VITAL VOICES

Issues That Impact Asian American/Pacific Islander (AAPI) Adults Age 45 and Older, September 2021

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INTRODUCTION

There are currently about 117 million Americans who are 50 and older; this number will grow to 157 million by 2050. The 50 and older population is and will continue to be an essential contributor to American society. Understanding the needs and opinions of older Americans is critical to ensuring they live longer and healthier lives.

Vital Voices is a new and exciting program of research undertaken by AARP. Through this research program, we are launching a new initiative that will deliver critical, current, and state-specific data to 53 states on a rolling three-year schedule between 2019 and 2021. We are making this data available to the public to assist with the development of programs, products, and policies for older adults. This data will allow those in leadership positions to:

• Predict the need for a specific program or interest in a particular issue.
• Enhance program and product innovation and development.
• Track issues and attitudes over time to assess shifts in public opinion.
• Take action on critical advocacy issues.

Never before has AARP launched a research program of this size and with this much promise. We give it to you, hoping that it will significantly impact the work you do.
National Survey Results - Health Questions

Issues That Impact AAPI Adults
Age 45 and Older
AAPI adults age 45+ think many healthcare issues are important, with staying physically healthy topping the list.

### Important Healthcare Issues

- **Staying physically healthy**: 95%
- **Staying mentally sharp**: 94%
- **Having adequate health insurance coverage**: 93%
- **Having Medicare benefits available to you in the future**: 87%
- **Paying for health care expenses**: 85%
- **Paying for prescription drugs**: 74%

11. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=505)
CAREGIVING

One-quarter (27%) of AAPI adults age 45+ are currently providing unpaid help to an adult relative or friend.

Percent Providing Unpaid Adult Care

- Yes: 27%
- No: 73%

CARE1. Are you currently providing unpaid help to a relative or friend 18 years or older to help them take care of themselves? (n=505)
CAREGIVING

One-quarter (27%) of AAPI adults age 45+ who are not currently unpaid caregivers have provided this type of care in the past.

Percent Providing Unpaid Adult Care in The Past

- Yes: 73%
- No: 27%
Nearly two-thirds (64%) of AAPI adults age 45+ would prefer long-term care at home with caregiver assistance for themselves or a loved one if needed.
If you or a loved one needed long-term care, how important would it be to have services that would help you or your loved one stay at home for as long as possible? (n=505)

Staying at home for as long as possible is extremely important to half (55%) of AAPI adults age 45+.

Importance of Long-Term Care at Home

- Extremely important: 55%
- Very important: 30%
- Somewhat important: 11%
- Not very important: 3%
- Not important at all: 0%
AAPI adults age 45+ have mixed concern about getting COVID-19 in the next year.

Worry About Getting COVID-19 in the Next Year (as of September 2021)

- Somewhat worried: 39%
- Not very worried/ not at all worried: 36%
- Extremely worried/ very worried: 25%

CVD-6. How worried are you about getting coronavirus in the next year? (n=505)
As of September 2021, the majority (92%) of AAPI adults age 45+ have gotten the COVID-19 vaccine (or plan to get it).

COVID-19

COVID-19 Vaccination Status
(as of September 2021)

- Yes (already got) 89%
- Yes (plan to) 6%
- No 3%
- Don’t know/ refused 3%

CVD-11. Have you gotten or do you plan to get the COVID-19 vaccine? (n=505)
As of September 2021, 61% of AAPI adults age 45+ who are not planning to get the COVID-19 vaccine are worried about vaccine side effects.

**Reasons for Not Getting the COVID-19 Vaccine (as of September 2021)**

- Worried about side effects: 61%
- Don’t think the vaccine has been tested enough: 57%
- Believe the risks of taking a new vaccine outweigh any benefits: 38%
- Don’t trust the drug companies that make the vaccine: 36%
- Do not trust the government: 35%
- Do not think the vaccination will work to protect from infection: 34%
- Taking adequate precautions to avoid COVID-19: 31%
- Want to wait and see how it goes for other people who get the vaccine: 24%
- Healthy and don’t need a COVID-19 vaccine: 11%
- Already had COVID-19, so you don’t think you can get it again: 7%
- Cannot get the vaccine for other health reasons: 7%
- Do not think you would get very sick if you got COVID-19: 3%

CVD-12. What are some reasons why you [do not plan to/are unsure if you will] get the COVID-19 vaccine? (Percent ‘yes’) (n=43)
National Survey Results - Wealth Questions

Issues That Impact AAPI Adults Age 45 and Older
ISSUES OF IMPORTANCE

AAPI adults age 45+ find many economic issues important, particularly those related to savings and retirement.

Important Economic Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having enough income or savings to retire</td>
<td>93%</td>
</tr>
<tr>
<td>Having enough savings for emergencies</td>
<td>91%</td>
</tr>
<tr>
<td>Having adequate Social Security benefits</td>
<td>85%</td>
</tr>
<tr>
<td>Being able to save money for your retirement years</td>
<td>84%</td>
</tr>
<tr>
<td>Protection against consumer fraud</td>
<td>81%</td>
</tr>
<tr>
<td>Protection against unfair financial practices</td>
<td>80%</td>
</tr>
<tr>
<td>Being able to stop working for pay at the age you want</td>
<td>79%</td>
</tr>
<tr>
<td>Having online security</td>
<td>78%</td>
</tr>
<tr>
<td>Being able to manage your debt</td>
<td>78%</td>
</tr>
<tr>
<td>Having access to high-speed internet</td>
<td>72%</td>
</tr>
<tr>
<td>Protection from age discrimination</td>
<td>66%</td>
</tr>
<tr>
<td>Having good employment opportunities in your community</td>
<td>64%</td>
</tr>
<tr>
<td>Maintaining relevant job skills and experience</td>
<td>61%</td>
</tr>
</tbody>
</table>

11. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=505)
About two in ten (19%) AAPI adults age 45+ expect that their personal financial situation will get worse in the next 12 months.

Expectations Regarding Personal Financial Situation

- **52%**: Improve
- **29%**: Get worse
- **19%**: Stay the same

Q703. In the next 12 months, do you think your personal financial situation will improve, get worse, or stay the same? (n=505)
Nearly two-thirds (65%) of AAPI adults age 45+ are currently relying on (or plan to rely on) Social Security as a source of income as they get older.

Sources of Income Relied On or Planning to Rely On

- Social Security: 65%
- Savings: 59%
- 401(k) or other defined contribution program: 47%
- Full-time work: 27%
- Employer paid pension: 25%
- Part-time work: 21%
- Public assistance such as SSI, SNAP, etc.: 11%
- Freelancing or working in the 'gig' economy: 10%
- Starting your own business: 9%
- Financial support from family or friends: 8%
- Veteran’s benefits: 4%

Q728. Which, if any, of the following sources of income do you currently rely on or plan to rely on as you get older? (Percent ‘yes’) (n=505)
Small cells have been removed; see annotation for all categories
Over half (62%) of AAPI adults age 45+ are extremely or very interested in finding new ways to make money.

**Interest in Work-Related Activities**

- Finding new ways to make money: 62%
- Keeping up with technology to maintain job skills: 57%
- Having flexible work arrangements: 57%
- Advancing in your job or career (n=348): 54%
- Learning about other types of jobs where your skills would be applicable: 47%
- Gaining new job-related skills and experiences: 43%
- Starting a new job or career: 30%
- Starting or running your own business: 29%

*WORK2. How interested are you in [ITEM]? (Percent ‘extremely interested’ or ‘very interested’) (n=505)
AAPI adults age 45+ have mixed levels of confidence about having enough money to live comfortably throughout their retirement years.

Confidence in Retirement Money Lasting

- Ratings of 1-3: 36%
- Ratings of 4-7: 43%
- Ratings of 8-10: 17%
- Don't know/refused: 4%

*RET3. Overall, how confident are you that you will have enough money to live comfortably throughout your retirement years? Please use a 1 to 10 scale, where 1 means you are not confident at all and 10 means you are extremely confident. (n=505)
In the last 12 months, have you been a victim of a scam or fraud? (n=505)

Om the past 12 months, one in ten (11%) AAPI adults age 45+ has been the victim of a scam or fraud.
Nearly one-third (31%) of AAPI adults age 45+ know of a family member or friend who may have been victims of a scam or fraud.

Friend or Family a Victim of a Scam or Fraud

- Yes: 69%
- No: 31%
FRAUD

AAPI adults age 45+ have mixed levels of concern about personally becoming the victim of a scam or fraud.

Concern About Scams and Fraud

- Extremely concerned: 29%
- Very concerned: 22%
- Somewhat concerned: 26%
- Not very concerned: 14%
- Not concerned at all: 9%

FRA4. How concerned are you, personally, about becoming the target or victim of a scam or fraud? (n=505)
Over two-thirds (70%) of AAPI adults age 45+ own their residence.
Nearly two-thirds (65%) of AAPI adults age 45+ currently live in a single-family house.

**Current Residence**

- A single-family house: 65%
- An apartment or condominium: 21%
- A townhouse or row house: 7%
- A two-family house or a lot that has two separate living units: 4%
- Senior housing or assisted living facility: 2%
- A mobile home: 1%

**COMM10**. Which of the following types of homes best describes where you currently live? (n=505)
National Survey Results - Self Questions

Issues That Impact AAPI Adults Age 45 and Older
Getting around independently is extremely or very important to a majority (86%) of AAPI adults age 45+.

Important Independent Living Issues

- Getting to the places you need to go independently: 86%
- Staying in your own home as you get older: 83%
- Caring for a loved one: 80%
- Having high quality long-term care in your community: 74%
- Having alternatives to nursing home care: 72%

I1. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=505)
Over half (59%) of AAPI adults age 45+ are extremely or very concerned about being able to afford to remain in their home as they age.

**Independent Living Concerns**

- **Being able to afford to remain in your home as you age**: 59%
- **Being able to get around your community to get the things you need and do the things you want to do as you age**: 57%
- **Being connected with others in your community and having opportunities to socialize as you age**: 38%

*LIVCOMM1. How concerned are you about the following? (Percent ‘extremely concerned’ or ‘very concerned’) (n=505)*
Two in ten (20%) AAPI adults age 45+ feel they will likely move to a different community as they age.

- Move to a different community
- Move into a different residence within your current community
- Stay in your current residence and never move
- Don’t know
If you were to consider moving out of your current residence, how much of a factor would the following be in your decision to move? (Percent ‘a major factor’) (n=505)

**Factors in Decision to Move**

- Wanting a home that will help you live independently as you age: 59%
- Cost of maintaining your current residence: 56%
- Wanting a home that is easier to maintain: 50%
- Wanting a smaller home: 35%
- Wanting a larger home: 13%

AAPI adults age 45+ may consider relocating for a variety of reasons as they age.
Fifteen percent (15%) of AAPI adults age 45+ have contact with family, friends, or neighbors once a month or less.
Feelings of isolation impact AAPI adults age 45+ in a variety of ways.

**Frequency of Feeling Isolated**

- Feeling isolated from others: 9%
- Lacking companionship: 8%
- Feeling left out: 8%
As of September 2021, nearly one-third (31%) of AAPI adults age 45+ reported that discrimination due to race has negatively impacted their wellbeing.

<table>
<thead>
<tr>
<th>Issues</th>
<th>Percent 'yes'</th>
</tr>
</thead>
<tbody>
<tr>
<td>The coronavirus/ COVID-19</td>
<td>58%</td>
</tr>
<tr>
<td>Increasing housing costs</td>
<td>34%</td>
</tr>
<tr>
<td>Climate change</td>
<td>32%</td>
</tr>
<tr>
<td>The toxic political discourse</td>
<td>31%</td>
</tr>
<tr>
<td>Discrimination due to race</td>
<td>31%</td>
</tr>
<tr>
<td>Affording the healthcare you need</td>
<td>31%</td>
</tr>
<tr>
<td>Natural disasters</td>
<td>26%</td>
</tr>
<tr>
<td>Mass shootings</td>
<td>21%</td>
</tr>
<tr>
<td>Discrimination due to age</td>
<td>20%</td>
</tr>
<tr>
<td>Human rights abuses</td>
<td>16%</td>
</tr>
<tr>
<td>Excessive use of police force</td>
<td>12%</td>
</tr>
<tr>
<td>The opioid epidemic</td>
<td>10%</td>
</tr>
<tr>
<td>News about rising suicide rates</td>
<td>10%</td>
</tr>
<tr>
<td>Families separated at the border</td>
<td>6%</td>
</tr>
</tbody>
</table>

Q741. Have any of the following affected your wellbeing in a negative way? (Percent ‘yes’) (n=505)
One-quarter (25%) of AAPI adults age 45+ believe racism is a big problem in society today.
In August 2021, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among U.S. Asian American/Pacific Islander adults age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, and retirement issues.

505 Interviews
Asian/Pacific Islander Adults Age 45+
Fielded in August-September 2021

ANR completed a total of 505 interviews (61 via landline telephone, 9 via cell phone, and 435 online). Respondents were screened to meet the following criteria:

- Age 45+
- U.S. resident
- Asian/Pacific Islander

Survey length averaged 23.1 minutes by telephone and 19.4 minutes online.
METHODOLOGY

Sampling Procedure

Landline, cell phone, and online sampling were used for this research, with the telephone sample drawn randomly from a list of U.S. residents age 45 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 56,325 records were utilized. The list of 134,316,800 U.S. residents age 45 and older was randomly divided into 134,317 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 45 replicates representing a total of 44,106 records were dialed to complete the telephone portion of this study.

The study’s sample of 505 respondents yields a maximum statistical error of ±4.4% at the 95% level of confidence. (This means that in 95 out of 100 samples of this size, the results obtained in the sample would be within ±4.4 percentage points of the results obtained had everyone in the population been interviewed.)

Interview Methodology

The survey was launched on August 30, 2021 and closed on September 28, 2021, offered in English and Mandarin.

Telephone interviewing was active between 5:30 p.m. and 9:00 p.m., with some additional calling done between 10:00 a.m. and 4:00 p.m. If necessary, up to 8 call attempts per telephone number were made to reach an eligible respondent. All numbers were called at multiple times of the day as well as days of the week to maximize each resident’s opportunity for inclusion in the study.

Percentages of some questions may exceed 100% due to rounding or the use of multiple response question formats.

All data have been weighted by age and gender according to 2019 U.S. Census Bureau Current Population Survey (CPS) statistics.
AARP is the nation’s largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the nation’s largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.
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This research was designed and executed by AARP Research.