State-of-the-Island Older Adult Overview Edgartown

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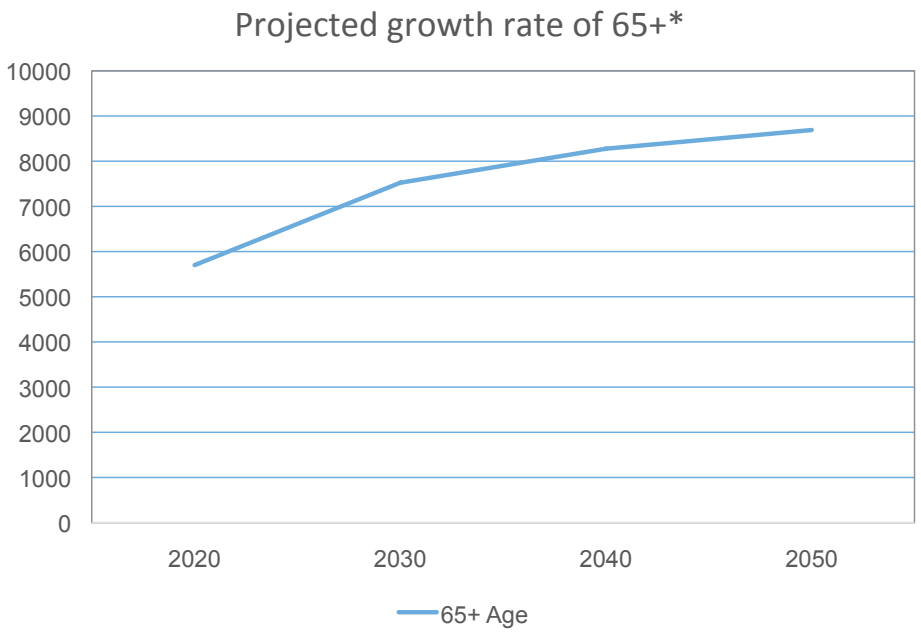
The Island's Older Adult population is sizable and growing

- 1 in 3 are currently 65+, outpacing national average of 1 in 5.
- Growth rates for 65+ higher than other age cohorts.
- This forecast does not account for COVID related impact.



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*UMass Donahue Growth Rates

Older Adult population growth forecasts have been understated but true to trend

- All towns projected to experience sizable growth year-over-year through 2035.
- Edgartown's Older Adult population expected to increase by 10% by 2035.

% of Town population 65+

Town*	2014	2035	Change
Aquinnah	10%	50%	+40%
Chilmark	22%	34%	+12%
Edgartown	18%	28%	+10%
Oak Bluffs	25%	30%	+5%
Tisbury	13%	25%	+12%
W. Tisbury	14%	32%	+18%

US Census 2010: 2010-2014 American Community Survey 5 Year Estimates

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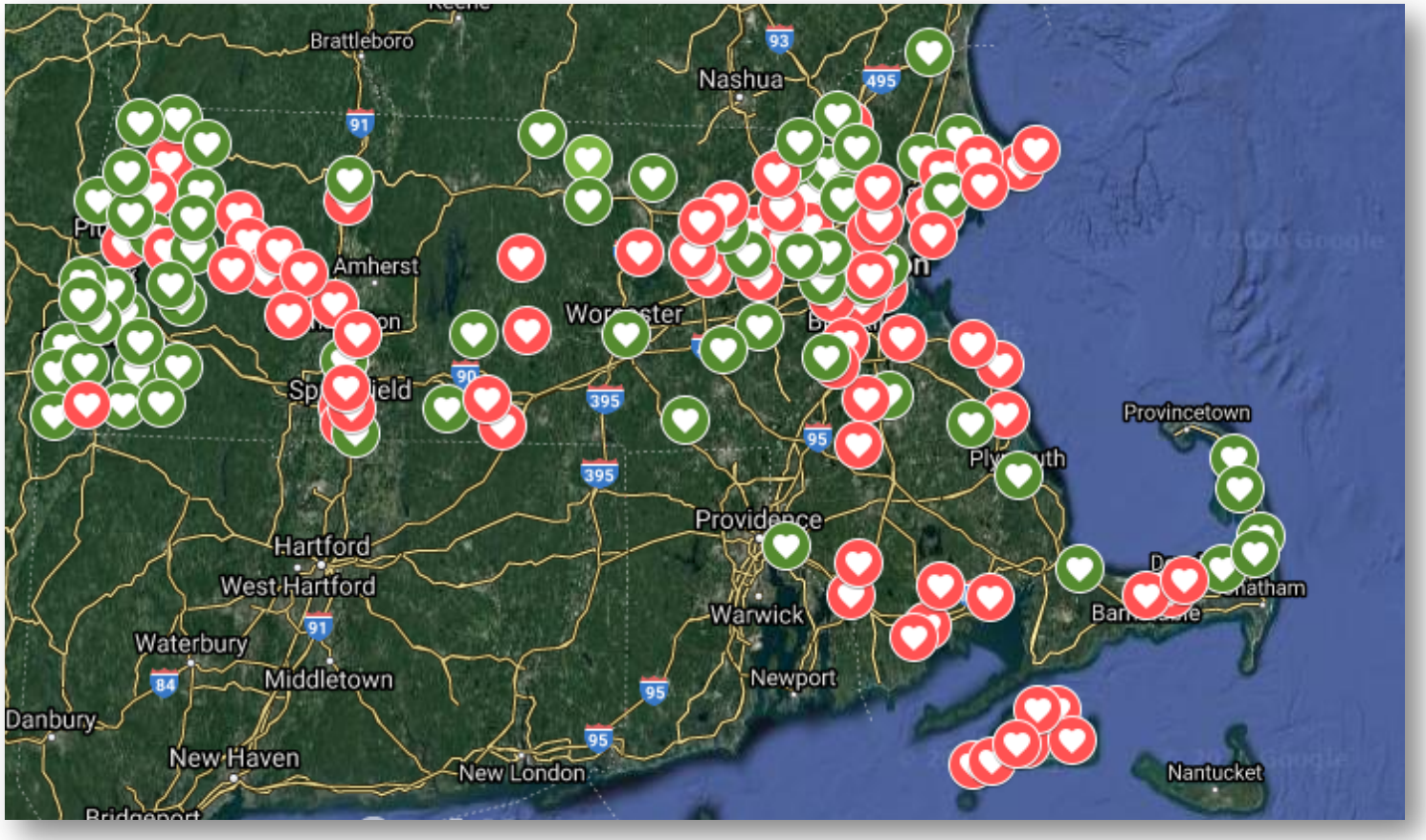
Domains of Age and Dementia Friendly Communities

MASSACHUSETTS HEALTHY AGING COLLABORATIVE

Age/Dementia Friendly Communities – MA leads country



Green hearts represent emerging communities (60+)

Red hearts represent active age friendly communities (76)

MASSACHUSETTS HEALTHY AGING COLLABORATIVE

Who from Edgartown participated in the survey?

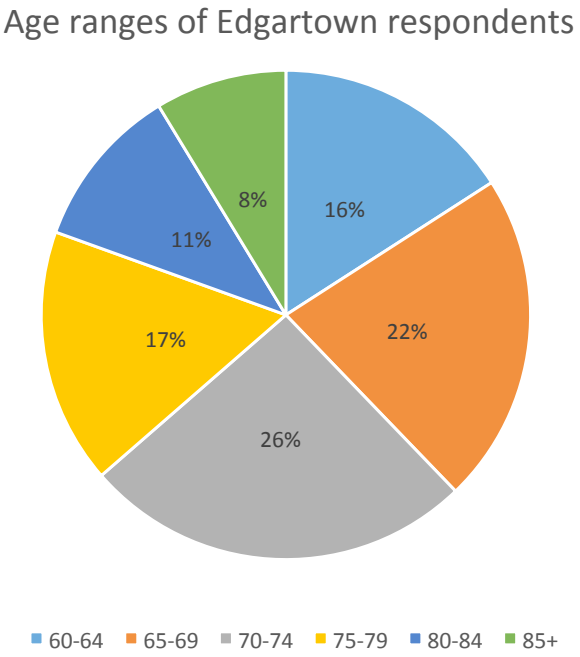
Surveys were sent to every household with a 60+ resident.

Residents could participate via various websites as well as pick up hard copies at libraries.

Respondents had options to complete the survey online and in Portuguese.

2020 Older Adult Survey – a snapshot of Edgartown

- 619 60+ respondents from Edgartown completed a survey (online or paper) from Oct 2020-Jan 2021 – 68 questions.
- This represents a 32% response rate.
- Representation from all age ranges with 15 surveys completed by 95+ Island-wide, 4 of which were from Edgartown.



Questions 1, 2, 6, 56 (Dec 2020 HAMV survey)

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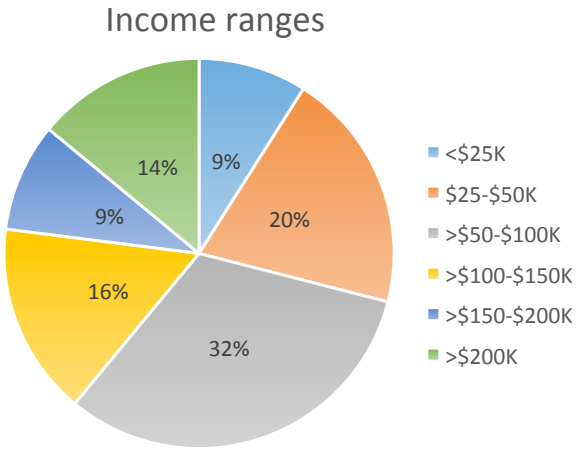
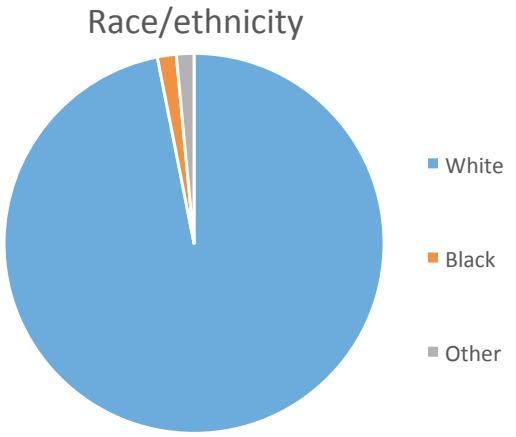
More on Edgartown's Older Adult participants

- 29% of Older Adults in Edgartown report an annual household income of <$50K.
- 13% are veterans.*
- Slightly more female participants (61% female versus 38% male) in-line with Island population.
- Race/ethnicity mix in-line with known population statistics for the Island.



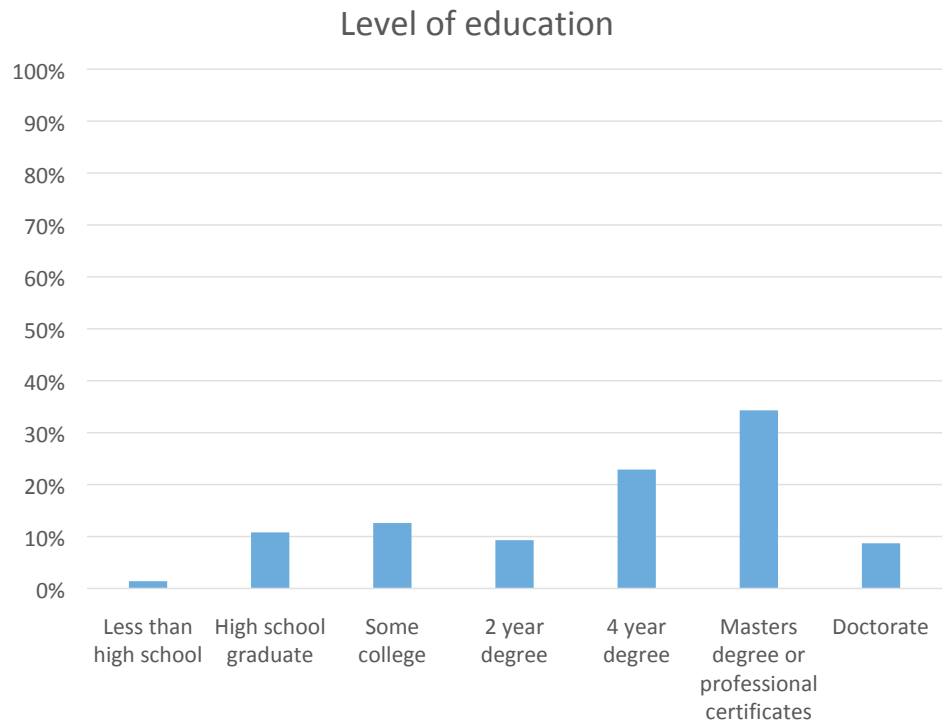


6.6% of Island population are veterans of which 70% are over 65

Questions 55, 57, 60, 68 (Dec 2020 HAMV Survey)

More on our Older Adult participants from Edgartown

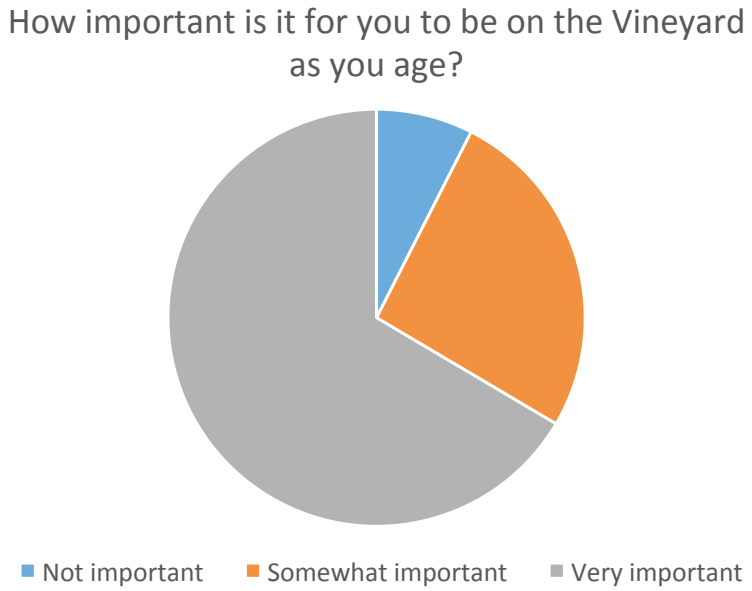
- 34% of respondents from Edgartown report their education stopped before achieving a college degree.
- And 43% report obtaining a Master's degree or doctorate.



Question 65 (Dec 2020 HAMV Survey)

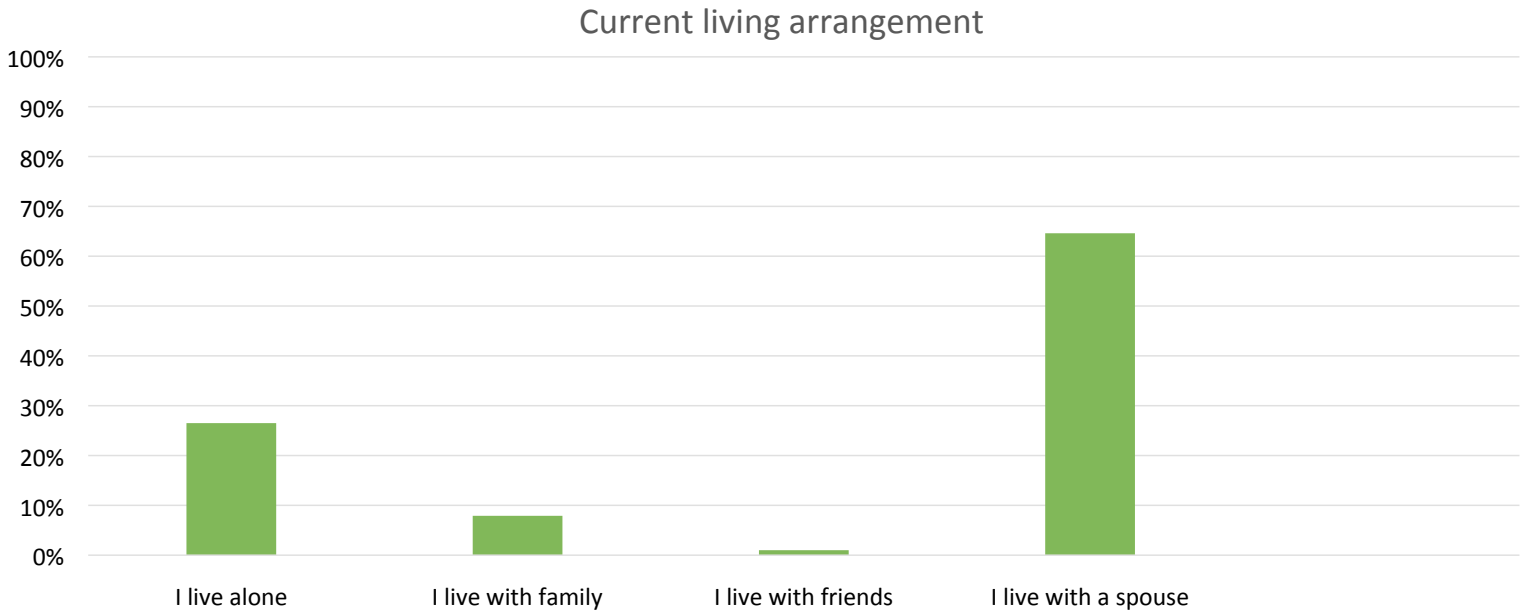
Here to stay and most likely in a single family home in Edgartown

- Vast majority (>88%) identify as permanent with 70% reporting “living on island for 12 months in 2019”.
- 9 in 10 own their own home and none live in a subsidized rental situation (IEH, etc.).
- 54% own their home outright (without a mortgage) and this increases with age.
- 82% report they are not likely to move (on- or off-island); those who may move report a lower cost of living, closer to family, and more equipped housing situation as top triggers.



Questions 1, 2, 7, 8, 11 (Dec 2020 HAMV Survey)

27% Older Adults in Edgartown live alone and this increases with age



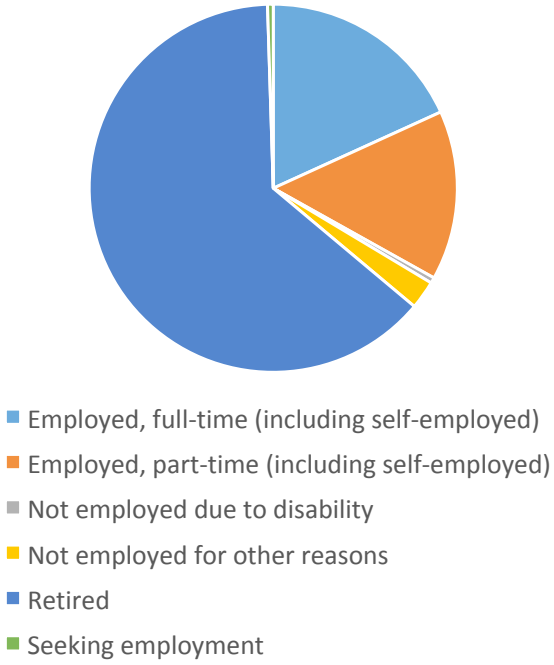
Question 66 (Dec 2020 HAMV Survey)

How Older Adults in Edgartown spend their days

Older Adults are a life force on the Island.

Island-wide Older Adult employment exceeds national statistics

Edgartown respondents' current employment status

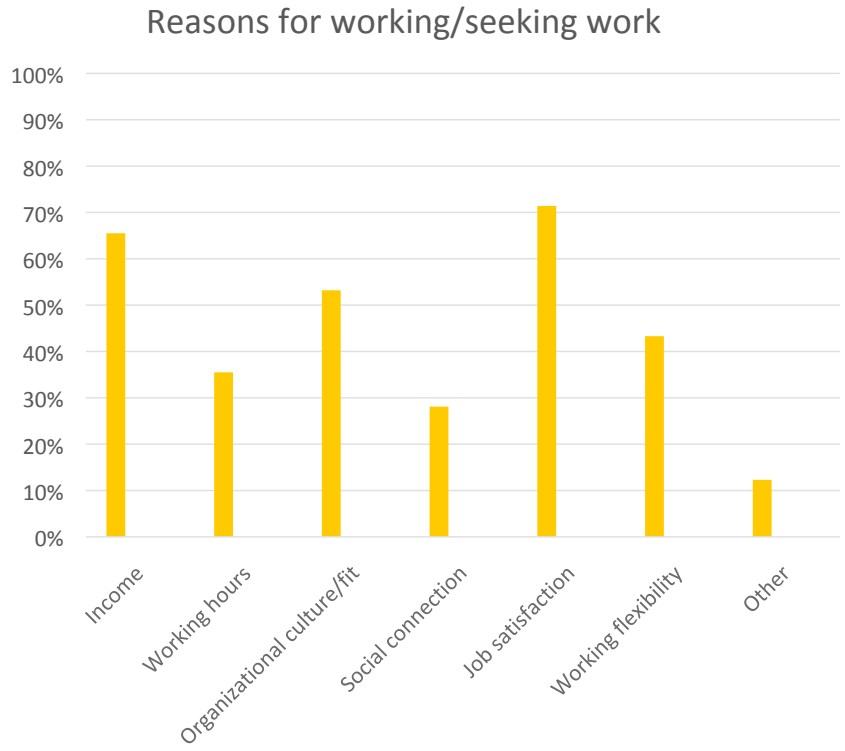


Question 12 (Dec 2020 HAMV survey)

- 1 in 3 Older Adults in Edgartown are currently employed either full or part time.
- More Older Adults in Edgartown are likely to be retired compared to the Island average.
- 63% of Older Adults in Edgartown are retired compared to 60% Island-wide.

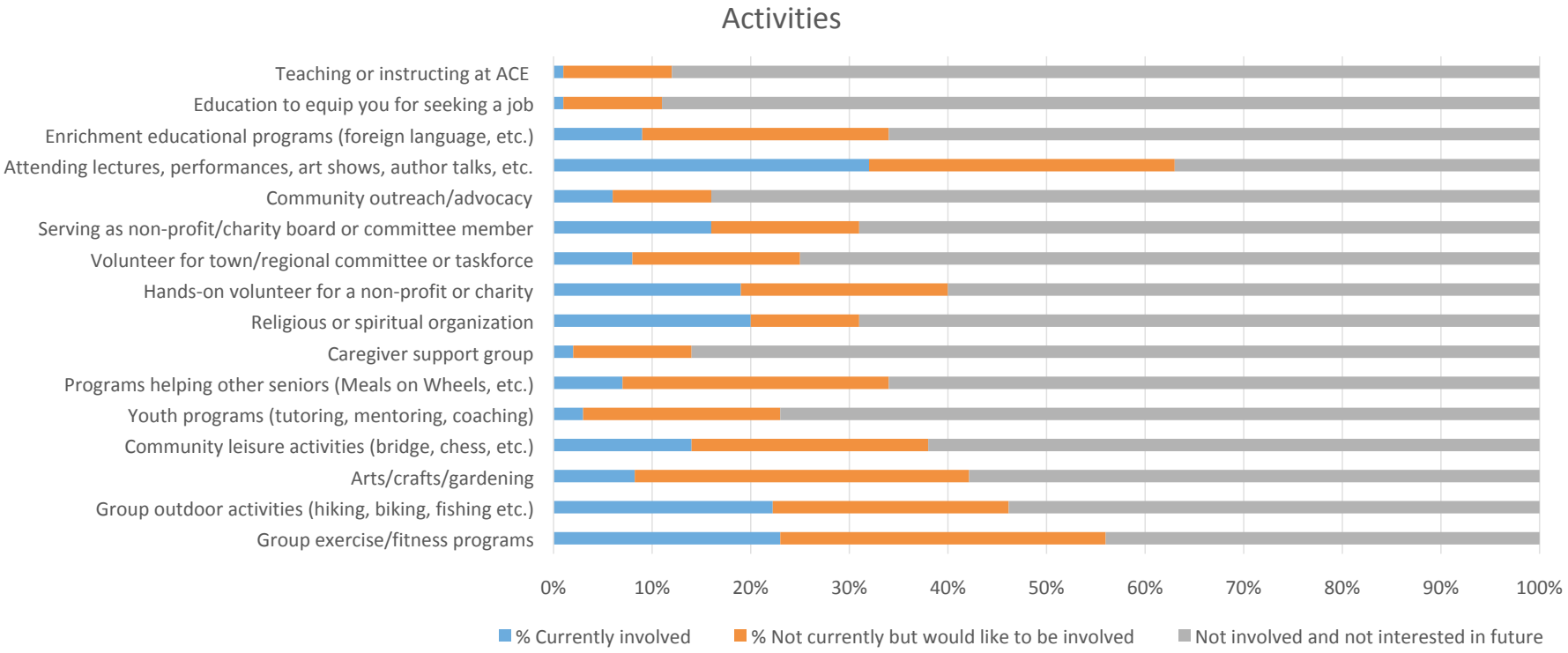
Where and why are Older Adults from Edgartown employed?

- 55% of those employed work for a Vineyard-based employer.
- The three main reasons for working are job satisfaction, income, and organizational culture/fit.



Question 12, 13, 14 (Dec 2020 HAMV survey)

Some Older Adults in Edgartown are actively engaged with varied interests and more would like to be…



Question 15 (Dec 2020 HAMV Survey)

Across the Island, Older Adult volunteer contribution is meaningful and increasing

Island-wide, volunteer contributions equate to:

- *Equal to an equivalent of workforce **500+** full-time employees.*
- *With an economic value of **$28M*** annually.*
- *Older adults of all age ranges, genders, income levels, veteran status, and ethnicities are similarly engaged.*

Edgartown Older Adults volunteer hours per week	2020
<5 hours per week	37%
6-10 hours per week	12%
>10 hours per week	6%
Total % of Older Adults volunteering	46%

***The Independent Sector -** a nationally recognized source of information and data relative to nonprofits provides a metric of $27.20 per hour to determine the monetary value of a volunteer.

Question 16 (Dec 2020 HAMV survey)

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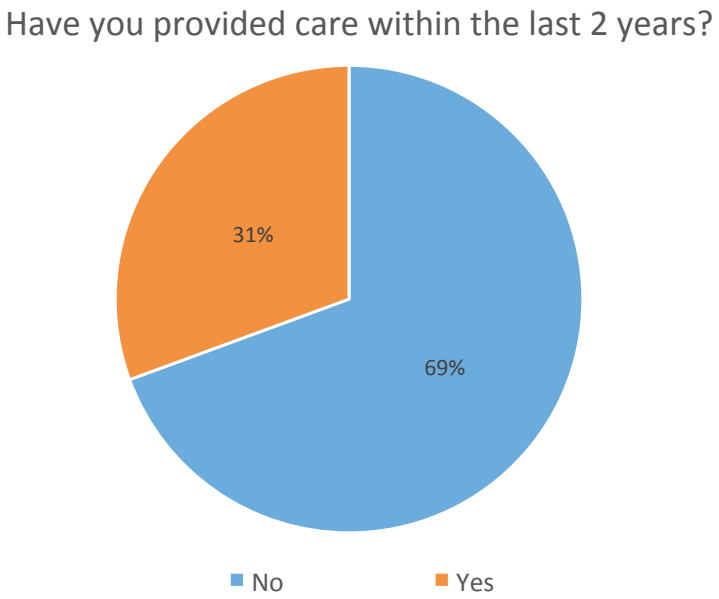
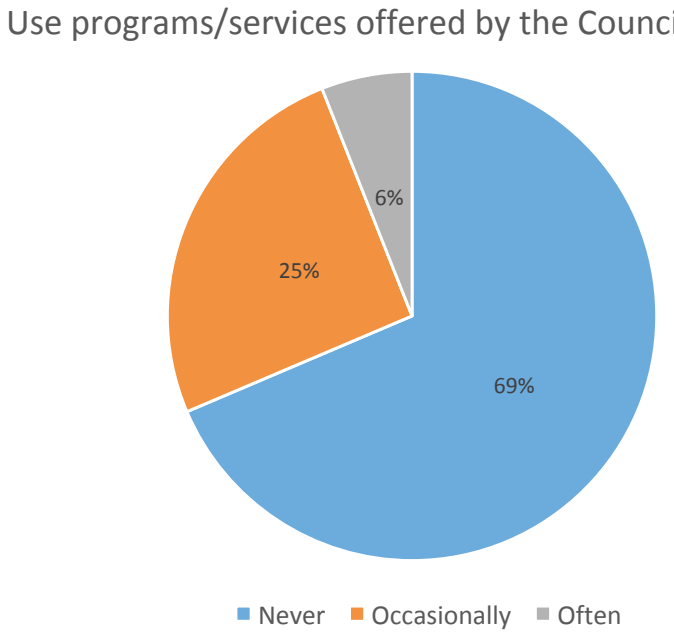
3 in 10 Older Adults in Edgartown have provided care to a family member in the past two years

- Of those Older Adults in Edgartown who provided care, only 5% received payment.
- *Across the Island, caregivers are slightly more likely to be female.*
- *Island-wide, caregiving patterns are not correlated to income.*



Question 46 (Dec 2020 HAMV survey)

1 in 3 Older Adults in Edgartown have utilized their COA



The Island's Councils on Aging (COA) more likely to serve our most vulnerable population, Older Adults 80+.

Question 18 (Dec 2020 HAMV survey)

Older Adults identify three main benefits of the COAs

Social

Trips off-island

Mahjong, bridge

Cultural events

Food

Lunches

Meals delivered

Fish!

Support

Medicare

Legal

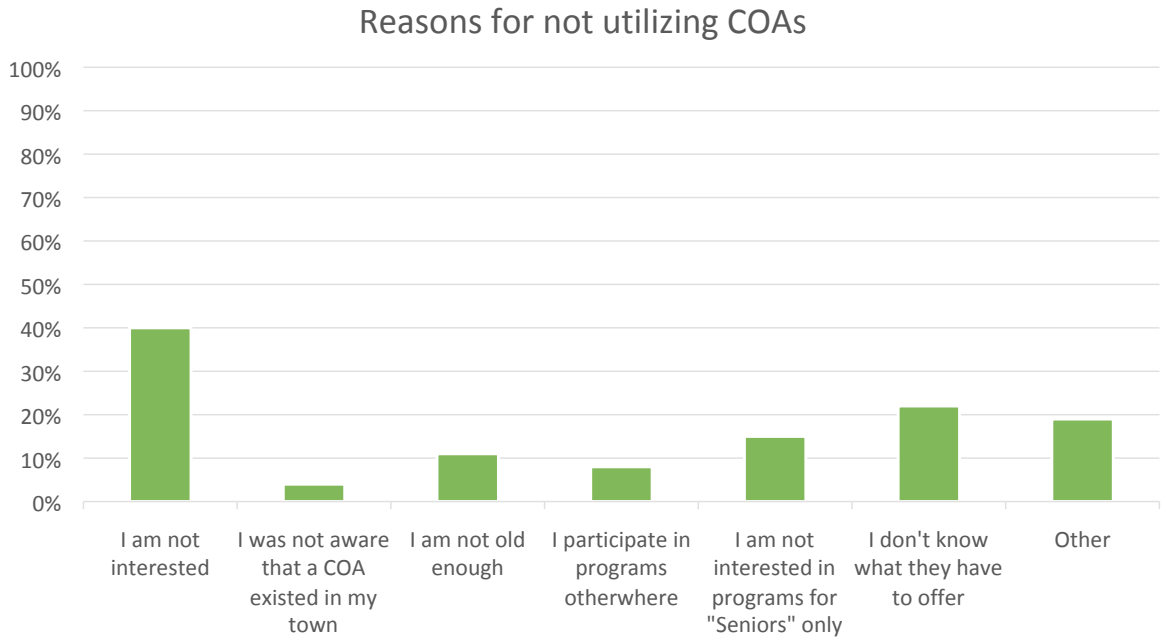
Services

Question 19 (Dec 2020 HAMV Survey)

Barriers to usage include generic disinterest, lack of understanding of offerings, a “who me?” mindset, and duplication of services

- 40% of Edgartown respondents report they are not interested in COAs.
- *Across the Island, 60-64 age range are the most likely to say they are not old enough.*
- *Island-wide, “Other” reasons for not utilizing COAs were: lack of time (either because they were employed or active otherwise) and “no need”.*

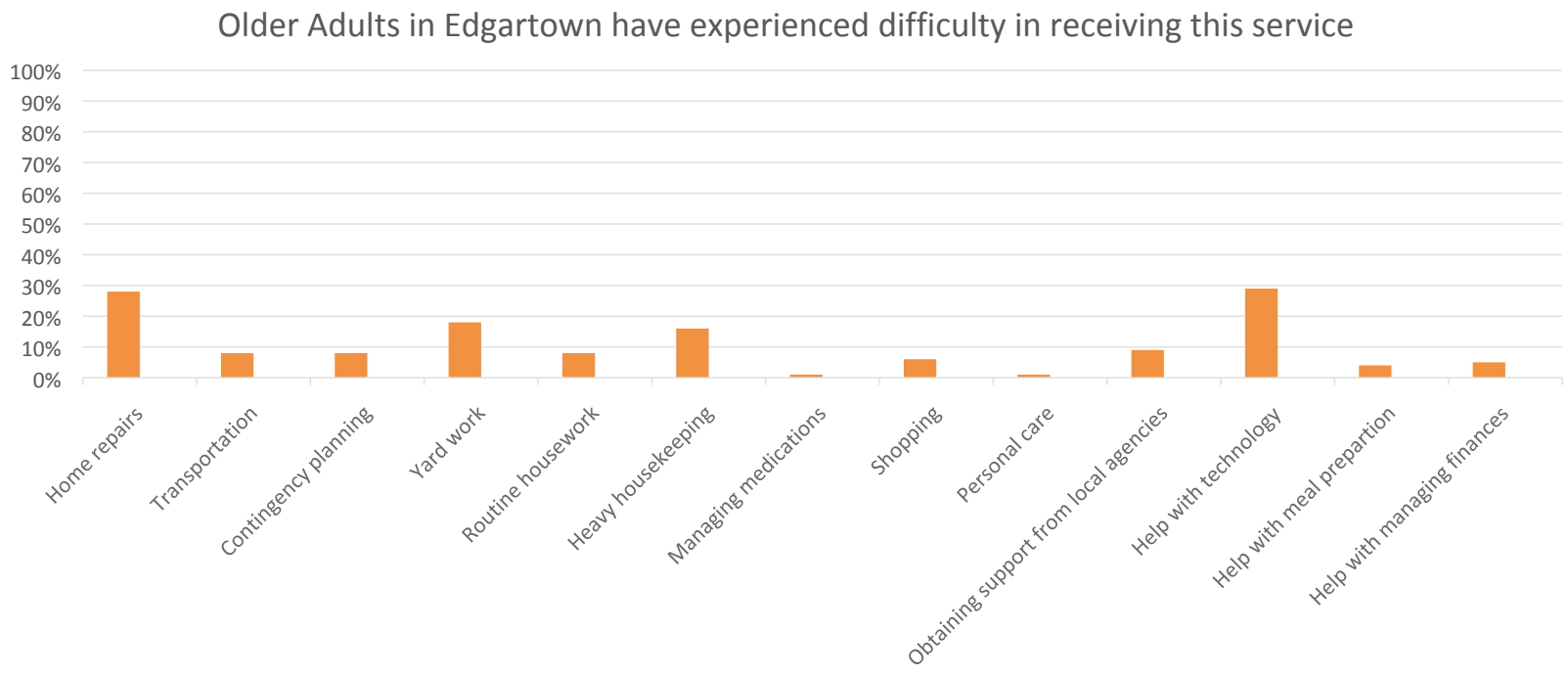
Question 20 (Dec 2020 HAMV survey)



Support needs of Edgartown's Older Adults

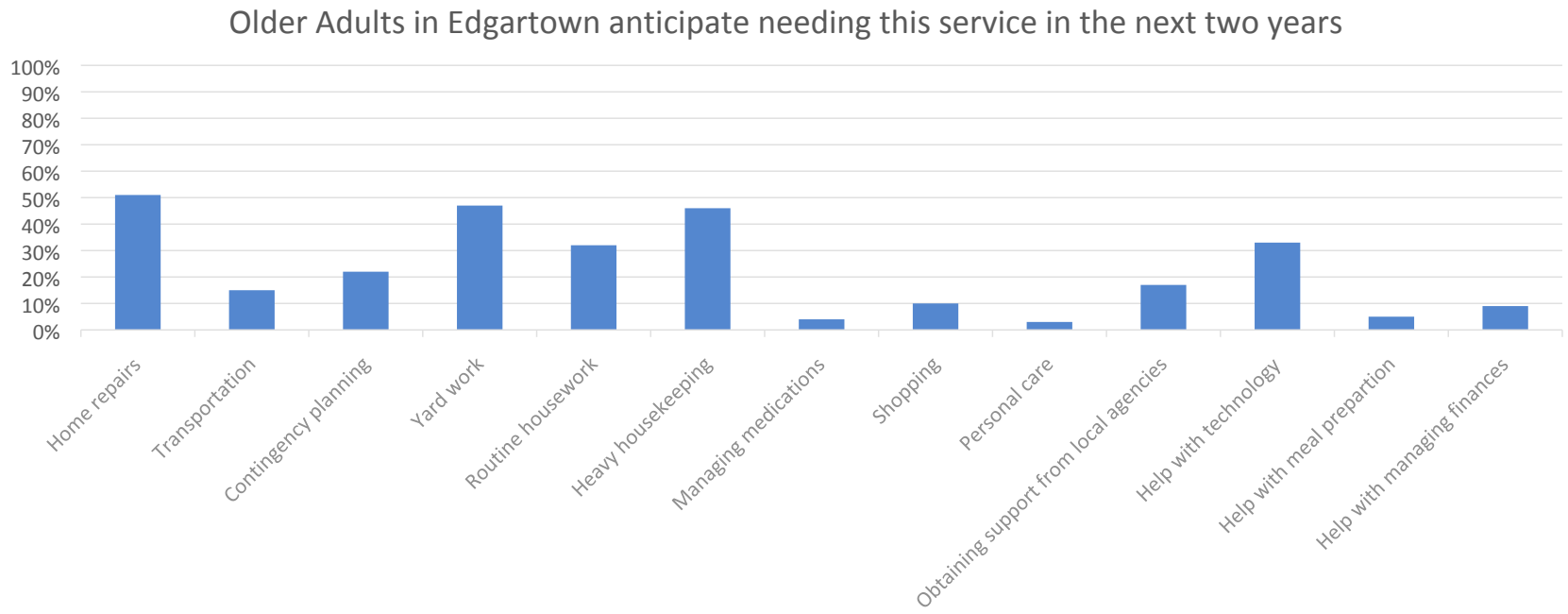
The growth and aging of Edgartown's Older Adult population are the primary drivers for increased demand for support services.

House and yard work – major service pain points now



Question 48 (Dec 2020 HAMV survey)

Anticipated service needs broaden particularly for home and yard work



Question 48 (Dec 2020 HAMV survey)

Need for essential services expected to increase at least 2X as our population ages and health challenges multiply

- *Across the Island, need for these essential services increases steadily as one ages, especially for those 85+.*

Essential Service	% of Older Adults in Edgartown who have need in the next 2 years	*2021 -2022 Estimated number of Older Adults Island-wide with need*	*2030 Conservative estimate of Older Adults Island-wide with need*
Adult Supportive Day	3%	*275+*	*400+*
Caregiver Support Services	5%	*350+*	*500+*
Home Health Care Services	4%	*275+*	*400+*
Nursing or Long Term Care	2%	*150+*	*200+*
Palliative or hospice care	2%	*150+*	*200+*

Question 17 (Dec 2020 HAMV Survey)

Older Adult services focused on daily living assistance also expected to increase

- *Across the Island, need for these assistive services are highly related to lower income ranges.*
- *Island-wide, usage of Meals on Wheels, food pantry etc. increases with age as well.*

Assisted Services	% of Older Adults in Edgartown who have need in the next 2 years	*2021-2022 Estimated # of Older Adults Island-wide with need*	*2030 Conservative estimate of Older Adults Island-wide with need*
Obtaining housing/ shelter	3%	*200+*	*300+*
Food, fuel, utilities	5%	*350+*	*500+*
Non-emergency transportation	6%	*400+*	*600+*
Notarizing, filling out applications etc.	4%	*350+*	*500+*
The Lift	3%	*200+*	*300+*
Direct financial assistance	3%	*200+*	*300+*
Meals on Wheels, Food Pantry etc.	5%	*400+*	*600+*

Question 17 (Dec 2020 HAMV Survey)

Specialty services to support Older Adults also on the rise and some may be under reported

- *Across the Island, reported usage of Elder Abuse services trails national elder abuse statistics.*
- *Island-wide, reported usage of Veterans Services is about 50% of the Island Veteran population.*

Service	% of Older Adults in Edgartown who have need in the next 2 years	*2021-2022 Estimated number of Older Adults Island-wide with need*	*2030 Conservative estimate of Older Adults Island-wide with need*
Veterans Services	4%	*200+*	*300+*
Employment Services	2%	*150+*	*200+*
Behavioral Health Services	4%	*275+*	*400+*
Disability Services	3%	*200+*	*300+*
Elder Abuse/Domestic Violence Prevention Programs	2%	*100+*	*150+*

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Question 17 (Dec 2020 HAMV Survey)

Higher percentage of Older Adults using lifestyle services and express an appetite for more

- *Across the Island, females, lower incomes and 75+ age ranges more likely to use technology assistance.*
- *Island-wide, participation in fitness programs slightly decline with age and income <$25K.*

Services	% of Older Adults in Edgartown who have need in the next 2 years	*2021-2022 Estimated number of Older Adults Island-wide with need*	*2030 Conservative estimate of Older Adults Island-wide with need*
Assistance with technology	16%	*1,000+*	*1,350+*
Educational or recreational activities	18%	*1,200+*	*1,500+*
Fitness programs	22%	*1,600+*	*2,100+*
Holistic therapies	14%	*1,000+*	*1,350+*

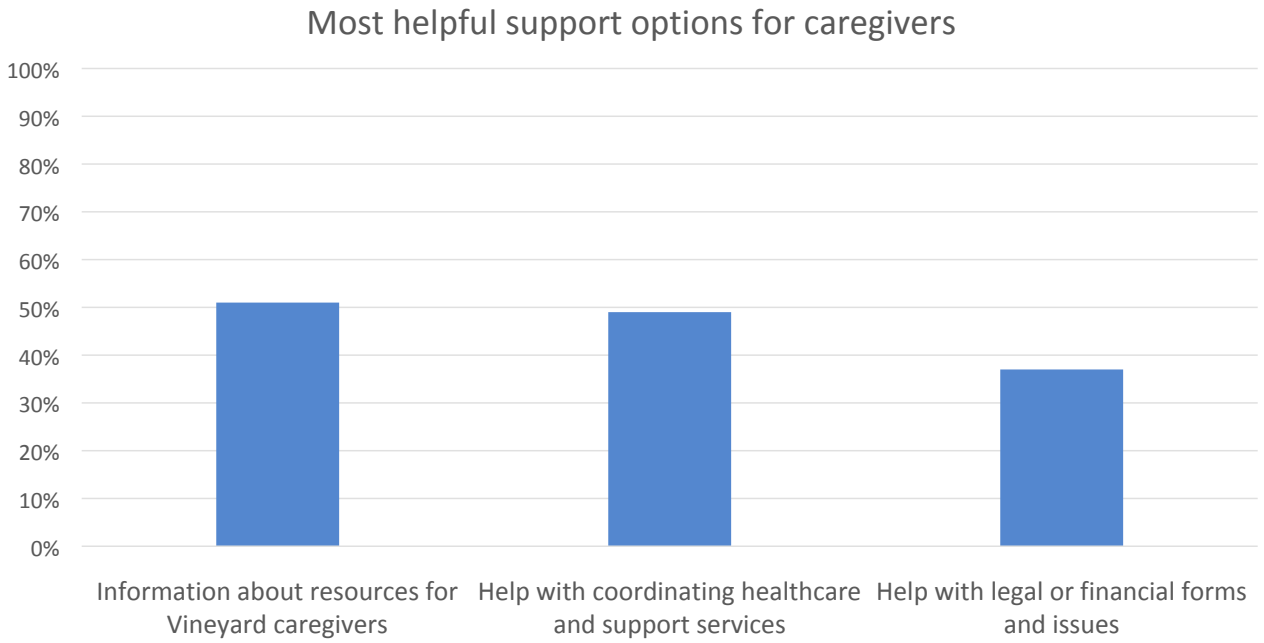
Question 17 (Dec 2020 HAMV Survey)

Top 3 resource needs of caregivers in Edgartown = INFORMATION regardless of age or gender

"Services on MV are fantastic but there is a critical need for workers."

"Available medical equipment on Island."

"Thank God for Vineyard Healthcare Access."



Question 47 (Dec 2020 HAMV survey)

Edgartown infrastructure

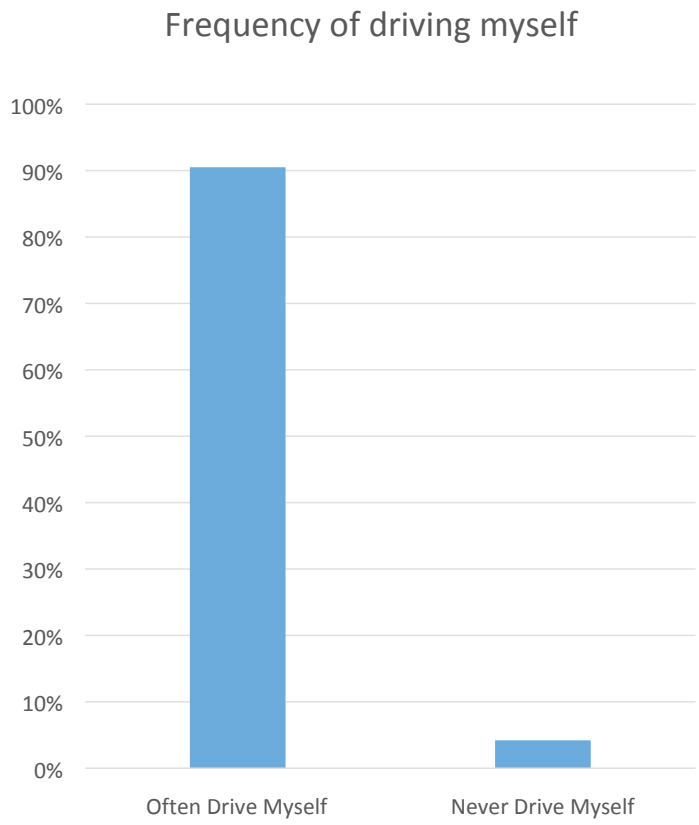
Older Adult transportation behaviors reveal a love affair with one's car and limited use of alternative transportation solutions.

Our cars = our lifeline

- Almost 9 out of 10 Edgartown Older Adults report that they "often" drive themselves and continue to do so as they age.
- *Island-wide, it isn't until 85+ that the % of those who "never drive myself" begins to increase (and rely on others to drive them).*
- *By 95+, a minority are still driving themselves "often".*

"But driving is more than just a passion or a pastime: It's a lifeline. Studies show that giving up driving increases a person's mortality risk and makes seniors more likely to land in nursing homes and suffer from depression."

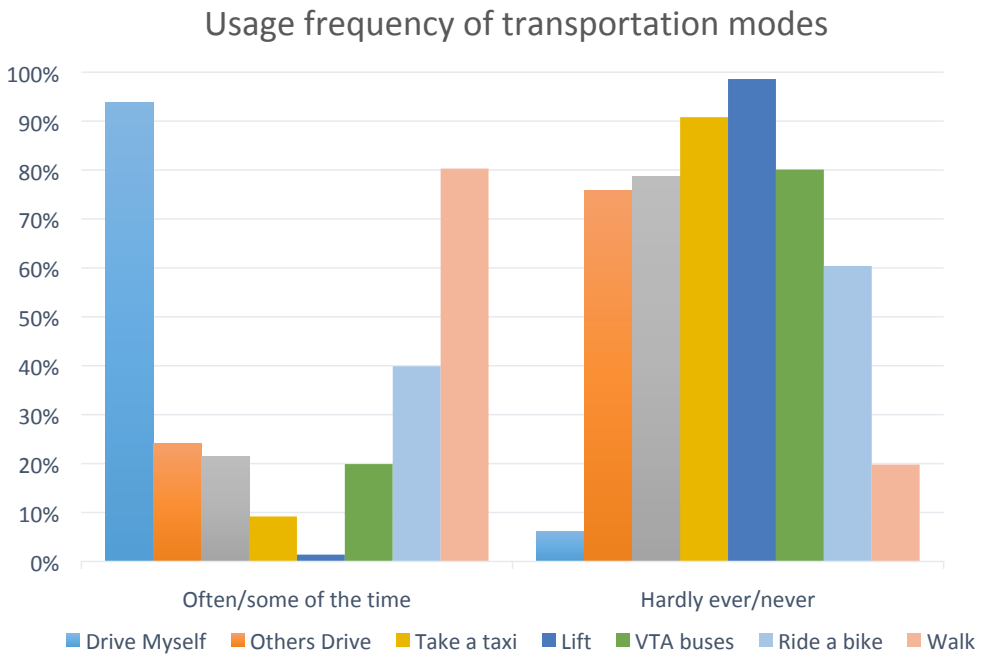
-Michael Tortorello, June, 2017



Question 30 (Dec 2020 HAMV survey)

Drive, walk or bike with minimal usage of other forms of transportation

- 1 in 2 Older Adults in Edgartown report that they “often” walk, and when including those who walk “some of the time” it increases to more than 4 out of 5.
- 2 in 5 also report biking “often” or “some of the time”.
- 1 in 5 use Park and Ride “often” or “some of the time”.
- Other forms of transportation are used infrequently or not at all by most Older Adults in Edgartown.

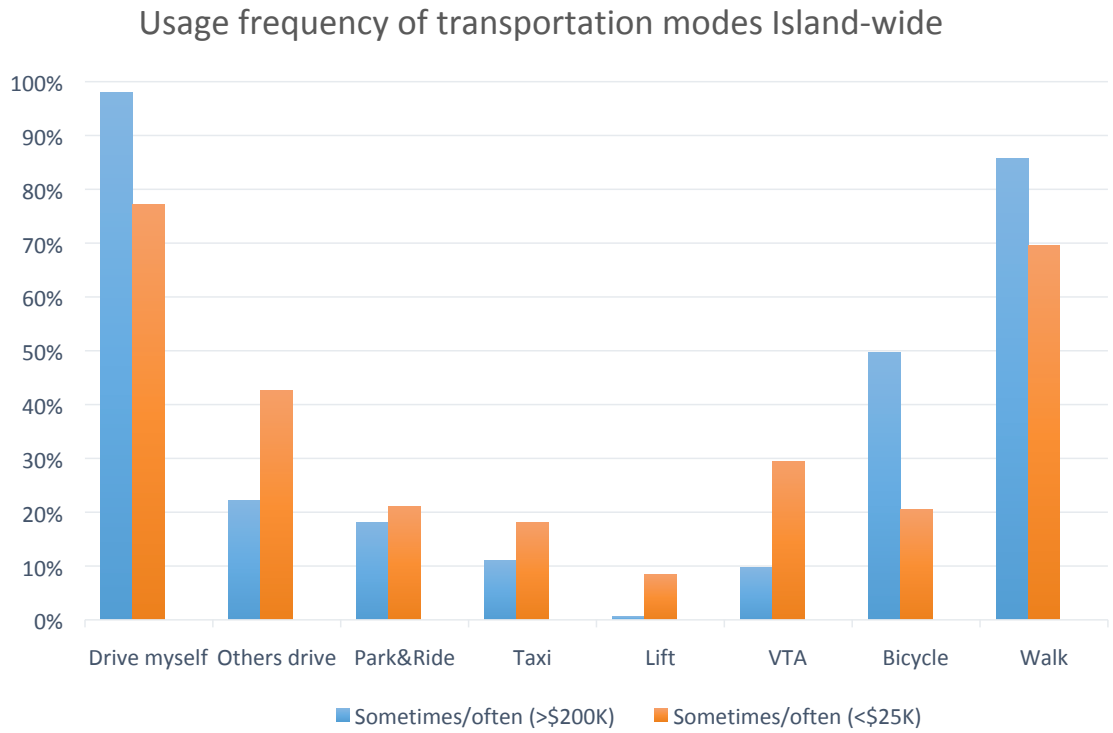


Question 30 (Dec 2020 HAMV Survey)

Island-wide, income impacts transportation mode mix

- *<$25K households drive themselves less often than all other income levels.*
- *Are more likely to rely on other transportation modes.*
- *And more often found transportation options delayed or unavailable in COVID (21% often/ sometimes versus 5% for >$200K).*

Question 30, 45 (Dec 2020 HAMV Survey)



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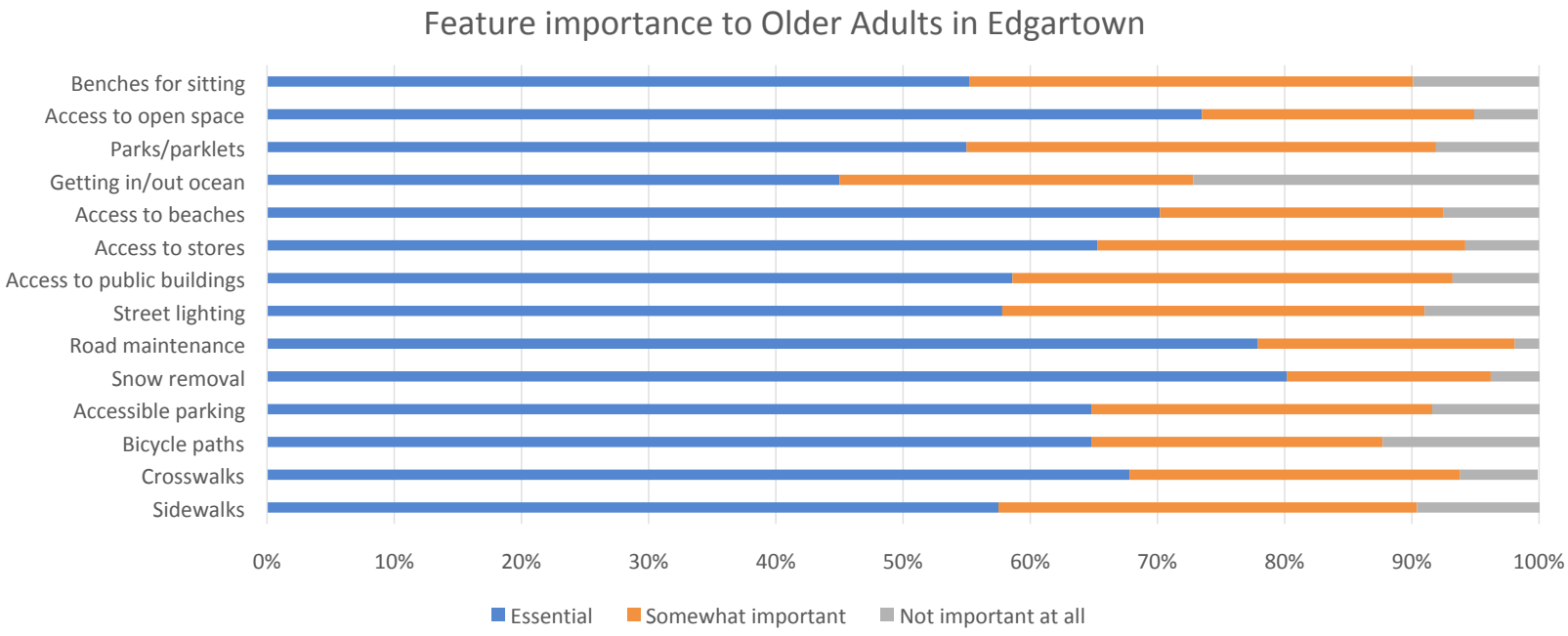
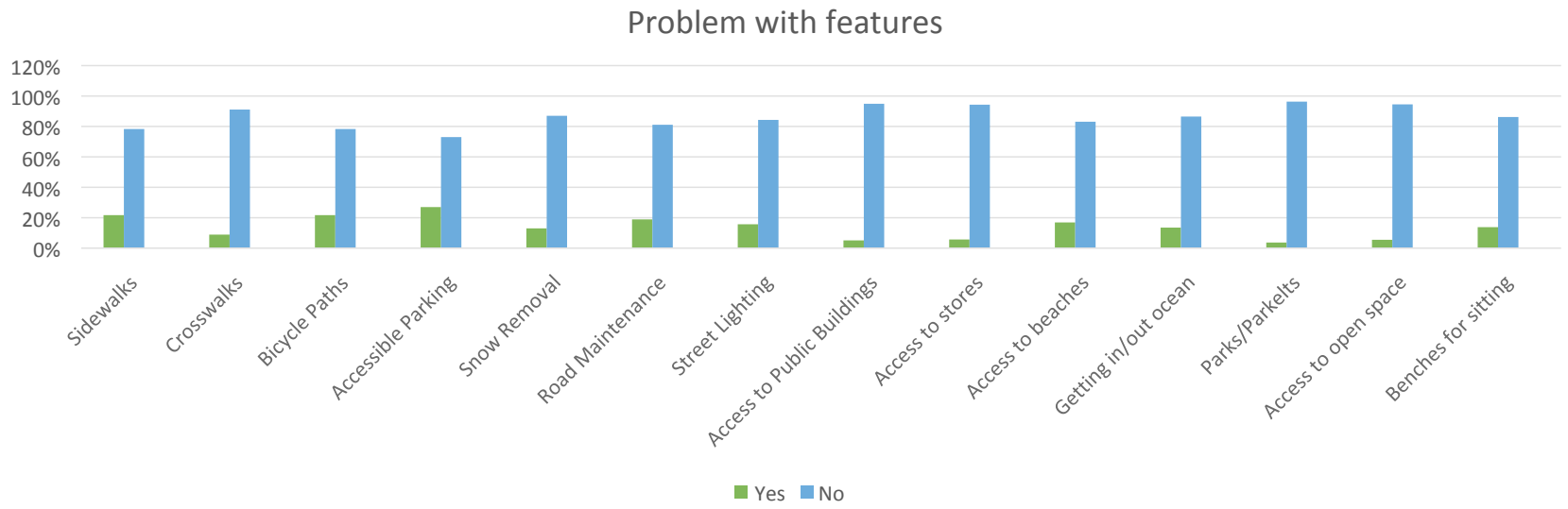
Infrastructure importance aligns with transportation preferences of Older Adults as well as access to nature



Question 28 (Dec 2020 HAMV Survey)

While the majority don't report problems with infrastructure, 1 in 3 cite accessible parking as an issue in Edgartown



"Of course high season presents logistical challenges – parking, crowds, access to downtown and public buildings."

"Sidewalks should be stumble-free and ADA compliant… Brick sidewalks in Edgartown are in desperate need of repair."

"I think accessibility is a key. There are lots of easy fixes and now is the time."

"The Steamship Authority is increasingly unreliable to get to off-Island doctor appointments."

Question 28, 29 (Dec 2020 HAMV Survey)

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Suggestions for improvement reflect what is important to Edgartown's Older Adults

Parking, especially in Edgartown, can be very difficult.	*Increase and improve public beach access, parking, and facilities.*	*Network of connecting bike paths/sidewalks island-wide, including Chappy and up-Island.*	*Something needs to be done about traffic at the triangle in Edgartown, especially in the summer.*	*The sidewalks in Edgartown are treacherous! They aren't level. I've fallen twice.*
Every bus stop should have a shelter with a bench. Lacking in Katama!	*Not all public buildings and spaces are handicapped accessible (ex. Town Hall from the road to front door).*	*Edgartown is lacking sidewalks and good street lighting especially away from Main Street.*	*Get bikes/e-bikes off the roads and sidewalks and onto bike paths!*	*Clearly marked lane lines and crosswalk diagonals… and enforce cars stopping at crosswalks.*
More picnic tables and benches in our public spaces and along hiking/walking routes	*Sidewalks in Edgartown are partially obstructed by private hedges and are hazardous, especially at night.*	*As caregiver for a wheelchair-bound spouse, I find the uneven brick sidewalks particularly difficult.*	*Litchfield Road on Chappaquidick is a public road and should be better maintained.*	*Improve signage on roads, trails, and bike routes including Chappy.*
Better maintain roads, bike paths, walkways -- clear snow, overgrown hedges, sand and debris.	*More clean, year round public bathrooms.*	*Reduce the number of cars/trucks.*	*Too difficult to get to the post office; Edgartown post office parking lot is dangerous!*	*The libraries are one of the best things the Island offers!*

Question 29 (Dec 2020 HAMV Survey)

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Island-wide, increased demand for alternative transportation options is looming and age-related

- *Across the Island, as Older Adults age, they are more likely to have experienced difficulty in receiving transportation services.*
- *The demand for transportation services across all ages will increase Island-wide.*

	Total	60-64	65-69	70-74	75-79	80-84	85+
Present difficulty in obtaining transportation	***4.30%***	*1.90%*	*2.00%*	*2.60%*	*4.70%*	***7.30%***	***15.30%***
Need for transportation in the next 2 years	***14.70%***	*7.90%*	*7.40%*	*10.50%*	***17.10%***	***27.70%***	***47.00%***

Question 48 (Dec 2020 HAMV Survey)

Across the Island, income and gender also impact usage/ need of transportation services

- *Island-wide, lower income Older Adults have more need now and in the future.*
- *Across the Island, women are more likely than men to have a need for transportation.*

	Total	<$25K	$25-$50K	>$50-$100K	>$100-$150K	>$150-$200K	>$200K
Present difficulty in receiving transportation	***4.30%***	*17.20%*	*8.60%*	*2.20%*	*1.60%*	*0.00%*	*1.10%*
Need for transportation in the next 2 years	***14.70%***	*29.70%*	*23.00%*	*13.50%*	*11.60%*	*4.90%*	*5.10%*

Question 48 (Dec 2020 HAMV Survey)

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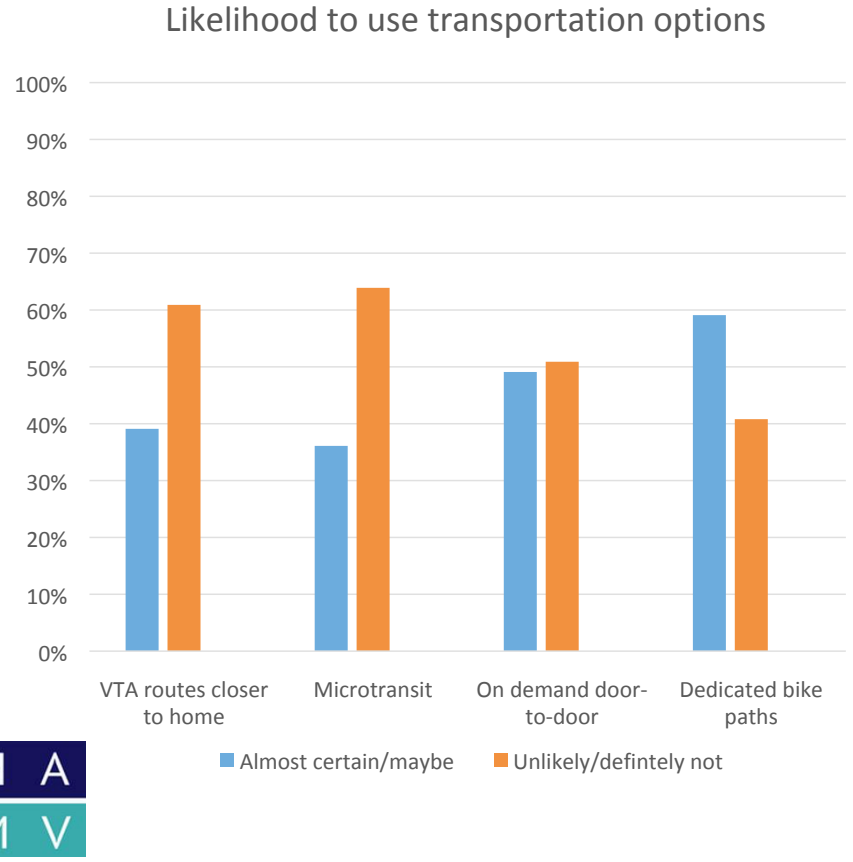
Edgartown's Older Adults express interest in other transportation options

- 2 in 5 "may" or "almost certainly" will use additional VTA fixed routes (closer to home) if available – more than twice the number of Older Adults who report current usage of the VTA.
- *Across the Island, lower income households are more likely to consider new alternative transportation options.*
- *Common theme of greater convenience resonated with Older Adults Island-wide (closer to home, on demand, etc.).*
- *In all towns, limitations of current bike paths a sore point for Older Adults and impacting usage.*

Question 31 (Dec 2020 HAMV Survey)

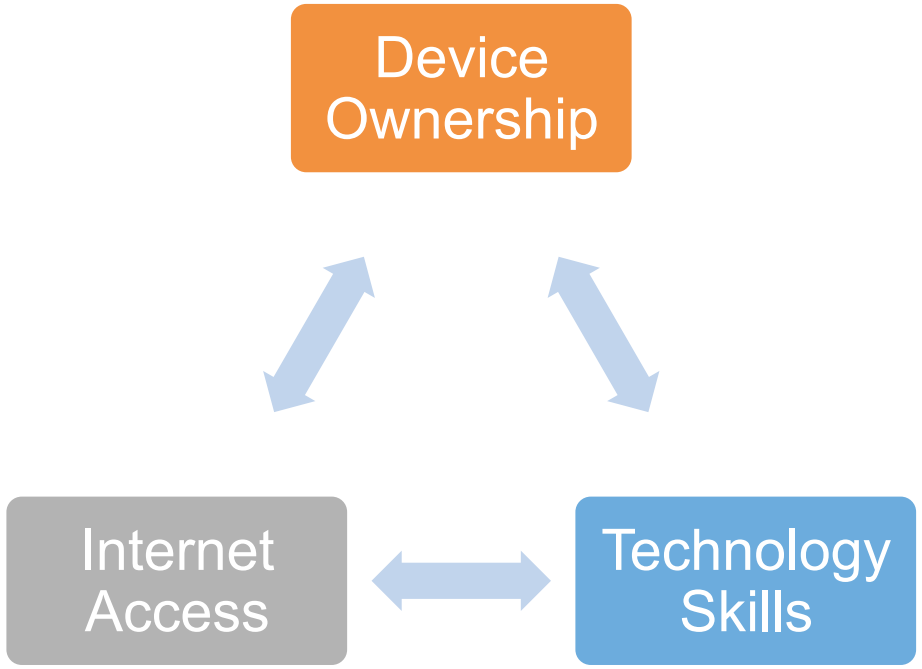


How Older Adults in Edgartown connect

Technology usage abounds, although Older Adults in Edgartown need support to keep current and expand their expertise and confidence.

The Technology Trinity - Optimization is the opportunity

- While device ownership is high, it is unclear how much these various devices are actually being used or how fit-for-purpose they are.
- Internet access is reported by 9 out of 10 respondents, although this may occur via their smartphones and the quality is unknown.
- Older Adults want to stay current and are looking to strengthen their technology skills.



Questions 21, 22, 24 (Dec 2020 HAMV survey)

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Device ownership high amongst Older Adults in Edgartown

Overwhelming majority of respondents in Edgartown have a smartphone.

Penetration of landline phones, televisions, computers, and tablets is very high, with almost 9 out of 10 households reporting such device ownership.

There was minimal acquisition of devices since COVID, with less than <2% of respondents making a purchase in any category after March 2020.

Overall,12% reported having a medical alert button, although this increases for those 85+.

Question 21 (Dec 2020 HAMV survey)

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M V

Technology ownership and access differ by age and income for all towns

85+ age group	*<$25K income levels*	*Reasons for not having Internet access*
• *Almost 15% of respondents do not have internet in their homes versus 95% for other age groups.* • *More likely to have a flip phone versus a smartphone.*	• *Almost 20% of respondents do not have internet access in their homes.* • *They are less likely to have devices than other income categories.*	• *No need.* • *Too expensive.* • *Don't know how to get started.* • *Poor reception.*

Questions 21, 22, 23 (Dec 2020 HAMV survey)

H A
M V

Across the Island, Older Adults express a desire to learn more and some feel insecure about technology skills

*Almost **9 out of 10** respondents report awareness of digital devices, enjoyment using them, and are comfortable doing so.*

*Almost **1 in 3** admit they feel uncomfortable when others talk about digital technologies; this increases to almost **1 in 2** for those over 85+ and with incomes <$50K.*

***4 in 10** feel behind their peers in digital technology usage.*

***9 in 10** Older Adults are willing to learn more about digital technologies and feel it is important to do so.*

Questions 24 (Dec 2020 HAMV Survey)

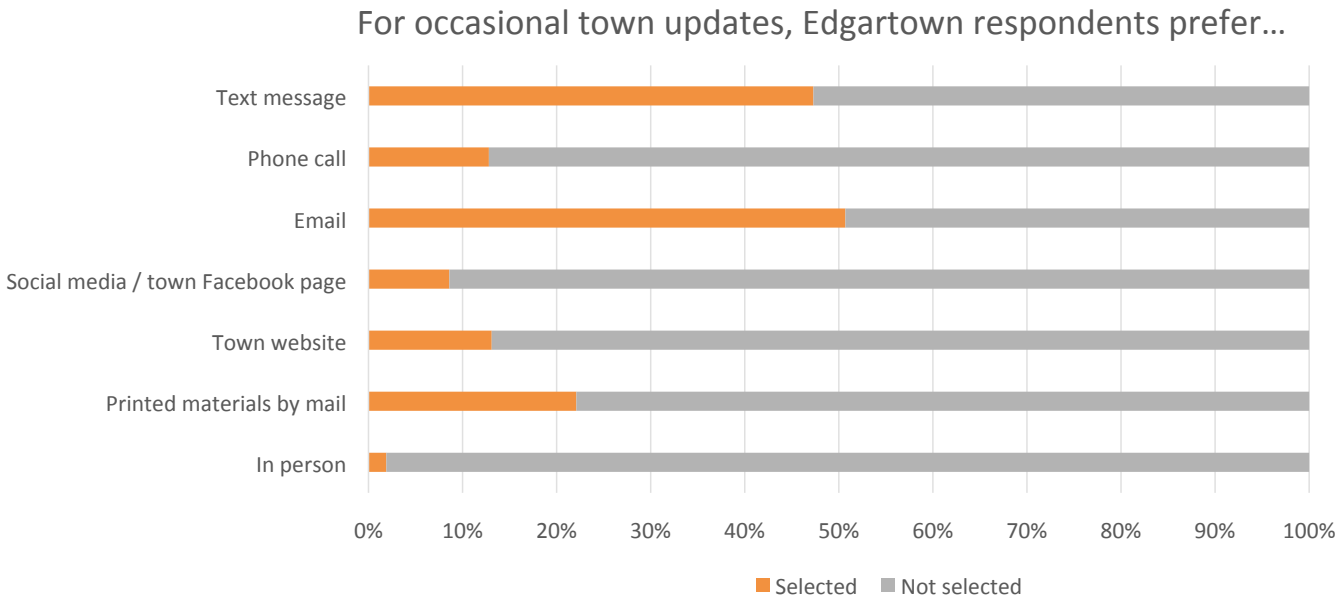
Communication preferences reflective of devices owned, technology people are comfortable with, skill level, and the level of perceived digital/social isolation

Different strokes for different folks.	*Preferences regarding communication from towns depend on age and the type of information being disseminated.*	*To be truly inclusive, must do them all.*

Questions 24, 25 (Dec 2020 HAMV Survey)

H A
M V

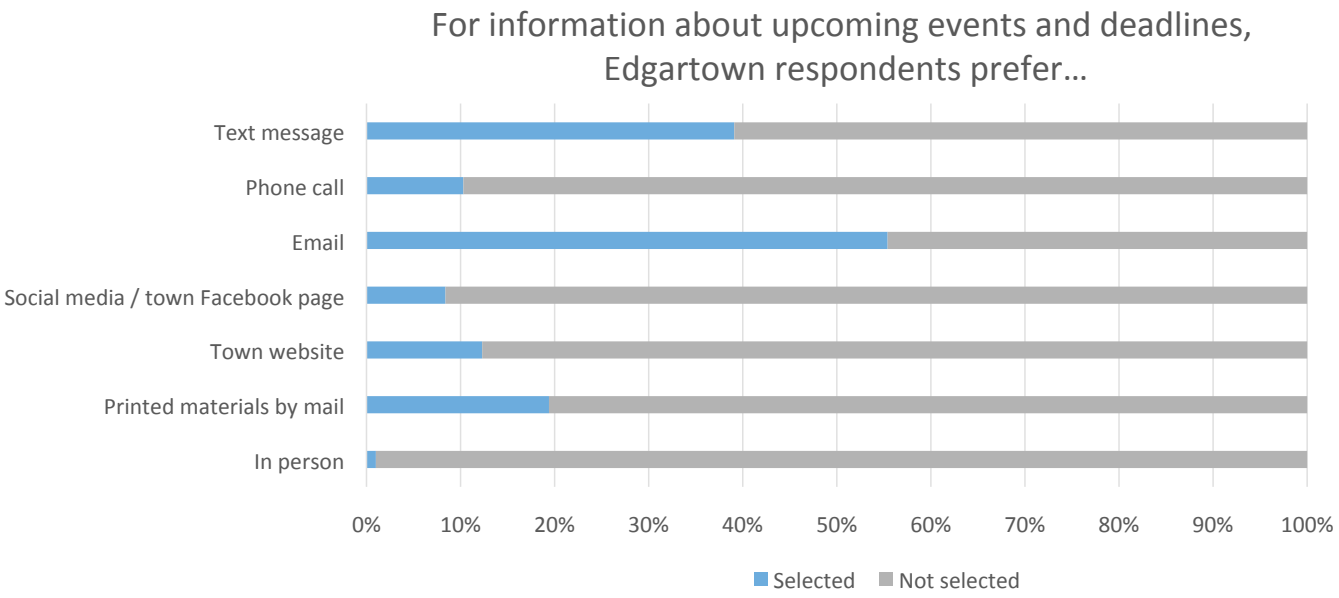
For occasional town updates Older Adults in Edgartown prefer email, text messages, and printed materials by mail



- In Edgartown, email and text message were the most preferred channels for occasional town updates.
- *Island-wide, for respondents who are 85+, 1 out of 2 prefer to receive occasional updates via email and/ or printed materials by mail.*
- *Across all towns, 1 out of 3 85+ prefer a phone call.*

Question 25 (Dec 2020 HAMV Survey)

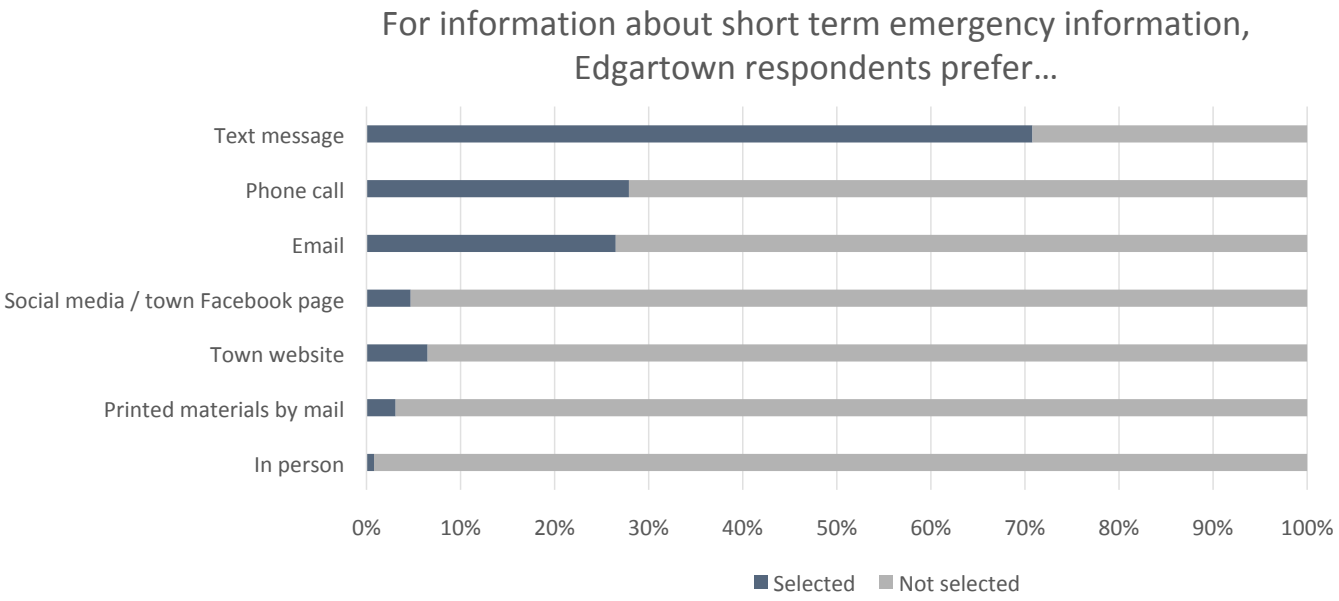
For information about upcoming events and deadlines, Older Adults prefer email although text messages, phone calls, and printed materials important to some



- 1 in 2 prefer email communication.
- 2 in 5 prefer text message and 1 in 5 prefer mail.
- *Across all towns, phone calls and printed materials more important for 85+, <$25K, and Black respondents.*

Question 25 (Dec 2020 HAMV Survey)

Text messages, phone calls, and emails best for short term emergency information



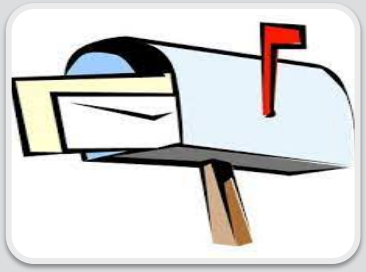
- For emergencies, 7 out of 10 respondents prefer text communication.
- 1 in 4 prefer a phone call and/or email.
- *However for 85+ across all towns, even more prefer a phone call.*

Question 25 (Dec 2020 HAMV Survey)

Communication preference depends on age and information type

Text message is top choice for emergency communication for more respondents (except 85+).

Phone calls important for emergencies especially for respondents who are 80+.



1 in 5 want to receive occasional updates and information about deadlines and events by mail (even higher among Black respondents and those with incomes <$25K).

Email is top choice for occasional town updates and information about upcoming events & deadlines.

Question 25 (Dec 2020 HAMV survey)

H A
M V

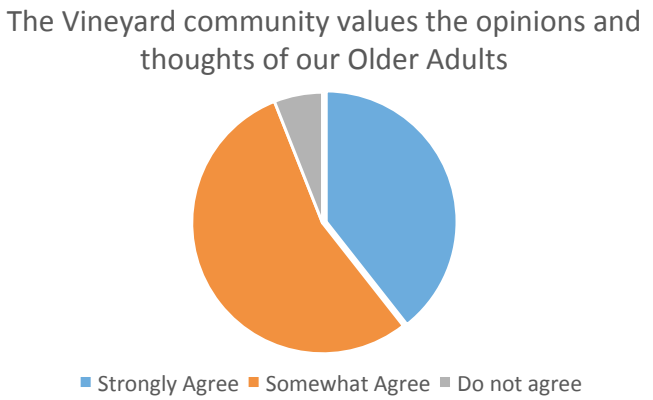
How our Older Adults in Edgartown feel

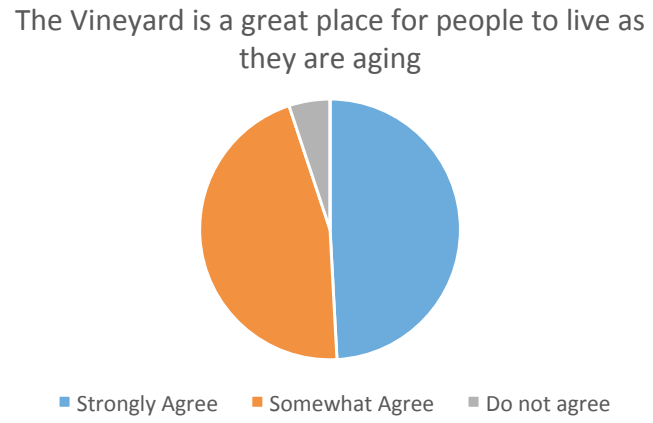
It's all relative.

Edgartown's Older Adults see themselves as (relatively) healthy and valued

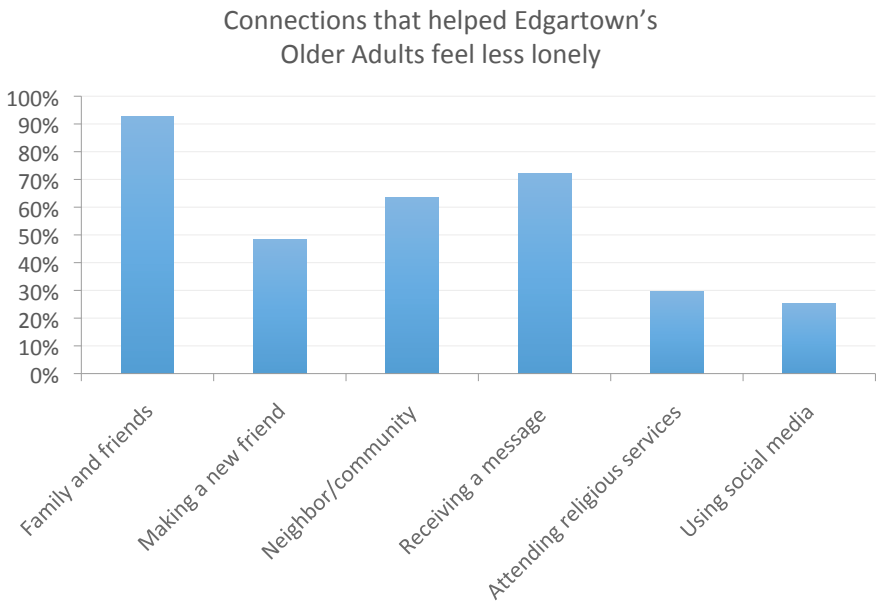
- 9 in 10 Older Adults in Edgartown rate their overall physical, oral and mental health as excellent or good as compared to "most people your age".
- However, 1 in 5 report mobility issues.
- The vast majority of Older Adults, regardless of age, feel valued by the Vineyard community.
- The responses to these two questions are almost identical to the 2015 survey responses.

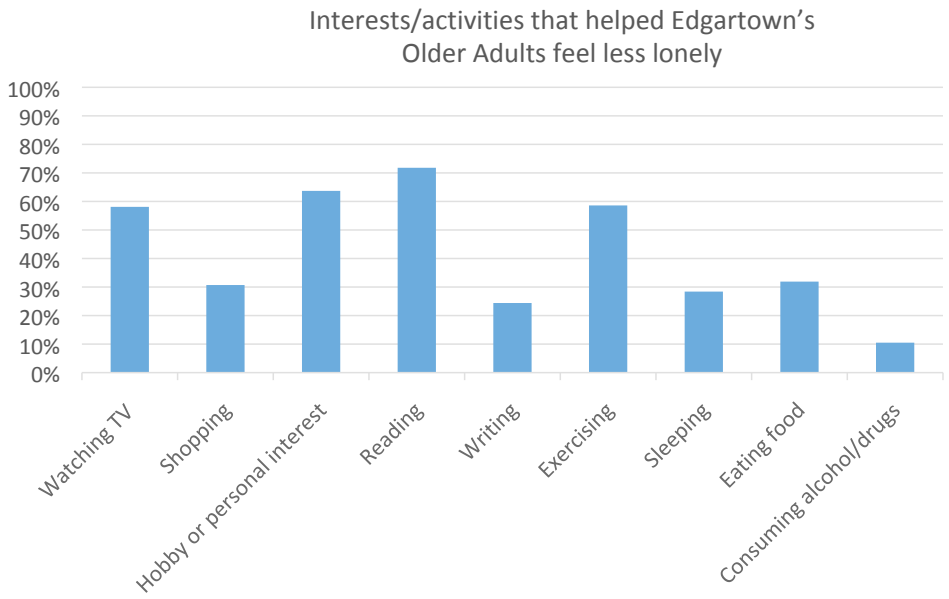
Question 33, 34, 35, 40, 41 (Dec 2020 HAMV survey)





Most Older Adults in Edgartown sought connection to feel less lonely





Island-wide, 9 in 10 Older Adults found comfort in communicating with friends and family.

Across the Island, older, female, and Black respondents more likely to indicate that religious services abated loneliness.

Across all towns, 4 out of 5 Black respondents reported that watching TV helped abate loneliness.

Island-wide slightly more likely for men to admit they consume alcohol or drugs.

Question 27 (Dec 2020 HAMV survey)

H A
M V

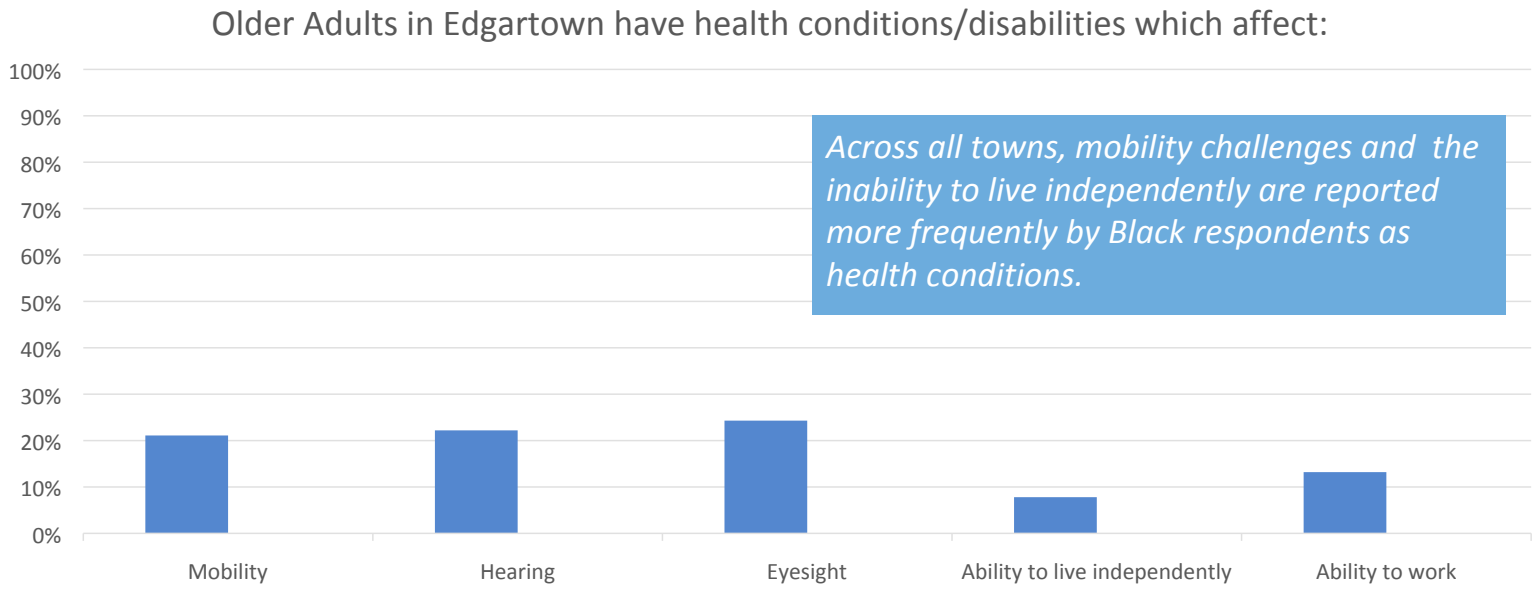
Older Adults describe a rich range of activities and means of staying connected…

"I don't feel lonely!"	*Walking and hiking the island's trails.*	*Singing and listening to good music!*	*Playing tennis and pickleball, cooking club, book club…*
Painting landscapes; contributing to community issues.	*Walking my dog.*	*Doing Duolingo in Spanish.*	*AA on Zoom.*
Making art since 12 years old.	*Fishing with two friends.*	*Gardening, watching birds, cooking, walking with friends.*	*Working from home as a consultant engineer.*
Meditation.	*I do not feel lonely. I have a wonderful husband.*	*My life is pretty complete.*	*Farm life – taking care of the hens and egg production, vegetable gardening.*

Question 27 (Dec 2020 HAMV Survey)

H A
M V

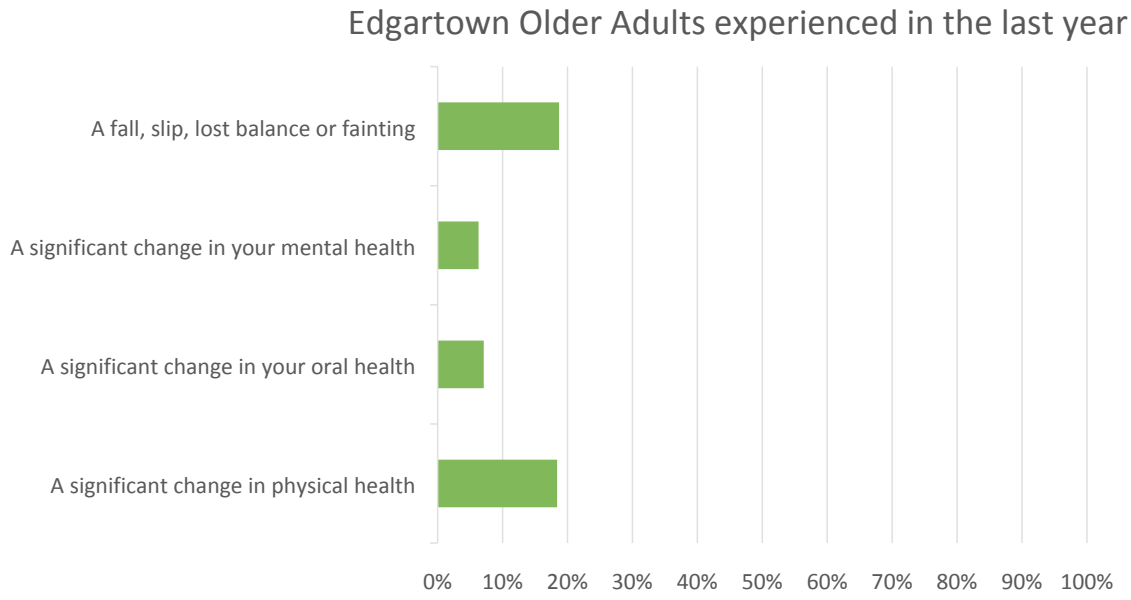
Health conditions increase with age, with mobility; hearing and eyesight similarly affected



Question 37 (Dec 2020 HAMV survey)

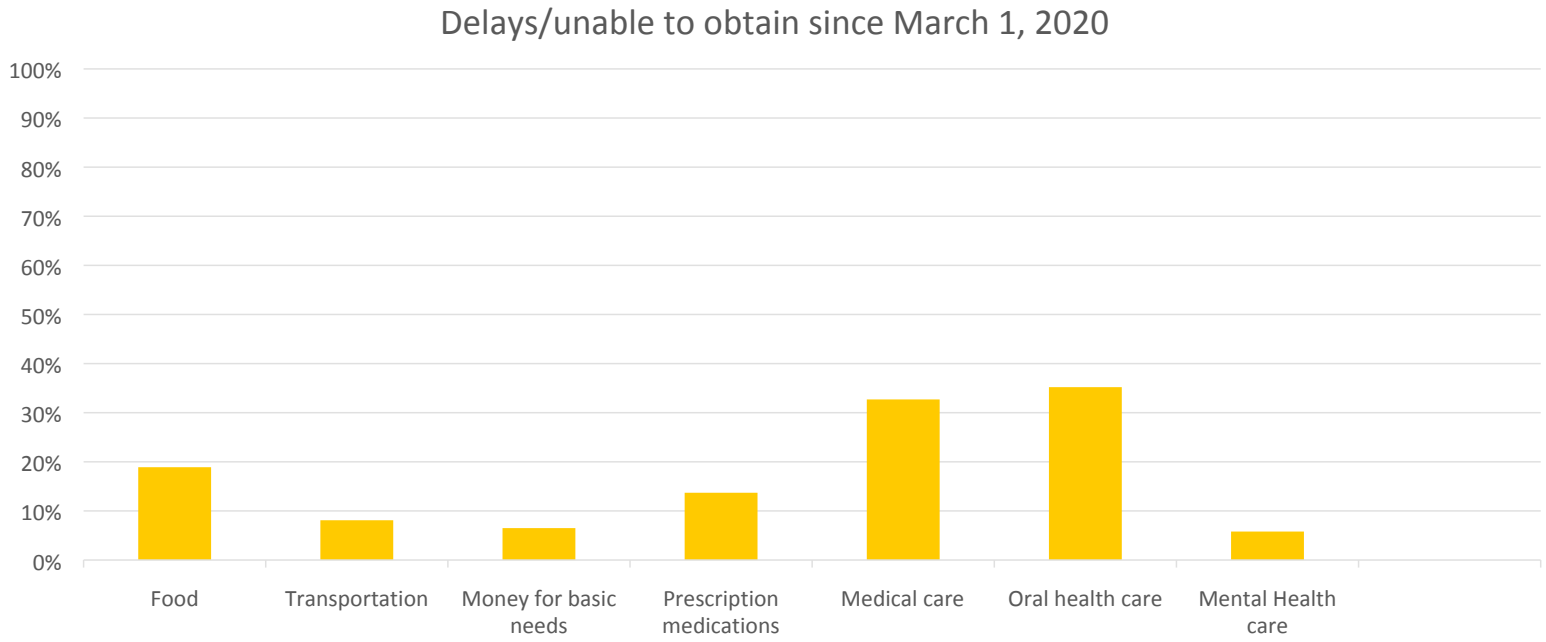
Across all towns, frequency of falls and changes in physical health increase with age

- Changes in physical health were reported by 1 in 5 Older Adults in Edgartown, surpassing changes in oral or mental health.
- *Almost 20% reported a fall in the last year, which increased significantly for older adults 85+ Island-wide.*



Question 38 (Dec 2020 HAMV survey)

1 in 3 experienced delays in obtaining oral health or medical care during COVID, *although it was less so for those 75+ Island-wide*

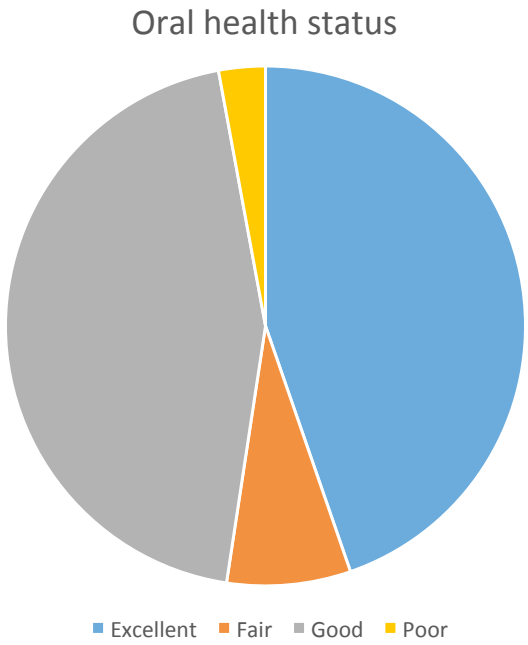


Question 45 (Dec 2020 HAMV survey)

H A
M V

Age and income matter when it comes to oral health and care

- *Across the Island, 75+ Older Adults are more likely to rate their oral health as good or fair (rather than excellent) than for other age groups.*
- 7% respondents from Edgartown report a significant change in oral health in the last 12 months.
- 11% do not have a dentist, *although this increases for 85+ and those with incomes <$50K across all towns.*
- Of those who do have a dentist, 62% have a dentist on-Island, 21% on the Cape or in Boston and 17% off-Island elsewhere.

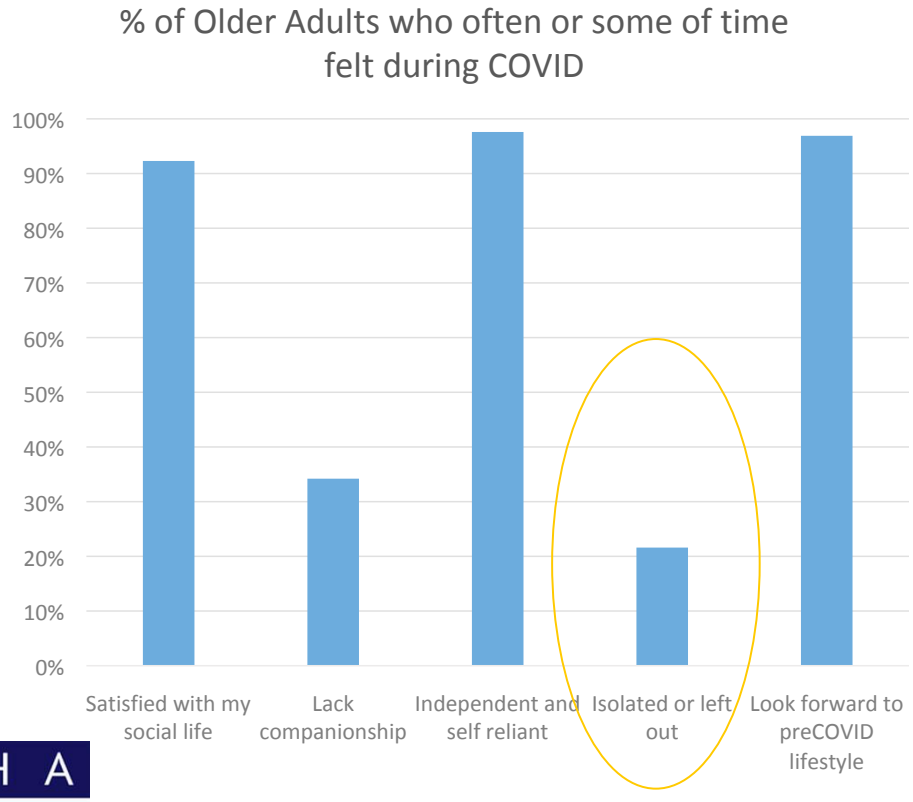


Questions 34, 36, 38 (Dec 2020 HAMV Survey)

Most Older Adults in Edgartown found a way to stay socially connected during COVID

- Older Adults found a way to make it work and fell socially connected, independent and self-reliant often or at least some of the time.

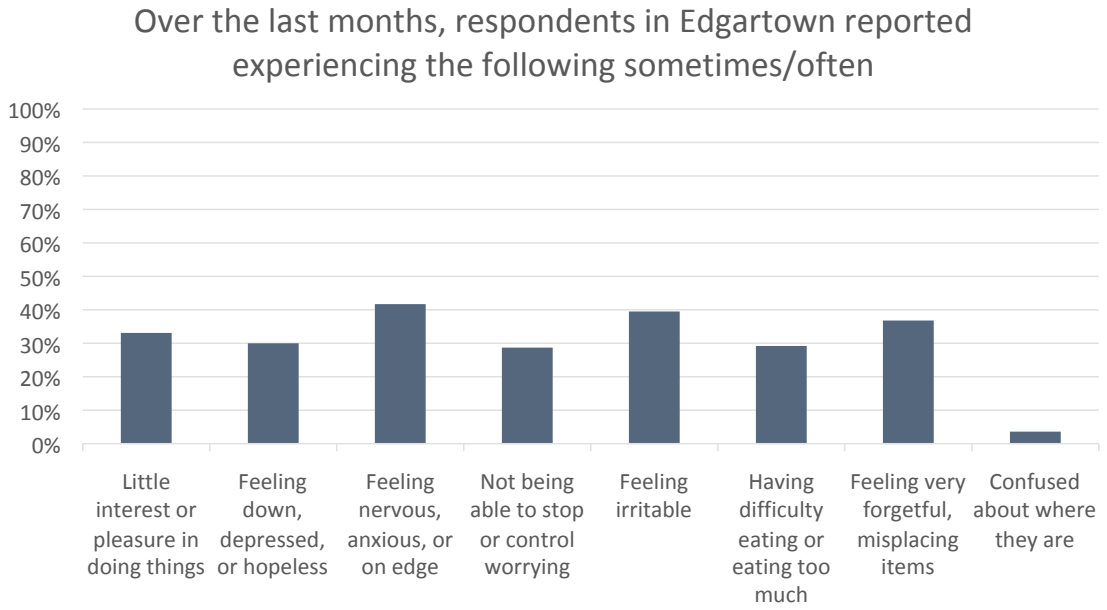
- *Island-wide, those with incomes <$25K were more likely to express a lack of social connection during COVID.*



Question 26 (Dec 2020 HAMV survey)

But COVID has taken a toll, particularly on Older Adults with lower income

- 1 in 3 Older Adults in Edgartown report evidence of stress.
- *Across all towns, those with annual incomes <$50K reported more evidence of stress.*
- *Island-wide older respondents reported to weather the emotional storm better than average though feel more forgetful and confused about where they are.*



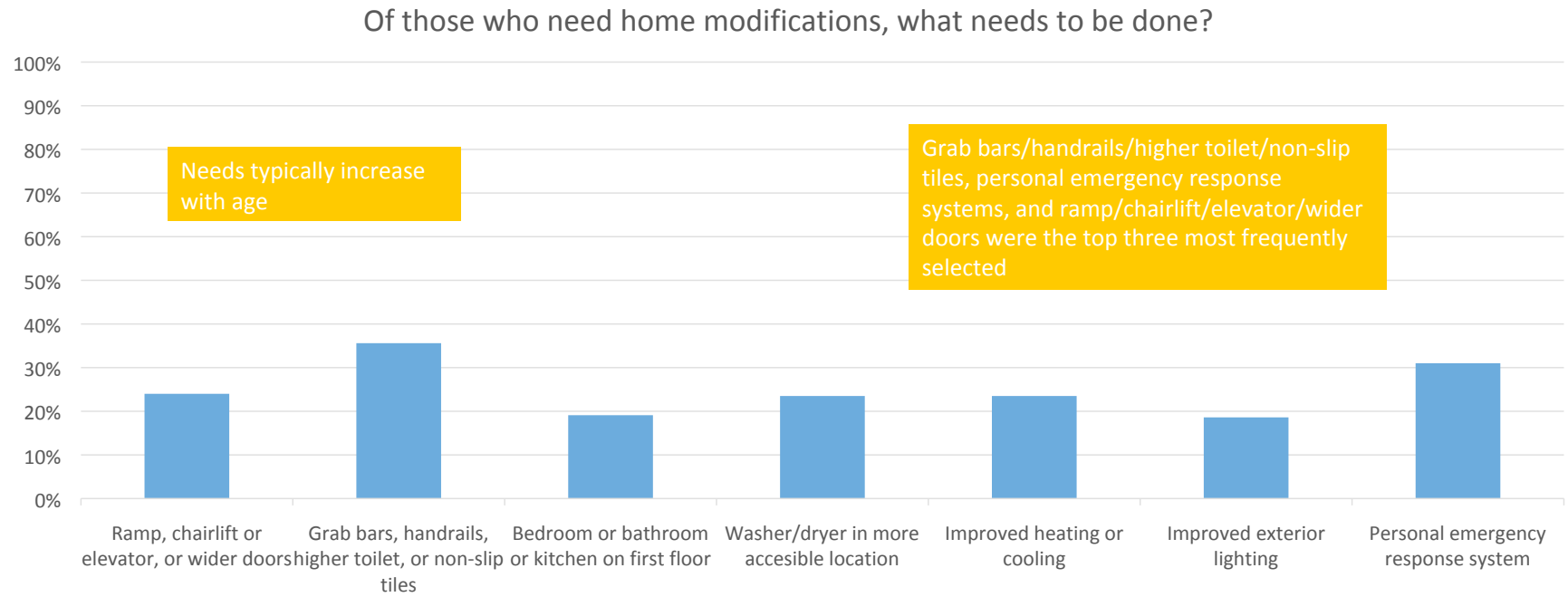
Questions 39 (Dec 2020 HAMV survey)

Edgartown's Older Adults looking ahead

More will need more.

H A
M V

Although most Older Adults in Edgartown want to age in place, 2 out of 5 report that modifications to their homes are necessary



Question 8 and 53 (Dec 2020 HAMV survey)

H A
M V

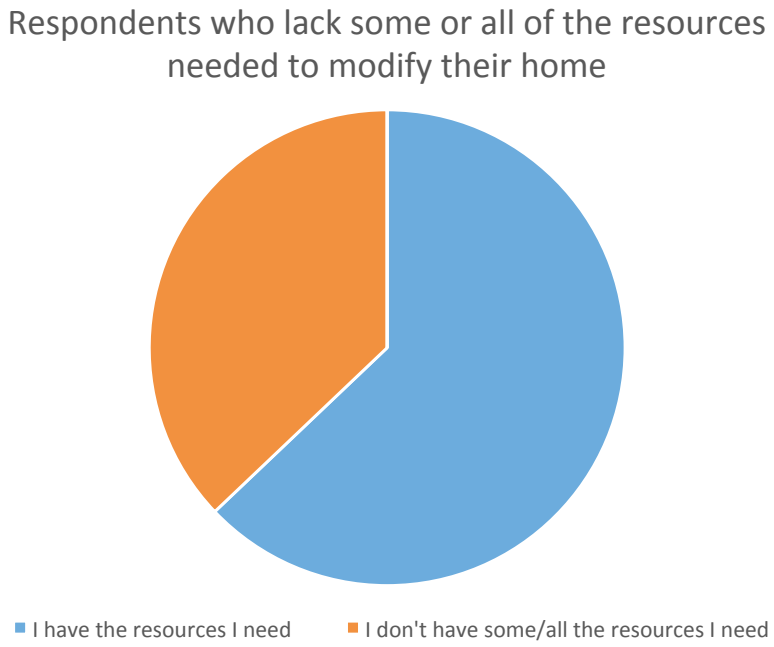
Older Adults in Edgartown also reported needing home modifications within the next two years such as:

- Other home safety modifications: walk in shower, generator, alarm system, banister, interior lighting, vehicle access
- Conveniences that become necessities: washing machine and dryer
- Caregiver residence
- Other basic home repairs including: roofing, siding, painting, windows, plumbing, porch railings, exterior stairs
- Bathroom renovation, electrical updating

Question 53 (Dec 2020 HAMV Survey)

H A
M V

2 in 5 Older Adults in Edgartown who need to make home modifications lack some or all of the budget to do so



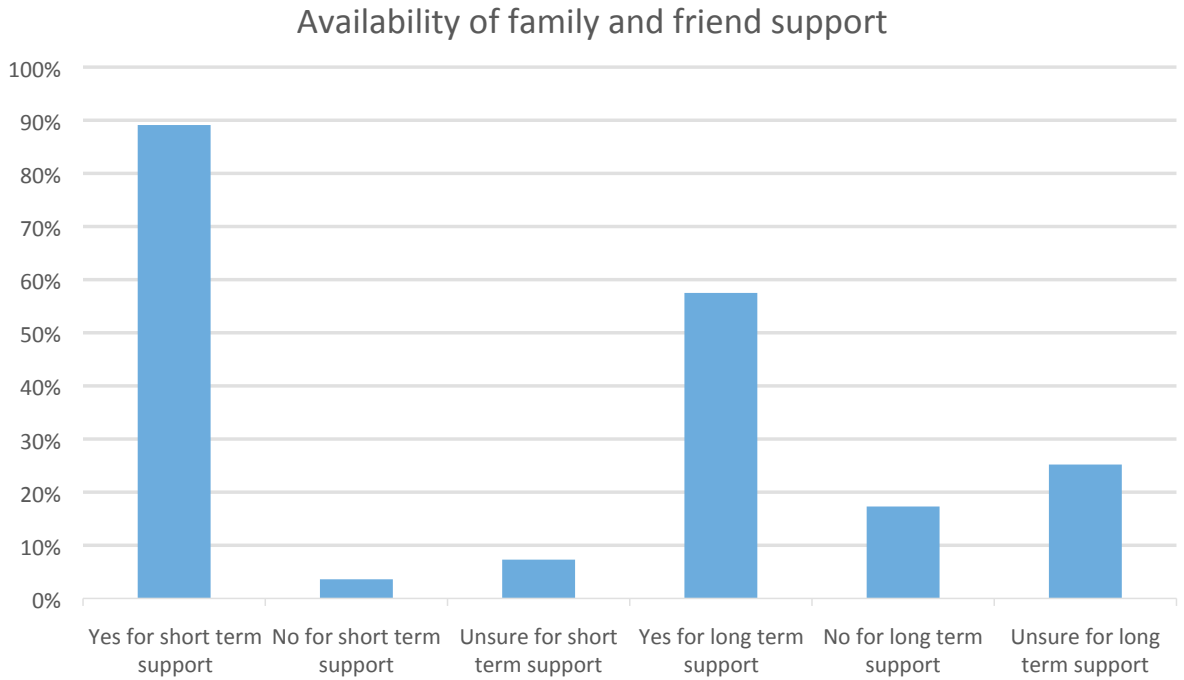
- *Across all towns, 4 out of 5 respondents with <$25K in annual income lack some or all of the funds needed to modify their homes.*
- *Island-wide 2 out of 3 who have <$50K in annual income lack some or all of the funds needed.*

Question 54 (Dec 2020 HAMV survey)

H A
M V

Family and friends are a safety net for short term emergencies, however almost 1 out of 2 in Edgartown uncertain on longer term support

- *Island-wide, similar safety net availability for all age ranges.*
- *Across all towns, lowest income <$25K less likely to have short or long term support network.*
- *Island-wide, females slight less likely to have long term support network in place.*



Questions 49 and 50 (Dec 2020 HAMV survey)

Older Adults describe long term support needs “in their own words” although many not able to visualize what they might be

“Respite care as I am a caregiver for my husband.”

“Assisted living or senior facility with home services.”

“Help with shopping and getting around.”

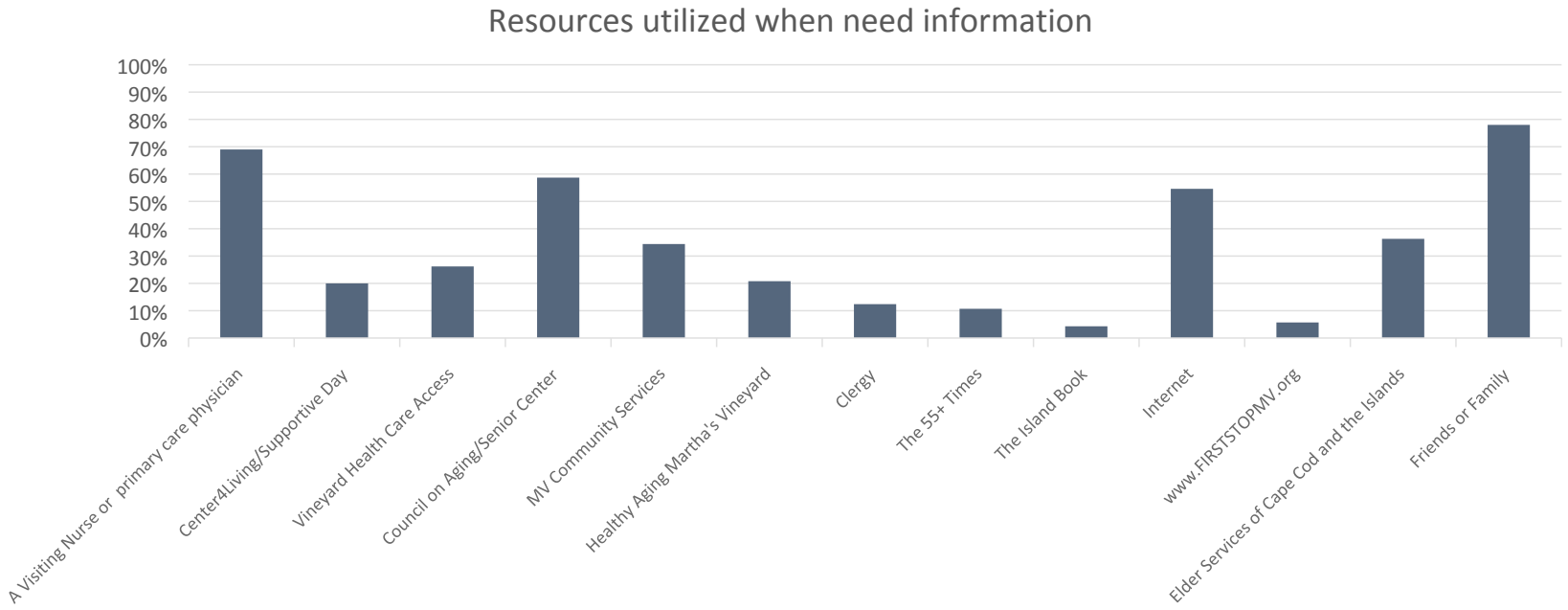
“I might need cognitive help. Both my parents had dementia.”

“Hopefully nothing, would like to drop dead suddenly on the tennis court after winning the match.”

Question 51 (Dec 2020 HAMV Survey)

H A
M V

Older Adults in Edgartown most often turn to family and friends, physicians or nurses, COAs, and the Internet for information on services

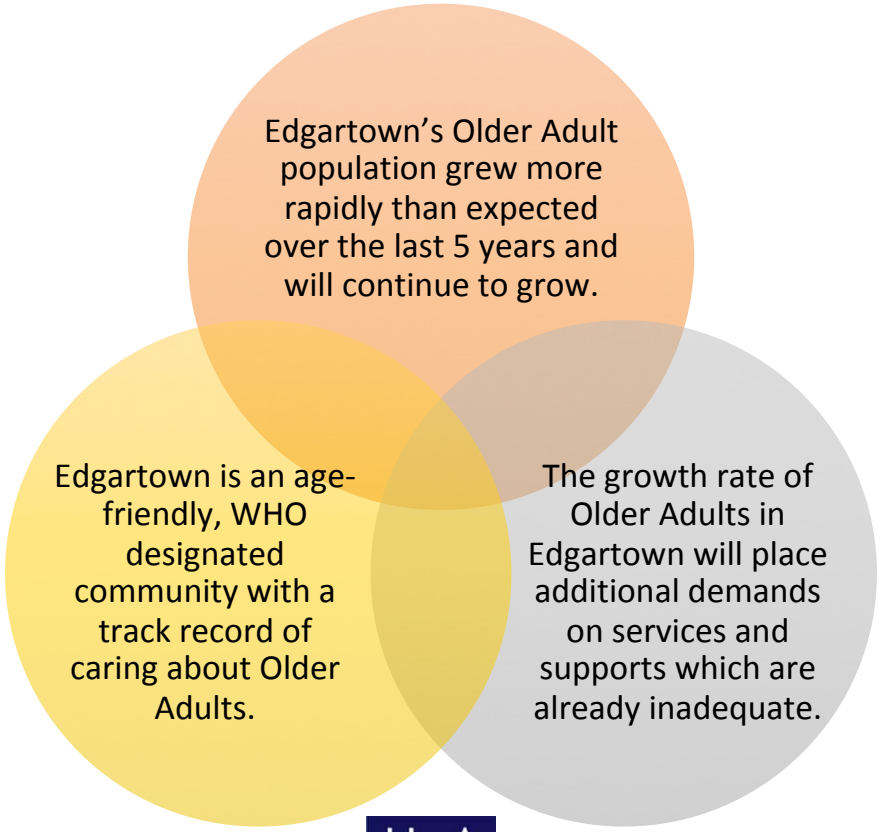


Question 52 (Dec 2020 HAMV survey)

Key takeaways – findings and implications for Edgartown and the Island

A wonderful place to grow old, but not without challenges – especially for some.

Edgartown and its Older Adult community



H A
M V

(Dec 2020 HAMV Survey)

What our survey data tells us about our Older Adult needs

Older Adults aspire to be:

- Self-sufficient
- Independent
- Socially connected
- Engaged with family, friends and the community
- Active

As we age we need:

- Access to food/ healthcare
- Modifications to age-in-place (home, transport)
- Robust support network for serious and lengthy illnesses
- Lifestyle options to optimize well being
- Financial support (for some)

Older Adult Service and Infrastructure:

- Available
- Accessible
- Affordable
- Inclusive
- Just-in-time
- Coordinated
- Streamlined and multi-channel communications

Island-wide survey summary at a glance

Older adults are here to stay, want to age in place, in single family homes.

Many will need home modifications and over half lack the resources and/or know how to do so.

Most perceive the Vineyard as a great place to age, appreciate the natural assets of the island, and feel valued.

While interested in alternatives, cars are the primary mode of transportation, with some walking and biking as well.

Older Adults are an invaluable asset to our community (500+ FTE volunteer, $28M). Many are actively engaged in community and want to do more.

COAs are utilized by 3 in 10, skew older with Black respondents more likely to participate.

Older Adults see their health as good/excellent relative to their peers, but this decreases with age/income level.

1 in 3 have acted a caregiver and need access to more information/support.

COVID impacted access to health care and took some toll on emotional/mental wellbeing but a theme of resiliency overall.

Some Older Adults have difficulty obtaining basic support and services now and needs will increase 2X at a minimum.

The technology trinity – access, device ownership and skills – are the foundational elements for effective usage by Older Adults.

(Dec 2020 HAMV Survey)

H A
M V

Across all towns, our primary focus needs to be on vulnerable populations and those with unexpected changes in circumstance

Vulnerable populations with ongoing need

- *85 and older age groups.*
- *Those with incomes <$50K (1 in 3), particularly <$25K.*
- *Live alone (1 in 3).*
- *Caregivers (1 in 3).*
- *Socially and digitally isolated.*
- *Physically impaired (mobility and/or cognitively).*

Moments that matter that require assembling a support system quickly

- *Serious medical diagnosis.*
- *Death of a partner or family member.*
- *Decline in financial position or unexpected costs.*
- *Unanticipated disasters (flooding, hurricanes, pandemic).*

(Dec 2020 HAMV survey)

H A
M V

HAMV key priorities for an aging friendly Island

Ensure that the essential services Older Adults need and the workforce necessary to provide them are in place.

Expand Older Adult transportation options and raise awareness of these options.

Centralize critical information sources that are fit-for-purpose with demographic preferences in mind.

Support digital equity and inclusion for Older Adults focusing on ongoing education/assistance.

Expand opportunities for community engagement (coordinated volunteer program, time banking, educational programs etc.).

Address Older Adult safety/accessibility regarding infrastructure (roads, sidewalks, bike paths, beaches) to support their lifestyle aspirations.

(Dec 2020 HAMV survey)

H A
M V

The human side of the numbers

Meet four Older Adults who represent each age range.

Jane, 63

"The Council on Aging? I'm not old enough for that!"

Daily Life…

Jane has lived on the Island, at least part-time, for most of her adult life and owns a home in Edgartown. She works full-time for a company in Boston and volunteers on a weekly basis for the Island Food Pantry.

Jane is somewhat aware of the services on Island for older adults but does not use them or feel the need to.

On the weekends, Jane spends time exploring the trails, taking beach walks and FaceTiming with her grandchildren!

Looking ahead...

Jane plans to retire on the Island and it is very important to her to stay in her home.

She understands this might not be possible, and would consider moving off Island to be closer to family and a lower cost of living.

H A
M V

70%

of survey respondents 60-64 work for a non-Vineyard employer.

78%

of survey respondents 60-64 work to earn an income.

92%

of survey respondents, 60-64 have a smartphone.

337 respondents 60-64

Alan, 70

"I love being a part of this Island community!"

Daily Life…

Alan lives with his wife of 40+ years in Vineyard Haven. He is planning on retiring in the next few years and recently transitioned from working from full to part-time.

He and his wife have been active volunteers and enjoy attending the Island's lectures, performances, talks, and more. Alan sits on the board of the Boys & Girls Club and is an active town committee member.

Recently his wife received a diagnosis of dementia which may curtail in what he can participate in going forward.

Looking ahead...

Alan and his wife have no plans on leaving the Island unless they can't receive the support they will need as his wife's dementia worsens. While they were looking forward to sharing their retirement years in this beautiful place, Alan has some concerns about being far away from their adult children.

1 in 3

survey respondents 65-74 attend lectures, performances, art shows, author talks, cultural events.

1 in 5

survey respondents 65-74 serves on a non-profit or charity board or committee member.

67%

of survey respondents 65-74 live with a spouse or partner.

1122 respondents 65-74

Henry, 80

"*My greatest honor was to serve my country.*"

Daily Life…

Henry is a retired Veteran who lives in Oak Bluffs. Henry spends a lot of his free time volunteering with the local animal shelter and goes to the Council on Aging for lunch and occasional social activities (pre-COVID).

Henry's wife died last year and he has relied on fellow Vets and friends for emotional support, even though he keeps his feelings close to his vest. He lives alone in an old house "older than me!" which sometimes feels too big just for one.

Looking ahead...

Henry wants to learn a new language this year. He's also recognizing that he's having trouble getting up his stairs and will need to make some home modifications in the future.

H A
M V

4 in10

80+ survey respondents have developed mobility issues.

25%

survey respondents 75-84 are interested in trying new things.

50%

of survey respondents utilize the Senior Centers by the time they reached their 70s.

633 respondents 75-84

Mabel, 90

"*My life is full and I thank God everyday for that."*

Daily Life...

Mabel lives with her four-legged friend at Island Elderly Housing and is an active member of her book club. She attends church regularly.

Mabel has lost some of her vision and does not drive anymore, but utilizes the Lift and VTA. She is an avid cook and uses her SNAP benefits to get vegetables through from the mobile market.

She has a smartphone, but prefers reading the MV Times and Vineyard Gazette for updates.

Looking ahead...

Mabel plans to stay on the Island and recognizes that she may need some more support in the future. Her family is not on Island, and Mabel has concerns about paying for a home health aide in the futue.

H A
M V

79%

survey respondents 85+ say it is very important to stay on the Vineyard.

50%

survey respondents 85+ involved in community leisure activities: bridge, poetry, book club.

30%

survey respondents 85+ would like a phone call for news updates vs. email or newspaper.

207 respondents 85+