*
- *To have a place to sit down and rest after walking in a park to watch kids play and such and sit and talk.*
- *Affordable housing*

Services related

- *They are working on that right now, grocery delivery.*
- *They should have more things for senior citizens. Anything to keep senior citizens more active.*
- *If we could have a small park nearby, a grocery store nearby.*
- *Giving seniors economic break, sales tax break, allowing seniors to keep their own home, an auto ins. break, security - safer, help with maintaining yard-maintenance.*
- *Better street lighting, more convenient public transportation, more services for seniors to help maintain your house.*
- *Get rid of the people on welfare - getting something for nothing - I'm so tired good old liberal MN - send them back where they came from.*
- *Plow the snow from the alleys.*

- *Don't know, we have civic affairs and school close by. There are always activities close by. Can't think of anything, we have a community center.*
- *Closer grocery stores.*
- *Closer shopping (grocery, hardware, liquor store).*

For more information...

About this summary or other reports or summaries from this study, contact Kathy Gilmore, Ramsey County Research & Evaluation (651) 266-4322.

Additional reports:

- *Wilder Research Center. (2003) Survey of Older Adults in Ramsey County: Quality of Life.*
- *Ramsey County Human Services.(2003) Ramsey County Older Adult Survey - Summary of Service Needs.*

SUMMARY REPORT: Hmong Older Adults in Ramsey County

In response to long-term care reform efforts passed by the Minnesota Legislature in 2001, Ramsey County Human Services implemented a Gaps Analysis and Service Development Plan aimed at identifying and strengthening underdeveloped services for older adults. A telephone survey of Ramsey County seniors was conducted in Spring 2003 to identify the service needs and preferences of seniors. The survey was developed and implemented in collaboration between Ramsey County Human Services, Wilder Senior Services, and Wilder Research Center. Over 600 older adults living in Ramsey County were surveyed. Survey respondents were asked about their housing, service use and needs, their opinions about their community and how to improve it, their relationships with family and friends, and their social activities and quality of life. This summary presents key findings from the Hmong seniors who participated in the survey (N=51).

BACKGROUND

Asian older adults in Ramsey County represent 2.6% (1539) of the older adult population in Minnesota. Over the last decade, the Asian senior population increased by 93% in Saint Paul. Ramsey County Human Services and Wilder Foundation were interested in the service use and needs of Hmong older adults and the other racial/ ethnic groups with large representation in Ramsey County (African American and Latino).

Initial survey procedures resulted in a sample of 499 seniors. Over 90 percent of the sample was White. Random selection survey procedures did not reach enough non-White seniors for a sample that was large enough to report results. Additional sampling procedures (randomly selecting respondents out of census tracts known to have high concentrations of Hmong and screening for Hmong last names) were used. This technique resulted in a sample of 51 Hmong adults over the age of 60. Respondents do not statistically represent the population of Hmong seniors in Ramsey County. Data from this sample can be used to illustrate issues or problems facing Hmong seniors.

The Hmong respondent is typically a woman, between the ages of 60 and 70, living with family members, in poverty and widowed.

See Table 1 for demographic characteristics of Hmong senior respondents.

Table 1. Characteristics of Hmong survey respondents

| | |
|---|------|
| Age: | |
| Under 75 | 77% |
| 75 to 94 | 23% |
| Percent female | 72% |
| Annual household income: | |
| Less than \$15,000 | 95% |
| \$15,000 to \$34,999 | 5% |
| \$35,000 or more | 0% |
| Percent homeowners | 41% |
| Percent who speak English in their homes | 0% |
| Marital status | |
| Never married | 0% |
| Married or living with partner | 30% |
| Divorced/separated | 16% |
| Widowed | 54% |
| Number of children | |
| None | 0% |
| 1 to 4 children | 100% |
| 5 or more children | 0% |

Two-fifths of respondents are homeowners and 100% of respondents do not speak English in their homes. All of the Hmong respondents are retired and not working and about a third help with caring for a grandchild (29%).

Service use and needs

Survey respondents were asked about a variety of services ranging from home health nurse services to heavy chores to help with managing their bills. They were asked if they had received these services in the past month, and if not, they were asked if they needed the service. See Table 2.

In general, respondents reported very high service use. This can be attributed to a combination of higher needs (due to language barriers, low income, and refugee status).

Table 2. Hmong respondents' service use and needs

| Service | Number who used this service in the past month | Number who needed this service* |
|----------------------|--|---------------------------------|
| Filling out forms | 46 | 8 |
| Heavy chores | 41 | 2 |
| Housekeeping help | 40 | 2 |
| Meal preparation | 36 | 4 |
| Managing finances | 35 | 3 |
| Transportation | 33 | 8 |
| Shopping help | 29 | 9 |
| Home health nurse | 26 | 7 |
| Home health aide | 19 | 3 |
| Home delivered meals | 9 | 16 |

*Of those who did not receive the service.

Most services are provided through informal means such as family and friends with the exception of home health nurse. In two-thirds of the cases, this service was provided through an organization.

Sixty percent of older adults did not know who to ask for information about available services.

For those seniors who had not received services, a need was expressed for a range of services including:

- Home delivered meals
- Shopping help

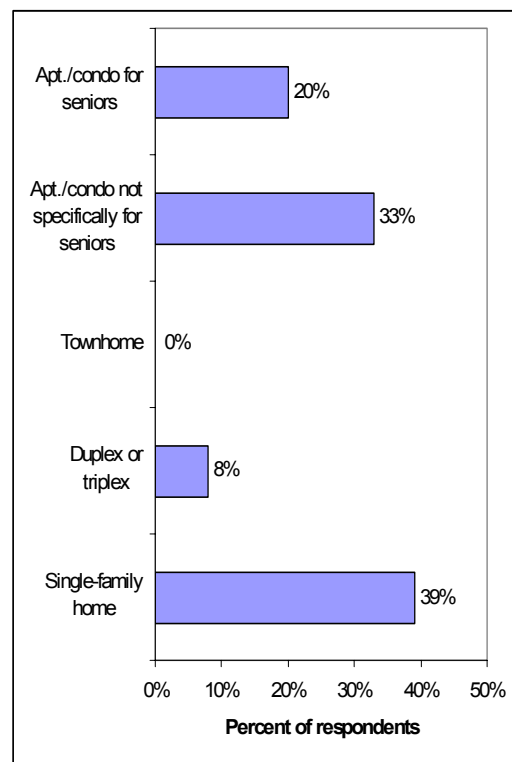
- Filling out forms
- Transportation

Housing

Thirty-nine percent of Hmong respondents live in single-family homes and another one-third (33%) live in apartments or condos not specifically for seniors. Two-fifths (41%) of respondents own their homes.

See Figure 1 for an illustration of the types of housing Hmong respondents currently live in.

*Figure 1. Type of housing**



One-quarter (24%) of respondents live alone and about three fourths (71%) live with their children.

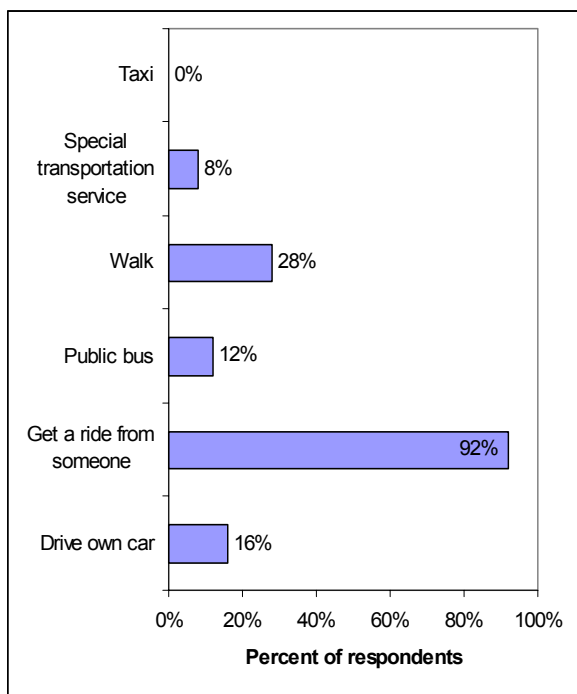
- Most (90%) of these respondents have lived at their current address for 10 years or less.
- Nearly one-quarter (23%) are considering moving in the next two years.

- The most common reasons why respondents would consider moving are to avoid making repairs or renovations or to be closer to shopping and other services.

Transportation

Nearly two-thirds (65%) of the Hmong respondents said they had received help with transportation in the past month. Eight of the respondents who did not receive help with transportation said they needed this type of help. When asked specifically about the means of transportation that they use most frequently, most (92%) of these respondents get a ride from someone else. Only 16 percent of these respondents drive and only 12 percent use public busses. See Figure 2.

Figure 2. Modes of transportation*



*Note: Respondents were allowed to say “yes” to more than one mode of transportation, so totals do not add up to 100%.

Quality of life

Hmong respondents report varying levels of satisfaction with their lives and also report

safety, financial and health concerns. See Table 3.

- Seniors report varying levels of satisfaction with their lives (11% very satisfied, 57 % satisfied, 24% dissatisfied).
- Seniors have someone to call on to help right away (82%).
- Seniors perceive people in their neighborhood as willing to help each other out (71%).
- Seniors trust neighbors to look out after each other (40%).
- Seniors perceive it’s safe to walk in neighborhood at night (26%).
- Seniors rate their health as very good or good. (67%)
- Seniors are somewhat or very concerned about suffering from poor health (65%).
- Seniors have someone who could care for them if sick or disabled indefinitely (64%).
- Seniors had enough money in the last year to pay for food (35%), medical services (77%), medications (85%) needed.
- Seniors are very or somewhat concerned about paying for long term care for themselves or loved ones (69%).
- Seniors have insurance covering prescription drugs (91%).
- Seniors are very or somewhat concerned about outliving their financial resources (78%).

Table 3. Quality of life factors

| | Hmong respondents | |
|---|-------------------|----------|
| | Number | Percent* |
| Rated health “good” or “very good” | 31 | 67% |
| Have someone you could call to get help right away | 42 | 82% |
| Have someone who could care for you if you were sick or disabled indefinitely | 27 | 64% |
| Trust your neighbors to look out for you | 17 | 40% |
| People in your neighborhood are willing to help each other out | 29 | 71% |
| Safe to walk in neighborhood at night | 13 | 26% |
| In the past year, had enough money to pay for food needed. | 17 | 35% |
| In past year, had enough money to pay for needed medical services | 37 | 77% |
| In past year, had enough money to pay for needed medications | 41 | 85% |
| Insurance covers prescription drugs | 40 | 91% |
| “Somewhat” or “very concerned” about outliving financial resources | 35 | 78% |
| “Somewhat” or “very concerned” about suffering from poor health | 33 | 65% |
| Helps out in community | 4 | 8% |
| “Physical health” prevents you from helping out | 17 | 36% |
| Provides help or arranges for help for a friend or family member | 2 | 4% |

*Note. Percentages are calculated from valid responses.

Recommendations for improving the community

Respondents were asked, “What would you recommend to improve your community for

older adults?” Following are recommendations from Hmong elders.

Social related

- *If possible, we would like places or buildings where the older adults can get together and connect socially.*
- *I like to have a place or building for our elder people to meet during our spare times.*
- *I can't really say, but here, I can't socialize with anyone because I don't know other people's languages.*

General satisfaction

- *Nothing because I'm living with my children and wouldn't want to change anything.*
- *I don't know. I just like to stay the way I am staying now.*
- *It is good already.*

Service related

- *I think that if we can get more assistance with money to pay bills, we will be able to enjoy other things.*
- *I don't think I can decide. It is not my place.*
- *Have some one pick me up to shop and laundry.*
- *I don't know. This is fine the way everything is right now. We have resources for the elders already.*
- *There are too many vandalisms on cars and homes by some kids. This needs to be taken care of.*

Housing related

- *We are old now so I would like them to decrease our rent.*
- *I don't really know. Maybe if there was a senior building here so I can live on my own.*

- *I don't know. I don't like the apartments. I'd rather there be duplexes where we each have our own doors instead of everyone sharing one big main door to the outside. It is not safe when others open it and don't close it. It is not safe. They need a door bell at the door. Also, they need fans for the stove in the rooms. It is very stuffy without it.*
- *I want the parking lot in front my house to be close so people will not have place to hang out and talk all night.*
- *The city needs to fix public streets and have some fund for poverty people to fix their houses.*
- *It's good the way it is. I just need housing right now.*
- *The neighborhood is too crowded.*
- *The floors here are very thin. When the upstairs people jump or something, there are dust and things that fall on our floor.*
- *Don't know what will make this place better.*
- *I don't see anything that I think needs changing or is possible to change.*

For more information...

About this summary or other reports from this study, contact Kathy Gilmore, Ramsey County Research & Evaluation (651) 266-4322.

Additional reports:

- Wilder Research Center. (2003) *Survey of Older Adults in Ramsey County: Quality of Life and Community.*
- Ramsey County Human Services. (2003) *Ramsey County Older Adult Survey - Summary of Service Needs.*

SUMMARY REPORT: Latino Older Adults in Ramsey County

In response to long-term care reform efforts passed by the Minnesota Legislature in 2001, Ramsey County Human Services implemented a Gaps Analysis and Service Development Plan aimed at identifying and strengthening underdeveloped services for older adults. A telephone survey of Ramsey County seniors was conducted in Spring 2003 to identify the service needs and preferences of seniors. The survey was developed and implemented in collaboration between Ramsey County Human Services, Wilder Senior Services, and Wilder Research Center. Over 600 older adults living in Ramsey County were surveyed. Survey respondents were asked about their housing, service use and needs, their opinions about their community and how to improve it, their relationships with family and friends, and their social activities and quality of life. This summary presents key findings from the Latino seniors who participated in the survey (N=45).

BACKGROUND

According to the U.S. Census 2000, Hispanic or Latino older adults represent 1.3% (N= 777) of the Ramsey County seniors. Over the last decade, the Latino senior population in Saint Paul increased by 22%. Ramsey County Human Services and Wilder Foundation were interested in the service use and needs of Latino older adults and the other racial/ethnic groups with large representation in Ramsey County (African American and Latino).

Initial survey procedures resulted in a random sample of 499 seniors. Over 90 percent of the sample was White. Random selection survey procedures did not reach enough non-White seniors for a sample that was large enough to report results. Additional sampling procedures (randomly selecting respondents out of census tracts known to have high concentrations of Latinos and screening for Latino last names) were used. This technique resulted in a sample of 45 Latino adults over the age of 65.

Respondents do not statistically represent Latino seniors in Ramsey County. Data can be used to illustrate issues or problems facing Latino older adults.

The Latino respondent is most likely a woman, between the ages of 65 and 75, who owns her own home, and is married. Sixty two percent of Latino respondents speak English in their home. See

Table 1 for demographic characteristics of Latino respondents.

Table 1. Characteristics of Latino survey respondents

| | |
|---|-----|
| Age: | |
| Under 75 | 64% |
| 75 to 94 | 36% |
| | |
| % female | 67% |
| | |
| Annual household income: | |
| Less than \$15,000 | 42% |
| \$15,000 to \$34,999 | 39% |
| \$35,000 or more | 21% |
| | |
| % homeowners | 68% |
| | |
| % who speak English in their homes | 62% |
| | |
| Marital status: | |
| Never married | 4% |
| Married or living with partner | 44% |
| Divorced/separated | 25% |
| Widowed | 27% |
| | |
| Number of children: | |
| None | 3% |
| 1 to 4 children | 89% |
| 5 or more children | 8% |

- A majority of the Latino senior respondents (80%) are retired and not working.
- Nearly half (42%) help out in the community.
- About half (47%) of the respondents care for a grandchild.
- Another one-fifth (22%) provide care or arrange for care for a friend or relative due to an illness or disability he or she has.

Service use and needs

Survey respondents were asked about a variety of services ranging from home health nurse services to heavy chores to help with managing their bills. They were asked if they had received these services in the past month, and if not, they were asked if they needed the service. See Figure 2.

- Heavy chore and transportation services were utilized by 38% of Latino respondents.
- About a fourth of respondents received help with shopping and filling out forms.
- Services are provided through informal and formal means. Family/friends more often provide the following services: chore, transportation, help with forms and shopping assistance. Organizations more often help with nursing or health aide services, home delivered meals and congregate dining.
- About 25% of Latino older adults did not know who to ask for information about available services.

Few respondents who had not received services felt they needed services.

- Three Latino respondents indicted a need for the following services: heavy chore,

housekeeping, help with forms, and personal care.

See Table 2.

Table 2. Latino respondents' service use and needs

| Service | Number who used this service in the past month | Number who needed this service* |
|--|--|---------------------------------|
| Heavy chores | 17 | 3 |
| Transportation | 17 | 2 |
| Shopping help | 11 | 0 |
| Assistance with forms | 11 | 3 |
| Housekeeping help | 7 | 3 |
| Home health nurse | 6 | 1 |
| Managing bills and balancing checkbook | 6 | 1 |
| Meal preparation | 5 | 0 |
| Home delivered meals | 3 | 2 |
| Congregate dining meals | 3 | 1 |
| Nurse following hospitalization | 2 | 0 |
| Home health aide | 1 | 3 |

*Of those who did not receive the service.

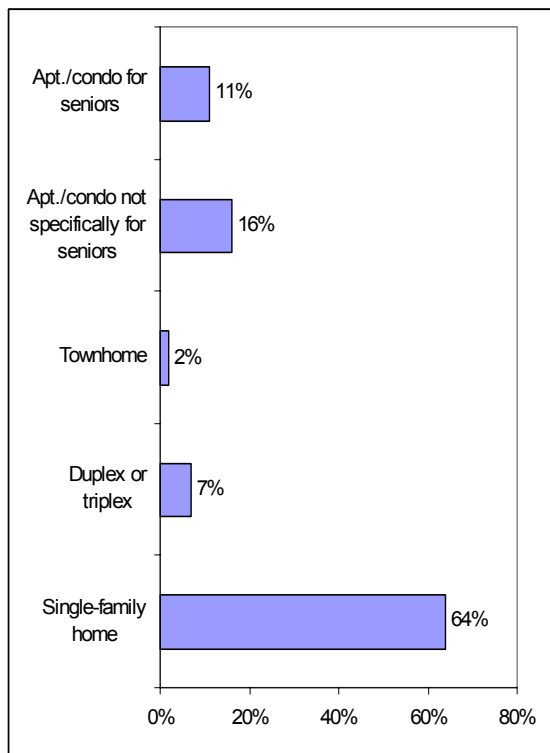
Housing

- Close to two-thirds (64%) of Latino respondents live in single-family homes.

- About two-thirds (68%) are also home owners.
- Two-fifths (40%) of Latino respondents live alone.
- Nearly three-quarters (71%) have lived in their current address for 20 years or more.
- Less than one-fifth (14%) are considering moving in the next two years.
- The most common reasons why respondents would consider moving are to have a home that is easier to take care of or to be closer to their children.

See Figure 1 for an illustration of the types of housing Latino respondents currently live in.

Figure 1. Type of housing



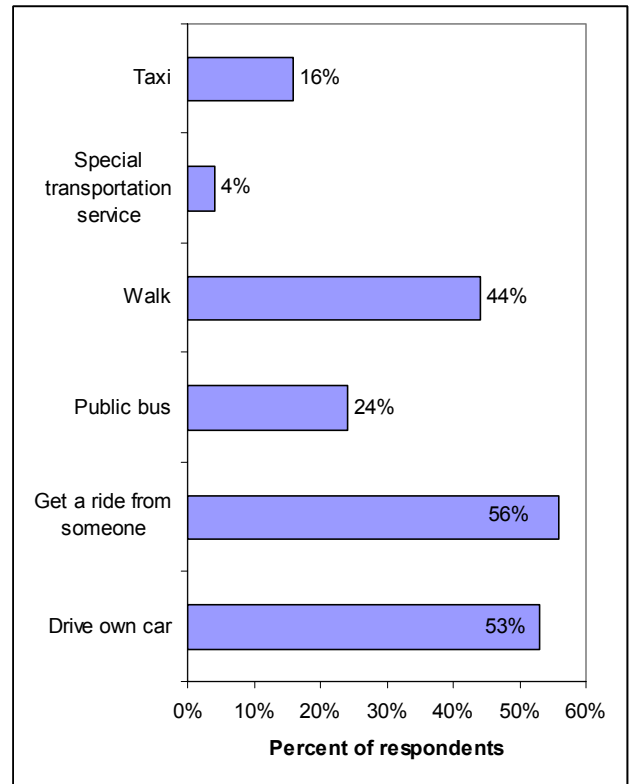
Transportation

Nearly two-fifths (38%) of the Latino respondents said they had received help with transportation in the past month. Two of the respondents who did not receive help with transportation said they needed this type of help.

When asked specifically about the means of transportation that they use most frequently, over half said they drive their own car or get a ride from someone else, and one-quarter use a public bus, while 44% walk. See Figure 2.

Interestingly, a large proportion of Latino respondents said they rely on shopping and other services located in their immediate communities.

Figure 2. Modes of transportation*



*Note: Respondents were allowed to say “yes” to more than one mode of transportation, so totals do not add up to 100%.

Quality of life

Latino respondents report high satisfaction with their lives but also report health and financial concerns. See Figure 3.

- Seniors have high satisfaction with their lives (50% very satisfied, 50% satisfied).
- Seniors have someone to call on to help right away (98%).
- Seniors trust neighbors to look out after each other (95%) and help each other out (90%).

- Seniors had enough money in the last year to pay for food (90%), medical services (86%), medication (84%).
- Seniors rated their health as very good or good (58%).
- Seniors are somewhat or very concerned about suffering from poor health (53%).
- Seniors are very or somewhat concerned about paying for long term care for themselves or loved one (48%).
- Seniors are somewhat or very concerned about outliving their financial resources (34%).
- Seniors have someone who could care for them indefinitely (54%).

Figure 3. Quality of life factors

| | Latino respondents | |
|---|--------------------|----------|
| | Number | Percent* |
| Rated health "good" or "very good" | 26 | 58% |
| Have someone you could call to get help right away | 44 | 98% |
| Have someone who could care for you if you were sick or disabled indefinitely | 20 | 54% |
| Trust your neighbors to look out for you | 38 | 95% |
| People in your neighborhood are willing to help each other out | 34 | 90% |
| Safe to walk in neighborhood at night | 30 | 77% |
| In past year, had enough money to pay for needed medical services | 37 | 86% |
| In past year, had enough money to pay for needed medications | 36 | 84% |
| In the past year, had enough money to pay for food | 44 | 90% |
| Insurance covers prescription drugs | 27 | 73% |

| | | |
|---|----|-----|
| "Somewhat" or "very concerned" about outliving financial resources | 15 | 34% |
| "Somewhat" or "very concerned" about paying for long-term care for self or loved one. | 24 | 51% |
| "Somewhat" or "very concerned" about suffering from poor health | 24 | 53% |
| Helps out in community | 19 | 42% |
| "Physical health" prevents you from helping out | 10 | 39% |
| Provides help or arranges for help for a friend or family member | 10 | 22% |

*Note. Percentages are calculated from valid responses.

Recommendations for improving the community

Respondents were asked, "What would you recommend to improve your community for older adults?" The Latino respondents' comments indicate a need for home maintenance services, access to grocery stores and other shopping, and attention to their social needs. Following are recommendations from Latino elders.

Transportation related

- *If seniors would have more access to rides provided by the city or the county, more public transportation. Maybe rides for people to get around.*
- *Free rides for seniors. A lot of the people don't keep their yards clean. Trash. Why doesn't the government do something about it? Government should make them clean their yards and alleys.*
- *Buses on the weekends around Concord.*
- *We have the buses and the location works a lot for me, so this is the place to be.*
- *Well the traffic for one thing, speeding teens not obeying laws and stuff right in his neighborhood.*

Health related

- *Medication for older people. When I retired under Wilder, I have the Health Partners. As a retiree, I'm paying around \$460 a month for health insurance. I pay 20% for my medication as part of Medicare. I would like to see a cheaper health insurance. I'm sure it will go up again.*

Places to walk, activities, stores

- *There aren't enough places for senior citizens to walk that's interesting like inside at Signal Hills, so they don't have a place to go. Especially during the wintertime to go somewhere and walk.*
- *A park - a place to walk.*
- *Activities to unite and take seniors out to the park, etc. It makes seniors feel better.*
- *To have meetings and places where we can go to socialize with other elderly people like a center for senior citizens.*
- *They should have more stores within decent price ranges near by, more senior activities, afternoon dances or cards or choral groups.*
- *A large grocery store in the community. We have to travel quite a ways.*
- *There are no stores around here for seniors to go if they don't drive: big stores like Cub where people like to go.*

Housing related

- *To make more apartments for elderly and to have ways for younger people to be more respectful to adults.*
- *More housing, she applied at the Wilder high-rise she had a sister that lived there but couldn't get in, there should be more places like that for senior to get into, she found a place but it wasn't as good, housing is hard to find for senior*
- *I hate that people don't put supervision over the children & the kids become the bosses of the house. Children need discipline and the*

parents need to do this. Make sure that the facilities for seniors stay for seniors, so that younger people aren't in there & too loud. Seniors are peaceful.

- *Bring the taxes down. I live in an older neighborhood. I'd like to improve my house, but then my taxes go up. I can't afford to do it, even though I want to do it. Taxes and loans for redoing house are too much, when we want to improve our neighborhood.*
- *Housing for older adults that a person can afford. I live near Wilder west campus. It's hard to get in there. The waiting list is more than a year out.*

Other

- *Better Senior Citizen programs by sanding stones, more tours to gambling and fishing trips.*
- *I wish somebody that they would have some sort of program to check on older people who don't get out. They get lonely because they are stuck inside. There's an 84 yr old lady that I take me with me down to the center. We walk together. She's two blocks from me. The center is 3/4 mile. It takes a long time. She has a good time.*
- *Don't know. Neighborhood is turning into a place younger people.*

General satisfaction

- *We think it's pretty good now.*
- *It's very good for us now. We are very satisfied with it.*
- *Things are pretty well established in the Wilder complex where I am living. Those of us who don't have family can go on the buses. I don't think we need much improved.*
- *I can't think of anything. I like this community because 40 years is almost all my life I like it here.*
- *Well I don't know. I am satisfied.*

- *Don't know. It doesn't need anything. Everything is close, park, and store. It is a clean environment. Housing inspections verify that everything is up to date/code.*
- *It's a pretty good place.*
- *I think they (older adults) are doing fine.*
- *Everything is good, secure and no one messes with you.*
- *It's kind of a nice neighborhood. Most of the stores are Hispanic.*
- *I feel like we have everything.*
- *This neighborhood is really nice.*

For more information...

About this summary or other reports from the Older Adult study, contact Kathy Gilmore, Ramsey County Research & Evaluation (651) 266-4322.

Additional reports:

- Wilder Research Center. (2003) *Survey of Older Adults in Ramsey County: Quality of Life* - full report on the quality of life for older adults in Ramsey County.
- Ramsey County Human Services.(2003) *Ramsey County Older Adult Survey - Summary of Service Needs.*