

VITAL VOICES

Issues That Impact
Puerto Rico Adults
Age 45 and Older,
August 2022



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INTRODUCTION

There are currently about 115 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, launched in 2019, is an exciting program of research undertaken by AARP. Through this research program, we have the ability to once again deliver critical, current, and state-specific data to 53 states and territories on a rolling three-year schedule between 2022 and 2024. We are making this data available to the public to assist with the development of programs, products, and policies for older adults. Beginning in Cycle 2 of the program, we look forward to uncovering trends that can guide your areas of focus. Specifically, this data will allow those in leadership positions to:

- Predict the need for a specific program or interest in a specific 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 conducted 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.



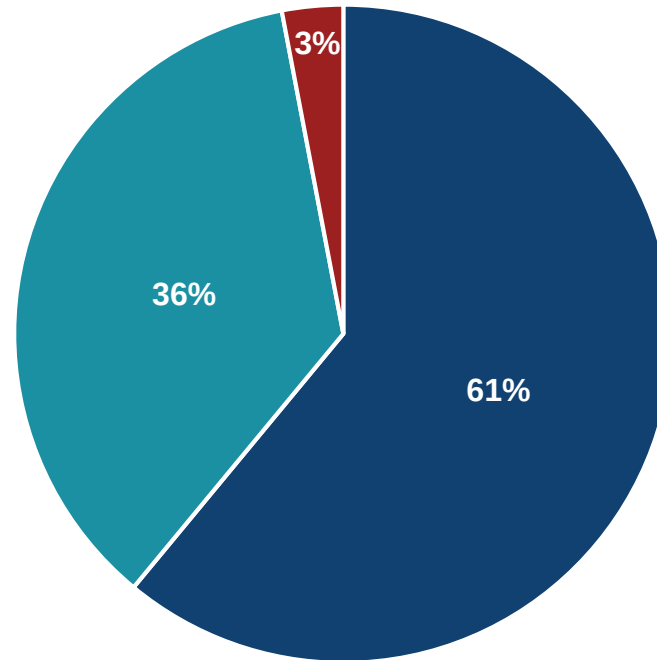


FP2. How informed would you say you are about issues related to age and aging?
(n=719)

ATTITUDES ON AGING

Six in ten (61%) Puerto Rico residents age 45+ are extremely or very informed about issues on aging.

Percent Informed About Issues on Aging



■ Extremely/ very informed ■ Somewhat informed ■ Not very/ not informed at all

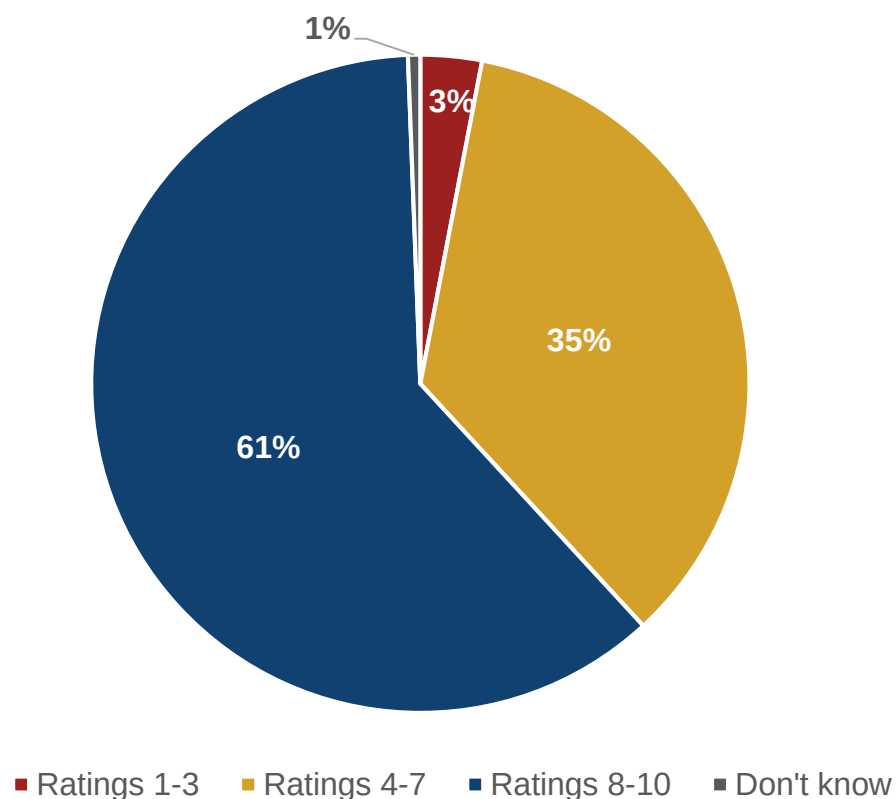


FP5. Thinking about your overall quality of life, please imagine a ladder with ten steps representing the “ladder of life.” Suppose the top of the ladder, the tenth step, represents the best possible life for you, and the bottom—the first step—the worst possible life for you. Thinking about your overall quality of life, on a scale of 1 to 10, on which step of the ladder do you personally stand at the present time? (n=719)

QUALITY OF LIFE

Six in ten (61%) Puerto Rico residents age 45+ give their quality of life a score of 8 to 10 on a 10-point scale, with another third (35%) providing a mid-scale rating of 4 to 7.

Quality of Life Rating



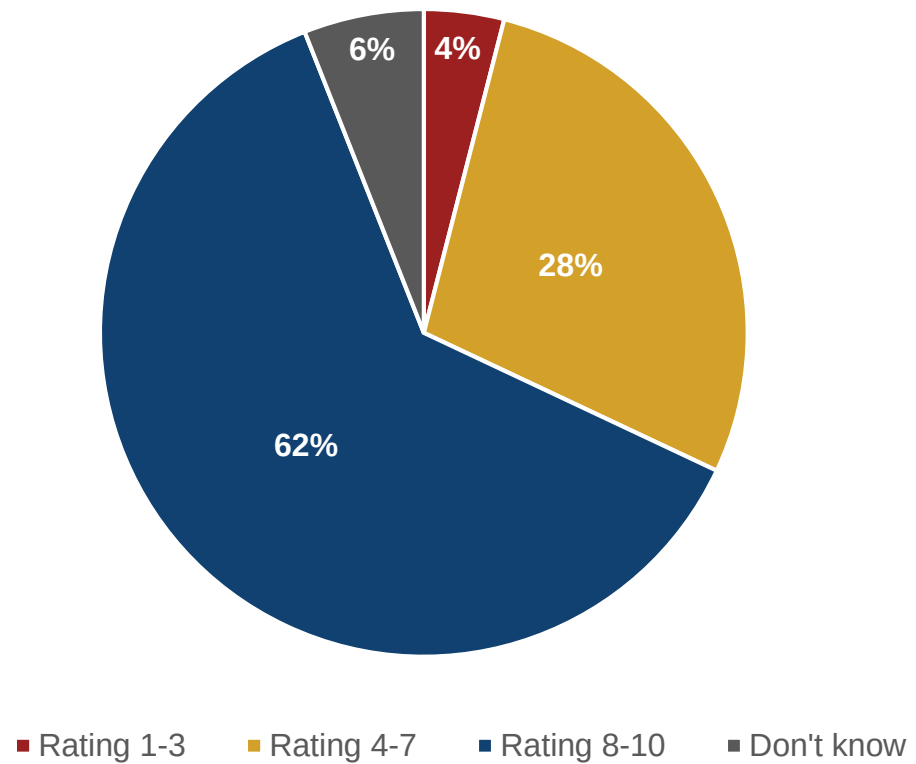


FP6 Looking to the future, thinking about your overall quality of life, which step of the ladder do you anticipate you will stand on 15-20 years from now? Again, please think about your overall quality of life and use a scale of 1 to 10, where 10 represents the best possible life for you and 1 the worst possible life for you. (n=719)

QUALITY OF LIFE

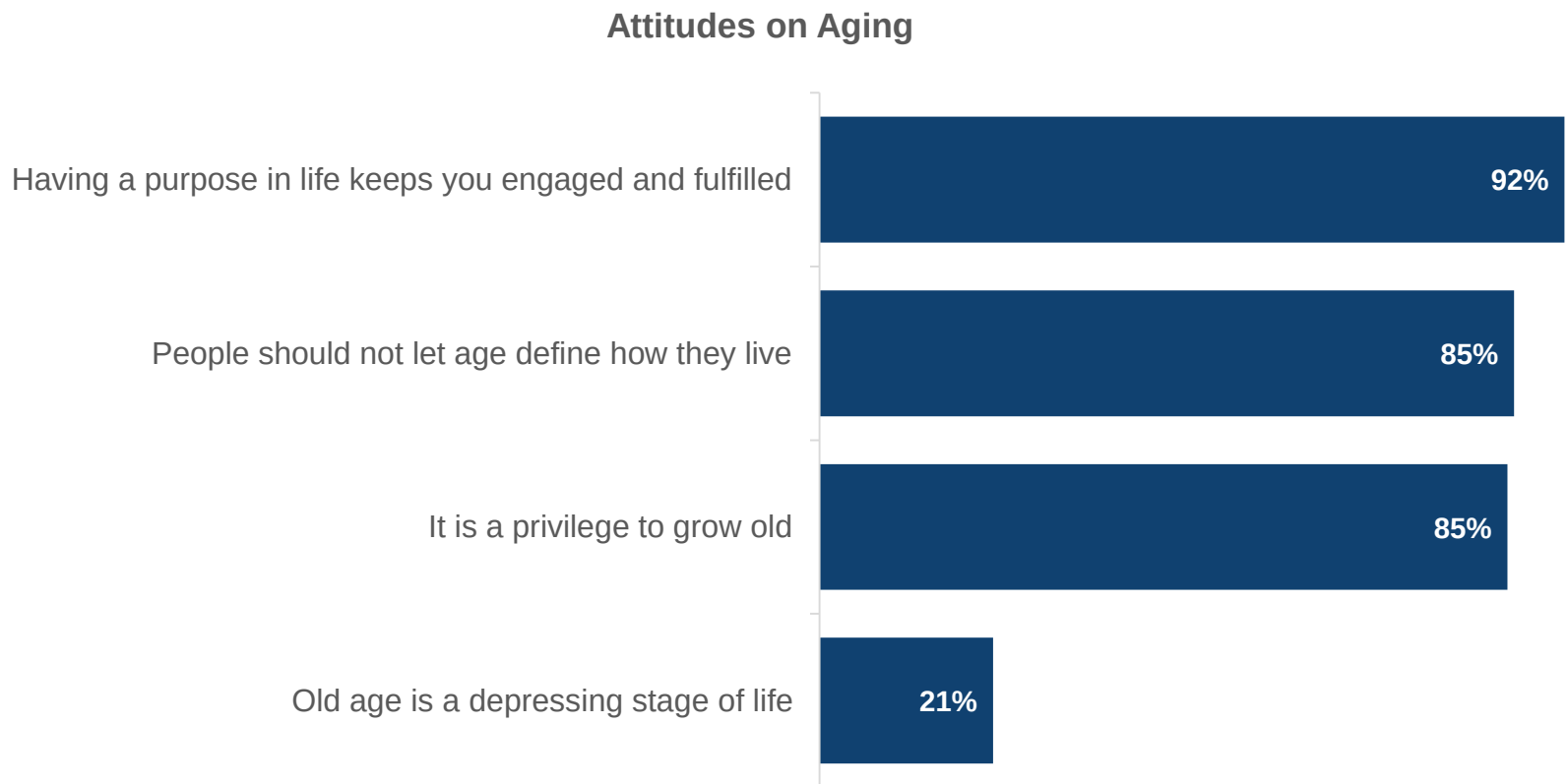
Six in ten (62%) Puerto Rico residents age 45+ anticipate their overall quality of life will be in the 8 to 10 range (on a 10-point scale) in the next 15 to 20 years.

Quality of Life in 15-20 Years



ATTITUDES ON AGING

While a majority (92%) of Puerto Rico residents age 45+ agree that having a purpose in life keeps you engaged and fulfilled, some (21%) think old age is a depressing stage of life.

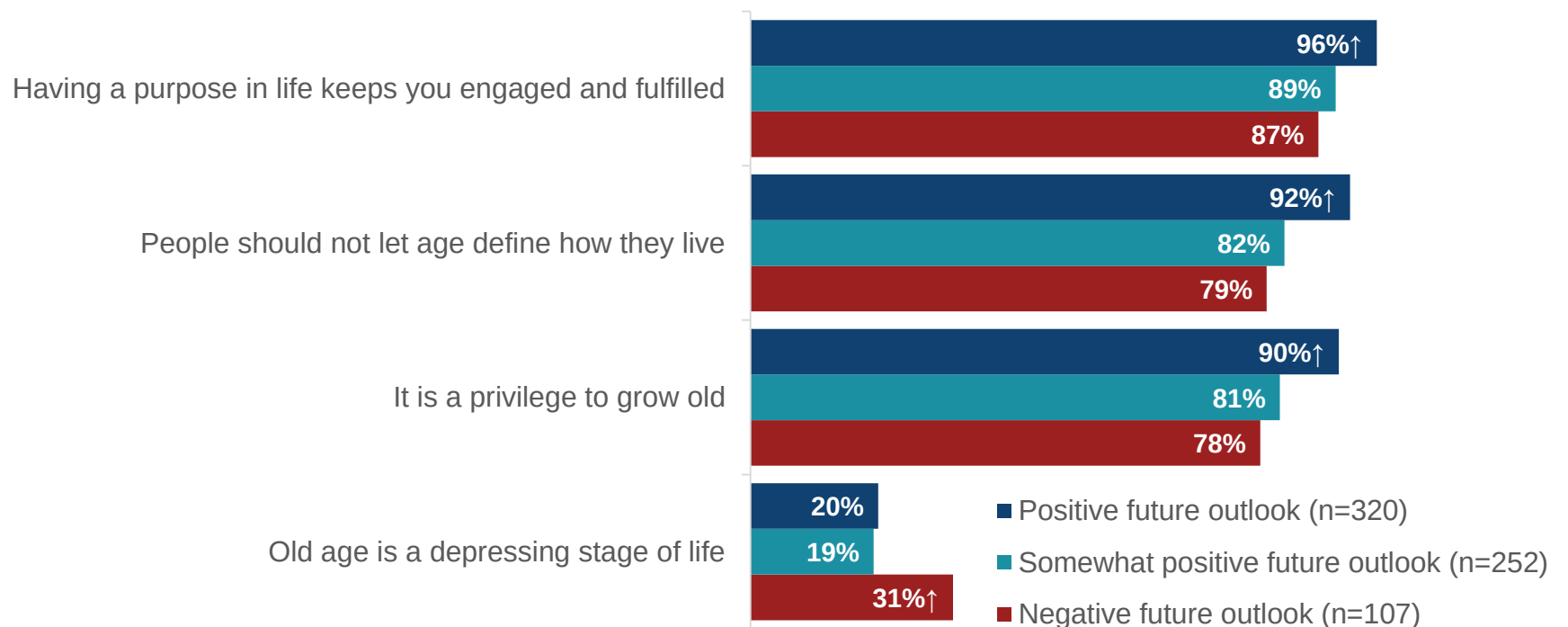


FP7. To what degree do each of the following statements describe your personal view? (Percent 'describes my view perfectly' or 'describes my view very well')
(n=719)

ATTITUDES ON AGING

Puerto Rico residents age 45+ with a positive outlook on their future quality of life are more likely than those with a less positive outlook to have favorable views on aging.

Attitudes on Aging By Anticipated Future Quality of Life



FP7. To what degree do each of the following statements describe your personal view? (Percent 'describes my view perfectly' or 'describes my view very well')

↑ ↓ indicates a significantly higher/lower percentage compared to both other categories at the 95% confidence level.

Positive defined as ratings of 9-10, somewhat positive defined as ratings of 6-8, and negative defined as ratings of 1-5.



C2_FP22. How strongly do you agree or disagree with each of the following statements?
(Percent 'strongly agree' or 'somewhat agree') (n=719)

ATTITUDES ON AGING

Three-quarters (75%) of Puerto Rico residents age 45+ strongly or somewhat agree that friends are a bigger part of their life as they have gotten older, yet half (52%) feel like they have fewer social interactions as they age.

Life and Involvement while Aging

Friends are a bigger part of my life as I age

75%

I become more involved in helping society or my community as I age

63%

I feel my life has more possibilities as I age

56%

I feel like I have fewer social connections and personal relationships as I age

52%



ATTITUDES ON AGING

Puerto Rico residents age 45+ who have a negative outlook on their future quality of life are the group most likely to strongly or somewhat agree that they have fewer social connections as they age.

C2_FP22. How strongly do you agree or disagree with each of the following statements? (Percent 'strongly agree' or 'somewhat agree')

↑ ↓ indicates a significantly higher/lower percentage compared to both other categories at the 95% confidence level.

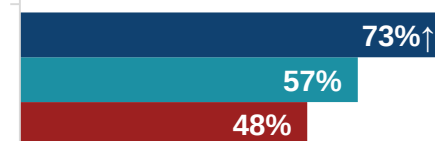
Positive defined as ratings of 9-10, somewhat positive defined as ratings of 6-8, and negative defined as ratings of 1-5.

Life and Involvement while Aging By Anticipated Future Quality of Life

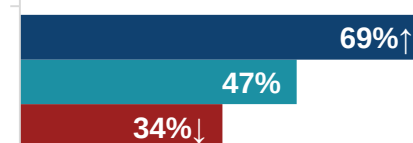
Friends are a bigger part of my life as I age



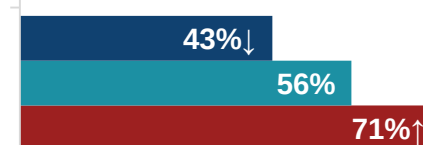
I become more involved in helping society or my community as I age



I feel my life has more possibilities as I age



I feel like I have fewer social connections and personal relationships as I age

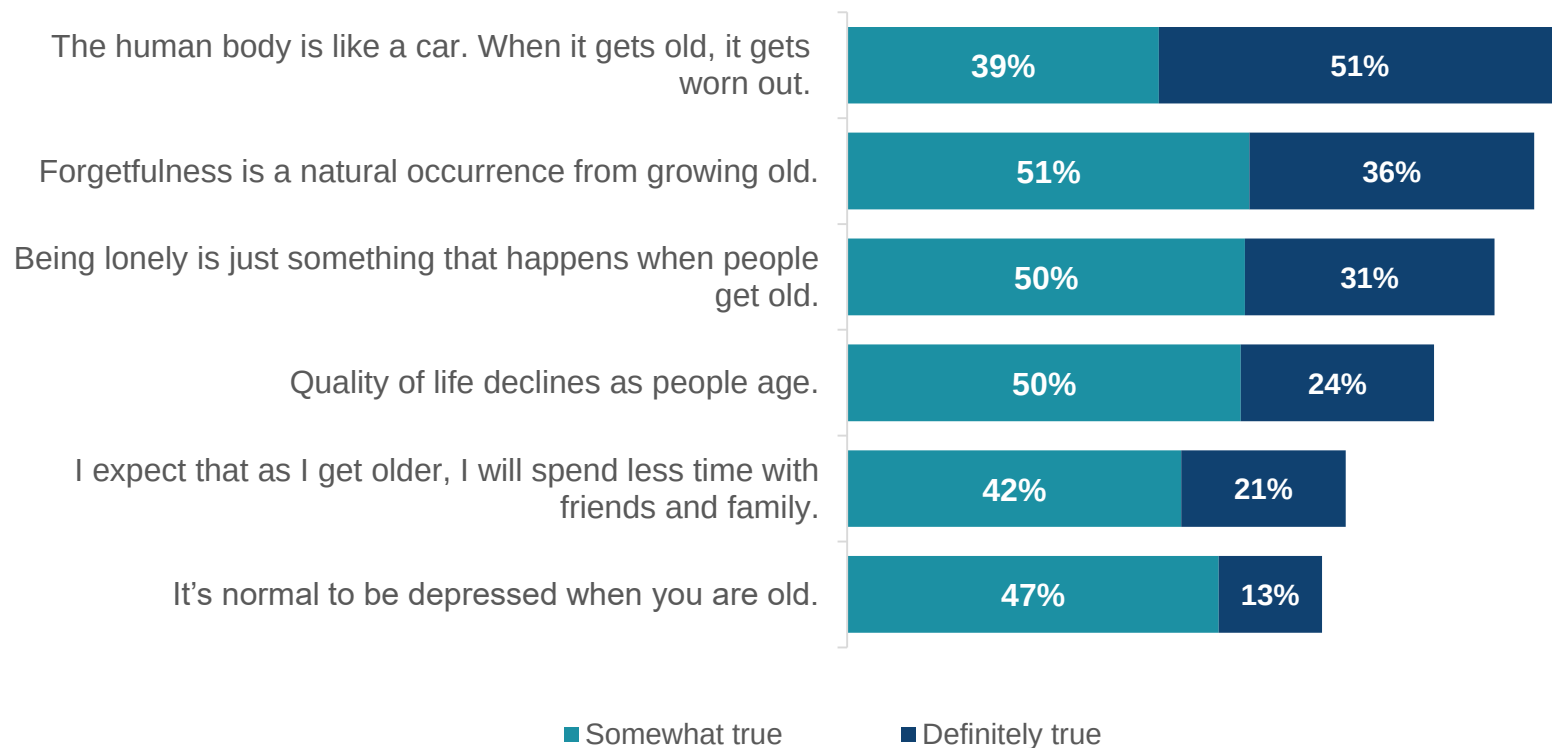


- Positive future outlook (n=320)
- Somewhat positive future outlook (n=252)
- Negative future outlook (n=107)

ATTITUDES ON AGING

Most (90%) Puerto Rico residents age 45+ think it is somewhat or definitely true that the human body gets worn out when it gets old, as well as that forgetfulness is a natural occurrence from growing old (87%).

Perceptions of Aging

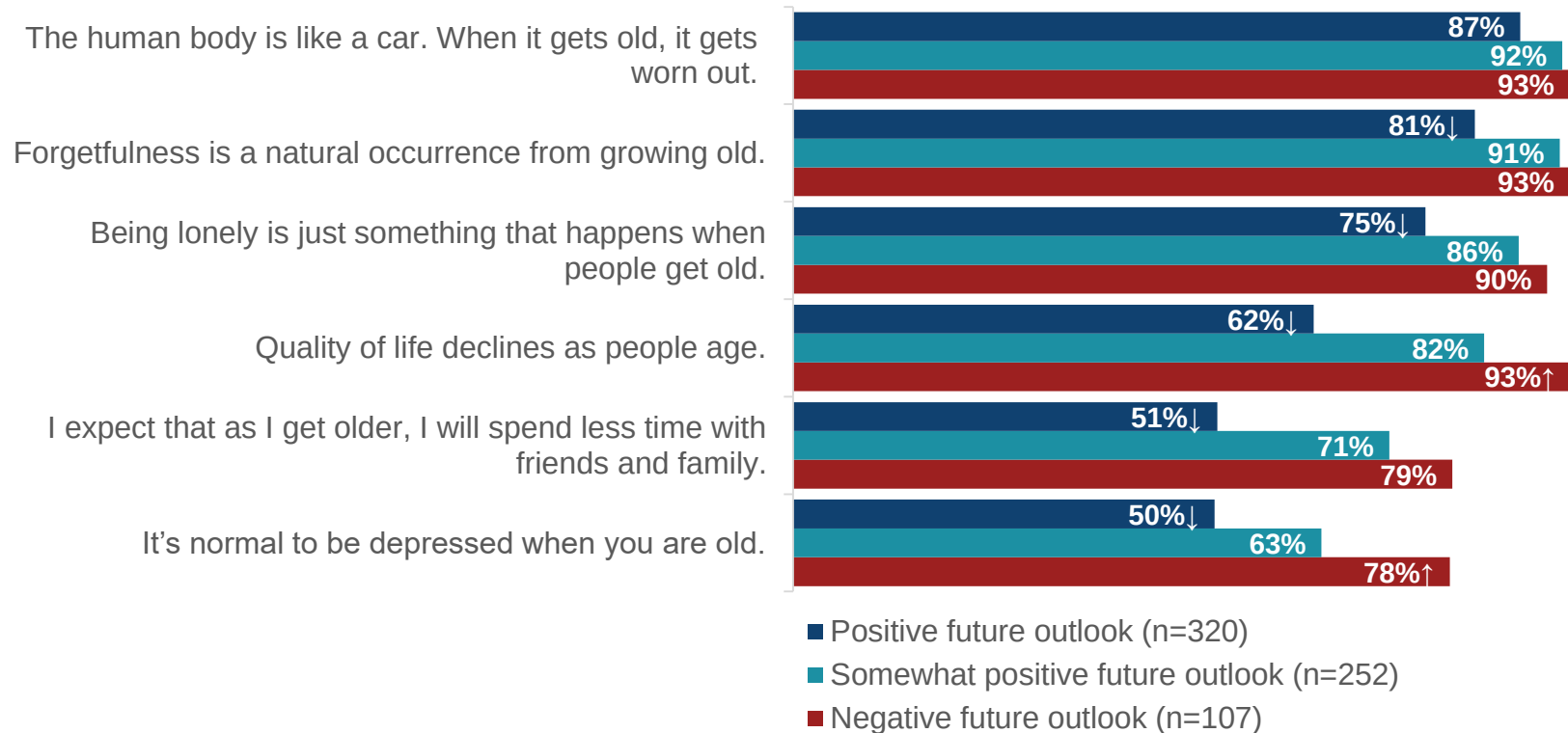


FP14. Do you feel the following statements are true or false? If you are not sure, please just indicate whatever BEST corresponds with your feelings. (n=719)

ATTITUDES ON AGING

Regardless of future outlook on their quality of life, Puerto Rico residents age 45+ largely agree that the human body gets worn out with age.

Perceptions of Aging By Anticipated Future Quality of Life



FP14. Do you feel the following statements are true or false? If you are not sure, please just indicate whatever BEST corresponds with your feelings. (Percent 'definitely true' or 'somewhat true')
↑ ↓ indicates a significantly higher/lower percentage compared to both other categories at the 95% confidence level.
Positive defined as ratings of 9-10, somewhat positive defined as ratings of 6-8, and negative defined as ratings of 1-5.

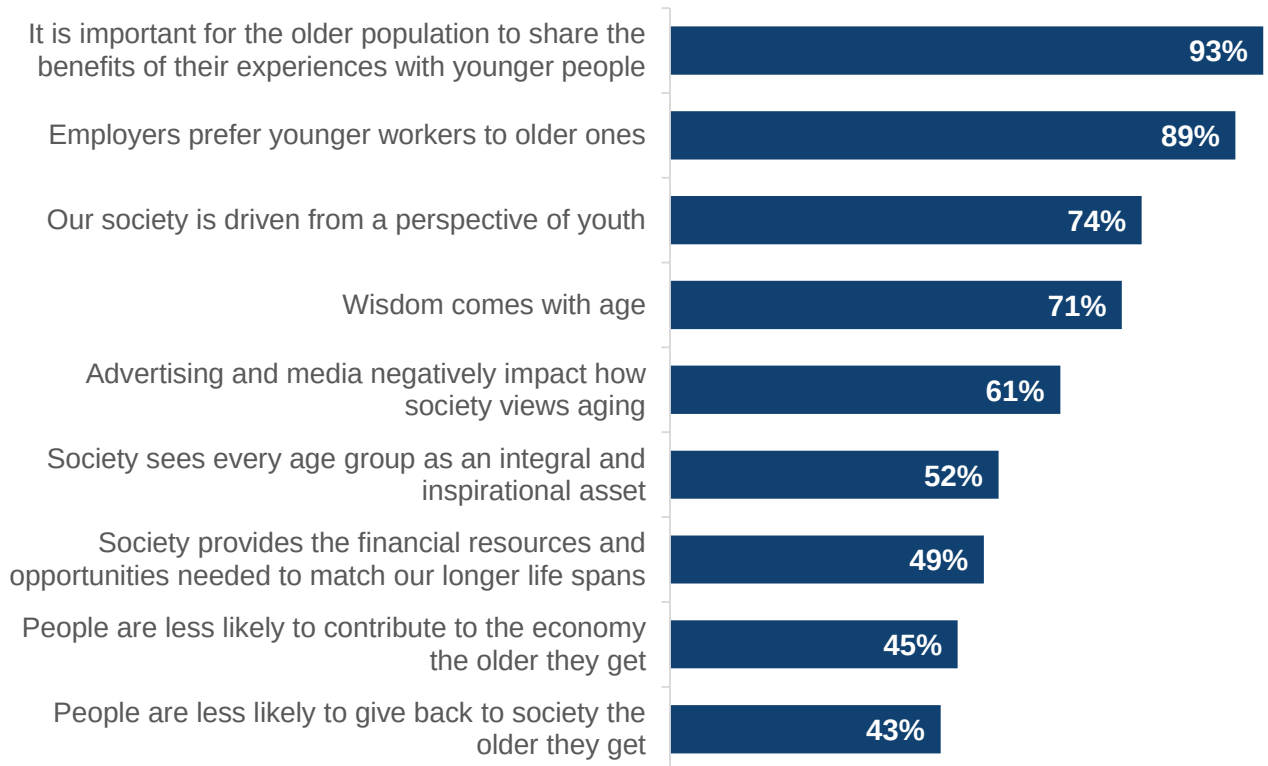


FP15. The following statements are used by some people to describe how society views aging and getting older. Do you agree or disagree with the following statements? (Percent 'strongly agree' or 'somewhat agree') (n=719)

ATTITUDES ON AGING

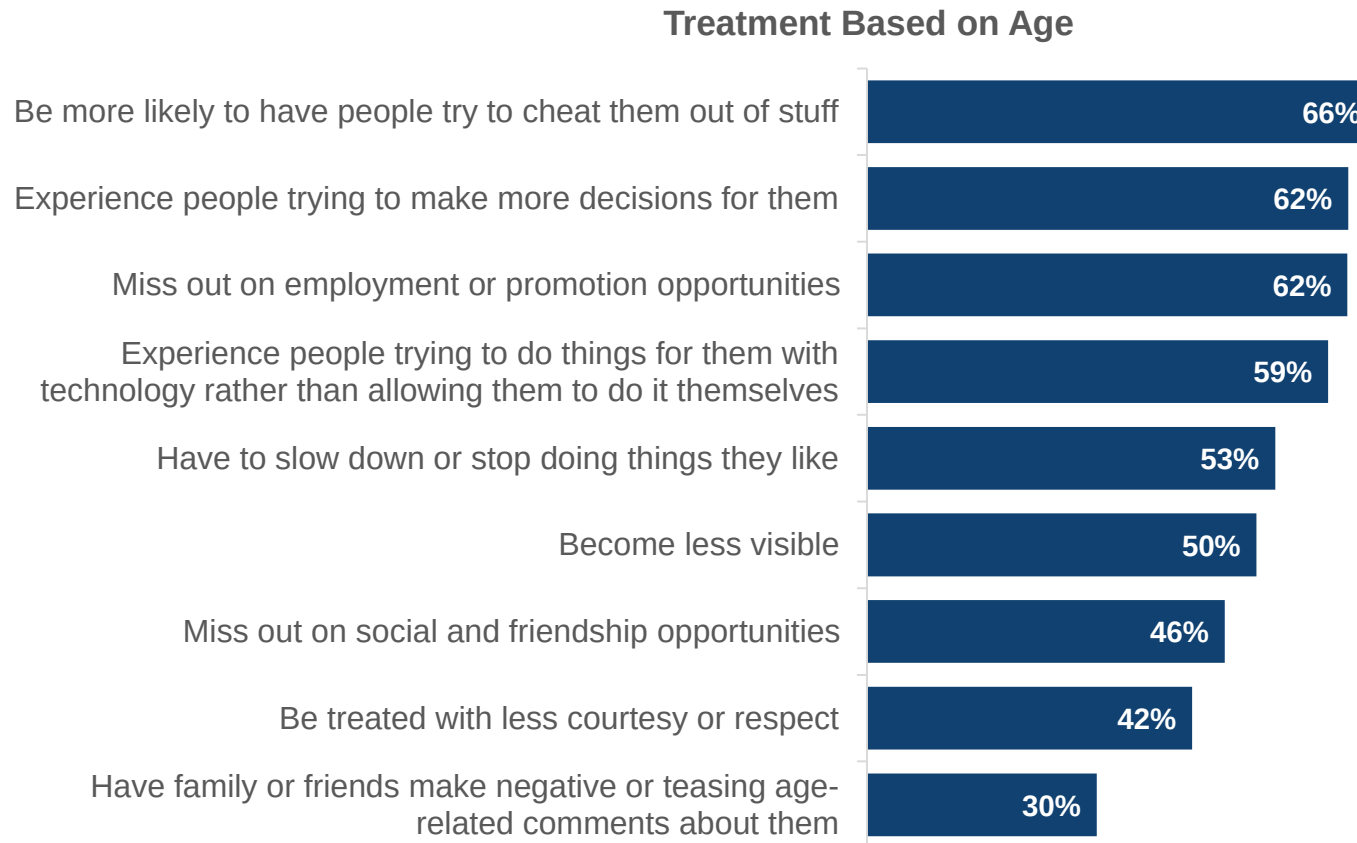
While most (93%) Puerto Rico residents age 45+ believe it is important for the older population to share the benefits of their experiences with younger people, three-fourths (74%) agree that society is driven from a perspective of youth.

Agreement with Statements About Aging



ATTITUDES ON AGING

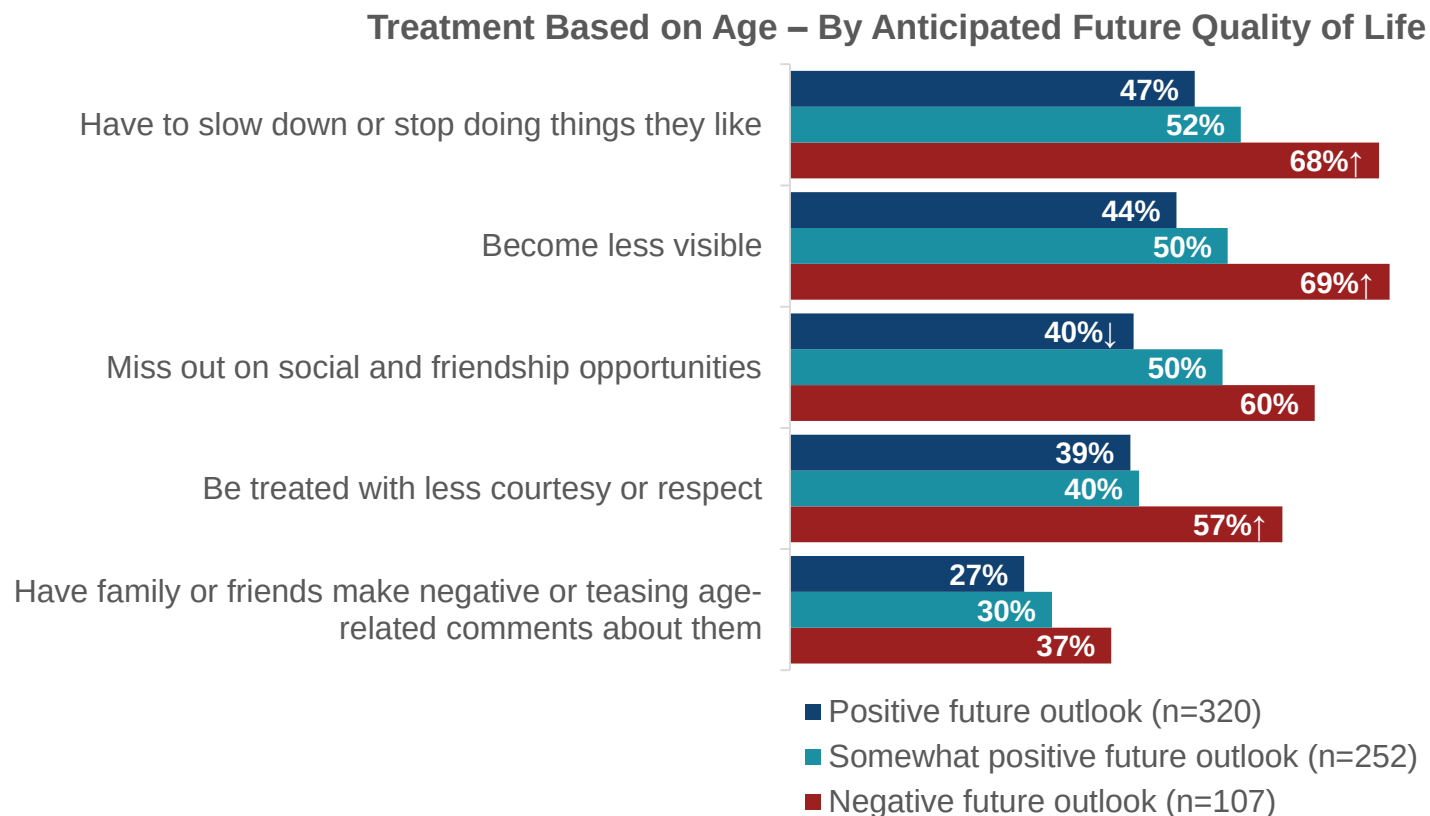
Puerto Rico residents age 45+ have witnessed a variety of negative age-related experiences among older individuals, with seeing people try to cheat them out of stuff as they age topping the list.



C2_FP12. How often have you seen people older than you experience each of the following [as they age]? (Percent “always” or “often”) (n=719)

ATTITUDES ON AGING

There is a clear divide on views of treatment based on age among Puerto Rico residents age 45+ who have a positive outlook on their future quality of life versus those with a negative outlook.



C2_FP12. How often have you seen people older than you experience each of the following [as they age]? (Percent “always” or “often”)

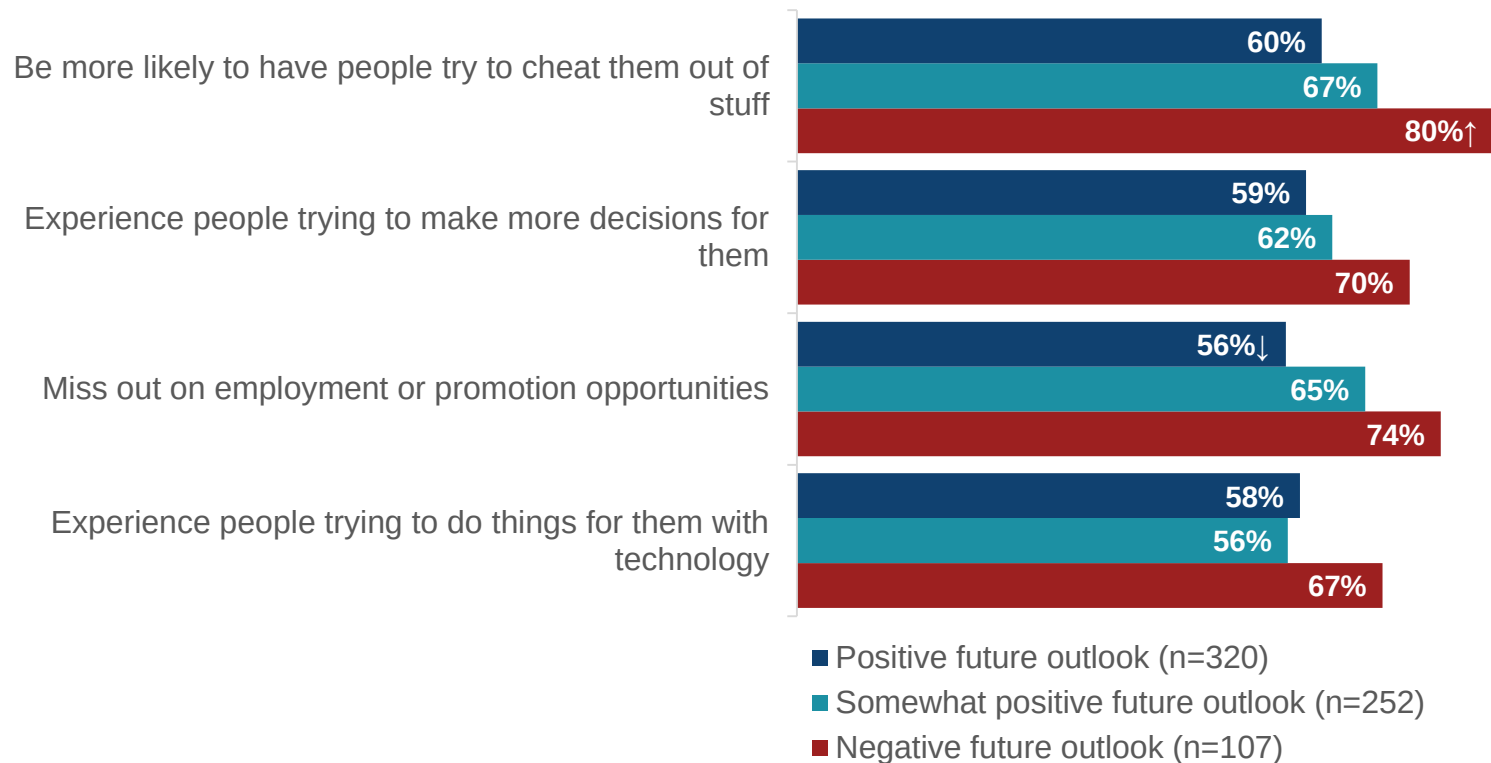
↑ ↓ indicates a significantly higher/lower percentage compared to both other categories at the 95% confidence level.

Positive defined as ratings of 9-10, somewhat positive defined as ratings of 6-8, and negative defined as ratings of 1-5.

ATTITUDES ON AGING

Four in five (80%) Puerto Rico residents age 45+ with a negative outlook on their future quality of life said they always or often see people older than themselves with an increased likelihood of others trying to cheat them out of things.

Treatment Based on Age – By Anticipated Future Quality of Life (Continued)



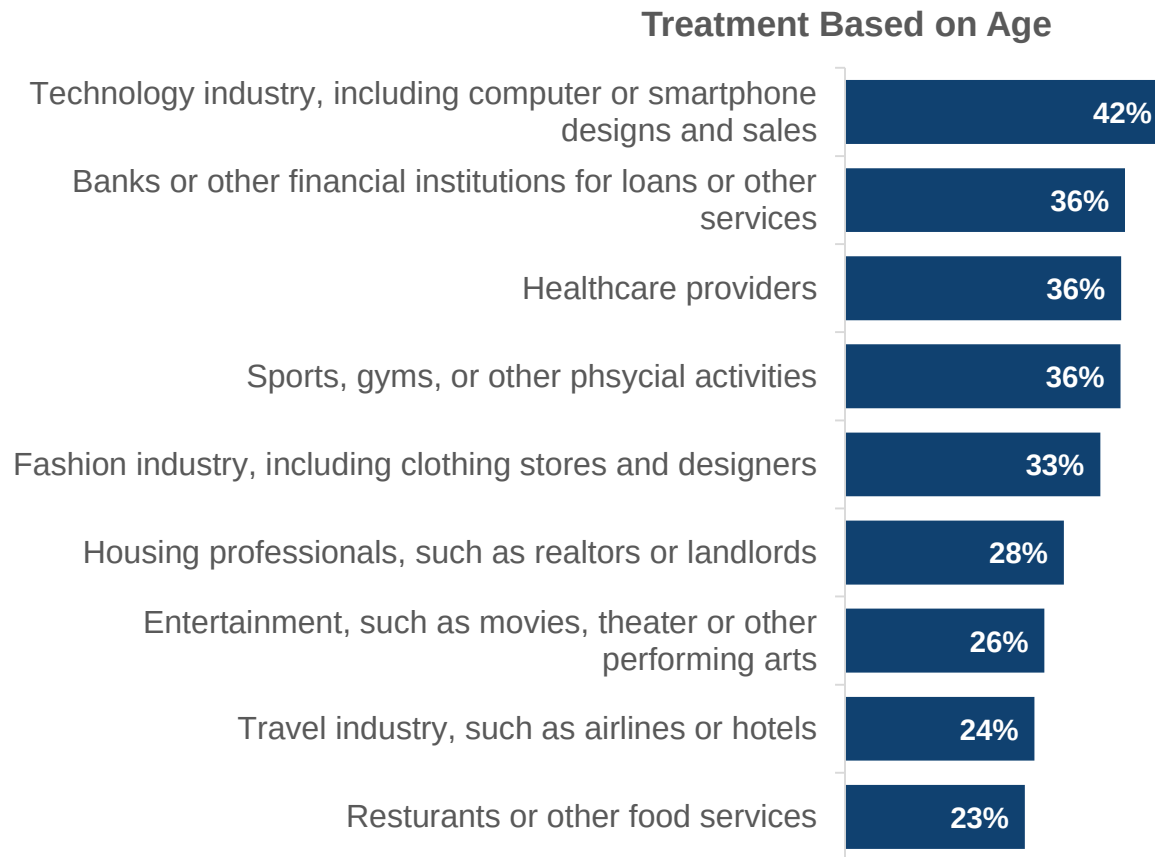
C2_FP12. How often have you seen people older than you experience each of the following [as they age]? (Percent “always” or “often”)

↑ ↓ indicates a significantly higher/lower percentage compared to both other categories at the 95% confidence level.

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ATTITUDES ON AGING

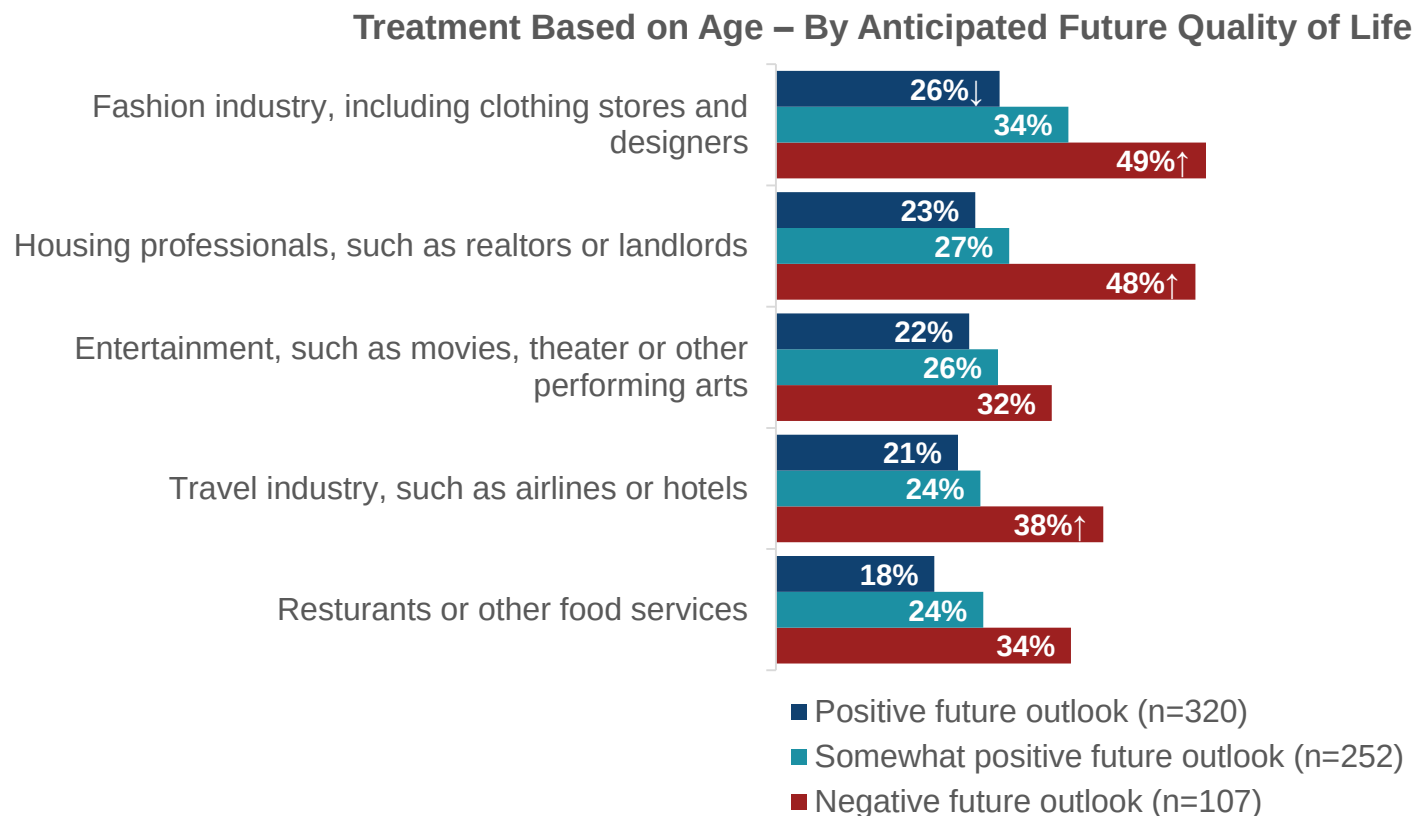
Puerto Rico residents age 45+ are most likely to indicate they were treated differently because of their age when interacting with the technology industry (42%), followed by financial institutions (36%), healthcare providers (36%), and sports/gyms (36%).



C2-FP21. Have you felt like you were treated differently because of your age when you were interacting or participating in any of the following? (Percent 'yes') (n=719)

ATTITUDES ON AGING

Half of Puerto Rico residents age 45+ who have a negative outlook on their future quality of life said they have felt like they were treated differently because of their age by the fashion industry (49%) and housing professionals (48%).

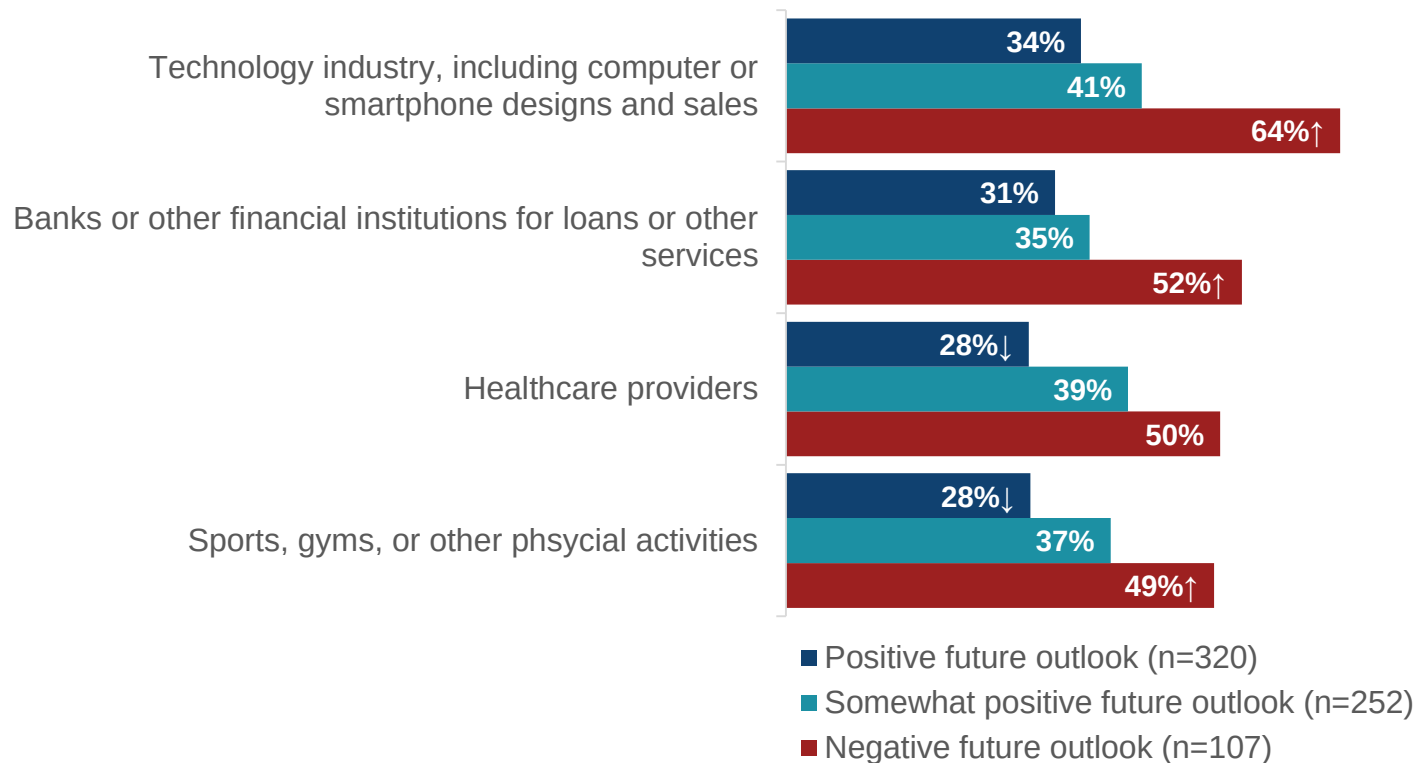


C2-FP21. Have you felt like you were treated differently because of your age when you were interacting or participating in any of the following? (Percent 'yes') ↑ ↓ indicates a significantly higher/lower percentage compared to both other categories at the 95% confidence level.
Positive defined as ratings of 9-10, somewhat positive defined as ratings of 6-8, and negative defined as ratings of 1-5.

ATTITUDES ON AGING

Nearly two-thirds (64%) of Puerto Rico residents age 45+ who have a negative outlook on their future quality of life said they have felt like they were treated differently because of their age by the technology industry.

Treatment Based on Age – By Anticipated Future Quality of Life (Continued)



C2-FP21. Have you felt like you were treated differently because of your age when you were interacting or participating in any of the following? (Percent 'yes') ↑ ↓ indicates a significantly higher/lower percentage compared to both other categories at the 95% confidence level.

Positive defined as ratings of 9-10, somewhat positive defined as ratings of 6-8, and negative defined as ratings of 1-5.

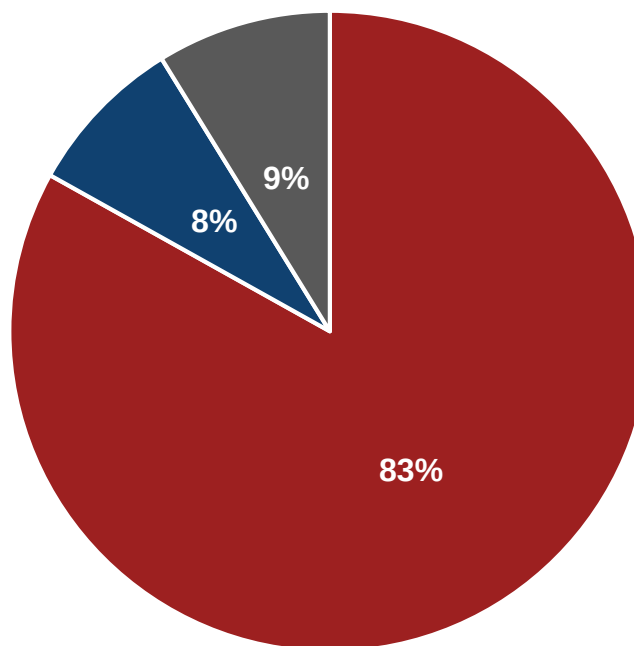


DA1. Based on what you have seen or experienced, do you think older workers face discrimination in the workplace today, based on age? (n=719)

DISRUPT AGING

Most (83%) Puerto Rico residents age 45+ believe older workers face age discrimination in the workplace today.

Age Discrimination in the Workplace

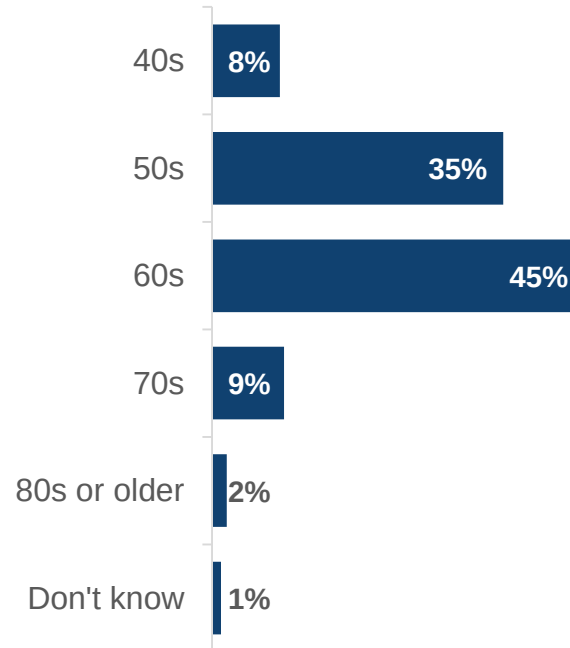


■ Yes ■ No ■ Don't know

DISRUPT AGING

Among Puerto Rico residents age 45+ who think age discrimination is an issue in the workplace today, nearly half (43%) believe it starts as early as their 40s or 50s.

When Age Discrimination Begins in the Workplace



DA2. At what age do you think older workers begin to face age discrimination? (n=598)

DISRUPT AGING

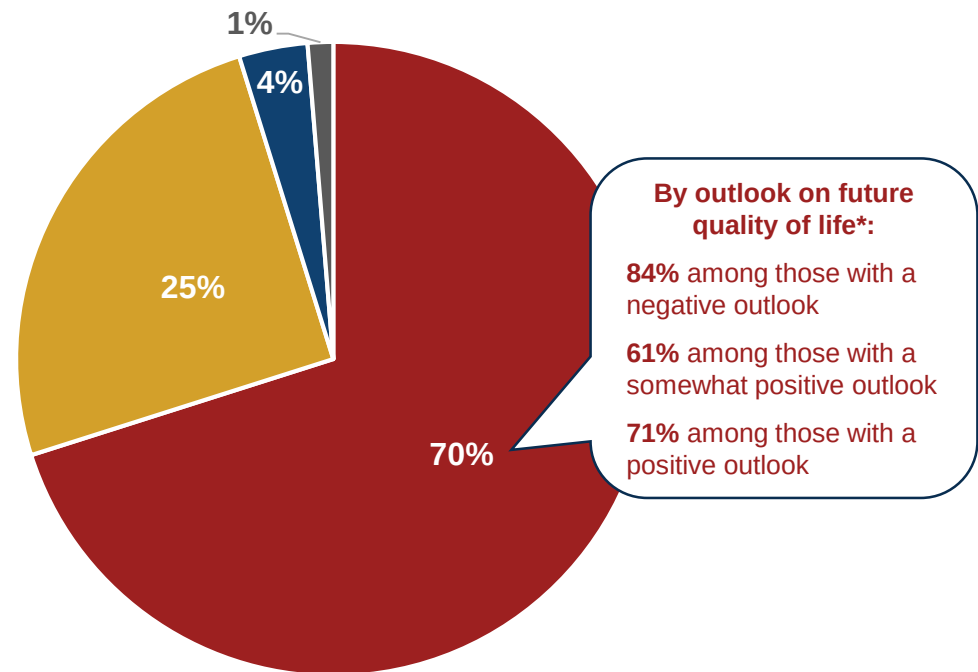
Among Puerto Rico residents age 45+ who believe age discrimination is an issue in the workplace today, two-thirds (70%) feel it is extremely or very common.



DA3. How common is age discrimination against older workers in the workplace today? (n=598)

*Positive defined as ratings of 9-10, somewhat positive defined as ratings of 6-8, and negative defined as ratings of 1-5.

Prevalence of Age Discrimination

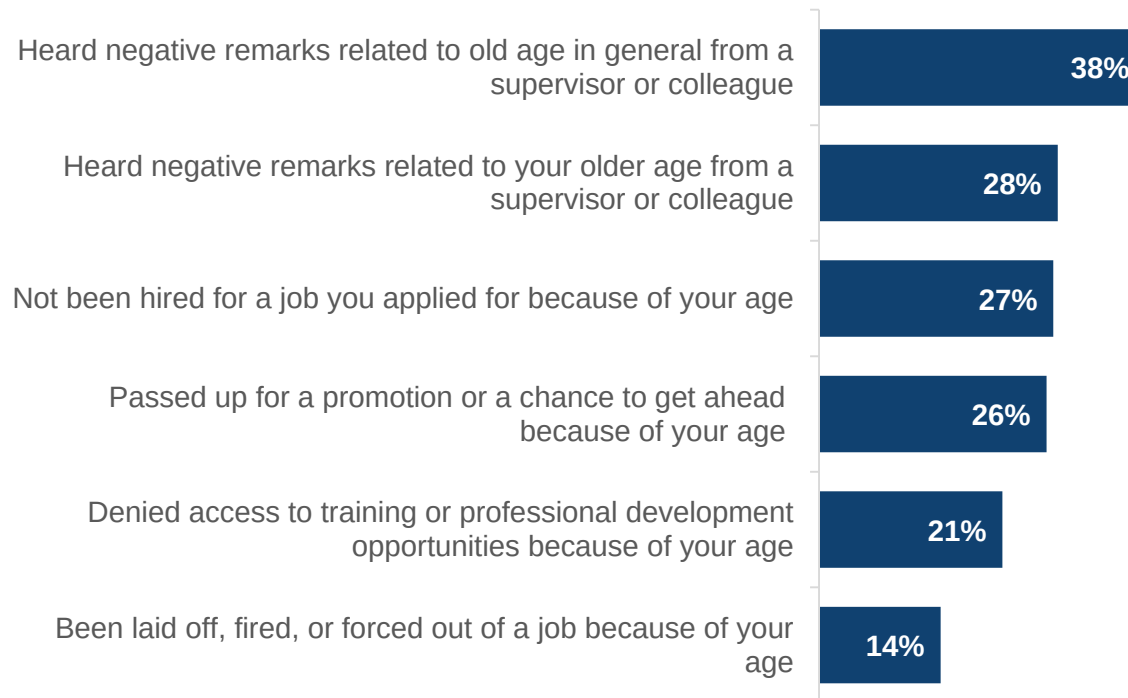


■ Extremely/ very common ■ Somewhat common ■ Not very/ not at all common ■ Don't know

DISRUPT AGING

Over one-third (38%) of Puerto Rico residents age 45+ have heard negative remarks related to old age in general from a supervisor or colleague since turning 40; one-quarter (28%) heard these remarks related to *their own* age, specifically.

Age Discrimination in the Workplace



DA6. Have any of the following happened to you at work since turning 40? (Percent 'yes') (n=719)

METHODOLOGY

In July 2022, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among Puerto Rico residents age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, and retirement issues.

719 Interviews

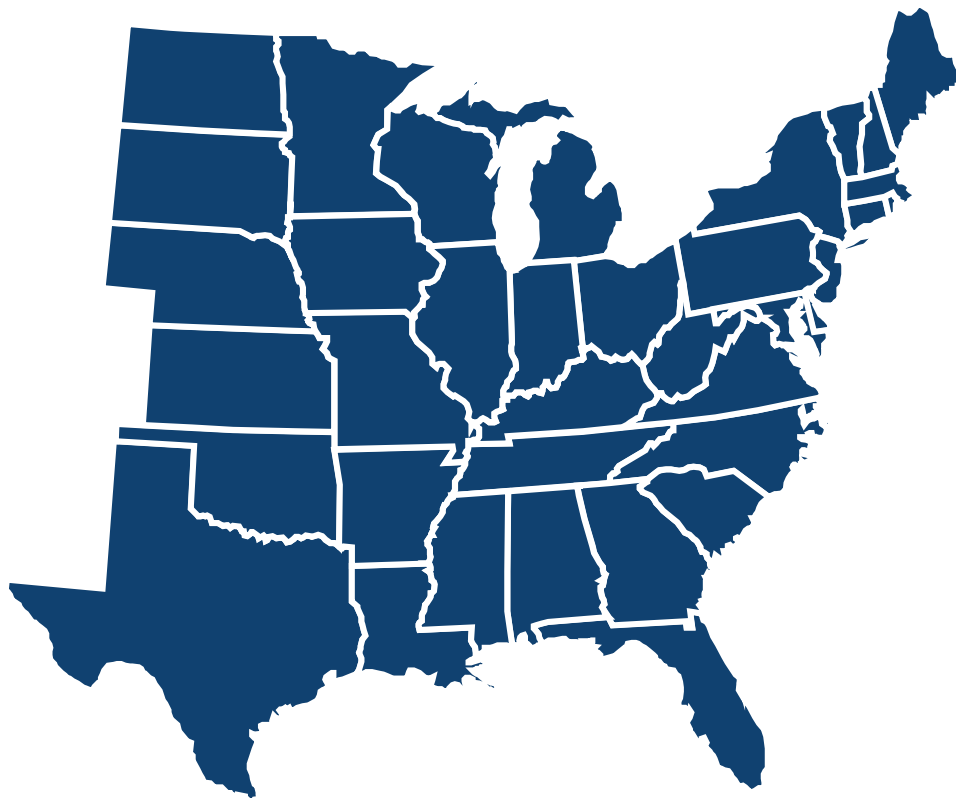
Puerto Rico Adults Age 45+

Fielded in July/August 2022

ANR completed a total of 719 interviews (175 via landline telephone, 175 via cell phone, and 369 online). Respondents were screened to meet the following criteria:

- Age 45+
- Resident of Puerto Rico

Survey length averaged 25 minutes by telephone and 19 minutes online.



METHODOLOGY

Sampling Procedure

Landline, cell phone, and online sampling were used for this research, with the telephone sample drawn randomly from a list of Puerto Rico residents age 45 and older, purchased from Dynata. A total of 30,352 records were utilized. The list of 1,517,912 Puerto Rico residents age 45 and older was randomly divided into 1,518 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 31 replicates representing a total of 30,352 records were dialed to complete the telephone portion of this study.

The sample of 719 respondents yields a maximum statistical error of $\pm 3.7\%$ 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 July 28, 2022 and closed on August 23, 2022.

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.

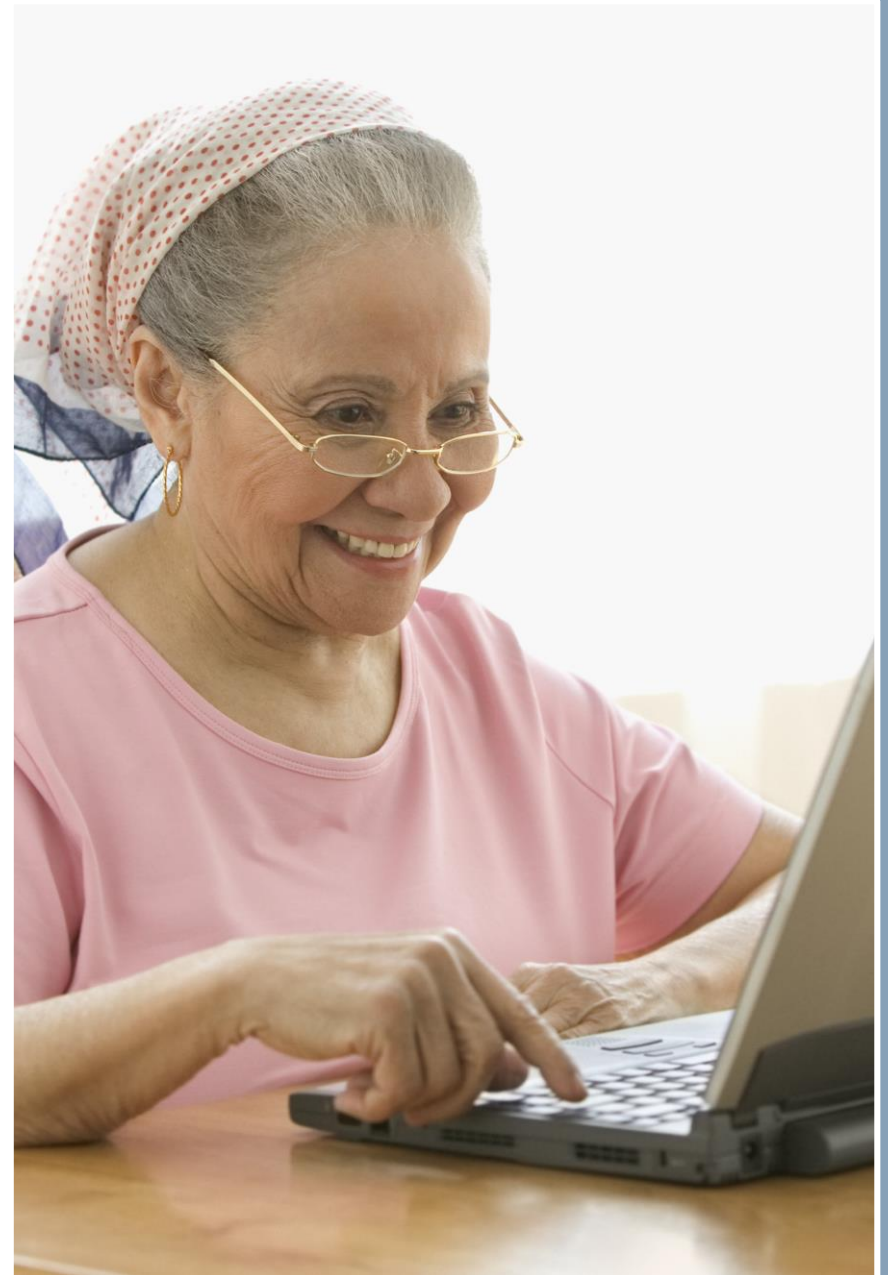
Percentages of some questions may exceed 100% due to rounding or the use of multiple response question formats.

All data have been weighted by age, gender, and race/ethnicity according to 2017 U.S. Census Bureau Puerto Rico Community Survey (PRCS) 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
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