

ATTITUDES ABOUT AGING

in Central Texas

June 2019



EXECUTIVE SUMMARY

It is well-known that the Central Texas region continues to experience the dynamic and rapid population growth that has persisted in the region for the last decade, with the Austin-Round Rock metro area serving as the epicenter of this boom.

And yet, surprisingly, nearly seven in 10 survey respondents do not realize the metro area is the second fastest growing population of older adults (65+) and fastest growing population of adults age 55-64, according to the U.S. Census Bureau.

This reality has created new challenges and opportunities to accommodate a population that is living and working longer, as well as requiring services and infrastructure to ensure their physical, mental, emotional and financial well-being.

AGE of Central Texas, a regional nonprofit organization delivering services, education, and assistance to older adults and family caregivers, surveyed residents to better understand the region's perceptions about aging.

The study of 400 residents in Central Texas also investigated preparations people have

in place and the experiences of caregivers and was conducted in September 2018 in collaboration with Bloom Communications, a market research and communications firm, and Regina Corso Consulting.

THE MAJORITY OF PEOPLE BELIEVE
OLDER ADULTS WILL BE FORCED
OUT OF AREAS IN CENTRAL TEXAS
BECAUSE OF A SHORTAGE OF
AFFORDABLE HOUSING.

Results from the study shed light on a number of implications for residents in Central Texas, including awareness of the fast-changing population, biggest concerns about their own experience as they age, perspectives on ageism and respondents' own potential propensity to be future caregivers to older adults.

Factors that contribute to financial security are among the top concerns about aging indicated by respondents. The majority

(74%) of people believe older adults will be forced out of areas in Central Texas because of a shortage of affordable housing.

They also were not aware of the costs for most things older adults need, and more than half were unable to name a single organization that provides services and support for older adults and their caregivers.

When asked what their biggest concerns would be about aging if they were to stay where they live now, almost half (48%) of survey respondents stated running out of money, one-third (32%) not having family close by to help and one quarter (24%) the ability to pay taxes.

More than one in 10 (15%) say access to transportation is their biggest concern while one in 10 say access to hospitals (10%), the inability to sell their house because they can't afford another home (10%), and access to basic amenities such as a grocery store (9%). Almost one in five (18%), however, say they do not have any concerns about aging and staying where they live now.

With 41% of respondents reporting they are now or will be a caregiver in their lifetimes, there is a huge portion of the population in need of support.

ADDITIONAL KEY FINDINGS

- Most Central Texas residents look forward to traveling and time with family as they age.
 - The majority of Central Texas residents have discussed DNRs and organ donation with loved ones.
 - Among those who are or will be caregivers, almost half are worried about their personal levels of stress and/or depression.
 - Nine in 10 Central Texas residents say ageism exists in the U.S. because older adults' experience and wisdom is undervalued.
 - More than half of Central Texas residents say there should be a limit on driving for older adults.
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METHODOLOGY

This online survey was conducted by Bloom Communications in collaboration with Regina Corso Consulting on behalf of AGE of Central Texas between September 7-12, 2018 among 400 Central Texas residents, age 18 and older. Figures for age, gender, education, and income were weighted to be representative of their actual proportions in the region's population. For more information on the survey methodology, please contact brianna@bloomcommunications.com.

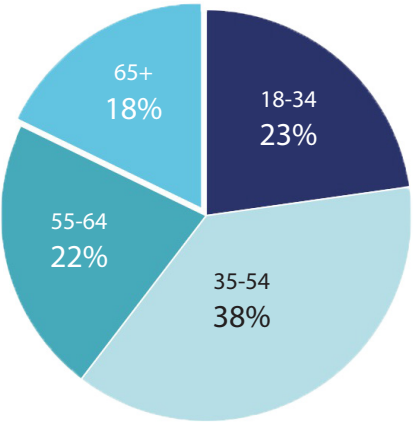




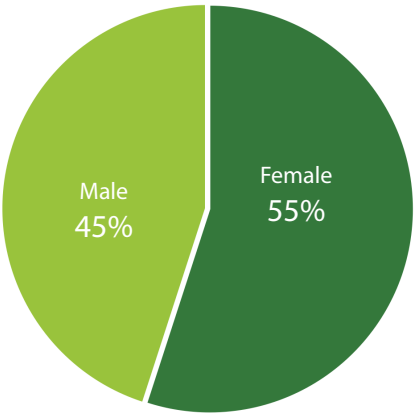
DEMOGRAPHICS

Demographic breakdown of the poll respondents:

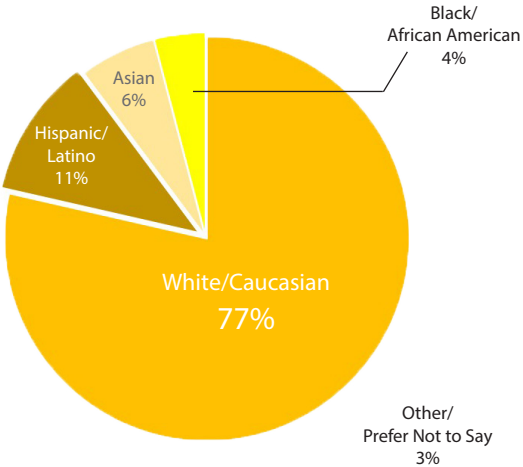
AGE



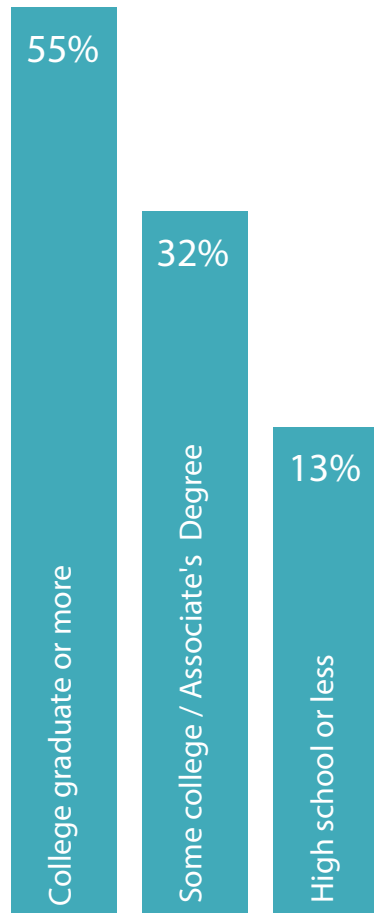
GENDER



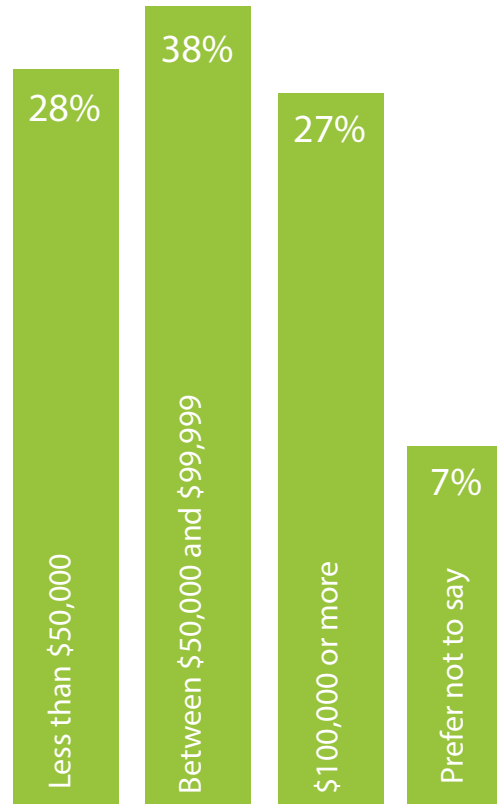
RACE/ETHNICITY



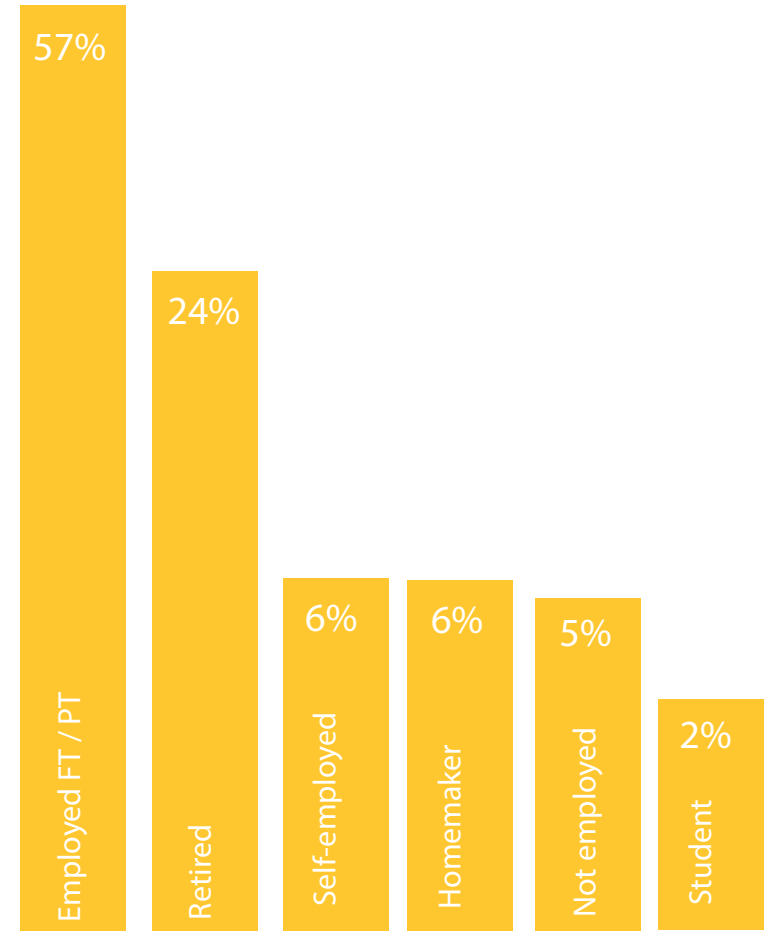
EDUCATION



HOUSEHOLD INCOME



EMPLOYMENT



COUNTY

46%

Travis

32%

Williamson

17%

Hays

6%

Bastrop



AWARENESS OF FAST-GROWING OLDER ADULT POPULATION

Seven in 10 Central Texas residents (69%) say they are not aware that the Austin-Round Rock metro area is the second fastest growing population of adults 65 and older and the fastest growing population of adults 55-64.

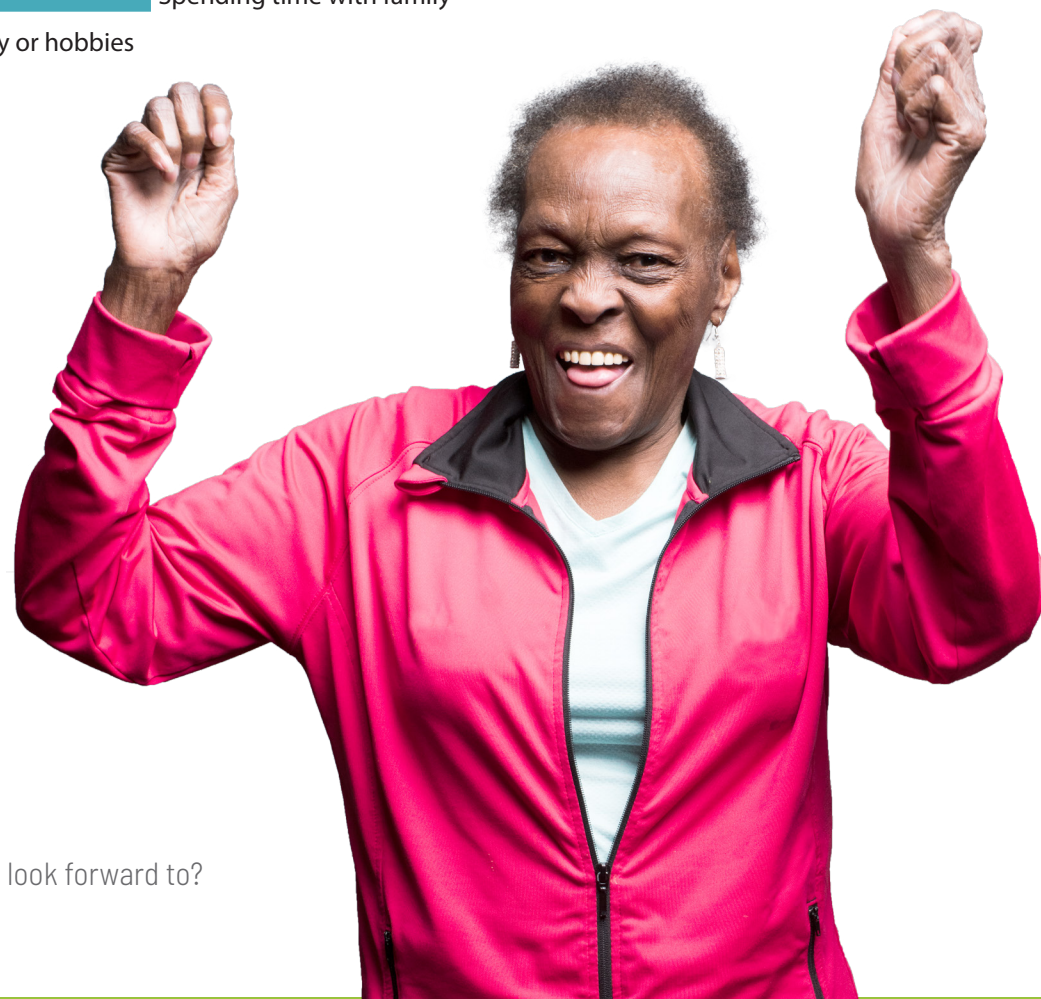


ASPIRATIONS TO AGE WELL

When it comes to aging, Central Texas residents are most looking forward to:



Q: As you age, especially into retirement and beyond, what do you most look forward to?

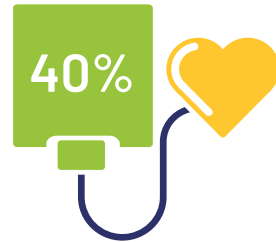


PRESERVING PHYSICAL HEALTH

The most important things, according to Central Texas residents, that they can do to preserve their physical health are:



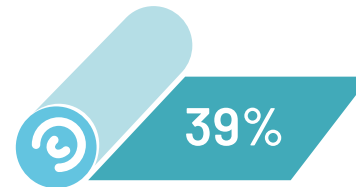
eat a
healthy diet



regular
doctor visits



cardiovascular
exercise



exercise to maintain
flexibility



strength
building exercises

Q: As you age, especially into retirement age and beyond, what do you view as the top three most important things to do to preserve your physical health?

PRESERVING MENTAL HEALTH

The most important things, according to Central Texas residents, that they can do to preserve their mental health are:



maintain
close relationships



pursue an
intellectual hobby



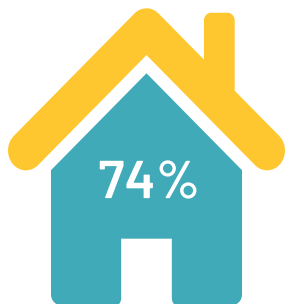
proactively
reduce stress



maintain a regular
social schedule

Q: As you age, especially into retirement age and beyond, what do you view as the top two most important things to do to preserve your mental health?

CHIEF CONCERNS ABOUT AGING IN CENTRAL TEXAS



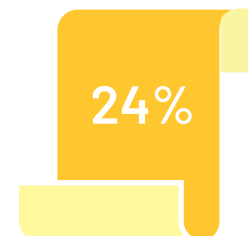
believe older adults will be forced out of areas in Central Texas because of a shortage of affordable housing

Q: How strongly do you agree or disagree with the statement:
Older adults will be forced out of areas in Central Texas because of a shortage of affordable housing?

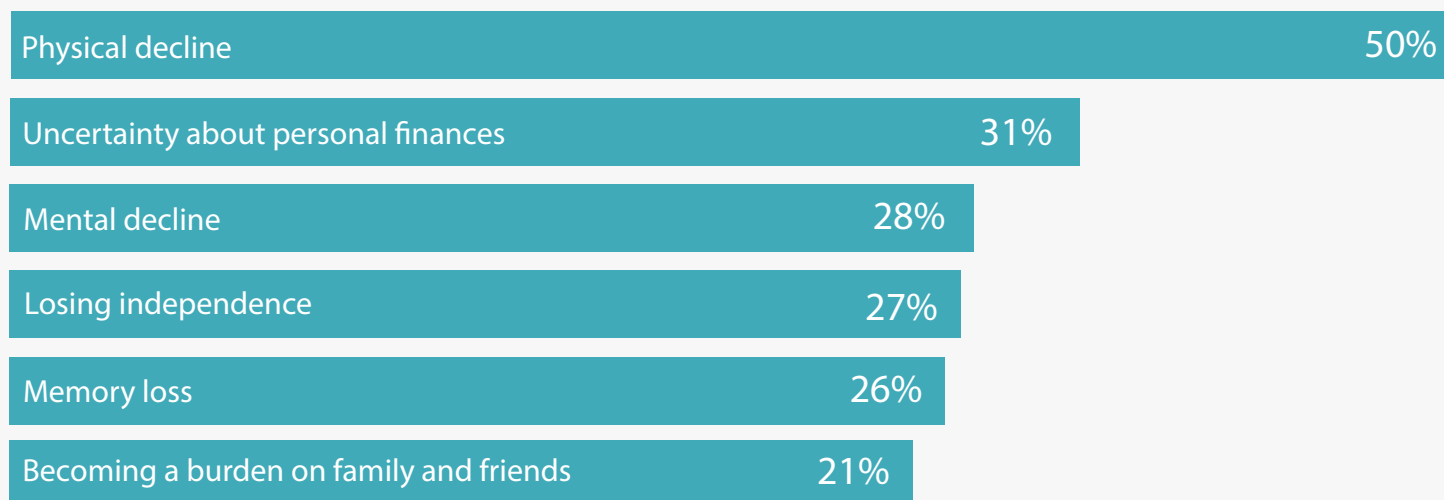


are concerned about running out of money

Q: If you were to stay where you live now, what would be your two biggest concerns about aging?



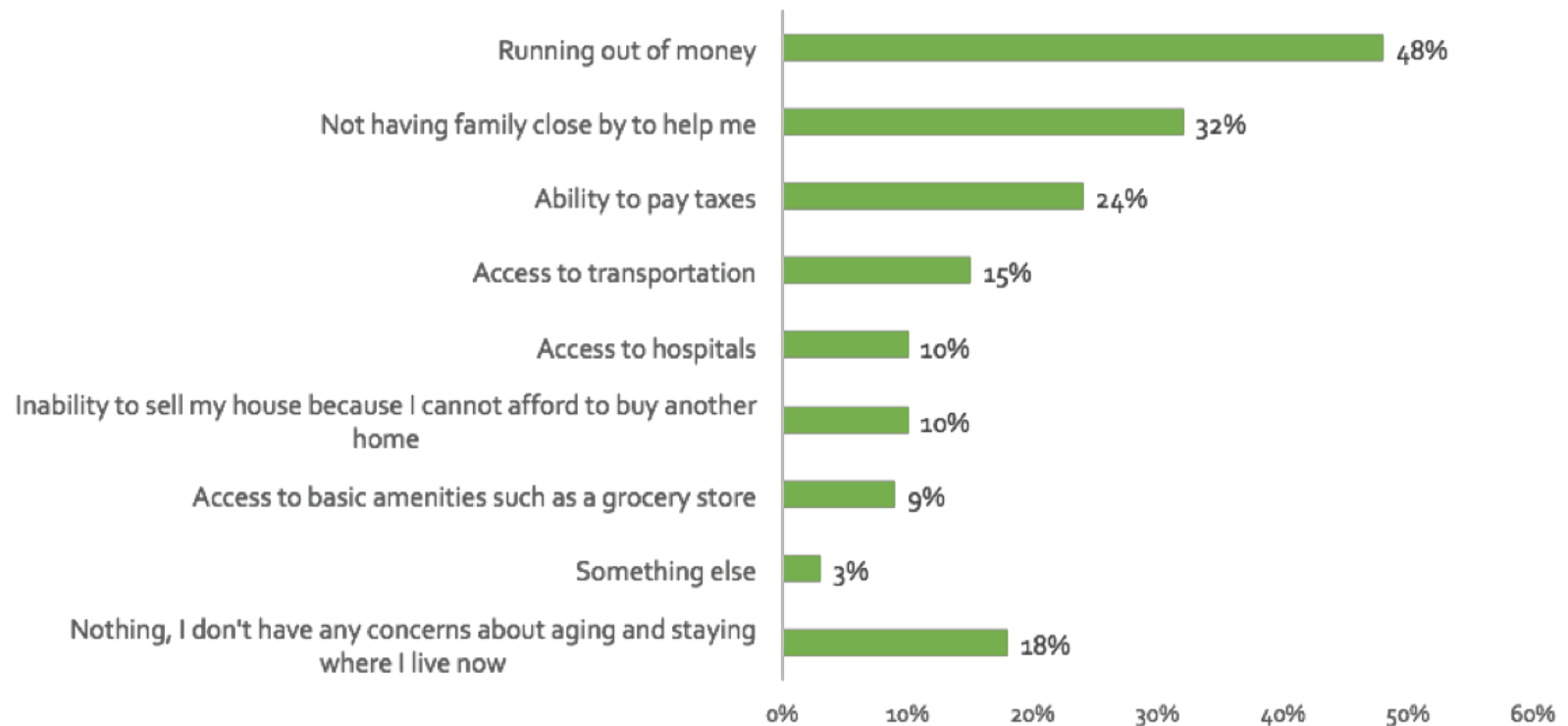
are concerned about their ability to pay taxes



Q: As you age, especially into retirement age and beyond, what worries or challenges are of most concern?

CHIEF CONCERNS ABOUT AGING IN CENTRAL TEXAS

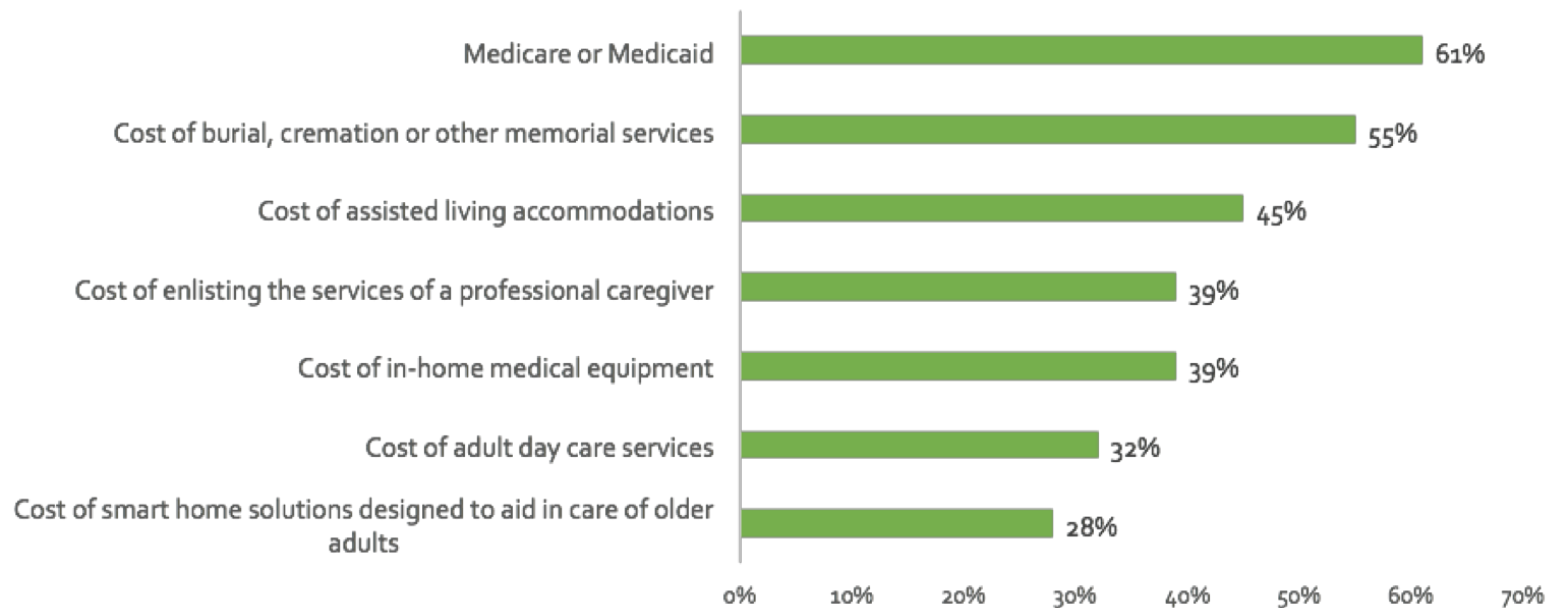
Almost half of Central Texas residents say their biggest concern about aging if they were to stay where they live now is running out of money.



Q: If you were to stay where you live now, what would be your two biggest concerns about aging?
While you may be concerned about all, please select your two biggest concerns.

THE COST OF GETTING OLDER

Majorities of Central Texas residents are familiar with Medicare/Medicaid and the cost of burial arrangements, but less than one-third of Central Texas residents are familiar with the cost of adult day care services and the cost of smart home solutions designed to aid in care of older adults.



Q: How familiar, if at all, are you with each of the following?



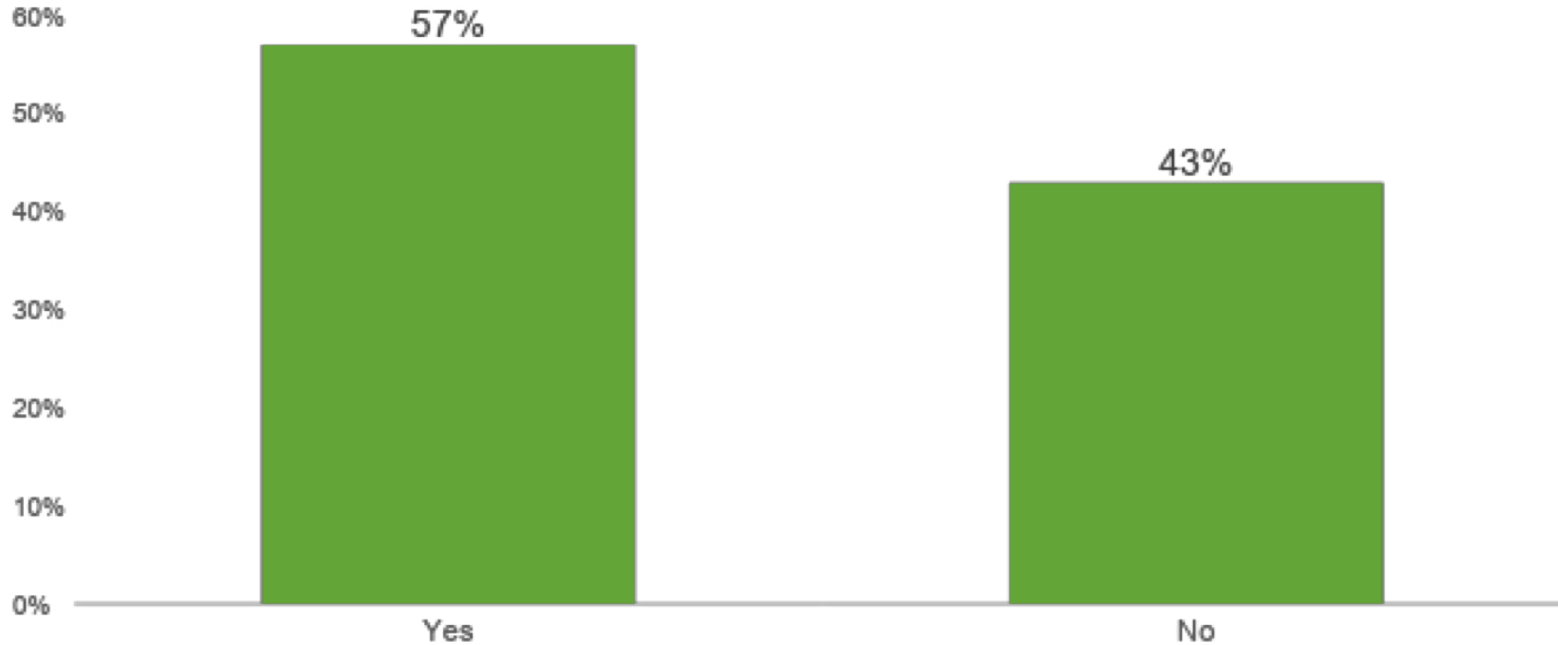
DEMOGRAPHIC DIFFERENCES IN CONCERNS ABOUT AGING

There are some notable age and gender differences when it comes to worries about aging.

- Those 65 and older are more likely than those 18-34, 35-54 and 55-64 to say they are worried about physical decline (71% vs. 36%, 46% & 54%)
- Those 18-34, 35-54 and 55-64 are more likely than those 65 and older to be worried about uncertainty about personal finances (34%, 35% & 35% vs. 13%)
- Those 35-54 and 55-64 are more likely than those 18-34 and 65 and older to be worried about uncertainty about accessibility to healthcare insurance (26% & 21% vs. 10% & 3%)
- Those 18-34 are more likely than those 35-54, 55-64 and 65 and older to be worried about losing touch with friends and/or family (27% vs. 13%, 9%, & 14%)
- Women are more likely than men to be worried about uncertainty over personal finances (37% vs. 23%), memory loss (30% vs. 22%) and losing touch with friends and/or family (15% vs. 8%)

END-OF-LIFE PREPARATIONS

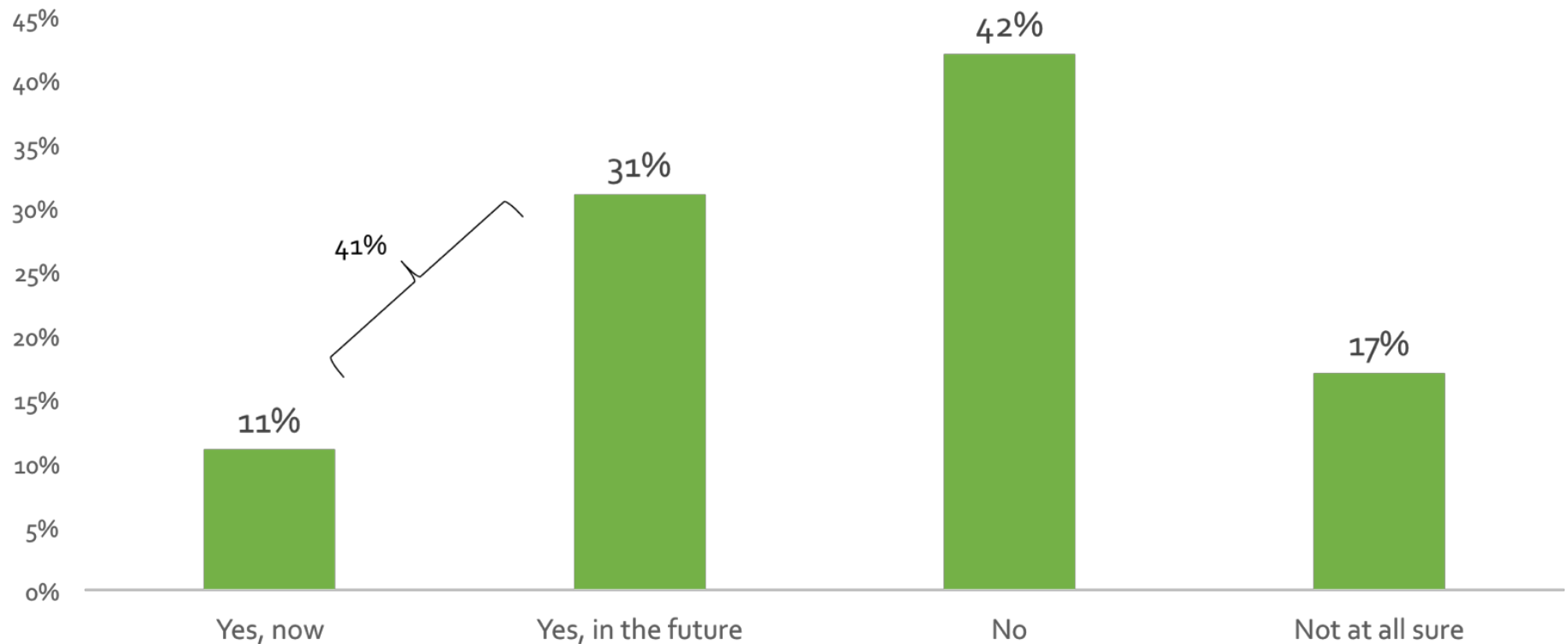
Almost three in five Central Texas residents (57%) say they have discussed their preferences on do-not-resuscitate and organ donation with loved ones.



Q: Have you ever discussed with loved ones your preference on medical decisions such as "do not resuscitate" and/or organ donation?

IDENTIFYING AS A CAREGIVER

One in 10 Central Texas residents currently consider themselves a caregiver to an older adult and three in 10 say they will be one in the future, while almost one in five are not sure. Women are more likely than men to say they are or will be a caregiver to an older adult (46% vs. 35%).



Q: Do you consider yourself a caregiver now or do you believe you will be a caregiver in the future to an older adult?

CHIEF CONCERNS OF CAREGIVERS

Among those who either are or will be a caregiver, the challenges that are most concerning to them about the well-being of the person they care for are:

69%

the older adult's
physical decline

53%

the older adult's
mental decline

47%

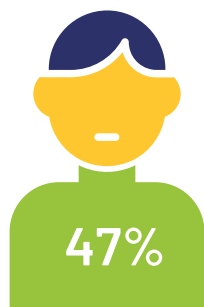
the older adult's
memory loss

46%

the older adult's
loss of independence

Q: As the older adult you care for continues to age, what worries or challenges are of most concern regarding their well-being? N=165

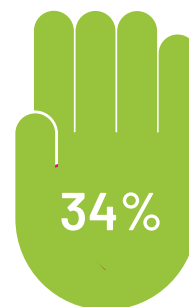
Among those who are or will be a caregiver, the responsibilities of being a caregiver that worry them the most are:



personal stress
and/or depression



making good care
choices for the older adult



their personal
health

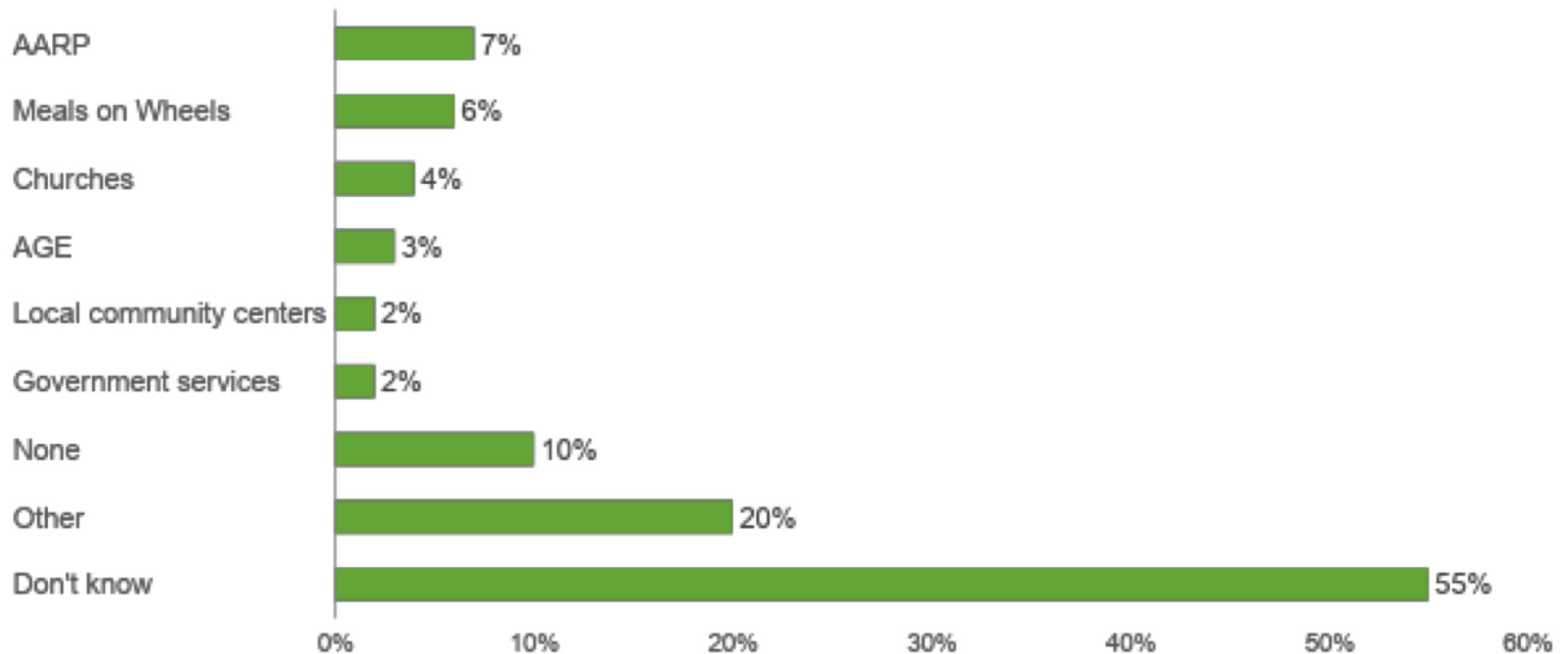


uncertainty of finances in
caring for the older adult

Q: As a caregiver now or in the future, what impacts of the responsibility of being a caregiver worry or concern you the most? N=165

AWARENESS OF SERVICES SUPPORTING OLDER ADULTS & CAREGIVERS

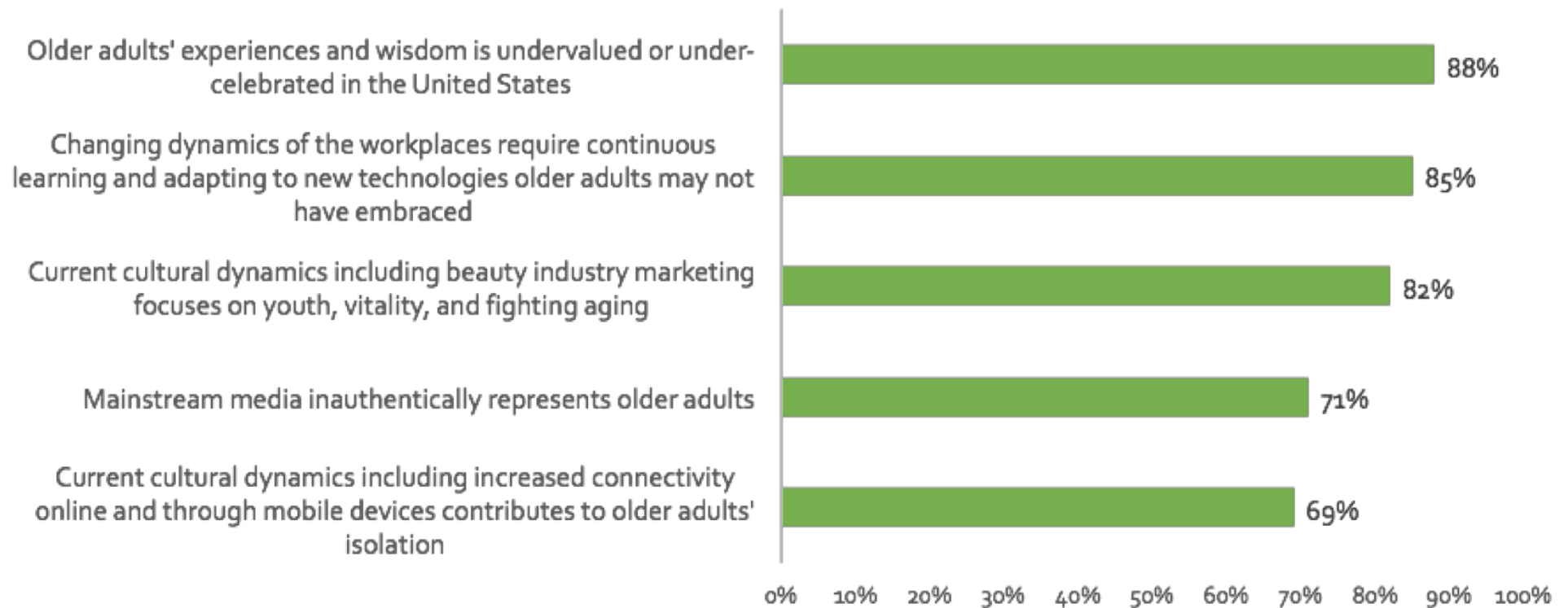
More than half of Central Texas residents say they do not know of a nonprofit organization in the community addressing the concerns of the aging community in Central Texas.



Q: From your perspective, what nonprofit organizations in the community are addressing the concerns of the aging community in Central Texas?

AGEISM

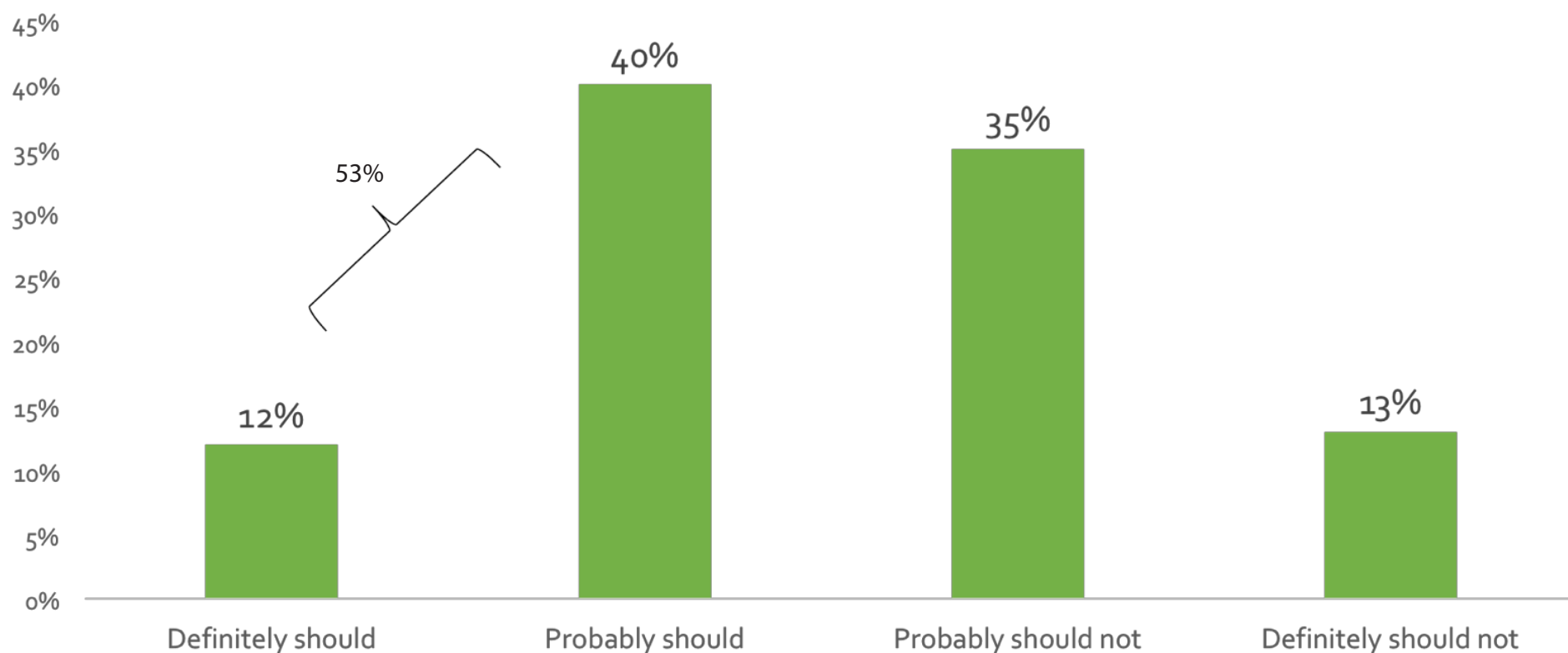
Almost nine in 10 Central Texas residents responded that it's very likely or is somewhat likely that ageism exists because older adults' experiences and wisdom are undervalued or under-celebrated in the U.S.



Q: How likely is it, if at all, that ageism, defined as "prejudice or discrimination on the basis of age" exists in the U.S. because of each of these reasons?

PERSPECTIVES ON LEGAL DRIVING AGE

More than half of Central Texas residents say the State of Texas should put a limit on the legal driving age for older adults. When asked what the limit should be, they say, on average, those 78.4 years old should have their license taken away.



Q: Should the State of Texas put a limit on the legal driving age for older adults?

Q: What should that age be? N=210



ABOUT AGE OF CENTRAL TEXAS

AGE of Central Texas is a leading regional nonprofit organization delivering services, education, and assistance supporting the area's rapidly growing population of older adults and their caregivers. The organization's six core services include adult day health centers, caregiver education, early memory loss support, health equipment lending, a resource information center, and peer-based computer classes for older adults. Founded in 1986, AGE's services are designed to cultivate strength, compassion, and community.