

VITAL VOICES

Issues That Impact
Iowa Adults
Age 45 and Older,
July 2022



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.”



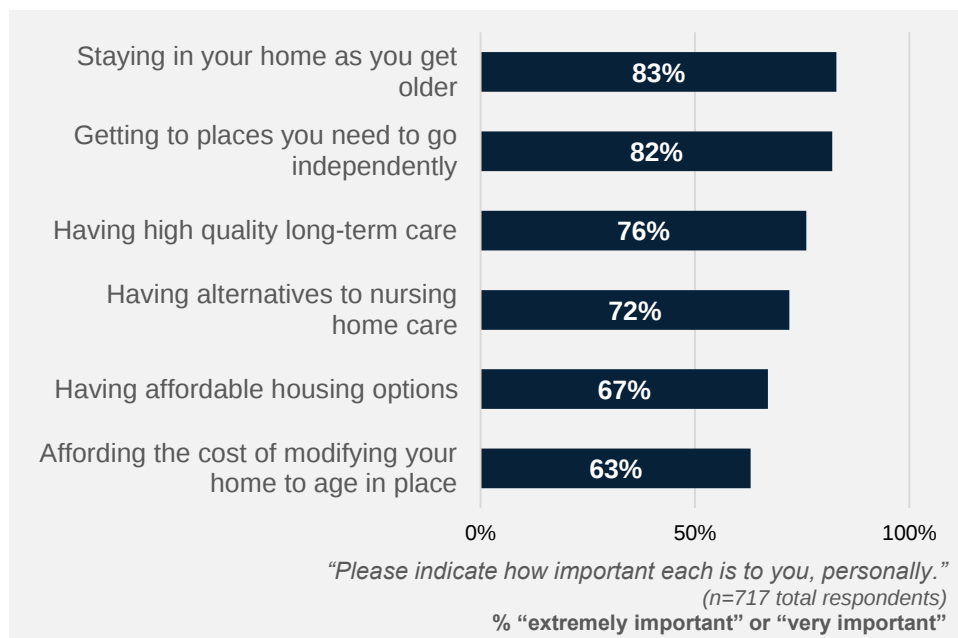
*“How much do you agree or disagree with the following statements related to the Internet?” (n=717 total respondents)
% “strongly agree” or “somewhat agree”*

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+.



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.

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.

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

"Please indicate how important each is to you, personally."
% "extremely important" or "very important"



For more information, contact specific advisor:
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A full description of the methodology report is available at [AARP.org/VitalVoices](https://aarp.org/VitalVoices).