Comprehensive Aging Survey Appendix

09/30/2026

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Appendix A: Steering committee members

Name	Affiliated Organization	Steering Committee Role
Nikki M. Peterson	Department of Human Services Aging and Adult Services Division (DHS AASD)/Minnesota Board on Aging (MBA)	Project coordinator
David Beal	MBA	Board representative
Leonard Geshick	MBA	Staff representative
Lacey Boven	MBA	Project consultant
Heather Pender	Minnesota's Association of Area Agencies on Aging	Association representative
Lisa Edstrom	Age-Friendly Minnesota (AFMN)	Staff representative
Lydia Morken	AFMN	Project consultant
Mary Olsen Baker	DHS AASD	Staff representative
Ann Zukoski	Minnesota Management and Budget Long Range Planning - Healthy Aging	Staff representative
Rajean Moone	Center for Healthy Aging and Innovation at the University of Minnesota	Community representative

Appendix B: Additional details on the Comprehensive Aging Survey

Recent work in Minnesota that informed the survey

At the start of the project, prior Minnesota surveys, assessments, and reports related to older Minnesotans were reviewed to inform the development of the Comprehensive Aging Survey. Themes that emerged in recent aging projects included:

- Not enough affordable and accessible transportation options
- Limited affordable housing options and challenges with aging in community
- Concerns meeting basic needs, particularly food security
- Concerns accessing and using technology and broadband services
- Limited knowledge of existing services for older adults and accessing services
- Limited availability of culturally inclusive services
- Remaining socially connected to others
- Having enough support to be a caregiver for others

Some of these issues were of greater concern for specific groups of older Minnesotans. For example, people living in rural areas have reported more challenges with getting healthcare.[1] Older adults of color faced barriers accessing culturally sensitive services. Some examples of barriers include language access, confusing systems, and distrust of government entities.[2] Lesbian, gay, bisexual, transgender, and queer (LGBTQ) older adults were more likely to be a caregiver to others. At the same time, LGBTQ older adults were more likely to live alone and less likely to have a caregiver themselves.[3] Relatedly, the experiences of solos, or older adults who do not have the support of a traditional family, were not well addressed.[4]

The state of Minnesota has sought to address many of these issues. The Comprehensive Aging Survey aims to provide further information to help guide improvements.

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[1] Henning-Smith, C., Jacobson, I., & Lahr, M. (2024). *Aging in rural Minnesota*. University of Minnesota Rural Health Research Center & Rural Health Innovations. https://mn4a.org/wp-content/uploads/2024/11/Aging-in-Minnesota-Report.pdf

[2] NORC at the University of Chicago (2024). *HCBS evaluation of the assessment process for racial/ethnic disparities (HEARD) phase II: Qualitative evaluation of the initial HCBS assessment process*. Minnesota Department of Human Services. https://www.norc.org/content/dam/norc-org/pdf2024/HEARD%20Phase%20II%20Final%20Report_8.27.2024.pdf

[3] Moone, R., Levad, M., Flunker, D., Axelrod, A., Carlson-Premack, J., Heck, M., Penny, J. M., Saurer, D., Westphal, B., & Farlow, L. (2022). *Minnesota 2022 LGBTQ aging needs assessment report*. Department of Human Services. https://rainbowhealth.org/wp-content/uploads/2022/05/2022-MN-LGBTQ-Aging-Needs-Assessment-Report.pdf

[4] Lindberg, C. (2025). A broader framework for Minnesota's solos. Wilder Research. https://www.wilder.org/wp-content/pdf-file/SolosReport_July2025.pdf

Survey development

The Vital project team developed the MN Comprehensive Aging Survey through an iterative process. We began by first creating an item bank of possible questions by reviewing existing surveys and assessments that have been conducted in Minnesota, such as the Survey of Older Minnesotans and the Age-Friendly Minnesota Needs Assessment. We also met with an 11-member steering committee to determine the survey priorities and discuss regional and community outreach strategies.

Additional staff from AASD and MBA also attended steering committee meetings to stay informed and to help support project needs between meetings. The steering committee was first asked to identify priority topics that they would like to include in the survey. Vital then drafted the survey by referencing the priority list and item bank. Some topic areas requested by steering committee members did not exist in prior surveys and assessments. For these topics, Vital reviewed the research literature for additional validated instruments for possible questions. Some questions were also created by Vital if no existing validated questions could be identified. After Vital completed a survey draft, steering committee members were invited to review and provide feedback and suggest additional questions to add based on their organization's priorities.

Between January and March 2026, the steering committee met a total of five times to discuss the survey contents. In addition to meeting with the steering committee, Vital completed four presentations with stakeholder groups between March and April 2026 to inform each stakeholder group of the survey and data collection process. Vital presented at the following stakeholder group meetings: MN DHS AASD Supervisors and Managers Meeting, MBA Executive Committee Meeting, MBA-AAA Joint Meeting, and AFMN Council Meeting.

In April 2026, Vital completed survey pretesting of the draft survey with 12 older Minnesotans. The purpose of the survey pretesting was to ensure the clarity of question and response option language among the survey's target population (i.e., adults aged 60 and above). The survey pretesting interviews were completed by two Vital researchers by Zoom or phone, depending on the participant's preference. Each interview ranged between 45-60 minutes. During the survey pretesting, participants were asked questions such as whether questions were confusing or if any possible response options were missing. Vital then revised the survey based on the survey pretesting findings.

The survey was reviewed and approved by the Minnesota Department of Human Services Institutional Review Board (IRB).

Survey implementation

Vital purchased an address list of 16,431 older Minnesotans (aged 60+) through a third-party vendor to reach a wide array of Minnesotans. To ensure statewide representation by region and race and

ethnicity, sample targets were set for Minnesota's 11 Economic Development Regions (EDRs)[5] and race and ethnic groups. Data collection for the survey occurred between May and July 2026. The survey was available in English and Spanish, and respondents could take the survey online, by mail, or by phone.

Vital first mailed a letter to the address list inviting older Minnesotans to take the survey online. Two weeks later, another letter and a paper copy of the survey was sent along with a pre-paid business reply envelope to allow people to submit the survey by mail. Two weeks after mail surveys were sent, people in the address list were contacted by phone to encourage online, mail, or phone survey responses. Since only a small portion of older Minnesotans responded to phone outreach, and the survey took nearly an hour to complete by phone, phone outreach was discontinued. However, respondents could continue to complete the survey by phone upon request.

Beyond the statewide mailing list, Vital, DHS, MBA, and the steering committee members also engaged in targeted outreach to hard-to-reach communities, such as communities of color and low-income older adults. Together, we reached out to 60 community organizations that served communities of color, 57 senior centers and caregiver support groups, and 42 food sharing organizations across Minnesota. MN DHS and their partners also attended 12 community events (for example, Wisdom Steps, Moorhead Age-Friendly Minnesota Event) to spread the word about the survey. All community outreach efforts directed participants to complete the survey online; however, communications also allowed older Minnesotans to request a survey by mail or by phone.

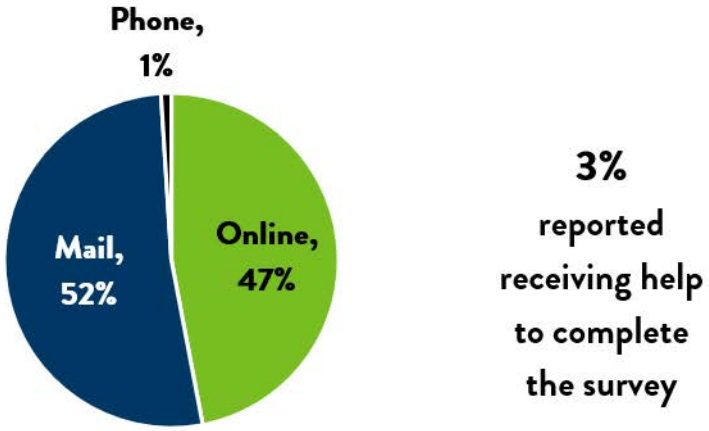
Survey respondents

A total of 5,921 survey responses were included in the final survey analysis. Responses were included in the analysis if: (1) the participant indicated they were 60 years of age or older at the time of the survey; (2) they lived in Minnesota for at least six months of the year; and (3) participants responded to at least one question beyond demographic questions.

Figure 1 shows that just over half of survey respondents completed a survey by mail, just less than half completed the survey online, and a small percentage of respondents completed the survey by phone. The survey was intended to be taken by the older adult respondent; however, respondents could receive help from someone else, as needed, to complete the survey. A small percentage (3%) reported receiving help to complete the survey.

[5]Minnesota Department of Employment and Economic Development, Economic Development Regions map and county grouping: https://apps.deed.state.mn.us/assets/lmi/areamap/edr.shtml

Figure 1. Most respondents completed the survey by mail or online, rarely requiring help. (N=5,921)



Vital set survey completion targets by region to ensure that all regions were well represented and that results could be analyzed by region. Table 1 shows the original targets by region, the number of responses included in the analysis, and to what extent the number of completions exceeded the regional target.[6] The total number of surveys completed was nearly double the original target.

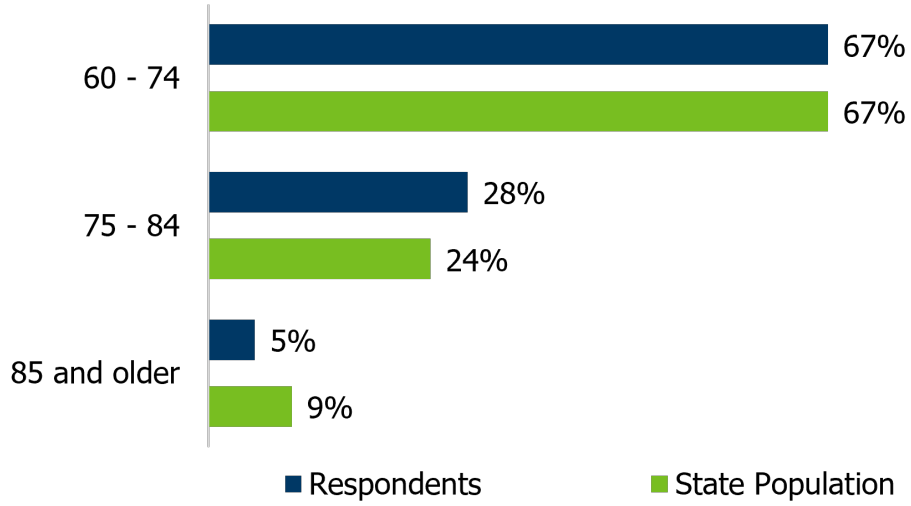
[6] The initial target number of completed surveys for any given EDR was between 268-271 surveys for a total of 2,967. Targets were created to reach a 90% confidence level and ±5% margin of error.

Table 1. Number of respondents by Minnesota Economic Development Region. (N=5,921)

Economic Development Region (Area Agency on Aging)	Target	Number of Respondents (*n*)	Percent of Target (%)
1 (Dancing Sky Area Agency on Aging or DSAAA)	268	366	137%
2 (DSAAA)	268	394	147%
3 (Arrowhead Area Agency on Aging or AAAA)	270	520	193%
4 (DSAAA)	270	432	160%
5 (Central Minnesota Council on Aging or CMCOA)	270	398	147%
6 (Minnesota River Area Agency on Aging or MNRAAA)	270	440	163%
7 (CMCOA)	271	486	179%
8 (MNRAAA)	269	414	154%
9 (MNRAAA)	270	492	182%
10 (Southeast Minnesota Area Agency on Aging or SEMAAA)	270	557	206%
11 (Metropolitan Are Agency on Aging or MAAA)	271	1,422	525%
Total	2,967	5,921	200%

Respondents' age and race and ethnicity closely mirrored the state's estimated demographic distribution for older Minnesotans aged 60 years or older, as seen in Figure 2 and Table 2.

Figure 2. Age of survey respondents compared to state demographics. (N=5,921)



Note: State population estimates are from Population Projections, Minnesota State Demographic Center, May 2024.

Table 2. Race and ethnicity of survey respondents compared to state demographics for people age 60 or older. (n=5887)

Racial/Ethnic Group	State of MN percentage	Respondent percentage	Respondent *n*
African/African American/Black	3%	2%	91
Asian American/Native Hawaiian/Pacific Islander	1%	1%	80
Latino(a)/Hispanic	2%	1%	81
American Indian/Alaska Native	2%	2%	90
White	93%	93%	5,517

Note: State population estimates are from Population Projections, Minnesota State Demographic Center, May 2024l; Survey respondents could choose more than one response.

The survey asked several demographic questions. Additional demographic information about respondents is provided in Appendix C.

Analysis

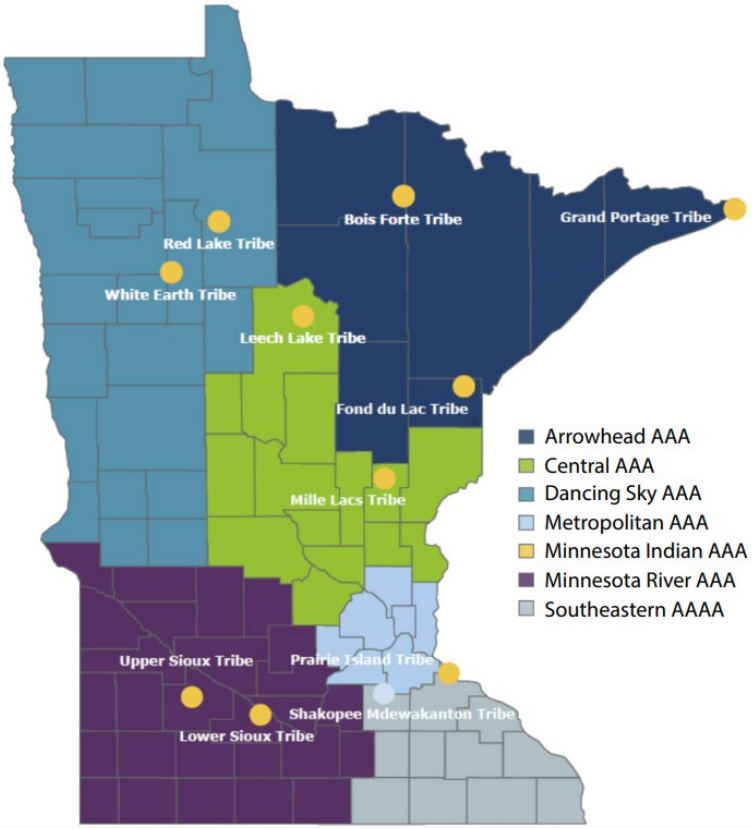
Survey responses from the Minnesota Comprehensive Aging Survey were analyzed to provide a statewide and regional picture of experiences, strengths, needs, and priorities across a range of topics related to older Minnesotans. For select survey questions, results were also analyzed at the statewide level by age group and race and ethnicity. The analysis focused on identifying patterns and notable differences in responses.

Survey results were analyzed in these four ways:

1. **Statewide.** We analyzed all survey responses at the state level. We used survey weights to make the results better reflect where older adults live across Minnesota's Economic Development Regions and Planning and Service Areas (PSAs). This means the results better reflect the statewide population of older adults, not just the people who completed the survey. Results are shown as percentages for each survey question.

2. **By region.** We also analyzed all survey responses by region. Since AAAs are the primary regional stakeholder for the project, we consolidated results for the 11 EDRs into the six PSAs, which align with the state's six AAA regions:

   - Arrowhead Area Agency on Aging (AAAA)
   - Central Minnesota Council on Aging (CMCOA)
   - Dancing Sky Area Agency on Aging (DSAAA)
   - Minnesota River Area Agency on Aging (MNRAAA)
   - Southeastern Minnesota Area Agency on Aging (SEMAAA)
   - Metropolitan Area Agency on Aging (MAAA)



   Each region had enough responses to provide reliable results.[7] Regional results show the percentage of respondents who selected each answer. For questions where respondents chose one answer, differences between regions were statistically tested to see were likely real or could be due to chance. These tests were not used for "select all that apply" questions. Figure, table, and footnotes are used to identify differences that were statistically significant.

3. **Statewide by age group.** For select survey questions, we analyzed responses by three age groups: age 60 to 74, 75 to 84, and 85 or older. Age group comparisons were included for questions where differences in experiences by age were important to consider. Results were adjusted to represent older adults statewide. For questions where respondents chose one answer, we tested whether differences between age

[7] Regional results were not weighted. Each region had a margin of error below 5% at the 90% confidence level. Chi-square tests were used for questions with one response option.

groups were likely real or could be due to chance. These tests were not used for "select all that apply" questions. Figure, table, and footnotes identify differences that were statistically significant.[8]

4. **Statewide by race and ethnicity.** For select survey questions, results were also examined by five race and ethnicity groups: Black, Asian, Latino, Native American, and White. Race and ethnicity group comparisons were included for questions where differences in experiences by race and ethnicity were important to consider. Results were adjusted to represent older adults statewide. Respondents could identify with more than one group, so the groups may overlap. Because of this overlap, we did not test whether differences between groups were statistically significant. The results only describe the differences seen in the survey.[9]

[8] Age group results were weighted by EDR. Chi-square tests were used for selected single-response questions. Statistical tests were not conducted for multiple-response questions.

[9] Race and ethnicity results were weighted by EDR. Race and ethnicity categories were not mutually exclusive, so comparisons were descriptive and no statistical significance tests were conducted.

Appendix C: Statewide Frequency Tables

Note: Percentages in columns marked with ^ may exceed 100% because respondents could select more than one response option.

Demographics

Table C3. Age (*n*=5,870)

Age Range	Number of Responses (*n*)	Percent of Respondents (%)
60-74	3,943	67%
75-84	1,621	28%
85 and older	306	5%

Table C4. County of residence (N=5,921)

County	Number of Responses (*n*)	Percent of Respondents (%)
Aitkin	49	1%
Anoka	98	2%
Becker	89	2%
Beltrami	184	3%
Benton	29	1%
Big Stone	14	0%
Blue Earth	157	3%

County	Number of Responses (*n*)	Percent of Respondents (%)
Brown	65	1%
Carlton	47	1%
Carver	42	1%
Cass	87	2%
Chippewa	29	1%
Chisago	44	1%
Clay	72	1%
Clearwater	26	0%
Cook	20	0%
Cottonwood	37	1%
Crow Wing	177	3%
Dakota	154	3%
Dodge	17	0%
Douglas	93	2%
Faribault	24	0%
Fillmore	11	0%

County	Number of Responses (*n*)	Percent of Respondents (%)
Freeborn	33	1%
Goodhue	64	1%
Grant	9	0%
Hennepin	520	9%
Houston	22	0%
Hubbard	144	2%
Isanti	33	1%
Itasca	68	1%
Jackson	46	1%
Kanabec	15	0%
Kandiyohi	116	2%
Kittson	18	0%
Koochiching	15	0%
Lac qui Parle	20	0%
Lake	20	0%
Lake of the Woods	21	0%

County	Number of Responses (*n*)	Percent of Respondents (%)
Le Sueur	54	1%
Lincoln	29	1%
Lyon	95	2%
Mahnomen	19	0%
Marshall	38	1%
Martin	40	1%
McLeod	109	2%
Meeker	58	1%
Mille Lacs	14	0%
Morrison	71	1%
Mower	23	0%
Murray	28	1%
Nicollet	75	1%
Nobles	46	1%
Norman	20	0%
Olmsted	171	3%

County	Number of Responses (*n*)	Percent of Respondents (%)
Otter Tail	108	2%
Pennington	48	1%
Pine	23	0%
Pipestone	31	1%
Polk	162	3%
Pope	31	1%
Ramsey	412	7%
Red Lake	21	0%
Redwood	68	1%
Renville	53	1%
Rice	72	1%
Rock	34	1%
Roseau	59	1%
Scott	26	0%
Sherburne	58	1%
Sibley	22	0%

County	Number of Responses (*n*)	Percent of Respondents (%)
St. Louis	301	5%
Stearns	162	3%
Steele	29	1%
Stevens	16	0%
Swift	20	0%
Todd	41	1%
Traverse	9	0%
Wabasha	24	0%
Wadena	22	0%
Waseca	32	1%
Washington	170	3%
Watonwan	23	0%
Wilkin	5	0%
Winona	91	2%
Wright	108	2%
Yellow Medicine	21	0%

Table C5. Gender (N=5,921)

Gender	Number of Responses (*n*)	Percent of Respondents (%)
Male	2,321	39%
Female	3,563	60%
Not listed	2	0%
Prefer not to say / Unknown	35	1%

Table C6. Race/Ethnicity (N=5,887)

Race/Ethnicity	Number of Responses (*n*)	Percent of Respondents (%)^
African American/Black	73	1%
African	18	0%
Asian American	76	1%
Latino(a)/Hispanic	81	1%
American Indian/Alaska Native	90	2%
Native Hawaiian or Pacific Islander	4	0%
White	5,517	94%
Not listed	47	1%
Prefer not to answer	85	1%

Table C7. Tribal Affiliation (*n*=76)

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Cansa'yapi / Lower Sioux Indian Community	0	0%
Gaa-waabaabiganikaag / White Earth Nation	22	29%
Gaa-zagaskwaajimekaag / Leech Lake Band of Ojibwe	6	8%

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Gichi-Onigaming / Grand Portage Band of Lake Superior Chippewa	1	1%
Mdewakanton / Shakopee Mdewakanton Sioux Community	0	0%
Misi-zaaga'iganiing / Mille Lacs Band of Ojibwe	6	8%
Miskwaagamiiwi-Zaagaiganing / Red Lake Nation	7	9%
Nah-gah-chi-wa-nong / Fond du Lac Band of Lake Superior Chippewa	4	5%
Pezihutazizi / Oyate (Upper Sioux Community)	1	1%
Tinta Wita / Prairie Island Indian Community	0	0%
Zagaakwaandagowininiwag / Bois Forte Band of Chippewa	3	4%
Not listed	19	25%
Prefer not to answer	7	9%

Table C8. Preferred Language (*n*=5,893)

Language	Number of Responses (*n*)	Percent of Respondents (%)
English	5,861	100%
Hmong	1	0%
Spanish	12	0%
Vietnamese	4	0%
Russian	1	0%
Somali	0	0%
Not listed	14	0%

Table C9. Veteran Status (N=5,921)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	660	11%
No	5,074	86%
Prefer not to answer / Unknown	187	3%

Table C10. Household Size (N=5,921)

Household Size	Number of Responses (*n*)	Percent of Respondents (%)
1	2,080	35%
2	3,278	55%
3	314	5%
4 or more	175	3%
Prefer not to answer / Unknown	74	2%

Table C11. Relationship Status (N=5,921)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Married	3,294	56%
Living with partner or significant other and not married	184	3%
Separated	38	1%

Response	Number of Responses (*n*)	Percent of Respondents (%)
Divorced	973	16%
Widowed	888	15%
Single, never married	426	7%
Not listed	22	0%
Prefer not to answer / Unknown	58	1%

Table C12. Sexual Orientation (N=5,921)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Heterosexual or Straight	4,859	82%
Bisexual or Pansexual	26	0%
Asexual	12	0%
Gay or Lesbian	83	1%
Queer	5	0%
Questioning or not sure	8	0%
Not listed	35	1%
Prefer not to answer / Unknown	893	15%

Table C13. Educational Attainment (N=5,921)

Education Level	Number of Responses (*n*)	Percent of Respondents (%)
K–12th grade (no diploma)	143	2%
High school graduate, GED, or equivalent	787	13%
Post-high school education/training (no degree)	992	17%
2-year college degree	762	13%
4-year college degree	966	16%
Post-graduate study (no degree)	322	5%
Graduate or professional degree(s)	1,205	20%

Table C14. Annual Household Income (N=5,921)

Income	Number of Responses (*n*)	Percent of Respondents (%)
Less than $15,000	188	3%
Between $15,000 and $25,000	451	8%
Between $25,001 and $35,000	404	7%
Between $35,001 and $45,000	359	6%
Between $45,001 and $55,000	385	7%
Between $55,001 and $65,000	393	7%
Between $65,001 and $75,000	457	8%
More than $75,000	1,802	30%
Prefer not to answer / Unknown	1,482	25%

Health and Health Care Access

Table C15. Overall Health & Wellness (n=5,897)

Rating	Number of Responses (*n*)	Percent of Respondents (%)
Excellent	619	11%
Very good	2275	39%
Good	2134	36%
Fair	724	12%
Poor	145	3%

Table C16. Access to Health Care Services

Response	Strongly agree	Agree	Disagree	Strongly disagree	*n*
I can see a primary care doctor or provider when I need to.	57%	39%	3%	1%	5,846
I can access affordable dental health care when I need to.	40%	40%	12%	8%	5,767
I can access mental health services, like counseling or emotional health care, when I want to use them.	40%	49%	8%	3%	4,251
I can access specialty care, like heart, joint, or cancer care, when I need to.	46%	46%	6%	2%	5,379

Table C17. Culturally Responsive Health Care

Response	Strongly agree	Agree	Disagree	Strongly disagree	*n*
Health care professionals are respectful of my culture.	55%	43%	2%	0%	5,793
I can talk with health care professionals who speak my preferred language.	66%	33%	1%	0%	5,762

Table C18. Has Used Telehealth Services (*n*=5,854)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	3,644	62%
No	2,209	38%

Table C19. Telehealth Access Barriers (*n*=1985)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
My health care provider doesn't offer telehealth services	80	4%
I'm able to see a health care professional in person when needed	1,485	75%
I want a health care professional to check my health in person	946	48%
I don't have a suitable electronic device like a computer, tablet, or phone	122	6%
I have limited or no access to reliable internet	86	4%
I don't know how to join a video call	240	12%
I'm not comfortable talking about my health over the phone or video	307	16%
I don't have access to a private location with internet or phone service	39	2%

Table C20. Knows How to Manage Chronic Conditions (*n*=4,628)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	3,499	76%
Somewhat, or for some conditions	1,011	22%
No	118	3%

Table C21. How Often Disability or Chronic Condition Impacts Daily Life (*n*=5,764)

Frequency	Number of Responses (*n*)	Percent of Respondents (%)
Almost always	414	7%
Usually	453	8%
Sometimes	1,774	31%
Rarely or never	3,123	54%

Table C22. Comfort Seeking Memory Support (*n*=5,788)

Comfort Level	Number of Responses (*n*)	Percent of Respondents (%)
Very comfortable	1,309	23%
Comfortable	3,192	55%
Uncomfortable	1,191	21%
Very uncomfortable	96	2%

Table C23. Preferred Contact for Memory Support (*n*=5,751)

Contact	Number of Responses (*n*)	Percent of Respondents (%)^
Health care provider, like a doctor	4,914	85%
Spouse or partner	2,776	48%
Child or child-in-law	2,311	40%
Parent	98	2%
Grandchild	187	3%
Sibling	1,474	26%
Another relative	506	9%
Friend	2,300	40%
A religious leader (pastor, rabbi, imam)	328	6%

Table C24. Fallen in the Past 12 Months (*n*=5,840)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	1,491	26%
No	4,348	75%

Table C25. Has a Response Plan if Fell in Future (*n*=5,796)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	3,392	59%
No	2,404	42%

Table C26. Frequency of Emotional Well-Being Experiences

Response	Every day	More than half the days	Several days	Not at all	*n*
Feeling nervous, anxious, or on edge	5%	8%	30%	57%	5,705
Feeling down, depressed, or hopeless	3%	6%	23%	68%	5,686
Feeling calm and at ease	36%	39%	20%	6%	5,718
Feeling hopeful about my future	36%	34%	19%	11%	5,693

Daily Living Needs

Table C27. Extent of Difficulty Doing Activities of Daily Living (ADL)

Activity of Daily Living	A lot	Some	None	*n*
Managing your money, such as keeping track of expenses or paying bills	4%	9%	87%	5,392
Doing housework (laundry, cleaning)	8%	24%	68%	5,517
Shopping for groceries	5%	13%	82%	5,503
Preparing your own meals	4%	11%	85%	5,493

Activity of Daily Living	A lot	Some	None	*n*
Getting dressed, including putting on shoes and socks	3%	10%	88%	5,572
Bathing, showering, washing your hair, or shaving	3%	8%	89%	5,576
Walking or climbing stairs	9%	27%	64%	5,588
Getting out of bed or out of a chair	3%	16%	81%	5,592
Using the toilet, sitting down and standing up	2%	11%	87%	5,572

Table C28. Receives Assistance to Complete ADL (*n*=5,714)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	641	11%
No	5,073	89%

Table C29. Who Helps Complete ADL (*n*=588)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	305	52%
Child or child-in-law	206	35%
Parent	4	1%
Grandchild	61	10%
Sibling	15	3%
Another relative	29	5%
Friend or neighbor	74	13%
Professional caregiver at no cost to you	70	12%
Professional caregiver you pay	93	16%

Table C30. Receives Adequate Support to Complete ADL (*n*=627)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	513	82%
No, I need more help	114	18%

Table C31. Satisfied with Role Played in ADL Support Decision-Making (*n*=611)

Rating	Number of Responses (*n*)	Percent of Respondents (%)
Very satisfied	271	44%
Satisfied	289	47%
Dissatisfied	41	7%
Very dissatisfied	9	2%

Table C32. How Often Do People Support Your Self-Sufficiency (*n*=632)

Frequency	Number of Responses (*n*)	Percent of Respondents (%)
Always	254	40%
Usually	281	45%
Sometimes	81	13%
Rarely or never	15	2%

Caring for Others

Table C33. Currently Providing Informal Caregiving Support (*n*=5,689)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	1,466	26%
No	4,223	74%

Table C34. Care Recipient (*n*=1,418)

Care Recipient	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	471	33%
Parent or parent-in-law	418	30%
Sibling	134	9%
Child or child-in-law	243	17%
Grandchild	134	9%
Another relative	79	6%
Friend or neighbor	244	17%

Table C35. Weekly Caregiving Hours (*n*=1,442)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Less than 1 hour	156	11%
1-5 hours	586	41%
6-10 hours	284	20%
11-15 hours	108	8%
16-20 hours	89	6%
More than 20 hours	220	15%

Table C36. Time Spent Caregiving (*n*=1,455)

Duration	Number of Responses (*n*)	Percent of Respondents (%)
Less than 6 months	158	11%
6-12 months	132	9%
1-2 years	315	22%
3 or more years	851	59%

Table C37. Impact of Caregiving on Daily Life

Statement	Strongly agree	Agree	Disagree	Strongly disagree	*n*
Caregiving has negatively affected my own health.	7%	27%	42%	24%	1,393
Caregiving has created a financial strain for me.	7%	20%	42%	32%	1,366
Caregiving has affected my paid work or volunteering in a negative way (cut back or quit work to provide care).	7%	23%	43%	27%	1,209
Caregiving has helped me appreciate life more.	22%	58%	14%	5%	1,405
Caregiving has strengthened my relationship with my care recipient.	24%	54%	17%	5%	1,400

Table C38. Caregiving Service Use & Need

Services and Supports	Have used before or currently using	Would help me provide care now	Could help me provide care in the future	Not interested	*n*
Counseling, coaching, and consultation to help you navigate caregiving	20%	13%	31%	37%	1,414
Education and training on caregiving (webinar or class on how to provide care, manage stress)	17%	13%	31%	39%	1,414
Friendly visitors and phone calls to your care recipient	18%	16%	26%	40%	1,400
Homemaker services for you or your care recipient (laundry, preparing meals, shopping for household goods)	13%	15%	34%	38%	1,415
Respite care for you (a break from providing care)	8%	13%	32%	47%	1,404
Support groups for you (in-person or virtual)	10%	11%	27%	52%	1,407
Transportation services for you or your care recipient	10%	16%	31%	43%	1,410

Social Connection and Participation

Table C39. Satisfaction with Amount of Social Contact (*n*=5,670)

Rating	Number of Responses (*n*)	Percent of Respondents (%)
Very satisfied	1,908	34%
Satisfied	3,021	53%
Dissatisfied	599	11%
Very dissatisfied	141	3%

Table C40. Experiences Loneliness (*n*=5,682)

Frequency	Number of Responses (*n*)	Percent of Respondents (%)
Almost always	134	2%
Usually	303	5%
Sometimes	1,864	33%
Rarely or never	3,381	60%

Table C41. Reasons for Loneliness (*n*=2,557)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Lack of family and friends	1,122	44%
Lack of transportation	257	10%
Health or mobility issues	700	27%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
I don't know how to meet new people or spend time with others	488	19%
Recent loss of a loved one or pet	593	23%
Mental health conditions	362	14%
Caregiving responsibilities	291	11%
Social activities cost too much	635	25%

Table C42. Has Volunteered in the Community in the Past 12 Months (*n*=5,658)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	3,298	58%
No	2,360	42%

Housing and Community

Table C43. Current Housing (*n*=5,643)

Housing	Number of Responses (*n*)	Percent of Respondents (%)
Single-family house	3,901	69%
Two-family house with two separate living units	107	2%
Townhouse or row house	511	9%
Apartment	482	9%

Housing	Number of Responses (*n*)	Percent of Respondents (%)
Condominium or co-op	321	6%
Mobile home	76	1%
Independent senior housing	150	3%
Housing with services / assisted living facility / customized housing	48	1%
Nursing home / nursing facility	5	0%
Homeless or unhoused	4	0%
Not listed	38	1%

Table C44. Home Ownership Status (*n*=5,566)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Own	4,640	83%
Rent	844	15%
Neither own nor rent but live with others	81	2%

Table C45. Perceived Home Safety (*n*=5,646)

Rating	Number of Responses (*n*)	Percent of Respondents (%)
Very safe	4,095	73%
Safe	1,324	23%
Somewhat safe	207	4%
Not safe	21	0%

Table C46. Resources Needed to Remain in Current Residence (*n*=3,334)

Resource	Number of Responses (*n*)	Percent of Respondents (%)^
Ongoing maintenance and repair	2,591	78%
Structural upkeep (roof, walls, foundation)	1,342	40%
Ongoing yardwork and/or snow removal	2,389	72%
Making the entrance to the house more accessible	568	17%
Making rooms inside the house more accessible	536	16%
Financial help for home modifications	839	25%

Table C47. Barriers to Moving in the Future (*n*=2,393)

Barrier	Number of Responses (*n*)	Percent of Respondents (%)^
Other housing options cost too much	1,556	65%
Limited availability of other housing options	982	41%
Don't like the other housing options	627	26%
Hard to find a place that is safe	174	7%
Hard to find a place that is accessible (no-step entry, walk-in shower)	380	16%
Moving expenses cost too much	794	33%
Don’t have time to plan a move	265	11%
Don’t know how to find a new place	183	8%
My health or mobility limits my ability to move	344	14%
Don’t have people I can ask to help me move	402	17%

Table C48. Experienced Housing Instability in the Past 12 Months (*n*=5,621)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	76	1%
No	5,545	99%

Table C49. Reasons for Housing Instability (*n*=27)

Reason	Number of Responses (*n*)	Percent of Respondents (%)^
Housing options cost too much	24	87%
Hard to find a place that is safe for me	13	48%
Hard to find a place that is accessible for me (no-step entry, walk-in shower)	10	36%

Table C50. Perceived Community Belonging (*n*=5,572)

Rating	Number of Responses (*n*)	Percent of Respondents (%)
A lot	2,876	52%
Somewhat	2,401	43%
Not at all	295	5%

Table C51. Perceived Community Safety (*n*=5,618)

Rating	Number of Responses (*n*)	Percent of Respondents (%)
Very safe	2,972	53%
Safe	2,205	39%
Somewhat safe	411	7%
Not safe	30	1%

Transportation

Table C52. Primary Mode of Transportation Used in Community (*n*=5,618)

Mode of Transportation	Number of Responses (*n*)	Percent of Respondents (%)^
Walk	1,511	27%
Drive yourself	5,168	92%
Have others drive you (family, friends)	1,137	20%
Take a taxi	65	1%
Use a ride source company such as Uber or Lyft	280	5%
Use public transportation	387	7%
Use a special transportation service, such as one for seniors or persons with disabilities	166	3%
Use a transportation service through your health plan	63	1%
Ride a bike or scooter	490	9%

Table C53. Receives Financial Assistance for Transportation Costs (*n*=4,153)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes, all transportation costs are covered	64	2%
Some transportation costs are covered	122	3%
No	3,500	84%
Not sure	467	11%

Table C54. Unable to Travel in the Last Month Due to Transportation Barriers (*n*=5,615)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	470	8%
No	5,145	92%

Table C55. Reasons for Transportation Barriers (*n*=384)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Transportation options cost too much	119	31%
Transportation did not come	24	6%
Limited transportation options during evenings and weekends	87	23%
No convenient transportation options available near me	107	28%
No accessible transportation options (ramp to board, grab bars)	21	6%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Don't feel safe using public transportation	77	20%
Scheduling transportation is too difficult	47	12%
Poor weather	74	19%
Poor health	124	32%
Don’t feel safe traveling at night	83	22%
Don’t have someone to go with	118	31%
Don’t know what transportation options are available	67	17%
Health insurance does not offer transportation benefits	94	25%

Services and Supports

Table C56. Knows Where to Find or Access Services & Supports (*n*=5,552)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	3,332	60%
No	1,014	18%
Not sure	1,205	22%

Table C57. Preferred Sources of Information About Services for Older Adults (*n*=5,480)

Source of Information	Number of Responses (*n*)	Percent of Respondents (%)^
Family, friends, or neighbors	3,832	70%
Faith-based organizations like churches or synagogues	1,202	22%
Internet (Google, etc.)	3,357	61%
Your doctor or other health care professional	2,772	51%
A community organization or center (senior center, YMCA, home care provider)	1,573	29%
Your local area agency on aging	1,748	32%
Statewide information and referral services, like Minnesota Aging Pathways (formerly the Senior LinkAge Line)	2,263	41%

Table C58. Aging Service Use & Interest

Service	Have used before or currently using	Would help me now	Could help me in the future	Not interested	Not available in my area	*n*
Chore services (outdoor home maintenance, wash windows)	17%	9%	40%	30%	4%	5,370
Grocery delivery	18%	3%	41%	35%	3%	5,420

Service	Have used before or currently using	Would help me now	Could help me in the future	Not interested	Not available in my area	*n*
Group meals (meals for older adults served in a community setting)	4%	2%	32%	59%	3%	5,358
Health promotion classes (fall prevention, fitness classes)	17%	9%	38%	35%	2%	5,376
Home modifications (ramp, grab bar)	11%	6%	45%	37%	2%	5,348
Home-delivered meals	5%	3%	44%	46%	2%	5,373
Homemaker services (laundry, preparing meals, shopping for household goods)	4%	5%	49%	41%	2%	5,393
Help finding or paying for housing	1%	4%	30%	62%	3%	5,313
Help with legal needs	8%	7%	42%	42%	2%	5,343
Personal care services (help with daily tasks like dressing, bathing, eating)	2%	1%	44%	51%	2%	5,376
Transportation services	5%	3%	54%	36%	2%	5,393

Table C59. Aging Services & Supports Needs Met (*n*=2,431)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes, all needs and goals are met	1,529	63%
Some needs and goals are met	728	30%
No needs and goals are met	175	7%

Table C60. Experienced Difficulty Accessing Aging Services and Supports

Response	Yes	No	*n*
No provider was available in my area	23%	77%	1,010
There were waitlists for services and supports	34%	67%	965
I found out I was not eligible	41%	59%	964
I had trouble getting information because of language barriers	6%	94%	929
I had trouble completing the required paperwork	18%	82%	988
Services and supports cost too much	49%	51%	1,123

Technology

Table C61. Internet Access at Home/Residence (*n*=5,528)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	5,348	97%

Response	Number of Responses (*n*)	Percent of Respondents (%)
No	180	3%

Table C62. Internet Reliability (*n*=5,289)

Rating	Number of Responses (*n*)	Percent of Respondents (%)
Works very well	3,820	72%
Works okay most of the time	1,339	25%
Often slow or unreliable	130	3%

Table C63. Reasons for Having Limited Internet Access (*n*=684)

Response	Number of Responses (*n*)	Percent of Respondents (%^)
Internet services cost too much	481	70%
Phone plans that include internet cost too much	300	44%
Devices, like computers and smartphones, that connect to the internet cost too much	297	44%
There are no broadband services in my area	49	7%
I don’t know how to connect to the internet	98	14%
I don’t have reliable transportation to visit a place with internet (library, coffee shop)	37	5%

Table C64. Comfort Level Using Internet (*n*=5,403)

Rating	Number of Responses (*n*)	Percent of Respondents (%)
Very comfortable	3,039	56%
Comfortable	1,920	36%
Uncomfortable	328	6%
Very uncomfortable	116	2%

Basic Needs

Table C65. Frequency of Unmet Basic Needs

Response	Almost always	Usually	Sometimes	Rarely or never	*n*
Healthy food	4%	5%	12%	79%	3,945
Health care	4%	4%	11%	82%	4,069
Mental health services (counseling)	4%	4%	13%	79%	2,267
Prescription medication	4%	2%	7%	87%	4,006
Social connections (seeing friends and neighbors)	5%	6%	21%	69%	4,093

Table C66. Current Concerns (*n*=4,778)

Concern	Number of Responses *(n)*	Percent of Respondents (%)^
Your own health	3,108	65%
Problems with family	1,466	31%
Feeling safe	284	6%
Needing more care as you age	2,565	54%
Being cheated or scammed	1,526	32%
Paying for prescription drugs	903	19%
Paying for future care you may need	2,203	46%
Losing your benefits (Supplemental Security Income, Medicaid)	1,421	30%
Cuts to what your health care plan will cover	2,647	55%
Paying back your debt, like medical or housing debt	771	16%
Having enough money to cover household bills	1,270	27%
Losing your home/residence in the future	661	14%
Getting good health care	1,558	33%
Spouse or partner's health	1,994	42%
Pet health and/or affording bills for pet care	915	19%

Work, Retirement, and Long-Term Care Planning

Table C67. Current Employment Status (*n*=5,431)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Self-employed, part-time	190	4%
Self-employed, full-time	121	2%
Employed, part-time	239	4%
Employed, full-time	813	15%
Unemployed, but looking for work	51	1%
Retired, working part-time	520	10%
Retired, not working at all	3,353	62%
Employed, but currently on leave to care for a family member	1	0%
Not working for other reasons	143	3%

Table C68. Barriers to Finding Employment (*n*=797)

Barrier	Number of Responses *(n)*	Percent of Respondents (%)^
Health limitations	366	46%
Caregiving responsibilities	92	12%
Lack of flexible or part-time job options	273	34%

Barrier	Number of Responses *(n)*	Percent of Respondents (%)^
Transportation challenges	100	13%
Age discrimination	384	48%
My job skills are not all up to date	185	23%
Jobs in my area do not match my experience	110	14%
Employers don't provide the accommodations I need	49	6%

Table C69. Has Made the Following End-of-Life Plans

End-of-Life Plan	Yes	No	*n*
Your estate and financial affairs	68%	32%	5,403
Your medical care (health care directive)	68%	33%	5,411

Table C70. Has Caregiving Support if Sick or Disabled (*n*=5,071)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	3,348	66%
No	592	12%
Not sure	1,132	22%

Table C71. Anticipated Living Preference if Independent Living was No Longer Feasible (*n*=4,775)

Preference	Number of Responses (*n*)	Percent of Respondents (%)
Stay in your home with an agency providing care services	1,005	21%
Stay in your home with family or friends providing care	781	16%
Share a residence with a family member	312	6%
Share a residence with a friend	35	1%
Move to assisted living	1,295	27%
Move to a nursing home	62	1%
Not listed	112	2%
Not sure	1,174	24%

Table C72. Anticipated Long-Term Care Payment Plan if Needed in the Future (*n*=5,003)

Plan	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	1,157	23%
Equity in your home	1,369	27%
Your own savings or investments	2,825	57%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	1,366	27%
Financial help from your children or other family members	204	4%
Not sure	1,407	28%

Table C73. Current Long-Term Care Payment Plan (*n*=358)

Plan	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	54	15%
Equity in your home	21	6%
Your own savings or investments	119	33%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	139	39%
Financial help from your children or other family members	26	7%
Not sure	88	25%

Rights, Safety, and Emergency Preparedness

Table C74. Frequency of Discomfort Seeking Care & Services

Response	Almost always	Usually	Sometimes	Rarely or never	*n*
Being mistreated due to your age	1%	2%	9%	89%	3,452
Experiencing discrimination due to your racial or ethnic identity	1%	1%	4%	94%	2,994
Experiencing discrimination due to your sexual orientation or gender identity	0%	1%	4%	95%	2,746
Being mistreated due to a disability	1%	1%	8%	90%	2,690

Table C75. Knows Who to Contact if Mistreatment and Neglect Occurs (*n*=5,276)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	2,950	56%
No	822	16%
Not sure	1,504	29%

Table C76. Has an Emergency Plan in Place (*n*=5,350)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	2,605	49%
No	1,477	28%
Not sure	1,268	24%

Table C77. Preferred Resources for Legal Assistance (*n*=4,788)

Resource	Number of Responses (*n*)	Percent of Respondents (%)^
Search the internet for information (Google, etc.)	828	17%
Statewide information and referral services, like Minnesota Aging Pathways (formerly the Senior LinkAge Line)	614	13%
Ask a friend or family member for advice	945	20%
Ask a religious leader (pastor, rabbi, imam)	18	0%
Contact a private lawyer I've worked with before	1,479	31%
Contact a free legal service provider or legal aid	236	5%
Look for a private lawyer in the phone book or online	108	2%
Not listed	139	3%
Not sure	421	9%

Everyday Experiences

Table C78. Frequency of Perceived Age Discrimination

Response	Often	Sometimes	Rarely or never	*n*
Your access to credit, loans, and other financial products	3%	11%	87%	3,106
Your employment status or whether you are hired for a job	13%	26%	62%	2,102
Your access to fair and affordable housing	5%	10%	86%	1,828
Whether health providers seriously listen to your health concerns	6%	24%	70%	3,753
Your access to social services	6%	12%	82%	1,910

Table C79. Interest Level in Joining Trainings & Programs

Type of Training	Very interested	Interested	Somewhat interested	Not interested	*n*
Training to enhance your ability to use technology (computers, tablets, smartphones)	7%	13%	24%	56%	5,277
Training to improve your ability to spot and avoid scams	8%	17%	33%	42%	5,265
Job training, skill-building, or career transition programs	2%	4%	9%	85%	5,228

Type of Training	Very interested	Interested	Somewhat interested	Not interested	*n*
Anti-ageism community programs and initiatives, like events to raise awareness of ageism or when people are treated unfairly based on their age	5%	9%	26%	61%	5,236

Table C80. State of Minnesota Priority Areas for Older Adults (*n*=5,018)

Priority	Number of Responses (*n*)	Percent of Respondents (%)^
Access to health care and mental health services	2,400	48%
Help with daily living needs	1,336	27%
Support for caregiving	1,408	28%
Social connection and participation	764	15%
Affordable, accessible housing	2,465	49%
Safety in your community	535	11%
Transportation	1,265	25%
Help finding or navigating services	1,512	30%
Technology access and training	568	11%
Help getting your basic needs	815	16%

Priority	Number of Responses (*n*)	Percent of Respondents (%)^
Job support	107	2%
Long-term planning	889	18%

Additional Background

Table C81. Received Assistance Completing Survey (*n*=5,416)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	151	3%
No	5,265	97%

Table C82. Identified with 'Solo' Definition (*n*=5,372)

Response	Number of Responses (*n*)	Percent of Respondents (%)
Yes	1,088	20%
No	3,278	61%
Not sure	793	15%
Prefer not to answer	213	4%

Appendix D: Regional Frequency Tables

Page 10 of the appendix displays a map of the regional area agencies on aging (AAAs) and provides the full name of each AAA.

Percentages in columns marked with ^ may exceed 100% because respondents could select more than one response option.

Demographics

Table D1. Age (*n*=5,870)

Age	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
60-74	67%	66%	67%	67%	65%	69%
75-84	29%	29%	28%	28%	28%	26%
85 and older	4%	5%	5%	5%	6%	5%
Total (*n*)	514	871	1,182	848	1,047	1,408

Table D2. Gender (N=5,921)

Gender	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Male	44%	44%	46%	45%	37%	28%
Female	55%	56%	54%	54%	63%	72%
Not listed	0%	0%	0%	0%	0%	0%

Gender	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Prefer not to say / Unknown	1%	1%	1%	1%	0%	1%
Total *(n)*	520	884	1,192	854	1,049	1,422

Table D3. Race/Ethnicity (N=5,887)

AAAA (*n*=513)

Race/Ethnicity	Number of Responses (*n*)	Percent of Respondents (%)^
African American/Black	2	0%
African	0	0%
Asian American	6	1%
Latino(a)/Hispanic	6	1%
American Indian/Alaska Native	14	3%
Native Hawaiian or Pacific Islander	0	0%
White	486	95%
Not listed	1	0%
Prefer not to answer	11	2%

CMCOA (*n*=881)

Race/Ethnicity	Number of Responses (*n*)	Percent of Respondents (%)^
African American/Black	8	1%
African	1	0%
Asian American	6	1%
Latino(a)/Hispanic	14	2%
American Indian/Alaska Native	10	1%
Native Hawaiian or Pacific Islander	0	0%
White	836	95%
Not listed	7	1%
Prefer not to answer	12	1%

DSAAA (*n*=1,182)

Race/Ethnicity	Number of Responses (*n*)	Percent of Respondents (%)^
African American/Black	2	0%
African	1	0%
Asian American	8	1%
Latino(a)/Hispanic	14	1%

Race/Ethnicity	Number of Responses (*n*)	Percent of Respondents (%)^
American Indian/Alaska Native	29	3%
Native Hawaiian or Pacific Islander	2	0%
White	1,133	96%
Not listed	10	1%
Prefer not to answer	12	1%

MNRAAA (*n*=851)

Race/Ethnicity	Number of Responses (*n*)	Percent of Respondents (%)^
African American/Black	2	0%
African	1	0%
Asian American	5	1%
Latino(a)/Hispanic	8	1%
American Indian/Alaska Native	4	1%
Native Hawaiian or Pacific Islander	0	0%
White	822	97%
Not listed	5	1%

Race/Ethnicity	Number of Responses (*n*)	Percent of Respondents (%)^
Prefer not to answer	8	1%

SEMAAA (*n*=1,044)

Race/Ethnicity	Number of Responses (*n*)	Percent of Respondents (%)^
African American/Black	8	1%
African	3	0%
Asian American	14	1%
Latino(a)/Hispanic	16	2%
American Indian/Alaska Native	10	1%
Native Hawaiian or Pacific Islander	1	0%
White	995	95%
Not listed	7	1%
Prefer not to answer	7	1%

MAAA (*n*=1,416)

Race/Ethnicity	Number of Responses (*n*)	Percent of Respondents (%)^
African American/Black	51	4%
African	12	1%

Race/Ethnicity	Number of Responses (*n*)	Percent of Respondents (%)^
Asian American	37	3%
Latino(a)/Hispanic	23	2%
American Indian/Alaska Native	23	2%
Native Hawaiian or Pacific Islander	1	0%
White	1245	88%
Not listed	17	1%
Prefer not to answer	35	3%

Table D4. Tribal Affiliation (*n*=76)

AAAA (*n*=13)

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Cansa'yapi / Lower Sioux Indian Community	0	0%
Gaa-waabaabiganikaag / White Earth Nation	1	8%
Gaa-zagaskwaajimekaag / Leech Lake Band of Ojibwe	2	15%
Gichi-Onigaming / Grand Portage Band of Lake Superior Chippewa	1	8%
Mdewakanton / Shakopee Mdewakanton Sioux Community	0	0%

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Misi-zaaga'iganiing / Mille Lacs Band of Ojibwe	0	0%
Miskwaagamiiwi-Zaagaiganing / Red Lake Nation	1	8%
Nah-gah-chi-wa-nong / Fond du Lac Band of Lake Superior Chippewa	2	15%
Pezihutazizi / Oyate (Upper Sioux Community)	0	0%
Tinta Wita / Prairie Island Indian Community	0	0%
Zagaakwaandagowininiwag / Bois Forte Band of Chippewa	1	8%
Not listed	3	23%
Prefer not to answer	2	15%

CMCOA (*n*=9)

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Cansa'yapi / Lower Sioux Indian Community	0	0%
Gaa-waabaabiganikaag / White Earth Nation	3	33%
Gaa-zagaskwaajimekaag / Leech Lake Band of Ojibwe	2	22%

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Gichi-Onigaming / Grand Portage Band of Lake Superior Chippewa	0	0%
Mdewakanton / Shakopee Mdewakanton Sioux Community	0	0%
Misi-zaaga'iganiing / Mille Lacs Band of Ojibwe	1	11%
Miskwaagamiiwi-Zaagaiganing / Red Lake Nation	0	0%
Nah-gah-chi-wa-nong / Fond du Lac Band of Lake Superior Chippewa	0	0%
Pezihutazizi / Oyate (Upper Sioux Community)	0	0%
Tinta Wita / Prairie Island Indian Community	0	0%
Zagaakwaandagowininiwag / Bois Forte Band of Chippewa	0	0%
Not listed	3	33%
Prefer not to answer	0	0%

DSAAA (*n*=26)

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Cansa'yapi / Lower Sioux Indian Community	0	0%

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Gaa-waabaabiganikaag / White Earth Nation	13	50%
Gaa-zagaskwaajimekaag / Leech Lake Band of Ojibwe	1	4%
Gichi-Onigaming / Grand Portage Band of Lake Superior Chippewa	0	0%
Mdewakanton / Shakopee Mdewakanton Sioux Community	0	0%
Misi-zaaga'iganiing / Mille Lacs Band of Ojibwe	0	0%
Miskwaagamiiwi-Zaagaiganing / Red Lake Nation	5	19%
Nah-gah-chi-wa-nong / Fond du Lac Band of Lake Superior Chippewa	0	0%
Pezihutazizi / Oyate (Upper Sioux Community)	0	0%
Tinta Wita / Prairie Island Indian Community	0	0%
Zagaakwaandagowininiwag / Bois Forte Band of Chippewa	1	4%
Not listed	3	12%
Prefer not to answer	3	12%

MNRAAA (*n*=2)

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Cansa'yapi / Lower Sioux Indian Community	0	0%
Gaa-waabaabiganikaag / White Earth Nation	0	0%
Gaa-zagaskwaajimekaag / Leech Lake Band of Ojibwe	0	0%
Gichi-Onigaming / Grand Portage Band of Lake Superior Chippewa	0	0%
Mdewakanton / Shakopee Mdewakanton Sioux Community	0	0%
Misi-zaaga'iganiing / Mille Lacs Band of Ojibwe	0	0%
Miskwaagamiiwi-Zaagaiganing / Red Lake Nation	0	0%
Nah-gah-chi-wa-nong / Fond du Lac Band of Lake Superior Chippewa	0	0%
Pezihutazizi / Oyate (Upper Sioux Community)	1	50%
Tinta Wita / Prairie Island Indian Community	0	0%
Zagaakwaandagowininiwag / Bois Forte Band of Chippewa	0	0%
Not listed	1	50%

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Prefer not to answer	0	0%

SEMAAA (*n*=7)

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Cansa'yapi / Lower Sioux Indian Community	0	0%
Gaa-waabaabiganikaag / White Earth Nation	0	0%
Gaa-zagaskwaajimekaag / Leech Lake Band of Ojibwe	1	14%
Gichi-Onigaming / Grand Portage Band of Lake Superior Chippewa	0	0%
Mdewakanton / Shakopee Mdewakanton Sioux Community	0	0%
Misi-zaaga'iganiing / Mille Lacs Band of Ojibwe	1	14%
Miskwaagamiiwi-Zaagaiganing / Red Lake Nation	1	14%
Nah-gah-chi-wa-nong / Fond du Lac Band of Lake Superior Chippewa	0	0%
Pezihutazizi / Oyate (Upper Sioux Community)	0	0%
Tinta Wita / Prairie Island Indian Community	0	0%

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Zagaakwaandagowininiwag / Bois Forte Band of Chippewa	0	0%
Not listed	2	29%
Prefer not to answer	2	29%

MAAA (*n*=19)

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Cansa'yapi / Lower Sioux Indian Community	0	0%
Gaa-waabaabiganikaag / White Earth Nation	5	26%
Gaa-zagaskwaajimekaag / Leech Lake Band of Ojibwe	0	0%
Gichi-Onigaming / Grand Portage Band of Lake Superior Chippewa	0	0%
Mdewakanton / Shakopee Mdewakanton Sioux Community	0	0%
Misi-zaaga'iganiing / Mille Lacs Band of Ojibwe	4	21%
Miskwaagamiiwi-Zaagaiganing / Red Lake Nation	0	0%
Nah-gah-chi-wa-nong / Fond du Lac Band of Lake Superior Chippewa	2	11%

Tribal Affiliation	Number of Responses (*n*)	Percent of Respondents (%)^
Pezihutazizi / Oyate (Upper Sioux Community)	0	0%
Tinta Wita / Prairie Island Indian Community	0	0%
Zagaakwaandagowininiwag / Bois Forte Band of Chippewa	1	5%
Not listed	7	37%
Prefer not to answer	0	0%

Table D5. Preferred Language (*n*=5,893)

Language	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
English	100%	100%	100%	100%	100%	99%
Hmong	0%	0%	0%	0%	0%	0%
Spanish	0%	0%	0%	0%	0%	0%
Vietnamese	0%	0%	0%	0%	0%	0%
Russian	0%	0%	0%	0%	0%	0%
Somali	0%	0%	0%	0%	0%	0%
Not listed	0%	1%	0%	0%	0%	1%

Language	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Total *(n)*	516	877	1,185	851	1,047	1,417

Table D6. Veteran Status (N=5,759)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	13%	16%	13%	12%	12%	6%
No	87%	84%	86%	87%	88%	94%
Prefer not to answer	0%	1%	0%	0%	1%	1%
Total *(n)*	508	863	1,173	846	1,022	1,347

Table D7. Household Size (*n*=5,890)

Household Size	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
1	34%	30%	36%	37%	37%	37%
2	57%	58%	58%	56%	56%	52%
3	5%	7%	5%	4%	5%	6%
4 or more	3%	3%	2%	3%	2%	4%
Prefer not to answer	1%	1%	0%	1%	1%	1%

Household Size	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Total *(n)*	517	876	1,182	850	1,045	1,420

Table D8. Relationship Status (*n*=5,883)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Married	56%	61%	58%	56%	56%	51%
Living with partner or significant other and not married	3%	3%	2%	3%	3%	4%
Separated	1%	1%	0%	1%	1%	1%
Divorced	17%	15%	14%	17%	16%	19%
Widowed	14%	14%	18%	17%	17%	11%
Single, never married	8%	6%	6%	5%	6%	12%
Not listed	0%	0%	0%	0%	0%	1%
Prefer not to answer	1%	1%	1%	1%	1%	1%
Total *(n)*	512	879	1,184	847	1,047	1,414

Table D9. Sexual Orientation (*n*=5,336)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Heterosexual or Straight	93%	93%	91%	90%	92%	89%
Bisexual or Pansexual	0%	0%	0%	0%	0%	1%
Asexual	0%	0%	0%	0%	0%	0%
Gay or Lesbian	2%	0%	1%	1%	1%	4%
Queer	0%	0%	0%	0%	0%	0%
Questioning or not sure	0%	0%	0%	0%	0%	0%
Not listed	0%	1%	0%	1%	1%	1%
Prefer not to answer	4%	6%	7%	8%	6%	5%
Total *(n)*	472	792	1,109	790	938	1,235

Table D10. Educational Attainment (n=5,268)

Education Level	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
K–12th grade (no diploma)	3%	3%	3%	3%	4%	1%
High school graduate, GED, or equivalent	12%	17%	18%	24%	17%	5%

Education Level	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Post-high school education/training (no degree)	20%	22%	21%	23%	19%	12%
2-year college degree	15%	16%	18%	18%	14%	9%
4-year college degree	18%	19%	16%	15%	19%	22%
Post-graduate study (no degree)	7%	4%	5%	4%	7%	8%
Graduate or professional degree(s)	23%	16%	17%	12%	19%	41%
Prefer not to answer	2%	2%	2%	2%	2%	1%
Total *(n)*	466	782	1,087	779	919	1,235

Table D11. Annual Household Income (*n*=5,345)

Income	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Less than $15,000	4%	2%	5%	5%	2%	3%
Between $15,000 and $25,000	8%	10%	8%	10%	9%	7%
Between $25,001 and $35,000	8%	7%	7%	10%	9%	6%
Between $35,001 and $45,000	5%	6%	8%	10%	8%	5%

Income	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Between $45,001 and $55,000	8%	7%	7%	8%	8%	6%
Between $55,001 and $65,000	7%	9%	8%	7%	7%	6%
Between $65,001 and $75,000	11%	8%	9%	9%	9%	7%
More than $75,000	32%	33%	32%	24%	31%	46%
Prefer not to answer	17%	19%	17%	18%	18%	14%
Total *(n)*	470	801	1,111	795	932	1,236

Health and Healthcare Access

Table D12. Overall Health & Wellness (*n*=5,890)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Excellent	10%	10%	8%	8%	9%	12%
Very good	41%	40%	36%	36%	40%	38%
Good	34%	38%	40%	39%	35%	35%
Fair	12%	12%	13%	14%	13%	12%
Poor	3%	2%	3%	3%	3%	3%
Total *(n)*	514	881	1,184	850	1,044	1,417

Regional differences for overall health and wellness were not statistically significant: $\chi^2(20, 5890) = 27.62$, $p = .119$.

Table D13a. I can see a primary care doctor or provider when I need to. (*n*=5,825)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	56%	58%	53%	51%	55%	59%
Agree	39%	39%	43%	46%	39%	38%
Disagree	4%	2%	3%	2%	4%	3%
Strongly disagree	1%	1%	1%	2%	2%	1%

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Total *(n)*	515	867	1,172	829	1,033	1,409

Regional differences for primary care access were statistically significant: $\chi^2(15, 5825) = 47.74$, $p < .001$.

Table D13b. I can access affordable dental health care when I need to. (*n*=5,726)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	37%	38%	34%	32%	39%	43%
Agree	39%	41%	40%	42%	42%	40%
Disagree	13%	13%	16%	15%	12%	11%
Strongly disagree	11%	9%	10%	11%	8%	6%
Total *(n)*	507	854	1,138	821	1,010	1,396

Regional differences for dental access were statistically significant: $\chi^2(15, 5726) = 59.30$, $p < .001$.

Table D13c. I can access mental health services, like counseling or emotional health care, when I want to use them. (*n*=4,112)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	37%	42%	34%	32%	40%	40%
Agree	48%	48%	55%	56%	49%	49%
Disagree	10%	8%	8%	9%	8%	8%
Strongly disagree	5%	2%	3%	3%	4%	3%
Total *(n)*	353	611	797	577	711	1,063

Regional differences for access to mental health services were statistically significant: $\chi^2(15, 4112) = 29.26$, $p < .05$.

Table D13d. I can access specialty care, like heart, joint, or cancer care, when I need to. (*n*=5,354)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	42%	47%	42%	37%	45%	48%
Agree	47%	48%	51%	56%	48%	44%
Disagree	8%	4%	6%	5%	6%	6%
Strongly disagree	3%	1%	1%	2%	2%	2%
Total *(n)*	475	796	1,083	764	932	1,304

Regional differences for specialty care access were statistically significant: $\chi^2(15, 5354) = 46.04$, $p < .001$.

Table D14a. Health care professionals are respectful of my culture. (*n*=5,762)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	54%	57%	53%	51%	56%	55%
Agree	44%	41%	46%	48%	43%	43%
Disagree	2%	1%	1%	1%	1%	2%
Strongly disagree	1%	1%	0%	0%	0%	0%
Total *(n)*	507	855	1155	826	1017	1402

Regional differences for cultural respect from health care professionals were not statistically significant: $\chi^2(15, 5762) = 22.18$, $p = .103$.

Table D14b. I can talk with health care professionals who speak my preferred language. (*n*=5,746)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	67%	65%	60%	57%	63%	69%
Agree	33%	34%	40%	41%	37%	30%
Disagree	1%	1%	1%	1%	1%	1%
Strongly disagree	0%	1%	0%	1%	0%	0%

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Total *(n)*	505	853	1,155	828	1,015	1,390

Regional differences for preferred language access were statistically significant: $\chi^2(15, 5746) = 55.91$, $p < .001$.

Table D15. Has Used Telehealth Services (*n*=5,841)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	51%	52%	43%	42%	53%	74%
No	49%	48%	57%	58%	47%	26%
Total *(n)*	515	870	1,183	834	1,029	1,410

Regional differences for telehealth service usage were statistically significant: $\chi^2(5, 5841) = 335.26$, $p < .001$.

Table D16. Telehealth Access Barriers (*n*=2,399)

AAAA (*n*=223)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
My health care provider doesn't offer telehealth services	16	7%
I'm able to see a health care professional in person when needed	166	74%
I want a health care professional to check my health in person	117	53%
I don't have a suitable electronic device like a computer, tablet, or phone	13	6%
I have limited or no access to reliable internet	19	9%
I don't know how to join a video call	18	8%
I'm not comfortable talking about my health over the phone or video	44	20%
I don't have access to a private location with internet or phone service	4	2%

CMCOA (*n*=372)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
My health care provider doesn't offer telehealth services	17	5%
I'm able to see a health care professional in person when needed	289	78%
I want a health care professional to check my health in person	178	48%
I don't have a suitable electronic device like a computer, tablet, or phone	22	6%
I have limited or no access to reliable internet	17	5%
I don't know how to join a video call	46	12%
I'm not comfortable talking about my health over the phone or video	50	13%
I don't have access to a private location with internet or phone service	5	1%

DSAAA (*n*=598)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
My health care provider doesn't offer telehealth services	27	5%
I'm able to see a health care professional in person when needed	471	79%
I want a health care professional to check my health in person	262	44%
I don't have a suitable electronic device like a computer, tablet, or phone	27	5%
I have limited or no access to reliable internet	26	4%
I don't know how to join a video call	77	13%
I'm not comfortable talking about my health over the phone or video	98	16%
I don't have access to a private location with internet or phone service	11	2%

MNRAAA (*n*=446)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
My health care provider doesn't offer telehealth services	18	4%
I'm able to see a health care professional in person when needed	358	80%
I want a health care professional to check my health in person	200	45%
I don't have a suitable electronic device like a computer, tablet, or phone	29	7%
I have limited or no access to reliable internet	25	6%
I don't know how to join a video call	70	16%
I'm not comfortable talking about my health over the phone or video	77	17%
I don't have access to a private location with internet or phone service	10	2%

SEMAAA (*n*=424)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
My health care provider doesn't offer telehealth services	23	5%
I'm able to see a health care professional in person when needed	316	75%
I want a health care professional to check my health in person	199	47%
I don't have a suitable electronic device like a computer, tablet, or phone	21	5%
I have limited or no access to reliable internet	22	5%
I don't know how to join a video call	55	13%
I'm not comfortable talking about my health over the phone or video	72	17%
I don't have access to a private location with internet or phone service	10	2%

MAAA (*n*=336)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
My health care provider doesn't offer telehealth services	9	3%
I'm able to see a health care professional in person when needed	241	72%
I want a health care professional to check my health in person	165	49%
I don't have a suitable electronic device like a computer, tablet, or phone	24	7%
I have limited or no access to reliable internet	9	3%
I don't know how to join a video call	38	11%
I'm not comfortable talking about my health over the phone or video	51	15%
I don't have access to a private location with internet or phone service	7	2%

Table D17. Knows How to Manage Chronic Conditions (*n*=4,570)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	73%	77%	73%	70%	75%	76%
Somewhat, or for some conditions	26%	20%	24%	25%	22%	22%
No	2%	3%	3%	5%	3%	2%
Total *(n)*	410	667	916	649	794	1,134

Regional differences for chronic condition management were statistically significant: $\chi^2(10, 4570) = 22.37$, $p < .05$.

Table D18. How Often Disability or Chronic Condition Impacts Daily Life (*n*=5,756)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	7%	7%	5%	7%	7%	8%
Usually	6%	6%	7%	10%	7%	9%
Sometimes	33%	30%	31%	29%	32%	30%
Rarely or never	54%	57%	56%	55%	54%	53%
Total *(n)*	505	854	1,161	826	1,026	1,384

Regional differences for frequency of chronic condition limitations were not statistically significant: $\chi^2(15, 5756) = 22.97$, $p = .085$.

Table D19. Comfort Seeking Memory Support (*n*=5,774)

Comfort Level	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Very comfortable	25%	26%	24%	17%	22%	21%
Comfortable	54%	56%	57%	65%	58%	53%
Uncomfortable	20%	15%	17%	16%	18%	24%
Very uncomfortable	1%	2%	2%	2%	2%	2%
Total *(n)*	509	861	1,159	830	1,023	1,392

Regional differences for comfort seeking help about memory or thinking changes were statistically significant: $\chi^2(15, 5774) = 62.46$, $p < .001$.

Table D20. Preferred Contact for Memory Support. (*n*=5,757)

AAAA (*n*=503)

Preferred Contact	Number of Responses (*n*)	Percent of Respondents (%)^
Health care provider, like a doctor	428	85%
Spouse or partner	250	50%
Child or child-in-law	172	34%
Parent	7	1%
Grandchild	11	2%

Preferred Contact	Number of Responses (*n*)	Percent of Respondents (%)^
Sibling	120	24%
Another relative	33	7%
Friend	194	39%
A religious leader (pastor, rabbi, imam)	21	4%

CMCOA (*n*=863)

Preferred Contact	Number of Responses (*n*)	Percent of Respondents (%)^
Health care provider, like a doctor	725	84%
Spouse or partner	469	54%
Child or child-in-law	358	42%
Parent	20	2%
Grandchild	43	5%
Sibling	238	28%
Another relative	76	9%
Friend	302	35%
A religious leader (pastor, rabbi, imam)	57	7%

DSAAA (*n*=1,158)

Preferred Contact	Number of Responses (*n*)	Percent of Respondents (%)^
Health care provider, like a doctor	975	84%
Spouse or partner	568	49%
Child or child-in-law	457	40%
Parent	13	1%
Grandchild	46	4%
Sibling	303	26%
Another relative	97	8%
Friend	367	32%
A religious leader (pastor, rabbi, imam)	82	7%

MNRAAA (*n*=830)

Preferred Contact	Number of Responses (*n*)	Percent of Respondents (%)^
Health care provider, like a doctor	695	84%
Spouse or partner	403	49%
Child or child-in-law	366	44%
Parent	11	1%

Preferred Contact	Number of Responses (*n*)	Percent of Respondents (%)^
Grandchild	40	5%
Sibling	212	26%
Another relative	63	8%
Friend	251	30%
A religious leader (pastor, rabbi, imam)	59	7%

SEMAAA (*n*=1,027)

Preferred Contact	Number of Responses (*n*)	Percent of Respondents (%)^
Health care provider, like a doctor	859	84%
Spouse or partner	506	49%
Child or child-in-law	462	45%
Parent	15	2%
Grandchild	47	5%
Sibling	276	27%
Another relative	87	9%
Friend	381	37%
A religious leader (pastor, rabbi, imam)	62	6%

MAAA (*n*=1,376)

Preferred Contact	Number of Responses (*n*)	Percent of Respondents (%)^
Health care provider, like a doctor	1,193	87%
Spouse or partner	627	46%
Child or child-in-law	529	38%
Parent	23	2%
Grandchild	31	2%
Sibling	338	25%
Another relative	128	9%
Friend	611	44%
A religious leader (pastor, rabbi, imam)	72	5%

Table D21. Fallen in the Past 12 Months (*n*=5,836)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	27%	23%	25%	23%	24%	27%
No	73%	77%	75%	77%	76%	73%
Total *(n)*	514	873	1,179	837	1,032	1,401

Regional differences for falls in the past 12 months were not statistically significant: $\chi^2(5, 5836) = 8.37$, $p = .137$.

Table D22. Has a Response Plan if Fell in Future (*n*=5,785)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	61%	59%	59%	59%	61%	58%
No	40%	41%	41%	41%	39%	43%
Total *(n)*	511	864	1,166	833	1,018	1,393

Regional differences for future fall response plan were not statistically significant: $\chi^2(5, 5785) = 3.67$, $p = .598$.

Table D23a. Feeling nervous, anxious, or on edge. (*n*=5,697)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Every day	4%	4%	4%	4%	5%	6%
More than half the days	7%	6%	7%	7%	7%	10%
Several days	25%	28%	25%	25%	26%	34%
Not at all	64%	63%	63%	64%	62%	50%
Total *(n)*	500	858	1,153	811	1,006	1,369

Regional differences for feelings of nervousness, anxiety, or being on edge were statistically significant: $\chi^2(15, 5697) = 77.37$, $p < .001$.

Table D23b. Feeling down, depressed, or hopeless. (*n*=5,676)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Every day	2%	2%	2%	2%	3%	4%
More than half the days	5%	5%	5%	5%	6%	7%
Several days	22%	16%	22%	20%	21%	26%
Not at all	71%	77%	71%	73%	70%	64%
Total *(n)*	498	857	1,144	811	1,001	1,365

Regional differences for feelings of sadness, depression, or hopelessness were statistically significant: $\chi^2(15, 5676) = 54.14$, $p < .001$.

Table D23c. Feeling calm and at ease. (*n*=5,720)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Every day	40%	41%	40%	42%	41%	31%
More than half the days	35%	35%	36%	33%	36%	42%
Several days	18%	17%	18%	18%	15%	22%
Not at all	8%	7%	6%	6%	8%	5%
Total *(n)*	506	853	1,161	819	1,011	1,370

Regional differences for feelings of calmness and ease were statistically significant: $\chi^2(15, 5720) = 66.47$, $p < .001$.

Table D23d. Feeling hopeful about my future. (*n*=5,699)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Every day	39%	43%	43%	42%	40%	30%
More than half the days	30%	31%	30%	30%	30%	38%
Several days	18%	14%	17%	16%	18%	22%
Not at all	13%	12%	9%	11%	12%	11%
Total *(n)n*	501	852	1,155	819	1,008	1,364

Regional differences for feelings of hopefulness about the future were statistically significant: $\chi^2(15, 5699) = 84.56$, $p < .001$.

Daily Living Needs

Table D24a. Difficulty managing your money, such as keeping track of expenses or paying bills. (*n*=5,412)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
A lot	3%	4%	3%	2%	3%	4%
Some	10%	8%	8%	10%	8%	10%
None	88%	89%	90%	88%	90%	86%
Total *(n)n*	460	812	1,103	784	964	1,289

Regional differences for difficulty managing money were statistically significant: $\chi^2(10, 5412) = 20.19$, $p < .05$.

Table D24b. Difficulty doing housework (laundry, cleaning). (*n*=5,518)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
A lot	5%	7%	5%	6%	7%	9%
Some	25%	21%	23%	21%	22%	27%
None	70%	72%	72%	73%	72%	65%
Total *(n)*	473	825	1,112	791	992	1,325

Regional differences for difficulty doing housework were statistically significant: $\chi^2(10, 5518) = 38.13$, $p < .001$.

Table D24c. Difficulty shopping for groceries. (*n*=5,527)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
A lot	4%	6%	4%	4%	5%	6%
Some	11%	11%	11%	12%	11%	15%
None	84%	84%	85%	83%	84%	80%
Total *(n)*	478	829	1,118	797	993	1,312

Regional differences for difficulty grocery shopping were statistically significant: $\chi^2(10, 5527) = 19.21$, $p < .05$.

Table D24d. Difficulty preparing your own meals. (*n*=5,516)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
A lot	3%	4%	4%	3%	4%	5%
Some	8%	12%	10%	11%	10%	12%
None	89%	84%	87%	85%	87%	83%
Total *(n)*	477	828	1,119	796	982	1,314

Regional differences for difficulty preparing meals were not statistically significant: $\chi^2(10, 5516) = 15.31$, $p = .121$.

Table D24e. Difficulty getting dressed, including putting on shoes and socks. (*n*=5,604)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
A lot	2%	3%	3%	2%	2%	3%
Some	11%	8%	9%	9%	9%	11%
None	87%	89%	88%	89%	89%	86%
Total *(n)*	483	839	1,137	814	1,003	1,328

Regional differences for difficulty dressing oneself were not statistically significant: $\chi^2(10, 5604) = 11.52$, $p = .319$.

Table D24f. Difficulty bathing, showering, washing your hair, or shaving. (*n*=5,601)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
A lot	1%	4%	2%	3%	3%	3%
Some	7%	6%	7%	7%	8%	10%
None	92%	90%	91%	90%	90%	88%
Total *(n)*	483	836	1,136	814	999	1,333

Regional differences for difficulty with personal bathing and grooming were statistically significant: $\chi^2(10, 5601) = 22.39$, $p < .05$.

Table D24g. Difficulty walking or climbing stairs. (*n*=5,615)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
A lot	7%	9%	8%	10%	10%	10%
Some	28%	26%	26%	26%	25%	27%
None	65%	66%	66%	64%	66%	63%
Total *(n)*	488	840	1,138	815	1,002	1,332

Regional differences for difficulty walking or climbing stairs were not statistically significant: $\chi^2(10, 5615) = 11.42$, $p = .326$.

Table D24h. Difficulty getting out of bed or out of a chair. (*n*=5,615)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
A lot	1%	3%	3%	3%	3%	3%
Some	17%	16%	17%	15%	17%	17%
None	82%	81%	81%	82%	81%	81%
Total *(n)*	486	840	1,141	813	999	1,336

Regional differences for difficulty getting out of bed or a chair were not statistically significant: $\chi^2(10, 5615) = 10.86$, $p = .368$.

Table D24i. Difficulty using the toilet, sitting down and standing up. (*n*=5,607)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
A lot	0%	3%	2%	3%	2%	2%
Some	10%	11%	11%	10%	11%	12%
None	89%	87%	87%	87%	87%	86%
Total *(n)*	486	841	1,136	816	1,002	1,326

Regional differences for difficulty using the toilet, sitting down, and standing up were not statistically significant: $\chi^2(10, 5607) = 12.03$, $p = .283$.

Table D25. Receives Assistance to Complete ADL (*n*=5,751)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	11%	10%	10%	10%	12%	12%
No	89%	90%	90%	90%	88%	88%
Total *(n)*	503	858	1,171	837	1,022	1,360

Regional differences for receiving ADL support were not statistically significant: $\chi^2(5, 5751) = 4.43$, $p = .49$.

Table D26. Who Helps Complete ADL (*n*=584)

AAAA (*n*=49)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	32	65%
Child or child-in-law	17	35%
Parent	0	0%
Grandchild	5	10%
Sibling	1	2%
Another relative	3	6%
Friend or neighbor	6	12%
Professional caregiver at no cost to you	5	10%
Professional caregiver you pay	5	10%

CMCOA (*n*=83)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	52	63%
Child or child-in-law	18	22%
Parent	2	2%
Grandchild	5	6%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Sibling	6	7%
Another relative	5	6%
Friend or neighbor	11	13%
Professional caregiver at no cost to you	4	5%
Professional caregiver you pay	11	13%

DSAAA (*n*=114)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	61	54%
Child or child-in-law	30	26%
Parent	0	0%
Grandchild	12	11%
Sibling	2	2%
Another relative	7	6%
Friend or neighbor	17	15%
Professional caregiver at no cost to you	12	11%
Professional caregiver you pay	17	15%

MNRAAA (*n*=78)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	43	55%
Child or child-in-law	27	35%
Parent	0	0%
Grandchild	5	6%
Sibling	5	6%
Another relative	6	8%
Friend or neighbor	11	14%
Professional caregiver at no cost to you	10	13%
Professional caregiver you pay	12	15%

SEMAAA (*n*=116)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	55	47%
Child or child-in-law	38	33%
Parent	2	2%
Grandchild	15	13%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Sibling	5	4%
Another relative	5	4%
Friend or neighbor	14	12%
Professional caregiver at no cost to you	13	11%
Professional caregiver you pay	21	18%

MAAA (*n*=144)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	70	49%
Child or child-in-law	58	40%
Parent	0	0%
Grandchild	17	12%
Sibling	1	1%
Another relative	7	5%
Friend or neighbor	18	13%
Professional caregiver at no cost to you	20	14%
Professional caregiver you pay	24	17%

Table D27. Receives Adequate Support to Complete ADL. (*n*=609)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	87%	89%	90%	86%	84%	78%
No, I need more help	14%	12%	11%	14%	17%	22%
Total *(n)*	52	87	114	79	121	156

Regional differences for receiving adequate ADL support were not statistically significant: $\chi^2(5, 609) = 8.38$, $p = .137$.

Table D28. Satisfied with Role Played in ADL Support Decision-Making. (*n*=596)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Very satisfied	42%	41%	39%	42%	36%	50%
Satisfied	54%	55%	55%	51%	56%	40%
Dissatisfied	2%	3%	4%	8%	7%	9%
Very dissatisfied	2%	0%	2%	0%	1%	2%
Total (n)	50	87	113	79	116	151

Regional differences for satisfaction with one's role in ADL support decisions were not statistically significant: $\chi^2(15, 596) = 16.80$, $p = .331$.

Table D29. How Often Do People Support Your Self-Sufficiency. (*n*=612)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Always	29%	39%	48%	30%	27%	45%
Usually	55%	46%	37%	48%	55%	41%
Sometimes	14%	13%	13%	20%	17%	11%
Rarely or never	2%	3%	3%	1%	1%	3%
Total (n)	51	88	115	79	121	158

Regional differences for frequency of support for independence were not statistically significant: $\chi^2(15, 612) = 23.02$, $p = .084$.

Caring for Others

Table D30. Currently Providing Informal Caregiving Support (*n*=5,735)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	24%	26%	19%	22%	22%	28%
No	76%	74%	81%	78%	78%	72%
Total (n)	500	855	1168	842	1019	1351

Regional differences for providing informal caregiving support were statistically significant: $\chi^2(5, 5735) = 37.34$, $p < .001$.

Table D31. Care Recipient (*n*=1,311)

AAAA (*n*=117)

Care Recipient	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	39	33%
Parent or parent-in-law	36	31%
Sibling	11	9%
Child or child-in-law	18	15%
Grandchild	13	11%
Another relative	4	3%
Friend or neighbor	23	20%

CMCOA (*n*=218)

Care Recipient	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	65	30%
Parent or parent-in-law	70	32%
Sibling	22	10%
Child or child-in-law	34	16%
Grandchild	19	9%
Another relative	12	6%

Care Recipient	Number of Responses (*n*)	Percent of Respondents (%)^
Friend or neighbor	32	15%

DSAAA (*n*=212)

Care Recipient	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	86	41%
Parent or parent-in-law	61	29%
Sibling	22	10%
Child or child-in-law	25	12%
Grandchild	14	7%
Another relative	12	6%
Friend or neighbor	34	16%

MNRAAA (*n*=179)

Care Recipient	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	72	40%
Parent or parent-in-law	55	31%
Sibling	7	4%
Child or child-in-law	23	13%

Care Recipient	Number of Responses (*n*)	Percent of Respondents (%)^
Grandchild	14	8%
Another relative	5	3%
Friend or neighbor	27	15%

SEMAAA (*n*=212)

Care Recipient	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	77	36%
Parent or parent-in-law	68	32%
Sibling	17	8%
Child or child-in-law	29	14%
Grandchild	27	13%
Another relative	3	1%
Friend or neighbor	35	17%

MAAA (*n*=373)

Care Recipient	Number of Responses (*n*)	Percent of Respondents (%)^
Spouse or partner	120	32%
Parent or parent-in-law	106	28%

Care Recipient	Number of Responses (*n*)	Percent of Respondents (%)^
Sibling	37	10%
Child or child-in-law	71	19%
Grandchild	33	9%
Another relative	26	7%
Friend or neighbor	67	18%

Table D32. Weekly Caregiving Hours (*n*=1,337)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Less than one hour	8%	12%	10%	13%	11%	11%
1-5 hours	36%	39%	36%	39%	49%	40%
6-10 hours	23%	16%	22%	16%	16%	21%
11-15 hours	7%	7%	9%	6%	4%	9%
16-20 hours	5%	8%	8%	10%	10%	5%
More than 20 hours	23%	18%	16%	17%	11%	15%
Total *(n)*	120	221	218	180	220	378

Regional differences for weekly caregiving hours were statistically significant: $\chi^2(25, 1337) = 37.76$, $p < .05$.

Table D33. Time Spent Caregiving (*n*=1,347)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Less than 6 months	11%	11%	15%	11%	12%	10%
6-12 months	9%	7%	11%	14%	7%	9%
1-2 years	19%	23%	22%	20%	22%	22%
3 or more years	61%	59%	53%	55%	59%	59%
Total *(n)*	120	223	219	183	220	382

Regional differences for time spent caregiving were not statistically significant: $\chi^2(15, 1347) = 11.98$, $p = .68$.

Table D34a. Caregiving has negatively affected my own health. (*n*=1,278)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	3%	5%	5%	3%	5%	9%
Agree	28%	23%	26%	31%	22%	28%
Disagree	47%	44%	37%	37%	40%	42%
Strongly disagree	22%	27%	33%	29%	33%	21%
Total *(n)*	116	205	201	175	210	371

Regional differences for negative effects of caregiving on health were statistically significant: $\chi^2(15, 1275) = 32.08$, $p < .01$.

Table D34b. Caregiving has created a financial strain for me. (*n*=1,246)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	4%	7%	5%	5%	5%	7%
Agree	21%	17%	16%	19%	13%	23%
Disagree	45%	42%	42%	45%	40%	42%
Strongly disagree	31%	35%	37%	32%	42%	28%
Total *(n)*	111	206	192	168	202	367

Regional differences for financial strain from caregiving were not statistically significant: $\chi^2(15, 1246) = 20.30$, $p = .161$.

Table D34c. Caregiving has affected my paid work or volunteering in a negative way (cut back or quit work to provide care). (*n*=1,091)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	4%	5%	4%	4%	6%	8%
Agree	19%	21%	23%	14%	22%	26%
Disagree	53%	46%	43%	48%	37%	43%
Strongly disagree	24%	28%	30%	34%	34%	24%
Total *(n)*	95	169	168	143	187	329

Regional differences for negative effects of caregiving on paid work or volunteering were not statistically significant: $\chi^2(15, 1091) = 23.47$, $p = .075$.

Table D34d. Caregiving has helped me appreciate life more. (*n*=1,297)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	24%	25%	27%	19%	21%	21%
Agree	63%	57%	57%	65%	63%	58%
Disagree	11%	15%	12%	11%	11%	16%
Strongly disagree	3%	3%	5%	5%	5%	6%
Total *(n)*	119	211	212	176	206	373

Regional differences for increased appreciation of life from caregiving were not statistically significant: $\chi^2(15, 1297) = 14.72$, $p = .472$.

Table D34e. Caregiving has strengthened my relationship with my care recipient. (*n*=1,294)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Strongly agree	24%	23%	29%	21%	26%	22%
Agree	61%	58%	56%	61%	56%	52%
Disagree	10%	17%	10%	15%	13%	20%
Strongly disagree	4%	2%	5%	4%	6%	6%
Total *(n)*	119	212	210	173	210	370

Regional differences for strengthened relationships with care recipients were not statistically significant: $\chi^2(15, 1294) = 23.55$, $p = .073$.

Table D35a. Counseling, coaching, and consultation to help you navigate caregiving (*n*=1,310)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	20%	18%	20%	16%	16%	22%
Would help me provide care now	14%	7%	15%	9%	12%	14%
Could help me provide care in the future	31%	27%	22%	27%	31%	33%
Not interested	36%	48%	44%	48%	42%	31%
Total *(n)*	118	217	207	179	218	371

Regional differences for use or interest in caregiving counseling, coaching, and consultation were statistically significant: $\chi^2(15, 1310) = 35.78$, $p < .01$.

Table D35b. Education and training on caregiving (webinar or class on how to provide care, manage stress). (*n*=1,309)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	17%	17%	16%	11%	15%	18%
Would help me provide care now	16%	7%	13%	10%	13%	15%
Could help me provide care in the future	22%	28%	25%	24%	27%	35%
Not interested	44%	49%	46%	56%	45%	33%
Total *(n)*	116	217	208	179	217	372

Regional differences for use or interest in education on caregiving were statistically significant: $\chi^2(15, 1309) = 41.94$, $p < .001$.

Table D35c. Friendly visitors and phone calls to your care recipient (*n*=1,296)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	14%	19%	16%	18%	16%	18%
Would help me provide care now	17%	13%	17%	13%	12%	19%
Could help me provide care in the future	27%	18%	28%	23%	25%	28%

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Not interested	42%	49%	40%	47%	47%	35%
Total *(n)*	116	216	207	175	214	368

Regional differences for use or interest in friendly visitors and phone calls to care recipient were not statistically significant: $\chi^2(15, 1296) = 23.60$, $p = .072$.

Table D35d. Homemaker services for you or your care recipient (laundry, preparing meals, shopping for household goods). (*n*=1,307)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	10%	12%	9%	13%	13%	14%
Would help me provide care now	13%	11%	19%	13%	11%	17%
Could help me provide care in the future	29%	30%	27%	26%	33%	38%
Not interested	47%	47%	46%	49%	44%	31%
Total *(n)*	119	218	204	176	217	373

Regional differences for use or interest in homemaker services were statistically significant: $\chi^2(15, 1307) = 35.62$, $p < .01$.

Table D35e. Respite care for you (a break from providing care). (*n*=1,300)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	6%	11%	5%	5%	9%	8%
Would help me provide care now	11%	10%	15%	9%	6%	16%
Could help me provide care in the future	28%	24%	27%	30%	30%	36%
Not interested	55%	55%	52%	57%	55%	40%
Total *(n)*	117	217	205	176	216	369

Regional differences for use or interest in respite care were statistically significant: $\chi^2(15, 1300) = 42.23$, $p < .001$.

Table D35f. Support groups for you (in-person or virtual). (*n*=1,302)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	5%	7%	7%	5%	9%	12%
Would help me provide care now	10%	5%	10%	7%	6%	13%
Could help me provide care in the future	26%	24%	25%	24%	27%	29%
Not interested	59%	64%	57%	64%	58%	45%
Total *(n)*	117	217	206	176	216	370

Regional differences for use or interest in support groups were statistically significant: $\chi^2(15, 1302) = 42.41$, $p < .001$.

Table D35g. Transportation services for you or your care recipient. (*n*=1,306)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	4%	8%	10%	9%	11%	12%
Would help me provide care now	16%	10%	16%	14%	12%	18%
Could help me provide care in the future	33%	31%	26%	28%	32%	32%
Not interested	47%	51%	48%	49%	45%	38%
Total *(n)*	117	217	208	177	217	370

Regional differences for use or interest in transportation services were not statistically significant: $\chi^2(15, 1306) = 21.39$, $p = .125$.

Social Connection and Participation

Table D36. Satisfaction with Amount of Social Contact (*n*=5,714)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Very satisfied	34%	38%	36%	36%	36%	31%
Satisfied	55%	53%	56%	55%	53%	53%
Dissatisfied	8%	9%	6%	8%	8%	13%
Very dissatisfied	3%	1%	2%	1%	3%	3%
Total *(n)*	502	851	1,170	838	1,005	1,348

Regional differences for satisfaction with social contact were statistically significant: $\chi^2(15, 5714) = 66.29$, $p < .001$.

Table D37. Experiences Loneliness (*n*=5,733)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	3%	2%	2%	2%	3%	3%
Usually	4%	3%	4%	3%	4%	7%
Sometimes	32%	30%	31%	31%	32%	35%
Rarely or never	61%	65%	63%	64%	61%	56%
Total *(n)*	504	853	1,174	841	1,012	1,349

Regional differences for frequency of loneliness were statistically significant: $\chi^2(15, 5733) = 40.66$, $p < .001$.

Table D38. Reasons for Loneliness (*n*=2,446)

AAAA (*n*=191)

Reason	Number of Responses (*n*)	Percent of Respondents (%)^
Lack of family and friends	81	42%
Lack of transportation	12	6%
Health or mobility issues	42	22%
I don't know how to meet new people or spend time with others	31	16%
Recent loss of a loved one or pet	51	27%
Mental health conditions	29	15%
Caregiving responsibilities	24	13%
Social activities cost too much	50	26%

CMCOA (*n*=323)

Reason	Number of Responses (*n*)	Percent of Respondents (%)^
Lack of family and friends	142	44%
Lack of transportation	27	8%
Health or mobility issues	81	25%
I don’t know how to meet new people or spend time with others	50	16%
Recent loss of a loved one or pet	85	26%
Mental health conditions	32	10%
Caregiving responsibilities	40	12%
Social activities cost too much	79	25%

DSAAA (*n*=475)

Reason	Number of Responses (*n*)	Percent of Respondents (%)^
Lack of family and friends	198	42%
Lack of transportation	27	6%
Health or mobility issues	113	24%
I don't know how to meet new people or spend time with others	54	11%
Recent loss of a loved one or pet	133	28%
Mental health conditions	55	12%
Caregiving responsibilities	47	10%
Social activities cost too much	130	27%

MNRAAA (*n*=350)

Reason	Number of Responses (*n*)	Percent of Respondents (%)^
Lack of family and friends	137	39%
Lack of transportation	28	8%
Health or mobility issues	91	26%
I don't know how to meet new people or spend time with others	48	14%

Reason	Number of Responses (*n*)	Percent of Respondents (%)^
Recent loss of a loved one or pet	81	23%
Mental health conditions	46	13%
Caregiving responsibilities	33	9%
Social activities cost too much	98	28%

SEMAAA (*n*=435)

Reason	Number of Responses (*n*)	Percent of Respondents (%)^
Lack of family and friends	179	41%
Lack of transportation	38	9%
Health or mobility issues	114	26%
I don't know how to meet new people or spend time with others	69	16%
Recent loss of a loved one or pet	122	28%
Mental health conditions	53	12%
Caregiving responsibilities	37	9%
Social activities cost too much	114	26%

MAAA (*n*=672)

Reason	Number of Responses (*n*)	Percent of Respondents (%)^
Lack of family and friends	304	45%
Lack of transportation	79	12%
Health or mobility issues	199	30%
I don't know how to meet new people or spend time with others	150	22%
Recent loss of a loved one or pet	139	21%
Mental health conditions	103	15%
Caregiving responsibilities	82	12%
Social activities cost too much	159	24%

Table D39. Has Volunteered in the Community in the Past 12 Months (*n*=5,703)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	56%	52%	53%	54%	55%	62%
No	45%	48%	47%	46%	45%	38%
Total *(n)*	501	856	1,165	830	1,010	1,341

Regional differences for community volunteering were statistically significant: $\chi^2(5, 5703) = 33.23$, $p < .001$.

Housing and Community

Table D40. Current Housing (*n*=5,698)

Housing	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Single-family house	82%	80%	84%	81%	77%	59%
Two-family house with two separate living units	2%	1%	2%	1%	1%	3%
Townhouse or row house	2%	7%	3%	5%	8%	12%
Apartment	7%	7%	5%	7%	7%	10%
Condominium or co-op	1%	1%	1%	2%	2%	10%
Mobile home	3%	3%	3%	1%	2%	1%

Housing	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Independent senior housing	1%	1%	1%	1%	1%	4%
Housing with services / assisted living facility / customized housing	0%	1%	1%	1%	1%	1%
Nursing home / nursing facility	0%	0%	0%	0%	0%	0%
Homeless or unhoused	0%	0%	0%	0%	0%	0%
Not listed	1%	0%	1%	1%	1%	1%
Total *(n)*	499	850	1,169	831	1,012	1,337

Regional differences for current housing were statistically significant: $\chi^2(50, 5698) = 534.26$, $p < .001$.

Table D41. Home Ownership Status (*n*=5,613)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Own	87%	88%	90%	86%	87%	80%
Rent	11%	11%	10%	13%	12%	18%
Neither own nor rent but live with others	2%	1%	1%	2%	1%	2%
Total *(n)*	494	841	1,139	822	998	1,319

Regional differences for home ownership status were statistically significant: $\chi^2(10, 5613) = 56.40$, $p < .001$.

Table D42. Perceived Home Safety (*n*=5,717)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Very safe	76%	77%	76%	75%	73%	70%
Safe	20%	20%	22%	23%	25%	25%
Somewhat safe	4%	3%	3%	2%	2%	5%
Not safe	0%	0%	0%	0%	0%	1%
Total *(n)*	505	851	1,176	838	1,014	1,333

Regional differences for perceived home safety were statistically significant: $\chi^2(15, 5717) = 43.97$, $p < .001$.

Table D43. Resources Needed to Remain in Current Residence (*n*=3,361)

AAAA (*n*=312)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Ongoing maintenance and repair	244	78%
Structural upkeep (roof, walls, foundation)	145	47%
Ongoing yardwork and/or snow removal	243	78%
Making the entrance to the house more accessible	50	16%
Making rooms inside the house more accessible	33	11%
Financial help for home modifications	79	25%

CMCOA (*n*=466)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Ongoing maintenance and repair	362	78%
Structural upkeep (roof, walls, foundation)	197	42%
Ongoing yardwork and/or snow removal	338	73%
Making the entrance to the house more accessible	61	13%
Making rooms inside the house more accessible	55	12%
Financial help for home modifications	114	25%

DSAAA (*n*=720)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Ongoing maintenance and repair	528	73%
Structural upkeep (roof, walls, foundation)	310	43%
Ongoing yardwork and/or snow removal	531	74%
Making the entrance to the house more accessible	98	14%
Making rooms inside the house more accessible	58	8%
Financial help for home modifications	171	24%

MNRAAA (*n*=462)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Ongoing maintenance and repair	326	71%
Structural upkeep (roof, walls, foundation)	197	43%
Ongoing yardwork and/or snow removal	316	68%
Making the entrance to the house more accessible	73	16%
Making rooms inside the house more accessible	48	10%
Financial help for home modifications	135	29%

SEMAAA (*n*=588)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Ongoing maintenance and repair	442	75%
Structural upkeep (roof, walls, foundation)	251	43%
Ongoing yardwork and/or snow removal	441	75%
Making the entrance to the house more accessible	85	15%
Making rooms inside the house more accessible	68	12%
Financial help for home modifications	142	24%

MAAA (*n*=813)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Ongoing maintenance and repair	653	80%
Structural upkeep (roof, walls, foundation)	311	38%
Ongoing yardwork and/or snow removal	569	70%
Making the entrance to the house more accessible	159	20%
Making rooms inside the house more accessible	167	21%
Financial help for home modifications	204	25%

Table D44. Barriers to Moving in the Future (*n*=2,215)

AAAA (*n*=199)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Other housing options cost too much	124	62%
Limited availability of other housing options	112	56%
Don't like the other housing options	45	23%
Hard to find a place that is safe	18	9%
Hard to find a place that is accessible (no-step entry, walk-in shower)	38	19%
Moving expenses cost too much	59	30%
Don’t have time to plan a move	20	10%
Don’t know how to find a new place	15	8%
My health or mobility limits my ability to move	26	13%
Don’t have people I can ask to help me move	30	15%

CMCOA (*n*=311)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Other housing options cost too much	186	60%
Limited availability of other housing options	121	39%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Don't like the other housing options	73	24%
Hard to find a place that is safe	23	7%
Hard to find a place that is accessible (no-step entry, walk-in shower)	42	14%
Moving expenses cost too much	92	30%
Don’t have time to plan a move	31	10%
Don’t know how to find a new place	23	7%
My health or mobility limits my ability to move	50	16%
Don’t have people I can ask to help me move	52	17%

DSAAA (*n*=370)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Other housing options cost too much	235	64%
Limited availability of other housing options	146	40%
Don't like the other housing options	72	20%
Hard to find a place that is safe	24	7%
Hard to find a place that is accessible (no-step entry, walk-in shower)	57	15%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Moving expenses cost too much	108	29%
Don’t have time to plan a move	44	12%
Don’t know how to find a new place	22	6%
My health or mobility limits my ability to move	48	13%
Don’t have people I can ask to help me move	47	13%

MNRAAA (*n*=310)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Other housing options cost too much	209	67%
Limited availability of other housing options	103	33%
Don't like the other housing options	57	18%
Hard to find a place that is safe	12	4%
Hard to find a place that is accessible (no-step entry, walk-in shower)	46	15%
Moving expenses cost too much	90	29%
Don’t have time to plan a move	27	9%
Don’t know how to find a new place	20	7%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
My health or mobility limits my ability to move	52	17%
Don’t have people I can ask to help me move	40	13%

SEMAAA (*n*=386)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Other housing options cost too much	239	62%
Limited availability of other housing options	154	40%
Don't like the other housing options	84	22%
Hard to find a place that is safe	23	6%
Hard to find a place that is accessible (no-step entry, walk-in shower)	59	15%
Moving expenses cost too much	126	33%
Don’t have time to plan a move	41	11%
Don’t know how to find a new place	20	5%
My health or mobility limits my ability to move	47	12%
Don’t have people I can ask to help me move	55	14%

MAAA (*n*=639)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Other housing options cost too much	426	67%
Limited availability of other housing options	261	41%
Don't like the other housing options	190	30%
Hard to find a place that is safe	48	8%
Hard to find a place that is accessible (no-step entry, walk-in shower)	102	16%
Moving expenses cost too much	221	35%
Don’t have time to plan a move	76	12%
Don’t know how to find a new place	54	9%
My health or mobility limits my ability to move	92	14%
Don’t have people I can ask to help me move	115	18%

Table D45. Experienced Housing Instability in the Past 12 Months (*n*=5,680)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	1%	2%	1%	1%	1%	2%
No	99%	99%	99%	99%	99%	98%

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Total *(n)n*	499	845	1,165	830	1,007	1,334

Regional differences for experiencing housing instability were not statistically significant: $\chi^2(5, 5680) = 6.64$, $p = .249$.

Table D46. Reasons for Housing Instability (*n*=22)

AAAA (*n*=2)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Housing options cost too much	2	100%
Hard to find a place that is safe for me	1	50%
Hard to find a place that is accessible for me (no-step entry, walk-in shower)	1	50%

CMCOA (*n*=6)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Housing options cost too much	5	83%
Hard to find a place that is safe for me	2	33%
Hard to find a place that is accessible for me (no-step entry, walk-in shower)	3	50%

DSAAA (*n*=2)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Housing options cost too much	1	50%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Hard to find a place that is safe for me	0	0%
Hard to find a place that is accessible for me (no-step entry, walk-in shower)	1	50%

MNRAAA (*n*=1)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Housing options cost too much	0	0%
Hard to find a place that is safe for me	1	100%
Hard to find a place that is accessible for me (no-step entry, walk-in shower)	0	0%

SEMAAA (*n*=3)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Housing options cost too much	3	100%
Hard to find a place that is safe for me	2	67%
Hard to find a place that is accessible for me (no-step entry, walk-in shower)	0	0%

MAAA (*n*=8)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Housing options cost too much	7	88%
Hard to find a place that is safe for me	4	50%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Hard to find a place that is accessible for me (no-step entry, walk-in shower)	3	38%

Table D47. Perceived Community Belonging (*n*=5,614)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
A lot	52%	48%	54%	54%	54%	52%
Somewhat	43%	47%	42%	40%	41%	43%
Not at all	5%	5%	5%	6%	6%	5%
Total *(n)*	493	837	1,145	819	995	1,325

Regional differences for perceived community belonging were not statistically significant: $\chi^2(10, 5614) = 11.94$, $p = .289$.

Table D48. Perceived Community Safety (*n*=5,670)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Very safe	53%	54%	54%	56%	54%	51%
Safe	39%	40%	41%	39%	40%	39%
Somewhat safe	8%	5%	5%	5%	5%	9%
Not safe	0%	0%	0%	0%	0%	1%
Total *(n)*	494	845	1,162	827	1,007	1,335

Regional differences for perceived community safety were statistically significant: $\chi^2(20, 5670) = 55.95$, $p < .001$.

Transportation

Table D49. Primary Mode of Transportation Used in Community (*n*=5,678)

AAAA (*n*=499)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Walk	114	23%
Drive yourself	462	93%
Have others drive you (family, friends)	75	15%
Take a taxi	1	0%
Use a ride source company such as Uber or Lyft	4	1%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Use public transportation	20	4%
Use a special transportation service, such as one for seniors or persons with disabilities	13	3%
Use a transportation service through your health plan	3	1%
Ride a bike or scooter	30	6%

CMCOA (*n*=846)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Walk	148	18%
Drive yourself	797	94%
Have others drive you (family, friends)	146	17%
Take a taxi	3	0%
Use a ride source company such as Uber or Lyft	5	1%
Use public transportation	13	2%
Use a special transportation service, such as one for seniors or persons with disabilities	15	2%
Use a transportation service through your health plan	3	0%
Ride a bike or scooter	40	5%

DSAAA (*n*=1,167)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Walk	223	19%
Drive yourself	1112	95%
Have others drive you (family, friends)	204	18%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Take a taxi	6	1%
Use a ride source company such as Uber or Lyft	3	0%
Use public transportation	28	2%
Use a special transportation service, such as one for seniors or persons with disabilities	21	2%
Use a transportation service through your health plan	7	1%
Ride a bike or scooter	88	8%

MNRAAA (*n*=830)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Walk	192	23%
Drive yourself	782	94%
Have others drive you (family, friends)	129	16%
Take a taxi	3	0%
Use a ride source company such as Uber or Lyft	3	0%
Use public transportation	13	2%
Use a special transportation service, such as one for seniors or persons with disabilities	16	2%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Use a transportation service through your health plan	8	1%
Ride a bike or scooter	78	9%

SEMAAA (*n*=1,004)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Walk	267	27%
Drive yourself	941	94%
Have others drive you (family, friends)	209	21%
Take a taxi	6	1%
Use a ride source company such as Uber or Lyft	15	2%
Use public transportation	23	2%
Use a special transportation service, such as one for seniors or persons with disabilities	19	2%
Use a transportation service through your health plan	5	1%
Ride a bike or scooter	81	8%

MAAA (*n*=1,332)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Walk	421	32%
Drive yourself	1201	90%
Have others drive you (family, friends)	302	23%
Take a taxi	25	2%
Use a ride source company such as Uber or Lyft	120	9%
Use public transportation	152	11%
Use a special transportation service, such as one for seniors or persons with disabilities	52	4%
Use a transportation service through your health plan	22	2%
Ride a bike or scooter	139	10%

Table D50. Receives Financial Assistance for Transportation Costs (*n*=4,065)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes, all transportation costs are covered	2%	1%	2%	3%	1%	2%
Some transportation costs are covered	2%	3%	2%	2%	2%	4%
No	84%	83%	84%	80%	83%	85%
Not sure	12%	13%	13%	15%	14%	10%
Total *(n)*	369	604	807	562	688	1,035

Regional differences for receiving financial assistance for transportation costs were statistically significant: $\chi^2(15, 4065) = 26.51$, $p < .05$.

Table D51. Unable to Travel in the Last Month Due to Transportation Barriers (*n*=5,670)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	5%	6%	4%	5%	5%	11%
No	95%	94%	96%	95%	95%	89%
Total *(n)*	498	841	1,163	830	1,004	1,334

Regional differences for inability to travel due to transportation barriers were statistically significant: $\chi^2(5, 5670) = 63.52$, $p < .001$.

Table D52. Reasons for Transportation Barriers (*n*=311)

AAAA (*n*=25)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Transportation options cost too much	4	16%
Transportation did not come	4	16%
Limited transportation options during evenings and weekends	10	40%
No convenient transportation options available near me	7	28%
No accessible transportation options (ramp to board, grab bars)	1	4%
Don't feel safe using public transportation	1	4%
Scheduling transportation is too difficult	3	12%
Poor weather	4	16%
Poor health	8	32%
Don’t feel safe traveling at night	6	24%
Don’t have someone to go with	3	12%
Don’t know what transportation options are available	4	16%
Health insurance does not offer transportation benefits	3	12%

CMCOA (*n*=40)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Transportation options cost too much	11	28%
Transportation did not come	3	8%
Limited transportation options during evenings and weekends	10	25%
No convenient transportation options available near me	10	25%
No accessible transportation options (ramp to board, grab bars)	2	5%
Don't feel safe using public transportation	3	8%
Scheduling transportation is too difficult	5	13%
Poor weather	4	10%
Poor health	20	50%
Don’t feel safe traveling at night	14	35%
Don’t have someone to go with	13	33%
Don’t know what transportation options are available	6	15%
Health insurance does not offer transportation benefits	13	33%

DSAAA (*n*=43)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Transportation options cost too much	7	16%
Transportation did not come	4	9%
Limited transportation options during evenings and weekends	19	44%
No convenient transportation options available near me	12	28%
No accessible transportation options (ramp to board, grab bars)	4	9%
Don't feel safe using public transportation	5	12%
Scheduling transportation is too difficult	9	21%
Poor weather	10	23%
Poor health	17	40%
Don’t feel safe traveling at night	6	14%
Don’t have someone to go with	13	30%
Don’t know what transportation options are available	8	19%
Health insurance does not offer transportation benefits	15	35%

MNRAAA (*n*=32)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Transportation options cost too much	7	22%
Transportation did not come	4	13%
Limited transportation options during evenings and weekends	12	38%
No convenient transportation options available near me	7	22%
No accessible transportation options (ramp to board, grab bars)	2	6%
Don't feel safe using public transportation	0	0%
Scheduling transportation is too difficult	7	22%
Poor weather	5	16%
Poor health	9	28%
Don’t feel safe traveling at night	5	16%
Don’t have someone to go with	9	28%
Don’t know what transportation options are available	6	19%
Health insurance does not offer transportation benefits	8	25%

SEMAAA (*n*=52)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Transportation options cost too much	14	27%
Transportation did not come	2	4%
Limited transportation options during evenings and weekends	16	31%
No convenient transportation options available near me	22	42%
No accessible transportation options (ramp to board, grab bars)	4	8%
Don't feel safe using public transportation	6	12%
Scheduling transportation is too difficult	10	19%
Poor weather	12	23%
Poor health	12	23%
Don’t feel safe traveling at night	12	23%
Don’t have someone to go with	16	31%
Don’t know what transportation options are available	5	10%
Health insurance does not offer transportation benefits	14	27%

MAAA (*n*=119)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Transportation options cost too much	41	35%
Transportation did not come	6	5%
Limited transportation options during evenings and weekends	21	18%
No convenient transportation options available near me	32	27%
No accessible transportation options (ramp to board, grab bars)	6	5%
Don't feel safe using public transportation	31	26%
Scheduling transportation is too difficult	13	11%
Poor weather	24	20%
Poor health	36	30%
Don’t feel safe traveling at night	24	20%
Don’t have someone to go with	38	32%
Don’t know what transportation options are available	22	19%
Health insurance does not offer transportation benefits	28	24%

Services and Supports

Table D53. Knows Where to Find or Access Services & Supports (*n*=5,616)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	60%	61%	63%	65%	65%	57%
No	18%	17%	16%	16%	15%	20%
Not sure	22%	21%	21%	20%	20%	23%
Total *(n)*	497	834	1153	822	997	1313

Regional differences for awareness of how to access needed services and supports were statistically significant: $\chi^2(10, 5616) = 25.20$, $p < .01$.

Table D54. Preferred Sources of Information About Services for Older Adults (*n*=5,528)

AAAA (*n*=492)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Family, friends, or neighbors	335	68%
Faith-based organizations like churches or synagogues	87	18%
Internet (Google, etc.)	262	53%
Your doctor or other health care professional	265	54%
A community organization or center (senior center, YMCA, home care provider)	113	23%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Your local area agency on aging	168	34%
Statewide information and referral services, like Minnesota Aging Pathways (formerly the Senior LinkAge Line)	153	31%

CMCOA (*n*=812)

Statement	Number of Responses (*n*)	Percent of Respondents (%)^
Family, friends, or neighbors	583	72%
Faith-based organizations like churches or synagogues	216	27%
Internet (Google, etc.)	431	53%
Your doctor or other health care professional	439	54%
A community organization or center (senior center, YMCA, home care provider)	191	24%
Your local area agency on aging	212	26%
Statewide information and referral services, like Minnesota Aging Pathways (formerly the Senior LinkAge Line)	262	32%

DSAAA (*n*=1,131)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Family, friends, or neighbors	846	75%
Faith-based organizations like churches or synagogues	294	26%
Internet (Google, etc.)	551	49%
Your doctor or other health care professional	623	55%
A community organization or center (senior center, YMCA, home care provider)	281	25%
Your local area agency on aging	271	24%
Statewide information and referral services, like Minnesota Aging Pathways (formerly the Senior LinkAge Line)	302	27%

MNRAAA (*n*=815)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Family, friends, or neighbors	610	75%
Faith-based organizations like churches or synagogues	209	26%
Internet (Google, etc.)	355	44%
Your doctor or other health care professional	413	51%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
A community organization or center (senior center, YMCA, home care provider)	166	20%
Your local area agency on aging	198	24%
Statewide information and referral services, like Minnesota Aging Pathways (formerly the Senior LinkAge Line)	191	23%

SEMAAA (*n*=973)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Family, friends, or neighbors	729	75%
Faith-based organizations like churches or synagogues	228	23%
Internet (Google, etc.)	547	56%
Your doctor or other health care professional	510	52%
A community organization or center (senior center, YMCA, home care provider)	303	31%
Your local area agency on aging	279	29%
Statewide information and referral services, like Minnesota Aging Pathways (formerly the Senior LinkAge Line)	286	29%

MAAA (*n*=1,305)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Family, friends, or neighbors	875	67%
Faith-based organizations like churches or synagogues	257	20%
Internet (Google, etc.)	908	70%
Your doctor or other health care professional	629	48%
A community organization or center (senior center, YMCA, home care provider)	407	31%
Your local area agency on aging	465	36%
Statewide information and referral services, like Minnesota Aging Pathways (formerly the Senior LinkAge Line)	685	53%

Table D55a. Chore services (outdoor home maintenance, wash windows) (*n*=5,424)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	13%	15%	12%	11%	13%	21%
Would help me now	7%	6%	8%	9%	6%	11%
Could help me in the future	43%	38%	41%	37%	42%	40%
Not interested	32%	35%	31%	36%	34%	26%

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Not available in my area	5%	6%	8%	8%	5%	2%
Total *(n)*	487	802	1,111	798	954	1,272

Regional differences for use or interest in chore services were statistically significant: $\chi^2(20, 5424) = 137.40$, $p < .001$.

Table D55b. Grocery delivery (*n*=5,469)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	9%	10%	8%	10%	12%	25%
Would help me now	4%	1%	1%	3%	2%	3%
Could help me in the future	38%	38%	39%	37%	42%	43%
Not interested	43%	45%	44%	44%	40%	28%
Not available in my area	7%	6%	8%	7%	5%	1%
Total *(n)*	487	809	1,114	802	970	1,287

Regional differences for use or interest in grocery delivery were statistically significant: $\chi^2(20, 5469) = 340.12$, $p < .001$.

Table D55c. Group meals (meals for older adults served in a community setting) (*n*=5,425)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	4%	3%	4%	4%	3%	4%
Would help me now	2%	1%	1%	3%	2%	2%
Could help me in the future	28%	31%	38%	32%	31%	32%
Not interested	61%	61%	52%	55%	60%	60%
Not available in my area	6%	5%	4%	6%	5%	2%
Total *(n)*	479	809	1,109	806	957	1,265

Regional differences for use or interest in group meals were statistically significant: $\chi^2(20, 5425) = 63.07$, $p < .001$.

Table D55d. Health promotion classes (fall prevention, fitness classes) (*n*=5,433)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	9%	11%	8%	8%	16%	21%
Would help me now	7%	6%	5%	5%	6%	12%
Could help me in the future	39%	37%	38%	35%	37%	38%
Not interested	42%	44%	45%	48%	38%	28%

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Not available in my area	4%	3%	3%	4%	3%	1%
Total *(n)*	483	802	1,109	806	960	1,273

Regional differences for use or interest in health promotion classes were statistically significant: $\chi^2(20), 5433 = 257.84, p < .001$.

Table D55e. Home modifications (ramp, grab bar) (*n*=5,402)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	9%	9%	7%	9%	11%	13%
Would help me now	5%	3%	4%	4%	4%	7%
Could help me in the future	38%	42%	44%	39%	43%	48%
Not interested	45%	44%	43%	46%	41%	31%
Not available in my area	3%	2%	2%	2%	2%	1%
Total *(n)*	485	801	1,109	791	949	1,267

Regional differences for use or interest in home modifications were statistically significant: $\chi^2(20, 5402) = 117.57, p < .001$.

Table D55f. Home-delivered meals (*n*=5,432)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	4%	3%	3%	4%	5%	7%
Would help me now	3%	3%	2%	3%	2%	3%
Could help me in the future	38%	40%	45%	39%	43%	47%
Not interested	50%	51%	46%	50%	48%	43%
Not available in my area	5%	3%	4%	4%	3%	1%
Total *(n)*	484	804	1,113	802	957	1,272

Regional differences for use or interest in home-delivered meals were statistically significant: $\chi^2(20, 5432) = 92.23$, $p < .001$.

Table D55g. Homemaker services (laundry, preparing meals, shopping for household goods) (*n*=5,438)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	2%	3%	2%	3%	3%	6%
Would help me now	3%	3%	2%	3%	2%	7%
Could help me in the future	44%	41%	44%	41%	44%	54%
Not interested	47%	51%	48%	49%	49%	34%

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Not available in my area	4%	3%	4%	4%	2%	1%
Total *(n)*	486	804	1,109	800	959	1,280

Regional differences for use or interest in homemaker services were statistically significant: $\chi^2(20, 5438) = 199.03$, $p < .001$.

Table D55h. Help finding or paying for housing (*n*=5,363)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	1%	1%	1%	1%	1%	2%
Would help me now	3%	3%	3%	3%	3%	6%
Could help me in the future	24%	23%	25%	24%	27%	35%
Not interested	68%	71%	67%	67%	66%	56%
Not available in my area	4%	3%	4%	5%	2%	2%
Total *(n)*	480	795	1,095	792	943	1,258

Regional differences for use or interest in finding or paying for housing were statistically significant: $\chi^2(20, 5363) = 119.12$, $p < .001$.

Table D55i. Help with legal needs (*n*=5,385)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	4%	6%	4%	5%	5%	10%
Would help me now	4%	4%	5%	4%	4%	9%
Could help me in the future	39%	37%	39%	35%	43%	45%
Not interested	50%	50%	50%	53%	46%	35%
Not available in my area	3%	3%	3%	3%	2%	1%
Total *(n)*	483	795	1,096	793	946	1,272

Regional differences for use or interest in legal needs were statistically significant: $\chi^2(20, 5385) = 163.36$, $p < .001$.

Table D55j. Personal care services (help with daily tasks like dressing, bathing, eating) (*n*=5,431)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	0%	2%	1%	2%	2%	3%
Would help me now	1%	1%	1%	1%	0%	2%
Could help me in the future	36%	35%	36%	35%	41%	51%
Not interested	59%	60%	60%	59%	55%	44%

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Not available in my area	3%	2%	3%	3%	2%	1%
Total *(n)*	485	800	1,120	799	951	1,276

Regional differences for use or interest in personal care services were statistically significant: $\chi^2(20, 5431) = 141.85$, $p < .001$.

Table D55k. Transportation services (*n*=5,444)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Have used before or currently using	3%	3%	3%	4%	3%	6%
Would help me now	2%	2%	2%	2%	2%	5%
Could help me in the future	48%	45%	48%	44%	52%	60%
Not interested	44%	47%	46%	47%	42%	28%
Not available in my area	4%	3%	2%	3%	2%	1%
Total *(n)*	486	801	1,115	804	958	1,280

Regional differences for use or interest in transportation services were statistically significant: $\chi^2(20, 5444) = 197.47$, $p < .001$.

Table D56. Aging Services & Supports Needs Met (*n*=2,209)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes, all needs and goals are met	59%	65%	60%	65%	69%	61%
Some needs and goals are met	29%	27%	27%	25%	24%	33%
No needs and goals are met	12%	9%	13%	10%	7%	6%
Total *(n)*	163	294	402	301	375	674

Regional differences for fulfilment of services and supports needs were statistically significant: $\chi^2(10, 2209) = 32.41$, $p < .001$.

Table D57a. No provider was available in my area. (*n*=999)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	38%	27%	24%	22%	24%	21%
No	62%	73%	76%	78%	76%	80%
Total *(n)*	87	129	204	149	172	258

Regional differences for lack of provider availability when signing up for services and supports were statistically significant: $\chi^2(5, 999) = 11.69$, $p < .05$.

Table D57b. There were waitlists for services and supports. (*n*=938)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	33%	28%	31%	19%	25%	39%
No	67%	72%	69%	81%	75%	61%
Total *(n)*	75	114	182	150	165	252

Regional differences for experiencing waitlists when signing up for services and supports were statistically significant: $\chi^2(5, 938) = 21.44$, $p < .001$.

Table D57c. I found out I was not eligible. (*n*=938)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	38%	39%	37%	29%	32%	46%
No	62%	61%	63%	71%	68%	54%
Total *(n)*	81	115	182	149	161	250

Regional differences for ineligibility identified when signing up for services and supports were statistically significant: $\chi^2(5, 938) = 13.79$, $p < .05$.

Table D57d. I had trouble getting information because of language barriers. (n=907)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	4%	6%	5%	6%	3%	7%
No	96%	94%	95%	94%	98%	93%
Total *(n)*	72	114	172	151	158	240

Regional differences for experiencing language barriers when seeking information about services and supports were not statistically significant: $\chi^2(5, 907) = 3.79$, $p = .58$.

Table D57e. I had trouble completing the required paperwork. (*n*=974)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	4%	16%	11%	12%	14%	22%
No	96%	84%	89%	88%	86%	78%
Total *(n)*	77	119	197	158	169	254

Regional differences for difficulty completing paperwork when signing up for services and supports were statistically significant: $\chi^2(5, 974) = 22.50$, $p < .001$.

Table D57f. Services and supports cost too much. (*n*=1,081)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	48%	52%	47%	45%	41%	50%
No	52%	48%	53%	56%	59%	50%

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Total *(n)*	83	130	204	182	183	299

Regional differences for finding services and supports too costly were not statistically significant: $\chi^2(5, 1081) = 5.85$, $p = .321$.

Technology

Table D58. Internet Access at Home/Residence (*n*=5,611)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	97%	95%	94%	94%	96%	98%
No	3%	5%	6%	6%	4%	2%
Total *(n)*	496	836	1,163	829	984	1,303

Regional differences for home internet access were statistically significant: $\chi^2(5, 5611) = 32.68$, $p < .001$.

Table D59. Internet Reliability (*n*=5,295)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Works very well	68%	68%	68%	64%	70%	76%
Works okay most of the time	29%	29%	29%	31%	28%	22%
Often slow or unreliable	3%	3%	3%	5%	3%	2%
Total *(n)*	475	787	1,074	761	930	1,268

Regional differences for internet reliability were statistically significant: $\chi^2(10, 5295) = 45.55$, $p < .001$.

Table D60. Reasons for Having Limited Internet Access (*n*=789)

AAAA (*n*=77)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Internet services cost too much	49	64%
Phone plans that include internet cost too much	32	42%
Devices, like computers and smartphones, that connect to the internet cost too much	39	51%
There are no broadband services in my area	13	17%
I don't know how to connect to the internet	8	10%
I don't have reliable transportation to visit a place with internet (library, coffee shop)	2	3%

CMCOA (*n*=126)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Internet services cost too much	88	70%
Phone plans that include internet cost too much	59	47%
Devices, like computers and smartphones, that connect to the internet cost too much	49	39%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
There are no broadband services in my area	15	12%
I don't know how to connect to the internet	13	10%
I don't have reliable transportation to visit a place with internet (library, coffee shop)	6	5%

DSAAA (*n*=170)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Internet services cost too much	102	60%
Phone plans that include internet cost too much	63	37%
Devices, like computers and smartphones, that connect to the internet cost too much	79	47%
There are no broadband services in my area	15	9%
I don't know how to connect to the internet	43	25%
I don't have reliable transportation to visit a place with internet (library, coffee shop)	14	8%

MNRAAA (*n*=152)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Internet services cost too much	91	60%
Phone plans that include internet cost too much	54	36%
Devices, like computers and smartphones, that connect to the internet cost too much	65	43%
There are no broadband services in my area	12	8%
I don't know how to connect to the internet	31	20%
I don't have reliable transportation to visit a place with internet (library, coffee shop)	5	3%

SEMAAA (*n*=132)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Internet services cost too much	86	65%
Phone plans that include internet cost too much	50	38%
Devices, like computers and smartphones, that connect to the internet cost too much	47	36%
There are no broadband services in my area	19	14%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
I don't know how to connect to the internet	18	14%
I don't have reliable transportation to visit a place with internet (library, coffee shop)	4	3%

MAAA (*n*=132)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Internet services cost too much	102	77%
Phone plans that include internet cost too much	63	48%
Devices, like computers and smartphones, that connect to the internet cost too much	59	45%
There are no broadband services in my area	1	1%
I don't know how to connect to the internet	18	14%
I don't have reliable transportation to visit a place with internet (library, coffee shop)	9	7%

Table D61. Comfort Level Using Internet (*n*=5,432)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Very comfortable	47%	51%	45%	39%	50%	64%
Comfortable	41%	39%	43%	47%	40%	31%
Uncomfortable	9%	7%	9%	10%	7%	4%
Very uncomfortable	3%	3%	3%	4%	3%	1%
Total *(n)*	481	810	1,102	790	960	1,289

Regional differences for comfort level using the internet were statistically significant: $\chi^2(15, 5432) = 158.55$, $p < .001$.

Basic Needs

Table D62a. Healthy food (*n*=3,893)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	5%	5%	5%	5%	4%	3%
Usually	5%	5%	5%	6%	5%	5%
Sometimes	15%	12%	12%	16%	11%	13%
Rarely or never	76%	78%	78%	74%	80%	79%
Total *(n)*	326	553	805	559	668	982

Regional differences for going without or limiting healthy food were not statistically significant: $\chi^2(15, 3893) = 15.37$, $p = .425$.

Table D62b. Health care (*n*=4,015)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	6%	6%	6%	4%	4%	3%
Usually	5%	4%	4%	5%	3%	3%
Sometimes	9%	11%	10%	12%	9%	12%
Rarely or never	81%	79%	81%	79%	84%	82%
Total *(n)*	337	575	822	577	694	1,010

Regional differences for going without or limiting health care were not statistically significant: $\chi^2(15, 4015) = 21.74$, $p = .115$.

Table D62c. Mental health services (counseling) (*n*=2,113)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	4%	6%	5%	4%	4%	4%
Usually	1%	4%	6%	6%	2%	4%
Sometimes	10%	10%	10%	11%	11%	14%
Rarely or never	85%	80%	80%	78%	83%	78%

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Total *(n)*	165	305	409	282	348	604

Regional differences for going without or limiting mental health services were not statistically significant: $\chi^2(15, 2113) = 22.22$, $p = .102$.

Table D62d. Prescription medication (*n*=3,985)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	5%	7%	6%	6%	4%	3%
Usually	3%	2%	3%	3%	2%	2%
Sometimes	5%	6%	7%	9%	6%	8%
Rarely or never	87%	85%	84%	82%	88%	88%
Total *(n)*	326	566	825	591	689	988

Regional differences for going without or limiting prescription medication were statistically significant: $\chi^2(15, 3985) = 32.37$, $p < .01$.

Table D62e. Social connections (seeing friends and neighbors) (*n*=4,042)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	4%	6%	5%	5%	4%	5%
Usually	8%	5%	5%	7%	5%	6%

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Sometimes	18%	16%	16%	17%	17%	24%
Rarely or never	70%	72%	74%	72%	74%	65%
Total *(n)*	341	583	828	582	696	1,012

Regional differences for going without or limiting social connections were statistically significant: $\chi^2(15, 4042) = 47.20$, $p < .001$.

Table D63. Current Concerns (*n*=4,724)

AAAA (*n*=425)

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Your own health	282	66%
Problems with family	133	31%
Feeling safe	20	5%
Needing more care as you age	221	52%
Being cheated or scammed	140	33%
Paying for prescription drugs	76	18%
Paying for future care you may need	177	42%
Losing your benefits (Supplemental Security Income, Medicaid)	135	32%

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Cuts to what your health care plan will cover	239	56%
Paying back your debt, like medical or housing debt	68	16%
Having enough money to cover household bills	107	25%
Losing your home/residence in the future	58	14%
Getting good health care	137	32%
Spouse or partner's health	174	41%
Pet health and/or affording bills for pet care	82	19%

CMCOA (*n*=673)

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Your own health	428	64%
Problems with family	190	28%
Feeling safe	30	5%
Needing more care as you age	309	46%
Being cheated or scammed	205	31%
Paying for prescription drugs	148	22%

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Paying for future care you may need	292	43%
Losing your benefits (Supplemental Security Income, Medicaid)	181	27%
Cuts to what your health care plan will cover	346	51%
Paying back your debt, like medical or housing debt	122	18%
Having enough money to cover household bills	183	27%
Losing your home/residence in the future	86	13%
Getting good health care	180	27%
Spouse or partner's health	305	45%
Pet health and/or affording bills for pet care	109	16%

DSAAA (*n*=971)

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Your own health	588	61%
Problems with family	288	30%
Feeling safe	31	3%
Needing more care as you age	374	39%

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Being cheated or scammed	284	29%
Paying for prescription drugs	181	19%
Paying for future care you may need	389	40%
Losing your benefits (Supplemental Security Income, Medicaid)	307	32%
Cuts to what your health care plan will cover	510	53%
Paying back your debt, like medical or housing debt	154	16%
Having enough money to cover household bills	245	25%
Losing your home/residence in the future	99	10%
Getting good health care	276	28%
Spouse or partner's health	400	41%
Pet health and/or affording bills for pet care	153	16%

MNRAAA (*n*=663)

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Your own health	407	61%
Problems with family	204	31%

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Feeling safe	20	3%
Needing more care as you age	272	41%
Being cheated or scammed	205	31%
Paying for prescription drugs	154	23%
Paying for future care you may need	298	45%
Losing your benefits (Supplemental Security Income, Medicaid)	208	31%
Cuts to what your health care plan will cover	351	53%
Paying back your debt, like medical or housing debt	106	16%
Having enough money to cover household bills	189	29%
Losing your home/residence in the future	79	12%
Getting good health care	174	26%
Spouse or partner's health	256	39%
Pet health and/or affording bills for pet care	102	15%

SEMAAA (*n*=812)

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Your own health	492	61%
Problems with family	243	30%
Feeling safe	35	4%
Needing more care as you age	371	46%
Being cheated or scammed	248	31%
Paying for prescription drugs	153	19%
Paying for future care you may need	376	46%
Losing your benefits (Supplemental Security Income, Medicaid)	275	34%
Cuts to what your health care plan will cover	454	56%
Paying back your debt, like medical or housing debt	137	17%
Having enough money to cover household bills	197	24%
Losing your home/residence in the future	101	12%
Getting good health care	248	31%
Spouse or partner's health	337	42%

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Pet health and/or affording bills for pet care	153	19%

MAAA (*n*=1,180)

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Your own health	793	67%
Problems with family	369	31%
Feeling safe	90	8%
Needing more care as you age	724	61%
Being cheated or scammed	386	33%
Paying for prescription drugs	211	18%
Paying for future care you may need	571	48%
Losing your benefits (Supplemental Security Income, Medicaid)	337	29%
Cuts to what your health care plan will cover	667	57%
Paying back your debt, like medical or housing debt	182	15%
Having enough money to cover household bills	321	27%
Losing your home/residence in the future	180	15%

Concern	Number of Responses (*n*)	Percent of Respondents (%)^
Getting good health care	426	36%
Spouse or partner's health	490	42%
Pet health and/or affording bills for pet care	245	21%

Work, Retirement, and Long-Term Care Planning

Table D64. Current Employment Status (*n*=5,489)

Employment Status	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Self-employed, part-time	2%	3%	3%	2%	2%	4%
Self-employed, full-time	2%	2%	3%	3%	2%	2%
Employed, part-time	4%	3%	4%	4%	4%	5%
Employed, full-time	11%	15%	13%	13%	13%	16%
Unemployed, but looking for work	1%	0%	0%	0%	1%	1%
Retired, working part-time	10%	10%	9%	12%	12%	9%
Retired, not working at all	68%	64%	65%	63%	64%	59%

Employment Status	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Employed, but currently on leave to care for a family member	0%	0%	0%	0%	0%	0%
Not working for other reasons	2%	2%	2%	3%	2%	3%
Total *(n)*	484	821	1,121	806	974	1,283

Regional differences for current employment status were statistically significant: $\chi^2(40, 5489) = 76.72$, $p < .001$.

Table D65. Barriers to Finding Employment (*n*=752)

AAAA (*n*=62)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Health limitations	32	52%
Caregiving responsibilities	8	13%
Lack of flexible or part-time job options	16	26%
Transportation challenges	6	10%
Age discrimination	23	37%
My job skills are not all up to date	11	18%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Jobs in my area do not match my experience	9	15%
Employers don't provide the accommodations I need	0	0%

CMCOA (*n*=98)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Health limitations	50	51%
Caregiving responsibilities	11	11%
Lack of flexible or part-time job options	21	21%
Transportation challenges	9	9%
Age discrimination	41	42%
My job skills are not all up to date	19	19%
Jobs in my area do not match my experience	20	20%
Employers don't provide the accommodations I need	8	8%

DSAAA (*n*=146)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Health limitations	89	61%
Caregiving responsibilities	14	10%
Lack of flexible or part-time job options	33	23%
Transportation challenges	15	10%
Age discrimination	39	27%
My job skills are not all up to date	21	14%
Jobs in my area do not match my experience	20	14%
Employers don't provide the accommodations I need	4	3%

MNRAAA (*n*=105)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Health limitations	61	58%
Caregiving responsibilities	7	7%
Lack of flexible or part-time job options	32	31%
Transportation challenges	8	8%
Age discrimination	34	32%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
My job skills are not all up to date	14	13%
Jobs in my area do not match my experience	18	17%
Employers don't provide the accommodations I need	4	4%

SEMAAA (*n*=123)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Health limitations	66	54%
Caregiving responsibilities	16	13%
Lack of flexible or part-time job options	37	30%
Transportation challenges	13	11%
Age discrimination	54	44%
My job skills are not all up to date	22	18%
Jobs in my area do not match my experience	19	15%
Employers don't provide the accommodations I need	6	5%

MAAA (*n*=218)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Health limitations	87	40%
Caregiving responsibilities	26	12%
Lack of flexible or part-time job options	88	40%
Transportation challenges	32	15%
Age discrimination	118	54%
My job skills are not all up to date	60	28%
Jobs in my area do not match my experience	26	12%
Employers don't provide the accommodations I need	16	7%

Table D66a. Your estate and financial affairs (*n*=5,479)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	66%	72%	67%	69%	71%	67%
No	34%	28%	33%	31%	29%	33%
Total *(n)*	482	823	1,132	812	958	1,272

Regional differences for making end-of-life plans for estate and financial affairs were not statistically significant: $\chi^2(5, 5479) = 10.59$, $p = .06$.

Table D66b. Your medical care (health care directive) (*n*=5,487)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	65%	68%	64%	68%	69%	68%
No	35%	32%	36%	32%	31%	32%
Total *(n)*	484	821	1,133	811	964	1,274

Regional differences for making end-of-life plans for medical care were not statistically significant: $\chi^2(5, 5487) = 10.68$, $p = .058$.

Table D67. Has Caregiving Support if Sick or Disabled (*n*=5,032)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	69%	74%	71%	70%	68%	62%
No	9%	9%	8%	10%	11%	14%
Not sure	22%	17%	21%	20%	22%	25%
Total *(n)*	445	746	1,020	714	870	1,237

Regional differences for having someone willing and able to provide care if sick or disabled were statistically significant: $\chi^2(10, 5032) = 43.67$, $p < .001$.

Table D68. Anticipated Living Preference if Independent Living was No Longer Feasible (*n*=4,590)

Preference	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Stay in your home with an agency providing care services	17%	18%	16%	17%	20%	23%
Stay in your home with family or friends providing care	17%	18%	20%	18%	16%	15%
Share a residence with a family member	8%	7%	6%	6%	7%	6%
Share a residence with a friend	0%	0%	0%	0%	1%	1%
Move to assisted living	24%	22%	27%	26%	27%	28%
Move to a nursing home	0%	1%	3%	3%	1%	1%
Not listed	2%	3%	1%	1%	2%	3%
Not sure	30%	27%	25%	27%	25%	23%
Total *(n)*	403	701	898	644	816	1,224

Regional differences for anticipated living arrangements if no longer able to live independently for health reasons were statistically significant: $\chi^2(40, 4686) = 107.64$, $p < .001$.

Table D69. Anticipated Long-Term Care Payment Plan if Needed in the Future (*n*=5,011)

AAAA (*n*=434)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	79	18%
Equity in your home	126	29%
Your own savings or investments	229	53%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	115	27%
Financial help from your children or other family members	15	4%
Not listed	11	3%
Not sure	141	33%

CMCOA (*n*=743)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	154	21%
Equity in your home	166	22%
Your own savings or investments	358	48%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	188	25%
Financial help from your children or other family members	17	2%
Not listed	16	2%
Not sure	240	32%

DSAAA (*n*=1,013)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	197	19%
Equity in your home	232	23%
Your own savings or investments	478	47%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	280	28%
Financial help from your children or other family members	22	2%
Not listed	19	2%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Not sure	336	33%

MNRAAA (*n*=720)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	148	21%
Equity in your home	170	24%
Your own savings or investments	329	46%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	184	26%
Financial help from your children or other family members	16	2%
Not listed	10	1%
Not sure	240	33%

SEMAAA (*n*=869)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	194	22%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Equity in your home	243	28%
Your own savings or investments	473	54%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	220	25%
Financial help from your children or other family members	26	3%
Not listed	6	1%
Not sure	268	31%

MAAA (*n*=1,232)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	308	25%
Equity in your home	355	29%
Your own savings or investments	753	61%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	343	28%
Financial help from your children or other family members	65	5%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Not listed	20	2%
Not sure	305	25%

Table D70. Current Long-Term Care Payment Plan (*n*=406)

AAAA (*n*=30)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	2	7%
Equity in your home	3	10%
Your own savings or investments	12	40%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	8	27%
Financial help from your children or other family members	1	3%
Not listed	1	3%
Not sure	10	33%

CMCOA (*n*=54)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	10	19%
Equity in your home	2	4%
Your own savings or investments	15	28%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	11	20%
Financial help from your children or other family members	0	0%
Not listed	6	11%
Not sure	18	33%

DSAAA (*n*=85)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	12	14%
Equity in your home	5	6%
Your own savings or investments	22	26%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	20	24%
Financial help from your children or other family members	2	2%
Not listed	2	2%
Not sure	35	41%

MNRAAA (*n*=77)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	15	20%
Equity in your home	9	12%
Your own savings or investments	22	29%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	18	23%
Financial help from your children or other family members	4	5%
Not listed	5	7%
Not sure	23	30%

SEMAAA (*n*=79)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	15	19%
Equity in your home	7	9%
Your own savings or investments	31	39%
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	25	32%
Financial help from your children or other family members	6	8%
Not listed	6	8%
Not sure	20	25%

MAAA (*n*=81)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Private insurance, including long-term care insurance	10	12%
Equity in your home	3	4%
Your own savings or investments	26	32%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
A government program (Alternative Care or Medical Assistance, such as Elderly Waiver)	41	51%
Financial help from your children or other family members	8	10%
Not listed	5	6%
Not sure	12	15%

Rights, Safety, and Emergency Preparedness

Table D71a. Being mistreated due to your age (*n*=3,328)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	0%	0%	0%	0%	1%	1%
Usually	2%	1%	2%	2%	1%	2%
Sometimes	6%	6%	6%	5%	8%	11%
Rarely or never	92%	92%	92%	92%	90%	87%
Total *(n)*	292	490	634	467	583	862

Regional differences for discomfort seeking care due to concerns about age-based mistreatment were statistically significant: $\chi^2(15, 3328) = 28.06$, $p < .05$.

Table D71b. Experiencing discrimination due to your racial or ethnic identity (*n*=2,898)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	1%	1%	0%	1%	0%	1%
Usually	0%	1%	1%	1%	1%	1%
Sometimes	4%	3%	4%	1%	2%	5%
Rarely or never	94%	96%	95%	97%	97%	93%
Total *(n)*	263	425	558	416	492	744

Regional differences for discomfort seeking care due to concerns about racial or ethnic discrimination were not statistically significant: $\chi^2(15, 2898) = 23.22$, $p = .08$.

Table D71c. Experiencing discrimination due to your sexual orientation or gender identity (*n*=2,674)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	0%	0%	0%	1%	0%	1%
Usually	0%	0%	0%	1%	0%	1%
Sometimes	2%	2%	2%	1%	2%	6%
Rarely or never	97%	99%	98%	97%	98%	93%
Total *(n)*	247	390	520	378	465	674

Regional differences for discomfort seeking care due to concerns about sexual orientation or gender identity discrimination were statistically significant: $\chi^2(15, 2674) = 53.65$, $p < .001$.

Table D71d. Being mistreated due to a disability (*n*=2,634)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Almost always	1%	1%	0%	1%	1%	2%
Usually	1%	1%	1%	1%	0%	2%
Sometimes	7%	6%	4%	4%	5%	10%
Rarely or never	92%	93%	95%	95%	94%	86%
Total *(n)*	228	386	514	387	464	655

Regional differences for discomfort seeking care due to concerns about disability-based mistreatment were statistically significant: $\chi^2(15, 2634) = 43.39$, $p < .001$.

Table D72. Knows Who to Contact if Mistreatment and Neglect Occurs (*n*=5,329)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	56%	55%	58%	56%	55%	56%
No	14%	17%	14%	16%	16%	16%
Not sure	29%	28%	28%	28%	30%	29%
Total *(n)*	469	800	1,097	778	937	1,248

Regional differences for knowing who to talk to about mistreatment or neglect were not statistically significant: $\chi^2(10, 5329) = 6.88$, $p = .736$.

Table D73. Has an Emergency Plan in Place (*n*=5,433)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	50%	54%	56%	55%	54%	43%
No	26%	23%	21%	24%	25%	32%
Not sure	24%	23%	23%	21%	22%	25%
Total *(n)*	478	814	1,127	800	956	1,258

Regional differences for having an emergency plan were statistically significant: $\chi^2(10, 5433) = 61.75$, $p < .001$.

Table D74. Preferred Resources for Legal Assistance (*n*=4,645)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Search the internet for information (Google, etc.)	14%	16%	11%	7%	15%	20%
Statewide information and referral services, like Minnesota Aging Pathways (formerly the Senior LinkAge Line)	10%	12%	7%	6%	8%	16%
Ask a friend or family member for advice	16%	19%	22%	21%	20%	20%
Ask a religious leader (pastor, rabbi, imam)	0%	0%	1%	1%	0%	0%

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Contact a private lawyer I've worked with before	37%	31%	38%	44%	38%	26%
Contact a free legal service provider or legal aid	5%	5%	6%	5%	5%	5%
Look for a private lawyer in the phone book or online	4%	3%	4%	4%	2%	2%
Not listed	3%	3%	1%	1%	1%	4%
Not sure	11%	11%	10%	12%	10%	8%
Total *(n)*	404	673	912	639	815	1,202

Regional differences for where respondents would first seek help with a legal problem were statistically significant: $\chi^2(40, 4645) = 227.65$, $p < .001$.

Everyday Experiences

Table D75a. Your access to credit, loans, and other financial products (*n*=3,007)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Often	4%	2%	2%	3%	3%	2%
Sometimes	9%	11%	8%	11%	10%	11%
Rarely or never	88%	86%	90%	86%	87%	87%

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Total *(n)*	258	446	604	418	495	786

Regional differences for perceived negative effects of age on access to financial products were not statistically significant: $\chi^2(10, 3007) = 6.31$, $p = .789$.

Table D75b. Your employment status or whether you are hired for a job (*n*=1,994)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Often	9%	7%	5%	8%	10%	16%
Sometimes	20%	24%	18%	12%	20%	30%
Rarely or never	71%	69%	78%	80%	70%	53%
Total *(n)*	163	288	397	274	322	550

Regional differences for perceived negative effects of age on employment or hiring were statistically significant: $\chi^2(10, 1994) = 102.99$, $p < .001$.

Table D75c. Your access to fair and affordable housing (*n*=1,746)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Often	4%	5%	5%	5%	4%	5%
Sometimes	13%	10%	8%	10%	5%	10%
Rarely or never	84%	85%	88%	86%	91%	85%

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Total *(n)*	127	252	358	258	280	471

Regional differences for perceived negative effects of age on access to fair and affordable housing were not statistically significant: $\chi^2(10, 1746) = 11.34$, $p = .331$.

Table D75d. Whether health providers seriously listen to your health concerns (*n*=3,550)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Often	7%	7%	6%	6%	7%	6%
Sometimes	19%	20%	19%	20%	18%	27%
Rarely or never	74%	73%	75%	74%	75%	67%
Total *(n)*	306	523	694	477	576	974

Regional differences for perceived negative effects of age on having health concerns taken seriously were statistically significant: $\chi^2(10, 3550) = 29.70$, $p < .001$.

Table D75e. Your access to social services (*n*=1,917)

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Often	3%	6%	6%	4%	4%	6%
Sometimes	11%	11%	12%	15%	12%	13%
Rarely or never	87%	83%	82%	81%	84%	81%

Frequency	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Total *(n)*	155	280	404	307	307	464

Regional differences for negative effects of age on access to social services were not statistically significant: $\chi^2(10, 1917) = 8.68$, $p = .563$.

Table D76a. Training to enhance your ability to use technology (computers, tablets, smartphones) (*n*=5,373)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Very interested	6%	5%	6%	6%	7%	9%
Interested	11%	12%	13%	13%	11%	15%
Somewhat interested	24%	21%	24%	25%	25%	24%
Not interested	59%	61%	57%	56%	58%	53%
Total *(n)*	471	806	1,114	803	939	1,240

Regional differences for interest in technology training were statistically significant: $\chi^2(15, 5373) = 28.72$, $p < .05$.

Table D76b. Training to improve your ability to spot and avoid scams (*n*=5,363)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Very interested	7%	6%	6%	8%	7%	10%
Interested	15%	19%	18%	15%	16%	17%

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Somewhat interested	30%	28%	30%	34%	33%	35%
Not interested	47%	47%	46%	44%	45%	38%
Total *(n)*	476	805	1,111	802	933	1,236

Regional differences for interest in scam prevention training were statistically significant: $\chi^2(15, 5363) = 45.75$, $p < .001$.

Table D76c. Job training, skill-building, or career transition programs (*n*=5,335)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Very interested	1%	1%	1%	1%	2%	3%
Interested	3%	3%	4%	1%	3%	5%
Somewhat interested	5%	7%	8%	7%	7%	11%
Not interested	92%	89%	88%	90%	88%	82%
Total *(n)*	472	798	1,107	801	932	1,225

Regional differences for interest in job training, skill-building, or career transition programs were statistically significant: $\chi^2(15, 5335) = 69.06$, $p < .001$.

Table D76d. Anti-ageism community programs and initiatives, like events to raise awareness of ageism or when people are treated unfairly based on their age (*n*=5,334)

Rating	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Very interested	4%	2%	2%	2%	4%	7%
Interested	7%	9%	6%	5%	6%	10%
Somewhat interested	19%	19%	20%	19%	23%	31%
Not interested	71%	70%	72%	74%	67%	53%
Total *(n)*	471	798	1,107	797	931	1,230

Regional differences for interest in anti-ageism community programs and initiatives were statistically significant: $\chi^2(15, 5334) = 173.16$, $p < .001$.

Table D77. State of Minnesota Priority Areas for Older Adults (*n*=5,032)

AAAA (*n*=431)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Access to health care and mental health services	211	49%
Help with daily living needs	124	29%
Support for caregiving	137	32%
Social connection and participation	56	13%
Affordable, accessible housing	217	50%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Safety in your community	50	12%
Transportation	100	23%
Help finding or navigating services	116	27%
Technology access and training	45	10%
Help getting your basic needs	73	17%
Job support	5	1%
Long-term planning	69	16%

CMCOA (*n*=733)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Access to health care and mental health services	360	49%
Help with daily living needs	205	28%
Support for caregiving	193	26%
Social connection and participation	86	12%
Affordable, accessible housing	324	44%
Safety in your community	71	10%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Transportation	174	24%
Help finding or navigating services	197	27%
Technology access and training	91	12%
Help getting your basic needs	142	19%
Job support	11	2%
Long-term planning	124	17%

DSAAA (*n*=1,039)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Access to health care and mental health services	494	48%
Help with daily living needs	319	31%
Support for caregiving	286	28%
Social connection and participation	113	11%
Affordable, accessible housing	423	41%
Safety in your community	89	9%
Transportation	241	23%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Help finding or navigating services	305	29%
Technology access and training	145	14%
Help getting your basic needs	220	21%
Job support	21	2%
Long-term planning	197	19%

MNRAAA (*n*=740)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Access to health care and mental health services	322	44%
Help with daily living needs	221	30%
Support for caregiving	201	27%
Social connection and participation	96	13%
Affordable, accessible housing	320	43%
Safety in your community	65	9%
Transportation	141	19%
Help finding or navigating services	214	29%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Technology access and training	101	14%
Help getting your basic needs	175	24%
Job support	10	1%
Long-term planning	141	19%

SEMAAA (*n*=878)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Access to health care and mental health services	442	50%
Help with daily living needs	221	25%
Support for caregiving	255	29%
Social connection and participation	126	14%
Affordable, accessible housing	407	46%
Safety in your community	75	9%
Transportation	208	24%
Help finding or navigating services	260	30%
Technology access and training	105	12%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Help getting your basic needs	150	17%
Job support	21	2%
Long-term planning	163	19%

MAAA (*n*=1,211)

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Access to health care and mental health services	578	48%
Help with daily living needs	310	26%
Support for caregiving	336	28%
Social connection and participation	209	17%
Affordable, accessible housing	638	53%
Safety in your community	145	12%
Transportation	330	27%
Help finding or navigating services	384	32%
Technology access and training	123	10%
Help getting your basic needs	165	14%

Response	Number of Responses (*n*)	Percent of Respondents (%)^
Job support	29	2%
Long-term planning	214	18%

Additional Background

Table D78. Identified with 'Solo' Definition (*n*=5,372)

Response	AAAA	CMCOA	DSAAA	MNRAAA	SEMAAA	MAAA
Yes	24%	16%	19%	18%	20%	25%
No	55%	65%	62%	64%	60%	59%
Not sure	17%	14%	15%	13%	16%	15%
Prefer not to answer	4%	5%	5%	5%	4%	2%
Total (*n)*	472	804	1,118	802	938	1,238

Regional differences for identification with 'solo' definition were statistically significant: $\chi^2(15, 5372) = 57.97$, $p < .001$.

Appendix E: Select results from National Core Indicators – Aging and Disabilities

Table E1. NCI AD Respondent Demographics.

Demographic	2024	2026
Gender	• Male: 29% • Female: 71%	• Male: 30% • Female: 70%
Age	• 60-74: 41% • 75-84: 41% • 85 and older: 18%	• 60-74: 35% • 75-84: 42% • 85 and older: 24%
Race and Ethnicity	• American Indian/Alaska Native: 3% • Asian: 7% • Black/African American: 12% • Pacific Islander: 7% • White: 75% • Hispanic or Latino: 9% • Other race not listed: 5% • Don't know: 0% • Unclear/Refused/No response: 0%	• American Indian/Alaska Native: 2% • Asian: 10% • Black/African American: 13% • Pacific Islander: <1% • White: 72% • Hispanic or Latino: 8% • Other race not listed: 4% • Don't know: 0% • Unclear/Refused/No response: 0%
Preferred Language	• English: 85% • Spanish: 6% • Chinese: 1% • Vietnamese: 1% • Other: 8% • Don't know: 1%	• English: 79% • Spanish: 5% • Chinese: 0% • Vietnamese: 1% • Other: 15% • Don't know: 0%

Demographic	2024	2026
Employment	• Paying, full-time or part-time job: 2% • Would like a job: 9% Yes, 4% Maybe/not sure • Someone has talked to respondent about job options: 12%	• Paying, full-time or part-time job: 2% • Would like a job: 5% Yes, 4% Maybe/not sure • Someone has talked to respondent about job options: 24%
Volunteering	• Yes: 11% • No: 89% • Don't know: 0% • Unclear/Refused/No response: <1%	• Yes: 11% • No: 89% • Don't know: <1% • Unclear/Refused/No response: 0%

Table E2. Living situation.

Question	2024	2026
In general, do you like where you are living right now?	• Yes: 78% • In-between, most of the time: 11% • No: 10% • Don't know: <1% • Unclear/Refused/No response: 0%	• Yes: 81% • In-between, most of the time: 12% • No: 6% • Don't know: <1% • Unclear/Refused/No response: <1%
Do you want to live somewhere else?	• Yes: 28% • Maybe: 8% • No: 63% • Don't know: 2% • Unclear/Refused/No response: <1%	• Yes: 28% • Maybe: 6% • No: 64% • Don't know: 1% • Unclear/Refused/No response: 1%

Table E3. Basic Needs

Question	2024	2026
Do you ever have to skip a meal due to financial worries?	• Yes, often: 5% • Sometimes: 6% • No: 89% • Don't know: 0% • Unclear/Refused/No response: <1%	• Yes, often: 5% • Sometimes: 5% • No: 89% • Don't know: <1% • Unclear/Refused/No response: 1%

Question	2024	2026
Do you have access to healthy foods like fruits and vegetables if you want them?	• Yes, always: 84% • Sometimes: 11% • No: 5% • Don't know: 0% • Unclear/Refused/No response: 1%	• Yes, always: 87% • Sometimes: 8% • No: 5% • Don't know: <1% • Unclear/Refused/No response: <1%

Table E4. Access to Care

Question	2024	2026
Can you get an appointment to see or talk to your primary care doctor when you need to?	• Yes, always: 79% • Usually: 14% • No, only sometimes or rarely: 6% • Don't know: 1% • Unclear/Refused/No response: <1%	• Yes, always: 81% • Usually: 10% • No, only sometimes or rarely: 7% • Don't know: 1% • Unclear/Refused/No response: <1%
Do you have access to mental health services if you want to use them?	• Yes: 82% • Sometimes: 2% • No: 9% • Don't know: 7% • Unclear/Refused/No response: 1%	• Yes: 81% • Sometimes: 1% • No: 9% • Don't know: 8% • Unclear/Refused/No response: 1%

Table E5. Overall Health

Question	2024	2026
How would you describe your overall health?	• Excellent: 3% • Very good: 15% • Good: 32% • Fair: 33% • Poor: 15% • Don't know: 1% • Unclear/Refused/No response: 1%	• Excellent: 3% • Very good: 14% • Good: 35% • Fair: 31% • Poor: 16% • Don't know: 1% • Unclear/Refused/No response: 1%
If you have one or more chronic conditions, do you know how to manage them?	• Yes: 84% • In-between, or some conditions: 9% • No: 5% • Don't know: 1% • Unclear/Refused/No response: 1%	• Yes: 78% • In-between, or some conditions: 11% • No: 8% • Don't know: 2% • Unclear/Refused/No response: 1%

Table E6. Social Connections

Question	2024	2026
Are you able to see or talk to your friends and family who do not live with you when you want to?	• Yes, always, or chooses not to: 80% • Most of the time, usually: 13% • No, only sometimes, or rarely, or only some family and/or friends: 7% • Don't know: 0% • Unclear/Refused/No response: <1%	• Yes, always, or chooses not to: 79% • Most of the time, usually: 13% • No, only sometimes, or rarely, or only some family and/or friends: 7% • Don't know: <1% • Unclear/Refused/No response: 1%
*Why not/only sometimes?	• Availability or transportation: 46% • Physical accessibility: 5% • Staffing/personal assistance unavailable: 0% • Health limitations: 20% • Someone prevents from or there are rules that restrict seeing or talking to friends and family: 0% • No or limited access to a phone: 5% • No or limited access to the internet: 0% • Other: 40% • Unclear/Refused/No response: 2%	• Availability or transportation: 28% • Physical accessibility: 10% • Staffing/personal assistance unavailable: 2% • Health limitations: 23% • Someone prevents from or there are rules that restrict seeing or talking to friends and family: 2% • No or limited access to a phone: 8% • No or limited access to the internet: 2% • Other: 62% • Unclear/Refused/No response: 0%

Question	2024	2026
Do you ever feel lonely?	• Yes, often: 23% • Sometimes: 32% • Not often; never or almost never: 43% • Don't know: <1% • Unclear/Refused/No response: 1%	• Yes, often: 20% • Sometimes: 30% • Not often; never or almost never: 49% • Don't know: <1% • Unclear/Refused/No response: 1%

Table E7. Social Engagements

Question	2024	2026
In general, do you get to do things you like to do outside of your home as much as you want to?	• Yes: 65% • No: 34% • Don't know: 1% • Unclear/Refused/No response: <1%	• Yes: 63% • No: 36% • Don't know: 1% • Unclear/Refused/No response: 1%
Are you able to take part in activities with others (like church groups, book clubs) as much as you want to – either in-person or using video technology like Zoom or FaceTime?	• Yes: 66% • Sometimes: 10% • No: 22% • Don't know: 1% • Unclear/Refused/No response: 1%	• Yes: 67% • Sometimes: 7% • No: 24% • Don't know: 1% • Unclear/Refused/No response: 1%

Question	2024	2026
*Why not/why only sometimes?	• Cost/money: 21% • Transportation: 37% • Accessibility/lack of equipment: 11% • Health limitations: 42% • Not enough help/staffing/personal assistance: 9% • Feeling unwelcome in the community: 4% • Feeling unsafe: 3% • No community activities outside of the home available: 9% • Lack of information/doesn't know what type of community activities are available: 6% • Does not have technology/equipment: 3% • Other: 17% • Don't know: 3% • Unclear/Refused/No response: 1%	• Cost/money: 13% • Transportation: 42% • Accessibility/lack of equipment: 7% • Health limitations: 44% • Not enough help/staffing/personal assistance: 8% • Feeling unwelcome in the community: 1% • Feeling unsafe: 3% • No community activities outside of the home available: 4% • Lack of information/doesn't know what type of community activities are available: 3% • Does not have technology/equipment: 2% • Other: 23% • Don't know: 1% • Unclear/Refused/No response: 0%

Table E8. Services

Question	2024	2026
How did you find out about the services you can get?	• Friend: 9% • Family: 20% • Aging and Disability Resource Center, AAA, Center for Independent Living: 3% • State or county agency: 15% • Case manager or care coordinator: 37% • Doctor/hospital/clinic: 17% • Other provider/provider agency: 10% • Media/newspaper/TV/radio/etc.: 1% • Internet/website: 1% • Other: 9% • Don't know: 7% • Unclear/Refused/No response: <1%	• Friend: 7% • Family: 25% • Aging and Disability Resource Center, AAA, Center for Independent Living: 3% • State or county agency: 20% • Case manager or care coordinator: 22% • Doctor/hospital/clinic: 10% • Other provider/provider agency: 6% • Media/newspaper/TV/radio/etc.: <1% • Internet/website: 1% • Other: 10% • Don't know: 9% • Unclear/Refused/No response: <1%
Are services and supports delivered in a way that is respectful of your culture? This can be things like respecting your religion, your beliefs, the food you prefer, or the holidays you celebrate.	• Yes: 93% • Sometimes or some services: 3% • No: 2% • Don't know: 2% • Unclear/Refused/No response: <1%	• Yes: 94% • Sometimes or some services: 2% • No: 1% • Don't know: 2% • Unclear/Refused/No response: 1%

Question	2024	2026
Do you get information about your services in the language you prefer?	• Yes, all information: 81% • Some information: 9% • No: 10% • Don't know: 1% • Unclear/Refused/No response: 0%	• Yes, all information: 65% • Some information: 6% • No: 27% • Don't know: 1% • Unclear/Refused/No response: <1%
If you have a complaint about your services, do you know whom to contact to make that complaint?	• Yes: 74% • Maybe, not sure: 5% • No: 17% • Don't know: 4% • Unclear/Refused/No response: <1%	• Yes: 74% • Maybe, not sure: 6% • No: 16% • Don't know: 4% • Unclear/Refused/No response: 1%
If you want to make changes to your services, do you know whom to contact?	• Yes: 78% • Maybe, not sure: 9% • No: 9% • Don't know: 4% • Unclear/Refused/No response: 0%	• Yes: 77% • Maybe, not sure: 5% • No: 12% • Don't know: 5% • Unclear/Refused/No response: <1%
Do the supports and services you receive help you live the life you want?	• Yes: 86% • No: 8% • Don't know: 5% • Unclear/Refused/No response: 1%	• Yes: 84% • No: 12% • Don't know: 2% • Unclear/Refused/No response: 1%

Question	2024	2026
Do the services and supports you are getting meet your current needs and goals?	• Yes, completely, all needs and goals: 73% • Some needs and goals: 19% • No, not at all, needs and goals are not met: 6% • Don’t know: 2% • Unclear/Refused/No response: 1%	• Yes, completely, all needs and goals: 67% • Some needs and goals: 24% • No, not at all, needs and goals are not met: 5% • Don’t know: 3% • Unclear/Refused/No response: 1%

Table E9. Everyday Activities and Support

Question	2024	2026
How much help with everyday activities do you generally need? Things like preparing meals, housework, shopping or taking your medications.	• A lot: 30% • Some: 52% • None: 16% • Don't know: 1% • Unclear/Refused/No response: 1%	• A lot: 41% • Some: 44% • None: 13% • Don't know: <1% • Unclear/Refused/No response: 1%
Do you always get enough help with your everyday activities when you need it?	• Yes, always: 76% • No, not always: 24% • Don't know: 0% • Unclear/Refused/No response: 0%	• Yes, always: 77% • No, not always: 22% • Don't know: 1% • Unclear/Refused/No response: 1%
How much help with self-care do you generally need? Things like bathing, dressing, going to the bathroom, eating or moving around your home/where you live.	• A lot: 20% • Some: 30% • None: 49% • Don't know: <1% • Unclear/Refused/No response: 1%	• A lot: 24% • Some: 30% • None: 45% • Don't know: <1% • Unclear/Refused/No response: 1%
Do you always get enough help with self-care when you need it?	• Yes, always: 79% • No, not always: 20% • Don't know: 1% • Unclear/Refused/No response: <1%	• Yes, always: 78% • No, not always: 21% • Don't know: <1% • Unclear/Refused/No response: <1%

Question	2024	2026
Is there anyone who helps you at home/where you live or in the community on a regular basis, at least once a week? This may be any kind of help – either with self-care needs, or everyday activities.	• Yes: 77% • No: 23% • Don't know: 0% • Unclear/Refused/No response: 0%	• Yes: 82% • No: 17% • Don't know: 1% • Unclear/Refused/No response: <1%
Who is the person who helps you most often?	• Paid support worker who is not a friend or relative: 58% • Paid family members or spouse/partner: 19% • Paid friend: 1% • Unpaid family member or spouse/partner: 17% • Unpaid friend/volunteer: 3% • Other: 1% • Don't know: 1% • Unclear/Refused/No response: 0%	• Paid support worker who is not a friend or relative: 60% • Paid family members or spouse/partner: 19% • Paid friend: 1% • Unpaid family member or spouse/partner: 16% • Unpaid friend/volunteer: 3% • Other: 1% • Don't know: <1% • Unclear/Refused/No response: <1%

Table E10. Paid Help

Question	2024	2026
Do the people who are paid to help you treat you with respect?	• Yes, all paid support workers, always or almost always: 92% • Some, or usually: 6% • No, never or rarely: 2% • Don't know: 0% • Unclear/Refused/No response: 0%	• Yes, all paid support workers, always or almost always: 92% • Some, or usually: 8% • No, never or rarely: <1% • Don't know: <1% • Unclear/Refused/No response: <1%
Do the people who are paid to help you do things the way you want them done?	• Yes, all paid support workers, always or almost always: 82% • Some, or usually: 16% • No, never or rarely: 2% • Don't know: 0% • Unclear/Refused/No response: 1%	• Yes, all paid support workers, always or almost always: 79% • Some, or usually: 18% • No, never or rarely: 3% • Don't know: 1% • Unclear/Refused/No response: 1%
Do you feel safe around the people who are paid to help you?	• Yes, all paid support workers, always or almost always: 98% • No, not all workers, or not always: 2% • Don't know: <1% • Unclear/Refused/No response: 0%	• Yes, all paid support workers, always or almost always: 96% • No, not all workers, or not always: 3% • Don't know: <1% • Unclear/Refused/No response: 1%

Table E11. Emergency Preparedness

Question	2024	2026
Do you have an emergency plan in place? For example, do you or someone close to you know what to do in case of a natural disaster, disease outbreak or another wide-scale emergency?	• Yes: 73% • No: 21% • Don't know: 6% • Unclear/Refused/No response: 1%	• Yes: 76% • No: 17% • Don't know: 5% • Unclear/Refused/No response: 1%
Are you able to get to safety quickly in case of an emergency like a house fire?	• Yes: 87% • No: 9% • Don't know: 4% • Unclear/Refused/No response: 1%	• Yes: 83% • No: 11% • Don't know: 4% • Unclear/Refused/No response: 1%

Table E12. Transportation

Question	2024	2026
Do you have transportation to get to medical appointments when you need to?	• Yes, always: 91% • Sometimes: 6% • No, seldom or never: 3% • Don't know: <1% • Unclear/Refused/No response: <1%	• Yes, always: 91% • Sometimes: 5% • No, seldom or never: 4% • Don't know: 1% • Unclear/Refused/No response: <1%
Do you have transportation when you want to do things outside of your home/where you live, like visit a friend, go for entertainment, or do something for fun?	• Yes, always: 73% • Sometimes: 14% • No, seldom or never: 12% • Don't know: 1% • Unclear/Refused/No response: 1%	• Yes, always: 69% • Sometimes: 12% • No, seldom or never: 18% • Don't know: 1% • Unclear/Refused/No response: 1%

Table E13. Internet Access

Question	2024	2026
Do you have access to the internet? This may be in your home, a coffee shop, somewhere you spend time during your day.	• Yes: 64% • Sometimes: 3% • No: 31% • Don't know: 2% • Unclear/Refused/No response: 1%	• Yes: 66% • Sometimes: 1% • No: 31% • Don't know: 2% • Unclear/Refused/No response: <1%
How often do you use the internet?	• Don't use it at all: 15% • Daily: 63% • Several times a week: 13% • Several times a month: 5% • Several times a year: 3% • Don't know: 1% • Unclear/Refused/No response: <1%	• Don't use it at all: 17% • Daily: 60% • Several times a week: 13% • Several times a month: 6% • Several times a year: 2% • Don't know: 1% • Unclear/Refused/No response: 1%
How does your internet work at home? Would you say that your home internet…	• Always works: 80% • Sometimes works: 13% • Rarely works: 1% • Don't know: 6% • Unclear/Refused/No response: 1%	• Always works: 79% • Sometimes works: 12% • Rarely works: 1% • Don't know: 8%

Table E14. Interest in Additional Services and Supports

Question	2024	2026
What additional services and supports might help you? This can include services you are not currently getting or changes to services you currently receive. [1]	• Skilled nursing facility, nursing home services: 9% • Personal care assistance, personal care services: 21% • Home maker/chore services: 39% • Companion services: 13% • Healthcare home services, home health: 13% • Home delivered meals: 19% • Adult day services: 9% • Transportation: 21% • Respite/family caregiver support: 3% • Health care: 7% • Mental health care: 5% • Dental care: 11% • Housing assistance: 17% • Heating/cooling assistance: 7% • Hospice: 0% • End of life planning: 0% • Other: 26% • Don't know: 14% • Unclear/Refused/No response: 0%	• Skilled nursing facility, nursing home services: 3% • Personal care assistance, personal care services: 20% • Home maker/chore services: 27% • Companion services: 16% • Healthcare home services, home health: 10% • Home delivered meals: 8% • Adult day services: 7% • Transportation: 30% • Respite/family caregiver support: 1% • Health care: 5% • Mental health care: 5% • Dental care: 12% • Housing assistance: 16% • Heating/cooling assistance: 4% • Hospice: <1% • End of life planning: 3% • Other: 38% • Don't know: 10% • Unclear/Refused/No response: <1%

[1] Note: In 2023-2024, this question was only shown to respondents who said their services and supports met "Some" or "None" of their needs and goals. In 2025-2026, it was also asked of respondents who said they were not receiving services and supports.