

The Monmouth County Office on Aging conducted its 2023 Needs Assessment survey. The survey was open to the public on July 1, 2023, and closed on August 31, 2023. A total of 307 seniors responded back. Key findings include:

1. **Gender:** 75% of the responses were female.
2. **Living arrangement:** 54.9% of those who responded stated that they live alone. 266 of 307 were females who live alone. 48 of 307 males live alone.

We asked the seniors to pick two answers under each category, describing what they felt would be their greatest challenges as they age in their home.

3. **Greatest challenges Seniors see as they age Living at home:** 77.3% of the seniors foresee that chores and housekeeping can be challenging as they age. 48.3% of seniors express concerns about their inability to go grocery shopping.
4. **Greatest challenges Seniors see as they age regarding Financial/Home management:** 47.9% of the seniors stated that they lack the ability to pay for the cost of home repairs. 46.8% of them also stated their concerns about lacking the financial means to remain in their own home due to the increase in living expenses such as taxes, utilities, and rent or mortgage.
5. **Greatest challenges Seniors see as they age regarding Socialization and Recreation:** 57% of the seniors state they do not want to live alone. 48.6% of them also stated that they live far from family.
6. **Greatest challenges Seniors see as they age regarding Mental Health:** 48% of seniors responded with grief or loss of a spouse or loved one(s). 41.3% of those who responded stated that depression is a great fear.
7. **Greatest challenges Seniors see as they age regarding Physical & Cognitive health:** 50.8% of the seniors stated that they fear chronic health issues and memory loss. 47.3% of seniors said they fear the risk of falling.
8. **Greatest challenges Seniors see themselves as Caregivers;** 172 surveyors state that they are caregivers. Of the 172 caregivers, 41.86% state that they experience emotional and physical stress from being caregivers. 22% state that they lack self-care.
9. **Greatest challenges Seniors see as they age regarding Transportation:** 70.1% responded, saying that losing the ability to drive is something that they fear. 55.1% of those who responded stated that they fear not having available transportation to meet their needs.
10. **Within the past 12 months was money for food a concern?** 26.8% of our seniors who we surveyed stated that within the past 12 months they have often or sometimes had concerns about having money to buy food.
11. **Top 5 services that Monmouth County Division on Aging should prioritize if funding was reduced or eliminated?**
 1. Transportation
 2. Personal and In-home Care Services
 3. Home repairs and accessibility modifications
 4. Senior Centers
 5. Home Delivered Meals