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

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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.
Survey Results for Oregon-Health Questions

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

Oregon residents age 45+ think many healthcare issues are important, with staying mentally sharp and physically healthy topping the list.

Important Healthcare Issues

- Staying mentally sharp: 94%
- Staying physically healthy: 93%
- Having adequate health insurance coverage: 91%
- Having Medicare benefits available to you in the future: 88%
- Paying for healthcare expenses: 78%
- Paying for prescription drugs: 73%

11. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=709)
Nearly one-third (31%) of Oregon residents age 45+ are currently providing unpaid help to an adult relative or friend.
More than half (54%) of Oregon residents age 45+ who are not currently unpaid caregivers have provided this type of care in the past.
Nearly two-thirds (65%) of Oregon caregivers age 45+ would choose in-home care with professional help for their loved one if it was needed.
One-third (34%) of current Oregon caregivers age 45+ don’t know what types of respite care services are available in their area.
A large majority (86%) of current or former Oregon caregivers age 45+ would strongly support or somewhat support expanding funding for respite care for family caregivers.

Support for Expanding Funding for Respite Care for Family Caregivers

- Strongly support/ somewhat support: 86%
- Somewhat oppose/ strongly oppose: 6%
- Neither support nor oppose: 3%
- Don't know/ refused: 5%
In the past year, two in ten (20%) Oregon residents age 45+ decided not to go to a doctor or specialist when needed because of the cost.

**Actions Taken in the Past 12 Months Regarding Healthcare**

- Decided not to go to a doctor or specialist when needed because of the cost: 20%
- Gone to the emergency room instead of your primary physician: 18%
- Delayed getting a prescription filled because of the cost: 15%
- Taken less medicine than prescribed to make it last longer: 15%
- Decided not to fill a prescription because of the cost: 15%
- Cut back on items such as food, fuel, or electricity to afford prescription drugs: 10%
- Ordered your prescription drugs by mail or Internet from another country because they cost less: 8%
- Traveled to Canada or another country to purchase prescription drugs because they cost less: 3%

**PER9.** Many people face difficulties affording healthcare. In the past 12 months, have you...? (Percent ‘yes’) (n=709)
Oregon residents age 45+ have mixed levels of concern about getting coronavirus in the next year.

Worry About Getting COVID-19 in the Next Year (as of November/December 2020)

- 34% Extremely worried/ very worried
- 34% Somewhat worried
- 31% Not very worried/ not at all worried
- 34% Don't know/ refused

CVD-6. How worried are you about getting coronavirus in the next year? (n=709)
Survey Results for Oregon-Wealth Questions

Issues That Impact Oregon Adults Age 45 and Older
Oregon 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**: 91%
- **Having enough income or savings to retire**: 90%
- **Having adequate Social Security benefits**: 88%
- **Protection against consumer fraud**: 80%
- **Protection against unfair financial practices**: 80%
- **Having online security**: 71%
- **Being able to stop working for pay at the age you want**: 68%
- **Having good employment opportunities in your community**: 66%
- **Protection from age discrimination**: 59%
- **Having access to high-speed Internet**: 59%
- **Maintaining relevant job skills and experience**: 52%

1. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=709)
Over half (56%) of Oregon workers age 45+ are extremely concerned or very concerned about having enough income or savings to retire.

Concerns About Retirement Plans

- Having enough income or savings to retire (n=453) - 56%
- Ensuring the solvency and security of your retirement plans (n=709) - 50%
- Having to postpone retirement (n=453) - 39%

RET1. How concerned are you about the following? (Percent ‘extremely concerned’ or ‘very concerned’) (n=varies)
As of November/December 2020, six in ten (61%) of Oregon residents age 45+ have canceled travel plans because of the COVID pandemic.

Changes to Plans Since the COVID Pandemic

- Canceled travel plans: 61%
- Tapped into savings or a 401(k) in 2020: 20%
- Stopped contributions to investments: 16%
- Put off buying or selling your home: 9%
- Delayed retirement: 8%
- None of these: 30%

RET23. Has the COVID pandemic caused you to make any changes to your retirement plans, like…? (n=709)
HOU1. Do you think housing affordability is a problem in the area where you live? (n=709)

More than three-quarters (79%) of Oregon residents age 45+ think that housing affordability is a problem in the area where they live.
Among Oregon residents age 45+ who think housing affordability is a problem in their area, six in ten (62%) reported that the problem is very serious.
More than three-quarters (78%) of Oregon residents age 45+ would strongly or somewhat favor allowing developers to build more housing units if they are affordable to families.

Housing Affordability Issues

- Allowing developers to build more housing units if they are affordable to families: 78%
- Expanding rental assistance to ensure that the approximately 292,800 Oregon renters who currently qualify for rental assistance but are not receiving it, get it: 74%
- Requiring that at least 20% of housing in local communities is affordable for families making less than $47,785 per year: 73%

HOU2. The following are some approaches local, state, or federal government could take to address the problems of housing affordability. Do you favor or oppose...? (Percent ‘strongly favor’ or ‘somewhat favor’) (n=709)
Survey Results for Oregon-Self Questions

Issues That Impact Oregon Adults Age 45 and Older
Caring for a loved one is extremely important or very important to a majority (85%) of Oregon residents age 45+.

### Important Independent Living Issues

- **Caring for a loved one**: 85%
- **Getting to the places you need to go independently**: 82%
- **Staying in your own home as you get older**: 80%
- **Having high quality long-term care in your community**: 76%
- **Having alternatives to nursing home care**: 73%
- **Having flexibility in your schedule for caregiving**: 70%
- **Staying in your community as you get older**: 62%
- **Having paid time off for self care or caregiving**: 62%

11. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=709)
Safe streets are extremely important or very important to three-quarters (77%) of Oregon residents age 45+.

### Important Livable Community Features

- **Safe streets**: 77%
- **Affordable housing**: 73%
- **Sidewalks**: 44%
- **Public transportation**: 40%
- **Bike lanes**: 27%

I1. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=709)
Two-thirds (66%) of Oregon residents age 45+ believe older workers face age discrimination in the workplace today.

Age Discrimination in the Workplace

- Yes: 66%
- No: 9%
- Don't know/ refused: 24%
Among Oregon residents age 45+ who believe age discrimination is an issue in the workplace today, half (55%) feel it is extremely common or very common.
One-quarter (26%) of Oregon residents age 45+ have heard negative remarks related to old age from a supervisor or colleague since turning 40.

**Age Discrimination in the Workplace**

- Heard negative remarks related to old age in general from a supervisor or colleague: 26%
- Not been hired for a job you applied for because of your age: 17%
- Heard negative remarks related to your older age from a supervisor or colleague: 16%
- Passed up for a promotion or a chance to get ahead because of your age: 13%
- Been laid off, fired, or forced out of a job because of your age: 8%
- Denied access to training or professional development opportunities because of your age: 8%

DA6. Have any of the following happened to you at work since turning 40? (n=709)
Among Oregon residents age 45+ who think age discrimination is an issue in the workplace today, half (53%) believe it starts when workers are in their fifties.

When Age Discrimination Begins in the Workplace

- 40s: 15%
- 50s: 53%
- 60s: 25%
- 70s: 5%
- 80s or older: <1%
- Don't know/ refused: 2%

DA2. At what age do you think older workers begin to face age discrimination? (n=471)
DISRUPT AGING

Among Oregon residents age 45+ who believe age discrimination is an issue in the workplace today, most (91%) have not personally filed a complaint.

Made a Complaint About Age Discrimination in the Workplace

- Yes: 91%
- No: 9%

DA5. Have you ever made a complaint to a supervisor, human resources representative, a government agency, or another organization about age discrimination that you have seen or experienced in the workplace? (n=471)
METHODOLOGY

In November 2020, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among Oregon adults age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, and retirement issues.

ANR completed a total of 709 interviews (358 via landline telephone, 195 via cell phone, and 156 online). Respondents were screened to meet the following criteria:

- Age 45+
- Resident of Oregon

Survey length averaged 21.7 minutes by telephone and 20.2 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 Oregon residents age 45 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 40,026 records were utilized. The list of 1,738,000 Oregon residents age 45 and older was randomly divided into 1,738 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 41 replicates representing a total of 40,026 records were dialed to complete the telephone portion of this study.

The sample of 709 respondents yields a maximum statistical error of ±3.7% 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 ±3.7 percentage points of the results obtained had everyone in the population been interviewed.)

Interview Methodology

The survey was launched on November 28, 2020 and closed on December 6, 2020.

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.
ABOUT AARP

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.