



# ACTION PLAN

## 2022-2025



Adopted by Indian River County Board of  
Commissioners,  
September 20, 2022



SENIOR COLLABORATIVE  
INDIAN RIVER COUNTY



## Livable Indian River County Action Plan

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- E Livable Indian River Survey Report and Questionnaire



Jeff Johnson  
AARP Florida State Director  
St. Petersburg, FL

Dear Mr. Johnson:

On behalf of Indian River County, we are pleased to present the Livable Indian River Action Plan as our commitment to the age-friendly network. We received input from a wide range of older residents throughout our county at two different times and sources.

The plan was developed through a collaboration of community partners and older adults. In addition to being collaborative, the plan demonstrates an intergenerational foundation developed in conjunction with our local health department, the Florida Department of Health in Indian River County, also a member of the Age-Friendly Public Health Systems. Many of the dominant needs of local elders can also be found in younger residents, and thus our emphasis on health, housing, economics, and communication.

The involvement of diverse groups – businesses, nonprofits, government staff and individuals - will continue with this plan as we move toward making our wonderful county even more livable and age-friendly.

Sincerely,

Jason E. Brown  
County Administrator  
Indian River County

*OFFICE OF THE COUNTY ADMINISTRATOR  
INDIAN RIVER COUNTY  
1801 27th Street, Vero Beach, FL 32960-3388  
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## Executive Summary



New census data estimates the population of Indian River County in 2022 to be 168,131 with 57% over age 50 and 34% over sixty-five. The average median age of residents is fifty-four. While most residents (74.4%) are White, Black residents make up 9.5%. The fastest growing minority is Hispanics (13.3%). Indian River County has a high percentage of veterans (9%).

Older adults have long been a valued resource to Indian River County for their material and volunteer contributions. With the increase in older residents and the aging of the county, leaders have become even more aware of the need to ensure the community grows in livability for elders, as well as residents of other ages. They envision Indian River County as a community that offers healthy and engaging opportunities for residents to live a healthy, full life.

Early in 2018, advocates and community leaders of Indian River County began review of the World Health Organization's framework for becoming more age-friendly. Interest increased when they realized that collaboration was the primary model for work in the Age-Friendly Network.

The Senior Collaborative of Indian River County (SCIRC) was created for two purposes: to bring together local organizations and individuals concerned about elders and develop a resource for helping seniors understand the services and activities available to them in the County. Now, the Senior Collaborative has 550 members, including seniors, nonprofit agencies, businesses, government representatives, facilities, and physicians. SCIRC has an online, interactive database of more than 550 services and providers (nonprofit and for profit) in the County, as well as telephone assistance and referral. SCIRC advocates for the needs, services, and protection of elders in Indian River County and collaborates with members to identify and fill gaps in services.

In June 2019, the Indian River County Commission voted to apply for membership in the



Age-Friendly Network and designated the Senior Collaborative as lead agency for Livable Indian River. When AARP Florida accepted Indian River County into the network, a group of advocates and SCIRC representatives came together as a Core team. The Core Team included members of twenty organizations representing older advocates, nonprofits, businesses, and governmental organizations. The group developed a mission to guide the Livable IRC's work:

*To expand livability for all ages in IRC by promoting and advocating for a community that is safe and secure, has affordable housing and transportation options, and offers supportive community features and services that enhance the quality of life of residents.*

The launch of Livable IRC was on 2/19/20. In March Covid lockdowns made community input a challenge. Members disseminated the survey through a variety of methods,

however, when Treasure Coast Community Health Director offered to disseminate the survey at vaccine sites, we were able to reach residents. The final survey count was 1913, with 1866 suitable for analysis.

In Spring of 2021, SCIRC members joined workgroup meetings facilitated by the Florida Department of Health Indian River (FDOH-IR) to develop FDOH-IR's new 2022-2026 Community Health Improvement Plan (CHIP). The 2022-2026 CHIP priority areas and associated action plans were adopted for the Livable Indian River plan, with a few minor additions and modifications.

Livable Indian River used a survey adapted from AARP. Due to Covid, few listening sessions occurred. The Community Needs Assessment of 2019 involved twelve focus groups, and 1400 surveys. From the survey of SCIRC, and Comprehensive Community Survey of 2019, critical themes emerged. All but one Livable Indian River domain (communication and information) was taken directly from FDOH-IR's CHIP. The themes which surfaced: community health, affordable housing, income, and communication/information. The Action Plan highlights four domains, one of which incorporates components of two additional World Health Organization domains.

**Community Health** *To identify current community and health service gaps and ways to fill the gaps to expand livability for IRC residents who become ill, get hurt, or need assistance so they can access and afford health services, community supports and wellness activities. This domain also includes components from two additional World Health Organization domains: Outdoor Spaces and Buildings and Social Participation.*

**Housing** *To increase number and availability of affordable housing units and increase resources, education, access, and integration of services for home ownership attainment.*

**Economic Opportunity and Employment** includes the World Health Organization Age-Friendly domain Civic Participation and Employment. *To reduce unemployment, increase GED achievement, and establish community resource centers.*

**Communication and Information** *Increase awareness of the positive contributions of older adults and services and activities available to them through education, awareness campaigns and strengthened collaboration.*

## Indian River County Profile



Indian River County is over 500 square miles with an Atlantic coastline and lagoon that draw more people each year, many of whom are older adults. The community has been described as a wonderful place to live because there are so many activities for people of all ages. The area has a balance of supporting growth yet works to maintain the assets while evolving at a pace that keeps it livable. Indian River County still feels like a rural county, yet has resources of a large community, such as world class theatre and art museum. One community leader described it as “my family friendly place.”

New census data estimates the population of Indian River County in 2022 to be 168,131 with 57% over age 50 and 34% over sixty-five. The average median age of residents is fifty-four. While most residents (74.4%) are White, Black, or African-American residents make up 9.5%. The fastest growing minority is Hispanics (13.3%), and Asian residents compose less than 2%. Indian River County has a high percentage of veterans (9% ) with

nearly 48% having served in the Vietnam conflict, 19.3% in Korea, 12% in WWII and 20.5% in the First or Second Gulf War.

Indian River County is the 33<sup>rd</sup> largest County in Florida. Since 2010, the area has seen 22% growth. Vero Beach is the county seat, and the area includes four other cities: Fellsmere, Indian River Shores, Orchid, and Sebastian. Additional areas, while not incorporated, are neighborhoods identified in the Livable Survey: Central Beach, Florida Ridge, Gifford, Oslo, Pointe West, Roseland, South Beach, Summer Place, Vero Beach South, Vista Royale, Wabasso, Wabasso Beach, West Vero Corridor, Windsor and Winter Beach.



## History of Livable Indian River



In June 2019, the Indian River County Commission voted to apply for membership in the Age-Friendly Network and designated the Senior Collaborative of Indian River County (SCIRC) as lead agency for Livable Indian River.

Also in 2019, a 12-month comprehensive community assessment was completed by an independent research consultant, with support of FDOH-IR, six funders, 40 charities, 12 focus groups, and 1400 surveys completed. One chapter of this assessment report, the 2019 Indian River County Community Needs Assessment (CNA), was devoted to seniors.

Once Livable Indian River was accepted into the network by AARP, a group of advocates and SCIRC representatives came together as a core team. They organized the launch on February 19, 2020, at the Indian River County Intergenerational Center, chosen for its message, as well as being a county facility.

The launch received publicity from three local newspapers (32963, Scripps Treasure Coast News, and Sebastian Daily) with attendance by more than seventy-five community members. One feature of the event was a video with community leaders sharing what makes Indian River County a wonderful place to live. The video was developed pro bono by an event sponsor, Adams Media Group.



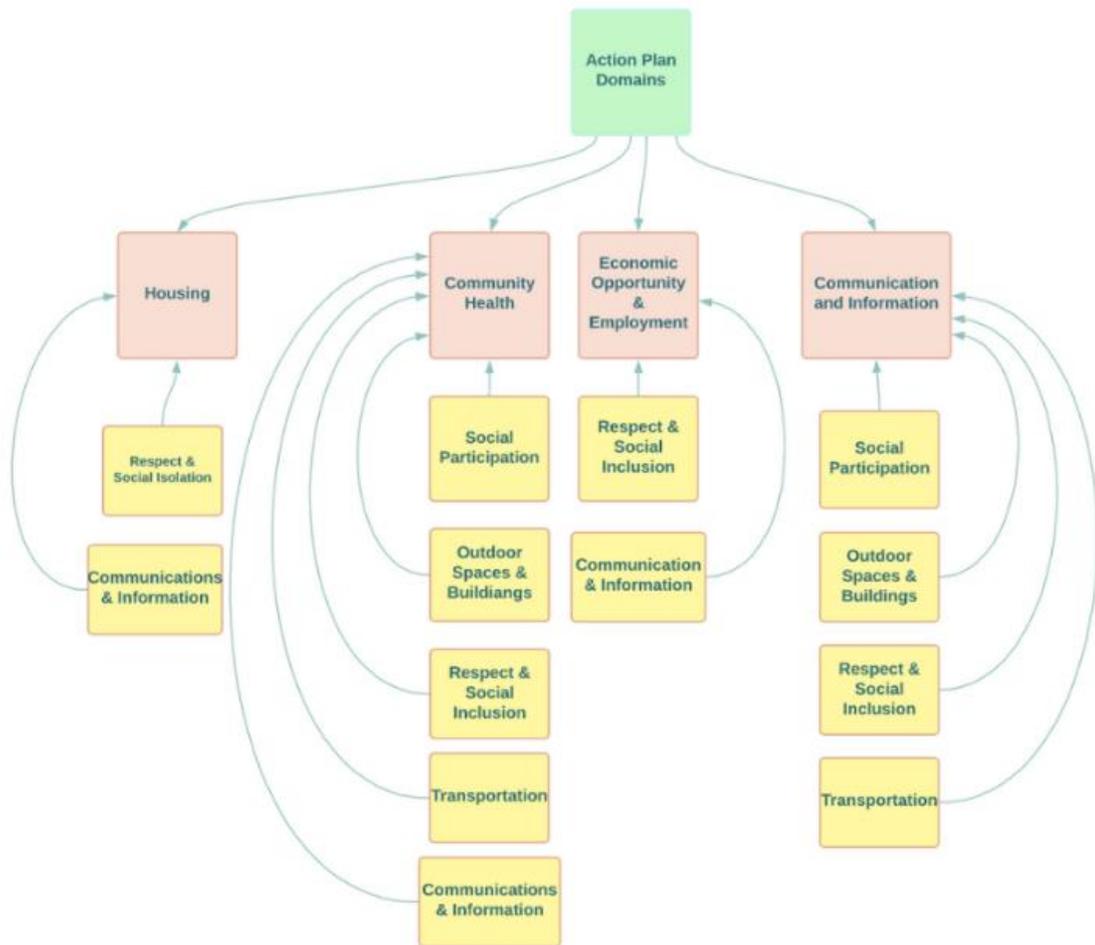
Energized by the launch and community response, the Core team worked to finalize the local survey and scheduled listening sessions. Within three weeks, Covid lockdowns forced the group to reconsider. Zoom sessions announced the focus of Livable Indian River and invited input from business, religious and nonprofit groups, requesting they share the survey with members. An electronic link for the survey was disseminated to Collaborative members, who shared them with internet-abled clients. Printed copies were delivered to meals-on-wheels clients, libraries and with organizations. Members shared it with neighbors. The survey link was mentioned in local radio presentations.

After considerable outreach, SCIRC received 590 survey responses. Lockdowns continued. A Collaborative Board member, the Executive Director of Treasure Coast Community Health, suggested making surveys available at Covid vaccine sites during the 15-minute waiting period. She, her staff, and their volunteers made this possible. The final total of surveys was 1913. Some, however, came from residents of other counties, giving us 1866 usable surveys. Retired Florida International University (FIU) statistician, Paulette Johnson, conducted the analysis and FIU Professor Emeritus, Dr. Betty Morrow, drafted the report. Both served pro bono and contributed many hours. From the survey SCIRC conducted in 2021, and the CNA, four themes persisted over time: health, affordable housing, economic opportunity, and information.

In Spring 2021, SCIRC members joined the FDOH-IR for monthly stakeholder workgroup meetings with the goals to develop the 2022-2026 FDOH-IR Community Health Improvement Plan (CHIP) in response to the findings of the 2019 CNA. The final CHIP priority areas – health, housing, and economic opportunity & employment - and their associated actions plans were then adopted directly as domains in the Livable Indian River Action Plan, with a few additions and modifications. Two of the domains incorporate more than



In addition to the domains adopted from the FDOH-IR's CHIP, Livable Indian River added a communication and information domain. Two domains included also incorporate activities typically included in other World Health Organization domains.



## The Livable Indian River Team



The Livable Indian River Core Team included members of twenty organizations and represents advocates, nonprofits, businesses, and governmental organizations.

Members of the team included:

- Adams Media Group
- Indian River County Affordable Housing Advisory Committee
- Area Agency on Aging Palm Beach/Treasure Coast
- Alzheimer's Parkinson Association of Indian River County
- Aric Attas Creative
- Coastal Concierge Home Care
- Community Advocates
- Florida Department of Health in Indian River
- Gifford Youth Achievement Center
- Habitat for Humanity
- Indian River County
- Indian River County Sheriff's Department
- Kashi, Inc.
- New Vision Eye Center
- Nurses on Board
- Senior Collaborative of IRC
- Senior Resource Association
- St. Francis Manor of Vero Beach
- St. Mark's Anglican Church of IRC
- Treasure Coast Community Health
- Visiting Nurse Association of IRC
- 211



# Introduction to the Livable Indian River Plan



## The Vision

The vision of Livable Indian River is for a county in which people grow and age with dignity, health, and resources to help them thrive.

## The Mission

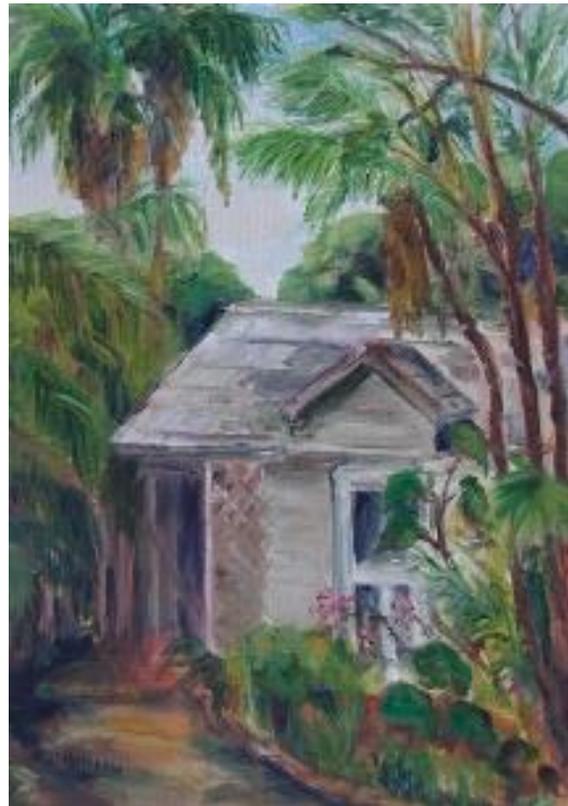
The mission adopted by the Core Team is to expand livability for people of all ages in Indian River County; to create a community that is safe and secure with supportive community features and services which enhance the quality of life of residents.

## Collaboration

We believe livability is best expanded through collaboration and community engagement, which is also the reason the Senior Collaborative is lead agency. The Senior Collaborative of Indian River County includes individuals as members and representatives of organizations concerned about older adults (nonprofit, business, government).

## Connection

Our community includes hundreds of residents who volunteer, and many donate. The United Way of Indian River County, which serves as an incubator for locally needed nonprofits, financially supports at least fifteen agencies, each of which engages volunteers in some way to serve residents in need. As in many communities, volunteers assist in delivery of meals, aid to caregivers of older and disabled residents, home repair, assistance to veterans and other services for residents of all ages. While the pandemic reduced opportunities for in-person volunteering, local foundations saw record donations, in acknowledgement of the heavy impact of Covid on Indian River County's low-income residents.

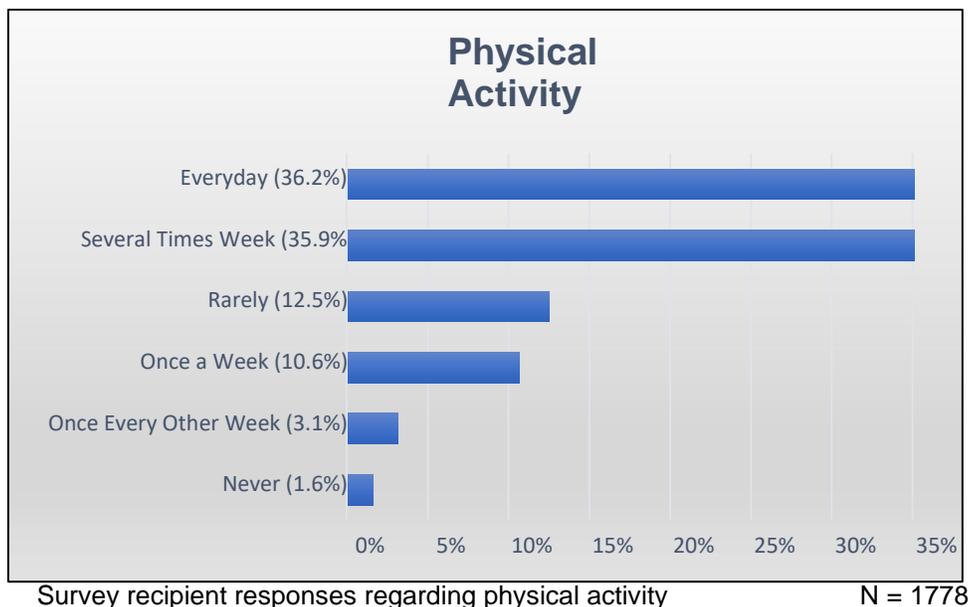


## The mission for community health

*To identify current community and health service gaps and ways to fill the gaps to expand livability for IRC residents who become ill, get hurt, or need assistance so they can access and afford health services, community supports and wellness activities. This domain includes components from two additional World Health Organization domains: Outdoor Spaces and Buildings and Social Participation.*

The upheaval of the last two years; the pandemic, school closures, isolation, separation from family and friends, racial trauma, and economic upheaval have accelerated alarming increases in mental health and healthy weight issues. The prolonged stress experienced by adults and children linked to the pandemic, is seriously affecting mental and physical health, including changes to weight, sleep, and alcohol use.

According to the most recent Behavioral Risk Factor Surveillance System (BRFSS) data, adult obesity (body mass index of 30+) rates now exceed 35% in 16 states. Florida's rate of obesity in 2020 was 28.4%, part of a rising trend since 1990. From 2018 to 2020, the rate of students at or above the 95<sup>th</sup> percentile in body mass index (BMI) in the county increased from 8.3% to 10.5% for middle school students and from 10.6% to 12.9% for high school students. Furthermore, 59.7% of adults reported being either overweight or obese in Indian River County. These alarming rates are of significant concern in the Indian River community, particularly due to the projections that the trend of overweight and obesity will continue to increase because of the COVID-19 pandemic. Livable survey respondents were a more active group.



Being overweight and obese has serious health consequences including coronary heart disease, Type 2 diabetes, certain cancers, hypertension, stroke, liver and gallbladder disease, and sleep apnea. There are also economic consequences associated with being overweight and obese. In addition to the costs related to the prevention, diagnosis, and treatment of many of the associated comorbidities and conditions, there are indirect costs from decreased productivity and missed work and school, as well as costs associated with loss of future income due to premature death. There are several factors involved in being overweight and obese, which makes it a difficult issue to address. Health behaviors, such as exercise and diet, genes, the environment, certain medical conditions and medications can all play a part in causing individuals to become overweight and/or obese.

Exercise and movement have repeatedly been linked to positive changes in health with better weight control, reductions in pain, lower risks of chronic illness and “boosts” in brain health. Frequent comments from respondents of the Livable IR Survey highlight the need for “affordable exercise,” “low-cost wellness programs for seniors.” A few comments about health and supportive services showed the respondent’s wish for “affordable anything.” A higher percentage of concerns about lack of parks, walking paths and recreation areas, came from the western region of the County (Zone 7).



In 2021 and 2022, County Parks and Recreation staff conducted listening sessions in different areas to secure input from older adults about needed wellness programs. These will continue in 2023, and the programs developed are at no cost due to funding from a Florida Blue Foundation grant. Another organization, the Senior Resource Association began Lifeway, a no-cost program for older adults to use weights and regular stretching/exercise to stay active. In addition to the need for free or low-cost exercise programs, “access to mental health programs” and “mental illness prevention and intervention quality”, “affordable services and resources” were mentioned.

Mental health is essential to personal well-being, family and interpersonal relationships and the ability to contribute to the community. Mental health disorders are among the most common causes of disabilities in the nation. Poor mental health or the presence of mental illness often result in detrimental physical health and financial outcomes. Failure to access care is a significant issue among those suffering from mental health conditions. Stigma, lack of education and awareness, and missed opportunities for screenings and interventions are among the barriers for receiving appropriate care.

In Indian River County from 2017-2019, there has been an increasing trend in inpatient discharges related to episodic mood disorders with a significant number of inpatient discharges in the 10-14 and 15-19 age groups. Additionally, in 2019, there were twenty-nine deaths by suicide in Indian River County, an age-adjusted rate of 16.5 per 100,000 residents, which was slightly higher than the state’s and higher than the Healthy People 2030 target of 12.8 per 100,000. The highest rates are among the 45-64 age group and have been increasing since 2009. Due to the significant and

impactful consequences and the challenges and barriers experienced accessing care, the advisory committee of the CHIP deemed mental health a priority. Stigma, lack of education and awareness, and missed opportunities for screenings and interventions are among the barriers to receiving care.

Mental health/health issues were also a focus of the Community Health Domain Team of Livable Indian River, which caused them to expand upon the CHIP with two concerns for elders: 1) isolation/loneliness (seen in Objective 1A.4.) and 2) need for supportive services (Goal 1.C.). Loneliness reduces longevity by 8 years and has one of the biggest negative effects on a person's quality of life. "Social isolation among older adults is associated with \$6.7 billion in additional Medicare spending annually. (Dr. Charlotte Yeh, 2021 Foundation for Social Connection Action Forum presentation)" Loneliness and isolation were concerns for elders *before* Covid, but the closures due to the pandemic increased the problem. Covid also brought loneliness and isolation more into the public eye as people of all ages experienced losses of usual social connection.

Loneliness was underscored in both the 2019 Community Needs Assessment (CNA) and the Livable Survey. Of the Livable IR Survey respondents, 22% interacted with friends, family or neighbors *once a week or less* and 14% indicated they knew someone with no apparent in-person interactions.

The Livable IR survey further identified a need for affordable in-home services, especially in specific zones. The goal added was (1.C) *to strengthen and promote supports/resources to improve well-being of older adults*. More than half of respondents services for seniors." While the focus for Goal 1. C is "to increase new clients in community-based services" a strategy was added "*to increase communication and coordination between service agencies*" to expand information about service availability on multiple fronts.



*Twin sisters headed home after exhausting day*

Another aspect of isolation is transportation. While 66% of respondents rated affordable public transportation as excellent or good, 33.5% rated it fair or poor, indicating they may not know about the free services available throughout the County GoLine or Community Coach. GoLine vehicles are wheelchair accessible, operate fourteen fixed routes 6 days each week. Riders on the GoLine need to be able to board, disembark and carry their own packages. Another feature adopted by GoLine for better use by riders is solar lights around benches since service begins at 6 a.m. weekdays and ends at 7 p.m. They also seek corporate donations to add more adaptable bus benches. Community Coach offers door-to-door transportation for eligible riders without other transportation, and accommodates those with wheelchairs, walkers, canes, service animals and other mobility devices. Last year, GoLine provided more than 1,148,235 rides and Community Coach had 40,974 trips.

# Community Health Plan



KEY ACTIVITIES: MENTAL HEALTH FIRST AID, SNAP-ED, FL BLUE FOUNDATION SENIOR WELLNESS, 5210 LET'S GO, HEALTH EDUCATION AND AWARENESS



COMMUNITY RESOURCES: LOCAL PHYSICIANS, SCHOOL DISTRICT, HOSPITALS, HEALTH CENTERS, NONPROFITS AND PRIVATE BUSINESSES

## GOAL 1.A: IMPROVE THE MENTAL HEALTH OF INDIVIDUALS IN INDIAN RIVER COUNTY.

OBJECTIVE 1.A.1: Decrease the number of hospitalizations in Indian River County for mood and depressive disorders by 10% from 1,137 in 2019 by 2026.



**Measure:** Data from Florida Agency for Health Care Administration (AHCA).

10% decrease in hospitalizations for mood & depressive disorders by 2026.

### Key Action Steps:

- Determine feasibility of a mental health full continuum of care in Indian River County.
- Expand mental health continuum of care in Indian River County by 2 services by 2026.
- Increase the number of individuals in Indian River County certified in Mental Health First Aid to 1,500.

OBJECTIVE 1.A.2: Decrease the number of suicide deaths in Indian River County by 10% from 29 in 2019 by 2026.

**Measure:** Data from FL DOH Vital Statistics.

10% decrease in deaths by suicide by 2026.

### Key Action Steps:

- Conduct analysis of suicide death and suicide attempt data in Indian River County to identify underlying factors.
- Increase awareness and education about mental health services in Indian River County.

OBJECTIVE 1.A.3: Decrease the percentage of Indian River County students who, in the past year, reported feeling sad or hopeless for two or more weeks in a row and stopped doing usual activities by 25% from 30.3% in 2020 by 2026.

**Measure:** Data from Florida Youth Tobacco Survey / FYTS

25% decrease in sadness/ hopeless weeks for students

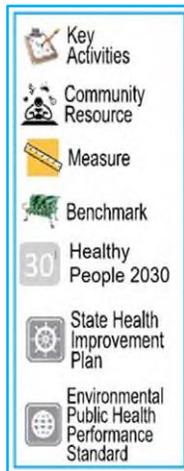
✦ Key Action Steps:

- Implement Adverse Childhood Experiences (ACEs) awareness campaign in Indian River County including training to nonprofit and other organizations.
- Increase the number of providers who have received trauma informed care training.
- Increase the protective factor prevalence rates for middle and high school students in Indian River County to 60% by 2026.
- Increase screening, referral, and engagement of perinatal mental health services for new parents.

OBJECTIVE 1.A.4: Promote awareness of health/wellness and community supports to reduce isolation of older adults.

 *Measure: Data from research results, workgroup conclusions and assessments; symposium agenda and collaborative activities*

 *Increase in number of groups and individuals acknowledging isolation as a health issue and distributing information about resources available*



✦ Key Action Steps:

- Research evidence-based models that are successful in reducing isolation by 2024.
- Create workgroup with broad county representation to review data, models, and plan community response to social isolation by end of 2024.
- Develop a pilot using the community health model in two areas to engage neighbors and reduce isolation of older adults by 2024.
- Convene a symposium on lessons learned about isolation of elders and the community response in IRC by 2025.
- Increase awareness of free counseling services through the Older Americans Act for seniors, caregivers and grandparents raising grandchildren.
- Expand coordination between agencies to increase availability of services/resources for older adults by 2025.
- Estimate the percentage of those in IRC who report they have no one to talk to about things that matter (or who suffer from loneliness) by 2026.

**GOAL 1.B: ENSURE INDIVIDUALS IN INDIAN RIVER COUNTY ATTAIN AND MAINTAIN A HEALTHY WEIGHT.**

OBJECTIVE 1.B.1: Maintain the percentage of adults in Indian River County who have a healthy weight at the 2019 level of 38% by 2026.

 *Measure:* Data from Behavioral Risk Factor Surveillance System (BFRSS); FLCharts.

 *Maintain 38% of adults with Body Mass Index (BMI) of 18.5-24.9.*

✦ Key Action Steps:

- Implement Supplemental Nutrition Assistance Program (SNAP-Ed) nutrition and physical activity education for adults in Indian River County.
- Increase coordination between agencies to increase availability of healthy and affordable food to Indian River County residents.

OBJECTIVE 1.B.2: Decrease percentage of adults in Indian River County who reported that poor physical or mental health kept them from doing usual activities on 14 or more of the past 30 days (among adults who have had at least one day of poor mental or physical health) from 18.5% in 2019 to 17% by 2026.

 *Measure:* Data from Behavioral Risk Factor Surveillance System (BFRSS).

 *1.5% decrease in percentage of adults whose poor physical or mental health kept them from doing usual activities on 14 or more of the past 30 days.*

✦ Key Action Steps:

- Implement FL Blue Foundation Park senior wellness programs and capital equipment installations in Indian River County.
- Implement mental health walking clubs in at least four locations throughout Indian River County.
- Decrease percentage of adults in Indian River County who engage in heavy or binge drinking through alcohol consumption health education campaign.

OBJECTIVE 1.B.3: Decrease the number of adults in Indian River County who are sedentary by 5% from 26.7% in 2019.

 *Measure:* Data from FDOH Public Health Statistics and Performance Management.

 *5% decrease in sedentary adults in Indian River County.*

Key Action Steps:

- Improve infrastructure, lighting and sidewalks within low income and under-resourced communities in Indian River County.



- Include all free public park areas in Indian River County in online databases and promote to residents and health practitioners county-wide.
- Implement Faithful Families Thriving Communities (Eating Smart and Moving More) program Indian River county-wide.

OBJECTIVE 1.B.4: Maintain the percentage of middle and high school students in Indian River County who have a healthy weight at the 2020 level of 68.1% through 2026.



 *Measure: Data from Florida Youth Tobacco Survey (FYTS.)*  
 *Maintain 68.1% of middle and high school students with a BMI of 18.5-24.9.*

Key Action Steps:

- Implement SNAP-Ed, including 5210 in Indian River County schools.
- Implement SNAP-Ed, including 5210 in out-of-school programs in Indian River County.
- Increase community capacity to provide support for people living with disordered eating.

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**GOAL 1.C: Strengthen and promote supports/resources to improve well-being of older adults.**

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OBJECTIVE 1.C: Increase new clients in community-based programs.

 *Measure: Data from community organizations*

 *Increases in specific programs; regular meetings to communicate about local services/resources.*

✦ Key Action Steps:

- Add participants to Meals on Wheels (15%) and DayAway (15%) by 2024.
- Response System available (50 clients) by 2024.
- Increase service to individuals who can benefit from programs for the management of movement disorders, as well as families caring for those with dementia, through support initiatives, education, and connection. (50% in three years) by 2024.
- Implement a community-based diabetes improvement program and track client progress by 2024.
- Increase senior participation in evidence-based healthy-living programs sponsored by the Area Agency on Aging of Palm Beach and the Treasure Coast (increase to 3/year by 2025).
- Add participants in Indian River County to the Sunshine Program (100%), the Veterans Peer Support Group (100%) and Caregiver Project by 50% by 2025.

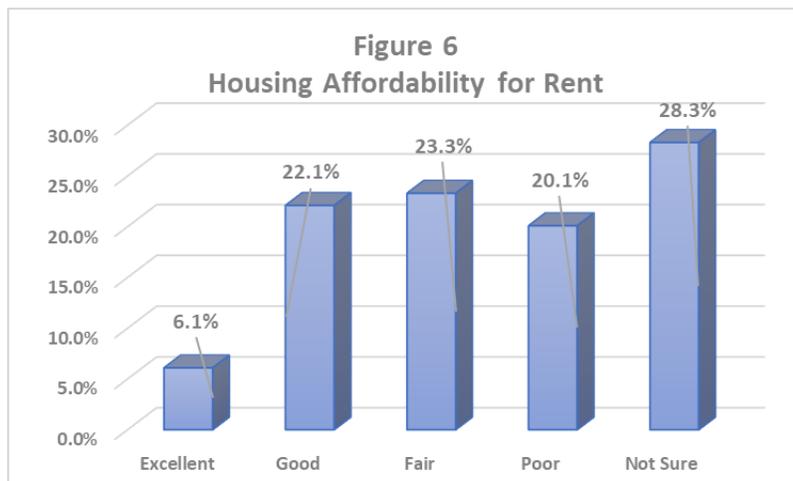
# Domain: Housing

**The mission for housing:** We will *increase the number and availability of affordable housing units and increase resources, education, access, and integration of services for home ownership attainment.*

Establishing and maintaining a healthy environment is central to increasing quality of life and years of healthy life. Environmental factors are diverse and far reaching. Without proper assessment, correction and prevention, environmental factors may adversely affect the health of present and future generations.

Having a secure, affordable home that is free of structural and environmental health issues such as mold or vermin is a necessity for a healthy life. Stable housing gives community members a chance to succeed as well as time and energy to focus on personal health and other community needs. The geographic location can have a considerable impact on access to education, recreation, transportation and jobs.

Lack of affordable housing in Indian River County and the percentage of individuals who are housing cost burdened continues to increase as the county grows. According to the Shimberg Center for Housing Studies data based on the U.S. Department of Housing Development CHAS, 33% of adults in Indian River were paying more than 30% of their monthly income on rent/mortgage payments in 2019. Having to choose between paying rent or a mortgage and basic needs such as food, health care, clothing or transportation is common in communities throughout Indian River County. Of the 57,636 households in Indian River County, 44 percent struggle to pay for basic needs.



Community planning that provides stable, affordable housing near reliable transportation, schools, medical services, healthy food sources and safe gathering places are key to allowing individuals to lead healthy lives with a high quality of life.

Availability and affordability of housing are issues that impact community health and are essential parts of the Indian River County response, along with education and support services around housing attainment and retainment.

Respondents of both assessments (the Livable Indian River *and* the 2019 Assessment) highlighted the short supply of affordable housing for low-income families, whether for rental or purchase. Specific zones of the Livable Survey were more likely to report deficiencies (1,4,5 and 7). The 2019 Assessment further mentioned housing costs as a

crucial element in quality of life for older adults, citing the lack of both affordable housing and assisted living options are problematic.

As part of the visioning process for land use, the county has worked to increase affordable options, while honoring local interests in land preservation. The Indian River County Commission recently approved (unanimously) a 55-acre/150-home plan with the intent of including smaller, more affordable homes. Two local community foundations have made grants to assist with building of affordable homes in Gifford on land donated by the County, and another to Habitat for Humanity. While building affordable housing will take time through each of these plans, they are one step in the move to increase livability through housing.

Few places accommodate older adults on fixed incomes. One unique model in Indian River County is St. Francis Manor, a charitable organization focused on independent



living for people 62 years of age and older on limited incomes. They offer social activities and bus trips for shopping. Since creation in 1974, St. Francis has served 1500 seniors with

studio and one-bedroom apartments (\$365/\$600-month) in a lakeside setting. They have 98 apartments in a twelve unit building and dedicated 2 new buildings in 2018. Their goal is to continue to expand based on the large need in the County.

By the River is another unique nonprofit housing organization for older adults with lower incomes in Sebastian. It was recognized by the State of Florida when designed with a family-style design to promote community, support and accessibility. Fully handicap accessible, residents have their own private bedroom and share a fully equipped kitchen, dining room and living room with big screen cable tv. On site, residents have activities and opportunities including, yet not limited to: fitness/yoga programs, intergenerational programs, arts and crafts, on-site job and job opportunities; assistance with transportation and medical care. By the River has space for forty-one older adults.

# Housing Plan

 **KEY ACTIVITIES:** INCREASE NUMBER AND AVAILABILITY OF AFFORDABLE HOUSING UNITS AND INCREASE RESOURCES, EDUCATION, ACCESS AND INTEGRATION OF SERVICES FOR HOME OWNERSHIP ATTAINMENT

 **COMMUNITY RESOURCES:** FELLSMERE, SEBASTIAN AND VERO BEACH CITY GOVERNMENTS, COUNTY GOVERNMENT, COMMUNITY CENTERS, SCHOOLS, CULTURAL AND FAITH-BASED GROUPS, HOME BUILDERS AND NON-PROFIT ORGANIZATIONS

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**GOAL 2.A:** INCREASE THE NUMBER OF AFFORDABLE HOUSING UNITS BY 1500 IN INDIAN RIVER COUNTY BY 2026.

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**OBJECTIVE 2.A.1:** Create 40 new affordable housing units, including rentals, in Indian River county by 2026 from a baseline of 0 in 2021.

-  Key Activities
-  Community Resource
-  Measure
-  Benchmark
-  30 Healthy People 2030
-  State Health Improvement Plan
-  Environmental Public Health Performance Standard

 **Measure:** *Certificates of Occupancy (CO) from Indian River County Building Department.*

 *40 COs for constructed housing units.*

- Key Action Steps:

- Work with Cities within Indian River County to construct 6 affordable / workforce housing units in their available land areas.
- Work with Indian River County non-profits and developers to acquire funds and construct housing.
- Work with Indian River County Affordable Housing Advisory Committee (AHAC) to conduct an assessment of the percentage of rental housing.

**OBJECTIVE 2.A.2:** Conduct an assessment on Community Land Trust feasibility and provider interest in Indian River county from 0 assessments in 2020 to one by 2026.

 **Measure:** *Community Land Trust Feasibility Assessment Report.*

 *One completed assessment.*

- Key Action Steps:

- Create a focus group containing non-profit and county members by 2026.

**GOAL 2.B.: ESTABLISH A COMPREHENSIVE INTEGRATION OF SUPPORT SERVICES AROUND HOUSING ATTAINMENT AND RETAINMENT IN INDIAN RIVER COUNTY BY 2026.**

**OBJECTIVE 2.B.1:** Objective: Provide 10 home ownership education and/or credit repair events in Indian River county by 2026 from a baseline of 0 in 2021.

 *Measure: Number of educational sessions, survey data.*

 10 educational events.



✦ Key Action Steps:

- Provide 10 home ownership education and/or credit repair events in Indian River county by 2026.
- Hold 3 workshops in Indian River county to examine and promote diversification of industry by 2026.

**OBJECTIVE 2.B.2:** Objective: Research evidence-based, integrative support service models to implement in Indian River county by 2026 from a baseline of 0 in 2021.

 *Measure: Number of models researched.*

 Gap analysis conducted.

✦ Key Action Steps:

- Identify effective housing support services in Indian River county for senior populations.
- Create paths to home ownership in Indian River county.
- Conduct a gap analysis of services in Indian River county.

**OBJECTIVE 2.B.3:** Objective: Increase avenues for affordable home repair and maintenance.

 *Measure: Number of homes repaired.*

✦ Key Action Steps:

- Identify low-income homeowners who need home repair/maintenance work.
- Identify and schedule volunteers to complete repairs.

**Objective 2.B.4.** Increase rental options for older adults in Indian River County

Measure: Number of rental units increased. (100).

✦ Key Action Steps

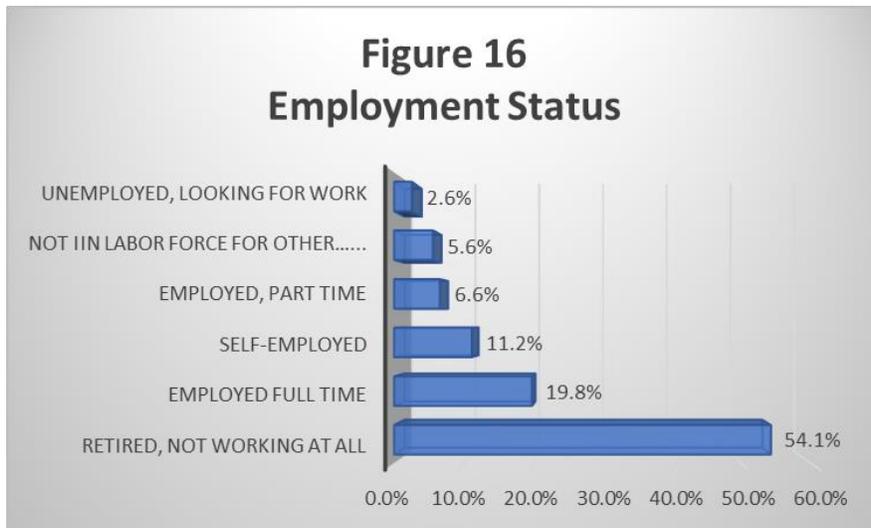
- Assess current rental units in Indian River County by 2023 for low-income older adults, including houses, apartments, rooms and ADU's.
- Identify creative housing rental options/best practices for low-income older adults by 2024, including shared housing.
- Implement model(s) most likely to succeed in Indian River County by 2025.

# Domain: Economic Opportunity & Employment



**The mission for economic opportunity and employment:** To increase employment and the average annual wage in Indian River County, while reducing the poverty rate, housing cost burden and barriers to economic opportunity.

Equal access to employment and economic opportunity relies on removing barriers by increasing education, skills/technical training, and apprenticeships, providing place-based resources in low-income areas, and recruiting companies with livable wage jobs.



While over half of the Livable IR Survey respondents were retired (54%), nearly 20% were employed full-time and 6.6% part-time. Only 2.6% were unemployed and looking for work. Respondents, however, frequently expressed there were too few good opportunities for those looking for work in Indian River County and all at low wages. Common

responses were: “the pay here is too low;” “need more industry;” “you cannot make a living in the service industry;” “improve job training and possibilities for seniors,” “raise minimum wage.”

Indian River County is one of the top ten richest counties in Florida and has the tenth largest income gap between the top 1% and the bottom 99% of earners out of 3,061 counties in the U.S. “According to the most current ALICE (Asset Limited, Income Constrained, Employed) report published in 2018, 40% of the households in Indian River County were considered ALICE households while another 11% were below the FPL in 2016.” Approximately 20% of older adults live at 125% of poverty level.

# Economic Opportunity & Employment Plan

KEY ACTIVITIES: REDUCE UNEMPLOYMENT, INCREASE GED ACHIEVEMENT, ESTABLISH COMMUNITY RESOURCE CENTERS

 COMMUNITY RESOURCES: STAKEHOLDERS, NON-PROFIT ORGANIZATIONS, GOVERNMENT AGENCIES, PACE EH, EDUCATORS

## GOAL 3.A: REDUCE BARRIERS BY CREATING ECONOMIC OPPORTUNITY AND INCREASED EMPLOYMENT IN INDIAN RIVER COUNTY BY 2026.

OBJECTIVE 3.A.1: Decrease the percentage of individuals in Indian River county 25 years and over with no high school diploma or GED by 1.5% year-over-year through 2026 from a baseline of 10.6% in 2019.

 *Measure: FLCharts; US Census Bureau, American Community Survey.*

 *Decrease percentage of adults without GEDs by 1.5% year over year through 2026.*

▪ Key Action Steps:

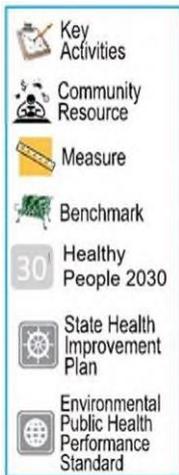
- Offer GED instruction on varied schedules, in convenient locations throughout Indian River county.

OBJECTIVE 3.A.2: Increase the average annual wage by 5% by 2026 from a baseline of \$47,113 in 2020.

 *Measure: US Census Bureau, American Community Survey.*  
 *Increased average annual wage by 5% by 2026.*

▪ Key Action Steps:

- Expand the scope, marketing, impact and candidate retention of paid apprenticeship programs in Indian River county.
- Host quarterly community resource fairs, rotated geographically across Indian River county, each year through 2026.



**GOAL 3.B.: DECREASE THE INDIVIDUAL POVERTY RATE IN INDIAN RIVER COUNTY 10% BY PROVIDING STEPS AND A NETWORK OF PROVIDERS TO ADVANCE OUT OF THE POVERTY CYCLE.**

OBJECTIVE 3.B.1: Conduct an inventory of economic opportunity resources in Indian River county to include a county gap analysis by 2026 from a baseline of 0 in 2019.

 *Measure: US Census Bureau, 2019 Small Area Income and Poverty Estimates (SAIPE).*

 *Inventory of resources and gap analysis.*

▪ Key Action Steps:

- Establish an economic opportunity collaborative to assess needs and provide quantitative data.

OBJECTIVE 3.B.2: By 2026 decrease the percentage of adults in Indian River county who are “housing cost burdened” (paying more than 30% of their monthly income for rent or mortgage) by 5% from 33% in 2019.

 *Measure: Shimberg Center for Housing Studies US Dept of Housing Development Comprehensive Housing Affordability Strategy (CHAS) data set.*

 *5% decrease in housing cost burdened adults.*

▪ Key Action Steps:

- Conduct financial literacy workshops throughout Indian River county.
- Partner with the Indian River County Affordable Housing Advisory Committee (AHAC) to implement



OBJECTIVE 3.B.3: Increase employment of older adults in Indian River County

 *% increase in older adults enrolled in STEP*

▪ Key Action Steps:

- Increase the number of employers knowledgeable about older adults interested in employment.
- Increase the number of older adults informed about employment opportunities available in IRC.
- Increase the number of older adults enrolled in the STEP (employment training/placement) program of United Against Poverty.

# Domain: Communication and Information Plan



**Mission of Communication and Information:** To increase awareness of activities and services for elders throughout Indian River County and contribute to an increasingly positive image of older adults.

The Livable IR Survey demonstrated a recurring theme in surveys focused on older adults: respondents were unsure how to get information about different issues. Below is a list of specific domains within the World Health Organization age-friendly domains on which 20% or more respondents answered that they were unsure about a certain topic. In addition, Senior Collaborative of Indian River County (SCIRC) was formed in 2018 by a steering committee of service providers, funders, and advocates to address widespread concerns in earlier needs assessments about Indian River County seniors lacking a place to go for information about local resources. During the last four years, SCIRC established a web-based navigation program, telephone referral system and marketing plan. Covid restricted outreach in person, so funds for marketing were more than tripled last year to reach more older adults through radio, newspaper, and internet.

Domain	Not Sure	Topic (Total number: 1866)
<b>Housing</b>		
	28.3%	Affordable rent
	43.8%	Affordable housing options: wider doors, grab bars, no-step entry
	40%	Well-maintained & safe housing for low-income households
<b>Office Spaces &amp; Buildings</b>		
	33.6%	Accessible public spaces for people with disabilities
<b>Health</b>	Most <i>not sures</i> >6%	None 20% or higher/comments however, indicate concerns with access to doctors and treatment by staff
	49.9%	Affordable in-home care with well-trained workers
	35.7%	Mental & physical health & wellness programs, including exercise facilities & classes
	34.4%	Public Health services
	55%	Affordable or no-cost food delivery service
<b>Employment &amp; Civic Engagement</b>		
(Availability of)	45.4%	A range of flexible job opportunities for older adults
	55.2%	Job training for older adults to learn new skills within their job or train in new area
	59.4%	Jobs adapted to meet the needs of people with disabilities

While answering “unsure” may reveal someone has not needed a resource, written comments in the Livable IR survey and others indicate seniors are confused about where to get help. A few survey comments:

- It is difficult to find what services are available.
- A service that helps seniors find and access health and supportive services.
- The fact that I am a senior and am not sure of several probably means we need better communication of services that are available.

A concern that also came up frequently in written comments was the lack of respect respondents felt in health care settings.

- Nobody ever calls you back.
- Young people working as healthcare staff act like you are an inconvenience.
- Standards for respectful care are poor.

Training to increase positive communications with older adults seemed a constructive beginning.

# Communication and Information Plan



**KEY ACTIVITIES:** EXPAND AWARENESS THROUGH AN INCREASE IN COMMUNICATION CAMPAIGNS AND EDUCATION



**COMMUNITY RESOURCES:** NONPROFIT AND GOVERNMENTAL ORGANIZATIONS, HEALTH CENTERS, PRIVATE PRACTICES, SENIOR COLLABORATIVE, SENIOR RESOURCE ASSOCIATION AND LOCAL BUSINESSES

## GOAL 4.A: Enhance available information about activities, services and supports for older adults, including intergenerational events

**OBJECTIVE 4.A.1:** Promote awareness about community activities and other community connections/resources by 2025.

*Measure: Number of new locations and sites for dissemination and types of announcements/welcome packs and ads*

*Number and type of activities (events, news/radio announcements, web pages and internet ads).*



### ✦ Key Action Steps:

- Increase dissemination about activities and resources for older adults in Indian River County, including federal, state and community-based programs.
- Distribute all marketing materials for Senior Resource Association to 10 new locations each month.
- Increase information about local resources for new residents of Indian River County by including information in a local welcome pack.
- Create a connection center for older adults in IRC.
- Increase coordination and communication between organizations serving elders in the community with biannual meetings.

**OBJECTIVE 4.A.2:** Promote awareness of contributions and positive features of older adults in IRC

*Measure: Number of students and classes*

*10 educational events by 2025*  
*“Inside Out” Campaign*

### ✦ Key Action Steps:

- Increase education for staff in ALFs, community organizations and health care settings to improve communication with older adults (and seek availability of CEUS) by 2024.
- Host a “Inside Out” Photography Campaign to show older adults in a positive light by 2025.
- Adopt AARP Disrupt Aging curriculum for local use by 2025.

## Art/Photograph Credits

- Water Lily (cover): D.A Hudson
- Indian River County Map (p.5.): Indian River County Planning Department
- County Building (p.3.), Health Department Sign (p.7), sunrise on beach (p.8) D.A. Hudson
- Painting of house (p.9.) D.A. Hudson
- Susan Adams and Jeff Johnson (p.6.), sunrise on beach (p.8.): A. Walters
- Pickleball (p. 11) and Twins (p. 12) Sal Santoro

# Appendix A – Priority 1: Health Action Plan

Background: Due to the significant and impactful consequences and the challenges and barriers experienced accessing care, the advisory committee formed to direct the Indian River County Community Health Improvement Plan (CHIP) deemed health a priority, specifically mental health and healthy weight. Furthermore, obesity, chronic disease risk and prevention, mental health, Adverse Childhood Experiences (ACEs), alcohol abuse and suicide have been outlined as a priority in Florida’s State Health Improvement Plan (SHIP). The CHIP uses strategies to strengthen the integration of mental health services and healthy weight education with primary care services, as well as reduce barriers to accessing behavioral and mental health services. The strategies and objectives outlined in the Indian River County CHIP align with the SHIP with the hope towards the common goal of improving the physical, behavioral and mental health of residents of the county and the state.

In Indian River County from 2017-2019, there has been an increasing trend in inpatient discharges related to episodic mood disorders with a significant amount of inpatient discharges in the 10-14 and 15-19 age groups. Additionally, in 2019, there were 29 deaths by suicide in Indian River County, an age-adjusted rate of 16.5 per 100,000 residents, which was slightly higher than the state’s figures and higher than the Healthy People 2030 target of 12.8 per 100,000. The highest rates are among the 45-64 age group and have been increasing since 2009. Failure to access care is a significant issue among those suffering from mental health conditions. Stigma, lack of education and awareness, and missed opportunities for screenings and interventions are among the barriers for receiving appropriate care.

Background: According to the most recent Behavioral Risk Factor Surveillance System (BRFSS) data, adult obesity (body mass index of 30+) rates now exceed 35% in 16 states. Florida’s rate of obesity in 2020 was 28.4%, part of a rising trend since 1990. From 2018 to 2020, the rate of student obesity (at or above the 95<sup>th</sup> percentile in body mass index (BMI)), in the county increased from 8.3% to 10.5% for middle school students and decreased from 14.3% to 12.9% for high school students. Furthermore, 59.7% of adults reported being either overweight or obese in Indian River County. These alarming rates are of significant concern in the Indian River community, particularly due to the projections that the trend of overweight and obesity will continue to increase because of the COVID-19 pandemic.

## GOAL 1.A. IMPROVE THE MENTAL HEALTH OF INDIVIDUALS IN INDIAN RIVER COUNTY.

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>1.A.1. Decrease the number of hospitalizations in Indian River County for mood and depressive disorders by 10% by December 31, 2026 from a baseline of 1,137 in 2019.</p> <p>_____</p> <p><i>Measure: % of decrease in data.</i></p>	<ul style="list-style-type: none"> <li>• Determine feasibility of a mental health full continuum of care in Indian River County.</li> <li>• Expand the mental health continuum of care by 2 services.</li> <li>• Increase the number of individuals in Indian River County certified in Mental Health First Aid to 1,200.</li> </ul>	Mental Health Collaborative of Indian River	Mental Health Association of IRC; Senior Collaborative; Substance Awareness Center of IRC; IRC Healthy Start Coalition; School District of IRC; VNA of the Treasure Coast	Florida Department of Health of Indian River County (FDOH-IR) Administration (Mary “Molly” Steinwald)

**GOAL 1.A. IMPROVE THE MENTAL HEALTH OF INDIVIDUALS IN INDIAN RIVER COUNTY. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>1.A.2. Decrease the number of suicide deaths in Indian River County by 10% by December 31, 2026 from a baseline of 29 deaths in 2019.</p> <hr/> <p><i>Measure: # of suicide deaths.</i></p>	<ul style="list-style-type: none"> <li>• Conduct analysis of suicide death and suicide attempt data in Indian River County to identify underlying factors.</li> <li>• Increase awareness and education about mental health services in Indian River County.</li> <li>• Estimate the percentage of adults in Indian River County who suffer from loneliness.</li> </ul>	Mental Health Collaborative of Indian River	Indian River Hospital District; Cleveland Clinic; Senior Collaborative; Substance Awareness Center; Treasure Coast Community Health; City and County Police and Emergency Services	FDOH-IR Administration (Mary "Molly" Steinwald)

**GOAL 1.A. IMPROVE THE MENTAL HEALTH OF INDIVIDUALS IN INDIAN RIVER COUNTY. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>1.A.3. Decrease the percentage of Indian River County students who, in the past year, reported feeling sad or hopeless for two or more weeks in a row and stopped doing usual activities to 25% by December 31, 2026 from a baseline of 30.3% in 2020.</p> <hr/> <p><i>Measure: % of reports of sadness or hopelessness.</i></p>	<ul style="list-style-type: none"> <li>• Implement an Adverse Childhood Experiences (ACE) awareness campaign, including training to nonprofit and other organizations.</li> <li>• Increase the number of providers who have received trauma informed care training.</li> <li>• Increase the protective factor prevalence rates for middle and high school students to 60%.</li> <li>• Increase screening, referral and engagement of perinatal mental health services for new parents.</li> </ul>	Mental Health Collaborative of Indian River	IRC Healthy Start Coalition; Mental Health Association of IRC; Substance Awareness Center of IRC; School District of IRC	FDOH-IR Administration (Mary "Molly" Steinwald)

**GOAL 1.A. IMPROVE THE MENTAL HEALTH OF INDIVIDUALS IN INDIAN RIVER COUNTY. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>1.A.4. Promote awareness of health/wellness and community supports to reduce isolation of older adults.</p> <hr/> <p><i>Measure: # increase groups and neighborhoods acknowledging isolation as health issue</i></p>	<ul style="list-style-type: none"> <li>• Research evidence-based models that are successful in reducing isolation by 2024.</li> <li>• Create workgroup with broad county representation to review data, models and plan community response to social isolation by end of 2024.</li> <li>• Develop pilot using the community health model in two areas to engage neighbors and reduce isolation of older adults by 2024.</li> <li>• Increase awareness of free counseling services through the Older Americans Act for seniors, caregivers and grandparents raising grandchildren.</li> <li>• Expand coordination between agencies to increase availability of services/resources for older adults by 2025.</li> </ul>	<p>Senior Collaborative of Indian River County (SCIRC)</p>	<p>Treasure Coast Community Health; VNA of the Treasure Coast; Senior Resource Association; Area Agency on Aging of Palm Beach/Treasure Coast</p>	<p>SCIRC</p>

**GOAL 1.B. ENSURE INDIVIDUALS IN INDIAN RIVER COUNTY ATTAIN AND MAINTAIN A HEALTHY WEIGHT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>1.B.1. Maintain the percentage of adults in Indian River County who have a healthy weight at the 2019 baseline level of 38% by December 31, 2026.</p> <hr/> <p><i>Measure: % of individuals with a BMI of 18.5-24.9.</i></p>	<ul style="list-style-type: none"> <li>• Implement the SNAP-Ed / Supplemental Nutrition Assistance Program nutrition and physical activity education for adults.</li> <li>• Increase coordination between agencies to increase availability of healthy and affordable food to Indian River County residents.</li> </ul>	DOH-Indian River	United Against Poverty; IRC Parks and Recreation; Grandparents Raising Grandchildren; Treasure Coast Community Health; Economic Opportunity Council of IRC; Substance Awareness of IRC	FDOH-IR Administration (Mary "Molly" Steinwald)

**GOAL 1.B. ENSURE INDIVIDUALS IN INDIAN RIVER COUNTY ATTAIN AND MAINTAIN A HEALTHY WEIGHT. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>1.B.2. Decrease the percentage of adults in Indian River County who reported that poor physical or mental health kept them from doing usual activities on 14 or more of the past 30 days (among adults who have had at least one day of poor mental or physical health) to 17% by December 31, 2026 from a baseline of 18.5% in 2019.</p> <hr/> <p><i>Measure: 1.5% decrease in percentage of adults whose poor physical or mental health kept them from doing usual activities on 14 or more of the past 30 days.</i></p>	<ul style="list-style-type: none"> <li>• Implement FL Blue Foundation park senior wellness programs and capital equipment installations.</li> <li>• Implement mental health walking clubs in at least 4 locations.</li> <li>• Decrease the % of adults who engage in heavy or binge drinking through alcohol consumption health education campaign.</li> </ul>	DOH-Indian River	United Against Poverty; IRC Parks and Recreation; Robert Solari; Substance Awareness Center of IRC; Treasure Coast Community Health; IRC Parks and Recreation; Senior Resource Association	FDOH-IR Administration (Mary "Molly" Steinwald)

**GOAL 1.B. ENSURE INDIVIDUALS IN INDIAN RIVER COUNTY ATTAIN AND MAINTAIN A HEALTHY WEIGHT. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>1.B.3. Decrease the number of adults in Indian River County who are sedentary by 5% by December 31, 2026 from a baseline of 26.7% in 2019.</p> <hr/> <p><i>Measure: % of sedentary adults.</i></p>	<ul style="list-style-type: none"> <li>• Improve infrastructure, lighting and sidewalks within low-income and under-resourced communities.</li> <li>• Include all free public park areas in Indian River County in online database and promote to residents and health practitioners countywide.</li> <li>• Implement Faithful Families Thriving Communities (Eating Smart and Moving More) program county-wide.</li> </ul>	DOH-Indian River	IRC Parks and Recreation; Robert Solari; Substance Awareness Center of IRC; Treasure Coast Community Health; IRC Parks and Recreation, NAACP; Senior Resource Association	FDOH-IR Administration (Mary "Molly" Steinwald)

**GOAL 1.B. ENSURE INDIVIDUALS IN INDIAN RIVER COUNTY ATTAIN AND MAINTAIN A HEALTHY WEIGHT. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>1.B.4. Maintain the percentage of middle and high school students in Indian River County who have a healthy weight at the 2020 baseline level of 68.1% by December 31, 2026.</p> <hr/> <p><i>Measure: % of individuals with a BMI of 18.5-24.9.</i></p>	<ul style="list-style-type: none"> <li>• Implement the SNAP-Ed / Supplemental Nutrition Assistance Program nutrition and physical activity education, including 5210, in schools.</li> <li>• Implement the SNAP-Ed / Supplemental Nutrition Assistance Program nutrition and physical activity education, including 5210, in out-of-school programs.</li> <li>• Increase community capacity to provide support for people living with disordered eating.</li> </ul>	DOH-Indian River	School District of IRC; Grandparents Raising Grandchildren; IRC Parks and Recreation; NAACP; Treasure Coast Community Health; Mental Health Collaborative of IRC; Mental Health Association of IRC	FDOH-IR Administration (Mary "Molly" Steinwald)

**GOAL 1.C. STRENGTHEN AND PROMOTE SUPPORTS/RESOURCES TO IMPROVE WELL-BEING OF OLDER ADULTS**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>1.C. Increase new clients in community-based programs.</p> <p>_____</p> <p>Measure: % increase of clients served by specific programs in community organizations</p>	<ul style="list-style-type: none"> <li>• Add participants to Meals on Wheels (15%) and DayAway (15%) by 2024.</li> <li>• Response System available (50 clients) by 2024.</li> <li>• Implement a community-based diabetes improvement program and track client progress by 2024 (20 clients)</li> <li>• Increase service to individuals who can benefit from programs for the management of movement disorders, as well as families caring for those with dementia, through support initiatives, education and connection (50%) by 2025.</li> <li>• Increase senior participation in evidence-based healthy-living programs sponsored by the area agency on aging (2/year).</li> <li>• Add county participants to the Sunshine Program (100%), the Veterans Peer Support Group (100%) and Caregiver Project (50%) by 2025.</li> </ul>	<p>Senior Collaborative of Indian River County (SCIRC)</p>	<p>Treasure Coast Community Health; Senior Resource Association; Alzheimer and Parkinson Association of Indian River County; Area Agency on Aging of Palm Beach/Treasure Coast; VNA of the Treasure Coast</p>	<p>SCIRC</p>

# Appendix B – Priority 2: Housing Action Plan

Background: Indian River County is experiencing a high rate of growth and a dramatic increase in real estate prices. The combination of high demand and high prices creates a shortage of affordable housing. This shortage limits families’ and individuals’ choices about where they live, often relegating lower-income families to substandard housing in unsafe, overcrowded neighborhoods with higher rates of poverty and fewer resources for health promotion. The lack of affordable housing affects families’ ability to meet other essential expenses, placing many under tremendous financial strain. High housing-related costs place a particular economic burden on low-income families, forcing trade-offs between food, heating, medical care and other basic needs.

Considering evidence about the many ways housing can affect health, strategies must be multifaceted – focusing on availability of building sites, physical quality of housing, health-promoting conditions in neighborhoods, and access to affordable housing for everyone.

**GOAL 2.A. INCREASE THE NUMBER OF AFFORDABLE HOUSING UNITS BY 1,500 IN INDIAN RIVER COUNTY.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
2.A.1. Create 40 new affordable housing units, including rentals, in Indian River County by December 31, 2026 from a baseline of 0 new units in 2021.  <i>Measure: Certificates of Occupancy issued by IRC Building Department.</i>	<ul style="list-style-type: none"> <li>• Work with cities within Indian River County to construct 6 affordable / workforce housing units in their available land areas.</li> <li>• Work with nonprofits and developers to acquire funds and construct housing.</li> <li>• Work with Indian River County Affordable Housing Advisory Committee (AHAC) to conduct an assessment of the percentage of rental housing in the county.</li> </ul>	DOH-Indian River	Indian River County Affordable Housing Advisory Committee (AHAC); John’s Island Community Service League	FDOH-IR Administration (Mary “Molly” Steinwald)

**GOAL 2.A. INCREASE THE NUMBER OF AFFORDABLE HOUSING UNITS BY 1,500 IN INDIAN RIVER COUNTY. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>STRATEGIES</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
2.A.2. Conduct one assessment on Community Land Trust feasibility and provider interest in Indian River County by December 31, 2026 from a baseline of 0 assessments conducted in 2020.  <i>Measure: Completed Community Land Trust Feasibility Assessment Report.</i>	<ul style="list-style-type: none"> <li>• Create a focus group containing non-profit and county members.</li> </ul>	DOH-Indian River	Indian River County Affordable Housing Advisory Committee (AHAC); John’s Island Community Service League; Laura Moss, IRC Commissioner	FDOH-IR Administration (Mary “Molly” Steinwald)

**GOAL 2.B. ESTABLISH A COMPREHENSIVE INTEGRATION OF SUPPORT SERVICES AROUND HOUSING ATTAINMENT AND RETAINMENT IN INDIAN RIVER COUNTY.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>2.B.1. Provide 10 home ownership education and/or credit repair events in Indian River County by December 31, 2026 from a baseline of 0 new events in 2021.</p> <p>_____</p> <p><i>Measure: Number of educational events conducted.</i></p>	<ul style="list-style-type: none"> <li>• Provide 10 home ownership education and/or repair events.</li> <li>• Hold 3 workshops to examine and promote diversification of industry.</li> </ul>	United Against Poverty	United Against Poverty; Habitat for Humanity; Economic Opportunities Council (EOC); NAACP	FDOH-IR Administration (Mary "Molly" Steinwald)
<b>SMART OBJECTIVE / MEASURE</b>	<b>STRATEGIES</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>2.B.2. Research evidence-based, integrative support service models to implement in Indian River County by December 31, 2026 from a baseline of 0 models researched in 2021.)</p> <p>_____</p> <p><i>Measure: Number of models researched.</i></p>	<ul style="list-style-type: none"> <li>• Research housing support services for the senior population.</li> <li>• Create paths to home ownership.</li> <li>• Conduct a gap analysis of services.</li> </ul>	DOH-Indian River	Treasure Coast Homeless Services; Livable Indian River / Senior Collaborative of Indian River; United Way	FDOH-IR Administration (Mary "Molly" Steinwald)

**GOAL 2.B. INCREASE THE NUMBER OF AFFORDABLE HOUSING UNITS BY 1,500 IN INDIAN RIVER COUNTY. CONT.**

<b>SMART OBJECTIVE / MEASURE</b>	<b>STRATEGIES</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>2.B.3. Increase avenues for affordable home repair and maintenance.</p> <p>_____</p> <p><i>Measure: # Number of homes repaired.</i></p>	<ul style="list-style-type: none"> <li>• Identify low-income homeowners who need home repair and maintenance work.</li> <li>• Identify and schedule volunteers to complete repairs.</li> </ul>	<p>Senior Collaborative of Indian River County (SCIRC)</p>	<p>Indian River Habitat for Humanity</p>	<p>SCIRC</p>

<b>SMART OBJECTIVE / MEASURE</b>	<b>STRATEGIES</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>2.B.4. Increase rental options for older adults in Indian River County.</p> <p><i>Measure: # Number of rental options increased</i></p>	<ul style="list-style-type: none"> <li>• Assess current rental units in Indian River County by 2023, including houses, apartments, rooms and ADU's.</li> <li>• Identify creative housing rental options/best practices for low-income older adults by 2024, including shared housing.</li> <li>• Implement model(s) most likely to succeed in Indian River County and increase availability by 100 by 2025.</li> </ul>	<p>Senior Collaborative of Indian River County (SCIRC)</p>	<p>Indian River Habitat for Humanity, United Against Poverty</p>	<p>SCIRC</p>

# Appendix C – Priority 3: Economic Opportunity and Employment

Background: The prospect that individuals may be able to improve their economic status has important effects on the health of a community. Researchers at Massachusetts General Hospital found that mortality rates were higher and that risk factors like obesity and smoking and the prevalence of hypertension and diabetes were greater in areas with the lowest levels of economic opportunity, based on a nationwide database. The study results -- based on data from almost 2,700 counties covering 97 percent of the U.S. population -- found strong associations between areas of low economic opportunity and higher mortality rates. Prevalence of smoking, obesity, hypertension and diabetes were all higher in lower-opportunity counties. All the associations were stronger in working age adults, particularly those ages 25 to 44, and among African Americans.<sup>1</sup>

In Indian River County the gap between the very rich and the very poor is very wide. Although Indian River is one of the top-10 richest counties in Florida, more than half of residents are severely financially stressed – either living in poverty, or one or two paychecks away from poverty. In 2019 21.1% of black and 30.9% of Hispanic residents 25 years or older did not hold a high school diploma (whites 9.5%) and 31% of black and 14% of Hispanic individuals live below the poverty level, compared with 14.8% of white individuals. Unemployment is higher among black residents (9.4%) and Hispanics (7.6%) than whites (6.2%). Indian River County Community Health Improvement Plan (CHIP) sets goals and objectives to address these disparities.

## GOAL 3.A. REDUCE BARRIERS BY CREATING ECONOMIC OPPORTUNITY AND INCREASED EMPLOYMENT IN INDIAN RIVER COUNTY.

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>3.A.1. Decrease the percentage of individuals in Indian River County 25 years and over with no high school diploma or GED by 1.5% year-over-year through December 31, 2026 from a baseline of 10.6% in 2019.</p> <p>_____</p> <p><i>Measure: % of individuals with GED or high school diplomas.</i></p>	<ul style="list-style-type: none"> <li>Increase opportunities to achieve GED by offering classes with varied schedules, convenient locations and volunteer tutors.</li> </ul>	United Against Poverty	Indian River County Chamber of Commerce; CareerSource Research Coast; Treasure Coast Technical College; The Arc of Indian River County	FDOH-IR Administration (Mary “Molly” Steinwald)
<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>3.A.2. Increase the average annual wage by 5% by December 31, 2026 from a baseline of \$47,113 in 2020.</p> <p>_____</p> <p><i>Measure: Average annual wage.</i></p>	<ul style="list-style-type: none"> <li>Expand the scope, marketing, impact and candidate retention of paid apprenticeship programs.</li> <li>Host quarterly community resource fairs, rotated geographically across county, each year.</li> </ul>	United Against Poverty	Indian River County Chamber of Commerce; CareerSource Research Coast; Treasure Coast Technical College; The Arc of Indian River County	FDOH-IR Administration (Mary “Molly” Steinwald)

**GOAL 3.B. DECREASE THE INDIVIDUAL POVERTY RATE 10% BY PROVIDING STEPS AND A NETWORK OF PROVIDERS TO ADVANCE OUT OF THE POVERTY CYCLE**

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>3.B.1. Conduct an inventory of economic opportunity resources in Indian River County to include a county gap analysis by December 31, 2026 from a baseline of 0 inventories and gap analyses conducted in 2019.</p> <hr/> <p><i>Measure: Gap analysis documentation and inventory records.</i></p>	<ul style="list-style-type: none"> <li>Establish an economic opportunity collaborative to assess needs and provide qualitative data.</li> </ul>	DOH-Indian River	United Against Poverty; Indian River County Government; CareerSource Research Coast; United Way of IRC	FDOH-IR Administration (Mary "Molly" Steinwald)
<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>3.B.2. Decrease the percentage of adults who are housing cost-burdened (paying more than 30% of their monthly income for rent or mortgage) by 5% by December 31, 2026 from a baseline of 33% in 2019.</p> <hr/> <p><i>Measure: % of individuals paying more than 30% of their monthly income on rent or mortgage.</i></p>	<ul style="list-style-type: none"> <li>Conduct financial literacy workshops.</li> <li>Partner with Affordable Housing Advisory Committee (AHAC) to implement affordable housing strategies.</li> </ul>	DOH-Indian River	United Against Poverty; NAACP; CareerSource Research Coast; Treasure Coast Technical College; AHAC	FDOH-IR Administration (Mary "Molly" Steinwald)

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
<p>3.B.3. Increase employment of older adults in Indian River County.</p> <p><i>Measure: % Increase in older adults enrolled in STEP (Success Training Employment Program)</i></p>	<ul style="list-style-type: none"> <li>• Increase the number of employers knowledgeable about older adults interested in employment.</li> <li>• Increase the number of older adults informed about employment opportunities available in IRC.</li> <li>• Increase the number of older adults enrolled in the STEP (employment training/placement) program of United Against Poverty.</li> </ul>	<p>Senior Collaborative of Indian River County (SCIRC)</p>	<p>United Against Poverty</p>	<p>SCIRC</p>

## Appendix D – Priority 4: Communication and Information

Background: A recurring theme in Indian River County is that older adults are unsure where to get help and who has information about resources. Thirty-four or more of the Livable Indian River survey indicated they did not know where to find help in three major areas: Affordable housing, health and employment. A question also arose about accessible public spaces for people with disabilities. In addition, a number of written comments highlighted a feeling that older residents often sensed a lack of respect in healthcare settings.

### GOAL 4. ENHANCE AVAILABLE INFORMATION ABOUT ACTIVITIES, SERVICES AND SUPPORTS FOR OLDER ADULTS, INCLUDING INTERGENERATIONAL

EVENTS. <b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>RESPONSIBLE</b>
4.A.1. Promote awareness about community activities and other community connections/resources by 2025.  <hr/> <i>Measure: # Number/type of activities</i>	<ul style="list-style-type: none"> <li>• Increase dissemination about activities and resources for older adults in Indian River County, including federal, state and community-based programs by 2024.</li> <li>• Distribute marketing materials for Senior Resource Association to ten new locations each month.</li> <li>• Increase information about local resources for new county residents by including information in a local welcome pack by 2024.</li> <li>• Create a welcome center for older adults by 2025.</li> <li>• Increase coordination and communication between organizations serving elders with biannual meetings (2x annual).</li> </ul>	Senior Collaborative of Indian River County (SCIRC)	Senior Resource Association, Senior Collaborative Members, Area Agency on Aging of Palm Beach/Treasure Coast	SCIRC

<b>SMART OBJECTIVE / MEASURE</b>	<b>ACTIONS</b>	<b>LEAD AGENCY</b>	<b>PARTNERS</b>	<b>DEPARTMENT RESPONSIBLE</b>
<p>4.A.2. Promote awareness of contributions and positive features of older adults in the County.</p> <hr/> <p><i>Measure: # of educational events and campaign completion</i></p>	<ul style="list-style-type: none"> <li>• Increase education for staff in ALFs, community organizations and healthcare settings to improve communication with older adults (and seek availability of CEUS by 2024.</li> <li>• Host an “Inside Out” Photography Campaign to show older adults in a positive light by 2024.</li> <li>• Adopt AARP Disrupt Aging curriculum for local use by 2025.</li> </ul>	<p>Senior Collaborative of Indian River County (SCIRC)</p>	<p>Senior Resource Association, DOH, Treasure Coast Community Health, VNA of the Treasure Coast</p>	<p>SCIRC</p>

# Appendix E



## **LIVABLE INDIAN RIVER REPORT OF SURVEY RESULTS**

**By Betty Hearn Morrow, Ph.D.,  
Professor Emeritus,  
Florida International University**

**Paulette Johnson, Ph.D.,  
Retired Statistical Consultant,  
Florida International University**

## I. INTRODUCTION

In June 2019, the Indian River County Commission voted to apply for membership in the Age-Friendly Network and designated the Senior Collaborative of Indian River County (SCIRC) as lead agency for Livable Indian River. When AARP Florida accepted the County's membership to the network, a group of advocates and SCIRC member representatives came together as a core team to begin work, which included getting input from residents. As a newly designated member of the AARP Livable Community, the purpose of the survey was to assess the age-friendliness of Indian River County, based on input from residents, especially adults over 60.

While most funding for the survey – electronic setup and distribution – came from the operating budget of the Senior Collaborative of Indian River County, AARP Florida contributed \$700 to print the surveys.

## II. METHODOLOGY

Senior Collaborative Members provided links to the survey, allowing older adults who were computer savvy to complete the assessment. The survey was given to older adults who received meals on wheels. Collection centers were placed at the libraries and community organizations. Other sites selected were based on our belief adults over age 50 visited these sites. When Covid lockdown occurred, we were fortunate to be offered the opportunity to have the survey distributed to clients during the waiting period after receiving their shots at Covid Vaccine sites. The Executive Director of Treasure Coast Community Health, her staff and volunteers secured more than 1300 surveys at sites or by giving them the link to the electronic survey.

### A. The Questions

Survey questions were developed around the guidelines provided by AARP Livability projects in other regions and reviewed by members of the Indian River Core Team. Topics included: **Housing; Outdoor Spaces and Buildings; Transportation and Streets; Health and Wellness; Social Participation, Inclusion and Educational Opportunities.** A total of 96 questions, plus demographics, solicited information regarding the availability of public services and infrastructure and the extent to which these are being used. An additional series of questions solicited respondent demographic information. Each section ended with an open-ended question soliciting additional opinions about deficiencies related to that topic.

Not everyone answered all questions but, of those who started the survey, about 97% completed it. A copy of the questionnaire is attached. It was available in English and Spanish.

### B. The Sample

Data were collected from a convenience sample of 1866 Indian River County residents. Of these about 3% were not completed fully, for a total of 1802 completed questionnaires. This is a large sample, a good thing, but it also means that many, if not most of the differences, will be statistically significant. It should be noted again that not everyone answered every question.

Some respondents did not finish the survey or skipped questions, so the number of usable responses varies by question. In most cases the number of completions is presented with the results. While the target population was older residents, data were also collected from others when available. Questionnaires were completed in a variety of settings including churches, libraries and at COVID vaccination sites. Efforts were made to solicit opinions in diverse communities, including those more likely to be underserved.

- 1. Comparison to Census Demographics.** Since this was a non-random sample, it is especially important to examine the demographics of the sample in relation to the county in general. Table 1 compares the sample with 2022 Census data for Indian River County. In several cases the Census data were not readily available in the groupings used in the survey so those are left blank. For example, where ages have been combined, the groupings differ.

**Table 1**  
**Comparison of Respondent Demographics**

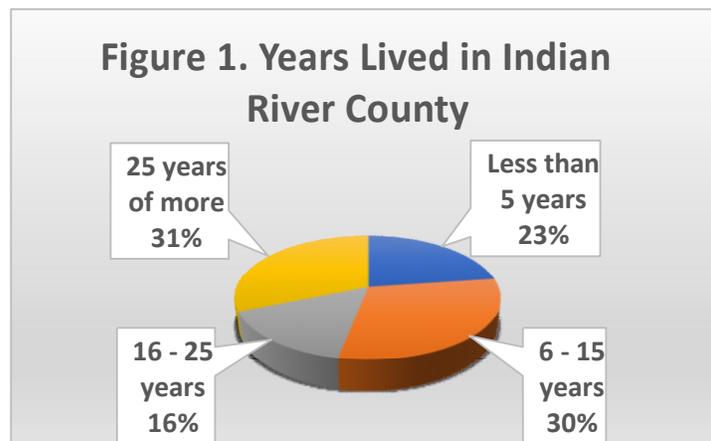
Demographic	Sample	Indian River County
<b>Education</b>		
K-12 (No diploma)	6.7%	9.0%
High School Graduate or GED	12.7%	30.4%
Post-High School (No degree)	14.0%	20.4%
2-4 Year College Degree	30.1%	27.2%
Post-graduate Study (no degree)	7.2%	
Graduate Degree or Professional Degree(s)	29.3%	11.3%
<b>Gender</b>		
Male	38.3%	48.0%
Female	61.7%	52.0%
<b>Age</b>		
21-49	6%	27%
50 and Over	93.0%	57%
<b>Household Income</b>		
Under \$50,000	37.5%	43.0%
\$50,000-\$99,999	29.2%	30.0%
\$100,000or More	33.4%	27.0%
<b>Race</b>		
White or Caucasian	89.9%	86.7%
Black or African-American	8.5%	9.6%
American Indian or Alaska Native	0.9%	0.4%
Asian	0.4%	1.6%
Native Hawaiian or Pacific Islander	0.3%	.0%
<b>Marital Status</b>		
Married	65.2%	53.8%

- a. **Age.** While the main goal of this study was to assess the livability of Indian River County for its older residents, opinions were also collected from younger respondents when convenient. The elder population was intentionally over-sampled. According to 2020 Census, about 57% of IR residents are age 50 or over while this age group makes up 93% of our sample. It's interesting to note that 9% of these are over 80 years of age.
- b. **Income.** While reported income is often unreliable, there is evidence that this a relatively affluent sample. About 63% reported household income of \$50,000 or more and 33% as \$100,000 or more. Zone 2 was markedly more affluent with 57% reporting household income as \$150,000 or more. In contrast about 18% in Zone 1 reported less than \$10,000 and only 6% over \$150,000.
- c. **Education.** This sample tends to be somewhat more educated than IR residents in general. However, there were important differences by location with 48% of respondents from Zone 2 reporting graduate or professional degrees.
- d. **Gender.** As is usually true with surveys, females were somewhat over-represented.
- e. **Race/Ethnicity/Language.** Black or African American respondents made up about 9% of the total sample which compares favorably with Census data (~10%). The highest % of completions by black respondents occurred in Zone 5 (49%). The vast majority (about 90%) reported English as the only language spoken in the home with another nearly 3% saying English was mostly spoken. Spanish only or Spanish and English were spoken in only about 6% of these homes. Only 11 reported languages other than English or Spanish, including French, Italian, Polish, Portuguese, Turkish and Urdu. (According to the 2020 Census, about 87% of Indian River (IR) residents speak English only.) About 4% (74) completed the Spanish version. The highest percentage (46%) of completions in Spanish occurred in Zone 1.

f. **Internet Use.** Some questionnaires were completed online. All respondents were asked about their use of the internet. Three-quarter of respondents said they used the internet several times a day with only 2% never using it. In the 2020 Census 88.4% of IR households had a computer and 82.1% had an internet connection. Therefore, it is unlikely that the fact that some questionnaires were available online did not likely deter anyone from completing it. Highest rate of internet use was reported in Zone 2, the lowest in Zone 1.

2. **Housing and Residency.** A series of questions solicited information about the respondent's housing status and residency in IR County.

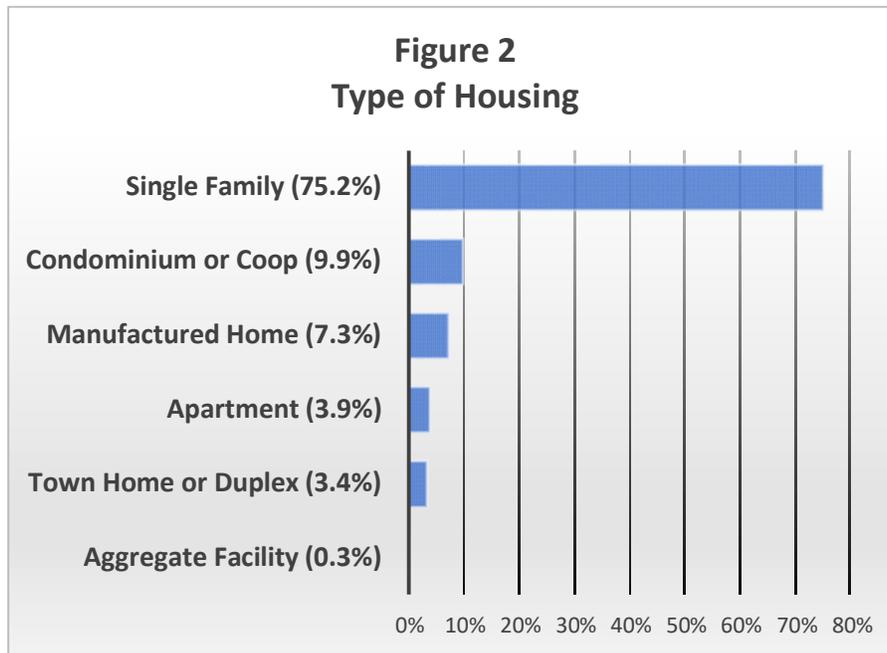
a. **Time Lived in Indian River County.** Most are long-time residents. About three-quarters have resided in IR County more than 5 years and nearly one-third have been here 25 years or more. The longest residency times are in Zone 1 (62% over 25 years) and Zone 5 (67%). The distribution is presented in Figure 1.



N = 1793

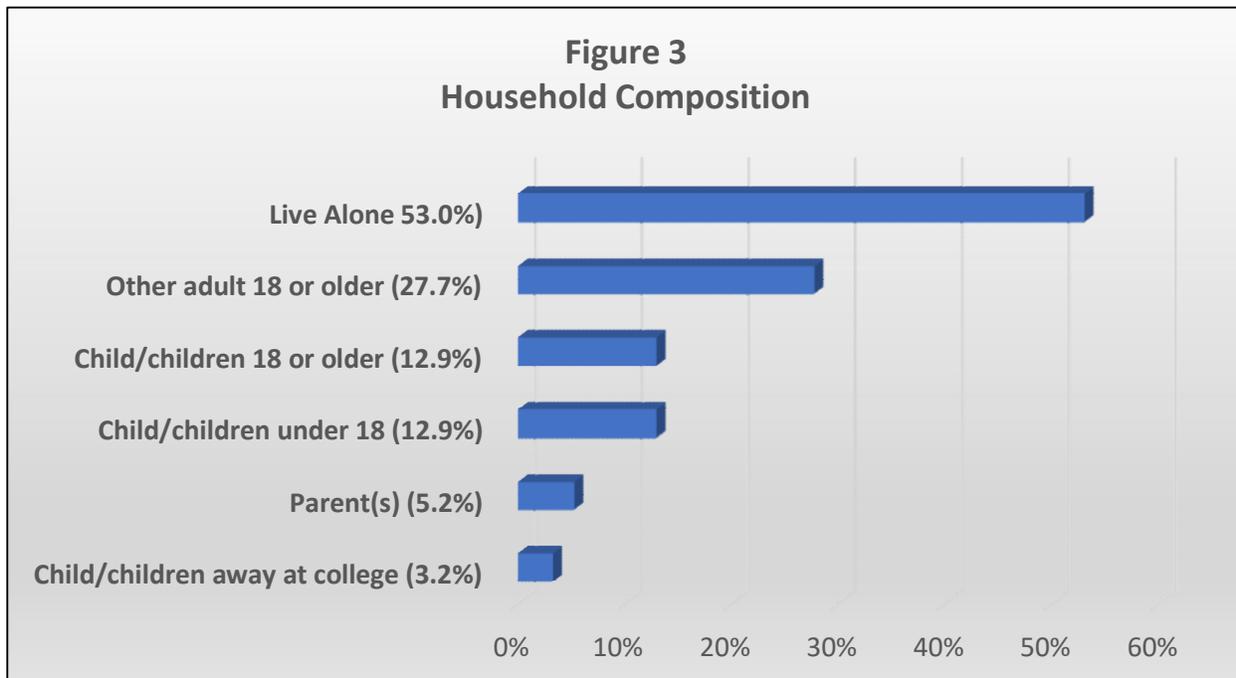
b. **Home Ownership.** About 87% own their home. This compares to 79% owners reported in the 2020 Census. The highest rate (96%) was in Zone 2.

c. **Type of Housing.** As illustrated in Figure 2, *three-fourths of this sample live in single family homes; another 10% in town homes or duplexes.* Another 8% live in apartments or condominiums. Given the age of the sample, it was surprising that only 7% reported living in aggregate facilities. However, this may be due to residents of these facilities being less likely to have taken the survey. The highest number reporting living in a single-family home was in Zone 5 (91%). The highest rates for mobile or manufactured homes were in Zones 1 (20%) and 7 (20%).



N = 1801

- d. Household Composition.** Respondents were asked if others lived in their households. Most live alone (53%), followed by living with another adult (28%). The 2020 Census reported 32.6% households with children under 18 compared to 17% in the sample as expected given the respondents' tended to be older.



N = 1668

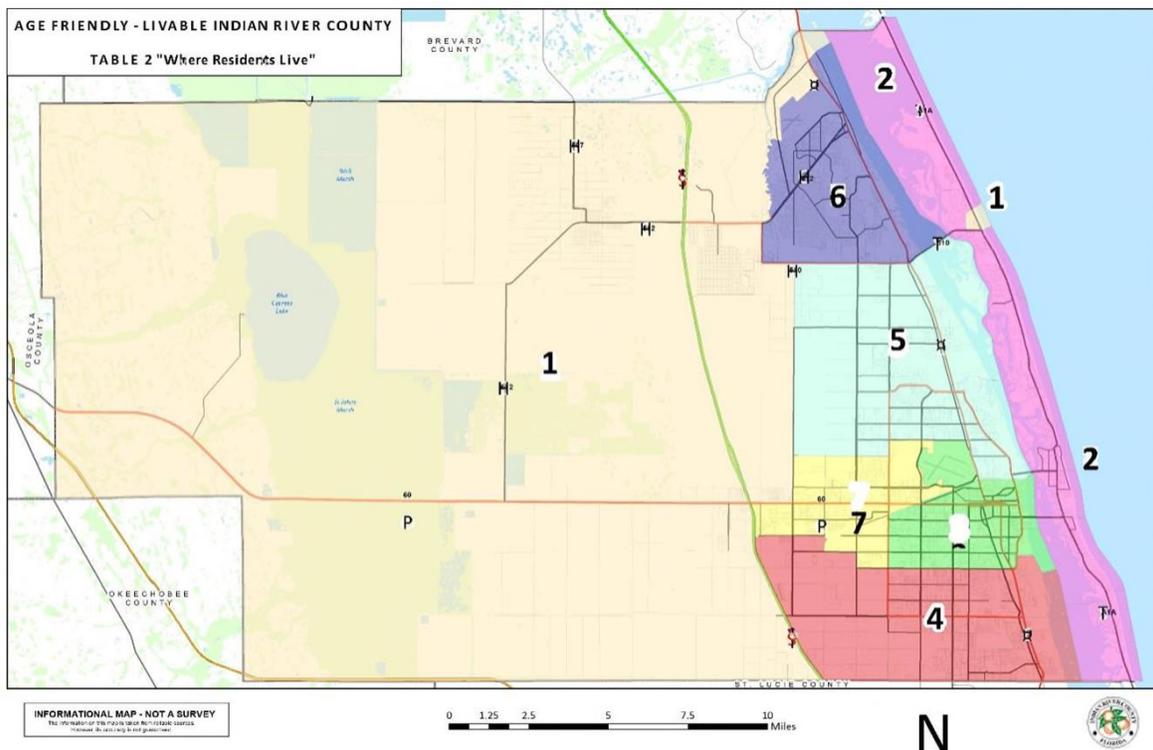
- 3. Location and Zones.** While respondent's addresses were not geo-coded, they were asked to name their local development, neighborhood, or community. These were then divided into a

total of seven zones based on location and other factors related to the intent of this survey. The divisions are presented in Table 2 and Figure 4. It should be noted that the size of the sample in each zone does not reflect the total population living in that area. Rather this was a convenience sample and some zones are over- or under-represented in terms of population size.

**Table 2**  
**Where Residents Live**

Zones	Neighborhoods	Sample Size	% of Total
1	Fellsmere, Roseland, Summer Place	122	6.7%
2	Central Beach, Indian River Shores, Orchid, Windsor	207	11.3%
3	City of Vero, Vero Beach	773	42.2%
4	Florida Ridge, Highlands, Oslo, Vista Royale	178	9.7%
5	Gifford, Wabasso, W. Wabasso, Winter Beach	139	7.6%
6	Sebastian	307	16.8%
7	Pointe West, West Vero Corridor	106	5.8%
<b>TOTAL</b>		<b>1832</b>	<b>100.0%</b>

**Figure 4**  
**Map of Zones**



To summarize the sample of IR residents who completed this survey are older (as intended), somewhat better educated and more affluent than the local population in general. Their ethnic and racial diversity, while limited, is in line with the Census data. As is typical of surveys of the elderly, more women participated than men. Most of these respondents live alone in single-family homes

that they own. Most have internet and are long-term residents of IR County. Based on this demographic and housing information, this sample should provide useful data on the target population.

#### **D. The Analysis**

Frequencies were calculated for all questions using SPSS 28. In addition, all questions were cross tabulated by zone to determine differences and deficiencies of certain zones. Zone analysis was based on the location of respondents' homes.

### **III. RESULTS**

Results are presented under the major categories used in the questionnaire: **Housing; Outdoor Spaces and Buildings; Transportation and Streets; Health and Wellness; and Social Participation, Inclusion and Educational Opportunities.** Where appropriate, data are presented or illustrated with tables and charts. Important findings are discussed briefly at the end of each section. A summary is included at the end of the report. Percentages are rounded to the nearest whole number when discussed. In most cases data are analyzed by the zone in which the respondent lives. In most cases ratings of Excellent, Very Good and Good are combined as positive while Fair and Poor or negative. Given the purpose of this study the emphasis in reporting and discussing the results focuses on deficits by zone.

#### **A. COMMUNITY**

*When asked how they rated Indian River County as a place for people to live as they age, 95% of the total sample assessed it as positive (excellent, very good or good). Of importance, however, is that respondents from Zones 4 and 5 were more likely to rate it as fair or poor. Similarly, when rating their specific neighborhood as a place to age, 95% of the total gave positive ratings but those living in Zones 4 and 5 were more likely to rate theirs as fair or poor. Of special note, 17% of Zone 5 gave a fair or poor rating.*

*Similarly, when asked how they rated the county as a place for families with children, 91% gave positive ratings. There were location differences, with 19% from Zone 5 and 16% from Zone 7 giving negative ratings. When asked about their neighborhood as a place for families with children, 93% of the total rated it as positive. Once again, it's important to focus on the deficiencies. One-quarter or more in Zones 4, 5 and 7 rated their neighborhoods negatively as a place for families.*

#### **B. HOUSING**

**1. Affordable Options in Housing and Home Services.** A series of questions asked about the availability of affordable options of housing and home services. The results are reported in Figures 5 and 6.

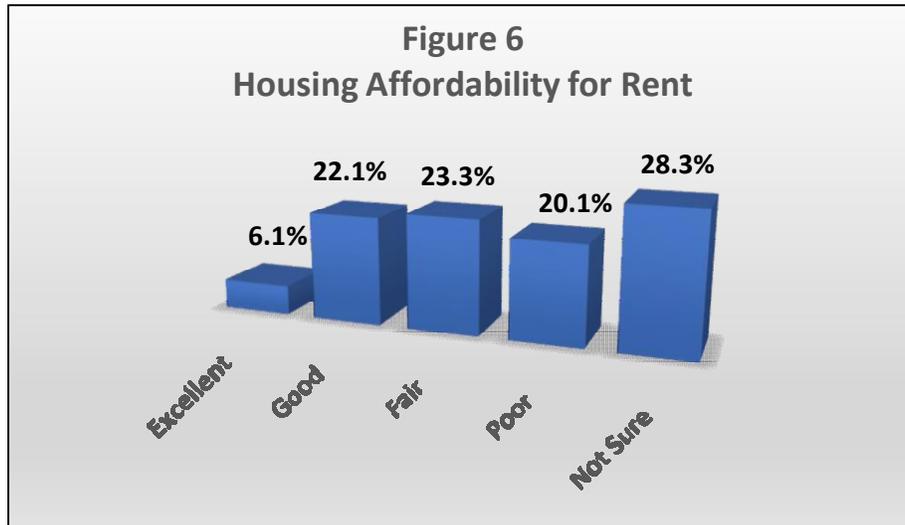
- a. Housing Availability for Purchase.** Figure 5 illustrates that, while most felt there are affordable options for home ownership, one-third (34%) say they are only fair/poor and another 13% are not sure. Negative answers (Fair/Poor) were highest in

Zones 1 (36%) and 5 (56%).



N = 1762

- b. Housing Availability to Rent.** Rental housing seems to be more of a problem. See Figure 6. About 43% of the total sample rated the availability of affordable rental housing as fair or poor. In Zone 5 this increased to 62%. More than one-quarter of the sample are not sure, indicating it is not an issue with which they are familiar, therefore not likely to be a problem they have faced.



N = 1685

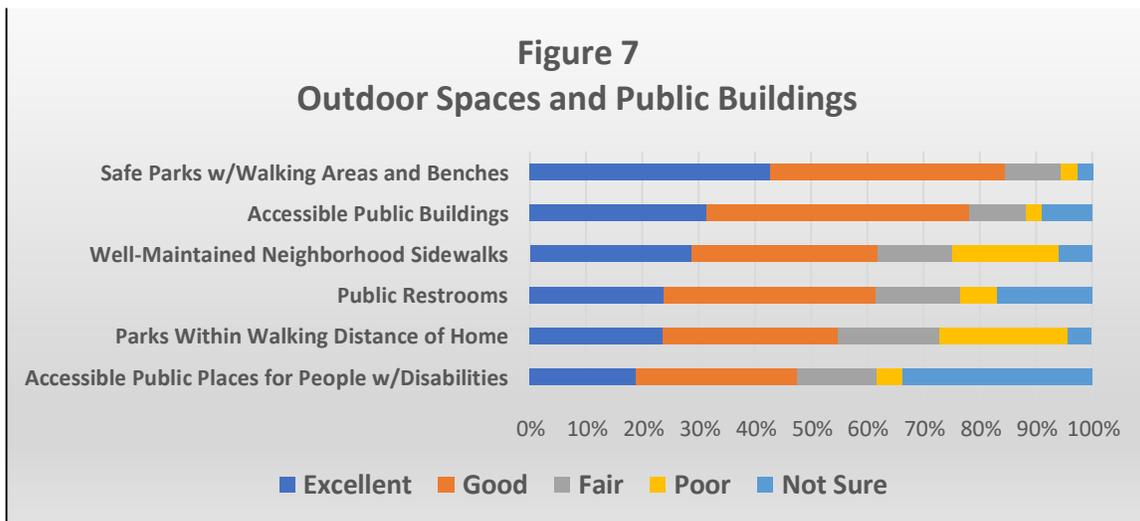
- c. Home Maintenance.** When asked about the availability of affordable home maintenance services, such as lawn care and repair services, 61% gave positive responses. However, 43% of Zone 5 respondents rated it as only fair/poor.

- d. **Hurricane Preparation Assistance.** About 65% gave positive ratings for the availability of assistance to prepare for hurricane. This was significantly less likely to be the response of those living in Zones 1 and 5.
- e. **Housing with Safety Features.** One question asked about the availability of suitable housing options for seniors (wider doors, grab bars, no-step entry, etc.) Only about one-third rated it as excellent or good, but 44% were not sure, again indicating it has not been a problem they have faced.
- f. **Availability of Low-Income Housing.** When asked specifically about the availability of well-maintained and safe housing for low-income households, only 22% think it is excellent or good. However, 40% are not sure. Significantly more respondents from Zones 1, 4, 5 and 7 rated it as fair/poor.

To summarize this section, most respondents own their homes and live in single family homes. While most reported little or no issue in finding affordable housing to buy, the results were less positive related to rental housing. The availability of affordable housing for low-income families seems to be particularly problematic. There did not appear to be major deficiencies in home maintenance or hurricane preparation assistance. Respondents from Zones 1, 4, 5 and 7 were more likely to report deficiencies in housing options.

### C. OUTDOOR SPACES AND BUILDINGS

A series of questions was designed to illicit opinions about the availability of various community outdoor spaces, public infrastructure, and buildings. The results are summarized in Figure 7.



1. **Safe Parks w/Walking Areas and Benches. Nearly 85% report safe parks and walking areas in the county.** Zones 4, 5 and 7 had the most negative responses. Many commented about the lack of well-maintained playgrounds and the total absence of parks and recreation programs in the West Corridor (Zone 7).

2. **Accessible Public Buildings.** Over three-fourths (78%) rate the availability of accessible public buildings as excellent or good and about 61% rate the availability of public restrooms as excellent or good. The highest negative responses are from Zones 1 (28%) and 5 (24%).
3. **Well-Maintained Neighborhood Sidewalks.** About 62% rate this amenity as excellent or good. However, there are important location differences. Over 40% of respondents in Zones 1, 4, and 5 gave negative assessments.
4. **Public Restrooms.** About 62% rate the availability of public restrooms as excellent/good. Zone 1 respondents are the most negative about this, followed by Zones 4 and 5. It's interesting to note that 22% in Zone 7 are not sure.
5. **Parks Within Walking Distance.** When asked about the availability of parks within walking distance of their homes, the results are less positive and about equally split between excellent/good (55%), and fair/poor (41%). Lowest ratings occur in Zones 1, 3, 4, 5 and 7. In fact 71% in Zone 7 rate the availability parks within walking distance as fair or poor.
6. **Accessible Public Places for People w/Disabilities.** About one-half of the sample is unsure about the availability of accessible public places for people with disabilities. The most negative ratings were from Zones 1 and 5 where about one-third rated this as fair/poor. There were many comments about the lack of access to beaches by handicapped people due to steep steps and limited handicapped parking in the open-ended section.

In summary, based on this sample most residents of IR tend to be very positive about the availability of safe parks with walking areas and benches, safe walking areas, accessible public buildings, public restrooms, and well-maintained sidewalks. It is important to note, however, that this was less true in certain zones. Results related to accessibility by people with disabilities were inconclusive. When asked to discuss deficiencies that are important to them, many mentioned a lack of affordable housing in general and several specified the lack of well-maintained sustainable housing.

#### **D. TRANSPORTATION AND STREETS**

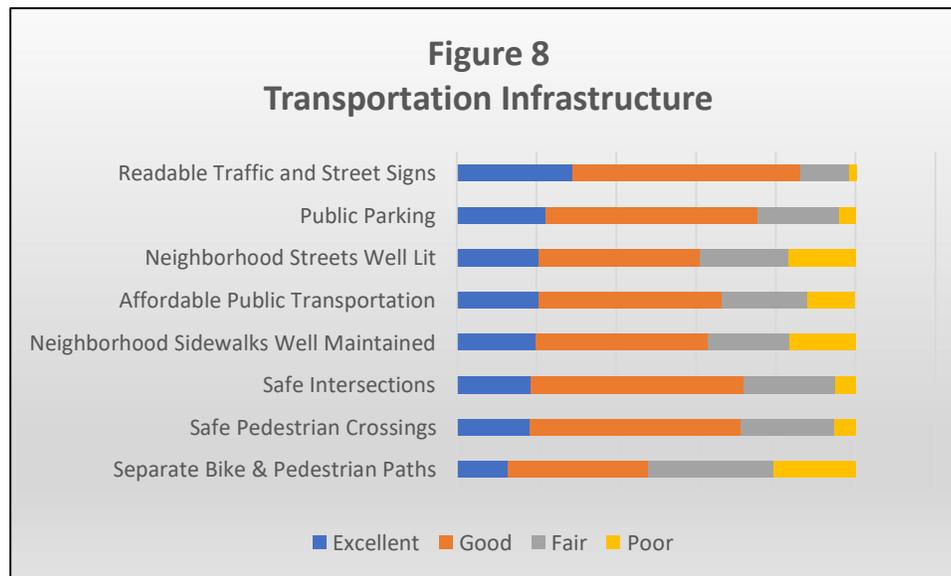
1. **Use of Transportation Modes.** They were first asked about the extent to which they use various modes of transportation. The results are reported in Table 3.

**Table 3**  
**Use of Transportation Modes**

	<b>Always (%)</b>	<b>Often (%)</b>	<b>Sometimes (%)</b>	<b>Never (%)</b>
<b>Drive Yourself</b>	82.0	12.4	2.6	2.9
<b>Others Drive</b>	6.1	13.9	45.1	35.0
<b>Walk</b>	12.0	21.8	38.4	27.8
<b>Bike</b>	6.2	11.0	28.2	54.5
<b>Golf Cart</b>	2.9	4.8	8.8	83.4
<b>Public Transportation</b>	0.6	1.2	6.7	91.5
<b>Private Car Service</b>	1.0	1.2	21.6	76.2
<b>Special Transportation Services</b>	0.3	0.4	2.5	96.8

The vast majority (82%) always drive themselves with no important differences related to home location. About 45% are sometimes driven by friends or family. About one-third say they always or often walk and only 17% always or often ride a bike or use a golf cart. Use of public transportation ranged from less than 1% in Zone 2 to 23% in Zone 1. About three-quarters never use a private car service, such as Uber or Lyft, with the rate being somewhat higher in Zone 2. Only 3% report ever using special transportation services available for seniors or persons with disabilities. This seems reasonable considering how many drive their private cars.

**2. Transportation Infrastructure.** The next series of questions asked about the availability of various infrastructure related to transportation. The results are illustrated in Figure 8.



N = 1336-1742

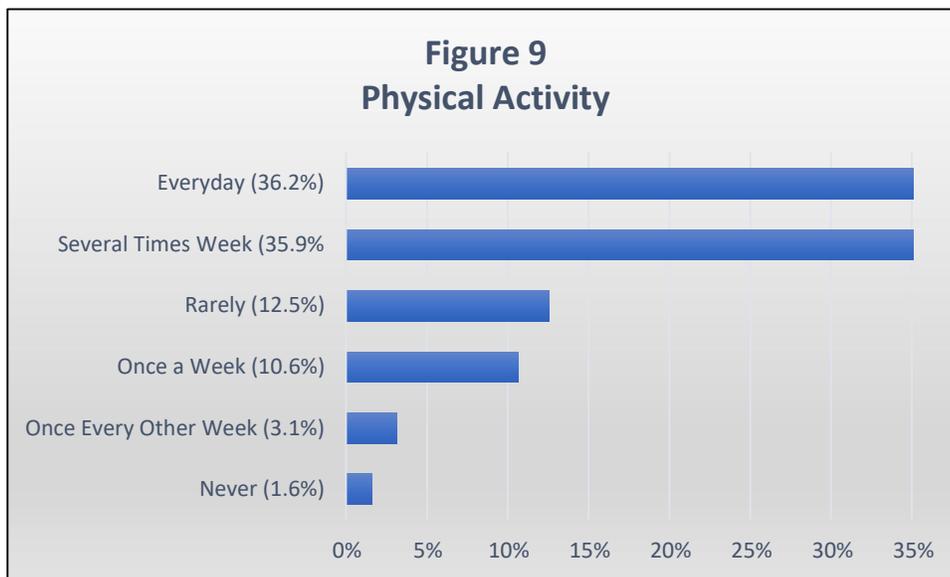
While the majority rated the availability of these amenities excellent or good, it is important to examine the deficiencies. Availability of separate bike and pedestrian paths was rated only fair or poor by over half (51%) of the respondents. Similarly, over one-third (39%) gave these negative ratings for well-lit neighborhood streets and 34% for affordable public transportation. The most negative responses on these transportation infrastructure questions came from Zones 1, 4, 5 and 7. Since Indian River County has free public transportation, we must assume that respondents answering negatively were unaware of its existence through Go Line and Community Coach.

More comments were made in the open-ended portion of this section than for any other in the survey. Hundreds of respondents reported inadequate sidewalks, bike paths and lighting in their neighborhoods.

To summarize this section, a large majority of these IR residents drive themselves. Use of public or special transportation services is very low. Their assessments of bike and pedestrian paths, safe pedestrian crossings, safe intersections and sidewalks tend to vary by location where there appears to be major gaps as evidenced by answers to these questions, as well as the comments provided.

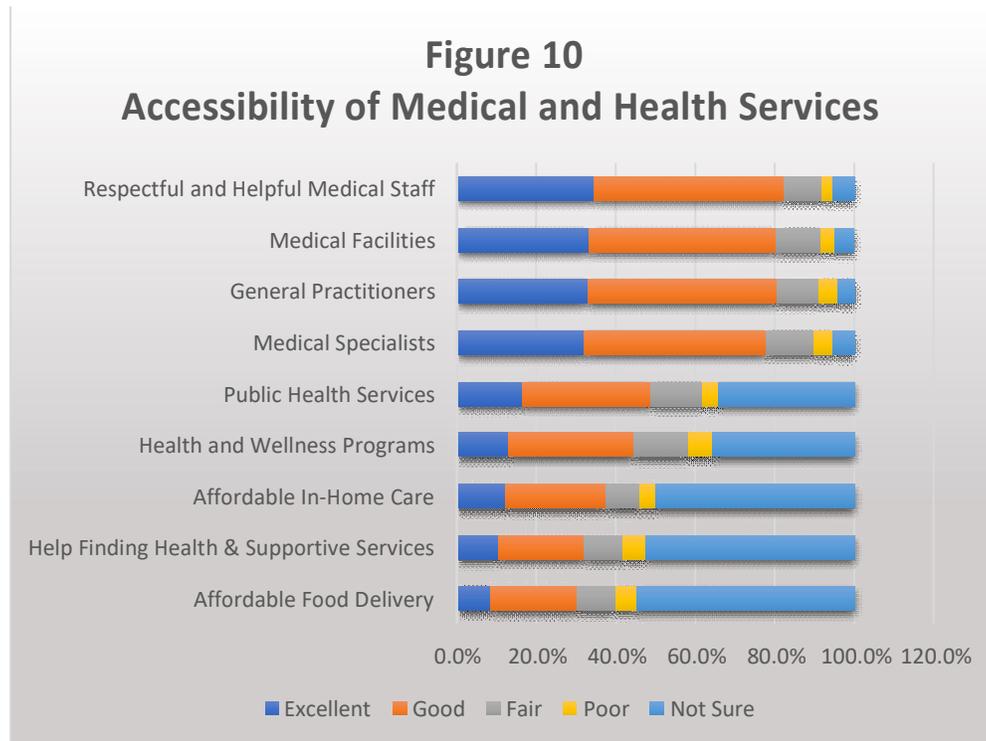
## E. HEALTH AND WELLNESS

- 1. General Health and Ability.** When asked about their overall health in comparison with others their age, about 28% report it as excellent, 39% very good, 25% good. Only 12% indicate a disability, handicap or chronic disease keeps them from participating in work, school, housework or other activities. When considering the results of this survey, it is important to remember that this is a relatively healthy and able sample of Indian River residents.
- 2. Health Insurance.** Several questions inquired about insurance coverage. Respondents often report more than one type. Most (60%) are covered by Medicare as their primary health insurer, 42% have insurance through current or former employers, and 28% purchase directly from a company. About 9% have Medicaid coverage and 6% have VA or military insurance. Many have more than one type of health insurance. When those with Medicare were then asked about their plan, 53% have original Medicare, 35% have a Medicare Advantage Plan and 26% have a Part D plan. Once again, some report having more than one type of health insurance. The highest rates for Medicaid were in Zones 1 (19%) and 5 (14%).
- 3. Physical Exercise.** Respondents were asked how often they engaged in some form of physical exercise (walking, running, biking, swimming, sports, gardening, exercise classes, yoga, etc.). Most report engaging in some form of exercise either every day or several times a week, once again indicating an active group. See Figure 9.



N = 1778

4. **Accessibility of Medical and Health Services.** Several questions solicited opinions about their accessibility to a variety of medical and health services and facilities. The results are illustrated in Figure 10.

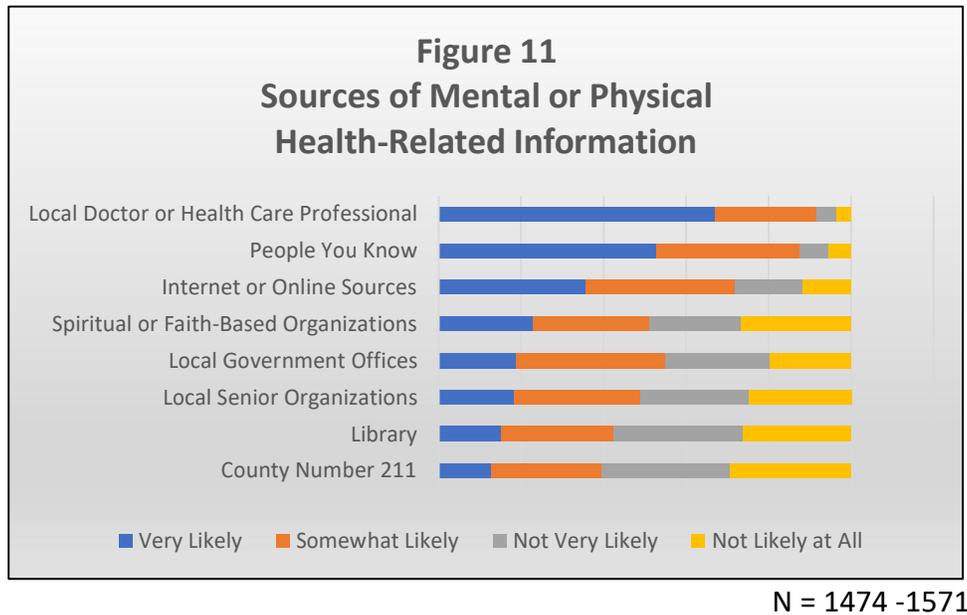


N = 1696 -1759

- a.-d. Respectful and Helpful Medical Staff, Medical Facilities, General Practitioners, and Medical Specialists.** Of the total sample about 80% rate their accessibility to public health facilities, medical facilities, general practitioners, and medical specialists as excellent or good. The highest percent of negative assessments were from Zones 1, 4, 5 and 7.
- e. Public Health Services. Slightly less than one-half gave positive ratings.** About one-third were unsure so have probably not tried to access public health services. More negative ratings came from Zones 1 and 5.
- f. Health and Wellness Programs.** Once again over one-third of these respondents are not sure about the accessibility of health and wellness programs, indicating they have likely not tried to access them. However, 44% rate the accessibility as excellent or good. Residents of Zones 1, 4, 5 and 6 are more likely to rate this item as fair/poor.
- g. Affordable In-Home Care.** Nearly one-half are unsure. About 38% gave positive ratings. The highest percent of negative ratings came from Zones 1 and 5.
- h. Affordable Food Delivery.** Once again over half are unsure. About 30% gave positive ratings. Again, the highest percent of negative ratings were from Zones 1 and 5.
- i. Services to Help Seniors Find Health and Supportive Services.** Over half (55%) are not sure about this. About 32% feel access is excellent or good. Zones 1 and 5 residents were the most negative.

Comments provided for this topic included many specific issues related to affordability. There were also numerous mentions of lack of affordable dental services and prescription drugs.

**5. Sources of Health-Related Information.** A series of questions asked how likely they are to turn to various sources for health information for themselves or others. Not surprisingly, the major sources were their local doctors or health care professionals or people they know, followed by internet or online sources. Figure 11 summarizes this series of questions.

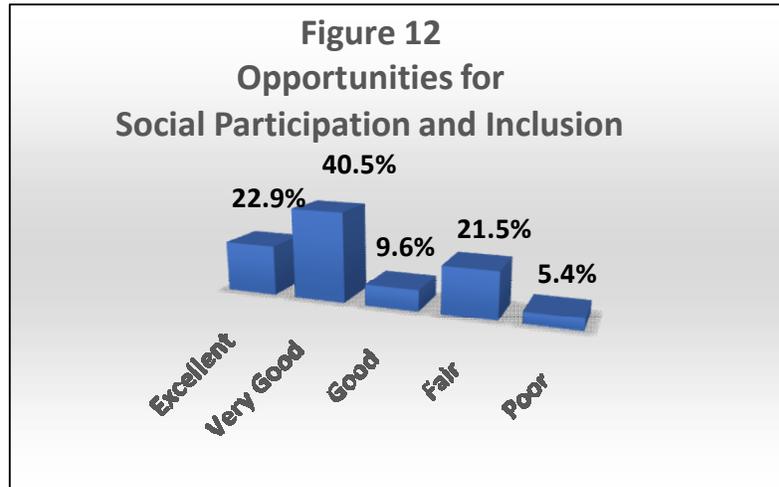


Once again, affordability was the key complaint. Hundreds of comments mentioned the lack of access to affordable medical and health-related services, as well as aggregate facilities and home health care. There were numerous complaints about the difficulty in getting timely appointments.

To summarize this section, these respondents tend to be healthy, able-bodied, active and to have health insurance. Most have not had problems accessing medical and health services. It should be noted that many are unsure about their availability, indicating that they probably have not needed them. Many who have encountered difficulties felt strongly enough to provide comments, particularly related to affordability. Their primary sources for mental and physical health information are their doctors or health care professionals or people they know, followed by internet or online sources.

## F. SOCIAL PARTICIPATION, INCLUSION AND EDUCATIONAL OPPORTUNITIES

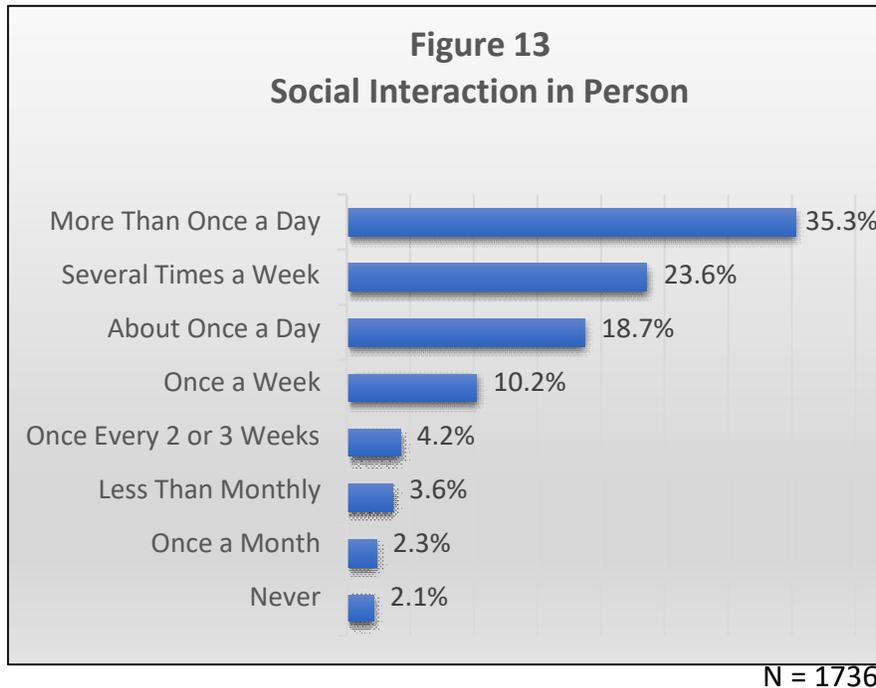
1. **Social Participation.** The first question asked them to rate the opportunities for social participation and inclusion for people like themselves. See Figure 12.



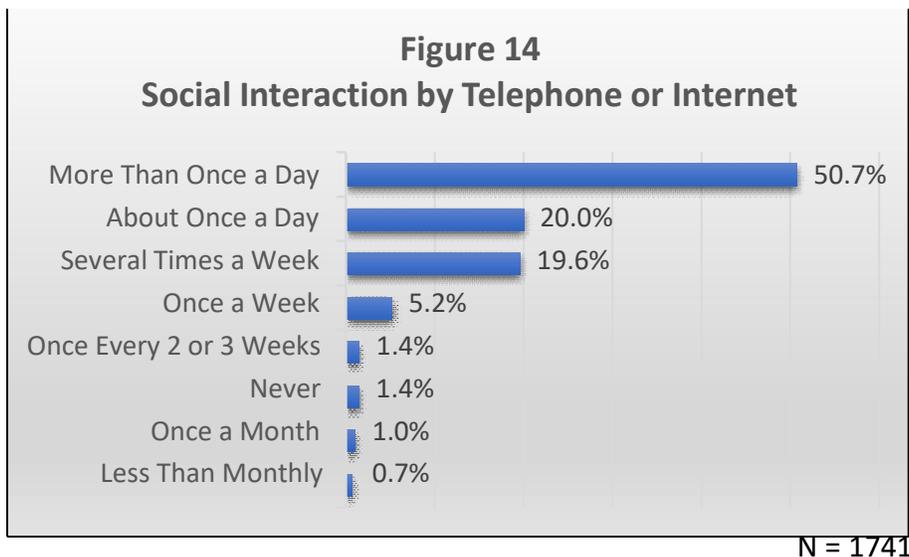
N = 1680

The responses indicate that most people feel positively about their social opportunities. However, about one quarter, a sizable portion, feel they are only fair or poor. The only exception was for Zone 2 where the negative rate was only 12%.

2. **Social Interaction in Person.** Figures 13 and 14 support this assessment with information about how frequently they interact with friends, family, or neighbors, both in person and through telephone and social media. Over half the sample report interacting more than once a day or at least several times a week. Social interaction rates in person were highest in Zone 2 and lowest in Zone 1, followed by Zones 4 and 5.



**3. Social Interaction by Telephone or Internet.** Respondents were then asked to estimate how often they interact via telephone or social media and the results are reported in Figure 13. They report a great deal of interaction. Over half say they interact via telephone or internet more than once a day, with most of the rest interacting at least several times a week. The lowest rates occur in Zones 1, 4 and 5.

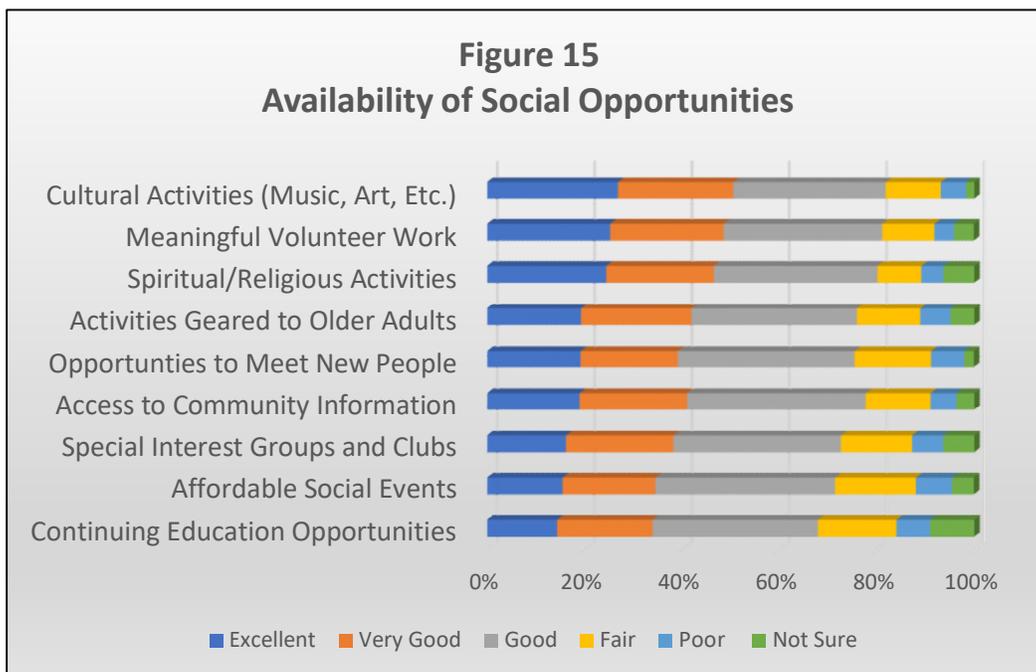


It appears that most of these IR residents have active social lives with 73% interacting with people at least once a day. Similarly, most interact more than once a day with people via the phone or internet. Some, however, are very isolated – about 5% report in-person interaction once a week or less and about 2% talk on the phone or use social media less than monthly. Those living in Zones 1 and 5 reported the least amount of this type of social interaction.

Overall, more than 22% had social interaction with another person once weekly or less. Ten percent were very isolated and saw another person every 2-4 weeks, while 2% had few or no in-person interactions. On a related question, about 14% said they knew someone in Indian River County who does not interact with friends, family, or neighbors. Given that this was a convenience sample consisting of people who were available at locations to complete the survey, they are, by definition, less likely to be isolated themselves, but many know people who are isolated.

**4. Sources of Continuing Education or Self-Improvement Classes/Workshops.** Most of these respondents indicated they do not participate in continuing education or self-improvement classes/workshops. This lack of participation was true across all zones. Among those who did participate the most common sources of continuing education were local cultural activities, volunteer work and spiritual/religious activities.

**5. Social Opportunities.** Several questions that gather opinions regarding the availability of specific social opportunities are summarized in Figure 15. (Note: Some questionnaires did not include each of these questions.) Respondents could make multiple choices.



**a. Cultural Activities.** This item received outstanding positive ratings (84%). There were many positive comments about the availability of cultural events in IR County. Once again, the most negative assessments occurred in Zones 1 and 5.

**b. Meaningful Volunteer Work.** This seems to be readily available given that 81% rated it positively. This was less so, however, for those from Zones 1.

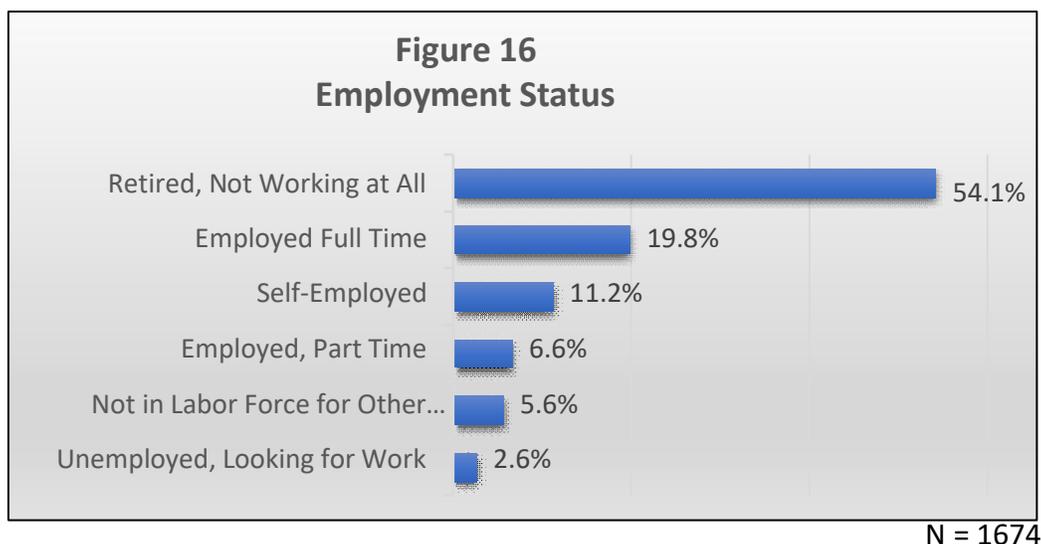
- c. **Opportunities to Meet New People.** While most gave a positive rating, about one-quarter did not. More negative answers occurred from Zones 1, 5 and 7.
- d. **Access to Community Information.** When asked to rate the availability of access to community information, about 78% said it was either excellent, very good or good.
- e. **Affordable Social Events.** Assessments were extremely positive with 71% of the total rating this positively. Results were the least positive in Zones 1, 5 and 7.
- f. **Continuing Education.** In examining the extent to which respondents interact in the community, a question asked where they typically go for continuing education or self-improvement classes/workshops. About 57% indicated they never attend classes. Among those who do, they are most likely to go to educational programs in their faith community, closely followed by those available through local organizations or business or local colleges.

An open-ended question asked them to list specific sources of education and examples given include 12-step programs, Internet classes, library programs, clubs, museums, and galleries, as well as exercise programs such as yoga and Pilates.

To summarize, most of these residents are in relatively good health, are both physically and socially active, and feel they have adequate access to cultural and spiritual activities. They were a little less positive about opportunities for affordable social events, opportunities to meet new people, special interest groups and continuing education. Access to community information did not appear to be problematic for most.

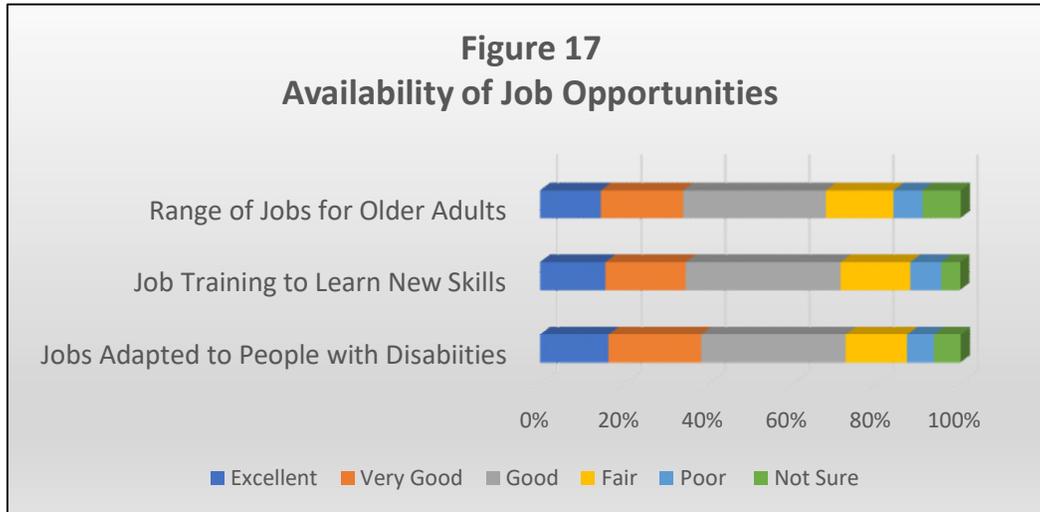
## G. EMPLOYMENT

1. The next series of questions examined job opportunities and employment. The first asked about their employment status and is reported in the Figure 16.



Given that the sample included a high portion of elderly residents, it is not surprising that over half are retired.

2. **Job Opportunities.** Several follow-up questions dealt with opportunities for jobs and job training. The results reported in Figure 17 indicate that about 40% believe the opportunities for jobs for older adults and people with disabilities, as well as job training, to be excellent or very good. Only about 20-25% rated these as only fair or poor.



N = 1579-1593

On the open-ended question about employment opportunities, numerous issues were raised related to the communication of these opportunities. Many complained about a lack of good-paying jobs with benefits, particularly in the service sector. There were calls for greater emphasis and resources to recruit companies with better employment opportunities to Indian River County.

To summarize, most of the respondents are not in the job market so job availability is not an issue. However, many feel there are too few good employment opportunities for those looking for work in Indian River County.

#### IV. SUMMARY AND DISCUSSION

This survey of IR residents solicited responses from a large convenience sample on several topics related to the livability of their neighborhoods and community. Survey questions were developed with community leaders based on suggestions from the AARP Livability project. The questionnaires were completed in a variety of settings including medical facilities, libraries, churches and online. The resulting sample are older (as intended), somewhat better educated and more affluent than the local population in general. Their ethnic and racial diversity, while limited, is in line with the Census data. As is typical of surveys of the elderly, more women participated than men. Most of these respondents live alone in single-family homes that they own. Most have internet service and are long-term residents of IR County. Based on this demographic and housing information, this sample should provide useful data on the target population. It was especially important to identify differences based on where respondents live. Therefore, the data were analyzed according to zones and significant differences are discussed with emphasis on deficiencies that need to be addressed.

**Community.** The majority of these residents feel this is a good community in which to live, regardless of age. When asked specific questions about their neighborhoods and specific services and amenities, however, location differences emerged.

**Housing.** While most reported little or no issue in finding affordable housing to buy, is this not skewed by the high percentage of home ownership by the sample. The results were less positive regarding rental housing. The availability of good housing for low-income families seems to be particularly problematic. There were no major deficiencies in home maintenance or hurricane preparation assistance. Our experience through the Collaborative is there are no assistance programs available for home maintenance. The sample has higher incomes and home ownership than County demographics. Respondents from Zones 1, 4, 5 and 7 were more likely to report deficiencies.

**Outdoor Spaces and Buildings.** Once again, most were positive about the availability of safe parks with walking areas and benches, safe walking areas, accessible public buildings, public restrooms, and well-maintained sidewalks. It is important to note, however, that this was less true in certain zones. Results related to accessibility by people with disabilities were inconclusive. When asked to discuss deficiencies that are important to them, many mentioned a lack of affordable housing in general and several specified the lack of well-maintained sustainable housing.

**Transportation and Streets.** A large majority of these IR residents drive themselves. Use of public or special transportation services is very low. Their assessments of bike and pedestrian paths, safe pedestrian crossings, safe intersections and sidewalks varied significantly by location with major gaps in several zones.

**Health and Wellness.** These respondents seem to be healthy, able-bodied, active and to have health insurance. Most have not had problems accessing medical and health services. It should be noted that many are unsure about their availability, indicating that they probably have not needed them. Many who had encountered difficulties felt strongly enough to provide comments, particularly related to affordability. Their primary sources for mental and physical health information are their doctors or health care professionals or people they know, followed by internet or online sources.

**Social Participation, Inclusion and Educational Opportunities.** Most of these residents report being both physically and socially active, and feel they have adequate access to cultural and spiritual activities. They were a little less positive about opportunities for affordable social events, opportunities to meet new people, special interest groups and continuing education.

**Employment.** To summarize, most of these respondents are not in the job market so job availability is not an issue. However, many feel there are too few good employment opportunities for those looking for work in Indian River County.

**Zone Differences.** Based on the results of this survey it appears that most people find Indian River County a good place to live in terms of housing and local amenities. This is particularly true in the more-developed City of Vero and Vero Beach and the more affluent island communities. The most important findings are how residents in several other zones consistently provided more negative assessments. This was particularly evident in Zones 1 (Fellsmere, Roseland, Summer Place) and 5

(Gifford, Wabasso, W. Wabasso, Winter Beach) and only slightly less evident in Zones 4 (Florida Ridge, Highlands, Oslo, Vista Royale) and 7 (Pointe West, West Vero Corridor).

Many comments from the unincorporated areas in particular expressed frustration at the lack of adequate streets and sidewalks, parks and recreational areas in spite of the rate at which new developments are approved. While this is not new information to those with experience living and/or working in these areas, the results should help make the argument that the needs of underserved areas need to be addressed.



### Community Assessment

Please join us in working to make Indian River County even more livable by completing the survey below. We anticipate it will take 10 minutes to finish. Livable IR was created to expand services and features to improve the quality of life for residents of our County. Some of the questions are asked about your specific neighborhood and some are about the entire County. Your feedback is a critical step to helping us develop recommendations to be implemented over next 5 years. Your responses are confidential. For further information please visit [www.LivableIR.org](http://www.LivableIR.org), email [information@Livableir.org](mailto:information@Livableir.org), or call the Senior Collaborative at (772) 469-2270.

#### YOUR COMMUNITY

**1. How do you rate Indian River County as a place for people to live as they age?**

- Excellent
- Very good
- Good
- Fair
- Poor

**2. How do you rate Indian River County as a place for families with children?**

- Excellent
- Very good
- Good
- Fair
- Poor

**3. When asked where you live within the county, what name do you usually answer, i.e., your local neighborhood/development?**

- Central Beach
- City of Vero Beach
- Fellsmere
- Florida Ridge
- Gifford
- Highlands
- Indian River Shores
- Other: \_\_\_\_\_ (please specify)
- Orchid
- Oslo Park/Vero
- Pointe West
- Roseland
- Summer Place
- Sebastian
- Vero Beach
- Vista Royale
- Wabasso
- West Wabasso
- West Vero Corridor
- Windsor
- Winter Beach

**4. How do you rate your neighborhood as a place for people to live in as they age?**

- |                                    |                               |
|------------------------------------|-------------------------------|
| <input type="checkbox"/> Excellent | <input type="checkbox"/> Fair |
| <input type="checkbox"/> Very good | <input type="checkbox"/> Poor |
| <input type="checkbox"/> Good      |                               |

**5. How do you rate your neighborhood as a place for families with children?**

- |                                    |                               |
|------------------------------------|-------------------------------|
| <input type="checkbox"/> Excellent | <input type="checkbox"/> Fair |
| <input type="checkbox"/> Very good | <input type="checkbox"/> Poor |
| <input type="checkbox"/> Good      |                               |

**6. What is your 5-digit ZIP code?**

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**7. How long have you lived in Indian River County?**

- |  |   |
|--|---|
| <input type="checkbox"/> Less than 5 years | <input type="checkbox"/> 16 to 25 years   |
| <input type="checkbox"/> 6 to 15 years     | <input type="checkbox"/> 25 years or more |

## HOUSING

**8. Do you own or rent your home — or do you have some other type of living arrangement, such as living with a family member or friend?**

- Own
- Rent
- Other, Specify: \_\_\_\_\_

**9. What type of home is your primary home?**

- |   |  |
|---|--|
| <input type="checkbox"/> Single family home     | <input type="checkbox"/> Apartment           |
| <input type="checkbox"/> Mobile or manufactured | <input type="checkbox"/> Condominium or coop |
| <input type="checkbox"/> Town home or duplex    |  |

**10. How do you rate the availability of affordable options of the following products/services for someone like yourself in Indian River County?**

	Excellent	Good	Fair	Poor	Not Sure
a. Affordable housing options for purchase					
b. Affordable housing options for rent					
c. Affordable home maintenance services (lawn, repairs, etc.)					
d. Hurricane preparation assistance					
e. Affordable housing options with wider doors, grab bars and no-step entry					
f. Well-maintained and safe housing for low-income households					

**OUTDOOR SPACES AND BUILDINGS**

**11. How do you rate the availability of the following in Indian River County?**

	Excellent	Good	Fair	Poor	Not Sure
a. Safe parks with walking areas and benches in the county					
b. Parks within walking distance of your home					
c. Well-maintained sidewalks in my neighborhood					
d. Accessible public buildings in the county					
e. Accessible public restrooms in the county					
f. Accessible public spaces for people with disabilities in the county					

**12. Are there deficiencies in any of these items (10 or 11) that are particularly important to you?**

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**TRANSPORTATION AND STREETS**

**13. How often do you use these forms of transportation to run errands, complete activities, etc.?**

	Always	Often	Sometimes	Never
a. Drive yourself				
b. Have others (family/friends) drive you				
c. Walk				
d. Ride a bike				
e. Drive a golf cart				
f. Use public transportation				
g. Use private car service (taxi, Uber, Lyft, etc.)				
h. Use special transportation service, such as for seniors or persons with disabilities				

**14. How do you rate the availability of the following in Indian River County?**

	Excellent	Good	Fair	Poor
a. Public parking				
b. Easy to read traffic and street signs				
c. Safe intersections				
d. Safe pedestrian crossings				
e. Well-lit streets in my neighborhood				
f. Well-maintained neighborhood sidewalks				
g. Affordable public transportation				
h. Separate path for bicycles and pedestrians				

**15. Are there deficiencies in items 13 or 14 that are particularly important to you?**

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**HEALTH AND WELLNESS**

**16. When compared to most people your age, how do you rate your health?**

- Excellent
- Very good
- Good
- Fair
- Poor

**17. Does any disability, handicap, or chronic disease keep you or a family member from participating in work, school, housework or other activities? [CHECK ONLY ONE]**

- No
- Yes, me
- Yes, a family member
- Both myself and a family member

**18. How often do you engage in some form of physical exercise (walking, running, biking, swimming, sports, gardening, exercise classes, yoga, etc.)?**

- Everyday
- Several times a week
- Once a week
- Once every other week
- Rarely
- Never

**19. How do you rate the accessibility to you of the following?**

	Excellent	Good	Fair	Poor	Not Sure
a. General practitioners					
b. Medical specialists					
c. Medical facilities (hospitals, rehabilitation, extended care)					
d. Respectful and helpful healthcare staff who communicate well in my language					
e. Affordable in-home care with well-trained workers					
f. Mental and physical health and wellness programs including exercise facilities and classes					
g. Public health services					
h. Affordable or no-cost food delivery service					
i. A service that helps seniors find and access health and supportive services					

**20. Are there deficiencies in item 19 (Health & Wellness) that are particularly important to you?**

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**21. Do you have any of the following kinds of health care coverage? CHECK ALL THAT APPLY.**

	Yes	No	Not Sure
a. Insurance through a current or former employer of you or your spouse			
b. Insurance purchased directly from an insurance company			
c. Medicare			
d. Medicaid or any kind of government assistance plan for those with low incomes or a disability			
e. Any other insurance coverage			
f. Veterans Administration or other military health care			
g. Other:			

**22. IF YOU ANSWERED MEDICARE above, please mark which Medicare plan you have: (All others, please skip to #23.)**

- a. Medicare Advantage Plan
- b. Original Medicare
- c. Supplemental Medicare Insurance
- d. Supplemental Drug (Part D) Insurance
- e. Other, specify: \_\_\_\_\_

**SOCIAL PARTICIPATION, INCLUSION AND EDUCATION OPPORTUNITIES**

**23. In general how do you rate opportunities for social participation and inclusion in Indian River County for people like you?**

- Excellent
- Very Good
- Fair
- Poor

**24. How frequently do you usually interact IN PERSON with friends, family or neighbors?**

- More than once a day
- About once a day
- Several times a week
- Once a week
- Once every 2 or 3 weeks
- Once a month
- Less than monthly
- Never

**25. How frequently do you usually connect BY TELEPHONE OR SOCIAL MEDIA with friends, family or neighbors?**

- More than once a day
- About once a day
- Several times a week
- Once a week
- Once every 2 or 3 weeks
- Once a month
- Less than monthly
- Never

**26. Do you know someone in Indian River County who does not interact with friends, family or neighbors?** Yes  No

**27. Where do you typically go for continuing education or self-improvement classes/workshops? MARK ALL THAT APPLY.**

- Local colleges
- Parks and recreation department
- Faith community
- Local organizations or businesses
- Other, specify: \_\_\_\_\_
- Community or senior center
- Offerings through employment
- I do not participate in such classes

**28. How do you rate the availability of the following in Indian River County?**

	Excellent	Very Good	Good	Fair	Poor
a. Opportunities to meet new people and to socialize with neighbors					
b. Affordable social events					
c. Spiritual/religious activities for people like me					
d. Cultural activities (music, art, drama, etc.)					
e. Activities geared to older adults					
f. Special interest groups and clubs					
g. Continuing education opportunities					
h. Opportunities for meaningful volunteer work					
i. Internet or online service					
j. Easy access to community information					

**29. Are there deficiencies in social, spiritual, educational, cultural opportunities (items 23-28) that are important to you?**

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**30. How likely are you to turn to the following if you, or a family member or friend, need mental or physical health-related information?**

	Very Likely	Somewhat Likely	Not Very Likely	Not Likely At All
a. Local senior organizations				
b. Local doctor or health care professional				
d. Internet or online sources such as WebMd, AARP, etc.				
e. Spiritual or faith-based organizations				
f. Library				
g. Local government offices such as Department of Health				
h. 211 phone number for general county information				
i. People you know				

**31. Please list any other sources you would use to acquire this information.**

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**EMPLOYMENT**

**32. Which of the following best describes your current employment status?**

- |  |   |
|--|---|
| <input type="checkbox"/> Self-employed       | <input type="checkbox"/> Unemployed, but looking for work     |
| <input type="checkbox"/> Employed, part-time | <input type="checkbox"/> Retired, not working at all          |
| <input type="checkbox"/> Employed, full-time | <input type="checkbox"/> Not in labor force for other reasons |

**33. How do you rate the availability of the following in Indian River County?**

	Excellent	Good	Fair	Poor	Not Sure
a. A range of flexible job opportunities for older adults					
b. Job training opportunities for older adults who want to learn new job skills within their job or get training in a different field of work					
c. Jobs that are adapted to meet the needs of people with disabilities					

**34. Is there anything you'd like to add regarding job opportunities here?**

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**ABOUT YOU**

**These last questions will help us understand the extent to which our respondent sample matches the demographics of Indian River County. This information will be kept confidential and only used as totals.**

**35. Are you male or female?**

- Male  Female

**36. Which age group are you?**

- 21-34  65-80  
 35-49  Over 80  
 50-64

**37. What is your current marital status?**

- Married  Widowed  
 Living with partner  Never married  
 Divorced or separated

**38. Other than you, do you have any of the following people living in your household? CHECK ALL THAT APPLY.**

- |   | <b>Yes</b>               | <b>No</b>                |
|---|--------------------------|--------------------------|
| a. Child/children under 18.....                     | <input type="checkbox"/> | <input type="checkbox"/> |
| b. Child/children 18 or older .....                 | <input type="checkbox"/> | <input type="checkbox"/> |
| c. Child/children away at college .....             | <input type="checkbox"/> | <input type="checkbox"/> |
| d. Parents .....                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| e. Other adult relative or friend 18 or older ..... | <input type="checkbox"/> | <input type="checkbox"/> |

**39. What language is spoken in your home?**

- English only  English and Spanish  
 English mostly  Other, specify: \_\_\_\_\_  
 Spanish only

**40. What is your race and/or ethnicity? [CHECK ALL THAT APPLY]**

- |   |  |
|---|--|
| <input type="checkbox"/> White or Caucasian               | <input type="checkbox"/> Native Hawaiian or other Pacific Islander |
| <input type="checkbox"/> Black or African American        | <input type="checkbox"/> Other, please specify: _____              |
| <input type="checkbox"/> American Indian or Alaska Native |  |
| <input type="checkbox"/> Asian                            |  |

**41. What is the highest level of education you have completed?**

- K-12<sup>th</sup> grade (no diploma)
- High school graduate, GED or equivalent
- Post-high school education/training (no degree)
- 2 or 4 year college degree
- Post-graduate study (no degree)
- Graduate or professional degree(s)

**42. In general, how often do you go online to access the Internet for things like email, news and information, paying bills or buying products or services? This includes access from home, work, a mobile device or someplace else.**

- |  |   |
|--|---|
| <input type="checkbox"/> Several times a day | <input type="checkbox"/> Once every few weeks |
| <input type="checkbox"/> About once a day    | <input type="checkbox"/> Once a month or less |
| <input type="checkbox"/> 3-6 days a week     | <input type="checkbox"/> Never go online      |
| <input type="checkbox"/> 1-2 days a week     |   |

**43. What was your annual HOUSEHOLD income before taxes in the most recent tax year?**

- |   |   |
|---|---|
| <input type="checkbox"/> Less than \$10,000   | <input type="checkbox"/> \$75,000 to \$99,999   |
| <input type="checkbox"/> \$10,000 to \$19,999 | <input type="checkbox"/> \$100,000 to \$149,999 |
| <input type="checkbox"/> \$20,000 to \$29,999 | <input type="checkbox"/> \$150,000 or more      |
| <input type="checkbox"/> \$30,000 to \$49,999 |   |
| <input type="checkbox"/> \$50,000 to \$74,999 |   |

**44. Please use the space below for any additional comments regarding the amenities and services in Indian River County.**

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