

Senior Quality of Life Survey Synopsis

(In "other comment(s)" sections, each sentence is a different person.)

Q1:

In most ways my life is close to ideal. Agree 39.55% / Slightly Agree 24.25%
The conditions of my life are excellent. Agree 38.20% / Slightly Agree 21.72%
I am completely satisfied with my life. Agree 34.85% / Slightly Agree 23.48%
So far I have gotten the most important things I want in life. Agree 42.64% /
Strongly Agree 17.74%
If I could live my life over, I would change nothing. Agree 23.86% / Disagree 19.32%

Q2:

I am a homeowner without a mortgage. 27.41%
I am in a rental property. 19.26%
I live in a public senior housing community. 17.04%
I am a homeowner with a mortgage. 15.19%
I live in a private retirement community. 14.07%

Other comments: Mortgage almost paid off. Temporarily live with friends. Live in a family member's house. Live with a friend. In order to save housing costs I am house and pet sitting for people who are away; I've been doing this since Oct. 2015.

Q3:

I feel safe in my neighborhood. Agree 91.95% / Disagree 6.51%
I know my neighbors. Agree 85.32% / Disagree 10.71%
I rely on my neighbors for companionship and occasional help. Agree 51.55% /
Disagree 36.05%
I visit the library in my neighborhood. Agree 48.04% / Disagree 33.08%
I use sidewalks in my neighborhood. Agree 56.08% / Disagree 17.65%
I live close to a park. Agree 55.25% / Disagree 26.46%

Q4:

Importance

Being close to a park or green space. Important 55.56% / Not Important 36.11%
Being near to public transportation. Important 59.92% / Not Important 31.91%
Being near a grocery store. Important 89.37% / Not Important 8.27%
Being near my doctor's office. Important 69.17% / Not Important 25.30%
Be near a library. Important 54.37% / Not Important 37.70%
Be near a senior center. Important 37.50% / Not Important 40.60%
Be near my place of worship. Important 65.48% / Not Important 26.59%
Have someone to assist me with tax preparation. Important 44.27% / Not Important 36.36%

Someone to assist with housekeeping tasks. Important 40.49% / Not Important 43.72%

Someone to help with yard work. Important 45.88% / Not Important 26.27%

Have reliable transportation. Important 89.68% / Not Important 5.56%

Someone to help with grocery shopping. Important 33.60% / Not Important 44.40%

Have a handyman. Important 55.28% / Not Important 24.80%

Someone to assist with preparing meals. Important 24.30% / Not Important 48.61%

Opportunities to volunteer. Important 50.82% / Not Important 32.38%

Other comments: Covered parking/handicap parking. Have seminars related to our needs. Sidewalks need to be installed on streets, but not necessarily neighborhoods that do not have a lot of traffic. Being in a housing community with amenities available. Help with old house maintenance. Having lower taxes.

Q5:

How do you learn about events in your community?

Television 77.74%

Radio 37.36%

Newspaper 69.06%

Internet/social media 29.06%

Friends/Family 66.04%

Receive notices in the mail 41.51%

Other 9.43%

Other comments: Activity director at Friendship Manor. Put a paper on the door. Monthly newsletter. I belong to organizations. Senior News. E-mail notices from neighborhood association and Roanoke Outdoors. Local Visitor's Center. Church/civic groups. Flyers.

Q6:

When you go outside the home what type of events/activities do you prefer to do?

Walk 70.83%

Religion service 64.02%

Library 35.98%

Volunteer 39.02%

Club or hobby 33.33%

Class to learn something new. 28.79%

Concert or musical event 44.32%

Theater 34.09%

Museum 31.44%

Sport 17.42%

Outing with family/friends 73.48%

Travel outside the community 56.44%

Other 9.47%

Other comments: Bus trip to a casino. Shopping and meals. Dance. Work. Beauty treatments. Gold's Gym, lap swimming, water aerobics. Unable to do anything physically. Therapy. YMCA. Flea markets and yard sales. Public meetings.

Q7:

If you would like to go out more often what prevents you from doing so?

It costs too much 45.41%

I have physical limitations 43.23%

Transportation concerns 34.06%

Lack of companion or friend to go with me 32.31%

Events are scheduled at the wrong time (too early, after dark) 26.20%

Other comments: Meals tax is too high. I'm blind. Enjoy staying at home. Events are too far away. Almost all things are provided here. Originally not from this area, no help meeting new (people).

Q8:

I usually travel around my community the following ways.

Personal vehicle 67.04%

A friend or family member drives me 45.93%

Walking 40%

Bus 20.74%

Other comments: Transportation provided by senior living community. Looking forward to Amtrak, will use Amtrak. Boat on the river. Kissito Pace program. RPJ. Motorcycle.

Q9:

If you need to use alternative transportation, what barriers do you experience?

Bus stop is too far away. 34.18%

Too hard to get on and off the bus. 30.38%

Buses and taxis are too expensive. 29.11%

Infrequent buses 25.23%

Inadequate shelter at the bus stop. 18.35%

Hard to learn and/or understand the bus schedule and routes. 18.35%

Other comments: As long as car starts, no barriers. Getting to destinations once I get off the bus. No barriers, Uber is great. I was using the trolley to get downtown, but they eliminated my stop. Limited bus stops.

Q10:

Do you generally vote in elections?

Yes 80.97%

No 19.03%

Q11:

If you answered no, please tell us why.

No interest 44.44%
Not registered 27.78%
Other 25.93%
No transportation 11.11%
I do not vote if the weather is too cold, rainy, etc. 9.26%
Do not have proper identification. 7.30%

Other comments: My religion. Not sure who to vote for. Can't stand in line. No ride to the polls. I remain neutral regarding politics. The change in polling place makes it extremely difficult to take myself now. Quality of candidates. I am registered in another state. I just never voted.

Q12:

Indicate the type of elections you normally vote in.

Federal (National) 95.31%
State 84.98%
Municipal (local) 75.12%

Q13:

What is your current employment?

Retired 78.41%
Other 7.58%
Part-time 7.20%
Full-time 4.17%
Unemployed 2.65%

Other comments: Disabled. Never attended college. House/pet sitting for those who are traveling. Self-employed. Retired with disabilities. Retired and part-time. Part-time on call.

Q14:

Do you volunteer in the community?

Yes 10.98%
No 58.82%
Yes, with the name of the agency. 30.20%

Q15:

If you would like to volunteer, what do you need to get involved?

More information about opportunities. 50%
Opportunities near my home. 47%
Transportation 32%
More flexible times 20%
More flexible days of the week. 15%
Other 13%

Other comments: It's all I can do to keep myself afloat. Just focus on doing it, not easy for me, ADD. Limited since I work 40 hours. No interested. I did when I was younger. I can't work a set schedule. I'm busy enough. Becoming a renewed

grandparent, and do not have time at the moment. Better health. Too much inconvenience at my age.

Q16:

As you think about your future what do you fear most?

Growing old alone. Yes 39.45% / No 60.55%

I will have to move out of my home. Yes 42.16% / No 57.84%

I will have financial concerns. Yes 53.70% / No 46.30%

Declining health Yes 74.15% / No 25.85%

Declining mobility Yes 72.02% / No 27.98%

There will be no one to take care of me when I can no longer care for myself.

Yes 47.30% / No 52.70%

Losing my drivers license Yes 48.58% / No 51.42%

Losing my independence Yes 73.91% / No 26.09%

Dementia or losing my memory Yes 69.53% / No 30.47%

Q 17:

Is there a specific doctor's office, health center or other place that you usually go if you are sick or need advice about your health?

Yes 94.19%

No 5.81%

Q18:

Do you see a dentist regularly?

Yes 52.53%

No 25.29%

No, with comments 22.18%

Other comments: I have no dental insurance, no money for dental care. I have nothing to save at the end of the month, nor do I go to the grocery store. Every year or two. I have dentures. No teeth. Don't make the appointment. Afraid, on blood thinners. Insurance doesn't cover it. Do not like dentists. Did until dentist retired. A new dentist is too expensive for first time appointment, and then for dental work or dentures. Medicare doesn't cover. No need. Afraid of pain. I care for my teeth at home.

Q19:

Do you use mental health, alcohol or drug abuse services?

Yes 9.41%

No 90.59%

Q20:

Which health services are hard to get in our community?

Adult dental care 47.50%

Alternative therapy (herbal, acupuncture, massage) 18.75%

Ambulance services 4.38%

Chiropractic services 10%

Domestic violence services 8.13%
Eldercare services 25%
End of life/hospice/palliative care services 3.13%
Family doctor 15.63%
Medication 14.37%
Medical supplies 13.75%
Mental health/counseling 5.63%
Physical therapy 8.75%
Substance abuse counseling (drug or alcohol) 4.38%
Transportation to health services 26.25%
Urgent care/walk-in services 10.63%
Vision care services 15%
X-ray/mammograms 5.63%
Other 24.38%

Other comments: Adult dental care is very expensive, no insurance. Mobile mammograms. Life insurance and burial insurance cemetery plots. A good back surgeon. Professional/spiritual counseling. Dermatology. None, Kissito Pace helps. Very specialized care. Quality Medicare covered services, or reduced price services. Mental health.

Q21:

What do you feel prevents you from getting the healthcare you need?

Cannot get a timely appointment. 14.62%
Afraid to have check-ups. 4.62%
Cannot find a doctor that accepts my Medicaid insurance. 13.08%
Cannot find a doctor that accepts my Medicare insurance. 12.31%
Too expensive. 40%
Do not know what kind of services are available. 18.46%
Do not like accepting government assistance. 10%
Do not trust doctors/clinics. 7.69%
Have no regular source of healthcare. 7.69%
Lack of evening or weekend services. 13.08%
Language services 3.85%
Other 23.85%

Other comments: Usually have to get "worked in" short appointment, and going through so many people to get a message to the dr. Dental services are expensive for private pay patients, and paying for dental and hearing problems is difficult. If I have a worry Obamacare sucks; I am able to pay for medical care, but as I understand the law my doctor is prohibited from ordering tests which could save my quality of life. Can't find out whether Medicaid will pay for dental work for seniors.

Q22:

Where do you get the food you eat at home?

Grocery store 95.74%
Corner store/convenience store/gas station 10.08%

Dollar store 34.11%
Community garden 5.04%
Farmer's market 31.40%
Food bank/food kitchen/food pantry 10.08%
Home garden 11.63%
I don't eat at home. 0.78%
I regularly receive food from family, friends, neighbors or my religious organization.
10.08%
Meals on wheels 5.81%
Take-out/fast food/restaurant 33.72%
Other 8.91%

Other comments: Soup, bags, LOA. Friendship Manor dining room. Walmart.
Diners club. Inexpensive, but quality food at favorite restaurants. Brandon Oaks.
Retirement Life Care Community.

Q23:

How long has it been since you visited a doctor for a routine check-up?

Within the past year. 90.35%
Within the past two years. 6.95%
Within the past five years. 0.77%
Five or more years ago. 1.93%

Q24:

How long has it been since you visited a dentist?

Within the past year. 52%
Within the past two years. 12.80%
Within the past five years. 8.80%
Five or more years ago. 26.40%

Q25:

In the past seven days, on how many days were you physically active for a total of at least 30 minutes?

0 days 17.97%
1-3 days 32.81%
4-5 days 23.44%
6-7 days 25.78%

Q26:

What physical or recreational activity or exercises do you participate in? See attachment.

Q27:

Have you made plans for your future health problems?

I have a will. Yes 63.79% / No 33.74% / Not sure 2.06% / Not applicable 0.41%
I have a living will. Yes 60.81% / No 35.14% / Not sure 3.15% / Not applicable 0.90%

I have an advanced directive. Yes 60.49 % / No 30.24% / Not sure 5.85%/ Not applicable 3.41%

I have named a power of attorney to carry out my medical and/or final wishes. Yes 67.09% / No 29.06% / Not sure 2.14% / Not applicable 1.71%

Q28:

In the past 7 days, how often did you share a meal with another person (family, friend, group)?

None 12.16%

1-2 times 33.33%

3-4 times 13.73%

5-6 times 12.16%

7 times 9.02%

More than 7 times. 19.61%

Q29:

What is your gender?

Male 28.29%

Female 71.32%

Other 0.39%

Other comment: Filled out by my husband and wife.

Q30:

Please enter the year of your birth.

1914: 1

1917: 1

1919: 1

1922: 1

1924: 2

1925: 2

1926: 6

1927: 6

1928: 7

1929: 4

1930: 3

1931: 6

1932: 5

1933: 6

1934: 4

1935: 8

1936: 7

1937: 8

1938: 12

1939: 10

1940: 11

1941: 3

1942: 13

1943: 12

1944: 15
1945: 9
1946: 8
1947: 16
1948: 11
1949: 8
1950: 7
1951: 16
1952: 8
1953: 1
1954: 3
1955: 2
1956: 2
1957: 2
1962: 1
1967: 1

Total: 249

Q31:

What is the make-up of your household?

I live alone. 53.73%
I live with a companion or spouse. 28.24%
I live with several other people. 3.14%
I live in an assisted living facility. 2.75%
I live in a complex care facility. 2.35%
Other 9.80%

Other comments: I live alone, I live in a senior citizen complex, I care for myself. Independent living. Retirement home. Live with sister and her son. My son temporarily lives with me. Live with my adult grandson. Live with my daughter who works two days a week...I seldom have anyone with whom to talk. I live with my 14 year old pup, and whichever pet I am taking care of while house/pet sitting. One son occasionally with me. I have a day companion. Live alone with a dog. Widowed. Son staying temporarily until he finds a place. Sister. With mom. Wife and 14 year old son.

Q32:

Do you have regular internet services?

Yes 60.55%
No 37.50%
Do not know. 1.95%

Q33:

What is your annual household income?

\$10,000-\$29,999 - 45%
Less than \$10,000 - 19.09%
\$30,000-\$49,999 - 17.27%

\$50,000-\$74,999 – 10.45%
\$100,000-\$149,999 – 3.64%
Over \$150,000 – 2.73%
\$75,000-\$99,999 – 1.82%

Q34:

What is your zip code?

24008: 1
24101: 1
24011: 2
24012: 46
24013: 25
24014: 16
24015: 17
24016: 28
24017: 58
24018: 47
24019: 3
24153: 1

Typo:

240146: 1

Total: 246

Q35:

Who are the people you would turn to for help?

Family 85.88%
Friends 57.65%
Medical system 38.43%
Religious organization 36.47%
Community services 19.61%

Additional comments: I feel the different parts of Roanoke are disconnected and there is little cohesion between them.

Your survey does not address the real problems of the poor elderly in Roanoke.

2016 Roanoke Senior Quality of Life

	One or more times per week	one or more times per month	3-4 times per year	Less than one time per year	Never	Total	Weighted Average
Bicycling	13.04% 15	1.74% 2	4.35% 5	3.48% 4	77.39% 89	115	4.30
Bocce ball (lawn bowling)	1.87% 2	0.93% 1	1.87% 2	2.80% 3	92.52% 99	107	4.83
Canoeing/Kayaking/Boating	0.94% 1	0.00% 0	1.89% 2	1.89% 2	95.28% 101	106	4.91
Dancing	11.57% 14	12.40% 15	6.61% 8	8.26% 10	61.16% 74	121	3.95
Disc/Frisbee golf	1.89% 2	0.00% 0	0.94% 1	2.83% 3	94.34% 100	106	4.88
Gardening	30.60% 41	10.45% 14	4.48% 6	3.73% 5	50.75% 68	134	3.34
Golf	4.50% 5	3.60% 4	1.80% 2	4.50% 5	85.59% 95	111	4.63
Group exercise class	40.27% 60	6.04% 9	5.37% 8	4.03% 6	44.30% 66	149	3.06
Hiking	5.93% 7	3.39% 4	9.32% 11	5.08% 6	76.27% 90	118	4.42
Hunting	0.00% 0	0.00% 0	0.93% 1	1.85% 2	97.22% 105	108	4.96
Pickle ball	2.75% 3	0.00% 0	0.00% 0	0.92% 1	96.33% 105	109	4.88
Racquet ball	0.92% 1	0.92% 1	0.92% 1	1.83% 2	95.41% 104	109	4.90
Running/Jogging	4.59% 5	2.75% 3	0.92% 1	2.75% 3	88.99% 97	109	4.69
Swimming	11.67% 14	2.50% 3	7.50% 9	3.33% 4	75.00% 90	120	4.28
Tennis	2.75% 3	0.00% 0	1.83% 2	1.83% 2	93.58% 102	109	4.83
Walking	70.20% 139	12.12% 24	4.55% 9	0.51% 1	12.63% 25	198	1.73
Water aerobics	18.49% 22	4.20% 5	5.04% 6	3.36% 4	68.91% 82	119	4.00
Weight training	19.05% 24	5.56% 7	0.00% 0	1.59% 2	73.81% 93	126	4.06
Yoga/pilates/tai chi	17.80% 21	3.39% 4	0.85% 1	2.54% 3	75.42% 89	118	4.14

#	Other (please specify)	Date
1	modified physical self training - modified	5/10/2017 8:40 PM
2	fitness center	5/9/2017 5:54 PM
3	Have Parkinson's, am deaf, and have poor vision and dementia.	3/31/2017 3:16 PM
4	volunteering	1/20/2017 10:33 AM
5	walk and sporting events	6/5/2016 12:35 AM
6	physically unable-power chair bound	5/30/2016 6:04 PM
7	physically unable to d any activity Light housekeeping is only activity	5/30/2016 5:56 PM

2016 Roanoke Senior Quality of Life

8	Ten minutes of calisthenics at home every day, followed by very fast walking for about 55 minutes	5/17/2016 1 24 PM
9	Up and down 2 flights of stairs, walking room to room - I am taking care of a pet and very large home currently.	5/10/2016 8 48 PM
10	Therapy	5/8/2016 11 22 PM
11	Hand weights in my apartment daily	5/8/2016 11 08 PM
12	Onsite wellness center/Curves	5/8/2016 10:17 PM
13	Wii Games ... Chair Volleyball	4/25/2016 9 22 AM
14	RPJ	4/20/2016 2 44 PM
15	osteoarthritis	4/11/2016 11:07 PM
16	Zumba	4/6/2016 8 10 PM