VITAL VOICES
Issues That Impact Arizona Adults Age 45 and Older, December 2020

DOI: https://doi.org/10.26419/res.00351.089
<table>
<thead>
<tr>
<th>TABLE OF CONTENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Vital Voices Surveys</td>
</tr>
<tr>
<td>Health Questions</td>
</tr>
<tr>
<td>Wealth Questions</td>
</tr>
<tr>
<td>Self Questions</td>
</tr>
<tr>
<td>Methodology</td>
</tr>
<tr>
<td>About AARP</td>
</tr>
<tr>
<td>Contact</td>
</tr>
</tbody>
</table>
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.
Survey Results for Arizona-Health Questions

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

<table>
<thead>
<tr>
<th>Important Healthcare Issues</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staying mentally sharp</td>
<td>95%</td>
</tr>
<tr>
<td>Staying physically healthy</td>
<td>94%</td>
</tr>
<tr>
<td>Having adequate health insurance coverage</td>
<td>92%</td>
</tr>
<tr>
<td>Having Medicare benefits available to you in the future</td>
<td>89%</td>
</tr>
<tr>
<td>Developing or maintaining healthy behaviors</td>
<td>84%</td>
</tr>
<tr>
<td>Paying for healthcare expenses</td>
<td>82%</td>
</tr>
<tr>
<td>Paying for prescription drugs</td>
<td>78%</td>
</tr>
</tbody>
</table>

1. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=804)
CARE1. Are you currently providing unpaid help to a relative or friend 18 years or older to help them take care of themselves? (n=804)

Over one-quarter (30%) of Arizona residents age 45+ are currently providing unpaid help to an adult relative or friend.

Percent Providing Unpaid Adult Care

- Yes: 69%
- No: 30%
- Don't know/ refused: 0%

AARP.ORG/RESEARCH | © 2020 AARP ALL RIGHTS RESERVED.
More than one-third (40%) of Arizona residents 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: 40%
- No: 59%
- Refused: 0%

CARE1_A. Have you ever provided this type of unpaid help in the past? (n=561)
Arizona caregivers age 45+ face a variety of difficulties due to their caregiving responsibilities, including emotional stress and lack of rest.

**Difficulties That Impact Caregivers**

- Feel stressed emotionally due to your caregiving responsibilities: 55%
- Find it difficult to get enough rest: 55%
- Feel stressed in trying to balance your job and family: 51%
- Find it difficult to exercise regularly: 48%
- Feel strained financially due to your caregiving responsibilities: 42%
- Find it difficult to take care of your household responsibilities: 42%
- Experience problems with your health: 41%
- Find it difficult to maintain a healthy diet: 40%
- Find it difficult to make time to visit your doctor: 32%

**CAREGIVING ISSUES**

CARE13. As a caregiver, (do you/did you) ever…? (Percent 'yes') (n=470)
More than half (57%) of Arizona residents age 45+ would be interested in telephone or video calls with a doctor, nurse, or specialist to discuss symptoms, progress, or treatment options.

**Interest in Using Telehealth Services**

- A phone conversation or video call with a doctor, nurse, or specialist to discuss symptoms, progress, or treatment options, with the ability to get medication prescribed right away for yourself or a loved one: 57%
- A monitoring device that alerts emergency care if you or a loved one have a stroke, heart attack, or suffer a serious injury: 53%
- Meeting with your doctor without being at the same location, but at a time that is convenient for you, using telehealth: 49%
- A monitoring device that tracks key health information like blood sugar or heart rate and sends that information to a doctor or nurse so they can monitor chronic health conditions: 42%

**TEL-2.** How interested would you be in using each of the following telehealth services for yourself or a loved one if needed? (Percent 'extremely interested' or 'very interested') (n=804)
Arizona residents age 45+ are largely in support of proposals that would lower the cost of prescription drugs.

Support for Proposals to Lower Prescription Drug Costs

- Allowing Medicare to negotiate with drug companies for lower prices: 94%
- Making it easier for generic drugs to come to market: 91%
- Allowing states to negotiate with drug companies for lower prices: 91%
- Capping how much Americans have to pay out of pocket for their prescriptions: 86%
- Allowing consumers in the U.S. to purchase prescription drugs from other countries if they can be purchased safely and less expensively than here in the U.S.: 81%
- Closing loopholes that allow drug companies to extend the time before other companies can make generic versions of their prescription drugs: 77%

PER10. The following are proposals that have been made to lower the costs of prescription drugs. Do you support or oppose...? (Percent ‘strongly support’ or ‘somewhat support’) (n=804)
INS1. Do you, or does anyone in your immediate family, use insulin for diabetes? (n=804)
See annotation for all categories

Two in ten (19%) Arizona residents age 45+ use insulin for diabetes or have an immediate family member that does.

Use of Insulin from Diabetes

- Yes, I do: 8%
- Yes, a family member does: 12%
- No: 81%
Among Arizona residents age 45+ who use insulin for diabetes (or have an immediate family member who does), more than one-third (43%) have been using insulin for ten years or more.

**Length of Insulin Use for Self or Family**

- Less than 1 year: 7%
- 1 year to less than 2 years: 5%
- 2 years to less than 5 years: 19%
- 5 years to less than 10 years: 21%
- 10+ years: 43%
- Don't know: 4%

**INS2.** How long (have you/has your family member) been using insulin? (n=151)
Among Arizona residents age 45+ who have used insulin for five or more years (or have an immediate family member who has), more than one-third (43%) reported that their out of pocket spending has increased compared to four years ago.

**Length of Insulin Use in Family**

- Increased a lot: 34%
- Increased a little: 10%
- Remained unchanged/ stayed about the same: 41%
- Decreased a little: 3%
- Decreased a lot: 6%

**INS4.** Compared to 4 years ago, has (your/your family member's) out of pocket spending on insulin increased, decreased, or stayed about the same? (n=97) Chart does not equal one-hundred percent due to removal of small cells; see annotation for all categories.
Survey Results for Arizona-Wealth Questions

Issues That Impact Arizona Adults Age 45 and Older
Arizona residents age 45+ find many economic issues important, particularly those related to financial security and retirement.

### Important Economic Issues

- Having financial security throughout your life: 93%
- Having enough income or savings to retire: 91%
- Being able to afford groceries or other household necessities: 91%
- Having adequate Social Security benefits: 90%
- Having affordable utilities: 87%
- Protection against unfair financial practices: 81%
- Protection against consumer fraud: 80%
- Being able to stop working for pay at the age you want: 75%
- Having online security: 73%
- Managing debt: 70%
- Protection from age discrimination: 69%
- Having public assistance benefits available: 64%
- Having good employment opportunities in your community: 64%
- Having access to high-speed Internet: 61%
- Maintaining relevant job skills and experience: 56%

1. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=804)
Four in five (80%) Arizona workers age 45+ reported that their employer offers a way to save for retirement.

Access to Employer-Provided Retirement Options

- Yes: 80%
- No: 20%
- Refused: 0%
Among Arizona workers age 45+ whose employer offers a way to save for retirement, an IRA, 401(k), or 403(b) defined contribution plan is most common (79%).

**Employer-Provided Retirement Saving Options**

- An IRA, 401(k), or 403(b) defined contribution plan: 79%
- A traditional pension plan or a defined benefit plan: 35%

**RET10a. Which of the following ways to save for retirement does your current employer provide? (n=185)**

Small cells have been removed; see annotation for all categories.
Among Arizona workers age 45+ who do not have a way to save for retirement at work, a majority (70%) would be extremely or very likely to take advantage of a plan if one were available.

**Likelihood of Utilizing An Employer-Provided Retirement Savings Option**

- Extremely likely: 49%
- Very likely: 21%
- Somewhat likely: 13%
- Not very likely: 5%
- Not likely at all: 7%

RET11. If your employer offered a way to save for retirement at work, how likely would you be to take advantage of it? (n=47)

Chart does not equal one-hundred percent due to removal of small cells; see annotation for all categories
Arizona residents age 45+ would primarily expect to rely on their income/savings or government programs to pay for nursing home care if needed.

Sources of Funds for Nursing Home Care, if Needed

- Your income: 67%
- Government programs: 66%
- Your savings: 63%
- Medicaid: 61%
- Long-term care insurance: 43%
- Assistance from family members: 36%

LTCC2. Which of the following do you think you would rely on to pay for nursing home care if you become sick, disabled, or unable to care for yourself? Would you rely on...? (Percent ‘yes’) (n=804)
Survey Results for Arizona-Self Questions

Issues That Impact Arizona Adults Age 45 and Older
## ISSUES OF IMPORTANCE

Getting around independently and aging in place is extremely important or very important to a majority (84%) of Arizona residents age 45+

### Important Independent Living Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting to the places you need to go independently</td>
<td>84%</td>
</tr>
<tr>
<td>Staying in your own home as you get older</td>
<td>84%</td>
</tr>
<tr>
<td>Caring for a loved one</td>
<td>81%</td>
</tr>
<tr>
<td>Having high quality long-term care in your community</td>
<td>80%</td>
</tr>
<tr>
<td>Having affordable housing options in your community</td>
<td>71%</td>
</tr>
<tr>
<td>Having alternatives to nursing home care</td>
<td>71%</td>
</tr>
<tr>
<td>Having flexibility in your schedule for caregiving</td>
<td>68%</td>
</tr>
<tr>
<td>Staying in your community as you get older</td>
<td>68%</td>
</tr>
<tr>
<td>Improvements to Arizona’s long-term care services</td>
<td>64%</td>
</tr>
<tr>
<td>Having paid time off for self care or caregiving</td>
<td>59%</td>
</tr>
</tbody>
</table>

I1. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=804)
ISSUES OF IMPORTANCE

Safe streets are extremely important or very important to a majority (84%) of Arizona residents age 45+.

### Important Livable Community Features

<table>
<thead>
<tr>
<th>Feature</th>
<th>Importance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safe streets</td>
<td>84%</td>
</tr>
<tr>
<td>Affordable housing</td>
<td>72%</td>
</tr>
<tr>
<td>Outdoor recreation</td>
<td>54%</td>
</tr>
<tr>
<td>Sidewalks</td>
<td>51%</td>
</tr>
<tr>
<td>Public transportation</td>
<td>41%</td>
</tr>
<tr>
<td>Bike lanes</td>
<td>31%</td>
</tr>
</tbody>
</table>

I1. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=804)
Nearly half (48%) of Arizona residents age 45+ rated their community as excellent or very good for streets and paths that allow people of all ages and ability levels to walk safely.

**Community Ratings**

- **Streets and paths that allow people of all ages and ability levels to walk safely**: 48%
- **Separate protected bike lanes for bicyclists**: 39%
- **Accessible and well-maintained bus stops**: 32%
- **Public bus services**: 29%
- **Affordable housing options that are in walking distance to your downtown or village center**: 22%

*REP2. For each of the following, would you rate your community as excellent, very good, good, fair, or poor? (Percent ‘excellent’ or ‘very good’) (n=804)*
Arizona residents age 45+ identified a variety of factors that would impact their ability to remain in their home as they age, primarily related to cost.

Factors Impacting Remaining in Home

- Heating and cooling costs: 45%
- Increasing property taxes: 44%
- Being able to make necessary repairs and modifications: 42%
- Increasing maintenance costs: 40%
- Your proximity to goods and services: 36%
- Size of your home: 24%
- Size of your property: 21%

HOME-1. How much do you think each of the following would impact your ability to remain in your home as you age? (Percent ‘a lot’) (n=804)
Only 6% of Arizona residents age 45+ reported having an Accessory Dwelling Unit (ADU) on their property.
Among Arizona residents age 45+ without an ADU on their property, nearly half (46%) would consider building one if they had the space to do so.

Consideration of Building an ADU on Property

- Yes: 52%
- No: 46%
- Don't know/ refused: 2%
The majority (74%) of Arizona residents age 45+ support town ordinances that would make it easier for property owners to create an ADU on their property.

Support for ADU Ordinances

- Strongly support: 47%
- Somewhat support: 27%
- Neither support nor oppose: 8%
- Somewhat oppose: 7%
- Strongly oppose: 8%
In November 2020, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among Arizona residents age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, and retirement issues.

804 Interviews
Arizona Residents Age 45+
Fielded in November/December 2020

ANR completed a total of 804 base sample interviews (402 via landline telephone, 201 via cell phone, and 201 online). Respondents were screened to meet the following criteria:

- Age 45+
- Resident of Arizona

Survey length averaged 24.5 minutes by telephone and 22.3 minutes online.
Sampling Procedure

Landline, cell phone, and online sampling were used for this research, with the telephone sample drawn randomly from a list of Arizona residents age 45 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 45,142 records were utilized. The list of 2,946,561 Arizona residents age 45 and older was randomly divided into 2,947 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 46 replicates representing a total of 45,142 records were dialed to complete the telephone portion of this study.

The base sample of 804 respondents yields a maximum statistical error of ±3.5% 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 ±3.5 percentage points of the results obtained had everyone in the population been interviewed.)

Interview Methodology

The survey was launched on November 20, 2020 and closed on December 8, 2020, offered in both English and Spanish.

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, gender, and race/ethnicity according to 2018 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.
CONTACT

Cassandra Cantave, CCantave@aarp.org

For media inquiries, please contact media@aarp.org.

This research was designed and executed by AARP Research.