

Age-Friendly Champaign-Urbana

SURVEY RESULTS

October 2017

Champaign and Urbana are twin cities with a combined population of about 127,000 residents located in east central Illinois. Champaign County, which encompasses the two cities, the neighboring village of Savoy, and several smaller rural villages, townships, and unincorporated communities, has an overall estimated population of 205,766 with ~22,073 residents over the age of 65.¹ According to demographic trends this number of older residents is likely to increase in the coming decades. Age-Friendly Champaign-Urbana is committed to ensuring livability and quality of life for residents of all ages. In March 2017, Champaign-Urbana joined the AARP and World Health Organization's (WHO) Networks of Age-Friendly Communities. WHO identifies eight domains of city life that might influence the health and quality of life of older adults including:

1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation and employment
7. Communication and information
8. Community support and health services

This report was prepared as part of the planning phase of the Age-Friendly process. Over a period of 4 months, over 500 older community members completed this survey. This document is a summary of the findings, which will serve to guide future community plans with regard to age-friendliness and livability in the Champaign-Urbana community.



¹ US Census Bureau Current Population Survey

METHODOLOGY

Many individuals in the community worked together to develop and distribute this survey. From the University of Illinois at Urbana-Champaign, Wendy Bartlo, from the Center on Health, Aging, and Disability, and Chelsey Byers-Gerstenecker and Nancy Ouedraogo from the U of I Extension Offices drafted the initial survey. The Age-Friendly Steering Committee and local providers of senior services provided feedback on initial drafts. The final draft was administered in both paper and electronic form between November 2016 and March 2017. Many individuals and organizations in the community collaborated to get the word out about the survey.

Survey Distribution

- **Electronic**
 - Facebook
 - Age-Friendly CU
 - Clark-Lindsey Village
 - Ethel and Maud's Table
 - City of Urbana Website/Facebook
 - City of Champaign Website/Facebook
 - U of I Extension Facebook
 - Listservs
 - Osher Lifelong Learning Institute
 - Senior Task Force
 - Champaign County Committee on Aging
 - UIUC E-Week
 - Urbana Parks Dept. Senior Listserv
- **Media Appearances**
 - News-Gazette
 - Prime Life Times
 - 'Penny for your thoughts' program with Jim Turpin, WDWS Radio Station
- **Postcards**
 - CU Interfaith Alliance
 - Health Alliance
 - Family Service
 - Urbana/Champaign Parks Districts

- Windsor of Savoy
- Grocery Stores
- Clark Lindsey
- Salvation Army Store
- Round Barn Manor Senior Apartments
- Champaign/Urbana Public Libraries
- Ethel & Maud's
- Connections Café
- Independent Media Center
- Lincoln Square Mall
- RSVP/Stevick Senior Center
- Presence Health/Faith in Action (mailed 1000 postcards)

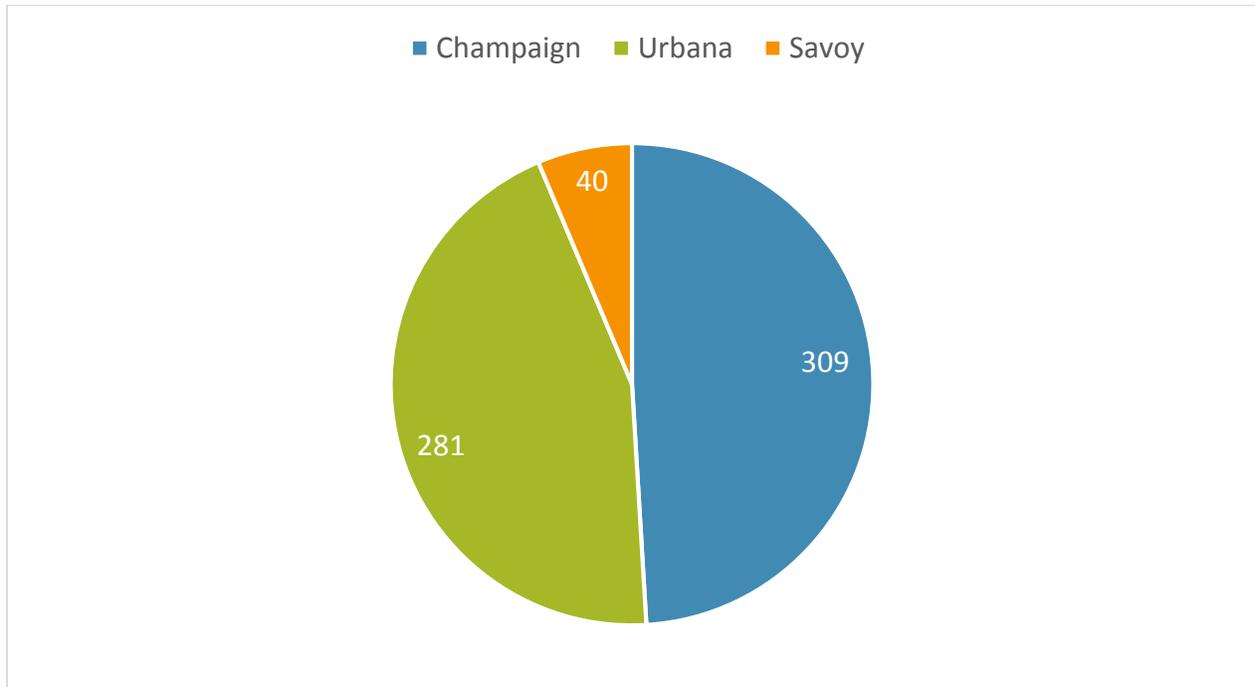
- **Events/Public Talks**
 - Parks Department
 - Douglass Annex
 - Hays Center
 - Philips Center
 - Urbana Exchange Club
 - United Way Executive Directors Meeting

- **Paper Surveys**
 - Distributed through networks of senior service providers

SURVEY DEMOGRAPHICS

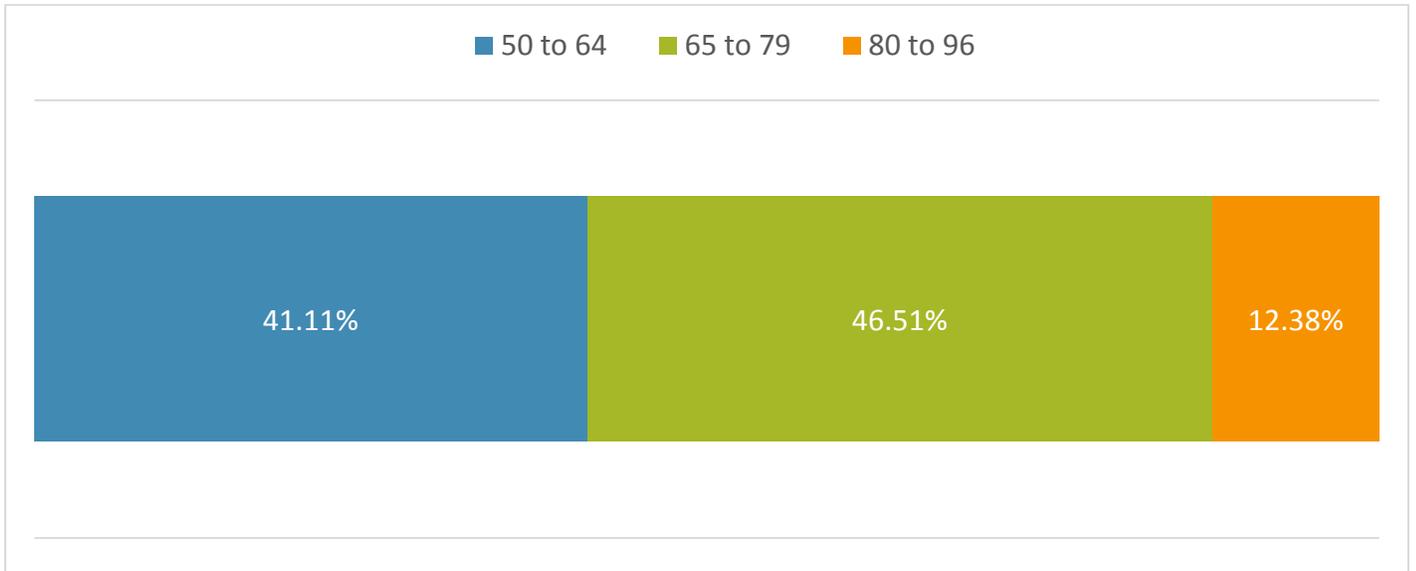
- **630 residents** of Champaign, Urbana, and Savoy started the survey and **521** completed the survey.
- Survey takers ranged in age from **50 to 96 years old** with a mean age of 67
- The city of Champaign had the greatest number of respondents.

Number of Respondents by Location

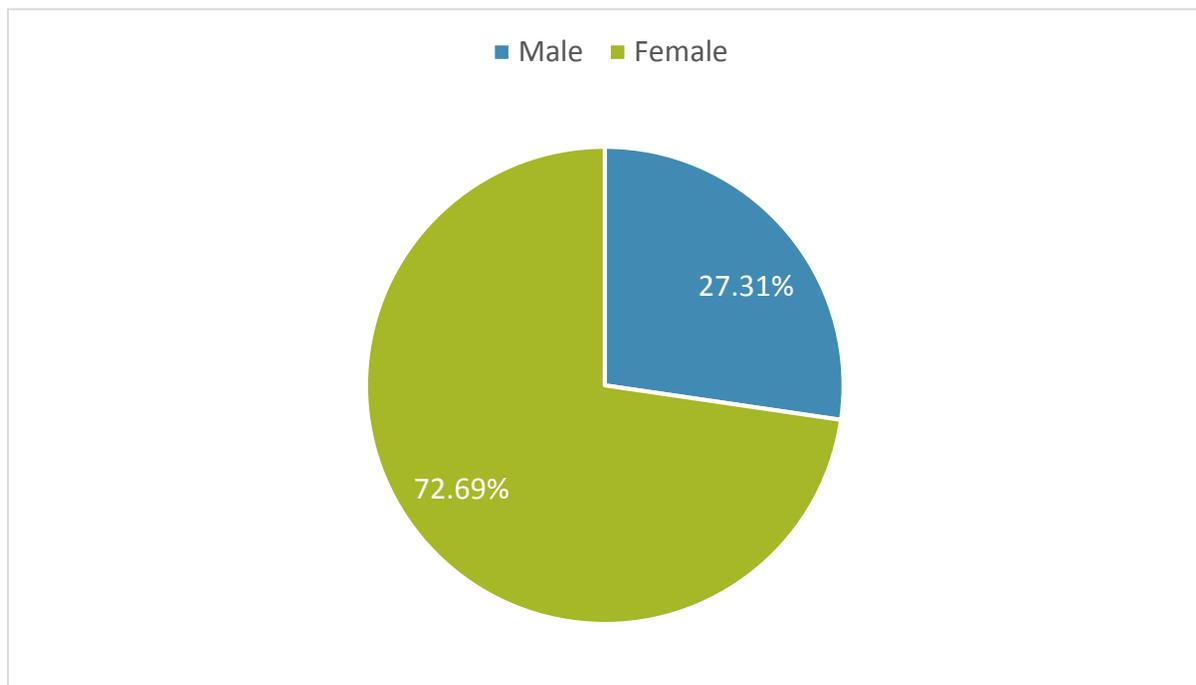


DEMOGRAPHICS

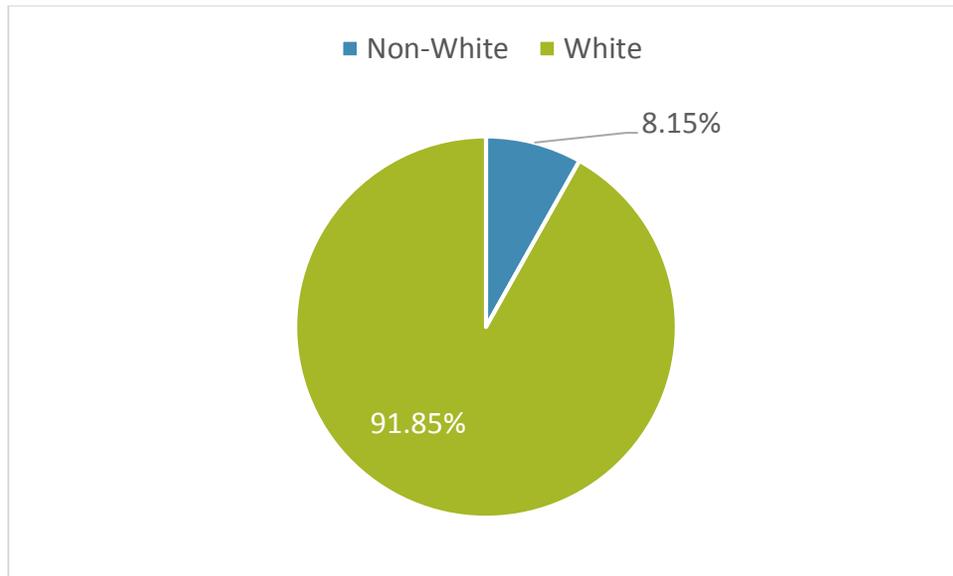
Age



Gender

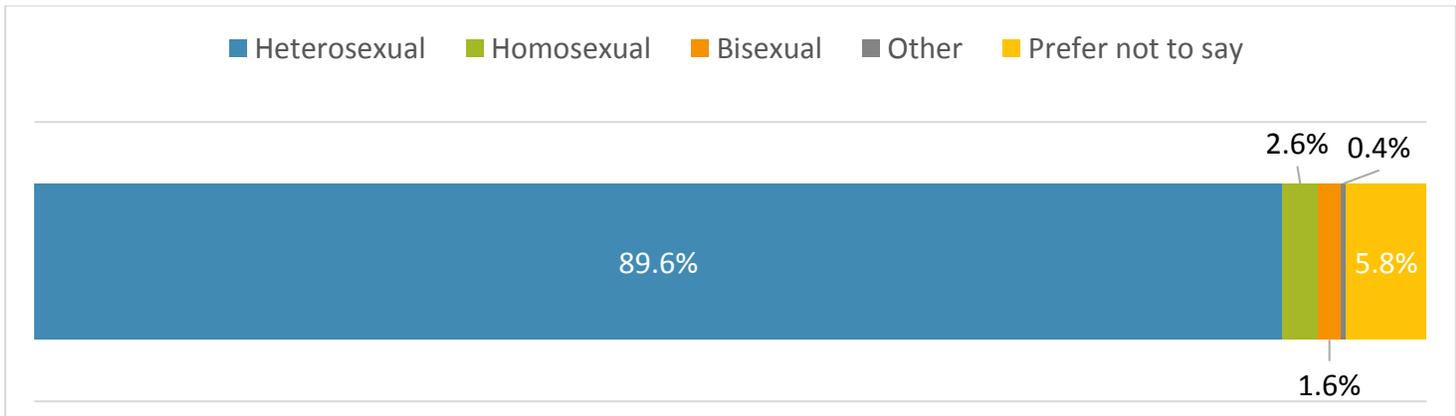


Race/Ethnicity

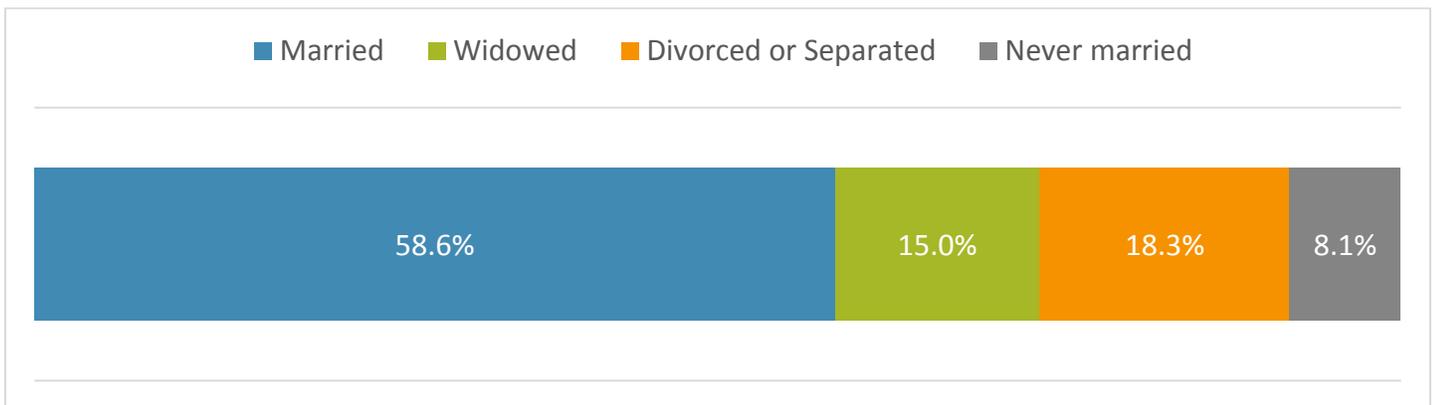


Race/Ethnicity	Number of Respondents
White/Caucasian	465
Black/African-American	26
Native American/American Indian	6
Asian	6
Hispanic	5
Other	5

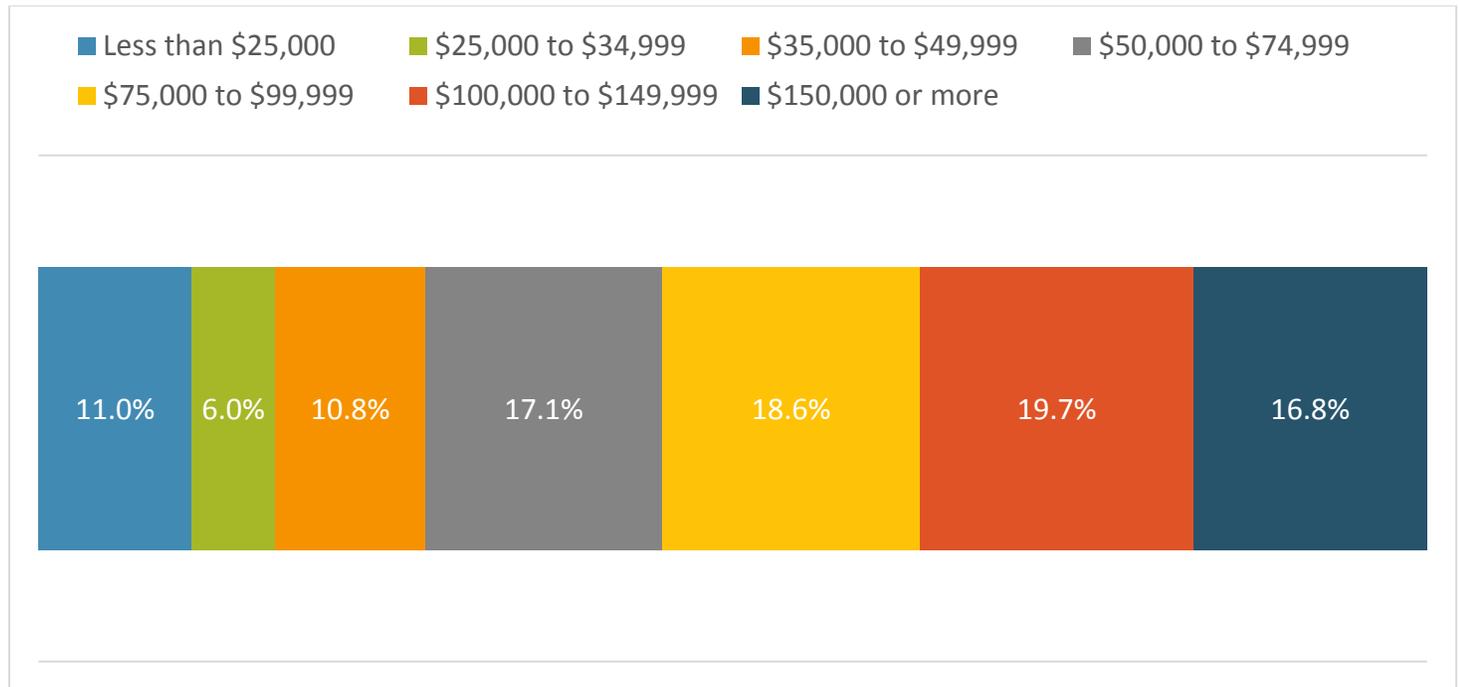
Sexual Orientation



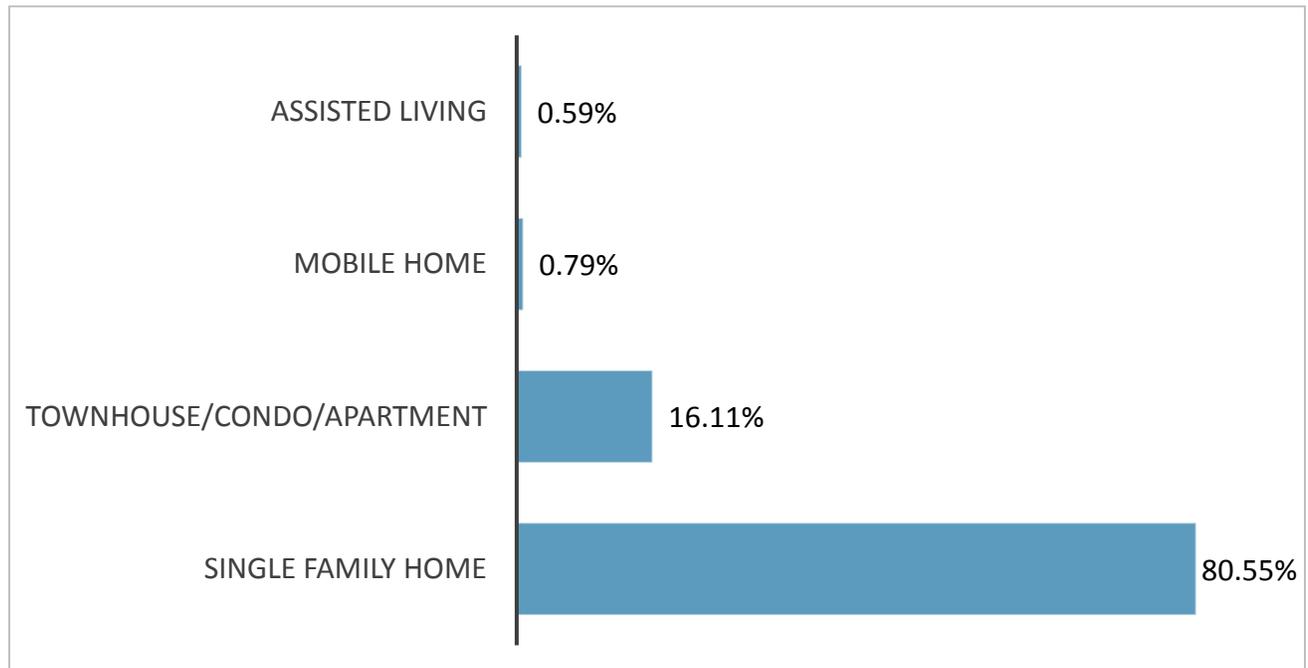
Marital Status



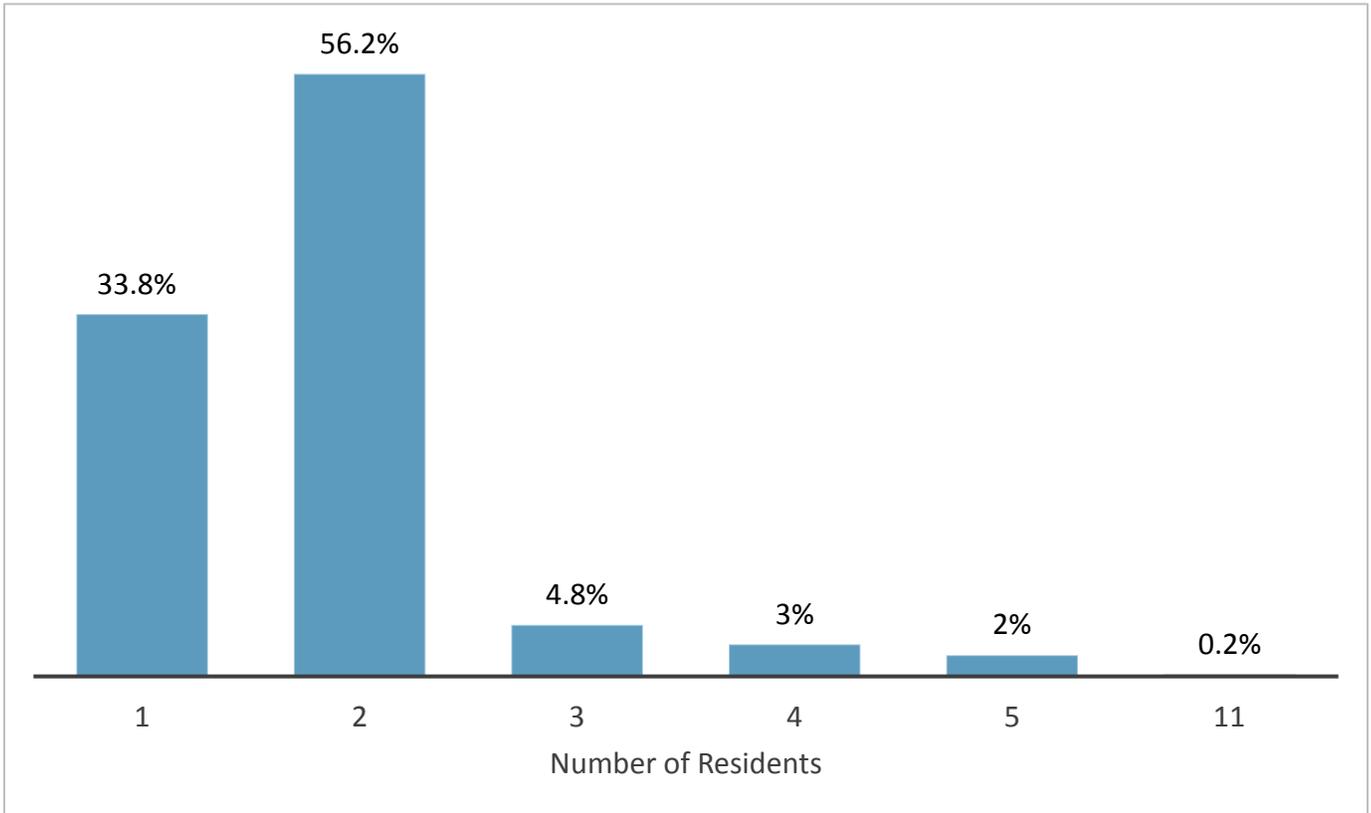
Household Income



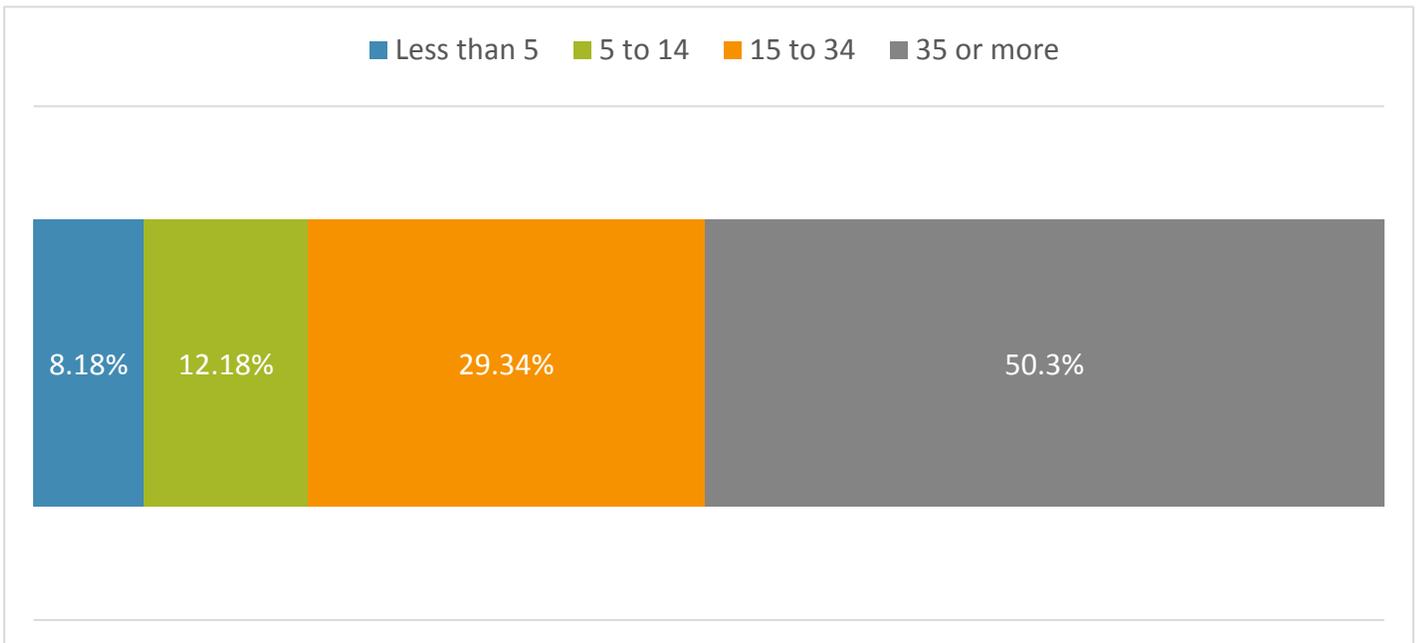
Housing



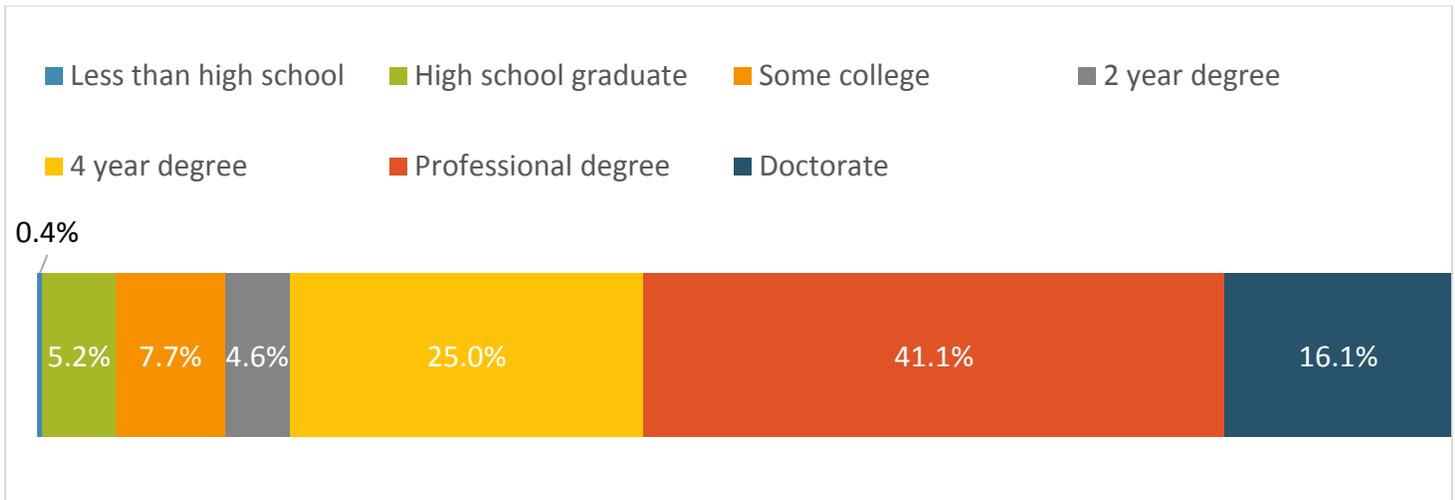
Number of Residents in Household



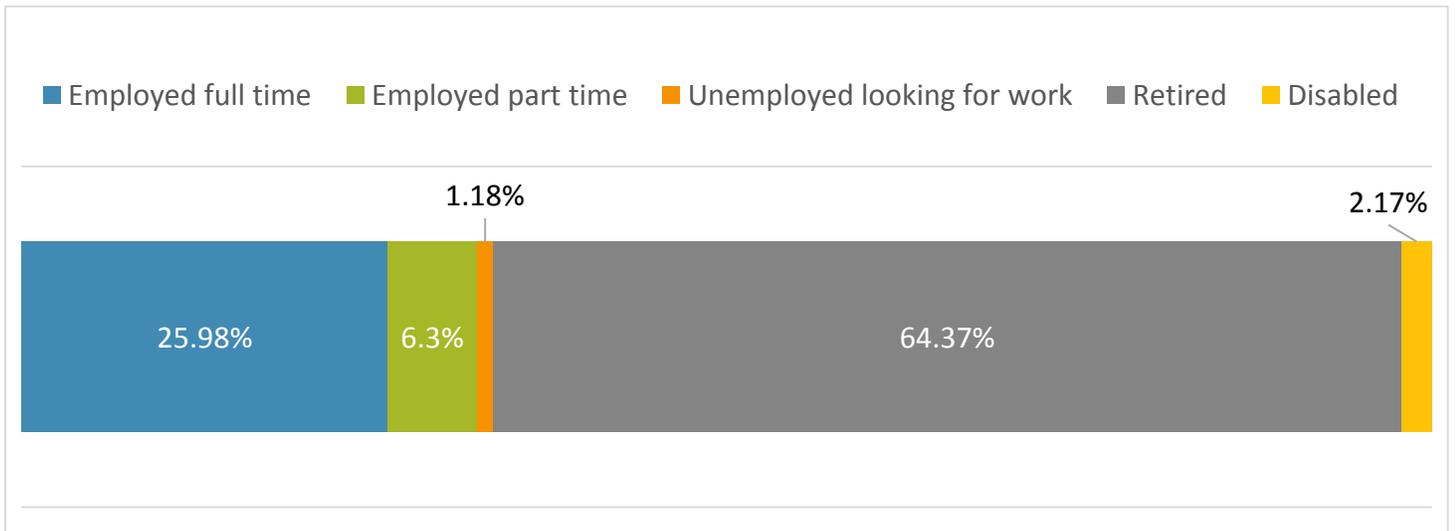
Number of Years Lived in Community



Education



Employment Status

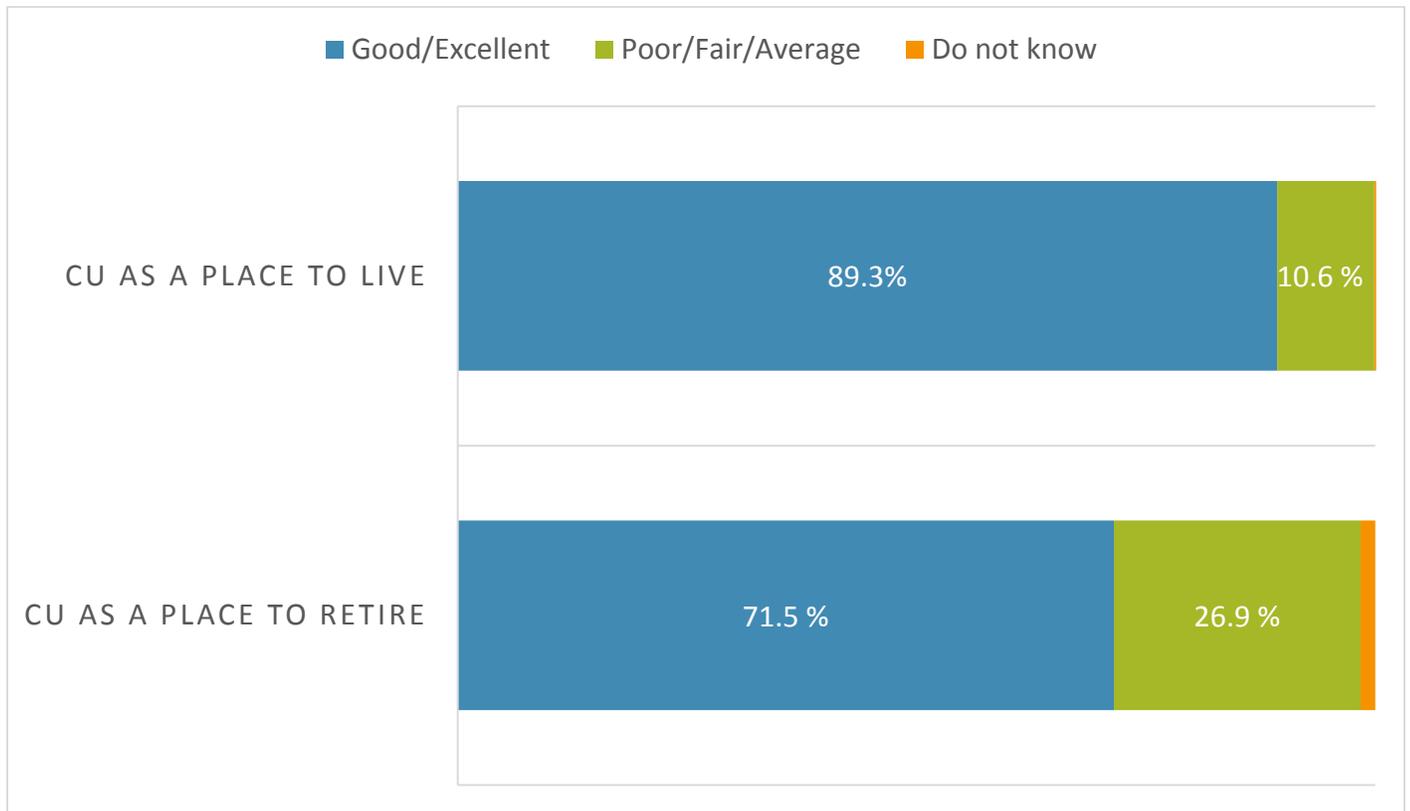


Former or Current Occupation (number of mentions)



CHAMPAIGN-URBANA AS A PLACE TO LIVE AND RETIRE

Overall

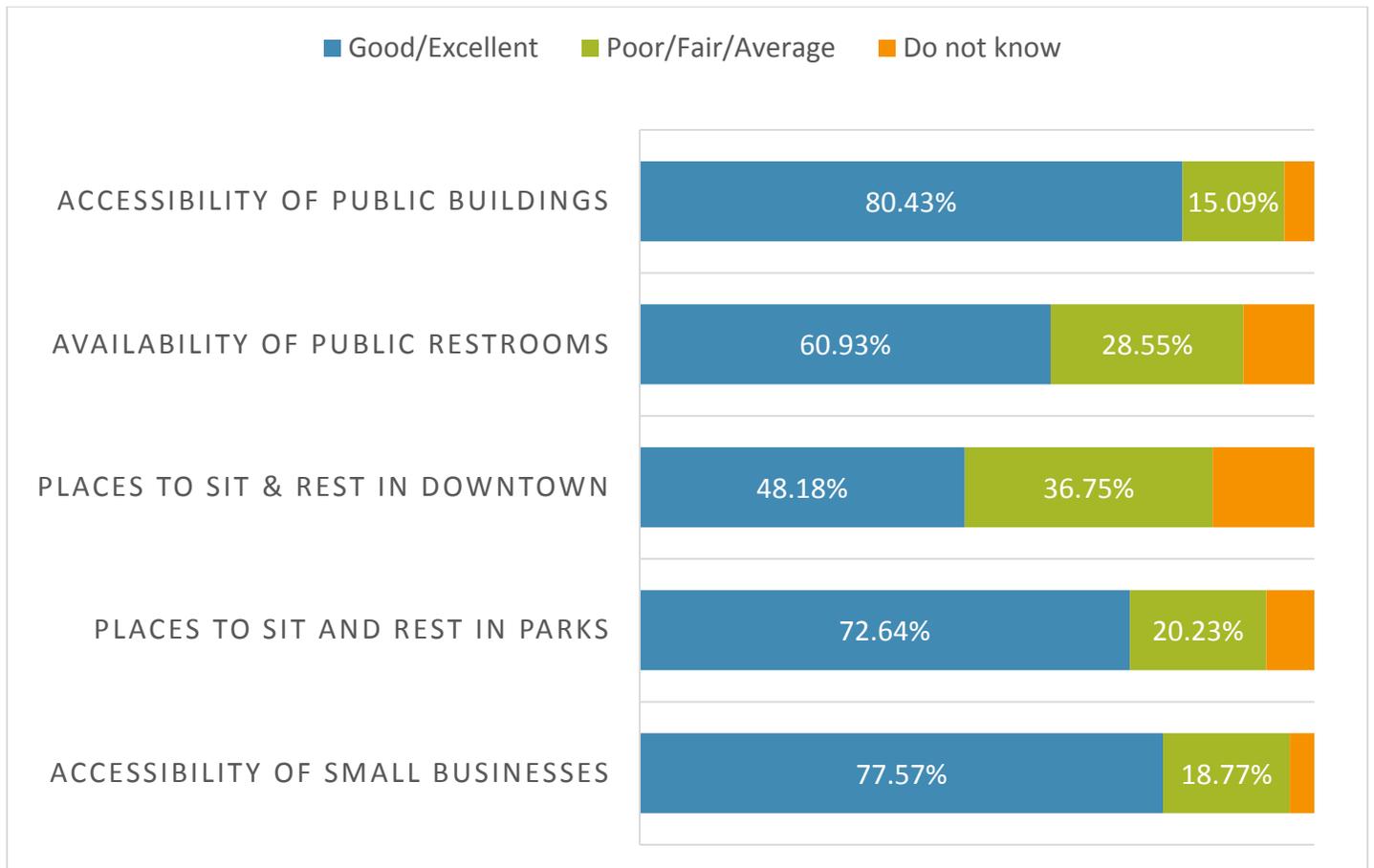


Overall, survey respondents were pleased with the CU area as a place to live and retire, although a slightly lower number saw it as a good or excellent place to retire. Additionally the survey results revealed a few significant findings:

- People in the 50-64 age groups were less likely ($p=.004$) to rate their community as a good or excellent place to retire when compared with those in the 65+ age groups, although there were no differences when considering CU as a place to live.
- Older adults with a household income of \$75K+ rated CU higher ($p=.009$) as a place to retire when compared with those with lower incomes.
- Highly educated older adults (those with professional degrees and doctorates) rated CU higher as a place to retire when compared with older adults with 4 year degrees or less education ($p=.003$).

OUTDOOR SPACES AND BUILDINGS

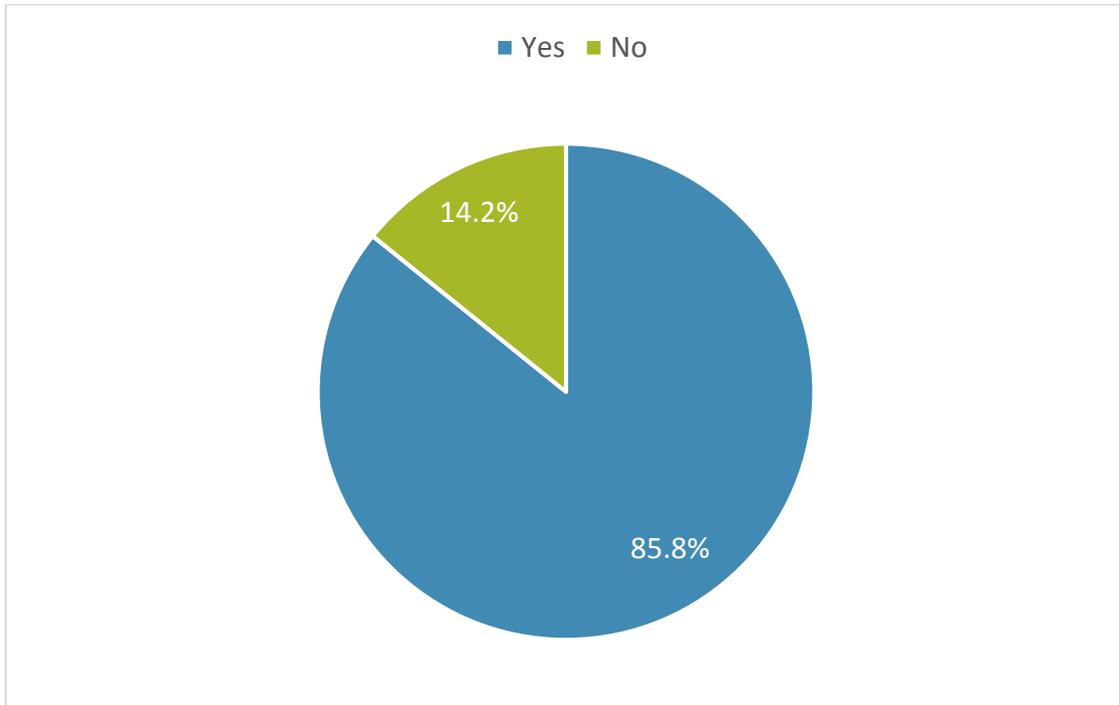
Older adults rated the quality of the following with regard to meeting their personal needs:



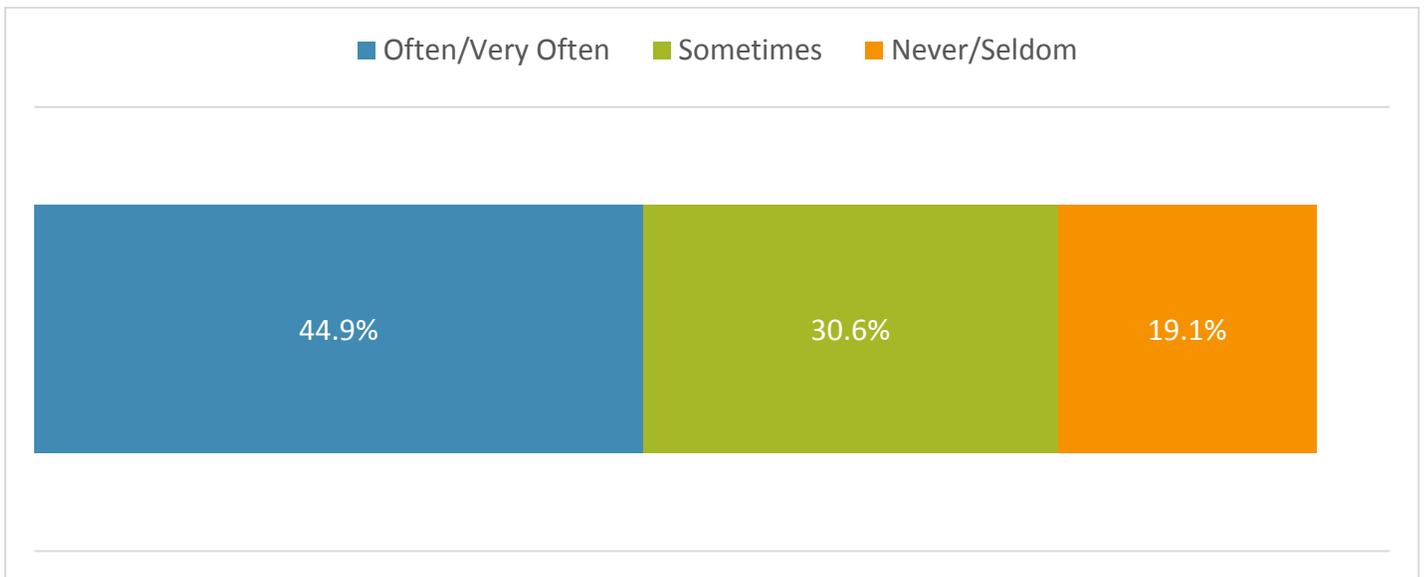
The majority of survey takers found most public buildings and small businesses to be publicly accessible, but more than 1/3 believed that there should be more places to sit and rest in both downtowns. Of significance:

- Higher income households (\$75K+) were correlated with higher ratings for accessibility of public buildings ($p=.007$), small businesses ($p=00$), and availability of public restrooms ($p=.033$). Likewise older adults with 4-year degrees or higher were more likely to rate accessibility of public buildings ($p=.00$) and availability of public restrooms ($p=.00$) as good or excellent compared to those with less education.

The majority of older residents responded that yes, they have parks or outdoor public spaces in their neighborhoods



In the past year, almost half of the older adults visited parks in their community often or very often.

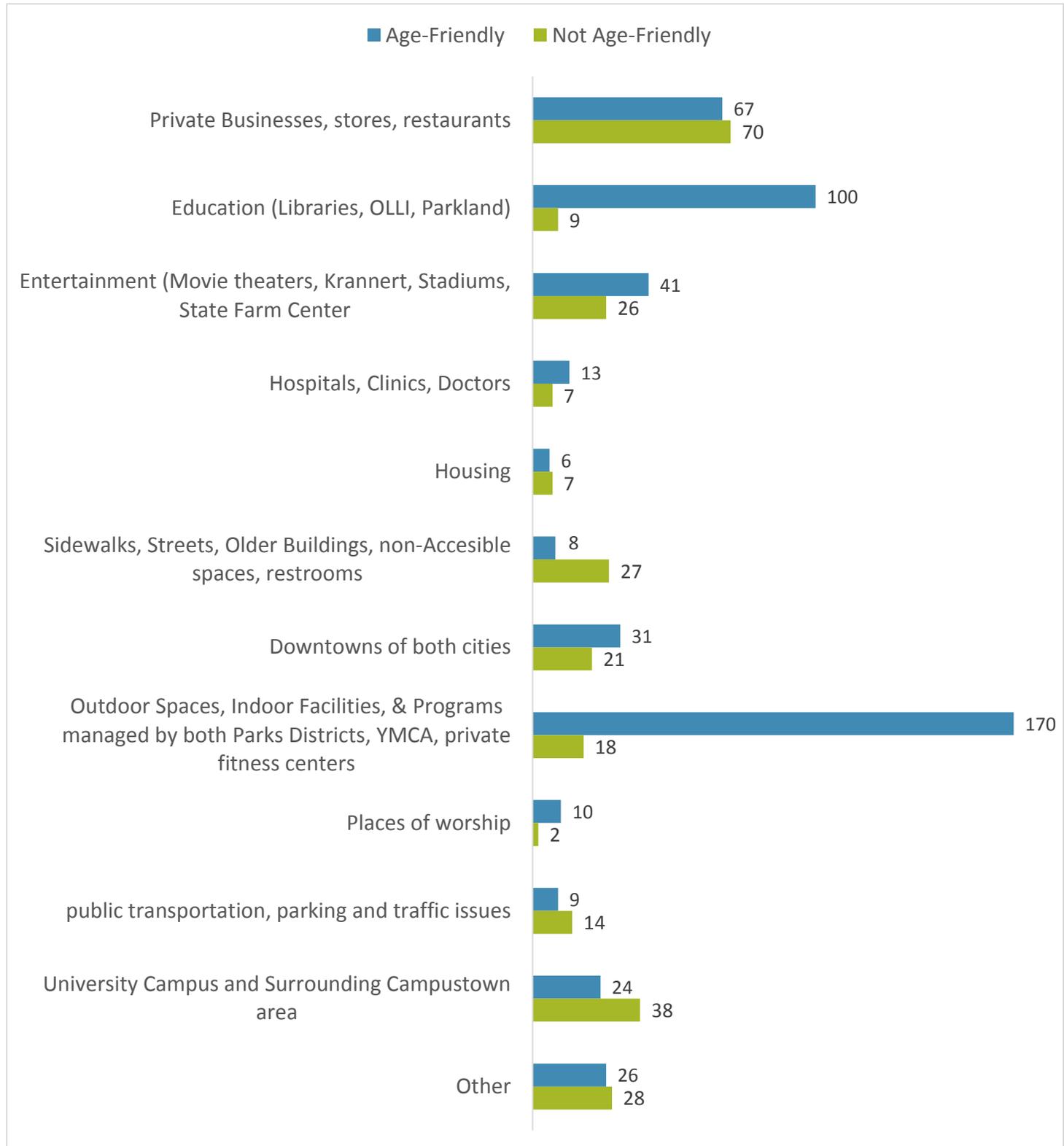


While half of survey takers visited parks often or very often there were some significant distinctions:

- Younger older adults (50-64) were more likely to report visiting parks often or very often
- Individuals with household incomes from \$50K-\$74,999 were most likely to visit parks often or very often, and those with household incomes of less than \$35K were more likely to never or seldom visit.
- Older adults with 4-year degrees or higher were more likely to report visiting parks often or very often in the last year ($p=.003$) than those with less education.

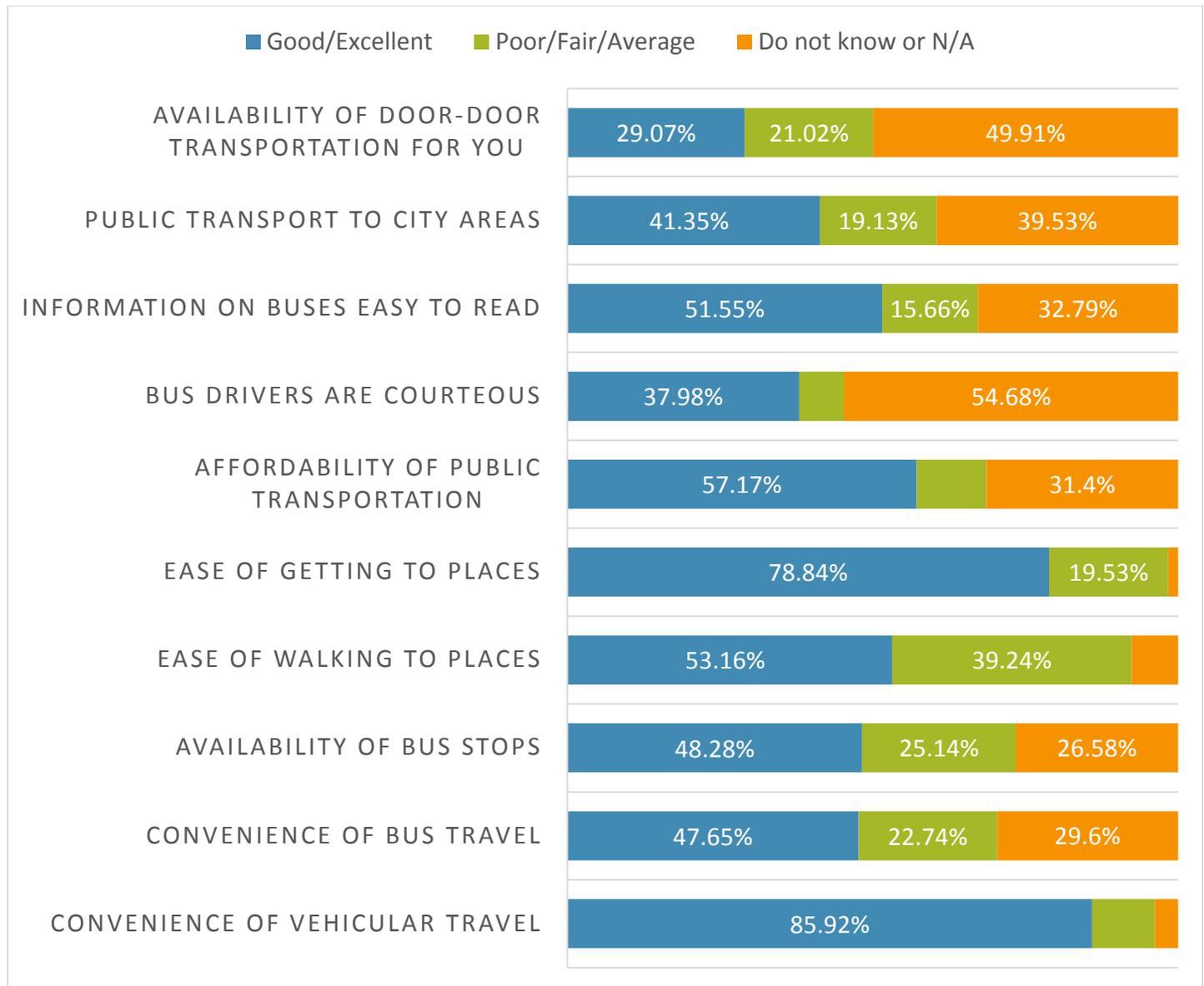
AGE-FRIENDLY AND NOT AGE-FRIENDLY PLACES

Number of survey takers who mentioned the following



TRANSPORTATION

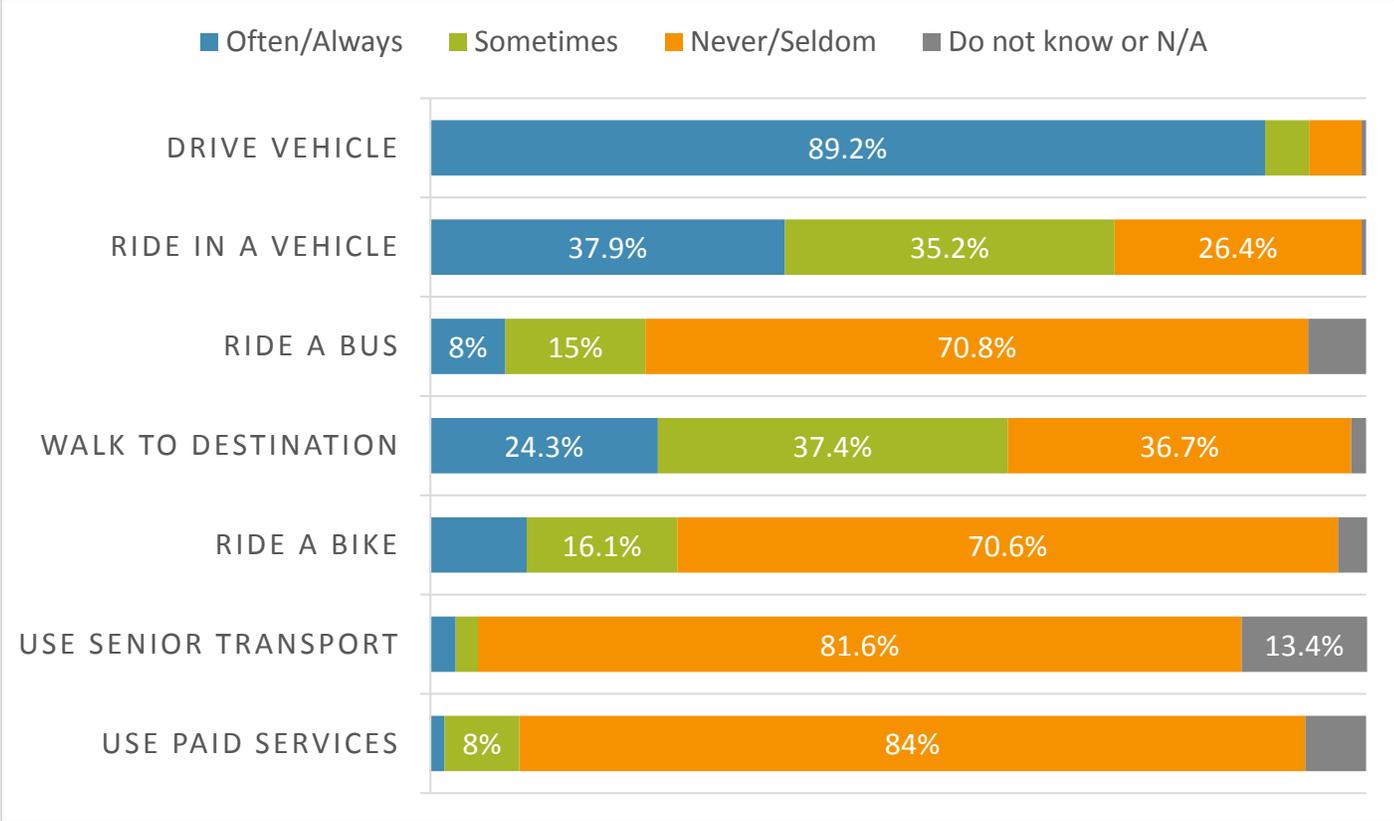
Older adults rated the quality of the following with regard to meeting their personal needs:



Overwhelmingly, older adults of all ages and incomes reported high levels of satisfaction with the convenience of vehicular travel for them and riding or driving in a personal vehicle was the most common method of transportation. Of significance:

- The 80+ age group were more likely to rate “ease of walking to places” as good or excellent when compared with younger older adults in the 50-64 (p=.005) and 65-79 age groups (p=.026).
- Older adults from household income with less than \$35K were more likely to report “ease of walking” (p=.009) and “ease of getting to places” (p=.00) as poor/fair/average than their higher income counterparts.

Older adults provided the frequency that they participated in the following activities over the past year.

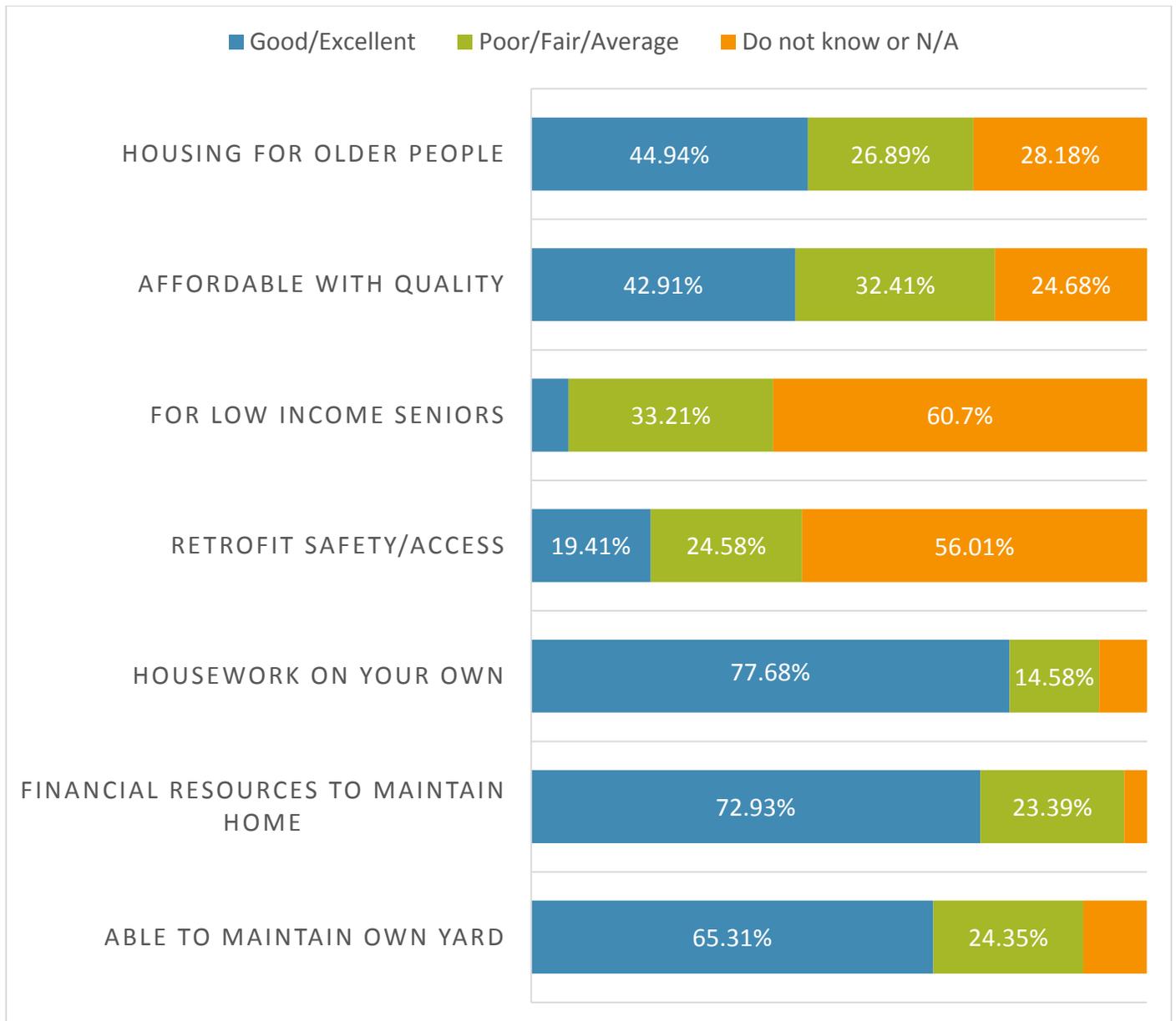


Overwhelmingly survey takers travel mostly by driving themselves or riding as passengers in private vehicles. Taxis and paid transportation services were the least utilized methods of transportation, followed by senior transportation services and bike riding. Of significance:

- Older adults with household incomes greater than \$35K were more likely to report driving (p=.003) often or always as their methods of transportation when compared with those who have household incomes lower than \$35K.

HOUSING

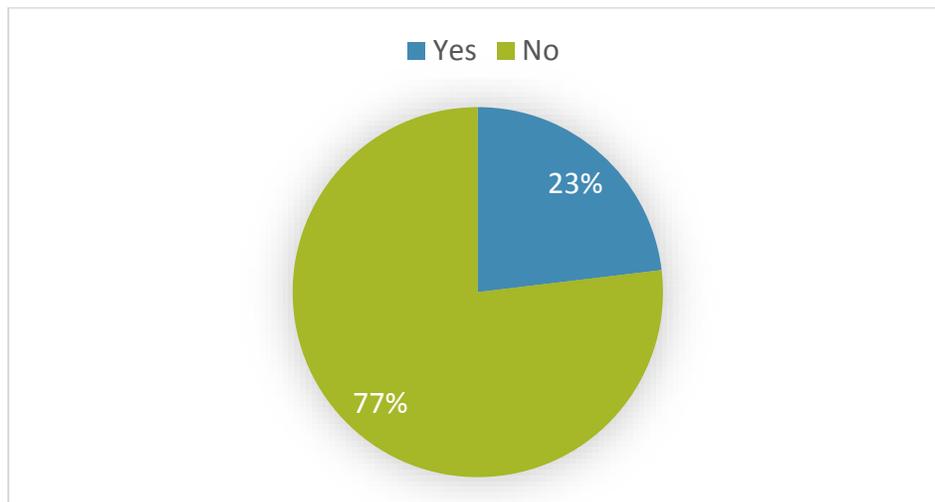
Older adults rated the quality of the following with regard to meeting their personal needs:



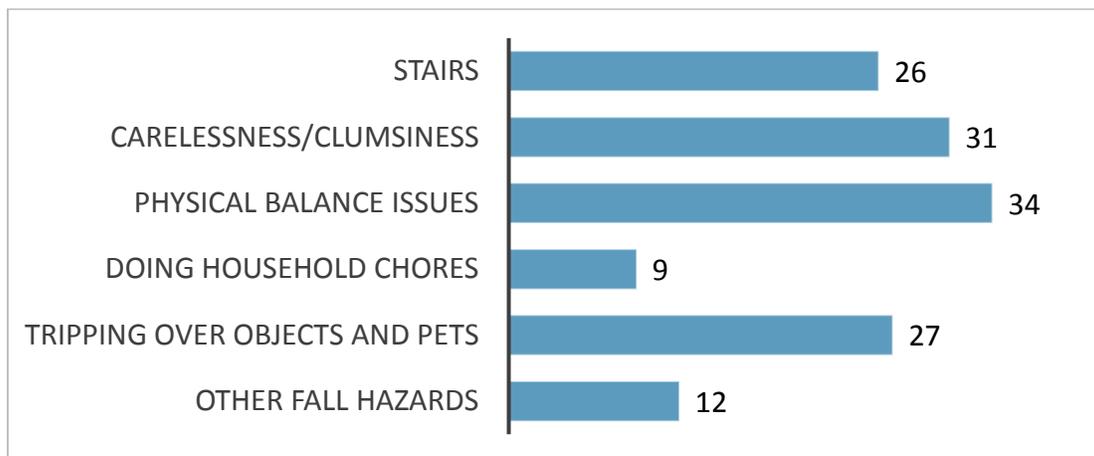
Less than one half of survey takers reported available housing options for older people as good or excellent, and only 42% reported affordable quality options for older people as good or excellent. The majority of survey takers (60%) were not aware of what housing options are available for low-income seniors. The majority of seniors reported that their ability to maintain their homes and yards was either good or excellent. Of significance:

- Older adults with household incomes of \$75K or higher were more likely to rate the availability of housing options for older persons as either good or excellent (p=.001)
- Older adults with household incomes of less than \$35K were more likely to report their financial resources with regard to maintaining their home as poor/fair/average (p=.001).

Almost one quarter of survey takers reported falling in their homes.

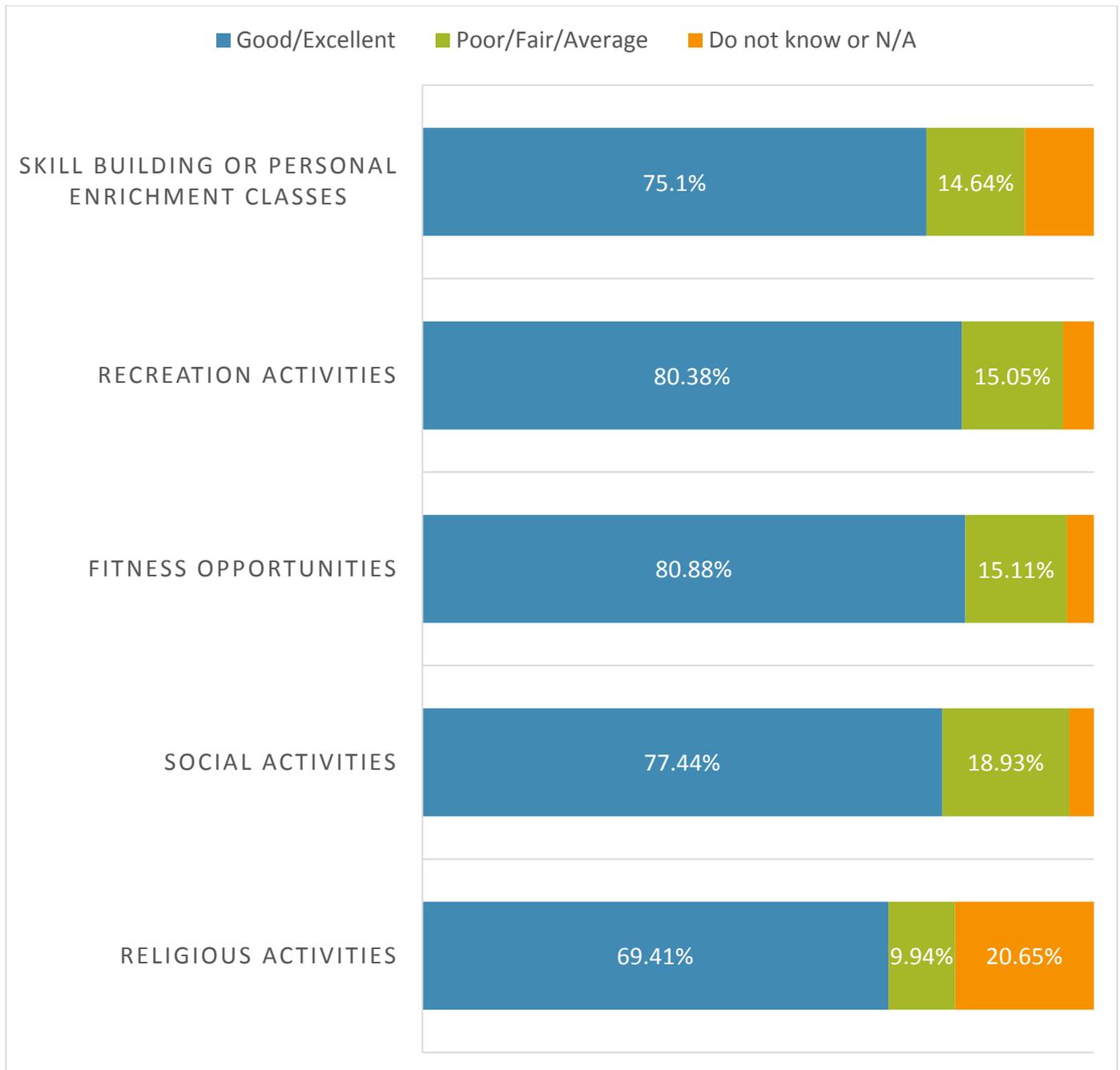


Survey takers reported a variety of different causes of falls, with physical balance issues having the greatest number of mentions



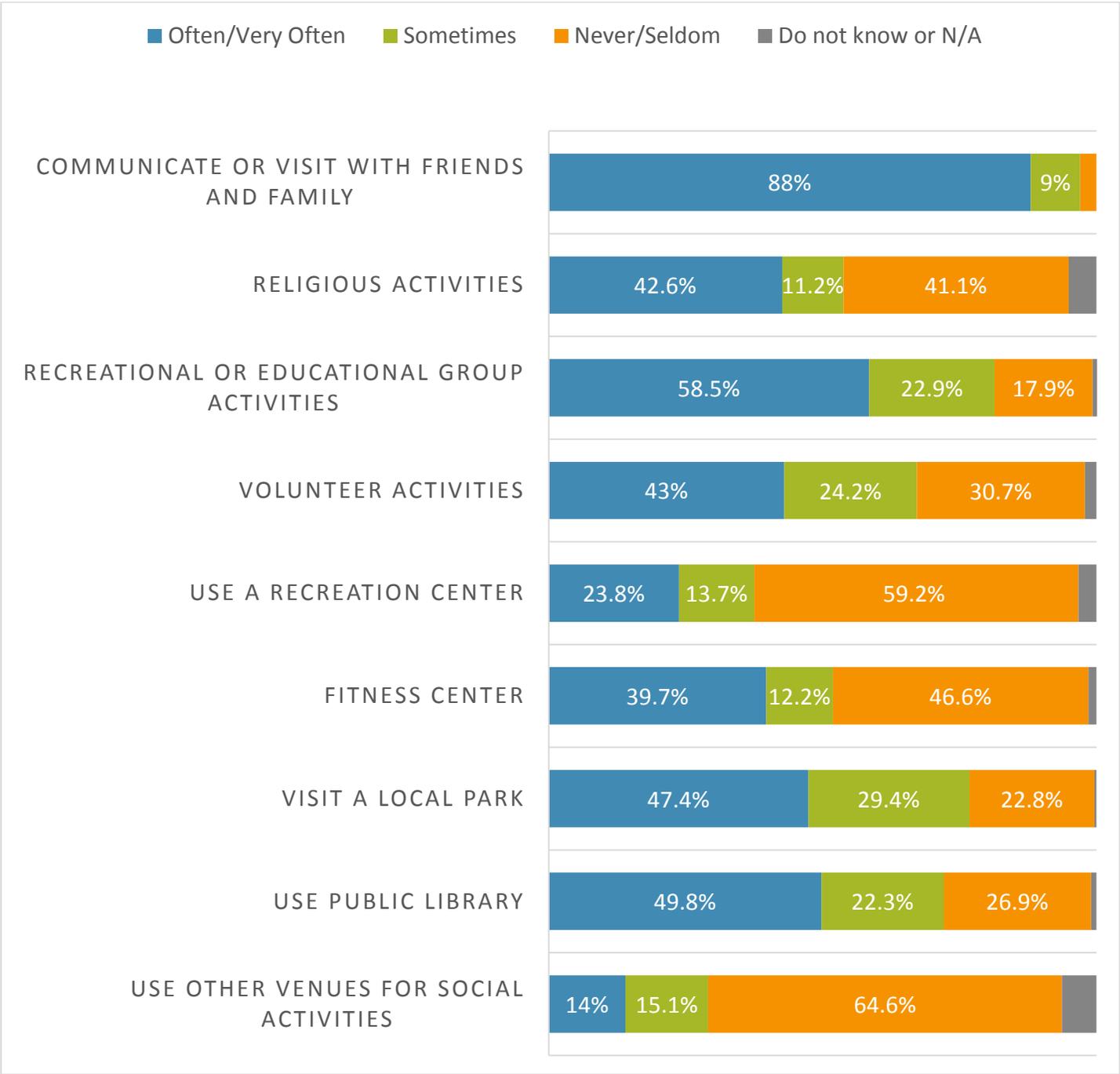
SOCIAL PARTICIPATION

Older adults rated the quality of opportunities for them to participate them in the following:



The majority of older adults reported that the opportunities for them to participate socially were either good or excellent.

Older adults reported the frequency with which they participated in the following activities on a monthly basis:



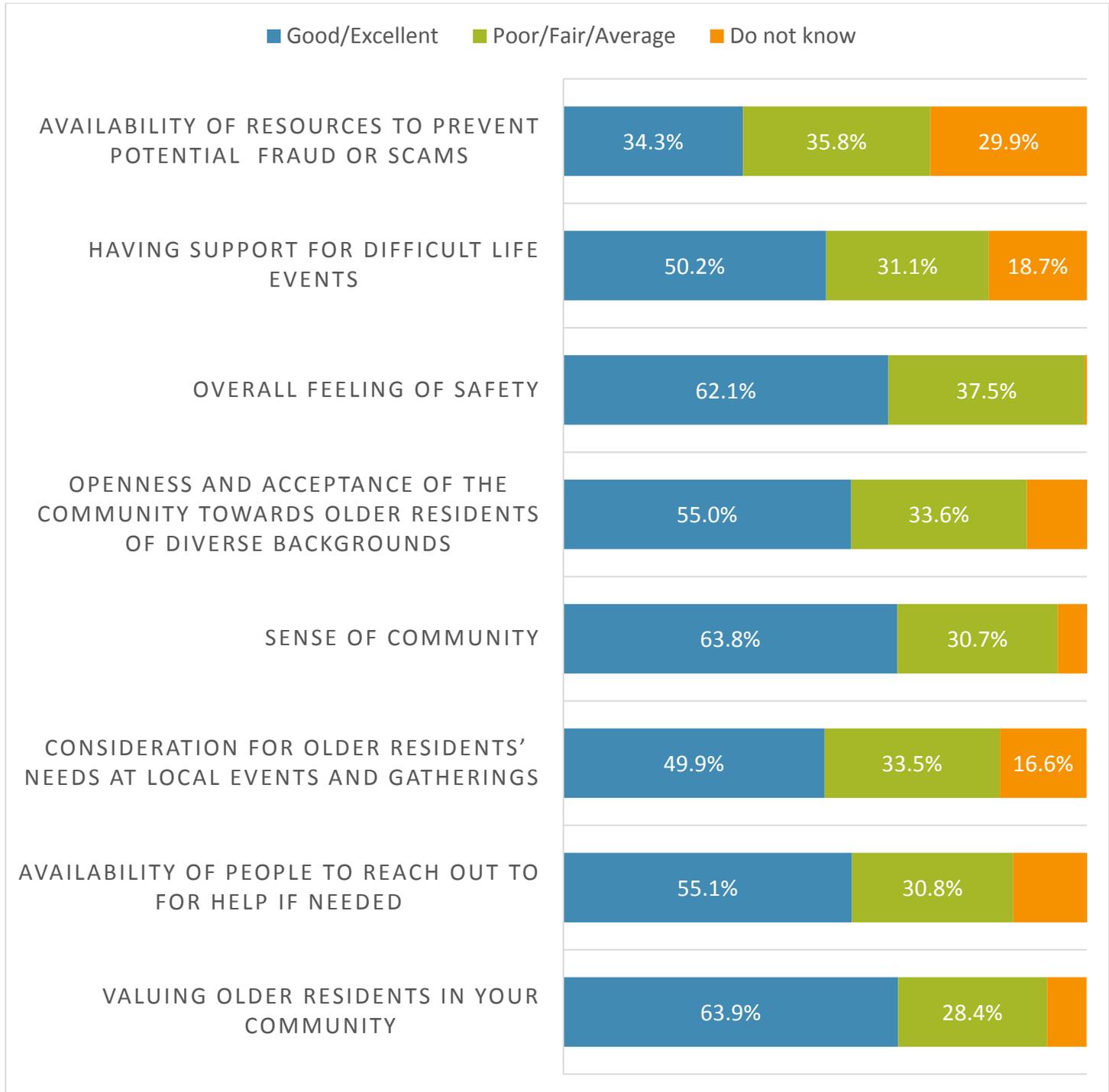
Almost 90% of survey takers communicate and visit with friends and family on a monthly basis either often or very often. More than half of survey participants engage in religious activities

seldom, sometimes, or never. Almost 60% engage in recreational or group activities often or very often. Of significance:

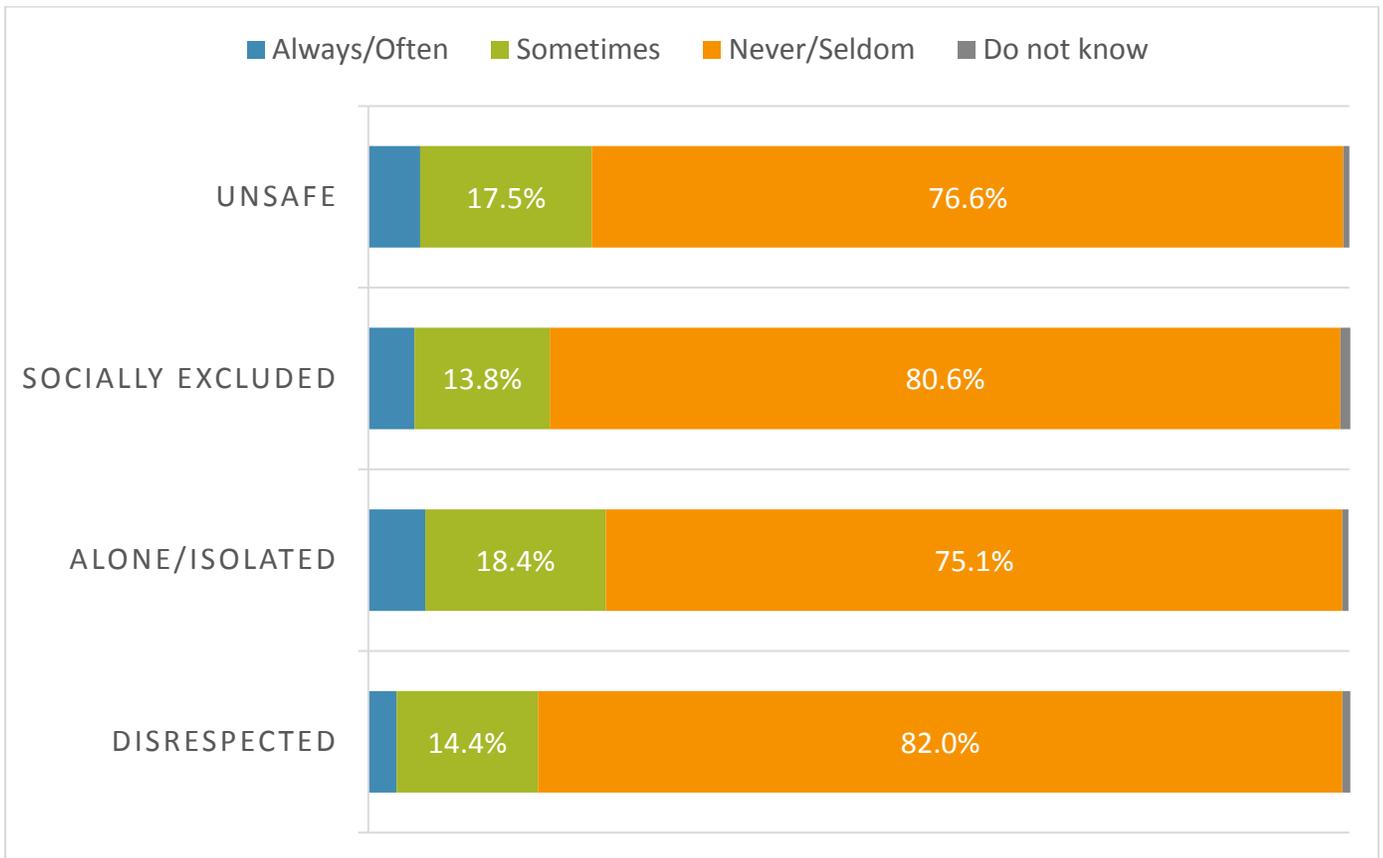
- Older adults aged 65+ were more likely to report volunteering (.05) and participate in recreational, group, or educational activities ($p=.034$).
- Survey takers with household incomes of higher than \$35K reported higher rates of participation in recreational and educational group activities ($p=.014$).
- Older adults with 4-year degrees or higher were more likely to report often or very often participating in recreational, educational, or group activities ($p=.014$) and volunteering ($p=.03$), often or very often.

RESPECT AND SOCIAL INCLUSION

Older adults rated the following aspects of social inclusion as it related to them personally.



Older adults reported on the frequency of the following feelings as related to them personally in a typical month:

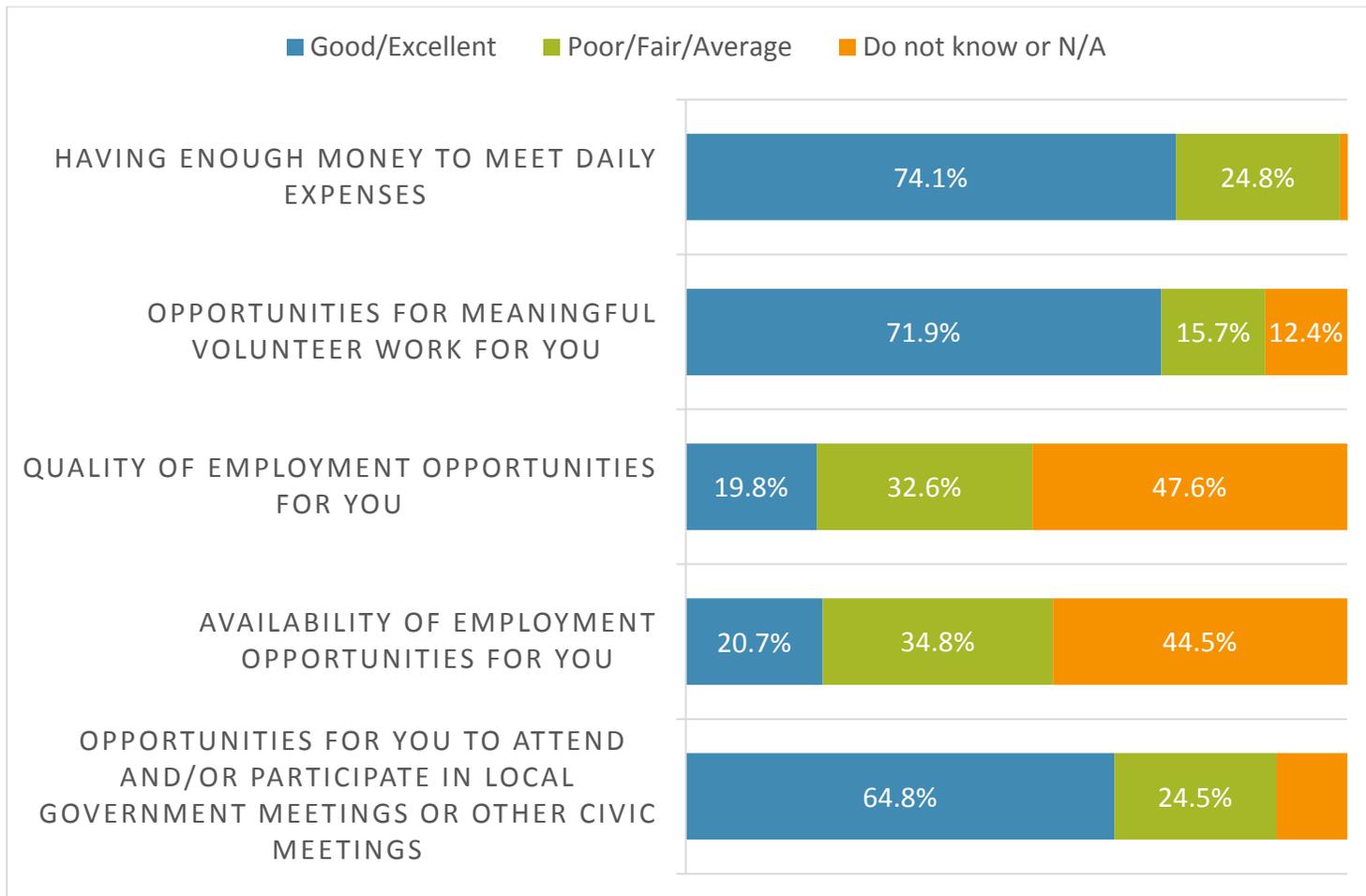


While older people who participated in this survey mostly reported feeling socially included, respected, and safe there were some notable findings with regard to social inclusion. Of significance:

- Survey takers with household incomes \$75K and higher were more likely to rate networks of people to reach out to when in need or dealing with difficult situations as good or excellent when compared with lower income counterparts (p=.019)
- Those from households with incomes less than \$35K were more likely to report feeling alone or isolated often or always than higher income counterparts (p=.007).
- Individuals with household incomes less than \$25K (p=.003) were more likely to report feeling always or often unsafe when compared to those with higher incomes.

CIVIC PARTICIPATION AND EMPLOYMENT

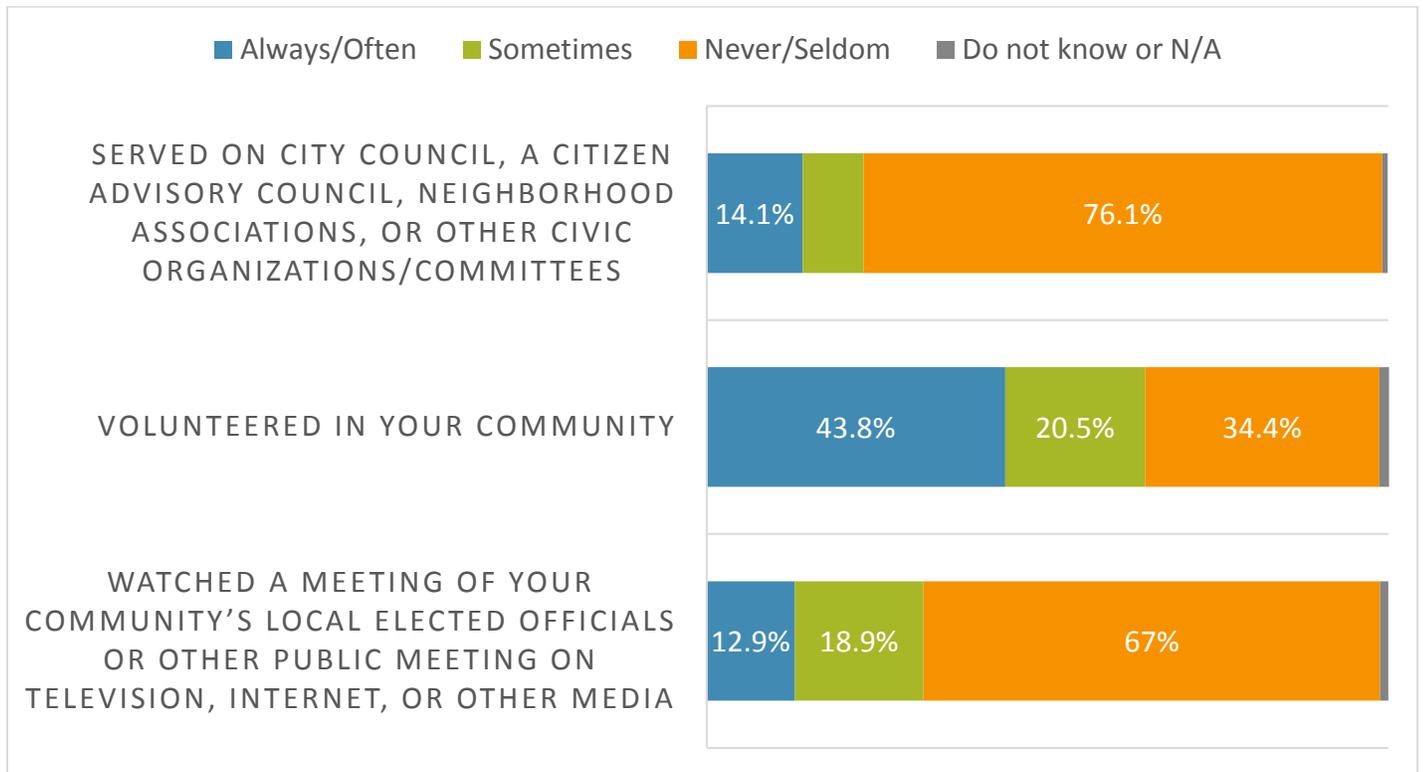
Older adults rated the quality of opportunities for them to participate them in the following:



The majority of survey takers were either retired (64%) or working full time (26%). Only slightly over 1% of survey takers were unemployed and actively looking for work, which may explain why close to half the survey takers were not aware of the availability and quality of employment opportunities available to them. The majority (72%) agreed that the quality of volunteer opportunities were either good or excellent. Although the majority of survey takers reported no difficulty in meeting daily expenses there were some exceptions:

- Survey takers with household incomes higher than \$50K (p=.00) were more likely to report having enough money to meet daily expenses as good or excellent.

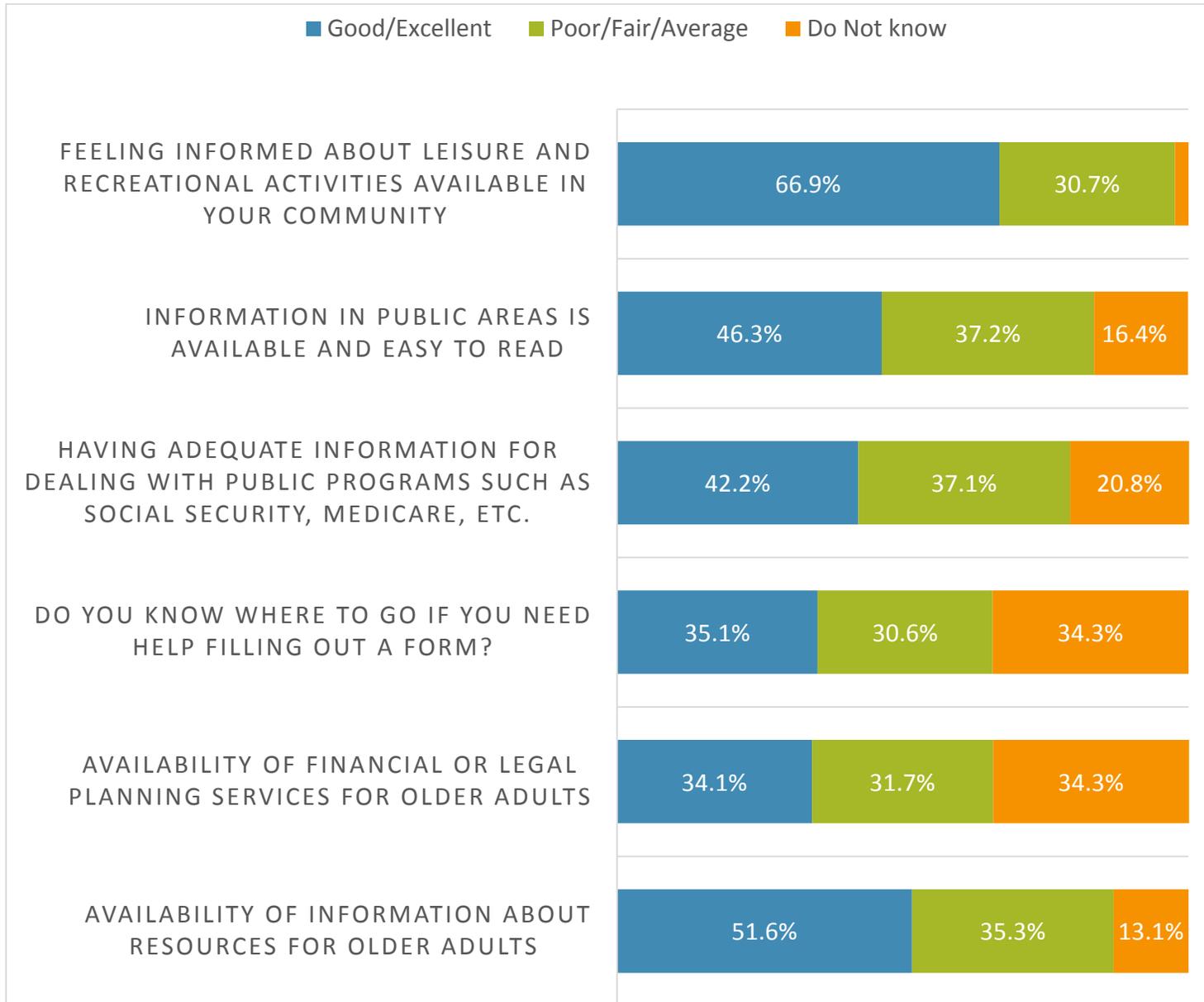
Older adults provided the frequency that they participated in the following activities over the past year



While older adults indicated that there were plenty of meaningful opportunities for them to volunteer, only slightly over 40% reported volunteering always or often.

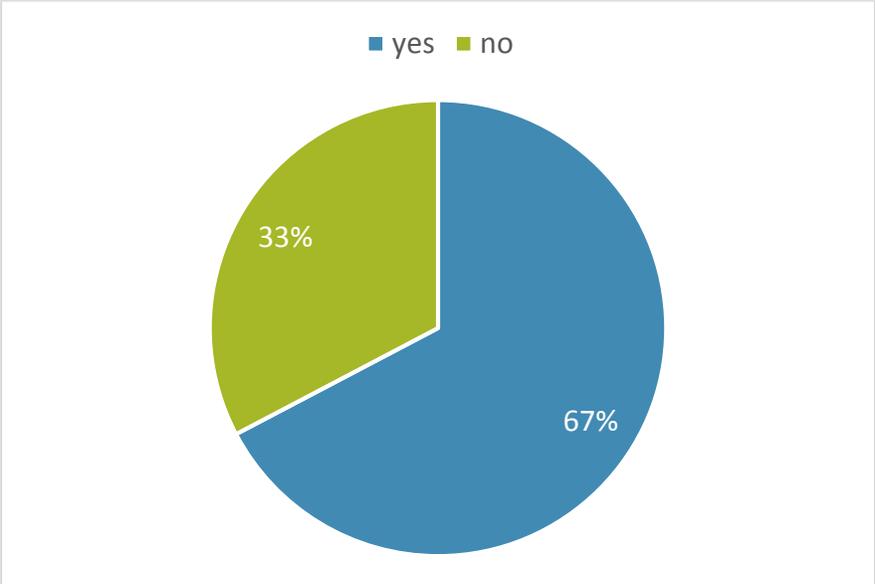
COMMUNICATION AND INFORMATION

Older adults rated the availability of information that was relevant to them.

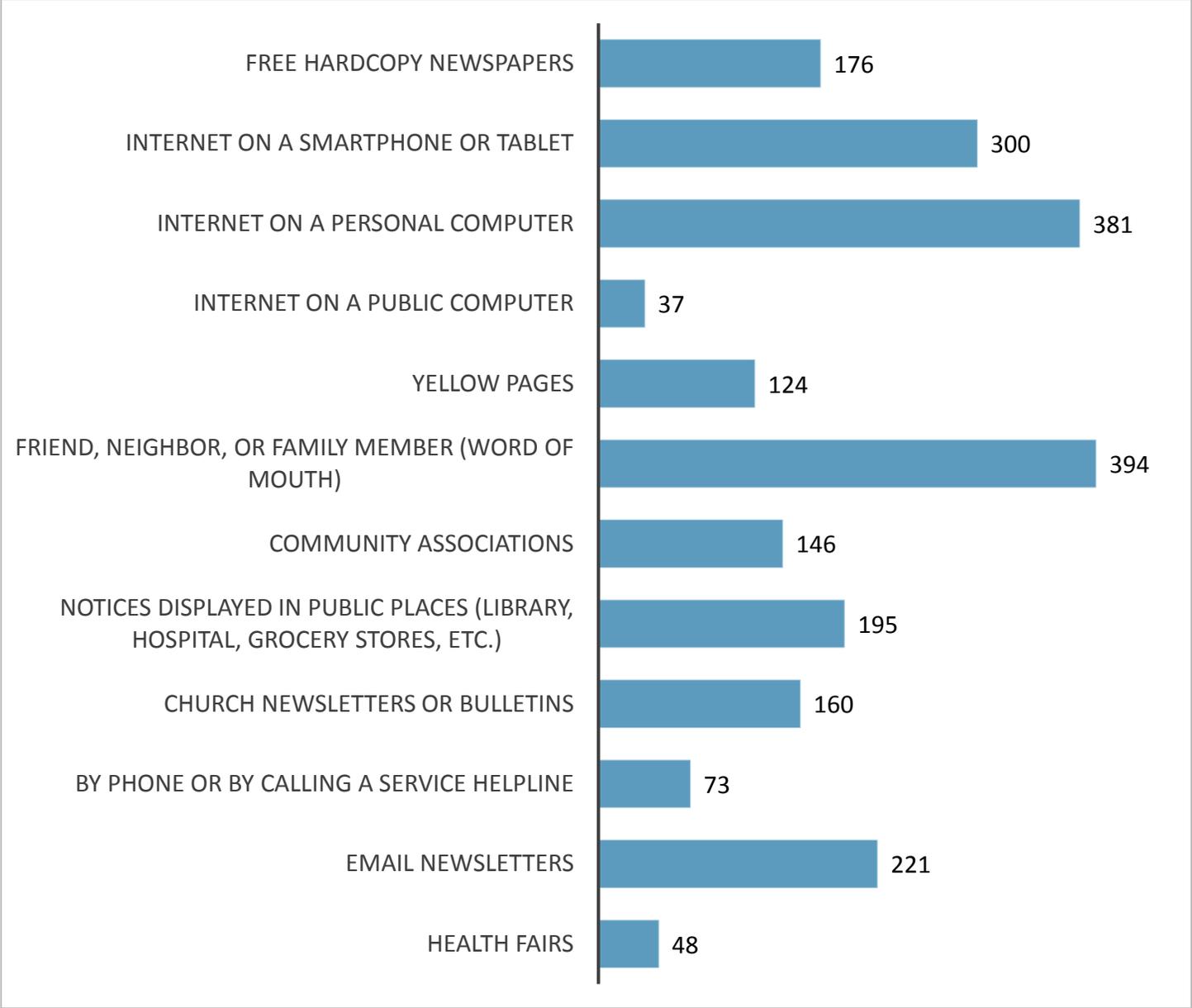


While there were no significant differences between age categories, survey takers with household incomes of \$75K or higher were more likely to report as good or excellent, availability of information about resources for older adults ($p=.01$).

More than 2/3 of survey takers reported that, yes, they are aware of the resources available to older adults in their community

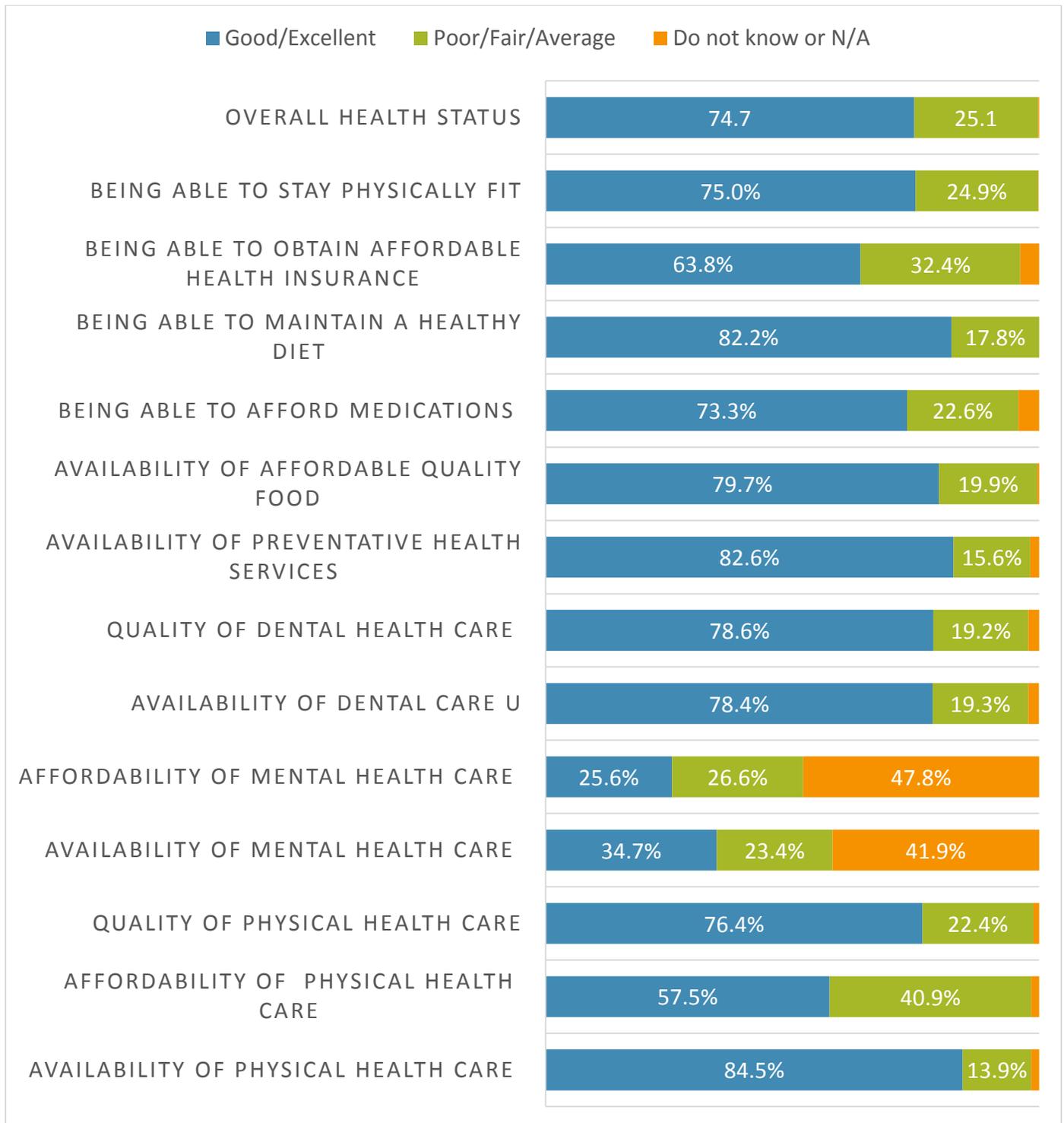


*Older adults currently obtain information on programs and services in a variety of ways
(Number of mentions)*



COMMUNITY SUPPORT AND HEALTH SERVICES

Older adults rated the availability and quality of services available to them personally with regard to community support and health services.



Overall the majority of survey takers rated healthcare as good or excellent with regard to both availability (85%) and quality (76%). However, that number drops with regard to affordability with only 57% reporting this as good or excellent. More than 40% of survey takers either did not use or were not aware of mental health services available to them locally. Almost 75% of survey takers reported that they were in either good or excellent health. Of significance:

- Older survey takers in the 80+ age group were more likely to report both the availability ($p=.006$) and quality of healthcare ($p=.00$) as good or excellent when compared with younger survey takers.
- Survey takers under the age of 65 were less like to report the cost of health insurance as good or excellent when compared with those over 65 ($p=.00$).
- Those with household incomes of \$75k or higher were more likely to rate healthcare availability ($p=.002$) and affordability ($p=.03$) as good or excellent.
- Survey takers with household incomes of \$35K and higher were more likely to rate the availability of affordable food ($p=.002$), affordability of prescriptions ($.023$), and ability to maintain a healthy diet ($p=.015$) as good or excellent.

CONTRIBUTORS

Report prepared by:

Wendy Bartlo, Ph.D., Proposal Development and Community Outreach Specialist, Center on Health, Aging, and Disability, College of Applied Health Sciences, University of Illinois at Urbana-Champaign

Survey developed by:

Nancy Ouedraogo, M.S., Extension Specialist, Community Economic Development, Office of Extension and Outreach, University of Illinois at Urbana-Champaign

Chelsey Byers Gerstenecker, M.A. Extension Educator, Family Life, Champaign/Ford/Iroquois/Vermilion Unit, University of Illinois at Urbana-Champaign

Wendy Bartlo, Ph.D., Proposal Development and Community Outreach Specialist, Center on Health, Aging, and Disability, College of Applied Health Sciences, University of Illinois at Urbana-Champaign

Statistical Analysis:

Flavia Andrade, Ph.D., Associate Professor, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign

Sa Shen, Ph.D., Director of Biostatistical Services, Center on Health, Aging, and Disability, College of Applied Health Sciences, University of Illinois at Urbana-Champaign

Nessa Steinberg, Undergraduate Researcher, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign

Lyndsie Koon, Ph.D., Postdoctoral Associate, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign

Feedback, editing, and comments:

Age-Friendly Champaign-Urbana Steering Committee and Age-Friendly Interns