VITAL VOICES

Issues That Impact U.S. Asian/Pacific Islander Adults Age 45 and Older, November 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.
National Survey Results-
Health Questions

Issues That Impact U.S.
Asian/Pacific Islander
Adults Age 45 and Older
U.S. Asian/Pacific Islander adults age 45+ think many healthcare issues are important, including staying physically healthy, mentally sharp, and having adequate health insurance coverage.

### Important Healthcare Issues

- **Staying physically healthy**: 96%
- **Staying mentally sharp**: 96%
- **Having adequate health insurance coverage**: 96%
- **Having Medicare benefits available to you in the future**: 90%
- **Paying for healthcare expenses**: 89%
- **Paying for prescription drugs**: 78%

**Note:** For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=403)
CARE1. Are you currently providing unpaid help to a relative or friend 18 years or older to help them take care of themselves? (n=403)

One-quarter (25%) of U.S. Asian/Pacific Islander adults age 45+ are currently providing unpaid help to an adult relative or friend.
CARE1-1. Has the coronavirus made it more difficult for you to provide care to your relative or friend? (n=102)

The coronavirus has made providing care more difficult for more than half (61%) of U.S. Asian/Pacific Islander caregivers age 45+.
CAREGIVING ISSUES

One-quarter (26%) of U.S. Asian/Pacific Islander adults age 45+ who are not currently providing unpaid help have provided this type of care in the past.

Percent Providing Unpaid Adult Care in the Past

- Yes: 74%
- No: 26%
U.S. Asian/Pacific Islander adults age 45+ have been impacted by COVID-19 in a variety of ways, including canceling travel plans to shelter at home and being unable to see family members.

### Ways Impacted by COVID-19

<table>
<thead>
<tr>
<th>Impact</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canceled travel plans</td>
<td>72%</td>
</tr>
<tr>
<td>Unable to see family members</td>
<td>69%</td>
</tr>
<tr>
<td>Sheltering at home to avoid contact with others</td>
<td>69%</td>
</tr>
<tr>
<td>Canceled plans to attend large gatherings</td>
<td>53%</td>
</tr>
<tr>
<td>Working from home (if not retired)</td>
<td>51%</td>
</tr>
<tr>
<td>Unable to attend religious gatherings</td>
<td>48%</td>
</tr>
<tr>
<td>Having a difficult time worrying about the coronavirus</td>
<td>44%</td>
</tr>
<tr>
<td>Canceled plans to volunteer</td>
<td>31%</td>
</tr>
<tr>
<td>Got tested for coronavirus</td>
<td>30%</td>
</tr>
<tr>
<td>Met with physical or mental health providers using telehealth</td>
<td>29%</td>
</tr>
<tr>
<td>Filed for unemployment</td>
<td>15%</td>
</tr>
<tr>
<td>Lost a job</td>
<td>13%</td>
</tr>
<tr>
<td>Not having access to high-speed Internet when you need it</td>
<td>11%</td>
</tr>
<tr>
<td>Officially diagnosed with coronavirus</td>
<td>4%</td>
</tr>
</tbody>
</table>

CVD-1. Have you been affected by the coronavirus in any of the following ways? (Percent ‘yes’) (n=403)
As of November 2020, obtaining dental services has been described as somewhat hard or very hard by one-third (35%) of U.S. Asian/Pacific Islander adults age 45+.

**Difficulty Obtaining Resources Due to COVID-19**

- Dental services: 35% (15% somewhat hard, 20% very hard)
- Medical care: 22% (7% somewhat hard, 15% very hard)
- Transportation: 17% (7% somewhat hard, 11% very hard)
- Mental health services: 16% (6% somewhat hard, 10% very hard)
- Prescription drugs: 10% (8% somewhat hard)

**CVD-3.** How easy or difficult would you say it has been for you to get each of the following due to the coronavirus? (n=403)
As a result of the coronavirus pandemic, nearly half (46%) of U.S. Asian/Pacific Islander adults age 45+ would be less likely to want care for themselves or a loved one in a group setting.
National Survey Results-
Wealth Questions

Issues That Impact U.S.
Asian/Pacific Islander
Adults Age 45 and Older
Having enough income or savings to retire, including adequate Social Security benefits, is extremely important or very important to most U.S. Asian/Pacific Islander adults age 45+.

### Important Economic Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>Importance (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Having enough income or savings to retire</td>
<td>95%</td>
</tr>
<tr>
<td>Having adequate Social Security benefits</td>
<td>92%</td>
</tr>
<tr>
<td>Being able to stop working for pay at the age you want</td>
<td>88%</td>
</tr>
<tr>
<td>Having online security</td>
<td>85%</td>
</tr>
<tr>
<td>Protecting yourself against unfair financial practices</td>
<td>84%</td>
</tr>
<tr>
<td>Protecting yourself against consumer fraud</td>
<td>83%</td>
</tr>
<tr>
<td>Protection from age discrimination</td>
<td>74%</td>
</tr>
<tr>
<td>Having access to high-speed internet</td>
<td>74%</td>
</tr>
<tr>
<td>Having good employment opportunities in your community</td>
<td>67%</td>
</tr>
<tr>
<td>Maintaining relevant job skills and experience</td>
<td>64%</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=403)
Nearly one-quarter (23%) of U.S. Asian/Pacific Islander adults age 45+ expect that their personal financial situation will get worse over the 12 months.

Q703. In the next 12 months, do you think your personal financial situation will improve, get worse, or stay the same? (n=403)
U.S. Asian/Pacific Islander adults age 45+ have varying levels of confidence about having enough money to live comfortably throughout their retirement years.

Confidence in Retirement Money Lasting

- Ratings of 1-3: 31%
- Ratings of 4-7: 17%
- Ratings of 8-10: 49%
- Don't know/ refused

**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=403)
Nearly three-quarters (73%) of U.S. Asian/Pacific Islander adults age 45+ are currently relying on (or plan to rely on) Social Security as a source of income as they get older.

<table>
<thead>
<tr>
<th>Sources of Income</th>
<th>Rely or Plan to Rely On</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Security</td>
<td>73%</td>
</tr>
<tr>
<td>Savings</td>
<td>63%</td>
</tr>
<tr>
<td>401(k) or other defined contribution program</td>
<td>49%</td>
</tr>
<tr>
<td>Employer paid pension</td>
<td>28%</td>
</tr>
<tr>
<td>Full-time work</td>
<td>24%</td>
</tr>
<tr>
<td>Part-time work</td>
<td>21%</td>
</tr>
<tr>
<td>Public assistance such as SSI, SNAP, etc.</td>
<td>8%</td>
</tr>
<tr>
<td>Freelancing or working in the 'gig' economy</td>
<td>8%</td>
</tr>
<tr>
<td>Starting your own business</td>
<td>5%</td>
</tr>
<tr>
<td>Veteran’s benefits</td>
<td>3%</td>
</tr>
</tbody>
</table>

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=403)
Small cells have been removed; see annotation for all categories
Two-thirds (66%) of Asian/Pacific Islander adults age 45+ are interested in finding new ways to make money.

<table>
<thead>
<tr>
<th>Interest in Work-Related Opportunities</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finding new ways to make money</td>
<td>66%</td>
</tr>
<tr>
<td>Having flexible work arrangements</td>
<td>64%</td>
</tr>
<tr>
<td>Keeping up with technology to maintain job skills</td>
<td>58%</td>
</tr>
<tr>
<td>Advancing in your job or career (if not retired)</td>
<td>50%</td>
</tr>
<tr>
<td>Learning about other types of jobs</td>
<td>49%</td>
</tr>
<tr>
<td>Gaining new job-related skills or experiences</td>
<td>45%</td>
</tr>
<tr>
<td>Starting a new job or career</td>
<td>32%</td>
</tr>
<tr>
<td>Starting or running your own business</td>
<td>28%</td>
</tr>
</tbody>
</table>

**WORK2**. How interested are you in...? (Percent ‘extremely interested’ or ‘very interested’) (n=403)
National Survey Results-
Self Questions

Issues That Impact U.S.
Asian/Pacific Islander
Adults Age 45 and Older
Being able to get around independently is extremely important or very important to most (90%) U.S. Asian/Pacific Islander adults age 45+.

### Important Independent Living Issues

- Getting to the places you need to go independently: 90%
- Staying in your own home as you get older: 87%
- Caring for a loved one: 83%
- Having high quality long-term care in your community: 82%
- Having alternatives to nursing home care: 77%

I1. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=403)
Six in ten (62%) U.S. Asian/Pacific Islander adults age 45+ reported that COVID-19 has impacted their wellbeing in a negative way, and one-third has experienced discrimination due to their race.

**Issues Negatively Affecting Wellbeing**

- The coronavirus, also known as COVID-19: 62%
- Discrimination due to race: 33%
- The toxic political discourse: 32%
- Affording the healthcare you need: 31%
- Climate change: 29%
- Natural disasters: 23%
- Discrimination due to age: 22%
- Mass shootings: 19%
- Human rights abuses: 15%
- Excessive use of police force: 11%
- Families separated at the border: 10%
- News about rising suicide rates: 10%
- The opioid epidemic: 9%

Q741. Have any of the following affected your wellbeing in a negative way? (Percent 'yes') (n=403)
ISO1. How often do you have contact with family, friends, or neighbors who do not live with you? (n=403) Chart does not equal one-hundred percent due to removal of small cells; see annotation for all categories.

As of November 2020, half (53%) of U.S. Asian/Pacific Islander adults age 45+ reported that they have contact with family, friends, or neighbors once a week or less.

Frequency of Contact with Family, Friends, or Neighbors

- Every day: 15%
- Several times a week: 32%
- Once a week: 21%
- Once every 2 or 3 weeks: 13%
- Once a month: 5%
- Less than monthly: 12%
- Never: 2%
Half (55%) of U.S. Asian/Pacific Islander adults age 45+ feel that they lack companionship at least some of the time.
More than half (59%) of U.S. Asian/Pacific Islander adults age 45+ are extremely concerned or very concerned about being able to afford to remain in their home as they age.

**Concerns of Asian/Pacific Islander Adults Age 45+**

- Being able to afford to remain in your home as you age: 59%
- Being able to get around your community: 55%
- Being connected with others in your community: 42%

*LIV-COMM1. How concerned are you about the following? (Percent ‘extremely concerned’ or ‘very concerned’) (n=403)
Chart does not equal one-hundred percent due to removal of small cells; see annotation for all categories*
More than one-third (39%) of U.S. Asian/Pacific Islander adults age 45+ believe that racism is a big problem in our society today.

**RACISM**

**RAC-1.** How big a problem would you say racism is in our society today? (n=403)

- A big problem: 39%
- Somewhat of a problem: 41%
- A small problem: 13%
- Not a problem: 6%
- Don't know: 6%
The majority (84%) of U.S. Asian/Pacific Islander adults age 45+ reported that over the past few months, Internet services were available when needed most of the time.

Access to Internet Service During the Pandemic

- Available when needed: 84%
- Fast enough: 80%
- Affordable: 73%

CVD-5. Over the past few months, would you say you have had access to internet services that were...? (Percent 'most of the time') (n=403)
In November 2020, AARP engaged ANR Market Research Consultants to conduct a national quantitative research study among Asian/Pacific Islander adults age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, and retirement issues.

403 Interviews
U.S. Asian/Pacific Islander Adults Age 45+
Fielded in November 2020

ANR completed a total of 403 interviews (241 via cell phone and 162 online). Respondents were screened to meet the following criteria:

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

Survey length averaged 21.1 minutes by telephone and 15.6 minutes online.
Sampling Procedure

Cell phone and online sampling were used for this research, with the telephone sample drawn randomly from a list of U.S. Asian/Pacific Islander adults age 45 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 12,482 records were utilized. The list was randomly divided into 7,745 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 13 replicates representing a total of 12,482 records were dialed to complete the telephone portion of this study.

The sample of 403 respondents yields a maximum statistical error of ±4.9% 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 ±4.9 percentage points of the results obtained had everyone in the population been interviewed.)

Interview Methodology

The survey was launched on November 13, 2020 and closed on November 29, 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 individual'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.