VITAL VOICES

Issues That Impact Washington’s Asian American/Pacific Islander Adults Age 45 and Older, November 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.
Survey Results for Washington-Health and Caregiving Questions

Issues That Impact Washington’s Asian American/Pacific Islander Adults Age 45 and Older
Washington’s Asian American/Pacific Islander residents age 45+ think many healthcare issues are important, with staying mentally sharp topping the list.

**Important Healthcare Issues**

<table>
<thead>
<tr>
<th>Issue</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staying mentally sharp</td>
<td>93%</td>
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<tr>
<td>Having Medicare benefits available to you in the future</td>
<td>91%</td>
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<tr>
<td>Being able to afford health care expenses, including premiums and co-pays</td>
<td>90%</td>
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<tr>
<td>Having adequate health insurance coverage</td>
<td>85%</td>
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<tr>
<td>Being able to pay for prescription drugs</td>
<td>59%</td>
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<tr>
<td>Being able to access health care providers remotely</td>
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I1. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=258)
Two in ten (20%) Asian American/Pacific Islander Washington residents age 45+ are currently providing care to an adult relative or friend.
CAREGIVING ISSUES

Nearly three-quarters (74%) of Washington’s Asian American/Pacific Islander caregivers age 45+ have been employed while also providing care to their friend or relative.

Employed While Caregiving

- Yes: 74%
- No: 26%

CARE8. Have you ever been employed either full- or part-time while providing care to your adult friend or relative? (n=51)
Among Asian American/Pacific Islander Washington residents age 45+ who are employed while caregiving, nearly three-quarters (74%) had to go to work early/late or take time off work to provide care. Some had to leave their job to provide care (51% took a leave of absence and 27% gave up working entirely).
CARE47. How much of an impact would you say that being a caregiver puts on your own financial situation? (n=51)

About one-third (39%) of Asian American/Pacific Islander Washington caregivers age 45+ said that being a caregiver has had a major impact on their own financial situation.
CAREGIVING ISSUES

Among Asian American/Pacific Islander Washington caregivers age 45+, about two-thirds (65%) had to use their own money to help provide care.

CARE11. Now thinking again about the adult relative or friend you are currently providing care to, did you ever have to [ITEM]? (Percent ‘yes’) (n=51)
Washington’s Asian American/Pacific Islander caregivers age 45+ face a variety of difficulties due to their caregiving responsibilities.

### Difficulties That Impact Caregivers

- Feel stressed in trying to balance your job and family: 61%
- Feel stressed emotionally due to your caregiving responsibilities: 55%
- Find it difficult to take care of your household responsibilities: 48%
- Find it difficult to get enough rest: 47%
- Find it difficult to maintain a healthy diet: 41%
- Find it difficult to exercise regularly: 41%
- Experience problems with your health: 36%
- Find it difficult to make time to visit your doctor: 26%
Washington’s Asian American/Pacific Islander residents age 45+ have a variety of long-term care and aging concerns, with having long-term care or home health services available topping the list.

<table>
<thead>
<tr>
<th>Concern</th>
<th>Concerned (% of Respondents)</th>
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<tbody>
<tr>
<td>Feeling isolated or lonely</td>
<td>32%</td>
</tr>
<tr>
<td>Not having assistance with personal hygiene</td>
<td>47%</td>
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<tr>
<td>The quality of healthcare services available</td>
<td>61%</td>
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<tr>
<td>Providing support, help, or caregiving for a loved one</td>
<td>61%</td>
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<tr>
<td>The quality of care in Washington nursing homes</td>
<td>58%</td>
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<tr>
<td>Continuing to drive or get around as you get older</td>
<td>56%</td>
</tr>
<tr>
<td>Not having personal care services to help you with housekeeping, rides to the doctor, and food shopping</td>
<td>48%</td>
</tr>
<tr>
<td>Having long-term care or home health services available</td>
<td>67%</td>
</tr>
<tr>
<td>Paying for long-term care such as nursing home or home health services</td>
<td>64%</td>
</tr>
<tr>
<td>Staying in your own home as you get older</td>
<td>63%</td>
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</tbody>
</table>

GLTC1. How concerned are you about the following? (Percent ‘extremely concerned’ or ‘very concerned’) (n=258)
Survey Results for Washington-Wealth Questions

Issues That Impact Washington’s Asian American/Pacific Islander Adults Age 45 and Older
Washington’s Asian American/Pacific Islander residents age 45+ find many economic issues important, particularly those related to retirement and Social Security benefits.

Important Economic and Financial Issues

- Having enough income or savings to retire (n=180) - 95%
- Having adequate Social Security benefits - 87%
- Protecting yourself against consumer fraud - 85%
- Having access to affordable high-speed Internet - 79%
- Having protection from age discrimination - 72%
A variety of factors would impact the ability of Washington’s Asian American/Pacific Islander residents age 45+ to remain at home as they age, with increasing property taxes topping the list.

Factors Impacting Ability to Age in Place

- Increasing property taxes: 61%
- Increasing maintenance costs: 49%
- Safety in your neighborhood: 48%
- Safety in your home: 46%
- Heating and cooling costs: 45%
- Being close to goods and services: 40%
- Being able to make the necessary repairs and modifications to your home: 39%
- Increasing rent: 35%
- Size of your home: 22%
- Size of your property: 22%

HOME-1. How much do you think each of the following would impact your ability to remain in your home as you age? (Percent ‘a lot’) (n=258)
Eight in ten (81%) Asian American/Pacific Islander Washington residents age 45+ think that housing affordability is a problem in the area where they live.
Among Asian American/Pacific Islander Washington residents age 45+ who think housing affordability is a problem in their area, six in ten (63%) reported that the problem is very serious.
FINANCIAL CONCERNS

As a result of higher costs of living, two in five (43%) Asian American/Pacific Islander Washington residents age 45+ have taken money out of savings in the past 12 months.

Financial Issues in Last 12 Months

- Taken money out of savings due to higher costs of living: 43%
- Stopped saving for retirement due to higher costs of living: 35%
- Accumulated more credit card debt: 28%
- Postponed or skipped medical care due to cost: 24%
- Been unable to pay other bills: 19%
- Had problems affording food: 17%
- Been unable to pay rent or mortgage: 12%
- Skipped or went without medications due to cost: 11%

C2_ECON5. In the past 12 months, how often have you [ITEM]? (Percent ‘Often’ or ‘Sometimes’) (n=258)
FINANCIAL CONCERNS

About half (47%) of Washington’s Asian American/Pacific Islander residents age 45+ know how to access energy assistance, but only 27% know how to access Emergency Aid to the Elderly, Disabled, or Children (EAEDC).

Access to Financial Support

- Energy assistance: 47%
- Supplemental Nutrition Assistance Program, or SNAP: 38%
- Senior Property Tax Exemption or Deferral Program: 37%
- Emergency Aid to the Elderly, Disabled and Children, or EAEDC: 27%

C2_ECON4. If you found yourself having difficulty making ends meet, would you know how to access the following financial supports? (Percent ‘Yes’) (n=258)
Survey Results for Washington-Livable Communities Questions

Issues That Impact Washington’s Asian American/Pacific Islander Adults Age 45 and Older
ISSUES OF IMPORTANCE

Four in five (84%) Asian American/Pacific Islander Washington residents age 45+ said getting around independently is extremely or very important.

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Important Independent Living Issues

- Getting to the places you need to go independently: 84%
- Having flexibility in your schedule to care for a loved one: 79%
- Having high quality long-term care in your community: 78%
- Staying in your own home as you get older: 76%
- Having affordable housing options in your community: 76%
- Having paid time off to care for yourself/family member: 70%
- Having ways to be connected to your community and socialize as you age: 61%

11. For the following list of issues, please indicate how important each is to you personally. (Percent ‘extremely important’ or ‘very important’) (n=258)
DIGITAL LITERACY

While over three-quarters (83%) of Washington’s Asian American/Pacific Islander adults age 45+ feel that they know how to find helpful resources on the Internet, only 69% can tell high quality from low quality resources on the Internet.

Percent of Respondents who Agree

- I know how to find helpful resources on the Internet: 83%
- I feel confident in using information from the Internet to make decisions: 73%
- I can tell high quality from low quality resources on the Internet: 69%
**DIGITAL LITERACY**

Two in ten (21%) Asian American/Pacific Islander Washington residents age 45+ feel that they need training on digital devices.

![Pie chart showing the need for training on digital devices.](chart.png)
C2_DL5. If you needed help learning how to use a digital device, would you know where to go to get that help? (n=258)

About two-thirds (71%) of Washington’s Asian American/Pacific Islander residents age 45+ feel that they know where to go for digital device assistance.
In November 2022, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among Washington’s Asian American/Pacific Islander (AA/PI) residents age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, digital literacy, and retirement issues.

ANR completed a total of 258 interviews (61 via landline telephone, 51 via cell phone, 72 online, and 74 utilizing text-to-web (TTW) methodology). (Note that TTW was introduced mid-fielding on November 10, 2022.) Respondents were screened to meet the following criteria:

- Age 45+
- AA/PI resident of Washington

Survey length averaged 20.5 minutes by telephone and 18.7 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 Washington residents age 45 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 44,367 records were utilized. The list of 3,050,371 Washington residents age 45 and older was randomly divided into 3,051 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 45 replicates representing a total of 44,367 records were dialed to complete the telephone portion of this study.

The sample of 258 respondents yields a maximum statistical error of ±6.1% 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 ±6.1 percentage points of the results obtained had everyone in the population been interviewed.)

Interview Methodology

The survey was launched on November 3, 2022 and closed on November 22, 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 and gender according to 2020 American Community Survey (ACS) 5-year estimates.
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.