

2019

# Napa/Solano Area Agency on Aging

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## Health Needs Assessment

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# Contents

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Executive summary .....	2
Introduction .....	4
Methods .....	4
Demographics .....	4
Findings: Focus Group and Key Informant Interviews .....	6
Participant Information.....	6
Issues, Challenges and Barriers.....	7
Gaps in Services .....	10
Vulnerable Populations.....	11
Solutions .....	11
Top Three Issues .....	14
Top Five Requested AAA Services.....	14
Findings: Community Survey .....	14
Safety and Help with Activities of Daily Living .....	14
Emergency Preparedness .....	14
Caregiving.....	15
Legal Resources.....	15
Healthcare Access .....	15
Economic Factors .....	15
Social Connectedness .....	15
Mortality Data.....	15
Appendix A: Bay Area Regional Health Inequities Initiative (BARHII) Framework .....	17
Appendix B: Methods.....	18
Appendix C: Focus Group Facilitator Guide .....	19
Appendix D: Area Agency on Aging Available Services Worksheet .....	22
Appendix E: Key Informant Interview Facilitator Guide .....	23
Appendix F: Top 10 Requested Area Agency on Aging Services.....	25
Appendix G: Community Survey Data.....	26
Appendix H: Detailed Mortality Data.....	46

## Executive summary

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To fully understand the health status and needs of the senior community and the drivers that influence health in this population, the Public Health Departments in Napa and Solano counties elected to undertake a comprehensive senior needs assessment. It is hoped that findings from the assessment will be used by different agencies, organizations and the senior and general communities to collectively work to address both long-term and short-term actionable solutions to ensure that seniors remain healthy and full participants of society.

The comprehensive senior needs assessment included focus group discussions, key informant interviews, a survey, mortality data analyses and data from publicly available resources for additional information.

### ISSUES, CHALLENGES AND BARRIERS:

The key issues identified from focus group discussions and key informant interviews were grouped into 10 broad categories:

- **Economic** issues related to housing, healthcare, and food costs and a livable income;
- **Transportation accessibility** to medical appointments as well as to other places like senior centers, libraries, Sunday service and other community events;
- **Healthcare access** due to a shortage or lack of geriatric, primary, dental, mental and specialty care and limited pharmacy hours;
- **Housing accessibility** due to a shortage of smaller, single story homes that are senior friendly, especially to those with mobility issues, and a shortage of rental apartments, in part due to wildfires in recent years;
- **Senior classes and education** on various issues like fall prevention, healthy eating, disease management, using the computer, STDs and end-of-life planning;
- **Coordination of efforts and services** between the County, cities, medical community and community organizations to ensure that the needs of seniors are met;
- **Isolation/social support/connectedness** largely due to seniors losing their sense of purpose, leading to depression and chronic loneliness; this is especially important for the LGBTQI+ community depending on the support that they get from family and the community;
- **Belonging/inclusion/visibility** due to seniors being excluded from many meetings, not having their voices heard and the stigma and negative stereotypes associated with seniors and the LGBTQI+ community;
- **Institutional inequities** due to lack of advocacy and funding for seniors and the government's (from local to federal) role in developing policies that limit the benefits that seniors receive, such as SSI, and may not be senior-friendly, and the historical exclusion of LGBTQI+ on needs assessments that has contributed to the unmet needs of this community; and,
- **Heterosexism** due to prejudice and anti-LGBTQI+ sentiments locally, nationally and globally and the hostility and bullying that they experience in certain environments.

## VULNERABLE POPULATIONS:

Below are the groups of seniors that were identified who were more vulnerable or would need extra assistance:

- Older seniors
- People of color
- Rural residents
- Non-English speakers and immigrants
- Undocumented immigrants
- Seniors with low socioeconomic status or limited financial resources
- Those who are homebound or who have mobility limitations that limit their ability to leave home

## SOLUTIONS:

Participants had many suggestions for potential solutions to the issues that were identified. These were broadly categorized into five groups: intergenerational community, advocacy and policy, coordination of services, transportation and senior education/classes.

- **Intergenerational community** through a broad range of solutions, such as co-location of senior housing and day care facilities or community events, where people from different generations and diverse backgrounds are co-located or frequently get together. This can build a strong sense of community where everyone belongs, a community that is inclusive and where everyone is “neighboring”.
- **Advocacy and policy** by: developing a community coalition or grassroots movement to advocate for the needs of seniors; elected officials engaging with the senior community and incorporating senior needs into city general plans; reducing regulatory burdens on care facilities; incentivizing the construction of smaller, single story homes that are senior-friendly and providing subsidies for seniors to add modifications to their homes that meet their specific needs; and, subsidies for caregiving services for seniors without insurance coverage or who are not eligible for IHSS.
- **Coordination of services** by: developing senior navigator positions that connect seniors to available resources; fostering collaboration and partnerships between the cities, the County, healthcare providers and non-profits to address all of a senior’s needs; having a one-stop shop where seniors can get all the information they need; and, providing culturally-appropriate and sensitive training to providers related to seniors, people with disabilities and those who are LGBTQI+.
- **Transportation** by: expanding current transportation services to take seniors not just to medical appointments but to other places, such as the library, or events; subsidizing on-demand transportation along with assistance in booking the rides; coordinating with healthcare providers to schedule long-transit patients on the same day; and, having the Napa and Solano transportation authorities maintain a fleet of wheelchair accessible vehicles for nonprofits to borrow for free.
- **Senior education and classes** by offering classes and activities such as fall prevention and technology use, and creating satellite senior centers.

## Introduction

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To fully understand the health status and needs of the senior community and the drivers that influence health in this population, the Public Health Departments in Napa and Solano counties elected to undertake a comprehensive senior needs assessment. It is hoped that findings from the assessment will be used by different agencies, organizations and the senior and general communities to collectively work to address both long-term and short-term actionable solutions to ensure that seniors remain healthy and full participants of society.

The frameworks of social determinants of health (SDoH), and equity and the Bay Area Health Inequities Initiative (BARHII) model (see Appendix A) were used in developing and facilitating the focus group discussions and key informant interviews and in developing the questionnaire. The World Health Organization defines SDoH as *“the conditions in which people are born, grow, work, live, and age. These circumstances are shaped by the distribution of money, power and resources at the global, national and local levels”* and PolicyLink defines equity as *“the just and fair inclusion into a society in which all can participate, prosper, and reach their full potential.”* The BARHII model (Appendix A) demonstrates the connection between social inequities and health and how addressing the upstream issues of social and institutional inequities through strategic partnerships, advocacy and policy affect the living conditions and the more downstream issues of health behaviors, disease, injury and mortality.

## Methods

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Primary data collection was performed through focus group discussions and key informant interviews and a survey. Mortality data from death records and data from publicly available sources were used to provide additional information. For more details on methodology, see Appendix B.

## Demographics

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In 2018, the combined total population of adults age 60 years or older in Napa and Solano counties was 135,074. Both counties are projected to have a significant increase among this age-group. By 2024, Solano is projected to see a 23% increase and Napa is projected to see a 16% increase in the population of adults age 60 or older<sup>1</sup> (Figure 1).

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<sup>1</sup> California Department of Finance, P2: County Population Projections (2010-2060)

Figure 1. Population of seniors age 60 years and older in Napa and Solano Counties, 2018-2024

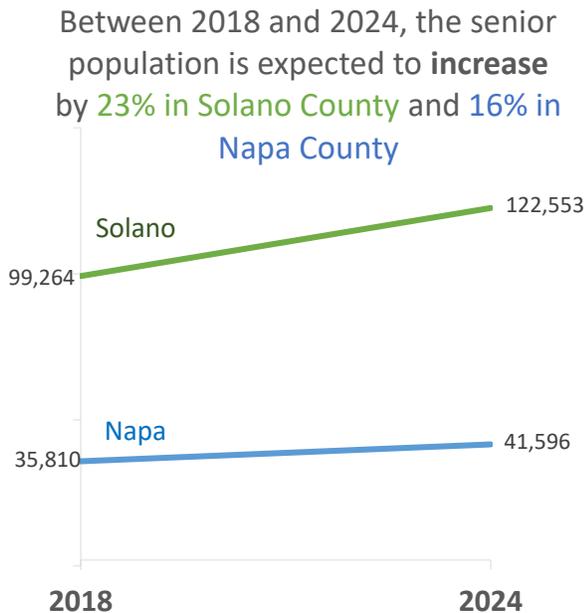
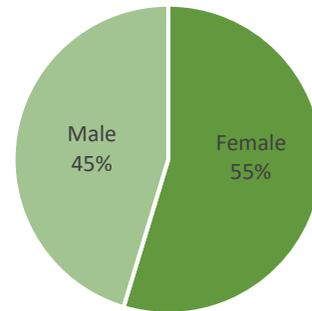


Figure 2. Population of seniors age 60 years and older by sex, Napa and Solano County combined, 2018

More than half of seniors age 60 or older are female in Napa and Solano Counties



The mean household income for seniors age 65 or older in Napa is about \$79,000 and in Solano it is about \$61,000. However, almost 8% of seniors in Napa and 7% of seniors in Solano live below the federal poverty line<sup>2</sup>, which is approximately \$17,000 for a household of two people<sup>3</sup>.

Of seniors age 65 or older in Solano County, 29% speak a language other than English at home and 15% of seniors speak English less than “very well”. Over 10,000 seniors in Solano speak Asian languages (primarily Tagalog), and about 5,000 seniors speak Spanish. In Napa County, 18% of seniors speak a language other than English at home and 10% of seniors speak English less than “very well”. About 2,000 seniors in Napa speak Spanish, and about 1,500 seniors speak Asian languages (primarily Tagalog)<sup>4</sup>.

In Napa County, non-Hispanic whites account for 77% of adults 60 years or older and people of color account for 22% in the same age group. In Solano County, 53% of seniors 60 years or older identify as non-Hispanic whites and those that identify as a person of color in same age group is 45%<sup>5</sup> (Table 1).

<sup>2</sup> U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates; table S0103

<sup>3</sup> U.S. Centers for Medicare & Medicaid Services, <https://www.healthcare.gov/glossary/federal-poverty-level-FPL/>

<sup>4</sup> U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates; table S1601

<sup>5</sup> California Department of Finance, P2: County Population Projections (2010-2060)

Table 1. Percentage of seniors 60 years or older by Race/Ethnicity, Napa and Solano Counties, 2018

RACE/ETHNICITY	NAPA	SOLANO
American Indian/Alaskan Native, NH*	0.4	0.5
Asian, NH*	6.6	18.4
Black, NH*	1.3	12.9
Latinx/Hispanic, any race	13.7	12.4
Native Hawaiian/Pacific Islander, NH*	0.1	0.7
White, NH*	76.8	53.4
Multiracial, NH*	1.0	1.7
*NH=non-Hispanic		

Over 4 in 5 (82%) of Napa County seniors age 60 years or older live in the cities of American Canyon (45%) and Napa (37%). Seniors age 60 years or older in Solano County are more spread out throughout the County with one-third (33%) living in Fairfield, one-fifth (20%) living in Vallejo and almost an equal proportion living in Vacaville (14%) and Benicia (12%)<sup>6</sup> (Table 2).

Table 2. Distribution of seniors age 60 years or older by City, Napa and Solano Counties, 2018

NAPA		SOLANO	
City	Percent	City	Percent
American Canyon	44.98	Benicia	12.42
Angwin	3.43	Dixon	5.55
Calistoga	3.01	Fairfield	33.10
Deer Park	1.48	Rio Vista	7.66
Napa	36.75	Suisun City	7.81
Oakville	0.00	Vacaville	13.95
Rutherford	0.11	Vallejo	19.50
St. Helena	6.51	Unincorporated/Outside city limits	Not Available
Yountville	3.73		
Unincorporated/Outside city limits	Not Available		

## Findings: Focus Group and Key Informant Interviews

### Participant Information

#### Focus Group Interviews

A total of 15 focus groups were conducted throughout Napa and Solano Counties. Three focus groups were held with service providers, 10 were held with residents and two were with combined residents and service providers. Six sessions were held in Napa County: Calistoga (2), St. Helena (1), and Napa (3). Eight sessions were held in Solano County: Dixon (1), Fairfield (3), Rio Vista (1), Vallejo (2), and Vacaville (1). Additionally, focus group notes with senior service providers that was conducted by a

<sup>6</sup> US Census Bureau, 2013-2017 American Community Survey 5-Year Estimates; table S0101

contractor for the hospital Community Health Needs Assessment for Napa and Solano Counties were shared with Solano Public Health and used as part the analyses. Two focus groups were conducted in Spanish, two specifically recruited LGBTQI+ seniors, and three were with low income seniors.

One hundred and twenty-three Focus Group participants completed the AAA Service Menu Prioritization worksheet.

### **Key Informant Interviews**

A total of 18 key informant interviews was conducted. Seven interviewees represent Napa County, 10 represent Solano County, and one works equally in both counties.

## **Issues, Challenges and Barriers**

Participants were asked what the biggest issues, challenges and barriers currently facing seniors were as well as what challenges and barriers they foresee arising in the near future. Below are the biggest issues, challenges and barriers grouped into 10 broad categories.

### **Economic**

Healthcare cost is an important issue that seniors face in both counties. Participants mentioned that MediCare coverage is limited and some must pay out of pocket for certain services. The costs of hearing devices and vision care are also high and some may not be covered by insurance. The high costs of dental care, specialty medical and dental care, prescription medications and caregivers put significant financial burden on seniors.

Affordable housing, including Section 8, and livable income are two issues that most seniors face, especially those on fixed income, such as Supplemental Security Income (SSI). Some are becoming homeless because they can't afford costs associated with owning a home, such as taxes and utilities. The high cost of housing is making it hard for seniors to afford medicine, medical care and other daily necessities. Some seniors also skip or cut the size of their meals or buy cheap unhealthy food because they don't have enough money after paying for rent. Lack of affordable housing, however, doesn't just affect seniors, but their families and caregivers as well.

Other economic issues mentioned were affordable health insurance, increasing cost of healthy food and fitness classes, cost of assisted care, lack of MediCare and MediCal coverage for specialty memory care, assisted living and skilled nursing facilities and lack of financial planning services and education that would benefit younger seniors who still have time to save money. There is a higher financial burden overall among seniors in Napa compared to Solano.

### **Transportation**

Participants emphasized that once seniors stop driving they become increasingly isolated, and the currently available transportation options are insufficient for a lot of seniors. Seniors who live in rural areas or who lack access to the technology required to use on-demand ride services are particularly challenged. Participants noted that they find it difficult to access care in other cities or in another county because of transportation issues. Participants also emphasized that most transportation programs and services available to seniors are centered around transportation to medical appointments, but that seniors also need transportation to go grocery shopping, run errands, attend Sunday service, go to the library or go to social events that will get seniors out in the community.

### **Healthcare access**

Participants mentioned that there is a general shortage of primary, dental and mental health care providers in both counties and getting an appointment at local clinics can take months. A notable shortage of geriatricians and providers that understand the medical and health needs of seniors was identified by participants. LGBTQI+ participants stated the huge lack of specialty, training and focus on LGBTQI+ healthcare needs in both counties and, as such, seniors go out of the county for services. Access to medications and benefits-related counseling is needed, particularly among the aging population with HIV who are trying to navigate the multiple layers of Medicare Part D and AIDS Drug Assistance Program (ADAP) insurance benefits. Veteran healthcare and most specialty medical and dental care services are located outside city or county limits and getting there can be a challenge and take a long time, especially if using public transportation. Limited clinic and pharmacy hours are barriers that participants mentioned. They would like to see clinic hours at night and on weekends and longer pharmacy hours. Other healthcare access related issues identified were lack of provider training on and knowledge of medical needs of clients with special needs (like those with developmental disability or Alzheimer's disease), shortage of licensed social workers and caregivers and lack of culturally-appropriate and culturally-sensitive healthcare providers.

### **Housing accessibility**

Participants mentioned that many seniors are aging out of their homes and are living in large homes that they cannot maintain, and many cannot afford to downsize. There is also a lack of homes on the market that are smaller and that would work for a senior with limited mobility. A lot of homes in this area have stairs, narrow hallways, bathtubs or other features that make them not suitable for seniors. There is also a shortage of Section 8 housing and a long waiting list that it can take months to years to find available housing. Natural disasters, like the fires, that have damaged the North Bay in recent years, have affected the availability of rental properties. There is also an issue of senior housing facilities and shelters not being accessible to seniors in wheelchairs, walkers, or with other mobility issues and those with certain health conditions.

### **Senior classes and education**

Seniors want more classes and educational opportunities that are free or available at a low cost. Examples are fall prevention, preparing or cooking nutritious foods, diabetes education, disease management, personal hygiene and other health promotion topics for seniors. Providing education on end of life planning is needed and is especially important for seniors who are developmentally disabled or have no family members. Using the computer so seniors can access resources or social events information would be useful for seniors. It was also mentioned that STD education among seniors is something that most people don't want to talk about but is needed so seniors can get support and proper treatment. The need for education of seniors and their caregivers on approved caretaking activities was also mentioned. The context through which these classes were mentioned was through senior centers or, in the case of STD education, in senior living facilities.

### **Coordination of efforts and services**

It was mentioned that the health needs of seniors as well as the whole healthcare/benefits system are complex; therefore, a well-coordinated and collaborative partnership is needed. There is a general perceived lack of coordination between the County, cities, medical community and community

organizations to ensure that the needs of seniors are met. Participants noted that there is a lack of coordination with discharge plans and follow-up plans, especially among seniors who are discharged home. The ability of seniors to navigate services and find information about resources is a challenge. Seniors without access to technology are often excluded from communications and they have a difficult time finding services. Participants mentioned that even service providers are often unaware of services that the city, county or others in the community are offering.

### **Isolation/social support/connectedness**

Isolation, lack of family and social support and community connectedness are important issues facing seniors, particularly those who are homebound. A lot of seniors are no longer able to do what they used to be able to do and feel like they no longer have a sense of purpose, so they become increasingly disconnected from family and friends which leads to depression, chronic loneliness and isolation. The issue of isolation is especially important in the LGBTQI+ community depending on how accepting their families are, the loss of friends and partners to AIDS and the social network and support they have developed in the community. It was also stated by one participant that the feelings of isolation are so ingrained in the LGBTQI+ community that they have to be “yanked out” of it and brought out to the community. It was also mentioned that, in Napa and Solano, there is a lack of connectivity to culture that is more present in other Bay Area counties and that the use of technology for seniors who are not computer savvy is a barrier in reaching out to people.

### **Belonging/visibility/inclusion**

Seniors feel invisible when it comes to their issues; they often feel that they don't have a voice, that they are not heard and that they are excluded from meetings. Participants also stated that there is a lack of respect for, and a stigma and negative stereotypes associated with, seniors and that most people do not consider them as wise elders. One participant mentioned *“being my age, we become invisible. We're just invisible. And that's all there is to it. And so, if you're disabled and you're old, you're really invisible!”* Being included and belonging was a sentiment that LGBTQI+ participants felt were particularly important in the LGBTQI+ community. They mention that although strides have been made in recent years, the LGBTQI+ community still feel like that are not included or visible or feel welcome. Most LGBTQI+ seniors are not out at work, church or in certain communities where being LGBTQI+ is not as widely accepted.

### **Institutional inequities**

Institutional inequities identified by participants were grouped into three broad categories: advocacy, funding and government. These three categories are explained in more detail below.

Participants mentioned that there is lack of advocacy for seniors and that a grassroots movement is needed in order for seniors to be heard and be taken seriously. Landlords are increasing rent and seniors need tenant rights protection.

Participants also emphasized the inequity in funding for seniors and senior services and programs and that funding is not keeping pace with the increasing number of the aging population. Seniors are often overlooked. Participants stated that other groups are funded first and that after everyone else has been funded, there is very little money left for seniors. The lack of funding is more pronounced in Solano than in Napa.

The role that the local, national and federal government play in affecting the health of seniors was raised as another issue. A general fear and distrust of the government was expressed, so seniors are not as accepting of services or outreach from the county. At the federal level, lack of federal funding for seniors and policy changes such as a possible cut in social security and a later retirement age were mentioned as issues. It was also mentioned that county and federal surveys have done a disservice to the LGBTQI+ community by historically not including them on needs assessment surveys; this has led to the unmet needs of the LGBTQI+ community.

### **Heterosexism**

Heterosexism is defined as *a system of oppression that considers heterosexuality the norm and discriminates against people who display non-heterosexual behaviors and identities*. Heterosexism was an issue that was brought up numerous times by both LGBTQI+ focus group participants. The LGBTQI+ community, in general, still feel unwelcomed. Heterosexism at the individual, community and institutional levels were identified. Anti-LGBTQI+ sentiments that are happening locally, nationally and in the world, politically and socially, can take a toll on the community and can become overwhelming. It was mentioned that the healthcare system and society in general were not set up for everyone, but rather on a more heteronormative way. Participants noted that they still seek care in another county, especially if they already have one established elsewhere, because coming out to several doctors is hard and some providers, especially older men, are still prejudiced against the LGBTQI+ community. Many in the LGBTQI+ community, particularly those who are older, have hesitancy coming out in faith-based communities because of their prior experiences with these institutions. LGBTQI+ seniors have also gone back to the closet once they start living in senior living facilities or have avoided going to senior centers because of the hostility and bullying that they experience in those environments.

### **Other issues**

Other issues, challenges and barriers raised by participants were physical issues (mostly diabetes and mobility limitations), obesity, cognitive issues (like Alzheimer's and dementia), those with certain chronic diseases, environmental issues (primarily related to climate change, pollution, and safety), lack of resources to support caregivers, lack of facilities that provide care at all levels from board and care homes to skilled nursing facilities, and scams or elder abuse.

## **Gaps in Services**

Below are gaps in current services that participants identified:

- Lack of geriatricians or providers that understand medical needs of seniors
- Lack of provider education for senior-specific needs such as screening for cognitive decline
- Lack of resources available in languages other than English
- Lack of mental health providers, particularly for seniors who are covered by MediCal or Medicare
- Limited affordable housing for caregivers
- General lack of coordination among government services and rigidity in funding that inhibits collaboration
- Transportation to places other than medical appointments and to medical appointments outside of county boundaries

## Vulnerable Populations

Participants were asked if there were any groups of seniors who were more vulnerable or who would need extra assistance. The most frequently identified groups included:

- Older seniors
- People of color
- Rural residents
- Non-English speakers and immigrants
- Undocumented immigrants
- Seniors with low socioeconomic status or limited financial resources
- Those who are homebound or who have mobility limitations that limit their ability to leave home

Other vulnerable populations that were mentioned include:

- Veterans
- Homeless
- LGBTQ seniors
- Seniors with few social or community connections
- People with cognitive impairments (including Alzheimer's)

One key informant stated that we likely do not know who the most vulnerable seniors are because they are not likely to be interacting with any services or organizations. They suggested that we work with non-traditional partners such as law enforcement and EMS to identify and proactively seek out those at high risk.

## Solutions

Participants had many ideas for potential solutions to the issues that were identified. These were broadly categorized into five categories: intergenerational community, advocacy and policy, coordination of services, transportation and senior education/classes.

### Intergenerational Community

One theme that was mentioned by almost all focus group participants and key informants was the idea of building a strong sense of community where everyone belongs, a community that is inclusive and where everyone is “neighboring” by building an intergenerational community. This can diminish the problems of depression and isolation that affect seniors and can make them more socially connected and improve their health. It also provides the younger generation an opportunity to learn from the wisdom of older adults and expose them to all diverse groups of people and enrich their lives. Below are ideas that participants identified as possible ways to create an intergenerational community:

- Colocation of senior housing and inexpensive daycare facilities where seniors can volunteer and children learn from elders.
- Seniors living with college student roommate where the student is able to provide help for the senior and the student pays cheaper rent.
- Connect high school students looking for community service with seniors, particularly those who are homebound – “adopt a grandparent”.
- Create communities that allow families to stay together. These communities would be broadly inclusive and provide housing for caregivers, young families, and seniors.
- Utilize volunteers and paid positions to help develop more robust community events, reach out to isolated seniors via phone calls.

- Have physical spaces where people can connect and bond and for special events and occasions. For example, a playground developed to accommodate children and seniors or a “gay nucleus” for the LGBTQ+ community where they can go to events and can provide a visual cue of inclusivity.
- Modify existing facilities that seniors frequent to be friendly to those with limited mobility.
- Modify senior care facilities to accommodate senior couples who may require different levels of care.
- Have an open space so people can connect with nature.
- A safe place for seniors to gather after hours.

### **Advocacy and Policy**

Below are the advocacy and policy related solutions provided by participants:

- Provide education to community members and elected officials about senior needs to advocate for policy change.
- Develop a community coalition or grassroots movement to advocate for the needs of seniors and help ensure that the requests from seniors are not ignored by elected officials.
- Encourage elected officials and county staff to continue to engage with the senior population through listening sessions or focus groups so that the needs of the community are well understood and incorporate findings into the city general plans.
- Urge city officials to actively engage seniors in creating opportunities for seniors to provide input.
- Address how to make cities aging-friendly and walkable communities by incorporating them into the city general plans.
- Reduce the regulatory burden on care facilities so they can afford to expand to serve more seniors.
- Incentivize the construction of smaller, single story homes with wide doorways and other senior-friendly features.
- Provide subsidies or rebates for seniors to renovate their current homes with features such as grab bars, improved lighting, and emergency alert systems.
- Develop a program to offer lower cost or subsidized caregiving services for seniors without insurance coverage and who are not eligible for IHSS.

### **Coordination of Services**

To address the lack of coordination of efforts and services, the following solutions were offered:

- Develop senior navigator positions that can connect seniors to available resources and provide a paper format resource directory for seniors without access to technology.
- Foster collaboration between the County, cities, health care providers and non-profits to address all of a senior’s needs.
- Have a one-stop shop for seniors to get all the information they need for the services that they are looking for. It would be ideal to have these places in each city.
- Provide job training for young adults to work in service positions that serve seniors. This will build the available pool of caregivers, develop intergenerational relationships, and provide well-paying jobs for young people. Make sure that there are paths for advancement in these fields.

- Coordinate a culturally-appropriate and sensitive training for providers that includes how to provide service to seniors, those with disabilities and those who are LGBTQI+.
- Hold regular meetings among different organizations and service providers, like the Family Resource Center, library, clinics, churches, police, etc., to provide an update on the services that are available and talk about issues that not only face seniors but the whole community.
- Coordinate the availability of clinics that are open at night and on weekends and of pharmacies that are open longer.

### **Transportation**

- The transportation authorities (NVTA and STA) can maintain a fleet of wheel chair accessible vehicles for nonprofits to borrow for free to serve seniors and disabled individuals.
- Seniors need transportation that will take them to other activities, and not just medical appointments. Expand current options to cover those other destinations.
- Subsidized on-demand transportation along with assistance booking rides would provide the most flexible option for seniors. This could also be expanded to serve those who need to travel with assistive devices such as wheelchairs or motorized scooters.
- Coordinate with healthcare providers to schedule long-transit patients (like those going from UpValley to Santa Rosa or from Rio Vista to Vacaville) on the same day so one shuttle could be used to transport people. Providers should also help coordinate on-demand transportation to appointments.
- Help connect seniors with home delivery for necessities such as groceries and prescriptions and other needs such as books.

### **Senior Education**

- Offer classes and activities to seniors around topics like fall prevention, technology use, and exercise classes.
- Programs that allow seniors to share their knowledge and give back to the community would also be valuable.
- Create satellite senior centers to help more seniors. These can be existing structures that are not being used during the day like churches or resident function halls.

### **Other Solutions**

- Better caregiver availability and caregiver respite.
- Create aging-friendly, walkable communities by having benches along streets that people can use to rest, longer pedestrian crossing green lights so everyone can cross the street safely, an audible walking “signal” for those who are hearing impaired, and a sign that states “seniors live here” (similar to “children are present” signs in schools).
- Establish a support group for those with early memory loss and mild forms of Alzheimer’s disease and dementia who are still cognitively competent but who are struggling with their new diagnosis.

Overall, there was a large amount of agreement about the health needs of seniors and the strategies that could be used to address those needs despite the diversity in background and geographic location of participants.

## Top Three Issues

A total of 112 responses were analyzed and the top three issues, ranked by frequency of appearance, identified by focus group participants were the same for both Napa and Solano counties and are as follows:

1. Transportation
2. Medical and Healthcare
3. Housing

## Top Five Requested AAA Services

A total of 123 responses were analyzed and for both Napa and Solano counties, “transportation provision and assistance” was overwhelmingly rated the most important service to provide. The top five needs for each county are displayed in Table 3 and the top 10 needs for each county are in Appendix F.

Table 3. Top Five Needs Identified for Napa and Solano counties, AAA Menu of Services

Napa County		Solano County	
Rank	AAA Requested Service	Rank	AAA Requested Service
1	Transportation provision or assistance	1	Transportation provision or assistance
2	Home-delivered meals	2	Senior center activities
3	Assistance in locating housing	3	Home-delivered meals
4	Cash/material aid	4	Education on senior topics and help linking to available resources
5	Education on senior topics and help linking to available resources	5	Assistance in locating housing

## Findings: Community Survey

A total of 809 questionnaires were included in the analyses and highlights of the survey findings are included below and detailed response data are included in Appendix G.

### Safety and Help with Activities of Daily Living

- The most common feature that seniors need help adding to their home in both counties is bathroom modifications such as grab bars, handrails, taller toilets, or non-slip tiles.
- 61% of Solano respondents and 49% of Napa respondents are slightly or very concerned about being able to find a caregiver if needed.

### Emergency Preparedness

- More than half of respondents do not have an emergency kit to take with them in case of an evacuation.
- One in four respondents need help maintaining medications or medical equipment in the event of a loss of power/electricity.
- The most effective ways to reach seniors in an emergency were cell phone calls, TV, and text messages.

## Caregiving

- 10% of respondents report being a caregiver for someone else aged 55 years or older.
- The majority (75%) of caregivers report that none of their caregiving hours are paid. More than a quarter report doing more than 40 hours per week of unpaid caregiving work.
- In-home respite care was the type of support respondents said would be most useful in their caregiving situation.

## Legal Resources

- Only half of respondents report having access to legal services.
- Over one quarter report having no future planning documents whatsoever.
- Less than half of respondents report having an advanced healthcare directive, a will, and a revocable living trust. Only 15% have long term care insurance, and only 14% have a physician order for life-sustaining treatment (POLST).

## Healthcare Access

- Only 76% of respondents have access to dental care. The majority who don't state that they cannot afford it.
- About 20% of respondents have some sort of barrier that causes them to miss medical appointments. The most frequently reported reason was, "I often cannot make the trip to my medical appointments because of my physical or mental health."
- Most respondents (91%) are able to find a primary care doctor close to where they live.

## Economic Factors

- About 38% of respondents report being unable to afford one or more of their basic necessities in the past year.
- 28% of Napa respondents and 23% of Solano respondents expects their financial situation to decline over the next 5 years.
- 38% of respondents report that someone has tried to financially scam or take advantage of them. About one quarter report having told law enforcement, and about a quarter report having told no one.

## Social Connectedness

- More than half of Napa residents currently volunteer, while just 40% of Solano residents do. 16% of respondents do not currently volunteer but are interested in volunteering.
- 13% of respondents do not have access to the internet in any way. Most state that the reason why is because it is too expensive.
- Over 44% of respondents are slightly or very concerned about becoming isolated from others.
- Over 1 in 4 (26%) see or talk to people they care about and feel close to 2 times or less a week.

## Mortality Data

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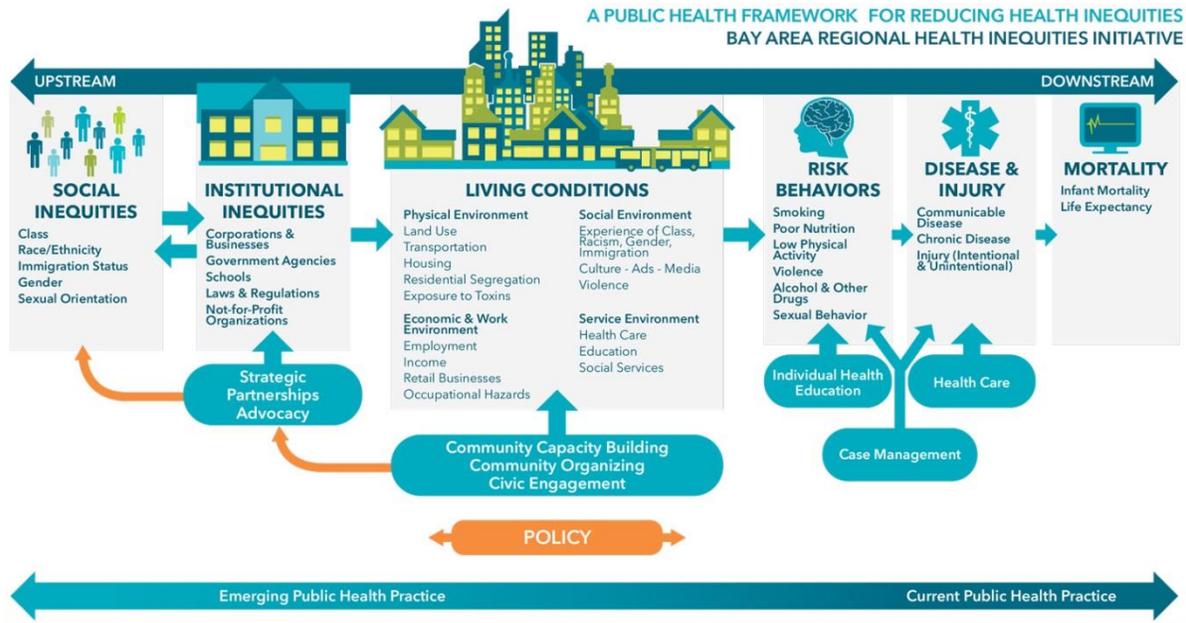
There were a total of 3,321 deaths among seniors 60 years or older in Napa County from 2015-2017. The top five leading causes of death were heart disease (795 deaths), cancer (772 deaths,) stroke

(203 deaths), Alzheimer's disease (188 deaths) and chronic obstructive pulmonary disease (COPD, 156 deaths).

A total of 7,574 deaths occurred from 2015-2017 in Solano County seniors 60 years or older. The top five leading causes of death were cancer (1,876 deaths), heart disease (818 deaths), stroke (608 deaths), Alzheimer's disease (569 deaths) and COPD (448 deaths).

More detailed mortality data are in Appendix H.

# Appendix A: Bay Area Regional Health Inequities Initiative (BARHII) Framework



## Appendix B: Methods

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### **Focus Group Interviews**

All focus groups (FG) followed a standardized series of questions (See Appendix C). The FG guide was adapted from Harder + Company's Focus Group Facilitation Guide. Participants' answers were recorded and notes were aggregated and analyzed using NVivo. Themes were categorized into broad categories using the frameworks mentioned above. After considering the discussion, focus group participants were asked to write down what they believe to be the top three most important issues that seniors face. Responses were categorized and ranked by frequency of appearance.

FG participants were also asked to rank the top 10 choices that they think seniors need among a list of 23 possible Area Agency on Aging is permitted to fund (Appendix D), with #1 being the most important. Focus groups were conducted throughout Napa and Solano Counties from October 2018 through July 2019.

### **Key Informant Interviews**

Key informant (KI) interviews were conducted using a standard interview guide (see Appendix E) adapted from Harder+ Company's Key Informant Interview Facilitation Guide. All members of the Napa/Solano Advisory Council on Aging were asked to participate in an interview, and a selection of other individuals who hold key positions in both counties were identified and asked to participate. Participants' answers were recorded and notes were aggregated and analyzed using NVivo. Interviews were conducted over the phone between June 12<sup>th</sup> and July 17<sup>th</sup>.

### **Survey**

A comprehensive survey to assess the needs of seniors and disabled adults throughout Napa and Solano counties was developed by Solano Public Health. Questions were collected from nationally validated surveys, similar surveys administered by neighboring counties, and prior surveys conducted by county agencies. The survey was vetted by Public Health staff in both counties and by subject matter experts in nutrition, transportation, and emergency services. The survey was also field tested with seniors of varying ages, racial/ethnic groups, and education levels.

The survey was open for online submissions in Qualtrics from May 15<sup>th</sup> through July 15<sup>th</sup>. Paper copies of the questionnaire were also distributed throughout both counties and were accepted through a postmark date of July 15<sup>th</sup>. Both the online and paper versions were available in English, Spanish, and Tagalog. Phone numbers were provided that were answered by bilingual staff who were available to answer questions, provide additional accommodations, or administer the survey over the phone. Several community organizations offered to be collection points for the survey, and surveys could also be mailed to or dropped off at county offices. Paper surveys were entered in Qualtrics and the two versions were merged. Data analysis were performed using Excel and SAS.

### **Themes**

Issues, challenges and barriers identified by FG and KI participants were combined to create the 10 broad categories. Findings from the survey validated some of the findings from the FG and KI. Additional key findings that did not surface in FG and KI but were identified in the survey are included in the survey findings above.

# Appendix C: Focus Group Facilitator Guide

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## 2019 Senior Assessment Focus Group – Facilitator Guide

(Facilitator Guide was adapted from Harder + Company Focus Group Facilitator Guide)

Note to facilitator: Text in red should be updated prior to the start of the focus group.

### Introduction + Getting Settled (10 minutes)

Hello, my name is \_\_\_\_\_ from the Solano County Public Health and I will be leading today's discussion. This is \_\_\_\_\_ and he/she will be taking notes and tracking time. He/she may jump in with any additional questions as we go along. We want to thank you for agreeing to be a part of this discussion, which will last about an hour and a half.

We are here today to help understand the health needs of seniors in your town or city. We will be using the information we collect during discussions like this and data from the health department and census to write our report.

The goal is to understand the health needs of the town or city that you serve/ [FOR SERVICE PROVIDERS]/where you live [FOR COMMUNITY MEMBERS]. (*\*Show the BARHII Framework when explaining next section.\**) We will talk today about "health", including health status like asthma and heart diseases, and also things that can influence health, like social, political and environmental situations. These are sometimes called "social determinants of health" and can include things like how easy it is to get medical care, the economy, safety, transportation and housing, for example. We will also talk about "health equity" in your community, which means how easy or hard it is for everyone to be as healthy as they can be, with no one at a disadvantage because of their race, (dis)ability, sexual orientation or their position in society.

Before we start, I want to share some guidelines for our discussion:

- \* We want everyone to have an equal chance to speak.
- \* There are no right or wrong answers, and we hope that you will be as honest as possible.
- \* What you say will be confidential, which means that we will not use your name when talking about what we learn from our discussion.
- \* Please respect everyone's opinions. It is fine to have a different opinion, and we hope that you will feel comfortable sharing your opinion even if it is different from what others have said.
- \* Please ask questions if you are not sure what something means.
- \* Because we have a short time together and a lot to talk about, I may interrupt you so that we can hear what everyone has to say about all my questions.

[FACILITATOR ADJUST AS NECESSARY, DEPENDING ON # OF SURVEYS FILLED AT ONSET] We passed out a blue paper earlier. It's a short survey and a question on additional people/organization that you think we should speak with. If you haven't yet done so, please fill it out at the end of our discussion and return it to us. The survey is anonymous, so you do not need to put your name on it and we will only use it in our report all together with everyone else's answers.

If everyone is okay with it, we want to record our discussion. We will only use the recording to make sure we remember what we talked about as we write our report. Again, we will never use your name in anything we write. Is it okay with everyone if I record?

Does anyone have any questions before we start?

## Background, Health Issues, Barriers and Challenges- 40 minutes (40 minutes left at the start of this section)

1. Let's start by introducing ourselves.
  - a. **Residents:** Please tell us your name, the town or city you live in, and one thing that you are proud of about your community.
  - b. **Service Providers:** Please tell us your name, your current position, and role within your organization.
2. Tell us what it is like to be a senior in the town or city that you live in/serve.
3. What are the biggest issues, including health issues and factors that affect health, like transportation and housing and the ones we mentioned earlier, that people in your town or city struggle with? Do these issues affect different groups of people differently?
4. What are the challenges or barriers to being healthy in your town or city? Again, please think of the broad definition of health when answering this question.
  - a. PROMPT: I know [insert from above conversation if applicable] has already been mentioned, what are some other things that act as barriers or challenges?
  - b. PROMPT: For example, do you have access to fresh food, safe areas to exercise and recreate, community spaces to gather, etc.?

*Note to Facilitator: Reflect on what you have heard so far, ask about other types of barriers that may not have been mentioned yet, including the following: behaviors, social factors, economic factors, clinical care factors, or the physical environment (e.g., air, water, sound, land).*
5. What resources or services are difficult for you to access or obtain?
6. Do you foresee upcoming changes that could affect your health, either negatively or positively? Again, we would like to remind you to think of the broad definition of health.

## Solutions - 20 Minutes (20 minutes left)

Next, I would like you to think about what a "healthy town or city" looks like, keeping in mind the broad definition of health discussed earlier which includes social, political, environmental, and equity factors.

7. Imagine your perfect town or city (give them about 5 seconds or so). What would it take to create that perfect town or city?
  - a. PROMPT: What senior services or resources can help us get to the ideal?
8. Are there geographic areas or certain groups of people that would need more help to achieve the ideal?

## Priorities - 20 minutes (0 minutes left)

Now that we have had a chance to discuss the community's health needs from a number of perspectives, I would like to ask you to identify the top needs.

9. Based on what we have discussed so far, please write down, on the **green** sheet of paper, the top 3 issues or challenges that should be addressed first.

10. The Area Agency on Aging is one of the agencies that coordinates services to seniors in Napa and Solano Counties. Please help us prioritize the different services that they coordinate using the **yellow** sheet.

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## Appendix D: Area Agency on Aging Available Services Worksheet

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### Napa/Solano Area Agency on Aging (AAA) SERVICE MENU

The following is a list of services that the AAA is permitted to fund; however, funds are limited and not all services can be provided. Please **choose your top 5 services and rank them 1-5, with #1 being the most important** so that we can work to make sure the most pressing needs are being met. [The following services are required to be provided: Home-delivered meals, congregate meals, and nutrition counseling and education.](#)

- Home-delivered meals - beyond minimum**
- Congregate meals - beyond minimum**
- Nutrition counseling and education – beyond minimum**
- Medical case management**
- Transportation provision or assistance**
- Legal assistance**
- Cash/material aid:** assistance in the form of commodities, surplus food distribution, emergency cash assistance, and vouchers
- Education on senior topics and help linking seniors to available resources**
- Disaster preparedness planning assistance:** includes preparedness kits and educational materials
- Employment services:** career counselling or training to help seniors obtain or maintain full or part-time employment
- Senior center activities**
- Assistance in locating housing**
- Housing repairs or modifications**
- Interpretation/translation services**
- Mental health services and peer counseling**
- Telephone safety checks:** daily check-in calls from agency staff
- Home visiting to provide safety checks**
- Personal care and homemaking:** includes assistance with eating, bathing, grooming, preparing meals, shopping, light housework, etc.
- Adult Day Care:** personal care in a congregate setting during some portion of a day
- Support and education for caregivers for the elderly**
- Caregiver respite for caregivers for the elderly**
- Support and education for caregivers caring for children**
- Caregiver respite for caregivers caring for children**

## Appendix E: Key Informant Interview Facilitator Guide

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### 2018 Senior Needs Assessment Key Informant Interview – Facilitator Guide

*(Facilitator Guide was adapted from Harder + Company Key Informant Interview Facilitator Guide)*

#### Introduction + Getting Settled 5 minutes (85 minutes left)

Hello my name is \_\_\_\_\_ from Solano Public Health.

The goal of this interview is to understand the health needs of the seniors that you serve. Health is to be defined broadly, including health outcomes such as asthma and heart diseases, and things that can influence health, like social, political, and environmental situations. These are sometimes called “social determinants of health”, and can include things like the economy, safety, transportation, housing and how easy it is to get medical care, for example.

We will also talk about “health equity” in your community, which means how easy or hard it is for everyone to be as healthy as they can be, with no one at a disadvantage because of their race, age, (dis)ability, sexual orientation, gender identity or their position in society.

Before we begin, I’d like you to know that your responses will be confidential, which means that we will not connect your name with anything you say when we report our findings. There are no right or wrong answers, and we encourage you to be as candid as possible.

If you’re OK with it, we want to record our discussion. We will only use the recording to make sure we remember what we talked about as we write our report. Are you OK if I record?

Do you have any questions for me before we start?

#### Background- 5 minutes (80 minutes left)

1. Briefly, what is your current position and role within your organization?
2. Can you please describe the individuals or communities that you serve? *(How would you define the communities you serve)?*
  - a. It may be helpful to think about the following: specific geographic regions, the racial or ethnic and economic makeup of the community or the physical environment.
  - b. What services do you provide?

#### Health Issues – 30 Minutes (50 minutes left)

Next, I’d like you to think about what a healthy environment is, keeping in mind the broad definition of health discussed earlier which includes social, political, environmental, and equity factors.

3. What are the biggest health issues, including health issues and factors that affect health, like transportation and housing and others we talked about earlier using the BARHII framework, that seniors in the community struggle with?
4. Do these health issues affect different groups of people differently? Are some groups affected more or less than others?
5. Do you foresee upcoming challenges that could affect seniors’ health, either negatively or positively? Again, we would like to remind you to think of the broad definition of health.

### **Challenges/Barriers- 15 Minutes (35 minutes left)**

We've talked about what a healthy community looks like and what needs exist in the community. Now I would like to talk about challenges and barriers to healthy living and a healthy community.

6. What are the challenges or barriers to being healthy that exist in the communities in Solano/Napa County? Please think of the broad definition of health and the BARHII framework when answering this question.
7. What are the challenges and barriers faced by your organization?

### **Solutions -15 Minutes (20 minutes left)**

Now that we've identified barriers and challenges that exist in the community that make health hard to attain, I'd like to talk about solutions.

8. What are some solutions that can address the barriers and challenges that you have identified?
9. What gaps in senior services or resources exist in Solano/Napa County?
10. Are there geographic areas or certain groups of people that would need more help for some of the solutions that you mentioned earlier?

### **Priorities- 10 minutes (10 minutes left)**

Now that we have had a chance to discuss the community's health needs from a number of perspectives, I'd like to ask you to identify the top needs.

11. Based on what we have discussed so far, what are currently the most important or urgent top 3 health issues or challenges that should be addressed first?
12. In your sector or field, what is the most urgent actionable issue that seniors face?

### **Resources- 10 Minutes**

13. What are resources that exist in the community that help your community live healthy lives and address the health issues and inequity we have discussed?
14. Are there existing resources or partnerships/collaborations that should be expanded or supported?
15. Is there anything else you would like to share with our team about the health of the community?

## Appendix F: Top 10 Requested Area Agency on Aging Services

<b>Napa County</b>	
<b>Rank</b>	<b>AAA Service</b>
<b>1</b>	Transportation provision or assistance
<b>2</b>	Home-delivered meals
<b>3</b>	Assistance in locating housing
<b>4</b>	Cash/material aid
<b>5</b>	Education on senior topics and help linking seniors to available resources
<b>6</b>	Legal assistance
<b>7</b>	Personal care and homemaking
<b>8</b>	Case management
<b>9</b>	Senior center activities
<b>10</b>	Mental health services and peer counseling

<b>Solano County</b>	
<b>Rank</b>	<b>AAA Service</b>
<b>1</b>	Transportation provision or assistance
<b>2</b>	Senior center activities
<b>3</b>	Home-delivered meals
<b>4</b>	Education on senior topics and help linking seniors to available resources
<b>5</b>	Assistance in locating housing
<b>6</b>	Mental health services and peer counseling
<b>7</b>	Cash/material aid
<b>8</b>	Support and education for caregivers for the elderly
<b>9</b>	Congregate meals
<b>10</b>	Case management

## Appendix G: Community Survey Data

### 1. Demographic information of participants:

A total of 295 surveys from Napa County were included in the analyses. Below are the numbers and percentages broken down by City.

NAPA		
City	Number	Percent
American Canyon	38	12.9
Angwin	5	1.7
Calistoga	46	15.6
Deer Park	6	2.0
Napa	125	42.5
Oakville	1	0.3
Rutherford	1	0.3
St. Helena	57	19.4
Yountville	7	2.4
Unincorporated/Outside city limits	8	2.7
Unknown city	1	
<b>TOTAL</b>	<b>295</b>	

A total of 502 surveys from Solano County were included in the analyses. Below are the numbers and percentages broken down by city.

SOLANO		
City	Number	Percent
Benicia	123	24.6
Dixon	24	4.8
Fairfield	83	16.6
Rio Vista	10	2.0
Suisun City	20	4.0
Vacaville	66	13.2
Vallejo	167	33.3
Unincorporated/Outside city limits	8	1.6
Unknown city	1	

### 2. How would you describe your overall health?

Overall Health	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Poor-Fair	302	37.6%	196	39.4%	103	35.2%
Good-Excellent	501	62.4%	302	60.6%	190	64.8%

**3. How would you describe your quality of life?**

Quality of Life	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Poor-Fair	215	27.1%	151	30.8%	63	21.7%
Good-Excellent	578	72.9%	340	69.2%	227	78.3%

**5. How often do you exercise, including walking, for 20 minutes or more?**

How often exercise	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Never	86	10.9%	62	12.7%	21	7.2%
A few times	128	16.2%	81	16.6%	46	15.9%
1-2 times	160	20.3%	96	19.7%	61	21%
3-5 times	249	31.5%	153	31.4%	94	32.4%
Daily	167	21.1%	96	19.7%	68	23.4%

**6. Do you have any of the following challenges with eating or your diet?**

Challenges with eating or diet	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Protein	107	13.5%	71	14.4%	35	12.2%
Salt	121	15.3%	78	15.8%	41	14.2%
Calcium	197	24.8%	127	25.8%	66	22.9%
Fruits	338	42.6%	214	43.4%	117	40.6%
Eat alone	272	34.3%	165	33.5%	103	35.8%
Chewing/swallowing	79	10%	52	10.5%	27	9.4%
Clean water	8	1%	8	1.6%	0	0%
None	209	26.4%	121	24.5%	85	29.5%

**7. What type of housing do you currently live in?**

Type of housing	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
House	536	67.3%	370	74.9%	160	54.6%
Mobile	74	9.3%	17	3.4%	56	19.1%
Apartment	105	13.2%	65	13.2%	39	13.3%
Senior independent	56	7%	27	5.5%	29	9.9%
Assisted living	0	0%	0	0%	0	0%
LTCF	2	0.3%	1	0.2%	1	0.3%
Boarding house	3	0.4%	2	0.4%	1	0.3%
HUD	41	5.1%	24	4.9%	17	5.8%
Board and care	3	0.4%	1	0.2%	2	0.7%
Hotel	2	0.3%	1	0.2%	1	0.3%
Family	32	4%	23	4.7%	8	2.7%
Shelter	2	0.3%	0	0%	1	0.3%

**8. Do you own or rent your primary place of residence?**

Own or rent	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Own with mortgage	249	31.9%	185	38.1%	61	21.3%
Own no mortgage	199	25.5%	116	23.9%	81	28.3%
Rent	233	29.9%	139	28.7%	91	31.8%
Mobile	49	6.3%	13	2.7%	36	12.6%
Other	50	6.4%	32	6.6%	17	5.9%

**9. Who else is living with you in your home?**

Who else live with	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Alone	289	36.6%	160	32.7%	124	42.9%
Spouse	337	42.7%	221	45.2%	112	38.8%
Adult children	123	15.6%	79	16.2%	43	14.9%
Children under 18	21	2.7%	16	3.3%	5	1.7%
Friends	23	2.9%	19	3.9%	3	1%
Paid caregiver	4	0.5%	1	0.2%	3	1%
Parents	19	2.4%	16	3.3%	3	1%
Roommates	23	2.9%	16	3.3%	7	2.4%
Adult grandchildren	15	1.9%	10	2%	5	1.7%
Grandchildren under 18	18	2.3%	15	3.1%	3	1%

**10. What are your monthly housing costs including mortgage or rent for your residence? Please include any HOA, monthly fees, insurance, site rent, taxes, utilities, etc.?**

Monthly housing cost	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
\$0-\$500	80	11.6%	44	9.9%	35	14.8%
\$501-\$1000	164	23.7%	92	20.7%	68	28.8%
\$1001-\$2000	207	29.9%	140	31.5%	64	27.1%
\$2001-\$3000	138	19.9%	96	21.6%	40	16.9%
\$3001-\$4000	58	8.4%	35	7.9%	22	9.3%
\$4001-\$5000	24	3.5%	19	4.3%	5	2.1%
\$5001-\$6000	13	1.9%	11	2.5%	2	0.8%
over \$6000	8	1.2%	8	1.8%	0	0%

**11. Would you be willing to share your living space to help pay for the rent or mortgage?**

Share living space	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Yes, not currently renting	35	4.6%	21	4.5%	14	5.0%
Yes, currently renting	39	5.1%	28	6.0%	10	3.5%
No	585	76.6%	356	75.7%	219	77.7%
Not sure	105	13.7%	65	13.8%	39	13.8%

**12. How often do you see or talk to people that you care about and feel close to? (For example: talking to friends on the phone, visiting friends or family, going to church or club meetings)**

See or talk to people	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
< 1/week	65	8.4%	52	10.9%	13	4.6%
1-2 x	135	17.4%	77	16.1%	54	19%
3-5 x	191	24.7%	111	23.2%	75	26.4%
5 or more	383	49.5%	238	49.8%	142	50.0%

**13. How concerned are you about being isolated from others?**

Concern about being isolated	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Not	420	55.6%	256	54.8%	156	56.3%
Slightly	244	32.3%	150	32.1%	92	33.2%
Very	91	12.1%	61	13.1%	29	10.5%

**14. Over the last 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless?**

Feeling down	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Not at all	415	57.2%	250	55.8%	158	59.6%
Several days	200	27.6%	120	26.8%	78	29.4%
> half of days	57	7.9%	36	8.0%	19	7.2%
Nearly every day	53	7.3%	42	9.4%	10	3.8%

**15. Over the last 2 weeks, how often have you been bothered by little interest or pleasure in doing things?**

Little interest	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Not at all	463	62.0%	288	62.3%	169	61.9%
Several days	175	23.4%	97	21.0%	75	27.5%
> half days	50	6.7%	37	8.0%	10	3.7%
Nearly every day	59	7.9%	40	8.7%	19	7.0%

**16. How do you like to learn about upcoming events and access your news?**

Learn about events and news	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Websites	449	58.0%	290	61.1%	151	52.4%
Newspaper	374	48.3%	208	43.8%	162	56.3%
Mailings	299	38.6%	164	34.5%	132	45.8%
Posters	168	21.7%	90	18.9%	76	26.4%
Text	194	25.1%	113	23.8%	79	27.4%
Phone	183	23.6%	96	20.2%	86	29.9%
Emails	355	45.9%	204	42.9%	144	50.0%
Word of Mouth	357	46.1%	196	41.3%	158	54.9%
Faith-based	130	16.8%	71	14.9%	57	19.8%

**17. What form(s) of transportation do you currently use?**

Forms of transportation	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
I drive	602	77.6%	372	77.8%	220	76.9%
Friends	219	28.2%	133	27.8%	83	29.0%
Public	136	17.5%	85	17.8%	49	17.1%
Taxi	42	5.4%	26	5.4%	16	5.6%
Paratransit	15	1.9%	11	2.3%	4	1.4%
Volunteer	15	1.9%	1	0.2%	14	4.9%
Van	20	2.6%	8	1.7%	12	4.2%
Walking	153	19.7%	93	19.5%	59	20.6%
On-demand	50	6.4%	34	7.1%	15	5.2%
Hired	9	1.2%	7	1.5%	2	0.7%
No transportation	5	0.6%	4	0.8%	1	0.3%

**18. Are there certain activities that you are not able to attend due to the lack of affordable and accessible transportation options?**

Activities not able to attend because of transportation	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Not limited	546	74.1%	340	75.7%	195	70.7%
Medical appt	59	8.0%	42	9.4%	16	5.8%
Grocery	51	6.9%	34	7.6%	17	6.2%
Errands	59	8.0%	36	8.0%	23	8.3%
Visiting friends	70	9.5%	45	10.0%	25	9.1%
Entertainment	84	11.4%	44	9.8%	40	14.5%
Work	7	0.9%	6	1.3%	1	0.4%
Worship	30	4.1%	18	4.0%	12	4.3%
School	13	1.8%	9	2.0%	4	1.4%

**19. What assistive devices do you need to navigate or travel with?**

Assistive devices to navigate	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Cane	180	23.9%	116	25.1%	60	21.4%
Walker	137	18.2%	76	16.5%	58	20.7%
Wheelchair	51	6.8%	37	8.0%	14	5.0%
Guide dog	12	1.6%	11	2.4%	1	0.4%
Do not need	457	60.7%	279	60.4%	173	61.8%

**20. What additional types of transportation would be helpful for you?**

Additional types of transportation	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
I have adequate transportation	412	56.8%	257	58.3%	149	54.2%
Between counties	102	14.1%	48	10.9%	53	19.3%
More public transportation	160	22.1%	95	21.5%	65	23.6%
Wheelchair accessible	31	4.3%	20	4.5%	11	4.0%
Same-day	93	12.8%	57	12.9%	35	12.7%
Door to door	145	20.0%	85	19.3%	58	21.1%
Inside to inside	38	5.2%	24	5.4%	13	4.7%
Someone who accompanies me	52	7.2%	39	8.8%	13	4.7%

**21. What services do you currently receive?**

Services currently receive	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Case management	34	4.6%	17	3.8%	17	6.1%
Transportation	43	5.8%	20	4.4%	23	8.3%
Adult day care	35	4.7%	13	2.9%	22	7.9%
Chore	111	15.0%	59	13.1%	51	18.4%
Information	33	4.5%	13	2.9%	20	7.2%
Homemaking	109	14.7%	65	14.4%	44	15.9%
Personal care	28	3.8%	16	3.5%	12	4.3%
Legal	23	3.1%	11	2.4%	12	4.3%
Home delivered meals	46	6.2%	37	8.2%	9	3.2%
Medication	28	3.8%	18	4.0%	10	3.6%
Community meals	33	4.5%	21	4.7%	11	4.0%
None	447	60.5%	288	63.9%	150	54.2%

**22. What additional services do you currently need to help you to remain independent in the community, but you cannot afford or find them?**

Additional services needed	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Case management	33	4.7%	24	5.4%	9	3.5%
Transportation	70	9.9%	46	10.4%	24	9.3%
Adult day care	24	3.4%	14	3.2%	10	3.9%
Chore	121	17.1%	70	15.9%	49	19.1%
Information	43	6.1%	30	6.8%	13	5.1%
Homemaking	108	15.2%	69	15.6%	37	14.4%
Personal care	34	4.8%	24	5.4%	10	3.9%
Legal	50	7.1%	34	7.7%	14	5.4%
Home delivered meals	37	5.2%	27	6.1%	10	3.9%
Medication	21	3.0%	14	3.2%	7	2.7%
Community meals	20	2.8%	12	2.7%	8	3.1%
None	431	60.8%	273	61.9%	151	58.8%

**23. Do any of the following limit your daily activities?**

Limit your daily activities	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Hearing	130	17.4%	79	17.2%	49	17.8%
Vision	81	10.8%	48	10.5%	32	11.6%
Shortness of breath	120	16.1%	74	16.1%	44	15.9%
Mobility	232	31.1%	141	30.7%	86	31.2%
Memory	63	8.4%	39	8.5%	24	8.7%
None	330	44.2%	207	45.1%	119	43.1%

**24. Do you have difficulty doing the following daily activities because of health or physical problems?**

Difficulty doing daily activities	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Housework	223	30.0%	143	31.6%	75	27.0%
Grocery	149	20.1%	103	22.7%	45	16.2%
Preparing meals	137	18.4%	92	20.3%	43	15.5%
Eating	27	3.6%	20	4.4%	7	2.5%
Finances	67	9.0%	37	8.2%	29	10.4%
Bathing	57	7.7%	37	8.2%	20	7.2%
Out of bed/chair	51	6.9%	32	7.1%	19	6.8%
Walking	174	23.4%	114	25.2%	59	21.2%
Telephone	34	4.6%	20	4.4%	14	5.0%
None	429	57.7%	257	56.7%	165	59.4%

**25. Do you need help adding any of the following features to your home?**

Add features to home	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Easier access	57	8.1%	37	8.5%	20	7.6%
Bathroom modifications	126	17.8%	82	18.8%	43	16.4%
Improved lighting	52	7.3%	35	8.0%	17	6.5%
Medical emergency response	85	12.0%	58	13.3%	27	10.3%
None	483	68.2%	298	68.2%	178	67.9%

**26. Do you have someone to call if you need help with medical care, food, a ride somewhere, or other things you may need?**

Have someone to call	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Yes	607	81.5%	372	81.4%	224	81.2%
Not sure	72	9.7%	42	9.2%	30	10.9%
No	66	8.9%	43	9.4%	22	8.0%

**27. How concerned are you about being able to find a caregiver if you needed to?**

Finding a Caregiver	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Not concerned	320	44.2%	175	39.5%	137	50.9%
Slightly concerned	283	39.1%	182	41.1%	99	36.8%
Very concerned	121	16.7%	86	19.4%	33	12.3%

**28. Are you concerned about falling?**

Concern about Falling	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
No, I am not concerned	354	48.4%	236	52.3%	110	41.2%
Yes, I am concerned about falling outside my home	302	41.3%	174	38.6%	125	46.8%
Yes, I am concerned about falling inside my home	301	41.1%	185	41.0%	112	41.9%

**29. Which of the following describes your fall history within the last year?**

Fall History	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
I did not fall	391	53.1%	240	53.0%	141	51.8%
I had a fall that did not require medical treatment	242	32.8%	151	33.3%	89	32.7%
I had a fall that required a trip to the emergency room and/or a hospital stay	95	12.9%	55	12.1%	40	14.7%
Other (please specify)	35	4.7%	22	4.9%	13	4.8%

**30. Which of the following best describes how well you are managing financially these days?**

Financial Situation	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Living comfortably	284	38.4%	167	36.9%	112	40.7%
Doing okay	249	33.6%	156	34.4%	89	32.4%
Just getting by	129	17.4%	81	17.9%	47	17.1%
Finding it difficult to get by	78	10.5%	49	10.8%	27	9.8%

**31. Over the next 5 years, how do you expect your financial situation to change?**

Change in Finances	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
I do not know	114	15.6%	70	15.6%	41	15.2%
I expect it to decline	185	25.3%	104	23.1%	76	28.3%
I expect it to improve	96	13.1%	67	14.9%	26	9.7%
I expect it to stay the same	336	46.0%	209	46.4%	126	46.8%

**32. Over the past year, have you been unable to afford the following items?**

Unable to Afford	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
I have been able to afford all of these items	430	62.1%	257	60.6%	167	65.0%
Recreation or entertainment	151	21.8%	94	22.2%	56	21.8%
Healthy food	106	15.3%	68	16.0%	35	13.6%
Clothing	104	15.0%	70	16.5%	34	13.2%
Utilities	83	12.0%	63	14.9%	17	6.6%
Rent/mortgage	77	11.1%	51	12.0%	24	9.3%
Transportation	71	10.3%	48	11.3%	23	8.9%
Medications	64	9.2%	40	9.4%	23	8.9%
Health insurance	62	9.0%	45	10.6%	15	5.8%
Phone service	58	8.4%	40	9.4%	17	6.6%
Medical bills	55	7.9%	39	9.2%	15	5.8%
Property and income taxes	48	6.9%	34	8.0%	13	5.1%
Caregiver and/or child care	26	3.8%	19	4.5%	7	2.7%

**33. Have you ever been diagnosed by a physician with any of the following medical conditions?**

Disease	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
High BP	364	52.4%	237	55.1%	123	48.6%
Arthritis	322	46.4%	200	46.5%	116	45.8%
Diabetes	167	24.1%	105	24.4%	60	23.7%
Obesity	158	22.8%	107	24.9%	49	19.4%
Heart	142	20.5%	82	19.1%	58	22.9%
Cancer	123	17.7%	72	16.7%	49	19.4%
Other	121	17.4%	80	18.6%	40	15.8%
Asthma	113	16.3%	81	18.8%	29	11.5%
COPD	76	11.0%	49	11.4%	24	9.5%
None	54	7.8%	36	8.4%	16	6.3%
Stroke	50	7.2%	36	8.4%	14	5.5%
Alzheimers	22	3.2%	9	2.1%	13	5.1%

**34. Do you need assistance managing your medications?**

Assistance with Medications	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
I do not need assistance	645	89.6%	397	90.2%	238	88.1%
I have a hard time reading or seeing the information on the bottles	34	4.7%	24	5.5%	10	3.7%
I need help taking or administering my medications	34	4.7%	16	3.6%	18	6.7%
I have a hard time keeping track of my medications	32	4.4%	18	4.1%	14	5.2%
I have a hard time understanding the information and managing the side effects	19	2.6%	12	2.7%	7	2.6%

**35. What forms of health insurance do you have?**

Insurance	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
None/I do not have insurance	5	0.7%	2	0.4%	3	1.1%
MediCal	139	19.0%	85	18.9%	53	19.6%
MediCare	454	62.1%	276	61.3%	171	63.1%
Tricare	44	6.0%	35	7.8%	8	3.0%
MediCare Advantage	156	21.3%	92	20.4%	61	22.5%
Part D/prescription coverage	172	23.5%	107	23.8%	64	23.6%
Supplemental insurance	200	27.4%	108	24.0%	88	32.5%
Private insurance	187	25.6%	124	27.6%	61	22.5%

**36. Are you able to find a primary care or family doctor that takes your insurance close to where you live?**

Find provider	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
I do not know	22	3.0%	14	3.2%	8	3.0%
No	46	6.4%	26	5.9%	19	7.1%
Yes	655	90.6%	403	91.0%	242	90.0%

**37. Are there barriers that cause you to miss medical appointments?**

Missing Medical Appointments	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
No, I have no barriers	594	82.8%	349	80.4%	236	86.8%
I am not able to find or afford transportation to my medical appointments	27	3.8%	19	4.4%	8	2.9%
My transportation often makes me late to my medical appointments	25	3.5%	14	3.2%	11	4.0%
I often cannot make the trip to my medical appointments because of my physical or mental health	46	6.4%	35	8.1%	11	4.0%
It takes too long to get to my medical appointments	26	3.6%	18	4.1%	7	2.6%
Other (please specify)	43	6.0%	30	6.9%	11	4.0%

**38. Do you have access to dental care?**

Access to Dental	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Yes	557	76.1%	350	78.5%	199	72.4%
No, I cannot afford it	125	17.1%	66	14.8%	58	21.1%
Other (please specify)	38	5.2%	24	5.4%	12	4.4%
No, there are no providers available close to where I live	12	1.6%	6	1.3%	6	2.2%

**39. Does your primary care/family doctor speak to you in a way that you understand?**

Understand Provider	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
I do not have a primary care/family doctor	12	1.6%	6	1.3%	6	2.2%
No	27	3.7%	9	2.0%	17	6.3%
Yes	689	94.6%	430	96.6%	249	91.5%

**40. Are you a caregiver for someone else?**

Caregiver	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
No	622	86.6%	379	85.6%	235	88.7%
Yes, for someone age 55 years or older	70	9.7%	44	9.9%	25	9.4%
Yes, for someone under the age of 18 years	16	2.2%	11	2.5%	4	1.5%
Yes, for someone age 19-54 years	16	2.2%	13	2.9%	3	1.1%

**How many unpaid hours do you provide caregiving in a typical week?**

Unpaid hours Caregiving	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Less than 20 hours per week	34	34.3%	28	40.6%	6	21.4%
More than 40 hours per week	28	28.3%	18	26.1%	8	28.6%
None	19	19.2%	12	17.4%	7	25.0%
20-40 hours per week	15	15.2%	9	13.0%	6	21.4%
Not sure	3	3.0%	2	2.9%	1	3.6%

**What type(s) of support would be useful for your caregiver situation?**

Support for Caregiver	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Not sure	39	46.4%	30	48.4%	8	40.0%
In-home respite care	24	28.6%	16	25.8%	7	35.0%
Residential respite care (skilled nursing, assisted living)	15	17.9%	11	17.7%	4	20.0%
Caregiver support groups	15	17.9%	11	17.7%	4	20.0%
Caregiver education	15	17.9%	9	14.5%	6	30.0%
Day activity programs	14	16.7%	9	14.5%	4	20.0%

**41. How would you describe your current paid employment situation?**

Paid Employment Status	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Retired	532	74.3%	315	72.4%	208	77.0%
Employed - full time or more	54	7.5%	38	8.7%	16	5.9%
Employed - part-time and not looking for more work	46	6.4%	26	6.0%	20	7.4%
Other (please specify)	46	6.4%	33	7.6%	12	4.4%
Unemployed - not looking for work	41	5.7%	25	5.7%	16	5.9%
Employed - self-employed	26	3.6%	16	3.7%	9	3.3%
Unemployed - looking for work	16	2.2%	13	3.0%	3	1.1%
Employed - part-time and looking for more work	9	1.3%	6	1.4%	3	1.1%
Employed - seasonal work	3	0.4%	2	0.5%	1	0.4%

**42. Are there adequate employment opportunities available to you?**

Adequate Employment	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
I do not know	136	37.0%	75	34.1%	59	41.6%
Yes	124	33.7%	68	30.9%	38	26.8%
No	108	29.3%	77	35.0%	45	31.7%

**43. Do you currently volunteer?**

Do You Volunteer	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Yes	312	45.7%	169	40.8%	137	53.3%
No, and I do not want to volunteer	261	38.3%	169	40.8%	89	34.6%
No, but I would like to volunteer	109	16.0%	76	18.4%	31	12.1%

**44. Do you feel physically and emotionally safe in your home?**

Safe in Your home	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Yes	670	91.2%	401	88.9%	259	94.9%
Not sure	43	5.9%	32	7.1%	11	4.0%
No	22	3.0%	18	4.0%	3	1.1%

**45. Do you feel physically and emotionally safe in your community?**

Safe in Your Community	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Yes	608	83.3%	353	78.8%	247	91.1%
Not sure	64	8.8%	48	10.7%	16	5.9%
No	58	7.9%	47	10.5%	8	3.0%

**46. Has anyone ever tried to financially scam or take advantage of you?**

Scammed	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
No	401	56.1%	237	54.0%	159	60.0%
Yes - a stranger	270	37.8%	171	39.0%	93	35.1%
Yes - someone that I knew	70	9.8%	52	11.8%	18	6.8%

**46a. Who did you tell?**

Who did you tell?	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Family or friend	149	49.0%	97	49.7%	50	48.5%
Law enforcement	90	29.6%	48	24.6%	41	39.8%
No one	83	27.3%	60	30.8%	21	20.4%
Other (please specify)	51	16.8%	36	18.5%	13	12.6%
Adult Protective Services (APS)	2	0.7%	2	1.0%	0	0.0%

**47. Do you have access to legal services?**

Access to Legal	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Yes	355	50.5%	201	46.2%	149	57.8%
I do not need legal services	180	25.6%	117	26.9%	61	23.6%
No	168	23.9%	117	26.9%	48	18.6%

**48. Do you have any of these future planning documents?**

Future Planning Documents	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Will	330	47.6%	183	42.2%	144	57.6%
Revocable Living Trust	300	43.3%	184	42.4%	113	45.2%
Advanced Health Care Directive	342	49.4%	199	45.9%	139	55.6%
Power of Attorney	232	33.5%	139	32.0%	90	36.0%
Long Term Care Insurance	104	15.0%	69	15.9%	34	13.6%
Burial Plan	178	25.7%	107	24.7%	68	27.2%
POLST (Physician Order for Life-Sustaining Treatment)	97	14.0%	54	12.4%	43	17.2%
None of the above	184	26.6%	127	29.3%	55	22.0%

**49. How do you access the internet?**

Internet Access	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
I have internet in my home	568	81.8%	361	83.8%	199	78.3%
I access the internet with my computer, laptop, or tablet	327	47.1%	214	49.7%	108	42.5%
I access the internet with my mobile or smartphone	305	43.9%	220	51.0%	82	32.3%
I can access internet outside my home at coffee shops, libraries, senior centers, etc.	127	18.3%	85	19.7%	41	16.1%
I do not have access to the internet	95	13.7%	58	13.5%	37	14.6%

**49a. What are the reasons you do not have internet at home?**

Reason no internet at home	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Internet service is too expensive at my residence	40	34.8%	20	29.0%	20	43.5%
I do not want internet in my home	37	32.2%	23	33.3%	14	30.4%
I do not have a computer or device to connect to the internet	34	29.6%	22	31.9%	12	26.1%
I am not able to use the internet because of a physical or mental condition such as poor eyesight, cognitive issues, or another condition	17	14.8%	12	17.4%	5	10.9%
Other (please specify)	5	4.3%	4	5.8%	1	2.2%
Internet service is not available to my residence	3	2.6%	1	1.4%	2	4.3%

**50. How can individuals in your household receive information during an emergency such as a fire or earthquake?**

Receiving Info in Emergency	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Cell phone call	585	79.7%	374	82.4%	201	74.7%
TV	557	75.9%	366	80.6%	182	67.7%
Text message	455	62.0%	310	68.3%	139	51.7%
Email	432	58.9%	276	60.8%	150	55.8%
Word of mouth	397	54.1%	233	51.3%	158	58.7%
Land line telephone call	371	50.5%	214	47.1%	154	57.2%
AM/FM radio	349	47.5%	210	46.3%	135	50.2%
Social media	259	35.3%	181	39.9%	74	27.5%
NextDoor post	207	28.2%	133	29.3%	71	26.4%
Organizations' websites (such as Red Cross)	99	13.5%	61	13.4%	37	13.8%
Other (please specify)	37	5.0%	20	4.4%	15	5.6%
Not sure	15	2.0%	10	2.2%	5	1.9%

**51. If authorities announced a mandatory evacuation from your community due to an emergency or disaster (such as a wildfire), would anything prevent you from evacuating?**

Preventing Evacuation	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
No, I will evacuate no matter what	502	70.9%	306	69.9%	187	71.9%
Concern about leaving property	126	17.8%	91	20.8%	35	13.5%
Concern about leaving pets or livestock	112	15.8%	83	18.9%	28	10.8%
I have nowhere to go	88	12.4%	58	13.2%	30	11.5%
Concern about personal safety	75	10.6%	54	12.3%	21	8.1%
Lack of transportation	58	8.2%	44	10.0%	13	5.0%
Health problems or medically unable to evacuate	56	7.9%	42	9.6%	14	5.4%
Lack of trust in public officials	32	4.5%	29	6.6%	3	1.2%
It is too expensive to evacuate	31	4.4%	23	5.3%	8	3.1%
Other (please specify)	20	2.8%	10	2.3%	10	3.8%

**52. Do you have an emergency kit that you can take with you in the event of an evacuation?**

Emergency Kit	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
No	425	59.6%	281	63.7%	137	52.5%
Yes	288	40.4%	160	36.3%	124	47.5%

**53. Does anyone in your household have any of the following conditions that could be barriers to effective communication during an emergency or disaster?**

Barriers to Communication in Emergency	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
None	416	60.5%	249	58.3%	160	63.7%
Impaired hearing	137	19.9%	87	20.4%	48	19.1%
Physical disability	133	19.3%	97	22.7%	36	14.3%
Impaired vision	70	10.2%	40	9.4%	30	12.0%
Cognitive impairment or disability	51	7.4%	44	10.3%	6	2.4%
Difficulty understanding written material	19	2.8%	14	3.3%	5	2.0%
Difficulty understanding the English language	17	2.5%	7	1.6%	10	4.0%
Other (please specify)	17	2.5%	16	3.7%	1	0.4%

**54. Thinking about what you have in your pantry and any medications you have on hand, for how many days would you be able to stay in your home without having to leave for additional supplies?**

Days in Home	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
7 days or more	371	51.8%	234	53.1%	132	50.0%
4 to 6 days	189	26.4%	114	25.9%	73	27.7%
1 to 3 days	98	13.7%	54	12.2%	42	15.9%
Not sure	58	8.1%	39	8.8%	17	6.4%

**55. If your home lost power/electricity, would you need help maintaining medications or medical equipment?**

Help Maintaining Meds Loss of Power	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
No	550	76.6%	329	74.6%	210	79.3%
Yes	168	23.4%	112	25.4%	55	20.8%

**56. Which of the following categories best describes the total annual income that your household received in the last 12 months?**

Household total annual income	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Less than \$10,000	48	7.8%	32	8.4%	16	7.1%
\$15,000 - \$24,999	86	14.0%	51	13.5%	30	13.4%
\$10,000 - \$14,999	64	10.4%	31	8.2%	32	14.3%
\$25,000 - \$34,999	66	10.8%	37	9.8%	29	12.9%
\$35,000 - \$49,999	61	10.0%	36	9.5%	24	10.7%
\$50,000 - \$74,999	76	12.4%	49	12.9%	26	11.6%
\$75,000 - \$99,999	64	10.4%	45	11.9%	19	8.5%
\$100,000 - \$149,999	60	9.8%	42	11.1%	17	7.6%
\$150,000 - \$199,999	26	4.2%	22	5.8%	4	1.8%
\$200,000 or more	22	3.6%	18	4.7%	4	1.8%
Not sure	40	6.5%	16	4.2%	23	10.3%

**57. What is your assigned sex at birth (on your original birth certificate)?**

Sex assigned at birth	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Female	500	69.7%	288	65.6%	205	76.8%
Male	217	30.3%	151	34.4%	62	23.2%

**58. Do you identify as a member of any of the following groups?**

Sexual Orientation and Gender Identity	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Heterosexual or straight	559	93.8%	345	92.7%	204	95.3%
Genderqueer, gender non-conforming, or agender	4	0.7%	4	1.1%	0	0.0%
Lesbian, gay, bisexual or other non-heterosexual orientation	32	5.4%	22	5.9%	10	4.7%
Transgender	1	0.2%	1	0.3%	0	0.0%

**59. What is your current relationship status?**

Relationship Status	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Married	274	38.4%	177	40.3%	92	35.0%
Widowed	174	24.4%	91	20.7%	81	30.8%
Divorced	148	20.8%	96	21.9%	48	18.3%
Never married	62	8.7%	39	8.9%	23	8.7%
Not married but living with my partner	27	3.8%	17	3.9%	10	3.8%
I have a partner but I am not living with them	16	2.2%	10	2.3%	6	2.3%
Separated	12	1.7%	9	2.1%	3	1.1%

**60. What is the highest level of education you have completed?**

Level of Education	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
Bachelor's degree	148	21.0%	91	20.9%	55	21.2%
Graduate or professional degree (Masters, PhD, MD, etc.)	167	23.7%	108	24.8%	58	22.3%
Some college, Associate degree (AA), or technical school	267	37.8%	162	37.2%	99	38.1%
High school graduate or GED	78	11.0%	54	12.4%	23	8.8%
Some high school or less	46	6.5%	21	4.8%	25	9.6%

**61. Are you a Veteran of the US Armed Forces?**

Veteran Status	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
No	615	86.3%	368	83.6%	239	90.5%
Not sure	4	0.6%	3	0.7%	1	0.4%
Yes	94	13.2%	69	15.7%	24	9.1%

**62. What is your race?**

Race/Ethnicity	Overall Number	Overall Percent	Solano Number	Solano Percent	Napa Number	Napa Percent
White	511	73.5%	293	68.0%	210	83.0%
Hispanic	75	10.8%	43	10.0%	32	12.6%
Asian	42	6.0%	38	8.8%	4	1.6%
Black	38	5.5%	35	8.1%	1	0.4%
Multi-Race	21	3.0%	16	3.7%	4	1.6%
American Indian/Alaskan Native	7	1.0%	5	1.2%	2	0.8%
North African/Middle Eastern	1	0.1%	1	0.2%	0	0.0%

## Appendix H: Detailed Mortality Data

Leading causes of death in seniors age 60 years and older, Napa County, 2015-2017

Cause of Death	Number (3 years)
1 Heart disease	795
2 Cancer	772
3 Stroke	203
4 Alzheimer's disease	188
5 COPD	156
6 Unintentional injuries	109
7 Diabetes	92
8 Influenza/pneumonia	78
9 Liver disease	31
<b>TOTAL DEATHS</b>	<b>3321</b>

Leading causes of death in adults age 50-59 years old, Napa County, 2015-2017

Cause of Death	Number (3 years)
1 Cancer	66
2 Heart disease	49
3 Unintentional injuries	22
4 Diabetes	15
5 Liver disease	14
6 Stroke	6
7 COPD	3
8 Influenza/pneumonia	2
9 Alzheimer's disease	0
<b>TOTAL DEATHS</b>	<b>239</b>

Leading causes of death in adults age 60-79 years old, Napa County, 2015-2017

Cause of Death	Number (3 years)
1 Cancer	433
2 Heart disease	248
3 COPD	62
4 Stroke	51
5 Unintentional injuries	41
6 Diabetes	38
7 Alzheimer's disease	32
8 Liver disease	30
9 Influenza/pneumonia	20
<b>TOTAL DEATHS</b>	<b>1,222</b>

Leading causes of death in adults age 80 years or older, Napa County, 2015-2017

<b>Cause of Death</b>	<b>Number (3 years)</b>
1 Heart disease	547
2 Cancer	339
3 Alzheimer's disease	156
4 Stroke	152
5 COPD	94
6 Unintentional injuries	68
7 Influenza/pneumonia	58
8 Diabetes	54
9 Liver disease	1
<b>TOTAL DEATHS</b>	<b>2,099</b>

Leading causes of death in seniors age 60 years and older, Solano County, 2015-2017

<b>Cause of Death</b>	<b>Number (3 years)</b>
1 Cancer	1876
2 Heart disease	818
3 Stroke	608
4 Alzheimer's disease	569
5 COPD	448
6 Diabetes	354
8 Influenza/pneumonia	216
9 Hypertension	207
7 Unintentional injuries	175
11 Kidney disease	108
10 Liver disease	88
12 Parkinson's disease	71
13 Septicemia	51
<b>TOTAL DEATHS</b>	<b>7574</b>

Leading causes of death in adults age 50-59 years old, Solano County, 2015-2017

<b>Cause of Death</b>	<b>Number (3 years)</b>
1 Cancer	307
2 Unintentional injuries	79
3 Heart disease	72
4 Diabetes	55
5 Liver Disease	54
6 Stroke	31
7 COPD	19
8 Influenza/pneumonia	16
9 Hypertension	12
10 Kidney disease	10
11 Septicemia	7
12 Alzheimer's disease	2
13 Parkinson's disease	0
<b>TOTAL DEATHS</b>	<b>942</b>

Leading causes of death in seniors age 60-79 years old, Solano County, 2015-2017

<b>Cause of Death</b>	<b>Number (3 years)</b>
1 Cancer	1207
2 Heart disease	371
3 COPD	222
4 Diabetes	219
5 Stroke	175
6 Unintentional injuries	104
7 Influenza/pneumonia	81
8 Alzheimer's disease	81
9 Liver disease	80
10 Hypertension	78
11 Kidney disease	48
12 Septicemia	23
13 Parkinson's disease	21
<b>TOTAL DEATHS</b>	<b>3534</b>

Leading causes of death in seniors age 80 years or older, Solano County, 2015-2017

<b>Cause of Death</b>	<b>Number (3 years)</b>
1 Cancer	669
2 Alzheimer's disease	488
3 Heart disease	447
4 Stroke	433
5 COPD	226
6 Diabetes	135
7 Influenza/pneumonia	135
8 Hypertension	129
9 Unintentional injuries	71
10 Kidney disease	60
11 Parkinson's disease	50
12 Septicemia	28
13 Liver disease	8
<b>TOTAL DEATHS</b>	<b>4040</b>