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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 Delaware-Health Questions

Issues That Impact Delaware Adults Age 45 and Older
Delaware residents age 45+ think many healthcare issues are very important, with staying mentally sharp, staying physically healthy, and having adequate health insurance coverage topping the list.

<table>
<thead>
<tr>
<th>Important Healthcare Issues</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staying mentally sharp</td>
<td>93%</td>
</tr>
<tr>
<td>Staying physically healthy</td>
<td>93%</td>
</tr>
<tr>
<td>Having adequate health insurance coverage</td>
<td>93%</td>
</tr>
<tr>
<td>Having access to high-quality hospital care</td>
<td>92%</td>
</tr>
<tr>
<td>Having Medicare benefits available to you in the future</td>
<td>91%</td>
</tr>
<tr>
<td>Having health care services in your community</td>
<td>86%</td>
</tr>
<tr>
<td>Paying for health care expenses</td>
<td>84%</td>
</tr>
<tr>
<td>Developing or maintaining healthy behaviors</td>
<td>81%</td>
</tr>
<tr>
<td>Paying for prescription drugs</td>
<td>81%</td>
</tr>
<tr>
<td>Being able to access health care providers remotely by computer or phone</td>
<td>58%</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=707)
CARE1. Are you currently providing unpaid help to a relative or friend 18 years or older to help them take care of themselves? (n=707)

More than a quarter (28%) of Delaware residents age 45+ are currently providing unpaid help to an adult relative or friend.

Percent Providing Unpaid Adult Care

- Yes: 28%
- No: 72%
CARE1_A. Have you ever provided this type of unpaid help in the past? (n=511)

40 percent of Delaware residents age 45+ who are not currently family caregivers have provided this type of care in the past.

Percent Providing Unpaid Adult Care in The Past

- Yes: 40%
- No: 59%
- Don’t know/ refused: 1%
CAREGIVING ISSUES

Two-thirds (66%) of Delaware caregivers (or former caregivers) have been employed while also providing care to their loved one.
Among Delaware residents age 45+ who have been employed while caregiving, two-thirds (69%) had to go to work early/late or take time off work for caregiving. Some had to leave their job to provide care for their loved one, including 25 percent taking a leave of absence and 14 percent giving up working entirely.

Impact of Caregiving on Work

- Go into work early or late, or take time off to provide care for a loved one: 69%
- Take a leave of absence from your job to provide care for a loved one: 25%
- Go from working full-time to part-time to provide care for a loved one: 19%
- Give up working entirely to provide care for a loved one: 14%

*CARE9. As a working caregiver, did you ever have to [ITEM]? (n=265)*
Delaware residents age 45+ agree that many types of support would be helpful for caregiving, including an income tax credit for caregiving expenses and information on community resources for caregivers.

**Helpfulness of Caregiving Resources**

- Getting a credit on your income tax for expenses related to caregiving: 63%
- Information about available resources for caregivers in your community: 61%
- Having paid time off from work to provide care: 58%
- Assistance with providing transportation to medical appointments: 57%
- Respite care or breaks from caregiving responsibilities: 54%
- Assistance with providing transportation in general: 53%
- Assistance with managing household chores: 52%
- Assistance with understanding how to manage medications: 51%
- Assistance with providing meals: 49%
- Connecting with other caregivers in similar situations: 41%
- Information about how to use telehealth services: 41%

**CARE29.** In your opinion, as (a current caregiver/former caregiver/someone who may provide care in the future), how helpful would the following types of caregiving support be to you? (Percent 'extremely helpful' or 'very helpful') (n=707)
The majority (89%) of Delaware residents age 45+ would support providing a state income tax credit to family caregivers who incur caregiving expenses.
More than eight in ten (84%) Delaware residents age 45+ would support requiring employers to provide paid family leave for employees who are unpaid caregivers.

Support for Paid Family Leave for Employed Caregivers

- Strongly support/ somewhat support: 84%
- Neither support nor oppose: 10%
- Somewhat oppose/ strongly oppose: 4%
- Don't know/ refused: 4%
As of March 2021, Delaware residents age 45+ have mixed levels of concern about getting COVID-19 in the next year.

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

- 37% Extremely worried/ very worried
- 33% Not very worried/ not at all worried
- 30% Somewhat worried
- 0% Don't know/ refused

CVD-6. How worried are you about getting coronavirus in the next year? (n=707)
**HEALTHCARE**

The vast majority (96%) of Delaware residents age 45+ have health insurance or health plan coverage.

**VIH-1.** Are you, yourself, now covered by any form of health insurance or health plan? (n=707)

Covered by Health Insurance or Health Plan

- Yes: 96%
- No: 4%
Most Delaware residents age 45+ who have health insurance coverage have Medicare (35%) or are covered through their employer (32%).

**Primary Source of Health Insurance Coverage**

- Medicare: 35%
- A plan through your employer: 32%
- A plan through your spouse’s employer: 12%
- A Medicare Supplement plan: 11%
- A plan you purchased yourself through the Health Insurance Marketplace: 7%
- Medicaid: 7%
- Veteran's Administration: 4%

**VIH-2-1.** Which of the following is your primary source of health insurance coverage? (Percent ‘yes’) (n=681)
Six in ten Delaware residents age 45+ have used telehealth in the past year.

Percent Using Telehealth in the Past Year

- Yes: 40%
- No: 60%
More than two-thirds (68%) of Delaware residents age 45+ who used telehealth in the past year were extremely or very comfortable using it.
Nearly half (46%) of Delaware residents age 45+ believe it is extremely or very likely that they will use telehealth services in the next year.

Likelihood of Using Telehealth in the Next Year

- Extremely likely/ very likely: 46%
- Somewhat likely: 30%
- Not very likely/ not at all likely: 23%
- Don't know/ refused: 18%

HEAL12. How likely do you think it is that you will use telehealth services in the next year? (n=707)
Survey Results for Delaware-
Wealth Questions

Issues That Impact Delaware Adults Age 45 and Older
Delaware residents age 45+ find many economic issues important, particularly those related to financial security – including being able to afford basic necessities – and retirement.

Important Economic Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being able to afford groceries or other household necessities</td>
<td>92%</td>
</tr>
<tr>
<td>Having adequate Social Security benefits</td>
<td>92%</td>
</tr>
<tr>
<td>Having enough income or savings to retire</td>
<td>92%</td>
</tr>
<tr>
<td>Protecting yourself against unfair financial practices</td>
<td>86%</td>
</tr>
<tr>
<td>Protecting yourself against consumer fraud</td>
<td>82%</td>
</tr>
<tr>
<td>Being able to stop working for pay at the age you want</td>
<td>78%</td>
</tr>
<tr>
<td>Having online security</td>
<td>73%</td>
</tr>
<tr>
<td>Protection from age discrimination</td>
<td>71%</td>
</tr>
<tr>
<td>Having a way to save for retirement through the workplace</td>
<td>68%</td>
</tr>
<tr>
<td>Having access to high-speed Internet</td>
<td>65%</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>54%</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=707)
Survey Results for Delaware-Livable Communities Questions

Issues That Impact Delaware Adults Age 45 and Older
Caring for a loved one (86%) and aging in place (85%) are extremely or very important to a majority of Delaware residents age 45+.

Important Independent Living Issues

- Caring for a loved one: 86%
- Staying in your own home as you get older: 85%
- Getting to the places you need to go independently: 83%
- Having high quality long-term care in your community: 78%
- Having alternatives to nursing home care: 75%
- Improvements to Delaware's long-term care services: 74%
- Having ways to be connected to your community and socialize as you age: 62%

\[I^1\]. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=707)
Most (89%) Delaware residents age 45+ currently drive themselves to get around their community—only 6 percent use public transportation.

**Primary Means of Getting Around Community**

- **Drive yourself**: 89%
- **Have others drive you**: 17%
- **Walk**: 13%
- **Use public transportation**: 6%
- **Ride a bike**: 6%
- **Use a special transportation service, such as one for seniors or persons with disabilities**: 4%
- **Use a ride source company such as Uber or Lyft**: 4%
- **Take a taxi**: 1%
- **Some other way**: <1%
Delaware residents age 45+ who do not use public transportation feel that it is not convenient (45%) or said it is unavailable in their community (26%).

Reasons For Not Using Public Transportation

- It isn't convenient: 45%
- Not available in my community: 26%
- It doesn't go where I need to go: 18%
- It is difficult to use: 13%
- It doesn't feel safe: 7%
- Don't know how to use it: 5%
- Other: 26%
Fewer than one in five (17%) Delaware residents age 45+ rated their community as excellent or very good for having affordable housing.

**TRA2.** Would you rate your community as excellent, very good, good, fair, or poor on the following? (Percent ‘excellent’ or ‘very good’) (n=707)
In February 2021, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among Delaware residents age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, and retirement issues.

707 Interviews
Delaware Adults Age 45+
Fielded February-March 2021

ANR completed a total of 707 interviews (383 via landline telephone, 175 via cell phone, and 149 online). Respondents were screened to meet the following criteria:

- Age 45+
- Resident of Delaware

Survey length averaged 21.3 minutes by telephone and 19.1 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 Delaware residents age 45 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 31,258 records were utilized to achieve a base sample of 707 respondents and at least 200 interviews with Hispanic/Latino respondents and 200 interviews with Black/African-American respondents. The list of 418,000 residents of Delaware age 45 and older was randomly divided into 418 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 30 replicates representing a total of 29,296 resident records were dialed to complete the telephone portion of this study.

The study's base sample of 707 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 February 25, 2021 and closed on March 9, 2021.

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 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.