Digital literacy is becoming increasingly important as more information is dispersed via the Internet.

Four in five (86%) Iowa residents age 45+ strongly or somewhat agree that they know how to both use the Internet to answer questions and use the information found on the Internet to help themselves. However, nearly one-quarter (24%) strongly or somewhat disagree with the statement “I can tell high quality from low quality resources on the Internet.”

Nearly one-fourth (24%) stated they need education or training on how to use the digital devices they own.

Two in ten (19%) Iowa adults age 45+ avoid buying digital devices because they feel they don’t know how to use them effectively.
Staying in their own home as they get older is extremely or very important to a majority (83%) of Iowa residents age 45+.

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staying in your home as you get older</td>
<td>83%</td>
</tr>
<tr>
<td>Getting to places you need to go independently</td>
<td>82%</td>
</tr>
<tr>
<td>Having high quality long-term care</td>
<td>76%</td>
</tr>
<tr>
<td>Having alternatives to nursing home care</td>
<td>72%</td>
</tr>
<tr>
<td>Having affordable housing options</td>
<td>67%</td>
</tr>
<tr>
<td>Affording the cost of modifying your home to age in place</td>
<td>63%</td>
</tr>
</tbody>
</table>

“Please indicate how important each is to you, personally.”

Financial resilience is important to Iowa residents age 45+ (n=717 total respondents)

- 93% Having enough income or savings to retire
- 93% Having adequate health insurance coverage
- 90% Having adequate Social Security benefits
- 88% Being able to pay for health care expenses
- 87% Having Medicare benefits available in the future
- 84% Protecting yourself against consumer fraud

Nearly three-quarters (72%) would find information about available resources for caregivers in their community extremely or very helpful.

Knowledge of resources is relatively low, with just 62% thinking in-home respite care is available in their area and 54% knowing of day activity programs nearby.

27% of Iowa residents age 45+ who provide care or have provided care in the past don’t know what types of respite care programs are available in the area.

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Interviews were conducted with 717 residents of Iowa age 45+ by landline (31%), cell phone (37%), and online (33%) between July 7, 2022 and July 18, 2022.

For more information, contact specific advisor: Aisha Bonner Cozad, PhD, ABonner@aarp.org
A full description of the methodology report is available at AARP.org/VitalVoices.