



2020 Needs Assessment of Vermonters Age 60+ and Their Family Caregivers

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December 10, 2020



Background

Every four years DAIL submits a State Plan on Aging.

The new State Plan development is for FFY 2023 through 2026.

The State Plan on Aging acts as the SUA's blueprint for advancing Vermont's aging services.

Needs Assessment for the State Plan on Aging

Completed to gather information to guide development of context, goals, and objectives.

DAIL contracted with Flint Springs Associates (FSA) to conduct an assessment of the needs of older Vermonters (60+) and family caregivers caring for older adults.

AAAs will use the data to develop their regional plans for serving Vermonters age 60 and older.

Survey Responses

2,716 Vermonters 60+ and 357 family caregivers

Each region had a target number of surveys to collect to ensure high confidence in findings. All regions exceeded numeric target sample sizes.

The findings have a confidence interval, or margin of error, of ± 2 (or less) percentage points.

| AAA | Target Number | # Survey Responses | % of target |
|-----------------|---------------|--------------------|-------------|
| Age Well | 565 | 695 | 123% |
| NEKCOA | 185 | 399 | 216% |
| CVCOA | 290 | 661 | 228% |
| SVCOA | 265 | 477 | 180% |
| Senor Solutions | 295 | 402 | 136% |
| Total | 1,600 | 2,634 | 165% |

Impacts of Distribution Methodology

FSA created an online and hardcopy version of each survey and responsibility of distribution of both surveys was assumed by each AAA.

Methods for distributing the survey varied between AAAs.

Higher proportion of online responses and lower proportions of hard copy responses in some regions, higher proportion of hard copy responses in others.

Summary of Survey Findings – Vermonters 60+

- Prior to the COVID-19 pandemic, older Vermonters felt they were living the life they desired most of the time.
- More than 50% of older Vermonters report their physical health has impacted their ability to live life as desired.
- The vast majority (91%) of older Vermonters responding to this survey live in their own home.
- 83% of older Vermonters drive their own car, making the ease of getting to friends, shopping, appointments, etc., relatively simple.

Summary of Survey Findings 60+

- More than three-quarters of Vermonters age 60+ rely on Social Security as a source of income. Nearly all older Vermonters have health insurance coverage.
- Older Vermonters misunderstand how long-term care services, if needed, will be paid for.
 - In response to the question of how people would pay for long term care, should they need it, nearly half (47%) of respondents identified Medicare as a possible payment option.
- Food insecurity, as evidenced by use of food programs, is significantly more present in respondents who completed hard copy surveys.
- Knowledge of resources focused on older Vermonters varies widely and by specific programs.

Summary of Survey Findings – Family Caregivers

- The majority of family caregivers provide care to their family member between 20 hours and round-the-clock on a weekly basis. They devote years of their lives providing care to their family member.
- Family caregiving negatively impacts the caregiver on a range of personal dimensions. Despite these reports of negative impacts, slightly less than a quarter of family caregivers use respite services.
- More than half of family caregivers expressed interest in gaining information and/or education around self-care, medical benefits, long term care and estate planning, and medical conditions.
- Engagement and/or interest in individual counseling or caregiver support groups as a helpful form of support varies.
- Friends, family members, health care providers and the internet are the most common sources of support and information on which family caregivers rely.

Questions



The complete survey report is on the Adult Services Division Website under “Reports” [here](#).