

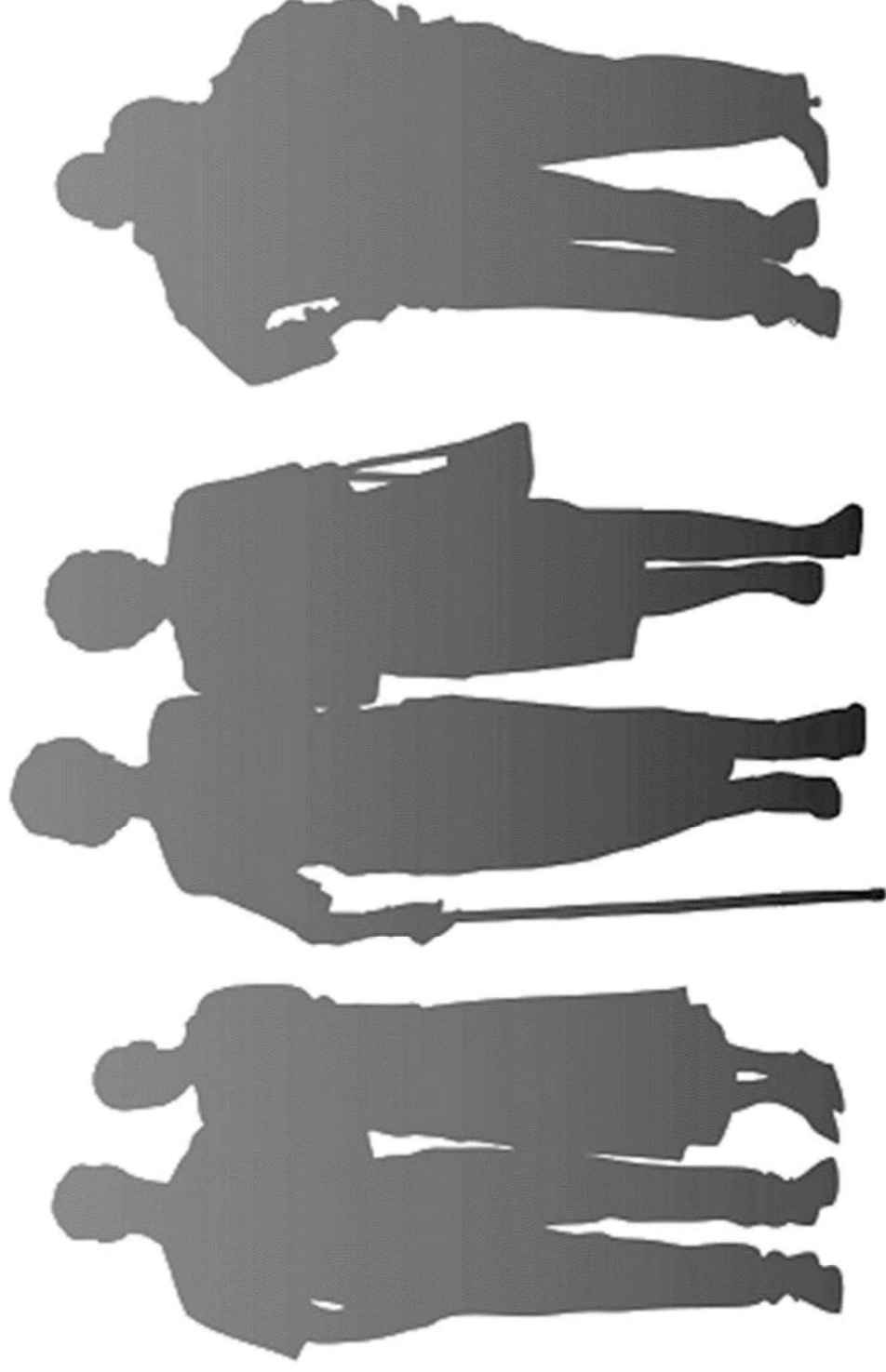
2019 NEEDS ASSESSMENT

Older Adults in Albany County, New York State

Albany County

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County Executive

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In partnership with the Center for Women in Government &
Civil Society, University at Albany, December 2019

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INTRODUCTION

Albany County Office for Aging partnered with the University at Albany's Center for Women in Government & Civil Society to conduct needs assessment of older adults in Albany county. The study is designed to inform the development of an action plan that will be developed and adopted by Albany County to serve this population and address their needs effectively.

Assessment of needs relied on secondary and primary data as follows:

- American Community survey (ACS). The ACS is a survey conducted on an annual basis by the Census Bureau. It collected vital information about the population including demographics, occupations, ancestry, citizenship, educational attainment, income, language proficiency, migration, disability, employment, and housing characteristics. In this study, we used the 5-year estimates (2013-2017) American Community Survey data to understand the demographics, economic security indicators, health conditions and disabilities in the population of Albany County.
- A Focus group of service providers and community leaders was convened to assess priorities for older adults in Albany County, identify resources in the community that address needs and barriers to accessing resources and provide recommendations to Albany County on, actions and programs that would benefit their communities. The focus group was held on November 20, 2019.
- A survey of Albany County residents who are 60 and older. A list of older adults (60 and older) who reside in Albany County was used to generate a randomized list of survey recipients. Ten thousands hard copy written surveys were mailed to selected recipients with a self addressed stamped

envelope. The response rate was over 16%. We received over 1,600 completed surveys. The surveys identified issues of concern to residents of Albany who are 60 and older. These issues included economic security, independent living, access to services and resources, self care safety, cognitive abilities and caregiving. The survey was administered in August and September, 2019 and was designed to complement the secondary data obtained from the census as well as the Focus group of service providers and community leaders

Part 1 of the report uses secondary data to analyze needs of the older adult population living in Albany County, while part 2 analyzes results of the primary data collected from the survey and focus groups. Part 3 of the report offers recommendations to Albany County Department for Aging about the implications of the findings from Part 1 and 2.

PART 1:

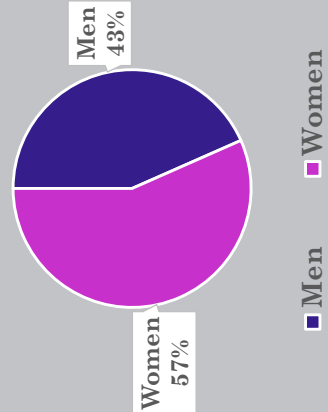
AMERICAN COMMUNITY SURVEY CENSUS DATA

2013-2017

1 | DEMOGRAPHICS

Older Adults in Albany County, New York

Residents (60 and Over) By Gender
Albany County

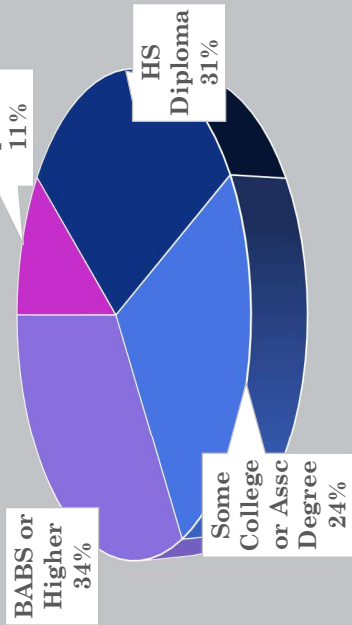


According to the American Community Survey 5 year estimate (2013-2017), there are 63,511 residents of Albany County who are 60 years and older, 27,546 are men and 35,965 are women. Women make 57% of this population, while men comprise 43%. Women outnumber men by 14% points.

Thirty four percent of this population (21,557) hold a Bachelor of Arts or Bachelor of Science (BABS) degree or higher; while twenty four percent (15,468) hold an Associate degree or have completed some college. Those who hold a high school diploma (HS diploma) comprise 31% of the older adults population (19,554), and those who do not hold a high school diploma make up 11% (6,932) of the population.

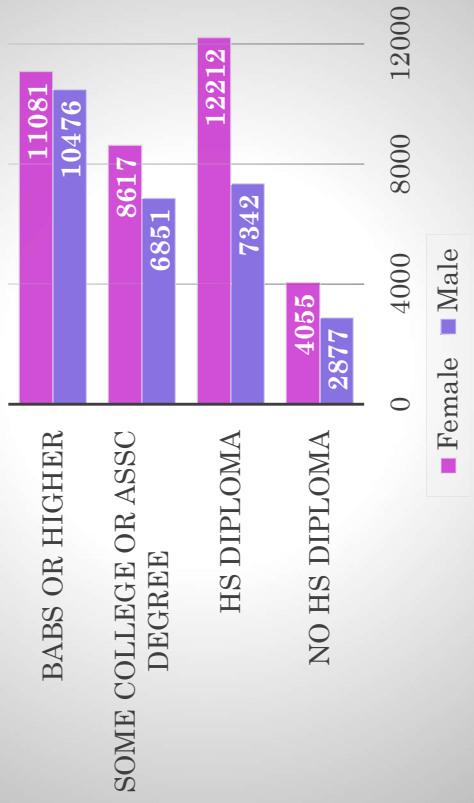
Of the 27,546 male residents of Albany county, 38% are holders of a bachelors' degree of higher, while 25% completed some college. Male holders of high school diplomas comprise 27% and those who do not hold a high school diploma make up 10% of the male population.

Educational Attainment



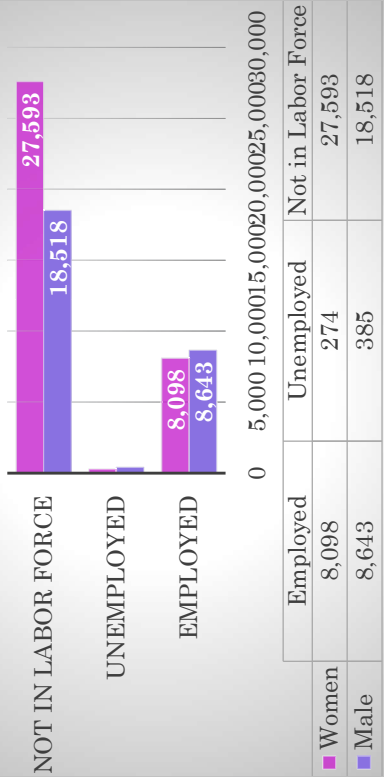
With respect to the female population who are 60 years of age or older, bachelor degree holders comprise 31% of the population and those who completed some college make up 24% of the female population. Thirty-four percent are high school diploma holders and 11% do not hold a high school diploma.

Educational Attainment By Gender



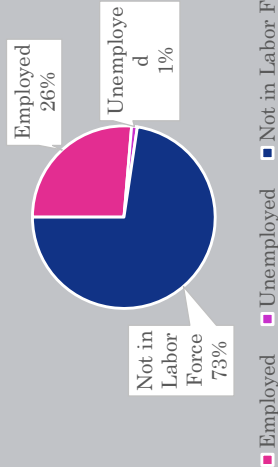
1 | DEMOGRAPHICS

Employment Status by Gender

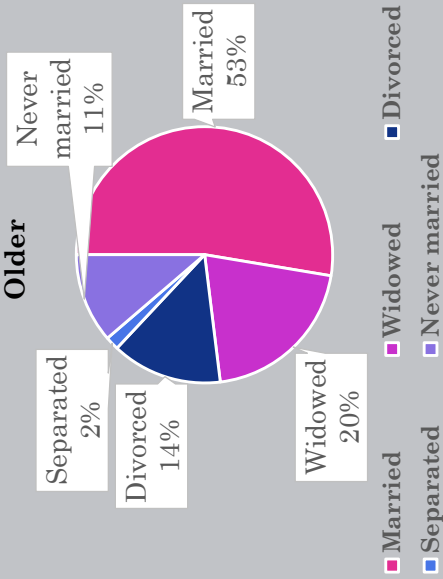


The majority of Albany County residents (78% or 46,111) are not in the labor force. One percent (659) is unemployed and 20% (16,741) are employed. Of the total residents who are not in the labor force, sixty percent are women, while 40% are men. Of the unemployed, 58% are men and 42% are women, while the unemployed are comprised of 58% men and 42% women.

Employment Status: Albany County Residents 60 and Older

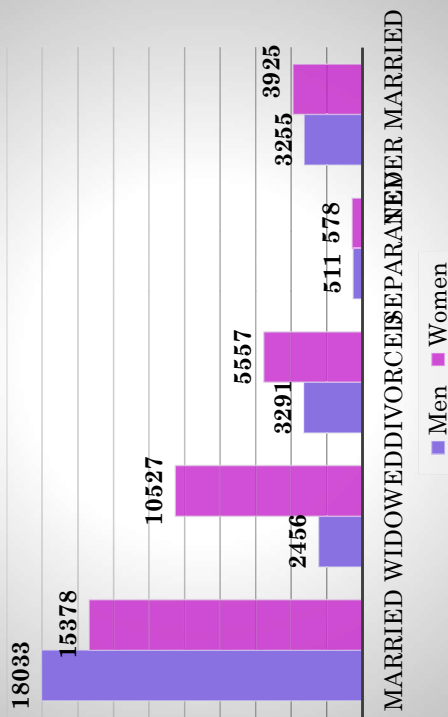


Marital Status: Elderly Residents 60 and Older



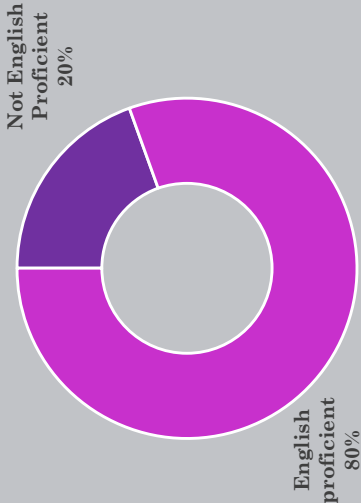
The majority of Albany county residents 60 years of age and older are married. Twenty percent are widowed, while 14% are divorced, 2% are separated and 11% are unmarried. Among men, 65% are married, 9% are widowed, 12% divorced, 2% separated, and 12% never married. Among the women, 43% are married, 29% widowed, 15% divorced, 2% separated and 11% never married.

Marital Status by Gender



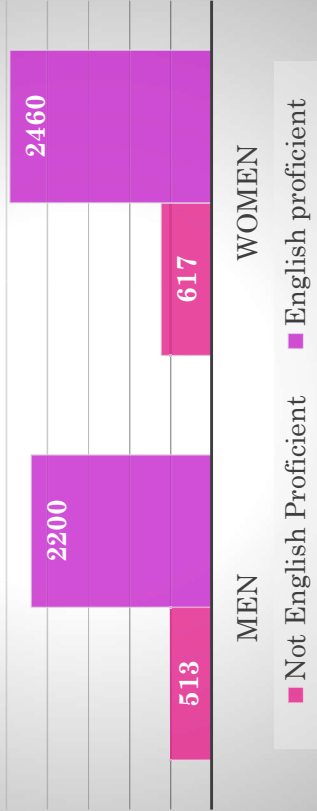
1 | DEMOGRAPHICS

English Proficiency



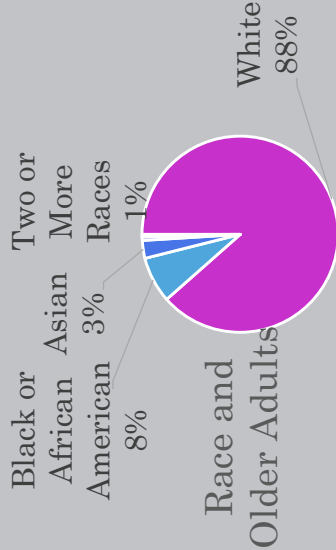
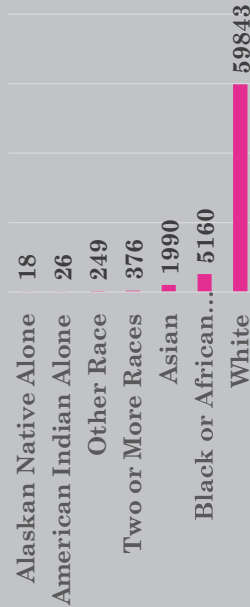
English proficiency is critical when accessing healthcare in particular. Studies have shown that people who have limited English proficiency are unable to communicate effectively with their healthcare providers without a trained interpreters. The implications are grave and can lead to misdiagnosis, lack of adherence to treatment and unnecessary medical tests. Twenty percent of older adults who are foreign-born are non-English proficient. Fifty five percent of the non-English proficient residents are women and forty-five percent are men.

ENGLISH PROFICIENCY BY GENDER



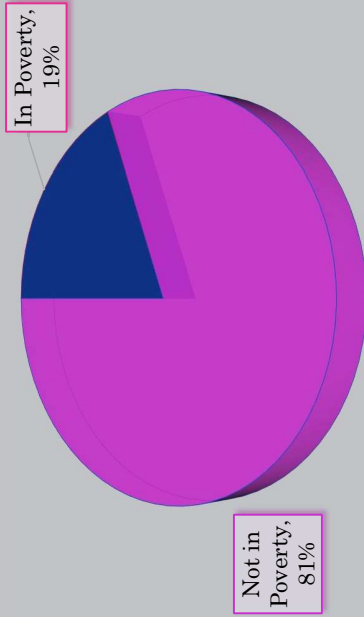
A SPOTLIGHT ON THE INTERSECTION OF RACE AND ETHNICITY WITH AGE

Race of Older Adults in Albany County



2 ECONOMIC SECURITY

RESIDENTS 60 AND OLDER AND POVERTY

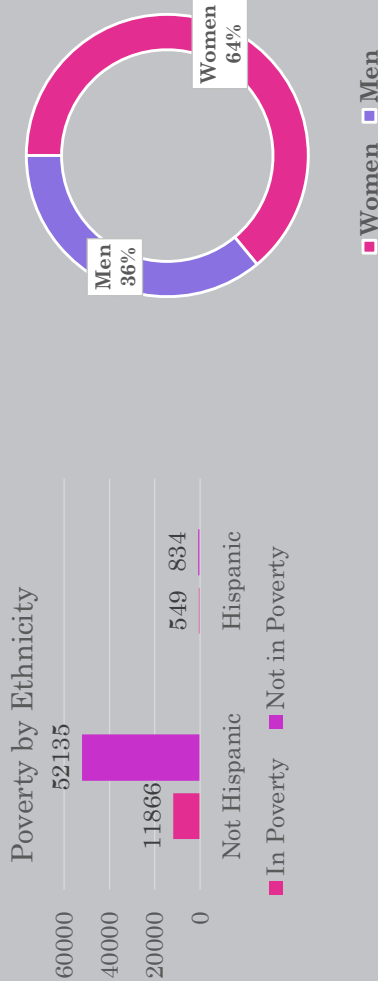


Economic security for older adults is critical to wellbeing. Poverty is a social determinant of health and can hinder access to goods and services. Older adults in poverty are most vulnerable to reduced access as poverty can intersect powerfully with disability or reduced mobility to shape their physical and mental health.

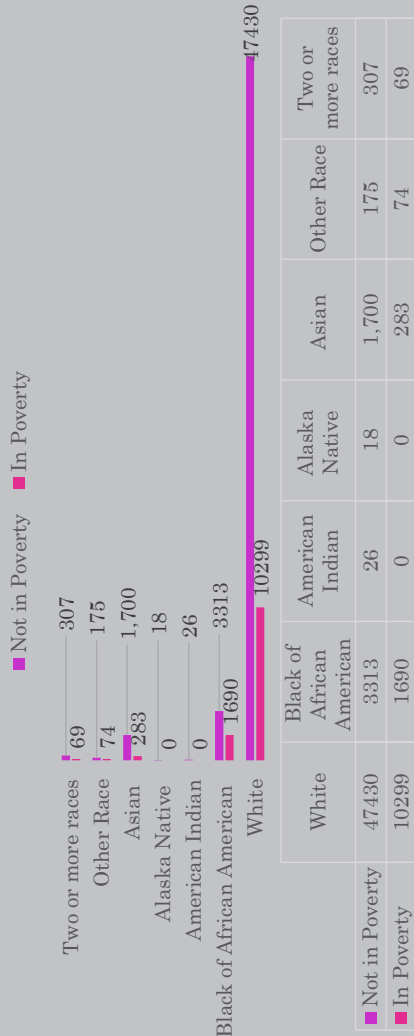
According to the American Community Survey, 19% (11,703) of the residents of Albany (60 years and older) are in poverty. Poverty is calculated according to the Department of Health guidelines as anyone whose earnings are below 185% of the federal poverty line. The poverty phenomena is gendered. An overwhelming majority of residents in poverty (64% or 7,458) are women, while 36% (or 4,245) are men.

Income is a primary variable predicting poverty. There is a gender income disparity. In Albany County, men's average income ranges from \$46,458.70 to \$66,84.90, while women's average income ranges from \$31,976.10 to \$33,205.00. Studies show that the gender wage gap widens with age and the data provide ample proof for this phenomenon.

Poverty By Gender (60 and Older Residents)



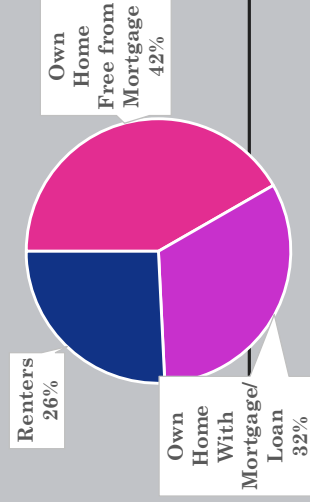
Poverty By Race



2 ECONOMIC SECURITY

Housing is a basic human need. The American Community Survey estimates that 26% of Albany county residents (15,565) are renters. Of the overall renters, women comprise 61% or 9,431 while men make 39% of renters or 6,134.

Housing and Residents (60 and Over)
Albany County

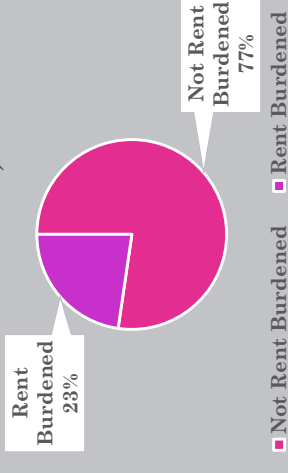


Most older adults in Albany County (60 years of age and older) own their own homes. Forty-two percent own their homes free of mortgage or loan, while 32% have mortgages or loans on their homes. Because of their higher numbers, there are more homeowners and renters who are women.

Housing by Gender (Residents 60 and Over)



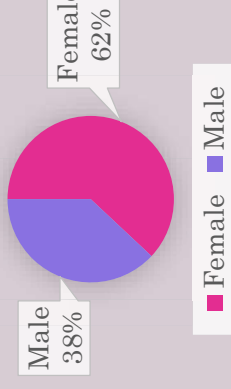
Rent Burden and Residents (60 and Over)



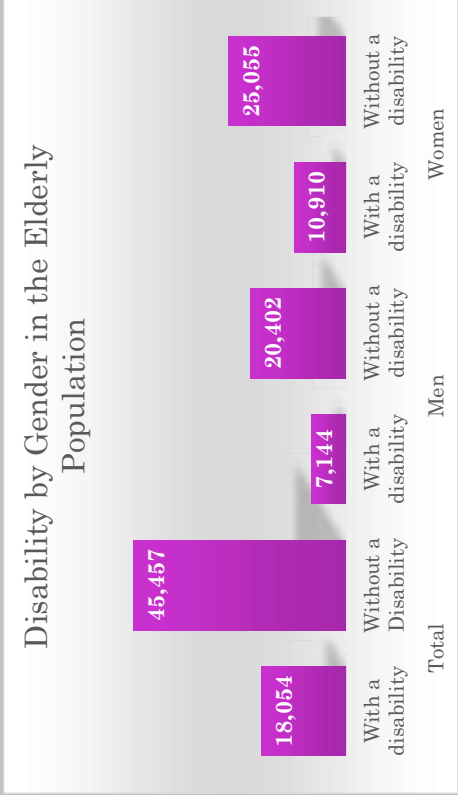
Rent burden is another indicator of economic insufficiency that need to be addressed. When rent fees consume a disproportionate amount of available earnings, a person is said to have rent burden. According to the American Community survey, 23% or 3,378 residents are rent burdened in Albany County.

Women are disproportionately affected by rent burden. Sixty two percent of women or 2,096 are rent burdened, while 38% of men or 1,282 are rent burdened.

Rent Burdened Residents (60 and Over) By Gender



3 DISABILITIES

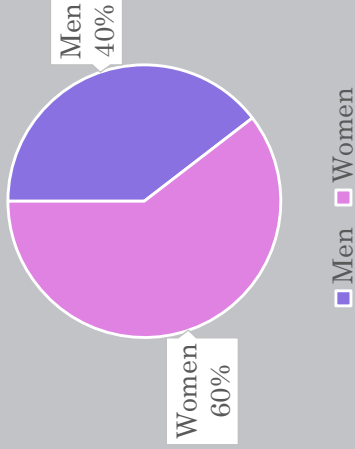


Disabilities exacerbate the impact of poverty and hinder the ability of older adults to have affordable, available and quality services. It may also impact older adults' mental and physical health. The American Community Survey estimates that there are a total of 18,054 older adults in Albany County who have a disability. That comprises 28% of the

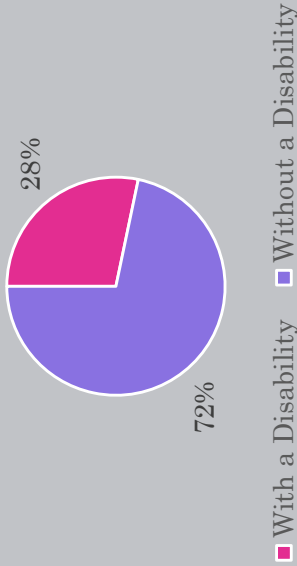
total older adults' populations.

The majority of residents 60 years of age and older who have a disability are women (60% or 10,910) versus men with disabilities who comprise 40% (7,144) of the populations with disabilities

Gender and Disabilities
(Residents over 60)

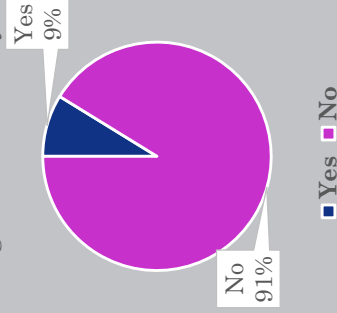


Residents (60 and Over) and Disabilities



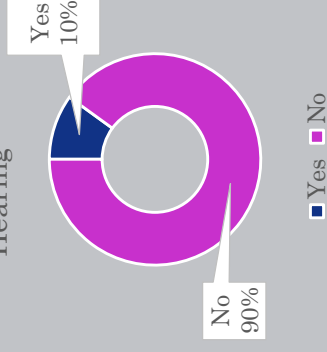
4 COGNITIVE DIFFICULTY 5 | DIFFICULTY HEARING

Residents 60 and Older and Cognitive Difficulty



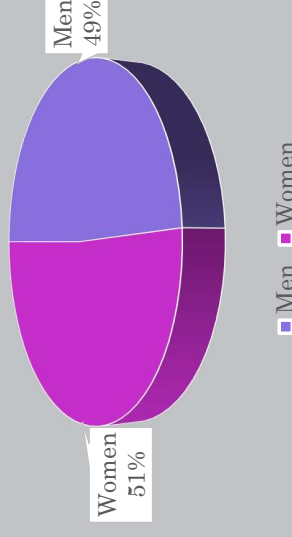
The American Community Survey estimates that there are a total of 5,583 or 9% older adults who experience cognitive difficulty. Of those 59% are women (3,282) and 41% are men (2,301).

Residents 60 and Older and Difficulty Hearing

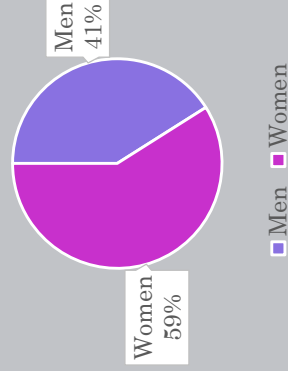


Difficulty Hearing by Gender in Residents 60 and Older

An aging-related condition, difficulty hearing is experienced by 6,109 or 10% of Albany County older adults (60 years of age and older). Of those who experience difficulty hearing, 51% (3,142) are women, while 49% (2,967) are men



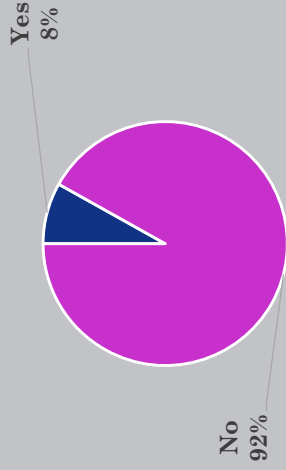
Percentage of Men and Women 60 and Older with Cognitive Difficulty - Albany County



6 DIFFICULTY IN SELF-CARE

A sizable number of older adults in Albany County (5,152) or 8% experience difficulty in self-care. Of those who experience difficulty in self care, 64% are women and 36% are men

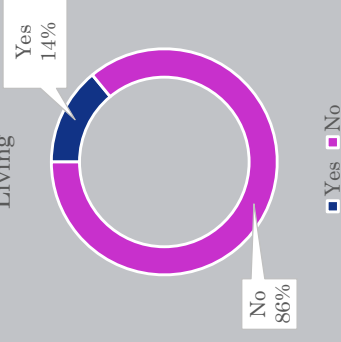
DIFFICULTY IN SELF-CARE



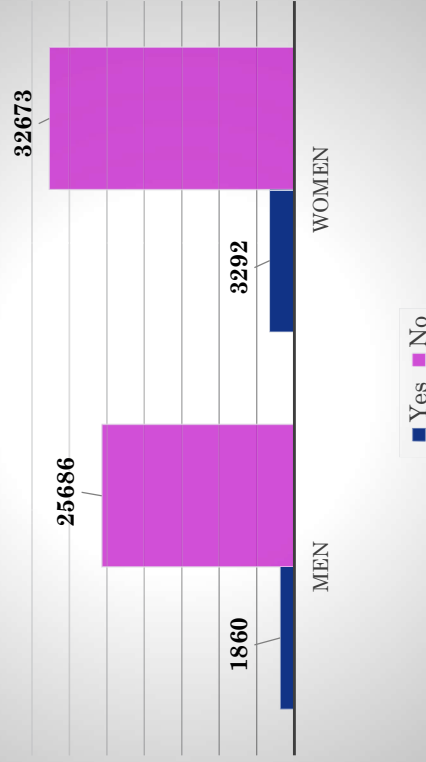
7 DIFFICULTY IN INDEPENDENT LIVING

Older adults residing in Albany County who report difficulty in living independently are estimated at 8,832 or 14% of all older adults.

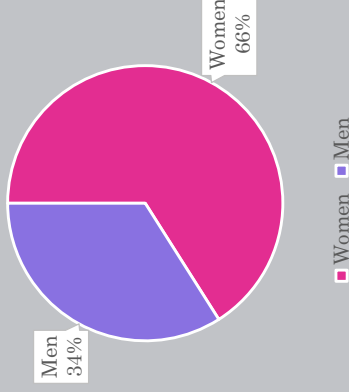
Residents 60 and Older and Difficulty in Independent Living



Difficulty in Self-Care



Difficulty in Independent Living By Gender



Of the 8,832 older adults who experience difficulty in independent living, 2,960 or 34% are men, and 5,872 or 66% are women

Summary of Census Data

- Overall population (60 and over) – 63,511
- Women outnumber men by 14% points
- Most older adults are White (88%)
- Majority are married (53%)
- Most are not in the labor force (78%). 60% of those are women
- 20% of older adults who are foreign born are Limited English Proficient
- 23% are rent burdened, Of those 62% are women
- 28% have a disability, 60% are women
- 9% have cognitive difficulties, 59% are women
- 10% have difficulty hearing, 51% are women
- 8% have difficulty in self-care, 64% are women
- 14% have difficulty in independent living, 66% of those are women

Limitations of the Study

This study seeks to identify needs of older adults in Albany County in order to develop a viable plan that advances meeting those needs. Any study of this goal will inevitably have limitations. One limitation is the desire for expedient outcome that would inform the development of a legislatively-mandated plan for Albany County. Time allocated for the conduct of the study did not lend itself to a more thorough assessment of needs that would have targeted each of Albany County municipalities and conducted a series of focus groups, telephone interviews and surveys to ensure all voices are heard. Another related limitation of the study is that surveys and focus group were conducted in English. Given the large number of Limited English Proficient residents of Albany County, there was a need to conduct data collection in the top five languages to capture the needs of these vulnerable and underrepresented residents. The needs of undocumented residents were most likely not captured in this study since these are residents who are facing significant threats that make them choose invisibility and refrain from any actions that would endanger their residency in the country such as completing a survey.

PART 2:

SURVEY OF NEEDS AND FOCUS GROUP

1. SURVEY OF NEEDS

In August and September 2019, 10,000 hard copy surveys were sent to a random sample of Albany county residents who are identified as 60 years of age and older. Over 1,600 completed surveys were returned. They survey asked respondents to identify needs that are of highest priorities in the areas of economic security. Independent living, self care, access to services and resources, cognitive abilities, safety and caregiving.

Respondents were asked to rank items under each of these dimensions on a scale of priority. An item ranked of concern and of importance were identified as of highest priority, while those ranked of importance but not of concern were ranked of moderate priority and finally items ranked not of concern and not of importance were ranked as of least priority. A copy of the questionnaire is included in the appendix section of this report.

we stratified the available population of seniors by municipality and made weighted sample selections to ensure that all municipalities and demographics are properly represented. This was accomplished by using the most recent available census data, 2013-2017 U.S. Census for Albany County, which contained the percentage of senior distribution.

Findings show that gender, race and sexual orientation interact with age to shape vulnerability of older adults in Albany County. Higher percentage of women, people of color and residents who self-identify as non-heterosexual identify the majority of items under each of the domains as of importance and of concern, thus a major need than those who identify as men, White, living and heterosexual.

A higher percentage of older adults who identify as living alone indicate higher need in almost all items under each of the domains than those who are not living alone. Also, as expected having lower income increases vulnerability and need along all domains.

The demographics of survey respondents are representative of the demographics of Albany County. Survey responses included every municipality in Albany County. The following sections take a closer look into priorities identified as high and moderate need by Albany county residents (60 and older). The analysis examines the percentage of respondents who identified item as of highest priority, of concern and of importance to them. The analyses shows the data by gender, by living arrangements (living alone or not living alone, by race and by sexual orientation. Additionally, we also present findings by municipality and spotlight geographic areas where there are major needs expressed. Finally, we show major needs by age group and take a closer look at African American older adults' needs. At 8% of the population of older adults in Albany County and 6% of respondents, they are the second largest segment of this population and suffer a disproportionate burden of needs based on their responses to the survey.

The top eight priorities are identified. These are items where one third or more of respondents indicated that they are of priority to them (of concern and of importance). Those needs are in the domains of economic security, independent living, safety, cognitive abilities and self-care. Implications of the findings are discussed.

Demographic Information of Survey Respondents

Respondents were representative of Albany county residents. Most survey respondents (64%) were in the younger age bracket (60 years -74 years); White (88%), not living alone (56%), non-Hispanic (97%), and were tow income households earning more \$31,284. All municipalities in Albany County were represented in survey responses.

- Gender- 68% women; 32% men

• Age Groups-

- 64% were 60years – 74years;
- 24% were 75 years -84 years;
- 8% were 85 years – 90 years
- 4% were over 90 years

• Race

- White 88%
- African American 6%
- Asian 2%
- American Indian 1%
- Other 2%
- Multi racial 1%

• Living Arrangement

- Living alone – 44%
- Not living alone _ 56%

• Ethnicity

- Non-Hispanic – 97%
- Hispanic - 3%

• Sexual Orientation

- Heterosexual – 93%
- Non-Heterosexual – 7%

• Income

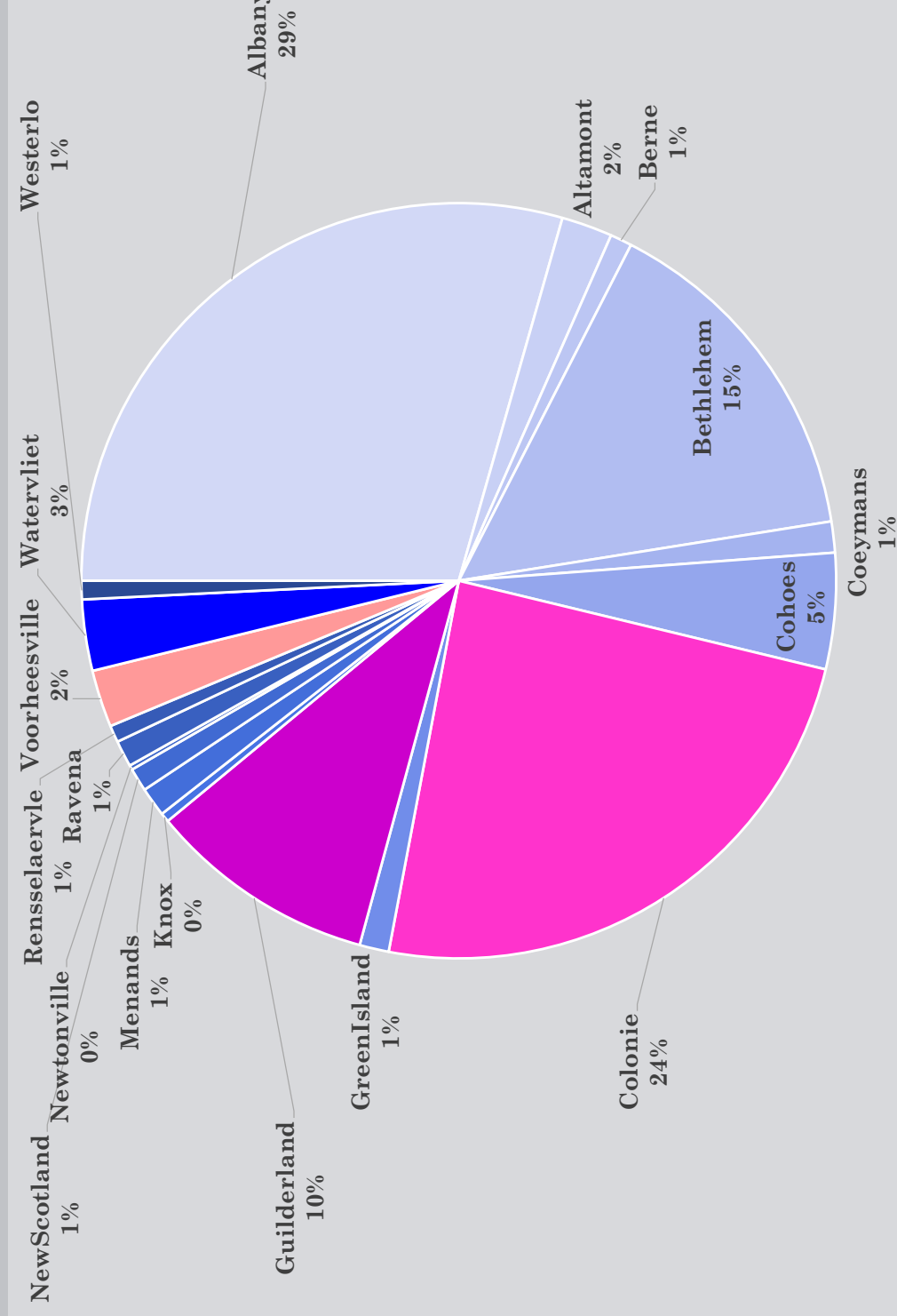
• One income Household

- 61% earned over \$23,494
- 27% earned between \$12,494-23,107
- 12% earned less than \$12,494

• Two Income Households

- 85% earned more than \$31,284
- 12% earned between \$16,910 - \$31,284
- 3% earned less than \$16,910

Percentage of Respondents from Albany County Municipalities



Need Categories by Domain

DOMAIN	NEED CATEGOR IES
Economic Security	Obtaining affordable housing Ability to pay the rent/mortgage and property taxes Being able to pay for heat and other utilities Having enough money for nutritious food
Independent Living	Ability to perform household chores (cleaning, etc.) Maintaining the outside of your home (lawn care, snow removal) Finding reliable help to perform home maintenance/repairs Having a way to get to medical appointments Having a way to get to the grocery store and other errands Having a way to get to social and recreational activities Driving my own car
Self-care	Being able to shop and cook for myself Maintaining a healthy weight Being able to follow a special diet recommended by my doctor Managing a chronic health condition
Access	Respite services for caregivers, such as adult day programs for people with dementia or other functional impairments Access to senior centers Transportation options for those unable to drive In-home personal care services Ability to participate in Congregate Meal sites or receive home delivered meals Ability to obtain help in applying for government programs
Safety	Feeling safe in your community Recurring falls, in and out of the home
Cognitive Ability	Understanding Medicare and various options Understanding low-income health insurance subsidies Understanding low-term care services and support options Understanding long-term care insurance options
Caregiving	Getting services for the person you care for Getting information about where to go for assistance Finding someone to talk to about the challenges of caregiving. Taking time for yourself Ensuring the person you care for is as safe as possible Handling money matters for the person you care for Feeling overwhelmed by taking care of a loved one or a friend Meeting the needs of someone with Alzheimer's or dementia

The questionnaire listed a wide range of items under seven domains: economic security, independent living, self-care, access to services and resources, safety, cognitive abilities and caregiving. We asked respondents to reflect on each of those items and rank each item according to its importance to them. A three -point scale was provided; (1) of importance and of concern; (2) of importance but not of concern; and (3) not of importance and not of concern. The ranking of an item as a (1) represented a major need, (2) moderate need and (3) no need.

In addition to the ranking of priority needs, the questionnaire asked respondents to identify their demographic information. The information included, gender, age, income, municipality, sexual orientation and living arrangement.

Economic Security

Major Need – Of Concern and Importance

1. Ability to obtain affordable housing	27%
2. Ability to pay for rent, mortgage and taxes	36%
3. Ability to pay for heat and utilities	32%
4. Ability to pay for nutritious food	22%

ECONOMIC SECURITY

Respondents were asked to rank economic security items according to their priority to them. The ability to pay rent, mortgage or taxes rose to first place. Thirty six percent of respondents rated this item as of major need to them. This item was followed by ability to pay heat and utilities (32%), ability to obtain affordable housing (27%), and ability to pay for nutritious food (22%).

The table below show responses by gender, living arrangement, race and sexual orientation. Higher percentage of women, residents living alone, African American, American Indian and non-heterosexual residents indicate that economic security items are of major need and concern to them than their counterparts.

Economic Security	Gender		Living Arrangement		Race					Sexual Orientation	
					African American	Asian	White	American Indian	Heterosexual		
	Women	Men	Living Alone	Not Living Alone							
Affordable Housing	28%	26%	35%	22%	54%	4%	26%	44%	27%	35%	
Rent/Mortgage/Taxes	37%	35%	43%	31%	59%	26%	35%	47%	17%	39%	
Heat/Utilities	32%	31%	27%	39%	58%	22%	31%	37%	32%	35%	
Food	22%	21%	27%	18%	48%	21%	21%	27%	21%	29%	

Economic Security Needs By Municipality

More than one third of residents of Cohoes, Watervliet and Ravena identified having affordable housing as a major need. Identifying housing as a major need (46%, 43% and 38% respectively.)

With respect to ability to pay rent, mortgage or taxes more than one third of residents of 10 municipalities in Albany county identified this item as a major need (Ravena, 66%; Cohoes, 52%; Westerlo, 50%, Knox, 50%; Voorheesville, 49%; Watervliet, 47%, Green Island, Berne, 42%, 44%, Albany, 40%, and Colonie, 34%).

In the following nine municipalities, the ability to pay heat and utilities received more than one third of responses identifying it as major need. (Ravena, 56%; Watervliet, 50%; Rensselaerville, 47%; Cohoes, 46%; Voorheesville, 45%;Menands 40%; Albany, 37%; and Green Island, 36%)

With respect to food security, the need was pronounced in Watervliet and Green Island where 43% and 44% of respondents respectively identified food security as a major need.

Municipality	Affordable Housing			Ability to pay rent/mortgage or taxes			Ability to pay heat and utilities			Food Security		
	High Moderate need	No Need	Moderate Need	High need	No Need	Moderate Need	High need	No Need	Moderate Need	High need	No Need	Moderate Need
Albany	32%	57%	12%	40%	51%	9%	37%	54%	9%	28%	61%	11%
Altamont	18%	72%	10%	27%	67%	6%	16%	78%	7%	8%	83%	9%
Berne	10%	90%	0%	42%	49%	9%	31%	61%	8%	25%	66%	9%
Bethlehem	22%	68%	9%	27%	64%	9%	21%	70%	9%	13%	78%	8%
Coeymans	11%	61%	28%	16%	62%	22%	24%	53%	23%	15%	57%	28%
Cohoes	46%	47%	7%	52%	44%	4%	46%	50%	4%	30%	56%	14%
Colonie	26%	61%	14%	34%	55%	11%	30%	59%	11%	21%	68%	11%
GreenIsland	31%	46%	23%	44%	34%	22%	36%	41%	23%	44%	45%	11%
Guilderland	23%	70%	7%	31%	65%	5%	27%	68%	5%	14%	80%	6%
Knox	0%	100%	0%	50%	50%	0%	32%	68%	0%	0%	100%	0%
Menands	26%	74%	0%	33%	67%	0%	40%	60%	0%	12%	88%	0%
NewScotland	16%	59%	25%	32%	60%	8%	18%	73%	9%	25%	50%	25%
Newtonville	0%	67%	33%	0%	67%	33%	0%	67%	33%	0%	67%	33%
Ravena	38%	49%	13%	66%	28%	6%	56%	38%	5%	18%	75%	7%
Rensselaerville	20%	73%	7%	33%	67%	0%	47%	53%	0%	29%	71%	0%
Voorheesville	17%	63%	20%	49%	46%	5%	45%	50%	6%	14%	77%	8%
Watervliet	43%	43%	14%	47%	39%	13%	50%	37%	14%	43%	44%	13%
Westerlo	9%	83%	9%	50%	50%	0%	40%	60%	0%	16%	58%	26%

INDEPENDENT LIVING

Under the domain of Independent Living, two items received more than one third of responses identifying them as top priority; ability to get repairs and maintenance (43%) and ability to maintain outside of the home (38%). These needs while reflecting difficulty in independent living are also a reflection of financial constraints and are a manifestation of the economic limitations that older adults face and that are evident in the economic security domain needs.

Independent Living		Major Need – Of Concern and Importance
1. Ability to perform household chores		33%
2. Ability to maintain outside of your home (lawn and snow removal)		38%
3. Ability to get to medical appointments		21%
4. Ability to get to the grocery store and run errands		19%
5. Ability to get help for repairs and maintenance		43%
6. Ability to drive own car		24%
7. Ability to get to recreational and social activities		15%

Independent Living	Gender		Living Arrangement		Race				Sexual Orientation	
	Women	Men	Living Alone	Not Living Alone	African American	Asian	White	American Indian	Heterosexual	Non-Heterosexual
Perform household chores	35%	28%	39%	29%	58%	38%	32%	25%	33%	29%
Maintain outside home	41%	33%	43%	35%	47%	47%	38%	35%	38%	34%
Get to medical Appointments	20%	22%	16%	29%	42%	42%	20%	27%	21%	30%
Run errands	20%	15%	25%	14%	41%	25%	17%	19%	18%	24%
Get repair help	16%	37%	49%	39%	53%	56%	43%	49%	43%	44%
Drive own car	16%	12%	19%	12%	35%	14%	14%	9%	15%	16%
Get to social and recreational activities	23%	26%	27%	22%	41%	32%	23%	36%	24%	23%

Municipalities that ranked independent living difficulties as major need with more than one third of respondents include the following:

House chores

- Rensselaerville 46%
- Berne 42%
- Albany 41%
- Voorheesville 37%
- Green Island 34%

Maintenance Outside of home

- Rensselaerville 73%
- Voorheesville 48%
- Ravena 48%
- Green Island 46%
- Colonie 44%
- Albany 42%
- Menands 36%
- Altamont 35%
- Westerlo 34%

Help in performing home repairs

- Rensselaerville 80%
- Albany 51%
- Voorheesville 46%
- Colonie 43%
- Guilderland 41%
- Cohoes 36%
- Westerlo 34%
- Bethlehem 39%
- Altamont 37%

Independent Living Needs By Municipality

Municipality	House Chores			Outside of home maintenance			Help to perform repairs in-home			Getting to medical appointments		
	High need	Moderate Need	No Need	High need	Moderate Need	No Need	High need	Moderate Need	No Need	High need	Moderate Need	No Need
Albany	41%	49%	10%	42%	44%	14%	51%	35%	14%	27%	62%	10%
Altamont	21%	73%	6%	35%	62%	3%	37%	56%	6%	12%	75%	13%
Berne	42%	49%	9%	33%	50%	17%	26%	74%	0%	25%	66%	9%
Bethlehem	24%	68%	8%	30%	58%	11%	39%	48%	14%	12%	77%	11%
Coeymans	30%	59%	11%	28%	57%	15%	30%	54%	16%	12%	67%	21%
Cohoes	32%	54%	14%	33%	48%	19%	36%	46%	18%	29%	59%	12%
Colonie	33%	57%	10%	44%	45%	11%	43%	46%	11%	20%	67%	13%
GreenIsland	34%	53%	13%	46%	36%	18%	33%	49%	18%	24%	65%	12%
Guilderland	27%	67%	6%	30%	60%	10%	41%	53%	6%	20%	75%	5%
Knox	18%	64%	18%	14%	68%	18%	14%	86%	0%	0%	100%	0%
Menands	28%	65%	7%	36%	45%	19%	29%	59%	12%	12%	75%	12%
NewScotland	25%	59%	16%	32%	68%	0%	49%	43%	8%	24%	67%	9%
Newtonville	0%	67%	33%	0%	67%	33%	0%	67%	33%	0%	67%	33%
Ravena	31%	57%	13%	48%	46%	6%	45%	49%	6%	12%	81%	7%
Rensselaerville	46%	54%	0%	73%	27%	0%	80%	20%	0%	0%	100%	0%
Voorheesville	37%	57%	6%	48%	46%	6%	46%	47%	6%	32%	60%	8%
Watervliet	32%	48%	19%	22%	46%	32%	31%	36%	32%	28%	56%	16%
Westerlo	26%	66%	9%	34%	57%	9%	34%	49%	16%	16%	58%	26%

Independent Living Needs By Municipality

Under difficulty getting groceries and running errands and difficulty getting to social and recreational activities, respondents identifying these items as major need were under one third. Difficulty in driving one's car, however, was identified as a major need in Voorheesville and Green Island where 41% of respondents ranked the items as of concern and importance to them.

Municipality	Getting Groceries and running errands			Getting to social and recreational activities			Driving Own Car		
	High need	Moderate Need	No Need	High need	Moderate Need	No Need	High need	Moderate Need	No Need
Albany	25%	61%	14%	19%	64%	17%	32%	50%	19%
Altamont	12%	72%	16%	2%	81%	16%	9%	76%	15%
Berne	25%	57%	18%	33%	58%	9%	33%	43%	24%
Bethlehem	9%	78%	13%	9%	77%	14%	16%	70%	14%
Coeymans	7%	62%	31%	6%	53%	41%	12%	59%	30%
Cohoes	22%	63%	15%	13%	65%	22%	23%	65%	12%
Colonie	16%	67%	17%	15%	65%	21%	22%	63%	14%
GreenIsland	32%	55%	12%	17%	71%	11%	41%	43%	16%
Guilderland	19%	72%	9%	15%	72%	13%	17%	72%	11%
Knox	0%	100%	0%	0%	64%	36%	0%	100%	0%
Menands	19%	68%	12%	19%	68%	12%	25%	75%	0%
NewScotland	33%	59%	9%	33%	50%	17%	31%	53%	16%
Newtonville	0%	67%	33%	0%	100%	0%	0%	67%	33%
Ravena	6%	87%	7%	0%	74%	26%	10%	68%	22%
Rensselaerville	10%	90%	0%	0%	73%	27%	33%	42%	24%
Voorheesville	26%	68%	6%	15%	82%	3%	41%	47%	12%
Watervliet	24%	60%	16%	14%	57%	28%	31%	51%	17%
Westerlo	26%	49%	26%	19%	50%	31%	26%	40%	34%

Self-Care

Major Need – Of Concern and Importance

1. Ability to shop and cook for oneself 22%

2. Ability to follow a special diet recommended by doctor 21%

3. Ability to maintain a healthy weight 38%

4. Ability to manage a chronic health condition 32%

SELF-CARE

Maintaining a healthy weight was a top priority and a major need for 38% of survey respondents. This item was followed by concerns over managing a chronic condition, ability to shop and cook for oneself and finally ability to follow a special diet recommended by a doctor.

Once again, higher percentage of women, people living alone, African American, American Indian and non heterosexual identified self-care items as a major need than their counterparts.

Self-Care	Gender	Living Arrangement		Race					Heterosexual/ Non-Heterosexual	
	Women	Men	Living Alone	Not Living Alone	African American	Asian	White	American Indian	Heterosexual	Non-Heterosexual
1. Shop and care for oneself	22%	22%	26%	19%	41%	44%	21%	14%	21%	27%
2. Follow a special diet recommended by doctor	22%	20%	26%	19%	44%	14%	21%	17%	21%	28%
3. Maintain a healthy weight	40%	33%	43%	35%	59%	30%	37%	50%	38%	44%
4. Manage a chronic health condition	31%	33%	34%	30%	43%	18%	32%	34%	31%	44%

Municipalities where more than one third of respondents ranked items related to self care difficulty as a major need included:

- Ability to shop and cook for oneself
- Green Island 45%
 - Watervliet 34%

Ability to maintain a healthy weight

- Green Island 56%
- Menands 49%
- Cohoes 46%
- Watervliet 46%
- Voorheesville 45%
- Ravena 43%
- Albany 42%
- Berne 42%
- Cohoes 36%
- Colonie 36%
- Bethlehem 35%
- Guilderland 34%

Ability to follow a special diet

- Watervliet 42%

Ability to manage a chronic health condition

- Voorheesville 48%
- New Scotland 45%
- Albany 37%
- Cohoes 37%
- Green Island 37%
- Rensselaerville 37%
- Watervliet 34%

Self Care Needs By Municipality

Municipality	Ability to shop and cook		Ability to maintain healthy weight		Ability to follow special diet		Ability to manage chronic health conditions					
	High need	Moderate Need	No Need	Moderate need	High need	Moderate Need	No Need	High need				
Albany	25%	67%	8%	42%	50%	8%	27%	54%	19%	37%	49%	14%
Altamont	9%	82%	9%	33%	64%	3%	21%	76%	3%	25%	65%	9%
Berne	25%	66%	9%	42%	49%	9%	17%	74%	9%	33%	67%	0%
Bethlehem	16%	74%	10%	35%	58%	7%	14%	72%	14%	25%	62%	14%
Coeymans	23%	48%	28%	32%	57%	11%	5%	73%	22%	21%	49%	30%
Cohoes	32%	57%	11%	46%	43%	12%	21%	64%	15%	37%	47%	16%
Colonie	20%	70%	10%	36%	53%	12%	21%	58%	21%	31%	53%	16%
GreenIsland	45%	42%	13%	56%	38%	6%	25%	69%	7%	37%	52%	11%
Guilderland	18%	72%	10%	34%	60%	7%	15%	66%	18%	26%	62%	11%
Knox	0%	100%	0%	18%	82%	0%	0%	100%	0%	0%	100%	0%
Menands	19%	81%	0%	49%	44%	7%	24%	50%	26%	35%	58%	7%
NewScotland	33%	59%	8%	26%	66%	8%	16%	68%	16%	45%	55%	0%
Newtonville	0%	67%	33%	0%	67%	33%	0%	67%	33%	0%	67%	33%
Ravena	18%	68%	14%	43%	57%	0%	16%	71%	13%	29%	45%	26%
Rensselaerville	30%	70%	0%	17%	76%	7%	26%	67%	7%	37%	63%	0%
Voorheesville	20%	80%	0%	45%	49%	6%	23%	65%	11%	48%	44%	8%
Watervliet	34%	52%	14%	46%	45%	10%	42%	47%	12%	34%	49%	18%
Westerlo	9%	65%	26%	9%	73%	18%	16%	51%	33%	7%	75%	18%

Access to services/ resources	Major need- Of concern and Importance
1. Access to respite service	16%
2. Access to senior centers	13%
3. Access to transportation options	21%
4. Access to in-home personal care services	19%
5. Access to congregate means and home-delivered meals	12%
6. Access to help in applying for government services	23%

ACCESS TO SERVICES/ RESOURCES

Generally, this category was identified as a major need by less than one third of all responses. However, when examining the disaggregated data, we find that African Americans are disproportionately burdened by difficulty of access. Forty-three percent of African American respondents identified difficulty in accessing help in applying to government services as a major need. Similarly 35% of Asians and 34% of non-heterosexual residents identified the same item as a major need. Access to transportation options was also identified as a major need for 38% of African American respondents, while 36% of Asian respondents identified access to in-home personal care services as a major need.

Access to Services/Resources	Gender		Living Arrangement		Race				Heterosexual/ Non-Heterosexual	
	Women	Men	Living Alone	Not Living Alone	African American	Asian	White	American Indian	Heterosexual	Non-Heterosexual
1. Access to respite service	15%	17%	13%	17%	31%	14%	15%	18%	15%	27%
2. Access to senior centers	13%	14%	13%	14%	27%	19%	13%	19%	13%	17%
3. Access to transportation options	22%	20%	24%	20%	38%	30%	21%	19%	21%	33%
4. Access to in-home personal care services	20%	17%	20%	17%	26%	36%	18%	19%	18%	33%
5. Access to congregate means and home-delivered meals	12%	11%	15%	9%	23%	18%	11%	20%	11%	18%
6. Access to help in applying for government services	24%	22%	26%	21%	43%	35%	22%	18%	22%	34%

Access to Services/Resources Needs By Municipality

In general the domain access to services and resources did not rise to the top of priorities for the majority of respondents.

However, some municipalities recorded higher need than others. Thirty-four percent of respondents in Berne, for example identified access to respite services as a major need, while 35% of respondents from Voorheesville indicated that access to personal care services was a major need.

Municipality	Access to respite services		Access to Senior Centers		Access to transportation options		Access to in-home personal care services					
	High need	Moderate need	No Need	High need	Moderate Need	No Need	High need	Moderate need	No Need			
Albany	18%	61%	20%	16%	62%	22%	25%	60%	15%	24%	60%	16%
Altamont	14%	73%	12%	9%	69%	22%	15%	76%	9%	21%	72%	6%
Berne	34%	58%	8%	25%	58%	18%	25%	67%	8%	27%	64%	9%
Bethlehem	9%	77%	15%	10%	74%	16%	11%	76%	13%	9%	77%	14%
Coeymans	16%	53%	32%	5%	49%	45%	22%	51%	27%	11%	45%	44%
Cohoes	15%	62%	23%	12%	64%	24%	23%	58%	18%	20%	62%	18%
Colonie	16%	66%	19%	12%	67%	21%	22%	62%	16%	19%	62%	19%
GreenIsland	30%	59%	11%	25%	75%	0%	33%	62%	5%	26%	55%	19%
Guilderland	14%	77%	9%	11%	75%	14%	19%	73%	9%	14%	76%	10%
Knox	0%	100%	0%	0%	58%	42%	18%	82%	0%	18%	82%	0%
Menands	18%	69%	13%	18%	75%	7%	27%	61%	12%	19%	62%	18%
NewScotland	17%	58%	25%	18%	64%	18%	33%	59%	9%	25%	59%	17%
Newtonville	0%	67%	33%	0%	67%	33%	0%	67%	33%	0%	67%	33%
Ravena	18%	63%	19%	6%	68%	26%	31%	49%	20%	12%	68%	20%
Rensselaerville	20%	73%	7%	10%	73%	16%	27%	64%	9%	30%	63%	7%
Voorheesville	27%	62%	11%	25%	58%	17%	32%	65%	3%	35%	59%	6%
Watervliet	19%	55%	25%	21%	55%	24%	27%	51%	22%	20%	56%	24%
Westerlo	21%	64%	15%	10%	74%	15%	10%	80%	9%	10%	80%	9%

Access to Services/Resources Needs By Municipality

A major need was identified in the area of difficulty accessing help in applying to government services in Watervliet and Knox where 39% and 36% of respondents respectively in Watervliet and Knox respectively indicated they have concerns about this item under the domain of access to services and resources.

Under access to home-delivered meals and congregate meals, although major need was limited to 25% and less, food insecurity is a major concern even if it affects one person. During focus group discussions, participants who are intimately attuned to the needs of older populations indicated that while ready meals programs have expanded exponentially, there is still a need for more programs that reach this population. In Watervliet, for example, focus groups participants indicated that participants in congregate meals have grown significantly from previous years.

Municipality	Access to meals (congregate and in-home delivery)			Access to help in applying to government services		
	High need	Moderate Need	No Need	High need	Moderate Need	No Need
Albany	14%	61%	25%	29%	56%	15%
Altamont	11%	73%	16%	18%	73%	9%
Berne	25%	58%	18%	33%	59%	8%
Bethlehem	8%	73%	20%	17%	64%	18%
Coeymans	5%	46%	49%	25%	41%	34%
Cohoes	20%	57%	23%	30%	48%	22%
Colonie	9%	67%	24%	22%	58%	20%
GreenIsland	21%	62%	18%	34%	61%	5%
Guilderland	8%	72%	21%	12%	74%	14%
Knox	0%	100%	0%	36%	46%	18%
Menands	18%	57%	24%	23%	58%	19%
NewScotland	16%	52%	32%	31%	55%	15%
Newtonville	0%	67%	33%	0%	67%	33%
Ravena	12%	62%	26%	18%	61%	20%
Rensselaerville	20%	63%	16%	7%	84%	9%
Voorheesville	15%	65%	20%	22%	64%	15%
Watervliet	20%	56%	24%	39%	43%	18%
Westerlo	0%	75%	25%	21%	64%	15%

COGNITIVE ABILITIES

Cognitive Abilities	Major Need – Of Concern and Importance	
1. Ability to understand Medicare options	45%	
2. Ability to understand low-income health insurance	26%	
3. Ability to understand long-term care services and support options	39%	
4. Ability to understand long-term care insurance options	32%	

In the cognitive abilities' domain, major need was recorded in the areas of ability to understand Medicare Options, ability to understand long-term care services and support options where 45% and 39% of respondents respectively indicated those two items were a major need. The trend remains true for this domain as in other domains. Living alone increases vulnerability to cognitive difficulties. Being a person of color or non heterosexual increases likelihood of concerned about cognitive difficulties.

Cognitive Abilities	Gender		Living Arrangement		Race				Heterosexual/ Non-Heterosexual	
	Women	Men	Living Alone	Not Living Alone	African American	Asian	White	American Indian	Heterosexual	Non-Heterosexual
1. Ability to understand Medicare options	44%	46%	46%	44%	64%	48%	44%	34%	45%	47%
2. Ability to understand low-income health insurance	25%	26%	32%	21%	53%	32%	24%	43%	25%	36%
3. Ability to understand long-term care services and support options	40%	37%	42%	36%	63%	43%	38%	56%	38%	46%
4. Ability to understand long-term care insurance options	32%	32%	35%	30%	57%	43%	31%	34%	32%	40%

Cognitive Abilities Needs By Municipality

Respondents rated Understanding Medicare Options as a very high priority area. With the exception of two municipalities Newtonville and Rensselaerville, more than one third of respondents in every municipality in Albany county identified this item as a major need

Municipalities where over one third of respondents indicated understanding low-income health insurance as a major concern/need included Green island (42%) and Cohoes (36%)

Understanding long-term care services/support was also an area of high priority for one third and more of respondents in every municipality in Albany county with the exception of Newtonville and Westerlo.

Understanding long-term care insurance options was rated as a major need by one third and more of respondents in eight of the 18 municipalities in Albany County.

Municipality	Understanding Medicare options		Understanding low-income health insurance		Understanding long-term care services/support		Understanding long-term care insurance options					
	High need	Moderate Need	High need	Moderate need	High need	Moderate Need	High need	Moderate Need				
Albany	47%	45%	9%	32%	51%	17%	43%	45%	12%	36%	52%	13%
Altamont	37%	54%	9%	27%	58%	15%	41%	49%	10%	30%	64%	6%
Berne	44%	56%	0%	26%	74%	0%	42%	40%	18%	33%	59%	8%
Bethlehem	42%	54%	4%	17%	63%	19%	33%	54%	13%	29%	56%	15%
Coeymans	40%	39%	21%	28%	34%	38%	34%	35%	31%	24%	32%	44%
Cohoes	53%	42%	6%	36%	44%	20%	44%	43%	12%	31%	58%	12%
Colonie	44%	48%	8%	24%	55%	22%	37%	49%	14%	33%	53%	14%
GreenIsland	51%	49%	0%	42%	58%	0%	43%	51%	6%	38%	56%	6%
Guilderland	41%	53%	6%	23%	60%	17%	33%	58%	9%	27%	67%	7%
Knox	37%	63%	0%	17%	83%	0%	58%	42%	0%	37%	42%	21%
Menands	49%	45%	6%	18%	62%	20%	35%	52%	13%	23%	63%	14%
NewScotland	40%	45%	15%	24%	51%	25%	34%	49%	17%	26%	66%	8%
Newtonville	0%	100%	0%	0%	67%	33%	0%	67%	33%	0%	67%	33%
Ravena	58%	42%	0%	23%	56%	21%	55%	25%	20%	35%	51%	14%
Rensselaerville	29%	71%	0%	31%	69%	0%	48%	44%	7%	34%	66%	0%
Voorheesville	48%	52%	0%	18%	59%	23%	44%	40%	16%	42%	43%	15%
Watervliet	52%	39%	9%	35%	47%	18%	40%	46%	14%	31%	50%	18%
Westerlo	45%	46%	9%	9%	73%	18%	17%	56%	27%	17%	65%	18%

A large segment of older adults (38%) identified being concern over having a sense of safety in their community as a major need. Sixty two percent of African American and 51% of non-heterosexual respondents indicated that this is an area of high need.

This is an issue that warrants further investigation since having a sense of safety in the community is a prerequisite to older adults’ ability to access services, engage with their community in a productive manner and retain a healthy state of wellbeing. Living in a state of fear and being concerned about safety are conditions that will inevitably contribute to isolation, anxiety and depression.

While only 19% of respondents identified recurring falls at home as a major need, examining the disaggregated data points to a disproportionate burden on African American and non-heterosexual residents.

SENSE OF SAFETY

Safety	Major Need – Of Concern and Importance
1. Recurring Falls at home	19%
2. Sense of safety in the community	38%

Safety	Gender		Living Arrangement		Race					Heterosexual/ Non-Heterosexual
	Women	Men	Living Alone	Not Living Alone	African American	Asian	White	American Indian	Heterosexual	
1. Recurring Falls at home	20%	15%	23%	15%	30%	27%	18%	17%	18%	29%
2. Sense of safety in the community	38%	37%	29%	23%	62%	25%	37%	37%	37%	51%

Safety Needs By Municipality

Municipalities where more than one third of municipalities indicated being concerned about their sense of safety in the community included the following:

- Berne 57%
- Cohoes 52%
- Albany 46%
- Green Island 41%
- Watervliet 41%
- Colonie 40%
- Voorheesville 38%

Concerns over recurring falls did not reach the one third threshold in any of the municipalities.

Municipality	Recurring falls at home		Sense of safety in the community			
	High need	Moderate Need	No Need	High need	Moderate Need	No Need
Albany	23%	60%	17%	46%	46%	8%
Altamont	25%	69%	6%	25%	69%	6%
Berne	18%	82%	0%	57%	34%	9%
Bethlehem	15%	69%	16%	27%	64%	8%
Coeymans	30%	27%	43%	31%	52%	17%
Cohoes	21%	59%	21%	52%	46%	2%
Colonie	17%	64%	20%	40%	50%	10%
GreenIsland	22%	73%	5%	41%	42%	17%
Guilderland	12%	75%	12%	29%	67%	4%
Knox	21%	79%	0%	18%	82%	0%
Menands	23%	56%	20%	22%	78%	0%
NewScotland	26%	56%	18%	10%	90%	0%
Newtonville	0%	67%	33%	0%	51%	49%
Ravena	10%	71%	20%	32%	49%	19%
Rensselaerville	9%	83%	7%	11%	68%	20%
Voorheesville	23%	62%	14%	38%	54%	8%
Watervliet	22%	52%	26%	41%	43%	16%
Westerlo	0%	77%	23%	19%	65%	16%

CAREGIVING

Caregiving

Major Need – Of Concern and Importance

Caregiving	Gender		Living Arrangement		Race				Heterosexual/ Non-Heterosexual	
	Women	Men	Living Alone	Not Living Alone	African American	Asian	White	American Indian	Heterosexual	Non-Heterosexual
1. Getting services for person cared for	20%	21%	15%	24%	31%	19%	20%	28%	20%	29%
2. Talking to someone to receive support with challenges of caregiving	17%	15%	14%	18%	27%	14%	16%	19%	16%	24%
3. Taking time for self	23%	23%	20%	24%	45%	14%	22%	36%	22%	32%
4. Ensuring safety of person cared for	20%	22%	16%	24%	29%	18%	21%	19%	20%	32%
5. Handling financial matters of person cared for	15%	19%	14%	18%	25%	12%	16%	11%	16%	27%
6. Feeling overwhelmed by caregiving responsibilities	17%	16%	13%	19%	24%	12%	16%	11%	16%	31%
7. Meeting the needs of a person with Alzheimer or dementia	12%	18%	11%	17%	22%	9%	14%	20%	14%	22%

Although none of the collective responses to caregiving domain items reached the one third threshold for major need, the disaggregated data shows mixed results. African American residents are still disproportionately affected by care giving challenges and tend to identify items as major need more than their White, Asian or even their American Indian counterparts. The same is true for non-heterosexual residents of Albany county.

Caregiving Needs By Municipality

Voorheersville, Berne and Menands are municipalities where more than one third of respondents indicated that getting services for people in their care was a major need (Voorheersville 43%, Berne 42%, and Menands, 34%).

In Green Island, Knox, Berne and Rensselaerville, more than one third of respondents indicated that getting time for self was a major need (Green Island, 47%; Knox; 44%; Berne, 36% and Rensselaerville 36%).

Finally, Voorheersville, Berne and Rensselaerville are municipalities that showed a great need for ensuring a sense of safety for those whom they care for (Voorheersville, 49%; Berne, 45%; and Rensselaerville, 39%). Caregiving needs are more pronounced in these municipalities than in others.

Municipality	Getting services for care recipients			Getting someone to talk to			Getting time for self			Ensuring safety for care recipient		
	High need	Moderate	No Need	High need	Moderate	No Need	High need	Moderate	No Need	High need	Moderate	No Need
Albany	24%	54%	23%	20%	56%	24%	32%	51%	17%	24%	52%	24%
Altamont	18%	66%	16%	15%	70%	15%	9%	76%	15%	22%	66%	12%
Berne	42%	50%	8%	25%	67%	8%	36%	54%	9%	45%	55%	0%
Bethlehem	13%	67%	20%	11%	71%	17%	14%	71%	15%	12%	70%	17%
Coeymans	18%	24%	58%	12%	48%	40%	23%	53%	24%	27%	55%	18%
Cohoes	22%	56%	22%	13%	64%	23%	23%	66%	11%	27%	61%	12%
Colonie	19%	58%	23%	16%	64%	20%	21%	60%	20%	20%	59%	21%
GreenIsland	16%	62%	22%	16%	62%	22%	47%	42%	11%	23%	61%	16%
Guilderland	22%	68%	11%	13%	74%	13%	13%	77%	10%	17%	71%	12%
Knox	18%	82%	0%	18%	82%	0%	44%	56%	0%	0%	100%	0%
Menands	34%	40%	27%	26%	53%	21%	25%	55%	20%	26%	47%	27%
NewScotland	23%	55%	22%	31%	62%	7%	31%	61%	8%	31%	61%	8%
Newtonville	0%	100%	0%	0%	100%	0%	0%	100%	0%	0%	100%	0%
Ravena	18%	50%	32%	6%	80%	14%	19%	74%	7%	19%	68%	13%
Rensselaerville	27%	73%	0%	20%	73%	7%	36%	56%	7%	39%	53%	7%
Voorheersville	43%	48%	8%	28%	60%	12%	24%	73%	3%	49%	43%	8%
Watervliet	18%	53%	29%	15%	58%	27%	20%	60%	20%	15%	53%	32%
Westerlo	18%	67%	15%	10%	74%	15%	27%	62%	11%	10%	80%	9%

Caregiving Needs By Municipality

Municipality	Getting information on where to go for assistance		Handling financial matters for care recipient		Being overwhelmed with challenges of care		Meeting needs of care recipients with Alzheimer or dementia	
	High need	Moderate Need	High need	Moderate Need	No Need	High need	No Need	Moderate Need
Albany	32%	52%	16%	21%	25%	20%	24%	17%
Altamont	25%	59%	16%	15%	19%	18%	19%	16%
Berne	25%	67%	8%	18%	10%	18%	7%	9%
Bethlehem	17%	65%	18%	9%	18%	10%	20%	9%
Coeymans	26%	25%	48%	23%	22%	24%	40%	6%
Cohoes	33%	52%	15%	16%	19%	17%	31%	10%
Colonie	28%	55%	17%	16%	23%	16%	23%	15%
GreenIsland	15%	64%	21%	16%	22%	16%	22%	16%
Guilderland	24%	68%	9%	11%	13%	15%	18%	14%
Knox	36%	64%	0%	0%	0%	18%	0%	18%
Menands	35%	43%	22%	19%	34%	12%	27%	19%
NewScotland	31%	47%	22%	31%	15%	31%	7%	31%
Newtonville	0%	100%	0%	0%	0%	0%	0%	0%
Ravena	25%	44%	32%	6%	20%	6%	20%	6%
Rensselaerville	37%	63%	0%	39%	7%	20%	7%	20%
Voorheesville	46%	49%	5%	33%	14%	30%	18%	34%
Watervliet	32%	45%	22%	18%	30%	13%	33%	3%
Westerlo	21%	64%	15%	21%	15%	10%	15%	31%

Municipalities that indicated a high need for caregiving items where over one third of respondents ranked items as a major concern included:

- Getting Information on where to go for assistance
 - Vooheersville 46%
 - Rensselaerville 37%
 - Knox 36%
 - Menands 35%
- Handling financial matters for care recipients
 - Rensselaerville 39%
- Meeting needs of care recipients with Alzheimer or dementia
 - Vooheersville 34%

The item: “being overwhelmed with challenges of care did not reach the threshold of more than one third of responses in any municipality, identifying it as a major need.

SPOTLIGHT ON MAJOR NEEDS OF OLDER ADULTS BY AGE GROUP

A closer look at major needs of older adults by age group reveals the following findings:

- Concern over affordable housing intensifies with rising age. The age group 90+ are most concerned about affordable housing. Fifty nine percent of respondents in this age group ranked affordable housing as a major concern. This age group also recorded highest percentage of respondents concerned about ability to perform household chores (59%), maintaining outside of the home (48%), getting help in performing house maintenance (48%), getting to medical appointments (38%), running errands (41%), getting to social and recreational activities (27%), and managing a chronic health condition (40%).
- Respondents in the age category 60-74 years are more concerned than their counterparts in other age groups about the ability to pay rent, mortgage or taxes. Similarly, this age group are more concerned about the ability to pay heat and utilities and more affected by food insecurity. Also higher percentages of residents in this age group are concerned about maintaining a healthy weight than their counterparts.

DOMAIN	NEED CATEGORIES	60-74 YEARS	75- 84 YEARS	85-90 YEARS	90+ Years
Economic Security	Affordable housing	29%		35%	59%
	Ability to pay the rent/mortgage and property taxes		40%	30%	27%
	Being able to pay for heat and other utilities	35%		26%	23%
	Having enough money for nutritious food	23%		18%	16%
	Ability to perform household chores	29%		35%	59%
Independent Living	Maintaining the outside of your home	37%		37%	44%
	Finding reliable help to perform home maintenance	43%		41%	48%
	Having a way to get to medical appointments	19%		23%	38%
	Having a way to get to the grocery store and other errands	16%		22%	41%
	Having a way to get to social and recreational activities	13%		16%	27%
Self-care	Driving my own car	24%		24%	22%
	Being able to shop and cook for myself	20%		22%	29%
	Maintaining a healthy weight	39%		36%	33%
	Being able to follow a special diet recommended by my doctor	23%		18%	14%
	Managing a chronic health condition	30%		34%	40%

SPOTLIGHT ON MAJOR NEEDS OF OLDER ADULTS BY AGE GROUP

DOMAIN	NEED CATEGORIES	60-74 YEARS	75- 84 YEARS	85-90 YEARS	90+ Years
Access	Respite services for caregivers, such as adult day programs for people with dementia or other functional impairments	14%	20%	17%	12%
	Access to senior centers	13%	15%	16%	11%
	Transportation options for those unable to drive	19%	24%	27%	36%
	In-home personal care services	16%	21%	27%	32%
	Ability to participate in Congregate Meal sites or receive home delivered meals	11%	13%	18%	12%
	Ability to obtain help in applying for government programs	23%	22%	29%	31%
	Feeling safe in your community	39%	33%	39%	41%
Safety	Recurring falls, in and out of the home	16%	21%	31%	33%
Cognitive Ability	Understanding Medicare and various options	48%	37%	37%	55%
	Understanding low-income health insurance subsidies	26%	23%	22%	34%
	Understanding long-term care services and support options	40%	35%	33%	37%
	Understanding long-term care insurance options	32%	31%	32%	38%
Caregiving	Getting services for the person you care for	20%	18%	24%	34%
	Getting information about where to go for assistance	27%	24%	35%	40%
	Finding someone to talk to about the challenges of caregiving.	16%	14%	21%	22%
	Taking time for yourself	23%	21%	24%	23%
	Ensuring the person you care for is as safe as possible	20%	19%	25%	30%
	Handling money matters for the person you care for	17%	14%	21%	22%
	Feeling overwhelmed by taking care of a loved one or a friend	17%	16%	16%	14%
	Meeting the needs of someone with Alzheimer's or dementia	14%	16%	18%	11%

Under the domain of Access to services and resources, 36% of respondents in the age category of 90+ indicated that having transportation options was an area of major need. While under safety, feeling a sense of safety in the community was an area of major need for all age groups. One third of respondents and higher in all age groups indicated the area as a major concern. Concerns over recurring falls at home rises progressively with rising age. Those in age group 90+ tended to be more concerned about recurring falls at home. Difficulty with cognitive abilities, specifically, understanding Medicare options, long term care services and long-term insurance options were rated as an area of major concern for all age groups

SPOTLIGHT:

AFRICAN AMERICAN RESPONDENT S AND MAJOR NEEDS BY DOMAIN

Examining responses of African American older adults who responded to the survey indicates that a one size fits all approach does not work. Interventions need to target specific populations who are disproportionately burdened by need.

African American respondents to the survey rated the majority of items as areas of high need and present a wide disparities of their responses and those of their White and Asian counterparts.

DOMAIN	NEED CATEGORIES	% of African American Respondents Indicating Major Need	DOMAIN	NEED CATEGORIES	% of African American Respondents Indicating Major Need
Economic Security	Affordable housing	54%	Access	Respite services for caregivers, such as adult day programs for people with dementia or other functional impairments	31%
	Ability to pay the rent/mortgage and property taxes	59%		Access to senior centers	27%
	Being able to pay for heat and other utilities	58%		Transportation options for those unable to drive	38%
	Having enough money for nutritious food	48%		In-home personal care services	26%
	Ability to perform household chores	58%		Ability to participate in Congregate Meal sites or receive home delivered meals	23%
Independent Living	Maintaining the outside of your home	47%	Safety	Ability to obtain help in applying for government programs	43%
	Finding reliable help to perform home maintenance	42%		Feeling safe in your community	30%
	Having a way to get to medical appointments	41%	Cognitive Ability	Recurring falls, in and out of the home	62%
	Having a way to get to the grocery store and other errands	53%		Understanding Medicare and various options	64%
	Having a way to get to social and recreational activities	35%	Caregiving	Understanding low-income health insurance subsidies	53%
Self-care	Driving my own car	41%		Understanding long-term care services and support options	63%
	Being able to shop and cook for myself	41%		Understanding long-term care insurance options	57%
	Maintaining a healthy weight	44%		Getting services for the person you care for	31%
	Being able to follow a special diet recommended by my doctor	59%		Getting information about where to go for assistance	
	Managing a chronic health condition	43%		Finding someone to talk to about the challenges of caregiving.	27%
				Taking time for yourself	45%
				Ensuring the person you care for is as safe as possible	29%
				Handling money matters for the person you care for	25%
				Feeling overwhelmed by taking care of a loved one or a friend	24
				Meeting the needs of someone with Alzheimer's or dementia	22%

Top Priority needs identified in survey

Those eight needs emerged as priorities. One third and more of respondents identified those needs as of concern and of importance to them.

- Under the domain of Economic Security, the ability to pay for rent, mortgage and/or taxes emerged as the number 1 priority receiving 36% of responses identifying it as a major need.
- Under Independent Living, three needs emerged as top priorities receiving more than one third of responses identifying them as major needs. These include getting help for repairs and maintenance (43%); ability to maintain outside their home (38%) and ability to perform household chores (33%)
- Under the domain of Self-care, the ability to maintain a healthy weight was identified as a top priority for 38% of respondents.
- Two item under difficulty in cognitive abilities; i.e. understanding Medicare options and understanding long term care services and support options were identified as the top two priorities for 43% and 39% of respondents, respectively.
- Safety in the community was a concern for 38% of respondents. The majority of respondents from Berne (57%) and Cohoes (52%) identified safety in the community as a major need.

PRIORITY NEEDS

1. Understand Medicare Options (45%)
2. Getting help for repairs and maintenance (43%)
3. Understanding long-term care services and support options (39%)
4. Feeling a sense of safety (38%)
5. Maintaining healthy weight (38%)
6. Ability to maintain outside their home (lawn and snow removal) (38%)
7. Ability to pay rent/mortgage/taxes (36%)
8. Ability to perform household chores (33%)

2. Focus Group

On November 20, 2019, the Albany County Office for Aging in partnership with the Center for Women in Government & Civil Society, University at Albany convened a focus group of service providers and community leaders who were purposively selected because of their expertise in the needs of older adults in Albany County. The Focus Group included the following community leaders and service providers:

Ms. Ladan Alomar, Centro Civico
Ms. Monika Boekmann, Senior Services of Albany
Ms. Zoraida Gracesqui, Capital Region Latinos
Ms. Azzra Haqqi, Islamic Center of the Capital Region
Mr. Ken Harris, Albany Guardian Society
Micky Jimenez, Capital Region Latinos
Dr. Ali Mirza, MD, CMD, Medical Director and Chief Medical Officer, Centers Health Care
Dr. Nancy Sapio, Ellis Hospital and 100 Hispanic Women
Mr. Bob Sinacore, NY Statewide Senior Action Council, Inc.
Mr. Jacob (Jake) Slutzky, U.S. Committee on Refugee & Immigrants

The purpose of Focus Group was to assess the most critical needs of older adults in Albany County. The objectives were to:

- a. Identify the most significant problems affecting older adults from the perspective of Albany County service providers and community leaders; community resource and barriers to accessing resources; and
- b. Identify actions, programs, strategies that would make the biggest difference in your community.

The duration of the focus group was two-hours. Participants met at the University at Albany. They reflected on census data as well as findings of the survey that was administered to older adults in Albany County. The proceedings were recorded and transcribed. The following sections provide highlights of the discussions in which participants offered recommendations from their perspectives for Albany County to strengthen services and improve wellbeing of older adults living in the county.

SUMMARY OF FOCUS GROUP OUTCOMES

Needs/Gaps/Barriers

Strategies, programs and actions recommended

1. Homebound are disconnected from services and needs are often ignored	Expand home visitation programs. Home visits by providers are proven to decrease hospital visits
2. Social isolation, anxiety and depression	- Promote the Village Model that organize volunteers to provide outreach - Promote access to mental health services - Develop a phone tree staffed by older adults
3. Food insecurity and hunger	- Expand home delivered meals programs and programs providing vouchers for farmers' markets, etc. - Promote familial cultural supports
4. Inability to afford medications	Advocate for free or subsidized medications.
5. Confusion over Medicare and Medicaid policies, eligibility, enrollment, etc.	- Advocate for simplification of process of enrollment and eligibility - Train service providers on Medicare and Medicaid policies and application procedures
6. Unsafe and early discharge from hospitals	Provide access to volunteer programs that help in post-discharge phase
7. Lack of documentation which hinder service eligibility and access to senior centers	Advocate for programs and services for all regardless of documentation
8. Addiction, associated stigma and affordability of medications and treatments	Promote provision of medications and treatments that are affordable or provided free of charge
9. Limited English Proficiency (20% in foreign-born population and 90% in refugee population)	Recruit multicultural service providers and language assistance to services
10. Insufficient funding	- Advocate for inclusion of dedicated tax (\$1) paid by residents to cover services for older adults in the county - Activate individual and collective philanthropic contributions to cover the needs of older adults - Promote volunteer programs such as the Village movements to complement services
11. Lack of information on existing programs, organizations, services	Provide a clearinghouse of organizations and services available online and update it periodically
12. Lack of coordination among nonprofit organizations providing services	Promote cross-organizational collaborations to complement and supplement services
13. Outreach to older adults	Utilize faith-based organizations that represent a gateway to hard to reach populations. Establish partnerships with these organization to strengthen outreach

PART 3: RECOMMENDATIONS

Recommendations

1. Use an Intersectional Approach

Addressing the needs of older populations in Albany County in a comprehensive and holistic manner mandates the employment of an intersectional approach that recognizes that while the older population all have special and unique needs that require efficient and effective interventions, they are not monolithic. The challenges of aging affect different older adults differently. Age intersects with gender, race, living arrangements, income and sexual orientation to shape access and need.

Therefore, addressing the needs of older adults require a tailored and targeted approach that looks at diversity of needs. While the study shows collective priorities of survey respondents, findings show that women, residents of color, residents living alone and those who are non-heterosexual have a disproportionate burden of needs that require attention.

2. Raise awareness about existing services and programs

Meeting the needs of older populations require a one-stop information center where they and their providers can access comprehensive information, assistance and linkages to services and products. NY Connect provide such one-Stop Information Center. However, results of the survey and the focus group indicates lack of adequate knowledge about this resource. Eighty eight percent (88%) of survey respondents indicated they did not know about NY Connect. Only 12% said they were aware of this resource.

Recommendations

Participants at the focus group consistently expressed lack of knowledge of what services and programs are available that they can access to provide comprehensive services to the older adult population they serve. Participants repeatedly expressed interest in the development of a clearinghouse of information which NY Connects provides. Considering this gap in knowledge about this existing resource, there is a need for an intensive campaign that targets both service providers and older adults. Mobilizing senior adults to reach out to other seniors is a recognized best practice. Faith-based and other cultural institutions often provide a solid bridge to hard to reach older adults. Reaching older adults through traditional media outlets such as newspapers, radio and television is also a critically needed intervention.

3. Training Programs

This study shows knowledge gaps of older adults and the providers who serve them, specifically in understanding Medicaid and Medicare policies, protocols, eligibility and enrollment. While NY Connects may help provide answers to questions providers and residents have, there is a need to close the knowledge gap in a more sustainable manner and develop competencies in this area.

Trainings are also needed for police and law enforcement about the loss of sense of safety in communities where older adults reside. Training will increase police presence and

awareness which would increase the sense of safety for residents. There is also a need for training older adults about maintaining a healthy weight and consuming healthy food.

4. Promote Volunteer Networks

Volunteers represent an inadequately tapped resource for serving older adults. The Village model emerged as a best practice around the country. According to the

models organize social events and help create a sense of community as well as develop affinity groups so residents can come together around shared interests. Volunteers are screened and background checks are conducted to ensure safety of members.

5. Address Funding Shortfall

The expansion of the nonprofit sector and explosion of organizations that serve older adults can have an adverse impact and lead to inefficient utilization of scarce funds. When nonprofit organizations serving older adults compete instead of collaborate and when portions of available funds go to support administrative costs instead of to the direct beneficiaries, funding shortfalls are inevitable. Funders and sponsors of services ought to promote mergers and collaborations among organizations and facilitate leveraging of every dollar available.

model, neighbors are organized to help one another. Residents become members in a membership organization where membership dues create an organizing infrastructure and help offset insurance costs. Volunteers provide basic transportation service for shopping and excursions. They provide home repairs and home care as well as medical and non-medical services. Some village

Recommendations

6. Advocate for Tax Relief, Tax Zoning and Tax revenues

While this strategy might be politically unfeasible, municipalities around the country have introduced various forms of tax programs that seek to provide tax relief for seniors and/or areas where senior housing are located to help alleviate the financial burden on seniors.

Another program that focus group participants advocated for is to create a dedicated fund for assistance of older adults from tax revenues. Modeled after the family leave program that NY state introduced, a nominal amount can be deducted from county residents' checks to go toward a senior fund.

CONCLUSION

This report offered recommendations to Albany County Office for Aging based on an assessment of the needs of older adults in the County. The assessment relied on three sources of data; the American Community Survey's 5-year estimate (2013-2017); a survey of needs of residents of Albany County who are 60 years and older, and a focus group of service providers and community leaders. The report highlighted the need for an intersectional lens

that recognizes that not all older adults have the same needs is critical to delivering an effective approach. Albany County is rich in organizations and programs that are designed to serve older adults. There is however, a critical need for coordination among these programs so that service providers are aware of existing services they can utilize to complement services they provide. An awareness campaign that target both providers and older adults is needed. Training programs are important to address knowledge gaps that exist in both the older adult populations and the providers who serve them. There is also a need for mobilizing and activating volunteerism and tapping into a rich resource that exist in this area to better serve older adults. Revenue-generating programs and tax relief have also proven effective in alleviating the burden on this population.

APPENDICES

2019 NEEDS ASSESSMENT SURVEY

The Albany County Department for Aging is asking for your help in completing a comprehensive Community Needs Assessments to identify Long Term Care Services and Support. Your input is valuable in determining what services are needed and available to seniors in our community.

This survey is conducted by the University at Albany's Center for Women in Government & Civil Society on behalf of the Albany County Department for Aging. Thank you for your assistance.
Please return the completed form by August 10, 2019 using the self-addressed stamped envelope.

Check one box per line that best describes your needs and topic level of importance.

Statement	Important and IS a concern for me	Important but is NOT a concern for me	Not Important and NOT a concern for me
Housing			
Obtaining affordable housing			
Ability to pay the rent/mortgage and property taxes			
Being able to pay for heat and other utilities			
Ability to perform household chores (cleaning, etc.)			
Maintaining the outside of your home (lawn care, snow removal)			
Finding reliable help to perform home maintenance/ repairs			
Feeling safe in your community			
Transportation			
Having a way to get to medical appointments			
Having a way to get out of county medical appointments			
Having a way to get to the grocery store and other errands			

Having a way to get to social and recreational activities

Driving my own car

Nutrition

Having enough money for nutritious food

Being able to shop and cook for myself

Maintaining a healthy weight

Being able to follow a special diet recommended by my doctor

Insurance/Health

Understanding Medicare and various options

Understanding low-income health insurance subsidies

Understanding long-term care services and support options

Understanding long-term care insurance options

Recurring falls, in and out of the home

Managing a chronic health condition

Services and Support

Respite services for caregivers, such as adult day programs for people with dementia or other functional impairments

Access to senior centers

Transportation options for those unable to drive

In-home personal care services

Ability to participate in Congregate Meal sites or receive home delivered meals

Ability to obtain help in applying for government programs

Caregiving

Getting services for the person you care for

Getting information about where to go for assistance

2019 NEEDS ASSESSMENT SURVEY

Finding someone to talk to about the challenges of caregiving.

Taking time for yourself

Ensuring the person you care for is as safe as possible

Handling money matters for the person you care for

Feeling overwhelmed by taking care of a loved one or a friend

Meeting the needs of someone with Alzheimer's or dementia

Where I Turn for Help:

If you, or someone you know, has been in the hospital in the past year, did you/they have the information and support needed to return home? (Circle one)

YES NO Not Applicable Don't know

Have you heard of "NY Connect", the local program that helps consumers with information, assistance, and connection to needed long term service and support? (Circle one)

YES NO Not Applicable Don't know

Please circle the town you reside in:

ALBANY	ALCOVE	ALTAMONT	BEDFORD
BERNE	BREWSTER	CLARKSVILLE	COEYMANS
COEYMANS HOLW	COHOES	COLONIE	DELANSON
DELMAR	EAST BERNE	FEURA BUSH	GLENMONT
GREEN ISLAND	GUILDERLAND	GUILDERLAND CTR	KNOX
LATHAM	LOUDONVILLE	MEDUSA	MENANDS
MIDDLEBURGH	NEWTONVILLE	NISKAYUNA	PRESTON HOLW
RAVENA	RENSSELAERVLE	S BETHLEHEM	SCHENECTADY
SELKIRK	SLINGERLANDS	TROY	VOORHEESVILLE
WATERVLIET	WESTERLO		

DEMOGRAPHIC INFORMATION – This information will be kept in strict confidence and used only for statistical purposes. Please CHECK the appropriate box

Age

☐ 60-74 ☐ 75-84

☐ 85-90 ☐ 90+

Gender (at Birth)

☐ Male ☐ Female

Marital Status

☐ Married ☐ Single

☐ Widowed ☐ Separated

☐ Divorced ☐ Domestic Partner or Significant other

2019 NEEDS ASSESSMENT SURVEY

DEMOGRAPHIC INFORMATION – This information will be kept in strict confidence and used only for statistical purposes. Please CHECK the appropriate box

Sexual Orientation

- ☐ Heterosexual/ Straight
- ☐ Homosexual/ Gay
- ☐ Lesbian
- ☐ Bisexual
- ☐ Not sure
- ☐ No answer
- ☐ Transgender
- ☐ Other

Living Arrangement

- ☐ Alone
- ☐ With spouse
- ☐ With spouse and others
- ☐ Domestic Partner Only
- ☐ Domestic Partner and others
- ☐ With relatives (Excludes spouse)

With non-relative(s) ☐

Other ☐

Race/ Ethnicity

Race

- ☐ American Indian/Native Alaskan
- ☐ Asian
- ☐ Black Non-Hispanic
- ☐ White Hispanic
- ☐ White Non-Hispanic
- ☐ Native/Hawaiian / Other Pacific Islander
- ☐ Other Race
- ☐ 2 or more races

Ethnicity

- ☐ Not Hispanic or Latino
- ☐ Hispanic or Latino

Income (per Year)

If 1-Person Household

- ☐ Less than \$12,490
- ☐ \$12,490-\$23,107
- ☐ More than \$23,107

If 2-Persons Household

- ☐ Less than \$16,910
- ☐ \$16,910 - \$31,284
- ☐ More than \$31,284