As the designated Area Agency on Aging for Pierce County, Aging and Disability Resources (ADR) must develop and oversee long-term services and supports for older adults and adults with disabilities living in our communities. To develop the area plan, ADR initiated a survey to gather input from stakeholders in the community that was made available online, on paper and in person through June 2019.

### SURVEY RESPONDENTS

- 932 community members responded to the survey.
- 63% are White or Caucasian. The next largest racial group was Asian (22%).
- 82% are 60+ years old, with the majority (35%) being between the ages of 65-74.
- 48% are living with a disability.
- 52% are low or limited income.
- Nearly half (48%) live alone.
- 94% are heterosexual.
- 73% are females.

### AGING IN PLACE

- 58% have no plan for finding or paying for services to meet their care needs as they age.

What ranked as essential or very important to helping people age safely at home?

1. Information about community services
2. Help accessing services
3. Special transportation services

### CAREGIVING

- More than 1/3 report being an informal caregiver.

What ranked as the most common barriers to getting help?

1. Unsure of available services
2. Can’t afford services
3. Don’t know who to ask
MORE ABOUT CAREGIVING

What do you need help with?

<table>
<thead>
<tr>
<th>3rd</th>
<th>2nd</th>
<th>1st</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiving tasks</td>
<td>Information and help locating resources</td>
<td>Emotional support</td>
</tr>
</tbody>
</table>

What are the most common caregiving tasks reported?

- Shopping or errands (1st)
- Cleaning the house (2nd)
- Cooking (3rd)
- Coordinating medical appointments (4th)

HEALTH AND WELLNESS

Exercise and brain health ranked as top wellness areas of interest.

Almost half (49%) of respondents do not participate in wellness programs. Why not?

1. High cost of classes
2. Lack transportation

23% of respondents reported not eating a healthy diet. The top 3 reasons include:

<table>
<thead>
<tr>
<th>3rd</th>
<th>1st</th>
<th>2nd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dental problems</td>
<td>Not enough money</td>
<td>Personal choice</td>
</tr>
</tbody>
</table>

TOP NEEDS AND PRIORITIES

What do older adults say are their top 3 needs?

1. Food
2. Healthcare
3. Housing

If additional funds became available, where should it be invested to help older adults and adults with disabilities live safely at home?

1. Volunteer transportation
2. In-home care
3. Senior meal programs