



2022-24

Napa County Older Adults Assessment

Acknowledgements

The Napa County Older Adults Assessment (NOAA) is a community-based initiative conducted between September 2022 through June 2024 at the request of the Napa County Board of Supervisors, Napa County Commission on Aging, Napa County Health and Human Services Agency, Napa/Solano Area Agency on Aging, and the Napa County Healthy Aging Population Initiative (HAPI).

The following NOAA Steering Committee members established the project's vision and actively guide its implementation:

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- **Marc Frankenstein**, Napa County Commission on Aging
- **Louise Holloway**, Mentis
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NOAA would not have been possible without the **candid input provided by over 1,600 Napa County residents** who completed a survey, attended a focus group, or participated in an individual interview. In addition, representatives from several **community partnering organizations and individual volunteers** lent their support by providing outreach to obtain community input, helping older adults navigate the questions of the hour-long survey, and providing space to convene focus groups and for individuals to complete surveys. **These community partners, among others, include the following:**

- Jefferson Street Senior Housing Napa Senior Center
- Las Casitas Napa Mobile Home Park
- Meals on Wheels
- Molly's Angels
- Napa County Library
- Providence Queen of the Valley Medical Center, CARE Network
- Puertas Abiertas Community Resource Center
- Rianda House Senior Activity Center
- Share the Care
- UpValley Family Centers
- Yountville Parks & Recreation



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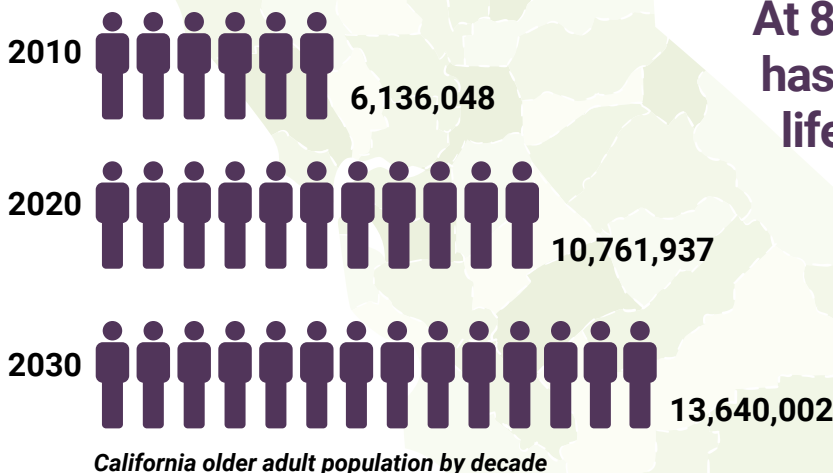
Appendices include the *Key Informant Interview and Focus Group Summary Report* and NOAA Surveys in English, Spanish, and Tagalog. They are located in a separate document.

Setting the Stage in California

*Ten years from now, California will be home to 10.8 million people age 60 and over – nearly twice as many as in 2010. One out of every four Californians will be older adults, a seismic demographic shift that will change every aspect of our lives, from the structures of our families and communities to the drivers of the State's economy.*¹

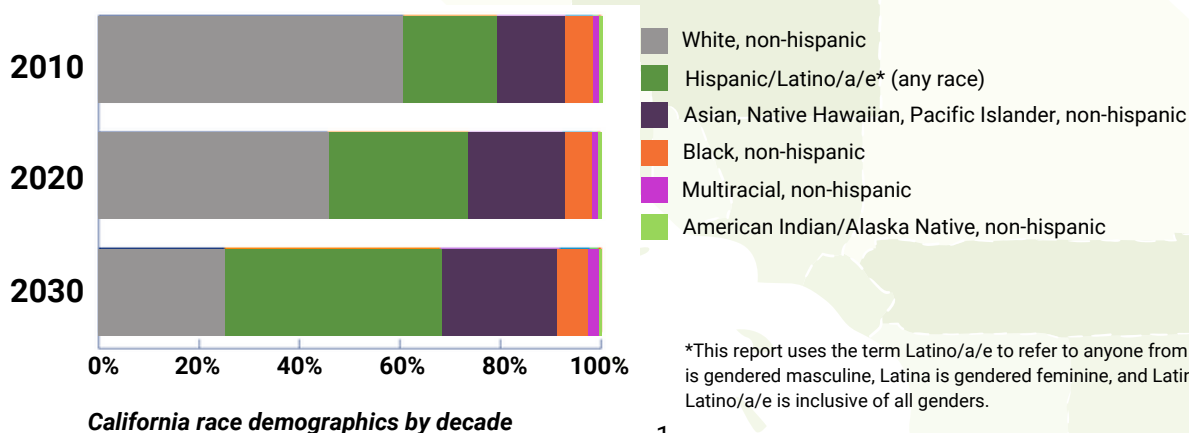
This opening statement from the California Department of Aging's 2021 *Master Plan for Aging* sets the stage not only for California's approach to caring for our aging community, but for Napa County as well. **The *Master Plan for Aging* invites communities across California to invest in programs, policies, partnerships, and systems change to promote healthy aging for all Californians with caring regard for race, ethnicity, gender, income, ability, and other areas of localized inequity.**

Californians are living longer than ever, the 60 and over population is growing rapidly, and the older adult population is becoming more racially and ethnically diverse.²



At 81.9 years, California has the second highest life expectancy in the nation

81.9
years



*This report uses the term Latino/a/e to refer to anyone from Latin America. Latino is gendered masculine, Latina is gendered feminine, and Latine is gender neutral. Latino/a/e is inclusive of all genders.

Napa County Older Adults Assessment

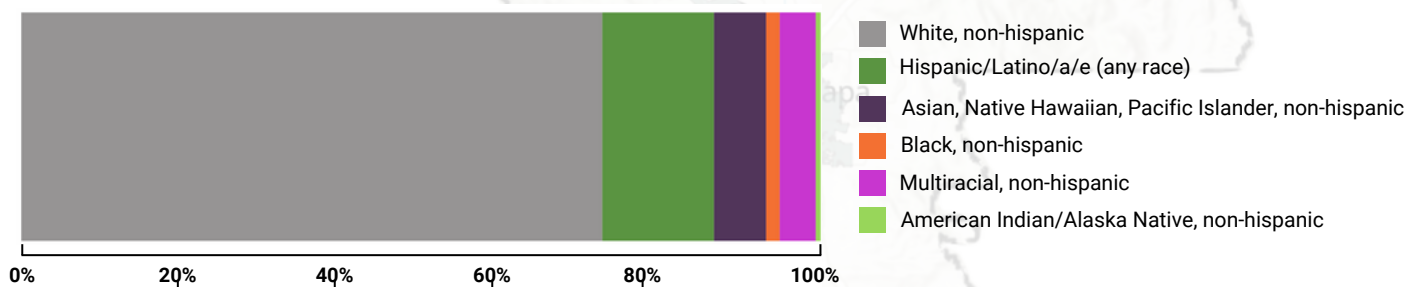
In alignment with the rest of California, Napa County's older adult population is growing and diversifying with every passing year. **Between 2020 and 2030 Napa County's older adult community will increase by 15% (5,864 people)³. The Napa County Older Adults Assessment (NOAA) is a 21-month cross-sector response to the *Master Plan for Aging*. NOAA aims to:**

1. Assess the needs of Napa County's older adults and identify gaps in needed policies, programs, and services that will enable older adults to thrive;
2. Develop a strategic action plan to identify ways to address disparities and close gaps and;
3. Create and implement a fund development plan to identify and obtain funding that will lead to improved quality of life for Napa County's older adults.

Like the *Master Plan*, NOAA is set against the backdrop of a rapidly aging local community that was disproportionately impacted by COVID-19. However, Napa County's unique geography and a decade of natural disasters add additional layers of challenge to promoting healthy aging in Napa County. **Stunning mountainous, rural landscapes contribute to conditions that challenge service accessibility and increase isolation, and recent fires, floods, earthquakes, and drought exacerbate racial and economic disparities.**

NOAA paints a picture of a vibrant, caring community committed to a thriving age-friendly Napa County. The data in this report summarizes themes from survey responses, Key Informant Interviews, and focus groups. Used thoughtfully and creatively, this data can inspire an action plan that uproots inequities to promote healthy aging for everyone in Napa County.

2020



Napa race demographics - 2020 Census

Compared to California, Napa County has a larger percentage of residents that identify as White and Multiracial, non-hispanic

Work Plan

NOAA Workplan

1. Needs Assessment, September 2022 – December 2023

- a. Research key issues related to Napa County's older adults through review of existing local and state reports and documents (September-December 2022)
- b. Develop the data collection plan—Includes who to ask, what to ask, and how to ask it (November 2022-January 2023)
- c. Schedule and publicize opportunities to provide input—Includes community outreach through social and traditional media and partnering with community-based organizations (February-July 2023)
- d. Collect data from stakeholders—Includes virtual and in-person focus groups, interviews, and survey (March-August 2023)
- e. Analyze findings and develop a summary report—Presented to County leadership and distributed throughout the County (August 2023-January 2024)

2. Strategic Action Plan, January – May 2024

- a. Develop specific recommendations for programs, policies, and services that can be implemented to help older adults thrive (January-March 2024)
- b. Develop a Napa County Older Adults Needs Assessment Strategic Action Plan summary report (April-May 2024)

3. Fund Development Plan, June 2023 – June 2024

- a. Identify grant funding opportunities from government and philanthropic sources to support the programs, policies, and services needed to enable Napa County older adults to thrive
- b. Prioritize these funding opportunities
- c. Develop grant proposals to present to prospective funders

NOAA Leadership

NOAA work was managed by Providence Adult Day Health Napa Valley (formerly Collabria Care) and Bischoff Performance Improvement Consulting. An 8-member NOAA Steering Committee comprised of individuals from the Healthy Aging Program Initiative (HAPI) met monthly to oversee and guide the work.

Methodology

1530
surveys

21
interviews

76
focus group
participants

Between March and October 2023, the NOAA project management team, advised by the NOAA Steering Committee, collected data to inform the Needs Assessment by conducting an on-line non-scientific survey, focus groups, and Key Informant Interviews (KII) to obtain the opinions of older adults (60 and up) who live in or serve as a caregiver in Napa County.

Community Survey

Any interested individual community member aged 60 and older or a caregiver for an adult aged 60 or older could respond to the survey. **The survey resulted in 1,530 responses and opinions on the following topics:**

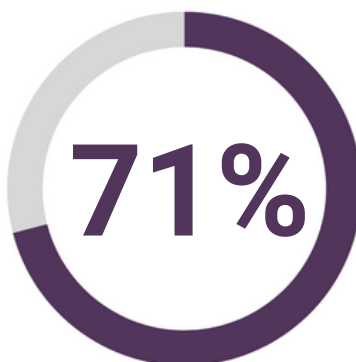
- Quality of Life
- Demographics
- Health & Wellness
- Finances & Employment
- Housing
- Transportation

- Information & Assistance
- Community Engagement & Connectedness
- Emergency Response
- Equity & Inclusion
- Caregiving

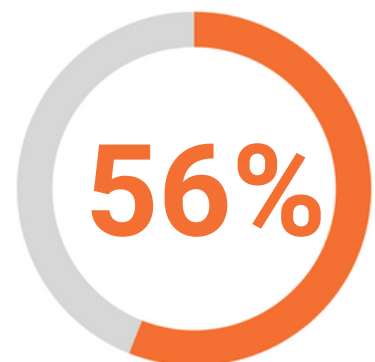
The majority (68%) of survey respondents have **lived in Napa County for 20 years or more**. Of those, 71% are White and 56% are Latino/a/e.



All Respondents
20+ years in Napa County



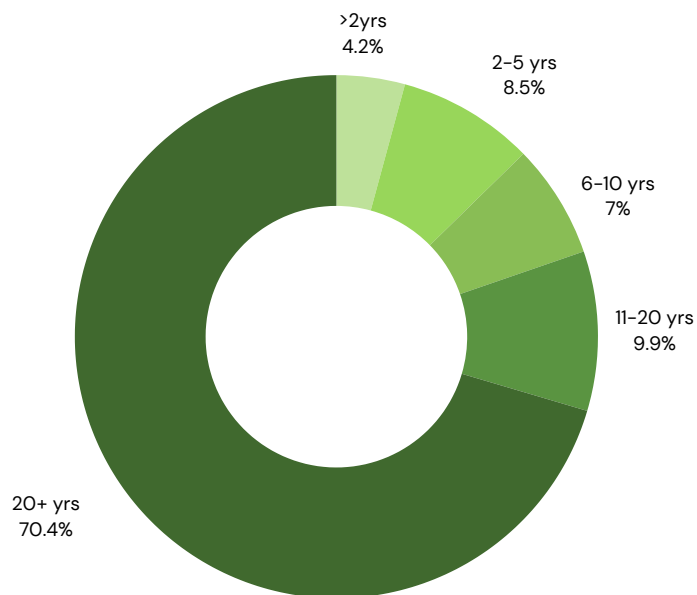
White Respondents
20+ years in Napa County



Latino/a/e respondents
20+ years in Napa County

Focus Groups & Key Informant Interviews

NOAA team conducted eight 90-minute focus groups. Focus groups were comprised of seniors representing the following individuals with lived experience in Napa County:



Percentage of focus group participants by length of lived experience in Napa



Count of focus group participants by length of lived experience in Napa

Across 76 focus group participants, 3 lived in Napa County for less than 2 years, 6 for 2-5 years, 5 for 6 – 10 years, 7 for 11 – 20 years and 50 participants lived in Napa County for over twenty years.

The NOAA Project Manager conducted 18 Key Informant Interviews (KII) with 21 individuals representing the following sectors, organizations, and populations:

- Mental health services provider
- Nonprofit representing Native American population
- Disaster preparedness & recovery
- Nonprofit serving Latino/a/e community
- Low-income housing complex
- Veterans' services
- Caregiving company
- County agency providing Adult Protective Services
- Nonprofit serving LGBTQ+ older adults
- County agency providing services for older adults
- County agency for housing and homelessness

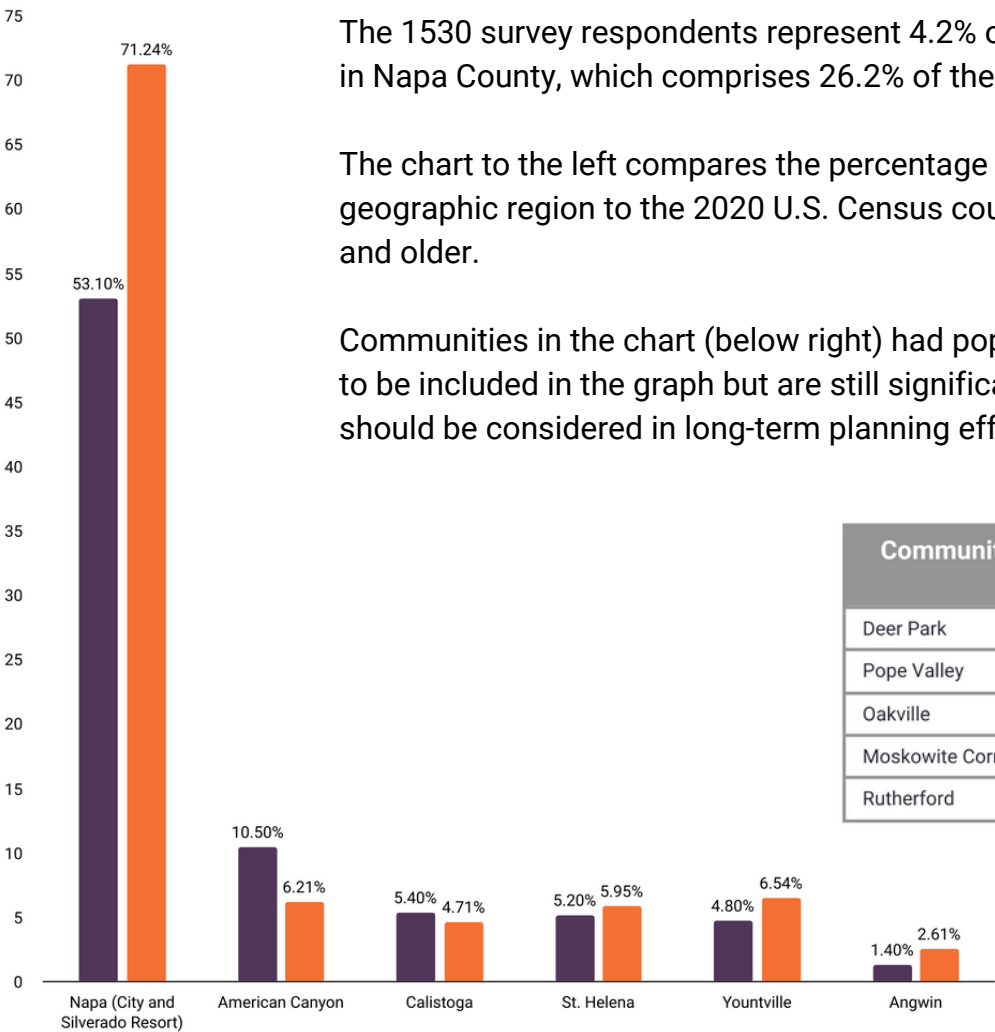
- Private practice attorney serving older adults
- Nonprofit providing adult day health services, caregiver support, palliative care, and hospice
- Countywide Information & Assistance provider
- Hospital program serving low-income older adults
- Senior Center
- Nonprofit family resource center serving up valley
- Nonprofit providing emergency cash assistance and other support to low income older adults

Across focus groups and KII, participants were asked to identify challenges/barriers for older adults and opportunities to address challenges and barriers. A complete summary of focus group and KII data can be found in the Appendices.

Who are Napa County Older Adults?



On a scale of 1 - 10, in which 10 is the highest, the overall quality of life score for Napa older adults who responded to the survey was 8.1. Latino/a/e and low-income respondents had scores .5 to 1 point lower.



The 1530 survey respondents represent 4.2% of the 60 and older population in Napa County, which comprises 26.2% of the total population.

The chart to the left compares the percentage of survey responses by geographic region to the 2020 U.S. Census count distribution for adults 60 and older.

Communities in the chart (below right) had populations that were too small to be included in the graph but are still significant to Napa County and should be considered in long-term planning efforts.

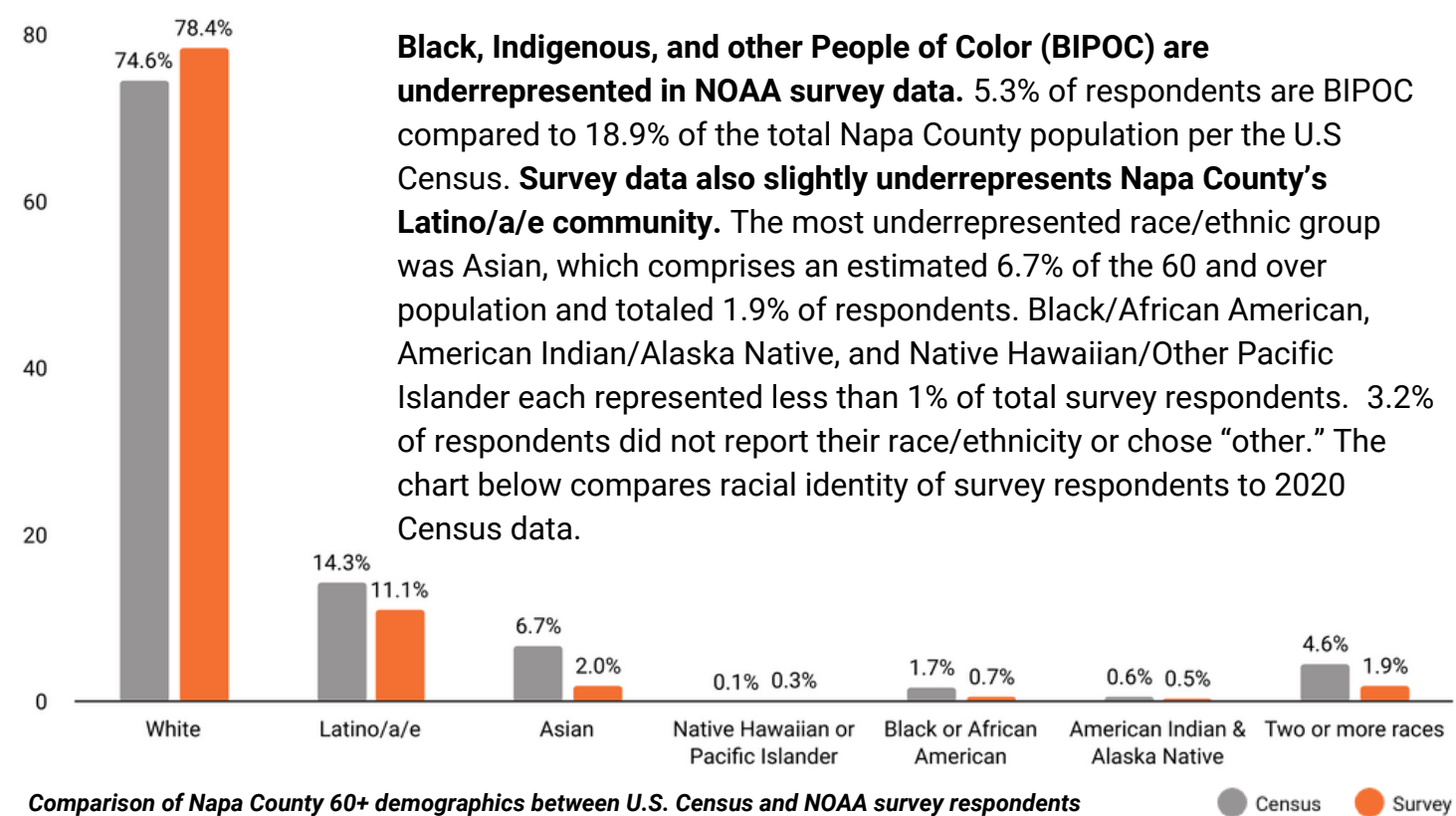
Community	2020 Census	Survey Responses
Deer Park	1%	0.72%
Pope Valley	n/a	0.72%
Oakville	n/a	0.52%
Moskowite Corner	0.2%	0.26%
Rutherford	0.1%	0.2%

2020 Census Date NOAA Survey Responses

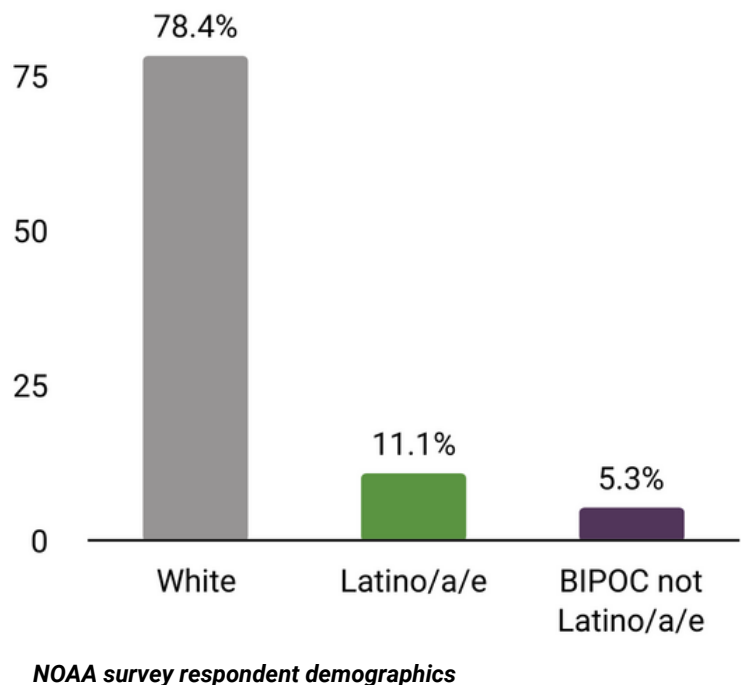
Survey responses by region compared to 2020 Census regional population distribution

Race/Ethnicity

Of the total survey respondents, 78.4% (1,199) identify as White, which is slightly higher than the US Census estimate for adults 60 and older of 74.6%. The US Census estimates that 14.3% of adults over 60 in Napa County identify as Latino/a/e, slightly higher than the 11.1% of survey respondents who identified as Latino/a/e.

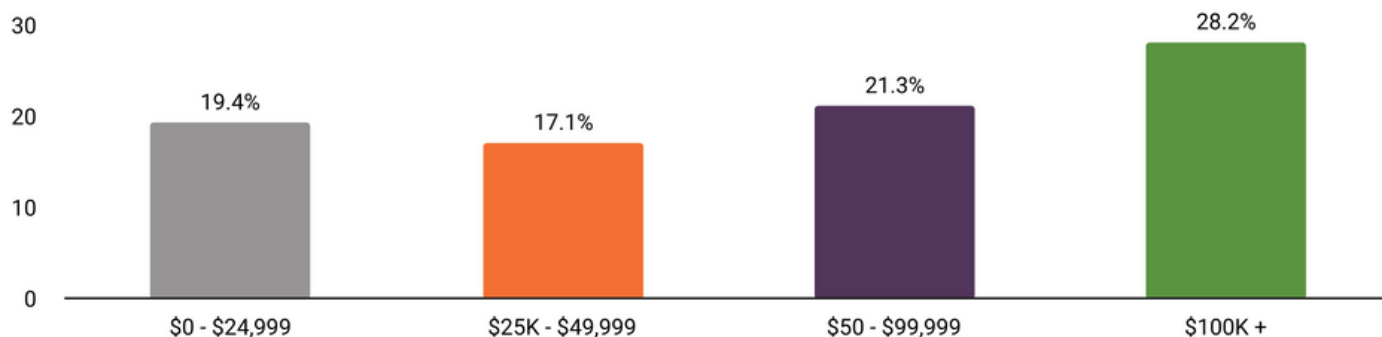


NOAA aims to use survey data to identify trends and needs in Napa County’s older adult community. To support this end, this report will look at data trends for three racial groups: White, Latino/a/e, and BIPOC. The chart to the right represents the number of survey responses from each of these demographic groups.



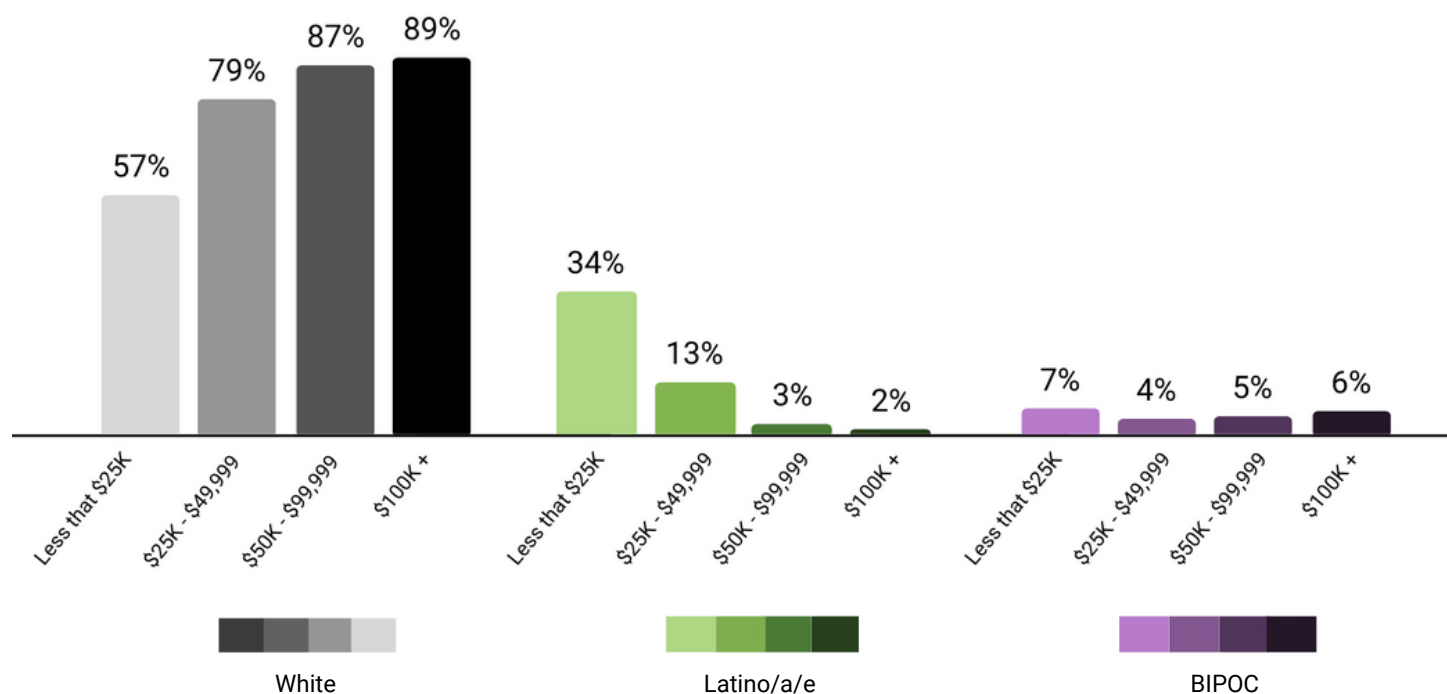
Race/Ethnicity & Income

Across all respondents, nearly half (49.5%) have an income of \$50,000 or more annually, with 28.2% reporting an annual income of over \$100,000.



NOAA survey respondent annual income

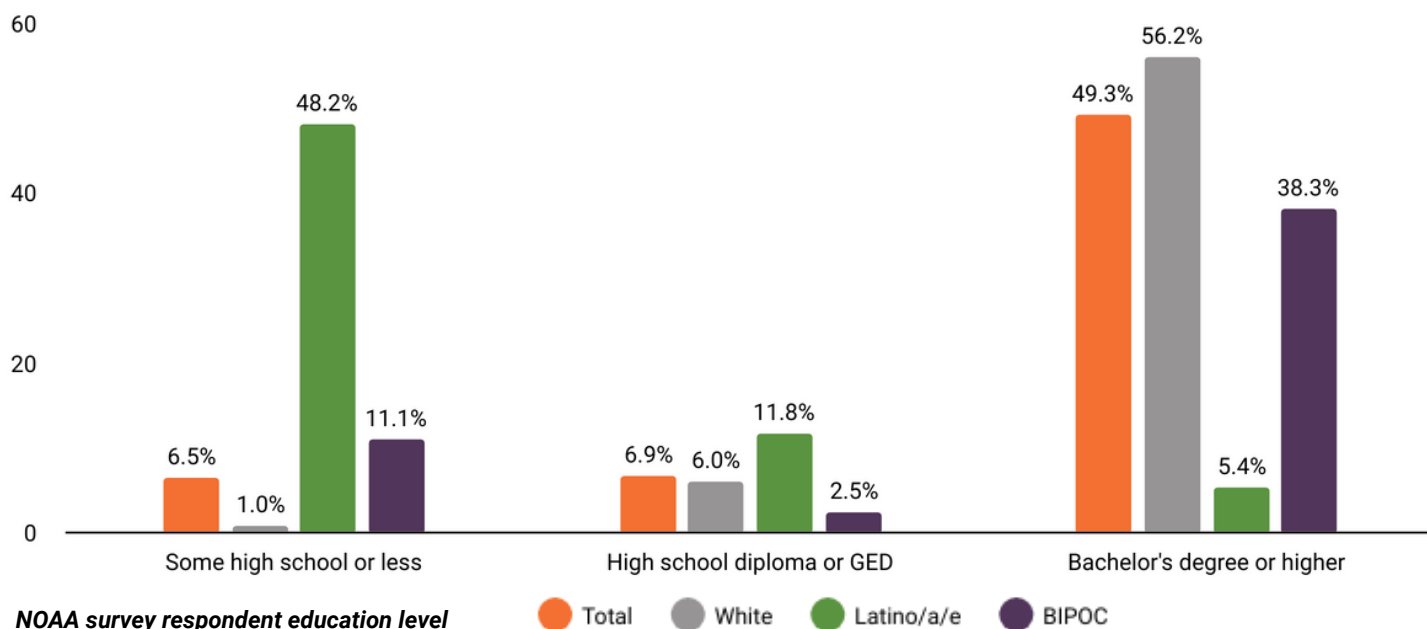
When income data is reviewed by race, we see a different and disproportionate narrative. **While the Latino/a/e community comprises 11% of survey respondents, they account for 34% of the respondents with an annual income below \$25,000, 3% of respondents with an annual income between \$50,000 and \$99,999 and only 2% of the respondents with an annual income over \$100,000.** Inversely, White respondents comprise 78% of all respondents, but only 57% of the respondents with an annual income below \$25,000. However, White respondents also comprise 89% of all respondents with an annual income over \$100,000. BIPOC respondents' income is relatively proportional to the 5.3% BIPOC response rate. The chart below compares respondents in each racial group to the whole, in other words, it represents the percentage each demographic accounts for in each income bracket.



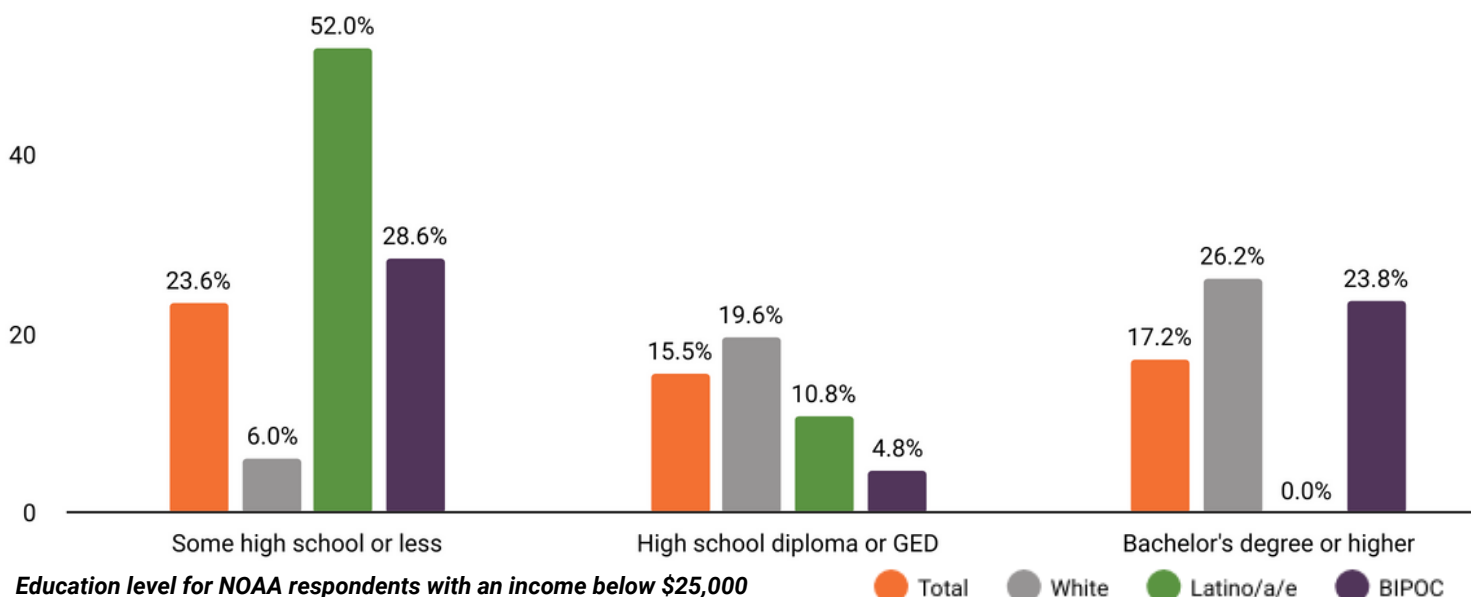
NOAA survey respondent - racial proportionality within annual income brackets

Race/Ethnicity & Education

Most (49%) of respondents reported having a bachelor's degree or higher, which is significantly higher than the US Census data of 38% for adults 60 and over. However, **disproportionate disparities persist when we look at education data by race**. While 56% of White and 49% of BIPOC respondents have a bachelor's degree, 5% of Latino/a/e respondents have a bachelor's degree or higher. The graph below represents education levels by race.



There is a strong link between education and income. Higher levels of education are associated with higher earning across a lifespan. The graph below represents education levels for respondents with an annual income under \$25,000. When compared with all survey respondents, the total number of respondents with an annual income of less than \$25,000 who have a bachelor's degree or higher drops from 49% to 17%, while the percentages of respondents across all races with their highest level of education marked by a high school diploma/GED or some high school or less increases.

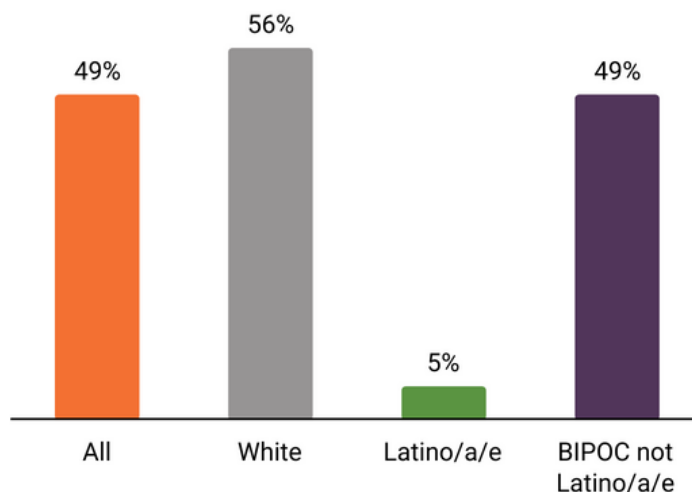


Income, Education, & Race/Ethnicity

As we review data that indicates disparities in education and income, we are well poised to ask how we might improve our systems to ensure everyone has equal opportunities for high quality education and economic stability. The graph below represents the percentage of survey respondents by race with a bachelor's degree or higher.

"As Californians, we can create communities where people of all ages and abilities are engaged, valued, and afforded equitable opportunities to thrive as we age, how and where we choose." ⁵

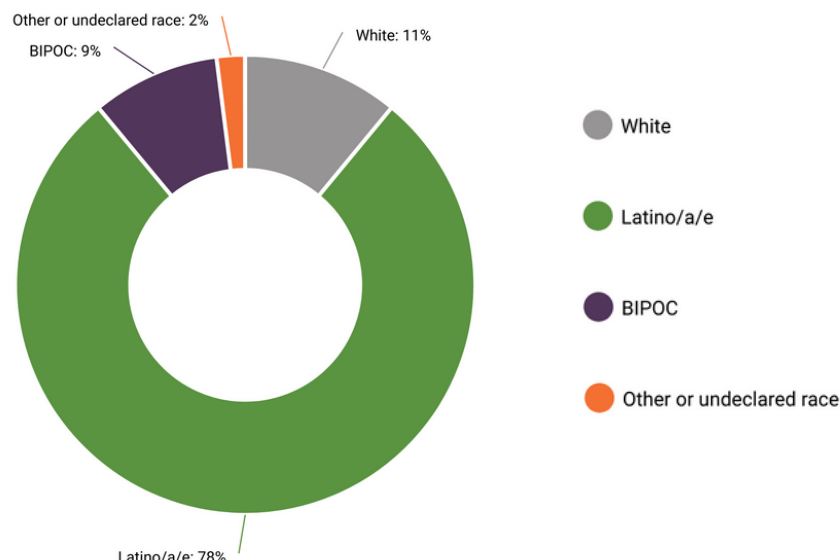
-California Master Plan for Aging



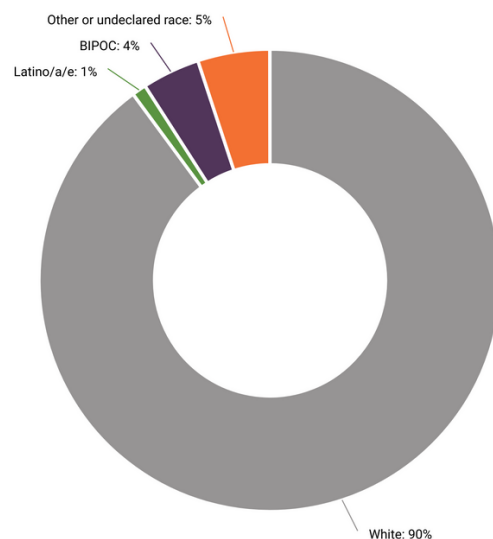
NOAA respondents with a bachelor's degree or higher

As a community we can create a county where all people have equitable access to a lifetime of high quality education and financial stability and the opportunity to age how and where they choose. **As California's Master Plan for Aging says, we have the opportunity to create "a blueprint for aging across the lifespan."** ⁶

The graph on the left represents the racial proportionality of respondents who indicated they have some high school or less. The graph on the right represents the racial proportionality of respondents who indicated they have a bachelor's degree or higher.



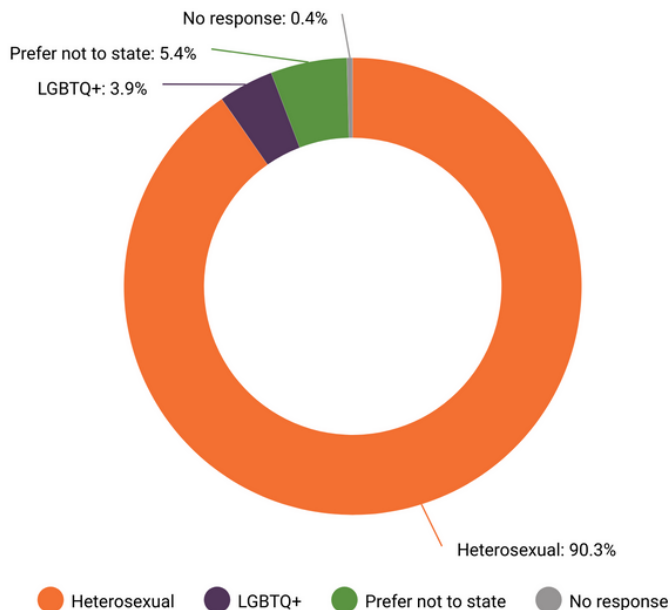
Racial proportionality of respondents indicating they have some high school or less



Racial proportionality of respondents indicating they have a bachelor's degree or higher

Gender, Sexual Orientation, Relationships, & Veterans

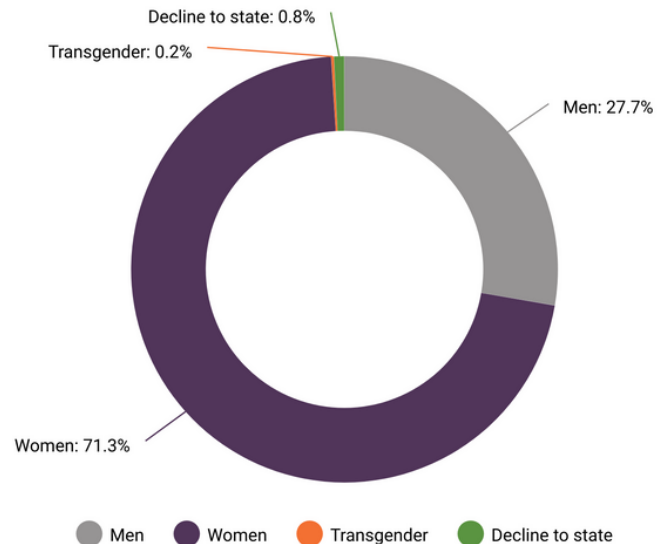
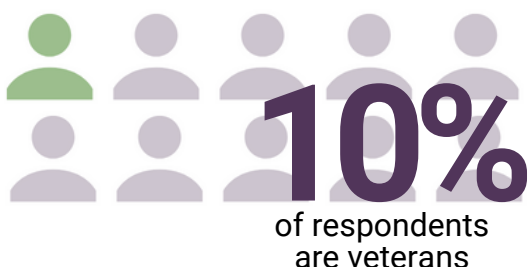
Of the total respondents, 72.2% identified as women and 27.5% as men. The fact that more women responded is no surprise, given the body of research that reports that women are more likely to respond to surveys than men.⁷ Additionally, 0.2% identified as transgender and 0.8% declined to report.



NOAA respondents sexual orientation

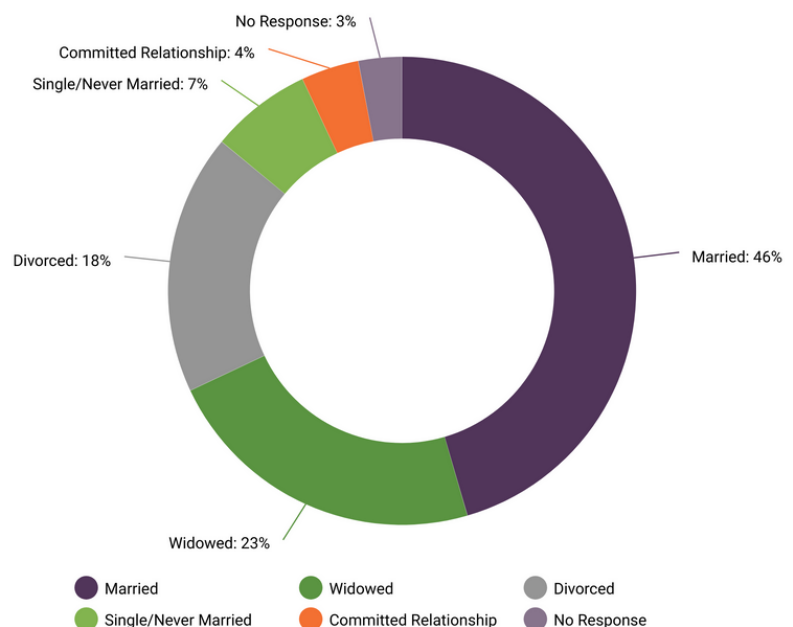
Regarding marital status, 45.5% of respondents were married. Other respondents reported being widowed (22.5%), divorced (18%), single and never married (7%), or in a committed relationship but not married (4%). Forty-two respondents declined to report.

Ten percent of survey respondents identified as veterans. According to the American Community Survey 2021 there are 4,558 veterans 60 years and older living in Napa County.



NOAA respondents gender identity

Of the total respondents, 90.3% identify as straight/heterosexual and 3.9% identified as LGBTQ+. Additionally, 5.4% preferred not to state their sexual orientation and 0.3% selected "other." We do not have a count or estimate on the number of LGBTQ+ older adults in Napa County, but a 2012 report from LGBTQ Connection estimated that 9.1% (11,000) of the total county population identifies as LGBTQ+.



NOAA respondents relationship status

Napa County Focus Areas

This report summarizes the findings from the community survey, focus groups, and Key Informant Interviews and highlights Areas for Action.

Data from all sources indicates seven focus areas for Napa County that align with California's *Master Plan for Aging*: Finances & Employment, Healthcare, Housing, Transportation, Information & Assistance, Community Engagement & Connectedness, and Caregiving.

The chart below indicates where NOAA focus area data aligns with California's *Master Plan for Aging* goals. For example, data collected about local Transportation, a NOAA focus area, directly links to *Master Plan* goal areas: Health Reimagined, Inclusion & Equity, and Affordable Aging. That does not mean there are not implications for Transportation when we think about Housing for All Ages and Caregiving that Works, only that NOAA data did not specifically make those links.



NAPA COUNTY FOR ALL AGES



Finances & Employment

- Economic stability to support a thriving life



Healthcare

- Physical & mental health
- Access to food
- Independence



Housing

- Affordable, safe housing
- Physically, emotionally, socially supportive living environments



Transportation

- Ability to access critical services & stay socially connected
- Private & public mobility options



Information & Assistance

- Ease of access
- Emergency awareness



Community Engagement & Connectedness

- Social supports
- Participation in civic activities
- Volunteerism



Caregiving

- Affordability
- Support to age in place
- Equitable pay for caregivers

Across NOAA survey, focus groups and Key Informant Interviews (KII), participants identified challenges, opportunities, and potential solutions in the seven areas listed to the left.

The survey section related to Healthcare contained more questions than the other areas because the area included many sub-topics. The section on Caregiving received the fewest responses because those questions were directed only to individuals who provided care for others.

Focus group and KII participants indicated **six priority areas for strategic planning and action** to support older adults to thrive: **Health & Wellness, Housing, Transportation, Community Engagement & Connectedness, Caregiving, and Equity & Inclusion.**

Across priority areas, participants called for a coordinated approach with a **focus on cross-sector partnerships, wraparound care, intergenerational connections, language access, rural areas, an expansion of on-demand area based ride programs, affordable transportation, and policy change.**

The remaining sections of this report present survey data related to each of the focus areas on the left and propose Areas for Action with consideration to the strategies and priorities suggested by focus group and KII participants.

Diversity, Equity, Belonging, & Inclusion

We will have lifelong opportunities for work, volunteering, community engagement, and leadership and will be protected from isolation, discrimination, abuse, neglect, and exploitation.

GOAL 3 - Inclusion & Equity, Not Isolation, California Master Plan for Aging⁸

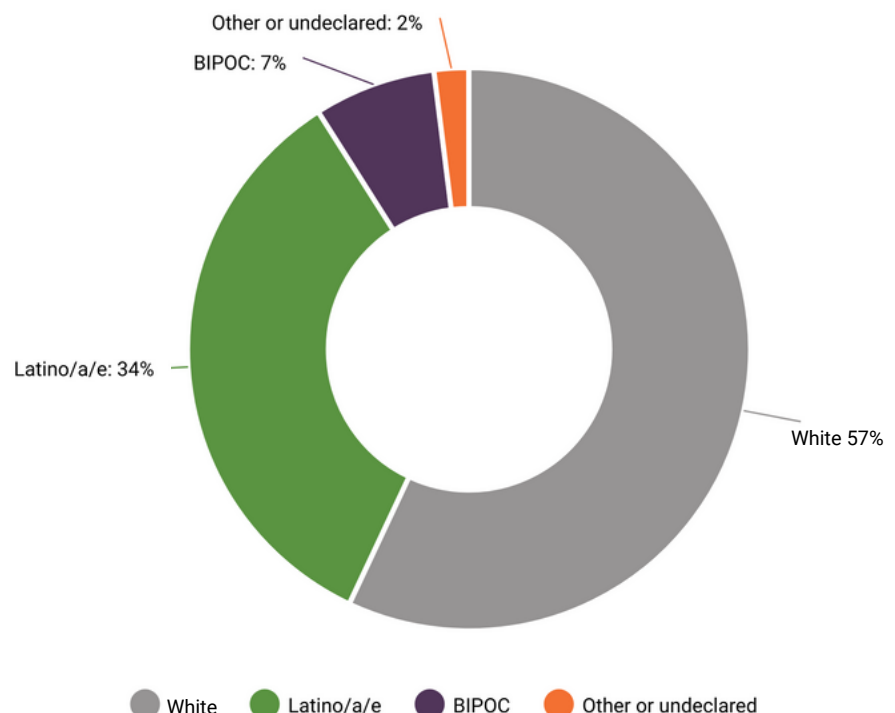
In this vision statement, “we” includes all Californians with a focus on the older adult community. However, there remains a need across California and Napa County to offer caring regard for communities experiencing the greatest disparities. In Napa County, **Latino/a/e and low-income seniors experience disparities related to income, healthcare, housing, transportation, access to information, community engagement, and caregiving.**

Throughout the NOAA assessment, a disproportionate number of Latino/a/e seniors identified as low-income. 11% of the total survey responses came from Latino/a/e participants and 19.5% of all survey participants identified as low-income. Of the 19.5% who identified as low-income, 34% were Latino/a/e, 57% were White and 7% were BIPOC.



Area for Action

The chart to the right represents survey respondents with an annual income less than \$25,000. The people represented by these data points reported a lower quality of life and consistently reported greater challenges and poorer life outcomes across all focus areas. Combined, they represent nearly 20% of the total respondents. ***How might Napa County work across sectors and communities to wrap this community in care?***



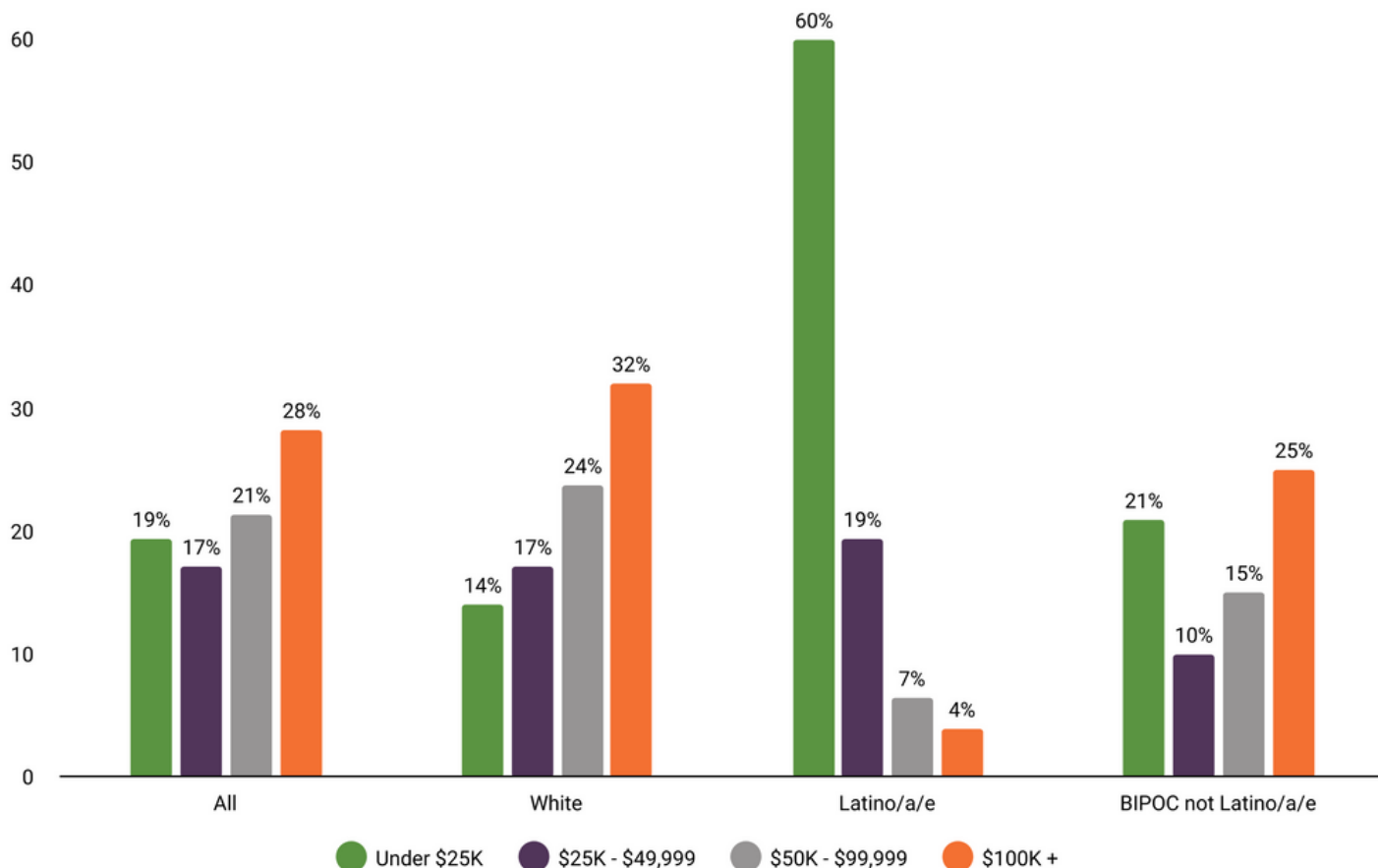
Demographics for NOAA respondents that identify as low-income

Another way to look at the racial-economic inequity is through earning differences within racial groups. White individuals comprised 78% of the total survey participants. Of people who identified as White, 14% reported being low-income. Latino/a/e respondents comprised 11% of the survey participants. Of the people who identified as Latino/a/e, 60% reported being low income. The chart below compares respondents to other respondents in the same racial group.

“Equity should be at the center... **Systemic racism, ageism, able-ism, and sexism can only be eliminated through intentional systemic solutions.** It’s time to transform our systems so that they may positively impact the lives of those most affected by historical and institutionalized discrimination and who, therefore, have disproportionately suffered during COVID-19.”

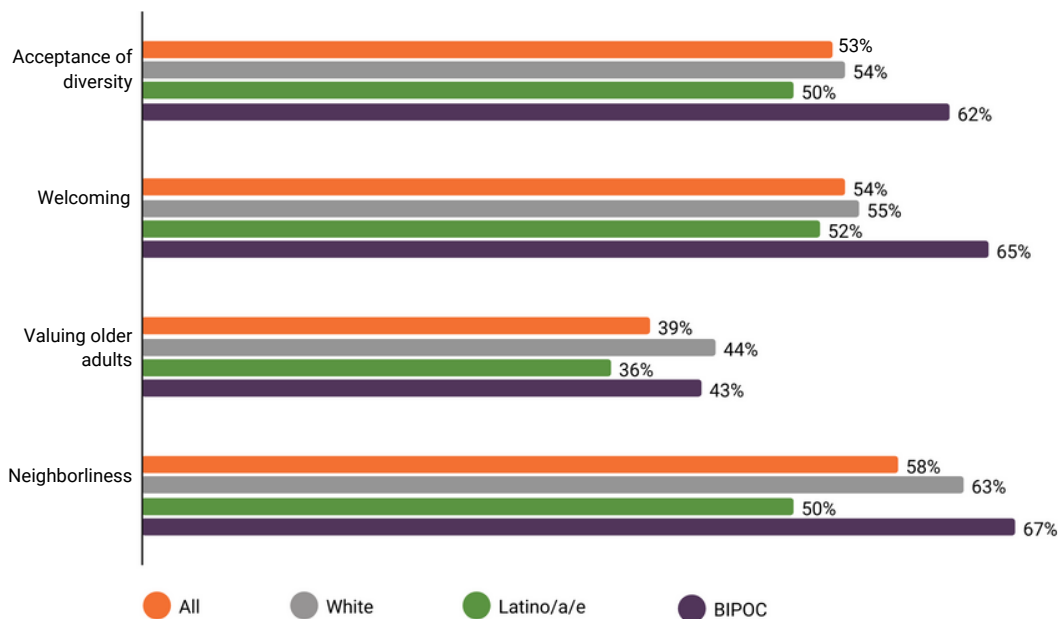
California Master Plan for Aging

Kiran Savage-Sangwan, MPA, California Pan-Ethnic Health Network⁹



NOAA respondents income by racial group

When asked to rate various aspects of equity and inclusion in Napa County as “excellent,” “good,” “fair,” or “poor” over 50% of the general population reported “excellent” or “good” regarding the county’s openness and acceptance of older residents of diverse backgrounds (52.9%), making older adults feel welcome (54.4%), valuing older adults (50.1%) and neighborliness towards older adults (62.3%).



NOAA respondents views of attitudes towards older adults

However, **for Latino/a/e respondents, those who consider Napa County “excellent” or “good” regarding community equity and inclusivity is lower than the general and White population**, specifically: openness and acceptance of older adults (39.1%), making older adults feel welcome (43.7%), valuing older adults (35.5%) and neighborliness (43.3%).

Valuing older adults had the lowest ratings across all demographics, with 52.5% of Latino/a/e and 30.6% of White residents reporting that Napa County’s communities do a “fair” to “poor” job at valuing them.

Since inclusion and belonging is crucial to having a thriving community of older adults, rather than an isolated section on Diversity, Equity, Belonging, and Inclusion (DEBI), this report weaves conversations about disparity and DEBI into each of the seven focus areas: Finances/Employment, Healthcare, Housing, Transportation, Information & Assistance, Community Engagement & Connectedness, and Caregiving.

Questions for Consideration

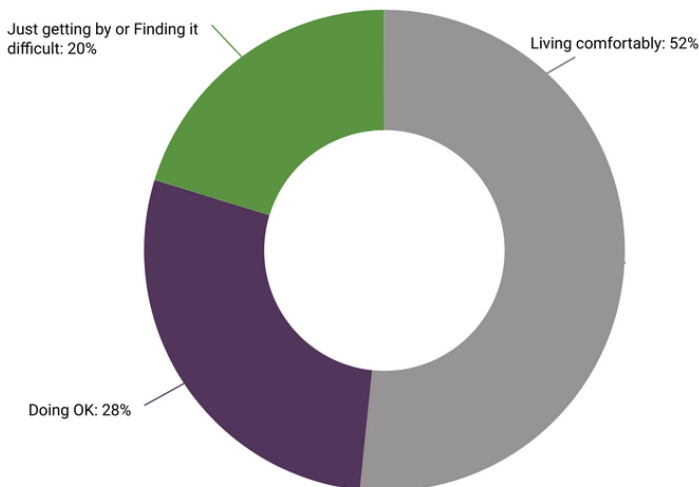
Questions to consider in developing strategies to create a Napa County for All Ages, consider the following:

1. What does a thriving community for all older adults in Napa County look like?
2. How might we wrap our Latino/a/e and low-income communities with care to enable them to thrive?
3. How might we build social bridges to engage leadership and those closest to the problems to create solutions that are culturally sensitive and deeply impactful?

Income & Employment

California's *Master Plan for Aging* indicates that almost **30% of older Californians are considered poor or near poor**. The *Master Plan for Aging* uses the Federal Poverty Level (FPL) to define poor and near poor. Up to 99% of the FPL (poor) is an income of \$12,760/year for a single-person household and \$17,240 for a two-person household. Near poor is 100 – 200% of the FPL. Social security benefits average \$1,500/month for retired workers and \$1,250 for disabled workers. The fair market rent for a one-bedroom apartment in California is \$1,522. **Housing expenses alone could nearly or completely account for the entire income of an older adult solely reliant on social security.**

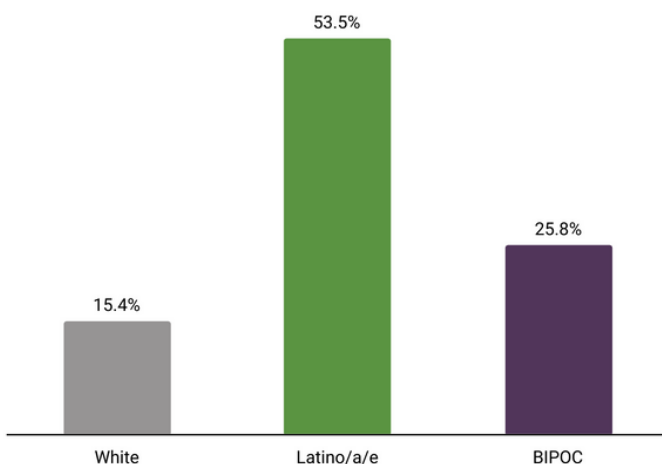
$$\text{\$1500} - \text{\$1522} = -\text{\$22}$$



NOAA respondents economic comfort level

As illustrated in the graph to the left, over half of all respondents reported “living comfortably” while 27.8% reported “doing okay,” and **20% reported that they are “just getting by” or “finding it difficult to get by.”**

However, the number of individuals struggling financially increases among low-income and Latino/a/e respondents: **56% of low-income and 53.5% of Latino/a/e are struggling financially** (“just getting by” or “finding it difficult to get by”). In contrast, 15.4% of White respondents and 25.8% of BIPOC respondents across all income levels reported that they are struggling financially. The graph to the bottom left depicts the racial disparity of individuals who indicated they are struggling financially.



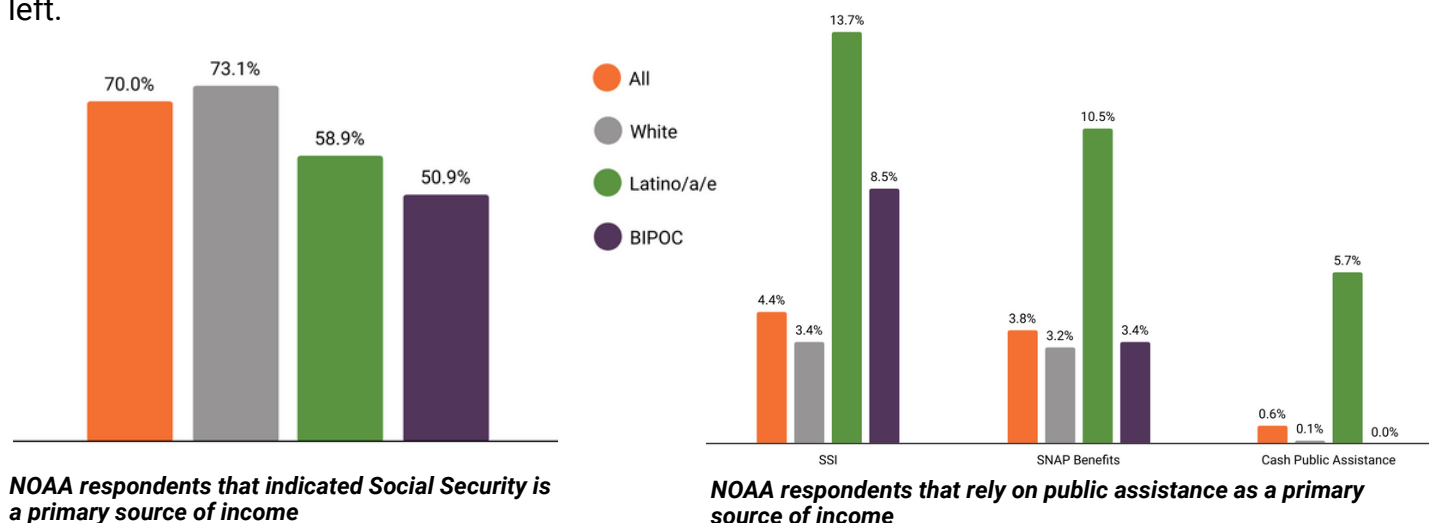
NOAA respondents that are “just getting by” or “finding it difficult to get by”

In this report low-income reflects local conditions and policies and includes households with an income of \$24,999 or less. This is based on both federal poverty guidelines and data that informs the work of Providence staff for federal and state benefits.

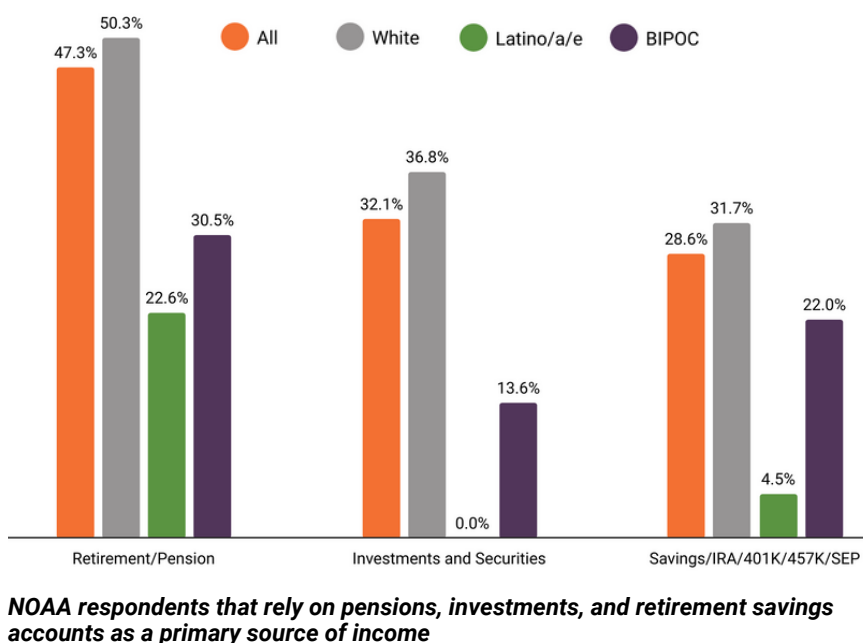
Income Disparity

We see the most startling differences in income when we look at income source by racial group.

When asked ***“What are your primary sources of household income?”*** 73.1% of White respondents indicated that Social Security was their primary source of income, while only 58.9% of Latino/a/e and 50.9% of BIPOC respondents indicated the same. This data is illustrated in the chart below and to the left.



We see **an even larger disparity** when we look at the difference between populations receiving most of their income from public assistance programs (graph above right) and populations receiving most of their income from retirement/pension, investments, and/or retirement savings accounts (*below left*).



Area for Action

In alignment with the California Master Plan for Aging, Napa County has the opportunity to look at policy changes that ensure not just a living wage, but a thriving wage for all ages and races.

While pensions, investments, and retirement savings accounts are not necessarily a marker of wealth, they indicate that individuals have had opportunities for employment that contributed to their retirement or offered wages beyond what they needed to meet basic needs.

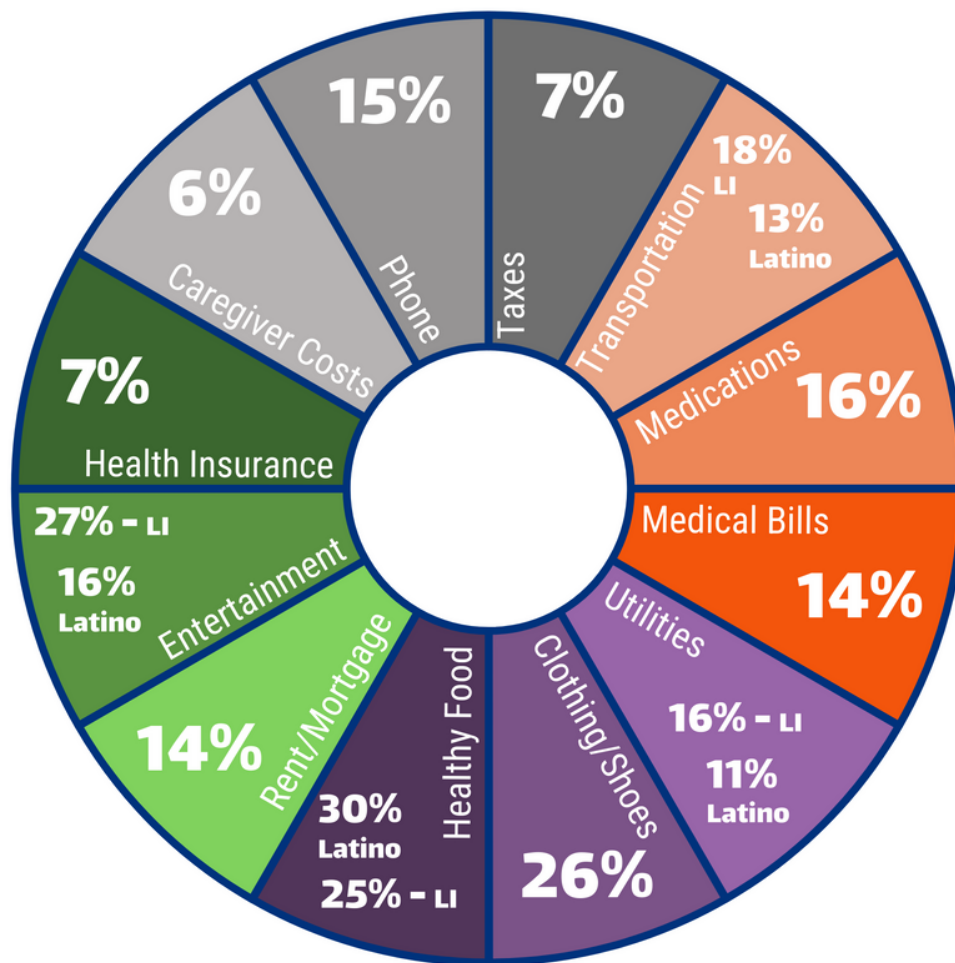
Basic Needs

There's more to a joyful, thriving life than bills and budgets, but it can be difficult to rest, savor, and enjoy life when bills can't be paid and budgets won't balance. Survey respondents were asked to indicate if they had been unable to afford any of the everyday things identified in the graphic wheel below since 2020. **76% of general respondents and 81% of White respondents reported "I have been able to afford everything listed," in contrast to 41% of low-income and 42% of Latino/a/e respondents.**

57.4% of Latino/a/e and 59% of low-income respondents indicated they had been unable to afford at least one of the everyday necessities identified in the wheel to the right.

Percentages in the wheel represent Latino/a/e and low-income respondents that were unable to afford one or more of the items included in the wheel.

Areas where there was more than a 3% difference between the response from Latino/a/e (abv. Latino) and low-income (LI) respondents include both percentages. For all others, the higher of the two percentages is listed.



% NOAA Latino/a/e and low-income respondents who indicated they could not afford at least one of the everyday necessities above

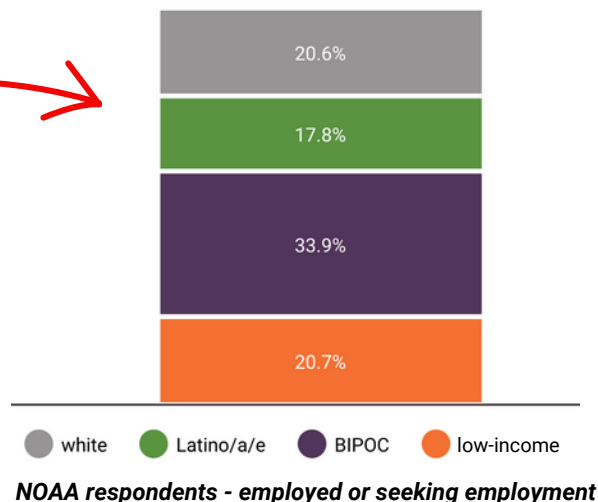
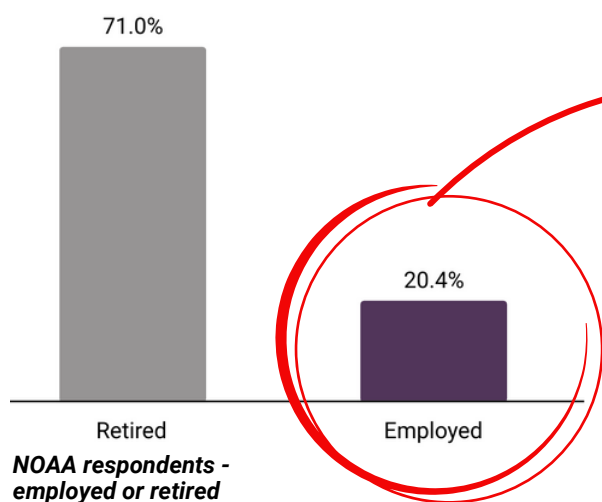


Area for Action

Over 20% of all older adults and 56% of Latino/a/e older adults are struggling financially. Napa County has the opportunity to invest in programs that put cash directly into the hands of the most vulnerable communities. Nationally and in California, Guaranteed Basic Income programs continue to demonstrate positive outcomes for participants and communities.

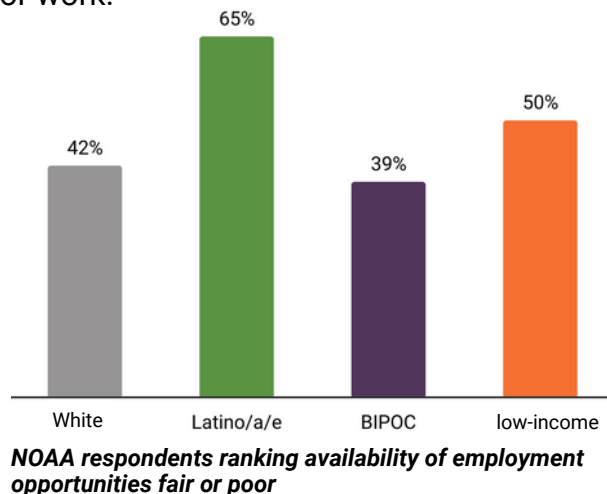
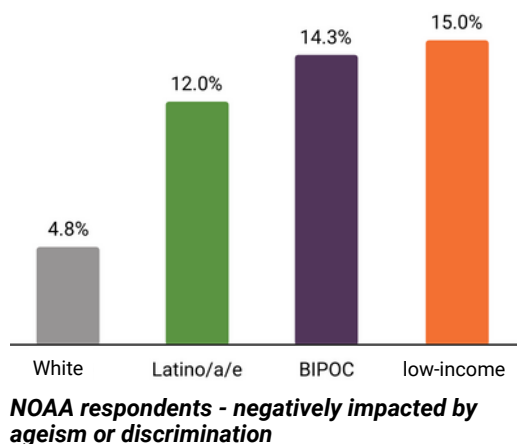
Employment

Regarding employment, 71% of respondents are retired and 20.4% are employed. 20.3% of White, 17.8% of Latino/a/e, and 33.9% of BIPOC respondents are employed.



Of those who do work or are looking for work
50%
 cannot afford to stop working

12% of Latino/a/e, 14.3% of BIPOC, and 15% of low-income respondents indicated that ageism or discrimination had negatively impacted their search for work.



42% of White, 65% of Latino/a/e, 42% of BIPOC, and 50% of low-income respondents rated availability of employment opportunities for older adults as fair or poor.

Health

Through a series of 34 questions the NOAA survey collected responses regarding participants' experiences and feelings on the **availability of care, ailments/diagnoses, vaccinations, exercise and activity, feelings of wellness, insurance, access to care, dental care, barriers to care, access to food, safety, fraud/scams, independence, support systems, falls, and caregiver access.**

Analysis of focus group and KII responses indicated five key areas for concern and five key areas for opportunity. Areas of concern included food insecurity, service accessibility, cognitive impairment, falls, and costs associated with insurance, medical/dental care, and medications. Priorities for solutions focus on service integration across sectors and providers to offer holistic community-driven care. Strategies to support healthy aging should incorporate transportation, mental health, social supports, and financial support with caring regard for low-income and Latino/a/e individuals.

Top Areas of Concern

- 1 Food Insecurity
- 2 Accessibility
- 3 Cognitive Impairment
- 4 Falls
- 5 Insurance/Cost

Areas for Opportunity

- 1 Food Insecurity
- 2 Service Integration
- 3 Programming
- 4 Mental Health
- 5 Falls

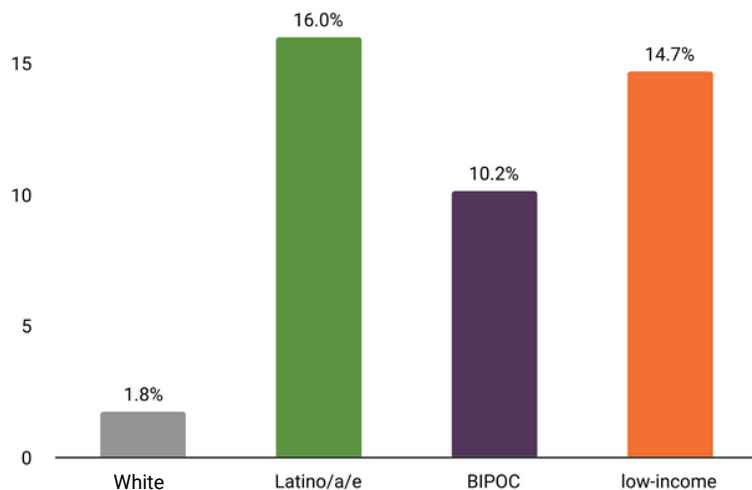
Food Access

Food insecurity and nutrition were significant areas of concern across the survey, focus groups, and KII. Concerns focused on access to affordable, nutritious food. Participants cited the high cost of food in both restaurants and grocery stores as a concern.

The NOAA survey indicated food insecurity in Napa County is prevalent among Latino/a/e, BIPOC and low-income older adults. Of the general respondents, 3.7% reported disagreeing or strongly disagreeing that they have enough food to eat, which is significantly lower than the state's rate of 11.4% for adults ages 60 and older.¹⁰

Food Access

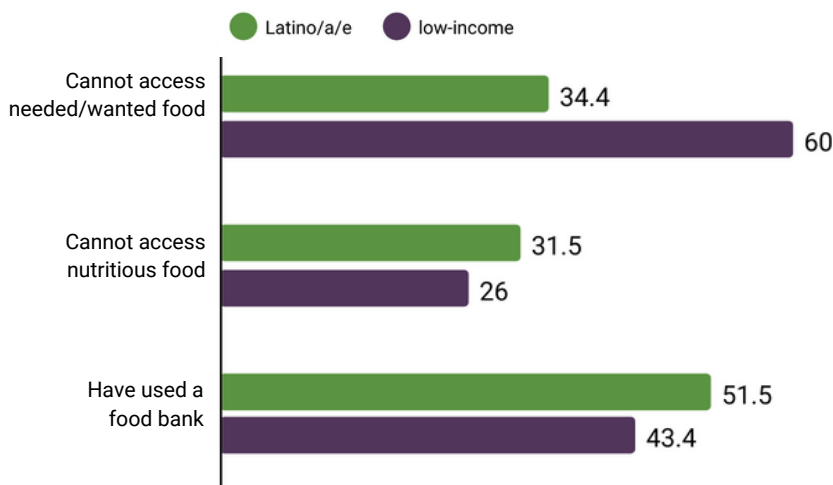
When compared to White respondents of all wealth levels (1.8% reported not having enough food to eat), underrepresented populations are experiencing higher food insecurity: **16% of Latino/a/e and 10.2% of BIPOC. Additionally, 14.7% of low-income respondents reported not having enough to eat.**



NOAA respondents reporting food insecurity

In addition to a significant number of Latino/a/e older adults experiencing food insecurity, 34.4% report not being able to access the food they need or want; 31.5% report not having access to nutritious food; and **51.5% report using food banks, pantries, or meal programs to access food, the latter is nearly double compared to BIPOC and over five times higher than White respondents.**

For low-income respondents across all demographics, 60% cannot afford the food they need or want; 26% did not have access to nutritious food; and 43.3% use food banks, pantries, or meal programs.



NOAA respondents - challenges to accessing food

The most common resources for free food and meals were CANV (Community Action of Napa Valley) food pantries, Meals on Wheels, and the Silver Fox Senior Food Program. **Respondents commented on the poor food quality that is distributed, specifically large amount of processed foods at the food pantries and the poor quality of produce (i.e., moldy) through the Silver Fox program.**

Focus group and KII participants offered reminders for food service agencies to respect older adults' choice in what they eat. This feedback was significant for food delivery services that may not provide meals reflective of unique cultures (the Latino/a/e culture was called out specifically) or foods that seniors want to eat.

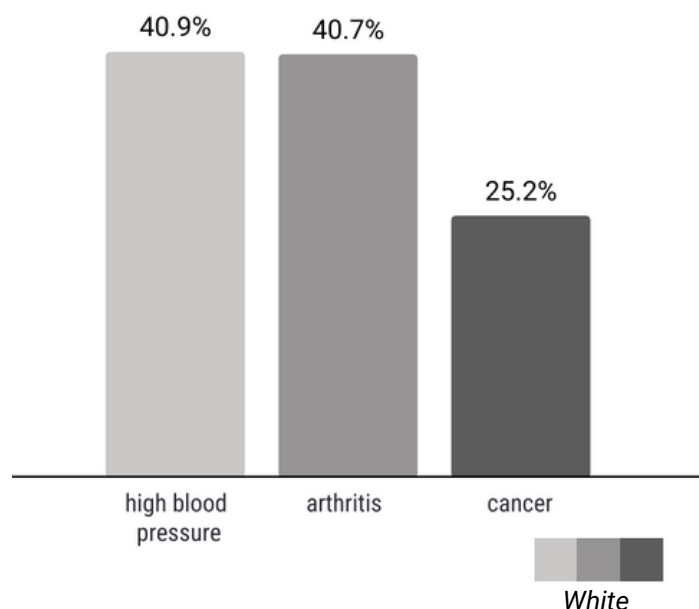


Area for Action

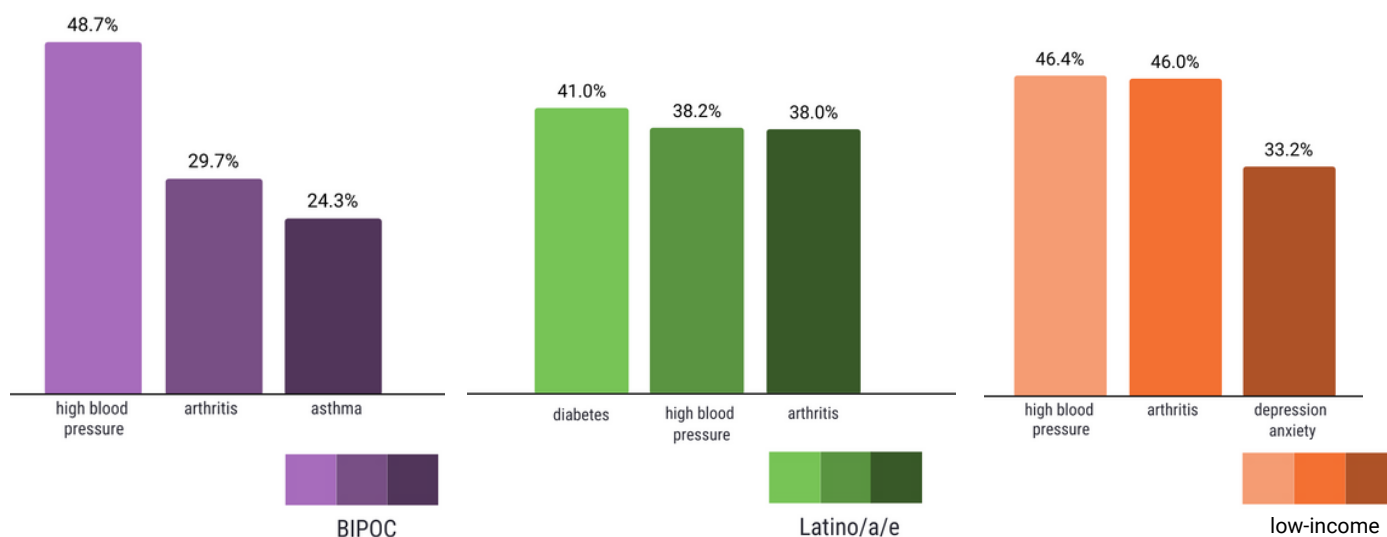
Napa County might consider a food systems initiative with a backbone agency to serve as “a quarterback with authority and funding to connect resources” (focus group participant). Emergency food options like the food bank and food pantries, restaurants, farmers markets, Meals on Wheels, and CANV could work together to create a menu of affordable food options for older adults.

Medical Diagnoses & Access to Health Services

Respondents reported that the **top three medical diagnosis are high blood pressure (40.6%), arthritis (39.2%), and cancer (22.8%)**. High blood pressure and arthritis were also reported in the 2019 Napa/Solano Area Agency on Aging Senior Assessment (AAOA Assessment) as the top two diagnosis with diabetes being the third most common diagnosis. In the 2023 survey, diabetes was the sixth most reported diagnosis (16%) for respondents.



NOAA respondents top three health diagnoses

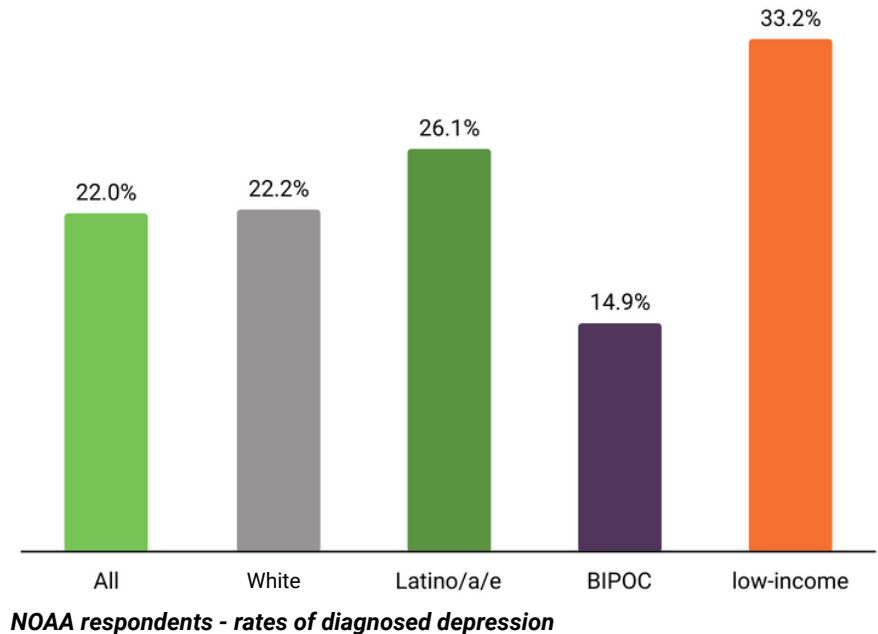


However, for **Latino/a/e respondents, diabetes was the top diagnoses (41%)**, followed by high blood pressure (38.2%) and arthritis (38%). **High blood pressure (48.7%)**, arthritis (29.7%), and asthma (24.3%) were the top three diagnoses for **BIPOC respondents**. **High blood pressure (46.4%)**, arthritis (46%) and depression or anxiety (33.2%) were the top three for **low-income respondents**

Medical Diagnoses & Access to Health Services

Additionally, **depression or anxiety was the fourth most common diagnosis** for both the general population (22%) and Latino/a/e respondents (26.1%).

Accessibility of medical facilities and service integration were also identified as areas of concern by focus group and KII participants with significant implications for transportation, community planning, and infrastructure. Concerns focused on a lack of specialty services in Napa County. Participants indicated that trips to Santa Rosa and the larger Bay Area were often necessary but were costly and time-



consuming. Throughout focus group and KII discussions on Health and Wellness, American Canyon and Up Valley were called out as areas with limited access to medical facilities, requiring need of extra concern and care.

10.3%

of Latino/a/e survey respondents indicated their **primary care provider or family doctor does not use language that they can easily understand.**



Focus group and KII participants recommended investing in community initiatives to coordinate rides for seniors, improve partnerships across medical providers, and support policies and planning to expand infrastructure to bring more medical professionals and services to Napa County. Increasing the capacity of Healthy Minds, Health Aging could improve backbone support for this work.

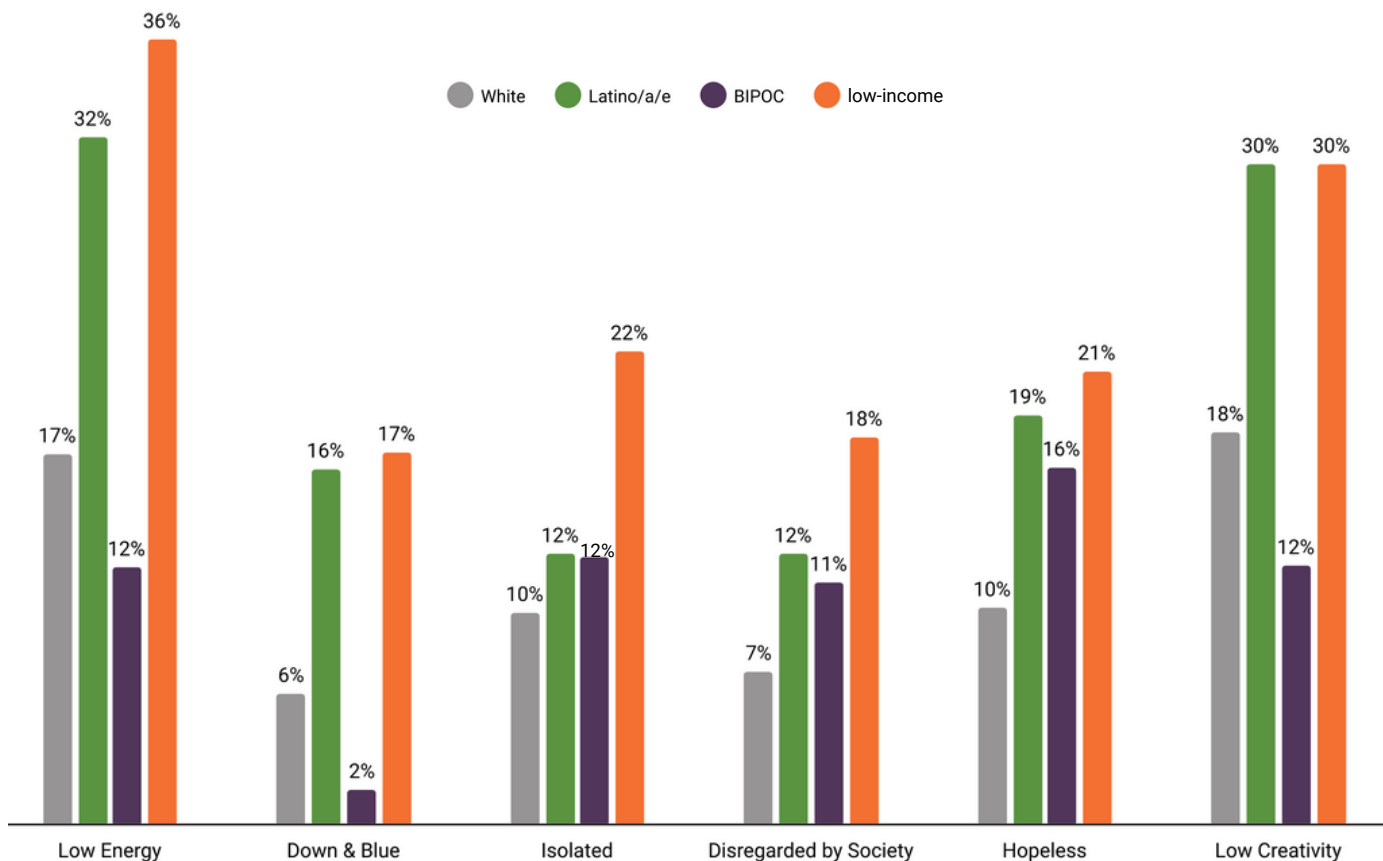
Mental Health

Latino/a/e older adults report feeling less energetic; down and blue; more isolated; more disregarded by society; less hopeful and less creative than the general respondent population, including when compared to BIPOC, White and low-income respondents.

16% of Latino/a/e respondents reported feeling “down and blue” all or most of the time, 10 percentage points higher than non-Latino/a/e respondents (6%). Less than half of Latino/a/e respondents reported feeling “hopeful” and “peaceful and calm” in contrast to over 63% of non-Latino/a/e older adults.

Low-income respondents are over twice as likely to feel unhappy in their lives compared to the general respondents: 18% feel disregarded by society; 17% feel “down and blue” all or most of the time; and 22% reported feeling isolated.

As depicted in the chart below, **Latino/a/e and low-income respondents consistently reported poorer feelings of well-being.**



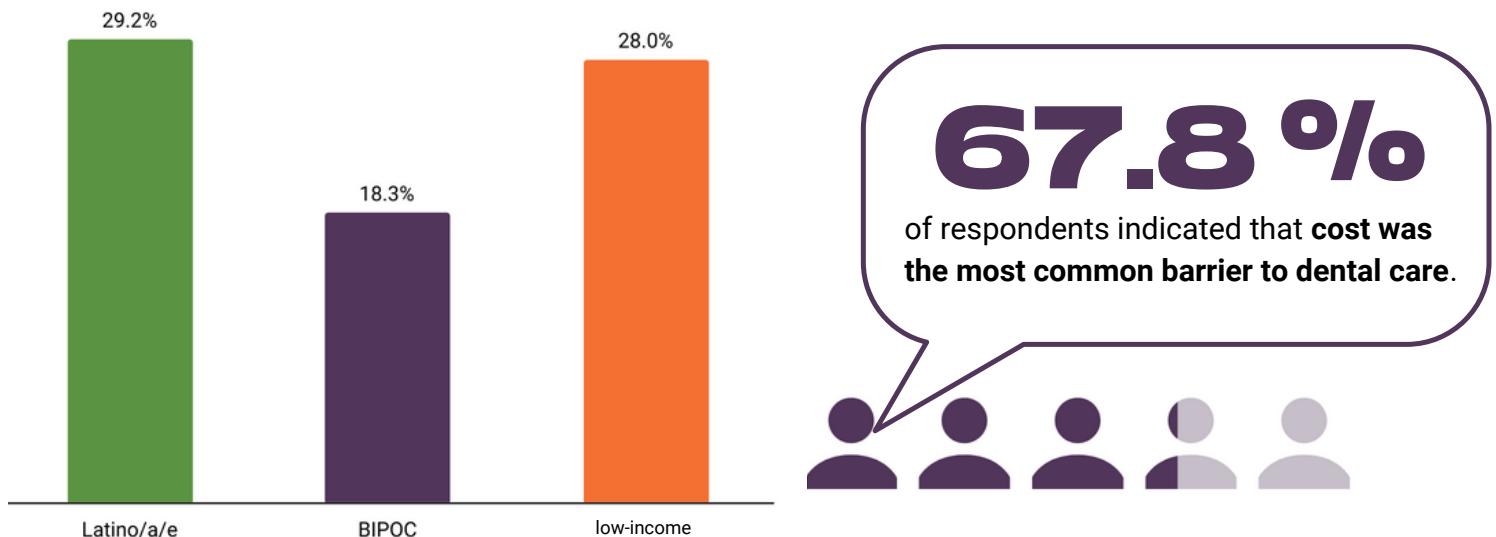
NOAA respondents - reported feelings of well-being



Latino/a/e and low-income respondents report significantly worse mental health symptoms than White older adults. Solutions and supports should consider a whole-person approach that incorporates culturally competent mental, physical, financial, and social well-being.

Dental Health

86% of respondents reported having access to dental care. However, focus group and KII participants indicated that dental care in Napa County is unaffordable and difficult to find. Survey data indicated disparities in those who do not have care. **Of the 10.6% who do not have access 29.2% are Latino/a/e, 28% are low-income and 18.3% are BIPOC.**



NOAA respondents - % without access to dental care

Independence

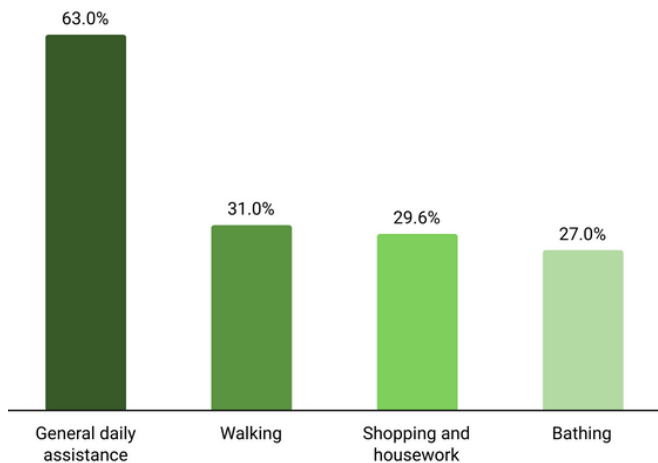
Sixty-four percent of respondents reported not needing any assistance with daily activities due to health or physical challenges. Of those who needed assistance, housework was the greatest need. When respondents were asked who helps them with daily activities, most identified family members (27.9%), spouses (24%) or paid workers (including caregivers) (21.4%). However, **79.3% of respondents skipped this question or indicated that they did not need help.**

Across the board, most respondents (80.4%) did not need any help adding accessibility features to their homes and **89.4% report having someone they can call for medical care, food, rides, and other things**, including family, friends, neighbors, or caregivers. This data aligns with the 2019 AAOA Assessment (81.2%)

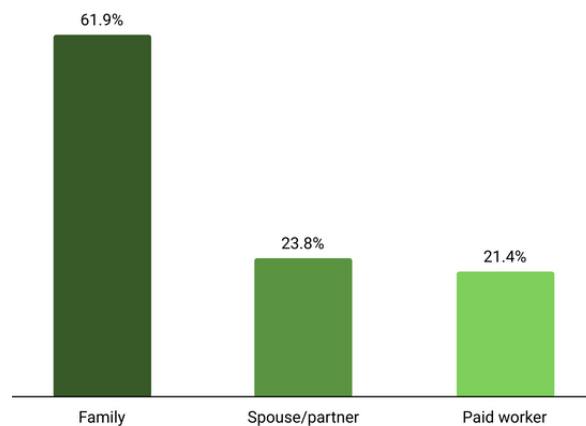
Independence

The disparities among Latino/a/e respondents are evident regarding independence when compared to the general respondents: Only 37% reported not needing any assistance in daily activities, with 31% reporting needing assistance walking, 29.6% needing help with shopping and housework, and 20.7% needing help with bathing.

When asked who helps them with these tasks, 86% of Latino/a/e respondents completed the question reporting that family (61.9%), a spouse/partner (23.8%), or paid worker (21.4%) provides support.

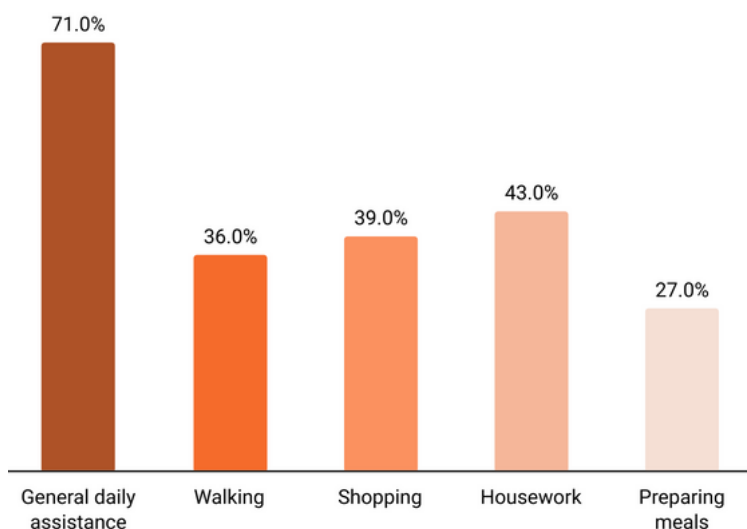


NOAA Latino/a/e respondents - type of assistance needed



NOAA Latino/a/e respondents - sources of support

The disparities are just as concerning for low-income respondents: only 29% do not need assistance, with 36% walking, 39% groceries, 43% reporting needing assistance with housework, and 27.2% preparing meals.



NOAA low-income respondents - type of assistance needed



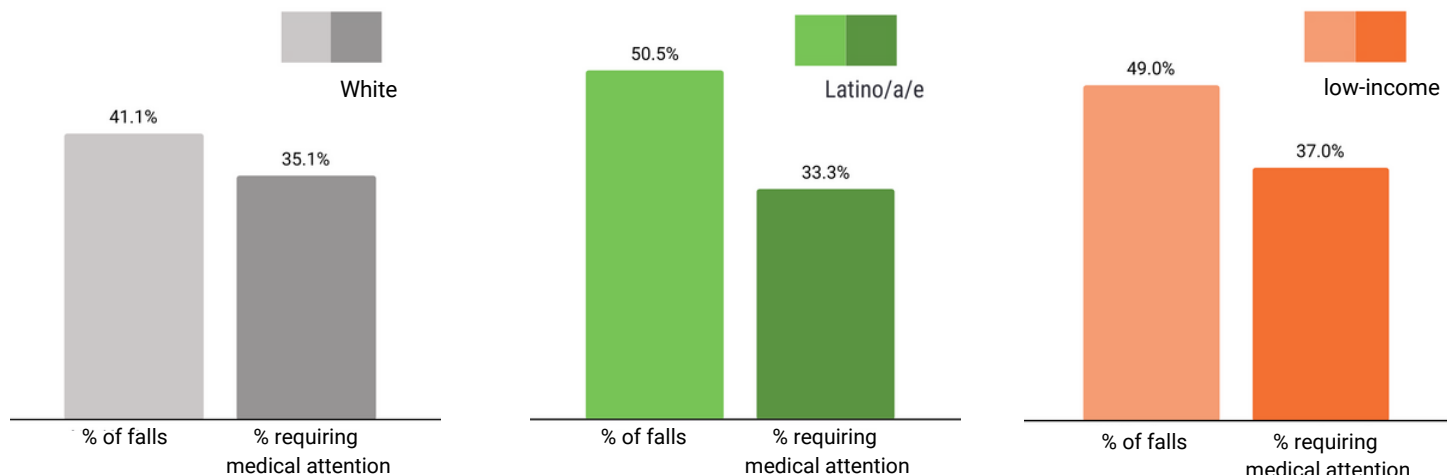
Compared to all respondents, Napa County's low-income and Latino/a/e individuals report disproportionately higher needs for assistance.

Napa County might consider what supports individuals need to live independently or how to increase access to assistance.

Falls & Fall Prevention

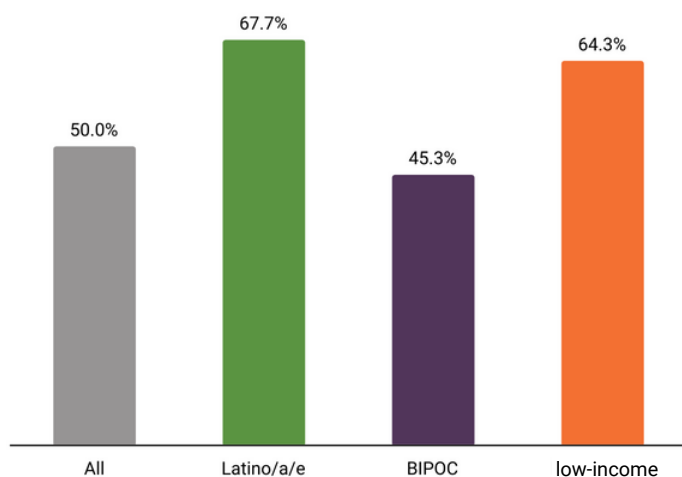
Twenty-five percent of adults aged 65 and older fall every year in the United States.¹¹ In the survey, **41.1% of adults 60 and older reported falling at least once in the past year**, with 37.9% reporting falling 1 to 4 times and 35.1% reported needing medical care as a result.

The fall rate is higher for Latino/a/e respondents 60 and older. Half (50.5%) reported falling at least once with 33.3% needing medical care. Low-income residents were statistically right behind, with 49% experiencing one or more falls in the past year, however more (37%) needed medical attention.



% NOAA respondents reporting falling at least once in the last year

For all respondents (60 and older), 50% are concerned about falling, which increases to 67.7% for Latino/a/e respondents and 64.3% for low-income respondents. Despite the high number of individuals concerned about falling, 64.9% of all respondents are not interested in taking a fall prevention class, however **56.7% of Latino/a/e respondents and 46.5% of low-income respondents are interested in taking a fall prevention class.** Only 12.7% of respondents reported taking a fall prevention class.



% of NOAA respondents that are concerned about falling



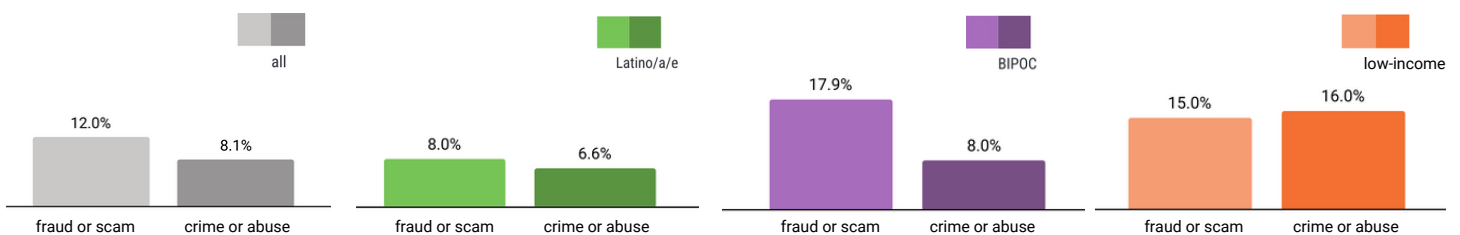
Focus group and KII participants pointed to the need for fall prevention classes like those offered by Share the Care, while also noting that transportation and isolation are concerns. To increase interest in fall prevention classes, Napa County might consider an approach to fall prevention that includes transportation and focuses equally on building strong social supports across participants and on fall prevention. Cross-sector and cross-agency partnerships should be considered and might include healthcare providers, community/senior centers, and Molly's Angels.

Fraud, Scams & Abuse

According to the National Council on Aging, **1 in 10 adults (10%) ages 60 or older will experience a form of elder abuse**, including physical, sexual or emotional abuse; confinement; passive neglect; willful deprivation and/or financial exploitation.¹²

In a multiple-choice question, respondents were asked to select if they were victims of a crime, fraud or scam, physical or emotional abuse, or if they had not experienced a crime. **Twelve percent of respondents reported being a victim of fraud, or a scam with BIPOC respondents reporting the highest rate at 17.9%.** However, rates of physical and emotional abuse and general crime among the BIPOC community were significantly lower at 8%.

Low-income individuals also experience crime, abuse, and fraud at higher levels than the general respondent population: 15.1% fraud or scams and 16% have been victims of abuse and/or crime.



NOAA respondents' reported rates of fraud/scam and crime/abuse

After experiencing abuse or a crime, **respondents told family members or friends (69%), law enforcement (36%) or a counselor, doctor, or spiritual advisor (12%).** Of the general population, only 4.4% reported to Napa County Adult Protective Services (APS), however, **11% of low-income respondents reported using APS.** None of the Latino/a/e respondents who reported experiencing abuse or a crime indicated using APS. 4.4% of BIPOC respondents reached out to APS.



Area for Action

Napa County could consider researching risk factors for crime, abuse, and fraud toward older adults. Are there risk factors that are unique to low-income and BIPOC community members that might also be addressed through coordinated efforts across providers of mental, physical, social, and economic services? Additionally, are there culturally sensitive strategies that might increase the number of people reaching out to APS?

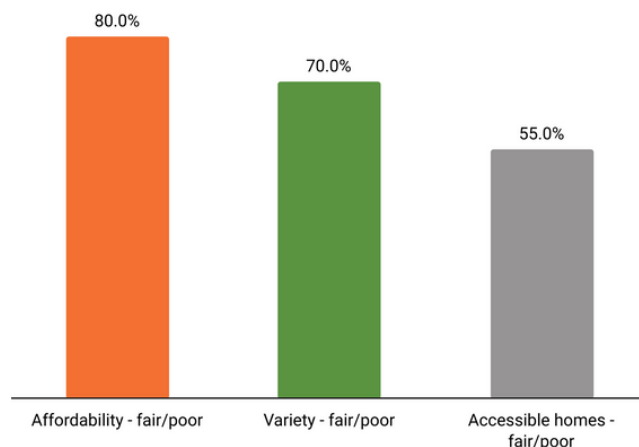
Housing

Affordable housing and the freedom to age in place were considerable concerns for participants.

Increases in rents and property prices and a decrease in property availability were noted by focus group and KII participants in relationship to the critical role housing plays in an older adult's opportunity to age in place. Aging in place isn't only the product of affordability, it also includes access to services, home design that is safe and manageable for an aging person, and opportunities for community connectedness.

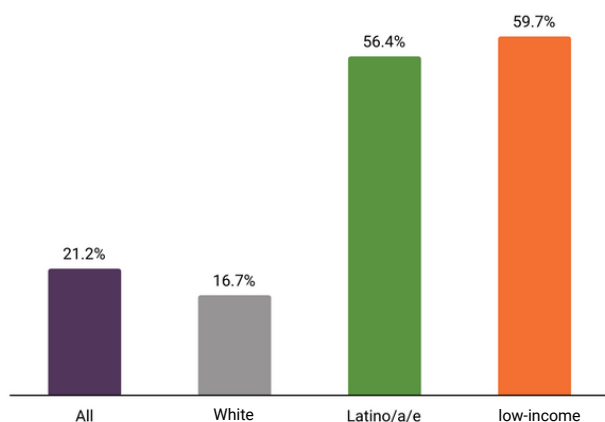
Affordable housing has been and remains a challenge in Napa County. **Of the total respondents, 80% reported that the availability of affordable housing in Napa County is "fair" or "poor."** Respondents also view the variety of housing options (70%) and availability of accessible housing (55%) as "fair" or "poor."

The majority of low-income (59.7%) and Latino/a/e (56.4%) respondents rent their properties, in contrast to 21.2% of all and 16.7% of White respondents.

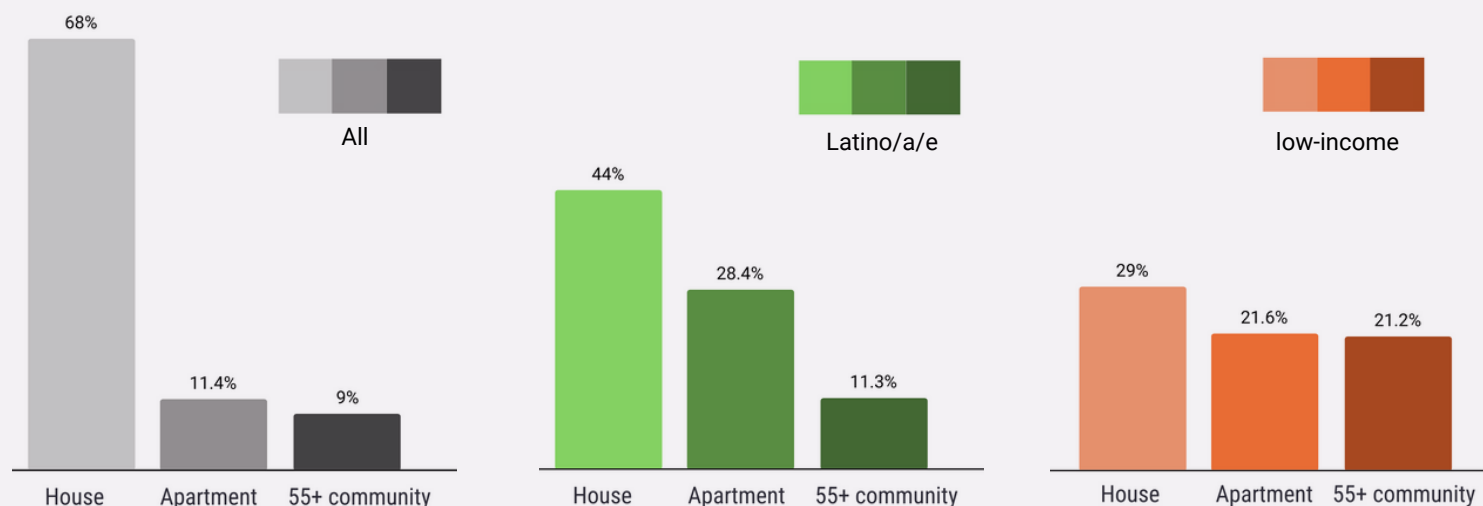


NOAA respondents who ranked housing affordability, variety, and accessibility as fair or poor

Regarding housing types, the top three forms of housing across all respondents are houses (68%), 55+ communities (11.4%), or apartments (9%). Less than half (44%) of Latino/a/e respondents live in houses, followed by apartments (28.4%) and 55+ communities (11.3%). Low-income respondents had the most diverse living situations, even though houses (29%), 55+ communities (21.6%) and apartments (21.2%) were the top three.



NOAA respondents who rent their home



NOAA respondents- types of housing by race and income

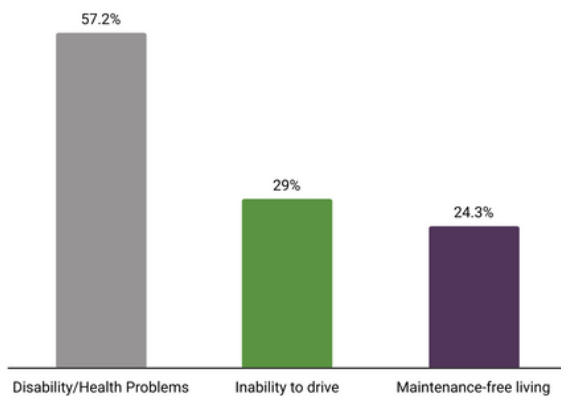
Senior Living Communities

Nationally, 27% of 60 or older individuals live alone.¹³ In Napa County, 39% live alone with the highest rate being among low-income respondents at 61%.

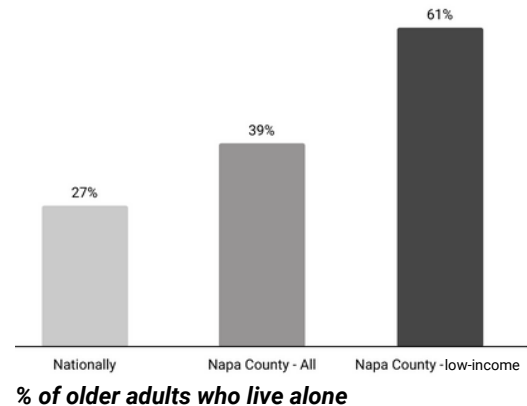
Of the total respondents, 48.4% live with a spouse or partner, which is slightly higher than the national average of 46%.¹⁴ **Only 16.1% of low-income respondents live with a spouse or partner.**

72% of respondents do not anticipate moving into a senior living community in the near- to mid-future.

When respondents were asked what would cause them to move into a senior living community, **57.2% cited having a disability or chronic health condition, followed by inability to drive or lack of transportation (29%) and for maintenance-free living (24.3%).**



NOAA respondents reasons for moving to a senior living facility



% of older adults who live alone

Respondents across all groups selected disability or health conditions as the top reason, however, **for low-income respondents, more cost-effective than current residence (20.2%) and inability to drive or lack of transportation (17%)** were the top two reasons. Latino/a/e respondents cited the death of their partner or spouse (22.9%) as the second most common reason.

The idea of moving into a senior living community evoked strong opinions among respondents in the open-ended comments. Many declared that “nothing” will ever make them move into a senior living community, including one respondent who declared: “I’d rather die.” Some respondents also cited that it is too expensive to live in a senior living community.

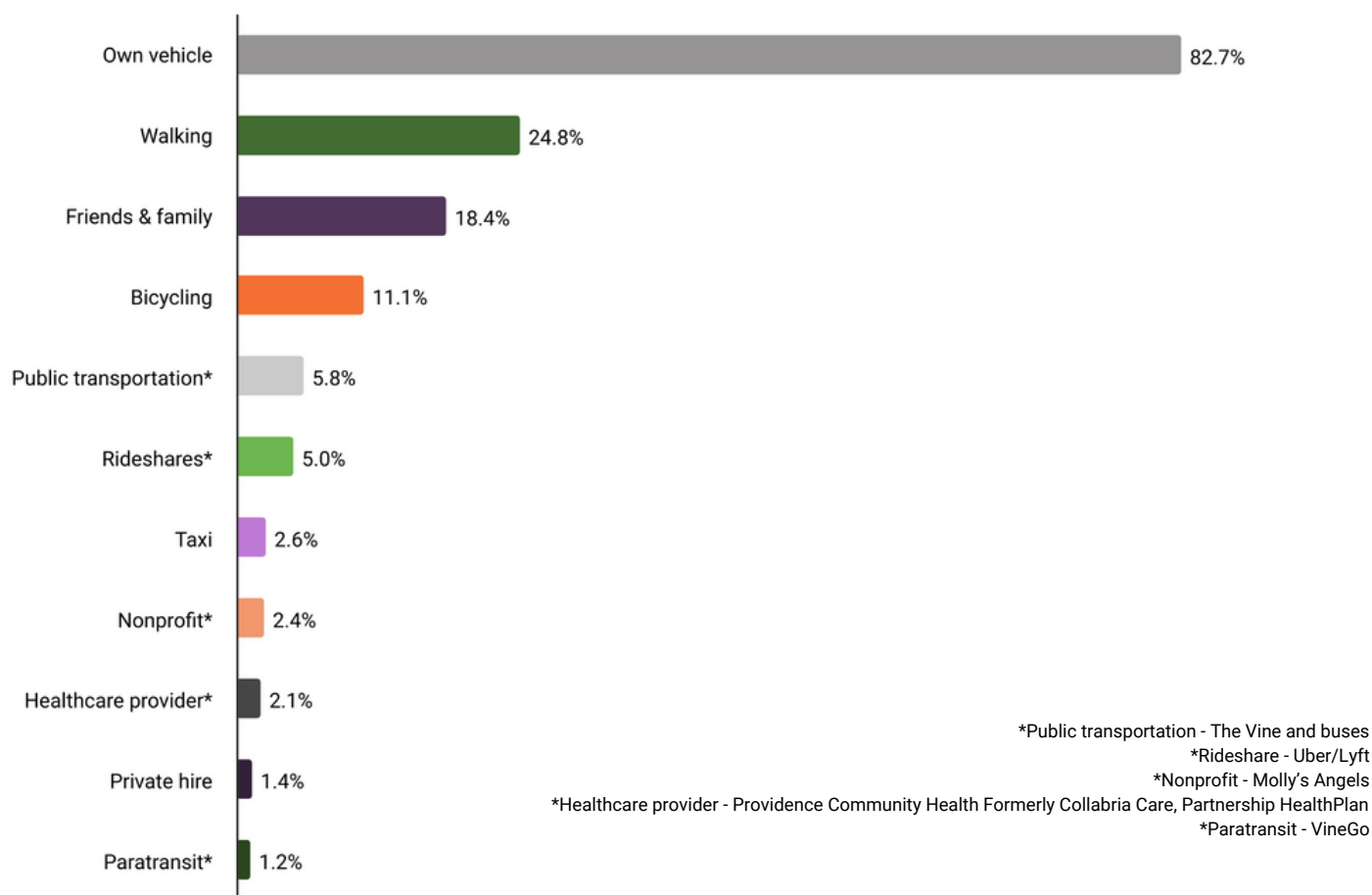


Area for Action

Across survey respondents, senior living communities are associated with negative life outcomes. Across focus groups and KII participants, isolation was a significant concern for Napa County’s older adult community. How might Napa County create communal living for older adults and/or rebrand existing senior living spaces to change people’s negative perceptions? Napa County might consider planned intergenerational communities that offer supports for seniors and cost-effective housing for all.

Transportation

Across focus group and KII participants the two most significant transportation concerns focus on service accessibility and the Napa Valley Transit Authority (NVTa). Concerns around service accessibility mirror concerns reflected in discussions about healthcare. Medical appointments are often expensive *and* difficult to access, especially those outside of Napa. This is especially true for people in Up Valley and American Canyon. The graph below demonstrates the types of transportation taken by older adults in Napa County.



NOAA respondents (all) modes of transportation

Driving one's own vehicle is the top mode of transportation for Napa County's older adults – except for Latino/a/e respondents. When respondents were asked to select the modes of transportation (multiple choice) they currently use, 82.7% selected “I drive my own vehicle,” followed by walking (24.8%), friends and family providing transportation (18.4%) and bicycling (11.1%).

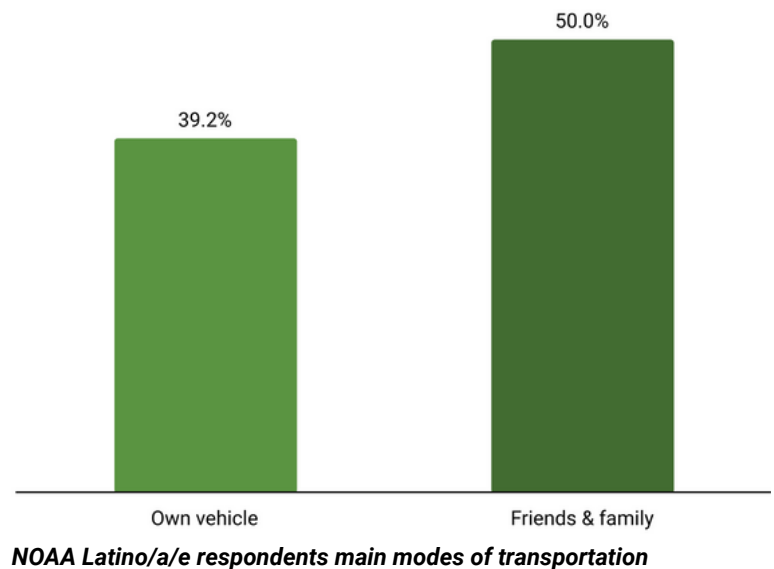
5.8% of respondents selected public transportation (Vine) as a regular mode of transportation. **The use of public transportation increased with low-income (15.6%) respondents.**

However, **most respondents have not used public transportation in the past three years (80.6%)** with Latino/a/e respondents reporting the highest use at 38.4%.

Transportation

However, for **Latino/a/e respondents**, only **39.2% use their own vehicles**, with “friends or family drive me” being the most common mode of transportation for 50% of the respondents.

When asked to rate the “ease of travel by public transportation,” **50% of respondents rated NVTa as “fair” or “poor.”** Focus group and KII participants described NVTa as difficult to access, having poor availability and limited reach, and being unresponsive to needs. This was especially true when participants talked about paratransit and rural areas. A handful of Angwin survey respondents mentioned that there is no public transportation in the area even if they wished to access it.



Reasons for not taking public transportation included the following:

- 31.1%** “I have no interest in taking public transportation regardless of the reason.”
- 24.2%** “It takes too long to get where I need to be.”
- 15.3%** “There are no stops conveniently located near where I live.”
- 10.8%** “It is too hard to get to and from the stop”

Low-income respondents’ top three reasons for not using public transportation were “difficulty getting on and off the bus” (21.5%), “it takes too long to get to where I need to be” (21.5%) and “it is too hard to get to and from the stop” (20.1%). **Latino/a/e respondents reported “I don’t know where to find information about routes, fares, and schedules” (14.7%), “I have no interest in using public transportation regardless of the reason” (14.7%) and “Difficulty getting on or off the bus or shuttle” (13.2%) as the top three reasons.**

Transportation

Other transportation modes of interest for respondents were **free or low-cost on-demand** (17.5%), **out-of-county medical transport** (15.6%), **same day on demand** (15.4%) and **door-to-door** (14.5%). These were the top three modes of transport for both low-income and Latino/a/e respondents



Other modes of transportation NOAA respondents indicated interest in



Area for Action

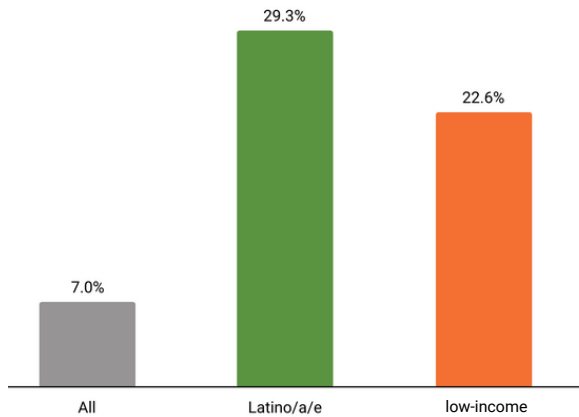
Increased funding for on-demand transportation services could increase rides given, expand service areas (Up Valley was called out multiple times as an opportunity for expansion), increase outreach to Spanish speaking communities, and enable partnerships between on-demand transportation and other support services to care for people with diverse needs.

Consider funding and operating airport and out-of-county medical shuttles.

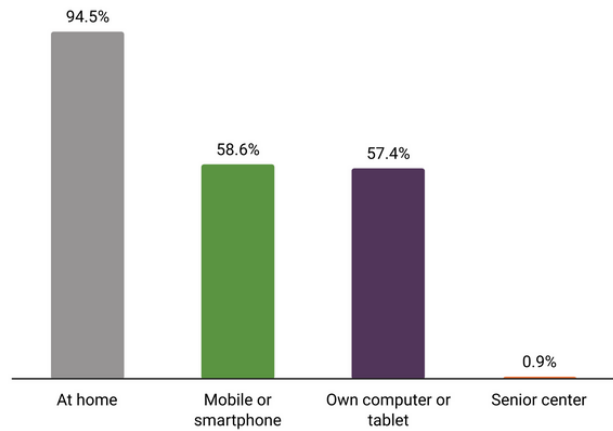
NVTA services could be improved by expanding service routes and radius, expanding paratransit, improving NVTA's website or creating an app to make it easier to find schedules and routes, focusing on language accessibility for Spanish speakers, conducting marketing and outreach to older adults and the Latino/a/e population, and connecting with transit lines in neighboring counties.

Information & Access

Most of the respondents (93%) report having access to the internet in some capacity, however, **29.9% of Latino/a/e respondents reported that they do not have internet access. For low-income respondents, 22.6% do not have internet access.**



NOAA respondents without internet access



Ways NOAA respondents access the internet

For those who do have access to the internet, 94.5% access it at home, 58.6% use a mobile or smartphone to access it, and 57.4% use their own computer, laptop, or tablet. Only .88% report using a senior center for internet access.

Those who reported they do not have access to the internet cited the top three reasons as “I am not able to use the internet due to physical or mental health reasons (ex: cognitive issues, eyesight)” (22%), “I do not know who to contact or how to install it” (13%) and “I do not need/want internet access” (23.3%).

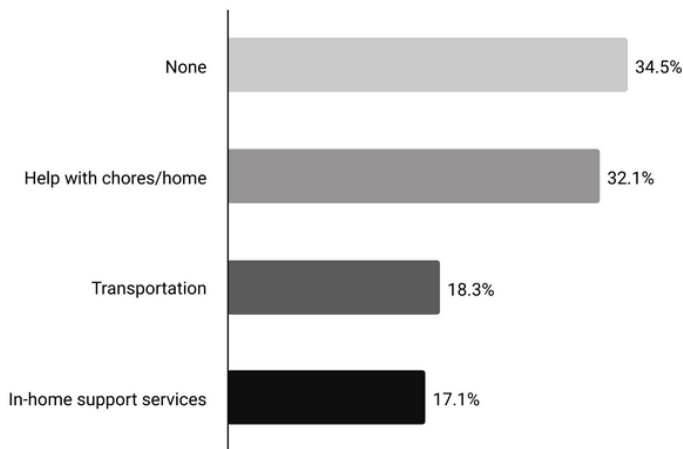
Respondents identified the following as common ways for older adults to learn about information, resources, events and/or the news:

White & BIPOC	Latino/a/e	low-income
<ul style="list-style-type: none"> Email (59.7%) Newspapers or Magazines (40%) Internet research (37%) 	<ul style="list-style-type: none"> Television (53%) Mailings - U.S. Mail (40%) Word of Mouth (36.5%) Church bulletins (32%) 	<ul style="list-style-type: none"> Television (38.3%) Word of Mouth (38.3%) Email (32%)

Access to Support Services

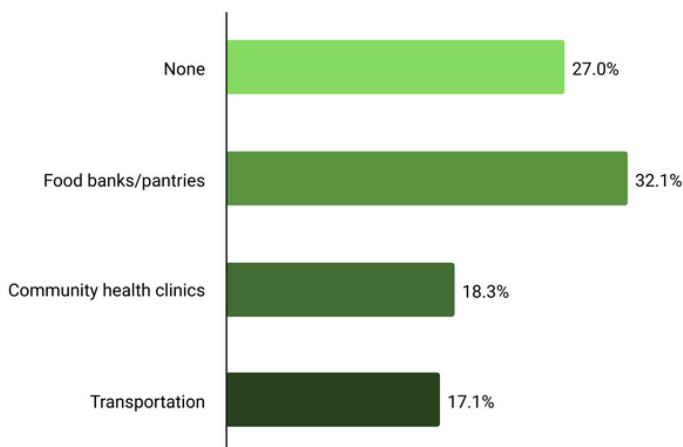
Most respondents (67.5%), who were White, report that they have not accessed any community services in the past three years, nor are they accessing any right now.

The charts below represent needed support services. **However, the significant difference lies in that the data for the White community predicts services that may be needed because few services are used currently, while data for Latino/a/e and low-income communities reflects currently used services.**



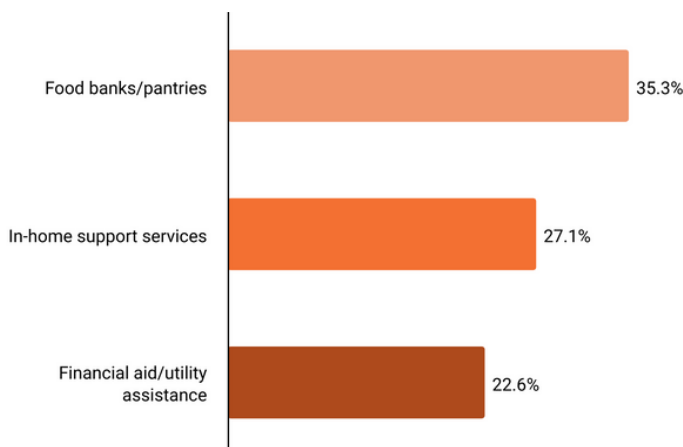
Anticipated services - White respondents

When asked **what kind of services they may need in the next five years**, 34.5% responded none will be needed. For those who selected services they may need, the top three were helping with chores or caring for the home (32.1%), transportation (18.3%) and in-home supportive services (17.1%).



Current services - Latino/a/e respondents

This is in contrast with Latino/a/e respondents: only 27% reported not accessing any services. **The top three most used services for Latino/a/e older adults** are food banks/pantries (40.5%), community health clinics (28.8%) and transportation services (18%). The top three services that Latino/a/e respondents reported needing in the next five years were food banks/pantries (46%), financial and/or utilities assistance (41.1%) and transportation (32.7%).

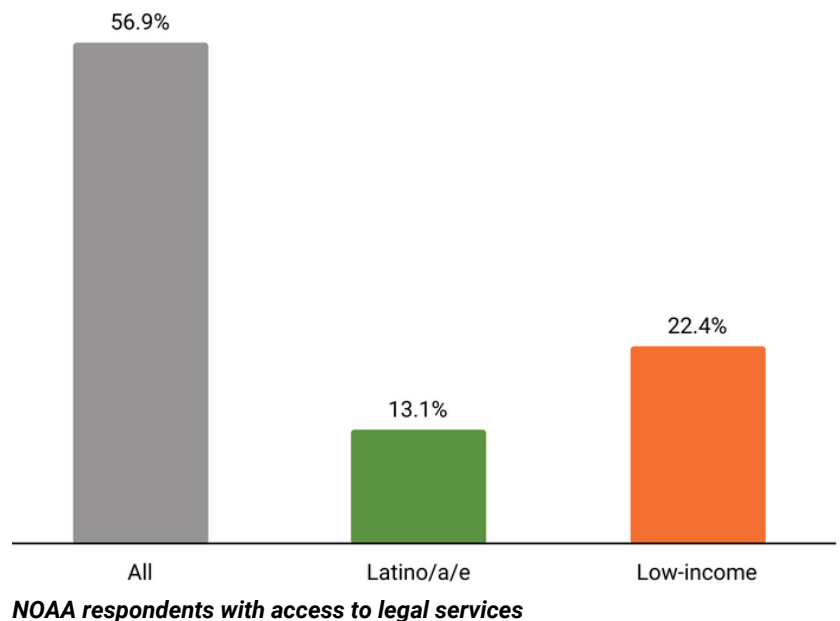


Current services - low-income respondents

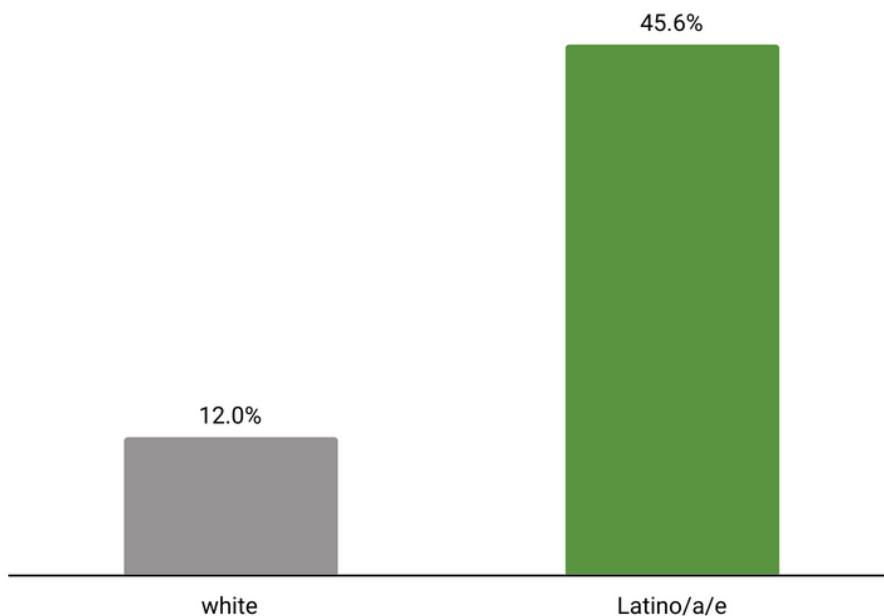
For low-income respondents the top three currently accessed services were food banks/pantries (35.3%), in-home supportive services (27.1%) and financial and/or utilities assistance (22.6%). Regarding services needed in the next five years, low-income respondents reported in-home supportive services (39.8%), financial and/or utilities assistance (39.3%) and help with chores or caring for the home (38.4%).

Legal Services

When respondents were asked to share if they have access to legal services, if needed, 56.9% of all respondents selected “yes.” However, that percentage declines for Latino/a/e and low-income respondents, **of which only 13.1% reported having access to legal services**, if needed, and 40.3% said they do not know if they do. **Low-income respondents were slightly higher with 22.4% having access** and 32.6% not knowing if they have access. In California, only 27% of low-income individuals of any age have access to legal services when they needed them.



Additionally, 45.6% of Latino/a/e respondents reported not having any type of future planning documents, such as a will or Advanced Health Care Directive. In contrast, most White respondents reported having some type of future planning document(s), with only 12% responding that they have none at all.

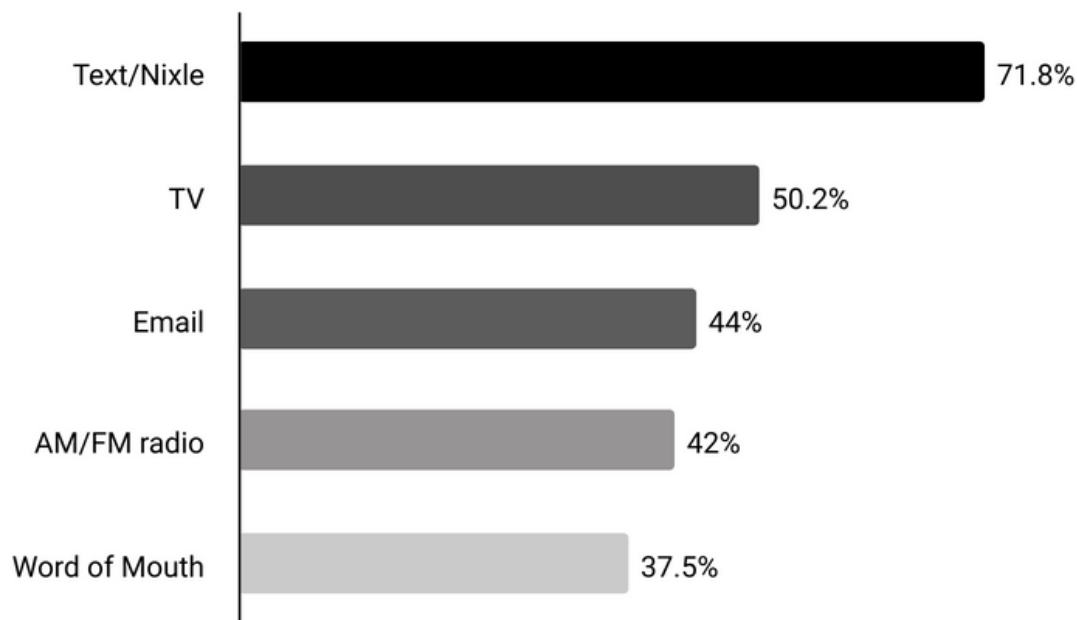


NOAA respondents without future planning documents

According to Caring.com’s 2023 Wills and Estate Planning, 46% of American adults aged 55 and older have a will. **In Napa County, survey results of respondents aged 60 and older show that 56% of White, 9% of Latino/a/e and 27% of low-income older adults have a will.**

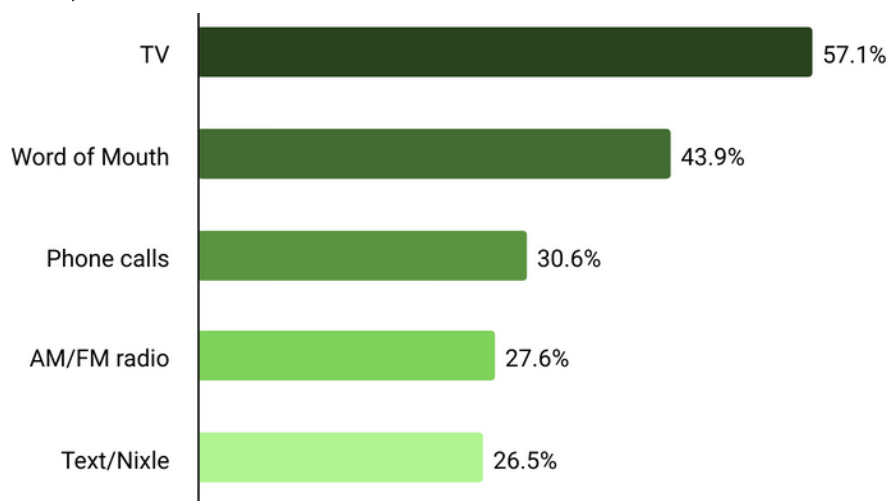
Emergency Response

The **top five ways the general population accesses information** during emergencies are text message/Nixle (71.8%), television (50.2%), email (44%), AM/FM radio (42%) and word of mouth (37.5%). This also aligns with the responses from White older adults.



NOAA all respondents sources for emergency information

Latino/a/e respondents rely on different sources for emergency information: television (57.1%), word of mouth (43.9%), phone calls (30.6%), AM/FM radio (27.6%) and text messages/Nixle (26.5%).

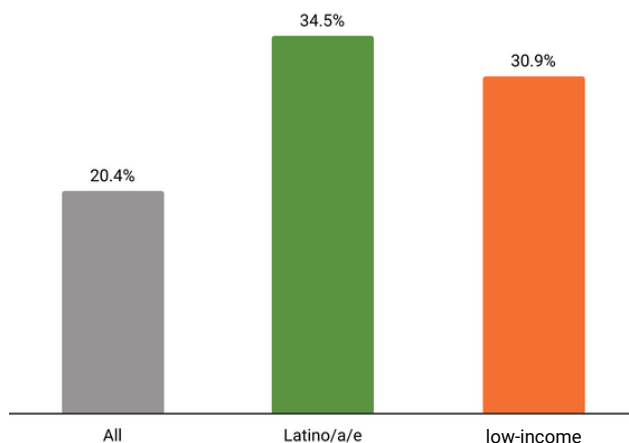


NOAA Latino/a/e respondents sources for emergency information

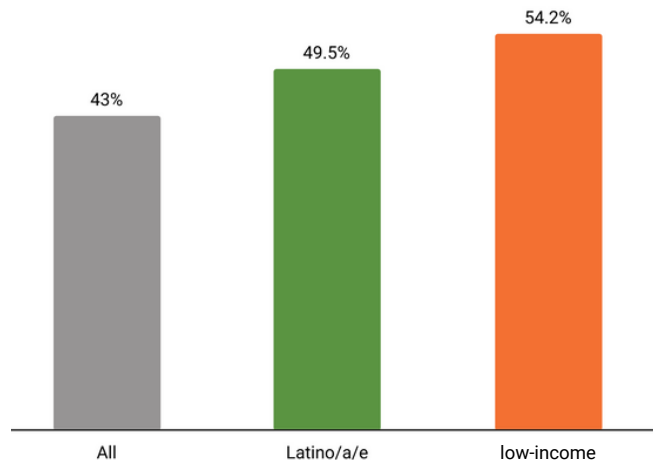
Emergency Response

While many Napa County older adults are prepared for an emergency, over 40% of the population remains unprepared. **Of the total respondents, 43% reported not having an emergency kit available nor an emergency or evacuation plan in place at home.** Less than half (49.5%) of Latino/a/e and over half (54.2%) of low-income respondents do not have an emergency kit and 52% of both groups do not have an emergency or evacuation plan in place.

The majority (63.1%) of all respondents have enough food in their pantry and medications on hand to last seven days or more.



NOAA respondents needing help maintaining medications or medical equipment if power is lost



NOAA respondents with no emergency kit

Most (79.6%) of general respondents reported that if they lost power or electricity, they would not need help maintaining medications or medical equipment. **However, 34.5% of Latino/a/e and 30.9% of low-income individuals reported that they would need help maintaining medications or medical equipment.**

Additionally, 61.3% of total respondents have not had to evacuate due to an emergency. For those who did (38%), 70% reported evacuating to the home of a friend or family member.



Area for Action

Expand no and low-cost broadband internet to low-income seniors in rural areas.

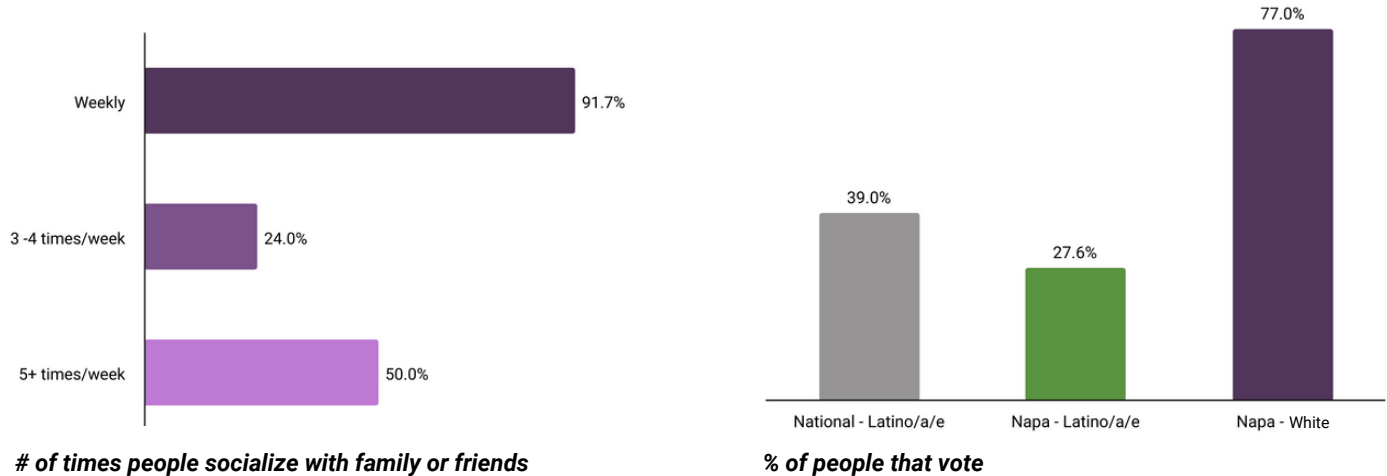
Create, expand, and strengthen cross-sector and cross-agency partnerships to build holistic emergency preparedness support systems for Latino/a/e and low-income residents. Focus on food providers, financial supports, transportation providers and in-home care providers. Efforts should partner with Community Organizations Active in Disaster (COAD) and Latino/a/e and low-income communities to create options that are culturally sensitive and address authentic needs.

Napa County older adults could benefit from an emergency preparedness campaign that might include free emergency kits with consideration for language access.

Community Engagement & Connectedness

Most respondents have friends and family in the community with whom they engage regularly.

When asked how many family and friends respondents have in the community, 72.2% responded one or more family members and 94% have friends nearby. **Napa County older adults are social** with 91.3% reporting that they socialize weekly or daily with friends and/or family, with 24% engaging 3 to 4 times a week and 50% engaging with friends/family 5 or more times per week, whether through social media, phone, social activities, or visitations. These data points were true across the board regardless of the demographics of those surveyed.

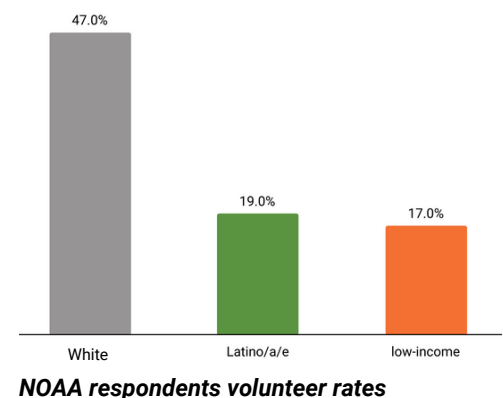


Sixty percent of Latino/a/e respondents reporting not participating in any civic activities, such as voting, attending public meetings, serving on a nonprofit board, etc. For example, 27.6% reported voting in the last local election. This is in dramatic contrast to White respondents – 77% reported voting in their most recent local election. Nationwide, 39% of Latino/a/e adults ages 60 and older vote in local elections.¹⁷

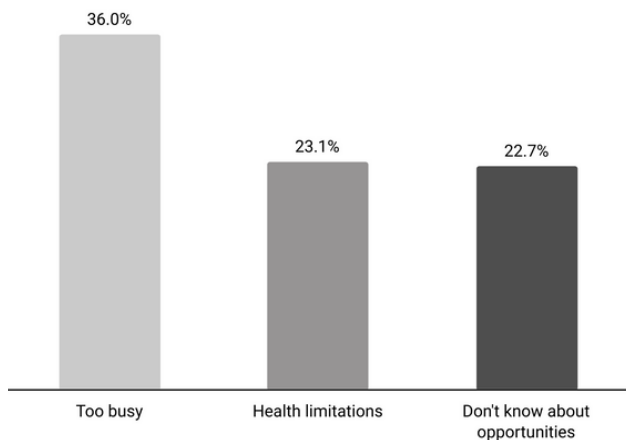
Volunteerism

Volunteerism and interest in volunteering ranges across demographics. When respondents were asked if they currently volunteer, 43.6% reported yes. Nationally, 22.7% of adults ages 55 and older volunteer formally for an organization, meaning **Napa County's volunteer rate is almost double the national average.**¹⁸ **White respondents reported the highest volunteerism rate at 47%, followed by 19% of low-income and 17% of Latino/a/e.**

Additionally, 19% reported that they want to volunteer, and 37.3% reported that they do not volunteer and do not want to. Latino/a/e respondents reported the highest rate of not having interest in volunteering at 59.2%.

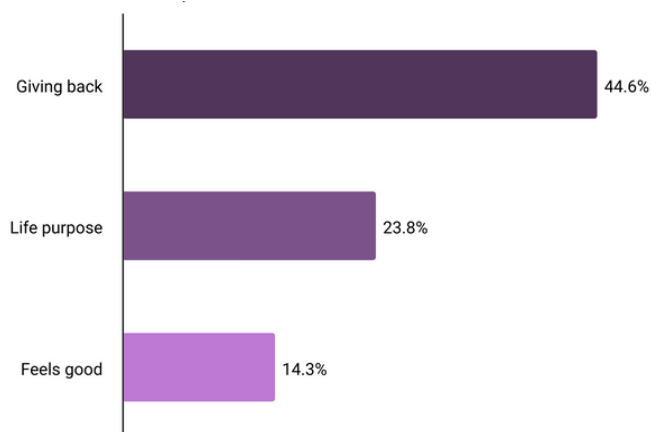


Volunteerism



NOAA respondents - reasons for not volunteering

The **top reasons that older adults in Napa County volunteer** are to give back to the community (44.6%), because it gives them purpose in life (23.8%) and it makes them feel good (14.3%). However, in the open-ended responses, 41% responded “all of the above” when asked to select the primary, single reason.



NOAA respondents - reasons for volunteering

Through open-ended questions, some respondents shared that they volunteered at the following locations:

- Community Projects
- Napa Firewise (Fire Safe Council)
- Friends of the Library
- Napa Valley College
- Napa Valley CanDo
- Local churches
- Native Daughters of the Golden West
- Rianda House
- Providence Hospice Napa Valley
- University of California Master Gardeners
- Napa Valley CanDo
- American Cancer Society
- Arts Association of Napa Valley
- Tutoring at a local elementary school

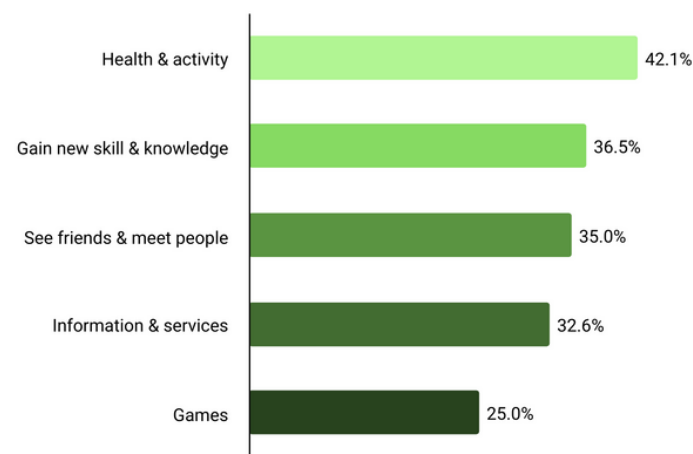


**Area for
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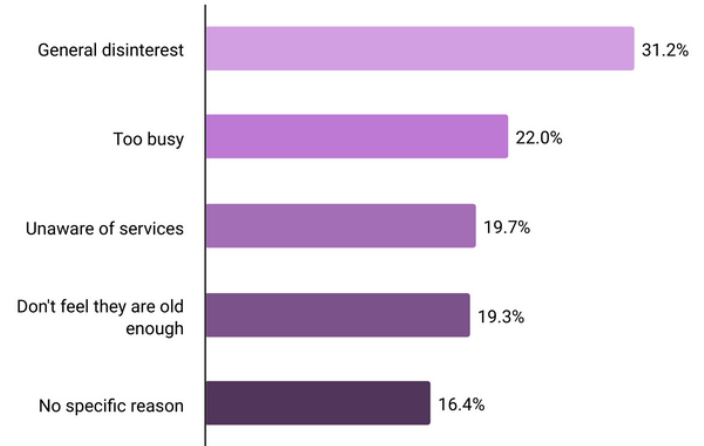
Napa County might consider providing additional opportunities for civic engagement that are multi-cultural and multi-lingual.

Senior Centers

Most Napa Valley older adults do not use senior centers; those who do use them to stay active, gain knowledge, socialize, and receive services. In the past 5 years, 33% of respondents indicated they have visited or used services provided by a local senior center in the past five years. **This percentage is consistent within four percentage points across racial/ethnic groups.** For the older adults who do use senior centers, the top five reasons for doing so are to stay healthy and active (42.1%), to gain new skills or knowledge (36.5%), see friends and meet new people (35%), receive helpful information/services (32.6%) and to play games (25%).



NOAA respondents - reasons for using senior centers



NOAA respondents - reasons for not using senior centers

The remaining 67% of respondents, when asked if they have used a senior center in the past five years, reported no. The top five reasons for respondents not using senior centers are that they are not interested in general (31.2%), they are too busy (22%), they do not know about the activities/services offered (19.7%), they do not feel they are old enough to use a senior center (19.3%) and no specific reason ("I don't know") (16.4%).

Respondents who do not use senior centers were asked what activities or services that they would use at senior centers, if offered, and the responses were across the board, ranging from professional entertainment (live music, etc.) to food truck pop-ups, vaccination clinics and speaker series. For Latino/a/e respondents, the top request was activities for Spanish language speakers (27.2%). Across all respondents, 17.6% responded that they would never use a senior center regardless of what is offered.

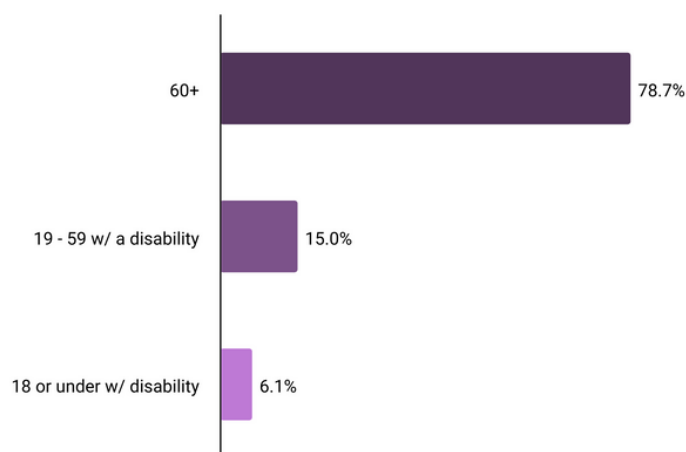


Area for Action

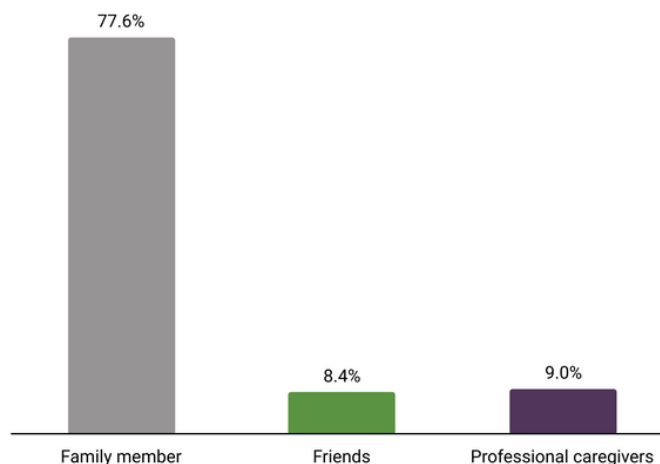
Building intergenerational connections was a key theme across focus group and KII participants. Napa County might consider approaches to building social networks that integrate community center programs and participants with senior center programs and participants.

Caregivers

Of the caregivers who responded, **the majority care for older adults**, are unpaid and are the family members of those for whom they care. Of those who took the survey, 146 reported serving as caregivers. More specifically, 78.7% care for someone age 60 or older; 15% care for someone ages 19-59 with a disability; and 6.1% reported caring for someone age 18 and under with or without a disability.



NOAA Caregiver responses - ages they care for



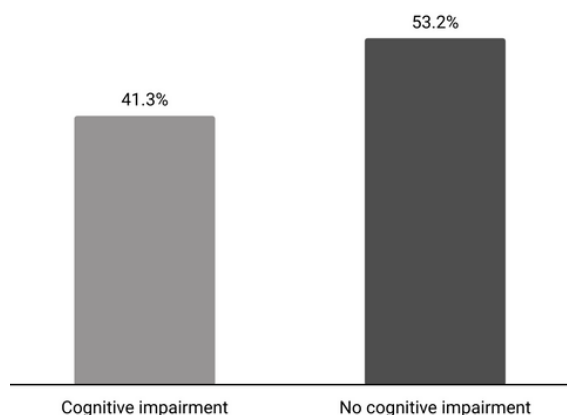
NOAA Caregiver responses - % of professional caregivers & people caring for family or friends

Most (72.3%) are unpaid for their caregiving work and have been providing care for more than one year (71.6%).

Of the caregivers that responded, most (77.6%) are family members to those they care for (i.e., spouse/partner, child, parent or other relative). Other caregivers are friends (8.4%) or professional caregivers (9%). **Notably, low-income respondents reported the highest rate of professional caregivers at 23.8%.**

Caregivers were asked to report if their care recipient appears to have a cognitive impairment, including Alzheimer's disease and other dementias. Of those who responded, 41.3% reported yes, 53.19% reported no, and 5.6% reported "I don't know."

Those who reported yes were asked to confirm if their care recipient had been diagnosed by a physician: 84.4% reported yes.



NOAA caregivers reporting caring for someone with a cognitive impairment

Caregiver Burden

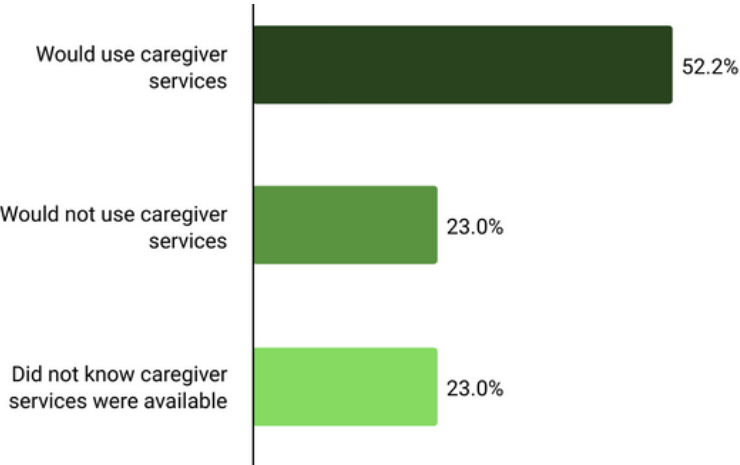
Responding caregivers were asked to answer 12 questions regarding the level of burden they may experience as a caregiver. This includes self-care, stress, health, privacy, and their confidence in their caregiving ability. We used the Zarit Burden 12 question scale, an evidence-based evaluation tool, to gauge caregiver burden.

On a scale of 0 to 48, surveyed caregivers averaged a 6 on the Zarit Burden 12 scale. Any score between 0-10 suggests no to low burden of stress. **Latino/a/e caregivers averaged a 10 on the scale, a slightly higher burden than the general population.**

Respondents reported a mild to moderate burden on the following 3 of the 12 questions:

- **Do you feel that because of the time you spend with your care recipient, you don't have enough time for yourself?**
- **Do you feel stressed between caring for your care recipient and trying to meet other responsibilities (work/family)?**
- **Do you feel you should be doing more for your care recipient?**

Caregiver Supports



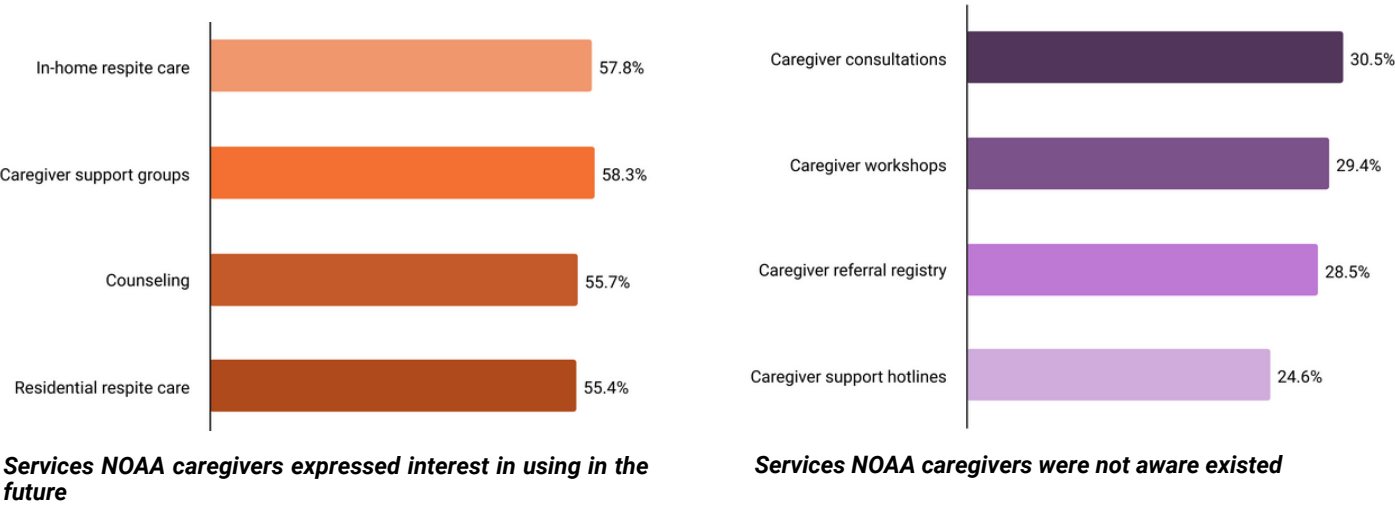
NOAA Caregiver responses - % that would use caregiver support services

A small percentage (7.5%) of caregiver respondents use the myriad resources available to them in Napa County. However, 52.2% of respondents report they would definitely or possibly use caregiver services in the future. A total of 16.8% of respondents report they would not use caregiver services and 23% of respondents did not know that caregiving support services exist in Napa County.

Caregiver Supports


The three services used the most were workshops/training (13.2%), caregiver referral registry (12.3%), and caregiver consultations (12.2%). **Respondent caregivers rank lower in attending workshops/training than the national average**, with 13.2% of Napa County residents reporting they attend workshops/training in contrast to 19% nationally.¹⁹

The four services that respondents expressed the most interest in using in the future were in-home respite care (57.8%), caregiver support groups (58.3%), counseling (55.7%), and residential respite care (skilled and/or assisted living) (55.4%).



The top three services respondents indicated that they would never use all related to respite care: day programs/respite care (24%), residential respite care (21%) and in-home respite care (20.3%).

The top four services that caregivers did not know existed include caregiver consultations (30.5%); caregiver workshops (29.4%); caregiver referral registry (28.5%); and caregiver support hotlines (24.6%).



Area for Action

Napa County might consider ways to build awareness of caregiver support programs.

Next Steps

NOAA data paints a picture of two communities: one that is thriving as they age and another that is challenged to meet basic needs. A wealthier community that is predominantly white is well positioned to enjoy all the beauty and opportunity Napa has to offer. **However, within the same county lines is a lower-income, often Latino/a/e community that faces disproportionate physical and economic challenges. These challenges are deeply rooted in barriers to economic security, healthcare, housing, transportation, and community information.** Uprooting these barriers will require a thoughtful, collective effort that doesn't shy away from uncomfortable data and aims to wrap all communities in caring regard.

Napa County has the opportunity to create a community where everyone thrives as they age. **The data from the NOAA assessment can be used to inform research driven decisions that direct resources towards programming and policies committed to bridging social and economic gaps and ending disparities.**

However, deeply impactful strategies will only be developed in partnership with the people who are nearest to the problem. **Those who live with challenges are often the most informed about creative, culturally sensitive solutions to address barriers and inequities.** Funders, policy makers, and program directors can develop linkages and strong partnerships to work directly with the communities they hope to uplift and support.

As the next phase of this project seeks to identify solutions to the needs and challenges articulated in this report, it will be crucial for Napa County to **leverage its bountiful base of existing community assets.** These assets, in partnership with community voice, and research driven strategies will support Napa County to grow and sustain a community where all older adults thrive.

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