

# Needs Assessment of Older Adults in Honolulu

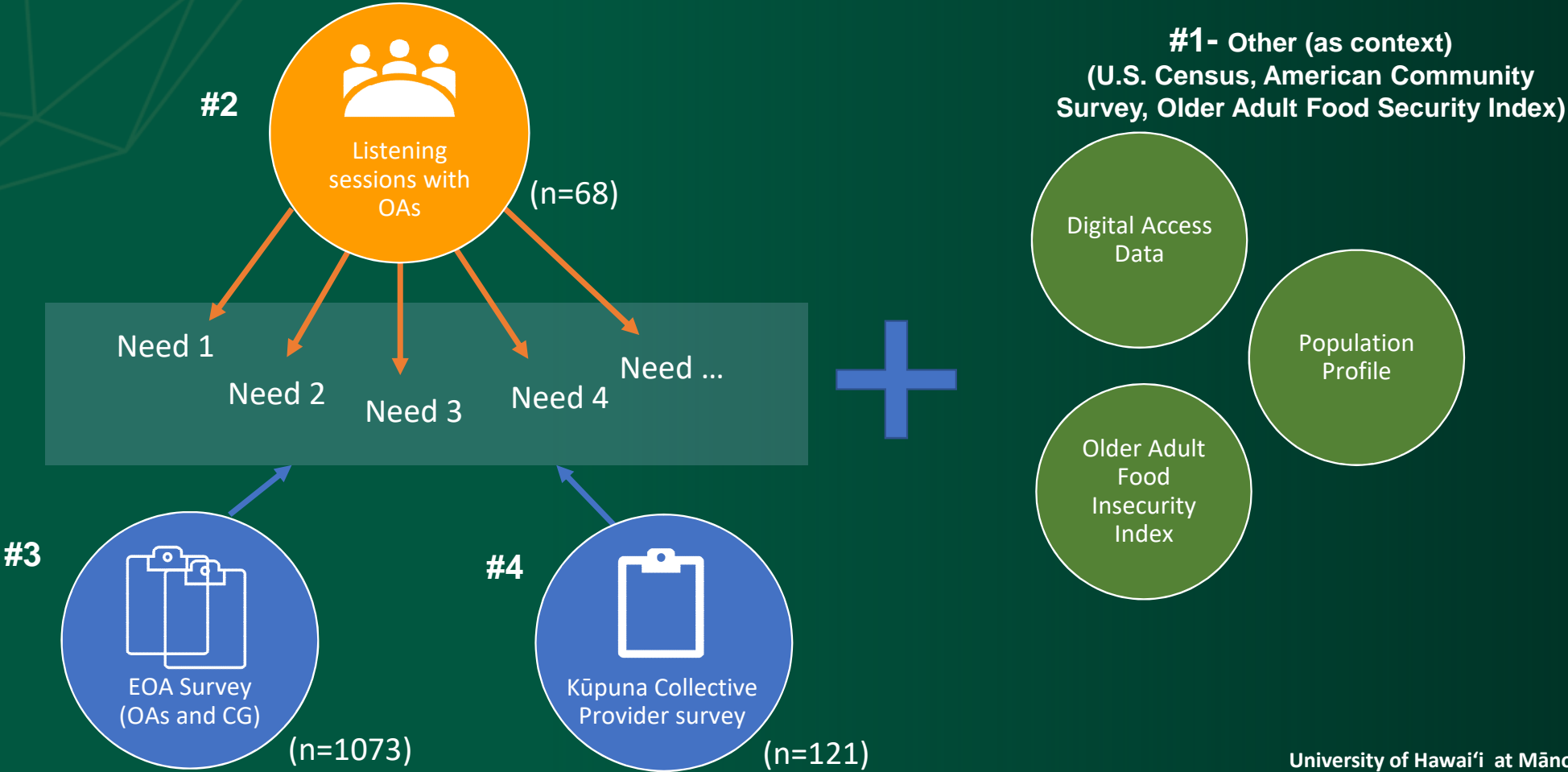
## Findings and Themes

March 20, 2023

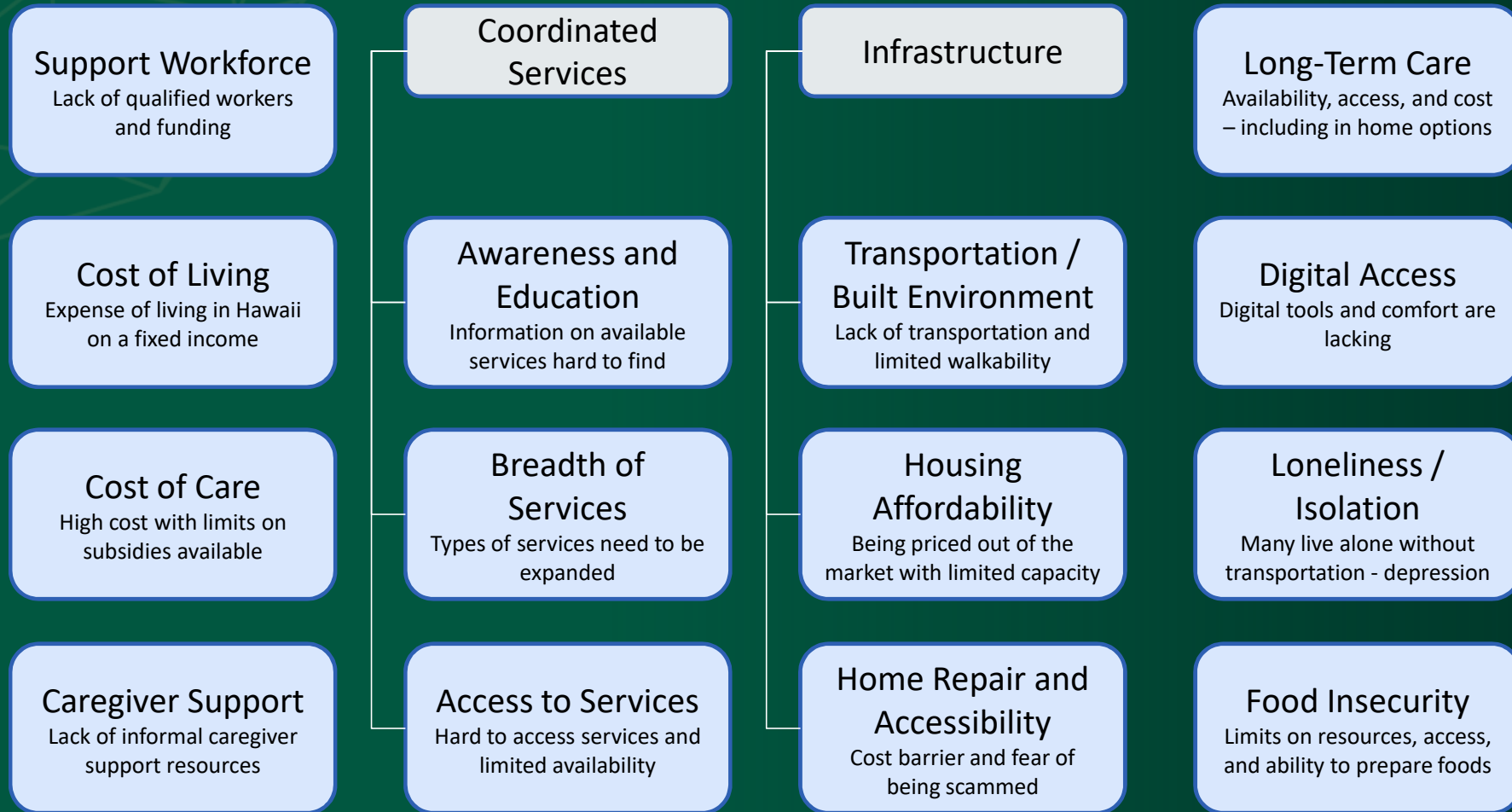
Christy Nishita, Ph.D. and Jenny Lee, Ph.D.



# Four Sources of Data



# 14 Overall Themes





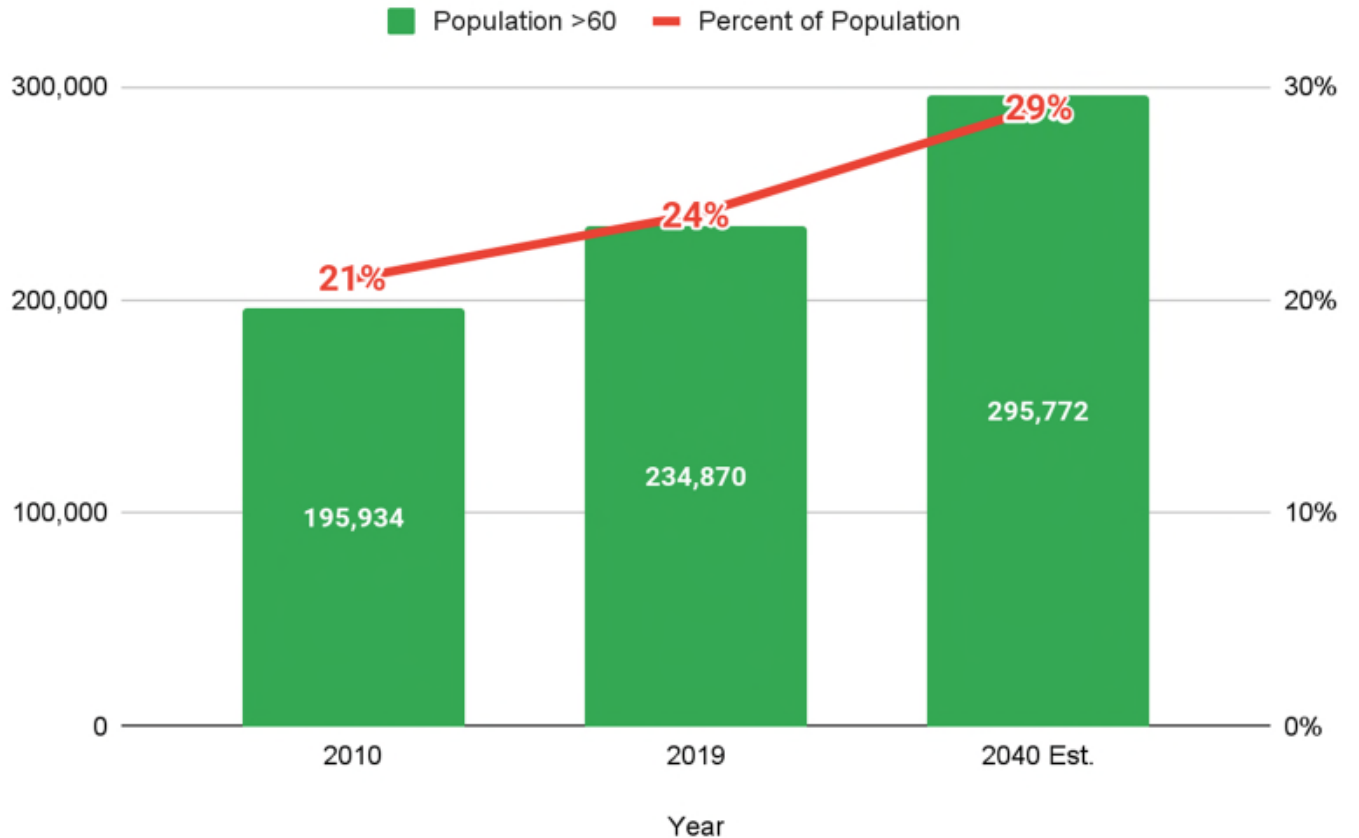
**#1- Contextual Data  
(U.S. Census, American Community Survey,  
AUW ALICE report, Older Adult Food  
Insecurity Index)**

# The older adult population in Honolulu County continues to grow, increasing the need for services

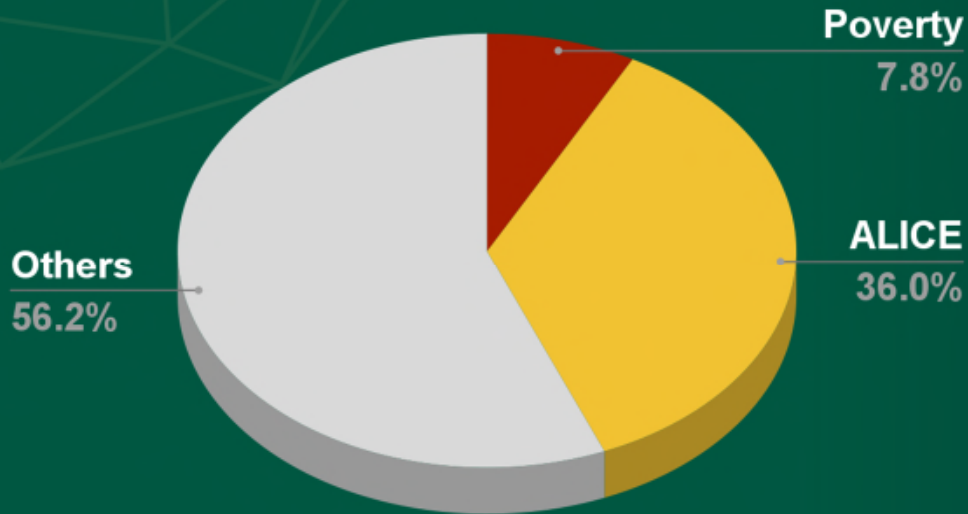
**20%**

**increase** in population age 60+ from 2010 to 2019 (while other age groups shrank)

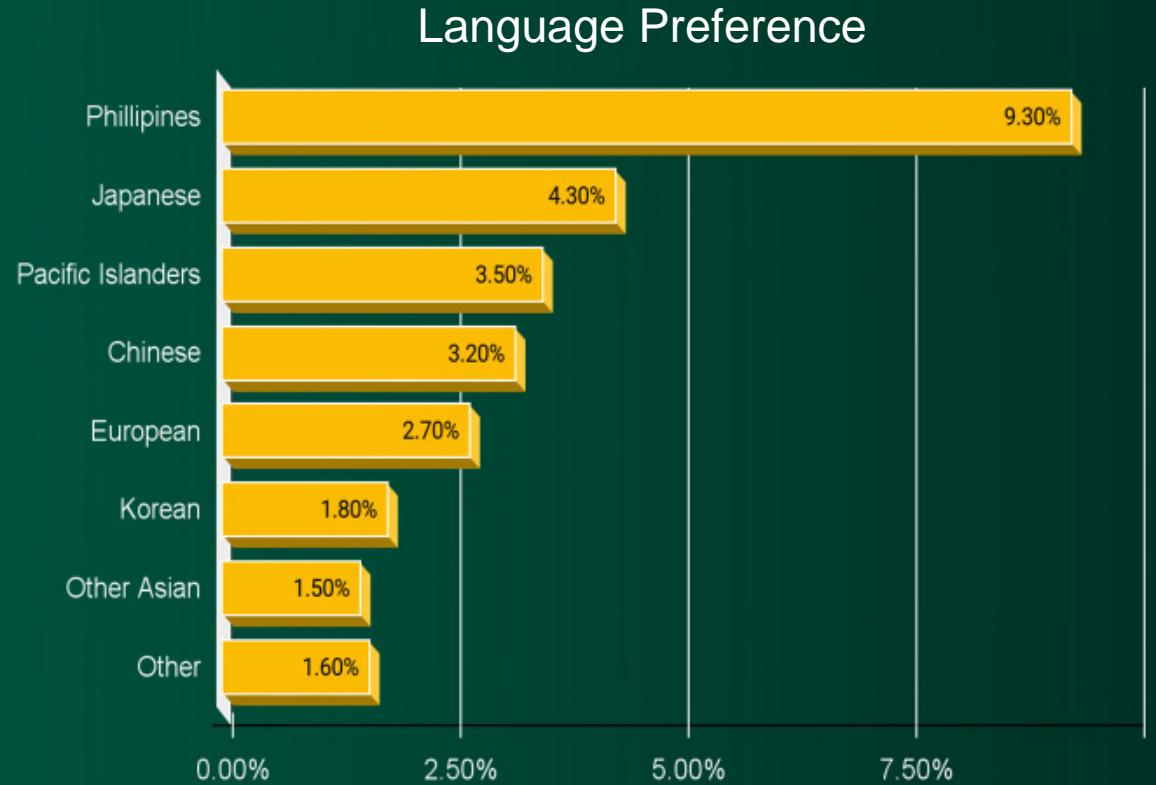
### Age 60+ in Honolulu



# Some 44% struggle to make ends meet financially and 28% speak a language other than English at home, making it harder to access services

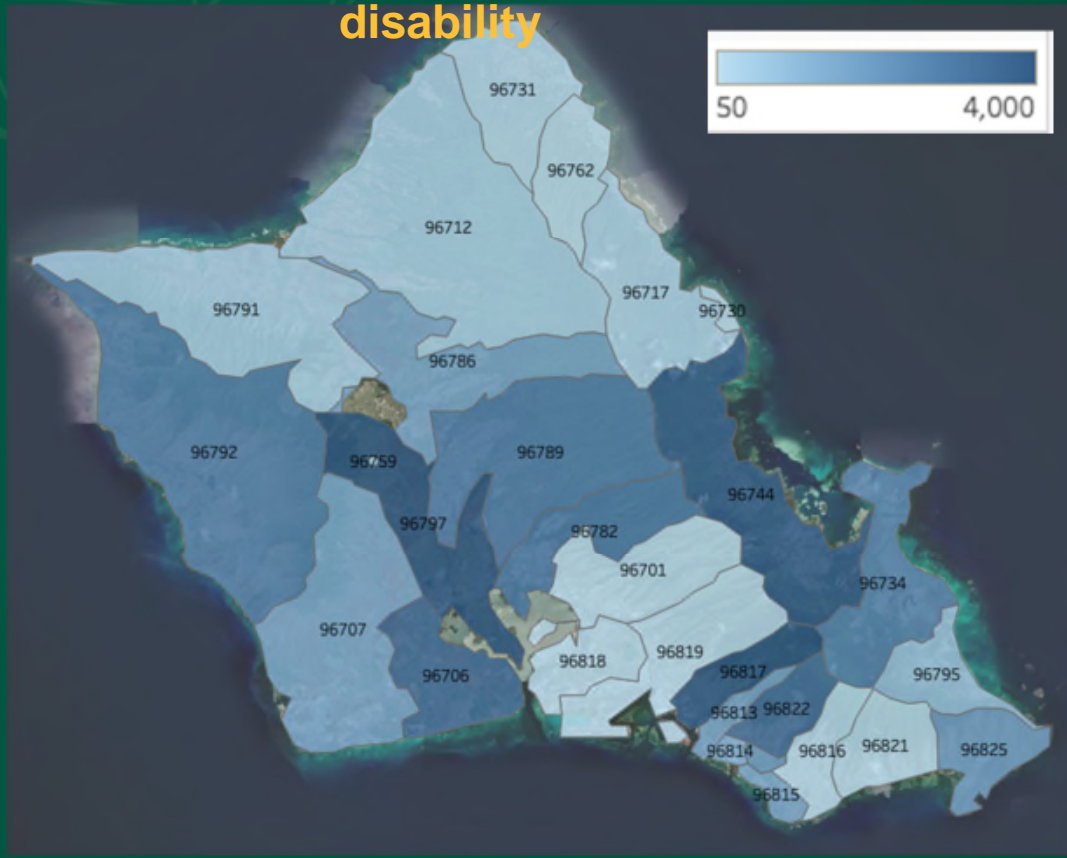


ALICE : Asset Limited Income Constrained & Employed

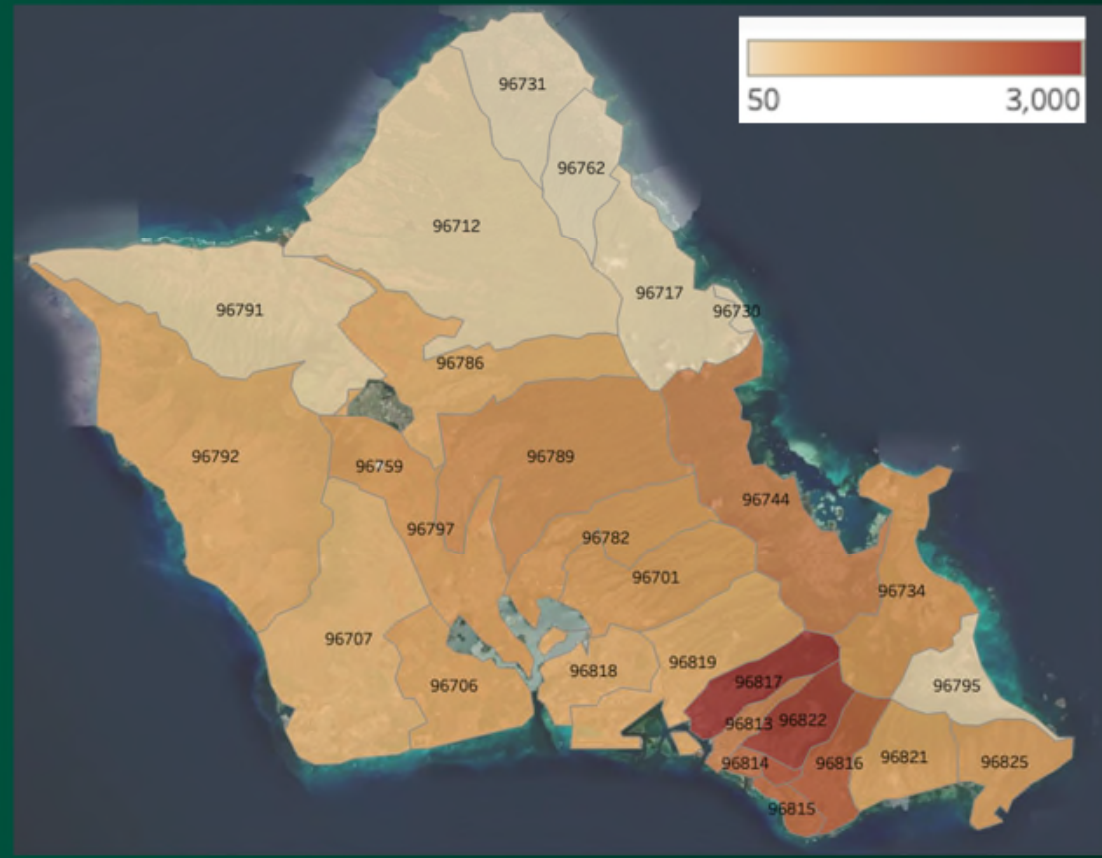


# A large percentage of older adults in Honolulu also face additional life challenges, increasing the demand for services

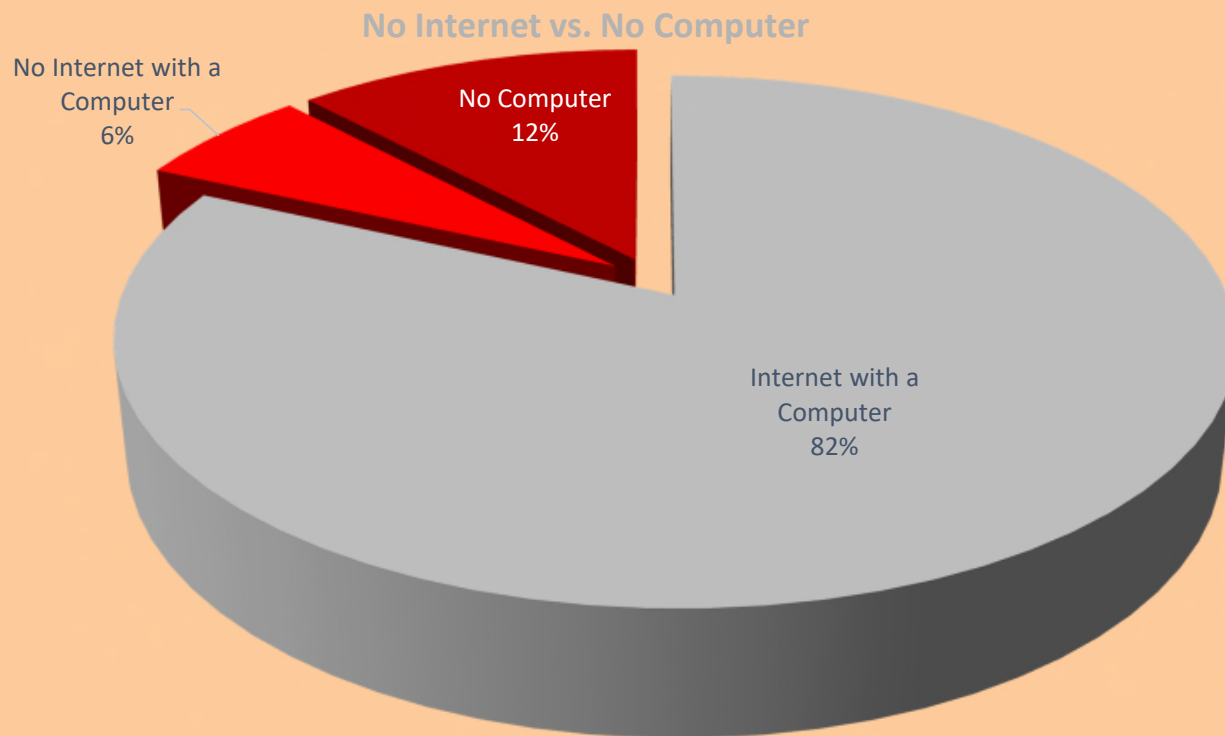
**36%** Of older adults have a disability



**19%** Of older adults live alone



# Digital inclusion is critical in providing access to services and reducing loneliness



Internet availability, financial constraints, and digital literacy are all barriers to digital inclusion.

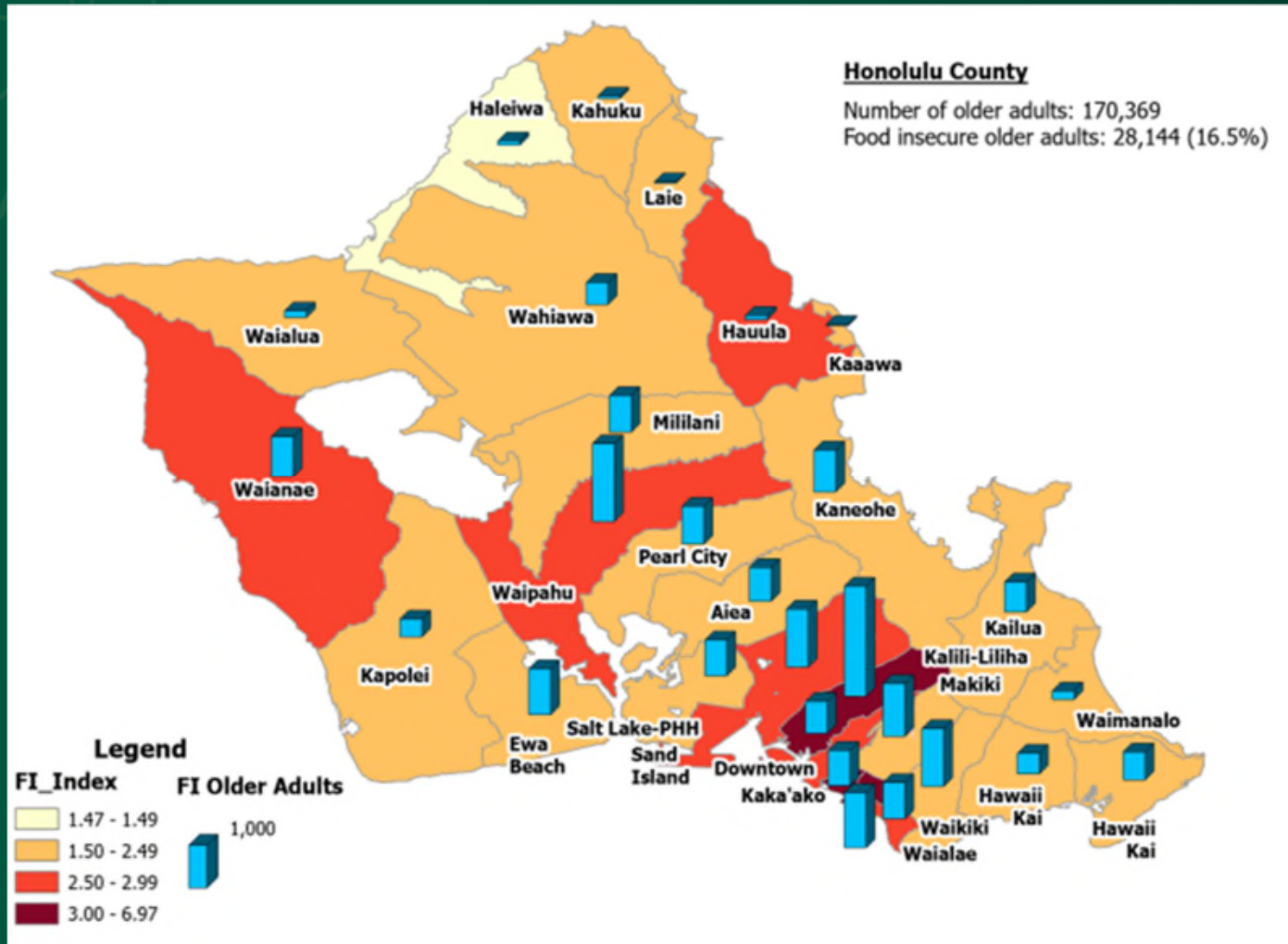
However, the cost and availability of internet access alone aren't the only barriers that needs to be overcome in order to address this issue.

Data Source: 2020 ACS 5-Year Estimates Subject Tables (S2808)





# Older Adult Food Insecurity Index has helped to identify prevalence and need at a detailed geographic level





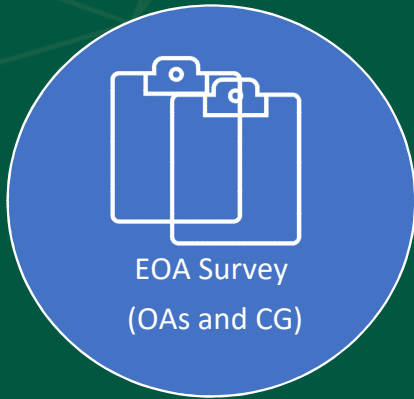
Listening sessions with  
OAs

## #2- Listening Sessions with Kūpuna (@ Three locations with 68 participants)



# Key themes emerged from listening sessions with Kūpuna

Need	Description	Potential Solutions
<b>Increased awareness and availability of services</b>	Not sure what is available. Phone number, website or cheat sheet w/quick links to programs and services. Limited resource book availability. Even if number is available, difficult to get help or an answer.	<ul style="list-style-type: none"> <li>• Free or low-cost tax prep help</li> <li>• One stop place to find all related services for caregivers and care recipients with a simple call number (e.g., Kokua Line, 3-digit, 2-1-1 Aloha United Way number)</li> </ul>
<b>Home accessibility and repair</b>	Cost is a barrier, fear of contractor scams, tax deductibility	<ul style="list-style-type: none"> <li>• Lower bar for eligibility so more kūpuna can receive benefits</li> </ul>
<b>Housing affordability</b>	Fixed income, taxes and fees increasing, being priced out, ability to afford other necessities	<ul style="list-style-type: none"> <li>• Need to help those on the edge - those who are just above eligibility for subsidized housing or vouchers</li> </ul>
<b>Caregiver support</b>	Adult daycare is not affordable	<ul style="list-style-type: none"> <li>• Increase the amount of support from the Kūpuna Care program</li> </ul>
<b>Transportation / Built environment</b>	Unsafe walking environments, distance from stores, senior centers, and activities. The Handi-Van is notorious for being late. Help with transportation after hospital discharge. Getting handicap pass is not feasible	<ul style="list-style-type: none"> <li>• Discounted Uber and Lyft rides</li> <li>• Easy bus connections to the rail stations</li> <li>• Broad sidewalks and more streetlights to keep kupuna safe while walking around the community</li> </ul>
<b>Food insecurity</b>	Access to food and congregate meals is limited, requires transportation, budget limitations/inflation impact.	<ul style="list-style-type: none"> <li>• More choices in diversity of meals</li> <li>• Coupons/discounts to local restaurants</li> <li>• Increased access to groceries/delivery/SNAP</li> </ul>
<b>Loneliness/Social Isolation</b>	Many live alone and don't drive, isolated	<ul style="list-style-type: none"> <li>• Volunteers that reach out to those who live alone, call them and check in on them in person</li> <li>• Dating/companionship programs</li> <li>• Different types of activities and classes provided by senior centers – not just typical fitness classes</li> </ul>
<b>Lack of Digital Access</b>	Digital tools and comfort are lacking, which reduces access to programs, causes fear, and increases social isolation	<ul style="list-style-type: none"> <li>• Technology classes (smartphone/iPad classes) as well as how to guard against fraud and scams</li> </ul>



## #3- EOA Older Adult and Caregiver Survey (Honolulu County Data Only, n = 1073)

- Older Adults with 48 Qs
- Caregivers with 32 Qs

### NEED ASSESSMENT SURVEY: HAWAII'S CAREGIVERS

Version 1.0

The Department of Health, Executive Office on Aging is requesting your assistance and participation in completing this survey. This survey will look at issues faced by you as a caregiver. The results of this survey will help with the development of programs, services, and the direction of the 2023-2027 Hawaii State Plan on Aging. Answers are strictly voluntary and anonymous.

Note: A "Caregiver" is someone who regularly provides unpaid assistance to a person who would otherwise have difficulty on their own.

1. How many people have you helped or provided care to in the past 12 months?  
(Check all that apply)

	1 Person	2 People	3 or More People
Older Adult - Age 60 to 64			
Older Adult - Age 65 and Older			
Persons with Disabilities - Age 18 to 59			
Your Own Children - Under Age 18			
Your Grandchildren - Under Age 18			
Other people I provided care to in the last 12 months, please specify:			

### NEEDS ASSESSMENT SURVEY: AGING IN HAWAII

Version 1.0

The Department of Health, Executive Office on Aging is requesting your assistance and participation in completing this survey. This survey looks at issues faced by you, our Kupuna, and Hawaii's older adults of tomorrow. The results of this survey will help the development of programs, services, and the direction of the 2023-2027 Hawaii State Plan on Aging. Answers are strictly voluntary and anonymous.

#### DEMOGRAPHICS

1. Where do you live?

- City and County of Honolulu  
 Maui County  
 Hawaii County  
 Kauai County  
 Other State or Country, please specify: \_\_\_\_\_

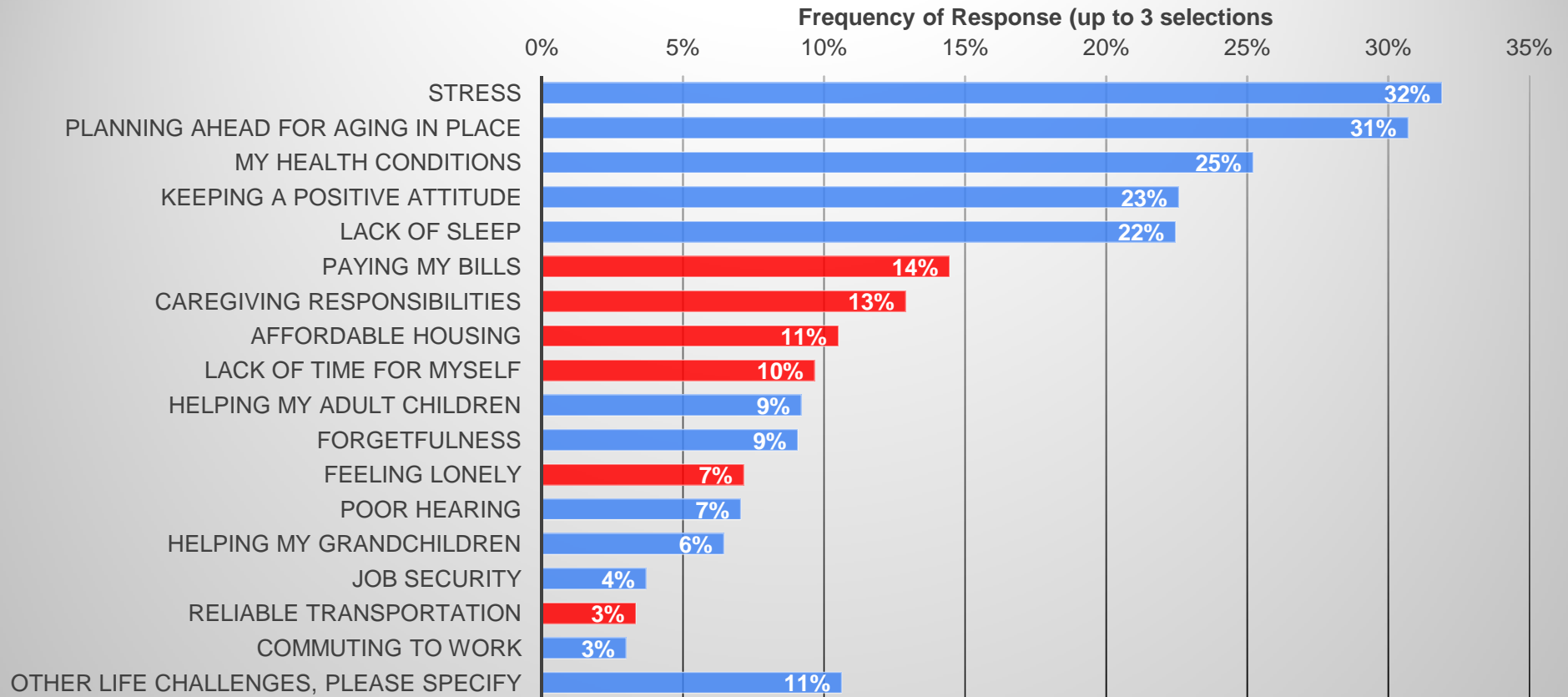
2. What City do you live in? \_\_\_\_\_

3. What is your 5-digit Residence Zip code? \_\_\_\_\_  
(If you use a P.O. Box, please indicate the zip code of the P.O. box.)

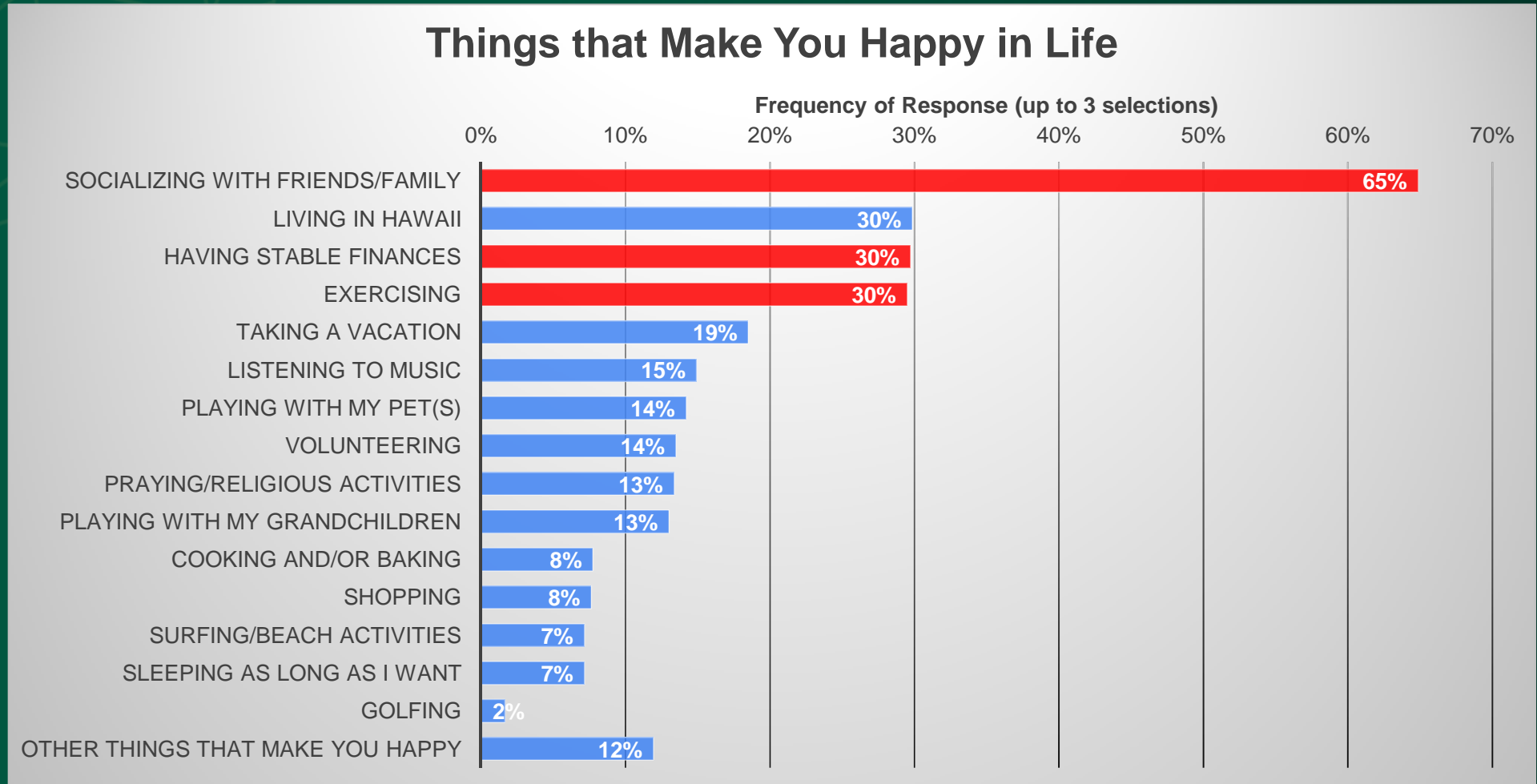
4. What is your Age? \_\_\_\_\_

# EOA Older Adult Survey reinforced many of the listening session themes (in red) as top life challenges

## Top 3 Life Challenges

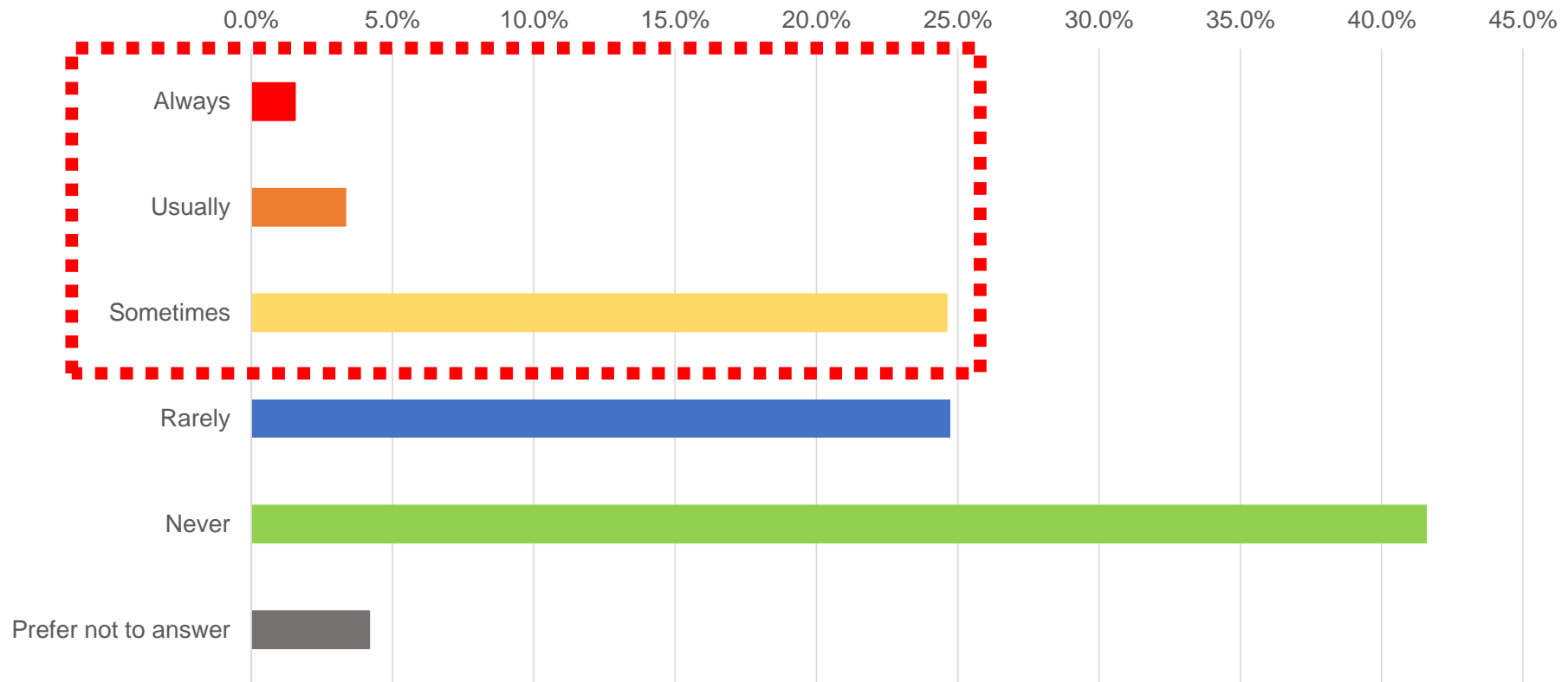


# The EOA Older Adult Survey reinforced listening session themes (in red) in terms of well-being



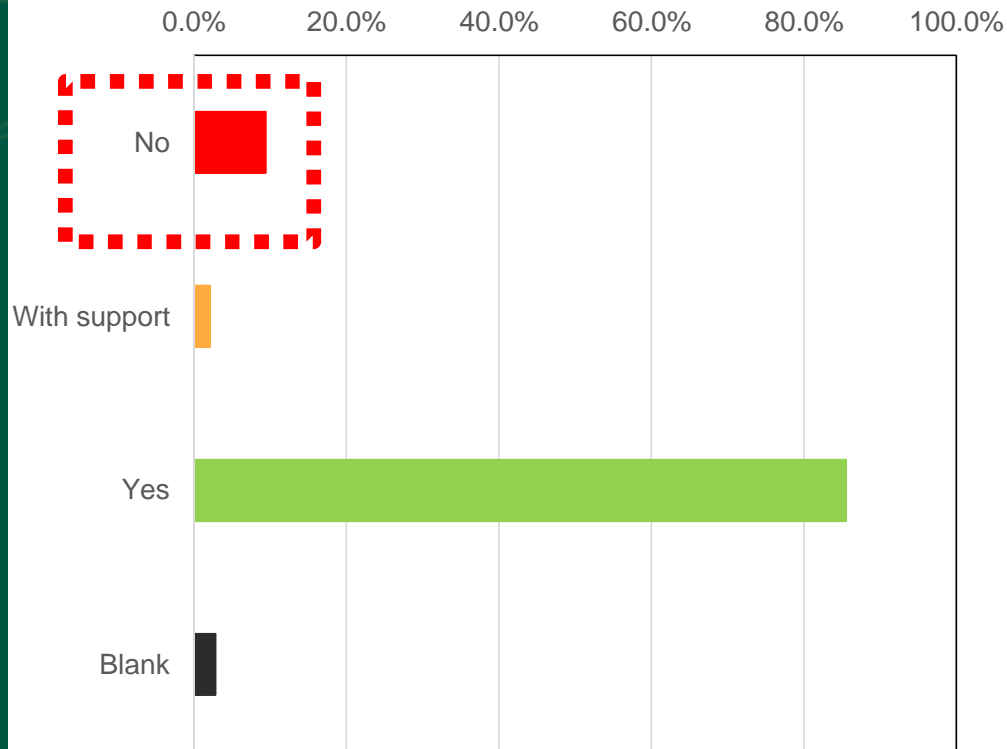
# Almost 30% of older adults identified that they had felt lonely and disconnected from other people over the last 6 months

In the last 6 months, have you felt lonely and disconnected from other people?

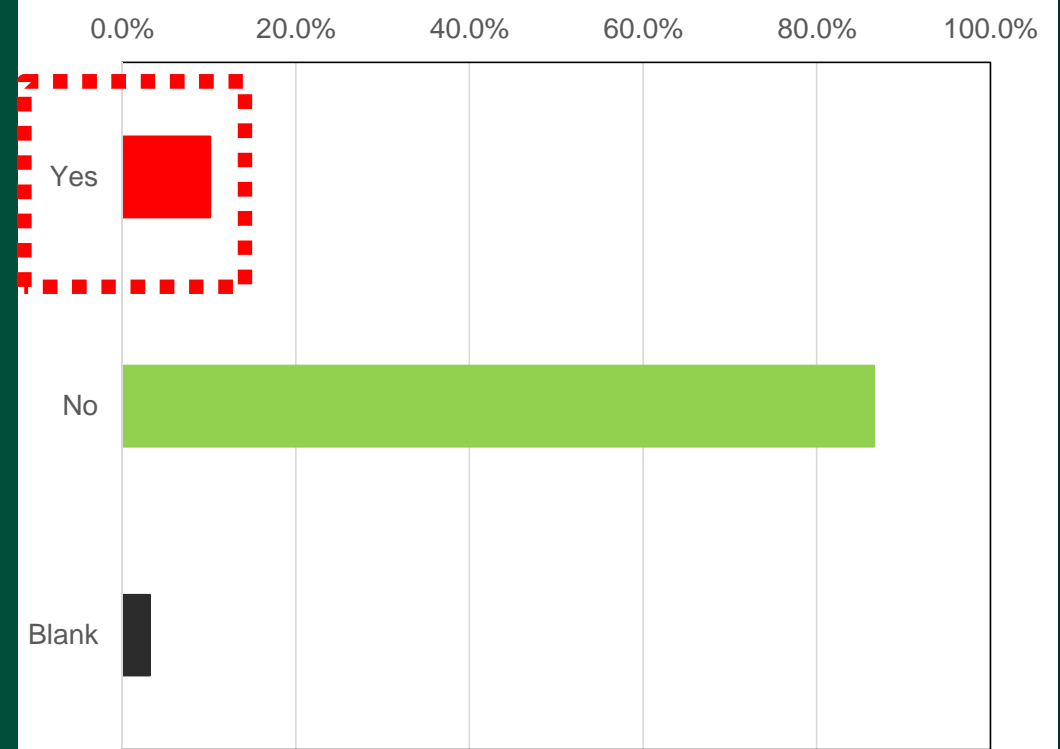


# Food insecurity also emerged as a key theme in the EOA Older Adult Survey (Honolulu County)

In the last 3 months, did you have enough money to buy the food that you needed?



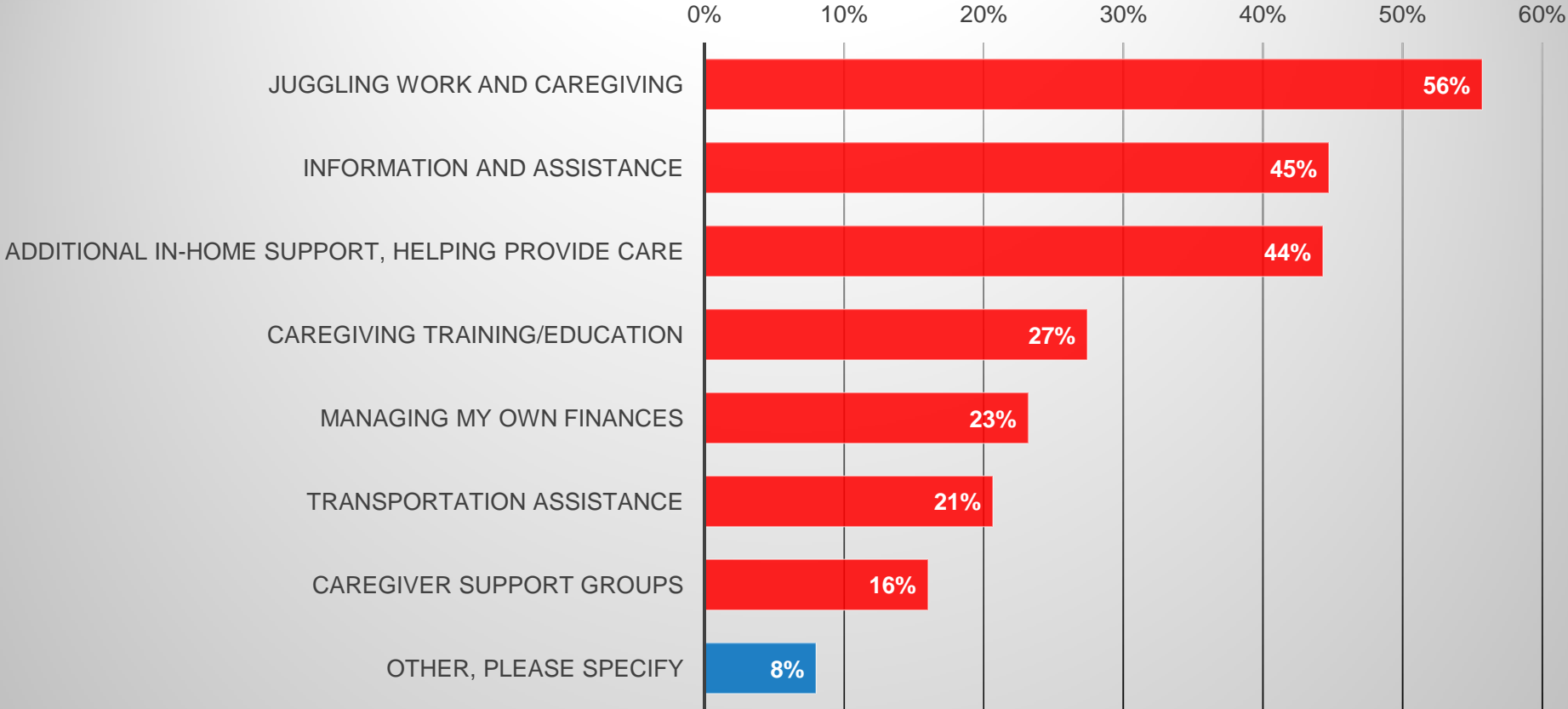
In the last 3 months, did you have difficulty preparing or cooking your own meals?






# EOA Caregivers Survey also reinforced issues (in red) shared by caregivers during listening sessions

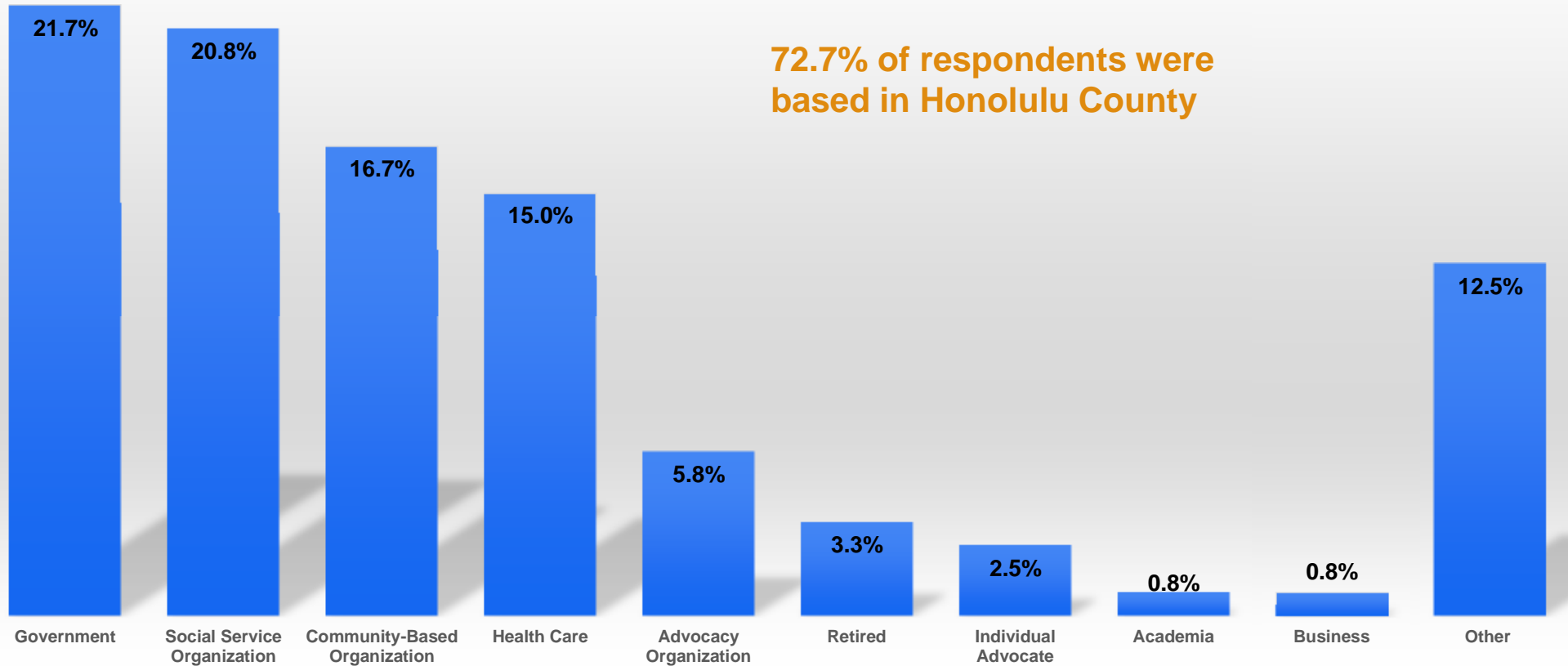
## What are your greatest needs as a caregiver? (Frequency)





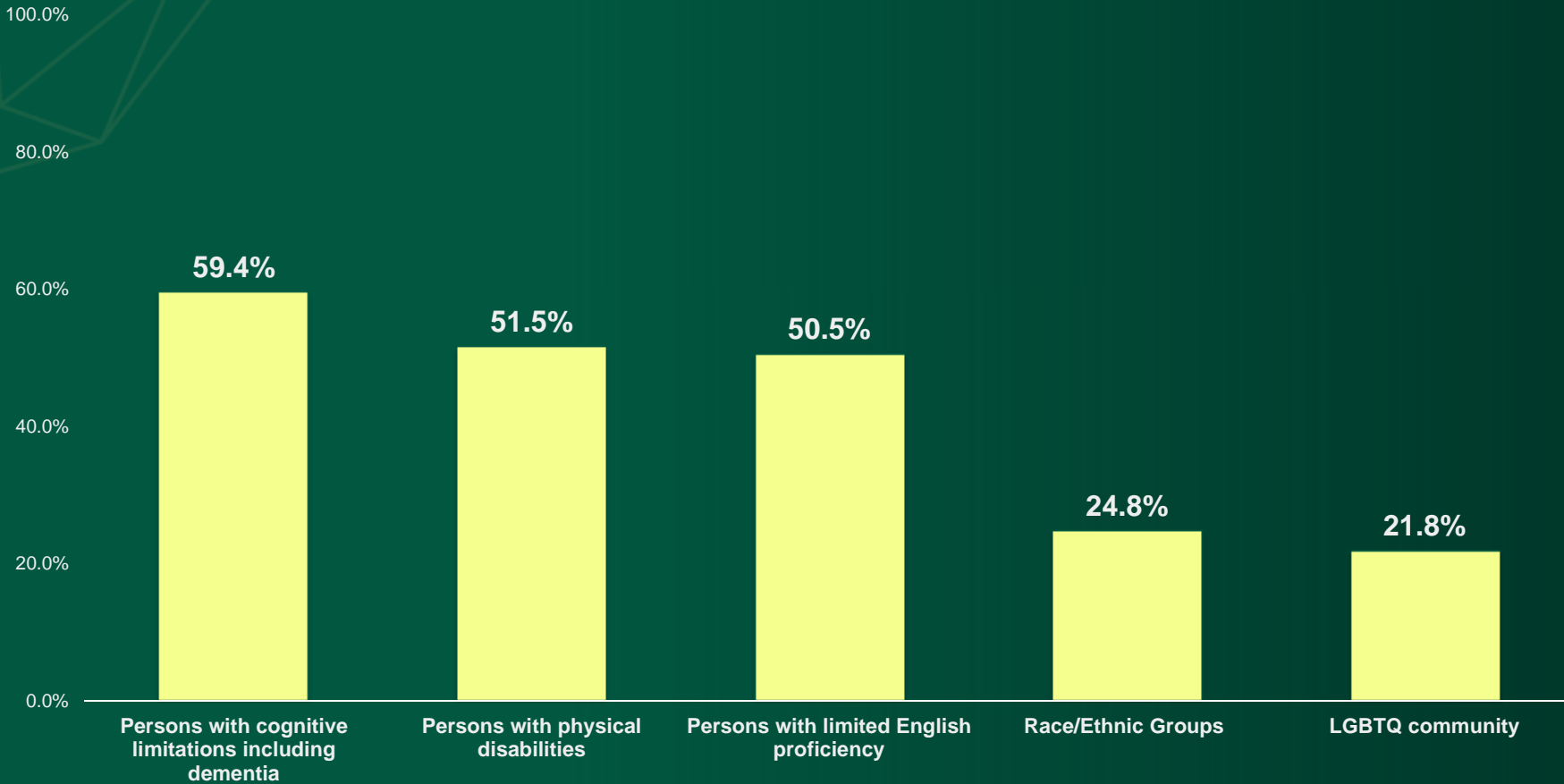
**#4- Survey of Aging Network Providers  
(n = 121)**

## Type of Organization Represented

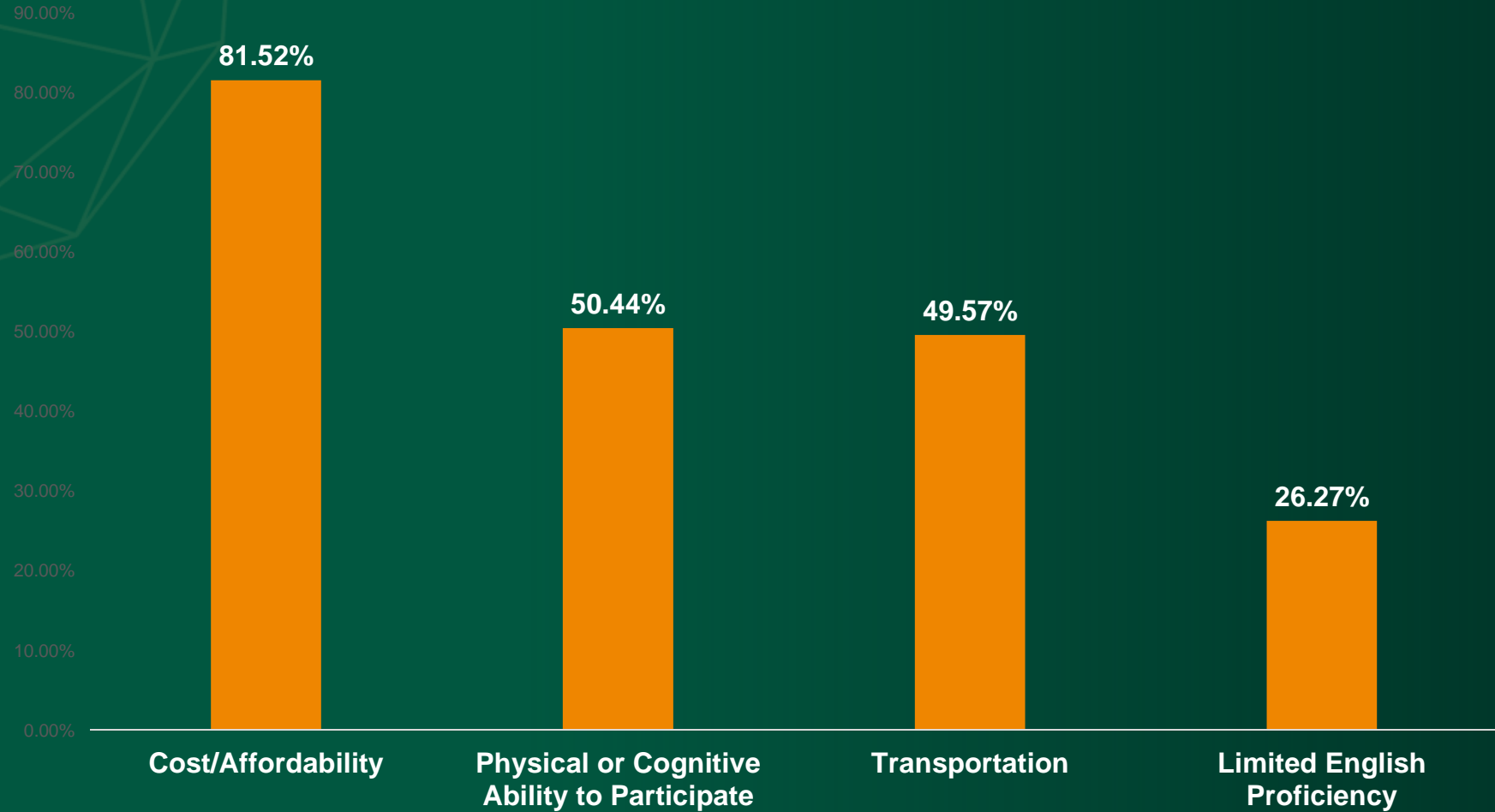


**72.7% of respondents were based in Honolulu County**

# Groups Typically Excluded When Considering Aging Issues



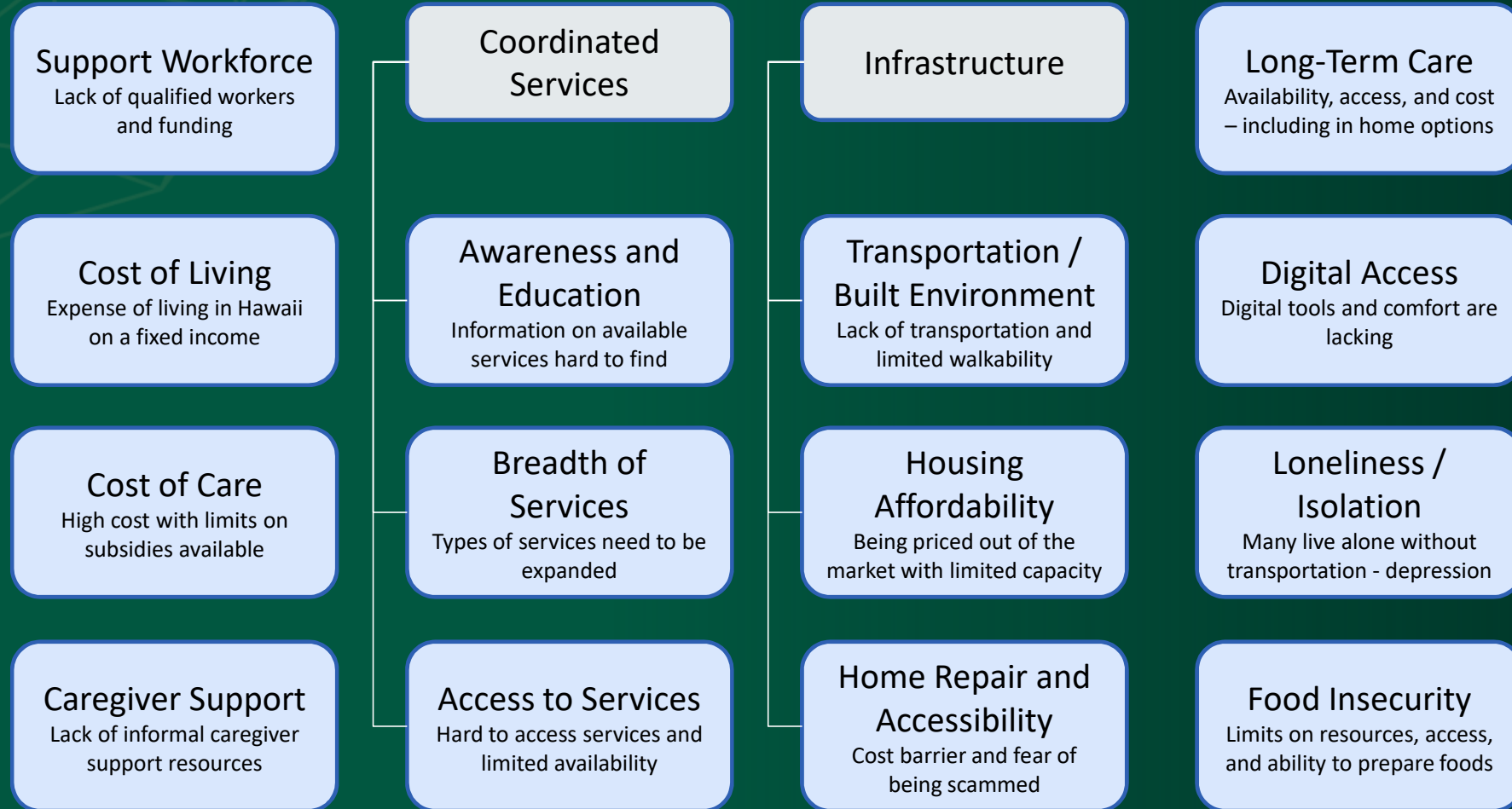
# Barriers to Addressing Critical Aging Issues





# **Key Needs Assessment Themes**

# Combining these results with data from three other surveys resulted in identifying 14 overall themes

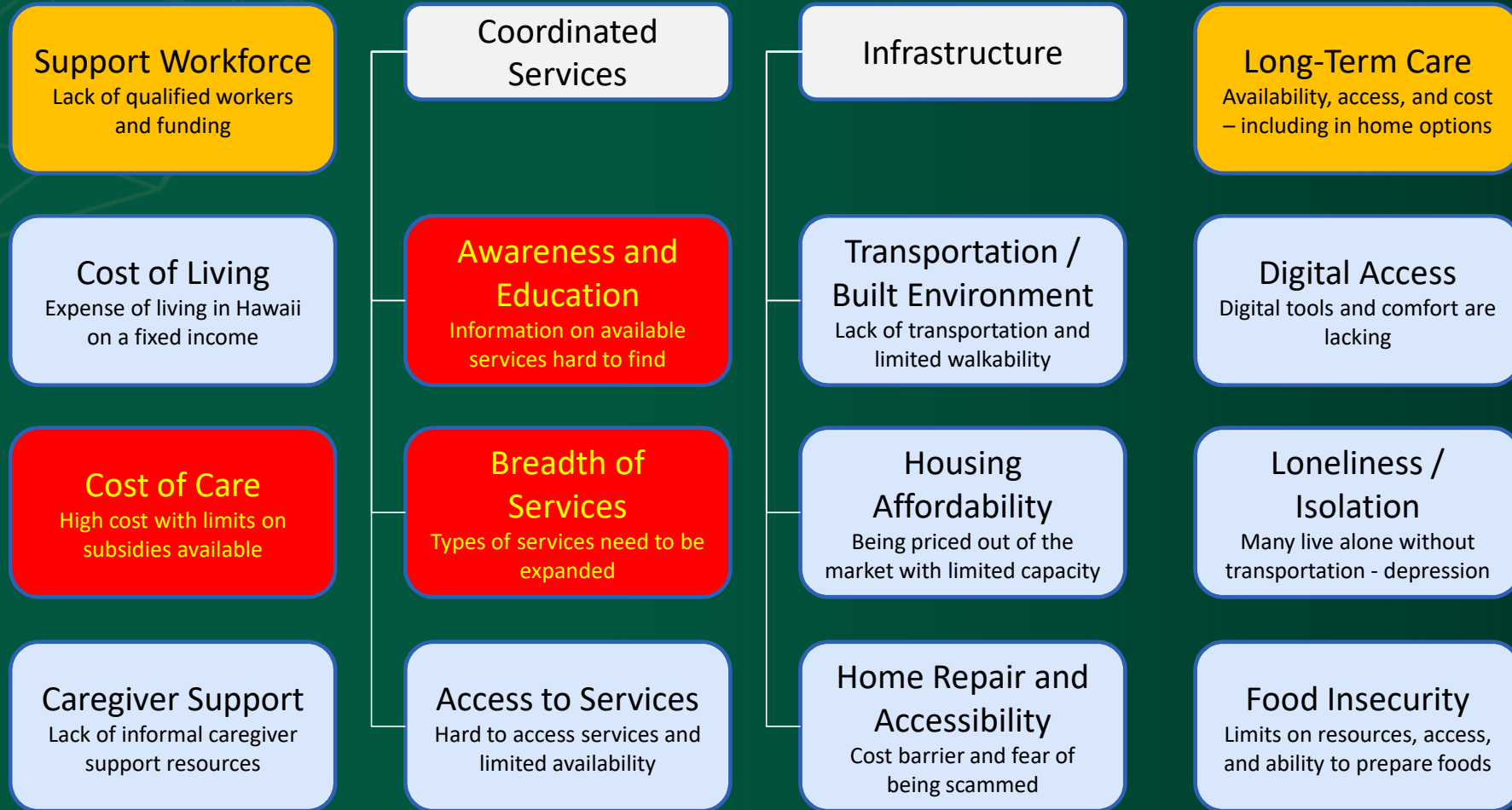


# Older Adult Needs Assessment Themes (Frequency of mention)

Need	Sub-Category	Description	Older Adult Rank	Care-giver Rank	Provider Rank	Overall Rank
Workforce	Lack of qualified workers and funding	Insufficient number of trained workers for long-term care and lack of funds to hire and keep valuable workers and medical personnel	5	8	1	4
Cost of Living	Lack of financial support	Expense of living in Hawaii, especially for seniors on a fixed income, is excessive. Insufficient program eligibility qualification	7	12	2	8
Cost of Care	Affordability of care	Cost of care is extremely high, and subsidies are needed to allow for access	4	3 (T)	3	2 (T)
Long Term Care	Lack of in-home care services and long-term care facilities	Availability, access, and cost of long-term care, both in facilities and at home	6	7	4 (T)	5
Caregiver Support	Lack of informal caregiver support	Resources to support caregivers to ensure sustainability	10	3 (T)	7	7
Coordinated Services	Awareness and education	Training, outreach, phone number, website or cheat sheet w/ quick links to programs and services	1 (T)	1	8 (T)	2 (T)
	Breadth of services	Types of services provided need to be expanded	3	2	4 (T)	1
	Availability of and access to services	Many classes are unavailable or nothing in a local area	1 (T)	6	11 (T)	6
Infrastructure	Transportation / built environment	Handi-Van notorious for being late, unsafe walking environment, distance from stores, senior centers, and activities	11 (T)	3 (T)	11 (T)	10
	Housing affordability	Fixed income, taxes and fees increasing, being priced out	8	8	6	9
	Home accessibility and repair	Cost is a barrier, fear of contractor scams, tax deductibility	11 (T)	11	11 (T)	13
Loneliness/ Social Isolation	Lack of support for isolated kūpuna	Many live alone and don't drive, isolated	9	13	10	11 (T)
Lack of Digital Access	Lack of digital literacy	Digital tools and comfort are lacking, which reduces access to programs, causes fear, and increases social isolation	11 (T)	14	14	14
Food insecurity	Lack of availability and insufficient SNAP eligibility requirement	Access to food and congregate meals is limited, requires transportation, budget limitations/inflation impact	14	10	8 (T)	11 (T)
Other	Other issues discussed	Elder abuse, disaster preparedness, end of life issues				



# Combining these results with data from three other surveys resulted in identifying 14 overall themes





**Questions?**

**Mahalo**

# County Represented

