



# Coastal Regional Commission of Georgia Area Agency on Aging

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Needs Assessment

2015





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## Area Agency on Aging

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Needs Assessment

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## Introduction

## Methodology

This study was designed to assess the needs of people fifty-five (55) or older living in the Coastal Georgia Region. The study was conducted via random digit telephone interviewing and a total of 1,000 surveys were completed during the month of June 2015. The sampling error for binomially distributed data given a 95% confidence level is 3.1 percentage points.

The study examined physical and mental health needs, personal and home-related needs, nutritional and dietary needs, social and recreational needs, and financial needs and self-sufficiency. Comparisons to a similar study conducted in 2010 are made throughout this report where appropriate.





## Executive Summary

## Health

Three out of four people (77%) over 55 years of age living in the Coastal Georgia region were in good<sup>1</sup> health. Most of the people over 55 years in the study are confident that they can manage their own health. Over four out of five individuals (82%) over 55 in the study area could afford all health-related items and actions they needed such as eyeglasses, medical prescriptions, health insurance, etc.

Figure A - People with excellent, very good or good health

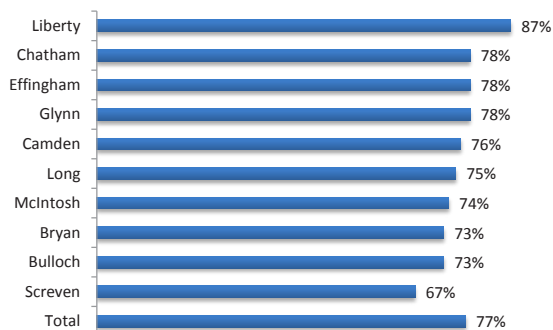
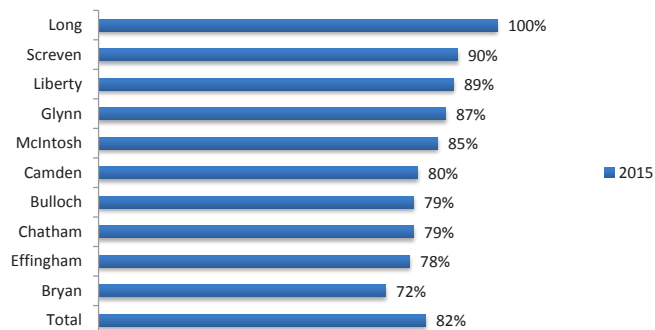
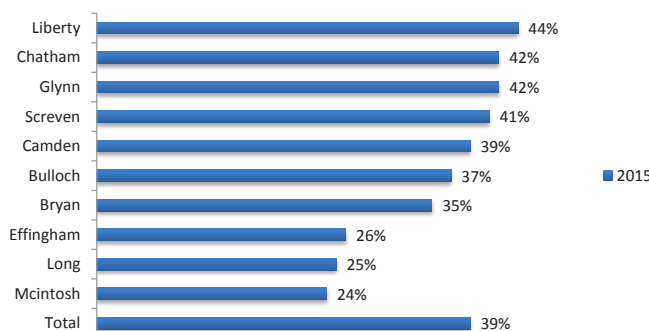


Figure B - Can afford all health related items<sup>2</sup>



Four out of ten residents (39%) of the Coastal Georgia regions who are over 55 years of age have none of the health-conditions listed in the study including diabetes, hypertension, cancer, arthritis, impaired vision, ambulatory difficulty, memory problems, hearing loss, or blindness. In other words, four in ten individuals were in rather good health. Only 6% of individuals had fallen in the past two months and hurt themselves enough to require medical attention – 72% of those who did fall were able to get immediate medical attention. Over nine out of ten residents over 55 years of age in the study area (95%) have a personal physician or clinic.

Figure C - Do not have any conditions<sup>3</sup>



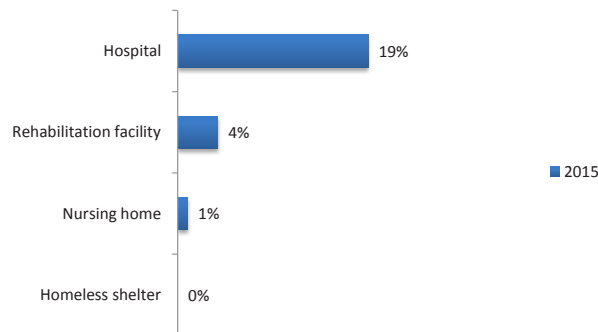
1. "Good" health corresponds to people who answered "excellent," "very good," or "good" when referring to their health.

2. Eyeglasses, medical prescriptions, health insurance, hearing aids, routine physical examinations, healthcare screening and tests, walkers or canes, and specialized healthcare.

3. Graph includes percentages of people that indicated they did not have any of the following conditions: impaired vision, not being able to walk, significant hearing loss, emotional conditions affecting daily activities, and blindness.

In the past year, the typical 55+ year old in the Coastal Georgia region had spent no days in a hospital, nursing home, rehabilitation center, or homeless shelter. The typical person in the study area had spent twelve (12) days in the past month engaged in physical activity such as brisk walks, running, exercise classes, hiking, or playing sports.

Figure D - Percentage of people who spent days in the following:

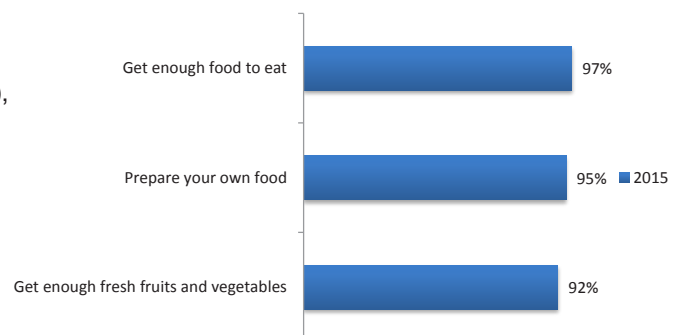


While one in four individuals (27%) lacked knowledge to evaluate, two in three who did have sufficient information (64%) gave local agencies, organizations, and governments positive ratings for taking care of the healthcare needs of all people over 55 years of age in the Coastal Georgia region. Less than one in four individuals (23%) said their communities were doing only a fair or poor job of helping elderly people with feelings of isolation and depression. Only 15% of residents said there were obstacles in place that deterred them from receiving or accessing what they needed to maintain or improve their mental health – 18% responded similarly with regard to maintaining their physical health.

## Nutrition/Diet

Large majorities of residents over 55 living in the Coastal Georgia region have enough food to eat (97%), have enough fresh fruits and vegetables (92%), and were able to prepare their own food (95%).

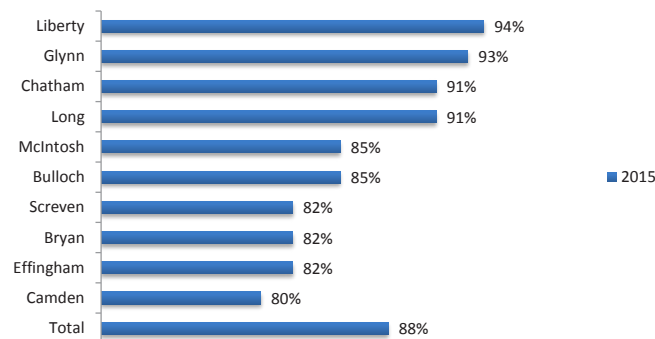
Figure E - Nutrition/Diet



## Emotional Health

Nearly nine out of ten residents in the study area (88%) described their quality of life as “excellent,” “very good,” or “good.” Only 11% of residents experienced some depression and only 9% felt lonely and isolated. Only one in six residents (15%) claimed to be bored because of a lack of activities. Three in ten residents (29%), however, had lost someone close to them in the past year or two.

Figure F - Quality of life

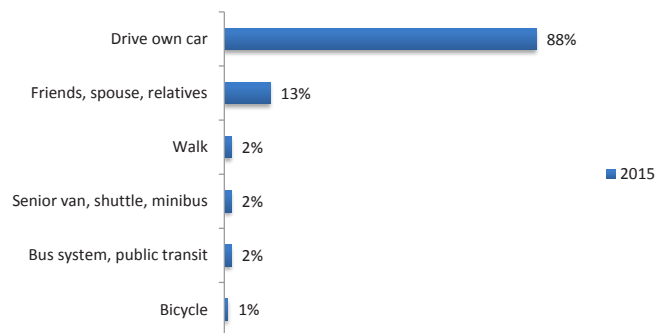


## Transportation

Nearly all individuals over 55 years of age in the study (94%) are healthy enough to leave their house to run errands, buy food, go to the doctor, etc.

Most individuals over 55 years of age living in the Coastal Georgia region drove their own vehicles (88%), while most of the rest (13%) relied on spouses, friends, and relatives for transportation. Over one in three of those individuals who did need transportation assistance (35%) had difficulty finding someone to take them on errands. Only one in six residents (15%) could afford to pay someone to take them to buy food, go to the doctor, etc.

Figure G - Rely on to get around



## Housing

Most residents (81%) over 55 years of age living in the Coastal Georgia region live in a single family house. Over nine in ten (91%) own their houses. Only 2% had to move within the past two years because they could not afford to stay, and only 1% had to move because they were no longer able to care for their houses.

One out of five individuals (21%) have some difficulty taking care of issues in and around their houses. For example, 8% have difficulty caring for tasks inside their houses, while 13% have difficulty performing outside tasks such as yard work.

Figure H - Type of housing

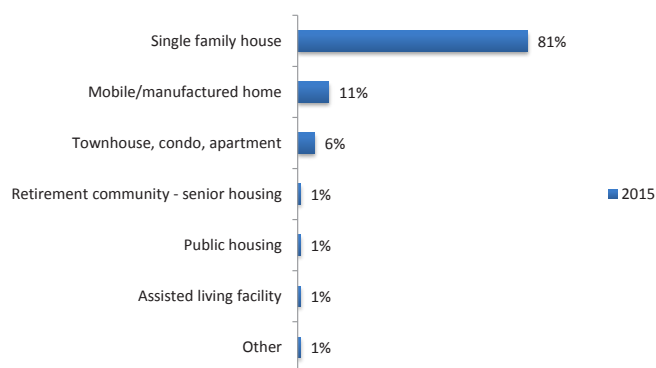
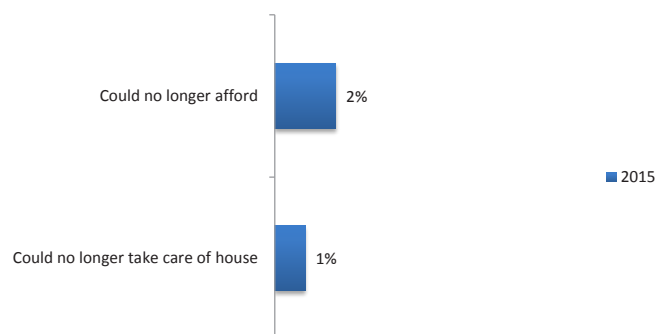
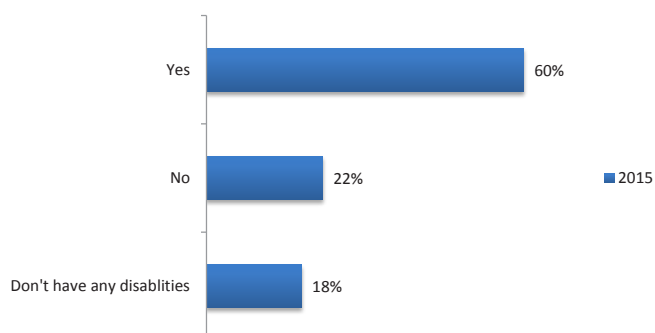


Figure I - Forced to move from house



A majority of those who did have difficulty (60%) said their houses were equipped to function with the disabilities they have. Relatively few (4%) have difficulty paying their utilities and only 3% have trouble paying their mortgage/rent.

Figure J - Is house equipped so you can function with the disabilities you have?



## Quality of Life

Just over one in five individuals (20%) in the study received assistance from spouses, friends, and neighbors for a wide range of activities such as yard work, housekeeping, running personal errands, transportation, and emotional support.

Table K - Help from spouse, friends, relatives, and neighbors

Service/Assistance	2015
Help with the yard and taking care of the outside of house	20%
Help with housekeeping and chores inside of my house	16%
Running personal errands	13%
Transportation	10%
Emotional support - listening to me	10%

A little over one in twenty individuals (6%) received some assistance from senior centers, local governments, and churches for a wide range of activities such as housekeeping, yard work, social activities, transportation, providing meals at senior centers, and emotional support.

Table L - Help from senior centers, local government programs, churches, etc.\*

Service/Assistance	2015
Help with housekeeping and chores	3%
Help with the yard and taking care of the outside of house	3%
Social activities	3%
Transportation	2%
Eat meals at a senior center or other facility	2%
Emotional support - listening to me	2%

One out of every ten residents (10%) in the Coastal Georgia region who are over 55 years of age wanted to receive assistance from senior centers, local governments, and churches for things such as yard work, housekeeping, managing money/bills, and running personal errands.

Table M - Would like to get help from senior centers, local government programs, churches, etc.

Service/Assistance	2015
Help with the yard, etc.	6%
Help with housekeeping and chores inside of my house	6%
Help in managing your money, paying your bills	6%
Running personal errands for you	5%

\* Service/assistance is received only from senior centers, local governments, or churches (not spouses, friends, relatives, or neighbors).

Nearly half of people over 55 years of age (47%) claimed they would use a range of services if some organization provided them. Tops on the list were theatre and musical performances, day trips to attractions, museum & art gallery excursions, arts and craft classes, and computer and internet classes.

Table N - Which would you do with a group of your peers

Activities	2015
Go to theater, musical performance, etc.	21%
Go on day trips to tourist attractions or entertainment	18%
Visit museums, art galleries, etc.	17%
Attend arts and crafts classes, gardening classes	15%
Learn more about computers, the internet, etc.	15%

Six out of ten residents (61%) would use at least one or more community facilities if they were available in their communities. Most preferred facilities were libraries, parks/nature trails, recreation centers, pools and museums.

Table O - Which would you use (or use more) if it were in your community?

Activities	2015
Library	30%
Parks and nature trails	26%
Recreation center	22%
Indoor or outdoor pool	21%
Museum	21%

## Caregiving

Only 6% of people in this study had placed a loved one in a care facility within the past year, and over half of these individuals (54%) said they would have benefitted from having a professional with whom to discuss this process.

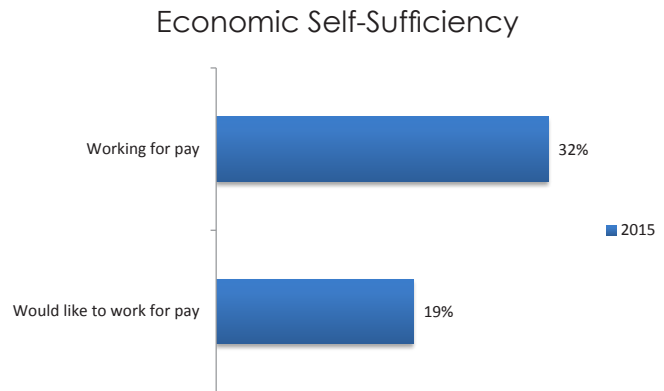
One in seven individuals (14%) over 55 years of age in the Coastal Georgia region functioned as a caregiver for others – 41% of these individuals needed assistance or a break in their caregiving roles. Two in five of the caregivers (41%) felt burdened by their responsibilities – 41% had feelings of burden every day.

## Civic Engagement

One in three individuals (33%) were willing to volunteer their time or expertise to help others. The typical person was willing to devote seven hours a week helping primarily at senior centers and schools.

## Economic Self-Sufficiency

One in three individuals in the study (32%) worked outside the home for pay – the typical amount of hours worked is 37 hours a week. Another 19% wanted to work for pay. Eight out of ten individuals (78%) over 55 living in the study area were financially set or very close to it, while 16% were quite concerned about their economic wellbeing. Three in ten residents (30%) had long-term care insurance. About 20% of people did not seek government assistance because they were not sure what was available or what they qualified for.



## Profile

Out of those surveyed, the average person living is Coastal Georgia was:

- 64 years of age
- Female
- Married/partner
- Living with at least one person
- Lived in area for 25 years
- White
- Total household income of just over \$3,100 per month

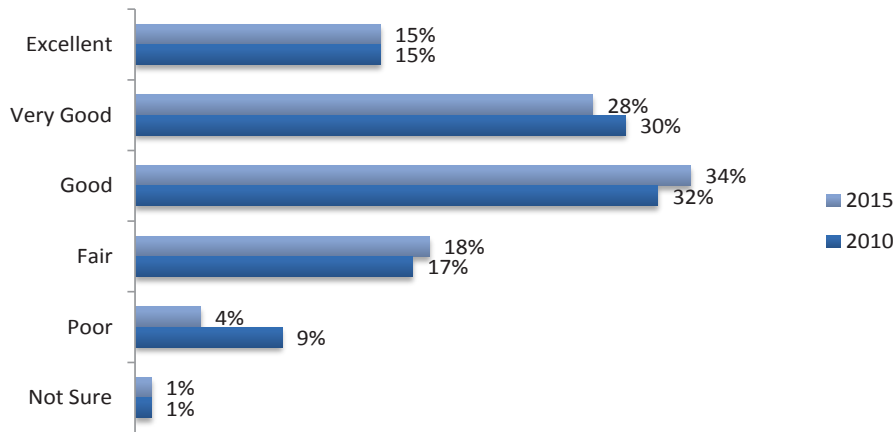




Health

## Health

In general, would you say your health is excellent, very good, good, fair, or poor?

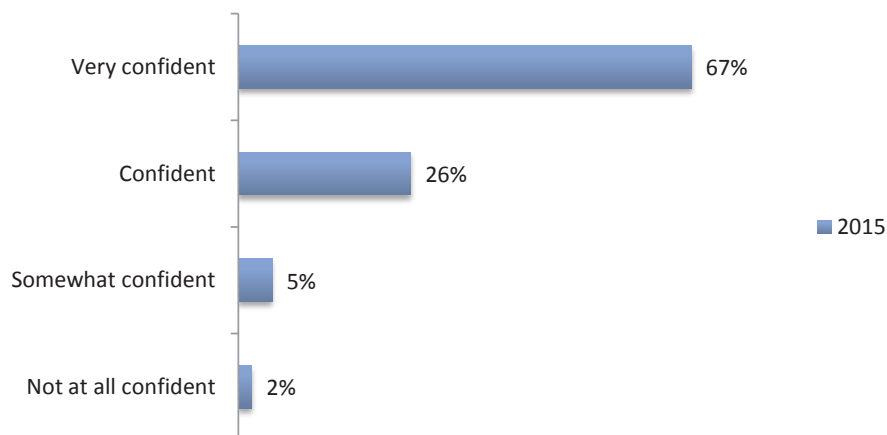


Three out of four individuals (77%) in the Coastal Georgia region described their health as good, very good, or excellent, no change from 2010. Fewer than one in ten individuals (6%) indicated that their health was poor, down 3 percentage points from 2010.

Individuals in Liberty county (85%) were more likely to describe their health as good, very good, or excellent, while individuals in Screven (33%), Bulloch (26%), and Bryan (27%) counties were more likely to describe their health as only fair or poor.

	Excellent	Very good	Good	Fair	Poor	Not sure
Total	15%	28%	34%	18%	4%	1%
Bryan	15%	29%	29%	23%	4%	0%
Bulloch	14%	25%	34%	21%	5%	1%
Camden	15%	30%	31%	15%	8%	1%
Chatham	13%	25%	40%	16%	5%	1%
Effingham	14%	28%	36%	15%	7%	0%
Glynn	21%	33%	25%	18%	3%	0%
Liberty	14%	34%	37%	11%	3%	1%
Long	2%	30%	42%	24%	2%	0%
McIntosh	21%	29%	24%	16%	10%	0%
Screven	16%	19%	32%	27%	6%	0%

How confident are you that you can manage your own health?



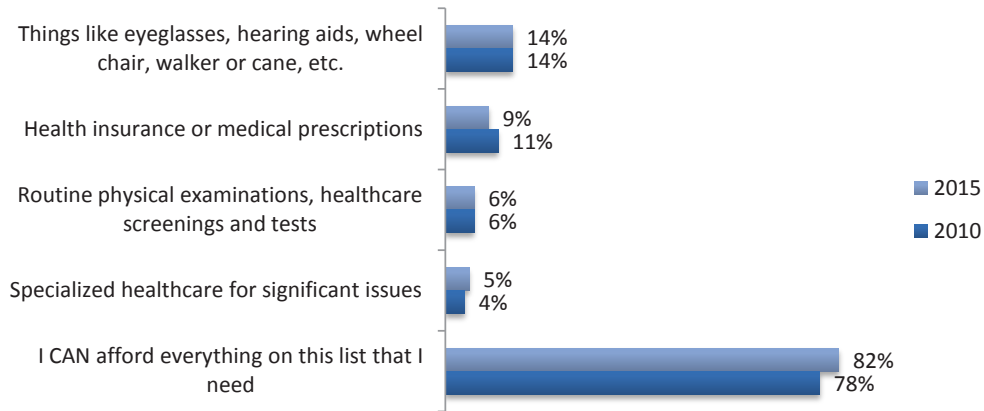
Two out of three individuals (67%) in the Coastal Georgia region were very confident they could manage their own health, while only 2% indicated that they were not at all confident they could manage their own health.

Individuals in Glynn (74%) and Bryan (72%) counties were more likely to be very confident about managing their own health, while individuals in McIntosh (9%) were more likely to be not at all confident about managing their own health.

	Very confident	Confident	Somewhat confident	Not at all confident	Not sure
Total	67%	26%	5%	2%	0%
Bryan	72%	25%	2%	2%	0%
Bulloch	61%	34%	4%	1%	0%
Camden	70%	18%	8%	4%	2%
Chatham	71%	23%	4%	2%	0%
Effingham	64%	29%	7%	1%	1%
Glynn	74%	21%	4%	1%	0%
Liberty	65%	29%	6%	1%	0%
Long	56%	41%	4%	0%	0%
McIntosh	69%	20%	2%	9%	0%
Screven	65%	23%	11%	2%	0%

## Health

Do you need any of the following, but cannot afford them?\*



Four out of five individuals (82%) living in the Coastal Georgia region can afford health-related products and actions such as eyeglasses, hearing aids, routine physical examinations, health insurance, etc. Conversely, one in seven individuals (14%) could not afford health aids such as eyeglasses, wheel chairs, hearing aids, and walkers. Just under one in ten individuals (9%) maintained they could not afford health insurance or medical prescriptions.

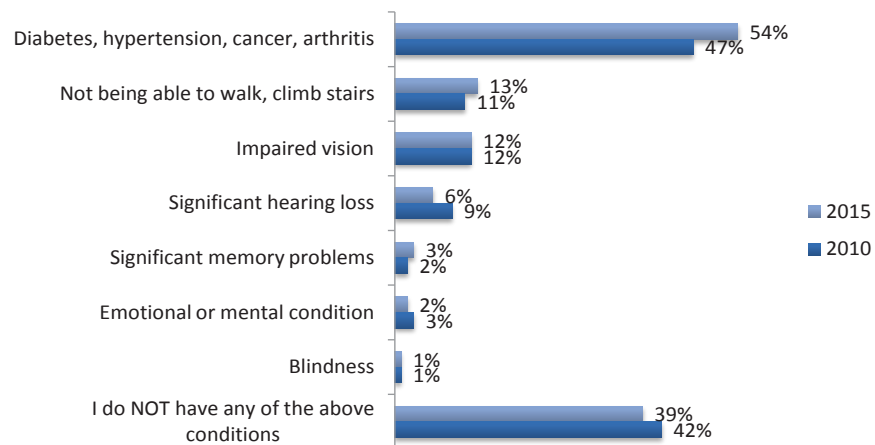
Long County residents were much more likely (100%) to indicate they could afford everything they needed. Conversely, only 72% of Bryan County residents were able to afford everything they needed.

	Things like eyeglasses, hearing aids, wheel chair, walker or cane	Routine physical examinations, healthcare screenings and tests	Health insurance or medical prescriptions	Specialized healthcare for significant issues	I CAN afford everything on this list that I need
Total	14%	9%	6%	5%	82%
Bryan	25%	21%	21%	18%	72%
Bulloch	12%	8%	6%	6%	79%
Camden	12%	10%	6%	9%	80%
Chatham	18%	5%	11%	6%	79%
Effingham	11%	11%	9%	4%	78%
Glynn	7%	5%	8%	3%	87%
Liberty	10%	2%	6%	0%	89%
Long	0%	0%	0%	0%	100%
McIntosh	11%	0%	4%	0%	85%
Screven	10%	0%	0%	0%	90%

\*Residents were allowed to select more than one response.

# Health

Do you have any of the following conditions?



	Blindness	Impaired vision	Significant hearing loss	Not being able to walk, climb stairs, reach, lift, carry things
Total	1%	12%	6%	13%
Bryan	0%	2%	0%	14%
Bulloch	3%	20%	5%	16%
Camden	0%	10%	12%	5%
Chatham	1%	10%	5%	11%
Effingham	0%	23%	15%	21%
Glynn	0%	6%	11%	1%
Liberty	4%	7%	3%	11%
Long	4%	27%	7%	29%
McIntosh	0%	15%	13%	37%
Screven	0%	8%	0%	6%

	Emotional or mental condition that affects your daily activities	Diabetes, hypertension, cancer, arthritis or some other on-going condition	Significant memory problems	I do NOT have any of the above conditions
Total	1%	54%	3%	39%
Bryan	0%	65%	0%	35%
Bulloch	3%	56%	5%	37%
Camden	0%	61%	2%	39%
Chatham	1%	52%	2%	42%
Effingham	0%	48%	12%	26%
Glynn	0%	52%	0%	42%
Liberty	0%	49%	1%	44%
Long	0%	63%	3%	25%
McIntosh	9%	76%	4%	24%
Screven	0%	59%	7%	41%

## Health

Do you have any of the following conditions?

Over half of residents (54%) in the Coastal Georgia region suffered from diabetes, hypertension, cancer, arthritis or some other on-going condition. Incidence of one of these on-going conditions was greatest in McIntosh (76%), Bryan (65%), and Long (63%) counties, and lowest in Effingham (48%) and Liberty (49%) counties.

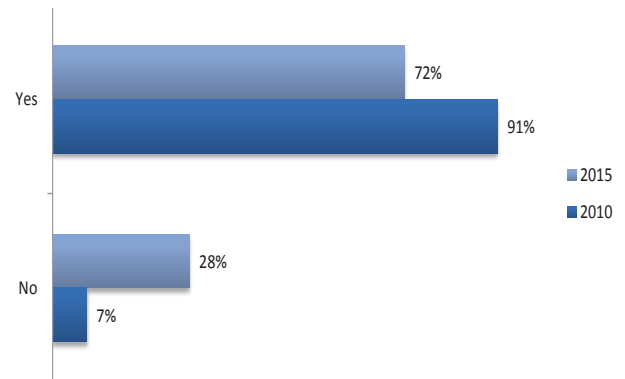
Nearly four in ten individuals (39%) experienced none of the conditions. Incidence of ambulatory difficulties was higher in McIntosh County (37%); and impaired vision was more prevalent in Long County (27%).

Think back over the past two months, have you fallen and hurt yourself enough to require medical care?



	Yes	No	Not sure
Total	6%	94%	0%
Bryan	5%	95%	0%
Bulloch	2%	98%	0%
Camden	14%	85%	1%
Chatham	5%	95%	0%
Effingham	6%	94%	0%
Glynn	6%	94%	0%
Liberty	3%	97%	0%
Long	17%	83%	0%
McIntosh	9%	88%	3%
Screven	3%	97%	0%

Were you able to get medical care immediately after falling and injuring yourself?



Fewer than one in ten individuals (6%) had fallen in the past two months and hurt themselves severely enough to require medical attention. Over seven out of ten individuals who fell (72%) were able to get medical care immediately after the incident, down 19% points from 2010.

Individuals in Long (17%) and Camden (14%) counties were more likely to have fallen and hurt themselves in the past two months.

## Health

Do you have a personal physician or medical clinic you consider as your physician or clinic?

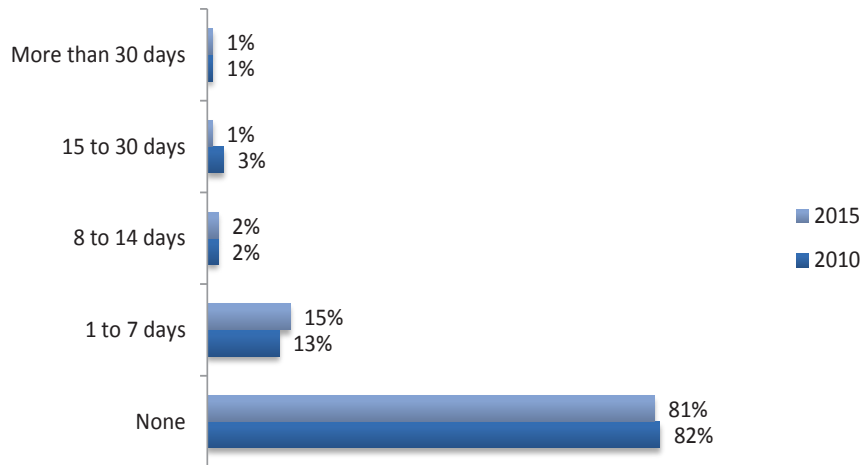


Over nine out of ten residents (95%) in the Coastal Georgia region have a personal physician or medical clinic they consider to be their personal physician. This percentage was up 4 points compared to 2010. All residents in Effingham County claimed they have a personal physician, while only 85% of residents in Screven County have a personal physician.

	Yes	No	Not sure
Total	95%	4%	1%
Bryan	95%	5%	0%
Bulloch	98%	2%	0%
Camden	97%	2%	1%
Chatham	96%	4%	0%
Effingham	100%	0%	0%
Glynn	94%	6%	0%
Liberty	92%	4%	5%
Long	89%	11%	0%
McIntosh	93%	7%	0%
Screven	85%	15%	0%



In the past year, about how many days have you spent in a hospital?



Fewer than one in five residents (19%) had spent any days in the hospital in the past year. Most hospital stays were one week or less. McIntosh County (25%) and Effingham County (24%) residents were most likely to have spent a day in the hospital over the past year, while Glynn (10%) and Screven (10%) County residents were less likely to have done so.

	None	1 to 7 days	8 to 14 days	15 to 30 days	More than 30 days
Total	81%	15%	2%	1%	1%
Bryan	80%	20%	0%	0%	0%
Bulloch	79%	19%	0%	2%	0%
Camden	80%	18%	0%	1%	0%
Chatham	81%	13%	1%	2%	3%
Effingham	76%	23%	0%	0%	0%
Glynn	90%	10%	0%	0%	0%
Liberty	80%	14%	1%	0%	5%
Long	79%	21%	0%	0%	0%
McIntosh	75%	15%	11%	0%	0%
Screven	90%	9%	0%	0%	0%

## Health

In the past year, about how many days have you spent in a nursing home?



Only 1% of residents in this study had spent any time in a nursing home in the past year.

	None	1 or more
Total	99%	1%
Bryan	100%	0%
Bulloch	100%	0%
Camden	96%	4%
Chatham	100%	0%
Effingham	100%	0%
Glynn	100%	0%
Liberty	100%	0%
Long	100%	0%
McIntosh	100%	0%
Screven	100%	0%

In the past year, about how many days have you spent in a rehabilitation facility?



Very few residents (4%) over 55 years of age living in the Coastal Georgia region had spent any time in a rehabilitation center in the past year. McIntosh County residents (18%) were slightly more likely to have spent time in a rehabilitation center in the past year.

	None	1 to 7 days	8 to 14 days	15 to 30 days	More than 30 days
Total	96%	2%	1%	1%	0%
Bryan	100%	0%	0%	0%	2%
Bulloch	98%	2%	0%	0%	0%
Camden	95%	4%	0%	1%	0%
Chatham	98%	0%	1%	1%	0%
Effingham	100%	0%	0%	0%	0%
Glynn	100%	0%	0%	0%	0%
Liberty	94%	0%	2%	4%	0%
Long	86%	14%	0%	0%	0%
McIntosh	82%	9%	0%	9%	0%
Screven	100%	0%	0%	0%	0%

## Health

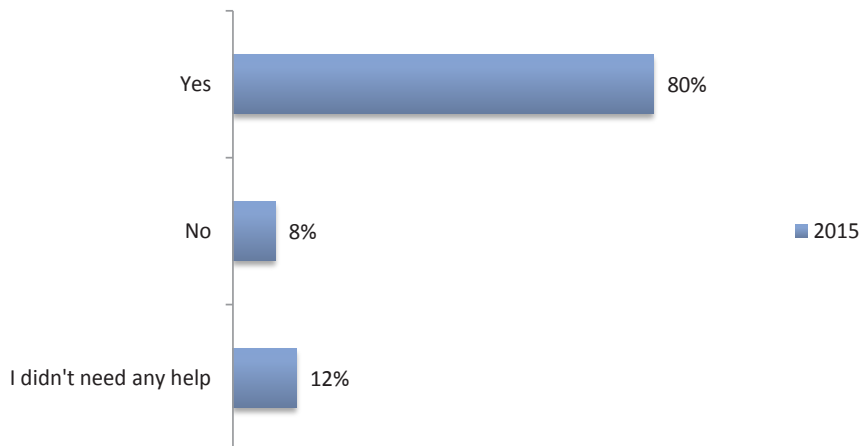
In the past year, about how many days have you spent in a homeless shelter?



None of the residents in this study had spent any time in a homeless shelter in the past year.

	None	1 to 7 days	8 to 14 days	15 to 30 days	More than 30 days
Total	100%	0%	0%	0%	0%
Bryan	100%	0%	0%	0%	0%
Bulloch	100%	0%	0%	0%	0%
Camden	100%	0%	0%	0%	0%
Chatham	100%	0%	0%	0%	0%
Effingham	100%	0%	0%	0%	0%
Glynn	100%	0%	0%	0%	0%
Liberty	100%	0%	0%	0%	0%
Long	100%	0%	0%	0%	0%
Mcintosh	100%	0%	0%	0%	0%
Screven	100%	0%	0%	0%	0%

Think about your discharge home from the hospital, nursing home, or rehabilitation facility. Did you get the support you needed to transition home?\*/\*\*



Eight in ten residents who had been in a hospital, nursing home, or rehabilitation facility in the past year (80%) indicated that they got the support they needed after they were discharged. Less than one in ten residents (8%) did not get the support they needed for their transition home.

Residents of Long County (67%) were more likely to indicate that they did not need help after their discharge.

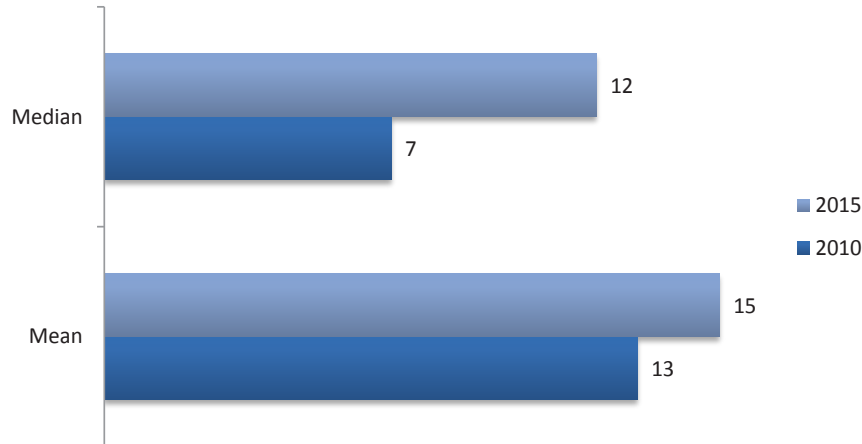
	Yes	No	I didn't need any help
Total	80%	8%	12%
Bryan	100%	0%	0%
Bulloch	95%	5%	0%
Camden	61%	12%	27%
Chatham	77%	12%	11%
Effingham	70%	12%	18%
Glynn	72%	0%	28%
Liberty	95%	0%	5%
Long	16%	17%	67%
McIntosh	100%	0%	0%
Screven	100%	0%	0%

\* Only asked of residents who spent time in a hospital, nursing home, or rehabilitation facility in the past year.

\*\*Sample sizes for this question within each county were small, so results lack statistical stability.

## Health

In the past month, about how many days have you engaged in physical activity like brisk walks, running, exercise class, hiking, playing sports, etc.?

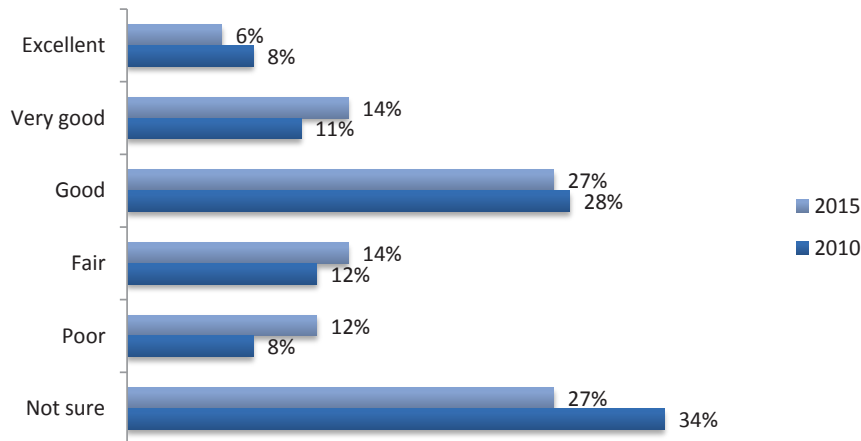


The typical resident in the Coastal Georgia region spent twelve (12) days in the preceding month engaging in physical exercise such as taking brisk walks, running, participating in exercise classes, hiking, etc., five more days than the typical resident in 2010. Some residents were much more active than the typical resident as the average number of days of physical activity (15) was slightly higher than the median number of days (12). Twelve as the median number of days of activity means that 50% of residents engaged in activity more than 12 days per month and 50% engaged in activity fewer than 12 days in the preceding month.

Residents in McIntosh more physically active, while residents in Bryan, Liberty, and Screven counties were less physically active.

	Mean	Median
Total	15	12
Bryan	10	2
Bulloch	16	15
Camden	15	15
Chatham	15	14
Effingham	15	15
Glynn	17	15
Liberty	13	8
Long	14	15
McIntosh	19	25
Screven	10	6

Think about the healthcare needs of all people over 55 in your area  
- are the agencies, organizations, governments, and healthcare providers doing an Excellent, Very Good, Good, Fair, or Poor job of taking care of the healthcare needs of people over 55 in your area?



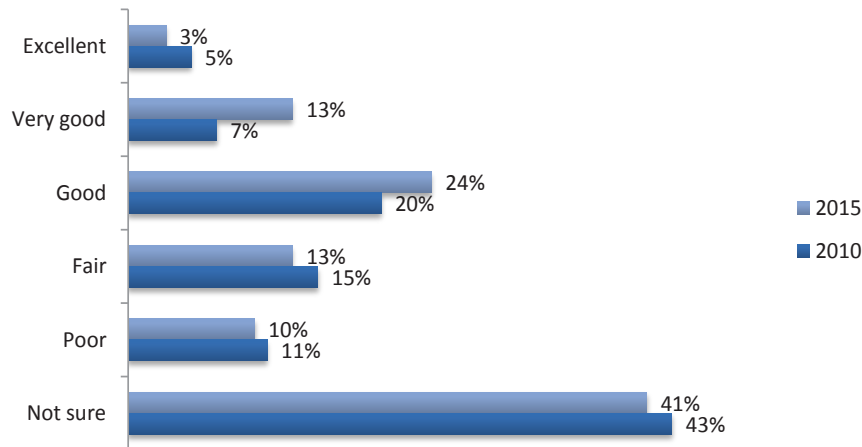
Nearly three in ten residents (27%) were uncertain how well agencies and healthcare providers were caring for the healthcare needs of people over 55 years of age in the Coastal Georgia region. Most residents who were knowledgeable enough to offer an opinion felt that agencies and healthcare providers were doing a good, very good, or excellent job of caring for the healthcare needs of people over 55 in the region.

Residents in Bulloch and Liberty counties were more likely to give high marks to agencies and healthcare providers for the care they provide to people over 55 in the region. In contrast, residents of McIntosh County gave comparatively lower scores to agencies and healthcare providers.

	Excellent	Very good	Good	Fair	Poor	Not sure
Total	6%	14%	27%	14%	12%	27%
Bryan	4%	7%	28%	14%	5%	43%
Bulloch	3%	9%	42%	13%	6%	27%
Camden	4%	15%	24%	9%	14%	34%
Chatham	7%	17%	28%	15%	10%	24%
Effingham	7%	7%	17%	8%	22%	39%
Glynn	11%	8%	23%	14%	16%	27%
Liberty	6%	20%	28%	13%	14%	19%
Long	3%	15%	34%	14%	10%	23%
McIntosh	0%	8%	34%	14%	24%	20%
Screven	5%	16%	7%	21%	10%	41%

## Health

Some people your age and older often feel isolated, lonely and depressed. Is your community doing an Excellent, Very Good, Good, Fair or Poor job of helping people over 55 with their loneliness and isolation?



While over two in five residents (41%) were not certain, comparatively more residents with sufficient information to judge gave their community organizations fair or poor ratings rather than excellent or very good ratings in helping people over 55 with feelings of isolation, loneliness, and depression: 16% of residents said their communities were doing a very good or excellent job in helping people over 55, while 23% gave their communities fair or poor ratings for helping people over 55 with feelings of isolation, loneliness, and depression.

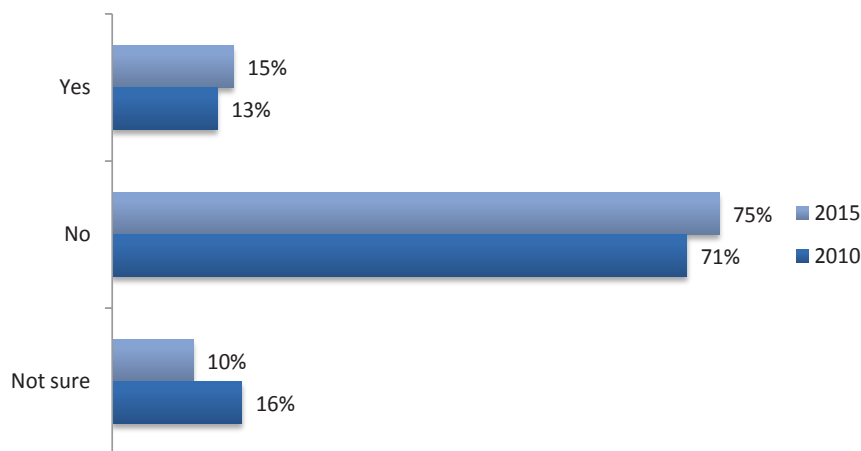
Comparatively high percentages of residents in McIntosh County (38%) gave fair or poor ratings to their communities' efforts to help people over 55 with feelings of isolation, loneliness, and depression.

	Excellent	Very good	Good	Fair	Poor	Not sure
Total	3%	13%	24%	13%	10%	41%
Bryan	0%	15%	12%	16%	4%	52%
Bulloch	2%	6%	26%	14%	11%	41%
Camden	4%	5%	23%	7%	15%	47%
Chatham	4%	10%	25%	13%	8%	40%
Effingham	4%	6%	32%	3%	10%	44%
Glynn	0%	7%	29%	17%	13%	34%
Liberty	0%	20%	17%	10%	7%	46%
Long	3%	8%	38%	10%	14%	27%
McIntosh	5%	4%	20%	30%	8%	33%
Screven	6%	8%	23%	3%	17%	43%



# Health

Are there obstacles that you and your peers face in receiving or accessing what you need to maintain or improve your mental health?

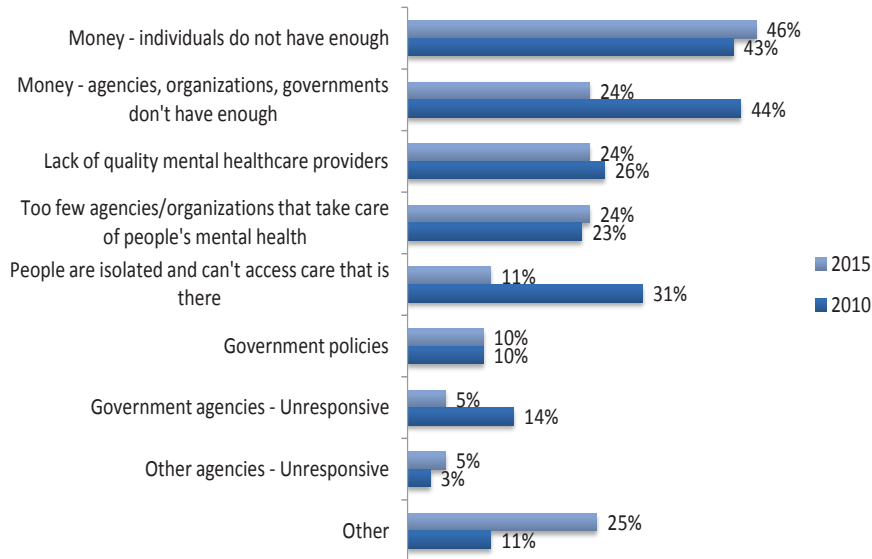


One in seven residents (15%) in the Coastal Georgia region indicated that they face obstacles in receiving or accessing what they need to maintain or improve their mental health. Residents in McIntosh (30%), Glynn (24%), and Screven (23%) counties were more likely to feel this way, while few residents in Bryan (2%) and Long (7%) counties believed they faced obstacles to access what they needed to maintain their mental health.

	Yes	No	Not sure
Total	15%	75%	10%
Bryan	2%	82%	16%
Bulloch	9%	78%	14%
Camden	14%	72%	14%
Chatham	13%	80%	7%
Effingham	15%	61%	24%
Glynn	24%	60%	16%
Liberty	15%	77%	8%
Long	7%	90%	4%
McIntosh	30%	65%	5%
Screven	23%	74%	3%

# Health

## What are these obstacles?



Money was the key obstacle that keeps people in the Coastal Georgia region from accessing what they need to maintain their mental health - nearly half of residents (46%) indicated that individuals do not have enough, and one in four residents (24%) indicated agencies, organizations, and governments do not have enough money.

Lack of quality mental healthcare providers and too few agencies/organizations that take care of people's mental health were obstacles mentioned by one in four residents (24%).

\*Only asked to residents who believed that they or their peers face obstacles in receiving what they need to maintain their mental health.

# Health

## What are these obstacles?\*

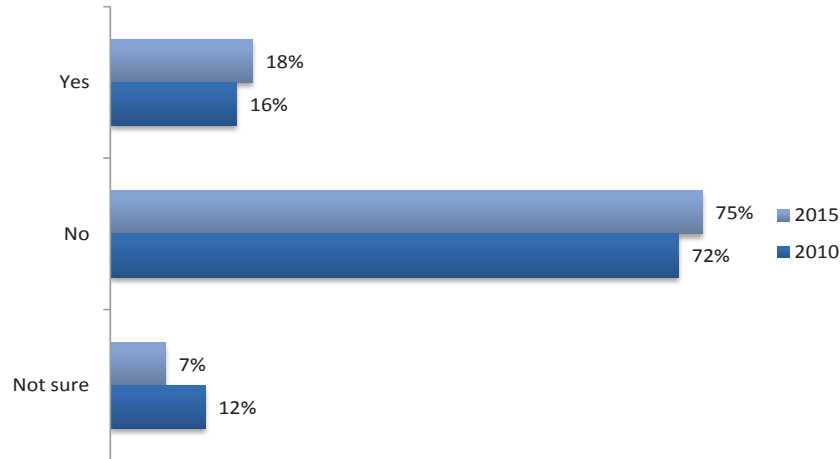
	Money - agencies, organizations, governments don't have enough	Money - individuals do not have enough	People are isolated and can't access care that is there	Lack of quality mental healthcare providers	Too few agencies/ organizations that take care of people's mental health
Total	24%	46%	11%	24%	24%
Bryan	0%	0%	0%	0%	100%
Bulloch	13%	13%	0%	0%	12%
Camden	10%	39%	10%	91%	10%
Chatham	19%	41%	16%	14%	37%
Effingham	23%	34%	0%	43%	0%
Glynn	34%	45%	12%	17%	33%
Liberty	0%	68%	0%	14%	14%
Long	0%	48%	0%	100%	0%
McIntosh	63%	54%	21%	18%	26%
Screven	72%	72%	14%	29%	14%

	Government policies	Government agencies - Unresponsive	Other agencies - Unresponsive	Other
Total	10%	5%	5%	25%
Bryan	0%	0%	0%	0%
Bulloch	0%	24%	24%	63%
Camden	19%	0%	0%	0%
Chatham	19%	5%	5%	26%
Effingham	0%	0%	0%	23%
Glynn	12%	12%	12%	35%
Liberty	0%	0%	0%	44%
Long	0%	0%	0%	0%
McIntosh	8%	0%	0%	16%
Screven	0%	0%	0%	0%

\* Sample sizes for this question within each county were small, so results lack statistical stability.

## Health

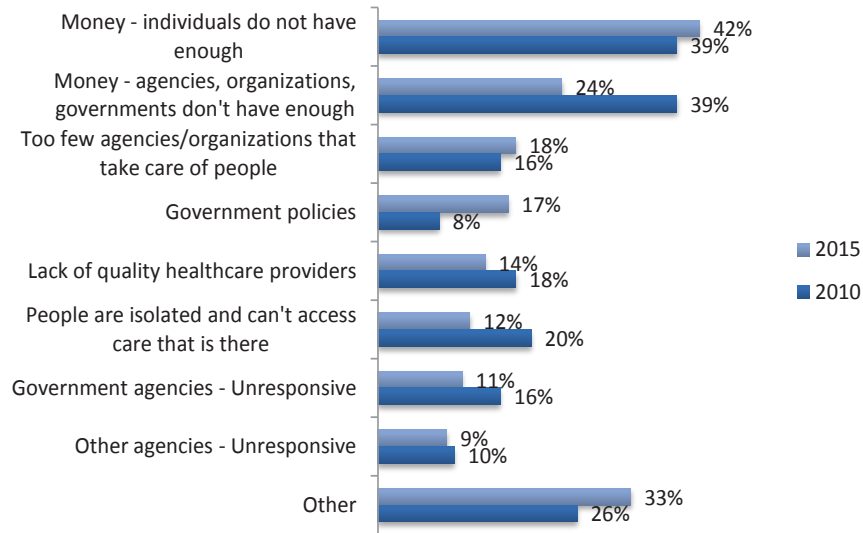
Are there obstacles that you and your peers face in receiving or accessing what you need to maintain or improve your physical health?



One in five residents (18%) stated that there were obstacles to accessing what they needed to maintain or improve their physical health. Residents in Screven County (32%) were more likely to believe there were obstacles to accessing what they needed to maintain their physical health.

	Yes	No	Not sure
Total	18%	75%	7%
Bryan	2%	79%	19%
Bulloch	10%	79%	12%
Camden	18%	70%	11%
Chatham	17%	78%	5%
Effingham	23%	61%	15%
Glynn	25%	68%	6%
Liberty	21%	77%	2%
Long	24%	70%	6%
McIntosh	14%	86%	0%
Screven	32%	65%	3%

## What are these obstacles?\*



Lack of money (within agencies and with individuals) was the number one reasons why individuals said there were obstacles to accessing what they needed to maintain their physical health. Too few agencies/organizations that take care of people was the third most often mentioned obstacle.

\*Only asked to residents who believed that they or their peers face obstacles in receiving what they need to maintain their physical health.

# Health

What are these obstacles?\*

	Money - agencies, organizations, governments don't have enough	Money - individuals do not have enough	Lack of quality healthcare providers	Too few agencies/ organizations that take care of people
Total	24%	42%	14%	18%
Bryan	0%	0%	0%	100%
Bulloch	43%	11%	0%	0%
Camden	24%	29%	24%	45%
Chatham	18%	46%	11%	5%
Effingham	15%	34%	27%	24%
Glynn	28%	44%	16%	41%
Liberty	0%	31%	7%	9%
Long	57%	85%	15%	56%
McIntosh	66%	83%	0%	17%
Screven	55%	62%	25%	11%

	People are isolated and can't access care that is there	Government policies	Government agencies - Unresponsive	Other agencies - Unresponsive	Other
Total	12%	17%	11%	9%	33%
Bryan	0%	0%	0%	0%	100%
Bulloch	0%	10%	22%	11%	35%
Camden	7%	39%	16%	0%	0%
Chatham	8%	23%	4%	4%	45%
Effingham	15%	0%	15%	15%	30%
Glynn	11%	26%	21%	21%	53%
Liberty	0%	9%	20%	9%	42%
Long	57%	0%	0%	42%	14%
McIntosh	34%	0%	0%	0%	0%
Screven	35%	0%	0%	0%	0%

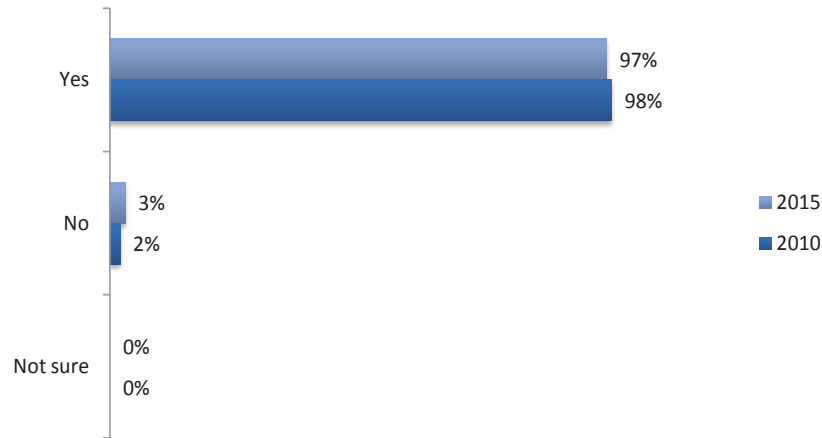
\*Only asked to residents who believed that they or their peers face obstacles in receiving what they need to maintain their physical health.



Nutrition/Diet

## Nutrition/Diet

On a daily basis are you able to get enough food to eat?



Nearly all residents (97%) who are over 55 years of age living in the Coastal Georgia region get enough to eat. All residents in Glynn, Liberty, and Screven counties get enough to eat.

	Yes	No	Not sure
Total	97%	3%	0%
Bryan	98%	2%	0%
Bulloch	96%	4%	0%
Camden	91%	9%	0%
Chatham	97%	3%	0%
Effingham	95%	3%	2%
Glynn	100%	0%	0%
Liberty	100%	0%	0%
Long	96%	4%	0%
McIntosh	91%	9%	0%
Screven	100%	0%	0%



## Nutrition/Diet

On a daily basis are you able to get enough fresh fruits and vegetables?

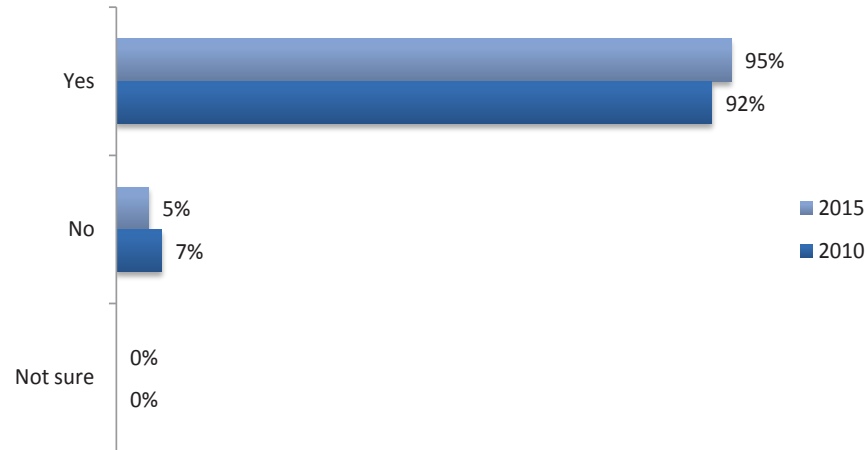


Over nine out of ten residents (92%) living in the Coastal Georgia region are able to get enough fresh fruits and vegetables. All residents in Glynn and Screven counties are able to do so, while residents in Long County (75%) are least likely to get enough fresh fruits and vegetables.

	Yes	No	Not sure
Total	92%	7%	1%
Bryan	98%	2%	0%
Bulloch	90%	10%	0%
Camden	91%	9%	0%
Chatham	90%	9%	2%
Effingham	93%	5%	2%
Glynn	100%	0%	0%
Liberty	97%	3%	0%
Long	75%	25%	0%
McIntosh	91%	9%	0%
Screven	100%	0%	0%

## Nutrition/Diet

On a daily basis are you able to prepare your own food?



Over nine out of ten residents (95%) are able to prepare their own food. All residents in Long County are able to do so, while fewer than nine out of ten residents in Effingham (88%) and McIntosh (78%) counties are able to prepare their own food.

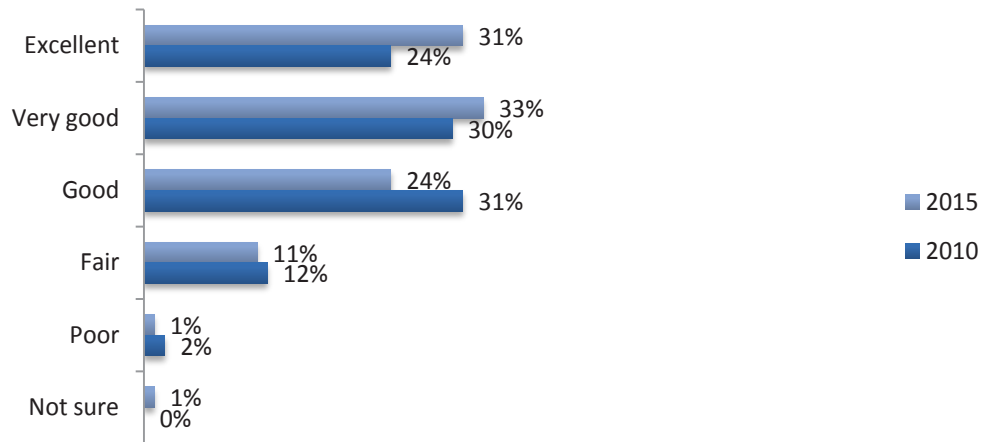
	Yes	No	Not sure
Total	95%	5%	0%
Bryan	98%	2%	0%
Bulloch	96%	4%	2%
Camden	96%	4%	0%
Chatham	93%	7%	1%
Effingham	88%	12%	0%
Glynn	99%	1%	0%
Liberty	96%	4%	0%
Long	100%	0%	0%
McIntosh	78%	22%	0%
Screven	92%	8%	0%



## Emotional Health

## Emotional Health

Overall, how would you describe your quality of life?



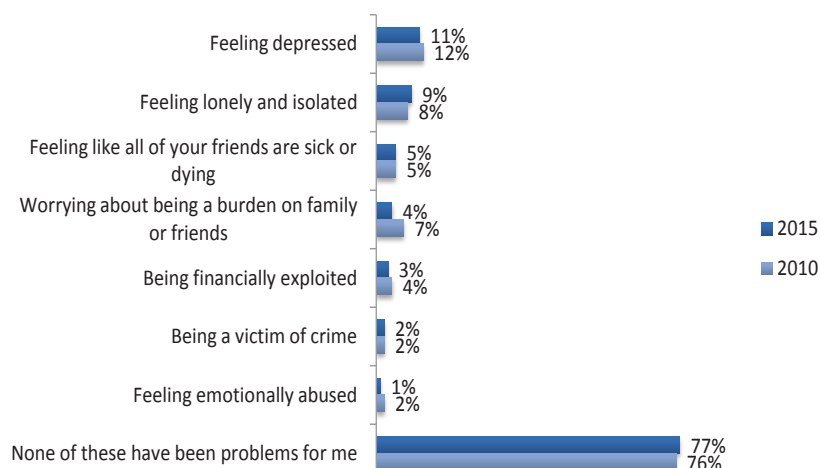
Nearly ninety percent of residents (88%) over 55 years of age living in the Coastal Georgia region described their overall quality of life as good, very good, or excellent.

Residents in Liberty (94%), Glynn (93%) and Long (91%) counties were more likely to describe their overall quality of life as good, very good, or excellent, while residents in Screven (82%) and Effingham (82%) counties were less likely to do so.

	Excellent	Very good	Good	Fair	Poor	Not sure
Total	31%	33%	24%	11%	1%	1%
Bryan	22%	39%	21%	10%	1%	6%
Bulloch	29%	35%	21%	14%	1%	0%
Camden	32%	20%	28%	18%	0%	1%
Chatham	31%	32%	28%	9%	0%	0%
Effingham	20%	41%	21%	17%	2%	0%
Glynn	28%	51%	14%	7%	0%	0%
Liberty	40%	37%	17%	6%	0%	0%
Long	30%	26%	35%	8%	0%	0%
McIntosh	45%	4%	36%	15%	0%	0%
Screven	23%	17%	42%	19%	0%	0%

# Emotional Health

Over the past year, have any of the following been problems for you?

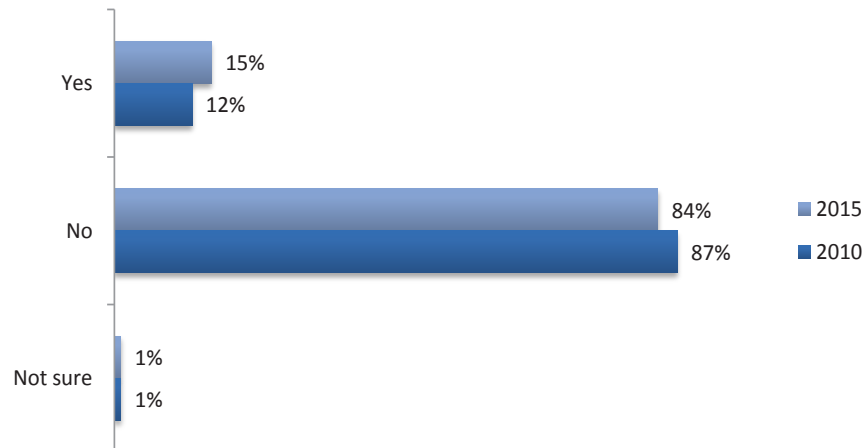


Three out of four residents (77%) reported experiencing none of the emotional, financial, health-related, or social problems shown in the figure above. One in eight residents (11%) experienced depression and 9% felt lonely and isolated. Only 2% reported being victims of a crime in the past year, and only 1% reported being emotionally abused.

	Feeling lonely and isolated	Feeling depressed	Feeling emotionally abused	Being financially exploited	Being a victim of crime	Feeling like all of your friends are sick or dying	Worrying about being a burden on family or friends	None of these have been problems for me
Total	9%	11%	1%	3%	2%	5%	4%	77%
Bryan	16%	2%	1%	0%	6%	3%	5%	71%
Bulloch	12%	5%	2%	6%	1%	9%	3%	71%
Camden	16%	9%	0%	0%	0%	5%	1%	79%
Chatham	3%	10%	0%	2%	1%	4%	4%	83%
Effingham	16%	18%	5%	7%	5%	17%	11%	69%
Glynn	7%	9%	0%	4%	5%	1%	9%	79%
Liberty	10%	11%	2%	3%	0%	1%	6%	83%
Long	8%	4%	0%	0%	0%	0%	0%	87%
McIntosh	11%	12%	0%	4%	0%	9%	4%	67%
Screven	17%	40%	0%	0%	0%	0%	4%	60%

## Emotional Health

In the past year, have you felt bored because you had too few activities to do?

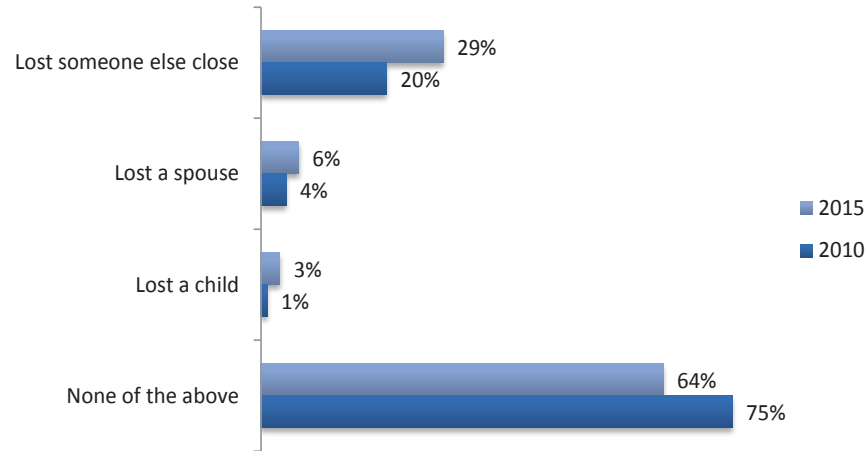


One in seven residents (15%) claimed they were bored in the past year because they had too few activities to do. Boredom seemed to be a greater problem in Screven County where 32% of residents reported some boredom.

	Yes	No	Not sure
Total	15%	84%	1%
Bryan	14%	86%	0%
Bulloch	13%	87%	0%
Camden	20%	78%	1%
Chatham	13%	87%	1%
Effingham	16%	82%	2%
Glynn	11%	89%	0%
Liberty	13%	86%	1%
Long	12%	88%	0%
McIntosh	18%	82%	0%
Screven	32%	68%	0%

# Emotional Health

In the past year or two, have you:



Two out of three residents (64%) over 55 years of age living in the Coastal Georgia region had not lost a child, spouse, or someone else who was emotionally close to them. Only 3% had lost a child and 6% had lost a spouse.

	Lost a spouse	Lost a child	Lost someone else close to you	None of the above
Total	6%	3%	29%	64%
Bryan	5%	6%	31%	59%
Bulloch	8%	2%	31%	59%
Camden	3%	0%	26%	71%
Chatham	7%	1%	28%	64%
Effingham	0%	6%	36%	64%
Glynn	0%	2%	25%	73%
Liberty	4%	5%	31%	65%
Long	20%	0%	20%	63%
McIntosh	7%	4%	34%	55%
Screven	15%	5%	19%	60%



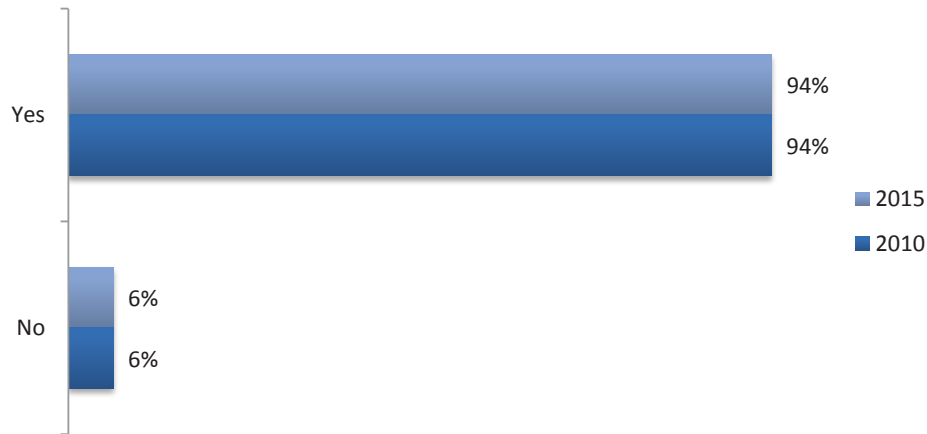




## Transportation

## Transportation

Are you healthy enough to leave your house to run errands, buy food, go to the doctor, etc.?



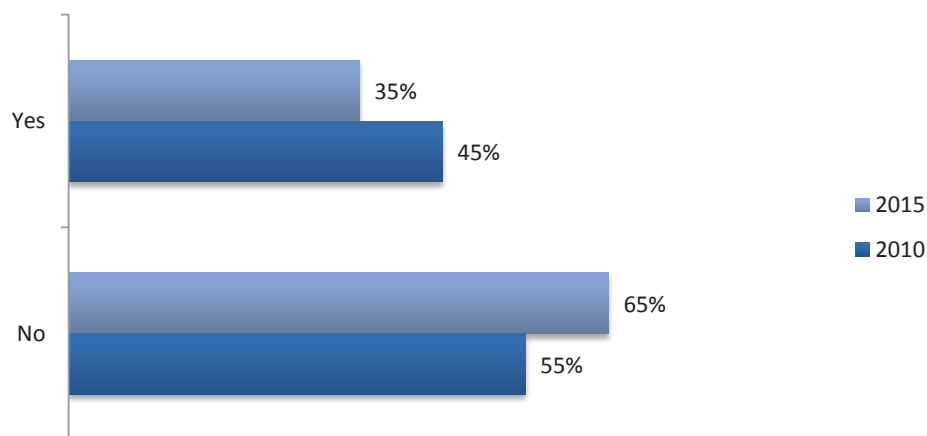
Over nine out of ten residents (94%) over 55 years of age living in the Coastal Georgia region are healthy enough to leave their houses to run errands to buy food, visit a physician, etc.

All residents in Long County said they were capable of leaving their houses and running errands. McIntosh County residents (78%) were least capable of leaving their homes to conduct errands for essential things.

	Yes	No
Total	94%	6%
Bryan	98%	2%
Bulloch	96%	4%
Camden	96%	4%
Chatham	93%	7%
Effingham	88%	12%
Glynn	99%	1%
Liberty	96%	4%
Long	100%	0%
McIntosh	78%	22%
Screven	92%	8%

## Transportation

Is it hard to find someone to take you on errands, or take you to buy food, or take you to the doctor, etc.?\*/\*\*



Over one in three residents (35%) indicated that it was difficult to find others to perform essential errands to secure food, medical assistance, etc.

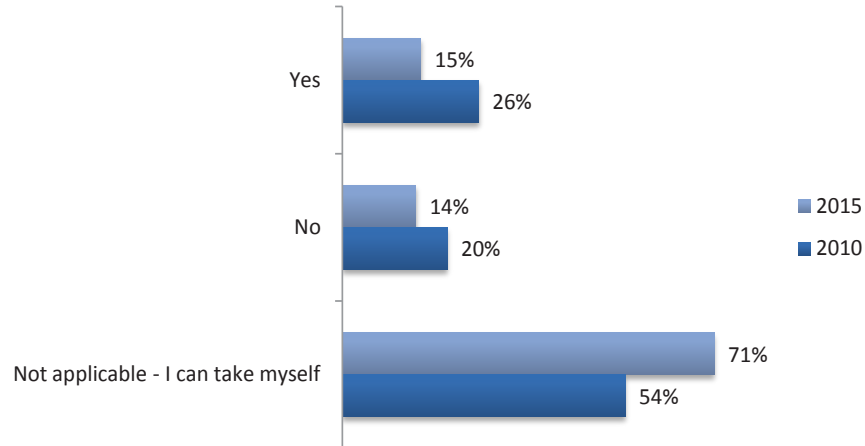
	Yes	No
Total	35%	65%
Bryan	100%	0%
Bulloch	0%	100%
Camden	100%	0%
Chatham	36%	64%
Effingham	44%	56%
Glynn	0%	100%
Liberty	100%	0%
Long	0%	0%
McIntosh	0%	100%
Screven	0%	100%

\* Sample sizes for this question within each county were small, so results lack statistical stability.

\*\* Only asked of residents who are not healthy enough to leave the house to run errands, etc.

## Transportation

Can you afford to pay someone to take you to buy food, or take you to the doctor, etc.?



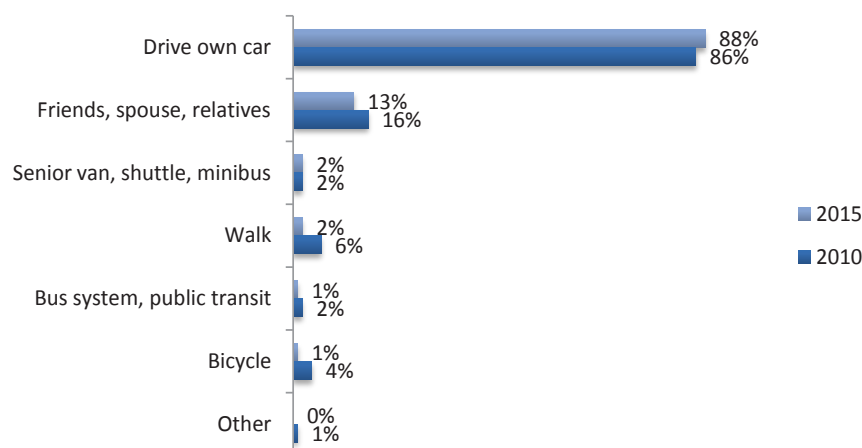
Just under one in six residents (15%) maintained they could afford to pay someone to run errands for them. This figure is down considerably from 2010 when 26% indicated they could pay someone to run errands. It should be noted that over seven in ten residents in 2015 (71%) said they could run their own errands so it was not necessary to contemplate paying someone.

The percentage of residents who needed, but could not afford, to pay others to run errands was highest in Bulloch (20%) and McIntosh (26%) counties and lowest in Long County (4%).

	Yes	No	Not applicable - I can take myself
Total	15%	14%	71%
Bryan	19%	17%	64%
Bulloch	20%	12%	68%
Camden	10%	8%	82%
Chatham	16%	15%	69%
Effingham	13%	23%	65%
Glynn	10%	9%	81%
Liberty	14%	7%	78%
Long	4%	25%	71%
McIntosh	26%	24%	51%
Screven	18%	18%	65%

# Transportation

On which of the following do you rely to get around?



A preponderance of residents (88%) were able to drive themselves when they needed to get out and about the community. Residents could select more than one answer, so 13% also indicated they relied on spouses, friends and relatives for transportation. Only 2% relied on shuttles or transportation provided by agencies. Another 2% walked and 1% used bicycles.

Higher percentages of residents in Glynn (93%) and Screven (92%) counties drove their own vehicles, while higher percentages of residents in Long (31%) and McIntosh (22%) counties relied on spouses or friends. Bicycle use was greatest in Glynn County (7%).

	Drive own car	Friends, spouse, relatives	Senior van, shuttle, minibus	Walk	Bus system, public transit	Bicycle	Other
Total	88%	13%	2%	2%	2%	1%	0%
Bryan	88%	14%	0%	0%	0%	0%	0%
Bulloch	91%	14%	0%	1%	1%	0%	0%
Camden	90%	8%	7%	0%	0%	0%	0%
Chatham	89%	11%	1%	4%	2%	2%	1%
Effingham	90%	14%	0%	0%	0%	0%	0%
Glynn	93%	7%	0%	3%	0%	7%	0%
Liberty	89%	14%	1%	0%	0%	0%	0%
Long	83%	31%	0%	0%	0%	0%	0%
McIntosh	78%	22%	9%	2%	0%	0%	0%
Screven	92%	5%	0%	0%	0%	0%	3%

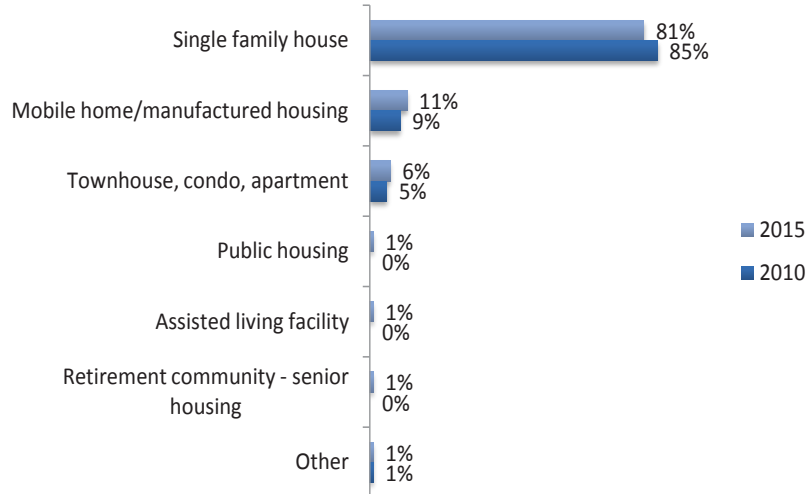




## Housing

# Housing

What type of place do you live in?



Over four out of five residents (81%) lived in single family houses in the 2015 study. This figure does not vary greatly from the 2010 figure (85%). 11% of residents lived in a mobile home, and 6% of residents lived in a townhouse, condo, or apartment.

Residents in Long (59%), McIntosh (61%), and Screven (60%) counties were less likely to live in a single family house, and more likely to live in a mobile home/manufactured housing.

	Single family house	Townhouse, condo, apartment	Mobile home/ manufactured housing	Public housing	Assisted living facility	Retirement community - senior housing	Other
Total	81%	6%	11%	1%	1%	1%	1%
Bryan	74%	2%	23%	0%	1%	0%	0%
Bulloch	81%	3%	13%	1%	0%	2%	0%
Camden	76%	3%	19%	0%	0%	1%	1%
Chatham	87%	9%	1%	0%	0%	2%	2%
Effingham	87%	2%	12%	0%	0%	0%	0%
Glynn	84%	6%	4%	2%	1%	2%	1%
Liberty	90%	2%	8%	0%	0%	0%	0%
Long	59%	8%	33%	0%	0%	0%	0%
McIntosh	61%	0%	39%	0%	0%	0%	0%
Screven	60%	0%	40%	0%	0%	0%	0%



# Housing

Do you rent or own where you live?

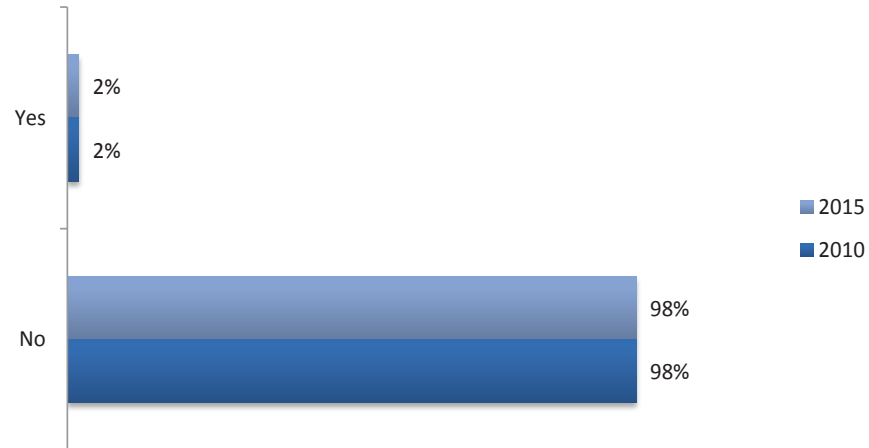


Over nine out of ten residents (91%) in the study owned their houses. Home ownership was highest in Screven County (100%) and lowest in Glynn County (83%).

	Rent	Own	Other
Total	8%	91%	1%
Bryan	3%	97%	0%
Bulloch	8%	92%	0%
Camden	7%	92%	1%
Chatham	11%	88%	1%
Effingham	2%	98%	0%
Glynn	12%	83%	5%
Liberty	2%	98%	0%
Long	8%	92%	0%
McIntosh	7%	93%	0%
Screven	0%	100%	0%

## Housing

Did you have to move in the past two years because you could no longer afford your house?



Only 2% of residents in Coastal Georgia region who are over 55 years of age moved in the past two years because they could no longer afford their houses. No residents moved because of financial hardship in Bulloch, Camden, Long, and Screven counties, while 5% of Liberty County residents did so.

	Yes	No
Total	2%	98%
Bryan	3%	97%
Bulloch	0%	100%
Camden	0%	100%
Chatham	1%	99%
Effingham	4%	96%
Glynn	3%	97%
Liberty	5%	95%
Long	0%	100%
McIntosh	4%	96%
Screven	0%	100%

# Housing

Did you have to move in the past two years because you could no longer take care of your house?

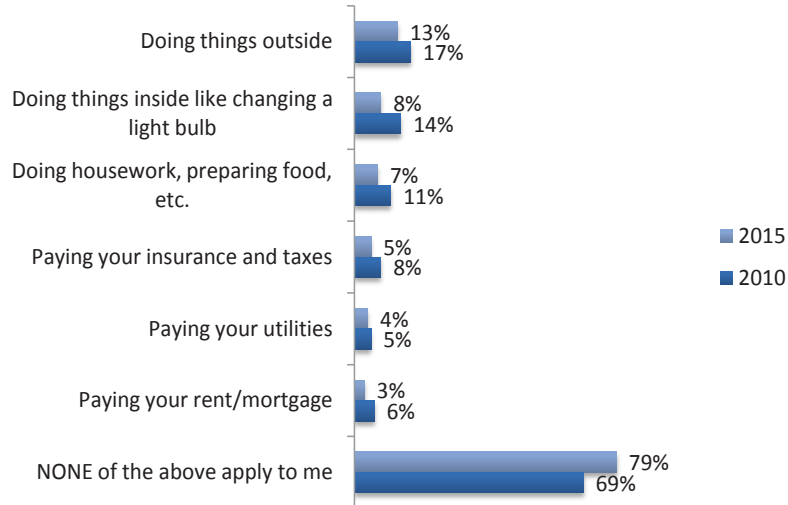


Only 1% of residents over the age of 55 in the Coastal Georgia region moved from their homes in the past two years because they could no longer take care of their houses.

	Yes	No
Total	1%	99%
Bryan	3%	97%
Bulloch	0%	100%
Camden	2%	98%
Chatham	0%	100%
Effingham	0%	100%
Glynn	3%	97%
Liberty	1%	99%
Long	0%	100%
McIntosh	4%	96%
Screven	0%	100%

## Housing

Do you have trouble doing any of the following?



Eight in ten residents in the Coastal Georgia region (79%) were able to perform all normal household tasks and responsibilities.

Nearly one in eight residents (13%) had difficulty doing work outside their houses such as taking care of the lawn. Eight percent (8%) of residents had difficulty performing tasks inside their houses such as changing light bulbs and making repairs, 7% of residents had difficulty doing housework, and 5% had trouble paying their insurance and taxes.

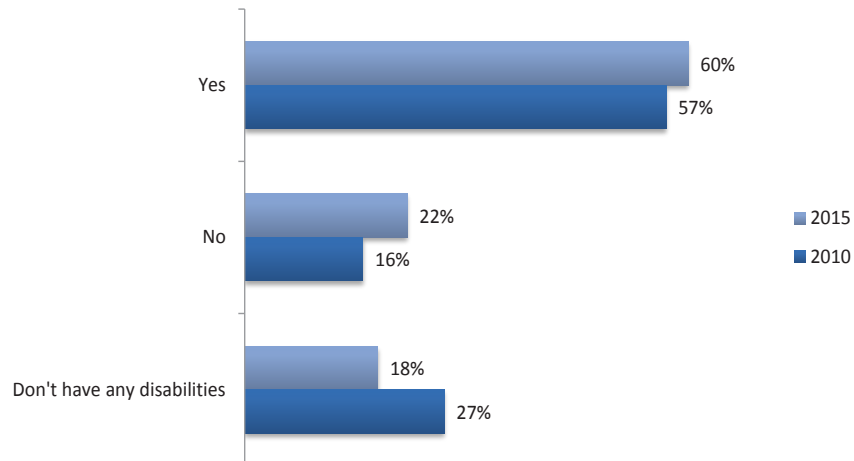
# Housing

Which of the following apply to you?

	Paying your rent/ mortgage	Paying your insurance and taxes	Paying your utilities	Doing housework, preparing food, etc.	Doing things inside like changing light bulbs, fixing things, etc.	Doing things outside such as taking care of the lawn	NONE of the above apply to me
Total	3%	5%	4%	7%	8%	13%	79%
Bryan	11%	11%	11%	3%	7%	3%	82%
Bulloch	3%	7%	3%	6%	10%	13%	80%
Camden	7%	8%	7%	9%	6%	20%	69%
Chatham	0%	3%	3%	8%	7%	13%	80%
Effingham	9%	9%	9%	2%	6%	11%	76%
Glynn	3%	0%	2%	3%	10%	10%	88%
Liberty	0%	5%	0%	8%	4%	11%	81%
Long	9%	9%	9%	17%	17%	24%	76%
McIntosh	0%	8%	0%	10%	7%	15%	66%
Screven	0%	0%	4%	0%	11%	18%	82%

## Housing

Is your house equipped so you can function alright with the disabilities you have?



Over six in ten residents (60%) stated that their houses are equipped to function alright given any physical disabilities they have, while 18% of residents indicated they had absolutely no disabilities. That left 22% of residents in the Coastal Georgia region who have difficulty functioning in their houses because of disabilities.

Comparatively more residents in Bryan (54%) and McIntosh (55%) counties indicated that their houses are not equipped to compensate for disabilities they have. No residents in Long or Screven counties claimed their houses were not equipped to compensate for their physical difficulties.

	Yes	No	Don't have any disabilities
Total	60%	22%	18%
Bryan	36%	54%	10%
Bulloch	49%	18%	33%
Camden	91%	9%	0%
Chatham	67%	25%	8%
Effingham	34%	10%	55%
Glynn	60%	23%	18%
Liberty	47%	27%	25%
Long	100%	0%	0%
McIntosh	21%	55%	23%
Screven	53%	0%	47%



## Quality of Life

## Quality of Life

What help do you get now from your spouse, friends, relatives, and neighbors?

Service/Assistance	2010	2015
Help with the yard and taking care of the outside of my house	22%	20%
Help with housekeeping and chores inside my house	10%	16%
Running personal errands (shopping, laundry, hair) for you	17%	13%
Transportation	15%	10%
Emotional support - listening to me	19%	10%
Help with diet and nutrition	3%	8%
Help in managing your money, paying your bills	9%	7%
Help taking your medications	5%	6%
Help getting health screenings	3%	5%
Help taking care of my spouse or loved ones	4%	5%
Social activities (bingo, cards, etc.)	8%	5%
Medicines delivered to your home	3%	4%
Participating in recreation activities like exercise, sports, hiking	0%	4%
Meals delivered to your home	2%	3%
Help bathing, dressing, or going to the bathroom	2%	3%
Help walking around my house	3%	3%
Help with legal issues	3%	2%
Help with physical rehabilitation	3%	2%
Participating in cultural activities like dance, art, theatre	3%	2%
Help dealing with physical or emotional abuse	1%	1%
Adult day care	1%	1%
I don't receive any of these from my spouse, friends, relatives, or neighbors	78%	80%



One in five residents (20%) over 55 years of age living in the Coastal Georgia region receive some help from spouses, friends, relatives, or neighbors for the following:

- Running personal errands
- Transportation
- Housekeeping
- Emotional support
- Yard work
- Managing money
- Social activities
- Legal issues
- Diet and nutrition
- Medicine delivery
- Health screenings
- Recreation
- Taking medication
- Cultural activities
- Personal grooming
- Meal delivery
- Physical rehabilitation
- Getting around the house
- Adult day care
- Dealing with emotional abuse
- Participating in recreation activities like exercise, sports, hiking

The most common type of help people over 55 years of age get from spouses, friends, and neighbors is lawn care as 20% of residents get assistance with cutting their grass and keeping the outside of their homes in proper condition. One in six residents (16%) received help with housekeeping and chores from spouses, friends, and neighbors. 13% of residents received help from spouses, friends, and neighbors in running personal errands.

Very few people over 55 years of age received assistance for legal issues, physical rehabilitation, cultural activities, dealing with physical or emotional abuse, or adult day care from spouses, friends, and neighbors.

## Quality of Life

Do you get help now from your spouse, friends, relatives, and neighbors?

	Running personal errands (shopping, laundry, hair) for you	Help in managing your money, paying your bills	Help with the yard and taking care of the outside of my house	Transportation
Total	13%	7%	20%	10%
Bryan	14%	6%	15%	16%
Bulloch	8%	8%	18%	11%
Camden	10%	6%	13%	5%
Chatham	14%	9%	21%	9%
Effingham	11%	9%	22%	7%
Glynn	8%	2%	15%	5%
Liberty	10%	3%	21%	8%
Long	31%	8%	38%	11%
McIntosh	33%	4%	30%	19%
Screven	8%	10%	17%	8%

	Emotional support - listening to me	Help taking care of my spouse or loved ones	Social activities (bingo, cards, etc.)	I don't receive any of these from my spouse, friends, relatives or neighbors
Total	10%	5%	5%	67%
Bryan	11%	6%	6%	81%
Bulloch	17%	11%	6%	69%
Camden	9%	8%	1%	70%
Chatham	8%	3%	4%	65%
Effingham	20%	6%	4%	69%
Glynn	10%	5%	4%	78%
Liberty	9%	8%	10%	60%
Long	0%	12%	8%	47%
McIntosh	0%	0%	0%	54%
Screven	13%	0%	0%	76%

## Quality of Life

Do you get help now from your spouse, friends, relatives, and neighbors?

	Help with diet and nutrition	Meals delivered to your home	Medicines delivered to your home	Help bathing, dressing, or going to the bathroom
Total	8%	3%	4%	3%
Bryan	6%	2%	0%	2%
Bulloch	6%	4%	4%	3%
Camden	3%	4%	4%	6%
Chatham	9%	2%	3%	2%
Effingham	3%	5%	3%	0%
Glynn	5%	0%	1%	1%
Liberty	7%	3%	6%	4%
Long	15%	0%	0%	0%
McIntosh	32%	14%	9%	9%
Screven	3%	0%	3%	3%

	Help taking your medications	Help with housekeeping and chores inside my house	Help walking around my house	I don't receive any of these from my spouse, friends, relatives or neighbors
Total	6%	16%	3%	82%
Bryan	2%	10%	2%	90%
Bulloch	6%	18%	1%	81%
Camden	9%	7%	7%	84%
Chatham	6%	15%	2%	83%
Effingham	3%	12%	5%	84%
Glynn	3%	17%	2%	79%
Liberty	4%	17%	2%	82%
Long	0%	25%	0%	71%
McIntosh	22%	41%	9%	55%
Screven	3%	7%	0%	93%

## Quality of Life

Do you get help now from your spouse, friends, relatives, and neighbors?

	Help with legal issues	Help getting health screenings	Help with physical rehabilitation	Help dealing with physical or emotional abuse
Total	2%	5%	2%	1%
Bryan	4%	2%	2%	0%
Bulloch	3%	5%	3%	0%
Camden	1%	4%	2%	0%
Chatham	2%	4%	3%	2%
Effingham	2%	9%	2%	0%
Glynn	3%	3%	1%	3%
Liberty	5%	3%	0%	0%
Long	0%	0%	0%	0%
Mcintosh	2%	23%	9%	0%
Screven	0%	0%	3%	0%

	Adult day care	Participating in cultural activities like dance, art, theatre)	Participating in recreation activities like exercise, sports, hiking)	I don't receive any of these from my spouse, friends, relatives or neighbors
Total	1%	2%	4%	90%
Bryan	0%	0%	2%	94%
Bulloch	3%	0%	5%	87%
Camden	0%	2%	2%	96%
Chatham	1%	2%	6%	89%
Effingham	0%	0%	0%	90%
Glynn	0%	0%	6%	90%
Liberty	0%	7%	1%	88%
Long	0%	0%	0%	100%
Mcintosh	9%	0%	9%	75%
Screven	0%	0%	0%	97%

# Quality of Life



What help do you get now from senior centers, local government programs, churches, etc.?

Service/Assistance	2010	2015
Help with housekeeping and chores inside of my house	2%	3%
Help with the yard and taking care of the outside of my house	5%	3%
Social activities (bingo, cards, etc.)	3%	3%
Transportation	3%	2%
Eat meals at a senior center or other facility	2%	2%
Emotional support - talking to a mental health professional	1%	2%
Medicines delivered to your home	2%	1%
Help in managing your money, paying your bills	3%	1%
Meals delivered to your home	2%	1%
Help taking care of my spouse or loved ones	2%	1%
Cultural activities (dance, art, theatre)	2%	1%
Running personal errands (shopping, laundry, hair) for you	1%	1%
Recreation activities (exercises, sports, hiking)	1%	1%
Education classes	0%	1%
Assistive devices (grab bars, shower chairs, hand rails, walker)	NA	1%
Help with diet and nutrition	3%	0%
A support group of your peers to talk over problems and concerns	2%	0%
Help taking your medications	2%	0%
Help getting around my house	2%	0%
Running personal errands (shopping, laundry, hair) for you	1%	0%
Help getting health screenings	1%	0%
Help bathing, dressing, or going to the bathroom	1%	0%
Help with legal issues	0%	0%
Help with physical rehabilitation	0%	0%
Help dealing with physical or emotional abuse	0%	0%
Adult day care	0%	0%
Substance abuse counseling	0%	0%
I don't receive any of these from senior centers, local government programs or churches	91%	94%

Relatively few residents (6%) received any assistance listed in the table above from senior centers, local government or churches. 3% of residents received lawn care or housekeeping assistance from a senior center, local government or church, and another 3% of residents received assistance in social activities from these organizations.

## Quality of Life

What help do you get now from senior centers,  
local government programs, churches, etc.?

	Help with diet and nutrition	Meals delivered to your home	Eat meals at a senior center or other facility	Medicines delivered to your home	Help bathing, dressing, or going to the bathroom
Total	0%	1%	2%	1%	0%
Bryan	0%	0%	0%	0%	0%
Bulloch	0%	2%	3%	1%	1%
Camden	0%	1%	1%	2%	2%
Chatham	1%	0%	2%	0%	0%
Effingham	0%	0%	0%	0%	0%
Glynn	1%	0%	0%	1%	0%
Liberty	0%	3%	1%	0%	0%
Long	0%	3%	3%	8%	8%
McIntosh	0%	3%	8%	3%	0%
Screven	0%	0%	0%	3%	0%

	Help taking your medications	Help with housekeeping and chores inside of my house	Help getting around my house	Assistive devices (grab bars, shower chairs, hand rails, walker)	I don't receive any of these from senior centers, local government programs or churches
Total	0%	3%	0%	1%	94%
Bryan	0%	0%	0%	2%	100%
Bulloch	0%	2%	1%	4%	91%
Camden	1%	6%	0%	1%	90%
Chatham	0%	5%	0%	1%	93%
Effingham	0%	0%	2%	5%	98%
Glynn	1%	0%	0%	0%	98%
Liberty	2%	2%	0%	0%	97%
Long	0%	8%	0%	0%	89%
McIntosh	0%	3%	0%	0%	89%
Screven	0%	0%	0%	0%	97%

# Quality of Life

What help do you get now from senior centers,  
local government programs, churches, etc.?

	Running personal errands (shopping, laundry, hair) for you	Help in managing your money, paying your bills	Help with the yard and taking care of the outside of my house	Transportation	Emotional support - talking to a mental health professional
Total	1%	1%	3%	2%	2%
Bryan	2%	2%	4%	2%	5%
Bulloch	2%	3%	3%	3%	1%
Camden	0%	4%	8%	6%	0%
Chatham	2%	0%	3%	2%	2%
Effingham	0%	0%	0%	0%	0%
Glynn	0%	0%	0%	0%	0%
Liberty	0%	2%	3%	1%	0%
Long	14%	0%	10%	4%	18%
McIntosh	0%	0%	2%	0%	0%
Screven	0%	0%	3%	0%	10%

	Help taking care of my spouse or loved ones	Social activities (bingo, cards, etc.)	Recreation activities (exercises, sports, hiking)	Cultural activities (dance, art, theatre)	I don't receive any of these
Total	1%	2%	1%	1%	91%
Bryan	0%	2%	2%	0%	87%
Bulloch	1%	2%	2%	1%	88%
Camden	0%	5%	3%	1%	83%
Chatham	1%	3%	2%	3%	92%
Effingham	0%	3%	0%	0%	95%
Glynn	0%	0%	0%	0%	100%
Liberty	0%	0%	0%	0%	96%
Long	10%	10%	0%	0%	79%
McIntosh	0%	0%	0%	0%	98%
Screven	0%	0%	0%	0%	87%

## Quality of Life

What help do you get now from senior centers,  
local government programs, churches, etc.?

	Help with legal issues	A support group of your peers to talk over problems and concerns	Help getting health screenings	Help with physical rehabilitation	Education classes
Total	0%	0%	0%	0%	1%
Bryan	0%	0%	0%	0%	0%
Bulloch	2%	1%	0%	0%	1%
Camden	0%	0%	0%	1%	0%
Chatham	0%	1%	0%	0%	1%
Effingham	0%	0%	0%	0%	0%
Glynn	0%	1%	2%	0%	0%
Liberty	0%	0%	0%	0%	0%
Long	0%	0%	0%	0%	0%
McIntosh	0%	0%	0%	0%	8%
Screven	0%	0%	0%	0%	0%

	Help dealing with physical or emotional abuse	Adult day care	Substance abuse counseling	I don't receive any of these
Total	0%	0%	0%	98%
Bryan	0%	0%	0%	100%
Bulloch	0%	0%	0%	99%
Camden	1%	0%	0%	99%
Chatham	0%	1%	0%	98%
Effingham	0%	0%	0%	100%
Glynn	0%	0%	0%	97%
Liberty	1%	0%	0%	99%
Long	0%	0%	0%	100%
McIntosh	0%	0%	0%	92%
Screven	0%	0%	0%	100%



## Quality of Life

Would you like to get help from senior centers, local government programs, churches, etc.?

Service/Assistance	2010	2015
Help with housekeeping and chores inside of my house	6%	6%
Help in managing your money, paying your bills	2%	6%
Help with the yard and taking care of the outside of my house	7%	6%
Running personal errands (shopping, laundry, hair) for you	5%	5%
Meals delivered to your home	3%	4%
Medicines delivered to your home	4%	4%
Help with legal issues	4%	4%
A support group of your peers to talk over problems and concerns	5%	4%
Help getting health screenings	3%	4%
Eat meals at a senior center or other facility	3%	3%
Transportation	4%	3%
Education classes	3%	3%
Help with diet and nutrition	3%	2%
Help bathing, dressing, or going to the bathroom	1%	2%
Help taking your medications	2%	2%
Help getting around my house	2%	2%
Emotional support - talking to a mental health professional	1%	2%
Help taking care of my spouse or loved ones	1%	2%
Social activities (bingo, cards, etc.)	3%	2%
Recreation activities (exercises, sports, hiking)	4%	2%
Assistive devices such as grab bars, shower chairs, hand rails, walker	NA	2%
Help with physical rehabilitation	4%	2%
Help dealing with physical or emotional abuse	1%	2%
Cultural activities (dance, art, theatre)	1%	1%
Adult day care	1%	1%
I don't want help for any of these	86%	90%

Only 10% of residents indicated that they wanted assistance from senior centers, local governments or churches for at least one of the services listed in the table above. The most frequently desired services were help with housekeeping and chores (6%), help with managing money (6%), and help with yard work (6%). One in twenty residents (5%) wanted these organizations to help run errands.

## Quality of Life

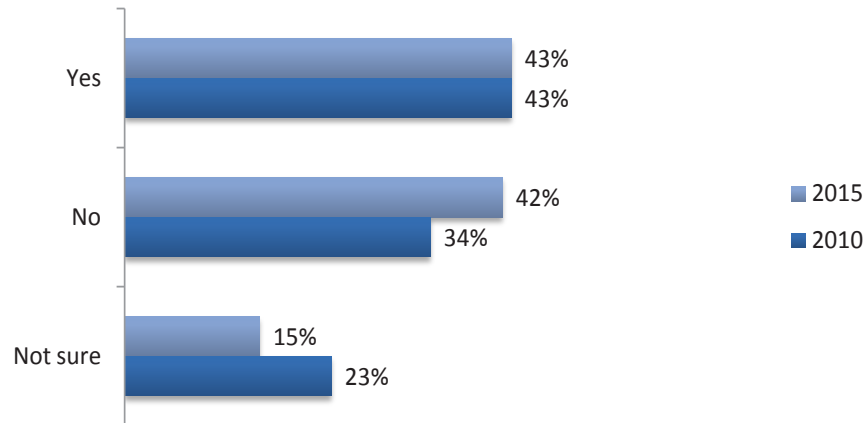
Would you like to get help from senior centers, local government programs, churches, etc.?

	Help with diet and nutrition	Meals delivered to your home	Eat meals at a senior center or other facility	Medicines delivered to your home	Help bathing, dressing, or going to the bathroom
Total	2%	4%	3%	4%	2%
Bryan	0%	2%	0%	2%	2%
Bulloch	3%	6%	3%	1%	1%
Camden	0%	4%	4%	0%	0%
Chatham	2%	3%	2%	3%	0%
Effingham	0%	5%	0%	2%	0%
Glynn	1%	1%	1%	4%	4%
Liberty	6%	7%	6%	6%	6%
Long	8%	11%	8%	8%	8%
McIntosh	7%	7%	7%	16%	7%
Screven	0%	0%	0%	0%	0%

	Help taking your medications	Help with housekeeping and chores inside of my house	Help getting around my house	I don't want help for any of these
Total	2%	6%	2%	91%
Bryan	2%	0%	2%	98%
Bulloch	0%	10%	0%	86%
Camden	0%	0%	0%	96%
Chatham	0%	5%	1%	91%
Effingham	0%	10%	0%	88%
Glynn	1%	5%	1%	93%
Liberty	6%	8%	6%	92%
Long	8%	8%	8%	89%
McIntosh	7%	13%	7%	78%
Screven	0%	0%	0%	100%

# Quality of Life

Would you pay a small fee for these services?



	Yes	No	Not sure
Total	43%	42%	15%
Bryan	0%	100%	0%
Bulloch	67%	8%	25%
Camden	0%	100%	0%
Chatham	25%	42%	33%
Effingham	37%	63%	0%
Glynn	100%	0%	0%
Liberty	11%	89%	0%
Long	68%	32%	0%
McIntosh	89%	11%	0%
Screven	0%	0%	0%

## Quality of Life

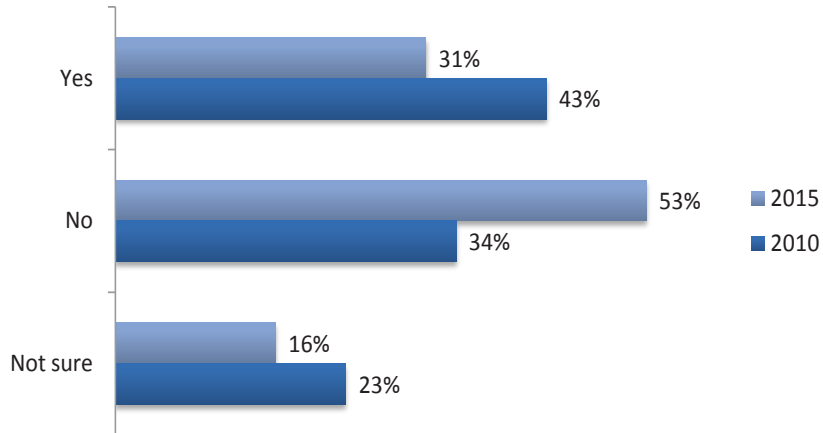
Would you like to get help from senior centers, local government programs, churches, etc.?

	Running personal errands (shopping, laundry, hair) for you	Help in managing your money, paying your bills	Help with the yard and taking care of the outside of my house	Transportation	Emotional support - talking to a mental health professional
Total	5%	6%	6%	3%	2%
Bryan	0%	5%	3%	0%	0%
Bulloch	10%	3%	7%	1%	0%
Camden	0%	7%	5%	1%	3%
Chatham	6%	10%	9%	5%	4%
Effingham	2%	11%	7%	2%	5%
Glynn	6%	3%	5%	1%	3%
Liberty	1%	2%	0%	2%	0%
Long	0%	8%	8%	0%	0%
McIntosh	12%	3%	12%	12%	0%
Screven	4%	4%	9%	0%	0%

	Help taking care of my spouse or loved ones	Social activities (bingo, cards, etc.)	Recreation activities (exercises, sports, hiking)	Cultural activities (dance, art, theatre)	Assistive devices such as grab bars, shower chairs, hand rails, walker, etc.	I don't want help for any of these
Total	2%	2%	2%	1%	2%	88%
Bryan	0%	0%	2%	2%	0%	95%
Bulloch	2%	5%	7%	5%	5%	88%
Camden	2%	1%	1%	0%	0%	93%
Chatham	3%	4%	2%	1%	3%	82%
Effingham	0%	2%	0%	7%	0%	89%
Glynn	0%	1%	3%	1%	1%	90%
Liberty	0%	1%	0%	0%	0%	97%
Long	8%	0%	0%	0%	0%	84%
McIntosh	0%	0%	0%	0%	0%	85%
Screven	0%	0%	0%	0%	0%	91%

# Quality of Life

Would you pay a small fee for these services?



	Yes	No	Not sure
Total	31%	53%	16%
Bryan	0%	100%	0%
Bulloch	76%	24%	0%
Camden	0%	100%	0%
Chatham	26%	52%	22%
Effingham	0%	100%	0%
Glynn	58%	32%	10%
Liberty	36%	64%	0%
Long	0%	53%	47%
McIntosh	23%	18%	58%
Screven	50%	50%	0%

## Quality of Life

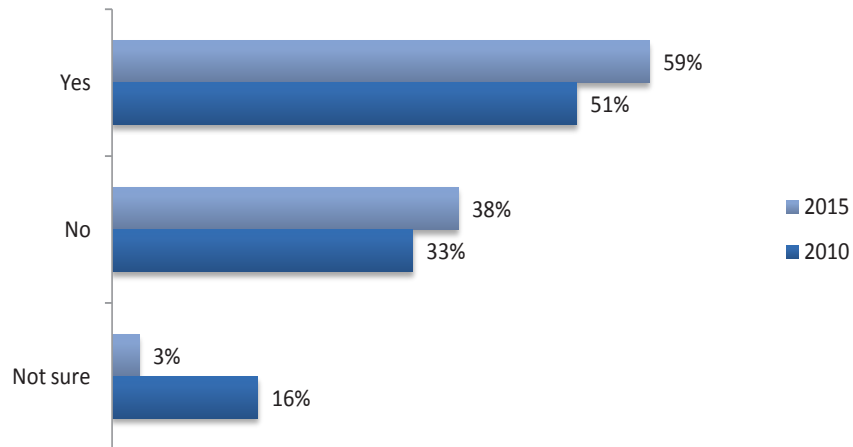
Would you like to get help from senior centers, local government programs, churches, etc.?

	Help with legal issues	A support group of your peers to talk over problems and concerns	Help getting health screenings	Help with physical rehabilitation	Education classes
Total	4%	4%	4%	2%	3%
Bryan	0%	5%	0%	7%	0%
Bulloch	5%	0%	5%	0%	1%
Camden	3%	7%	4%	1%	1%
Chatham	3%	2%	2%	2%	6%
Effingham	6%	0%	10%	3%	0%
Glynn	5%	8%	5%	5%	4%
Liberty	2%	3%	5%	0%	2%
Long	11%	15%	8%	8%	11%
McIntosh	5%	14%	5%	5%	5%
Screven	0%	0%	5%	0%	0%

	Help dealing with physical or emotional abuse	Adult day care	Substance abuse counseling	I don't want help for any of these
Total	2%	1%	1%	92%
Bryan	2%	2%	0%	93%
Bulloch	0%	0%	0%	91%
Camden	0%	0%	0%	93%
Chatham	1%	2%	1%	93%
Effingham	0%	0%	0%	87%
Glynn	3%	0%	3%	90%
Liberty	0%	0%	0%	90%
Long	11%	8%	8%	85%
McIntosh	5%	0%	5%	86%
Screven	0%	0%	0%	95%

# Quality of Life

Would you pay a small fee for these services?



	Yes	No	Not sure
Total	59%	38%	3%
Bryan	0%	100%	0%
Bulloch	12%	75%	13%
Camden	0%	79%	21%
Chatham	89%	11%	0%
Effingham	77%	23%	0%
Glynn	100%	0%	0%
Liberty	11%	89%	0%
Long	75%	25%	0%
McIntosh	100%	0%	0%
Screven	100%	0%	0%

## Quality of Life

Which of the following would you do with a group of your peers if some organization provided it?

Activities	2010	2015
Go to theater, musical performances, movies, or sporting events	24%	21%
Go on day trips to tourist attractions or entertainment	21%	18%
Visit museums, art galleries, etc.	23%	17%
Attend arts and crafts classes or gardening classes	19%	15%
Learn more about computers, the internet, etc.	15%	15%
Go on nature walks, go bird watching, etc.	15%	13%
Participate in a book club or supper club	14%	12%
Participate in bingo, chess, card games or shuffleboard	13%	11%
Learn how to play an instrument or learn other language	12%	10%
Participate in running, swimming, biking, golf, or fitness classes, etc.	17%	10%
Attend a class on on-going health conditions such as diabetes, high blood	NA	8%
Participate in political and civic discussions	11%	7%
Other	4%	3%
I would not participate in any of these	43%	53%

Nearly half of residents (47%) over the age of 55 living in the Coastal Georgia region would participate in a wide range of activities (included in the above table) with peers if some organization provided the activities.



Most popular activities people would do with peers if some organization provided it was going to live performances (theatre, musical, movies, and sporting events) as 21% of residents would do this. Bulloch County residents (31%) were especially likely to do this type of activity if some organization facilitated it.

Nearly one in five residents (18%) would go on day trip to tourist attractions if some organization provided this activity – residents in Bulloch (27%) and Effingham (26%) counties were more likely to desire this activity. Seventeen percent (17%) of residents said they would visit museums or art galleries if some group facilitated this activity.

The least popular activity (participating in political and civic discussions) was desired by 7% of residents if some organization would provide it. Seven percent of residents over 55 represent a significant number of people, which indicates that there are sizeable segments of people 55 and older who will do a myriad of activities if some organization will facilitate it.

## Quality of Life

Which of the following would you do with a group of your peers if some organization provided it?

	Attend arts and crafts classes or gardening classes	Go on day trips to tourist attractions or entertainment	Go on nature walks, go bird watching, etc.	Participate in a book club or supper club	Participate in bingo, chess, card games or shuffleboard	Go to theater, musical performances, movies, or sporting events	Learn how to play an instrument or learn other language
Total	15%	18%	13%	12%	11%	21%	10%
Bryan	15%	23%	18%	15%	6%	11%	16%
Bulloch	17%	27%	16%	17%	8%	31%	13%
Camden	19%	20%	12%	14%	28%	16%	10%
Chatham	16%	17%	13%	13%	12%	25%	9%
Effingham	11%	26%	15%	16%	9%	23%	9%
Glynn	16%	14%	16%	11%	8%	18%	7%
Liberty	11%	15%	8%	9%	4%	20%	10%
Long	4%	4%	13%	0%	27%	12%	8%
McIntosh	20%	15%	15%	0%	10%	6%	7%
Screven	0%	11%	3%	4%	4%	10%	0%

	Participate in political and civic discussions	Visit museums, art galleries, etc.	Participate in running, swimming, biking, golf, or fitness classes, etc.	Learn more about computers, the internet, etc.	Attend a class on on-going health conditions such as diabetes, high blood	I would not participate in any of these	Other
Total	7%	17%	10%	15%	8%	53%	3%
Bryan	6%	18%	15%	15%	8%	70%	0%
Bulloch	6%	20%	11%	9%	11%	38%	11%
Camden	8%	20%	10%	12%	12%	46%	6%
Chatham	6%	20%	12%	19%	8%	47%	3%
Effingham	15%	14%	11%	12%	0%	52%	0%
Glynn	4%	15%	7%	11%	7%	64%	2%
Liberty	7%	19%	2%	15%	2%	60%	0%
Long	4%	4%	16%	12%	12%	57%	8%
McIntosh	6%	10%	6%	24%	0%	45%	0%
Screven	0%	4%	0%	0%	4%	81%	0%

# Quality of Life



Which of the following would you use (or use more) if it were in your community?

Services/Assistances	2010	2015
Library	32%	30%
Parks and nature trails	22%	26%
Recreation center	20%	22%
Indoor or outdoor pool	19%	21%
Museum	26%	21%
Art gallery	22%	19%
Concert/performance hall	18%	18%
Community Center	17%	18%
Senior center	16%	16%
More/better parking	8%	15%
Sidewalks	13%	13%
Affordable housing	10%	12%
Better handicapped access in public buildings	8%	11%
Affordable health care clinic for your peers	13%	10%
Center that matches your peers with meaningful work or volunteer opportunities that fit their skills and experience	11%	10%
Dancing	9%	9%
Public transportation	13%	9%
Counseling Center for your peers	7%	9%
An emergency response system that helps your peers when they have emergencies	14%	9%
Golf course for seniors	10%	8%
Better handicapped access in private buildings	9%	8%
Benches & shelters for bus stops	5%	7%
Adult day care center	4%	7%
Tennis courts and sports fields for seniors	10%	7%
Investment clubs	4%	6%
Other	4%	5%
I would not use any of these	34%	39%

Residents over 55 living in Coastal Georgia region were given a list of twenty-five (25) amenities/activities and they were instructed to indicate if they would use them or use them more frequently if they were available in their community.

Three in five residents (61%) claimed they will participate in at least one of the activities if available. Going to the library was the most popular as 30% of residents said they would do this if it were (more readily) available in their communities. Over one in three Liberty County residents (35%) would go to the library more if it were readily available.

Going to parks and nature trails was the next most popular activity as 26% would go with intended participation greatest among Liberty County residents (34%). Around one out of five residents would go to a recreation center, pools, museums, or art galleries if they were in the community.

Comparatively few residents would utilize adult day care centers, investment clubs, benches/shelters for bus stops or tennis courts if they were available.

# Quality of Life

Which of the following would you use (or use more) if it were in your community?

	Adult day care center	Library	Golf course for seniors	Tennis courts and sports fields for seniors	Museum	Art Gallery	Affordable health care clinic for your peers
Total	7%	30%	8%	7%	21%	19%	10%
Bryan	0%	24%	6%	10%	17%	7%	18%
Bulloch	9%	34%	4%	3%	17%	27%	14%
Camden	0%	32%	5%	0%	25%	17%	0%
Chatham	6%	28%	9%	7%	21%	18%	9%
Effingham	5%	25%	12%	12%	14%	16%	11%
Glynn	14%	30%	8%	13%	19%	16%	12%
Liberty	12%	35%	7%	3%	36%	30%	7%
Long	0%	28%	8%	0%	0%	8%	0%
McIntosh	11%	23%	9%	6%	11%	11%	11%
Screven	0%	32%	4%	0%	27%	27%	9%

	Counseling Center for your peers	Better handicapped access in public buildings	Better handicapped access in private buildings	Center that matches your peers with meaningful work or volunteer opportunities that fit their skills and experience	An emergency response system that helps your peers when they have emergencies	I would not use any of these	Other
Total	9%	11%	8%	10%	9%	46%	4%
Bryan	0%	2%	4%	0%	2%	47%	10%
Bulloch	15%	14%	14%	9%	17%	48%	2%
Camden	0%	2%	1%	10%	5%	44%	6%
Chatham	11%	10%	7%	10%	8%	47%	3%
Effingham	11%	11%	11%	16%	16%	43%	13%
Glynn	8%	15%	10%	13%	7%	49%	0%
Liberty	7%	13%	6%	12%	7%	35%	3%
Long	0%	15%	8%	0%	8%	65%	0%
McIntosh	8%	4%	4%	0%	4%	54%	6%
Screven	0%	0%	0%	0%	0%	53%	0%

## Quality of Life

Which of the following would you use (or use more) if it were in your community?

	Recreation center	Concert/	Senior center	Community Center	Investment clubs	Dancing	Public transportation	More/ better parking
Total	22%	18%	16%	18%	6%	9%	9%	15%
Bryan	19%	17%	4%	15%	0%	16%	2%	10%
Bulloch	26%	16%	14%	18%	1%	10%	8%	12%
Camden	21%	22%	12%	24%	4%	3%	6%	11%
Chatham	24%	20%	19%	17%	8%	11%	5%	17%
Effingham	26%	11%	16%	15%	7%	11%	13%	15%
Glynn	19%	16%	17%	20%	7%	10%	21%	14%
Liberty	14%	6%	12%	19%	0%	9%	10%	8%
Long	32%	29%	32%	25%	26%	8%	26%	29%
McIntosh	17%	30%	24%	21%	3%	5%	14%	22%
Screven	11%	14%	11%	22%	0%	5%	0%	6%

	Parks and nature trails	Sidewalks	Benches & shelters for bus stops	Indoor on outdoor pool	Affordable housing	I would not use any of these	Other
Total	26%	13%	7%	21%	12%	32%	5%
Bryan	33%	0%	2%	4%	0%	41%	9%
Bulloch	24%	16%	4%	18%	9%	34%	0%
Camden	15%	6%	2%	22%	13%	25%	0%
Chatham	25%	16%	8%	21%	12%	32%	6%
Effingham	33%	24%	9%	20%	7%	36%	3%
Glynn	23%	13%	11%	30%	13%	30%	4%
Liberty	34%	9%	0%	14%	13%	24%	15%
Long	11%	18%	18%	47%	25%	28%	0%
McIntosh	26%	19%	14%	29%	17%	28%	16%
Screven	29%	0%	0%	11%	8%	52%	0%



## Caregiving

## Caregiving

In the past 12 months, have you placed a loved one in a nursing home or retirement community or assisted living facility?



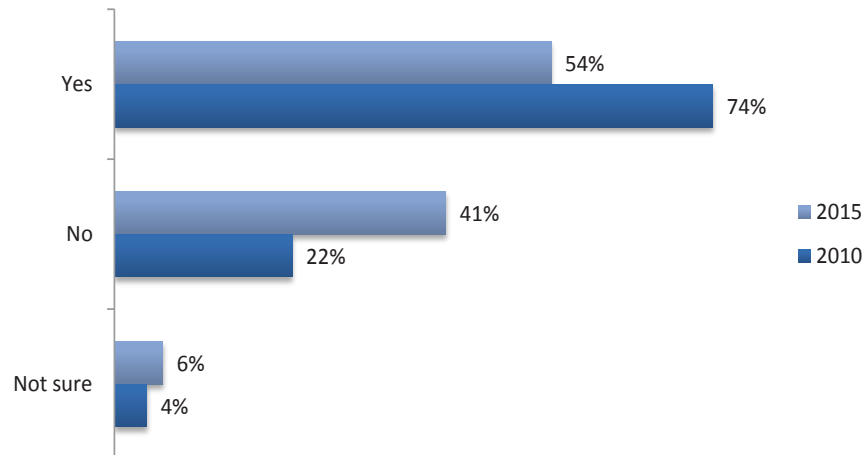
Only 6% of residents over 55 years of age living in the Coastal Georgia region have placed a loved one in a nursing home or retirement community in the past year.

	Yes	No
Total	6%	94%
Bryan	7%	93%
Bulloch	0%	100%
Camden	2%	98%
Chatham	5%	95%
Effingham	10%	90%
Glynn	11%	89%
Liberty	3%	97%
Long	21%	79%
McIntosh	5%	95%
Screven	10%	90%



## Caregiving

Would it have been helpful to you at that time to talk this over with someone who is trained to help people emotionally at times like these?\*



Just over half of the residents (54%) who had placed a loved one in a nursing home or retirement facility claimed it would have been helpful to have been able to discuss this process with people who are trained to deal with this issue, a significant decrease from 2010 (-20% points).

	Yes	No	Not sure
Total	54%	41%	6%
Bryan	100%	0%	0%
Bulloch	0%	0%	0%
Camden	0%	100%	0%
Chatham	15%	67%	18%
Effingham	33%	67%	0%
Glynn	100%	0%	0%
Liberty	100%	0%	0%
Long	36%	64%	0%
McIntosh	100%	0%	0%
Screven	100%	0%	0%

\* Sample sizes for this question within each county were small, so results lack statistical stability.

## Caregiving

Are you the main helper for someone who needs assistance with everyday activities such as bathing, feeding, dressing, eating, and other personal needs?

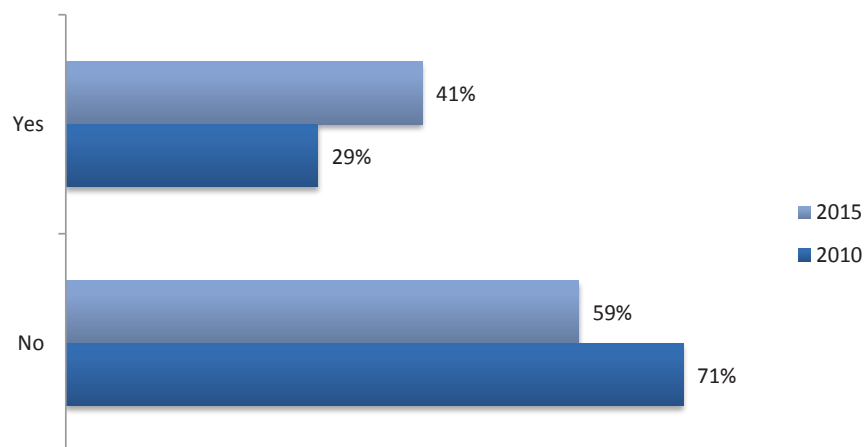


One in seven residents (14%) function as the main helper or caregiver for someone who needs assistance with everyday activities. This percentage ranged from 2% in McIntosh County to 22% in Screven County.

	Yes	No
Total	14%	86%
Bryan	11%	89%
Bulloch	18%	82%
Camden	13%	87%
Chatham	13%	87%
Effingham	11%	89%
Glynn	13%	87%
Liberty	14%	86%
Long	15%	85%
McIntosh	2%	98%
Screven	22%	78%

# Caregiving

Do you ever need assistance or a break from providing care for this person?\*



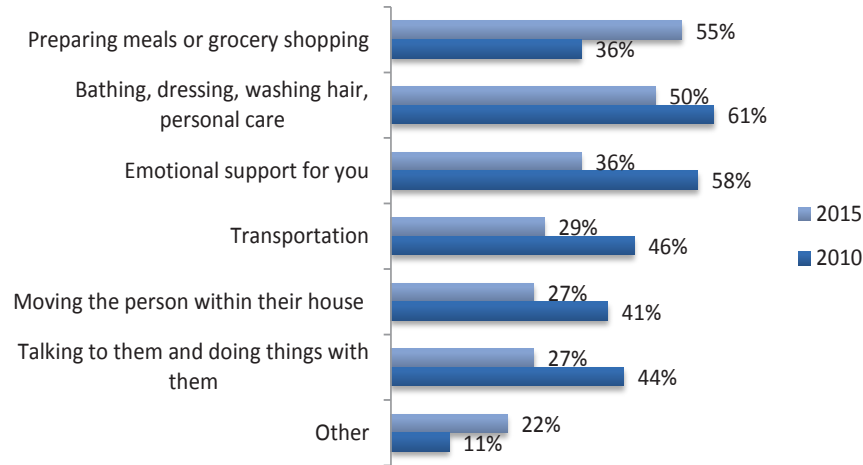
Four in ten caregivers (41%) claimed they need assistance or a break from their caregiving responsibilities.

	Yes	No
Total	41%	59%
Bryan	0%	100%
Bulloch	35%	65%
Camden	58%	42%
Chatham	46%	54%
Effingham	0%	100%
Glynn	52%	48%
Liberty	27%	73%
Long	100%	0%
McIntosh	0%	100%
Screven	20%	80%

\* Sample sizes for this question within each county were small, so results lack statistical stability.

## Caregiving

To give you some rest, what type of assistance would you want someone else to provide to the person you now care for?\*



Over half of the caregivers (55%) who want a break from their responsibilities would like someone else to prepare meals or do the grocery shopping for the person for whom they have been caring. Half of caregivers (50%) also want assistance with bathing, dressing, washing hair, and personal care for the person they have been caring for. Over one in three caregivers (36%) also desire some emotional support for themselves.

\* Sample sizes for this question within each county were small, so results lack statistical stability.

## Caregiving

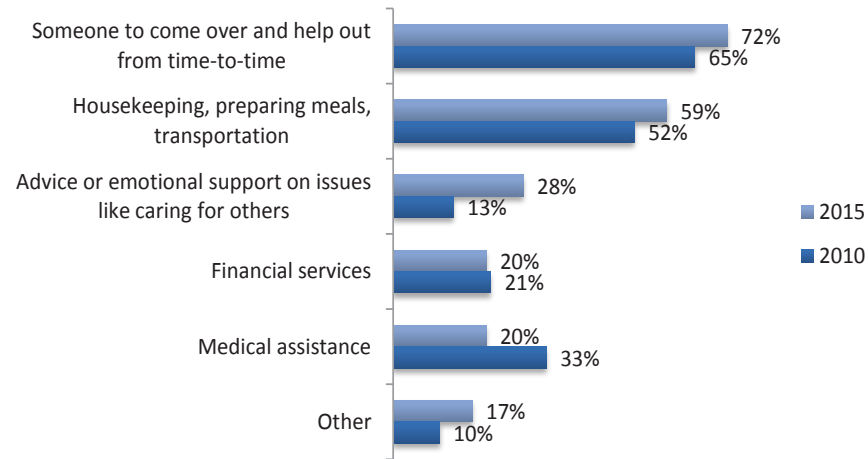
To give you some rest, what type of assistance would you want someone else to provide to the person you now care for?\*

	Moving the person within their house (bed to chair, bathroom to chair, etc.)	Bathing, dressing, washing hair, personal care	Preparing meals or grocery shopping	Transportation	Emotional support for you	Talking to them and doing things with them	Other
Total	27%	50%	55%	29%	36%	27%	22%
Bryan	0%	0%	0%	0%	0%	0%	0%
Bulloch	36%	36%	100%	83%	67%	52%	0%
Camden	0%	0%	68%	68%	0%	0%	32%
Chatham	42%	59%	59%	23%	42%	36%	46%
Effingham	0%	0%	0%	0%	0%	0%	0%
Glynn	59%	100%	41%	0%	41%	0%	0%
Liberty	0%	0%	0%	0%	0%	100%	0%
Long	0%	30%	70%	0%	100%	0%	0%
McIntosh	0%	0%	0%	0%	0%	0%	0%
Screven	0%	0%	100%	100%	0%	0%	0%

\* Sample sizes for this question within each county were small, so results lack statistical stability.

## Caregiving

What types of services would be most helpful to you?



A majority of caregivers (72%) wanted someone to help them administer care from time-to-time to the person they typically help. About three in five caregivers (59%) also wanted someone else to help them with household tasks and meal preparation.

# Caregiving

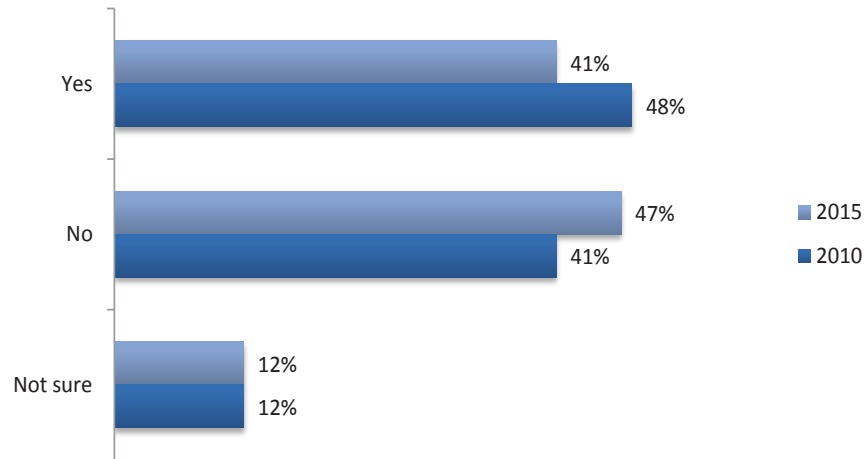
What types of services would be most helpful to you?\*

	Someone to help out from time-to-time	Advice or emotional support	Financial services	Medical assistance	Housekeeping, preparing meals, transportation	Other
Total	72%	28%	20%	20%	59%	17%
Bryan	0%	0%	0%	0%	0%	0%
Bulloch	100%	36%	53%	36%	69%	0%
Camden	0%	0%	0%	0%	68%	32%
Chatham	76%	13%	7%	13%	39%	24%
Effingham	0%	0%	0%	0%	0%	0%
Glynn	100%	82%	82%	82%	59%	41%
Liberty	75%	0%	0%	0%	25%	0%
Long	30%	100%	0%	0%	100%	0%
McIntosh	0%	0%	0%	0%	0%	0%
Screven	100%	100%	100%	100%	100%	0%

\*Sample sizes for this question within each county were small, so results lack statistical stability.

## Caregiving

Do you ever feel burdened by having to provide care to another person?\*



Two in five caregivers (41%) reported feeling burdened from providing care to another person.

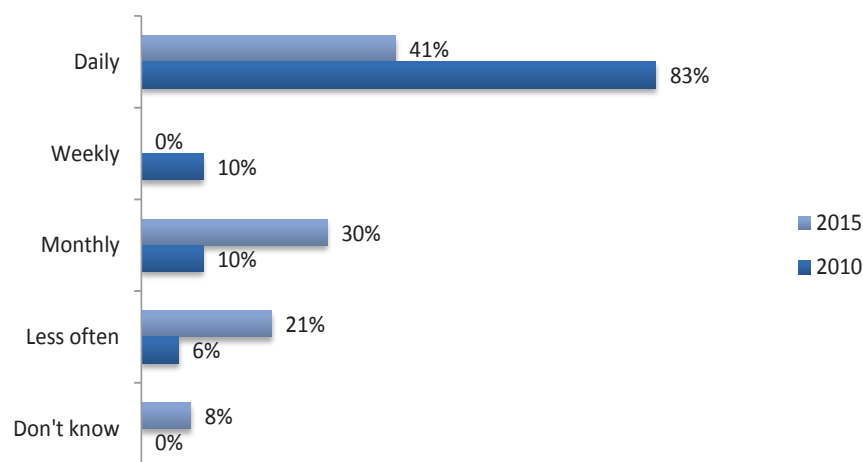
	Yes	No	Not sure
Total	41%	47%	12%
Bryan	0%	0%	0%
Bulloch	31%	69%	0%
Camden	32%	0%	68%
Chatham	44%	45%	11%
Effingham	0%	0%	0%
Glynn	59%	41%	0%
Liberty	0%	100%	0%
Long	100%	0%	0%
McIntosh	0%	0%	0%
Screven	100%	0%	0%

\* Sample sizes for this question within each county were small, so results lack statistical stability.



# Caregiving

How often do you feel burdened by caring for another person?\*



Two in five caregivers who felt burdened experienced these feelings daily, while three in ten caregivers (30%) felt burdened monthly.

	Daily	Weekly	Monthly	Less often	Never	Don't know
Total	41%	0%	30%	21%	0%	8%
Bryan	0%	0%	0%	0%	0%	0%
Bulloch	0%	0%	100%	0%	0%	0%
Camden	100%	0%	0%	0%	0%	0%
Chatham	30%	0%	15%	36%	0%	19%
Effingham	0%	0%	0%	0%	0%	0%
Glynn	0%	0%	100%	0%	0%	0%
Liberty	0%	0%	0%	0%	0%	0%
Long	100%	0%	0%	0%	0%	0%
McIntosh	0%	0%	0%	0%	0%	0%
Screven	0%	0%	0%	100%	0%	0%

\* Sample sizes for this question within each county were small, so results lack statistical stability.

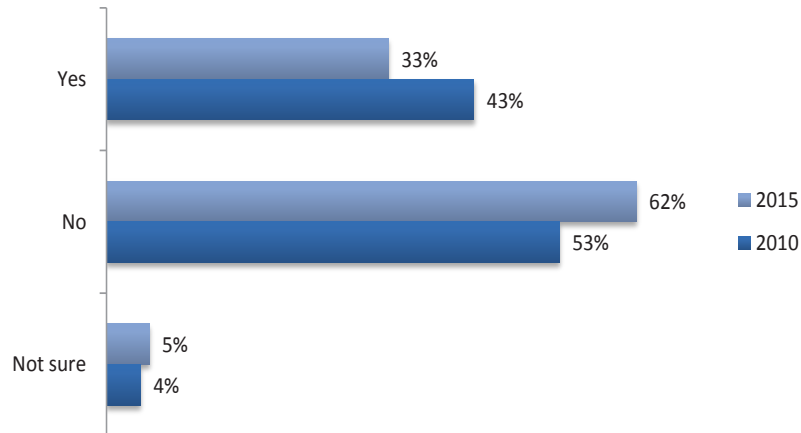




## Civic Engagement

## Civic Engagement

Would you be interested in volunteering your time or expertise to help others?



One in three residents (33%) indicated they would be interested in volunteering their time or expertise to help others. Willingness to help others was greatest in Bulloch County (42%).

	Yes	No	Not sure
Total	33%	62%	5%
Bryan	37%	46%	17%
Bulloch	42%	54%	4%
Camden	33%	65%	1%
Chatham	33%	62%	5%
Effingham	28%	61%	11%
Glynn	34%	64%	2%
Liberty	27%	69%	4%
Long	16%	84%	0%
McIntosh	29%	71%	0%
Screven	18%	82%	0%

# Civic Engagement

About how many hours a week would you like to volunteer?\*

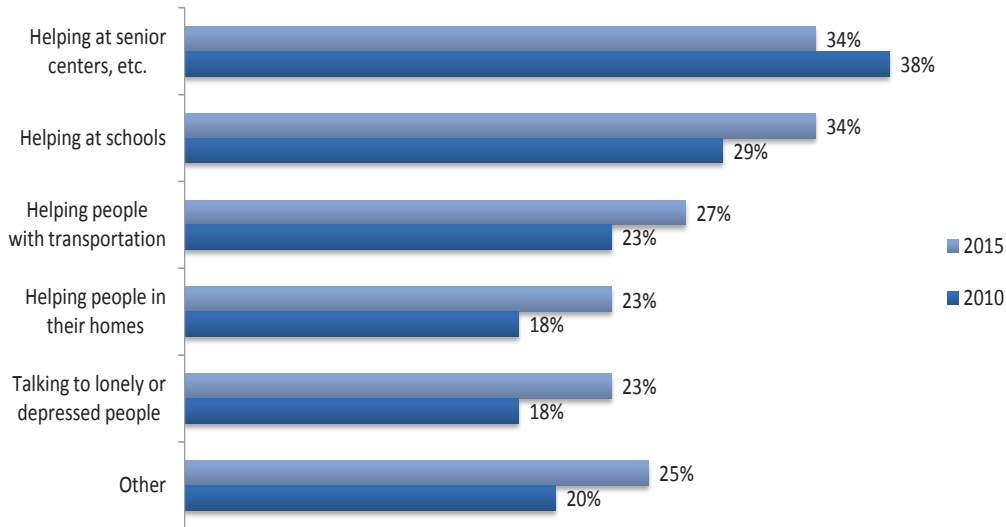
	Mean 2010	Mean 2015
Total	8	7
Bryan	6	8
Bulloch	16	7
Camden	7	8
Chatham	7	6
Effingham	6	5
Glynn	8	9
Liberty	8	4
Long	6	7
McIntosh	15	8
Screven	NA	11

The typical person who is willing to volunteer time and expertise to help others will volunteer seven (7) hours a week.

\* Only asked of residents willing to volunteer their time.

## Civic Engagement

What types of volunteer opportunities would interest you?\*



One in three residents who are interested in helping others claimed they will assist at senior centers, hospitals and nursing homes (34%) or at schools (34%). One in four residents (27%) will help people with transportation and running errands.

	Helping at senior centers, hospitals, nursing homes	Helping at schools	Helping people in their homes	Helping people with transportation and errands	Talking to lonely or depressed people	Other
Total	34%	34%	23%	27%	23%	25%
Bryan	21%	46%	27%	12%	27%	28%
Bulloch	50%	34%	15%	26%	19%	38%
Camden	34%	26%	24%	41%	50%	44%
Chatham	39%	21%	15%	24%	17%	20%
Effingham	18%	23%	43%	29%	25%	23%
Glynn	31%	37%	14%	26%	12%	20%
Liberty	10%	50%	30%	28%	16%	19%
Long	27%	27%	100%	48%	48%	0%
McIntosh	39%	0%	0%	0%	0%	61%
Screven	77%	62%	38%	38%	38%	15%

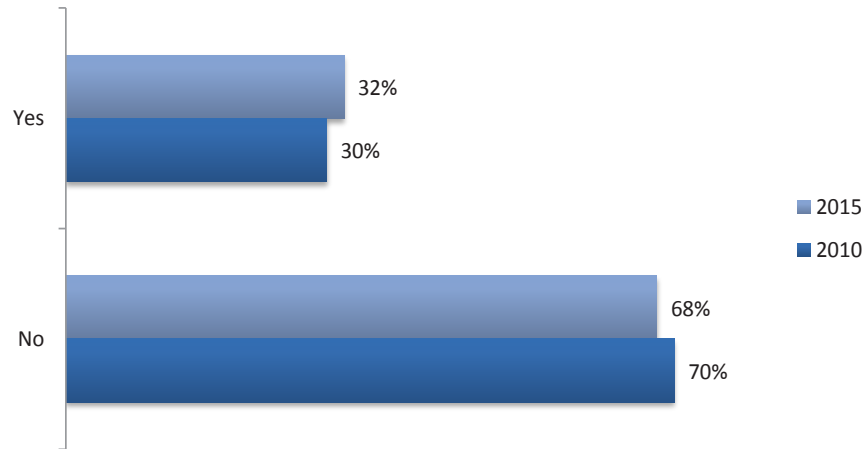
\* Only asked of residents willing to volunteer their time.



## Economic Self-Sufficiency

## Economic Self-Sufficiency

Are you currently working in a job for pay outside your home?



One in three residents (32%) over 55 years of age living in the Coastal Georgia region are working for pay outside the home. Incidence of working for pay outside the home was greatest in Bryan (37%), Camden (38%), and Effingham (39%) counties and lowest in Screven County (17%).

	Yes	No
Total	32%	68%
Bryan	37%	63%
Bulloch	22%	78%
Camden	38%	62%
Chatham	35%	65%
Effingham	39%	61%
Glynn	34%	66%
Liberty	28%	72%
Long	26%	74%
McIntosh	28%	72%
Screven	17%	83%



## Economic Self-Sufficiency

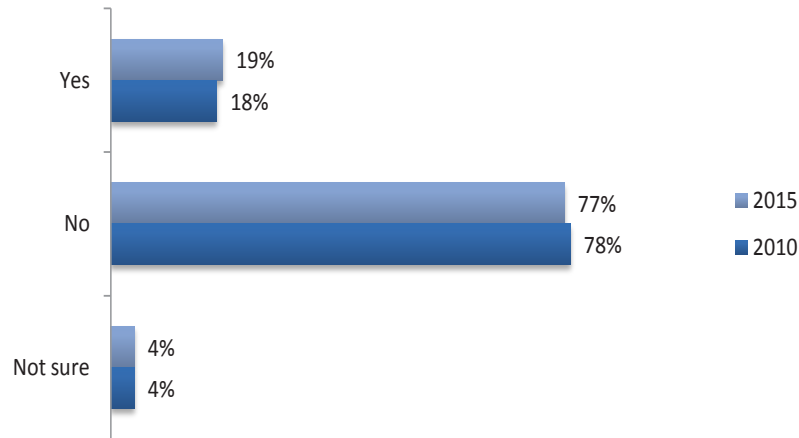
About how many hours a week do you work for pay?

	2010 Mean	2015 Mean
Total	37	37
Bryan	38	40
Bulloch	39	26
Camden	23	32
Chatham	35	39
Effingham	41	41
Glynn	39	36
Liberty	36	40
Long	39	42
McIntosh	43	38
Screven	NA	17

The typical resident worked 37 hours outside the home for pay each week. This figure was rather constant across counties except for in Bulloch where residents worked only 26 hours a week and in Screven where residents worked only 17 hours a week.

## Economic Self-Sufficiency

Would you like to work for pay?

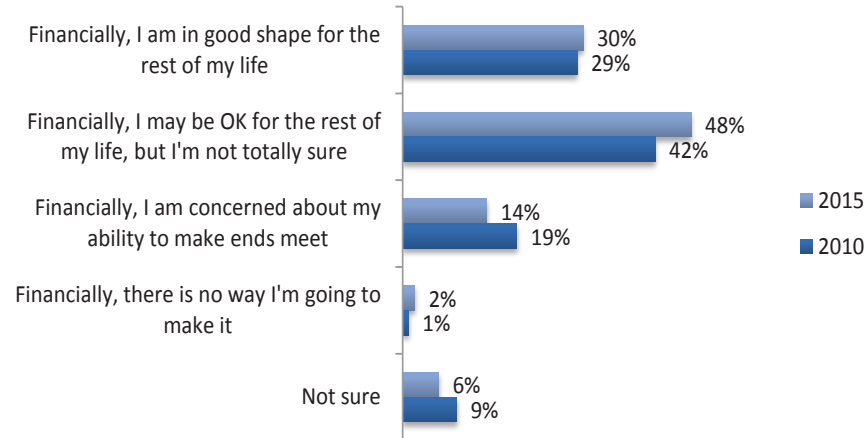


One in five residents (19%) currently not working for pay wanted to be working for pay. Comparatively more residents in Bryan (38%), Camden (29%), and McIntosh (33%) counties wished to work for pay but were currently not doing so.

	Yes	No	Not sure
Total	19%	77%	4%
Bryan	38%	62%	0%
Bulloch	14%	82%	3%
Camden	29%	71%	0%
Chatham	19%	76%	6%
Effingham	19%	72%	9%
Glynn	8%	85%	6%
Liberty	12%	86%	2%
Long	18%	82%	0%
McIntosh	33%	52%	15%
Screven	18%	82%	0%

# Economic Self-Sufficiency

Based on all of your sources of money, for example, savings, retirement, social security, job, etc., which of the following best fits how you feel?

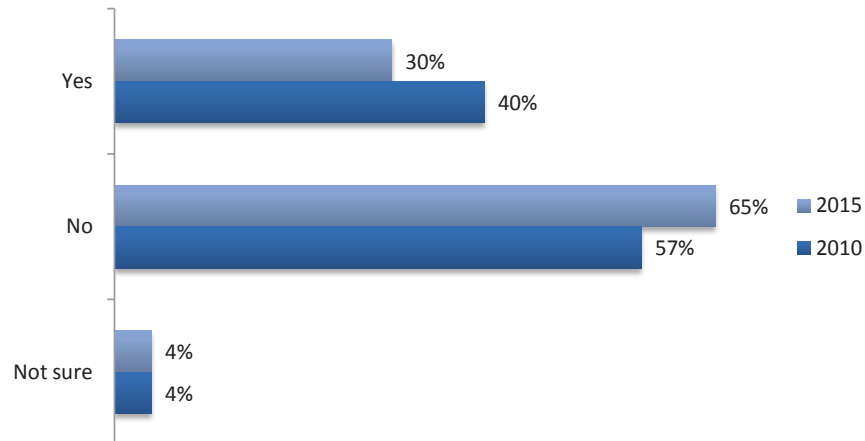


Only 2% of residents over 55 years of age living in the Coastal Georgia region admitted they will not be able to make it financially for the rest of their lives. Nearly eight in ten residents (78%) were either in good shape financially or thought that they would be alright. Fourteen percent (14%) were concerned about their ability to make ends meet for their rest of their lives.

	Financially, I am in good shape for the rest of my life	Financially, I may be OK for the rest of my life, but I'm not totally sure	Financially, I am concerned about my ability to make ends meet	Financially, there is no way I'm going to make it	Not sure
Total	30%	48%	14%	2%	6%
Bryan	30%	51%	10%	0%	10%
Bulloch	33%	53%	11%	1%	1%
Camden	26%	46%	12%	0%	17%
Chatham	29%	47%	15%	4%	4%
Effingham	28%	42%	14%	0%	15%
Glynn	36%	49%	13%	0%	2%
Liberty	30%	54%	11%	1%	4%
Long	40%	32%	20%	8%	0%
McIntosh	38%	34%	28%	0%	0%
Screven	30%	51%	16%	0%	3%

## Economic Self-Sufficiency

Do you have long term care insurance that will provide housing and assistance for you if you are no longer able to provide and care for yourself?

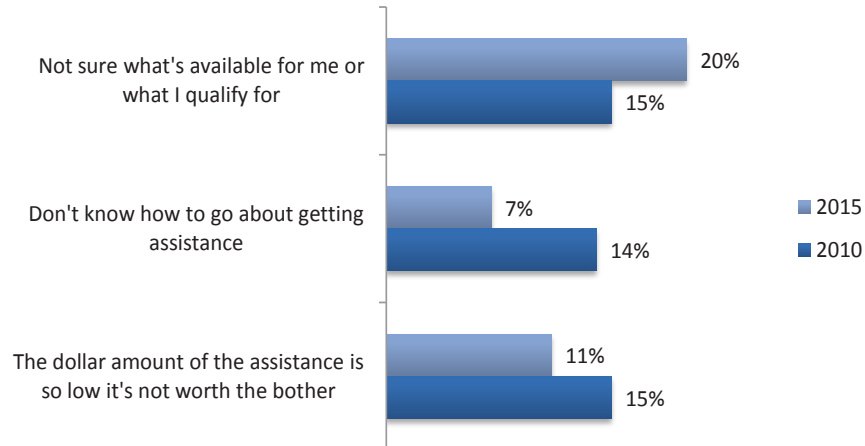


About one in three residents (30%) have long term care insurance that will provide housing and assistance once they are no longer able to provide and care for themselves. Two in five residents of Camden (40%) and Screven (40%) counties have long-term care, while only 17% of residents living in Effingham County do so.

	Yes	No	Not sure
Total	30%	65%	4%
Bryan	28%	68%	4%
Bulloch	28%	68%	5%
Camden	40%	41%	18%
Chatham	31%	66%	3%
Effingham	17%	76%	7%
Glynn	31%	65%	3%
Liberty	32%	66%	1%
Long	35%	60%	4%
McIntosh	21%	76%	4%
Screven	40%	60%	0%

## Economic Self-Sufficiency

Have you chosen to not seek government assistance such as food stamps, medical care, legal assistance, or housing assistance for any of the following reasons?



One in five residents (20%) chose not to seek government assistance such as food stamps, medical care, legal assistance, or housing assistance because they were not sure what was available to them or what they qualify for.

	Not sure what's available for me or what I qualify for	Don't know how to go about getting assistance	The dollar amount of the assistance is so low it's not worth the bother
Total	20%	7%	11%
Bryan	30%	9%	6%
Bulloch	17%	6%	5%
Camden	20%	4%	11%
Chatham	25%	8%	13%
Effingham	10%	5%	14%
Glynn	13%	2%	9%
Liberty	17%	8%	13%
Long	24%	9%	0%
McIntosh	28%	13%	13%
Screven	0%	0%	10%

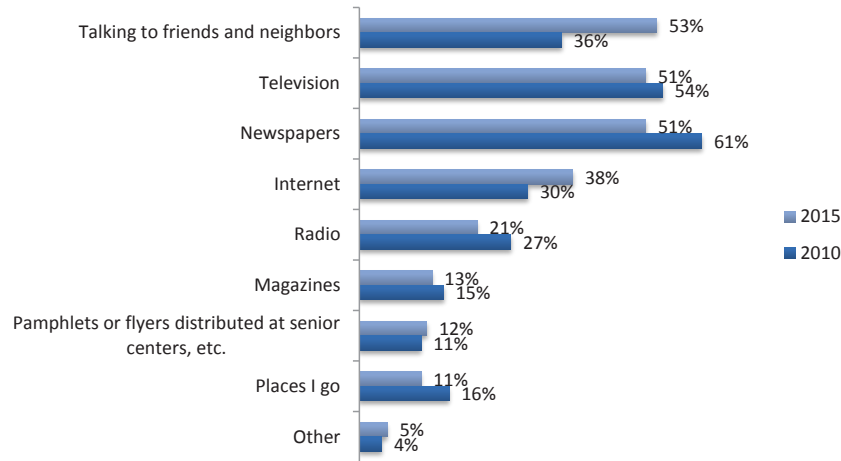




## Profile

## Profile

To find out about what activities are going on in your area, or to find out about what services may be available, which sources do you rely on?



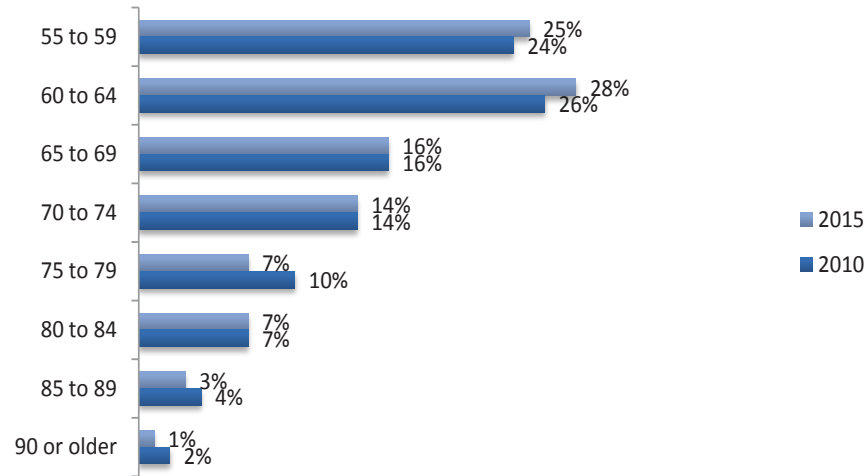
Most people over 55 years of age living in the Coastal Georgia region relied on talking to friends (53%), television (51%), and newspapers (51%) for information. Four in ten individuals (38%) relied on the internet, and only one in eight residents (12%) relied on pamphlets at senior centers.

	Radio	Television	Newspapers	Internet	Pamphlets at senior centers
Total	21%	51%	51%	38%	12%
Bryan	29%	65%	43%	54%	13%
Bulloch	25%	50%	54%	36%	13%
Camden	13%	47%	52%	42%	3%
Chatham	17%	48%	48%	34%	10%
Effingham	23%	61%	47%	27%	9%
Glynn	25%	46%	59%	44%	16%
Liberty	23%	54%	62%	45%	14%
Long	24%	49%	52%	30%	12%
McIntosh	17%	44%	53%	38%	17%
Screven	20%	60%	31%	35%	0%

	Centers, and other places I go	Talking to friends and neighbors	Magazines	Other
Total	11%	53%	13%	5%
Bryan	14%	41%	12%	0%
Bulloch	12%	63%	14%	8%
Camden	15%	56%	13%	5%
Chatham	8%	52%	12%	6%
Effingham	9%	48%	7%	4%
Glynn	14%	51%	23%	0%
Liberty	6%	49%	8%	3%
Long	8%	56%	0%	0%
McIntosh	20%	64%	17%	12%
Screven	3%	48%	0%	5%



## Which category fits your age?

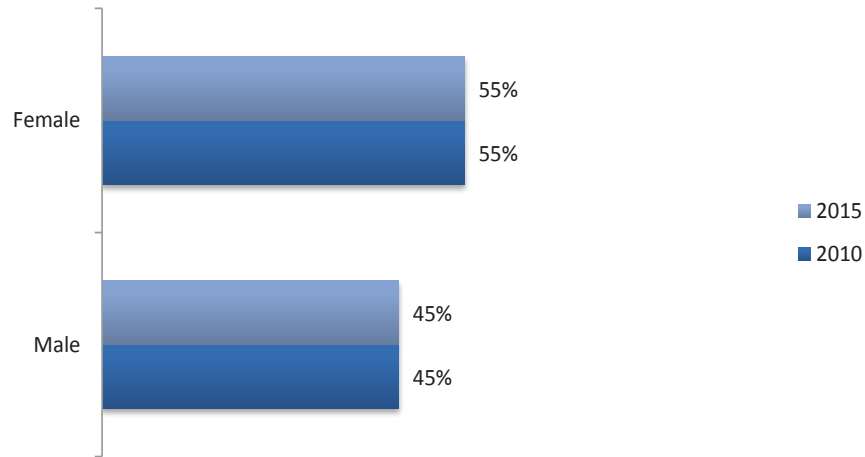


The median age for residents in this study was 64 meaning half of the residents were younger and half were older than 64 years of age.

	55 to 59	60 to 64	65 to 69	70 to 74	75 to 79	80 to 84	85 to 89	90 or older
Total	25%	28%	16%	14%	7%	7%	3%	1%
Bryan	30%	31%	13%	16%	1%	7%	1%	0%
Bulloch	12%	35%	14%	16%	15%	6%	1%	2%
Camden	36%	25%	9%	10%	9%	5%	6%	0%
Chatham	26%	32%	10%	13%	6%	7%	5%	1%
Effingham	31%	9%	19%	20%	11%	10%	0%	0%
Glynn	15%	23%	28%	15%	9%	5%	2%	4%
Liberty	34%	26%	19%	7%	5%	4%	2%	2%
Long	15%	36%	13%	13%	11%	10%	3%	0%
McIntosh	20%	16%	18%	30%	11%	6%	0%	0%
Screven	13%	15%	22%	22%	3%	22%	0%	3%

## Profile

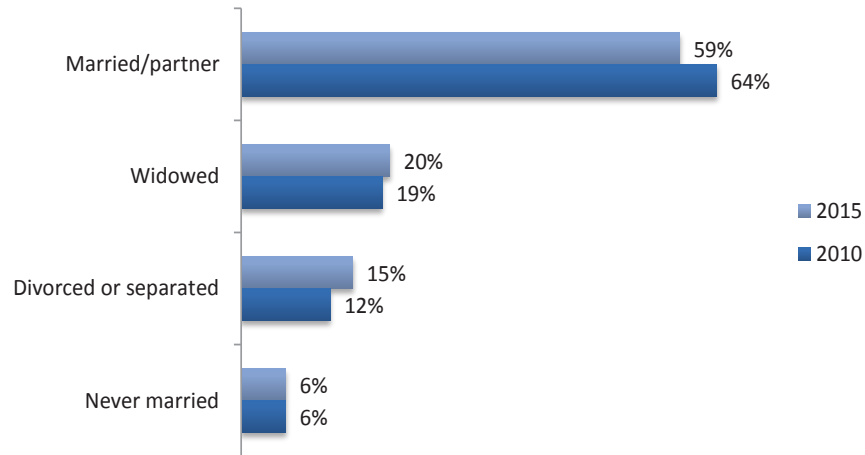
Are you male or female?



Females outnumbered males in the study, which is typical for all residents in the Coastal Georgia area who are older than 55.

	Male	Female
Total	45%	55%
Bryan	61%	39%
Bulloch	41%	59%
Camden	40%	60%
Chatham	43%	57%
Effingham	38%	62%
Glynn	45%	55%
Liberty	56%	44%
Long	15%	85%
McIntosh	35%	65%
Screven	60%	40%

## What is your marital status?

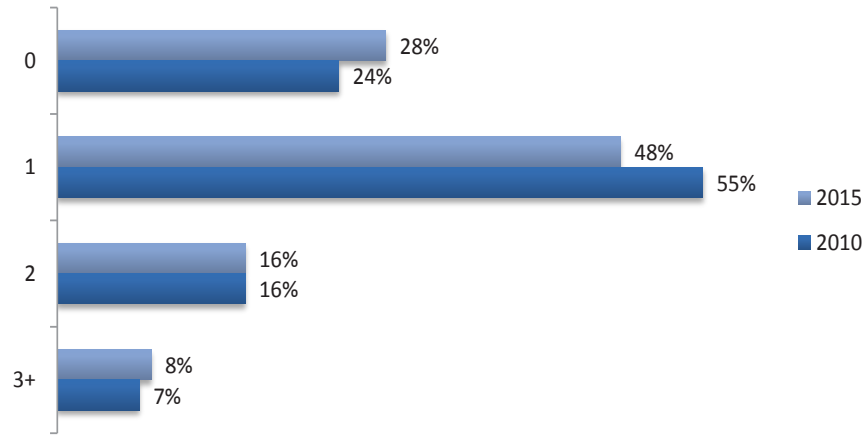


Three out of five residents (59%) in the study were married, while 20% were widowed.

	Married/partner	Widowed	Divorced or separated	Never married
Total	59%	20%	15%	6%
Bryan	55%	21%	17%	8%
Bulloch	66%	17%	11%	5%
Camden	50%	20%	24%	6%
Chatham	57%	21%	17%	6%
Effingham	74%	17%	9%	0%
Glynn	64%	15%	12%	8%
Liberty	65%	13%	17%	5%
Long	44%	43%	0%	13%
McIntosh	58%	30%	8%	4%
Screven	47%	37%	17%	0%

## Profile

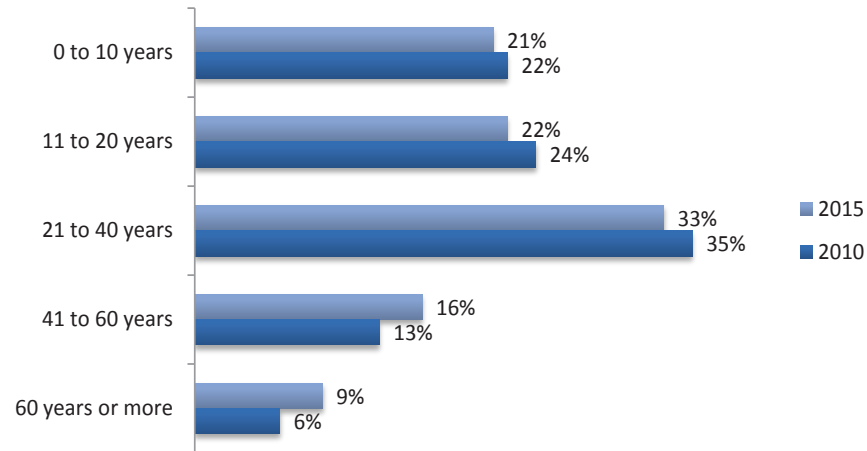
Not counting yourself, how many people live with you?



Nearly half of the residents in the study (48%) had one other person living with them; 72% had at least one other person living with them.

	0	1	2	3+
Total	28%	48%	16%	8%
Bryan	33%	47%	13%	6%
Bulloch	32%	47%	12%	9%
Camden	31%	38%	17%	15%
Chatham	32%	46%	14%	7%
Effingham	12%	48%	30%	9%
Glynn	26%	59%	11%	4%
Liberty	22%	50%	19%	9%
Long	38%	35%	15%	12%
McIntosh	21%	37%	30%	12%
Screven	29%	71%	0%	0%

## How many years have you lived in your area?

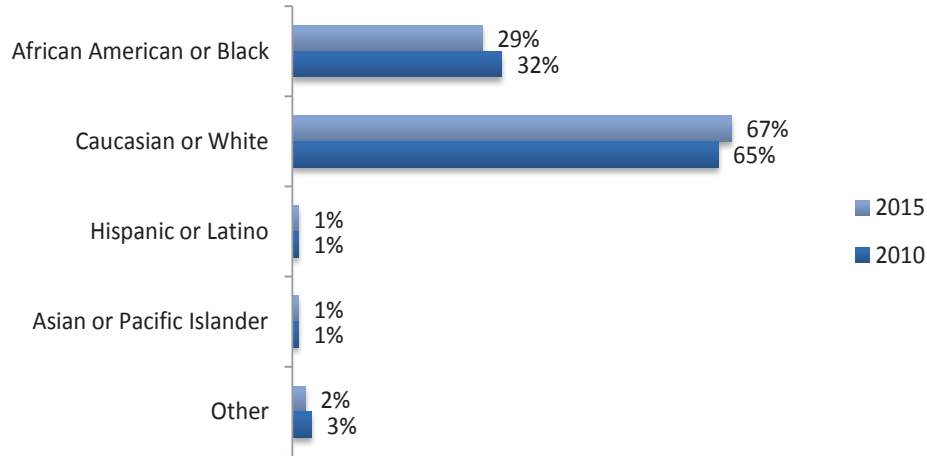


The typical resident over 55 years of age living in the Coastal Georgia region had been living in the area for 25 years.

	0 to 10 years	11 to 20 years	21 to 40 years	41 to 60 years	60 years or more
Total	21%	22%	33%	16%	9%
Bryan	10%	21%	38%	20%	10%
Bulloch	20%	13%	31%	20%	19%
Camden	31%	22%	26%	14%	5%
Chatham	28%	18%	35%	14%	5%
Effingham	11%	39%	14%	33%	0%
Glynn	26%	21%	30%	12%	9%
Liberty	8%	24%	46%	14%	11%
Long	25%	31%	16%	12%	14%
McIntosh	8%	46%	38%	11%	0%
Screven	0%	32%	9%	31%	28%

## Profile

Which of the following best describes your race?

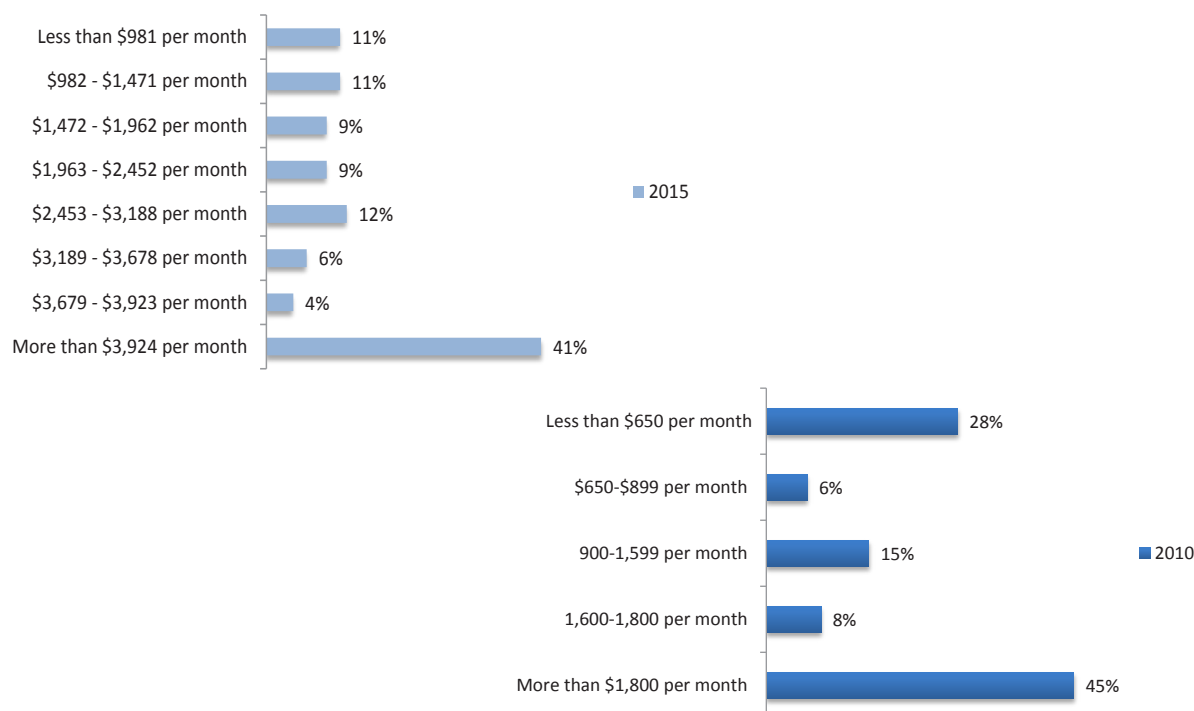


Two out of three residents in the study (67%) were white, while nearly all of the remaining people were African American (29%).

	African American or Black	Asian or Pacific Islander	Hispanic or Latino	Caucasian or White	Other
Total	29%	1%	1%	67%	2%
Bryan	16%	0%	0%	80%	4%
Bulloch	19%	0%	0%	80%	1%
Camden	26%	0%	0%	67%	7%
Chatham	30%	1%	2%	65%	1%
Effingham	14%	0%	0%	83%	3%
Glynn	27%	1%	0%	72%	0%
Liberty	46%	0%	1%	50%	3%
Long	32%	0%	4%	64%	0%
McIntosh	24%	0%	0%	62%	14%
Screven	32%	0%	0%	66%	3%

# Profile

Each month, what is your total household income from all sources including social security, retirement, investments, work, etc.?

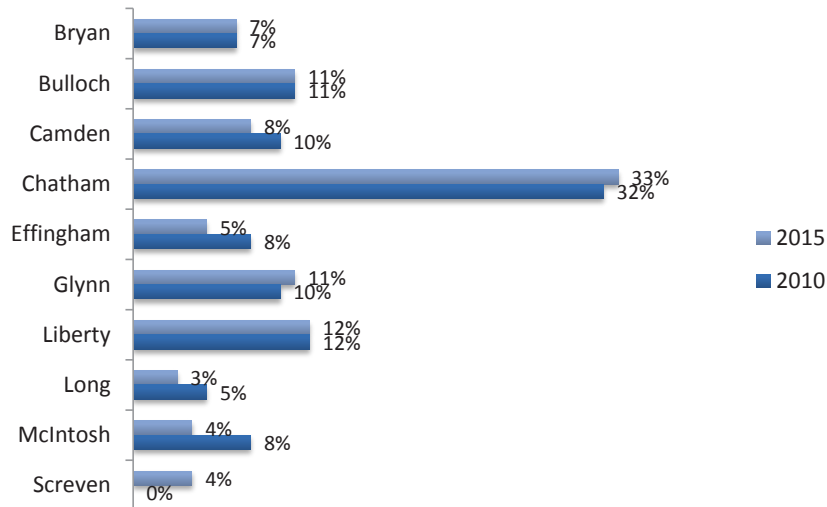


The typical resident over 55 years of age living in the Coastal Georgia region has just over \$3,100 per month in income.

	Less than \$981 per month	\$982 - \$1,471 per month	\$1,472 - \$1,962 per month	\$1,963 - \$2,452 per month	\$2,453 - \$3,188 per month	\$3,189 - \$3,678 per month	\$3,679 - \$3,923 per month	More than \$3,924 per month
Total	11%	11%	9%	9%	12%	6%	4%	41%
Bryan	6%	9%	11%	0%	4%	5%	8%	26%
Bulloch	7%	6%	7%	7%	9%	4%	5%	20%
Camden	3%	5%	6%	1%	9%	3%	5%	25%
Chatham	6%	10%	4%	6%	7%	4%	2%	29%
Effingham	4%	6%	0%	2%	20%	7%	0%	31%
Glynn	4%	2%	9%	6%	5%	4%	2%	35%
Liberty	12%	4%	7%	8%	5%	2%	1%	31%
Long	0%	11%	8%	21%	18%	0%	0%	32%
McIntosh	10%	20%	10%	0%	4%	0%	0%	35%
Screven	7%	3%	12%	13%	15%	7%	3%	16%

## Profile

In which county do you live?



Population distribution in the study across counties was reflective of population distribution across the counties according to US census data.



