

Attachment 1
February 18, 2025



**What we
know about
the Needs ,
Worries, and
Quality of life
in Idaho's
Elders**

Summary of Activities

In Person Events

- Fernwood
- Rathdrum
- Lewiston
- Nez Perce
- Weiser
- Boise
- Gooding
- Twin Falls
- Bingham County
- Pocatello
- St Anthony
- Madison County

Online/Phone/Paper Surveys

- Available to complete 6-20-23 through 10-15-23





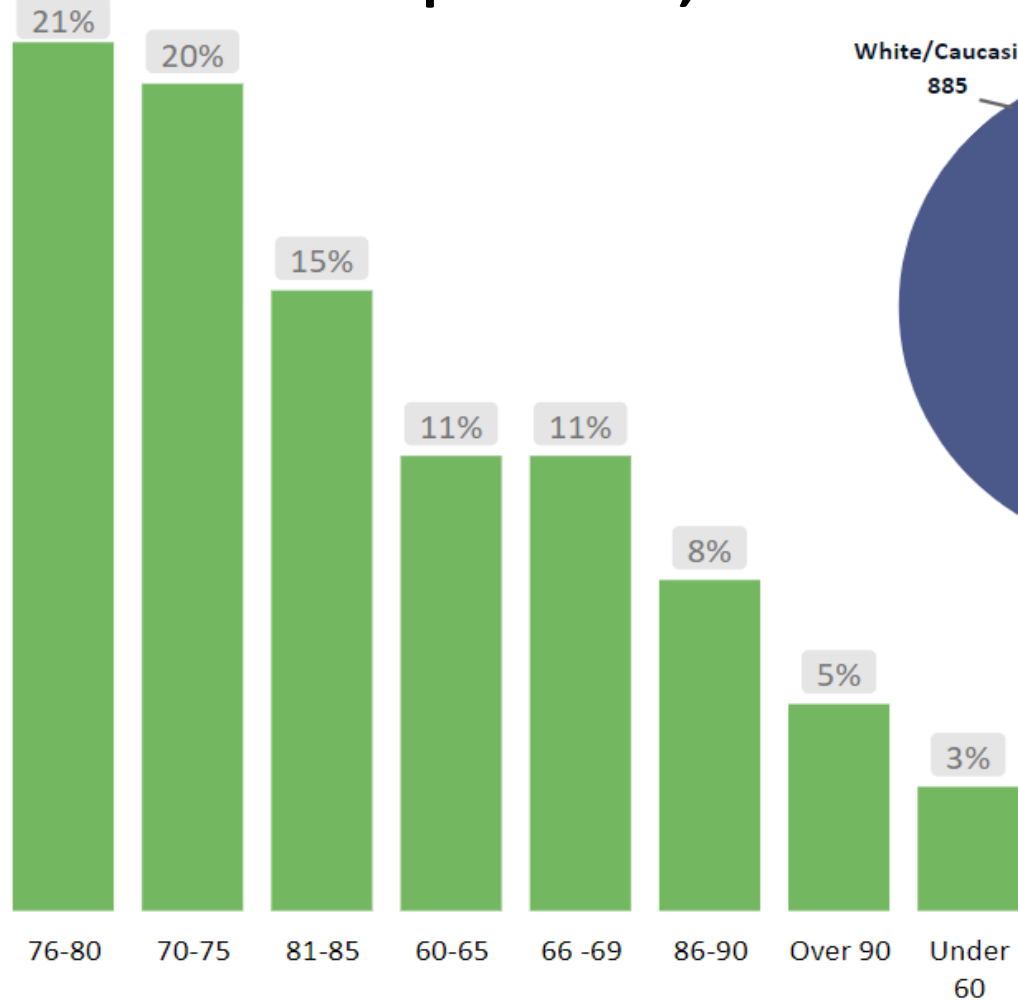
Location of Outreach Events:

- Planning and Service Area I
- Planning and Service Area II
- Planning and Service Area III
- Planning and Service Area IV
- Planning and Service Area V
- Planning and Service Area VI

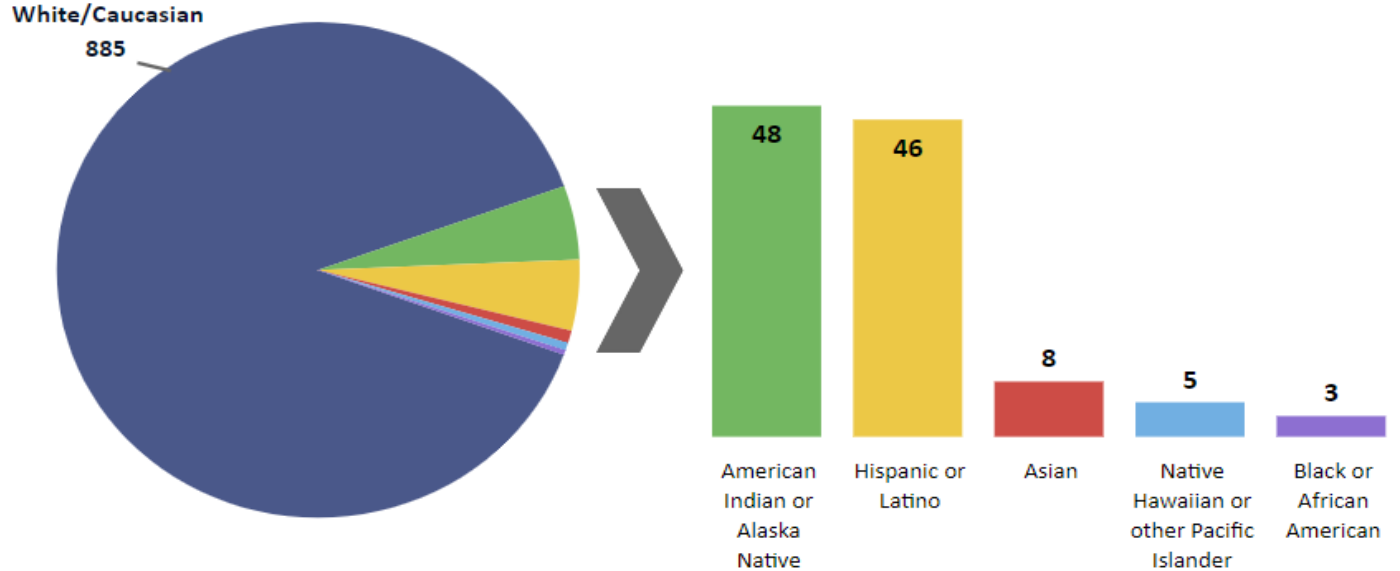
Survey Respondents Demographics

Age

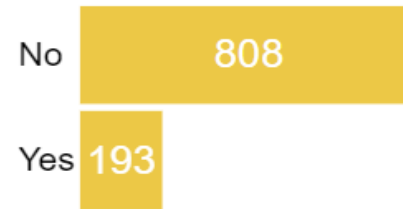
Total Responses: 1,109



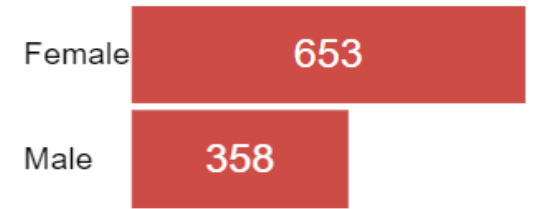
Racial Background



Veteran

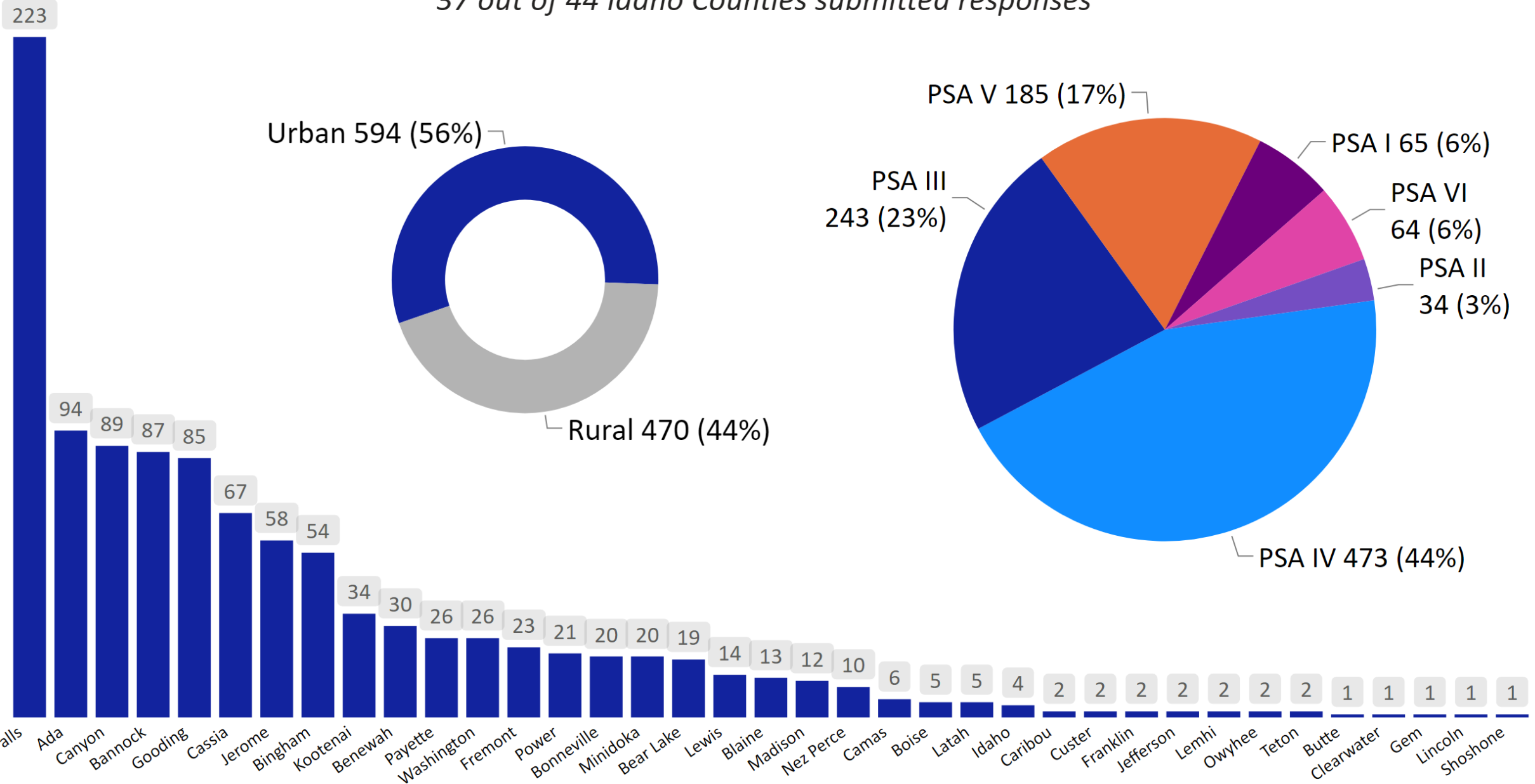


Gender



Summary of Responses

37 out of 44 Idaho Counties submitted responses



Methodology of Analysis

- Data was divided into 4 Population Categories
- Response of interest were compared within the category

ALL
N = 1,109

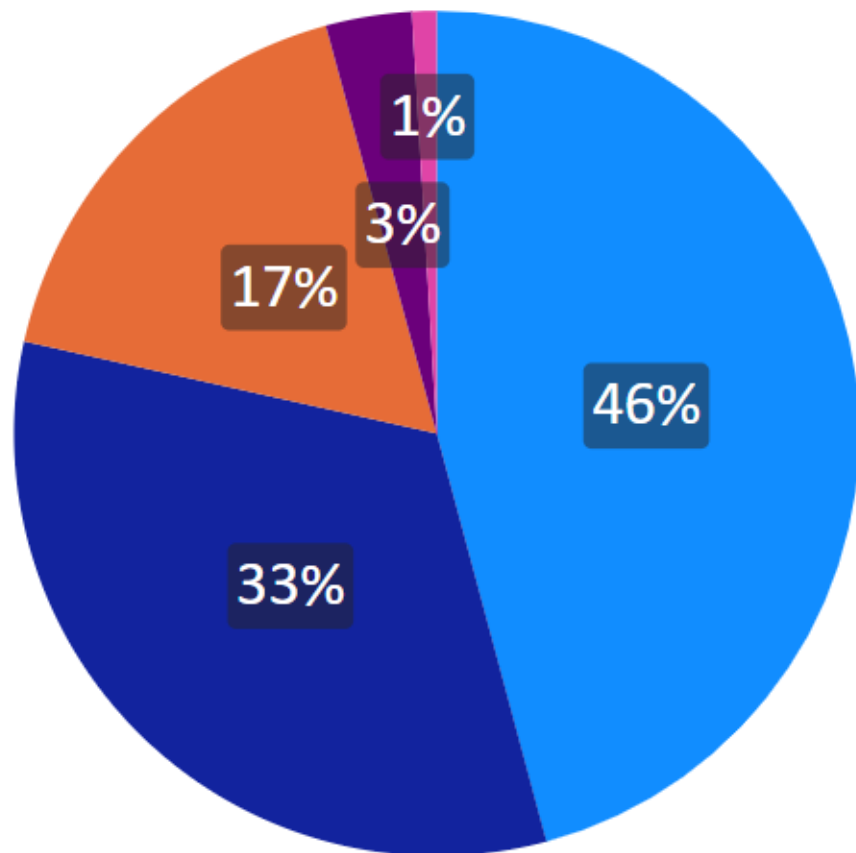
High Risk
N = 229

Urban
N = 594

Rural
N = 470

Question 1: How would you rate your quality of life?

Response ● Good ● Very Good ● Fair ● Poor ● Very Poor



Response	All	Urban	Rural
Very Good	348	165	167
Good	488	263	200
Fair	184	118	64
Poor	35	27	8
Very Poor	10	6	4
Total	1065	579	443

Responses Considered "High Risk" Population

Response	High Risk	All Percent
Fair	184	17%
Poor	35	3%
Very Poor	10	1%
Total	229	21%

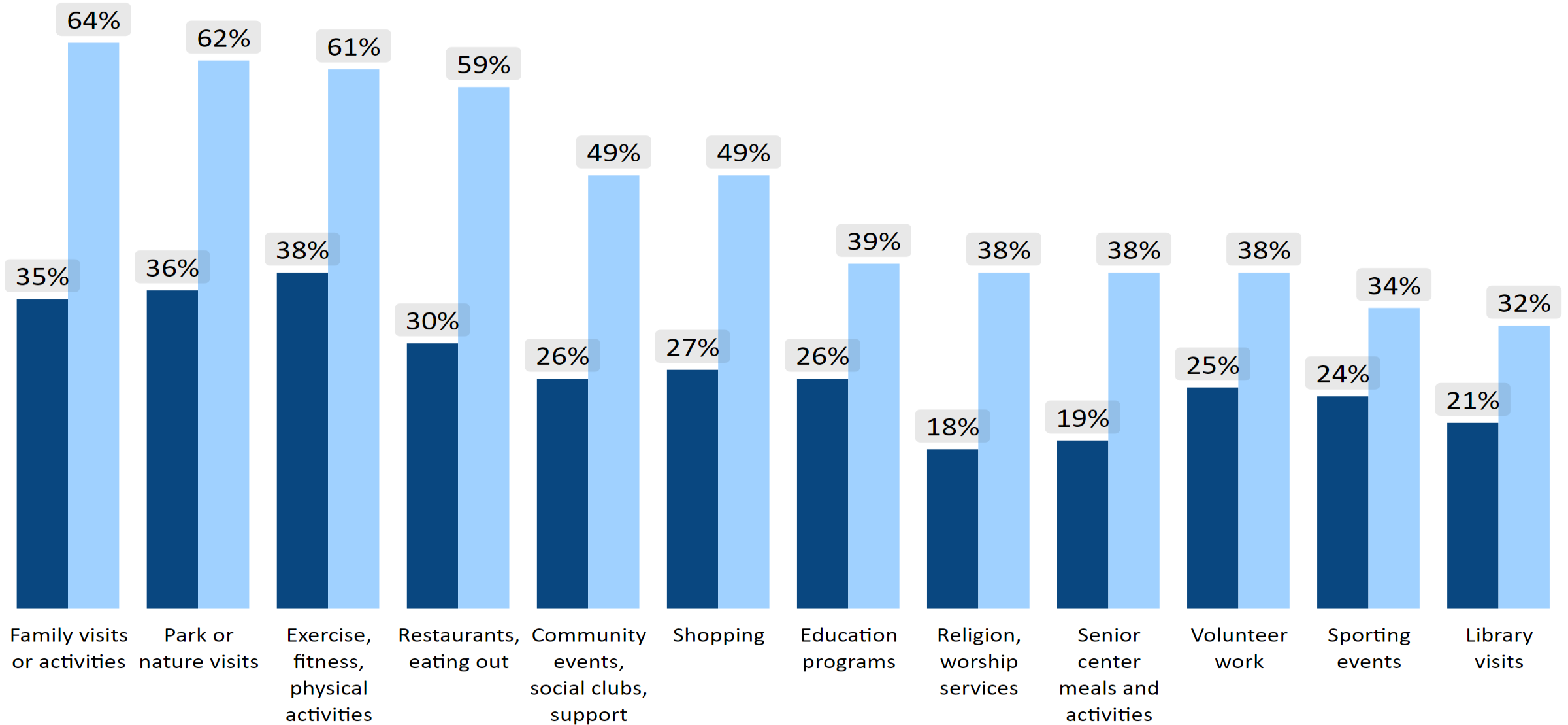
High Risk Population

Urban 66% (151), Rural 34% (76)

Question 2: How often are you able to participate in the following?

Response: Not quite as often as I want

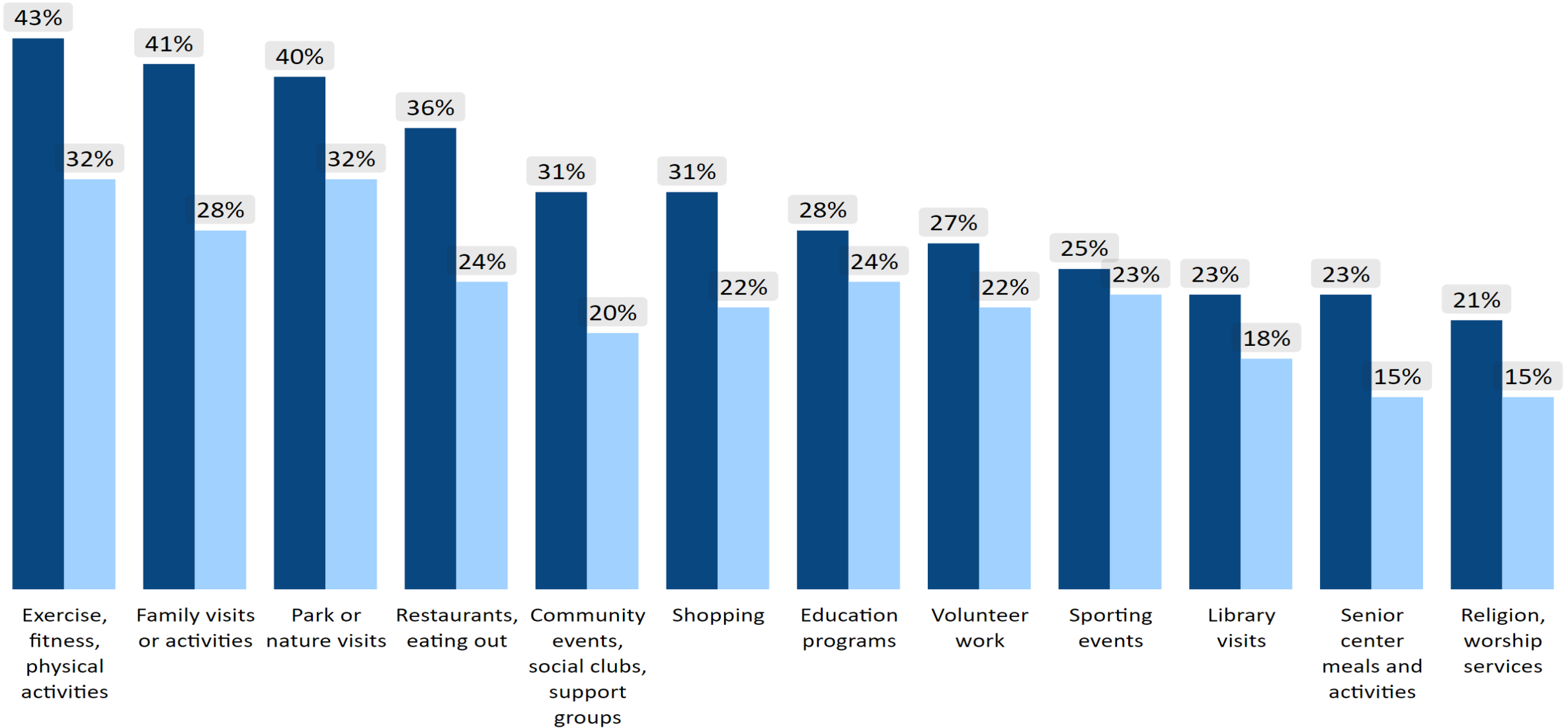
● All ● High Risk



Question 2: How often are you able to participate in the following?

Response: Not quite as often as I want

● Urban ● Rural



How do Older Idahoans want to Engage?

- Multigenerational
- Active/ Hands on
- Nature based
- Learn new things
- Connect with others

**Aging is not lost youth,
but a new stage of
opportunity and strength.**

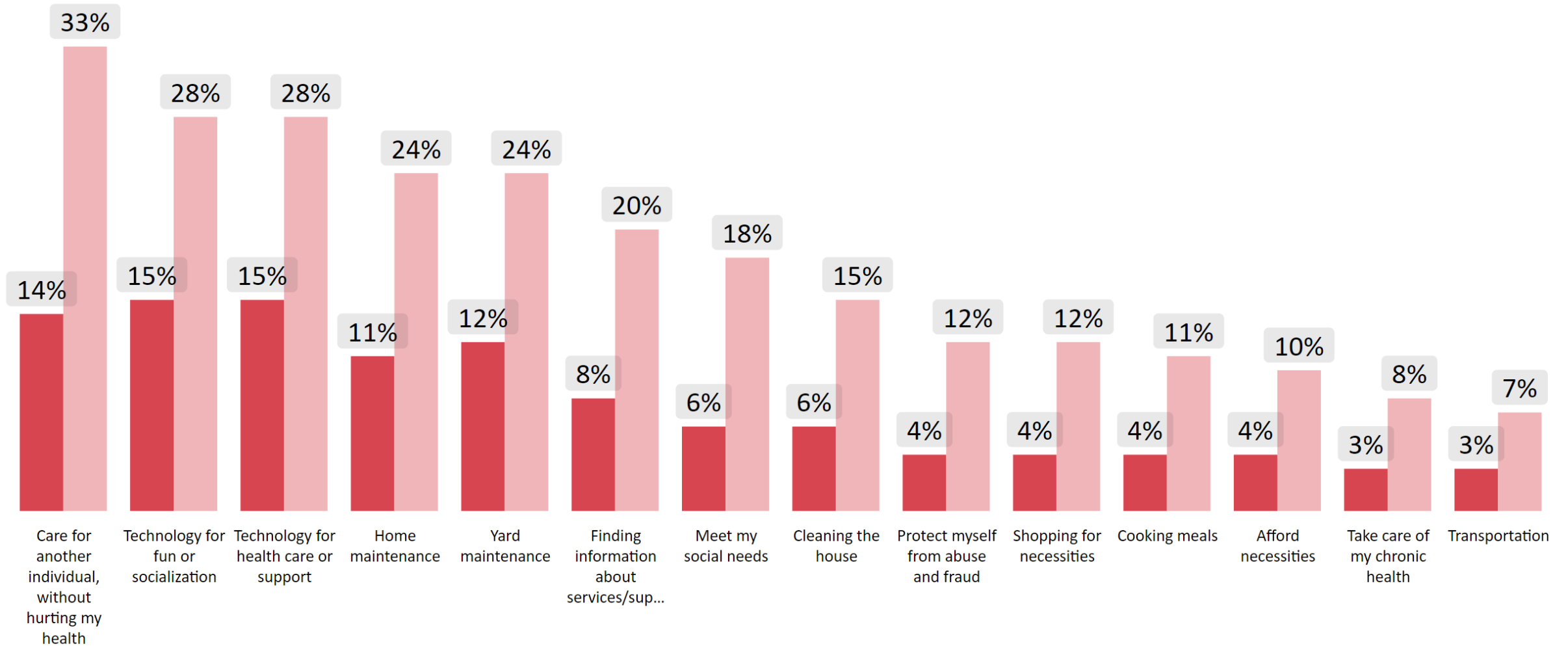
— Betty Friedan



Question 3: Are you able to do the following activities by yourself or with help?

Response: *"I am not able, and I do not have the help I need"*

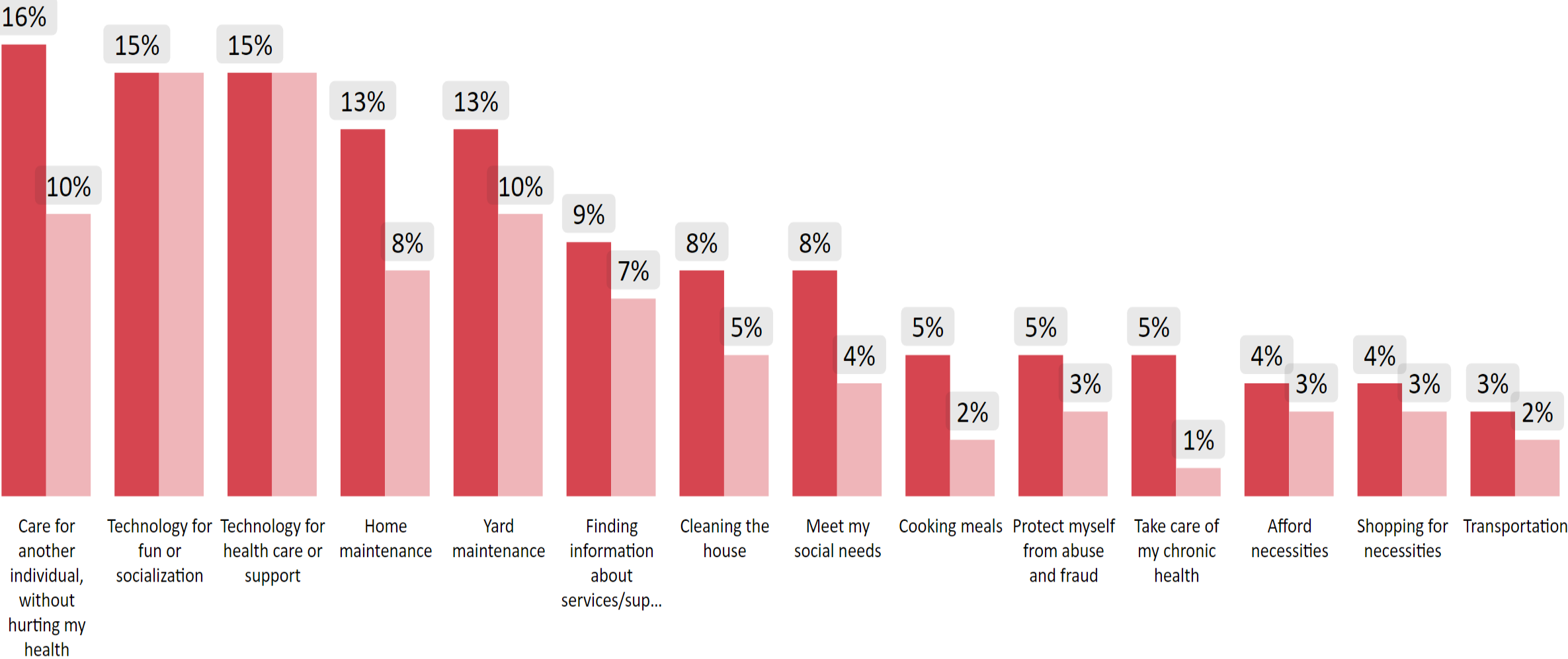
● All ● High Risk



Question 3: Are you able to do the following activities by yourself or with help?

Response: *"I am not able, and I do not have the help I need"*

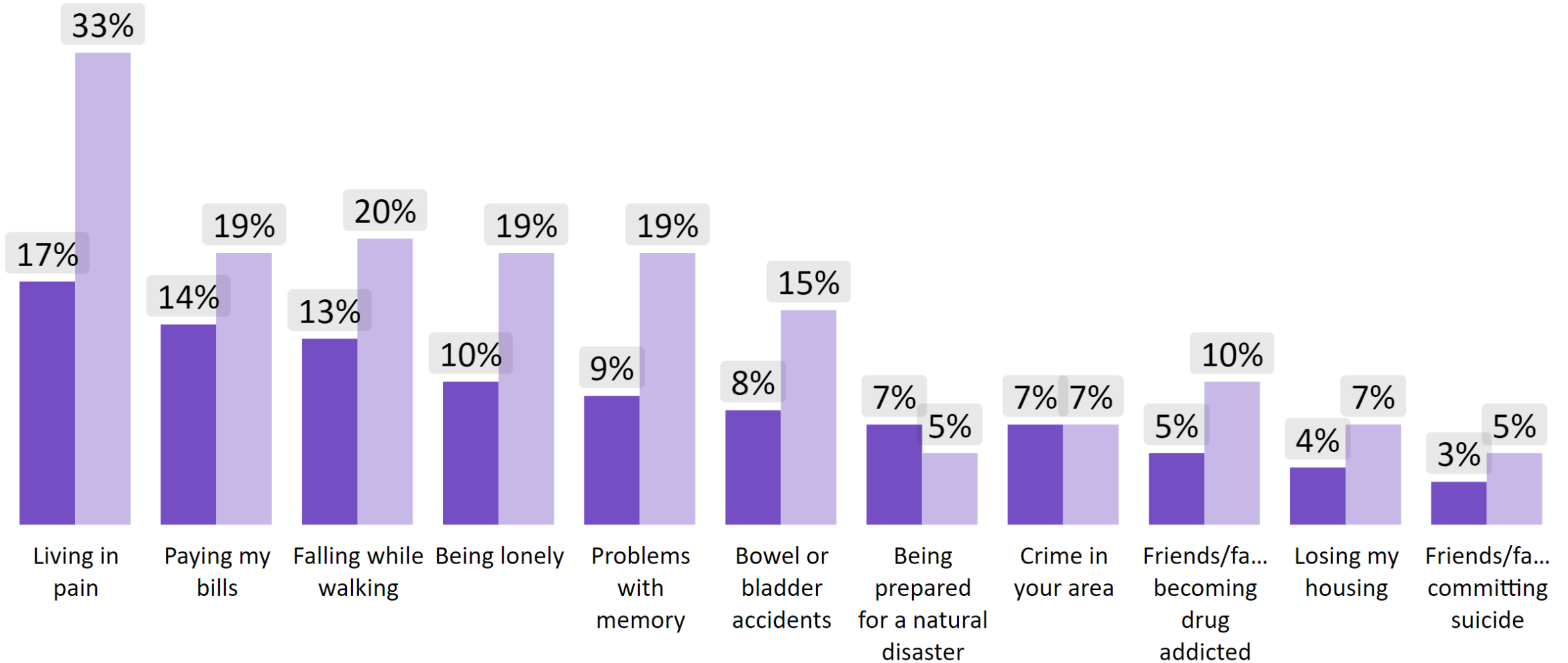
● Urban ● Rural



Question 4: How often do you worry about the following topics?

Response: "Very Frequently"

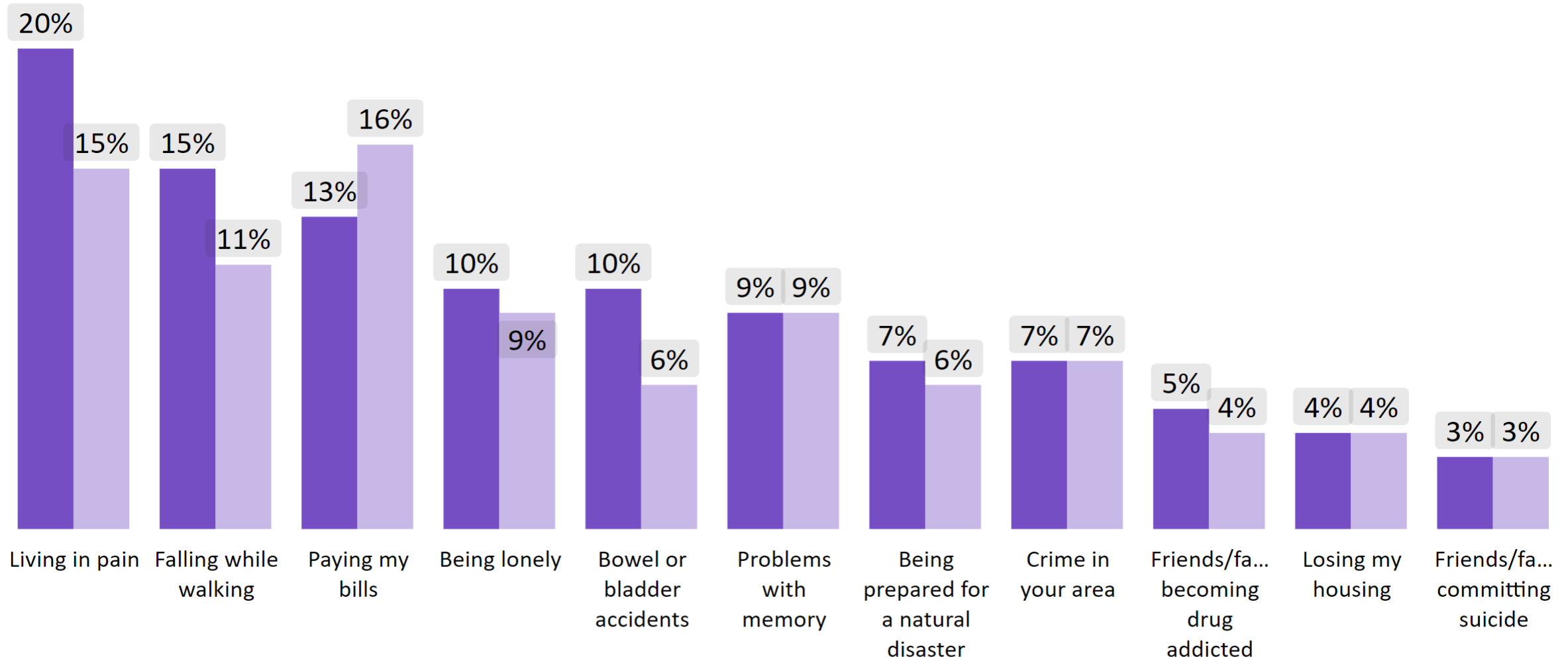
● All ● High Risk



Question 4: How often do you worry about the following topics?

Response: "Very Frequently"

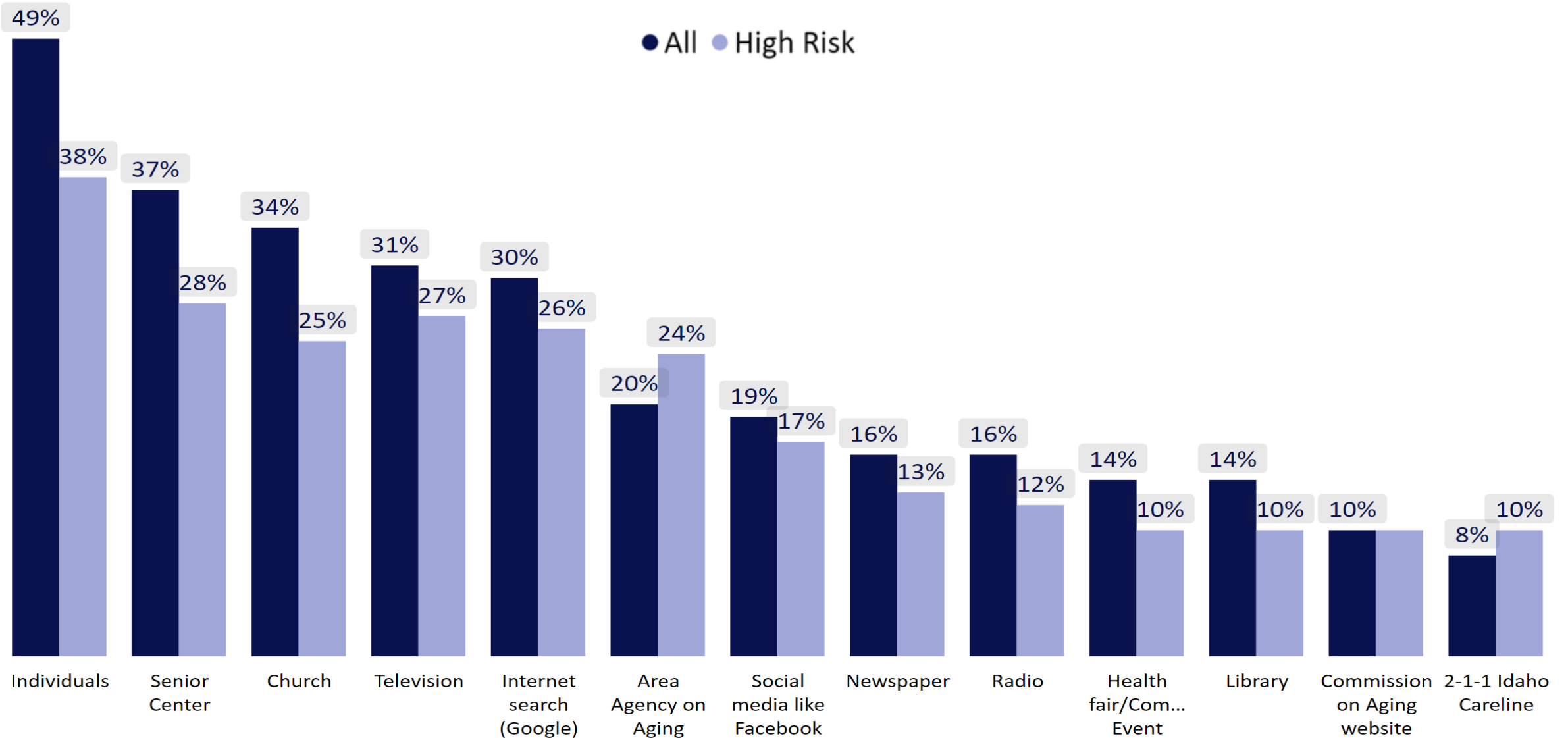
● Urban ● Rural



Question 5: How likely are you to use this method to get information on services to stay healthy and get the help you need?

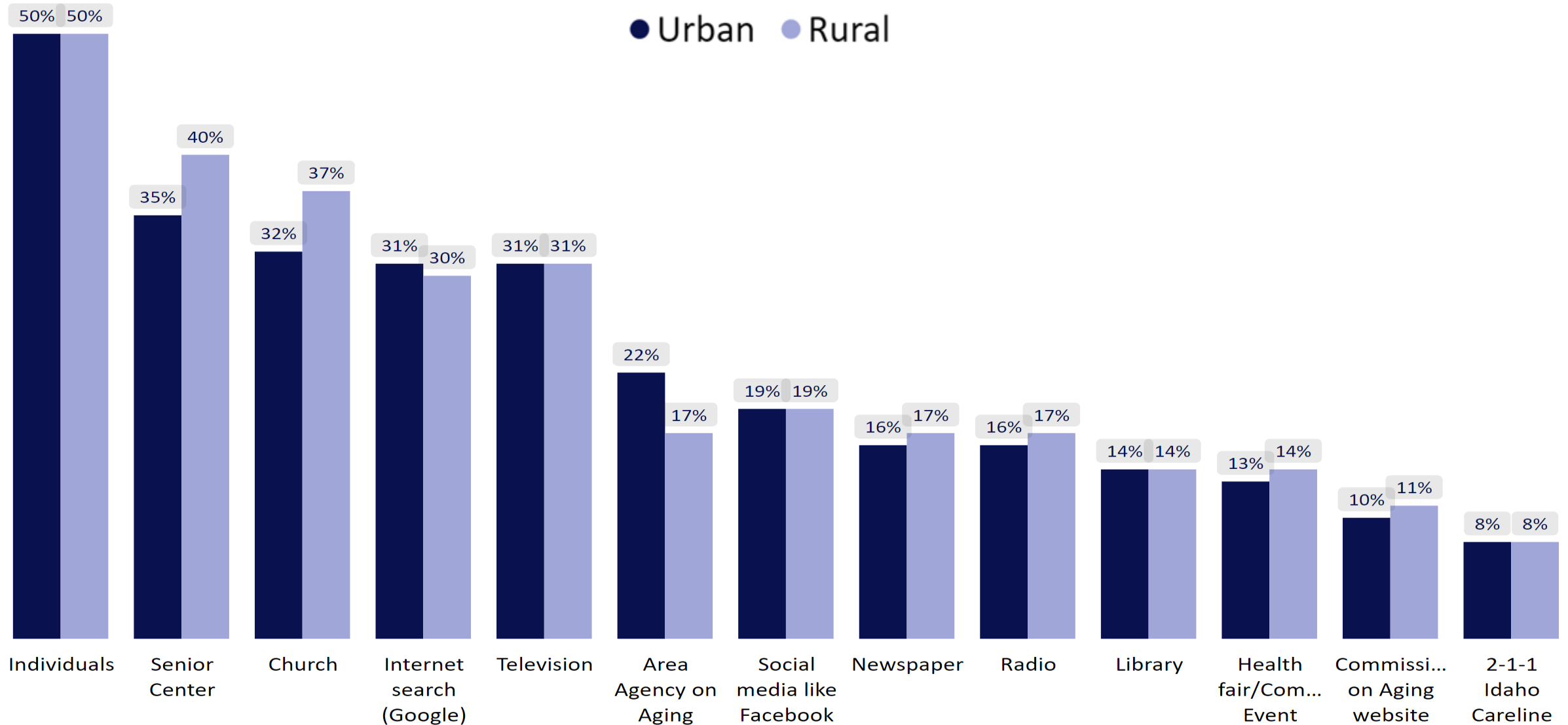
Response: *“Very Likely”*

● All ● High Risk



Question 5: How likely are you to use this method to get information on services to stay healthy and get the help you need?

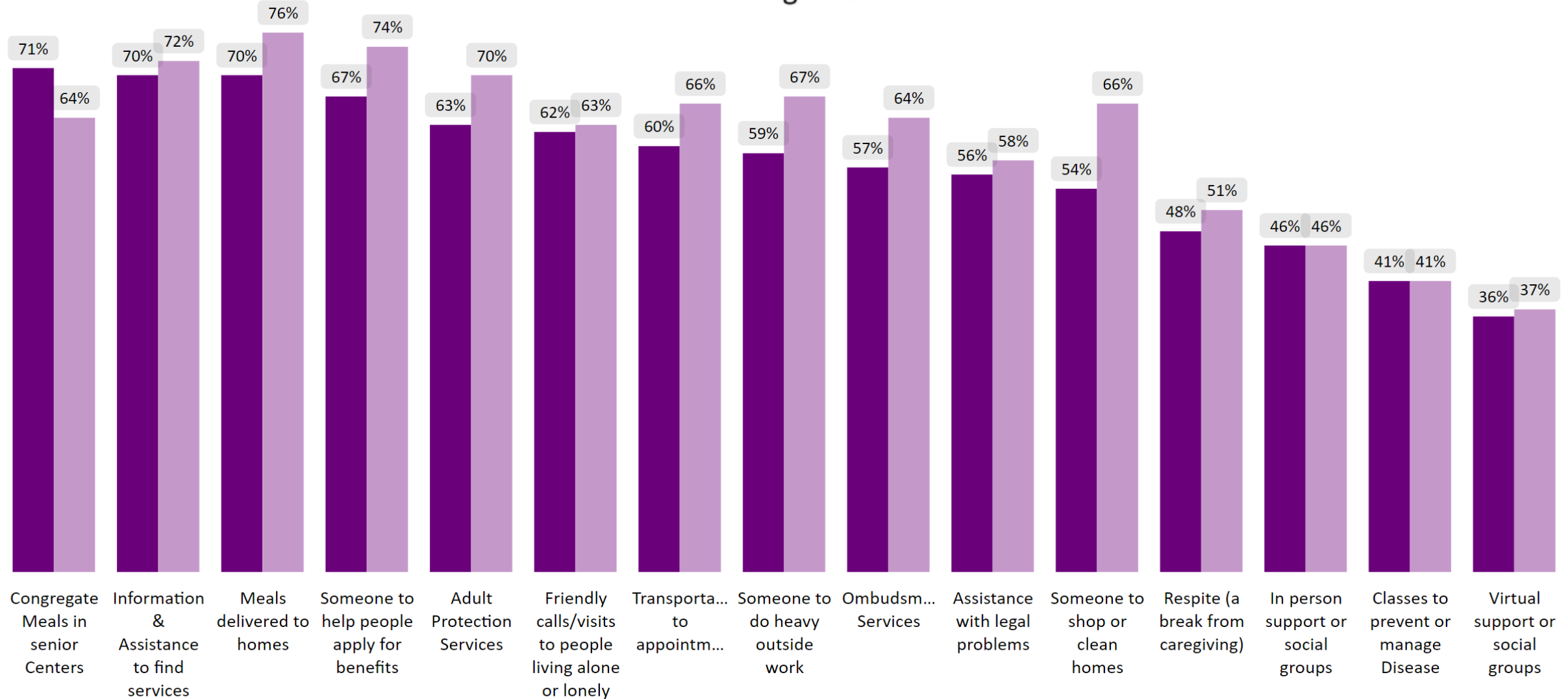
Response: *“Very Likely”*



Question 6: Please choose how important you believe this service is to older Idahoans in your community.

Response: "Very Important"

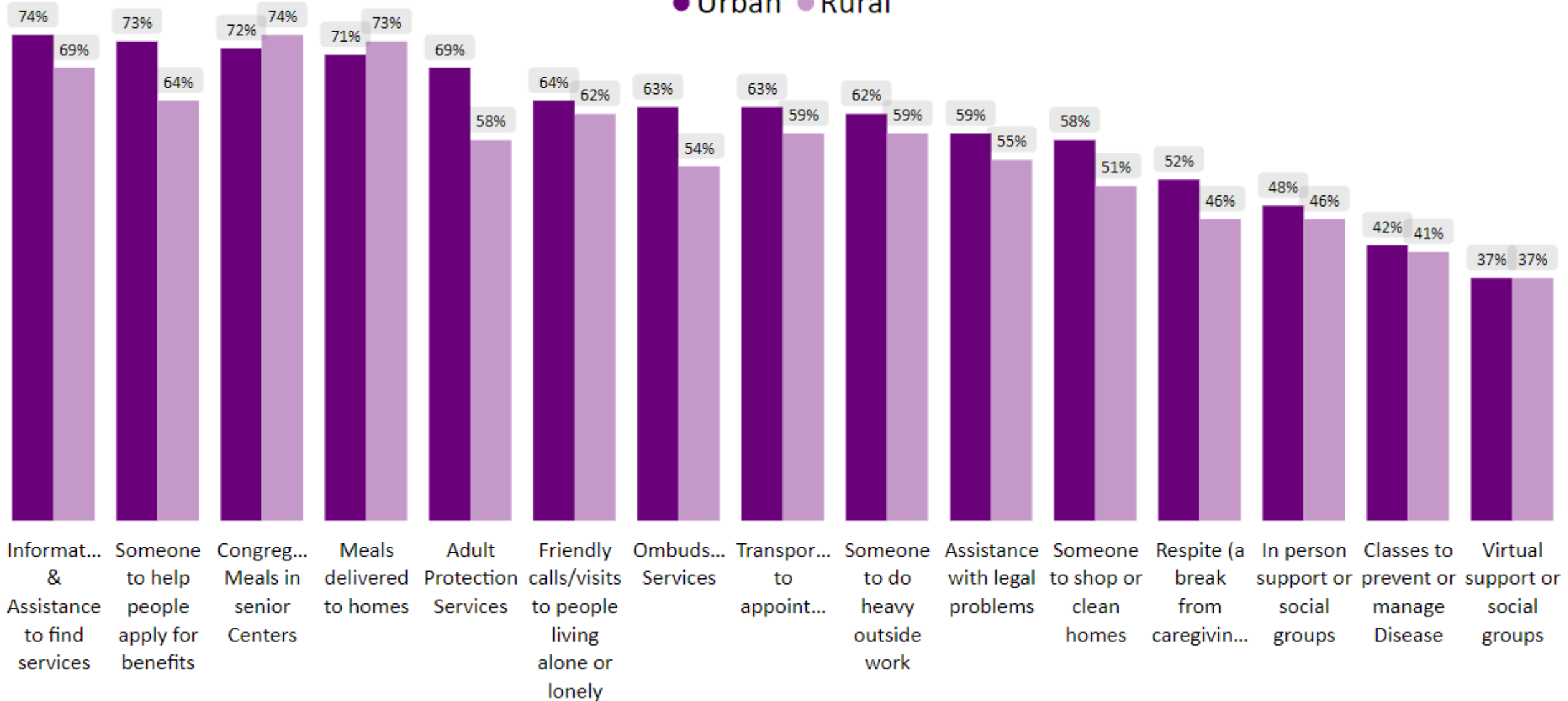
● All ● High Risk



Question 6: Please choose how important you believe this service is to older Idahoans in your community.

Response: "Very Important"

● Urban ● Rural



How did ICOA Respond?

- We used the identified gaps to inform our 2024-2028 State Plan
- Our local Area Agencies on Aging (AAAs) will pick the goals up and write their local plans
- We will execute and measure over the next 4 years.



State Plan Objectives

1. Implement Case Management and Benefits Counseling as an I&A service
2. Prioritizing Nutrition
 - Annual increase in high-risk clients as a percentage of all Congregate Meal clients
 - Educate current and future clients on the opportunity for education, counseling, or personalized meal planning from a registered dietician
3. Increasing Confidence on use of Technology
 - Each AAA will collaborate on at least two meaningful assistive technology projects that promote health, wellness, and socialization
4. Addressing Social Isolation
 - Each AAA will implement two events that incorporate multiple quality of life aspects
 - Senior Centers will report loneliness reduction activities, campaigns, or education annually



Your Key to Successful Aging

Idaho State Plan on Aging FFY 2024-2028

- <https://aging.idaho.gov/wp-content/uploads/2024/10/Idaho-State-Plan-on-Aging-2024-2028-Website.pdf>
- 2023 Needs Assessment can be found as Attachment F (page 81)

ICOA 2024 Annual Report

- <https://aging.idaho.gov/wp-content/uploads/2024/12/ICOA-AnnualReport-SFY24-Final-3.pdf>

Comments or Questions?

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**Aging:
So cool, everyone's doing it!**

