REPORT

Central Ohio Regional Assessment on Aging

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ACKNOWLEDGMENTS

2026 Central Ohio Regional Assessment on Aging

The 2026 Central Ohio Regional Assessment on Aging (CORAA) was made possible through the collaboration and support of many individuals and organizations across the region.

We are grateful to the project partners – the **Central Ohio Area Agency on Aging (COAAA), the Franklin County Office on Aging (FCOA),** and **The Ohio State University's Age-Friendly Innovation Center** – for their guidance and ongoing contributions throughout the implementation of the assessment.

Special thanks are extended to the **Age-Friendly Innovation Center staff and students** who conducted telephone follow-up with older adults, helping expand participation and ensure that residents had multiple opportunities to share their perspectives.

We also appreciate the many **regional aging organizations and community partners across Central Ohio** that helped publicize the survey and encourage participation within their communities. Their outreach was an important part of reaching older adults throughout the region.

The Age-Friendly Innovation Center would like to thank the following funders whose financial support made the 2026 CORAA possible: **The Columbus Foundation, The Isabelle Ridgway Foundation, The Central Ohio Area Agency on Aging,** and **Columbus City Council.**

Most importantly, we thank the **1,349 older adults across Central Ohio who participated in the survey**. Their time, experiences, and perspectives are the foundation of this assessment and will help inform future efforts to support older adults, caregivers, and communities throughout the region.

Central Ohio Regional Assessment on Aging

OVERVIEW

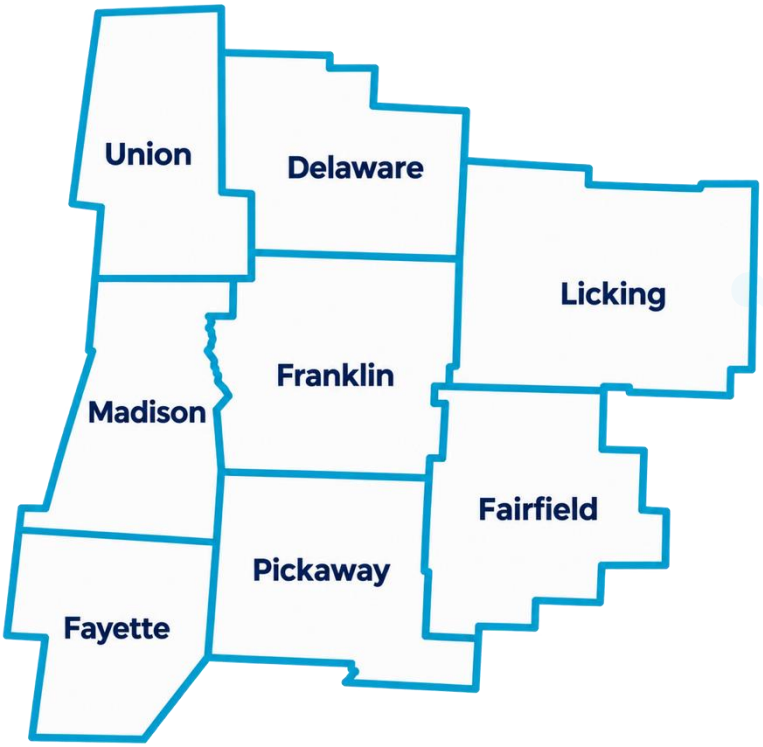
CORAA is a joint effort of The Ohio State University's Age-Friendly Innovation Center, the Central Ohio Area Agency on Aging (COAAA), and the Franklin County Office on Aging (FCOA). The study examines older adults' ability to age in place and identifies where additional resources and supportive services may be needed.

Illuminology assisted with survey design and administered the 2026 CORAA to a random sample of 1,349 adults aged 50+ living in **Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway,** and **Union Counties**, as well as the **City of Columbus**.

1349
CENTRAL OHIO ADULTS AGE 50+

±2.7%
MARGIN OF ERROR

95%
CONFIDENCE LEVEL



Most older adults in Central Ohio are doing well and want to remain in their homes and communities. The challenge is helping them maintain that independence as circumstances change. Doing so will require accessible supports, strong connections to services and community, and meaningful opportunities for older adults to have a voice in decision making.

Central Ohio Regional Assessment on Aging

How to read this report

As shown in the Table of Contents, the **2026 Central Ohio Regional Assessment on Aging** is organized into multiple, distinct sections. First, an executive summary presents general key findings from the engagement. Then, a Respondent Profile section provides a profile of the survey respondents. The main body of the 2026 Central Ohio Regional Assessment on Aging is divided into topical sections that contain key findings from the survey.

Significant differences between populations in the community

Analyses were conducted to determine if there were statistically significant differences in survey results based on demographic and social factors including age, gender, race, employment status, education, marital status, living situation (alone or with others), and area of residence (rural or urban). Analyses that suggest the presence of significant differences among specific populations are listed below the main findings for each topic or group of topics. Note that education is considered a proxy for income. Because respondents were more likely to report education than income, education is the variable used in these analyses.

Other notes

Sometimes percentages will not sum to 100% due to rounding and / or because multiple responses were accepted. In some cases, "outlier" responses (e.g., extreme values) were winsorized (i.e., replaced with the highest or lowest non-outlying value). Additional methodological detail (including the survey questionnaire) can be found in Appendix A. Footnotes throughout the report correspond to sources cited in the "References" section.

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EXECUTIVE SUMMARY

2026 Central Ohio Regional Assessment on Aging (CORAA)

KEY FINDING #1

Older adults strongly want to age in place, and most feel positively about their homes and communities; housing affordability may make that goal harder for some.

93%

say remaining in their **home** is somewhat or very important

89%

say remaining in their **neighborhood** is somewhat or very important

63%

spend **30% or more** of their income on housing

AFFORDABILITY

Older adults spend an average of **41%** of monthly household income on housing-related expenses.

HOUSING SUITABILITY

39% report needing at least one safety feature or major home upgrade. **17%** need a walk-in shower or tub, **17%** need grab bars, and **15%** need roof repairs.

The desire to age in place is clear; for some older adults, housing affordability and needed home modifications may make that goal harder to sustain.

KEY FINDING #2

Social connection is an important part of mental health and the informal support system older adults rely on. Many have meaningful social connections, but social isolation and caregiving strain remain a concern.

36%

feel left out at least some of the time

34%

feel alone at least some of the time

30%

feel isolated at least some of the time

48%

do not have many close friends to talk with about private matters

49% of older adults experienced symptoms suggesting anxiety or depression recently and **44%** rely on their social circle for information about services. Caregiving adds another dimension: **28%** of older adults are caregivers. **73%** of them report stress related to those responsibilities and **40%** say caregiving sometimes or often makes it hard to care for themselves.

KEY FINDING #3

Most older adults are successfully managing their daily needs; some will need support to maintain independence over time.

24%

need help or additional help with at least one **daily activity**

16%

need help or additional help with at least one **nutritional need**

11%

say **transportation issues** have sometimes or often disrupted necessary trips

Most older adults report few unmet basic needs and **82%** rate their health positively. However, **15%** have experienced a fall in the last six months and **20%** reported medication cost as a barrier.

69% would rely on family or friends as backup transportation and **27%** worry about inconveniencing others.

Though many report no current unmet needs, some underserved populations are experiencing challenges accessing resources and support.

KEY FINDING #4

Older adults use multiple channels to find information and services, but navigating available supports can still be difficult.

54%

of all respondents had heard of **COAAA** before the survey

53%

of all respondents had heard of **FCOA** before the survey

51%

say finding services for older adults is somewhat or very difficult

54%

learn about services for older adults online

The internet emerged as a key source of information about services for respondents. An important caveat is that this survey was administered at least partially online.

Among non-users, barriers include **lack of knowledge** and **access to technology**; these older adults are especially likely to rely on family, friends, neighbors, or television.

Reaching older adults effectively will require multiple communication channels and support navigating available services.

KEY FINDING #5

Many older adults perceive ageism and feel that their voices are not fully valued in local decision-making.

72%

agree there are negative stereotypes about older adults

35%

disagree that their ideas and opinions are valued by local decision makers.

Inclusion is not only about access to services, but also about whether older adults feel respected and heard in the decisions that affect their communities.

KEY FINDING #6

Many older adults are doing well, but those of lower socioeconomic status and older adults under age 70 face more consistent barriers across multiple domains.

34%

of adults with less than a bachelor's degree reported at least one medication access problem

21%

of adults with less than a bachelor's degree reported at least one unmet nutritional need

36%

of adults with no more than a high school diploma or GED rated their health as very good or excellent

Across the report, **education** (a proxy for income) is one of the most consistent sources of subgroup differences. Lower-education older adults face **higher housing cost burden, greater financial strain, more medication and nutritional needs, poorer self-rated health, weaker social networks,** and **lower internet use.**

Age also shows a recurring pattern, with **younger respondents reporting more needs** in several domains. Other demographic differences—such as race, gender, marital status, employment status, living situation, and geography—appear in selected areas but are generally more issue-specific.

Some vulnerabilities do cluster: lower-SES and younger respondents show recurring needs across multiple domains.

RESPONDENT PROFILE

A statistical portrait of the older adults in Central Ohio who completed the 2026 Central Ohio Regional Assessment is shown below. These percentages have been weighted to match population benchmarks for age, education, gender, marital status, household income, immigration status, White-alone status, and geography (City of Columbus and county). Demographic breakdowns before and after weighting can be found in Appendix B.

RESPONDENT DEMOGRAPHICS		CORAA
Gender	Male	47.3%
	Female	52.7%
	Transgender	< 1%
Age	50–54 years	19.3%
	55-59 years	18.1%
	60-64 years	18.2%
	65-69 years	15.0%
	70-74 years	12.3%
	75+ years	17.1%
Race / Ethnicity	White	80.6%
	African American or Black	13.9%
	Asian	4.2%
	Middle Eastern or North African	1.7%
	American Indian or Alaska Native	1.8%
	Hispanic or Latino	1.1%
	Native Hawaiian or Pacific Islander	0.7%
	Other	0.4%
Educational Attainment	Less than 12th grade (no diploma)	2.3%
	High school degree / GED	36.2%
	Some college (no degree)	18.9%
	Associate's degree	7.4%
	Bachelor's degree	21.1%
	Graduate or professional degree	14.1%

RESPONDENT PROFILE

RESPONDENT DEMOGRAPHICS		CORAA
Marital Status	Single, never married	7.5%
	Married	59.0%
	Widowed	11.3%
	Divorced / Separated	19.5%
	Not married, living with a partner	2.7%
County	Delaware	11.6%
	Fairfield	8.8%
	Fayette	1.6%
	Franklin County[1]	58.8%
	Licking	10.2%
	Madison	2.5%
	Pickaway	3.2%
	Union	3.3%
Immigration Status	Born in the United States	90.5%
	Immigrated	9.5%
Source of Income	Social Security	34.0%
	Social Security Disability (SSDI)	5.6%
	Supplemental Security Income (SSI)	3.2%
	Pension	20.4%
	401k or 403b	8.5%
	State Retirement Plan (OPERS/STRS)	9.9%
	Savings/Investment or ROTH IRA	14.6%
	Working	45.6%
	Other	4.6%
Household Income	Under $10,000	3.2%
	$10,000-$24,999	7.7%
	$25,000-$39,999	8.8%
	$40,000-$59,999	13.6%
	$60,000-$74,999	8.6%
	$75,000-$99,999	12.7%
	$100,000 or more	45.4%

[1] The majority of Columbus respondents are included in Franklin County, but some reside in Delaware or Fairfield Counties

RESPONDENT PROFILE

RESPONDENT DEMOGRAPHICS		CORAA
Living Situation	Lives alone	25.7%
	Lives with spouse/partner	62.6%
	Lives with children	26.8%
	Lives with grandchildren	5.2%
	Lives with other relatives	4.1%
	Lives with tenant/renter	0.1%
	Lives with other people not related	1.0%
Veteran Status	Veteran	9.6%
	Partner or spouse of a veteran	9.2%
	Not a veteran or a partner of a veteran	81.2%
Employment Status	Working full time	38.1%
	Working part time	6.0%
	Unemployed and looking for a job	2.8%
	Retired and looking for a job	2.2%
	Retired and not looking for a job	42.5%
	Disabled and unable to work	8.4%
Sexual Orientation	Straight / Heterosexual	97.6%
	Gay	1.0%
	Lesbian	1.1%
	Bisexual or Pansexual	0.3%
	Uses another term	0.5%
Language(s) Spoken at Home	English	98.5%
	Language(s) other than English*	7.3%

**A full list of these other languages can be found in Table 1 of Appendix C*

HOME AND COMMUNITY

This section provides insight into how older adults in Central Ohio experience their **homes and neighborhoods** as places to age. It examines residents' attachment to their home and neighborhood, perceptions of neighborhood livability and safety, and current housing tenure or homeownership status. These factors help identify how well local environments support **aging in place** and where community conditions may create barriers to stability, comfort, and long-term independence.

KEY FINDINGS

Attachment to home & neighborhood

- **93%** of older adults say it is somewhat or very important to remain in their home as they age
- **89%** of older adults say it is somewhat or very important to remain in their neighborhood as they age

Neighborhood livability and safety

- **97%** of older adults feel somewhat or very safe in their neighborhood
- **92%** of older adults think their neighborhood is a very or somewhat good place for aging residents

Essential Safety Upgrades

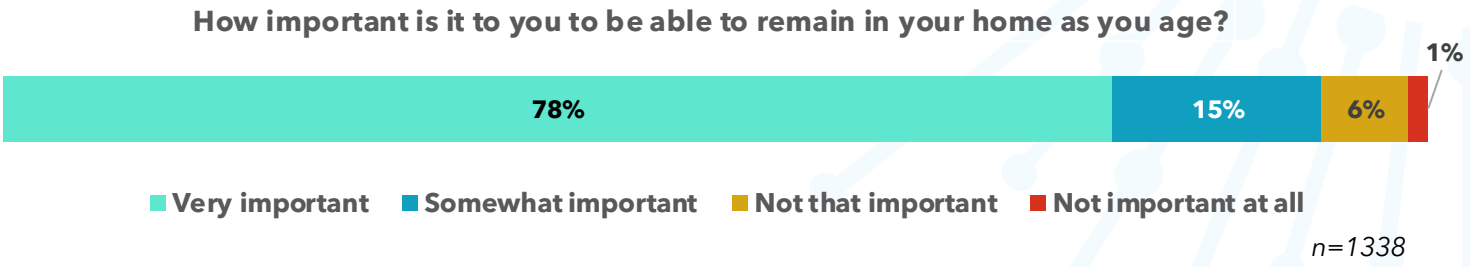
- **61%** of older adults say they do not need to add or update any safety feature or major home item

Homeownership status

- **88%** of older adults own their own home
- **49%** of older adults have a home loan or mortgage; **39%** own their home outright

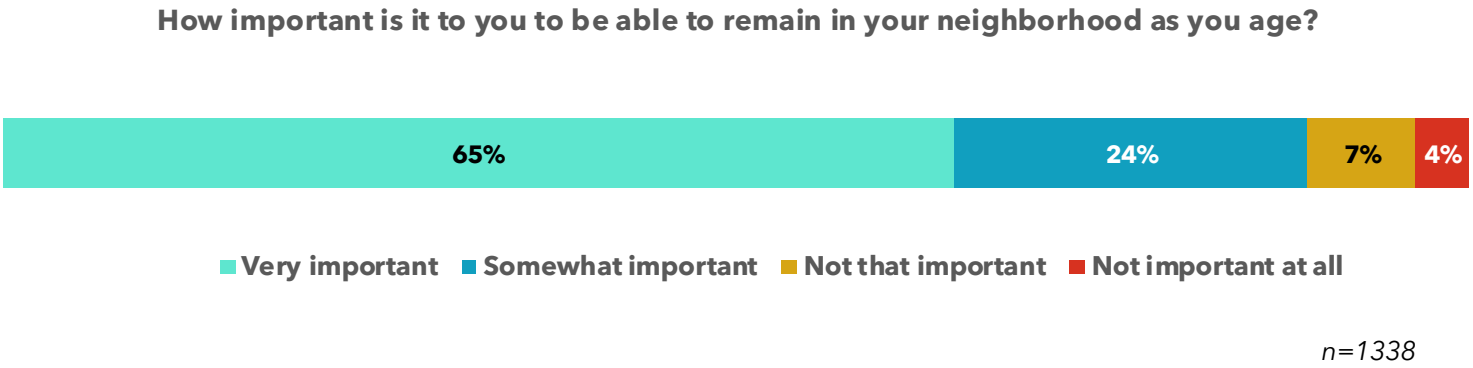
Attachment to Home and Neighborhood

Overall, older adults feel a **strong attachment to their home**, with **93%** saying it is somewhat or very important to be able to age in place in their home.



No Subgroup Differences

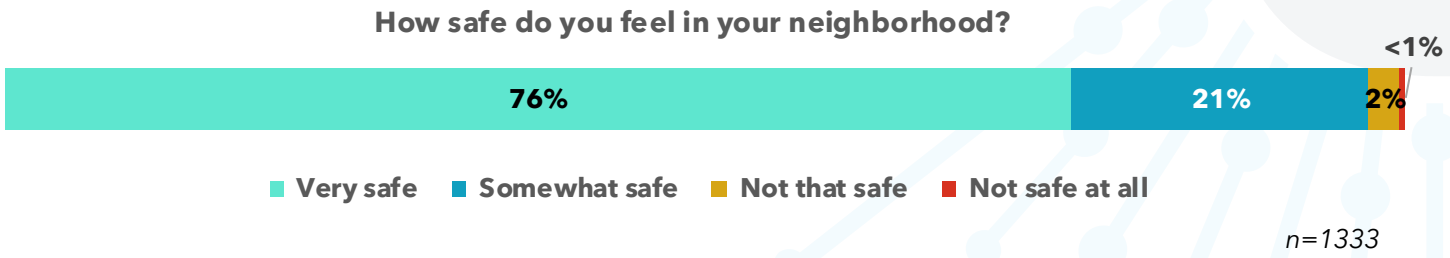
Similarly, older adults expressed a **strong attachment to their neighborhood**, with **89%** saying it is somewhat or very important to remain there as they age.



No Subgroup Differences

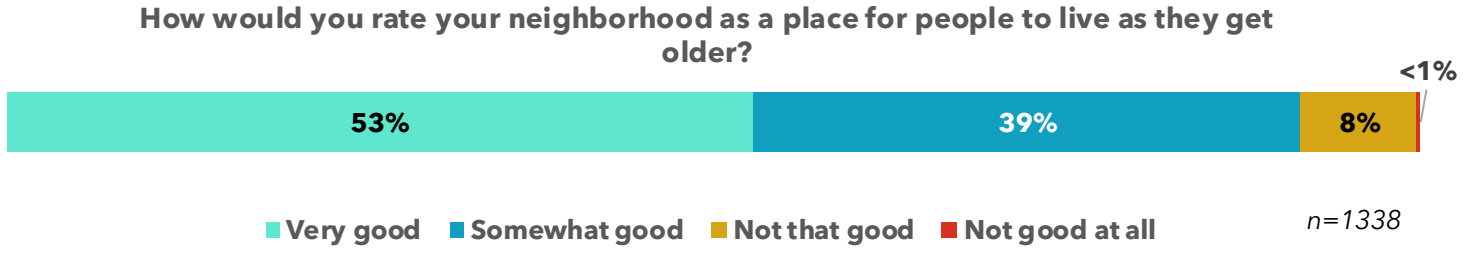
Neighborhood Livability and Safety

97% of older adults have **positive perceptions** of the safety of their neighborhood.



Older adults who live in rural areas were **more** likely than older adults who live in urban areas to report feeling **very safe in their neighborhood** (88.6% vs. 73.3%)

92% feel that their neighborhood is a very or somewhat **good place for aging residents**.



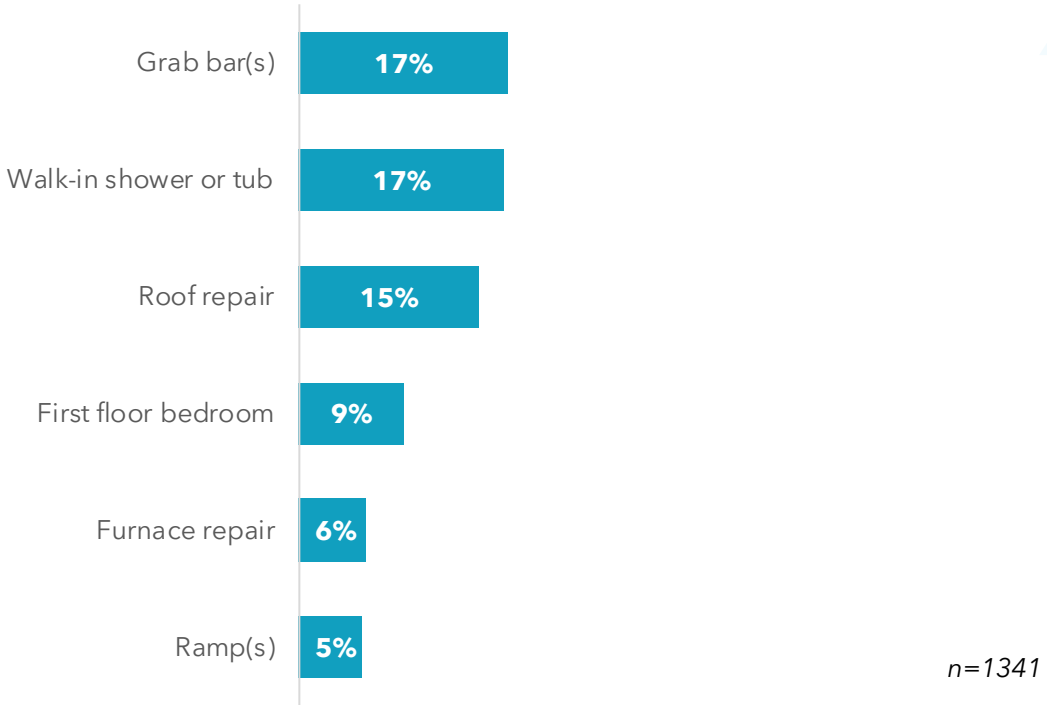
Older adults age 70+ were **more** likely than older adults under age 70 to rate their neighborhood as a **very good place** for people to live as they get older (61.7% vs. 48.7%)

Essential Safety Upgrades

Safely and successfully aging in place in one's residence often requires modifications or upgrades that prevent falls, anticipate and accommodate mobility challenges, and maintain a livable environment.[14] Older adults' homes are generally well-equipped for aging in place; **only 39%** of older adults reported needing to **add or update at least one** safety feature or major home item.

The most frequently needed items are **grab bars (17%),** a **walk-in shower or tub (17%),** and **roof repairs (15%)**.

Please select each thing you need to add or update in your home.

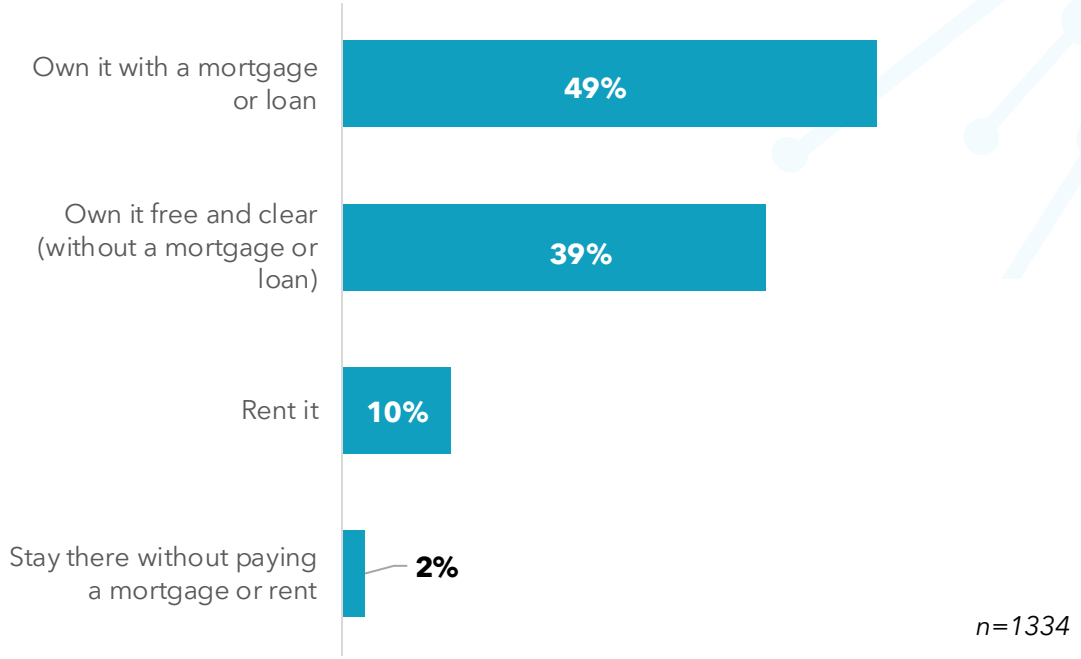


Older adults who live alone were **more** likely than older adults who do not live alone to report needing to add or update a **walk-in shower or tub** (27.1% vs. 13.3%)

Homeownership Status

While **88%** of older adults **own** their residence, only **41%** pay **no mortgage or rent**.

Think about the home, apartment, or mobile home where you live. Do you or someone in your household:



Older adults with less than a graduate or professional degree were **less** likely than more educated older adults to **own their home** (86.5% vs. 97.1%)

Older adults who are White were **more** likely than older adults of color to **own their home** (91.0% vs. 75.2%)

Married older adults were **more** likely than unmarried older adults to **own their home** (93.8% vs. 79.6%)

FINANCIAL STRAIN

This section provides insight into the **financial pressures** facing older adults in Central Ohio, including housing cost burden, difficulty paying monthly bills, debt, property taxes, medical expenses, food insecurity, utility shutoff concerns, scams and fraud, and the possibility of having to move. These indicators help show where economic insecurity may affect older adults' ability to **remain safely housed, meet basic needs, and maintain quality of life**.

KEY FINDINGS

Housing Cost Burden

- **63%** of older adults spend 30% or more of their monthly income on housing
- Older adults spend an average of **41%** of their monthly income on housing; this jumps to **52%** for renters

Financial Hardship & Concern

- **31%** of older adults find it very or somewhat hard to pay their monthly bills

Financial Worries

- **61%** of older adults are very or somewhat worried about scams and fraud
- **43%** of older adults are very or somewhat worried about medical expenses
- **32%** of older adults are very or somewhat worried about household debt
- **32%** of older adults are very or somewhat worried about paying property taxes

Housing Cost Burden

A household is considered cost-burdened if it spends 30% or more of its income on housing and is considered severely cost-burdened if this figure is 50% or more.

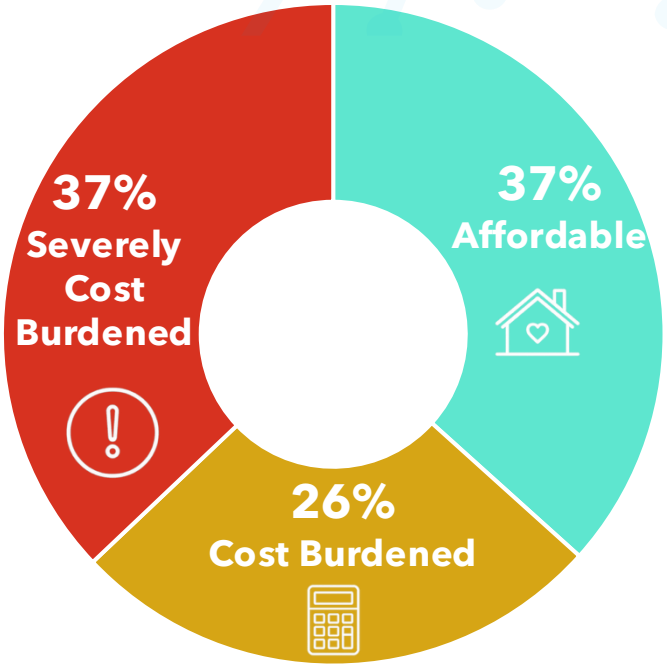
63% of older adults are cost-burdened, spending 30% or more of their monthly income on housing and associated expenses.

What percent of your monthly household income do you spend on your housing expenses, including mortgage or rent, utilities, property taxes, and homeowners' insurance?

41%

of monthly income, on average

n=1265



n=1265

Older adults with less education report a higher housing cost burden. Those with less than a bachelor's degree were **more** likely than more educated older adults to report:

- Spending **30% or more of their household income on housing** (74.8% vs. 42.0%)
- Spending **50% or more of their household income on housing** (48.1% vs. 15.9%)

Women were **more** likely than men to spend **30% or more of their household income on housing** (70.2% vs. 55.7%)

Housing Cost Burden

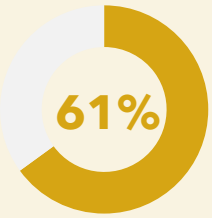
Renters are especially cost-burdened, spending an average of **52%** of their monthly income on housing.

78% of renters spend 30% or more of their monthly income on housing, and **54%** spend 50% or more of their monthly income on housing.

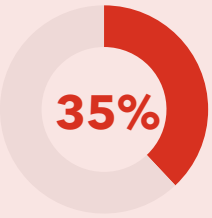
HOMEOWNERS

39%

Average monthly income spent on housing



Cost Burdened
(Spend 30% or more)



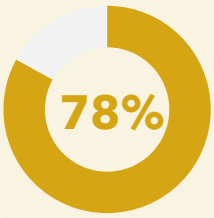
Severely Cost Burdened
(Spend 50% or more)

n=1237

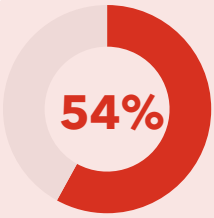
RENTERS

52%

Average monthly income spent on housing



Cost Burdened
(Spend 30% or more)



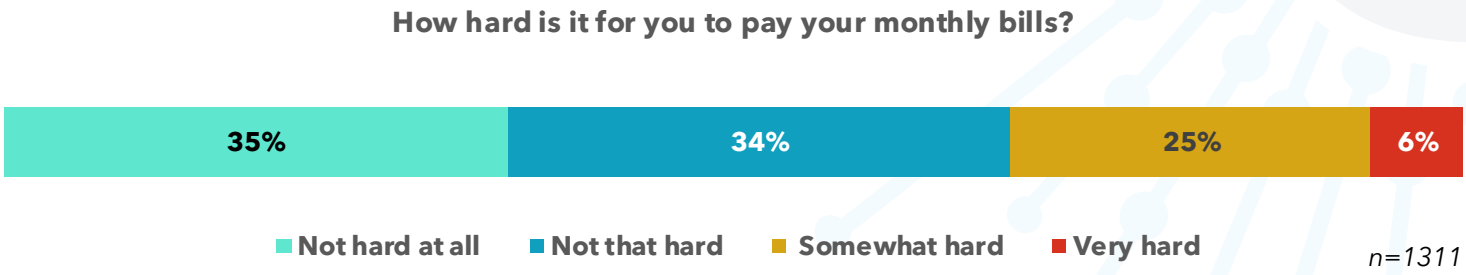
Severely Cost Burdened
(Spend 50% or more)

n=1237

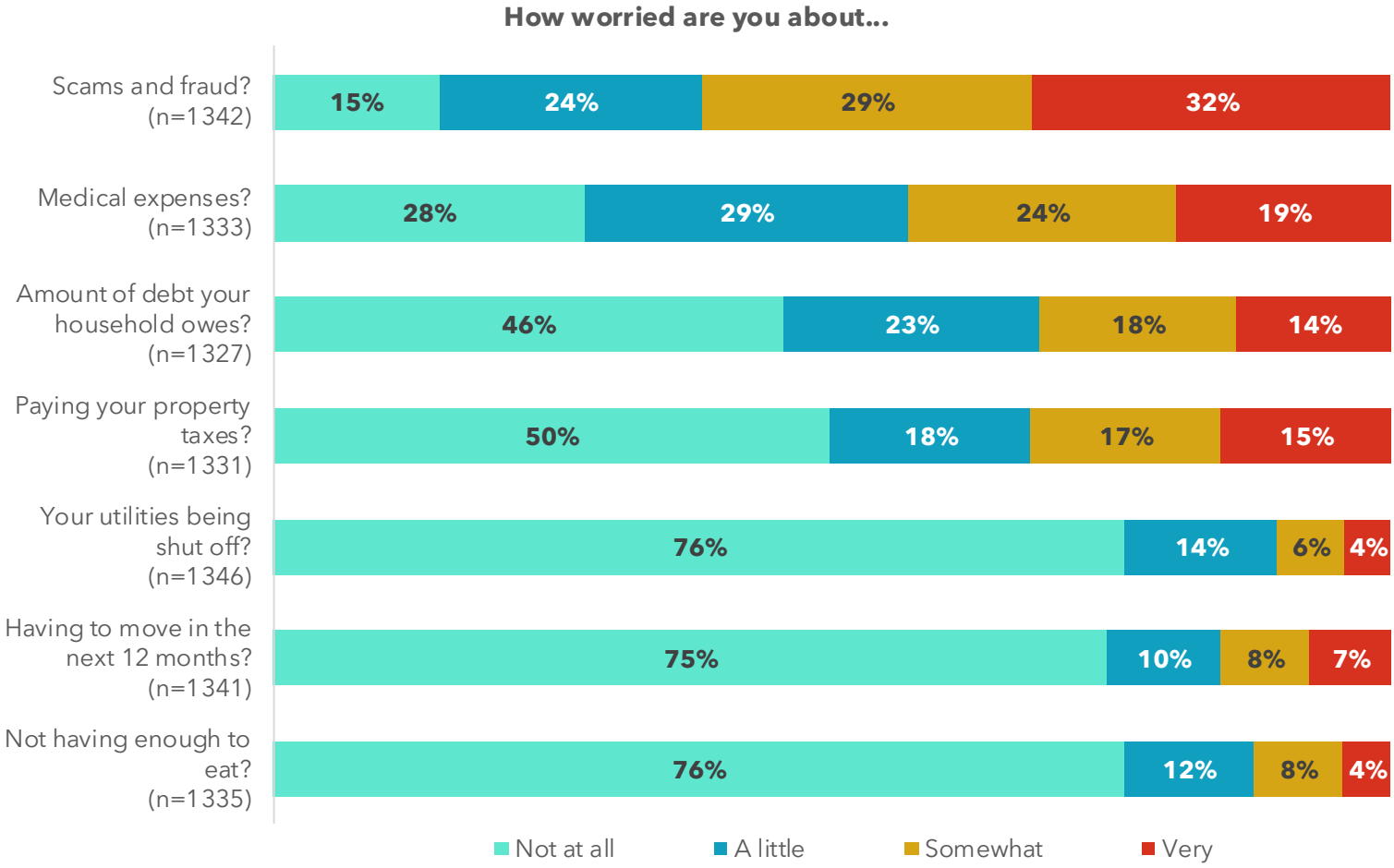
Note: Cost Burdened percentages are cumulative - they include cost burdened and severely cost burdened residents.

Financial Hardship & Concern

Despite being generally cost-burdened with housing, only **31%** of older adults reported having **difficulty paying their monthly bills**.



Older adults' primary financial concerns are **scams and fraud (61%)**, **medical expenses (43%)**, **household debt (32%)**, and **paying property taxes (32%)**. Relatively few older adults reported being very or somewhat worried about having to move in the next 12 months (15%), not having enough to eat (12%), or having their utilities shut off (10%).



Financial Hardship & Concern

Subgroup differences

Older adults with less education report more financial hardship & concern. Those with less than a bachelor's degree were **more** likely than more educated older adults to report:

- It is somewhat or very **hard to pay their bills** (39.4% vs. 14.1%)
- At least a little worry about **household debt** (60.7% vs. 41.6%)
- At least a little worry about **having to move in the next 12 months** (29.6% vs. 16.8%)
- At least a little worry about **not having enough food** (31.0% vs. 10.3%)
- At least a little worry about **utilities being shut off** (30.8% vs. 10.3%)

Younger respondents report more financial hardship & concern. Specifically:

- Older adults **under age 70** were **more** likely than those 70+ to report that it is somewhat or very **hard to pay their bills** (33.1% vs. 23.3%)
- Older adults **under age 75** were **more** likely than those 75+ to report at least a little worry about **household debt** (57.0% vs. 37.6%)

Older adults of color report more financial hardship & concern. Older adults of color were **more** likely than those who are White to report:

- At least a little worry about **household debt** (68.6% vs. 49.9%)
- At least a little worry about **utilities being shut off** (37.5% vs. 19.0%)

SELF-SUFFICIENCY AND BASIC NEEDS

This section provides insight into older adults' ability to **manage daily activities and access essential supports**. This includes functional needs such as attending appointments, managing medications, preparing food, shopping, maintaining the home, and getting where they need to go. Together, these measures help identify **threats to independence, caregiving support, and basic service access**.

KEY FINDINGS

Activities of Daily Living

- **24%** of older adults reported at least one need for support with daily activities
- **15%** of older adults had a fall within the past six months

Access to Medications

- While **71%** of older adults reported no problems getting their medications, **20%** have found cost to be an obstacle

Nutritional Needs

- **16%** of older adults reported at least one need for nutritional supports

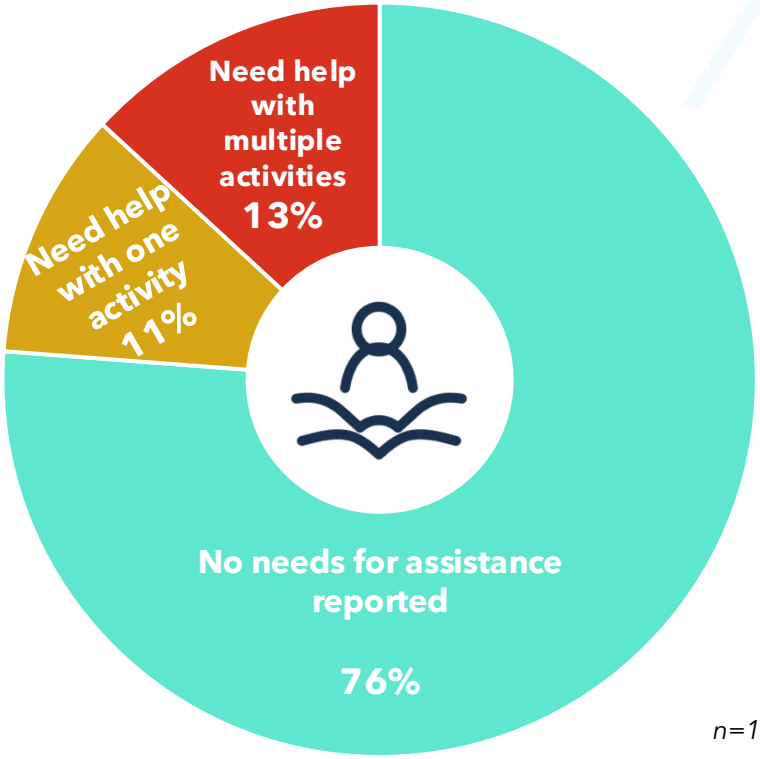
Transportation Needs

- **69%** of older adults would rely on friends or family for rides if their usual mode of transportation was not an option
- **27%** of older adults worry they will inconvenience friends or family members by asking them for rides
- **11%** of older adults sometimes or often experienced transportation challenges over the past year

Activities of Daily Living

24% of older adults reported needing (or needing more) assistance with **at least one** activity of daily living (including housekeeping, getting places they need to go, managing money and paying bills, shopping, scheduling and attending appointments, preparing food, basic hygiene, moving from place to place, and taking medications).

Number of needs for support with daily activities

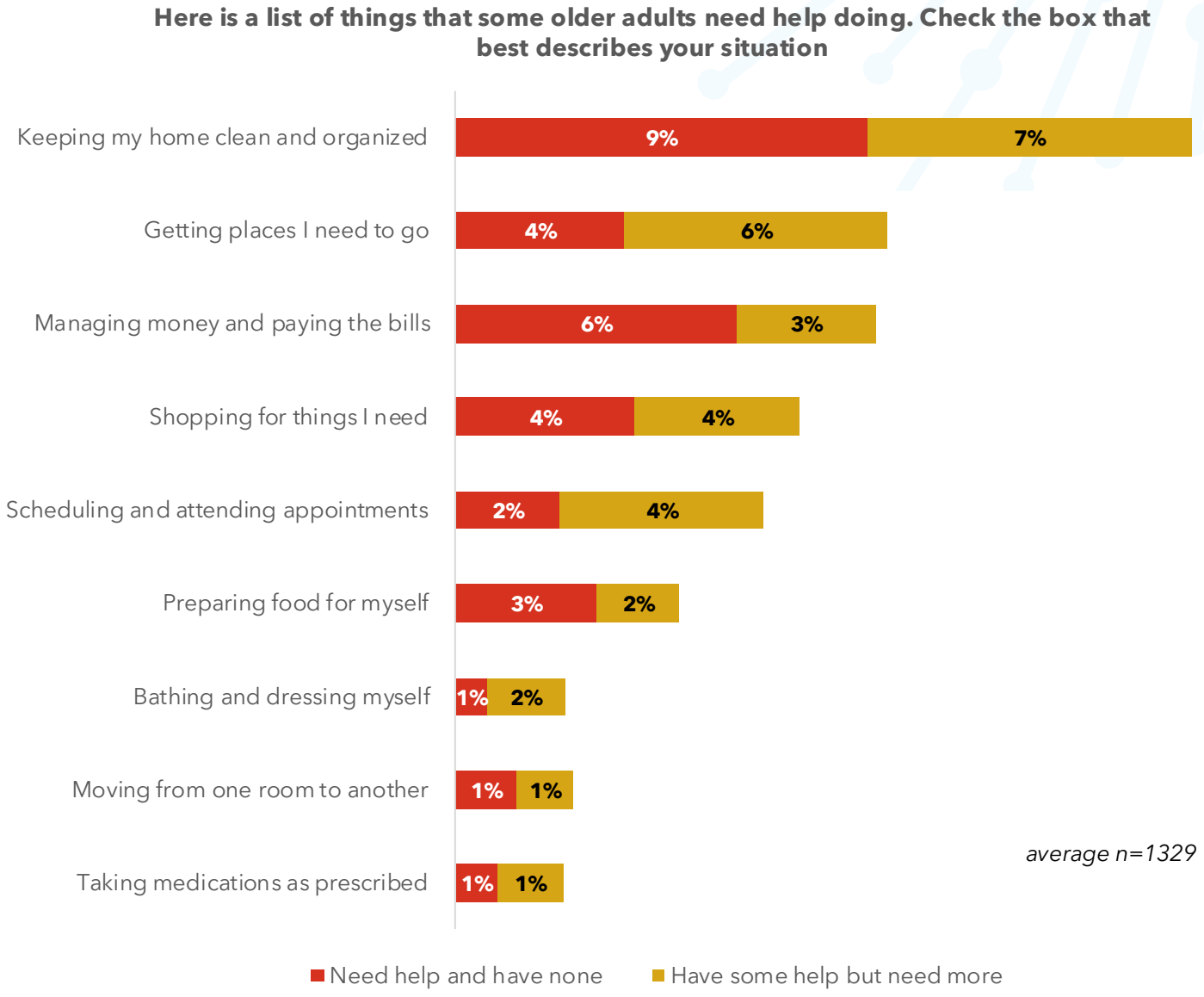


n=1339

Women were **more** likely than men to report needing help or needing additional help with **at least one daily activity** (28.7% vs. 17.4%)

Activities of Daily Living

16% of all respondents need at least some help that they are not currently receiving to **keep their home clean and organized.** And **more than 5%** of all respondents **need help getting places they need to go, managing money, shopping for things they need, and scheduling and attending appointments.**



Activities of Daily Living

Subgroup differences

Older adults with less than a bachelor's degree were **more** likely than more educated older adults to need help **getting places they need to go** (12.9% vs. 3.0%)

Older adults under age 70 were **more** likely than those 70+ to need help **managing money or paying bills** (11.6% vs. 3.4%)

Women were **more** likely than men to need help **keeping their home clean and organized** (21.5% vs. 9.1%)

Older adults who are not currently working have higher needs for help with daily activities. Those who are not currently working were **more** likely than those who are currently working to report:

- Needing help **shopping for things they need** (10.0% vs. 3.5%)
- Needing help **getting places they need to go** (12.3% vs. 4.9%)

Urban older adults were **more** likely than rural older adults to need help **shopping for things they need** (8.9% vs. 1.2%)

Falls

Experiencing one or more falls in the past six months is strongly correlated with a decline in functional capability.[1] **15%** of older adults reported **having fallen** in the last six months.

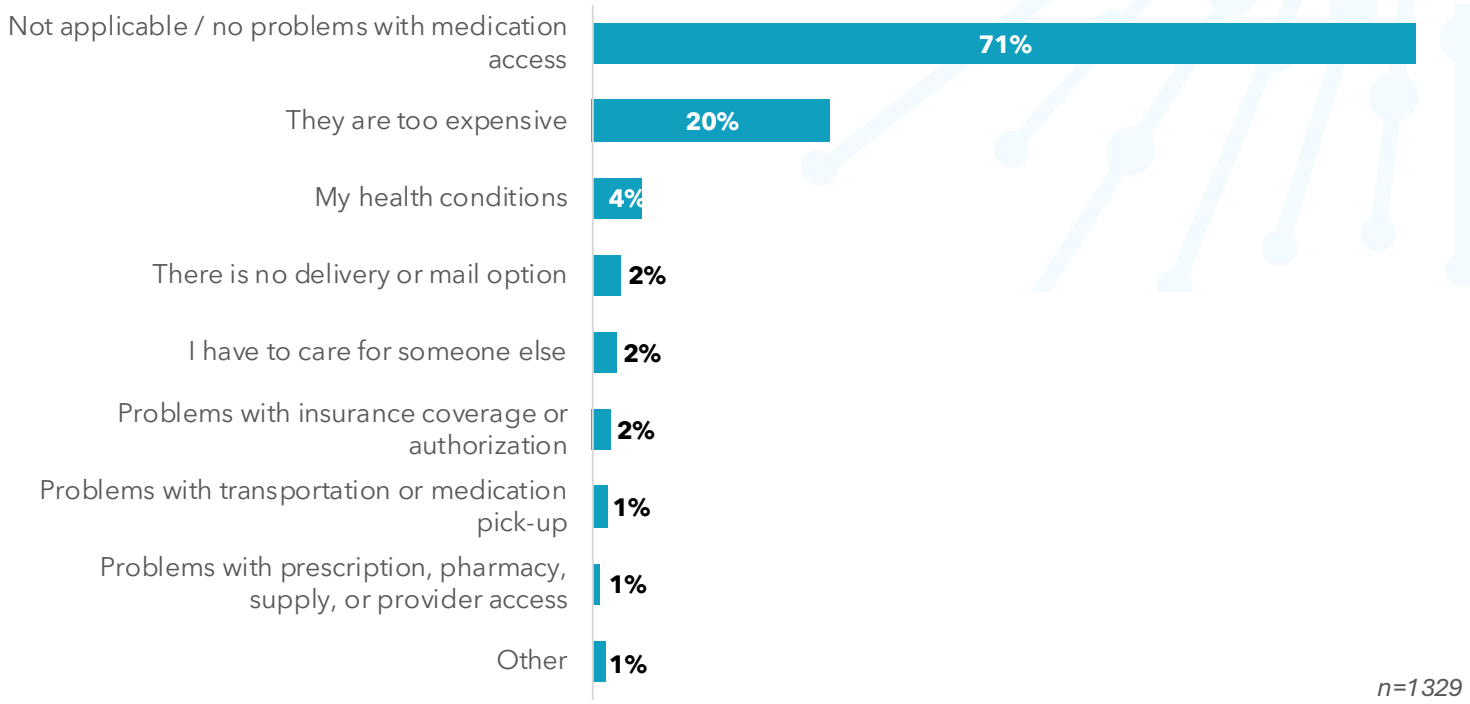
Have you fallen in the last six months, or has that not happened?

No Subgroup Differences

Access to Medications

71% of older adults reported **no problems getting their medications**. However, **20%** of older adults had difficulty getting their medications because they are **too expensive**.

Do you ever have problems getting your medications because of the following reasons?



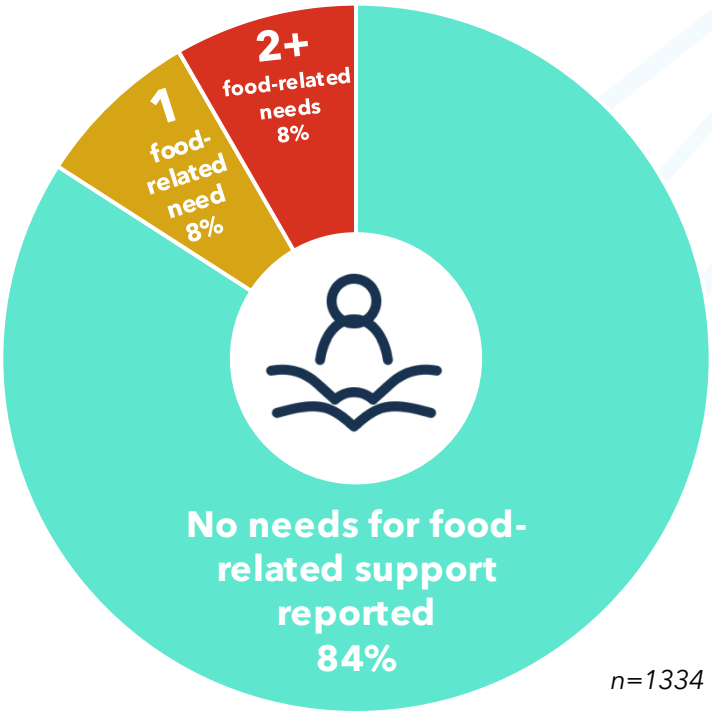
Older adults with less than a bachelor's degree were **more** likely than more educated older adults to report **at least one medication access problem** (33.6% vs. 21.8%)

Older adults under age 70 were **more** likely than those 70+ to report **at least one medication access problem** (33.3% vs. 20.5%)

Nutritional Needs

16% of older adults reported needing (or needing more) assistance with **at least one** nutritional need.

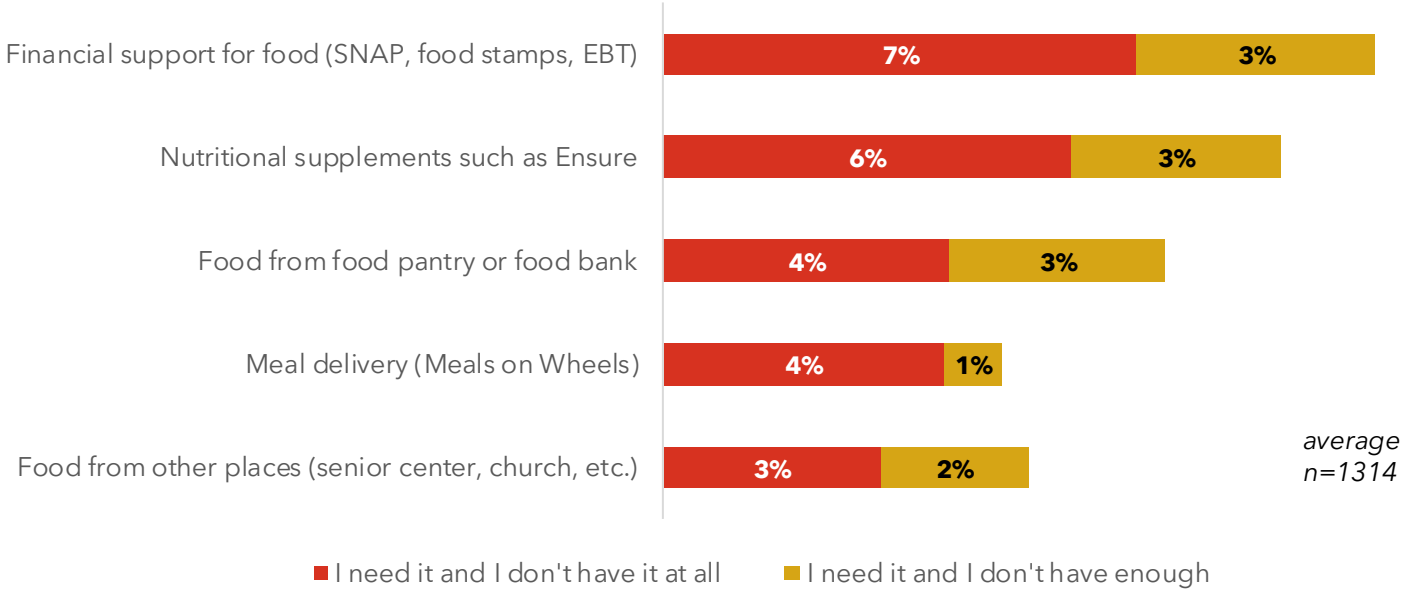
Number of food-related supports needed



n=1334

10% of older adults reported a need for **financial support for food** and **9%** reported a need for **nutritional supplements.**

Here is a list of things that some older adults need. Check the box that best describes your situation



Nutritional Needs

Subgroup differences

Older adults with less education report greater nutritional needs. Those with less than a bachelor's degree were **more** likely than more educated older adults to report:

- **At least one food-related need** (20.5% vs. 7.2%)
- A need for **food-related financial assistance** like SNAP or EBT (13.8% vs. 3.7%)
- A need for **food from a senior center, church, or other community source** (7.6% vs. 0.6%)

Additionally, older adults with no more than a high school diploma or GED were **more** likely than more educated older adults to report a need for **nutritional supplements** (14.2% vs. 5.6%)

Older adults under age 70 report greater nutritional needs. Those age 50-69 were **more** likely than those 70+ to report:

- A need for **food-related financial assistance** like SNAP or EBT (12.2% vs. 5.7%)
- A need for **food from a food pantry or food bank** (8.9% vs. 2.1%)
- A need for **food from a senior center, church, or other community source** (6.5% vs. 1.7%)

Additionally, older adults under age 75 were **more** likely than those 75+ to report a need for **meal delivery** (5.6% vs. 2.0%)

Older adults who are not currently working report greater nutritional needs. Those who are not currently working were **more** likely than those who are currently working to report:

- **At least one food-related need** (18.9% vs. 11.7%)
- A need for **food-related financial assistance** like SNAP or EBT (13.9% vs. 5.8%)
- A need for **meal delivery** (7.4% vs. 1.9%)

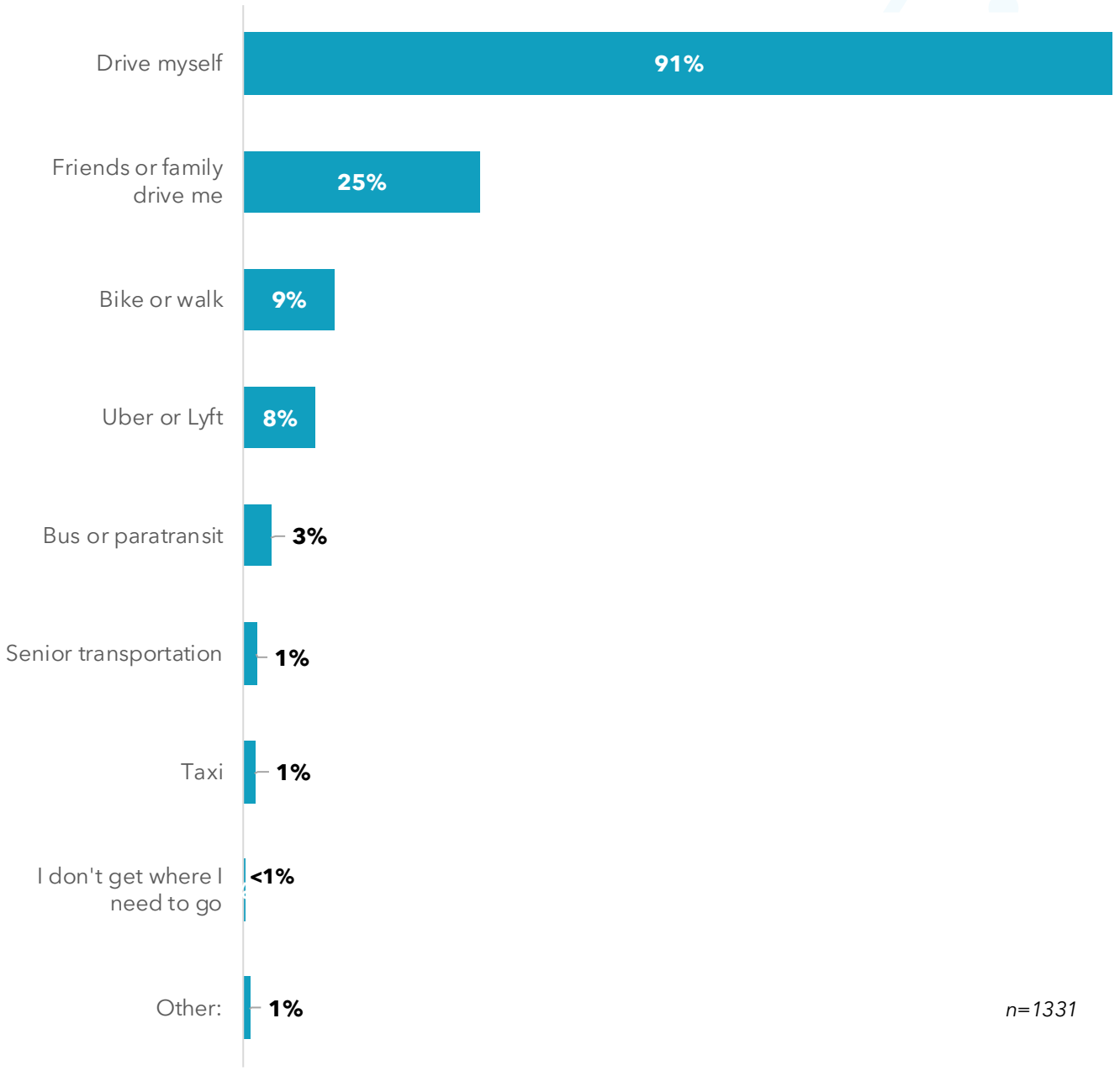
Urban older adults were **more** likely than rural older adults to report a need for **food from a food pantry or food bank** (8.5% vs. 1.9%)

Transportation Needs

Access to transportation is essential for maintaining independence and supporting well-being. Insufficient access to transportation limits the ability to perform essential tasks such as attending medical appointments, shopping for groceries, and running errands, which in turn can negatively impact physical health.[2] Insufficient access to transportation also increases social isolation, which can lead to poor mental health.[3]

91% of older adults **drive themselves** and **25%** rely on **members of their social circle** for their transportation needs.

What is your usual way of getting where you need to go?



Transportation Needs

Subgroup differences

Older adults with less than a bachelor's degree were **less** likely than more educated older adults to usually **drive themselves** (86.4% vs. 99.0%)

Women were **more** likely than men to usually rely on **friends or family** for transportation (34.1% vs. 14.2%)

Older adults who are currently working were **more** likely than older adults who are not currently working to usually **drive themselves** (99.0% vs. 84.5%)

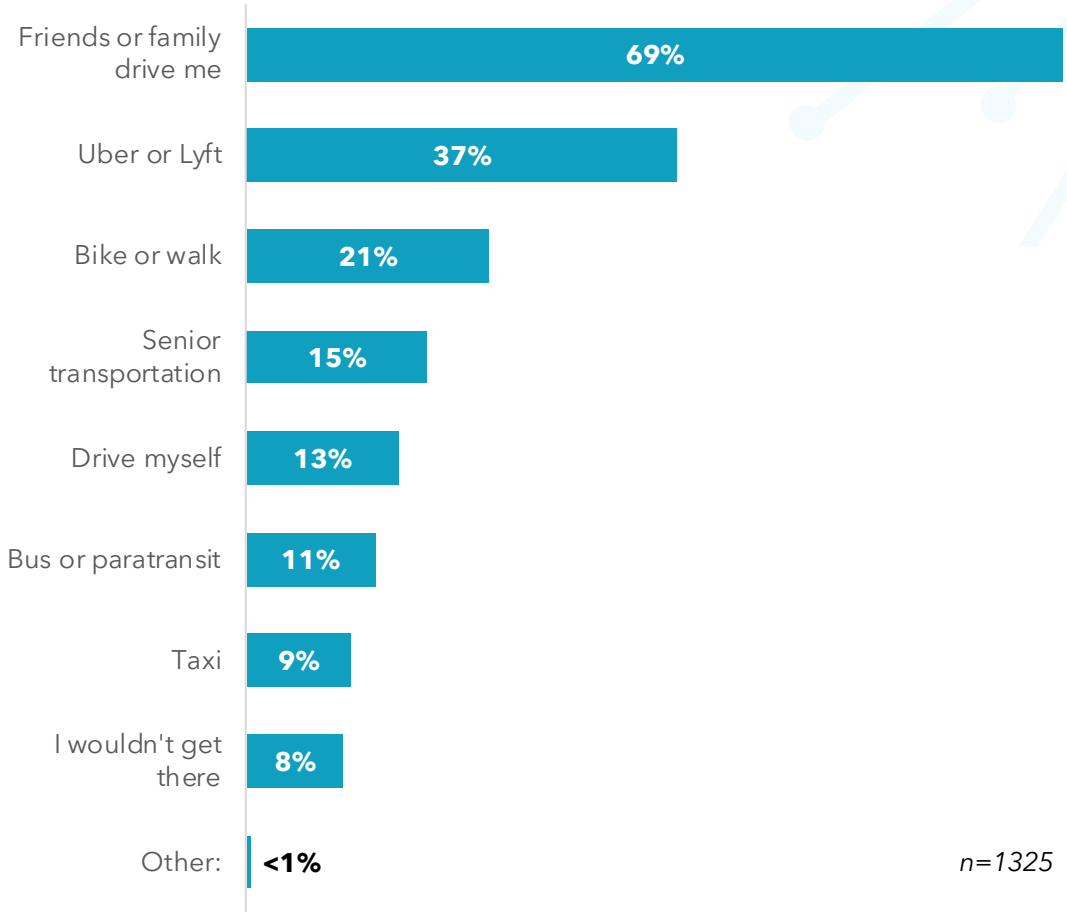
Usual mode of transportation varies by area of residence. Specifically:

- Older adults who live in **rural** areas were **more** likely to usually **drive themselves** (97.2% vs. 89.4%)
- Older adults who live in **urban** areas were **more** likely to usually **bike or walk** (10.9% vs. 3.4%)

Transportation Needs

69% of older adults said they would rely on **members of their social circle** to drive them where they need to go if their usual mode of transportation was not an option.

If your usual way of getting around was no longer an option, how would you get where you need to go?



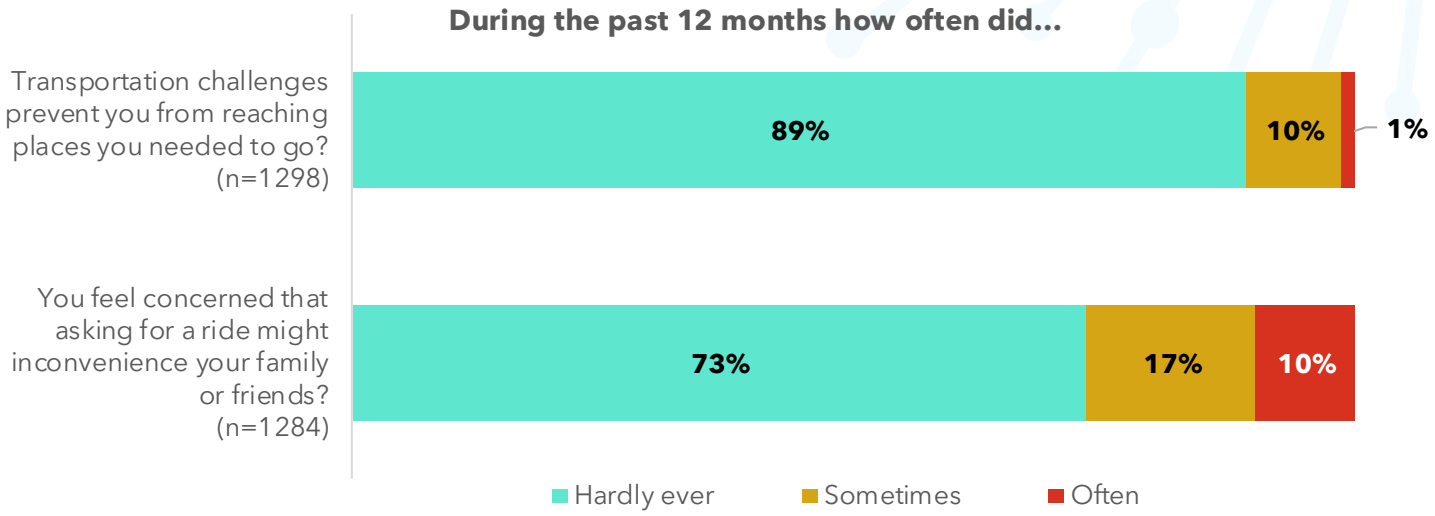
Older adults with no more than a high school diploma or GED were **less** likely than more educated older adults to use **Uber or Lyft** as an alternate mode of transportation (17.3% vs. 48.4%)

Older adults who are currently working were **more** likely than older adults who are not currently working to rely on **friends or family** as an alternate mode of transportation (74.6% vs. 65.4%)

Older adults who live in urban areas were **more** likely than older adults who live in rural areas to use the **bus or paratransit** as an alternate mode of transportation (12.8% vs. 2.7%)

Transportation Needs

89% of older adults **hardly ever experienced transportation challenges** over the past year. However, **27%** were **concerned about inconveniencing members of their social circle** with requests for rides. Forgoing necessary trips for fear of inconveniencing others can negatively impact one's ability to lead a full, happy, and satisfying life and can lead to poorer physical and behavioral health outcomes.[4]



No Subgroup Differences

HEALTH AND WELL-BEING

This section provides insight into older adults' **physical and behavioral health**. It includes health measures such as overall health, substance use, and mental health. It also examines social connectedness and inclusion. Together, these measures help map the **holistic well-being** of older adults and show where health issues and social isolation may affect older adults' ability to thrive as **engaged and valued members of their community**.

KEY FINDINGS

Self-Reported Health

- **82%** of older adults report that they are in excellent, very good, or good health

Substance Use

- **32%** of older adults reported having four or more alcoholic beverages in a single day at least once within the past 12 months

Mental Health

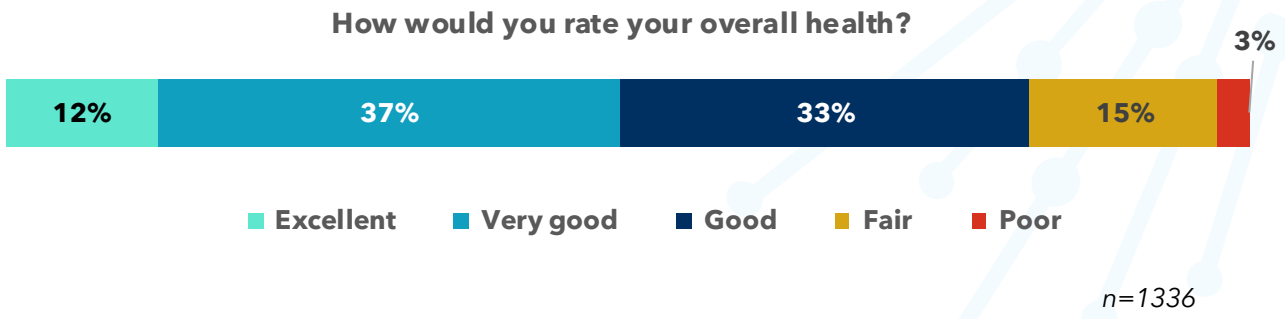
- **49%** of older adults reported experiencing symptoms suggesting anxiety or depression over the past 2 weeks

Social Engagement and Inclusion

- At least some of the time, **36%** of older adults feel left out, **34%** feel alone, and **30%** feel isolated
- **48%** of older adults do not have enough close friends to discuss private matters with
- **72%** of older adults think that there are negative stereotypes about older adults and **35%** feel their ideas and opinions are not valued by local decision makers

Self-Reported Health

Older adults rate their overall health as good, with **82%** reporting that they are in **excellent, very good, or good health**.



Older adults with no more than a high school diploma or GED were **less** likely than more educated older adults to rate their health as **very good or excellent** (36.3% vs. 57.2%)

Women were **more** likely than men to rate their health as **very good or excellent** (54.4% vs. 44.0%)

Substance Use

Older adults reported few issues with substance use, with **59%** reporting **no binge drinking, nicotine use, or recreational drug use in the past 12 months.**

However, **10%** reported having **four or more alcoholic beverages** in a single day at least once per week and **10%** reported using **tobacco or other nicotine products** at least once per week.

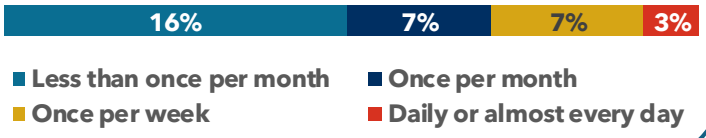
During the past 12 months, how often have you:

Had four or more drinks containing alcohol in a single day?
(n=1337)

68% NEVER

32% AT LEAST ONCE

Out of all respondents

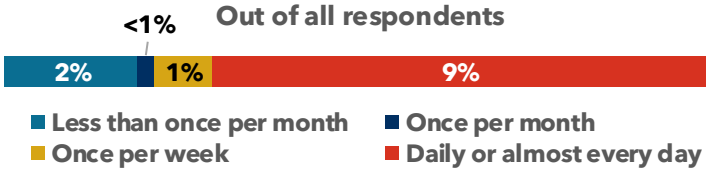


Used tobacco or any other nicotine product?
(n=1341)

87% NEVER

13% AT LEAST ONCE

Out of all respondents

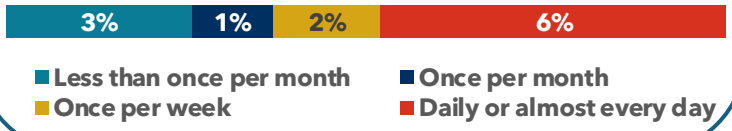


Used a recreational drug or used a prescription for non-medical reasons?
(n=1343)

88% NEVER

12% AT LEAST ONCE

Out of all respondents

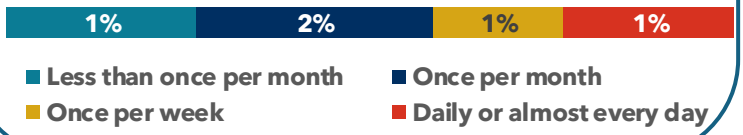


Felt badly about your use of drugs or alcohol?
(n=1333)

95% NEVER

5% AT LEAST ONCE

Out of all respondents



Substance Use

Subgroup differences

Substance use varies by age. Specifically:

- Older adults **under age 70** were **more** likely than those 70+ to report having **four or more drinks** in a single day at least once in the past 12 months (39.2% vs. 16.9%)
- Older adults **under age 75** were **more** likely than those 75+ to report **recreational drug use or non-medical prescription use** at least once in the past 12 months (13.7% vs. 2.4%)
- Older adults **age 75 or older** were **more** likely than those under age 75 to report **none of the three measured substance use behaviors** (80.8% vs. 53.7%)

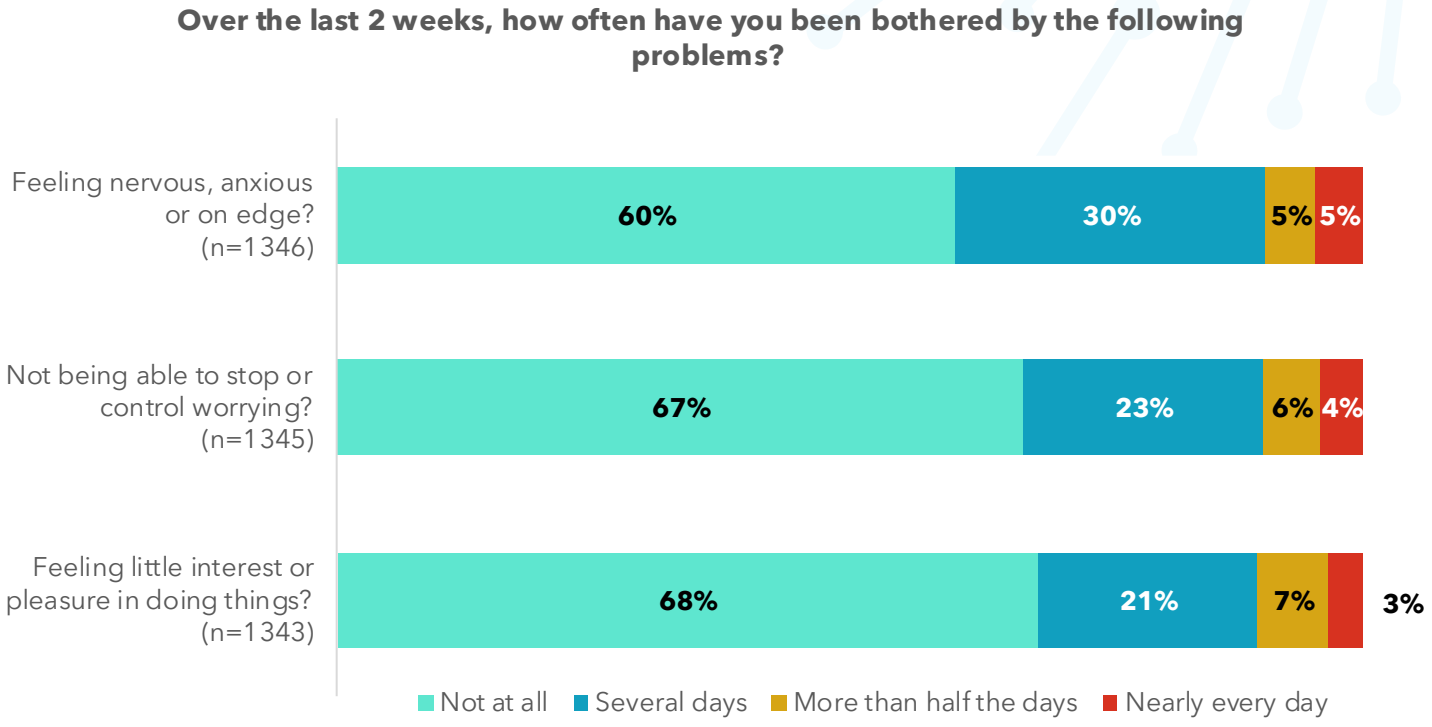
Substance use varies by gender. Specifically:

- **Men** were **more** likely than women to report having **four or more drinks** in a single day at least once during the past 12 months (39.1% vs. 24.8%)
- **Women** were **more** likely than men to report **none of the three measured substance use behaviors** (67.2% vs. 50.6%)

Mental Health

51% of older adults **did not report experiencing any of the three symptoms related to depression or anxiety** over the past two weeks.

However, **40%** reported feeling **anxious**, **33%** were **unable to stop worrying**, and **31%** felt **little interest or pleasure** in doing things several days or more over that time period.



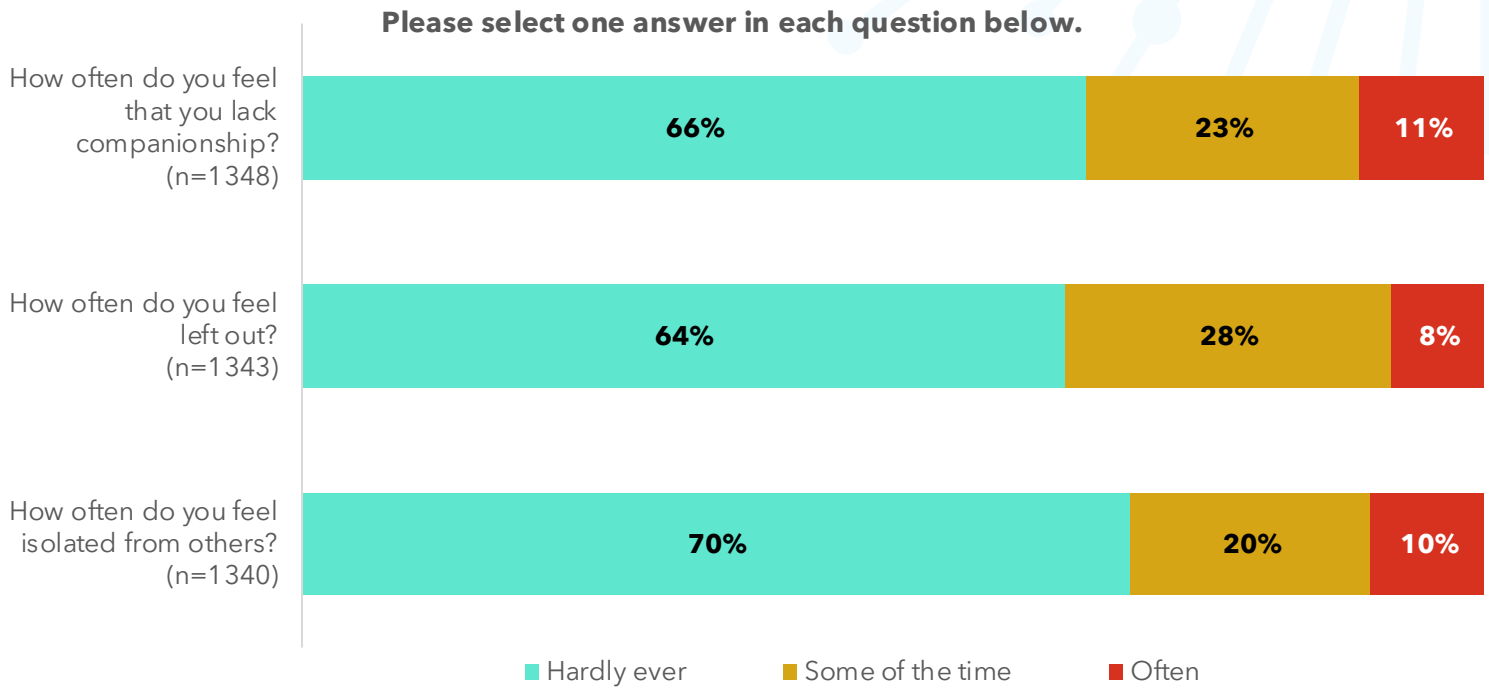
Older adults under age 60 report more symptoms related to depression or anxiety. Specifically:

- Older adults **under age 60** were **more** likely than those 60+ to report **feeling nervous, anxious, or on edge** several days or more in the past two weeks (48.7% vs. 35.0%)
- Older adults **age 60 or over** were **more** likely than those under age 60 to report **no measured symptoms of anxiety or depression** across all three mental health items (55.3% vs. 43.0%)

Social Engagement and Inclusion

Social connection is a vital component of living a long and healthy life. Maintaining strong social bonds can reduce the risk of cognitive decline,[5] improve mental health,[6] and help maintain physical health.[7]

55% of older adults reported **rarely feeling socially disconnected**, but **36%** feel **left out**, **34%** feel **alone**, and **30%** feel **isolated** at least some of the time.



Social Engagement and Inclusion

Subgroup differences

Older adults under age 60 report more social disconnection. They were **more** likely than those 60+ to report:

- Feeling **left out** some of the time or often (45.1% vs. 29.9%)
- Feeling like they **lack companionship** some of the time or often (40.9% vs. 29.4%)

Unmarried older adults report more social disconnection. They were **more** likely than married older adults to report:

- Feeling **isolated** some of the time or often (43.9% vs. 20.1%)
- Feeling like they **lack companionship** some of the time or often (55.7% vs. 18.2%)
- Feeling **left out** some of the time or often (47.5% vs. 27.0%)

Married older adults are **more** likely to report **hardly ever feeling** disconnected on all three social disconnection items (67.6% vs. 37.1%)

Older adults who live in urban areas report more social disconnection. Compared to older adults who live in rural areas, those who live in urban areas are:

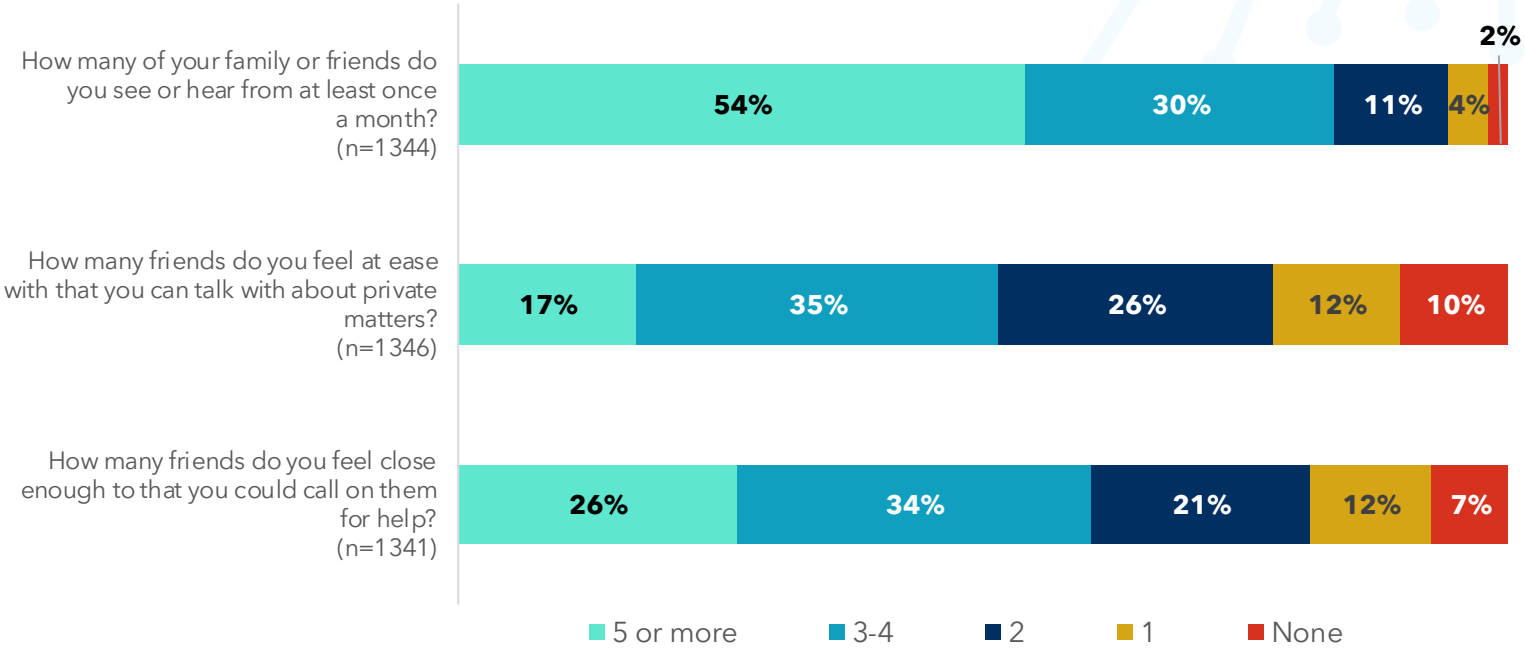
- **More** likely to report feeling **left out** some of the time or often (38.9% vs. 20.6%)
- **Less** likely to report **hardly ever feeling disconnected** on all three social disconnection items (51.6% vs. 70.5%)

Social Engagement and Inclusion

It is generally recommended that individuals have at least three to five close friends on whom they can rely for support; those with fewer such friendships are more likely to feel socially isolated and experience poorer mental health.[8]

While **84%** of older adults have **regular contact** with at least three friends or family members and **60%** have three or more friends **they can call on for help**, only **52%** have more than two friends they feel at ease with **discussing private matters**.

Think about all your family and friends, including those in your neighborhood:



Older adults with less education report weaker social networks. Specifically:

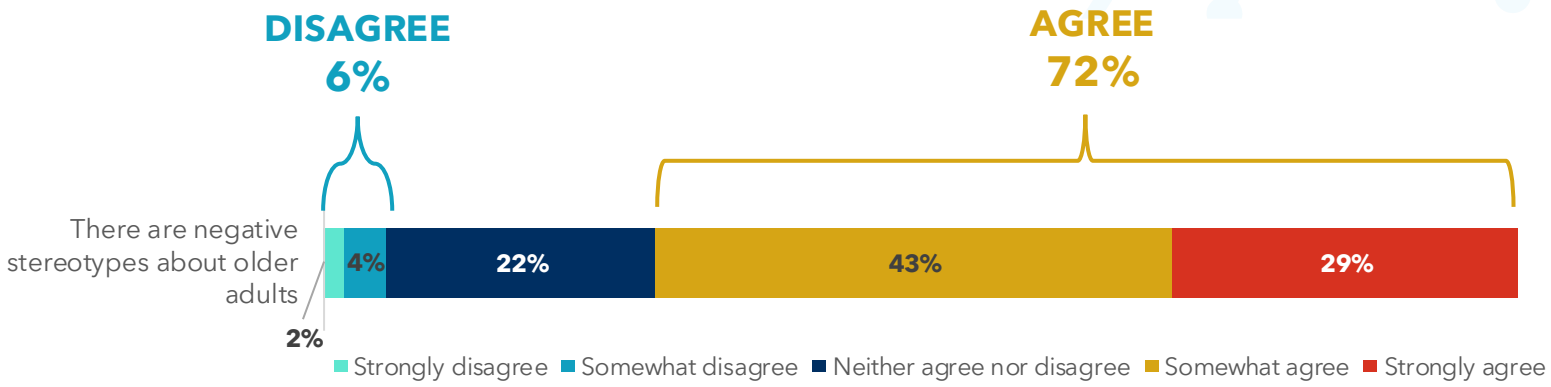
- Older adults with no more than a high school diploma or GED were **more** likely than more educated older adults to report having **two or fewer** friends they feel at ease with **discussing private** matters (61.6% vs. 40.6%)
- Those with less than a bachelor's degree were **more** likely than more educated older adults to report having **two or fewer friends** they can **call on for help** (46.1% vs. 28.2%)

Social Engagement and Inclusion

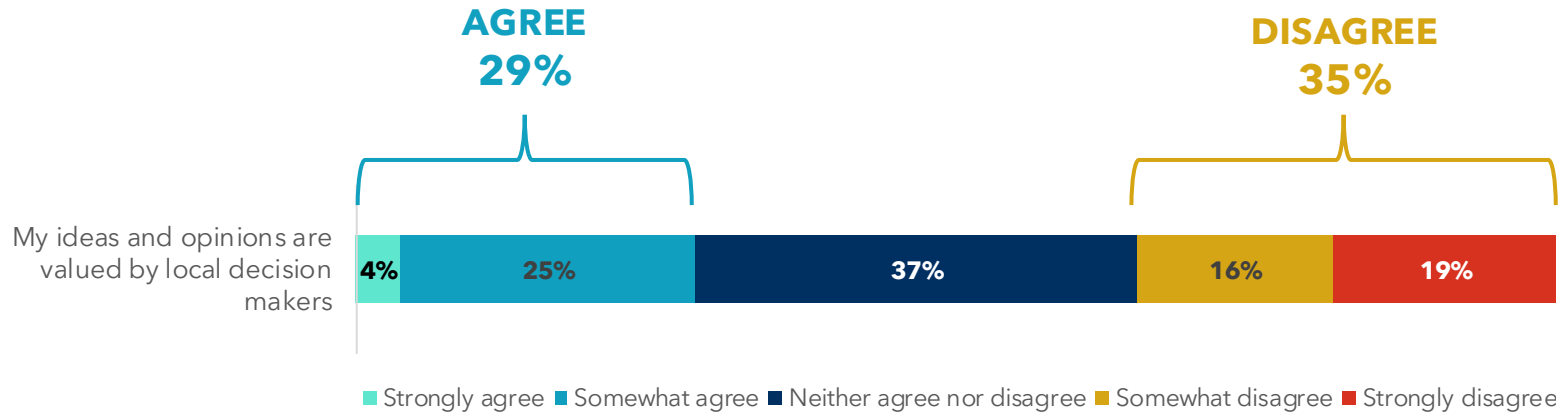
Feeling valued and included by the greater community is fundamental to overall well-being. Individuals who feel accepted and included are more resilient,[9] experience better mental health,[10] and enjoy a longer lifespan.[11]

35% of older adults somewhat or strongly **disagree** that **their ideas and opinions are valued** by local decision makers and **72%** somewhat or strongly **agree** that **there are negative stereotypes about older adults**.

How much do you agree or disagree with the following statements:



n=1339



n=1340

No Subgroup Differences

CAREGIVING

This section provides insight into older adults' **caregiving duties**. It includes measures such as caregiver status, level of stress caused by caregiving, and the ability to care for oneself as well as others. Together, these measures show the **impact of caregiving on older adults** and highlight where more supports could be helpful.

KEY FINDINGS

Caregiving

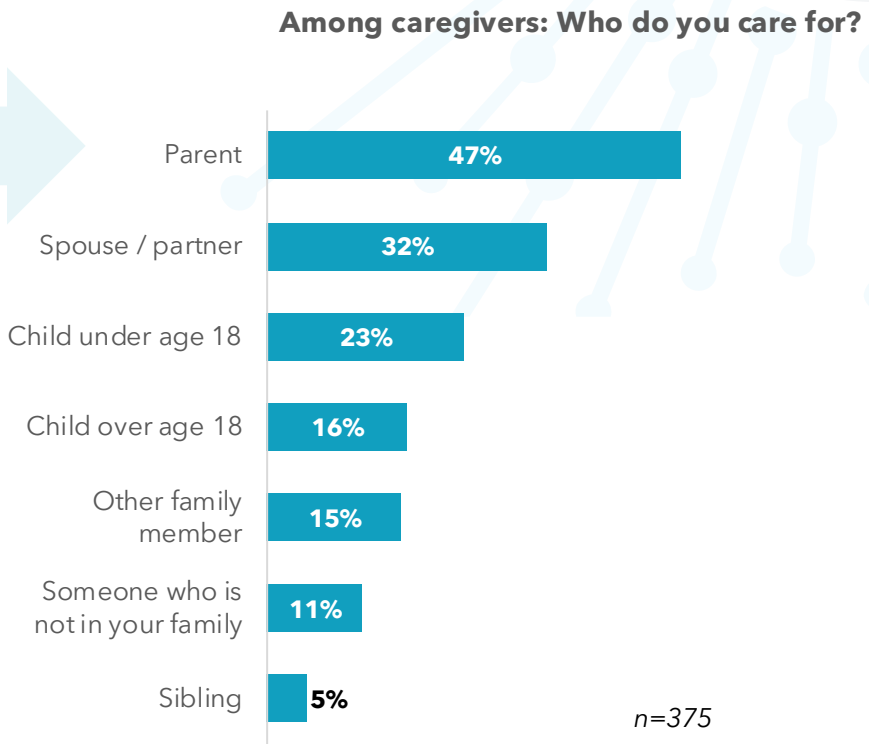
- **28%** of older adults are caregivers
- Caregivers most commonly report caring for a parent (**47%**), a spouse / partner (**32%**), or a child under age 18 (**23%**)
- **73%** of caregivers report feeling sometimes or often stressed about caring for someone else
- **40%** of caregivers report finding it sometimes or often difficult to take care of themselves

Caregiving

28% of older adults are **caregivers**. They are most likely to be caring for a **parent (47%)**.

28%
are a caregiver

n=1349



Older adults without a graduate or professional degree were **less** likely than more educated older adults to be caring for a **child under age 18** (16.0% vs. 55.3%)

Caregiving responsibilities vary by age. Specifically:

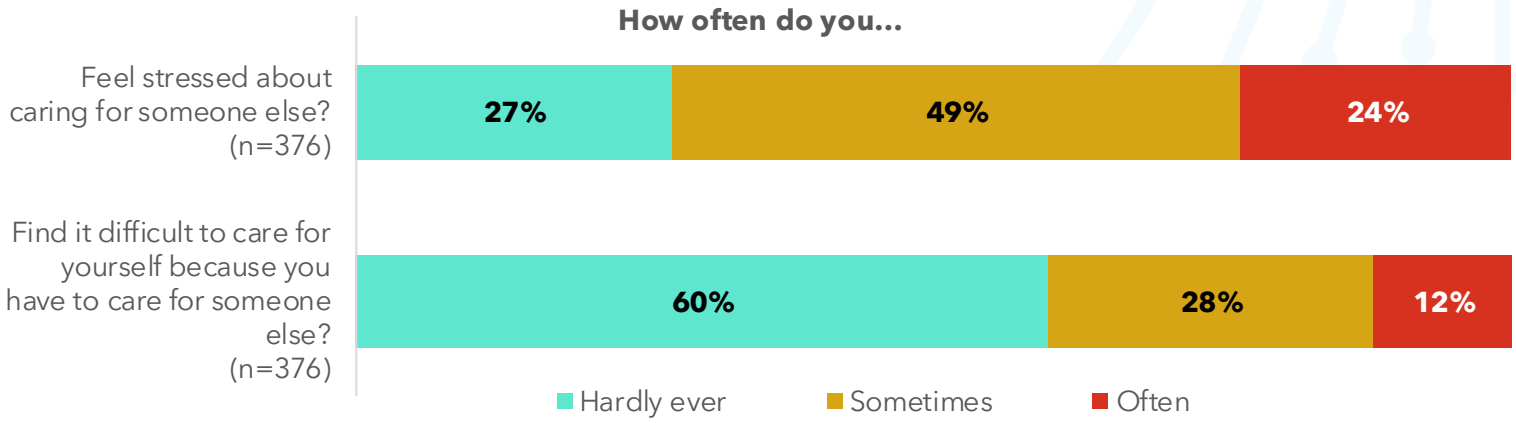
- Older adults **under age 60** were **more** likely than those 60+ to be caring for a **child under age 18** (41.3% vs. 5.2%)
- Older adults **under age 70** were **more** likely than those 70+ to be caring for a **parent** (58.3% vs. 13.3%)

Married older adults were **more** likely than unmarried older adults to be caring for a **spouse or partner** (41.3% vs. 8.6%)

Caregiving

Caregiving responsibilities are often a source of stress for caregivers[12] and can result in them neglecting their own needs in order to meet the needs of those they care for.[13]

73% of older adult caregivers feel at least occasionally **stressed** by their caregiving duties, while **40%** reported that their caregiving duties **make it challenging to care for themselves** at least some of the time.



Older adults under age 70 were **more** likely than those 70+ to report feeling sometimes or often **stressed** about caring for someone else (83.2% vs. 45.1%)

Older adults who were White were **more** likely than older adults of color to report feeling sometimes or often **stressed** about caring for someone else (78.5% vs. 52.1%)

EMERGENCY READINESS

This section provides insight into the ability of older adults in Central Ohio to deal with **emergencies and safety challenges**. It includes safety devices, emergency supplies, evacuation plans for residents and their domestic animals, and prior experience with climate and power disruptions. Together, these measures offer a snapshot of older adults' ability to **respond to emergencies** and help identify gaps in climate resilience and emergency readiness.

KEY FINDINGS

Emergency Readiness

- **61%** of older adults possess working devices and tools necessary for safety and comfort such as smoke and carbon monoxide detectors, air conditioners, flashlights, and first-aid kits.
- **66%** of older adults possess a 3-day supply of food that can be eaten without cooking, bottled water, clothing, and medicine, and **75%** possess a first-aid kit
- **73%** of older adults have a safe place to go in case of an emergency evacuation and **98%** of those with a safe place have a way to get there

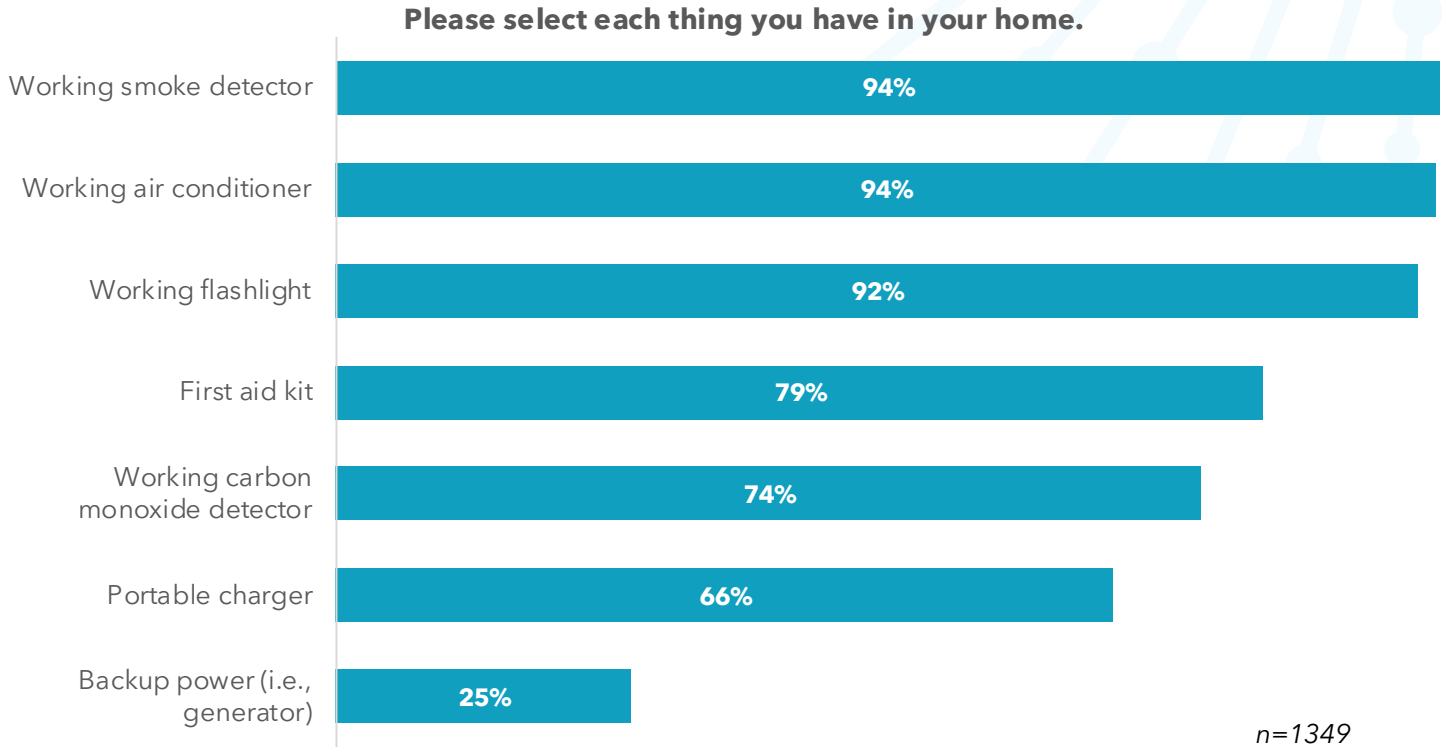
Weather Emergencies

- **87%** of older adults did not report experiencing climate or power disruptions over the past year

Emergency Readiness

Older adults are generally well-prepared for emergencies, with **61% possessing five core safety and emergency readiness items** (smoke and carbon monoxide detectors, air conditioner, flashlight, and first-aid kit).

However, **34%** have **no portable charger** and **75%** have **no generator or other form of backup power**.



Less educated older adults report fewer preparedness resources. Older adults with no more than a high school diploma or GED were **less** likely than more educated older adults to have:

- A **first-aid kit** (67.2% vs. 86.7%)
- **All five core emergency readiness items** (smoke detector, carbon monoxide detector, air conditioner, flashlight, and first-aid kit) (43.7% vs. 71.6%)

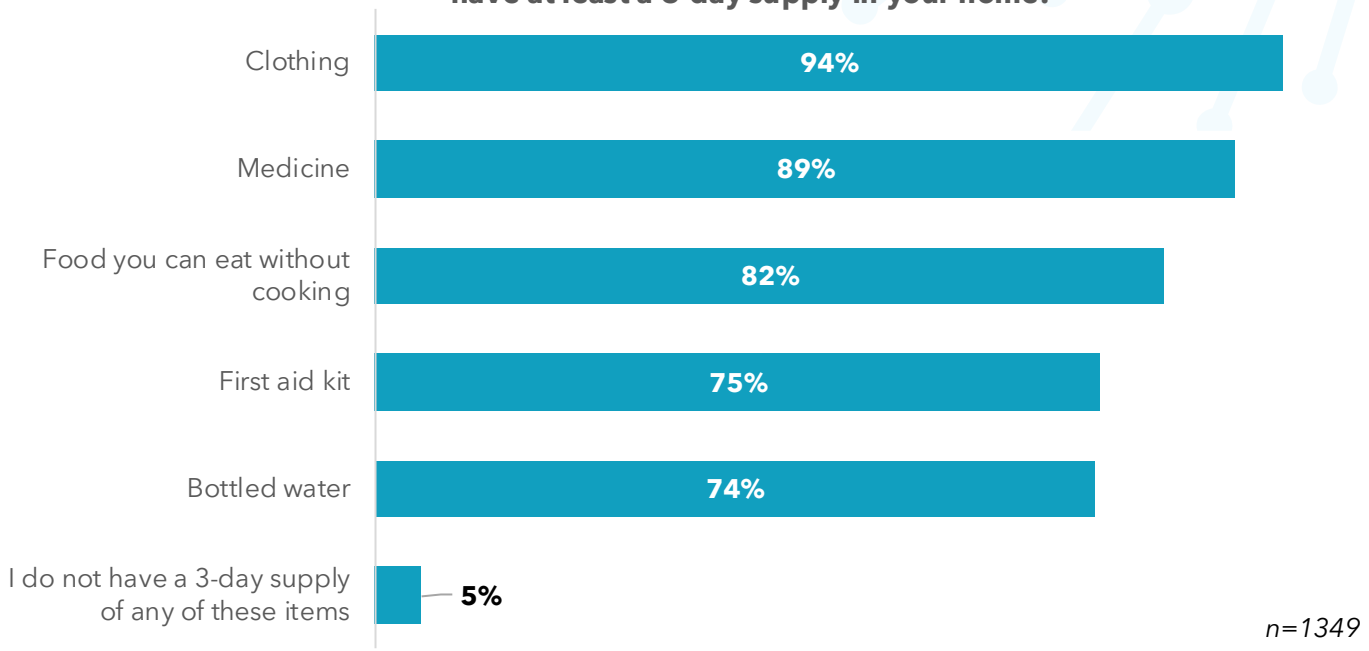
Older adults who live in rural areas were **more** likely than older adults who live in urban areas to have **backup power** such as a generator (59.9% vs. 17.3%)

Emergency Readiness

34% of older adults do not possess a **3-day supply of items necessary for survival** (food, water, clothing, and medicine) in an emergency.

25% lack a **first-aid kit** and **26%** do not have a **3-day supply of bottled water**.

The Federal Emergency Management Agency (FEMA) recommends that you have at least a 3-day supply of these items for use in an emergency. Select each item if you have at least a 3-day supply in your home.



Older adults with no more than a high school diploma or GED were **less** likely than more educated older adults to have a **first-aid kit** (63.3% vs. 82.6%)

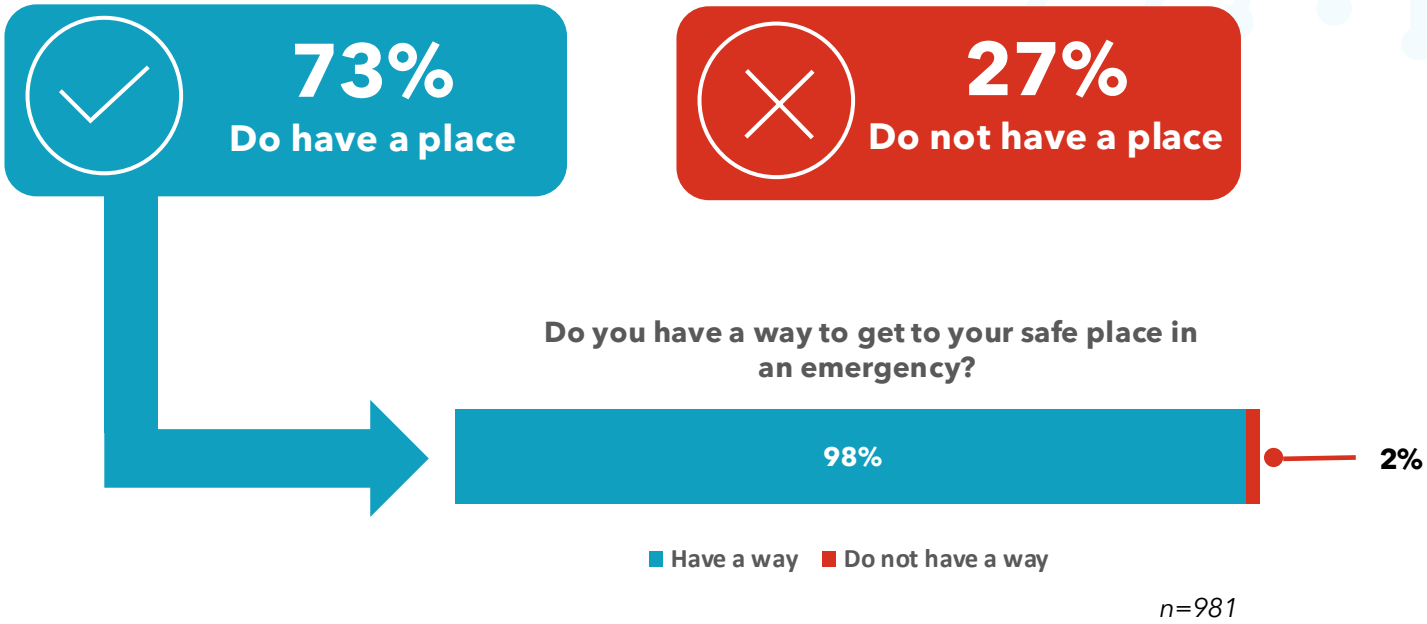
Older adults who are White were **more** likely than older adults of color to have a **first-aid kit** (80.3% vs. 58.5%)

Emergency Readiness

73% of older adults have a **safe place to go** if there is an emergency that requires evacuation.

98% of those who have a safe place to go report having **a way to get there**.

FEMA also recommends that you have a safe place to go if you must evacuate during an emergency. Do you have a place like that, or do you not have a safe place to go in an emergency? (n=1349)



No Subgroup Differences

Emergency Readiness

55% of older adults reported having **pets or service animals**.

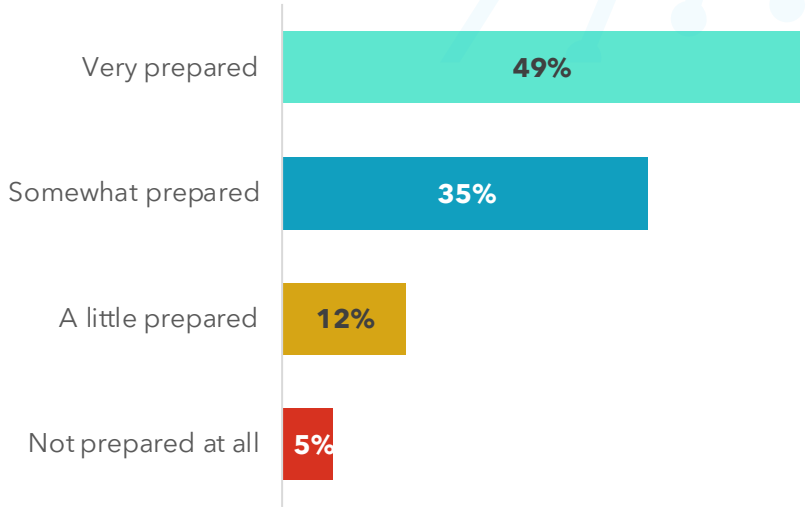
Of those who do, **84%** feel **very or somewhat prepared** to care for their animal companions in the event of an emergency.

55%
Have pets
or service animals

45% do not

n=1349

Among pet owners:
In the event of an emergency, how prepared do you feel to care for your pets or service animals?



n=737

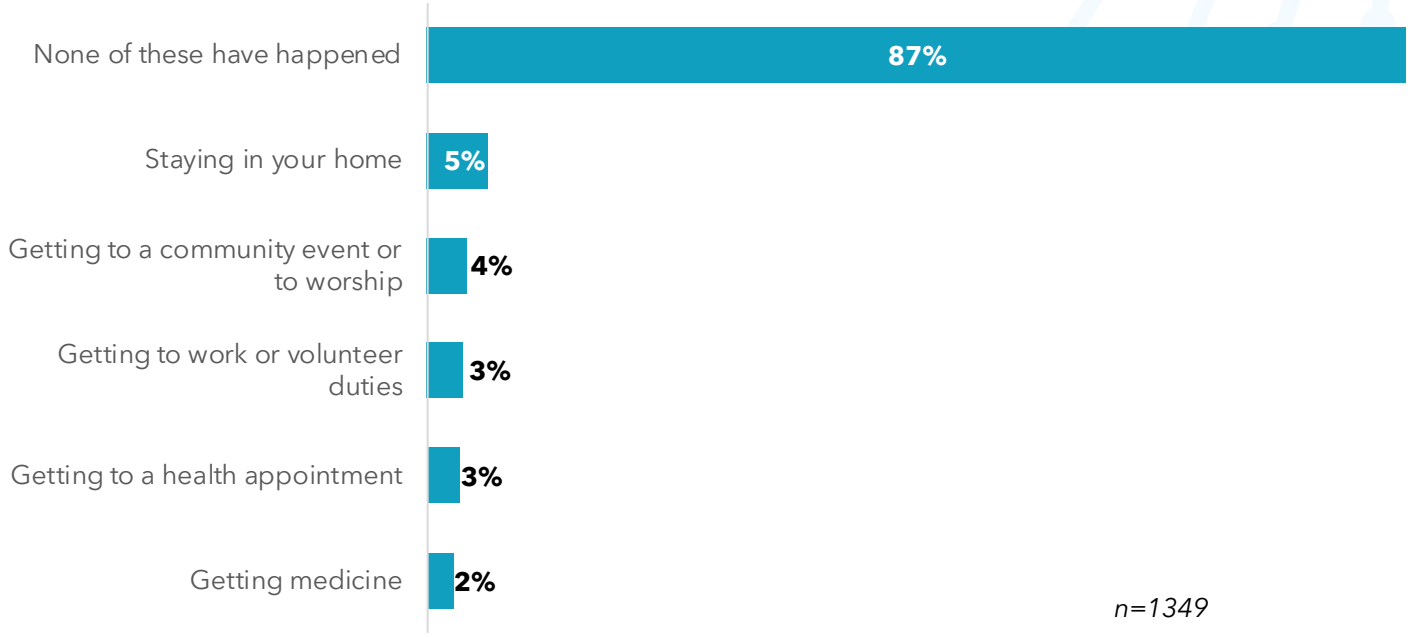
Older adults under age 75 were **more** likely than those 75+ to **have a pet or service animal** (61.3% vs. 29.6%)

Weather Emergencies

Climate resilience, or the ability to prepare for, recover from, and adapt to climate impacts in a warming world, is a vital part of survival.

87% of older adults **did not report experiencing** weather or climate disruptions over the past year.

During the last 12 months, has extreme heat, a power outage, or flooding ever prevented you from doing any of these things, or has that never happened?



No Subgroup Differences

AWARENESS OF AND ACCESS TO SERVICES

This section provides insight into older adults' ability to **locate services**. It includes awareness of organizations that serve older adults, information channels used to learn about services, ease of finding services, and internet usage. Together, these measures help identify **knowledge gaps** that can prevent aging residents from accessing the supports they need.

KEY FINDINGS

Awareness of Agencies and Services

- **54%** of older adults were previously aware of the Central Ohio Area Agency on Aging and **53%** were previously aware of the Franklin County Office on Aging
- Older adults typically rely on online sources (**54%**) or members of their social circle (**44%**) to get information about services for older adults

Finding Services

- **51%** of older adults think it is difficult to find services for older adults

Internet Usage

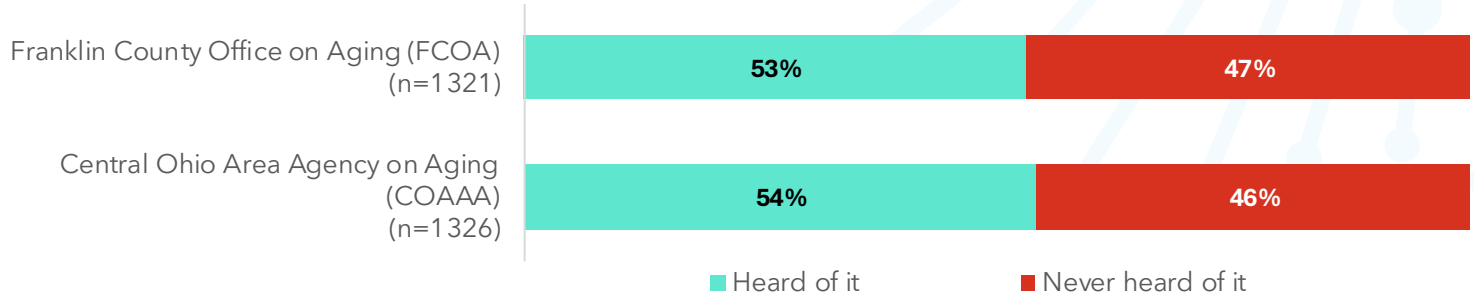
- **94%** of older adults use the internet
- Of the **6%** who do not use the internet, **69%** do not know how to use the internet, **40%** do not know how to use a device to access the internet, and **56%** do not want to use the internet
- Of those who do not use the internet, **37%** do not own an internet-enabled device and **20%** cannot afford an internet-enabled device

Awareness of Agencies and Services

Awareness of the project partners that provide direct services to older adults was measured in the survey.

54% of older adults had previously heard of **COAAA** and **53%** had previously heard of **FCOA**.

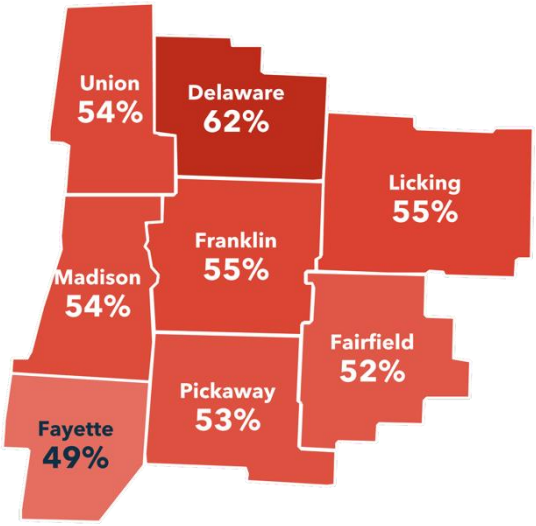
Before today, had you heard of these organizations that serve older adults?



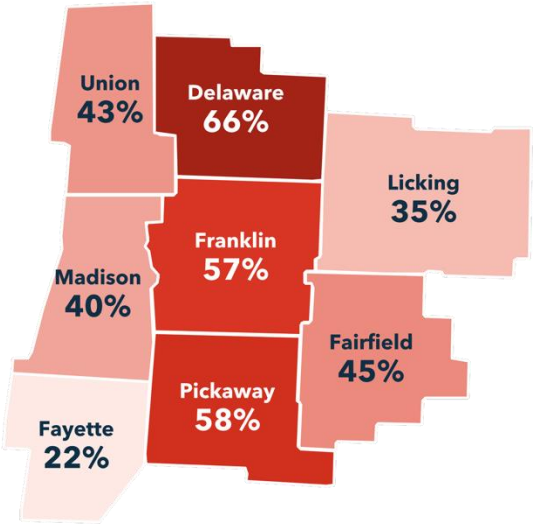
Awareness of both COAAA and FCOA was highest in Delaware County and lowest in Fayette County.

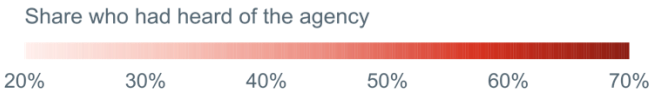
FCOA awareness was also higher in Franklin and Pickaway, and lower in Licking County.

Awareness of COAAA by county



Awareness of FCOA by county





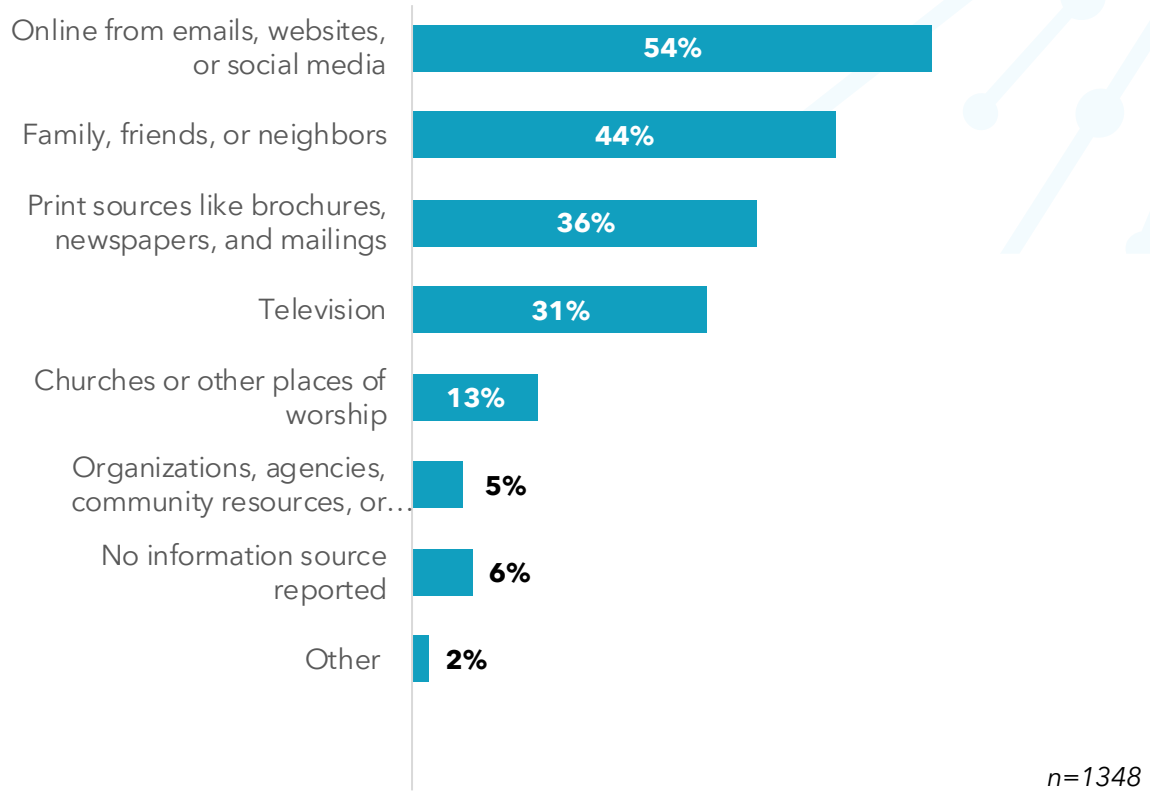
Women were **more** likely than men to have **heard of COAAA** (62.9% vs. 45.4%)

They were also **more** likely to have **heard of FCOA** (61.3% vs. 45.4%)

Awareness of Agencies and Services

Older adults use a variety of channels to get information about services for older adults but prefer **online forms of communication (54%)** and **word of mouth (44%)**.

How do you most often get information about services for older adults?

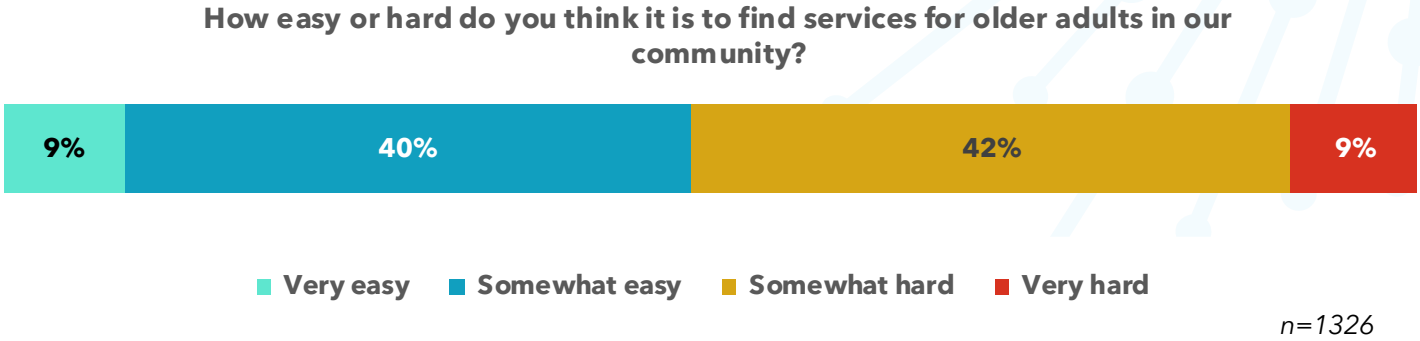


Older adults of color were **more** likely than those who are White to use **television** to get information about services for older adults (47.7% vs. 27.2%)

Men were **more** likely than women to use **television** to get information about services for older adults (37.6% vs. 26.0%)

Finding Services

Older adults' opinions are divided regarding the ease or difficulty of finding services for older adults in Central Ohio; **49%** say it's very or somewhat **easy**, while **51%** say it's very or somewhat **hard**. Assistance navigating the older adult service system would be beneficial.

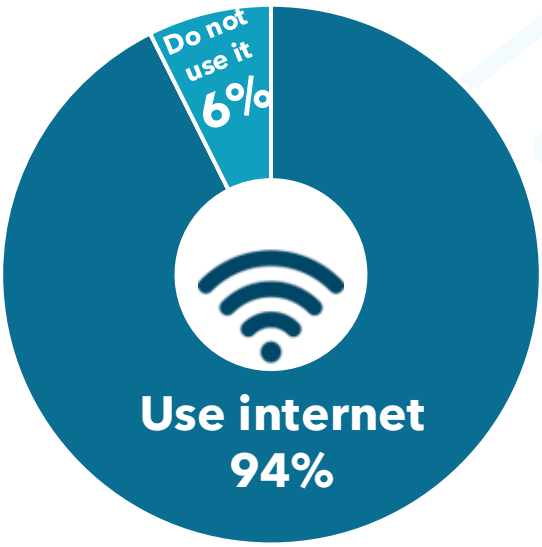


No Subgroup Differences

Internet Usage

Internet use among survey respondents is **widespread; 94%** of older adults reported **using the internet**. Because the survey was administered partially online, this rate could be inflated.

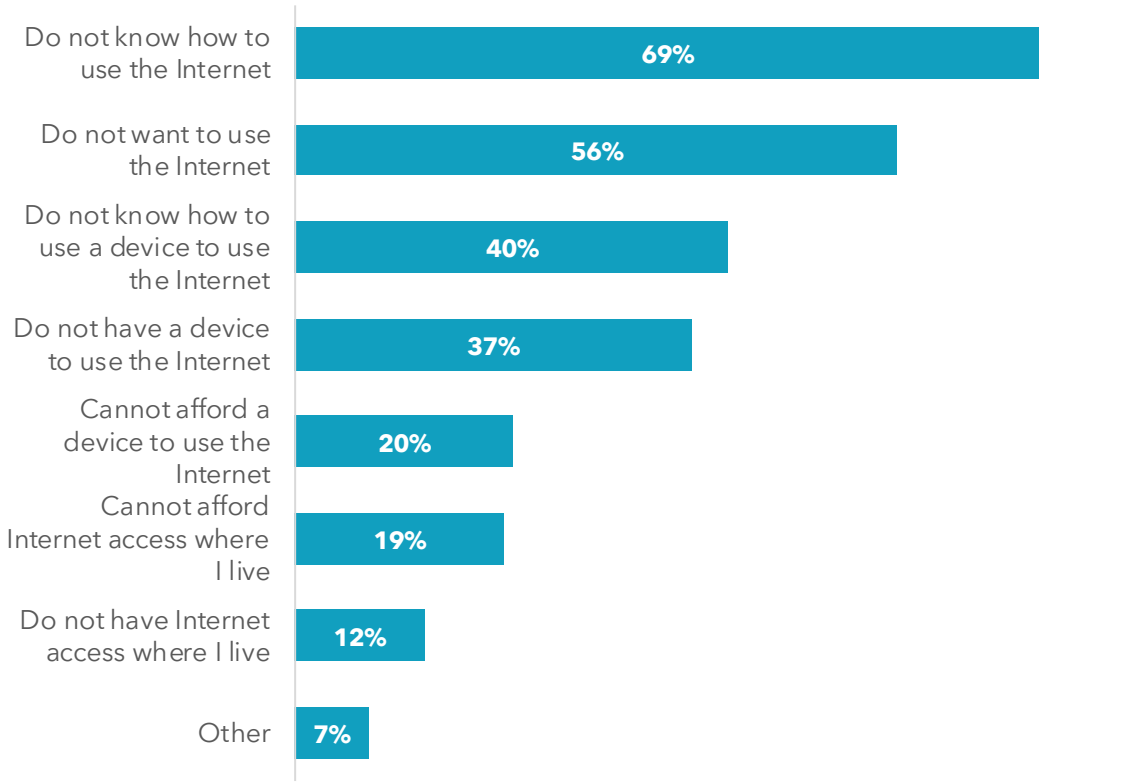
Do you use the internet, including email or social media, or do you not do that?



n=1349

Among non-internet users, **69% do not know how to use it** and **40% do not know how to use a device** to access it. Increasing local digital literacy resources could help fill these knowledge gaps. However, lack of knowledge isn't the only barrier - **56% do not want to** use it.

Please select all the reasons why you don't use the Internet.



n=65

Internet Usage

Subgroup differences

Older adults with no more than a high school diploma or GED were **less** likely than more educated older adults to report **using the internet** (87.9% vs. 98.7%)

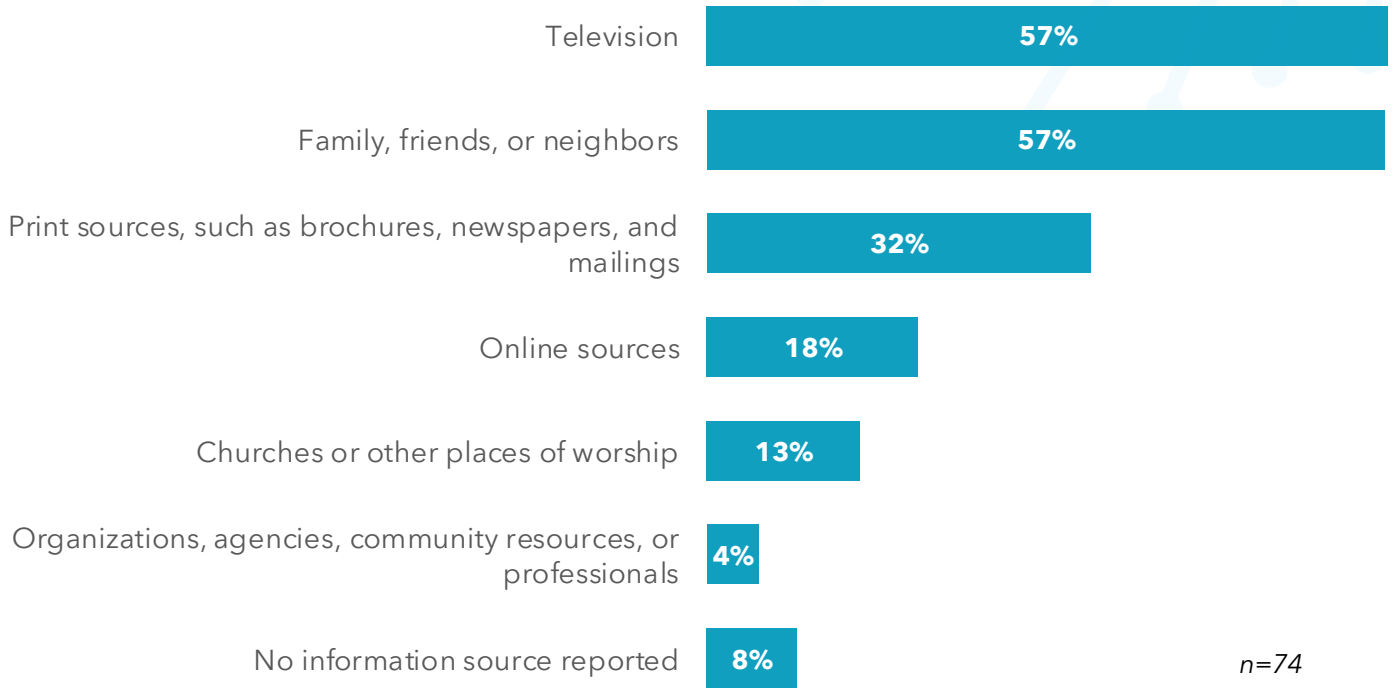
Older adults under age 60 were **more** likely than those 60+ to report **using the internet** (99.9% vs. 91.0%)

Internet Usage

Where do the 6% of older adults who do **not** use the internet find information?

57% of non-internet users say **television** and **57%** say **family, friends, or neighbors**.

Information channels preferred by those who don't use the Internet



No Subgroup Differences

Appendix A

Methodology

Survey Overview

A representative survey of adults aged 50+ residing in one of the eight Central Ohio counties was conducted to gather comprehensive data on community needs. This survey was administered across three waves from January 16, 2026 to August 17, 2026. In Wave 1, respondents were invited by mail to complete a self-administered questionnaire, which could be completed online or on paper. Each Wave 1 household received up to two mailings: the first included an advance letter with instructions for completing the survey online; the second contained a cover letter with instructions for completing the survey online, a hard copy of the survey, a hard copy of the informed consent form, and a pre-paid return envelope. Once a household completed a survey, that household did not receive additional mailings.

In Wave 2, a new sample was drawn from counties other than Franklin and excluding the City of Columbus. Wave 2 households received the advance letter from Wave 1 with instructions for completing the survey online. The final wave of mailings (Wave 3) focused on boosting responses from the remaining Wave 2 counties, excluding Licking County, where enough residents had completed the survey to provide the desired margin of error.

Telephone follow-up was conducted by staff from the Age-Friendly Innovation Center. During these calls, respondents were reminded of the letter mailed to them and were also given the opportunity to complete the survey by telephone.

Regional partners supported the effort by publicizing each wave of the survey to the residents in their area.

Sampling Strategy

To identify households with adults aged 50+, contact lists were obtained from MSG, a survey sample vendor who combines USPS address records with public and proprietary data that flag households including individuals in different age groups.

To ensure diverse representation, the survey utilized a geography-specific address-based sampling approach instead of relying on one single, large sample from the entire Central Ohio area. This methodology enabled the strategic oversampling of specific geographies, allowed for monitoring response rates, and informed adjustments to subsequent sampling rounds. To avoid duplication, households that participated in earlier rounds were excluded from subsequent sampling frames.

Testing for Subgroup Differences

Illuminology analyzed each question to determine whether subgroup differences existed in that domain. Specifically, we estimated an Ordinary Least Squares regression predicting each outcome from a series of demographic and social variables. This approach estimates the association between each characteristic and the outcome while accounting for the other characteristics included in the model.

Conducting many statistical tests on the same dataset increases the likelihood of identifying statistically significant differences by chance. To reduce this risk, we used a False Discovery Rate procedure to adjust for multiple comparisons.

Survey Response and Statistical Confidence

1,349 Central Ohio residents participated in the survey, yielding **a 4.4% response rate** and **a region-wide margin of error of ±2.7%** at the 95% confidence level. Margins of error by geography are shown in the table below.

Geography	Number of residents who participated	Margin of error (95% confidence)
City of Columbus	423	±4.8%
Delaware County	108	±9.4%
Fairfield County	116	±9.1%
Fayette County	115	±9.1%
Franklin County	590	±4.0%
Licking County	103	±9.7%
Madison County	105	±9.6%
Pickaway County	115	±9.1%
Union County	97	±10.0%

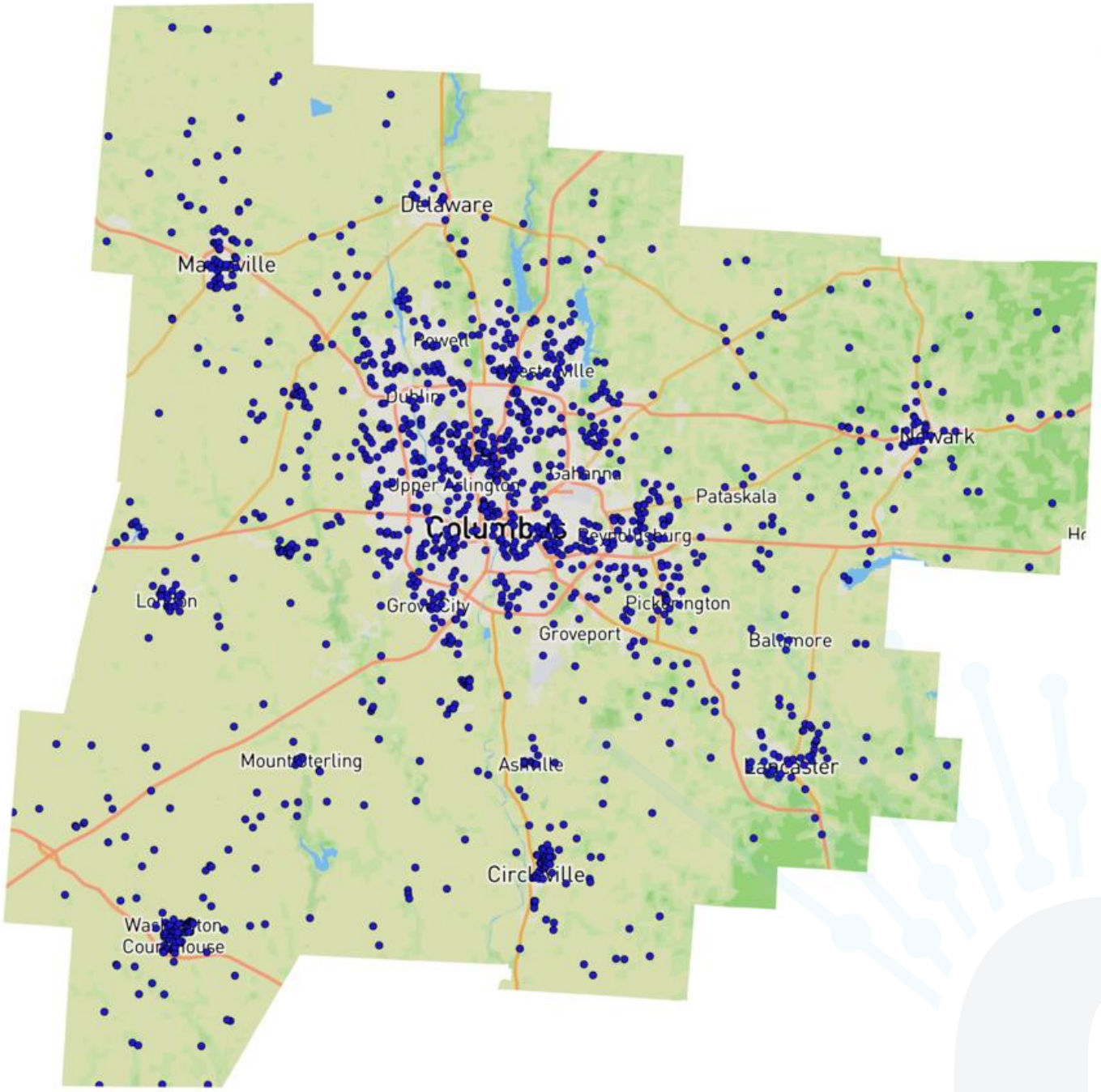
Before analyzing responses to the survey, **survey weights were computed**, allowing the researchers to produce more accurate statistical estimates. First, a base weight was created that adjusted for unequal probabilities of selection into the survey (i.e., compensating for the criteria used to select the sample). Then, this base weight was adjusted so that respondents' demographic characteristics (i.e., age, education, gender, marital status, household income, immigration status, White-alone status, and geography) aligned with population benchmarks for the nine sampled geographies.

Population benchmarks were obtained from the U.S. Census Bureau's American Community Survey. The adjusted base weight was calculated via an iterative proportional fitting procedure within the STATA v17 software package; all analyses were conducted on weighted data, using complex survey [svy] commands within STATA v17.

Geographic Representation

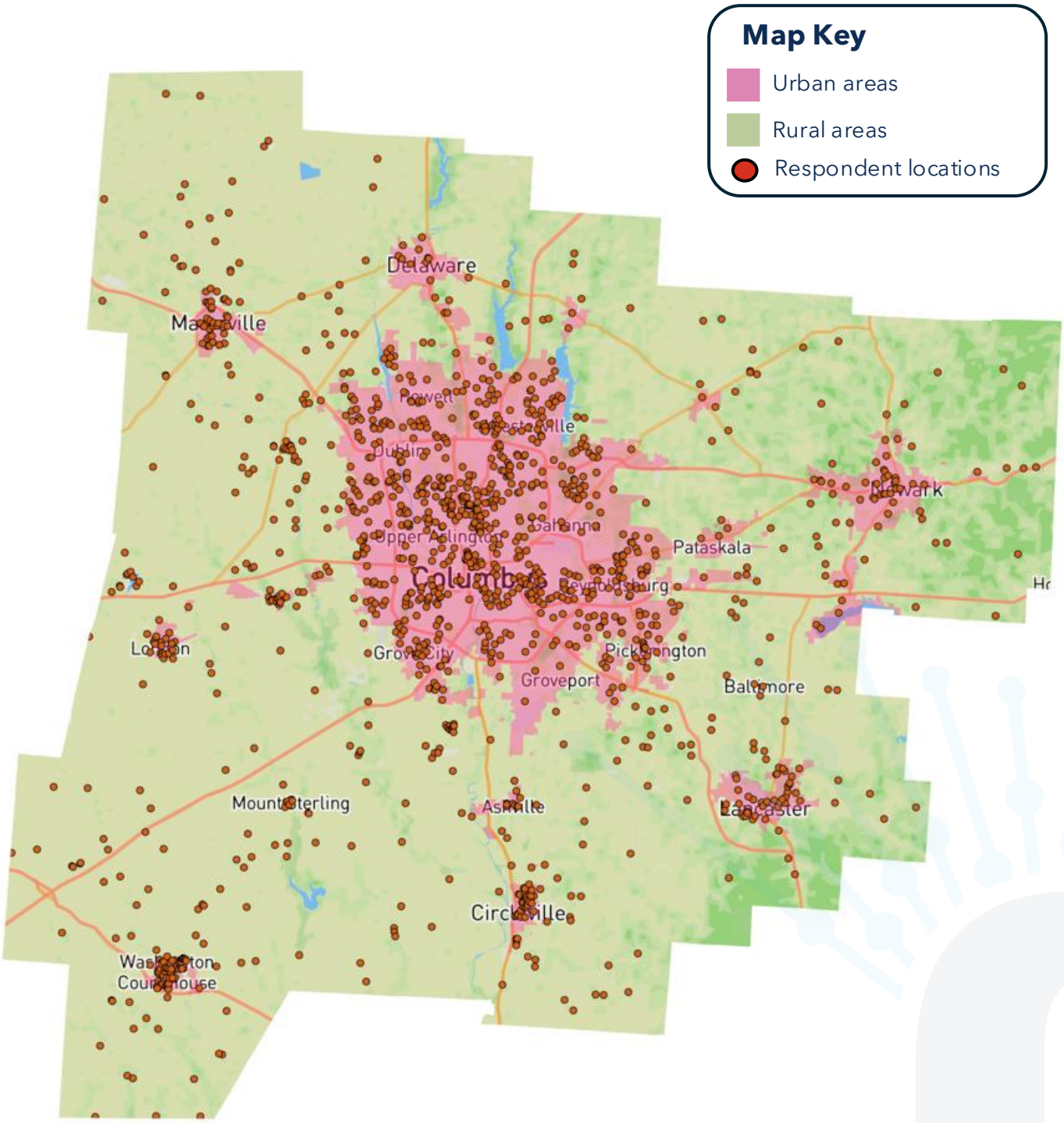
In the map below, each dot represents a single survey respondent. The map suggests that the survey achieved good representation of the population throughout the geographies of interest, with responses clustered in the more urban areas.

Geographic distribution of survey respondents



Urban vs. Rural Geographic Designations

Urban and rural residence was determined using the U.S. Census Bureau's 2025 TIGER/Line shapefile. Respondents' geocoded locations were mapped against the Census urban-area boundaries. Respondents whose locations fell within the designated urban areas were classified as urban; respondents whose locations fell outside these areas were classified as rural.



Survey Questionnaire

Central Ohio Regional Assessment on Aging

These questions are about the experiences of **adults aged 50 and older** in Central Ohio. They should be answered by the **adult aged 50 or older** at this address who **MOST RECENTLY** had a **birthday**. All responses will remain confidential; please answer honestly.

YOUR HOME AND COMMUNITY

How important is it to you to be able to remain in **your neighborhood** as you age? [Circle one answer]

Very important | Somewhat important | Not that important | Not important at all

How safe do you feel in **your neighborhood**? [Circle one answer]

Very safe | Somewhat safe | Not that safe | Not safe at all

How would you rate **your neighborhood** as a place for people to live as they get older? [Circle one answer]

Very good | Somewhat good | Not that good | Not good at all

How important is it to you to be able to remain in **your home** as you age? [Circle one answer]

Very important | Somewhat important | Not that important | Not important at all

Think about the home, apartment, or mobile home where you live. Do you or someone in your household:

Own it with a mortgage or loan | Own it free and clear (without a mortgage or loan) | Rent it | Stay there without paying a mortgage or rent

What **percent** of your **monthly** household income do you spend on your **housing expenses**, including mortgage or rent, utilities, property taxes, and homeowners' insurance? Your best estimate is fine.

[Write a number between 0 and 100 in the box] _____ %

How hard is it for you to pay your monthly bills? [Circle one answer]

Very hard | Somewhat hard | Not that hard | Not hard at all

How worried are you about… [Circle one answer in each row]				
Amount of debt your household owes?	Very	Somewhat	A little	Not at all
Having to move in the next 12 months?	Very	Somewhat	A little	Not at all
Paying your property taxes?	Very	Somewhat	A little	Not at all
Scams and fraud?	Very	Somewhat	A little	Not at all
Not having enough food to eat?	Very	Somewhat	A little	Not at all
Medical expenses?	Very	Somewhat	A little	Not at all
Your utilities being shut off?	Very	Somewhat	A little	Not at all

HELP FOR OLDER ADULTS

Before today, had you heard of these organizations that serve older adults? [Circle one answer in each row]		
Franklin County Office on Aging (FCOA)	Heard of it	Never heard of it
Central Ohio Area Agency on Aging (COAAA)	Heard of it	Never heard of it

How easy or hard do you think it is to find services for older adults in our community? [Circle one answer]

Very easy | Somewhat easy | Somewhat hard | Very hard

Please turn over and complete the back

Unique ID

Central Ohio Regional Assessment on Aging

How do you **most often** get information about services for older adults? [Check all that apply]

- ☐ Print sources like brochures, newspapers, and mailings
- ☐ Television
- ☐ Online from emails, websites, or social media
- ☐ Family, friends, or neighbors
- ☐ Churches or other places of worship
- ☐ Other (write in):

Here is a list of **things** that some older adults **need help** doing. Check the box that best describes **your** situation.

	Don't need help with this at all	Need help and have none	Have some help but need more	I have all the help I need
Scheduling and attending appointments	☐	☐	☐	☐
Keeping my home clean and organized	☐	☐	☐	☐
Taking medications as prescribed	☐	☐	☐	☐
Managing money and paying the bills	☐	☐	☐	☐
Bathing and dressing myself	☐	☐	☐	☐
Moving from one room to another	☐	☐	☐	☐
Preparing food for myself	☐	☐	☐	☐
Shopping for things I need	☐	☐	☐	☐
Getting places I need to go	☐	☐	☐	☐

Do you ever have problems getting your medications because of the following reasons? [Circle all that apply]

My health conditions | They are too expensive | There is no delivery or mail option | I have to care for someone else | Other:_____

Here is a list of **things** that some older adults **need**. Check the box that best describes **your** situation.

	I don't need it	I need it and don't have it at all	I need it and I don't have enough	I need it and have enough
Nutritional supplements such as Ensure	☐	☐	☐	☐
Food from food pantry or food bank	☐	☐	☐	☐
Meal delivery (Meals on Wheels)	☐	☐	☐	☐
Food from other places (senior center, church, etc.)	☐	☐	☐	☐
Financial support for food (SNAP, food stamps, EBT)	☐	☐	☐	☐

Have you fallen in the last six months, or has that not happened? [Circle one answer]

I have fallen | I have not fallen

Please continue to the next page

Central Ohio Regional Assessment on Aging

YOUR HEALTH AND WELLBEING

How would you rate your **overall health**? [Circle one answer]

Excellent | Very good | Good | Fair | Poor

During the **past 12 months**, how often have you: [Check one box in each row]

	Never	Less than once per month	Once per month	Once per week	Daily or almost every day
Had four or more drinks containing **alcohol** in a single day?	☐	☐	☐	☐	☐
Used **tobacco** or any other nicotine product?	☐	☐	☐	☐	☐
Used a recreational **drug** or used a prescription for non-medical reasons?	☐	☐	☐	☐	☐
Felt **badly** about your use of drugs or alcohol?	☐	☐	☐	☐	☐

	Hardly ever	Some of the time	Often
How often do you feel that you lack companionship?	☐	☐	☐
How often do you feel left out?	☐	☐	☐
How often do you feel isolated from others?	☐	☐	☐

Over the last 2 weeks, how often have you been bothered by the following problems? [Check one box in each row]

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge?	☐	☐	☐	☐
Not being able to stop or control worrying?	☐	☐	☐	☐
Feeling little interest or pleasure in doing things?	☐	☐	☐	☐

Think about **all your family or friends**, including those in your neighborhood:

How many of your family or friends do you **see or hear** from at least **once a month**?	None	1	2	3-4	5-8	9 or more
How many friends do you **feel at ease with** that you can talk with about private matters?	None	1	2	3-4	5-8	9 or more
How many friends do you feel close enough to that you could **call on them for help**?	None	1	2	3-4	5-8	9 or more

How much do you agree or disagree with the following statements:

There are negative stereotypes about older adults	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
My ideas and opinions are valued by local decision makers	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree

Please turn over and complete the back

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CAREGIVING

A caregiver is a **friend or family member who is not paid to provide care** for someone else. They might visit regularly, help with things like bathing or dressing, cooking, household chores, shopping, providing transportation, or managing medical care or finances. To be considered a caregiver, this person **does not need to live with you**. Would you say you are a caregiver for someone else or not? [Circle one answer]

I am a caregiver | I am **not** a caregiver

Please answer the next three questions **ONLY if you are a caregiver to someone else.**

Who do you care for? [Circle all that apply]

Spouse / partner | Child over age 18 | Child under age 18 | Parent | Sibling | Other family member | Someone who is **not** in your family

Please circle one answer in each row below.

Overall, how often do you feel **stressed** about caring for someone else?	Hardly ever	Sometimes	Often
How often do you find it **difficult to care for yourself** because you have to care for someone else?	Hardly ever	Sometimes	Often

PREPARING FOR AN EMERGENCY

Please circle each thing you have in your home. [Circle all that apply]

Working smoke detector | Working carbon monoxide detector | Working air conditioner | Working flashlight | First aid kit | Portable charger | Backup power (i.e., generator)

In the event of an emergency, how prepared do you feel to care for your pets or service animals? [Circle one answer]

Do not have pets | Very prepared | Somewhat prepared | A little prepared | Not prepared at all

During the last 12 months, has extreme heat, a power outage, or flooding ever prevented you from doing any of these things, or has that never happened? [Circle all that apply]

Getting to a health appointment | Getting medicine | Getting to work or volunteer duties | Getting to a community event or to worship | Staying in your home

The Federal Emergency Management Agency (FEMA) recommends that you have at least a 3-day supply of these items for use in an emergency. Circle each item if you have **at least a 3-day supply in your home**. [Circle all that apply]

Food you can eat without cooking | Bottled water | Clothing | Medicine | First aid kit

FEMA also recommends that you have a **safe place to go** if you must evacuate during an emergency. Do you have a place like that, or do you not have a safe place to go in an emergency?

Do have a place | Do not have a place

If you have a safe place, do you have **a way to get to** your safe place in an emergency?

Have a way | Do not have a way

Please circle each thing you need to **add or update** in your home. [Circle all that apply]

Ramp(s) | Grab bar(s) | Walk-in shower or tub | Roof repair | Furnace repair | First floor bedroom

Please continue to the next page

Central Ohio Regional Assessment on Aging

TRANSPORTATION NEEDS

What is your **usual** way of getting where you need to go? [Circle all that apply]

Drive myself | Friends or family drive me | Bus or paratransit | Uber or Lyft | Taxi | Bike or walk | Senior transportation | I don't get where I need to go

Other:_____

If your **usual** way of getting around **was no longer an option**, how would you get where you need to go? [Circle all that apply]

Drive myself | Friends or family drive me | Bus or paratransit | Uber or Lyft | Taxi | Bike or walk | Senior transportation | I wouldn't get there

Other:_____

Please circle one answer in each row below.			
During the past 12 months, how often did transportation challenges **prevent you from reaching places you needed to go**?	Hardly ever	Sometimes	Often
During the past 12 months, how often did you feel **concerned that asking for a ride** might inconvenience your family or friends?	Hardly ever	Sometimes	Often

EMPLOYMENT & VETERAN STATUS

What is your employment status? [Circle one answer]

Work full time | Work part time | Unemployed but looking for a job | Retired but looking for a job | Retired and not looking for a job | Disabled and unable to work

Are you a veteran, or a spouse/partner of a veteran? [Circle one answer]

Veteran | Spouse / partner of veteran | Neither

USE OF THE INTERNET

Do you use the internet, including email or social media, or do you not do that? [Circle one answer]

Use internet | Do not use it

Answer only if you **DO NOT** use the **INTERNET**: Please circle all the reasons why you don't use the internet.	
Do not want to use the Internet	Do not know how to use the Internet
Do not have internet access where I live	Cannot afford internet access where I live
Do not have a device to use the Internet	Cannot afford a device to use the Internet
Do not know how to use a device to use the Internet	Other: _____

Demographics

These questions are for statistical purposes only.

In what year were you born? ☐ ☐ ☐ ☐

Please turn over and complete the back

Central Ohio Regional Assessment on Aging

What is your ZIP code? ☐ ☐ ☐ ☐ ☐

What county do you live in? [Circle one answer]

Delaware Fairfield Fayette Franklin Licking Madison Pickaway Union

Other:_____

What is your marital status? [Circle all that apply]

Married Widowed Divorced Single, never married Not married, living with a partner

Who lives in your home with you? [Circle all that apply]

Spouse/ partner Children Grandchildren Other relatives Tenant / renter Other people not related to me I live alone

What is the highest level of education you have completed? [Circle all that apply]

Less than 12th grade (no diploma) High school diploma or GED Some college (no degree) Associate's degree Bachelor's degree Graduate or professional degree

What is your race? [Circle all that apply]

African American American Indian or Alaskan Native Asian Middle Eastern or North African Native Hawaiian or Pacific Islander White

Other:_____

Are you of Hispanic or Latino descent or origin? [Circle one answer] Yes No

What is your gender? [Circle all that apply]

Man Woman Non-binary Transgender I use another term: _____

How would you describe yourself? [Circle all that apply]

Straight/ heterosexual Gay Lesbian Bisexual or pansexual I use another term: _____

Did you immigrate or were you born in the U.S.? [Circle one answer] Immigrated Born in the U.S.

What languages are spoken in your home?

English Other(s):_____

What is your primary source of income? [Circle all that apply]

Social Security Social Security Disability (SSDI) Supplemental Security Income (SSI) Pension 401k or 403b State retirement plan (OPERS / STRS)

Savings / Investment or ROTH IRA Working Other: _____

Which of these categories includes your total household income in 2025, before taxes? [Circle one answer]

Under $10,000 $10,000 – 24,999 $25,000 – 39,999 $40,000 - 59,999 $60,000- 74,999 $75,000- 99,999 $100,000 or more

Thank you for your help! Your input will help us better serve older adults in Central Ohio!

Unique ID

Appendix B

Unweighted vs. Weighted Demographics

DEMOGRAPHIC CATEGORIES		CENTRAL OHIO 50+ (Census)	WEIGHTED SURVEY PERCENTAGES	UNWEIGHTED SURVEY PERCENTAGES *(n=1,349)*
Gender	Male	47.28%	47.27%	42.45%
	Female	52.72%	52.73%	57.55%
Age	50-54 years	19.35%	19.31%	5.12%
	55-59 years	18.07%	18.06%	8.29%
	60-64 years	18.23%	18.24%	12.13%
	65-69 years	15.02%	15.03%	20.57%
	70-74 years	12.25%	12.26%	20.20%
	75+ years	17.08%	17.10%	33.69%
Race/ Ethnicity	White	81.15%	80.62%	91.50%
	African American or Black	14.35%	13.89%	7.06%
	Asian	3.79%	4.21%	1.14%
	Middle Eastern or North African	NA	1.69%	.46%
	American Indian or Alaska Native	1.09%	1.79%	.84%
	Hispanic or Latino	2.66%	1.15%	.46%
	Native Hawaiian or Pacific Islander	.10%	.68%	.23%
	Other	3.29%	.38%	.15%
Educational Attainment	Less than 12th grade (no diploma)	8.64%	2.32%	1.79%
	High school degree / GED	29.86%	36.16%	19.49%
	Some college (no degree)	18.91%	18.91%	19.42%
	Associate's degree	7.38%	7.38%	8.89%
	Bachelor's degree	21.09%	21.10%	24.50%
	Graduate or professional degree	14.11%	14.12%	25.91%

Unweighted vs. Weighted Demographics, *cont'd*

DEMOGRAPHIC CATEGORIES		CENTRAL OHIO 50+ (Census)[1]	WEIGHTED SURVEY PERCENTAGES	UNWEIGHTED SURVEY PERCENTAGES *(n=1,349)*
Marital Status	Single, never married	10.20%	7.50%	7.62%
	Married	59.00%	59.01%	55.86%
	Widowed	11.27%	11.27%	16.65%
	Divorced / separated	19.53%	19.53%	17.33%
	Not married, living with partner	NA	2.70%	2.54%
Residence	City of Columbus	36.77%	36.77%	31.36%
	Not City of Columbus	63.23%	63.23%	68.64%
Immigration Status	Born in the United States	90.46%	90.46%	97.30%
	Immigrated	9.54%	9.54%	2.70%
County	Franklin	58.77%	58.75%	43.74%
	Delaware	11.62%	11.62%	8.01%
	Fairfield	8.77%	8.78%	8.60%
	Licking	10.20%	10.21%	7.64%
	Madison	2.52%	2.53%	7.78%
	Pickaway	3.23%	3.23%	8.52%
	Union	3.26%	3.26%	7.19%
	Fayette	1.62%	1.62%	8.52%
Income	Under $10,000	3.23%	3.23%	2.13%
	$10,000-$24,999	7.74%	7.74%	8.98%
	$25,000-$39,999	8.76%	8.76%	14.03%
	$40,000-$59,999	13.58%	13.58%	15.45%
	$60,000-$74,999	8.64%	8.64%	12.37%
	$75,000-$99,999	12.66%	12.66%	15.92%
	$100,000 or more	45.38%	45.38%	31.13%

[1] *All data from ACS 2020-2024 5-year estimates*

Appendix C

Table 1: Other Languages Spoken in the Home

Language	Number of mentions
Spanish	12
French	4
German	4
Russian	4
Chinese / Mandarin	3
Italian	3
Arabic	2
American Sign Language	2
Japanese	2
Tagalog	2
Ukrainian	2
Cebuano	1
Filipino	1
Gujarati	1
Hindi	1
Indonesian	1
Kannada	1
Korean	1
Luo	1
Manobo	1
Nepali	1
Portuguese	1
Swahili	1
Telugu	1
Turkish	1
Twi	1

n=48

Appendix D

References

[1] See, e.g.: Ellmers, T. J., Delbaere, K., & Kal, E. C. (2023). Frailty, falls and poor functional mobility predict new onset of activity restriction due to concerns about falling in older adults: a prospective 12-month cohort study. *European Geriatric Medicine, 14*(2), 345-351; Park, C., Atique, M. M. U., Mishra, R., & Najafi, B. (2022). Association between fall history and gait, balance, physical activity, depression, fear of falling, and motor capacity: A 6-month follow-up study. *International Journal of Environmental Research and Public Health, 19*(17), 10785.

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Appendix E
Crosstabulations by County