



Snohomish County

Human Services

Published October 2023

Snohomish County Follow-Up COVID-19 Seniors Survey

Measuring the Pandemic's Impact on Residents 55+

The mission of Human Services is to help all persons meet their basic needs and develop their potential by providing timely, effective human services and building community.





Message from Executive

Dave Somers

Greetings –

The COVID-19 pandemic had a devastating impact on communities across our region.

In 2022, we conducted a four-month engagement effort to get a clear set of pandemic recovery priorities from the community. In those conversations, seniors made clear that the pandemic caused an increased sense of loneliness, isolation, and related negative health impacts.

As the Area Agency on Aging for our community, Snohomish County Human Services, Aging and Disability Services Division, is committed to keeping the needs of older adults as a core priority. That's why we continued our outreach and surveyed residents 55 and older at the height of the pandemic in January 2021 and again in January 2023. In total, Snohomish County received more than 3,500 survey responses that advised us on critical areas including health and wellbeing, financial impacts, kinship care, and emergency preparedness.

Our Follow-Up COVID-19 Senior Survey summarizes the responses we received from older adults in our community. Going forward, Snohomish County will use these responses to help guide our ongoing actions to meet the needs of older adults and guide our planning efforts as the Area Agency on Aging.

As we continue our long-term recovery, the County and our partners are focused on addressing the lingering social and economic impacts of the pandemic through programs that ensure the continuity of in-home care services, increase the availability of home delivered meals, ensure vaccine access, support programs that combat social isolation, among several other initiatives.

The pandemic has demonstrated the importance of having a strong network of aging services available in our community to address the unmet needs people face during these unfamiliar times. I want to express my gratitude to our service providers, senior centers, Council on Aging, and Snohomish County Aging and Disabilities Services Division staff for their collective work to support older adults in our community.

With my best wishes for a safe and healthy future,



Dave Somers
Snohomish County Executive





State of Snohomish County

Snohomish County is a community of resilience, equipped with public health measures, knowledge, and other protective factors helping us rebuild from when the first U.S. case of the novel coronavirus disease (COVID-19) was confirmed here, in Snohomish County, on January 20, 2020, resulting in the loss of 1,460¹ residents to date.

More than three years later, our country marked the end of the COVID-19 public health emergency, transitioning from the emergency response phase to one of recovery. While we move into more manageable and predictable efforts to reduce the spread and severity of COVID-19, wide-ranging and long-term impacts are still felt by many, especially older adults, people who are immunocompromised, and people with disabilities.

Snohomish County Human Services surveyed residents 55 and older at the height of the pandemic, January 2021, and again January 2023 to better understand the unique difficulties older adults face. The latest survey measured critical areas around:

- Health and well-being, including:
- Risk of infection
- Physical and emotional safety
- Financial impacts
- Kinship care
- Services used
- Technology access and use
- Transportation
- Emergency preparedness

This report summarizes those responses and will help inform future planning efforts and services to assist residents 55 and older.

Why 55 and older? There is no universal age to define what it means to be a senior or older adult, but generally these terms are interchanged and associated with becoming eligible for Social Security (62), Medicare (65), and Full Retirement Age (66-67). Many businesses begin to offer discounts starting at age 50. Locally, funded senior center activities and services are available to residents 55 and older and Meals on Wheels services are available to eligible residents 60 and older.

¹COVID-19 Data Dashboard: www.doh.wa.gov/emergencies/covid-19/data-dashboard

Survey Distribution

Snohomish County has a diverse population of 833,540² spread over 2,086 square miles, from the northern Puget Sound in the west to the Cascade Mountains in the east. Approximately 228,266³ residents aged 55 or older call Snohomish County home.

SNOHOMISH COUNTY RESIDENTS 55+,
WE WANT TO HEAR FROM YOU!



Take the survey by
2/28/2023!

PLEASE SHARE HOW WE CAN HELP YOU
RECOVER FROM THE PANDEMIC

FOLLOW-UP COVID-19 SENIORS SURVEY

English 中文 دری پشتو 한국어 Русский
Español УКРАЇНСЬКА (UKRAJINS'KA) Tagalog Tiếng Việt

The Follow-Up COVID-19 Seniors Survey was published in ten languages, five more than the original survey:

- Chinese
- Dari
- English
- Korean
- Pashto
- Russian
- Spanish
- Tagalog
- Ukrainian
- Vietnamese

Additional translations were made available upon request.

Information about the follow-up survey was shared in [Homage's newsletter](#) in The Herald, the [Lynnwood Times](#), and posted to the [Human Services website](#). The survey was also shared on the County's social media platforms and across the County's network of service providers and community partners.

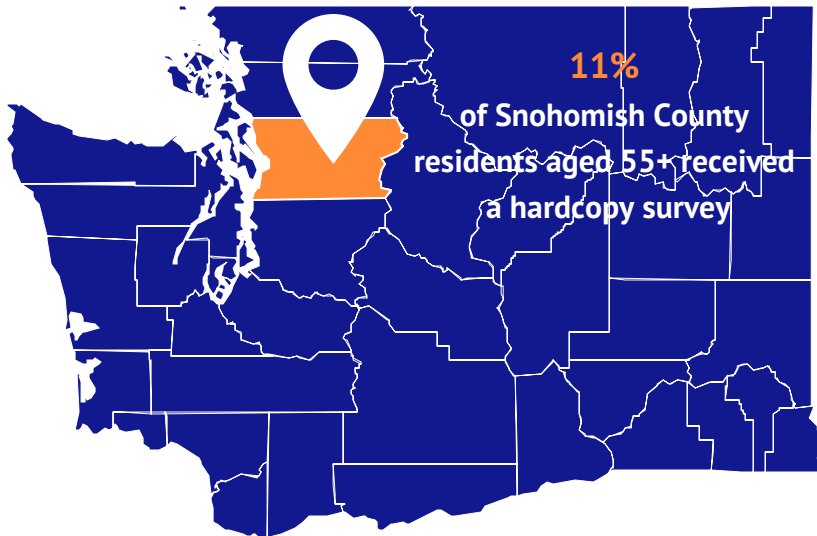
The follow-up survey was offered online through SurveyMonkey and in paper form from January 2023 - February 2023. Additional paper copies were made available upon request. In addition to Human Services clients and senior center members, paper surveys were randomly mailed to residents aged 55 and older with return postage provided.

Response Rates

The 2023 Follow-Up COVID-19 Seniors Survey reached approximately 11% of Snohomish County residents aged 55 and older (about 4% more than the first survey distributed in 2021). Approximately 25,000 hardcopy surveys were distributed with paid return postage.

Enough residents completed the survey to accurately reflect the attitudes of Snohomish County residents aged 55 and older.

3,564 total surveys were completed with an overall response rate of 14%. Of these, 580 were completed online. Only two surveys were taken in a language other than English online and 91 by paper.



*Thank you. This is the most helpful mail
I have received in years.*

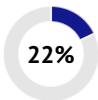
Race and Ethnic Heritage



14% of Responses were from BIPOC Seniors

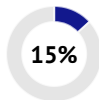
89% of the seniors who took the survey shared their race: 14% were Black, Indigenous, and People of Color (BIPOC), a 46% increase in BIPOC responses compared to the 2021 survey. Of BIPOC seniors who took the 2023 survey, 64% were Asian, 10% were Black or African American, 9% were Multiracial, 4% were American Indian or Alaskan Native, and 2% were Pacific Islander. Seniors who shared a Hispanic or Latinx ethnicity were included as People of Color and accounted for 11% of BIPOC respondents.

The information below illustrates the proportion of seniors within Snohomish County BIPOC communities⁴.



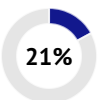
Asian Seniors

Of the Snohomish County Asian population, 22% are seniors aged 55 or older.



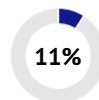
Black or African American Seniors

Of the Snohomish County Black or African American population, 15% are seniors aged 55 or older.



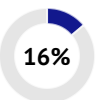
Pacific Islander Seniors

Of the Snohomish County Pacific Islander population, 21% are seniors aged 55 or older.



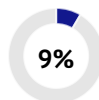
Multiracial Seniors

Of the Snohomish County Multiracial population, 11% are seniors aged 55 or older.



American Indian and Alaskan Native Seniors

Of the Snohomish County American Indian and Alaskan Native population, 16% are seniors aged 55 or older.



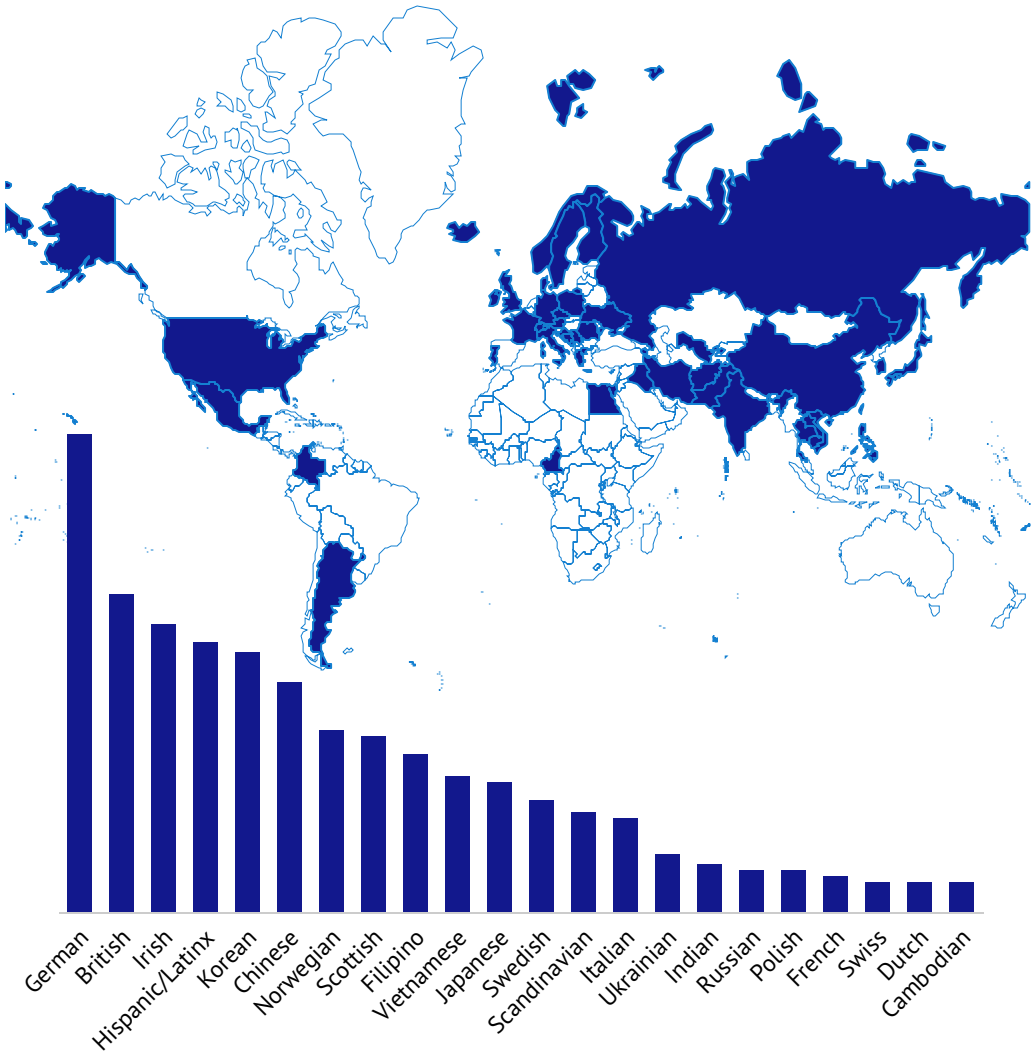
Hispanic or Latinx Seniors

Of the Snohomish County Hispanic/Latinx population, 9% are seniors aged 55 or older.

⁴U.S. Census Bureau, ACS Tables B01001B-I, 1-Year Estimate, 2021

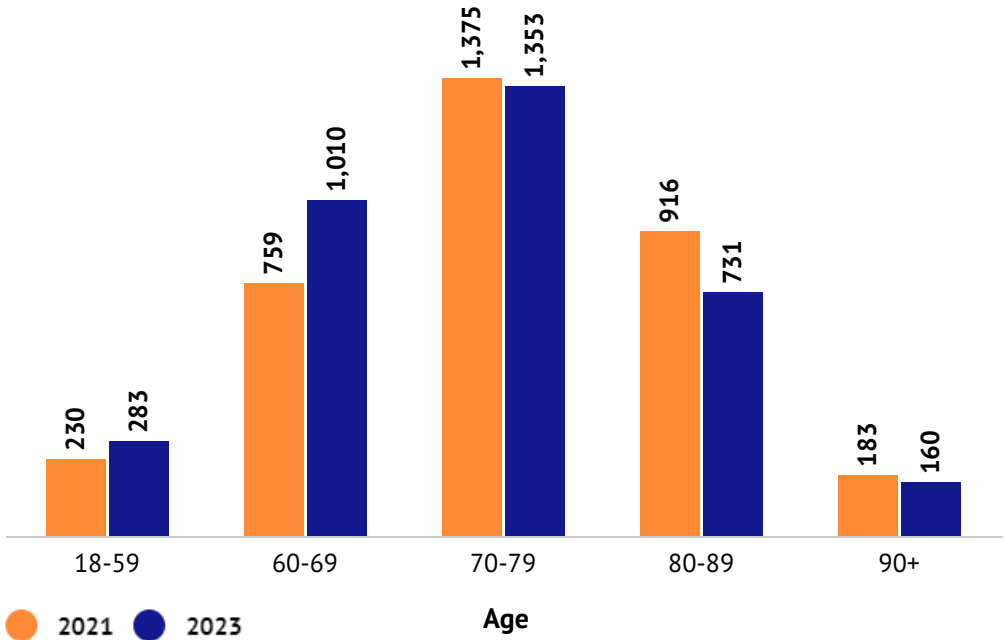
Snohomish County Seniors are Multi-Cultural

While the majority of respondents identified as White (86%), the survey found that many seniors across Snohomish County come from a wide variety of ethnic heritages as depicted in the map and chart below.

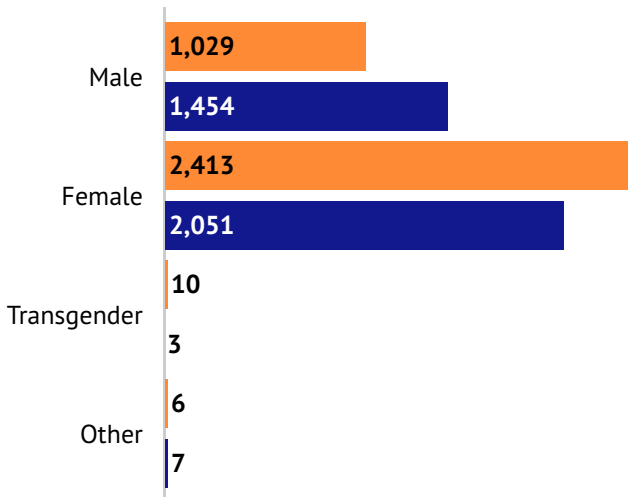


Most Prevalent Ethnic Heritages Reported by Snohomish County Seniors

Seniors of All Ages



Seniors by Gender Identity

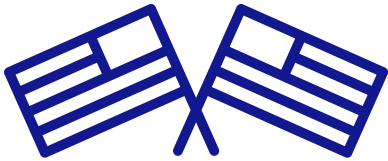


58% of respondents to the Follow-Up COVID-19 Survey were Females.

Female residents aged 55 and older represent 52%⁵ of Snohomish County's senior population.

Saluting our Veterans

1 in 6 Seniors are Veterans



17% of seniors shared they are a Veteran. Of which, 9% are women and 7% of Veterans identified as BIPOC. 76% of Veterans shared they are retired or not seeking employment. 37% have a disability and 6% are not working due to a disability. Half of our Veterans live in a home without a mortgage.

Seniors with Pets

Nearly 1 in 2 Seniors Have a Pet

47% of seniors shared they have a pet, an increase of 11% compared to the number of pet owners from the 2021 survey. Of seniors today with a pet, approximately 32% live alone and 33% have a disability. 62% of pet owners shared they have an emergency kit of food, supplies, and medicine at home for their pets.



Need financial assistance with utilities, food, pet food, a volunteer to walk my dog when I'm not able to, rental assistance, home repair, and maintenance.

Active Lifestyle



It's challenging to consistently get the exercise I need and the healthy fresh foods on a regular basis due to my disabilities and being immunocompromised.

49% Go Walking

1,693 seniors (49%) shared they go on a walk near home at least three times a week. 46% who go walking also have a pet. Of the seniors who do not go walking, 45% have a disability, 38% have a household income of \$2,500 or less, 8% have Long COVID symptoms, and 6% do not feel physically and emotionally safe where they live.

Seniors Living with a Disability



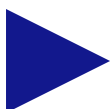
● Female ● Male

1 in 3 Seniors Live with a Disability

Among our seniors who responded to the survey, 33% reported having a disability. Of which, 61.5% are females.

Recent Census data⁶ indicates that 22.6% of Snohomish County seniors aged 65 to 74 have a disability. The Census also estimates that 47.5% of Snohomish County seniors aged 75 and older have a disability.

We need more affordable housing/rentals for disabled like me.



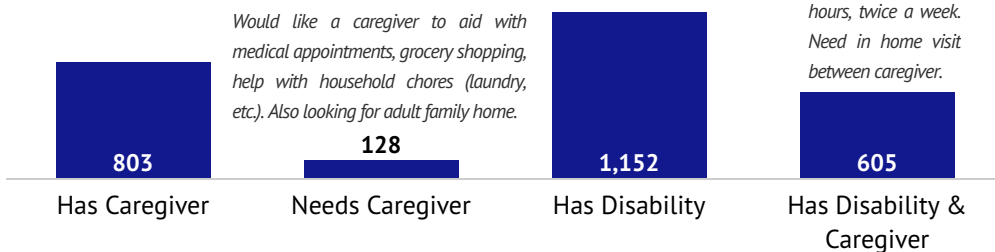
Seniors Who Rely on a Caregiver

23% of Seniors Rely on a Caregiver

Nearly 1 in 4 seniors reported relying on a caregiver. Of these seniors, 75% have a disability. 40% of seniors with a caregiver and a disability also live alone.

4% of Seniors Need a Caregiver, But Don't Have One

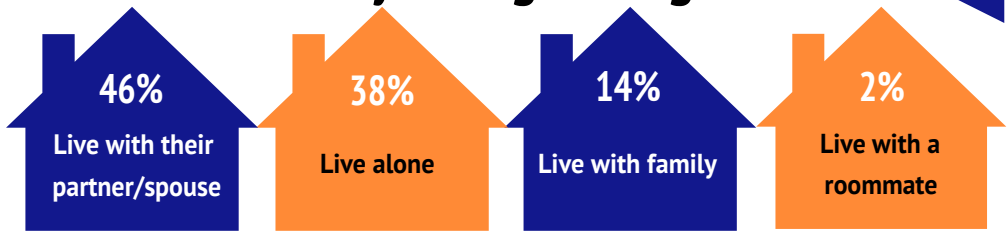
128 seniors indicated they need a caregiver, but do not have one. People who provided their contact information were referred to Human Services Long-Term Care and Aging. The survey also included contact information to reach the Aging and Disability Resource Network.



Caregiver

A caregiver is someone who provides paid or unpaid support, even minimally, and can be a friend, family member, or professional.

Seniors by Living Arrangement



Harvard researchers found that "household composition was systematically related to resilience during the pandemic. Older adults living with partners had more economic resources compared to other households before the pandemic, and once the pandemic began, they experienced fewer disruptions to their finances or personal assistance."⁷

Household Income by Living Arrangement

1 in 2 Living Alone Earn \$2,500 or Less

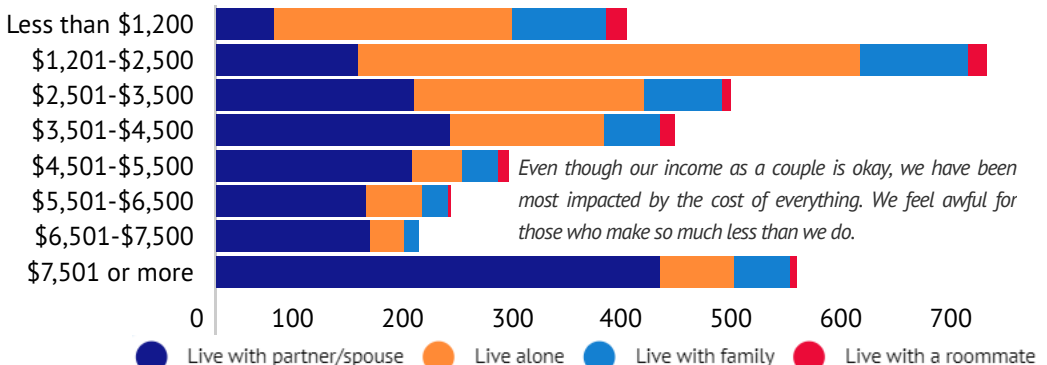
51% of seniors living alone shared they have a monthly income of \$2,500 or less. Of these seniors, 75% are female, 13% are BIPOC, and 12% are BIPOC females.

1 in 4 Living with Partner or Spouse Earn More than \$7,500

26% of seniors living with their partner or spouse have a monthly income of \$7,501 or more and 6% of which, in this income bracket, identified as BIPOC.

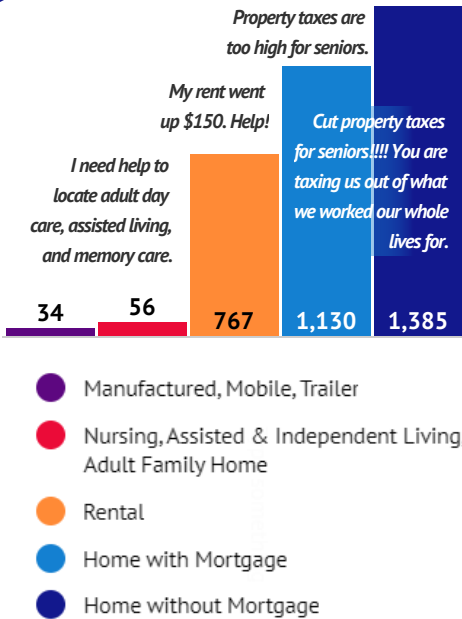
12% of Senior Households Live Below the Federal Poverty Line (FPL)

30% of senior households living below the FPL are BIPOC. Overall, 55% living below the FPL live alone. Of which, 76% are females, and 23% are BIPOC females.



⁷Harvard Joint Center for Housing Studies (2022). Retrieved from www.jchs.harvard.edu/research-areas/journal-article/household-composition-resource-use-and-resilience-older-adults-aging.

Seniors by Home Type



41% Live Without a Mortgage

Of the 41% of seniors who live in a home without a mortgage, 9% identified as BIPOC. Overall, 35% shared they live alone.

33% Have a Mortgage

Of the seniors who have a mortgage, 10% identified as BIPOC. Overall, 52% shared they have a household income of \$4,501 or more.

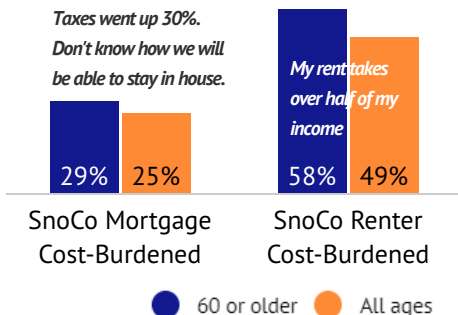
23% Live in a Rental

Of the seniors who live in a rental, 60% shared they live alone. 67% living in a rental have a monthly household income of \$2,500 or less.

Housing Cost-Burdened

At least 87% Who Live Alone Cannot Afford a 1-Bdrm Rental

In Snohomish County, the Fair Market Rent for a one-bedroom apartment is \$2,100. In order to afford this level of rent and utilities, without paying more than 30% of income on housing, a household must earn \$7,000 monthly or \$84,000 annually.

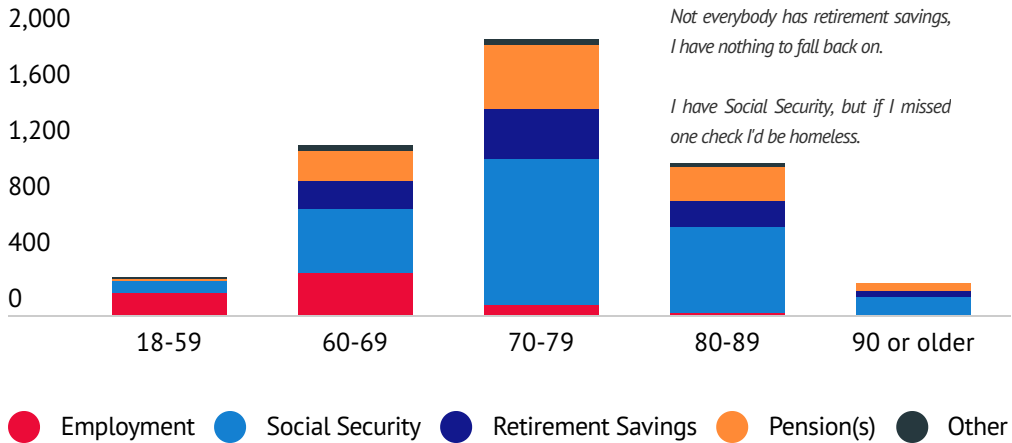


SnoCo	2023 Fair Market Rent	Annual Income Needed	Hourly Income Needed
Efficiency	\$2,042	\$81,680	\$42.54
1-Bdrm	\$2,100	\$84,000	\$43.75
2-Bdrm	\$2,455	\$98,200	\$51.15
3-Bdrm	\$3,297	\$131,880	\$68.69
4-Bdrm	\$3,847	\$153,880	\$80.15

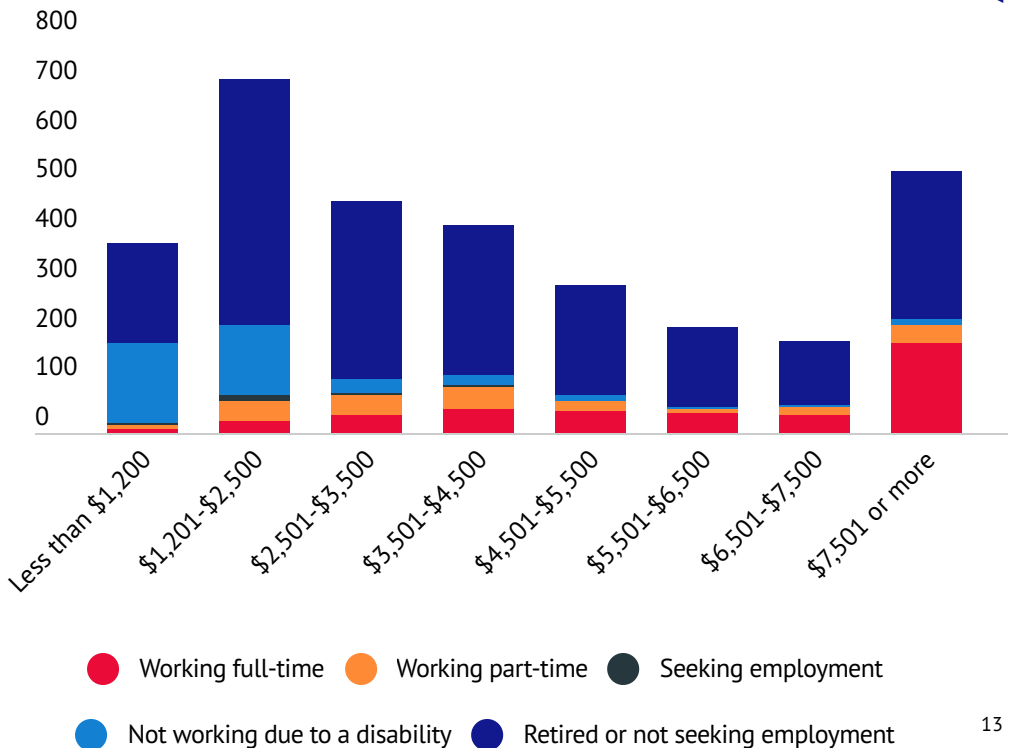
⁸Table: www.huduser.gov/portal/datasets/fmr/fmrs/FY2023_code/select_Geography.odn

⁹Graph: U.S. Census Bureau, ACS Table S0102, 5-Year Estimates, 2017-2021

Primary Source of Income by Age



Employment Status by Household Income





Financial Impacts on Seniors

*I am housing insecure.
I want to stay in my current
rented home, but I am several months behind on rent.*

*Need more low-income housing or senior apartments
with available parking!*

*Some seniors still pay a mortgage and struggle with
all these costs and are being driven from their homes.*

*I live in my car. Searching for low-income housing,
very hard to find. My health is suffering badly.*

12% Struggling with Housing Payments

12% of seniors who responded indicated they have difficulty paying their rent or mortgage, resulting in a 21% increase compared to results of the 2021 survey. For seniors struggling in 2023, 75% are retired or not working due to a disability, 59% have a household income of \$2,500 or less, 55% shared they have a disability, 39% live alone, 37% live in a rental, and 19% identified as BIPOC.

*I'm desperate for rental assistance
and food benefits.*

*Water + Utility bills are draining my savings.
Qualifying income for help is WAY TOO LOW.*

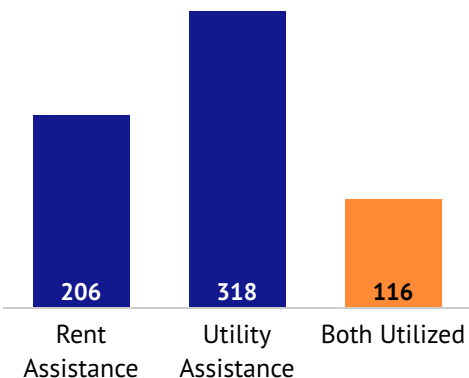
*Need help paying PUD bill, very high
during cold weather.*

Utilities are a big struggle to pay.

15% Utilized Housing

Assistance During the Pandemic

15% of seniors indicated they used housing assistance during the pandemic.



1 in 5 Who Utilized Housing Assistance, Received Both Rent and Utility Assistance

22% of seniors who received housing assistance during the pandemic, received both rent and utility assistance.



Financial Impacts on Seniors

I do worry that I will be forced to move as I age in order to be able to afford life.



I have no savings or retirement.

Inflation is a problem!

38% of Seniors are Worried about Savings

The economic toll caused by the pandemic has 38% of seniors worried about their retirement savings, a 17% increase compared to the 2021 survey. Of seniors worried in 2023, 58% are females, 36% are seniors with a disability, 39% live alone, 38% have a mortgage, and 12% identified as BIPOC. Despite being worried about retirement savings, only a quarter are working part of full-time. Overall, 35% have a household income of \$2,500 or less and the majority have social security as their primary source of income.

8% of Seniors Returned to Work or Worked More to Supplement Income

In the past 12 months, 8% of seniors (266) indicated they had to supplement their income by returning to work or working more. Of which, 42% have a mortgage, 34% have a household income of \$2,500 or less, and 15% identified as BIPOC.

Money is a bit tight. In the past 12 months, husband has had to work more to supplement income. Need, but cannot afford long term care insurance!

Very concerned about Congress reducing Social Security.

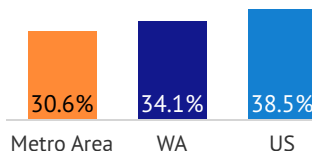
COVID-19 cost us all of our retirement funds, so wife had to go back to work full time.

Rent increased \$500 a month, had to work part time to make ends meet financially.

Reduce taxes and cost of living. Supply better benefits to retired people I will need to leave the state in order to be able to retire.

30.6% of Metro-Area Households of All Ages Had Difficulty Paying Usual Expenses

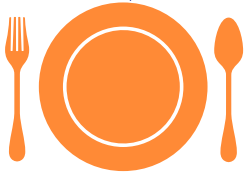
Approximately 30.6% of adults (873,782) living in the metro area reported that they live in households where it has been somewhat or very difficult to pay for usual household expenses in the last 7 days.¹⁰



¹⁰U.S. Census Bureau's Household Pulse Survey (April 26-May 8, 2023). Metro Area includes Snohomish, King, and Pierce Counties. www.census.gov/data/experimental-data-products/household-pulse-survey.html



Food Insecurity



Affordability of nutritious meals is an issue.

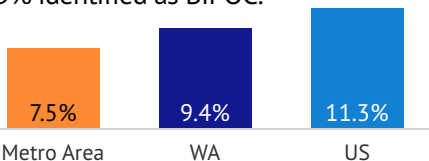
*Help increase food stamp dollars and food money.
It isn't possible to eat healthy on \$100 a month.*

Fresh groceries would be helpful!

9% of Seniors Have

Difficulty Obtaining Healthy Food

310 seniors (9%) have difficulty obtaining healthy food, down 29% compared to results of the first survey. Of seniors having difficulty in 2023, nearly half live alone (48%), 43% live in a rental, 65% have a household income of \$2,500 or less, 82% are retired or not working due to a disability, and the primary source of income for the majority is social security. 19% identified as BIPOC.



¹¹U.S. Census Bureau's Household Pulse Survey (April 26-May 8, 2023). Metro Area includes Snohomish, King, and Pierce Counties. www.census.gov/data/experimental-data-products/household-pulse-survey.html

3 in 4 Seniors Eat

Nutritious Meals Every Day

2,571 seniors (74%) shared that they eat nutritious meals every day. While the majority eat nutritious meals, there was a 33% increase in seniors who don't, compared to responses from the 2021 survey. For the seniors in 2023 not eating nutritious meals, 54% have a household income of \$2,500 or less and 75% receive social security as their primary source of income. 15% identified as BIPOC.



Stop food inflation!

I didn't qualify for Meals on Wheels program.

Getting balanced, nutritious meals is impossible.

I don't cook well.

7.5% of Metro Area

Households of All Ages

Experienced Food Scarcity

Approximately 7.5% of adults (210,686) living in the metro area reported that they live in households where there was either sometimes or often not enough to eat in the last 7 days.¹¹

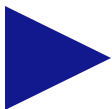
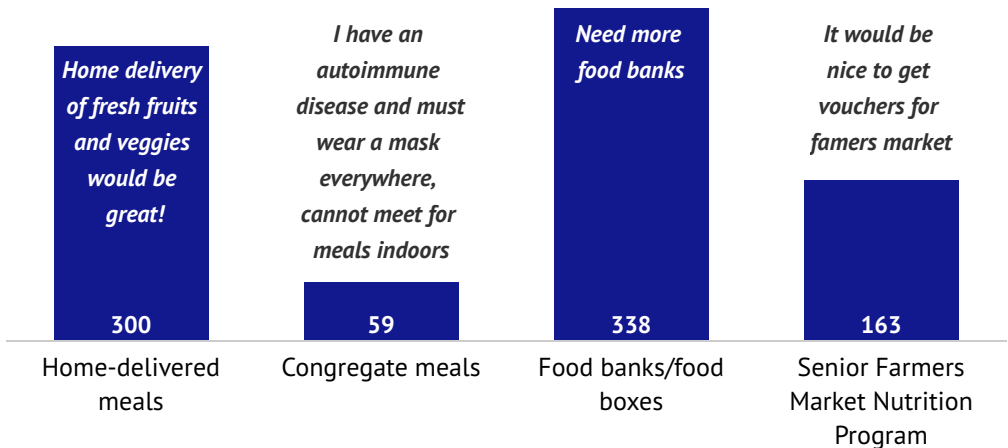


Food Insecurity

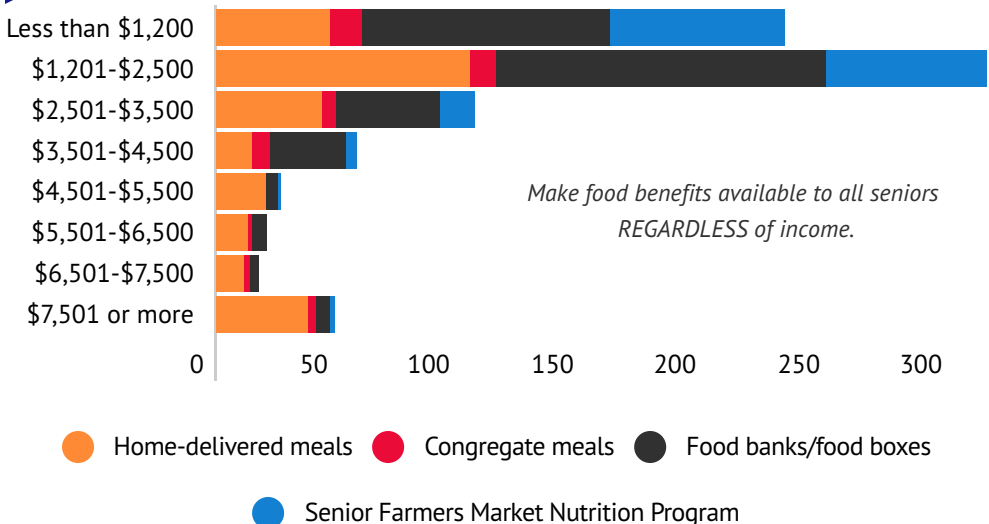
*I barely have enough money to eat.
I'm so behind on all my bills.*

1 in 4 Utilized Food Assistance During Pandemic

Food banks, boxes, and home delivered meals were utilized the most. While food services were utilized across all household income levels, households who earn \$2,500 or less were more likely to rely on food services during the pandemic.



Food Assistance Utilized by Household Income





Kinship Care and Visitation



*Need more programs and services
for grandparents raising
our grandchildren.*

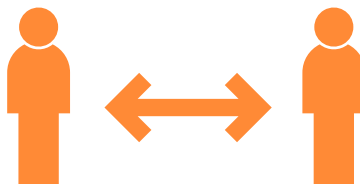
14% of Seniors are Providing Child Care for Friends or Family

492 seniors (14%) are helping friends or family by watching their children, up 74% compared to responses collected in 2021. Of seniors providing child care in 2023, 43% are males, 13% identified as BIPOC, and 15% live with their family, a 23% increase from 2021 results.



20% of Seniors Still Kept from Visiting with a Loved One

The pandemic continues to limit 20% of seniors from visiting with a loved one, compared to 82% reported during the first survey. 2023 responses illustrate that 43% of these seniors have a disability, 25% are 80 or older, and 16% have Long-COVID symptoms.



Lost friends during COVID.



*My son, who is power of attorney for me, comes
every day with dogs to say hi and help when
needed. Feel very blessed.*

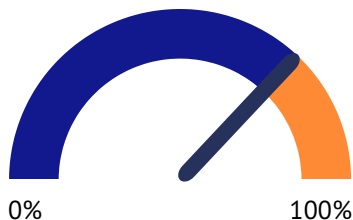
28% Relied on Friends and Family

1,005 seniors (28%) relied on friends and family during the pandemic. Of which, 54% shared they have a disability, 46% live alone, 31% do not have a reliable vehicle at home, and 10% have Long-COVID symptoms.





Health and Wellbeing

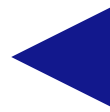


I have family close by who help us when they can, but they all work...I'm not sure what I need...except for support.

I need a therapist to talk out things because COVID-19 has made it hard to focus.

74% of Seniors Have Social Support

Among our seniors who responded to the survey, 74% have someone who has provided social support during the pandemic, down 8% compared to responses collected in 2021. Of the seniors who do not have social support in 2023, 47% have a pet, 46% live alone, 39% have a household income of \$2,500 or less, 34% have a disability, 28% feel lonely, and 26% are nervous, anxious, or on edge.



87% of Seniors Have Someone to Talk to Every Day

The majority of seniors have someone to talk to every day, but 9% do not, an improvement of 18% compared to responses shared in 2021. Of the seniors who do not have someone to talk to every day in 2023, 83% live alone, which is similar to 2021 results.



*Lost social communication;
I don't have a family.*

*Socializing is hard for seniors.
COVID-19 has added another layer of difficulty.
As seniors are more isolated than most.
And vulnerable to health problems.*



I would like evening or weekend social activities: walking, biking, hiking, bridge, garden tours, etc.

33% of Seniors Have Started a New Hobby

Approximately 1,135 seniors started a new hobby during the pandemic, a 19% increase from the 2021 survey. 37% of seniors who started a new hobby in 2023 live alone and 27% shared they feel lonely.





Health and Wellbeing

I have tried to get mental health counselor for 2.5 years I have contacted so many. They are full, too far away, or don't take Medicare and Tricare. I think because of my senior age, I'm not that important.

I am particularly worried what I will do when my spouse dies as I am now very isolated.

I need more contact with others.

Lonely.

I'm lonely most times.

I would just like to get out more.



15% Feel Lonely

15% of seniors shared that they feel lonely. Loneliness was more common among those surveyed in 2021 with 30% less seniors reporting feeling lonely in 2023.

A U.S. Surgeon General Advisory was issued May 2023 calling attention to the public health crisis of loneliness, isolation, and lack of connection.¹²

18% of Seniors Feel Anxious, Nervous, On Edge

Among our seniors who responded to the survey, 18% feel anxious, nervous, or on edge most days. Of which, 50% also feel lonely and 81% regularly watch, read, or listen to the news.

The U.S. Surgeon General warns that in older adults, both social isolation and loneliness have been shown to independently increase the likelihood of depression or anxiety.¹²



I have never seen a patrol car in my area, unless they were called. I would feel better if they would patrol.



I live alone.

I have no one to talk to or visit with.

I am depressed. I have anxiety and trouble sleeping.

Mental health services are greatly needed.

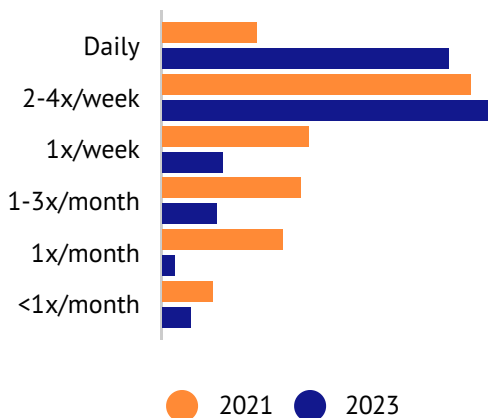
90% Feel Emotionally and Physically Safe at Home

3,114 seniors (90%) shared they feel emotionally and physically safe where they live, 5% shared they do not and 5% do not have an opinion. 64% who do not feel safe are women. Overall, 56% have a household income of \$2,500 or less, 53% have a disability, 52% live alone, 36% have a caregiver, 26% live with their partner/spouse, and 18% identified as BIPOC.

¹²U.S. Surgeon General Advisory (May 2023). www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html



Health and Wellbeing



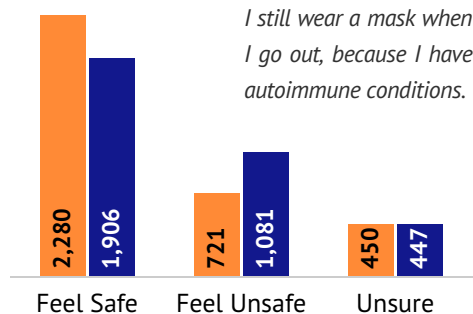
Majority of Seniors Leave Home at Least 2 to 4 times per week

The survey asked seniors how often they left home. 43% indicated 2 to 4 times per week, which is a 6% increase compared to results shared in 2021.

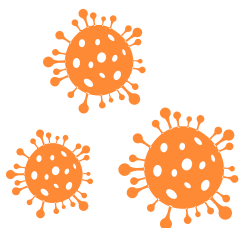
I need more socialization. Help with isolation and depression. *I wish more people still wore masks.*

56% Feel Safe Leaving Home from COVID-19

1,906 seniors shared that they feel safe from COVID-19 when they leave home, down 16% from 2021 when seniors shared they felt more safe leaving home when wearing a face covering.



I still wear a mask when I go out, because I have autoimmune conditions.



I am afraid to go to the senior center, because I am afraid to catch COVID even though I am fully vaccinated and boosted.

Keep public informed on number of COVID cases.

40% Worried about Contracting COVID-19

Despite a higher number of seniors feeling unsafe from COVID-19 when leaving home in 2023, compared to 2021, more are leaving home at least 2 to 4 times a week and are less worried about contracting COVID-19, down 42% compared to 2021. But, for those who are worried, 89% received COVID-19 vaccines/boosters, 36% are disabled, and 23% are 80 or older.



Health and Wellbeing

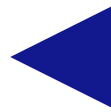


Continue to encourage seniors to stay current with COVID-19 vaccine series and boosters.

84% Utilized COVID-19

Vaccines, Boosters

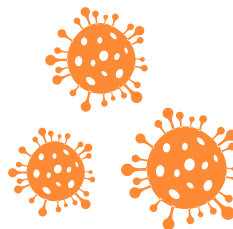
2,979 seniors shared that they received COVID-19 vaccines/boosters.



7% Have

Long-COVID Symptoms

237 seniors shared they have Long-COVID symptoms. Of which, 80% shared they received COVID-19 vaccines/boosters and 13% identified as BIPOC. 27% of seniors with Long-COVID do not have affordable health care and 47% have a disability.

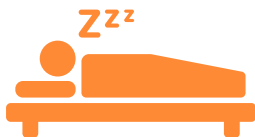


Need help with the effects of Long-COVID, short term memory, word finding, and concerns with future neurological effects from COVID.

38% of Seniors Have

Difficulty Sleeping

1,306 seniors (38%) shared they have difficulty sleeping, resulting in a 17% increase in seniors reporting difficulty sleeping compared to 2021.



73 Utilized the Phone

Reassurance Counseling Program

73 seniors who took the survey shared they participated in the phone reassurance counseling program. Of which, 62% were worried they or a family member would get COVID, 55% had difficulty sleeping, 52% had a household income of \$2,500 or less, 49% felt lonely most days, and 40% felt anxious, nervous, or on edge most days.



*I feel hopeless sometimes, but then rebound.
I can call Homage in Lynnwood for counseling info.*

Homage Senior Services' Senior Peer Counseling:
(425) 265-2289 or toll-free at (800) 422-2024
[www.snohomishcountywa.gov/1033/Senior-Peer-](http://www.snohomishcountywa.gov/1033/Senior-Peer-Counseling-Program)

[Counseling-Program](http://www.snohomishcountywa.gov/1033/Senior-Peer-Counseling-Program)



Health and Wellbeing

*Medicare co-pays
and out of pocket expenses
are more than I can afford. I can't keep
going into debt to see doctors.*



52% of Seniors

Take 5 or More Medications a Day

1,822 seniors (52%) shared that they take 5 or more medications a day, increasing the risk of falls¹³. Of the seniors at a higher risk, 49% have a disability, 39% live alone, and 23% do not have an emergency kit at home.



1 in 4 Have Not Had

Their Teeth Cleaned Recently

936 seniors (27%) shared they have not had their teeth cleaned in the past six months of taking the survey, a 40% decrease in teeth cleanings compared to 2021 results. 52% of which have a household income of \$2,500 or less, 43% are worried about their retirement savings, and 31% shared their health care costs are not affordable.

22% Do Not Have Affordable Health Care

22% shared they do not have affordable health care. Of which, 39% are disabled, 37% have a household income of \$2,500 less, and 11% identified as BIPOC. Alternatively, 2,241 seniors (65%) shared that their health care is affordable.



*Our meds are killing us with high costs
and I have stopped two of my meds
to ease the pressure.*

37% of Seniors Have Their Medications Delivered

1,282 seniors (37%) have their medications delivered to their home, a 5% decrease compared to 2021 results.



Teeth cleaning...a luxury.

*I cannot afford dental care.
Dental care is outrageously expensive.*

*What I really need is good, affordable
dental and vision insurance.*

¹³<https://bmjopen.bmj.com/content/7/10/e016358>



Technology Access and Use

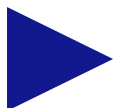


Need to learn how to use computer, phone, and internet.

48% Recently Used Telehealth Services

1,661 seniors (48%) indicated that they used telehealth services in the past year (down 13% from 2021 results) and 44% of which also had their medications delivered.

Need telephone consultation about handling lingering COVID-19 symptoms, Long-COVID.



9% of Seniors Do Not Have Reliable Internet

More seniors reported having reliable internet in 2023 compared to 2021. Latest results show a 33% decline in those without reliable internet. 310 seniors (9%) shared that they do not have reliable internet at home or on a smartphone. 196 of which (63%) also shared that they do not feel comfortable using technology to stay connected.



Need a class to learn how to use today's technology geared towards an older person with Asperger's syndrome (Autism) and learning challenges.

15% Do Not Feel Comfortable Using Technology

513 seniors (15%) do not feel comfortable using technology to stay connected (also down 13% from 2021). 31% of which also feel nervous, anxious, or on edge most days, 28% feel lonely most days, and 19% do not have someone to talk to every day.





Emergency Preparedness



*Need discount cable
to stay in touch with outside.*

86% of Seniors

Stay Informed

2,982 seniors (86%) regularly watch, read, or listen to the news to stay informed, 5% more than 2021 results. Of the seniors who do not, half have a household income of \$2,500 or less, 46% have difficulty sleeping, and 27% feel anxious, nervous, or on edge.



21% of Seniors

Do Not Have an Emergency Kit

725 seniors (21%) do not have an emergency kit of food, supplies, and medicine at home, a 6% improvement in preparedness compared to 2021 results. 40% of seniors who do not have a kit indicated they have a household income of \$2,500 or less and 51% are worried about their retirement savings.



*Should have an emergency kit,
but hard enough getting meds for the month,
never mind an emergency kit.*



*Need help with electricity/heat. No air conditioning.
I have severe COPD and the hot summers
can be hard with my breathing.*

10% of Seniors Do Not Have Heat, A/C, Air Purifiers

356 seniors (10%) do not have reliable heat, air conditioning, and air purifiers in their home. 48% have a household income of \$2,500 or less, 38% live in a rental, 27% live in their home without a mortgage, and 26% live in their home with a mortgage, and 9% identified as BIPOC.





Transportation

I need transportation to go to grocery store. I need to eat healthy food, more veggies and fruits.



Seniors struggle to pay property taxes and Regional Transit Authority (RTA) taxes on vehicles. I just wish I had a car, but can't afford it. I only live on \$749-something.

78% of Seniors Have a Reliable Vehicle

2,692 seniors (78%) have a reliable vehicle at home that they drive as needed. Nearly 1 in 4 BIPOC seniors do not have a reliable vehicle at home.



7% of Seniors Rely on Bus, Rail, or Ride-Share Services

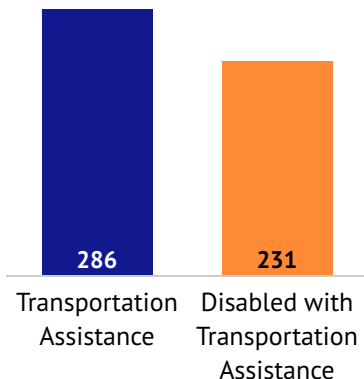
231 seniors (7%) shared their main source of transportation is by bus, rail, or rideshare services like Uber or Lyft. 62 (27%) also have a reliable vehicle at home.



Need help with affordable transportation, disabled can't use bus.

Need public transportation to Index.

Need transportation for medical that can handle a large wheelchair. I have no way to go see family, friends, or church.



8% Utilized Transportation Assistance During the Pandemic

8% of seniors reported using transportation assistance during the pandemic. 81% of which were seniors with a disability.

Need transportation. I live too far out to ride the bus and I need door to door service because I can't walk far.





Snohomish County Senior Centers

I go to the Senior Center every day when I can.

Snohomish County has a number of County funded Senior Centers that offer a wide range of activities and services. The majority of respondents indicated they have never visited a senior center and 63% advised they have never utilized senior center services.

62% of Seniors

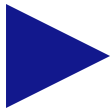
have never visited a senior center.

13% of Seniors

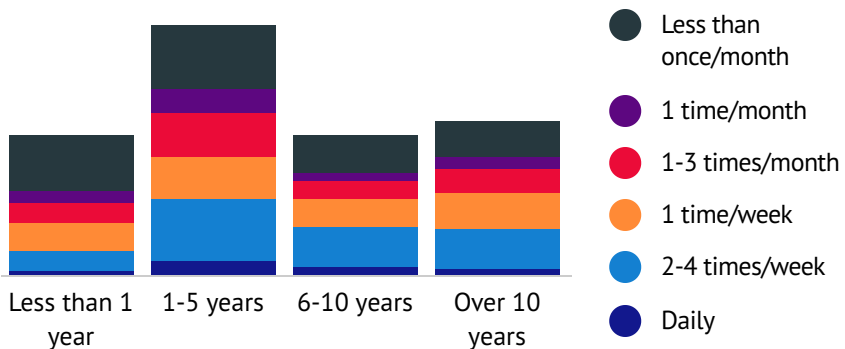
have been visiting for 1 to 5 years.

9% of Seniors

have been visiting for over 10 years.



Utilization of Senior Center Services by Length of Time Visiting a Center



County Funded Senior Centers

Carl Gipson Senior Center in Everett

Cascade Seniors in Darrington

Edmonds Waterfront Center

Marysville Community Center

Lake Stevens Senior Center

Lynnwood Senior Center

Mill Creek Senior Center

Monroe Community Senior Center

Mountlake Terrace Community Senior Center

Mukilteo Seniors Association at Rosehill

Northshore Senior Center in Bothell

Snohomish Senior Center

Lincoln Hill Retirement Community in Stanwood

Stilly Valley Center in Arlington

For more information about senior centers in Snohomish County please visit Human Services' Aging and Disability Services' webpage: www.snohomishcountywa.gov/1022/Senior-Centers



Survey Comments About Senior Centers

”

Very supportive and helpful.

”

I will look into using the senior center. Still figuring out the whole retirement thing. Interested in meeting like-age seniors for activities.

”

Put out more information on the Senior Center. I did not know it existed until this survey.

”

Where are the Senior Centers? Could Sr Centers send flyers out to postal customers?

”

Need bus from senior center up and running.

”

Senior Center is and was a beacon of help, hope, and information

”

Was an active member at the senior center before COVID, but has never visited since the pandemic.

”

Class for senior citizens that help identify scams and fraud. Available at senior centers and assisted living facilities.

”

More senior gathering/programs at senior centers

”

Class on different types of retirement homes - variety, including levels of care and cost.

”

I would like information on senior yoga classes.

”

I like to Visit Senior Center if I have a transportation.

”

Have senior center return to more programs and dinners. Provide networking opportunities for people who don't want to walk alone, and they want to get out more for recreation, walking, including possible jobs for seniors who need extra income.

”

Would like more lunch programs.

”

I'd like a flyer of what you can do, put out to senior centers.

”

Basic computer web classes.

”

Greatest place on earth!



Feeling Hopeful

63% of Seniors are Feeling Hopeful



63% of seniors indicated that life is returning to pre-COVID conditions now that there are COVID-19 vaccines and treatments available. Of the seniors feeling hopeful, 89% shared that they have received COVID-19 vaccines/boosters.

While the majority of seniors are feeling hopeful, 1 in 5 do not think life is returning to pre-COVID conditions now that there are vaccines and treatments available, even though 79% of which received COVID-19 vaccines/boosters. 18% who responded to the survey were unsure on the matter. For seniors not feeling hopeful, 10% identified as BIPOC, 27% shared they are anxious, nervous, or on edge most days, 40% have a disability, 57% are worried that they or a family member will get infected with COVID-19, and similarly, 58% do not feel safe from COVID-19 when they leave home.

Please continue to update our community about COVID related matters.

Please continue to give us clear directions about vaccine/booster schedule.

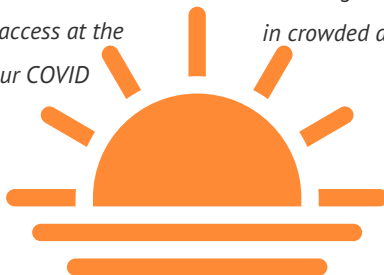
NOT OVER for those of us with one or more preexisting conditions.

Thank you for the vaccination access at the Monroe fairgrounds. We love our COVID health care warriors!

Just by knowing you are there, concerned, and making regular outreaches is comforting. Thank you.

Access to FREE COVID-19 vaccines will be helpful for most of my elderly peers to stay protected. I hope it lasts long enough.

Encourage vaccination and mask wearing in crowded areas.





Resources

Aging and Disability Resource Network:

425-567-0252 or Toll-Free 1-800-422-2024

Online resource directory www.waclc.org/consite/index.php

Snohomish County Senior Centers:

www.snohomishcountywa.gov/1022/Senior-Centers

Property Tax Exemptions:

<https://snohomishcountywa.gov/328/Property-Tax-Exemptions>

Washington 211:

Dial 211 or 1-877-211-9274

<https://search.wa211.org/>

Snohomish County Human Services:

www.snohomishcountywa.gov/191/Human-Services

Snohomish County Public Safety Hub:

www.arcg.is/11rKLb0

Snohomish County Coronavirus Response and Community Resource Hub:

<https://snohomish-county-coronavirus-response-snoco-gis.hub.arcgis.com/>

Snohomish County Health Department Coronavirus Information:

www.snohd.org/532/Coronavirus-Information

Washington State Department of Health: COVID-19

www.doh.wa.gov/emergencies/covid-19



Planning & Evaluation

SNOHOMISH COUNTY HUMAN SERVICES

Kelsey J. Bang-Olsen, MPA

Human Services Program Planner

Kelsey.Bang-Olsen@snoco.org