VITAL VOICES

Issues That Impact
Maryland Adults
Age 45 and Older,
November 2021

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INTRODUCTION

There are currently about 117 million Americans who are 50 and older; this number will grow to 157 million by 2050. The 50 and older population is and will continue to be an essential contributor to American society. Understanding the needs and opinions of older Americans is critical to ensuring they live longer and healthier lives.

Vital Voices is a new and exciting program of research undertaken by AARP. Through this research program, we are launching a new initiative that will deliver critical, current, and state-specific data to 53 states on a rolling three-year schedule between 2019 and 2021. We are making this data available to the public to assist with the development of programs, products, and policies for older adults. This data will allow those in leadership positions to:

- Predict the need for a specific program or interest in a particular issue.
- Enhance program and product innovation and development.
- Track issues and attitudes over time to assess shifts in public opinion.
- Take action on critical advocacy issues.

Never before has AARP launched a research program of this size and with this much promise. We give it to you, hoping that it will significantly impact the work you do.

Survey Results for Maryland- Health Questions

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ISSUES OF IMPORTANCE

Maryland residents age 45+ think many healthcare issues are important, with staying mentally sharp topping the list.

I1. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=704)

CARE1. Are you currently providing unpaid help to a relative or friend 18 years or older to help them take care of themselves? (n=704)

CAREGIVING

One-quarter (28%) of Maryland residents age 45+ are currently providing unpaid help to an adult relative or friend.

Percent Providing Unpaid Adult Care

CARE1_A. Have you ever provided this type of unpaid help in the past? (n=509)

CAREGIVING

Two in five (44%) Maryland residents age 45+ who are not currently unpaid caregivers have provided this type of care in the past.

Percent Providing Unpaid Adult Care in the Past

■ Yes ■ No ■ Don't know/ refused

CAREGIVING

Maryland caregivers age 45+ have a variety of caregiving tasks on a daily basis, including helping their loved one with meals (40%) and aiding with household chores (35%).

Daily Caregiving Tasks

CARE7. Thinking about the person you are providing care to the most, how often are you [ITEM]? (Percent 'daily') (n=195)

LONG-TERM CARE

Over half (57%) of Maryland residents age 45+ are extremely or very concerned about having long-term care or home health services available.

Long-Term Care and Aging Concerns

GLTC1. How concerned are you about the following? (Percent 'extremely concerned' or 'very concerned') (n=704)

CVD-11. Have you gotten or do you plan to get the COVID-19 vaccine? (n=704)

CVD-11a. [If CVD-11=Yes] Do you plan to get the booster when available? (n=599)

COVID-19

As of November 2021, 85% of Maryland residents age 45+ have gotten the COVID-19 vaccine (or plan to get it), and of these, most (81%) plan to get the booster as well.

COVID-19 Vaccine Status
(as of November 2021)

■ Yes (already got) ■ Yes (plan to) ■ No ■ Don't know/ refused

Survey Results for Maryland- Wealth Questions

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ISSUES OF IMPORTANCE

Maryland residents age 45+ find many economic issues important, particularly those related to retirement and Social Security.

11. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=704)

Survey Results for Maryland- Self Questions

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ISSUES OF IMPORTANCE

Getting around independently is extremely or very important to a majority (86%) of Maryland residents age 45+.

Important Independent Living Issues

11. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=704)

LIVABLE COMMUNITIES

Maryland residents age 45+ have a variety of concerns related to their community, including being able to afford to age in place (72% extremely or very concerned).

LIVCOMM1. How concerned are you about the following? (Percent 'extremely concerned' or 'very concerned') (n=704)

LIVABLE COMMUNITIES

One-third (38%) of Maryland residents age 45+ rate their community as having excellent or very good safe streets and paths.

REP2. For each of the following, would you rate your community as excellent, very good, good, fair, or poor? (Percent 'excellent' or 'very good') (n=704)

LIVABLE COMMUNITIES

Maryland residents age 45+ feel it is largely true that having more aches and pains is an accepted part of aging (85% believe it is definitely or somewhat true).

FP14. Do you feel the following statements are true or false? If you are not sure, please just indicate whatever BEST corresponds with your feelings. (n=704)

LIVABLE COMMUNITIES

Maryland residents age 45+ would be interested in attending workshops on a variety of topics, including culture (60%) and media or entertainment (58%).

Interest in Attending Events and Workshops

ISO51. Different people have different passions in life, or topics that interest them. How about you? Would you be interested in attending, either virtually online or in-person, events or workshops on the following? (Percent 'yes') (n=704)

ISO33. The following list includes some ways you may have felt or behaved. How often you have felt this way in the past week? (n=704)

ISOLATION

More Maryland residents age 45+ reported enjoying life in the past week than feeling sad or depressed.

Frequency of Feelings in the Past Week

ISO36. Are you currently seeing a mental health professional, or are you in group therapy for issues related to [ITEM]? (n=704)

MENTAL HEALTH

One in ten (10%) Maryland residents age 45+ are currently seeing a mental health professional or are in group therapy for issues related to depression.

Mental Health Issues Currently Being Treated Professionally

METHODOLOGY

In October 2021, AARP engaged ANR Market Research Consultants to conduct a quantitative research study among Maryland residents age 45 and older. Topics included healthcare, the economy, financial issues, independent living, long-term care, caregiving, and retirement issues.

704 Interviews

Maryland Adults Age 45+

Fielded in October-November 2021

ANR completed a total of 704 interviews (350 via landline telephone, 176 via cell phone, and 178 online). Respondents were screened to meet the following criteria:

- Age 45+
- Resident of Maryland

Survey length averaged 22.5 minutes by telephone and 19.6 minutes online.

METHODOLOGY

Sampling Procedure

Landline, cell phone, and online sampling were used for this research, with the telephone sample drawn randomly from a list of Maryland residents age 45 and older, purchased from Aristotle, and online sample provided by Fulcrum. A total of 39,525 records were utilized. The list of 2,546,676 Maryland residents age 45 and older was randomly divided into 2,547 replicates of 1,000 records for telephone dialing. Initially, 20 replicates were released for calling, with additional replicates being opened as necessary. In all, 36 replicates representing a total of 35,701 records were dialed to complete the telephone portion of this study.

The base sample of 704 respondents yields a maximum statistical error of $\pm 3.7\%$ at the 95% level of confidence. (This means that in 95 out of 100 samples of this size, the results obtained in the sample would be within ± 3.7 percentage points of the results obtained had everyone in the population been interviewed.)

Interview Methodology

The survey was launched on October 29, 2021 and closed on November 10, 2021.

Telephone interviewing was active between 5:30 p.m. and 9:00 p.m., with some additional calling done between 10:00 a.m. and 4:00 p.m. If necessary, up to 8 call attempts per telephone number were made to reach an eligible respondent. All numbers were called at multiple times of the day as well as days of the week to maximize each resident's opportunity for inclusion in the study.

Percentages of some questions may exceed 100% due to rounding or the use of multiple response question formats.

All data have been weighted by age, gender, and race/ethnicity according to 2019 U.S. Census Bureau Current Population Survey (CPS) statistics.

ABOUT AARP

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the nation's largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.

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This research was designed and
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