

2011

# Voices of 50+ Iowa: Dreams & Challenges



# Executive Summary

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**AARP has a strong commitment to help improve the lives of the 50+ population. As part of the Association's continuous communication with its members and all 50+ Americans, AARP commissioned an innovative set of surveys designed to gather information on the needs, interests and concerns of 50+ Americans both at the national and state level.**

**These random digit dial telephone surveys of over 29,000 adults age 50+ across the 50 states, the District of Columbia, Puerto Rico and the Virgin Islands were fielded between January 2<sup>nd</sup> and January 31<sup>st</sup>, 2011. These telephone interviews also included additional list-assisted samples of African-American and Hispanic 50+ adults.**

**The data presented here is based on a state sample of 402 50+ adults living in Iowa and has a sampling error of  $\pm 5\%$ .**

# Executive Summary

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## The survey finds that:

- **Over four in ten adults 50+ say that health care is the top problem or challenge facing mid-life and older adults in Iowa. Over a third also say that economic issues are a top problem or challenge.**
- **At a more personal level, adults 50+ say vacation and travel and hobbies are what they personally dream about doing next in their lives.**
- **Health and financial security are very important in the lives of adults 50+. More than nine in ten say staying healthy, staying mentally sharp, spending time with family and friends, and having adequate health insurance coverage are extremely or very important to them.**
- **Adults 50+ do not have everything they need in order to accomplish their most important goals: Over a third say they have all they need to stay sharp mentally and stay healthy.**

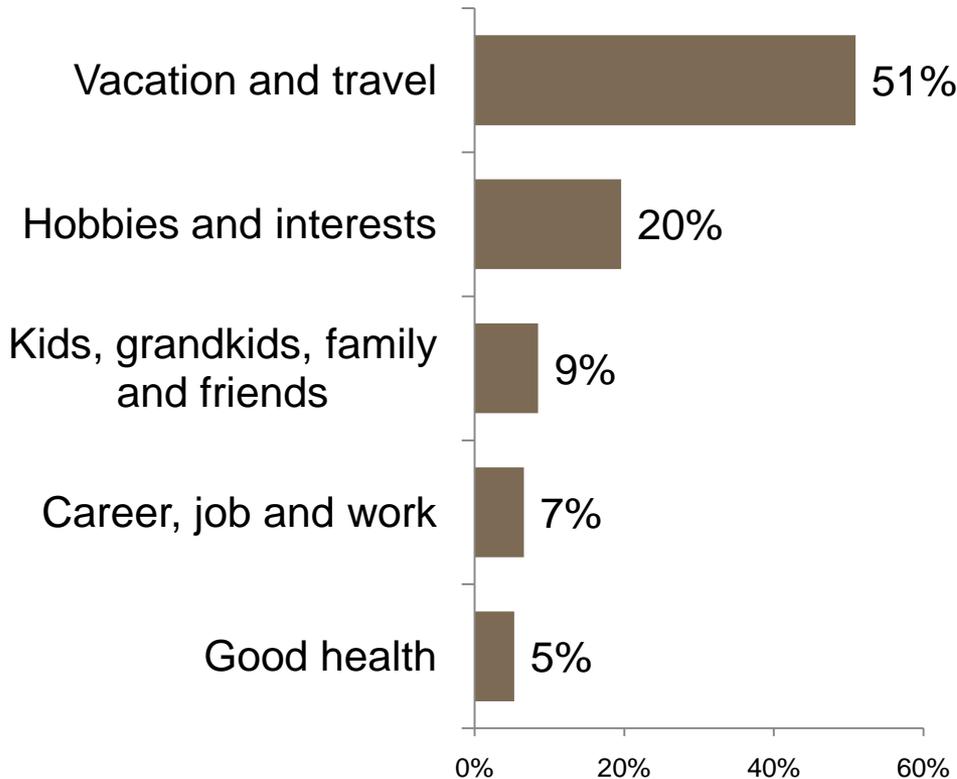
# Executive Summary

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- **Top financial worries for adults 50+ in Iowa are the availability of public benefits if they need them and maintaining their finances and lifestyle in retirement – over a quarter are extremely or very worried about these. About one in five are also extremely or very worried about providing financial support to family members and planning and saving for their future.**
- **While seven in ten adults 50+ say their out-of-pocket medical expenses have increased in the last five years, only one in five says it is extremely or very difficult to pay for these expenses. And nearly six in ten say the quality of their health care is about the same as it was five years ago; however, one in five say it is worse than it was while nearly one in five say it is better.**
- **20 percent of adults 50+ say it is extremely or very likely that they or a family member will need long-term care services in the next five years, and another 26 percent say it is somewhat likely. Similarly, 18 percent say they are extremely or very worried about the availability of long-term care choices. And 31 percent say they are somewhat worried.**
- **One in three adults 50+ say their current residence needs repairs or modifications to enable them to stay there as they get older.**

# Dreams for the 50+

Top Dreams (n=402)

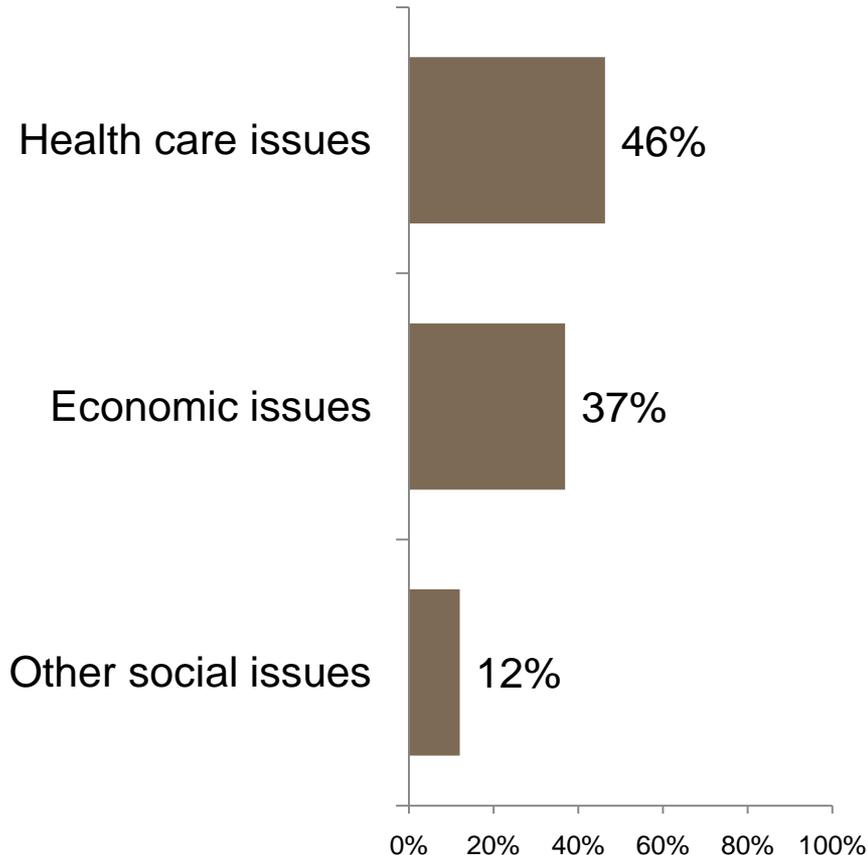


- **Adults 50+ say they want to spend time traveling (51%) and pursuing their hobbies and interests (20%).**
- **Being with family and friends are what many dream about. Adults 50+ want to see their children or grandchildren happy or be a part of their lives and they want to be close and do activities with family and friends.**
- **Other dreams mentioned by fewer than five percent are around doing new things and having more money.**

Source: Core Q1. Thinking about what's next in your life, I would like you to think about the kinds of things you dream about doing—these could be things you have always wanted to do, but never got around to, or things you have done in the past and want to continue doing. What would you consider to be the one thing that you would most like to do? (Open ended/Unaided response)

# Top Challenge Facing the 50+

Top Challenge (n=402)

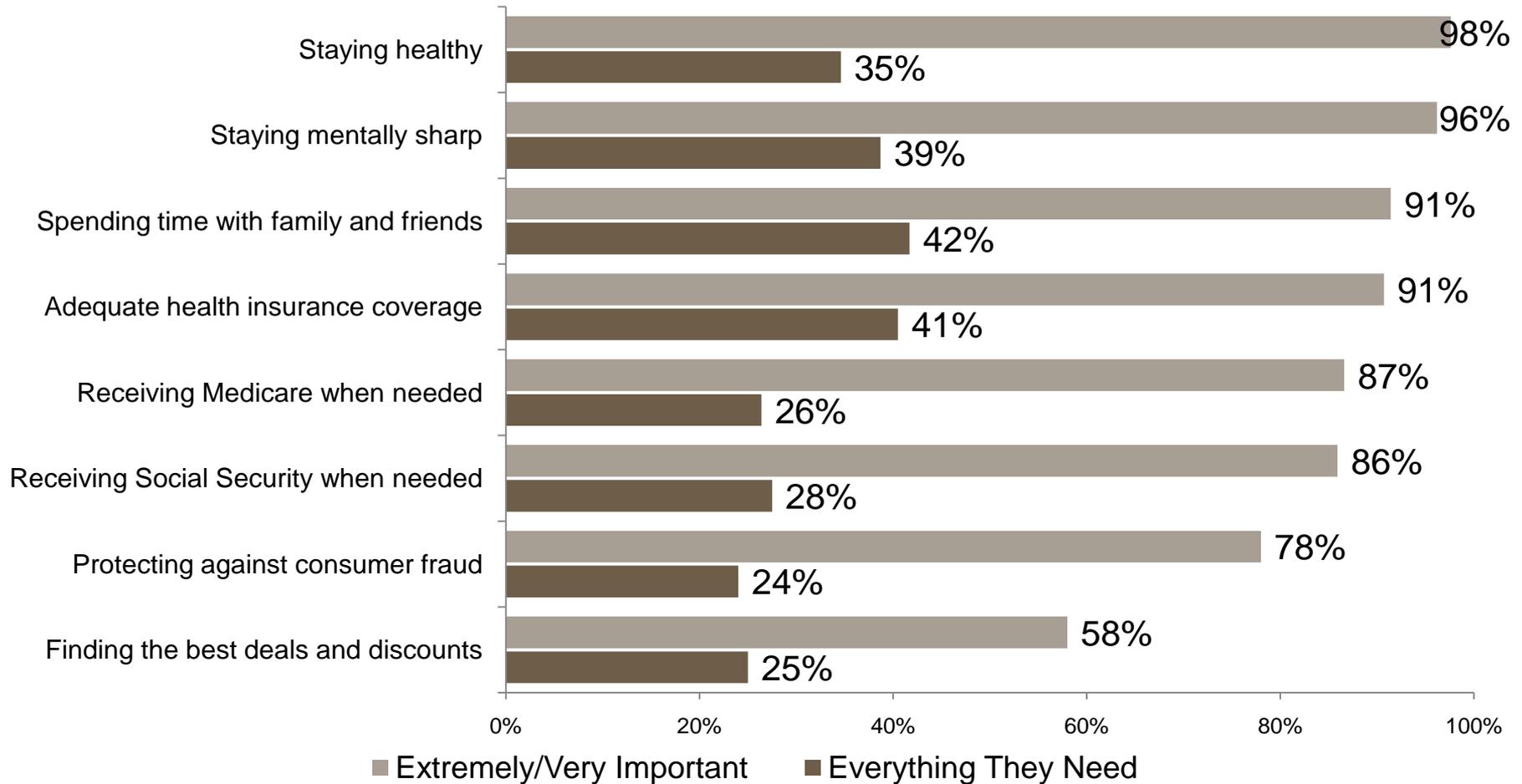


- **Health care issues include the cost of health care and staying healthy.**
- **Economic issues include unemployment and having enough money to retire.**
- **Other social issues vary widely. They include topics like how to spend time, transportation/getting around, family values, politics and government.**

Source: Core Q2. What do you believe is the SINGLE most important problem or challenge facing mid life and older Americans as they get older?  
(Open ended/Unaided response)

# Issues of Importance to the 50+ Today

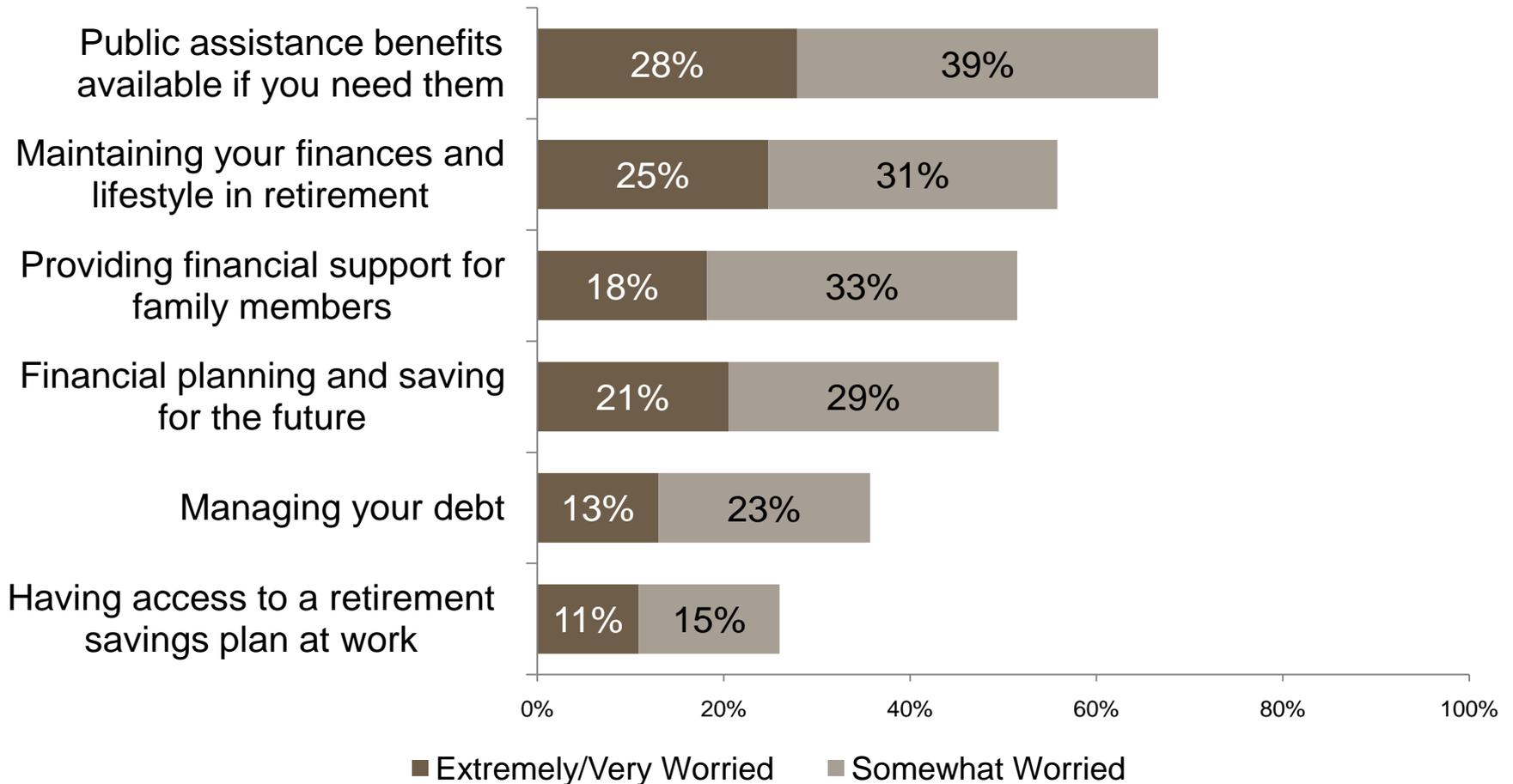
Issues of Importance and Extent to Which Needs Are Met for the 50+ Today (n=402)



Source: Core 3a-q. How important is each of the following in your life right now? Core 4a-h: Do you think you currently have everything you need in regards to [specific items of extreme/very importance]? See attached annotated survey for a list of items. Base for Everything They Need is those who said issue was extremely/very important.

# 50+ Financial Concerns

## Worry about Financial Issues (n=402)

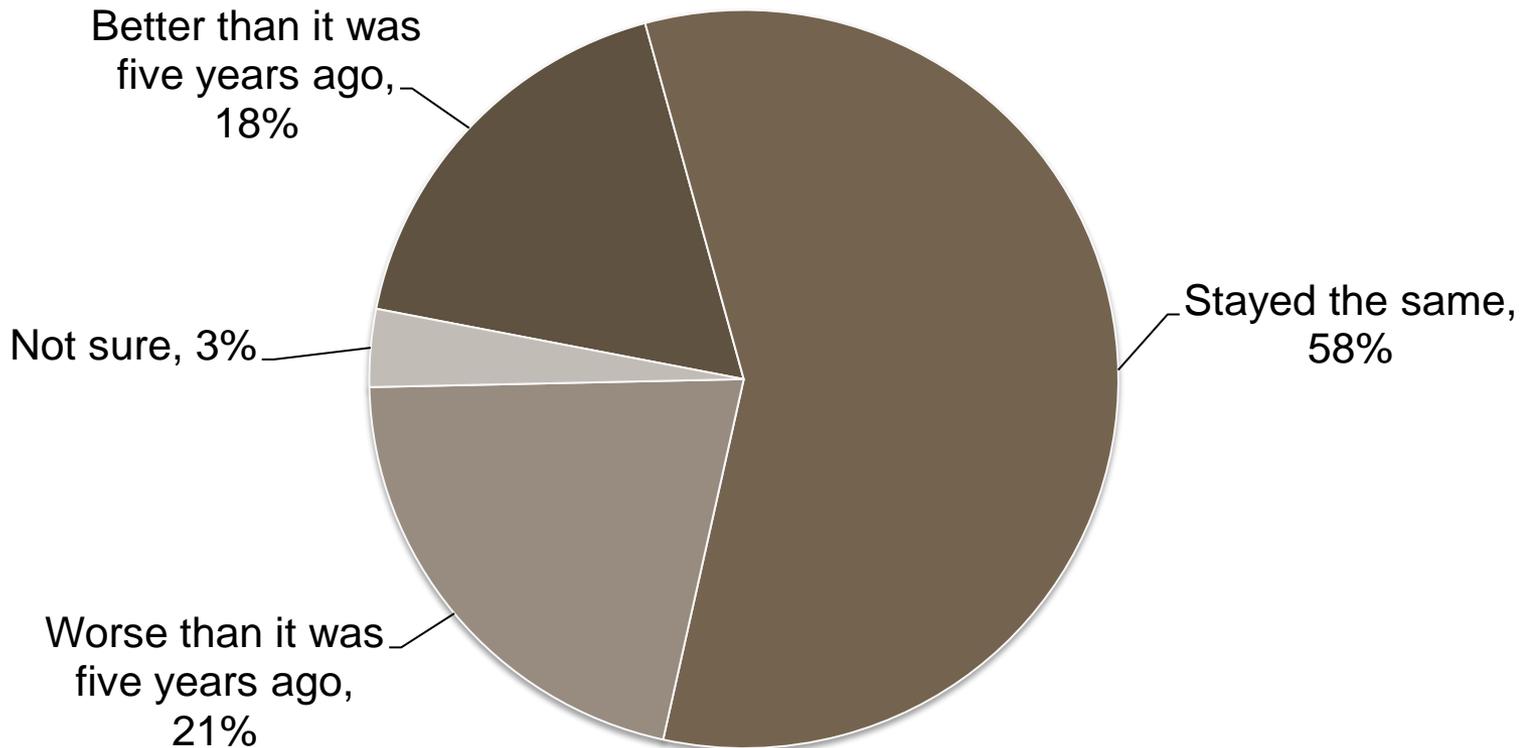


Source: ECON4. I'm going to read to you a list of financial issues that people sometimes worry about. Please tell me how worried you are about each of the following. How worried are you about [INSERT, READ AND RANDOMIZE ITEMS A THROUGH F BELOW]? Are you extremely worried, very worried, somewhat worried, not very worried, or not at all worried?

# 50+ Health Care Concerns

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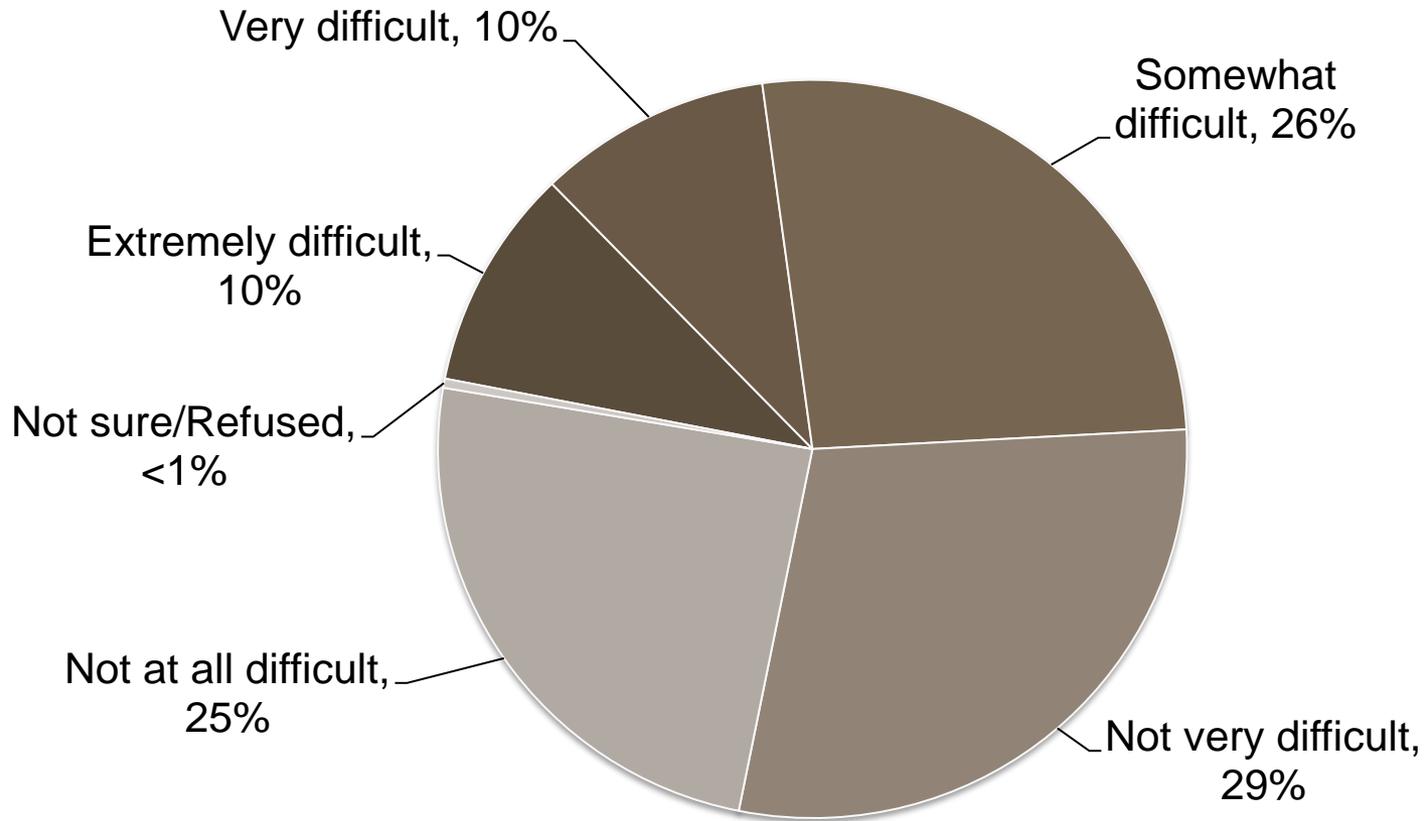
## Quality of Health Care Today in Iowa Compared to Five Years Ago (n=402)



Source: HC6. Do you think the quality of health care in your state is better than it was five years ago, worse than it was five years ago, or has it stayed about the same?

# 50+ Health Care Concerns

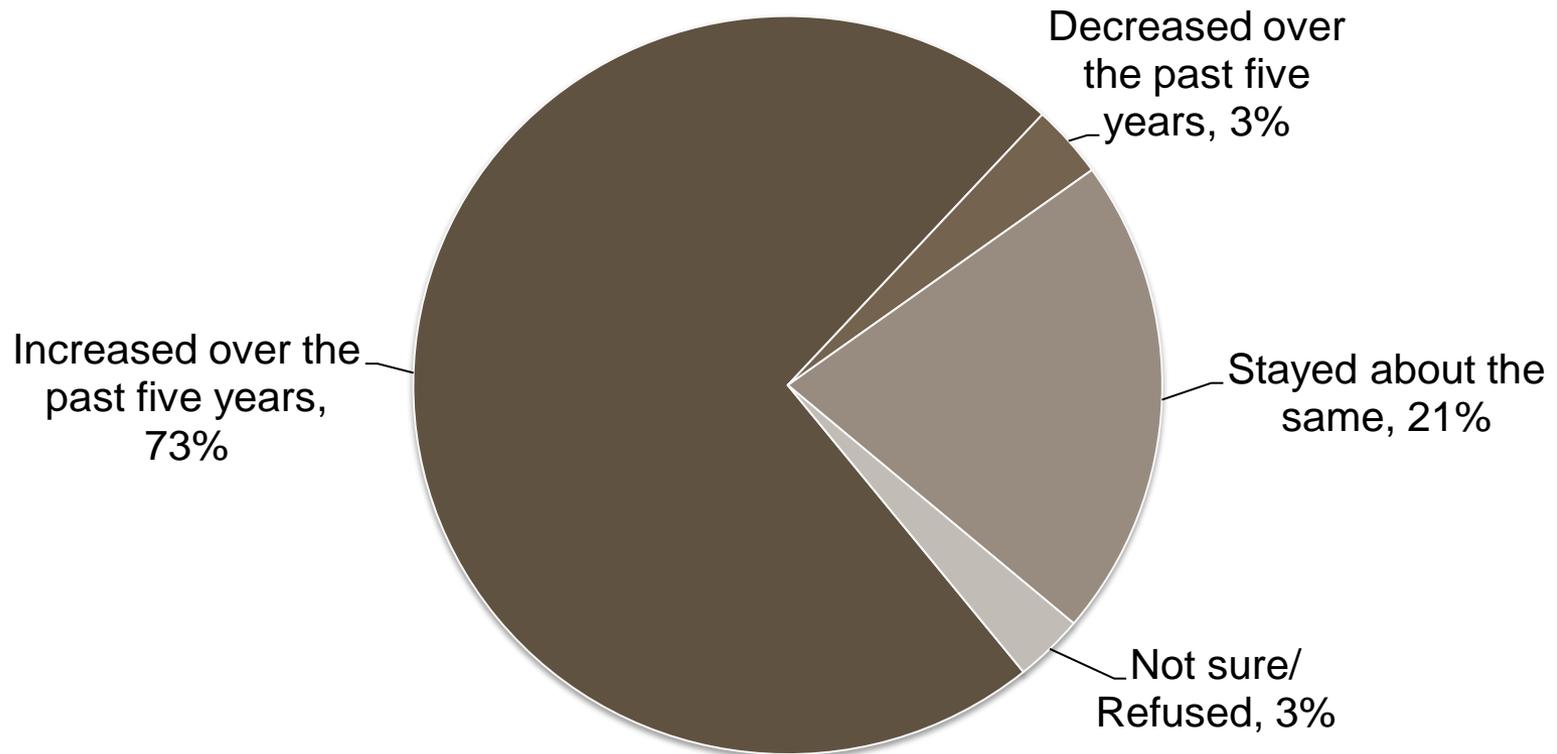
## Difficulty Paying Monthly Out-of-Pocket Medical Expenses (n=402)



Source: HC7. Given your current financial condition, how difficult is it for you to pay monthly out-of-pocket medical expenses? Is it extremely difficult, very difficult, somewhat difficult, not very difficult or not at all difficult?

# 50+ Health Care Concerns

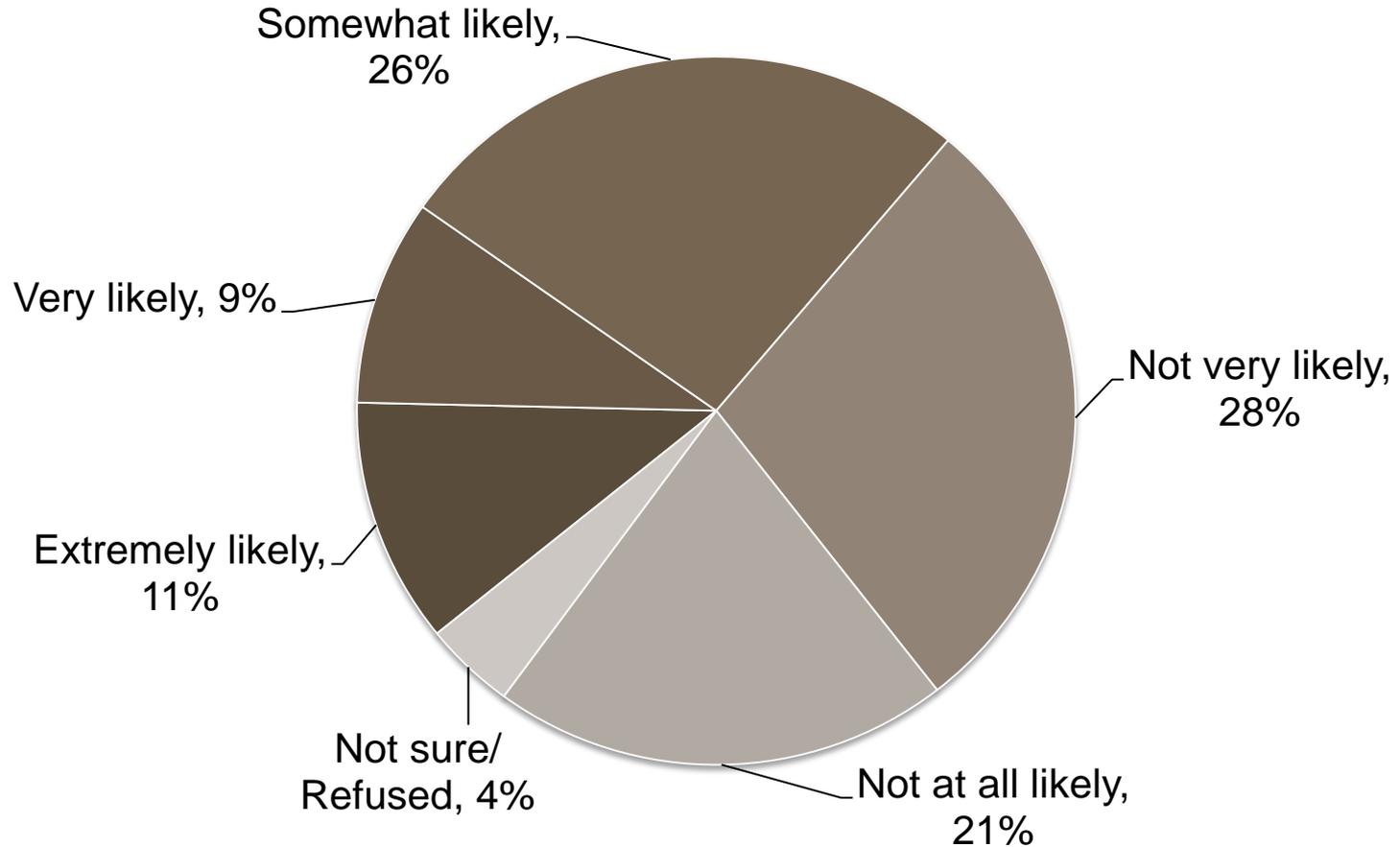
## Change in Out-of-Pocket Medical Expenses Over the Past Five Years (n=402)



Source: HC8. Thinking about what you currently pay in out-of-pocket medical expenses, including insurance premiums, deductibles, prescription drug costs, and co-pays, would you say this amount has increased, decreased or stayed the same over the past five years?

# 50+ Long-Term Care Concerns

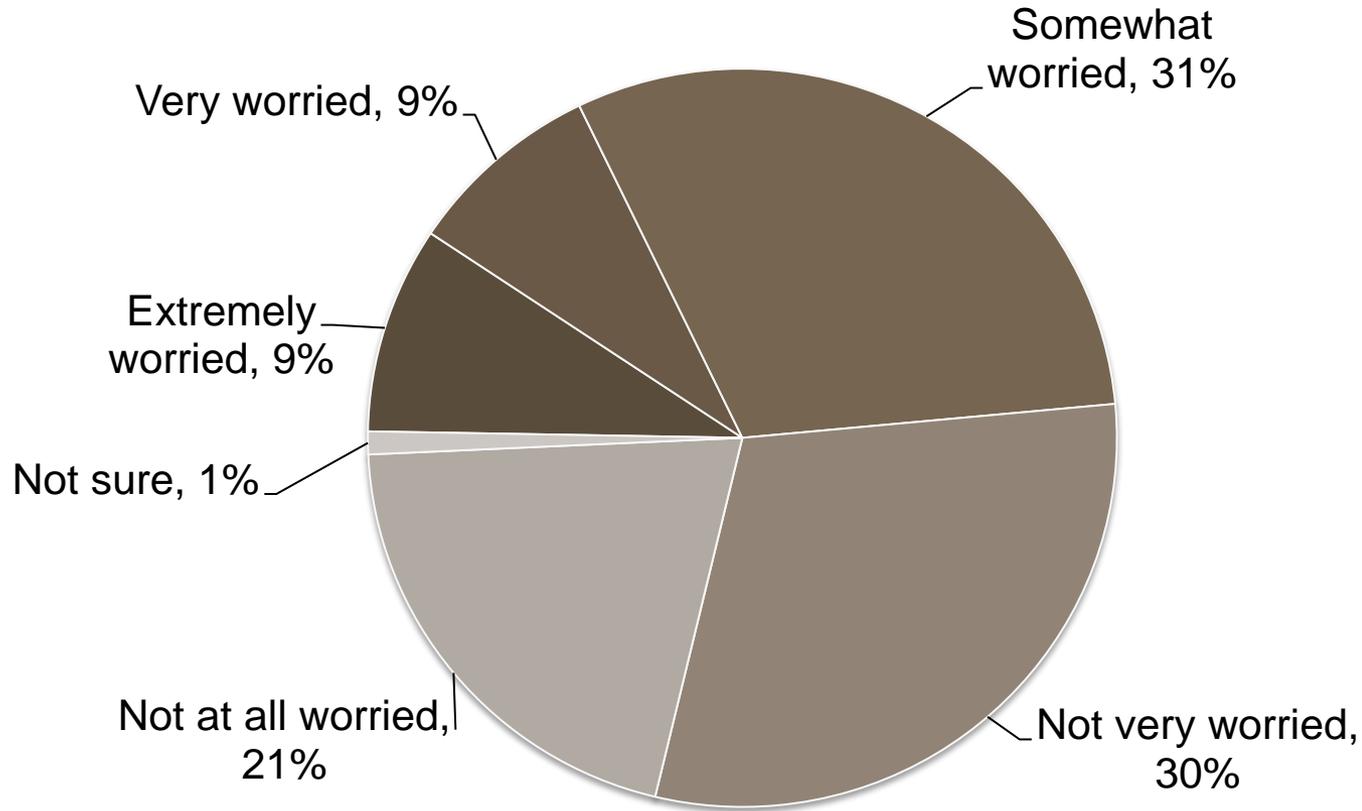
## Likelihood of Needing Long-Term Care in the Next Five Years (n=402)



Source: GLTC6. How likely is it that you or a family member may need long-term care services in the next five years? Is it extremely likely, very likely, somewhat likely, not very likely, not at all likely?

# 50+ Long-Term Care Concerns

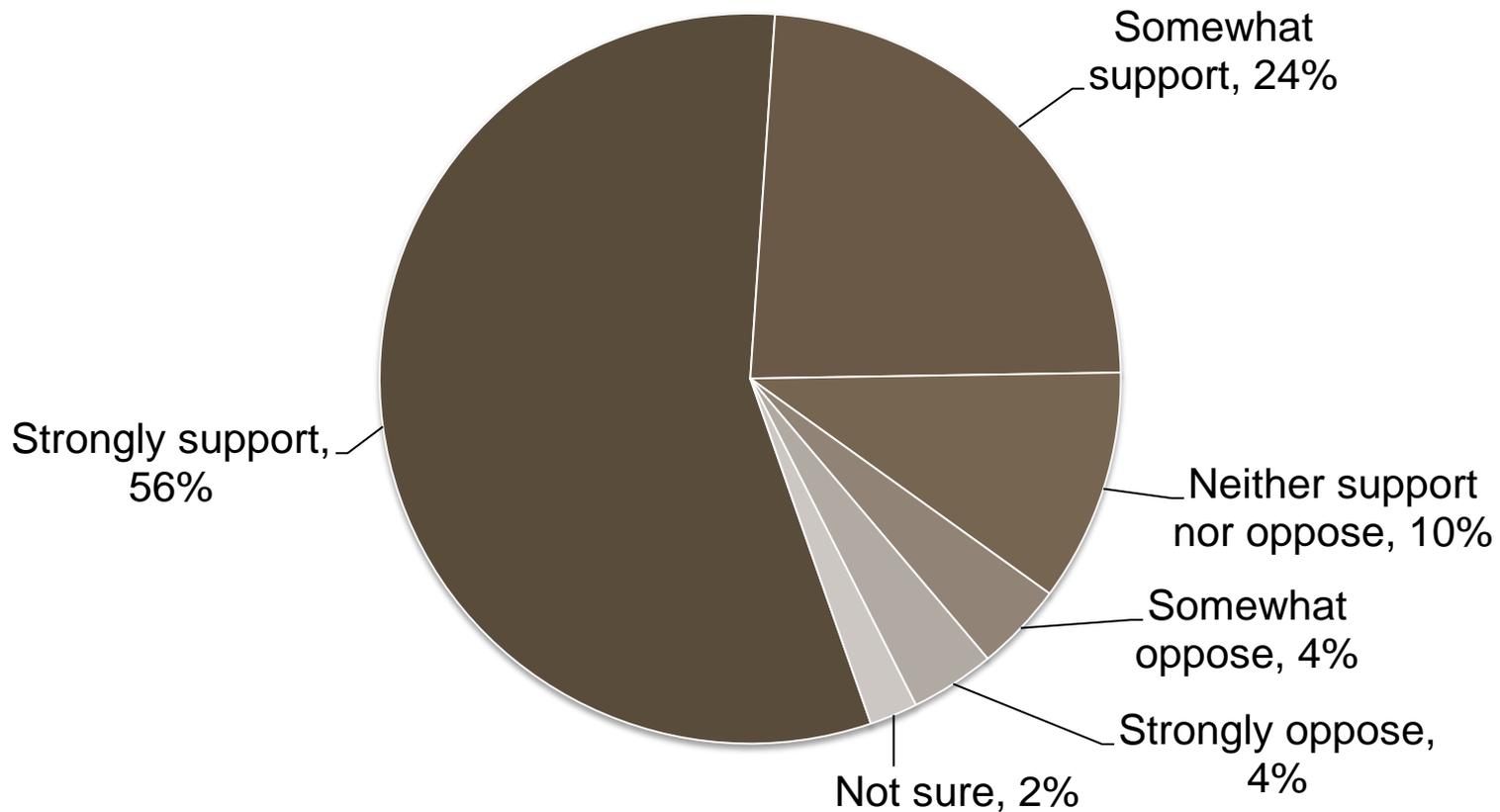
## Worry About Choices Regarding Type of Long-Term Care Services Available (n=402)



Source: GLTC10. How worried are you about having enough choices regarding the type of long-term care services available for you or your family? Are you extremely worried, very worried, somewhat worried, not very worried or not at all worried?

# 50+ Long-Term Care Concerns

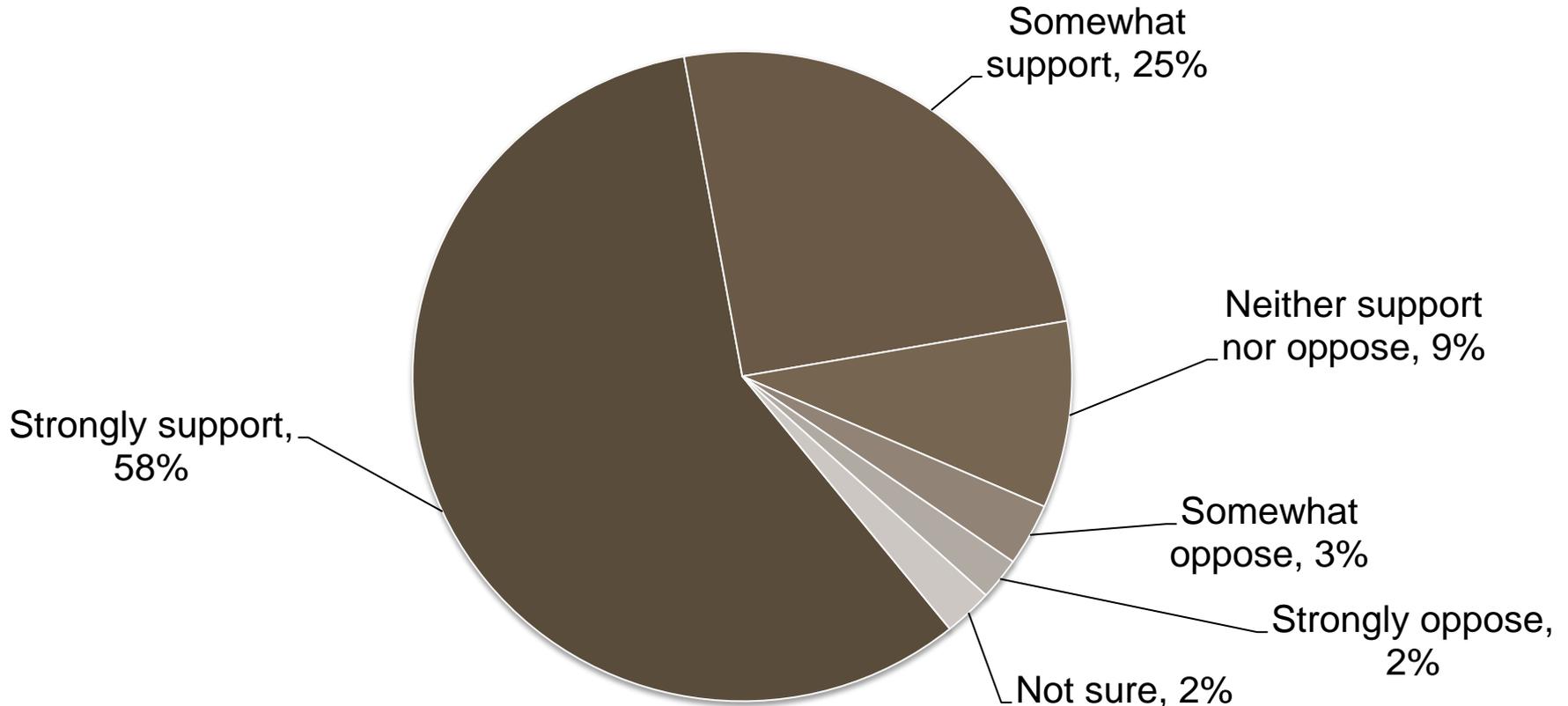
## Support or Oppose Strengthening Enforcement of Quality Standards for Nursing Homes (n=402)



Source: GLTC12. How strongly do you support or oppose strengthening the enforcement of quality standards for nursing homes in your state? Do you strongly support, somewhat support, neither support nor oppose, somewhat oppose or strongly oppose?

# 50+ Long-Term Care Concerns

## Support or Oppose Allowing Nursing Home Only Funds to also Be Used for Long-Term Care Services that Allow Aging-in-Place (n=402)

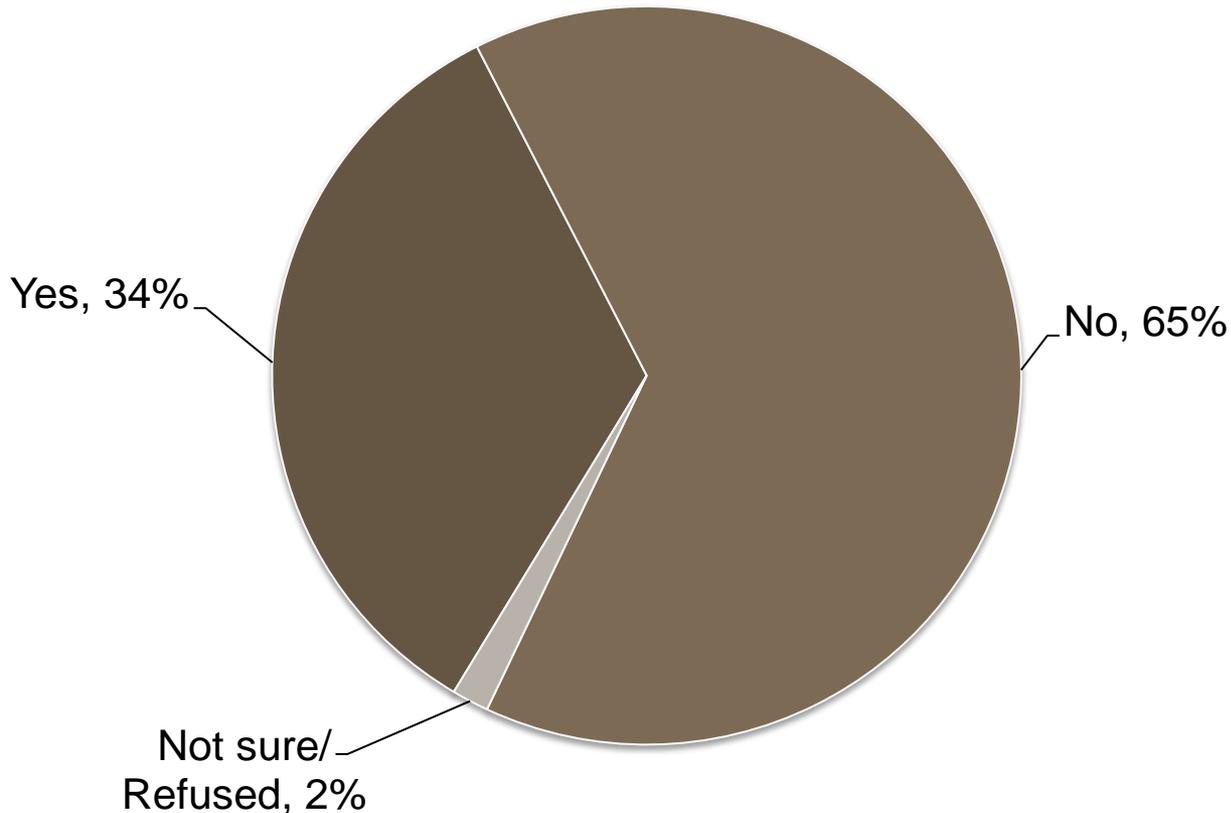


Source: HLTC6. How strongly do you support or oppose allowing funds now used only for nursing home care to also be used for long-term care services that help people stay in their own homes or communities? Do you strongly support, somewhat support, neither support nor oppose, somewhat oppose or strongly oppose?

# 50+ Community Concerns

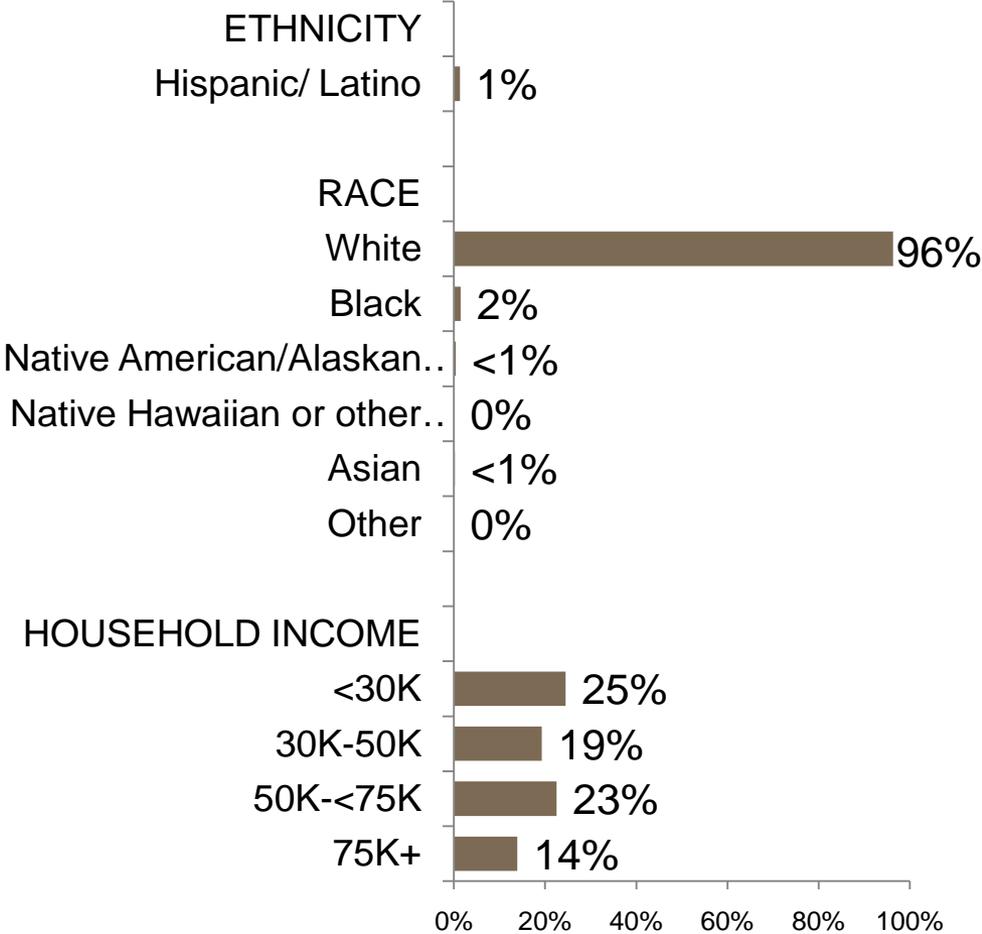
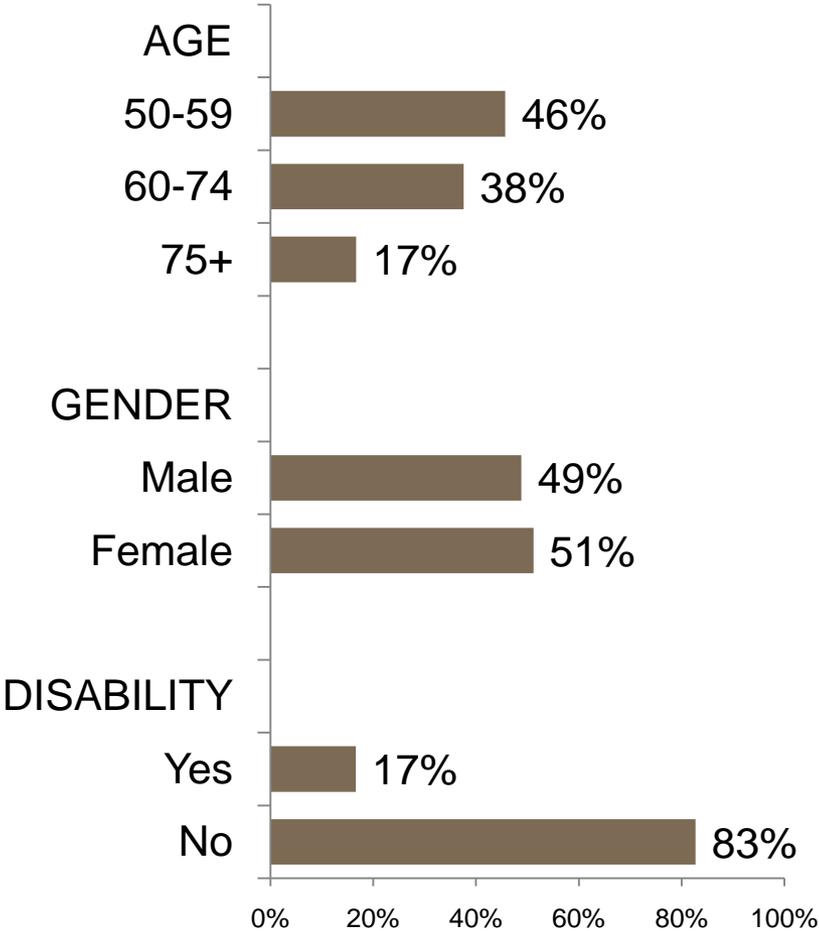
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## Need for Major or Minor Repairs, Modifications, or Changes in Current Residence to Enable Aging-in-Place (n=402)

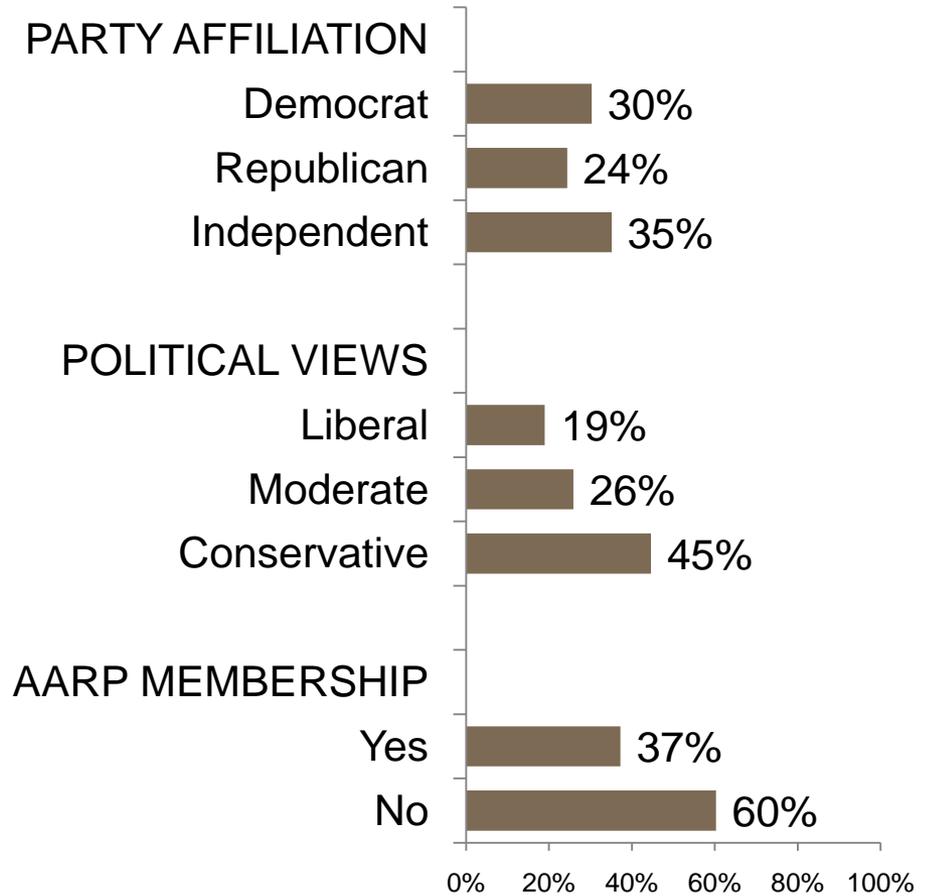
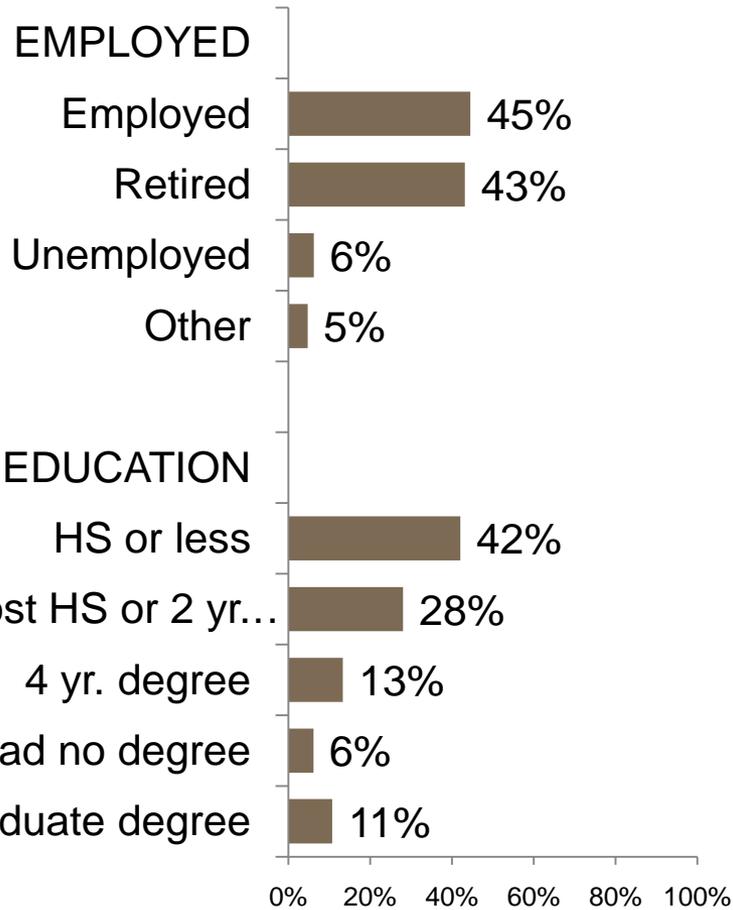


Source: COMM5. Does your current residence need any major or minor repairs, modifications, or changes to enable you to stay there as you get older?

# 50+ Survey Sample Demographics (n=402)



# 50+ Survey Sample Demographics (n=402)



# CONTACT

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