



County of Fairfax, Virginia

MEMORANDUM

DATE: JUL 16 2019

TO: Board of Supervisors

FROM: Bryan J. Hill
County Executive 

SUBJECT: 50+ Community Survey for Fairfax County and the Cities of Fairfax and Falls Church Results

In alignment with the direction outlined during the October 9, 2018 Board of Supervisors 50+ Committee meeting, the county conducted a community survey of older adults in February 2019. The National Research Center, LLC (NRC) was contracted to administer the Community Assessment Survey for Older Adults™ (CASOA™) to gather input on current and future needs of individuals age 50 and older. The survey instrument provided by NRC is a standardized tool that enables benchmarking across multiple communities.

The survey was mailed to a representative, random sample of 22,000 residents in Fairfax County and the Cities of Fairfax and Falls Church. It was made available in four languages, including English, Spanish, Vietnamese, and Korean. An extensive outreach plan was developed and implemented to reach a representative sample of the population. As a result, 4,777 surveys were returned, which accounted for a 22% response rate.

The Office of Strategy Management for Health and Human Services conducted analysis to align survey results with the Fairfax Area Commission on Aging's (COA) Community Action Plan and identify detailed insights for specific areas. This information will be shared with the COA at an upcoming meeting. Enclosed is the standard report provided by NRC and the supplemental analysis to inform the COA.

Additional studies will be conducted in the coming months to analyze the survey data for further insights into the needs of residents in Fairfax County age 50 and older. Current reports and related information are available on the project website:

www.fairfaxcounty.gov/topics/50-pluscommunity-survey.

Attachment

cc: Tisha Deeghan, Deputy County Executive
Rachel Flynn, Deputy County Executive
Joseph M. Mondoro, Chief Financial Officer
David M. Rohrer, Deputy County Executive

50+ Community Survey for Fairfax County and the Cities of Fairfax and Falls Church

Key Findings for the Fairfax Area Commission on Aging

July 2019

Key Findings

The 50+ Community Survey (50+ Survey) provided many insights into the perceptions, activities and lifestyles of this vital and growing segment of the population. The survey was sponsored by the Fairfax County Board of Supervisors to collect information to make better decisions about the alignment of resources with needs. With this report, Fairfax County stakeholders can shape public policy, educate the public and assist communities and organizations in their efforts to sustain a high quality of life for older adults. This survey was supported by the [Fairfax Area Commission on Aging](#) (COA) to inform community planning and priority setting. The COA areas of focus are outlined below along with highlights from the survey.

Safe and Healthy Community

- Physical health is self-rated as excellent or good and performing daily tasks is not a problem.
- Some respondents have difficulty finding affordable health insurance.
- More than three-quarters report feeling safe in their community.
- Some respondents report feeling bored, lonely, isolated or depressed.

Housing

- The majority of survey respondents have housing that suits their needs.
- Some concerns are expressed about the variety of housing options and the availability of quality housing.

Transportation

- Most respondents indicate availability of transportation is not a problem, but responses about the ease of use for various modes of transportation indicate some concern.
- Nearly half of the respondents used public transportation last year.

Community Engagement

- Most respondents are aware of opportunities to engage in social, recreational or spiritual activities, but less than half participate in a club, recreational program or spiritual activity.
- Even fewer used county public facilities, such as libraries, parks, recreation centers and senior centers in the last year.
- Under 25% participate in volunteer activities.

Services for Older Adults and Family Caregivers

- Most respondents do not receive frequent assistance from others.
- Time spent providing care to children, adults and older adults is the equivalent of a part-time job for some respondents.
- Some respondents feel burdened by this caregiver responsibility, but most do not participate in caregiver support groups.

Long Range Planning

- Most survey respondents rate Fairfax County favorably as a place to live overall.
- More than half of respondents are likely to remain in the county throughout retirement, but less than half view it as a good place to retire.
- Less than 15% consider the cost of living in the Fairfax County area as good.
- A high proportion of respondents report having little difficulty finding work in retirement.

Purpose and Goals of 50+ Community Survey

The 50+ Survey captured direct input from one of the fastest growing segments of the Fairfax County population. More than 25% of county residents are age 55 and older.¹ Notably, residents 65 and older are projected to have the greatest increase. By 2035, the number of residents age 65 and older is expected to increase by 54%, according to the 2018 Demographic Report published by the Fairfax County Department of Management and Budget.

Conducted as a county-wide initiative sponsored by the Board of Supervisors to create a more aging-friendly community, the 50+ Survey collected information that will be used to help county decisionmakers plan for the needs of this population, including updating the [50+ Community Action Plan](#), the 2019 Health and Human Service Needs Assessment and the Board of Supervisors strategic planning initiative. Furthermore, survey results will be made public and can be used by community partners and other stakeholders for advocacy and engagement activities.

Fairfax County is home to many residents age 50 and older who are an active and engaged population. To meet the needs of this growing population, county agencies must assess and transform resources and services offered for older adults to help them thrive within their community. Acknowledging the need for action in support of this population, the 50+ Community Action Plan was created to address focused initiatives around housing, transportation, safety, health and community engagement that will provide benefits for all older adults. The planning and community engagement efforts that first identified the need for the 50+ Community Action Plan continue in order to refine and implement the plan. The 50+ Survey is one tool used to obtain updated information about the individual needs of older residents to inform the 50+ Action Plan.

¹ 2018 Demographic Report, Fairfax County, VA.

Discussion of Survey Results

Survey questions covered topics to assess resources that support social and financial viability as well as overall health and well-being of residents age 50 and older. Such topics include retirement, housing, use of public amenities, as well as perceptions of community neighborliness and safety. Information was solicited about opportunities to work, socialize, volunteer and engage in civic activities. Perceptions about the cost of living, affordable transportation and health were also measured.

A total of 4,777 completed surveys were returned, of the 22,000 surveys mailed, for a response rate of 22%. Using this population-specific information will help county decisionmakers, residents and other stakeholders plan for an older adult community that is thriving, empowered and engaged.

This report detailing the survey results uses the 50+ Community Action Plan as a framework. The 50+ Community Action Plan Initiatives are:

- Safe and Healthy Community
- Housing
- Transportation
- Community Engagement
- Services for Older Adults and Caregivers
- Long-Range Planning

Additional data points are included from American Community Survey (ACS) 5-year tables to provide an enhanced picture of survey results within the context of the entire Fairfax County older adult population.

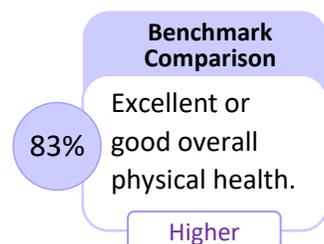
Survey responses were disaggregated by race and ethnicity and those responses that differed significantly from the overall responses have been noted and are highlighted with a magnifying glass graphic. 🔍

The survey vendor, National Research Center, Inc. (NRC), benchmarks responses of similar surveys, allowing Fairfax County results to be compared against other communities. Where rating comparisons were notably different, Fairfax County's results are cited in this report as **Higher** being than the **Lower** benchmark or than the benchmark.

The terms "minor, major, and moderate" were used in the NRC survey instrument to provide a scale and categorize responses. This terminology was used within the following report to consistently summarize results.

► Safe and Healthy Community

Health Care and Health Insurance: Most survey respondents, 83%, indicate their physical health is excellent or good and getting the health care they need, including some specialty care, is not a problem. However, nearly two in 10 respondents report that finding affordable health insurance is a problem, and the same proportion have difficulty finding information about public programs, such as Medicare, Medicaid and Social Security.





Asian survey respondents indicate challenges related to good health and finding and getting quality health care and insurance. Answers to several health-related questions indicate they have a lower self-assessment of their physical and mental health and quality of life. For example, 75% of Asian respondents rated their physical health as excellent or good compared to the overall rating of 83% mentioned above. Relative to 33% of overall responses, 42% of Asian respondents indicate that finding affordable health insurance and getting health care, including specialty care, is a challenge.



Hispanic respondents also indicate challenges around health care. A moderate proportion give lower ratings for availability of quality physical and mental health care. Hispanic respondents also indicate at least minor challenges in getting specialty health care and affording needed medications and health insurance.

Question	Asian response	Hispanic response	Overall response
Rating availability of affordable quality physical health care	46%	47%	57%
Rating availability of affordable quality mental health care	44%	38%	45%
Getting needed health care a problem	38%	34%	26%
Getting vision care	37%	29%	20%
Getting oral health care	36%	31%	21%
Finding affordable health insurance a problem	42%	40%	33%
Affording needed medications a problem	36%	36%	26%

- Almost 15,000 Fairfax County older adults, or 13% of the over 55 population, are uninsured (ACS).

Healthy Lifestyle: While 85% of survey respondents report they maintain a healthy diet, only half say they always eat healthy foods. Likewise, most respondents say they stay physically fit but only about half report regularly engaging in moderate physical activity. More than 90% report having no problem performing daily tasks and a similar high proportion have not recently experienced falling and injuring themselves at home or having hospital stays.

- 12% of Fairfax County adults 65 and older have independent living difficulties and 6% have self-care difficulties (ACS).



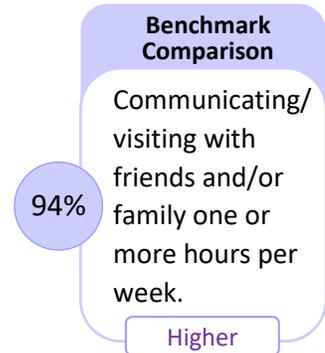
22% of Black respondents and 17% of Hispanic respondents indicate having enough food to eat is at least a minor problem (compared to 10% overall).

Mental Health and Emotional Well-Being: Most respondents rate their mental health and emotional well-being as excellent or good. However, feelings of loneliness, isolation, boredom and depression were expressed by 10% to 14% of respondents, with 17% reporting they were having difficulty dealing with the loss of a family member or close acquaintance.

- 38% of Fairfax County adults 55 and older are widowed, divorced or otherwise live alone (ACS).

A high proportion of respondents, 94%, report they communicate or visit with friends and family on a weekly basis.

Responses to other questions reveal that some older adults have difficulty finding meaningful activities in which to participate.



Safe and Welcoming Environment: More than three-quarters of survey respondents indicate they perceive Fairfax County to be a safe place to live and 95% report that being a victim of crime or physical or emotional abuse has not been a problem in the past year. Just over half of respondents, from 52% to 58%, rated their community as excellent or good on questions such as valuing older residents, being open and accepting of older adults with diverse backgrounds and fostering a sense of community and neighborliness. Seven in 10 respondents feel their voice is heard in the community.

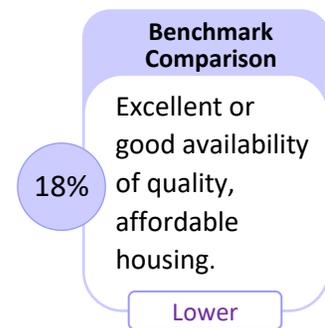
🔍 46% of Black respondents rated the sense of community in Fairfax County as excellent or good as compared to 52% overall.

🔍 Hispanic respondents gave the highest ratings for neighborliness, 61%, and sense of community, 59%. The overall rating in both categories was 52%. In rating the openness and acceptance of the community towards older residents of diverse backgrounds as excellent or good, they made up the lowest proportion at 51%.

► Housing

In response to the three survey questions about housing, the majority of respondents convey experiencing no significant problems having housing that suits their needs. Renters account for 28% of respondents and 72% own their home, including 25% who own their home free and clear.

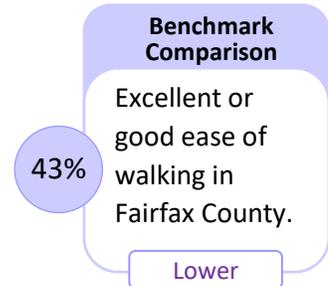
However, other responses convey concerns with the variety of housing options and the availability of quality, affordable housing. Only 18% rated Fairfax County as excellent or good in the area of affordable housing.



- Of homeowners and renters age 65 and older, 30% or 25,585 individuals, are housing cost burdened (spend more than 30% of their income on housing costs) (ACS).
- 94% of individuals age 60 and older lived in the same residence one year ago (ACS).

► Transportation

Ease of Travel: Most survey respondents indicate availability of safe and affordable transportation is not a problem for them and nearly six in 10 report the ease of getting to places they usually visit as excellent or good. However, less than half of respondents evaluated the ease of using various modes of transportation, including walking, automobile travel or using public transportation, with a positive rating.



Q 41% of Asian respondents rate the availability of safe and affordable transportation as at least a minor problem compared to 85% overall reporting no problem.

The majority of respondents do not use public transportation. While 22% report they use public transportation up to 10 times per month, 49% indicate they have not used bus, rail, subway or other public transportation in the last year.

Q Black respondents indicate higher usage of public transportation at 32% compared to 22% overall.

- Of Fairfax County adults 55 and older still in the workforce, 9% use public transportation to get to work (ACS).

► Community Engagement

Social and Civic Participation: There were several questions in the survey seeking to assess respondents’ knowledge about and participation in various social, recreational and spiritual activities. Respondents give high ratings to the availability of these activities and do not have a problem finding activities. However, a lower proportion of respondents spend time regularly engaged in these activities: 41% report regular, weekly participation in a recreation program or group activity and 37% report participating in religious or spiritual activities with others.

Most respondents, 85%, indicate they vote in local elections, but 91% report never participating in a civic group (such as Elks, Kiwanis or Masons). Less than 10% report regularly attending local public meetings or viewing them online.



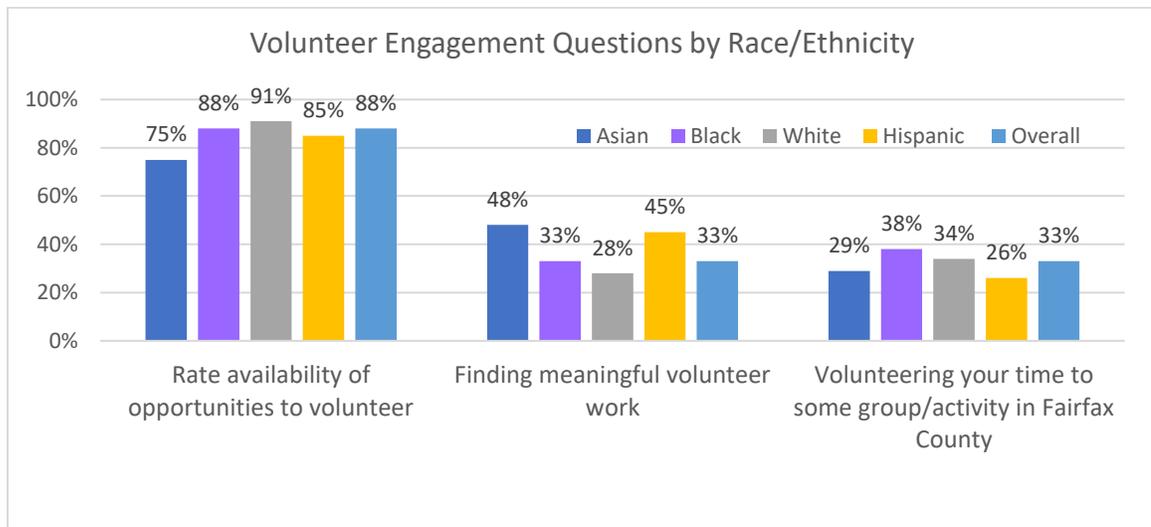
Asian and Hispanic respondents gave a lower proportion of excellent or good ratings to several questions regarding availability of engagement activities:

Question	Asian response	Hispanic response	Overall response
Availability of information about resources for older adults	41%	42%	50%
Having opportunities to attend social events	63%	69%	73%
Vote in local elections	68%	82%	85%
Attend or participate in local government or community meetings	54%	62%	72%

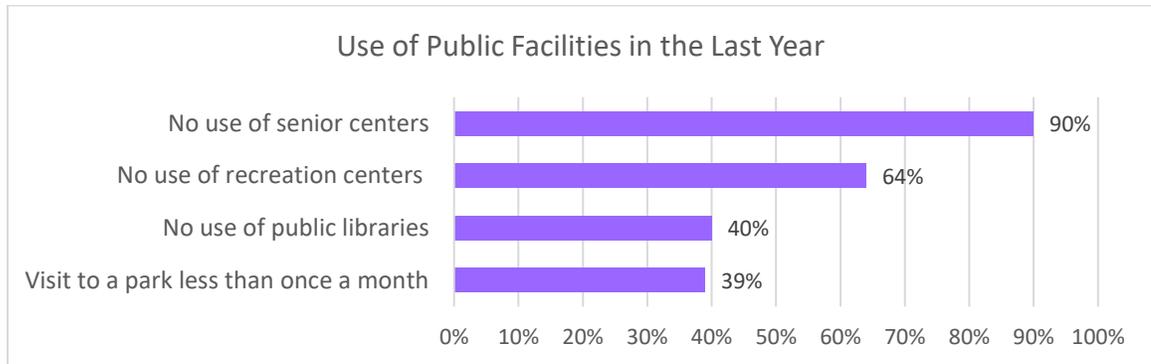
- Research shows that cultural or language differences may impact the ability of individuals to fully engage in a community. 18% of individuals age 60 and older speak English less than very well (ACS).

Volunteer Engagement: While most survey respondents are aware of volunteer opportunities, less than half find meaningful volunteer work. A lower proportion participate in regular, weekly volunteer activities: 28% of respondents participate, while 67% report never volunteering.

Responses to the three volunteer questions are displayed in the chart below:



Public Facilities. The county’s public facilities, such as libraries, parks and senior centers, are recognized by 86% of respondents with excellent or good ratings for providing opportunities for active living. However, 60% or more reported that they do not use senior centers or recreation centers.



► **Services for Older Adults and Family Caregivers**

Providing and Receiving Care: A large proportion of respondents, 81%, indicate they do not receive frequent assistance from others and 60% do not provide care to others. However, a proportion of respondents, up to 10%, spend 20 or more hours a week, the equivalent of a part-time job, providing care to children, adults and older adults. Up to one in three additional respondents provide care to others on a regular basis.

Roughly one in four of these caregiving respondents feels at least a minor level of burden by this responsibility. Others report feeling a moderate to major level of physical burden (11%), emotional burden (14%) or financial burden (14%).

Despite feeling burdened, 96% report never attending a caregiver support group.

🔍 At least one-third of Asian respondents provide care to children, adults or older adults; 40% are financially burdened and 37% are physically burdened by providing care for another person compared to 27% and 24%, respectively, overall.

🔍 More than four in 10 Hispanic respondents provide care to other adults and 38% are financially burdened by providing care for another person compared to 27% overall.

► Long Range Planning

Living and Retiring in Fairfax: Most survey respondents rate Fairfax County favorably as a place to live and 84% have lived in the area at least 10 years, with 64% living here more than 20 years. Few, however, consider living in the county to be affordable: the cost of living is considered excellent or good by just 13% of respondents.

Self-reported income of respondents includes: 23% at less than \$49,999, 27% at \$50,000-\$99,999, and 51% with annual income greater than \$100,000.

- The median household income for residents 55 and older is \$94,358 (ACS).

Although less than half of respondents overall rate Fairfax County favorably as a place to retire, more than six in 10 indicate they are likely to remain in the county throughout their retirement.

Benchmark Comparison

13%

Excellent or good cost of living.

48%

Fairfax County area as an excellent or good place to retire.

62%

Likely to remain in the Fairfax County area throughout retirement.

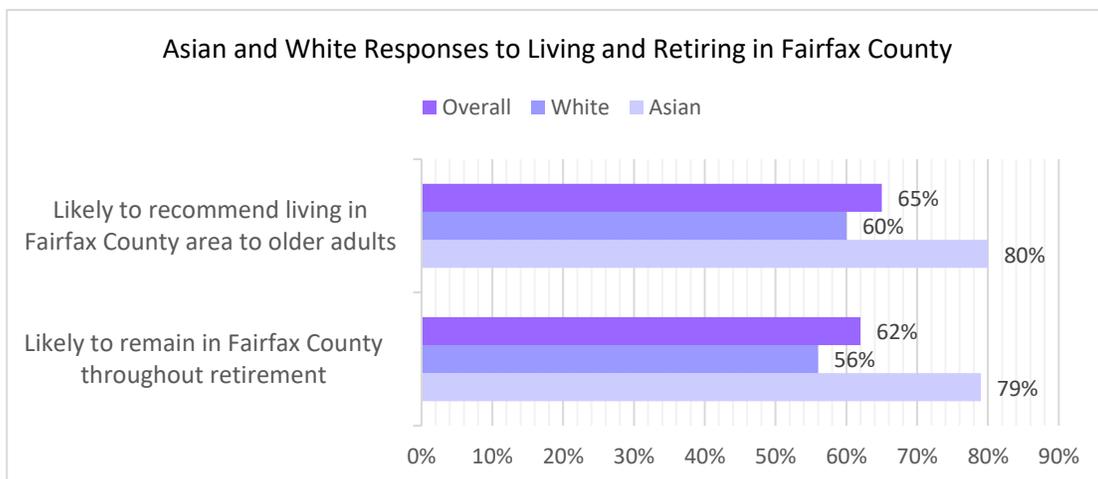
Lower



Asian respondents were most likely to recommend living in the Fairfax County area, 80%, compared to 65% overall, and 59% rate the area as a place to retire compared to 48% overall.



Conversely, White respondents were least likely to recommend living in the Fairfax County area. Additionally, only 9% rate the cost of living as being excellent or good (compared to 13% overall).



Working in Retirement: While 36% of respondents are fully retired, 60% are working full or part time. Employment opportunities for older adults are rated as excellent or good by 72% of respondents and 81% report that finding work in retirement is not a problem or only a minor problem. Only 3% of respondents are unemployed but looking for paid work.

🔍 62% of Black respondents rate employment opportunities as excellent or good in the county, compared to 72% overall.

🔍 47% of Asian respondents indicate that finding work in retirement is at least a minor problem, compared to 31% overall.

- 51% of Fairfax County adults age 55 and older are employed (ACS).
- 2% of Fairfax County adults age 55 and older who participate in the labor force are unemployed, compared to 3.6% of the general population (ACS 1-year data).

Demographics of Survey Respondents

Demographic data was collected in the categories of age, sex, race/ethnicity, household income, and sexual orientation. Generally, the survey captured feedback from a representative sample of respondents who mirrored the larger Fairfax County 50+ population. The majority of respondents were White heterosexual females younger than 65 with an annual income of \$75,000 or more. Detailed results are as follows:

Age	50+ Survey Respondents	Fairfax County 50+ Population	Fairfax County Population
50-54 years	21%	23%	7.5%
55-59 years	21%	21%	6.8%
60-64 years	19%	18%	5.8%
65-69 years	13%	14%	4.6%
70-74 years	12%	9%	3.0%
75-79 years	7%	6%	1.9%
80-84 years	5%	4%	1.3%
85-89 years	2%	4%	1.4%

Race/Ethnicity	50+ Survey Respondents	Fairfax County 50+ Population	Fairfax County Population
White/Caucasian	67%	61%	61%
Asian or Pacific Islander	18%	20%	19%
Other	10%	9%	9%
Black, African American	9%	10%	10%
Spanish/Hispanic/Latino	13%	13%	16%

Sex	50+ Survey Respondents	Fairfax County 50+ Population	Fairfax County Population
Female	54%	52%	50%
Male	46%	48%	50%

Household Income	50+ Survey Respondents	Fairfax County 50+ Households	Fairfax County Households*
Less than \$15,000	5%	5%	3%
\$15,000 to \$24,999	6%	3%	7%
\$25,000 to \$49,999	12%	10%	21%
\$50,000 to \$74,999	13%	11%	19%
\$75,000 to \$99,999	14%	11%	14%
\$100,000 or more	51%	60%	37%

*Householders age 45 years and above.

Sexual Orientation	50+ Survey Respondents	Fairfax County 50+ Population*	Fairfax County Population*
Heterosexual	96%	-	-
Lesbian	1%	-	-
Gay	1%	-	-
Bisexual	2%	-	-

*Data is unavailable for Fairfax County 50+ population and overall population.

The full report can be found online at www.fairfaxcounty.gov/topics/50-plus-community-survey.

Fairfax County, VA

2019

Report of Results



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CASOA™ Report of Results | Fairfax County



NRC is a charter member of the AAPOR Transparency Initiative, providing clear disclosure of our sound and ethical survey research practices.

Introduction

The Community Assessment Survey for Older Adults (CASOA™), administered by National Research Center, Inc., provides a statistically valid survey of the strengths and needs of older adults as reported by older adults themselves in communities across America. Used in conjunction with the *CASOA Strategies and Resources Handbook* (provided under separate cover), this report is intended to enable local governments, community-based organizations, the private sector and other community members to understand more thoroughly and predict more accurately the services and resources required to serve an aging population. With this report, Fairfax County stakeholders can shape public policy, educate the public and assist communities and organizations in their efforts to sustain a high quality of life for older adults. The objectives of the CASOA are to:

- Identify community strengths in serving older adults
- Articulate the specific needs of older adults in the community
- Estimate contributions made by older adults to the community
- Determine the connection of older adults to the community

The results of this exploration will provide useful information for planning and resource development as well as strengthen advocacy efforts and stakeholder engagement. The ultimate goal of the assessment is to create empowered communities that support vibrant older adult populations.

The CASOA questionnaire contains many questions related to the life of older residents in the community. Survey participants were asked to rate their overall quality of life, as well as aspects of quality of life in Fairfax County. They also evaluated characteristics of the community and gave their perceptions of safety in Fairfax County. The questionnaire assessed the individual needs of older residents and involvement by respondents in the civic and economic life of Fairfax County.

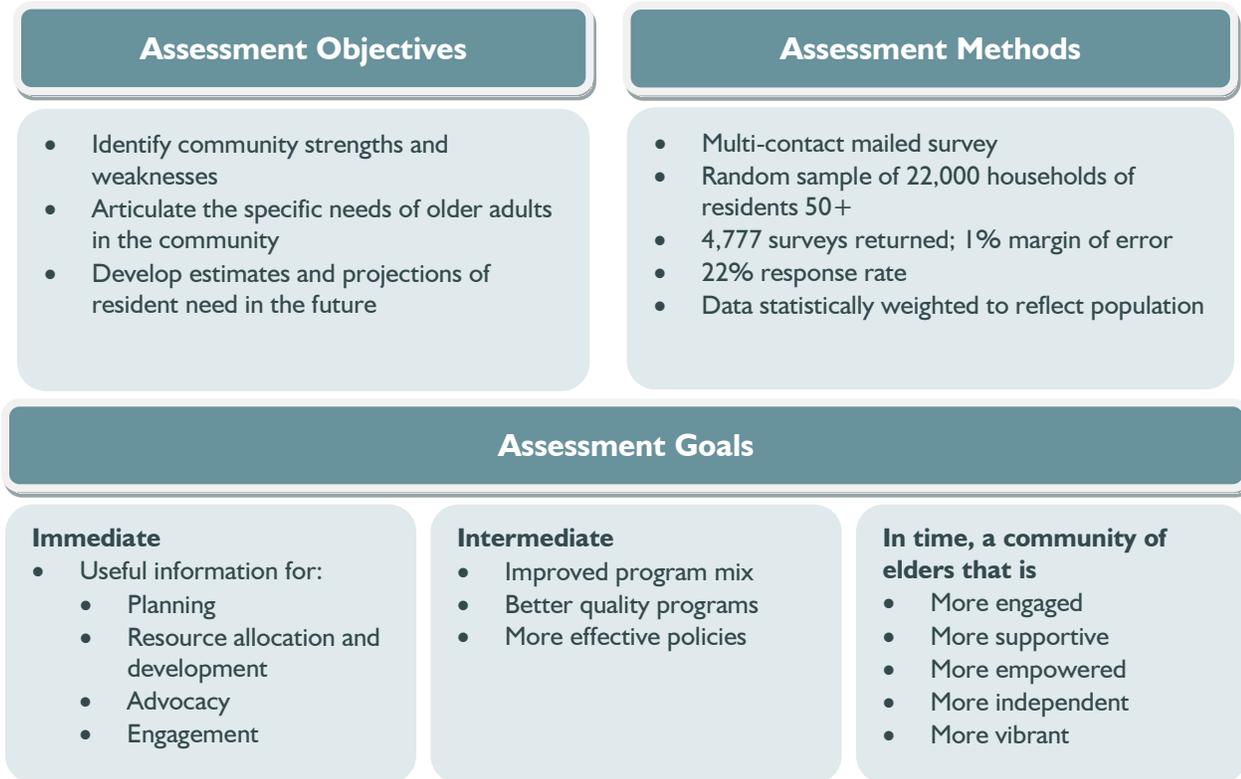
Fairfax County CASOA Methods

The CASOA survey and its administration are standardized to assure high quality survey methods and comparable results across communities. Participating households with residents 50 years or older were selected at random and the household member who responded was selected without bias. Multiple mailings gave each household more than one prompt to participate with a self-addressed and postage-paid envelope to return the survey. Results were statistically weighted to reflect the proper demographic composition of older adults in the entire community.

The survey was mailed in February 2019 to a random selection of 22,000 older adult households in Fairfax County. Older adult households were contacted three times about participation in the survey. A total of 4,777 completed surveys was obtained, providing an overall response rate of 22% and a margin of error of plus or minus 1% around any given percent and one point around any given average rating for the all respondents.

For additional methodological information, refer to *Appendix B: Survey Methodology*.

Figure 1: CASOA Methods and Goals



Structure of CASOA Report

This report is based around six community dimensions (Figure 2):

- Overall Community Quality
- Community and Belonging
- Community Information
- Productive Activities
- Health and Wellness
- Community Design and Land Use

Each section discusses older adult ratings of Fairfax County, participation in activities and potential problems faced by older adults as related to each of the six dimensions. The final section of the report, Community Readiness, summarizes these dimensions as index scores and provides an overall picture of Fairfax County as a livable community for older adults.

Figure 2: Community Dimensions Assessed through CASOA



“Don’t Know” Responses and Rounding

On many of the questions in the survey, respondents could provide an answer of “Don’t know.” The proportion of respondents giving this reply is shown in the full set of responses included in *Appendix A: Complete Set of Survey Responses* and is discussed in the body of this report if it is 20% or greater. However, these responses have been removed from the analyses presented in the body of the report, unless otherwise indicated. In other words, the majority of the tables and graphs in the body of the report display the responses from respondents who had an opinion about a specific item.

For some questions, respondents were permitted to select multiple responses. When the total exceeds 100% in a table for a multiple response question, it is because some respondents are counted in multiple

categories. When a table for a question that only permitted a single response does not total to exactly 100%, it is due to the customary practice of rounding percentages to the nearest whole number.

Benchmark Comparison Data

NRC has developed a database that collates responses to CASOA and related surveys administered in other communities, which allows the results from Fairfax County to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in over 175 communities across the nation. The demographics of NRC’s database match the demographics in the nation, based on the U.S. Census estimates.

Ratings are compared when similar questions are included in NRC’s database, and there are at least five communities in which the question was asked. Where comparisons for ratings were available, Fairfax County’s results are generally discussed in the report as being “higher” than the benchmark, “lower” than the benchmark or “similar” to the benchmark. In instances where ratings are considerably higher or lower than the benchmark, these ratings have been further demarcated by the attribute of “much,” (for example, “much higher” or “much lower”). Detailed benchmark information can be found in *Appendix C: Benchmark Comparisons*.

Key Findings

Not all older adults complain, nor does every community leave older adults raving about the quality of community life or the services available for active living and aging in place. Communities that assist older adults to remain or become active community participants provide the requisite opportunities for recreation, transportation, culture, education, communication, social connection, spiritual enrichment and health care.

Further, older adults, more than others, face difficulties with aspects of everyday life. For many older adults these difficulties vastly exceed the minor physical pains or small losses of function that characterize almost everyone's circumstances after a certain age. When individual problems are added together, a group picture emerges that provides a useful description of the entire community of Fairfax County.

The results of this survey describe Fairfax County as a livable community for older adults within six community dimensions of Overall Community Quality, Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use. The extent to which older adults experience difficulties and problems within these dimensions is also described.

Overall Community Quality

Overall Community Quality explores how older residents view the community overall, how connected they feel to the community and how well they can access information and services offered by Fairfax County, as well as how likely residents are to recommend and remain in the community.

- Most of Fairfax County's older residents gave high ratings to the community as a place to live.
- Over two-thirds of older adults would recommend Fairfax County to others.
- Six in 10 of respondents had lived in the community for more than 20 years and a similar proportion planned to stay in Fairfax County throughout their retirement.
- When compared to other communities across the nation, Fairfax County older residents tended to rate aspects of Overall Community similar or lower.

Community and Belonging

A "community" is often greater than the sum of its parts, and having a sense of community entails not only a sense of membership and belonging, but also feelings of emotional and physical safety, trust in the other members of the community and a shared history.¹ Older residents of Fairfax County rated several aspects of Community and Belonging, including their sense of community and overall feelings of safety, as well as the extent to which they felt accepted and valued by others.

- Almost three-quarters of respondents reported "excellent" or "good" overall feelings of safety and between 11% and 27% had experience safety problems related to being a victim of crime, abuse or discrimination.
- About 5 in 10 older residents rated the sense of community as "excellent" or "good"; similar ratings were provided for the County's neighborliness and valuing of older residents.
- When compared to other communities in the U.S., older residents in Fairfax County provided similar ratings for most aspects of Community and Belonging.

Community Information

The education of a large community of older adults is not simple, but when more residents are made aware of attractive, useful and well-designed programs, more residents will benefit from becoming participants.

- About 5 in 10 survey respondents reported being “somewhat” or “very” informed about services and activities available to older adults, which was lower than reports from other communities in the U.S.
- About half of older adults felt the County had “excellent” or “good” information about resources for older adults and financial or legal planning services.
- About 6 in 10 respondents had problems with not knowing what services were available and feeling like their voice was heard in the community.
- About 30% reported having problems with finding meaningful volunteer work, a rate that was similar in Fairfax County than in other communities.

Productive Activities

Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality of life in later life and contribute to active aging.² Productive Activities examined the extent of older adults’ engagement participation in social and leisure programs and their time spent attending or viewing civic meetings, volunteering or providing help to others.

- Almost 9 in 10 felt Fairfax County had “excellent” or “good” volunteer opportunities, but only about one-third participated in some kind of volunteer work, a volunteer rate similar to other communities in the U.S.
- About 10% of respondents had used the Fairfax County senior center, which was lower compared to senior center use in other communities.
- About 4 in 10 Fairfax County seniors said that they had at least “minor” problems having interesting social events or activities to attend.
- The majority of older residents (86%) rated the recreation opportunities in Fairfax County as “excellent” or “good”; participation in recreational and personal enrichment activities tended to be higher in Fairfax County than in other communities.
- Over half of older residents in Fairfax County said they caregivers; respondents averaged between 10 and 14 hours per week providing care for children, adults and older adults.
- About one-quarter to one-third of older adults in Fairfax County felt physically, emotionally or financially burdened by their caregiving.
- About one-third of respondents were fully retired, and another one-third of respondents experienced at least minor problems with having enough money to meet daily expenses or to pay their property taxes.
- The value of paid (part- and full-time work) and unpaid (volunteering, providing care) contributions by older adults in Fairfax County totaled about \$15 billion in a 12-month period.

Health and Wellness

Of all the attributes of aging, health poses the greatest risk and the biggest opportunity for communities to ensure the independence and contributions of their aging populations. Health and wellness, for the purposes of this study, included not only physical and mental health, but issues of independent living and health care.

- Overall, the older adults in Fairfax County rated aspects of physical health similar to or higher than other communities in the U.S. including ratings of fitness opportunities, physical health care and their own overall physical health.
- The portions of older residents reporting problems with doing heavy or intense housework (44%) lower in Fairfax County than elsewhere in the country while staying physically fit (51%) and maintaining a healthy diet (42%) was similar.
- About 4 in 10 older residents felt there was “excellent” or “good” availability of mental health care in Fairfax County while over 8 in 10 rated their overall mental health/emotional wellbeing as “excellent” or “good.”
- The most commonly cited mental health issues included feeling bored (38%) and feeling depressed (33%), while the least cited issues included figuring out which medications to take and when (11%) and experiencing confusion or forgetfulness (24%); these mental health problems experienced by Fairfax County older adults tended to be similar to the problems experienced by older adults in other communities.
- Fairfax County’s preventative health services were rated similar to the services provided by its peers.
- About 4 in 10 respondents reported at least minor problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid.
- One in six respondents (16%) reported spending time in a hospital, and one-quarter had fallen and injured themselves in the 12 months prior to the survey. Falls and hospitalizations occurred at similar rates in Fairfax County than in other communities.
- At least one in six older adults reported at least minor problems with aspects of independent living, including one-quarter who reported having problems with performing regular activities, including walking, eating and preparing meals.

Community Design and Land Use

The movement in America towards designing more “livable” communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. Communities that have planned for older adults tend to emphasize access – a community design that facilitates movement and participation.

- Respondents rated the ease of getting to the places they usually have to visit and the availability of affordable quality food most positively with about 6 in 10 rating each as “excellent” or “good.”
- About 2 in 10 respondent felt the County had “excellent” or “good” availability of affordable quality housing and 4 in 10 felt positively about the variety of housing options.
- Some older adults experienced problems with having safe and affordable transportation available (27%) while others experienced problems with having housing to suit their needs (29%) or having enough food to eat (10%). Daily living problems tended to be similar in Fairfax County when compared to other communities across the nation, except for having housing suited to meet their needs which was more of a problem in Fairfax County.
- More than 8 in 10 older residents rated their overall quality of life as “excellent” or “good”, though Fairfax County’s quality of life was rated similar than other communities in the U.S.

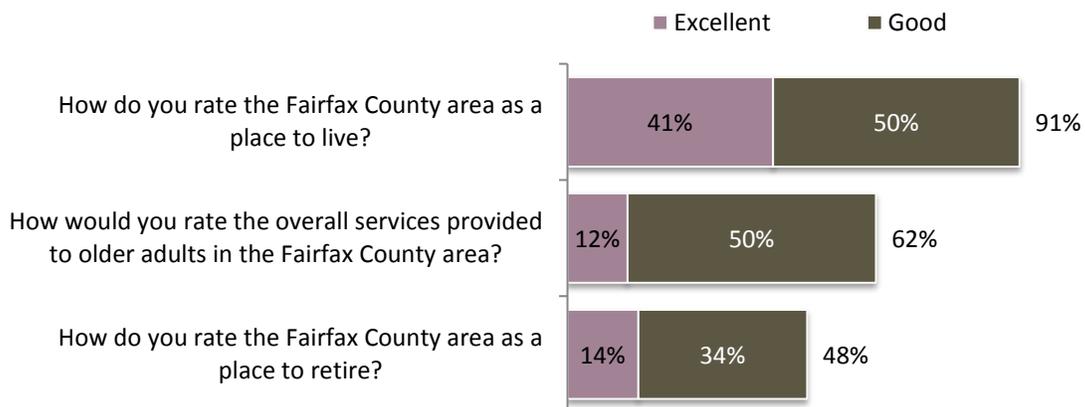
CASOA Survey Results

Overall Community Quality

CASOA contained a number of questions related to the life of older residents in the community. This section of the report explores aspects of the overall quality of the community by examining how older residents view the community overall, how connected they feel to the community and how well they can access information and services offered by Fairfax County. Survey participants were asked to rate the County as a place to live and to retire as well as the overall quality of services provided to older adults. Further testament to the quality of a community is the likelihood of residents recommending and remaining in a community; respondents indicated how likely they would be to not only recommend Fairfax County to other older adults but also how likely they would be to remain in Fairfax County throughout their retirement.

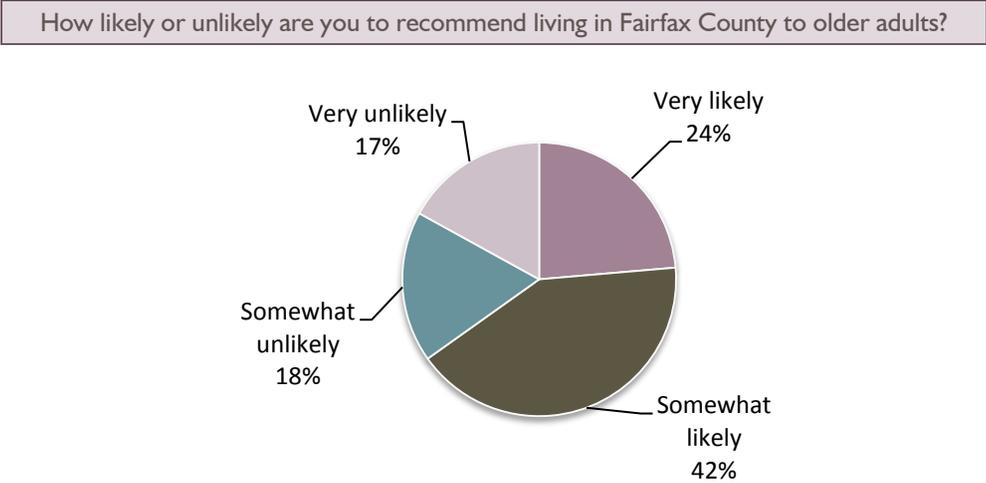
Most of Fairfax County’s older residents gave high ratings to the community as a place to live and about half rated Fairfax County as a place to retire as “excellent” or “good.” Services offered to older adults were considered “excellent” or “good” by about 6 in 10 older residents in Fairfax County. Generally, residents in Fairfax County rated most of these aspects similar to other older adults across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 3: Fairfax County as a Place for Older Residents



Generally, residents will not recommend a community to friends unless that community is seen to be offering the right services with optimal effectiveness. Just how successful Fairfax County has been in creating an attractive setting for older adults can be sensed by the number of older residents that say they will recommend it to others. Overall, about two-thirds of older adults said they would recommend Fairfax County to others. This portion of older adults that would recommend the community was lower than other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for more information).

Figure 4: Older Residents' Likelihood of Recommending Fairfax County to Others



Residential Stability

According to a survey by AARP, more than 8 in 10 adults over age 45 want to live roughly where they live now “as long as possible.”³ In fact, Census Bureau data indicate that fewer than 5% of people 55 and older move in any given year, and the bulk of those do not go very far: 49% of movers stay within the same county and only 25% move to a different state. Of those who do cross state lines, the major lure is not weather, tax relief or a new adventure: people usually move to be closer to family.⁴

In different communities, older adults have different intentions, so it is essential to understand what older adults in Fairfax County are anticipating in their retirement. The largest proportion of Fairfax County’s older residents had lived in the community for more than 20 years. Further, 62% of seniors planned to remain in Fairfax County throughout their retirement. When compared to ratings given by older residents in other communities across the nation, Fairfax County residents were less likely to report that they would remain in the County throughout retirement (see *Appendix C: Benchmark Comparisons* for details).

Figure 5: Length of Residency in Fairfax County

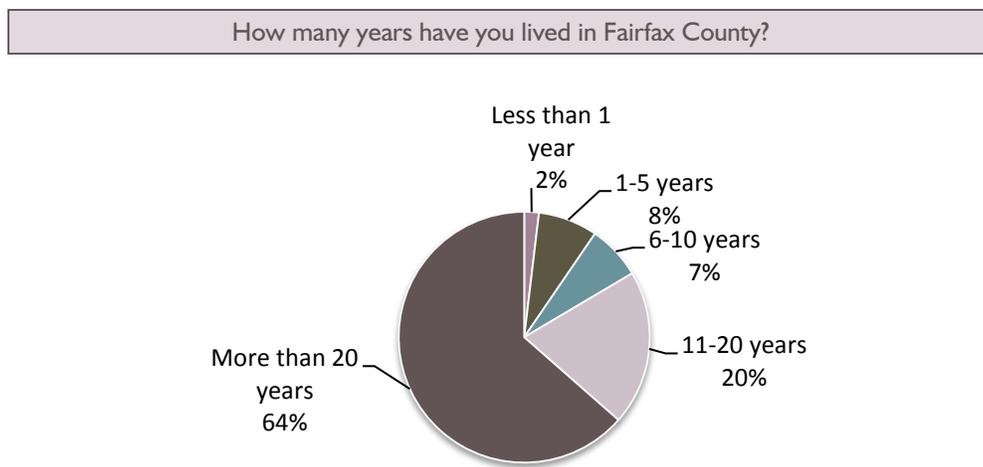
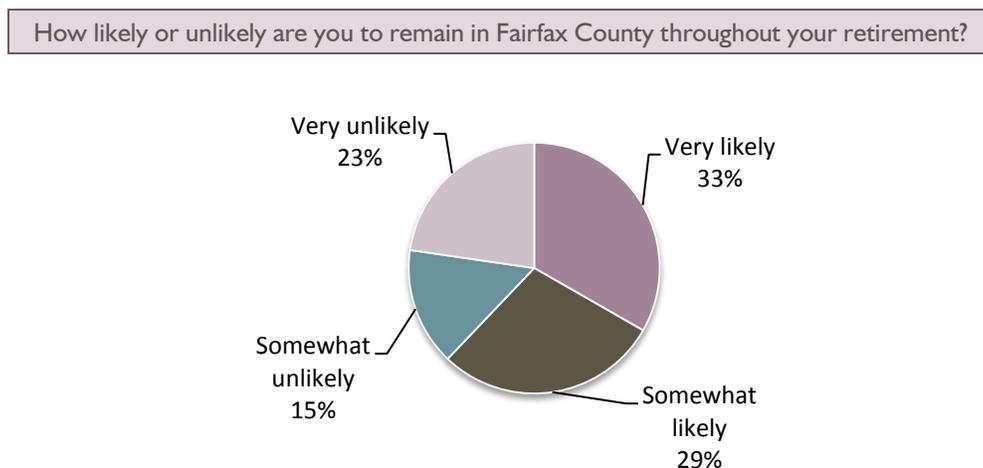


Figure 6: Likelihood of Remaining in Fairfax County throughout Retirement

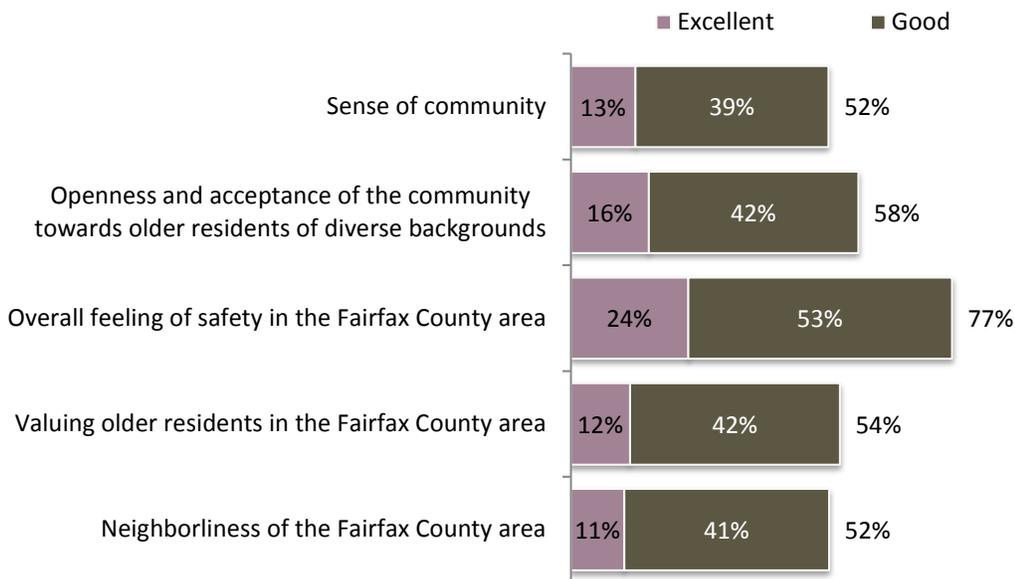


Community and Belonging

A “community” is often greater than the sum of its parts, and having a sense of community entails not only a sense of membership and belonging, but also feelings of emotional and physical safety, trust in the other members of the community and a shared history.¹ Older residents of Fairfax County rated several aspects of Community and Belonging, including their sense of community and overall feelings of safety, as well as the extent to which they felt accepted and valued by others.

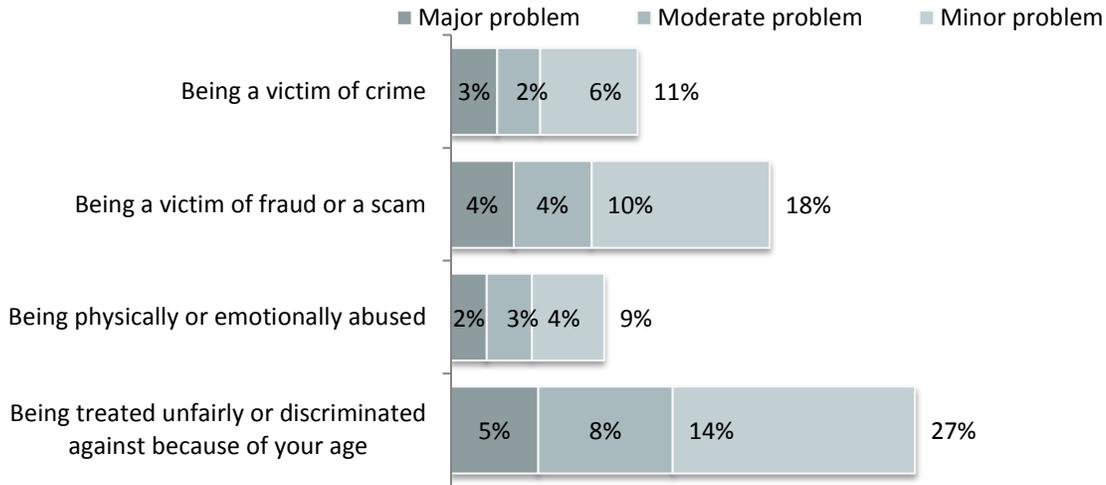
Overall, older residents rated Community and Belonging in Fairfax County somewhat positively as only 52% had an “excellent” or “good” sense of community. Feelings of safety in Fairfax County were higher, with 77% rating their overall feeling of safety in the community as “excellent” or “good.” About half felt the community valued older residents and slightly more felt Fairfax County was open and accepting of diverse older residents. When compared to other communities in the U.S., older residents in Fairfax County provided similar ratings for aspects of Community and Belonging (see *Appendix C: Benchmark Comparisons* for details).

Figure 7: Older Adult Ratings of Community and Belonging in Fairfax County



The extent to which older residents have been victims of crimes can threaten their feelings of safety and overall sense of community. A small proportion of seniors in Fairfax County reported problems with crime or abuse in the 12 months prior to the survey. Reports of crime or abuse were similar to reports from other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 8: Safety Problems in Fairfax County



Community Information

Sometimes residents of any age fail to take advantage of services offered by a community just because they are not aware of the opportunities. The education of a large community of older adults is not simple, but when more residents are made aware of attractive, useful and well-designed programs, increasing numbers of residents will benefit from becoming participants. In Fairfax County, about 49% of survey respondents reported being “somewhat” or “very” informed about services and activities available to older adults, which was lower than reports from other communities in the U.S (see *Appendix C: Benchmark Comparisons* for details). Further, a similar proportion of older adults rated the availability of information about resources for older adults as “excellent” or “good” and slightly more gave these same reviews to financial or legal planning services.

Figure 9: Awareness of Older Adult Services and Activities

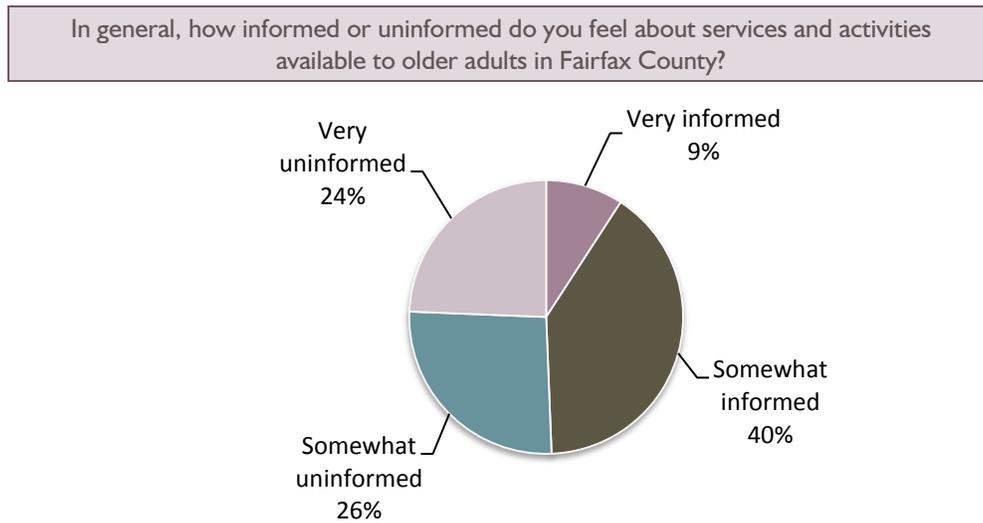
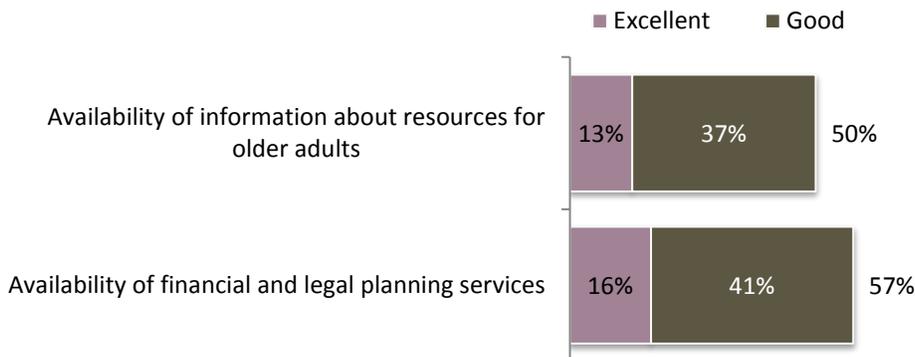
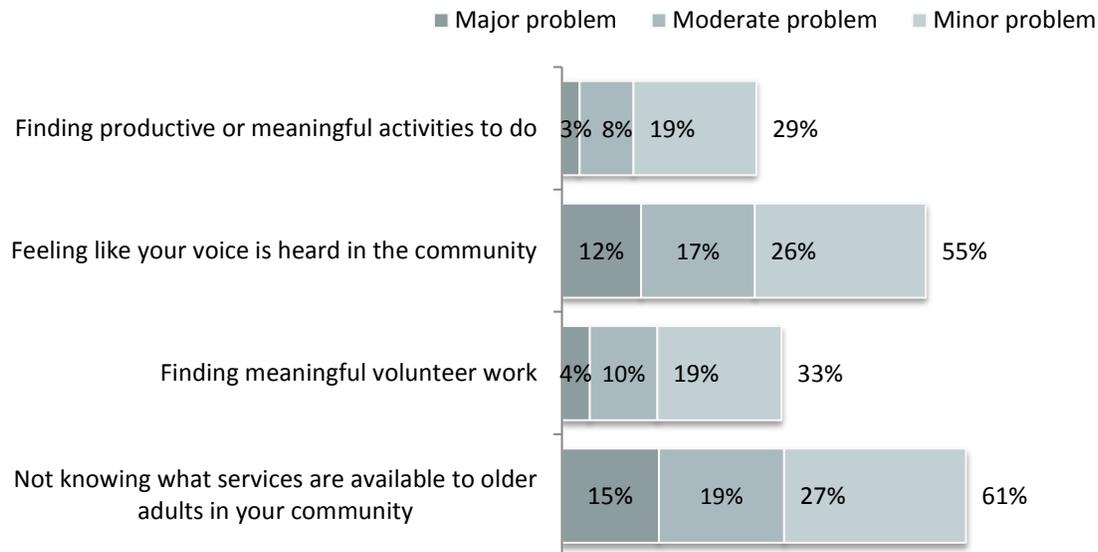


Figure 10: Availability of Information About Older Adult Resources in Fairfax County



Older residents who may not know how to access services may have trouble finding ways to contribute to the community. In Fairfax County, about 6 in 10 had problems with not knowing what services were available. Fewer reported having problems with finding meaningful volunteer work and meaningful activities to do. The proportion of older adults in Fairfax County who had problems in these areas was generally on par with other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 11: Meaningful Activities Problems of Older Residents in Fairfax County



Productive Activities

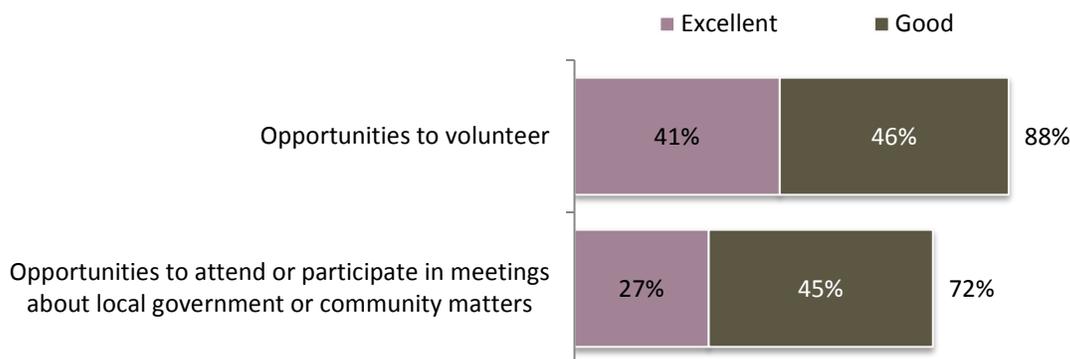
Productivity is the touchstone of a thriving old age. Productive activities such as traditional and non-traditional forms of work and maintenance of social ties combine with health and personal characteristics to promote quality in later life and contribute to active aging.² This section of the report examines the extent of older adults' engagement in the Fairfax County community as determined by their participation in social and leisure programs and their time spent attending or viewing civic meetings, volunteering or providing help to others. The economic value of these contributions to the community is explored as well.

Civic Engagement

In communities where residents care about local politics and social conditions, where they feel engaged and effective, there is greater social, economic and cultural prosperity. This results in more trust of local government officials, support for community-wide solutions recommended by elected council members, re-election of those councilors⁵ and collective self-restraint in the face of community need.^{5,6} Researchers even have discovered that American states with the highest levels of resident civic engagement are “more effective and more innovative.”⁷ Where there is strong civic engagement, researchers have seen less crime, less poverty, more employment, better and more sustainable policies and more frequent resident cooperation.⁸ Civic activity, whether volunteering, participating in religious or political groups or being active in community decision-making, not only provides benefit to communities but also serves seniors themselves.

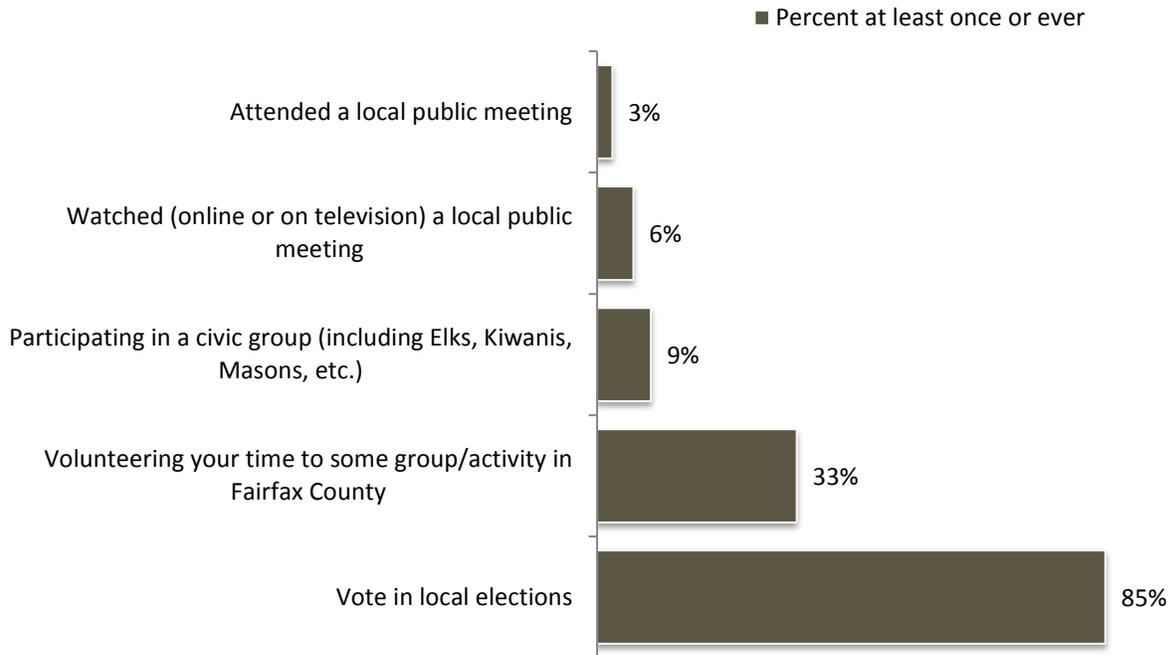
Studies have found that volunteering in later life is associated with better physical and mental health, and civically engaged seniors are less likely to become injured or to die prematurely.⁹ In Fairfax County, older residents rated the volunteer opportunities favorably. Close to 9 in 10 felt Fairfax County had “excellent” or “good” volunteer opportunities, a rating that was higher than other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 12: Civic Engagement Opportunities in Fairfax County



In terms of civic engagement, only 3% reported attending a public meeting of local elected officials or other local public meeting in Fairfax County and a similar proportion reported watching such a meeting on television, the Internet or other media in the past year. Additionally, about one-third participated in some kind of volunteer work, a volunteer rate similar to other communities in the U.S. Most survey respondents indicated that they were registered to vote and had voted in the last general election.

Figure 13: Participation in Civic Activities in Fairfax County



Note: This chart combines the results of survey questions 12, 13 and 15, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey Responses

Social Engagement

Communities are the foundation for social life. Sociologist Eric Klinenberg describes communities as “the soil out of which social networks grow and develop or, alternatively, wither and devolve.”^{10,11} Fairfax County has a great potential to strengthen the community by fostering increased social engagement of its older residents. About three-quarters of Fairfax County older residents rated the opportunities to attend social activities in Fairfax County as “excellent” or “good” and a higher proportion rated opportunities to attend religious or spiritual activities in Fairfax County this way. Ratings for social activities in Fairfax County were higher than the benchmark, while religious activities were rated similar to the benchmark. See *Appendix C: Benchmark Comparisons* for additional details.

Older residents in Fairfax County exhibited high to moderate levels of participation in social and religious activities. Older residents preferred to spend their time engaged in religious or spiritual activities over clubs. Only 10% used the Fairfax County senior center, which can often serve as a social hub for many seniors; its use by Fairfax County older adults was much lower compared to senior center use in other communities (see *Appendix C: Benchmark Comparisons*).

Figure 14: Social Engagement Opportunities in Fairfax County

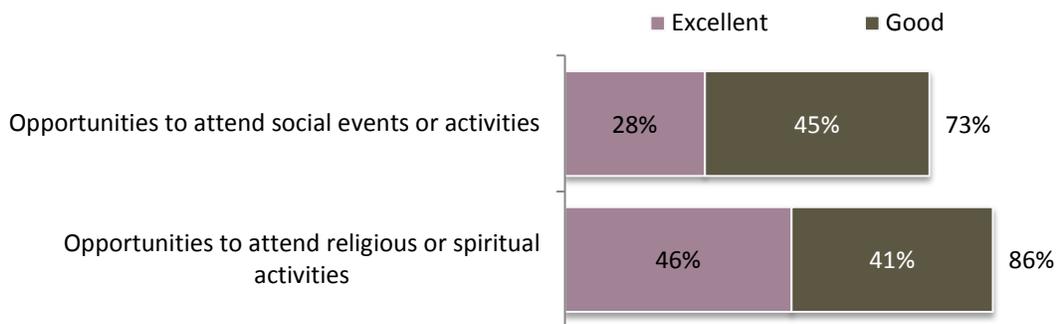
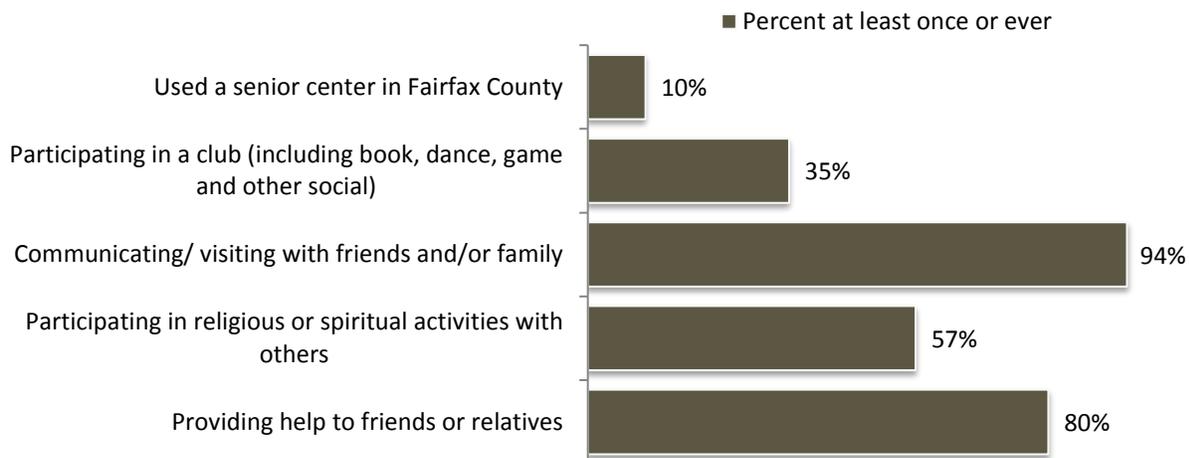


Figure 15: Participation in Social Activities in Fairfax County

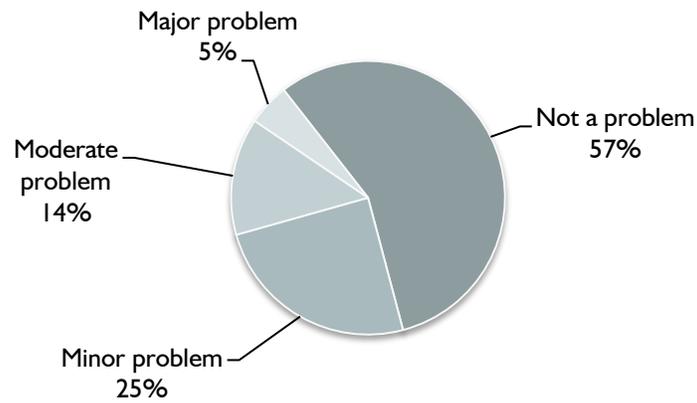


Note: This chart combines the results of survey questions 11 and 13, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey Responses.

About 4 in 10 of Fairfax County seniors said that they had at least “minor” problems having interesting social events or activities to attend. These problems in Fairfax County were on par with other communities (see *Appendix C: Benchmark Comparisons*).

Figure 16: Social Engagement Problems in Fairfax County

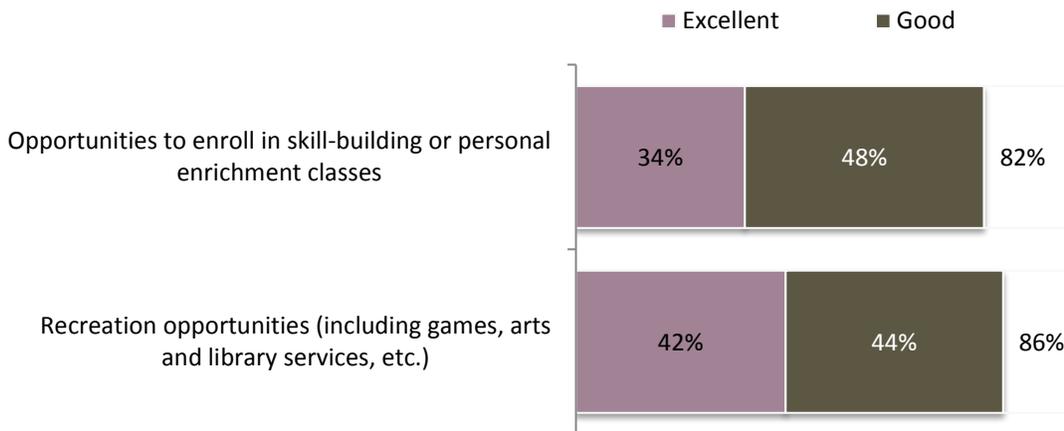
Thinking back over the last 12 months, how much of a problem has having interesting social events or activities to attend been for you?



Recreation

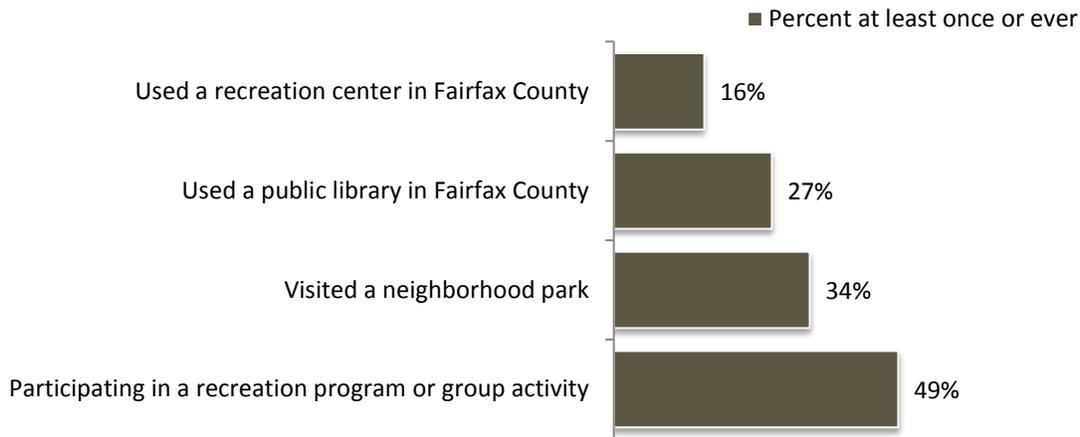
Once work becomes a part-time endeavor or thing of the past, residents have the time for and require the health benefits from regular leisure activities, including the stimulation derived from personal enrichment. Recreation and enrichment often replace work as the primary activity that brings older residents in contact with the outside world, while ample opportunities for these activities make a community more attractive to its residents. At least 8 in 10 older residents of Fairfax County viewed both recreation opportunities and opportunities to enroll in skill-building or personal enrichment classes favorably. Respondents in Fairfax County were more likely to rate these aspects of recreation as higher or much higher than other communities across the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 17: Recreational and Personal Enrichment Opportunities in Fairfax County



Respondents indicated how much time they spent participating in various recreation- and enrichment-related activities. Generally, older residents in Fairfax County were most likely have participated in a recreation program or group activity and least likely to have used a County recreation center. Rates of participation and use tended to be similar in Fairfax County when compared to other communities in the country (see *Appendix C: Benchmark Comparisons* for details).

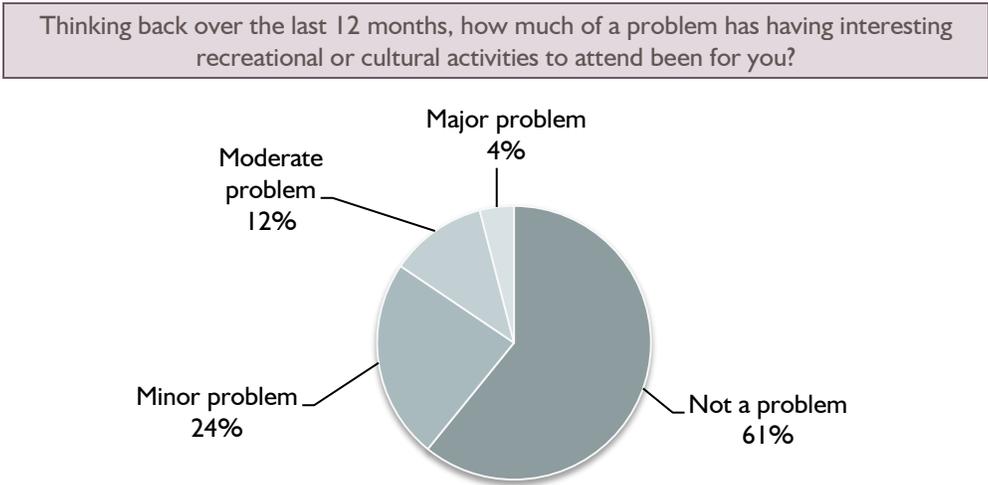
Figure 18: Participation in Recreational and Personal Enrichment Activities in Fairfax County



Note: This chart combines the results of survey questions 11 and 13, which use different response scales. Complete response frequencies for these questions can be found in Appendix A: Complete Set of Survey Responses.

About 4 in 10 Fairfax County seniors said that they had at least “minor” problems having interesting recreational or cultural activities to attend. These problems were comparable to other communities (see *Appendix C: Benchmark Comparisons*).

Figure 19: Recreational Problems in Fairfax County

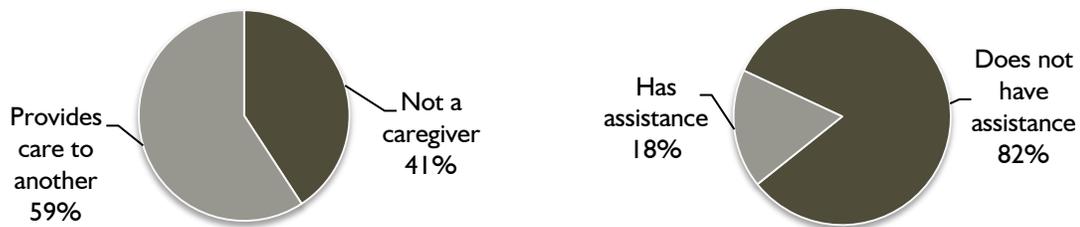


Caregiving

More than 10 million people nationwide have disabling conditions that affect their ability to live independently¹² and almost 80% of these residents are seniors. Those who provide care to a loved one or friend with such a condition often feel a sense of contribution and personal worth despite the physical, emotional and financial burden such care can produce. While care is most often provided by family members and is unpaid, its value has been estimated at \$350 billion annually.¹³

Respondents indicated the number of hours they spent in a typical week providing care to children under 18, adults age 18 to 55 and adults age 55 and older. Overall, 59% older residents in Fairfax County said they were providing care for others (most commonly for children under the age of 18) and 18% were the recipients of care.

Figure 20: Providers and Recipients of Care in Fairfax County



Note: Caregivers were identified by examining the number of hours spent providing care to children under 18, adults age 18 to 55 and adults age 55 and older as described in question 14 of the survey.

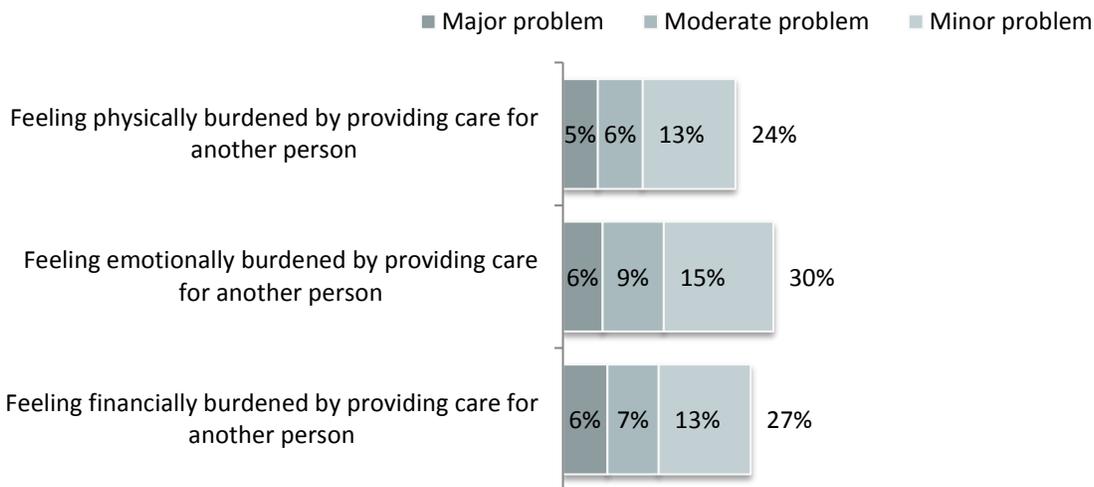
Figure 21: Caregiving Hours of Older Residents in Fairfax County

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant personal relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)	1 to 3 hours	4 to 5 hours	6 to 10 hours	11 to 20 hours	20 or more hours	Average number of hours of those who provide care*
One or more individuals age 55 or older	33%	29%	11%	9%	5%	13%	10
One or more individuals age 18 to 54	49%	19%	9%	7%	4%	11%	10
One or more individuals under age 18	51%	13%	7%	7%	5%	17%	14

* Average number calculated from the mid-point of the ranges of those who provide care.

A “caregiving crunch” is predicted, where the average American will spend more years caring for parents than for their own children.¹⁴ Older adults in Fairfax County rated the extent to which they experienced physical strain, emotional stress or financial hardship as a result of being a caregiver. Overall, older adults in Fairfax County were most likely to feel emotionally burdened by their caregiving and least likely to feel physically burdened.

Figure 22: Caregiver Burden in Fairfax County



Economic Contribution

Recent studies have estimated that 70-80% of those 45 and older plan to continue working in their “retirement” years.¹⁵ Financial stability is not the only reason; one study notes that pure enjoyment of work (35% of those questioned) or just a desire to try something new (5%) also will keep people on the job.¹⁵ Survey results showed that 60% of older residents were still working for pay and about 3% said they would like to find a job. For those respondents who had not retired, the average age of expected retirement was 68 years old.

Figure 23: Employment Status of Older Residents in Fairfax County

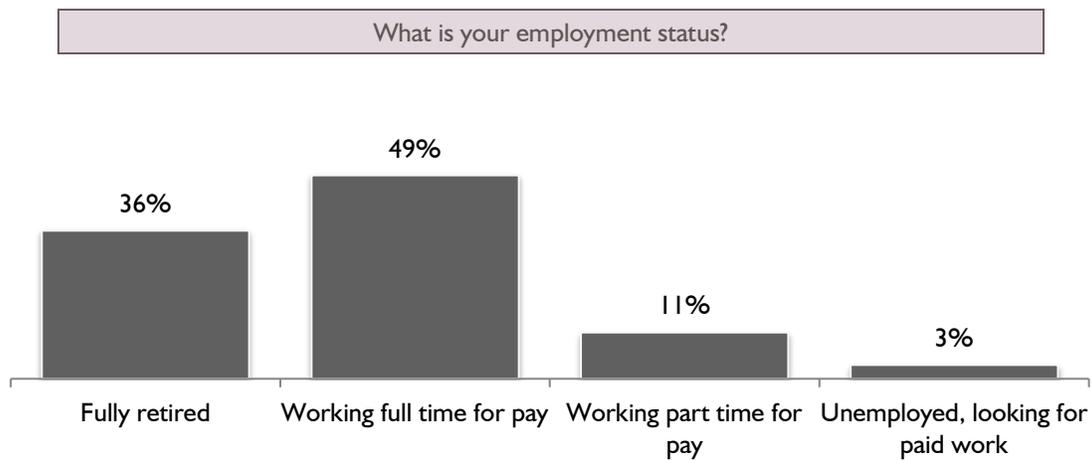


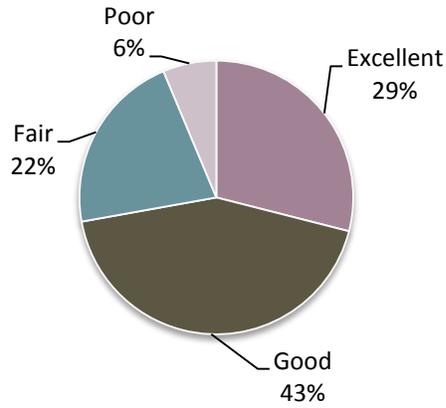
Figure 24: Expected Retirement Age of Older Residents in Fairfax County

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents
60 to 64	17%
65 to 69	43%
70 to 74	26%
75 or older	14%
Total	100%
Average age of expected retirement (for those not yet fully retired)	68

In Fairfax County, 72% of respondents rated employment opportunities as “excellent” or “good” ratings that were much higher than other communities across the U.S. (see *Appendix C: Benchmark Comparisons* for details).

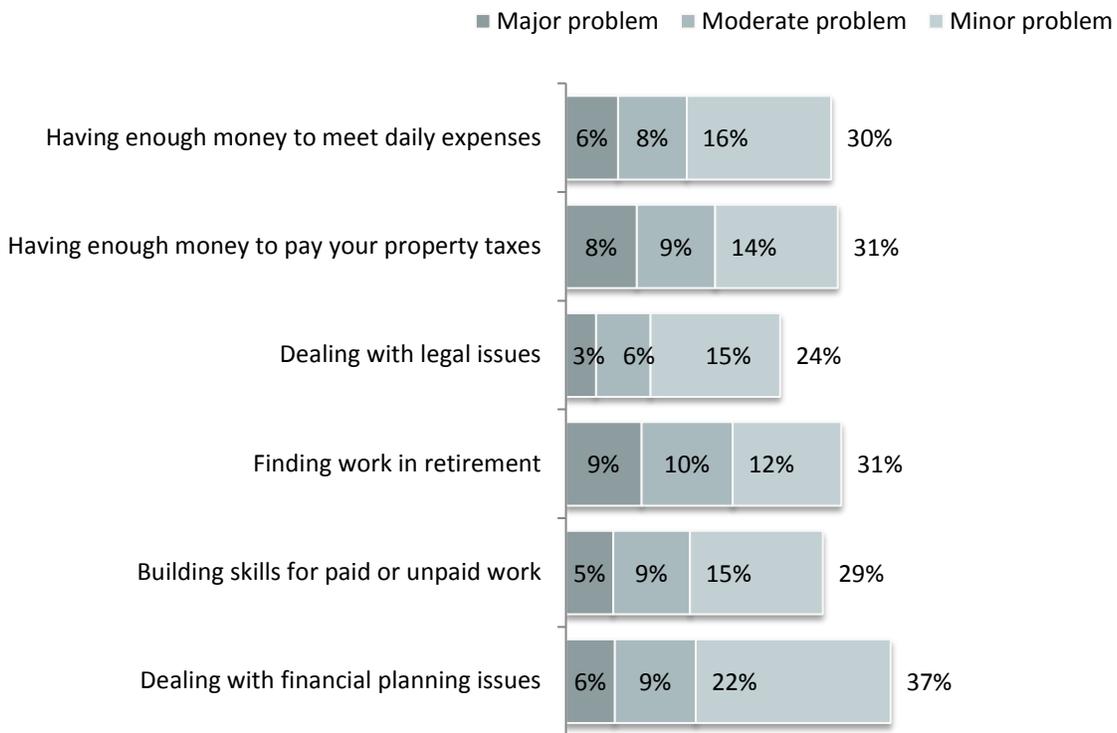
Figure 25: Employment Opportunities in Fairfax County

Please rate employment opportunities as it relates to Fairfax County adults age 50 or older



Regardless of residents' work status, about one-third experienced at least "minor" problems with having enough money to meet daily expenses or to pay their property taxes. Further, about 3 in 10 had problems with finding work in retirement and a similar proportion had problems building skills for paid or unpaid work. The proportions of older adults that had financial problems (paying daily expenses or property taxes) were equally prevalent in Fairfax County as in other communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 26: Financial and Legal Problems of Older Residents in Fairfax County



Productive behavior is “any activity, paid or unpaid, that generates goods or services of economic value.”² Productive activities include both paid and unpaid work of many kinds as well as services to friends, family or neighbors. Older adults provide significant contributions (paid and unpaid) to the communities in which they live. In addition to their paid work, older adults contributed to Fairfax County through volunteering, providing informal help to family and friends and caregiving. The value of these paid and unpaid contributions by older adults in Fairfax County totaled nearly \$15 billion in a 12-month period (see *Appendix B: Survey Methodology* for additional detail).

Figure 27: Economic Contribution of Older Adults in Fairfax County



Health and Wellness

The Centers for Disease Control and Prevention have argued, “Poor health is not an inevitable consequence of aging,”¹⁶ yet community supports are needed to help maintain the health and independence of a growing senior population. Of all the attributes of aging, health poses the greatest risk and the biggest opportunity. If the community cannot assist the independence of residents who experience the inevitable decline in health that accompanies aging, the potential economic contribution of older residents will be lost to hospitals and nursing homes. Health and wellness for the purposes of this study included not only physical and mental health, but issues of independent living and health care.

Physical Health

CASOA assessed a variety of physical issues commonly affecting people as they age as well as provided older residents the opportunity to rate health opportunities in Fairfax County. At least 8 in 10 older residents rated fitness opportunities (including exercise classes and paths or trails, etc.) positively in Fairfax County; the availability of quality physical health care was rated positively by 57%. Most older residents rated their overall physical health as “excellent” or “good” (see Figure 29). Overall, the older adults in Fairfax County rated these aspects of physical health higher than or similar to other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Figure 28: Physical Health Opportunities in Fairfax County

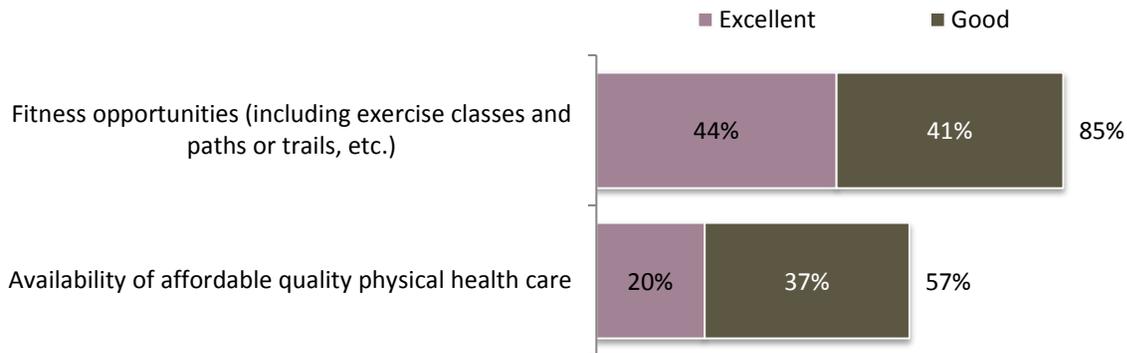
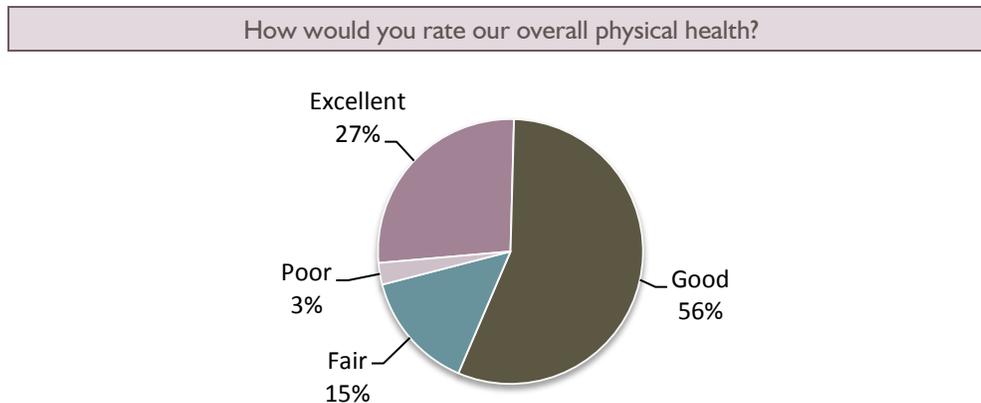
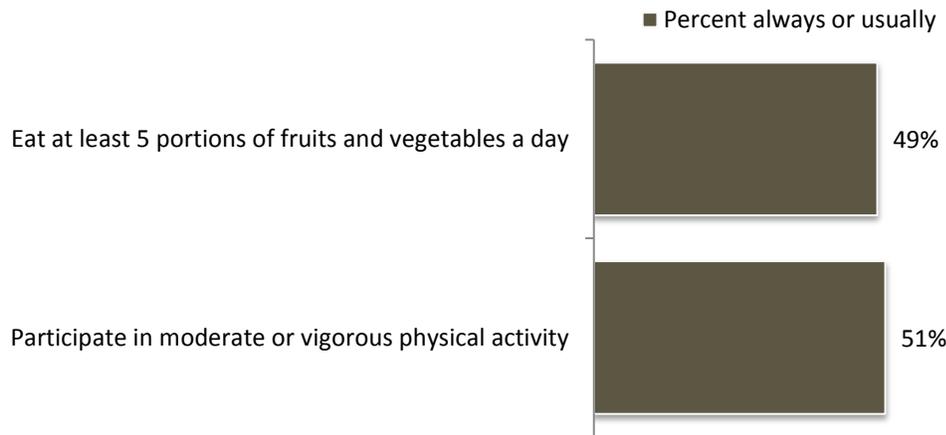


Figure 29: Overall Physical Health of Older Residents in Fairfax County



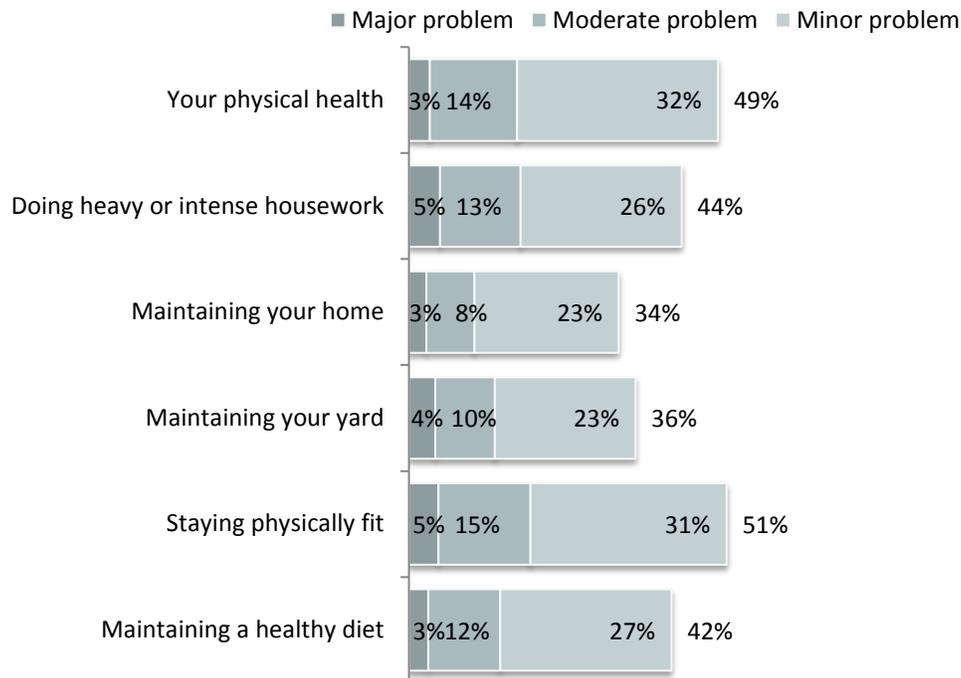
Respondents indicated how much time they spent participating in healthy activities. Generally, about half older residents in Fairfax County ate the recommended number of servings of fruits and vegetables, and a similar proportion were able to exercise regularly. Rates of these healthy behaviors tended to be similar in Fairfax County when compared to other communities in the country (see *Appendix C: Benchmark Comparisons* for details).

Figure 30: Participation in Healthy Activities in Fairfax County



Respondents reported the extent to which they had experienced problems with various physical health-related issues in the 12 months prior to the survey. Physical health and staying physically fit were reported as the highest health needs in Fairfax County, while maintaining their home and yard were reported by the fewest respondents. The proportions of older residents reporting problems with doing heavy or intense housework was lower in Fairfax County compared to elsewhere while staying physically fit was similarly problematic. Additional comparisons are available in *Appendix C: Benchmark Comparisons*.

Figure 31: Physical Health Problems of Older Residents in Fairfax County



Mental Health

In addition to rating aspects of physical health, older residents provided insight into aspects of their mental health. About 4 in 10 older resident felt there was “excellent” or “good” availability of mental health care in Fairfax County while 9 in 10 rated their overall mental health/emotional wellbeing as “excellent” or “good”. Mental health ratings in Fairfax County tended to be similar to other communities across the nation (see *Appendix C: Benchmark Comparisons* for details).

Figure 32: Availability of Mental Health Care in Fairfax County

Please rate the availability of affordable quality mental health care it relates to Fairfax County adults age 50 or older

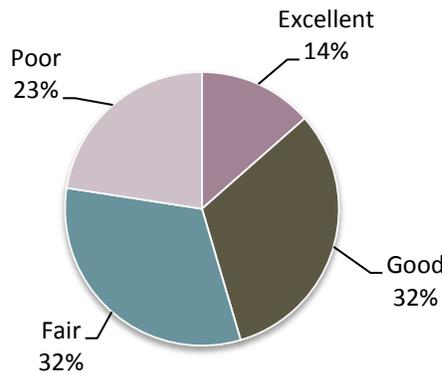
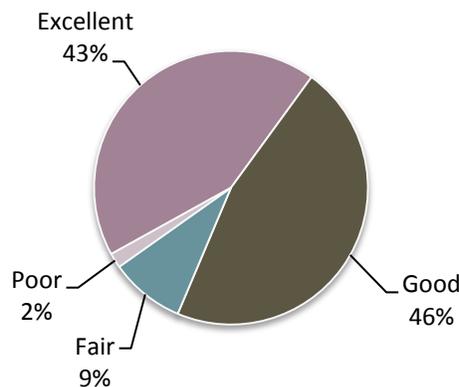


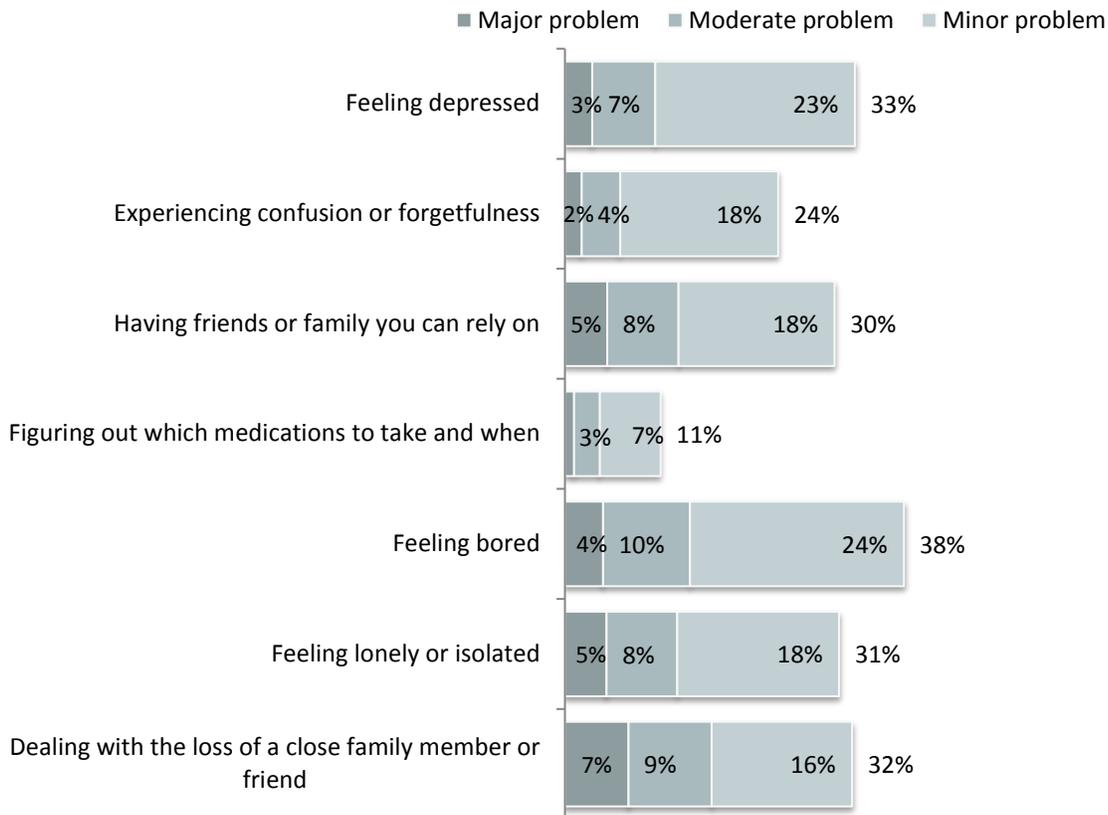
Figure 33: Emotional Wellbeing of Older Residents in Fairfax County

How do you rate your overall mental health/emotional wellbeing?



While few older adults in Fairfax County reported poor emotional wellbeing, they still reported at least “minor” problems with some aspects of their mental health. The most commonly cited mental health issues included feeling bored and feeling depressed, while the least cited issues included figuring out which medications to take and experiencing confusion or forgetfulness. The mental health problems experienced by Fairfax County older adults tended to be similar to the problems experienced by older adults in other communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 34: Mental Health Problems of Older Residents in Fairfax County

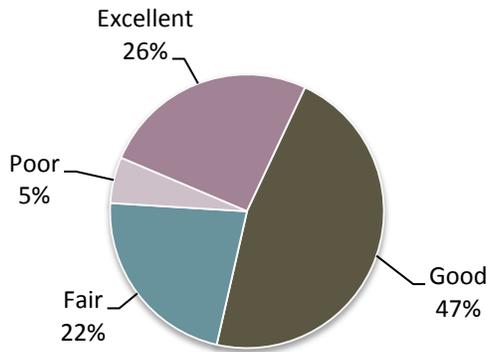


Health Care

Fairfax County’s older residents rated the availability of preventive health services favorably as 72% felt the availability of these services were “excellent” or “good.” Compared to other communities across the nation, Fairfax County’s preventative health services were similar to the services provided by its peers (see *Appendix C: Benchmark Comparisons* for details).

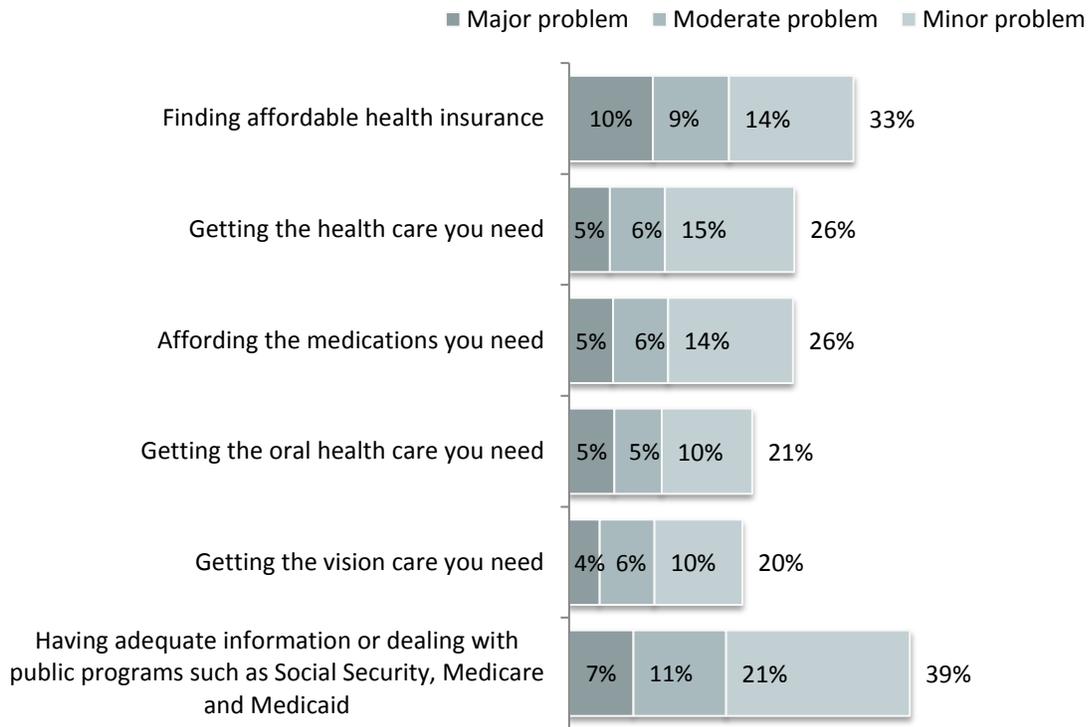
Figure 35: Availability of Preventative Health Care in Fairfax County

Please rate the availability of preventive health services (e.g., health screenings, flu shots, educational workshops) it relates to Fairfax County adults age 50 or older



Older residents reported some problems with aspects of health care in Fairfax County. The most commonly cited health care issues included having adequate information or dealing with public programs and finding affordable health insurance, while the least cited issues included getting needed vision and oral health care. Fairfax County’s older residents reported these health care problems at rates that were similar to older residents of other communities across the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Figure 36: Health Care Problems of Older Residents in Fairfax County



Independent Living

For those unable to live independently (either temporarily or permanently), having care options available could mean the difference between remaining in or leaving the community. Fairfax County’s older residents gave middle-of-the-road ratings to the availability of long-term care options; about 44% felt the availability was “excellent” or “good.” The availability of daytime care options for older adults was rated similarly. Long-term care options in Fairfax County were similar to the services provided by other communities in the U.S. while daytime care options were rated higher (see *Appendix C: Benchmark Comparisons* for details). Additionally, less than 2 in 10 respondents reported spending time in a hospital or nursing home, although 25% had fallen and injured themselves in the 12 months prior to the survey.

Figure 37: Care Options for Older Residents in Fairfax County

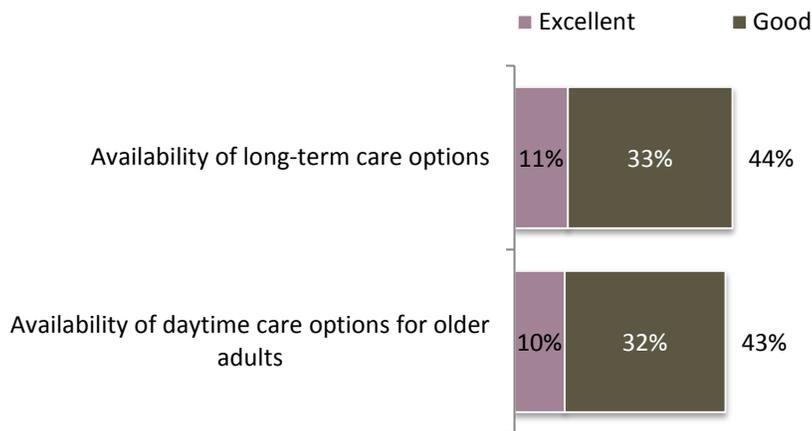
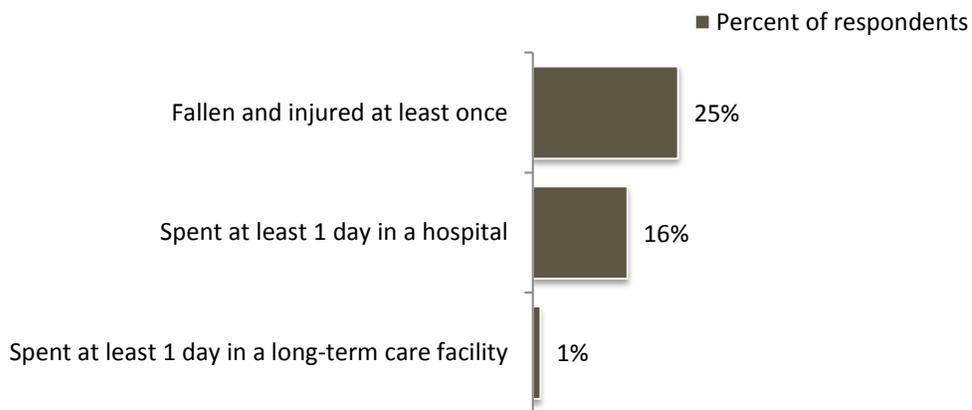
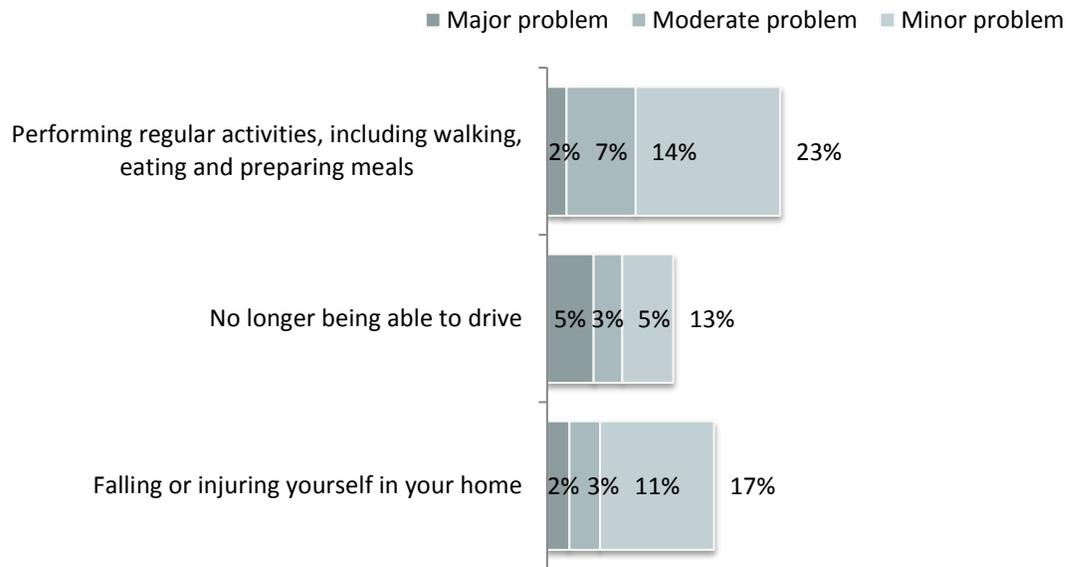


Figure 38: Falls, Hospitalizations and Institutionalizations of Older Residents in Fairfax County in Prior 12 Months



Activities of daily living (ADL) usually include bathing, dressing and moving from bed to chair. Other activities of daily living, usually referred to as instrumental activities of daily living (IADL), include doing laundry, preparing meals, managing the household and so on. Inability to do one or more ADL or IADL means less independence. Overall, less than one-quarter of older adults reported at least “minor” problems with aspects of independent living. Most notably, 23% reported having problems performing regular activities, including walking, eating and preparing meals. Independent living problems in Fairfax County tended to be similar to peer communities (see *Appendix C: Benchmark Comparisons* for details).

Figure 39: Independent Living Problems Faced by Older Residents in Fairfax County



Community Design and Land Use

The movement in America towards designing more “livable” communities – those with mixed-use neighborhoods, higher-density development, increased connections, shared community spaces and more human-scale design – will become a necessity for communities to age successfully. “Smart growth” is not only beneficial for the environment, but holds great promise for the mobility, independence and civic life of its older residents. Generally, communities that have planned for older adults tend to emphasize access – a community design that facilitates movement and participation.

Fairfax County’s older adults evaluated a number of aspects of design and land use in the community. Respondents rated the availability of affordable quality food and the ease of getting to the places they usually visit most positively with at least 57% rating each as “excellent” or “good.” The availability of affordable quality housing and the cost of living in the County received the lowest ratings. Generally, aspects of design and land use lagged behind national averages (see *Appendix C: Benchmark Comparisons* for details). Additionally, about half of respondents reported having used public transit within Fairfax County (Figure 41).

Figure 40: Aspects of Design and Land Use in Fairfax County

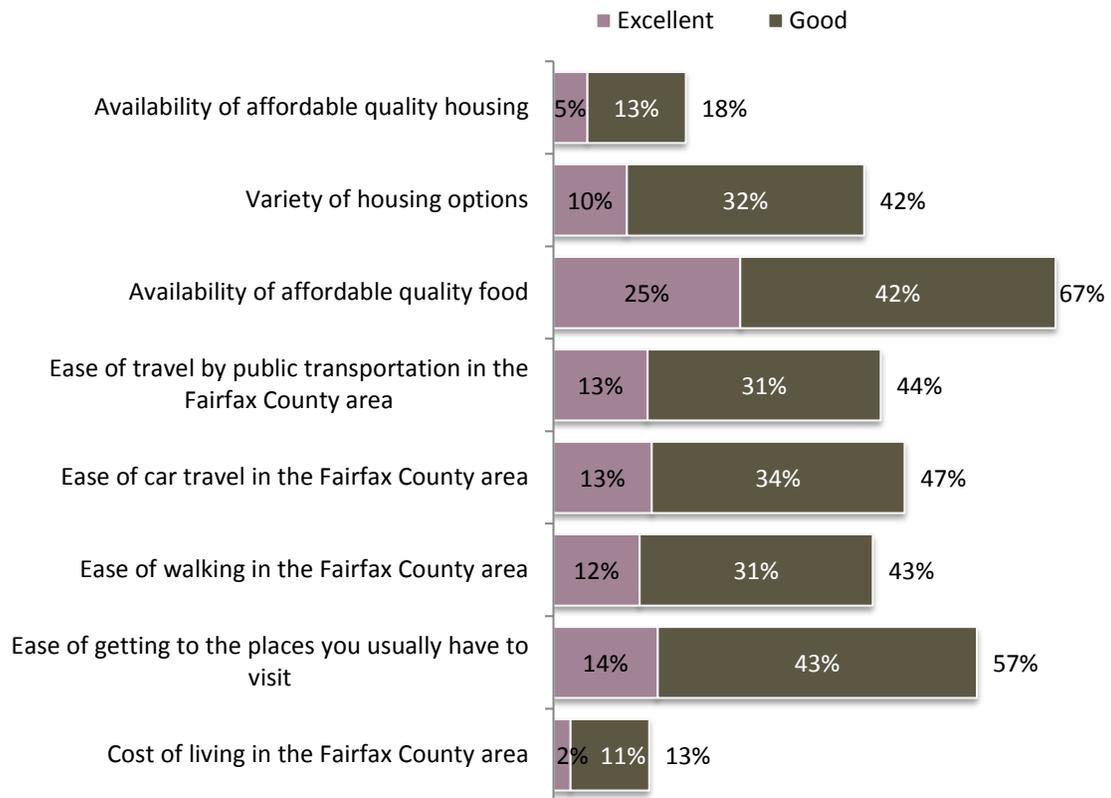
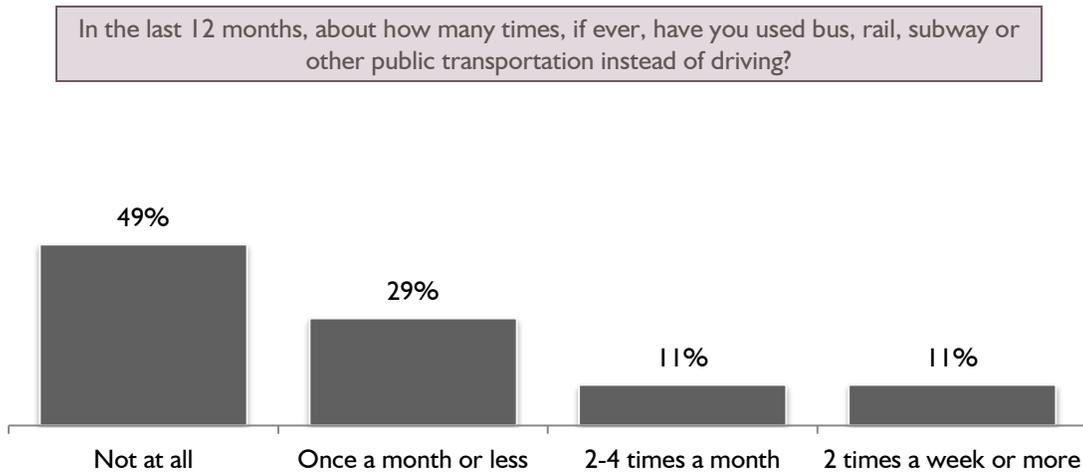
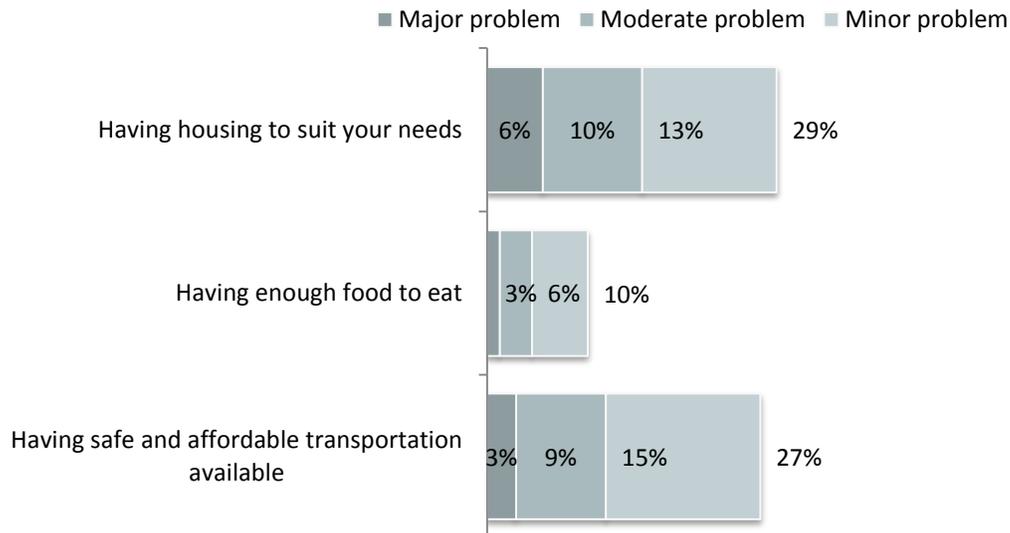


Figure 41: Bus Ridership of Older Residents in Fairfax County



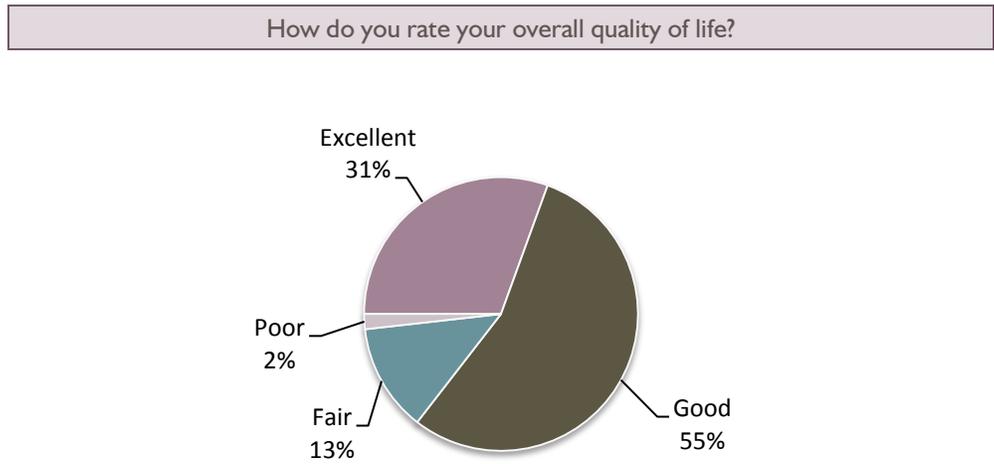
For residents to remain independent contributors to community quality, local government programs or policies can ease their participation in social and civic activities. This ease of participation comes from land use and economic planning that locates services in or close to residences, provides convenient transportation alternatives when services are too far to reach by walking and makes walking routes attractive. Few older adults experienced problems with having safe and affordable transportation available while a similar proportion experienced problems with having housing to suit their needs. Daily living problems tended to be similar in Fairfax County when compared to other communities across the nation, except for having housing to suit their needs, which was more problematic (see *Appendix C: Benchmark Comparisons* for details).

Figure 42: Basic Needs Problems of Older Residents in Fairfax County



Ultimately, communities that have planned well by promoting mobility, independence and meaningful engagement of its older residents provide a high quality of life for their residents of all ages. In Fairfax County, more than 8 in 10 of older residents rated their overall quality of life as “excellent” or “good”; few residents felt they had a poor quality of life. Fairfax County’s quality of life was rated similar to other communities in the U.S. (see *Appendix C: Benchmark Comparisons* for details).

Figure 43: Overall Quality of Life of Older Residents in Fairfax County



Community Readiness

Communities that assist older adults to remain or become active community participants provide the requisite opportunities for recreation, transportation, culture, education, communication, social connection, spiritual enrichment and health care. It is not a package mix, so each community must identify what its older adults seek and what the community provides. The judgments of the residents for whom community planning takes place provide the elements of an equation that describes overall community quality in Fairfax County (Figure 44).

The following section of this report summarizes how older residents view Fairfax County as a community that creates a thriving environment for its older adults within the six community dimensions of Overall Community Quality, Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use.

Further, older adults, more than others, face difficulties with aspects of everyday life. For many older adults these difficulties vastly exceed the minor physical pains or small losses of function that characterize almost everyone's circumstances after a certain age. When individual problems are added together, a group picture emerges that provides a useful description of the entire community of Fairfax County. Nationally, areas where older adults face the largest share of life's challenges include caregiving, health and mental health, in-home support, nutrition and food security and transportation. This study also explored specific problems or stressors encountered by older adults in Fairfax County, such as physical and emotional difficulties and injuries that have compromised their independence. Within the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use, the magnitude of these individual-level needs is presented (Figure 45), culminating in an exploration of high-risk populations (Figure 47).

Fairfax County Opportunities and Challenges

Survey respondents were asked to rate a number of aspects of the community which were converted to an average scale of 0 (the lowest rating, e.g., “poor”) to 100 (the highest rating, e.g., “excellent”) and then combined to provide one overall rating (index¹) for each of the six dimensions of Community Readiness. (For more information on how the summary scores were calculated see *Appendix B: Survey Methodology*.)

Summary scores provide a broad picture of the perceived fit between what Fairfax County offered to older adults and what older residents needed:

- Older residents felt the areas of Overall Community Quality and Productive Activities best met their needs
- The areas of Health and Wellness, and Community and Belonging received slightly lower, but good average ratings
- Community Information as well as Community Design and Land Use were rated less favorably and received the lowest average ratings

Figure 44: Fairfax County Community Readiness Chart



Scale: 0=Lowest/most negative, 100=Highest/most positive

¹ These ratings are not to be understood like ratings from school tests. Because they are summaries of several questions that range from 0 as “poor,” 33 as “fair,” 66 as “good” and 100 as “excellent”, a score of 58, as one example, should be interpreted as closer to “good” than “fair” (with the midpoint of the scale, 50, representing equidistance between “good” and “fair”).

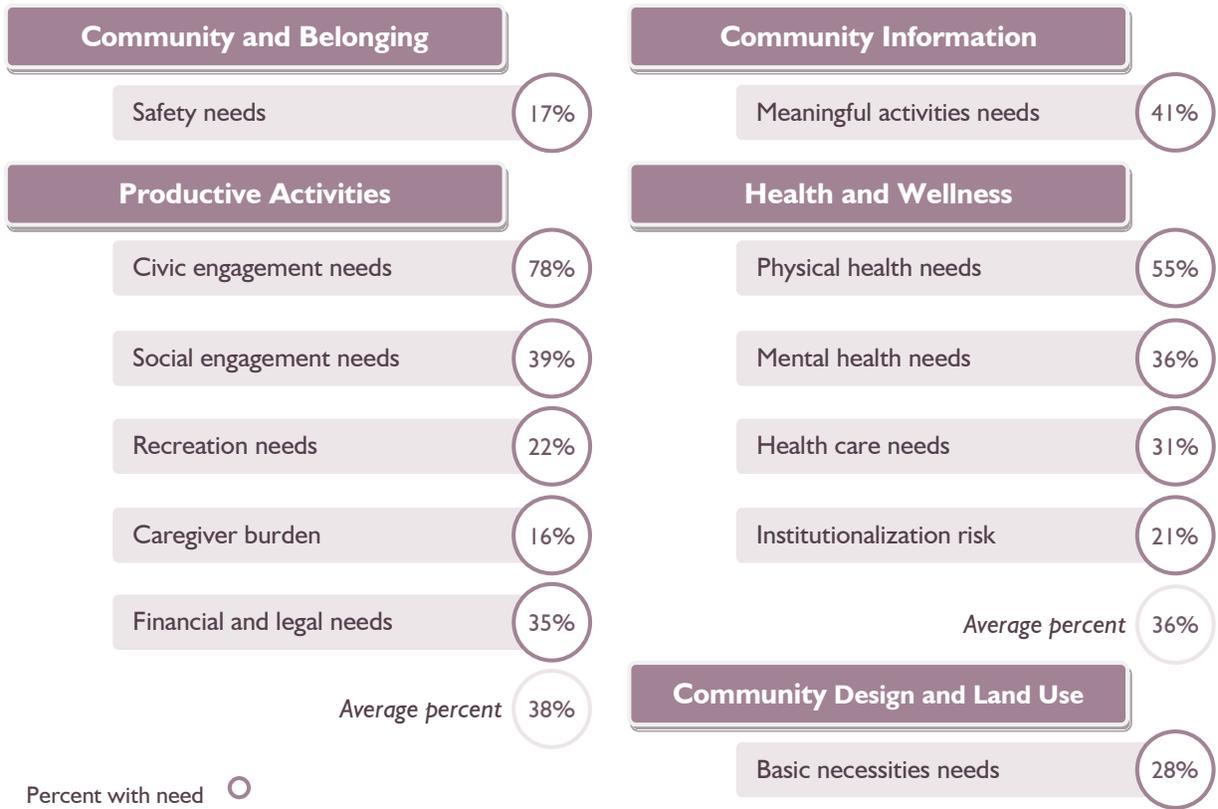
Older Resident Needs in Fairfax County

Over 40 individual survey questions about specific problems faced by older community members, as well as participation levels and community engagement were summarized into 12 larger areas to provide a broad picture of older resident needs in Fairfax County. Summary scores are based on the average percent of respondents who experienced problems or had low levels of participation and engagement. *Appendix B: Survey Methodology* provides detailed information on the criteria used to identify respondents as having a need in a specific area. These 12 areas have been organized into the five community dimensions of Community and Belonging, Community Information, Productive Activities, Health and Wellness and Community Design and Land Use (no needs areas have been defined for the community dimension of Overall Community Quality).

Typically, it is understood that the self-reported needs of older adults represent a minimum level, a conservative estimate attenuated by respondents’ strong desire to feel and appear self-reliant and further reduced by the silent voice of some older adults who, no matter how sensitive the attempt, are too frail to participate in any survey enterprise. Nonetheless, clear patterns of needs and strengths emerged from this assessment:

- Older residents had the largest needs in the area of civic engagement
- A significant portion had needs in the areas of physical health and meaningful activities
- Few reported needs in the areas of caregiver burden and safety

Figure 45: Older Adult Needs in Fairfax County by Community Dimension



While older residents reported the lowest prevalence of need in the areas of caregiver burden and safety, needs can be quite serious for those affected. It should be understood that the percent of the population that experiences a problem is not a measure of how difficult a problem is to endure for the people who share it. Some needs or opportunities, though rare as a percent of residents, have a particularly devastating impact on residents' quality of life – for example, needing help transferring from bed to wheelchair or having a problem with safety, so it is important to consider both the prevalence of the need or opportunity and its centrality to residents' sustained independence.

Figure 46: Older Resident Needs in Fairfax County

Area of need	Percent with need	Number affected in 2019 (N=368,201)
Safety	17%	63,237
Civic engagement	78%	287,259
Social engagement	39%	141,909
Recreation	22%	81,754
Financial and legal	35%	130,275
Meaningful activities	41%	150,272
Caregiver burden	16%	57,155
Physical health	55%	201,991
Mental health	36%	131,464
Health care	31%	114,828
Institutionalization risk	21%	78,220
Basic necessities	28%	102,181

Populations at High Risk

As people age, many learn to take better care of themselves, to plan for retirement and, generally, to move more deliberately. Aging builds wisdom but can sap resources — physical, emotional and financial. Even those blessed by good luck or those prescient enough to plan comprehensively for the best future may find themselves with unanticipated needs or with physical, emotional or financial strengths that could endure only with help. Some people age better than others and aging well requires certain strengths that are inherent and others that can be supported by assistance from the private sector and government. For Fairfax County’s older adults, although needs were spread across the board, residents reporting the largest percent of unresolved needs in Fairfax County were more likely to be not white, Hispanic, report a lower income or rent their homes.

Figure 47: Needs of Older Population by Sociodemographic Characteristics, Percent and Number Affected in 2019 (N=368,201)

	Community and Belonging		Community Information		Health and Wellness		Productive Activities		Community Design and Land Use	
Female	18%	34,114	42%	81,497	36%	71,658	38%	75,703	28%	55,655
Male	16%	24,988	40%	66,171	36%	60,358	39%	66,473	27%	46,064
50 to 54 years	19%	68,695	42%	152,807	36%	130,766	41%	148,752	33%	121,778
55 to 59 years	16%	59,693	42%	154,345	35%	129,909	38%	139,909	25%	91,530
60 to 64 years	20%	72,633	43%	159,422	35%	130,276	40%	146,562	28%	101,374
65 to 74 years	18%	64,365	42%	153,145	35%	127,994	37%	137,501	27%	98,253
75 or over	12%	45,461	34%	125,540	39%	144,519	38%	137,761	27%	98,171
White	14%	52,020	37%	136,279	32%	118,807	36%	131,683	23%	85,779
Not white	23%	84,037	47%	174,117	42%	156,140	44%	160,978	36%	133,461
Hispanic	24%	88,570	51%	187,302	39%	144,833	45%	164,509	30%	109,908
Not Hispanic	16%	59,066	39%	143,600	35%	129,888	38%	138,869	28%	101,369
Less than \$25,000	30%	110,739	58%	212,349	59%	215,615	59%	216,569	50%	184,226
\$25,000 to \$74,999	23%	84,103	49%	182,139	45%	165,908	43%	159,143	39%	145,126
\$75,000 or more	13%	47,408	35%	128,259	29%	105,730	34%	124,203	20%	72,608
Rent	24%	88,459	46%	170,633	46%	170,547	45%	165,404	44%	160,841
Own	14%	53,061	39%	142,998	32%	116,728	36%	133,187	21%	79,143
Lives alone	19%	68,791	41%	152,802	40%	148,088	40%	147,052	30%	109,134
Lives with others	17%	61,051	41%	150,126	34%	126,040	38%	140,501	27%	99,695
Overall	17%	63,237	41%	150,272	36%	131,458	38%	141,656	28%	102,181

* Estimated, based on the 2017 American Community Survey

Appendix A: Complete Set of Survey Responses

Frequencies Excluding “Don’t Know”

Table 1: Question 1: Quality of Community

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent	Good	Fair	Poor	Total
How do you rate the Fairfax County area as a place to live?	41%	50%	8%	1%	100%
How do you rate the Fairfax County area as a place to retire?	14%	34%	31%	20%	100%

Table 2: Question 2: Community Characteristics

Please rate each of the following characteristics as they relate to Fairfax County adults age 50 or older	Excellent	Good	Fair	Poor	Total
Opportunities to volunteer	41%	46%	10%	2%	100%
Employment opportunities	29%	43%	22%	6%	100%
Opportunities to enroll in skill-building or personal enrichment classes	34%	48%	15%	3%	100%
Recreation opportunities (including games, arts and library services, etc.)	42%	44%	12%	2%	100%
Fitness opportunities (including exercise classes and paths or trails, etc.)	44%	41%	13%	2%	100%
Opportunities to attend social events or activities	28%	45%	23%	4%	100%
Opportunities to attend religious or spiritual activities	46%	41%	12%	2%	100%
Opportunities to attend or participate in meetings about local government or community matters	27%	45%	21%	6%	100%
Availability of affordable quality housing	5%	13%	39%	43%	100%
Variety of housing options	10%	32%	38%	20%	100%
Availability of long-term care options	11%	33%	38%	18%	100%
Availability of daytime care options for older adults	10%	32%	39%	18%	100%
Availability of information about resources for older adults	13%	37%	35%	15%	100%
Availability of financial and legal planning services	16%	41%	31%	12%	100%
Availability of affordable quality physical health care	20%	37%	29%	14%	100%
Availability of affordable quality mental health care	14%	32%	32%	23%	100%
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	26%	47%	22%	5%	100%
Availability of affordable quality food	25%	42%	25%	7%	100%
Sense of community	13%	39%	34%	14%	100%
Openness and acceptance of the community towards older residents of diverse backgrounds	16%	42%	31%	11%	100%
Ease of travel by public transportation in the Fairfax County area	13%	31%	33%	23%	100%
Ease of car travel in the Fairfax County area	13%	34%	34%	19%	100%
Ease of walking in the Fairfax County area	12%	31%	35%	22%	100%
Ease of getting to the places you usually have to visit	14%	43%	34%	9%	100%
Overall feeling of safety in the Fairfax County area	24%	53%	20%	3%	100%
Valuing older residents in the Fairfax County area	12%	42%	35%	11%	100%
Neighborliness of the Fairfax County area	11%	41%	36%	12%	100%
Cost of living in the Fairfax County area	2%	11%	40%	47%	100%

Table 3: Question 3: Overall Service to Older Adults

	Excellent	Good	Fair	Poor	Total
How would you rate the overall services provided to older adults in the Fairfax County area?	12%	50%	31%	7%	100%

Table 4: Question 4: Level of Informedness about Services and Activities for Older Adults

In general, how informed or uninformed do you feel about services and activities available to older adults in the Fairfax County area?	Percent of respondents
Very informed	9%
Somewhat informed	40%
Somewhat uninformed	26%
Very uninformed	24%
Total	100%

Table 5: Question 5: Quality of Life and Health

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent	Good	Fair	Poor	Total
How do you rate your overall physical health?	27%	56%	15%	3%	100%
How do you rate your overall mental health/emotional well being?	43%	46%	9%	2%	100%
How do you rate your overall quality of life?	31%	55%	13%	2%	100%

Table 6: Question 6: Problems Faced by Older Adults

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem	Minor problem	Moderate problem	Major problem	Total
Having housing to suit your needs	71%	13%	10%	6%	100%
Your physical health	51%	32%	14%	3%	100%
Performing regular activities, including walking, eating and preparing meals	77%	14%	7%	2%	100%
Having enough food to eat	90%	6%	3%	1%	100%
Doing heavy or intense housework	56%	26%	13%	5%	100%
Having safe and affordable transportation available	73%	15%	9%	3%	100%
No longer being able to drive	87%	5%	3%	5%	100%
Feeling depressed	67%	23%	7%	3%	100%
Experiencing confusion or forgetfulness	76%	18%	4%	2%	100%
Maintaining your home	66%	23%	8%	3%	100%
Maintaining your yard	64%	23%	10%	4%	100%
Finding productive or meaningful activities to do	71%	19%	8%	3%	100%
Having friends or family you can rely on	70%	18%	8%	5%	100%
Falling or injuring yourself in your home	83%	11%	3%	2%	100%
Finding affordable health insurance	67%	14%	9%	10%	100%
Getting the health care you need	74%	15%	6%	5%	100%

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem	Minor problem	Moderate problem	Major problem	Total
Affording the medications you need	74%	14%	6%	5%	100%
Figuring out which medications to take and when	89%	7%	3%	1%	100%
Getting the oral health care you need	79%	10%	5%	5%	100%
Getting the vision care you need	80%	10%	6%	4%	100%
Having enough money to meet daily expenses	70%	16%	8%	6%	100%
Having enough money to pay your property taxes	69%	14%	9%	8%	100%
Staying physically fit	49%	31%	15%	5%	100%
Maintaining a healthy diet	58%	27%	12%	3%	100%
Having interesting recreational or cultural activities to attend	61%	24%	12%	4%	100%
Having interesting social events or activities to attend	57%	25%	14%	5%	100%
Feeling bored	62%	24%	10%	4%	100%
Feeling like your voice is heard in the community	45%	26%	17%	12%	100%
Finding meaningful volunteer work	67%	19%	10%	4%	100%
Feeling physically burdened by providing care for another person	76%	13%	6%	5%	100%
Feeling emotionally burdened by providing care for another person	70%	15%	9%	6%	100%
Feeling financially burdened by providing care for another person	73%	13%	7%	6%	100%
Dealing with legal issues	76%	15%	6%	3%	100%
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	61%	21%	11%	7%	100%
Finding work in retirement	69%	12%	10%	9%	100%
Building skills for paid or unpaid work	71%	15%	9%	5%	100%
Not knowing what services are available to older adults in your community	39%	27%	19%	15%	100%
Feeling lonely or isolated	69%	18%	8%	5%	100%
Dealing with the loss of a close family member or friend	68%	16%	9%	7%	100%
Being a victim of crime	89%	6%	2%	3%	100%
Being a victim of fraud or a scam	82%	10%	4%	4%	100%
Being physically or emotionally abused	91%	4%	3%	2%	100%
Dealing with financial planning issues	63%	22%	9%	6%	100%
Being treated unfairly or discriminated against because of your age	73%	14%	8%	5%	100%

Table 7: Question 7: Days Spent in Facilities

Thinking back over the past 12 months, how many days did you spend in...	No days (zero)	One to two days	Three to five days	Six or more days	Total
A hospital	84%	9%	4%	3%	100%
A nursing home or in-patient rehabilitation facility	99%	0%	0%	1%	100%

Table 8: Question 8: Falls in Last 12 Months

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Percent of respondents
Never	75%
Once or twice	23%
3-5 times	2%
More than 5 times	0%
Total	100%

Table 9: Question 9: Recommend Living in Fairfax County Area

How likely or unlikely are you to recommend living in the Fairfax County area to older adults?	Percent of respondents
Very likely	24%
Somewhat likely	42%
Somewhat unlikely	18%
Very unlikely	17%
Total	100%

Table 10: Question 10: Likelihood of Remaining in Community Throughout Retirement

How likely or unlikely are you to remain in the Fairfax County area throughout your retirement?	Percent of respondents
Very likely	33%
Somewhat likely	29%
Somewhat unlikely	15%
Very unlikely	23%
Total	100%

Table 11: Question 11: Participation in Activities

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more	2-4 times a month	Once a month or less	Not at all	Total
Used a senior center in Fairfax County	3%	2%	5%	90%	100%
Used a recreation center in Fairfax County	8%	8%	21%	64%	100%
Used a public library in Fairfax County	7%	20%	33%	40%	100%
Used bus, rail, subway or other public transportation instead of driving	11%	11%	29%	49%	100%
Visited a neighborhood park	12%	22%	39%	27%	100%

Table 12: Question 12: Attendance of Public Meetings

Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?	2 times a week or more	2-4 times a month	Once a month or less	Not at all	Total
Attended a local public meeting	1%	2%	22%	75%	100%
Watched (online or on television) a local public meeting	2%	4%	20%	74%	100%

Table 13: Question 13: Hours Spent Doing Activities

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)	1 to 3 hours	4 to 5 hours	6 to 10 hours	11 or more hours	Total
Participating in a club (including book, dance, game and other social)	65%	24%	7%	2%	2%	100%
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	91%	6%	1%	1%	0%	100%
Communicating/ visiting with friends and/or family	6%	34%	24%	16%	21%	100%
Participating in religious or spiritual activities with others	43%	37%	10%	5%	5%	100%
Participating in a recreation program or group activity	51%	29%	12%	5%	3%	100%
Providing help to friends or relatives	20%	47%	15%	8%	10%	100%
Volunteering your time to some group/activity in the Fairfax County area	67%	22%	6%	3%	2%	100%

Table 14: Question 14: Hours Spent Providing Care

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)	1 to 3 hours	4 to 5 hours	6 to 10 hours	11 to 20 hours	20 or more hours	Total
One or more individuals age 55 or older	60%	17%	7%	5%	3%	8%	100%
One or more individuals age 18 to 54	70%	11%	5%	4%	2%	7%	100%
One or more individuals under age 18	71%	8%	4%	4%	3%	10%	100%

Table 15: Question 15: Regularity Doing Activities

How often, if at all, do you do each of the following, considering all of the times you could?	Never	Rarely	Sometimes	Usually	Always	Total
Eat at least 5 portions of fruits and vegetables a day	6%	15%	30%	35%	15%	100%
Participate in moderate or vigorous physical activity	6%	16%	28%	33%	18%	100%
Receive assistance from someone almost every day	81%	11%	4%	2%	2%	100%
Vote in local elections	7%	2%	5%	18%	67%	100%

Table 16: Question 11 Line Addition: Participation Support Groups for Caregivers

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more	2-4 times a month	Once a month or less	Not at all	Total
Attended a support group for caregivers	1%	1%	3%	96%	100%

Table 17: Question D1: Length of Residency

How many years have you lived in the Fairfax County area?	Percent of respondents
Less than 1 year	2%
1-5 years	8%
6-10 years	7%
11-20 years	20%
More than 20 years	64%
Total	100%

Table 18: Question D2: Housing Unit Type

Which best describes the building you live in?	Percent of respondents
Single family home	50%
Townhouse, condominium, duplex or apartment	47%
Mobile home	0%
Assisted living residence	1%
Nursing home	0%
Other	1%
Total	100%

Table 19: Question D3: Tenure (Rent or Own)

Do you currently rent or own your home?	Percent of respondents
Rent	28%
Own (with a mortgage payment)	47%
Own (free and clear; no mortgage)	25%
Total	100%

Table 20: Question D4: Monthly Housing Costs

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?	Percent of respondents
Less than \$300 per month	4%
\$300 to \$599 per month	6%
\$600 to \$999 per month	11%
\$1,000 to \$1,499 per month	16%
\$1,500 to \$2,499 per month	31%
\$2,500 or more per month	32%
Total	100%

Table 21: Question D5: Total Number of Household Members

How many people, including yourself, live in your household?	Percent of respondents
1 person (live alone)	28%
2 people	38%
3 people	18%
4 or more people	16%
Total	100%

Table 22: Question D6: Number of Older Adult Household Members

How many of these people, including yourself, are 55 or older?	Percent of respondents
1 person	40%
2 people	56%
3 people	3%
4 or more people	1%
Total	100%

Table 23: Question D7: Retirement Status

What is your employment status?	Percent of respondents
Fully retired	36%
Working full time for pay	49%
Working part time for pay	11%
Unemployed, looking for paid work	3%
Total	100%

Table 24: Question D8: Expected Age of Retirement

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents
60 to 64	17%
65 to 69	43%
70 to 74	26%
75 or older	14%
Total	100%

Table 25: Question D9: Household Income

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent of respondents
Less than \$15,000	5%
\$15,000 to \$24,999	6%
\$25,000 to \$49,999	12%
\$50,000 to \$74,999	13%
\$75,000 to \$99,999	14%
\$100,000 or more	51%
Total	100%

Table 26: Question D10: Respondent Ethnicity/Origin

Are you Spanish/Hispanic/Latino?	Percent of respondents
Yes	13%
No	87%
Total	100%

Table 27: Question D11: Respondent Race

What is your race?	Percent of respondents
American Indian or Alaskan native	1%
Asian or Pacific Islander	18%
Black, African American	9%
White/Caucasian	67%
Other	9%

Total may exceed 100% as respondents could select more than one option.

Table 28: Question D12: Respondent Age

In which category is your age?	Percent of respondents
50-54 years	21%
55-59 years	21%
60-64 years	19%
65-69 years	13%
70-74 years	12%
75-79 years	7%
80-84 years	5%
85-89 years	2%
Total	100%

Table 29: Question D13: Respondent Gender

Sex	Percent of respondents
Female	54%
Male	46%
Total	100%

Table 30: Question D14: Respondent Sexual Orientation

What is your sexual orientation?	Percent of respondents
Heterosexual	96%
Lesbian	1%
Gay	1%
Bisexual	2%
Total	100%

Frequencies Including “Don’t Know”

Table 31: Question 1: Quality of Community

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
How do you rate the Fairfax County area as a place to live?	41%	1,931	49%	2,317	8%	366	1%	46	0%	21	100%	4,680
How do you rate the Fairfax County area as a place to retire?	13%	612	32%	1,458	29%	1,343	19%	872	6%	287	100%	4,572

Table 32: Question 2: Community Characteristics

Please rate each of the following characteristics as they relate to Fairfax County adults age 50 or older	Excellent		Good		Fair		Poor		Don't know		Total	
Opportunities to volunteer	34%	1,582	37%	1,765	8%	398	2%	78	19%	886	100%	4,708
Employment opportunities	24%	1,104	35%	1,645	17%	820	5%	240	19%	880	100%	4,689
Opportunities to enroll in skill-building or personal enrichment classes	29%	1,333	40%	1,884	13%	584	2%	108	16%	745	100%	4,653
Recreation opportunities (including games, arts and library services, etc.)	39%	1,843	41%	1,909	11%	526	2%	80	7%	315	100%	4,672
Fitness opportunities (including exercise classes and paths or trails, etc.)	41%	1,921	39%	1,812	12%	574	2%	102	6%	289	100%	4,698
Opportunities to attend social events or activities	24%	1,118	39%	1,794	19%	898	3%	154	15%	679	100%	4,643
Opportunities to attend religious or spiritual activities	39%	1,827	35%	1,622	10%	481	1%	67	15%	692	100%	4,688
Opportunities to attend or participate in meetings about local government or community matters	23%	1,083	39%	1,812	18%	856	5%	254	14%	667	100%	4,672

Please rate each of the following characteristics as they relate to Fairfax County adults age 50 or older	Excellent		Good		Fair		Poor		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Availability of affordable quality housing	4%	191	12%	551	35%	1,631	39%	1,810	11%	501	100%	4,684
Variety of housing options	9%	415	29%	1,340	35%	1,622	18%	838	10%	446	100%	4,662
Availability of long-term care options	6%	301	20%	927	22%	1,055	11%	510	41%	1,905	100%	4,699
Availability of daytime care options for older adults	5%	238	16%	765	20%	929	9%	425	50%	2,328	100%	4,685
Availability of information about resources for older adults	8%	379	24%	1,116	23%	1,058	10%	465	36%	1,664	100%	4,683
Availability of financial and legal planning services	11%	491	26%	1,226	20%	925	8%	364	35%	1,636	100%	4,642
Availability of affordable quality physical health care	16%	748	30%	1,416	24%	1,110	11%	536	19%	874	100%	4,684
Availability of affordable quality mental health care	8%	369	19%	873	19%	875	13%	617	41%	1,904	100%	4,638
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	22%	1,010	39%	1,839	19%	885	5%	214	16%	742	100%	4,690
Availability of affordable quality food	24%	1,087	40%	1,833	24%	1,102	7%	319	6%	269	100%	4,610
Sense of community	12%	566	36%	1,689	32%	1,475	13%	612	6%	294	100%	4,636
Openness and acceptance of the community towards older residents of diverse backgrounds	13%	596	34%	1,603	25%	1,174	9%	424	19%	882	100%	4,678
Ease of travel by public transportation in the Fairfax County area	11%	503	27%	1,242	28%	1,311	20%	924	15%	705	100%	4,685
Ease of car travel in the Fairfax County area	13%	603	33%	1,548	33%	1,538	19%	883	2%	99	100%	4,671
Ease of walking in the Fairfax County area	11%	523	30%	1,414	34%	1,582	21%	1,009	4%	165	100%	4,693
Ease of getting to the	14%	648	42%	1,979	34%	1,595	9%	410	1%	52	100%	4,684

Please rate each of the following characteristics as they relate to Fairfax County adults age 50 or older	Excellent		Good		Fair		Poor		Don't know		Total	
places you usually have to visit												
Overall feeling of safety in the Fairfax County area	23%	1,101	53%	2,478	20%	927	3%	152	1%	45	100%	4,703
Valuing older residents in the Fairfax County area	9%	431	33%	1,531	27%	1,260	8%	397	23%	1,061	100%	4,680
Neighborliness of the Fairfax County area	10%	474	39%	1,815	34%	1,600	11%	510	6%	279	100%	4,679
Cost of living in the Fairfax County area	2%	106	10%	483	39%	1,835	46%	2,168	2%	114	100%	4,705

Table 33: Question 3: Overall Service to Older Adults

How would you rate the overall services provided to older adults in the Fairfax County area?	Percent of respondents	Number of respondents
Excellent	8%	366
Good	32%	1,513
Fair	20%	943
Poor	4%	200
Don't know	36%	1,679
Total	100%	4,701

Table 34: Question 4: Level of Informedness about Services and Activities for Older Adults

In general, how informed or uninformed do you feel about services and activities available to older adults in the Fairfax County area?	Percent of respondents	Number of respondents
Very informed	9%	429
Somewhat informed	40%	1,885
Somewhat uninformed	26%	1,231
Very uninformed	24%	1,142
Total	100%	4,687

Table 35: Question 5: Quality of Life and Health

Please circle the number that comes closest to your opinion for each of the following questions.	Excellent		Good		Fair		Poor		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
How do you rate your overall physical health?	27%	1,253	56%	2,617	14%	679	3%	123	1%	29	100%	4,701
How do you rate your overall mental health/emotional well being?	43%	2,000	46%	2,153	9%	411	2%	81	1%	50	100%	4,695
How do you rate your overall quality of life?	30%	1,428	55%	2,569	13%	595	2%	83	0%	21	100%	4,697

Table 36: Question 6: Problems Faced by Older Adults

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Having housing to suit your needs	69%	3,241	13%	610	10%	451	5%	252	2%	110	100%	4,664
Your physical health	50%	2,338	32%	1,487	14%	646	3%	155	1%	26	100%	4,652
Performing regular activities, including walking, eating and preparing meals	77%	3,577	14%	672	7%	321	2%	89	0%	13	100%	4,673
Having enough food to eat	90%	4,189	6%	259	3%	149	1%	59	0%	7	100%	4,663
Doing heavy or intense housework	56%	2,596	25%	1,186	13%	594	5%	230	2%	71	100%	4,677
Having safe and affordable transportation available	70%	3,259	15%	689	9%	401	3%	129	4%	174	100%	4,652
No longer being able to drive	80%	3,703	5%	216	3%	121	4%	196	8%	379	100%	4,615
Feeling depressed	66%	3,076	22%	1,032	7%	325	3%	141	2%	101	100%	4,676
Experiencing confusion or forgetfulness	74%	3,478	17%	817	4%	200	2%	87	2%	90	100%	4,671
Maintaining your home	66%	3,098	23%	1,077	8%	359	3%	131	1%	29	100%	4,694
Maintaining your yard	60%	2,734	21%	966	9%	409	4%	181	7%	303	100%	4,593
Finding productive or meaningful activities to do	69%	3,219	18%	844	8%	370	3%	121	2%	107	100%	4,661
Having friends or family you can rely on	69%	3,226	17%	819	8%	373	5%	222	1%	44	100%	4,684
Falling or injuring yourself in your home	82%	3,814	11%	519	3%	140	2%	102	2%	100	100%	4,675

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Finding affordable health insurance	66%	3,084	14%	658	9%	403	9%	443	2%	96	100%	4,685
Getting the health care you need	73%	3,426	15%	690	6%	295	5%	217	1%	51	100%	4,678
Affording the medications you need	73%	3,427	14%	665	6%	295	5%	234	1%	59	100%	4,679
Figuring out which medications to take and when	88%	4,101	7%	315	3%	134	1%	47	2%	77	100%	4,675
Getting the oral health care you need	78%	3,651	10%	483	5%	253	5%	241	1%	52	100%	4,679
Getting the vision care you need	79%	3,724	10%	471	6%	294	3%	164	1%	38	100%	4,691
Having enough money to meet daily expenses	70%	3,256	16%	758	8%	361	6%	274	1%	30	100%	4,678
Having enough money to pay your property taxes	66%	3,060	13%	610	8%	391	8%	354	5%	234	100%	4,650
Staying physically fit	49%	2,272	31%	1,452	15%	679	5%	220	1%	41	100%	4,664
Maintaining a healthy diet	58%	2,667	27%	1,260	11%	530	3%	143	1%	36	100%	4,635
Having interesting recreational or cultural activities to attend	58%	2,650	22%	1,029	11%	501	4%	176	5%	242	100%	4,597
Having interesting social events or activities to attend	54%	2,471	24%	1,092	13%	595	5%	213	5%	239	100%	4,610
Feeling bored	61%	2,816	24%	1,103	10%	448	4%	196	2%	87	100%	4,650
Feeling like your voice is heard in the community	35%	1,591	20%	908	13%	603	9%	421	24%	1,086	100%	4,609
Finding meaningful volunteer work	51%	2,317	14%	648	8%	352	3%	146	24%	1,117	100%	4,580
Feeling physically burdened by providing care for another person	67%	3,111	12%	538	6%	261	4%	203	11%	497	100%	4,610
Feeling emotionally burdened by providing care for another person	63%	2,902	14%	637	8%	358	5%	231	10%	482	100%	4,610
Feeling financially burdened by providing care for another person	67%	3,069	12%	542	7%	304	6%	262	9%	435	100%	4,611
Dealing with legal issues	69%	3,172	13%	613	6%	257	3%	142	9%	430	100%	4,615

The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?	Not a problem		Minor problem		Moderate problem		Major problem		Don't know		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	53%	2,479	19%	864	9%	436	7%	303	12%	570	100%	4,652
Finding work in retirement	44%	2,018	8%	359	7%	302	5%	250	36%	1,652	100%	4,581
Building skills for paid or unpaid work	48%	2,200	10%	465	6%	268	4%	166	32%	1,461	100%	4,560
Not knowing what services are available to older adults in your community	31%	1,424	22%	997	15%	687	11%	531	22%	998	100%	4,637
Feeling lonely or isolated	67%	3,067	18%	813	8%	355	5%	209	4%	163	100%	4,606
Dealing with the loss of a close family member or friend	63%	2,904	15%	682	9%	405	7%	308	7%	336	100%	4,635
Being a victim of crime	80%	3,695	5%	231	2%	101	2%	109	11%	487	100%	4,623
Being a victim of fraud or a scam	74%	3,433	9%	428	4%	187	3%	150	9%	429	100%	4,627
Being physically or emotionally abused	83%	3,857	4%	175	2%	109	2%	86	9%	410	100%	4,638
Dealing with financial planning issues	60%	2,797	21%	972	9%	404	5%	244	5%	210	100%	4,628
Being treated unfairly or discriminated against because of your age	67%	3,122	13%	588	7%	327	5%	212	9%	401	100%	4,651

Table 37: Question 7: Days Spent in Facilities

Thinking back over the past 12 months, how many days did you spend in...	No days (zero)		One to two days		Three to five days		Six or more days		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
A hospital	84%	3,697	9%	388	4%	192	3%	147	100%	4,425
A nursing home or in-patient rehabilitation facility	99%	3,800	0%	9	0%	6	1%	38	100%	3,852

Table 38: Question 8: Falls in Last 12 Months

Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Percent of respondents	Number of respondents
Never	74%	3,467
Once or twice	22%	1,050
3-5 times	2%	101
More than 5 times	0%	21
Don't know	1%	39
Total	100%	4,677

Table 39: Question 9: Recommend Living in Fairfax County Area

How likely or unlikely are you to recommend living in the Fairfax County area to older adults?	Percent of respondents	Number of respondents
Very likely	22%	1,000
Somewhat likely	38%	1,757
Somewhat unlikely	16%	756
Very unlikely	15%	719
Don't know	9%	410
Total	100%	4,641

Table 40: Question 10: Likelihood of Remaining in Community Throughout Retirement

How likely or unlikely are you to remain in the Fairfax County area throughout your retirement?	Percent of respondents	Count
Very likely	31%	1,434
Somewhat likely	27%	1,243
Somewhat unlikely	14%	655
Very unlikely	21%	979
Don't know	7%	323
Total	100%	4,633

Table 41: Question 11: Participation in Activities

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more		2-4 times a month		Once a month or less		Not at all		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
Used a senior center in Fairfax County	3%	119	2%	106	5%	231	90%	4,215	100%	4,670
Used a recreation center in Fairfax County	8%	369	8%	363	21%	961	64%	2,969	100%	4,662
Used a public library in Fairfax County	7%	345	20%	936	33%	1,523	40%	1,861	100%	4,665
Used bus, rail, subway or other public transportation instead of driving	11%	536	11%	497	29%	1,362	49%	2,282	100%	4,678
Visited a neighborhood park	12%	582	22%	1,011	39%	1,815	27%	1,271	100%	4,679

Table 42: Question 12: Attendance of Public Meetings

Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?	2 times a week or more		2-4 times a month		Once a month or less		Not at all		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count
Attended a local public meeting	1%	24	2%	95	22%	1,032	75%	3,529	100%	4,679
Watched (online or on television) a local public meeting	2%	71	4%	208	20%	917	74%	3,431	100%	4,628

Table 43: Question 13: Hours Spent Doing Activities

During a typical week, how many hours, if any, do you spend doing the following?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 or more hours		Total	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
Participating in a club (including book, dance, game and other social)	65%	2,821	24%	1,062	7%	282	2%	95	2%	79	100%	4,339
Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	91%	3,891	6%	276	1%	57	1%	34	0%	18	100%	4,276
Communicating/ visiting with friends and/or family	6%	283	34%	1,529	24%	1,058	16%	701	21%	925	100%	4,497
Participating in religious or spiritual activities with others	43%	1,907	37%	1,639	10%	438	5%	215	5%	234	100%	4,433
Participating in a recreation program or group activity	51%	2,223	29%	1,273	12%	507	5%	240	3%	152	100%	4,396
Providing help to friends or relatives	20%	879	47%	2,070	15%	675	8%	348	10%	439	100%	4,412
Volunteering your time to some group/activity in the Fairfax County area	67%	2,880	22%	959	6%	259	3%	118	2%	101	100%	4,318

Table 44: Question 14: Hours Spent Providing Care

During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant relationship (such as spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?	Never (no hours)		1 to 3 hours		4 to 5 hours		6 to 10 hours		11 to 20 hours		20 or more hours		Total	
One or more individuals age 55 or older	60%	2,669	17%	767	7%	305	5%	233	3%	121	8%	345	100%	4,440
One or more individuals age 18 to 54	70%	3,051	11%	492	5%	235	4%	184	2%	90	7%	285	100%	4,338
One or more individuals under age 18	71%	3,083	8%	327	4%	186	4%	174	3%	125	10%	435	100%	4,329

Table 45: Question 15: Regularity Doing Activities

How often, if at all, do you do each of the following, considering all of the times you could?	Never		Rarely		Sometimes		Usually		Always		Total	
Eat at least 5 portions of fruits and vegetables a day	6%	268	15%	722	30%	1,392	35%	1,630	15%	683	100%	4,694
Participate in moderate or vigorous physical activity	6%	278	16%	740	28%	1,296	33%	1,527	18%	848	100%	4,689
Receive assistance from someone almost every day	81%	3,782	11%	534	4%	181	2%	97	2%	80	100%	4,675
Vote in local elections	7%	343	2%	116	5%	255	18%	820	67%	3,147	100%	4,681

Table 46: Question 11 Line Addition: Participation Support Groups for Caregivers

In the last 12 month, about how many times, if ever, have you participated in or done each of the following?	2 times a week or more		2-4 times a month		Once a month or less		Not at all		Total	
Attended a support group for caregivers	1%		1%		3%		96%		100%	

Table 47: Question D1: Length of Residency

How many years have you lived in the Fairfax County area?	Percent of respondents	Number of respondents
Less than 1 year	2%	89
1-5 years	8%	362
6-10 years	7%	329
11-20 years	20%	944
More than 20 years	64%	3,001
Total	100%	4,725

Table 48: Question D2: Housing Unit Type

Which best describes the building you live in?	Percent of respondents	Number of respondents
Single family home	50%	2,375
Townhouse, condominium, duplex or apartment	47%	2,240
Mobile home	0%	6
Assisted living residence	1%	28
Other	1%	68
Total	100%	4,717

Table 49: Question D3: Tenure (Rent or Own)

Do you currently rent or own your home?	Percent of respondents	Number of respondents
Rent	28%	1,316
Own (with a mortgage payment)	47%	2,210
Own (free and clear; no mortgage)	25%	1,166
Total	100%	4,692

Table 50: Question D4: Monthly Housing Costs

About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?	Percent of respondents	Number of respondents
Less than \$300 per month	4%	181
\$300 to \$599 per month	6%	279
\$600 to \$999 per month	11%	501
\$1,000 to \$1,499 per month	16%	739
\$1,500 to \$2,499 per month	31%	1,431
\$2,500 or more per month	32%	1,481
Total	100%	4,611

Table 51: Question D5: Total Number of Household Members

How many people, including yourself, live in your household?	Percent of respondents	Number of respondents
1 person (live alone)	28%	1,310
2 people	38%	1,754
3 people	18%	852
4 or more people	16%	748
Don't know	0%	0
Total	100%	4,664

Table 52: Question D6: Number of Older Adult Household Members

How many of these people, including yourself, are 55 or older?	Percent of respondents	Number of respondents
1 person	40%	1,815
2 people	56%	2,531
3 people	3%	135
4 or more people	1%	35
Don't know	0%	0
Total	100%	4,516

Table 53: Question D7: Retirement Status

What is your employment status?	Percent of respondents	Number of respondents
Fully retired	36%	1,667
Working full time for pay	49%	2,287
Working part time for pay	11%	521
Unemployed, looking for paid work	3%	157
Total	100%	4,633

Table 54: Question D8: Expected Age of Retirement

[If not yet fully retired] At what age do you expect to retire completely and not work for pay at all?	Percent of respondents	Number of respondents
60 to 64	17%	447
65 to 69	43%	1,094
70 to 74	26%	662
75 or older	14%	354
Total	100%	2,557

Table 55: Question D9: Household Income

How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)	Percent of respondents	Number of respondents
Less than \$15,000	5%	207
\$15,000 to \$24,999	6%	253
\$25,000 to \$49,999	12%	518
\$50,000 to \$74,999	13%	599
\$75,000 to \$99,999	14%	611
\$100,000 or more	51%	2,305
Total	100%	4,494

Table 56: Question D10: Respondent Ethnicity/Origin

Are you Spanish/Hispanic/Latino?	Percent of respondents	Number of respondents
Yes	13%	622
No	87%	4,003
Total	100%	4,625

Table 57: Question D11: Respondent Race

What is your race?	Percent of respondents	Number of respondents
American Indian or Alaskan native	1%	57
Asian or Pacific Islander	18%	822
Black, African American	9%	400
White/Caucasian	67%	3,092
Other	9%	408

Total may exceed 100% as respondents could select more than one option.

Table 58: Question D12: Respondent Age

In which category is your age?	Percent of respondents	Number of respondents
50-54 years	21%	982
55-59 years	21%	968
60-64 years	18%	864
65-69 years	13%	585
70-74 years	12%	563
75-79 years	7%	337
80-84 years	5%	222
85-89 years	2%	105
90-94 years	1%	43
95 years or older	0%	6
Total	100%	4,674

Table 59: Question D13: Respondent Gender

Sex	Percent of respondents	Number of respondents
Female	54%	2,490
Male	46%	2,133
Other/non-conforming	0%	3
Total	100%	4,625

Table 60: Question D14: Respondent Sexual Orientation

What is your sexual orientation?	Percent of respondents	Number of respondents
Heterosexual	96%	4,099
Lesbian	1%	23
Gay	1%	58
Bisexual	2%	76
Total	100%	4,257

Appendix B: Survey Methodology

Data Collection Methods Used in the CASOA

The Community Assessment Survey for Older Adults (CASOA)[™], conducted by National Research Center, Inc., was developed to provide an accurate, affordable and easy way to assess and interpret the experience of older adults in the community. The CASOA[™] survey instrument and its administration are standardized to assure high quality survey methods and comparable results across CASOA[™] communities. The CASOA[™] was customized for Fairfax County to reflect the correct local age definition of older adults and so that the mailing materials used official Fairfax County graphics, contact information and signatures. The Fairfax County sponsored and funded this research. Please contact Michelle Gregory at the Fairfax County Office of Strategy Management at Michelle.Gregory@fairfaxcounty.gov if you have any questions about the survey.

Survey Development

The CASOA[™] questionnaire contains many questions related to the life of older residents in the community. The instrument includes questions related to overall quality of life, characteristics of the community, perceptions of safety in the community and of 40 different needs common to older adults.

The questionnaire grew from a synthesis of a number of data collection processes including a national search of needs assessments conducted by communities across the United States, a review of the literature on aging and the conduct of numerous surveys and large scale needs assessments by NRC. A blue-ribbon panel of national experts contributed to the concept and content of CASOA[™].

The items in the questionnaire were pilot tested on senior residents using a “think-aloud” method in which older adults were asked to complete the survey and describe their thought processes related to specific questions and question sets. The results of the pilot test were used to alter the questionnaire for better understanding by senior participants. The final questionnaire was tested in a set of diverse U.S. communities and modifications again were made as necessary.

Selecting Survey Recipients

“Sampling” refers to the method by which survey recipients are chosen. The “sample” refers to all those who were given a chance to participate in the survey. A list of households with a high likelihood of having a resident age 50 years or older within the County was purchased. Although the purchased list of known senior households contained names of the residents 50 years and older, no name was printed on the survey envelope; instead, the survey was addressed to “Resident.” The list of households was purchased from Go-Dog Direct.

A larger list than needed was sampled so that a process referred to as “geocoding” could be used to eliminate addresses from the list that were outside the study boundaries. Geocoding is a computerized process in which addresses are compared to electronically mapped boundaries and coded as inside or outside desired boundaries. All addresses determined to be outside the study boundaries were eliminated from the sample. A stratified, systematic sampling method was used with the remaining addresses to create a mailing list of 22,000 Fairfax County older adult households, with 2,060 surveys being sent to each of the nine Supervisor Districts and to the City of Fairfax and 1,400 being sent to the City of Falls Church. Systematic sampling is a procedure whereby a complete list of all possible households is culled, selecting every Nth one, giving each eligible household a known probability of selection, until the appropriate number of households is selected. In general, because of the random sampling techniques

used, the sampling density will closely mirror the overall housing unit density (which may be different from the population density). While the theory of probability assumes no bias in selection, there may be some minor variations in practice (meaning, an area with only 15% of the housing units might be selected at an actual rate that is slightly above or below that).

In order to select a random individual 50 years of age and older within the household, the cover letter requested that the questionnaire be given to the person 50 years of age and older who most recently celebrated their birthday (regardless of year of birth) to complete. The underlying assumption in this method is that day of birth has no relationship to the way people respond to surveys. This instruction was contained in the cover letter accompanying the questionnaire.

Survey Administration and Response

Each sampled household received three mailings, about one week apart, beginning on February 1st, 2019. The first mailing was a prenotification postcard announcing the upcoming survey. The next mailing contained a letter from the Fairfax County Executive inviting the household to participate, a questionnaire and a postage-paid return envelope. The final mailing contained a reminder letter, another survey and a postage-paid return envelope. The second cover letter asked those who had not completed the survey to do so and those who had already done so to refrain from turning in another survey. The cover letter included URL, which allowed respondents to complete the survey online if they preferred. The survey was available in English, Spanish, Vietnamese and Korean. Cover letters contained paragraphs in all languages instructing participants to take the survey online in their language of preference. Completed surveys were collected over the following seven weeks.

About 1% of the 22,000 surveys mailed were returned because the housing unit was vacant or the postal service was unable to deliver the survey as addressed. Of the remaining 21,679 households that received the survey, 4,777 completed the survey, providing an overall response rate of 22%. Of the 4,777 completed surveys, 429 were completed online, with three of those being completed in Spanish, three in Vietnamese and 14 in Korean. Additionally, responses were tracked by Supervisor Districts and two cities; response rates by District and city ranged from 19% to 26%. The response rates were calculated using AAPOR's response rate #2² for mailed surveys of unnamed persons.

Table 61: Survey Response Rates by District and City

	Braddock	Hunter Mill	Dranesville	Lee	Mason	Mount Vernon	Providence	Springfield	Sully	City of Fairfax	City of Falls Church	Overall
Total sample used	2,060	2,060	2,060	2,060	2,060	2,060	2,060	2,060	2,060	2,060	1,400	22,000
I=Complete Interviews	0	0	0	0	0	0	0	0	0	0	0	0
P=Partial Interviews	0	0	0	0	0	0	0	0	0	0	0	0
R=Refusal and break off	0	0	0	0	0	0	0	0	0	0	0	0
NC=Non Contact	0	0	0	0	0	0	0	0	0	0	0	0
O=Other	0	0	0	0	0	0	0	0	0	0	0	0
UH=Unknown household	0	0	0	0	0	0	0	0	0	0	0	0
UO=Unknown other	2,038	2,027	2,034	2,027	2,038	2,022	2,027	2,025	2,038	2,022	1,381	21,679
Response rate: (I+P)/(I+P) + (R+NC+O) + (UH+UO)	26%	23%	23%	20%	20%	22%	19%	24%	20%	22%	22%	22%

² See AAPOR's Standard Definitions here: [http://www.aapor.org/Standards-Ethics/Standard-Definitions-\(I\).aspx](http://www.aapor.org/Standards-Ethics/Standard-Definitions-(I).aspx) for more information

Confidence Intervals

It is customary to describe the precision of estimates made from surveys by a “level of confidence” and accompanying “confidence interval” (or margin of error). A traditional level of confidence, and the one used here, is 95%. The 95% confidence interval can be any size and quantifies the sampling error or imprecision of the survey results because some residents’ opinions are relied on to estimate all residents’ opinions.³

The margin of error for the Fairfax County survey is no greater than plus or minus one percentage points around any given percent reported for all respondents (4,777 completed surveys).

For subgroups of responses, the margin of error increases because the number of respondents for the subgroup is smaller. For subgroups of approximately 100 respondents, the margin of error is plus or minus 10 percentage points.

Survey Processing (Data Entry)

Upon receipt, completed surveys were assigned a unique identification number. Additionally, each survey was reviewed and “cleaned” as necessary. For example, a question may have asked a respondent to pick two items out of a list of five, but the respondent checked three; in this case, NRC would use protocols to randomly choose two of the three selected items for inclusion in the dataset.

All surveys then were entered twice into an electronic dataset; any discrepancies were resolved in comparison to the original survey form. Range checks as well as other forms of quality control were also performed.

NRC used SurveyGizmo, a web-based survey and analytics platform, to collect the online survey data. Use of an online system means all collected data are entered into the dataset when the respondents submit the surveys. Skip patterns are programmed into system so respondents are automatically “skipped” to the appropriate question based on the individual responses being given. Online programming also allows for more rigid control of the data format, making extensive data cleaning unnecessary.

A series of quality control checks were also performed in order to ensure the integrity of the web data. Steps may include and not be limited to reviewing the data for clusters of repeat IP addresses and time stamps (indicating duplicate responses) and removing empty submissions (questionnaires submitted with no questions answered). After this process, 18 duplicate submissions were removed.

Survey Data Weighting

The primary objective of weighting survey data is to make the survey sample reflective of the larger population of the County. This is done by: 1) reviewing the sample demographics and comparing them to the population norms from the most recent Census or other sources and 2) comparing the responses to different questions for demographic subgroups. The demographic characteristics that are least similar to the Census and yield the most different results are the best candidates for data weighting. Several different weighting “schemes” are tested to ensure the best fit for the data. The characteristics used for

³ A 95% confidence interval indicates that for every 100 random samples of this many residents, 95 of the confidence intervals created will include the “true” population response. This theory is applied in practice to mean that the “true” perspective of the target population lies within the confidence interval created for a single survey. For example, if 75% of residents rate a service as “excellent” or “good,” then the 4% margin of error (for the 95% confidence interval) indicates that the range of likely responses for the entire community is between 71% and 79%. This source of uncertainty is called sampling error. In addition to sampling error, other sources of error may affect any survey, including the non-response of residents with opinions different from survey responders. Though standardized on CASOA, on other surveys, differences in question wording, order, translation and data entry, as examples, can lead to somewhat varying results.

weighting were housing tenure (rent or own), housing unit type (attached or detached), race, ethnicity and age. No adjustments were made for design effects. The results of the weighting scheme are presented in the following table.

Table 62: Weighting Scheme for the 2015 Fairfax County CASOA

	2010 Census ¹	Unweighted	Weighted
Rent	32%	8%	28%
Own	68%	92%	72%
Detached ²	48%	71%	50%
Attached ²	52%	29%	50%
White	63%	80%	64%
Not white	38%	20%	36%
Hispanic	16%	95%	13%
Not Hispanic	84%	5%	87%
Female 50+	52%	52%	54%
Male 50+	48%	48%	46%
Age 50 to 54	23%	13%	21%
Age 55 to 59	21%	15%	21%
Age 60 to 64	18%	17%	18%
Age 65 to 74	23%	33%	25%
Age 75 or over	14%	22%	15%
Female 50 to 54	12%	7%	12%
Female 55 to 59	11%	8%	11%
Female 60 to 64	9%	9%	11%
Female 65 to 74	12%	17%	13%
Female 75 or over	8%	11%	8%
Male 50 to 54	11%	6%	9%
Male 55 to 59	10%	7%	10%
Male 60 to 64	9%	7%	7%
Male 65 to 74	11%	16%	12%
Male 75 or over	6%	11%	8%

¹Source: U.S. Census Bureau – ACS 2017

Survey Data Analysis and Reporting

The survey dataset was analyzed using the Statistical Package for the Social Sciences (SPSS). For the most part, the percentages presented in the reports represent the “percent positive.” The percent positive is the combination of the top two most positive response options (i.e., “excellent” and “good,” “very safe” and “somewhat safe,” “essential” and “very important,” etc.), or, in the case of resident behaviors/participation, the percent positive represents the proportion of respondents indicating “yes” or participating in an activity at least once a month.

On many of the questions in the survey respondents may answer “don’t know.” The proportion of respondents giving this reply is shown in the full set of responses included in *Appendix B: Complete Set of Survey Frequencies*. However, these responses have been removed from the analyses presented in the reports. In other words, the tables and graphs display the responses from respondents who had an opinion about a specific item.

A variety of analyses were presented in the body of the report. The following sections summarize how these analyses were conducted or scores calculated.

Estimates of the Contribution of Older Adults to the Economy

The calculations of the economic contributions of older adults in Fairfax County were rough estimates using data from the U.S. Department of Labor Bureau of Labor Statistics (Metropolitan and Nonmetropolitan Area Occupational Employment and Wage Estimates).

Table 63: Contribution of Older Adults to the Economy

	Percent of older adults	Number of older adults ¹	Average number of hours*	Average hourly rate**	Annual total
Providing care to older adult(s)	40%	146,839	9.6	\$13.00	\$885,745,499
Providing care to adult(s)	30%	109,179	10.5	\$13.00	\$701,229,535
Providing care to child(ren)	29%	105,992	14.3	\$14.14	\$1,011,733,939
Providing help to family and friends	80%	294,798	4.5	\$11.45	\$734,093,681
Volunteering	33%	122,617	3.8	\$19.14	\$416,014,761
Subtotal unpaid					\$3,748,817,416
Working part time	11%	41,446	15.0	\$34.12	\$1,069,675,883
Working full time	49%	181,785	32.0	\$34.12	\$10,008,848,976
Subtotal paid					\$11,078,524,859
Total contribution					\$14,827,342,274

¹Based on U.S. Census Bureau – ACS 2017; about adults age 50 and over in Fairfax County

* Respondents were asked to select a range of hours. The average number of hours was calculated from the mid-point of the response scale. For example, a response of “1 to 3 hours” equated to 2 hours and a response of “never” was assumed to be zero hours. In cases where the respondent chose a response that indicated “11 or more hours” or “20 or more hours”, the number of hours was calculated as 125% of 11 and 125% of 20 (i.e., 13.75 and 25 respectively). Working full time was assumed to be 32 hours per week and working part time was assumed to be 15 hours per week.

**The economic value of an hour worked was assumed to be the same as the average hourly wage as calculated by the Bureau of Labor statistics for similar types of work in the Washington-Arlington-Alexandria, DC-VA-MD-WV Metro Area MSA. Providing care for older adults and adults was assumed to be the equivalent of “Personal and Home Care Aides.” Providing care for children was assumed to be the equivalent of “Child Care Workers.” Providing help to family and friends was assumed to be the equivalent of “Personal Care and Service Workers, All Other.” Volunteering was assumed to be the equivalent of “Office Clerks, General.” Working full time and part time was assumed to be the equivalent of “All Occupations.”

The proportion of older adults who work was estimated by examining the responses to question D7 from the survey (“What is your employment status?”). Those working full-time were assumed to work 32 hours per week and those working part-time were assumed to work 15 hours per week. The proportion of survey respondents was multiplied by the number of adults 60 and over in the community to ascertain the number of employed older adults. To determine the average paid wage, information from the Bureau of Labor Statistics for the Washington-Arlington-Alexandria, DC-VA-MD-WV Metro Area MSA was examined. Working full-time and part-time was assumed to be the equivalent of “All Occupations” (occupation code 00-0000).

The proportion of older adults doing volunteer work and providing help to friends and neighbors was determined by looking at the responses to question 12 (“During a typical week, how many hours, if any, do you spend doing the following?”), items f (“providing help to family and friends”) and g (“volunteering your time to some group/activity”). Those responding “1 to 3 hours” were assumed to spend two hours, “4 to 5 hours” were assumed to spend 4.5 hours, those responding “6 to 10 hours” were assumed to spend eight hours, and those responding “11 or more hours” were assumed to spend 13.75 hours (125% of 11). To determine the average hourly wage, “providing help to family and friends” was assumed to be the equivalent of “Personal Care and Service Workers, All Other” (occupation code 39-9099) and volunteering was assumed to be the equivalent of “Office Clerks, General” (occupation code 43-9061).

The proportion of older adults providing care to family and friends was determined by examining the responses to question 12. Those responding “1 to 3 hours” were assumed to spend two hours, “4 to 5 hours” were assumed to spend 4.5 hours, those responding “6 to 10 hours” were assumed to spend eight hours, and those responding “11 to 19 hours” were assumed to spend 15 hours and those responding “20 or more hours” were assumed to spend 25 hours (125% of 20). To determine the average hourly wage, “providing care for older adults and adults” (items a and b) were assumed to be the equivalent of “Personal and Home Care Aides” (occupation code 39-9021) and “providing care for children” (item c) was assumed to be the equivalent of “Child Care Workers” (occupation code 39-9011).

Community Summary Scores

The community score presented in the body of the report represents the average of the questions included in the index. Although the evaluative or frequency questions were made on 4- or 5- point scales with 1 representing the best rating, the scales had different labels (e.g., “excellent,” “not a problem,” “very likely”). To calculate these average scores, the questions used in the index were converted to a common scale where 0 is the worst possible rating and 100 is the best possible rating. If everyone reported “excellent,” then the result would be 100 on the 0-100 scale. If the average rating for quality of life was right in the middle of the scale (half way between “good” and “fair”), then the result would be 50. The new scale can be thought of like the thermometer used to represent total giving to United Way. The higher the thermometer reading, the closer to the goal of 100 – in this case, the most positive response possible. The table below shows the individual questions comprising each summary score.

Index	Individual Variables Used in Index
Quality of Community	q1a. How do you rate Fairfax County as a place to live?
	q1b. How do you rate Fairfax County as a place to retire?
	q3. How would you rate the overall services provided to older adults in Fairfax County?
	q9. Recommend living in Fairfax County to older adults
	q10. Remain in Fairfax County throughout your retirement
Community and Belonging	q2s. Sense of community
	q2t. Openness and acceptance of the community towards older residents of diverse backgrounds
	q2z. Overall feeling of safety in Fairfax County
	q2aa. Valuing older residents in Fairfax County

Index	Individual Variables Used in Index
Community Information	q2bb. Neighborliness of Fairfax County
	q2m. Availability of information about resources for older adults
	q2n. Availability of financial and legal planning services
	q4. In general, how informed or uninformed do you feel about services and activities available to older adults in Fairfax County?
Opportunities for Productive Activities	q2a. Opportunities to volunteer
	q2b. Employment opportunities
	q2c. Opportunities to enroll in skill-building or personal enrichment classes
	q2d. Recreation opportunities (including games, arts and library services, etc.)
	q2f. Opportunities to attend social events or activities
	q2g. Opportunities to attend religious or spiritual activities
Health and Wellness Opportunities	q2h. Opportunities to attend or participate in meetings about local government or community matters
	q2e. Fitness opportunities (including exercise classes and paths or trails, etc.)
	q2k. Availability of long-term care options
	q2l. Availability of daytime care options for older adults
	q2o. Availability of affordable quality physical health care
	q2p. Availability of affordable quality mental health care
Community Design and Land Use	q2q. Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)
	q2i. Availability of affordable quality housing
	q2j. Variety of housing options
	q2r. Availability of affordable quality food
	q2u. Ease of travel by public transportation in Fairfax County
	q2v. Ease of car travel in Fairfax County
	q2w. Ease of walking in Fairfax County
	q2x. Ease of getting to the places you usually have to visit
q2bb. Cost of living in Fairfax County	

Needs Summary Scores

The needs summary scores (indices) are based on the response patterns of older adults in the community. The table below contains each question included in the index and the required response to that question. So, for example, if a respondent indicated that her overall physical health (q5a) was “fair,” she would be counted as having a physical health issue along with other respondents who may have noted that they had a moderate or major problem with falling or maintaining a healthy diet, etc. Respondents with many physical health problems are counted only once in this category so that the total percent shown in the report graph represents the percent of older adults with at least one physical problem.

Index	Individual Variables Used in Index	Required Rating
Safety	Must have at least one of the following:	
	q6(b)r. Being a victim of crime	Moderate or major problem
	q6(b)s. Being a victim of fraud or a scam	Moderate or major problem
	q6(b)t. Being physically or emotionally abused	Moderate or major problem
	q6(b)v. Being treated unfairly or discriminated against because of your age	Moderate or major problem
Civic engagement	Must q15d	

Index	Individual Variables Used in Index	Required Rating
	q15d. Vote in local elections	Never or rarely
	Or q13b and q13g	
	q13b. Participating in a civic group (including Elks, Kiwanis, Masons, etc.)	Never (no hours)
	q13g. Volunteering your time to some group/activity in Fairfax County	Never (no hours)
	Or q12a and q12b	
	q12a. Attended local public meeting	Not at all
	q12b. Watched (online or on television) a local public meeting	Not at all
Social engagement	Must have:	
	q6(b)d. Having interesting social events or activities to attend'	Moderate or major problem
	Or all of the following:	
	q11a. Used a senior center in Fairfax County	Not at all
	q13a. Participating in a club (including book, dance, game and other social)	Never (no hours)
q13d. Participating in religious or spiritual activities with others	Never (no hours)	
Recreation	Must have q6(b)c:	
	q6(b)c. Having interesting recreational or cultural activities to attend	Moderate or major problem
	Or all of the following:	
	q11b. Used a recreation center in Fairfax County	Not at all
	q11c. Used a public library in Fairfax County	Not at all
	q11e. Visited a neighborhood park	Not at all
q13e. Participating in a recreation program or group activity	Never (no hours)	
Caregiver burden	Must have:	
	q6(b)h. Feeling physically burdened by providing care for another person	Moderate or major problem
	q6(b)i. Feeling emotionally burdened by providing care for another person	Moderate or major problem
	q6(b)j. Feeling financially burdened by providing care for another person	Moderate or major problem
Financial and legal	Must have at least one of the following:	
	d9. How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)/ d5. How many people, including yourself, live in your household?	Income was at or below the income limits set by HUD for Section 8 programs
	q6(a)u. Having enough money to meet daily expenses	Moderate or major problem
	q6(a)v. Having enough money to pay your property taxes	Moderate or major problem
	q6(b)k. Dealing with legal issues	Moderate or major problem
	q6(b)m. Finding work in retirement	Moderate or major problem
	q6(b)n. Building skills for paid or unpaid work	Moderate or major problem
	q6(b)u. Dealing with financial planning issues	Moderate or major problem
Meaningful activities	Must have at least one of the following:	
	q6(a)l. Finding productive or meaningful activities to do	Moderate or major problem
	q6(b)f. Feeling like your voice is heard in the community	Moderate or major problem

Index	Individual Variables Used in Index	Required Rating
	q6(b)g. Finding meaningful volunteer work	Moderate or major problem
	q6(b)o. Not knowing what services are available to older adults in your community	Moderate or major problem
Physical health	Must have at least one of the following:	
	q5a. How do you rate your overall physical health?	Fair or poor
	q6(a)b. Your physical health	Moderate or major problem
	q6(a)e. Doing heavy or intense housework	Moderate or major problem
	q6(a)j. Maintaining your home	Moderate or major problem
	q6(a)k. Maintaining your yard	Moderate or major problem
	q6(a)w. Staying physically fit	Moderate or major problem
	q6(a)x. Maintaining a healthy diet	Moderate or major problem
	q15a. Eat at least 5 portions of fruits and vegetables a day	Never or rarely
	q15b. Participate in moderate or vigorous physical activity	Never or rarely
Mental health	Must have at least one of the following:	
	q5b. How do you rate your overall mental health/emotional wellbeing?	Fair or poor
	q6(a)h. Feeling depressed	Moderate or major problem
	q6(a)i. Experiencing confusion or forgetfulness	Moderate or major problem
	q6(a)m. Having friends or family you can rely on	Moderate or major problem
	q6(a)r. Figuring out which medications to take and when	Moderate or major problem
	q6(b)e. Feeling bored	Moderate or major problem
	q6(b)p. Feeling lonely or isolated	Moderate or major problem
q6(b)q. Dealing with the loss of a close family member or friend	Moderate or major problem	
Health care	Must have at least one of the following:	
	q6(a)o. Finding affordable health insurance	Moderate or major problem
	q6(a)p. Getting the health care you need	Moderate or major problem
	q6(a)q. Affording the medications you need	Moderate or major problem
	q6(a)s. Getting the oral health care you need	Moderate or major problem
	q6(a)t. Getting the vision care you need	Moderate or major problem
	q6(b)l. Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	Moderate or major problem
Institutionalization risk	Must have at least one of the following:	
	q6(a)c. Performing regular activities, including walking, eating and preparing meals	Moderate or major problem
	q6(a)g. No longer being able to drive	Moderate or major problem
	q6(a)n. Falling or injuring yourself in your home	Moderate or major problem
	q7a. A hospital	Spent 3 or more days in past 12 months
	q7b. In a long-term care facility (including nursing home or in-patient rehabilitation)	Spent 3 or more days in past 12 months
	q8. Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...	Fell 3 or more times in past 12 months
q15c. Receive assistance from someone almost every day	Sometimes, usually or always	
Basic necessities	Must have at least one of the following:	
	q5c. How do you rate your overall quality of life?	Fair or poor

Index	Individual Variables Used in Index	Required Rating
	q6(a)a. Having housing to suit your needs	Moderate or major problem
	q6(a)d. Having enough food to eat	Moderate or major problem
	q6(a)f. Having safe and affordable transportation available	Moderate or major problem

Appendix C: Benchmark Comparisons

NRC has developed a database that collates responses to CASOA and related surveys administered in other communities, which allows the results from Fairfax County to be compared against a set of national benchmarks. This benchmarking database includes responses from more than 35,000 older adults (age 55 and over) in 175+ communities across the nation. The demographics of NRC’s database match the demographics in the nation, based on the U.S. Census 2010 estimates.

Interpreting the Results

Ratings are compared when similar questions are included in NRC’s database and there are at least five communities in which the question was asked. Where comparisons are available, three numbers are provided in the table. The first column is Fairfax County’s proportion of the population responding in a particular way (e.g., percent “likely” to recommend living in Fairfax County). The second column is the rank assigned to this rating among communities where a similar question was asked. The third column is the number of communities that asked a similar question. The fourth column shows the comparison of Fairfax County’s rating (column one) to the benchmark.

Where comparisons for ratings were available, Fairfax County’s results were generally noted as being “higher” than the benchmark, “lower” than the benchmark or “similar” to the benchmark. In instances where ratings are considerably higher or lower than the benchmark, these ratings have been further demarcated by the attribute of “much,” (for example, “much higher” or “much lower”). These labels come from a statistical comparison of Fairfax County’s rating to the benchmark where a rating is considered “similar” if it is within than the margin of error; “higher” or “lower” if the difference between your community’s rating and the benchmark is greater the margin of error; and “much higher” or “much lower” if the difference between your community’s rating and the benchmark is more than twice the margin of error.

Table 64: Fairfax County as a Place for Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Fairfax County as an excellent or good place to live	91%	387	949	Similar
Fairfax County as an excellent or good place to retire	48%	901	944	Much lower
Excellent or good overall services provided to older adults in Fairfax County	62%	52	166	Similar

Table 65: Recommendation of Fairfax County to Others Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to recommend living in Fairfax County to older adults	65%	757	792	Lower

Table 66: Remaining in Fairfax County Throughout Retirement Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Likely to remain in Fairfax County throughout retirement	62%	166	166	Much lower

Table 67: Older Adult Community and Belonging Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good sense of community	52%	771	947	Lower
Excellent or good openness and acceptance of the community towards older residents of diverse backgrounds	58%	580	908	Similar
Excellent or good overall feeling of safety in Fairfax County	77%	333	549	Similar
Excellent or good valuing of older residents in Fairfax County	54%	99	160	Similar
Excellent or good neighborliness in Fairfax County	52%	432	541	Similar

Table 68: Safety Problems Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with being a victim of crime	11%	95	166	Similar
Problems with being a victim of fraud or a scam	18%	56	165	Similar
Problems with being physically or emotionally abused	9%	38	165	Similar
Problems with being treated unfairly or discriminated against because of age	27%	30	73	Similar

Table 69: Awareness of Older Adult Services and Activities Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Informed about services and activities available to older adults in Fairfax County	49%	150	166	Lower

Table 70: Availability of Information About Older Adult Resource Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of information about resources for older adults	50%	55	166	Similar
Excellent or good availability of financial and legal planning services	57%	17	160	Higher

Table 71: Meaningful Activities Needs Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding productive or meaningful activities to do	29%	109	165	Similar
Problems with feeling like your voice is heard in the community	55%	94	166	Similar
Problems with finding meaningful volunteer work	33%	45	166	Similar
Problems with not knowing what services are available to older adults in your community	61%	80	166	Similar

Table 72: Civic Engagement Opportunities Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to volunteer	88%	98	776	Higher
Excellent or good opportunities to attend or participate in meetings about local government or community matters	72%	43	166	Similar

Table 73: Participation in Civic Activities Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Attended a local public meeting in Fairfax County at least once in past 12 months	25%	633	945	Similar
Watched (online or on television) a least once in past 12 months	26%	581	792	Lower
Participating in a civic group (including Elks, Kiwanis, Masons, etc.) for one hour or more per week	9%	127	166	Similar
Volunteering your time to some group/activity in Fairfax County for one hour or more per week	33%	121	165	Similar
Voted in the last local election	85%	497	943	Similar

Table 74: Social Engagement Opportunities Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to attend social events or activities	73%	179	765	Higher
Excellent or good opportunities to attend religious or spiritual activities	86%	245	666	Similar

Table 75: Participation in Social Activities Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a senior center in Fairfax County at least once in past 12 months	10%	157	166	Lower
Participating in a club (including book, dance, game and other social) for one hour or more per week	35%	57	165	Similar
Communicating/ visiting with friends and/or family for one hour or more per week	94%	258	543	Higher
Participating in religious or spiritual activities with others for one hour or more per week	57%	440	662	Similar
Providing help to friends or relatives for one hour or more per week	80%	372	532	Similar

Table 76: Social Engagement Problems Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting social events or activities to attend	43%	91	166	Similar

Table 77: Recreational and Personal Enrichment Opportunities Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good opportunities to enroll in skill-building or personal enrichment classes	82%	3	166	Much higher
Excellent or good recreation opportunities (including games, arts and library services, etc.)	86%	85	939	Higher

Table 78: Participation in Recreational and Personal Enrichment Activities Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used a recreation center in Fairfax County at least once in past 12 months	36%	699	826	Lower
Used a public library in Fairfax County at least once in past 12 months	60%	558	848	Similar
Visited a neighborhood park at least once in past 12 months	73%	557	936	Similar
Participating in a recreation program or group activity for one hour or more per week	49%	35	166	Similar

Table 79: Recreational Problems Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having interesting recreational or cultural activities to attend	39%	108	166	Similar

Table 80: Caregiver Burden in Fairfax County Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling physically burdened by providing care for another person	24%	37	99	Similar
Problems with feeling emotionally burdened by providing care for another person	30%	19	99	Similar
Problems with feeling financially burdened by providing care for another person	27%	9	99	Similar

Table 81: Employment Opportunities Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good employment opportunities	72%	9	916	Much higher

Table 82: Financial and Legal Problems of Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having enough money to meet daily expenses	30%	136	166	Similar
Problems with having enough money to pay your property taxes	31%	43	166	Similar
Problems with dealing with legal issues	24%	136	165	Similar
Problems with finding work in retirement	31%	103	166	Similar
Problems with building skills for paid or unpaid work	29%	84	166	Similar
Problems with dealing with financial planning issues	37%	75	165	Similar

Table 83: Physical Health Opportunities Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good fitness opportunities (including exercise classes and paths or trails, etc.)	85%	116	546	Higher
Excellent or good availability of affordable quality physical health care	57%	500	849	Similar

Table 84: Overall Physical Health of Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall physical health	83%	26	551	Much higher

Table 85: Participation in Healthy Activities Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Always or usually eats at least 5 portions of fruits and vegetables a day	49%	147	450	Similar
Always or usually participates in moderate or vigorous physical activity	51%	179	454	Similar

Table 86: Physical Health Problems of Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with your physical health	49%	148	166	Similar
Problems with problems with Doing heavy or intense housework	44%	147	165	Lower
Problems with maintaining your home	34%	140	166	Similar
Problems with maintaining your yard	36%	138	166	Similar
Problems with staying physically fit	51%	130	166	Similar
Problems with maintaining a healthy diet	42%	80	166	Similar

Table 87: Availability of Mental Healthcare Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality mental health care	45%	231	506	Similar

Table 88: Emotional Wellbeing of Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall mental health/emotional well being	89%	54	166	Similar

Table 89: Mental Health Problems of Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with feeling depressed	33%	128	165	Similar
Problems with experiencing confusion or forgetfulness	24%	153	165	Lower
Problems with having friends or family you can rely on	30%	51	166	Similar
Problems with figuring out which medications to take and when	11%	47	100	Similar
Problems with feeling bored	38%	99	165	Similar
Problems with feeling lonely or isolated	31%	78	165	Similar
Problems with dealing with the loss of a close family member or friend	32%	111	166	Similar

Table 90: Availability of Preventative Health Care Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	72%	225	718	Similar

Table 91: Health Care Problems of Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with finding affordable health insurance	33%	130	166	Similar
Problems with getting the health care you need	26%	110	166	Similar
Problems with affording the medications you need	26%	134	165	Similar
Problems with getting the oral health care you need	21%	138	159	Similar
Problems with getting the vision care you need	20%	83	100	Similar
Problems with having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid	39%	111	166	Similar

Table 92: Care Options for Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of long-term care options	44%	28	101	Similar
Excellent or good availability of daytime care options for older adults	43%	11	100	Higher

Table 93: Falls, Hospitalizations and Institutionalizations of Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Spent at least 1 day in a hospital in past 12 months	16%	145	164	Similar
Spent at least 1 day in a nursing home or in-patient rehabilitation facility	1%	135	164	Similar
Had at least 1 fall in the past 12 months	25%	147	164	Similar

Table 94: Independent Living Problems of Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with performing regular activities, including walking, eating and preparing meals	23%	136	166	Similar
Problems with no longer being able to drive	13%	105	166	Similar
Problems with falling or injuring yourself in your home	17%	148	165	Similar

Table 95: Aspects of Design and Land Use Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good availability of affordable quality housing	18%	819	928	Much lower
Excellent or good variety of housing options	42%	563	775	Lower
Excellent or good ease of bus, rail, on-demand/senior transportation or other public transit in Fairfax County	44%	199	453	Similar
Excellent or good ease of car travel in Fairfax County	47%	792	916	Lower
Excellent or good ease of walking in Fairfax County	43%	830	912	Much lower
Excellent or good ease of getting to the places you usually have to visit	57%	518	549	Lower
Excellent or good cost of living	13%	443	460	Much lower

Table 96: Public Transportation Use by Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Used bus, rail, on-demand/senior transportation or other public transportation instead of driving at least once	51%	105	480	Higher

Table 97: Basic Needs Problems of Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Problems with having housing to suit your needs	29%	5	165	Higher
Problems with having enough food to eat	10%	83	165	Similar
Problems with having safe and affordable transportation available	27%	57	166	Similar

Table 98: Overall Quality of Life of Older Residents Benchmarks

	Fairfax County percent	Rank	Number of Jurisdictions for Comparison	Comparison to benchmark
Excellent or good overall quality of life	85%	66	166	Similar

Appendix D: References

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16. Centers for Disease Control and Prevention. *Healthy Aging: Preventing Disease and Improving Quality of Life Among Older Americans* 2004. Atlanta, GA: National Center for Health Statistics, Department of Health and Human Services; 2004.

Appendix E: Survey Materials

Dear Neighbor,

Your household has been randomly selected to participate in a 50+ Community Survey for the greater Fairfax area. Survey results will help inform our strategic planning efforts.

Your survey will arrive in a few days. Please take a moment to complete it. Until then, look for information online at www.fairfaxcounty.gov by searching "50+ Community Survey."

Thank you for your participation.

Sincerely,



Bryan Hill
Fairfax County Executive/
Ejecutivo del Condado de Fairfax/
페어팩스 카운티 이그제큐티브 /

Điều Hành Quận Fairfax

<p>Estimado vecino: Su hogar ha sido seleccionado al azar para participar en una Encuesta de comunidades mayores de 50 años en el área metropolitana de Fairfax. Los resultados de la encuesta ayudarán a informar nuestra labor de planificación estratégica. En algunos días le llegará la encuesta. Por favor, dedique unos momentos a contestarla. Hasta entonces, obtenga información en línea en www.fairfaxcounty.gov buscando "50+ Community Survey" (Encuesta de comunidades mayores de 50 años). Agradecemos su participación. Atentamente,</p>
<p>친애하는 지역주민께, 귀댁은 페어팩스 권역을 위한 50+ 커뮤니티 설문 조사에 참여하시도록 무작위로 선정되었습니다. 설문 조사 결과는 저희의 전략적 계획수립 활동에 필요한 정보를 얻는 데 도움이 될 것입니다. 귀하의 설문 조사는 며칠 후에 도착할 것입니다. 잠시만 시간을 내어 설문을 작성해 주시기 바랍니다. 그때까지 www.fairfaxcounty.gov에서 "50+ Community Survey"를 검색하여 온라인으로 정보를 확인해 주십시오. 참여해 주셔서 감사합니다. 안녕히 계십시오.</p>
<p>Thân gửi người láng giềng, Chúng tôi đã chọn ngẫu nhiên gia hộ của quý vị để tham gia Khảo Sát Cộng Đồng trên 50 tuổi cho một Fairfax tuyệt vời hơn. Kết quả khảo sát sẽ cho chúng tôi thông tin để hoạch định chiến lược. Văn bản khảo sát sẽ được gửi đến trong vài ngày nữa. Xin dành chút ít thời gian để điền khảo sát. Trong lúc chờ bản khảo sát, xem thông tin trực tuyến tại www.fairfaxcounty.gov bằng cách tìm "50+ Community Survey" (Khảo Sát Cộng Đồng trên 50 tuổi). Cảm ơn sự tham gia của quý vị. Thân ái,</p>

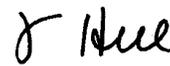
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<p>친애하는 지역주민께, 귀댁은 페어팩스 권역을 위한 50+ 커뮤니티 설문 조사에 참여하시도록 무작위로 선정되었습니다. 설문 조사 결과는 저희의 전략적 계획수립 활동에 필요한 정보를 얻는 데 도움이 될 것입니다. 귀하의 설문 조사는 며칠 후에 도착할 것입니다. 잠시만 시간을 내어 설문을 작성해 주시기 바랍니다. 그때까지 www.fairfaxcounty.gov에서 "50+ Community Survey"를 검색하여 온라인으로 정보를 확인해 주십시오. 참여해 주셔서 감사합니다. 안녕히 계십시오.</p>
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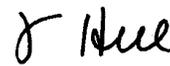
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Điều Hành Quận Fairfax

<p>Estimado vecino: Su hogar ha sido seleccionado al azar para participar en una Encuesta de comunidades mayores de 50 años en el área metropolitana de Fairfax. Los resultados de la encuesta ayudarán a informar nuestra labor de planificación estratégica. En algunos días le llegará la encuesta. Por favor, dedique unos momentos a contestarla. Hasta entonces, obtenga información en línea en www.fairfaxcounty.gov buscando "50+ Community Survey" (Encuesta de comunidades mayores de 50 años). Agradecemos su participación. Atentamente,</p>
<p>친애하는 지역주민께, 귀댁은 페어팩스 권역을 위한 50+ 커뮤니티 설문 조사에 참여하시도록 무작위로 선정되었습니다. 설문 조사 결과는 저희의 전략적 계획수립 활동에 필요한 정보를 얻는 데 도움이 될 것입니다. 귀하의 설문 조사는 며칠 후에 도착할 것입니다. 잠시만 시간을 내어 설문을 작성해 주시기 바랍니다. 그때까지 www.fairfaxcounty.gov에서 "50+ Community Survey"를 검색하여 온라인으로 정보를 확인해 주십시오. 참여해 주셔서 감사합니다. 안녕히 계십시오.</p>
<p>Thân gửi người láng giềng, Chúng tôi đã chọn ngẫu nhiên gia hộ của quý vị để tham gia Khảo Sát Cộng Đồng trên 50 tuổi cho một Fairfax tuyệt vời hơn. Kết quả khảo sát sẽ cho chúng tôi thông tin để hoạch định chiến lược. Văn bản khảo sát sẽ được gửi đến trong vài ngày nữa. Xin dành chút ít thời gian để điền khảo sát. Trong lúc chờ bản khảo sát, xem thông tin trực tuyến tại www.fairfaxcounty.gov bằng cách tìm "50+ Community Survey" (Khảo Sát Cộng Đồng trên 50 tuổi). Cảm ơn sự tham gia của quý vị. Thân ái,</p>



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County of Fairfax, Virginia



To protect and enrich the quality of life for the people, neighborhoods and diverse communities of Fairfax County

February 2019

Dear Neighbor:

Your household has been selected at random to participate in the 50+ Community Survey for Fairfax County and the Cities of Fairfax and Falls Church. Your feedback can help shape our community's future!

Please take a few minutes to complete the enclosed survey. Your participation is very important! Survey results will be used to plan for a community that is more supportive of people 50 and older.

A few things to remember:

- **Your responses are completely anonymous.**
- **The adult 50 years or older** in your household who most recently had a birthday should complete this survey. This helps us ensure the survey is random.
- **Please return the survey by mail in the enclosed postage-paid envelope, or you can complete the survey online at:**

<http://bit.ly/placeholder>

If you have any questions or need assistance with this survey, please call 703-324-4444, TTY 711. You can also learn more by visiting www.fairfaxcounty.gov and searching "50+ Community Survey."

Thank you for your time and participation!

Respectfully,

Bryan Hill

Fairfax County Executive/Ejecutivo del Condado de Fairfax/페어팩스 카운티이그제큐티브/Điều Hành Quận Fairfax

Su hogar ha sido seleccionado al azar para participar en la Encuesta de comunidades mayores de 50 años del Condado de Fairfax y las Ciudades de Fairfax y Falls Church. Sus respuestas serán completamente anónimas y se utilizarán los resultados a fin de planificar para una comunidad que aporte más apoyo a las personas a partir de los 50 años. ¡Sus comentarios pueden ayudar a dar forma al futuro de nuestra comunidad! Para contestar la encuesta en español en línea, use el enlace siguiente y seleccione su idioma en el menú desplegable que aparece en la parte superior derecha de la encuesta. Si tiene alguna pregunta o necesita asistencia, llame al 703-324-4444, TTY 711 (para personas con dificultades auditivas). ¡Gracias!

<http://bit.ly/placeholder>

귀댁은 페어팩스 카운티, 페어팩스 시티 및 폴스처치 시티를 위한 50+ 커뮤니티 설문 조사에 참여하시도록 무작위로 선정되었습니다. 귀하의 답변은 철저히 익명으로 처리되며 설문 조사 결과는 50 세 이상의 주민들을 보다 잘 지원하는 커뮤니티를 만들도록 계획하는 데 사용될 것입니다. 귀하의 의견은 우리 커뮤니티의 미래를 형성하는 데 도움을 줄 수 있습니다! 한국어로 된 설문 조사를 온라인으로 작성하시려면, 다음 링크를 사용하여 설문 조사의 오른쪽 상단 구석에 있는 드롭다운 메뉴에서 한국어를 선택해 주십시오. 궁금하신 점이 있거나 도움이 필요하시면 703-324-4444(TTY: 711)번으로 전화해 주십시오. 감사합니다!

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Chúng tôi đã chọn ngẫu nhiên gia hộ của quý vị để tham gia Khảo Sát Cộng Đồng trên 50 tuổi cho Quận Fairfax, và các thành phố Fairfax và Fall Church. Câu trả lời của quý vị sẽ hoàn toàn nặc danh và chúng tôi sẽ dùng kết quả khảo sát để hoạch định cho cộng đồng hỗ trợ cho những người 50 tuổi trở lên. Phản hồi của quý vị có thể giúp hướng dẫn cộng đồng của chúng ta trong tương lai! Để điền khảo sát bằng tiếng Việt trên trực tuyến, xin sử dụng đường nối sau đây và chọn ngôn ngữ từ thanh công cụ thả xuống ở góc trên bên phải của khảo sát. Nếu có bất cứ thắc mắc hay cần được hỗ trợ, xin gọi số 703-324-4444, TTY 711. Xin cảm ơn!

<http://bit.ly/placeholder>



County of Fairfax, Virginia



To protect and enrich the quality of life for the people, neighborhoods and diverse communities of Fairfax County

February 2019

Dear Neighbor:

Here's a second chance if you haven't already responded to the 50+ Community Survey for Fairfax County and the Cities of Fairfax and Falls Church. **(If you completed it and sent it back, we thank you for your time and ask you to recycle this survey. Please do not respond twice.)**

Your household has been selected at random to participate in the 50+ Community Survey for Fairfax County and the Cities of Fairfax and Falls Church. Your feedback can help shape our community's future!

Please take a few minutes to complete the enclosed survey. Your participation is very important! Survey results will be used to plan for a community that is more supportive of people 50 and older.

A few things to remember:

- **Your responses are completely anonymous.**
- **The adult 50 years or older** in your household who most recently had a birthday should complete this survey. This helps us ensure the survey is random.
- **Please return the survey by mail in the enclosed postage-paid envelope, or you can complete the survey online at:**

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Thank you for your time and participation!

Respectfully,

Bryan Hill

Fairfax County Executive/ Ejecutivo del Condado de Fairfax/페어팩스 카운티 이그제큐티브/Điều Hành Quận Fairfax

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(703) 324-4444
www.fairfaxcounty.gov



50+ Community Survey for Fairfax County and the Cities of Fairfax and Falls Church

Please complete this questionnaire if you are the adult (age 50 or older) in the household who most recently had a birthday. The adult’s year of birth does not matter. Please circle the response that most closely represents your opinion for each question. Your responses are anonymous and will be reported in group form only.

1. Please circle the number that comes closest to your opinion for each of the following questions:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
How do you rate the Fairfax County area as a place to live?	1	2	3	4	5
How do you rate the Fairfax County area as a place to retire?	1	2	3	4	5

2. Please rate each of the following characteristics as they relate to Fairfax County adults age 50 or older:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
Opportunities to volunteer.....	1	2	3	4	5
Employment opportunities.....	1	2	3	4	5
Opportunities to enroll in skill-building or personal enrichment classes.....	1	2	3	4	5
Recreation opportunities (including games, arts, and library services, etc.).....	1	2	3	4	5
Fitness opportunities (including exercise classes and paths or trails, etc.)	1	2	3	4	5
Opportunities to attend social events or activities.....	1	2	3	4	5
Opportunities to attend religious or spiritual activities	1	2	3	4	5
Opportunities to attend or participate in meetings about local government or community matters	1	2	3	4	5
Availability of affordable quality housing.....	1	2	3	4	5
Variety of housing options	1	2	3	4	5
Availability of long-term care options	1	2	3	4	5
Availability of daytime care options for older adults.....	1	2	3	4	5
Availability of information about resources for older adults	1	2	3	4	5
Availability of financial or legal planning services.....	1	2	3	4	5
Availability of affordable quality physical health care.....	1	2	3	4	5
Availability of affordable quality mental health care	1	2	3	4	5
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	1	2	3	4	5
Availability of affordable quality food.....	1	2	3	4	5
Sense of community	1	2	3	4	5
Openness and acceptance of the community towards older residents of diverse backgrounds	1	2	3	4	5
Ease of travel by public transportation in the Fairfax County area.....	1	2	3	4	5
Ease of travel by car in the Fairfax County area.....	1	2	3	4	5
Ease of walking in the Fairfax County area	1	2	3	4	5
Ease of getting to the places you usually have to visit	1	2	3	4	5
Overall feeling of safety in the Fairfax County area	1	2	3	4	5
Valuing older residents in the Fairfax County area	1	2	3	4	5
Neighborliness of the Fairfax County area	1	2	3	4	5
Cost of living in the Fairfax County area.....	1	2	3	4	5

3. How would you rate the overall services provided to older adults in the Fairfax County area?

- Excellent
- Good
- Fair
- Poor
- Don't know

4. In general, how informed or uninformed do you feel about services and activities available to older adults in the Fairfax County area?

- Very informed
- Somewhat informed
- Somewhat uninformed
- Very uninformed

5. Please circle the number that comes closest to your opinion for each of the following questions:

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>	<i>Don't know</i>
How do you rate your overall physical health?	1	2	3	4	5
How do you rate your overall mental health/emotional well-being?	1	2	3	4	5
How do you rate your overall quality of life?	1	2	3	4	5

6a. The following questions list a number of problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?

	<i>Not a problem</i>	<i>Minor problem</i>	<i>Moderate problem</i>	<i>Major problem</i>	<i>Don't know</i>
Having housing to suit your needs	1	2	3	4	5
Your physical health.....	1	2	3	4	5
Performing regular activities, including walking, eating and preparing meals	1	2	3	4	5
Having enough food to eat.....	1	2	3	4	5
Doing heavy or intense housework	1	2	3	4	5
Having safe and affordable transportation available.....	1	2	3	4	5
No longer being able to drive.....	1	2	3	4	5
Feeling depressed	1	2	3	4	5
Experiencing confusion or forgetfulness.....	1	2	3	4	5
Maintaining your home	1	2	3	4	5
Maintaining your yard	1	2	3	4	5
Finding productive or meaningful activities to do.....	1	2	3	4	5
Having friends or family you can rely on.....	1	2	3	4	5
Falling or injuring yourself in your home.....	1	2	3	4	5
Finding affordable health insurance.....	1	2	3	4	5
Getting the health care you need	1	2	3	4	5
Affording the medications you need	1	2	3	4	5
Figuring out which medications to take and when	1	2	3	4	5
Getting the oral health care you need.....	1	2	3	4	5
Getting the vision care you need.....	1	2	3	4	5
Having enough money to meet daily expenses	1	2	3	4	5
Having enough money to pay your property taxes.....	1	2	3	4	5



50+ Community Survey for Fairfax County and the Cities of Fairfax and Falls Church

6b. The following questions list a number of other problems that older adults may or may not face. Thinking back over the last 12 months, how much of a problem, if at all, has each of the following been for you?

	<i>Not a problem</i>	<i>Minor problem</i>	<i>Moderate problem</i>	<i>Major problem</i>	<i>Don't know</i>
Staying physically fit.....	1	2	3	4	5
Maintaining a healthy diet.....	1	2	3	4	5
Having interesting recreational or cultural activities to attend.....	1	2	3	4	5
Having interesting social events or activities to attend.....	1	2	3	4	5
Feeling bored.....	1	2	3	4	5
Feeling like your voice is heard in the community.....	1	2	3	4	5
Finding meaningful volunteer work.....	1	2	3	4	5
Feeling <u>physically</u> burdened by providing care for another person	1	2	3	4	5
Feeling <u>emotionally</u> burdened by providing care for another person .	1	2	3	4	5
Feeling <u>financially</u> burdened by providing care for another person ...	1	2	3	4	5
Dealing with legal issues.....	1	2	3	4	5
Having adequate information or dealing with public programs such as Social Security, Medicare and Medicaid.....	1	2	3	4	5
Finding work in retirement.....	1	2	3	4	5
Building skills for paid or unpaid work.....	1	2	3	4	5
Not knowing what services are available to older adults in your community.....	1	2	3	4	5
Feeling lonely or isolated.....	1	2	3	4	5
Dealing with the loss of a close family member or friend.....	1	2	3	4	5
Being a victim of crime.....	1	2	3	4	5
Being a victim of fraud or a scam.....	1	2	3	4	5
Being physically or emotionally abused.....	1	2	3	4	5
Dealing with financial planning issues.....	1	2	3	4	5
Being treated unfairly or discriminated against because of your age..	1	2	3	4	5

7. Thinking back over the past 12 months, how many days did you spend...

As a patient in a hospital?..... _____ number of days

In a long-term care facility (including nursing home or in-patient rehabilitation)? _____ number of days

8. Thinking back over the past 12 months, how many times have you fallen and injured yourself? Was it...

- Never
- Once or twice
- 3-5 times
- More than 5 times
- Don't know

9. How likely or unlikely are you to recommend living in the Fairfax County area to older adults?

- Very likely
- Somewhat likely
- Somewhat unlikely
- Very unlikely
- Don't know

10. How likely or unlikely are you to remain in the Fairfax County area throughout your retirement?

- Very likely
- Somewhat likely
- Somewhat unlikely
- Very unlikely
- Don't know

11. In the last 12 months, about how many times, if ever, have you participated in or done each of the following?

	<i>2 times a week or more</i>	<i>2-4 times a month</i>	<i>Once a month or less</i>	<i>Not at all</i>
Used a senior center in Fairfax County	1	2	3	4
Used a recreation center in Fairfax County.....	1	2	3	4
Used a public library in Fairfax County	1	2	3	4
Used bus, rail, subway or other public transportation instead of driving.....	1	2	3	4
Visited a neighborhood park.....	1	2	3	4
Attended a support group for caregivers.....	1	2	3	4

12. Thinking about local public meetings (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.), in the last 12 months, about how many times, if at all, have you or other household members attended or watched a local public meeting?

	<i>2 times a week or more</i>	<i>2-4 times a month</i>	<i>Once a month or less</i>	<i>Not at all</i>
Attended a local public meeting	1	2	3	4
Watched (online or on television) a local public meeting.....	1	2	3	4

13. During a typical week, how many hours, if any, do you spend doing the following?

	<i>Never (no hours)</i>	<i>1 to 3 hours</i>	<i>4 to 5 hours</i>	<i>6 to 10 hours</i>	<i>11 or more hours</i>	<i>Don't know</i>
Participating in a club (including book, dance, game and other social).....	1	2	3	4	5	6
Participating in a civic group (including Elks, Kiwanis, Masons, etc.).....	1	2	3	4	5	6
Communicating/visiting with friends and/or family.....	1	2	3	4	5	6
Participating in religious or spiritual activities with others.....	1	2	3	4	5	6
Participating in a recreation program or group activity	1	2	3	4	5	6
Providing help to friends or relatives.....	1	2	3	4	5	6
Volunteering your time to some group/activity in the Fairfax County area.....	1	2	3	4	5	6

14. During a typical week, how many hours do you spend providing care for one or more individuals with whom you have a significant personal relationship (such as a spouse, other relative, partner, friend, neighbor or child), whether or not they live with you?

	<i>Never (no hours)</i>	<i>1 to 3 hours</i>	<i>4 to 5 hours</i>	<i>6 to 10 hours</i>	<i>11 to 19 hours</i>	<i>20 or more hours</i>	<i>Don't know</i>
One or more individuals age 55 or older	1	2	3	4	5	6	7
One or more individuals age 18 to 54.....	1	2	3	4	5	6	7
One or more individuals under age 18	1	2	3	4	5	6	7

15. How often, if at all, do you do each of the following, considering all of the times you could?

	<i>Never</i>	<i>Rarely</i>	<i>Sometimes</i>	<i>Usually</i>	<i>Always</i>
Eat at least 5 portions of fruits and vegetables a day.....	1	2	3	4	5
Participate in moderate or vigorous physical activity.....	1	2	3	4	5
Receive assistance from someone almost every day.....	1	2	3	4	5
Vote in local elections	1	2	3	4	5



50+ Community Survey for Fairfax County and the Cities of Fairfax and Falls Church

Our last questions are about you and your household. Again, all of your responses to this survey are completely anonymous and will be reported in group form only.

D1. How many years have you lived in the Fairfax County area?

- Less than 1 year
- 1-5 years
- 6-10 years
- 11-20 years
- More than 20 years

D2. Which best describes the building you live in?

- Single family home
- Townhouse, condominium, duplex or apartment
- Mobile home
- Assisted living residence
- Nursing home
- Other

D3. Do you currently rent or own your home?

- Rent
- Own (with a mortgage payment)
- Own (free and clear; no mortgage)

D4. About how much is your monthly housing cost for the place you live (including rent, mortgage payment, property tax, property insurance and homeowners' association (HOA) fees)?

- Less than \$300 per month
- \$300 to \$599 per month
- \$600 to \$999 per month
- \$1,000 to \$1,499 per month
- \$1,500 to \$2,499 per month
- \$2,500 or more per month

D5. How many people, including yourself, live in your household?

..... _____ members

D6. How many of these people, including yourself, are 50 or older?

..... _____ members

D7. What is your employment status?

- Fully retired → *Go to Question D9*
- Working full time for pay
- Working part time for pay
- Unemployed, looking for paid work

D8. [IF NOT YET FULLY RETIRED]

At what age do you expect to retire completely and not work for pay at all? _____ years old

D9. How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)

- Less than \$15,000
- \$15,000 to \$24,999
- \$25,000 to \$49,999
- \$50,000 to \$74,999
- \$75,000 to \$99,999
- \$100,000 or more

Please respond to both questions D10 and D11.

D10. Are you Spanish/Hispanic/Latino?

- Yes
- No

D11. What is your race? (Mark one or more races to indicate what race you consider yourself to be.)

- American Indian or Alaskan native
- Asian or Pacific Islander
- Black, African American
- White/Caucasian
- Other

D12. In which category is your age?

- 50-54 years
- 55-59 years
- 60-64 years
- 65-69 years
- 70-74 years
- 75-79 years
- 80-84 years
- 85-89 years
- 90-94 years
- 95 years or older

D13. What is your sex?

- Female
- Male
- Other/non-conforming

D14. What is your sexual orientation?

- Heterosexual
- Lesbian
- Gay
- Bi-sexual

**Thank you for completing this survey. Please return the completed survey in the postage-paid envelope to:
National Research Center, Inc. Data Entry
P.O. Box 549, Belle Mead NJ 08502-9922**



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