

THE UNITED STATES OF AGING  
SURVEY



San Antonio Results Report  
July 2013

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# Survey Overview

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# Methodology

- Penn Schoen Berland completed 4,000 telephone interviews among the following groups between April 4, 2013 and May 3, 2013:

Audience
General Population Samples 2013
National seniors 60+
National adults 18-59
Oversampled Audiences 2013
Low-income seniors 60+
Older seniors 80+
Seniors 60+ with 3+ chronic health conditions
Seniors 60+ in Birmingham, Ala.
Seniors 60+ in Indianapolis
Seniors 60+ in Los Angeles
Seniors 60+ in Orlando, Fla.
Seniors 60+ in San Antonio



# Methodology

- This report is inclusive of the following audiences:

Audience	Definition	Sample Size	Margin of Error
<b>General Population Samples</b>			
National 60+ 2013	U.S. adults ages 60 and older	1,007	+/- 3.1%
<b>Regional Oversampled Audiences</b>			
BIR	Adults ages 60 and older living in Birmingham, Ala.	250	+/- 6.2%
IND	Adults ages 60 and older living in Indianapolis	250	+/- 6.2%
LA	Adults ages 60 and older living in Los Angeles	250	+/- 6.2%
ORL	Adults ages 60 and older living in Orlando, Fla.	250	+/- 6.2%
SA	Adults ages 60 and older living in San Antonio	250	+/- 6.2%

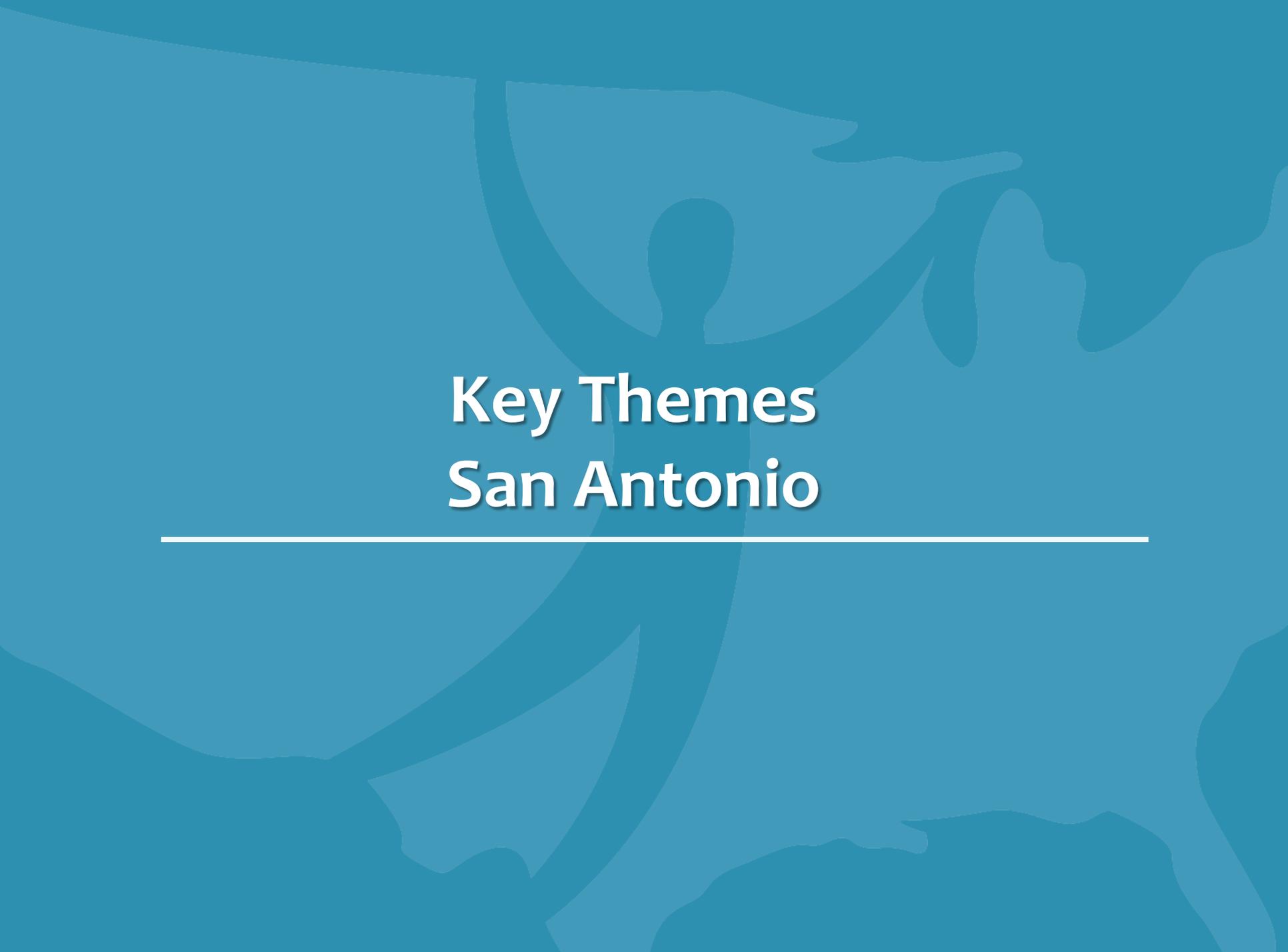


# Methodology

- **Please note:**

- Data from general population audiences, the regional oversampled audiences, and the oversampled audience of seniors ages 80 and older are weighted to U.S. Census Bureau data. The following demographics are weighted:
  - Age
  - Gender
  - Income
  - Marital status
  - Race
- Sample sizes under n=75 are not shown, as these sample sizes are too small to be statistically reliable
- All numbers in this report are percentages unless otherwise noted
- N/A indicates that the answer choice was not asked in the 2012 national 60+ survey



A stylized, light blue silhouette of a person with their arms raised in a 'V' shape, set against a darker blue background. The person's arms are spread wide, and their head is positioned at the top of the 'V'.

# Key Themes San Antonio

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# Key Themes: San Antonio

## General Outlook

*San Antonio seniors are slightly more likely to be positive about the past year of their life, compared with seniors nationally. They express cautious optimism about the next five to 10 years and are confident in their ability to maintain a high quality of life throughout their senior years. They are also more likely to have prepared for their senior years.*

## Health Preparedness

*San Antonio seniors, similar to seniors nationally, do not express concern about their current health, but are not taking proactive steps to help manage their health.*

## Financial Security

*A majority of San Antonio seniors say that it is easy to pay monthly living expenses and are slightly less likely to have reduced monthly spending to pay a bill, compared with seniors nationally. Unlike seniors nationally, San Antonio seniors are more likely to rely on pensions as a source of retirement income, as opposed to Social Security.*

## Community Support

*Similar to seniors nationally, San Antonio seniors agree their community is responsive to the needs of seniors, but could be doing more to prepare for the future needs of the growing senior population. San Antonio seniors also place importance on staying connected to family and are likely to use technology.*



# Results Snapshot: San Antonio

## General Outlook

- ★ **23 percent** of seniors in San Antonio say the past year of their life has been the best yet or better than normal, compared with **19 percent** of seniors nationally.
- ★ **58 percent** of seniors in San Antonio say their quality of life in the next five to 10 years will stay about the same, more than **51 percent** of seniors nationally.
  - **89 percent** of seniors in San Antonio are confident in their ability to maintain a high quality of life throughout their senior years, compared with **86 percent** of seniors nationally.
- ★ Seniors in San Antonio are more likely to have done a great deal or some preparation for their senior years – **83 percent** compared with **76 percent** of seniors nationally.

## Health Preparedness

- ★ **90 percent** of seniors in San Antonio say it is not difficult to perform regular activities independently, compared with **84 percent** of seniors nationally.
  - **66 percent** of seniors in San Antonio say their health in the next five to 10 years will stay about the same, slightly higher than **60 percent** of seniors nationally.
- ★ **56 percent** of seniors in San Antonio have not set one or more specific goals to help manage their health in the past 12 months, compared with **51 percent** of seniors nationally.
  - **13 percent** of San Antonio seniors say they never exercise, compared with **18 percent** of seniors nationally.



# Results Snapshot: San Antonio

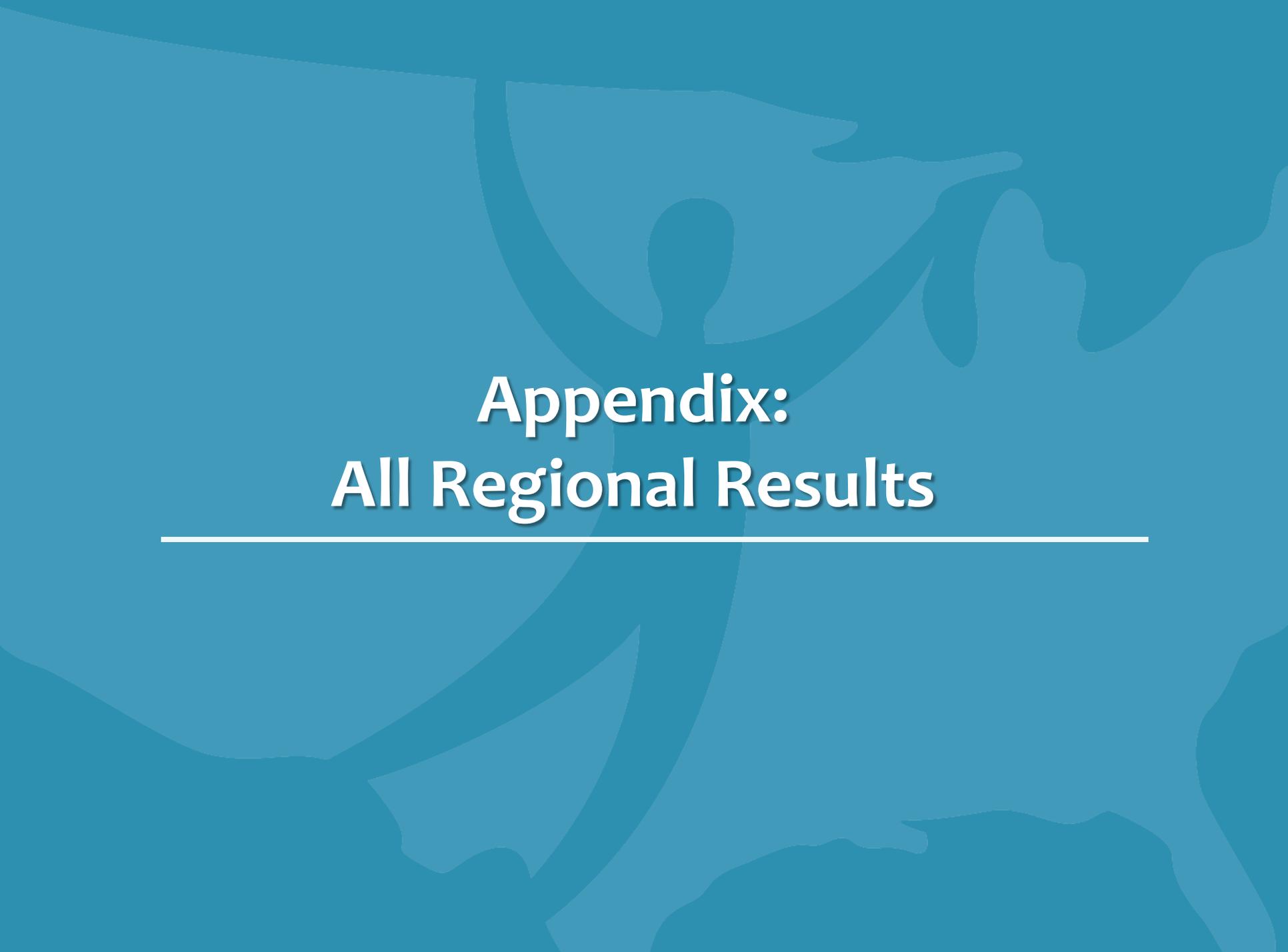
## Financial Security

- **70 percent** of seniors in San Antonio say it is very easy or somewhat easy for them to pay monthly living expenses, compared with **66 percent** of seniors nationally.
- ★ Seniors in San Antonio are less likely to have reduced their regular spending to pay a regular monthly bill – **12 percent** compared with **18 percent** of seniors nationally.
- ★ Retired seniors in San Antonio are more likely to rely on a company or government pension as their primary source of retirement income – **42 percent** compared with **32 percent** of seniors nationally.

## Community Support

- **67 percent** of seniors in San Antonio feel their community is responsive to the needs of seniors, compared with **71 percent** of seniors nationally.
- **52 percent** of seniors in San Antonio believe their community is doing enough to prepare for the future needs of the growing senior population, compared with **49 percent** of seniors nationally.
- **41 percent** of San Antonio seniors say staying connected to friends / family is most important to having a high quality of life in their senior years, compared with **40 percent** of seniors nationally.
- **74 percent** of seniors in San Antonio use cell phones frequently, compared with **75 percent** of seniors nationally.



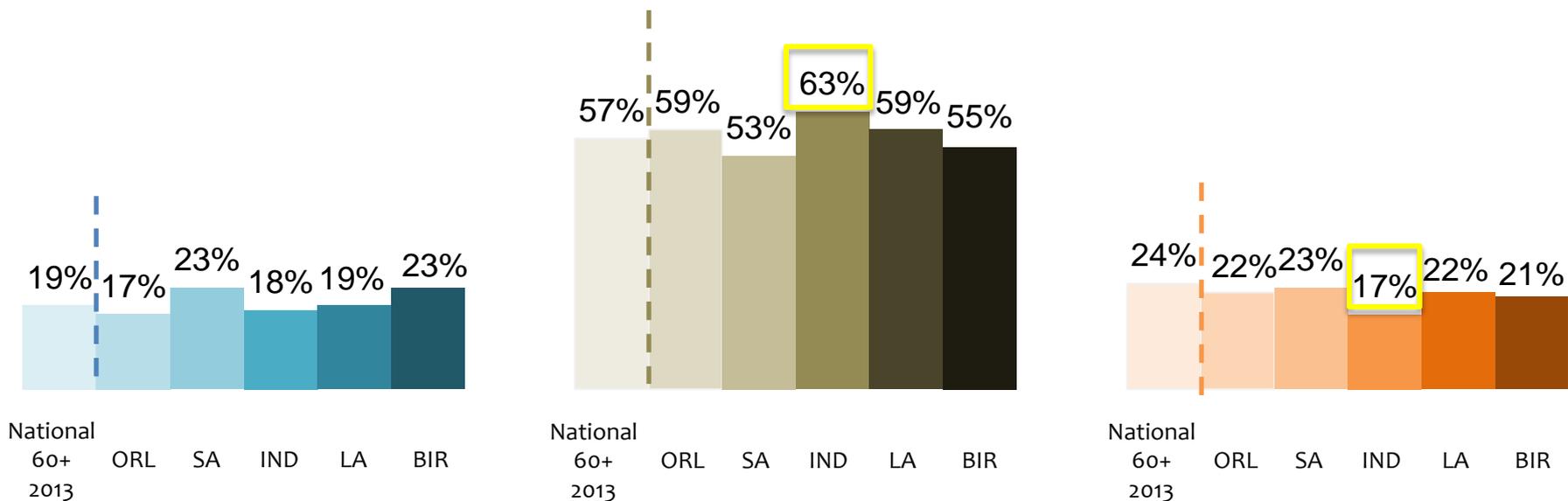
The background features a large, faint silhouette of a person with their arms raised in a celebratory gesture, set against a solid blue background. The person's arms are spread wide, and their head is tilted slightly back.

# **Appendix: All Regional Results**

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Across audiences, a majority of seniors report that the past year of their lives has been normal – Indianapolis seniors are most likely to say it has been normal and are less pessimistic

In general, would you say the past year of your life has been...?



Best yet / Better than normal

Normal

Worse than normal / Worst yet

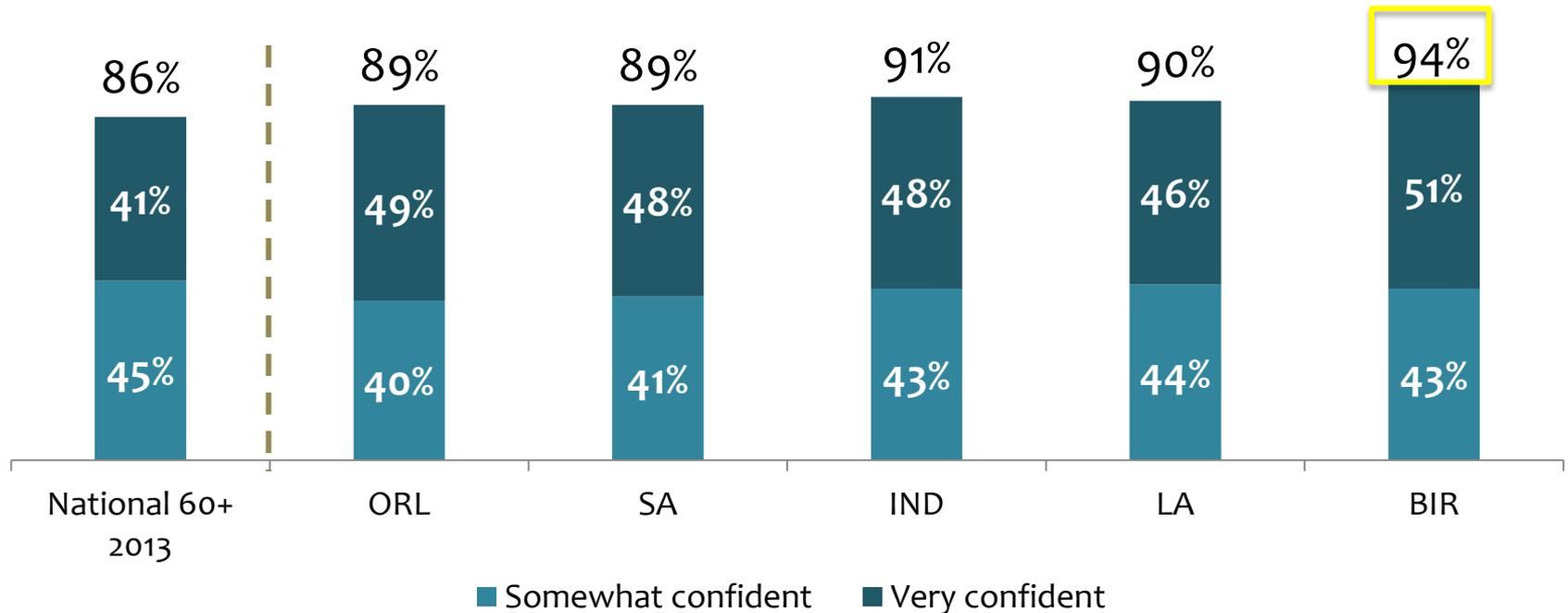


\*Not showing “don’t know”  
 Q4 (For 60+ 2013). In general, would you say the past year of your life has been...? Among All.

# Seniors across audiences are confident in maintaining a high quality of life – Birmingham seniors are more confident than seniors nationally

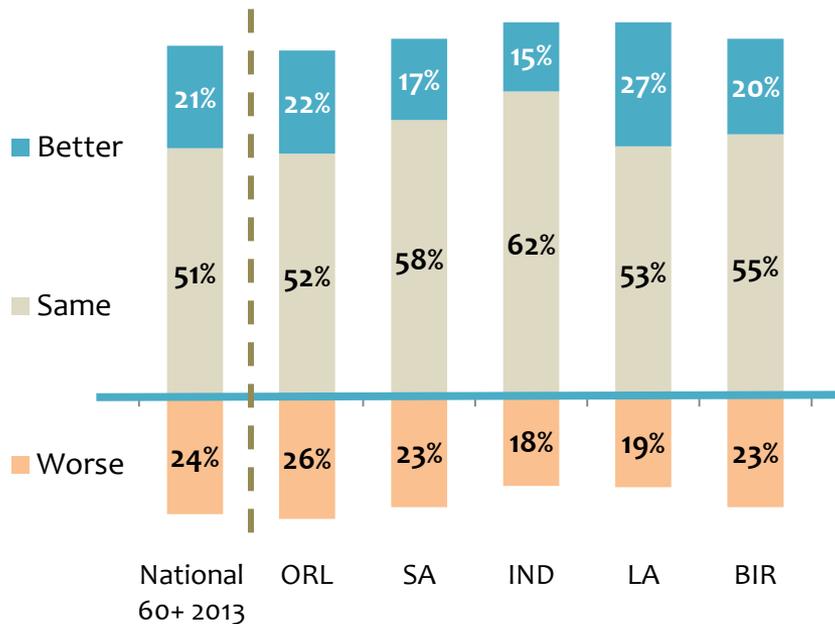


How confident are you in your ability to maintain a high quality of life throughout your senior years?

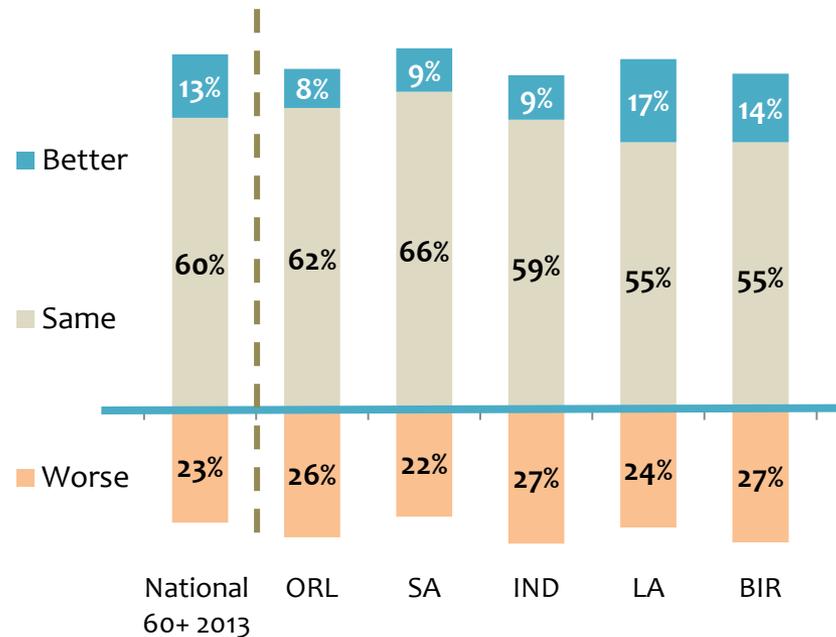


# Across audiences most seniors display cautious optimism about the next five to 10 years

When thinking about the next five to 10 years, do you expect your overall quality of life to get ...



When thinking about the next five to 10 years, do you expect your health to get ...



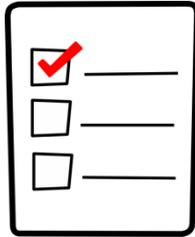
\*Not showing "don't know"

Q5 (For 60+ 2013). When thinking about the next 5-10 years, do you expect your overall quality of life to get much better, somewhat better, stay about the same, get somewhat worse, or get much worse? Among All.

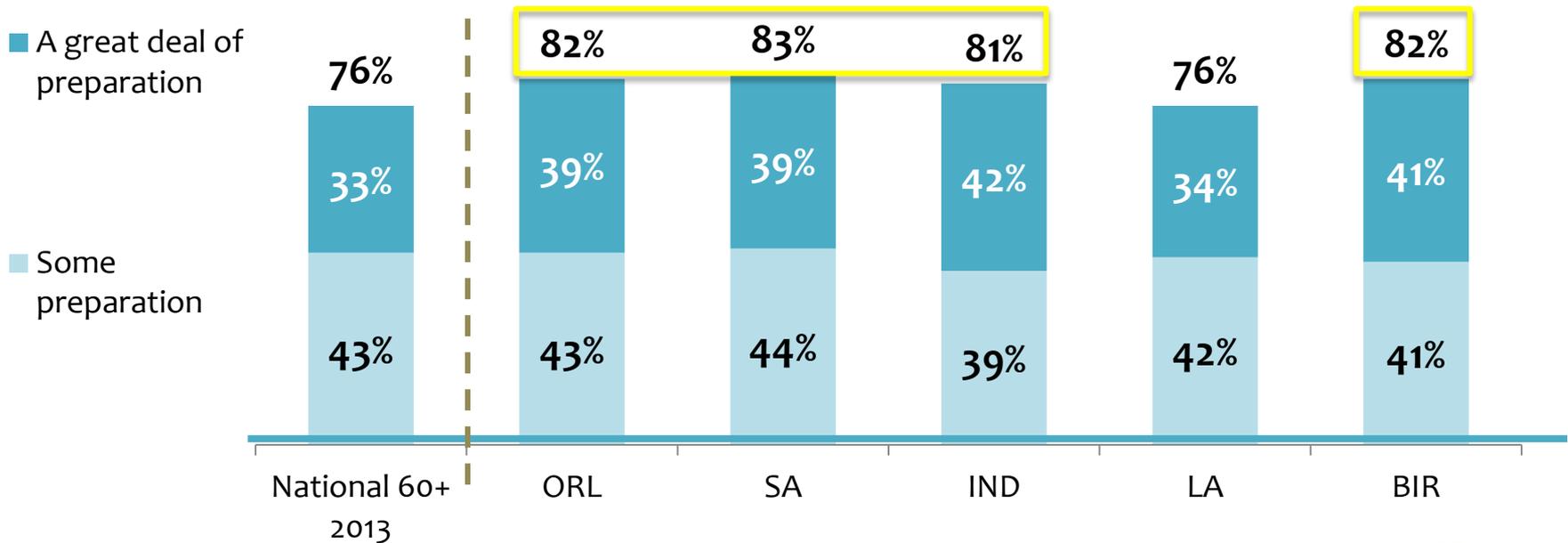
Q7 (For 60+ 2013). When thinking about the next 5-10 years, do you expect your health to get much better, get somewhat better, stay about the same, get somewhat worse, or get much worse? Among All.

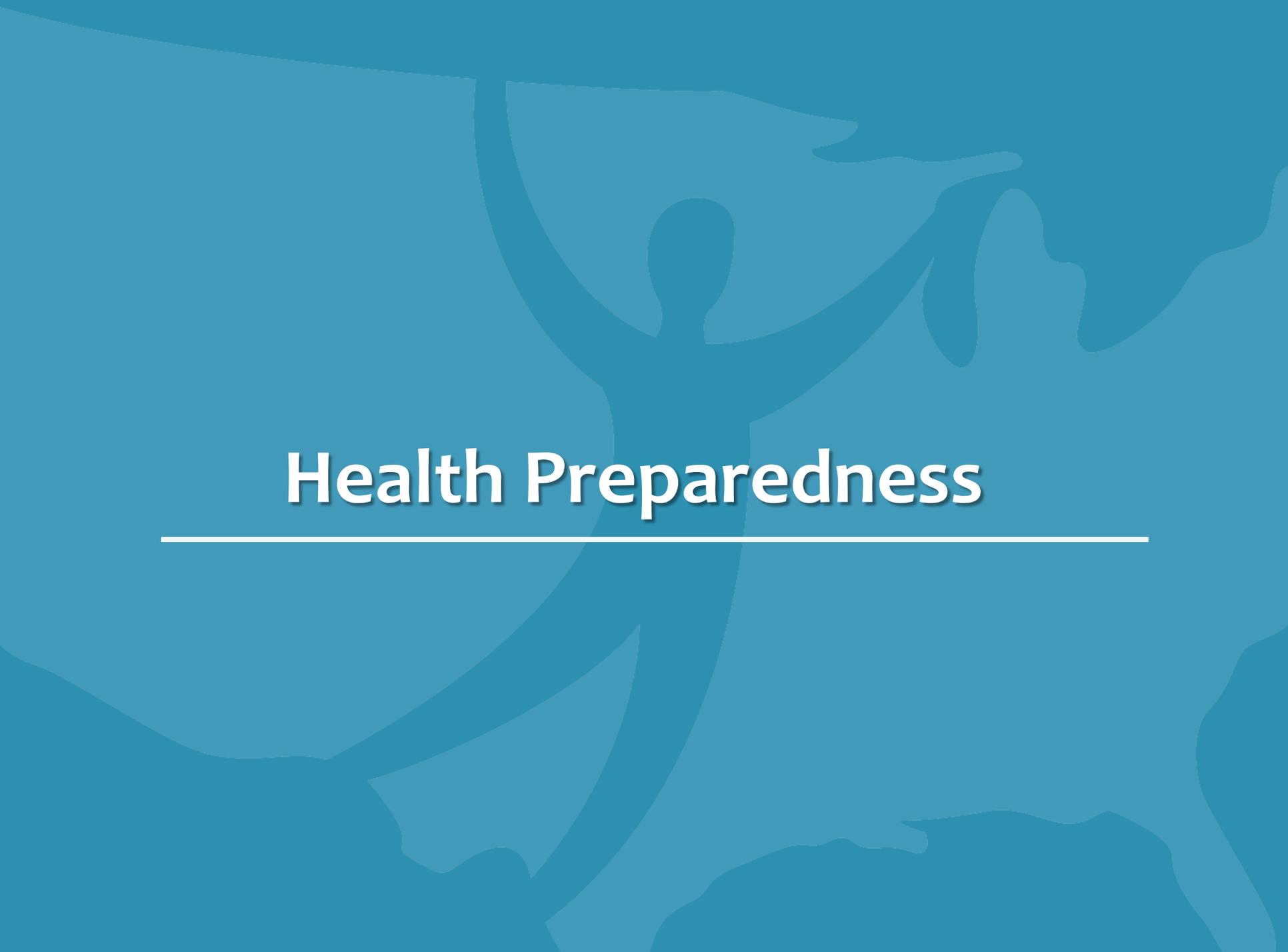


Most seniors have done at least some preparation for their senior years and seniors across all oversampled regions, except for Los Angeles, have prepared more than seniors nationally



How much preparation have you done for your senior years?





# Health Preparedness

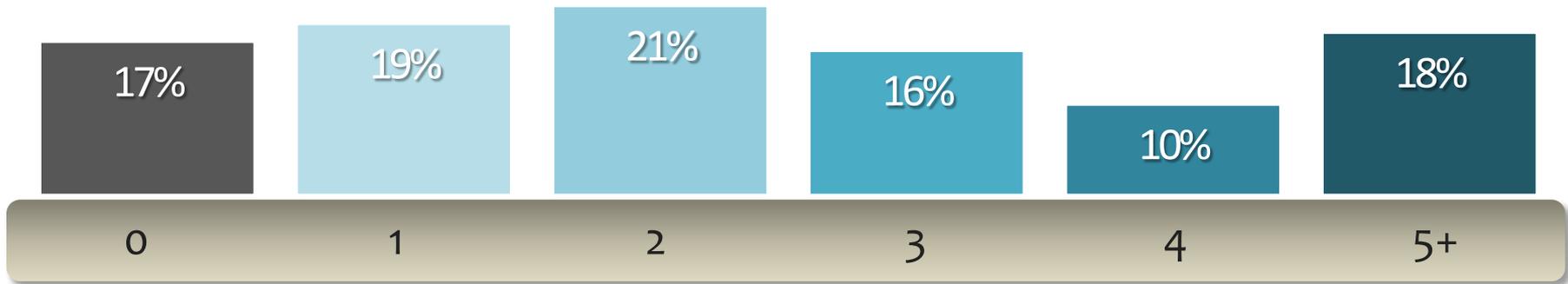
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A majority of seniors across all oversampled regions have at least two chronic health conditions – seniors in Indianapolis and Birmingham are most likely to report having two or more

## Number of chronic health conditions

Percent with two or more chronic health conditions (65% nationally):

- 64% of Orlando seniors
- 69% of San Antonio seniors
- 74% of Indianapolis seniors
- 70% of Los Angeles seniors
- 72% of Birmingham seniors



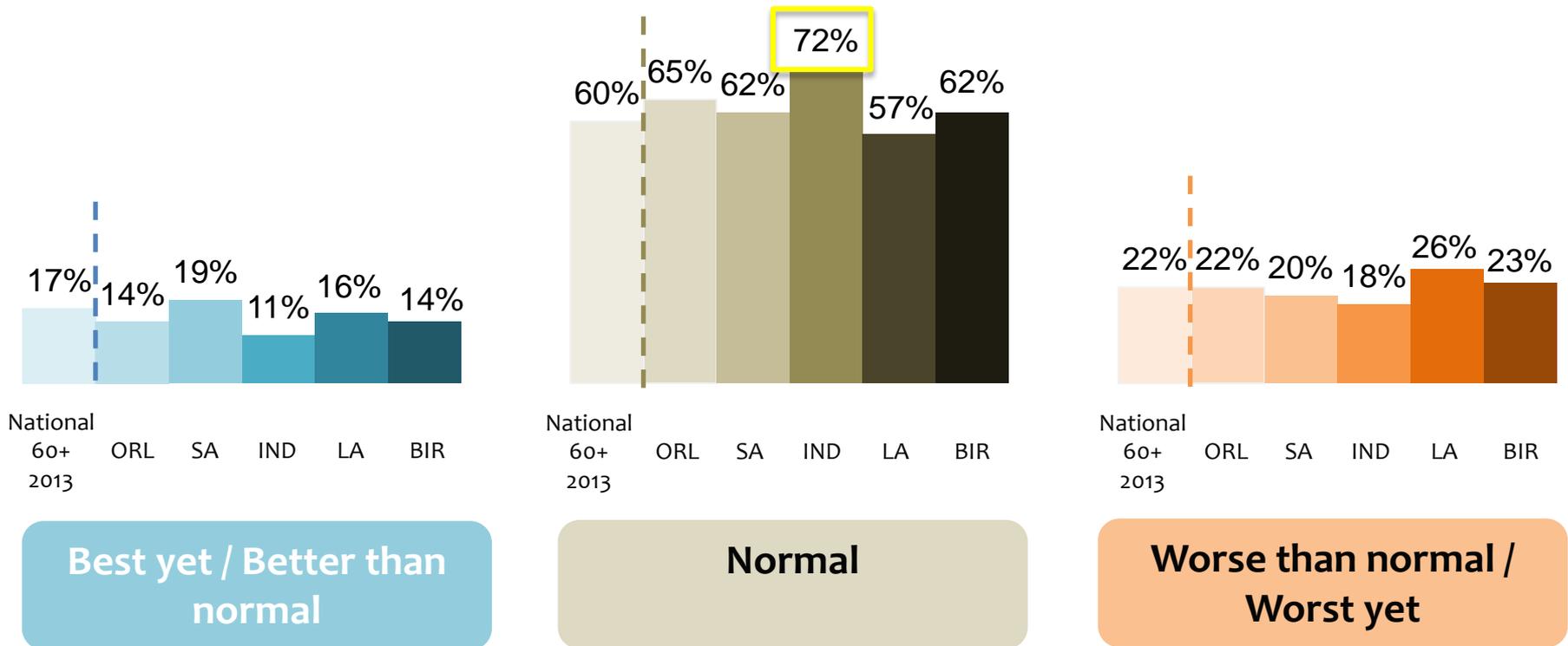
Among National 60+ 2013

	0	1	2	3	4	5+
ORL	14%	23%	13%	21%	12%	18%
SA	13%	19%	20%	17%	12%	20%
IND	8%	18%	21%	17%	14%	22%
LA	11%	18%	27%	14%	10%	19%
BIR	10%	18%	23%	18%	10%	21%



# Six out of 10 seniors nationally say their health has been normal in the past year – Indianapolis seniors are most likely to agree

With regard to your health, would you say the past year of your life has been...?



\*Not showing “don’t know”  
 Q6 (For 60+ 2013). With regard to your health, would you say the past year of your life has been... Among All.



The majority of seniors nationally and across regions say it is not at all difficult to perform regular activities independently, particularly seniors in Orlando and San Antonio



84%

of seniors 60 or older say it is **not very or not at all difficult** to perform regular activities independently – 90 percent of San Antonio seniors agree

How difficult is performing regular independent living activities such as leaving your home or moving around the house freely without the assistance of any device or person?	National 60+ 2013	ORL	SA	IND	LA	BIR
Not at all difficult	76%	84%	81%	78%	79%	78%
Not very difficult	8%	4%	9%	11%	8%	11%
Somewhat difficult	11%	8%	8%	7%	9%	8%
Very difficult	4%	4%	1%	3%	4%	3%



\*Not showing “don’t know”

Q31 (For 60+ 2013). How difficult is performing regular independent living activities such as leaving your home or moving around the house freely without the assistance of any device or person? Among All.

Most seniors are unlikely to have set health goals and are not taking steps to proactively manage their health as they age – seniors in Birmingham are least likely to have received help to develop a health plan

	National 60+2013	ORL	SA	IND	LA	BIR
<i>Have not set one or more specific goals to manage health in the past 12 months</i>	51%	52%	56%	57%	48%	57%
<i>Received help to develop an action plan for how to manage problems with health in past 12 months</i>	19%	19%	20%	17%	24%	13%
<i>Never exercise for 30 minutes or more</i>	18%	19%	13%	18%	13%	19%
<i>Have not taken any steps toward preventing falls</i>	43%	35%	45%	41%	44%	42%



Q32 (For 60+ 2013). In the past 12 months, which of the following have you done to reduce your chance of a fall? Among All.

Q33 (For 60+ 2013). How often do you typically exercise for 30 minutes or more? Among All.

Q34 (For 60+ 2013). In the past 12 months, did you set one or more specific goals to manage your health? Among All.

Q36 (For 60+ 2013). In the past 12 months, did you receive help to develop an action plan for how to manage problems with your health? Among All.

Seniors in the oversampled regions are slightly more likely to report not having any barriers to managing their health conditions – particularly seniors in Los Angeles and San Antonio

Barriers to managing health conditions		National 60+ 2013	ORL	SA	IND	LA	BIR
Among those with 1+ chronic health conditions (Showing top 4 choices)							
Lack of energy 		25%	22%	19%	23%	18%	20%
Lack of money 		21%	12%	12%	14%	12%	17%
Lack of willpower 		17%	14%	15%	19%	11%	19%
Lack of insurance 		9%	5%	4%	4%	6%	4%
None of these		47%	51%	55%	50%	57%	53%



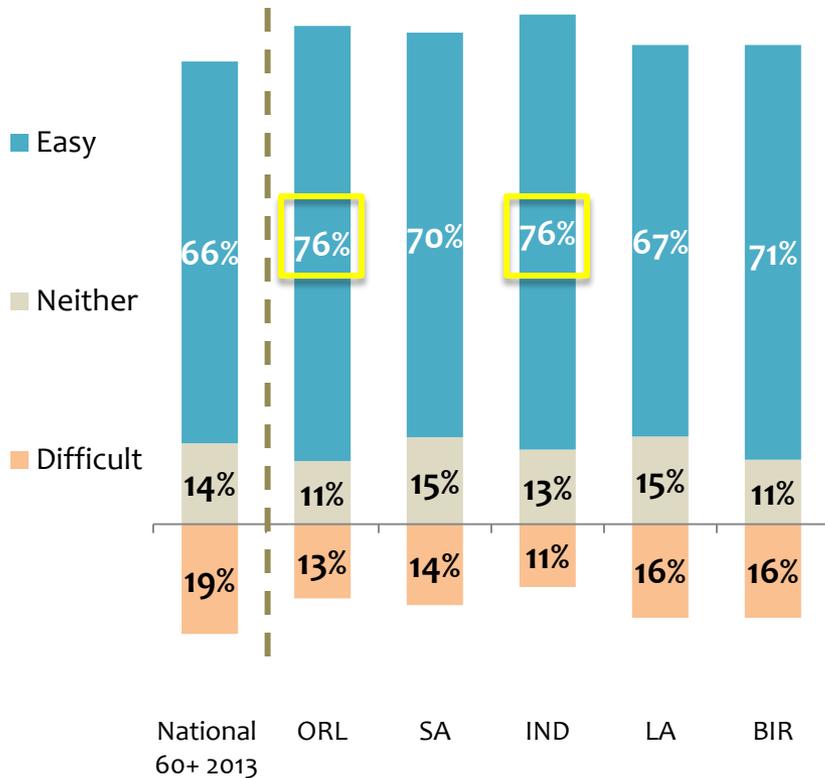


# Financial Security

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# A majority of seniors express ease in paying their monthly expenses, with respondents in Orlando and Indianapolis expressing the most ease

In general, based on your current income and savings, how easy or difficult is it for you to pay your monthly living expenses?



In the past year, did you have to reduce your regular spending to pay a regular monthly bill?

	National 60+ 2013	ORL	SA	IND	LA	BIR
% Yes – have reduced regular spending	18%	9%	12%	10%	13%	16%

Q14 (For 60+ 2013). In general, based on your current income and savings, how easy or difficult is it for you to pay your monthly living expenses? Is it... Among All.

Q20 (For 60+ 2013). In the last 12 months did you have to reduce your regular spending on items such as food or clothes in order to pay a regular monthly bill like electricity or auto insurance? Among All.



# Seniors in Orlando, Indianapolis and Birmingham rely on Social Security – seniors in San Antonio and Los Angeles are more likely to rely on pensions

Primary source of retirement income (Showing top 3)		National 60+ 2013	ORL	SA	IND	LA	BIR
 <b>Social Security</b>	Among retired	43%	40%	31%	49%	31%	46%
	Non-retired	41%	-	-	-	-	-
 <b>Company or government pension</b>	Among retired	32%	33%	42%	20%	33%	30%
	Non-retired	21%	-	-	-	-	-
 <b>Savings &amp; investments</b>	Among retired	13%	17%	20%	24%	23%	16%
	Non-retired	30%	-	-	-	-	-

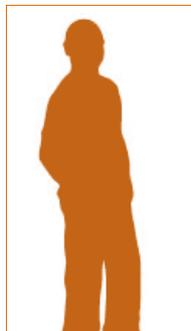
\*Sample sizes under n=75 are not shown, as these sample sizes are too small to be statistically reliable

Q24 (For 60+ 2013 and 18-59 2013). And of those, which will be your primary source of retirement income? Among those not retired + selecting more than 1 choice in Q23 (ORL: n=43; SA: n=39; IND: n=39; LA: n=55; BIR: n=36).

Q26 (For 60+ 2013). And of those, which is your primary source of retirement income? Among those retired + selecting more than 1 choice in Q25 (ORL: n=172; SA: n=143; IND: n=147; LA: n=135; BIR: n=144).



# Seniors in Orlando and Indianapolis are slightly less concerned about their savings and income being sufficient to last the rest of their life compared with seniors nationally



**53%**

of seniors 60+ say they are **concerned about whether their savings & income will be sufficient to last for the rest of their life**

How concerned are you that your savings and income will be sufficient to last for the rest of your life? Are you...	National 60+ 2013	ORL	SA	IND	LA	BIR
Very concerned	22%	13%	16%	13%	16%	20%
Somewhat concerned	31%	31%	31%	34%	31%	31%
Neutral	12%	14%	13%	12%	14%	12%
Not very concerned	15%	20%	18%	20%	15%	14%
Not at all concerned	18%	20%	20%	20%	22%	21%



\*Not showing "don't know"

Q15mA (For 60+ 2013). How concerned are you that your savings and income will be sufficient to last for the rest of your life? Are you...? Among All.

The background is a solid teal color with faint, stylized silhouettes of people. One central figure has their arms raised in a 'V' shape. Other figures are partially visible, some appearing to hold hands, suggesting a community or group setting.

# Community Support

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Most seniors agree their community is responsive to the needs of seniors, but many lack confidence in their community's preparedness – Orlando seniors have notably more positive perceptions of their community



## **71%** of seniors 60+ feel their **community is responsive** to the needs of seniors

- **82%** of Orlando seniors
- **67%** of San Antonio seniors
- **77%** of Indianapolis seniors
- **64%** of Los Angeles seniors
- **73%** of Birmingham seniors

## **33%** of seniors 60+ do not believe their **community is doing enough to prepare** for the future needs of the growing senior population

- **20%** of Orlando seniors
- **31%** of San Antonio seniors
- **33%** of Indianapolis seniors
- **32%** of Los Angeles seniors
- **40%** of Birmingham seniors

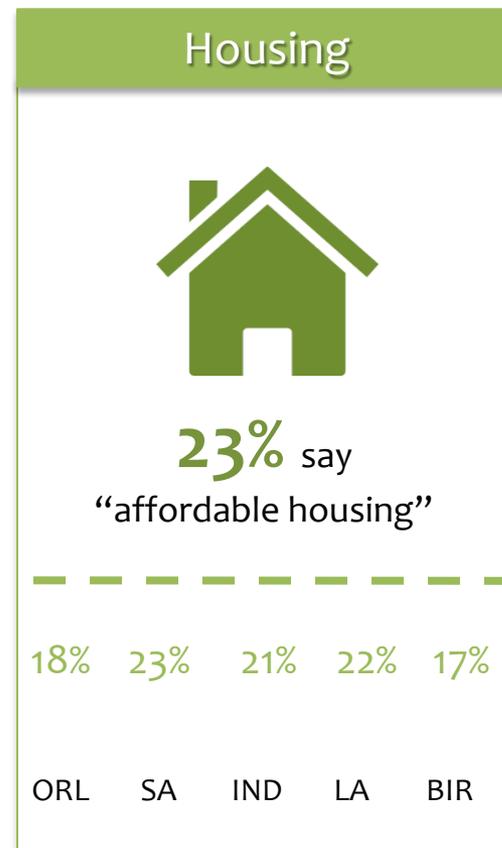
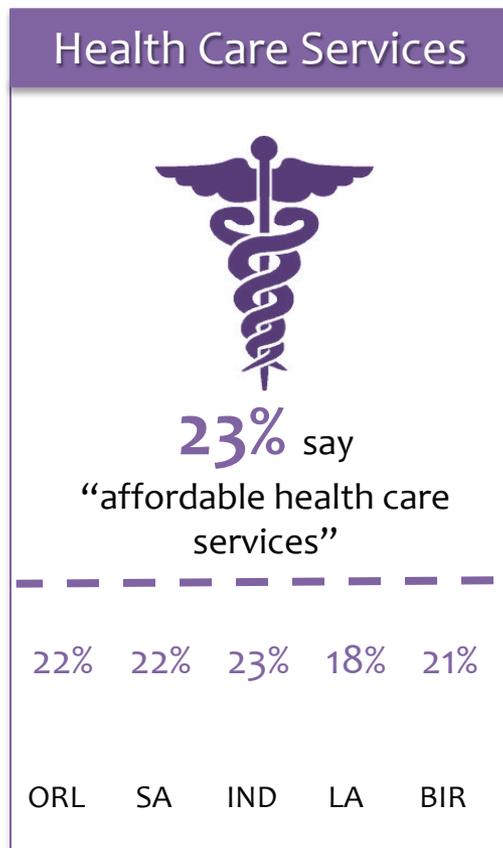
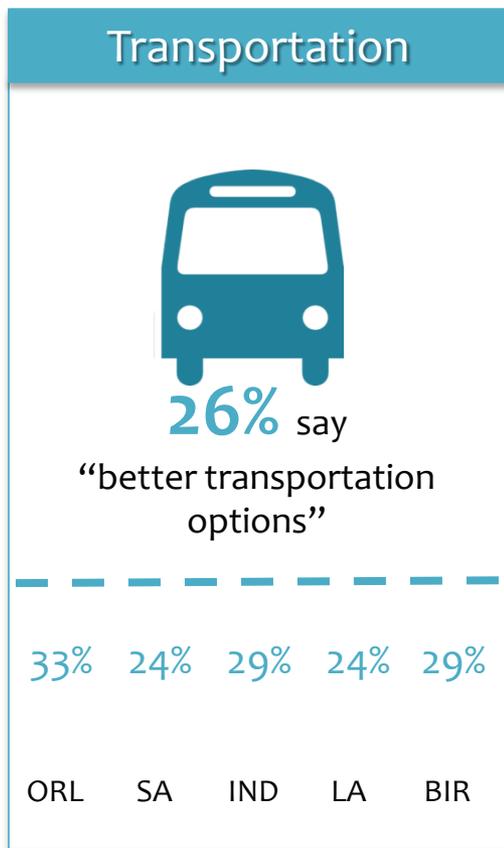


Q58 (For 60+ 2013). Do you feel your community – meaning the city/town you live in – is doing enough to prepare for the needs of a growing Senior population? Among All.

Q59 (For 60+ 2013). Do you feel your community is responsive to the needs of seniors? Among All.

# Seniors across oversampled regions say their city / town should invest more in transportation, health care, and housing to support seniors

## Seniors believe their city / town should invest more in ...



Across oversampled regions, seniors say staying connected with family and friends is more important than having financial means in their senior years

## Top 5 aspects to having a high quality of life in their senior years



	National 60+2013	ORL	SA	IND	LA	BIR
<b>Staying connected to friends / family</b>	<b>40%</b>	<b>39%</b>	<b>41%</b>	<b>40%</b>	<b>33%</b>	<b>39%</b>
Having financial means	30%	28%	25%	31%	32%	17%
Staying mentally active	26%	24%	29%	33%	33%	26%
Staying physically active	25%	30%	25%	23%	23%	28%
Having a spiritual / religious connection	25%	27%	26%	29%	22%	44%

Birmingham seniors place high importance on having a spiritual / religious connection



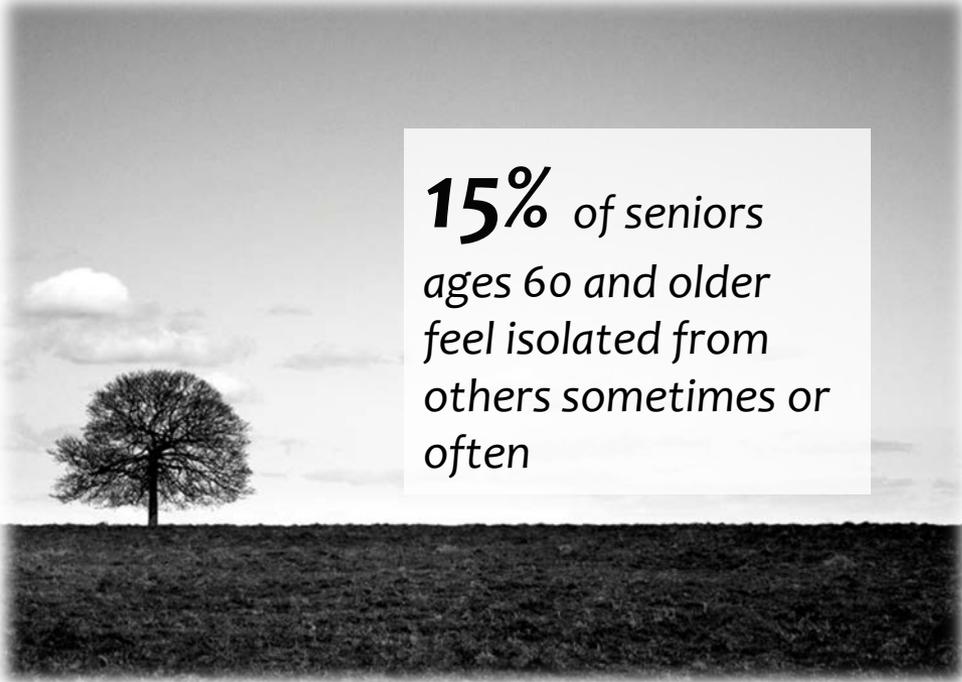
In living a longer life, seniors across all oversampled regions are most excited about seeing children / grandchildren grow up and spending time with family – Birmingham seniors in particular

## Top 3 aspects that excite them most about living a longer life

	National 60+2013	ORL	SA	IND	LA	BIR
 <b>Seeing children / grandchildren grow up</b>	41%	35%	43%	43%	32%	52%
Spending time with friends and family	20%	14%	15%	17%	17%	14%
Having time to do the things I enjoy	18%	26%	19%	18%	21%	21%



## Indianapolis seniors are nearly half as likely to experience feelings of isolation compared with seniors nationally



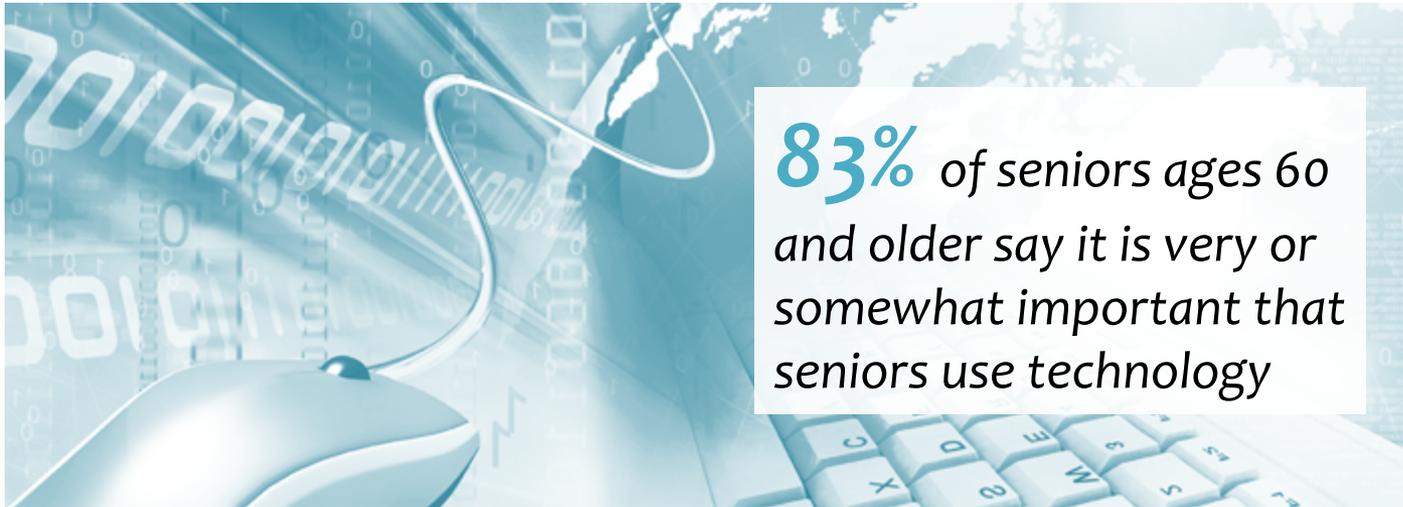
**15%** of seniors  
ages 60 and older  
feel isolated from  
others sometimes or  
often

As compared with...

- 12% of Orlando seniors
- 11% of San Antonio seniors
- 8% of Indianapolis seniors
- 19% of Los Angeles seniors
- 15% of Birmingham seniors



## Seniors of all oversampled regions agree it is important to use technology



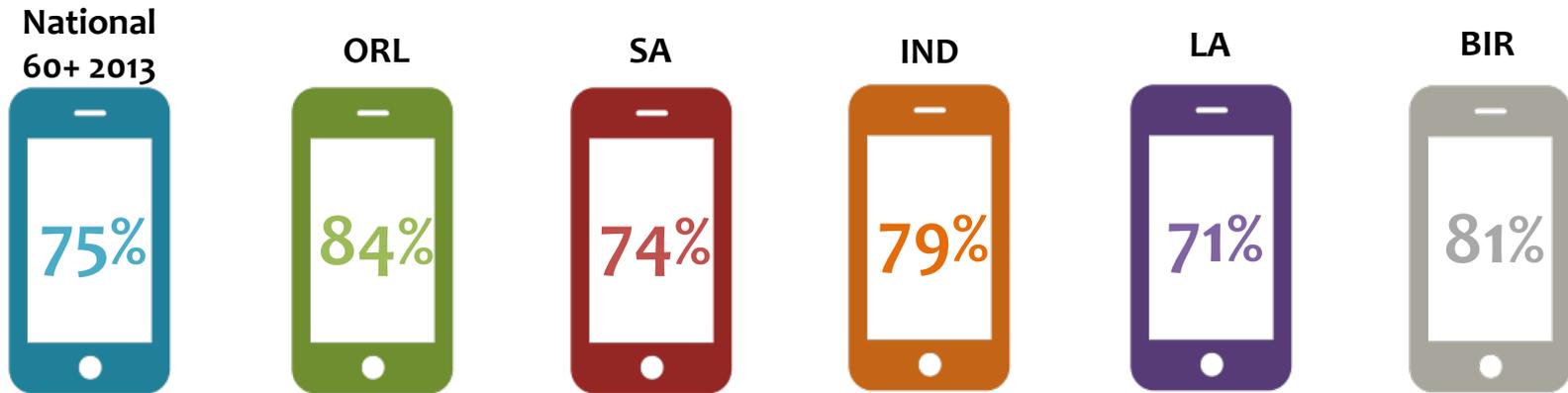
As compared with...

- **86%** of Orlando seniors
- **82%** of San Antonio seniors
- **80%** of Indianapolis seniors
- **84%** of Los Angeles seniors
- **85%** of Birmingham seniors



# Seniors in all oversampled regions use technology such as cell phones – Orlando and Birmingham seniors in particular

## Use cell phones frequently...



## But feel there are barriers preventing seniors from using more technology

	National 60+2013	ORL	SA	IND	LA	BIR
I don't understand how to use it	34%	30%	33%	33%	29%	30%
I don't think I need it	34%	33%	39%	35%	35%	41%
I don't trust it to be secure	28%	28%	28%	33%	26%	29%
It costs too much	27%	20%	19%	30%	20%	27%

