

**Multnomah County Aging & Disability Services
Planning for Aging: Community Survey**

SCREENER:

NTRO1:

Hello, my name is _____. I am calling from Portland State University's Survey Research Lab on behalf of Multnomah County Aging & Disability Services. I assure you I am not selling anything. We are talking with residents of Multnomah County to help the County in planning for the future health, housing and service needs of older adults and their families.

First, to determine if this survey applies to you, may I ask:

A. Are you a resident of Multnomah County?

- 1 Yes, resident
- 2 No, not a resident

[THANK YOU. WE ARE ONLY TALKING TO PEOPLE WHO LIVE IN MULTNOMAH COUNTY. THANK YOU FOR YOUR TIME. TERMINATE CALL] => INT14

- 3 Unsure

[[THANK YOU. WE ARE ONLY TALKING TO PEOPLE WHO ARE SURE THEY LIVE IN MULTNOMAH COUNTY. THANK YOU FOR YOUR TIME. TERMINATE CALL] => INT15

ELG55: Are you 55 years of age or older?

IF R NOT 55 OR OLDER, SAY: "May I please speak to a household member 55 years of age or older?"

- 0 Yes, I am [SKIP TO ELGHH]
- 1 Yes, someone else who is here – will get [SKIP TO NTRO 2]
- 2 Yes, but not here now [SKIP TO CALLBACK]
- 4 Doesn't speak English [SKIP TO ALTA]
- 5 No, household has no one aged 55+ [AGE THEN HELPL THEN INT16]

NTRO2:

Hello, my name is _____. I am calling from Portland State University's Survey Research Lab on behalf of Multnomah County Aging & Disability Services. I assure you I am not selling anything. We are talking with residents of Multnomah County to help the County in planning for the future health, housing and service needs of older adults and their families.

Are you 55 years of age or older?

- 0 No => [AGE THEN HELPL THEN INT16]
- 1 Yes [SKIP TO ELGHH]
- 5 R does not know age => [AGE THEN HELPL THEN INT16]
- 8 Refusal hung-up with out saying anything [SKIP TO INT95]
- 9 Refused [SKIP TO INT91]

INT16: Ok, thanks. We are actually only talking to people 55 or older.

You can call the Helpline at 503-988-3646 for more information on available services.

Thanks again for your time. Goodbye.

AGE:

Are you 18 years of age or older?

- No (INT21)
- Yes
- Don't Know (INT21)
- Refused (INT21)

INT21: Thank you for your time; those are all the questions I have for you today.

LANGS:

If Respondent does not speak English, ask: "Do you speak Spanish?"

If R says "Si" or "yes", say: "I'm sorry we will have to have someone that speaks Spanish call you back. Thank you for your time."

If Needed, ask "What language should we proceed in?"

Then record as Spanish interviewer needed.

To determine if you meet the study's income guidelines, I need to ask you two more questions:
ELGHH: First, how many people live in your home, including yourself?

Don't Know => [HELPL THEN INT 18]

Refused => [HELPL THEN INT 18]

INT 18: Ok, thanks. We need to know the number of household members to determine if you are eligible to complete the survey.

You can call the Helpline at 503-988-3646 for more information on available services.

Thanks again for your time. Goodbye.

ELGIN: Second, is your annual household income at or below <YEARLY INCOME CALCULATION>?

IF R RESPONDS WITH A **MONTHLY INCOME OR DOES NOT KNOW YEARLY**, SAY:
Is your **monthly household income** at or below <MONTHLY INCOME CALCULATION>?

1 Yes [SKIP TO INTRO CONT]

0 No [SKIP TO HELPL THEN INT17]

9 Refused (use refusal conversion before selecting) [SKIP TO HELPL THEN INT17]

IWR NOTE: If R asks who to include in income say: This would include you and your spouse or partner's annual income only.

IWR NOTE: This can be any source of income, including Social Security.

IWR NOTE: If R refuses income, use conversion: "**We only need to know whether your income is above or below that number; we won't ask for any other income information. Multnomah County only serves people at or below a certain income level, therefore we need to know this information to see if you are eligible to complete this survey.**"

HELPL: (ASKED OF THOSE EXITING OFF OF ELG55, NTRO2, ELGHH, OR ELGIN) Are you aware of Multnomah County's Helpline, a service you can call for information on services for older adults?

1 Yes (go to INT17)

0 No (go to INT17)

INT17: Ok, thanks. We are actually only talking with people who have certain income levels.

You can call the Helpline at 503-988-3646 for more information on available services.

Thanks again for your time. Goodbye. [TERMINATE CALL]

{SRL: DEVELOP FORMULAS BASED ON FPL BELOW AND NUMBERS IN HOUSEHOLD X 200}

2008 HHS Poverty Guidelines

Persons in Family or Household	OREGON	USED 200% YEARLY
1	\$10,400	20,800
2	14,000	28,000
3	17,600	35,200
4	21,200	42,400
5	24,800	49,600
6	28,400	56,800
7	32,000	64,000
8	35,600	71,200
For each additional person, add up to family of 15	3,600	7,200

Persons in Family or Household	MONTHLY
1	1,733
2	2,333
3	2,933
4	3,533
5	4,133
6	4,733
7	5,333
8	5,933
For each additional person, add up to family of 15	600

INT11: BEFORE hanging up with R, please ask to clarify:

Do you live in assisted living, a nursing home, or an adult care home?

IF YES => End survey and say: Sorry to have bothered you we are surveying residential households only. Thank you for your time today.

IF NO => Select option 0 or 1.

IWR Note: The following ARE ELIGIBLE: Single family homes, apartments, public housing, retirement homes and communities

No - Continue with Survey at INTRO => INTRO

No - Continue with Survey at Number in HH Question => ELGHH

Yes - End Survey Group Home => /END

INTRO CONT:

I have some questions to ask that will take about 20 minutes. Your responses are very important. The survey is for information gathering only, it is completely voluntary, and all the information you give is confidential. You can stop at anytime. Also, if I ask a question that you would rather not answer, we can just skip over it. Although you may not receive direct benefit from taking part in this study, the study results will help the County plan for the needs of older adults.

- 0 No, not now [SKIP TO CALLBACK]
- 1 Yes
- 8 Schedule a CB
- 9 No, refuses to participate [SKP TO REFUS INT91]

If you have any specific concerns or questions about the study or your rights as a research participant, you can contact the Human Subjects Research Review Committee at Portland State University. Shall I provide that information at the end of the survey?

- 0 No, do not want to contact them
- 1 Yes, please provide contact information

DEMO1: Let's start with a question about age - what are the ages of each person in your household, starting with *your* age?

- 1. Respondent's age: _____
 - 2. Others' ages: _____ _____ _____ _____ _____ _____ _____
- Don't Know =>Continue to SEX
Refused => Continues to SEX

[QUOTAS WILL BE COMPLETED PROPORTIONATE TO THE POPULATION IN MULTNOMAH COUNTY]

SEX. [RECORD SEX OF RESPONDENT, IF NOT OBVIOUS, ASK:] What is your gender?

- 0 Male
- 1 Female

HOUSING

DEMO2. How many years have you lived in your current residence?

_____ Number of years (RANGE = 1 – 110)

666 Less than 6 months

777 6 months to less than 1 year

888 (DO NOT READ) Don't know

999 (DO NOT READ) Refused

(Programmer note - NUMBER OF YEARS LIVED IN TOWN CANNOT BE GREATER THAN AGE)

Q1. Please tell me how much you agree with the following statement: "What I'd really like to do is stay in my current residence for as long as possible."

READ OPTIONS 1-4

04 Strongly agree

03 Agree

02 Neither agree nor disagree

01 Disagree

00 Strongly disagree

88 (DO NOT READ) Don't know

99 (DO NOT READ) Refused

Q2. How confident are you that you will be able to afford to live in your current residence for as long as you would like? Do you feel ...?

03 Very confident

02 Somewhat confident

01 Not too confident

00 Not confident at all

88 (DO NOT READ) Don't know

99 (DO NOT READ) Refused

Q3. Do you currently rent or own your residence?

01 Renting

02 Own home [SKIP TO Q5]

03 Neither, I live with another household [SKIP TO Q6]

If renting:

Q4. Do you currently spend 30% or more of your monthly income on housing? This includes monthly rent plus average cost of monthly utilities (electricity, gas water and sewer) and fuels (oil, kerosene, and wood).

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

SKIP TO Q6

If own:

Q5. Do you currently spend 30% or more of your monthly income on housing? This includes monthly mortgage, deeds of trust or other debts on property, real estate taxes, fire, hazard, flood insurance, utilities and fuels, condominium fees.

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q6. Does your current residence need any significant repairs, modifications, or **changes to allow you to remain in your home as you get older?**

- 01 Yes
- 00 No [SKIP TO Q8]
- 88 (DO NOT READ) Don't know [SKIP TO Q8]
- 99 (DO NOT READ) Refused [SKIP TO Q8]

IF YES: (SCRAMBLE a-h; ASK ITEM i LAST for all)

IWR NOTE on EACH main question: IWR NOTE: Original Question: Does your current residence need any significant repairs, modifications, or changes to allow you to remain in your home as you get older?

Q7. Would one of the modifications needed be (INSERT ITEM)? [READ LIST.]

- a. Better cooling in the summer
- b. Better heating in the winter
- c. Easier access into or within your home such as a ramp, chairlift, wheelchair, or elevator
- d. Bathroom modifications such as grab bars, handrails, a high toilet, or non-slip tile?
- e. Elimination of problems with insects, rodents, or other pests
- f. Structural changes or major repairs such as a new roof or new plumbing
- g. Cosmetic or minor repairs such as painting or floor refinishing
- h. Weatherization or other energy efficiency improvements

i. Is there anything else that needs modification in your home to allow you to remain there as you get older? (do not ask Q7N for this question; if R says yes, ask: "What is this modification?" and enter in open-ended text)

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know [SKIP TO NEXT ITEM OR Q8]
- 99 (DO NOT READ) Refused [SKIPT TO NEXT ITEM OR Q8]

IF RESPONDS YES TO AN ITEM, IMMEDIATELY ASK:

Q7C. Are you planning to make this/these changes?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know [SKIP TO NEXT ITEM OR Q8]
- 99 (DO NOT READ) Refused [SKIP TO NEXT ITEM OR Q8]

IF RESPONDS NO TO AN ITEM, IMMEDIATELY ASK:

Q7N. What is the major reason for not planning to make this/these changes?

DO NOT READ OPTIONS

- 01 Can't afford it
- 02 Can't find information
- 03 Unable to do it yourself
- 04 Can't find contractor/workers/others to do it
- 05 Can't get to hardware or supply store
- 06 Don't trust anyone to do it
- 07 Not sure will still be in residence
- 08 No real need
- 97 Other (Please Specify)_____
- 98 I can't make change, I am renting
- DD (DO NOT READ) Don't know
- RR (DO NOT READ) Refused

IF (DEMO2>5 AND DEMO2<600) SKIP TO Q9

Q8. Have you moved your residence within the last five years to reduce your housing costs?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q9. Do you think that you will need to move to more affordable housing within the next five years?

- 01 Yes
- 00 No [SKIP TO Q12]
- 88 (DO NOT READ) Don't know [SKIP TO Q12]
- 99 (DO NOT READ) Refused [SKIP TO Q12]

Q9a. Which of the following is the *main* reason you might need to move to more affordable housing within the next five years? [READ LIST]

- 1 Cost of rent
- 2 Cost of mortgage
- 3 Cost of taxes
- 4 Cost of maintaining your home
- 5 Cost of utilities
- 6 Some other reason [Please Specify]
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused [SKIP TO Q12]

Q10. Are there other barriers, besides cost, that might keep you from moving should you need or want to? [DO NOT READ LIST; CHECK ALL THAT APPLY]

- 00 No, no other barriers
- 01 Not physically able to look for other housing
- 02 Children or other family want me to stay close by
- 03 Don't want to leave my neighborhood/neighbors
- 04 Nothing available in a good neighborhood
- 05 Don't want all the trouble of moving (packing, going through things; throwing out things)
- 06 Don't want to leave local services
- 07 Waiting list for subsidized housing is too long
- 08 Nothing near good transportation
- 09 Some other reason [Please Specify]
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q11. How confident are you that you will be able to find something you can afford when you are ready to leave your current residence? Do you feel...

- 04 Very confident
- 03 Fairly confident
- 02 Not too confident
- 01 Not confident at all
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

SAFETY & SUPPORT

Q12. Overall, how safe would you say that you feel in your neighborhood? Would you say that you feel...

- 05 Very safe
- 04 Somewhat safe
- 03 Neither safe nor unsafe
- 02 Somewhat unsafe
- 01 Very unsafe
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q13. Do you have someone, either a family member or friend, who you could call during an emergency?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q14. Would you need assistance evacuating your home during an emergency or natural disaster?

- 01 Yes
- 00 No [SKIP TO Q15]
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q14a. Do you know about the Voluntary Emergency Registry? [IF NEEDED: The Voluntary Emergency Registry lists people who need help from emergency response workers to evacuate or remain in their homes during an emergency or disaster. It is managed by Multnomah County and the cities of Portland and Gresham.]

- 01 Yes [SKIP TO Q14c]
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q14b. Would you like more information about the registry?

- 01 Yes [PROVIDE INFO STATEMENT BELOW AND THEN SKIP TO Q15]

Do you have a pen and paper handy? You can call the Helpline at 503-988-3646 for more information on the Voluntary Emergency Registry. (Repeat the number if necessary)

- 00 No [SKIP TO Q15]
- 88 (DO NOT READ) Don't know [SKIP TO Q15]
- 99 (DO NOT READ) Refused [SKIP TO Q15]

Q14c. Are you currently listed on the registry?

- 01 Yes [SKIP TO Q15]
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q14d. Would you like more information about the registry so that you can be listed?

- 01 Yes [PROVIDE INFO STATEMENT BELOW]

Do you have a pen and paper handy? You can call the Helpline – 503-988-3646 – for more information on the Voluntary Emergency Registry. (Repeat the number if necessary)

- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q15. If you needed help around the house, such as with meal preparation and clean-up, housecleaning, laundry or sewing – do you have family or friends who would help you?

- 01 Yes
- 00 No [Skip to Q15b]
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q15a. Are you currently getting any help with any of these activities from these family or friends? [Read again if necessary - meal preparation and clean-up, housecleaning, laundry or sewing]

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q15b. Are you currently getting help in some other way with these activities? [Read again if necessary - meal preparation and clean-up, housecleaning, laundry or sewing]

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q15c. Do you *need* help/additional help with any of these activities? [If necessary read again: meal preparation and clean-up, housecleaning, laundry or sewing]

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q16. If you needed transportation to medical appointments or to do shopping, banking, or make other necessary trips, do you have family or friends who would provide this assistance?

- 01 Yes
- 00 No [SKIP TO q16b]
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q16a. Are you currently getting any help with transportation from these family or friends?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q16b. Are you currently getting help with transportation in some other way?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q16c. Do you *need* help/need additional help with transportation?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q17. If you needed help with the maintenance of your home, such as home repair or regular yard work, do you have family or friends who would help you?

- 01 Yes
- 00 No [SKIP TO Q17b]
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q17a. Are you currently getting any help with the maintenance of your home, such as home repair or regular yard work, from these family or friends?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q17b. Are you currently getting any help in some other way with the maintenance of your home, such as home repair or regular yard work?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q17c. Do you *need* help/additional help with the maintenance of your home, such as home repair or regular yard work?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q18. If you needed help with personal care, such as bathing, toileting, care of fingernails/toenails, brushing teeth, shampooing and hair care, or dressing, do you have family or friends who would help you?

- 01 Yes
- 00 No [SKIP TO Q18B]
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

Q18a. Are you currently receiving assistance with personal care, such as bathing, toileting, care of fingernails/toenails, brushing teeth, shampooing and hair care, or dressing, from these family or friends?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

18b. Are you currently receiving assistance with personal care in some other way?

IWR NOTE: Such as bathing, toileting, care of fingernails/toenails, brushing teeth, shampooing and hair care, or dressing, in some other way?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

18c. Do you need assistance with personal care?

IWR NOTE: Such as bathing, toileting, care of fingernails/toenails, brushing teeth, shampooing and hair care, or dressing?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

19. Do you currently help out an elderly or disabled relative or friend? This includes someone who lives with you or who lives somewhere else. By "helping out" we mean things like help with shopping, home maintenance, transportation, financial management, checking on them by phone, or making arrangements for care.

- 01 Yes
- 00 No [SKIP TO SECT1]
- 88 (DO NOT READ) Don't know [SKIP TO SECT1]
- 99 (DO NOT READ) Refused [SKIP TO SECT1]

20. In total, about how many hours per week would you say you spend helping them out?

- <0-98> Enter hours - For less than 1 hour, enter 1
- <99> Don't know or won't say - Probe for response

IWR NOTE: Your best estimate is fine.

21. Do you feel you have the support necessary to help you deal with the challenges of caring for your family member or friend?

- 01 Yes
- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

22. What types of (support/types of additional support) might be helpful to you in meeting the challenges of helping out your family member or friend? [READ LIST; RECORD ALL THAT APPLY]

- 01 Information on services that might help you or the person you care for
- 02 Caregiver Education or Training (classes, workshops, materials)
- 03 A Caregiver Support Group
- 04 A day program to provide help with daily care giving
- 05 Respite care that would provide periodic or weekend relief
- 06 Counseling
- 07 Anything else [Please Specify: _____]
- 08 None of the above [SKIP TO SECT1]
- 88 (DO NOT READ) Don't know [SKIP TO SECT1]
- 99 (DO NOT READ) Refused [SKIP TO SECT1]

23. Would you like more information on these types of support?

IWR NOTE: If you already provide the number you can say: You can use the same number I provided to you earlier (Helpline 503-988-3646).

- 01 Yes [PROVIDE INFO STATEMENT BELOW]

IF YES AND NOT ALREADY PROVIDED: Do you have a pen and paper handy?
You can call the Helpline – 503.988.3646 – for more information. (Repeat the number if necessary)

IF ALREADY PROVIDED NUMBER: You can use the same Helpline number that I provided earlier.

- 00 No
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

PHYSICAL AND EMOTIONAL HEALTH

SECT1: Now, I would like to ask some questions about your personal health and diet.

24. Compared to others in your age group, how would you describe your usual state of health?
Would you say it is:

- 05 Excellent
- 04 Very good
- 03 Good
- 02 Fair
- 01 Poor

- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

25. How many servings of **fruit** do you eat each day? For example, a serving size for fruit is 1 medium-size fruit; 1/2 cup of fruit (raw, cooked, frozen or canned in %100 fruit juice); 3/4 cup of 100% fruit juice; or 1/4 cup dried fruit.

- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

26. How many servings of **vegetables** do you eat each day? For example, a serving size for vegetables is 1/2 cup vegetables, including beans and peas (raw, cooked, frozen or canned); 3/4 cup of 100% vegetable juice; or 1 cup raw, leafy vegetables.

- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

27. Which of these statements best describes the food eaten in your household in the last 12 months?
[IF RESPONDENT IS ONLY ONE IN HOUSEHOLD, USE "I" IN PARENTHESES; OTHERWISE, USE "WE."]

- We have enough of the kinds of food we want to eat
- We have enough but not always the kinds of food we want
- Sometimes we don't have enough to eat
- Often we don't have enough to eat

- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

SECT2: Next, I'm going to ask you about physical activity, including exercise, recreation or other activities. If you are employed, this would be activities other than any job duties you might have.

28. Which types of physical activity do you engage in the most right now?
READ LIST, SELECT ALL THAT APPLY)

- 1 Walking
- 2 Gym workout
- 3 Workout at home
- 4 Exercise class (aerobics, yoga)
- 5 Jogging
- 6 Housework
- 7 Gardening
- 8 Biking
- 9 Other [Please Specify]
- 0 No physical activity [Skip to Q. 30; record as none]

- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

READ OPTIONS ONLY IF NEEDED

29. In an average week, how many days are you involved in any kind of physical activity?

- 1 None [SKIP TO Q.33]
- 2 One day per week
- 3 2 days per week
- 4 3 days per week
- 5 4 days per week
- 6 5 days per week
- 7 6 days per week
- 8 7 days per week
- 88 (DO NOT READ) Don't know [SKIP TO Q 33]
- 99 (DO NOT READ) Refused [SKIP TO Q. 33]

IWR NOTE: If R asks what physical activity means, say: "This includes walking, working out at the gym or at home, exercise classes, jogging, housework, gardening, biking, or anything that keeps you physically active."

IWR NOTE: Again, if you are employed, this refers to activities that are not related to your job.

30. On those days, on average, how much time do you spend doing physical activities?

- 1 None [SKIP TO Q. 33]
- 2 1-14 minutes per day
- 3 15-29 minutes per day
- 4 30-44 minutes per day
- 5 45-59 minutes per day
- 6 60 minutes or more per day
- 88 (DO NOT READ) Don't know [SKIP TO Q. 37]
- 99 (DO NOT READ) Refused [SKIP TO Q. 37]

IWR NOTE: If R asks what exercising means, say: "This includes walking, working out at the gym or at home, exercise classes, jogging, housework, gardening, biking, or anything that keeps you physically active."

IWR NOTE: Again, if you are employed, this refers to activities that are not related to your job.

31. Based on your answer to the number of days and the amount of time you exercise, would you consider your physical activity patterns to be:

- 1 Consistent or Regular
- 2 Inconsistent
- 3 Other [Please specify]
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

32. On a scale of 1 to 10, with 1 being **inconsistent** and 10 being **highly consistent**, how would you rate the consistency of your physical activities? ____ Record 1 to 10

R made 'Other' comments: (Please specify)

88 (DO NOT READ) Don't know

99 (DO NOT READ) Refused

33: Have you had any of the following health screening procedures *within the last five years*?

SCREENING	YES – mark 1	NO – mark 0	Don't Know (mark 88) Refused (mark 99)
a. Mammogram (IF female)			
b. Prostate specific antigen test (IF male)			
c. Colorectal cancer (Pronunciation: KO-lo-rek-tul)			
d. Cardiovascular health, this includes cholesterol, lipid, and/or triglyceride levels			
e. Diabetes			
f. Glaucoma			

34. Are you aware that **Medicare** benefits **may cover all or some** portion of these screenings?

01 Yes

00 No

88 (DO NOT READ) Don't know

99 (DO NOT READ) Refused

35. Have you had any of the following vaccinations *within the last five years*?

Vaccination	YES – mark 1	NO – mark 0	Don't Know (mark 88) Refused (mark 99)
Flu			
Pneumonia			
Hepatitis			

36. Are you aware that **Medicare** benefits **may cover all or some** portion of these vaccinations?

01 Yes

00 No

88 (DO NOT READ) Don't know

99 (DO NOT READ) Refused

37. Over the past **two** weeks, how often have you been feeling bothered by the following problems?

READ OPTIONS 0-4

a. Feeling down, depressed or hopeless?

- 00 Not at all
- 01 Occasionally or a few days
- 02 Several days
- 03 More than half the days
- 04 Nearly every day
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

READ OPTIONS 0-4

b. Little interest or pleasure in doing things?

- 00 Not at all
- 01 Occasionally or a few days
- 02 Several days
- 03 More than half the days
- 04 Nearly every day
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

(IF 1-4 to either of above) else skip to Q40

38. Have you sought counseling from a professional such as a psychologist, social worker, psychiatrist, clergy, or a primary care physician for depression or anxiety?

IWR NOTE: If R wants information on where to go for services, provide Helpline number (503-988-3646).

- 01 Yes [SKIP TO Q. 40]
- 00 No
- 88 (DO NOT READ) Don't know [SKIP TO Q. 40]
- 99 (DO NOT READ) Refused [SKIP TO Q. 40]

39. What is the primary reason you have not sought counseling? [DO NOT READ LIST]

- 01 Cannot afford
- 02 Not sure who to talk to
- 03 Uncomfortable/embarrassed
- 04 It will just get better/ it will pass
- 05 It is just seasonal
- 06 Don't think it's serious
- 07 Don't think counseling will help
- 08 No access in area
- 09 Don't want anyone to know
- 10 OTHER [Please Specify: _____]

- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

ACCESS TO INFORMATION ABOUT SERVICES

40. People often go to a variety of sources to get information about services they might need or want. What are the main ways you get this type of information?

IWR NOTE: If R asks about what kinds of services this means, say: “For example, people might be looking for help with transportation, information about special housing or help with care at home, legal issues, or other types of services.”

[MULTIPLE RESPONSES OK; DO NOT READ LIST OR CUE RESPONDENTS]

a. FAMILY MEMBERS/FRIENDS

IWR NOTE: If R says Family, ask “Which family members?”

- 01 Spouse
- 02 Children
- 03 Parents/other family members
- 04 Friends/neighbors

b. CITY/COUNTY/STATE/OTHER AGENCIES

- 05 Multnomah County Aging & Disability Services
 - 02a Helpline
 - 02b Network of Care website
 - 02c “Caseworker”
 - 02d “Other”
- 06 Health department
- 07 Other county/state offices
- 08 Private agency [Please Specify and Clarify]

c. MEDICAL CENTER/HEALTH PROFESSIONAL

- 09 Professional (doctor, nurse, social worker or private case manager)
- 10 Clinic or medical center

d. SENIOR SITE

- 11 Senior center or meal site [INTERVIEWER: SEE LIST OF CONTRACTORS]
- 12 Elders in Action

e. OTHER(INCLUDING MEDIA)

- 13 Church
- 14 Newspaper/radio/TV
- 15 Library
- 16 Phone book
- 17 Computer/internet
- 18 Insurance company
- 19 Depends on service needed
- ***
- 66 Other (Please specify)
- 77 Probably wouldn't contact anyone
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

HELP2: Before this survey, were you aware of Multnomah County's Helpline, a service you can call for information on services for older adults?

- 1 Yes
- 0 No (go to HELP3)
- 8 Don't Know (go to HELP3)
- 9 Refused

HELP3: Would you like the phone number for the Helpline?

- 1 Yes (provide information)

IF YES AND NOT ALREADY PROVIDED:

Do you have a pen and paper handy? The phone number for the Helpline is 503-988-3646. (Repeat the number if necessary)

- 0 No
- 8 Don't Know
- 9 Refused

EMPLOYMENT AND FINANCIAL SECURITY

SECT3: We are almost finished. We just have a few questions about your employment.

READ OPTIONS UNTIL STOPPED

41. Which one of the following best describes your current employment status?

- 01 Retired, but now working full-time
- 02 Retired, but working part time → Hours per week: ____
- 03 Retired but looking for work
- 04 Retired and *not* looking for work (skip to Q47)
- 05 Working full-time, never retired
- 06 Working part-time, never retired → Hours per week: ____
- 07 Unemployed, looking for work
- 08 Unemployed, not looking for work
- 09 Never worked
- 10 Disabled, unable to work (skip to Q47)
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

42: [IF 1-7 above (except 4) AND < 65]: Do you plan to continue working past age 65?

- 01 Yes
- 00 No [SKIP TO Q.42a]
- 88 (DO NOT READ) Don't know [SKIP TO Q. 42a]
- 99 (DO NOT READ) Refused [SKIP TO Q. 42a]

42a. [IF 1-7 above (except 4), all ages]: How many more years do you plan to continue working or looking for work, either full or part-time?

____ less than one year (enter number of months)

____ years

R gave other non-numerical response or numerical range (enter response)

IWR NOTE: If R gives a non-numerical response, probe for numerical response first, and then enter "other" response only if numerical response is not available.

IWR NOTE: If R gives numerical range (2 to 5 years), probe for a specific number of years first and if R repeats answer, record as "other" response.

Q42b (IF Yes on Q42 and any number of yrs or months or other on Q42a) Do you plan to:
[READ LIST]

- 01 Work full-time in your current occupation
- 02 Work part-time in your current occupation
- 03 Pursue a full-time job in another field
- 04 Pursue a part-time job in another field
- 05 Other (please specify)
- 06 None of the above

88 (DO NOT READ) Don't know
99 (DO NOT READ) Refused

IF 1-7 Q41 and 65 or over, SKIP TO Q. 45

Answer if 1-7 (except 4) Q41 and under 65 and q42=yes

43. Which of the following statements describes how confident you feel that you will be physically able to continue working past your retirement?

- 04 Very confident
- 03 Fairly confident
- 02 Not too confident
- 01 Not confident at all
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

44. Which of the following statements describes how confident you feel that you will be able to find a job once you are age 65 or retired?

- 04 Very confident
- 03 Fairly confident
- 02 Not too confident
- 01 Not confident at all

- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

IF 1-7 Q41 and under 65, SKIP TO Q. 47

Answer if 1-7 (except 4) Q41 and 65 or over

45. Which of the following statements describes how confident you feel that you will be **physically** able to continue working for as long as you need or want to?

- 04 Very confident
- 03 Fairly confident
- 02 Not too confident
- 01 Not confident at all
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

46. Which of the following statements describes how confident you feel that you will be able to **continue** to find work for as long as you need or want to?

- 04 Very confident
- 03 Fairly confident
- 02 Not too confident
- 01 Not confident at all

- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

ASK OF ALL:

47. Which of the following statements describes how confident you feel that you will be financially stable in retirement?

- 01 Very confident
- 02 Somewhat confident
- 03 Not too confident
- 04 Not confident at all
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

VOLUNTEERISM/CIVIC ENGAGEMENT

48. Do you currently do any volunteer work? (Helping others without receiving pay)

- 01 Yes
- 00 No [SKIP TO Q. 50]
- 88 (DO NOT READ) Don't know [SKIP TO Q. 50]
- 99 (DO NOT READ) Refused [SKIP TO Q. 50]

49. How many total hours per month do you usually spend, including travel time, doing volunteer work? _____ hours per month

IWR NOTE: Your best estimate is fine.

[If not retired in Q. 41]:

50. Do you plan to volunteer or engage in your community in some other way once you retire or work fewer hours?

- 01 Yes [SKIP TO Q. 52]
- 00 No [SKIP TO DEMO]
- 88 (DO NOT READ) Don't know (SKIP TO DEMO)
- 99 (DO NOT READ) Refused (SKIP TO DEMO)

[IF RETIRED IN Q.41 and No to Q.48]

51. Are you interested in volunteering or engaging in your community in some other way in the future?

- 01 Yes
- 00 No [SKIP TO DEMO]
- 88 (DO NOT READ) Don't know (SKIP TO DEMO)
- 99 (DO NOT READ) Refused (SKIP TO DEMO)

52. What types of volunteer activities most interest you? [READ LIST; SELECT ALL THAT APPLY]

ACTIVITIES	YES – mark 1	NO – mark 0	Don't Know (mark 88) Refused (mark 99)
Services for seniors			
Services for children or teens			
Hospital visiting or assistance			
Religious organization			
Museum or cultural organization			
Civic or social organization (including political)			
Library			
Environmental organization			
Philanthropic Organization (Red Cross, food bank, etc.)			
Other [Please Specify:]			
Don't know (mark 88)			
Refused (mark 99)			

52A. Within these activities, what tasks do you envision for yourself? [READ LIST]

ACTIVITIES	YES – mark 1	NO – mark 0
Friendly visiting to homebound		
Tutoring or mentoring		
Counseling or peer support		
Arts education (docent, teaching courses, other)		
Fundraising		
Lobbying, political organization, advocacy		
Trail or other outdoor space maintenance		
Serving on a board		
Other [Please Specify:]		

FINAL DEMOGRAPHIC QUESTIONS

DEMO: We are almost done; the next few questions are for demographic purposes only.

D1. Could you please tell me the highest level of education you have completed?

READ OPTIONS IF NEEDED

- 01 Grade school or less
- 02 Some high school
- 03 Graduated high school or GED
- 04 Some college (no degree)
- 05 Associate degree (AA or 2-year college)
- 06 College graduate (BA/BS)
- 07 Some graduate study
- 08 Graduate degree
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

D2. Do you consider yourself either Hispanic or Latino/a?

- 1 Yes, Hispanic or Latino
- 0 No, not Hispanic or Latino
- Don't Know
- Refused

D3. Do you consider yourself: (READ OPTIONS 1-7)

- 1 White or Caucasian
- 2 Black or African-American
- 3 American Indian or Alaska Native
- 4 Asian
- 5 Native Hawaiian or Other Pacific Islander
- 6 Two or more races (please specify)
- 7 Something Else (please specify)
- *****
- 88 (DO NOT READ) Don't know
- 99 (DO NOT READ) Refused

D4. Were you born in the United States or another country?

- 1 U.S.
- 0 Other → In which country were you born? _____
- Don't know
- Refused

D5. What is your marital status? Are you:

- 1 Single, never married
- 2 Married
- 3 Living with a partner
- 4 Separated
- 5 Divorced
- 6 Widowed
- 7 Remarried
- ***
- 9 Refused

D6. So that we know what general area of the county you live in, what is your home zip code?

— — — — —

- Don't Know
- Refused

IWR NOTE: If R refuses, say: "We only need your zip code to determine what service area you are in but we don't need your actual address."

D7. Finally, just a few questions to help us plan for the future. Do you have regular access to the internet?

- 1 Yes
- 0 No
- 8 Don't Know
- 9 Refused

D8. Do you use the internet?

READ OPTIONS 0-4

- 0 Never (skip to end)
- 1 Rarely
- 2 Sometimes
- 3 Often
- 8 Don't Know (skip to end)
- 9 Refused (skip to end)

D9. Do you use it to search for information about services or resources?

- 1 Yes
- 0 No
- 8 Don't Know
- 9 Refused

SKIP IF CONST=NO

Earlier you said that you would like to contact someone to learn more about your rights as a research participant. Do you have a pen and paper handy if you would still like this information?

**Human Subjects Research Review Committee at Portland State University:
503-725-4288 or 1-877-480-4400**

THEEND: Thank you very much for your time and cooperation. Your responses will be very helpful to Multnomah County Aging & Disability Services.

Do you have any questions or comments about the survey?

END: Thank you again for your time. Goodbye.

Language of Survey Completion

- 1 English
- 2 Spanish

Add additional language options and below survey implementation question to web version.

Survey Implementation

- 1 Telephone (SRI)
- 2 Telephone (Partner: _____)
- 3 On-site (Partner _____)

SPECIAL STUDY INFORMATION:

If R wants more information they may call any of the following:

General Questions: Multnomah County Aging & Disability Services Helpline: 503-988-3646.

Questions about Multnomah County Services: You may contact the survey coordinator for Multnomah County, David Hanson, at 503-988-3769.

Questions about Survey Content: You may contact the primary investigator at Portland State University, Dr. Margaret Neal at 503-725-5145 or Dr. Sharon Baggett at 503-287-3618.

The Aging and Disability Services Website is: <http://multnomah.or.networkofcare.org>

If you have questions about the **validity of the study** or the Survey Research Lab you may call Dr. Debi Elliott, the Director of the Survey Research Laboratory at Portland State University, at 503-725-5198 or visit the Survey Research Lab website at www.srl.pdx.edu.

If you have concerns or questions about your **rights as a research subject**, please contact the PSU Human Subjects Research Review Committee, at 503-725-4288.

PURPOSE:

This survey is part of a collaborative effort by Multnomah County Aging and Disability Services and Portland State University to assess the needs of older adults in Multnomah County. The findings will help Multnomah County Aging and Disability Services to plan for the future. This survey project was initiated by the Aging and Disability Service leadership.

IWR NOTE: If R asks how their phone number was obtained, say:

Your number was selected randomly from a list of residents of Multnomah County. Your participation will be anonymous as there is no connection between your responses and your name or phone number.

GENERAL REFUSAL:

The results of this survey will be used by Multnomah County Aging and Disability Services to help **plan and improve** services for lower income seniors and their families. The survey is **completely confidential** and voluntary and takes about 15 to 20 minutes to complete.

Can we ask you some questions now or would there be a more convenient time?