

CASOA Survey (2022) Executive Summary

The 2022 Community Assessment Survey for Older Adults (CASOA)¹, conducted by Avenidas, sheds light on the needs and challenges facing the older population (aged 60+) in Mountain View and the adjacent communities of Palo Alto, Atherton, East Palo Alto, Los Altos, Los Altos Hills, Menlo Park, Portola Valley, or Stanford. This summary, prepared by the City of Mountain View Senior Advisory Committee, which serves older adults aged 55+, is intended to inform city officials and related entities and serves as a guide for collaborative efforts in enhancing the well-being of the older adult community.

Key Survey Highlights

Overall Community Quality:

- 89% of older residents rate their quality of life positively.
- 85% of residents plan to stay in their community throughout retirement.

Community Livability Scores:

- High scores in Safety (85%), Physical Health (77%), and Social Engagement (76%).
- Areas needing improvement: Housing (19% dissatisfaction), Employment (32% dissatisfaction), and Mental Health Care (39% dissatisfaction).

Equity and Inclusion:

- 64% rate the sense of community positively.
- 18% report challenges in inclusion.

Health and Wellness:

- 83% rate overall physical health care positively, 39% rate mental health care, and 45% rate long-term care options positively.

Information and Assistance:

- 73% rate known services provided to older adults positively.
- 30% feel uninformed about services and activities available to older adults in community
- 45% report challenges having adequate information about public programs (Medicare, Social Security, and Medicaid) and financial or legal planning services.

Productive Activities:

- 73% feel they have excellent or good opportunities to volunteer.
- Challenges reported in civic engagement (19%), social engagement (19%), and caregiving (10%).

Economic Contribution:

- Older residents contribute an estimated \$895,616,087 annually through paid and unpaid work.²

Highlighted Challenges:

- Disparities in **employment opportunities, home maintenance, cost of living, and availability and quality of housing options** were reported, *compared to national benchmarks*.
- Highlighted Challenges include:
 - **Housing:** Only 11% view the availability of affordable quality housing positively, while 32% of older adults gave excellent or good ratings to the availability of mixed-use neighborhoods.
 - **Employment Opportunities:** Low ratings for quality (23%) and variety (20%), with only 51% rating the opportunity to build work skills as excellent or good.
 - **Mental Health and Long Term Care Options:** Only 39% positively rated mental health, and 45% rated long-term care options positively.
 - **Access to Information and Assistance:** 30% reported challenges in accessing information about available programs and services for older adults.³

Programs and Initiatives to Explore:

1. Strategic initiatives to boost **affordable quality housing** for older adults.
2. Community-driven **home maintenance program** aiding older adults in maintaining safe living spaces.
3. Targeted programs for **employment and skill-building** for older adults.
4. Increased investment in **mental health care** and expanded **long-term care options**.
5. **Equity and inclusion** programs fostering a sense of belonging.
6. Improved **information access** for well-informed use of available services.
7. **Civic and social engagement** through targeted programs addressing older adults' challenges.
8. Initiatives to **alleviate cost of living concerns** for enhanced quality of life.

Conclusion:

In recognizing the significance of this demographic, older adults (aged 65+) make up 11.4% of Mountain View's population, according to the U.S. Census Bureau (2022).⁴ Collaborative efforts are becoming pivotal, involving city officials, commissions, boards, committees, and other related entities. By recognizing and understanding the urgent needs of the older adult population, these entities can play a crucial role. This role extends beyond meeting immediate requirements, also cultivating a more supportive, inclusive, and resilient environment for Mountain View's older adult community. Ultimately, this fosters a sense of well-being and belonging among this demographic.

References and Notes:

1. Source: www.avenidas.org/wp-content/uploads/2023/03/2022-CASOA-report.pdf
2. The calculations of the economic contributions of older adults in Avenidas were rough estimates using data from the U.S. Department of Labor Bureau of Labor Statistics.
3. The CASOA does not clarify possible reasons (such as language, digital divide, etc.) why older adults in the community find it challenging to access and be informed of available services and programs.
4. Source: www.census.gov/quickfacts/fact/table/mountainviewcitycalifornia/PST045222