

# CHAFFEE COUNTY SENIOR MASTER PLAN

SURVEY & INTERVIEW ANALYSIS REPORT

Winter 2019 – Spring 2020



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## EXECUTIVE SUMMARY

This executive summary serves as a brief overview of the full report and does not include all important details.

## INTRODUCTION

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Senior Needs were identified a top priority area in the 2017-2021 Chaffee County Public Health Improvement Plan. To address these needs, Chaffee County formed a Senior Master Plan Planning Committee (Planning Committee). This Committee created a Senior Master Plan based upon the community's needs related to seniors. Beginning in 2019, interviews and surveys were completed to learn more about the needs of the senior (65+) community in Chaffee County. Nicole Harty and Grace Honce (Analysis Team) were hired to conduct the analysis of interviews and surveys.

## METHODOLOGY

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**Data Collection** The Planning Committee created an interview protocol to collect information about senior needs and experience (Appendix A). Fifty-four (54) in person key informant interviews were conducted and recorded by hand between October 31, 2019 and November 18, 2019. Initial interview responses and experience were used to inform the design of a survey (Appendix B). This survey was made available to all Chaffee County seniors via Survey Monkey. Participants were recruited through social media, local newspapers and businesses, and word of mouth. Two hundred eighty-eight (288) surveys were completed between December 18, 2019 and February 7, 2020.

**Analysis** The analysis team coded responses using inductive thematic analysis in Dedoose®. Themes were grouped into a draft code book and reviewed by the analysis team for consistency and accuracy with Planning Committee input. Coding was primarily conducted by one member of the Analysis Team with the second member reviewing codes for consistency and clarity. All quantitative data was summarized using descriptive statistics to create aggregate data tables.

## FINDINGS

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**Participant Description** Most (>80%) of respondents were 60-80 years old and all are full-time residents of Chaffee County (95%). The geographic representations of respondents nearly match that of the county as a whole, with a slight overrepresentation of Salida residents. 65% of respondents live with their spouse or partner while 24% live alone. On average, respondents have lived in Chaffee County for 14 years.

**Income** Household income varied from less than \$15,000 to more than \$100,000 per year. Among those who have had a time in which their income did not meet their needs, 64% have a household income less than \$50,000.

**Housing Status** Most respondents own their own home/condo/apartment (88%), with a greater proportion of Buena Vista respondents owning their home than other places.

**Health** A greater proportion of respondents report being in excellent mental health than excellent physical health (47% compared to 32%). Yet, most report the same or better mental health as compared to physical health. 80% of respondents are able to access health services locally.

**Information Sources** The most common means of learning about services is through the print newspaper and word of mouth with about half of respondents getting information from one or both of these sources. The second most common means of learning about services is through the radio and social media.

**Socialization Frequency** 73% of respondents socialize every day or multiple times per week.

## QUALITATIVE RESPONSES

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**Key Questions** Interviews and surveys were designed to capture open-ended information on 3 key questions: What type of activities do older adults in Chaffee County participate in? What are the major concerns specific to seniors and aging among Chaffee County older adults? What are the reasons older adults moved to or live in Chaffee County?

**Top Themes: Activities** Outdoor sports and recreation, exercise, reading, arts & crafts and socializing are the most common themes of activities in which respondents participant. Respondents commonly report wanting to participate in outdoor sports and recreation, exercise and arts & crafts. The most commonly mentioned types of exercise are outdoor exercise, walking, indoor exercise and mindfulness.

**Top Themes: Concerns for Seniors** Respondents most often mentioned health, healthcare, aging in place, finances, social opportunities, transportation and senior activities as personal or general top concerns.

**Top Themes: Reason in Chaffee County** Outdoor recreation, family or friends, area beauty & mountains, job, retirement or size are most often mentioned as reasons for moving to Chaffee County.

## RECOMMENDATIONS

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Four key needs arose in this assessment. Senior desire to age in place, maintain social connections, continue participating in recreation, and require financial support. The Planning Committee should focus on these four areas.

**Asset and Resource Mapping or SWOT Analysis** The current assessment gathered community perspectives on needs and lacks an analogous asset and resource assessment. Focusing an asset and resource assessment on the most important topics surfaced in this community assessment is an important next step. A SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis would provide a mechanism for prioritizing needs.

**Community Feedback Event(s)** There were 4 key concerns among Chaffee County seniors. The feedback gathered in interviews in surveys analyzed in this report does not specify the immediacy of concerns. The goals of community feedback events should be to 1) validate the results of this assessment and 2) gather additional information about key findings.

## INTRODUCTION

Senior Needs and Supports was identified as one of three priority areas in the 2017-2021 Chaffee County Public Health Improvement Plan. In an effort to address these needs, Chaffee County formed a Senior Master Plan Planning Committee. This Committee was tasked with creating a Senior Master Plan based upon the community's identified specific needs related to seniors. Beginning in 2019, additional data collection was completed to learn more about the needs of the senior (65+) community in Chaffee County via interviews and surveys. Nicole Harty and Grace Honce were hired to conduct the analysis of interviews and surveys used to complete the assessment of senior needs.

## METHODOLOGY

### DATA COLLECTION

The Chaffee County Senior Master Plan Planning Committee, comprised of 18 representatives of county organizations and senior-serving organizations, created an interview protocol for collecting information about senior needs and experience (**Appendix A: Key Informant Interview Template**). The interviews and surveys were conducted in English only and therefore was unable to capture the needs of seniors who are not proficient in English.

Fifty-four (54) in person key informant interviews were conducted in person by a team of Chaffee County employees and volunteers who recorded the interviews by hand. Chaffee County residents were recruited to participate by the planning committee. Members came up with a list of potential places or organizations that would be serving seniors or where seniors reside and ensured coverage from throughout the county. They relied upon personal connections, both people on planning committee and trusted organizations that had connections to seniors. Interviews were completed between November and December 2019.



The Senior Master Plan Planning Committee used initial responses and experience collecting interviews to inform the design of a survey. This survey (**Appendix B: Survey**) was made available to all Chaffee County seniors online and via conversation with public health staff with data collected via Survey Monkey. Participants were recruited through social media, local newspapers and businesses, and word of mouth. Two hundred eighty-eight surveys were completed

between January 2 and February 7, 2020.

## ANALYSIS

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The analysis team transcribed handwritten interview notes into electronic format, cleaned and restructured both survey and interview data, and coded responses using inductive thematic analysis in Dedoose®. Themes were grouped into a draft code book and reviewed by the analysis team for consistency and accuracy with input from the Planning Committee. Survey data was coded using a modified inductive thematic analysis in which the initial code book included themes from the interviews. Coding was primarily conducted by one person with a second reviewing codes for consistency and clarity. The analysis team finalized the code book based upon alignment with the goals of the project and consultation with the Planning Committee. All quantitative data was summarized using descriptive statistics to create aggregate data tables.

Both quantitative (closed-ended) and qualitative (open-ended) data was stratified by demographic variables including geography (Buena Vista, Salida, Nathrop, Poncha Springs, or other), income, and age.

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## FINDINGS

All aggregate survey and interview data is available in **Appendix C: Survey and Interview Data Tables**. The code book, detailing themes specific to each question, is available in **Appendix D: Theme and Sub-Theme Descriptions**.

## PARTICIPANT DESCRIPTION

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340 interview and survey responses were collected, with the potential that some people completed both an interview and a survey. Interview respondents were slightly older than survey respondents; overall, more than 80% of respondents were 60-80 years old. Nearly all (94%) have internet access and all are full-time residents of Chaffee County (95%). The geographic representations of respondents nearly matches that of the county as a whole, with a slight overrepresentation of Salida residents. Most respondents live with their spouse or partner (65%), while 24% live alone.

On average, respondents have lived in Chaffee County for 14 years and about 45% of respondents have lived in the county less than 10 years. 60% of respondents aged 70-79 have lived in the county for at least 10 years compared to just 45% of respondents aged 60-69.

## INCOME

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Household income among respondents varied from less than \$15,000 to more than \$100,000 per year. Half (51%) of respondents have a household income below \$75,000 and 17% below \$30,000. Residents younger than 60 make slightly more than those over 60 years old, and the elderly (80 years and older) have the lowest household incomes. Residents of Buena Vista and those who have lived in the county for at least 20 years have a lower income, on average, than residents of other parts of the county. Among those who have had a time in which their income did not meet their needs, 64% have a household income less than \$50,000 and respondents from Salida are slightly disproportionately affected. Finally, respondents who live alone were nearly twice as likely to report having a time in which their income did not meet their needs.

## HOUSING STATUS

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Most respondents own their own home/condo/apartment (88%), with a greater proportion of Buena Vista respondents owning their home than other places. Taking this data in combination with household income suggests that housing costs are less in Buena Vista as compared to other parts of the county. As expected, renting is more common in those with a household income less than \$30,000 per year.

## HEALTH

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A greater proportion of respondents report being in excellent mental health than excellent physical health (47% compared to 32%). Yet, most report the same or better mental health as compared to physical health.

Respondents living in Salida and Buena Vista appear to be in better mental health than other respondents. 80% of respondents are able to access health services locally.

Physical health comments include mentioning previous injuries, maintaining an exercise routine, and sentiments of “currently doing okay”. Mental health comments include mentions of the importance of social supports, some mentions of mental health treatment or medication, and sentiments of “currently doing okay”.

## INFORMATION SOURCES

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The most common means of learning about services is through the print newspaper and word of mouth with about half of respondents getting information from one or both of these sources. The second most common means of learning about services is through the radio and social media. Responses suggest that those residing within town rely upon word of mouth more than those outside of town.

## SOCIALIZATION FREQUENCY

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73% of respondents **socialize every day or multiple times per week**. Respondents who live outside of town socialize every day at a lower rate than those who live within Salida or Buena Vista. Respondents living in Nathrop and Poncha Springs were more likely to report socializing only a few times per month as compared to respondents living in town.

## QUALITATIVE RESPONSES

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Results are presented by question or survey/interview topic. Only the most common themes are included. Details on all responses are available in the appendix.

## KEY QUESTIONS

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Interviews and surveys were designed to capture open-ended information on 3 key questions: What type of activities do older adults in Chaffee County participate in? What are the major concerns specific to seniors and aging among Chaffee County older adults? What are the reasons older adults moved to or live in Chaffee County?



Quantitative, demographic information collected was then used to understand any differences in responses based upon geography, age, or income.

### TOP THEMES – ACTIVITIES

Theme	Description	Participate	Want to Participate
Outdoor Sports and Recreation	General mentions of outdoor sports and recreation; specific mentions of snow sports, hiking, river activities, fishing	X	X
Exercise	General mentions of exercise; specific mentions of biking, walking, pickleball	X	X
Reading	General mentions of reading as well as specific types of books or magazines	X	
Arts & Crafts	Sewing, knitting, woodworking, painting, beading	X	X
Socializing	Socializing with friends and family, playing games, community gatherings	X	
None	Respondent stated there was nothing they had wanted to participate in but didn't		X

Socializing is more common among respondents aged 80 and older, while reading is most common in those 60-79 years old. Pickleball is a more common activity among Buena Vista residents while Salida residents are more likely to report *wanting to participate in* pickleball. Arts and Crafts and Education were only mentioned by Salida residents, and Buena Vista residents cited participating in Outdoor Recreation more than respondents from other parts of the county.

Arts and Crafts is more common and Outdoor Recreation less common among those who have had times when their income has not met their needs (more financial stress) and those with a household income less than \$30,000 annually. Volunteering is about twice as common among those with higher incomes and less financial stress. Additionally, responses of “none” to the question asking about activities wanting to participate in were more common among those with less financial stress.



### TOP THEMES – EXERCISE

Theme	Description
Outdoor	Activities that must be done outside; includes hiking, snow sports, biking, etc
Walking	Walking
Indoor	Activities explicitly done indoors; Includes “at home” workouts or home gym and pickleball
Mindfulness	Yoga, Thai Chi



Mentions of Indoor Activities are more common in Buena Vista and among those with less financial stress. No other differences in themes exist for Exercise.

### TOP THEMES - CONCERNS FOR SENIORS

Theme	Description	Top <i>Personal</i> Concerns*	Top <i>General</i> Concerns*	Top Concerns**
Health	Maintaining good health, general concerns of aging and mobility	X		
Healthcare	Access to care (location and affordable options, specialty care), quality of care, other specific types of health care needs	X	X	X
Aging in Place	Specific mentions of “aging in place”; ability to remain at home, in-home caregiving/services, assisted living, graduated care options	X	X	X
Finances (including Cost of Living)	Affordable housing, cost of living, financial stability	X	X	X
Social Opportunities	Gatherings and events specific to seniors that provide opportunities to socialize	X		
Transportation	Transportation to medical care, public transportation, transportation for daily needs		X	X
Senior Activities	Social opportunities for seniors; Senior Center activities		X	

\*Top Personal Concerns and Top Concerns for All Seniors are from surveys only because the interviews did not specify if concerns were specific to the individual or one’s perspective of general senior needs.

\*\*Top Concerns are from interviews only.

Differences in **personal senior concerns** included a greater proportion of respondents aged 60-69 citing transportation, finances and in-home caregiving/services than other age groups. Healthcare is a greater concern among the 70-79 year old group. Healthcare and financial concerns are more common among those with greater financial stress.

Although healthcare is an important concern among all respondents when thinking about **general senior concerns**, it is a greater concern among respondents aged 50-59, those living in Salida, and those with greater financial stress. Cost of care is a greater concern among respondents aged 70-79 and those living in Salida. Housing was only a concern among respondents from Salida. Aging in place is more common among those with less financial stress and higher incomes. One interpretation of this finding is that aging in place does not seem attainable for those with lower incomes - they believe they will need to move and will not have another option.

### TOP THEMES - REASON IN CHAFFEE COUNTY

Theme	Description
Outdoor Recreation	Access to recreation
Family or Friends	Family/friends already living in Chaffee County
Area Beauty & Mountains	Scenery, mountain views, mountain access
Job	A job opportunity for themselves or a spouse/family member
Retirement	Moved to the community to retire
Size	Size of community relative to Denver; “small community”

Prior vacation is a more common reason for living in Chaffee County among respondents aged 50-59. Additionally, Retirement and Outdoor Recreation are more common among those living in Buena Vista, and moving for a Job is more common among those living in Salida.

## OTHER QUESTIONS

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Summaries and thematic analysis of some survey questions was difficult due to differences in interpretation of the questions by respondents. Key findings from these questions are summarized below:

- Responses to **What is your ideal living situation?** included both preferences in terms of the location (i.e. mountains, small town), size of the living environment (mentions of square footage), accommodations (i.e. one level), as well as social connections (near friends and family). It appears the major theme is that respondents want to age in place - their ideal living environment includes aspects of the community they have in Chaffee County and provides them the resources and accommodations they may need as they age. Nearly one-third of respondents mentioned something about their current situation being their ideal and/or wanting to age in place.
- Responses indicating the **number of people per household** included contradictory information when compared to individual responses asking **who** people live with. Therefore, it was only possible to stratify results by those who live alone versus those who live with others for quantitative
- Responses to the **disabilities** question include mentions of chronic health conditions and age-related decline in addition to a few mentions of disabilities recognized by the American Disabilities Association. About half of all respondents, across all age groups, report no disabilities.
- Responses providing additional information about **accessing health services locally** included themes of the need to travel for care, mostly for specialty care, as well as an appreciation for local doctors and resources.
- Responses providing additional details on **financial needs** included mentions of the types of needs they have (i.e. medical, cost of living, food) and others on the ways in which they meet their needs (i.e. through community partners).
- Responses providing details on **internet access** included details on their ISP, device used to access the internet, the purpose or use of the internet, and frequency of use.

Specific mentions of community resources, referenced by each question are below:

- Learn about Services: Area on Aging / Council of Governments
- Health Service Access: Heart of the Rockies, Ark Valley Helping Hands
- Exercise/Activities: Wellness U Fitness program, Strong Bones

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## RECOMMENDATIONS

Four key needs arose in this assessment. Senior desire to age in place, maintain social connections, continue participating in recreation, and require financial support. The Senior Master Plan Committee should focus on these four areas.

## AGING IN PLACE

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Throughout this assessment, the most common theme was that Chaffee County seniors desire to ***age in place***, meaning they want to remain in this community and to access all the services and resources they need within their community. These services and resources include healthcare, graduated care and housing options (assisted living through skilled nursing), transportation, and social connections. A substantial proportion of respondents specifically desire to remain in their home with access to (affordable) nursing and home health support. Others desire affordable, quality senior living facilities *within the county*. The desire and need for in-home health and senior supports is clear. The next step is to understand the current capacity for providing such services and work towards increased capacity as the community ages.

## SOCIAL CONNECTIONS AND SUPPORTS

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Seniors cite socialization as crucial components of their wellbeing and are concerned about losing opportunities for human interaction, arts and crafts, and mental stimulation through games and activities. The next step is to ensure continued operation and growth of senior-focused activity, socialization, and leisure groups so that seniors maintain important social connections.

## RECREATION OPPORTUNITIES

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Chaffee County seniors engage in a variety of indoor and outdoor recreation opportunities, and access to mountain recreation was a main reason many moved to or continue to live in Chaffee County. Ensuring safe, affordable, and accessible access to snow sports, hiking, and river sports as residents age will contribute to increased wellbeing and a sense of “aging in place”.



## FINANCIAL SUPPORT

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This assessment suggests the cost of living, healthcare, and aging are most acutely felt by the most senior members of the Chaffee County community, particularly those who have lived in the county the longest. Senior-serving organizations can support these vulnerable residents by continuing to provide access to basic needs and advocating for affordability and quality services for all.

## ASSET AND RESOURCE MAPPING OR SWOT ANALYSES

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The current assessment gathered community perspectives on needs. It lacks an analogous asset and resource assessment. Focusing an asset and resource assessment on the most important topics surfaced in this community

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assessment is an important next step. A SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis would provide a mechanism for prioritizing needs. Depending upon strategy, needs or solutions could be chosen based upon a combination of the elements of a SWOT analysis. This assessment should answer the following questions for each of the top community needs:

1. What resources and services already exist in response to this need?
  - a. Is this sufficient?
2. What gaps exist in response to this need?
3. What strengths exist within the community that can be leveraged to respond to this need?
4. What weaknesses exist within the community in its ability to respond to this need?
5. What are the opportunities available to respond to this need? Or what opportunities would become available if this need was addressed?
6. What threats exist if this need is not responded to?

## COMMUNITY FEEDBACK EVENT/S

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The goals of community feedback events should be to 1) validate the results of this assessment and 2) gather additional information about key findings. Based upon the results of the survey and interview, there were 4 key concerns among Chaffee County seniors. The feedback gathered in interviews in surveys analyzed in this report does not specify the immediacy of concerns. Community outreach can determine the extent to which these needs are immediate or anticipated. This information will inform the strategy necessary to address each concern.

## APPENDICES

### APPENDIX A: KEY INFORMANT INTERVIEW TEMPLATE

#### Senior Master Plan Key Informant Interview

Date:

Interviewer:

Interviewee (voluntary):

The purpose of this interview is to help the Senior Master Planning Team assess the needs of older adults in Chaffee County. The assessment will help drive a coordinated multi-year strategic plan in addressing prioritized needs. This interview's intent is to collect information to make an informed decision on what services, supports, and programs are most needed in Chaffee County.

1. What is your age today?
2. Where do you reside? What municipality and within city/town limits or not?
3. What is your household income level (approximate)?
4. What is your marital status?
5. What is your living environment?
6. Do you have access to the internet?
7. How would you rate your health today? (Scale of 1-10, 10 being the best)
8. What brought you to Chaffee County?
9. What are your top concerns regarding senior needs in Chaffee County?
10. What can you offer the community and what can the community do for you?
11. What haven't you told me that you would like to share?

**APPENDIX B: SURVEY****Chaffee County Senior Needs Assessment Survey****Background**

Chaffee County Public Health, along with a diverse group of community stakeholders, has received grant funding through the NextFifty Initiative to conduct a senior needs assessment that will help us create a strategic plan focused on older adults. Approximately 1 in 4 (25%) Chaffee County residents are 65 and older, and our intent of this strategic planning process is to ensure we are prioritizing services and resources that best meet our current and future senior population's needs. Thank you for taking the time to fill out this survey. Your answers will help us better understand what needs to be included in our final multi-year plan. If you would like to be entered into a drawing for a gift card in appreciation for you completing the survey today, please include your name and contact information at the end of this survey.

1. How long have you lived in Chaffee County? (Please answer in years.)

\_\_\_\_\_

2. Are you a part-time or full-time resident?

☐ Part-time

☐ Full-time

☐ Other (please specify) \_\_\_\_\_

3. What brought you to Chaffee County?

\_\_\_\_\_

4. What activities and/or hobbies do you participate in? (Please list as many as you wish.)

\_\_\_\_\_

5. What activities and/or hobbies have you wanted to participate in but haven't yet? (List as many as you wish.)

\_\_\_\_\_

6. What types of exercise do you engage in? (Please list as many as you wish.)

\_\_\_\_\_

7. How would you rate your overall physical health?

☐ Excellent

☐ Good

☐ Neither excellent nor poor

☐ Fair

☐ Poor

☐ Please explain. \_\_\_\_\_

8. How would you describe your overall mental health?

☐ Excellent

☐ Good

☐ Neither excellent nor poor

☐ Fair

☐ Poor

☐ Please explain. \_\_\_\_\_

9. Do you experience any disabilities? If so, what are they? \_\_\_\_\_

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10. Do you have access to the health services you need locally?

- ☐ Yes
- ☐ No
- ☐ Please explain. \_\_\_\_\_

11. What are your top 3 concerns regarding general senior needs in Chaffee County?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

12. What are your top 3 personal concerns as a senior?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

13. What town do you reside in?

- ☐ Salida
- ☐ Buena Vista
- ☐ Poncha Springs
- ☐ Nathrop
- ☐ Other (please specify) \_\_\_\_\_

14. Do you have access to and use the internet regularly?

- ☐ Yes
- ☐ No
- ☐ Please elaborate \_\_\_\_\_

15. How do you learn about what services and activities are available to you?

- ☐ Print Newspaper
- ☐ Online Newspaper
- ☐ Social Media (such a Facebook)
- ☐ Radio
- ☐ Word of Mouth
- ☐ Other (please specify) \_\_\_\_\_

16. What type of arrangement are you living in?

- ☐ I live in a house/apartment/condo that I own.
- ☐ I live in a house/apartment/condo that I rent.
- ☐ I live with a friend or family who either rents or owns the house/apartment/condo.
- ☐ Other (please specify) \_\_\_\_\_

17. How many people do you live with? \_\_\_\_\_

18. Who lives in your house?

- ☐ Spouse/Partner
- ☐ Child
- ☐ Grandchild
- ☐ Friend
- ☐ Roommate
- ☐ Other (please specify) \_\_\_\_\_

19. What is your ideal living situation? \_\_\_\_\_



20. Which of the following best describes your current relationship status?

- ☐ Married
- ☐ Widowed
- ☐ Divorced
- ☐ Separated
- ☐ In a domestic partnership or civil union
- ☐ Single, but cohabiting with a significant other
- ☐ Single, never married
- ☐ Other (please specify) \_\_\_\_\_

21. How frequently do you socialize with family, friends, or neighbors?

- ☐ Not at all
- ☐ Every day
- ☐ A few times a week
- ☐ About once a week
- ☐ A few times a month
- ☐ Once a month
- ☐ Less than once a month
- ☐ Other (please specify) \_\_\_\_\_

22. What modes of transportation do you rely on?

- ☐ I have my own vehicle and can drive it.
- ☐ Bus
- ☐ Taxi
- ☐ Family Member/Neighbor/Friend who lives with me
- ☐ Family Member/Neighbor/Friend who does not live with me
- ☐ Other \_\_\_\_\_

23. What is your overall household income level (approximate)?

- ☐ Under \$15,000
- ☐ Between \$15,000 and \$29,999
- ☐ Between \$30,000 and \$49,999
- ☐ Between \$50,000 and \$74,999
- ☐ Between \$75,000 and \$99,999
- ☐ Between \$100,000 and \$150,000
- ☐ Over \$150,000
- ☐ I prefer not to say.
- ☐ Please specify sources of income. \_\_\_\_\_

24. Have there been times recently that your income has not covered your basic health and financial needs?

- ☐ Yes
- ☐ No
- ☐ Please provide specific examples. \_\_\_\_\_

25. What is your age range today?

- ☐ Under 50
- ☐ 50-59
- ☐ 60-69
- ☐ 70-79
- ☐ 80-89
- ☐ 90-99
- ☐ 100+

26. Is there anything else you would like to share that will help us with our senior needs assessment and senior master plan for the future? \_\_\_\_\_

27. Please provide your name and contact information if you would like to be entered into a drawing for a gift card for your participation in this survey.

- ☐ Name \_\_\_\_\_
- ☐ Email Address \_\_\_\_\_
- ☐ Phone Number \_\_\_\_\_

**APPENDIX C: SURVEY AND INTERVIEW DATA TABLES****DEMOGRAPHICS**

Age		
	Count	Percent
Under 50	8	2.35%
50-59	24	7.06%
60-69	130	38.24%
70-79	135	39.71%
80-89	34	10.00%
90-99	4	1.18%
n/a	4	1.18%
Grand Total	340	100.00%

Town		
	Count	Percent
Buena Vista	48	14.04%
Nathrop	29	8.48%
Poncha Springs	14	4.09%
Salida	212	61.99%
n/a	39	11.40%
Grand Total	342	100.00%

Household Income		
	Count	Percent
Under \$15,000	13	4.52%
Between \$15,000 and \$29,999	25	8.68%
Between \$30,000 and \$49,999	41	14.24%
Between \$50,000 and \$74,999	61	21.18%
Between \$75,000 and \$99,999	43	14.92%
Between \$100,000 and \$150,000	31	10.76%
Over \$150,000	18	6.25%
I prefer not to say.	50	17.36%
N/A	6	2.08%
Grand Total	288	100.00%

Internet Access		
	Count	Percent
No	17	5.00%
Yes	320	94.12%
n/a	3	0.88%
Grand Total	340	100.00%

Full-time or Part-time Resident		
	Count	Percent
Full-time	274	95.14%
Part-time	6	2.08%
Other (please specify)	7	2.43%
n/a	1	0.35%
Grand Total	288	100.00%

Years in County		
	Count	Percent
Less than 5	67	23.27%
Less than 10	64	22.22%
Less than 20	80	27.77%
20 or more	74	25.70%
n/a	3	1.04%
Grand Total	288	100.00%

## DEMOGRAPHICS – CROSSTABS

Crosstabs of Age by Years in County													
Years in County		Less than 5		Less than 10		Less than 20		20 or more		n/a		Grand Total	
		Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent
Age	Under 50	3	4.48%	1	1.57%	1	1.25%	3	4.06%	0	0.00%	8	2.78%
	50-59	4	5.97%	7	10.94%	6	7.50%	5	6.76%	0	0.00%	22	7.64%
	60-69	35	52.24%	29	45.30%	33	41.25%	22	29.71%	2	66.62%	121	42.00%
	70-79	22	32.84%	23	35.94%	35	43.75%	35	47.28%	1	33.38%	116	40.28%
	80-89	3	4.48%	3	4.69%	5	6.26%	7	9.48%	0	0.00%	18	6.26%
	90-99	0	0.00%	0	0.00%	0	0.00%	1	1.35%	0	0.00%	1	0.35%
	n/a	0	0.00%	1	1.56%	0	0.00%	1	1.36%	0	0.00%	2	0.70%
	Grand Total	67	100.00%	64	100.00%	80	100.00%	74	100.00%	3	100.00%	288	100.00%

Crosstabs of Household Income by Years in County													
	Years in County	Less than 5		Less than 10		Less than 20		20 or more		n/a		Grand Total	
		Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent
Household Income	Under \$15,000	2	2.98%	1	1.57%	3	3.75%	7	9.47%	0	100.00%	13	4.52%
	Between \$15,000 and \$29,999	3	4.48%	3	4.69%	5	6.25%	14	18.93%	0	100.00%	25	8.68%
	Between \$30,000 and \$49,999	11	16.42%	8	12.50%	8	10.01%	14	18.92%	0	100.00%	41	14.24%
	Between \$50,000 and \$74,999	11	16.41%	14	21.87%	21	26.25%	15	20.26%	0	100.00%	61	21.18%
	Between \$75,000 and \$99,999	11	16.41%	11	17.18%	14	17.50%	7	9.45%	0	100.00%	43	14.92%
	Between \$100,000 and \$150,000	10	14.93%	10	15.63%	8	10.00%	3	4.05%	0	100.00%	31	10.76%
	Over \$150,000	5	7.47%	3	4.68%	7	8.74%	2	2.70%	1	33.31%	18	6.25%
	I prefer not to say.	13	19.40%	12	18.75%	13	16.25%	10	13.52%	2	66.69%	50	17.36%
	N/A	1	1.49%	2	3.12%	1	1.25%	2	2.71%			6	2.08%
	Grand Total	67	100.00%	64	100.00%	80	100.00%	74	100.00%	3	100.00%	288	100.00%

## RESULTS

Physical Health Rating		
	Count	Percent
Excellent	91	31.59%
Fair	9	3.13%
Good	158	54.
Neither excellent nor poor	27	9.38%
Poor	2	0.70%
	1	0.35%
Grand Total	288	100.00%

Mental Health Rating		
	Count	Percent
Excellent	136	47.21%
Fair	5	1.74%
Good	131	45.49%
Neither excellent nor poor	14	4.86%
Poor	0	0.00%
n/a	2	0.69%
Grand Total	288	100.00%

How do you learn about services?		
	Count	Percent
Word of Mouth	96	33.33%
Social Media (i.e. Facebook)	29	10.07%
Radio	5	1.74%
Print Newspaper	120	41.67%
Online Newspaper	20	6.94%
n/a	18	6.25%
Grand Total	288	100.00%

How often do you socialize with friends or family?		
	Count	Percent
Every day	98	34.03%
A few times a week	126	43.74%
About once a week	27	9.37%
A few times a month	19	6.60%
Once a month	4	1.39%
Less than once a month	3	1.05%
Other (please specify)	9	3.13%
n/a	2	0.70%
Grand Total	288	100.00%

## RESULTS CROSSTABS

		Crosstabs of Physical Health Rating by Mental Health Rating											
Mental Health Rating		Excellent		Fair		Good		n/a		Neither excellent nor poor		Grand Total	
		Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent
Physical Health Rating	Excellent	64	47.06%	1	19.96%	24	18.30%	0	0.00%	2	14.28%	91	31.59%
	Fair	2	1.47%	0	0.00%	6	4.58%	0	0.00%	1	7.14%	9	3.13%
	Good	63	46.32%	1	20.06%	87	66.42%	1	50.02%	6	42.86%	158	54.86%
	Neither excellent nor poor	5	3.68%	3	59.98%	14	10.70%	0	0.00%	5	35.72%	27	9.38%
	Poor	2	1.47%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	2	0.70%
	n/a	0	0.00%	0	0.00%	0	0.00%	1	49.98%	0	0.00%	1	0.35%
	Grand Total	136	100.00%	5	100.00%	131	100.00%	2	100.00%	14	100.00%	288	100.00%



Crosstabs of Physical Health Rating by Town in Which One Lives													
	Town	Buena Vista		Nathrop		Poncha Springs		Salida		n/a		Grand Total	
		Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent
Physical Health Rating	Excellent	17	39.51%	4	19.99%	2	22.21%	61	32.09%	7	26.93%	91	31.59%
	Fair	0	0.00%	0	0.00%	0	0.00%	9	4.74%	0	0.00%	9	3.13%
	Good	22	51.15%	14	70.01%	6	66.67%	103	54.22%	13	50.00%	158	54.86%
	Neither excellent nor poor	3	7.00%	2	10.00%	1	11.11%	16	8.43%	5	19.23%	27	9.38%
	Poor	1	2.33%	0	0.00%	0	0.00%	1	0.53%	0	0.00%	2	0.70%
	n/a	0	0.00%	0	0.00%	0	0.00%	0	0.00%	1	3.85%	1	0.35%
	Grand Total	43	100.00%	20	100.00%	9	100.00%	190	100.00%	26	100.00%	288	100.00%

Crosstabs of Mental Health Rating by Town in Which One Lives													
	Town	Buena Vista		Nathrop		Poncha Springs		Salida		n/a		Grand Total	
		Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent
Mental Health Rating	Excellent	23	53.47%	7	35.00%	4	44.45%	88	46.30%	14	53.86%	136	47.21%
	Fair	0	0.00%	0	0.00%	0	0.00%	3	1.58%	2	7.69%	5	1.74%
	Good	18	41.87%	13	65.00%	4	44.44%	89	46.85%	7	26.92%	131	45.49%
	Neither excellent nor poor	1	2.33%	0	0.00%	1	11.11%	10	5.26%	2	7.69%	14	4.86%
	n/a	1	2.33%	0	0.00%	0	0.00%	0	0.00%	1	3.85%	2	0.69%
	Grand Total	43	100.00%	20	100.00%	9	100.00%	190	100.00%	26	100.00%	288	100.00%

Crosstabs of "How often do you socialize?" by Town in Which One Lives													
	Town	Buena Vista		Nathrop		Poncha Springs		Salida		n/a		Grand Total	
		Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent
Socialize Frequency	Every day	11	25.57%	7	34.99%	2	22.20%	75	39.47%	3	11.53%	98	34.03%
	A few times a week	24	55.80%	9	44.99%	5	55.58%	72	37.88%	16	61.55%	126	43.74%
	About once a week	4	9.31%	0	0.00%	1	11.11%	18	9.47%	4	15.38%	27	9.37%
	A few times a month	1	2.32%	3	15.02%	1	11.11%	13	6.84%	1	3.84%	19	6.60%
	Once a month	1	2.33%	1	5.00%	0	0.00%	2	1.05%	0	0.00%	4	1.39%
	Less than once a month	1	2.34%	0	0.00%	0	0.00%	2	1.06%	0	0.00%	3	1.05%
	Other (please specify)	1	2.33%	0	0.00%	0	0.00%	7	3.69%	1	3.84%	9	3.13%
	n/a	0	0.00%	0	0.00%	0	0.00%	1	0.53%	1	3.85%	2	0.70%
	Grand Total	43	100.00%	20	100.00%	9	100.00%	190	100.00%	26	100.00%	288	100.00%

Crosstabs of Age by "Income Ever not Cover Needs?"									
Income not cover needs?		No		Yes		n/a		Grand Total	
		Count	Percent	Count	Percent	Count	Percent	Count	Percent
Town	Buena Vista	1	12.49%	36	15.13%	6	14.27%	43	14.93%
	Nathrop	2	24.96%	16	6.72%	2	4.77%	20	6.94%
	Poncha Springs	1	12.48%	7	2.94%	1	2.38%	9	3.12%
	Salida	3	37.57%	157	65.97%	30	71.45%	190	65.98%
	n/a	1	12.49%	22	9.24%	3	7.13%	26	9.02%
	Grand Total	8	100.00%	238	100.00%	42	100.00%	288	100.00%

Crosstabs of "Learn about Services" by Town in Which One Lives													
Town		Buena Vista		Nathrop		Poncha Springs		Salida		n/a		Grand Total	
		Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent	Count	Percent
How do you learn about services?	Online Newspaper	2	4.65%	0	0.00%	0	0.00%	14	7.36%	4	15.40%	20	6.94%
	Print Newspaper	18	41.87%	9	44.99%	5	55.59%	79	41.59%	9	34.61%	120	41.67%
	Radio	0	0.00%	0	0.00%	1	11.11%	3	1.58%	1	3.85%	5	1.74%
	Social Media (i.e. Facebook)	4	9.29%	4	20.00%	1	11.11%	18	9.47%	2	7.69%	29	10.07%
	Word of Mouth	18	41.85%	7	35.01%	1	11.11%	64	33.68%	6	23.07%	96	33.33%
	n/a	1	2.33%	0	0.00%	1	11.09%	12	6.32%	4	15.39%	18	6.25%
	Grand Total	43	100.00%	20	100.00%	9	100.00%	190	100.00%	26	100.00%	288	100.00%

Crosstabs of Age by "Income Ever not Cover Needs?"									
Income not cover needs?		No		Yes		n/a		Grand Total	
		Count	Percent	Count	Percent	Count	Percent	Count	Percent
Age	Under 50	6	2.52%	2	4.77%	0	0.00%	8	2.78%
	50-59	18	7.56%	4	9.53%	0	0.00%	22	7.64%
	60-69	103	43.27%	14	33.31%	4	49.99%	121	42.00%
	70-79	95	39.92%	19	45.24%	2	24.97%	116	40.28%
	80-89	15	6.31%	3	7.15%	0	0.00%	18	6.26%
	90-99	1	0.42%	0	0.00%	0	0.00%	1	0.35%
	n/a	0	0.00%	0	0.00%	2	25.04%	2	0.70%
	Grand Total	238	100.00%	42	100.00%	8	100.00%	288	100.00%

Crosstabs of Household Income by "Income Ever not Cover Needs?"									
	Income not cover needs?	No		Yes		n/a		Grand Total	
		Count	Percent	Count	Percent	Count	Percent	Count	Percent
Household Income	Under \$15,000	4	1.68%	9	21.44%	0	0.00%	13	4.52%
	Between \$15,000 and \$29,999	15	6.31%	9	21.42%	1	12.54%	25	8.68%
	Between \$30,000 and \$49,999	31	13.03%	9	21.44%	1	12.49%	41	14.24%
	Between \$50,000 and \$74,999	54	22.68%	6	14.28%	1	12.48%	61	21.18%
	Between \$75,000 and \$99,999	42	17.64%	1	2.37%	0	0.00%	43	14.92%
	Between \$100,000 and \$150,000	29	12.19%	2	4.76%	0	0.00%	31	10.76%
	Over \$150,000	18	7.56%	0	0.00%	0	0.00%	18	6.25%
	I prefer not to say.	42	17.65%	6	14.29%	2	24.97%	50	17.36%
	N/A	3	1.26%	0	0.00%	3	37.52%	6	2.08%
	Grand Total	238	100.00%	42	100.00%	8	100.00%	288	100.00%

**APPENDIX D: THEME AND SUB-THEME DESCRIPTIONS**

Themes are presented in relative order of frequency with more common themes listed first within the topic.

Descriptions for themes with no subtheme are for general mentions under the theme.

Not all themes mentioned are included here. Themes with infrequent mentions and those not used in analysis are excluded.

Topic	Theme	Sub-Theme	Description
Activities Participate In	Outdoor Sports and Recreation		General mentions of outdoor sports and recreation
		Snow Sports	Skiing (downhill and cross country), snowshoeing, snowboarding
		Hiking	Hiking; “mountain hikes”
		River Activities	Kayaking, rafting, paddleboarding; excludes fishing
		Fishing	Fishing; includes explicit mentions of river and not
	Exercise		General mentions of exercise
		Biking	Mountain biking, cycling, biking
		Walking	Walking; going for walks; walking the dog
		Pickleball	Pickleball
	Reading		General mentions of reading as well as specific types of books or magazines
	Crafts		Sewing, knitting, woodworking, painting, beading
	Socializing		Socializing with friends and family, playing games, community gatherings
Activities Wanted to Participate In	Outdoor Recreation		Hiking, river recreation, fishing, biking, etc
		Snow Activities	Skiing/snowboarding, snowshoeing, snowmobiling
	Exercise		Exercise programs, dancing, pickleball
		Water Exercise	Water aerobics, swimming, pool activities
	Arts & Crafts		Painting, sewing, classes
	<i>none</i>		Respondent stated there was nothing they had wanted to participate in but didn’t
Exercise	Outdoor		Activities that must be done outside
		Hiking	Hiking
		Snow Sports	Downhill, cross-country, snowboarding, snowshoeing
		Biking	Mountain biking, cycling, biking

Topic	Theme	Sub-Theme	Description
	Walking		Walking
	Indoor		Activities explicitly done indoors
		Pickleball	Pickleball
		At Home	At home workouts, home gym
	Mindfulness		Yoga, Thai Chi
Top Personal Concerns*	Health		Maintaining good health, general concerns of aging and mobility
	Healthcare		Access to care (location and affordable options, specialty care), quality of care. other specific types of health care needs
	Aging in Place		"aging in place" as mentioned; ability to remain at home
		In Home Caregiving/Services	In-home health care, senior support services in house, home caregiver
		Assisted Living	Assisted living, including explicit mentions of affordability and general mentions
		Graduated Care Options	Facilities and services to provide a range of support services
	Finances (including Cost of Living)		Affordable housing, cost of living, financial stability
	Social Opportunities		Gatherings and events specific to seniors that provide opportunities to socialize
Top Concerns for All Seniors*	Aging in Place		"aging in place" as mentioned; ability to remain at home
		Assisted Living	Assisted living - including mentions of the lack of one now
		In Home Caregiving/Services	In-home health care, senior support services in house, home caregiver
		Graduated Care Options	Facilities and services to provide a range of support services
	Healthcare		Medical care, health care general mentions
		Access	General access to care as well as specific to Medicare or in-network options
		Specialty Care	Lack of specialty care within county
		Cost	Cost of care available
	Finances (including Cost of Living)		Affordable housing, cost of living, financial stability



Topic	Theme	Sub-Theme	Description
	Transportation		Transportation to medical care, public transportation, transportation for daily needs
	Senior Activities		Social opportunities for seniors; Senior Center activities
Top Concerns - Interviews	Transportation		General transportation needs or specific to medical appointments, public transportation
	Aging in Place		"Aging in place" specifically or mentions of assisted living or nursing home
	Medical Care		General medical needs, access to providers and specific services
	Finances (including Cost of Living)		Affordable housing, cost of living, financial stability
Disabilities	<i>none</i>		No mentions of disability
	Aging		Vision loss, memory, fatigue
	Joints		Arthritis and "knee problems"
	Recuperation		Managing old injuries, prior surgeries, or accidents
	Back Issues		Pain, misalignment
Reasons in Chaffee County	Outdoor Recreation		Access to recreation
	Family or Friends		Family/friends already living in Chaffee County
	Area Beauty & Mountains		Scenery, mountain views, mountain access
	Job		A job opportunity for themselves or a spouse/family member
	Retirement		Moved to the community to retire
	Size		Size of community relative to Denver; "small community"
Mental Health Explanation	Social Support		Mentions of the importance of social supports and friends in fostering positive mental health; includes mentions of both having and lacking
	Currently OK		Being able to handle any struggles that come; being happy with current life and functioning
	Mental Health Diagnoses / Treatment		Mentions of a specific mental health diagnosis or treatment/medication for a diagnosis
Physical Health Explanation	Past Injuries		Past injuries or surgeries contributing to decreased mobility or function, pain
	Physical Activity/Fitness		Importance of physical activity in maintaining physical health
	Currently OK		Being happy with current life and functioning

Topic	Theme	Sub-Theme	Description
Financial Needs Examples	Example Needs		Citing examples of items not able to obtain
		Medical Expenses	Specific examples of medical care not able to obtain
		Cost of Living	Food, housing
	How Meet Needs		Citing examples of resources used to help cover needs including family, friends, savings, etc
		Community Partner Support	Specific examples of community organizations providing resources
	Manageable but Struggling		Currently not in financial distress but barely making it
Internet Access Explanation	Purpose/Use		Citing examples of how the Internet is used including social media, hobbies and leisure, shopping, work or volunteering
		Communication and Email	Specific mentions of using the Internet to communicate with other people
	Device		Citing the type of device used to access Internet including smart phone, personal computer, library, or tablet
	Frequency		Mentions of how often respondent uses the Internet
Health Service Access Details	Travel Necessary / Specialty Care		Mentions of needing to travel for some types of care, particularly specialty care
	Local Care		Mentions of the quality of care available locally or existence of necessary services locally
	Insurance / Provider		Mentions of specific insurance or providers who accept specific insurance

\*Top Personal Concerns and Top Concerns for All Seniors are from surveys only because the interviews did not specify if concerns were specific to the individual or one's perspective of general senior needs.